



Asomi Bohagi Mela 2026 Kicks Off at Haflong, Showcasing SHG Products and Rural Enterprise
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Haflong, Jan 13: Bir Bhadra Hagjer, former BJP President of Dima Hasao district and former MLA from the Haflong constituency, passed away at the age of 75, leaving the people of Dima Hasao and the entire state of Assam in deep mourning. A retired IAS officer, Hagjer had served as Commissioner and Secretary in the Assam Environment and Forest Department before stepping into public life. After his retirement, he joined the Bharatiya Janata Party and emerged as a prominent leader, playing a crucial role in strengthening the party's organisational structure in the hill district. He was elected to the Assam Legislative Assembly in 2016



from the Haflong constituency and later served as the BJP District President of Dima Hasao.

Apart from his administrative and political career, Bir Bhadra Hagjer was also a noted sports

person and was actively associated with several sports, social, and community organisations, contributing significantly to youth development and social welfare in the region. His sudden demise has come as a shock to the people of Dima Hasao and Assam. Various political, social, and civil society organisations have expressed profound grief and extended condolences to the bereaved family. Meanwhile, the Dima Hasao BJP has organised a condolence meeting in his memory at the Atal Bihari Vajpayee Bhavan, Haflong, today at 3:00 PM, to pay tribute to the departed leader and honour his lifelong service to the district and the state.

Kimnei Changsan conferred IAS, Felicitates by Kuki Inpi and KWA



Haflong, Jan 15: It is great news for the people of Dima Hasao that Pi Kimnei Changsan has been conferred the prestigious 'Indian Administrative Service (IAS)' recently. Daughter of Late Seimang Changsan of Haflong, Pi Kimnei Changsan has been serving as Secretary, Home & Political Dept. Govt of Assam, Guwahati.

The Kuki Inpi Assam (KIA), apex body of the Kuki community of Assam, and the Kuki Women's Association (KWA) on 13th January 2026, congratulated her and felicitated her with the Kuki Highest traditional felicitation with traditional Shawl 'Saipikhup', and 'Khamtang Pon' in their residence at Haflong.

The KIA was represented by its President Pu Henkam Haolai, Vice President Pu Dampu Thangew and General Secretary Pu Lalkam Hengna, whereas the KWA was represented by its President Pi Lamlhing Dounge and Adviser Pi Dr. Marina Lhingboi Changsan. The Kuki Inpi Assam, on behalf of the Kuki community of Assam, wishes her a successful and rewarding career.

Passenger Injured After Falling From Train at New Haflong Station

Haflong, Jan 15: One passenger was injured after falling from a moving train at New Haflong Railway Station on Friday afternoon. The injured passenger has been identified as Sidam Kanti Dey, son of Sampolal Dey. The incident occurred between 3:30 pm and 4:00 pm. He reportedly fell from the moving train under circumstances yet to be ascertained.

Following the incident, the injured passenger was provided initial assistance and later referred to Haflong Civil Hospital for further medical treatment. Further details regarding his condition are awaited.



stringent action against drug trafficking to ensure the safety and well-being of the district.

NOTIFICATION

CDAA, Assam — Election 2025–2028

(For the posts of President, Secretary and Treasurer)
This is to notify all concerned that the election to the posts of President, Secretary and Treasurer of the Chemists and Druggists Association of Assam (CDAA) for the term 2025–2028 will be conducted as per the following schedule: Election Schedule:

1. Last date for submission of nomination papers: 16 January 2026 (up to 6:00 PM)
2. Scrutiny/Opening of nomination papers: 16 January 2026 (7:00 PM)
3. Last date for withdrawal of nomination papers: 17 January 2026 (up to 11:30 AM)
4. Declaration of final list of candidates: 17 January 2026 (at 11:30 AM)
5. Date of Election: 18 January 2026

Venue: Harisabha, Panbazar, Guwahati – 781001

Time: 11:00 AM to 3:00 PM

All members are requested to take note of the above schedule and cooperate for the smooth conduct of the election.

Sd/- Debananda Tamuli

Returning Officer

CDAA Election 2025–2028

Asomi Bohagi Mela 2026 Kicks Off at Haflong, Showcasing SHG Products and Rural Enterprise



Haflong, Jan 13: The Assam State Rural Livelihoods Mission (ASRLM), Dima Hasao, on Tuesday launched the three-day Asomi Bohagi Mela 2026 at Lal Field, Haflong. The fair will continue till January 15, 2026, aiming to promote rural livelihoods and self-employment through Self-Help Groups (SHGs). The mela was inaugurated by Donpaison Thaosen, Executive Member, NCHAC, as the Chief Guest, in the presence of District Commissioner Munindra Nath Ngahtey, ACS. Other dignitaries present included NCHAC Joint Secretary Rebecca Changsan, ACS; Deputy Secretaries Laisringdi Naiding, ACS, and Su-

kanya Nunisa, ACS, along with the Project Director, BPMs, BCs and officials of ASRLM. Addressing the gathering, Chief Guest Donpaison Thaosen urged SHG members to enhance their income by diversifying product ranges and effectively utilising government support mechanisms for marketing and financial assistance. He emphasised the need for strengthening business and financial management skills and encouraged SHGs to adopt modern marketing tools, including e-commerce platforms and the Government e-Marketplace (GeM) portal, to reach wider markets. The primary objective of the Bohagi Mela is to provide a robust platform for promotion, marketing and sale of SHG products, while motivating and recognising the efforts of rural entrepreneurs. The mela features 28 stalls displaying a wide range of local and traditional products, including handicrafts, organic spices, tribal attire, decorative items and other handmade goods produced by Self-Help Groups from across the district.

In Brief

East-West Corridor in Dima Hasao Set for Completion This Month, Travel Time to Reduce



Haflong, Jan 3: The Dima Hasao stretch of the East-West Corridor is nearing completion and is targeted to be finished within this month. Once operational, the corridor is expected to significantly reduce travel time between Silchar and Guwahati to just 7–8 hours, bringing major relief to commuters and boosting connectivity and development in the region.

Zubeen Garg's Wife Seeks Government Intervention in Singapore Court Case

Guwahati, Jan 15: A day after the coroner's court in Singapore was told that music icon Zubeen Garg was "severely intoxicated" and drowned after refusing to wear a life jacket, his wife, Garima Saikia Garg, on Thursday urged the Centre and the Assam government to monitor the proceedings in Singapore at the highest level. Garima further urged them to take all necessary diplomatic and legal steps to ensure that every relevant fact is placed before the court, and pursue expeditious and effective prosecution in India on the basis of the chargesheet filed by the Assam Special Investigation Team (SIT) last month.

The singer's uncle, Manoj Kumar Borthakur, had submitted a detailed statement before the coroner's court on Wednesday. The family placed on record specific questions regarding the plan-



ning of the outing on that fateful day, Garg's physical and medical condition at the time, safety measures on the yacht, circumstances in which he entered the sea, words spoken at that moment and response of the people around him on the yacht when he showed visible distress.

The family also wanted to know the timing and adequa-

cy of medical assistance and the scope of the finding of "no foul play." "Our family has explored every lawful avenue available and there will be no hesitation or compromise. Every step has been taken with diligence, dignity, and faith in the law of the land," Garima said. "Zubeen was not merely a member of our family. He belonged to Assam. He be-

longed to its people, its music, and its emotional memory. Hence, it is important to understand the anguish of millions who want answers," she further said, insisting that the entire truth—every action taken, every word spoken, every moment lost—be fully and transparently examined and the guilty are punished.

When asked, Chief Minister Himanta Biswa Sarma refused to comment on the Singapore coroner's court proceedings. Garg (52) died while swimming near Lazarus Island in Singapore on September 19 last year. He was scheduled to perform at the 4th North East India Festival (NEIF) in the country the next day. The SIT arrested seven persons in connection with his death and slapped the charge of murder against four of them, including NEIF organiser Shyamkanu Mahanta, in the chargesheet.

BJP responds to Rahul's 'EC gaslighting people' claim with 'khandani chor' barb



New Delhi, Jan 16: The BJP on Friday attacked Congress leader Rahul Gandhi with a "khandani chor" barb, accusing him of misleading people by discrediting the Maharashtra civic poll process while the counting of votes was underway. This came in response to Gandhi asserting that "vote chori is an anti-national act" and accused the Election Commission of gaslighting citizens amid a row over the quality of 'indelible' ink used in marker pens in Maharashtra civic polls.

Reacting sharply to Gandhi's remarks,

BJP national spokesperson Shehzad Poonawalla, in a post on X, said, "Bahana (excuse) brigade back! Accepting defeat before counting ends?" "Rahul Back to

doing what he does best -- discredit, distort and disinform. 'Khandani chor' now regurgitating claims of Thackerays," he charged. Poonawalla also sought to know what came out of Gandhi's 'vote chori' allegations on the Bihar elections.

The BJP has on various occasions slammed Gandhi for his vote theft allegation, terming it "baseless" and an attempt at "hiding his failures". It has also asked Gandhi and other leaders of the opposition

INDIA bloc why they did not file any petition in court or on other platforms challenging the Bihar polls results.

Uttarakhand Farmer Case: HC Demands Update



Dehradun, Jan 15: The Uttarakhand High Court on Thursday heard petitions seeking a stay on arrests and the quashing of the FIR lodged following the suicide of Kashipur farmer Sukhwant Singh, who had accused police officials and others of foul play. A division bench led by Justice Ashish Nathani denied immediate relief to the accused and demanded that the state government provide a detailed status report by Friday. The court has scheduled a further hearing for the matter on Friday.

Sukhwant Singh, a resident of Kashipur, ended his life late Saturday night in a hotel room in Kathgodam, Haldwani. Before his death, Singh posted a distressing video on social media leveling serious allegations against several individuals, including police officers. Singh claimed he was defrauded of nearly four crore rupees in a land deal. He also alleged that when he approached the police for justice, officials sided with the accused rather than helping him. "The police, instead of acting on my complaint, resorted to intimidating and threatening me," Singh reportedly stated in his final message. In the aftermath of the tragedy, two police constables were suspended, and ten others were transferred. Following a complaint filed by the deceased farmer's brother, police subsequently registered a case against 26 individuals, including Amarjeet Singh, Divya, and Ravinder Kaur. The petitioners, named in the FIR, argued before the court that they were falsely implicated in a dispute stemming from a two-party land transaction and had no connection to the suicide itself.

Their counsel pleaded for a stay on their arrest and the quashing of the FIR. In response to the widespread outcry, the state government has constituted a high-level Special Investigation Team (SIT) headed by the IG of the Special Task Force (STF) to conduct an intensive probe. "Detailed examination of the facts mentioned in the video and email released by the deceased has been directed," an official source confirmed. To ensure impartiality, twelve police personnel were immediately transferred to districts in the Garhwal Range, namely Chamoli and Rudraprayag. The family alleged that property dealers had cheated them in a land deal, finalising a sale worth Rs 3.5 crore but registering a plot worth only Rs 50 lakh.

Two days prior to his death, Singh had specifically accused the Station Officer of Kunda police station and the in-charge of the Paiga outpost of corruption in collusion with property dealers.

Jaipur hosts 78th Army Day Parade outside cantonment for the first time

Jaipur, Jan 15: The 78th Army Day Parade kicked off in the city this morning with the Army showcasing its discipline, strength, valour and modern military capabilities before thousands of spectators on the Mahal Road in Jagatpura. This year's Army Day parade holds special significance, as this is being held right outside a traditional military cantonment area, making it the first of its kind event. The parade began after a 10-minute award ceremony honoring brave women. A series of tableaux, tanks, artillery guns, missiles, and modern weapon systems were on display, reflecting the Army's operational readiness and technological prowess. The chief guest of the event was Mizoram Governor VK Singh. Defence Minister Rajnath Singh, Rajasthan Governor Haribhau Kisanrao Bagde, Chief Minister Bhajan Lal Sharma and Deputy CM Diya Kumari also attended the



Army Day celebrations.

Several top-ranked military officers attended the program including the Chief of Defence Staff (CDS) General Anil Chauhan, the Chief

of Army Staff General Upendra Dwivedi along with numerous senior officers from the Army, Navy, and Air Force. Earlier in the day, senior military leaders paid floral tributes at the Pre-

rina Sthal in the Army cantonment area, after which they reached the parade venue via an air cavalcade. In remarkable spectacle, the Army combat helicopters showered flower petals during the parade, while Indian Air Force Jaguar fighter jets performed a thrilling aerial flypast, drawing loud applause from thousands of spectators, including youth, students, and local residents. The parade featured Param Vir Chakra, Ashok Chakra, and Maha Vir Chakra awardees leading the march, reinforcing a strong sense of patriotism. Marching contingents include soldiers from the Bhairav Battalion, 61 Cavalry, Rajput Regiment, Madras Regiment, and Garhwal Regiment. The tableaux highlighted Rajasthan's rich folk art and culture, along with glimpses of 'Operation Sindo'. A performance by the Nepali Army band also added international flavor to the ceremony.

Meghalaya Cabinet Approves Skill-Based Learning In Schools, Clears Education Reforms

Shillong, Jan 16: The Meghalaya Cabinet, which met at Mawkasiang on Friday, approved a series of key decisions, including the introduction of Community-Integrated Skill Learning (CISL) in schools, measures to facilitate completion of secondary education, and several administrative and policy matters. The Cabinet approved the introduction of Community-Integrated Skill Learning as a structured curricular component for students of Classes VI to X. CISL will be integrated into the existing Health and Physical Education subject, which is currently offered as the sixth subject and is largely textbook-based. The move aims to make the subject more practical and experiential.

Under CISL, students will be encouraged to identify and learn one or more practical skills aligned with their interests and their family or community background. For instance, students may learn agricultural skills from family members engaged in farming or other skills practiced within their local community. Students will be required to actively learn, practise, and demonstrate the selected skill. The Cabinet noted that

the initiative is expected to promote skill development, help preserve traditional family and community occupations, and strengthen student engagement with families and communities, as CISL will form a significant part of academic assessment.

The Cabinet also approved a new provision allowing admission and reg-



istration of private candidates for the Secondary School Leaving Certificate (SSLC) examination under the Meghalaya Board of School Education. The decision is aimed at supporting students who were unable to clear the matriculation examination earlier or who dropped out after Class 8 due to various reasons, enabling them to complete their Class 10 education. Among other decisions,

the Cabinet approved the Meghalaya Day Awardees for 2026. Dr Kynpham Sing Nongkynrih was selected for the U Tirot Sing Award for Arts and Literature, Father Benoy Joseph for the Pa Togan Sangma Award for Social Services, and Riiohlang Dhar for the U Kiang Nangbah Award for Sports and Games.

The Cabinet approved the Meghalaya Border Areas Development Service (Amendment) Rules, 2025, and cleared the extension of services of Kynphambor Wahlang as Superintending Engineer (HQ), Directorate of Urban Affairs, Shillong. Extensions of service were also approved for Robert Lyngdoh, retired Officer on Special Duty and Ex-Oficio Secretary to the Government of Meghalaya, Planning Department and Chief Administrative Officer, Meghalaya Age Limited, and Bruce P. Marak, retired Chief Engineer (PWD-National Highway) and Advisor to the Meghalaya Integrated Transport Project.

In addition, the Cabinet approved the Republic Day Speech for 2026 and the nomination of VIPs to take the salute during the Republic Day celebrations in 2026.

Historian Prof. Phukan Surveys Ancient Ahom Maidam in Tirap

Dibrugarh, Jan 16: In a path-breaking initiative, a delegation today visited Sumsi village in Arunachal Pradesh's Tirap district to explore and document historical sites linked to the Ahoms and the Noctes. The delegation was led by Padmashree awardee and historian Professor Jogendra Nath Phukan and Arunachal Pradesh Minister for Environment & Forest, Geology, Mining & Minerals and DoTCL, Wangki Lowang. The visit focused on the Deomali sub-division of Tirap district. During the visit, the team examined an ancient maidam in Sumsi village. Available historical records suggest the site dates back to the Ahom era.

A maidam, or moidam, is an earthen mound of stones raised over graves, a burial tradition followed by the Ahoms.

Noted Assam historian Surya Kumar Bhuyan, in his book Assam Buranji, wrote that Swargadeo Joydhaj Singh's mother, Rajmao, died at Namsang during Mir Jumla's invasion in 1662. Villagers in Sumsi believe the large earthen mound in their village belongs to her. To verify these historical claims, the delegation interacted with local residents and documented oral accounts passed down through generations. The site is believed to be around 335 years old.

Villagers, led by Raja Wanglok Lowang, accorded the team a warm welcome.

Speaking to the media, Prof Phukan said the team had visited the site mentioned in Assam's historical records to assess its significance. He said the sur-



vey could mark the first step towards uncovering a strong historical bond between the Ahoms and the Noctes. Thanking Prof Phukan and his team, Minister Wangki Lowang said the visit could help reveal an important chapter of Ahom history in Arunachal Pradesh.

He stressed the need to document historical facts that have survived only through oral tradition for centuries.

BJP summons Biren Singh, Manipur party chief to Delhi

Imphal, Jan 16: In a significant political development, the Bharatiya Janata Party's central leadership has summoned former Manipur Chief Minister N Biren Singh and state BJP president Adhikari-mayum Sarda Devi to New Delhi amid renewed discussions on forming a popular government in the state, which remains under President's Rule.

Both leaders left Imphal for the national capital on Friday noon. Party sources said the meeting with the central leadership is likely to be held on January 17 and will focus on the possibility of installing an elected government in Manipur. The state has been under President's Rule since Feb-

ruary 13, 2025, with the Manipur Legislative Assembly kept under animated suspension following the resignation of N Biren Singh on February 9, 2025.



With the President's Rule period nearing its one-year mark on February 14, political activity has intensified. Sources indicated that a popular government could be installed before that deadline. Biren

Singh continues to be seen as one of the strongest contenders for the chief minister's post. However, the party remains divided into two broad camps—one backing Singh's

the next chief minister rests entirely with the BJP's central leadership.

The BJP currently enjoys a comfortable majority in the 59-member Manipur Legislative Assembly, with 37 MLAs. One seat remains vacant. Of the 10 Kuki-Zo MLAs in the House, seven belong to the BJP. Meanwhile, the political situation continues to be complicated by the ongoing demands of Kuki-Zo groups, who are pressing for the creation of a Union Territory with a legislature. The ethnic violence between Meitei and Kuki communities, which erupted on May 3, 2023, has so far claimed over 260 lives and displaced around 60,000 people.

Shamator Mini Hornbill: CM Rio Celebrates Yimkhiung Heritage



Kohima, Jun 16: Chief Minister Neiphiu Rio on Friday attended the Tsüngkamnyo Mini Hornbill Festival at Shamator, highlighting the event as an expression of the cultural heritage, traditions, and collective spirit of the Yimkhiung and neighbouring Naga communities. Speaking at the celebration, Rio said Shamator, known as the "Brotherhood District," reflects long-standing harmony among different tribes and communities. He noted that shared traditions, festivals, and social ties have contributed to unity and peaceful co-existence in the district.

The Chief Minister said Shamator holds strategic importance as a gateway between districts and a centre of cultural exchange. He pointed out that the district's traditions, hospitality, and

natural landscape offer scope for cultural and eco-tourism, adding that events like the Tsüngkamnyo Festival help strengthen Shamator's presence on Nagaland's cultural platform. Rio commended the organisers, district administration, and community stakeholders for conducting the festival and acknowledged the role of elders and cultural custodians in preserving traditional practices. He encouraged the youth to value their heritage and use modern skills to promote it. The Tsüngkamnyo Mini Hornbill Festival featured traditional music, dances, indigenous games, and local cuisine. The Chief Minister said such celebrations contribute to strengthening community bonds and promoting unity, peace, and sustainable development in the region.

Second Suspect Nabbed in Manipur Fuel Pump Blast; Arsenal Seized

Dimapur, Jun 16: Security forces have arrested another individual in connection with the bomb explosion at a fuel station in Manipur's Bishnupur district last week, police said on January 16.

The accused, a 41-year-old man, was apprehended from the Lamphel Sana Keithel area in Imphal West district on Thursday. He is believed to be an accomplice of the main accused in the case and was taken into custody on January 15, a senior police officer said.

During the arrest, security forces recovered a cache of arms and ammunition from his possession, including one SMG carbine with four loaded magazines, one 9 mm pistol, two high-explosive (HE) hand grenades, and two detonators.

Earlier, a 35-year-old cadre



of the banned Kanglei Yawol Kanna Lup (KYKL) was arrested from the Komnao Makha Leikai area in Kakching district in connection with the same incident.

According to police, a bomb was hurled at the Elidas fuel station in the Moirang Thana Leikai area on the evening of January 8. The explosion triggered the closure of all fuel stations across the valley areas of the state for three days.

Investigations into the case are ongoing.

Editorial

Bhogali Bihu: A Living Symbol of Assam's Cultural Heritage

Bhogali Bihu, also known as Magh Bihu, is more than a harvest festival for the people of Assam; it is a living expression of the state's cultural soul. Celebrated at the end of the agricultural cycle, Bhogali Bihu marks the reward of hard work, collective living, and harmony with nature—values that have sustained Assamese society for centuries.

At the heart of Bhogali Bihu lies gratitude. After months of toiling in the fields, farmers welcome the harvest with prayers, feasts, and rituals that honour nature's generosity. The lighting of the Meji at dawn is both symbolic and spiritual, representing the burning away of hardship and the welcoming of prosperi-

ty and hope. This ritual connects generations, reminding the present of ancestral wisdom rooted in respect for natural elements.

The tradition of Uruka—the community feast held on the eve of Magh Bihu—highlights Assam's strong sense of social unity. People come together beyond barriers of class or status to share food prepared from the harvest. Rice cakes, curd, jaggery, fish, and meat are not just delicacies but cultural markers that reflect self-reliance and local knowledge passed down through generations.

Bhogali Bihu also reinforces Assam's agrarian identity in a rapidly modernising world. While lifestyles are changing,

the festival serves as a reminder of the deep connection between land, labour, and life. In rural and urban spaces alike, the celebration keeps traditional practices alive, ensuring that cultural roots are not lost amid progress.

In today's times, when cultural homogenisation poses a threat to indigenous traditions, Bhogali Bihu stands as a powerful assertion of Assamese identity. Preserving its rituals, stories, and values is not merely about celebration but about safeguarding heritage. As Assam moves forward, Bhogali Bihu continues to illuminate the path—grounded in tradition, strengthened by community, and enriched by gratitude.

Green outcomes from the red budget folder

Time was when November was one of the most pleasant months in Delhi, with just the whiff of winter in a city of extreme weathers. Not anymore. Foul air has replaced the aroma of roasted peanuts and chhole bhature as conversation starters in the national capital. Citizens have traded their old Celcius talk for a new set of numbers to moan about. Today, the air quality index regularly announced on TV triggers sighs and protests. Environmental issues have clearly hit India's political mainstream. Public protests erupted not only on the AQI that reached hazardous levels, but also on a new height-based definition of the Aravalli hills, sparking fears of illegal mining and environmental harm and forcing the government to backtrack despite a qualified Supreme Court sanction. A furore over water contamination deaths in Indore, showcased as India's cleanest municipal zone, followed. The environment ministry faced howls as the new year dawned after it amended guidelines to allow forest zones to have commercial plantations by private entities. The death of environment crusader Madhav Gadgil rang a sombre note on the importance of sustainability.

As Finance Minister Nirmala Sitharaman meets various interest groups to craft her annual budget for the new financial year, it is time to ask if environmental outcomes should be highlighted in the budgetary numbers so that we

can take note of what the government is doing (or not) for sustainability in the world's most populous and fastest-growing economy. 'Green budgeting' is unheard of in India despite decades of avowed political commitment to environmental issues. It tracks fiscal revenues and expenditure allocations by focusing on schemes and measures that affect the environment and sustainability. For starters, it is a sound way to measure public commitment to environmental goals. The Organisation for Economic Cooperation and Development has been promoting green budgeting since 2017, when it launched the Paris Collaborative at its One Planet Summit.

Historically, progressive economists in India have been monitoring health, education and gender issues addressed and outlays allocated as part of their toothcombing of budgetary measures. Such a focused analysis is much needed. But such an effort can invite trouble. The prestigious Delhi School of Economics courted controversy a few weeks ago as the Delhi University's academic panel objected to its syllabus on 'Economics of Gender' that covered some historical and ideological issues.

Green budgeting may face similar pitfalls. But there has to be a beginning. Nearly 80 years after independence, India has seen two long spells of economic vision covering roughly 40 years each. The first four decades were a lot

about socialist planning and government control, while the following years have seen an obsession with macroeconomic stability and its attendant points: inflation, interest rates and GDP growth. Both these worldviews have unconsciously sidestepped the environmental side effects of growth.

We are now looking at a scenario in which one kind of positive numbers results in an unfocused set of negative ones. An agricultural boom in some areas leads to the hazardous burning of stubble. Automobiles driven by a growing middle class result in traffic jams. Mountains of unregulated plastic and other waste pollute the air and water of our cities. The data centres powering the artificial intelligence boom currently under way will also leave a massive environmental footprint because of its humongous energy needs. Green budgeting should hopefully connect the dots between the highs and lows of the growth story so that we can frame laws and spend taxpayers' money that speak to a sustainable future. A beginning has been made in public consciousness over vehicle choice and use of public transport. But waste management, recycling and regulation of various economic activities that lead to unplanned urban growth need to be more formally analysed and integrated into policy-making.

Over the years, I have observed two peculiar intellectual obstacles in the path to

green budgeting. On the one hand, a typical environmental expert talks little about money and how it influences human behaviour. On the other, growth-obsessed economists and industrialists routinely view environmental concerns as obstructionist. During the UPA years that preceded the current NDA rule, environment ministers ran into controversies over both obstruction and approvals for projects. Sustainable growth is a tricky subject that requires a connected view on various goals. But what we have had so far are people talking on growth and sustainability in separate silos.

Fortunately, new technologies and studies suggest that growth talk and green thinking can be more supportive of each other than previously assumed. That might help us do a reverse swing to a greener India that balances wealth and jobs, too. The Council on Energy, Environment and Water, an independent think-tank, said in a recent study that India could attract as much as \$4.1 trillion in investments and create 48 million jobs across emerging 'green value chains' by 2047.

There is a parallel concern that conversations on the environment are often captured by business lobbies that try to focus on profitable capital-intensive projects rather than the welfare of ordinary people or environmental results. As they say, outlays need to be matched to outcomes. Let's begin with this budget.

Rangia Uprising of 1893: Assam's Forgotten Revolt Against British Rule

History often remembers big movements and famous leaders, but many local struggles that shaped India's freedom remain on the margins of public memory. One such episode is the Rangia uprising of Assam, a powerful but less-discussed expression of popular resistance against colonial exploitation. Remembering the Rangia uprising is important not only to honour those who participated in it, but also to understand how ordinary people in Assam challenged injustice long before independence became a national reality. The Rangia uprising took place during the British colonial period, when Assam was firmly under imperial control. The revolt began on 24 December 1893 and continued until January 1894. Like many other regions, the people of Assam faced heavy taxation, unfair land policies, and administrative arrogance. Rangia, located in present-day Kamrup district, was largely agrarian. The local population depended on farming and small-scale livelihoods, making them especially vulnerable to colonial revenue systems that prioritised extraction over welfare.

The immediate cause of the Rangia uprising lay in oppressive revenue demands imposed by the British administration. Land revenue assessments were often unrealistic and insensitive to local conditions such as floods, crop failures, and soil quality. Farmers were expected to pay taxes in cash, a system alien to many who lived in a subsistence economy. Failure to pay on time led to penalties, land attachment, and humiliation by officials.

Over time, this created deep resentment among peasants. What made the situation worse was the behaviour of some colonial officials and intermediaries, who enforced rules harshly and showed little respect for local customs. For the people of Rangia, the issue was no longer just about money; it became a matter of dignity and survival.

The uprising was not a sudden outburst, but the result of accumulated anger. Villagers began to organise themselves, holding meetings and discussing their grievances. When protests broke out, they reflected a collective refusal to accept unjust authority. Though the movement lacked formal leadership or a written manifesto, it drew strength from unity and shared suffering. This grassroots nature made it both powerful and vulnerable.

The British response to the Rangia uprising was swift and forceful. Colonial authorities viewed any resistance as a threat to order and revenue collection. Protests were suppressed using police action, arrests, and intimidation. Many villagers faced punishment, and the movement was eventually crushed. Yet, even in defeat, the uprising left a lasting mark on Assam's political consciousness. The Rangia uprising matters because it highlights an important truth: the freedom struggle was not limited to major cities or famous events. It unfolded in villages and small towns, through everyday acts of resistance by ordinary people. The peasants of Rangia may not have carried national flags or quoted political slogans, but their fight against injustice was deeply political.

This episode also underlines the central role of peasants in India's anti-colonial struggle. Long before organised movements gained momentum in Assam, rural communities were already questioning colonial rule through action. Their protests challenged the economic foundations of British power, which depended heavily on land revenue. In today's Assam, the Rangia uprising offers lessons that go beyond history. It reminds policymakers that governance disconnected from ground realities breeds resentment. Fair taxation, responsive administration, and respect for local voices are essential for stability and trust. These lessons remain relevant even in a democratic setup.

The uprising also raises questions about how history is taught and remembered. Assam's local struggles deserve greater space in textbooks, public discussions, and cultural memory. Remembering Rangia is not about glorifying conflict, but about recognising courage and collective action. Memorials, research, and public dialogue can help bring such events into wider awareness. At a time when Assam is undergoing rapid economic and social change, revisiting its past struggles can offer perspective. The people of Rangia stood up against injustice with limited means and immense risk. Their resistance was rooted in a simple demand: to be treated fairly.

Siddhant Chaturvedi to host exclusive 'Mumbai Like a Local' experience with Airbnb during Lollapalooza India

Guwahati: Actor and musician Siddhant Chaturvedi has partnered with Airbnb to offer an exclusive, invite-only experience that allows guests to explore Mumbai through his personal lens during Lollapalooza India 2026. Titled Lolla India Like a Local, the four-hour Airbnb Original Experience will be open for booking from January 19 at 11 AM IST.

Designed for just four guests, the experience includes a meal at one of Siddhant's favourite local food joints, a guided heritage walk through Bandra's historic Ranwar Village, an intimate jam session where he performs an original track inspired by the city, and finally, attending Lollapalooza India alongside him. The initiative also introduces The Mumbai Guidebook, a digital city guide curated by Siddhant, featuring neigh-



Oriflame introduces OptOptimals Even Out Range to tackle dark spots and uneven skin tone

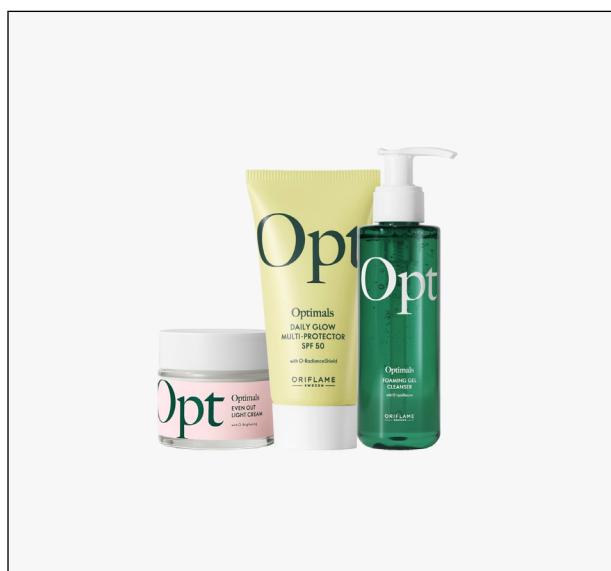
Guwahati: Oriflame has expanded its Optimals skincare portfolio with the launch of the new Optimals Even Out range, aimed at addressing dark spots, hyperpigmentation and uneven skin tone. The Swedish beauty and wellbeing brand said the range has been developed for consumers looking for clearer, brighter and more even-looking skin through a gentle and simplified skincare routine.

Hyperpigmentation remains one of the most common skincare concerns in India due to high sun exposure, pollution, hormonal changes and post-acne marks. To respond to this demand, Oriflame said the new range is dermatologically tested and powered by a blend of Ni-

acinamide, Rainbow Algae Extract, Glycolic Acid and Para-probiotic technology. These ingredients work together to improve skin tone, support surface renewal and strengthen the skin barrier while maintaining hydration and microbiome balance.

Speaking on the launch, Edyta Kurek, Senior Vice President and Head of India and Indonesia at Oriflame, said the range offers a targeted yet gentle solution that works on pigmentation while helping consumers feel confident in healthy-looking skin.

In Guwahati, beauty retailers and skincare consultants note a growing preference for skinimalist routines that are easy to follow and suitable for daily use. Demand for products addressing pig-



mentation and sun-related skin concerns remains strong in the city, especially in the mid-priced segment.

The Optimals Even Out

range is priced between ₹469 and ₹1,899 and is available on Oriflame's website and through its brand partners across India.

TallyPrime 7.0 launched with stronger banking links, enhanced data security for MSMEs

Guwahati: Tally Solutions Pvt Ltd on Tuesday announced the launch of TallyPrime Release 7.0, marking five years of the TallyPrime platform and strengthening its focus on simple and connected digitisation for micro, small and medium enterprises (MSMEs). The latest release brings deeper integrations with banks, improved automation, and enhanced data-protection features aimed at making daily business operations faster and more reliable.

Since its introduction, TallyPrime has supported MSMEs in adapting to India's evolving digital ecosystem, including e-invoicing, e-way bills and GST compliance. With features such as Connected Banking and cloud access, businesses have been able to manage operations securely from anywhere. Release 7.0 builds on this foundation by improving con-

tinuity, clarity and control for users.

The new version introduces stronger integrations with State Bank of India and Axis Bank, allowing real-time balance checks, statement access, instant reconciliation and seamless payment management within the TallyPrime platform. Tally has also expanded its partnership with NPCI Bharat BillPay Ltd through Bharat Connect for Business, enabling automated invoice exchange and linked payments between buyers and sellers.

Data protection has been further strengthened through an enhanced TallyDrive experience, featuring upgraded encryption and integrity checks to ensure business data remains secure and under the user's control.

Commenting on the launch, Tejas Goenka, Managing Director, Tally

Solutions, said the release reflects the company's belief that MSMEs need connected digitisation without added complexity, helping them operate with greater transparency and confidence.

In Guwahati, where MSMEs play a key role across trading, manufacturing and services, the launch of TallyPrime 7.0 is expected to support faster adoption of digital accounting and banking-linked operations. Local businesses dealing with GST compliance, inter-state trade and frequent bank transactions may benefit from real-time reconciliation and automated workflows, helping them improve efficiency and maintain better financial control in a competitive market environment.

TallyPrime Release 7.0 will be available to all existing TallyPrime customers with an active licence.

Nissan expands India focus, appoints Thierry Sabbagh as President to drive growth



Guwahati: Nissan has announced key leadership changes across its Africa, Middle East, India, Europe and Oceania (AMIEO) region, strengthening its push under the Re:Nissan transformation plan with a sharper focus on speed, efficiency and customers. Effective January 1, 2026, Thierry Sabbagh has assumed an expanded role as Divisional Vice President and President, Middle East, KSA, CIS and India – Nissan and Infiniti, bringing India directly under his leadership.

The move highlights India's growing strategic importance for Nissan as the company accelerates its market resurgence. Over the next 14 to 16 months, Nissan India plans to launch three new models—GRAVITE, TEKTON and a 7-seater C-SUV—while expanding its dealer network to 250 touchpoints nationwide.

Massimiliano Messina, Chairperson, Nissan AMIEO, said the leadership changes are aimed at empowering regional teams to respond faster to market needs and deliver

competitive products. Sabbagh said he looks forward to building on strong foundations in India and the Middle East to accelerate growth and deliver greater customer value.

Welcoming the decision, Saurabh Vatsa, Managing Director, Nissan Motor India, said the appointment strengthens leadership at a crucial growth phase focused on execution, products and sustainable expansion.

In Guwahati, Nissan's planned product launches and dealer expansion could improve brand visibility in the Northeast, where demand for compact SUVs and value-driven vehicles is rising. Dealers expect fresh models and stronger leadership focus to help Nissan gradually widen its customer base in the region.

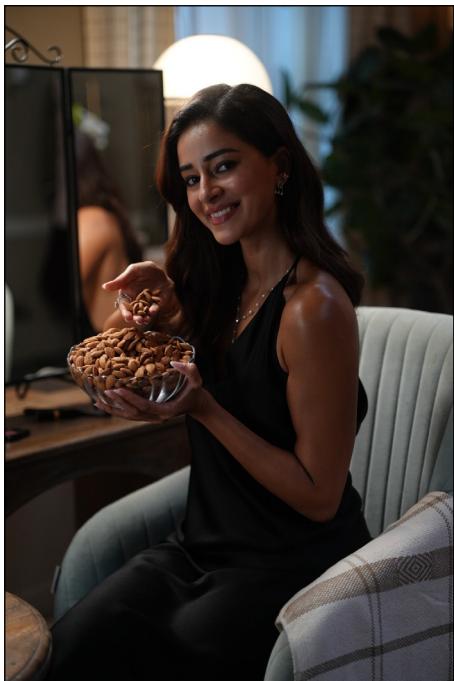
Nissan also announced the departure of Leon Dorssers, Senior Vice President and Chief of Commercial Operations, marking the end of a three-decade-long career with the company.

Tally 7.0
Prime

**Thoughtfully
built**



Ananya Panday embraces simple, sustainable habits to start 2026 on a mindful note



Guwahati: Actor Ananya Panday has chosen a refreshingly simple approach to welcome the New Year, stepping away from big resolutions and focusing instead on everyday habits that are easy to maintain. In a new Instagram reel

shared in collaboration with California Almonds, the actor opens up about the pressure that often comes with the idea of "new year, new me."

In the candid video, Ananya is seen speaking to herself in front of a mirror, acknowledging how quickly time passes and how New Year resolutions can sometimes trigger anxiety. Rather than aiming for perfection, she stresses the importance of consistency and balance. Her focus for 2026 includes simple goals such as getting enough sleep, staying hydrated, exercising regularly, and following small, healthy routines.

One habit she highlights is starting her morning with a handful of California Almonds. She notes that almonds provide natural energy to begin the day and contain healthy fats and vitamin E, which are known to support overall wellness and skin health.

In Guwahati, health-focused foods like almonds have seen steady demand in recent years, especially among young professionals and fitness-conscious consumers. Retailers in the city say customers are increasingly opting for simple, nutrition-rich products that fit easily into daily routines, reflecting the same shift towards mindful living highlighted by the actor.

Niri9 International Film Festival wraps up in Hyderabad, 'Juiphool' wins top honour

Guwahati: The third edition of the Niri9 International Film Festival concluded on Sunday after two days of screenings, discussions and award ceremonies, marking a strong finish for the growing platform for independent and socially conscious cinema. The festival was held at Prasad Film Labs and Raj Bhavan Samskruti Auditorium.

The Assamese feature film Juiphool emerged as the biggest winner of the festival, receiving the prestigious Dr Zubeen Garg Memorial Best Feature Film Award. Filmmaker Rajesh Touchriver was named Best Director for Dahini – The Witch, which also won multiple technical awards including cinematography, editing and make-up.

The two-day festival showcased films across feature, short, shorter and documentary categories, bringing together filmmakers and au-

diences from different parts of India and abroad. The programme featured a wide range of stories, from social issues and regional narratives to experimental and contemporary themes.

The closing ceremony was attended by several dignitaries, including Shri M Dana Kishore, IAS, Special Chief Secretary to the Governor, who attended as chief guest. Smt C Priyanka, Managing Director of the Telangana Film Development Corporation, was present as special guest. Other notable attendees included senior director and National Film Awards chairman VN Aditya, actor-director Ashok Kumar and SVFFA principal Ajitah Surabhi.

A key highlight of the festival was a panel discussion on the second day that focused on cinema as a tool for social change, independent filmmaking and new storytelling

trends in the digital era. The session also discussed film production, co-production and distribution at national and international levels.

Among other major awards, Ghar won the Second Best Feature Film award, while Character was named Best Short Film and Golden Thread won Best Documentary Film.

Festival Director Dr Junmoni Devi Khaund thanked filmmakers, jury members, partners and audiences for their support, stating that the festival aims to promote fearless storytelling and meaningful cinema.

Organised by NIRI 9 under NIRI Media (OPC) Private Limited, Guwahati, the festival continues to strengthen its presence as a pan-India platform for independent cinema, with the Hyderabad film fraternity expressing support for future collaborations.

Term insurance reinforced as cornerstone of financial protection for Indian families

Guwahati: Term life insurance continues to play a critical role in strengthening the financial security framework of Indian households, especially in a fast-developing economy marked by rising aspirations and responsibilities. Emphasising its importance, industry stakeholders highlight that term insurance ensures dependents remain financially secure in the unfortunate event of the untimely demise of the family's earning member.

Term insurance offers high life cover at comparatively low premiums, making it one of the most accessible protection instruments available today. For instance, a healthy 30-year-old non-smoker with no pre-existing medical conditions can

secure a ₹1 crore cover for a 30-year term at a monthly premium of close to ₹1,000. In case of death during the policy term, the payout can support immediate household expenses, clear outstanding debts, fund children's education, and help families maintain their standard of living.

Industry guidance suggests that selecting the right cover and tenure should be based on a detailed assessment of income, current and future liabilities, dependents' education, marriage and healthcare needs, and the impact of inflation. While a common benchmark is coverage of 10–15 times annual income, policies aligned with one's working

life—typically up to 60–65 years—are considered optimal. Buyers in their 30s are increasingly opting for 30–40-year terms to balance affordability and long-term protection.

Addressing perceptions around returns, insurers reiterate that term insurance is designed purely for risk coverage. However, Return of Premium plans are available for those seeking premium refunds on survival, subject to conditions. A member of the Insurance Awareness Committee (IAC-Life) of the Life Insurance Council said term insurance is now a necessity, urging households to insure earning members without delay to secure their financial future.

Elmac scales up North East push with high-visibility outdoor campaign to drive festive demand

Pune: Elmac Agro, the Kolkata-born sauces and condiments brand owned by Desai Foods Private Limited, is betting big on rising consumption in the North East with a high-impact outdoor advertising campaign rolled out during the peak festive and year-end season. Best known for its sharp and flavour-rich Kasundi, Elmac also has a strong portfolio of Chinese sauces, including Green Chilli Sauce, Red Chilli Sauce and Soya Bean Sauce, which enjoy wide acceptance across Eastern and North-Eastern India.

The campaign, running from December 15, 2025 to the first week of January



2026, spans key cities such as Guwahati, Shillong, Aizawl, Imphal, Agartala and Dimapur. Designed around the theme "Celebrate with the flavours you love," the outdoor creatives showcase food-led moments of togetherness, positioning

Elmac as an everyday companion for cooking, finishing and serving meals. Large-format product visuals supported by appetising food imagery aim to drive instant recall and reinforce the brand's strong local connect.

Sanjana Desai, Executive Director, DFPL, said the initiative reflects Elmac's long-standing relationship with the region's bold food culture and its focus on staying close to everyday kitchens. The campaign also builds on the brand's broader progression, which includes sauces, Kasundi, Lime Juice Cordial and Mango Panna as table staples across occasions.

New Renault Duster conquers 1 million kilometres across three continents



Guwahati: Renault India, a subsidiary of the French Renault Group, has announced a landmark testing achievement for its upcoming SUV, the new Renault Duster. The vehicle has successfully completed 1 million kilometres of endurance trials across three continents, braving temperatures from minus 23 degrees Celsius to 55 degrees Celsius to prove its rugged engineering and global readiness.

The next generation Duster, set to carry forward the legacy of its predecessor, has been tested on diverse terrains and extreme climates to validate durability, safety, and performance. The long-term endurance run covered proving grounds, R&D tracks and public road circuits worldwide. The SUV also proved its mettle in high-altitude missions in Leh-Ladakh, including a run at Khardung La at 5,602 metres, one of the world's highest motorable passes. Climate trials subjected the vehicle to sub-zero and scorching heat to ensure robust thermal management. In India, the Duster was tested on city roads and specialized government tracks such as NATRAX, ARAI, GARC and ICAT to validate its readiness for rough terrain, speed breakers and bumper-to-bumper traffic. Global tuning trips in Brazil, Romania, France, China and the Czech Republic further refined its driving dynamics. Stephane Deblaise, CEO of Renault Group India, said, "Completing 1 million kilometres of testing across three continents is not just validation—it is a statement of intent." The new Renault Duster is positioned as a game-changer SUV, engineered for endurance and safety. The official unveiling is scheduled for Republic Day, 26 January, 2026.

The 8 Best Broccoli Recipes That You Will Adore

From swift weeknight meals to exquisite culinary creations, broccoli contributes a satisfying crunch, delightful flavor, and lively color to your dish. Regardless of whether you choose to steam, roast, stir-fry, or bake it, these recipes highlight the finest qualities of this green nutritional powerhouse, rendering it a beloved choice for both children and adults. **Garlic Butter Roasted Broccoli:** Tender broccoli florets roasted with garlic and butter develop a rich, savoury flavour. Crispy edges and a hint of garlic make this simple side dish irresistible alongside any main course. **Broccoli Cheddar Soup:** Creamy broccoli soup enriched with sharp cheddar cheese creates a comforting, hearty meal. Perfect for chilly evenings,



it's smooth, flavourful, and packed with nutrients in every spoonful. **Stir-Fried Broccoli:** Quick and tasty, broccoli is stir-fried with ginger, garlic, and soy sauce. This Asian-inspired dish is crisp, flavourful, and pairs perfectly with rice or noodles for a wholesome meal. **Broccoli And Cheese**

Casserole: A baked casserole combining broccoli, melted cheese, and breadcrumbs makes a cheesy, golden side dish. It's perfect for family dinners or holiday feasts, offering both comfort and flavour. **Lemon Garlic Broccoli Pasta:** Broccoli tossed with al dente pasta, olive oil, garlic, and lemon juice makes a light yet flavourful meal. It's fresh, zesty, and ideal for a quick weeknight dinner. **Broccoli Salad:** Crisp broccoli florets combined with sweet cranberries, toasted almonds, and a rich dressing create a delightful salad. It is sweet, tangy, and ideal for picnics or potlucks. **Broccoli Fritters:** Shredded broccoli combined with eggs, flour, and spices, then pan-fried to golden perfection, creates crispy fritters. Serve them as appetizers or snacks for a healthy, tasty treat. **Broccoli and Mushroom Stir Fry:** A quick and delightful side dish, this recipe features broccoli and mushrooms sautéed in a savory sauce. Rich in flavor and nutrients, it pairs wonderfully with rice, noodles, or grilled proteins.



A Comprehensive Guide to Creating Viral Cheese-Stuffed Sweet Potatoes



Ingredients: 3 medium sweet potatoes, 1 cup of grated mozzarella cheese, $\frac{1}{2}$ cup of cheddar cheese, 1 tablespoon of butter or olive oil, 1 teaspoon of minced garlic, $\frac{1}{2}$ teaspoon of chili flakes, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of black salt, and 1 tablespoon of chopped parsley and coriander. Begin by washing the sweet potatoes thoroughly to remove any dirt. Once clean and dry, use a fork to poke holes all over, ensuring even cooking and allowing steam to escape while baking. Next, preheat the oven to 200°C. Gently, brush the sweet potatoes with olive oil, ensuring they are evenly coated, and place them neatly on a baking tray. Bake for 45 to 50 minutes, or until the inside is tender and the skin is crisp. Once done, let them cool. Now, each sweet potato should be carefully chopped lengthwise, but not entirely. Use a fork to fluff the insides. Gently add in the butter, minced garlic, salt, pepper, and chilli flakes. Then, press the mozzarella and cheddar cheese firmly into the flesh of the sweet potato. Bake for 10 to 15 minutes until the cheese is fully melted. Take it out of the oven and savor the dish.

How to Prepare Fresh Almond Milk at Home in 7 Simple Steps

Almond milk is commonly considered a nutritious substitute for dairy milk. Being lactose-free, it is particularly suitable for individuals who have trouble digesting regular milk. Packed with vitamin E, beneficial fats, and antioxidants, almond milk promotes radiant skin, cardiovascular health, and consistent energy levels. Homemade almond milk is free from preservatives, flavors, and chemicals, rendering it more nutritious compared to many commercially available alternatives, which frequently contain added sugars and other additives. It is fresh, cost-effective, and naturally delicious, making homemade almond milk simple to prepare in the comfort of your own home. **How To Make Almond Milk At Home**



Soak the Almonds: Take 1 cup of raw almonds and soak them in a bowl of water for 8-10 hours or overnight. Soaking softens the almonds, making them easier to blend. It also improves digestion and helps the body absorb nutrients more effectively. **Remove the Almond Skins:** Drain the soaked almonds and gently peel off the skins. This step is optional, but removing the skins results in milk that is smoother, whiter, and creamier. If you are short on time, you may skip this step. **Blend with Water:** Place the soaked (and peeled) almonds into a blender. Add 3-4 cups of clean drinking water, ad-

justing the quantity depending on how thick you want the milk. Blend for 1-2 minutes until the mixture is smooth and has a milky consistency. **Strain the Mixture:** Pour the blended mixture into a large bowl and strain it using a muslin cloth, nut milk bag, or fine sieve. Gently squeeze the cloth to extract as much milk as possible. The more you squeeze, the more almond pulp, as it can be reused. **Add Flavour (Optional):** For

International Hot and Spicy Food Day: 3 Simple Recipes for Spice Enthusiasts

Indians have a profound passion for spice! From curries and pickles to chutneys and even chaats, this obsession with spice is deeply ingrained. If you were to open any kitchen cabinet in an Indian home, you would discover an array of chillies and spices that impart intense heat and flavor to every dish. It is an integral part of our identity. From the fiery Bhut Jolokia found in Assam, recognized as the world's hottest chili with over 1 million Scoville units, to the vibrant Guntur Sannam in Andhra Pradesh and the smoky Kashmiri Mirch, every region in India is home to distinct chillies that have influenced the local culinary traditions. Whether it is the deep red color of Byadagi chillies used in the rich coconut gravies of Karnataka or the Madras chillies that enhance the Tamil sambar, the levels of spice are indicative of the local character and taste. **Buldak Spicy Ramen with Crispy Chicken Nuggets**

Cook the noodles in boiling water as per the pack instructions. Drain most of the water, leaving about 3-4 tablespoons in the pan. Add the spice sauce and mix well so the noodles are evenly coated. In a separate pan or air fryer, cook the chicken nuggets until golden and crispy. Heat a pan with butter or oil, add the cooked noodles and toss on medium heat for 30-40 seconds to let the sauce thicken. If using an egg, crack it into the pan and quickly mix it into the noodles for a creamy, spicy coating. Add the crispy nuggets, and toss lightly so they stay crunchy but get coated in the sauce. Transfer to a bowl and top with spring onions and a few sesame seeds or chilli flakes. **Jhol Momo with Chicken Bites**

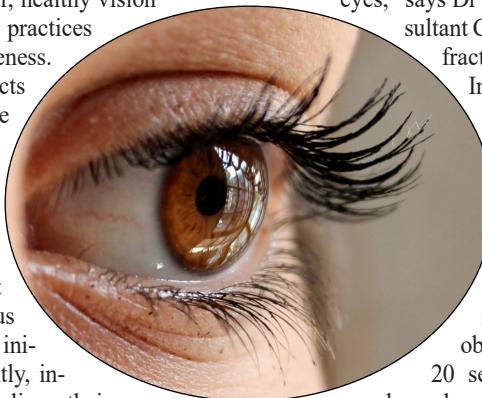
Method: Cook the momos as per the packet instructions and keep aside. Cook the chicken bites until crisp and set aside. Heat oil in a pan. Add onion, garlic and ginger. Sauté till soft and fragrant. Add tomato puree, atomic sauce, chilli powder, cumin and coriander powder. Cook till the oil starts to separate. Add the peanut paste and mix well to form a thick, spicy base. Add water or stock and let it simmer for 4-5 minutes to form a thin, flavourful jhol. Add the cooked momos and chicken bites to the gravy. Let them sit in the broth for 2-3 minutes so they absorb the spice. Garnish with fresh coriander and serve hot. **Peri Peri Chicken Bites Wrap**

Method: Cook the chicken bites until hot and crisp. In a bowl, mix peri peri sauce, mayonnaise (or curd), garlic paste and lemon juice to make a spicy spread. Toss the hot chicken bites in a little of this sauce so they are evenly coated. Warm the tortillas or rotis on a pan with a little butter. Spread the remaining peri peri sauce on each wrap. Add lettuce, onion, tomato and a generous layer of the saucy chicken bites. Roll tightly and toast on the pan for a minute on each side so the wrap holds and gets lightly crisp. Cut in half and serve hot.

Fundamental Eye Care Practices for Clear and Enduring Vision

The human eye functions continuously from the time we awaken until we go to sleep. However, numerous individuals often overlook the importance of eye care until they encounter issues like blurred vision, discomfort, or irritation. In reality, the majority of eye-related problems can be avoided through straightforward and consistent daily eye-care routines. Preserving eye health does not necessitate complex actions; rather, healthy vision stems from habitual practices and increased awareness.

One of the crucial aspects of eye care is to arrange regular eye examinations. Numerous serious eye conditions, including glaucoma and diabetic eye disease, typically do not present pain or obvious symptoms during their initial stages. Consequently, individuals frequently believe their vision is "adequate" until considerable damage has taken place. Regular eye check-ups assist in identifying issues early on, when treatment is more efficient and less complex. People with diabetes, hypertension, or those who use corrective lenses should be particularly attentive to the necessity of routine eye exams. Diet also plays a crucial role in maintaining good vision. Proper nutrition supports overall health as well as eye function. Consuming green leafy vegetables, fruits, eggs,



nuts, and fish, along with drinking adequate amounts of water, helps keep the eyes healthy and resilient. Staying hydrated is particularly important for preventing dryness and irritation, especially for people who spend long hours in air-conditioned environments. "Today, most of us spend several hours staring at mobile phones, computers, or televisions, which often leads to tired, dry, or burning eyes," says Dr Yogesh Chougule, Consultant Cataract, Cornea and Refractive Surgeon, National Institute of Ophthalmology, Pune. "A simple habit like taking frequent short breaks can help alleviate these symptoms. Following the 20-20-20 rule, every 20 minutes, looking at an object 20 feet away for 20 seconds can significantly reduce eye strain. Additionally, blinking more often, maintaining proper screen distance, and ensuring adequate lighting can further ease eye fatigue."

Protecting the eyes from harmful ultraviolet (UV) rays and potential injury is another essential yet often overlooked aspect of eye care. Wearing sunglasses outdoors helps shield the eyes from UV damage. Similarly, using protective eyewear during activities such as sports, household work, or driving can reduce the risk of accidental eye injuries.

How To Remove Peas From Their Pods In A Few Minutes

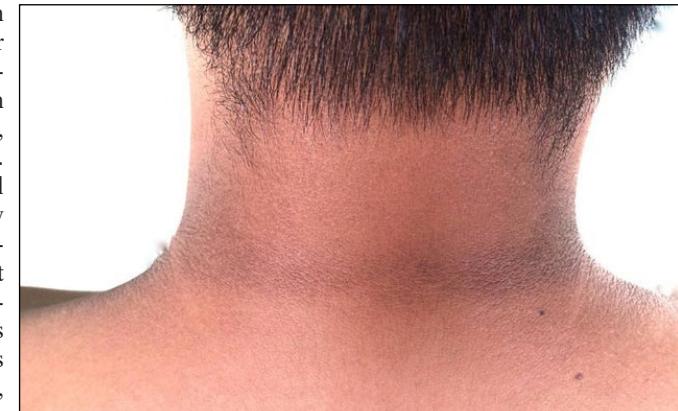
As winter approaches, peas become an essential ingredient in daily cooking. Whether in curry, pulao, stuffed kachoris, or warm soups, winter dishes seem lacking without them. However, the process of shelling peas can be quite laborious and time-intensive. It may take almost thirty minutes to shell a single kilogram, resulting in sore fingers and fatigued hands. Consequently, many individuals postpone this task, particularly when faced with two or three kilograms at a time. If shelling peas feels like a chore you dread, this method is perfect for you. All it needs is hot water and cold water to loosen the pea pods quickly and easily. Start by thoroughly washing the pea pods. Heat about one litre of water in a large pot, do not let it boil. Once the water begins to steam, add the pea pods, switch off the heat, and cover the pot. Let the peas sit in the hot water for around two minutes. This step does not cook the peas; it simply softens the shells slightly, which is key to the trick. Next, prepare a bowl



of very cold water. Adding ice will improve the results. Transfer the pea pods directly from the hot water into the cold water. The sudden change in temperature helps loosen the shells further. After one to two minutes, you'll notice how easily the pods open. Two Easy Ways To Remove The Peas Once softened, shelling becomes effortless. You can lightly press one end of the pod and the peas will pop out on their own. Alternatively, place several pods between your palms and gently rub or squeeze them. The pods split open, releasing the peas in bulk. Using this method, shelling five kilos of peas takes just five to ten minutes, compared to the usual 20 to 30 minutes for one kilo. It's fast, painless, and highly efficient, especially useful if you're preparing peas for freezing.

Dark pigmentation on the neck is not merely dirt

Dark, velvety areas on the back of the neck or beneath the arms are frequently confused with tanning, pigmentation, or inadequate hygiene. Nevertheless, medical professionals are now encouraging individuals to be more vigilant regarding these alterations in the skin. This condition, referred to as Acanthosis Nigricans, is typically benign by itself but may act as an early indicator of potential metabolic problems. The subject has recently attracted interest following Dr. Sunita Sayammagaru's observation during her daily commute. While using the metro, she observed that many individuals in her vicinity exhibited indications of Acanthosis Nigricans on the nape of their necks. Dr. Sunita Sayammagaru posted on X, "Over 50% of individuals in my compartment exhibit Acanthosis Nigricans – the dark, velvety hyperpigmented patches located



on the back of the neck, armpits, groin folds, and in the skin folds of the abdomen...." She noted that upon observing them, she understood the reason behind their dark necks. She wrote, "Even the people who look slim from behind have it, and lo and behold, when I see them from the front, they have a good potbelly/paunch... not surprising. Acanthosis is one of the first signs of insulin resistance, which is the precursor of diabetes and other metabolic disorders." Echoing her views, Dr Sayajirao Gaikwad also addressed

the common misconception around dark necks and underarms. In a follow-up tweet, he wrote, "Acanthosis Nigricans, the dark velvety skin on the neck or underarms, isn't about poor hygiene. It's one of the clearest external signs of insulin resistance. When cells resist insulin, the body produces more of it. Excess insulin overstimulates skin cells and pigments leading to thickened, darkened patches. This is not just cosmetic. It's an early red flag for prediabetes, type 2 diabetes, PCOS, fatty liver, and metabolic syndrome."

Daily Practices That May Either Hinder or Speed Up the Progression of Glaucoma

Glaucoma ranks among the primary causes of irreversible vision impairment, impacting approximately 11.9 million individuals globally. A considerable portion of glaucoma cases goes undetected, as the initial stages of the condition frequently exhibit no apparent symptoms. Adopting healthy lifestyle practices as part of regular care, in conjunction with consistent follow-up evaluations, is crucial for preserving long-term ocular health. According to Dr. Niteen Dedhia, Medical Director, Ojas Maxivision Eye Hospitals, glaucoma management extends beyond medications and periodic check-ups. "Daily lifestyle choices such as maintaining a healthy routine, managing stress, ensuring adequate sleep, staying physically active, and using prescribed eye drops correctly play a crucial role in keeping eye pressure stable," he explains. He further adds that habits like smoking and alcohol consumption can negatively affect blood circulation to the optic nerve and trigger fluctuations in eye pressure, accelerating vision damage. Mindful lifestyle changes can therefore help patients protect their remaining eyesight and support long-term disease stability. Medication Discipline and Routine Follow-Ups Matter Most For glaucoma patients, the most important daily habit is using prescribed eye drops consistently. Skipping doses or discontinuing medication due to a lack of noticeable symptoms can lead to a silent

rise in intraocular pressure, significantly increasing the risk of optic nerve damage. Regular medication adherence, combined with scheduled follow-ups to monitor eye pressure, optic nerve health, and visual fields, allows timely adjustments in treatment before irreversible damage occurs. Exercise That Supports Eye Health Meditation, yoga practices, and pranayama help regulate breathing and support overall well-being, which may



indirectly benefit eye health. However, certain yoga postures—such as Shirshasana (headstand) or other head-down positions—can increase intraocular pressure and should be avoided by glaucoma patients unless advised otherwise by a healthcare professional. Nutrition That Supports the Optic Nerve A balanced diet rich in leafy vegetables, seasonal fruits, legumes, nuts, and sources of omega-3 fatty acids supports vascular health and may reduce oxidative stress caused by free radicals. Instead of focusing on a single "superfood,"

patients are encouraged to consume a wide variety of foods across different colours and food groups. Moderation of caffeine intake is also recommended, particularly for individuals who experience increases in intraocular pressure or signs of glaucoma progression. Sleep and Stress Habits That Promote Stability Effective glaucoma management depends not only on medications but also on good sleep quality and stress control. Poor sleep, chronic stress, and fatigue can affect blood pressure and overall systemic health, indirectly impacting eye health. Simple habits such as maintaining consistent sleep and wake times, eating light dinners, avoiding screens before bedtime, and refraining from using phones or watching television in the dark can help support eye health. Taking short relaxation breaks during the day also improves treatment consistency and long-term vision protection. Hydration and Smart Fluid Intake Hydration is essential for overall health, but consuming large volumes of fluids in a short time may cause fluctuations in intraocular pressure. It is advisable to spread fluid intake evenly throughout the day and have eye pressure monitored regularly. In glaucoma management, consistency matters more than drastic changes, steady routines help maintain fluid balance and stable eye pressure, while extremes may be counterproductive.

Tripura HC verdict on fixed pay under review, no decision yet: CM Manik Saha

Agartala, Jan 16: Tripura Chief Minister Manik Saha on Tuesday said the state government has not yet taken any decision on the recent Tripura High Court verdict that struck down the five-year fixed pay system in government jobs and directed the grant of regular pay scales from the date of appointment. Responding to queries, Saha said the matter was under active consideration and discussions were being held at various levels of the government.

He added that consultations were underway with ministers and senior officers to decide the future course of action. "These issues are being discussed at the appropriate level. We did not introduce the fixed pay system. It has its advantages and disadvantages, and such policies are not adopted without reasons. There must have been some justification behind the decision taken by the previous government," the chief minister



said. Asked whether the state was considering filing a special leave petition in the Supreme Court against the High Court order, Saha said no decision had been

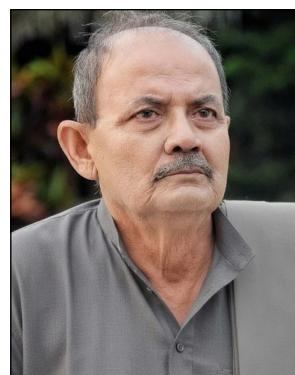
taken so far.

On the demand by SSA teachers for the withdrawal of the SLP already filed by the state government in a related matter, the chief minister said the issue was complex and could not be resolved through unilateral decisions. "These are very critical issues. States like ours face chronic resource constraints. Any hasty or unilateral decision may prove detrimental. The government also has to ensure its own sustainability," he said.

The Tripura High Court division bench had recently held the practice of appointing government employees on fixed pay for the first five years as unconstitutional and directed the state to extend regular pay scale benefits from the date of joining.

The court also asked the government to clear arrears payable to the petitioners within a stipulated period.

Bishnu Kharghoria Honoured with GAFF Lifetime Award



Guwahati, Jan 16: Veteran actor Bishnu Kharghoria will receive the 'Lifetime Achievement Honour' at the Guwahati Asian Film Festival (GAFF) 2026 for his significant contributions to Indian cinema, particularly Assamese films, festival organisers announced on Thursday.

Kharghoria, known for his acclaimed roles in Xagoroloi Bohudoor, Firingoti, and Kollol, has been recognised for performances marked by emotional depth and artistic integrity. Festival director Monita Borgohain said, "Kharghoria's contribution to Indian cinema, especially Assamese films, is profound and timeless. His performances reflect rare integrity, emotional depth and an unwavering commitment to the craft. We are honoured to celebrate a life dedicated to cinema."

The Lifetime Achievement Honour, instituted as an annual award, recognises artistes whose body of work has significantly influenced cinematic culture and inspired generations.

Arunachal Govt to promote Pali, Tai Khamti education: Chowna Mein

Guwahati, Jan 16: Arunachal Pradesh Deputy Chief Minister Chowna Mein on Thursday reaffirmed the state government's commitment to promoting the teaching of Pali and Tai Khamti languages in schools, while also pushing for the digitisation and restoration of ancient scripts and manuscripts. Mein was speaking after inaugurating the newly constructed hostel building of the Arunachal Pali Vidyapith Residential School at Chongkham. Addressing the gathering, the Deputy Chief Minister said the preservation of language, culture and heritage must go hand in hand with education. He assured continued government support for the teaching of Pali and Tai Khamti, describing them as integral to Arunachal Pradesh's cultural identity. He also said the government would extend support for the digitisation and restoration of rare manuscripts preserved in museums, calling them invaluable cultural assets of the state. "Education must go hand in hand with cultural and linguistic preservation. I assured continued government support for teaching Pali and Tai Khamti language, and for the digitisation and restoration of rare manuscripts preserved in the museum, which are invaluable assets of our heritage," Mein wrote on X.

Highlighting Chongkham's growth as an ADC headquarters, Mein said the govern-



ment's focus remains on planned and sustainable development so that the area emerges as a vibrant educational and cultural hub. "Continued support will be extended for the growth of this institution and the overall development of the region. Together, we are investing in our children, our culture, and the future of Arunachal Pradesh," he added.

The Deputy Chief Minister also congratulated the Arunachal Pali Vidyapith Society and the RWD team for completing the new infrastructure. He reaffirmed the government's commitment to further expansion of the institution, including the addition of more hostel facilities in the coming days.

The newly inaugurated 60-bed hostel is expected to significantly benefit students, especially at a time when boarding facilities are limited and parents are keen to provide quality education for their children.

Manipur hikes pay of VDF personnel after fortnight-long strike

Imphal, Jan 16: The Manipur government on Thursday announced a hike in the monthly honorarium of Village Defence Force (VDF) personnel, following a fortnight-long "Pen Down, Gun Down" strike by the community-based security volunteers. An order issued by Mayengbam Veto Singh, Joint Secretary (Home), Government of Manipur, said the revised remuneration for VDF personnel has been fixed at Rs 14,400 per month, calculated at Rs 480 per day for 30 days. The rate corresponds to the minimum wages notified by the Skill, Labour, Employment and Enterprises (SLEE) Department. The revised pay will take effect from January 1, 2026, and includes a provision for an annual increment of Rs 500 for every completed year of service. The



order stated that the revision was approved by the competent authority and carried out with the concurrence of the Finance Department (PIC). The decision comes after VDF personnel across the state

Roy Rebuts Opposition's MGNREGA Rumors

Agartala, Jan 16: Tripura minister Tinku Roy on Friday accused the opposition of deliberately spreading misinformation regarding the renaming of the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA). He claimed that daily protests across the state were misleading the public. Speaking at a press conference, Roy explained that India had several rural employment and social security schemes long before MGNREGA was introduced. Initiatives such as Relief Work, Food for Work, and the National Rural Employment Programme (NREP) gradually evolved into the National Rural Employment Guarantee Act in 2005. In 2009, Mahatma Gandhi's name was added, giving rise to the widely known MGNREGA. Nearly two decades later, the scheme has been restructured and renamed as the Viksit Bharat Guarantee for Rozgar and Ajeevika Mission (Gramin) (VB-G Ram Ji Project). Roy described the new law as a major reform compared to MGNREGA. Employment days have been increased from 100 to 125, while structural weaknesses of the old scheme have been addressed to strengthen transparency, planning, and accountability. He added that the project aims to boost rural economies by creating productive assets, increasing incomes, and enhancing resilience against natural and financial crises.

Highlighting expenditure figures, the minister said the UPA government had spent ₹2.13 lakh crore on MGNREGA, whereas the NDA government allocated nearly ₹7.8 lakh crore between 2015 and 2025. "These figures clearly show the NDA's consistent commitment to rural development," he asserted. Criticizing the opposition, Roy said they were focusing only on the scheme's name instead of discussing employment and wages. "This is an attempt to tarnish the image of developmental projects," he remarked, urging citizens not to be misled by rumors. He reaffirmed that the government remains committed to safeguarding the interests of rural communities.

Professor's Body Donation Aids Lakhimpur

North Lakhimpur, Jan 16: Assam's Lakhimpur Medical College and Hospital (LMCH) has received its first cadaver following the death of Fakir Mohan Nayak, a retired English professor from Panigaon Om Prakash Dinodia College, Lakhimpur. Prof. Nayak passed away on Thursday night after a prolonged illness. He was 65. Born in Cuttack, Odisha, Fakir Mohan Nayak completed his schooling at Champeswar G P High School, Cuttack, and earned his MA in English from Ravenshaw College (now Ravenshaw University), Cuttack. He joined Panigaon Om Prakash Dinodia College as an Assistant Professor in 1988 and retired in 2021. He had settled in North Lakhimpur. Prof. Nayak is survived by his wife and two sons.

Known for his pleasant demeanour, Prof. Nayak was a highly respected teacher. In addition to donating his body, he also donated his eyes. A team from LMCH received his mortal remains on Friday in a simple ceremony at his residence in Bormuria Tiniali, North Lakhimpur. Prof. Nayak's death has been widely mourned, and his decision to donate his body for medical research has been applauded in the local community.



launched an indefinite strike, suspending both administrative and security duties, to press for several long-pending demands. These include implementation of Section 18 of the Police Act, 1861, in line with VDF recruitment rules, regularisation of service, and a substantial increase in their honorarium. There are currently around 10,050 VDF personnel in Manipur, whose services have been extended till March 2026. The VDF Association had been demanding an increase in the monthly honorarium to **Rs 30,000**, from the earlier rate of Rs 10,500. VDFs play a crucial role in assisting the state police in maintaining law and order, particularly in rural and vulnerable areas of Manipur, amid ongoing security challenges in the state.

U-19 World Cup: Henil Patel grabs 5/16 as India beat USA by six wickets

Henil Patel's Fifer and Kundu's Calm Lead India to Rain-Aided Win



Bulawayo, Jan 16: Henil Patel led a ruthless bowling display with an excellent five-wicket haul, setting up India's six-wicket victory over USA in their rain-hit ICC Under-19 World Cup opener here on Thursday. The right-arm seamer finished with figures of 5/16 from seven overs with one maiden, ripping through the USA middle-order after India opted to bowl under overcast conditions. The USA were bundled out for a meagre 107 in 35.2 overs. India's target was revised to 96 in 37 overs after rain interrupted proceedings

with the total reading 21 for one in four overs. Abhigyan Kundu (42 not out off 41 balls) then saw the team home with 118 balls to spare under the DLS method. India's chase was delayed by rain but when play resumed, 14-year-old batting sensation Vaibhav Suryavanshi (2) fell cheaply as he was bowled by Ritvik Appidi (2/24 in 5 overs) in the third over.

Appidi cramped Suryavanshi for room with a length delivery before the batter came down the wicket only to get an inside edge onto the stumps. Skipper Ayush Mhatre had by

then collected two boundaries and looked confident until rain forced another interruption. At that stage of the game, India required just 87 runs in 46 overs, but the equation was changed as per the DLS method when play resumed after a long interruption.

Upon resumption, India lost the wickets of Mhatre (19) and Vedant Trivedi (2) in quick succession, and then, vice-captain Vihaan Malhotra was dismissed for 18. Earlier, Henil struck in his very first over, inducing an edge from Amrinder Gill (1) to Malhotra in the slips, before

the tall tearaway pacer Deepesh Devendran joined in by having Sahil Garg (16) caught by Henil at third man to reduce USA to 29/2 in nine overs. Henil then took control of the innings with a devastating double blow, removing captain Utkarsh Srivastava for a five-ball duck before dismissing wicketkeeper Arjun Mahesh (16) in the same over as the USA slipped to 35/4. He returned again soon, drawing a loose drive from Mahesh that flew to third man for his third wicket, and USA never recovered from the collapse. Leg-spinner Khilan Patel struck immediately on his introduction, trapping Amogh Arepally (3) as the USA slid to 39/5 in the 16th over.

Nitish Sudini offered some resistance with a counter-attacking 36 off 52 balls, striking four boundaries and adding 30 runs with Adnit Jhamb (18) for the sixth wicket to take USA past 50. However, Henil returned to mop up the tail, dismissing Sabrish Prasad (7) and Rishabh Shimpi (0) to complete his five-for as the USA were bundled out in 35.2 overs. India are in Group B alongside Bangladesh and New Zealand.

Shame at India Open: Bird Poop Twice Halts Prannoy vs Loh Battle on Main Court



New Delhi, Jan 16: The India Open is turning out to be an organizational nightmare for Badminton Association of India. If pollution, hygiene and a monkey 'inadvertently' wandering inside the stadium have been dominating the news in the last couple of days, the third day had its share of unwanted controversy -- an unprecedented interruption because of bird-dropping.

The interruption was during a high-stake contest between two former World Championships medalists, HS Prannoy and Loh Kean Yew of Singapore on Court 1 at the IG Indoor Stadium. Later after the match, Prannoy said that they seemed to have spotted bird dropping, which led to the interruption. There was another short break in the opening game too called by the chair umpire because of the same reason. The match itself was an absorbing contest with both Prannoy and Loh going all out. Loh rallied to get across the line 18-21, 21-19, 21-14, after trailing in the first game. The said interruption occurred when Prannoy was leading 1-0 in the decider. "I think it was bird shit which kind of halted the game for a while," Prannoy said. Even in the opening game the chair umpire briefly halted the tie when Prannoy was leading 16-14. Loh walked in front of the net to check and seemed repulsed by what he just saw on the playing surface.

Loh, the 2021 world champion, also spoke about the difficult conditions. "The weather is not so good. It took a toll on my health. Other than that, I'm just taking it one match at a time. I breathe lesser here. I just wear my mask when I can. Other than that, I try to stay indoors as much as possible," he said.

Rabiot Brace Sparks Milan's Comeback Victory

Milan, Jan 16: AC Milan didn't let city rival Inter Milan open up too big a gap at the top of Serie A as it fought back to win 3-1 at in-form Como on Thursday, with Adrien Rabiot winning a penalty and then scoring two goals. Inter had moved six points clear of Milan and Napoli with a 1-0 win over Lecce on Wednesday, coupled with Napoli's frustrating draw against Parma.

Milan's victory saw the Rossoneri cut the gap back to three points. It didn't start off so well for Massimiliano Allegri's team, however. Como — which was sixth in Serie A — got off to the perfect start when a corner was taken short and then floated in for Marc-Oliver Kempf to head the hosts into the lead in the 10th minute. Como dominated but Milan leveled on the stroke of halftime when



it was awarded a penalty after Rabiot was brought down by Kempf and Christopher Nkunku's spot kick squirmed under the body of Jean Butez.

Milan turned the match around completely 10 minutes into the second half. Rafael Leão controlled a cross-field pass and then cut inside before lifting the ball over for Rabiot to chest down and volley across into the bottom right corner. And Rabiot sealed the match shortly before full time when Niclas Füllkrug headed a ball back to the France midfielder and he drilled hard and low into the near corner.

The Ultimate Redemption: Harleen Deol's Statement 64* Scripts UP Warriorz' First Win of WPL 2026

UPW Open Account in Fourth Try as Defending Champs MI Falter Again

Mumbai, Jan 16: Harleen Deol bounced back from the disappointment of being retired out with a match-winning half century 24 hours later as UP Warriorz downed defending champions Mumbai Indians by seven wickets for their first victory of WPL 2026 here on Thursday. Nat-Sciver Brunt (65 off 43 balls) batted with the brute force she is known for to lift Mumbai Indians to 161 for five after a rather ordinary first half of the innings. Harleen (64 not out off 39), who was retired out on Wednesday despite batting well, proved a point by anchoring UPW's run chase to perfection. It was the first success of the season for UPW in four games while Mumbai Indians suffered their second loss in four matches.

She batted with renewed purpose and plenty of intent



to collect boundaries at will including three in an over off the accomplished Shabnim Ismail.

What stood in Harleen's knock was her play square of the wicket on the off-side and effortless manner in which she scored her runs. The India batter completed her fifty in the 15th over, a sweep off spinner Sanskriti Gupta. Two more fours followed in the same over, reducing the equation

to 29 off 24 balls with seven wickets in hand. In the company of Chloe Tryon (27 not out off 11), Deol stayed till the end to ensure the job was done without a hiccup. However, the troubles for UP Warriors at the top of the order persisted with Meg Lanning (25 off 26) and Kiran Navgire (10 off 12) unable to provide a lightning start. Earlier, the opening pairing of Amanjot Kaur (38 off 33) and G Kamalimi

(5 off 12) could never really get going on a slow pitch that offered assistance to the spinners. Sciver-Brunt and skipper Harmanpreet Kaur (16 off 11) got together after the openers departed in successive overs. Labouring to 54 for two in 10 overs, Sciver-Brunt changed the course of the innings with remarkable hitting. Thanks to her special knock, Mumbai Indians managed to put a competitive total with as many as 107 runs coming in the last 10 overs. After Harmanpreet fell to a sweep shot off Asha Shobhana, Nicola Carey provided ideal support to Sciver-Brunt, who kept collecting boundaries for fun.

It was the 17-run over from Shobhana that gave the innings much needed momentum with Sciver-Brunt hammering a couple of fours and a straight six.