

Empowering Hill Farmers: Two-Day Kisan Mela-2026 Begins at Haflong with Focus on Scientific Farming

Haflong, Feb 10: The Department of Agriculture, in collaboration with allied sectors under the CSS-ATMA programme, today launched the Two-Day Kisan Mela-2026 at Krishi Bhawan, Haflong, in Dima Hasao district. Scheduled to be held from February 10 to February 11, 2026, the event aims to empower local farmers by promoting scientific farming practices and strengthening the agricultural economy of the hill district. The inaugural programme was graced by Sameer Roy, Chairman, Department of Agriculture, who attended as the Chief Guest. Several senior officials were present on the occasion, including Laisringdi Naiding, ACS, Deputy Secretary, NCHAC; Dhriraj Almany, ACS, Assistant Commissioner; Dr. Bhairab Kakati, In-charge Additional Director (Hills), Animal Husbandry & Veterinary Department; Fishery Development Officer; scientists from KV; and the Assistant General Manager, NABARD. Addressing the gathering, Chairman Sameer Roy emphasized the urgent need to integrate modern technology with traditional farming practices to enhance productivity and income generation for farmers in the district. He noted that the Kisan Mela provides a vital platform where farmers can directly interact with experts, access departmental resources, and learn about innovative agricultural techniques through dedicated stalls and interactive sessions. Speaking on the occasion,

Dr. Bhairab Kakati highlighted the importance of shifting from conventional to scientific methods of animal husbandry, particularly in poultry and piggery, which hold immense potential in the hill region. He assured that the department would extend necessary training and technical support to farmers to improve livestock productivity. Dr. Kakati also informed that several NABARD-funded RIDF projects are underway to reconstruct veterinary dispensaries across Dima Hasao, aimed at strengthening animal health services in rural areas. The programme also fea-



tured an interactive session with local farmers and departmental resource persons, offering a direct forum for farmers to voice their concerns and challenges related to plantation, livestock management, cattle rearing, and the implementation of various agricultural schemes. The Kisan Mela forms part of a series of ongoing initiatives reflecting the Dima Hasao Autonomous Council's (DHAC) sustained commitment to rural development, livelihood enhancement, and food security in the district. A large number of farmers, along with officials from different departments, attended the event, making it a meaningful step toward transforming agriculture in the hill region.

Empowering Hill Farmers: Two-Day Kisan Mela-2026 Begins at Haflong with Focus on Scientific Farming

BJP Dima Hasao Sets Poll Agenda in High-Level Committee Meeting at Haflong



Haflong, Feb 11: In a significant step towards consolidating its grassroots strength ahead of the 2026 Assam Assembly Elections, an interactive meeting of the Election Management Committee was successfully held at Atal Bihari Vajpayee Bhawan in Haflong. The meeting focused on strengthening booth-level strategies and reinforcing organizational unity to ensure the BJP's continued electoral success in Dima Hasao. The high-level meeting was attended by the Chief Executive Member (CEM) of DHAC, Debolal Gorlosa; Minister, Government of Assam, Nandita Gorlosa; BJP Dima Hasao President

Dhriti Thaosen; Chairman DHAC Mohet Hojai; Dima Hasao Prabham Vijay Kumar Gupta; Dima Hasao Vistarak Vinod Tiwari; Assembly In-charge and BJYM Assam Pradesh Vice-President Jiten Bey, along with Executive Members (EMs), Members of Autonomous Council (MACs), and dedicated party karyakartas. The deliberations centered on robust booth-level planning, voter outreach mechanisms, and strengthening coordination among party workers to secure a decisive mandate in the upcoming elections. Leaders emphasized the importance of disciplined organizational work, sustained

public engagement, and communicating the development initiatives undertaken by the BJP-led government at both the state and district levels. During the meeting, speakers also addressed what they termed as attempts by the opposition to mislead the public through baseless allegations, including unverified claims relating to mining incidents and land-related issues. Party leaders asserted that such narratives aim to divert attention from the tangible development works and welfare measures implemented in Dima Hasao under the BJP-led administration. Reaffirming their commitment to public service, BJP Dima Hasao leaders expressed confidence that the party's developmental agenda, transparent governance, and strong grassroots connect will once again earn the trust and mandate of the people in 2026.

Rani Gaidinliu Inspiration Home Inaugurated at Hangrum; DHAC Launches Multiple Development Projects

Haflong, Feb 10: In a significant step towards community upliftment and preservation of tribal legacy, the Chief Executive Member (CEM) of the Dima Hasao Autonomous Council (DHAC), Debolal Gorlosa, today inaugurated the Rani Gaidinliu Inspiration Home at Hangrum in the presence of DHAC Chairman Mohet Hojai and several other dignitaries. The occasion marked not only the dedication of the Inspiration Home but also the inauguration of several key developmental projects aimed at strengthening educational and social infrastructure in the re-

gion. Among the projects inaugurated were the P. Sonkhai (H) L.P. School, a Teacher's Quarter at Boro Nianglo L.P. School, a Teacher's Quarter at N. Pungo L.P. School, multiple Community Halls, and the Nianglo Luangria Heraka Rani Gaidinliu Society Hall. Addressing the gathering as Chief Guest, CEM Debolal Gorlosa described the day as historic and deeply meaning-

ful for the people of Hangrum and adjoining areas. He stated that the newly inaugurated projects would play a vital role in enhancing educational facilities, strengthening community engagement, and contributing significantly to the overall welfare and socio-economic development of the local population. Highlighting the enduring legacy of Rani Gaidinliu, Gorlosa said she remains a symbol of courage, resilience, and visionary leadership. "Rani Gaidinliu's life stands as a testament to tribal strength and resistance.

(To be continued in page- 9)

Final Electoral Roll for 113-Haflong (ST) Released



Haflong, Feb 10: The Dima Hasao District Administration today convened a press meet regarding the publication of the Final Electoral Roll under the Special Revision of Electoral Rolls for the 113-Haflong (ST) Legislative Assembly Constituency. The press meet was addressed by Additional District Commissioner (ADC) Shyam Sharma, who briefed media representatives on the significance and procedural aspects of the Special Revision. The Final Electoral Roll has been prepared with January 1, 2026, as the qualifying date, ensuring accuracy and inclusiveness in the electoral process. The meeting was held at 11:00 AM in the Conference Hall of the Office of the District Commissioner, Dima Hasao, Haflong, and was attended by representatives from various political parties apart from print and electronic media houses. During the interaction, the ADC highlighted the efforts undertaken by the district administration to ensure a transparent, error-free, and voter-friendly revision process. Media persons were also informed about the availability of the Final Electoral Roll for public inspection and the importance of voter awareness ahead of the upcoming electoral exercises. The District Administration reaffirmed its commitment to strengthening democratic participation and urged all eligible citizens to verify their names in the Final Electoral Roll to ensure their right to vote.

BJP's Haflong Rally Highlights Nationalism and Multi-Sectoral Development Push in Dima Hasao and Across India: Demands arrest Congress Leader Gaurav Gogoi



Haflong, Feb 8: The Bharatiya Janata Party (BJP), Dima Hasao district unit, on Sunday organised a massive and high-voltage rally

in Haflong town, drawing an overwhelming response from the public. More than 5,000 party workers, supporters and citizens participated, turning the rally into a strong demonstration of public sentiment against alleged anti-national activities and in favour of decisive, development-oriented governance. The rally was held to protest the alleged links of Congress leader and MP Gaurav Gogoi and his wife with a Pakistani national under the guise of running an NGO, and to demand strict legal action, including arrest. Slogans affirming nationalism and India's sovereignty echoed through the town as participants marched in unity.

The programme was attended by North Cachar Hills Autonomous Council (NCHAC) Chief Executive Member (CEM) Debolal Gorlosa, BJP Dima Hasao District President and MAC Dhriti Thaosen, Vistarak Vinod Tiwari, Executive Members of the Autonomous Council, MACs and senior party leaders. The presence of top leadership underscored the seriousness with which the party views issues related to national security. Addressing the massive gathering, CEM Debolal Gorlosa launched a sharp attack on the Congress, stating that despite ruling Assam for nearly 15 years, the party failed to bring mean-

ingful development to the state and particularly to Dima Hasao. In contrast, he highlighted the "transformational and multi-sectoral development" ushered in under Prime Minister Narendra Modi at the national level and Chief Minister Dr. Himanta Biswa Sarma in Assam. He cited improvements in road connectivity, rail and air infrastructure, healthcare services, education, welfare schemes for women and youth, drinking water projects, rural electrification, tourism promotion and focused development in hill districts like Dima Hasao as clear evidence of BJP's commitment to inclusive growth.

(To be continued in page- 9)

Few people using ex-militants for TTAADC gains: Tripura CM

₹1,400-Cr World Bank Boost for Tribal Areas

Agartala, Feb 12: Tripura Chief Minister Manik Saha, on Thursday, alleged that there was a time in the state when outlawed insurgent groups such as the All Tripura Tiger Force (ATTF) and the National Liberation Front of Tripura (NLFT) were created "to remain in power", even as he asserted that the BJP-led government has worked to bring lasting peace and development to tribal areas.

Addressing a programme linked to a government scheme for indigenous communities, Saha did not name any political party or leader. However, he referred to a period of insurgency from the late 1970s to the early 2000s, when the state was governed by the Congress-TUJS combine and later the CPI(M)-led Left Front. "There was a time in the state when outlawed groups such as All Tripura Tiger Force (ATTF) and National Liberation Front of Tripura (NLFT) were created only to remain in power. It was Prime Minister Narendra Modi and Union Home Minister Amit Shah who had brought the misguided youth to the national mainstream," Saha said.

The Chief Minister claimed that the Centre has allocated Rs 250 crore for the rehabilita-



tion of surrendered militants. He also alleged that "a few people" are now attempting to use former insurgents for electoral gains in the Tripura Tribal Areas Autonomous District Council (TTAACD).

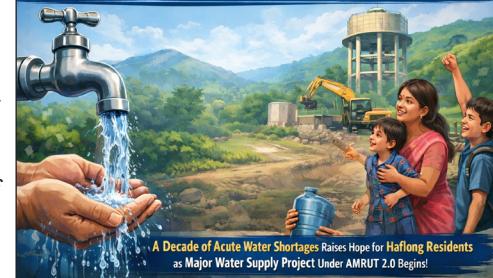
The Chief Minister further stated that a Rs 1,400 crore World Bank-funded project is underway to develop tribal areas by strengthening infrastructure. He maintained that the present government remains committed to the socio-economic advancement of indigenous communities, including the preservation of their culture, language and traditions. "Most of the externally aided schemes are being implemented in the tribal areas of the state," Saha added. Highlighting the resolution of the long-pending Bru refugee issue, Saha said the BJP government had brought a "much needed solu-

tion" to the 23-year-old crisis to ensure a better life for the displaced families. "Nobody had concern for the Bru people who were sheltered in refugee camps in North Tripura's Kanchanpur subdivision before the BJP came to power in 2018. Under the guidance of PM Modi and Union Home Minister Amit Shah, the problem has been solved (in 2024)," he said. According to Saha, the Centre has sanctioned Rs 800 crore for the rehabilitation of Bru refugees across 12 locations in the state. He added that the government is providing skill training to Bru youth to enable sustainable livelihoods. "We have solved the vexed problem, but someone else is trying to take the credit, which can't be allowed. The BJP-led government did its best to solve the problem," he said, without elaborating.

After a Decade of Acute Water Scarcity, Hope Rises in Haflong as DHAC Lays Foundation for Town Water Supply Project under AMRUT 2.0

Haflong, Feb 9: In a landmark step towards resolving one of Haflong's most pressing civic challenges, the Chief Executive Member (CEM) of the Dima Hasao Autonomous Council (DHAC), Debola Gorlosa, today laid the foundation stone for the long-awaited Haflong Town Water Supply Project under the AMRUT 2.0 scheme, bringing renewed hope to thousands of residents who have endured acute drinking water scarcity for more than a decade. For years, the people of Haflong have grappled with erratic water supply, seasonal shortages, and heavy dependence on limited and unreliable sources. During dry months, many localities in and around the town faced severe hardship, forcing households to rely on water tankers or distant sources to meet even basic daily needs. The lack of a comprehensive and sustainable water infrastructure had long been a cause of concern for citizens, civic bodies, and public representatives alike. Addressing this long-standing issue, the BJP-led Dima Hasao Autonomous Council has taken a decisive step by initiating the Haflong Town Water Supply Project, which aims to ensure safe, adequate, and uninterrupted drinking water to urban households. Once completed, the project is expected to significantly improve the quality of life of residents and support Haflong's growing population and urban expansion. The foundation stone was laid by CEM Debola Gorlosa in the presence of members of his Executive Council and other senior officials on February 9, 2026. Speaking on the occasion, the CEM described the project as a "transformational initiative" that reflects the Council's commitment to addressing core public needs through long-term planning rather than temporary measures. He stated that access to clean drinking water is a basic right and a critical pillar of public

After a Decade of Acute Water Scarcity, Hope Rises in Haflong as DHAC Lays Foundation for Town Water Supply Project under AMRUT 2.0



health, urban development, and social dignity. The water supply project forms part of a broader, multi-pronged development strategy being pursued by the BJP-led DHAC, which has over the years focused on strengthening infrastructure across sectors such as healthcare, road connectivity, drinking water, sanitation, education, and urban amenities. Under the present Council, Dima Hasao has witnessed visible improvements, including upgraded hospitals, better road networks connecting remote areas, enhanced welfare schemes, and focused attention on urban civic infrastructure. Observers note that the Haflong Town Water Supply Project stands as a key milestone in this development journey, particularly because water scarcity has long been one of the most palpable and emotionally resonant issues for the citizens of Haflong. The project is expected not only to ease daily hardship but also to boost public health outcomes, reduce water-borne diseases, and support economic and tourism activities in the hill town. With the laying of the foundation stone, expectations are high among residents that the decade-long struggle for reliable drinking water is finally nearing an end. The initiative has been widely welcomed as a sign of relief and reassurance, reinforcing the BJP-led Council's emphasis on development-driven governance and inclusive growth in Dima Hasao district.

PM Vishwakarma Scheme Empowers Artisans in Dima Hasao: Awareness Programme Unlocks Skill, Credit and Market Opportunities

Mahur, Feb 10: In a significant step towards empowering traditional artisans and strengthening rural livelihoods, the Branch MSME-Development & Facilitation Office (DFO), Silchar, in association with the District Industries & Commerce Centre (DICC), Dima Hasao, and the Assam State Rural Livelihoods Mission (ASRLM), Mahur, successfully organized a one-day Awareness Programme on the PM Vishwakarma Scheme at the Conference Hall of Jatinga Valley Development Block Office, Mahur, in Dima Hasao district. The programme witnessed an overwhelming participation of over 190 artisans and craftsmen from different parts of the region. Despite logistical challenges posed by the hilly terrain, the massive turnout reflected the growing enthusiasm among artisans to access government-supported skill development, financial assistance, and market linkage opportunities under the PM Vishwakarma Scheme. The event began with a welcome address by Swapnil Deshmukh, Assistant Director, Branch MSME-DFO, Silchar, who outlined the objectives of the programme and emphasized that the PM Vishwakarma Scheme

is a transformative initiative aimed at uplifting traditional artisans by formalizing their trades, enhancing skills, and integrating them into the mainstream economy. Addressing the gathering, Ganesh Chandra Das, Assistant Director (In-Charge), Branch MSME-DFO, Silchar, elaborated on the key features of the scheme, highlighting provisions such as skill upgradation training, toolkits support, collateral-free credit, interest subvention, and marketing assistance, which collectively aim to improve income stability and long-term sustainability for artisans. Jonathan, Block Project Manager, ASRLM, Mahur, spoke on the convergence of the PM Vishwakarma Scheme with rural livelihood missions, stressing the critical role of Self Help Groups (SHGs) in identifying, mobilizing, and supporting beneficiaries at the grassroots level to ensure inclusive coverage. Further strengthening the outreach, Tahiruddin Talukdar, District Manager, Common Service Centre (CSC), explained the digital registration process under the scheme and assured participants of end-to-end facilitation support through CSCs to ensure smooth

enrollment and access to scheme benefits. Officials from State Bank of India (SBI) and Assam Gramin Bank (AGB) provided detailed insights into credit linkage mechanisms, emphasizing the availability of collateral-free loans, easy repayment terms, and the importance of financial inclusion and formal banking for artisans to scale up their enterprises under the scheme. The interactive session allowed artisans to raise queries related to eligibility, training schedules, credit access, and marketing support, making the programme highly participatory and impactful. The programme concluded with a vote of thanks by Abhishek Shelke, Assistant Director, MSME-DFO, Guwahati, who acknowledged the coordinated efforts of all participating departments, banking institutions, and the artisans for making the programme a success. The entire event was smoothly coordinated and hosted by Sumit Gundayya, Assistant Director, Branch MSME-DFO, Silchar, ensuring effective communication and engagement throughout the programme. The awareness programme marked an im-



portant milestone in bridging policy support with grassroots artisans, reaffirming the government's commitment to inclusive growth, self-reliance, and sustainable livelihood generation in the hill districts of Assam.

Editorial

Dima Hasao at a Political Crossroads

The hills of Dima Hasao are once again witnessing the churn of democracy as fresh political developments reshape the district's electoral landscape ahead of the forthcoming Assam Legislative Assembly elections. The recent entry of the National People's Party (NPP) into the district, marked by the induction of new leaders at Maibang, has added a new dimension to what was already expected to be a closely contested battle in the Haflong (ST) constituency.

For decades, Dima Hasao's politics has revolved around issues of identity, autonomy, development, and representation. The district, with its unique tribal composition and strategic significance in Assam's hill politics, has often served as a microcosm of the broader socio-political currents of the Northeast. The NPP's formal political entry into Dima Hasao signals not merely the addition of another party to the ballot, but a recalibration of regional aspirations and alliances.

The ruling Bharatiya Janata Party (BJP) continues

to maintain a strong organizational base in the district. Banking on infrastructure projects, improved connectivity, and welfare initiatives, the party is expected to project development as its primary electoral plank. Its political dominance in recent years has consolidated its hold over much of the hill district's administrative and grassroots structure.

At the same time, the Indian National Congress (Congress), historically a significant player in Assam's hill politics, is likely to reassert itself in an attempt to regain lost political space. With the possible participation of regional forces and independent candidates, Dima Hasao may witness a multi-cornered contest that reflects the diversity of political voices in the hills.

The presence of regional leaders from neighboring states at recent political events suggests that Dima Hasao is no longer viewed in isolation. Instead, it is increasingly seen as part of a broader Northeast political narrative where tribal iden-

tity, inter-state cooperation, and regional solidarity are gaining prominence. This evolving dynamic could influence campaign rhetoric and voter perception in the months ahead.

Yet, beyond party alignments and strategic manoeuvres, the real question remains: what does this political reshuffle mean for the people of Dima Hasao? The district continues to grapple with challenges related to employment, sustainable development, infrastructure gaps, and youth aspirations. Elections must therefore rise above symbolic gestures and focus on tangible solutions.

As the countdown to the Assembly polls begins, Dima Hasao stands at a political crossroads. The electorate now holds the power to shape the next chapter of its journey. In this season of political contest, it is imperative that democratic debate remains issue-based, inclusive, and forward-looking—ensuring that the hills move not only through political change, but toward meaningful progress.

A life lived away from power

It was around 2011-2012, when television as a medium was at its peak. I was a popular TV anchor then, brimming with ideas, constantly planning audacious shows. One such idea was a people's choice program online nominations followed by voting, multiple rounds of elimination, and finally, winners across categories: singers, sportsmen, environmentalists, and one category that drew instant attention—the most powerful people of Assam. To my surprise and delight, one of the shortlisted names was Prafulla Govinda Baruah. I remember the excitement with which I announced the nominations on air, urging viewers to vote. The next morning, my phone rang. On the other end was Prafulla Govinda Baruah himself. His voice was soft, almost apologetic. "Would you mind dropping my name from the list?" he asked.

There was no argument, no explanation, no assertion of status. Just a request. Out of respect I could only mumble—"Yes Sir". I quietly removed his name. Instantly. No one knew, nor my editors nor my management. But that single phone call stayed with me. I had worked briefly at The Assam Tribune in the early nineties, a young journalist then, absorbing the rhythms of a newsroom that already carried the weight of history. My personal association with Prafulla Govinda

Baruah at that time was minimal; he was never the kind of proprietor who hovered over the newsroom or announced his presence. Yet, over the next 35 years working across Assam and national media, in organisations owned by individuals and corporations alike—I came to admire him deeply, watching the contrast unfold in other newsrooms. My admiration did not stem from proximity but from perspective.



From a micro view the newsroom floor of The Assam Tribune—one could sense a rare softness in management. It was a paper where fear or pressure did not stalk journalists, where the editor's room was not an extension of political power except for a period in the early nineties. But that was the micro story. The macro story was far more extraordinary. In my long journey through media houses where owners jockey relentlessly for proximity to power, where editorial lines bend under political gravity—I saw how rare it was for a media proprietor to consciously stay away from the corridors of authority.

Prafulla Govinda Baruah did exactly that. He remained completely aloof from Dispur. He never allowed the government of the day-any government to come remotely close. He did not seek favours, patronage, or protection. He did not trade access for influence. In doing so, he became an enigma. At a time when the role of media owners was visibly changing, he remained content staying away from the limelight. When others flaunted wealth and closeness to the ruling establishment, he maintained a dignified distance and a simple life. He neither lectured nor moralised; he simply lived his principle. And that principle-keeping power at bay while living a simple life-made him perhaps the last true sentinel of journalistic integrity in Assam. I left The Assam Tribune long ago, like one of the few who moved on to other media pastures. Yet, wherever I worked, I often found myself measuring media ethics against the silent standard Prafulla Govinda Baruah had set. Most fell short. In an age of loud owners and louder opinions, he proved that restraint could be strength, and distance from power could be the highest form of independence. Prafulla Govinda Baruah remained an enigma till the very end. And in doing so, he left behind not just a newspaper, but a moral benchmark—rare, elusive, and profoundly Assamese.

Giving back, for old times' sake

"Nostalgia is not what it used to be," is one of my favourite quotes, variously attributed to French actress Simone Signoret and American writer Peter De Vries. While its authorship may be in doubt, its ironic humour is not. I got that feeling firsthand last weekend as I went down memory lane to the University of Delhi to mark the centenary of my alma mater. Shri Ram College of Commerce is not what it used to be, unless you count the main red-brick building laden with teenage memories. But the festive air to mark the institution's 100th year echoed with revelry, laughter and banter by older folks who were evidently feeling young all over again. This was not exactly a poet's idea of nostalgia as sweet pain, though I am sure there were silent sighs on missed buses.

The joyous occasion also reflected the times we are in. Graduates from well-regarded institutions are increasingly sought after by big-ticket companies, a far cry from my days when employment prospects were far fewer. But there was a lot of gratitude one could feel in the air. Just as well. I realise that I secured a world-class degree at a monthly fee of less than \$3 at the then exchange rate. My education's real value truly dawned on me when I worked in an international agency as an equal with folks who had graduated from Yale and Oxford. It is also great to see that one of the most desirable habits of contemporary American culture is catching on in India, though there is a

long way to go. Grateful alumni are happy to give back to the institutions that shaped them. SRCC has only just begun that journey, much like most Indian educational institutions. The global reach of Indian alumni, especially in the US, has triggered the imagination for philanthropy to aid one's alma mater, though the idea of building schools or offering scholarships is not really new for Indians. SRCC, though aided by the government in a post-independence drive for higher education, also owes a lot to its founder, Lala Shri Ram, whose philanthropic footprints are all over the national capital. Former finance minister Arun Jaitley, probably the best-known alumnus of my college, figured frequently in the centenary conversations. The chairman of the college's governing board, Ajay S Shriram, recalled how Jaitley once casually suggested that the classrooms be air-conditioned. When the management murmured over the costs, a few messages went out, and within months enough funds were raised from the alumni. All rooms are now air-conditioned, a far cry from my days when slowly-whirring fans would hang from the high ceilings.

The contributions were not surprising, considering the conversations I overheard at the centenary dinner. Investment bankers, private equity moneybags and tax planners were busy exchanging career notes as giant screens flashed profiles of the been-there-done-that brigade. Old boys love to network in alumni meetings. That's prof-

itable nostalgia. But the generous alumni movement has only just begun in India and has faced hiccups. The government has not been quite prepared for it, and stirred into action only five years ago to do what might be called an 'ease of doing business' equivalent. In the US, media tsar Michael Bloomberg donated \$1 billion to the Johns Hopkins University for medical school tuition. Hedge fund manager John Paulson donated \$400 million to the engineering school at Harvard, where he studied management. But the real deal is the way many lesser-known alumni contribute to build humongous endowments. Harvard today has an endowment larger than \$50 billion and Yale—named after its first big benefactor, Elihu Yale, who made much of his money at Fort St George, Madras—has more than \$40 billion today. Princeton, Stanford and MIT rank close behind. But Infosys co-founder N R Narayana Murthy had a rude awakening in the 1990s when he found that he could not donate ₹8 crore worth of shares to IIT Kanpur because regulations did not allow equity-based donations at that time. Murthy said a couple of decades later that had it been accepted, the stake would have been worth ₹2,000 crore. There was also a report on how a scientist had to backtrack from a donation of 8 acres of land to another IIT because it attracted a stamp duty of ₹40 crore that the state government refused to waive. Nevertheless, individual generosity has pushed ahead. Another Infosys



co-founder and current Executive Chairman Nandan Nilekani in 2023 pledged ₹315 crore to his alma mater, IIT Bombay, a year after IIT Kanpur received ₹100 crore from Rakesh Gangwal, co-founder of IndiGo Airlines.

The structured endowment model arrived in India in 2019, when IIT Delhi started a fund with the alumni committing ₹250 crore. Administered as a non-profit, the corpus now stands at around ₹480 crore and aims to reach ₹7,000 crore. We need many more such initiatives. In 2022, the Union education ministry issued guidelines for central universities to set up endowments to be run by boards headed by vice-chancellors, with rules on how to spend the money while growing the corpus. There was talk at SRCC about start-up incubators to help entrepreneurs and address opportunities in artificial intelligence. With AI disrupting every field including education, pedagogy needs to reinvent itself. Evidently, alumni with real-life experience can pitch in with something beyond money.

Toing launches in Guwahati, promises lowest food delivery prices with zero extra charges

Guwahati: Affordable food delivery platform Toing has officially launched its services in Guwahati, expanding its presence to six emerging cities across India, including Pune, Agra, Vadodara, Nagpur and Nashik. The app, introduced in the second half of 2025 with Pune as its first market, guarantees the lowest item prices by matching or beating restaurant table menu prices while charging no packaging or platform fees.

Designed primarily for students, early job-goers and value-conscious Gen Z consumers, Toing aims to make food delivery an everyday option rather than an occasional indulgence. Users can order a wide range of dishes such as biryanis, burgers and bowls for under Rs. 99. Popular Guwahati restaurants including Rang De Basanti Dhaba, Burg-



er King, Govindam and Fat Belly are already listed on the platform, offering cuisines ranging from North Indian and Chinese to chaat and continental fast food. The launch ahead of Valentine's Day allows customers to order local

favourites such as pizzas, momos, rolls and biryani.

In Guwahati, the entry of Toing is expected to intensify competition in the city's fast-growing online food delivery segment, particularly among price-sensitive student and young professional communities, potentially pushing restaurants and competing platforms to offer more value-driven deals.

Sidharth Bhakoo, Chief Business Officer, Swiggy Food Marketplace, said the expansion targets Gen Z and college-goers, noting that Guwahati's strong student population makes it "the perfect landscape for Toing." With over one million downloads nationwide and a 4.5 rating, the platform is positioning itself as a strong alternative in the value-driven delivery space.

Gemini said Shringla: Rail & Tourism to Unlock NE Growth



New Delhi: MP Harsh Vardhan Shringla on Thursday highlighted infrastructure expansion, rail connectivity and tourism development as key drivers of economic transformation in the North Eastern Region, calling for stronger monitoring of ongoing projects and effective utilisation of central funds. Raising the issue in Parliament, he sought details on the progress of initiatives announced at the Rising North East Summit and urged the government to ensure that investment commitments translate into employment, trade expansion and sustainable regional growth.

Shringla emphasised that improved rail and road connectivity linking remote areas of the Northeast to the rest of the country is already symbolising greater integration and opportunity, bringing markets closer, boosting tourism and strengthening national unity. Stressing the tourism potential of the region, he described the Northeast as a hub of eco, cultural and adventure tourism supported by rich tribal heritage and natural beauty.

Quoting his intervention, Shringla said, "Prime Minister Narendra Modi has displayed a deep and heartfelt connection with the Northeast... During the recent Northeast Investors' Summit inaugurated by him, investors committed investment interests of Rs 4.3 lakh crore."

SEBI chief launches multilingual comic series to boost investor awareness

Guwahati: The CDSL Investor Protection Fund (CDSL IPF), in collaboration with Amar Chitra Katha, has launched a new investor education comic series aimed at simplifying financial concepts and strengthening awareness among investors. The series was unveiled by SEBI Chairman Tuhin Kanta Pandey at CDSL's 3rd Annual Symposium, Reimagine: Securities Market through Data Synergy.

Developed under the guidance of SEBI, the initiative translates complex financial topics into engaging sto-

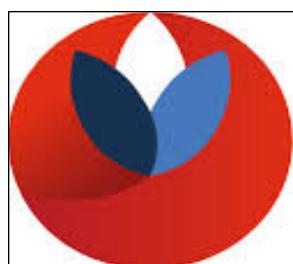
ry-based narratives designed to encourage informed participation in India's capital markets. The comics will be available in both digital and print formats and distributed through investor protection programmes in 12 languages, including English, Hindi, Assamese, Bengali, Tamil, and Telugu, to ensure wider reach across urban and rural regions.

SEBI Chairman Pandey said investor awareness is essential for building transparent and inclusive securities markets, noting that initiatives such as "Slam the

Scam" and "AtmanirbHER" have already strengthened public confidence. CDSL MD and CEO Nehal Vora added that storytelling can make investor education more relatable and trustworthy, helping individuals make informed financial decisions.

In Guwahati, the multilingual format, particularly the inclusion of Assamese, is expected to improve financial literacy among first-time investors in the region, potentially encouraging greater participation from smaller towns in the Northeast capital market ecosystem.

Bandhan Life launches iInvest Ultima ULIP, introduces Mid Cap Fund at Rs 10 NAV



Bandhan Life

Guwahati: Bandhan Life Insurance, the life insurance arm of the Bandhan Group, has launched a new Unit Linked Insurance Plan (ULIP) named iInvest Ultima along with a new Mid Cap Fund offering, aimed at helping customers build long-term wealth while ensuring financial protection. The New Fund Launch (NFL), available at a Net Asset Value (NAV) of ₹10, will remain open for subscription until February 18, 2026.

The iInvest Ultima plan provides access to Bandhan Life's 5-star and 4-star rated

funds, which have outperformed industry benchmarks, along with features such as an Accidental Death Benefit Rider, loyalty rewards, and a return of 100% mortality charges from the 15th policy year. The plan targets customers aged 30–50 who are comfortable with market-linked investments and can invest ₹2 lakh or more annually. Women customers will receive an additional 0.5% premium allocation benefit for the first five policy years.

The Mid Cap Fund, benchmarked against the Nifty Mid-

cap 150 Index, will invest in mid-sized companies across sectors such as financial services, industrials, healthcare, and capital goods, focusing on firms with strong balance sheets and scalable business models.

In Guwahati, financial advisors note growing interest among investors in ULIPs and mid-cap-focused funds, particularly among emerging middle-income households seeking long-term investment options that combine protection and market-linked growth opportunities.

HP launches new DeskJet Printer range for home users in India

Guwahati: Technology company HP Inc. has launched a new range of DeskJet All-in-One (AiO) printers in India, targeting students, parents, and professionals seeking affordable and easy home printing solutions. The new lineup spans HP DeskJet, HP DeskJet Ink Advantage, and HP DeskJet Ultra Ink Advantage series, offering plug-and-play printing, scanning, and copying with low-cost inks and dual-band self-healing Wi-Fi connectivity.

Sidharth Bhakoo, Chief Business Officer, Swiggy Food Marketplace, said the expansion targets Gen Z and college-goers, noting that Guwahati's strong student population makes it "the perfect landscape for Toing." With over one million downloads nationwide and a 4.5 rating, the platform is positioning itself as a strong alternative in the value-driven delivery space.

The printers deliver printing speeds of up to 7.5 pages per minute (ppm) in black and 5.5 ppm in colour, while the DeskJet Ink Advantage 4388 offers up to 8.5 ppm and includes an automatic document feeder. All models feature a 60-sheet input tray, Bluetooth and Wi-Fi multi-device connectivity.

Axis Max Life holds Arunachal's first state insurance plan workshop to boost coverage

Guwahati: Axis Max Life Insurance Limited, formerly Max Life Insurance Company Limited, on Wednesday hosted the first-ever state-level workshop on the State Insurance Plan (SIP) in Arunachal Pradesh, marking a key step toward expanding insurance awareness and access in the state. Appointed by the Insurance Regulatory and Development Authority of India (IRDAI) as the Lead Insurer (Life) for Arunachal Pradesh, the company is leading a co-ordinated effort to improve insurance penetration in the region.

The workshop was attended by Shri Satyajit Tripathi, Member (Distribution), IRDAI, along with senior officials from the Government of Arunachal Pradesh, including Karluk Ronya, Director, Accounts and Treasuries, and Nabam Rajesh, Deputy Director, Panchayati Raj. Senior representatives from Axis Max Life, including Managing Director and CEO Sumit Madan, were also present.

Addressing the gathering, Madan said the initiative aims to simplify insurance and build long-term financial



security at the household level, aligned with IRDAI's vision of "Insurance for All by 2047." The event also saw the release of the State Insurance Plan Report 2025, outlining a roadmap to universal coverage.

The workshop focused on local implementation of the "Bima Trinity" — Bima Sugam, Bima Vistar and Bima Vahak — with a special push to reach remote and under-served communities.

Developments in Arunachal Pradesh are closely tracked by insurers operating out of Guwahati, the region's key insurance and financial hub. With Guwahati-based offices often managing Northeast operations, increased awareness and policy uptake in Arunachal are expected to generate new business opportunities, strengthen distribution networks, and reinforce Guwahati's role as the gateway market for insurance growth across the Northeast.

Kenvue unveils dual hydration strategy with ORSL and eRZL brands in India

Guwahati: Kenvue has strengthened its presence in India's hydration segment by announcing a dual-brand strategy featuring ORSL and the newly introduced eRZL, aimed at addressing both diarrhoeal dehydration and everyday hydration needs. The company said the move supports its "Double Power for Complete Hydration" approach as dehydration continues to emerge as a major public health concern.

Under the strategy, ORSL will serve as the company's oral rehydration salts (ORS) portfolio based on the World Health Organization formula, available in ready-to-drink and powder formats to manage diarrhoeal dehydration. Meanwhile, effective January 2026, eRZL becomes the new brand name for the company's electrolyte drinks portfolio, targeting daily hydration and recovery from tiredness and exhaustion. The improved eRZL composition offers faster hydration, 1.4 times more



electrolytes, and eight times less sugar than the previous formulation, while combining sodium, potassium, chloride, vitamin C, and real fruit juice.

Manish Anandani, Managing Director-India, Kenvue, said the strategy reflects the company's continued focus on science-backed hydration solutions and expanding awareness around hydration for both illness and everyday care.

Guwahati is expecting rising demand for electrolyte beverages, particularly during summer months, as consumers increasingly shift toward low-sugar hydration solutions. Industry observers believe the introduction of differentiated products like ORSL and eRZL could intensify competition in the region's fast-growing hydration and wellness category.

Truecaller community blocks nearly 1,200 crore spam calls in India in 2025



Guwahati: India witnessed an unprecedented surge in unwanted digital communication in 2025, with more than 4,168 crore spam calls identified nationwide, according to Truecaller's latest India Insights Report 2025. The report revealed that the Truecaller community successfully blocked about 1,189 crore unwanted calls, preventing millions of users from potential scams, time loss, and financial fraud.

The study further noted that around 770 crore fraudulent calls impersonating banks, government agencies, payment platforms, and major brands were detected during the year. Spam messaging also remained a major concern, with over 12,903 crore spam SMS identified, particularly rising during the second half of 2025. According to Truecaller CEO Rishit Jhunjhunwala, trust in communication has become "a critical digital asset," emphasizing the need for technology-driven safeguards to ensure users remain connected without compromising safety.

The report estimated that blocking spam calls helped Indians save nearly 21.7 lakh hours daily, equivalent to about 250 years of human time every day, highlighting the broader economic and productivity benefits of spam protection.

In Guwahati, telecom retailers and digital service providers report growing consumer demand for caller-identification and fraud-protection tools, as businesses and individuals increasingly rely on verified communication channels to maintain trust in commercial transactions and service interactions across the region.

Medanta Q3 FY26 income rises 19 percent as volumes grow

Guwahati: Global Health Limited, which operates the Medanta chain of multi-specialty tertiary care hospitals across North and East India, on Tuesday reported a 19.1 per cent year-on-year rise in consolidated total income to ₹11,428 million for the quarter ended December 31, 2025 (Q3 FY26), supported by strong patient volumes and improved realizations. EBITDA excluding the newly commissioned Noida hospital grew 10.9 per cent to ₹2,814 million, with margins at 25.4 per cent.

However, consolidated EBITDA including Noida declined 1.7 per cent to ₹2,494 million, as the facility—operational since September 2025—reported revenue of ₹343 million and an EBITDA loss of ₹320 million during the quarter. Profit after tax stood at ₹950 million, impacted by depreciation and finance costs related to the Noida hospital, initial operating losses, and a non-recurring exceptional expense of ₹366 million arising from the statutory implementation of new Labour Codes.

During Q3 FY26, Medanta added 144 beds, including 42 in Patna and 102 in Noida. Inpatient and outpatient volumes grew 14.3 per cent and 19.5 per cent year-on-year, while international patient revenue rose 29.9 per cent to ₹703 million. For the first nine months of FY26, total income increased 17.6 per cent to ₹33,131 million, while profit after tax rose 8.5 per cent to ₹4,124 million, despite losses at the Noida facility.

Inclusive workplaces key to strengthening mental wellbeing and productivity in India

Guwahati: Efforts to build inclusive and mentally healthy workplaces in India are gaining momentum as organisations increasingly recognise that mental health and inclusion must go hand in hand. Experts emphasise that for LGBTQIA+ employees, workplace wellbeing is closely linked to identity, belonging, and the freedom to express their authentic selves without fear of judgement or discrimination.

Progressive companies are moving beyond generic mental health frameworks and adopting policies that acknowledge diverse employee experiences shaped by gender, sexuality, disability, and neurodiversity.

Measures such as extending healthcare benefits to partners, ensuring access to mental health professionals familiar with LGBTQIA+ concerns, creating gender-affirmation policies, and establishing grievance redressal systems are being viewed as essential steps toward genuine inclusion.

Organisations are also being encouraged to respect employee privacy and avoid pressuring individuals to disclose their sexual orientation or gender identity.

Inclusive systems, experts say, should be accessible to all employees regardless of whether they openly identify themselves.

In Guwahati, several companies and start-ups are gradually adopting inclusive HR practices as part of broader workforce-wellbeing strategies. HR consultants in the city report that organisations focusing on psychological safety and inclusive benefits are seeing improved employee engagement and retention, indicating that inclusive workplace policies are increasingly becoming a business priority.

Sustained leadership commitment, continuous learning, and long-term cultural change will be crucial for building resilient, equitable workplaces aligned with the vision of a developed India by 2047.

J Infratech secures highway maintenance contract for NH-37 stretch in Assam

Guwahati: J Infratech Limited has secured a contract from a Central Public Sector Undertaking (CPSU) for the repair, maintenance, and improvement of riding quality on selected stretches of NH-37 (Old) in Assam. The project was awarded following the company's successful bid, with the CPSU issuing a formal Letter of Acceptance under FY 2025–26 (2nd Call).

The identified highway stretch plays a key role in facilitating daily commuter movement and ensuring smooth transportation of goods across the region. Officials noted that improving riding quality is essential for enhancing traffic reliability, reducing vehicle operating stress, and strengthening overall transport efficiency. The project forms part of broader infrastructure efforts aimed at maintaining and upgrading critical highway networks through timely rehabilitation and targeted improve-

ments.

Commenting on the development, Rajat Jaggi, AGM – Planning & Monitoring at J Infratech Limited, said the project reflects the company's continued commitment to sustaining vital road infrastructure and delivering work within stipulated timelines while maintaining high-quality standards.

In Guwahati, improved highway conditions are expected to support faster cargo movement, benefiting logistics operators, wholesale traders, and supply chains linked to the city's expanding commercial hubs. Better connectivity could also reduce transit delays, improving distribution efficiency for goods moving in and out of the region.

J Infratech has executed multiple infrastructure projects across the North-East, and the latest contract further strengthens its engagement with central government highway programs.

Tata AIA launches Enhanced Value Index Funds to boost long-term wealth creation with life protection

Guwahati: Tata AIA Life Insurance on Tuesday announced the launch of two new value-focused equity funds Enhanced Value Index Fund and Enhanced Value Index Pension Fund aimed at helping investors build long-term wealth while benefiting from integrated life insurance protection. The new fund offer (NFO) will remain open from February 9 to 16, 2026, with policies issued at a Net Asset Value (NAV) of ₹10 on February 16. The funds track the BSE 500 Enhanced Value 50 Customised Index, providing diversified exposure to 50 large-, mid-, and small-cap companies selected using key valuation parameters. The pension variant is available exclusively through Tata AIA's unit-linked pension plans, helping policyholders create retirement savings alongside life cover. As of December 31, 2025, Tata AIA's assets under management stood at ₹1.45 lakh crore, reflecting a 21% year-on-year growth.

Commenting on the launch, Chief Investment Officer Harshad Patil said, "Equity markets reward patience and discipline over time. Our Enhanced Value Index strategy offers a systematic, fundamentals-driven approach that makes long-term investing transparent and accessible."

There is a growing interest in index-based and value-oriented investment products across regional financial centres including Guwahati where rising retail participation and increased awareness of market-linked insurance solutions are driving demand for diversified, long-term investment options. The new funds are expected to attract investors seeking disciplined wealth creation combined with financial protection.



Chocolate-Covered Cherry Cookies



Drawing inspiration from the beloved candy of the past, this luxurious dessert combines a sense of nostalgia with sophistication. The rich scent of cherries is enhanced by almond paste, while kirsch contributes both cherry and floral undertones. For optimal flavor, high-quality candied cherries like Luxardo or Amarena are recommended, although cocktail maraschino or glace cherries can be used in a hurry. For the cookies: Position oven racks in the top and bottom thirds of the

oven and preheat to 350 degrees F. Line 2 baking sheets with parchment. Whisk together the flour, cocoa, baking powder and salt in a bowl until evenly combined; set aside. Break the almond paste into small pieces in the bowl of a stand mixer, add the sugar and beat on low speed until the paste forms small crumbles in the sugar, about 2 minutes. Add half the butter and continue beating until the mixture starts forming large clumps and wiping the sides of the bowl. Add the remaining butter, increase the

speed to medium high and beat until pale and fluffy, about 3 minutes. Add the vanilla, egg and kirsch if using and beat until smooth. Add the dry ingredients and beat on low until the dough just comes together. Scoop 30 tablespoon-size portions of dough, roll into balls and divide between the prepared baking sheets, spacing them evenly apart. Press a cherry in the center of each dough ball, then refrigerate the cookies on the baking sheets for 30 minutes. Bake, rotating the baking sheets from top to bottom and front to back halfway through, until the cookies are puffed and set at the edges, 12 to 15 minutes. Cool the cookies on the baking sheets for 1 minute, then transfer them to a wire rack to cool completely. For the glaze: Combine the sugar, 2 tablespoons of the reserved cherry syrup and 1/4 cup water in a small saucepan and bring to a boil, stirring to dissolve the sugar. Remove the saucepan from the heat, add the chocolate chips and stir slowly until smooth. Using a teaspoon, spoon the chocolate glaze over the cherry of each cookie, letting it drip down the sides. Allow the glaze to set before serving, about 10 minutes. Store the cookies in a single layer in an airtight container for up to 5 days.

Make Chicken Wings in an Air Fryer Like a Pro

There is nothing more gratifying than preparing a batch of wings without the need for deep frying. The air fryer utilizes a fan and heating element to generate a whirlwind of hot air that circulates around the wings, achieving a perfectly crisp skin with a golden hue (all while avoiding the extra calories associated with frying oil). Air fryers are not the sole option for home cooking: consider multi-cook-



ers and ovens equipped with an air fryer function. You have the choice to purchase chicken wings that are pre-split or to prepare them yourself using whole wings — remember to keep the tips for making chicken stock. Split the wings. Buy chicken wings that are already split into flats and drumettes or do it yourself by using a sharp knife to cut between the chicken wing tip and the flat, then between the flat and drumette. Discard the tips or save for your

next batch of homemade chicken stock. Pat the chicken wings dry and sprinkle generously with salt. Place the wings in the basket of a 3.5-quart air fryer so they are not touching (if necessary to fit, line up the drumettes standing upright along the sides). Set the air fryer to 360 degrees F and cook for 12 minutes, then flip the wings with tongs and cook for 12 minutes more. Flip the wings again, increase the heat to 390 degrees F and cook until the outsides are extra-crispy, about 6 minutes more. Meanwhile, warm the butter in a microwave-safe bowl in the microwave until melted, about 1 minute. Whisk in the hot sauce. Toss the wings with the butter mixture to coat in a large bowl and serve with dressing on the side.

Brie & Mushrooms en Croute



Preheat the oven to 375 degrees F. Line a sheet pan with parchment. Combine the olive oil and butter in a spacious skillet set over medium-high heat. Once the butter has melted and the oil is sufficiently hot, incorporate the onion, minced rosemary, thyme, and garlic, stirring to blend the ingredients. Introduce the mushrooms and sauté until they turn golden, which should take approximately 5 minutes. Season the mixture with a generous pinch of salt and pepper, then stir again. Deglaze the skillet with the wine and allow it to cook until the wine has reduced, which will take about 1 minute. Remove

Chickpea Flour Recipes That Characterize Indian Comfort Cuisine

Regardless of whether you desire something savory, sweet, or nutritious, gram flour offers a dish that can fulfill any craving. Besan, also known as gram flour, is among the most adaptable ingredients found in Indian kitchens. Derived from ground chickpeas, it is rich in protein, simple to prepare, and suitable for both savory and sweet recipes. Ranging from crunchy snacks to hearty curries, besan has been a fundamental component in various regions for centuries. Let us delve into some of the most favored and delectable methods to savor it. Besan Chilla: A quick and healthy breakfast option, besan chilla is a savory pancake made by mixing gram flour with spices, onions, tomatoes, and green chilies. Cooked on a hot

griddle with a drizzle of oil, it is crisp on the outside and soft inside. Served with chutney or curd, it makes for a light yet filling meal. Pakoras: Perhaps the most famous besan dish, pakoras are deep-fried fritters made by dipping vegetables like onions, potatoes, or spinach in a spiced besan batter. Crispy and golden, they are the ultimate monsoon snack, best enjoyed with hot tea and tangy chutneys. Kadhi: Besan kadhi is a comforting curry made by whisking gram flour with yogurt and spices, then simmering it until thick and creamy. Often paired with rice, kadhi is a staple in many North Indian households. Variations like Gujarati kadhi are slightly sweet, while Punjabi kadhi is tangier and often served with pakoras. Dhokla: A Gujarati delicacy, dhokla is a steamed savory cake

made from a fermented batter of besan and yogurt. Fluffy and spongy, it is tempered with mustard seeds, curry leaves, and green chilies. Served with green chutney, dhokla is light, tangy, and perfect for breakfast or snacks. Besan Ladoo: On the sweeter side, besan ladoos are festive favorites. Roasted gram flour mixed with ghee, sugar, and cardamom is rolled into soft, melt-in-the-mouth balls. Garnished with nuts, they are a must-have during Diwali and other celebrations. Mysore Pak: This iconic South Indian sweet is made by cooking besan with ghee and sugar until it sets into a rich, fudgy block. Known for its melt-in-the-mouth texture, Mysore Pak is a royal treat that originated in Karnataka and remains a beloved dessert across India.



The Hazelnut Effect: Elevate Your Wellness Daily

HOMEMADE JUICES provide a level of freshness and quality that is frequently absent in store-bought alternatives. If you take pleasure in consuming juice, carrot juice stands out as a superb and adaptable option for this season. Rich in vital nutrients, it is simple to make at home and can be tailored by incorporating different fruits and vegetables to enhance the flavor. Carrots pack a nutritional punch and are loaded with beta-carotene that converts to vitamin A, which supports sharp vision and prevents night blindness. Their high fibre content aids digestion, promotes gut health, and stabilises blood sugar by slowing sugar absorption. It has antioxidants like lutein and zeaxanthin that protect eyes from age-related damage, while vitamin C boosts immunity and collagen for glowing skin. As carrots have potassium, they can help regulate blood pressure, and since they are low in calories with high water, it makes them ideal for weight management – curbing hunger without excess energy. Carrots also lower cholesterol, reduce heart disease risk, and fight inflammation with falcarinol.

Carrot Juice With Coriander, Mint And A Hint Of Lemon

This refreshing carrot juice blends coriander, mint (pudina), and lemon to create a revitalising drink rich in minerals and antioxidants. Start by washing and chopping the carrots, then rinse the coriander and mint leaves. Add all



15:51

the ingredients to a blender or juicer and blend until smooth. Pour the juice into a glass, stir in the lemon juice, and, if desired, sprinkle with black or regular salt for extra flavour. For a chilled treat, add some ice cubes before serving.

Carrot-Apple-Ginger Juice

It's ideal for a morning boost or midday refreshment. Wash the carrots thoroughly, then peel and cut the apples and carrots into medium-sized pieces. Toss the ingredients into the juicer one by one, and let it run. If you're using a blender, start with half a cup of water, then add the apple, carrots, and ginger. Blend everything until smooth and remove any leftover pieces. Put a strainer or a linen towel over a jar or bowl. Pour the combined mixture onto a cloth or strainer to remove the pulp and extract juice from the mixture. Pour the juice over a few ice cubes in a glass, add lemon juice, stir well, and enjoy the refreshing taste.

Spinach Carrot Juice Recipe

This juice is the perfect companion to the richness of seasonal vegetables on a sunny winter day. Begin by washing and cleaning the carrots and spinach, then chop them into small pieces and set them aside separately. First, juice the carrots using a blender or juicer. Next, add the spinach and blend or juice again. Strain both juices and combine them using a spoon, discarding the pulp. Pour the fresh juice into a serving glass, then season with lemon juice, a pinch of salt, and black pepper powder to taste. Serve immediately to enjoy its full nutritional benefits.

These 4 methods for consuming carrot juice can enhance your health during the winter

HOMEMADE JUICES provide a level of freshness and quality that is frequently absent in store-bought alternatives. If you take pleasure in consuming juice, carrot juice stands out as a superb and adaptable option for this season. Rich in vital nutrients, it is simple to make at home and can be tailored by incorporating different fruits and vegetables to enhance the flavor. Carrots pack a nutritional punch and are loaded with beta-carotene that converts to vitamin A, which supports sharp vision and prevents night blindness. Their high fibre content aids digestion, promotes gut health, and stabilises blood sugar by slowing sugar absorption. It has antioxidants like lutein and zeaxanthin that protect eyes from age-related damage, while vitamin C boosts immunity and collagen for glowing skin. As carrots have potassium, they can help regulate blood pressure, and since they are low in calories with high water, it makes them ideal for weight management – curbing hunger without excess energy. Carrots also lower cholesterol, reduce heart disease risk, and fight inflammation with falcarinol.

Carrot Juice With Coriander, Mint And A Hint Of Lemon

This refreshing carrot juice blends coriander, mint (pudina), and lemon to create a revitalising drink rich in minerals and antioxidants. Start by washing and chopping the carrots, then rinse the coriander and mint leaves. Add all

the ingredients to a blender or juicer and blend until smooth. Pour the juice into a glass, stir in the lemon juice, and, if desired, sprinkle with black or regular salt for extra flavour. For a chilled treat, add some ice cubes before serving.

Carrot-Apple-Ginger Juice

It's ideal for a morning boost or midday refreshment. Wash the carrots thoroughly, then peel and cut the apples and carrots into medium-sized pieces. Toss the ingredients into the juicer one by one, and let it run. If you're using a blender, start with half a cup of water, then add the apple, carrots, and ginger. Blend everything until smooth and remove any leftover pieces. Put a strainer or a linen towel over a jar or bowl. Pour the combined mixture onto a cloth or strainer to remove the pulp and extract juice from the mixture. Pour the juice over a few ice cubes in a glass, add lemon juice, stir well, and enjoy the refreshing taste.

Spinach Carrot Juice Recipe

This juice is the perfect companion to the richness of seasonal vegetables on a sunny winter day. Begin by washing and cleaning the carrots and spinach, then chop them into small pieces and set them aside separately. First, juice the carrots using a blender or juicer. Next, add the spinach and blend or juice again. Strain both juices and combine them using a spoon, discarding the pulp. Pour the fresh juice into a serving glass, then season with lemon juice, a pinch of salt, and black pepper powder to taste. Serve immediately to enjoy its full nutritional benefits.

Pineapple Carrot Juice Recipe

This juice is high in fibre and a healthier alternative to store-bought options. Start by peeling and slicing the carrots into small pieces. Chop the pineapple and set it aside, then cut the lemon in half. If using a blender, add the carrots, pineapple, and half a cup of water to the jar and blend until smooth. Strain the juice through a fine sieve to remove the pulp or extract juice from the mixture. Pour the juice over a few ice cubes in a glass, add lemon juice, stir well, and enjoy the refreshing taste.

Carrot Juice With Coriander, Mint And A Hint Of Lemon

This refreshing carrot juice blends coriander, mint (pudina), and lemon to create a revitalising drink rich in minerals and antioxidants. Start by washing and chopping the carrots, then rinse the coriander and mint leaves. Add all the ingredients to a blender or juicer and blend until smooth. Pour the juice into a glass, stir in the lemon juice, and, if desired, sprinkle with black or regular salt for extra flavour. For a chilled treat, add some ice cubes before serving.

Carrot-Apple-Ginger Juice

It's ideal for a morning boost or midday refreshment. Wash the carrots thoroughly, then peel and cut the apples and carrots into medium-sized pieces. Toss the ingredients into the juicer one by one, and let it run. If you're using a blender, start with half a cup of water, then add the apple, carrots, and ginger. Blend everything until smooth and remove any leftover pieces. Put a strainer or a linen towel over a jar or bowl. Pour the combined mixture onto a cloth or strainer to remove the pulp and extract juice from the mixture. Pour the juice over a few ice cubes in a glass, add lemon juice, stir well, and enjoy the refreshing taste.

Spinach Carrot Juice Recipe

This juice is the perfect companion to the richness of seasonal vegetables on a sunny winter day. Begin by washing and cleaning the carrots and spinach, then chop them into small pieces and set them aside separately. First, juice the carrots using a blender or juicer. Next, add the spinach and blend or juice again. Strain both juices and combine them using a spoon, discarding the pulp. Pour the fresh juice into a serving glass, then season with lemon juice, a pinch of salt, and black pepper powder to taste. Serve immediately to enjoy its full nutritional benefits.

The Emergence of a New Era for Preventive and Regenerative Health in India

Peptides have become one of the most discussed tools in contemporary health care, spanning from longevity clinics and fitness communities to endocrinology departments. Although social media has increased their prominence, experts suggest that the rising interest signifies a fundamental transformation in medicine – shifting from a focus on treating diseases post-appearance to preventing dysfunction before it manifests. In India, where metabolic diseases, chronic stress, and lifestyle-related issues are prevalent, this dialogue is emerging at a pivotal time. Shruti Maheshwari Baid, a Functional Medicine Specialist and the Founder of Nutrition By Shruti, clarifies that peptides are not a recent medical innovation. "Peptides did not emerge out of nowhere. The difference is that science has finally aligned with the biological processes that have been occurring all along," she states, characterizing them as small chains of amino acids that the body naturally employs to repair tissue, manage immunity, and enhance metabolism and cognitive function. She points out that peptide-based medicines such as insulin and GLP-1 drugs helped shift perception. "The global success of insulin and GLP-1 medications reminded us that peptide based therapies are not fringe biohacking tools but highly targeted treatments with measurable impact." According to her, improved

access, better formulations, and the rise of longevity clinics have also contributed, though she cautions that quality and supervision matter. **Why Peptides Are Called The 'Next Chapter'** Peptides are often described as the next phase of preventive and regenerative health because they work with the body rather than overriding it. "Instead of forcing pathways open or closed, many peptides provide gentle instructions that cells recognise," Baid explains, adding that they can influence repair, inflammation, energy production and cognition through natural signalling mechanisms. Dr. Jatin Kumar Majhi, Associate Consultant – Endocrinology at Manipal Hospital Bhubaneswar, echoes this systems-based view. He says, "The growing interest in peptides signifies a shift in philosophy, in that rather than attempting to manage a patient's symptoms, health care providers will have an opportunity to collaborate with each patient's biological systems to restore their individual health." Their role as precise biological signals is what makes them relevant to prevention, tissue repair and long-term wellness – when used responsibly. **Where India Stands On Awareness And Access** India's relationship with peptides is advancing, but unevenly. Baid notes that while interest is rising rapidly in metros, regulation and clinician training lag behind Western markets. "Only a



small number of private hospitals and regenerative clinics offer pharmaceutical grade peptides with proper oversight," she says, warning that inconsistent regulation has allowed poor-quality products to circulate online.

NPP Makes First Political Entry in Dima Hasao Ahead of MLA Polls; Daniel Langthasa Joins at Maibang

Haflong/Maibang, Feb 12: Ahead of the forthcoming Assam Legislative Assembly elections, the political atmosphere in Dima Hasao—particularly in the strategically important Haflong (ST) constituency—has begun to intensify with new alignments and emerging contenders. In a significant political development, Daniel Langthasa, along with several supporters, formally joined the National People's Party (NPP) at Maibang. The induction programme gained regional prominence with the presence of Meghalaya Chief Minister Conrad K. Sangma and Ti-pra Motha founder Pradyot Bikram Manikya, underscoring the importance the party is placing on its expansion into Assam's hill districts. This development marks the first structured political entry



of the NPP into Dima Hasao ahead of the MLA polls. The party's move is being viewed as a strategic attempt to broaden its footprint beyond Meghalaya and establish a base in the tribal-dominated constituencies of Assam, with Haflong emerging as a focal point. Multi-Cornered contest on the horizon, the NPP's entry is expected to add a new dimension to the upcoming electoral battle in Haflong (ST). The Bharatiya Janata Party (BJP), which currently maintains a strong organizational

presence and political hold in Dima Hasao, remains a dominant force in the district. The party is likely to campaign on its record of infrastructure growth, connectivity improvements, and various welfare and development initiatives undertaken in recent years. At the same time, the Indian National Congress (Congress) is also expected to contest vigorously, aiming to reclaim political space in the hill district. With the possible participation of additional regional forces, the

Haflong constituency could witness a highly competitive and multi-cornered contest. Strategic implications political observers believe that the presence of Conrad K. Sangma and Pradyot Bikram Manikya at Maibang signals a broader regional strategy by the NPP to consolidate tribal political sentiments across the Northeast. In Dima Hasao, where issues of identity, autonomy, and development play a central role in electoral discourse, the new political equation could influence voting dynamics. As the countdown to the Assembly elections continues, Dima Hasao is poised for an intense and closely watched contest, with established parties defending their strongholds and new entrants striving to reshape the district's political narrative.

BJP's Haflong Rally Highlights Nationalism and Multi-Sectoral Development Push in Dima Hasao and Across India: Demands arrest Congress Leader Gaurav Gogoi

"From remote hill areas to the national capital, development today is visible, measurable and people-centric," he said. Gorlosa further alleged that while the BJP is focused on nation-building, the Congress has repeatedly indulged in activities that raise serious questions about national interest. He stated that the huge turnout at the rally would further inspire BJP workers to serve the people with greater dedication. Calling the issue a matter of national integrity, he appealed to "nation-

alist-minded Congress workers" to join the BJP to safeguard the nation. Emphasising the party's ideology, he remarked that the BJP "lives for the nation, works for the nation and is rooted in the soil of Bharat." The rally also strongly condemned Congress MP Gaurav Gogoi, echoing Assam Chief Minister Dr. Himanta Biswa Sarma's allegations regarding Gogoi's alleged links with Pakistani national Ali Tauqueer Sheikh. According to the Chief Minister, findings of a Special Investigation Team

(SIT) have raised serious national security concerns, leading to the matter being escalated to the Ministry of Home Affairs. Leaders at the rally reiterated that BJP Dima Hasao stands firmly with the people in rejecting any action that compromises India's sovereignty. They reaffirmed the party's resolve to uphold national security while continuing its development agenda, ensuring peace, progress and prosperity for Dima Hasao, Assam and the nation at large.

ASHA Convention in Dima Hasao: CEM Inaugurates 10-Bedded Deluxe Paying Cabin at Haflong Civil Hospital, Lays Foundation for Town Water Supply Project

Haflong, Fe 9: Marking a major boost to healthcare services and urban infrastructure in Dima Hasao, the Chief Executive Member (CEM) of the North Cachar Hills Autonomous Council (NCHAC), Debolal Gorlosa, today inaugurated a newly constructed 10-bedded Deluxe Paying Cabin at Haflong Civil Hospital during the ASHA Convention programme held in Haflong. The newly inaugurated facility is aimed at providing improved medical care and enhanced comfort to patients, reflecting the Council's commitment to strengthening healthcare infrastructure in the hill district. On the same occasion, the CEM also laid the foundation stone for the much-awaited Haflong Town Water Supply Project under the AMRUT 2.0 scheme, which is expected to address long-standing drinking water needs of the town. Addressing the gathering, CEM Debolal Gorlosa reiterated his vision of transforming Haflong Civil Hospital into one

of the best healthcare institutions in the state. He emphasized that maintaining cleanliness and hygiene in the hospital is a shared responsibility, calling upon hospital staff, patients, and visitors alike to actively participate in keeping the prem-

ises neat and clean. He further expressed confidence that with collective effort, Dima Hasao can emerge as a top-performing district in medical services. The ASHA Convention also served as a platform to acknowledge and honour the dedicated service of ASHA and AAM workers. Based on the Council's "A Visit" assessment, top-performing AAMs from Songpijang, Hangrum, and Raotilla were felicitated. To encourage grassroots health workers, four outstanding ASHA workers were awarded scooties for their exemplary field performance. Additionally, four retired ASHA workers were presented with a one-time honorarium of ₹2 lakh each, while 18 ASHA workers received enhanced incentives for a six-month period. The programme was attended by Chairman, NCHAC, Mohet Hohjai; Executive Members Samuel Changsan, Donpaimon Thaosen, and Probita Johori; MACs Dhriti Thaosen, Monjoy Langthasa, Ratan Jarambusa, Ramgalungbe Jeme, and John Photong; along with NCHAC Principal Secretary Partha Jahari, ACS, Joint Secretary Rebecca Changsan, ACS, and the Joint Director of Health Services, Dima Hasao.



New Development Hub & Rani Gaidinliu Home Open in Hangrum

She fought fearlessly for India's freedom and for the dignity and cultural identity of her people," he remarked. Gaidinliu Pamei, popularly known as Rani Gaidinliu, was a prominent Naga spiritual and political leader who led a valiant revolt against British rule in Northeast India. Through the Heraka Movement, she worked to preserve indigenous faith, culture, and identity while resisting colonial oppression. Refusing to submit to British authority, she mobilized her followers, resisted taxation policies, and engaged in guerrilla resistance. In recognition of her leadership, Jawaharlal Nehru conferred upon her the title "Rani." She was later honoured with the Padma Bhushan by the Government of India. Arrested by the British in 1932, Rani Gaidinliu spent many years in prison before being released in 1947 following India's Independence. Today, she is remembered as a courageous freedom fighter, a defender of tribal heritage, and a dedicated patriot who fought relentlessly for her people's rights and dignity. The programme was attended by DHAC Executive Members Paudaming Riame, Samuel Changsan, Manjit Naiding, Probita Johari, and Ramgalungbe Kuame; Members of Autonomous Council (MAC) Lalremsiama Darnei, Monjoy Langthasa, Pronath Rajiyung, and Rupali Langthasa; Padma Shri awardee Dr. Ramkuiwangbe Newme; Igjaneing Daime, Working President of the Rani Gaidinliu Inspiration Home; and Kehungsamying Riame, General Secretary of BJP Dima Hasao, among others. Former JNH President Khailen Daulagupu, BJP Laisong Mandal Secretary, and representatives of the Zeliangrong Heraka Youth and Cultural Organisation (ZHYCO) were also present. Hundreds of community members from across the region gathered to witness the historic occasion, reflecting a collective commitment to progress, unity, and the preservation of cultural heritage. The overwhelming participation underscored the deep emotional and cultural significance of the Inspiration Home, which stands as a beacon of hope, service, and empowerment for future generations in.

Internet Restored in Ukhru; Tensions Flare in Medziphema

Guwahati, Fe 13: The Manipur government on Friday revoked its earlier orders suspending internet services in violence-hit Ukhru district as well as parts of adjoining Kangpokpi and Kamjong districts. The move came even as fresh clashes were reported between members of a Naga organisation and residents of a Kuki-Zo village in the Medziphema area of Nagaland, reportedly over a land dispute. The Litan area of Ukhru had remained tense since Sunday following the assault of a Tangkhul Naga tribesman by a group of Kuki-Zo individuals.

In the wake of the violence, internet services were suspended for five days in Ukhru, while parts of Kangpokpi and Kamjong districts also faced suspension as a precautionary measure. "The state government reviewed the prevailing law and order situation in the state, along with the inconveniences faced by the public and institutions due to the suspension of internet services, and decided to revoke the order," a Home Department notification said. The government urged the public to use the internet responsibly to avoid any situation that might warrant another suspension.

Sources said the lifting of the ban followed an understanding reached between Naga and Kuki-Zo stakeholders aimed at restoring peace. Following the assault last Saturday, the Litan area witnessed multiple incidents of arson and gunfire. An estimated 30 houses belonging to both communities were set ablaze. The violence persisted despite the imposition of prohibitory orders under Section 163 of the Bharatiya Nagarik Suraksha Samhita (BNSS), the deployment of Army and paramilitary personnel, and Chief Minister N. Biren Singh's appeal for calm and normalcy. Meanwhile, officials in Nagaland said the situation in Medziphema was under control, with security personnel deployed to maintain law and order. Several houses and vehicles were reportedly torched, while others were damaged during the unrest. Nagaland Deputy Chief Minister Yanthungo Patton expressed deep concern over the incidents of violence and arson reported in Maova village. "Any act that disrupts peace and endangers lives and property is a matter of serious concern. I urge all those involved to remain calm, exercise restraint, and allow lawful and constructive processes to address any grievances," he said.

Messi Injured: Inter Miami Opener Status Uncertain



Fort Lauderdale, Feb 12: Inter Miami's Lionel Messi has a strained left hamstring, an injury that could call into some doubt his availability for the reigning MLS Cup champions' regular-season opener at LAFC on Feb. 21. The team announced the injury on Wednesday. Messi, MLS' back-to-back reigning MVP, scored a goal in a preseason game in Ecuador last weekend but was subbed out about 12 minutes into the second half — presumably because of the hamstring issue. "His gradual return to training will depend on his clinical and functional progress in the coming days," Inter Miami said in a statement.

The injury also means that what was supposed to be Inter Miami's preseason finale will now be played about a week after its MLS opener. Inter Miami will face Ecuadorian club Independiente del Valle at Bayamon, Puerto Rico on Feb. 26, with an open practice scheduled as part of that trip as well.

Delhi FC relegated to I-League 2



New Delhi, Feb 12: The disciplinary committee of the All India Football Federation (AIFF) on Wednesday had dismissed Delhi FC's petition to suspend relegation of the 2024/25 I-League season to I-League 2 — the third division of Indian Football. As a result, the committee has ruled that

the club is relegated to I-League 2. In that season, Delhi finished rock bottom of the table, with only 14 points from 22 points. SC Bengaluru, who finished seven points above Delhi, were also relegated after a Court of Arbitration of Sport (CAS) ruling on October 28.

On Wednesday, the disciplinary com-

Gavaskar: Kuldeep Should Replace Arshdeep vs. Pakistan

New Delhi, Feb 13: Former India captain Sunil Gavaskar expects leg-spinner Kuldeep Yadav to come into the playing XI in place of pacer Arshdeep Singh for India's high-profile T20 World Cup match against arch rivals Pakistan on Sunday. Arshdeep was at the receiving end of some punishment from Namibian batters on Thursday, even though the defending champions prevailed by 93 runs to maintain their winning streak. He did not complete his full quota of four overs. "All our bowlers picked up wickets. Arshdeep did not complete his four overs, while Shivaam Dube bowled two and Hardik completed his quota. This hints that Kuldeep Yadav could replace Arshdeep against Pakistan. "Sri Lanka pitches help spinners and India have a history of playing three spinners. Expect Kuldeep in the XI against Pakistan in Colombo," Gavaskar said

on Star Sports' Amul Cricket Live. Gavaskar said Indian skipper Suryakumar Yadav appeared to jug-

deep may not play in the next match against Pakistan. Varun Chakaravarthy bowled only two overs and



gle his bowling options with the Pakistan game in mind. "Hardik bowling the first over suggests Arsh-

would have taken five or six wickets if he had bowled his full four overs. "The best part about Varun is that he

gets wickets whenever he is asked to bowl. Axar Patel took two wickets in three overs, which is a good sign," he said. Gavaskar also explained how batter Sanju Samson, who came in for an unwell Abhishek Sharma, is being affected by his deep movement inside the crease. Samson was dismissed for an eight-ball 22, which included three sixes. "Sanju Samson has a technical problem. He goes too deep in the crease and plays that flick shot. You can only hope he times it into the gap or it goes for a six. He needs to make improvements, especially when he opens against the new ball. "Namibia were clever with their field placements. They set a field to get Samson out. But it was good that he hit some nice shots. That must have given him some confidence. If he plays the next match against Pakistan, he needs to spend more time at the crease," he said.

Zimbabwe veteran Brendan Taylor ruled out of T20 World Cup due to injury

Colombo, Feb 13: In a massive blow to Zimbabwe, veteran wicketkeeper-batter Brendan Taylor has been ruled out of the ongoing T20 World Cup due to the injury he sustained in a group match earlier this week. The 40-year-old Taylor had limped off the ground after retiring hurt in the match against Oman, which they had won by eight wickets here on February 9. The exact nature of his injury is not yet clear. "Brendan Taylor picked up an injury and he's been ruled out of the competition," captain Sikandar Raza said at the toss before



Zimbabwe's match against Australia here on Friday.

Taylor was struggling while running between the wickets and was promptly taken off (retired hurt) after making 31 off 30 balls during Zimbabwe's run chase against Oman. Raza had later said that he did not want to aggravate the problem consid-

ering Taylor's importance to the team. Taylor has played 36 Tests, 207 ODIs and 59 T20Is since making his Zimbabwe debut in 2004.

He was retired hurt in his previous T20 innings last month as well. This is the third time he retired hurt in his last five T20 innings.

Pacer Richard Ngarava also sat out of Friday's Australia match as a precautionary measure. "Richard Ngarava is more of a precautionary measure. His first scan and second scan has come back pretty positive. So he misses out today as well," Raza said at the toss.

WTT Star Contender 2026: Manush-Diya survive scare



Chennai, Feb 12: India's top mixed doubles combination of Manush Shah and Diya Chitale kept their nerves in the decider to pack off Korea's Republic's Oh Seunghwan and Kim Seong-jin to reach the quarterfinals of the WTT Star Contender Chennai 2026 at the Tamil Nadu Physical Education and Sports University here on Thursday. The top seeded Indian combination, who recently won the WTT Contender Muscat 2026, were pushed to the brink by the Korean qualifiers as they saved three match points before the home favourites emerged victorious 3-2 (10-12, 11-6, 12-10, 5-11, 12-10) in 42 minutes.

They will now face Indian wild cards Payas Jain and Syndrela Das, who defeated Kazakhstan's Iskender Kharik and Sarvinoz Mirkadirova 11-8, 11-6, 11-7 in their first round clash. Meanwhile, fourth seeds Harmeet Desai and Yashaswini Ghorpade

and the young combination of Ankur Bhattacharjee and Swastika Ghosh also set up an all-Indian quarterfinal.

Desai and Ghorpade defeated Darius Movileanu and Andreea Dragoman of Romania 3-0 (11-8, 11-4, 11-7) while Bhattacharjee and Ghosh beat another Korean combination of Park Gyuhyeon and Kim Naypong 3-2 (11-9, 3-11, 11-8, 6-11, 11-9). While the mixed doubles players excelled, it wasn't a good opening day for the hosts in other categories as the top seeded men's doubles combination of Manav Thakkar and Manush Shah went down 3-1 (12-1, 8-11, 11-5, 11-9) against Flavien Coton and Thibault Porey of France.

In the women's singles first round clash, 15-year-old Divyanshi Bhowmick put up a good fight against WTT Feeder Series Vadodara 2026 winner Ryu Hanna of Korea but ended up on the wrong end of a 3-1 (6-11, 11-6, 11-8, 11-5) scoreline.