

SVEEP Initiative Boosts Voter Awareness: Photo Booth Inaugurated in Haflong



Haflong, Mar 26: In a bid to strengthen voter awareness and participation, a photo booth was inaugurated at the District Commissioner's office premises in Haflong as part of the Systematic Voters' Education and Electoral Participation (SVEEP) programme. The inauguration was carried out by District Commissioner-cum-District Election Officer, Gayatri Devidas Hyalinge, who highlighted the importance of engaging young voters and encouraging them to enroll and actively participate in the democratic process. The newly installed photo booth aims to attract youngsters and motivate them to register as voters while promoting the significance of exercising their franchise in elections. Following the inauguration, the District

Commissioner administered the voters' pledge to all officials and personnel involved in the upcoming elections. Emphasizing the value of each vote, she urged citizens to be aware of their voting rights and to participate responsibly in the electoral process. She also appreciated the efforts of all officials and staff engaged in ensuring the smooth conduct of the elections. Expressing optimism, she called upon the people of Dima Hasao to come forward in large numbers and participate enthusiastically in the polling scheduled for April 9. The programme was attended by ADC and Returning Officer A.K. Ilias Noshim Ahmed, along with Assistant Commissioners, other officers, and staff members at the DC office.

BJP Intensifies Grassroots Campaign in Dima Hasao; Multi-Cornered Fight May Split Votes

Haflong, Mar 27: The electoral contest in Dima Hasao's 113-Haflong (ST) constituency has gained significant momentum, with the Bharatiya Janata Party (BJP) stepping up its campaign efforts across the district. Determined to strengthen its foothold, the party is leaving no stone unturned, reaching out to voters in every corner amid a high-stakes triangular contest that could split votes and complicate the final outcome. As part of its extensive campaign strategy, the BJP has been organizing public meetings in different parts of Dima Hasao, including a major gathering in Harangajao. These events have witnessed enthusiastic participation from the public, indicating a growing engagement of voters on key developmental and governance issues. Prominent leaders such as Debolal Gorlosa, DHAC Chairman Mohet Hojai, Amendu Hojai, Donpaignon Thaosen, BJP Dima Hasao District President Dhriti Thaosen, MAC Ngamrothang Hmar, and nominated MAC Ajoy Chakrabarty, along with party karyakartas, have been actively involved in these outreach programs. During the interactions, leaders reiterated the party's focus on development, unity, and stronger grassroots connectivity while also listening to public concerns and feedback. The BJP is relying on its governance track record and organizational strength, projecting itself as the most capable force to continue the development trajectory of the region. Meanwhile, the contest is shaping into a fierce three-way battle. The Indian National Congress (INC) candidate Nandita Gorlosa, a sitting Assam Cabinet



Minister who recently changed political allegiance, is emerging as a formidable challenger. Backed by her administrative experience and strong public connect, she is working to consolidate support among diverse voter groups. Adding further intensity to the race, National People's Party (NPP) candidate Daniel Langthasa, a former Member of the Autonomous Council (MAC), is also campaigning vigorously, positioning himself as a strong regional voice with emphasis on local aspirations and protection of the Sixth Schedule. With the completion of nominations and scrutiny, the final list of candidates has been confirmed, setting the stage for a closely fought triangular contest among the BJP, INC, and NPP. Political observers believe that the presence of multiple strong candidates may significantly influence vote dynamics, potentially leading to vote division and

an unpredictable electoral outcome. Campaigning is now in full swing, with all parties engaging in rallies, door-to-door outreach, and public interactions. While the BJP is highlighting continuity and development, the Congress is banking on recent political shifts, and the NPP is appealing to regional identity and grassroots issues. Core concerns such as infrastructure, employment, connectivity, and regional autonomy continue to dominate campaign narratives across the constituency. With senior leaders expected to further intensify campaigning in the coming days, the political climate in Haflong is set to become even more charged. As voters closely monitor developments, the contest is expected to culminate in a tight and decisive battle, with the possibility of a surprising outcome in the 2026 Assam Assembly Elections.

Major Political Shift in Dima Hasao: Senior BJP Leaders Join NPP Ahead of Haflong Polls



Haflong, Mar 23: In a significant political development ahead of the ensuing Assembly elections, the political landscape of Dima Hasao has witnessed a major shift as several senior BJP karyakartas and long-time party leaders have formally joined the National People's Party (NPP), raising questions over internal discontent within the BJP in the hill district. The leaders, many of whom have been associated with the BJP since its inception in the hills, expressed deep dissatisfaction over what they described as a "neglected attitude" of the party leadership despite years of dedication and sacrifice. They alleged that their contributions to strengthening the party at the grassroots level were overlooked, leading to growing frustration among committed workers. Prominent among those who joined the NPP include Golonjo Thaosen, former BJP President and Ex-Exec-

utive Member of NCHAC; Rahul Naiding, former MAC of NCHAC; Him Bh. Chetri, former Deputy Chairman of NCHAC and ex-General Secretary of BJP; and Anup Langthasa, former Chairman of Mahur Municipal Board. Their exit marks a considerable loss of experienced leadership for the BJP in the district. The joining programme was held in the presence of Daniel Langthasa, NPP leader and MLA candidate for the 113-Haflong (ST) constituency, along with several party workers and members, adding further political significance to the event. Speaking during the programme, the leaders indicated that internal issues within the BJP need urgent attention, warning that more such karyakartas may choose to leave the party if concerns remain unaddressed. They emphasized that the move was not impulsive but a result of prolonged dissatisfaction and lack of recognition. Today's massive joining programme, attended by a large number of supporters and party workers, signals a strong shift on the ground. The influx of experienced leaders and grassroots workers into the NPP is expected to bolster the party's position in the district and intensify the political contest. With this development, the battle for the 113-Haflong (ST) constituency appears set to become more competitive and unpredictable. Observers believe that such realignments could have a decisive impact on the electoral outcome. Indeed, 113-Haflong is gearing up for a high-stakes contest.

Election Preparedness Reviewed Ahead of Haflong Polls: DEO Chairs Key Meeting with Political Parties

Haflong, Mar 26:

In a crucial step toward ensuring smooth electoral proceedings, the District Election Officer (DEO) and District Commissioner of Dima Hasao, Gayatri Devidas Hyalinge, IAS, convened a meeting today at the DC Conference Hall, Haflong, with representatives of political parties and candidates contesting the upcoming 113-Haflong (ST) Legislative Assembly Election. The meeting was attended by the General Observer, Expenditure Observer, and Returning Officers, reflecting a coordinated administrative effort to oversee the electoral process. Addressing the gathering, the DEO emphasized the shared responsibility of all stakeholders in upholding democratic values and maintaining transparency. She stressed the importance of cooperation among political parties, candidates, and election officials to ensure that the election is conducted in a free, fair, and peaceful manner. Officials also briefed attendees on key guidelines, expenditure monitoring, and adherence to the Model Code of Conduct, underscoring the administration's commitment to a transparent and credible election process in the district.



Poll Seizures Top ₹400 Crore

New Delhi, Mar 26: Illicit inducements worth over Rs 408 crore meant to influence voters in four states and a Union territory have been seized in the past month, the Election Commission said on Thursday. While assembly elections and by-elections were announced on March 15, the Electronic Seizure Management System (ESMS) was activated on February 26, it said. Since its activation, over Rs 408.82-crore worth of illicit inducements, including Rs 17.44 crore in cash, liquor worth Rs 37.68 crore (16.3 lakh litres), drugs worth Rs 167.38 crore, precious metals worth Rs 23 crore and other freebies worth over Rs 163.30 crore, have been seized by multiple enforcement agencies, the EC said.

Besides, between March 15 and 25, 70,944 complaints have been lodged using the cVigil application. Of these, 70,831 have been disposed of and 67,899 complaints -- 95.8 per cent -- were resolved within 100 minutes, it said. cVIGIL is a mobile application developed by the EC to enable citizens to report model code of conduct violations during elections. Assembly elections will be held in West Bengal, Assam, Tamil Nadu, Puducherry and Kerala next month.

PM to Review West Asia Impact



Dehradun, Mar 26: Prime Minister Narendra Modi has convened an urgent virtual meeting with state Chief Secretaries this Friday at 6:30 PM to address economic risks from the West Asia conflict. The PMO directive focuses on insulating India's supply chains against global volatility, specifically targeting petroleum prices and essential commodities. Uttarakhand Chief Secretary Anand Bardhan confirmed the state is on high alert, prioritizing fuel availability and logistics ahead of the Chardham yatra and a scheduled PM visit. This high-level drill aims to synchronize central and state responses, ensuring India remains proactive against external economic shocks and potential energy disruptions.

Air India A350 Aborts London Flight



New Delhi, Mar 26: Air India's A350 aircraft enroute to London Heathrow returned to the national capital due to a technical issue on Thursday afternoon after being airborne for nearly seven hours. The same A350-900 aircraft VT-JRF had faced a technical issue on March 15, following which the plane operating the flight from New York to Delhi was diverted to the Irish town of Shannon, sources said. An Air India spokesperson said its flight AI111, operating from Delhi to London on Thursday, made a precautionary air-return to the national capital following a suspected technical issue. "The aircraft landed safely and consistent with Air India's high safety standards, it is currently subject to extensive technical evaluations, which will require additional time to complete," the spokesperson said in a statement.

According to the sources, noises were heard in the aircraft following which it was diverted. The spokesperson also regretted the inconvenience caused to the passengers due to the unforeseen situation and said the airline was making every effort to ensure passengers are able to continue their journey to London at the earliest. Details about the number of passengers onboard could not be ascertained.

The aircraft operating the flight AI111 was airborne for around four hours before the decision was taken to divert the plane when it was in the Saudi Arabia airspace. In total, the plane was airborne for nearly seven hours before landing back in the national capital, as per information available on flight tracking website Flightradar24.com. The flight had taken off from Delhi around 6 am on Thursday and landed back at about 12.30 pm. Air India started operating A350-900 planes from January 2024.

BJP Fields RG Kar Victim's Mother in Third Bengal List

Kolkata, Mar 26: Ahead of Assembly polls in Bengal, the BJP on Wednesday announced the third list of candidates, including Ratna Debnath, mother of the raped and murdered victim of the state government-run R G Kar Medical College Hospital in Kolkata. Nominees for the remaining 19 assembly seats will be announced by the BJP soon. The saffron party nominated candidates in 275 of 294 assembly seats in the State so far. The party leadership in Delhi announced candidates for seats, including Cooch Behar Dakshin, Raiganj, Islampur, Hemtabad, English Bazar, Santipur, Panihati, Howrah Madhya, Uttarpara, Singur, Chandannagar, Chunchura, Haripal, Tamluk, Medinipur, Katwa, Purbasthali Dakshin, Sainthia and Nalhati. Debnath, expressing her desire to contest elections with a BJP ticket, joined the party on Tuesday in Kolkata. She will contest the battle from Panihati constituency in North 24 Parganas district against Trinamool Congress and CPI-M. "The proposal had come repeatedly, but initially I did not agree," she had told reporters last week when the party leadership was considering to give her a ticket. "Finally, I decided to become a candidate to uproot the TMC due to growing atrocities against women and the lack of safety for them. My decision also comes after witnessing how the CPM used my daughter's case politically to strengthen its base and help the TMC win by cutting votes." "The Left Front lost power after 34 years of rule, but it played a major role in keeping the TMC in power by splitting anti-TMC votes," the victim's father had told the media.



Kalatan Dasgupta is the CPM candidate from Panihati. CPM state secretary Md Salim, while reacting to her decision to join BJP, had said the party had no conflict with the victims' parents but urged them to remain non-partisan. "We were the ones who went to court.... The Trinamool Congress and the police were trying to flee with the body, and young leaders Minakshi (Mukherjee), Kalatan (Dasgupta) and Dhruvajyoti (Saha) blocked the vehicle," he had claimed.

Her daughter, a 31-year-old postgraduate trainee, was raped and murdered at night inside her workplace, RG Kar campus in August 2024. A locally influential civic volunteer was handed a life term in January 2025. The atrocity had triggered people's outrage, including the medical fraternity, which led to largely spontaneous street protests across the country, drawing international attention. Another prominent candidate, Dipanjan Chakraborty, a former NSG personnel, has been fielded in Uttarpara in Hooghly district, where Trinamool Congress nominated Sirsannyo Banerjee, son of the ruling party MP Kalyan Banerjee. CPI-M has pitted its young women leader Meenakshi Mukherjee from the same seat.

India Expands Floodlighting Along Bangladesh Border

To enhance mobility and operational efficiency, border roads have been developed extensively

New Delhi, Mar 26: The Government of India has accelerated efforts to strengthen border security along its eastern frontier with Bangladesh by undertaking large-scale installation of floodlights, according to the Union Ministry of Home Affairs' (MHA) latest annual report, 2024-25. The initiative, already underway in multiple phases, covers states like West Bengal, Assam, Meghalaya, Mizoram and Tripura with Bangladesh. Out of the total sanctioned length of 3,077.549 km identified for floodlighting, work has been completed on approximately 2,752.537 km. "A significant portion of this progress has been reported in West Bengal, which shares the longest stretch of borders with Bangladesh", the report said, adding that remaining work is being executed in challenging terrains across the northeastern states.

The floodlighting project is being coordinated by the Border Security Force (BSF), which operates through 1,114 Border Out Posts (BOPs) along the India-Bangladesh boundary. These BOPs serve as the primary operational units for border management and play a crucial role in surveillance, de-



terrence and response to cross-border threats. The India-Bangladesh border spans a total of 4,096.7 km and traverses a diverse landscape that includes plains, riverine belts, hills and dense forests. It is also one of the most densely populated border regions, with agricultural activity extending up to the zero line in many areas.

West Bengal accounts for 2,216.7 km of the border, followed by Tripura (856 km), Meghalaya (443 km), Mizoram (318 km) and Assam (263 km). To further strengthen infrastructure, the government has approved

the construction of 509 composite BOPs along the India-Pakistan and India-Bangladesh borders, of which 383 are designated for the Bangladesh frontier. These upgraded posts are equipped with enhanced facilities for personnel accommodation, logistics and combat readiness, ensuring round-the-clock vigilance.

In parallel, fencing along the border has been a key focus area to curb infiltration, smuggling and other illegal activities. So far, 3,232.218 km of the border has been covered with physical fencing. "For the remaining stretch-

es, especially in difficult terrains, the government is exploring technological solutions as non-physical barriers", the report mentioned.

However, the report highlighted that several challenges continue to impede the work progress. "Riverine and low-lying areas, habitation close to the border, land acquisition issues and resistance from local populations have slowed down work in certain segments. The older fence designs are being replaced with more advanced structures to improve effectiveness," the report highlighted. To enhance mobility and operational efficiency, border roads have also been developed extensively. Of the sanctioned 4,223.04 km, approximately 3,785.30 km of roads have already been constructed, facilitating quicker deployment and better coordination among security forces. The MHA emphasised that these integrated measures, including floodlighting, fencing, upgraded outposts, and improved connectivity, are critical to addressing security challenges and ensuring tighter surveillance along one of India's most sensitive borders.

CM Himanta Biswa Sarma Visits Haflong Ahead of Assembly Polls, Reviews Strategy and Engages with Stakeholders

Haflong, Mar 22: Ahead of the ensuing Assam Legislative Assembly Elections 2026, Chief Minister Himanta Biswa Sarma paid a brief but significant visit to Haflong in Dima Hasao, where he held key interactions with party leaders, council members, and representatives of various communities. During his visit, the Chief Minister strongly condemned the recent attack carried out by ULFA-Independent at an Assam Police commando camp in Jagun, Tinsukia. Terming the incident as "highly condemnable," he stated that security forces, including the Army and Police, have intensified operations and expressed confidence that those responsible would soon be brought to justice. Addressing political developments in Haflong, Sarma spoke on the denial of a party ticket to sitting MLA Nandita Gorlosa and the nomination of Rupali Langthasa. He not-



ed that ticket distribution is a routine party process, revealing that 18 MLAs have been denied tickets this time. He urged party workers to remain committed and work collectively in the interest of the party, assuring that those affected would be accommodated suitably after the elections. Congratulating Rupali Langthasa, the Chief Minister highlighted that peace and development have significantly improved in Dima Hasao under the BJP

government. He appealed to the people to once again extend their support to the party in the upcoming elections. On the electoral prospects, Sarma expressed optimism that the NDA could secure around 104 seats in the state. He mentioned that while nominations close on March 23, the party's full-fledged campaign will commence from March 24. The visit also included an interactive session with Chief

Executive Member (CEM) of the North Cachar Hills Autonomous Council, Debolal Gorlosa, along with council members, senior citizens from various communities, apex bodies, Morcha leaders, and BJP karyakartas. The Chief Minister shared his vision and strategic roadmap for the elections while attentively listening to the concerns and aspirations of different communities. Reaffirming the government's commitment to inclusive development and grassroots connectivity, he emphasized that effective governance begins with listening, understanding, and delivering. The Chief Minister was accompanied by DHAC CEM Debolal Gorlosa, Chairman Mohet Hojai, BJP District President Dhriti Thaosen, MLA candidate Rupali Langthasa, Executive Members Donpainon Thaosen and Monjit Naiding, along with other senior BJP leaders.

Slovak national detained in Mizoram for illegal attempt to cross Myanmar border

Aizawl, Mar 26: A 58-year-old Slovak national was detained by the Mizoram Police for allegedly attempting to cross the Mizoram-Myanmar border without valid travel documents, officials at the Siaha Police Station said today.

According to police sources, the foreign national, whose identity has not been disclosed yet, is currently in custody. He is being questioned by the State police personnel along with those of Central and State intelligence agencies. Authorities indicated that further details regarding his intent and background are likely to emerge after the interrogation. The individual was apprehended on Tuesday by Assam Rifles personnel deployed along the porous border at Laki village, located about 60-75 km from Siaha, the district headquarters. After being intercepted, he was



brought to Siaha for further legal procedures and investigation.

According to preliminary inputs available, the man claimed that he intended to travel to Myanmar to participate in a traditional water festival. Officials said this assertion is being verified. The incident assumes significance in the light of a recent crackdown on foreign nationals in the State. On March 13, the National Investigation Agency (NIA) arrested six Ukrainian nationals and one American citizen from three different airports across the country.

Nandita Gorlosa Joins Congress, Political Twist in Dima Hasao Amid CM's Visit: After BJP Ticket Denial, Haflong Seat Heats Up



Haflong, Mar 22: In a major political development coinciding with the recent visit of Assam Chief Minister Himanta Biswa Sarma to Dima Hasao, former Cabinet Minister and sitting MLA Nandita Gorlosa has joined the Indian National Congress, adding a dramatic twist to the electoral landscape of the 113-Haflong (ST) constituency. Gorlosa, who was previously a prominent leader of the Bharatiya Janata Party, tendered her resignation after reportedly being denied a party ticket for the upcoming Assam Legislative Assembly elections. Her swift move to the Congress camp, particularly at a time when the Chief Minister was in the hill district reviewing political and developmental matters, has sparked intense political discussions across Dima Hasao. The timing of her decision is being viewed as highly significant by political observers, as it comes amid heightened political activity during the Chief Minister's visit. While Himanta Biswa Sarma has been actively engaging with party workers and reviewing election preparedness, Gorlosa's exit from the BJP and entry into Congress has shifted attention towards internal party dynamics and candidate selection strategies. Sources informed that Gorlosa formally joined

the Congress in Haflong in the presence of party leaders and supporters. Her induction is being seen as a strategic boost for the Congress, which is aiming to consolidate its position in the hill districts. Meanwhile, speculation is rife that the Congress party may reconsider its existing candidate for the Haflong (ST) seat following Gorlosa's entry. Party insiders suggest that deliberations are ongoing, and a final call could be taken soon. If fielded, Gorlosa is expected to file her nomination as the Congress candidate as early as tomorrow replacing Nirmal Langthasa. Political analysts believe that her switch could significantly impact the electoral equation in the constituency, where leadership influence and local connect are key determinants. With her prior administrative experience and grassroots presence, Gorlosa's candidature could pose a formidable challenge to her former party. The Haflong (ST) constituency in Dima Hasao is now poised for a high-voltage contest, further intensified by shifting loyalties and strategic realignments. Amid the backdrop of the Chief Minister's visit and evolving political developments, the hill district is set to witness an increasingly competitive and unpredictable electoral batt.

Training scheduled on maintenance of day-to-day accounts of all contesting candidate for the ensuing Assam Assembly election

Haflong, Mar 26: The Office of the District Election Office, Dima Hasao, Haflong has informed all contesting candidates and their authorized election agents of 113-Haflong (ST) LAC that a training programme is schedule to be held in connection with the Assam Legislative Assembly Election 2026. The training will focus on proper maintenance of election expenditure records, use of prescribed registers, submission procedures, compliance with guidelines issued by the Election commission of India. The training programme is schedule on March 27, 2026 at 3:00 PM at the Conference Hall, DC, Office Haflong. All candidates or their authorized representatives are to attend the training programme as stated.

One injured as militants open fire on Assam Rifles team near Arunachal's Pangsau Pass

Massive Search After Patharkandi Bust

Itanagar, Mar 27: An Assam Rifles personnel was injured after suspected militants opened fire on a team engaged in border fencing work along the India-Myanmar frontier in Arunachal Pradesh's Changlang district. Officials said the militants, suspected members of the NSCN-K-YA resorted to unprovoked firing, reportedly opposing the ongoing border fencing work. The Assam Rifles personnel retaliated, leading to a brief exchange of fire. The militants fled the area following the exchange, while the injured personnel was provided immediate medical attention. Security forces have since cordoned off the region and launched search operations to track down those involved.

The incident occurred around 5:30 pm on Thursday near the strategic Pangsau Pass, when the militants reportedly fired from across the Myanmar side of the border. The latest incident underscores a continuing pattern of militant activity along the India-Myanmar border in Arunachal Pradesh. In January this year, suspected insurgents had opened fire on an Assam Rifles base near the border in Changlang



district on Republic Day, triggering a security alert in the region. Earlier, in October 2025, the NSCN-K-YA had claimed responsibility for an attack on an Assam Rifles post in Arunachal Pradesh. Security agencies have noted that such attacks are often linked to resistance against border infrastructure projects, particularly fencing, which insurgent groups view as a threat to their cross-border movement. The porous border and presence of insurgent groups such as NSCN-K-YA have continued to pose operational difficulties, particularly in sensitive zones like Pangsau Pass, which holds both strategic and logistical significance.

Editorial

A Fractured Mandate in the Hills?

Intensified Campaign in Dima Hasao; Multi-Cornered Fight May Split Votes

The political temperature in Dima Hasao's 113-Haflong (ST) constituency has unmistakably risen, transforming what might once have been a predictable electoral exercise into a complex and closely watched contest. With the Bharatiya Janata Party (BJP) intensifying its campaign machinery and expanding its grassroots outreach, the electoral battlefield is now firmly set for a multi-cornered fight—one that may ultimately hinge less on sweeping mandates and more on the arithmetic of divided votes. At the heart of this evolving contest lies a classic democratic paradox: greater political participation often strengthens democracy, yet in tightly contested constituencies, it can also fragment voter consensus. The BJP's aggressive campaign—marked by public meetings, leadership mobilization, and a strong emphasis on governance and development—reflects both confidence and urgency. The party is clearly seeking to consolidate its base while extending its appeal to undecided voters, banking on its organizational strength and record in governance. However, the emergence of two formidable challengers has significantly altered the electoral landscape. The Indian National Congress (INC), represented by Nandita Gorlosa, brings a unique dynamic to the race. As a sitting minister with administrative experience and a recent shift in political allegiance, her candidacy represents both continuity and change. Her ability to attract diverse voter segments could prove decisive, particularly among those weighing performance against political realignment. Simultaneously, the National People's Party (NPP), led by Daniel Langthasa, is injecting a strong regional narrative into the campaign. By focusing on local aspirations and the safeguarding of Sixth Schedule provisions, the NPP is appealing to identity, autonomy, and grassroots concerns—issues that resonate deeply in hill districts like Dima

Hasao. This regional assertion complicates the electoral equation further, potentially drawing votes across traditional party lines. The result is a triangular contest where each candidate commands a distinct support base, making vote division not just a possibility but a central factor in determining the outcome. In such scenarios, victory margins often narrow, and the eventual winner may emerge not from overwhelming support, but from strategic consolidation and effective voter mobilization. Yet, beyond party strategies and candidate profiles, the larger question remains: what do the voters of Haflong truly seek? The recurring themes of infrastructure, employment, connectivity, and regional autonomy suggest that the electorate is focused on tangible developmental outcomes as well as the preservation of local identity. The challenge for political parties, therefore, is not merely to out-campaign each other, but to convincingly address these core concerns with clarity and credibility. This election also underscores a broader trend in contemporary politics—the diminishing dominance of single-party narratives and the rise of competitive pluralism. While this enhances democratic choice, it also places greater responsibility on voters to navigate competing claims and make informed decisions. As campaigning intensifies in the days ahead, the political climate in Dima Hasao is expected to grow even more charged. High-profile visits, strategic alliances, and last-mile voter outreach will likely shape the final phase of this contest. However, in a fragmented electoral field, even minor shifts in voter sentiment could have outsized consequences. In the end, the 113-Haflong (ST) constituency stands at an end crossroads. Whether the electorate delivers a clear mandate or a fractured verdict will not only determine the immediate political future of the region but also signal the evolving nature of democratic competition in Assam's hill districts. One thing, however, is certain: in this multi-cornered contest, every vote will count—and every division may decide.

Bringing Bahu into the business

A landmark proposal to SEBI to formally recognize daughters-in-law as “relatives” within promoter groups signals a major shift in India's corporate landscape. As family-run businesses contribute over 70% of India's GDP, the traditional “unspoken compact”—where women managed the household while patriarchs held the power—is finally dissolving.

The traditional “male-only” script of Indian family firms is being rewritten by a powerful convergence of education, law, and market demand. As of early 2026, this evolution has moved beyond mere participation toward a strategic necessity for the 70% of India's GDP driven by family businesses. The push for legal recognition of daughters-in-law is a major step, but as of 2026, experts argue that structural changes only go so far. The final barrier isn't the law—it's the family mindset. Another crucial dimension is agency. Many women in family businesses still face a “legitimacy gap”, where they have to establish their authority repeatedly. Women who see themselves as decision-makers are better able to claim and exercise leadership. Combining agency with responsibility can enable women to move from being present to being influential.

Some family businesses are recognising this. Still, it would be unrealistic to suggest that the transition is complete. Access remains uneven, particularly outside large, urban families. Social expectations around marriage and caregiving continue to interrupt careers. And the pipeline of women ready for top roles remains limited not because of a lack of ability, but because of years of constrained opportunity.

To bring about meaningful change, intentionality has to be present—embedded in governance structures. Transparent criteria for entry, role clarity and performance evaluation can reduce ambiguity and bias. It also requires starting discussions about ownership, succession and leadership with daughters and daughters-in-law from the outset. Families must also create real opportunities for women to lead, decide, take risks and be accountable. Without this, inclusion remains superficial. And finally, they must make role models visible. Celebrating women leaders within the family can shift attitudes far more effectively than a formal policy.

When maths is used to discriminate



There is a notion that the Union government shares its tax revenue with the states as an act of benevolence. However, the constitutional provision for a Finance Commission amply clarifies that every state has a legitimate claim to the Union tax revenue. The framers of our Constitution expected the commission's neutrality as an adjudicator to distribute the revenue. Understandably, even if an adjudicator is technically fair, any hint of partiality undermines the legitimacy of its decisions in the eyes of the claimants. The 16th Finance Commission (16FC) faces this doubt on two counts. First, for its tweaking of the horizontal devolution formula to convert the efficiency criteria. And second, the interesting deviation from its predecessors in not providing an annexure detailing the calculations for each criterion. The state-wise data used for the calculations was uploaded to the Finance Commission website days after the report was presented to Parliament.

Though the 16FC retained 41 percent as the states' share, seemingly minor tweaks in the horizontal devolution formula created massive changes in the states' relative shares. Of the six criteria used by the 15FC, three (2011 population, area, and per-capita state GDP distance) were retained with only minor adjustments to the weights; the remaining three (forest, demographic performance and tax effort) were modified.

Here, we discuss two hugely consequential modified criteria. Demographic performance was measured by the 15FC by the impact of states' total fertility rates (TFRs) on their 1971 populations, whereas 16FC measures the impact of population growth rate (1971-2011) on the 2011 population. And the tax effort in 15FC is replaced in 16FC by the square-root of states' contribution shares to GDP as an efficiency criterion. The reason for dropping TFR is that it leads to an increase in the ageing population, which the 16FC thinks should be discouraged. This argument is very much contestable, as many academic studies show that a TFR decrease is not the sole reason for a population ageing.

But the curious twist lies in how the replaced variable is used. The 15FC took the inverse of this TFR and multiplied it by the 1971 population, while the 16FC did the same with the inverse of population growth, multiplied by the 2011 population—thereby completely discarding the 1971 population. In doing so, the 16FC effectively combined the 10 percent weight of demographic performance with 17.5 percent of the population criterion. The states that controlled population gained only 1 percent of the devolution share, compared to the situation in which the population criterion had 27.5 per-

cent weight and demographic performance 0 percent.

But the real issue is in the mathematical properties of an inverse function. In such a function, there exists a nonlinearity in the rate of change when the values of the denominator are greater or less than those of the numerator. The TFR calculated by the 15FC is greater than 1 for all states; its inverse, $1/\text{TFR}$, places all states on the same side of the line. The 16FC's formula, where the numerator is greater for the states that controlled population, results in injustice to performing states. The shift in the base year for population from 1971 to 2011 amplifies the degree of differential treatment. A similar mathematical property of a square-root function is again used to avoid giving the performing states their legitimate share under the contribution to GDP criterion.

On the case of the missing annexure, the previous two FCs had provided these tables with precise decimal points, making the calculations transparent and verifiable. Even a slight difference can shift the share's decimal point, and this shift can yield a significant monetary gain or loss for the states. The critical issue is particularly with reference to the estimates of GSDP and population projections to derive per-capita GSDP numbers, as two criteria with a combined weight of 52.5 percent are using these estimates to derive states' shares.

The 16FC reports that it used RBI data on state finances and demographic projections from the health and family welfare ministry, which provides population projections till 2036. But their website mentions that the GSDP and population data are sourced from the ministry of statistics and programme implementation (MoSPI). The state-wise GDP reported in the 16FC data file differs from the one available on the MoSPI website. The same is true for the population projections available from the Report of the Technical Group of Population Projections published by the health ministry and MoSPI. Given these variations from reliable government sources, there must be a convincing explanation for using that particular data. Even a slight variation is reflected in the calculated share, and every decimal is real money for the states and their people. Thus, the 16FC's horizontal devolution formula raises legitimate concerns, not mere inconsequential technical objections. It systematically dampens rewards for better performing states. In addition, the data discrepancies erode the very trust that a constitutional body of this stature must command. The Finance Commission mandate is not merely a technical exercise in arithmetic; it is an act of federal justice. When the mechanics of that justice are opaque, the legitimacy of the entire exercise comes into question.

Tata AIA launches three new funds to tap India growth, global AI boom

Guwahati: Tata AIA Life Insurance on Monday announced the launch of three new investment funds—Large Mid Cap Innovation Fund, Large Mid Cap Innovation Pension Fund, and Global AI & Technology Leaders Fund—aimed at helping investors capitalise on India's innovation-led growth and emerging global technology trends while combining life insurance protection through ULIPs.

The New Fund Offer (NFO) will open from March 24 to March 31, 2026. Units will be issued at a Net Asset Value (NAV) of ₹10 for domestic funds and \$10 for the global fund. The funds are regulated under IFSC norms.

The Large Mid Cap Innovation Fund will invest in India's large and mid-cap companies driving digital transformation,



targeting long-term capital appreciation. The pension variant is designed for retirement planning, offering structured wealth creation through equity exposure of 60–100%, with up to 40% allocation to debt instruments, benchmarked to the NSE 500 Index.

Meanwhile, the Global AI & Technology Leaders Fund

provides exposure to international companies in artificial intelligence, semiconductors, and digital platforms through a passive strategy.

Harshad Patil, Chief Investment Officer, Tata AIA Life Insurance, said, "Innovation is reshaping economies... this is the right moment for investors to capitalise on these opportunities and secure their financial future."

Guwahati is witnessing rising interest in ULIP-based investment products, driven by increasing financial awareness and demand for market-linked returns. The launch of innovation and AI-focused funds is expected to attract urban investors and young professionals in the region looking to diversify portfolios and participate in both domestic growth and global technology trends.

IndusInd Bank rolls out capital gains scheme to drive tax-efficient reinvestment

Guwahati: IndusInd Bank has launched the Capital Gains Account Scheme (CGAS), enabling customers to park long-term capital gains and claim tax exemptions under the Income Tax Act, 1961. The move follows authorisation from the Central Board of Direct Taxes, allowing the bank to accept deposits under the Capital Gains Account Scheme, 1988.

The scheme allows customers to deposit unutilised proceeds from the sale of eligible assets, including residential properties, flats, farmhouses, agricultural land, urban land and SEZ-linked land, ensuring compliance with statutory reinvestment timelines. It offers two options: Type A (Savings Account) with flexible deposits, withdrawals and no minimum balance, and Type B (Term Deposit Account) with a minimum deposit of ₹10,000 and higher returns aligned with reinvestment plans. The facility is available at authorised non-rural branches for resident individuals, HUFs, non-individual entities and NRIs.

IndusInd Bank

With a 31-year legacy, IndusInd Bank serves around 42 million customers through 3,120 branches and 3,063 ATMs, covering 1.62 lakh villages. Its offerings span microfinance, personal and SME loans, cards, vehicle financing, ESG-linked products and digital banking platforms like 'INDIE', supported by its 'Digital 2.0' strategy. The bank also maintains global presence through offices in Dubai and Abu Dhabi and holds key clearing and settlement roles across major exchanges. In Guwahati, the scheme is expected to gain traction among real estate sellers and investors amid rising property transactions. CGAS could streamline tax planning and encourage reinvestment into housing and land assets, supporting structured financial decisions in the region's evolving urban economy.

Renault Duster Turbo 160 delivers 18.45 km/l mileage, sets benchmark in segment

Guwahati: Renault India has announced ARAI-certified fuel efficiency figures for the new Renault Duster powered by the Turbo TCe 160 engine, reinforcing its focus on performance and efficiency. The SUV delivers 18.45 km/l with the DCT automatic transmission and 17.75 km/l with the 6-speed manual variant.

Dr V Vikraman, Chief of Renault Engineering, Renault Group India, said the certified figures reflect the company's technological strength and commitment to delivering superior value. He

noted that the Turbo 160 engine uses advanced features such as low-friction coatings and high-pressure fuel injection to optimise combustion and efficiency, while the latest DCT transmission ensures seamless gear shifts and responsive performance.

Engineered for Indian driving conditions, the new Duster produces 163 PS of power and 280 Nm of torque, making it the most powerful offering in its segment. Renault said the model combines strong performance with best-in-class ride and handling, supported by an

optimised powertrain design.

In Guwahati, the new Duster is expected to attract strong interest due to rising demand for powerful yet fuel-efficient SUVs suited to varied terrain and long-distance travel in the Northeast. Dealers anticipate that the balance of performance and mileage could position the model competitively in the region.

Renault India, a subsidiary of Renault S.A.S., manufactures vehicles at its Oragadam facility in Chennai and operates over 350 sales and 450 service touchpoints nationwide.

Škoda launches new Kushaq with enhanced safety, features; prices start at ₹10.69 lakh

Guwahati: Škoda Auto India has launched the upgraded 'Easy to Love' new Kushaq, introducing enhanced safety, new features and competitive pricing as part of its strategy to make European technology more accessible in India. The SUV range starts at ₹10.69 lakh (ex-showroom) and is available in five variants — Classic+, Signature, Sportline, Prestige and Monte Carlo.

The refreshed Kushaq brings segment-first features such as an eight-speed torque converter automatic transmission and a rear seat massager, along with over 40 safety features including rain-sensing wipers and auto-dimming IR-VMs as standard. It continues with turbocharged petrol engines — 1.0 TSI and 1.5 TSI — delivering up to 110 kW power and paired with manual and automatic options.



The entry-level Classic+ variant offers six airbags and multiple premium features, while higher trims add a panoramic sunroof, digital cockpit and advanced infotainment systems. The range-topping Monte Carlo variant highlights sporty design elements and performance-focused features.

Ashish Gupta, Brand Director, said the new Kushaq focuses on delivering value, safety and driving dynamics across variants, making ad-

vanced technology accessible to a wider customer base.

In Guwahati, the competitive pricing and improved feature list are expected to strengthen the Kushaq's position in the compact SUV segment, where demand for feature-rich and safe vehicles is steadily rising. Industry observers note that buyers in the region are increasingly prioritising automatic transmissions and safety ratings, aligning well with the new Kushaq's offerings.

Mosquitoes not guests: Godrej launches public film to push preventive action against vector-borne diseases

Guwahati: With mosquito-borne diseases continuing to pose a major public health challenge in India, Godrej Consumer Products Limited (GCPL) has launched a public service film titled 'Machar Hai, Mehman Nahi' under its CSR initiative Elimination of Mosquito Borne Endemic Disease (EMBED). The campaign urges households to rethink their approach towards mosquitoes, highlighting that they should not be treated as harmless visitors.

India reported over 1.13 lakh dengue cases in 2025, alongside widespread cases of malaria and chikungunya, underlining the urgent need for stronger awareness and preventive action beyond the monsoon season. The film draws on India's tradition of hospitality, flipping the familiar phrase 'Padharo Mare Desh' to 'Na Padharo Mare Desh', reinforcing that mosquitoes are unwelcome intruders.

The campaign highlights



common breeding grounds such as stagnant water in coolers, uncovered containers, and neglected corners in and around homes. GCPL

Managing Director and CEO Sudhir Sitapati said the initiative aims to drive behavioural change through culturally relevant messaging. Creative

lead Swati Bhattacharya added that the campaign uses storytelling to challenge everyday habits that unknowingly invite mosquitoes.

The initiative will be rolled out through school programmes, community outreach, wall art, radio storytelling, and a nationwide digital movement encouraging citizens to "Unfriend the Mosquito."

In Guwahati and other parts of Assam, where humidity and waterlogging

create favourable conditions for mosquito breeding, such awareness campaigns are expected to resonate strongly. The region frequently reports seasonal spikes in dengue and malaria cases, making preventive messaging crucial. Increased awareness is likely to boost demand for household insecticide products and community-driven cleanliness initiatives, while also supporting public health efforts to reduce disease outbreaks.

Dhurandhar tops nominations with 24 nods ahead of Chetak Screen Awards 2026



Guwahati: The Indian Express Group's Screen Academy has announced the nominations for the upcoming Chetak Screen Awards, with Aditya Dhar's spy thriller Dhurandhar leading the race with 24 nominations. Mohit Suri's Saiyaara follows with 17 nominations, while Neeraj Ghaywan's Homebound has secured 15 nods. The awards ceremony will be held on April 5, recognising excellence in Hindi cinema and OTT content from 2025.

The nominations span 31 categories across theatrical and OTT releases, highlighting the evolving landscape of Indian storytelling. Estab-

lished in 1995, the Screen Awards are governed by an independent, not-for-profit Screen Academy comprising over 50 filmmakers and artists. This year, over 95% of members participated in the selection process, with each category evaluated by 38-40 members using a trimmed mean (Olympic) scoring system to ensure fairness.

To further strengthen the process, Professor Priya Jai-kumar of the University of Southern California developed a detailed scoring rubric for the Academy.

In Guwahati, the announcement has generated excitement among cinema enthusiasts and the local film market, where distributors and exhibitors are closely tracking the nominations. Industry observers note that the awards often influence audience preferences and box office trends in regional hubs like Guwahati, where Hindi cinema and OTT releases enjoy strong viewership.

For the first time in two decades, the awards will be broadcast live, with global streaming on YouTube alongside telecast on Sony Entertainment Television and Sony Liv, ensuring that audiences in Guwahati and across the Northeast can witness the celebration in real time.

Bajaj Finserv Dhuniverse finale on March 31 to crown 'Voice of the Nation'

Guwahati: Bajaj Finserv will unveil the winner of its digital-first music talent platform, Bajaj Dhuniverse, on March 31 in Mumbai, marking the culmination of one of India's largest nationwide music discovery initiatives. The winner will be named the 'Voice of the Nation' and collaborate with composer trio Shankar-Ehsaan-Loy to co-create the brand's sonic identity.

Launched as a technology-led platform, Bajaj Dhuniverse attracted over 60,000 aspirants from across India, enabling participation through audio and video submissions without physical auditions. The initiative aimed to break geographic barriers and create opportunities for talent from small towns and remote regions.

Following a multi-stage

evaluation, 10 finalists and one wild-card entrant, shortlisted and mentored by Shankar-Ehsaan-Loy, will perform live at the grand finale, which will also be streamed nationwide. The winner will record an independent album with Zee Music Company and collaborate on a Spotify release.

Manav Mianwal, President - Digital Platforms at Bajaj Finserv, said the platform reflects the company's commitment to nurturing aspirations and building role models. Members of Shankar-Ehsaan-Loy highlighted the inclusivity and depth of talent discovered through the digital format.

Bajaj Dhuniverse, launched in November 2025, positions itself as an inclusive and scalable platform to identify and promote emerging musical talent across India.

Axis Max Life, Saarathi Finance tie up to expand insurance cover for MSMEs

Guwahati: Axis Max Life Insurance Limited has entered into a strategic corporate agent partnership with Saarathi Finance and Credit Private Limited to enhance financial security for India's micro, small and medium enterprises (MSMEs). Saarathi Finance, a new-age NBFC, focuses on bridging the credit gap for MSMEs, particularly at the grassroots level.

Under the partnership, Axis Max Life will offer its Group Credit Life Secure (GCLS) product to Saarathi's borrowers. The product is designed to act as a financial safety net, ensuring that in case of unforeseen events, the loan burden does not fall on the borrower's family or disrupt the business.

Axis Max Life MD and CEO Sumit Madan said the collaboration combines digital-first lending with insurance protection to strengthen resilience among small entrepreneurs. Saarathi Finance Founder and CEO Vivek Bansal highlighted that with over 90% of MSMEs operating on thin capital margins, embedded insurance can help convert loans into



long-term security frameworks.

The partnership aligns with the national goal of "Insurance for All by 2047" and aims to expand financial inclusion across Tier 3 and Tier 4 markets by addressing the insurance gap among underserved businesses. In Guwahati, the tie-up is

expected to benefit a large base of small traders and micro-entrepreneurs who rely on informal or unsecured credit. With growing MSME activity in the region, integrated insurance-backed lending could improve financial stability and boost confidence among local businesses.

MSE appoints market makers, plans liquidity push from April 1

Guwahati: The Metropolitan Stock Exchange of India Limited (MSE) has completed the appointment of Market Makers for its Equity Segment, marking a key step towards strengthening market depth and improving trading efficiency.

According to an official statement issued on March 25, the move is expected to support efficient price discovery and enhance the overall trading experience for participants. The exchange said it will roll out further liquidity enhancement measures from April 1, 2026, aimed at deepening market participation and building a more vibrant trading ecosystem.

MSE noted that the initiative aligns with its broader commitment to creating a transparent, efficient, and competitive marketplace for stakeholders across segments.

The exchange, which operates under recognition from the Securities and Exchange Board of India (SEBI), offers trading in equity, equity derivatives, currency derivatives, and debt segments. As the country's youngest stock exchange, MSE has been focusing on developing innovative products across asset classes and expanding its reach through partnerships with ecosystem players.

BHIM App appoints MS Dhoni as brand ambassador to lead next growth phase

Aizawl: NPCI BHIM Services Limited (NBSL) has announced the appointment of former Indian cricket captain and World Cup winner Mahendra Singh Dhoni as the brand ambassador for the BHIM Payments App, reinforcing its strategic focus on scale, inclusion, and long-term user confidence.

The collaboration brings together two entities associated with trust, consistency, and dependability. Built on NPCI's robust infrastructure, BHIM has evolved into a widely used digital payments platform, while Dhoni's journey from a small town to national leadership mirrors the app's growth across geographies and demographics.

Lalitha Nataraj, MD & CEO, NBSL, said the partner-



ship aligns with the company's vision to strengthen user preference in the next phase of digital payments growth. "Our objective is to position BHIM Payments App not just

as a payments option but as the preferred app for every member of the Indian household. Trust remains central to everything we do, and Dhoni represents that same trust," she said.

Mahendra Singh Dhoni said the app's simplicity and accessibility were key factors in his association, noting that digital platforms must ensure users feel comfortable and confident while transacting.

Repositioned as "Bharat Ka Apna Payments App," BHIM continues to expand across Tier 1, 2, and 3 markets, offering services in over 15 regional languages and optimised features for low-connectivity environments, while leveraging rewards and merchant partnerships to drive adoption.

BPCL-Sembcorp JV wins 10KTPA green hydrogen deal from Numaligarh refinery

Guwahati: Bharat Petroleum Corporation Limited (BPCL) has secured a major boost to India's clean energy push after its joint venture, NeuEN Green Energy Pvt. Ltd., won a contract to supply 10,000 tonnes per annum (10KTPA) of green hydrogen to Numaligarh Refinery Ltd. (NRL) in Assam.

NeuEN, a 50:50 joint venture between BPCL and Sembcorp Green Hydrogen India, will develop a green hydrogen production facility at NRL with a long-term offtake agreement. The project is slated to begin commercial operations in 2028 and will integrate renewable energy with advanced storage systems to ensure

round-the-clock operations.

The contract was awarded at what BPCL described as the most competitive tariff discovered so far, setting a new benchmark for green hydrogen pricing and signalling growing commercial viability in India.

BPCL Chairman and Managing Director Sanjay Khanna said the project strengthens the company's clean energy portfolio and advances its goal of becoming a major supplier of low-carbon energy solutions. Sembcorp's Vipul Tuli termed the project a key step in supporting India's decarbonisation goals through structured long-term contract.

Korean food craze is not over yet. And it's not just a metro city crush



Most trends and viral sensations have a shelf life; sooner or later, they fade into the background, be it the craze for a travel destination, food item, or even artists. However, we can't say the same about Indians' love for everything Korean.

The craze can be traced back to the global phenomenon of PSY's "Gangnam Style" in 2012 (roughly), which paved the way for several other Korean bands – BTS, Blackpink, Exo, and Seventeen. And rest, as they say, is history. And the craze is pretty much the same when it comes to Korean food too. We were first introduced to it through K-dramas and

variety shows, watching characters slurp bowls of ramen, share bubbling hotpots, or grill meat at the table. That on-screen indulgence sparked our curiosity, and soon, instant ramen packets and ready-to-eat tteokbokki found their way into our kitchens. Now, Korean restaurants, once a niche find, are commonplace and packed with diners eager to try everything from bibimbap to kimchi fried rice.

It's more than a trend, a phenomenon that has continued. Don't believe it? Well, Swiggy's data reveals that orders for Korean food have shot up 50 per cent year-on-year (July 2025 vs July 2024)

across the country. And while big cities like Bengaluru, Mumbai, and Hyderabad still lead the way, it's the non-metro cities that are turning heads. Emerging markets such as Surat, Thiruvananthapuram, Vadodara, Mysuru, and Mangaluru have seen a 59 per cent jump in Korean food orders over the past year.

True to form, Gen Z is at the forefront of this culinary trend, responsible for 27 per cent of all Korean food orders on the app. Korean bun, Korean cheese bun, Korean ramen, and Korean chicken are among the most popular keywords. The survey also reveals that the Korean McAloo Tikki Burger has surprisingly emerged as the most-ordered item, and other favourites include Korean Corn & Jalapeno Garlic Bread, Korean Tangy Chicken Roll, and Korean Spicy Chicken Burger. Korean-inspired drinks are also making waves. The tangy-sweet Korean Yuzu-Pop Sprite is one of the beverages riding this trend. So, you see, the rise of Korean cuisine in India is a sign of how open Indian consumers are becoming to experimenting with international flavours. Restaurants and brands are taking note, and many are localising these global tastes into familiar, snackable formats that appeal to a wider audience.

Spaghetti Squash and Potato Gratin

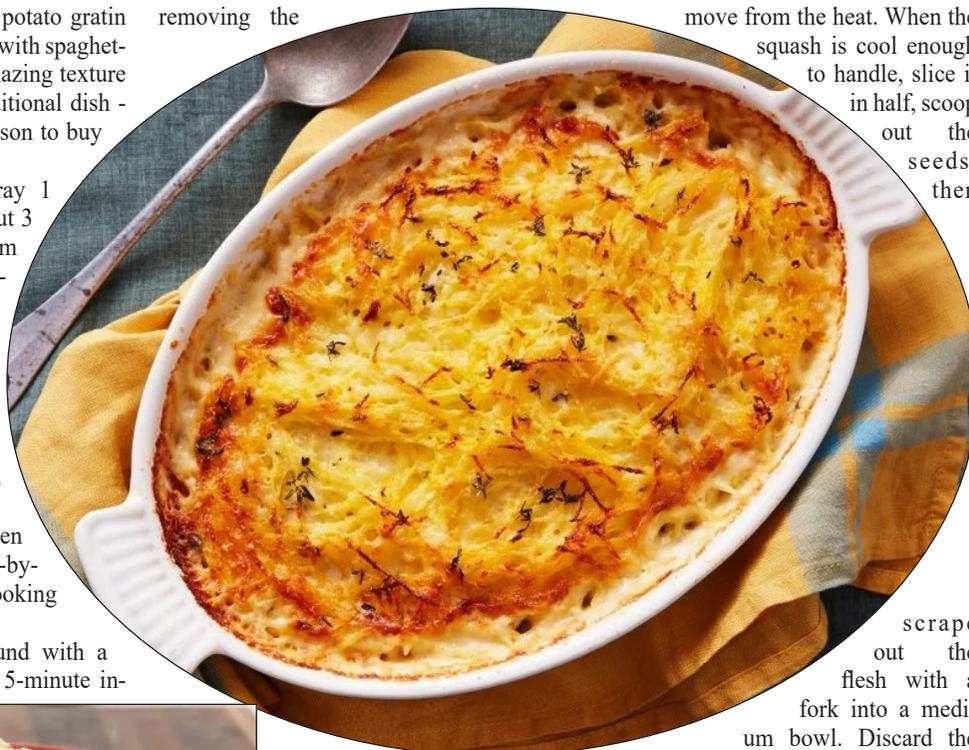
This recipe takes creamy potato gratin to a new level. By pairing it with spaghetti squash, you're adding amazing texture and great flavor to this traditional dish - plus finding yet another reason to buy spaghetti squash!

Ingredients: Cooking spray 1 large spaghetti squash (about 3 pounds) 2 cups heavy cream 4 tablespoons unsalted butter 2 cloves garlic, chopped 1 teaspoon fresh thyme leaves, chopped 1 cup grated Parmesan Kosher salt and freshly ground black pepper 1 1/2 pounds baking potatoes, such as russets (about 2 large potatoes)

Directions: Preheat the oven to 375 degrees F. Spray a 9-by-13-inch baking dish with cooking spray.

Poke the squash all around with a fork, then microwave it in 5-minute in-

removing the



move from the heat. When the squash is cool enough to handle, slice it in half, scoop out the seeds, then

scrape out the flesh with a fork into a medium bowl. Discard the skin and seeds. Layer the bottom of the prepared baking dish with 1/2 the potatoes. Top with 1/2 the squash, then the remaining potatoes, then the remaining squash. Pour all the liquid from the potato mixture into the baking dish, and press the vegetables down to submerge. Sprinkle the remaining 1/2 cup Parmesan on top. Put the baking dish on a rimmed baking sheet, and bake until golden brown and a knife slides easily into the potatoes, about 1 hour. Let cool for 15 minutes before serving.

squash, as it will become very hot. Meanwhile, combine the cream, butter, garlic, thyme, 1/2 cup of the Parmesan, 1 1/2 teaspoons salt and 1/4 teaspoon pepper in a large saucepan. Peel the potatoes, then slice them paper thin on a mandoline, placing them in the cream mixture as you slice. Bring the mixture to a simmer over medium-high heat, then re-



crements, rotating in between, until the outside is soft and yields a little when pressed with your fingers, about 15 minutes total. Be careful when rotating and

Pistachio Jam Rock Cookies Recipe



This cookies are perfect to make on the festival of Christmas. Kids will enjoy these cookies. Ingredients of Pistachio Jam Rock Cookies

For Cookies: 1/2 cup Sugar 1/2 cup Butter(soften) 1 Egg 1 tsp Vanilla essence 11/2 cup Refined flour

Egg wash: 1 egg (beaten)

For Pistachio Jam: 1/2 cup American Pistachios (grounded) Sugar: 1/2 cup 1/2 cup Sugar 2 tsp Butter 1 tsp Glucose syrup 1/4 cup Cream

For Garnish: 2 tsp Pistachio powder

How to Make Pistachio Jam Rock Cookies

For Cookies 1.Cream sugar and butter. Add egg and vanilla essence. Mix in refined flour to form a dough. Roll and cut out cookies. Use half to create indentation cookies. Brush with egg wash. Bake at 180°C for 12-15 minutes. **For Pistachio Jam:** 1.Melt sugar in a pan until caramelized. Add butter and mix. Stir in glucose syrup, followed by cream. Finally, add grounded American pistachios and cook to a jam-like consistency. **Assemble:** 1.Fill whole cookies with pistachio jam. Place indentation cookies on top. **Garnish:** 1.Dust pistachio powder in the cookie center for a perfect finish!

Heartfelt Chocolate-Infused Breakfast Recipe

This heartfelt chocolate-infused breakfast features a unique combination of eggs and chocolate, making it a delightful and enjoyable meal to prepare for your loved one. **Ingredients of Heartfelt Chocolate-Infused Breakfast** 2 bread slices Heart-shaped cookie cutter Butter 2 eggs Oregano Salt Black pepper Chocolate bar Additional chocolates, for serving **How to Make Heartfelt Chocolate-Infused Breakfast** 1.Use a heart-shaped cookie cutter to cut out hearts in the center of the two slices of bread. 2.In a pan over medium heat, add a generous amount of butter. Once the butter is melted, carefully place the heart-shaped bread slices into the pan. 3.Crack

two eggs directly into the center of the heart-shaped cutouts in the bread. Sprinkle oregano, salt, and black pepper over the eggs to add flavour. 4.Open a chocolate bar and cut it in half. Place each half between the heart-shaped bread cutouts, ensuring that the chocolate is evenly distributed. 5.Allow the bread to toast in the pan until the chocolate starts to melt, and the eggs are cooked to your liking. 6.Carefully flip the bread slices to ensure both sides are evenly toasted and the chocolate is melted. 7.Once the eggs are cooked and the chocolate is melted, remove the heart-shaped creation from the pan. 8.Serve on a plate and garnish with additional chocolates for an extra sweet touch.



Reasons Behind Generation Z's Mental Exhaustion

Generation Z, which was born from the mid-1990s to the early 2010s, is frequently referred to as the most connected generation in history. With the advent of social media, digital education, and the gig economy, they enjoy unparalleled opportunities, yet they also encounter significant pressure. Many of them begin their day by scrolling through Instagram reels, witnessing others appearing to excel in comparison to themselves. Consequently, their coffee loses its appeal, their clothing feels uncomfortable, and they find themselves already feeling anxious about the day that lies ahead. "It's not just FOMO anymore," says Dr Malini Saba, Psychologist, Businesswoman, Human & Social Rights Activist, and Founder, Saba Family Foundation. "It's the constant, invisible pressure to be perfect all the time, perfect grades, seamless hustle, flawless selfies. Even when they're doing well, it still feels like it's never enough."

Life in Overdrive

Between classes, work, internships, online courses, reels, vlogs, and side hustles, Gen Z is expected to excel at everything. There are no boundaries anymore; even when they're "of-fine," their minds are still racing. They check messages, think about that forgotten assignment, or worry whether they're doing enough compared to everyone else. According to Dr Saba, this nonstop stimulation has created a generation living in mental overdrive. "Some of them lie awake at night asking themselves if they're falling behind or failing somehow," she explains. "This chronic overthinking and comparison fatigue can lead to severe anxiety, emotional exhaustion, and even early burnout."

Hustle Culture Is Real

Many Gen Z individuals take pride in being busy as though busyness equals success. But as Dr. Saba points out, "Busyness isn't a badge of honour; it's often just tiredness disguised as productivity." While they feel validated by ticking off to-do lists and maintaining a constant stream of activity, the result is often quiet burnout. Hustle culture glorifies non-stop work, but Dr. Saba reminds us that real success comes from bal-



ance, not burnout. "When work and identity merge too tightly, people lose sight of who they are outside of achievement. Learning to rest is as important as learning to perform."

Setting Boundaries

Learning to set limits is essential for a meaningful and sustainable life. Turning off notifications, taking digital breaks, putting the phone away, deleting unnecessary apps, scheduling time to reply to emails and messages,

and stepping away from the endless scroll can make a significant difference. "Boundaries aren't barriers," says Dr. Saba. "They're self-respect in action. Even if you disconnect for just 30 minutes, the world won't end because you didn't reply immediately."

Tiny Self-Care Wins

Self-care doesn't have to be expensive or elaborate. A short walk, writing down your thoughts, meditating, reading, painting, dancing, or simply eating without looking at your phone counts too. Dr. Saba emphasizes that seeking help is not weakness but courage. "Talk to someone if it feels heavy, a friend, a counselor, or a therapist. It's not indulgent to take care of yourself; it's survival. And little by little, these small acts of self-care add up to emotional strength and fulfilment."

Redefining "Success"

Success isn't about doing everything perfectly. It's about surviving, breathing, sometimes failing, and still getting back up. It's okay to pause. It's okay to experience distress. It's okay to rest. "Resting doesn't mean you're lazy," explains Dr. Saba. "It means you're human. You can't pour from an empty cup. Life is long why burn out early?" A Generation of Possibility Gen Z is full of energy, ideas, and ambition but the pressure to perform can be crushing. Dr. Saba urges this generation to remember that self-worth isn't measured in productivity metrics or social media validation. "Set boundaries. Take care of yourself. It's okay not to do everything, not to be perfect, and just to exist sometimes. Your mental health is your foundation, it's what helps you flourish and thrive."

Cease Smoking and Restore the Harm

In a new study, researchers have confirmed that it is never too late to quit smoking. Not only does the damage to your lungs stop when you stop smoking, the damage reverses, giving you genetically healthier lungs, which have a much lower risk of turning into cancer. Researchers found that in a short period of time, former smokers developed healthy new cells to line their airways. This shift in proportion of healthy to damaged cells helps protect against cancer. "People who have smoked heavily for 30, 40 or more years often say to me that it's too late to stop smoking—the damage is already done," said the study's joint senior author Dr. Peter Campbell from the Wellcome Sanger Institute. "What is so exciting about our study is that it shows that it's never too late to quit—some of the people in our study had smoked more than 15,000 packs of cigarettes over their life, but within a few years

of quitting, many of the cells lining their airways showed no evidence of damage from tobacco." It's not new to think that smoking cessation creates healthier lungs. But the researchers were surprised and "were totally unprepared"



over the seemingly "magical" occurrence of the airway regeneration. Lung cancer is the leading cause of cancer death in America. By a lot. Smoking can lead to cancer because the damage from the smoke causes the cells that make up the lungs and airway to create genetic errors when replicating, causing "driver mutations"

which eventually cause the cells to divide uncontrollably and become cancerous. The research is part of the \$26 million Mutographs of Cancer project: a Cancer Research UK Grand Challenge initiative conducted jointly by

cancer researchers Wellcome Sanger Institute and UCL. The project detects DNA "signatures" that indicate the source of damage, to better understand the causes of cancer, and discover the ones we may not yet be aware of. Dr. Kate Gowers, joint first author from UCL, said: "Our study is the first time that sci-

entists have looked in detail at the genetic effects of smoking on individual healthy lung cells. We found that even these healthy lung cells from smokers contained thousands of genetic mutations. These can be thought of as mini time-bombs waiting for the next hit that causes them to progress to cancer. Further research with larger numbers of people is needed to understand how cancer develops from these damaged lung cells." While the study showed that these healthy lung cells could start to repair the lining of the airways in ex-smokers and help protect them against lung cancer, smoking also causes damage deeper in the lung that can lead to emphysema—chronic lung disease. This damage is not reversible, even after stopping smoking. It's best to never start but if you are a smoker, it's never too late to quit and stopping at any stage, at any age, significantly lowers your risk of cancer.



How Young Diabetics Can Avoid Early Retinal Damage

Diabetes is emerging as a significant health concern in India, increasingly impacting the younger demographic. The ICMR-India Diabetes 2024 study indicates that one in every six diabetic adults in India is below the age of 40. The early onset of this disease is linked to various long-term health risks. Among the most frequently neglected complications is retinal damage, clinically referred to as diabetic retinopathy. This occurs when fluctuations in blood sugar levels damage the small blood vessels in the retina, the light-sensitive part of the eye causing bleeding, swelling, or even the formation of abnormal new blood vessels. If left undetected, the condition can progress silently to the point of total vision loss. This is particularly concerning for young diabetics, who, due to the longer duration of their disease, are exposed to the risk for a much longer period. According to Dr. Rohan N. Dedhia, Retina, Cataract and Refractive Surgeon, Ojas Maxivision Eye Hospitals, "The retina is one of the most sensitive and intricate structures in the eye, but sadly, it's also the one that gets affected by diabetes first. Diabetic retinopathy progresses without any visible symptoms. High blood sugar levels weaken the walls of the tiny vessels supplying the retina, causing damage that is often irreversible. Young diabetics must realize that the earliest retinal changes may remain hidden for years, regular eye check-ups and strict blood sugar control are essential. If we save the retina today, we preserve good vision for tomorrow." Why Retinal Damage Happens Early For the retina to function properly, it requires a constant supply of oxygen and nutrients. Continuous high glucose levels weaken the retinal walls and block the capillaries, reducing the ox-

ygen supply to the light-sensitive cells. According to the All India Ophthalmological Society (AIOS) 2025, about 12–15% of Indians under 40 with diabetes already show early signs of retinopathy. The damage begins subtly often without noticeable symptoms and by the time vision becomes blurry, much of the harm is already permanent. Modern lifestyle habits add to the risk: irregular meals, processed foods, prolonged screen time, and chronic stress all increase oxidative stress in the retina. Co-existing conditions such as high blood pressure, high cholesterol, and smoking further aggravate retinal vessel damage. Preserving Sight Through Daily Habits Preventing retinal damage primarily requires good blood sugar control and a disciplined lifestyle. Maintaining HbA1c levels below 7%, adhering to prescribed medication, and avoiding sudden spikes in blood glucose can significantly delay complications. Diet plays a major role: green leafy vegetables, citrus fruits, fish, flaxseeds, and walnuts provide antioxidants, omega-3 fats, and vitamins that help repair retinal tissue and protect it from free radicals. Replacing refined carbohydrates with whole grains and millets supports better glucose metabolism and stabilizes sugar levels. Preventive Monitoring Regular physical activity promotes better blood circulation, ensuring oxygen and nutrients reach the retina effectively. Staying hydrated and getting 7–8 hours of quality sleep each night helps reduce vascular strain. Most importantly, annual retinal examinations should begin immediately after a diabetes diagnosis. Early retinal changes can be detected through fundus photography or OCT scans, allowing timely intervention. Treatments such as laser therapy or anti-VEGF injections can halt disease progression and preserve vision.

Arunachal Governor: Switch Off for Earth

Itanagar, Mar 27: Arunachal Pradesh Governor KT Parnaik has called on residents to participate in Earth Hour by turning off all non-essential lights for one hour from 8:30 pm to 9:30 pm on March 28. Marking the 20th year of the global initiative, Parnaik encouraged citizens to make it "The Biggest Hour for Earth." He highlighted the importance of conserving natural habitats, restoring ecosystems, and protecting biodiversity to reduce carbon emissions and address the effects of climate change, according to an official statement. Organized by the World Wildlife Fund (WWF), Earth Hour is a worldwide movement aimed at raising awareness on climate change, biodiversity loss, and sustainable practices. The symbolic lights-off act is designed to unite communities, promote dialogue, and encourage collective environmental action.

CM Lalduhoma Opens New PWD Road Division in Thenzawl

Thenzawl, Mar 27: The Chief Minister, Lalduhoma, today inaugurated the Thenzawl PWD Road Division at the PWD Complex, Thenzawl. He was accompanied by B. Lalchhanzova, Minister for Information & Public Relations, and T. Lalhlipua, MLA. In his address, the Chief Minister described the occasion as a significant milestone for the Public Works Department and a moment of joy for the people of Thenzawl. He stated that the establishment of the new Thenzawl PWD Road Division would contribute meaningfully to Mizoram's continued progress. He noted that Mizoram had lagged behind in development due to two decades of insurgency, particularly in infrastructure, industry, and investment. The state's road density remains considerably lower than that of other states. While the national average road density in India stands at 116 km per 100 sq. km, Mizoram has only 46.37 km per 100 sq. km. Even reaching the national average remains a challenge, and much work still lies ahead.

The Chief Minister emphasized that with increasing developmental activities, there is a pressing need to

strengthen the workforce and administrative capacity. The creation of the Thenzawl Division and the new Biate Sub-Division is therefore a crucial step toward enhancing efficiency and accelerating development work. Addressing possible questions on why Thenzawl was chosen, the Chief Minister reiterated that Thenzawl is being developed as a "Peace City," with a Master Plan currently underway. A Greenfield City Project under SASCI has also been proposed. In addition, several major projects are planned or in progress in the area, including tourism initiatives such as ropeways, development of Vanva riverfront, Lau project, heliport, sericulture P3 unit, and relocation plans for Neihloh village due to disaster concerns. Given the scale of upcoming PWD-related works in the region, the establishment of a full-fledged division in Thenzawl is both timely and necessary. Encouraging the officials and staff of the new office and the PWD at large, the Chief Minister urged them to carry out their duties with dedication, keeping in mind that their work and planning play a vital role in shaping the future of the state. B. Lalrinliana, representing the Then-



zawl Joint Village Council, also spoke at the event. He expressed gratitude to the government, noting that Thenzawl has recently received several developmental benefits, including the arrival of a new ultrasound machine at the local hospital, the inauguration of the PWD Road Division, and the upcoming foundation laying of Artificial Turf at the Lo Tha Zawla playground.

The inauguration programme was chaired by V. Lalsangliana, Commissioner & Secretary, PWD. Rev. T. Thu-

amlia delivered the invocation, and Er. H. Zoramliana, Engineer-in-Chief, PWD, presented a report. For the newly created Thenzawl Road Division, the government has sanctioned 1 Executive Engineer post, 2 Junior Engineer posts, 2 Upper Division Clerk posts, along with other supporting staff. Recruitment for some posts has already been approved, and with the redeployment of existing staff, the office is expected to become fully operational and serve the public from 1 April 2026.

Meghalaya govt writes to centre, seeks 50-60% increase in commercial LPG supply

Shillong, Mar 27: Amid concerns over global fuel supply disruptions, Meghalaya has approached the Centre seeking a substantial increase in LPG allocation after reduced deliveries, particularly of commercial cylinders, began affecting hotels and restaurants. Food, Civil Supplies and Consumer Affairs Minister Methodius Dkhar on Thursday said the state government has written to the Centre requesting a 50-60 per cent increase in LPG allocation, citing rising demand due to a surge in tourism and increased dependence on the fuel. "We have written to the Union minister to enhance the quota allocated to the state. In the last two days, we have received a slightly better supply of commercial cylinders, but it is still not at the level we used to get earlier," Dkhar told the press.



er," Dkhar told the press.

He said there is no acute shortage of LPG for domestic use at present, but supply of commercial cylinders remains constrained. "If the requirement is 100 cylinders, we are currently receiving around 80," he said. The minister added that the government has taken measures to prevent hoarding and black marketing of LPG. Committees headed by the

chief secretary and district authorities have been constituted to monitor the situation and ensure fair distribution. "At present, there are some shortages affecting restaurants and hotels, but the situation has improved compared to two to three weeks ago. We are making efforts through the department to further increase the supply," he said. The supply constraints come amid an ongoing LPG crunch in the nation that has already begun affecting the hospitality sector. In recent weeks, several hotels and restaurants across Meghalaya have reportedly been forced to cut down on services and trim menu offerings due to irregular supply of commercial cylinders, raising concerns about the impact on tourism and local businesses.

Polls Loom: 4.5 Quintals of Cannabis Seized



Agartala, Mar 27: In a major anti-narcotics success on the eve of the elections, police seized a container truck loaded with 4.5 quintals of dried cannabis in Assam's Patharkandi, while the driver managed to flee and remains absconding. According to police sources, the operation took place late on Thursday night after a container truck bearing registration number NL01N-4432 allegedly evaded Tripura Police, crossed the inter-state border, and entered the Patharkandi sector through the Kathaltali and Chandkhira outpost route along the national highway, reportedly with the intention of smuggling the contraband to another destination. Acting on specific intelligence inputs, police intensified naka checking at several strategic points across the area. When the truck reached the Maina Bypass, police personnel signaled it to stop. However, taking advantage of the situation, the driver abandoned the vehicle and escaped from the spot. A subsequent search of the

truck led to the recovery of 38 packets of dried cannabis weighing approximately 4.5 quintals. Police said the estimated black-market value of the seized contraband is around ₹2 crore. On Friday morning, Anirban Sharma, Superintendent of Police of Karimganj, visited the seizure site along with Manasjyoti Baro and other senior police officials to inspect the operation and review the investigation.

Preliminary information suggests that the cannabis was first transported by train to Chandkhira before being loaded into the container truck for onward smuggling. Police have launched an intensive manhunt across the region to trace the absconding driver and identify others involved in the trafficking network.

Meanwhile, Badrul Haque, president of the local social organisation GPF, welcomed the police action and said such anti-drug operations ahead of the elections are encouraging for the region.

Forensic teams probe explosion near Congress leader's residence in Manipur's Imphal

Shillong, Mar 27: Imphal, March 25: A late-night explosion near the residence of senior Congress leader Toijam Lokendro Singh in Imphal East district has triggered a joint police and forensic investigation on Wednesday, with authorities confirming that no injuries or casualties were reported. Police and forensic teams carried out a detailed examination of the site, collecting samples and inspecting damage marks on the gate and surrounding wall. Sources said the exact

nature of the explosive device and the circumstances leading to the blast are yet to be ascertained. Security forces have since cordoned off the area and intensified surveillance, while efforts are underway to identify those responsible for the explosion. The blast occurred near the gate of Singh's residence at Kongpal Ningthoubung Leikai under Khurai Assembly constituency, with officials placing the timing between late Tuesday night and shortly after midnight,

sparking panic in the locality.

No organisation has claimed responsibility for the incident at the time of filing this report. Reacting sharply, Congress Legislature Party (CLP) leader K. Meghachandra Singh termed the incident a serious lapse in security, particularly given its occurrence in what is considered a high-security zone. "I strongly condemn the explosion at the residence of our Congress leader. This shocking incident in a civilian area within a high-se-

curity zone raises serious questions about the law and order situation in Imphal," posted Singh on a social media platform. He added, "The culprits must be arrested immediately, and the government must ensure the safety and security of both public leaders and civilians without delay." The incident has sparked political reactions across the state, with opposition leaders demanding swift action and enhanced security measures in sensitive areas of the capital.

Second phase of IPL 2026 to be held from April 13 to May 24: BCCI

New Delhi, Mar 26: The second phase of the IPL 2026 will begin on April 13 and conclude on May 24, the BCCI announced on Thursday while releasing the full fixtures of the league phase. The first phase runs from March 28 to April 12, with defending champions Royal Challengers Bengaluru and Sunrisers Hyderabad facing off in the league opener at the M Chinnaswamy Stadium on Saturday. The final is slated for May 31 in Bengaluru. "The remainder of the league stage, comprising 50 matches, will be played from April 13 to May 24, 2026, across 12 venues in India," BCCI secretary Devajit Saikia said in a statement. "Matches in the second phase will be held in Bengaluru, Mumbai, Chennai, Kolkata, Delhi, Ahmedabad, Hyderabad, Lucknow,



Jaipur, Dharamshala, Raipur and New Chandigarh," he added. "As the tournament enters a crucial phase, teams will compete across venues for a place in the playoffs, with the race expected to intensify through the latter half of the league stage." The action resumes on April 13 with Sunrisers Hyderabad taking on Rajasthan Royals in Hyderabad, setting the tone for an exciting run of fixtures.

The second phase will

feature eight double-headers. Punjab Kings will play their home matches in New Chandigarh and Dharamshala, including three games at the latter venue during this phase.

Rajasthan Royals will host four home games in Jaipur, while Royal Challengers Bengaluru will play three home matches in Bengaluru and two in Raipur. The venues for the playoffs will be announced at a later date.

Mbappe says injury is behind him, all systems go for World Cup

Mbappé Opens Up About Mental Health During 54-Day Absence

Paris, Mar 26: French superstar Kylian Mbappe says the knee injury that kept him sidelined for almost two months is "behind him" and there had never been a concern he would miss this year's World Cup. The 27-year-old Real Madrid striker admitted he had not been at his best mentally during the 54-day absence -- the longest of his career. "There was a lot of frustration, anger and anxiety," the French captain said.

Mbappe, who along with the French squad flies to the United States on Tuesday for friendlies against Brazil on Thursday and then Colombia Sunday, came on as a substitute for a few minutes in last week's Champions League last-16 match at Manchester City. He also played over 25 minutes for Real -- for whom he is top scorer this campaign with 38 goals in 34 appearances -- in the 3-2 derby win over Atletico on Sunday. "It is behind me," he said of the injury. "I put myself under a regime where I wanted to return gently but with a hunger to play. "I hope I am going to be able to play during the international break and make a difference."

The France captain -- a World Cup winner

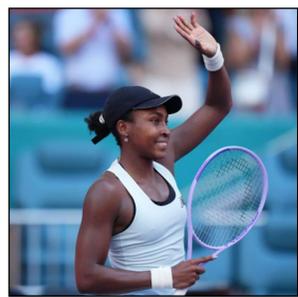


in 2018 and runner-up in 2022 -- said he had been annoyed by the rumour mill suggesting his injury was more serious than it actually was. He had avoided undergoing surgery after scans he had in Paris at the beginning of March revealed he would not require an intervention. "Lots of people gave their own diagnosis, I heard many false things," said Mbappe, who was appearing at an event of an insurance company he invested in in Paris on Monday.

Gauff Reaches Maiden Miami Semifinal

New Delhi, Mar 26: Miami, March 25: Coco Gauff produced a gritty comeback performance to book her maiden semifinal berth at the Miami Open, overcoming Belinda Bencic in a hard-fought three-set contest. The American recovered from a dip in momentum and a break deficit in the deciding set to secure a 6-3, 1-6, 6-3 victory in a match that lasted two hours and 15 minutes. Gauff began the encounter in dominant fashion, asserting control early with an aggressive approach. She broke serve in the opening stages and displayed sharp instincts at the net, winning all eight of her net points in the first set. Backed by strong serving and precise shot-making, she wrapped up the opener comfortably in 51 minutes.

Bencic, however, responded emphatically in the second set. The Swiss player significantly reduced her errors and found her



rhythm, dictating rallies more effectively. Her improved consistency allowed her to level the match quickly, taking the second set in under 30 minutes. The final set proved to be a tense affair, with momentum swinging between the two players. Gauff faced a crucial moment while serving, fending off a break point to stay in contention. Despite a brief lapse and visible frustration over missed opportunities, she used the moment as a turning point.

Regaining composure, Gauff broke back to level at 3-3 and began to reassert control. With renewed confidence, she capitalised on key opportunities, delivering strong serves and mixing in clever shot selection, including a decisive drop shot. She held her nerve while serving for the match to complete the comeback. The victory sends Gauff into the Miami semifinals for the first time in her career, where she is set to face Karolina Muchova. The American holds a dominant head-to-head record against the Czech, having won all five of their previous meetings, four of which were decided in straight sets. In the other quarterfinal, Muchova continued her impressive run of form with a straight-sets win. The Czech edged past her opponent 7-5, 7-6(5), saving a set point in the second set during the one-hour, 47-minute contest.

Senegal Challenges Morocco's AFCON Title at CAS; No Verdict Date Set

Geneva, Mar 26: Senegal's appeal to be reinstated as Africa Cup of Nations champion was registered Wednesday by sport's highest court, which set no timetable for a likely long process toward a verdict in a heated soccer controversy. The Senegal soccer federation is challenging a surprise ruling last week by the Confederation of African Football (CAF) to strip the title won in a chaotic final on the field in January and award it to host nation Morocco. An appeal to the Court of Arbitration for Sport in Switzerland was promised last week by the Senegalese government, which also

called for an international investigation "into suspected corruption" within the African soccer body.

CAS said in a statement that the Senegal federation also asks for extra time to file an appeal brief because CAF has not yet given detailed written reasons to explain its verdict. "At this early stage of proceedings and considering the (Senegal federation) request to suspend deadlines, it is not possible to anticipate a procedural timeline and to indicate when a hearing will be scheduled," the court said. CAF appeal judges took the title from Senegal two months after the



final in Rabat as punishment for players walking off in protest during a 15-minute stoppage after Morocco was awarded a penalty that was set to decide the title with the last kick.

IPL Caterer Adopts Electric Cooking



Chennai, Mar 26: The LPG shortage triggered by the ongoing West Asia conflict has forced the country's caterers to switch to electric cooking appliances apart from using traditional fuel like coal and timber woods. Caterers, who will serve the broadcasting crew during the upcoming Indian Premier League (IPL), are no different. One of these caterers, however, is facing a unique problem. As most of

their workers were mostly using gas stoves before the LPG crisis made them shift to the alternative method, they first need to be trained for handling the electric cooking appliances. "The workers first need to know how to use these appliances so we are training them at the moment. More than anything it's important for their safety," the caterer told this daily. Around 13-14 workers are employed with the catering firm and most of them have not worked with these appliances in the past. "At least one of us, who are well versed with these appliances, remain present whenever the workers prepare food using electrical appliances. This way we are not

only fulfilling the local orders but also imparting training to the workers. By the time the IPL matches are held, I hope the workers would be fully trained," added the caterer. The caterer works exclusively for broadcasting crew comprising around 200 personnel including the IPL commentators. As was reported by this daily, the menu will also witness a few changes as fried food items and tawa rotis might be missing from the platters this time as they lead to more consumption of gas. Instead, tandoori rotis and grilled food items are expected to replace them. "We have switched 70 per cent of our operation to electric appliances. We have bought induc-

tion stoves, electric hot plates and electric tandoors. Anyway we have been using coal to prepare a few items in the past. The only difference this time will be that the (coal) fuel will be used more now. So now the LPG consumption will be reduced considerably."

The caterer specifically mentioned that it has not received any specific guidelines by the organisers as far as the LPG usage is concerned. "The organiser only informed us about the matches the state unit here will be hosting in the first phase and the number of people we have to serve. These measures we have adopted to tackle the prevalent situation," he said.