

## NEWS CAPSULE

### Forex reserves

MUMBAI, Aug 5: The reserves surged by USD 1,530 billion to touch a fresh life-time high of USD 392,867 billion during the week to July 28, helped by rise in foreign currency assets (FCAs), the RBI data showed. — PTI

### 3 ultras killed

SRINAGAR, Aug 5: Security forces today killed three Lashkar-e-Taiba (LeT) militants in an encounter in the Sopore area of north Kashmir. Police said two of the slain militants were locals, while one was yet to be identified. — PTI

### NITI Aayog

NEW DELHI, Aug 5: Economist Dr Rajiv Kumar was tonight named as the new Vice Chairman of NITI Aayog, five days after the incumbent Panagariya announced that he would quit. The government also appointed Dr Vinod Paul, a paediatrician, as a member of the NITI Aayog. — PTI

**The Assam Tribune on Internet**  
<http://www.assamtribune.com> &  
<http://epaper.assamtribune.com>

## Sonowal to expand Cabinet soon

SPL CORRESPONDENT

NEW DELHI, Aug 5: The Sarbananda Sonowal Cabinet is likely to be expanded soon, with BJP president Amit Shah already clearing the proposal. The expanded Cabinet is also likely to see induction of a few members from BJP allies – AGP and BPF.

The Chief Minister, who arrived in Delhi last evening, did not call on Shah as earlier reported. He is likely to stay in Delhi until Tuesday and is expected to meet a few Central ministers too.

Sources in an alliance party told this newspaper that they had a heart-to-heart talk with the Chief Minister in Dispur recently and explained to him that they are under pressure from the aspirants that Sonowal should go for an expansion without any delay. "Sonowal indicated that he is willing to expand his ministry before the Independence Day," sources said.

Meanwhile, party sources said that Sonowal has been advised to induct MLAs with clean image and has also been told to keep the regional and community balance in mind. The Central leadership told him that special attention must be given on the utility of the minister, particularly in regard to 2019 Parliament elections.

It may be mentioned that Sonowal was under pressure from his own party and alliance partners to undertake a Cabinet expansion. While the Sonowal Cabinet has eight vacancies, he is likely to induct at least six ministers. While the AGP is demanding four berths, the BPF is demanding two.

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## Venkaiah Naidu elected Vice President



M Venkaiah Naidu after casting his vote at Parliament House in New Delhi on Saturday - UNI

NEW DELHI, Aug 5: NDA nominee M Venkaiah Naidu was today elected as India's next Vice President, receiving an overwhelming two-third votes against opposition candidate Gopal Krishna Gandhi.

The 68-year-old BJP leader from Andhra Pradesh got 516 votes out of the total 771 votes cast, while Gandhi could manage only 244 votes. Of the total 771 votes polled, 11 were found to be invalid. Although 785 MPs were eligible to vote in today's election, 14 MPs could not vote.

The strength of the electoral college comprising both elected and nominated MPs of the Rajya Sabha (RS) and the Lok Sabha (LS) is 790. There are two vacancies each in the LS and RS. One BJP Lok Sabha MP is barred from voting following a judicial pronouncement.

"Coming from an agricultural background, I never imagined I would be here. Agriculture has no proper voice in Indian polity," India's Vice President-elect told PTI.

"I am very humbled. I am also thankful to the Prime Minister and all party leaders for their support. I will seek to utilise the vice presidential institution to strengthen the hands of the President and secondly, uphold the dignity of the Upper House," he added.

Naidu will be the 13th person to hold the second highest constitutional post. By virtue of being the Vice President, Naidu will also preside over the Rajya Sabha as the Chairman.

In the 2007 vice presidential poll, incumbent Hamid Ansari had polled 456 votes, Naimis Heptulla 222 votes and Rashid Masood 75

(See page 3)

## Ranee abstains from voting

SPL CORRESPONDENT

NEW DELHI, Aug 5: Member of Parliament from Assam, Ranee Nahar today abstained from voting in the election to the post of Vice President.

Nahar decided to abstain from voting as she is upset with the Congress State leadership following her removal from the post of president of the Lakimpur District Committee of the Congress.

## House session STAFF REPORTER

GUWAHATI, Aug 5: Governor Banwarilal Purohit has summoned the next session of the Assam Legislative Assembly from September 4, official sources said.

## Security beefed up to thwart violence ahead of I-Day

### Specific inputs on ultra movement along Assam-Arunachal border

R DUTTA CHOWDHURY

GUWAHATI, Aug 5: With the Independence Day approaching, the police and security forces have started re-evaluating distilling inputs about attempts of ultras to create disturbance to make their presence felt, while all efforts are being made to thwart the game plan of the militants. Security personnel have already been deployed in different parade grounds in the State to keep round-the-clock vigil.

Highly placed police sources told *The Assam Tribune* that according to inputs available with security agencies, the common platform of the active militant groups of the Northeast would try to launch joint operations in the run-up to the Independence Day celebrations. In the past also, the ULFA(I) had taken the help of other militant groups and Front of Assom (Independent),

led by hardcore militant Uday Asom managed to sneak into India and the militants are now roaming in the Assam-Arunachal Pradesh border areas, waiting for an opportunity to strike. The members of the team are in constant touch with senior leaders of the outfit, including Nayan Medha and Arumodoi Asom, and on a few occasions, they even managed to sneak into the Kaptobari area of Assam before retreating to Arunachal Pradesh.

Sources revealed that because of its dwindling strength, the ULFA(I) has been trying to take the help of other outfits, which are part of the common platform of the militant groups of the Northeast, to indulge in acts of violence during the Independence Day celebrations. In the past also, the ULFA(O) had taken the help of other militant groups and Front of Assom (Independent),

## Sonowal calls for Presidential Retreat in NE

SPL CORRESPONDENT

NEW DELHI, Aug 5: Chief Minister Sarbananda Sonowal called on President Ram Nath Kovind at Rashtrapati Bhawan here this morning and extended an invitation to him to visit Assam.

In course of their half-an-hour discussion, the President told Sonowal that he is looking forward to visit Assam and the Northeast sometime in October-November.

Referring to the Presidential Retreats at Mashobra in Shimla and Bolarum near Hyderabad, Sonowal requested Kovind to take initiative for setting up of a similar retreat in the Northeast. "A Presidential Retreat in the Northeast would symbolize the unity of the country signifying its diverse cultures," Sonowal said.

The President appreciated Sonowal for conceiving the idea and assured to look into the matter in the right earnest.

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## Sunday

- A cruel hunt Sanjay Ray
- UP CLOSE Teaching with heart Mamata Mishra
- "Virtual" friends in a real world? Navneet Varshaparde
- FOUR PLUS: Nature's way Neetu Kalra
- FICTION A father's letter Golap Panigrahi
- MY SPACE: Pay Parade Brigadier R. Borthakur (Retd.)
- THIRD EYE: Murder she wrote Indrani Raimedhi
- FOODTALK: Perks of Poppy Dr. Ritup. Goswami

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(See page 3)



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3 LeT overground workers held in J-K

SRINAGAR, Aug 5: The police today arrested three overground workers (OGWs) of militant outfit Lashkar-e-Taiba (LeT) in Shopian district of south Kashmir.

Acting on a tip-off, a joint naka (checkpost) of the State Police and Army's 62 Rashtriya Rifles (RR) unit was set up near Nagbal, in the Zainapora area of Shopian, said a police spokesman.

He added that during checking, the three LeT OGWs – Showkat Ahmad Mir, Waseem Ahmad and Junaid Ali Bhat – were apprehended and three hand grenades were seized from their possession.

During questioning, the three men confessed that they were working at the behest of LeT operative Wasim Shah and were tasked with hurling grenades at police establishments and snatching the weapons of security men in Shopian, said the spokesman.

The trio had also carried out reconnaissance of a few police pickets with a design to carry out terror attacks, he added.

A case was registered in this regard and a probe was on, said the spokesman. Earlier in the day, three LeT militants were killed in an encounter with the security forces in the Sopore area of Baramulla district in Kashmir. — PTI

#### 4 Spanish nationals killed in road mishap

CHITTOOR, Aug 5: A mini bus collided with a container truck in Chittoor district today, killing four Spanish nationals, two of them women, and their driver, the police said.

Six others, also Spanish nationals, were injured, one of them critically, in the accident. One of the passengers suffered fractures, while the others escaped with minor injuries, they said. The Spanish nationals had come to see development activities initiated by the Rural Development Trust run by a group from Spain, in villages in Anantapuram district.

The deceased were identified as Vincent Prez, Josefa Moran, Francisco Pedrosa and Nieves Lopez. The bus driver, a local resident, was yet to be identified, the police said.

The foreign nationals were on their way to Puducherry from Anantapuram district when the collision took place at a curve on the Madanapalle-Pungunuru road, Rajeswara Babu, district SP, told PTI over phone.

## Venkaiah Naidu travels the distance from pasting posters to VP-elect



Sabha member. This remarkable career in politics has been more than four decades in the making.

It began in the 1970s when the BJP's precursor, Jana Sangh, was a marginal player with little clout in the South and a young party worker kept himself busy putting up posters of stalwarts such as Atal Bihari Vajpayee and LK Advani. Naidu has come a long way since those days of political obscurity. A two-term member of the Andhra Pradesh Legislative Assembly, he was elected to the Rajya Sabha three times from Karnata. He represented Rajasthan in the Upper House of Parliament before he was nominated to the Vice President's post by the NDA.

Once an Advani protege, Naidu vigorously backed Modi for the Prime Minister's post before the 2014 elections. He was Minister for Information and Broadcasting and Housing and Urban Affairs in the Modi Government and earlier also was the Parliamentary Affairs portfolio.

In the previous NDA Government led by Vajpayee, he had served as the Rural Development Minister. The vet-

eran party leader also served as the BJP national president from July 2002 to October 2004 for two consecutive terms.

He quit the post after the party's defeat in the 2004 Lok Sabha elections. Naidu was an ABVP activist during the Emergency and was arrested and tried for sedition.

As the first Minister of Parliamentary Affairs in the Modi Government, Naidu defended the Prime Minister and the Government whenever the Opposition targeted them in Parliament.

He had also ensured high political outreach by meeting Congress chief Sonia Gandhi when there was a standoff between the Government and the Opposition in Parliament.

Several major legislations were cleared by Parliament when he was the Parliamentary Affairs Minister, including the historic Real Estate Act and fast forwarding of the GST Bill.

Known for coining acronyms, Naidu governmented the mission of the Modi Government as "MODI-Making of Developed India" which had become the official line of the Centre in its public outreach campaign on the occasion of three

years of being in office.

As the Minister for Information and Broadcasting, he was always quick to present issues in perspective with effective repartee as and when required. As Minister of Urban Development and Housing and Urban Poverty Alleviation, which was recently merged as Housing and Urban Affairs, Naidu pioneered the launch of several new urban missions, including the Smart City Mission, Atal Mission, Swachh Bharat Mission and Housing for All.

As the Rural Development Minister, Naidu was instrumental in launching the hugely popular Pradhan Mantri Gram Sadak Yojana.

When the Congress swept the polls in Andhra Pradesh in 1978, Naidu got elected as MLA from the Udayagiri constituency as a Janata Party candidate. He was re-elected on a BJP ticket when NT Rama Rao swept the polls in the State. But all that has receded into the past.

"There is no my party or your party. Now I am a non-party man," Naidu told reporters this morning as the election for the Vice President got under way. — PTI

## 1 arrested for attack on Rahul

AHMEDABAD, Aug 5: The police today arrested a person for allegedly throwing a stone on the car of Congress vice president Rahul Gandhi in Banaskantha district when he was on a visit to the flood-hit areas of Gujarat.

Banaskantha SP Niraj Badgajur identified the accused as Jayesh Darji alias Anil Rathod. Congress leaders claimed that he was a local office-bearer of the BJP's youth outfit.

"We have arrested one person named Jayesh Darji alias Anil Rathod for allegedly throwing a stone at the vehicle in which Gandhi was travelling," Badgajur told PTI.

"We arrested Darji after his name was given by Congress members during the course of investigation," Badgajur said.

"We will interrogate him about the incident. More names may come up as the investigation progresses," he said.

The Congress claimed that

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## Gujarat Cong MLAs meet Karnataka Governor

BENGALURU, Aug 5: Gujarat Congress legislators today ventured out for the first time from a private resort on the city outskirts where they have been camping for about a week and met the Karnataka Governor, besides visiting the State Secretariat.

The Congress had sent its 44 legislators here on July 29 to fend off what it alleged were "poaching" attempts by the BJP ahead of the August 8 Rajya Sabha polls in Gujarat

in which Ahmed Patel, political secretary to Congress president Sonia Gandhi, is contesting

from Vidhana Soudha by Shivakumar.

"All the MLAs are happy and together...," Shivakumar told reporters.

Vidhana Soudha was at the resort when the search began on Wednesday.

I-T sleuths even visited the resort to escort the minister to his residence for questioning, which the Congress has alleged was an attempt to threaten the Gujarat Congress MLAs.

The legislators in the last couple of days took part in "orientation classes" on a host of topics including the party's achievements in the last 60 years" and the "BJP's lies and the truth" among others, conducted by Dr Suresh Sharma and Naushad Paramar of the Jawaharlal Nehru Leadership Institute, New Delhi.

Earlier, the itinerary of the MLAs during their stay here included visit to some tourist destinations and religious places, but it was scrapped following accusations against the lawmakers of "abandoning" voters when their constituencies were affected by floods.

Six of the 57 Congress MLAs in Gujarat have resigned from the party recently with three joining the BJP on July 28. The party has apprehensions about Patel's election to the Rajya Sabha if more MLAs defect. — PTI

The MLAs were driven from the luxurious resort to the Raj Bhavan in a State transport bus, where they met Governor Vajubhai Vala.

Congress sources said it was a courtesy visit as Vala also hails from Gujarat and had served as the Assembly Speaker and Finance Minister there. He enjoyed good rapport with the MLAs, they said.

### Partial lunar eclipse on Aug 7 night

KOLKATA, Aug 5: A partial lunar eclipse will take place on August 7 night and will be visible from across the country.

"Starting from 10:52 pm on the full moon will enter the Earth's shadow in space and create a spectacular celestial phenomenon, which is commonly known as partial lunar eclipse. This will be the first properly visible lunar eclipse this year," Debraj Duan, Director Research and Academic, MP Birla Planetarium, told PTI here today.

On February 11 this year, there was a penumbral eclipse of the moon. It was an event where the moon passed not through the direct shadow of the earth but through its penumbra and thus could not be discerned," he said.

The lunar eclipse will start around 10:52 pm on the night of August 7 and will continue till 00:45 am IST. — PTI

### Venkaiah Naidu ...

(Contd from page 1) votes. In the 2012 polls, Ansara had bagged 490 and NDA nominee Jawant Singh 238 votes.

With today's election, those holding the top positions in the country—the President, the Vice President and the Prime Minister—come from the Upper House of Parliament before he was nominated to the Vice President's post.

Once an LK Advani protege, Naidu vigorously backed Modi for the Prime Minister's post before the 2014 elections.

He was Minister for Information and Broadcasting and Housing and Urban Affairs in the Modi government and earlier held the Parliamentary Affairs portfolio.

Meanwhile, Prime Minister Narendra Modi congratulated Naidu on being elected as the Vice President and expressed confidence that he will serve the nation with dedication and diligence.

Congress president Sonia Gandhi also extended her best wishes to Naidu and offered her party support for effective scrutiny of legislations and government policies in Rajya Sabha. Assam Governor Banwarilal Purohit also congratulated the Vice President-elect, saying Naidu's administrative experience would be beneficial for the nation. — PTI

### Security beefed ...

(Contd from page 1) there are instances where militants belong to Manipur-based PLA helped the ULFA(I) in planting bombs.

The possibility of the ULFA(I)'s "outsourcing" the task of planting bombs or lobbing grenades in places like Guwahati also cannot be ruled out, sources added. On the other hand, after the change of guard in the NSCN(K) following the demise of SS Khaplang, the new leadership of the outfit is also desperate to make their presence felt and they may try to strike at security forces.

The districts considered most vulnerable in the run-up to the Independence Day include Tinsukia, Dibrugarh and Sivasagar, although the police

and security forces are not lowering their guards in the other districts of the State. The bases of militants in three districts of Arunachal Pradesh and two in Nagaland have become major causes of concern for Assam. Army personnel of the Kumaon Regiment have been deployed in those areas to check inter-state border activities of the militants.

On steps taken to thwart the designs of militants, sources said both the strategy group and the operational group of the Unified Command held meetings to discuss the threats and chalk out strategies to deal with the situation. Separate meetings were also held to review the security of parade grounds and depots. Meetings were made according to specific instructions have been issued to the district police chiefs to ensure peaceful celebration of the Independence day.

Sources admitted that there was a probability of communal tension following the killing of ABMSU president Lafikul Islam, but the State Director General of Police stationed himself in Kokrajhar to monitor the situation, while other senior officers fanned out to areas that were considered vulnerable. Chief Minister Sarbananda Sonowal also held a meeting with the ABMSU leaders and formed a special investigation team to probe the killing which also helped in defusing tension to a great extent, sources added.





## FIR against pharmaceutical firm quashed

STAFF REPORTER

GUWAHATI, Aug 5: The Guwahati High Court today quashed a First Investigation Report (FIR) of the Criminal Investigation Department (CID) and subsequent registration of case 28(2016) under Section 22 (C) of the NDPS Act against a pharmaceutical firm for dealing in C-KOF syrup wherein a person named Krishna Saha was also arrested.

Contrary to the submissions of the investigating agency vis-a-vis the composition of the syrup, advocate Bijon Kumar Mahajan, who appeared on behalf of the petitioner Nabin Chandra Bachhubhai of Mumbai (chairman of DWD Pharmaceuticals) contended that the syrup seized by the CID does not fall under the banned substance category as it does not contain methanol unlike the banned category syrups.

Mahajan also referred to a Delhi Court order wherein a notification in this regard was not issued but abuse of law.

## Programme on burn injury

STAFF REPORTER

GUWAHATI, Aug 5: A day-long awareness and Continuing Medical Education (CME) programme on burn injury was organized yesterday by the Department of Plastic Surgery, Gauhati Medical College and Hospital, in collaboration with the Association of Plastic Surgeons of North East and the Association of Surgeons of Assam.

The programme was inaugurated by journalist Samudra Gupta Kashyap and presided over by Prof A Adhikari, Principal of GMCH.

Dr Rabindra Tah, renowned plastic surgeon hailing from Ludhiana, delivered a lecture at the programme, a press release stated.

## IN THE CITY TODAY

Meeting of Sri Krishna Janmotsami Utsav Uddipan Samiti at Panbari office of Viswa Hindu Parishad Guwahati on Saturday. — AT photo

## Lokapriya's efforts to protect Assam recalled

STAFF REPORTER

GUWAHATI, Aug 5: On the occasion of his 67th death anniversary, Bharat Ratna Lokapriya Gopinath Bordoloi was fondly remembered across the State through various tribute programmes and memorial meetings.

Prime Minister of Assam in the pre-Independence period and the first Chief Minister of the State in the post-Independence India, Gopinath Bordoloi has a prominent place in the history of Assam for his pioneering role, from the freedom movement to opposing the grouping plan that prevented Assam from becoming a part of the then East Pakistan (presently Bangladesh).

In a memorial meet organized by the Gopinath Bordoloi Trust, and family members of the late leader, various aspects of his life and times were discussed by the eminent speakers.

Noted journalist Mrinal Talukdar, while referring to the lack of support to Bordoloi from the Centre, particularly by the then Prime Minister Indira Jawahar Nehru, said that the last four years of life were utterly painful and humiliating for Bordoloi.

Bordoloi died on August 5, 1950 at the age of 60.

"From the decision of evicting the immigrants to food crisis in Assam, Bordoloi's several pleas to the Central



Hem Barali paying tribute to Gopinath Bordoloi. — AT photo

for assistance went unheard. His interest in the inter-dominion conferences after Independence also started waning due to Nehru's indifferent attitude towards the issues of Assam.

While the issues concerning West Pakistan dominated the political sphere of India, the threat to Assam cropping up from East Pakistan were totally pushed up, which deeply pained Bordoloi," he said.

Prashanta Rajguru, executive editor of Assamese daily *Amar Asom*, also highlighted several aspects of his personality, including a sensitive outlook towards the issues concerning the existing diversity in the State.

"Some people question his role on the basis of a comment by Dr Rafiq Zakaria from Abul Kalam Azad's book *India Wins Freedom*. Truth is that one needs to go deep into the book that argues that there was no valid reason for forcing Assam to join Bengal," he added.

Scholar and historian Dr Rajen

Saikia also dwelt on several aspects of pre- and post-Independence Assam. "More than a political leader, Bordoloi was a statesman who worked for inclusive growth. Unfortunately, he did not get the kind of support from the national leaders that he should have got. Moreover, he also had to face the jealousy of some of the peers," he stated.

Dr Saikia further highlighted and appreciated the much needed flexible approach of Gopinath Bordoloi to protect Assam.

Earlier, Birendra Nath Bordoloi, son of Gopinath Bordoloi, delivered the welcome speech. A number of cultural programmes were also organized on the occasion.

The Kamrup (Metro) District Administration also organized a tribute programme at Lokapriya Shantinagar near the Nabagraha crematorium. Sports, Culture and Panchayat and Rural Development Minister Naba Doley paid floral tribute to Lokapriya Bordoloi. Freedom fighter Gopal Chandra Goswami, social worker Hem Barali, Guwahati Mayor Mrigen Sarania, MLA Siddhartha Bhattacharya, former MLA and Gopinath Bordoloi's son Capt Robin Bordoloi and Kamrup DC Dr M Angamurti among others were present on the occasion.

An all-faith prayer was also held on the occasion.

## NGO begins job-oriented vocational training for autistic persons

STAFF REPORTER

Shitali Sarma told *The Assam Tribune*.

At present Sahayika is training 20 such intellectually challenged, autistic and hearing impaired persons in the 15-30-year age group. Training is offered to mild to moderate intellectually challenged persons as well as persons with hearing impairment.

Some of Sahayika's ventures are already being supported by corporate houses like Marico and Maruti Suzuki.

The purpose of imparting special education to the persons with disabilities is all but defeated unless such people are integrated to the society and get a decent living. Despite new policies for persons with disabilities, unfortunately the question of rehabilitation is still not properly addressed, making it difficult for the different able persons to find jobs or start any business on their own.

"Though we have started vocational training of artificial flower making and incense sticks (*agarbatti*) making on our Banumaidam campus, with growing number of such students, we will have to shift to a full-fledged training centre with necessary infrastructure," Sarma said.

The NGO has also approached the State government as well as some corporate houses for a collaborative venture to restart its training centre in Lankeshwar that was closed down due to fund crunch in 2007.

The land for this centre was given by the State government and we also received a financial grant from the MPLAD fund of veteran writer and Member of Parliament Kuldeep Nayar way back in 1998. However, now we want to revive the centre with inclusive opportunities for both the special children and locals residing in the vicinity to get vocational training like screen painting, packaging, handloom and carpentry etc.

"We will be holding sheltered workshops for the persons with disabilities, where our trainees would assist them in the finishing of the products. Such products would be marketed to those corporate houses interested in CSR activities in the field of disability. The net profit gained through this venture would be divided among them," she added.



Noted player-right and theatre director Padmashree Ratan Thiyam addressing the 22nd edition of the Natasurjya Nat Samarooh at Rabindra Bhawan in Guwahati on Saturday. — AT photo

## NFR starts systematic inspection of catering units

PRANJAL BHUYAN

GUWAHATI, Aug 5: With complaints against the catering service of the Indian Railways becoming more frequent in recent months, Malgaon-headquartered Northeast Frontier Railway (NFR) has started a systematic inspection of catering units within the zone, which has so far led to penalty of over Rs 5.62 lakh being imposed on vendors and other service providers for non-adherence to quality norms.

The inspection, which started in late July, is expected to continue till mid-August, and covers catering units including pantry cars, base kitchens and static units located at railway stations.

Sharing details of the drive with *The Assam Tribune* today, Chief Public Relations Officer (CPO) of NFR Pranav Jyoti Sharma said that in the first week of the drive as many as 18 pantry cars were inspected, during which a total of Rs 2.8 lakh had been

recovered as penalty from the vendors for non-adherence to standards laid down by the railway authority.

"Four base kitchens have also been inspected and a fine to the tune of Rs 1 lakh has been recovered from erring contractors. In addition to this, six food stalls, three food plazas, four refreshment rooms and one 'Jan Haar' unit have been inspected and a sum of Rs 1.82 lakh recovered as penalty," he said.

There are seven base kitchens in

the NFR zone. These are located at Dibrugarh, Guwahati, Kamakhya, New Cocochar, New Jalpaiguri (two units) and Katihar.

"During inspection, aspects like location, ISO certification, capacity, staffing, mechanisation, cleanliness, hygiene, quality and quantity of food and other parameters are checked," said Sharma.

It is noteworthy that as part of the 'New Catering Policy' announced by the Railway Board in February this

year, the Indian Railway Catering and Tourism Corporation (IRCTC) has been mandated to carry out unbundling of catering services on trains by creating a distinction primarily between food preparation and food distribution.

In order to upgrade quality of food preparation, IRCTC will set up new kitchens and upgrade existing ones.

As per the new policy, IRCTC is to manage catering service on all mobile units and pantry car contracts awarded by zonal railways are to be re-signed to IRCTC.

Besides, meals for all mobile units are to be picked up from the nominated kitchens owned, operated and managed by IRCTC.

The Corporation will also retain the ownership and be fully accountable for all the issues pertaining to setting up and operation of the base kitchens and quality of food, and it has been tasked to ensure service providers from hospitality industry for providing service of food on trains.



Over Rs 5.62 lakh penalty imposed on vendors, service providers for not adhering to quality norms

## BJP promoting cultural imperialism: Cong

STAFF REPORTER

Ridiculing the often boasted commitment of the BJP and the Education Minister to protect the Assamese people, their land rights and habitats, Saikia dared the Education Minister to come up with a proposal to name the model colleges after the legendary figures of Assam, who include Swargadeo Sutkapha, Srikranta Sankaradeva, Swahid Konwar Anundoram Borooch, Lakshminath Bezbaroa, Jayotiprasad Agarwalla, Gopinath Bordoloi, Dr Bambanita Kaloyer, first Assamese Chief Justice of the Gaubati High Court Holiram Deka, first Assamese Ph.D holder Dr Modul Islam Bora, first Assamese lady doctor Rani Prova Saikia, legendary musician Dr Blupen Hazarika, among others.

In a statement issued here, Saikia said Deendayal Upadhyaya did not take part in the freedom struggle of the country nor he believed in the pluralistic character of the Indian society.

The Education Minister is making a mockery of the Indian as well as the Assamese ethos by foisting by the name of a person associated with a divisive agenda on the institutions of higher learning in the state, the statement added.

If the names of these Assamese persons are not suitable for his scheme of things, there are many others like Rabindranath Tagore and Dr Sarvapalli Radhakrishnan, after whom the proposed institutions could be named, Saikia said.

## Call to remember martyrs

STAFF REPORTER

utmost duty to pay respect to them who laid down their lives to free us all from the clutches of the British colonial forces," asserted the patriotic forum.

"The likes of Moj Riba, Matmur Jamoh, Kushal Konwar, Tilak Deka, Bhogeswari Phukanan, Kanaklata Barua, Mukunda Kakati, Nidhan Rajjhongshi, Kamala Miri, Lerela Boro, Madan Rauta, etc., who fought selflessly against the exploitative and abusive imperial power that ruled undivided India, must not be forgotten," the forum appealed.

## APPLICATIONS INVITED FOR THE POST OF DEAN (ENGINEERING)

Applications are invited from eligible candidates for appointment to the post of Dean in the School of Engineering & Technology. The pay scales will be as per UGC norms.

### Qualification

Candidate must have a Ph.D. in Engineering with first class or equivalent grades in the preceding degrees (BTech / BE and MTech) with high academic standing throughout and relevant experience as per UGC norms.

### Experience

The candidate should have 5 - 10 years of experience as a Professor in a reputed Technical Institution.

Interested candidates may send their application along with the updated complete CV to hr@kazirangauniversity.in with copies of all supporting documents within 10 days from the date of publication of this advertisement.

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সাতদিনীয়া নাট সমাবেশ

১, ২, ৩, ৪, ৫, ৬ আবৰ ৭ আগস্ট, ২০১৭

বৰীজু ভৱন, গুৱাহাটী

আজিৰ নিবেদন

৬ আগস্ট, ২০১৭ দেওবাৰ

নিশা ৬-৩০ বজা

অভিজ্ঞান নিবেদন

কৰ্মসূচি বৰ্মেন

চৰচনা, পৰিকল্পনা আৰু পৰিচালনা :

প্ৰৱেশ বিনামূলীয়া

মেকেবেথ নাটক বিনামূলীয়া গ্ৰান্থালয় পত্ৰ বৰীজু ভৱনৰ অসমীয়া কাৰ্যালয়ৰ

পথা সহজে কৰিব পাৰিব।

প্ৰাঞ্জল শহীদীয়া সভাপতি

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সাধাৰণ সম্পাদক

ফোনঃ ৯৮৬৫০২২৩৭২

## MESSAGE FORTODAY

*Because without our languages, we lose ourselves...*  
— MELINA MARCHATTA

**The Assam Tribune****Vanishing tongues**

If linguists are to be believed, our nation is being confronted with the prospect of losing a sizeable number of currently existing "languages." According to the Director of the Bhasha Research Centre at Vadodara 250 Indian languages have already passed into oblivion since 1961 and the danger is real that within another five decades 400 more will follow suit. Though the census of 1961 had listed 1,652 'mother tongues' in India, says the expert, all those might not have qualified to be labeled as bona fide languages. A language differs from a dialect in possessing a distinctive grammar and many of these listed in the 1961 census were actually the latter though placed in the former category. For instance, in Arunachal we have numerous dialects which if treated at par with languages would inflate the number. Another study carried out during the post 1961 phase has more realistically stated that India had around 1,100 distinct languages, but a recent study carried out by the Research Centre has today put the number at around 850. This implies that in around five and a half decades India had lost 250 languages and will be likely to lose more of these. The ostensible cause for this decline is migration of small communities, particularly from coastal areas, with their languages vanishing because of disease.

However, one must acknowledge that loss of languages is not peculiar to India alone and a huge number of these across the world have vanished during the course of the last century. This is because, just as bigger socio-cultural groups display a tendency to swallow up smaller socio-cultural groups, more vibrant languages tend to swallow up the lesser ones. A language is basically a tool of communication and when this tool is not used, it is bound to languish and ultimately vanish. There is no way any language which has lost its utility can be artificially kept alive. The theory of survival of the fittest is as true of languages as the natural world and once practitioners abandon a language for another, its survival is put into doubt. Academic institutions can do no way assist in prolonging the life of any language, the onus for this always lies as it does upon those who consider it to be their mother-tongue. However what academic institutions can do is to record and document such languages so that they can be preserved as museum items for posterity. At the same time ancient dialects and languages might contain myths and legends, as well as wisdom, and these too can be documented. Linguistic fluidity is inevitable in the course of human history and there is nothing to be alarmed about such a phenomenon.

**Organ donation**

Even as the concept of organ donation – even that of a deceased person to save lives of others – is yet to gain ground in the country, matters stand worsened by the absence of infrastructure, manpower and expertise across our hospitals, especially in the government healthcare set-up. In a country like India where the demand for organ transplantation is huge, having adequate facilities at public hospitals could have gone a long way in addressing the concern and saving thousands of human lives. The prevailing situation makes it imperative not just to have a sustained campaign about organ donation after brain death but also to put in place the required infrastructure in government hospitals. The Government has to take the lead here, while NGOs, the medical fraternity and the media can partner to build up an effective campaign, disseminating information about the urgent need for organ donation and enhancing awareness. Kidney and cornea transplantation in particular calls for donors in substantial numbers in view of the wide prevalence of renal failure and corneal blindness in the country. Another concern stems from the yawning gap between declaration and actual donation of organ, with most of the pledges on organ donation not getting converted into donation. A host of related issues such as round-the-clock presence of neurologists or neurosurgeons in hospitals to declare brain death, grief counsellors to speak to donor's family, effective coordination for green corridor for transport of organ (this, in fact, is needed for any medical emergency), etc., need to be taken care of for quick and effective organ transplant. Against the disturbing backdrop of India emerging as a hotbed of a number of lifestyle diseases that often result in organ failure as well as the abnormally high incidence of road accidents, the need to have an effective organ transplant protocol is urgent as never before.

While the State has witnessed some improvement in its public healthcare infrastructure in recent years, specialized medical care still remains an area of concern. Organ transplant being one such area, the Government needs to promote efficient service delivery on the front. In India, a few States such as Tamil Nadu are doing well vis-à-vis organ donation and transplant, and the health authorities in Assam should learn from these high-performing States. Free transplant for economically weak families is another concern that the Government has to address.

**The Assam Tribune****From THE PAST****FOOD FOR PEACE****India Allowed To Purchase US Wheat****1,23,000 TONS TO BE SHIPPED BY YEAR END**

WASHINGTON, August 5: The US agriculture department gave India an official go-ahead to purchase 74,21,000 dollars worth of US wheat remaining under a food for peace supply agreement signed last June, reports Reuter.

The yesterday's authorization, which will enable India to purchase about 1,23,000 tons of wheat, stipulates that the wheat be shipped to India by the end of this year.

The June agreement which constituted part of a three million tons food aid commitment authorised by a Congressional resolution last February provided funding for India to buy US commodities. It also set aside two million dollars of credit to pay for shipping the food items to India. The food aid authorised by Congress was conditional on US aid being matched by a combination of aid by nine other countries participating Britain, Canada, West Germany, Austria, Belgium, France, the Netherlands, Italy and Japan.

SUNDAY, AUGUST 6, 1967

# Sexual harassment in higher education

■ Apurba K Baruah

**S**exual harassment has become a major problem all over India and the Northeast is not lagging behind! Last year some of us conducted a series of seminars on the issue in upper Assam. Both the students and teachers participating in those seminars told us that in colleges and universities it had become a common problem and to our surprise some participants insisted that it was common even in private tuition classes. At least in two colleges girls said it openly in the presence of teachers that they faced sexual harassment both from students and teachers. When one teacher tried to argue that the movement, behaviour and dresses of the girls should be "proper" so as not to attract unwanted attention some girls pointed out that the teacher was actually admitting that the offenders could not be controlled and therefore girls should be controlled. Girls pointed out that because of the failure of the administration to take action the offenders are emboldened. These interventions confirmed our belief that in a highly patriarchal society special efforts at the level of raising consciousness, and instituting deterrence are necessary. However, two recent incidents have forced me to bring this issue once again to print media. In North-eastern Hill University and Dibrugarh University in two cases of allegations against teachers by girl students, there appears to be a miscarriage of justice.

In NEHU a PhD student com-

In Dibrugarh University a Masters student alleged that her teacher had been sexually harassing her and in certain occasion outraged her modesty in a serious manner. According to her the situation came to such a pass that she could no longer bear it and decided to record conversations of such events in her mobile phone to collect evidence so that she could file a complaint. She circulated a CD covering some of the episodes in the campus and also filed a complaint on 15/11/2016. While the University started an enquiry through its official Internal Complaint Cell (ICC) the teacher applied for voluntary retirement, reportedly on health ground, and that was granted. This has enabled the offender to go scot-free with all the retirement benefits. However, more interestingly the teacher who relied on health ground joined Rajiv Gandhi University as a visiting Professor, and as the grape vine had it, he was planning to join Assam University in a similar capacity. While the accused moved freely pursuing his career post-Voluntary Retirement, the victim continued to suffer because the enquiry dragged on. She now claims that because of the harassment by the teacher she could not prepare for two exams and then

plained that her supervisor sexually harassed her. This student too kept evidence and filed a formal complaint on 23/08/16. The professor in NEHU was also the Dean and therefore was a powerful person. The matter was sent to the Women's Cell, which was the legally constituted committee empowered to enquire such cases. The students of the University in the mean time began a protest and demanded that the Professor be suspended. The authorities initially seemed to drag their feet. However, under pres-

sure from the students he was placed under suspension. The ICC has submitted its report. After that NEHU apparently ordered another enquiry claiming allegedly to meet requirements under a new law passed by the Parliament in 2013 but this 2013 Act and its rules do not mention anything of the sort and therefore the report of the Women's Cell (which is effect was the ICC under NEHU rules) was final. This University has a history of using the pretext of an independent enquiry, by persons handpicked by the administration, to allow the guilty to escape. Such enquiries instituted by the University over and above the Women's Cell enquiry will be treated as illegal. Reportedly the Women's Cell of the University had pointed out that the new enquiry committee had no *locus standi*. Some

sections believe that the university administration is not showing due diligence and might eventually help the accused. Since the second enquiry is over we do not know what will happen there.

We need to notice the difference between the NEHU situation and Dibrugarh University. It is obvious that because the students demanded that the teacher be suspended the authorities had to place him under suspension. Moreover, the Women's Cell promptly concluded the enquiry. In the case of Dibrug- garh University neither the students nor the teachers seem to be raising their voice. Whatever may be the reason, NEHU students turned out to be more gender sensitive and their voice mattered. What worries me is why the DU students are quiet? Some people in Dibrugarh told us that making such complaints public adversely affects the reputation of the University. This is a very unwise position to take. To draw a parallel if someone in a family suffers from an infectious disease if we hide it and not treat it then others in the family and also in the neighbourhood will be infected. In fact it is important for the health of higher education and gender justice to publicise such incidents and also publicise the punishment if a teacher is found guilty. It is sad that because of the general patriarchal culture both our society and the polity are apathetic to the cause of sexually harassed women.

## Voices of the WEEK



"Sri Lanka Cricket (SLC) and the manner in which it is being administered and managed is so disgusting that I don't watch our national cricket any more.... am disgusted with it." — ARJUNA RANATUNGA, former captain, Sri Lanka

★ ★

"There is scope for banks to cut rates further, especially for those sectors which have not benefited in the past rate cuts." — URJIT PATEL, RBI Governor

★ ★

"Saddened by the passing away of Santosh Mohan Dev. He was a veteran political leader who worked extensively for welfare of people." — NARENDRA MODI, Prime Minister, India

★ ★

"Water coming down from the hills of Arunachal Pradesh and Meghalaya always increases our flood problems and the dams being constructed in Arunachal will destroy Assam." — TARUN GOOKI, ex-Chief Minister, Assam

★ ★

"Now individuals cannot set up colleges on their own and seek provincialisation, instead the government will construct them based on the demand of the people and their requirement." — HIMANTA BISWA SARMA, Education Minister, Assam

★ ★

"No leader in the country currently has the ability to take on Prime Minister Narendra Modi. He will return as Prime Minister after 2019 Lok Sabha election too." — NITTISH KUMAR, Chief Minister, Bihar

★ ★

"An amendment in the Constitution will be made and it will be 75 per cent reservation...." — RAMDAS ATHAWALE, Union Minister speaking on quota for economically backward sections

★ ★

"International prices of crude oil are coming down. What justification do you have to end gas subsidy? The government should immediately withdraw its decision." — KC VENUGOPAL, Congress member

★ ★

"Military rule has always brought the country back on track, whereas civilian governments have always derailed it." — PERVEZ MUSHARRAF, former President, Pakistan

## Forgetting to remember

**The last word**  
S RAGHUNATH

It was the immortal Groucho Marx who ruthlessly destroyed a hapless victim thus — "Never forget a face, but in your case I'll make an exception." When it comes to putting names to faces, experience suggests that 'Homo Sapiens' come in two distinct brands — those who always forget and those who invariably remember. Being among the former, I am frequently embarrassed when a stranger greets me heartily like a long lost friend. Frantic though the rusty cog wheels of memory may spin, I cannot recollect a single syllable of his name.

Such a painful experience becomes

even more acute when etiquette requires that you introduce your wife to this unknown him and it does play further havoc with her elan when on especially pinicky occasions, you forget her name as well and there is no way out except to fall back on that familiar old ploy and wriggle out of a tight spot by intercepting — "How nice to meet you again and I'm sure you remember my wife."

Equal discomfiture has to be endured in one of those once in a blue moon occasions when having at least remembered a face and also attaching

a name to it, you advance triumphantly across a crowded room only to have the object of your brilliant recollection declare bleakly that he cannot remember you from Adam.

This fate is not so dire as that befell a visitor to Rev. William Spooner, the inventor of Spoonerisms who was received with the hearty greeting, "I perfectly remember your name, but I just can't think of your face."

Women are supposed never to forget and this theory goes in spades for married women for they invariably recall their spouse's past and present escapades and peccadilloes — minor and major. They can also be heard frequently berating their husbands. "Why do you always forget things I tell you? Why do they go in one ear and out the other?" Perhaps these were the very first words that Eve spoke to Adam. Speaking for myself, there are three things I always forget — names, faces and the third I cannot remember.

My wife buys wrinkle free creams and ointments. I have now decided to go for memory enhancing pills and increase my intake of Kashmiri walnuts to boost my memory cells.



## Kameng river basin in Arunachal Pradesh for development of power projects

# Impact assessment study doesn't include Assam downstream areas

STAFF REPORTER

GUWAHATI, Aug 5: The Union Ministry of Environment, Forest and Climate Change (MoEFCC) approved on July 28 last the recommendations of the cumulative impact assessment and carrying capacity study of the Kameng (Ja Bharali) river basin in Arunachal Pradesh for development of hydroelectric power projects (HEPs), which has recommended 37 HEPs in the basin with cumulative installed capacity of 2561.9 MW. The study was carried out by WAPCOS Ltd, a Government of India undertaking, at the instance of the MoEFCC and its report

was submitted in June this year.

The study did not take into consideration the impacts of these projects in the downstream areas, which include the famous Nameri National Park and Tiger Reserve, in Assam. Kameng is known as the Jia Bharali in Assam.

The bigger HEPs recommended in the basin, include the Kuni HEP with 533 MW installed capacity, Kameng Dam HEP with 480 MW installed capacity, Talong Londa HEP with 225 MW installed capacity and the Chanda HEP with 110 MW installed capacity.

It needs mention here that the combined forest areas, including the Nameri

National Park in Assam, along with the surrounding reserve forests in the basin, cover an area of over 2,500 square kilometres and it forms one of the largest protected regions of NE India. This region presents a fascinating birding opportunity and it is known for its avifauna and more than 500 species of the birds are reported from the area. The river is also known for its mahseer and trout population.

Since the study did not cover the downstream areas of Assam to assess the impacts of the proposed HEPs on these areas, environmentalist Bimal Gogoi sent a letter to Chairperson of the Expert

Appraisal Committee (EAC) on River Valley and Hydroelectric Projects of the MoEFCC on February 28 this year.

He informed the EAC Chairperson that there was no official public consultation process initiated in Assam for the Kameng projects. He alleged that the draft of the Kameng basin study was also not made available to the people for their comments. In this respect he referred to the April 7, 2016 order of the National Green Tribunal (NGT), which directed the Union of India to make available the Telinga river basin study for public consultation.

The people of Assam were provided with no scope to take part in the public hearings held for the individual HEPs of the Kameng basin, which were held in Arunachal Pradesh, despite the fact that Assam is a downstream affected State of the Kameng HEPs.

Again, no prior approval of the Chief Wildlife Warden of Assam was taken, which is mandatory as per section 35(6) of the Wildlife (Protection) Act, 1972, for recommending the HEPs, which are bound to cause variations in the flow regime of the river in Nameri National Park (Jia Bharali Reserve). The river flows through a 24-km-long stretch of the Nameri National Park. The EAC, MoEFCC cannot approve

the recommendations of the Kameng River Basin Study when the flow regime of the river is going to be influenced in this National Park without the clearance received from the Chief Wildlife Warden of Assam, Gogoi argued.

It is also pertinent to mention here that the Assam Government had in OA No. 92/2013 maintained before the NGT on January 16, 2014 while making a submission in the Lower Dhemaji Hydel Power case that prior approval of the Chief Wildlife Warden of Assam was required for the project since it was going to influence the flow regime of the Lohit river in the Dibrugarh-Sankoshwa National Park located in Assam.



A culvert on the Narayanpur-Rajgarh Road damaged by the last floods in Biharpuria constituency of Lakhimpur district on Friday. — UB Photos

## Awareness meet on Oral Rehydration Solution held

CORRESPONDENT

HAILAKANDI, Aug 5: The Oral Rehydration Solution (ORS) Week was observed in Lala Bhalukandi district under the auspices of the Barak Valley branch of Indian Academy of Paediatrics.

The theme of this year's ORS Week was ORS-only rational solution. An awareness meeting was held on the occasion in the Lala Block Primary Health Centre premises and it was conducted by the child specialists Dr Samson Huda Laskar. He said that when a child has diarrhea or is vomiting, it is important to replace the fluids he or she is losing and give the child small sips of water. Let the child drink as much as he or she wants, he added. He said that the doctor should immediately be contacted as the child needs an oral rehydration solution (ORS) like Pedialyte or Infalyte. Oral rehydration solutions contain the right mix of salt, sugar, potassium, and other minerals to help replace lost fluids.

## OBITUARY

## SK Borthakur

CORRESPONDENT

TINSUKIA, Aug 5: Sailed SK Borthakur, a Notary Public of Tinsukia died following a cardiac arrest at his residence, Porbatia here on Friday. He was 69.

He was an advocate before being appointed as Notary Public and also served the Government of Assam as Additional Public Prosecutor, both at Margherita and Tinsukia courts. He was an amiable and popular person among different sections of people of Tinsukia.

His death was deeply mourned by different sections of the society. His mortal remains were taken to the Tinsukia Bar Association where members of the bar paid homage and a condolence meeting was also convened which was presided over by BR Kejriwal, president of the Tinsukia Bar Association.

He leaves behind his wife, a son and daughter-in-law and a host of well-wishers and friends.

## Honour for Assamese nuclear health physicist

CORRESPONDENT

GUWAHATI, Aug 5: Six years has passed since the March 11, 2011, tsunami that had impacted the nuclear reactors in Japan. The Fukushima Ambassadors Programme was created in conjunction with Fukushima University and TEPCO (Tokyo Electric Power Company) to evaluate the current and future issues being faced in Fukushima, including radiation monitoring, restoration planning, public health, economic recovery and media literacy.

Ryan Das, a native of GN Bordoloi Raod, Ambari, Guwahati and a nuclear health physicist by profession, has been selected by the Fukushima University International Centre to partake the Fukushima Ambassadors Programme. Along with

his colleagues from McMaster University at Canada, Ryan will be focusing on the physical, financial and social consequence of the tsunami and subsequent nuclear accidents in Fukushima.

He will also be visiting the Fukushima Daiichi Nuclear Power Plant and spending time with scientists, dignitaries and a family that has been affected by the disaster.

Ryan was born in Assam, but spent most of his life outside India. His father Naval Pal Das was an advocate of the Gaubati High Court and a member of Pathinder and the Mars Exploration Rovers, Spirit and Opportunity launched by NASA. He dreams of launching and operating a Small Modular Reactor (SMR) in India and starting a centre for radiation safety and medical physics in the near future. This was stated in a press release.

## 48th death anniversary of Bonkonwar celebrated at Tangla

CORRESPONDENT

brief account of the Mahasabha in Udagbari district.

He especially spoke on the five-day Bongeet workshop held at Tangla recently from July 26 to 30. Sankar Das, president of Sanskritik Mahasabha, Assam attended the session as the chief guest.

Attending the session as the distinguished guest, Swapnali Karua Barua, eldest son of Luit Konwar Barua also sang about the origin of Bongeet in Assam. He mentioned about legendary Assamese scholar Dr Bani Kanta Kakati, who had introduced the word Bongeet.

Also speaking on differences between Bongeet and other folk songs of Assam, Barua said that Bongeet reflect feelings or emotions of common people of the society like peasants, boatman, fisherman etc. His inaugural speech, gave a

He described the period of 1940 to 1960 as the golden era of Assamese culture.

Sixty-one children and women of the district who had participated in the recent workshop sang three notable Bongeets of Rudra Barua, Anand Ram Das and Parbat Prasad Barua to much delight of people present.

Nabamita Medhi of Guwahati and Tulika Devi of Kalangia also sang a few songs on the occasion. DN Hazarika, ADC, Udagbari; Dr Mrinal Choudhury, president and Niroopal Goswami, secretary, Yuva Tirtha, Guwahati; Pritu Barua, secretary of the Mahasabha; Chandra Prabha Dutta, HM, Tangla Girls HS; Nabajit Das of Tangla etc., were also present. Participants of the workshop were awarded on the occasion.

## Nripendra Kumar Das: a tribute

CORRESPONDENT

Nripendra Kumar Das, a nonagenarian senior citizen of Matheranagar passed away on July 25 due to old age ailments. Born at Sualkuchi in a Vaishnavite family, Nripendra Kumar Das had a brilliant academic career and was credibly under the Government of India as a senior investigating officer of the National Sample Survey of In-

dia. Nripendra Das was my neighbour at Nongrim Hills, Shillong, for about eight years when I was working as a Deputy Director of Information and Public Relation till 1973. Das had a happy family with three daughters and a son. His wife was a constant companion of my wife in all religious and marriage function.

—DN Chakravarty

## KVK reaches out to farmers in Rohmoria

STAFF CORRESPONDENT

Dr HK Bhattacharya,

solve the farming-related crisis at personal level.

Mukul Kachori, LDM, Dibrugarh highlighted on crop-insurance schemes for the farmers.

In the interaction programme, Deben Hazarika, District Agricultural Officer, Budhin Borah, District Veterinary Officer, Lipi Deuri, DDM, NABARD, Dr Rubul Gohain, ADO (Rohmoria), Scientists of KVK Dr Aradhana Barooah, Arup Kumar Sarma and Hemchandra Saikia interacted with the farmers.

The objective was to educate farmers about various improved agricultural activities so as to help them enhance their earning. The village has been selected out of five villages that were surveyed by KVK in the district to develop it into a model village, a release stated.

## Spl railway ticket counter at Rangiya

CORRESPONDENT

RANGIYA, Aug 5: In a bid to facilitate its services to the railway passengers, NFR, Rangiya railway division has decided to set up a passengers ticket facility counter titled, NFR Yatri Ticket Suvinda Kendra (YTAK) at Santipur of the locality's ward no. 5, which will be inaugurated on August 7 by Rabilesh Kumar, DRM, Rangiya railway division.

The said centre will benefit a large numbers of passengers of the greater north Kamrup district and also would avoid rush of extra passengers at the ticket counters of Rangiya station.

## Move to open 'badly constructed' polytechnic institute opposed

ANN Service

number of big cracks developed in the main building of the institute.

The abstract of cost of the construction were — for Part A — Rs 69,924,855 for civil, sanitary and water supply works, Rs 91,800 for topographical survey works, Rs 9,798,140 for internal and external electrical infrastructure and Rs 1,84,595 add for contingencies while for Part B an additional amount required for completion of the project as per original provisions was Rs 33,797,983 for civil, sanitary and water supply works, Rs 4,339,993 for the approach road, Rs 4,794,384 for electrical works including campus lighting and Rs 429,324 for 1% contingencies. But the public of the area is not satisfied with the work done as yet.

Though the Deputy Commissioner of Kamrup (R) had visited the site of the construction was not up to the mark, rather a

full action regarding the construction of this had been taken from his end. Similarly the public and a number of organisations alleged that the executive engineer of PWD Guwahati Building Division II, Dispur and PWD Guwahati Building Sub-division IV, Jalukbari had not carried out monitoring and given due attention regarding the construction of the institute after allegations were raised by the public.

On the other hand, though a number of news items in this connection were published, no steps against the contractor of the construction were taken by the department concerned and even the Education Minister and MLA of Jalukbari LAC Dr Himanta Biswa Sarma has maintained a stoic silence. Now the public of the area have demanded the Chief Minister's intervention and inquiry into the serious matter in the interest of the public.

## Jikir inseparable from Assamese cultural identity

STAFF REPORTER

kir as a syncretic heritage of the Assamese people, which has become inseparable from the Assamese cultural identity.

The research project being carried out by Shaheen and Shakya is an attempt at drawing an outline of the cultural and social historical tradition of the Jikir, besides the socio-cultural history of the indigenous Assamese society. Despite it being a unique tradition, Jikir is yet to be narrated in performance studies research or scholarly work in a desired manner, they said while talking to this newspaper.

These are some of the findings of a research work presently being carried out by two Delhi-based Assamese scholars. The two scholars — Shaheen S Ahmed and Shakya Samikar Khound — describe Ji-

ktion with the history of the State's indigenous people.

The Jikirs are the products of the teachings of Ajahn Fakir, who came to Assam in the 17th century from Baghdad, Iraq. His influence on the socio-cultural milieu of the State is such that Assam is often referred to as the land of Srimanta Sankaradeva and Ajahn Fakir. While Srimanta Sankaradeva was the initiator of the neo-Vaishnavite religion and culture in Assam, Ajahn Fakir used to preach Islam.

To Shaheen and Shakya, preservation of the Jikir tradition is crucial for keeping intact the brilliant syncretic heritage of the Assamese people. Their Jikir research project is funded by the India Foundation for the Arts through its Arts Research Grant meant for 2016-2018.



Members of the Assam Primary Teachers' Sammilan, Biswanath unit staging a protest at Biswanath Chariali, on Friday. — UB Photos







Union Minister for Finance, Corporate Affairs and Defence, Arun Jaitley, chairing the 20th meeting of the GST Council, in New Delhi on Saturday. — PTI

## I-T offices see no rush to file returns on last day

### Benefits of digitisation

NEW DELHI/CHENNAI/ KOLKATA/MUMBAI, Aug 5: Signalling the spread of digitisation in India, income tax (I-T) offices across the country did not witness any rush of assesses waiting to file returns for the 2016-17 fiscal by the deadline today.

The government had extended the deadline for filing of I-T returns for the fiscal 2016-17 (assessment year 2017-18) to August 5 from the earlier

July 31 date due to technical reasons.

The income tax office in Delhi had a deserted look when the IANS correspondent visited it around 3 pm on Friday.

According to an official, only short queues of assesses were witnessed at one of the main I-T offices in the national capital located at the Civic Centre near Ajmeri Gate.

"Most of the people have been able to file their returns till July 31st... during the five-day extension period an average turnout of only about 100-150 people a day have been

noticed," an official said.

"Out of these 100-150 odd persons, mostly headed out to our online filing assistance desk and very few actually submit the physical form," the official said.

"The major rush nowadays is for the online submission."

Over half verified personnel overised by the department charge Rs 250 per filing of a salaried person, outside it's I-T office today, with no technical or other glitches reported so far.

Not much of a crowd of assesses was witnessed since many preferred to file their ITRs online.

Kolkata too did not report any extraordinary rush to file ITRs on the last day.

"After the extension of last date, we did not find any extraordinary rush. Till now, about 500 income tax returns have been filed since morning.

Around 27,000 paper returns were submitted here till July 31. In the five-day extension

period, additional 2000 returns have so far been filed here," a tax official at Kolkata's Bamboo Villa I-T department office told IANS.

"Nowadays income tax returns are mostly filed online, even though last year up to March 31, we had received hard copy I-T returns of about 78,000 only in Bamboo Villa," he added.

In Mumbai, the filing of I-T returns has "continued smoothly since the past five days and on the last date of the extended deadline, which ended here on Saturday," IANS

capacity is 3.5 crore tonne right now, which was short by 30-40 lakh tonne.

There is a need to overcome the shortfall, he added.

He said FPI Ministry was giving good financial help to entrepreneurs for setting up cold storage to preserve perishable crops.

FPI has given financial help to 250 cold storage projects, and would provide such economic assistance to 50 to 60 such projects in coming days, Meena said.

"It is worrisome that potatoes and tomatoes are thrown away on the roads in one State or another annually," he said, ap-

parently referring to the farmers' stir in Jharkhand during which the cultivators, to press for satisfactory price for their produce, threw them on the streets.

He said the farmers should find customers for their produce before it is harvested.

This has also benefited customers, Meena who was here to participate in a road show to promote the three-day meet 'World Food India-2017' beginning from November 3 in Delhi, added. — PTI

**REVISED COMPOSITION OF TRAIN SERVICES**

It has been decided to revise the composition of following trains as under:

| Train No.  | Revised Composition  | With Effect From  |
|--|--|---|
| 12505/12506<br><b>(Guwahati- Anand Vihar Terminal Express)</b> | AC Two Tier-1<br>AC Three Tier-4<br>Sleeping Class-13<br>General Second-<br>Class-2<br>Pantry Car-1<br>SLR-2<br>= 23 coaches | From Guwahati<br>10-12-17<br>From Anand Vihar Terminal 12-12-17 |
| 15651/15652<br><b>(Guwahati- Jammu Tawi Express)</b>           | From Guwahati<br>11-12-17  | From Jammu Tawi<br>13-12-17                                     |
| 15653/15654<br><b>(Guwahati- Jammu Tawi Express)</b>           | From Guwahati<br>13-12-17  | From Jammu Tawi<br>15-12-17                                     |
|  |  | General Manager (Operations)                                    |

**NORTHEAST FRONTIER RAILWAY**

### TENDER NO. 245 OF 2016-17

#### PRESS NOTICE

The Addl. Chief Engineer cum Director, PWD, BTC, Kokrajhar invites fresh bids for 7 (Seven) Nos. of work under Chirang (R&B) Division under SOPD in B.T.C, Kokrajhar, amounting to Rs.4,27,51,428.00 (Rupees four crore twenty-seven lakh fifty-one thousand four hundred twenty-eight only) from the registered contractors of Class-II & Class-I (A, B & C) category of Assam PWD (Roads/Buildings) BTC.

Details may be seen at website <http://assamtenders.gov.in> and also at the office of the undersigned during office hours.

Sd/-

Addl. Chief Engineer, Cum Director, PWD, Bodoland Territorial Council, Kokrajhar.

### TENDER NO. 98 & 196 (R) OF 2016-17

#### PRESS NOTICE

The Addl. Chief Engineer cum Director, PWD, BTC, Kokrajhar Re-invites bids for 2(Two) Nos. of work under Chirang (R&B) Division under AOP in B.T.C, Kokrajhar, amounting to Rs. 1,84,59,376.00 (Rupees one crore eighty-four lakh fifty-nine thousand three hundred seventy-six only) from the registered contractors of Class-I (A,B & C) category of Assam PWD (Roads/BTC).

Details may be seen at website <http://assamtenders.gov.in> and also at the office of the undersigned during office hours.

Sd/-

Addl. Chief Engineer, Cum Director, PWD, Bodoland Territorial Council, Kokrajhar.

### TENDER NO. 246 of 2016-17

#### PRESS NOTICE INVITING TENDER

The Addl. Chief Engineer-cum-Director, PWD, BTC, Kokrajhar invites bids for the work "Construction of Road from Dolegong village road to Higurmar with the Provision of ICBL under AOP in BTC area 2016-17" under AOP (BTC) for the year 2016-17 with an estimated value of Rs. 81,49,191.00 (Rupees eight one lakh forty nine thousand one hundred and ninety one only) (Approx.) under PWD, Chirang (R&B) Division, Kokrajhar, from eligible contractors registered with Public Works Department (Road), Assam and Bodoland Territorial Council.

Details may be seen on the website <http://assamtenders.gov.in> and also in the office of the undersigned during office hours.

Sd/-

Addl. Chief Engineer-cum-Director, PWD, BTC, Kokrajhar.

**INDIAN RAILWAYS GIVING MOMENTUM TO CASHLESS TRANSACTION**



## INDIAN RAILWAYS GIVING MOMENTUM TO CASHLESS TRANSACTION

**Cashless facilities for Passengers and Customers**



Issue of Tickets/ Platform Ticket through Ticket Vending Machines.



Book tickets by making payment from Wallet, Credit card, Debit card, Net-banking, Cash card, Prepaid wallet, IRCTC wallet.



Purchase of Reserved/ Unreserved & Season Ticket using POS Machines at PRS counter.



Ticketing through mobile is 100% cashless.



Many stations of Indian Railways are 100% cashless.



95% of Freight Revenue.

**Cashless Working of Indian Railways**



99% Working Expenditure.



Staff Payment is being made cashless.



100% of Pension Disbursement.



Auction in Indian Railways is cashless.



100% Capital Expenditure.



Procurement of materials in Indian Railways.

**INDIAN RAILWAYS**

Follow us on /RailMinIndia

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## Boost to bowel!

Eating protein-rich foods may foster a more tolerant and less inflammatory gut environment, says a study

**C**onsuming protein-rich foods such as nuts, eggs, seeds, beans, poultry, yogurt, cheeses and even chocolates may foster a more tolerant and less inflammatory gut environment, which could mean relief for people living with abdominal pain and diarrhea of inflammatory bowel disease, a study has said.

These food items contain an appreciable amount of tryptophan – an amino acid used in the build-up of proteins – which when fed to mice led to the development of immune cells that foster a tolerant gut, the study said.

The findings indicated that a protein-rich diet triggers the appearance of immune cells in *Lactobacillus reuteri* – a bacterium that normally lives in the gut, and together these promote a more tolerant, less inflammatory gut immune system.

"We established a link between one bacterial species – *Lactobacillus reuteri* – that is a normal part of the gut microbiome, and development of a population of cells that promote tolerance," said Marco Coloma, the Robert Rock Belliveau, Professor at the Washington University School

of Medicine in St Louis.

"The more tryptophan the mice had in their diet, the more of these immune cells they had," Belliveau added.

For the study, published in the journal *Science*, the team examined mice that had lived under sterile conditions since birth and was germ-free.

When L reuteri was introduced to these mice, the immune cells arose. Further, when tryptophan was doubled in the mice's feed, the number of such cells rose by about 50 per cent.

Humans have the same tolerance-promoting cells as mice, and have L reuteri in the gastrointestinal tract.

"The development of these cells is probably something we want to encourage since these cells control inflammation on the inner surface of the intestines," explained Luisa Cervantes-Barragan, Postdoctoral researcher from the varsity.

"High levels of tryptophan in the presence of *L reuteri* may induce expansion of this population," Cervantes-Barragan said. – IANS

## Know your DAY

By JACQUELINE BIGAR

HAPPY BIRTHDAY for Sunday, Aug. 6, 2017.

This year you are very aware of others' roles in your life. Those around you find you to be magnetic but not always approachable. You can be very warm and open at times, yet remote and closed down at other times. If you are single, you might be looking for a mate. You are also very aware of someone who accepts you for who you are. If you are attached, the two of you could have a very exciting year. Learn to respect your different values and perspectives, and you'll both be a lot happier. AQUARIUS values you as a friend.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-

Average; 2-So-so; 1-Difficult.

**ARIES** (March 21-April 19)

\*\*\*\* You feel more upbeat and less pressured than you have in a long time. If someone dares to challenge you or stress you out in any way, you are likely to set her or him straight. Go off and enjoy a favorite sport or activity. Use your high energy well. Tonight: Where the fun is.

**Taurus** (April 20-May 20)

\*\*\*\* You might be a little too organized and responsive to the flee the scene today and simply have a good time. Be a little self-indulgent. A family member could be very demanding. Just go with her flow. Don't get boxed into doing something you don't want to do. Tonight: Happy at home.

**Gemini** (May 21-June 20)

\*\*\*\* You could be at the end of a long process. You have been trying to gain a fresh perspective on an important matter that might have serious implications for your life. You are quick to get angry if you feel pushed. Step away from the situation and see go a movie. Tonight: Out late.

**Cancer** (June 21-July 22)

\*\*\*\* You seem to be at the point where you want to head in a new direction. You might want to make a major purchase that could change your life. Your willingness to work with a loved one makes today a pleasure. Tonight: Meet with friends.

**Leo** (July 23-Aug. 22)

\*\*\*\* You feel energetic. The real issue is how you express this energy. You might pick a fight, or perhaps you opt to go to the gym. Be careful, as you could become sarcastic as well. Do yourself and others a favor, and think before you speak. Tonight: Let off some steam.

**Virgo** (Aug. 23-Sept. 22)

\*\*\*\* You will make a difference where it counts. If you notice that you suddenly become indecisive and difficult, ask yourself what is going on within yourself. You could be suppressing some anger. Avoid having a knee-jerk reaction. Tonight: Get your errands done first.

**Libra** (Sept. 23-Oct. 22)

\*\*\*\* You have a vivid sense of humor, which could emerge at any moment. When playing with a child, you'll have fun role-playing or making up a new game. With friends and family, funny scenarios are likely to pop up. Tonight: Live it up!

**Scorpio** (Oct. 23-Nov. 21)

\*\*\*\* You might experience a lot of tension as you attempt to relax at home. Figure out the source of your stress, and then eliminate it. This action could be as easy as giving up a judgment you are making. Opt to take a long walk or read a few books. Tonight: Get a head start on tomorrow.

**Sagittarius** (Nov. 22-Dec. 21)

\*\*\*\* Don't hold back, but do indulge in some diplomacy. You will come out a surefire winner, and the other parties involved will appreciate your sensitivity and openness. Bring friends together for a fun afternoon. Allow more excitement into your life. Tonight: Among the crowds.

**Capricorn** (Dec. 22-Jan. 19)

\*\*\*\* One-on-one relating is highlighted, especially if money is involved. You might not always agree with a partner or loved one, and today is no exception. Don't let the situation escalate; instead, find another method to settle things. Tonight: Make it your treat.

**Aquarius** (Jan. 20-Feb. 18)

\*\*\*\* You will be full of energy. Invite a friend out for a fun happening and a meal. Getting away from the here and now permits additional bonding to occur. Refuse to get into negativity and don't take a sharp comment personally. Tonight: Be yourself.

**Pisces** (Feb. 19-Mar. 20)

\*\*\*\* You might want to run some errands and/or complete a project. You might want to make the upcoming work week easier on yourself. Why not schedule a massage as well? Others will want you to join them, but give yourself permission to say "no." Tonight: Whatever suits you.

\*\*\*

Thought for the day

At eighteen our confusions are from which we look; at forty-five they are caves in which we hide.

– SCOTT FITZGERALD

### Kids



### Entertainment



### LifeOK



### Movies



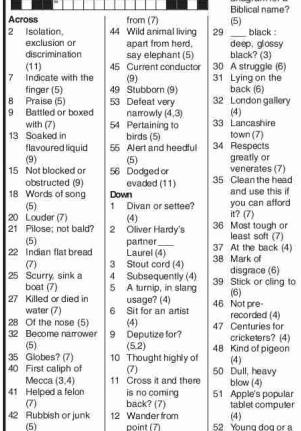
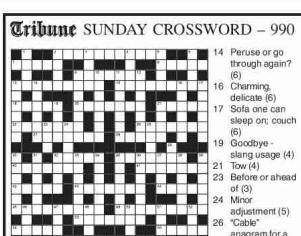
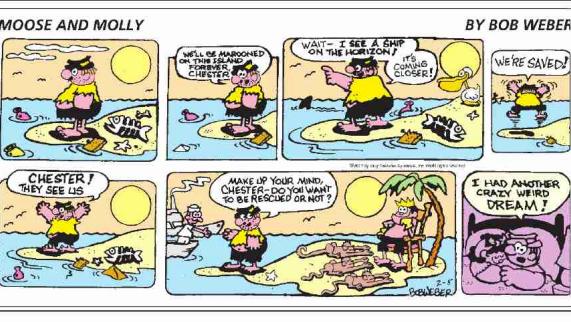
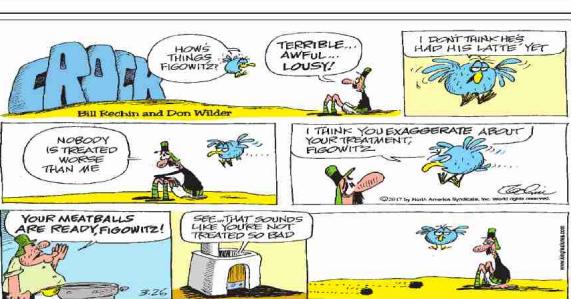
### Infotainment



### Regional



### Sports



### SOLUTION TO SUNDAY CROSSWORD

By BRON SMITH

DOES TAKING VITAMIN D HELP PREVENT HEART DISEASE?

*Sitting in the sun won't protect your heart, but taking Vitamin D will.*

**DISAPPOINTING NEWS:** A large-scale study REVEALED THAT THERE'S NOT ENOUGH EVIDENCE TO PROVE THAT TAKING VITAMIN D IN DAILY DOSES CAN PREVENT HEART DISEASE.

EARLIER DATA LINKED VITAMIN D DEFICIENCY TO INCREASED RISK OF HEART DISEASE.

Health Capsules is not intended to be of a diagnostic nature.

**Happy Independence Day to all**

Guwahati Metropolitan Development Authority invites all patriotic citizens to an online slogan competition in connection with the celebration of the 71st Independence Day of our country.

The theme for the slogan is:

70 Years of Independence: Where do we go from here?

All entries must be submitted online to [ldispatch@mdaassam.gov.in](mailto:ldispatch@mdaassam.gov.in) or before 12.08.2017.

(No other medium of communication will be accepted)

- Entries may be in English or Assamese.
- Word limit: 15 words.
- No entry fee.
- There will be 10 nos. of Early Bird prizes.

The Top three winning entries will be awarded and their names and slogans will be displayed in the website of GMDA i.e. [www.gmda.co.in](http://www.gmda.co.in). Come & show your love for your nation

Janasanyog/913/17

Rwanda leader wins 3rd term in vote he called 'formality'

KIGALI, Aug 5: Rwanda's longtime President Paul Kagame has won a third term in office in what he had called "a formality."

Electoral authorities overnight said Kagame has won more than 98 per cent of the vote with 80 percent of the votes counted so far with no major change expected when final results are announced today. He had faced two challengers.

Kagame has already addressed jubilant supporters at party headquarters and urged Rwandans, including those who hadn't supported him, to work together.

Kagame has led the East African nation of 12 million people since the end of its genocide in 1994 in which more than 800,000 people died. A constitutional amendment in 2015 allows Kagame to stay in power until 2034 if he pursues it. — AP

No. GED/INT/NID/2017-18/2 Date - 15.07.2017

Searched tenders in prescribed form to be eventually drawn up in A.P.W.D. F-2 form affixing non-refundable court fee stamp of Re.8.25 (Rupees Eight & Twenty Five paise) only are hereby invited from the registered Contractor of W. R. Deptt for the year 2017-18 for the scheme "Survey for Brahmaputra express Highway by Both Bank (Preliminary Survey works under jurisdiction of Guwahati East W. R. Division), Rs. 11,66,310/-00/- which will be received by the undersigned upto 09.08.2017 or 14.08.2017 whichever is earlier on same day. Detail N.I.T, specification, terms & conditions for the work may be seen in the office of the undersigned during office hours on all working day up to 1.00PM 14.08.2017.

Sdr./ Executive Engineer,

Guwahati East W.R. Division

Guwahati-08

Janasanyog/2211/17

Short Tender Notice No. 02

No. GED/INT/NID/2017-18/2 Date - 15.07.2017

Searched tenders in prescribed form to be eventually drawn up in A.P.W.D. F-2 form affixing non-refundable court fee stamp of Re.8.25 (Rupees Eight & Twenty Five paise) only are hereby invited from the registered Contractor of W. R. Deptt for the year 2017-18 for the scheme "Survey for Brahmaputra express Highway by Both Bank (Preliminary Survey works under jurisdiction of Guwahati East W. R. Division), Rs. 11,66,310/-00/- which will be received by the undersigned upto 09.08.2017 or 14.08.2017 whichever is earlier on same day. Detail N.I.T, specification, terms & conditions for the work may be seen in the office of the undersigned during office hours on all working day up to 1.00PM 14.08.2017.

Sdr./ Executive Engineer,

Guwahati East W.R. Division

Guwahati-08

Janasanyog/2211/17

QUOTATION

Sealed quotations are invited from the intending Govt. Regd Firm/Suppliers/Enterprise/Company/NGO etc by the undersigned for the following tools/equipments/materials under Swachha Bharat Mission of IEC & Public Awareness for the year 2017-18 supply on or before 11.08.2017 or 07.09.2017 whichever is earlier on the same day at 3.00 PM. The details of particulars are seen in the office of the undersigned at Office hours except Sunday or other holidays.

N.B.: This quotation is meant for the following works of IEC & Public Awareness under Swachha Bharat Mission for the year 2017-18. The mention items are for Swachha Bharat Mission & awareness purpose.

Sl. No. particular of items Quantity Specification

1. Plastic Dustbin 30Nos. Providing Plastic Dustbin 110 ltrs. Details are to be shown in the office on working days on office hours.

2. Distribution of Safety Kits 20 Nos. Supplying of Safety Kits (First Aid Kit, Mask, Gloves, Gumboots). Details are to be shown in the office on working days of office hours.

3. Tie Friendship Bands 75 Nos. Supplying of the Friendship Bands and printing with Swachha Bharat Mission and Mangaldoi Municipal Board Logo must be needed. Details are to be shown in the office on working days of office hours.

4. T-Shirt 40 Nos. Supplying of T-Shirt with screen printing and Swachha Bharat Mission and Mangaldoi Municipal Board Logo must be needed. Details are to be shown in the office on working days of office hours.

5. Cap 40Nos. Supplying of Cap with printing with Swachha Bharat Mission and Mangaldoi Municipal Board Logo must be needed. Details are to be shown in the office on working days of office hours.

6. Swachh Grah Badges 40Nos. Supplying of Swachh Grah Badges with printing Swachha Bharat Mission and Mangaldoi Municipal Board Logo must be needed. Details are to be shown in the office on working days of office hours.

7. Decentralized Compost Machine 03Nos. Installation of Decentralized Compost machine. Details are to be shown in the office on working days on office hours.

Terms & Conditions:

1. Quotations are to be submitted to the Executive Officer, Mangaldoi Municipal Board on or before 11.08.2017 during office hours with a non-refundable court fee stamp of Rs. 10/- only in favour of the Executive Officer, Mangaldoi Municipal Board.

2. Payment of tools/equipments/materials are to be including delivery rate at office of the Mangaldoi Municipal Board and including all required taxes (VAT, I.TAX, GST etc).

3. All details specification of the tools/equipments/materials must be submitted with the quotation.

4. For the undersigned the quotation is reserved with the Executive Officer, MMB who does not by himself to accept the lowest quotation.

5. It is understood Mangaldoi Municipal Board to the rule authority to accept or cancel any quotation without showing any reasons thereof as it deemed to fit and proper.

6. The Payment will be made as per Government Guidelines.

Janasanyog/1032/17

## 9 killed in Nepal road mishap

KATHMANDU, Aug 5: At least nine persons, including a woman, were killed and seven others injured when an overcrowded jeep skidded off a slippery road in Nepal's Doti district.

The jeep, carrying 16 persons, skidded off the mountain road yesterday at Botagan area, while it was going to Chabara Chautara from Dipayal.

The deceased include eight men and one woman. All of them were residents of Simechung Chaparola situated in Bognan Rural Municipality, District Police Office, Doti was quoted as saying by My Republica.

The accident might have taken place since the jeep was carrying passengers beyond its carrying capacity, the police said. The injured have been rushed to Dipayal-based Sujang Hospital for treatment. The condition of four of the injured is critical, the police said. — PTI

## Vietnam challenges China at security talks

MANILA, Aug 5: Vietnam urged other Southeast Asian nations to take a stronger stand against Chinese expansionism in the South China Sea, as a tense regional security forum began today with North Korea to pursue the isolated regime for its missile tests.

The United States said it would work seek to build up pressure on the North at the Manila event – known as the ASEAN Regional Forum. After their first day of meetings today, ASEAN foreign ministers released a joint statement expressing "grave concerns" over the North's first two intercontinental ballistic missile tests that were conducted yesterday.

"These developments seriously threaten peace, security and stability in the region and the world," the statement said.

But on the South China Sea dispute – one of Asia's other top powder keg issues – there was less consensus between Vietnam and other Southeast Asian nations. Vietnam resists efforts by the Philippines to placate Beijing, diplomats told AFP.

Vietnam last night sought to insert tough language against China in an ASEAN statement that was scheduled to be released after the Southeast Asian ministers wrapped up their own talks today.

According to a copy of a draft obtained by AFP, Vietnam lobbied for ASEAN to express serious concern over "construction" in the sea, in reference to China's ramped up building of artificial islands in the disputed waters in recent years.

Vietnam also wanted ASEAN to insist in the statement that a planned code of conduct for the sea with China be "legally binding", which Beijing opposes. — AFP

Myanmar troops arrest Rohingya suspects; 6 Buddhists killed

YANGON, Aug 5: Security forces in Myanmar fired warning shots to disperse Muslim villagers while they were arresting four suspected insurgents in a western region where government troops have been accused of human rights violations against Rohingya minority officials said today.

About 600 villagers surrounded troops in Rathedaung township in Rakhine state yesterday while they were searching for six men suspected of financing a "terrorist" group, said police officer Zaw Win Aung.

He said the villagers carried slingshots, sticks and machetes as they approached the troops, who responded by firing 40-50 warning shots. They managed to arrest four suspects, he said.

On Thursday, the government said that six Buddhists were killed and two other villagers are missing in Kyai village in Maungdaw township, also in Rakhine state. It wasn't clear who was responsible, but Major Zayar of the border guard police headquarters in Maungdaw said they were searching for culprits.

The government has shut down northern Rakhine to independent journalists, rights experts and humanitarian workers for almost nine months except for organized media trips. The military has launched operations in the northern part of Rakhine since last October, when suspected Rohingya militants killed nine police officers along the border with Bangladesh. — AP

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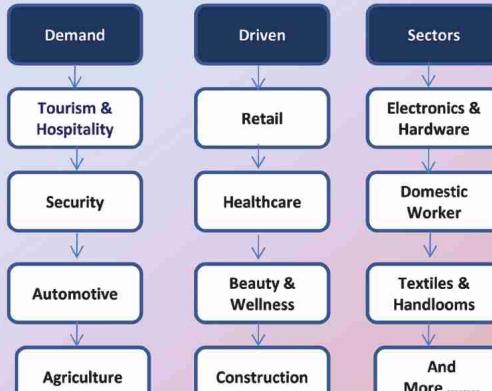
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## The second new ball will be important: Ashwin

COLOMBO, Aug 5 (PTI) With the pitch showing no signs of aiding the bowlers, off-spinner Ravichandran Ashwin is pinning his hopes on the second new ball to give India breakthroughs on the fourth day of the second Test against Sri Lanka.

Replying to India's massive first innings total of 622/9 declared, Sri Lanka were bowled out for a paltry 183 with as many as eight wickets falling in a single session.

But after the hosts were enforced a follow-on, Dimuth Karunaratne (92 not out) and Kusal Mendis (110) added 191 for the second wicket, even as India could get only two wickets in the next two sessions.

"I think this wicket will get slower and slower. It is not going to be easy work tomorrow for sure. We will have to be really disciplined. I thought we gave a few runs more than ideally we should have given today. Tomorrow we can probably try and squeeze them out and try and nip a few wickets up," said Ashwin at the press conference after the third day's play.

"Wicket is slowing down at a very quick pace. Edges aren't carrying. So that means we will have to stick our guns out and try to prise a few wickets out."

"Second new ball, therefore, becomes important. But as I said they got a great partnership but the guys coming in will have to start from scratch. There is going to be an equal challenge on both sides," he added.

Praising Karunaratne and Mendis, Ashwin said the two batted beautifully to thwart India's march towards victory.

"I just think Test teams are allowed to bat well in a few sessions. They did bat well. We beat the bat pretty often in the sessions we didn't get wickets. I thought they batted really well."

"Karunaratne really complemented Mendis, defended beautifully, and Mendis played a few extra shots that Karunaratne obviously didn't play. I came off for them. Credit to them they batted really, really well," he said.

The spinner, however, felt that the Indian bowlers did not do "too much wrong".

"We tried reverse swing and bowled cutters in the end. Hardik

Pandya got the wicket with a cutter. We beat the bat a few times more than we should have for the nicks we got. Hopefully we will try and nick them off tomorrow."

Ashwin, who picked up his 26th five-wicket haul in Test cricket, said as the ball got older it fizzed out.

"It had a bit of venom in the morning, in the first session. As the ball got older and we bowled the second time around, it was kind of fizzing out and the edges weren't carrying that much to the wicket. We beat the bat a lot."

"I thought Mendis batted beautifully. He put Jadeja on his length very quickly. He kept on sweeping him, and he was lucky, he got away with it, but credit to him."

Ashwin defended the team's decision to enforce a follow-on, saying, "Most often than not we have based it (follow-on decision) on how fresh or how tired the bowlers are. We did get them out in under two sessions so we thought it was the right time to enforce the follow-on."

"We also felt the wicket will keep on slowing down so it is not going to be easy work as the game goes deeper into the fourth or the fifth day. You might see the ball splitting and all that but that is because of a few spots in front of the wicket. But it is not really that vicious for the ball to take the edge and go to the slip fields."

"If you play with soft hands, it is very difficult to get them out," he added. — PTI

## England take control in 4th Test vs SA

MANCHESTER, Aug 5: South Africa in trouble in the fourth Test against England as after tea on the second day, in reply to host England's first innings total of 362, the visitors were 137 for five.

Tembu Bavuma produced a brilliant but essential innings of 30 from 62 balls on the second afternoon at Old Trafford to keep alive South Africa's hopes of first-innings parity in the fourth Investec Test, but England's bowlers continued to build on the earlier efforts of Jonny Bairstow to reduce the visitors to 93 for 3 by tea, a deficit of 269.

Following on from James Anderson's pre-lunch extraction of Dean Elgar for a duck, England's bowlers found the going much tougher as the shine went off the ball and South Africa found a toe-hold with the bat. But, two big breakthroughs unsettled them at crucial moments, leaving Bavuma and his

captain, Faf du Plessis, with much work to do as the evening session beckoned.

### Scorecard

England vs South Africa  
Koch v. Morkel 46, KK Jennings c de  
de Koch b Oliver 17, T.Westley c b  
Koch b. Rabada 29, JE Root bw c  
Morkel 18, BA Stokes b Rabada 58,  
Rabada 26, DE Villiers b. Stokes 15  
Roland-Jones c Bavuma b Rabada

4, MM Ali c du Plessis b Rabada 14,  
SCJ Broad b Morkel? 7, JM Anderson  
not out 4, Extras (b 6, lb 6, rb 2)  
14, Total: 362, Fall of wickets:  
1-10, 2-10, 3-10, 4-10, 5-10, 6-252,

362, Bowlers: M.Morkel 23-36-2,  
K.Rabada 26-7-9-1, D.Oliver 21-3-  
9-12, KA Maharaj 30-4-9-5-2, TB  
de Bruyn 5-0-18-0, Fall of wickets:  
1-10, 2-10, 3-10, 4-10, 5-10, 6-252,

3-11, 4-11, 5-11, 6-252, 7-211, 8-203, 9-193, 10-362.

**South Africa 1st Innings:** D.Elgar  
Ibw b Anderson 0, HG Kuhn c Stokes  
Ali 24, HM Amla c b de Koch b  
Rabada 26, DE Villiers b Anderson 27,  
O de Kock not out 2, TB de Bruyn  
not out 4, Extras (b 3, r 1) 4.

**Total:** 5 (wkt in 44 Overs) 137,  
Fall of wickets: 1-10, 2-10, 3-10,  
4-10, 5-10, 6-252, 7-211, 8-203, 9-193,  
10-362.

**SCJ Broad 10-4-28-0, TS Roland**

Jones 7-2-24-1, MM Ali 10-22-1,  
BA Stokes 6-3-4-0, Fall of wick-

ets: 1-2, 2-47, 3-84, 4-131, 5-132.

— Agencies

## Tennis coaches' workshop concludes



Participating trainee coaches at the AATA complex in Guwahati on Saturday.

GUWAHATI, Aug 5: The advance tennis coaches workshop, organised by the All Assam Tennis Association (AATA) at its own Complex here concluded today.

The workshop was con-

ducted by renowned tennis coach Paul Dale of Thailand. Altogether 17 coaches from different affiliated clubs of AATA participated in the camp where modern techniques and tactics of the game

were taught by the former Davis Cup coach of Thailand.

Meanwhile, AATA secre-

tary Ankush Dutta informed that a ten-day advanced tennis coaching camp will be held at

Jorhat Tennis Club from August 7 to 16. The camp will be followed by a national series tournament of All India Tennis Association for boys and girls U-14 years from August 21 to 25.

### Enjeebee clinches silver in SA karate



GUWAHATI, Aug 5: Enjeebee Chakma of Assam won silver medal in the cadet (14-15 yrs) female kumite 54kg category today in the 4th South Asian Cadet, Junior and Senior Karate Championship being held at Colombo.

The team was headed by Barman and Harinayara Hazarika of All Assam Seishinkan-Shito Ryu Karate-Do Federation. The medal winners are: Krishi Saha, Kumita (gold), Kavita (silver); Sukriti Sarma, (gold); Rahul, Kumita (gold), Kavita (silver); Parbin Ahmed, Kumita (bronze), Harishtha Hazarika, Kumita (bronze), Nabin Gaurav, Kumita (bronze), Riddhi Choudhury, Kumita (bronze), Drishiksha Sinha, Kumita (bronze), Subham Jyoti Das, Kumita (bronze), Birbhadra Brahma, Kumita (bronze), Izbal Ahmed, Kumita (bronze), David Darang, Kumita (bronze), Neha Kumar, Kumita (bronze), Jagriti Bora, Kumita (bronze), Jitural Sandilya, Kumita (bronze).

### Akhil, Jitender start pro-careers with knock-outs

MUMBAI, Aug 5: Beijing Olympic quarterfinalist Akhil Kumar made a perfect start to his professional career with a technical knock-out of Australia's Ty Gilchrist in the junior welterweight category at the 'Battleground Asia' here today.

It was a night to remember for the 'Class of 2008' as another Beijing quarterfinalist Jitender Kumar also marked his debut with a technical knock-out of Thailand's Likithitkamporn in the lightweight category.

Akhil, the 2006 Commonwealth Games gold medallist, endured a nasty cut just below his left eye in the early seconds because of his famous 'guard down' stance, but his entire range of hooks and upper cuts along with the customary swag-

ger was enough to pummel Gilchrist into submission.

The third round never started as the Australian threw in the towel. Among the underdogs in the fray, Akhil easily received the loudest cheers as he entered the arena.

It wasn't the greatest of starts as Gilchrist took the first chance to land a straight one as blood started oozing out.

An undeterred Akhil, however, used the upper cut to break open Gilchrist's defense before landing a combination of left and right hooks.

Gilchrist tried the defensive tactic of trying to hold onto Akhil and in the process inflict more damage on the already formed deep gash beneath his eye. —PTI

### Assam karatekas shine in international event

GUWAHATI, Aug 5: Assam team bagged 37 medals including 8 gold, 9 silver and 20 bronze in the 3rd International Open Karate-do Championship held at Netaji Indoor Stadium, Kolkata on July 29 and 30 where 14 countries participated.

The team was headed by Barman and Harinayara Hazarika of All Assam Seishinkan-Shito Ryu Karate-Do Federation. The medal winners are: Krishi Saha, Kumita (gold), Kavita (silver); Sukriti Sarma, (gold); Rahul, Kumita (gold), Kavita (silver); Parbin Ahmed, Kumita (bronze), Harishtha Hazarika, Kumita (bronze), Nabin Gaurav, Kumita (bronze), Riddhi Choudhury, Kumita (bronze), Drishiksha Sinha, Kumita (bronze), Subham Jyoti Das, Kumita (bronze), Birbhadra Brahma, Kumita (bronze), Izbal Ahmed, Kumita (bronze), David Darang, Kumita (bronze), Neha Kumar, Kumita (bronze), Jagriti Bora, Kumita (bronze), Jitural Sandilya, Kumita (bronze).

Kata (Silver), Udbhasit Ratan Rajbongshi, Kata (silver), Nabendra Achyut, Kata (silver), Sanskrit Sikhar, Kumite (silver), Kata (bronze), Ranjan Kumar, Kumite (silver), Nayant Mani Deka, Kumite (silver), Debarshi Das, Kata (silver), Nihal Barman, Kumite (bronze), Kavita (bronze), Parbin Ahmed, Kata (bronze), Harishtha Hazarika, Kata (bronze), Vinayak Bhardwaj, Kata (bronze), Nabin Gaurav, Kumite (bronze), Riddhi Choudhury, Kata (bronze), Drishiksha Sinha, Kata (bronze), Subham Jyoti Das, Kumite (bronze), Birbhadra Brahma, Kumite (bronze), Izbal Ahmed, Kumite (bronze), David Darang, Kumite (bronze), Neha Kumar, Kumite (bronze), Jagriti Bora, Kumite (bronze), Jitural Sandilya, Kumite (bronze).

In recent times several newspapers and TV channels have published/telecast news items with the allegation that Ranganadi Hydro Electric Project (RHEP) of North Eastern Electric Power Corporation (NEEPCO) is responsible for recent flood in and around North Lakhimpur. NEEPCO categorically states that the allegation is totally untrue and malicious. In this regard, it may be mentioned that 405MW RHEP situated in Arunachal Pradesh is a run-of-the-river (RoR) project with a very little water storage capacity (5.7million cum live storage). Small reservoir of RoR project stores water for running of turbines for a few hours. On the contrary, reservoirs of storage hydro power projects are significantly bigger with water for running of turbines for a longer period of few weeks or months. The following table gives a comparison of some reservoirs:

| Bhakra Reservoir, Punjab          | Storage Reservoir | Live Storage 6911 Million cum (1200 times bigger than RHEP reservoir) |
|-----------------------------------|-------------------|---|
| Hirakud Reservoir, Odisha         | Storage Reservoir | Live Storage 5818 Million cum (1020 times bigger than RHEP reservoir) |
| Doyang Reservoir, Nagaland        | Storage Reservoir | Live Storage 370 Million cum (65 times bigger than RHEP reservoir)    |
| Tuirial Reservoir, Mizoram        | Storage Reservoir | Live Storage 715 Million cum (125 times bigger than RHEP reservoir)   |
| RHEP Reservoir, Arunachal Pradesh | RoR Reservoir     | Live Storage 5.7 Million cum  |

With huge storage space, storage reservoir can be operated with planned manner duly keeping in mind carrying capacity of downstream river. However, small RoR reservoir like RHEP reservoir can't be operated as reservoir gets filled up quickly (45 minutes to 1 hour) with relatively high river inflow of 1500-2000 cum/sec. In high flood season, small RHEP reservoir becomes totally insignificant for water retention and can't block the water coming from upstream side. Gates are opened only to pass the incoming flow with a deduction of 160 cum/sec diverted for power generation.

Due to incessant torrential rainfall in upper catchment area since 30th June 2017, river inflow increased substantially with maximum value of around 1511 cum/sec at 3 PM on 9th July 2017. With information to concerned authorities in downstream areas, gates were operated to pass river inflow by maintaining maximum reservoir level. NEEPCO having a small reservoir can't hold incoming upstream river water by blocking the gates. Flood of this quantum, if not more, would have occurred in the river at the instant even without the dam and the reservoir. Upstream river inflow happened to pass through the reservoir and caused flood in downstream areas and NEEPCO doesn't have any control on this natural disaster.

For Flood Forecasting System, NEEPCO has already tied up with expert Weather Authority with establishment of Automatic Weather Stations at the Catchment Area. However, no reliable forecast could be materialised with the existing technology in the field. Dedicated team of NEEPCO engineers posted at remotely located RHEP with hardly any day-to-day comfort has been running the project against a host of technical, natural and geographical problems and contributed to some extent in nation building. Untrue and malicious news items shall demolish them in the long run. Therefore, NEEPCO makes it clear to the general public and all stakeholders that the recent flood in and around North Lakhimpur is entirely an act of nature and RHEP/NEEPCO is in no way responsible for it.

## ACA not to include outstation players

SPORTS REPORTER

for the Ranji Trophy teams from outside the State like Mumbai, Karnataka, Tamil Nadu, Delhi among others. But this time, the ACA has decided to avoid players from outside.

Saikia said as Assam will play in a lower group in the Ranji Trophy, the team has nothing to lose. So the State cricket body has decided to rely on local players so that they can groomed.

Cricket followers of the State have welcomed the decision. Many former players and organisers hoped that such a decision would help the young players of the State.

Since 1991, Assam has been hiring players



India U-19 team player Riyan Parag being received by the ACA officials after his arrival in Guwahati from England, at the LGBI airport on Saturday.

## 2 WOMEN PLUS

**Neetu Kalita** demolishes taboos around menstruation.

## 3 MY SPACE

**Brig. R. Borthakur (Retd.)** is nostalgic about an army tradition.

## 4 THIRD EYE

**Indrani Raimedhi** confesses her fascination with crime.

# The Assam Tribune Sunday



## A cruel hunt

**SANJOY RAY** explores the way witch-hunting is endemic in the Assam-Meghalaya countryside.

My journey from Guwahati to some of the remotest parts of Assam and Meghalaya coincided with the enactment of the country's maiden law against social boycott in Maharashtra.

Having reached Diphu in Goalpara district a day before our scheduled visit to some remote hamlets infamous for stories of 'witch-hunts', our journey started almost at the break of dawn – as we were to cover places which were not geographically aligned.

The pathetic road conditions, coupled with the soaring mercury levels made our journey grueling.

My young friend Avishek Bhattacharjee was, however, the neutralising factor as he drove us through the narrow lanes and bylanes, overlooking the intensity of the damage the terrain was inflicting on his car.

As Dr. Nataparin Das of Mission Birubala worked against witch hunting practices) and I were discussing the potential of the new law in Maharashtra vis-a-vis the diktats of caste panchayats and gawks in Maharashtra, and also the need to have similar laws for States like Haryana (*Khap Panchayats*), there was something

equally horrific and baffling that we stumbled upon in our own backyard.

The clock of evolution seems to have stopped long back here at the Jogdoba village of Goalpara district, located some 150 kilometres away from Guwahati.

Defying any comprehension, the extra-judicial punishment pronounced by so-called leaders is considered as the last word here in this village, and not a single murmur of protest is heard.

At the receiving end of such tyranny are helpless elderly women like Kamleswari, Kamleswari and Geeta, who were first branded as witches, and then ostracised.

Three years on, and it is still being ensured that no other villager dares to visit their place or even invite them in any social function or gathering.

"It has been three years since we were socially boycotted and since then nobody from our village or other adjoining villages have visited us and neither have we visited anyone," said Megheshwari.

The 65-year-old Megheshwari said that she, along with Kamleswari Rabha and Geeta Rabha, are paying the price for being vocal about superstitions.

"I was branded a witch after a local

medicine man (quack) held me responsible for the illness of a girl in the neighbourhood. When my two friends opposed, they too had to face a similar fate pronounced by the *Gyatis*, a grassroots forum of local leaders," said Megheshwari.

Kamleswari Rabha that she had even moved the *Kansherra* or *Shaka*, an upper forum, asking for lifting of the social boycott, but to no avail.

"But I could not visit their place to pay my last respects. We are considered impious," said Kamleswari.

An equally peeved Geeta Rabha said that they just hope that such things do not happen with others. "It is very painful to be called with such tags," she lamented.

As we extended our journey towards the Assam-Meghalaya border, there are stories galore of physical torture leading to murders in the name of witch-hunting.

Raneshwari Rabha is another such victim who, after being branded as a 'witch' in 2009, has never been allowed to return to her native place.

"Even my children do not want to see me now. It has been years. I am considered an evil force by my own children,"

prospect and ask ourselves if we really have a true friend. That BFF... that bestie... with whom we can reconnect, even after years of separation ever since high school, who will not judge us on the basis of our financial status and together, we gather the loose ends and take it forward from where we left, this is genuine friendship.

Friends are 'family' who we can choose. We can trust them to be by our side in the toughest of times – comforting, reassuring and supporting, even when a sibling may let us down. Probably the only people who will accept us, despite our shortcomings, unconditionally, encouraging us further to be ourselves in their company.

With the parameters – respect and trust – in place, we can let our guard down!

For me, friendship means cosy evenings filled with laughter and half-

she rued.

In an interaction that ensued, Birubala Rabha, who is to deliver a lecture at the United Nations Human Rights Council on superstitious practices in September this year, believes that cases of social boycott do exist in remote areas but unfortunately, nobody is willing to speak out, not even the victims.

The local MLA of Diphu constituency Dipak Rabha says that although such superstitions are still practised in some pockets, efforts are on to raise awareness through education.

"Social boycott or ostracism is unacceptable and such traditions have to be uprooted from our society. We are supporting Mission Birubala on that," the lawmaker said.

Agrees Dr. Malini Rabha, Principal, Bikali College, who has been following the developments of the Rabha community very closely.

"I feel that there is a need for reforms as far as rules governing the grassroots forum like *Gyatis* for that matter, *Shakes* are concerned. A modern and logical approach is what is needed. Dilatations like social boycott would not take us anywhere," she asserted.

By now we could feel that a number of witch-hunting cases are materialistically motivated as the property angle was quite evident and there seems to be a vested interest working on top of it. Customary laws are just being employed as shields.

At the final leg of our trip, as we entered Khasiagong, popularly known as 'Dairigaon', located on the Assam-Meghalaya border (Meghalaya side), a sense of uneasy calm greeted us.

Before we could realise what was happening, an agitated, self-styled leader, backed by a few others, was seen approaching. The mob was growing in strength and within no time we found ourselves cordoned off.

"We do not want outsiders to have a say in our local issues. *Dairiks* are there and we will handle it in our own way. We do want anybody to highlight the issues we face," they said.

After being made to sit there for a while, we were then told to follow them to a 'community hall' situated around 500 metres from an adjacent road, where our fate was to be decided (in Kangaro court style).

Our stars came to our rescue and we somehow managed to flee the place.

And eventually, it took a joint effort by an army team of the Assam and Meghalaya police to help me get my camera back and escort us throughout our return journey.

The village, we were told, had a history of witch-hunting practices, while others believe it is in this very place that men and women, after being branded as witches were kept in confinement by the custodians of customary laws.

We had just survived being lynched and were happy to be still breathing as even the wait for the 'The Assam Witch-Hunting (Prohibition, Prevention and Protection) Act' continues.

(sanjoyray10@gmail.com)

baked jokes that only friends can relate to and relish. Cooking a meal together that sizzles with the flavour of genuine fondness... like a magic potion, it relaxes the stress-ridden soul, embalming it with renewed vigour. Simple pleasures like a karaoke evening at home, singing mindlessly or even forgetting about my punishing diet for once and indulging in a sinful tub of ice-cream with the 'bestie' as she cribbs about work or the mundane realities of life and then lo and behold! She is good to go after being listened to patiently. My guru in this aspect has always been the cuddly Winnie the Pooh:

Piglet stilled up to Pooh from behind. "Pooh!" He whispered.

"Yes, Piglet?"

"Nothing," said Piglet, taking Pooh's paw. "I just wanted to be sure of you."

— A.A. Milne, *The House at Pooh Corner*

Wise men believe – keep it simple, keep it earthy. Probably it also applies to friendship and yes, in this relationship, you get discounts and lots of goodies – and the best part is that conditions DO NOT apply!

(varadpande.navanita@gmail.com)

**NAVANITA VARADPANDE**  
roots for the ties of friendship.



Times are a-changing. With the widespread usage of social media, even the definition of 'friendship' has gained new meaning. The term 'friendship' seems to have dissolved into a virtual world, thus losing its solidarity and depth. It has gained a new flavour, meaning just a 'contact' that you can 'unfriend' – based on your whims and the 'mood' of the day! The preoccupation these days is on having a number of so-called virtual friends. There are people who derive great pride from the fact that numerically they have innumerable friends on social media.

The distinction between being real friends and just maintaining the facade of friendship is increasingly important – and sometimes difficult to distinguish. Your real friends are the ones who energise and support you – and not leave you

## HAPPY FRIENDSHIP DAY



### UP CLOSE

**Mamata Mishra**

mamata.mishras@gmail.com

## Teaching with heart

**Eminent educationist DR. SHAMALA S. KRISHNA** talks about a new concept in learning.



**A**n enormous amount of stress is being generated unknowingly in the rat race to follow the set patterns of education, success, happiness and all other essential prerequisites of life. In the fast changing dynamics, children, too, come under pressure to follow suit from a very tender age and are often caught off-guard when faced with real-life challenges.

The Heartfulness Institute has started a noble initiative to draw out inner resources to prepare them to proceed with confidence into the constantly shifting future.

Dr. Shamala S. Krishna, eminent educationist and a Heartfulness resource person has been conducting the free-of-charge training sessions in schools across India. She explains why a heart-centric approach helps in learning.

### What is Heartfulness and how does it help the process of learning?

Heartfulness is a heart-centric approach to life, developing a spiritual conscience that helps us grow as human beings. It can be termed as a process for creating balance between our inner and outer selves.

With growing mechanisation around us, the need to adopt a heart-centric pedagogy has been felt globally, where students can learn in a relaxed environment. Our programmes for schools target the teachers and students from grades – I to XII.

Originating in India, the Heartfulness way of meditation is being followed by a million people in more than 130 countries. The Heartfulness Institute is registered in the US, with its Indian Headquarters in Hyderabad.

How has this pedagogy designed to suit the modern-day children with diversified fields of interest. Does it have a global approach?

It is a 21st century pedagogy following the International Commission on Education. Suitable for a range of cultures, it has a universal approach. Experts from India, Europe, North America, Australia and New Zealand – comprising teachers, occupational therapists and counsellors have designed our curriculum.

It incorporates the core human values outlined by the UNESCO in its sourcebook *Learning to be - A Holistic and Integrated Approach to Value Education for Human Development*.

What is the relevance of your conscious living programme, which has also been launched in Assam? How does your method make a difference, compared to the conventional modes of learning?

First of all, I would like to tell you that our programme is not alienated from the conventional mode. Rather, it works as a supplement to the cognitive learning method, with stress on developing awareness, human qualities and inner resources.

We understand that inculcating values in young minds is not the job of parents only. Rather, the entire surroundings of children play a role here.

Heartfulness deals with ethical dilemmas, managing conflict, leadership, innovation and facing difficult circumstances, which is not possible through rote learning.

Meditation is also integral to the concept of Heartfulness. How do you chalk out the meditation plan for a heterogeneous group of students in a classroom?

In our learner-centric programme, students are encouraged to reflect, experience and analyse through scientific and experimental activities.

The practical experience covers relaxation, meditation, cleaning and prayer.

Our meditation practice transcends the barrier of religion and culture. The areas we focus are like – sustainable human development, truth, love and compassion, creativity, peace, harmony with Nature, and health are the essential component of all beliefs that transcend the barriers of religion.

### What does the teachers' training programme cover?

Today, our teachers need to understand the child's perspective. But, for that, they also need to connect to the students with a relaxed and regulated mind. We give them a new perspective helping in facilitating skill through our 'Inspire' programme. It is a voluntary programme offered to a limited batch of teachers. Through increasing the professional competency of teachers, the programme benefits the school, in general.

### And what is the feedback?

So far, more than 500 schools from Andhra Pradesh, Karnataka, Gujarat, Telangana and Tamil Nadu, etc., have benefited from this programme.

The Inspire programme has generated a lot of positive feedback. In a recent programme in Ladakh, the teachers candidly accepted the flaws in their teaching approach, which they had never realised before attending our sessions. Many CBSE schools have made our sessions a part of their orientation programme.

### What are your plans for Assam and the North-East?

We have started the Heartfulness education programme in Assam from Tinsukia district, where 27 schools from Assam, Arunachal Pradesh and Tripura took part. We will create a team with the involvement of local people, co-ordinating with the schools here.

## WOMEN PLUS

Neetu Kalita

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## Nature's way

Menstruation is a natural part of being female.

**M**enstruation, also known as a period monthly, is the regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina. Menstruation is a taboo in Indian society. People prefer to discuss it only behind closed doors. Today, after so much of advancement in health and sanitation, India is still lagging behind in menstrual hygiene. It is a topic which needs openness in the society. Adequate research should be done regarding this and the government and NGOs should take initiatives to eradicate the misconception surrounding menstruation, stressing on the fact that during those days girls don't become impure, rather, it is a biological process.

A menstrual woman is a societal construct. Certain attributes are given to her. Rituals are built around her. She is made to believe that she is weak or less capable during those days. In a society where discussion about a woman's period is treated as a taboo, they celebrate a girl's first period. After her first period, the girl is believed to attain womanhood. In various Indian states, there are rituals and ceremonies around the first menstruation, which was discussed by Leela Dubey in her article *On the Construction of Gender: Hindu Girls in Patriarchal India*.

Once a girl attains her first period,



A menstrual woman is a societal construct. Certain attributes are given to her. Rituals are built around her. She is made to believe that she is weak or less capable during those days.

four to five days, monthly. But dear girls, you have to deal with this so-called curse because you cannot stop living your busy life just because you got your period. If you want to be considered equal to man, you cannot use your period as an excuse to get "special treatment". In this male-dominated society, why do we girls become a victim and get tagged as the "weaker sex"?

Why does society tag us weak, emotionally unstable and think that we cannot work equally as a man, during our periods? Is it just because we bleed once a month?

This is the 21st century, a century when women work and earn their own livelihood. A century when women empowerment campaigns are going on in every nook and corner of the world. In this present century, women know how to deal with their periods without the sympathy of a non-bleeding man. The world must know that women are strong enough in their periods, too. They don't need extra rest, can do just as much work as any man, and go run a marathon while being a mother to children, wife to her husband and a girlfriend to her lover.

Here, I also want to question everyone who thinks and believes that a woman becomes impure during her periods. Rather than considering it as impure, why don't you realize that menstruation cleanses the body itself of something that is no longer needed? This blood and tissue are what makes human life possible. The Vedas don't portray menstruating women as impure; then why should we? In the Vedic period, women were 'happy to bleed' as the society had a liberal line of thought and considered menstruation as a natural process. They were free to do *puja* daily, despite this so-called impurity. Most Vedics experts have aired objection to this 'impure' treatment. According to Acharya MR Rajesh, the founder of the Kerala-based Kashyappa Veda Research Foundation, the *Vedas* never portrayed a menstruating woman as impure. Rather than stopping girls from entering temples during their menstrual days, or stopping them from getting engaged in any household work, we must try to justify this "custom" not as impure but purely as a biological process. It is simple logic to realise that no God has come up with unequal laws for man and woman.

## STYLE FILE

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## The DESI touch

A few quirky Indian pieces can change the entire look of your house.

Designing homes these days is all about durable materials, stress-free maintenance and clean, uncluttered spaces. With our hectic lifestyles, we do not want to waste our hours trying to clean out every nook and cranny of our intricately designed furniture or décor pieces around the house. Hence, what we mostly see around us are smart, contemporary and very fuss-free designs. But somehow, this has the risk of looking and feeling, I dare say, rather vanilla and uninteresting! Surprisingly, sometimes even extremely manicured spaces can seem boring. A home has to feel alive, lived-in and has to let the character of the occupants shine. So, why not throw in some real colour, craftsmanship and fun in a very *DESI* avatar in our otherwise 'clean and modern' home?

Modern and contemporary Indian homes can definitely do with a dollop of some real good old-fashioned *DESI*ness in the form of antique Indian décor elements like the *jhoola*, the quintessential 'Rajasthani door' or even a heavy worn out 'temple bell'. Let us explore some interesting pieces which could be great conversation-starters as well as showcase the innate passion for our Indian roots.

The exquisite bench or *diwanai*

The bench in any home is the perfect perch spot – be it indoors or outdoors. Invest in a gorgeous hand-carved wooden or stone bench for your home, style it with a tonne of plump cushions and watch your guests swoon with envy. These *diwanis* could work like day-beds – perfect for lounging around with a book for a casual space or it could also provide for additional seating in a formal living room.

An exquisitely carved *diwanai*.

## When the 'temple bell' chimes

Introducing quirky and fun décor elements in a home speaks volumes about a person's creativity and his character. Bring in some Indian cheer with unusual accessories like the antique 'temple bell' which will be sure to raise a few eyebrows in awe. It is quintessentially Indian and adds that little dose of ethnic appeal without being too much in your face.

A beaten down temple bell as a table accessory.

The classic *jhoola*

The ever familiar *jhoola* or swing is the perfect way to capture the fun element in your space. In this case, the playful take on the traditional *jhoola* is both refreshing and inspiring. Give your home a cheerful makeover with bright and vibrant colours and adding a cute little *jhoola* definitely gets my vote!

The adorable little pink *jhoolas*.Upscaling the *charpaai*

Ring some of that Indian kitch which is still popular in the designing world with a couple of *charpaais*. The *charpaai* or the low, wood-frame bench with a seat of woven rope, usually found in rural homes is given a new lease of life by funk it up with cool cushion covers in *DESI* quotes. Team a large one with a couple of small stools make for a pretty awesome and quirky little lounge spot. All you need now is a glass of chilled 'lassi'!

A set of spunky *charpaais*.

## The traditional 'carved entrance door'

Nothing gets more Indian than a set of heavy, intricately carved wooden entrance doors. Mostly found in Rajasthan and in the South of India, these doors spell opulence and grandeur. One can use them as props in a sparsely decorated monochromatic living room for some eclectic appeal or in this case, they act as lavish headboards behind the bed. It is, indeed, a smart way to celebrate Indian craftsmanship and pay homage to our rich heritage.



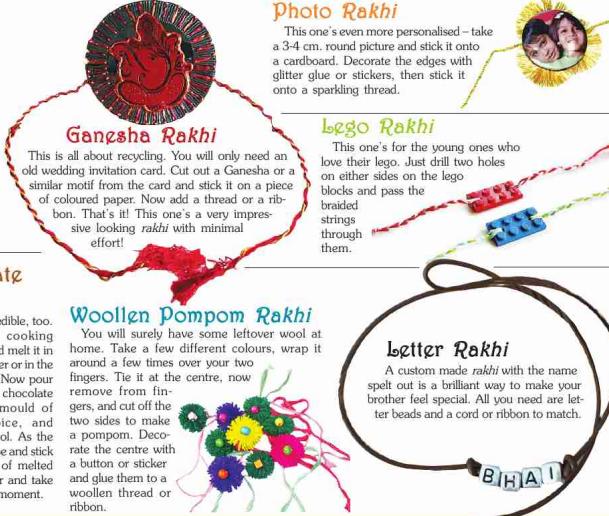
An awe-inspiring wooden entrance door as headboard.

## LET'S CREATE

I t's Raksha Bandhan tomorrow and if you have still not been able to make your way to the market to shop for those fancy yet pricey *rakhis*, do not fret. You have the option of completely avoiding the market this year – just get some craft supplies and get down to making your own 'personalised' *rakhis*. You'd save on money, and you'd also be able to create individualised *rakhis* based on the wearer's likes. Even the kids can be engaged in this fun family affair.

## Chocolate Rakhi

This one's edible, too. Take some cooking chocolate and melt it in a double boiler or in the microwave. Now pour the melted chocolate into the mould of your choice, and place the mould in the freezer to cool. As the chocolate hardens, cut some paper rope and stick it on to the chocolate with a drop of melted chocolate. Put it back into the freezer and take it out when it's time for the special moment.



## Woollen Pompom Rakhi

You will surely have some leftover wool at home. Take a few different colours, wrap it around a few times over your two fingers. Tie it at the centre, now remove from fingers, and cut off the two sides to make a pompom. Decorate the centre with a button or sticker and glue them to a woollen thread or ribbon.

## Letter Rakhi

A custom made *rakhi* with the name spelt out is a brilliant way to make your brother feel special. All you need are letter beads and a cord or ribbon to match.



## Banana loaf with caramel sauce

## Ingredients:

- Flour ..... 2 cups
- Baking soda ..... 1/4 tsp
- Salt ..... 1/2 tsp
- Butter (melted) ..... 1/2 cup
- Yoghurt (thick) ..... 1/4 cup
- Sugar ..... 1 cup
- Vanilla essence ..... 1 tbsp
- Eggs (large) ..... 2
- Banana, ripe (mashed) ..... 1 1/2 cups
- Walnuts, chopped ..... 1/2 cup
- Brown sugar ..... 1/2 cup
- Cream ..... 1/2 cup
- Butter (salted) ..... 2 tbsp

**Method:**  
Preheat oven to 180°C. Grease a 9" x 5" loaf pan.

In a large bowl, combine the flour, baking soda, and salt.

In a separate bowl, place the melted butter, yogurt, sugar, vanilla and beat until blended.



Add the eggs, one at a time, beating well after each addition.

Mix in the mashed bananas and beat well.

Add the dry mixture into the flour mixture and mix well to combine.

Fold in the walnuts. Pour this batter into the prepared loaf pan.

Bake in pre-heated oven for 60-65 minutes until a toothpick inserted into the centre comes out clean.

Let the bread cool in the pan for 10 minutes, and then turn out onto a wire rack.

For the sauce, place the cream, salted butter and brown sugar in a saucepan and simmer for 10 minutes or until bubbling and the sauce is deep brown in colour.

Dribble this caramel sauce in lines across the loaf.

Cut the loaf into slices and serve with ice-cream and extra caramel sauce.

CULINARY CORNER  
SHARMIN PASHA

Sharmin Pasha is a food writer currently based in Dubai, UAE, where she teaches privately-organised cooking lessons on different techniques of cooking. She also hosts an informative page featuring Assamese recipes on Facebook, which was created to showcase the culinary treasures of Assam to the world and to preserve ethnic recipes for generations to come.

## Rustic peach pie

## Ingredients:

- Flour ..... 1 1/2 cups
- Salt ..... 1/4 tsp
- Sugar (granulated) ..... 2 tbsp, plus 1/4 cup
- Butter, cold, cubed ..... 1/2 cup
- Ice-cold water ..... 4-5 tbsps
- Corn flour ..... 3 tbsps
- Peaches (large), sliced ..... 3
- Strawberries, sliced ..... 1 cup
- Butter ..... 2 tbsps
- Egg, beaten ..... 1

## Method:

Line a large baking tray with greased paper. Set aside.

In a large bowl, combine the flour, two tablespoons of sugar, cubed butter and salt.

Add the water and using a pastry cutter or your hands, mix until the mixture resembles small pebbles.

Sprinkle ice water, a tablespoon at a time, into the flour mixture, until a dough comes together.

Flatten the dough and wrap in plastic wrap. Refrigerate for an hour or until firm.

Preheat oven to 190°C. Gently fold the edges of the dough over the fruit, leaving the centre uncovered.

Dot the filling with butter and brush the edges with beaten egg.

Bake for 35 to 45 minutes or until the crust is golden brown and the fruit is tender.

Remove from the oven and transfer to a wire rack. Serve hot or warm with ice-cream or whipped cream.

Note: Peaches and strawberry maybe replaced by three cups of any summer fruit.



## FICTION

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**M**y wife Sarita is very busy these days as a twinkling star is coming into our lives very soon. She has hoarded all the essential stuff and put those into a bag for the new member. It has been excruciating for both of us to spend the last 15 days as Dr. Agarwal has given the date of delivery as August 28, this year. A friend who has just become a father tells me that it is one of the most amazing experiences of one's life and a new child makes you fall in love again. I am really very excited for the day to come.

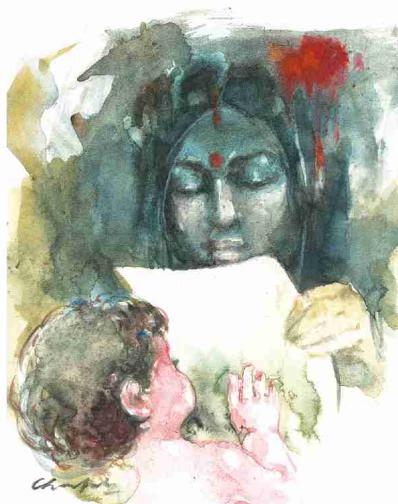
One sultry morning, I serve my better half a healthy fruit juice and some dry fruits but she refuses to consume. "This is not only for you, but also for our child. So take these for him," I tell Sarita but she replies crossly, "How can you say that the child is a he?" I reply very calmly that I never meant that and I also jogged her memory that both of us wished for a girl child instead of a boy. Finally, the nine-month wait is over as the delivery date is tomorrow, and every family member seems very anxious.

The next morning, I wake up very early and try to arrange everything. At 10 clock in the morning, we arrive at the hospital and meet Dr. Agarwal and he shifts my wife to the operation theatre. I, along with my family, linger around outside the operation theatre.

Half an hour later, a nurse comes out holding a baby in her arms and tells my mother that she has become the granny of a healthy girl child. All of us rush to glance at our little angel whose eyes are sparkling. Suddenly, tears roll down my eyes and somehow I try to control my emotion and that moment is really one of the most amazing experiences of my life. After four days my wife is discharged from the hospital and a new journey is about to begin. The days pass very quickly.

"Once when a lion was asleep, a little mouse began running up and down upon him. This soon awakened the lion, who placed his huge paw upon him and opened his jaws to swallow him. 'Pardon, O King!' cried the little mouse. 'Forgive me this time. I shall never repeat it and I shall never

## A father's letter



forget your kindness."

I have to stop the story in the middle as my tiny tot Sagarika, who is now three years old, falls asleep on my lap. I put her to bed, covering her with a blanket and then proceed to the dining hall for supper.

As usual, Sarita is engrossed watching a soap on the idiot box and she takes almost one hour to finish her meal. The remote control of the idiot box is, in fact, the cause of our dispute and I snatch it from her and instantly switch to the BREAKING NEWS of a popular national news channel. "A Northeastern college girl was raped by some miscreants in the capital today. A rape case has been registered by the Delhi police. The student community held a protest rally in front of the Delhi Chief Minister's house and demanded further se-

curity arrangements for the students coming from the Northeastern part of our country. With camera man Ashok Singh, I am reporter Reeta Khamra, HDTV, New Delhi." Sarita says, "Why are you watching all this nonsense, to molest a woman... to rape a woman, murder, exploitation in the name of dowry, witch-hunting, are these BREAKING NEWS? That is why I don't want to watch these news channels. Every day, everywhere, murder, kidnapping, rape, negative or constructive news. They present such news only for TRP ratings." I remain speechless for a while and ask myself, "Really, what is happening in our country, in the world? It has only been a year since the horrible Nirbhaya incident in Delhi shook the entire nation. After many protests there were also promises of safe-

ty measures introduced for women. But, are those really in effect? I do not get the answer and I really feel very baffled and I ask Sarita to bring me a glass of water. I say to her, "Please sit down here for a while. Why are the number of crimes against women rising? Why are men, who were created by God as the greatest creation on earth, becoming the worst creation? Woman – God's most beautiful creation on earth, who is someone's daughter, mother, wife, sister, etc., etc.,..." I pause for a while. "What happened to you?" Sarita asks me. I tell her grimly, "What would be the condition of those parents, brothers, children, of those whose daughter is molested, whose sister or mother is murdered in the name of domestic violence?

"How did the parents of Nirbhaya bear the pain of loss of their only daughter who was brought up with utmost care and love?" Sarita tries to deflect the conversation as I am very emotional and she tells me that it would be better to go to bed.

I am also about to turn off the light but I cannot prepare myself to sleep as something still haunts my mind. Therefore, I move towards my reading room and start writing something.

"Wake up, Mr. Divyendu Khasa! It is almost eight o'clock in the morning. You have to take your daughter to school. Wake up!" My wife tries to wake me up. I feel very sleepy and sit on the bed for a while. Sarita says, "Are you alright?" I nod and tell her that I had gone to bed very late last night as I had written a letter to my daughter. "Letter? What have you written in the letter?" Sarita seems agitated. I soon tell her that it is a father's letter to his daughter, a letter that will not be handed over to her till she is in her teens. "But may I have the permission to read it?" Sarita says to me. "Yes, of course. After all, you are her mother." I reply as she unfolds the letter and starts reading it. Tears roll down her cheeks and she hugs me tightly and I say to her, "I wish my daughter to be very strong, gentle and brave and want her to give the message through this letter that women have the ability to change the world."

partment website and select: return file under Section 139(4) from the dropdown menu.

Many people may be thinking that there will be a penalty for not filing ITR on time as announced in the last budget in February. The penalty for late filing, which was capped at maximum Rs. 10,000 is applicable after April 1, 2018.

However, if you have unpaid tax liability and you have missed the deadline, then you are liable to pay penal interest from the last date to the actual date of your return.

Even if you have paid your taxes on time, you might make some mistakes here or there. Then what to do? Don't worry. When you file your return, it goes through the CPC of the Income Tax Department. After processing your returns, if your assessee realised that there is discrepancy, say a part of your income was not reported or if any deduction was not availed, it is possible to file a revised return.

Just filling your return is not everything. You still need to verify your return. As per the current provision, you get 120 days to verify your return.



## Being on time

### Paying taxes comes with a deadline.

he got back one-fourth of the price. So there are characters like me and him in this world. And I know we are not the only ones. For those who have missed the extended deadline of filing your income tax by August 5, which was yesterday,

please read on.  
You can still file your return as a belated return, but before March 31, 2018. But if you have missed this deadline, you sure will miss certain benefits.

For a belated return, visit the de-

## MONEY SMART

Dipankar Jakharia  
money-smart@assamtribune.com

**T**oday, I have a confession to make. In my life, I must have missed more than a dozen flights. My problem is, wherever I go, I carry my favourite authors with me. In a large airport, after I go through the security-check and I get a cosy corner and am travelling alone, it's a recipe for disaster.

Unlike me, my friend Kritibash is my opposite. A man of action, once he boarded the Rajdhani Express from Siliguri to Guwahati and found another passenger claiming the same seat. After much deliberation on a moving train, the TT found that my friend Kritibash had boarded the train one day in advance. So he was fined for travelling without a valid ticket and he had to buy a fresh ticket for his journey. Since I was not called upon to walk in the station with cash for his recovery. His only consolation was that he could cancel his original ticket and

## Pay Parade

aiffar (few hours), the process commences from the first week of every month, when jawans give their monthly pay requirement to the pay clerk. The pay clerk's job is not very easy, since many jawans have a tendency to overdraw in the past, hence, they run into debt. If such jawans are paid, it is the pay clerk who will have to take the responsibility for over payment. The clerk scrutinises the demand in great detail and puts up the consolidated demand to his senior, the Company Quarter Master Havildar - who in turn puts it up to his senior. The process continues till the company commander finally puts up the demand to the Second in Command of the battalion. The second in Command consolidates the demands and arranges for collection from the bank.

**MY SPACE**  
Brigadier R. Borthakur (Retd.)  
ranshree03@yahoo.com

**O**f the many things I miss consequent to my retirement from the army – The 'Barakhana' and 'Pay Parade' are the name suggests is the distribution of monthly pay of jawans physically to every individual. Unfortunately, in the age of Net Banking, the Pay Parade, one of the most wonderful arrangements of our army no longer exists. The British had introduced many excellent systems in the Indian army like Regimental Durbar, Pay Parade, Interviews, etc. These activities enabled officers to keep in constant contact with the jawans, trying to know their problems, besides leading to the development of excellent camaraderie between officers and men.

Though Pay Parade is a one-day

process, the entire monthly pay is credited to the bank, the jawans work out the minimum requirement and demand accordingly. The idea is that when a jawan goes on annual leave, he needs a substantial amount to meet the expenses for a variety of requirements like construction/extension of house, repayment of loan, hiring tractors for cultivation, marriage, etc. Most of the items like rations, uniform are provided free in the army, hence a jawan's normal expenditure is normal and thus he can save a sizeable amount. It also depends on the habit of a jawan or the State or region to which he belongs to. For example – a *dat* or an *Ahir* jawan's only requirement is his expenditure on bids or tobacco. But jawans of the Northeastern region spend a lot

of money on foods, clothes or music. Thus, it is seen that jawans from regiments like Rajput, Jat, etc., demand about five hundred rupees, whereas a jawan from the Naga or Assam Regiments demands much more.

of money on foods, clothes or music. Thus, it is seen that jawans from regiments like Rajput, Jat, etc., demand about five hundred rupees, whereas a jawan from the Naga or Assam Regiments demands much more.

The jawan will march and report to the company officer with a smart salute and report. For example "I, No. 236152M Sepoy Gopal Singh is ready to collect my pay". The pay NCO will check the amount demanded. The JCO (*Subedar*) will physically calculate the amount and hand it over to the officer, who will hand over the amount to the jawan. The jawan will again physically count the amount and report, "I, No. 236152M Sepoy Gopal Singh have received the correct amount." This process will continue until the last jawan receives his pay.

In this process, the officer gets an opportunity to interact with the jawans, tries to know about his problems by asking simple questions like 'How was your leave? How has your son done in the Class-XII examination?' etc. The jawan also gets an opportunity to convey his personal issues. As such, the officer-men relationship in the Indian army is worthy of appreciation.

## HEALTHWISE

Dr. Rajah Koppala



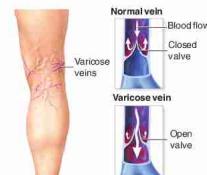
## When veins swell

### Some ways to tackle varicose veins

**R**esearch studies suggest that three in 100 people suffer from varicose veins at some point of their lives. Some claim that this figure could be much higher. In any case, there are only a few who are aware of what varicose veins actually are and that ignoring it often leads to serious health complications.

#### What is varicose veins?

This is a condition which arises when veins obstruct the return of deoxygenated blood from the outer parts of the body back to the heart and lungs. Valves prevent backward flow of blood within the vein.



#### Symptoms:

Varicose veins may not cause any pain. Signs you may have varicose veins include:  
• Veins that are dark purple or blue in colour.  
• Veins that appear twisted and bulging; often like cords on your legs.

#### When painful signs and symptoms occur, they may include:

- An achy or heavy feeling in your legs.
- Burning, throbbing, muscle cramping and swelling in your lower legs.
- Worsened pain after sitting or standing for a long time.
- Itching around one or more of your veins.
- Bleeding from varicose veins.
- A painful cord in the vein with red discolouration of the skin.



Colour changes, hardening of the skin or skin ulcers near your ankle can mean you have a serious form of vein disease that requires medical attention.

Spider veins are similar to varicose veins, but they are smaller. Spider veins are found closer to the skin's surface and are often red or blue. They occur on the legs, but can also be found on the face. Spider veins vary in size and often look like a spider's web.

#### Causes:

Arteries carry blood from your heart to the rest of your tissues. Veins return blood from the rest of your body to your heart so that blood can be recirculated. To return blood to your heart, the veins in your legs must work against gravity. Muscle contractions in your lower legs act as pumps, and elastic vein walls help blood return to your heart. Tiny valves in your veins open, as blood flows towards your heart, and then closes to stop blood from flowing backwards.

#### Causes of varicose veins can include:

- Obesity
- Pregnancy
- Prolonged standing
- Age
- Genetic inheritance

#### Complications:

Complications of varicose veins, although rare, can include:

- **Ulcers:** Extremely painful ulcers may form on the skin near varicose veins, particularly near the ankles. Ulcers are caused by long-term fluid build-up in these tissues, caused by increased pressure of blood within affected veins.
- **Blood clots:** Occasionally, veins deep within the legs become enlarged. In such cases, the affected leg may swell considerably. Any sudden leg swelling warrants urgent medical attention because it may indicate a blood clot – a condition medically known as thromboembolism.
- **Bleeding:** Occasionally, veins very close to the skin may burst. This usually causes only minor bleeding. But, any bleeding warrants medical attention because there's a high risk it can happen again.

#### Treatment options:

One of the recommended treatments for varicose veins is laser ablation, which is performed as a day case. Earlier, treatments required the patient to go through a lot of pain and blood loss and they also faced the chances of recurrence of varicose veins. With the laser treatment, there is no fear of incision; it is done through a small needle and needs no anaesthesia. Some patients are also suggested compression stockings, but these can only hide the appearance of these blackened nerves and not cure them. They only offer minimal comfort.

#### Recovery:

All patients with laser ablation can resume activities on the same day and get back to work from the next day. The varicose veins are also one of the most commonly misunderstood and misdiagnosed medical conditions. Professional consultation on treatment options and understanding the condition is suggested.

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# Murder she wrote

**I** kind of enjoy surprising people and a couple of years ago, I was at this informal gathering of top cops, primly seated on a sofa, refusing even a single drink, nibbling instead cheese and pineapple and murmuring all the right things.

Then, on my right, a really top cop turned to me and more as a gesture of politeness, in the spirit of that pleasant chit chat that is the stuff of these gatherings, he asked, "So Mrs. Raimehdi, what are your interests?"

"Crime," I said, without missing a beat.

"Oh really?" he looked astonished, trying to calibrate my lady-like gentleness with my dark predilection for morally depraved deeds.

Soon we were like a house on fire, hopping from Dostoevsky's epic on crime and punishment to Hawley Crippen, the first criminal to be caught in the mid-Atlantic aboard a ship with the help of wireless. The bestiality of serial killers like Ted Bundy, Jeremy Dahmer and Aileen Wournous were avidly deconstructed. Two days later, the really top cop gallantly sent me two books, one on H.H. Holmes one of 19<sup>th</sup> century America's creepiest killers. This endorsement of my interest in crime as a harmless activity by the law enforcer, in fact, has yet encouraged me to spill the beans before the public as it were. My appetite for crime fiction and film now goes back a long way. It would be no exaggeration to say that I literally leaptfrogged from Blyton's cosy world of tame adventures and scones with melted butter to the dark cul-de-sacs of sinister men with smoking guns.

wild goose chases, as well as a singular absence of a happy conjugal life. No surprise that most of them smoked like chimneys and drank like fish.

After Hadley Chase, it was time to move on. Nimble climbing up to a high shelf in a room of grandpa's house, I chanced upon a dusty stack of Erle Stanley Gardner's Perry Mason series about the whip smart attorney-at-law who could crack any case as easily as a roasted peanut. What endeared

## THIRD EYE

**Indrani Raimehdi**

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It would be no exaggeration to say that I literally leaptfrogged from Blyton's cosy world of tame adventures and scones with melted butter to the dark cul-de-sacs of sinister men with smoking guns.

him to me was that he always helped a natural blonde in distress. I could not much wrap my head around his courtroom moves and situational ethics, but boy, did he sound!

My dangerous ambivalence about crime became more firmly entrenched when I first read Mario Puzo's *Godfather* and later saw the films. The theme music gives me goosebumps even now. The closed world of Sicilian gangsters, the oath of omerta or silence, a code of honour, the intricate and sludginess among different Mafia families... it sent me into a trance. Much later I was able to be more detached and realise how awful life was for the Mafiosi women - the mothers, wives, daughters and sweethearts always prepared for the death of their

loved ones.

Do not be under the impression that crime fiction is only to do with vicarious pleasure and entertainment. This genre asks all the difficult questions that have confronted mankind for thousands of years - what is the meaning of life? What is free will? What is law? What drives some people to kill? Does the state have the right to take lives as retribution for a crime? Are the insane exempt from guilt even if they rape and kill?

If there was one maestro who enjoyed crime and made the telling of it his business, it was the great Alfred Hitchcock himself. According to him, seeing a murder on television can help work off one's antagonism. And if you haven't got antagonisms, the commercials will give you some. He said if he made Cinderella, the audience would at once look for a body in the coach. The success of a film is in direct proportion to the success of a villain. He said blondes make the best victims. They are like virgin snow that shows up the bloody footprint.

Does a female writer interpret crime differently? You've got to take Agatha Christie's views. For one, she's convinced few of us are what we seem. She freely admits to specialising in murders of quiet domestic interest, and that every murderer is probably someone's old friend. Her murder mysteries are like a Rubik's cube and the actual gore and mess of corpses is not so graphically rendered by today's standards.

These days TV crime series both from the west and home-grown, are all over the place. While one enjoys the brisk pace and methodical thoroughness of *Crime Patrol*, *Sachidan India* is a melodramatic soap disguised as a crime show. Often it is the news that highlights strange and more gory crimes than these shows. In the end viewing real life surveillance tapes of crimes cannot but lead to a profound unease about the depths to which criminals can descend. Edward Gibbon summed it up very tersely when he wrote "History is little more than the register of the crimes, follies and misfortunes of mankind." I sort of guessed as much after my longago greedy gulps of the Chase whodunits. If my sins in this life caused me to be born again, I would like nothing more than to be a male detective.

**Indrani Raimehdi** is a journalist, author and columnist.

## FORECAST

AUGUST 7 – 13, 2017



**ARIES**

A nebulous link suggests that the influence of certain friends may not be as helpful as you think. While confiding can often bring many benefits, this time you might find the opposite.



**TAURUS**

You might feel like doing something on the spur of the moment to relieve a feeling of pressure. If you feel this way at the start of the week, it might be more beneficial to stick with an idea or project.



**GEMINI**

You may easily absorb other people's energies this period, which could have an impact on certain decisions. In fact, Monday might not be the best time to commit to a path or try a new solution.



**CANCER**

The early part of the week could coincide with mixed messages, or you might be tempted to leap into action based on false information. Unexpected pitfalls could lie ahead.



**LEO**

There is a positive shift in the air that will enliven and invigorate you. You will feel you are in your element and ready to tackle the next big project or make some significant changes. Be careful about what you promise.



**VIRGO**

Your social life continues to look upbeat, with a focus on this social circle coinciding with a reunion, or perhaps you will look up for someone you haven't heard from in a while.



**LIBRA**

You may lack energy in a situation that calls for action at the start of the week. However, there's also a good chance that you've already invested time and energy into this matter.



**SCORPIO**

If you've been experimenting with various ideas and trying on new options for size, you might be tempted to take one of them further without thinking it through properly.



**SAGITTARIUS**

Doing the best for everyone may mean that plans become watered down and no easy solution presents itself. You may find yourself in this situation over the coming days.



**CAPRICORN**

Mixed messages could be an issue now, as well as the temptation to act on the spur of the moment. From Thursday, you'll enter a more intense phase that could pave the way for deeper change.



**AQUARIUS**

Go easy with your money, as something that seems worth purchasing could turn out to be a disappointment. Save your cash for something that's worth your while.



**PISCES**

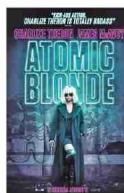
While opportunities for fun and delightful experiences continue to present themselves, there's a shift in the air that could encourage a more dedicated outlook.

## MOVIE WATCH

**Bidisha Singh**

### Atomic Blonde

*Cast:* Charlize Theron, James McAvoy, John Goodman. *Director:* David Leitch.



Very few leading ladies can carry off an action movie on their own and Charlize Theron is one of them. While this one's a spy thriller like any other, the narrative being no different, it is director Leitch's stylish action sequences that add the much-needed spark.

Based on a graphic novel, the plot revolves around a MI6 spy, the sexily brutal Lorraine Broughton (Theron), who enters Berlin just before the Wall is about to be pulled down (in 1989), only to retrieve a list of double agents and take down a deadly espionage ring. Its Box Office numbers are pretty high, thanks mostly to Theron; most critics are calling her the 'killer queen' of action movies.

### Weekly Top Grossers

- Dunkirk
- The Emoji Movie
- Girls Trip
- Spider-Man: Homecoming
- Atomic Blonde
- War For The Planet Of The Apes
- Despicable Me 3
- Valerian And The City Of A Thousand Planets
- Baby Driver
- Wonder Woman

### An Inconvenient Sequel: Truth to Power

*Cast:* Al Gore, Barack Obama, Donald J. Trump. *Directors:* Bonni Cohen, Jon Shenk.

segue to the extremely popular documentary (*An Inconvenient Truth*) that came out a decade back, is the follow-up movie that most environmentalists were hoping for. Directors Cohen and Shank follow former Vice President Al Gore as he continues his fight for the environment, training an army of activists and influencing international climate policy that eventually led to the Paris Climate Agreement. While the truth is nothing but 'inconvenient', Gore seems to believe that there's still hope and that the perils of climate change can be overcome with human ingenuity and passion.

*IGHLIGHT YOUR WORLD EXPAND IT*



## 5 THINGS/ We, the people

### 'I stay rooted to where I belong.'

**Writer BIJOYA SAWIAN** on the changing perceptions about the North-East.

#### 1 Having a positive perception

What is important and imperative is not others' perception of the North-East but what the Northeasterners think of themselves and how they visualise their future. If our perception is positive, everything falls into place. Confidence comes with a certain amount of achievement in the right direction. The first step is to realise one's potential and also one's limitations.

#### 2 Let's concentrate on our strengths

Things are different now. Everyone knows Shillong, Cherrapunjee and Guwahati. It is, therefore, wise to concentrate on our strengths like tourism, culture, music and literature. Rock is superb and music is universal but there are many out there who visit these areas for traditional dances and indigenous music also - something of our own. I don't quite like the refrain, "They have nothing of their own," because that's not true.

#### 3 My responsibility as a writer

Writing is my passion as also translations. I make an effort to write responsibly, knowing that the readers are learning and may be judging the North-East through our books. All my stories highlight some aspect of life here. No, it does not stifle the creative flow, it enhances it. My translations of Khasi indigenous culture, which have been published by the Vivekananda Institute of Culture, Guwahati, has not only been an arduous literary journey, but also a most rewarding experience.

#### 4 No harm in following certain codes

Every aspect of our lives can be tapped and projected productively and very easily! Dressing should be fun and free but in certain places and some occasions certain codes apply. Do I feel constrained by this? No. I feel grateful and



liberated that that aspect has already been thought out for me ages back and am free for other thoughts and ideas and to live my dreams. The Khasis, for example, have a strict dress code. Silk dharas for formal wear, mukha/muga jaisens for semi-formal and jairsems of any material for casual occasions.

#### 5 Learning is a never-ending process

I move on, seeing, listening, imbibing and learning, for learning is a never-ending process and knowledge, a never-ending story. But I stay rooted to where I belong for a tree cannot grow without its roots - no matter how well you nurture it. India is a country of immense variety and beauty and the North-East adds to it majorly. There is no doubt about that.

(As told to Indrani Raimehdi)

## FOOTALK

**Dr. Ritu G. Goswami**



### Perks of Poppy

**K**nown as *Aluguti* in Assamese, poppy seeds are oil seeds derived from the poppy plant (*Papaver somniferum*). These seeds are small and deformed in shape, having a crisp texture and nut-like flavor. People often believe that these seeds contain narcotic properties, but this is only a myth.

The unripe seeds of the plant contain alkaloids like morphine, a painkiller which might be addictive. The ripe seeds used for preparations contain only traces which do not seem to cause any form of addiction. Poppy seeds are used in cakes, rolls, cookies, pie crust, sauce, curries, sauces for meat and fish, vegetables and noodles. Each 100 gms. of poppy seeds contain energy (525 kcal), carbohydrates (28.13 gms.), proteins (17.99 gms.), fats (41.56 gms.), fibres (19.5 gms.), sodium (26 mg.), potassium (719 mg.), calcium (1438 mg.), iron 99.76 mg., zinc (7.9 mg.). Some of the health benefits of consuming poppy seeds are given below:

#### Health benefits of poppy seeds:

• Poppy seeds are effective in quenching thirst, treating inflammation, constipation and irritation of the abdomen.

• Inclusion of poppy seeds in our diet will give us a daily dose of minerals like iodine, manganese, zinc, magnesium and copper.

• The oil from the poppy seeds plant is useful in treating carcinoma. It contains mono-unsaturated fatty acids.

• In Ayurveda, the seeds are ground into a paste with milk to be used as a skin-renewing moisturiser. This poppy seeds paste applied to skin is effective in treating eczema, itching and burning sensation, due to its high content of linoleic acid.

• Being rich in linoleic acid and omega-3 fatty acids, it is beneficial in preventing heart disorders.

• Poppy seeds are a rich source of dietary fibres.

Thus, they help in increasing the bulk of the food by absorbing water down the digestive tract and thereby, easing problems of constipation.

• The dietary fibres bind to bile salts and decrease their reabsorption in the colon, thus helping in decreasing the levels of cholesterol.

• The seeds are an excellent source of B-complex vitamins, such as thiamine, pantothenic acid, pyridoxine, riboflavin, niacin, and folic acid, which keep the body metabolism well-functioning.

• Being rich in many minerals, such as iron, copper, calcium, potassium, manganese, zinc and magnesium, they help in production of red blood cells, regulates enzymatic activities, sperm generation, digestion, nucleic acid synthesis and also control body fluids that help in controlling heart rates and blood pressure.

• Dried poppy seeds contain small amounts of opium alkaloids, such as morphine, thebaine, codiene, papaverine, etc. When poppy seeds are used in dishes, these alkaloids produce a minimal effect on the human nervous system. On the other side, these chemicals help in relaxing the body and the nervous system.

• Presence of small amounts of alkaloids is helpful for persons suffering from sleeplessness. These seeds also help in soothing nerve tissues and make vital organs work properly.

• Poppy seeds contain Selenium (13.5 gms./100mg). The mineral reduces the creation of free-radicals in blood and body fluids, which are the primary cause of several diseases. Selenium helps in strengthening bones and muscles.

• Adequate intake of dried poppy seeds helps in the regulation of neurotransmitters (brain chemicals) and improves brain functioning. They aid in the normal growth and development of neurons.

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