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New Private Universities in Assam to Require Security Clearance : CM Sarma

Guwahati : The Assam Cabinet on Tuesday decided to make it mandatory for any new private university coming up in the state to get a "security clearance" from the state government and be "secular in its operations." Announcing after a Cabinet meeting on

Tuesday evening, Assam Chief Minister Himanta Biswa Sarma said the decision was prompted by the controversy surrounding the University of Science and Technology Meghalaya (USTM) and its chancellor Mahbubul Hoque. Recently, Sarma has been severely critical

of USTM—one of the top private universities of Meghalaya, located near Guwahati—and Hoque, who the Assam CM has even accused of waging "flood jihad." The Assam Police arrested Hoque on February 21 for alleged malpractices during class 12 CBSE *see page 10*



Assam Cabinet approves Maa Kamakhya National University in Guwahati

Abhijit Kalita, Guwahati: The Assam Cabinet has approved the establishment of two private universities—EdTech Skills University and Maa Kamakhya National University—to enhance higher education and skill development in the state. These institutions *see page 10*



Assam Government Announces Major Bureaucratic Reshuffle

Guwahati : In a significant administrative reshuffle, the Assam government has appointed and transferred several senior officials in order to enhance efficiency in public service and governance. According to the Government of India's notification (No.14015/03/2024-AIS (I)-B, dated February 20, 2025), Kuntal Moni Sarmah Bordoloi, IAS, has been appointed to the Indian Administrative Service (IAS) from the Select List of 2023. He will now serve as Joint Secretary to the Government of Assam's Industries, Commerce, and Public *see page 10*

Governor Releases Book 'Debodutor Sannidhya' in Guwahati



Guwahati : Assam Governor Shri Lakshman Prasad Acharya today unveiled a book titled 'Debodutor Sannidhya' at a function held in Dr. Bani Kanta Kakati Auditorium in Guwahati. This book is an Assamese translation of 'On the Side of the Angels', a collection of short *see page 10*

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Part-82

"The divine power"

Worshipping Hari,
Who praises and hears Hari's features,
That great person can save himself in the fierce sea of world at an ease.

O mind, Abandoning all injustice
spell Rama-Krishna.

We deceive ourselves you and I

But how can we deceive the fourteen witnesses?

O Hari, birth in Bharat is blessed in Koli, the iron age

Brahma too expects this human body.

Worshipping Hari with a sincere heart,

O mind,

Spell the name of

Hari the crown of religion.

Oh my Supreme Soul,

O my heart's Lord,

Not knowing you,

Considering the false body the soul,

I became a thief of worship.

O my heart's friend, what an unwise I am!

Indian Army Restores Family Pension for Veer Mata Biwari Boro, Honoring Fallen Soldier's Legacy

Tamulpur : In a notable initiative, the Indian Army's Tamulpur Brigade has successfully restored the overdue family pension of Veer Mata Smt. Biwari Boro, mother of late Guardsman Barun Chandra Boro of the 7



GUARDS regiment. Despite losing her son in service, Biwari Boro went through a trying three-year span without her justly earned pension, which was halted in 2021 owing to procedural reasons after her husband's death. Her situation was brought to the fore when she was discovered by a veterans' outreach program of the Tamulpur Brigade, which moved quickly to fix the issue. By constant liaison with the Regimental Centre and the bank concerned, the necessary documentation was corrected, leading to the successful resumption of her pension. After almost a year of relentless follow-up, Rs 17 lakh of arrears was deposited in her account, and her normal monthly pension was reinstated. Grateful, Boro thanked the armed forces for the immense help provided by them, testifying to the abiding sense of respect between the military and the families of its martyred heroes. With Tamulpur set to host the Mega Ex-Servicemen (ESM) Rally on March 9, 2025, this feat is a stern reminder that although soldiers might give their lives, their families will never be forgotten.

Assam Police Seize Heroin Worth Rs. 5 Crore In Sivasagar, Four Arrested



Sibsagar : Assam Police seized heroin worth Rs. 5 crore and arrested four drug peddlers during an anti-narcotics operation in Assam's Sivasagar district. The operation was jointly conducted by Sivasagar district police and Golaghat district police, led by Golaghat Additional Superintendent of Police (Crime) John Das. Acting on the lead of Sarupathar police station case number 18/24 under sections 21(c) and 29 of the NDPS Act, the raid was carried out on March 4 at Halwating in Sivasagar. According to police, 992.13 grams of heroin concealed in 65 packets inside a secret chamber of a vehicle's trunk was recovered during the operation. Two Bolero vehicles — one bearing registration number AS-03AK-8070 and another without a number plate — were also seized. The arrested individuals were identified as Pinku Debnath, Narayan Debnath, Baburam Konwor, and Rabi Jaiswal. Police confirmed that Rabi Jaiswal was the prime accused in the Sarupathar police station case and had been absconding since July 2023. The consignment was being transported from a neighbouring state to Tinsukia, officials added. Assam Chief Minister Himanta Biswa Sarma took to social media platform X to commend the police, stating, "Drugs worth Rs 5 crore recovered. In a joint anti-narcotics operation carried out by @GolaghatPolice and @Sivasagarpol at Haluwating under Sivasagar district, the following items were recovered: 2 Bolero Vehicles, 992.13 grams of heroin, people apprehended."

Bike Lifters Arrested In Guwahati's Gorchuk, Stolen Bikes Recovered

Guwahati : In a major crackdown against illegal activities, the Dispur police recovered several stolen bikes from Lapalang Basti under Pynursla Police Station in East Khasi Hills district with the assistance of Meghalaya police. The registration number of the stolen bikes were AS 01GB 8598 (Royal Enfield Gurella 450), AS 15R 4823 (Bajaj Pulsar), AS 01ET 9167 (Bajaj Pulsar) and AS 12AH 1648. The bike lifters have been identified as Rofiqul Ali, Saiful Ali and Saddam Kham and the trio has been arrested in Guwahati's Gorchuk area.



Menstrual Health Matters : The Essential Guide To Recognise And Addressing Abnormalities



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Menstrual irregularities are a common concern for women of reproductive age and they can vary greatly in severity. According to different studies, the prevalence of menstrual disorders is around 61.95% in India. From missed periods to heavy bleeding or severe cramps, these conditions often signal that something may be wrong with a woman's reproductive health. Irregular periods are when periods happen more or less often than every 21 to 35 days, or when a period is very variable or unpredictable. When a person has irregular periods, the time between each period may vary each month. While minimal fluctuations in menstrual cycles are normal, others may indicate a more serious issue that requires immediate medical attention.

The Most Common Menstrual Abnormalities

1. Amenorrhea (Absent Periods): Amenorrhea is the absence of menstruation. It can be classified into two: primary and secondary amenorrhea. Primary refers to the absence of menstruation by age 16, while secondary amenorrhea occurs when a woman who previously had regular periods stops menstruating for at least 3 months. Common causes include factors like stress,

fear, anger, or anxiety, excessive exercise, weight loss, or medical conditions such as polycystic ovarian syndrome (PCOS), severe anaemia.

2. Oligomenorrhea (Infrequent Periods): Oligomenorrhea refers to infrequent menstrual cycles, that occur more than 35 days apart. Women experiencing this may have irregular periods that are difficult to predict. Hormonal imbalances, such as those seen in PCOS or thyroid disorders, are common causes.

3. Menorrhagia (Heavy Periods): Menorrhagia, or excessive menstrual bleeding, is defined by blood loss that exceeds 80 ml during a menstrual single cycle. It often involves heavy bleeding that may severely impact one's health. This condition may be caused by underlying pathologies such as fibroids, uterine polyps, hormonal imbalances, or even blood clotting disorders.

4. Prolonged Menstrual Bleeding: When a woman experiences bleeding that lasts longer than 8 days regularly, it can be termed as prolonged menstrual bleeding. While it is often associated with hormonal imbalances, conditions like

uterine fibroids, polyps, or endometriosis may also be culprits

5. Dysmenorrhea (Painful Periods): Dysmenorrhea refers to painful menstruation that is often accompanied by severe cramps. It can be divided into primary dysmenorrhea, which occurs in the absence of any underlying pathological condition, and secondary dysmenorrhea, which is caused by conditions like endometriosis, fibroids, or pelvic inflammatory disease

6. Polymenorrhea: This condition occurs when menstruation occurs more frequently than every 21 days. It is often linked to hormonal imbalances and can be a sign of thyroid dysfunction or anovulation (when the ovaries do not release an egg).

7. Irregular Menstrual Cycles: Some women can experience cycles that vary significantly in length (more than 20 days of variation from cycle to cycle). This can be caused by stress, diet changes, obesity, or conditions like PCOS.

8. Shortened Menstrual Bleeding: Periods that last less than 2 days may be indicative of hormonal fluctuations, use of birth control, or other medical factors.

9. Intermenstrual Bleeding (Spotting): Spotting between periods can occur for various reasons, from hormonal contraception to infections, uterine polyps, or more serious issues like cervical cancer.

Most common causes for Menstrual abnormalities:

- Hormonal Birth control pills can alter your hormonal cycle.
- Normally during Breast feeding menstrual abnormalities are seen due to increased Prolactin hormone.
- Perimenopause is the transitional phase where

oestrogen level decreases due to which menstrual irregularities are commonly observed.

- Stress can cause HPA axis dysfunction, due which menstrual abnormalities are seen.

- PCOS disturbs the normal hormonal cycle of a woman causing irregular menses.

- Thyroid disorders can be a cause for menstrual abnormality.

- Uterine fibroid common cause for increased uterine bleeding

- Ovarian cyst can sometimes produce hormones that disrupt the normal menstrual cycle. Functional cysts may dissolve by themselves, but pathological cysts need medical attention.

- Endometriosis

- Under weight or Over weight

- Excessive workouts can trigger stress response, releasing hormones that disrupt normal cycle.

- Medications like Aspirin, NSAIDS, thyroid medication, antidepressants, epilepsy drugs, or chemotherapy can either increase or decrease production of hormones that disturbs normal menstruation.

- Cervical and endometrial cancer can cause abnormal bleeding.

When to Seek Help

While occasional menstrual irregularities are common due to an unhealthy lifestyle and often resolve on their own, persistent or severe symptoms should not be ignored. If your periods are excessively painful, heavy, prolonged, or absent for long periods, it's important to see a healthcare provider. Early detection of conditions like endometriosis, fibroids, hormonal imbalances or even cancer can help with effective treatment and management. Women should never hesitate to discuss menstrual issues with their doctor, as they can be *see page 6*



Women: From Legacy to Empowerment

■ **Lalit Nath**

Itakhola

The power of women has been eternal, radiant and ever-inspiring across the ages. Since the dawn of civilization, women have shaped the world as creators and preservers, as luminous suns of wisdom and as embodiments of sacrifice and endurance. At times, they have been an ocean of boundless affection, at times, a symbol of unwavering patience and at times, a blazing flame of courage, inspiring society. A woman embodies strength, overcomes misfortune, bestows knowledge, exudes patience and grace, and remains an inseparable companion in life. She is an inevitable force of creation, a being illuminated by the light of wisdom. "Hindu mythology reveres women as symbols of devotion, strength and wisdom, reflecting the evolving perception of womanhood. In the Vedic era, women were granted equal status and rights as men. They held prominent positions in society and contributed significantly to Vedic literature. Scholars like Vishvavara, Atreyi, Apala, Ghosha, Kakshivati, Nibavari, Lopamudra and Jarita enriched Vedic texts with their wisdom. The Brihadaranyaka Upanishad mentions Gargi Vachaknavi, a renowned philosopher who debated Rishi Yajnavalkya, showcasing her intellect and confidence. Similarly, Maitreyi, the wife of Yajnavalkya, participated in profound philosophical discussions,

demonstrating her intellectual prowess. Hindu deities also embody the strength and wisdom of women. Goddess Parvati represents love, devotion and determination, while Goddess Saraswati symbolizes knowledge, creativity, and eloquence. The great epics, Ramayana and Mahabharata, abound with stories of powerful women. In the Ramayana, Goddess Sita is revered for her unwavering devotion, strength and purity. In the Mahabharata, Draupadi's ordeal during the disrobing attempt by Dushasana remains a powerful reminder of the importance of gender equality and women's rights. "Despite their vital role in shaping civilization across science, arts, politics, and business women have long suffered under patriarchal structures, religious orthodoxy and limited access to education. Even in the 21st century, they continue to endure violence, oppression, sexual assault, exploitation and dowry-related crimes. To safeguard women's rights, India has enacted several laws over time, including the Hindu Marriage Act (1955), the Immoral Traffic Prevention Act (1956), the Dowry Prohibition Act (1961) and the Protection of Women from Domestic Violence Act (2005). Yet, crimes against women remain alarmingly high. According to the National Crime Records Bureau (NCRB) 2022 report, as cited by Hindustan Times, crimes against women in India increased by 4%, with 4,45,256 cases registered in 2022 compared to 4,28,278 in 2021.

The crime rate per lakh women population rose from 64.5 in 2021 to 66.4 in 2022. "The global struggle for women's rights led to the recognition of March 8 as International Women's Day in 1913. This day honours the social, economic, cultural and political achievements of women while raising awareness against gender-based discrimination and violence. Each year, a theme is chosen to reflect the urgency of advancing women's rights. The theme for International Women's Day 2025 is 'Accelerating Action,' emphasizing urgent efforts to advance gender equality. The UN Women's theme, "Rights, Equality and Empowerment for All Women and Girls, focuses on ensuring equal opportunities and fostering growth. On this day, various events, campaigns and discussions are held worldwide to promote gender equality, challenge societal biases and advocate for women's empowerment. India, with its rich cultural heritage, has made continuous efforts to uplift women. Significant progress has been made in education, employment and political representation. Women have broken barriers, excelling in fields historically dominated by men and inspiring future generations. In recent years, the Indian government has launched various initiatives to empower women, focusing on education, financial security, health, legal protection and skill development. Assam has also seen remarkable progress in women's education and entrepre-

neurship. The Mukhya Mantri Mahila Udyamita Abhiyan has provided financial aid to 3.9 million women, helping them achieve an annual income of at least one lakh rupees. Institutions like Assam Women's University and programmes like the Konoklota Women Empowerment Scheme have played a crucial role in promoting gender equality. Various governmental and non-governmental organizations continue to work toward skill development, financial assistance and leadership training for women. "As we celebrate International Women's Day 2025, it is crucial to reflect on both the achievements and struggles of women. This day is an opportunity to recognize the progress made while reaffirming our commitment to women's empowerment. By investing in education, healthcare, economic independence and legal protection, we can create a society where every woman and girl can realize her full potential. Only through women's empowerment can a nation truly progress. Women are not weak, nor are they helpless—they are embodiments of strength. As Mahatma Gandhi rightly said: "To call woman the weaker sex is a libel; it is man's injustice to woman. If by strength is meant moral power, then woman is immeasurably man's superior." Rather than merely acknowledging women as symbols of power, ensuring their equal rights and rightful recognition is the true essence of empowerment.

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Bani Mandir Publication Group Donates Books to DHSK Commerce College on 75th Anniversary

Staff Reporter, Dibrugarh : Marking its 75th year of dedicated service to literature and education, Bani Mandir Publication Group, Dibrugarh, donated a substantial collection of books to Dibrugarh Hanumanbox Surojmol Kanoi Commerce College. The donation, comprising 226 books, was made on the occasion of the publication house's platinum jubilee, celebrating its establishment on January 29th, 1949. The generous contribution aims to



enhance the college's library resources, benefiting students, teachers, and the wider community. The books cover a wide range of subjects, reflecting Bani Mandir's commitment to promot-

ing knowledge and intellectual growth. The donation ceremony was attended by key representatives from Bani Mandir Publication Group, including Sri Ujjal Hazarika, Mrs.

Rituparna Hazarika, and Pradipta Sankar Hazarika. They expressed their delight in contributing to the academic development of DHSK Commerce College, highlighting the importance of fostering a culture of reading and learning. Sri Pawan Kumar Garodia, President of the Alumni Association of DHSK Commerce College, was also present at the event and received the books on behalf of the college. He expressed his gratitude to Bani Mandir

Publication Group for their thoughtful gesture, emphasizing the significant impact the books would have on the college's academic environment. Bani Mandir Publication Group, a cornerstone of Dibrugarh's literary landscape, has been instrumental in publishing and promoting Assamese literature for the past 75 years. This donation further solidifies their commitment to nurturing the next generation of scholars and readers.



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Renowned Literary Figure Sahityacharya Dr. Karabi Deka Hazarika Honored at an Event in Dibrugarh



M Hashim Ali, Dibrugarh : A solemn ceremony was organized in Dibrugarh to honor the eminent writer, Sahityacharya Dr. Karabi Deka Hazarika, through a joint initiative of Sandhani Mahila Sora and Upasana Kola Kendra on 2 March. The event commenced with an inaugural speech by Niharika Shrutikar, the President of Sandhani Mahila Sora. The Chief guest lit the ceremonial lamp, followed by an invocation by Dr. Sumi Phukan,

marking the official beginning of the program. Subsequently, Upasana Kola Kendra, Sandhani Mahila Sora, and the Banipur branch of Sahitya Sabha felicitated Dr. Hazarika with a traditional Phulam Gamosa, Seleng Sadar, a certificate of honor, and floral tributes presented by young children. Dr. Karabi Deka Hazarika captivated the audience with a profound and heartspeech on the topic "Sahitya-Sur aru Shakti". The event also featured a song performance

by Sumi Phukan and a poetry recitation by Lakhahira Gogoi. Distinguished guests such as Tarun Kumar Gogoi, president of Upasana Kola Kendra, Nomal Chandra Gogoi, representing Dibrugarh Sahitya Sabha, Dr. Pankaj Kumar Shrutikar, Secretary of Dibrugarh Red Cross Society, and Indra Gogoi, former president of Dibrugarh District Sahitya Sabha, extended their heartfelt congratulations to Dr. Hazarika through their speeches. Additionally, new members, including Dr. Sultana Hazarika, Mitali Deori, and Purabi Bora, were introduced and inducted into Sandhani Mahila Sora. Neva Bora Baruah, former secretary of Sandhani Mahila Sora, extended a vote of appreciation.

India's First Mobile Clinic For Captive Elephants Launched At Kaziranga National Park In Assam

Kaziranga : Kaziranga National Park in Assam witnessed the launch of the country's first mobile clinic exclusively for elephants on Monday. The facility, named Haathi Sewa, has been introduced by Wildlife SOS, an NGO, in collaboration with forest departments across the country to provide medical care to captive elephants in need of treatment. The clinic aims to help blind, injured and abused elephants suffering from health issues like leg pain, infections and stomach problems. It is part of Wildlife SOS' campaign to treat captive elephants forced to beg on streets. The mobile clinic was launched during a health and treatment camp for elephants at Kaziranga, organized in association with the



Assam forest department. More than 40 captive elephants, primarily engaged in anti-poaching patrols in Kaziranga, received health check-ups and medical assistance during the camp. A similar camp will be conducted at Manas National Park, another crucial Asian elephant reserve in the state. Kartick Satyanarayan, Co-founder and CEO of Wildlife SOS, expressed pride in the initiative, stating, "With this clinic, we aim to provide medical out-

reach, treatment and care to elephants in dire need across the country." Geeta Seshamani, Co-founder and Secretary of Wildlife SOS, said many captive elephants die early because they don't get proper care. She added that their mobile clinic aims to prevent such deaths. Sonali Ghosh, the Director of Kaziranga National Park and Tiger Reserve, lauded the initiative, calling it a "remarkable moment" for elephant welfare in the country.

Continue from page no 3

Menstrual Health Matters : The Essential Guide To Recognise And Addressing Abnormalities

signs of underlying health conditions that may need immediate attention. Lifestyle changes, Medical management or even surgical interventions may be necessary, depending on the cause of the irregularity.

Ayurveda, the science of life has quoted many references for treating menstrual abnormalities. Those management principles were proposed mainly based on lifestyle changes and certain Ayurvedic formulations. In addition to that, Yoga is an integral part of Ayurveda and can play a vital role in maintaining women's health.

Some Common Remedies for maintaining good menstrual health:

1. Tea prepared out of Ginger(0.25part), Ashoka bark (0.5part), Carom seed (Ajwain) (0.25part) all together 1Tea spoon full, Pinch of Asafoetida (Hing) for a cup of tea, drink twice daily 1week prior to menstrual cycle.
2. Garlic (5cloves) and Black Sesame seeds (1-2 tea spoon full) fried with 10ml Sesame oil or consumable castor oil daily twice with meal, 5days prior menstrual cycle.
3. Tea prepared out of Cinnamon, Carom seed (Ajwain), Black pepper (all together 1/2 Tea spoon for a cup of tea) drink twice daily adding 1 tea spoon full of Ghee (Cow).

Life style changes

Dos	Don'ts
<ul style="list-style-type: none"> ■ Maintain menstrual and personal hygiene ■ Keep yourself well hydrated ■ Get proper sleep of around 6-8hours ■ Track your cycle ■ Take more fruits and veggies-Balanced diet ■ Seek medical attention if symptoms are severe ■ Adequate rest ■ Exposure to early morning Sun 	<ul style="list-style-type: none"> ■ Avoid junk foods- heavy, oily, greasy, spicy food ■ Avoid refined grains and foods products. i.e. refined oil, sugar, maida ■ Avoid heavy workouts ■ Alcohol, smoking, tobacco, caffeine ■ Tight clothings ■ Awakening till Late night ■ Skip meals ■ Stress

Yoga asanas for good uterine health:

Just 30 Minutes of yoga and meditation every morning can have a profound impact on menstrual health and overall well-being.

- Shashanka asana
- Pavanmukta asana
- Sarvanga asana
- Bhujangasana
- Dhanurasana

In addition to above Surya namaskar is very much beneficial for women health.

Conclusion

Menstrual irregularities are a prevalent yet often enigmatic aspect of women's reproductive health. However, by acknowledging the signs & symptoms and grasping underlying causes, women can assume control of their well-being and pursue timely medical intervention. Adopting a healthy lifestyle, managing stress, and avoiding harmful habits can significantly mitigate the adverse effects on health. Understanding your body is key to maintaining overall health and wellness, and when it comes to your menstrual cycle, knowledge is power.

(The article is compiled from textbooks of Gynaecology, reliable articles, and websites. Picture source: Internet)



Women Referees' Workshop to be Held in Shillong



Shillong : Reliance Foundation Youth Sports (RFYS), in collaboration with the All India Football Federation (AIFF), is set to host the Women's Football Referees Workshop in Shillong on March 8-9. The workshop will be organized as part of a nationwide initiative to upskill and inspire over 170 women match officials. This workshop, aimed at strengthening the refereeing ecosystem and fostering inclusivity in Indian football, will bring together aspiring match officials from Meghalaya and neighbouring states. The series of workshops begins in Srinagar (Feb 21-22) and continues in Kolkata (March 1-2), Shillong (March 8-9), Chennai (March 15-16), and Mumbai (March 19-20).

International Master Mayank Chakraborty Wins Prestigious Chess Tournament at AEC



Guwahati : International Master Mayank Chakraborty of South Point School won the Chess tournament organized by the Assam Engineering College Chess Club during its annual student festival. Mayank, the top seed of the tournament, achieved an impressive score of 8.5 points out of a possible 9 to secure the championship. Soram Rahul Singh from Cachar took second place, while Tanmay Rajbongshi from Guwahati finished third in the final rankings.

Assam Clinch 10 Medals at Inter-University Wushu Championship

Guwahati : Assam's universities delivered an impressive performance at the All India Inter-University Wushu (Men & Women) Championship 2024-25, securing a total of 10 medals. The tournament concluded in Mohali on Thursday. Bodoland University led the medal tally for Assam with seven medals, including two gold, one silver, and four bronze. Meanwhile, Guwahati University claimed three medals—two gold and one bronze. Medal Winners: Bodoland University -Daisy Rabha (Gold medal in Baguazhang event), Damanti Barman (Gold medal in Traditional Kung-fu), Chibika Ramchiary (Silver medal in traditional kung-fu). Hemsrang Brahma (Bronze medal in Nandao event). Kamal Kumar Boro (Bronze medal in Taichijian).



Hemsrang Brahma & Kamal Kumar Boro (Bronze medal in Dual event). Ajwli Daimari (Bronze medal in below 56 kg Sanda event). Guwahati University: Roitoli Boro: (Gold medal in Taichiquan event). Suhana Ahmed (Gold medal in Traditional Kung-Fu). Barsha Diya Bordoloi (Bronze medal in Baguazhang event).

Ghanshyam Boruah passes away

Guwahati : Ghanshyam Boruah, the former treasurer of the Assam Cricket Association and former professor of Gauhati University, passed away in the city after a prolonged illness. He was 82 years old and is survived by a host of relatives. Boruah, who served as the treasurer for a long period, played a

pivotal role in advancing the activities of the Assam Cricket Association, including the construction of the ACA Stadium, Barsapara. ACA president Taranga Gogoi, secretary Tridib Konwar and Apex Council Members have expressed their condolences to the bereaved family members.

Biswanath Pirates Sail to Victory in Late Wasim Ahmed Memorial Veterans T20 Cricket Tournament

Biswanath Chariali : Biswanath Pirates' Veterans beat Nirvana Cricket Academy Veterans by seven wickets in the final of the Late Wasim Ahmed Memorial Veterans T20 Cricket Tournament held at Biswanath Chariali Stadium today. Nirvana Cricket Academy Veterans won the toss and elected to bat first. They scored 138 runs with the help of Rakesh Sharma's 47. Amir Noor and Manas Prateek took two wickets each. In reply, Biswanath Pirates' Veter-



ans reached the target with Tajuddin Ahmed's unbeaten 70 and Bikash Kurmi's unbeaten 33. Tajuddin Ahmed was named the best player of the match while the player of the series was won by BTC Veterans' player Kairen Singh. A number of

sports organizers, the family members of Late Wasim Ahmed, including Javed Ahmed and Semim Ahmed, and others were present at the prize distribution ceremony. The programme was conducted by sports organizer Ishan Saikia.



O. P. Nayyar

Omkar Prasad Nayyar (16 January 1926 – 28 January 2007) was an Indian film music composer, singer-songwriter, music producer, and musician. He is considered to be one of the most rhythmic and melodious music directors of the Hindi

film industry. He won the 1958 Filmfare Award for Best Music Director for *Naya Daur*. Nayyar worked extensively with singers Geeta Dutt, Asha Bhosle, Mohammed Rafi, though not with leading Bollywood female singer Lata Mangeshkar.

O. P. Nayyar had recognised Kishore Kumar long before he became a popular singer. The film like *Baap Re Baap* (1955) is one of Kishore Kumar hits in the characteristic "O. P." style as well as the film *Raagini* (1958), but the relationship did not endure.



Early life and career



Nayyar was born in Lahore, British India (present Pakistan). He never received any formal music training. He composed the background score for *Kaneez* (1949), and 1952's *Aasmaan* (produced by Dalsukh M. Pancholi), was his first film as music director. Nayyar then composed music for *Chham Chhama Chham* (1952) and *Baaz* (1953). Film producer, director and actor Guru Dutt enlisted him to compose and conduct music for *Aar Paar* (1954), *Mr. & Mrs. '55* (1955) and *C.I.D.* (1956). Nayyar's early work was primarily performed by Shamshad Begum, Geeta Dutt and Mohammed Rafi, with Asha Bhosle introduced in *C.I.D.* Nayyar never worked with Lata Mangeshkar, though her song *Saari Saari Raat Teri Yaad Satayein* from the 1958 film *Aji Bas Shukriyas* was used in the 1973 Hindi film *Taxi Driver*, for which he was the music director. Nayyar's favorite Raga is *Pilu* in Hindustani classical music, its equivalent in Carnatic music being *Kapi* (raga) which eventually remained source for

majority of his compositions, but he has been able to mesmerize everyone with no clues. In 1957 Filmalaya introduced Nasir Hussain, who wanted a composer to provide romantic scores for newcomers Shammi Kapoor and Ameeta. Nayyar's scores were featured in the Hussain films *Tumsa Nahin Dekha* (1957) and *Phir Wohi Dil Laya Hoon* (1964). During the decade, state-controlled All India Radio banned most of Nayyar's songs because the broadcaster considered them too "trendy". According to music and film expert Rajesh Subramanian, "Aap Ke Haseen Rukh" (from *Baharen Phir Bhi Aayengi*) was planned with full orchestration but many of the musicians were late for the recording. After a disagreement with Mohammed Rafi, Nayyar began working with singer Mahendra Kapoor.[6] Kapoor performed Nayyar's song "Badal Jaaye Agar Maali, Chaman Hotaa Nahi Khaali" in *Bahaaren Phir Bhi Aayengi*. Based on a Bengali language song *Ekla Chalo Re* by Rabindranath Tagore, Nayyar composed "Chal Akelaa, Chal Akelaa" (sung by Mukesh in 1969 film *Sambandh*). Nayyar co-produced songs with Shamshad Begum (including "Kajra Mohabbatwala"), and after Madhubala's 1969 death Vyjayanthimala, Sadhana, Mala Sinha, Padmini, Asha Parekh and Sharmila Tagore lip-synced several Nayyar-Bhosle songs. Nayyar

and Bhosle parted ways in 1974, and he then worked with Dilraj Kaur, Krishna Kalle, Vani Jayaram and Kavita Krishanmurthy. Majrooh Sultanpuri and Sahir Ludhianvi wrote the lyrics for some of Nayyar's earlier songs, including "Naya Daur". Nayyar also worked with developing lyricists such as Jan Nisar Akhtar, Qamar Jalalabadi, S. H. Bihari and Ahmed Wasi. He began the tradition of assigning full, three-minute songs to comedians. Om Prakash sang Nayyar's "Churi Bane Kanta Bane" in *Jaali Note* and *Eent ki dukhi paan ka ikka* in *Howrah Bridge* and Johnny Walker sang "Aye Dil Hai Mushkil Jeena Yahaan" in *CID*, "Jaane

Kahan Mera Jigar Gaya Jee" in *Mr. & Mrs. '55*, "Main Bambaika Baaboo, Naam Meraa Anjaanaa" in *Naya Daur* and "Bajewala" in *Basant*. In addition to songs for Asha Bhosle and Geeta Dutt's, Thandi Thandi Hawaa, Nayyar wrote "Yeh Desh Hai Veer Jawaanonkaa" (featuring Dilip Kumar and Ajit) for *Naya Daur* (1957). The song earned him the 1958 Filmfare Best Music Director Award. The last Nayyar song performed by Bhosle was "Chain Se Humko Kabhi". Intended for Pran Jaye Par Vachan Na Jaye (1973), disappeared in the film's final cut but won Bhosle the 1975 Filmfare Award for Best Female Playback Singer. Nayyar was less active in the 1970s and did not compose music for younger actors such as

Rajesh Khanna and Amitabh Bachchan. His films included Dilip Kumar, Raj Kapoor, Dev Anand, Guru Dutt, Dharmendra, Shammi Kapoor, Joy Mukherjee, Biswajit, Feroz Khan, Bharat Bhushan, Madhubala, Asha Parekh, Sadhana, Mumtaz, Sharmila Tagore, Rajshree, Rekha, Ameeta and Shyama. In addition to Hindi films, Nayyar composed for Neerajanam 1989 film in Telugu. He made a brief comeback during the 1990s with *Mangni* and *Nishchay* in 1992 and *Zid* in 1994. O.P. Nayyar played a major part in shaping up Asha's career, but Asha rarely mentions it. She mentions S. D. Burman's name instead. Why OP and Asha parted away in 1974, neither of them ever talked about it.

Personal Life

He had three brothers: Elder brother colonel G. P. Nayyar (a retired army dentist in Secunderabad who died in 2010), then Dr. H.P. Nayyar (a physician, who died in 2005) the younger one is P. P. Nayyar (a physician, who was kidnapped in Australia since then he is missing). O. P. Nayyar's wife, Saroj Nayyar was a stage dancer before marriage and she came in touch with O. P. Nayyar at Lahore Radio Station at that time he was a singer at that station, Saroj Nayyar wrote the lyrics to "Preetam Aan Milo" (originally sung by C. H. Atma in 1945 which was used later in the film *Mr. & Mrs. '55* by Geeta Dutt). They had daughters Sonia, Annapurna, Laxmi and son Ashish. Niharica Raizada an actress from Luxembourg, is his brother's granddaughter. He is reported to have had an affair with Asha Bhosle. They broke up in 1972. His last song sung by Asha Bhosle was "Chain se hum ko kabhi aap ne jeene na diyaa", for the movie *Pran Jaye Par Vachan Na Jaye* in 1974.



The song was never included in the movie, however Asha won the Filmfare Best Singer award of 1974 for the same song. Asha did not go to the awards function, but O. P. Nayyar accepted the award for her.



After Sanam Teri Kasam's successful re-release, Deepak Mukut to now re-release Shaadi Mein Zaroor Aana



The re-release trend refuses to die down and the success of Sanam Teri Kasam (2016) and Yeh Jawaani Hai Deewani (2013) in their re-runs has motivated many filmmakers to follow suit. Deepak

Mukut, whose company Soham Rockstar, presented Sanam Teri Kasam, seems to be happy that the cult love story finally got its due in cinemas, which it didn't during its original run in

theatres 9 years ago. This month, he's all set to get another film in cinemas – Shaadi Mein Zaroor Aana (2017). Interestingly, the film will re-release on March 7, that is, in the Women's Day week. Like Sanam Teri Kasam, Shaadi Mein Zaroor Aana also didn't work as intended in cinemas and collected just Rs. 11.14 crores. But over the years, it achieved a cult following due to its plot, dramatic moments, performances and the song 'Thukra Ke Mera Pyaar'. The track has a separate fan base and its picturization is quite memorable.

Alia Bhatt deletes all photos of daughter Raha from Instagram Sparking online speculation



Alia Bhatt's fans quickly noticed that she has removed all pictures of her daughter Raha from her Instagram account, except the ones where her back is facing the camera. This action has sparked discussions on social media, with many users speculating about the reasons behind her decision. Alia Bhatt has recently removed all photos showing her daughter Raha's face from her Instagram account. This includes images from special occasions like the grand Jamnagar celebration and their Paris trip, where Raha was pictured but her face was visible in some posts. However, in her New Year's Day post, Alia shared a glimpse of Raha, but her face was not shown, keeping her privacy intact. This change has sparked some curiosity and speculation among fans, especially since Alia had shared her daughter's pictures before. The decision has led to discussions about the importance of protecting children's privacy, particularly for public figures. Some Reddit users supported Alia's decision, commenting, "As a parent, she should do whatever she feels is a protective action," "Nice decision," and "Honestly, a good decision. I hope the paps realize this, stop bothering them all the time, and respect the kids' privacy and the parent's decision."

Malavika Mohanan joins a big-banner Bollywood rom-com project

Malavika Mohanan is steadily carving her own path as a rising Pan-India actress. Having worked across multiple industries, she has proven her versatility with diverse roles and collaborations. From critically acclaimed performances to big-banner projects, she continues to explore multiple projects.



Netflix drops Nadaaniyan trailer featuring Ibrahim Ali Khan and Khushi Kapoor in a tale of love and chaos



Netflix has released the trailer for Nadaaniyan, offering a glimpse into the whirlwind romance between Pia Jai Singh (Khushi Kapoor) and Arjun

Mehta (Ibrahim Ali Khan). What starts as a simple arrangement soon takes an unexpected turn as emotions take over. Nadaaniyan follows Pia (Khushi Kapoor), a South Delhi diva crafting her perfect love story, and Arjun (Ibrahim Ali Khan), a middle-class overachiever aiming to lead the debate team. When Pia convinces Arjun to pose as her boyfriend for a flawless romantic facade, their no-strings-attached plan unravels as real feelings and misunderstandings take over, challenging the idea of a scripted love.

Kareena Kapoor Khan becomes Fable & Mane's first global ambassador

Fable & Mane, the Ayurvedic-inspired hair wellness brand, has named Bollywood icon Kareena Kapoor Khan as its first Global Brand Ambassador. The announcement comes ahead of the brand's 5th anniversary, with a special campaign featuring Kareena set to launch in April. Known for her timeless beauty and authenticity, Kareena represents the brand's ethos of blending tradition with modern self-care.



From page 1

New Private Universities in Assam to

examinations at a school run by his trust in the state. Sarma announced on Tuesday that the Cabinet decided to make the Assam Private Universities Act 2007 more stringent by making a “national security clearance” issued by the state government’s Home and Political Department a necessary prerequisite for setting up a private university. “Just having land and buildings will not be enough; they will also need security clearances from a national security perspective. Furthermore, private universities will have to be completely secular and cannot be associated directly or indirectly with conversion activities. And if they are found indulging in this, their registrations can be instantly cancelled,” he said.

Assam Cabinet approves Maa

aim to provide industry-focused education and research opportunities. To regulate private universities, the Cabinet has amended the Assam Private Universities Act, 2007, making security clearance mandatory before their establishment. The amendments also set clear operational boundaries to differentiate them from specialized institutions, ensuring compliance with state education norms. In a move to boost industrial growth, the Cabinet approved the Assam Electronics System Design & Manufacturing (ESDM) Policy to attract investments in the electronics sector and strengthen local manufacturing capabilities. The Cabinet also introduced key reforms to support unemployed graduate and diploma engineers by easing pre-qualification criteria for government project bids. Eligible bidders must have a net worth of 35% of the Notice Inviting Tender (NIT) value, with an option to form a Special Joint Venture (SJV) if individual financial requirements are unmet. Participants under this category will receive access to major construction equipment and technical support. “Additionally, the Cabinet approved the inclusion of Engineered Bamboo Composite Materials in the Schedule of Rates (SOR) under PWD (Building & National Highways) to promote Assam’s bamboo industry and sustainable construction. It is now mandatory to use at least 5% bamboo-based materials in new public buildings to encourage eco-friendly infrastructure development.

Assam Government Announces Major

Enterprises Department. Additionally, Bordoloi has been given the additional charge of Officer on Special Duty (OSD) to the Chief Minister of Assam. Notably, the state government has issued new postings and transfers within the Assam Civil Service (ACS):

- Richard Rongpi, ACS, who had been awaiting posting, has been appointed as Under Secretary to the Government of Assam, Fishery Department.
- Dhiraj Saud, ACS, who was on deputation to the Welfare of Bodoland Department as Secretary of the Bodoland Territorial Council and Additional Director of the Bodoland Administrative Staff College in Kokrajhar, has been repatriated. He will now serve as Joint Secretary to the Government of Assam, Personnel Department.
- Ruth Lienthang, ACS, who previously held the position of Joint Secretary to the Government of Assam, Personnel Department, has been transferred and appointed as Chief Executive Officer (CEO) of the Zilla Parishad in Hailakandi. However, she will remain in her current role until Dhiraj Saud takes over her position.

Governor Releases Book

stories which was originally penned by Shri P.S. Shreedharan Pillai, the Governor of Goa. The book ‘DebodutorSannidhya’ has been translated by BarnaliDekaBorthakur. During the event, Governor Shri Acharya highlighted the importance of books, calling them “the best companions in life,” and emphasized, “how reading is a gateway to experience the world’s finest wisdom. There is perhaps no greater joy than reading,” he remarked, underscoring the significant role good books play in shaping human life. Shri Acharya spoke highly of Governor Shri Pillai, who is not just a thinker and scholar but a sensitive and accomplished litterateur whose literary identity transcends his gubernatorial duties. He praised Shri Pillai’s love of literature, noting that he has authored over 250 books, making his literary contributions exemplary. His vast knowledge across a wide range of subjects—politics, law, culture, history, society, and economics—adds to his prominence. He also lauded Shri Pillai for his role in Sanskrit scriptures which according to him elucidate the origins of the “VamanaVriksha Kala” (Bonsai) in India. Additionally, he mentioned that under Shri Pillai’s leadership, statues of Acharya Sushruta, the father of surgery, and Maharishi Charaka, the father of Ayurveda, were installed at Raj Bhavan in Goa. This initiative underscores his commitment to preserving and promoting India’s rich cultural and scientific heritage. Further, Shri Acharya highlighted how Shri Pillai’s literary contributions transcend the written word, playing a pivotal role in social uplift. His works inspire reflection on national unity, cultural values, ethics, and social justice. Governor Shri Acharya also said that he sincerely believes that the book ‘DebodutorSannidhya’ will serve as a valuable gift to Assamese literature.

Health workers of NHM launch pen down programme in Margherita



Margherita : The All Assam Health and Technical Workers Union, NHM, Assam, has launched a three-day pen down programme across the state starting from today till March 6, bringing government hospitals in the state to a standstill. Employees working under Ketetong Block Primary Health Centre, Margherita also participated at the premises of Margherita FRU/Civil Hospital. In Margherita FRU/Civil Hospital, doctors, nurses, and technicians under All Assam Health and Technical Workers Union NHM, Assam, joined the three-day pen down programme, causing problems for patients who came from far flung areas. A total of 110 employees under Ketetong Block Primary Health Centre, working at Jagun MPHC, Digboi FRU/Civil Hospital, Tirap Gate State Dispensary, Hasak MPHC, Ledo MPHC, Pengree MPHC, Kothalguri Model Hospital, and Margherita FRU/Civil Hospital participated at the pen down programme. They were working for many years but unfortunately have been deprived of basic rights, said Nihar Ranjan Chetia, President of All Assam Health and Technical Workers Union, NHM Tinsukia District Committee. Nihar Ranjan Chetia said that due to lack of response and gross negligence shown towards their demands by the Assam Government, they have been compelled to start the pen down programme at their workplaces. Chetia said that they submitted memorandums to the Mission Director, National Health Mission, Assam and Government of Assam several times but nobody gave importance to their prayer. “We demand immediate regularization of services for all NHM technical employees through special recruitment drive against existing vacancies and new vacancies to be created at newer health institutions and suspension of fresh recruitment until NHM employees are fully absorbed against vacancies, till the 8th Pay Commission recommendations/ regularization process come into force, salary as per the 7th pay commission recommendation with pay fixation and immediate release of incremental arrear salaries with effect from January 1, 2016 and implementation of Supreme Court verdict 213 of the year 2013 (equal pay for equal work), along with gratuity, equal leave policy, equal pension scheme, equal death benefits, equal health insurance schemes and equal bank loan facilities as similar to that of state government regular employees. Otherwise, in the coming days we shall call for an indefinite pen down programme,” said Chetia.



স্বাস্থ্য সচকাৰ
স্বাস্থ্য, স্বাস্থ্যসেবা বিভাগ আৰু আৰোগ্য পৰিকল্পনা বিভাগ

স্বাস্থ্য সুরক্ষা সুনিশ্চিতকৰণৰ
চৰকাৰৰ অভিনৱ জনসুস্থী সন্ধান

মাৰ্চ - ২০২৫ত

অন্ন সেৱা দিন

১-১০ মাৰ্চ ২০২৫



গ্ৰাহকলৈ আৰম্ভণি

জিচেম্বৰ-২০২৪ত নতুনকৈ বেচন কাৰ্ডপ্ৰাপ্ত সমূহ পৰিয়াল তথা সকলো নতুন হিতাধিকাৰীক সন্মানি

মুঠ পৰিয়াল
৭০,৫২,৫২৪টা

মুঠ হিতাধিকাৰী
২,৪৫,৪৭,৫৭৬গৰাকী

এই বিশেষ দিনকেইটাত

ৰাষ্ট্ৰীয় খাদ্য সুৰক্ষা আইনৰ অধীনত

প্ৰধানমন্ত্ৰী গৰীব কল্যাণ অন্ন যোজনাৰ হিতাধিকাৰীৰ বাবে

৩৫
অভ্যুদায়ী অন্ন যোজনা (AAY)ৰ
অধিনায়ে, আৰু পৰিয়ালক

৫
অধ্যাদিকাৰপ্ৰাপ্ত পৰিয়াল (PHH)ৰ
অধিনায়ে, আৰুপ্ৰধানমন্ত্ৰী হিতাধিকাৰীক

প্ৰাপ্ত কৰা হ'ব



যোৱা জিচেম্বৰ মাহত নতুনকৈ সংযোজন হোৱা সকলো হিতাধিকাৰীক এই মাৰ্চ মাহৰ অন্ন সেৱা দিনৰ ভিতৰত (১ মাৰ্চৰ পৰা ১০ মাৰ্চলৈ) তেওঁলোকৰ e-KYC প্ৰমাণীকৰণ সম্পন্ন কৰিবলৈ আনুৰোধ জনোৱা হ'ল।

এই বিশেষ দিনকেইটাত সুলভ মূল্যৰ দোকানৰ পৰা কিনিবলৈগৈ চাউল সংগ্ৰহ কৰক
শান্ত কৰা চাউলৰ বিপৰীতে e-POS মেচিন সৃষ্টি কৰিব সংগ্ৰহ কৰক

সুলভ মূল্যৰ দোকানীৰ কৰণীয়

- ১) অন্ন সেৱা দিন সম্পৰ্কে ব্যাপক প্ৰচাৰণৰে হিতাধিকাৰীসকলক বাধ্যতামূলকভাৱে অৱগত কৰোৱা
- ২) অন্ন সেৱা দিনৰ প্ৰতিটো দিনতে সিনেজাৰটক দোকান খোলা ৰখা
- ৩) হিতাধিকাৰীসকলৰ আপ্য চাউল 'অন্ন সেৱা দিন'ত সম্পূৰ্ণ বিতৰণ সুনিশ্চিত কৰা
- ৪) হিতাধিকাৰীয়ে শান্ত কৰা চাউলৰ বিপৰীতে e-POS মেচিনৰ বাৰিন (Receipt) প্ৰদান কৰা

কোনো হিতাধিকাৰীয়ে সঠিক পৰিমাণৰ চাউল নাপালে
১৮০০-০৪৫-০৬১১ | ১১৬৭
টোল ফ্ৰী নম্বৰত পূৰ্বা ৯:০০ বজাৰ পৰা গন্ধিয়া ৬:০০ বজালৈ মেগাফোন কৰিব পাৰিব

Japanese Language Course at Dibrugarh University to Begin from Next Academic Year



Dibrugarh : Assam Chief Minister Himanta Biswa Sarma has said that Dibrugarh University will be introducing a Japanese language course starting next academic year. "Taking forward our plans to equip youths with Japanese language skills, Dibrugarh University will start with Japanese language course from next academic year," CM Himanta Biswa Sarma said. Recently, a Japan Caravan was organized on

the campus by the Japan Foundation to lay the foundation for the upcoming engagements, he said. Dibrugarh University signed a memorandum of understanding with the Mirai Japanese Learning Center last year. The collaboration was aimed at introducing Japanese language courses tailored for students, enabling them to tap into the growing demand for skilled professionals in Japanese-speaking markets. The

Mirai Japanese Learning Center, known for its comprehensive language programs, offers a 100% placement in Japanese companies. As Japan actively recruits skilled professionals internationally, this initiative will provide Assam's students with a significant advantage, enhancing their employability and opening up extensive career opportunities within Japanese companies and beyond. In another similar move, Dibrugarh University has introduced a 'One Year Certificate Course' in Korean Language in collaboration with the World Fragrant Cooperation (WFC), Sejong, Republic of Korea, and in association with the Borahi Foundation, Assam, earlier in the year 2023.

Dibrugarh Gears Up to Welcome PT Usha for Special Felicitation by DDSA



Dibrugarh : Dibrugarh is set to welcome PT Usha, the Queen of Track and Field, as she will arrive in the city today. Her visit will begin with a stop at the Dibrugarh District Sports Association (DDSA), followed by a felicitation ceremony at 3:30 PM at the DDSA Sarbananda Sonowal Sports Complex.

The event will recognize her contributions to Indian athletics as an Arjuna Awardee, Rajya Sabha MP, and President of the Indian Olympic Association. Her presence in Dibrugarh is expected to inspire young athletes and sports enthusiasts across the region. Meanwhile, the Consul General of the United States, Kathy Giles-Diaz, visited Kaziranga on Saturday as part of her official tour to Assam. Upon her arrival, she was received by the Co-District Commissioner of Bokakhat, Shivani Jerngal. Later in the afternoon, she visited Numaligarh Refinery Limited (NRL), where she was welcomed by

the District Commissioner of Golaghat, Pulak Mahanta, along with senior officials of the refinery. At the Administrative Building of NRL, she engaged in an interactive meeting with refinery officials. During the meeting, Giles-Diaz emphasized the importance of energy security, which was one of the key focus areas during the first bilateral meeting between US President Donald Trump and Indian Prime Minister Narendra Modi. She expressed the possibility of strengthening the energy partnership between the two nations, highlighting the significant role Assam could play in this collaboration.

India bury the ghost of Australia, storm into final

Abhijit Kalita, Guwahati: Virat Kohli shone with an 84-run knock as India defeated Australia by 4 wickets to enter the final of Champions Trophy 2025 in Dubai on Tuesday. The Rohit Sharma-led side chased down a target of 265 runs in 48.1 overs. Apart from Kohli, Shreyas Iyer (45), KL Rahul (42 not out) and Hardik Pandya (28) also played crucial knocks. Earlier, disciplined bowling effort helped India bundle out Australia for 264 after getting an invitation to bowl first. Mohammed Shami was the pick of Indian bowlers with figures of 3 for 48 while Varun Chakravarthi and Ravindra Jadeja picked two apiece. For Australia, Steve Smith was the top-scorer with 73 runs off 96 balls. India are set to take on the winner of South Africa vs New Zealand match in the final.