



The Arunachal Information

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News Flash

West Siang District completes commissioning of EVMs & VVPATs

AALO, April 8:

The Commissioning of EVMs & VVPATs for simultaneous election for April 19 was completed at Jubilee Hall of Govt Higher Secondary School Aalo after three days of its commissioning.

Whole process was physically monitored by DEO cum RO (PC) Mamu Hage, Returning Officers of respective Assembly Constituency, ARO's and Security personnel's.

Crash Course on Elementary Mathematics held

PASIGHAT, April 5:

Under the initiative of Principal, J.N. College, Dr Tasi Taloh and Vice Principal Dr Leki Sitang a 15 Days Crash Course on Elementary Mathematics for Competitive Examinations begins at Jawaharlal Nehru College, Pasighat on Thursday, April 4.

The objective of the Crash Course is to train the Students to be ready for writing any competitive examinations during their stay at J.N. College in addition to regular undergraduate and postgraduate programmes. It is also a Remedial Course targeted especially for the Social Science Students of all Semesters of Undergraduate as well as Post-Graduate Students of Jawaharlal Nehru College. Altogether 85 (eighty five) Students are taking part in the Crash Course on Elementary Mathematics out of which 12 (twelve) are Post-Graduate Students.

The programme is organised by the Coordinator, Coaching for Entry into Services Cell, Dr Romeo Dupak. Amrit Kr Verma, Trained Graduate Teacher (Maths) of UPS, Ngopok, who has a M.Sc (Maths), B.Ed and MBA in HR & Marketing is the Resource Persons of the 15 Days Crash Course on Elementary Mathematics.

Plantation drive by Hillarian group at JNC held

PASIGHAT, April 5:

A 'plantation-cum-beautification drive', sponsored by the Hillarian Group, comprising senior elite members of the society, was conducted at Jawaharlal Nehru College's (JNC) upper campus here in East Siang district on Friday, April 5.

During the drive, saplings of around 40 oriental plants and fruits were planted at the upper campus.

JNC Principal Dr Tasi Taloh, Vice Principal Dr Leki Sitang and Hillarian Group chairman B Jamoh were also present on the occasion

Drug peddler arrested

NIRJULI, April 4:

The Nirjuli police on Wednesday, April 3 arrested a drug peddler from here and seized suspected heroin from his possession.

The drug dealer, identified as Foizul Islam (24), a resident of Laluk (Assam), was arrested by a team comprising Nirjuli Police Station OC Inspector TM Nekam, SI Vivek Lingi, Head Constable Taku Taping and Constable Rohit Dada, under the supervision of the SP and the SDPO of the

Naharlagun police station, under 'Operation Dawn', Naharlagun SP Mihin Gambo said informed in a release.

A soap case containing suspected heroin, weighing approximately 12.77 gms, besides a syringe, an empty vial, and a mobile phone were seized from Islam's possession.

"A criminal case under relevant provisions of the NDPS Act has been registered at the police station here," the SP said.

Gujrati Yuva Sangam delegates call on the Governor

**ITANAGAR, April 10:**

A delegation of 50 students from different higher educational institutions of Gujarat called on the Governor of Arunachal Pradesh Lt. General KT Parmaik, PVSM, UYSM, YSM (Retd.) at Raj Bhavan, Itanagar on 10th April 2024. The delegation is on a tour to Arunachal Pradesh under Yuva Sangam programme of the 'Ek Bharat Shreshtha Bharat' (EBSB) initiative.

Interacting with the youth delegation, the Governor highlighted the unique cultural heritage, traditions, beliefs and practices of various tribes of Arunachal Pradesh. He said that Arunachal Pradesh, with its cultural mosaic, is the best example of Unity in Diversity.

Acknowledging the best cultural link between Arunachal Pradesh and Gujarat, the Governor talked

about Princess Rukmini's marriage to Lord Krishna and mentioned important religious tourist places like Maliniathan. He said that women have very high status in Arunachali society and they are excelling in all fields, particularly in education.

The Governor said that due to its unique history, since British rule, the people are ardent nationalists and maintain excellent bonhomie with the security forces. He said that even in remote border villages, the people greet each other with 'Jai Hind'.

The Governor also highlighted the potential sectors of the State, like hydropower, tourism and horticulture. He said that with many projects in the pipeline, infrastructure development at a fast pace, Arunachal Pradesh has a very bright future. He also shared focus areas like education,

health and infrastructure.

To drive forward his vision for prosperous Arunachal, the Governor showed the delegates an audio-visual presentation about Arunachal, its cultural richness and progress. He asked the members of the delegation to visit Arunachal Pradesh again as tourists.

Ms Visakha Shah, B.Tech., Electrical, IIT RAM, Ahmedabad, and Shri Saif Rathod, B. Tech, Computer Science, Marwadi university, Rajkot shared their experience of the visit on the occasion. Prof. Sambhu Prasad, Professor & Head, Dept. of Physical Education and Nodal Officer EBSB and Shri Rajeev Ranjan Prasad, Assistant Professor, Dept. of Hindi of Rajiv Gandhi University, Rono Hills, Doimukh accompanied the delegates.

GO Routray holds meeting to ensure fair & free polls

PASIGHAT, April 7:

In view of the forthcoming General Elections, the General Observer Dilip Routray has been conducting coordination meetings with polling personnel, district administration, election department officials, and police officials.

The GO said on Sunday, April 7 said that officials entrusted to election duties should discharge their duties with responsibility adding that they perform pivotal role in election management and serve as a link between them and District Election Officer.

Routray was speaking at a coordination meeting with Zonal Officers, Sector Magistrates and Micro-observers at the CHF Auditorium.

During the meeting, the General Observer also took stock on the poll preparedness and the security arrangements put in place to ensure hassle free conduct of the election. He highlighted the importance of Zonal Officers, Sector Magistrates and Micro Observers for ensuring free, fair and smooth

conduct of elections.

The GO apprised the Sector Magistrates regarding the need for establishing strong and direct communication with their respective Block Level Officers (BLOs). He also asked the Sector Magistrate to check the availability of Assured Minimum Facilities (AMF) in their respective areas of operations and ensure the safety of EVM in the place assigned for them.

On the polling day, the micro-observers should send information to him about voting percentage, any snag in the EVMs, the visit of sector officers and police officers to the booth at noon and after the polling to him. They should also inform him if any persons entered the booth illegally or if there was any problem during the voting, he said.

While clearing doubts rose by the officials present, Routray pointed out that timely reporting and feedback would be essential and ensure the upcoming elections free from favour and fear.

(Contd on P-2...)

IGP stresses on being well-prepared for polls

TAWANG, April 6:

Itanagar Police Headquarters Inspector General of Police (IGP) T Ringu emphasised on being prepared to deal with any situation by engaging the services of the gaon burahs (GB) to ensure peaceful conduct of the coming elections.

The IGP said this during a meeting he convened here with District Election Officer (DEO) Kanki Darang, SP DW Thungon, Deputy DEO Sang Khandu, GBs, and administrative officials of Tawang and Kitpi circles.

The IGP proposed "forming committees by gaon burahs at the village level, involving PRI members, to support the election officials and maintain peace while thwarting any disruptive elements."

Acknowledging the inconvenience caused due to vehicle checks at nakas by the static surveillance teams and flying squads,

(Contd on P-2...)



Mopin celebrated Mary Kom attends Mopin Festival at Aalo

ITANAGAR, April 5:

The 58th Mopin festival of the Galo community was celebrated at Gumin Kin in West Siang district with great pomp and gaiety on Friday, April 5.

Boxer and Rajya Sabha member MC Mary Kom, who attended the festivity, was welcomed by Central Mopin Celebration Committee (CMCC) general secretary Liduk Padu.

Kom in her speech advised the youths to "take every hurdle in life as a challenge," and added that "I have crossed every hurdle and challenge in life."

She appealed to the Galo community to be united, and encouraged the youths to work hard in their chosen spheres in life.

The CMCC felicitated Hogdo Lollen, who played a major role in the creation of Aalo Township.

CMCC president Deba Loya in his address said that "Mopin festival is the identity the Galo people," and urged all the Galo people to preserve and protect the festival.

(Contd on P-2...)

EVM and VVPATs for upcoming election begins

ITANAGAR, April 6:

The commissioning of the EVM and VVPATs for the upcoming Simultaneous Election 2024 in the state of Arunachal Pradesh has commenced in all districts from 6th April.

A total of 180 engineers from Electronics Corporation of India Limited have arrived in the State and they have been allocated across 25 districts of the State for commissioning of EVM and VVPATs.

The Observers as appointed by the Election Commission of India are overseeing the preparation of the Lok Sabha Election 2024 and are also present during Commissioning of EVMs.

Enforcement agencies have placed requisite measures like frisking, metal detector, gadget free commissioning halls and the commission-

ing is taking place under tight security wherein the machines will be made fully ready for the April 19 poll. Returning Officers of ACs and AROs of Parliamentary segments are overseeing the whole process of commissioning of the EVMs

Through EVM commissioning, the names of the contesting candidates who are in fray are attached with the ballot units. In the VVPAT machines, symbols are uploaded, and candidate's setting is done in the control unit (CU). EVMs and VVPATs are thoroughly checked and tested by the deputed ECIL Engineers under the surveillance of 24x7 CCTV cameras.

The contesting candidates or his/her election agent(s) or authorized representatives have also been invited to witness the process. M3 model of EVMs will be used for 2024 poll.

EVM commissioning for Papum Pare completed

YUPIA, April 8:

The EVM Commissioning for Papum Pare district which started on 6th of April was completed on Monday, April 8.

The vital activity which involves verifying the accuracy of EVMs to ensure that they record and count votes correctly helps in preventing any potential errors or malfunctions during the voting process.

In the commissioning, that span across three days 272 Ballot units, 271 control units and 293 VVPATs were commissioned for the

150 polling stations under the close supervision of the General Observer Shri Amit Dhaka, DEO Papum Pare Jiken Bomjen, RO 13 Itanagar Shweta Nagarkoti, RO 15 Sagalee Yame Higio, AROs, 9 authorised engineers from Electronics Corporation of India Limited (ECIL), DIO Shri Tad Isaac, sector magistrates and EAC Dani Rikang.

Representatives of the political parties also witnessed the commissioning.

(Contd on P-2...)

Final phase of training for Sector Officers and micro observers concludes

**YUPIA, April 10:**

The final phase of trainings for sector officers and micro observers concluded here at the ZPC Conference hall, Yupia on Wednesday, April 10.

Dr. Dana Unna, Nodal Officer, Training briefed the sector officers about their responsibilities, with a special reference to the responsibilities during the last 72 hours before the poll day.

Highlighting the sector magistrate's duty on the poll day Dr. Unna

further refreshed that besides supervising the polling stations; the sector magistrates will have to manage the polling process, and address any issues that may arise midway.

Nodal Officer for Law and Order Tama Dadda further highlighted the Law and Order responsibilities of the sector Magistrates.

The sector magistrates were then given hands on training on EVMs.

Later during the second half of the training the Micro Observers were briefed about their roles and responsibilities and the poll process.

They were asked to monitor the webcasting of the polling stations on the poll day and ensure prompt reporting to General Observer in the prescribed formats.

DEO JikenBomjen and Nodal Officer to Observers BengiaYakar attended the training.

EVMs for 16th Yachuli and 17th Ziro-Hapoli polls commissioned

ZIRO, April 6:

The Electronic Voting Machines (EVMs) for the 16th Yachuli and 17th Ziro-Hapoli Assembly and Western Parliamentary elections were commissioned today in front of the representatives of various political parties at Abotani Hall on April 5.

Presided over by General Observer Sunil Kumar Yadav, Police Observer Om Prakash Tripathy, District Election Officer of both the constituencies Vivek H.P., Returning Officer of 17th Ziro-Hapoli AC Himani Meena and other district election officials, the EVMs of both the constituencies were lifted from the District Secretariat warehouse and commissioned in front of the representatives from various political parties.

All official procedures related to the EVMs including loading of the candidates and their symbols polling station wise were carried out prior to commissioning and

(Contd on P-2...)

Wordly Wise

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."-Buddha

Editorial

Dr. B.R. Ambedkar Remembrance Day

Dr. B.R. Ambedkar Remembrance Day is an annual event in India celebrated on 14th April in memory of Dr. B.R. Ambedkar. The importance of this day is that Babasaheb Ambedkar was born on 14th April 1891. Since 2015 it has been celebrated as an official public holiday all over India by the Indian government. He was a politician, economist, Indian jurist and social reformer who fought for the downtrodden section of society and campaigned against social discrimination be it any form. His most important work is that he is considered the founding father of our constitution.

The two most important places where masses gather on this day to pay tribute to him are Chaitya Bhoomi in Mumbai and Deeksha Bhoomi in Nagpur. It is a tradition that essential leaders of the nation pay tribute to him in their own different ways. In different parts of India, many peoples visit local statues to pay tribute to their beloved leader. This day has great significance as it reminds all the Indian citizens of the contributions made by Dr. B.R. Ambedkar to fight for the equal rights of marginalized sections of society. He was a visionary who was the main architect in drafting the Indian Constitution.

Do you know who was the country's first Law and Justice minister?

Dr. B.R. Ambedkar was the first Law and Justice Minister.

It has become a custom to pay homage to the statue of Babasaheb's Ambedkar at the Parliament of India in New Delhi. In the year 1990, he was rewarded with the Bharat Ratna award. He was one of the most qualified persons in the constituent assembly of India. He achieves degrees from University of Mumbai (BA), Columbia University (MA, PhD, LL.D.), London School of Economics (MSc, DSC), Gray's Inn (Barrister-at-Law) Contribution for India

B.R. Ambedkar was a multi-talented individual. He was a politician, a lawyer, an economist, a social reformer and most importantly a true leader for the very oppressed. Ambedkar was also a key force behind every movement which was organized to fight discrimination and injustice. His sole motto in life was to eradicate the myriad inequalities that were prevalent in society. At that time when the concept of equality was almost non-existent that time he stood for justice for every oppressed person. Ambedkar's knowledge and wisdom make India's constitution one of the longest and most well-written constitutions of the world.



SERVICE LINE



HOSPITALS

General Hospitals, Naharlagun			
Casualty wing	: 0360-2246677	CMO	: 0360-2244293
Med.Suptdt.	: 0360-2244156	Ambulance	: 0360-2244479
R.K.Mission Hospital, Itanagar			
	: 0360-2212263		
Heema Hospital, Itanagar			
	: 0360-2291094		
Niba Hospital, Pappu-Nallah Hospital in Guwahati			
	: 0360-2244574		
GNRC Hospital			
	: 0361-2227701/2227702/2227703		
Down Town Hospital			
	: 0361-2336906/2336911		
GMC Hospital			
	: 0361-2528417/2529457		
International Hospital			
	: 0361-2347700/2347701		
B.Barooah Cancer Institute			
	: 0361-2472364		

POLICE STATION

Itanagar	: 0360-2212233	Naharlagun	: 0360-2244329
Nirjuli	: 0360-2257220	Doimukh	: 0360-2277220
Banderdewa	: 0360-2266236		

FIRE STATION

Itanagar	: 0360-2212640	Naharlagun	: 0360-2244399
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APST BUS SERVICE

Sl. No.	Name of Route	Type of Service	Service Days
1.	Itanagar-Shillong	Night Service	Daily Service
2.	Itanagar-Nyapin	Night Service	Mon /Thu/Sat
3.	Itanagar-Aalo	Night Service	Daily Service
4.	Itanagar-Daporijo	Night Service	Daily Service
5.	Itanagar-Yingkiong	Night Service	Alternate Day
6.	Itanagar-Seppa	Night Service	Daily Service
7.	Itanagar-Khonsa	Night Service	Sun/Mon/Wed/Thu
8.	Itanagar-Tezu	Night Service	Tuesday only
9.	Itanagar-Koloriang	Night Service	Daily Service
10.	Itanagar-Guwahati	Day Service	Daily Service
11.	Itanagar-Aalo	Day Service	Daily Service
12.	Itanagar-Pasighat	Day Service	Daily Service
13.	Itanagar-Tirbini	Day Service	Mon/Thu/Sat
14.	Itanagar-Bomdila	Day Service	Daily Service except Fri
15.	Itanagar-Palin	Day Service	Sun/Wed/Fri
16.	Itanagar-Sagalee	Day Service	Mon/Wed/Fri
17.	Itanagar-Ampoli	Day Service	Sun/Tue/Thu
18.	Itanagar-Mengio	Day Service	Sun/Tue/Thu
19.	Itanagar-Kimin	Day Service	Daily Service except Sat
20.	Itanagar-Gerukhamukh	Day Service	Daily Service except Fri
21.	Itanagar-Balijan	Day Service	Daily Service except Sun
22.	Itanagar-Tarasso	Day Service	Daily Service except Sat
23.	Itanagar-Sonajuli	Day Service	Daily Service except Sun
24.	Itanagar-Lilabari	Mail Service	Daily Service except Sun
25.	Itanagar- Jote	Day Service	Daily Service except Sun

HELICOPTER SERVICE

Arunachal Pradesh Helicopter Non-Schedule Flight Service Local Sector (Dauphin Pawan Hans) wef 01.10.2014				
DAY.	STATION	DEP.TIME	STATION	ARR.TIME
MONDAY	Naharlagun	09:00	Pasighat	10:05
	Pasighat	10:30	Pangin	10:50
	Pangin	10:55	Mechuka/Monigong	11:45
	Mechuka/Monigong	11:50	Pangin	12:40
	Pangin	12:45	Pasighat	13:05
TUESDAY	Pasighat	13:15	Naharlagun	14:20
	Naharlagun	09:00	Mohanbari	09:45
	Mohanbari	10:15	Khonsa	10:45
	Khonsa	10:50	Longding	11:10
	Longding	11:15	Khonsa	11:35
WEDNESDAY	Khonsa	11:40	Changlang	12:00
	Changlang	12:05	Mohanbari	12:45
	Mohanbari	13:10	Naharlagun	13:55
	Naharlagun	09:00	Mohanbari	09:45
	Mohanbari	10:10	Pasighat	10:40
THURSDAY	Pasighat	10:45	Roing	11:05
	Roing	11:10	Anini	11:35
	Anini	11:45	Roing	12:15
	Roing	12:20	Dambuk	12:35
	Dambuk	12:40	Roing	12:55
FRIDAY	Roing	13:00	Pasighat	13:20
	Pasighat	13:50	Naharlagun	14:55
	Naharlagun	09:00	Mohanbari	09:45
	Mohanbari	10:00	Maio	10:40
	Maio	10:45	Vijaynagar	11:20
SATURDAY	Vijaynagar	11:25	Miao	12:00
	Miao	12:05	Mohanbari	12:45
	Mohanbari	13:00	Naharlagun	13:45
	Naharlagun	09:00	Mohanbari	09:45
	Mohanbari	10:30	Namsai	11:05
SUNDAY	Namsai	11:10	Tezu	11:30
	Tezu	11:35	Hayuliang	12:10
	Hayuliang	12:15	Tezu	12:50
	Tezu	12:55	Namsai	13:15
	Namsai	13:20	Mohanbari	13:55
OFF DAY				
OFF/MAINTANANCE				

Training for Presiding and polling officers underway

LIKABALI, April 9:

The third phase of election training for presiding and polling officers of Likabali and Nari-Koyu assembly constituencies in Lower Siang district began here on Tuesday, April 9.

The four-day training, which is being imparted after completion of the final randomization of polling personnel, is aimed at equipping them with the practical approach of their works, giving each one a hands-on practical experience on handling the EVMs/VVPATs.

The DC-cum-DEO has made it mandatory for all the appointed officials to attend the training or face disciplinary action as per conduct of election rules, 1961.

ADC-cum-Returning Officer for Nari Koyu Assembly Constituency



Ainstein Koyu exhorted the personnel to make use of the opportunity being made available to them and learn as much as they could to carry out the duties with confidence.

EAC (Election) Janes Mary Tayeng, who is handling the training schedules, gave a presentation on the purpose and benefits of the training and urged the trainees to

learn the art of handling the machines practically.

She advised them to take the election duty very seriously and perform an error-free election duty.

(Contd from P-1)

EVM commissioning for Papum Pare...

The commissioning was done at the Indoor badminton Stadium at Golden Jubilee Outdoor stadium compound under tight security.No mobile phones or electronic gadgets were allowed inside the commissioning hall.

Metal detector door frame and CCTV cameras were installed and video recording of the entire process was done to ensure security and transparency of the process.

GO Routray holds meeting to ensure fair...

The DC cum DEO Tayi Taggu stated that all officials must know the complete process of polling and understand that they were responsible for multifarious aspects of election management from the day of appointment till the completion of poll process. He pointed out that all have to carry out all instructions issued by the DEO at the ground level and must stay alert at all times.

Taggu also laid stress on 'Mock Poll Procedures' before commencing poll and directed the Presiding Officers to send two hourly reports of the polling day to the DEO without fail as per framed ECI guidelines.

Election Training Officer Namrata Bhatt Tiwari (EAC) was also present on the occasion.

IGP stresses on being well-prepared...

he sought the citizens' cooperation, emphasizing the collective responsibility to ensure free and fair elections.

The DEO urged the GBs to "maintain neutrality and contribute to conducting fair, free and peaceful elections across all polling stations in the district."

Several GBs offered suggestions with regard to the preparedness and arrangements for polling and pledged to ensure, fair, free and peaceful elections in their respective villages.

Mopin celebrated...

More than 35 Popir teams from different sectors participated in the celebration.

Among others, Deputy Commissioner Mamu Hage, the Indian Army brigadier, retired officers, and panchayat leaders took part in the festivity.

In Lower Siang district, the four-day Mopin celebration began in Likabali.

Attending the inaugural day of the festival, Deputy Commissioner Rujum Rakshap said, "Festival is a way through which we rejoice ourselves, shed our monotonous humdrum of day-to-day life and at the same time appease and invoke the gods and goddesses to ensure bumper harvest of crops and sound health of men and livestock, as well."

Rakshap further said that "festivals have a strong bearing on the fragile cultural heritage of the denizens and through its proper celebration we can continue to upkeep our culture and tradition in their pristine shape."

Celebration committee president Modak Taipodia and general secretary Dunyo Taipodia also spoke.

The festivity will continue till 8 April, and feature cultural competitions showcasing the traditional Galo lifestyle in the modern context without moving away from the roots of culture and custom. (

The Mopin festival of the Galo community was celebrated here in Upper Subansiri district with traditional pomp and gaiety.

Speaking on the occasion, Deputy Commissioner Talo Potom, who along with SHDO Dr Molar Bui attended the event as guests, expressed hope that the festivity would bring positivity and a bumper harvest.

"The Galo is one of the gentle and disciplined tribes of the state," he added.

Dr Bui in his address said that "simply advocating preservation of age-old farming technique is not enough, but agriculture farming technique should be adopted in a ritualistic way with the modern scientific method, so as to produce surplus of foodgrains."

"If the land resource is properly used, the agriculture sector has plenty of potential to make people job providers instead of job seekers," he added.

EVMs for 16th Yachuli and 17th Ziro-Hapoli...

storing the machines at the designated strong room at Abotani Hall to be issued to the polling teams during the day of the polls.

The entire process was carried out in front of political representatives from the BJP, NCP (Ajit Pawar) and INC contesting the elections. Earlier, the political representatives were also shown the ware house where the EVMs had been kept sealed after their randomizations. The machines were then transported to Abotani Hall where it was commissioned and kept at the strong room to be later issued to the polling teams.

Meanwhile, representatives of the political parties expressed satisfaction at the adequate security and logistic arrangements made by the DEO. "We are satisfied with the overall arrangements made by the DEO for conduct of smooth and peaceful assembly and parliamentary elections at the twin constituencies including arrangement of lodging facilities for the polling teams at their respective polling stations and provision of CCTVs at all the polling stations", they explained.

Earlier, the DEO also convened a meeting comprising the administrative officers, sector officers and executive engineers of the twin Districts of Lower Subansiri and Keyi Panior at District Secretariat which discussed in dept on the issues of preparedness for the upcoming elections, to identify model polling stations and its components, AMF on the polling stations, identify vulnerable areas and polling stations and steps to be taken.

HELICOPTER SERVICE

Arunachal Pradesh Helicopter Non-Schedule Flight Service Local Sector (MI-172 Pawan Hans/Skyone) wef 01.10.2014				
DAY.				
MONDAY	Naharlagun	10:45	Anini	11:40
	Mohanbari	11:10	Dambuk	12:00
	Pasighat	11:45	Roing	12:20
	Roing	12:05	Pasighat	12:40
	Anini	12:25	Mohanbari	13:30
TUESDAY	Dambuk	13:00	Naharlagun	14:35
	Roing	13:40		
	Pasighat	09:00	Mohanbari	09:55
	Mohanbari	10:20	Miao	11:00
	Naharlagun	11:10	Miao	11:45
WEDNESDAY	Mohanbari	11:50	Miao	12:25
	Miao	12:30	Mohanbari	13:10
	Vijaynagar	13:30	Naharlagun	14:25
	Mohanbari	09:00	Mohanbari	09:55
	Pasighat	10:00	Pasighat	10:35
THURSDAY	Naharlagun	10:50	Yingkiong	11:25
	Mohanbari	11:30	Singa	12:15
	Pasighat	11:55	Tuting	12:40
	Yingkiong	12:20	Yingkiong	13:05
	Tuting	12:45	Pasighat	13:45
FRIDAY	Singa	13:10	Mohanbari	14:35
	Tuting	14:00	Naharlagun	15:35
	Yingkiong	14:40		
	Pasighat	09:00	Ziro	09:30
	Mohanbari	09:50	Tali	10:20
SATURDAY	Naharlagun	10:25	Damin	10:45
	Ziro	10:50	Ziro	11:20
	Tali	11:25	Naharlagun	11:55
	Damin	09:00	Daporijo	10:30
	Ziro	10:00	Taksing	11:15
SUNDAY	Naharlagun	10:40	Daporijo	12:15
	Ziro	11:40	Ziro	12:50
	Daporijo	12:20	Naharlagun	14:00
	Taksing	13:30		
	Daporijo	09:00		
OFF DAY				
OFF/MAINTANANCE				

NB:- Condition apply (VIP movement/ bad weather/patient evacuation/ technical snag/passengers availability and emergency etc)

HELICOPTER SERVICE

Arunachal Pradesh Helicopter Non-Schedule Flight Service Local Sector (MI-172 Pawan Hans/Skyone) wef 01.10.2014					
DAY.		10:05	Tawang/Lumla	13:10	5:00
	Naharlagun	12:00	Guwahati	15:15	
	Guwahati	13:55	Naharlagun		1:20
MONDAY (Pawan Hans MI-172)	Tawang/Lumla				1:10
	Guwahati			09:20	1:10
		08:00	Guwahati	11:15	1:20
		10:15	Tawang/Lumla	13:10	5:00
	Naharlagun	12:00	Guwahati	15:15	
	Guwahati	13:55	Naharlagun		1:20
TUESDAY Y (Sky one MI-172)	Tawang/Lumla				1:20
	Guwahati			11:20	2:40
		10:00	Guwahati	14:50	
		13:30	Naharlagun		1:20
	Naharlagun				1:10
WEDNESDAY (Sky one MI-172)	Guwahati				1:10
		08:00	Guwahati	09:20	1:20
		10:05	Tawang/Lumla	11:15	5:00
		12:00	Guwahati	13:10	
	Naharlagun	13:55	Naharlagun	15:15	
	Guwahati				1:20
THURSDAY (Pawan Hans MI-172)	Tawang/Lumla				1:10
	Guwahati			09:20	1:10
		08:00	Guwahati	11:15	1:20
		10:05	Tawang/Lumla	13:10	5:00
		12:00	Guwahati	15:15	
	Naharlagun	13:55	Naharlagun		
	Guwahati				1:20
FRIDAY Y (Sky one MI-172)	Tawang/Lumla			11:20	1:20
	Guwahati	10:00	Guwahati	14:50	2:40
		13:30	Naharlagun	FLY TIME	
	Naharlagun		ARR. TIME		
SATURDAY (Sky one MI-172)	Guwahati			1:20	
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Final phase of training for polling teams begins



YUPIA, March 5:

The final phase of training for polling teams in Papumpare District commenced on Friday, April 5 at ATI Naharlagun.

The Dr. Dana Unna, Nodal Officer of the training cell along with the master trainers provided comprehensive training on essential

forms and the proper handling of EVMs.

As a part of the training self-assessment and evaluation sessions are also being conducted to ensure error-free elections.

Detailed instructions regarding the receipt, dispatch, and transportation of polling materials on the

polling day was also provided.

After the completion of the training, a dedicated training desk, with facilities of EVM hands on practice will be established at the DEO Office in Yupia for further practice and training of the polling teams.

The training sessions will continue till April 8th, 2024.

Meeting held to discuss poll day preparations



ITANAGAR, April 9:

A meeting to discuss the poll day preparations and monitoring the activities of the entire day was convened here at the DC Conference Hall, Yupia on Tuesday, April 9.

Finalization of critical polling stations, pre-arrangements for webcasting at polling stations, movement plan for the polling team, assured minimum facilities at polling stations and setting up of commu-

cation control room, media monitoring control room, webcasting control room and deployment of quick response teams to address the situation promptly and to ascertain facts quickly were discussed in detail during the meeting.

The DEO Papum Pare cum RO - 14 Doimukh Jiken Bomjen, ARO - 13 Itanagar Datum Gadi and RO - 15 Sagalee Higio Yame briefed about the status of the polling stations of

their respective constituencies.

DEO Bomjen directed all the ROs to ensure the basic minimum facilities are provided in all the polling stations and further urged all to work in coordination with each other for the successful conduct of the simultaneous elections.

AROs, Nodal Officers and representatives from BSNL and private network providers Nodal attended the meeting.

CRPF celebrates Valour Day



NAMSAI, April 10:

Namsai-based 186 Bn CRPF celebrated Valour Day by felicitating its personnel and organising a cultural programme here on Tuesday, April 9.

Addressing the gathering of jawans, 186 Bn CRPF Commandant Dharmendra Kumar Singh highlighted the importance of the day.

"The 9th of April is celebrat-

ed as Valour Day every year to commemorate the extraordinary bravery, unparalleled courage and heroic deeds of the brave heroes of the CRPF at Sardar Post, located in Rann of Kutch in Gujarat, against a full-fledged brigade attack deceptively orchestrated by the Pakistan Army in the year 1965," the commandant said.

Apart from the cultural pro-

gramme, personnel of the battalion were felicitated by the commandant for their sincerity and dedication towards their duty.

Among others, Second-in-Command Bipin Kumar Singh, Deputy Commandant Jogender Singh, SMO Chandu Lakshmi Mansa, Assistant Commandant Karpoor Babla, subordinate officers, and 186 Bn CRPF personnel were participated in the event.

Health Benefits of Tomato

Chandra Kumar Singh, S.M.S (Agronomy)
K.V.K, Tawang



A tomato is a technically a fruit, because it's seed-bearing and develops from the ovary of a flowering plant. Botanically speaking, vegetables consist of other plant parts, like roots, leaves, and stems. But when it comes to nutrition, tomatoes. A medium tomato provides just 22 calories, and about 5 grams of total carb, with 3 as sugar and 1.5 as fibre. But this low-calorie, low-carb package is chock-full of nutrients, and has been linked to a variety of health benefits.

Tomatoes are a great source of vitamins: A single tomato can provide about 40% of the daily recommended minimum of vitamin C. What's more, tomatoes supply vitamin A, which supports immunity, vision, and skin health; vitamin K, which is good for your bones; and potassium, a key nutrient for heart function, muscle contractions, and maintaining a healthy blood pressure and fluid balance.

They protect heart health: Tomatoes contain an antioxidant called lycopene, which is responsible for their red color. Research suggests that in terms of heart health benefits, it's more effective to eat tomatoes and tomato products than take lycopene supplements. Other studies have shown that higher blood levels of lycopene are tied to lower death rates for people with metabolic syndrome, a cluster of risk factors that raise the chances of developing heart disease, diabetes, and stroke.

Improve your vision: Lycopene is also good for your eyes. And that's not the only peeper-protective nutrient in tomatoes; they contain lutein and beta-carotene as well. According to research, those nutrients support vision and protect against eye conditions including cataracts and macular degeneration.

Boost digestive health: The fluid and fibre in tomatoes may be helpful if you're prone to constipation. (According to the USDA one large tomato contains 6 ounces of fluid, and 1.5 grams of fiber.) Just be aware that in some people, the acidity from cooked tomatoes may trigger or worsen acid reflux and indigestion.

Help with diabetes management: Tomatoes may be a protective food for people with type 2 diabetes: In one study, people with diabetes who supplemented with cooked tomatoes for 30 days experienced a decrease in lipid per oxidation, a chain reaction in which substances called free radicals attack fat, leading to damage that ups the risk of heart disease. This is particularly im-

portant, because diabetes doubles the risk of stroke and heart attack.

Guard skin health: A study found that the combination of tomato paste and olive oil protected against sun damage, and boosted the production of pro-collagen, a molecule that gives the skin its structure and keeps it firm and youthful. Scientists believe that the lycopene in tomatoes is key. It's at its highest concentration when tomatoes have been cooked, and olive oil boosts its absorption from your digestive system into your bloodstream.

Protect against cancer: Observational studies have found links between the superstar compound lycopene and fewer incidences of prostate, ovarian, lung, and stomach cancers.

		ARUNACHAL PRADESH OFFICE OF THE DISTRICT ELECTION OFFICER NAMSAI, DISTRICT NAMSAI (AP) deonamsai-arn@nic.in	DEO
NO.NMS/GE/Observer/2024		Dated Namsai the 9 th April'2024	
NOTICE			
It is for general information that GENERAL OBSERVER for 46-Chowkham, 47-Namsai & 47-Lekang (ST) Assembly Constituency/Segment has arrived at Namsai on 9th April'2024.			
In this regard, any one who has complaints, doubts and need clarification regarding ensuing Assembly and Parliamentary Election to above Assembly Constituency/Segment may reach the General Observer at:			
Name of General Observer	Mr. Anil Kumar Jha, IAS		
Contact No.	8837466764		
Local Address	Room No-2, Circuit house, New Block, Namsai		
Public Visiting Hours	0900 hours to 1000 hours (Any working Day)		
(C. R. Khampa) DC District Election Officer Namsai District, Namsai			

GOVERNMENT OF ARUNACHAL PRADESH OFFICE OF THE DIRECTOR TOMO RIBA INSTITUTE OF HEALTH & MEDICAL SCIENCES (TRIHMS) (SOCIETY UNDER THE GOVERNMENT OF ARUNACHAL PRADESH) Naharlagun - 791110: Arunachal Pradesh Phone: 0360-2350331 FAX: 0360-2350791 Email: trihmsap@gmail.com	
No.TRIHMS-67/2017(Vol-V)/2024-0404	Dated 4 th April, 2024
NOTICE	
In view of ensuing upcoming Election on 19th April, 2024, the interviews which was scheduled to held on 15th April, 2024 for the posts of Professors, Associate Professor and Assistant Professors advertised vide advertisement no.TRIHMS-67/2017(Vol-V) Dated Naharlagun 15th March, 2024 is now 'postponed' till further order.	
Candidate may timely visit institutes' website "trihms.com" for updates.	
Sd/- (Dr. Moji Jini) Director, TRIHMS Naharlagun	

Governor participates in Mopin festival celebration



ITANAGAR, April 05:

The Governor of Arunachal Pradesh Lt. General KT Parnaik, PYSM, UYSM, YSM (Retd.) along with the First Lady of the State Anagha Parnaik participated in the Mopin festival celebration at Itanagar on 5th April 2024.

The Governor greeted the Galo community on the festive occasion of Mopin. He offered prayers to invoke the blessing of Mopin Goddess Anyi Pinku Pinte for better crops, proliferation of domestic animals and preservation of nature.

The Governor said that Arunachal Pradesh is a blessed land of numerous tribes who have maintained their customs and traditions over the years. He said that they have been zealously preserving their indigenous cultural heritages.

The Governor commended the Popir teams for their excellent cultural presentation during the celebration. He said that the participation brings about community cohesion, language revitalization, reinforces collective identification and encour-

ages the younger generations to learn of their cultural practices, traditions as well as linguistic nuances.

The Governor urged upon the Galo community to contribute in the nation building through concerted effort in the sphere of health, education, infrastructure, communication and empowerment of women and girl child. He suggested them to work at community and village levels to ensure basic education of 10 plus 2 of each child, skilling of youth, basic knowledge on health and hygiene to every mother and cautioned against drug menace.

The Governor suggested that as Mopin is related to agriculture, the people must adopt a holistic approach in the agriculture and allied sectors. He exhorted the people to utilize modern techniques, explore market avenues and promote self help groups and corporations.

Guest of Honour of the occasion and senior citizen of Galo Community Shri Gumde Karbak recalled the concerted efforts of pioneers of Itanagar and Naharlagun in preser-

vation and promotion of Galo culture including Mopin. President, Mopin Celebration Committee Shri Pebom Bagra and Secretary, Shri Margam Ori also spoke on the occasion.

A cultural presentation, depicting the rich cultural heritage and traditions of Galo society was presented on the occasion. 15 Popir Teams from different parts of the State Capital participated in the celebration led by Head Mopin Priest (Nyibo) Shri Nyago Bagra and Assistant Priest (Bo) Shri Mijo Bagra from Jeyi Bagra Village, West Siang District.

Promoting the spirit of bonhomie among the various Popir parties, the Festival organizing committee conducted Volleyball, Archery and other sporting competition, cultural competition, including Folk dances, Yaan Kaben (Traditional ritualistic narration), Galo Aagam (Galo language speaking), basket making, decorative bamboo flower (Rime) making competition and community local beverages (Poka) and Rice cake (Itti) making competitions.

Coordination Meeting held to improve effective delivery of ration through PDS



PALIN, April 6:

A Coordination Meeting was conducted here at Palin, to discuss improvement in the effective delivery of ration through the Public Distribution System (PDS) in the remote circles of the district.

The meeting held under the chairmanship of Sunny K Singh,

The Deputy Commissioner assured that a proposal for an updated ration supply system in the district shall be forwarded to concerned department to ensure delivery of critical ration to the remotest villages under the district.

He also praised the FPS dealers for ensuring delivery of ration throughout the district despite various challenges. He reasserted the importance of ration delivery for the welfare of public and exhorted all the FPS dealers to discharge their duties with a sense of a noble responsibility.

The meeting was attended among others by Joram Sanku, DF&CSO, Tagru Khasa, President, All Arunachal Pradesh Fair Price Shop Dealers' Welfare Association, Nominee Carriage Contractor, who all shared their views and information on the issue.

WPC expenditure observer visits Ziro



Ziro, April 4:

The West Parliamentary Constituency expenditure observer Sarish Kumar Irukullar, IRS visited Ziro and interacted with District election officials at Golden Jubilee Hall of District Secretariat here on Wednesday, April 3.

During the meet, the expenditure observer also briefed the Assistant Expenditure Observers on expenditure monitoring laid down by Election Committee of India and urged them to remain vigilant and constantly monitor for any excessive

poll expenditure incurred by the contesting candidates and the political parties.

The meeting was also attended by DEO Vivek H.P, IAS, SP Keni Bagra, all Admin officers, AEO's and the accounting team.

World Health Day observed at Depi village

PASIGHAT, April 7:

On the occasion of "World Health Day" multispecialty Health Camp was conducted at Depi Village on April 7 which was organized jointly by Arunachal Pradesh Doctors Association (APDA), Department of Community Medicine TRIHMS and CHC Ruksin

Almost as 250 people benefited with complimentary free medicines and diagnostic from the medical camp which was inaugurated by Taking Mibang HGB.

During the inauguration Dr. Moji Jini, Director of TRIHMS explained the gathering the importance of Health Check-up.

He also advised the attending first batch Internof TRIHMS how to extend helping hand to the villagers.



Dr. Komling Perme DMO East Siang and also the President of APDA briefed the villagers the importance of lifestyle and to avail the golden opportunity and also requested the attending Specialist to make the camp

memorable for the villagers.

All specialties under BPGH Pasighat, District Health Society East Siang including Neurologist and Gastroenterologist from TRIHMS attended the camp.

General Observer takes stock of poll preparations

PASIGHAT, April 5:

Election general observer (GO) Dilip Routray on Thursday, April 4 expressed hope that the Lok Sabha and assembly elections in East Siang district would be transparent and peaceful.

Commending District Election Officer Tayi Taggu's hard work, Routray said that "election preparations in all three assembly constituencies and the Arunachal East parliamentary constituency in the district are appreciable."

The GO informed that he is closely monitoring all developments, and that the election officers concerned are updating him on a regular basis.

Sharing his contact number, Routray assured that "any election-related issue will be taken very seri-



ously, and I will always be available to attend calls from the common public and political parties' grievances to address promptly."

Taggu apprised the GO of the poll preparedness, and said that the district is all set to conduct the elections.

EVM, VVPAT commissioning begins in Lower Siang



LIKABALI, April 6:

The three-day process of commissioning of electronic voting machines (EVM) and VVPATs, which are to be used in the upcoming simultaneous elections, began in the auditorium hall of the Govt Higher Secondary School here in Lower Siang district on Saturday, April 6.

It is being undertaken as per the laid down norms and as per the direction of the state chief electoral officer, in the presence of the district election officer (DEO), returning officers, the election agents of the candidates, and general observer

(GO) Supreet Singh Gulati.

The commissioning of EVMs and VVPATs for Likabali assembly constituency was completed on Saturday, and the commissioning work for Nari-Koyu assembly constituency shall be taken up on 7 April.

The process of commissioning shall conclude on 8 April with the commissioning of the EVMs and VVPATs of the assembly segments of both Arunachal West and Arunachal East parliamentary constituencies.

Meanwhile, the DEO/RO in a meeting with the sector and admin-

istrative officers took stock of the law and order scenario, and also discussed "the movement and retrieval plans" of the polling teams for conducting the elections.

The GO presented a brief on "the practical approach the sector officers have to adopt during the day of polling to arrest any probable procedural lapses while conducting polls."

He advised the officers to "go through the election manuals, so that you can acquire fair knowledge to extend timely guidance to the polling personnel at the polling stations on the day of the polls."

ICC organizes cross-country Olympic race



ITANAGAR, April 7:

The Itanagar Cycling Club (ICC) organised the Mopin XCO Cup 2024 – the first dedicated cross-country Olympic (XCO) race in Arunachal Pradesh – on the occasion of Mopin festival at IG Trail, Indira Gandhi Park here on 6 April.

Tajum Dere from Shi-Yomi district won the race in the men's elite

category, while Nayu Lapung from East Kameng and Bengia Tebin from Keyi Panyor district won the second and the third position, respectively.

In the U-19 category, Lijum Ete from West Siang district became the champion, followed by Tame Tarang from Kurung Kumey in second position, and Lobsang Tsering from Upper Siang district in the third position.

Two U-13 riders – Tummil Ramching from Upper Subansiri district and Nabam Lanya from Papum Pare – and female rider Basati Saikia from Assam's North Lakhimpur district were given consolation prizes.

One lap of the IG park trail/ track is around 4 kms. The competition was held over six laps, which is equal to 24 kms.

JN College hosts state level lecture series

PASIGHAT, April 5:

The Post Graduate Department of Hindi, J N College, Pasighat had organized a state level lecture series on 4th April at the Conference Hall, Upper Campus.

The title of the day long lecture series was "Mahakavi Tulsidas and Premchand Aur Kisan Jeevan".

Dr Tasi Taloh, the Principal and Dr Leki Sitang, the Vice- Principal of the host institute addressed the August gathering at the very inaugural session of the programme and congratulated

Dr Tokpet Pertin for convening the first lecture series of this academic session.

They also extended their heartfelt gratitude to the resource persons Dr Onek Lego, Professor & Head, Dept. of Hindi, RGU and Dr Arun Kumar Pandey, Associate Professor, Dept. of Hindi, RGU for accepting the invitation wholeheartedly.

Dr D P Panda, the IQAC Coordinator of JNC also delivered a short speech on the importance of organizing such programmes under the ban-

ner of the IQAC. The programme was very engaging.

The two academic stalwarts Prof Oken Lego and Prof A K Pandey discussed the length and breadth of the title and engaged the students of the department for a fruitful discussion.

The entire programme was nicely anchored by Dr Banasiri Pertin and her team. Dr Ing Perme, Dr Zebina Taki, Ms Mumne Perme, Dr H N Pandey and other faculty members of the host institution were also present during the academic deliberation.