

The Dikrong Express

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UPI



Jos Buttler



Tribal Museum



Topan Rimo Exclusive

SNIPPETS

Burglary at Nirjuli— Rs.80,000 stolen

Nirjuli, 15 Nov: There is yet another burglary case in Nirjuli, this time in Ma kali store. As per the owner, the theft took place around midnight of 14th Nov. A cash amount of 80 thousand rupees were stolen along with CCTV set-top box. It's not the first time he has faced burglary. He has already lodged complaint at Nirjuli police station thrice. "I feel there is a professional team beyond these burglaries as they have taken the CCTV camera", he further added. A case number bearing NRJ/PS/case no .106/22 U/S .457/380 IPC has been registered at Nirjuli police station.

"We are trying hard to catch such offenders, it can be anyone maybe an outsider from the state, a person suffering from drugs addiction, or a local family member our investigating team is trying hard to conclude such theft or burglary cases in the capital region", said the officer in charge J.Kamdak.

Further, he shared that these days people should also be watchful about their belongings, and they should also be more vigilant.

BACTERIAL INFECTION - TALK OF THE TOWN

Nirjuli, 15 Nov: A huge uprising cases of diseases caused by bacterial infection has been observed at Tago Memorial hospital, Nirjuli said the managing Director of the hospital, Dr Taba Tuki. As the prevalence of coronavirus cases has subsided in the last few months yet the uprising of bacterial ailment is the new talk of the town. People shouldn't look for bacterial infection leisurely, initially the bacterial infection doesn't look that infectious such as tonsillitis but it has different stages, at the initial phase they should be more concerned about such infection, and they should try to get medicated at the first stage itself as it's quite contagious in the future term, "It can also lead to cancer" said Dr Tuki. People should be more cautious while drinking water, as several cases which have been observed in Tago memorial hospital have been due to drinking dirty water, they should boil the water first then filter it then drink, Not only water, self hygiene and eating healthy food is also a must, he further added.

Remembering Dharti Aaba Birsa Munda's Birth Anniversary on 'TRIBAL PRIDE DAY'



Rono Hills, 15 Nov: A one day workshop on 'Tribal Pride Day' was organised by Department of History in collaboration with Institute of Distance Education (IDE),RGU in the

university campus.

On the occasion of the 146th birth anniversary of Birsa Munda last year, the Government of India declared '15th November' as the

"Janjatiya Gaurav Divas" in memory of brave tribal freedom fighters. The university celebrated its first "Tribal Pride Day" by organising a needful workshop.

The main objective of the workshop was to educate the new generations on the sacrifices made by the tribal freedom fighters in India's struggle for Independence, specifically through the context of Birsa Munda's prominent and inspiring role against the middleman and colonial exploitation and also his huge contribution in the protection of traditional land rights of the tribals.

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Way maker for the younger ones

Amidst the chaos our team found an inspiration to youths who was born in Tali Circle, District Kra Daadi, Aman who lost his father at the age of 10 months only was brought up by his widowed mother, Lingdum Tasar BDO, Tali (APPSC 2019). He mentioned his struggles during his school days. When many of us used firewood for campfire and many other processes but he used it as a lamp for studying as there were no electricity in their village, his mother would walk 7 to 8 kms just to get kerosene for a study lamp.

After the completion of 3rd standard, he moved to Palin town for his further studies, he secured 1st rank in his class after which he moved to capital region for further

education to livewith his elder sister to pursue his higher education, the first problem he faced was to adjust in a small house with huge family members. With many more personal and family issues he still struggles yet never gave up and secured 1st Rank in class 12 (Science) for which he was rewarded with 10 thousand rupees from the State government of

Arunachal Pradesh. He wanted to get into National Institute of Technology where he qualified the entrance examination and got himself enrolled for B.Tech, which landed his family in debt as the fee was high for him and his family. He was awarded with J.C.Bose Gold medal for the best hardware project in B.Tech in Electronic communication from NIT and he

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Understanding E waste

Takam Takar

E-waste is any electrical or electronic equipment that's been discarded. This includes working and broken items that are thrown in the garbage which can't be repaired and use and often if the item goes unsold in the store, it will be thrown away. A company named "MadeeGreen Solutions" in Itanagar has started its mission to reduce E-waste in capital region.

The founder of the company Milli Ohana, shared her views and motto behind starting this company. She said "for many years, i have been seeing E waste and I would feel really bad to throw it in dustbin because the rag pickers or dump truck would never recycle it and it will be just dumped in the landfill causing serious environmental risks to soils, water, air and wildlife". So came across the term E waste and since no one here in Arunachal was aware of it or have initiated anything related to it, i came up with the idea of doing it and partnered with a company called "Hulladek" based in Kolkata. The MadeeGreen solutions collects E waste from various corner and sends it to Hulladek, where they would recycle it. The process of E-waste includes collecting E-waste materials and using the materials in making new products. she also added that the main

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EDITORIAL**Mutual care strengthens Mental Health!**

How often do you feel sad or depressed? Who do you rely on? Do you share it with your friends, family or acquaintances or to say the least, do you muzzle up all the anxieties to yourself?

Interesting questions yet one knows that illness with ones mental status deals with all setbacks.

Commonly known mental illness includes mood disorders, psychotic disorders, eating disorders, addiction and impulse control disorders and many more.

There's a difference between a poor mental health and mental illness. A person can experience poor mental health and not be diagnosed with a mental illness.

However mental health has always been a very reserved topic for us. Our society seems to be a very conservative when it comes to mental health, many are reluctant to share or talk about it.

Research says, mental illness is treatable, and people with mental illnesses can live a fulfilling and productive life but longer the mental health conditions go untreated the more severe they become.

Mental Health issues also do not spare little children and the most common types are Attention Deficit hyperactivity disorder (ADHD) and others.

Some of these practices that helps tackle the child's mental health issues are:

- Actively helping them to cultivate interests and hobbies.
- Ensure adequate sleep, exercise and healthy food.

We as an Individual and as a society should try to come together and should lend a helping hand to each other and should discuss more about this topic together. By not opening about mental health, we add to the stigma that surrounds it.

This stigma also can lead to reluctance to seek help or treatment. One can enhance and manifest the mental health conversation

- By educating oneself and others about mental health
- Talking about mental health to friends and family

Nevertheless one should not ignore own emotions or suppress it. As an emotional being, it is in our nature to feel and be affected by different emotions. We should let our emotions out and emotions should not be bottled up.

With the coming up of Psychological Counseling & Healing Centre in Naharlagun, and Psychology Meditation Ayurveda Centre in Itanagar,

Mental Health care needs to be spoken in public forum.

Caring for our mental health is difficult and sometime it can feel lonely and isolating, it is important to seek care that is personal and that helps you navigate the challenges of life, especially in times of difficulty.

INDIA's UPI Revolutions

Unified Payment Interface (UPI) is the flag-bearer of the ongoing Financial Revolution. It is a smart-phone application that allows user to transfer money between Bank accounts. It is a single-window mobile payments system developed by the National Payments Corporation of India (NPCI). It eliminates the need to enter Bank details or other sensitive information each time customer initiates a transaction. Who would have ever imagined a vigorous cash-based economy like India would have a massive influx of digital payments? From a tea vendor selling Rs 10 Chai to a showroom with a expensive product range, a large section of our society has adapted to UPI. It actively utilises the mechanism for seamless payments.

Today India is known for digital transaction because of UPI, which makes easier to pay cash with scanner through registered mobile number with the Bank account "0% taxes". Many countries have already launched UPI. But most American com-

panies are against it mainly VISA, MASTERCARD and AMERICAN EXPRES as they are the one who complain against the UPI when 1.3% "MDR" or merchant discount rate of transaction amount, so people have launched in India due to UPI since their businesses were decreasing continuously. They took taxes like to use UPI rather than cards.

As we know America is a developed country and their VISA & Master card are used world-wide before the advent of UPI. UPI is not only a free but a supreme option because card payment can be paid only through the transaction machine or it can be present in limited shops which are registered.

What makes UPI even more impressive is its monumental success in bringing the competing players onto the same platform with the promise of creating a larger market and reducing the cost of transactions to almost zero.

Change is inevitable and it is time that many adopt consumer-centric solutions like UPI.

**Nabam Take****DRIVING SAFE**

Road accident is the most unwanted thing to happen to anyone, though they happen quite often. The most unfortunate thing is that we don't learn from our mistakes. Most of the drivers are quite aware of the general rules and safety measures while using roads but it is only the carelessness on part of the driver, which causes many accidents. Many road accidents are being reported daily in newspaper and on Social Media. Many people lost their lives and many more get injured in the road. The number of road accidents has increased nowadays, the reason maybe the increase in the number of vehicles. To prevent oneself from accidents, one

needs to follow certain rules and regulations. One should always stay focused and use the seat belt while driving. One who rides bike should always wear a helmet. Safe driving can reduce the number of accidents. Consumption of alcohol to celebrate is common. But when mixed with driving it turns celebration into a misfortune. Drinking

Studies have found out that many of the accidents cases are higher among teens than any other age group. Parents should not involve in their children's demands by fulfilling their dreams getting them bikes and cars at such young ages instead they should start communicating with their teens more for their safety.

Nio Tara Sonam**Defining and deconstructing Child marriage****Lachmi Brah**

Child marriage is a social evil. It is practiced globally. There was a time when tremendous practice of this social evil was seen where the boy child and the girlchild had to fall into the trap of this traditional exercise. Children were forcefully married with or without their consent which led them towards the unprecedented lieu of their lives. In the process of child marriage, the girl child had to face more troubles. She would be prevented from the basic rights of life.

In earlier days, the traditional practice of child marriage used to be followed in a drastic manner. In the process of exercising this practice, the supple and innocent souls would have to encounter the severe offspring in their survival. Lack of proper family planning, no proper source of income and more, are the main causes of clash between husband and wife. Let me take you to this unsung anonymous lady who had also been the victim of child marriage. It was a consanguineous marriage where her parents made her get married with her very own nephew, to make the relationship

and driving can be fatal. Defensive driving might seem dull, but safe driving not only saves lives, but also the money in the form of fuel efficiency. Underage children should not be allowed to drive.

stronger and strengthen the bond with their relatives particularly.

In the context, she was strangely compelled to get married with her nephew for the sake of family and relatives by the result of which she had to face an insurmountable number of difficulties in her life's odyssey and confronted excruciating pain in terms of poverty, physical abuse and mental torture.

At present, the practice of child marriage has been decreased to some extent after coming of the education sector. Now that her children are all grown up, she buries the pain inside and have gradually embraced the environment around her. She encourages and pushes children to explore the fields where she could not be into. Moreover, she tries her best to provide a brighter future for her children.

Today we are privileged enough to live in an era, where we usually do not get to see such sort of social evil practice. Education has played a very important role to eradicate this social evil. And ending child marriage and guaranteeing girls' rights means a fairer, more secure and prosperous future for us all.

TIME GOES BY

Time goes by and slips away,
Just as the sky turns from blue
to gray,
We are here but only for a short
stay,
Don't let life pass with words you
never say.

Don't live in anger, with fears and
regrets,
Seek forgiveness and lay your
pain to rest,
Don't judge too quickly, as you
may be wrong,
Instead, choose to live life as an
uplifting song.

When tears fall, wipe them away,
As they will only last but for a
day,
Sometimes we get hurt because
we care,
Sometimes life seems unfair.

We make mistakes we wish we
could change,
And wonder how our life could be
rearranged,
Second chances last only for so
long, reach out to others,
As we are all sisters and brothers.

There are angels in heaven that
watch us every day,
They will look over us as we laugh
and play,
Live with joy, and when you lie
down at night,
Thank the Lord and release any
strife.

~ Patai Giri Basumatary

Understanding...

Contd from page 1...

aim of starting this E-waste start-up is for the welfare of environment, for our future generations, so that we don't pollute the soil, the water bodies and preserve our earth for the future .

When asked about the response of people towards E-waste , Ohana, expressed that "the knowledge of E-waste is alarmingly inadequate among our people , even the well educated people have zero to little knowledge about E-waste , so it's hard to make people understand about it but still we are trying our best. The Deputy Commissioner of Itanagar has shown great response towards us,so we are looking forward to reach out for more Government bodies since they have more reach , we are also trying to reach out to the private bodies as well."

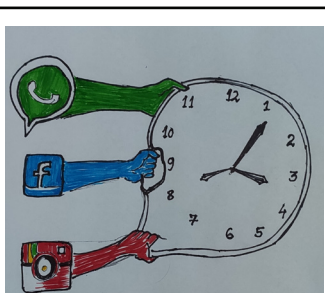
Remembering Dharti...

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The Chief speaker of the programme, Dr. Gomati Bodra Hembrom, Associate Prof., Dept. of Sociology, Jamia Millia Islamia University, New Delhi, herself belonging from the Munda tribe, enlightened the audience with a thorough yet concise biographic description of Birsa Munda Ulgulan. The audience was reminded of how Birsa's sacrifices changed the British perspective of the tribal people- that tribal people were not naive and simple-minded but rather logical and clever. His sacrifices are still used as a symbol against hegemony and discrimination. Dr.Hembrom heartily thanked and applauded the efforts made bythe university for taking the initiative to reconstruct the history of the freedom movement and identify and revive the glory of the state's unsung heroes. She ended her speech with a heart-felt patriotic Munda song honouring Birsa Munda Ulgulan.

The programme concluded with a hopeful note with the information shared by the chairperson of the workshop, Prof. Sarit Kumar Chaudhuri, that an initiative had been taken by the Ministry of Tribal Affairs to make a tribal freedom fighters' museum.

The programme was graced by Dr. N.T. Rikam, Registrar, RGU, Prof. Ashan Riddi, HOD, History, RGU, Prof. Tana Showren, Dept. of History, RGU, and Prof. S.N. Singh, Dept. of History, RGU.



"Disconnect to re-connect"

Art by: Anand Liyak

'MS Dhoni Went on For Years as India Captain, Jos Buttler Can do The Same'



London, 15 Nov: Jos Buttler is a modern-day batting great is an established fact but now, he has added another achievement into his glowing CV: winning a world cup as captain.

And he has achieved it in his first few months in charge after Eoin Morgan had announced his retirement throwing Buttler in the thick of action.

And Buttler, known for his fearless batting, has aced the challenge with flying colours. Former England

captain Michael Vaughan feels that the wicketkeeper-batter has a golden opportunity to emulate the legendary MS Dhoni who is widely regarded as one of the greatest captains to have played the game.

"Now Buttler has landed the World Cup at the first time of asking and at the age of 32 he has the chance to build his own legacy. MS Dhoni went on for years as India captain. Buttler can do the same, especially now he is concentrating on one format," Vaughan wrote in The Telegraph.

The 32-year-old Buttler is still relatively inexperienced in terms of captaincy but Vaughan feels he has grown into the role at a rapid pace.

"To be a winning captain you need the players but what this will do for Buttler is give him lots of confidence that his methods work. He is a young captain who has got bet-

ter and better as the World Cup has gone on," Vaughan said.

He also lauded England's T20I squad for being in possession of every tool that has enabled them in countering every challenge opponents have throw at them.

"Buttler has had a trend and pattern but they have every tool in the bag with the ball so are able to counter whatever the opposition throws at them. There is steel there too. You can see it in Buttler's eyes. When you have a left-arm seamer, pace, swing and spin, three spinners you have everything covered as a captain," Vaughan said.

He continued, "That for me is the benchmark for white ball cricket — you have to have options. They have a good think-tank but you can only do that if you have world-class performers who can win you a game. From 1-11 they have match-winners."

Tigdo suspension bridge cries for attention

Tigdo, 15 Nov: The wire rope suspension bridge here in Tigdo is in a dilapidated condition situated at Tigdo village in doimukh under Papum Pare district. The bridge is in need of a dire attention since it is a decades old by now. The bridge was inaugurated by former Chief Minister Nabam Tuki, on 1st November 2012.

Locals say, "The maintenance of bridge was done in between 2020-21 by the village development committee.

They further said, the suspension bridge is the main connectivity source and can be termed as the lifeline for the villagers here in Tigdo which caters to 100 houses.

It is to be noted that the suspension wires are mostly broken and road plates are cracked with big holes. Due to lack of proper maintenance, the bridge is entirely rusted and fencing wires are loosely

supported.

Large number of people passes



through the bridge which is in the phase of breakage point especially

when people in large numbers from the nearby villages goes there for shopping during the weekly Saturday bazaar near the railway bridge.

The passerby faces a huge difficulty even during inclement weather. The villagers in Tigdo also has to march long from the far-flung village areas to reach the Doimukh township as there is no any other bridge for four wheelers. This is also a big challenge for the school going children in Doimukh and others.

Due to lack of availability of vehicle passage the public has to suffer a tiring long journey by foot to reach the main market.

The locals had also sought the concern authority to understand their grievances for the safety measures and rebuild the bridge in a better Reinforced Cement Concrete (RCC) type with provision for four wheelers also.

Way maker for the younger...

Contd from page 1...

was the topper in NIT, he got his fees refunded through Central scholarship scheme and cleared his family debt.

Tasar, completed M.Tech from Rajiv Gandhi University, and at the same time was also preparing for APPSC. Many demotivated him by saying that jobs will be sold to financial wealthy people, but nothing could distract him from

the dedication that he had, and he stood by himself and cleared APPSC examination by securing 2nd rank in the final merit list. His friends were shocked and inspired. He was appointed as the Joint Block Development Officer in Tali Circle Kra Daadi district later being promoted to the current designation as the Block Development officer CD- Block, Tali Kra Daadi District under the department of

RuralDevelopment Government of Arunachal.He indeed is an inspiration and a role model to younger generation and a way maker to many aspirants trying their best. He praised his mother YuraYajer Lingdum for all her efforts and gives her all the credit for whoever he is today.He ended with encouraging the younger generation "Never lose hope and never give up, no matter what".



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Tribal Heritage Museum, AITS, RGU

RGU, 15 Nov: The Tribal Heritage Museum (THM) under AITS, RGU, is an ethnographic museum with a goal to depict the essence of traditional tribal life in Arunachal Pradesh. Since the inauguration of the building in the year 2008 and subsequently the establishment of THM, it has attracted a good number of visitors.

There are 13 galleries in the museum showcasing a collection of around 100 ethnographic objects of daily use as well as artistic products of tribal people of the state. So far, the galleries include 13 functional categories of Agriculture, Art and Craft, Basketry, Fishing, Household, Hunting, Ornament, Spinning and Weaving,

textile, and Weapons. The products include 'opo' used for winnowing grains, drying edibles in sunlight, etc; 'takampichi' (handmade earthen pot) used for preparing and storing food, and also during rituals; 'upum', entirely made from gourd utilized for storing and preserving local wine; skulls of wild boar, mountain bear, deer and hornbill; jewellery made of bamboo and stones; stone tools dating back to neolithic age; weapons such as bow and arrow, 'dao' (machete) and armor made from bear's fur to name some.

Most of the objects are contributed by the students of AITS from their fieldwork and voluntary contributions from the well-wishers.

The documentation of specimen/objects are done by incorporating the basic information about object i.e.: name of object, community, locality, use, etc.

Dr. Tarun Meme, Professor, Dept. informed that THM is solely managed by the AITS staff and teaching faculties. And opined the need for inclusion of more categories, especially of traditional musk, games and amusement, musical and ritual items of the state.

The collection and upgrading of a museum is a continuous process. THM has a great potential for growth keeping in mind that the objects are to be kept forever as a treasure house for generations to come.

AFTER YOU

I want you to love me
Just one more day
And let me feel those nice
Feelings once again
Let me forget that you have
Already went away
Cause that will make me go insane

Let me love you one more day
To give you more love
That may make you stay
Come back to my life once again
appear
Stay in my heart and come near
Remove my fear

Let us fall in love once more
And from this dream don't make
me awake
Don't say goodbye
Don't close the door
Far heaven's sake

You were the sweetest dream I
know
Dreams always bring a sun beam
Real puts you in prisons of steel
Sweetest dream i know,

Far away places that everywhere
I go.
Please come in my arms as you'll
get to know me more.
Along the side of the sea shore.

By - Hidung pole

An Internet compilation, a case study on addiction of online games

James Wahge

Internet gaming disorder is characterized by a severely reduced control over gaming resulting in an increasing gaming time and leading to negative consequences in many aspects of the individual life: personal, family, social, occupation and other relevant areas of functioning. On 2021, the significant boom in using video games has been raising health issues shows the internet.

Addiction specialists observed that addict subjects tend to confuse pleasure with happiness when linking emotional state to their addictive activities. As far as we know, beyond the mentioned observation distinguishing the perception of these two emotional states in the frame of an addiction has not been yet the object of formal research. This study aims at examining the possible confusion between pleasure and happiness within the addiction sphere. Video game addiction has been chosen to explore the possible occurrence of

what we call the perception distortion. A mixed design lab-based study was carried out to compare between video games addicts and non-addicts (between-subjects). Emotional reactions were gauged by self-reported scales and physiological data acquired through a range of bio-sensors: Relaxation and health rate. In a therapeutic standpoint, this to deal with sort of disorders. More specifically, at the cognitive level, the idea is elaborating guidelines to develop patients' insights into these emotional states and thus increasing their ability to handle them. Overall, several indices resulting from this study constitute a bundle of arguments that argue in favor of the confusion between pleasure and happiness made by addict users when associating their affective states to video gaming. Hence it is concluded that this approach illustrates how re-appraising emotions may contribute to reducing the perception distortion of these emotional conditions.

Hillang Yajik bagged silver, IBBF Championship

Rono Hills, 15 Nov: Hillang Yajik, from Arunachal Pradesh, Naharlagun, bagged a Silver Medal in model physique category in the 11th Eastern Body Building and Women Sports Championship, 2022 held in Kolkata from 12th to 14th November. The tournament was organized by Indian Body Building Federation (IBBF), and was participated from all over the country both male and female category. In the tournament, the state was represented by Nabam Tuna, President,

Arunachal Body Building Association (ABBA), Yannu Kipa (IPR Officer) and participants Subhasish Patra and Taluk Param, as informed by the association. "Women should understand that this sport is an overall development of personality and display of talent and not only about curving muscles," said Yajik. It is a huge success to win in an IBBF championship, for she is one of the first, female participants to take part in the tournament.



G-Extension, Naharlagun,
Phone No. 9436877585/ 9362814058

The Spark : Topan Rimo

A Dikrong Express exclusive interview

Spark film production is an Arunachal based Production house stationed in G extension Naharlagun. Interestingly the house is owned by a 2014-16 batch of MA Mass Communication Topan Rimo who is currently positioned as Assistant General Secretary (Protocol) Film Federation of Arunachal and serving as a Statistical Investigator under the department of Economic & statistic department yupia in papum pare district. He is also the Chief Executive Officer of the Spark production house which is running since 8 years. Recently the production house has extended into a news portal. Meanwhile, speaking with Gyamar Yame a first semester student of MA Mass Communication for Dikrong Express on Tuesday had a personal interview with the CEO of the spark film production



Topan Rimo at his office, where he went on to share his journey so far.
GY: What clicked your mind to Choose Spark for your production house, any reason behind?
TR: No particular or significant reason behind the naming how-

ever it has an emotional impact which brings to the year 2014 when I was doing my PGDMC for our short film " The Spark", so it just came abruptly.
GY: Any special moments you would like to recall?
TR: well, I bagged as a first runners-up for a short film competition at the third Arunachal film festival in 2015 which further inspired me to make more films on regional basis.
GY: How does the spark production house functions?
TR: We work as a team, we have different team members that includes reporters, camera persons and a set of musicians for our production section. The Spark media house both in News and production section are solely depended on all it's team members.
GY: Can you tell something on your Movie Jeevan ek Sangarsh?
TR: Well I feel glad that I received the title of Best director for my film

Jeevan Ek Sangarsh during the 6th Arunachal film festival 2019.
GY: Any challenges you faced?
TR: It was difficult for me initially to gel on both mentally and financially that has also compelled me to take private loans which took me two years to clear it.
GY: Any message you would want to share or testify to the upcoming and aspiring Film enthusiast to take up the film?
TY: I would rather go by the saying, Fall a thousand times but you need to get up and walk again, this is how you achieve success, it doesn't come easily but when it comes it is a good feeling.
GY: Thank you so much Topan Rimo sir to share a space with the Dikrong Express. I am sure, the faculties of Mass Communication department will be very happy to read this interview. Thank you for taking out time for Team Dikrong Express.