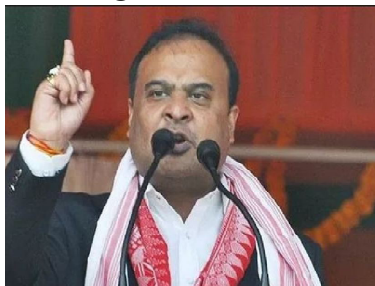


Centre, Assam devising new ways to oust foreigners: Himanta



Agency
Guwahati Aug 31,

Assam Finance Minister Himanta Biswa Sarma on Saturday said he had lost all hope in the National Register of Citizens as the Centre and the state government were discussing new ways to oust foreigners from the state. Speaking to the media ahead

of the release of the final NRC list, Sarma said: "I have lost all hope in the NRC. I just want the day to pass off peacefully, without any incident." The Minister further added: "Delhi and the Assam government are discussing new ways to oust foreigners from the state. I don't think this is the final list, there are many more to come."

Kohima to host 2nd Nagaland Film Festival from October 1

Courtesy NN
Guwahati Aug 31

Kohima will host the 2nd Nagaland Film Festival to be organized from October 1 to November 1, 2019.

The organizers have invited entries of films for the 2nd Nagaland Film Festival from Northeast India both for the 'Competition' and 'Non-competition' sections.

A per a promo of the 2nd Nagaland Film Festival shared on her Twitter handle by filmmaker Sesino Yhosho, the closing date for the entries of the films is September 20, 2019.

There will be two categories - Best Short Fiction (maximum 10 minutes) and Best Short Documentary (maximum 10 minutes).

The winners in each category of the films will be honoured



with a cash reward of Rs 50,000.

The film festival is likely to be a tough one with several talented short filmmakers from the Northeast India, including 'Village Rockstars' fame Rima Das, have been able to draw the attention of the world audience and critics with their creations.

News from the world of Medicine

E-cigarettes less harmful than conventional ones - Experts

By Correspondent
New Delhi Aug.31

To highlight and discuss upon the urgency of implementing tobacco harm reduction in India, bcbpf - The Cancer Foundation organized a press meet at the India Habitat Centre. Present on the occasion were international experts Prof. Riccardo Polosa from Italy and Prof. Ron Borland from Australia; along with Dr. Sameer Kaul, Sr. Consultant Surgical Oncology & Robotics, Apollo Cancer Institute, New Delhi.

During the meet, experts shed light on the existing statistics that tobacco is costing India many lives and nearly 1.3 million Indians (approximately 25,000) deaths per week, are related to tobacco. Smoking is the number one cause of preventable death and disease worldwide, killing one out of every two smokers.

Globally, Tobacco Harm Reduction movement is picking up pace and many scientific institutes of repute have acknowledged that ENDS pose significantly less risk to health compared to traditional cigarettes or bidis. 69 countries have regulated ENDS, including 34 out of the 36 OECD countries. Giving examples of specific countries, the experts

mentioned countries like the UK and Canada which have chosen to regulate ENDS alongside cigarettes and tobacco products. UAE, on the other hand, which had banned the category, recently overturned the ban after taking into consideration the increasing medical evidence.

As an organization dedicated to cancer prevention and control in India, bcbpf-The Cancer Foundation is determined to fight the current prevailing discourse to its logical end - appropriate regulations on ENDS. Building up on disease burden caused by tobacco consumption, Dr. Sameer Kaul, Sr. Consultant Surgical Oncology & Robotics, Apollo Cancer Institute & Founder President, bcbpf-The Cancer Foundation, New Delhi, said "It is important to weigh the science and document the well-known damaging effects of smoking against the risks and harm reduction potential of e-cigarettes. Without regulating combustible smoking that is significantly more harmful, health benefits over combustible cigarettes, is not justified. ENDS present an excellent opportunity for India to accelerate a decline in smoking rates and adult

smokers who want to quit but may be unable to, have the right to be able to access harm reduction alternatives such as ENDS".

Policy making should be based on scientifically sound evidence and where such evidence is in nascent stages, efforts must be focused on speeding up or encouraging research. In the light of this need, Dr. Kaul also announced the commencement of a nationwide, cross sectional, randomized study on Indian subjects, led by bcbpf-The Cancer Foundation.

Furthering the on-going discourse on the subject worldwide and the policy scenario in India, three renowned global experts including Prof Riccardo Polosa recently co-authored and published scientific evidence based critical appraisal of the white paper, in the Indian Journal of Clinical Practice.

While sharing his views, Prof. Ron Borland said "We want to encourage scientific authorities throughout India to review the available evidence with objectivity, fairness and an open mind, assessing both the potential benefits, risks of a new policy implementation and its potential impact".

Assam Rifles Conducts Medical and Dental Camp

IGAR (South)
Imphal Aug.31

In its continuous efforts to provide good healthcare support to the local populace, Keithelmanbi Battalion of 9 Sect Assam Rifles under the aegis of IGAR (South) organised a medical and dental camp for the locals at Laupauchum village in Imphal East on 30 August. The camp was organised by Andro Company Operating Base(COB) of the Battalion with an aim to reach out to the needy, contribute towards ensuring well being of one and all and also create a positive synergy between Assam Rifles and the locals in the area. As part of the camp, a dedicated medical team under the Medical Officer of the Battalion provided



medical assistance to the locals including women and children of the area. A routine health checkup of over 200 students from Kasturba Gandhi Balika Vidyalaya was also carried out by the medical team. In addition to the medical checkup, consultation on various diseases and health related issues was carried out as well as free medicines were distributed to the needy patients.

health, hygiene and sanitation'. Speaking on the 'Fit India Movement' launched by the Honourable Prime Minister on 29 August, the Medical Officer urged the people to remain fit and healthy by adopting healthy lifestyle and indulging in sports and daily exercises. The lecture was followed by an interactive session in which various queries raised by the attendees were clarified by the medical team. The Medical Camp received an overwhelming response from the local populace and witnessed over 400 locals benefiting from the camp. All the attendees conveyed their heartfelt gratitude to the Assam Rifles for conducting such camps from time to time.

A mobile dental clinic was also established for the dental checkup and to meet the oral healthcare requirements of the locals. A medical team under the dental officer from 12 Dental Unit Assam Rifles (DUAR) rendered free dental treatment as well as distributed free medicines to the attendees. The camp concluded with an informative lecture on 'maintenance of good

Yengkham Sandhyarani, the boxer and the woman: never say die

IGAR (South)
Imphal Aug.31

Life is all about the challenges that come your way, so is the case with boxing, especially when a woman decides to take it up. NE in general and Manipur in particular has changed the face of India at the International Boxing Forum. Making 'Mary Kom' as her Idol, Yengkham Sandhyarani

daughter of Y Nabakishore and Y Ongbi Thaba Devi of Kachhing Makha Leikai presently residing at Waikhong Uyang Khunao made the state proud by winning a gold medal in the 57 kg boxing event at World Police and Fire Games 2019 held at Chengdu, China from 08th to 18th August. Sandhyarani who is currently serving as BSF constable has won two gold

and one silver in the International events apart from winning 5 gold, 6 silver and 5 bronze medals in the national events.

Her bright star was felicitated and awarded a cash incentive by Commander 28 Sector Assam Rifles as a small gesture for her dedication and as an encouragement for her continued excellence at the upcoming world boxing championship.

News from the world of Science and Technology

Rover McRoverface: NASA Invites Students to Name Mars 2020 Rover

Courtesy Sci Tech Daily
By: NASA

Red rover, red rover, send a name for Mars 2020 right over! NASA is recruiting help from students nationwide to find a name for its next Mars rover mission. Starting Tuesday, Aug. 27, K-12 students in U.S. public, private and home schools can enter the Mars 2020 Name the Rover essay contest. One grand prize winner will name the rover and be invited to see the spacecraft launch in July 2020 from Cape Canaveral Air Force Station in Florida. The Name the Rover contest is part of NASA's efforts to engage students in the STEM enterprise behind Mars exploration and inspire interest in science, technology, engineering, and mathematics. "This naming contest is a wonderful opportunity for our nation's youth to get involved with NASA's Moon to Mars missions," said NASA Administrator Jim Bridenstine. "It is an exciting way to engage with a rover

that will likely serve as the first leg of a Mars Sample return campaign, collecting and caching core samples from the Martian surface for scientists here on Earth to study for the first time."

The Mars 2020 rover is a 2,300-pound (1,040-kilogram) robotic scientist that will search for signs of past microbial life, characterize the planet's climate and geology, collect samples for future return to Earth, and pave the way for human exploration of the Red Planet.

"Our Mars 2020 rover has fully taken shape over the past several months, as the project team installed various components onto the chassis: the computer brain and electronics; wheels and mobility system; robotic arm; remote sensing mast; the seven science instruments; and finally, the sample caching system," said George Tahu, Mars 2020 program executive. "All that's missing is a great name!"

To enter the contest, students must submit by Nov. 1 their proposed rover name and a

short essay, no more than 150 words, explaining why their proposed name should be chosen. The essays will be divided into three groups, by grade level - K-4, 5-8, and 9-12 - and judged on the appropriateness, significance, and originality of their proposed name, and the originality and quality of their essay, and/or finalist interview presentation. Fifty-two semifinalists will be selected per group, each representing their respective state or U.S. territory. Three finalists then will be selected from each group to advance to the final round.

As part of the final selection process, the public will have an opportunity to vote online on the nine finalists in January 2020. NASA plans to announce the selected name on Feb. 18, 2020 - exactly one year before the rover will land on the surface of Mars.

The naming contest partnership is part of a Space Act Agreement between NASA, Battelle of Columbus, Ohio, and Future Engineers of Burbank, California, in educational and public outreach efforts.

Register to be a Judge

NASA is seeking volunteers to judge the thousands of contest entries anticipated to pour in from around the country. U.S. residents over 18 years old who are interested in offering approximately five hours of their time to review submissions should register to be a judge at: <https://www.nasa.gov/contest/nasa-2020-rover-name-the-rover>

Rover Update With all major elements onboard and initial functional checks complete, Mars 2020's Assembly, Test, and Launch Operations team is preparing the rover and its sky crane descent stage for the next big test: simulating the vibration dynamics of launch and the thermal environment the rover will experience on the surface of Mars.

NASA's Jet Propulsion Laboratory in Pasadena, California, manages rover development for the agency. The Launch Services Program at NASA's Kennedy Space Center in Florida is responsible for launch management.

Move to Plant-Based Diets Risks Worsening Brain Health Nutrient Deficiency

Courtesy Sci Tech Daily
By: BMJ

The momentum behind a move to plant-based and vegan diets for the good of the planet is commendable, but risks worsening an already low intake of an essential nutrient involved in brain health, warns a nutritionist in the online journal *BMJ Nutrition, Prevention & Health*.

To make matters worse, the UK government has failed to recommend or monitor dietary levels of this nutrient-choline - found predominantly in animal foods, says Dr Emma Derbyshire, of Nutritional Insight, a consultancy specializing in nutrition and biomedical science. Choline is an essential dietary nutrient, but the amount produced by the liver is not enough to meet the requirements of the human body.

Choline is critical to brain health, particularly during fetal development. It also influences liver function, with shortfalls linked to irregularities in blood fat metabolism as well as excess free radical cellular damage, writes Dr Derbyshire.

The primary sources of dietary choline are found in beef, eggs, dairy products, fish, and chicken, with much lower levels found in nuts, beans, and cruciferous vegetables, such as broccoli. In 1998, recognising the importance of choline, the US Institute of Medicine recommended minimum daily intakes. These range from 425 mg/day for women to 550 mg/day for men, and 450 mg/day and 550 mg/day for pregnant and breastfeeding women, respectively, because of the critical role the nutrient has in fetal development.

In 2016, the European Food Safety Authority published similar dietary requirements. Yet national dietary surveys in North America, Australia, and Europe show that habitual choline intake, on average, falls short of these recommendations. "This is... concerning given that current trends appear to be towards meat reduction and plant-based diets," says Dr Derbyshire. She commends the first report (EAT-Lancet) to compile a healthy food plan based on promoting environmental

sustainability, but suggests that the restricted intakes of whole milk, eggs and animal protein it recommends could affect choline intake.

And she is at a loss to understand why choline does not feature in UK dietary guidance or national population monitoring data.

"Given the important physiological roles of choline and authorization of certain health claims, it is questionable why choline has been overlooked for so long in the UK," she writes. "Choline is presently excluded from UK food composition databases, major dietary surveys, and dietary guidelines," she adds. It may be time for the UK government's independent Scientific Advisory Committee on Nutrition to reverse this, she suggests, particularly given the mounting evidence on the importance of choline to human health and growing concerns about the sustainability of the planet's food production.

"More needs to be done to educate healthcare professionals and consumers about the importance of a choline-rich diet, and how to achieve this," she writes.