Guwahati’s theatre extravaganza: the organizers’ perspective

Priyanka Chopra as Brand Ambassador is mere speculation

4 commit suicide fearing impending bribe-for-job scam

App based call cabs pushing Guwahati autos out of business?

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**Priyanka Chopra has not yet given confirmation to the proposal of brand ambassador of Assam tourism**

**The campaign of Awesome Assam will be launched by the end of September, 2016**

**The state government has allocated Rs. 15 crores for the campaign**

**The objective of Awesome Assam is to promote Assam tourism globally**

**To promote home stay, the government will construct 500 to 700 houses**

JUTHIKA BARUAH

The news of Priyanka Chopra being appointed as the Brand Ambassador of Assam Tourism and that she will be paid Rs. 1.5 crores per day has been denied by ATDC which says that it is a speculative piece of news with no confirmation by the department

However, according to a recent report of Govt. of India’s Ministry of Tourism, Assam along with the rest of the northeast has been in a race down-hill in the past. It is neither Goa nor Kerala but Tamil Nadu which has emerged as India’s most popular state for foreign tourists.

The top five frequented states were Tamil Nadu (4.68 million), Maharashtra (4.41 million), Uttar Pradesh (3.1 million), Delhi (2.38 million) and West Bengal (1.49 million) and these states have been the consistently top ranked states in the country in terms of tourism. The top 10 states contributed about 88.4% to the total number of foreign tourist visits in the country during 2015. These states also have some of the major international airports of India where tourists usually arrive, before they go on to explore other parts of the country. Meanwhile, Assam is endowed with plenty of natural and cultural resources which can form the basis of a very lucrative tourism industry, creating employment and generating income not only in the urban centres but also in the rural areas.

Assam can become one of the most sought after destinations in the country because of its magnificent tourism products like exotic wildlife, awesome scenic beauty, colourful fairs and festivals, age-old historical monuments, lush green tea gardens and golf courses, the massive Brahmaputra River and its tributaries, serene and tranquil country side and warm and hospitable people.

### Yearly status of flow of tourists

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The state is set to take a big leap into the money-spinning world of tourism which includes ‘Awesome Assam,’ a campaign to boost tourism in all its sectors of wildlife, spirituality, tea, golf, adventure, leisure, monsoon, film and so on and the campaign will be launched by the end of September, 2016.

‘Assam will first have to overhaul its image of a militancy-hit zone by re-branding itself and putting the latest technological innovations to use, the draft Assam Tourism Policy, 2016, says. The policy proposes the creation of a framework to transform tourism into a major economic sector of the state and increase tourist inflow two to three-fold in the next five years. In 2014, around 48,80,000 domestic and 20,000 foreign tourists visited the state,” said Director of ATDC, Paul Barua.

Barua added, ‘Assam has special things to offer but it needs to get a framework in place to realize the benefits. Promotion is a major way through which the rise in footfall can be witnessed. We are working towards promoting Assam in different states by penetrating into other cultures and showcasing our culture on a national platform. Activities such as cultural shows, road-shows, direct interaction with tour operators are being carried out. We have been to Bangladesh, Pune, Mumbai, Hyderabad and Ahmedabad with Barsha Rani Bishaya as our ambassador.”

With the launching of the Awesome Assam logo, the tourism department will aggressively promote the new brand entity. Launching the logo, state tourism minister Himanta Biswa Sarma said that the Awesome Assam campaign has been launched to promote tourism around the world so that Assam tourism should not be confined within the country. Assam has huge resources in the tourism sector which needs to be promoted and the tourist is aware of only some of the tourist destinations and many other tourist spots need to be promoted. The government will promote tourism as an industry. Sarma said, ‘Young foreign tourists are keen on visiting Assam and seeing the tea gardens where their forefathers used to work at one point of time.”

The government has allocated Rs. 15 crores for the Awesome Assam campaign.

To promote home stay, the government will construct 500 to 700 houses, Sarma added saying, ‘We will also rope in film producers for shooting in Assam and for this a single window clearance mechanism will be put in place.”

Juthika Barua has not yet given confirmation to the proposal of the brand ambassador of Assam tourism. The same has been termed fallacious by Assam Tourism Development Corporation (ATDC).

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The objective of Awesome Assam is to promote Assam tourism globally.

To promote home stay, the government will construct 500 to 700 houses.

T he government of Assam has launched Awesome Assam and it has also been published and broadcast that leading Bollywood film actor Priyanka Chopra will be the Brand Ambassador of Assam Tourism. The same has been termed fallacious by Assam Tourism Development Corporation (ATDC).

Speaking exclusively to G Plus, Managing Director of ATDC, Anurag Singh said that Priyanka Chopra has not yet confirmed the deal and the news that has been published is speculative. “We have offered her the role of Brand Ambassador but she has not yet confirmed and all issues like she will shoot in a foreign country and will be paid Rs 1.5 crores per day are speculative. No one has confirmed the news with ATDC before publishing it,” said Singh.

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4 commit suicide fearing impending bribe-for-job scam

Kingpin, allegedly from the police department, arrested late on Thursday night from upper Assam by Dibrugarh police

In a bizarre incident four members of a family were found dead in a hotel in Guwahati city on Wednesday last. According to initial investigations, four members of the family—father, mother, a relative and a child—committed suicide due to a supposed bribe-for-job feud. However, police said they were looking at every possible angle. They were lodged in Room No. 102 in the Sun City Hotel in Ganeshguri area where the bodies were found. The deceased have been identified as Prasanta Kumar (36), his wife Pomi Kalita (26), her cousin Anamika Kalita (21), and the couple’s four-year-old daughter.

“The family came to the hotel on Tuesday evening and booked the room. However, no one came out until late morning today. On suspicion, we peeped inside through the ventilator only to see that all the four were lying on one bed,” said the manager of the hotel, adding that thereafter, they informed the police.

The incident

On 21st September at about 12 noon, information was received by Dispur PS from the manager of Sun City Lodge located at Ganeshguri Chariali that the room number 102 of the lodge was found locked from the inside and dead bodies of four persons were seen inside the room. Immediately after receiving the information the police rushed to the spot and observed through the ventilator of the room that the dead bodies of one male, two females and a child were lying on the bed. The information was then passed on to senior police officials who also rushed to the spot. The information was ascertained by a magistrate and forensic officials who also rushed to the spot. The information was then passed on to senior police officials who also rushed to the spot. The information was ascertained by a magistrate and forensic officials who also rushed to the spot.

The police then broke open the room in the presence of a magistrate and recovered the bodies.

The deceased were identified thereafter and it soon came to light that one Prasanta Kumar of Sipajhar in Darrang District along with two women and a child had checked into the lodge at 7 pm of Tuesday on 20th September. They had entered the room around 8 pm after having dinner in a restaurant outside the lodge. As the door of the lodge was locked from the inside it was suspected that the family had committed suicide.

After observing the crime scene, an FSL team was requisitioned along with CID and a team of Crime Branch in order to take follow-up actions. Two suicide notes were recovered from the room of the lodge. Of the two notes, one was addressed to the chief minister, health minister and DGP of Assam while the other to Prasanta who accused that he committed suicide because of cheating and fraudulent acts of one Pulin Gogoi who is working in Assam Police. It needs mention that Gogoi had collected Rs. 77 lakhs from 62 persons by promising them government jobs through his connections. The note also mentioned that it was due to mental pressure created by several others for which he had to take this extreme step of committing suicide with his family and sought exemplary punishment for the guilty persons. In another suicide note addressed to his parent, the deceased elaborated his family matters and begged for forgiveness for taking such an extreme step. Along with the suicide notes, three containers, a packet of which is suspected to be pesticides, two mobile phone and some edibles were also recovered from the room.

The Pulin Gogoi connection

According to sources, Prasanta Kumar was reportedly involved in a scam and took huge sums of money amounting to Rs. 77 lakhs from 62 people on the promise of giving them jobs. He was associated with one Pulin Gogoi and Prasanta worked as a mediator between him and the job aspirants. Pulin had asked Prasanta to assure the unemployed youths of providing jobs in the police and administrative departments. However, according to preliminary investigations it was clear that Prashanta was unaware of Pulin’s suspension from the police department. Pulin was suspended on 12th September, 2011 for his involvement in many illegal activities. It may be mentioned, that several cases have been registered against Pulin in Dispur, Dhakukhana and Moran police stations.

In his suicide note which he wrote to the chief minister and other higher government officials, he mentioned that he and a police official from Nazira was involved in the matter and urged him to carry out an inquiry into the matter. Prasanta mentioned in his suicide note that he was forced to take such a step as he was under pressure.

After receiving news of the deaths, Prasanta’s elder brother, Hemanta reached here this afternoon along with his wife, sisters and friends. He too blamed Pulin for the tragedy. “Prasanta was under severe mental pressure for the past few days as the job aspirants from whom he had taken money had given him a deadline for tomorrow to refund the money,” Hemanta said.

The Guwahati based bullion trader busted: Rs. 2000 cr racket comes to a halt

A Guwahati-based bullion trader, Narendra Kumar Jain has been arrested for smuggling 7,000 kgs of gold through Indo-Myanmar land border and bringing it to Delhi through an airline. A probe by the officials of revenue department has revealed that the trader made hundreds of smuggling trips and is said to be the mastermind of a Rs 2,000 crore smuggling racket. This probably is the single biggest case of detection of gold smuggling by any agency in India.

Interrogation has revealed that Jain had made 617 trips to Guwahati for the purpose of smuggling gold over a period of past two and a half years. So far smugglers had been known to be using train and bus routes to carry smuggled gold into different parts of India. However, Jain had adopted a new modus operandi. He used to smuggle 24 carat purity gold bars into India through Indo-Myanmar land borders. Once the gold bars were received in Guwahati, he would declare and book gold as valuable cargo in domestic flights between Guwahati and Delhi. Interestingly he was using a particular private airline for this purpose. This has also led to the questioning of the airline staff. Investigation has revealed that the airline staff was aware of the gold being transported through cargo.

The Guwahati based bullion trader fell into the Directorate of Intelligence net when his 10 kg gold consignment was seized at the domestic terminal of IGI Airport early this month. He along with his Delhi-based aide was arrested by the sleuths. He smuggled the gold into Indo-Bangladesh and Manipur states from Chin State and Sagaing Division.
COFA seeks govt intervention to regulate digitization of cable TV

JUTHIKA BARUAH

A monopoly has been established as the DM, ADM and SDM fail to investigate the actual scenario of digitization of cable TV; COFA demands intervention of the state government

The Cable TV Operators Forum of Assam (COFA) has demanded intervention of the state government for the irregularities that have taken place in the digitization of cable TV and the TRAI has also implemented an Act which is not being followed by most of the operators. It has been alleged by the cable TV operators that they are being subjected to harassment from various quarters due to ignorance of rules and regulations by the authorised officers under state government leading to closure of networks. Presently, the state government has conferred the responsibility on Information and Public Relation Department to look after matters related to cable TV and Public Relation Department to take action regarding the implementation of provisions of the Act.

Ahmed said that the TRAI and the government have drafted the Act for the benefit of the consumers but as it has not been implemented the customers and operators have to face the problem. There is also an order issued by the Supreme Court of India mentioning that a distributor of a pay channel cannot be an operator but a CEO of a reputed news channel is an operator and the government has chosen to remain silent in this regard.

The consumers are not aware of their rights and it is the responsibility of the DM, ADM and SDM to create awareness among the people about their rights and see that it is followed at the ground level. Ahmed said that a service centre and a customer care centre should be established between 6 am and 10 pm which is mentioned in the quality of service agreement. “It is because of the irregularities that we are facing problems as the rules have been followed by some and those who do not follow the rules are not being hauled up by anyone. As we abide by the law we have to face the problem,” said Ahmed.

Earlier, COFA also demanded that a tax holiday up to 2018 as operators are already over burdened with investments in the transition from analogue to digital. They have also demanded that subsidy should be given in A&B’T (Amusement & Betting Tax) in multiple connections as most of the subscribers are having more than one TV and therefore the operators appealed to subsidise the A&B’T rate for the multiple connections giving a relief to the subscribers. The state government shall take immediate and urgent steps to press the authorised officers as defined in the cable TV act to do the needful for implementation of provisions of the cable TV act.

The government has taken the decision to make cable TV operation digital through which they will have the information on how many households are having cable connections. The government will collect entertainment tax accordingly and the pay channels will also get the advantage of it. The pay channels will get to know how many households are viewing which channels and accordingly they will fix the rate. Through the analogue system they used to get a minimum amount but after things get digitalized they will be able to charge fees accordingly.

According to the TRAI Act mentioned in broadcasting and cable services, the Multi-System Operator (MSON) shall continue to have a right of ownership of its network used to deliver cable TV services under this agreement and it may expand/upgrade/change/replace/redesign any part or entire network subject to the condition that any such activity does not interrupt or degrade the quality of service provided to the subscribers. The MSON shall sign the inter-connection agreement with broadcasters for retransmission of signals of TV Channels as per prevailing norms, policies, the applicable laws and rules, regulations, directions and orders of the concerned authorities. The MSON shall have the right to finalise the maximum retail price of each channel, as payable by the subscriber in compliance with the provisions of the applicable laws and rules, regulations and tariff orders. The MSON shall have the right to package the channels/services offered on the network, as per its business plan and as per prevailing norms, policies, the applicable laws and rules, regulations and tariff orders.

The Australian advisory said, “We advise you to reconsider your need to travel to these areas due to risk of armed robbery, kidnapping, extortion and separatist and insurgent activities including in rural areas. Insurgent groups have attacked civilians and bombed buildings in these states.”

However, state tourism minister Himanta Biswa Sarma described the inclusion of Assam in a list of disturbed areas of the country a “carless oversight” and urged his counterparts in the two countries to avoid referring to the state as a “forbidden destination.”

The government of the two nations, Himanta said, “Assam is an abode of natural beauty. Its people are peace-loving and give immense love and affection to all those who come here. Any misrepresentation of the actual situation creates unnecessary fear and adversely impacts tourism potential of the state.”

He further said that, Assam is a land of diverse ethnic and cultural groups which have co-existed with enormous harmony and unity. Incidents like that of Kokrajhar is unfortunate, but was a “rare occurrence”, and something of that sort could have taken place in any modern society.
App based call cabs
pushing Guwahati autos out of business?

CHANDRIKA DAS

This is the golden age of transport options. Forget buses and owning your own car. Uber, Ola and the likes are offering fares that are turning out to be cheaper than auto-rickshaws. Well, the cherry on the cake is the fact that while all the facilities are available with a tap of your phone, it brings along the convenience of getting to travel in an air-conditioned cab.

It seems that the revolutionary app based call cabs are fast invading the public commuting scenario in Guwahati with every passing day. And with the nascent but fast growing app based cab services, like Uber reducing its minimum fare to Rs 7 per km, and Ola Cabs reducing its base fare to Rs 45, the segment has challenged the auto-rickshaws of the city on their own turf. The growing popularity of app based cab services like Uber and Ola has already eaten into the incomes of traditional auto and taxi drivers in Guwahati.

Taxi aggregators like Ola and Uber claim to cover near about 10 lakh rides daily. Ola alone says that it carries out 7,50,000 rides each day within the country. In getting so popular, these services are seen to be offering transparent pricing, ensuring ‘what you ride is what you pay for’.

“Uber has clearly emerged as the leader in terms of fares, bringing a much needed relief for the people of the city,” said an auto driver.

Unfortunately in recent times, the situation has become bleak for the traditional auto and taxi drivers in Guwahati. In a recent verdict said that the auto rickshaws should install fare meters immediately and that the auto-rickshaw owners’ association coordination committee should implement the government rate, i.e. Rs. 30 for the first 2 km, Rs. 3 per subsequent 1 km, Rs 3 for subsequent 200 meters or part, i.e. Rs 15 for subsequent 1 km.

The waiting charge should be Rs. 3 for every 5 minutes, i.e. Rs 36 for every hour. The fare at night time, i.e. from 9 PM to 11 PM, is making Guwahati what’s wrong with commuting.

The stubborn (read rude) behavior of the auto drivers and high fares have compelled the public to go for options other than hiring an auto for commuting.

The Gauhati High Court in a recent verdict said that the auto rickshaws should install fare meters immediately and that the auto-rickshaw owners’ association coordination committee should implement the government rate, i.e. Rs 30 for the first 2 km, Rs 3 per subsequent 200 meters or part, i.e. Rs 15 for subsequent 1 km. The waiting charge should be Rs 3 for every 5 minutes, i.e. Rs 36 for every hour. The fare at night time, i.e. from 9 PM to 11 PM, is making Guwahati what’s wrong with commuting.

“Uber and Ola have brought relief for the people who need to stay out for some work or the other. Guwahati streets would hardly see any auto after 9 PM. That is when the cabs come to your rescue, be it 10 PM or 11 PM,” said a female professional of Guwahati.

Here’s how the two most popular app based cab services have taken the city in hand, in the global market.

Zoo road Tin Ai to Guwahati Railway Station (9 AM – 9:30 AM)

- Rs 150 – Rs 180
- Rs 80 – Rs 100
- Rs 100 – Rs 120

Gitanagar to ISBT (6:30 AM)

- Rs 400 – Rs 450
- Rs 329
- Rs 207 – Rs 263

What’s wrong with the auto scenario in Guwahati?

The stubborn (read rude) behavior of the auto drivers and high fares have compelled the public to go for options other than hiring an auto for commuting.

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With auto drivers refusing to follow government guidelines, the sight of a working meter still being a rare phenomenon and the app based cabs providing hassle-free experience, a sharp decline in the number of auto-rickshaws in Guwahati could become a reality in the near future.
Dengue onslaught alarming in Kamrup (M), more than 1000 cases reported

Dr Hazarika said that there are three types of dengue - general dengue, dengue shock syndrome and dengue hemorrhagic and the one who had died in Noonmati was from the dengue shock syndrome. In dengue hemorrhagic, when the platelet comes down to less than 50,000, the patient might reach the danger level and can lose his or her life. "There is no vaccine for dengue and the treatment is supportive as the dengue patient is prescribed medicines for fever, headache, pneumonia etc.," said Dr Hazarika. He said that the cases of dengue are more in the urban areas than in rural as the dengue mosquito breeds in clean water.

"The city has four zones namely the Capital Zone (Dispur), South Zone (Dhikenpara), West Zone (Pandu FRU) and East Zone (East Guwahati State Dispensary) and out of the four zones South Zone is the most affected. The highly affected areas under the zone are Lal Ganesh, Odalbakur, Kalapahar, Pahartoli and Fatasil Ambhari. In the Capital Zone, areas like Kahilipara, Sarusajai, Goroila, Nalapara and 8th mile are affected while in East Zone, Noonmati area is affected and one has been reported dead from the area," said Dr PC Hazarika, Epidemiologist, IDSP, Kamrup (M) while speaking to G Plus.

Cases of dengue has reached the 1,000-mark and might increase as the season of epidemic disease continues till December.

In 2013, the number of cases of dengue were 4,121 while in 2014 it was 41 and in 2015 there were 933 cases.

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Dr Hazarika said that they have been updating the daily report to Guwahati Municipal Corporation (GMC) and asked them to do fogging in the areas. It has also been suggested to the people to use mosquito nets even in the afternoon and wear full-sleeved apparel. He also said that Assam is vulnerable to vector-borne diseases like dengue, Japanese encephalitis and malaria. Old dumping of solid waste is common in the city and contributes towards the high breeding of mosquitoes.

Moreover, it has been informed by an official of health department that active part should be taken by GMC by fogging areas and spraying DDT in and around the city. GMC has been sanctioned a sum of Rs. 2 crores for fogging. The people are also not aware of the facts and they don’t allow spraying of DDT in the surroundings saying that it affects the people adversely and walls of houses get damaged. But they are not aware that the lives of the people are more important than the walls of the houses. The dengue mosquitoes are daytime biters and people should be more alert during daytime.

Dr Hazarika said that as the season of epidemic disease continues till December and this year cases have been reported before the onset of the season.

Union Human Resource Development Minister Prakash Javadekar on Monday unveiled “Param-Ishan” — a supercomputing facility at IIT Guwahati. The high-performance “Param-Ishan” has computing speed of 250 teraFLOPS and capacity of 500 tera bytes (TB). The 250 teraFLOPS means that the computer is capable of performing 250 trillion operations per second. The supercomputer was installed in a partnership between the Centre for Development of Advanced Computing (C-DAC) and IIT Guwahati.

"It is one of the glad moments to have fastest and most powerful computer in north-eastern, eastern and southern regions," Javadekar said after unveiling the Param-Ishan super computer. He said that C-DAC and IIT Guwahati partnership will provide a boost to both the high performance computer users and the community through the deployed Param-Ishan and several technology areas will be positively affected through the introduction of the new supercomputer. With a peak computing power of 250 Teraflops, PARAM-Ishan is the fastest and most powerful supercomputer to be deployed in the north-eastern, eastern and southern regions, outside Bangalore.

Prof. Gautam Biswas, Director of IIT Guwahati, said that Param-Ishan will not only augment the research initiatives in the institute but also help in creating an ecosystem for attracting right talents to the field of research. Param-Ishan can be used in several scientific and engineering application areas including weather, climate modelling and seismic data processing. This would be helpful as northeast India receives heavy rainfall during monsoon, which leads to flooding and landslides.

In his inaugural address, Shri Prakash Javadekar said, "We reiterated our commitment to give a big push to research and innovation by empowering the educational institutes to transform into higher seats of learning and platforms for advanced research. A nation’s potential for growth today, is evaluated on the quality of its research and development. As a big nation, we certainly face a number of problems. Effective R&D activities carried out in a strategic mode can be the solution to our most pressing problems. We need to amalgamate our strengths, skills and resources to provide the right direction to our research initiatives. The coming together of C-DAC and IIT Guwahati is a strategic move that will provide a boost to both the HPC users and the community through the now deployed PARAM-Ishan. I am sure that several technology areas will be positively affected through the introduction of this new supercomputer."
NHAI to come up with ‘Go Green’ project at Jalukbari

Beautification around the Jalukbari rotary, which is the location of the Bhupen Hazarika Samadhikhetra and which is currently losing its appeal due to the illegal bus stoppage, filth and dust, is a crying need and NHAÍ has stepped in with a feasible project.

The National Highway Authority of India (NHAÍ) will come up with a ‘Go Green’ project in Jalukbari under the flyover so as to create a better situation than the present where vehicles entering the area are creating various hazards to the point where vehicles entering the area are creating various hazards to the point of becoming a nuisance.

The NHAÍ authorities are concerned about the present scenario of the Jalukbari Rotary as the illegal bus stoppage and street vendors have made the area so filthy that one cannot walk through it. “We have already sent the proposal to the Centre and after it gets approved we will start the work on the beautification project. The illegal bus stoppage will be moved out and it is the state government which has to think of the alternative place to establish the bus stoppage so that the entire area of the Jalukbari rotary gets cleared,” said an official source while speaking to G Plus.

“It is very unfortunate that the memorial has lost its appeal. We will undertake the project to make the area green where a fountain will be put in place and the green project will be initiated covering the entire area in such a way that it will add to the dignity of the memorial,” informed the official.

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The official said, “Initially, we thought of making a park but that will not be a proper place for a park as the Lachit Park is already there and therefore we thought of making the entire area green. Solar powered lights will be used in and around the area and the flyover will be illuminated with such lights.”

He also informed that the new bridge over the Brahmaputra River will be opened from 24th September and from November the bridge can be used in a full-ledged manner as the little amount of work which is left will be completed by then. He said that they could have completed the work by September but due to the rainy season the work got slightly delayed. A stretch of 300-400 metres is left to be completed and the same will be done soon.

Sources said the traffic burden on the Saraighat Bridge would be drastically reduced when the second bridge over the Brahmaputra starts functioning. “The travelling distance between Guwahati and the north bank will also be reduced by this,” sources said.

It has been alleged by the NHAI authorities that the street vendors have made the place so dirty that a visitor will think several times about visiting the Samadhikhetra. The project will be made in such a way that it will attract visitors. The project will also help to reduce petty crimes taking place in the area after dark. The street vendors have been evicted many times but after some days they again occupy the area and set up their business. The place has become commercial and will be transformed into a tourist spot with the beautification project.

Alfresco Grand to start lunch cruise, story-telling sessions while sailing

It is always a mesmerising feeling to be on a boat on the mighty Brahmaputra. One can feel the gentle wind while sailing on the river while gazing at the rhythmic waves of Bor Luit that envelopes several stories within itself.

A great experience of this kind is provided by the good ship Alfresco Grand, a pioneer in the concept of river cruising on the Brahmaputra. Every day Alfresco Grand takes a tour of the mighty Brahmaputra with a Sunset Cruise and a Dinner Cruise. Adding to the magnificence Alfresco has come up with the idea of starting a lunch cruise from 24th September that will sail every Saturday and Sunday. However, these cruises will have a difference.

As known to all, the Brahmaputra has its origin in the Angsi Glacier in Tibet and flows up to Arunachal Pradesh in India as the Tarlung Tsangpo River. It enters Arunachal Pradesh with the name Dihang/Siang and as it enters Assam valley it is known by names such as Brahmaputra, Bor Luit and Mahabahu. However, in this particular area of Guwahati the river has several stories. During the cruise, Alfresco will sail around the Panbazar area moving through the Umananda and Pandu port.

The cruises will have story telling sessions which will tell stories that hold historical and mythological significance of the particular part of the river. Few are well known such as the Battle of Saramati, Umananda, Kamakhya Temple and Nilachal Hills while others are lesser known such as Battle of Iakhuli and Andharu Bali. The cruise will also host folk music sessions that will include folk instruments such as Dutara, Kamrupia Lok Geet and various folk dance forms among several others.

“The idea behind the cruise inceptioned long ago as we had the concept of hosting four cruises each day, breakfast cruise, lunch cruise, sunset cruise and dinner cruise. While the sunset and dinner cruise had gained prominence over the years we thought of starting the lunch cruise. However, during the sunset and dinner cruise we hold live music sessions but there was no space to discuss about the history this part of the river holds. So the lunch cruise will be a better slot for the same,” said Shanti Doley, co-owner, Brahmaputra Cruise Pvt Ltd and Alfresco Grand.

The initiative will neither just breathe life to the glorious history of Guwahati in regard to Brahmaputra but also provide a major boost to the tourism scenario of Guwahati.
Milind Soman: chain-smoker to marathon runner

CHANDRIKA DAS

It is believed that 5-year survival is considered as surrogate indicator for cancer cure. According to Dr Arul Chandra Kataki, Director of BBCCI, every effort should be made to improve the access of patients with uterine cervical cancers to a cancer centre equipped with radiotherapy facilities. Dr Kataki further stated that, population-based screening program for uterine cervical cancers should be implemented in our population for its control. The vital finding from this study showed that the 5 year survival significantly improved from around 30% to 48% in patients diagnosed in early stages in comparison with advanced staged patients. This study also showed that patient who have had received chemotherapy along with radiotherapy had better 5-year survival rates. Across India, every year, 38,771 patients with uterine cervical cancer do not get the benefit of the combined chemotherapy and radiotherapy, and thus they have relatively poor survival. The study has been published ahead of print in the Journal of Cancer Research and Therapeutics, an official publication of the Association of Radiation Oncologists of India.

Dr Manimegadee Krishnatreya, lead investigator of the study, has stated that the biggest challenge in conducting the study was to gather information on the vital statuses of patients, as vital registration of birth and death is not complete in the state. Furthermore, this information is not linked to conduct survival studies. He has stated that telephonic calls and even home visits have to be made to ascertain the vital status of patients in carrying out survival analysis. The study has received technical support from the National Centre for Disease Informatics under Indian Council of Medical Research (ICMR). It may be mentioned here that, the Government of Assam has made cancer a notifiable disease in the Kamrup-Urban District. All diagnostic centers and hospitals in the Kamrup-Urban are to notify cancer cases to the Population-based Cancer Registry of ICMR located at BBCCI. The study is also participating in a national-wide multi-centric study on pattern of care and survival studies on head and neck, breast and uterine cervical cancers.

Milind Soman was in Guwahati last week for the Pinkathon and set aside some time for an exclusive meeting with G Plus. He felt that Guwahati was special for the event because, in his opinion, the women of Guwahati are just free in their mind, so much so that the gender equality that one can see in Guwahati cannot be seen anywhere in the country. Women from northeast are go-getters and they remarkably make it big in the bigger cities and in their careers.

Soman talked at length about Pinkathon saying that it is not for runners; it is a marathon. The idea of Pinkathon is to empower women through something they never thought they could do. It is for women who have never been out of home or never done any sport. And when such women complete 3 kms or 10 kms, it is indeed a personal achievement of sorts.

To Milind, Pinkathon is more than just a marathon. The former supermodel, actor turned producer, and ace runner feels Pinkathon is the ‘wind of change’ that the society needs today. Milind himself is peculiar in the sense that he runs barefoot, speaks about the society with enthusiasm which is very rare to see and desires to empower women not by any government subsidies, but with a feeling that only an individual woman can realize. Milind, who has been to Guwahati before, says that the city and people here are just amazing. Milind also shared the thought that he wishes to take Pinkathon to every north-eastern state and Guwahati was the best place he could start with.

While others plan to make their 50th birth anniversary a big one, Milind decided to go an extra mile and accomplish ‘Ironman’. He always liked to challenge himself as a kid. He enjoys figuring out his potential. Ironman was a challenge he was looking forward to accomplish for his 50th birthday. He checked for the details of the event and chose the one that was held in the month of July in Zurich. And he accomplished it!

Milind chose running for Pinkathon rather than any other form of exercise or sport because he feels that running is the easiest form of exercise. He opined that yoga is also fantastic but running is like a mother sport. It is the easiest and the safest community activity. The thing with running is, it can take one to levels that could never be imagined was possible for you and the best thing about this activity is that it requires zero equipment and zero infrastructure.

Milind has yet had any bad experience with Pinkathon. “But again, every city is different, the culture is different, women are different, their mindsets are different. They have different doubts and fears. It is a great learning experience for me and my team, to visit new cities, and meet new women. I think what women can teach you about what is happening in the society, nobody else can teach you that. Otherwise, everything is marketing,” said Milind.

Milind’s remarkable change has been to become non-smoker being a chain smoker. Apparently, he started smoking at the age of 29 when he started working for television. He mentioned that the life of an actor is mostly about waiting. “It’s about sitting for the direction, waiting for the shot to be ready. ‘80% you are waiting, 20% of the time you are working. I started stupidly, and I got hooked. Because, it’s a drug, and it’s difficult to avoid this drug, especially in our society, because it’s available everywhere. It’s accessible, it’s acceptable and it’s addictive. I smoked for like 4 or 5 years, but then eventually I stopped. I took me around 3 years, but I stopped,” said a visibly proud Milind.

Milind added that he ran barefoot because it is only natural. He doesn’t really have a diet plan in place but eats a lot of fruits and a lot of vegetable juice. The only thing he doesn’t consume is sugar as he believes it is the worst refined food.

Milind believes that everything and anything one does can bring about a change and proactiveness is very important to bring in the good change in the society. He is someone who loves and has a healthy respect for himself. When asked to describe himself, with that self believed, and childlike smile on face, he replied, “I think I am incredible! You can quote me on that.”
Every 4th Guwahatian suffers the risk of mental illness in lifetime

It took entire nation by storm when leading Bollywood actress, Deepika Padukone, broke all stigmas and expressed to the world how she felt empty and directionless during her battle with depression. Later she founded “Live Love Laugh Foundation,” a common platform for masses to connect with professionals in order to get comprehensive knowledge and timely treatment.

The Indian government estimates that 6% - 7% of the population lives with major to minor mental health concerns. That’s approximately 70 million Indians and this number is increasing every year. Despite the large number of people who require mental health attention, India has only 3,500 trained psychiatrists and even fewer psychologists. What’s worse is that stigma and discrimination faced by these people and their families prevent them from seeking guidance. Hence it is a wake up call to the majority as untreated depression can lead to serious complications that can put one’s life at risk with increasing number of suicides among youths. Fortunately, most people can be effectively treated.

There are several mental disorders like panic attack, anxiety, stress, eating disorder, clinical depression, schizophrenia and dementia to name a few. So, how is our own Guwahati faring in battling these mental problems? Are we still lagging behind without advanced techniques and treatments compared to other cities?

Dr. Shayamanta Das, MBBS,MD, Assistant Professor, Department of Psychiatry, Gauhati Medical College Hospital gave a deep insight regarding the mental wellness scenario in our city. He shared, “Every fourth individual has the risk of suffering from mental illness in a lifetime. The fact that majority of the mental illnesses have their first manifestation before one reaches adulthood is becoming increasingly clear. Unfortunately, this population, i.e. children and adolescents come across various ‘gatekeepers’ in their way to proper management in the form of parents, teachers, and paediatricians. By talking about diagnoses, psychiatrists may draw criticism and ask for trouble because of allegation of ‘medicalising’ a child’s problems. In Guwahati, a few years back we interviewed 680 participants from six schools in a study of cross-sectional exploratory research design with the use of questionnaire. 151 (22.2%) subjects have ever had alcoholic beverages like beer, wine or liquor. 7% of alcohol users had been absent from school, 5% had done poorly in school, 4% had family problems, and 3% had been arrested because they used alcohol. 3% had driven under the influence of alcohol and 13% had been passengers in a vehicle in which the driver was under the influence of alcohol. 2% had been drunk and 29% had been drunk at a party. 80.1% of alcohol users had not been ever asked about their age while obtaining alcohol. 21.2% had successfully faked their age to obtain alcohol. 13.2% had obtained alcohol by misrepresenting their age. Bar restaurant (52.98%) was the primary source from where people under the age of 18 obtain alcohol, followed by friends/relatives (32.45%), liquor store (24.50%), parents’ cabinet (5.30%), and others (1.32%).”

Dr. Gaurav Deka is a Clinical Psychotherapist specializing in Transpersonal Regression, Cognitive Behaviour Therapy (CBT) & Inner Child Therapy and also a writer. Recently he conducted regression sessions in Guwahati and shared overwhelming response from the residents here.

According to Dr Gaurav, “The whole Idea of therapy is to make one feel empowered. Emotional well being is much vital over mental and both are two separate aspects though considered same by the majority. In India, provisions are comparatively less for medical set up and therapy techniques. In India, doctors are treated like Gods but in West, clients are Gods. Counselling in Guwahati is scattered. Solution based work is need of the hour.”

It mentions Cognitive Behaviour Therapy (CBT) technique which is medically approved and aims to teach people that it is possible to have control over their thoughts, feelings and behaviour. It is effective for the treatment of a variety of conditions including – Phobias, Addictions, Schizophrenia, Depression. There is another technique, Emotional Freedom Techniques (EFT), which is a form of counselling intervention that draws on various theories of alternative medicine which helps remove negative emotions, reduce food cravings, eliminate pain and implement positive goals.

The technique of regression is going back in time be past or same life and its continuous towards my emotional well-being. By using, Emotional Freedom Techniques which have helped me to cognitively inculcate and work toward positive goals.

As a doctor and studying regression therapy, Dr Gaurav himself underwent several sessions of regressions. He studied regression therapy at the world renowned Tasso International. He added, “What exactly our ancestors spoke about reincarnation Eastern European countries, Netherlands, Germany put into practice using specialized tools and advanced technology.”

In Guwahati, he started sessions two months ago. The response has been good. But the major loophole in Guwahati is that practitioners don’t give much time to clients. So focussed and solution based work is not happening yet in the city. He wants people to have faith in therapy and encourage the same. There is a skewed understanding of philosophy. Intelligent perspective over advice oriented is very much required in Guwahati.

“Depression can seem worse than terminal cancer, because most cancer patients feel loved and they have hope and self-esteem,” David D. Burns , Department of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine.
Everything Outdoor

One stop solution for all your outdoor and adventure needs

 ABOUT US

North-east India, a region of bewildering landscapes and biodiversity and a genuine treasure trove for nature and adventure lovers. It’s not surprising that the northeastern states of India have now garnered much attention from travel and outdoor enthusiasts.

Even less surprising is that Guwahati, the gateway to the northeast, has received much of this attention, earning a global name on the growth market with a constant (and recurring) influx of visitors.

With this in mind, EverythingOutdoor takes the initiative to serve to the growth of the northeast as the prime location for all kinds of adventure activities. Camping, kayaking, canoeing, backpacking, trekking, hiking, water sports, zip lining, aero sports, biking, and rock climbing are some of the major activities organised by us and we hope to bring together a community of avid outdoor enthusiasts, with a chance to experience first-hand some of the great wonders of this region.

Experienced guides give today’s youth and their families an opportunity they might otherwise miss - a chance to spend time outdoors, gather knowledge about nature, de-stress, be healthy and balanced and meet like-minded individuals along their journey.

Supporting this cause by EverythingOutdoor and being convinced that if he weren’t a singer, Angaraag Papon Mahanta says he would have been out exploring the wilderness of the North-east. The much-admired singer made an appearance at an event organised by us on 18th September, 2016 at Brindavan Gardens, Zoo Tiniali, Guwahati, and surely roused the audiences’ interest in all things outdoor even more.

AT THE EVENT

The 18th of September, 2016 marked the launch of EverythingOutdoor as an information centre about adventure activities happening in the North-east. The event turned out to be a meeting point of adventure enthusiasts and service providers of outdoor activities. It was a stage for many notable people to discuss mountaineering, cycling, angling, trekking and much more. Taking part in the stage discussions were ………. Gaming stalls, product displays, food stalls, a live band and DJ, karate workshop, cycling and motor bike workshops livened up the crowd, as we saw young children and adults alike display a lot of enthusiasm and interest in the event and the introduction of EverythingOutdoor as its information hub.

Says Papon about the event, "This is about the development of the city. Guwahati being a hub of the North-east, it’s extremely important to have a source of information and services for adventure travel and sports. I am glad to be with EverythingOutdoor as this is the first initiative towards eco-tourism and connecting the right people in the industry. This is not only promoting awareness but showcasing Guwahati as the place to get any information when you want to backpack!"

With participants such as Mishmi Hills trekking company (Arunachal Pradesh), Campfire trails (Shillong), Assam Mountaineering Association, All Style Karate Association, Greater Guwahati District Cycling Association, Royal Enfield, Yellowboat, Casio G Shock, Wildcraft and Yellow Stone, we are very happy the event turned out to be a major success. We would like to thank Airtel, Decathlon Guwahati, Kurls & Spikes, By the Way, Fast Track (outdoor media partner), Wildcraft, DY 365 and Radio Gupshup for their support.

EverythingOutdoors is based in Guwahati and has its doors open for people of all ages who want an opportunity to experience outdoor adventure.

For any information, please contact us on +91 97060 63377 or +91 90850 92586. We would love to address your queries, do write to us at everythingoutdoors@gmail.com

Weather report for the week

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A s a screenwriter how challenging was it to portrayal the three vastly different characters in 2 To Tango 3 To Live?

Rajat Kapoor: The idea was basically not to do a funny play but to do Hamlet with clowns and we did not know where it would go once we started. The last five to six plays that I have done with Vinay, the idea has been to start with a creation, to start something and see how it evolves. That is when we started Hamlet because it is something that I always wanted to do and gave it a try with clowns. Of course when we did with clowns some of it became funny. However, I am doing Macbeth with clowns and that one is not really funny because I am doing it with different kinds of clowns. It is also true that clowns fascinate me and I don’t really know why I keep going back to them. Clowns kind of give me a pure essence; it is not Sharmaji or Mukherjee but you can go directly to the feeling of joy and fun. Asking that question to me has the answer within itself. Most actors who do not have a unique personality try to make up for it with their vagaries. But some people have the personality and the body. One of my most favourite actors in Indian cinema is Irrfan Khan. The first time I saw him playing a father at the beginning of the decade, I thought this is the greatest actor here. He is the only actor that I would put all my chips on the table and bet on. Why don’t we talk about talent and why talk about body? It is the talent-entertained actor who shines through.

Vinay Pathak: With the trend in Bollywood moving towards well-scripted physique, is it difficult for the actor to have an appealing body?

Vinay Pathak: It is an appealing personality we need because what cinema looks for is a unique personality. It is not your body that you bring to the camera but it is your being. I think Nawaz is a wonderful actor because you would want to know the person. Why don’t we talk about talent and why talk about body? It is the talented actor who shines through.

In terms of audience response, what difference have you seen in the audience of Guwahati and the other places you have performed in?

Rajat Kapoor: There is no difference at all. We have travelled to almost every city in the country and all over the world and everywhere the audience has been the same. The kind of audience that had come for the play will always be there; this is a certain class of people who are educated who do, you should like what you are doing whatever you’re doing. There is no rocket science in how you get into one mould, change to another mould and then to another. If you keep doing whatever you’re doing in this in our real lives. We are somebody’s son, somebody’s daughter, we are lovers, we are friends, we are also everything else and we are playing many parts at a given point of time. If we can do that, why not this?

You mentioned during the talk back session after your play that your mother is from Silchar. She was born in Silchar. She got a scholarship from the government of Assam to go and study music in Lucknow and she took her training there. In terms of response how would you rate the audience in Guwahati in comparison to other parts of the country?

Rajat Kapoor: It is an appealing body. With the trend in Bollywood moving towards well-scripted physique, is it difficult for the actor to have an appealing body?

Vinay Pathak: With this particular play the initial brunt and tempest had been borne by another actor called Atul Kamar who created this. Soso in Hamlet - The Clown Prince has been created by Rajat, VN Samble and Atul. Atul had played the role for 160 odd shows before I stepped in. In so many languages for two long hours? Vinay Pathak: To me it is an old constructed hall and it was a surprise that it could fit in a thousand people. In terms of acoustics it was really good and I did not have to use lapel microphones.

How did the idea of transform ing a tragedy such as Hamlet into a comedy occur to you?

In terms of response how would you rate the audience in Guwahati in comparison to other parts of the country?

Rajat Kapoor: The idea was basically not to do a funny play but to do Hamlet with clowns and we did not know where it would go once we started. The last five to six plays that I have done with Vinay, the idea has been to start with a creation, to start something and see how it evolves. That is when we started Hamlet because it is something that I always wanted to do and gave it a try with clowns. Of course when we did with clowns some of it became funny. However, I am doing Macbeth with clowns and that one is not really funny because I am doing it with different kinds of clowns. It is also true that clowns fascinate me and I don’t really know why I keep going back to them. Clowns kind of give me a pure essence; it is not Sharmaji or Mukherjee but you can go directly to the feeling of joy and fun. Asking that question to me has the answer within itself. Most actors who do not have a unique personality try to make up for it with their vagaries. But some people have the personality and the body. One of my most favourite actors in Indian cinema is Irrfan Khan. The first time I saw him playing a father at the beginning of the decade, I thought this is the greatest actor here. He is the only actor that I would put all my chips on the table and bet on. Why don’t we talk about talent and why talk about body? It is the talented actor who shines through.

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Vinay Pathak: To me it is an old constructed hall and it was a surprise that it could fit in a thousand people. In terms of acoustics it was really good and I did not have to use lapel microphones.

In terms of response how would you rate the audience in Guwahati in comparison to other parts of the country?

Rajat Kapoor: The idea was basically not to do a funny play but to do Hamlet with clowns and we did not know where it would go once we started. The last five to six plays that I have done with Vinay, the idea has been to start with a creation, to start something and see how it evolves. That is when we started Hamlet because it is something that I always wanted to do and gave it a try with clowns. Of course when we did with clowns some of it became funny. However, I am doing Macbeth with clowns and that one is not really funny because I am doing it with different kinds of clowns. It is also true that clowns fascinate me and I don’t really know why I keep going back to them. Clowns kind of give me a pure essence; it is not Sharmaji or Mukherjee but you can go directly to the feeling of joy and fun. Asking that question to me has the answer within itself. Most actors who do not have a unique personality try to make up for it with their vagaries. But some people have the personality and the body. One of my most favourite actors in Indian cinema is Irrfan Khan. The first time I saw him playing a father at the beginning of the decade, I thought this is the greatest actor here. He is the only actor that I would put all my chips on the table and bet on. Why don’t we talk about talent and why talk about body? It is the talented actor who shines through.
Guwahati’s theatre extravaganza:

the organizers’ perspective

Swapan Bhattacharyya

G Plus the tabloid is basically a product of a passionate love affair between itself and the city of Guwahati. All endeavours taken in publishing issue after issue of the weekly stem from the love for the city and G Plus tries to cover Guwahati as comprehensively as it uncovers it at the same time. The evolvement of the tabloid over the years and the affection given to it by Guwahatians has often led the management to ponder over offering more viable by-products to the citizens than just regular weekly news and features. Ward Talks, Guwahati Food Awards and the book called Guwahati Food Guide were endearing results of this evolvement process and this year G Plus went one step further.

A proper theatre festival showcasing the best of Indian theatre was seen as a need of Guwahati and G Plus sought to fulfill this vacuum. That Guwahati had a soft centre for absorbing culturally vibrant events was always apparent. That theatre was the favourite of the Guwahatians was amply clear. And that G Plus had to stamp its class with the very first season was its greatest prerogative. It was an ambitious project that demanded foresight, precision planning and clinically perfect execution. To curate the event, we approached Dr. Asha Kuthari Chaudhuri, Professor of English with specialization in Theatre Studies, Gauhati University who agreed to take on the mantle of Director, G Plus Guwahati Theatre Festival, 2016.

The various activity hierarchies were put into place, the marketing strategies were decided and put into practice, accommodation for the visitors was fixed and a huge buzz preceding the event was successfully generated. The city caught on to the fever and geared up to watch performers like Saurabh Shukla, Vinay Pathak, Rajat Kapoor, Kalki Koechlin, Neil Bhoopalam, Achint Kaur, Namit Das, Sumeer Vyas and a host of others through 6 plays over 5 days on the stage of Pragjyoti ITA at Machkhowa between 14th to 18th September, 2016. The sponsors came in supporting the extravaganza playing a vital role in its success. The organizers are eternally grateful to Pernod Ricard (Ballantine brand to be precise), Audi, State Bank of India, Servo from Indian Oil, FICCI (FLO), radio partner Radio Mirchi and outdoor publicity partner, Outreach Advertising. The rest, as they say, is history.
The event started gathering momentum over the past three weeks. The hype had been created and the enquiries from patrons came in thick and fast. The entry passes began to move and theatre connoisseurs of Guwahati awaited the veritable feast. On 14th September, in Pragjyoti ITA, Machikhowa, the ceremonial lamp was lit by chief guest Anand Prakash Tiwari (IPS), Managing Director of Assam State Transport Corporation and the first play staged was *Hamlet – The Clown Prince* directed by Rajat Kapoor starring Vinay Pathak, Neil Bhoopalam Sujay Saple, Namit Das, Puja Sarup and Mansi Multani. The play was an imaginative reinterpretation of the iconic Shakespearean tragedy performed by six highly talented actors/clowns. With a pastiche of varied accents and a healthy dose of gibberish for its language, the deep philosophy, the brilliance of the actors and the clever improvisations made the play an exceptional experience that left Guwahati enriched. The performers received a standing ovation.

The Living Room directed by Kalki Koechlin was staged on 15th September. The play was a comedy on death with ‘Death’ itself taking a sinister human form taking its target through various emotional memories of her life. Koechlin came on stage at the end of the play for the final bow and mentioned that the cast comprising of Ratnabali Bhattacharjee, Jim Sarbh, Shaun Williams and Hussain Dalal was performing together for the first time.

Two to Tango Three to Jive directed by Saurabh Shukla was staged on 16th September. A brilliant contemporary story on modern life, its problems and demands, the play was a roller-coaster ride of emotions. The performances by Achint Kaur, Sadiya Siddiqui, Preety Mangani and Shukla himself were exhilarating, and had the audience laughing themselves hoarse over the two-hour enactment and they rose to give a standing ovation at the end of it.

Mona Ambegaonkar, Dilnaz Irani, Mahabanoo Mody-Kotwal, Dolly Thakore and Swati Das got together on 17th September for *The Vagina Monologues* and delivered the most unique theatrical piece ever in Guwahati. Directed by Mahabanoo Mody-Kotwal and Kaizaad Kotwal, the play gave an entirely unique perspective on female sexuality and made the audience writhe and laugh at the same time. The play comprised of a collection of monologues from all over the world and shed all inhibitions surrounding biggest human taboo: the female genital organ. Yes, it got a huge standing ovation as well. Later that evening *The Truths of Womanhood*, a solo performance by Kalki Koechlin was staged. It was a short 40-minute monologue where Koechlin dramatically talked about feminism: its perspective to life in general. It was an attempt to portray to the world the immense powers of the supposedly weaker sex.

The last day of the theatre festival had Rajit Kapur’s *One on One – Part 2*. Kapur himself, Anu Menon, Neel Bhooopalam, Shermaaz Patel, Sameet Vyas, Yukha Talsania, Gopal Dutt and Vrajesh Hirjee performed a succession of monologues each based on short scripts that portrayed the tribulations of people in normal situations of career, family life, business ventures, etc. It was another performance that received a spontaneous standing ovation.

On the final day, the organizers honoured Kulada Bhattacharjee, with the “Life in the Theatre” award. Bhattacharjee received the award from Ashutosh Aghnihotri, Secretary & Commissioner, Transport. Each play had talk back sessions held at the end of the performance where the audience got opportunities to talk to the actors. The interactions for each play were hosted by Dr. Abhijit Hazarika, Tinat Atifa Masood, Rohan Das, Swapnil Bharali, Kauser Hidayat and Dr. Asha Kuthari Chaudhuri.

Come the Septembers, for the sheer response and good feedback, the *G Plus Theatre Festival* will be mounted as an annual cultural landmark and citizens can hope to have more iconic plays staged in their own city.

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September in the mornings.

Initially the response of the students was a trifle slow – but soon we had numbers that had us refusing more participants. Participants from Army Public School, Narangi, Assam Institute of Management and Technology (AIMT), Arya Vidyapeeth College, Gauhati University and IIT-G and few from an acting background made up the group of around 45 participants. And then we even had to agree to include a cute little 8-year old into the workshop, because he just wouldn’t stop pleading!

While Neil Bhoopalam’s workshop was more physical or ‘embodied’ in nature, Shukla brought in a wealth of experience to bear upon his acting exercises with students. Through both the sessions, the participants sat enthralled and energized by the wealth of experience that both Bhoopalam and Shukla brought into their sessions on consecutive days.

Bhoopalam’s session was made use of a range of rhythmic beats, percussion instruments and electronic noises to demonstrate timing and tempo that is in some sense, at the heart of all theatrical work. These, in tandem with the moving body and speech acts constituted the core of the exercises he conducted. Using some of Shakespeare’s best known speeches, he again demonstrated how different bodies on the stage can coordinate and function as one unit. Saurabh Shukla, assisted ably by his co-actors, Sadiya Siddiqui and Achint Kaur performed exercises to engage the participants in dialogue delivery, and demonstrated as to how the dialogues must exhibit some manner of synchronicity with the actor’s body. They also shared with the participants their journey as actors.

While both these workshops did make use of various acting exercises to engage both the voice and movement factors that are so critical to the art of acting, their interactions with the students revealed the sets of ethical and pragmatic considerations that are also an indelible part of it. By the end of these sessions, the student-participants had a fairly workable idea of the grime and dust through which the aspiring actor must roll – and just how much sweat and blood is involved in the art.

The actor-trainers on their part were full of praise and appreciation for the active engagement of the students in the workshop. To give the participants their due, they emerged from the sessions with something in their heads and hearts that would lead them unfailingly to an appreciation of good theatre; for some, we hope it will mean an even deeper involvement.

When Sunit Jain and Swapnil Bhatral of G Plus got in touch with me to discuss the germ of an idea regarding a theatre festival, I came on board without the least bit of hesitation. Having spent a full five months in New York City, watching some 50-odd plays, I was starving for some more, anyway. So the planning began and soon we had short-listed a number of the best known running productions in the country – most of them from Mumbai. We got in touch with them and after an arduous process of locking and cancelling and adjusting dates, we had our magic number – 6 plays in English and Hindi – with some top-notch names in Indian theatre.

While that story is being carried forward, we had on our minds a very important thing – the need to recognize and honour people in Assam who have dedicated their lives to the theatre. To many of us who love the theatre, we understand and empathize with the unfailing passion of the people in the theatre. We know that there have been numerous lives that have dedicated their entire energy to the growth and development of this art form. So the Guwahati Theatre Festival would not really be complete if we did not shout out applause to one day of the Guwahati Theatre Festival, and the better their understanding would be, and thereby we would be able to create a whole new generation of audiences that would be true-blue participants in any future theatre event.

We needed to have hands-on workshops that could be conducted by the professionals who knew their job. Since our larger vision was to initiate and educate as well as entertain, we decided that we would rope in some of the key performers at Guwahati Theatre Festival to have workshops with students who loved theatre – this would ensure that we were helping in the formation of a whole new generation of theatre aficionados who were all hooked to good theatre – and some who would carry this forward in more intimate ways. Neil Bhoopalam and Saurabh Shukla came on board and agreed to the 3 hour workshops on Voice and Movement on the 15th & 16th September in the mornings.

The recognition would be given to such an eminent personality from Assam every year during the Guwahati Theatre Festival. And so, after some deliberations, the jury unanimously decided to award this year’s ‘Life in the Theatre Award’ to Sri Kulada Bhattacharjee – a man who has devoted an entire lifetime singularly to the growth and development of the theatre arts in the state. He was conferred the honour on the closing day of the Guwahati Theatre Festival, with a citation, a shawl and a cheque for Rs 21,000/–.

‘Benada’ as he is fondly referred to, was born in 1933 and began life on the stage at the age of six; he later went on to learn his craft in Europe, training ANEA (London), at the British Drama League (London), and then at the studio of Nord und West Deutscher Bundfunk and Fernsehen. In his formative years, he associated with the IPTA which consolidated his social commitment via theatre. After his return, he worked with English language theatre in Delhi – with colleagues like Habib Tanvir among others. In the mid-1960s, he launched Assam’s maiden acting training centre and spearheaded a national theatre movement under the banner of Assam Nurturing Audiences – Workshops at Guwahati Theatre Festival 2016

The Life in the Theatre Award to Sri Kulada Bhattacharjee

Jatiya Nayasala Andolan Samiti. As producer-in-charge, Drama, All India Radio, Guwahati, he wrote thought provoking essays on theatre and directed the debut productions of Arun Sarmas’ Sri Nibaran Bhattacharya, which along with other productions like Matir Gari, Raagh Jaiil, Saraguri Chapori and Parasrama created a new epoch in Assamese theatre. He was also a pioneer in the field of Radio drama, and revived a number of classic Assamese stage plays and introduced a regular forum for world classics in their stage format called the ‘Naat Chora’. He produced the translations of Shakespeare’s Hamlet and Sudraka’s Mrichchhakatikam in their entirety for the Guwahati station of AIR. Kulada Bhattacharjee’s immense contribution to the theatrical scenario of Assam has gone a long way in drawing out new audiences, and singular focus and unfailing passion for the theatre in its multiple forms have helped enrich the cultural fabric of the world, and GPlus is proud to recognize his contribution with the ‘Life in the Theatre Award’, 2016, at the Guwahati Theatre Festival, 2016.

A s plans for the Guwahati Theatre Festival were underway, we had on our way...
Complete apathy, anarchy dominate Sijubari with the worst ‘main road’ in the city

WARD NO 29

Ward Watch

LOCATION: Sijubari

“Why are you doing your Ward Watch here? Nothing is going to happen or change here at Sijubari. It has always been this way and shall remain this way forever,” said a resident.

Located quite near the capital complex, Sijubari is a thoroughly neglected area. One of the principal roads exiting from Hatigaon Chariali, Sijubari Road extends up to the Sukapha Mandir. It has remained deprived of a proper road and drainage system. The whole area remains clouded with dust in the absence of rain while the entire Sijubari road that goes via Natboma is damaged right up to Sukapha Mandir. The road has potholes covered with mud and remains water-logged. Drains are clogged with polythene bags and garbage with no cleaning activities.

“During monsoon the entire street comes under water and one smart shower brings the water to waist level. The clogged drains ensure that the water gets logged which thereafter flows onto the streets and then into our homes. I hope our new government takes immediate initiative for the revival of Sijubari as Guwahati is in the list of the future Smart Cities in India,” said Jonali Zibran, BJP Member of Sijubari. “Recently, the authorities have provided with door-to-door garbage collection service that has resulted in some reduction in the pile-up of garbage, which earlier could be seen lying by the streets,” said Ilyas Hussain, resident of Sijubari.

The people of the area complain that the authorities are negligent towards its development and no proper steps have been taken since the last construction took place two years ago. The stretch of Sijubari can be considered as one of the worst roads in city. There being a hospital in the area, patients have an extremely bumpy ride. “I have come from Jaleswar, Goalpara as my son Jalal is admitted in numerous accidents. “It is the lack of timely clearing of the drains that create such problems. During the past monsoon two buses got stuck near Sijubari Chariali in different potholes which were not visible as the street was filled with water. It took hours for the buses to be pulled out and the same caused severe traffic snarls,” said Firdaus Azahar, resident of Sijubari. Moreover, the traffic scenario is horrendous given that most of the time buses from Dhubri and Goalpara remain parked near the Musaffir Khana.

Other problems like lack of street lights also abound. “Street lights are a major concern here. It is very difficult and unsafe to walk on these roads in the dark. Our councillor doesn’t seem to give any importance on any of the issues of our society. Rash biking by boys on these roads has also lead to a lot of accidents and other incidents. Total lawlessness seems to prevail here,” said Gitashree Rabha, resident of Pragyotish Housing Complex, Sijubari.

G Plus also found a few brokers who peddle marijuana (ganja) near spots like Pakiza Path where it is available for sale for a selected and regular clientele.

Fadlam Islam, staff at Munni Medicos opposite to Global Hospital summed up the morose situation of Sijubari well when he blasted this journalist, “Why are you doing your Ward Watch here! Nothing is going to happen or change here at Sijubari. It has been this way and shall remain this way forever!”

G Plus tried to contact Councillor Anu Handique but failed to connect to her and could not elicit a response. Thereafter, G Plus contacted its Area Sabha Member, Arjina Begum. Here is what she had to say, “No I have received no funds from the GMC or Ward Councillor. I cannot comment anything on its development. Now everything has changed, new government has arrived so there is no cooperation from the Mayor either.” When asked about how her cooperation and relation was with the Ward Councillor, she said, “We hardly speak. We only meet during meetings and that’s it. Kindly contact the Ward Councillor and ask her regarding the ward and its other projects.”

Gaurav Pratim Dey

WARD NO 29

WARD WATCH

G PLUS SEP 24 - SEP 30, 2016 15

Gaurav Pratim Dey
**Re-watchability: the comeback vehicle for Assamese cinema**

As I sat to write this piece, I thought it would be a good idea to catch Julia Roberts saying “I’m just a girl, standing in front of a boy, wanting him to love her,” to Grant Hurst in Notting Hill. I watched the scene thrice on YouTube and went on to catch the last scene of the movie as well – a movie that I have already watched umpteen numbers of times on TV and online.

What is it about certain movies that bring about this compelling desire to watch and re-watch them again? And again? Closer home from Bollywood, there have been movies made which I would watch at any given moment that they are showing on TV. Lage Raho Mann Aan, A Wednesday and Jolly LLB among quite a few others have that attribute in them. 3 Idiots and Chak De India also fall into that category.

Of course, the mentioned movies are from my personal taste in movies but I am sure all cinema buffs have their own set of re-watchable movies that they fondly go back to when their space allows them.

The sweetest piece of news from the last week has been the commercial and artistic success of two eminently watchable Assamese movies that hit the city’s theatres: DoorDarshan – Eti Jonito and Kothanodi. While I didn’t have the good fortune to watch DoorDarshan, Kothanodi affected me enough to make me put up the following update as a Facebook status: Kothanodi! Dark, brooding, scary, intriguing and simply fantastic. It was a riveting experience. If Zero was hysterically evil, Kapil was a brooding optimist even as Adil Hussain was the quintessential do gooner who rocked his own boat at the expense of his family life. Disturbing movie that rocked my senses with its slick editing and hair-raising background score. The closest to Hollywood that an Assamese movie ever got and I mean it. Chilling!

My FB friends were quick to react with their likes and comments; some agreed, others debated on a few issues pertaining to the movie and yet others promised to surely catch the movie at the hall and thereafter calling and confirming that they had indeed done so. There just could not have been a better situation and while it is difficult for me to make a sweeping statement like ‘Assamese cinema has come of age’ or some such, the fact remains that the two movies have, to a great extent, managed to put Assamese cinema into the movie-goers’ psyche.

Also encouraging is the fact that the two movies together contain the cream of Assamese acting talent – the big names, the heroes and the heroines, who had fallen from grace over the last 7 years due to a slew of mediocre productions.

As I weighed the quality of Kothanodi, I realized that it was a movie that was smartly made within the extreme constraints that Assamese movies need to be made – constraints of finance mainly. The movie was not an out-and-out commercial blockbuster; there was no intention of making it one either. Kothanodi had what is the need of the hour in Assamese cinema – a strong script, imaginative screenplay, great cinematography, bizarrely good acting, spine tingling background score and crisp editing. It was screened in Assam long after its journey through a number of film festivals all over the world and this factor played a huge part in the marketing of the movie. The news surrounding its appreciation at crucial film festivals were discreetly put up in social media every now and then over the past one year and this left the desired impact on its potential viewers. All put together, these were smart moves. This brought me to the factor of re-watchability that Assamese filmmakers should consciously strive for and this begins with the written script. Movies that are repeatedly watched have great screenplay and great dialogues to start with. All the Hindi movies I have mentioned above, or Notting Hill for that matter, basically have brilliantly written dialogues which have been enacted perfectly by the actors in due course. Kothanodi, to a large extent, has these attributes that make it an eminently re-watchable movie – at least once more. DoorDarshan and Kothanodi have provided a springboard to Assamese cinema and the demand on the old and new filmmakers is ensuring that their scripts are good, nay fabulous. There has to be self-appraising enough to gauge whether the movie that they are going to make has dialogues, screenplay and thereafter acting, that are good enough to bring out the audiences. They need to put themselves through a filtering process that would allow them to excel and exceed themselves when it comes to making their movies. They have to get the audiences to say, “imaan bhaal hoise cinema khon, akou ebaar abhor saon gossu.” It is the desire of the public to watch a particular movie a second and third time that has to be enkindled. That will be the comeback vehicle for Assomiya cinema.

**Opinion**

SWMAN BHALRALI

**Editor**

**PORTENTOUS PAKISTAN**

2001, 2006, 2008, 2013, 2015 and now 2016: these years over the past decade have made it abundantly clear that Pakistan continues to be a threat to India. Each time successive governments have allowed the indigenous to start fearing for their lives. It seems that he is working as a Bangladeshi agent to safeguard their interest.

As for my countrymen, we have seen the worst fear that the eviction in Kaziranga has been welcomed by people and organisations across Assam. It turns out that only Akhil Gogoi has, over and over again, proved to be a real sympathizer of encroachers. The self-styled leader of “Krishak Mukti Sangram Samiti” and a leader of Assamese people is trying to save Bangladeshi immigrants. How stupid can things get?

**Interactive**

*The eviction in Kaziranga has been welcomed by people and organisations across Assam. It turns out that only Akhil Gogoi and AAMSU (All Assam Minorities Students’ Union) are opposing this move. Akhil Gogoi and his jholia wala team have been consistently exposing Assamese people. It seems that he is working as a Bangladeshi agent to safeguard their interest.* Someone please tell this ‘Dharna Man’ in jail. He is the Kejriwal of Assam. Unfortunately his only contribution to Assam has been to expose among indigenous Assamese people. It seems that he is working as a Bangladeshi agent to safeguard their interest.

**Opinion**

SWMAN BHALRALI

**Editor**

A drive to upper Assam necessitates passing through Kaziranga. For me the viewpoints were my mandatory hauls; the rhinos there were virtual exhibitionists posing in several districts of the state in response to a call by a minority students’ union who seeks to protest that the BIP-led government is specifically targeting a minority community during the Kaziranga clean-up. That the glory of Kaziranga is gradually being restored is not important. That factor may conveniently stand dilated. Now this begets a funny question: where does the government find a major-ity community to evict? For God’s sake, what brainwave needs to be injected into these misguided souls to make them understand that this is a foreign invasion that the government is thwarting

The sweetest piece of news from the last week has been the commercial and artistic success of two eminently watchable Assamese movies that hit the city’s theatres: DoorDarshan – Eti Jonito and Kothanodi. While I didn’t have the good fortune to watch DoorDarshan, Kothanodi affected me enough to make me put up the following update as a Facebook status: Kothanodi! Dark, brooding, scary, intriguing and simply fantastic. It was a riveting experience. If Zero was hysterically evil, Kapil was a brooding optimist even as Adil Hussain was the quintessential do gooner who rocked his own boat at the expense of his family life. Disturbing movie that rocked my senses with its slick editing and hair-raising background score. The closest to Hollywood that an Assamese movie ever got and I mean it. Chilling!

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Was the Kaziranga eviction of illegal migrant encroachers an insensitive move by the government?

The court stated that the habitation in Bandardubi is illegal and is legally not permissible as it has been earmarked for social forestry projects.

Finally some good news coming through, these filths should be removed from everywhere, they don’t deserve to stay here; send them back to where they came from, make every way possible to get rid of these viruses. #Assam #kaziranga government?

Those area were marshy land full of greenery, Rhino and wild buffaloes could be seen grazing 30 years ago while travelling on this national highway was encroached by illegal Bangladeshis. Now these places are full of houses, huts and even pucca houses and Rhino and wild buffaloes are nowhere to be seen. Every time I travel through this highway I miss those beautiful sceneries.

Was the Kaziranga eviction of illegal migrant encroachers an insensitive move by the government?

Public demand -
Kaziranga should be free from human settlement because it is the only world heritage site of one horn Rhinos in entire North East India.

People want to see Rhinos not those people. Let it get evicted immediately and be freed from human pollution.

ABMSU is creating a messed-up situation in Assam. It should be banned for creating all these nonsense and helping settle illegal migrants. Kudos#BJP #Akhil Bhar

It should be done in Tripura and also in Dimapur but for now Assam is facing the biggest threat if no step is taken immediately against illegal migration of Bangladeshis.

These Bangladeshis are like cancer! They come quietly, multiply very fast, claim everything as their own and then destroy and plunder whatever they can lay their hands on. If they walk continuously for a month on a small path, surprisingly it becomes their own! And they are the main factor for corruption in the Assam government.

Asifur Rahman

It should have been carried out long before during the Tarun Gogoi regime. But it was not because Congress Govt. is all about appeasement policy. Whatever BJP govt. is doing right is meant for welfare of Assam in particular and the northeast region in general.

Though I am from Arunachal Pradesh I anticipate that the people of Assam will support and elect BJP in coming election too as they did in previous election.

Mnew Riddi

North eastern states should forget about their differences and coordinate with each other to tackle the menace of illegal Bangladesh migration. Time is not far when we have to rush to Dhaka instead of Delhi for all important works if this problem is not tackled immediately. Already we are using the name of their currency eg. 5 taka, 10 taka, 50 taka instead of 5 rupees,10 rupees and 50 rupees.

Peter Mechnu

Good job, Mr Sarbananda Sonowal! Expecting more action like this in entire Assam. Bangladeshis have to leave northeast. They don’t belong to northeast. The Assam Accord must be respected and implemented.

Shaolin Chengle

Places like Kaziranga, Majuli, Umananda and Jatinga should be protected from the greedy eyes of land grabbers especially immigrants. They are heritages and permanent state assets.

Kime Tato

Right steps by the government of Assam by evicting the Bangladeshi encroachers from the periphery of Kaziranga wildlife sanctuary. These people are responsible for heavy poaching of the endangered species of wildlife including rhino that is on the verge of extinction. Well done government and forest department of Assam.

Ongla Umbon

Protest on the street should be stopped. If any community or organization feels against government decision, they should first be on the table not in the streets. It should be with voice not by the action and government should settle. If the current government fails to do so, they should immediately leave their chairs and let others do it. So, this will make the nation peaceful and developed. Sometimes force is necessary and should be applied accordingly.

Rungkha Kunga

Meet

SIDDHARTHA MUKHERJEE

Actor

T
oday’s world gives us very little opportunity to live the lives we really want to. We spend our days juggling our jobs, responsibilities, deadlines, stress and the list goes on. The good thing is that there are some truly funny people out there to make us laugh. When we think of relaxing we seek entertainment and the best form it comes in is comedy. Some comedians use their sparkling wit and smartness to make clever jokes and poke fun while others use their physicality and appearance to keep us doubled over. A significant name that comes to our mind is Siddharta Mukherjee. In a career spanning over 30 years Siddharta has made us roll on the floor with his impeccable wit. Born on 8th April, Siddharta made his appearance in numerous movies in various languages.

In 1986, he made his first venture with Bhatiyya Gana Natyta Sangha. His entry was with a street play by dramatist Naren Patgiri and he was directed by Mridul Gupta. Accompanied by Adil Hussain, Siddharta kicked off his acting career. However, Hussain decided to join NSD (National School of Drama) and Siddharta decided to stick around and continue his journey amid his responsibilities and passion. A lesser known fact about Siddharta is that he has also been a hammer thrower and had represented Assam on several occasions.

Just like his comic characters that Siddharta has entertained us with, he leads a joyful life or at least acquiescently leads a joyous life or at least acquiescently

Siddharta has contributed to change the group fell apart, “the actor

He believes in leading a life where you can, if you think you can’t, you can’t. ‘I think you can, you can, if you think you can’t, you can’t.’

I was associated with a comic play that required a character that is overweight and the moment I decided to change the group fell apart,” the actor added.

Over the years Siddharta has played numerous comic characters but the way we pictured him is not the same we will see him now. The charismatic actor and sportsman that Siddharta is, does not suffice Siddharta’s characteristics. To many he is also a motivation. Once an overweight comedian, he has reduced his body weight appreciably from 192 kgs to 104 kgs.

Siddharta lost his massive bulk in merely two years.

“I was merely my desire to change myself. I was a big time foodie but one fine day I decided to change myself. It is like the saying goes ‘If you think you can’t, you can’t’. So, I started controlling my eating habits and did all kinds of physical workout to change myself and continue doing the same’, the actor mentioned.

Siddharta will be seen in various avatars in several movies and plays that are set for release. He is associated with a Hindi play called Dibakar Ki Gatha where, for the first time in theatre history, multimedia and theatre will be punched in together. He is also associated with several Bengali films such as Buddhu Butum. Onek Toh Holo Eibar Moro is another movie where he will be accompanied by several prominent names of the Bengali film industry. It is also expected that the movie will be made in Assamese. One Little Finger and Smoking Barred are among other projects that will feature Siddharta Mukherjee.
Xiaomi Mi Band 2 launching in India next week

Xiaomi has announced that their wearable, the Mi Band 2, a fitness tracker will be launched in India next week - September 30. The announcement came in on Thursday in the form of teasers and a tweet from their Indian subsidiary.

The wearable device was launched in China back in June and will be available from Amazon India starting September 30. It will carry a tag of Rs. 1,999 which is around $30.

The features that set this device apart from its predecessors are a display, a heart rate sensor and a touch button on the pod itself. The Mi Band 2 now comes with an OLED display which reads the time, heart rate, step count and so on. The OLED display lights up to show the time with a lift of the wrist, and tapping the button lets users view other information like steps taken and heart rate. The Mi Band 2 much like its predecessor has a hypoallergenic silicone band.

From personal use, the band is somewhat fragile and tends to rip from the edges. A bowl of salt water should be replaced regularly. Pranic healers use salt water for disposal of used up negative energy which is changed very frequently. One must take precaution not to dispose the used sea salt water near any plant because the plant may be harmed. Similarly, this saline water should not be touched by hands or any part of the body. Though it is better to keep the bowl of salt water on the ground, it must be kept clear of children and pets.

Price and Availability

The Mi Band 2 will be available on Mi.com from 27th September at INR 1,999. It will also be available on Amazon (exclusive partner) from 30th September.

Mi Band 2
- Fitness, sleep and optical heart rate tracker
- OLED time display, 20-day battery
- In-depth stats via Mi Fit (Android and iOS app)
- Phone unlocking, call and app alerts
- IP67 splash-resistant, hypoallergenic silicone band

Assam has a sizeable Assamese Muslim population. Their forefathers came to Assam from the local indigenous population and made Assam their home. Though Mughlai food is spicy and rich, not so the Assamese Mughlai cuisine. Over the years it adapted itself to the climate of this region. It is aromatic and tasty and leaves you wanting more once you have relished it.

Today I bring to you a MUTTON PINEAPPLE KORMA in rhyme.

MUTTON PINEAPPLE KORMA

I dedicate this Korma To my Ma-in-law It is one of the most exotic You ever tasted or saw.

The korma as you know Is a Universal dish But, with Pineapple it is one You will always relish.

The meat should be good I always insist Don’t let the Butcher butcher it Please do desist.

In a pressure cooker Add five tablespoons ghee When smoking hot Add half Kg chopped onions to thee.

When onions are golden brown Add Elaichi, Dalchini, Ginger, Garlic paste Fry masala on medium gas This way it will be great to taste.

Once the oil surfaces Add the Mutton pieces Keep on frying Till the water surfaces.

Grate one fresh pineapple And add to the meat Now keep on frying the two Please do not over heat.

The Korma will take on A beautiful hue And the taste and aroma Will be something new.

Add two cups hot water Pressure cook on high When the whistle blows turn to sim For the time now is nigh.

Once cool, open lid The Korma now is ready to eat With a piping hot paratha It sure is a fabulous treat.

KUL GOSSWAMI RAHMAN
Entrepreneur, mother and a passionate cook
AGEING & THE BRAIN

Introduction:
As we age our brains shrink in volume, particularly in the frontal cortex. As our vasculature ages and our blood pressure rises the brain experiences additional networks or because these changes are normal and every living organism has to die eventually. We are up to. Helmets have totally become fashionable and are not just helmets, these hard hats have become a style statement because of how these people carry them. There are a ton of people and organizations that promote safe riding, but my personal favourite hands down is this brotherhood called the Assam Bikers. I totally love what these dudes are up to. Helmets have totally become a style statement because of how these people carry them. And not just helmets, these hard core bikers rock a zero tolerance policy when it comes to safety of the rider, the pillion and others sharing the track. Roads or no roads, there are no exceptions.

Assam Bikers has also been successful in pulling in duddettes into this brotherhood to spread the message and be over awesome. And what can be better than chicks riding bikes?

RESPECT, for Assam Bikers for collaborating with The Life Bakery for spreading awareness about helmet safety. That’s all folks!

Let us not take road safety for granted and totally rock a helmet next time we hit the road.

Dr Bibhu Mohini Singh

Gym Manager Training & Nutrition Expert, GYM, Fitness Gym & MMA
Gym manager training & nutrition expert. You can also follow me on Facebook or log on to my website – www.bibhuuniversalfitness.com

Cool Couture

Basic health and beauty tips to look fresh

H ere are the 8 Basic beauty tips to have a glowing skin, healthy body and look fresh.

Beauty Tip 1: Brush your body
Brushing your body daily helps remove dirt and grime from the skin. Brushing stimulates the skin, aiding in the natural drainage of the lymph glands, helping to maintain a healthy immune system and help combat cellulite. Use a soft brush and brushing runs from the tip toward the heart.

Beauty Tip 2: Banana Treatment
To get a smooth and glowing skin, smash a banana using a fork and apply all over your face like a skin cream. Wash after 10 minutes with water, preferably warm, the face will look like satin! This natural banana treatment helps to remove dark spots, blackheads, dry skin, scars, or dark circles.

Beauty Tip 3: Keep your teeth white
The main causes of yellow teeth are coffee, tea, red wine and other stuff. If you can’t afford coffee in the morning, you have to brush your teeth immediately after. Gently wash your mouth after drinking tea or coffee at hotels and workplace.

It’s cool to wear helmet GPlus

I magine world cricketers batting on hot days without a helmet, would you think they are either out of their minds or are dare devils. It is not any different for motorcycle riders either. Whether you call it a crash cup, brain bucket or road rash repellent, a helmet must be an essential part of your biking gear.

You just cannot simply purchase a fancy bike and call yourself a biker. The tag comes with a lot of responsibility, responsibility to ride safe. When you’re on the road, even the safety of others around you is your responsibility.

Long back, when I got my first motorcycle (which my father paid for), the thing I hated most about it was the pain around you is your responsibility. It’s hot and uncomfortable. It hides unseemly bald spot. Ahem! You can stick a GoPro to it. Your ex wouldn’t even recognize you if you’re wearing a full face helmet. It keeps your skin glowing and helps keep your body healthy.

Helmets give me headaches.
It will mess up my hair.
I’m a freaking rockstar and will never crash.
It’s hot and uncomfortable.
How will I scratch my head?
They make me look ugly, heck, chick can’t even check out my pretty face. I was OK with the trade-off back then and took some time to realize what the actual tradeoff is. Life is the most beautiful thing ever. And any risk to life needs to be insured. Helmet is our very own life insurance on the roads.

Motorcyclists are at an especially high risk of suffering head injuries in an accident because of the relative lack of protection compared to drivers of passenger vehicles and a head injury is three times more likely to happen to motorcyclists without a helmet than to motorcyclists wearing a helmet.

And if we fail to protect this brain, we either lose our life or become a freaking retard.

There has been a lot of research on motorcycle accidents – but I don’t want to bore you with those numbers and you’re smart enough to Google those yourself. To put it in simple words, all the researchers say the same thing “Wear a freakin’ helmet!”

And not just protecting the head, trust me, there are many other benefits of wearing a helmet:
• It hides unseemly bald spot. Ahem!
• You can stick a GoPro to it!
• Your ex wouldn’t even recognize you if you’re wearing a full face helmet.

The main causes of yellow teeth are coffee, tea, red wine and other stuff. If you can’t afford coffee in the morning, you have to brush your teeth immediately after. Gently wash your mouth after drinking tea or coffee at hotels and workplace.

Beauty Tip 4: Wear Sunglasses
Sunlight makes you feel good, but ultraviolet rays wreak havoc on the skin. Remember to use sunscreen, especially in the summer heat can make you look great. It also delays wrinkles much in the eyes, caused by eyelid squinting in the sun.

Beauty Tip 5: Clean skin
Beautiful skin is the vital for looking beautiful. Ideally, we wash our face 2 times a day: morning and evening. Helps prevent the accumulation of fat and keeps your skin looking healthy.

Beauty Tip 6: Hair Care
To achieve the best hair use regular oil massages, once a week is the best option, especially giving importance to your during summers. Another option is to use steam. Once a month, after a massage with oil, wrap your hair in a steaming towel for twenty minutes. It helps the oil to penetrate deeper into the scalp and hair follicles.

Beauty Tip 7: Use Sunscreen
Sunlight makes you feel good, but ultraviolet rays wreak havoc on the skin. Remember to use sunscreen, especially in summer. Avoid going out in the sun at noon.

Beauty Tip 8: Stay hydrated.
Water flushes toxins from your body. It’s as simple as that. It keeps your skin glowing and helps keep your body healthy by rejuvenating the cells. So drink plenty of water.

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Most Bollywood heroes prefer ‘Switzerland’ or New Zealand or similar scenic locations for dream sequences, but Nand Kishor’s ‘Tarrant Bhal (Ritesh Deshmukh) isn’t one of them. He likes to sovereign the Mumbai streets with his beloved even in a beautifully planned and executed dream song. But all, this is what he has seen.

Chris (Nargis Fakhri) leads a privileged New York life. She has the luxury of opting music as a career, unlike Tarrant and the members of his Banjo team, who play on the streets of Mumbai for survival.

A Banjo band is little known even in the music circuit. Banjo has never been seen as an instrument that can replace guitar as the lead string. Truth be told, it was always a middle-class instrument, in this case, a lower-class. But, defiance, rebel and grit form the strings of banjo, and that’s where it scores over heavy-sounding percussions.

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So, it doesn’t come as a surprise when two rival banjo gangs physically fight over the money they receive after playing at a Ganpati pandal. Money is what keeps them ticking. Otherwise they drink, even during their performances. Though Riteish has a suave look, he has tried his best to shed it. He might be playing a typical Bollywood hero, but vulnerability crawls into his actions. In fact, this side of his personality overpowers the ‘hero’ one. The songs and the mood are set up by Jadhav do the rest.

Banjo begins on a promising note and Manoj Joshi’s camera glides you through dirt, agony and compassion. Lobo’s filters may do the trick for people who can’t face harsh realities with bare eyes. Jadhav probably believes in serving ‘vada paav’ in a silver foil. You get introduced to key characters with some peppy numbers thrown in between. The canvas is spread, and the actors are ready to take the leap of faith. The constraints of commercial cinema kick in right here, and the film takes the safer route.

Using the word ‘mature’ to describe a band’s new album is often a euphemism for a record devoid of the ideas or spirit that made them interesting in the first place. Bassist Jenny Lee Lindberg has labelled Warpaint’s third album exactly that, but there’s no need to panic: these LA rockers are still an India where a woman is treated as a sex object, where her only role is to serve her man. Rani who was married off at 15 to an alcoholic Shankar has been widowed for 17 years and has to fend for herself and her callous son. Lajjo, a village beauty, is declared ‘harren’ by her drunken husband and is subjected to physical abuse each day. Lajjo and Rani often seek solace in each other’s company. When they get a break from making handicrafts, their roz-i-roti, they bond with a sex worker called Bijj (Surveen Chawla), who’s had it rough for no fault of hers. The common ground for their bonding is a need for love, sex and compassion in that order.

The film addresses how there is nothing shameful about a woman’s need for sex or ownership of her body. As the village women talk about their carnal desires, you empathise. Like last week’s matinee offering Ping, you raise a toast to the director for raising some hard-hitting questions on the double standards of the MC, BC variety or gaalis named only after women and none after men, you applaud. Frankly, like the film suggests, perhaps it is time to coin expiatives for men too. Academy-Award winning cinematographer, Russell Carpenter has captured the arid landscape beautifully. Parched is a roadmap for our oppressed female population who have been victims of a misogynist mindset for eons.

Tannishtha and Radhika are terrific, but it is Surveen who your heart bleeds for.

**Cast:** Ritesh Deshmukh, Nargis Fakhri. **Director:** Ravi Jadhav.

**GOLD Cinema**
ASTC Complex, Paltan Bazar
0361 2541335
9854066166

**BANJO**
11.00 AM, 5.00 PM & 8.00 PM
PINK 11.30 AM & 8.00 PM
RAAZ REBOOT 11.00 AM & 6.00 PM

**Galleria Cinemas**
HUB, GS Road
0361 2541335
9864800100, 9864800200

**BAHAN**
11.00 AM, 5.30 PM & 8.00 PM
DAY OF TAFREE
DOORDARSHAN ETI JANTRA
2.00 PM
PINK 2.30 PM
KOTHANODI 5.00 PM
RAAZ REBOOT 6.30 PM

**Anuradha Cineplex**
Noonmati
0361 2541335
9854066166

**GOLD Cinema**
Saras Building, Lakhota
9854077177

**BANJO**
11.00 AM, 5.00 PM & 8.00 PM
BANHO 11.00 AM & 6.00 PM
PINK 2.00 PM & 8.30PM
PINK 2.30 PM
DOORDARSHAN ETI JANTRA
5.00 PM

**GOLD Cinema**
Lokansingh, Narangi
9811001898

**BANJO**
11.00 AM & 5.00 PM
DAY OF TAFREE
DOORDARSHAN ETI JANTRA
8.00 PM
Guwahati to witness two stage plays before Puja

CHANDAN SARMAH

MAYAMRIGA by Sanjiv Hazorika and WHERE THERE IS A WILL by Sattyaker D’Com Bhuyan

The celebrations of autumn festivity in the city on the eve of Durga Puja will be marked by two significant stage plays. The first one is Saiyati Akadami Award-winning playwright Mahesh Dattani’s Where There Is A Will under the banner D’ Passion Collective. The play to be held on September 26 and 27 at Rabindra Bhawan from 6:45 P.M will be directed by D’com Bhuyan, a well known name in the field of English theatre in the eastern region of the country. The cast of the play includes Deba Choudhury, Rudrakshi Bhuyan, Saquiba Naseeb, Neetaal Das and Dr. Chinmoy Chakraborty. Noted flutist Dipak Sarma will be its music director and he will perform live in the show.

Following the death of business tycoon Hasmukh Mehta, his family is in turmoil. Hasmukh’s mischief will stipulate that they will not inherit his wealth anytime soon and, worse, his mistress must come to stay with them. But while Hasmukh’s ghost gleefully watches the proceedings from the sidelines, little does he know that he is in for the biggest surprise of his life. Where There’s a Will is a play about how an affluent family is forced to deal with their new circumstances in the wake of Hasmukh’s death. Hasmukh leaves everything in his will to a charity. The members of his family will only get their share if they comply with the codicils in his will (the enforcement of which is controlled by the patriarch’s mistress) – which push them out of the comfortable lifestyle they’re leading. Moreover, it is not only thought-provoking and introspective but also provides an evening of pure entertainment. Interesting story and engaging black comedy, Where There’s a Will was Mahesh Dattani’s first play.

D’com Bhuyan seeks to make a comeback on stage after a long gap with the Nagaland production Mayamriga on October 1 and 2 at Srimanta Sankardev Kalakshetra Auditorium. There will be five shows of the play. There will be two shows on the first day: at 4:30 P.M and 7:00 P.M. The second day will see three shows: at 11:00 A.M, 4:30 P.M and 7:00 P.M.

A batch of experienced and upcoming actors will be seen in the movie. The story, script and direction by Sanjiv Hazorika, the play is set in a border town very different roles of the play and they are: Mintu Barua, Jolly Laskar, Dipankar Kulada and Mounita Bora. Seasoned veterans of Pratap Sarma will compose the background score of the play. With dramatisation, design and direction by Sanjiv Hazorika, the play is set in a border town very different roles of the play and they are: Mintu Barua, Jolly Laskar, Dipankar Kulada and Mounita Bora. Seasoned veterans of Pratap Sarma will compose the background score of the play.
Taurus
Sudden and unexpected problems might erupt at end of the week. This period will also be tough for those planning to go overseas, and initiate the new beginning in their career. Health will be affected in some cases. You might have to shell out extra money due to some unexpected expenses. Some of you may feel strongly inclined towards religion and might visit sacred places.

Scorpio
In matters of health there is an exciting chance to begin a new exercise or fitness routine. Socially and emotionally, this could be a hectic week. You may travel over this week. Good news from afar may come and you may have a really sweet time entertaining them. There might be a chance of having a quarrel with your partners. You should avoid taking too many responsibilities at one time.

Aquarius
Some auspicious ceremony in your family is on the anvil. You may suffer a short term financial failure. Success will only come from your hard work and effort. You may meet with unexpected gains. You might have to shell out extra money due to some unexpected expenses. Go overseas, and initiate the new beginning in your career.

Horoscope of the week

Aries
You may suffer a short term financial failure. Success will only come from your hard work and effort. You may meet with unexpected gains. In examinations students will meet with success and enjoy higher studies. You will have easy access to politically highly placed persons, with whose help you will be able to set up a profitable business.

Cancer
You will be popular with everybody. You will be able to overcome your enemies. A gift or inheritance money will come your way. You will also do well in your studies. Beware of speculation as it can prove damaging for you.

Libra
Your relatives will ditch you causing loss of wealth. Overall, this week is not going to produce any troubles at work place. There would be lack of concentration and mental peace. There are lots of chances of protests in the area. You have to be careful about the children in your family.

Capricorn
Your efforts will bear the desired results. Even you may get a golden opportunity of foreign traveling. Your name and fame will increase during this week. You will be able to come into fame and prosperity. People will have a great urge to accomplish your creative pursuits successfully. You will have lots of chances to increase your income. Others will feel great amusement in the every-thing of life. Make the most of this period and enjoy the life to the hilt.

GUWAHATI EMERGENCY NUMBERS

24-HOUR PHARMACIES
Arya Hospital, Ulubari (2606888, 2606665)
D Modern Medicos, Maligaon (9864366763)
Candid 24x7, Panbazar (2604422)

DEAD BODY CARRYING VAN
GLP Social Circle: 273737, 9435047046
Marowari Yuva Manch: 2542074, 2547251
GGUMLTA: 98640-16740

OTHERS
Fire Emergency 101
State Control Room 9253746
GMC Cardiac Pickup 9435190720, 9864047222
LPG Emergency/Leakage 238520, 2541138
LPG Booking (Ivr System) 7670024365
Childline Guwahati 1098

BLOOD BANK
Arya Hospital, Ulubari 2606888, 2606665
Ganga Blood Bank 2454742, 2455029
Lion’s Club of Ghy 2564121
Marwari Yuva Manch 2546725
Saharia’s Path Lab (24 hours) 2458594

AMBULANCE
Arya Hospital, Ulubari (2606888, 2606665)
Ganga Blood Bank 2454742, 2455029
Lion’s Club of Ghy 2564121
Marwari Yuva Manch 2546725
Saharia’s Path Lab (24 hours) 2458594

GMC helpline number for garbage collection 881107000

Vigilance and anti corruption toll free number 1800-345-3767

G PLUS SEP 24- SEP 30, 2016

Libra
There is a possibility that your opponents may win. During this period, your confidence will be very low. You will also come across some new name and fame and fulfill your desires. In examinations students will meet with success and enjoy higher studies. You will have easy access to politically highly placed persons, with whose help you will be able to set up a profitable business.

Leo
New contacts or ideas may impress, urging a review. Prepare for a difficult situation. There will be unseen expanses pinching your pocket. Beware of speculation as it can prove damaging for you. You are likely to be involved in noble deeds. Some auspicious ceremony in your family is on the anvil.

Virgo
You all will be busy this week. This period will also do well in your field of interest. Beware of speculation as it can prove damaging for you. You are likely to be involved in noble deeds. Some auspicious ceremony in your family is on the anvil.

Sagittarius
You might have to shell out extra money due to some unexpected expenses coming up. A partner might behave in a very odd manner. Be willing to listen first before evaluating. Some of you may go overseas, and initiate the new beginning in your career. Health will remain generally fine barring few minor ailments like headache, cough or cold. You must exercise your patience in certain delicate situations.

Sudden and unexpected problems might erupt at end of the week. This period will also be tough for those planning to go overseas, and initiate the new beginning in their career. Health will be affected in some cases. You might have to shell out extra money due to some unexpected expenses. Some of you may feel strongly inclined towards religion and might visit sacred places.
**Brahmaputra Motocross Challenge 2016**

*Participants from:* 70 riders from Guwahati, Nagaon, Rangia, Morigaon, Shillong, Tura, Jumagar and others

*Prizes:*
- **Novice Class:** 1st Hansraj Saikia, 2nd Abdul Sahid and 3rd Juban Marb
- **Expert Class:** 1st Paomin Thang, 2nd Naylin Chowhin and 3rd Dipak Boro
- **Scooty:** 1st Ricky Boro, 2nd Ajit Sharma and 3rd Rahul Das

**A tribute to the masters of Sleight of Hand**

The 3rd Assam Magician Day was observed on 9th September at the district library auditorium, Guwahati under the aegis of North East Magic Association (NEMA). This day has been observed for last three years in tune with the death anniversary of Jadu Samrat M. Hussain who died on 9-9-99, considered to be a magical date itself.

Prominent Magicians from Assam, Meghalaya and West Bengal like Altaf Hussain, Arup Chakvarty, Kero Young, Phillip Pariat, Lewis Lingkhoi, John Lennon, Gopal Bhattacharya, Rajan Barman along with NEMA General Secretary Illusionist Mon performed on the occasion. Popular singer Padmanav Bordoloi rendered a few songs to the pleasure of the audience.
What Did I Just Hear?

Samsung cannot seem to run “explosive encounters.” A high-end Samsung smartphone reportedly caught fire inside a Chennai-bound IndiGo aircraft. Although the plane made a safe landing, it was enough to create a scare among the 175 passengers onboard. The DGCA has asked all airlines to ban the use of this series of smartphones inside the planes and company officials have reportedly been summoned by the authorities sometime next week. Samsung Galaxy Note 7 is also banned on board following incidents of the smartphone’s battery exploding in various countries.

Kamur Of The Week

In bringing something like the Guwahati Theatre Festival to the city, we realized that while Guwahatians look forward to such events, the major obstacle was a few highly placed officials asking for freebies and free passes. This certainly comes as a major kamur for Guwahati and G Plus in terms of bringing more such events in the future.

Vishwakarma Temple

Vishwakarma Temple in Guwahati is dedicated to the divine architect in Hindu religion and is the only Vishwakarma temple in the world. The temple is located at the base of the famous Kamakhya Temple. It was established in 1965 and is an important converging point during Vishwakarma Puja which was celebrated just a week ago. To this date many people, instead of keeping Vishwakarma idols at home, opt to offer prayers in the temple. It witnesses massive footfall on Vishwakarma Puja celebrated on 17th September every year. The temple was founded by Bhakanta Sarmah, a priest of the Kamakhya temple, in association with Mahabir Prasad. Legend goes that Sarmah was visited by Lord Vishwakarma in his dream which inspired the priest to consecrate the temple on his land at the base of the famous Kamakhya temple.

G Plus SEP 24-SEP 30, 2016

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About Me

Hi everybody here I am Riya Kalita belongs from a beautiful sweetest city known as Guwahati assam.....currently I am pursuing ma graduation from icon degree arts clg were is situated in rajgh. I am very happy lucky gal I always like to stay jolly for me simple living high thinking is always matter basically in ma free time m interested in drawing singing etc.....n apart from that that my hobbies- I lyk to watch TV reading Novel n to spend time with ma dear ones......for me fashion is not only upto modeling dressing yourself n creating you in mirror is also about creating yourself with your beautiful n fashionble attitude Well sooo here I stopped ma introduction by giving u ol ma description thank you

Coordinated by - Nisar Ahmed

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With the city having several car aficionados, Guwahati has several foreign imports including Porsche and Jaguars. Amidst all this, a Mini Cooper on the streets of Guwahati seems to have excited many. This 1.496cc diesel automatic mini beast ranges around 30 lakhs (approx). Maybe people seem to be entertained by the irony of it all how there is such an expensive car and it only has potholes to drive on.

PIC OF THE WEEK

The “Fall” Season | Photo: Adib Zamali

About Me

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