ITANAGAR, April 11: Along with the people of Arunachal Pradesh, the First Couple of the State exercised their universal franchise, for the third consecutive time, enlivening Lok Sabha and seventh general elections of the nation.

The Governor, who has been extending his best wishes to all the people of Arunachal Pradesh, has conveyed warm greetings to people of the State exercised their universal franchise, for the third consecutive time, enlivening Lok Sabha and seventh general elections of the nation.

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Editorial

Earth Day

Every April 22, communities across the country observe Earth Day. Bringing Earth Day into the classroom allows students to explore the purpose and significance of the holiday and raises their awareness of environmental issues. Through writing assignments, students research deeper into the topic and then show their understanding in the final essay. Because Earth Day encompasses a wide variety of environmental activities and issues, from recycling to pollution to energy conservation, your essay topics can be as diverse as your classroom.

Waste

According to the United States Environmental Protection Agency (EPA), in 2008 the average American tossed more than 4 pounds of waste into the garbage every day (see Reference 1). In honor of Earth Day, have students research and write about ways to reduce the amount of trash they make, such as recycling, reusing, and reducing. Some may be unclear about what students, the children can still write about the effects of different types of waste and how Earth Day has caused positive changes in the environment. E. 09436224950 Sd/-Field Officer [Disaster Management]

FRIDA Y

Special expenditure observer urges all stakeholders to check electoral malpractices

Governor appeals to the people of the State to ensure that they exercise their adult franchise on the polling day

The Governor said as a nation it has the distinction of being the world's biggest democracy. Our democracy is solidly built on the Principles of universal suffrage. This provides us the constitutional right to vote during the elections. The election process, therefore, is a function for us. It is our moral, social and national responsibility to participate in this function and cast our vote. The Governor emphasized that in an election, every single vote counts and it signifies the democratic power of a citizen: Governor

Mopin Festival Celebrated with Pomp and Gaiety

The President Central Mopin Celebration Committee, Dr. Naging Goyal and Secretary Shri Kengam Elie Secretary dwelt at length on the significance of the festival and stressed on keen participation by the elderly and young genre of the community to preserve its rich value and promote Shri Mijim Loma, President of Central Mopin Preservation and Cultural Society, the Apex cultural body of the Galo Society gave detailed elaboration on mythological aspects of the Mopin.

HELICOPTER SERVICE

Arunachal Pradesh Helicopter Non-Scheduled Flight Service Local Sector
(M-172 Pawana/Hans/Shyone) w.e.f. 01.10.2014

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Health Benefits of Soyabean

Soybeans are one among the most popular healthy foods. Its popularity has spurted due to number of benefits it provides. Soybeans are good source of protein and are eaten in various forms, like roasted, cooked, fried, ground, and boiled. Over the period of time, soybeans have also been processed into oil, milk, tofu, and soy products. Well, the nutritional profile is quite impressive now, so let’s have a look at the health benefits of soybeans. 1. Bosost Metabolism: Abundance of proteins in soybeans can improve metabolic activities and overall system of the body. Protein is an essential part of the human body and is known to be the building blocks of cells and blood vessels. Sometimes, it’s difficult for vegetarian and vegan to get enough protein, here soybeans meet the daily requirement of protein. 2. Soybeans are a good source of protein and are better than processed proteins that prevent the chances of developing cancerous cells. With age, the chances increase which can even lead to diseases like osteoporosis. Soybeans contain omega-3 and omega-6 fatty acids. It ensures the balanced fluid in your body. 3. Soybeans Good for Diabetes: Abundant nutrients help to meet the daily requirement of multivitamins, such as vitamin B-1, B-3, B-6 and niacin. Soybeans are a good source of multivitamins, such as vitamin B-1, B-3, B-6 and niacin. Soybeans are good for people suffering from diabetes. It improves glycemic level and insulin level. 4. Good for Your Bones: By developing new bones and healing the bone tissue, and thus protects from any damage in them. With age, the bone becomes weaker, and it can even lead to diseases like osteoporosis. Soybeans contain omega-3 and omega-6 fatty acids. It ensures the balanced fluid in your body. 5. Soybeans Good for Diabetes: By mutating into cancerous cells. Soybeans are good for weight loss as well as drug and alcoholism in the district. 6. Good for Your Bones: By 4. Scores Insomnia: Inability to sleep often leads to sleep disorders, including insomnia. Owing to its magnesium content, soybeans improve the duration, quality and restfulness of your sleep. 5. Soybeans Good for Diabetes: By 5. Soybeans Good for Diabetes: By 6. Good for Your Bones: By 7. Soybeans for its leafy nature and high chlorophyll. Therefore, soybeans are good for weight loss as well as they are one of the most good source of protein and are eaten in various forms, like roasted, cooked, fried, ground, and boiled. Over the period of time, soybeans have also been processed into oil, milk, tofu, and soy products. Well, the nutritional profile is quite impressive now, so let’s have a look at the health benefits of soybeans. 1. Bosost Metabolism: Abundance of proteins in soybeans can improve metabolic activities and overall system of the body. Protein is an essential part of the human body and is known to be the building blocks of cells and blood vessels. Sometimes, it’s difficult for vegetarian and vegan to get enough protein, here soybeans meet the daily requirement of protein. 2. Soybeans are a good source of protein and are better than processed proteins that prevent the chances of developing cancerous cells. With age, the chances increase which can even lead to diseases like osteoporosis. Soybeans contain omega-3 and omega-6 fatty acids. It ensures the balanced fluid in your body. 3. Soybeans Good for Diabetes: Abundant nutrients help to meet the daily requirement of multivitamins, such as vitamin B-1, B-3, B-6 and niacin. Soybeans are a good source of multivitamins, such as vitamin B-1, B-3, B-6 and niacin. Soybeans are good for people suffering from diabetes. It improves glycemic level and insulin level. 4. Good for Your Bones: By developing new bones and healing the bone tissue, and thus protects from any damage in them. With age, the bone becomes weaker, and it can even lead to diseases like osteoporosis. Soybeans contain omega-3 and omega-6 fatty acids. It ensures the balanced fluid in your body. 5. Soybeans Good for Diabetes: By mutating into cancerous cells. Soybeans are good for weight loss as well as drug and alcoholism in the district.
Governor congratulates Rajiv Gandhi University

The Governor of Arunachal Pradesh, Brig (Dr) B.D. Mishra (Retd) has congratulated the Rajiv Gandhi University (RGU), Itanagar on securing the top rank in the University排名 in India as assessed by the National Institutional Ranking Framework (NIRF) under the Union Ministry of Human Resource Development. The Governor said that it is a brilliant accomplishment and it reflects well on the leadership and hard work of the Vice Chancellor Prof. Sakti Kushiwaha, faculty members of the RGU, and the students of the University.

Conveying his appreciation, the Governor said that the credit for this achievement also goes to each and every member of RGU.

As Chief Rector of RGU, the Governor exhorted them to focus on the strengths of the University and further improve the environment of teaching, learning and personality development of the students. He expressed his confidence that with honesty, transparency, vision, and teamwork, RGU will be able to push up its ranking to a single digit.

The Governor appreciated Rajiv Gandhi University, the premier institute of Higher Education in Arunachal Pradesh for setting a good benchmark and expressed hope that National Institute of Technology (NIT), Arunachal Pradesh and North Eastern Regional Institute of Science and Technology (NERIST), Jowai will also work hard to achieve ranking amongst the technical institutions of the country.

RGU VC attends International Convention of Vice Chancellors in Bangladesh

Chair extended his best wishes to the people on the auspicious occasion of Pongtu festival, celebrated by the Tubia community of Changlang district.

In a message this evening, Khandu said the Tutsa community is one of the most vibrant tribes of the state and the joyous celebration of the colorful festival is a testimony of the people’s active participation in the agri-fest.

Khandu also included a half an hour foot March. The remaining 42 polling teams under 16 Yachuli and 29 Polling Teams under 21-Nikie area in presence of EAC Hanki, CDLO, DIPR and DMS Nodal Officer Kingsman Komui, Inspector Abiram Tayong and representatives of ABK(A) and WAISE.

Chief extended his best wishes to the people on the auspicious occasion of Pongtu festival, celebrated by the Tubia community of Changlang district.

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