

Ganja economics, Jai Bholenath!

Our Chief Minister loves ganja, I mean he wants to try ganja-business for economic upliftment of the people. It is not a bad idea.

Many times I have expressed my views on the commercialization of local brew. It is high time to do away with the

POKING NOSE WITHOUT MALICE Free Thinker

prohibition and also to encourage extensive commercialization of 'Yu'. I believe the government is more than ready to do the needful as it is likely to generate huge employment and bring about unlimited economic opportunities.

Ganja(marijuana) business is an effective avenue for resource mobilization for the state as well as for the people. If I understand correctly ganja may be harvested from the cannabis indica and cannabis sativa.

Today, let us support the idea of legalizing the cannabis plantation and economic exploitation of ganja/marijuana. Under Section 10 of the Narcotics Drugs and Psychotropic Substances Act the state government may permit

In no time the state government should legalize the cannabis plantation and commercial exploitation of the same in the similar line as the state of Uttarakhand had done.

Medicinal use of ganja is appreciated all over the world; and recently marijuana has been extensively popularized by various science magazines globally.

The panacean ganja is often highlighted as - it increases appetite, stimulates sleep, kills pain, decreases anxiety, protects brain strokes, improves lung function, controls epileptic attacks, slows down progression of cancer & Alzheimer, induces non-violence.

North Easter region has been witnessing conflicts for many decades now. Though conflicts have reduced yet we can't say that it has completely ended. Conflict leads to violence which results in loss of lives and properties.

Peace and conflicts studies as a career

Ranjan K Baruah

has been conceptualised keeping in mind TISS' philosophy and commitment to bring about social change and justice. It aims to produce high calibre graduates with practical and theoretical knowledge of violence and peace and seeks to develop critical skills in research, advocacy, and communication on issues of peace and conflict.

The Nelson Mandela Centre for Peace & Conflict Resolution at Jamia Millia Islamia was launched in 2004 and was one of the first of its kind in an Indian university.

Its chief focus is comparative and contemporary studies, and it aims to address the lack of

serious and purposeful analysis of types and sources of conflict in our country and neighbourhood, and the methods of dealing with them that India has adopted.

There are institutes like Institute of Peace and Conflict Studies. Founded in 1996 as an independent think tank, the Institute of Peace and Conflict Studies (IPCS), is one of the premier research institutes and think tanks on South Asia.

University for Peace: On 5 December 2015, the United Nations-mandated University

for Peace commemorated its 35th anniversary. Established by the United Nations General Assembly through its resolution 35/55, the University's mission is "to provide humanity with an international institution of higher education for peace and with the aim of promoting among all human beings the spirit of understanding, tolerance and peaceful coexistence, to stimulate cooperation among peoples and to help lessen obstacles and threats to world peace and progress, in keeping with the noble aspirations proclaimed in the Charter of the United Nations."

The original vision of the University for Peace and its mission are still relevant, perhaps more than ever. The authorities that imagined and delineated the role of the University stressed that "the

persistence of war in the history of mankind and the growing threats against peace in recent decades jeopardize the very existence of the human species and require peace not to be conceived as a negative concept, as the end of conflict or as a simple diplomatic compromise, but that it should be conquered and secured through the most valuable and effective resource that man possesses: education."

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Can't do without rice in a day? If you are a regular rice eater like me, then you simply can't deny. Like many other kitchen shelf ingredients, rice can also be used for beauty care.

It is commonly available in every home in India. From the ancient times, when cosmetics were not available, such natural ingredients were used for beauty care.

Rice, the popular staple diet is a natural skin toner which promotes cell growth, stimulates blood flow and keeps the skin smooth and bright. Rice is a traditional beauty ingredient that's been passed down through the generations.

Rice water can definitely bring moisturizing and anti-inflammatory benefits to the skin. Rice is rich in minerals, vitamins and high on the nutritional side which helps to reduce dark skin spots and tighten the skin's open pores.

Rice is part of India beauty legacy which contains ferulic acid, a power antioxidant and allantois which contains anti-inflammatory properties. So, whether you eat rice or not, use it in your face pack for glowing skin.

Rice powder or rice flour can be used as a facial scrub. It is ideally suited to oily skin and is effective as a facial scrub. It helps to deep cleanse the skin and unclog the pores, discouraging and

Rice for beauty -Beauty Tips- Shahnaz Husain

dislodging blackheads. It removes dead skin cells, tightens the pores and brightens the skin. Mix rice powder with curd and a pinch of turmeric. Apply on the face and rub gently on the skin with circular movements.

You can use rice water for reducing dark patches or achieving fair complexion by mixing rice powder with raw milk to form thick paste. Apply thick paste on your face and uncovered skin and leave it for few minutes and wash it with clean fresh water.



powder in 1:2 ratio. Apply the powdery material evenly on face by using make up brush and wash with clean water after few minutes for silky smooth skin.

Fermented rice water protects the skin from UV rays and sun tan. Rice wine increases the collagen in the skin, which keeps your skin supple and helps prevent wrinkling.

Rice wine contains antioxidant properties which prevents premature ageing and wrinkles on the skin.

Prepare thick paste of rice flour, castor oil and banana and apply over dark circles and wash it after some time with clean fresh water. It will lighten skin around eyes and keep you younger and fresh.

Cook a cup of rice. Remove the water and grind it to a thick paste with honey and milk. Apply a thick layer of this paste on the face and neck and let it to dry before washing it off with lukewarm water.

Rice water acts as excellent hair conditioner. Add lavender, rosemary oil to rice water and apply it on hair to balance PH level on scalp and act as excellent hair conditioner.

The author is international fame beauty expert and is called herbal queen of India

Climate change greatly impacts the lives of migrants in different parts of the world. According to the United Nations, by 2050, up to 1 billion people could be driven away from their homes due to the worsening impacts of climate change.

Inside out: Climate change induced migration

Shobha Shukla

negotiate with the multinational corporations, and more often than not are taken for a ride.

Of late, Zambia has been receiving much less rain which has adversely impacted food grain production. Focus on production of crops like tobacco, instead of food crops like maize, has added to the problem.

In an exclusive interview given to CNS (Citizen News Service), Reverend Emmanuel said that: "All religious bodies, including the Church, can play an important role in protecting the climate. In Zambia, the Council of Churches believes in helping people to live a dignified life on this earth, rather than preparing them for a life after death. It is the primary mandate of the Church that all human beings must be good stewards of the natural resources given to us by God and use them responsibly. Increase in agricultural production has to go hand in hand with soil and environmental protection. Religion must not only remove myths and wrong perceptions, but also use the principle of 'love one another' to promote good practices, clean energy and clean environment."

TRIPLE TRAGEDY: EARTHQUAKE, TSUNAMI AND NUCLEAR MELTDOWN

Luisito Pongos from Asia Pacific Mission for Migrants (APMM) Japan who facilitated this workshop, reflected that one of the worst natural disasters that Japan experienced was

an earthquake in 2011 that hit the north east region- which is called the rice bowl of Japan- followed by a devastating tsunami that also led to a nuclear accident at the Fukushima nuclear power plant. There were an estimated 22,000 deaths and more than 70,000 people, mostly migrants- 9000 of them being Filipinos- were affected. A large majority were married to Japanese men. Those who survived faced an acute shortage of food and shelter.

Many migrants lost their documents, which resulted in losing their jobs and/or not being able to go back to their home country because they did not have their regular travel documents.

Even though the affected people were relocated to other safer areas, the disasters affected the livelihoods of many migrants settled in Japan, thereby also affecting their families in their home countries. One silver lining has been the closure of several nuclear power plants in Japan. Currently only 9 out of the 54 nuclear power plants are in operation and the country is moving towards cleaner alternative energy sources, thanks to a strong people's movement.

HUMAN ACTIVITIES ABET NATURAL DISASTERS

Eni Lestari and Iweng Karsiweng from Indonesia shared that Indonesia is a disaster prone country. In 2018 alone there were 5 big tsunamis and earthquakes. But no government support or compensation was given to the affected families to rebuild their lives. As many migrants working abroad came from 3 of the affected areas, it put them under an additional pressure to send more money back home to help their families.

Apart from adverse weather events, multinational corporations are adding to the problems. They have indulged in a lot of land grabbing in Indonesia. More than 300,000 hectares of forests have been burned down to make way for other lucrative businesses.

This has led to high pollution levels resulting in severe respiratory health problems in the communities. The construction of numerous electric power plants is destroying the marine life of the oceans and forcing fisherfolk to migrate elsewhere. Also, large scale conversion of farmlands into palm oil plantations has depleted the water level and made surrounding areas dry, resulting in forced migration of people.

TYPHOON RAVAGES In 2013, Philippines suffered one of its greatest natural disasters when Typhoon Haiyan hit Tacloban and many other neighbouring cities. More than 7,360 people were dead or missing and some 4.1 million were displaced. Some of the survivors of Typhoon Haiyan had families living in Cavite.

After Haiyan, the survivors' families in Cavite

planned to go back to Tacloban and help their relatives with reconstruction and rehabilitation. However, fearing the loss of his workforce, the Mayor of Rosario, a municipality in Cavite, offered to relocate the Haiyan survivors to Cavite instead. Isla Paglaum, a beach resort, was converted into a relocation site for the survivors. As of 2018, there are some 150 families living in this area together with a few families coming from other parts of Cavite.

THE WAY FORWARD A common consensus that emerged from the discussions was the urgent need to conduct and document evidence based studies that investigate the effects of climate change on internal and external migration, and to engage with governments at local and regional level to come up with sustainable solutions that address the causes and effects of climate migration.

And let us not forget that, more often than not, human activities like uncontrolled mining, faulty urban planning, depletion of forest cover, unplanned construction of dams, are all perfect precursors to worsening weather conditions like droughts, floods, landslides, water and air pollution... the list is endless!

Political decisions are overriding the interests and safety of the majority of the people for the benefit of a select few. We need to have well-informed and knowledgeable citizens who can unite and hold governments to account.

CNS (Citizen News Service)

WEEKEND POETRY

For Your Eyes Only

K Radhakumar

My next-door neighbour and I We the two of us Love walking in the hills. The roads are not congested And we go walking there everyday For an hour or so in the evening. One day we climb the northern side of the hill For about half an hour and then take rest. After some minutes I breathe easily again and I find My friend taking a breathtaking view Of a block of stone on the hillside. He has a big smile on his face And suddenly turns at me and says, 'Listen! Echoes of its music! Can you hear it?' He does not look like a man of this world. He behaves as if he has seen something As if he has heard a song. I look around to see if there are flowers nearby For my friend is likely to say 'The scent of the formless that subsists in my mind Has wafted along in the light breeze.' I do not like him in such moments. Frankly, I do not know what bothers me And I always keep quiet - The pregnant moment shows my admiration For a friend living in communion with nature. We return home quickly For it looks like rain.

It rains the next few days And our evening walks in the hills Die an unwanted death In those long, lazy days.

The nest week is a new week; The rain has gone away to Spain And the sky is clear. We again team up for the evening exercise - Two souls in a tiny corner of the vast world. The day we resume our routine My friend asks me For a cup of tea at his home. Why not? We always have our tea He has his herb tea And I my lemon tea As soon as we return home From our evening walk. I do not know how the block of stone from the hill Comes to his home during the rainy days And how his hammer and chisels dance at his touch - There stands a stone bust of his deceased mother In the last light of the evening Full of the sights and sounds Of the living and the dead Of the past and the present.

Cry Of A Dying River...95 Rajendra Kshetri

I am no longer the river I was once I love Loktak as much as you do I am bewitched as you are by Loktak's beauty I am captivated as you are by mythical stories of Loktak I am enchanted as you probably are by the enchantment of Loktak by moonlight I am fascinated as you are by Loktak's floating 'Phumdis'

I am mesmerized as you are by Loktak's naturalness I marvel at the sereness of Loktak I am beholden to Mother Nature for gifting us Loktak My world cease to exist when I see Loktak.

I am no longer the river I was once The speaking river that speaks what is unsaid "There is a difference between you and me Your love concern for Loktak and mine You encroach and keep encroaching Loktak's geography You violate and keep violating the lake ecology You dump and keep dumping garbage and plastics in the lake You poach and keep poaching endangered wild life You pollute and keep polluting Nambul flowing to the lake And you say you love Loktak and Nambul "

Soul Sister

Palit Chingtham

My fire of hopes keep burning low But she lights it for me She is far, but near She is my soul sister She is pure and kind. She helps me take my steps The step I have been scared of taking She gives me wisdom She makes me want to play the guitar again She makes me smile With her funny jokes She makes me realize, That there is still good in this world She puts the angel to shame She has the biggest heart A calm beautiful heart She is always there At the right time, At the right moment She always gives me the push I need To be a better person To be a reason for someone's laughter The chats we have Puts me to peace

I happily cry

Herojit Philem

Without stealing, she stole away my heart And I, I stood still Gazing the way she smiles.

Without leaving, she left my life deserted But I, I love life Loving the way she leaves me.

Without crying, I cry silently secretly Yet she, she still teases Holding my heart with her hand.

Without laughing, she joyfully juices laughter on her face And I, I happily cry Finding her not on my arms.