

THE HEADLINES:

- 1. Prime Minister Narendra Modi assures support to northeastern states affected by torrential rain**
- 2. Nagaland government, 5-Tribes Committee mull commission to examine demand for review of state's job reservation policy**
- 3. All party delegation meet External Affairs Minister after visit to Middle East and Africa**
- 4. Northeastern states to witness continued rainfall this week**



Prime Minister Narendra Modi today dialled the Chief Ministers of Assam and Sikkim, as well as Manipur Governor Ajay Bhalla, to take stock of the flood situation in the northeastern states. Mr Modi expressed concern and assured full support from the Central Government for relief and rehabilitation efforts. Assam Chief Minister Himanta Biswa Sarma said in a social media post that he briefed the Prime Minister on the current situation and the relief operation being undertaken. Mr Modi also spoke to Sikkim Chief Minister Prem Singh Tamang on the situation in north Sikkim after a massive landslide struck the Army camp at Chaten in Lachen. Mr Tamang extended his gratitude for the Prime Minister's concern.



State government and the Five Tribes Committee have agreed on a 15-day timeline to decide on setting up a commission to examine the demand for review of the state's job reservation policy. This followed a meeting between the government, representatives of the Five Tribes Committee and five tribal apex bodies, chaired by Deputy Chief Minister Y. Patton in Kohima today. During the meeting, the Five Tribes Committee and apex tribal bodies called for either scrapping the Backward Quota Reservation or allocating the remaining quota specifically to the five tribes. The government requested time for detailed examination. In response, the committee proposed that instead of a review panel, a formal commission should be constituted to study their concerns in detail. Mr Patton said a cabinet meeting, chaired by Chief Minister Neiphiu Rio, will be held by June 17, to deliberate on the proposal.

The outcome of the cabinet meeting will then be shared with the tribal bodies. Addressing the media after the meeting, Five Tribes Committee Convenor Tesinlo Semy, described the discussions as fruitful.

Mr Semy confirmed that until the expiry of the 15-day period, the Five Tribes Committee will keep its agitation in abeyance.



All-party delegation led by BJP MP Baijayant Panda today met with External Affairs Minister Dr. S. Jaishankar after returning to New Delhi today. As part of India's ongoing efforts under Operation Sindoor and its resolute stand against terrorism, the delegation has successfully concluded its visits to Algeria, Saudi Arabia, Kuwait, and Bahrain. Talking to the media after meeting, diplomat Harsh Vardhan Shringla, who is also a member of the delegation said that the delegation provided their feedback and inputs to the Minister. He said that Dr Jaishankar congratulated the delegation, stating that all the objectives have been fulfilled.



Advisor for Agriculture, Mhathung Yanthan has underscored the importance of value addition through packaging, branding, and marketing of organic and indigenous products to boost rural livelihoods. Inaugurating the weekly bazaar for Self Help Groups under the Nagaland State Rural Livelihoods Mission in Wokha, he called for increased production and consistency in quality. He also emphasized the need to improve market chain accessibility, promote local products, and strengthen rural economy through collective responsibility. Urging farmers to stay committed and work together, Mr Yanthan highlighted the importance of self-reliance, teamwork, and utilizing government schemes to support agricultural development.



As a run-up to International Day of Yoga 2025, Akashvani News Kohima brings you a special series -"Practice Yoga for Good Health and Wellness." Each day, we explore a new aspect of Yoga to help energize your body, calm your mind, and uplift your spirit. This evening, we focus on an important question: How long should you practice āsanās?

The duration of practicing āsanās and prāṇāyāma largely depends on the individual's available time and personal goals. Ideally, a healthy person should dedicate about 30 minutes daily on loosening exercises and āsanās to build strength, flexibility, and balance. Following this, 15 minutes should be spent on

prāṇāyāma, the breath control techniques, to enhance respiratory function, calm the mind, and prepare for meditation. This balanced approach ensures comprehensive physical and mental well-being.



Minister of State for Defence Sanjay Seth announced the planned expansion of National Cadet Corps (NCC) with the addition of three lakh cadets across the country. He was speaking at the inauguration the conference of Special Joint State Delegates and Additional and Deputy Directors General of NCC in Bhopal today. Mr Seth said several states have already extended their commitment to fast-track the necessary training infrastructure. The minister called for continued Centre-State cooperation and urged the States to fulfill their commitments of providing required personnel, infrastructure and funding to support the historic expansion of NCC.



The Nagaland Board of School Education (NBSE) has stated that ragging and bullying in educational institutions are not only harmful to the emotional and psychological well-being of students but also violate the principles of a safe and inclusive learning environment. In a directive issued to all Heads of Registered Institutions under the NBSE, school heads have been instructed to reiterate and reinforce strict anti-ragging and anti-bullying measures within their institutions.

The NBSE has advised school heads to conduct regular awareness programmes and counselling sessions to educate students about the consequences of ragging and bullying. It has also mandated the formation of anti-ragging and anti-bullying committees comprising representatives from staff, parents, and students. Additionally, the heads have been asked to install complaint or suggestion boxes to ensure that victims or eyewitnesses can report incidents anonymously. The directive further instructs schools to display prominent notices in key areas of the premises, clearly stating that ragging and bullying are strictly prohibited and will result in severe disciplinary action. The NBSE has also emphasized the need to sensitize staff members so they can identify and address such issues promptly and empathetically.



Northeastern states will continue to experience rainfall throughout the week, with heavy to very heavy showers likely over the next two days, according to the India Meteorological Department. While the intensity is expected to decrease after two days, light to moderate rain is likely across most parts of the region over the next seven days.

