

Snippet

Subansiri House Dominates Sports Segment

PASIGHAT, JAN 30: Subansiri House emerged as the dominant force in the sports category of the ongoing 3rd Arunachal Pradesh University Festival (APUFEST), securing major titles in both boys' football and volleyball.

The four-day festival, which brings together students from Subansiri, Kameng, Siang, and Lohit Houses, has seen intense competition across athletic and cultural disciplines.

In a standout performance, Subansiri House triumphed over Kameng House with a 3-1 victory in the boys' football final, showcasing strong clinical finishing.

The boys' volleyball title also went to Subansiri House after they defeated Siang House in the final. This victory followed the earlier disqualification of Lohit and Kameng Houses in the category due to the unavailability of players.

The girls' categories saw mixed results, with Siang House being declared the winner of the football match by default after Lohit House failed to report to the field.

In girls' volleyball, Kameng House advanced to the finals after an upset victory over Subansiri House in the semifinals; they were later defeated by Siang House, who claimed the championship title in the final match.

About the APU Post

The APU Post is a daily tabloid published by the Department of Mass Communication. Beyond covering the highlights of the APUFEST, it provides a professional training ground for students and offers the university community a space for critical expression, social debate, and vibrant academic commentary.

APU Professor gets Govt. Patent for Adult Literacy Tool

PASIGHAT, JAN 30: Arunachal Pradesh University (APU) has achieved a significant academic milestone as Prof. Prakash Chandra Jena, Dean Academic Affairs, has been awarded a Certificate of Registration of Design by the Patent Office, Government of India for his innovation titled "Interactive Literacy Pen for Adult Learners." The design has been officially registered under Design No. 474334-001. Expressing his happiness over the achievement, Prof. Jena described it as one of the proudest moments of his life. He dedicated the recognition to his colleagues, students, and well-wishers who have continuously

supported his work.

Speaking about the innovation, Prof. Jena said the Interactive Literacy Pen has been designed keeping in mind India's goal of achieving 100 percent literacy, especially among adults in rural areas who lack basic reading and writing skills.

He explained that the device aims to motivate adult learners and guide them towards achieving fundamental literacy.

"The pen provides direction and assistance in developing basic skills such as reading, writing, and even speaking," he said, highlighting its user-friendly and supportive nature for adult learners.

According to Prof. Jena, the innovation

...(Cont. on P-2)

"Smart City" Pasighat Struggles with Basic Waste Management



By Kadem Taku

PASIGHAT, JAN 30: A recent, community-led cleanup drive at Komlighat, a prominent public riverbank in Pasighat, did more than collect garbage; it brought the city's waste management crisis into sharp focus. The initiative, led by local figures, Lomkeng Josep Tamuk (Actor and Comedian) and Anchali Peyang (Miss Lu:ne 2025), has spurred a critical conversation: Is Pasighat, the state's oldest town and a designated "Smart City," living up to its potential, and where does the Pasighat Municipal Council (PMC) fit into the solution?

Pasighat generates approximately 17 to 25 tonnes of solid waste per day (TPD), a significant volume that strains existing infrastructure. The local Material Recovery Facility (MRF), designed to process and segregate this waste, is only semi-functional, creating a substantial gap in processing the collected garbage. This gap means that even with collection efforts, a large volume of waste ends up in unregulated dumpsites rather than being

scientifically processed.

The failure to manage this influx is evident in daily household management challenges. Many citizens express frustration with the lack of clear guidelines for residential waste. "We know we should separate our dry waste from the wet waste, but the collection system doesn't always support it," one resident mentioned, highlighting a common difficulty with segregation efforts at the household level.

The recent drive demonstrated that public willingness to help is high, with over 250 volunteers participating. Yet, activists argue that the responsibility cannot be outsourced entirely to the public. The leadership shown by actor Lomkeng Josep Tamuk emphasized personal responsibility, but many question the PMC's consistency.

"Cleanliness drive is mostly carried out in Pasighat there is a VIP and VVIP visit to the town," another resident noted, suggesting that regular management should be a daily routine, not a response to official visits.

This situation contrasts sharply with the success of Siluk village, located about 40 km away in the Mebo subdivision. Siluk has earned national recognition...

...(Cont. on P-3)

MLA Mangfi, Councillor Tamuk to attend APUFest Closing Event

PASIGHAT, JAN 30: The four-day-long APUFEST 2026 hosted by Arunachal Pradesh University (APU) concludes today with a valedictory ceremony at the university campus. The festival, which featured a variety of academic, cultural, literary, and sports activities, celebrated the talent and creativity of students across various departments of the varsity.

The festival was officially inaugurated on January 29 by Chief Minister Pema Khandu, who also unveiled the university's new Academic Block-A. During the inauguration, the Chief Minister reiterated the government's commitment to developing APU as a premier educational hub capable of attracting students nationally and internationally.

The valedictory programme will be attended by Hayeng Mangfi, MLA 9-Chayang Tajo Constituency, as the Chief Guest, and Rahul Tamuk, Councillor of the Pasighat Municipal Council, as the Guest of Honour.

The dignitaries are scheduled to address the gathering and participate in the highly anticipated prize distribution ceremony, where winners from various competitions will be recognized.

Youth, Drugs, and the Silence of Society in Arunachal Pradesh

By Meme Mangfi

For many young people, the first encounter with drugs does not stem from criminal intent. It begins with experimentation during celebrations, within peer groups, or as an escape from stress, loneliness, and uncertainty about the future. As towns expand and lifestyles change, traditional support systems are weakening, leaving many youths disconnected despite being surrounded by people.

Urban centres and district headquarters have seen rapid social change. Academic pressure, unemployment anxiety, and limited recreational or counselling facilities create a vacuum. In this vulnerable space, drugs appear as an easy distraction one that quickly turns into dependency. Encouragingly, the past one to two years have witnessed a visible shift in Arunachal Pradesh's response to this crisis. The message of a "Drug-Free Arunachal" is no longer confined to slogans but is being actively carried into public spaces. Sports events, in particular, have become effective platforms for awareness, where discipline, teamwork, and purpose are promoted as alternatives to addiction, motivating youths to openly say "No to Drugs."

In 24th January, 2026, the Indian Army's Red Shield Division conducted anti-drug awareness rallies under the "No Drugs, No Dropouts" campaign, including programmes in Manigong. By linking drug prevention with education and social responsibility, the initiative emphasised that substance abuse not only destroys health but also cuts short academic journeys and future opportunities. Such outreach highlights the role of national institutions in reinforcing local efforts.

Government-led initiatives are also beginning to show tangible impact. During the 77th Republic Day celebrations in East Siang district, Roying village was recognised as a "Drug-Free Village," demonstrating how collective vigilance, strong community leadership, and sustained awareness can bring real change at the grassroots level.

Adding a long-term preventive dimension to these efforts, Project AROHIT was launched by the East Siang district administration in collaboration with the Department of Skill Development and the Department of Industries, Government of Arunachal Pradesh. The project seeks to integrate skill development and industry-linked training with the message of "Say No to Drugs," addressing unemployment and lack of opportunity factors that often push vulnerable youths toward substance abuse. Despite growing awareness and visible initiatives, one uncomfortable reality continues to undermine the fight against drugs in Arunachal Pradesh the fear of speaking out. Reports and public perceptions often suggest that drug circulation does not survive without local networks. In some cases, there is a widespread belief within communities that individuals entrusted with responsibility, or even members from within the community itself, may be indirectly involved in the drug trade.

What is more alarming than the allegation itself is the silence surrounding it. Many residents hesitate to report suspicious activities, not because they support them, but because of fear. Fear of prolonged court cases, repeated summons, harassment, and the burden of appearing

as witnesses over months or even years. For ordinary citizens, especially daily wage earners, students, and villagers from remote areas, the legal process itself becomes a punishment. This fear has created a culture of quiet compromise, where people choose silence over confrontation. When communities stop reporting wrongdoing due to systemic fear, drug networks gain confidence, and accountability weakens. Even honest officials and law enforcement personnel face difficulty in acting without public cooperation and credible witnesses.

Breaking this cycle requires more than awareness rallies. It demands strong witness protection mechanisms, simplified legal procedures, and assurance that those who come forward will not be left to face consequences alone. Trust between citizens, police, and the judiciary is essential if the silence around drug peddling is to be broken.

A drug-free Arunachal cannot be built on enforcement alone. It requires empathy, early support systems, accessible rehabilitation facilities, and sustained youth engagement. Campaigns like "No Drugs, No Dropouts," sports-based awareness drives, recognition of drug-free villages, and initiatives such as Project AROHIT point toward a holistic path forward but they must be strengthened and expanded.

When curiosity turns fatal, the responsibility does not lie with the youth alone. It lies with society, its institutions, families, and leadership. Choosing education over neglect, dialogue over denial, and opportunity over silence may be Arunachal Pradesh's strongest defence against the drug menace.

The Vulnerable Lifeline

The geographical reality of Arunachal Pradesh dictates that its residents must frequently traverse the plains of Assam to travel between their own districts. This transit, necessitated by the terrain, has historically fostered economic and social interdependence. However, this lifeline is increasingly becoming a flashpoint for targeted hostility.

Recent incidents where vehicles with 'AR' registration plates have been singled out following road accidents reveal a disturbing pattern of mob justice and regional profiling that threatens the spirit of the Northeast. When an accident occurs on the National Highway, the immediate priority should be medical assistance and legal due process. Instead, we are seeing a trend where the identity of the number plate supersedes the facts of the incident. For an Arunachalee commuter, a mechanical failure or a minor collision in a neighboring state can escalate into a life-threatening situation involving mob lynching or property destruction.

This targeting of "outsider" vehicles creates an atmosphere of fear, making every journey across the interstate border a gamble with one's safety. The persistence of these incidents points to a critical failure in grassroots diplomacy and law enforcement. While the state governments of Assam and

Arunachal Pradesh have made significant strides in resolving long-standing boundary disputes, that same sense of resolution has not yet trickled down to the highways. Local authorities often struggle to contain spontaneous mob fury, and the lack of swift, exemplary punishment for those who take the law into their own hands emboldens future aggressors. This is more than a law-and-order issue; it is a crisis of neighborly trust.

The "Chicken's Neck" corridor and the various highway arteries are shared assets. If commuters cannot travel without fear of being targeted for their origin, the emotional integration of the region remains incomplete. It is imperative that the Assam Police and Arunachal Pradesh Police establish more robust joint patrolling and rapid-response mechanisms specifically for highway transit zones. Ultimately, the road to safety is paved with mutual empathy. A vehicle's registration code should not be a bullseye for frustration or communal anger. Both societies must reflect on the fact that their lives, economies, and futures are inextricably linked. We must replace the "us versus them" mentality with a shared respect for the rule of law, ensuring that the highway remains a bridge of connection rather than a site of conflict.

APU Professor...
(Contd. from P-1)

is not only beneficial for illiterate adults but also contributes to the overall progress and prosperity of the country. "Our ultimate target is to achieve complete literacy across all sections of society," he added.

Sharing insights into the registration process, Prof. Jena revealed that it took nearly two years to complete. While challenges existed, he noted that they were manageable with the right expertise, knowledge, and resources. Commenting on the impact of this achievement on Arunachal Pradesh University, Prof. Jena said the innovation holds special significance for the state, where adult literacy levels remain low. He expressed hope that such initiatives would help rural and adult populations explore and acquire essential life skills.

The achievement not only brings recognition to Prof. Jena but also enhances the academic and research profile of Arunachal Pradesh University at the national level.

Service Before Self

By Nama Dadda

What began as a casual gathering of friends in East Kameng has evolved into a structured youth-led initiative focused on social responsibility and community action. Established in September 2024, the group known as YUVA COMRADEs has grown to 14 members dedicated to addressing local challenges through grassroots volunteerism.

The organization initially took shape from informal discussions among a circle of friends in Seppa who sought to address environmental issues in their neighborhoods. Since its inception, the group has transitioned from local clean-up drives to organized awareness campaigns. Their efforts were formally recognized during the Swachh Bharat Mission's Swachhata Hi Seva campaign, where the East Kameng District Administration awarded them a certificate of appreciation for their role in public cleanliness initiatives.

Tabyang Gyadi, Chairman of YUVA COMRADEs, stated that the primary objective of the group is to encourage social responsibility among young people and actively participate in community welfare. Beyond environmental conservation, the organization focuses on supporting the underprivileged, promoting education, and responding to community needs through donations and volunteer services. The group operates under the principle of "service before self," aiming to build leadership and discipline among the local youth.

As Arunachal Pradesh faces increasing environmental and social pressures, YUVA COMRADEs plans to expand its focus toward waste management and community education. By leveraging the spirit of camaraderie, the members aim to create a more inclusive society while ensuring the natural beauty of the region is preserved through consistent local action.

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Campus Perspectives

A Journey of Growth:

Beyond the Classroom

By Tenzin Chimey,
Asst. Professor, Dept. of Commerce

With memories woven into every step,
learning begins in classrooms and continues
far beyond,

building minds and shaping beings.
Footsteps echo stories on paths worn by
dreams,

where notebooks carry more than just
lessons

They carry hope.

Every moment is a silent guide, teaching
softly,

turning lessons into growth.

Together, we walk as one
sharing strength, ideas, and purpose,
learning that growth multiplies

When hearts and hands unite.

Beyond achievement and applause,
education turns gently inward
nurturing patience over haste,
kindness over certainty,
and wisdom that warms the heart beyond
knowledge.

In this shared journey,
we learn not only to succeed
but to listen,
to grow,

and to bloom in compassion.

“Smart City”... (Contd. from P-1)

as East Siang's cleanest village, an honor it has received multiple times under the Chief Minister's Award. Its success story of "zero-waste" living has been featured in a Class 3 Environmental Studies textbook published by the NCERT, serving as a national model. Siluk's achievement is rooted in collective community action, including mandatory household waste segregation, the use of compost pits for organic waste, and regular clean-up drives- all achieved with simpler, community-built infrastructure like bamboo dustbins. Their journey from a littered area to a textbook example proves that mindset and discipline can outweigh complex infrastructure alone.

Moving forward, several key actions are necessary to address the crisis. Authorities must prioritize the full operationalization of the MRF and the Municipal Solid Waste (MSW) plant to effectively process the 17-25 TPD of garbage the city generates daily. Furthermore, implementing strict rules for mandatory waste segregation at the source- every household and commercial establishment- is essential to make the processing facility viable.

The PMC needs to ensure consistent, daily garbage collection schedules across all wards, moving away from activity-based cleanup drives tied to official visits. This effort must be coupled with public awareness campaigns that use public notices, social media, and community meetings to educate citizens on waste management bylaws, available facilities, and associated penalties for littering.

Finally, stringent enforcement of fines for improper dumping will ensure accountability and foster lasting civic discipline.

Running Late in a Life That Isn't Late

By Omeng Tayeng (Department of Commerce)

Many of us live with a quiet and persistent fear "the feeling that we are running late in life". Late to succeed, late to settle, late to become someone our families and society can be proud of. This fear does not arrive suddenly; it grows slowly through comparisons, expectations, and unspoken standards yet when we pause and look honestly, we realize that our lives are not actually late. The pressure surrounding them is.

As the youth of today, we are surrounded by invisible timelines. We are expected to know our direction early, achieve stability quickly, and prove our worth within fixed ages. These timelines are reinforced everywhere- through social media achievements, academic competition, and casual questions that quietly measure progress. Over time, we begin to believe that life is a race and that falling behind makes us inadequate.

This pressure is not ours alone. It often carries the weight of our parents' worries. In an increasingly competitive and uncertain world, their concern for our future is natural. However, their anxiety settles into our minds, turning into constant self-

questioning. Even while learning, trying, and improving, we feel a lingering fear of disappointing them. The worry becomes internal, and the fear of failure begins to overshadow effort.

As a result, many of us feel lost even while moving forward. We rush through experiences instead of understanding them, afraid that slowing down means of understanding them, afraid that slowing down means losing time. Rest feels unearned, uncertainty feels shameful, and growth feels insufficient. Social media intensifies this struggle by presenting success as early and effortless, while hiding the failures, delays, and detours that shape real journeys.

What we rarely acknowledge is that life does not follow a single clock. Growth is not linear, and success is not uniform. Feeling late does not mean we have failed; it often means we are aware, responsible, and deeply invested in our future.

Running late in a life that isn't late is one of the quiet crises of our generation. Perhaps the answer is not in rushing forward, but in trusting our own pace. We are not behind-we are becoming, and becoming takes time.

Campus Perspectives

Campus Elections & Festivals Trigger Sharp Spike in Student Substance Use

By Domong Mibang

PASIGHAT, JAN 30: While student elections and university festivals are traditionally seen as pillars of campus life, recent data highlights a concerning trend: the consumption of alcohol and tobacco products often doubles during these periods.

This “seasonal spike” is transforming academic environments into high-stress or high-stimulus zones where substance use frequently replaces policy debate and healthy celebration. The two-fold increase in consumption during the two to three weeks of intense campaigning is attributed to several socio-environmental factors.

Networking events, often held at off-campus mixers or “meet-the-candidate” parties, frequently use alcohol as a social lubricant to recruit volunteers.

Furthermore, a persistent culture of celebration—where both victory and defeat are marked by drinking—extends the cycle of consumption from the first debate through to the final ballot count. This surge carries consequences beyond immediate health concerns.

Academic performance often suffers as the increase in substance use typically coincides with mid-semester exams, leading to missed lectures and decreased cognitive performance. Health experts also warn of the “normalization of binge behavior,” where high-volume drinking becomes synonymous with leadership activities, potentially acting as a gateway to long-term dependence for social users. Despite strict government mandates,

enforcement often wavers during the chaos of election season.

Under Section 6(b) of the Cigarettes and Other Tobacco Products Act (COTPA), 2003, the sale of tobacco is prohibited within a 100-yard radius of any educational institution. However, “pop-up” vendors and local shops frequently see a surge in demand, leading to blatant violations of this boundary. Additionally, the Ministry of Education’s Tobacco-Free Educational Institutions (ToFEI) guidelines mandate clear signage on campuses.

During elections, these health warnings are often obscured by campaign posters. Authorities also note that Section 6(a) of COTPA, which prohibits sales to minors, is rarely prioritized during large rallies, making tobacco easily accessible to underage first-year students. The trend extends to university cultural and technical fests, though the motivation shifts from political networking to celebratory “social synchrony.” Research indicates that students who smoke or drink do so at significantly higher volumes during these events than on typical weekends.

The “event-specific” nature of festivals often leads social smokers to triple their intake during a single evening. While the University Grants Commission (UGC) and the Ministry of Health authorize institutional heads to levy fines for violations, the high volume of activity during these seasons makes individual monitoring and enforcement a significant challenge for university administrations.

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