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Published From
DELHI LUCKNOW BHOPAL BHUBANESWAR
RANCHI RAIPUR CHANDIGARH
DEHRADUN HYDERABAD VIJAYWADA

Late City Vol.34 Issue 54
*Air Surcharge Extra if Applicable

NEW DELHI, SATURDAY FEBRUARY 24, 2024; PAGES 12 ₹3

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Lok Sabha poll dates likely after March 13



RAJESH KUMAR ■ NEW DELHI

The Election Commission is expected to announce the dates for the Lok Sabha elections after March 13. As part of the ongoing preparations for the General Elections and concurrent Assembly polls in select States, the Chief Election Commissioner is currently engaged in successive visits to these regions. States like Andhra Pradesh, Arunachal Pradesh, Odisha, and Sikkim are gearing up for simultaneous Lok Sabha and State Assembly polls. In 2014, the Election Commission announced the schedule for the nine-phased Lok Sabha elections on March 5, and the results were

declared on May 16. In 2019, the poll panel announced the seven-phase Lok Sabha elections on March 10, and the results were declared on May 23. Sources indicate that senior officials of the Election Commission of India are actively engaged in regular meetings with the Chief Electoral Officers (CEOs) of different States to address potential issues ahead of the elections. The focus is on practical challenges such as the transportation of Electronic Voting Machines (EVMs), the deployment of security personnel, and maintaining vigilance along state borders. Also, sources mentioned that the Central Board of Secondary Examination

(CBSE) Class 10 board examination will end on March 13, freeing up many teachers and school buildings for election duties. A team from the EC is also expected to visit Jammu & Kashmir on March 13. Chief Election Commissioner Rajiv Kumar will meet representatives from as many as nine political parties, including the Dravidian majors, to discuss issues regarding conducting the poll. He will hold a review meeting with the district collector and superintendents of police. The CEC will also meet with the CEOs of Tamil Nadu, Karnataka, and Kerala, as well as officials from enforcement agencies, before wrapping up his meetings with the Tamil Nadu Chief Secretary and the State DGP. Earlier, a team from the EC reviewed preparations with the Chief Electoral Officer of Bihar, the State police chief, and other agencies including Excise Department, DRI, ED, I-T, Forest Department, Postal Department, among others. During the meeting, the EC said that enforcement agencies have been instructed to take strict action against the use of money power during elections.

Continued on Page 2

Modi envisions India in his 3rd term

RAMESH K SINGH ■ VARANASI

Prime Minister Narendra Modi rallied supporters in Varanasi on Friday, outlining his vision for the prospective third term of the National Democratic Alliance (NDA), promising a transformation that would propel India to become the world's third-largest economy. Addressing an enthusiastic crowd at the Banas Dairy Complex, PM Modi pledged to secure all 80 seats in Uttar Pradesh, asserting that the NDA's return to power would elevate India's stature across economic, social, strategic, and cultural fronts. Highlighting the strides made during his tenure, PM Modi emphasised India's ascent from the 11th to the 5th largest economy globally over the past decade, with ambitious plans to further climb the rankings in the next five years. Amid applause, he launched a scathing attack on Opposition leaders, implicitly referencing Congress scion Rahul Gandhi's recent remarks targeting local youths. Modi condemned what he termed as "frustrated" leaders resorting to divisive tactics due to dwindling political fortunes, accusing them of peddling dynasty, appeasement, and caste-based politics. Assuring accelerated developmental initiatives, PM Modi underscored the



Prime Minister Narendra Modi being presented a memento by UP Chief Minister Yogi Adityanath during dedication ceremony of Kashi Complex of Banas Dairy Plant in Varanasi on Friday. (Right) Prime Minister Narendra Modi pays tribute to Sant Ravidas during his 647th birth anniversary celebrations

expansion of Digital India, infrastructure upgrades including modernised railway stations, and the introduction of transformative projects like Vande Bharat, Amrit Bharat, and Namoo Bharat trains. He pledged to harness the potential of eastern India, envisioning the region as a vital engine for national growth. The unveiling of the first phase of the Varanasi-Aurangabad six-lane highway and plans for the Varanasi-

Ranchi-Kolkata Expressway underscored the government's commitment to bolster connectivity and regional development. Reflecting on past promises fulfilled, Modi highlighted the success story of Banas Dairy as a beacon of job creation and economic prosperity. He announced plans to extend benefits to neighboring districts, fostering agricultural growth

and rural prosperity across Eastern Uttar Pradesh. Accompanied by Chief Minister Yogi Adityanath, Deputy Chief Minister Brijesh Pathak, and other dignitaries, PM Modi bestowed a slew of projects worth ₹13,202.07 crore upon Purvanchal, including Varanasi. From infrastructure to cultural initiatives, the Prime Minister's visit epitomised a blend of developmental zeal and strategic political messaging, resonating with the electorate ahead of the crucial state elections. Earlier in the day, the Prime Minister paid homage at the

Ravidas Temple, underlining the government's commitment to honour the legacy of Sant Ravidas and uplift marginalised communities. The symbolic gesture, coupled with a focus on inclusive growth and empowerment, served to galvanise support while underscoring the administration's unwavering dedication to social justice. In a culmination of his visit, PM Modi interacted with scholars at BHU, underscoring the importance of education and knowledge in India's journey towards prosperity.



CAPSULE SANDESHKHALI FLARES UP AGAIN

Even as the Sandeshkhali unrest showed all the signs of evolving similarly to the Nandigram movement, the mass protest continued in the North 24 Parganas block, this time spreading rapidly to neighbouring villages. On Friday, new areas of violence erupted at Belmajur and Tebhaga More, where hundreds of villagers blocked roads and set fire to wooden blocks after being attacked by armed men associated with Sheikh Shahjahan. Detailed report on P2

Unruly farmers face punitive damages

The Haryana Police has initiated proceedings to seize the assets of farmers who damaged public property during their "Dilli Chalo" protest. However, hours after announcing that action would be taken under the National Security Act (NSA), the Haryana Police said the NSA will not be invoked against the farmers.

Former LS Speaker Manohar Joshi dies

Veteran Shiv Sena leader Manohar Joshi, who had risen from being a corporator of the Brihanmumbai Municipal Corporation to the post of Maharashtra chief minister and then went on to become the Speaker of the Lok Sabha, passed away at a private hospital here early hours of Friday. Detailed report on P2

Centre set to get the show on the road



PIONEER NEWS SERVICE ■ NEW DELHI

The Ministry of Road & Highways (MoRTH) is set to achieve a record-breaking milestone with the construction of the highest-ever four-lane and access-controlled high-speed highways, reaching an ambitious road construction target of 13,000 km by the end of this fiscal year. "In 2020-21, we witnessed the highest-ever road construction of 13,327 km compared to 4,260 km in 2013-14. As of January this year, we have already completed 7,600 km of roads, and we anticipate reaching a level of 12,800-13,000 km by the end of

March," said Anurag Jain, Secretary of MoRTH, during a press conference on Friday. The Ministry aims to construct between 12,000 km and 13,000 km of national highways in 2023-24, slightly below the target of 13,813 km. The ministry constructed 10,237 km of National Highways in the 2019-20 financial year, 13,327 km in 2020-21, 10,457 km in 2021-22, and 10,331 km in 2022-23. As of the end of January 2024, the ministry has completed the construction of 7,685 km. "We are optimistic about completing 4,500-5,000 km in the remaining two months, which will help us achieve anywhere between 12,000 and

13,000 km in the current financial year. This will be the second-best achievement," Jain said. The Secretary said the current financial year will see the highest-ever construction of four-lane roads and the highest-ever speed or access-controlled highways, with capacity augmentation pegged at 9,500 km, which will be a record for the ministry. "Up to January 2024, we have seen a 10 per cent year-on-year growth, while the increase in construction of four-lane highways is 16 per cent," he said, adding that the construction of four-lane and above roads now stands at two-and-a-half times the annual achievement of FY'14. Jain said the ministry is also confident of awarding highway projects worth ₹10,000 crore by March end. The NH network increased by 60 per cent from 91,287 km in 2014 to 1,46,145 km in the year 2023, government data showed. The length of four lanes and above NH increased by 2.5 times from 18,387 km in 2014 to 46,179 km in November 2023, the secretary said.

For BJP, Bullet Train to chug in Modi 3.0

DEEPAK KUMAR JHA ■ MUMBAI

The BJP is all set to showcase the ambitious Mumbai-Ahmedabad Bullet Train as the success story of Prime Minister Narendra Modi's third term at the Centre in August 2026 as the party is confident of returning to power. Railway Minister Ashwini Vaishnaw told The Pioneer that a section of about 50 km of the high-speed corridor will be thrown open to the public in August 2026. Vaishnaw said that the Surat-Bilimora section on the 508-km-long corridor between



Construction work at the Bandra Kurla Complex Station, a key component of the Mumbai-Ahmedabad High-Speed Rail corridor. Photo by Deepak Kumar Jha

Mumbai and Ahmedabad opened one after the other thereafter," he said. Vaishnaw made these statements during a site visit

where the tunnelling process was initiated for the 21 km long India's first underground/undersea tunnel as part of the bullet train project. He also visited to assess the progress for the underground stations at Bandra-Kurla Complex and Shilphata in Maharashtra. "Challenges involved multiple controlled blasting with sufficient noise and air pollution prevention measures so as to cause minimal disturbance to the environment and population in the adjoining areas," Vaishnaw said.

Continued on Page 2

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THE STRESS BEHIND THE TEACHING PROFESSION

Teachers have alarming rates of burnout and attrition worldwide



SAKSHI SETHI

College degrees, good education and satisfying jobs are all things that people generally strive for. Teaching is one of the most visceral jobs most people will ever experience. Teachers since ages have proven to be vital because they shape the lives of students and help them develop the knowledge and skills they need to succeed in the world.

It is interesting to note that many people today believe the stereotype that teaching is a stress-free job. It is the only profession that gets summers and weekends off. Moreover, it is typically a job that people only do because they cannot do anything else. The adage those who can, do; those who can't, teach is widely believed. However, the reality is that there is a great amount of stress associated with this type of profession.

There is no denying the fact that the teaching profession is emotionally, physically and mentally exhausting. Many teachers across the world are experiencing teacher shortages. As per the latest survey, it was found that almost 50% of the new teachers who join with super excitement, passion and a dream to take on the world quit within the first five years of teaching, which begs the question: why do so many of them leave after going through years of college for this profession? Without enough teacher, one cannot successfully educate their children. Moreover, the most disturbing part is that the education system relies on massive amounts of unpaid labour. According to the Bill and Melinda Gates Foundation, the average teacher works for 52.5 hours a week, over 30% more than they are contracted for. Multiple surveys declare uncertainty, workload, negative perception about the job, concern for others' well-being, health struggles and playing multiple roles have hampered school teachers' mental health and well-being.



Not only this, research also indicates that burnout contributes to high attrition rates among educators. Making teachers work beyond their contracted hours and not paying for it, giving them five hours or less per week to plan for 30 hours of instructions, grading and providing feedback on assignments for almost 200 students on an average, analysing data, contacting parents, attending meetings, preparing teaching materials, expecting teachers to implement new initiatives, programs and practices without proper training, completing administrative tasks, expecting teachers to differentiate and individualise instructions for a class with 30+ students and above all blaming teachers for all education-related issues despite not including teachers in decision making of education-related issues prove out to be a few reasons for teacher burnout. The constant turnover rate of teachers, lack of interest in teaching and lack of commitment to the profession continue to be a major concern for school systems all over the nation. Stress has become a common characteristic of teachers and with the increased amount of accountability, teachers play a significant role in students and schools resulting in poor classroom engagement and ultimately low student achievement.

To be an effective educator, all teachers need to maintain their psychological well-being. For an ordinary human being not related to this profession, a teacher is a person who is working around 1800 hours a year, whereas in reality, they are the ones who are working around 2300 hours a year on average which shows that approximately 550 hours are unpaid working.

Remember, the teachers cannot effectively accomplish all necessary tasks only during their contract hours. The growing concern is the psychological well-being of teachers not only at the school level but also at the college level.

(The writer is an educator, views are personal)

Farmers demand MSP protection

The imperative need for a legislation-backed MSP grows ever more urgent, promising stability and prosperity for the backbone of India's economy



AS MITTAL

The resurgence of protests by farmers has brought attention to their longstanding struggle for sustainable profitability in the agricultural sector. Although their demands are diverse, their primary request is for a legal guarantee for MSP (Minimum Support Prices). Farmers believe that the government has not shown genuine interest in effectively implementing MSP, which has led to distrust, frustration, and the need for a legal guarantee. These issues have forced them to leave their homes and farms and take to the highways in protest, resulting in the death of three farmers a couple of injuries, and disruption of normalcy that has affected the commuters and business activities.

In September 2020, the government introduced three controversial farm laws that were met with widespread protests and demands for their repeal. While the laws were eventually repealed in November 2021, there has been no interim report from the Committee on MSP formed to address farmers' concerns. This delay in decision-making perpetuates uncertainties in the agricultural sector and undermines the effectiveness of the present MSP as a stabilizing force.

MSP was introduced in 1966-67 to ensure food security amid food scarcity. Despite broad political support for a legal guarantee for MSP, successive governments have failed to formalize this issue, leaving the agricultural sector in a state of uncertainty. However, it is high time to address the weakening of the decades-old MSP policy, remove the complexities surrounding its legislation, and recognise the potential benefits of legalising MSP to fuel the wholesome growth of the agriculture sector, which is the country's lifeline. The Modi government has demonstrated its commendable ability to revamp decades-old mechanisms with various robust reforms such as the amendments to Indian Penal Codes and the abrogation of Article 370 in Kashmir, and now they must take bold steps to address this pressing issue.

Why farmers asking for legal guarantee: The MSP is an administered advisory price for 23 crops and is determined annually by the Commission for Agricultural Costs and Prices (CACP) as a key government intervention to insulate farmers from price volatility when the market prices fall below the MSP as well as of consumers against corrupt manipulative market inflation and maintains food security. It has been in existence in India for more than five decades. Why, then, are farmers asking for a legal guarantee? Only 6% of farmers benefit from MSP, and it procures just 11% of total agricultural output in the country, according to the latest available NITI Aayog data.

Over 90% of crops are sold at prices that are 20-30% lower than the declared MSP, leading to average losses of Rs 20,000 per acre and about Rs 10 lakh crore annually for farmers. A study by the Indian Council for Research on International Economic Relations and the Organization for Economic Cooperation and Development found that Indian farmers have been suffering losses since 2000 due to ineffective policies. The report revealed that Indian farmers lost Rs 45 lakh crore during 2000-2017 due to low prices.

Misconceptions in legalising: The legalisation of MSP has been hindered by exag-



LEGALISING MSP FOR A WIDER VARIETY OF CROPS ENSURES THAT THE BENEFITS OF PRICE STABILITY ARE NOT LIMITED TO SPECIFIC SEGMENTS OF THE FARMING COMMUNITY

gerated claims about its fiscal costs. These claims have misled successive governments, and it is essential to clarify that legalising MSP does not entail the government procuring all agricultural produce. The apprehensions over excessive fiscal requirements are unfounded and should not prevent the legalisation of MSP.

To make MSP a legal guarantee, necessary amendments are needed in the Agricultural Produce & Livestock Market Committee (APMC) Act by incorporating a clause that auction of farm produce in APMC's markets is legally not permitted below the declared MSP prices. The apprehensions on the operation of MSP legal guarantee are that most of the sales of farm produce are not in APMCs, and traders may boycott the purchases of farm produce. The government does not have physical and economic resources to purchase, store, and market the procured farm produce, which is an irrational argument. Government intervention is necessary only when market prices fall below MSP, and it does not require the procurement of the entire marketable surplus.

The potential boycott of farm produce in places MSP legal regimes by the traders is an irrational argument because the commodity's supply is tight against the demand for farm produce. First, this was also evident from the fact that the government could manage to procure only 26 million tonnes of wheat at MSP against the target of 44.4 million tonnes fixed for the 2023 season. Second, the government's expenditure on procurement and imports of farm produce like edible oil and pulses, and on procurement of food grains on MSP in 2022-23, has already surpassed Rs 5 lakh crore and Rs 2.28 lakh crore, respectively. Claims that the MSP legal guaran-

tee will create fiscal disasters for India are baseless. According to government estimates, the MSP values of the total production of the 23 crops worked out to be around Rs 17 lakh crore, and some studies worked out to be around Rs 10 lakh crore. Furthermore, only 70% of the farm produce comes to markets as a marketable surplus, and farmers' families consume the rest for household purposes. The MSP legal guarantee will cost the government about Rs 5 lakh crore if traders or big corporations engaged in processing boycott the APMC's markets, which is an unlikely scenario. It is time to dismiss the misconceptions surrounding the legalisation of MSP and focus on the merits of providing a legal guarantee for MSP. Merits of legalising MSP: Farming is inherently risky, influenced by factors such as weather conditions, pest attacks, and market dynamics. By establishing a legally binding framework for minimum floor prices across all crops, will mitigate the current challenges and safeguard farmers from unpredictable fluctuations in the prices of their produce.

However, the government has proposed buying cotton, maize, tur, urad and Masur for five years directly from the farmers at the MSP without any quantitative limit. Notably, these crops are grown outside Punjab and Haryana, the home states of the protesting farmers. From this, can it infer that small pulses growing farmers all over the country stand to benefit? Legalising MSP for a wider variety of crops ensures that the benefits of price stability are not limited to specific segments of the farming community.

Small and marginal farmers cultivating diverse crops can access the protective shield of MSP, contributing to inclusive agricultural growth, and playing a pivotal role in ensuring food security for the

nation by maintaining a stable production environment for key staples, contributing to the overall food security of the country.

A legal framework enables the government to conduct strategic operations in domestic and international markets. By selling procured produce at minimal markups during times of higher market prices, the government can manage inflation surges, ensuring price stability for consumers.

MSP reduces the vulnerability of farmers to market fluctuations, ensuring a minimum income for their produce. Farmers can navigate uncertainties more confidently, knowing that the government is legally bound to intervene when market prices fall below the MSP. A guaranteed MSP leads to increased rural income. This, in turn, stimulates the rural economy by boosting demand for goods and services, creating a positive ripple effect in various sectors.

The way forward: Policymakers can pave the way for a more secure and prosperous future for farmers by dispelling misconceptions and addressing concerns. Replacing the decades-old and inefficient MSP policy with a legislatively guaranteed MSP offers a comprehensive solution to the challenges faced by the agricultural sector. It not only ensures consistent implementation but also promotes diversification, inclusivity, and economic resilience, contributing to the wholesome well-being of farmers and the prosperity of the rural economy. This will help to fuel the dream of a 'Viksit Bharat'.

(The author is Vice-Chairman of Sonalika Group, Vice-Chairman of the Punjab Economic Policy and Planning Board, and Chairman of ASSOCHAM Northern Region Development Council; Views expressed are personal)

The enduring legacy of Ameen Sayani, the radio icon

Sayani's influence extended far beyond the confines of the studio, earning him a place in the hearts and minds of millions

In the melodic realm of post-independence, India emerged a captivating voice that transcended mere broadcasting to become a cherished companion for countless listeners for almost four decades. With the resounding greeting, "Namaskar bhaiyon aur behno, main apka dost Ameen Sayani bol raha hoon," Ameen Sayani forged an indelible connection through the airwaves, beckoning listeners to join him on a journey of music and camaraderie. This golden voice of radio passed into eternity on February 21, 2024, in Mumbai. He was 91.



RAJDEEP PATHAK

peers. Ameen Sayani's pioneering radio show, starting as a modest segment on Radio Ceylon, swiftly became a cultural sensation in the 1950s. From Binaca Geetmala to Hit Parade and Cibaca Geetmala, his presentation remained timeless, bridging simplicity and connection, resonating with ordinary hearts. Geetmala transcended borders, captivating audiences across Asia and East Africa

and fostering unity through Hindi film melodies. With 90 million listeners, it has evolved into a cherished tradition, binding families over enchanting tunes.

They were not merely a fleeting waltz through the sonic realms; it was a timeless symphony, a melody that lingered in the hearts of generations. With the gentle caress of nostalgia, it continued its melodious journey, spanning the years from 1952 to 1994, a testament to its enduring charm and universal appeal. And like a phoenix rising from the ashes of bygone eras, it experienced resurgences in the dawn of new millennia, revivals in 2000-2001 and 2001-2003, each breathing new life into its hallowed name.

Beyond the airwaves, Ameen Sayani's unparalleled contribution as a voiceover artist echoes through the annals of time, with over 54,000 radio programmes and approximately 19,000 jingles to his credit — a testament to his lasting impact on the hearts and minds of a nation.

Bhajan Samrat, Anup Jalota while sharing his thoughts with me on hearing the news of Ameen Sahab's demise said that he was one of the pioneers in the field of entertainment in broadcasting media and the texture of his voice captivated many people. "Today many of the anchors try to copy his texture and finesse," he said, adding, "It was almost a miracle that any song that Ameen Sahab would announce in his Binaca Geetmala, would go on

to become a hit. Phrases like "Aawaz ke duniya ke doston", and "Bhaiyon aur Beheno" were introduced by him which people are using today and trying to establish themselves. He was very mild in his behaviour and very gentle."

"Listening to Ameen Sayani's iconic radio show, 'Binaca Geet Mala,' with my siblings was a cherished ritual in our household," reminisces Dr Sumitra Guha, a renowned classical vocalist and recipient of the Sangeet Natak Akademy award. "The mesmerising voice of Ameen Sayani filled our hearts with joy, as we eagerly awaited the melodious tunes of legendary playback singers like Lata Mangeshkar. His captivating narration and the golden era of Bollywood music left an indelible mark

on my soul. It was truly a magical time, enhanced by the charm of our beloved host." Writer, social activist and President of the Guild of Services, Meera Khanna shares her memories of growing up listening to Ameen Sayani. She says, "With the passing away of Ameen Sayani it is as if a precious memory of childhood has slipped away. The 'Binaca Geetmala' which he hosted in his amazing voice was an integral part of a childhood when television had not invaded homes. Gathered around the radio or with the transistor stuck to the ear Ameen Sayani invited you to float on the melody or foot tap to the rhythm of the most popular Hindi film songs. Thus, every week Ameen Sayani was the friend who vis-

ited with a bouquet of melody rhythm and poetry. Millions in this country will remember with the nostalgia of the times when pleasures were simple and radio hosts made you feel good about our world." Smita Vats, Founder and President of ITHAAS (Indian Traditions Heritage and Society) kept it simple when she said, "My memories are just of his voice... diction, and metre while reading and talking. All lost now, as no one speaks well these days." Throughout his illustrious career spanning decades, Sayani epitomised innovation and authenticity. Amidst evolving media landscapes, he championed radio's timeless ability to unite communities. Beyond the airwaves, Sayani's magnetic charisma

made him a sought-after emcee, infusing every event he hosted with enchantment. Veteran journalist and author, Khushwant Singh eloquently captured Sayani's significance, saying, "Ameen Sayani wasn't just a radio presenter; he was a storyteller whose voice painted vivid images in the minds of his listeners." In the words of the man himself, "This is Ameen Sayani, signing off with the hope that you'll join me again next week, same time, same station." As we bid farewell to this titan of the airwaves, his voice and legacy will long be cherished. Farewell Ameen Sahab!

(The writer is programme executive, Gandhi Smriti and Darshan Samiti; views are personal)



MEGHALAYA A SYMPHONY OF LIFE AND NATURAL BEAUTY

Every moment in Meghalaya is a step into a world where nature and culture coexist in perfect harmony. It's a place where the clouds meet the earth, and the heart meets the soul, leaving an indelible mark on all who venture into its embrace writes
GYANESHWAR DAYAL.
PANKAJ KUMAR
captured a glimpse of the abode of clouds with his roving eye



With its captivating landscapes and rich cultural heritage, Meghalaya is a destination that beckons the adventurous spirit and the nature lover alike. Pankaj Kumar takes a whirlwind tour of the state to capture a glimpse of the abode of clouds. Nestled in the northeastern part of India, Meghalaya, aptly named the "abode of clouds," is a state that mesmerises visitors with its enchanting landscapes, warm people, and unique cultural treasures. Renowned for its lush greenery, cascading waterfalls, and vibrant traditions, Meghalaya is a paradise for nature enthusiasts and cultural explorers alike.

Meghalaya's natural beauty is unparalleled, offering a breathtaking panorama of rolling hills, dense forests, and meandering rivers. The state is blessed with an abundance of rainfall, contributing to its luxuriant greenery and earning it the distinction of being one of the wettest places on Earth. The picturesque landscapes come alive with a vibrant mix of flora and fauna, making Meghalaya a haven for biodiversity.

Waterfalls, such as the Nohkalikai Falls, plunge



dramatically from towering cliffs, creating a spectacle that leaves visitors in awe. The living root bridges, a testament to the harmonious coexistence between nature and humans, are iconic to the region. These intricate bridges, crafted from the aerial roots of the ancient rubber trees, showcase the indigenous wisdom of the Khasi and Jaintia tribes.

Meghalaya is not only a haven for nature lovers but also a place where the warmth of its people adds an extra layer of charm. The locals, known for their friendliness and hospitality, embrace visitors with open arms. The Khasi, Garo, and Jaintia communities contribute to the



state's rich tapestry of cultures, and their traditions are reflected in everyday life.

The indigenous communities of Meghalaya are proud of their heritage and are eager to share their customs with visitors. Engaging in conversation with the locals provides a glimpse into their way of life, from traditional music and dance to folklore that has been passed down through generations.

One of Meghalaya's most fascinating features is its living root bridges, which exemplify the symbiotic relationship between humans and nature. The Khasi and Jaintia tribes have mastered the art of training the aerial roots of the *Ficus elastica* tree to form sturdy and durable bridges over rivers and streams. These bridges, some of which are centuries old, are a testament to sustainable living and the ingenious use of natural resources.

Meghalaya's markets are vibrant hubs of commerce where local women play a crucial role in selling a variety of products. The bustling markets showcase the creativity and entrepreneurial spirit of Meghalaya's women. From handmade crafts and traditional textiles to fresh produce and local delicacies, the markets are a treasure trove for those seeking authentic experiences and unique souvenirs.

The markets also serve as social spaces where visitors can interact with the locals, learn about traditional cooking methods, and sample indigenous cuisines. This exchange of cultures adds to the richness of the Meghalayan experience.

Meghalaya, with its mesmerizing landscapes, warm people, and unique cultural treasures, stands as a testament to the incredible diversity India has to offer. Whether exploring the lush greenery, marvelling at the living root bridges, or engaging with the locals in vibrant markets.



