



#14 | JANUARY 2025  
NEWSLETTER

**Dear Readers,**

This month, we invite you to discover the cultural and natural wonders of Upper Subansiri. From the traditional preparation of Timi Myum Pudum, a finger millet delicacy, to the enchanting Sinalita Si Donyi Celebration in Nacho, this region is a treasure trove of unique experiences. Immerse yourself in the vibrant agricultural practices, like the sweet Bokbv fruit and Taksing apple orchards, set against breathtaking landscapes. Whether you're a nature lover, foodie, or cultural explorer, Upper Subansiri promises a refreshing, off-the-beaten-path adventure. Join us as we dive into the heart of this captivating destination—read on!

**Shri Tasso Gambo**, DC, Upper Subansiri District & Chairman, Destination Management Committee - Nacho

CULINARY SPOTLIGHT

TIMI MYUM PUDUM



In Nacho, the process of preparing steamed finger millet (locally called "Timi Myum Pudum") is deeply rooted in the traditions of the indigenous communities. The preparation begins with hand-picking high-quality finger millet from the local farms, where the grain is grown sustainably in the fertile valleys. After harvesting, the millet is carefully cleaned and soaked for several hours to allow it to soften up, allowing the natural starches to develop and the grains to become tender. Soaking also helps in reducing cooking time and improves the texture of the final dish.

Once soaked, the millet is placed in a traditional bamboo or wooden steamer, a technique passed down through generations, which helps retain the grain's natural nutrients. The steaming process is often slow and methodical, ensuring that the millet absorbs all the flavors and retains its full nutritional profile. The dish is typically enjoyed with a variety of side accompaniments such as fermented

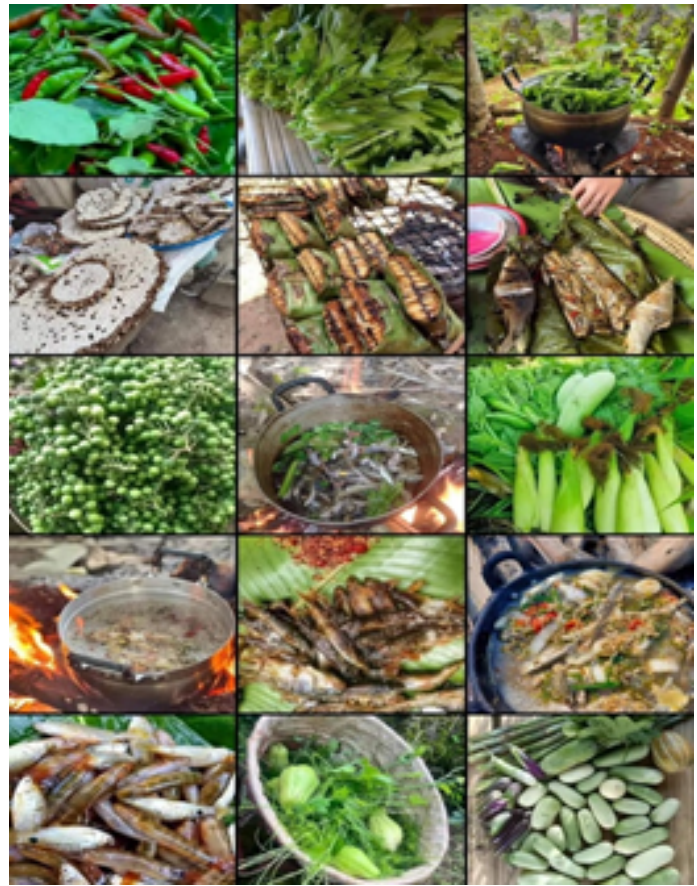
bamboo shoots, local herbs, vegetables, and sometimes meat, creating a harmonious blend of earthy, spicy, and savory flavors.

This meal is not only an important part of the diet but also a significant cultural practice. This dish is prepared during festivals, community gatherings, or even as a daily staple.

Local communities also believe that the millet holds medicinal properties, aiding digestion and boosting overall health, particularly bone strength and heart health due to its high calcium and iron content.

Finger millet's significance extends beyond food; it also has a symbolic place in the community's agricultural rituals, representing resilience, strength, and the connection to the land. The whole process, from cultivation to consumption, reflects a sustainable and eco-friendly way of life, making the

dish not just delicious, but a vital aspect of the region's identity and cultural heritage.



## Tabvm (Local Name)

Bokbv, or Tabvm, is a unique wild fruit found in Nacho Valley, a hidden paradise in nature. Ripening between November and December, this seasonal fruit is a sweet and juicy treat loved by the local populace.

Tourists visiting during harvest time can experience the joy of picking this exotic fruit while surrounded by the valley's breathtaking landscapes. The fruit, with its small seeds and delicious taste, is not just a culinary delight but also an important part of the local culture. For eco-tourists and food lovers, tasting Bokbv in its natural setting is as experiential as any other. The valley's rich biodiversity, combined with sustainable tourism efforts, offers learning about traditional harvesting methods and the fruit's significance to the community. Visiting Nacho Valley for Bokbv provides a perfect blend of nature, culture, and adventure, making it an ideal destination for authentic, nature-based travel.

## Kiv Lipuk (Local Name)

*Rubus ellipticus*, also known as the Philippines golden evergreen raspberry or yellow Himalayan raspberry, is a thorny shrub in the rose family, native to Asia. Its habitat stretches from the Indian subcontinent to southern China, Indochina, and the Philippines, thriving in subtropical and tropical regions, particularly in forests and along mountain slopes up to 2,500 meters height. The shrub produces distinctive golden-yellow berries that resemble raspberries but with a sweeter and aromatic flavor. These berries are eaten fresh or used in jams, jellies, juices, and traditional medicine.

It is valued for both its fruit and ornamental appeal, and it plays a role in local ecosystems by providing food for birds and small mammals. Adaptable to various soil types, the plant is cultivated in many tropical areas beyond its native range.



## Taksing Apple

Taksing, located in the scenic Upper Subansiri district, offers a unique experience for nature lovers and fruit enthusiasts. Known for its lush apple orchards, visitors can enjoy picking fresh, juicy apples amidst beautiful landscapes. The region's cool climate and fertile soil make it perfect for apple cultivation.

In addition to exploring the orchards, travelers can take in stunning views, experience local culture, and enjoy the peaceful, simple life of the villagers. Taksing also offers opportunities for trekking and forest exploration, making it an ideal, off-the-beaten-path destination for a refreshing getaway.

## Si-Donyi Celebration at Nacho

The Sinalita Si Donyi Celebration, held from January 4th to 6th, 2025, at Nacho, was a grand occasion that brought people together. The Tagin community celebrate their shared cultural heritage here.

Organized by the Sinalita Si-Donyi Festival Celebration Committee 2025, Chairman Shri. Majum Dingsar. the event was designed to showcase traditional customs fostering a sense of unity, regional pride and belonging within the local community. The festival was a true reflection of the spirit of togetherness, featuring a blend of religious, cultural, and social activities that captivated attendees throughout its three-day duration.



The Sinalita Si Donyi Celebration 2025 was honored by the presence of key figures, including Chief Guest Shri. Alo Libang Ji, Hon'ble MLA and Advisor to the Chief Minister, who delivered an inspiring speech on preserving and promoting the region's cultural identity. He stressed the importance of passing traditions to younger generations while supporting the growth of local customs.



Hon'ble MLA Shri. Toko Tatung Ji, the Guest of Honour, spoke about the power of cultural celebrations to unite people and foster social harmony. Chief Patron Shri. Nakap Nalo, Hon'ble MLA-cum-Advisor to the HM Disaster Management, emphasized safety and disaster preparedness

for such large events.

The three-day celebration featured traditional performances, folk dances, music, and rituals, immersing attendees in the region's rich cultural heritage. Workshops and storytelling sessions engaged younger generations, reinforcing the festival's importance. The event left participants with a sense of pride, ensuring that this celebration will remain a key cultural highlight for years to come.

## Dharti Aaba Janjatiya Gram Utkarsh Abhiyan (DAJGUA)

The Dharti Aaba Janjatiya Gram Utkarsh Abhiyan (DAJGUA), formerly known as Pradhan Mantri Janjatiya Unnat Gram Abhiyan (PMJUGA), took place from November 15 to 26, 2024, coinciding with the 4th Janjatiya Gaurav Diwas. Key villages in Upper Subansiri district, including Taliha, Sikar-II, and Dumporijo, were identified for this initiative. The mega event in Daporijo on November 15 was attended by Deputy Commissioner Shri Tasso Gambo, officials, Panchayat members, and the local community. Shri Taw Ekke, i/c DIPRO, was appointed as the Nodal Officer.



Launched by the Hon. Prime Minister of India on October 2, 2024, DAJGUA aims for holistic development of tribal areas through 25 interventions across 17 ministries. The goals include improving infrastructure like housing, water, electricity, and road connectivity; promoting economic empowerment

through skill development and entrepreneurship; enhancing education access; and improving healthcare, especially for remote areas. The initiative is focused on ensuring sustainable growth and better living standards for tribal communities.