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Dear Readers,

This month, we explore the rich biodiversity of Nacho Valley, featuring unique plants like Daidasa, known for its vibrant flowers, and Sechar fruits, cherished for their nutritional value. We also take a look at the golden fields of Dambuk sorghum, a staple crop with eco-tourism appeal, and learn about the region's freshwater Bagrid catfish.

Join us as we uncover more about Nacho's captivating landscape and the stories that make it truly special. Read on!

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

DESTINATION SPOTLIGHT

DAIDASA

Daidasa (*Melastoma affine*), commonly known as the Blue Tongue or Purple-flowered Mountain Melastoma, is a flowering plant native to Southeast Asia, including Malaysia, Thailand, parts of Indonesia, and Northeast India. This shrub or small tree grows to a height of 1.5m to 5m and features opposite, elliptical or ovate leaves with prominent veins, dark green on top and lighter beneath. Its striking purple to pinkish flowers, measuring 3–5 cm in diameter, have five large,



showy petals and prominent stamens, making them highly attractive. Following flowering, the plant produces fleshy, purple or black fruits containing numerous small seeds.

Sechar Fruit

The Sechar sehne is a genus of tropical trees known for producing "Sechar fruits," commonly found in regions like Northeast India. These fruits ripen during October to December (winter season) and are typically consumed fresh or made into dishes like chaatni. Sechar fruits are small, round or oval, with a tough outer skin encasing a seed surrounded by edible pulp. Their flavor varies by species, ranging from mildly sweet and oily to slightly savory, while the ripe fruit's color can range from dark purple to green. Rich in healthy fats and energy, these fruits are valued for their nutritional content and are traditionally consumed in Southeast Asian cultures for their perceived health benefits.



Dambuk

Dambuk (*Sorghum bicolor*) is cultivated in the Nacho Valley, where it typically takes about 90 to 120 days to reach full maturity from planting. The plant is ready for harvest when the grains transition from green to their mature color - yellow or brown, depending on the variety.

The fertile soil and mild climate of the valley make it an ideal location for growing sorghum, which flourishes in vast golden fields.

Visitors to the region can explore sorghum farming, join the harvest—primarily during the winter season—and enjoy local delicacies like sorghum bread and syrup. With scenic hiking trails and lively markets, sorghum is available at the Nacho daily market and can also be found in Daporijo's bustling market, making the area a hub for eco-tourism that blends cultural and agricultural experiences.

Fish (Nguyi)

The Bagrid catfish, belonging to the family - Bagridae, includes several species of freshwater catfish found primarily in Asia, particularly in Southeast Asia, India, and China. Known for their robust, muscular bodies, they thrive in a variety of habitats, from rivers and streams to ponds and lakes.

Bagrid species vary in size, with some, like the Mrigala (*Cirrhinus mrigala*), reaching up to 1 meter in length. Their long, cylindrical bodies feature flattened heads and are often covered in smooth scales or are naked. Colours range from dark to light brown, often with patterns that provide camouflage on riverbeds.



Uyi-Ehngi (local name)

Uyi-Ehngi (Herb Paris) is a rare perennial plant native to Asia and North America, commonly found in the Nacho Valley and other parts of Upper Subansiri District, thriving in woodlands and moist, shady areas. Recognized for its unique appearance, it features a single stem with four to five leaves, five filaments, and a solitary greenish flower that produces a star-shaped berry. Traditionally used to treat headaches, fever, and inflammation, it also exhibits mild sedative properties but is rarely used due to its toxicity. The plant's berries are especially poisonous, requiring caution in handling. Despite limited modern medical use, it remains significant in ethnobotanical studies.

NATIONAL UNITY DAY

National Unity Day also known as Rashtriya Ekta Diwas was celebrated in Upper Subansiri District, Daporijo. Organized by Department of sports in collaboration with District Administration, Upper Subansiri District. commemorating the birth anniversary of Sardar Vallabhbhai Patel on 31 October. Deputy Commissioner, Shri Tasso Gambo flagged off a 'Unity Run' and also administered unity pledge to a gathering on the occasion at Daporijo.

The first prize for the 'Unity Run' was awarded 5,000 rupees, while the second prize included 2,000 rupees along with a certificate. The National Unity Day was also celebrated in all the district headquarters by their respective administrations and various educational institutions by organizing 'Unity Runs' and administering 'Unity Pledges' to the participants

