

## Art of Living to hold free session on Mind Management

IT News  
Imphal, Dec. 22

The Art of Living will hold a free session on how to manage the mind and live a stress-free, healthy and happy life on December 23, 2018. The one-hour session will be held at the Art of Living Centre, Keishamthong, Imphal from 4 pm. The session is open to all.

mechanics of happiness and sensitize the participants to the tendencies of the mind that robe it of its happy nature. It empowers them with simple skills to experience the power of NOW! As the saying goes, the mind is the best of friends for one who has conquered it, but for one who has failed to do so, the very mind is the greatest enemy. So learning to manage the mind adds a lot of value to life. "Like beauty is in the eyes of the beholder, happiness is in the mind. Happiness is so subtle that everybody wants it but only a fortunate few

know how to attain it. Ironically, happiness is also the easiest thing to acquire for those who understand its subtlety. A few lessons on the mechanics of mind is all what it takes," explains Imphal-based faculty of the Art of Living M Rajaque Rahman. "Stress is one of the main factors that stop us from living a healthy and happy life and being efficient and productive in our personal and professional life. This session will highlight simple avenues available for managing the mind and reducing stressors in the day-to-day life," he added.

## Kumaraswamy ministry to be expanded, reshuffled today

Agency  
Bengaluru, Dec 22

The much-awaited expansion and reshuffle of the six month-old H D Kumaraswamy-led coalition Cabinet in Karnataka would be carried out here Saturday evening.

Two ministers—Ramesh Jarkiholi (Municipal Administration) and R Shankar (Forest and Environment)—are likely to be dropped, official sources said.

New ministers would be sworn in at 5.20 pm by Governor Vajubhai Vala at Raj Bhavan, the sources said.

According to a statement issued by the office of Congress Legislature Party Leader Siddaramaiah, Satish Jarkiholi, M B Patil, C S Shivalli, M T B Nagaraj, E Tukaram, P T Parameswar Naik, Rahim Khan and R B Thimmappur would be inducted into the ministry. The press statement came a day after the names were cleared by Congress president Rahul Gandhi. Gandhi, after meeting party General Secretary in charge of Karnataka KC Venugopal, CLP leader Siddaramaiah, Pradesh Congress Chief Dinesh Gundu Rao and Deputy Chief Minister G Parameswar gave the go-ahead on Friday night. Ramesh Jarkiholi, who has been allegedly hobnobbing with BJP

leaders and not attending Cabinet and party meetings is being replaced by his brother Satish Jarkiholi. Shankar is an Independent lawmaker who is reportedly facing the axe over his reluctance to be an associate member of the Congress.

However, Congress' coalition partner JD(S) will not be part of this round of cabinet expansion, and is likely to induct new ministers from its side post Santranthi, sources said.

According to the pact reached between the two partners at the time of formation of the coalition government in May, there are now six vacant ministerial positions left for the Congress and two for the JD(S).

This would be the second expansion in the ministry. With the cabinet expansion exercise being deferred repeatedly, several aspirants, especially those from the Congress, had openly expressed their displeasure. Despite reiteration by Congress leaders that the expansion would take place on the scheduled date (December 22), party MLAs were sceptical about it happening till the Lok Sabha polls early next year. Some of them have also cited "Shoonya Masa" that is considered

inauspicious, as the reason.

Along with cabinet expansion, appointment of MLAs as heads to boards and corporations, and parliamentary secretaries to ministers would also be made Saturday, the source said. Congress leaders V Muniappa has been finalised as political secretary to the Chief Minister and Ajay Singh as state representative in the national capital, sources said, adding

Sharanabappa Darshanapur has been nominated as the Deputy Chairman of state planning commission. Meanwhile, disgruntlement seems to be simmering in the Congress with a few senior aspirants not being considered for the ministerial berth.

Sowmya Reddy (MLA), daughter of senior Congress legislator and former Minister Ramalinga Reddy, has expressed her resentment over her father not being considered for the post, pointing out his contribution for the growth of the party in Bengaluru city. She has also declined to accept Parliamentary Secretary post that has been offered to her. Another aspirant and Hirekerur MLA B C Patil is also unhappy over not being considered for any ministerial post.

## 5 Seats in Bihar, 1 in UP and a Rajya Sabha Berth: BJP's 2019 Offer to Paswan, Announcement Today

Agency  
New Delhi, Dec. 22

The BJP has worked out a seat-sharing arrangement with Bihar ally Lok Janshakti Party with the latter expected to contest five Lok Sabha seats in the state, one seat in either Uttar Pradesh or Jharkhand and its president Ram Vilas Paswan likely to be given a berth in the Rajya Sabha.

According to sources, the Nitish Kumar's Janata Dal (United) and the BJP will contest on 17 seats each in Bihar. Sources added that an announcement to the effect may be made as early as Saturday.

The deal was clinched after Ram Vilas Paswan, who is also a Union minister, and his son Chirag Paswan met BJP leader Arun Jaitley. Chirag, who has been vocal in airing his party's differences with the BJP, told reporters that talks were on and claimed there were other issues besides sharing of seats.

Sources later said differences between the two parties have been resolved.

BJP president Amit Shah had earlier announced that his party and its key ally JD(U) will be contesting equal number of seats in the politically crucial state where the BJP-led NDA had won 31 seats in 2014.

The deployment of Jaitley, an old Bihar hand in the party with friendly relations with leaders of different parties, by the BJP to buy truce with the LJP underscores the importance the saffron party has attached to continuing its alliance with Paswan's party, which enjoys strong influence among Dalits. Top BJP leaders, including its president

Shah and Jaitley, had held an hour-long meeting with LJP chief Ram Vilas Paswan and his son Thursday to resolve their differences. Chirag Paswan had earlier written a letter to Jaitley asking him to explain what benefits demonetisation brought to the country. He had also tweeted that a delay in seat-sharing announcement may harm the ruling alliance.

## Kejriwal Demands MLA Alka Lamba's Resignation From AAP Over Rajiv Gandhi Bharat Ratna Row

Agency  
New Delhi, Dec. 22

Delhi legislator Alka Lamba was asked to resign from the Aam Aadmi Party (AAP) on Friday, hours after the party denied passing a state assembly resolution apparently aimed at withdrawing late Prime Minister Rajiv Gandhi's Bharat Ratna over her failure to curb the 1984 anti-Sikh riots.

The AAP MLA said she will tender her resignation as "demanded" by Delhi Chief Minister Arvind Kejriwal for not supporting a resolution in the assembly.

The Delhi Assembly on Friday adopted a resolution in which it was demanded that the Bharat Ratna awarded to Rajiv Gandhi be withdrawn, but the AAP swiftly distanced itself from the reference to the Congress leader. The matter became a major crisis, with Lamba alleging she was "put under pressure" to support the resolution, which she resisted and boycotted.

Lamba said she was ready to face "any consequences" and claimed she spoke to AAP supremo and CM Kejriwal who, she said, asked her to resign as MLA. "I am ready to do so," she said.

The Chandini Chowk MLA said she was not happy with the demand to take back Bharat Ratna from Gandhi and staged a walkout in protest.

Interestingly, the AAP later distanced itself from the resolution. "After I staged a walkout, I got a message from the chief minister to tender my resignation," she said. When asked whether she will quit, Lamba added, "I have won on a party ticket. I will tender my resignation as demanded by the party," the former Youth Congress leader said.

In a tweet, she said, "I was asked to support the resolution demanding taking back the Bharat Ratna awarded to former Prime Minister Rajiv Gandhi. Since I didn't agree to this, I staged a walkout. I am ready to accept whatever punishment given to me."

## Assam Rifles Organizes an Advent Christmas Program

IT News  
Imphal, Dec. 22

Chandel Battalion of 26 Sector Assam Rifles under the aegis of HQ IGAR (South) conducted a heartwarming advent Christmas ceremony for all the villages of Pallel Town on 21 December 2018 at its church.

The ceremony was graced by the presence of 46 village chieftains and pastors. The ceremony was officiated by Reverend Daniels of the Thamlakurein Baptist Church of Pallel area of responsibility. He brought out the warmth and meaning of Christmas Spirit and also remarked on the strong need for unity amongst men against a sinful way of life. The ceremony started with an opening prayer



followed by opening Christmas carols and ended with closing prayer and cake cutting. In his closing address, the ADIG of 26 Sector appreciated the presence of the chieftains and pastors, thanked them personally for their time and thoroughly appreciated the spirit of Christmas. The ceremony ended with facilitation of

Reverend Daniel, 26 Sector choir, Tuisimi Choir Group and the esteemed guests of Pallel. The Chiefs, Pastors and Tribe Presidents appreciated the gesture and applauded the Assam Rifles for conducting a function which brought all tribal Christian brothers on one platform to prey and pledge for a better way of life.

## Assam Rifles Illuminates Christmas

IT News  
Imphal, Dec. 22

In their efforts of spreading smiles on the occasion of Christmas, Shangshak Battalion of 10 Sector Assam Rifles under the aegis of HQ IGAR (South) distributed five solar street lights to the remote village of UrangpatKhunou on 20 December 2018. The program was attended by all and Christmas greetings were exchanged. This was followed by interaction with village authority, the youth and women of the society. Youngsters were



encouraged to join the armed forces and participate in the youth training capsules being carried out for recruitment by the battalion. The villagers lauded the initiative of the battalion to lend a helping hand to the village which had

been without street lights for long. They were also delighted on receiving such a gift from Assam Rifles on the occasion of Christmas. The interaction concluded with a thanks giving speech from the Head man.

## Aide of Kashmir's most wanted Terrorist among 6 killed in J&K's Pulwama

Agency  
New Delhi, Dec. 22

In a major boost to anti-terror operation, security forces have killed six terrorists in a gunfight in Jammu and Kashmir's Pulwama district. An aide of Zakir Moosa, one of Kashmir's most wanted terrorist, was also killed in the operation.

The encounter was launched in Arampora village in Awantipora area of the south Kashmir district. Security forces launched a cordon and search operation in the area following specific

intelligence input about the presence of terrorists there.

Police said as the forces were conducting searches, terrorists fired upon them, triggering the encounter.

Huge quantity of arms and ammunition have been recovered from the spot, police said. A former Hizbul Mujahideen commander, Zakir Moosa, is the head of al Qaeda-linked group Ansar Ghazwat-ul Hind, which is said to have links to Jaish-e-Mohammed (JeM). He is one of the most wanted terrorists who are currently

operating in the valley. In November, Punjab was put on high alert after he was spotted near Amritsar. Posters of Zakir Moosa were put up across the state following inputs that he along with seven members of the terror outfit Jaish-e-Mohammed were believed to be sighted in Ferozepur. Earlier that month, the Punjab Police arrested two students associated with his terrorist organisation in connection with Maqsdan Police Station hand-grenade blasts case of September 14.

## Keylong coldest place in HP at minus 8.8 deg C

Agency  
Shimla, Dec 22

Tribal district Lahaul and Spiti's administrative centre Keylong continued to be the coldest place in Himachal Pradesh with a minimum temperature of minus 8.8 degrees Celsius, the Meteorological (MeT) Department said on Saturday.

Cold wave conditions also gripped other parts of the state, causing the mercury to dip below the

freezing point in Manali, Solan, Kalpa, Seobagh, Bhuntar and Sundernagar as well, the Met Centre Director Manmohan Singh said.

The lowest temperature in the state was recorded in Keylong at minus 8.8 degrees Celsius between 5.30 pm on Friday and 8.30 am on Saturday, he said. Both Manali and Seobagh recorded a minimum temperature of minus 1.6 degrees Celsius during the period. The minimum

temperature in Kalpa was minus 3 degrees Celsius, minus 1.1 degrees Celsius in Bhuntar, minus 0.8 degrees Celsius in Sundernagar and minus 0.5 degrees Celsius in Solan. However, the minimum temperature in Shimla was 6.7 degrees Celsius during the period, Singh said. Kufri recorded a low of 5.3 degrees Celsius and the minimum temperature in Chail was 5.8 degree Celsius, he said.

## Genpact, 7 staffers booked over exec's suicide

Agency  
New Delhi, Dec. 22

The police in Greater Noida have registered a complaint against Genpact and at least seven of its employees including two women, after a senior executive accused of sexual misconduct committed suicide early this week. The people named in the complaint have been

accused of abetting suicide of the executive, Munish Chauhan, a police official, told Reuters. Swaroop Raj, an assistant vice president at the firm, in a note claimed that he was innocent and was driven to take his life as he did not have the courage to face people after he was accused of sexual misconduct. The same

day, he was suspended by Genpact pending inquiry by the internal complaints committee (ICC), after two female employees complained of sexual harassment. Raj's wife, also a Genpact employee, accused the firm, the ICC and the two women of driving him to take his life as, according to her, he was suspended without proper investigation.