

BSF Conducts Sightseeing Tour



IT News
Imphal, Jan 19,

182Bn BSF, Koirengai under the initiative of N.D. Mao, Commandant of the Battalion organised an Excursion cum Sightseeing programme for children and of Camel Jyoti Children Home Luwangshangbam, Imphal East yesterday. The brave heart of the children home were taken to Maphou Dam and surrounding areas of Moirangpuri where the Battalion is deployed

BSF. Company located at CI post Maphou organised and other entertainment for children which was followed by a grand. Kamal Sharma, Second-in Command (Operational) & A. Shasikanta Singh, Deputy Commandant and other BSF official of the Battalion accompanied the team and while interaction with children, the Second told that today's Excursion is part of the BSF Civic Action programme 2018-2019 of the Battalion.

The Battalion is closely associated with two children Home namely Tabitha Home and Camel Jyoti Children Orphanage located at Luwangshangbam, Imphal East. The Battalion had also earlier arranged similar Excursion for the Tabitha Children Home. Management, Staff & Children of Camel Jyoti Home appreciated the good gesture, caring attitude of the BSF and blessed the Battalion for its wellbeing in the New Year.

PPFA appeals to hoist Tri-colour paying respect to martyrs

By Our Correspondent
Gwahati, Jan 19,

Patriotic People's Front Assam (PPFA) reiterates its appeal to the people of Assam and northeast India to hoist the National flag as in every localities a mark of tributes to the martyrs of our Freedom Struggle and also respect to the Indian constitution on the forthcoming Republic Day. The forum pointed out that a number of martyrs from Assam including Kanaklata Barua, Mukunda Kakoti, Kushal Konwar, Tilak Deka, Bhogeswari Phukanani, Nidhanu Rajbangshi, Kamala Miri, Lerela Boro, Madan-Rauta, Hemoram Patar, Gunabhi Bordoloi, Dayal Panika with many others laid down their lives for the honour of the Tri-colour. Prior to India's

independence, the freedom fighters symbolically set 26 January as our independence day and continued their struggles as well as sacrificed. Every Indian should pay homage to the martyrs of our freedom struggle on both Republic & Independence Day by hoisting the Tri-colour as it symbolises the suffering and sacrifices of our freedom fighters, it added. PPFA maintained that without showing respects to those freedom fighters, one should not cry demanding various constitutional rights. Moreover, the forum clarified that the Tri-colour does not belong to the government machinery alone, but it's a priceless property for over one billion Indians which reminds us our immediate glorious past.

Phot Story of Sit-in-protest being staged at various part of the state against Citizenship Amendment Bill 2016 passed by the lok Sabha



Assam Congress slams BJP, says Himanta Biswa Sarma is 'Jinnah'

Agency
Gwahati Jan 19,

The opposition Congress on Friday slammed Assam Finance Minister Himanta Biswa Sarma claiming that he was indulging in communal politics by dividing Hindus and Muslims in the state. The Barpeta District Youth Congress also lodged an FIR against the minister for his alleged "communal statements". "Sarma is Assam's Jinnah. Himanta Biswa Sarma is following Pakistan's founder Muhammad Ali Jinnah partitioning India on the basis of Muslims and Hindus," Congress leader and former Assam minister Pradyut Bordoloi

said at a press conference. Once cabinet colleagues before the finance minister moved to the BJP from Congress, Mr Bordoloi accused Mr Sarma of playing communal politics and creating a division between Hindus and Muslims in Assam. "BJP wants to implement the Citizenship Amendment Bill only to create a permanent vote bank," he alleged. The Congress leader also charged BJP of trying to divide the Assamese society and both Chief Minister Sarbananda Sonowal and Himanta Sarma are posing a "threat" to the Assamese people "who will soon be minorities in their own land". The former power minister

claimed that there was an "undeclared war" between Himanta Sarma and Sarbananda Sonowal as "Himanta is planning to be the chief minister of Assam associating himself more with BJP chief Amit Shah and PM Narendra Modi".

Meanwhile, a complaint has been filed against Himanta Biswa Sarma by the Barpeta District Youth Congress (BDYC) accusing him of making unconstitutional, communal, false and illegal statements during a talk show in a local

news TV channel on Wednesday. The complaint has been lodged by BDYC president Anwarul Islam Khan and 21 others of Youth Congress at Mandia police outpost in Barpeta district of lower Assam on Friday.

Arunachal Pradesh Former BJP leader Gegong Apang to float

Agency
Itanagar Jan 19,

Former Arunachal Pradesh chief minister Gegong Apang, who quit the BJP after a four-year association earlier this week, on Friday said he will form a new political party. Asserting that he would

not join any other party, Apang said, "I will float a new party." The 69-year-old leader arrived here to attend Saturday's mega opposition rally at the invitation of West Bengal Chief Minister and Trinamool Congress supreme Mamata Banerjee. He praised Banerjee as a

"great leader" and expressed support for her initiative to defeat the Narendra Modi government at the Centre. Apang has been the chief minister of Arunachal Pradesh for 22 years in two stints - from January 1980 to January 1999, and again from August 2003 to April 2007.

Continue from Page 2

THE NEW YEAR GIFT TO ONESELF

revenge. This causes wastage of time, misuse of our vital energy, and creation of new bondages of karma. Until you forgive the other person, the feeling of incompleteness will dominate your mind. The mistake may be either yours or his, but if you wish to feel complete from within, you need to practice forgiveness and also learn the art of completeness. 5) Bring the feeling of completeness: There are some rules to be followed for rounding up with someone in order to achieve the feeling of completeness. Whenever you want to round up with someone, you need to first bear in mind that you are not going to blame that person. You are only going to express your feelings to him. You can say something like this: "I wish to round up with you. The other day you

said such a thing to me. I felt bad about it. I may be wrong, but I felt hurt by your words. Thanks for giving me the opportunity to round up with you." As you express the suppressed feelings and thank him for the opportunity, you immediately open up and the other person also becomes receptive to accept his mistakes. Forgiveness is an inner quality. It is a feeling that arises from the bottom of the heart. Merely saying "Sorry" to someone and then leaving, or admitting your mistake in your mind and sitting quietly thereafter is not the right way of seeking forgiveness. Also, if you merely say "I forgive you" to someone and hold onto your feelings of hatred or anger towards him, then this is also not the right way to forgive. You may seek sincere forgiveness mentally too,

without actually speaking to the person. If you do it mentally, you may actually get the courage to speak up. It's a three-step spiritual practice. In the first step, you accept the incident that has happened. You are not ignoring it; you are accepting your emotions related to the incident. In the second step, you become aware of the negative feeling generated within and you forgive or seek forgiveness from the people involved in the incident. You do this from the bottom of your heart. Finally, in the third step, you let go of the thoughts and feelings associated with the incident from your mind. In short, you don't repeatedly think or grumble about the incident. If you need to reach out to someone, you can. But the idea is to truly let go of the incident one way or the

other. Whether or not it is your mistake, if you grumble about the incident mentally, you think of the other person as a separate individual, a separate body-mind, then you have not grown spiritually. When you seek forgiveness by reminding yourself of your true nature, Consciousness becomes pure again. As you grow spiritually, you begin to understand that the biggest obstacle to spiritual growth is assuming that you are your body - separate from the one existential experience of Consciousness. Whether you felt hurt by someone or you hurt someone, whether you are at fault or someone else is at fault - you are carrying an imprint that only reinforces the belief that 'you' and 'I' are separate individuals housed in bodies. You can use every

relationship to reinforce who you truly are by seeking forgiveness for believing in this separation. This is the spiritual practice of forgiveness for liberation. Further, if you look at any incident from a higher level of consciousness, you will realize that the same Universal Self is acting through your body as well as the other person. So, whether you hurt someone or the other person hurts you, all transactions are happening for and between the Universal Self alone. It is the Self that is dealing with itself in and through all human beings. If you firmly believe in this inherent oneness and become aware of it in all your transactions, you will neither feel ashamed of seeking forgiveness nor allow ego or anger to prevent you from forgiving.