

TOP NEWS OF J&K

JAMMU, WEDNESDAY, JUNE 21, 2023

Daily Evening Newspaper



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BRIEFLY

India Adds 92 fresh Covid Cases, Active caseload dips to 1,786

NEW DELHI, Jun 21 (Agencies): India witnessed a single-day rise of 92 new COVID-19 cases even as the active caseload declined to 1,786, according to Union Health Ministry data. The death toll was recorded at 5,31,898 (5.31 lakh), the data — updated at 8 am on Wednesday — showed.

The total tally of Covid cases is currently at 4,49,93,671 (4.49 crore). The national COVID-19 recovery rate has been recorded at 98.81 per cent, according to the health ministry website.

The number of people who have recuperated from the disease has risen to 4,44,59,987 (4.44 crore) while the case fatality rate was recorded at 1.18 per cent.

According to the ministry website, 220.66 crore vaccine doses have been administered so far under the nationwide drive.

After hottest day of this summer, night temperature also goes up in J&K

SRINAGAR, Jun 21 (Agencies): A day after Srinagar and other parts of Kashmir Valley recorded the season's hottest day, the night temperature too showed an upward trend and settled above normal in J&K on Wednesday.

Quoting a meteorological department official, that hot and dry weather was likely to continue till June 23 even though there is possibility of "very light rain/thundershower at one or two places over Jammu and Kashmir." From June 24-28, he said, generally cloudy weather with intermittent light to moderate thunderstorms was expected at scattered to fairly widespread places in J&K.

Srinagar recorded a low of 19.7°C against 18.2°C on the previous night and it was above normal by 3.9°C for the summer capital.

Qazigund, he said, recorded a low of 17.4°C against 16.2°C on the previous night and it was above

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Indian Army personnel perform yoga at Ladakh's Pangong Tso Lake

LADAKH, Jun 21 (Agencies): Indian Army personnel on Wednesday performed Yoga at Pangong Tso Lake in Ladakh on the occasion of the 9th International Yoga Day.

Chief of Army Staff General Manoj Pande also performed Yoga at Delhi Cantonment in the national capital.

Defence Minister Rajnath Singh along with Chief of the Naval Staff, Admiral R Hari Kumar performed Yoga on board INS Vikrant at Kochi in Kerala.

Meanwhile, PM Modi will celebrate the International Day of Yoga on June 21 at the United Nations Headquarters with the UN leadership and members of the international community.

"At around 5:30 pm IST, I will participate in the Yoga program which is being organised at the headquarters of the United Nations. The coming together of more than 180 countries on



India's call is historic. When the proposal for Yoga Day came to the United Nations General Assembly in 2014, it was supported by a record number of countries," said PM Narendra Modi via video message on the occasion of International Day of Yoga.

Every year International Yoga Day is celebrated on June 21 worldwide. It serves as a platform to raise awareness about

the numerous benefits of yoga and promote its holistic approach to physical, mental, and spiritual well-being.

The concept of International Yoga Day was introduced by Prime Minister Narendra Modi during his 2014 address to the United Nations General Assembly.

Since then, Yoga has gained huge popularity worldwide due to its ability to enhance flexibility,

strength, balance, and overall fitness.

This year the theme of Yoga Day is 'Yoga For Vasudhaiva Kutumbakam' i.e. Yoga for the welfare of all in the form of 'One World-One Family'.

It emphasises the spirit of Yoga, which unites and takes everyone along. Like every time, this time too programs related to yoga will be organised in every corner of the country.

It serves as a platform to raise awareness about the numerous benefits of yoga and promote its holistic approach to physical, mental, and spiritual well-being.

Arrangements have also been made in different parts of the country to celebrate the occasion and spread awareness of the benefits of ancient Indian practice.

It is the ninth year since the UN recognised June 21 as the International Day of Yoga through a resolution in 2014.

LG Sinha leads International Yoga Day celebrations with mass demonstration in Srinagar



Top News Report

SRINAGAR, Jun 21: Lieutenant Governor Manoj Sinha joined the Yoga enthusiasts at the 9th International Yoga Day Celebrations at Botanical Garden, Srinagar.

Addressing the event, Lt Governor said, everyone should make Yoga a part of their daily routine for stress free and healthy life.

"Yoga for Vasudhaiva Kutumbakam, One World, One Health. This year's theme underlines the vision of 'One Earth, One Family, One Future' of Hon'ble Prime Minister Shri Narendra Modi Ji," the Lt Governor said.

"Yoga is India's greatest gift to the humanity and it has transcended the boundary of religion, sect and geographical barriers to bring happiness in people's lives," he said.

The Lt Governor said the first Sutra of Maharshi Patanjali—Now the Discipline of Yoga and second one on cessation of the mind, is the key to understand Yoga. Body-mind together as one in present moment, here and now helps to reduce stress level, brings mindfulness and improves physical strength, he added.

"The great sage Maharshi Patanjali has observed that disorder within our body-mind is the main reason for stress, anxiety, inflam-

mation in the body and heart diseases. Yoga brings harmony in our body-mind," the Lt Governor observed.

Yoga is not just a physical exercise, but it also symbolizes the spirit of oneness between body-mind and the nature. This rich and ancient tradition, based on prevention for better health, has been accepted by the medical science and researchers as a unique and significant practice of traditional system of medicine which offers tremendous physical and mental health benefits for people of all ages, he said.

For Yoga, one needs both physical and mental discipline, so that body and mind do not function separately but work in an integrated manner, the Lt Governor said.

In today's world, doctors, while prescribing the medicine for disease, always give free and important advice of bringing change in lifestyle for long term health. Yoga is the medium which brings change in the lifestyle and strengthens the bond between people, he further said.

The Lt Governor said Yoga has helped the humanity to remain healthy and today the world is attracted to Yoga and the nation is grateful to Hon'ble Prime Minister, who will be participating in a Yoga

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Fully geared up to ensure smooth conduct of Amarnath Yatra: BSF DIG

JAMMU, Jun 21 (Agencies): Jammu and Kashmir which is scheduled to start on July 1, a senior officer said here on Wednesday.

Hundreds of BSF personnel participated in a yoga session held at the Oterio Border Outpost here on the occasion of the International Day of Yoga.

"We want our soldiers

to stay healthy and fulfil their duties efficiently. We have included yoga in our daily routine and it helps our soldiers stay stress-free," said BSF Deputy Inspector General Chiter Pal on the sidelines of the event here.

About the upcoming Amarnath pilgrimage, the DIG said, "Our biggest challenge is Amar-

nath Yatra which is starting from July 1. We have made full preparations for that. Our jawans are fully geared up and alert."

The annual pilgrimage to the 3,880-metre-high cave shrine of Amarnath in south Kashmir will continue till August 31. The journey can be undertaken through

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Reyaz Ahmad Sofi posted as Director Food and Consumer Affairs

JAMMU, Jun 21 (Agencies): The Jammu and Kashmir Govt on Wednesday transferred additional transport commissioner Reyaz Ahmad Sofi and posted him as director food and consumer affairs.

"In the interest of administration, Mr.Reyaz Ahmad Sofi, JKAS, Additional Transport Commissioner, J&K, is hereby transferred

and posted as Director, Food, Civil Supplies and Consumer Affairs, Kashmir, with immediate effect," an order by general administration department said.

The order relieved Abdul Sattar, JKAS, Special Secretary to the Government, Department of Food, Civil Supplies and Consumer Affairs of the additional charge of the post.

ED seizes over Rs 1 Crore cash in Rs 2,000 denomination during raids in money laundering case

NEW DELHI, Jun 21 (Agencies): The Enforcement Directorate on Wednesday said it has seized Rs 1.62 crore in cash, most of it in Rs 2,000 denomination, following a raid against a man accused of extortion, murder and liquor smuggling in Gujarat, Maharashtra and

Daman. Nine residential and commercial premises of Suresh Jagubhai Patel and his associates were searched in Daman and Gujarat's Valsad on June 19 under the Prevention of Money Laundering Act (PMLA), the probe agency said in a state-

ment. Suresh Jagubhai Patel and his accomplices — Ketan Patel, Vipul Patel and Miten Patel — are in judicial custody in connection with a 2018 double murder in Daman, the probe agency said.

The money laundering case

stems from more than 35 FIRs filed against Patel and his associates by the police in Daman, Gujarat and Mumbai on charges of corruption, possession of illegal firearms, murder, attempt to murder, extortion, liquor smuggling, possession of illegal

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Ayushi Sudan new DC Kupwara; Bhupinder Kumar to hold additional charge of NHM



JAMMU, Jun 21 (Agencies): The Government of Jammu & Kashmir on Tuesday appointed Ayushi Sudan, an IAS



officer of the 2017 batch, as the new deputy commissioner of Kupwara. According to an order, Ayushi Sudan, IAS

(AGMUT: 2017), the mission director of the National Health Mission, has been transferred and appointed as the deputy commissioner of Kupwara with immediate effect.

Meanwhile, Bhupinder Kumar, IAS (AGMUT: 2011), administrative secretary of Health and Medical Education, has been assigned the additional responsibility of Mission Director, National Health Mission J&K, in addition to his existing duties.

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<https://pahachaanmedics.org>

SCAN ME!

Body Mists!

TENTH DAY

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Smt Asha Ji Bhat** W/o Sh Sham Lal Bhat Originally resident of Kandiwara Kokernag Kashmir A/p H.No. 102, Sector-1 Vivek Vihar Paloura Jammu who left for heavenly abode on 14-06-2023.

TENTH DAY will be performed on 23-06-2023 at Muthi Ghat near Director School Education Jammu at 8:30 AM.

GRIEF STRICKEN

Sh. Sham Lal Bhat- **Husband**
Sh. Satish Kumar Bhat- **Son**
Smt. Lovely and Sh. Sunil Kumar Bhat - **Daughter-in-law & Son**
Smt Sarla Bhat and Sh Rajender Kr Pandita -**Daughter & Son-in-law**
Grand Children: Simran, Simiriti, Priya, Aaliya, Shivam, Tanvi, Daksh
Mob: 7051623113, 9149769493, 7889860812



SMT ASHA JI BHAT

10th DAY KRIYA

It is only time which possess but memories remain each & every moment.

With profound grief and sorrow, we regret to inform the untimely demise of our beloved **Sh. Kanaya Lal Bhat** S/o Late Sh. Lamboo Dar Nath Bhat R/o Utersoo, Anantnag presently residing at H/No 303, Lane O, Durga Nagar, Sec -2, Jammu on 15th-June-2023. The **TENTH DAY KRIYA** will be performed on 24th-June-2023 (Saturday) at Muthi Ghat 8:00 am

GRIEFLY STRICKEN

Vijay Bhat- Wife
Sh. Srikanth Bhat- **Uncle**
Sister-in-law
Smt. Veena Bhat W/o Lt. Sh. Prithvi Nath Bhat
Sh. Ramesh Kumar Bhat- **Brother**
Smt. Shama Sathu- **Sister**
Smt. Sheri Pandita- **Sister**
Smt. Nancy Pandita W/o Sh. B. L. Pandita
Anil Bhat & Anju Bhat- **Son and Daughter-in-law**
Sunil Bhat & Arpana Bhat- **Son and Daughter-in-law**
Simpay Qazi & Rohit Qazi- **Daughter and Son-in-law**
Sheetu Bhat & Rahul Bhat- **Daughter and Son-in-law**
Shallu Bhat & Sunil Bhan- **Daughter and Son-in-law**
Neeru Bhat & Pankaj Koul- **Daughter and Son-in-law**
Mob: 7889700394, 7006892495, 7889553407, 7889581654



Sh. Kanaya Lal Bhat

Tenth Day Kriya

With profound grief and sorrow we inform the sad demise of our beloved Sister **Miss Rajni Pandita** D/O Late Sh. Niranjan Nath Pandita originally from village Trail, District Anantnag, presently residing at H.No. 245, Sec-2, Anuradhapuram, Upper Barnai Jammu. She left for her heavenly abode on 13-06-2023.

10th Day Kriya will be performed on 22-06-2023 (Thursday) at 8:00AM Muthi Ghat near Directorate School Education, Jammu.

GRIEF STRICKEN :-

Smt. Soni Pandita and Sh. Moti Lal Pandita (**Bhabi & Brother**)
Smt. Prana Dhar & Sh. Tej Krishan Dhar (**Sister and Brother-in-law**)
(**Sister & Brother-in-law**)
Smt. Bimla Dhar Wd/ of Sh. Late Durga Nath Dhar
Smt. Veena Dhar & Sh. Ashok Dhar (**Sister & Brother-in-law**)
Contact: 7006428222, 7889620901, 9682681608



Miss Rajni Pandita

TENTH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad and untimely demise of our beloved **Sh. Jawahar Lal Hangloo** S/o Lt. Nand Lal Hangloo of Hangalgund, Kokernag, Anantnag at present Pandit Colony, Durga Vihar, Toll Post, Nagrota, Jammu on 14-06-2023.

10th Day Kriya will be performed at 9:00 AM on 23rd June, 2023 (Friday) at Muthi Ghat near the Office of DSE, Jammu.

GRIEF STRICKEN

Smt. Vijay Hangloo - **Wife**
Daughter-in-law & Son
Smt. Bunty & Sh. Arvind Hangloo
Daughters & Sons-in-law
Smt. Anita & Sh. Anil Pandita
Smt. Meenakshi & Sh. Shashi Bushan Dhar
Sh. Brij Lal Hangloo - **Brother**
Smt. Vijay Hangloo (Ushaji) - **Bhabi**
Smt. Vijay Hangloo (Dasejaji) - **Bhabi**
Smt. Sunanji & Sh. Bansil Lal Hangloo - **Bhabi & Brother**
Grand Children: Pranav, Pratyush, Shrawan, Avni
Samast Hangloo Parivaar, Friends & Relatives
Mob.No: 6005125277, 7006855204



SH. JAWAHAR LAL HANGLOO

10TH DAY/KRIYA

With profound grief and sorrow, we regret to inform the sad demise of **Sh. Chuni Lal Bhat** R/o H. No 116/0 Tomal Colony Anand Nagar Bohri Jammu. The **10TH DAY KRIYA** will be performed at Muthi Ghat at 8 AM on 26/06/2023.

GRIEF STRICKEN

Ajay Kr. Bhat- **SON** Mobile No 7006652143
Promilla Bhat W/o Ajay Kr Bhat Mobile No 9419131942
Sanjay Bhat- **SON** Mobile No 9149492635
Manju Bhat W/o Sanjay Bhat
DAUGHTER & SON IN LAW
Sunita Rani Bhat 9899087146
Arun Bhat -**SON IN LAW** 7838886083
Avatar Krishen Bhat Brother of Chuni Lal Bhat Mobile No 9622218106
Pinky Bhat W/o Avtar Krishen Bhat
Grand children: Amit Bhat, Nikhil Bhat, Shreya Bhat, Omika Bhat, Varsha Bhat, Mehak Bhat
SISTERS
Phoola Ji Bhat W/o Lt. Bushan Lal Bhat
Kishni Ji Pandita W/o Sh. Bushan Lal Pandita



SH. CHUNI LAL BHAT

TENTH DAY/KRIYA

Death is the last chapter in time, but the first chapter in eternity. Rest in peace beloved Mummy.

Our beloved mother **Late Smt. Vijay Kumari** W/o Lt. Sh. Manohar Lal Sharma (Lala) left for heavenly abode on 12-06-2023.

Tenth Day will be performed on Wednesday 21-06-2023 at our residence H.No. 25, Gali Wazir Sobha Ram, Panjirthi, Jammu at 11:00 AM and **Kriya** ceremony will be performed on 22-06-2023 between 12:00 Noon to 1:00 PM at our residence.

GRIEF STRICKEN

Son & Daughter-in-law
Hemant Sharma & Isha Sharma
Tanmayta Sharma - **Grand Daughter**
Agsuta Sharma- **Grand Son**
Surinder Kumar & Nirmal Sharma - **Brother-in-law & Sister-in-law**
Contact No.: 9419132907, 9419360006



Late Smt. Vijay Kumari

10TH DAY/CONDOLENCE

With profound grief and sorrow we regret to inform that our beloved **Sh. Shamboo Nath Bhat Hazari** S/o Sh. Daya Ram originally resident of Quasba Devsar presently H.No. 284/C, Sector-1, Durga Nagar Jammu has attained Moksha on 14th of June 2023.

10th Day Kriya will be performed at Muthi Ghat at 8:30 am on 23rd of June 2023.

Contact Nos : 979649004, 9419797206
Condolence from in-laws/Warph side will be observed at Durga Nagar jointly at the same address.

Contact Nos : 7006236185, 7006057652
GRIEF STRICKEN :-

Sons & Daughter in laws
Smt Soni Hazari
Smt & Sh. Mahraj Krishen Hazari
Smt & Sh. Shubani Ji Hazari
Smt & Sh. Bal Ji Hazari
Smt & Sh. Ajay Hazari
Daughters & Son in laws
Smt Kundan Pandita
Smt & Sh. Rajinder Bagh
Smt & Sh. Ravi Shanker Koul
Smt & Sh. Mahraj Krishen Koul
Smt & Sh. Chand Ji Bhat
Smt & Sh. Vikas Mattoo



Sh Shamboo Nath Bhat Hazari

TENTH DAY KRIYA

With profound grief and sorrow, we inform sad demise of our beloved mother **SMT. PUSHPA BAKAYA** W/o Late Sh. Sudershan Bakaya of Hawal Pulwama at present H.No. 277-F Sarwal Colony Jammu on 14-06-23.

TENTH DAY KRIYA will be performed at 8 a.m on 23-06-23 (Friday) at Muthi ghat Jammu.

Grief Stricken

Smt. Anju W/o Late Sh. Suresh Bakaya- **Son and Daughter-in-law**
Smt. Kiran W/o Sh. Rakesh Bakaya- **Son and Daughter-in-law**
Smt. Ratni ji W/o Sh. O.N. Koul- **Daughter and Son-in-law**
Smt. Bitty W/o Sh. P. K Raina- **Daughter and Son-in-law**
Smt. Neelam W/o Sh. Raja ji Bhat- **Daughter and Son-in-law**
PH. 9596646166, 6006271320



SMT. PUSHPA BAKAYA

TENTH DAY KRIYA

WITH PROFOUND GRIEF AND SORROW WE INFORM THE DEMISE OF OUR BELOVED **SH. MAHARAJ KRISHAN DHAR (BOTALLAL)** R/O NAI SARAK SRINAGAR/HMT PINJORE AND AT PRESENT PATEL NEOTOWN NOIDA EXTENSION ON 15TH JUNE 2023.

10TH DAY KRIYA WILL BE PERFORMED ON 23RD JUNE AT MURADNAGAR GHAT GADHGANGA AT 8:30 AM.

GRIEF STRICKEN:-

KRISHNA DHAR - WIFE
BROTHER AND BHABHI
T.K.DHAR & BITTI PYARI DHAR (9810122098)
BITTI PYARI GARYALI (9990475847) - **SISTER**
SUNITA DHAR (9899626440) - **DAUGHTER**
DAUGHTER AND SON-IN-LAW
SUJATA BAKSHI & SUNIL BAKSHI (9810046440)
SON AND DAUGHTER-IN-LAW
SANDEEP DHAR & GAYATRI DHAR (9643328531)
GRAND CHILDREN: TUSHAR BAKSHI (9871378627), ADYA DHAR, SUHANI DHAR
DEEPLY REMEMBERED BY SAMAST DHAR'S, TAKU'S, BAKSHI'S, PUNJABI'S, CHANNA'S, GARYALI'S



SH. MAHARAJ KRISHAN DHAR (BOTALLAL)

10TH DAY KRIYA

With profound grief it is to inform that our beloved **Dr (Prof) R. N. Kaul** S/o Bejaishwar Nath Kaul R/o Dantar Anantnag, presently H. No. 123 Lane No 8, Hari Vihar, Kunjwani Bye Pass Jammu has left for heavenly abode on 14-06-2023 at his residence.

10th Day Kriya will be performed on 23rd June 2023 (Friday) at Muthi Ghat 8.30 AM.

Grief Stricken

Smt Vijay Laxmi Kaul -**Wife**
Son & Daughter-in-law
Dr. Vivek Kaul & Ritu Kaul
Daughters & Sons-in-law
Smt Arti Kaul & Sh. Rajesh Qasba
Smt Rashmi Kaul & Sh. Manish Channa
Smt Raj Laxmi Kaul -**Bhabhi**
Smt Kundan Dassi Kaul -**Bhabhi**
Sh. Girja Shankar Kaul & Smt Sunita Kaul -**Brother & Bhabhi**
Smt Raj Shri Kandoo & Sh. Pran Nath Kandoo -**Sister & Brother-in-law**
Nephews
Ravinder Nath Kaul, Ganshyam Kaul, Dharm Vir Kaul, Radhey Shyam Kaul, Sanjay Kaul, Naveen Kaul & Sunny Kaul
ieces:
Dr. Neelam Kaul, Dr. Neeraj Kaul, Supriya Kaul
Grand Children: Sidharth, Saanvi, Megh, Parth
Ph. 6005246809



Dr (Prof) R. N. Kaul

10TH DAY KRIYA

With profound grief and sorrow it is to inform about the sad demise of our beloved **Smt Nirmala Bali** W/o Sh Avtar Krishen Bali R/o Mirdung Kunzar Baramulla at present H.No. 197-C, Lane-4, Sector-1, Durga Nagar, near Krishna Palace Jammu.

TENTH DAY KRIYA will be performed on 23-06-2023 (Friday) at 8 am at Muthi near Directorate of School Education.

GRIEF STRICKEN

Sh Avtar Krishen Bali (**Husband**)
Sh Hira Lal Bali (**Brother-in-law**)
Smt Princy Bali & Sh Sandesh Bali (**Sister in law and Brother in law**)
Smt Shama Bhat & Lt Sh T N Bhat (**Sister-in-law**)
Smt Desha Tickoo & Sh Hira Lal Tickoo (**Sister in law & Brother in law**)
Smt Asha Razdan & Sh Sanjay Razdan (**Sister in law & Brother in law**)
Ayush Bali & Piyush Bali (**Nephews**)
SAMAST BALI PARIVAR OF MIRGUND KUNZAR
Ph. 7889858691, 9596646041, 6005445901



Nirmala Bali (TOTH)

KRIYA/UTHALA

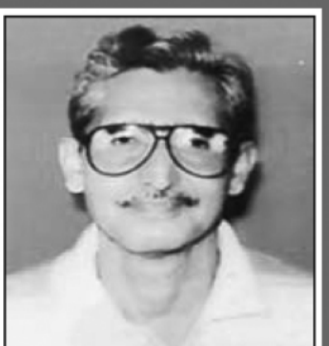
With profound grief & sorrow, we regret to inform the sad demise of our father **Shri Naresh Singh Pathania** who left for heavenly abode on 10-06-2023.

10TH DAY will be performed at our residence H No: 404, Anand Bhawan, Raghunathpura, Shiv Nagar, Udhampur on 19th June 2023 (Monday) at 11 AM.

UTHALA will be performed at Raghunath palace (opposite our residence) on 23rd June 2023 (Friday) between 4PM- 5PM.

GRIEF STRICKEN:

Smt. Abhilasha Pathania (**Wife**)
(Son & Daughter-in-law)
Mr Vikramaditya Singh Pathania & Simmi Pathania (**Daughter & Son-in-law**)
Vasundhara & Pradeep Samyal
Shweta & Dipankar Sambyal (**Grandson & Grand Daughter-in-law**)
Zorawar Singh Pathania & Srijana
(Grandchildren) Aditya, Akanksha, Shauryaditya Singh Pathania, Kompal
(Great Grandson) : Rudraveer Singh Pathania.
Ph No: 9596859330, 9149783535, 9906341821



Shri Naresh Singh Pathania (AEE)

TENTH DAY/KRIYA/UTHALA

With profound grief & sorrow, we regret to inform the sad demise of our beloved father **Sh Raj Kumar Sharma** who left for heavenly abode on 12th June 2023.

10th Day will be performed at our residence H.No. 134/EP Jullaka Mohalla Jain Bazar Jammu on 21st June 2023 (Wednesday) at 10 AM.

Kriya will be performed on 22nd June 2023 at 12 noon at our residence.

Uthala will be performed at Trikuta Yatri Niwas Ved Mandir Complex (Amphala) near Petrol Pump on 23rd June 2023 (Friday) between 4 PM to 5 PM.

Grief Stricken

Smt Sneh Sharma -**Wife**
Son & Daughter-in-law
Ankush Sharma & Saguna Sharma
Daughter & Son-in-law
Shelly Sharma & Rahul Sharma
Grand Children: Advik, Shivaansh, Anaisha
Deeply Remembered By :
Sharma, Dutta and Prabhakar Family
Ph. No. 9469387876, 9906313999, 9419800006
Sharma Collection, Pacca Danga, Jammu
V.O.V. Diamonds Jain Bazar



Sh Raj Kumar Sharma

TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved Mother **Smt. Pushpa Bakaya** W/o late Sh. Sudershan Bakaya of Hawal Pulwama at present H.No. 277-F, Sarwal Colony, Jammu on 14/6/2023.

Tenth Day Kriya will be performed at 8.00 am on 23/6/2023 (Friday) at Muthi Ghat, Jammu.

GRIEF STRICKEN

Sons & Daughter-in-laws
Smt. Anju W/o Late Sh. Suresh Bakaya
Smt. Kiran W/o Sh. Rakesh Bakaya
Daughters & Son-in-laws
Smt. Ratni Ji W/o Sh. O.N. Koul
Smt. Bitty W/o Sh. P.K. Raina
Smt. Neelam W/o Sh. Raja Ji Bhat
Ph.: 9596646166, 6006271320



Smt. Pushpa Bakaya

SHADMOS & MASVAR

"Gone from our sight, but never from our hearts." Six months have passed since you left for heavenly abode, leaving a deep void in our lives. We miss and deeply remember you every single day. We pray to almighty to grant Moksha to your noble soul.

Shadmos & Masvar of Smt. Veena Pandit (Veena Ji) W/o Late Sh. Chaman Lal Pandit originally resident of Village Malmoh, Magam, Dist. Baramulla at present House Number - 785, Sector-15, Vasundhara, Ghaziabad -201012, Uttar Pradesh will be performed on 21st and 22nd of June 2023 at our Vasundhara residence.

"Those we love don't go away, they sit beside us every day"

Deeply missed and fondly Remembered By:-
1) Smt. & Sh. Ajay Pandita (**Son & Daughter in Law**).
2) Smt. & Sh. Pradeep Pandit (**Son & Daughter in Law**).
3) Smt. & Sh. Sunil Pandita (**Son & Daughter in Law**).

(Grand Children).
Sushri, Richa, Parthi, Krishna and Arnav
PANDITA'S, KOUL'S, TRAKROO'S, WALI'S & BALI'S,
(Mobile #, 9654910792, 9891419926, 9560531268)



Smt. Veena Pandit (Veena Ji)

MASVAR & VAHARVAR

It has been five years since you departed from this physical world, yet your memories remain vivid in our minds, and we can still feel the love and blessings you bestowed upon us. Throughout your lifetime, you touched the lives of countless individuals, and even after attaining Moksha, your legacy lives on through your virtuous actions. You continue to live on through our prayers and heartfelt wishes, resting peacefully in our thoughts.

The **MASVAR** and **VAHARVAR** Kriya of Late Smt. Chand Rani Raina, W/o Late Sh. Soom Nath Raina, originally a resident of Wargpoh, Anantnag, and Baramba, Srinagar, Kashmir, will be performed at F-401/502, Pioneer Park, Sector 61, Gurgaon, Haryana on Saturday and Sunday, 24th and 25th June 2023.

DEEPLY MISSED AND REMEMBERED BY:
Daughter and Son-in-law:
Smt. Shyama and Sh. Shiban Ji Raina - 814671099
Daughters-in-law and Sons:
Smt. Sudesh and Sh. Bilal Krishan Raina - 885184022
Smt. Raj Kumari and Sh. Shiban Krishan Raina - 981030036
Sisters and Brothers-in-law:
Smt. Raj Dulari and Sh. Om Prakash Bhat - 9419136273
Smt. Phoola and Shri Gopi Krishan Raina - 968669192
Smt. Veena Ji and Sh. Tej Krishan Raina - 788989327
Smt. Shano and Sh. Giridhar Lal Pandit - 778844943
Smt. Sheela Bakshi & Smt. Gursi Raina - **Sisters-in-law:**
Sh. Choni Lal Raina - **Brother-in-law**
Grand daughters and Grand sons-in-law:
Shilpa and Akash Watal; Sneha and Ashwani Bhat; Swati and Akshay Watal
Grand daughters-in-law and Grand sons:
Isha and Sumesh Raina; Suchita and Uday Raina
Shwani Raina - **Grand daughter;**
Hidayan; Zoey; Oshvi, An, and Arya - **Great-grand children;**



Late Smt. Chand Rani Raina

CHOUBARSI

ChoubarSI of our beloved **Lt. Sh. Sudesh Chander Sharma** (Advocate) S/o Lt. Sh. Biru Ram Sharma R/o 23/4-P Upper Roop Nagar JDA Colony near Aap Shamboo Mandir Jammu will be performed on 23-06-2023 (Friday) at 12.00 Noon.

Deeply Missed By

Smt. Sandhya Sharma- **Wife**
Son & Daughter-in-Law
Navit Sharma & Neha Sharma
Daughter & Son-in-Law
Neha Bargotra & Pritanshu Bargotra
Grand Children: Shivay, Ira, Divit & Aarshya
Mob.: 9419137247, 6005707744



Lt. Sh. Sudesh Chander Sharma (Advocate)

NITI Aayog VC Suman Bery meets LG Manoj Sinha



Top News Report

SRINAGAR, Jun 21: Suman Bery, Vice Chairman, NITI Aayog met the Lieutenant Governor Manoj Sinha at Raj Bhawan, today. He discussed with the

Lt Governor the J&K Vision Document for Viksit Bharat @ 2047 and the way forward.

They also discussed various important matters including Holistic Agriculture Develop-

ment Program (HDAP); potential PPP projects and Asset monetization, and funding on the pattern of North-Eastern/Himalayan states for externally-aided projects.

Man arrested for assaulting armed cop in Kishtwar

JAMMU, Jun 21 (Agencies): Police have arrested a man who was seen in a video assaulting an armed police personnel after knocking him to the ground in Jammu and Kashmir's Kishtwar district, officials said on Wednesday.

Rakeen Ziya of the district's Sangrambhata village was arrested by a police party headed by Senior Superintendent of Police (Kishtwar) Khalil Poswal, a police official said.

The senior police official, after taking cognizance of the incident, rushed to the scene and arrested the accused after a pursuit, he added.

The alleged incident occurred on Tuesday at Zelna village when the cop, posted as the personal security officer of the Assistant Region-

al Transport Office (ARTO), tried to restrain Ziya from misbehaving with his protectee, the police said.

The video, which was widely circulated on social media, purports to show the accused kicking and punching the armed cop, who was knocked to the ground, while eyewitnesses try to stop him.

The police official said Ziya is a self-styled goon who misbehaved with the ARTO and thrashed his personal security officer when he tried to restrain him.

He also damaged government vehicles with an iron rod, causing huge loss of public property, the official said.

A case under various sections of the Indian Penal Code has been registered against Ziya and an investigation is underway.

BJP leaders celebrate 9th International Yoga Day



Top News Report

JAMMU, Jun 21: On the special occasion of 9 International Yoga Day, BJP leaders Sat Sharma (Former minister), Former Mayor Chander Mohan Gupta, Braham Jyot Satti (Incharge BJP OBC Morcha JK-UT) along with prominent citizens and locals performed Yoga at Bakshi Nagar Jammu. Theme of this year yoga day Vasudeva Kutumbakam.

International Yoga Day is celebrated across the globe to highlight the importance of Yoga and how it has been beneficial in keeping the body and mind in sound health.

Considered as a holistic approach and targeting the different systems of the body and the mind, Yoga renews the mind with confidence.

Speaking on the occasion Dignitaries extend greetings of 9th International Yoga to whole Jammu Kashmir and said the theme of this year is of "Yoga for Vasudhaiva Kutumbakam".

Under the visionary leadership of PM Narendra Modi, India feels proud to see the world celebrating International Yoga Day.

They said Yoga is an ancient physical, mental and spiritual practice that originated in India. The

International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states.

He said Yoga is India's gift to humanity and it is a holistic approach to health and well-being, balancing mind, body and soul and The theme of this year's Yoga Day celebrations is 'Yoga for Humanity'.

He said today yoga is celebrated across globe which is pride moment for India and everyone should practice yoga on daily routine as it increases mental health and physical fitness.

He urged public to make Yoga a part of their daily life & experience its benefits and said Practicing yoga might seem like just stretching, but it can do much more for your body than the way you feel, look and move. It even helps you with increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality.

International Yoga Day celebrated by Sant Nirankari Mission



Top News Report

JAMMU, Jun 21: On the occasion of 'International Day of Yoga' June, Sant Nirankari Mission organized Yoga Day in its 400 branches across India according to the theme 'One World, One Health', the principle of Vasudhaiva Kutumbakam.

In Jammu Yoga Day organized at SNSB Jammu. Yoga was organized in open places/shed from 6.00 am onwards under the directions of local yoga instructors.

Under the divine direction of Satguru Mata Sudiksha Maharaj and Nirankari Rajpita Ji, where vital importance is being given to spiritual awareness, alongside many projects are being executed taken for social welfare to provide positive guidance to environment protection, women empowerment, child development

and to channelize the energy of youth.

The Mission has always been applauded for these activities. Satguru Mata stated that spiritual awakening is possible only when we are physically and mentally healthy; hence we all can have a complete all-round development.

'Yoga Day' programs organized by the Sant Nirankari Charitable Foundation; the social wing of the Sant Nirankari Mission has been observing Yoga Day since 2015.

This year, the theme of 'International Yoga Day' selected by the Ministry of AYUSH, Government of India is - 'One World, One Health', the principle of Vasudhaiva Kutumbakam. Yoga is an invaluable gift of ancient India. It is such an effective form of exercise which creates balance of not only the body but also the mind,

brain and soul.

A sharp mind, healthy heart, awakening of positive emotions and a relaxed lifestyle are possible through consistent yoga practice.

By adopting yoga in our daily life, we can not only become stress free but, also get the inspiration to live a simple joyful life. In view of the present stressful routine, there is an urgent need for yoga today. This culture of yoga is now being adopted by almost all the countries of the world.

Satguru Mata Sudiksha Maharaj also stated in one of Her discourses that to adopt a 'healthy mind and easy life' we have to keep our body healthy considering it as a priceless gift of God Almighty. Therefore, the purpose of such health-related programs is that we have to live a good life by paying more attention to our health in this stressful world and making our body physically and mentally agile.

Five years of central rule but no sign of announcement of Assembly Polls: TMF



Top News Report

JAMMU, Jun 21: J&K completes its five years of central rule and there is no news of Assembly Polls in JKUT says all political parties including BJP media reports but to speak of granting statehood to erstwhile state of Jammu and Kashmir even no whisper of Assembly Polls, said Vijay Sharma Retd. DC Chairman Team Mask Force in a press release.

Last Assembly Polls took place in 2014, and later BJP's withdrawal of support from its coalition partner PDP's Mehbooba Mufti's who

was to resign from chief Minister's ship.

Later on August 5, 2019 with the Abrogation of Article 370&35-A and dividing erstwhile state of Jammu and Kashmir into two union Territories viz JKUT and Ladakh UT.

But HM Amit Shah assured on the floor of house that the same will be restored shortly.

Former CM and National conference leader Omar Abdullah in a sarcastic tweet said democracy stops where JKUT starts in India.

Although India is a mother of democracy and no any democratic set up afford to keep its Territory devoid of its peoples legitimate democratic rights for such a prolong time.

Although big claims of Normalcy are made by the Administration but then people's political rights are above all, said Vijay Sharma.

Jammu-Srinagar National Highway to remain shut for repair work on June 23: Official

JAMMU, Jun 21 (Agencies): No traffic will be allowed on the Jammu-Srinagar national highway on Friday due to repair and maintenance works, an official said on Wednesday.

The advisory to observe 'no traffic day' on the NH-44, the only all-weather road linking Kashmir with the rest of the country, was issued by Ramban Deputy Commissioner (DC) Mussarat Islam, amid ongoing preparations for the annual Amarnath yatra in the valley beginning July 1, the officials said.

The first batch of pilgrims will leave for Kashmir from Jammu base camp Bhagwati Nagar on June 30, a day ahead

of the scheduled commencement of the yatra to the 3,880-metre-high holy cave shrine, housing the naturally formed ice-shivling.

"June 23 is a 'no traffic day' on National Highway-44. No traffic will be allowed between Nashri and Banihal tunnels to ensure urgent repair and maintenance works by the National Highway Authority of India (NHAI)," the office of the deputy commissioner tweeted.

Commuters on the highway have been complaining of enduring snarls in the sweltering heat due to massive traffic jams at different places, especially landslide-prone Dalwas, Cafeteria Morh

and Nachlana over the past fortnight.

The officials said overloaded or misfit heavy motor vehicles are also not allowed to ply on the highway as the breakdown of such vehicles causes traffic snarls, bringing inconvenience to others.

Traffic police were directed to initiate action against the violators, they added.

Updating on the ongoing construction work, the deputy commissioner said concreting over the leftover portion of the 1.06 km Ramban flyover is almost done.

The flyover, once operational, will bypass the Ramban market which also witnesses frequent traffic jams, he added.

NDPI Chief calls on BJP Gen Secy Ashok Koul, says both will fight with divisive forces NC, Cong, PDP



Top News Report

JAMMU, JUN 21: National Democratic Party Indian J&K UT office bearers team led by its Chief Rajesh Gupta called on J&K Bharatiya Janata Party (BJP) General Secretary (organisation) Ashok Koul on Wednesday at BJP Party headquarters Trikuta Nagar Jammu.

In the meeting BJP leader Ashok Koul and NDPI leader Rajesh Gupta had discussed many political and general public issues regarding, Jammu and Kashmir.

Gupta said Congress, NC and

PDP are playing as divisive forces we have to expose their false campaigning in front of innocent public. It is their frustration which is coming out as lies Gupta also discussed the issues of POJK Refugees unemployment, daily wagers, unscheduled electricity cuts etc.

BJP general secretary assured NDPI leader that we are already working out on these issues and very soon LG administration will resolve it.

Speaking to the media NDPI president said BJP is our old alliance partner we extended our unconditionally support in 2019.

Now we are trying to make our alliance with BJP more powerful after the gap due to Corona.

Giving a reply to question about 9 years of Modi's government Gupta said, "Prime Minister Modi has brought in a change in the mindset and earned the trust and faith of the people of this country through his unflinching 'Seva Bhaav'. Compared to earlier governments when corruption was rampant, there is not even a whiff of corruption since 2014, he added.

Gupta said that Indian politics has entered into a new era of bonding with social barriers

crashing and 'nation first' philosophy becoming the way of life and guiding force to ensure progression of all, irrespective of religion, region or caste. "In this journey of New India, every segment of the society is working towards strengthening the hands of Narendra Modi to carry forward his mission of nation building". NDPI will also take forward the great initiatives taken over the years and implementation of various schemes and welfare programmes with missionary zeal, saying these have resulted in the growth of every section of the society.

"The agenda of inclusiveness has instilled a sense of confidence and hope among the people, who have been craving for marching ahead as proud Indians to become part of the country's growth story, he added.

NDPI president dwelt in detail various path breaking initiatives taken across Jammu and Kashmir during the past nearly four years with an avowed objective of ensuring development, creating infrastructural facilities, strengthening utility services and giving fillip to growth as a result of massive investments.

Those who accompanied NDPI Chief were Umesh Manhas, Kuljeet Singh, Litkraj, Sandeep Anand, Rajiv Tulara and others.

PHE officers in Akhnoor undermining PRIs in preparation of plans under JJM: AJKPC

Top News Report

JAMMU, Jun 21: All Jammu and Kashmir Panchayat Conference (AJKPC) has urged the deputy commissioner Jammu and department of Jal Jeevan Mission of district Jammu to abide the guidelines of Jal Jeevan Mission and implement the projects and plans prepared and approved by Panchayats and Gram Sabhas.

Anil Sharma, President of AJKPC along with other PRI members of block Akhnoor today held a press conference here in Jammu and informed the media persons that officers of PHE Division and Sub Division Akhnoor are blatantly ignoring the proposals and projects forwarded by the PRIs which they had prepared after due deliberations with the local Junior engineers. These proposal are thrown in trash bin by the concerned XEN and AEE.

Sharma said the proposals of construction of Over Head Tank (OHTs) and Ground Service Reservoirs' (GSRs) are being struck off by the officers of PHE department Akhnoor without assigning

any reason to the elected Panchayat Members which is not only disrespect to the elected institutions of Panchayati Raj but also injustice with the locals as these plans prepared by the locals are made after due deliberation with all stakeholders of the Panchayats and keeping in mind the local needs and requirements of the public.

The AJKPC President appealed the Director, Jal Jeevan Mission to intervene in the matter otherwise their organization may hold protest demonstration to press for their demands. Sharma said minimum 55 Litres clean water has to be provided to each individual of a family under Jal Jeevan Mission but with the kind of schemes approved by the PHE officers of Akhnoor, this target cannot be achieved.

Prominent AJKPC leaders who also remained press during the Press Conference include Des Raj Bhagat, Ram Saroop Sharma, Prabh Dayal, Ganesh Dass, Kashori Lal, Varinder Kumar, Som Nath, Bal Krishan, Sudesh Kumar.

Tender Type		Bidding System	Date of uploading tenders	Bid closing Date/Time	Date and Time of opening of E-Tender
Open		Single packet System	20.06.2023 Time 15:28 hours	12.07.2023 Time 15:00 hours	12.07.2023 Time 15:15 hours
SN.	Tender Number	Details of Tender			
1	07-2023-NG	Loading/unloading/securing/shifting of Narrow Gauge(NG) coaches and Diesel LOCOS from Pathankot to Nurpur Road station or vice versa with other allied works			
		Advertised Value	Tender Document Cost	Earnest Money/Validity of Offer	Period of completion
		48,32,784/-	NIL	96700.00	45 Days 12 Months

For more details, please log on to www.ireps.gov.in

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EDITORIAL

YOGA-WAY TO
STAY FIT

Yoga is a very good exercise for people who do regular yoga. It helps us a lot in leading a healthy lifestyle and a better life. Yoga is that action, under which work is done to balance the body, mind and soul by bringing different parts of the body together. In earlier times, yoga was practiced along with the practice of meditation.

Yoga is a combination of breathing exercises and physical activities. Yoga is systematic, scientific and results can be achieved by improvements of both physical and mental health.

Yoga is the best, safe, easy and healthy way to stay fit throughout life without any problem. All it requires is regular practice of body movements and correct ways of breathing. It is composed of three main elements of the body; Regulates the communication between body, mind and soul.

It regulates the functioning of all the organs of the body and protects the body and mind from troubles due to certain bad conditions and unhealthy life-style. It helps in maintaining health, wisdom and inner peace.

It fulfills our physical needs by providing good health, through knowledge it fulfills mental needs and through inner peace it fulfills spiritual needs, thus maintaining harmony among all of us.

Regular practice of yoga in the morning works to save us from innumerable physical and mental ailments. The various Asanas of yoga create mental and physical strength as well as a sense of well-being. It sharpens the human mind, improves the intellectual level and helps in high level of concentration by keeping the emotions stable.

The feeling of goodness builds up a helping nature in man and thus, promotes social well-being. Improving the level of concentration helps in meditation and provides inner peace to the mind. Yoga is an applied philosophy that develops self-discipline and self-awareness through regular practice.

Yoga can be practiced by anyone, irrespective of age, religion or health conditions. It improves the sense of discipline and strength as well as provides an opportunity to live a healthy life without any physical and mental problems.

In order to promote its awareness all over the world, the Prime Minister of India, Narendra Modi, suggested to declare June 21 as the International Day of Yoga in the General Assembly of the United Nations, so that everyone can know about yoga. Go ahead and take advantage of it. Yoga is an ancient tradition of India, which originated in India and is continuously practiced by yogis for fitness and meditation.

Seeing the benefits of using yoga in close life, the assembly of the United Nation has announced to celebrate June 21 as International Yoga Day or World Yoga Day.

There are many types of Yoga like Raja Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga and Hatha Yoga. But when most people talk about yoga in India or abroad, they usually mean Hatha Yoga, which includes exercises like Tadasana, Dhanushasana, Bhujangasana, Kapalhati and Anulom-Vilom to name a few. Yoga is an important system of complementary or alternative medicine.

We cannot count the benefits of yoga, we can only consider it as a miracle that God has gifted to the human race. It maintains our physical well-being, reduces stress, controls emotions and also controls negative thoughts.

Shared destiny challenge for Kukis, Nagas, Meiteis

By: Pradip Phanjoubam

The opening para from Irish poet W.B. Yeats' *The Second Coming* is almost prophetic of what is happening in Manipur today: Turning and turning in the widening gyre/ The falcon cannot hear the falconer;/ Things fall apart; the centre cannot hold;/ Mere anarchy is loosed upon the world/ The blood-dimmed tide is loosed, and everywhere/ The ceremony of innocence is drowned;/ The best lack all conviction, while the worst/ Are full of passionate intensity.

Fifty days after a bloody feud between two of its major communities – the Meiteis and the Kukis – broke out, there is still no sign of normalcy in sight. Although no longer widespread, sporadic violence and mayhem at the foothills where villages of the two communities rub shoulders -- once in friendship and now in bitter enmity -- are still reported.

The mayhem has claimed over 120 lives and an estimated 45,000 people are now living in community-run relief camps. For many here, initial respite from the fear of violence gave way to despair in the weeks that have gone by. Now this despair is turning into anger, not just among them, but also the larger public. Dark portents that this anger can turn against the establishment was witnessed on June 15 night in a mob arson on the Imphal residence of minister of state for external affairs R.K. Ranjan. Indeed, the popular impression today is that the state is clueless and the Central government lacks commitment.

In a disturbing development, the two warring sides now see government forces as partisan. The Kukis think that the state police

constabulary, including the armed Manipur Rifles, favour the Meiteis, and the latter are convinced that the Central paramilitary forces, and in particular the Assam Rifles, support the Kukis. A completely avoidable ugly confrontation on June 2 between Manipur police commandos and a unit of the 37-Assam Rifles, which almost resulted in a gunfight, has made things worse.

In this incident, a detachment of AR arrived and provocatively blocked off the office of the Sub-Divisional Police Officer, Sugnu, parking two armoured personnel carriers at its gate. When things were poised to get out of hand, the AR team retreated. This sorry incident left in its wake very damaging optics, particularly because this happened just two days after Union home minister Amit Shah's three-day visit to the state.

As Mr Shah promised, a three-member enquiry committee headed by retired Gauhati high court Chief Justice Ajai Lamba has been formed to establish the causes of the crisis and fix responsibilities.

However, another initiative of setting up a 51-member peace committee headed by state governor Anusuiya Uikey is likely to be a non-starter as many in the list are withdrawing. The allegation is that there are too many of known political affiliations in it.

Kuki members named in the committee have also objected to the inclusion of state chief minister N. Biren Singh, who they claim is anti-Kuki and a mastermind of the present crisis. Mr Biren Singh's inclusion in this committee, however, indicates that the Centre is not inclined to replace him or impose President's Rule in the state, quite contrary to the anticipation of many, probably because this is a BJP-ruled state.

The present crisis is also revealing the complex matrix of ethnic relationships in Manipur, particularly between its three major communities -- Nagas, Kukis and Meiteis. It is clear now that the fault lines go beyond ethnic boundaries. Hence, there is also a hill-valley divide, which corresponds roughly with the tribal-non-tribal divide, in which Nagas and Kukis are on one side and the Meiteis on the other.

The hills form 90 per cent of the state's land mass and are deemed to be exclusive for those recognised as Scheduled Tribes. The remaining 10 per cent valley land, where the non-tribal Meiteis are confined, is open to settlement by any Indian, including hill tribes. A growing section of the Meiteis are now demanding ST status for Meiteis as well, claiming this would level out perceived discrepancies like this.

Both Nagas and Kukis are opposed to this demand, but this has not given the two any closer fraternal ties. In the May 3 rally to oppose the Meitei demand, the Nagas did not cross the red line in their relationship with the Meiteis as did Kukis in Churachandpur district, going on an arson rampage on Meitei settlements after a rumour spread that a Kuki war memorial site had been burnt down by the Meiteis. The state is now in a raging inferno from the fire that spread from that afternoon. Despite "feelers" from Kukis for an alliance to make this a hill versus valley conflict, it is apparent that the Nagas have decided to remain neutral.

But this neutrality is nuanced. On June 9, Manipur's 10 Naga legislators met the Union home minister for consultations. They assured him that they would help in bringing back normalcy in the state, but also added if any concession were

to be made to the Kuki demand for a separate administration, no land which Nagas consider as theirs must be touched.

Since Kuki villages are spread across all the state's hill districts, and because Nagas consider all hill districts except Churachandpur as their ancestral domain, this assertion obviously will be a wet blanket to dampen the Kuki demand, even in the very unlikely circumstance of the Meiteis agreeing to the proposal. Indeed, in the 1990s, a decision of the United Naga Council to evict Kuki villages who they consider as tenants in their land, resulted in a bloody conflict costing more than 800 lives.

This neutrality is reminiscent of what Herbert B. Swope wrote in his Pulitzer Prize-winning articles from Germany in 1916 for *The World*, New York, reproduced in the first volume of *Outstanding International Press Reporting*, edited by Heinz-Dietrich Fischer de Gruyter. Swope said Germans at the time were bitter about America's proclaimed neutrality, a year before America too joined the First World War, because they felt the American neutrality with Germans came from the head, while with the Allies, it was determined by the heart.

The Nagas have indicated they are not ready to side with the Kukis in this conflict, but this does not mean they have no differences with the Meiteis. The challenge before Manipur and its people therefore is to work for a consensus on administrative adjustments as and when this communal frenzy subsides. In a state with 34-plus communities, such a consensus on their shared geographical destiny is vital.

(The writer is the editor of Imphal Review of Arts and Politics)

MAKEUP TIPS FOR MONSOON: Shahnaz Husain

Be it the scorching summer heat or the joyful rain, your skin will react differently to each season.

Monsoon is considered, the worst season for makeup lovers.

The season brings with it heat, humidity, and rain, three of the biggest reasons for makeup meltdowns. The monsoon tends to make your skin patchy and make-up often drips due to increased humidity. The chances of rain or humidity melting and bleeding your makeup are extremely high. It can smudge lip color, ruin mascara, and leave your skin looking patchy.

Looking for some monsoon makeup essentials before your big night? Or are you in the mood to get decked up, the rains be damned? Well, here are some waterproof products to stock up on before you head out.

Waterproof make-up products may be more suitable. They contain ingredients like fats, waxes, and silicon, which do not allow the make-up to get wet and become runny.

A powder-based foundation will last longer in the humid weather. Also, using a primer is very essential before applying the makeup, the reason being that it acts as a barrier between your skin and the makeup. This is the most essential step for prepping up your skin and holding the

makeup for a longer time

If you can get hold of a light-textured primer, it would be good for the monsoons. It would help to absorb oil and sweat and thus help the foundation last longer. During the monsoons, a powder or gel primer may be better.

Stay away from heavy foundations. Or, leave out foundation and go for compact powder. Compact powder is pressed powder and lasts longer than loose powder. Also, they reduce the oily look. Compact powders are also ideal for touching up. Carry wet tissues and compact powder in your handbag, to refresh both skin and make-up.

If you want to apply foundation, apply an astringent lotion first, using cotton wool. After a few minutes, wrap an ice cube in a clean cloth and apply it on the skin, for a few seconds at a time. This also helps to close the pores. Or, try cold compress with chilled rose water. It closes the pores, refreshes the skin, and adds a glow. Go for a water-based foundation, adding a drop or two of water for a lighter coverage.

The trend is towards the natural look, with less blush-on. A faint flush would be suitable. Powder blushers are easier to apply and are best for humid weather. Apply on the cheekbones and slightly below it. You can use your fingertips to dot the area with a

blusher. Then, blend with the brush, outwards and slightly upwards, making sure there are no harsh lines or a blotchy effect.

Using waterproof eye makeup basics (liner, kohl, and mascara) are recommended in rainy weather to save your makeup from dripping away.

First apply a light shadow over the eyelid and a dark one in the crease of the eyes. Light grey on the eyelid would look glamorous. Apply a line of black waterproof eyeliner close to the lashes on the upper lid. Extend the liner outwards and slightly upwards, beyond the outer corner of the eyes. For the lower lid, apply liner as close to the lower lashes as possible, but start from the middle of the lower eyelid and take the line towards the outer eyes. Apply waterproof mascara, in two coats, waiting for a few minutes after applying the first coat.

Use brow gel for your brows to give it the best look. Also, try using brown waterproof mascara for your eyebrows.

Gloss and cream lipstick should not be used as they would bleed in the humid weather,

For the lips, frosted sheen, or glimmer would be good, instead of too much gloss. Opt for soft mattes, pink shades, or soft browns instead of the bold and bright reds. Go for earthy colors. Keep your lipsticks in the fridge during the

monsoons.

Tips to make your make-up last longer:

For oily skin, the use of an astringent lotion before foundation or the powder will help make-up last. After applying astringent lotion, wait for a few minutes, and then apply foundation.

When you apply powder, press the powder all over the face and neck, with a slightly damp sponge. This helps it to set and last longer.

Compact powder, rather than loose powder lasts longer and provides a smooth finish. Carry powder compact to touch up make-up. Blot the make-up with tissue. Liquid eyeliners last longer than eye pencils.

Applying foundation on the lips before helps lipstick last longer.

"Make-up is all about enhancing your features. Since humidity is at its peak, keep it minimal and use a lightweight foundation or powder-based foundation as it lasts longer in humid weather.

It's best when it's neither too much nor too little. The right kind of shades matter. Less is more, that's the beauty of makeup,

(The author is an international fame beauty expert and is called the herbal queen of India)

UIET organises 'Therapeutic Meditation'

TOP NEWS REPORT

KATHUA, Jun 21: University Institute of Engineering and Technology (UIET), Kathua Campus, University of Jammu organised a relaxation and consciousness session on Therapeutic Meditation in collaboration with Art of Living to celebrate International Yoga Day. The resource person was Sh. Bhagwati Prasad, Senior Teacher, Art of Living. Sh. Prasad is also the State Coordinator of the Art of Living in J&K and Ladakh. He focused on the mindfulness of breathing, compassion, loving, and kindness-focused meditation during the session and also used various mantras and phrases to develop the concentration power of the audience. The aim of organising Therapeutic Meditation sessions was to promote well-being and a positive environment on campus.

During the programme, Sh. Prasad enlightened

everyone by elucidating the importance of doing meditation daily for calming our mind, body, and soul. Further, he added that therapeutic meditation heals many health conditions, like mental health, somatic situations, etc. He explained that Meditation serves as a natural, non-intrusive process for vagus nerve stimulation and immediately relaxes the body. He also added that meditation and yoga play a major role in the holistic well-being and overall development of an individual. Additionally, He also stressed that such peaceful practises help in self-realisation, reduce stress, and enhance focus and concentration.

Dr. Meenakshi Kilam, Rector, Kathua Campus (JU), expressed appreciation and gratitude to Sh. Bhagwati Prasad for selflessly doing such meditation sessions for the common people and helping

them understand their true selves. She said that in such a restive milieu and turbulent times, meditation and yoga can bring everyone together and help us find our shortcomings. She further added that such sessions help in managing stress and improving focus, which will positively impact the academic careers of the students. She was also impressed by the fact that yoga therapies play a key role in improving the quality of life. She also said that Kathua Campus is committed to fostering a culture of well-being and personal growth and creating a supportive and nurturing environment that empowers everyone to thrive both academically and personally.

Dr. Sourabh Shastri, I/C Coordinator, UIET, Kathua Campus (JU), welcomed and admired the special guest of the programme. He said that every individual should adopt medita-

tion-based practises as an alternative therapy for boosting mental health during the present existential crisis.

Ritu Sharma coordinated the whole programme, whereas Er. Amarjeet Chopra delivered the vote of thanks. Sh. Sudhir Kumar (Volunteer, AOL), Dr. Nitin Sharma (Teacher, AOL), and Prof. Raj Kiran (GDC, Kathua) were also present.

Dr. Seema Jamwal, Er. Sandeep Raj, Er. Komal Khadotra, Er. Sarvadaman Sharma, Er. Sushant Gagal, and Er. Rakshit Khajuria Dr. Shivani Sharma, Dr. Rubby Mahajan, Er. Palvi Verma, Er. Archana Salaria, Er. Himani Khajuria, Dr. Nisha Choudhary, Er. Vishawjeet Singh, Er. Sourav Gupta, Er. Shivani Sharma, Dr. Sunny Sharma, Dr. Zahin Ansari, Mr. Pranav Ratta, Mr. Gourav Sharma, and other teaching and non-teaching staff members of the campus participated in the programme.

Shri Amarnath Yatra arrangements like never before: Raman

TOP NEWS REPORT

JAMMU, Jun 21: Expressing his confidence and happiness over the elaborate arrangements put in place by the Union Government as well as the Lieutenant Governor Manoj Sinha's administration besides devotees across the northern region, Executive Member Bharatiya Janata Party (BJP) J&K Raman Suri on Wednesday said that the deployment of Women Battalions around the holy cave shrine and other locations besides deployment of Indian Air Force (IAF) for keeping a check on glaciers are indeed great steps that will go a long way in ensuring safe and smooth yatra this year.

Never have such elaborate and detailed arrangements been made before wherein women cops will be facilitating devotees and helping the women enroute yatra, at camps and at the cave shrine. Similarly, alertness on

the part of IAF personnel who have been assigned the task of monitoring glaciers, lake formations or any other nature related fury with regard to weather, will help other departments coordinate and evacuate devotees at safer places well in advance if need arises. This step has strengthened the safety measures.

Raman Suri said, since the helicopters of IAF will be conducting recce of places around the shrine and enroute, it will be assessing any danger well in advance and alert those managing the yatra. This will ensure complete safety of pilgrims. He added that the 85 reserved battalions of security agencies have been deployed which means that every inch of the yatra route will be under surveillance. Use of drones and CCTVs everywhere will also help keep a check on anti-social and anti-national elements who try to disrupt the yatra

or create any sort of unrest.

Raman lauded the efforts of Central Reserved Police Force (CRPF) personnel who escort pilgrims to their base camps and also manage other activities including safety of the entire route which they scan before allowing vehicular movements. Both Nunwan and Baltal routes will be scanned for safe conduct of the yatra. The use of IAF helicopters, he added will also help in evacuation of sick or injured yatriss, if ever needed, during the yatra.

Raman Suri, while welcoming the Pilgrims from across the world to Jammu and Kashmir, said that the yatra to Shri Amarnath Ji Cave Shrine is getting safer and more comfortable with each passing year. The Union Government, after abrogation of Article 370, has initiated several activities to facilitate the pilgrims. Creating Yatri Niwas, installing weather monitoring equipment besides deploying the required number of

forces to foil any nefarious design of terrorists are some of the measures that are going to instil confidence in the pilgrims, who must visit in large numbers and pay their obeisance at the Cave Shrine.

Yog Session held at Nat Manch

TOP NEWS REPORT

JAMMU, Jun 21: Founder & President Nat Manch, BJP leader Tarun Sharma and school children participated in the yog session.

They performed different Yog Asanas like Pranayam, Kapalhati, Pawanmuktasana and more.

Speaking on the occasion, Tarun Sharma said that word yog has been derived from the Sanskrit language which means to unite. This implies the union of mind, body and soul.

Tarun advised all personnel to practice yog on a daily basis to maintain their mental and physical well being.

GDC Darhal organizes Yoga Mahotsav to commemorate 9th IDY

TOP NEWS REPORT

DARHAL, Jun 21: International Day of Yoga or commonly known as Yoga Day is celebrated on 21st June every year since 2015. Yoga is a physical, mental and spiritual practice originated in India. Keeping up with the spirits of the nation is celebrating the Yoga Day, NSS Unit (Imdad) of GDC Darhal organized three days Yoga Mahotsav from 19th to 21st June, 2023 based on the theme "Yoga for Vasudhaiva Kutumbakam" which beautifully encapsulates our collective aspiration for "One Earth, One Family, One Future" under the banner of Azadi Ka Amrut Mahotsav, G20 and Mission Life initiative.

More than 50 NSS Volunteers of the college including faculty members were participated in the event with great zeal, enthusiasm and fervor.

On the first day of the Mahotsav the NSS volunteers and staff took a pledge to integrate yoga in their

lives by practicing yoga regularly with family and friends and also encourage others to adopt yoga for a healthy lifestyle.

Thereafter NSS Volunteer took a step towards the doors of the common masses to raise awareness of yoga as a form of exercise and its all-encompassing approach to mental and physical health. The event also feature poster, essay and Quiz competition on 20th of June based on the subject of yoga in which NSS volunteers expressed their drawing skills and knowledge of various yoga Asanas, helpful in boosting the immunity, confidence and spirit of living a happy and joyful life.

On 21st June the yoga activities like Asanas, Pranayama and meditation will be organized by the students as well as staff of the college with their family and peer group to re-energize themselves through yoga and to develop a balance among body, mind and soul. The event was organized under

the guidance of Prof. Mussaraf Hussain Shah, Principal of the College.

He apprised the students that to raise awareness regarding the benefits of yoga which one could get out of practicing yoga, we decided to organize this Yoga Mahotsav as it might motivate people to adopt it in their life. He further added that yoga helps in maintaining the balance of mind, body and helps in staying happy and positive.

The entire programme was coordinated by Dr. Sunil Kumar Mangoch (NSS PO) and the committee members were Dr. Ahsan Ul Rehman Rizvi, Dr. Imtiaz Hussain Shah, Prof. Makhdoom Ahmed and Prof. Tahir Mahmood.

Certificates were awarded to the active participants viz. Waqar Ahmed, Mousin Raja, Ghulam Jeelani, Saheez Ahmed, Mohd. Sheraz, Sayra Jabeen, Mahboob Sadeq, Nazar Hussain, Murshad Ali and Aleena Anjum.

NSS celebrates Intl Yoga Day

TOP NEWS REPORT

JAMMU, Jun 21: The Office of the Programme Coordinator, NSS, celebrated International Yoga Day in collaboration with the Directorate of Sports and Physical Education, University of Jammu, on June 21, 2023. The theme for this year is "YOGA FOR VASUDHAIVA KUTUMBAKAM," i.e., One Earth, One Family, and One Future, and with this theme, more than 150 volunteers participated in the programme. Prof. Naresh Padha, Dean Academic Affairs, was the Chief Guest of the occasion, and Sh. Archit Puri, Chairman CII, and Dr. Daud Iqbal Baba were the Guest of Honour. The observance of this Day is not tokenistic but serves the purpose of highlighting the immense potential of Yoga to enhance the physical, psychological, and emotional aspects of well-being.

Earlier, Prof. Naresh Padha welcomed the faculty and the NSS volunteers for their mass participation in the commemoration of



International Yoga Day. He also highlighted the role of Yoga in a life full of anxiety and stress. He also appreciated the efforts of the NSS Programme Coordinator, Dr. Hema Gandotra, in organising the NSS activities on campus. He further applauded the role of the programme Officers on campus, Dr. Shaluu Sehgal, Dr. Mandeep Singh, Dr. Meghna Dhar, Dr. Monika Bhardwaj, Dr. Amit, and others. Sh. Archit Puri, in his remarks, shared his life journey and threw light on the importance of yoga in his life. He motivated the volunteers to adopt yoga practises as a part of their lifestyle

for their physical and mental well-being.

Dr. Hema Gandotra, Programme Coordinator, NSS, highlighted in her remarks the role of youth and NSS volunteers in the success of any event. Highlighting the importance of yoga, she stressed the need for commemoration of such days and how the volunteers can be the ambassadors for carrying the messages for society and can act as a source of bringing positive change in society. Dr. Gandotra thanked Dr. Daud Iqbal Baba, Director, Sports and Physical Education, for their collaboration and logistical support in making the

event a success. The NSS Volunteers were highly motivated by the esteemed presence of Prof. Jasbir Singh, Head, Dept. of Philosophy; Prof. Pankaj Srivasta, President JUTA; Prof. Lalit Sen; and Dr. Sumita Sharma, special guests on the occasion.

During the programme, the different Asanas were performed by the volunteers of the Directorate of Physical Education and Mr. Sanjeev Kumar, a faculty member. Dr. Mandeep Singh, NSS Programme Officer and Faculty Department of Sports and Physical Education, conducted the proceedings of the programme.

Pritam stresses for strengthening community bond, agenda of GSS

TOP NEWS REPORT

PATHANKOT, Jun 21: Gantantrik Samaj Sangathan (GSS), a prominent social organization, today held a significant meeting at Village Gande Pindi in Pathankot district. The meeting aimed to foster unity among communities and address the pressing need to connect people in the face of divisive elements seeking to fulfill their ulterior motives.

Pritam Singh Saini, National Vice President of GSS, was warmly welcomed upon his arrival at the event.

In his address, Pritam Singh Saini apprised the participants about the aims and objectives of GSS in promoting community harmony and solidarity.

Recognizing the urgent need to counteract divi-



sive forces, Pritam Saini urged the people to unite under the banner of GSS and actively contribute towards building a united and prosperous nation. By joining hands and working together, he emphasized that they could combat the challenges and strengthen the social fabric of the community.

Pritam Saini said that there is dire need to unite all organizations and committees of the society under a single platform and increase mutual coordination. He said that multiple awareness programmes need to be organized in this regard in every state across the country with an aim to strengthen community to community bonding which will ultimately to achieve the

goal of the community. The participants of the meeting expressed their wholehearted support for Gantantrik Samaj Sangathan and pledged to strengthen its presence in Pathankot. They acknowledged the significance of community unity and vowed to actively promote the values upheld by GSS in their respective spheres.

Impressed by the aims and objectives of the organization, dozens of people joined the Sangathan in presence of Pritam Singh Saini and vowed to work as per the agenda of the Gantantrik Samaj Sangathan. Those who joined include Tarsem Ram Saini, Gandharav Saini, Balbir Singh Saini, Parveen Saini, Ranjit Singh, Sandeep Saini,

Ravinder Saini, Kamal Saini, Harbans Lal Saini, Raghubir Saini, Ashwani Saini, Master Swarn Saini, Rajiv Saini, Sudesh Saini, Vinod Saini, Amandeep Saini, Pawan Kumar, Bodh Raj, Sham Kumar, Parveen Kumar.

On the occasion, Pritam Singh Saini also distributed certificates of membership among the newly joined members and asked them to work to strengthen the base of the organizations.

Among those who were present include Mulkh Raj Saini, Chairman of Saini Bua Datti Mandir Committee (Dhand); Sukhdev Singh, Vice President of GSS Jammu and Kashmir; and Devraj Saini, Naib Sarpanch Panchayat Sarora.

Tony leads deputation of Ambika Colony to DC Office; raises concerns over illegal erection of mobile Tower

TOP NEWS REPORT

JAMMU, Jun 21: DDC Member Suchetgarh, Taranjit Singh Tony today led a deputation of Ambika Colony, Kunjwani area of Jammu to meet the Additional Deputy Commissioner (ADC) Law & Order, Harvinder Singh at the DC Office Jammu. The meeting was requested to address the issue of illegal installation of mobile tower in the residential area without the consent of the local public.

During the meeting, Tony brought to the ADC's attention the issue of an illegally erected mobile tower in the residential area of Kunjwani, without the consent of local resi-



dents. He emphasized that such an installation is against the wishes of the people of the area and could pose health hazards.

Tony asserted that when the government land is available then what was the need to install a mobile tower in the residential area. He urged the Additional Deputy Commissioner

to look into the matter and take appropriate measures to prevent the installation of mobile towers in residential areas.

Giving a patient hearing to the deputation, ADC Harvinder Singh assured that he will look into the matter and issue a notice to the concerned mobile company under the

relevant sections of law. He asserted that the DC office is committed to the welfare of the people, and nothing against the wishes of the affected parties will be allowed to happen.

Tony appreciated the ADC's cooperation and hoped that the aforesaid issue will be resolved in a peaceful and timely manner.

On International Day of Yoga, here's a look at why more and more celebs are moving away from other modes of exercise while preferring yoga above all else

You are one yoga class away from a good mood. — Anonymous

While many vouch for yoga, public figures swear by it for their fitness comes first and foremost. As we celebrate International Day of Yoga, it's important to notice how yoga has become the first choice for fitness freaks, leaving behind aerobics, gym and other modes of exercise. Statistics put out in March this year have confirmed that yoga has become a worldwide phenomenon, with more than 300 million yogis around the world and more than 36 million in the US alone.

Yogi celebs
Biggest yoga advocate and a fit mother of two, actress Shilpa Shetty inaugurated the first celebrity fitness app, 'Simple & Soulful', which is a holistic yoga and fitness application. The app will complete one year today. The actress started her journey with Ashtanga Yoga and Vinyasa yoga, and even enrolled in the Bihar School of Yoga to learn further. She shared a reel a few months ago and stated how after being wheelchair-bound



for three months, she preferred doing yoga for recovery.

Actress Anushka Sharma practiced Yoga throughout her pregnancy in 2020. She even made a cute post about Shirshasana (upside-down pose) with husband Virat Kohli helping her. She explained how the doctor recommended that she could do all asanas barring twists and extreme forward bends during pregnancy, but with appropriate support. The actress also talked about her journey back to fitness

after delivering her baby girl, Vamika, on International Yoga Day last year, saying, "Forever grateful to the ancient and truly unparalleled form of wellness."

Growing popularity Malaika Arora, among other celebs like Jennifer Lopez, Shahid and Mira Kapoor, Aishwaryaa and R Dhanush, invested in an Indian wellness studio that holds online yoga sessions. The fact that this centre generated two million dollars in revenue within three years shows how popular yoga has become

among millennials.

Many benefits
"Yoga goes beyond physical exercise, engaging both the body and mind. With its ability to enhance concentration and focus, yoga offers a multitude of benefits that surpass those of aerobics. Its versatility and inclusivity make it suitable for individuals of all ages, which is why it has become the preferred choice for many." — Simaran Kaur, actress

Holistic well-being
"Yoga has surpassed aerobics as the pre-

ferred fitness practice because it embraces holistic well-being. While aerobics focuses on physical exertion, yoga combines physical movements, breath control and mindfulness. It cultivates flexibility, strength and balance, benefiting both the body and the mind. But I also believe yoga and aerobics can coexist. — Rishina Kandhari, actress

Self-awareness
"Yoga's holistic approach sets it apart as a unique form of exercise. It not only benefits the body and mind, but also heals the inner organs and energises the entire being. Daily or regular yoga practice yields tremendous advantages. Yoga, for me, is a deep self-connection process—a form of meditation rather than mere exercise. — Akangsha Rawat, actress

Beer yoga!
Often referred to as Bier Yoga or Beer Yoga, it is a kind of yoga that mixes the delight of drinking beer with regular yoga positions. It is a fun and social style of yoga that has grown in acceptance recently.

Sunny Leone opts for Hot Yoga because it cleanses body of toxins

The actress, who started her journey in Indian showbiz after appearing on 'Bigg Boss' Season 5, spoke about her Yoga routine



Actress Sunny Leone, who recently made waves at the Cannes Film Festival with the premiere of her upcoming film 'Kennedy', has opened up about her Yoga routine on the International Day of

Yoga on Wednesday. She said that she likes to include Yoga in her fitness programme as it helps to cleanse the body of all the harmful toxins. The actress, who started her journey in Indian

showbiz after appearing on 'Bigg Boss' Season 5, spoke about her Yoga routine, as she said, "Whenever I do yoga, I opt for Hot yoga.

The reason I love hot yoga is because it releases toxins from almost every organ in my body on top of strengthening and toning my muscles".

She also shared her opinion about mindfulness which is closely linked with Yoga, and how it's important in current times, "In current times being mindful is so important not just for ourselves but being mindful for everything and everyone around us".

Meanwhile, on the work front Sunny will be soon seen in 'Kennedy' which has been directed by the poster boy of Indian noir - Anurag Kashyap.

She will share the screen with Rahul Bhat and Abhilash Thapliyal in the film.

Adele tell her audience in Las Vegas that she has 'crude' fungal infection

Singer Adele recently got candid about developing "jock itch".

During her Las Vegas show, Adele told her fans that she had been prescribed jock itch ointment for sweating "a lot" onstage in her spanx.

"I sweat a lot, and it doesn't go anywhere, so I basically am just sitting in my own sweat, so my doctor (diagnosed) me (with) jock itch," she said in a video shared on social media, People reported.

"Jock itch, that sounds like I'm a big Nuggets fan, doesn't it?" joked the Grammy winner, referring to the Denver-based NBA team that just won the NBA Finals. "It looks like I'm a big athlete, right?" The fungal skin infection, commonly found among athletes, is an "infection that causes an itchy rash in warm, moist areas of the body," such as the groin and inner thighs, according to the Mayo Clinic. "I have to squirt it on myself," she said before telling the crowd, "I don't know why the f--- I just told you that!"

She further teased, "Adele's got body acne!" In March, Adele revealed that she was extending her Las Vegas resi-



dency Weekends With Adele at the Colosseum at Caesar's Palace.

"Playing to 4,000 people for 34 nights is not enough and I know that, I know it's not enough," she said at the time. "So I am coming back."

The English singer-songwriter explained she intends to film and release the concert footage "to make sure that anyone who wants to see this show can see it."

There has been a steady increase in the number of Indian hip hop lovers. This World Music Day, here's a look at the trend...

With Naatu Naatu's magic taking over the Oscars and three-time Grammy winner Ricky Kej being consistent at what he does best, strides made by Indian musicians have been remarkable in the recent past. Add to it Diljit Dosanjh becoming the first Indian to perform at Coachella, the biggest global music festival. This World Music Day, we look at how there has been immense growth in the number of Indian hip hop music lovers and will the genre be the next big thing.

East meets West
A lot of hip hop artists from India have collaborated with the top names of Western music industry lately.

The most recent one is between 'King' of Indian hip hop and the hit-maker of Tu Aake Dekhle and Nick Jonas of Jonas Brothers.

The song is called Afterlife, an enhanced version of his already



popular song Maan Meri Jaan. The song has garnered more than 33 million views and become one of the most heard tracks on Spotify.

As a result, King became the first Indian artist in history to secure a Top 10 position on the Spotify Global charts. Indian-American rapper and singer Raja Kumari, known for her famous track City Slums, has

collaborated with renowned musician John Legend.

This collaboration has led to the creation of a powerful and groovy track titled Keep Walking.

Journey to fame
Vivian Fernandes aka Divine of Gully Gang had started from the slums of Mumbai and was able to achieve global recognition. Nas, whom rapper Divine

grew up listening to, signed him in his music company Mass Appeal India. He made history by being featured on Genius, a renowned platform for music annotation.

Replacing B-town celebs
This year at the closing ceremony of IPL Season 16, instead of actors from Bollywood or Hollywood, it was hip hop artists who delivered a memorable show. King and Nucleya performing in IPL was a dream come true for famous Indian rapper King aka Arpan Chandel, and Nucleya, an Indian electronic music producer. Apart from this, Indian-Canadian singer Jonita Gandhi also gave a stellar performance. On the other hand, Badshah and Jason Derulo performed at the ceremony of DP World International League T20, 2023. In fact, the official DP World ILT20 anthem, Halla Halla was produced by Badshah.

Tillotama Shome is grateful to OTT

Tillotama Shome, who has carved a niche for herself in the industry with some great roles, feels that OTT has given a platform to artists like herself to make their work accessible to people of India, not just for international audiences.

Known for her work in several Independent film productions, Tillotama's role in The Night Manager Season 1 got great appreciation from the audience. The show is back with its Season 2 which will premiere on June 30.

Talking about the revolution that OTT has brought, the actress said, "I started my career doing independent films. My films used to travel to film festivals all over the world and get limited theatrical release. After a while, I got used to it that my films will not be



watched by people of my own country. But since the time OTT has come, it has made my work accessible to people in my country and not just international audience. I am very happy it has given a platform to artists like me to showcase their work to the people of their country." Talking about the second season of The Night Manager, she

said, "In Season 2, a big face off is going to happen between Shelly and Lipika. I have done an action sequence. My character is pregnant. There will be too much happening in Season 2." Sharing her experience working with Anil Kapoor, the actress said, "It was a wonderful experience to shoot with him. He never gets tired of

working. I used to think that is one reason which keeps him young forever. Well, I think he is young not only from his looks but also from his mind. He is always curious to know about the younger generation's journey, our thought process."

The Night Manager: Part 2 will be showcased on Disney+ Hotstar on June 30.

Sarah Jessica Parker breaks silence on Kim Cattrall's And Just Like That... return

Sarah Jessica Parker says Kim Cattrall's surprise cameo on And Just Like That... was "nostalgic" and brought "a lot of joy" despite their long-running feud.

The actress, 58, who returns as Carrie Bradshaw in the show, are famously said to have fallen out while filming of the original Sex and the City series, which led to Kim, 66, not appearing as a regular character in the new spin-off series, despite her SATC cast mates Cynthia Nixon, 57, and Kristin Davis, 58, signing up to reprise their roles of Miranda and Charlotte.

"It's been a lot of joy. We've been really thoughtful about the ways in which we've, you know, approached characters that hadn't been around, the ways we have invited actors back and it's been, you know, really fun and



exciting and certainly nostalgic, but I think more than that, it's been a lot of joy," Sarah said about Kim's brief comeback as sex-obsessed publicist Samantha in the series.

Kim had previously said she wouldn't come back to the show's AJLT spin-off, with her last appearance in the franchise in the second SATC feature film in 2010.

She is now set to appear in a cliff-hanger finale for the second season of AJLT. Sarah and Kim were reportedly "never friends" throughout the filming of HBO's six-season SATC and its two subsequent film versions. It was reported Sarah's apparent bigger pay packet for playing Carrie and being an executive producer on the show was one of the main causes of their alleged fallout.

Need to end contradictions through yoga, says PM Modi

In a video message on the occasion of the International Day of Yoga, Modi says Indians have welcomed new ideas, conserved them and celebrated the country's rich diversity

NEW DELHI, Jun 21 (Agencies): Prime Minister Narendra Modi on Wednesday said India has always nurtured traditions that unite, adopt and embrace, and made a fervent appeal to eliminate contradictions, hurdles and resistances through yoga.

In a video message on the occasion of the International Day of Yoga, Modi said Indians have welcomed new ideas, conserved them and celebrated the country's rich diversity.

Yoga strengthens such feelings, expands the inner vision, and connects us with that consciousness which makes us feel the unity of the living being giving a basis of love for the living being, the prime minister



said.

Vice President Jagdeep Dhankhar led the national celebration of International Day of Yoga in Madhya Pradesh's Jabalpur. Lok Sabha Speaker Om Birla joined the celebration on the Parliament House

premises while Union ministers performed yoga exercises in different cities.

"We have to eliminate our contradictions, blockages and resistances through yoga. We have to present the spirit of 'Ek Bharat, Shreshtha Bharat' as

an example to the world," Modi said.

The prime minister is on an official State Visit to the US and will lead the International Day of Yoga celebrations at the United Nations (UN) Headquarters in New York on Wednesday.

Modi said the International Day of Yoga was special this year as researchers at India's research stations in the Arctic and Antarctica, too, were participating in the celebrations.

The prime minister said the idea of the 'Ocean Ring of Yoga' makes Yoga Day even more special as it is based on the mutual relation between the idea of yoga and the expanse of the ocean.

PM Modi Leading India's Heritage Through Yoga At UN: Union Minister Smriti Irani



GAUTAM BUDDHA

NAGAR, Jun 21 (Agencies):

Union Minister for Women and Child Development Smriti Irani on Wednesday praised Prime Minister Narendra Modi's initiative to lead a yoga session in a historic celebration to commemorate the 9th International Day of Yoga at the UN Headquarters today.

The Minister wished the country as well as all Yoga enthusiasts on the occasion of the 9th International Yoga Day. Informing about the purpose of Yoga Day being celebrated across India, Ms Irani said that "it is the imagination of Prime Minister Modi that India should be healthy and it should achieve a tremendous position in the economic system with

for all Indians on the occasion of International Yoga Day as our 'pradhan sevak' (prime servant) Prime Minister Narendra Modi is leading India's heritage and development through the practice of Yoga at UN Headquarters today."

The Minister wished the country as well as all Yoga enthusiasts on the occasion of the 9th International Yoga Day. Informing about the purpose of Yoga Day being celebrated across India, Ms Irani said that "it is the imagination of Prime Minister Modi that India should be healthy and it should achieve a tremendous position in the economic system with

the spirit of innovation." She also said, "It is the desire of all of us that you all could lead a balanced life through the practice of yoga."

Asked about Tesla and SpaceX CEO Elon Musk's statement that "he's a 'fan of Modi', Ms Irani said, "It is a proud privilege for all Indians who witnessed the resurgence of all not only economic prospect but also the impact that India now has culturally across the world."

"... Now, the world looks at India for not only investment opportunity but from the perspective of a view global order that is emerging. It is an issue to be proud of as an Indian," Ms Irani said.

Mr Musk said he had a 'very good' conversation with Indian Prime Minister Narendra Modi in New York on Tuesday evening. Speaking to reporters after the meeting, he praised PM Modi's outlook for India and reiterated his intention of investing in the country.

Shashi Tharoor's Shoutout For PM In Response To Congress's Yoga Day Tweet

NEW DELHI, Jun 21

(Agencies): On the ninth

International Yoga Day, Congress today thanked former Prime Minister Jawaharlal Nehru for "popularising yoga", to which senior party leader Shashi Tharoor replied in the affirmative but gave credit to the BJP-led Centre too.

The Congress tweeted a picture of former Prime Minister Jawaharlal Nehru performing Yoga and said, "On International Day of Yoga, we thank Pt. Nehru, who was instrumental in popularising Yoga & even made it a part of national policy."

Shashi Tharoor reacted to the tweet and said, "Indeed! We should also

acknowledge all those who revived & popularised Yoga, including the government."

"As I have argued for decades, yoga is a vital part of our soft power across the world & it's great to see it recognized," Mr Tharoor added.

Earlier, Shashi Tharoor cautioned the Congress to not get complacent after winning the assembly elections in Karnataka and said that the party should not assume that "if it worked in one state, it can work nationally", referring to the general elections next year.

Mr Tharoor said that Congress won in Rajasthan, Chhattisgarh

and Madhya Pradesh months before the 2019 general elections but performed poorly in the Lok Sabha elections

This year's theme for International Yoga Day is 'Yoga for Vasudhaiva Kutumbakam'.

President Droupadi Murmu performed Yoga at Rashtrapati Bhavan today. Defence Minister Rajnath Singh participated in a yoga day event onboard INS Vikrant.

Prime Minister Modi, who is on a three-day state visit to the US, will perform Yoga at the lawns of UN Headquarters. The unique yoga session led by Prime Minister Modi in New York will see partici-



tion from top UN officials and envoys from across the world.

In a video message on Yoga Day, Prime Minister Modi said that Indians have always welcomed new ideas and

celebrated the country's rich diversity.

"The coming together of more than 180 countries on India's call is historic and unprecedented," the Prime Minister said.

9 ITBP personnel, 4 others injured in road accident in Sikkim

GANGTOK, Jun 21

(Agencies): Nine ITBP

personnel were among 13 people who suffered injuries when the vehicle they were travelling in met with an accident at Theng in North Sikkim, officials said on Wednesday.

The Indo-Tibetan Border Police personnel were going on leave when the incident took place, they said.

The vehicle was headed for Chungthang and then to Siliguri, the officials said.

Eight people were critically injured in the accident and they have been referred to STNM Hospital in Gangtok.

The remaining five were admitted to an Army hospital, they added.

6 Andhra cops booked for sexually abusing 2 women suspects in custody

HYDERABAD, Jun 21

(Agencies): A case

has been registered against six police personnel, including a sub-inspector, for torturing and sexually abusing two women suspects in a theft case while they were in custody.

Chittoor II Town Police said the incident took place a few days ago after seven members of a gang, including two women, were detained by the Puthalapattu Police for questioning in connection with their involvement in a theft case.

Police said two suspects, who had confessed their involvement



in the crime, had been sent to remand, while the other suspects had been sent back to their hometown in Krishnagiri in Tamil Nadu after they were served notices under Section 41 A (right to remain silent) of the Code of Criminal Procedure (CrPC).

After returning to Krishnagiri, two of the

suspects filed a complaint at Krishnagiri Police Station in Tamil Nadu stating that they were subjected to custodial torture and sexual abuse.

Based on their complaint, a case has been registered at Chittoor II Town Police Station and an investigation is underway.

Uttar Pradesh: Woman killed by 'tantrik' on pretext of changing her gender

SHAHJAHANPUR, Jun 21

(Agencies): A 30-year-old

woman was allegedly killed by a 'tantrik' on the pretext of changing her gender so that she could continue her relationship with another woman in this district, police said on today.

Superintendent of Police S Anand told PTI that Priya (30), a resident of RC Mission police station area, had befriended Preeti (24), a resident of Puwayan.

Both later entered into a same-sex relationship, the SP said.



Police said Preeti was not able to get married after her relationship with Priya came to light.

The SP said Preeti and her mother Urmila allegedly met Ramnivas, a tantrik (occultist), a resident of Mohamadi area, and hatched

a plan to kill Priya.

Anand told that Preeti had informed the tantrik that Priya wanted to become a man. Taking advantage of this, Preeti's mother allegedly promised the tantrik that he would be paid Rs 1.5 lakh to kill Priya.

According to the plan, Preeti called Priya and made her believe that the tantrik would change her gender.

Priya had left her home on April 13 and had since been missing. Her family lodged a missing case on April 18.

The SP said that through surveillance it was found that Priya had talked to Preeti and tantrik Ramnivas.

Based on the input, police took Ramnivas into custody. He confessed to the crime during police interrogation.

He told the police that he had taken Priya to a forest on the pretext of "converting her into a man and asked her to lie down on the bank of a river with her eyes closed". Meanwhile, he slit Priya's neck with a hammer.

SP Anand said the accused tantrik and Priya's friend Preeti were arrested on Tuesday and both were sent to jail.

The police have also recovered from the tantrik's house a hammer that was used in the murder.

Two cops among three accused of rape, murder of Dalit girl in Rajasthan

JAIPUR, Jun 21

(Agencies): A Dalit girl

was allegedly gang-raped and murdered, leading to the suspension of two policemen for their suspected role in the incident in Rajasthan's Bikaner district, officials said on Wednesday.

Inspector General of Police (IG) Om Prakash said the body of the 20-year-old girl was found in the Khajuwala area on Tuesday.

"Her family members have accused three persons, including two constables of Khajuwala police station, of raping the girl. Both the policemen have been suspended immediately and the matter is being investigated," he said.

The family members of the victim have refused to grant consent to conduct a post-mortem examination and

demanding the immediate arrest of all the accused.

They also staged a 'dharna'.

Superintendent of Police (SP) Tejaswani Gautam said efforts were being made to persuade the family members and relatives of the victim for postmortem.

Police said a case under various sections, including 376-D (gang rape), of the Indian Penal Code was registered with Khajuwala police station.

The family members have alleged that the policemen Manoj and Bhagirath along with the third accused took her to the house, where they gang raped and murdered her.

Citing call records, police said the victim and the key accused were known to each other.



Meanwhile, the role of the two constables is being probed.

The case is being investigated by additional SP Deepak Sharma.

The opposition, Bharatiya Janata Party (BJP) has cornered the Ashok Gehlot-led government over the incident.

Leader of the Opposition (LoP) Rajendra Rathore tweeted that the involvement of policemen in the incident of rape and murder of a girl in Khajuwala in Bikaner is a blot on the face of the government.

The suspension of the constables is merely a

formality, due to which the family members of the girl are resentful towards the police administration, he added.

"It is unfortunate that till now both the accused constables have not been arrested. I demand the state government to take strict action against the guilty policemen in this case and arrest them," he said.

Woman Critical After Ex-Boyfriend Stabs Her Multiple Times In Kolkata

KOLKATA, Jun 21

(Agencies): A 21-year-old

woman was grievously injured after her ex-boyfriend allegedly stabbed her multiple times in the city's Survey Park area, police said on Wednesday. The man has been arrested,

and the woman is fighting for life at a hospital, they said.

The incident took place on Tuesday afternoon when the accused reportedly met the woman and then stabbed her following an altercation, a police

officer said.

"Initial probe revealed that they are from the same area, and were in a relationship for quite some time before things fell apart a couple of months back.

"The man asked her to meet and repeat-

edly stabbed her before taking the woman to a pond to drown her," the officer said.

Hearing her scream, a nearby traffic sergeant came to the rescue, and with the help of locals, managed to apprehend the accused, he said.

Bengal: CPI(M) worker dies of injuries suffered in pre-panchayat poll clash

KOLKATA, Jun 21

(Agencies): A CPI(M)

worker died on Wednesday at a nursing home in Siliguri from injuries suffered during a clash at Chopra in North Dinajpur district on June 15, the last day of nomination filing for the West Bengal panchayat elections, a party functionary said.

The party activist had suffered a bullet injury and was also allegedly beaten with sticks, he said.

The 23-year-old man was in a critical condition since he was admitted to the private nursing



home in Siliguri, about 50 kms away from Chopra town, the functionary said.

CPI(M) central committee member Sujan Chakraborty said it is sad that a young student activist lost his life, and demanded that

the culprits be immediately brought to book.

Opposition parties in Bengal have alleged that their candidates and supporters faced violence and intimidation by Trinamool Congress activists, while the ruling party has blamed the opposition for clashes at different places in the state during nomination filing and withdrawal of candidature period, which ended on Tuesday.

Elections will be held for nearly 75,000 seats in the three-tier Panchayati Raj system on July 8.

Lawsuit: Insufficient prototype testing could put Titanic sub-passengers in "extreme danger"

The undersea exploration company based in Everett, Washington, has been making yearly voyages to the Titanic since 2021.

SEATTLE, Jun 21 (Agencies): The company whose submersible vanished in the North Atlantic on a tourist dive to the wreck of the Titanic was repeatedly warned that there might be catastrophic safety problems posed by the way it was developed, documents show.

With five people aboard a vessel that if still functioning would have a dwindling amount of oxygen, an expanding international fleet of ships and airplanes is searching for the Titan, operated by OceanGate Expeditions.

The undersea exploration company based in Everett, Washington, has been making yearly voyages to the Titanic since 2021.

In the first piece of good news since the search began, a Canadian aircraft detected underwater noises, though the vessel has not been found, the US Coast Guard reported early Wednesday.

David Lochridge, OceanGate's director of marine operations, wrote an engineering report in 2018 that said the craft under development needed more testing and that passengers might be endangered when it reached "extreme depths," according to a lawsuit filed that year in US District Court in Seattle.

OceanGate sued Lochridge that year, accusing him of breaching a non-disclosure agreement, and he filed a counterclaim alleging that he was wrongfully fired for raising questions about testing and safety.

The case settled on undisclosed terms several months



after it was filed.

Lochridge's concerns primarily focused on the company's decision to rely on sensitive acoustic monitoring — cracking or popping sounds made by the hull under pressure — to detect flaws, rather than a scan of the hull.

Lochridge said the company told him no equipment existed that could perform such a test on the 5-inch-thick (12.7-centimetre-thick) carbon-fibre hull.

"This was problematic because this type of acoustic analysis would only show when a component is about to fail — often milliseconds before an implosion — and would not detect any existing flaws prior to putting pressure onto the hull," Lochridge's counterclaim said.

Further, the craft was designed to reach depths of 4,000 metres (13,123 feet), where the Titanic rested.

But, according to Lochridge, the passenger viewport was only certified for depths of up to 1,300 metres (4,265 feet), and OceanGate would not pay for the manufacturer to build a viewport certified for 4,000 metres.

OceanGate's choices would "subject passengers to potential extreme danger in an experimental submersible," the counterclaim said.

However, the company said in its complaint that Lochridge "is not an engineer and was not hired or asked to perform engineering services on the Titan."

He was fired after refusing to accept assurances from OceanGate's lead engineer that the acoustic monitoring and testing protocol was, in fact, better suited to detect any flaws than a scan would be, the complaint said.

OceanGate Chief Executive Stockton Rush defended the approach in a speech at a conference in Seattle last year hosted by the tech news site GeekWire.

He described how he had taken a prototype down to 4,000 metres: "It made a lot of noise," he said.

So he brought the vessel back up, and on a second dive, it made the same troubling noises, even though it should have been dramatically quieter.

The company scrapped that hull, which had been construct-

ed by a marine manufacturer, and built another one with an aerospace supplier, Rush said.

In an emailed statement, a spokesman for the company said the missing sub was completed in 2020-21, so it would not be the same as the vessel referenced in the lawsuit.

OceanGate also received another warning in 2018, this one from the Marine Technology Society, which describes itself as a professional group of ocean engineers, technologists, policy-makers and educators.

In a letter to Rush, the society said it was critical that the company submit its prototype to tests overseen by an expert third party before launching in order to safeguard passengers.

Rush had refused to do so. Rush was piloting the vessel that is now missing.

The letter, reported by the New York Times, said society members were worried that "the current experimental approach adopted by OceanGate could result in negative outcomes (from minor to catastrophic) that would have serious consequences for everyone in the industry."

In a 2019 interview with Smithsonian magazine, Rush complained that the industry's approach was stifling innovation.

"There hasn't been an injury in the commercial sub-industry in over 35 years," he said.

"It's obscenely safe because they have all these regulations. But it also hasn't innovated or grown — because they have all these regulations."

Two Drones Approaching Military Warehouse Shot Down In Russia's Moscow



MOSCOW, Jun 21 (Agencies): Two drones were shot down near a military base in the Moscow region early on Wednesday, without causing damage or victims, the regional governor said.

"Two drones crashed today at 5:30 and

5:50 in the morning on approach to storage units of a military base" in the Naro-Fominsk district, some 50 kilometres (31 miles) southwest of the city of Moscow, local governor Andrei Vorobyov wrote on Telegram, adding that the drones had

been shot down.

The attack came as Ukraine wages a counter-offensive to recapture land seized by Russian troops.

Attacks, mostly by drones, on Russian territory bordering Ukraine have increased over the past weeks.

Moscow and its environs, lying some 500 kilometres from the Ukrainian border, have up to now been rarely targeted.

In early May, two drones were shot above the Kremlin and late the same month drones hit Moscow high-rises.

South Korea Clears US Missile Defence System For Permanent Deployment

SEOUL, Jun 21 (Agencies): A South Korean environmental impact assessment of a US missile defence system found "insignificant" electromagnetic radiation relative to safety standards, the defence ministry said on Wednesday, clearing the way for its permanent deployment.

The Terminal High Altitude Area Defense (THAAD) system installed in South Korea in 2017 generated a maximum level of electromagnetic radiation below 0.2% of the safety standards, the ministry said. China and some residents had complained about its placement in the southeastern air base of Seongju. "The latest environmental impact assessment is a preceding step for the normalisation of the Seongju base," the ministry said in a statement.

The study result is expected to clear the way for additional infrastructure construction for the system. Officials have said THAAD could not be operated at its full capacity amid protests



from nearby residents who raised concerns over the system's impact on their health. China has also angrily reacted to the installation, contending that the system's powerful radar could peer into its airspace.

The United States and South Korea have said THAAD is for self-defence, meant to counter North Korea's evolving threats.

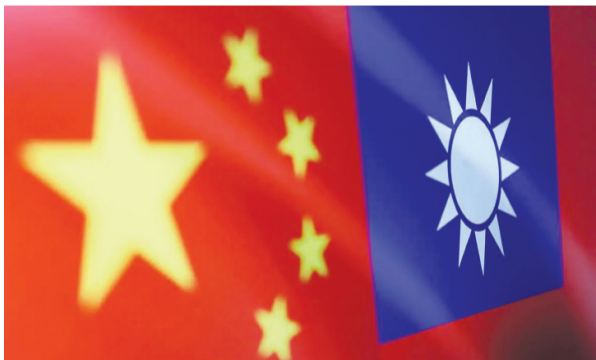
The nuclear-armed North has been testing various weapons, including its biggest intercontinental ballistic missile, ramping up tension with the South and its main ally, the United States.

Chinese Aircraft Carrier Sailed Through Sensitive Strait, Says Taiwan

TAIPEI, Jun 21 (Agencies): A Chinese aircraft carrier group led by the vessel Shandong sailed through the sensitive Taiwan Strait on Wednesday, Taiwan's defence ministry said, amid heightened military tension over the island Beijing claims as its own territory.

The ministry said the Shandong, commissioned in 2019, had sailed in a southerly direction through the western part of the strait, and it had dispatched "appropriate forces" to monitor the Chinese activities.

The aircraft carrier participated in Chinese



military drills around Taiwan in April, operating in the western Pacific. In March last year, it sailed through the Taiwan Strait, just hours before the leaders of China and the U.S. were due to talk.

China, which has never renounced the use of force to bring

Taiwan under its control, has stepped up military activities near the democratically governed island to force it to accept Chinese sovereignty.

Taiwan strongly disputes Beijing's sovereignty claims and vows to defend itself if attacked.

Pakistan bans Holi in universities to check 'erosion of Islamic identity'

ISLAMABAD, Jun 21 (Agencies): Pakistan's Higher Education Commission (HEC) has banned Holi celebrations in universities. The order of the HEC comes days after students of Quaid-i-Azam University celebrated Holi on the campus on June 12 and videos of the event went viral.

In a notice, the Commission stated that students are forbidden to follow this festival in order to adhere to "sociocultural values".

"Such activities portray a complete disconnect from country's sociocultural values and are an erosion of the country's Islamic identity," the notice read.

"While there is no denying the fact that cultural, ethnic, and religious diversity leads towards an inclusive and tolerant society that profoundly respects all faiths and creeds; albeit it needs to be done so in a measured



manner without going overboard. The students need to be apprised to be aware of the self-serving vested interests who use them for their own ends far from the altruistic critical thinking paradigm," the notice read.

In an apparent reference to Holi celebrations at Quaid-i-Azam University, the Commission stated, "This widely reported/publicized event from

the platform of a university has caused concern and has disadvantageously affected the country's image."

Advising the students to refrain themselves from conducting such events, the Commission said, "Foregoing in view, it is advised that the HEIs may prudently distance themselves from all such activities obviously incompatible with the country's

identity and societal values, while ensuring that they rigorously engage their students and faculty in academic pursuits, intellectual debates, and cognitive learning besides identifying, creating, and fostering avenues for extra-curricular activities and rational discourse."

Earlier this month, videos of Holi celebrations at the Quaid-i-Azam University in Islamabad went viral. In the videos, students are seen playing Holi with colours and enjoying celebrations on the college campus.

The event was held by the Mehran Students' Council, a non-political cultural organisation of the university, reports said.

In March, at least 15 Hindu students were injured after members of a radical Islamic student organisation stopped them from celebrating Holi at the Punjab University premises.

Carlos Ghosn Sues Nissan For \$1 Billion In Defamation Suit

LEBANON, Jun 21 (Agencies): Former Nissan chairman Carlos Ghosn has sued the company for more than \$1 billion, according to a report in the BBC. In the lawsuit filed in Lebanon, the businessman has sought compensation, accusing Nissan of defamation, slander, libel and fabrication of material evidence. Mr Ghosn, the former chairman and chief executive of the Renault-Nissan-Mitsubishi alliance, was arrested in Japan in November 2018 on suspicion of financial misconduct, before being sacked by Nissan's board in a unanimous decision. He had fled Japan in a box while awaiting trial and now lives in Lebanon.

BBC said the lawsuit

is another effort by Mr Ghosn to clear his name after he was ousted from Nissan.

A hearing is scheduled to be held in September.

The amount Mr Ghosn is seeking as compensation represent 5% of the company's \$16 billion market value, said the BBC report. Nissan has so far not made any comment on the issue.

Mr Ghosn is credited with reviving Nissan from near bankruptcy in early 2000s, and was appointed the CEO of French carmaker Renault in 2005.

According to his official biography, Mr Ghosn was the first person to run two global Fortune 500 companies simultaneously.

The businessman had denied all the allega-



tions against him, and even termed Japan's justice system "rigged". Mr Ghosn is forced to stay in Lebanon as he is the subject of an Interpol Red notice issued by Japan.

He has been accused of under-reporting earnings, breach of trust

and misappropriation of company funds by Japan and will be tried if he enters the country.

Lebanon does not extradite its citizens, and judicial authorities have banned Ghosn - who holds Lebanese, French and Brazilian nationality - from travel.

China calls Biden's comments calling leader Xi a dictator "extremely absurd and irresponsible"

BEIJING, Jun 21 (Agencies): China has called reported comments by President Joe Biden describing Chinese leader Xi Jinping as a dictator "extremely absurd and irresponsible."

The new clash of words comes just over a day after Secretary of State Antony Blinken concluded a visit to Beijing that sought to break the ice in a relationship that has hit a historical low.

Foreign Ministry spokesperson Mao Ning on Wednesday said Biden's comments at a fundraiser in California "go totally against facts and seriously violate diplomatic protocol,



and severely infringe on China's political dignity."

"It is a blatant political provocation. China expresses strong dissatisfaction and opposition," Mao said at a daily briefing.

"The US remarks are extremely absurd and irresponsible," Mao said. Blinken's visit, during

which he met with Xi, was aimed at easing tensions between the two superpowers but appeared not to have achieved any solid results.

Biden, at the fundraiser on Tuesday night local time, said that Xi was embarrassed over the recent tensions sur-

rounding a suspected Chinese spy balloon that had been shot down by the Air Force over the East Coast.

"That's a great embarrassment for dictators. When they didn't know what happened," Biden said.

Mao reiterated China's contention that the balloon was intended for meteorological research and had been blown off-course accidentally.

"The US should have handled it in a calm and professional manner," she said.

"However, the US distorted facts and used forces to hype up the incident, fully revealing its nature of bullying and hegemony."

Kohli demands implementation of FRA in favour of tribals, forest dwellers

TOP NEWS REPORT

NAGROTA, JUNE 21, 2023: Apni Party ST Wing Provincial President Jammu Choudhary Shabir Kohli has demanded implementation of Forest Right Act (FRA) on the ground as the benefits of the scheme are not being given to the tribal community and other forest dwellers.

A meeting with the people in Nagrota and Sanasar Ladda Dhaar was organised in which Kohli was informed about the problems faced by the tribal community.

The issues of FRA implementation was the main issue confronted by the people which is yet to be implemented on the ground. Speaking



at the meeting, Shabir Kohli said that it was unfortunate that the FRA was implemented by the J&K Govt and the committees were constituted at the village level.

"The people submitted their claims with documents hoping that their land would be consid-

ered and land rights would be approved under FRA, but that was not done," he said.

He said that 500 to 900 forms were deposited to the committees in different areas yet the forms were not considered for the approval of FRA rights in favour of the

tribals.

He demanded the process of granting rights to the people including tribals, and forest dwellers should be sped-up.

He also demanded personal intervention of the LG Manoj Sinha so that the irring officers responsible for delaying

the exercise of granting FRA rights in favour of the respective people can be held accountable.

He, however, assured the people that their demands would be projected to the Govt for its early resolution. The issues of development and services also came to fore that include lanes, drains, clean drinking water and unscheduled power cuts.

The meeting was attended by Sarpanch Nazeer Ahmed Ladha, Alif Din, Mohammed Fisha Ladha, Miya Sahab, Haji Baba Husain, Suleman, Kala Khan, Mohammed Mirza, Mohammed Mansho, Mohammed Rafique, Mohammed Mirza and others.

BJP celebrates International Yoga Day at Handwara



TOP NEWS REPORT

HANDWARA, Jun 21: On the 9th International Yoga Day, BJP leaders performed yoga to celebrate the day.

North Kashmir Yoga Incharge Dr Farida Khan along District Incharge Kupwara Javid Qureshi performed yoga at Chil-

dren Park Handwara.

On this occasion North Kashmir Incharge Mudasir Wani, District president Kupwara Ab Reham Lone, Vice District President Kupwara Sartaj Majeed and Morcha Presidents along many party workers joined this yoga program at Hand-

wara. While addressing with workers Javid Qureshi said that Yoga strengthens such feelings, expands the inner vision, and connects us with that consciousness which makes us feel the unity of the living being, giving a basis of love for the living being.

GGF commends Vinay for excelling in class 10th exam

TOP NEWS REPORT

JAMMU, Jun 21: Guru Gyagi Foundation (GGF) members on Wednesday commended Vinay Targotra (who hails from Bishnah Town) for passing Matriculation examination with 97.6% marks.

Foundation Secretary R.L Kaith said, "You have the creativity and determination to do whatever you can dream. I hope you feel proud today and confident in your ability to rise to your next challenge."

GGF members said, "You've proved that dedication and learning end at resulting in excellent outcomes. Best wishes for achieving the best place and all the best for the upcoming days." They also congratulated father Vijay Targotra and mother Jyoti Devi on their son's big achievement.

GDC Padder celebrates International Yoga Day

TOP NEWS REPORT

PADDER, Jun 21: In commemoration of International Yoga Day, Government Degree College (GDC) Padder organized a rejuvenating yoga session within the college premises. The event was conducted under the esteemed guidance of Principal Dr. Anwar Shah, with the participation of dedicated staff members and enthusiastic students.

The yoga session encompassed a range of physical postures and meditation techniques, which were skillfully demonstrated by Dr. Jewan Dhar, a prominent Associate Professor.

Dr. Dhar emphasized the importance of yoga, stating, "Yoga unites our mind, body, and soul, promoting holistic development in individuals. It plays a

pivotal role in fostering physical, mental, and spiritual growth."

The event witnessed an overwhelming response from the college community, as students and staff members alike attended the session with great fervour and dedication. The atmosphere was one of camaraderie and enthusiasm, as participants embraced the essence of yoga and its numerous benefits.

The International Yoga Day celebration at Government Degree College Padder not only served as an occasion to promote physical well-being but also acted as a catalyst for fostering a deeper connection with oneself.

Through the practice of yoga, attendees discovered the power of introspection and self-discovery.

GDC Sogam celebrates International Yoga Day

TOP NEWS REPORT

KUPWARA, Jun 21: In order to commemorate International Yoga Day, Sogam Degree College along with Rashtriya Rifle Battalion stationed at Gujjarpati organized a vibrant and engaging event on 21 June. The college community and local population of all age groups came together to celebrate the essence of yoga and promote the physical, mental, and spiritual well-being of its students, faculty, staff members and local community.

The event, held in the Sogam Degree College campus, saw enthusiastic participation from students, faculty, PRIs, all ESM, people from the local community along with the soldiers of Rastriya Rifle from Gujjarpatti Garrison who gathered to practice the ancient prac-



tice of yoga. More than 300 locals gathered to celebrate the occasion. With the theme of "Yoga for Vasudhaiva Kutumbakam," the college aimed to foster a sense of unity and inner balance among its community members.

The International Yoga Day celebrations commenced with an energizing and calming yoga session led by experienced yoga instructors of the Gujjarpatti Garrison. Par-

ticipants were guided through various yoga asanas, pranayama, and meditation techniques, promoting mindfulness and relaxation.

In addition to the yoga session, the event featured informative talks in the field of yoga, highlighting its profound benefits for physical health, mental well-being, and stress management. The session emphasized the importance of incorpo-

rating yoga into one's daily routine to lead a holistic life.

To encourage active participation, the college organized friendly yoga competitions, providing an opportunity for students to showcase their flexibility, strength, and discipline. The vibrant atmosphere was filled with cheer and camaraderie as participants cheered for their peers and displayed their yoga skills.

The International

Yoga Day celebrations at Sogam Degree College serves as a testament to the institution's commitment to holistic education and well-rounded development. By encouraging the practice of yoga, the college aims to instill in its students a sense of balance, mindfulness, and compassion that extends beyond the boundaries of the campus.

Sogam Degree College is a renowned educational institution dedicated to providing quality education, fostering academic excellence, and nurturing the holistic development of its students. With a commitment to creating well-rounded individuals, the college offers a wide range of programs in various disciplines, preparing students for success in their chosen fields.

Urs of Shah Faruddin Baghdadi Rahmatullah celebrated in Kishtwar

TOP NEWS REPORT

KISHTWAR, Jun 21: Ajeet Bhagat, senior leader of Jammu and Kashmir National Conference, said that like every year, the annual Urs Pak of Shah Faruddin Baghdadi Rahmatullah should be celebrated in Kishtwar district with great devotion and respect. Every year this Urs celebrated on 21st June.

In which thousands of devotees from all corners of the country come and participate in the events held here.

This year people from not only Chenab Chenab Valley zone but also from different places of Jammu and Kashmir are coming to Kishtwar and attending the Durbar, while local people are also participating in large numbers.

The biggest event will be held at Shah Faruddin al-Baghdadi's Astan Aliya, where prayer ceremonies will be organized, where pilgrims will see Shah Faruddin al-Baghdadi's holy shrine and holy shrine. and the life of Shah Faruddin Baghdadi will be highlighted.

Bhagat said that Shah Faruddin is considered as an example of brotherhood, stressed the need to make strict security arrangements on the occasion of Urs in the district and demanded the deployment of police and paramilitary forces at various places. No untoward incident occurs.

Ajt Bhagat said that the Jammu and Kashmir National Conference congratulates all the people.

9th International Yoga Day celebrated by 57 Bn BSF

TOP NEWS REPORT

HANDWARA, Jun 21: 57th Battalion of Border Security Force, on the occasion of 9th International Yoga Day organized at Handwara.

The Jawans and officers of BSF enthusiastically participated in the Yoga and did practice of some yoga skills.

Surendra Mishra, Commandant 57 Battalion BSF, Sher Singh DC, Shri Rama Kant DC, Dr. Kushal Parmanik DC (SMO) and Shailesh Pratap Singh AC participated in yoga session.



On this occasion Surendra Mishra Commandant told all the participants that Yoga is such an accessible and natural method through

which many spiritual benefits can be obtained along with healthy mind and body.

Through his speech, he motivated them to

do yoga regularly so that the positive energy of yoga can spread in all directions. He said, Yoga takes us from stress to strength and from nega-

tivity to creativity. Let us make Yoga an integral part of our daily routine and inculcate the concept of 'Yoga for Humanity' in our lives.

FROM PAGE 1

LG Sinha leads International Yoga Day celebrations with mass demonstration in Srinagar

event at the UN. He also congratulated the Directorate of AYUSH, J&K for its efforts in promotion of traditional system of medicine and for getting the approval of Homeopathic College in Kathua.

Junaid Azim Mattu, Mayor Srinagar Municipal Corporation; Sh Rajeev Rai Bhatnagar, Advisor to Lt Governor; Dr Arun Kumar Mehta, Chief Secretary; Sh Dilbag Singh, DGP; Sh Dheeraj Gupta, Principal Secretary, Forest Department; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Sh Bhupinder Kumar, Secretary, Health and Medical Education Department and senior officers also participated in the

International Yoga day celebration.

Fully geared up to ensure smooth conduct of Amarnath Yatra: BSF DIG

two routes — the traditional 48-km route through Pahalgam in south Kashmir's Anantnag and the 14-km shorter but steep Baltal route in the Ganderbal district of central Kashmir.

ED seizes over Rs 1 Crore cash in Rs 2,000 denomination during raids in money laundering case

firearms, robbery, attack on government employees and passport forgery among

others, the ED said.

The searches resulted in the seizure of cash worth Rs 1.62 crore, including more than Rs 1 crore in Rs 2,000 notes, documents related to more than 100 properties and "incriminating" papers about firms, companies, establishments and cash transactions apart from three bank locker keys, it said. The RBI had recently announced the withdrawal of Rs 2,000 currency notes from circulation but gave the public time till September 30 to either deposit such notes in accounts or exchange them at banks. The accused, the ED alleged, created a web of companies and most of them had "no business or very little business". Those were created with the sole purpose of "laundering ill-gotten money generated from their criminal activities", it said.

The federal probe agency found that the bank accounts of Suresh Patel, his family members and the companies/firms controlled by him, were "credited with cash of more than Rs 100 crore". "Suresh Patel is

accused in more than 10 cases of liquor smuggling in Gujarat, seven cases of forgery and fraud, eight cases of murder or attempt to murder, five cases of possession of illegal weapons and a corruption case. "He has been convicted in a case registered under section 174-A (non-appearance in response to a proclamation issued under section 82 of the CrPc) of the Indian Penal Code," the ED said.

After hottest day of this summer, night temperature also goes up in J&K

normal by 3.1°C for the gateway town of Kashmir.

Pahalgam, he said, recorded a low of 10.6°C against 9.1°C on the previous night and it was 1.5°C above normal for the famous tourist resort in south Kashmir's

Anantnag district.

In Kupwara town, he said, the mercury settled at 16.5°C against 14.1°C on the previous night and it was above normal by 2.4°C for the north Kashmir area.

Kokernag recorded a low of 18.0°C against 15.4°C on the previous night and it was 3.9°C above normal for the place, the officials said.

Gulmarg recorded a low of 13.6°C against 10.2°C on previous night and it was above normal by 3.9°C for the world famous skiing resort in north Kashmir's Baramulla district, he said.

Jammu recorded a low of 30.5°C against 26.1°C on the previous night and it was 4.4°C above normal for J&K's winter capital, he said.

Banihal recorded a low of 19.0°C (3.9°C above normal), Batote 21.2°C (4.0°C above normal), Katra 25.2°C (3.2°C below normal) and Baderwah 19.2°C (above normal by 4.3°C). Ladakh's Leh and Kargil recorded a low of 9.0°C and 12.8°C respectively, he said.

International Yoga Day 2023 celebrated in Central University Jammu

Top News Report

JAMMU, Jun 21: The 9th International Yoga Day celebrated on 21st June, 2023 with great enthusiasm at Central University of Jammu (CUJ) campus with the themed "Vaudhav Kutumbakam", which means earth is my home. Yoga not only promotes physical relaxation but also eases mental and emotional tension.

Vice-Chancellor Prof. Sanjeev Jain was the chief guest of the event. During his address Vice Chancellor Prof.



Jain said that word yoga has been derived from the Sanskrit language which means to unite. This implies the union of mind, body and soul. Let us pledge to make Yoga an integral part

of our daily lives & also inspire others to do the same, for a better & healthier future said Prof. Jain.

The session on Yoga and Pranayama was conducted by Sandeep

Sharma (Yoga instructor) and more than 150 participants attended the session.

The session started with the systematic practice of different "Asanas" of standing,

sitting and lying under the instructions of the Yoga Instructor. He also mesmerised the participants with demonstration of some of the most difficult asanas.

The event was attended by the Registrar Prof. Yashwant Singh, Faculty, Staff and students. Among others, Prof. Suram Singh, Dr Shweta, Mohd Iqbal, Ajay Sharma, Shalinder Slathia and Priyanjan Sharma were also present.

In the end of the program Registrar, Prof. Yashwant presented formal vote of thanks.

GGF organises yoga session in Surya Vihar



Top News Report

JAMMU, Jun 21: On the eve of International Yoga Day, Guru Gyagi Foun-

dation (GGF) organised a special yoga session at Surya Vihar here on Wednesday wherein R.L.Kaith who himself has been doing yoga regularly since 1973 mentioned that yoga practice has positive effects on cellular aging, mobility, balance, mental health, and prevention of cognitive decline-all areas of concern for older adults.

Kaith further said that traditional number of Asanas is the symbolic 84, but different texts identify different selections, sometimes listing their names without describing them.

Kaith exhibited 12 basic Asanas which are much more than just stretching. They open the energy channels, chakras and psychic centers of the body while increasing flexibility of the spine, strengthening bones and stimulating the circulatory and immune systems.

Pawan Verma gets Junior Fellowship from Ministry of Culture

Top News Report

JAMMU, Jun 21: Pawan Verma, a young writer and well-known theatre artist from Jammu, got a junior fellowship from the Ministry of Culture, Govt. of India.

This fellowship is given by the Union Ministry of Culture under the scheme for awarding fellowships to outstanding persons in the fields of Art, culture, and literature. For the year 2020-21, his name was selected for this award in the literature field of Dogri.

Born in Duggar Pradesh, Jammu, Pawan Verma belongs to Mubarak Mandi, a Heritage of Dogra Rulers in the heart of Jammu. His experience in the literature field from the last 10 years



and doing theatre from the last 23 years has led him to publish his poems in Dogri and Hindi in so many anthologies like Bharat @75 (Hindi), Nikde Fangdu Uccchi Udaan (Dogri), Sahitya Dashak (Hindi), Chhand Mukh Kavita (Dogri), Swades Prem (Hindi), etc., and in Prestigious Magazines like Shiraja, Sahitya Nama, Nami Chetna, Etc.

In the theatre field, he has acted in more than 80 plays, which were performed more than 700 times throughout

the country and abroad too. He has participated in More Than 50 International and National theatre Festivals. Important among them are: "Year of India in Russia" Festival, Russia 2009; Frankfurt International Theatre Festival, Frankfurt 2009; Desh Parv (Festival of Performing Arts of India); Common Wealth Games, New Delhi 2010; International Cultural Fest in the Indian International Centre (IIC) in 2011; 101st Indian Science Congress in 2013; 8th Theatre Olympics (2018), etc. Pawan was honoured with so many awards, like the Kabir Samman-2023, Mata Champa Devi Rashtriya Kala Samman-2019, Rashtriya Pratibha Samman-2020, International Excellence Award-2022, etc.

LPEF Doda demands release pay to employees before Eid

Top News Report

DODA, Jun 21: Low Paid Govt Employees Federation Doda held a meeting under the chairmanship of its dist. President Niaz Ahmad Rahi.

Chief advisor Ghulam Hassan Pampori demanded to It. Governor administration to release pay in favour of

state employees daily rated workers need based workers Anganwadi workers Safaikaramharis of MC Dept and others depth before Eid ul Azha.

Dist President JK Pensioner Association affiliated LPEF doda Er. Nazir Ahmad sheikh. Chief of Pattern Shakeel Ahmad dev demanded enhance medical Allow-

ance from Rs 300 to 1000, regularisation of all need Based Workers Daily rated workers Anganwadi workers and Safaikaramchari workers of MC Doda, who were present in meeting Molvi Abdul Hameed, Gopal Singh, Nizam Din Butt, Rashpal Singh, Farooq Ahmad Butt, Santosh Kumar, Nehru Lal, Niaz Kulhandi.

GHSS Lankerchey shines in District Level Science, Mathematics, Environmental Exhibition 2023

Top News Report

KARGIL, Jun 21: The District level Science, Mathematics and Environment Exhibition was conducted in Kargil on Tuesday organised by DIET Kargil at indoor Stadium.

It would be noted that, Govt Higher Secondary School Lankerchey secured 2nd & 3rd Positions in the sub-themes Historical Development with current innovation and Eco Friendly Material.

Pertinently, 67 Schools under various subcategories participated in the contest The School Education Department Union Territory of Ladakh has been



organizing such Programme to Showcasing, innovative creative ideas.

The exhibition honed the communication skills of students, besides polishing their technological skills.

The fertility and creativity of young minds was on exhibit everywhere reflecting their enthusiasm and passion for science.

Kazmi, Dr. Rohit, Amardeep launch "The Diva Times" News Portal in J&K

Top News Report

JAMMU, Jun 21: The news Portal was launched by Advocate Sohail Kazmi Eminent Journalist and Group Editor of the Daily Taskeen along with Dr. Rohit Koul Director and CEO People's Hut Foundation and Amardeep Singh Chairman Diva Group and Vinayaka Institute of Nursing and Paramedical Sciences in Jammu.

The Diva Times programming

will be diverse and cater to the entire region with dedicated bulletins in the local language and will have on-ground presence of reporters from across the regions of Jammu & Kashmir and Ladakh.

The state-of-the-art studio, engaging graphics and impactful show packaging will bring a world class news viewing experience - heralding a new era in digital media in the region. The editorial function will operate from multiple

locations such as Jammu, Srinagar and Leh.

The portal will also emphasise on the coverage of local economy, thriving sports and tourism ecosystem, regional culture, along with the ever evolving socio-economic and political landscape in the region. On the digital front, Jammu, Kashmir and Ladakh will have separate destinations that will provide in-depth ground coverage of the specific area.

Govt Girls High School Dekri celebrates International Yoga Day

Top News Report

KISHTWAR, Jun 21: Govt Girls High School Dekri, situated in the remote and challenging terrain of Kishtwar, celebrated International Yoga Day with great fervor and dedication. The event was organized in collaboration with the Indian Army, Patanjali Yogpeeth, and CSC Rahalthal. The school staff, students, and esteemed participants gathered in the school premises to commemorate the occasion.

Despite the geographical challenges faced by the area, the International Yoga Day program was skillfully showcased. The students of Govt Girls High School Dekri demonstrated their talent and proficiency in various yoga forms. The event



featured competitions in Surya Namaskar, Shashtang Yog, and different asanas of yoga, highlighting the participants' skills and dedication.

Chander Prakash Master, an experienced instructor, guided the students throughout the occasion, ensuring their proper training and execution of yoga

for their valuable participation in the event.

Their presence and support significantly contributed to the success of the International Yoga Day celebration.

The Headmaster also acknowledged the dedication of the school staff members, who actively joined in the yoga session, setting an exemplary example for the students.

The International Yoga Day celebration at Govt Girls High School Dekri not only promoted physical well-being but also fostered mental and spiritual growth among the participants. Through this event, the school aimed to inspire the community to embrace the numerous benefits of yoga and incorporate it into their daily lives.

Puneet Jamwal express concern over rampant borehole drills

'Seek strict rules, permission before operation'

Top News Report

JAMMU, Jun 21: Environmentalist Puneet Jamwal has expressed serious concern over rampant borehole drills for residential and commercial purpose across Jammu and sought government's intervention to regulate drilling through implementation of rules and permis-

sion before any operations.

Expressing concern over decreasing the ground water level due to rampant boreholes for commercial and residential uses, Jamwal said that to regulate groundwater extraction and protect the environment from any further degradation, the government should strictly impose rules and go tough on

violators, who are operating the bores without orbiting permit and required no objections certificates.

Citing the report of the international scientists, Jamwal said that it has been noticed that ground water level is decreasing and in reciprocal sea water is rising day by day, which is a major concern for all.

The major cause of groundwater decrease is attributed to massive drilling of illegal bore wells. Experts say this could adversely impact the groundwater table. Lack of regulation might also encourage more indiscriminate drilling. Poor monitoring will lead to groundwater exploitation, which could have grave effects, they warn.

BJP Talab Tillo Mandal celebrates 9th International Yoga Day



Top News Report

JAMMU, Jun 21: On the occasion of International Yoga Day BJP Talab Tillo Mandal led by its President Keshav Chopra organised a programme at Zee School Anand Nagar Bohri.

A small Exhibition about the Development

works done my Modi govt in Jammu & Kashmir was also displayed after the yoga session.

Former BJP General Secretary & All Morcha Incharge JKUT BJP Munish Sharma, Municipal Councillors Sucha Singh, Neelam Nargotra, In-charge Department of Training JKUT

BJP Dr Parneesh Mahajan, Convenor Health and Medical Cell JKUT BJP Puneet Mahajan, District General Secretary Adv Rajesh Gupta were among the prominent who attend the programme.

Munish Sharma said that Yoga is an invaluable gift of India's

ancient Tradition and it's origin was over 6000 years ago in India & Aims to integrate the body and the mind, During the Tenure of Modi Govt Yoga has reached new heights Sharma further added Keshav Chopra emphasized on the importance of Yoga in our Day To Day Life, yoga Is Above religion, caste colour gender and region it's above everything, to save our life from different health related Problems we need to perform Yoga on daily basis.

Sucha Singh, Neelam Nargotra and Dr Parneesh said that every day is a yoga day and

to keep our body fit and healthy we must perform yoga on regular basis.

Davinder Singh and Jaipal Sharma were instructors of the yoga Programme, Mandal General Secretary Munish Gupta presented vote of thanks.

K.L Sharma, Chaman Lal Bhagat, Raman Sharma, Dr R.K Gupta, Omkar Verma, Rakesh Sharma, Rahul Nargotra, Varinder Dogra, Bablu Chand, Bhubesh Sharma, Mangal Jyoti, Sumit Malhotra, Jaipal Sharma, Vikas Gupta, Sanjeev Gupta, Tarsem Lal, Vinod Wazir and others were also present.

People face lack of doctors, paramedical staff at SDH Bani

Top News Report

KATHUA, Jun 21: The people of Bani Tehsil of District Kathua expressed serious concern over the lack of doctors and paramedical staff in Sub District Hospital Bani. Patients have been forced to shift to GMC Jammu, which is about 235 km from Bani.

Mudassar Ali, a well-known social activist from Bani region, told



Top News of J&K that in this modern era, where the government is making big claims, it is lacking at the ground level.

He said that non-availability of medical

facilities in remote areas shows the inefficiency of the government. He said that the people living in Tehsil Bani have always been treated like a stepmother, which is intolerable.

He further said that SDH Bani has now become a referral hospital as there is neither any specialist doctor nor adequate equipment for testing and treatment in SDH. Mudassar Ali has appealed to Lieutenant Governor Jammu and Kashmir Manoj Sinha, Director Health and District Development Commissioner Kathua to intervene in this matter and solve the problems of the people.

SAFF Championship: Not a walk in the Pak

Intercontinental Cup claimed, Blue Tigers shift focus to SAFF C'ship; face Pak in opener

BENGALURU, Jun 21 (Agencies): Buoyed by the recent triumph in the Intercontinental Cup, the Indian football team will enter the 2023 SAFF Championship as a confident unit and look to extend its dominance in the tournament.

India will face Pakistan in their opener at the Sree Kanteerava Stadium today, and the match is all set to be played as per schedule after the latter received their visa on Monday night. Pakistan might not offer India a massive challenge but the Blue Tigers will be eager to start their campaign on a rousing note.

Eight-time champions India are drawn alongside Nepal, Kuwait and Pakistan in Group A, while Group B consists of Lebanon, Maldives, Bhutan and Bangladesh.

The 2-0 win in the final of the Intercontinental Cup was India's first victory over Lebanon in 46



years and that skipper Sunil Chhetri managed to etch his name on the scoresheet would boost their morale. "The mood in the camp is bright after our win in the Intercontinental Cup. We can be happy. As the coaching staff, we only can show the team how to win the match and once they enter the field, it is entirely up to the players how to do it," India coach Igor Stimac said.

A victory in the SAFF tournament will also help India gain some valuable FIFA ranking points.

'Don't be fooled'

However, Stimac warned his side against getting tricked by the relatively lower FIFA rankings of other teams and urged the Blue Tigers to not lose their intensity.

"Forget about the FIFA rank-

ings! All the teams in our group and in general in the tournament are very special. All four teams are quite efficient and can produce different kind of football. The crowd will love it as there will be a lot of goals. We have a very serious group and some tough opponents," said Stimac.

Despite the stirring victory in the Intercontinental Cup, Stimac said India cannot take Pakistan lightly as they could prove to be dangerous opponents.

"They could be the surprise package of the tournament. They have a very good team, and it does not matter that they have not got the results going their way recently. They played three matches (in the Four-Nation Cup) recently without much practice and they could be very competitive here. We know the strong and weak points of the teams and we need to work on them," he said.

AFC U-17 Asian Cup: U-17 boys run out of steam, lose 0-1



PATHUM THANI, Jun 21 (Agencies): India's hopes of reaching the quarterfinals suffered a big blow when they went down 0-1 to Uzbekistan in their second Group D match of the men's U-17 Asian Cup here. Substitute Mukhammedali Reimov netted the only goal of the match in the 82nd minute.

India, who had earlier played out a 1-1 draw

against Vietnam, are now third in the group, ahead of the latter on goal difference. India now face a must-win scenario against group leaders Japan in their final group fixture on Friday. To advance to the knockouts, India need to beat the defending champions and hope Uzbekistan lose to Vietnam.

Having held three-time

champions Japan to a 1-1 draw in their previous fixture, Uzbekistan came into the India game bursting with confidence.

They controlled the possession and thwarted most of India's counterattacks. India's first real chance came just a minute before the half-hour mark when Lalpeklua Ralte broke fast on the counter and sent an aerial cross from the left to Korou Singh. The India captain's left-footed volley was palmed away by the Uzbekistan goalkeeper.

Danny Meitei had another effort for India late in the first half when he was played in between the lines by Vanlalpeka Guite, but his shot went straight at the goalkeeper.

Andy Murray not to overreact after first-round exit at Queen's Club ahead of Wimbledon

LONDON, Jun 21 (Agencies): 2-time Wimbledon champion Andy Murray played down his opening-round defeat to Alex de Minaur at the Queen's Club, an ATP 500 tune-up event in the lead-up to the grass-court Grand Slam. Murray's brilliant run on grass came to an end as he was ousted by the Australian after a straight-sets defeat 3-6, 1-6.

The 5-time Queen's champion had headed into Queen's, one of the premier events on grass in the build-up to Wimbledon, with two back-to-back challenger titles in Nottingham and Surbiton.

Murray, however, was no match for 7th seed Alex de Minaur, who set-up a second-round clash with Diego Schwartzmann. However, Murray said he will take a lot of positives from his run on grass this season and not over-analyse the Queen's Club defeat. The former World No. 1 had raised expectations of an improved showing at Wimbledon, which he has won twice.

"Obviously after today, it's easy to overreact. I lost to a good player and it was obviously very comfortable. But at the same time, over the past couple of weeks, yes, it's obviously not the same level of opponents, but I won the [Nottingham Challenger] last week without dropping a set," Murray said.

"I only lost one set in Surbiton. Was holding serve very comfortably. Was moving well, hitting the ball well. There are a lot of positive signs there," he added.

Murray had the opportunity to get seeded at Wimbledon if he had a deep



run at the Queen's Club. However, the 2-time champion will have to do the hard yards at the major after the early exit from Queen's.

Murray said he will take a step back, recharge and look to head to Wimbledon, starting July 3, with a lot of energy and hope.

"Just recharge a little bit, and then go to work on my game," Murray said.

"I don't want to overanalyse. Today [there are] definitely some things I can do better, but at the same time, I have done lots of good things over the last couple of weeks as well. I want to keep going in that direction," he added.

Murray will celebrate the 10th anniversary of his first Wimbledon win this year. Murray, who has had to deal with persistent hip injury concerns, has not gone past the 3rd-round since he reached the quarter-final in 2017. Murray won the Wimbledon in 2013 and 2016.

Protesting wrestlers seek training camp in USA ahead of Asiad trials

NEW DELHI, Jun 21 (Agencies): Still awaiting the Olympic Council of Asia's (OCA) reply to their request, the top wrestlers of the country including Bajrang Punia and Vinesh Phogat want to have a training camp in the USA before competing at the Asian Games selection trials. A request in this regard has been pending with the sports ministry.

Expressing their desire to qualify for the Asiad, these wrestlers, who have staged a historic protest against the Wrestling Federation of India (WFI) and its sidelined chief Brij Bhushan Sharan Singh, have requested the sports ministry to extend the date of selection trials so that they can get time to prepare for it. The ministry in turn requested Indian Olympic Association (IOA) to seek time from the OCA. The IOA sends entries for the Asian Games and the last date for sending the final list is July 15. The wrestlers, however, want at least a month to prepare and want the trials to be held by August 10.

"Bajrang, his wife Sangeeta Phogat, Vinesh, Sakshi Malik and her husband Satyawart Kadian have submitted the request to the sports ministry. They want to train in Michigan, USA. They have procured the letter of permission from the centre which specifies expen-



diture per athlete," sources in the know of things told this daily.

Usually, such requests go through the federation but with the WFI defunct at the moment, it should have been directed to the ministry by the ad-hoc committee, which has been formed to manage the day-to-day affairs of the body. However, sources claimed that the wrestlers have sent the request directly to the ministry. "The ministry or the Sports Authority of India (SAI) could get in touch with the ad-hoc committee when it decides on the request. So far, the committee has not been taken into confidence," added sources.

Notably, Bajrang and Vinesh are in the core group of the Target Olympic Podium Scheme (TOPS) and their tour can be sanctioned by the ministry under the scheme. The SAI can also allow their sparring partners, coaches and physiotherapists

to accompany them as has been the practice. Given the situation, Sangeeta can accompany Vinesh as a sparring partner. But what criteria SAI follows for Sakshi and Satyawart is not yet known.

It should be mentioned here the TOPS approved Bajrang and Vinesh's requests to train in Kyrgyzstan and Poland respectively in March this year. Bajrang had requested to train in Cholon-Ata, Kyrgyzstan for 16 days while Vinesh had sought to train at the Olympic Preparation Center in Spala (Poland) for 11 days.

The approval included financial assistance covering athletes' air tickets, camp expenses including the cost of training, boarding, and lodging, and miscellaneous costs such as airport transfer, insurance and internal travel, out of pocket allowance among other expenses. It also agreed to cover expenses for

Vinesh's sparring partner — Sangeeta Phogat and physiotherapist Ashwini Jeevan Patil and Bajrang's coach Sujeet Maan, physiotherapist Aanand Kumar, and strength and conditioning expert Kaazi Kiron Mustafa Hasan.

However, the duo later declined to undertake the exposure and training camp fetching the ire of the SAI.

"It all depends on OCA's approval as if it accepts the IOA's request then the camp would be of use otherwise these wrestlers have to appear in trials which can be held before July 15 if they wish to compete in the Asiad," said one of the sources.

Deadline extension looks difficult?

The request from the IOA is still pending with the OCA. Going by the initial discussions, it is understood that the OCA might find it difficult to get an extension from the organising committee. The deadline for sending the final list of athletes is July 15 and if sources are to be believed altering the deadline will be difficult because more than one stakeholder is involved. Also, it's matter of 45 countries and over 35 sports at the Asian Games. If it will be changed for one it has to be changed for others is the logic. Yet it is learnt the OCA is trying its best to give wrestlers some relief.

Rohan Bopanna, Ankita Raina to lead Indian teams at Asian Games

NEW DELHI, Jun 21 (Agencies): Doubles specialist Rohan Bopanna will once again be India's flagbearer in the tennis event at the Asian Games as the All India Tennis Association (AITA) announced a 12-member squad for the continental quadrennial games.

The Asian Games will begin in China's Hangzhou on September 23.

Sumit Nagal, who made his Asian Games debut in 2018 in the doubles alongside Ramkumar Ramanathan, and Sasikumar Mukund are likely to play singles.

The 43-year-old Bopanna will probably

pair up with Ramanaathan. Yuki Bhambri and Saketh Myneni, the other two players in the squad, are already playing as a pair on the ATP Tour.

The women's contingent will be led by Ankita Raina, the 2018 Asian Games bronze medallist in the singles. The other members are in-form Karman Kaur Thandi, Rutuja Bhosale, Sahaja Yamalapalli, Vaidehi Chaudhari and Prarthana Thombare.

Former India player Rohit Rajpal has been named the captain of the men's squad, while Ankita Bhambri will



oversee the women's team.

India had won one gold and two bronze medals in the 2018 edition, where the Bopanna-Divij Sharan pair had defeated Kazakhstan's Alexander Bublik and Denis Yevseyev to clinch gold.

Squad

Men's team: Sumit Nagal, Sasikumar Mukund, Ramkumar Ramanathan, Yuki Bhambri, Rohan Bopanna, Saketh Myneni.

Women's team: Ankita Raina, Karman Kaur Thandi, Rutuja Bhosale, Sahaja Yamalapalli, Vaidehi Chaudhari, Prarthana Thombare.

Edge-baston: 2005 relived as Australia take 1st Test honours

BIRMINGHAM, Jun 21 (Agencies): Australia captain Pat Cummins sealed a remarkable two-wicket victory for his side over England in a thrilling climax to a gripping five-day battle in the opening Ashes Test.

The visitors, set a 281 victory target, began a rain-delayed day on 107/3 but their chances looked remote when they were reduced to 227/8.

But Cummins, in partnership with Nathan Lyon, launched a fight-back and sealed victory with an unbeaten 44.

In suffocating ten-



sion, he struck the final boundary to take his side over the line for a 1-0 lead in the series.

After a rain-delayed start, unflappable Australia opening batsman Usman Khawaja had kept his team on course

for victory with a gritty innings to edge the visitors towards the target.

They reached 183/5 at the tea interval — requiring 98 more but a match full of momentum shifts swung England's way when Khawaja was

bowled by England skipper Ben Stokes for 65.

When Joe Root held a caught and bowled chance to remove Alex Carey, England were closing in on victory. But Cummins sparked the fightback with huge sixes off Root and made up for Australia's heart-breaking 3-run loss on the same ground in 2005.

Brief scores: England: 393/8 decl (Root 118, Bairstow 78, Crawley 61, Lyon 4/149) and 273 (Cummins 4/63, Lyon 4/80); Australia: 386 (Khawaja 141, Carey 66, Head 50) and 282/8 (Khawaja 65).

Tennis Roundup: At 43, Venus Williams has still got it

BIRMINGHAM, Jun 21 (Agencies): At age 43 and ranked No. 697, Venus Williams isn't done quite yet — especially on her favoured surface of grass.

Williams upset 48th-ranked Camila Giorgi 7-6(5) 4-6 7-6(6) after more than three hours at the Birmingham Classic on Monday for her first victory over a player in the top-50 in nearly four years.

Williams, a seven-time Grand Slam champion and five-time winner of the Wimbledon singles, was out for six months because of a hamstring injury sustained in Auckland in the first week of the year.

On her return last week, she lost to 17-year-old Celine Naef in the first round of the Libema Open in the Netherlands.

Williams said it was "touch and go" against Giorgi.

"There were so many moments where I thought, 'this match is over,' then she would hit a shot from out of nowhere," Williams said. "She pushed me to be better than what I thought I could be, and it's great for me. I haven't played a lot of matches, and it's great to come through."

'Don't understand so much chatter..', Harbhajan reacts on Moeen Ali fined for using spray on finger

NEW DELHI, Jun 21 (Agencies): Former India spinner Harbhajan Singh expressed his confusion regarding the discussions surrounding England all-rounder Moeen Ali's use of a spray to alleviate pain in his finger.

He further said if the same had been done by a batter, nobody would have even taken note of it. "Don't understand so much chatter around Moeen Ali using spray

on spinning fingers to numb the pain.

Only issue is he should have informed the umpires, but if the batsman gets a blister under the gloves, and he gets a spray. Will anyone even notice. Same logic, think about it? #Ashes2023," Harbhajan posted on Twitter.

During the 89th over of Australia's first innings at Edgbaston Moeen was seen applying a drying

agent to his bowling hand at the boundary line while fielding to deal with the blisters.

As a result, he was found to have breached Article 2.20 of the ICC Code of Conduct for Players and Player Support Personnel, which relates to displaying conduct that is contrary to the spirit of the game and was fined 25 per cent of his match fee from the first Ashes Test against Australia.

Manohor Lal Shastri organizes 21-Kundli Maha Rudra Yagya

TOP NEWS REPORT

BANI, Jun 21: Shri Manohor Lal Shastri Ji Maharaj, a revered spiritual leader, organized 21 Kundli Maha Rudra Yagya in Bani.

The event witnessed participation of thousands of devoted individuals who not only took part in the auspicious Yagya but also immersed themselves in the enlightening Katha. This remarkable event marks the first of its kind in the town of Bani and has left Hindu devotees feeling overjoyed and blessed.

The 21 Kundli Maha Rudra Yagya, meticulously organized by Manohor Lal Shastri Maharaj, aimed to create an atmosphere of peace and harmony on a global scale. The event emphasized the



significance of following the path of Dharma (righteousness) and highlighted how yagya, a sacred ritual, has the potential to purify not only the human body but also the surrounding environment.

The event witnessed fervent participation from devotees who eagerly engaged in the various rituals and prayers conducted during the Yagya. The Katha captivated the attendees, as it delved

into the spiritual teachings and enlightened them on the essence of leading a virtuous life.

Expressing their gratitude, the devotees wholeheartedly thanked Shastri Manohor Lal Maharaj for organizing such a grand Sammelan. They requested that the yagya be held annually, allowing them to continue to receive the divine blessings and spiritual upliftment it offers.

In response to the overwhelming support and enthusiasm, Manohor Lal Shastri Maharaj expressed his heartfelt appreciation and stated that his primary objective is to foster peace and harmony worldwide. He emphasized the transformative power of Yagya in purifying the mind, body, and soul of individuals, thus contributing to a more serene and balanced environment. The successful culmination of the 21 Kundli Maha Rudra Yagya serves as a testament to the commitment and devotion of the organizers and participants alike. Manohor Lal Shastri Maharaj extends his gratitude to everyone who contributed to the success of this significant event.

International Day of Yoga-2023 celebrated at JU

TOP NEWS REPORT

JAMMU, Jun 21: On the Eve of the 9th International Day of Yoga 2023, the University of Jammu under "Har Ghar Dhyani Abhiyan" organised International Yoga Day on the theme of meditation and Mental Health in collaboration with the Directorate of Sports and Physical Education, University of Jammu, and the Confederation of Indian Industry (CII) at Gymnasium Hall, University of Jammu, where around 150 participants participated, including employees, students, and people from Civil Society.

The welcome address was presented by Dr. Shailu Sehgal, Meditation Ambassador, University of Jammu. In her address, Dr. Shailu Sehgal welcomed the chief guest, other invited guests, and participants of today's session and laid emphasis on various aspects of Yoga.

Prof. Naresh Padha, Dean Academic Affairs, University of Jammu, was the Chief Guest of



the function, and while addressing the participants, he explained the importance of practising pranayama and asanas for the mental and Physical development of person.

The event was organised by the Confederation of Indian Industries and also provided refreshment to the participants. While addressing the Chairman of CII, Archit Puri appreciated the efforts of the Directorate of Sports and Physical Education for organising such events from time to time. He also promised to participate in such events that are beneficial for society.

Dr. Hema Gandotra, NSS Coordinator, University of Jammu, also gave valuable remarks on the occasion and stressed the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily routine. Vandana Daftri, Regional Director, Art of Living, conducted an excellent session during the function, practising various pranayama and meditation techniques for mental health and to remove stress.

An advanced demonstration performed by Sandeep Sharma and Yoga students.

The proceedings and formal vote of thanks were presented by Dr. Mandeep Singh, Asst. Prof., Directorate of Sports and Physical Education, University of Jammu.

Other prominent professors, including Prof. Jasbir Singh, HoD Philosophy, Prof. Pankaj Srivastava, President JUTA, Dr. Sumita Sharma, Deputy Registrar, Dr. Meghna Dhar, Dr. Amit, Raj Kumar, Ravish Vaid, Gagan Kumar, Jai Bharat, Vikas Karlopa, Harinder Pal Singh, Sanjeev Kumar, Tarvinder Singh, Rohan Kundal, Bunet Singh, and Ashok Singh, were present at the function.

Shrine Board organises Yog Divas at Sports Complex

TOP NEWS REPORT

KATRA, Jun 21: Shri Mata Vaishno Devi Shrine Board Sports Complex, Katra today joined the practitioners nation-wide and across the world to mark the celebrations of the 9th International Yoga Day with great fervor and enthusiasm. The celebrations began with the lighting of a ceremonial lamp.

The Chief Executive Officer, SMVDSB Anshul Garg in his message stressed upon all the participants to include Yoga in their daily life to remain physically and mentally fit, besides relieving themselves from stressful life. He said that making Yoga a way of life would go a long way for staff and other stakeholders in enhancing the effi-



ciency and efficacy in management of hassle-free pilgrimage to Shri Mata Vaishno Devi Ji Shrine round the clock. The Yog Divas, with the theme 'Yoga for Vasudhaiva Kutumbakam,' effectively encapsulating collective aspiration for 'One Earth, One Family, and One Future' was attended by Officers and staff of the Board including Addl. Chief Executive Officer, Jt. Chief Executive Offi-

cers, Dy. Chief Executive Officer and Asstt. Chief Executive Officer besides sportspersons of the Sports Complex, prominent citizens and hundreds of local residents from all walks of life.

Starting from 6:30 AM, the event concluded at 8:00 AM. The participants performed a series of Yogasanas in union towards better health and wellness for all under the supervision

of yoga experts following Common Yoga Protocol (CYP). Notably, since 2015, the International Day of Yoga has been organized on a regular basis in the Shrine Board's Sports Complex after inauguration of the facility by Hon'ble Prime Minister in the year 2014. The yoga sessions were also organized at Bhawan, Adhkuwari, Sanjichhat and Bhairon as part of the celebration of International Yoga Day.

Sacred Heart College of Education Paloura celebrates International Yoga Day

TOP NEWS REPORT

JAMMU, Jun 21: Sacred Heart College of Education Paloura today celebrated International Yoga Day with great enthusiasm. The event was organized to promote the holistic benefits of Yoga in maintaining physical and mental health.

The event featured students from the college who performed various yoga Aasans. The Aasans were led by a Yoga expert who guided the students through the different postures. The students showcased their zeal and excitement by performing every posture with utmost dedication and precision.

The event was graced with the presence of Hari Singh Chib, Managing Director and Uday Bhanu Chib, Director of



Sacred Heart College, who encouraged the students to make the practice of yoga a part of their everyday routine.

Speaking on the occasion, Managing Director Hari Singh Chib said, "Yoga is a comprehensive approach to health and wellbeing. It has been recognized globally, and its benefits for physical and mental health have been proven

by science. It is a great initiative that Sacred Heart College of Education Paloura has taken to promote the practice of yoga among students." Uday Bhanu Chib, also shared his views on the practice of yoga. "Yoga is an Indian science that has been followed for ages. It is a natural and holistic way to maintain good health and wellness. The benefits of

yoga are endless, and it is a great way to stay healthy."

The event concluded with a vote of thanks to all those who contributed to making this event a grand success. The college management appreciated the students' enthusiasm and participation in the event and encouraged them to practice yoga regularly for a healthy lifestyle.

GGM Science College celebrates Yoga Day

TOP NEWS REPORT

JAMMU, Jun 21: NSS and NCC units of GGM Science College, Jammu celebrated 9th International Yoga Day on the theme "Vasudhaiva Kutumbakam" which beautifully captures our shared aspiration for "One Earth, One Family and One Future".

The event was organized under the guidance of worthy principal Prof. Rajesh Gupta and the supervision of NSS PO Dr. Narinder Kumar and NCC Officer Dr. (Capt.) Anjana Sharma.

Two Yoga Instructors from Indian Yoga Association, viz. Y.C Thapar and Renu Thapar conducted the whole Yoga session for more than 50 NCC cadets and

NSS Volunteers after their welcome by the NSS and NCC Officers. Different types of Asanas were performed by the participants to fulfill the main aim of Yoga which is to symbolizes the union of body and consciousness.

Dr. Narinder Kumar, NSS PO apprised that yoga is a platform for creating awareness about its benefits and fostering a sense of unity and well-being among individuals across borders and cultures. Dr.(Capt.) Anjana Sharma also enlightened the participants that regular yoga practice will definitely improve heart health, reduce blood pressure, enhance flexibility, and increase muscular strength and also improves overall mental wellbeing.

Natrang commemorate International Yoga Day during Children Theatre Camp

TOP NEWS REPORT

JAMMU, Jun 21: Natrang under its pioneering initiatives introduced the magnificent art of Yoga amongst children in the Natrang Children Theatre Camp-2023 to commemorate International Yoga Day.

The demonstration and lecture classes were conducted by one of the highly qualified and competent Yoga expert Dr. Neelam Khajuria at Natrang Studio Theatre. Earlier Natrang Director Balwant Thakur while underlining the importance of yoga in theatre said that it is one of the subjects taught in all the professional theatre institutions across the country.

Actors without the practice of yoga cannot explore their immense artistic abilities.

It helps in the attainment of perfect equilibrium and harmony, promotes self-healing,



removes negative blocks from the mind and toxins from the body, enhances personal power, increases self-awareness, helps in attention focus and concentration, especially important for children and reduces stress and tension in the physical body by activating the parasympathetic nervous system.

Considering all these factors, Natrang took the initiative and invited Dr. Neelam Khajuria to conduct a devised class

for Natrang Children packed with such exercises and movements which suit the physical sensibilities of children.

Dr. Neelam Khajuria has the distinction of having done M Sc. in Yoga from Ladnun University, Rajasthan who has also been conferred this year's Women Achiever Award-2015 in the field of Health Education and Yoga.

She has conducted over twenty camps as a mission to popularize the

art of Yoga, so people enjoy a healthy life and are protected from growing ailments.

The motive behind conducting an exclusive session with Children was to attract them towards this fantastic tradition originated by Indians to see Indians healthy and disease free. The most noteworthy feature of the class was that participating children enjoyed and learnt every bit of it.

The children who participated in this

exclusive workshop included Shafaq Fatimah, Tasmia Shafquat, Samrat Sharma, Advait Soham, Raaga Sharma, Adeesha Singh, Ruhaan Chandan, Jayaditya Singh, Sharvil Mahajan, Shranaya Mahajan, Javir Singh, Reet Gupta, Aryan Gupta, Adira Gupta, Daivik Gupta, Mehak Chib, Abhiraj Sharma, Sadhya Sharma, Araiya Shan, Mrigasya Shan, Daiwik Shan, Advik Sharma, Tanmay Chopra, Aarav Vashish, Jeevansh Sharma, Arindam Kohli, Aarohi Kohli, Saanchi Dutta, Jwishesh Dutta, Riaan Gupta, Manavi Bhushan, Kavyaansh Gandotra, Shrayya Sharma, Audvik Badyal, Kamakhya Bali, Vidhanshi Jamwal, Viyaan Sharma, Droan Dushyant Kohli, Anmol Sharma, Kushan Malhotra, Pragma Wadhwa, Abhay Sharma, Aarjav Jain and Pulkit Jayee.

Intl Day of Yoga celebrated at GAMC Akhnoor

TOP NEWS REPORT

AKHNOOR, Jun 21: Under the supervision of Prof. (Dr.) Shashi Sudhan, Principal GAMC Akhnoor, 9th International Day of Yoga (IDY) was celebrated at Govt. Ayurvedic Medical College Hospital Akhnoor with the theme "Har Ghar Angan Yog" today on Wednesday at 08:00 AM in which 380 (approx.) participants

participated. The celebration took place at Govt. Ayurvedic Medical College Hospital Akhnoor Jammu in which Akhil Sadotra, Sub District Magistrate Akhnoor was the Chief Guest.

The programme began with National Anthem followed by performing Yoga Asanas, as per Ministry of Ayush, Gol protocol. The event concluded

with Prize Distribution Ceremony to the achievers who participated in 100 Day countdown "IDY" awareness Celebration. The event was coordinated by Swasthavritta & Yoga department under the leadership of Dr. Abhishek Magotra, Associate Professor. Vote of thanks was delivered by Administrative Officer Smt. Seema Rani, GAMC Akhnoor.