

Government of
Jammu & Kashmir



Yoga for Self and Society

10th International Day
of

YOGA

2024

June 21, 2024 | Srinagar

*Be a part of the Global Movement for
Health and Wellness through Yoga*

LIVE on DD News

OBITUARY/TENTH DAY

With profound grief & sorrow, we inform the sad demise of our beloved Mother **Smt. Kamla Wati Bhan** W/o Late Sh. Neel Kanth Bhan originally R/o Rainawari Srinagar A/p Flat No. 7, Block-170, Lane No. 26, Jagli, Nagrota who left for the heavenly abode on 14/06/2024. The mourning shall be held at Community Hall, Lane No.4, Behind Block No. 19, Jagli Nagrota.



SMT. KAMLA WATI BHAN
1930 - 2024

10TH DAY KRIYA will be performed at Muthi Ghat on 23/06/2024 at 8:00 AM and Assembly will be held there-after.

GRIEF STRICKEN

Sons & Daughters-in-laws

Sh. Sangeet Prakash Bhan & Smt. Veena Bhan
Smt. Kusum Bhan W/o Lt. Sh. Samvith Prakash Bhan
Sh. Autar Krishan Bhan & Smt. Ratna Bhan
Sh. Praduman Krishan Bhan & Smt. Sunita Bhan

Daughter & Son-in-law

Smt. Santosh Bhan & Sh. I.K Bhan

Grand Children

Priyanka, Shalini, Ashish, Supriya, Siddharth, Rahul, Aastha, Aditya, Mridula.
Mobile:- 7006381262, 7006847290, 9165022095, 7006141919

TENTH DAY/KRIYA

With Profound Grief and Sorrow we inform you the sad demise of our beloved **Shri Chaman Lal Koul (Waffa)** S/o Lt. Dina Nath Koul O/R Karapora Khushki, Rainawari Srinagar at present R.K Vihar, Lane No.1, Udhewala, Jammu on 19th June, 2024. The **TENTH DAY KRIYA** will be performed on 28th June 2024 at Muthi Ghat at 8 AM.



Shri Chaman Lal Koul (Waffa)

IN GRIEF

Smt. Sarla Koul - Wife

Daughter and Son-in-law

Smt and Shri Shivani and Ajay Bhan

Sons and Daughter in laws

Shri and Smt Sanjay & Anjana Koul

Shri and Smt Sameer & Rozay Koul

Shri and Smt Upender and Rajani Koul - Brother and Bhabhi

Shri and Smt Surinder and Kian Koul - Brother and Bhabhi

Shri and Smt. Rattan Lal Koul & Kanta Koul - Brother and Bhabhi

Shri and Smt Jawaharlal Koul and Shama Koul - Brother and Bhabhi

Shri and Smt. Chuni Lal Koul & Nirmala Koul - Brother and Bhabhi

GRAND CHILDREN: Hiti Bhan, Ansh Bhan, Aryan, Yakshit, Dev Rishi

Mourning will held at H.No. 8, Lane No. 1, R.K Vihar, Behind Ramakrishna Mission, Jammu

Contact: 7006543328, 9541401618, 9419145060, 6006270790

10TH DAY

Profoundly grieved we inform the sad demise of our beloved **Smt Uma Shori Raina** on 13th June 2024.



Smt. Uma Shori Raina

10th Day will be performed on 22/06/2024 at Muthi Camp Ghat at 6 am to 8 am.

DEEPLY REMEMBERED BY

Sh. J.L.Raina (Husband)

Sons & Daughters-in-law

Prediman & Lovely Raina

Pooran & Anjali Raina

Daughters and Sons-in-law

Usha & Ashok Kumar Bhan

Ranjan & Virender Jan

Grand daughter & Grand Son-in-law

Mehak & Vivek

Grand Children

Monika, Abhinav & Paras

Address: H.No 150, Lane-4, Dream City Jammu (9419202281)

10TH DAY KRIYA

With profound grief, we would like to share that **Smt. Sheela Bhat** W/o Sh. Badrinath Bhat, erstwhile resident of House No. 25, Shastri Nagar, opposite Degree College Bemina, Srinagar, left this materialistic world for "Vaikunth Dham" on 17/06/2024 at her present residence; 102, Sector 45-A, Chandigarh.



Smt. Sheela Bhat

10th Day Kriya will be performed on 26th June 2024 at Lakhimpur, Kurali-Ropar Road at 8:30 am. **Assembly** will be held at our residence House No. 102, Sector 45A, Chandigarh.

GRIEF STRICKEN

Bhat Parivar # 9888369961

10TH DAY

"With profound grief and sorrow we inform that our mother **Mrs Kanta Zalpuri** W/o Lt Ram Nath Zalpuri, original resident of Chinkral Mohalla, Srinagar, presently at 2474 HIG, Phase 2, Urban Estate, Dugri, Ludhiana, passed away on 16 June 2024 and the **10th Day** will be on 25 June 2024 at Cremation ground, Dugri near Glada Flats, Ludhiana.



Mrs Kanta Zalpuri

GRIEF STRICKEN:

Zalpuri's, Gorkhu's, Dhar's, Misri's, and Koul's"

10TH DAY KRIYA

We inform you with heavy hearts and teary eyes that our beloved **Smt. Meenakshi Kaul (Dimpy)**, resident of SF-69, Vardhan Apartment, Abhay Khand-3, Indrapuram, Ghaziabad, U.P. 201014, left for her heavenly abode on June 14, 2024.



Smt. Meenakshi Kaul (Dimpy)

10th Day Kriya will be performed on June 22, 2024, at 8:00 AM at Ganga Canal Ghat (Chotta Haridwar) in Muradnagar, Uttar Pradesh.

Shanti Paath will be held at 10:30 AM on the same day at the following Venue: ATS Advantage Phase 2 Club, ATS Advantage, Ahinsa Khand 1, Indrapuram, Ghaziabad, Uttar Pradesh, 201012.

GRIEF STRICKEN:

Kaul's and Kuchroo's

TENTH DAY AND KRIYA/UTHALA

With profound grief and sorrow we inform the sad and untimely demise of our beloved **Shri Sudarshan Kumar Narula** S/o Late Shri Ramdas Narula resident of 8/A Shastri Nagar Jammu, who left us on 13th of June 2024 (Thursday) for eternal journey to heavenly abode.



Shri Sudarshan Kumar Narula

TENTH DAY will be performed on 22nd of June 2024 (Saturday) at our residence at 10:00 AM.

KRIYA will be performed on 24th of June 2024 (Monday) after 11:00 AM at our residence.

UTHALA will be performed on 24th of June 2024 (Monday) at Ram Mandir Shastrinagar Jammu from 4:00 PM to 5:00 PM.

GRIEF STRICKEN

Smt. Kanchan Narula -Wife

Smt. Priyanka and Sh. Anil Narula -**Daughter in law and Son**

Smt. Reena and Sh. Rajneesh Khosla -**Daughter and Son in law**

Smt. Santosh and Sh. Tavinder Narula -**Bhabhi and Brother**

Smt. Deep Bala and Sh. Mahesh Chander Arora -**Sister and Brother in law**

Smt. Indu and Sh. Anil Arora -**Sister and Brother in law**

Smt. Birdu and Late Sh. Sarjay Sabharwal -**Sister and Brother in law**

Narula Family

Chopra Family

Contact Number: 9469099222, 9419140408, 7889580644

OBITUARY & TENTH DAY KRIYA

With profound grief & sorrow, we inform you the sad demise of our beloved father **Shri O N Dhar (Daddy)** S/o Lt Sudharshan Dhar O/R Sheshyar, Habba Kadal, Srinagar at present Bhagwati Nagar, Jammu on 13th June 2024. The **TENTH DAY KRIYA** will be performed on 22nd June 2024 at Shakti Nagar Ghat at 8 AM.



Shri O N Dhar (Daddy)

IN GRIEF :

Smt Omashree Dhar-Wife

Smt Tathi Dhar- Bhabhi

Smt & Shri H K Dhar- **Bhabhi & Brother**

Smt & Shri B L Dhar- **Bhabhi & Brother**

Daughters & Son-in-laws

Smt & Shri Girja & Vijay Bhan

Smt & Shri Veena & B L Sapru

Smt & Shri Sarla & Sanjay Sahib

GRAND CHILDREN

Prema, Munisha, Shefali, Avni, Aarti, Aayush

Mourning will be held at H.No. 7, Lane No. 19 Mangotriani Rajpura Jammu.

GREAT GRAND DAUGHTER - Myra

CONTACT : 8800676724, 9149711474, 9796586545

TENTH DAY

WITH EXTREME GRIEF AND SORROW, WE REGRET TO INFORM ABOUT THE SAD DEMISE OF OUR BELOVED **MR. HARSH SANGOTRA** S/O SH. KULDEEP RAJ (FLORICULTURE DEPTT) R/O HOUSE NO. 171, HARI NAGAR, OLD JANIPUR, JAMMU. HE LEFT FOR HEAVENLY ABODE ON 14-06-2024.



MR. HARSH SANGOTRA
DOB 04-12-2001
DOD 14-06-2024

TENTH DAY WILL BE PERFORMED ON 22-06-2024 AT OUR RESIDENCE 11 AM.

GRIEF STRICKEN:

(FATHER AND MOTHER)

SH. KULDEEP RAJ AND SMT. SEEMA DEVI -9419911623

(TAYA AND TAYI)

SH. TILAK RAJ AND SMT. BABLI -7006244116

SH. SATPAL AND SMT. RAJNI DEVI -9419383060

BROTHERS & SISTERS :

SAKSHAM, ROHIN, ASHISH, AMIT, VARUN, VANSHIKA & ANJALI

OBITUARY/10TH DAY KRIYA

With profound grief & sorrow we regret to inform the sad demise of our mother **Smt. Prabha Raina** W/o late Shri Radha Kiran Raina of Jawahar nagar, Srinagar and presently at 16-A, Bhawani Nagar, Janipur Jammu has left for her heavenly abode on 16th June 2024 at Jammu.



Smt. Prabha Raina

10TH DAY KRIYA will be performed on 25th June (Tuesday) at Muthi Ghat at 8:00 AM.

GRIEF STRICKEN

Daughter & Son-in-law

Shashi & Late Sh. Kavi Rattan

Daughter-in-law & Son

Suneeta & Virender Raina

Grand Daughter & Son-in-law

Jharna & Himanshu

Marsli Rattan - Grand Daughter

Dheeraj & Dr. Suhasini - **Grand Son-in-law & Grand Daughter**

Great Grand Children : Ishita, Aryan, Manya, Ashmit, Shivaarsh

MOB.: 9419155536, 9419182609

KRIYA/UTHALA

With profound grief and sorrow we inform the sad demise of our beloved **Sh. Vijay Kumar Sawhney** 8/Lt Sh. Khem Raj Sawhney R/o H. No 231 Lane No 9 Shakti Nagar, Jammu.



SH. VIJAY KUMAR SAWHNEY (RETD S.E PWD)

Kriya will be performed on 22/06/2024 Saturday at our residence at 12:30 PM.

Uthala will be performed on Saturday, 22 June at Arya Samaj Mandir Gurha Bakshi Nagar, 4:00 to 5:00 PM.

GRIEF STRICKEN:

Sunita Sawhney - Wife

Aditya Sawhney - **Son**

Daughter & Son-in-Law

Shweta Gupta & Sandeep Gupta

Brother & Bhabhi

Burna Sawhney & Virender Sawhney

Sisters & Jija Jis

Late Smt. Pooja Mengi & Krishan Lal Mengi

Nirmal Mengi & Bishan Dass Mengi (Retd SP)

Asha Kapoor & S. K Kapoor, Advocate (Retd Tehsildar)

MOBILE NO: 9419105523, 8699762277

UTHALA

With profound grief and sorrow, we inform the sad demise of **Shri Kharati Lal Sharma** S/o Late Dhera Lal Mehta R/o Plot No. 297, Hari Singh Nagar, Rehari Colony, Jammu. **Uthala** shall take place at Hari Mandir, Rehari Colony on 22-06-2024 (Saturday) from 4.00 - 5.00 PM.



Shri Kharati Lal Sharma

GRIEF STRICKEN :

Smt Usha Sharma - Wife

Sons & Daughters in law

Rajinder Mehta and Manju Sharma

Manoj Sharma and Minakshi

Daughter and Son in law

Meenu Sharma and Deepak Sharma

Contact Number : 9419734966, 9622010252

TENTH DAY KRIYA

WITH PROFOUND GRIEF AND SORROW WE INFORM THE SAD DEMISE OF OUR BELOVED FATHER **LATE OMKAR NATH RAINA (BOBAJI)** S/O LATE DEVI LAL RAINA OF WALARHAMA, PAHALGAMA, A/P H. NO.25, SECTOR 1, JALAJAJI COLONY GANAGAL, JAMMU ON 17TH JUNE 2024.



LATE OMKAR NATH RAINA (BOBAJI)

TENTH DAY KRIYA WILL BE PERFORMED ON 26TH OF JUNE AT MUTHI GHAT NEAR DIRECTORATE OF SCHOOL EDUCATION AT 08:30 AM.

GRIEF STRICKEN:

SHYAMA PYARI-WIFE

SWARAN KUMAR RAZDAN-SON

SMT. DAZY RAZDAN -**DAUGHTER-IN-LAW**

DAUGHTERS AND SON IN LAWS:-

DAZY W/O SUNIL KUMAR BHAT

CHAMPA W/O SANJEEV PANDITA

SISTER:-

PHOOLA PANDITA W/O LATE P.N PANDITA

BHIBAN KRISHAN RAINA & SANTOSH RAINA

RAVI JI RAINA & PRAMILA RAINA

SHRAWAN KUMAR RAINA & LALITA RAINA

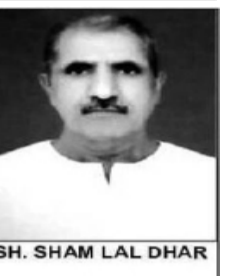
CONTACT NO:

908653249, 9419143154,

941921841, 9419173752

OBITUARY AND TENTH DAY KRIYA

With profound grief and sorrow, we regret to inform that our beloved **Sh. Sham Lal Dhar** S/o Late Sh. Sarwanand Dhar, originally R/o Yerekhosipora Qazigund, Kashmir, left for heavenly abode at Ahmedabad Gujarat on 17.06.2024. **Mourning** will be observed at B-32(A) Bharat Nagar, Bantialab Jammu from 22.06.2024. **TENTH DAY KRIYA** will be performed on 26.06.2024 at Muthi Ghat (Near office of Director Education) at 9 AM.



SH. SHAM LAL DHAR

GRIEF STRICKEN:

Smt. Ranjini Dhar (Wife)

Kapil Dhar (Son)

(Daughter and Son-in-law)

Smt. Meera Khat and Sh. Indar Kumar Kandoo

Smt. Roopa Ji Koul (Sister)

Sh. Omkar Nath Dhar (Brother)

Sh. H.N. Dhar and Smt. Asha Ji (Brother and Sister-in-law)

Sh. S.N. Dhar and Smt. Seema Ji (Brother and Sister-in-law)

Grandson: Maaser 'Isha Khandoo.

Contact numbers: 9623423283, 9589102801, 8454044604 and 9665525744.

10TH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved father **Late Dwarika Nath Bhat** S/o Late Lakshman Bhat of R/o Malim-Magam District Baramulla Kashmir. At present Block No. 15 Flat No. 63, Lane No. 03 Jagti Colony Nagrota, Jammu departed heavenly abode on 14th June 2024 at 1:15 PM (Friday).



Late Dwarika Nath Bhat

10th Day will be performed on 23rd June, 2024 Sunday at Muthi Ghat near DSE Jammu at 8:00 AM. **Mourning** will be held at Backside of Lane No. 01 Community Hall Jagti Colony Nagrota, Jammu.

GRIEF STRICKEN

Mr. Kanya Lal Bhat & Mrs. Renu Bhat (Son & DIL)

Bhavika Bhat (Grand Child)

Mobile No. 94196-94665, 60601-63993

Brother & Bhabhi

Mrs. Uma Shori W/o

TOP NEWS OF J&K

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BRIEFLY

Kashmir employee held in Bengaluru over Pro-Pakistan Post

SRINAGAR, Jun 21 (Agencies): A 30-year-old employee of the Bangalore International Exhibition Centre (BIEC), Faheem Firdous Qureshi, originally from Kashmir, was arrested on Wednesday for allegedly posting pro-Pakistan comments against India on X (formerly Twitter).

The arrest followed a complaint from the BIEC, which included attachments of Qureshi's "objectionable" posts. In one of the posts, Qureshi reportedly wrote, "When 'I' is replaced by 'We' India becomes wendia, meaning we will end India," along with other inflammatory remarks.

The case has been registered under Sections 505(1)(B) and 153B of the Indian Penal Code (IPC), which deal with causing fear or alarm to the public and assertions prejudicial to national integration, respectively. The police are continuing their investigation.

Rains lash J&K, MeT predicts more

SRINAGAR, Jun 21 (Agencies): Rains lashed Jammu and Kashmir even as weatherman has forecast more precipitation during next 24 hours.

A Meteorological Department official said that generally cloudy weather with intermittent spells of rain/thundershower is expected at many places of J&K on June 21.

From June 22-23, he said, there is possibility of light rain/thunder at isolated places.

From June 24-28, he said, generally dry weather is expected but possibility of light rain/thunder at isolated places can't be ruled out.

He said heat wave is expected over plains of Jammu from June 22.

He said in last 24 hours till 0830 a.m., Srinagar received 5.7mm of rain, Qazigund 4.2mm, Pahalgam 4.4mm, Kupwara 4.0mm, Kokernag 1.4mm, Gulmarg 1.4mm, Jammu 0.3mm, Banihal 5.0mm, Batote 6.8mm and Bhandarwah 0.2mm.

Regarding the temperature, he said, Srinagar recorded a low of 15.4°C against 13.7°C on the previous night and it was 0.4°C below normal for the summer capital of JK for this

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World sees Yoga as Powerful agent for Global Good: PM Modi

SRINAGAR, Jun 21 (Agencies): Prime Minister Narendra Modi on Friday said the world sees yoga as a powerful agent for global good as it helps people live in the present without carrying the baggage of the past.

Addressing a gathering at the 10th International Yoga Day event at the SKICC here, the prime minister said yoga has helped people realise that their welfare is linked to the welfare of the world around them.

"The world is looking at yoga as a powerful agent of global good. Yoga helps us live in the present moment without the baggage of the past," the prime minister said.

"When we are peace-

ful within, we can also make a positive impact on the world...Yoga is making new ways of positive change in the society," the prime minister said.

The event was scheduled to be held on the lawns of the SKICC on the banks of the Dal Lake but had to be shifted indoors due to incessant rain.

The prime minister said the number of yoga practitioners across the globe is growing every day and the regimen is becoming a part of their daily life.

"The number of yoga followers is growing continuously. Wherever I go, there is hardly any (international) leader who does not talk to me



about the benefits of yoga.

"In many countries, yoga is becoming a part of the people's daily lives," Modi said as he cited the examples of Turkmenistan, Saudi Arabia, Mongolia, and

Germany, saying the ancient form of meditation was fast becoming popular there.

In his address, the prime minister also made a mention of 101-year-old Frenchwoman Charlotte

Chopin who was awarded a Padma Shri for her services in popularising yoga in her country.

Modi said the spread of yoga globally has led to a change in perception about it as more people are travelling to India to

get authentic knowledge about it.

"We are now seeing yoga tourism in states like Uttarakhand and Kerala. People are coming to India because they get to see authentic yoga.

"People are now hiring personal yoga trainers for fitness, and companies are including yoga in mind and body (fitness) programmes for their employees. It has opened new avenues of livelihood," he said.

The prime minister said yoga provides solutions to several problems faced by people today.

"Yoga is not only knowledge but it is science as well. In this era of information revolution, there is a flood of

information sources and it is a challenge for the human mind to focus on one subject.

"A solution for this is also in yoga as it helps the mind to focus. That is why from army to sports, yoga has been included in their routine," he said.

The prime minister said astronauts and people working on space projects are also trained in yoga as it increases "productivity as well as tolerance".

"In many prisons, the inmates are also taught yoga so that they can think positively," he added.

Modi expressed satisfaction that the people of Jammu and Kashmir are also taking up yoga

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EC starts updating electoral rolls for J&K, Haryana, Jharkhand, Maharashtra

NEW DELHI, Jun 21 (Agencies): The Election Commission on Friday said it has initiated preparations for forthcoming assembly elections in Haryana, Maharashtra and Jharkhand with updation of electoral rolls in these states.

July 1, 2024 will be the qualifying date.

For the just-held Lok Sabha polls, the voters list was updated with January 1 as the qualifying date.

Qualifying date helps establish number of voters on a given date in a state or in the country. The term of the existing legislative assem-

blies in the three states are going to end on November 3, November 26 and January 5, 2025 respectively and elections to these legislative assemblies are required to be conducted before the completion of their terms.

Besides, assembly elections in Jammu and Kashmir are also to be conducted for constituting a new house after delimitation of constituencies, the EC said.

"Witnessing the huge participation of the people of Jammu and Kashmir in the recently concluded Lok Sabha elections, the

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J&K High Court stays Single Bench order on compensation to Pulwama resident

SRINAGAR, Jun 21 (Agencies): The Division Bench of the Jammu and Kashmir and Ladakh High Court has intervened in a significant legal development concerning the detention of Aftab Hussain Dar under the J&K Public Safety Act, staying the compensation order of the Single Bench.

The Bench, comprising Chief Justice N Kotiswar Singh and Justice Moksha Khajuria Kazmi, has stayed a judgment by Justice Rahul Bharti, which directed the Union Territory to pay Rs. 2 lakh as compensation to Dar for his unlawful detention.

Justice Bharti had

earlier on April 2, 2024, quashed Dar's preventive detention under the Public Safety Act and ordered compensation, citing grounds that the detention lacked sufficient legal basis. However, upon reviewing the case, the Division Bench cited the original detention report and opted to suspend Justice Bharti's ruling until further hearings scheduled for July 9, 2024.

"Having considered the original report produced before us which contains the material for grounds of detention, we are inclined to stay the impugned judgment dated 02.04.2024 till next date of hearing. List on 09.07.2024," the

Division Bench said in its order dated June 7, reported Verdictum.in.

The case revolves around allegations that Dar provided logistical support to terrorists and shared security forces' movements with Jaish-e-Muhammad operatives in Rajouri-Pulwama. His father had approached the High Court, arguing that his son's detention was illegal and arbitrary.

Justice Bharti's ruling had criticized the District Magistrate's decision to invoke the Public Safety Act, stating that grounds like "security of the State" no longer suffice under recent amendments.

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Four held over Doda militant attack probe

SRINAGAR, Jun 21 (Agencies): Jammu and Kashmir Police have detained four persons in connection with the June 12 militant incident at Kota Top in the Tanta area of Gundoh, Doda district.

They are being held at the Joint Interrogation Centre (JIC) at the district headquarters in

Doda for questioning to uncover details about terrorists' movements in the upper reaches of Gundoh, where a police constable was injured when terrorists fired upon security forces.

Sources said that the four detainees were picked up by the police for allegedly not providing information about

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Mandeep Kaur appoints Joint Commr JMC IO to conduct inquiry against then AEO, EI

Top News Report

JAMMU, Jun 21: The Commissioner Secretary Housing and Urban Development Department (H&UDD)

Mandeep Kaur today appointed Rakesh Kumar Gupta, Joint Commissioner (R&E), Jammu Municipal

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Himachal Pradesh | Four dead after bus falls into gorge in Shimla's Jubbal

SHIMLA, Jun 21 (Agencies): Four people, including the driver and the conductor of a Himachal Pradesh Road and Transport Corporation (HRTC) died after the bus met with an accident in Shimla district on Friday.

The mishap took place in Kenchi area of Jubbal when the bus which was enroute to Kuddu-Diltari in Rohru area of the Shimla district fell off the mountain road into the gorge below.

"The accident took place at 6:45 am after the bus overturned on the road. In total there

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EDITORIAL

Yoga: An Art of Living

Yoga, a practice that dates back over 5,000 years, is more than just physical exercise; it is an art of living that harmonizes the body, mind, and spirit. Rooted in ancient Indian philosophy, yoga offers a pathway to holistic well-being and personal transformation. By integrating physical postures, breathing exercises, and meditation, yoga promotes a balanced and healthy lifestyle, addressing the complexities of modern life with timeless wisdom.

The physical aspect of yoga, known as asana, involves a series of postures designed to enhance strength, flexibility, and balance. These postures range from simple to complex, accommodating practitioners of all levels. Beyond the physical benefits, asanas help to release tension and stress, encouraging relaxation and mental clarity. By practicing regularly, individuals can improve their physical health, reduce the risk of chronic diseases, and increase their overall vitality.

Breathing exercises, or pranayama, are another crucial component of yoga. Pranayama involves controlling the breath to enhance the flow of life energy, or prana, within the body. Different techniques of pranayama, such as deep breathing, alternate nostril breathing, and breath retention, offer various benefits. These practices can help to calm the nervous system, reduce anxiety, and improve concentration. By mastering the breath, individuals can learn to manage their emotions better and cultivate a sense of inner peace. Meditation, or dhyana, is the third pillar of yoga, providing a means to quiet the mind and connect with a deeper sense of self. Through meditation, practitioners can develop mindfulness, which is the ability to stay present in the moment without judgment. This practice can lead to greater self-awareness, emotional stability, and spiritual growth. Meditation is also known to reduce stress, enhance mental clarity, and improve overall psychological well-being. By incorporating meditation into their daily routine, individuals can navigate life's challenges with a calm and focused mind. Yoga's benefits extend beyond the individual level, influencing societal well-being as well. By fostering qualities such as compassion, empathy, and non-violence, yoga encourages a more harmonious and interconnected community. The principles of yoga promote ethical living, encouraging practitioners to lead lives of integrity and purpose. This ethical framework, known as the yamas and niyamas, includes guidelines such as truthfulness, non-possessiveness, and self-discipline, which can help individuals lead more meaningful and fulfilling lives. In today's fast-paced world, the relevance of yoga has never been more pronounced. The constant pressures of work, social commitments, and technology can lead to stress and burnout. Yoga offers a sanctuary, a place where individuals can disconnect from external distractions and reconnect with their inner selves. This practice teaches the importance of self-care, encouraging individuals to take time for themselves and prioritize their well-being. By doing so, they can build resilience and maintain a healthy balance between their personal and professional lives. Moreover, yoga is inclusive and accessible, with practices that can be adapted to suit any age, ability, or fitness level. Whether practiced in a studio, at home, or in nature, yoga offers a flexible approach to health and well-being. The growing popularity of yoga worldwide attests to its universal appeal and effectiveness. From urban centers to rural communities, people from all walks of life are discovering the transformative power of yoga. In conclusion, yoga is an art of living that transcends physical exercise. It is a holistic practice that nurtures the body, mind, and spirit, offering a pathway to personal growth and well-being. By integrating asanas, pranayama, and meditation, yoga provides a comprehensive approach to health, promoting physical fitness, mental clarity, and emotional stability. Its timeless principles of ethical living and self-care offer invaluable guidance in navigating the complexities of modern life. As more people embrace yoga, its potential to foster a more compassionate, mindful, and balanced world continues to unfold.

The LS election of Amritpal, Rashid may prove a boost for our democracy

By: Bhopinder Singh

Some doomsayers point to the election of Engineer Rashid, Amritpal Singh and Sarabjeet Singh to the Lok Sabha as proof that "democracy is in danger" in this country. Some even go as far as saying that "democracy itself is dangerous".

Such assessments are too simplistic and bereft of the instructive lessons of history. The bombardment of constant fear-mongering has made many citizens impatient and alarmist. On the contrary, the poll victory of such voices may just turn out to be the most ameliorative outcome for the troubled regions they now represent as Members of Parliament.

Democracies are about the dominant national narrative. In recent times, this had undeniable portents of majoritarianism. Majoritarianism is not just of religion and ethnicity, but also of opinions. It is predicated on "either with us, or with them" binaries. At such times, the consequent instinct of "othering" those who don't conform to dominant narratives is nurtured. Only a large-hearted and inclusive leadership can stop the resulting societal alienation. If it is left unaddressed, the alienation can metastasize the disaffected "others" to make extremist choices on the rebound. Such electoral choices may not always be rational, but rather emotional. These three winners represent those extremist choices of a frustrated and possibly slighted populace, who are sending a larger "message".

That larger "message" can be gauged by the contrasting per-

formances of the candidates from the ruling national party (still the largest party). In Khador Sahib, first-time incarcerated and "Independent" candidate Amritpal Singh got 4,04,430 votes compared to the BJP's 86,373. In Faridkot, the till-then electorally unsuccessful candidate (lost once for Lok Sabha, four times for Assembly) Sarabjeet Singh got 2,98,062 votes, compared to his nearest rival, popular musician and parliamentarian Hans Raj Hans, who got only 1,23,533.

In both Punjab constituencies, the nation's ruling party candidate came fifth.

Jammu and Kashmir, which has been among the most banded "success" stories of the ruling party, was surprisingly left uncontested (not even by other NDA constituents). Their strong claim of "normalcy" and the end of local disaffection with many announced investments, etc -- yet, for all its purported achievements in the national imagination, the ruling party did not feel the need to prove itself towards electoral validation.

The Baramulla seat had political heavyweights in Omar Abdullah, Sajad Gani Lone (widely believed to be a proxy of the BJP) and the locked-up "Independent" candidate, Engineer Rashid. Yet, despite the incredulous claims of spending only Rs 27,000 on the election (though whatever the actual expense, it would never match the spending by Omar or Sajad), Rashid got 4,69,574 votes, as opposed to 2,66,301 for Omar, and 1,71,582 for Sajad. The reality of ground emotions and frustrations was implicit when the electorate denied a mandate to the rela-

tively moderate Omar and Sajad.

The backgrounds of all three unlikely winners don't suggest any major achievements (even from an extremist perspective) to warrant such thumping endorsement, other than the sheer symbolism of sending someone with such a railing presence to the Lok Sabha. It is tantamount to sending a clear signal to the powers-that-be. If Omar was truly as unpopular as the Baramulla results show, then his National Conference's candidates would not have won the only other two seats in Kashmir. Similarly, the Congress, which is widely believed to have contributed to the regression in Punjab in the 1980s, would not have won seven out of 13 Lok Sabha seats (the BJP won none). It would be highly naïve of the electorate to imagine anything substantial from the three MPs in a practical sense, other than sending an invaluable "message", that the unheard and diminished voices of the "others" needs to be heard.

It is a counterpoise to the metaphor of "bulldozer" politics. Looking positively, the entry of these three, who have held simply unacceptable positions earlier, is an opportunity to engage, thaw and win over the disgruntled. To suggest that unfiltered and unheeded grouses from the outlier border districts are unworthy of tabling in Parliament is sheer hubris. Such a cavalier attitude had ensured the presence of such forces in the first place.

These three could put forth certain genuine grievances (along with the unacceptable), and the redressal of the fair ones could only strengthen the country.

There is also a subtle yet progressive message that is sent across when they take their oath: "I will bear true allegiance to the Constitution of India as by law established, that I will uphold the sovereignty and integrity of India...". It implicitly suggests healthier recourses in a democracy for the disenfranchised, instead of picking up the gun.

Democracy is also brutally auto-correcting. Ultimately, if these three do not work for the socio-economic betterment of their constituents, they will not get re-elected. Many were similarly concerned when Simranjeet Singh Mann won the byelection from Sangrur in 2022, yet he was relegated to third position within two years as his vote share crashed from 35.61 per cent to 18.55 per cent this time (all 10 other candidates from Maan's party also lost their security deposits). It appears he had not fulfilled the electorate's long-term aspirations, but it offered them the opportunity to express their dissatisfaction with the purported "normalcy". Later, they course-corrected. Only the denial of such course-correction opportunities is a legitimate cause for concern that indeed "democracy is under threat". Democracy must persist, always.

The permitted expressions of distrust with "Delhi" may even be healthy for democracy as it acts as a societal ventilation that disallows tinderbox-like suffocation. The participation of the disillusioned is the key to secure future peace and prosperity. Democracy, for all its failings, is still devoid of any better alternatives. However disagreeable the current positions of the three MPs, their victory can be an opportunity for inclusion and nation-building.

Massive Politics between Delhi and Haryana behind the Delhi water crisis.

By: Dr. Vinay Kumar Pathak

Water supply will be affected in parts of Lutyens' Delhi since the Tilak Marg and Bengali Market underground water reservoirs are receiving less water from the Delhi Jal Board, NDMC officials said on Monday.

There is a 40 per cent shortage in supply being received from the Delhi Jal Board (DJB) in the New Delhi Municipal Council (NDMC) area, they added.

"As informed by DJB that production of potable water from Wazirabad water plant is not running at full capacity due to non-availability of raw water, hence water supply in command area of Tilak Marg underground water reservoir (UGR) and Bengali market UGR will be made available once in a day, preferably in morning time," the official said.

Due to this, water supply will be affected in areas like Bengali Market, Ashoka Road, HC Mathur Lane, Copernicus Marg, Purana Quila Road, Babar Road, Barakhamba Road, KG Marg, Windsor Place, Firozshah Marg, Canning Lane and surrounding areas.

The NDMC appealed to people to save water and use it judiciously.

Amid the water crisis in Delhi, Minister Atishi on June 16 said that if the Centre does not intervene in the situation, it will not improve and the BJP should talk to its government in Haryana and get more water for Delhi. Amid ongoing water crisis in the national capital, Delhi Water Minister Atishi on Wednesday wrote to Prime Minister Narendra Modi requesting the immediate release of water from neighbouring state Haryana. The minister said that if water is not provided, she will begin an indefinite 'Satyagraha' from June 21.

Atishi, in her letter said that it must be known that on May 29, the temperature in Delhi was 52.9 degrees Celsius, which was unprecedented. On Tuesday last, the temperature was 47 degrees. Even at 10 pm the temperature was 41 degrees. Delhi has not experienced this much heat in the last 100 years. In this scorching heat, the need of water for the

people of Delhi has increased. But when Delhiites need water in large quantities, there is a water shortage in Delhi. There is a panic for water in the city.

She further wrote that the total water supply in Delhi is 1050 MGD, out of which 613 MGD water comes from Haryana. But for the last two weeks, the water coming from Haryana has reduced considerably. If we look at the figures of June 18, only 513 MGD water was sent by Haryana to Delhi. That means Delhi is getting 100 MGD less water.

"1 MGD of water provides water to approximately 28,500 people in a day. Due to shortage of 100 MGD water, 28 lakh people are not getting water. That means Haryana government has stopped water supply to 28 lakh Delhiites. Prime Minister ji, You tell me, is it right to keep 28 lakh Delhiites thirsty?" the Water Minister said.

AAP accuses Haryana government of ignoring SC's order on release

"I wrote a letter to the Chief Minister of Haryana and requested him to release extra water. But Haryana government did not release the water. I folded my hands in front of Himachal Pradesh and requested for water for Delhi. Himachal Pradesh is ready to provide its additional water, but that too has to come through Haryana. Haryana government has also refused to provide water coming from Himachal," she further said in her letter.

Atishi said that the Delhi government also went to the Supreme Court to provide water to these 28 lakh people. The Supreme Court also accepted the ongoing water crisis in Delhi, however the Haryana government did not provide 100 MGD water to the people of Delhi. Ruling party MLAs also went to meet the Union Jal Shakti Minister, but he did not meet.

"Prime Minister ji, the people of Delhi are very troubled. Now I cannot see this trouble. I have tried everything possible, but the Haryana government is not ready to give water to the people of Delhi. Now I am requesting you with folded hands that you provide water to 28 lakh people of Delhi. In case the

city does not get water, I will have to do 'Satyagraha' from 21st June and sit on an indefinite hunger strike," the city's water minister concluded in her letter.

With the water supply crisis deepening in the city, the Bharatiya Janata Party (BJP) on Sunday staged a series of protests at 14 different locations against the Aam Aadmi Party (AAP)-led Delhi government. These protests, where earthen pots were broken to highlight the water supply shortage, saw participation of BJP MPs, MLAs, councillors and the party's state chief Virendra Sachdeva.

Sachdeva alleged that Arvind Kejriwal-led AAP has made water of Delhi their business. "People are not getting water because of rampant water theft and wastage. Delhi Jal Board was in a profit of crores of rupees when AAP came to power. People will get relief once this corrupt government gets removed."

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The ongoing water supply crunch in the national Capital took centre stage with the water supply levels dropping to the season's lowest level at 901 MGD-- a 10% drop from the normal levels.

BJP MP from West Delhi, Kamaljeet Sehrawat held protest in Najafgarh. Sehrawat also inspected a water pipeline in Dwarka and alleged that a lot of water is getting wasted due to damaged pipelines. "We have been receiving calls from Dwarka RWAs with complaints of water shortage. Private water tankers are costing them a lot of money and they are unable to avail government tankers," said Sehrawat. She added that the Delhi government is blaming other state governments for the water shortage whereas the problem lies within their department.

Meanwhile, Bansuri Swaraj, BJP MP from New Delhi, led the protest at the Delhi Jal Board office, at Sector 7 in RK Puram. "It's not a natural crisis but a fabricated one by the AAP party. Delhi has ample amount of water, and Haryana is discharging more water than the

agreement," said Swaraj. "However, the AAP government in its one-decade-long governance brought Delhi Jal Board into loss. They made no repairs in Delhi Jal Board's infrastructure and a lot of water gets wasted or stolen," she added.

Sachdeva, at Laxmi Nagar, alleged that the water shortage in Delhi is not natural. "Delhi has requisite water reserves and Haryana is giving water in quantities more than it is bound to. Water theft and wastage is the basic reason why Delhi is short of water."

Amid protests over the severe water crisis in the national Capital, Delhi ministers Saurabh Bharadwaj and Atishi on Sunday accused BJP leaders and workers of vandalising Chhattarpur office of the Delhi Jal Board. Terming it a "conspiracy" against the government, Bharadwaj shared a video showing some people breaking the windows of an office by hurling stones and earthen pots at it. "See BJP leaders wearing party sashes and its workers raising slogans of BJP Zindabad vandalising government property at the Delhi Jal Board office. Who is getting pipelines broken at various places? Whose conspiracy is it?" he said in a post on X in Hindi.

Atishi shared the video of the incident in a press conference demanding an FIR be filed against former BJP MP Ramesh Bidhuri. "Watch the video of the attack on the Delhi Jal Board's Chhattarpur office. It is clearly visible: Ramesh Bidhuri is present at the time of vandalism. The vandals were wearing BJP badges and the vandals are shouting slogans - Ramesh Bidhuri Zindabad. This video makes it very clear that BJP workers are openly indulging in hooliganism in Delhi. I hope Delhi Police will take cognizance of that video and file an FIR against Ramesh Bidhuri itself," she posted.

(Dr. Vinay Kumar Pathak)
H.O.D (History)

Shrine Board celebrates 10th International Yoga Day

Top News Report

KATRA, June 21: Shri Mata Vaishno Devi Shrine Board in collaboration with Department of JK Tourism today celebrated the 10th International Yoga Day with great fervor and enthusiasm at Shri Mata Vaishno Devi Sports Complex, Katra. The event, themed "Yoga for Self and Society", aimed to promote yoga as a tool for individual transformation and societal well-being.

Speaking on the occasion, the Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board Anshul Garg said that with the grace and blessing of Mata Vaishno Devi Ji, the serene environment and facility of Sports Complex has been established at



Katra town which is now being utilized for yoga sessions along with other sports activities and is a testament to commitment of Shrine Board under the Chairmanship of Lt. Governor, JK-UT for promoting health and well being within our community. The CEO also highlighted the significance of yoga in today's fast-paced world, emphasizing its role in fostering harmony

and balance within oneself and in society.

He said that making Yoga a way of life would go a long way for staff and other stakeholders in enhancing the efficiency and efficacy in management of hassle-free pilgrimage to Shri Mata Vaishno Devi Ji Shrine round the clock.

The event featured a series of yoga sessions in unison towards better

health and wellness, led by experienced instructors from Bharatiya Yog Sansthan following Common Yoga Protocol (CYP). Officers and staff of the Board, sports persons, students, prominent citizens, and hundreds of local residents from all walks of life participated in the event which started from 6:15 AM and concluded at 8:15 AM.

Notably, the Interna-

tional Day of Yoga has been organized on a regular basis in the Shrine Board's Sports Complex after inauguration of the facility by the Prime Minister in the year 2016.

Similar yoga sessions were also organized at Bhawan, Adhkuwari, Sanjichhat and Bhairon as part of the celebration of International Yoga Day making it a grand success.

GDC Doda celebrates 10th International Yoga Day

Top News Report

DODA, June 21: In order to commemorate the 10th International Yoga Day, Department of Physical Education and Sports Govt Degree College Doda in collaboration with NCC and NSS units of the college organized a yoga session in the college campus. The event was based on the theme 'Yoga for Self and Society'. The whole event was organized under the able guidance and patronage of Dr. Attar Singh Kotwal, Principal of the college. The event began with the lamp lighting ceremony by Dr. Attar Singh Kotwal principal of the college. Dr. Jaswant Singh Physical Training Instructor and

CTO (NCC Armed wing) of the college conducted the yoga session in the college premises. The yoga session started with warm up asanas (suksham vayayamas) which was followed by various asanas, surya namaskar and pranayama under Common Yoga Protocol. Special attention was given to explaining the benefits of each posture and breathing technique, helping participants understand the holistic advantages of regular yoga practice.

He motivated the participants to adopt yoga in daily routine for enjoying healthy and successful lifestyle. In his presidential address Dr. Attar Singh Kotwal Principal of the college addressed

the students and advised them to follow the yogic way of life for personality enrichment which in turn will greatly contribute to nation building. The whole proceedings were organized in the college premises in which all the members of teaching and non-teaching staff, NCC cadets of Armed and Naval wings, NSS volunteers, and students participated with great enthusiasm. At the end of the yoga session refreshment was served to all the students. The whole proceedings of the event was carried out by NSS Programme officer Dr. Jamsheed Ahmed and formal vote of thanks was presented by Dr. Barkat Ali CTO NCC Naval wing of the college.

NYK Udhampur observes International Day of Yoga at Subhash Stadium

Top News Report

UDHAMPUR, June 21: Nehru Yuva Kendra Udhampur, Ministry of Youth Affairs & Sports, Government of India observed International Day of Yoga at Subhash Stadium, Udhampur. In addition, yoga activities in different blocks were organized by NYK affiliated youth clubs and CBOs. At the District Level, Lal Chand (DDC Chairman) attended the event as Chief Guest along with Saloni Rai (Deputy Commissioner), Joginder Singh (SSP), Khushal Gupta (DYO) and all the district officers. With the theme "Yoga For Self and Society", the youth volunteers of NYK Udhampur participated enthusiastically at different locations including Town Hall Ramnagar, PDA Hut Dudu, Manwal, Baredian and different iconic locations. In Ramnagar, the yoga



was performed by more than 100 youth volunteers under the supervision of Arya Youth Club. Similarly in Dudu, more than 80 youth volunteers gathered and performed yoga under the supervision of Jakhed Youth Club.

The yoga gurus made the youth aware about the benefits of performing Yoga and its importance in the present scenario. He focused on its need when the entire world is facing serious health issues due to increasing pollution and other climat-

ic factors. He added that Yoga and Pranayam aims at boosting immunity and makes us strong to face all health challenges, be it physical or mental. District Youth Officer Khushal Gupta lauded the efforts of District administration and Dept. of AYUSH for leading at the front to organise yoga activities across every nook and corner. He appealed and urged all the youth to perform Yoga every day and make it a part of their life for their physical as well as emotional well being.

CUJ celebrates International Yoga Day in collaboration with Arogya Bharti

Top News Report

JAMMU, June 21: Central University of Jammu (CUJ), in collaboration with Arogya Bharti, celebrated the 10th International Yoga Day with great enthusiasm and participation.

This year's theme, 'Yoga for Self and Society', emphasises yoga's vital role in fostering individual well-being and societal harmony.

The event witnessed the presence of Anil and Dr. Rama, who graced the occasion and contributed to its success. The celebration commenced with a warm welcome to Anil and Dr. Rama, followed by an insightful session where Anil demonstrated various yoga postures and elaborated on the profound significance of yoga and meditation in one's life.

He emphasized how the practice of yoga can enhance physical, mental, and spiritual well-being, endorsing its incorporation into daily



routines for a healthier and more balanced lifestyle.

Participants, including students, faculty, and staff of the university, engaged in the yoga session with great zeal, following the guided asanas (postures), pranayama (breathing exercises) and meditation techniques. The interactive session provided valuable insights into the holistic benefits of yoga, fostering a deeper understanding and appreciation among the attendees.

Anil shared his expertise on the therapeutic aspects of yoga, highlighting its role in alleviating stress, improving concentration, and promoting overall wellness.

His talk resonated with the audience, inspiring many to embrace yoga as a regular practice.

The event concluded with a formal vote of thanks proposed by Prof. Yashwant Singh, Registrar CUJ. On behalf of Prof. Sanjeev Jain, Vice-Chancellor, Central University of Jammu, Prof. Yashwant expressed gratitude to Anil and Dr. Rama for their invaluable contribution. He also extended his appreciation to Arogya Bharti for their collaboration and support in making the event a grand success. The program was organized by the Directorate of Physical Education, Central University of Jammu.

Ramakrishna Mission Jammu celebrates International Yoga Day



Top News Report

JAMMU, June 21: Ramakrishna Mission, Jammu celebrated the 10th annual International Day of Yoga, a global celebration of the ancient Indian practice of yoga here on June 21. This year's theme, "Yoga for Self and Society," highlights the double benefits of yoga practice: enhancing personal well-being and improving society at large. Around 100 people performed Yoga at Vivekananda Auditorium at Ramakrishna Mission with the demonstration by the members of

Bharatiya Yoga Sansthan Distinguished guests were Swami Jaynadarhananda, Secretary, Ramakrishna Mission, Jammu, Ravi Sharma and Kalpana Mehta from Vivekananda Kendra, Kanyakumari, Arun Pachananda and Vijay Sharma from Bharatiya Yoga Sansthan and Malti Sharma. "Let us all be inspired by yoga's timeless values and its call for a more peaceful and harmonious future." - Ravi Sharma Said Ramakrishna Mission, Udheywala, Jammu, is pleased to announce the commencement of Yoga &

Meditation Classes starting from June 22, 2024. These classes aim to promote holistic well-being and stress management among participants. Swami Jaynadarhananda said Yoga and meditation have been scientifically proven to reduce stress, improve flexibility, and increase mindfulness. By incorporating these practices into your daily routine, you will notice a significant improvement in your overall health and well-being, he said. He appealed to the people of Jammu district to participate in large number in the Yoga & Meditation Classes at Ramakrishna Mission Medical Centre, Udheywala, Jammu everyday from 6.30 am to 7.30 am. For more information and to reserve your spot, please contact us at 9596984032 or visit our Medical Centre at Udheywala.

NCC cadets of APS Samba celebrate International Yoga Day

Top News Report

SAMBA, June 21: On the occasion of International Yoga Day, NCC cadets from Army Public School Samba, enthusiastically participated in a grand yoga session to promote the benefits of yoga for physical and mental well-being. The event took place in the school's premises with a significant number of cadets and faculty members joining in to celebrate this global event. The celebration began with the emphasis on the importance of yoga in daily life and its role in fostering discipline and harmony among students. The session included a series of warm-up exercises, followed by intermediate and advanced yoga



poses. Special emphasis was placed on Surya Namaskar (Sun Salutation) and meditation techniques to enhance concentration and reduce stress. The cadets demonstrated commendable enthusiasm and discipline, reflecting the core values of the NCC. The event concluded with a pledge by all participants to incorporate yoga into their daily routine and to spread awareness about its benefits within their

communities. The International Yoga Day celebration at APS Samba not only reinforced the importance of a healthy lifestyle among young cadets but also echoed the universal message of peace and well-being that yoga represents. The event was a resounding success, reflecting the dedication of NCC cadets and the support of the school administration in promoting holistic development.

JKBS felicitates Radhika Motan for performing well in class 10th

Top News Report

JAMMU, June 21: The Jammu and Kashmir Batwal Sabha members today felicitated and cordially congratulated Radhika Motan for bringing grace to her family and community by showing excellent result in 10th class examination despite hailing from poor socio-economic background.

While thanking the JKBS members, Radhika said, "My parents couldn't afford tuition fees. So, I relied mostly on what my teachers taught in the class and the study materials from my school."

JKBS' Vice President Tilak Raj Bassa, General Secretary R.L. Kaith and its



executive members said, Radhika's hard work and dedication to her education is incredible."

They also congratulated her father Kuldeep Raj Motan and mother Tara Devi on her daughter's tremendous achievement and wished Radhika much more success ahead.

Ramban Admin puts in place all arrangements to conduct fair and seamless OMR based JKSSB Examination

Top News Report

RAMBAN, June 21: ADC Ramban Varunjeet Singh Charak today chaired a crucial meeting to put in place all the arrangements for the conduct of Scheduled OMR based JKSSB examination, for the post of Supervisor in the Social Welfare Department.

The meeting was attended by ACR Harpal Singh, ACP Ashfaq Khanji (District Coordinator), ACD Srinath Suman, Centre Observers, Centre Superintendents,

and other concerned officers besides staff deployed for examination.

The JKSSB written examination for the post of Supervisor is scheduled for June 23, 2024. In the district Ramban 5 examination centers have been designated for 1000 candidates.

The ADC held detailed discussion with stakeholders on the comprehensive arrangements necessary to ensure the seamless conduct of the examination.

ADC emphasized the need for proper arrangements, including drinking water, sanitation, lighting, security, seating arrangements and other basic amenities. Magistrates, Centre Superintendents, Observers, and invigilators are deployed to ensure a fair and seamless examination process.

He also briefed officers on their specific roles and responsibilities to ensure the efficient execution of the JKSSB examination throughout the district.

NDA celebrates 10th International Yoga Day

Top News Report

JAMMU, June 21: Nations Development Association (NDA) affiliated NYKS under the Ministry of Youth Affairs and Sports, Government of India celebrated the Day with great enthusiasm by performing Yog Aasans in the lawns of the organization.

Swarn Singh Charak Chairperson NDA J&K demonstrated various Yoga Aasans in front of the Organization members.

Sushil Singh Charak Founder cum Chief Functionary Nations Development Association (NDA), in his message, highlighted the significance of Yoga in discovering inner peace, transforming body and mind.

He urged the NDA members to practice Yoga and adopt a balanced and healthy life-style to stay fit and overcome diseases. Members of the managing committee of the NDA Swarn Singh Charak Chairperson NDA J&K, Deepak Singh Charak Social Activists and Provincial President National Awami United Party (NAUP), Raghuvir Singh Charak, President Rajput Sabha Bishnah, Ankush Chanak Secretary Rajput Sabha Bishnah Ashu Kumar Managing Director Ashu Group, Rishav Mahajan and Aakash Singh Charak were also present on the occasion.

MHAC School Nagbani celebrates Int'l Yoga Day

Top News Report

JAMMU, June 21: The 10th International Yoga Day was celebrated with great enthusiasm and fervour at the MHAC Campus today.

The event saw a good turnout of students and non-teaching staff members participating in the yoga session along with the Principal of the Institution.

The event was organised to promote the benefits of yoga and to encourage the participants to adopt a healthy and a balanced lifestyle.

The Principal MHAC Nagbani, Brij Mohan in his address emphasized that yoga is not just a physical exercise but also a mental and spiritual practice for the overall well being and everyone felt rejuvenated and grateful for the perfect weather that made International Yoga Day Celebration at MHAC Campus truly memorable.

AFS Leh celebrates 10th International Yoga Day

Top News Report

LEH, June 21: The 10th International Day of Yoga (IDY) was celebrated on Friday at Air Force Station (AFS) Leh. The theme of International Day of Yoga 2024 is 'Yoga for Self and Society'. The Yoga was practiced by Vayu Yodhas and their family members. Air Warriors trained as Yoga Instructors with their expertise conducted the mass yoga event by following the common yoga protocol sequence. Sergeant Kripal Singh, Yoga instructor gave an introductory talk on the importance and health benefits of practicing Yoga.

The event involved conduct of various Yogic Kriyas, Meditation exercises, Sankalpa, Prayer and demonstration. Whole hearted participated by the Station personnel made the event a huge success.

PTTI Vijaypur organises International Yoga Day

Top News Report

VIJAYPUR, June 21: On the occasion of "International Yoga Day", Police Technical Training Institute (PTTI) Vijaypur organized "Yoga Session" on June 21 at PTTI parade ground for the staff and trainees. G.L. Choudhary, M.L. Sharma and Jagat Ram Yoga instructors/experts from Bharatiya Yog Sansthan Jammu were invited on the occasion who gave an impressive lecture and demonstrated various yoga exercises which were followed by the staff and trainees who take part in the Yoga session with great interest.

Principal PTTI Vijaypur paid his sincere gratitude to the Yoga Instructors for sparing their valuable time to teach Yoga to the staff and trainees. He advised the participants to make yoga as a habit in their daily life to keep them fit and healthy as the art of practicing yoga helps in controlling an individual's mind, body and soul and builds strength, flexibility and confidence. He further reiterated that regular practice of yoga can help them to lose weight, relieve stress, improve immunity and in maintaining a healthier life style. Among others, Inspr Surrinder Singh (CDI), Inspr. Javeed Hussain (RI), Inspr. Ram Lal (CLI), SI Sulinder Singh (SM-Outdoor), SI Shaheel Singh Lines Officer were present on the occasion.

As we celebrate International Yoga Day and World Music Day on summer solstice, we ask celebrities how they combine the two in leading a healthy life

Calming pill

Alok Singh, Singer
As a singer, music is an essential part of my everyday life. When melody gets involved in any activity, it transforms the entire experience. While doing yoga or working out, music definitely plays a pivotal role. When it comes to meditation, I prefer some classical ragas that help calm my mind. Ragas can actually improve mental health and enhance focus. For me, rehearsing is a form of meditation that completely calms me down.

Meditative effect
Gulfam Khan Hussain, Actress

I started doing yoga almost a year ago under Vishwas Joshi, who is a Hatha Yoga practitioner. I try to do it at least three times a week and prefer soothing music in the background. Music itself is meditative for me. During the daytime it's all about melodious songs, while trance and dance numbers are for the night. The morning has to start with good



meditation music for sure.

Perfect blend
Karan Gulianii, Director

I think a combination of yoga and music is the perfect blend. I prefer soft, acoustic songs that have a calming effect. One of my favourites is River Flows in You by Yiruma. It's calming and flows seamlessly with my asanas, making every stretch feel like a melody. It helps me stay

grounded and focused on my breathing and movements.

Nature sounds
Shiwani Chakraborty, Actress

Yoga is all about finding inner peace, and music enhances that experience beautifully. I love listening to nature sounds, like flowing water or birds chirping, during my yoga sessions. These sounds transport me to a serene place and make my

meditation wholesome. It never fails to amaze me how the right music can make every pose feel more meaningful and refreshing.

Deep focus
Aradhana Sharma, Actress

Music and yoga together is just perfect! Yoga is all about staying calm and balanced, and music has a huge role in achieving that. I love soft, melodic tunes that really help me get

into the zone. Whether I'm doing a challenging asana or meditating, the right music makes the entire experience more enjoyable and refreshing. It's amazing how a good playlist can elevate my practice and keep me focused.

Sense of peace
Adaa Khan, Actress
Yoga and music are like two sides of the same coin for me. They both bring a sense of peace and joy. That is the time where I reconnect with my inner self. Music plays a huge role in setting the tone for yoga. I usually go for soulful instrumental tracks, which help me focus and breathe deeply. I love listening to classical Indian music, especially sitar and flute compositions, during my yoga sessions. Ravi Shankar's sitar tunes are incredibly soothing and help me maintain my mindfulness throughout the practice. I wish more and more people discover the power of music and yoga.

Sunny Deol to star in Gopichand Malineni's 'biggest action film'



Bollywood star Sunny Deol will be starring in filmmaker Gopichand Malineni's upcoming directorial, which is being tagged as the "biggest action film of the country".

The production banner Mythri Movie

Makers took to X and announced the film, tentatively titled 'SDGM'.

"Make way for the biggest action film of the country - #SDGM. Starring Action Superstar @iamsunnydeol. Directed by @megopichand. Produced by @

MythriOfficial and @peoplediafycy," the post read.

The shoot will begin soon for the film.

The post further read: "MASS FEAST LOADING! Shoot begins soon. @MusicThaman @RishiPunjabi5 @artkolla."

Sunny shared the announcement on his Instagram handle with the same caption.

Gopichand Malineni, who primarily works in Telugu cinema, made his directorial debut in 2010 with the action comedy film 'Don Seenu'. He has since directed films such as 'Bodyguard', 'Balupu', 'Pandaga Chesko', 'Winner', and 'Krack'.

Sunny was last seen in the mega-blockbuster 'Gadar 2'. He will next appear in 'Lahore 1947', directed by Rajkumar Santoshi, which also stars Preity Zinta and Ali Fazel.

Aamir Khan will take over the charge as producer under Aamir Khan Productions for Santoshi's directorial, a periodic film.

Shraddha Kapoor is in a relationship with Rahul Mody

Actress Shraddha Kapoor has confirmed her relationship with writer Rahul Mody and made it Instagram official with a picture. The actress shared a picture on her Instagram stories, where the two are seen posing for a selfie. For the caption, Shraddha wrote: "Dil rakh le, neend toh vaapis de de yaar (Take away my heart, but at least return my sleep)."

Shraddha and Rahul have been seen attending events together several times. Recently, Shraddha created a buzz on social media by wearing an 'R' pendant in a picture she shared on Instagram. The couple met on the sets of Tu Jhoothi Main



Makkaar, starring Ranbir Kapoor, where Rahul served as the writer of the film.

Meanwhile, Shraddha is gearing up for Stree

2, the second instalment of the 2018 film starring Rajkumar Rao, Aparshakti Khurana, Flora Saini, and Abhishek Banerjee.

Isha Koppikar reveals shocking casting couch experience, says A-lister asked her to meet alone

Isha Koppikar detailed some unpleasant experiences which she had to experience during the early years in the film industry. In a new interview with Siddharth Kannan, the actor got emotional talking about the incidents, when she was approached by an A-list actor to meet him alone.

What Isha said
In the new interview, Isha said in Hindi, "One actor asked me to meet him alone, without my driver or anyone else, because there were rumours about him being involved with other actresses. He said, 'There are already controversies about me, and the staff spreads



rumours.' But I refused him and told him that I couldn't come alone. He was an A-list actor from the Hindi film industry. I must be around 22-23 years old that time."

More details
She went on to add, "I was 18 when a secretary and an actor approached me for casting couch. They told me that to get work, you have to be 'friendly' with actors. I am very friendly, but what does 'friendly' mean? I am so friendly that Ekta Kapoor once told me to have some attitude." She also added how many would touch her inappropriately and tell her to be friendly with the heroes

in a sleazy manner.

Isha had made her Bollywood debut with the 1998 film Ek Tha Dil Ek Thi Dhadkan and went on to feature in films like Fiza, Pyaar Ishq Aur Mohabbat, Company, Kaante, Pinjar, and Dil Ka Rishta. She also starred in Don opposite Shah Rukh Khan and Priyanka Chopra.

She married hotelier Timmy Narang in 2009. They reportedly fell in love after meeting at a gym. The duo had known each other for three years before they started dating. Isha and Timmy welcomed Rianna in July 2014, but the two parted ways earlier this year.

Mira Rajput Regrets Her "Puppies" Comment: "It's About Time I Am Forgiven For That"

Mira Rajput, who made a comment about comparing babies with puppies, shared her regrets and called it an "unfair" comment in a recent interview with Film Companion. Mira Rajput, who launched her range of skincare products lately, reflected upon her earlier comment and said she was trying to defend her choices.

Speaking to Film Companion, Mira Rajput said, "While I was pushed in that corner for seeming very regressive, I think I probably acted out by saying things... I don't think I agree with them right now. I think I have come a long way from that."

Her comment didn't sit well with a large section of the Internet and she still receives criticism for her seemingly "inconsiderate" remark. Reflecting upon the flak she received, Mira said, "I can understand why it wasn't taken well. I think I was in a vulnerable, emotional space.

I think I was just trying to defend myself that my choices are also valid. I regret that and know that a lot of people were hurt by it."

Thanking her husband actor Shahid Kapoor, who has always stood by her in difficult times, Mira told Film Companion, "I think it's about time I am forgiven for that because life comes full circle and you make mistakes and you learn from them."

For the unversed, Mira Rajput said her daughter wasn't "a puppy" and questioned the choices of working women who couldn't spend enough time with their kids back in 2017.

Mira said at a Women's Day function, "You know I can raise my daughter, I can be a good wife, I can set my house the way I like, not in terms of the way things should be but the way a home must be with its values and ideals.

So, nothing will stop me after that but I love being at home, I love



being a mother to my child, I wouldn't have it any other way."

"I wouldn't want to spend one hour a day with my child and rush off to work. Why did I have her? She is not a puppy, you know. I want to be there for her as a

mother, seeing her grow up has, cannot be quantified," she added.

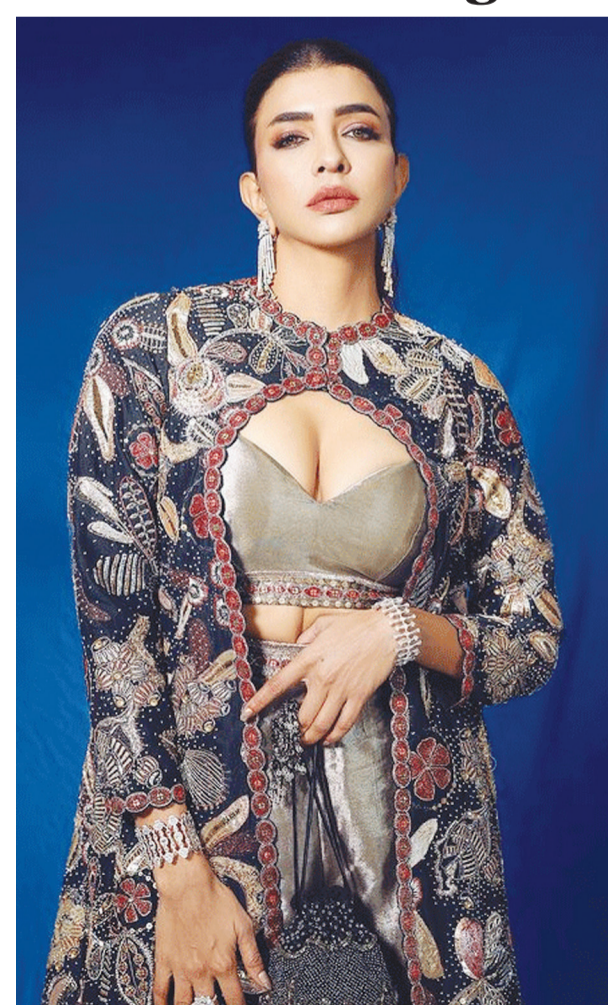
Shahid Kapoor and Mira Rajput have been married since 2015. The couple welcomed their daughter Misha in 2016 and their son Zain was born in 2018.

Lakshmi Manchu says men down south don't want 'sisters or daughters' to act

Actor Lakshmi Manchu was candid in a recent interview about moving to Mumbai and struggling in the Telugu film industry despite being Mohan Babu's daughter. According to Free Press Journal, she called her family a 'roadblock' when she moved to north India.

'My family had qualms'
Talking to the publication, Lakshmi claimed that her family 'did not let (her) move' to Mumbai for 'the longest time' because they're close-knit. She said, "They had their own qualms. I used to stay at my best friend Rakul Preet's house (in Mumbai). She kept insisting that I move to Mumbai. I was chatting with Rana (Daggubati), and he told me I couldn't stay in Hyderabad forever." Lakshmi also noted that her daughter's (Nirvana) young age was also one of the reasons she couldn't move.

'Men down south don't cast us'
Lakshmi noted that whatever her brothers



(Vishnu, Manoj) got 'easily' she had to 'fight for'.

"I am a victim of patriarchy," she said, adding, "Men down south aren't okay with

heroes' sisters or daughters being actors. They step back from casting people like us. Prakash (Kovelamudi) introduced me to the movies (Anaganaga O Dheerudu), but my dad and his dad (Raghavendra Rao) tried to get this idea out of our heads." Lakshmi is one of the few female actors in the industry who belong to a film family.

Lakshmi Manchu's career

Lakshmi worked in the US for a while and starred in TV shows like Las Vegas, Boston Legal and Desperate Housewives, apart from films like The Ode and Dead Air. She returned to India and debuted in Tollywood in 2011, acting in movies like Gundello Godari and W/O Ram afterwards. She recently debuted in Malayalam cinema with the 2022 Mohanlal-starrer Monster. This year, she starred in the Disney+ Hotstar series, Yakshini.

NEET-UG 2024: Supreme Court refuses to stay counselling process; issues notice to National Testing Agency, others

The matter will be taken up for hearing on July 8

NEW DELHI, Jun 21 (Agencies): The Supreme Court on Friday issued notice to the National Testing Agency (NTA) and others on a plea seeking cancellation of the NEET-UG 2024 counselling-cum-seat allotment process which is likely to commence from July 6.

However, a vacation bench presided over by Justice Vikram Nath turned down the request to defer the commencement of the counselling for two days, i.e., till July 8, when the apex court is scheduled to hear the batch of pleas, including the petitions seeking cancellation of NEET-UG exam.

The Bench, also comprising S.V.N. Bhatti, observed that the first phase of counselling will extend for a week and halting the seat allotment process may result in irreparable loss of time.

After hearing the submission, the apex court ordered, "Issue notice. Tag (with the pending batch of petitions). In the meantime, learned coun-



sel appearing for respondents NTA and Union of India may file their response within two weeks. The other respondents may also file their response on or before the next date fixed."

The matter will be taken up for hearing on July 8.

In the past, the Supreme Court had reiterated that it would not pass any interim direction to stay the admission counselling process to medical programmes pursuant to the NEET examination amid the allegations of paper leaks and

other irregularities.

The plea filed through advocate Alakh Alok Srivastava referred to the 2015 judgment where the apex court had cancelled the All India Pre-Medical Test (AIPMT) on the ground of mass cheating and multiple irregularities and had directed CBSE to conduct a re-test within four weeks.

It said, "The petitioners are seeking similar kind indulgence of this Hon'ble Court in the instant case too as the allegations levelled on the simi-

lar NEET-UG 2024 are much graver and more serious as compared to the AIPMT-2015."

Further, the plea added that it would be in the interest of justice, equity and fairness and also in the interest of the future of about 24 lakh young students, to cancel the NEET-UG exam forthwith, stay counselling-cum-seat allotment process which is likely to commence from July 6 and re-conduct it.

The writ petition filed before the apex court said that the NEET-UG 2024 examination deserves to be cancelled in view of the statements recorded by the Economic Offences Unit (EOU) of Bihar Police, wherein, the accused persons categorically stated that the question paper was leaked and was provided to few candidates a day before the actual examination date and the leaked question paper was identical to the NEET-UG 2024 question paper actually provided to them.

Mamata Banerjee urges PM Modi to delay new criminal laws for 'thorough review'



NEW DELHI, Jun 21 (Agencies): West Bengal Chief Minister Mamata Banerjee on Friday urged Prime Minister Narendra Modi to defer the implementation of the three criminal laws that are set to be rolled out on July 1.

In a letter to the Prime Minister, the Trinamool Congress chief expressed "grave concern" over the impending implementation of the three laws - The Bharatiya Nyaya Sanhita (BNA) 2023, The Bharatiya Sakhsya Act (BSA) 2023, and The Bharatiya Nagarik Suraksha Sanhita (BNSS) 2023.

She noted that the three bills were "hurriedly passed" in Lok Sabha at a time when 146 MPs had been suspended.

"The outgoing government of yours had passed these three critical bills unilaterally, and with absolutely no debate. That day, almost 100 members of the Lok Sabha had been suspended and a total of

146 MPs of both Houses were thrown out of Parliament," Banerjee said.

"The Bills were passed in an authoritarian manner in that dark hour of democracy. The matter deserves review now," she said.

"I urge your esteemed office now to consider at least a deferment of the implementation date. Reasons are two-fold: ethical, and practical," she said.

She said significant legislative changes should be placed before the newly elected Parliament for fresh deliberation and scrutiny.

"Given the wide-ranging reservations expressed in the public domain regarding the hurriedly passed new laws, fresh Parliamentary review of these attempts would demonstrate a commitment to democratic principles... This approach would afford the newly elected people's representatives an opportunity to thoroughly examine the proposed," she said.

Banerjee said the request for postponement also stems from a pragmatic assessment of the challenges and preparatory work required for a smooth transition, particularly concerning the training of law enforcement personnel and judicial officers.

"Any far-reaching legal change requires meticulous groundwork beforehand to ensure effective enforcement and administration and we do not have any reason to avert such homework," she said.

"I humbly request you to consider our appeal for a deferment of the implementation of The Bharatiya Nyaya Sanhita (BNA) 2023, The Bharatiya Sakhsya Adhiniyam (BSA) 2023, and The Bharatiya Nagarik Suraksha Sanhita (BNSS) 2023," she said.

"We believe this postponement will enable a renewed Parliamentary review/mandate, reinforce public trust in the legal system, and uphold the rule of law in our beloved country," Banerjee added.

The three new criminal laws will come into force from July 1, Union Law and Justice minister Arjun Ram Meghwal has said.

In big setback for Arvind Kejriwal, trial court bail order not to be given effect till High Court hears ED's petition against release

NEW DELHI, Jun 21 (Agencies): The Delhi High Court on Friday put on hold the trial court order granting bail to Chief Minister Arvind Kejriwal till it hears the ED's plea challenging the relief granted to him in the money laundering case linked to the alleged excise scam.

The Enforcement Directorate (ED) mentioned its plea challenging the trial court order before a bench of Justices Sudhir Kumar Jain and Ravinder Dudeja, which said the case file will come before it soon and till then the trial court order shall not be acted upon.

The matter has been listed for hearing during the day.

Additional Solicitor General (ASG) S V Raju, representing the ED, sought a stay on the trial court order passed on Thursday evening, contending that the agency was not given a proper opportunity to argue its case.

He said the trial court pronounced the order

around 8 pm on June 20 and the order is not yet made available to them. Even after passing of the order when the ED lawyers urged the trial court to keep its order in abeyance for 48 hours to enable them to approach superior courts, the prayer was not considered, the ASG contended.

"I was not allowed to argue fully. I was not given proper time of 2-3 days to file written submissions. This is not done. On merits, I have an excellent case.

The trial court said finish of in half an hour as it wanted to deliver the judgment. It did not give us full opportunity to argue the case," Raju contended, "I am making the allegations with full seriousness," he added.

Section 45 of the Prevention of Money Laundering Act (PMLA) says an opportunity must be granted to the public prosecutor to present his case but that opportunity was not granted to me, he contended.

"Let the order be stayed and the plea be heard as early as possible. That order cannot be allowed to stand even for a day," the law officer said.

The plea was opposed by senior advocates Abhishek Singhvi and Vikram Chaudhari, representing Kejriwal, submitting that the allegations made by the ED counsel were patently incorrect and it was astonishing that they cannot accept anything with grace.

"The noise and heat is not going to solve this problem," Singhvi said.

He said there are 10 judgments of the Supreme Court which say cancellation or reversal of bail is radically different from grant of bail.

Chaudhari said, "This person (Kejriwal) was released by the Supreme Court. The Supreme Court granted him liberty. This would be a travesty of justice. We are on caveat here and we should be given opportunity



to be heard. We would address arguments. An ex-parte order of such a nature..." To this, Justice Jain said, "File is coming to me in 10-15 minutes after proper numbering, thereafter, you can start your arguments. You can argue for as much time as you want to argue".

The ED had arrested Kejriwal on March 21, shortly after the Delhi High Court refused to grant him protection from arrest on his petition challenging summonses issued to him.

While pronouncing the order on Thursday, the trial court ordered Kejriwal's release on a personal bond of Rs 1 lakh and imposed certain conditions, includ-

ing that he will not try to hamper the investigation or influence the witnesses.

The judge had also directed Kejriwal to appear before the court whenever required and to cooperate with the investigation.

On May 10, the Supreme Court had granted interim bail to Kejriwal till June 1 to campaign in the Lok Sabha elections, saying he will have to surrender and go back to jail on June 2. Kejriwal had surrendered before Bihar jail authorities on June 2 and has been there since then.

The trial court had on June 5 denied him interim bail which he sought citing several ailments.

No evidence against opposition leaders held by central agencies in Maharashtra, Jharkhand and Delhi: Sanjay Raut

MUMBAI, Jun 21 (Agencies): Shiv Sena (UBT) leader Sanjay Raut, on Friday, claimed that there was no evidence against opposition leaders arrested by the central agencies in Maharashtra, Delhi and Jharkhand, a remark coming a day after Delhi Chief Minister Arvind Kejriwal was granted bail by a court.

Talking to reporters here, Raut drew parallel to his own arrest by the Enforcement Directorate (ED) for alleged money laundering and that of other opposition leaders like Kejriwal, former Jharkhand chief minister Hemant Soren, former Maharashtra ministers Anil Deshmukh and Nawab Malik in different cases.

"There is no evidence against (opposition) leaders in Maharashtra, Delhi and Jharkhand who were arrested by the central agencies," Raut said.

The arrests in the alleged 'khichdi' and COVID-19 scams in the Brihanmumbai Municipal Corporation were also made due to political reasons, the Sena (UBT) MP claimed.



He also alleged that Kejriwal's only crime was that his party defeated the BJP in 2015 and 2020 Delhi assembly polls. "This is why he was implicated in false cases," he said.

Kejriwal was granted bail in a money laundering case stemming from the alleged excise policy scam on Thursday. However, the ED moved the high court on Friday, which put on hold the trial court order.

The ED had arrested Kejriwal on March 21.

Claiming that the 2024 Lok Sabha mandate had declined a full majority to the BJP, Raut said the central agencies must learn a lesson from it.

Man killed for rejecting proposal for marriage of his daughter



THANE, Jun 21 (Agencies): A 46-year-old man from Maharashtra's Thane district was killed allegedly by three persons over his opposition to an interfaith marriage proposal involving one of the accused and his daughter, an official said on Friday.

According to police, accused Avinash Khairat harboured one-sided feelings for victim Zakir Miya Shaikh's daughter and had persistently sought her hand in marriage despite being rejected by the father.

Khairat and two other persons stormed into Shaikh's home in Kalyan taluka during Eid festivities and fatally attacked him with sharp weapons and sticks and assaulted others present, including women, the official said.

A case of murder has been registered against the trio and a search is on to arrest them, the official added.

Delhi water crisis: AAP Minister Atishi begins indefinite hunger strike for more water from Haryana

NEW DELHI, Jun 21 (Agencies): Delhi Water Minister Atishi on Friday began her indefinite hunger strike in south Delhi's Bhogal to press on her demand for more water from Haryana.

Chief Minister Arvind Kejriwal's wife Sunita Kejriwal, along with AAP MP Sanjay Singh and Delhi Minister Saurabh Bharadwaj, were present as Atishi began her fast.

Sunita Kejriwal read out a message from the chief minister, who is currently lodged in Tihar jail, in which he expressed hope that Atishi's 'tapasya' would be successful.

The chief minister said he was immensely pained by seeing on TV the plight of the people facing water shortage amid the ongoing intense heatwave, he said.

"It's our culture to provide water to the thirsty. Delhi



gets water from neighbouring states. We hoped support of neighbouring states in such intense heat. But, Haryana reduced Delhi's water share.

"Although there are governments of different parties in the two states but is this time for politics over water," he said, referring to the BJP that is in power in Haryana.

Earlier, Atishi, accompanied by Sunita Kejriwal, Singh, Bharadwaj and other leaders paid

tributes to Mahatma Gandhi at Rajghat before heading to Bhogal.

There is such intense heat in Delhi and the water requirements of the people have increased.

In such times, the people need more water, but there is a shortage. All the water in Delhi comes from its neighbouring states, Atishi said as she began her indefinite fast.

She said her appeal to the

Haryana government and a letter to Prime Minister Narendra Modi for help did not yield any result and Delhi was not getting adequate water.

"I am left with no choice now but to start an indefinite hunger strike as I am unable to watch the plight of the men, women and children of Delhi. This indefinite Jal Satyagrah will continue till Delhi people get water from Haryana," she said.

Delhi gets 1005 MGD water which is supplied to people in the city. For the last two weeks, Haryana is giving 513 MGD instead of 613 MGD water to Delhi.

More than 28 lakh people face shortage when Haryana stops 100 MGD of water, she said.

Haryana has further reduced the release of Delhi's share from 100 MGD to 120 MGD in

the last two days, she claimed.

In the morning, the minister said she would begin her indefinite hunger strike in Bhogal as, despite all efforts, the Haryana government was not releasing the full share of Delhi's water.

"I will start 'Pani Satyagrah' from today... I will start an indefinite fast at Bhogal, Jangpura from 12 o'clock until the people of Delhi get their rightful share of water from Haryana," she said on X earlier in the day," she said on X.

The minister has claimed that Haryana for the last two weeks was releasing 100 million gallons per day less water to Delhi against its share of 613 MGD, as a result, 28 lakh people in Delhi were affected.

Delhi is facing an unprecedented heatwave as a result the water demand has increased.

South Korea summons Russian ambassador as tensions rise with North Korea

Leafletting campaigns by South Korean civilian activists in recent weeks have prompted a resumption of Cold War-style psychological warfare along the inter-Korean border.

SEOUL, Jun 21 (Agencies): South Korea summoned the Russian ambassador to protest the country's new defense pact with North Korea on Friday, as border tensions continued to rise with vague threats and brief, seemingly accidental incursions by North Korean troops.

Earlier Friday, the powerful sister of North Korean leader Kim Jong Un issued a vague threat of retaliation after South Korean activists flew balloons carrying anti-Pyongyang propaganda leaflets across the border, and South Korea's military said it had fired warning shots the previous day to repel North Korean soldiers who briefly crossed the rivals' land border for the third time this month.

That came two days after Moscow and Pyongyang reached a pact vowing mutual defense assistance if either is attacked, and a day after Seoul responded by saying it would consider providing arms to Ukraine to fight Russia's invasion.

South Korean Vice Foreign Minister Kim Hong Kyun summoned Russian Ambassador Georgy Zinoviev to convey Seoul's stance on the deal between Putin and Kim and on alleged military cooperation between Russia and North Korea. Seoul's Foreign Ministry didn't immediately confirm what was said during the meeting.

Leafletting campaigns by South Korean civilian activists in recent weeks have prompted a resumption of Cold War-style psychological warfare along the inter-Korean border.

The South Korean civilian activists, led by North Korean defector Park Sang-hak, said it sent 20 balloons carrying 300,000 propaganda leaflets,



5,000 USB sticks with South Korean pop songs and TV dramas, and 3,000 U.S. dollar bills from the South Korean border town of Paju on Thursday night.

Pyongyang resents such material and fears it could demoralize front-line troops and residents and eventually weaken Kim Jong Un's grip on power, analysts say.

In a statement carried by North Korea's official Korean Central News Agency, Kim Yo Jong, one of her brother's top foreign policy officials, called the activists "defector scum" and issued what appeared to be a threat of retaliation.

"When you do something you were clearly warned not to do, it's only natural that you will find yourself dealing with something you didn't have to," she said, without specifying what the North would do.

After previous leafletting by South Korean activists, North Korea launched more than 1,000 balloons that dropped tons of trash in South Korea, smashing roof tiles and windows and causing other property damage. Kim Yo Jong previously hinted that balloons could become the North's standard response to leafletting, saying that the North would respond by "scattering dozens

of times more rubbish than is being scattered on us."

In response, South Korea resumed anti-North Korea propaganda broadcasts with military loudspeakers installed at the border for the first time in years, to which Kim Yo Jong, in another state media statement, warned that Seoul was "creating a prelude to a very dangerous situation."

Tensions between the Koreans are at their highest in years as Kim Jong Un accelerates his nuclear weapons and missile development and attempts to strengthen his regional footing by aligning with Russian President Vladimir Putin in a stand-off against the U.S.-led West.

South Korea, a growing arms exporter with a well-equipped military backed by the United States, says it is considering upping support for Ukraine in response. Seoul has already provided humanitarian aid and other support while joining U.S.-led economic sanctions against Moscow. But it has not directly provided arms, citing a long-standing policy of not supplying weapons to countries actively engaged in conflict.

Putin told reporters in Hanoi, Vietnam, on Thursday that supplying weapons to Ukraine would be "a very big mistake," and said South Korea "shouldn't

worry" about the agreement if it isn't planning aggression against Pyongyang.

North Korea is extremely sensitive to criticism of Kim's authoritarian rule and efforts to reach its people with foreign news and other media.

In 2015, when South Korea restarted loudspeaker broadcasts for the first time in 11 years, North Korea fired artillery rounds across the border, prompting South Korea to return fire, according to South Korean officials. No casualties were reported.

South Korea's military said there are signs that North Korea was installing its own speakers at the border, although they weren't yet working.

In the latest border incident, South Korea's Joint Chiefs of Staff said several North Korean soldiers engaged in unspecified construction work briefly crossed the military demarcation line that divides the two countries at around 11 a.m. Thursday.

The South Korean military broadcast a warning and fired warning shots, after which the North Korean soldiers retreated. The joint chiefs didn't immediately release more details, including why it was releasing the information a day late.

South Korea's military says believes recent border intrusions were not intentional, as the North Korean soldiers have not returned fire and retreated after the warning shots.

The South's military has observed the North deploying large numbers of soldiers in frontline areas to build suspected anti-tank barriers, reinforce roads and plant mines in an apparent attempt to fortify their side of the border. Seoul believes the efforts are likely aimed at preventing North Korean civilians and soldiers from escaping to the South.

An agricultural fire spreads through settlements in southeast Turkey leaving at least 5 dead



ANKARA, Jun 21 (Agencies): Five people were killed and dozens more required medical treatment after a fire that started with the burning of crop stubble spread through settlements in southeast Turkey overnight, officials said Friday.

The blaze erupted in an area neighboring the provinces of Diyarbakir and Mardin. Fanned by

winds, it moved quickly through the villages of Koksalan, Yazcicegi and Bagacik, Diyarbakir Governor Ali Ihsan Su said. The fire was brought under control early on Friday.

Health Minister Fahrettin Koca wrote on social media platform X that 44 people who were affected by the blaze and smoke, were treated in hospi-

tals. Ten of them were in serious condition.

Television images showed a large blaze illuminating the night.

Across the country in northwest Turkey, meanwhile, firefighters were battling to contain a wildfire near the town of Ayvacik in Canakkale province, said the state-run Anadolu Agency.

No one was hurt but authorities evacuated the small village of Camkoy as a precaution, the agency reported.

It was one of several wildfires to have erupted in the province of Canakkale in the past week amid high winds and scorching summer temperatures.

Pakistan police probe mob that killed a man suspected of desecrating the Quran

PESHAWAR, Jun 21 (Agencies): Police in northwestern Pakistan on Friday registered a case against hundreds of people who attacked a police station and killed a man being questioned there on suspicion of desecrating the Quran, Islam's holy book, officials said.

Police were trying to identify the people who attacked and burned the police station in Madyan, a popular tourist destination in Khyber Pakhtunkhwa province, on Thursday night and killed the suspect, police official Zahid Khan said.

He said the suspect, identified as Mohamad Ismail, was a tourist from the eastern Punjab province and was staying at a hotel in the town when a mob accused him of burning pages from the Quran.

Khan said Ismail was being questioned by police when the mob attacked the police station and clashed with officers.

The mob later snatched Ismail, killed him and burned his body, he said.

Police have not yet arrested any of the attackers, Khan said. Blasphemy accusa-

tions are common in Pakistan.

Under the country's blasphemy laws, anyone found guilty of insulting Islam or Islamic religious figures can be sentenced to death.

While authorities have yet to carry out a death sentence for blasphemy, accusations can cause riots and incite mobs to violence.

Last month, a mob in Pakistan's eastern Punjab province attacked a 72-year-old Christian man after accusing him of desecrating pages of the Quran. He later died at a hospital.

Japan's space agency was hit by multiple cyberattacks, but officials say no sensitive data was taken

TOKYO, Jun 21 (Agencies): Japan's space agency has suffered a series of cyberattacks since last year, but sensitive information related to rockets and satellites was not affected and it is continuing to investigate and take preventive measures, officials said Friday.

Chief Cabinet Secretary Yoshimasa Hayashi acknowledged that the Japan Aerospace Exploration Agency, or JAXA, has had "a number of" cyberattacks since late last year.

JAXA has investigated the extent of illegal access while shutting down the affected net-

works and verifying that they did not contain classified information about operations of rockets and satellites and national security, he said.

Hayashi vowed to strengthen Japan's ability to counter cyberattacks.

Japan has been accelerating a military buildup in response to China's growing military might and is hoping to be able to develop a counterstrike ability, but experts say Tokyo will continue to need to rely heavily on the United States for launching long-range cruise missiles at targets.

Officials on Friday said they were not aware of

any information leak from the cyberattacks.

Defense Minister Minoru Kihara told reporters that the attacks on JAXA have not affected his ministry, but that he is keeping a close watch on the investigation by the agency, which is one of his ministry's key contractors.

Education and science minister Masahito Moriyama also told a news conference Friday that he believed there was no actual damage from the cyberattacks.

Officials said JAXA is currently working with the government's cybersecurity team to introduce countermeasures.

One year after Wagner uprising, Putin more powerful than ever

Putin allowed Prigozhin to have all of those levers, not only because of their close personal relationship but because Russia's ground offensive in Ukraine was losing momentum and he needed Wagner's manpower.

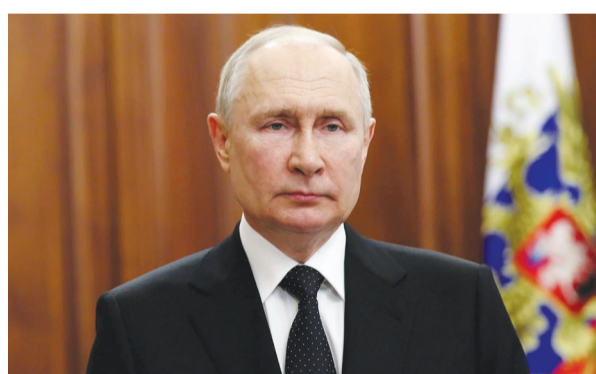
WARSAW, Jun 21 (Agencies): When Russian paramilitary chief Yevgeny Prigozhin sent his Wagner mercenaries charging towards Moscow last year in a short-lived rebellion, President Vladimir Putin looked weak and vulnerable.

But just one year on from the most serious challenge to his authority in almost a quarter of a century in power, the Kremlin leader now appears more secure than ever.

Prigozhin was killed in an aeroplane crash two months after the mutiny, in which his Wagner fighters seized Russia's army headquarters in the southern city of Rostov-on-Don, shot down military aircraft and marched halfway to the capital before Belarus mediated a deal to end the 24-hour uprising.

And in the aftermath a bruised Putin implemented a new rule: no one would ever be allowed the same level of autonomy again.

"Until Prigozhin's rise, we did not have any cases when the commander of a strong military unit was able to have financial, political and media resources at the same time," Nikolai Petrov, a fellow at the Chatham House international affairs think



tank, said, describing the unique position the mercenary boss had acquired ahead of his rebellion.

Putin allowed Prigozhin to have all of those levers, not only because of their close personal relationship but because Russia's ground offensive in Ukraine was losing momentum and he needed Wagner's manpower.

It was a costly error, and one that has made Putin since then prioritise control and loyalty when allocating resources, Petrov said.

Not only is "nobody now unloyal to Putin", but the 71-year-old has sought "direct and constant control over most important players", he said.

The president has ordered sweeping changes to the country's military establishment in recent weeks -- ironically, one of Prigozhin's pre-mutiny demands.

military figures is a mark of his strength, rather than his weakness," said Nigel Gould-Davies, senior fellow for Russia and Eurasia at the International Institute for Strategic Studies.

"Dominance" Putin also demonstrated his power with an 87-percent landslide victory in March presidential elections, devoid of any real opposition and panned by international observers.

The vote showed Putin could "concoct anything he wants and force the population to accept it," Gould-Davies said.

"It's an expression of his dominance and power that he can get away with this, rather than the official, published outcome in any way reflecting real support."

The reshuffle marked a turnaround from a year ago, when Putin backed his defence chiefs in the face of Prigozhin's accusations of rampant corruption, strategic ineptitude and of having botched the Ukraine invasion.

The key difference was Putin had ordered the shake-up out of necessity, not political pressure.

"The fact that he's able to take these steps and challenge the interests and livelihood of senior

his power.

"Taken together with other repressive measures and exemplary prison sentences that have been imposed on other people, he has intimidated and cowed and frightened a large portion of the population now," Gould-Davies said.

This does not mean support for the Kremlin runs deep, he cautioned.

During the 23-24 June 2023 uprising, former president Dmitry Medvedev warned against Russia's nuclear arsenal falling into the hands of "bandits" and other regional officials issued tepid statements urging calm.

But there was no widespread defiance or public outpouring of support for Putin.

Pictures from the southern city of Rostov-on-Don showed residents smiling, cheering and taking selfies with Prigozhin and his Wagner men amid the rebellion.

Both the popular and elite response to the uprising showed there was little authentic enthusiasm for Putin or the war, Gould-Davies said.

"Most people just want to keep their head down, and for the war and regime not to touch them."

Czech man arrested in Croatia after explosion kills his 9-year-old child

ZAGREB, Jun 21 (Agencies): A Czech man has been detained in Croatia for allegedly allowing his 9-year-old child to take an explosive device from a military zone which later killed the child, Croatian police said on Friday.

The 46-year-old man on Wednesday entered a restricted military training ground in central Croatia without authorization where he allowed his child to pick up the explosive device and bring it back to the

family car, said a police statement.

When the car later broke down along the way, the child took out the explosive device which then exploded, killing the child and wounding three people, the statement added. It was not immediately clear what kind of device the child had found.

Police did not reveal the sex of the child, though some reports said it was a boy.

The father is facing charges of "grave crimi-

nal acts against public safety" in connection with "endangering lives and property by a dangerous act or device," police said.

Croatia, with its Adriatic Sea coastline, is a favorite tourist destination that is packed with visitors from the Czech Republic and other European countries during the summer season. The explosion happened on Thursday in an area close to the central coastal town of Zadar.

Yogatvam Instructors lead Yoga Sessions across Jammu on International Yoga Day

Top News Report

JAMMU, June 21: Yogatvam proudly celebrated International Yoga Day by organizing multiple yoga sessions across Jammu, led by its experienced instructors, reaching hundreds of participants through in-person sessions and a radio broadcast.

The flagship event took place at the prestigious Indian Institute of Management (IIM) Jammu, where instructor Sahil Mehra led an invigorat-

ing session that was well-received by students and faculty alike.

The participants expressed immense gratitude for the opportunity to engage in a comprehensive yoga practice designed to promote mental and physical well-being.

In a unique initiative to reach a broader audience, a special yoga session was broadcast on All India Radio Jammu 104.5 FM. Gautam Verma, a seasoned Yogatvam instructor, guided listeners

through a series of asanas and breathing exercises, making the benefits of yoga accessible to those unable to attend in person.

At the National Bank for Agriculture and Rural Development (NABARD) in Jammu, Ranjeet Singh conducted a focused yoga session followed by a discussion on yoga tailored for corporate settings. The session received positive feedback from the employees, who appreciated the practical techniques shared for maintaining wellness in a

professional environment. Riya Gupta led a spiritually enriching session at the Sant Nirankari Mission in Dhamwal Bohri, Jammu. Her approach resonated deeply with the participants, fostering a sense of community and holistic health.

Additionally, Gautam Verma and Riya Gupta teamed up to conduct another dynamic session at the Model Institute of Engineering and Technology (MIET) Jammu. The collaborative effort highlighted the versatility

of yoga in addressing the diverse needs of the academic community, from stress management to improving concentration and physical fitness.

These events collectively underscore Yogatvam's commitment to spreading the benefits of yoga across different sectors of society. By integrating yoga into educational institutions, workplaces, spiritual centres, and media outreach, Yogatvam continues to foster a culture of health and wellness in Jammu.



Divisional Commissioner Ramesh Kumar, ADGP Anand Jain, Deputy Commissioner Sachin Kumar Jaishya During 10th International Day of Yoga 2024 at M A Stadium in Jammu. Pic by AMAN SHARMA

Lt Governor inaugurates J&K Trade Show 2024 in Srinagar



Top News Report

SRINAGAR, June 21: Lieutenant Governor Shri Manoj Sinha today inaugurated J&K Trade Show 2024 at Kashmir Heritage Government Arts Emporium, Srinagar.

In his address, the Lt Governor welcomed the artisans, weavers, growers, and business entrepreneurs. He lauded the endeavour of Industries & Commerce department and J&K Trade & Promotion Organization (JKTPO) to promote the diverse sectors of handicrafts, handloom, agriculture and horticulture.

"J&K Trade Show reflects that the Union Territory of Jammu Kashmir has ushered in an era of opportunities. It also reiterates our commitment to create a vibrant business and trade ecosystem in the UT and provide a new identity to J&K's unique cultural and artistic heritage in the global market," the Lt Governor said.

The Lt Governor highlighted the key initiatives of UT Administration, under the guidance of Hon'ble Prime Minister Shri Narendra Modi, to bring reforms in Agriculture, Handloom and Handicraft sectors.

"We are formulating and executing policies keeping in mind the region's rich culture, heritage, agricultural excellence to ensure sustainable growth and employment generation. I am happy to see One District, One Product is encouraging economic opportunities," the Lt Governor said.

He said, under the leadership of the Hon'ble Prime Minister, the administration has been successful in promoting Brand Jammu Kashmir on the global platform. Our mantra of 'Reform, Perform and Transform' has brought a positive change in the lives of artisans, weavers, farmers, entrepreneurs and other stakeholders, the Lt Governor added.

Speaking on Hon'ble PM's recent visit to J&K, the Lt Governor said the Hon'ble Prime Minister leading the programmes like International Day of Yoga and 'Empowering Youth, Transforming J&K' has given a new momentum to the growth journey of Jammu Kashmir.

Highlighting the growth opportunities in sectors like industries, handicraft, handloom, agriculture & allied sector, food processing and agro-based industry, the Lt Governor called upon the artisans, weavers, buyers, producers and entrepreneurs to contribute in realising the potential of Jammu Kashmir.

Earlier, the Lt Governor visited the stalls put up by the artisans, weavers, growers and entrepreneurs, from J&K and other regions, showcasing their products to the buyers from India and abroad.

Sh Atal Dulloo, Chief Secretary; Sh Vidhi Kumar Birdi, IGP Kashmir; Sh Vikramjit Singh, Commissioner Secretary, Industries & Commerce Department; Sh Vijay Bidhuri, Divisional Commissioner Kashmir; Sh Khalid Jahangir, Man-

aging Director, JKTPO, senior officials, industry players, buyers, national and international exhibitors were also present on the occasion.

Tennis ball cricket trials on June 26, 27

Top News Report

JAMMU, June 21: The J&K Tennis Ball Association will conduct two-day selection trials at Greenfield Gandhi Nagar, Jammu, on June 26 and 27, 2024. These trials aim to select the J&K UT Senior teams (Men & Women) for their participation in the All India Tennis Ball Cricket Championship, scheduled to be held in Roorkee, Uttarakhand, from June 28 to 30, 2024. The selection trials will commence at 8:00 AM under the supervision of Gulshan Rattan (I/C Selection Trials, Mob. 7006963458).

Participants interested in joining the selection trials should come equipped with proper cricketing gear, including their personal bat, and must bring along their Aadhaar card, domicile certificate, physical fitness certificate, and six recent passport-size photographs.

The screening of the selected teams will occur at the same venue on June 27 at 1:00 PM by the Screening Committee of the J&K Sports Council. The selected team will leave Jammu for Roorkee on the evening of June 27, 2024. Please note that all expenses from Jammu to Uttarakhand and back must be borne by the selected players, as the All India Championship is not sponsored by the J&K Sports Council.

10th International Day of Yoga celebrated at IGNOU Regional Centre

Top News Report

JAMMU, June 21: The 10th International Day of Yoga was celebrated with great zeal and fervour at the newly established campus of IGNOU Regional Centre at Rajinder Vihar, Bantalab, Jammu.

Dr. Shreyansh Kumar Jain, internationally acclaimed Yoga expert and State Chairman, International Yoga Association, was the chief guest on the occasion.

Dr. Jai Prakash Verma, Regional Director, Tejinder Pal Singh, Deputy Registrar, Dr. Vikram Singh, ARD, Dr. Asha Upadhyay, ARD, Rajesh Mohan, Assistant Registrar, Dara Singh, Section Officer, staff of RC and students participated in the yoga day celebrations.

Dr. Shreyansh Kumar Jain, demonstrated a number of Yoga Asanas and explained about the benefits of every asana during the yoga session.

He said that every individual, irrespective of age, caste, creed, religion or

region should make this ancient physical fitness practice a part of his/her daily routine to stay fit and healthy.

He said that yoga stands time-tested and does not have any barriers, which is why people across the globe are adopting this.

"More and more people have started understanding the importance of a healthy lifestyle based on yoga and are adopting it in their daily lives", said Dr. Jain and asked everyone to make Yoga a part of their daily life and experience its benefits.

"This is our first Yoga Day celebration in the new Campus at Rajinder Vihar Bantalab and everyone associated with IGNOU is happy and excited on this day. As far as Yoga is concerned, I believe that Yoga is a wonderful gift to humanity and has got a universal acceptance for the benefits associated with it and I urge everyone to spare some time for Yoga on daily basis to remain fit and healthy", said Dr. Jai Prakash Verma, RD IGNOU Regional Centre Jammu.

VAJK holds sports meet on yoga & nutrition at Jammu

Top News Report

JAMMU, June 21: To celebrate the International Day of Yoga & Art of Giving, Volleyball Association of J&K (VAJK) organised sports meet to promote the concepts aimed at fostering the spirits of national unity and communal harmony, balanced diet, yoga etc. at Play Field Shastri Nagar Jammu on Friday.

Volleyball players and others were appraised various aspects of nutrition and yoga for better living on the occasion.

Dr. Shashikant Goswami nutrition expert Scientific Director (Retd from SA) delivered a key note address on nutrition with special reference to budding players on the occasion as a chief guest. Besides this chief guest also made aware the players to lead the Nation in all spheres of life with dignity & honour. Veena Kumari executive member of VAJK also gave tips of

nutrition for overall growth of human beings on the occasion.

Rajeev Sharma member J&K Sports Council who was guest of honour, expressed his gratitude to the association for keeping alive all districts volleyball units for organising such social, theme-based events all across JK UT. He also assured the participants, J&K Sports Council headed by Ms Nuzhat Gull as secretary would leave no stone unturned in pushing their sport talents.

He also announced distribution of sports t-shirts to all participants boys and girls who displayed their skills in exhibition matches held today.

Chief Guest and Guest of Honour were awarded with mementos on the occasion by office bearers of the Volleyball association of J&K Kuldip Magotra CEO, HS Gill executive vice-president, RC Sharma Treasurer Subash Shastri. Earlier V. K Magotra

General Secretary of the association read out the message of Prof. Samanta, founder of AOG and acquainted the gathering of multi furious outreach programmes undertaken by him all across India including J&K. & urged the participants to adopt Yoga in daily life for overall growth & development by highlighting this year's theme 'Yoga for self & Society'. Mulkh Raj Sharma coach JKSC conducted the proceedings of the function efficiently. Amongst dignitaries Subash Sharma chief conservator of forests (Retd.) J&K, Anil Sharma Manager of the stadium and a large number of sport lovers also graced the function which culminated with a weak long celebrations of Art of Giving all across JKUT.

Bhartiya Lok Sangeet Kala Sansthan who were other stake - holders, extended their co-operation in making this drive - a grand success.

UNION TERRITORY OF JAMMU AND KASHMIR

Office of the Superintendent Industrial Training Institute, R.S.Pura
(Website:-www.itirspura.in)----- (E-mail:-itirspura@gmail.com)

ADMISSION EXTENSION NOTICE

In response to Director, Skill Development J&K's Extensions notice issued under endorsement No.DSD/410/Trgs/2024/669-756 Dated 19-06-2024, the last date for submission of online applications along with the hard copies for admission in Govt. Industrial Training Institute R.S.Pura for the academic session 2024-25-26 for the following Trades is hereby extended upto 07th of July, 2024.

However the other Terms & Conditions shall remain same as notified earlier vide this office admission notification No.ITI/RSP/2024/18/128-33 Dated:-30-05-2024

DETAIL OF TRADES IN GOVT. ITI R.S.Pura.

S.No	Trade	Trade under NCVT/SCVT	Scheme	Duration	Eligibility
1.	Computer operator and Programming Assistant	NCVT	Normal	01 year	10 th
2.	Computer operator and Programming Assistant	SCVT	Self-Finance	01 Year	10 th
3.	Stenographer & Secretarial Assistant (English)	NCVT	Normal	01 year	10 th
4.	Stenographer & Secretarial Assistant (English)	NCVT	Self-Finance	01 Year	10 th
5.	Sewing Technology	NCVT	Normal	01 year	8 th
6.	Electrician	NCVT	Normal	02 year	10 th
7.	Electronic Mechanic	NCVT	Normal	02 year	10 th
8.	Plumber	SCVT	Self-Finance	01 Year	8 th
9.	Mechanic Tractor	NCVT	Normal	01 Year	10 th
10	Welder	NCVT	Normal	01 Year	8 th

No.ITI/RSP/2024/189-95
Dated:19-06-2024

Superintendent
Industrial Training Institute
R.S.Pura

DIP/J-1652/24

FROM PAGE 1

World sees Yoga as Powerful agent for Global Good: PM Modi

Which will help the tourism sector of the Union Territory.

"I have been seeing since yesterday that yoga is becoming popular with the people of Srinagar and (rest of) Jammu and Kashmir. It is a big thing that 50,000 to 60,000 people are associated with yoga. This will attract more tourists here," he said.

EC starts updating electoral rolls for J&K, Haryana, Jharkhand, Maharashtra

Commission has also directed for the updation of electoral rolls in the UT with July 1, 2024 as the qualifying date," the poll authority said.

J&K High Court stays

Single Bench order on compensation to Pulwama resident

The Single Bench emphasized the fundamental right to personal liberty and ordered Dar's immediate release from custody.

Four held over Doda militant attack probe

the movement of terrorists in the upper reaches. "These terrorists were reportedly seen in Dhoks (temporary shelters in the upper reaches) belonging to locals before June 12, but no information was provided to the police," a source said.

"Today, two of the four arrested persons were taken to the Gundoh area by the police, and by evening, they had not returned to the JIC," another source added.

J&K Police, along with the army and paramilitary forces, have launched a combing operation in the Chattergala area of Bharderwah and Tanta Top area of Gundoh following two terror-related incidents on June

11 and 12.

On June 11, five army soldiers of the 4 RR and one SPO of J&K Police were injured when terrorists fired upon them at Chattergala on the Bharderwah-Bani road. On the evening of June 12, a policeman was injured when hiding terrorists opened fire upon security forces in the forests and fled from the area.

In addition to these areas, the police and army have established several checkpoints on different routes in the Doda district, including the Batote-Kishtwar national highway, to monitor the movement of any suspected persons.

Even minor information about suspected movement is being taken seriously, and security forces ensure that no area is left unattended.

Mandeep Kaur appoints Joint Commr JMC IO to conduct inquiry against then AEO, EI

Corporation (JMC), as Inquiry Officer to con-

duct an in-depth inquiry against a former Assistant Enforcement Officer (AEO) and Enforcement Inspector (EI).

Himachal Pradesh | Four dead after bus falls into gorge in Shimla's Jubbal

were 5 passengers plus the driver and conductor. Three injured have been admitted to a local hospital in Rohru," Rohan Chand Thakur, Managing Director, HRTC said.

While two people died on the spot, the driver and the conductor succumbed to their injuries on their way to the hospital, he said.

The deceased were identified as Karam Dass (driver), Rakesh Kumar (conductor), Birma Devi and Dhan Shah a resident of Nepal.

Those injured have been identified as Jiyender Rangta, Deepika and Hast Bahadur.

Rains lash J&K, MeT

predicts more

.2time of the year. Qazigund recorded a minimum of 14.0°C against 13.6°C on the previous night and it was 0.4°C below normal for the gateway town of Kashmir, he said.

Pahalgam recorded a low of 10.4°C against 10.7°C on the previous night and it was 0.8°C above normal for the famous resort in south Kashmir.

Kokernag, also in south Kashmir, recorded a minimum of 15.1°C against 13.7°C and it was 0.9°C above normal, the official said.

Kupwara town recorded a low of 12.2°C against 16.6°C on the previous night and it was below normal by 2.2°C for the place, the official said.

Gulmarg recorded a minimum of 8.0°C against 5.0°C on the previous night and it was below normal by 1.6°C for the world famous skiing resort in north Kashmir's Baramulla district.

Jammu, he said, recorded a low of 24.8°C and it was below normal by 1.5°C for the winter capital of J&K.

Banihal recorded a low of 17.0°C, Batote 15.4°C and Bharderwah 17.2°C, he said.

Justice Sanjiv Khanna inaugurates 10th International Yoga Day at High Court Srinagar

Top News Report

SRINAGAR, June 21: The 10th International Yoga Day-2024, the theme of which for the current year is "Yoga for Self and Society" an event was inaugurated by Justice Sanjiv Khanna, Judge, Supreme Court of India in the High Court premises at Srinagar.

Likewise, a programme was held at High Court Complex Jammu which was led by Justice Rahul Bharti, Judge, High Court of J&K and Ladakh.

The event was attended



by Chief Justice, Justice N. Kotiswar Singh, Justice Tashi Rabstan, Justice Sanjeev Kumar, Justice Sanjay Dhar, Justice Mohd. Yousuf Wani in presence of Registrar General, Pr. Secretary to

Chief Justice, Registrar Vigilance, Registrar Rules, Member Secretary, J&K Legal Services Authority, Registrar IT, Registrar Judicial, Srinagar/Jammu, Secretary, High Court Legal Services Committee,

Joint Registrars (Judicial/Protocol), Srinagar/Jammu and other officers of the registry of both the wings of the High Court besides staff of the High Court of J&K and Ladakh.

Similar programmes were held in all the Subordinate Courts of UTs of Jammu & Kashmir and Ladakh wherein a large number of participants performed Yog Asanas along with Yog instructors who also described their importance and impact on the flexibility of human body and mind.

Justice Sanjiv Khanna, laid emphasis on all the

participants to include Yoga in their daily life to remain physically and mentally fit besides relieving themselves from stressful life. His Lordship also highlighted that making yoga a way of life would go a long way in the discharge of judicial functions and enhancing the efficiency and efficacy of not only the judicial officers but also all the stakeholders.

Justice Sanjiv Khanna, lauded the role of yoga instructors who imparted training to the participants in performing Yog Asanas during the session.

Lt Governor thanks PM for leading J&K on International Day of Yoga

Top News Report

SRINAGAR, June 21: Prime Minister Narendra Modi performed Yoga with thousands of Yoga enthusiasts at Srinagar.

"I am grateful to PM for giving J&K an opportunity to lead the International Yoga Day celebrations. This historic event has put Jammu Kashmir on global map," said Lt Governor J&K UT, Manoj Sinha.

He added, "Yoga plays



the most significant role in enhancing the physical, psychological and emotional aspects of well-being. Hon'ble PM has taken the Yoga to

the world and today this invaluable gift from our ancient tradition is being practiced across the globe."

"Yoga is a holistic approach towards happiness. It is the first step towards a healthy life. It unites Body and Mind as saint Patanjali had said that Body and Mind are one. Yoga brings consciousness and through consciousness pure joy is born," Lt. Governor Manoj Sinha said.

Comm Secy S&T reviews progress on saturation of Solar Rooftop Power Plants across J&K



Top News Report

SRINAGAR, June 21: Commissioner Secretary, Science & Technology (S&T), Saurabh Bhagat, on Friday chaired a meeting with designated Nodal Officers of all departments at Civil Secretariat here, to discuss saturation of Solar Rooftop Power Plants on Government Buildings in Jammu and Kashmir.

Among others, the meeting was attended by Additional Secretary, S&T Department, CEO JAKEDA, Executive Engineer JAKEDA and the consultants from AHA solar Technologies Ltd.

During the meeting the Commissioner Secretary informed that a two-pronged strategy is being adopted for 100% solarisation of the Government Buildings.

It was given out in the meeting that out of 22494 Government Buildings to be solarized, 8792 numbers with a cumulative capacity of 70MW shall be solarized in Capex

mode at a total project cost of Rs 350 crores, for which the tender has been floated by JAKEDA, while as 7039 numbers of buildings with 175 MW cumulative capacity shall be taken up for solarisation under RESCO mode of implementation through Solar Power Developers (SPDs) on tariff based bidding.

It was also informed in the meeting that so far 3825 numbers of Government Buildings have already been solarized which is equivalent to 17%.

The representatives of all the Departments gave their formal consent for project and also assured JAKEDA of their fund contributions out of their respective Capex Budgets.

Pertinently, under this scheme, the Rooftop Solar Power Plants would be connected with the Utility Grid on Net Metering basis. The smart meters would be provided by the DISCOMs enabled with bi-directional feature.

The Virtual Net Metering (VNM) benefit would be passed by the DISCOMs to Departments where excess energy generated by the Solar Power Plants at a particular site would be adjusted against the other sites of the same department, within the same DISCOM. The Project shall be completed by December, 2025.

The Solarisation of Government Buildings will lead to reduction in energy billing of the Departments and dependence on fossil fuels to achieve the renewable power obligations under various national and international commitments.

J&K will benefit from the generation of approximately 400 Million Units of clean energy annually, and 10,000 MUs over the minimum lifetime of 25 years of the project. The investment in CAPEX mode shall be recovered at a rate of 25% annually with a payback period of approximately 4 years, on account of saving of Energy, while as in 50% of bill amount would be saved under RESCO mode of Solarisation of government buildings. The overall funds saved on this account could be utilized for other developmental works in the UT of J&K.

RRC reviews progress of ongoing works on Transit accommodations for PM Package employees across Kashmir

Top News Report

SRINAGAR, June 21: Relief and Rehabilitation Commissioner (RRC), Migrants, J&K, Dr. Arvind Karwani accompanied by Superintendent Engineer, Nissar Ahmed Lala; Executive Engineers, AEs and other site engineers inspected various Transit Accommodations for PM Package Employees under construction in South and Central Kashmir, during the week long visit.

During the inspection,

Dr. Karwani appreciated the progress of work and emphasised on achievement of targets in a time bound manner so that the quarters can be allotted to the eligible employees at an earliest, as per the criterion laid down by the Government.

The RRC, during the visit, also interacted with PM package employees at different locations in the Valley and gave patient hearing to their demands. He assured them that all of their genuine demands will be redressed on priority.

JK Board of Technical Education celebrates 10th International Yoga Day



Top News Report

JAMMU, June 21: The JK Board of Technical Education (JKBOTE) marked the celebration of Yoga Day on 10th International Yoga Day with great enthusiasm and participation at Jammu office.

The event was held to highlight the importance of yoga in maintaining a healthy and balanced lifestyle.

The Registrar of JKBOTE Er. Kuldeep Singh Bhatia, during the celebration, emphasized the numerous advantages of practicing yoga. He stressed that dedicating at least 30 minutes a day to self-fitness through yoga can significantly enhance physical and mental well-being.

"Yoga is the best way to release stress and maintain a healthy lifestyle," he remarked, encouraging everyone to incorporate yoga into their daily routines.

The event featured a

series of yoga sessions led by Reeta Deputy Registrar & Suresh Thakur, allowing participants to experience the benefits firsthand. The sessions included a variety of yoga practices, from beginner to advanced levels, ensuring that everyone, regardless of their experience, could participate and benefit.

The officers/officials of JKBOTE who were present in the event includes Deputy Director ITI Er Rajinder Kumar, Avinash Abrol, Balvinder Kour, Kunal, Tilk, Munawar Khan, Rafiq Potay, Kulbushan, Vijay Kumar, Yogesh Kumar and others.

Participants expressed their appreciation for the initiative, noting how the yoga sessions helped them feel more relaxed and energized. The celebration concluded with a commitment from the BOTE community to make yoga a regular part of their lives.

Laying Foundation Stone Ceremony of Girls Hostel held at SMVDU

Top News Report

KATRA, June 21: The Laying Foundation Stone Ceremony of the proposed construction of a 300-bedded girls' hostel at Shri Mata Vaishno Devi University (SMVDU) to provide state-of-the-art facilities for female students, promoting comfort, security, and a conducive learning environment held by Prof. Pragati Kumar, Vice Chancellor of SMVDU in the presence of University Engineer, Deans, and Heads of various schools. The building will be a G+3 structure designed to accommodate 150 double bedrooms, each equipped with essential amenities. The building will be equipped with sports and recreational facilities such as TT Room, Gymnasium, Yoga and meditation Hall, and



badminton courts. The building will also have common facilities such as laundry, common hall, mess hall, reading room, medical room and waiting lounge among others. Water harvesting and solar panel on the rooftop make it a modern sustainable building. The building has all the required safety features such as fire extinguishers. The

proposed girls' hostel at SMVDU is designed to offer a holistic living environment that supports academic success, personal well-being, and social interaction. With state-of-the-art facilities, sustainable practices, and inclusive design, the hostel aims to provide a safe, comfortable, and engaging space for all its residents.

Live interaction with PM, International Yoga Day celebration held at GDC Udhampur

Top News Report

UDHAMPUR, June 21: GDC Udhampur participated in the live interaction with honorable PM of India, Sh. Narendra Modi. The programme, under the theme "Sashakt Yuva-Samridhdh Jammu and Kashmir", was organized on the eve of International Yoga Day, on 20th June 2024. More than two hundred students, including NCC SD cadets of 2JK Boys Bn. and SW cadets of 2JK Girls Bn., NSS volunteers, ANO NCC Prof Vijay Kumar and PO NSS Prof Gurpreet Kour and Prof Sanjeet Singh, and other teaching and non-teaching staff of the college were sitting in the Conference Hall of the college to watch the live action of PM's interaction with the students of different universities and colleges across the UT of Jammu and Kashmir.

The event was organized under the guidance and patronage of worthy principal of the college, Prof. (Dr) Romesh Kumar Gupta. During his interaction, honorable PM inaugurated 84 major development projects worth over 1500 Cr for the people of J&K. He enumerated many achievements of the NDA government and its consistent efforts to make the youth of J&K self-reliant and well equipped with up to date and world class infrastructure in the

field of sports, agriculture, technology, handicraft etc.

He also paid his sincerest thanks to the people of J&K for electing him in recent Lok Sabha Election and providing him another opportunity to serve the people of the country as well as Jammu and Kashmir.

The principal, in his address, lauded the efforts of each and everyone involved in making the event a great and impeccable success.

He specifically pinpointed the efforts and contribution of the Nodal Officer for the event, Prof Vijay Kumar and Mr Vikramjeet who consistently worked even in the late hours to maintain proper set up of electricity, internet connectivity and other arrangements for the programme. The whole event was organized with the active coordination of Prof Monica, Dr Bandana Mazal, Prof Rahul Kumar, Shashi Kumar (PTI), Rajneesh Mahajan, Rishik Mahajan, Sanjay Kumar, Rajesh Kumar, Amrik Chand, Sanjeet Singh, Sagar Singh, Mohd Rafiq, Ankush Verma and Mohinder Kumar.

In his vote of thanks, Prof Sanjeet Singh paid his heartfelt thanks to each and every one remained seated patiently and played their invaluable role in making the whole event a pleasant

memory to cherish for lifetime.

On the occasion of International Yoga Day on 21st June 2024, in collaboration with District Administration Udhampur and under the instruction of Principal of the college, Prof (Dr) Romesh Kumar Gupta and Commanding officer of 2JK Boys Bn Col Rajesh Jasrotia and Commanding officer of 2JK Girls Bn Col Munish Jasrotia, more than 40 NCC cadets (boys and girls) and 30 NSS volunteers, along with ANO NCC Prof Vijay Kumar and PO NSS Prof Sanjeet Singh, took part in the yoga session organized at Subash Stadium, Udhampur. The theme of this year's International Yoga Day was "Yoga for Self and Society". The district level yoga session was organized under the able leadership and guidance of DC Udhampur, Ms Saloni Rai (IAS). Despite rain and overcast weather conditions, the stadium was full to its capacity with jubilant and exuberant children, women and senior citizens of district Udhampur. While appreciating the efforts of district administration, different department, students, teachers and common masses, DC Udhampur honored many officers and workers who relentlessly worked day in and day out for the successful culmination of the International Yoga Day.

GDC Ramgarh celebrates International Yoga Day

Top News Report

RAMGARH, June 21: To commemorate 10th International Yoga Day, Government Degree College (GDC) Ramgarh celebrated International Yoga Day, aligning with this year's theme: "Yoga for Self and Society".

The event was organized under the able guidance and supervision of Prof. (Dr.) Geetanjali Andotra, Principal of the College.

Speaking on the occasion, she encouraged all the participants to incorporate yoga into their daily routines for a

healthier and more balanced life. The whole event was coordinated by Nodal Officer Prof. Brham Dut (NSS).

The event began with an inspiring yoga session led by Ashok Kumar (PTI). Demonstrating various Asanas and breathing techniques, Ashok emphasized the profound benefits of yoga for both individual well being and societal harmony.

He also provided hands-on demonstrations, sharing valuable insights on correct posture and the overall philosophy behind yoga.

The session highlighted how regular practice of yoga can enhance physical health, mental clarity and emotional balance contributing positivity to the community at large.

Various students along with faculty members joined the session with great enthusiasm.

To further engage the students and encourage creative expression, a poster making competition was held. Participants made vibrant and thoughtful posters reflecting the theme.

To conclude the event, refreshment was given to all the attendees.

GDC Darhal celebrates International Yoga Day

Top News Report

DARHAL, June 21: The Government Degree College Darhal celebrated International Yoga Day with great enthusiasm and vigor today. The event witnessed the active participation of the college administration, faculty, and a sizeable number of students from various semesters.

Prof. Zamir Mirza, the Principal of the college, graced the occasion and emphasized the importance of incorporating yoga into one's daily routine for holistic well-being. Dr. M. Saleem Wani, the Head of the Department of English and the Coordinator for NAAC, Dr. Taseem Ahmed, the Head of the Department of Geography, Dr. Mohd Akhlaq, the NSS Coordinator, and Prof. Anzar Ahmed, the Head of the Department of Arabic, also participated in the event and led the yoga activities.

Crossway Cricket Academy concludes successful 15-day Cricket Summer Camp

Top News Report

JAMMU, June 21: A 15-day cricket summer camp was organized from June 6 to 20, 2024, under the leadership of Head Coach Sukomal Ganguly, Assistant Coach Deepak Singh, and Junior coach Aditya Sharma.

Sixty students participated in the camp, where they learned the basics of batting, bowling, fielding, and wicket-keeping.

The chief guest for the prize distribution ceremony at the camp's culmination was M. Faisal Qureshi, SSP Traffic Jammu. He encouraged the students and motivated them to continue dedicating their time to sports activities.

The founder of Crossway Cricket Academy, Rajbinder Singh Kler, announced that more such initiatives will be created to provide more opportunities for cricket in Jammu.

BGSBU celebrates 10th International Yoga Day

Top News Report

RAJOURI, June 21: Baba Ghulam Shah Badshah University (BGSBU) celebrated the 10th International Yoga Day with enthusiasm.

The event attended by faculty members and officials from different departments of the University, all of whom demonstrated a keen interest in this ancient practice.

The early-morning event held at the FIFA certified football ground in the University was organised by the National Service Scheme unit of the

University.

Prof. Akbar masood in his message highlighted the theme of this year's International Day of Yoga 'Yoga for self and society'.

Prof. Akbar mentioned that during the last one decade Yoga has gained immense popularity worldwide for its numerous physical, mental, and spiritual benefits.

Prof. Akbar said that Yoga is one of the greatest gift of India to the world. Prof. Akbar appreciated the NSS unit of the University for celebrating Yoga day every year in the campus.

On the occasion the participants performed various yoga asanas.

On the occasion, R C Bhat , a yoga trainer taught some important physical, mental, and spiritual practices to the participants which would help the participants in improving their health by increasing blood flow and boosting immunity.

Those who were present on the occasion included Dr. A A Shah Dean Academic Affairs, Dr. Zaheer Abbass , NSS unit coordinator, senior faculty members and staff of the University.

T20 World Cup: Pressure building on top-order and Shivam Dube as India take on Bangladesh

Though overall head-to-head record is overwhelmingly in India's favour, Bangladesh have been known to be plucky

NORTH SOUND (ANTIGUA), Jun 21 (Agencies): The ever-present tension of their over a decade-long big-stage rivalry would make for an engrossing sub-plot when an undefeated India takes on a faltering Bangladesh, both teams desperately hoping for their batting stars to strike form in the Super Eights clash of the T20 World Cup here on Saturday.

The overall head-to-head record is overwhelmingly in India's favour but Bangladesh have been known to be plucky and Rohit Sharma and his men would be wary of that.

The two South Asian neighbours have also been locked in some off-field drama in the past with Bangladesh often expressing its misgivings with India's financial might in the sport.

At the ongoing World Cup though, there is no doubt that India are as mighty a cricketing power to be a serious title contender.

The Men in Blue produced a professional performance against Afghanistan in their opening Super Eight's match.

With only a travel day separating their remaining two games, they would be hoping that the players, who have not performed as per expectations so far, deliver the goods.

Top of that list would be the opening pair of Virat Kohli and Rohit Sharma, both of whom have got starts but have not been able to turn them into defining knocks. They have made a conscious effort to force the pace but have ended with minimal returns.

Another under-pressure team member is left-hander Shivam Dube, who was picked in the



World Cup squad to hammer sixes in the middle and death overs.

However, the IPL form that helped him seal a World Cup berth has deserted him and he is yet to come to the party.

The southpaw did make an unbeaten 31 against the USA in a group league game but it was Suryakumar Yadav's effort that made the difference ultimately.

Another failure might force the team management to consider Sanju Samson in the middle order.

The biggest positive in the batting department in the Afghanistan game was Hardik Pandya's cameo. The all-rounder is known for his brutal hitting and that was on display on Thursday.

On the bowling front, India are expected to retain the combination having given the first opportunity of the tournament to crafty left-arm spinner Kuldeep Yadav.

The wickets in the Caribbean have provided enough help for the spinners, prompting India to play three at the Kensington

Oval. The combination is likely to continue here with Kuldeep retaining his place at the expense of Mohammed Siraj.

"Playing three left-arm spinners, I feel there is an advantage. There are three left-arm spinners out of which we have two finger spinners and one wrist spinner," said Axar Patel after the Afghanistan game.

"The combination of the three of us is very good. We have a good team. We communicate well. Like whoever comes to bowl first, we communicate what is working and what is not. I think that is very important when you bowl as a unit," he added.

India's sole aim in the Caribbean is to win the trophy and a solid performance against Bangladesh will be another step forward in that context. A tougher battle awaits against Australia on June 24.

Bangladesh, who have struggled with their batting throughout the tournament, find themselves in a must win situation

after the loss to Australia.

The lack of power-hitters is hurting them and there is no quick fix to that problem. The under-performance of opener Litton Das and Tanzid Khan has also compounded Bangladesh's woes.

"It's very important for the top-order to get runs like we did today, that's a big boost, hopefully the bowlers will continue their form. Looking for a good show against India in our next match," Bangladesh captain Najmul Shanto said after the loss to Australia here on Friday.

Both Shanto (41) and Towhid Hridoy (40) did well but the rest of the line-up was not quite up to it.

They will need to find a way to tackle Bumrah, who has been sensational thus far, taking eight wickets at an unparalleled economy rate of 3.46 runs per over.

The pacers, led by Mustafizur Rahman, have done alright but leg-spinner Rishad Hossain needs more support in the spin department.

Squads:
Bangladesh: Tanzid Hasan, Litton Das, Najmul Hossain Shanto (captain), Shakib Al Hasan, Towhid Hridoy, Mahmudullah, Mahedi Hasan, Rishad Hossain, Taskin Ahmed, Tanzim Hasan Sakib, Mustafizur Rahman, Jaker Ali, Tanvir Islam, Shoriful Islam, Soumya Sarkar.
India: Rohit Sharma (captain), Hardik Pandya, Yashasvi Jaiswal, Virat Kohli, Suryakumar Yadav, Rishabh Pant, Sanju Samson, Shivam Dube, Ravindra Jadeja, Axar Patel, Kuldeep Yadav, Yuzvendra Chahal, Arshdeep Singh, Jasprit Bumrah, Mohammad Siraj.

T20 World Cup: Cummins' hat-trick, Zampa's guile fashion Australia's victory over Bangladesh

NORTH SOUND (ANTIGUA), Jun 21 (Agencies): Premier pacer Pat Cummins grabbed the tournament's first hat-trick and spinner Adam Zampa showcased his artistry to fashion Australia's 28-run win over Bangladesh via the Duckworth Lewis (DLS) method in their Super Eights fixture of the T20 World Cup here.

If Zampa (2/24) operated with precision in the middle overs, Cummins (3/29) claimed three wickets off successive balls at the back end, as Australia restricted Bangladesh to 140 for eight after Mitchell Marsh opted to bowl first in the rain-interrupted game.

Veteran opener David Warner (53 not out off 35 balls) then hit a scintillating half-century, a knock that was studded with five fours and three sixes.

"I've had a few (hat-tricks) in juniors, never for Australia. (Ashton) Agar and (Nathan) Ellis, on the bench, have hat-tricks, joined their club. It's pretty awesome to tick that off," player of the match Cummins said at the post-match presentation.

Australia were in a hurry to finish the game with openers Warner and Travis Head (31) going hammer and tongs from the very first ball.

The pair raced to 60/0 before rain interrupted play. Once play resumed, the Aussies lost a bit of momentum as Rishad Hossain (2/23 in 3 overs) got into the act.

The young leg-spinner removed Head and Mitchell Marsh (1) in quick succession.

Despite the twin blows however, Australia never looked in trouble as Warner went about his business.

Playing his last T20 World Cup, he brought up his fifty with a majestic six. When rain stopped play for the second time, Australia were 100 for two in 11.2 overs, 28 runs ahead of the DLS par score of 72.

Earlier, left-arm pacer Mitchell Starc expectedly gave Australia the early breakthrough as he got Tanzid Hasan in the first over to become the leading wicket-taker in World Cups (95), moving past Sri Lankan legend Lasith

Malinga. Liton Das (16) and skipper Najmul Hossain Shanto (41) repaired the innings by stitching a 58-run stand.

Shanto smacked Josh Hazlewood for a six over long on in the fourth over. He then took on Starc, hitting a couple of fours in the fifth over.

"The wicket was good, bit slow, but we should have made at least 170. Playing against this team, we should gamble, today Rishad came at 4 to tackle the spinners, he's a big-hitter but he couldn't execute that," Shanto said after the match.

"I'm doing alright so far, think I can do a bit more. It's very important for the top-order to get runs like we did today, that's a big boost, hopefully the bowlers will continue their form." But when Zampa had the ball he immediately put an end to the partnership, trapping Das leg before wicket in the ninth over.

Australian spinners Zampa and Glenn Maxwell tightened the noose around Bangladesh who could only muster 26 runs from the ninth to the 13th over while losing Rishad Hossain (2), and the key wicket of Shanto, who was dismissed by Zampa.

Hridoy (40 off 28) took Bangladesh past the 100-run mark and tried hard to inflate his side's total. He smashed back-to-back sixes off Marcus Stoinis.

But any chance of a strong finish by Bangladesh was dashed by Cummins who made a significant impact at the bag end of the innings.

The pacer took wickets off consecutive balls in the end of the 18th over. Mahmudullah attempted a pull shot but ended up playing the ball back on to his stumps. Cummins then had Mahedi Hasan caught by Zampa.

The pacer returned in the last over to send Hridoy packing with his first ball to complete the hat-trick.

"It was an exciting bowling performance with everyone chipping in. This is a very good playing XI, we spoke before the start to have the team to take us deep into the tournament and have a team based on the conditions and it's going well," a delighted Marsh said.

"4-5 Players Were Sleeping In Dressing Room": Ex-Pakistan Captain's Shocking Revelation

KARACHI, Jun 21 (Agencies): The Pakistan cricket over the new few months is expected to go through "major surgery", as said by Pakistan Cricket Board chief Mohsin Naqvi. Successive poor shows in the ODI World Cup 2023 and the 2024 T20 World Cup, has put a big question mark on the Babar Azam-led Pakistan. This time around the reaction to the exit is stronger because Pakistan started the tournament with an unexpected loss against debutants USA. Then they loss against India. The two losses proved to be Pakistan's nemesis as they were knocked out despite winning their last two encounters.

Question marks have been raised on Pakistan's intent with a viral quote from coach Gary Kirsten saying that there 'there is no unity' in the Pakistan team.

Now, former Pakistan cricket team captain selected Mohammad Hafeez has raised question marks on the culture inside the dressing room of the side. He narrated an incident involving several Pakistan players inside the dressing room. "If a player is sleeping

in a dressing room and we are playing Test cricket. If 4-5 players are sleeping in the dressing room, should I allow that as a selector?" Hafeez said in an online interaction with Adam Gilchrist and Michael Vaughan.

Then Vaughan asked, "Were they tired?"

Hafeez replied: "I really don't know. I went into the dressing room and found 4-5 players are sleeping in the dressing room while playing Test cricket. I was like, "how come you guys can do that?" If you do something like this, you cannot be a part of this team. I want you guys to stay focussed during the game and then off the game, whatever you guys do, it is your own life, I never get involved in it. But in professional timings of the game, I want you guys to focus on the game. Stay in touch. If you are a fast bowler, you can have a rest, a good ice bath but you need to concentrate on the game of cricket, like how the other team is also doing. You cannot switch yourself off during the game, but unfortunately the media didn't like it."

Suryakumar Yadav, Jasprit Bumrah shine as India beat Afghanistan by 47 runs in Super 8 clash

BRIDGETOWN, Jun 21 (Agencies): India swept to a 47-run victory over Afghanistan in their T20 World Cup Super Eight clash after Suryakumar Yadav struck his second successive half-century and Jasprit Bumrah proved his worth with the ball.

Player of the Match Suryakumar's audacious 53 from 28 balls propelled India to a daunting 181/8. In reply, Afghanistan were always behind the required run-rate and finished on 134 all out from the final ball of the match. Fast bowler Bumrah proved virtually unplayable, taking 3/7 from his four overs.

Afghanistan left-arm pacer Fazalhaq Farooqi and off-spinner Mohammad Nabi opened the bowling on a hot, humid day at Kensington Oval. India captain Rohit Sharma survived an impassioned appeal



for lbw off Farooqi when he missed with an ungainly heave to the leg side but he lasted only five balls more before skying a catch to Afghanistan captain Rashid Khan at mid-on to be out for eight.

Naveen-ul-Haq replaced Farooqi and Virat Kohli, who had scored only five runs in his pre-

vious three matches, whipped him imperiously through the covers and lofted a six straight over the bowler's head which hit the sight screen. Rishabh Pant reverse swept Nabi for four and was then dropped on the boundary by Naveen. The ball crossed the boundary and at the end of the powerplay India were 47/1.

Rashid took the ball and struck in his first over, dismissing Pant for 20 with his final delivery, lbw attempting a reverse sweep. He struck again in his second over when Kohli on 24 lofted the ball straight to Nabi on the long-off boundary and then dismissed Shivam Dube lbw for 10.

Suryakumar seized the initiative back for India with two boundaries off Azmatullah Omarzai and a straight six. Hardik Pandya (32) joined in with a four and a straight six off successive balls from Noor Ahmed. The pair raised their 50 partnership before Suryakumar was caught but Hardik hit a six on to the top of the Terrace Stand to maintain India's momentum.

Brief scores: India: 181/8 in 20 overs (Suryakumar 53; Rashid 3/26); Afghanistan: 134 in 20 overs (Bumrah 3/7, Arshdeep 3/36, Kuldeep 2/32).

ENG vs SA: In-form England hope to beat stuttering South Africa in Super 8

ST LUCIA, Jun 21 (Agencies): Defending champions England finally played like themselves for the first time in their Super 8 fixture against West Indies. In the match, England chased down 181 runs in just 17.3 overs, courtesy of a terrific effort from Phil Salt (87* off 47 balls). Another good sign for England is Jonny Bairstow coming back into form with back-to-back knocks against Scotland and West Indies. Jos Buttler's side will face South Africa in their second fixture against South Africa on Friday, 21 June.

The match will be played at the Daren Sammy National Cricket Stadium, Gros Islet, St Lucia. This is expected to be a high-scoring game and will be played in hot and humid weather. England have traditionally not done well against South Africa. However, this could be very different as the Proteas have not grabbed a single convincing win in the tournament so far.

The Aiden Markram-led side struggled with the bat in New York. It was expected, given the Nassau County pitch was a nightmare for the batters. South Africa had its bowling team do well in all of its matches. However, that faltered against the USA, as Anrich Nortje and Tabraiz Shamsi were smashed all around the park by USA's Andries Gous and Harmeet Singh. A sensational penultimate over from Kagiso Rabada saved the match for the Rainbow Nation and they would really need to buckle up if they want to get further ahead in the tournament.

Both teams have one win each so far in the Super 8 stages. However, this match could essentially decide if England will make it to the semi-final stage of the tournament or not. A win for England will also bring them straight back as one of the teams who are potential favourites to win the tournament.

Funny, how perception changes



in a matter of just one week.
ENG VS SA: HEAD TO HEAD
England and South Africa have played 25 matches between themselves with both teams winning 12 matches each. One of the matches bore no results. In the men's T20 World Cup, the two teams have faced each other 6 times. South Africa have dominated the contest in ICC tournaments, winning 4 out of those 6 matches.
ENG VS SA: TEAM NEWS
There are a lot of questions about

South Africa's top order. Some of those were allayed in their previous match against USA, when Quinton de Kock came out all guns blazing to hit a terrific knock of 74 runs. However, in that game, South Africa almost bottled a chance to win the game due to Tabraiz Shami's spell of 4-0-50-1. Anrich Nortje was at the receiving end as well, however, they managed to come out unscathed in the final over of the match, helping SA win by 18 runs.

It is expected that South Africa will make at least one change based on their previous match. The playing XI might see Otneil Baartman return in place of Tabraiz Shamsi.

On the other hand, England just about managed to reach the Super 8 stages and after they managed to qualify, they flipped a switch. England hammered co-hosts West Indies in their first Super 8 fixture and will hope to continue their form. They might make one change, bringing in Mark Wood in place of Chris Jordan.

ENG VS SA: ST LUCIA WEATHER AND PITCH REPORT
The weather could play a significant role in this electrifying contest. The forecast for the Daren Sammy National Cricket Stadium in St Lucia indicates a temperature of 30 degrees Celsius, with the humidity making it feel like 36 degrees. The day is expected to be cloudy with a chance of thunderstorms in the

morning, followed by a few thunderstorms in the afternoon. These weather conditions could potentially interrupt the match, leading to halts or pauses, which might affect the flow of the game.

The pitch is expected to have some runs on it. West Indies slammed 218 against Afghanistan in St Lucia and then were hammered by England on the same ground.

ENG VS SA: PREDICTED PLAYING XIs
South Africa: Quinton de Kock (wk), Reeza Hendricks, Aiden Markram (capt), Tristan Stubbs, Heinrich Klaasen (wk), David Miller, Marco Jansen, Keshav Maharaj, Kagiso Rabada, Otneil Baartman, Anrich Nortje.
England: Phil Salt, Jos Buttler (capt, wk), Moeen Ali, Jonny Bairstow, Harry Brook, Liam Livingstone, Sam Curran, Jofra Archer, Adil Rashid, Mark Wood, Reece Topley.

2 J&K Battalion NCC Jammu celebrates International Day of Yoga

Top News Report

JAMMU, June 21: The 2 J&K Battalion NCC, Jammu, marked the International Day of Yoga 2024 with the theme "Yoga for Self and Society" at eight centralised locations across the districts of Jammu, Udhampur, and Reasi. The event saw enthusiastic participation from diverse sections of the community, showcasing the unifying power of yoga.

Two iconic locations, Bahu Fort on the banks of



the river Tawi in Jammu and Pandav Caves on the banks of the Chenab River in Akhnoor, served as prominent venues for the celebrations. These historic sites provided a

picturesque backdrop, enhancing the spiritual and cultural significance of the event.

A total of 1 Officer, 51 ANOs/CTs, 182 Institutional Staff, 15 Perma-

nent Instructor (PI) Staff, and approximately 1561 community members participated in the yoga sessions. The presence of local police officers, district administrative

officers, and community heads underscored the collective commitment to promoting health and wellness through yoga.

The event featured a series of yoga sessions led by experienced instructors, emphasizing the benefits of yoga for both individual well-being and societal harmony. Participants of all ages engaged in various yoga practices, from basic asanas to advanced postures, experiencing the physical, mental, and spiritual benefits of this ancient discipline.

Yoga & Slow poisoning through pre-mature ripening of fruits & fake medicines can't go together: Rao

Top News Report

JAMMU, June 21: Kuldeep Kumar Rao, a senior leader of the Aam Aadmi Party (AAP), has issued a statement highlighting significant public health concerns and critiquing current governmental initiatives. Rao expressed his appreciation for the celebration of International Yoga Day and the Swachh Bharat Mission launched by Prime Minister Narendra Modi, encouraging public participation. However, he emphasized that these initiatives will not be fully effective unless corruption and criminal elements within the parliament, assembly, and bureaucracy are eradicated.

Rao pointed out that food adulteration, espe-

cially the use of harmful chemicals for premature ripening of fruits and vegetables, poses a severe health risk, even more dangerous than visible garbage. He highlighted that chemicals are often injected into produce such as mangoes, bananas, brinjals, cucumbers, pumpkins, and bottle gourds to enhance their appearance and weight. These practices are leading to the spread of diseases, including cancer, due to the generation of free radicals in the human body.

Rao criticized the lack of effective governmental oversight, noting that while authorities conduct occasional checks and impose fines, these measures are insufficient to address the root of the problem. He also raised

concerns about the unnoticed health risks posed by chemicals in junk food and the distribution of fake medicines in government hospitals.

As a remedy, Rao suggested that the government should establish high-tech laboratories accessible to consumers, enforce stringent laws as deterrents, and ensure rigorous monitoring to prevent the distribution of adulterated food and fake medicines. He called on the Health Minister and the Prime Minister to take immediate action to protect public health, stressing that promoting wellness through yoga cannot be successful if the population continues to suffer from slow poisoning through contaminated food and fake medications.

AIIMS Jammu celebrates 10th Edition of International Day of Yoga

Top News Report

JAMMU, June 21: AIIMS Jammu celebrated International Yoga Day with great enthusiasm and fervor today at its campus, highlighting how yoga not only enhances personal health but also contributes to social well-being. "Yoga Day" celebration at AIIMS Jammu campus underscored the interconnectedness of individual and collective health, promoting yoga as a tool for personal growth and societal betterment.

The event was graced by the esteemed presence of Jugal Kishore Sharma, MP, Lok Sabha & Member of Institute body, AIIMS Jammu, who was the Chief Guest for the occasion. The celebration witnessed the participation of all dignitaries, including the Executive Director, Medical Superintendent, Deans, Faculty, Staff, Nursing Officers, and other members of the AIIMS community.

The event commenced with an address by the Executive Director & CEO of AIIMS Jammu, Prof (Dr) Shakti Kumar Gupta, with his enlightening speech on the importance of yoga. He proudly stated that Yoga has its origins in ancient India, with evidence of



its practice dating back over 5,000 years. "International Yoga Day" was first proposed by our Honourable Prime Minister, Sh Narendra Modi, during his address to the United Nations General Assembly on September 27, 2014.

He highlighted the benefits of yoga and suggested June 21, the longest day of the year in the Northern Hemisphere, as the ideal day to celebrate it. Following his proposal, the United Nations declared June 21 as International Yoga Day, with the first celebration taking place in 2015.

The Director expressed his profound gratitude to the Prime Minister for promoting Yoga and raising global awareness about its benefits for a happier and healthier life.

He stated, "In today's fast-paced and stressful world, yoga serves as a crucial tool for maintaining balance and well-

being. It helps alleviate stress, reduce anxiety, and improve concentration and flexibility. By incorporating yoga into daily routines, individuals can achieve a harmonious balance between mind and body, leading to a healthier and more fulfilling life".

Expert instructors, headed by former Head of the Department of Transfusion Medicine & Blood Bank, Government Medical College (GMC) and Yoga expert, Prof (Dr) TR Raina, shared his experience, saying, "Over the centuries, yoga has evolved and expanded into various schools of thought, integrating physical postures, meditation, and breathing exercises to promote overall health and harmony."

He then led a comprehensive yoga session, guiding participants through various asanas and pranayama techniques. This was

followed by a meditation session taken by Dr Ranjana (Central University Jammu) aimed at enhancing mental clarity and relaxation.

The Chief Guest, Jugal Kishore Sharma, highlighted the significance of International Yoga Day and its role in fostering a healthy lifestyle. He stated, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, thought and action, restraint and fulfilment, harmony between man and nature, and a holistic approach to health and well-being. Changing our lifestyle and creating consciousness can help in well-being. Let us work towards adopting yoga in our daily lives and spreading the message of health and harmony."

He also praised the vision of our Prime Minister Narendra Modi, for promoting Yoga and raising it to a global level for the better-

ment of humanity."

All participants expressed their appreciation for the event. Many faculty members remarked, "This yoga session has rejuvenated us. It's a perfect way to start the day and a great reminder of the benefits of incorporating yoga into our daily lives."

The Director, Prof Gupta, concluded the occasion, saying, "International Yoga Day is a reminder of the profound impact that yoga has on our lives. It is not just a form of exercise but a way of life that leads to physical, mental, and spiritual well-being. At AIIMS Jammu, we are committed to integrating yoga into our healthcare practices and encouraging our community to embrace this ancient practice for a healthier future."

The celebration concluded with a vote of thanks by Lt. Col Prabhakar Sharma, Deputy Director (Administration), AIIMS Jammu, to all participants and organizers who contributed to making the event a success. The initiative was lauded by everyone present, and it was agreed that such events should be held regularly to promote the benefits of yoga.

GDC R S Pura participate in PM's Sashakt Yuva Samraddh Jammu Kashmir event

Top News Report

R S PURA, June 21: To become a part of Prime Minister, Narendra Modi address to the 'Empowering Youth, Transforming J&K' event held at Sher-i-Kashmir International Conference Centre (SKICC) in Srinagar, Jammu & Kashmir, GDC R. S. Pura sets arrangements in the College Library Hall to give benefit to all the stakeholders under the able guidance of Prof. (Dr) Rajni Bhagat, Principal of the College and overall supervision of Dr Chanchal Angral NSS PO and Dr. Rakesh Choudhary, Nodal Officer of the event.

In this event, all the staff members along with the 200 student of the college participated in the live streaming of the PM address.

On the occasion, the Prime Minister expressed excitement about his visit to Jammu & Kashmir and



mentioned two specific reasons for it.

He said, "Firstly, today's event is related to the inauguration and foundation stone laying of various developmental projects in Jammu & Kashmir and second, this is the first meeting with the people of Jammu & Kashmir after the Lok Sabha elections."

Recalling his recent visit to Italy for the G7 Summit, the Prime Minister highlighted the impact of continuity of the government for three terms as it has changed the outlook of the world towards India.

He also said that all time high aspirations of Indians are the nation's biggest strength. He said that this

high aspiration leads to high expectations from the government and in this backdrop, the third continuous term of the government is special as the only parameter of an aspirational society is performance.

"People have faith in the intentions and policies of the government", he added. Principal of the College, Dr. Rajni Bhagat congratulates and give appreciation to all the college staff for their cooperation to make this event a great success. She also showers her blessing on the students of the college whose presence actually lies behind the success of such events.

IIM Jammu commemorates 10th International Day of Yoga

Top News Report

JAMMU, June 21: IIM Jammu commemorated the 10th International Day of Yoga (IDY) with great enthusiasm and harmony at its City Campus Jammu on June 21, 2024. This year's theme, "Yoga for Self and Society," focus is on the transformative power of yoga to enhance the well-being of Individuals and contribute to a healthier society. The event was organized under the aegis of Anandam - The Centre for Happiness at IIM Jammu. The celebration commenced with the lighting of the ceremonial lamp by the Yoga Guru Shri Sahil Mehra, Yogatvam. Prof. B.S. Sahay, Director, IIM Jammu presided over the event.

Present on the occasion were Prof. Jabir Ali, Dean Academics, IIM Jammu; Dr. Ashish Kumar, Chairperson, Student Affairs, IIM Jammu; Dr. Mamta Tripathi, Chairperson, Anandam, IIM Jammu, Cmrdr Kesavan Baskaran (R), Chief Administrative Officer, IIM Jammu, and other faculty members, officers, staff, and students at the Institute. Their presence underscored the institute's commitment to promoting a balanced and healthy lifestyle. The opening ceremony

was further enhanced by a soulful rendition of Saraswati Vandana by the students, setting a serene and auspicious atmosphere.

Prof. B.S. Sahay, Director, IIM Jammu, emphasized the benefits of incorporating yoga into daily life and shared his rich experiences. He highlighted its potential for customization to suit individual needs and stressed how regular practice of Yoga brings a healthy rhythm to both body and mind, particularly during the pandemic period.

Drawing from his decades of experience, he described Yoga as an inexpensive way to boost immunity and achieve holistic healing—a concept India has shared globally. He credited the Hon'ble Prime Minister of India, Shri Narendra Modi for popularizing yoga worldwide by proposing International Yoga Day at the UN General Assembly on September 27, 2014. Following this, June 21, 2015, was observed as the first International Day of Yoga.

He noted that yoga is more than physical exercise; it is a path to holistic health and spiritual growth. He emphasized its ability to foster inner strength, confidence, and resilience, aligning with the 2024 International Day

of Yoga theme, "Yoga for Self and Society."

He also mentioned the establishment of Anandam - Centre of Happiness at IIM Jammu, highlighting its connection with yoga and its role in promoting well-being and joy among student's faculty and staff members.

He mentioned that the emphasis placed on yoga at both the national and international levels underscore its importance in fostering physical well-being, preserving cultural heritage, and enhancing India's soft power on the global stage. Yoga has become a symbol of India's ancient wisdom and spiritual heritage, fostering goodwill and understanding across borders. Recognized on UNESCO's list of intangible world heritage, he mentioned, Yoga continues to be a symbol of India's profound connection between mind and body.

He urged everyone present to incorporate yoga into their routines, stressing its importance in contributing to the nation at large.

Chief Guest and Yoga Guru Shri Sahil Mehra, Yogatvam in his address, encouraged everyone to adopt a healthy lifestyle and practice yoga and meditation to achieve the unification of mind, body,

and soul. He expressed his happiness over the display of disciplined yoga practice during the event by the IIM Jammu fraternity. His emphasis on the personal benefits of yoga and its potential to create a healthier community resonates with this year's focus on yoga's transformative power for both individual well-being and societal health.

The yoga session began with a systematic practice of various asanas, including standing, sitting, and lying postures, guided by Sahil Mehra and his team of two young children, supervised by trained volunteers. The session showcased a variety of asanas and was highlighted by Shri Sahil Mehra's demonstration of some of the most challenging postures, which left the participants in awe.

Following the yoga practice, a Yoga Quiz was held, engaging students, faculty members, and staff in a lively and educational competition.

The quiz not only tested their knowledge of yoga but also deepened their understanding and appreciation of its benefits. The event witnessed active participation from the entire IIM Jammu community, with a large turnout of faculty, officers, staff, and students.

University of Jammu organizes Int'l Yoga Day

Top News Report

JAMMU, June 21: On 10th International Day of Yoga 2024, the Directorate of Sports and Physical Education, University of Jammu organized International Yoga Day in collaboration with NSS Unit-IV, University of Jammu at Gymnasium Hall on Friday where in around 160 participants including the Employees, Students and people from Civil Society were participated.

The welcome address was presented by Dr. Komal Nagar, I/c Assistant Director, Directorate of Sports and Physical Education, University of Jammu.

In her address, she welcomed the Chief Guest, other invited guests and participants on the occasion of celebrating International Yoga Day. Sanjeev Kumar, Yoga Instructor conducted the Yoga session in which various Asanas, kriyas and pranayama were performed.

Prof. Umesh Rai, Vice-

Chancellor, University of Jammu was the Chief Guest of the function and while addressing the participants Prof. Rai highlighted the importance of practicing Pranayama, Asanas for the mental and Physical development of person. He laid emphasis on practicing Yoga daily and make it as a routine in life.

He also applauded the efforts of Dr. Daud Iqbal Baba, Director Directorate of sports and Physical Education along with his whole team and wishes to be the part of all future events which will encourage students and society.

An Advance demonstration performed by students of the Yoga Centre, University of Jammu.

Other prominent among Prof. Yash Paul Sharma, Vimal Kishore, Raj Kumar Bakshi, Ravish Vaid, Gagan Kumar, Vikas Karloia, Jai Bharat, Padam Dev Singh, Harinder Pal Singh, Ashok Singh Bali, Rishiv Sharma were present in function.

IIT Jammu celebrates International Yoga Day



Top News Report

JAMMU, June 21: IIT Jammu marked International Yoga Day with a vibrant and engaging celebration, emphasizing the importance of physical and mental wellness. The event featured distinguished resource persons Dr. Maya Prajapat, a certified Yoga Instructor, and Sourabh Sharma, Manager at Reliance Jio and a certified Heartfulness Meditation Trainer.

The day's activities included yoga and meditation sessions led by Dr. Prajapat and Sharma, who shared their expertise and guided participants through various techniques aimed at promoting holistic health. Their sessions were well-received, providing valuable insights into the practices of yoga and meditation.

Ph.D. scholars from IIT Jammu—Rohit, Muskan, Poonam, and Meghna—demonstrated various asanas on stage, showcasing the practical aspects of yoga under the guidance of the esteemed resource persons. Their demonstrations were instrumental in helping participants understand and perform the asanas correctly.

The event also featured a felicitation ceremony where Prof. Kannan Iyer, Dean of Academics, and Dr. Ravikant Saini honored Dr. Maya Prajapat and Sourabh Sharma. They were presented with mementos as tokens of gratitude and appreciation for their valuable contributions to the event and their dedication to promoting wellness.

The celebration concluded with a Vote of Thanks delivered by Dr. Ravikant Saini, followed by refreshments for all participants. The event was a testament to IIT Jammu's commitment to fostering a culture of health and well-being among its community.