

Whatever the mind of man can conceive and believe, it can achieve.

—Napoleon Hill

Vol: 14 | Issue: 173  
Regd. No.: JK517/16-18 |  
RNI. No. JKENG/2013/53265



## Yoga is India's gift to world: Prez Murmu

**JABALPUR (MP):** President Droupadi Murmu on Sunday said that Yoga is an invaluable gift of India's cultural heritage to the world, playing a vital role in guiding humanity towards peace and harmony amid multiple global challenges.

Murmu led International Yoga Day celebrations, performing exercises along with Madhya Pradesh Governor Mangubhai Patel, Chief Minister Mohan Yadav and thousands of participants at a state-level event in P11

## Modi advocates Yoga's utility as catalyst for world peace Strong maritime strength drives economic, strategic power: PM

**KOLKATA:** Prime Minister Narendra Modi on Sunday used two major public engagements in Kolkata to outline a broader vision for India's future -- one rooted in inner balance and collective well-being through yoga, and the other in national self-reliance and maritime strength.

Speaking at the 12th International Day of Yoga celebrations on the city's iconic Red Road and later at the commissioning of three indigenously built naval vessels in the Syama Prasad Mookerjee Port, Modi highlighted how personal discipline and national capability together shape a stronger, more confident India.

While one message centred on harmony, health and peace, the other underscored security, technological advancement and strategic influence.

Addressing thousands gathered on Red Road for the



International Day of Yoga, Modi advocated the utility of yoga not only in boosting personal health but also as a catalyst for world peace.

Against the backdrop of multiple global conflicts and geopolitical tensions, he argued that the ancient Indian practice holds relevance far beyond physical wellness.

Quoting the Bhagavad Gita, Modi stressed that a

balanced lifestyle involving work, nutrition and sleep is key to overcoming suffering.

"That balance is yoga's basic crucible, just as it is the crucible of our lives," he said.

Observing that modern lifestyles often disrupt this balance, he added, "Yoga teaches us the art of living our lives in a balanced manner; it teaches us dos and don'ts. When we learn P11



## 7 peddlers arrested in 3 districts

**JAMMU:** Police have arrested seven drug peddlers and recovered over 38 grams of heroin in separate operations across Samba, Kathua and Doda districts of Jammu and Kashmir, officials P11

## Shop sealed for sale violation under COTPA

**SOPORE:** As part of the ongoing 100-Day Nasha Mukh Jammu & Kashmir Abhiyaan, Sopore Police intensified enforcement against violations of the Cigarettes and Other Tobacco Products Act (COTPA), 2003.

During a special checking drive in Sopore town, a shop located within the prohibited radius of Sub-District Hospital Sopore and adjacent Higher Secondary School Sopore was found selling cigarettes and other tobacco products in violation of the provisions of COTPA, 2003.



Acting promptly, Sopore Police, in coordination with the Municipal Council Sopore, sealed the shop and initiated legal action P11

## Sinha leads citizens during 12th Int'l Yoga Day Yoga truly unites world & guides us toward healthier, happier future: LG

■ EARTH NEWS SERVICE

**SRINAGAR:** Lieutenant Governor Manoj Sinha led the Union Territory of Jammu Kashmir in celebrating the 12th International Day of Yoga. He joined thousands of Yoga enthusiasts for a historic yoga session by the Dal Lake. Extending warm greetings to the participants, the Lieutenant Governor highlighted this year's theme and emphasised on the power of Yoga to unite humanity. He said Yoga truly unites the world and guides us toward a healthier, happier future.

"True health means balancing the body, mind, and emotions.



While modern life constantly pulls our attention outward to screens and stress, Yoga teaches us to turn inward. Proud to see this ancient

Indian tradition become the cornerstone of global health," the Lieutenant Governor said.

The Lieutenant Governor said that Yoga is not just a workout but a pathway to yourself. He said amidst noise of routine activities of life, Yoga aligns mind and body, helps us decode our inner thoughts and connects us with nature.

"Yoga helps in building mental agility. While our minds naturally drift to past worries or future anxieties, Yoga trains us to master the present moment. The science of Yoga is truly remarkable. By simply focusing on the breath, the mind settles, and stress reduction begins. Various Studies P11

## Lt Gov greets people on Jyeshtha Ashtami

**JAMMU:** The Lieutenant Governor Manoj Sinha has extended his greetings and good wishes on the occasion of Jyeshtha Ashtami, which is being celebrated tomorrow on June 22, 2026.

In a message, the Lieutenant Governor has said: "Heartiest greetings to all, especially our Kashmiri Pandit brothers and sisters, on the sacred occasion of Jyeshtha Ashtami.

May Mata Kheer Bhawani continue to guide us on the path of righteousness and bless everyone with peace, happiness, good health and prosperity."

Meanwhile, CM Omar Abdullah has P11

## Dr Jitendra Singh links Yoga for healthy ageing to 'Vision 2047'

■ EARTH NEWS SERVICE

**JAMMU:** Union Minister Jitendra Singh on Sunday highlighted the importance of yoga for healthy ageing and its role in realising India's Vision 2047.

Talking to reporters at a function organised by the Jammu administration at Government College for Women Gandhi Nagar, he said the theme of this year's International Yoga Day -- "Yoga for Healthy Ageing" -- holds special significance as India's life expectancy continues to rise and the country moves towards becoming a developed nation by 2047.

Referring to Prime Minister Narendra Modi's address, Singh said yoga has emerged as a global movement since the United Nations adopted June 21 as the International Day of Yoga.



"The observance of International Yoga Day over the past 12 years coincides with the 12-year tenure of the Modi government and reflects India's growing contribution to global wellness and healthcare," the minister of state in

the Prime Minister's office said. Highlighting the importance of the theme, Singh said as the number of senior citizens increases, it is essential to ensure that they remain healthy, active and capable of contributing meaningfully P11

## NIA chargesheet reveals dronedrops, intelligence gaps in Pahalgam Attack

■ EARTH NEWS SERVICE

**SRINAGAR:** Cross-border drones successfully dropped arms and ammunition as deep into Kashmir as the Baramulla district without detection, according to a National Investigation Agency (NIA) chargesheet filed in the last year's audacious Pahalgam terror attack case.

The exhaustive NIA probe has tracked the pre-attack movements of the terrorists who struck the popular Baisaran meadows in Pahalgam in April last year. The terror attack resulted in the death of 26 people, the majority of whom were tourists.

In response to the attack, Indian armed forces launched Operation Sindoor in which terror infrastructure across the border were destroyed.

Security experts analysing the chargesheet point to a critical drop in human intelligence gathering between 2022 and 2024 as a primary reason the terror cell was able to move freely through the valley undetected.

The investigation highlights a worrying shift in the logistics of terror in the region. Rather than relying solely on traditional, heavily guarded infiltration routes along the Line of Control (LoC), handlers from across the border are increasingly deploying unmanned aerial vehicles (UAVs).

Officials noted that these drones managed to penetrate deep into the hinterland, bypassing multi-tiered security cordons to deliver hardware and money directly to terror cells operating in north Kashmir's Baramulla district. Gogal Dara forests P11

## Security beefed up in Ganderbal ahead of Kheer Bhawani Mela, Shri Amarnath Yatra



■ EARTH NEWS SERVICE

**SRINAGAR:** Police have beefed up security in Ganderbal district ahead of Mata Kheer Bhawani Mela and the forthcoming Amar-

nath yatra to ensure a safe and smooth pilgrimage experience for the devotees, officials said on Sunday.

"Police conducted area domination exercises in and around

Kheer Bhawani Temple, Tulmulla, as part of the security preparedness for the upcoming religious congregation. The exercise aimed at maintaining a secure environment for devotees, locals and visitors who will attend the annual Mela on Monday," a police spokesman said.

He said that as part of a comprehensive security preparedness, highway checking and surveillance measures have also been strengthened on the Ganderbal-Baltal axis for the Amarnath yatra (SANJY)-2026 which is scheduled to begin on July 3.

"Security personnel are conducting thorough checks of vehicles and maintaining strict vigil at important points to ensure foolproof security along the Yatra P11

## 5 more prisons in J-K to get CISF security cover

**NEW DELHI:** The Union government is set to deploy CISF security personnel to secure five more prisons of Jammu and Kashmir after the two central jails in Jammu and Srinagar.

A CISF spokesman said on Sunday that "plans are under consideration" for extending the security cover of the paramilitary to the high security prison at Mahanpur (Kathua) and district jails of Jammu, Anantnag, Kupwara and Baramulla.

The Central Industrial Security Force (CISF) was inducted for providing armed security to the Central Jails in Srinagar and Jammu (Kot Bhalwal) at Jammu in Octo-

ber 2023.

The force is responsible for securing both the inner and outer perimeters of these sensitive facilities through a combination of trained manpower, modern surveillance systems, and strict access control measures, the spokesman said.

In order to check crimes in these two prisons, including smuggling of narcotics, the CISF has deployed non-linear junction detectors (NLJD), capable of detecting concealed electronic circuits, dual-view x-ray baggage inspection systems (X-BIS) and hand-held metal detectors (HHMDs) at all access points. P11

## Over 20L appear for NEET re-test

**NEW DELHI:** Over 20 lakh medical aspirants took a second shot at the NEET (UG) examination on Sunday after the original test was cancelled due to paper leaks, an issue that became a hot potato for the government and also triggered a popular protest movement.

Abhishek Singh, the Director General of the National Testing Agency (NTA), which has been receiving flak following the paper leak row, said the whole-of-government approach helped it to conduct the mammoth exercise in record time.

In a statement, NTA said more than 20 lakh candidates appeared for the NEET (UG) 2026 re-examination across 5,440 centres in India and 14 centres abroad. The exam was conducted in 13 languages, including Hindi and English.

"This was not the NTA acting alone. It was Team Bharat - a chain of people P11

## Security grid reviewed at SMVD Yatra track, Bhawan

■ EARTH NEWS SERVICE

**JAMMU:** A senior police officer on Sunday conducted a comprehensive on-foot security assessment of the Shri Mata Vaishno Devi (SMVD) Yatra track and the Bhawan area in Reasi district for the safety of pilgrims, a spokesperson of the force said.

Senior Superintendent of Police (SSP), Reasi, Mukund Tibrewal also visited the Sanjichhat area along the track and conducted a security audit of the helipad and its surrounding perimeter to ensure the safety and security of helicopter operations, the spokesperson added.

Accompanied by a team of officers, including Superintendent of Police, Katra,

Kameshwar Puri and officials from the Central Reserve Police Force (CRPF), Tibrewal reviewed the entire security grid along the pilgrimage route.

The police spokesperson said the SSP closely inspected various ingress points and assessed the effectiveness of pilgrim screening, frisking procedures and the operational readiness of baggage-scanning systems.

He also reviewed the deployment and alertness of security personnel at key locations along the track.

Tibrewal inspected the accommodation facilities of the security personnel deployed at the Bhawan and along the yatra track, interacted with the jawans and reviewed their living P11

## Yogi mocks Pak over Op Sindoor

**MAHOBHA:** Uttar Pradesh Chief Minister Yogi Adityanath on Sunday mocked Pakistan over Operation Sindoor, saying that when 'made in UP' BrahMos missiles were fired at the neighbouring country, it was going around the world seeking mercy.

Adityanath was addressing the public after inaugurating and laying the foundation of 88 development projects worth Rs 697 crore in Mahoba.

Adityanath said, "The day when BrahMos missiles manufactured in Uttar Pradesh's Defence Industrial Corridor were fired at Pakistan, it was seeking mercy... Will this Pakistan be able to fight with India?"

According to Uttar Pradesh Expressways Industrial Development Authority, the corridor passes through Aligarh, Agra, Jhansi, Chitrakoot, Kanpur and Lucknow districts.

He said that in the future such a missile hub will be set up in Mahoba, Hamirpur, and Chitrakoot districts.

Adityanath said, "Now, tanks are being manufactured in Bundelkhand and P11

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