

World going through tensions, Yoga gives direction of peace, brings oneness, says PM

VISAKHAPATNAM: Prime Minister Narendra Modi on Saturday said the whole world was going through some kind of tension with many regions facing unrest and instability, and that Yoga gives a direction of peace and brings oneness.

Addressing the 11th International Yoga Day participants here, Modi said the day marks the beginning of the ancient practice for humanity, where inner peace becomes a global policy.

The TDP-led NDA government's massive Yoga Day celebrations entered the record books, with the state government informing that 23 new achievements were made.

The PM said: "Unfortunately, today the whole world is going through some kind of tension. In many regions, unrest and instability are increasing. In such a situation, Yoga gives us the direction of peace. Yoga is the pause but-



ton that humanity needs to breathe, to balance, to become whole again," he said.

"My request to the world—let this Yoga Day mark the beginning of Yoga for humanity 2.0 where inner peace becomes global policy," the PM said.

He remarked that the essence of yoga is "to unite", and it is heartening to see how yoga has united the world.

Asserting that Yoga is for everyone, beyond boundaries, background, age, or ability, Modi said the theme of this year's International Yoga Day - "Yoga for One Earth, One Health" - reflects a deep truth, that the health of every entity on earth is interconnected.

Expressing pride in seeing how differently-abled individuals are reading yogic texts in braille, Modi noted that scientists are also practicing yoga in space. Human well-being depends on the health of **►P11**

Kargil CEC Akhoon chairs meeting to review arrangements for Moharram

■ EARTH NEWS SERVICE

KARGIL: Chairman, CEC, LAHDC, Kargil, Dr Mohd Jaffer Akhoon Saturday convened a meeting at Council Secretariat to discuss the arrangements ahead of Muharram and the conduct of processions in the district.

During the meeting, discussions were held to ensure all necessary arrangements are in place including provision of uninterrupted power and water supply, deployment of doctors and ambulances, medical facilities, traffic management, PA system, sanitization of congregation areas and other necessary facilities.

The CEC directed the concerned departments to make timely arrangements to ensure the smooth conduct of congregations and processions. CEC instructed the Chief Medical Officer, Kargil to establish an additional medical camp at Taxi Stand Ground floor to handle any emergencies.



The PDD and PHE departments were directed to provide uninterrupted water and power supply. The CEC also emphasized the importance of coordination among the departments to make the preparations in advance.

The police were directed to maintain law and order and to hold another meeting with volunteers to mobilize support.

The CEC suggested that the Municipal Committee Kargil should felicitate MC workers after the successful conclusion of Muharram as

a token of appreciation, acknowledging them as the unsung heroes.

He also directed the arrangement of polythene bags for volunteers and those serving refreshments to maintain hygiene and cleanliness. He urged everyone to approach their duties not just as tasks but as a mission and an act of worship.

Further, the CEC assured all possible support from Council and district administration both moral and financial support. Deputy Commissioner **►P11**

India evacuating all its nationals from Iran: Embassy

TEHRAN: India is evacuating all its citizens from Iran, the Indian mission here said on Saturday, amid Iran's ongoing conflict with Israel.

In a post on X, the Indian Embassy here provided emergency contact numbers and a link to a Telegram channel.

"The Indian Embassy in Iran is evacuating all Indian Nationals in Iran. The Embassy may be contacted either on the Telegram channel or over the emergency contact numbers.

+989010144557,
+989128109115
+989128109109," it said.

In another post, the embassy said that its evacuation efforts will also cover citizens of Nepal and Sri Lanka.

"On request of the Governments of Nepal and Sri Lanka, the Indian Embassy's evacuation efforts in Iran will also cover Citizens of Nepal and Sri Lanka," it said.

"The citizens of Nepal and Sri Lanka may **►P11**

Operation Sindoor told Pak India will not tolerate continuing terrorism: DM



■ EARTH NEWS SERVICE

JAMMU: Defence Minister Rajnath Singh on Saturday warned Pakistan that any future terror attack on Indian

soil will have serious consequences as Operation Sindoor is not over yet and India is ready to take any action against terrorism.

Addressing troops of the

Army's Northern Command here after joining them for a yoga session on the International Day of Yoga, the defence minister said Operation Sindoor conveyed to Pakistan that its "thousand cuts" policy against India will not succeed.

Chief of the Army Staff General Upendra Dwivedi was also part of the session.

Singh reached Udhampur on a two-day visit on Friday, his second trip to Jammu and Kashmir post-Operation Sindoor. He visited Kashmir on May 15, days after India and Pakistan reached an understanding to stop military actions against each other.

"Operation Sindoor is not over yet. Through this **►P11**

Ladakh celebrates International Day of Yoga

Union Minister Arjun Ram Meghwal joins in



■ EARTH NEWS SERVICE

LEH: The Union Territory of Ladakh celebrated the 11th International Day of Yoga (IDY) with great enthusiasm and widespread participation

at Leh Palace and Astro turf Open Stadium at Spituk, Leh.

The occasion also marked the culmination of the week-long International Festival of Yoga and Meditation, jointly organized by the UT Admin-



istration of Ladakh and Mahabodhi International Meditation Centre (MIMC), Leh, in collaboration with LAHDC for Leh, National Institute of Sowa Rigpa, University of Ladakh, Ministry of Ayush,

and Morarji Desai National Institute of Yoga.

Union Minister of State (Independent Charge) for Law & Justice and Parliamentary Affairs, Arjun Ram Meghwal, participated in the

International Day of Yoga celebration at Astro turf Open Stadium, Spituk, Leh.

This year's theme, "Yoga for One Earth, One Health," reflects a global vision of unity, sustainability, **►P11**

Int'l Day of Yoga celebrated in UoL



■ EARTH NEWS SERVICE

LEH: The University of Ladakh celebrated the International Day of Yoga (IDY-2025) on June 21, 2025, at the Multipurpose Sports Ground. The event witnessed enthusiastic participation from students, faculty, non-

teaching staff, NSS volunteers, and others.

The Vice Chancellor, Prof. Saket Kushwaha, graced the occasion and encouraged all to adopt yoga as a way of life for physical, mental, and spiritual well-being.

Prior to the yoga session, participants gathered **►P11**

CBC celebrates Int'l Yoga Day in Nubra

PARTAPUR: The Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India on Saturday organised an Integrated Communication and Outreach Program (ICOP) in Nubra valley to celebrate 11th International Day of Yoga.

The event was organised at Army Goodwill School (AGS) Partapur at an altitude of 12000 feet from the mean sea level. The programme commenced with an early morning yoga session in which students, teachers, army jawans and officials of CBC participated.

The participants were apprised regarding different



yoga asanas and the ensuing benefits by the demonstrator. A yoga pledge was also taken by the participants on the occasion.

Major Mainouddin Alabhai, Secretary AGS Partapur presided over the event

as Chief Guest. In his presidential address, Major Alabhai highlighted the vision underlying the celebration of the International Day of Yoga. He underscored the need to make yoga a part of daily life to fight **►P11**

Omar: Hope Israel, Iran stop attacking each other soon

SRINAGAR: Jammu and Kashmir Chief Minister Omar Abdullah on Saturday expressed hope that Israel and Iran will soon stop attacking each other and resolve their issues through dialogue.

"We can only hope and pray that the war stops. The situation is bad. This should not have happened," Abdullah told reporters in central Kashmir's Ganderbal, his assembly constituency.

Wondering on what basis Israel attacked Iran, he said, "A few days ago, the US intelligence in-charge said before the Senate and **►P11**

Israel hits Iranian Nuclear Research Facility, 3 killed

TEL AVIV: Israel's military said Saturday (June 21, 2025) it struck an Iranian nuclear research facility overnight and killed three senior Iranian commanders in targeted attacks as the war between the two nations continued into a second week.

Early Saturday, smoke could be seen rising from an area near a mountain in Isfahan, where a local official said Israel had attacked the nuclear research facility in two waves.

The target was two centrifuge production sites, and the attacks came on top of strikes on other centrifuge production sites elsewhere in recent days, according to

an Israeli military official speaking on condition of anonymity under army guidelines to brief reporters. It was the second attack on Isfahan, which was hit in the first 24 hours of the war as part of Israel's goal to destroy the Iranian nuclear program.

Akbar Salehi, Isfahan province's deputy governor for security affairs, confirmed the Israeli strikes had caused damage to the facility but said there had been no human casualties.

Iran launched a new wave of drones and missiles at Israel but there were no immediate reports of significant damage, and the Israeli official called it a **►P11**

Akhoon for easing traffic congestion

■ EARTH NEWS SERVICE

KARGIL: Chairman and Chief Executive Councillor, LAHDC Kargil, Dr. Mohd Jaffer Akhoon convened a meeting in his chamber to discuss measures for traffic decongestion in Kargil Town.

During the meeting, Dr. Akhoon primarily focused on the dismantling of the bottleneck near Dak Bungalow, the early completion of the link road connecting the new Iqbal Bridge, and the construction of a new link road adjacent to Fatima Chowk.

He also deliberated on other possible alternatives

to ease traffic congestion with the concerned officers and emphasized that traffic management is a matter of grave concern for the district.

The meeting was also attended by Executive Councillor for PHE/I&FC and Urban Development, LAHDC Kargil, Kacho Mohd Feroz, and Councillor for Kargil Town, Haji Mohd Abass.

Additional Deputy Commissioner Kargil, Imteaz Kacho; Assistant Commissioner Revenue (ACR) Kargil, Jahangeer Akhone; Executive Engineer PHE, Mohd Hassan; Executive **►P11**

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