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World going..

the soil that grows food, on the rivers that give water, and the health of animals that share the ecosystem and the plants that nourish, he further said.

Yoga awakens us to this interconnectedness. Yoga leads on a journey towards oneness with the world and teaches that people are not isolated individuals but part of nature, Modi added.

"Yoga is a great personal discipline. At the same time, it is a system that takes us from Me to We. Let this Yoga Day mark the beginning of Yoga for humanity, where inner peace becomes global policy," he said.

When India proposed in the United Nations that June 21 be celebrated as International Yoga Day, in a short time, 175 countries accepted it, he said.

After 11 years, Yoga has now become part of the lives of crores of people around the world, he further said. "Whether the Sydney Opera House or the Everest mountain, or the span of the ocean, the message is that Yoga is for everyone," said Modi.

Referring to Indian culture, the PM said it teaches us the value of "Sarve Bhavantu Sukhinah"—the welfare of all is one's sacred duty - and this journey from 'Me' to 'We' forms the foundation of service, dedication, and coexistence. The Prime Minister stated that it is this very thinking that fosters social harmony.

Emphasising that yoga should not remain merely a personal practice, Modi said it should evolve into a medium for global partnerships.

He called upon every nation and society to integrate yoga into their lifestyle and public policy and envision a collective effort to advance a peaceful, balanced, and sustainable world.

"Yoga should guide the world from conflict to cooperation, and from stress to solutions," he said.

Further, Modi noted that through the National Ayush Mission, the message of yoga and wellness is being actively advanced across the country.

According to the PM, the scale of events taking place in every corner of India reflects yoga's growing influence.

Underlining the efforts of the Yoga Certification Board, which has trained more than 6.5 lakh volunteers and recognised around 130 institutions, the PM noted the inclusion of a 10-day yoga module in medical colleges as part of building a holistic wellness ecosystem.

He called upon everyone to transform yoga into a people's movement to lead the world towards peace, health, and harmony.

This year, special contests such as Yoga with Family and youth-focused initiatives under Yoga Unplugged have been launched on platforms like MyGov and MyBharat, encouraging mass participation, said Modi.

Modi congratulated Andhra Pradesh Chief Minister N Chandrababu Naidu, Deputy CM Pawan Kalyan, and Minister Nara Lokesh for organising Yogandhra project.

The 11th edition of the Yoga Day saw new records being made.

Naidu said that the state set 23 global records – two Guinness Records and 21 World Book of Records.

Addressing media persons after performing Yoga along with PM Modi, Naidu said 3.03 lakh people gathered to perform the ancient lifestyle art, creating a world record for most people performing Yoga at a single location.

"A total of 23 global records comprising 21 World Book of Records and two Guinness Records were created," he said.

Further, about 22,122 tribal students simultaneously performed 108 Surya namaskar for 108 minutes in one location, thus creating the second Guinness World Record. This feat was achieved on Friday at Andhra University.

Kargil CEC ...

Kargil Rakesh kumar expressed gratitude to all stakeholders for the smooth preparations last year and expressed hope for continued cooperation. He assured that efforts will be made to improve preparations compared to the previous year.

During the meeting, suggestions from religious organizations JUIAK and IKMT were taken such as Moharram Package and other into consideration to which the CEC assured that all inputs will be acted upon.

Executive Councillor, PHE, Kacho Mohd Feroz; Executive Councillor, Agha Syed Mujtaba Mussavi; Deputy Commissioner Kargil Rakesh Kumar IAS, ADC Kargil; Councillors, ASP Kargil, SE PWD and R&B, Administrator Municipal, ACR Kargil, Executive Officer Municipal Committee Kargil, CMO Kargil; DSHO Kargil, AD Tourism; AD Food & Supplies Executive Engineer R&B; Executive Engineer PDD; Tehsildar Kargil, DYSSO Kargil, and other district officers, representatives from religious organization, IKMT and Jamiatul Ulama Isna Ashria Kargil besides other stakeholders attended the meeting.

India evacuating...

urgently reach out to the Embassy, either on the Telegram channel or over the emergency contact numbers. +989010144557; +989128109115; +989128109109," it added.

In Colombo, the Sri Lankan Foreign Ministry also advised its citizens in Iran to contact the Indian Embassy in Tehran if they wish to leave the country.

"The government of Sri Lanka has made arrangements with the government of India to assist Sri Lankans who wish to leave Iran by accommodating them in the flights," the ministry said in an official release.

According to the Foreign Ministry, there are less than 100 Sri Lankan nationals in Iran, while some 20,000 are employed in Israel.

In Kathmandu, Nepal's Foreign Minister Arzu Rana Deuba's secretariat said she requested the Indian government to rescue 16 Nepalese nationals who were stranded in Iran.

Foreign Minister Deuba requested the Indian government, through Indian Ambassador to Nepal Naveen Srivastava, to include the Nepali nationals during the evacuation of Indians from Iran.

Deuba took to X to thank External Affairs Minister S Jaishankar for India's swift assistance.

"Thank you @DrSJaishankar for India's swift assistance in helping to evacuate Nepali nationals from Iran. India's support in Nepal's evacuation efforts is a reflection of the strength of Nepal-India ties," Deuba wrote.

Of the 16 Nepali nationals, five are currently in Iranian prisons due to immigration-related offences, the Ministry of Foreign Affairs said, adding, efforts are underway to secure their release and repatriation as part of the evacuation process.

India on Wednesday announced the launch of "Operation Sindhu" to evacuate its nationals from Iran after its conflict with Israel, which has entered its second week, showed no sign of letting up.

On Saturday, the Ministry of External Affairs (MEA) said that over 500 Indian nationals have returned home from Iran under Operation Sindhu so far.

Operation Sindoor ...

operation, we have told Pakistan that continuing terrorism against India will not be tolerated and the response will get from bad to worse," said Singh, flanked by Gen Dwivedi.

Under Operation Sindoor, Indian armed forces struck terror infrastructure in Pakistan and Pakistan-occupied Kashmir on the intervening night of May 6 and 7 in retaliation to the April 22 Pahalgam terror attack that left 26 people, mostly tourists, dead.

"Operation Sindoor was not just a reaction to the Pahalgam terrorist attack, it was a natural progression of the 2016 surgical strike and the 2019 (Balakot) airstrike. We conveyed to Pakistan that its policy of a thousand cuts against India will not succeed.

"Any terror attack on Indian soil will come at a great cost to Pakistan. India is ready to take any kind of action against terrorism," Singh said.

As part of Operation Sindoor, he said, the Indian armed forces precisely destroyed terrorists' forts across the border.

"We could have easily destroyed other targets but we did not do that. We showed restraint," the defence minister said, attributing it to yoga, which he underlined helps overcome anger, makes one physically and mentally strong, and controls power.

Singh said the Pahalgam attack, which was planned across the border, was not just another terrorist incident but was aimed at disturbing India's social and communal unity.

"We not only foiled their plans but also took retaliatory action that forced Pakistan to kneel and only then did we halt Operation Sindoor," he said.

Earlier in the day, DM warned Pakistan that any future terror attack on Indian soil will have serious consequences on the country as Operation Sindoor is not over yet and India is ready to take any action against the menace.

Addressing troops of Udhampur-based northern command here after joining them on the occasion of International Yoga Day, the defence minister said Operation Sindoor conveyed a message to Pakistan that their "thousand cut" policy against India is not going to succeed.

"Operation Sindoor is not over yet... through this operation, we have told Pakistan that continuing terrorism against India will not be tolerated and the response will get from bad to worse," Singh, flanked by Army chief Upendra Dwivedi, said.

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"Operation Sindoor was a natural progression of 2016 surgical strike and 2019 air strike (across the border). We conveyed to Pakistan that its policy of thousand cuts against India will not succeed.

"Any terror attack on the soil of India will prove disastrous for Pakistan. India is ready to take any type of action against terrorism," Singh said.

Ladakh celebrates ...

and holistic health through the practice of yoga.

As part of the celebration, the live telecast of Hon'ble Prime Minister Narendra Modi's address on the occasion of IDY 2025 from Visakhapatnam, Andhra Pradesh, was also screened, inspiring the audience with his vision for yoga as a unifying and healing force for humanity.

Union Minister of State (Independent Charge) for Law & Justice and Parliamentary Affairs, Shri Arjun Ram Meghwal, graced the occasion as the Chief Guest at both the venues. In his address, he hailed the International Day of Yoga as a landmark achievement for India, highlighting its global recognition and cultural significance rooted in centuries-old Indian traditions.

He lauded the efforts of Prime Minister Narendra Modi, whose appeal at the United Nations General Assembly led to the adoption of June 21 as the International Day of Yoga. "Yoga is not merely a physical discipline, but a holistic path to overall well-being—physical, mental, and spiritual. Its global acceptance stands as a testament to India's ancient wisdom," the Minister remarked.

He further emphasized the need for regular yoga practice to promote healthier lifestyles and a more peaceful society, adding, "Yoga will not only benefit our current generation but also lay the foundation for a healthier, more harmonious future."

In his remarks, Ven. Bhikkhu Sanghasena, Founder and President of MIMC, described yoga, meditation, ahimsa (non-violence), karuna (compassion), and maitri (loving-kindness) as India's enduring contributions to the world. "Yoga is not just an exercise; it is a transformative path that rejuvenates the body, mind, and soul," he said.

He shared that the International Festival of Yoga and Meditation was successfully held at several iconic locations in Ladakh, including Pangong Lake, Nubra Valley, the University of Ladakh, MIMC Leh, SNM Hospital, and the National Institute of Sowa Rigpa, offering participants a rare blend of spiritual enrichment and natural beauty.

The event was graced by several dignitaries including Chairman, LAHDC Leh, Adv. Tashi Gyalson; Deputy Chairman, LAHDC Leh, Tsering Angchuk; Executive Councillor Ghulam Mehdi, Executive Councillor Stanzin ChospheI, Chief Secretary, UT Ladakh, Dr. Pawan Kotwal; former Lt. Governor of Puducherry, Smt. Kiran Bedi; Secretary, Tourism, Vikram Singh Malik; Secretary, Rural Development Department, Shashanka Ala; Former MP Jamyang Tsering Namgyal, former senior officials; and other distinguished guests, adding further prominence to the occasion.

The celebration also witnessed active participation from religious leaders from across the nation such as His Holiness Swami Gyananand Tirth Jagadguru Shankaracharya, Swami Vachananda Guru and various political representatives, departmental secretaries, heads of departments, officials from various government departments, and students from educational institutions across Leh.

The event concluded with a mass yoga demonstration, where participants performed various asanas under the guidance of trained instructors, reinforcing the message of unity, health, and peace through the timeless practice of yoga.

District Administration Kargil also celebrated the 11th International Yoga Day with great enthusiasm at the Khri Sultan Cho Sports Stadium, Biamathang. The event witnessed active participation from officers, students, and the general public, promoting the message of health, harmony, and holistic well-being through Yoga.

Chairman/Chief Executive Councillor, LAHDC Kargil, Dr. Mohd Jaffer Akhoon, Deputy Commissioner/CEO, LAHDC Kargil, Rakesh Kumar, MLA, Bahu Jammu, Vikram Singh Randhawa, Senior Superintendent of Police Shri Ram R., Director Tourism, Director Social Welfare, Director School Education, Joint Director Youth Services and Sports, ASP Kargil

Nitin Yadav, Additional Deputy Commissioner, Joint Director Finance, Joint Director Planning, sectoral officers, school children, yoga enthusiasts, and members of the public also attended the event.

Addressing the gathering, Dr. Mohd Jaffer Akhoon emphasized the significance of Yoga as a tool for not only physical fitness but also for mental peace and spiritual well-being. Drawing parallels between prayer and yoga, he highlighted how both practices nurture the body, mind, and soul.

He expressed gratitude to the Hon'ble Prime Minister of India for elevating Yoga to a global platform, with over 150 countries now observing International Yoga Day. He urged people to adopt yoga as a regular part of their lives for overall health and moral balance.

He appreciated the role of the District Administration and line departments for the successful conduct of the event. He also welcomed and thanked the dignitaries from other states who joined the celebration in Kargil.

Deputy Commissioner Rakesh Kumar, while speaking to the media, stressed that Yoga should not be confined to just one day of celebration but practiced daily. He shared plans to introduce regular yoga sessions in schools across the district in co-ordination with the Chief Education Officer, Kargil.

Ladakh Academy of Art, Culture and Languages (LAACL) organised a special cultural programme showcasing the rich traditions of the region.

The master of ceremony, Ibrahim Shogi administered a Yoga pledge also vowing to adopt Yoga in daily life.

Int'l Day ...

in the Conference Hall from 6:30 AM to 7:00 AM to attend the live telecast of the Hon'ble Prime Minister of India's address, streamed by the Ministry of Ayush, Government of India.

More than 100 participants took part in the yoga session, which was expertly moderated by Dr. Jigmet Deachen DSW.

Similarly in Kargil Campus, The University of Ladakh marked International Yoga Day 2025 with a week-long celebration from 16th to 21st June, organized by the Department of Physical Education and Sports in collaboration with the Tribal Research Institute. The initiative aimed at promoting health, mindfulness, and well-being saw enthusiastic participation from students, faculty, non-teaching staff, and NSS volunteers.

Daily sessions, held from 8:30 AM to 9:30 AM, were led by Dr. Janardan Roy, Yoga Expert and faculty member. Participants practiced a range of yogic postures including Tadasana, Urdhva Hastasana, and Vrikshasana, focusing on balance, flexibility, strength, and breath control.

A key highlight was the visit of Hon'ble Vice Chancellor, Prof. Saket Kushwaha on 18th June. He commended the growing interest in yoga and appreciated the university's efforts to foster wellness.

The grand finale on 21st June, International Yoga Day, saw active participation by 20 Army Jawans from the 8-Mountain Division, Khumbathang, showcasing unity and discipline. The day began with a welcome address by Dr. Mehboob Ali, who emphasized integrating yoga into daily life for lasting benefits.

The celebration concluded with a dynamic yoga session led by Dr. Roy and students, followed by a certificate distribution ceremony. A vote of thanks was delivered by Dr. Jaffer Ali Khan, acknowledging the efforts of all contributors.

This successful event reaffirmed the University's commitment to promoting fitness, mental peace, and a culture of mindful living.

CBC celebrates ...

non-communicable diseases and mental health issues.

Principal AGS Partapur, Yang Dol also addressed the participants urging them to follow the spirit of this year's theme - Yoga for One Earth, One Health.

Field Publicity Officer, CBC, Shahid Mohammad Lone in his address impressed upon the youth to not restrict yoga to a mere symbolic annual event but make it a part of their daily lives. He said that yoga is a gift from India to the world, and celebration of the Yoga Day globally is a testimony of India's soft power and ancient wisdom.

On the occasion, theme based open quiz and painting competitions were organized for the students and the winners were rewarded with mementos and commendation certificates.

Omar: Hope...

Congress that Iran is not closer to getting a nuclear weapon. So, if America felt that a few days ago, then why did Israel attack Iran?"

"It is obvious that there is some politics behind it but we hope that this cycle stops sooner and the issues are resolved through dialogue," he added.

Abdullah visited many areas in his assembly constituency and said it was his duty as the local MLA.

"The people of Ganderbal have sent me to represent them and serve them and I will try my best to meet their expectations. So, since I became the MLA, we have hastened the development progress here.

"Today, I inaugurated one project, a marriage hall and laid the foundation stone of a bridge, which was an old demand," he said.

Abdullah said when he sought votes from the people of Ganderbal, he had told them that he would serve them as an MLA and address their issues.

"I had told them I will not remain away for five years after taking their votes. Despite having the responsibility of the whole J-K, I have never forgotten that the people of Ganderbal did me a huge favour by electing me from here and that is why I did not leave this seat," he said.

Abdullah won the assembly polls from two seats - "Ganderbal and Budgam. He vacated Budgam after being sworn-in as the chief minister.

Asked about the upcoming annual Amarnath yatra, Abdullah said he was hopeful that yatris will come in large numbers to visit the Amarnath cave shrine.

"We hope they return safely as well. The responsibility of their security lies with the LG and Raj Bhavan, and I hope all the measure will be taken for their safety and security. Rest of the responsibilities - " be it medical or infrastructure - " we have fulfilled those," he added.

Israel hits ...

"small barrage" that was largely intercepted by Israel's defenses.

The official said part of the reason that Iran's overnight attack had been relatively small was that the military had been targeting its launchers, and estimates it has now taken out more than 50% of them.

"We've been able to take out a large amount of their launchers, creating a bottleneck — we're making it harder for

them to fire toward Israel," he said. "Having said all that, I want to say the Iranian regime obviously still has capabilities."

Israel's Magen David Adom rescue service said Saturday an Iranian drone hit a two-story building in northern Israel, but there were no casualties.

The ongoing fighting comes after talks in Geneva on Friday failed to produce a diplomatic breakthrough.

European officials expressed hope for future discussions, and Iranian Foreign Minister Abbas Araghchi said he was open to further dialogue while emphasizing that Tehran had no interest in negotiating with the U.S. while Israel continued attacking.

"Iran is ready to consider diplomacy if aggression ceases and the aggressor is held accountable for its committed crimes," he told reporters.

No date was set for the next round of talks.

U.S. President Donald Trump is weighing active U.S. military involvement in the conflict, which Araghchi said Saturday "would be very unfortunate."

"I think that it would be very, very dangerous for everyone," he said in Istanbul, speaking on the sidelines of a meeting of the Organization of Islamic Cooperation.

The war between Israel and Iran erupted June 13, with Israeli airstrikes targeting nuclear and military sites, top generals and nuclear scientists. At least 657 people, including 263 civilians, have been killed in Iran and more than 2,000 wounded, according to a Washington-based Iranian human rights group.

Iran has retaliated by firing more than 450 missiles and 1,000 drones at Israel, according to Israeli army estimates. Most have been shot down by Israel's multitiered air defenses, but at least 24 people in Israel have been killed and hundreds wounded.

Israeli Prime Minister Benjamin Netanyahu has said Israel's military operation in Iran would continue "for as long as it takes" to eliminate what he called the existential threat of Iran's nuclear program and arsenal of ballistic missiles.

But Netanyahu's goal could be out of reach without U.S. help. Barring a commando raid or even a nuclear strike, Iran's underground Fordo uranium enrichment facility is considered to be out of reach to all but America's "bunker-buster" bombs. Trump said he would put off deciding whether to join Israel's air campaign against Iran for up to two weeks.

In Israel's opening attack, it killed three of Iran's top military leaders: one who oversaw the entire armed forces, Gen. Mohammad Bagheri; one who led the paramilitary Revolutionary Guard, Gen. Hossein Salami; and the head of the Guard's ballistic missile program, Gen. Amir Ali Hajizadeh.

The targeted killings of senior commanders continued, with Israel's defense minister saying Saturday that the military had killed a commander in Iran's paramilitary Revolutionary Guard who financed and armed Hamas in preparation for the Oct. 7, 2023, attack on Israel that sparked the 20-month long war in Gaza.

Israel said Saeed Izadi was commander of the Palestine Corps for the Iranian Quds Force, an elite arm of the Guard that conducts military and intelligence operations outside Iran, and that he was killed in an apartment in the city of Qom.

Iranian officials did not immediately confirm the death, but the Qom governor's office did say there had been an attack on a four-story apartment building and local media reported two people had been killed.

Israel also said it had killed the commander of the Quds Force's weapons transfer unit, who it said was responsible for providing weapons to Hezbollah and Hamas. Behnam Shahriryari was killed in his car while traveling in western Iran, the military said.

A commander of Iran's drone force was also killed overnight, the Israeli official who briefed reporters said.

On Friday, the head of the U.N. nuclear watchdog warned at an emergency meeting of the U.N. Security Council against attacks on Iran's nuclear reactors, particularly its only commercial nuclear power plant in the southern city of Bushehr.

"I want to make it absolutely and completely clear: In case of an attack on the Bushehr nuclear power plant, a direct hit would result in a very high release of radioactivity to the environment," said Rafael Grossi, head of the International Atomic Energy Agency. "This is the nuclear site in Iran where the consequences could be most serious."

Israel has not targeted Iran's nuclear reactors, instead focusing its strikes on the main uranium enrichment facility at Natanz, centrifuge workshops near Tehran, laboratories in Isfahan and the country's Arak heavy water reactor southwest of the capital.

Iran previously agreed to limit its uranium enrichment and allow international inspectors access to its nuclear sites under a 2015 deal with the U.S., France, China, Russia, Britain and Germany in exchange for sanctions relief. But after Trump pulled the U.S. unilaterally out of the deal during his first term, Iran began enriching uranium up to 60% — a short, technical step away from weapons-grade levels of 90% — and restricting access to its nuclear facilities.

Iran has long maintained its nuclear program is for peaceful purposes, but it is the only non-nuclear-weapon state to enrich uranium up to 60%. Israel is widely believed to be the only Middle Eastern country with a nuclear weapons program but has never acknowledged it.

Leaders in Iran have blamed Grossi's statements about the status of Iran's nuclear program for prompting Israel's attack.

On Saturday, a senior adviser for Iran's Supreme Leader Ali Khamane'i, Ali Larjani, said in a brief social media post without elaboration that Iran would make Grossi "pay" once the war with Israel is over.

Akhoon for ...

Engineer R&B Kargil, Sadiq Ali; Tehsildar Kargil, Tanveer Ahmad; and Executive Officer, MC Kargil, Arifa Iqbal were also present.

On the occasion of International Day of Yoga 2025, the District Child Protection Unit (DCPU), Mission Vatsalya, Kargil distributed sports kit among children residing in Government and NGO-run Child Care Institutions (CCIs) across the district.

The event took place at Khri Sultan Cho Sports Stadium, Kargil, and was graced by the Chief Executive Councillor (CEC), LAHDC Kargil, Deputy Commissioner (DC) Kargil, SSP Kargil, Director, Social & Tribal Welfare Department, UT Ladakh, District Child Protection Officer (DCPO), and the Protection Officer (Institutional Care), DCPU Kargil.

The initiative is in line with Form 46, Sub-section 38 of the Juvenile Justice (Care and Protection of Children) Act, 2015, emphasizing the importance of recreational activities and holistic development for children in institutional care.

Superintendents and wardens of both Government and NGO-run CCIs participated in the event and collected sports kits on behalf of their respective institutions. The kits are expected to support the children's physical fitness, promote teamwork, and encourage active participation in sports and wellness programs.

Through this thoughtful initiative, DCPU Kargil reaffirms its commitment to ensuring not only the protection but also the physical, emotional, and social well-being of children under institutional care.