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◆CHANDIGARH ◆PUNJAB◆HARYANA ◆HIMACHAL PRADESH◆DELHI◆JAMMU & KASHMIR ◆UTTARAKHAND

NEWS BRIEFS

Three dead, two injured as car hits boundary wall in Chhattisgarh

BILASPUR: Three persons were killed and two others injured after the car they were travelling in hit a roadside boundary wall in Bilaspur district of Chhattisgarh on Saturday, police said. The accident took place around 2.30 pm near Binauri village under the Sakri police station limits when the victims were returning from Bilaspur after the work of drilling a borewell, an official said. One of the occupants, who was in the driving seat, lost control over the vehicle and hit a roadside precast boundary wall. The impact of the collision was such that five pillars of the wall were uprooted from the ground, while the right side door of the car broke and fell off, he said.

Man held in Bihar for threatening MP by posing as member of Lawrence Bishnoi gang

PATNA: A man from Bihar's Siwan district has been arrested for posing as jailed gangster Lawrence Bishnoi's aide to allegedly threaten Rajya Sabha MP Upendra Kushwaha, officials said on Saturday. The accused had allegedly warned Kushwaha against speaking about a particular political party and threatened to "finish him" within 10 days. During questioning, Kumar confessed to having called Rajya Sabha MP several times and threatening him, Patna SSP Kartikeya K Sharma said.

Operation Sindhu: 256 more Indian students evacuated from Iran land safely in Delhi

NEW DELHI: A Mahan Air evacuation flight carrying 256 Indian students, the majority from the Kashmir Valley, landed safely at the Delhi airport on Saturday, bringing much-needed relief to their anxious families. The students, many of whom were stranded in Iran amid escalating tensions in the Middle East, appeared visibly exhausted but relieved after enduring days of fear and uncertainty in the conflict zone. "Thanks to the Government of India for its efforts and timely coordination with Iranian authorities. We remain committed to ensuring the safe evacuation of all remaining students, especially those from vulnerable and remote regions," the Jammu and Kashmir Students' Association said in a statement. The association also confirmed that another evacuation flight carrying Indian students is expected to arrive in the national capital around 11.30 pm.



PM Modi calls for 'inner peace as global policy' on International Yoga Day, urges global partnership through yoga

AGENCY
VISAKHAPATNAM, JUNE 21

Prime Minister Narendra Modi on Saturday urged the international community to embrace "inner peace" as a "global policy" and make yoga a collective global responsibility. Speaking at the 11th International Day of Yoga celebrations in Visakhapatnam, the Prime Minister called upon countries to adopt yoga not just as a personal or cultural practice, but as a unifying force for humanity.

"I would like to take this opportunity to urge the global community on this important occasion to let this International Yoga Day mark the beginning of Yoga for Humanity. Let this be the day when inner peace becomes a global policy, where yoga is embraced not just as a personal practice, but as a powerful tool for global partnership and unity. Let every country and every society make yoga a shared responsibility, a common contribution toward collective well-being," the Prime Minister said.

The event was held along the scenic Visakhapatnam coastline, with Indian Navy ships stationed near the shore, adding to the grandeur of the



With the efforts of PM Modi, Yoga is celebrated worldwide: Union Minister Nitin Gadkari

NAGPUR : Union Minister Nitin Gadkari on Saturday celebrated the 11th International Yoga Day by performing yoga with thousands of participants in at Yashwant Stadium, Dhantoli, Nagpur. He emphasised the importance of incorporating yoga into daily life for better health and well-being and praised Prime Minister Narendra Modi's efforts in popularising yoga globally, saying it has become a widely celebrated practice worldwide.

celebration.

PM Modi was joined by lakhs of yoga enthusiasts, residents, and dignitaries from Andhra Pradesh.

Calling for a global mass movement through yoga, PM Modi said, "Come, let us all together make Yoga a mass movement. A movement that takes the world towards peace, health and harmony. Where every person starts the day with yoga and finds balance in life. Where every society is connected to yoga and free from stress. Where yoga becomes the medium to bind humanity together. And where Yoga For One Earth, One Health becomes a global resolution."

At the start of his address, the Prime Minister extended greetings to people across the world on the occasion of International Yoga Day, marking its 11th year of celebration.



11th International Yoga Day in Haryana marked several milestones

BUREAU
CHANDIGARH, JUNE 21

The 11th International Yoga Day was celebrated across Haryana with great enthusiasm and held special significance this year. While over 1 lakh people gathered at the sacred Brahma Sarovar in Kurukshetra for the state-level event, sending a powerful message to the world through collective yoga practice, nearly 20 lakh participants joined yoga sessions held across 22 districts and 121 blocks of the state.

The state-level function was graced by Haryana Governor, Sh. Bandaru Dattatraya, Chief Minister, Sh. Nayab Singh Saini, AYUSH and Health Minister, Kumari Arti Singh Rao, MP Sh. Naveen Jindal, and renowned Ayurvedic

dacharya, Sh. Balkrishna and other dignitaries. Notably, Yoga Guru Swami Ramdev led the yoga session. The live broadcast of Prime Minister Sh. Narendra Modi's address from Visakhapatnam, Andhra Pradesh, was watched by all participants.

On this occasion, the Chief Minister announced that a Yoga Writer Incentive Scheme will be launched to promote yoga research in universities, with outstanding authors to be honored annually. Additionally, 100 new Yoga evam Vyayamshalas will be established this financial year. Currently, there are 883 vyayamshalas already operating in the state. An international meditation hall will also be built at Shri Krishna AYUSH University in Kurukshetra, he announced.

The Chief Minister further announced the introduction of a credit-based evaluation system for assessing students' yoga performance in all government schools. A uniform yoga curriculum will also soon be implemented in all universities and colleges of Haryana.

He stated that yoga and naturopathy subjects will be recognized under the AYUSH, starting this year, with government registration of practitioners also commencing.

The Chief Minister also announced that experienced coaches will be appointed to strengthen yoga as a sport at the national level and to train athletes for international competitions.

Recruitment for 40 yoga instructors in the sports department will begin shortly.

GILLPANTASTIC

Rishabh Pant breaks MS Dhoni's record for most away Test runs in SENA by a wicketkeeper

Rishabh Pant bettered MS Dhoni's record for most runs by a wicketkeeper in away Tests in the SENA (South Africa, England, New Zealand and Australia) countries, during Day 2 of the first Test between England in India at Headingley, Leeds on Saturday.

The Indian wicketkeeper scored his seventh Test century, eclipsing the former skipper's record of 1731 runs at an average of 31.47. Pant breached the landmark in six innings fewer and with a better average of 40.25.

In his seven-year Test career, Pant has scored four Test centuries in SENA with a highest score of 159 not out in Sydney in 2019.

Shubman Gill becomes fifth Indian batter to score hundred on Test captaincy debut

Shubman Gill became just the fifth Indian Test batter to register a century on his captaincy debut during the first Test between India and England at Headingley, Leeds on Friday. The newly named Indian skipper etched his name in an exclusive list, joining Vijay Hazare, Sunil Gavaskar, Dilip Vengsarkar and Virat Kohli.

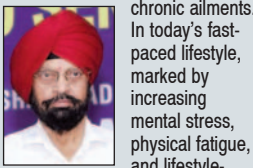
It was the 25-year-old's sixth Test hundred and his first outside Asia. He has also scored seven fifties. His previous highest score outside the continent was his 91 against Australia in Brisbane in 2021. Hazare holds the record for the highest score by an Indian on captaincy debut, scoring 164 not out against England in Delhi in 1951. Kohli scored twin hundreds in his first match as skipper against Australia in Adelaide in 2014.



NEWS BRIEF

Yoga is miraculous gift of Indian sages: Dr. RS Ghumman

GOLDY CHUGH SHAHABAD: Describing yoga as a miraculous remedy, Shahabad Satiuj School Principal Dr. R.S. Ghumman said that yoga is not merely a physical exercise but an invaluable legacy of Indian sages, capable of harmonizing the body, mind, and soul to create a life full of health and vitality. Dr. Ghumman emphasized that the power of yoga is so profound that it can help overcome even



chronic ailments. In today's fast-paced lifestyle, marked by increasing mental stress, physical fatigue, and lifestyle-related illnesses, yoga stands out as a natural, side-effect-free solution to maintain holistic well-being. He acknowledged the role of Prime Minister Narendra Modi and Haryana Chief Minister Nayab Saini in elevating yoga to a global platform. "Through International Yoga Day, this ancient Indian discipline is being embraced worldwide, benefiting millions," he said. Extending his greetings on International Yoga Day, Dr. Ghumman appealed to everyone to make yoga a part of their daily routine.

HPNLU celebrates International Yoga Day on campus



DINESH AGARWAL SHIMLA: Himachal Pradesh National Law University, Shimla, under the leadership of Hon'ble Vice-Chancellor Prof. (Dr.) Priti Saxena, celebrated the International Yoga Day with great enthusiasm and participation on June 21, 2025, at the university campus. The event witnessed the active involvement of students, faculty members, and administrative staff. The celebration aimed to promote the importance of yoga in maintaining physical, mental, and emotional well-being, in line with this year's global theme of fostering holistic health. Participants performed various asanas, pranayama, and meditation exercises that highlighted the ancient Indian tradition's relevance in contemporary life.

DAV Public School celebrates 11th International Yoga Day



RAHUL KOHLI YAMUNANAGAR: DAV Public School, Professor Colony, witnessed an inspiring and vibrant celebration of the 11th International Yoga Day on June 21, 2025. The school campus echoed with positive energy as teachers, students, parents, and several yoga enthusiasts gathered in large numbers to participate in the yoga session held from 5:30 a.m. to 6:30 a.m. The session was guided by expert instructors Ms. Deepika Dhiman and Ms. Sween Dua, who led the participants through a series of asanas, breathing exercises, and meditation techniques. The event aimed to promote the message of physical, mental, and spiritual well-being through the ancient practice of yoga.. Principal Mr. V.K. Kashiv addressed the gathering with a powerful message on the significance of yoga in today's fast-paced world. "Yoga is not just about exercise, but a way to discover the sense of oneness within ourselves, the world, and nature. It helps us to align our body, mind, and spirit, leading us toward a healthier and happier life," he said.

Baltej Pannu visits Patiala de-addiction centre, reviews progress and plans

RAKESH JINDAL PATIALA, JUNE 21

As part of the Punjab Government's mission 'Yudh Nashian Virudh', the Chief Spokesperson of the Nasha Mukhi Morch Campaign, Baltej Pannu, visited the Model De-addiction Centre at the Psychiatry Department of Government Rajindra Hospital, Patiala. Accompanied by SSP Varun Sharma, Malwa East Zone Coordinator Jagdeep Singh Jagga, and ADC Isha Singhal, the visit aimed to assess the functioning of the centre and explore further steps for effective rehabilitation. During the visit, Baltej Pannu held discussions with doctors and patients to gather feedback

and emphasized the importance of post-treatment rehabilitation. He said the state government is committed to helping individuals recover fully and reintegrate into society through micro-level planning. Rehabilitated individuals will be provided with employment and self-employment opportunities to ensure they remain drug-free and become role models for others. Pannu informed that

under this initiative, vocational training is being provided during treatment itself through ITI instructors, enabling patients to become self-reliant. He added that individuals who have completed treatment will be kept in regular contact and guided towards productive livelihoods. Interacting with the media, Pannu stressed that the campaign requires strong public support to succeed.



Yoga is the path to inner awakening, says Sadhvi Sumanya Bharti at Vyaspur Ashram

PREETI SAINI SADHAURA, JUNE 21

On the occasion of International Yoga Day, a yoga camp was organized at the Divya Jyoti Jagrati Sansthan Ashram in Vyaspur, where residents of the town gathered to participate and benefit from ancient yogic practices. Addressing the gathering, Sadhvi Sumanya Bharti explained the deeper essence of yoga, stating that yoga is a path that connects the soul to the supreme reality beyond this transient world. She emphasized that, according to Maharishi Patanjali's Yoga Sutras, with consistent and dedicated practice, yoga can elevate one's life from the mundane to the highest realms of spiritual realization. She elaborated on the eightfold path of Ashtanga Yoga described in Patanjali's Sutras, calling them timeless solutions for the stresses and disturbances of modern life. "These practices are not merely physical exercises but a complete lifestyle discipline," she said. Explaining each limb of Ashtanga Yoga,



she said: Yama inspires truthfulness, non-violence, non-possessiveness, celibacy, and non-stealing—guiding us to live without deceit. Niyama brings self-discipline through cleanliness, contentment, austerity, self-study, and surrender to the divine. Asana prepares the body to remain steady and comfortable for meditation. Pranayama harmonizes breath and vital energy, promoting longevity and balance. Pratyahara encourages withdrawal of senses from external distractions.

Over 100 participants celebrate 11th International Yoga Day in Bilaspur

NITIN SINGLA BILASPUR: The 11th International Yoga Day was celebrated with great zeal by Kesari Yoga and Physiotherapy Centre in Bilaspur. The event saw the participation of over 100 yoga practitioners, including women and children, who actively engaged in various yoga asanas and breathing exercises. Social worker Amit Goyal



and chief guest Abhishek Mittal graced the occasion and encouraged

participants with inspiring words. Amit Goyal emphasized the importance of incorporating yoga into daily life, highlighting its role in achieving physical, mental, and spiritual well-being. Yoga instructor Dr. Sitaram Kesari led the session and explained the health benefits of different yoga postures, including standing and reclining asanas.

Yoga Day celebrated as a global tribute to India's cultural legacy: Krishan Lal Panwar



RANVIR PARASHAR KAITHAL, JUNE 21

Haryana's Minister of Panchayati Raj, Development, Mines, and Geology, Krishan Lal Panwar, described International Yoga Day as a celebration of India's ancient cultural heritage that promotes global health and peace. Speaking as the chief guest at the district-level celebration in Kaithal, the minister lauded Prime Minister Narendra Modi's efforts in gaining international recognition for the Indian discipline of yoga, which is now embraced by nations across the globe. Panwar commended

Chief Minister Nayab Singh Saini for leading the state-level "Yoga Yukt, Nasha Mukht Haryana" initiative — a campaign aimed at fostering wellness and addiction-free lifestyles among citizens. He emphasized that this is a significant step toward building a healthier Haryana. The grand event was held at the Kaithal Anaj Mandi, where Minister Panwar, along with Deputy Commissioner Preeti, SP Aastha Modi, and other senior district officials, took part in the mass yoga session led by yoga expert H.S. Hooda, as per the AYUSH Ministry's standard protocol.

Block-level Yoga Day celebration held in Assandh; MLA Yogendra Rana highlights importance of Yoga for healthy mind and body

shiv kumar sharma KARNAL, JUNE 21

A grand block-level celebration of the 11th International Yoga Day was held on Saturday at the New Grain Market in Assandh, with Assandh MLA Yogendra Rana gracing the occasion as the chief guest. Upon arrival, he was warmly welcomed by SDM Rahul and the entire sub-divisional administrative team.

The programme commenced with the ceremonial lighting of the lamp by MLA Rana, following which he joined SDM Rahul, government officials, employees, and citizens—including women, men, and children—in performing yoga. Prime Minister Narendra Modi and Haryana Chief Minister Naib Singh Saini



addressed the nation and the state, respectively, via video conferencing from Vishakhapatnam and Kurukshetra on the occasion. During the session, yoga instructors Maya Ram Shastri, Pradeep Sharma, Sudesh, Sanjeev Garg, Pankaj Bindal, and Sunita Goyal led participants through various yogic postures. They also elaborated on the health benefits of each asana as per the Common Yoga Protocol. Extending greetings and

best wishes to all on International Yoga Day, MLA Yogendra Rana commended the yoga instructors for their continuous efforts to promote yoga in Assandh. He emphasized that yoga is an essential part of our ancient culture and a powerful tool for maintaining both physical and mental well-being. "In today's fast-paced life, stress has become a common challenge. Yoga helps us overcome this stress and maintain balance in life," he said.

International Yoga Day celebrated with zeal at Vyaspur Anaj Mandi



NITIN SINGLA BILASPUR: The 11th International Yoga Day was celebrated with great enthusiasm at Vyaspur Anaj Mandi, where Yamunanagar-Jagadhri Mayor Suman Bahmani graced the event as the chief guest. Addressing the gathering, she highlighted that Yoga Day is being observed globally with great fervour on the theme "Yoga for One Earth, One Health." She emphasized that through yoga and pranayama, individuals can build inner strength, contributing to India's goal of becoming a global economic leader. Suman Bahmani urged all present to commit not only to practicing yoga themselves but also to spreading its awareness among others. She underlined the importance of tree plantation for environmental protection and noted that modern lifestyle habits, such as erratic eating patterns, lack of sleep, and over-dependence on technology, have distanced humans from nature. "Yoga reconnects us with nature and teaches the art of balanced living," she said, adding that yoga brings physical vitality and mental peace, and is a crucial component of Ayurveda aimed at achieving mind-body-spirit harmony.

Doctors at Mohali Fortis saved life of patient through mechanical thrombectomy



SANAJY AGGARWAL DHARAMSHALA: Doctors at Mohali Fortis have successfully saved the life of a patient through mechanical thrombectomy. Brain stroke is a serious medical condition that causes irreparable damage to brain cells and can lead to long-term disability or death. However, with the advancement of medical techniques, it has now become possible to save the lives of patients even in such a situation. In select hospitals, Fortis Hospital Mohali being the leading one, this technique has been successful in saving the lives of critical patients even 24 hours after the stroke in special cases. In one such case, a team of doctors led by Dr. Ishank Goyal, Neurology Consultant at Fortis Hospital Mohali and Dr. Vivek Agarwal, Interventional Neuroradiology Consultant, recently successfully treated a 68-year-old patient. The patient was brought to the hospital with clear symptoms of acute ischemic stroke - sudden weakness on the left side, slurred speech and facial drooping. Quick neuroimaging confirmed a blockage in a major blood vessel in the brain.

Shaheed Udham Singh Government College hosts grand celebration of 11th International Yoga Day

MAINPAL KASHYAP INDRI, JUNE 21

The 11th International Yoga Day was celebrated with great enthusiasm, dignity, and discipline at Shaheed Udham Singh Government College, Matak Majri, Karnal on June 21, 2025. The event was held under the able guidance of the college Principal, Dr. Mahender Singh Baghi.

A large-scale yoga session was conducted on the college premises, witnessing active participation from students, faculty members, and non-teaching staff. The programme began at 6:30 AM and the yoga session commenced formally at 7:00 AM, led by experienced yoga instructor Raghuvir Singh. Participants were guided through a series of yogic postures and



pranayama techniques including Tadasana, Vrikshasana, Trikonasana, B h u j a n g a s a n a , Shalabhasana, Kapalbhati, and Anulom-Vilom—each beneficial for physical, mental, and spiritual well-being. In his address, Principal Dr. Mahender Singh Baghi emphasized the significance of yoga, calling it an invaluable gift of Indian culture. "Yoga is not merely a physical exercise but a complete lifestyle that

harmonizes the body, mind, and soul. In today's hectic and stressful life, yoga is the only medium that keeps a person balanced and healthy," he remarked. Dr. Surender Saini added that the college's objective extends beyond academic excellence to holistic personality development, and such events play a crucial role in achieving that goal. He encouraged all attendees to adopt yoga as a regular practice.

DAV Dental College celebrates International Yoga Day with enthusiasm



RAHUL KOHLI YAMUNANAGAR: International Yoga Day 2025 was celebrated with great enthusiasm at JN Kapoor DAV Centenary Dental College in Yamunanagar! The event, led by Dr. IK Pandit, Principal of DAV Dental College, featured an inspiring address by Honorable Prime Minister Narendra Modi, followed by a yoga session conducted by a skilled instructor. The participation of students, staff, and doctors showcases the importance of yoga in promoting physical and mental well-being. Dr. Pandit's message about the significance of a healthy mind and body resonates deeply, especially in the field of healthcare.

NEWS BRIEFS

HDB Financial Services Ltd 12,500 cr ipo to open on June 25

CHANDIGARH: HDB Financial Services Limited (‘HDB Financial’ or ‘The Company’) shall open its Bid / Offer in relation to its initial public offer of Equity Shares on Wednesday, June 25, 2025.

The Anchor Investor Bidding Date shall be Tuesday, June 24, 2025. The Bid/Offer will close on Friday, June 27, 2025. Bids can be made for a minimum of 20 Equity Shares and in multiples of 20 Equity Shares thereafter. (‘Bid Details’). The Price Band of the Offer has been fixed at ₹ 700 to ₹ 740 per Equity Share.

The total offer size of equity shares with face value ₹ 10 each aggregating up to ₹ 125,000 million (₹ 12,500 crore) comprises of fresh issue of equity shares aggregating up to ₹ 25,000 million (₹ 2,500 crore) and Offer for sale of equity share aggregating up to ₹ 100,000 million (₹ 10,000 crore) (‘Total Offer Size’).

The Company proposes to utilize the net proceeds from the fresh issue towards augmenting Company’s Tier – I Capital base to meet Company’s future capital requirements including onward lending under any of the Company’s business verticals i.e. Enterprise Lending, Asset Finance and Consumer Finance.

Liberty Shoes’ inspiring yoga day celebration puts Karnal on the map

SHIV KUMAR SHARMA KARNAL, JUNE 21

Karnal-based Liberty Shoes Limited, one of India’s leading footwear brands, once again demonstrated that its commitment extends far beyond crafting quality products — to nurturing societal well-being and promoting a healthier lifestyle for its employees.

On the occasion of International Yoga Day 2025, the company organized a special wellness event at its premises, drawing widespread appreciation. The event was graced by Mrs. Shaily Sharma, winner of Mrs. International Look, who attended as the Guest of Honor, adding elegance and encouragement to the gathering.

Under the dynamic leadership of COO Mr. Raman Bansal, Liberty has been holding weekly yoga sessions every Sunday, guided by Yogacharya Mr. Satish Goyal, founding member of Patanjali Yogpeeth. This initiative, now completing three impactful years, has consistently emphasized the physical, mental, and spiritual upliftment of its workforce.

Over the years, Liberty has organized several inspiring yoga camps, including:

October 15–16, 2022: A serene yoga session at the Ganga Aarti site in Parmarth Niketan, Rishikesh, in association with Swami Chidanand Maharaj.

July 30, 2023: A nature-infused yoga retreat at SNS Farm House, Karnal.

July 31, 2024: A spiritually charged session on the holy grounds of Kurukshetra.



Prof. Rakesh Lamba (Public Relations Officer)

And a large group of dedicated staff including Mr. Ajay Johar, Mr. Avizit Das, Mr. Deepak, Mr. Dilip, Mr. Lokendra, Mr. Mandeep Singh, Mr. Manohar Deepak, Mr. Mohan Singh, Mr. Narendra Rana, Mr. Praveen, Mr. Praveen Kumar Mehta, Mr. Rajkumar Chhabra, Mr. Rajiv Thakur, Mr. Rinku, Mr. Sahil Batra, Shri Sanjeev Bhardwaj, Mr. Sanjeev Panchal, Shri Satish, Shri Shivil, Mr. Shyam Sundar, Mr. Sonu, Mr. Surendra, Mr. Sorane Das, Mr. Sushil, Mr. Sushil Gardner, Mr. Virpal Singh, Mr. Naresh, and many others.

Liberty – Not Just an Industry, But a Family

Liberty’s continued dedication to holistic employee development stands as a beacon for corporate responsibility. Its proactive initiatives for wellness reflect a deeper vision — of building a value-driven, health-conscious, and people-centric workplace. The company’s resolve to promote physical fitness, mental peace, and spiritual well-being is not just commendable — it’s exemplary.

Yoga is a gift of our sages to humanity: Kabirpanthi

PRADEEP MEHTA NILOKHERI, JUNE 21

On the occasion of the 11th International Yoga Day, a block-level celebration was organised on Saturday at the Anaj Mandi in Nilokheri, jointly by the district administration and AYUSH department. The event saw the presence of Nilokheri MLA Bhagwan Das Kabirpanthi as the chief guest.



This year’s theme, Yoga for One Earth, One Health, reaffirms yoga’s relevance in ensuring collective well-being.” He also emphasised that yoga is a time-honoured practice gifted to us by sages and rishis, and adopting it can lead to a disease-free, balanced life. He highlighted the formation of the Haryana Yoga Commission and said that under CM Nayab Singh Saini’s leadership, progressive steps are being taken to promote yoga across the state. The event also included the felicitation of yoga instructors who have made notable contributions to the field. Among the dignitaries present were Municipal Chairman Sanmeet Ahuja, SDM Ashok Kumar and DSP Vikramjeet Singh, along with various officers and community members.

Yoga: a path to strength and balance, says Ram Niwas Garg at International Yoga Day in Yamunanagar

RAHUL KOHLI YAMUNANAGAR, JUNE 21

The 11th International Yoga Day was celebrated with great enthusiasm at Shyam Mukherjee Park, Shastri Colony, Yamunanagar, where Ram Niwas Garg, former Chairman of Haryana Vyapari Kalyan Board and President of Delhi Public School Yamunanagar, graced the event as the chief guest.

In his address, Garg highlighted that this year’s Yoga Day is themed “Yoga for One Earth, One Health”, which aligns with the idea that yoga and pranayama are essential tools to build inner strength and resilience. He expressed confidence that through the power of yoga, India will emerge stronger and even lead the global economy. Calling upon the attendees to make yoga a regular practice, Garg urged everyone to take a collective pledge not only to



perform yoga themselves but also to encourage others to adopt it. He also emphasized the importance of tree plantation to safeguard the environment, linking physical health with ecological well-being. Reflecting on the modern lifestyle, he noted that irregular diets, lack of sleep, and over-reliance on technology have distanced humans from nature, adversely affecting health.

International Yoga Day celebrated with enthusiasm at NIILM University, Kaithal

SANJAY SHARMA KAITHAL: On the occasion of International Yoga Day, NIILM University, Kaithal, organised a vibrant and spirited yoga programme on June 21, 2025. The event was inaugurated by Vice Chancellor Prof. Dr. Shamim Ahmad, who graced the occasion as the chief guest. Experienced yoga trainer Ritesh conducted a detailed session introducing participants to various yoga asanas, pranayama techniques, and meditation practices, while also highlighting their physical and



mental health benefits. The programme was coordinated by Head of the Department of Physical Education, Dr. Balwinder Singh, who emphasized that yoga is not merely an exercise but a profound art of living that harmonizes the body, mind,

and soul. NSS Convenor Dr. Narendra Kumar elaborated on different yogic kriyas and underlined the importance of organising such training to encourage wider participation in the International Yoga Day movement. The event witnessed enthusiastic participation from university staff and students, including Registrar Dr. Rajeev Dahiya, Dean Academics Prof. R.K. Gupta, Controller of Examinations Dr. Manjeet Jakhar, and University PRO Dr. Manoj Kumar. By the end of the session,

Include yoga in daily life for holistic well-being: Balakrishna Tripathi

KAMAL SHARMA TARAORI: Geeta Modern Senior Secondary School, Taraori, celebrated the 11th International Yoga Day with enthusiasm and full participation from students and faculty members. The event aimed to promote public engagement with yoga and highlight its relevance in modern daily life.

As part of the celebration, students and staff of the school also participated in the district-level event held at the New Grain Market in Nilokheri, where they not only performed various yogic postures but also pledged to work towards protecting the environment.

On the school campus, Principal Ragini Rai distributed saplings to students as a symbol of the school’s commitment to green yoga and environmental conservation.

Speaking on the occasion, School Manager Balakrishna Tripathi emphasized the significance of the Yoga Day theme — “Yoga for One Earth, One Health.” He said, “This theme reflects the essential truth of the interconnection between health, stability, and the environment. We must understand the value of yoga and adopt it as a daily habit to enhance both our physical and mental well-being.”



Stop toxic waste in yamuna, safeguard future generations: MP Naveen Jindal

NIRMAL SAINI RADAUR: Member of Parliament Naveen Jindal has urged administrative officials to prepare a comprehensive action plan to stop the discharge of polluted water into the Yamuna River, calling it a grave injustice to future generations. He assured that he would make every effort to secure approval for the plan from both the central and state governments.

Speaking at the Irrigation Department’s Rest House in Radaur while listening to public grievances, Jindal directed the SDM and Junior Engineer of the Irrigation Department to inspect sites along the river where sewage from factories and other waste sources is being dumped into the Yamuna. “By poisoning the water, we are betraying our own future generations,” he said.

He added that since Yamuna water flows through Haryana into Delhi, the national capital and an international hub, its pollution severely impacts the country’s global image. He called for urgent, serious action on the issue.

Jindal also addressed education in madrassas, emphasizing that children should be taught English and science along with Urdu. He expressed his willingness to extend full support for improving the quality of education for children from the Muslim community, saying, “My vision is to ensure that children receive quality education and skill development opportunities for a better future.”

Responding to a request from Naseem Khan of Daulatpur village, the MP approved support for toilet facilities and other resources in a local madrassa.



HDFC ERGO implements pradhan mantri fasal bima yojana for farmers in Haryana for kharif season

JIND : HDFC ERGO General Insurance Company, a leading general insurance company in India, has been authorised by the Government of Haryana to implement the Pradhan Mantri Fasal Bima Yojana (PMFBY) for loanee and non-loanee farmers in the districts of Hisar, Sonapat, Gurugram, Karnal, Ambala, Jind and Mahendragarh for Kharif 2025. PMFBY scheme insures farmers against any losses in crop yield arising out of a wide range of external risks such as drought, floods, dry spells, landslides, cyclones, hurricanes, hailstorms, inundations, pests, diseases and others. To determine the loss in the yield, the state government will plan and conduct Crop Cutting Experiments (CCEs) on the notified crops in areas notified for the scheme. In case the yield data, based on CCEs conducted, concludes to be low then the farmers will be considered to have suffered a shortfall in their yield for which the claims will be payable to the farmers. The scheme provides insurance cover for all stages of the crop cycle including pre-sowing, harvesting and post-harvest risks. All the products under the PMFBY scheme are approved by the Department of Agriculture, Government of Haryana. Farmers from the districts of Hisar, Sonapat, Gurugram, Karnal, Ambala, Jind and Mahendragarh can reach out to their respective banks, Common Service Centres (CSCs) in their district or contact the authorised HDFC ERGO agents to obtain the insurance cover under the PMFBY scheme for the crops listed above.

Bajaj Allianz unveils Tuhade Lai– a health insurance tailored for the people of Pb

AMRITSAR : Bajaj Allianz General Insurance, one of India’s leading private general insurers, has introduced ‘Tuhade Lai’—a pioneering health insurance product meticulously designed to meet the specific healthcare needs of the residents of Punjab. More than just a health plan, Tuhade Lai is a commitment to the people of Punjab, ensuring access to quality healthcare with coverage tailored to the state’s unique medical landscape. Understanding that healthcare challenges, costs, and treatment availability vary across regions, Bajaj Allianz has developed Tuhade Lai to offer personalised coverage rather than a generic, one-size-fits-all solution. This plan is crafted for the people of Punjab, keeping in mind hospital infrastructure and affordability, ensuring that residents get the protection they need.

Shriram Farm Solutions launches 3 new specialty plant nutrition products



SIRSA / HISAR : Shriram Farm Solutions, a division of the DCM Shriram Ltd., launched its new age Specialty Plant Nutrition products & shared the farmer success with Shriram Crop Protection & Seed Products launched in recent past. The event took place at Hotel Holiday Inn, Chandigarh where prominent channel partners from the region convened to witness the electrifying launch of these innovative solutions. Not only this, 275+ distributors as well as viewers online witnessed the grand prize distribution ceremony of Shriram Super Wheat Seed Scheme of North Zone.

In step with the pressing needs of Indian farmers and the national vision for sustainable agriculture, the company introduced two advanced liquid fertilizers — ‘SHRIRAM PICASOL’ and ‘SHRIRAM MAGNICA’. Both products are India’s first to feature Bioactive Titanium, developed through a patented technology. Titanium enhances plant resilience to environmental stress, enabling more efficient nutrient use and better returns for farmers. ‘SHRIRAM PICASOL’ focuses on intensifying fruit colour and boosting uniformity, while ‘SHRIRAM MAGNICA’ addresses fruit deformities and extends shelf life — two critical issues for export and premium markets. Along with it, Shriram Reprozin, an ultimate stress protector, was also launched which promises to be game changer to tackle the Climate change challenge. The company received an overwhelmingly positive response from thousands of growers and channel partners following the launch of its innovative insecticides, Shriram Chrono and Shriram Trexter, last year. Channel partners were particularly enthusiastic about the testimonials showcasing the pre-commercialization trials of Shriram Saisho, a patented insecticide developed in Japan.

Mr. Sanjay Chhabra, Executive Director & Business Head, states, “As SHRIRAM Farm Solutions continues to push the boundaries of agricultural innovation, these new-age product align with the company’s commitment to empowering growers with science-backed solutions that address their evolving needs and drive sustainable agricultural practices”.

AIFI hosts insightful forging industry session in Ludhiana



LUDHIANA : The Association of Indian Forging Industry (AIFI) successfully hosted an insightful and interactive session in Ludhiana recently, drawing robust participation from key stakeholders in the forging sector. This event is part of AIFI’s ongoing series of impactful industry gatherings being held almost once in a quarter in key forging hubs like Chennai, Rajkot, Pune, and New Delhi. The interactive session in Ludhiana featured three high-impact presentations tailored to the evolving needs of the forging ecosystem. Experts from EY India delivered an informative session covering Government Incentives, Debt Funding, and an Overview of the IPO Journey in India providing crucial insights into fiscal planning and financial scalability. Transvalor SA presented an innovative approach to simulation technology in forging, demonstrating its potential to transform process accuracy and product reliability. Steel Plant Specialities LLP wrapped up the session with a powerful presentation on cost reduction strategies in hot forging highlighting methods to prevent rejections, reduce fuel consumption, and increase die life. In addition to these keynotes, the session delved into critical topics such as Fiscal Incentives, Free Trade Agreements, GST Credit Structuring, Infrastructure Development, Categorization of Units, the Manufacturing & Debt Raste Process, and MOOWR (Manufacture and Other Operations in Warehouse Regulations). These discussions offered valuable takeaways for attendees focused on improving efficiency and navigating policy frameworks effectively.

AU SMALL FINANCE BANK LIMITED (A SCHEDULED COMMERCIAL BANK) Regd. Office: 19-A, Dhuleshwar Garden, Ajmer Road, Jaipur - 302001 (CIN:L36911R1996PLC011381)				
APPENDIX IV [SEE RULE 8(I)] POSSESSION NOTICE				
Whereas, The undersigned being the Authorized Officer of the AU Small Finance Bank Limited (A Scheduled Commercial Bank) under the “Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest [Act, 2002 (54 of 2002)] and in exercise of powers conferred under section 13 (12) read with rule 3 of the Security Interest (Enforcement) Rules, 2002 issued demand notice on the date as mentioned below calling upon the borrowers to repay the amount mentioned in the said notice within 60 days from the date of receipt of the said notice as per the details given in below table:				
Name of Borrower/Co-Borrower/ Mortgageor/ Guarantor / Loan A/c No.	13(2) Notice Date & Amount	Description of Mortgaged Property	Date of Possession Taken	
(A/c No.) L9001060134352897 Pal Dairy (Borrower), Rajeev Kumar (Co-Borrower), Jasvir Kaur (Co-Borrower)	15-May-24 Rs. 1266173/- Rs. Twelve Lac Sixty-Six Thousand One Hundred Seventy-Three Only 13-May-24	(1) All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Situated At- Kharsa N O 44/18/2/4-0 19/2/3-2 22/7-19 23/1/4-0 46/2/3-18 3/1/4-0 8-2/2-10, Khewat 243, Khatoni No 317, H B No 60, Village Majra, Sub-Tehsil Shazadpur, Tehsil Naraingarh, District- Ambala, Haryana Admeasuring 3 MARLA, East: PLOT DIGAR OWNER, West: GALI, North: PLOT SMT.JASWEER KAUR, South: PLOT DIGAR OWNER (2) All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Situated At- Kharsa N O 44/18/2/4-0 19/2/3-2 22/7-19 23/1/4-0 46/2/3-18 3/1/4-0 8-2/2-10, Khewat 243, Khatoni No 317, H B No 60, Village Majra, Sub-Tehsil Shazadpur, Tehsil Naraingarh , District- Ambala, Haryana Admeasuring 5 MARLA, East: PLOT DIGAR OWNER, West: GALI, North: PLOT SMT.JASWEER KAUR, South: PLOT DIGAR OWNER	17-Jun-25	
(A/c No.) L9001060824992815 Multan Singh (Borrower), Smt. Kusum (Co-Borrower), Smt. Meena (Co-Borrower), Balkar Singh (Co-Borrower)	11-Sep-24 Rs. 466160/- Rs. Four Lac Sixty-Six Thousand One Hundred Sixty Only 10-Sep-24	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property measuring 200 Sq.yards, i.e. 0 Kanal 6 Marla 6 Sarsai being 20/249 share out of 4 Kanal 3 Marla Comrised in Kharsa No 58/1/2(4-3), Khatoni No 63, Khewat No 60, as per Jamabandi for the year 2018-19,Vill- Munna Rehri, Dist- Kaithal, Haryana Admeasuring 200 Sqyds.	16-Jun-25	
(A/c No.) L9001060137191132 Mandeep Cattle Dairy (Borrower), Mandeep Singh (Co-Borrower), Gurmei Kaur (Co-Borrower)	15-Feb-25 Rs. 1123093/- Rs. Eleven Lac Twenty-Three Thousand Ninety-Three only 10-Feb-25	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Situated At - Kharsa No 26/16/3,25 And Kharsa No 25/21/1 And Kharsa No 26/17/2 And Kharsa No 26/20 To 26/11/5,12,18/3,19, Khewat No 30-29 Khatuani No 84, Khewat No 31-30 Khatuani No 85, H B No 255, Tehsil Bilaspur, Dist. Yamunanagar, Haryana Admeasuring 450 Sq. Yrd.	17-Jun-25	
(A/c No.) L9001060141571471 Kanwar Pal Dairy Farm And Atta Chakki (Borrower), Kanwar Pal (Co-Borrower), Ram Kumari (Co-Borrower), Nar Singh (Co-Borrower)	15-Feb-25 Rs. 1069785/- Rs. Ten Lac Sixty-Five Thousand Seven Hundred Eighty-Five only 10-Feb-25	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Situated At - House Bearing U.I.D No.58233Nb150006R0032A, Lal Dora Of Village Dasaura, Chhachhrauli, Yamunanagar-Jagadhri, Haryana Admeasuring 692.86 Sqyds	17-Jun-25	
(A/c No.) L9001060719724569 Hindustan Motor Tech Through It's Proprietor Pawan Gupta (Borrower), Pawan Gupta (Co-Borrower), Rajender Prasad (Co-Borrower)	11-Oct-24 Rs. 1109821/- Rs. Eleven Lac Nine Thousand Eight Hundred Twenty-One Only 10-Oct-24	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Situated At property bearing no. 26, KH No. 15/6/3, Muja Gaunchi, Te.- Balabgarh, Dist.- Faridabad , Haryana Admeasuring 37.5 Sq. YRD. East: PLOT No. 25, West: ROAD, North: OTHER PROPERTY, South: ROAD	17-Jun-25	
(A/c No.) L9001060131915627 Chauhan Trading Co (Borrower), Fazar Mohd (Co-Borrower)	17-Mar-25 Rs. 1713162/- Rs. Seventeen Lac Thirteen Thousand One Hundred Sixty-Two Only 12-Mar-25	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Property Situated At- Kharsa No 31 8 1 2 3 2 1 13 1 1, Plot No 47, Waka Majuha Ranheda Kheda, Tehsil Ballabgarh Faridabad, Dist- Faridabad, Haryana Admeasuring 56 Sqyds.	17-Jun-25	
(A/c No.) L9001060127761558 Balli Fruit Shop (Borrower), Kuldeep (Co-Borrower), Balbir Ram (Co-Borrower), Smt.Kiran Devi (Co-Borrower)	13-Jun-24 Rs. 506306/- Rs. Five Lac Six Thousand Three Hundred Six Only 11-Jun-24	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Situated At- Kharsa No176, Bansil Lal Park, Vill & Dist- Bhiwani, Haryana Admeasuring 90 Sqyds	18-Jun-25	
(A/c No.) L9001060131045602 Pardeep Dairy Farm (Borrower), Pardeep Kumar (Co-Borrower), Ram Jwari (Co-Borrower), Smt.Tanu (Co-Borrower)	17-Aug-24 Rs. 652060/- Rs. Six Lac Fifty-Two Thousand Sixty Only 13-Aug-24	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Situated At- Khewat No 322 Khata No 357 Kharsa No 2200 Kharsa No 2219, Pawali, Jhulana, Distt- Jind, Haryana Admeasuring 120 Sq. Yds.	18-Jun-25	
(A/c No.) L9001060133535223 Rawinder Ji (Borrower), Smt.Kalpna Ji (Co-Borrower), Smt.Anguryi (Co-Borrower)	12-Sep-24 Rs. 1416174/- Rs. Fourteen Lac Sixteen Thousand One Hundred Seventy-Four Only 10-Sep-24	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Situated At- Khewat No.1467 Khatuani No.1645 Kharsa No.105/1/2 10/1,Mauja-Bondkalia,Charkhi Dadri,Distt-Bhiwani,Haryana Admeasuring 617.57 Square Yard	18-Jun-25	
(A/c No.) L900106013077506 Bala Ji Contractor (Borrower), Anuj Kumar (Co-Borrower), Manoj (Co-Borrower), Smt.Munesh (Co-Borrower)	13-Dec-24 Rs. 642703/- Rs. Six Lac Forty-Two Thousand Seven Hundred Three Only 11-Dec-24	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures A Property measuring 50 Sq.Yards i.e. 1 Marla 6 Sarsai, being 15/2295 share out of 12 Kanal 15 Marla, Comprised in Rect No 59 Killa Plot No- 23/2(4-19),24/1(2-5),24/2(5-11), Owned by Smt. Munesh vide Sale Deed No. 2296 Dated 02-05-2007, Situated At Patti Makdumjagan Panipat, Distt- Panipat, Haryana Admeasuring 509 Sqyds, East : Kashmiri Nai, West : Udhay Narayan, North : Rasta, South : P/O Diggar	18-Jun-25	
(A/c No.) L900106012736735 STAR TREK ENTERPRISES (Borrower), Sanjay Sharma (Co-Borrower), SMT.Om Pati (Co-Borrower), Naveen (Co-Borrower), SMT.Sushma (Co-Borrower)	14-Feb-25 Rs. 1073754/- Rs. Ten Lac Seventy-Three Thousand Seven Hundred Fifty-Four Only 10-Feb-25	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Situated At - KH No 302/7/8, VASIKA No 10136, M NO 20114, ANDER SEEMA NAGAR NIGAM, District - Panipat, Haryana, Admeasuring 121 Sq Yds, East: VACANT PLOT OF OTHER, West: NALA/GALI, North : STREET, South : PROPERTY/BELONGS TO OWNER	18-Jun-25	
(A/c No.) L9001060137836800 Jai Shree Shyam Dairy Firm (Borrower), Ravi Kumar (Co-Borrower), Smt.Krishna (Co-Borrower)	15-Mar-25 Rs. 1521285/- Rs. Fifteen Lac Twenty-One Thousand Two Hundred Eighty-Five Only 12-Mar-25	All that part and parcel of residential/commercial property Land/ Building/ Structure and fixtures Property Situated At- Khewat No.- 65/7, Khatoni No.- 65/3, Killa Plot No.- 305(0-19), And Khewat No.- 65/6, Khatoni No.- 65/2, Killa Plot No.- 352(1-0), Village Rithal Narwal, Near Mandir, Tehsil And Distt- Rohtak, Haryana Admeasuring 509 Sqyds, East : H/O SHAMPU, West: PLOT OF MAHABIR Q, North: APPROCH ROAD, South : PLOT OF RAJENDRA	18-Jun-25	
The borrower having failed to repay the amount, therefore notice is hereby given to the borrower and the public in general that the undersigned has taken possession of the property described herein above mentioned table in exercise of powers conferred on him/her under section 13(4) of the said (Act-2002) read with Rule 8 of the said rule on the date mentioned in the above table. “The borrower’s attention is invited to provisions of sub section (8) of section 13 of the Act read with rule 8 (6), in respect of time available, i.e., 30 days from this intimation, to redeem the secured assets.” The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of the AU Small Finance Bank Limited (A Scheduled Commercial Bank) for the amount and interest thereon mentioned in the above table.				
Place: HARYANA		Date: 21 June 2025		Authorised Officer AU Small Finance Bank Limited

EDITORIAL

Cool idea from India’s government

The Centre’s recent proposal to fix the lower limit of air conditioner temperature at 20 degrees C for all the new units has triggered a polarising debate in the country. Some may argue that it is a case of government overreach and an infringement on consumers’ choice, but the move must be seen in the context of measures aimed at saving the environment. It serves an important purpose in raising public awareness about the responsible use of ACs. This will also address the issue of rising electricity demand for air-conditioning. The proposal also builds on earlier government initiatives, such as setting 24 degrees C as the default temperature in ACs and recommending the same for malls and office spaces. It is said that every single degree raised in AC temperature reduces power consumption by 6 per cent. Scaled up to a nation of over 1.4 billion people and a USD 3 billion AC market, the energy and cost savings are potentially huge. However, a section of consumers see the government’s new proposal on temperature restriction as an invasion of their personal freedom. Some have even come up with memes and sarcastic hashtags on social media platforms to denounce the move. However, the idea deserves favourable consideration, given the potential savings and the positive impact on the environment. India’s energy demand from cooling is expected to soar in the next two decades. Without efficiency standards, power shortages could return as AC ownership rises beyond metro cities into tier-2 and rural belts.

A small shift from 18 degrees C to 20 degrees C can save enough electricity to power millions of homes each month, a staggering figure in an energy-hungry nation. While the government is justified to pre-emptively shape consumption habits in the overall interest of the environment, the messaging should be made more palatable and effective. For instance, it can consider giving incentives to AC manufacturers who voluntarily set higher temperatures or discounts on ACs with eco-friendly pre-sets. There is a need to build consensus on this instead of making it sound like a top-down bureaucratic imposition. People must be made part of policy-making. While ACs offer much-needed comfort from the heat, they are also energy-intensive. Most of India’s electricity still comes from coal, which contributes heavily to global climate change. When a large number of people use ACs simultaneously, it strains the electricity grid, increasing the risk of power cuts. As a long-term measure, the need for air-conditioning can be significantly reduced or even eliminated with changes in building design. While energy-efficient building codes already exist, their implementation has been limited and patchy. Efforts should also be made to improve the efficiency of ACs. The Bureau of Energy Efficiency (BEE) mandates a star-rating system, with 1-star models being the least efficient and 5-star models the most. Only about 20 per cent of ACs purchased in the market today are 5-star variants.

11 Years of Empowering Shram Shakti & Building a Future-Ready Bharat

As India marches toward its centenary of independence in 2047, employment generation and social protection have been placed at the core of our mission for Viksit Bharat. Over the past 11 years, under the leadership of Prime Minister Narendra Modi, India’s workforce has been at the centre of policy, planning, and progress. This shift has led to historic improvements in employment generation and the expansion of social protection coverage.

In 2014, India’s employment landscape was fragmented, social security coverage was limited, and a vast majority of workers particularly those in the unorganised sector, remained outside the protective ambit of welfare schemes. Recognising the scale and urgency of this challenge, Modi government undertook bold and structural reforms.

Flagship initiatives such as Make in India, Skill India, Digital India, and massive infrastructure development drives created unprecedented momentum for employment generation. According to RBI KLEMS data, only 2.9 crore jobs were created between 2004 - 2014. In comparison, over 17 crore jobs were generated between 2014 - 2024. As per PLFS data, the employment rate (WPR) rose from 46.8% in 2017–18 to 58.2% in 2023–24, while the unemployment rate (UR) declined from 6% to 3.2% during the same period. Not just this, employment generation in formal sector has also seen a substantial progress, with EPFO data showing that more than 7.5 crore formal jobs have been created over the last seven years.

Empowering Yuva and Nari Shakti
At the heart of India’s growth journey lies



the empowerment of Yuva and Nari Shakti. As a testament to this, the female employment rate (WPR) increased from 22% in 2017–18 to 40.3% in 2023–24, while the unemployment rate dropped from 5.6% to 3.2% during the same period. This shift has been even more significant in rural India, where female employment grew by 96%, and in urban areas, by 43%. These outcomes are the result of transformative reforms and focused initiatives implemented by the Modi Government in last 11 years. Today, more than 70 Centrally Sponsored schemes across 15 ministries are dedicated to supporting women entrepreneurship, making them atmanirbhar.

Youth employability in India has also seen a significant rise, growing from just 33% in 2013 to around 55% in 2024. This progress is result of robust digital public infrastructure. Platforms such as

the National Career Service (NCS) portal have emerged as one-stop solutions for employment-related services. Launched in 2015, so far, NCS has connected over 5.5 crore job seekers with 46 lakh employers, mobilizing more than 5 crore job vacancies. As a result, the youth employment rate (WPR) rose from 31.4% in 2017–18 to 41.7% in 2023–24, while youth unemployment dropped significantly from 17.8% to 10.2% in the same period, lower than the global average of 13.6%. Through digital skilling programs, entrepreneurship initiatives, and innovation-driven platforms, India’s youth are evolving from job seekers to job creators.

Recognizing the Unorganised Workforce One of the most transformative achievements of the last 11 years has been the recognition of India’s vast unorganised workforce. In 2021, Modi Government launched the e-Shram Portal, a first-of-its-kind national digital database for unorganized workers. In just 4 years over 30.8 crore unorganised workers, including gig and platform workers have been onboarded of this platform. This dynamic portal serves as a one-stop solution, connecting workers to various welfare schemes. Currently, over 13 Central Government social welfare schemes are integrated with e-Shram, offering seamless single sign-on and multilingual access. This is not just technological progress, it is a shift to a governance model that puts the worker first.

In addition, recognising the rise of the digital economy, we have also brought Gig and Platform workers into the policy fold. This year’s Union Budget included a major announcement to onboard them onto the e-Shram portal

and extend healthcare coverage under the Ayushman Bharat PM-Jan Arogya Yojana. With this, Modi Government is ensuring that this emerging workforce receives adequate protection and access to opportunities.

Reforming ESIC and EPFO During the last 11 years, significant measures have been undertaken to reform legacy institutions such as the Employees Provident Fund Organisation (EPFO) and Employees State Insurance Corporation (ESIC), which were long plagued by inefficiencies and red tapism. These reforms have brought not only unprecedented transparency but also greater efficiency to the system. Initiatives such as the introduction of the Universal Account Number (UAN), Aadhaar integration, simplified auto-claim settlement, convergence with various schemes, and robust grievance redressal mechanisms have transformed service delivery and enhanced the ease of living for our workforce.

As a result of this, EPFO membership has grown from 11.78 crore in 2013–14 to 34.63 crore in 2024–25. The number of registered establishments rose from 7.96 lakh to 27.05 lakh during the same period. Additionally, the number of claims settled reached over 6 crore in 2024–25, the highest ever in EPFO’s history.

Meanwhile, ESIC has also seen substantial expansion, now covering nearly 700 districts from just 393 in 2013-14. The number of insured persons has increased from 1.95 crore to 4.09 crore between 2013–14 and 2024–25. Beneficiaries have also doubled from 7.89 Crore to 15.87 Crore during the same period. Today, ESIC offers

advanced healthcare services such as chemotherapy, robotic surgeries, and digitised health records, significantly enhancing healthcare access for workers.

Expanding Social Protection Coverage As a result of Modi Government’s consistent efforts, India has made significant strides in expanding social protection coverage. According to the International Labour Organization (ILO), India’s social protection coverage has more than tripled rising from 19% in 2015 to 64.3% in 2025. Today, over 94 crore citizens are covered under at least one social welfare scheme, making India the second-largest welfare system in the world in terms of beneficiary count. India’s social protection model is a testimony to our belief in “Sabka Saath, Sabka Vikas” where economic growth and social security go hand in hand.

Over the past 11 years, under the leadership of Prime Minister Narendra Modi, India has undertaken significant measures to empower our Shram Shakti and lay the foundation for a Viksit Bharat. By prioritising employment generation, expanding social protection, strengthening institutional delivery, and leveraging digital infrastructure, the government has placed workers at the heart of the development agenda. As we move towards realising the vision of Viksit Bharat, India is not only preparing to be the world’s largest workforce but also one of the most skilled, protected and empowered one.

By: Dr. Mansukh Mandaviya
(Union Minister of Labour & Employment and Youth Affairs & Sports)

India to evacuate citizens of Nepal, Sri Lanka from Iran

Tehran: The Indian Embassy in Iran has said that the embassy will make efforts to evacuate citizens of Nepal and Sri Lanka. The embassy noted that the efforts will be made at the request of the Governments 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," the Indian Embassy in Iran posted on X. 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. government has launched Operation Sindhu to evacuate Indian nationals from Iran, given the deteriorating situation as a result of the ongoing conflict between Iran and Israel. Ministry of External Affairs (MEA) official spokesperson Randhir Jaiswal said on Saturday that, so far, 517 Indian nationals have returned to India from Iran under Operation Sindhu. Jaiswal stated that a special flight from Turkmenistan's



Ashgabat carrying Indians from Iran arrived in New Delhi on June 21. In a post on X, Jaiswal stated, "Operation Sindhu continues. A special evacuation flight from Ashgabat, Turkmenistan, landed in New Delhi at 0300 hrs on 21st June, bringing Indians from Iran home. With this, so far 517 Indian nationals from Iran have returned home under Operation Sindhu." The conflict between Israel and Iran entered its ninth day on Saturday. The conflict started after Israel, on June 13, launched a massive airstrike on Iranian military and

nuclear sites, dubbed "Operation Rising Lion". In response, the Islamic Revolutionary Guard Corps (IRGC) launched a large-scale drone and missile operation, 'Operation True Promise 3', targeting Israeli fighter jet fuel production facilities and energy supply centres. It is pertinent to note here that it is not the first time that the Indian government has launched an operation to evacuate citizens from another country. Earlier in 2023, India launched Operation Kaveri to evacuate its citizens during violent military clashes.

Rising concerns of increasing heart attack deaths during gym exercises

In the era of ever developing science and technology the fitness industry has witnessed a huge surge in gym memberships and a large number of people are engaging themselves in physical activities. However alongside this positive trend many alarming reports have emerged regarding the rising incidence of heart attack deaths occurring during gym workouts. As fitness enthusiasts are leaving now stone unturned and are striving hard for better health, it is essential to examine the trends, underlying causes and preventive measures associated with these tragic events.

TRENDS IN HEART ATTACK INCIDENTS Statistics have revealed a concerning pattern of heart attack deaths in gym enthusiasts while working in gym. According to recent studies and researchs by independent agencies the incidence of sudden cardiac arrest (SCA) during exercise particularly in gyms has been reported at high increasing rates . While the overall risk remains low the increasing number of cases has raised significant alarm among health professionals and gym-goers alike. Notably younger adults and healthy individuals have been disproportionately affected. Reports have indicated that sudden cardiac events often occur in individuals aged between 30 and 50 many of whom are engaging in high-intensity workouts without prior warning signs or medical evaluations.

CAUSES OF HEART ATTACKS DURING EXERCISE Several factors are contributing in increasing the risk of heart attacks during gym workouts:

1. Undiagnosed Heart Conditions: Many individuals may be unaware of pre-existing heart conditions such as coronary artery disease or arrhythmias. These undetected issues can lead to severe physical set backs during intense physical exertion.
2. High Intensity Workouts : Individuals who abruptly increase the intensity of their workouts especially those who are new to

- exercise or returning after a long break may place excessive strain on their hearts leading to potential cardiac events.
3. High Blood Pressure: Engaging in strenuous activities can cause spikes in blood pressure which may trigger heart attacks in susceptible individuals.
4. Lifestyle Factors: Poor lifestyle choices such as smoking, excessive alcohol consumption, and poor diet can exacerbate heart risks. Additionally high-stress levels often associated with modern life can contribute to cardiovascular problems.

PREVENTION STRATEGIES To reduce the risk of heart attacks during gym exercises several preventive measures can be implemented:

1. Medical Screening: Individuals especially those over 40 or with a family history of heart disease should undergo thorough medical evaluations before starting or intensifying a workout regimen. This may include stress tests or through heart assessments.
2. Gradual Progression: It is crucial for gym-goers to gradually increase the intensity and duration of their workouts. This allows the body to adapt and reduces the risk of overexertion.
3. Education and Awareness: Gyms should provide education on recognizing early warning signs of heart distress such as chest pain, shortness of breath, or dizziness. Staff training in CPR and use of Automated External Defibrillators (AEDs) can also be lifesaving.
4. Lifestyle Modifications: Encouraging a heart-healthy lifestyle that includes regular check-ups, balanced nutrition, stress management techniques, and smoking cessation can significantly reduce overall cardiovascular risk.
5. Monitoring: Using wearable fitness technology can help individuals monitor their heart rates and exertion levels during workouts allowing them to stay within safe limits.

BY: Surinderpal Singh
Educational Columnist
Faculty In Science Department
Sri Amritsar Sahib.



POEMS

Street Food

The redolence of rose and new road. The attar of grass, recently cut. The fish-whiff of anchovy.

The spinning NYC glizzys in a tank of murky water.

The famous Coney Island corn dog on a pale wooden stick.

The black mud of Slovakia, drinking Tatratea, Borovi ka, Slivovica, Zlatý Bažant.

The misted pastry shop windows of Vienna.

The rød pølse in Copenhagen’s main square, Rådhuspladsen.

The grilled weisswurst of East Berlin.

The straw baskets of washed-rind cheese of the Piedmont.

The spill of Barolo, tar and roses.

The shelled seafood from the Venetian lagoon.

The delicate, damp fish of Lima in lime and cilantro.

The numbing citrus of mock peppercorns from Chengdu.

The tang of fermented pickle. The ginger off boiling wok oil.

The blue smoke of lamb at night on the braziers of Tangier. The steam of Ramadan harira at midnight in Tangier’s Socco Grande.

By Daniel Halpern

Delhi Sikh Gurdwara Management Committee a symbol of selfless healthcare service for humanity

NEW DELHI: Selfless service (Seva) is one of the foundational tenets of the Sikh faith. It means offering service without any desire for reward, recognition, or personal gain. It is regarded as a spiritual duty for every Sikh and lies at the heart of Sikh values and way of life.

From a human perspective, the basic needs for a meaningful life include food, education, and healthcare. To fulfill these essential needs and promote humanitarian welfare, the Delhi Sikh Gurdwara Management Committee has consistently taken pioneering and tireless steps, making itself a beacon of healthcare service.

With unique, invaluable, and inspirational contributions in the healthcare sector, DSGMC has not only upheld the image of the Sikh community but also illuminated India’s identity on the global stage.

This unwavering commitment to selfless healthcare is driven by the visionary leadership, passion, and inspiration of DSGMC President Sdr. Harmeet Singh Kalka. DSGMC has set remarkable standards not only in religious services but also in social and healthcare fields. Its efforts in running hospitals,



providing free medicines, langar (community meals), ambulance services, and patient aid programs are all dedicated to the welfare of the people on a large scale.

These initiatives have now become a nationwide model of humanitarian service, benefiting people from all walks of life. DSGMC’s exceptional work shines like a ray of hope and trust in society—a true embodiment of service and humanity. DSGMC is a statutory body

functioning under the Delhi Sikh Gurdwaras Act, 1971, enacted by the Parliament of India. It is responsible for the administration of gurdwaras and other Sikh religious institutions in Delhi. Besides religious duties, DSGMC manages educational institutions, hospitals, old age homes, libraries, and various charitable organizations in Delhi.

In the healthcare sector, DSGMC is making substantial contributions, especially by offering treatment to the underprivileged

at either no cost or highly subsidized rates. Till date, nearly 50,000 CT scans and 60,000 MRIs have been conducted at a nominal cost of Rs 50 per scan.

According to President Sardar Harmeet Singh Kalka, DSGMC remains steadfast in its mission of selfless service for the betterment of humanity. Recently, many new initiatives have been launched in healthcare, with tangible benefits expected in the near future.

PET Scan Centre at Gurdwara Bangla Sahib DSGMC has dedicated a PET Scan Centre at the Guru Harkrishan Polyclinic, located in Gurdwara Bangla Sahib, specifically for the early detection and treatment of cancer. This centre was inaugurated on June 6, 2025, and is also a tribute to the martyrs of the 1984 genocide who laid down their lives resisting oppression and tyranny.

Sdr. Harmeet Singh Kalka stated that DSGMC, following on the path shown by the Sikh Gurus, is committed to serve humanity. DSGMC aims to send a strong message to the world that the Sikh community is a peaceful and spiritually grounded brotherhood, which dedicates its life to serving others despite facing

hardships.

The PET scan services are provided at extremely affordable rates, with patients charged only for the cost of conducting the test. DSGMC prays to Waheguru that no family should ever need such services, as a cancer diagnosis brings immense pain to a household. These services are open to all, regardless of religion or caste.

Sdr. Kalka expressed gratitude to Baba Bachan Singh Ji and Baba Satnam Singh Ji of the Kar Sewa sect, who constructed the building for this centre. The PET scan machine, costing Rs10 crore, was donated by a devout Sikh family.

He also appreciated the contributions of former DSGMC President and current Delhi Cabinet Minister Sardar Manjinder Singh Sirsa, under whose leadership several healthcare services such as free dialysis and low-cost MRI testing were initiated at the Polyclinic. These efforts are a significant contribution to humanitarian welfare.

Bala Sahib Hospital Dedicated to the People of Delhi On June 13, DSGMC dedicated the Guru Harkrishan Institute of Medical Sciences and Research, a 50-bed hospital at Gurdwara Bala Sahib, to the

public. According to Sdr. Harmeet Singh Kalka, this hospital is equipped with state-of-the-art modern facilities, yet treatment charges are equivalent to those in government hospitals. A key feature is that OPD consultations are completely free, and patients are not required to pay any doctor consultation fees. Even medicines and other medical needs are provided at highly subsidized rates.

This hospital offers specialized departments such as Nephrology, Urology, Gynecology, and Pediatrics, along with two ICUs, a pediatric ICU, and advanced CT scan and ultrasound facilities, with expert doctors available in each department.

Notably, the hospital’s foundation was laid in 2019, when Sardar Manjinder Singh Sirsa was DSGMC President and Sdr. Harmeet Singh Kalka served as General Secretary. At that time, the Committee also launched a Free Dialysis Centre. So far, 90,000 dialysis procedures have been conducted entirely free of charge. The hospital has no billing counters, and during the third wave of COVID-19, a pandemic wing was also established.

DSGMC expressed deep gratitude to Baba Bachan Singh Ji, Baba Satnam

Singh Ji, and Baba Surinder Singh Ji of the Kar Sewa sect. Sardar Kalka affirmed that the hospital would provide world-class services at government-level costs.

He further shared that the current committee has initiated the process to integrate the hospital with the Government of India’s Ayushman Bharat scheme, enabling even more citizens to benefit from the services.

While speaking about the success of DSGMC’s selfless service initiatives, Sardar Harmeet Singh Kalka acknowledged the unwavering support from Committee office-bearers, members, medical staff, and the Sangat (community) of Delhi. Their collective trust and support have made it possible for him to carry out this sacred mission of serving humanity. He concluded with a heartfelt prayer to Waheguru for continued strength and blessings, so that DSGMC may keep moving forward in its noble mission of selfless service for the welfare of mankind.

BY:-Manmohan Singh
Deputy Secretary, Public Relations
(Retd.) Punjab State Power Corporation Ltd., Patiala

KISHORI LAL BAINS
UNA: International Yoga Day was celebrated at Government Himotkarsh Girls College Kotla Khurd by Aayush Department Una on Saturday. A special Yoga Session was organized by the Aayush Department Una under the



directions of Dr Kiran Sharma District Aayush Officer. In which 141 people have taken part on the occasion of

International Yoga Day. Dr Tuesy Sharma, Dr Pallvi Sharma, Dr Harish Kumar, Dr Reena Sharma, Krishan Chand Katnoria Ayurvedic Pharmacy Officer and Yoga expert Vijay Kumar were given the practical tips of Yoga on this occasion.

NEWS BRIEF

Auckland House School for Girls celebrates its Annual Sports Day



DINESH AGARWAL
SHIMLA: Auckland House School for Girls, Junior Section, celebrated its Annual Sports Day with great enthusiasm and spirited participation on Friday, 20th June, 2025. The event was graced by Mrs. Deepika Chauhan, Principal of St. Mary's School, Chakkar, Shimla, as the Chief Guest. The programme commenced with a warm welcome extended to the Chief Guest, followed by a vibrant display of aerobics and gymnastics by the young students. Various races and fun-filled competitions were held throughout the day, including the Flag Race, Pinwheel Race, Pom-Pom Race, Caterpillar Race, Banana Balance, Basketball Match, Skating, Musical Chair, and several other creative activities like Pack Your Bag, Dressing Up, Lemon and Spoon Race, and Magic Touch.

No trace of Chhattisgarh youth missing from MecLodganj

SANAJY AGGARWAL
DHARAMSHALA: No trace of Chhattisgarh youth missing from MecLodganj for the last six days has been found. Police continued their search operation on Saturday as well. It is being told that the missing Chhattisgarh youth is mentally unstable. Also, the youth has difficulty in speaking. In such a situation, due to his normal nature, it is being assumed that he has gone somewhere. Also, due to the youth's mobile phone being off, his location is not known. In such a situation, his location will be known when the mobile phone is switched on. On Thursday, the investigation was taken forward on the basis of contacting relatives and call details as part of the search for the youth. Let us tell you that 23 year old youth Sundar Lal, a resident of Chhattisgarh and living in MecLodganj, has been missing for the last 6 days. In this regard, the parents have lodged a complaint in the police station McLeodganj.

International Yoga Day celebrated at Raj Bhavan

DINESH AGARWAL
SHIMLA, JUNE 21

In commemoration of the 11th International Yoga Day, a yoga session was organized today at Raj Bhavan, Shimla. Governor Shiv Pratap Shukla graced the occasion as the Chief Guest performing yoga along with other participants. He extended his warm greetings to the people of the State on this important day. Speaking on the occasion, the Governor highlighted the relevance of yoga in promoting physical, mental and spiritual well-being. He said that yoga was a priceless gift from the sages of India, designed not only to strengthen the body but also to unite the mind and the soul. The Governor emphasized that while Maharishi Patanjali is revered for systematizing yoga, the origin of yogic



traditions can be traced back to Lord Shiva, who is regarded as the Adiyogi, the first yogi. "It is Lord Shiva who introduced yoga and termed him as the only source of this tradition" which was widely accepted by our sages and is carried towards till this day, said Shri Shukla. He further added that it is a matter of great pride for

every Indian that this ancient heritage has been revived and globally recognized, thanks to the visionary leadership of Prime Minister Narendra Modi who played a big role in promoting yoga. The United Nations' declaration of 21st June as International Yoga Day has brought worldwide attention and respect to India's cultural

legacy and today, numerous countries celebrate the day with enthusiasm. Clarifying misconceptions, the Governor said that yoga was not related to any religion but as a holistic approach to health and consciousness. "People across the world have adopted yoga for physical health and now increasingly for spiritual

awakening. Yoga is not just about physical postures it is also about awakening and awareness," he said.

The Governor urged people to embrace yoga as a way to lead a healthier, more balanced life and to address societal issues. "Yoga can help eradicate social evils, improve public health and combat substance abuse. Himachal Pradesh is a beautiful state and preserving its purity require our collective efforts. Yoga can be a vital tool in that direction," he added.

The yoga session was conducted under the expert guidance of Prof. Satya Prakash Pathak from the Department of Yoga, Himachal Pradesh University. Officers and officials of Raj Bhavan, along with enthusiastic yoga students participated actively in the event.

Deputy CM chairs review meeting of Jal Shakti Department



DINESH AGARWAL
SHIMLA, JUNE 21

Deputy Chief Minister Mukesh Agnihotri today here chaired a high-level review meeting of the Jal Shakti Department. The progress of various developmental projects under the department was reviewed in the meeting. The Deputy Chief Minister directed departmental officials to prioritize and complete all pending works of the department within the fixed time frame. He said that effective management of water resources and ensuring reliable water supply remains a key

priority of the present state government. He instructed the concerned officers to step out of their offices and visit the field to monitor ongoing projects and address public grievances promptly. He asked the officers to submit the detailed reports of ground visits to the senior officers so that necessary action could be taken to redress the concerns and issues. While reviewing the status of the Jal Jeevan Mission, the Deputy Chief Minister said that although Rs. 6300 crore was sanctioned by the Centre out of which only Rs. 5100 crore has been received so far.

Vivek slams BJP for misleading public on Rs 37 crore Kutwangad drinking water scheme

AJAY KUMAR UPADHYAY
BILASPUR, JUNE 21

Former State Congress General Secretary and Jhanduta Assembly candidate Vivek Kumar launched a scathing attack on BJP, accusing the party of misleading the public over the stalled Kutwangad drinking water scheme. Addressing a press conference on Saturday, Kumar alleged that the Rs 37 crore scheme was initiated by the previous BJP government without obtaining mandatory Forest Clearance Authority (FCA) approval, rendering it non-functional due to the absence of an electricity connection. He questioned how such a massive project could begin in violation of established regulations, stating that only two letters were



issued by the BJP government, with no real progress made toward securing clearances. "If the BJP leaders have valid permissions, let them show them to the public," he challenged. Vivek Kumar further accused the former BJP government of gross negligence and wasting public funds by initiating construction without the legal green signal. He revealed that the present Congress government, under Chief Minister Sukhwinder

Singh Sukhu and Deputy CM Mukesh Agnihotri, has resumed the matter seriously, undertaken fresh correspondence, resolved objections, and is now fast-tracking the approval process. Kumar reaffirmed that the Congress is committed to completing the Kutwangad water scheme and ensuring drinking water reaches the people, unlike the BJP which, he claimed, used the scheme for political posturing.

Nauni's AICRP Centre on biological control of crop pests honoured with best centre award

DINESH AGARWAL
SHIMLA, JUNE 21

Dr. YS Parmar University of Horticulture and Forestry (UHF), Nauni has achieved a significant milestone with its All India Coordinated Research Project (AICRP) Centre on Biological Control of Crop Pests being adjudged the Best Performing AICRP Centre for the year 2024-2025.

The prestigious award was conferred during the Annual General Meeting of AICRP on Biological Control of Crop Pests, held recently at Assam Agricultural University (AAU), Jorhat. The award was presented by Dr. Poonam Jasrotia, Assistant Director General (Plant



Protection & Biosafety), ICAR, and Dr. SN Sushil, Director, ICAR-NBAIR, Bengaluru. The ceremony was also attended by Dr. Bidyut Chandan Deka, Vice Chancellor of AAU along with more than 70 scientists from across the country. Dr. DK Yadava, Deputy Director General (Crop Science), ICAR, also joined the event virtually. Dr. Subhash Chander Verma, Principal Investigator of the centre,

shared that the AICRP Centre has been operational in the Department of Entomology at UHF Nauni since 1985 and has made remarkable progress in the area of biological pest and disease management. The university's biocontrol laboratory is equipped with modern infrastructure and advanced facilities to support cutting-edge research and development. The centre conducts

extensive work in the survey, collection, and identification of natural enemies of pests, including coccinellids, syrphids, and parasitoids. Currently, it maintains five species of egg parasitoids (Trichogramma spp.), a species of anthorcid bug (Blaptostethus pallescens), a predatory mite (Neoseiulus longispinosus), along with microbial agents such as Metarhizium anisopliae (NBAIR strain) and Beauveria bassiana throughout the year. In addition to its research activities, the centre has been actively engaged in promoting eco-friendly pest management practices, particularly in the tribal regions of Himachal Pradesh.

Nagar Panchayat Amb instructs migrant labourers living on banks of ravine to move away

AVINASH CHAUHAN
AMB, JUNE 21

With the onset of monsoon season, Nagar Panchayat Amb has started taking precautionary measures to protect citizens from any kind of damage due to heavy rains. In this regard, the team of Nagar Panchayat Amb's President Indu Dhiman, SHO Amb Anil Upadhyay, Councillor Mela Ram and Ashok Kumar instructed the migrant laborers sitting on the banks of the ravine flowing through the middle of the Nagar Panchayat to move away from the ravine. Along with this, they have also started the work of clearing the bushes grown in the ravine and the surrounding drains. Not only this, they have also written a letter to the National Highway Authority to get the drains coming under their



jurisdiction cleaned and to ensure the flow of water without obstruction. Giving information, Indu Dhiman said that the administration has issued a warning of heavy rain in the district in the coming days. We had received information that some migrant people have started living by building their huts around the ravine flowing through the middle of the Panchayat. After which, they have been instructed to move away from there along with the

police. He told that during monsoon season it rains at different times at different places due to which water suddenly comes into the ravine at any time due to which there is a possibility of loss of life and property. In view of this, they have been instructed to move from here to a safer place. He told that along with this, the bushes growing around the drains are also being cleared to ensure that the rain water keeps flowing without any obstruction.

Naresh Chauhan slams Centre's 'Too Little, Too Late' aid to Himachal, accuses Anurag Thakur of neglect

DINESH AGARWAL
SHIMLA, JUNE 21

Naresh Chauhan, Principal Advisor (Media) to the Chief Minister, today strongly criticised the Central Government's announcement of Rs. 2,006 crore as disaster aid for Himachal Pradesh, calling it both "too little and too late." He said it is a matter of grave concern that against the State's meticulously prepared Post-Disaster Needs Assessment (PDNA), which estimated losses of around Rs. 10,000 crore, the Centre has sanctioned a paltry amount of which only Rs. 1,500 crore is the actual central share, while the remaining is the contribution of the State Government itself. He said it was not just the Central Government but also Union Minister Anurag Thakur, who failed to ensure that the State



received a fair and just relief package on time.

He said such a small and symbolic response is a clear betrayal of the hopes and needs of the people of Himachal Pradesh, who faced widespread devastation due to an unprecedented natural disaster.

Despite repeated requests, follow-ups, and high-level meetings by the State Government, the Central Government, along with Anurag Thakur, showed neither urgency nor the compassion expected in a crisis of this magnitude.

Naresh Chauhan said that while the Centre remained indifferent, the Himachal Pradesh Government under Chief Minister Thakur Sukhvinder Singh Sukhu proactively launched a Rs. 4,500 crore relief and rehabilitation package from its own limited resources. This reflects the Government's deep commitment to its people and its determination to rebuild lives and infrastructure without waiting for political favours. He strongly criticised the Centre for releasing aid nearly one and a half years after the disaster, saying this delay exposed the Union Government's indifferent attitude towards non-BJP ruled states. "The Centre is treating Himachal Pradesh like an orphaned state simply because its people elected a Congress government.

SJVN celebrates 11th International Yoga Day with great enthusiasm



DINESH AGARWAL
SHIMLA: SJVN celebrated 11th International Day of Yoga with great enthusiasm at its Corporate Head Quarters, Shimla and across all its Offices & Projects. This year's theme 'Yoga for One Earth One Health' aligns the practice of yoga with sustainability and global well-being. The chief guest for the occasion, Sh. Ajay Kumar Sharma, Director (Personnel), inaugurated and participated in the yoga session at Corporate Headquarters. Sh. Chandra Shekhar Yadav, Executive Director (HR), Heads of Departments along with other senior officials and employees of SJVN actively took part in the event. To commemorate the day, special yoga session was organized in collaboration with Isha Foundation. Yoga experts guided participants through various asanas and breathing techniques aimed at promoting physical, mental and spiritual harmony. On the occasion, Sh. Ajay Kumar Sharma said "Yoga is an invaluable gift of India's ancient tradition and it is a path to discover the sense of oneness with yourself, world and the nature." SJVN remains committed to promoting wellness and sustainable lifestyles among its workforce and beyond through such events.

Congress accuses Centre of undervaluing Himachal's disaster losses, calls Rs 2006 cr relief grossly inadequate

AJAY KUMAR UPADHYAY
BILASPUR, JUNE 21

Congress State Media Coordinator and HRTC Purchase Committee Member Sandeep Sankhyan has strongly criticized the Central Government and BJP leadership, accusing them of gross miscalculation and underreporting of the massive losses suffered by Himachal Pradesh during the 2023 natural disaster. He claimed that the actual damage incurred by the state stands close to Rs 10,000 crore, while the Centre has only extended a relief of Rs 2006 crore — a figure he calls "far from reality and five times less than required."



Minister Thakur Sukhvinder Singh Sukhu, had promptly submitted a detailed and well-documented report of losses amounting to Rs 9020 crore to the National Disaster Management Authority in 2023 itself. Yet, the Centre and BJP leaders continue to repeat the Rs 2006 crore figure, claiming it as a significant contribution. Terming the BJP's self-congratulations as

misplaced, Sankhyan said that instead of misleading the public, the BJP should acknowledge the state's real crisis and advocate for just compensation. He further blamed the previous BJP-led Himachal government for mismanaging funds, particularly by exhausting the 15th Finance Commission's advance grants, leading to a deeper fiscal burden on the current administration.

Sankhyan asserted that the Congress-led state government is striving sincerely to bring the state economy back on track despite severe constraints. He urged the BJP to refrain from negative politics and instead join efforts in rebuilding the disaster-hit regions of Himachal with honesty and urgency.

HPNLU Shimla invites applications for its interdisciplinary MBA programme

DINESH AGARWAL
SHIMLA: Himachal Pradesh National Law University (HPNLU), Shimla, invites applications for its two-year full-time MBA Programme for the academic session 2025-27. Designed with an interdisciplinary approach, the programme aims to equip students with the latest trends in business management, enhance critical thinking, foster cross-disciplinary collaboration, and build leadership skills grounded in ethics and sensitivity to client needs. With a focus on strategic decision-making in complex environments, the MBA at HPNLU prepares students to lead both private and public organizations effectively. What sets the HPNLU MBA apart is its unique blend of management education with legal and policy perspectives.

This makes it an ideal choice for students aspiring to leadership roles in regulated industries, governance, sustainability, and public sector enterprises. Students will benefit from a research-driven academic environment, hands-on learning through policy projects, and exposure to real-world challenges. Located in the heart of Shimla, the university offers excellent opportunities for engagement with institutions shaping law, policy, and development in the region. The programme offers 20 seats, with supernumerary and reserved categories as per university norms. Applicants must have a graduate degree in any discipline with at least 55% marks (50% for SC/ST candidates). Final-year students are also eligible to apply. Admissions will be based on scores from CAT/MAT/CUET followed by a personal interview. To earn the degree, candidates must complete a minimum of 120 credits and maintain 75% attendance across all academic activities.

International Yoga Day celebrations held in Gagret constituency

AVINASH CHAUHAN
AMB, JUNE 21

On the occasion of the 11th International Yoga Day, grand yoga programs were organized in Daulatpur Mandal and Gagret Mandal under Gagret Assembly constituency. Bharatiya Janata Party workers, officials and local citizens participated enthusiastically in these events.

The yoga session began with Surya Namaskar, followed by yoga exercises like Tadasana, Vajrasana, Bhujangasana, Trikonasana, A n u l o m - V i l o m , Kapalabhati. All the participants practiced with devotion under the supervision of yoga instructors. Former MLA Chaitanya Sharma said in his address that "Yoga is a priceless heritage of Indian



culture, which provides balance, peace and energy to human life. It is not just a means of keeping the body healthy, but a scientific and spiritual method of living life. He said that under the leadership of Prime Minister Narendra Modi, yoga has got recognition on the global stage, and today the whole world is adopting this great tradition of India. On this occasion, District Councillor Sushil Kalia, BJP District Vice President Vishwajit Patial, Daulatpur Mandal President Ajay Thakur,

Gagret Mandal President Nitin Thakur, BJP General Secretary Vikas Dadwal, senior leader Rajiv Sharma, Atul Sharma, Pankaj Kondal, Prince Sudhera, Lakshmi Jariyal, Tarsem Simmi, Vishal Sharma, Jatinder Kumar, Dinesh, Balbir Dhiman, Suman and many activists and social workers were present. At the end of the program, with slogans like "Do yoga, stay healthy" and "Healthy India - Strong India", everyone took a pledge to spread yoga to the masses.

NEWS BRIEF

PAU celebrates
Yoga Day



LUDHIANA: The Directorate of Students' Welfare of Punjab Agricultural University, Ludhiana celebrated International Day of Yoga in the campus on 21.06.2025. An interactive practical session on yoga was conducted in the Athletic Track of PAU from 06:30 a.m. to 08:00 a.m. Yoga team of Acharya Dr. Lokesh associated with International Naturopathy Organisation under Ministry of Ayush Govt. of India and Vedant Gurukul, Ludhiana was invited to conduct the training session. Dr. Tarsem Singh Dhilon Additional Director Extension Education inaugurated the function. While addressing the participants he emphasized on the need of practicing yoga in today's stressful life and advised the participants to spend some time for yoga, meditation and physical exercises to make their routine life healthy and tension free. About 200 delegates including faculty members, students and guests participated in the event.

International Yoga Day
celebrates at IET Bhaddal
Technical campus



BAHADURJEET SINGH RUPNAGAR: International Yoga Day was celebrated with great enthusiasm by the faculty, staff, and students at IET Bhaddal Technical Campus. Addressing the gathering, Dr. S.S. Bindra, Registrar-cum-Director of the institution, stated that the Government of India has issued guidelines to organize various activities related to International Yoga Day 2025 to raise awareness among youth about yoga and its importance for health. He emphasized that yoga should not be limited to just one day but must be practiced daily by every individual. It helps in maintaining physical fitness and mental calmness. Mr. Bharat Bhushan, Assistant Professor from the Mechanical Engineering Department, not only guided the faculty, staff, and students through various yoga asanas but also shared detailed information about each posture.

People were made aware
against dengue in Sector
Rampura of Block Balianwali



KULJIT SINGH DHINGRA RAMPURA PHUL: Health Minister Dr. Balvir Singh, Civil Surgeon Bathinda, District Health Officer Dr. Usha Goyal and Senior Medical Officer Dr. Shelly Arora under the guidelines of Block Balianwali and under the leadership of Harvinder Singh AMJU Civil Surgeon Office Bathinda and with the support of Jagtar Singh Block Educator, Fry Day Day was celebrated in Sector Rampura of Block Balianwali. Various teams of the Health Department make people aware about dengue on this day. Today, the Health Department team went to the under-construction buildings, plant nurseries and vacant plots under Rampura sector and thoroughly examined the dengue larvae. On this occasion, Health Supervisor Gurpreet Singh said that waste water should not be stored. Water should be drained from the trays at the back of the refrigerators. Apart from this, clean water should not be allowed to accumulate around the houses because the dengue mosquito breeds on clean standing water and bites during the day. He said that we should always wear clothes that cover the entire body.

Yog cultivating holistic
growth in Children



HOSHIARPUR DALJEET AJNOHA: Yog, an ancient practice with timeless relevance, offers children a profound path to holistic development. Beyond enhancing their mental and physical health, it's a powerful tool for comprehensive personality development. Through dedicated practice, children cultivate remarkable focus and concentration, vital skills that positively impact their academic performance and daily interactions. The discipline inherent in yoga fosters self-awareness and emotional regulation, equipping them with the ability to navigate challenges with greater calm and resilience. As they master complex postures, children build self-confidence and self-esteem, developing a strong sense of accomplishment and body positivity. Moreover, the emphasis on mindfulness and inner peace helps reduce stress and anxiety, promoting a happier, more balanced childhood. This multifaceted approach ensures that children not only grow physically strong and mentally sharp but also blossom into well-rounded individuals with improved social skills.

‘CM Di Yogshala’ Playing key role in making Punjab
fit and healthy: MLA Brahm Shankar Jimpa

DALJEET AJNOHA
HOSHIARPUR, JUNE 21

On the occasion of the 11th International Yoga Day, a grand district-level event was organized today at the Police Line Ground, Hoshiarpur, under the banner of ‘CM Di Yogshala’. The event was graced by MLA Brahm Shankar Jimpa as the chief guest.

Speaking on the occasion, MLA Jimpa said that yoga is an ancient and proud tradition of India, which has become a means of physical, mental, and spiritual well-being. He emphasized that in today's fast-paced lifestyle and increasing stress levels, yoga is a powerful solution—not only to maintain physical health but also to stay away from social evils like drug addiction.

He informed that under the leadership of Chief Minister Bhagwant Mann, the Punjab government is actively promoting yoga across the



state through the ‘CM Di Yogshala’ initiative. Yoga classes are being held from major cities to block levels, with thousands of people practicing yoga regularly. He termed the initiative as a milestone in the mission to make Punjab fit and healthy.

He also urged everyone to join the state government's “War Against Drugs” and contribute towards building a vibrant Punjab. Jimpa specially appealed to the youth to stay away from drugs and adopt yoga as a way of life. Deputy Commissioner Aashika Jain said that the main goal of the event is to build a healthy, disciplined,

and drug-free society through yoga. She shared that over 16,000 people from across the district participated in various yoga events organized under ‘CM Di Yogshala’ today. More than 2,500 participants practiced yoga together at the Police Line Ground, showcasing unity, discipline, and health awareness. She added that currently, 341 yoga classes are being conducted daily in the district, with more than 15,000 people participating regularly.

She further informed that if any locality, village, or institution has space available and at least 25 interested participants, the government will

provide a trained yoga instructor at their location. Interested people can register by giving a missed call on the toll-free number 7669400500.

SSP Sandeep Kumar Malik appealed to all citizens to take maximum benefit of initiatives like ‘CM Di Yogshala’ and make yoga a part of their daily routine.

During the program, expert yoga instructors demonstrated various asanas, explained their benefits, and taught practical techniques. The Sonalika Divine organization also conducted laughter yoga and dance yoga sessions to energize the participants.

PANCHKULA, JUNE 21

The National Institute of Ayurveda (Ministry of AYUSH, Government of India), under the guidance of Hon'ble Vice Chancellor Prof. Sanjeev Sharma, successfully organized the 11th International Day of Yoga on Saturday, June 21, 2025, at its campus.

This year's theme, “Yoga for One Earth, One Health,” was seamlessly woven into all program activities, reflecting the institute's commitment to holistic well-being. The Chief Guest for the occasion was Shri Gyan Chand Gupta, Former Speaker, Haryana Legislative Assembly.

The event was graced by distinguished guests including Dr. Dinesh Sharma (Registrar, Directorate of AYUSH, Haryana), Shri Swami Prasad Mishra (Principal, Sanskrit Gurukul), Dr. Pradeep Agnihotri (Vice President, Indian Yoga Association), Smt. Krishna Goyal (Bharatiya Yoga Sansthan), and Shri Suresh Kumar Ver-



ma (Municipal Councillor). The event commenced with traditional lamp lighting and Dhanvantari Vandana. This was followed by the live broadcast of Hon'ble Prime Minister Shri Narendra Modi's message and the Yoga Geet.

Over 1000 participants collectively performed Common Yoga Protocol, including asanas, pranayama, and meditation. In his address, Chief Guest Shri Gyan Chand Gupta emphasized the physical and mental health benefits of yoga and urged people to adopt it as a way of life. Dean

Prof. Gulab Pamnani encouraged everyone to embrace yoga as a simple and effective path to a healthy life. The event witnessed enthusiastic participation from yoga practitioners of Bharatiya Yoga Sansthan, Indian Yoga Sangathan, Chandigarh, and Gurukul Mansa Devi, Panchkula. Faculty members, officers, staff, and students, including Dean (Academic & Administration) Prof. Gulab Pamnani, Dean In-charge Prof. Satish Gandharve, and IDY Coordinator Dr. Gaurav Garg, took active part in the event.

BSF celebrated 11th
International Yoga Day



CHANDIGARH: The Eleventh International Yoga Day with the theme, “Yoga for One Earth One Health” was celebrated with zeal and enthusiasm by BSF troops and their families at Headquarters Special DG BSF (Western Command) Chandigarh located at BSF Campus Lakhnaur, Mohali.

The function presided over by Shri Pramod Kumar Yadav, IG (H R & Logistics) of HQ SDG BSF (Western Command). The troops committed themselves to unifying force of yoga and its myriad benefits including relieving mental stress, enhancing physical and muscular strength, maintaining balance, improving stamina, etc. which is the need of the hour.

In an atmosphere filled with zeal, the troops performed various yoga postures under the guidance of trained Yoga Guru Shri Vinod Bharadwaj, State in-charge of Patanjali Yog Samiti, Chandigarh and his team.

In addition to the main function held at Border Security Force Western Command campus at Lakhnaur, the under command field formations also organized Yoga event at respective headquarters and at Border Outposts.

Yoga Day celebrated at Guru Nanak
National College Doraha

AMRISH ANAND
DORAHA, JUNE 21

Today, on the occasion of the 11th International Yoga Day, a yoga session was organized by the N. C. C, N. S. S. units and the Physical Education Department of the college in collaboration with 19 Punjab BNCC Ludhiana under the theme 'Yoga For One Earth, One Health'.

Under the patronage of the President of the College Management Committee S. Harpratap Singh Brar and under the guidance of the College Principal Dr. Sarvjit Kaur Brar, this yoga session was organized by Prof. Hina Rani as a yoga instructor and led the session. On this occasion, the Head of the Physical Education Department Dr. Nirlep Kaur explained the importance of yoga in our lives and motivated the students to stay away from drugs and adopt yoga. On this occasion, Prof.



Heena Rani practiced yoga asanas that increase the body's immunity and the teaching and non-teaching staff members of the college, N. C. C. Cadets, NSS volunteers and physical education students practiced yoga asanas.

On this occasion, a live yoga message of Honorable Prime Minister Shri Narendra Modi Ji was also shown to the volunteer students. About 200 students from various schools and colleges participated in this yoga session. Finally, ANO of the college Prof. Sandeep Singh Hundal thanked everyone. NSS Program Officer Prof. Amandeep Cheema, Dr. Gurpreet Singh and Dr.

Karamjit Singh played a special role in organizing this yoga session. On this occasion, Naib Subedar Kulwinder Singh, Havaldar Tarsem Singh, ANO Talwinder Singh from Guru Nanak Model Senior Secondary School Doraha, ANO Satvir Singh from Government Senior Secondary School Doraha, ANO Harjinder Singh from Radha Vatika School, Khanna and Prof. Rampal Banga were present. The office bearers of the College Management Committee and the College Principal Dr. Sarvjit Kaur Brar congratulated the entire team for the successful organization of this yoga session.

PHDCCI SHE Forum Chandigarh
celebrated International Yoga Day

CHANDIGARH, JUNE 21

PHDCCI SHE Forum, Chandigarh in association with Food Corporation of India organised Yoga Session on the Occasion of 11th International Yoga Day on 21st June 2025 at PHD House, Chandigarh. In her Welcome address, Adv. Pooja Nayyar, Chair- Chandigarh, PHDCCI SHE Forum, mentioned this year marks the 11th International Day of Yoga with the theme “Yoga for One Earth, One Health.”

SHE Forum of PHDCCI is proud to Champion initiatives that focus not just on professional excellence, but also on holistic well-being—especially for women, families, and the wider community. She stated, as we mark this global occasion, we should aim to embrace wellness not just as a one-day activity, but as a lifestyle choice. She further added, it is an opportunity to reconnect with ourselves in the midst of our fast-paced lives. She hoped today's Yoga session would inspire all of us to pause, breathe, stretch, and reconnect with that inner calm we often forget to nurture.

Dr Vibha Bawa, BAMS, Clinical Dietitian and Oncology Nutritionist & Convener, Steering Committee on Ayurveda, Siddha & Unani under Regional Pharmaceutical, Health & Wellness Committee, PHDCCI & Member Steering Committee, PHDCCI SHE Forum Chandigarh while highlighting the benefits of Yoga stated that Fitness and nutrition go hand in hand. What we eat fuels how we move, think, and feel. A balanced, wholesome diet is essential to support physical vitality, mental clarity, and long-term wellness. Whether it's incorporating mindful movement through yoga, maintaining a

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healthy gut, or staying hydrated—every small effort contributes to a more energetic, disease-free life. She encouraged all participants to continue their wellness journey beyond today. Embrace fitness as a lifestyle and treat food as your medicine. With the right guidance, discipline, and consistency, each one of us can enjoy a vibrant, active, and fulfilling life. She concluded by saying, let us aim not just for short-term goals, but for sustainable, life-long health. In her Vote of thanks, she expressed gratitude to enthusiastic participants for choosing to celebrate the Yoga day. She lauded participants for their commitment to health and wellness. Certified Yoga Instructors, Mr. Janak Magotra, Mr. Bhupinder Verma & Ms. Sashi Bansal conducted the Yoga session demonstrating various Yoga asanas during the programme.

Healthy and fit life is capital of
good health: Sandhwan

KOTKAPURA (SURINDER DAMDAMI): Punjab Vidhan Sabha Speaker Kultar Singh Sandhwa attended the 11th International Yoga Day program organized at Lala Lajpat Rai Park, Kotkapura today under the CM's Yogashala.

Speaker S. Sandhwa thanked the Punjab government for starting CM's Yogashala and congratulated the people on CM's Yogashala program. On this occasion, he also appreciated the yoga practice being conducted by yoga trainers. He said that a healthy and fit life is the capital of good health. He said that all the institutions and people of Kotkapura have given full contribution. He said that yoga is very important to keep our health healthy in today's tense life and we should definitely take out some time for our health.

He said that doing yoga not only gives physical strength but also inner strength and in today's materialistic era, yoga is playing the role of Sanjeevani plant. He said that while a common man can get rid of various diseases through yoga asanas, yoga asanas play a role like gold and honey in increasing intelligence and keeping relationships strong physically. He said that along with yoga, we can also stay healthy by playing sports.

He also appealed to the people to take special care of the cleanliness of their surroundings.



DC conducts surprise inspection
of Aam Aadmi clinic

PATIALA (RAKESH JINDAL): Deputy Commissioner Dr. Preeti Yadav today conducted a surprise visit to an Aam Aadmi Clinic located near Gurdwara Sri Dukhniwaran Sahib to assess the quality of healthcare services. She was accompanied by Civil Surgeon Dr. Jagpalinder Singh.

During the visit, Dr. Preeti Yadav interacted with patients collecting medicines and gathered feedback regarding the services and staff behavior. Addressing the clinic staff, she emphasized that Aam Aadmi Clinics are a flagship initiative of the Chief Minister aimed at delivering accessible healthcare. She directed the staff to ensure patient convenience and provide a welcoming and efficient environment.

Dr. Preeti Yadav stated that during her review, discussions were also held regarding available facilities and further improvements, which would help enhance the upcoming clinics in the district. Civil Surgeon Dr. Jagpalinder Singh informed that 71 Aam Aadmi Clinics are currently operational in Patiala district, where 107 types of essential medicines and 47 types of lab tests are being provided free of cost. He added that so far, 26,75,636 patients have received treatment at these clinics.



NCC group Chandigarh celebrated
'IDoY' with enthusiasm



CHANDIGARH (SUMER GARG): The press information bureau (defence wing), GoI in a Press release said, “NCC group Chandigarh, in collaboration with the Central Bureau of Communication (CBC), ministry of information and broadcasting, successfully organized the International Day of Yoga (IDoY) at local Post graduate government college, sector-11 with full fervor. The event, themed “Yoga for one earth, one health,” saw participation from hundreds of NCC cadets. NCC cadets of 1 Chandigarh Girls Battalion NCC, 2 Chandigarh Battalion NCC and 1 Chandigarh Air Force NCC unit, Government College staff and CBC officials participated in this special Yoga Session.

Maj Gen J S Cheema, Additional Director General, NCC Directorate Punjab Haryana Himachal Pradesh & Chandigarh, who was the Chief Guest on the occasion, emphasised the importance of incorporating yoga into daily life for mental and physical well-being. He awarded the winners of essay writing and poster painting competitions on the theme of International Day of Yoga.

Spl event on International Yoga Day
at Oxford School, Payal

DORAHA (AMRISH ANAND): Yoga is not only a physical and mental exercise but also a spiritual practice that unites the soul with the Supreme. In today's times, yoga and spirituality hold great importance.

The Government of India celebrates International Yoga Day across the globe on June 21 every year. Aligning with this vision and aiming for the holistic development of students, the premier educational institution of the region — Oxford Senior Secondary School, Payal — organized a grand celebration of International Yoga Day.

The event was conducted in the serene, green, and picturesque environment of the school grounds in the early morning. Special guests present at the occasion included Yoga and Spiritual Coach Shri Jatinder Kumar Bhardwaj, Brahma Kumari Sister Manju Devi, and Ex-Army personnel Manpreet Singh, who guided students, parents, and teachers through various yoga asanas. They also highlighted the significance of yoga and spirituality in daily life. During the session, BK Sister Manju Devi and BK Sister Urmil shared valuable insights with students, teachers, and parents on the miraculous benefits.



Kogta Financial (India) Limited
CIN No. U67120RJ1996PLC011406, Corporate Office: S-1 Gopalnagar, Near Ajmer Palya, Opp. Metro Pillar No. 143, Jaipur - 302001, Rajasthan, India | Tel.: +91 141 6767067, Registered Office: Kogta House, Azad Mohalla, Bijanagar - 305624, Rajasthan, India | Email: info@kogta.in | www.kogta.in

DEMAND NOTICE

DEMAND NOTICE UNDER SEC 13 (2) OF THE SECURITISATION AND RECONSTRUCTION OF FINANCIAL ASSETS AND ENFORCEMENT OF SECURITY INTEREST ACT, 2002. The following borrowers & co-borrowers availed the below mentioned secured loans from Kogta Financial (India) Ltd. the loans of below mentioned borrowers & co-borrowers have been secured by the mortgage of their respective properties. As they have failed to adhere to the terms & conditions of the respective loan agreements and had become irregular, their loans were classified as NPA's as per the RBI guidelines. Amounts due by them to Kogta Financial (India) Ltd. are mentioned in the following table and further interest on the said amounts shall also be payable as applicable and the same will be charged with effect from their respective dates.

Name of Borrowers & Co-borrowers / Mortgage	Outstanding as per 13(2)/Notice Date/ Loan Account No./ Date of NPA	Details of Secured Assets
1. MR. GURPREET SINGH (Applicant/Mortgagor) S/O MR. KASHMEER SINGH VILLAGE DHENTHAL, TEH SAMANA, DISTT. PATIALA, PUNJAB - 147101 MOB- 9872030292 Also At - VIRK MILK DAIRY THROUGH PROPRIETOR MR. GURPREET SINGH VILLAGE DHENTHAL, TEH SAMANA, DISTT. PATIALA, PUNJAB - 147101 MOB- 9872030292	RS. 18,55,190/- (Rupees Eighteen Lakh Fifty Five Thousand One Hundred Ninety Only) as on 01.05.2025/ Notice Date: 08.05.2025/ 0000174840 /03.01.2024 RS. 527689/- (Rupees Five Lakh Twenty Seven Thousand Six Hundred Eighty Nine Only) as on 01.05.2025/ Notice Date: 08.05.2025/ 0000306884 /03.01.2024 collectively total Outstanding amount RS. 23,82,879/- (Rupees Twenty Three Lakh Eighty Two Thousand Eight Hundred Seventy Nine Only) as on 01.05.2025	All that piece and parcel of Property i.e. House situated at Village Dhanthal, Tehsil Samana and Distt. Patiala, Area measuring 0-6-2/3 Marlas i.e. 200 Sq. Yards, comprised in Kheval/Khatoni no. 87/160 to 164, Khana no. 46/2(4-10), 3(8-0), 4(8-0), 5(6-18), 46/8 min (4-0), 12(6-14), 13/1(3-4), 15(7-8), 12/1 (4-0), 48/9(6-18), 46/6(7-8), 7/8(0-0), 8 min (4-0), 11/9(1-0), Kite 14 total area 81-0 Kanal out of which 0-6-2/3/1620 Marlas i.e. 200 Sq. yards in the name of Sh. Gurpreet Singh S/o Sh. Kashmir Singh Vide Transfer Deed no. 2019-20/78/1/3069 dated 19.02.2020 and vide mutation no. 1557 in Jamabandi for the year 2016-17 as per revenue record. As per Transfer deed the property bounded as under: East - House of Gurpreet Singh Side 60', West - House of Swarnjit Singh, Side 60', North - Passage, Side 30', South - House of Rajinder Singh, Side 30'
2. MRS. HARPREET KAUR (Co-Applicant) W/O MR. GURPREET SINGH VILLAGE DHENTHAL, TEH SAMANA, DISTT. PATIALA, PUNJAB - 147101 MOB- 9872030292 Also At - MR. KASHMEER SINGH S/O MR. KAPOOR SINGH VILLAGE DHENTHAL, TEH SAMANA, DISTT. PATIALA, PUNJAB - 147101 MOB- 9872030292	RS. 18,55,190/- (Rupees Eighteen Lakh Fifty Five Thousand One Hundred Ninety Only) as on 01.05.2025/ Notice Date: 08.05.2025/ 0000174840 /03.01.2024 RS. 527689/- (Rupees Five Lakh Twenty Seven Thousand Six Hundred Eighty Nine Only) as on 01.05.2025/ Notice Date: 08.05.2025/ 0000306884 /03.01.2024 collectively total Outstanding amount RS. 23,82,879/- (Rupees Twenty Three Lakh Eighty Two Thousand Eight Hundred Seventy Nine Only) as on 01.05.2025	All that piece and parcel of Property i.e. House situated at Village Dhanthal, Tehsil Samana and Distt. Patiala, Area measuring 0-6-2/3 Marlas i.e. 200 Sq. Yards, comprised in Kheval/Khatoni no. 87/160 to 164, Khana no. 46/2(4-10), 3(8-0), 4(8-0), 5(6-18), 46/8 min (4-0), 12(6-14), 13/1(3-4), 15(7-8), 12/1 (4-0), 48/9(6-18), 46/6(7-8), 7/8(0-0), 8 min (4-0), 11/9(1-0), Kite 14 total area 81-0 Kanal out of which 0-6-2/3/1620 Marlas i.e. 200 Sq. yards in the name of Sh. Gurpreet Singh S/o Sh. Kashmir Singh Vide Transfer Deed no. 2019-20/78/1/3069 dated 19.02.2020 and vide mutation no. 1557 in Jamabandi for the year 2016-17 as per revenue record. As per Transfer deed the property bounded as under: East - House of Gurpreet Singh Side 60', West - House of Swarnjit Singh, Side 60', North - Passage, Side 30', South - House of Rajinder Singh, Side 30'

Since the notices sent to you on the address in which you originally reside/carry on business/personally works for gain have returned to us, we are constrained to cause this notice to be published. You are hereby called upon us 13(2) of the above Act to discharge the above mentioned liability with contractual rate of interest thereupon from their respective dates and other costs, charges etc. within 60 days of this notice failing which the KFL will be exercising all or any of the rights u/ Sec 13(4) of the above Act. The borrower's attention is invited to provisions of sub-section (8) of section 13 of the Act, in respect of time available, to redeem the secured assets. You are also put to notice that as per terms of Sec 13(13) of the above Act, you shall not transfer by sale, lease or otherwise the aforesaid secured assets.

Date: 19.06.2025, Place: Punjab

Authorised Officer, Kogta Financial (India) Limited

NEWS BRIEF

Rotary Club Rivera distributes sanitary napkins to empower women in Yamunanagar



RAHUL KOHLI
YAMUNANAGAR: As part of its ongoing commitment to social welfare and women's health, Rotary Club Rivera Yamunanagar organized a sanitary napkin distribution drive at the Anganwadi Centre in Mahadev Colony. The initiative aimed to promote menstrual hygiene and health awareness among local women.

The event saw enthusiastic participation from women of the area. Representing the club, Ritu Sethi led the campaign and emphasized that the Club's vision goes beyond charity—it includes spreading awareness on cleanliness, education, and women's empowerment. Along with sanitary pads, dengue prevention rollers were also distributed as a proactive measure against seasonal health risks. Speaking on the occasion, Ritu Sethi said, "In today's time, it is essential for women to be educated and informed. Women are no less than anyone—they are flying planes, driving trains, running vehicles, and even leading the nation as President." She added that providing sanitary products is a step towards ensuring dignity and health for all girls and women. Club members Ritu Gupta and Neena Sondhi were also present and played an active role in the smooth execution of the program.

International Yoga Day celebrated at Anil Kumar DAV Public School and Jandhedhi Village



YAGYADATT SHASTRI
PEHOWA: International Yoga Day was celebrated with great enthusiasm at Anil Kumar DAV Public School, Ismailabad, where Principal Sanjay Sharma, students, and staff actively participated. The event commenced with a yoga session featuring a series of asanas and pranayama exercises. Students were informed about the various health benefits of yoga, such as stress reduction, improved concentration, and overall physical well-being. Speaking on the occasion, Principal Sanjay Sharma emphasized the importance of incorporating yoga into daily life. "Yoga is an ancient Indian practice that nurtures both physical and mental health. Regular practice can lead to a healthier and happier life," he remarked. In village Jandhedhi, Yoga Day was also observed under the leadership of village sarpanch Praveen Kumar. Yoga instructor Rayveer Singh conducted the session and inspired participants to adopt yoga as a way of life. Panch Surya Kumar, Rinku Kashyap, Ramchandra, Lakhu, and Daksh were among those present.

Devotion brings Inner peace and ends negative thoughts: Mahant Tej Nath

YAGYADATT SHASTRI
PEHOWA: During a discourse at Guruk Nath Dham, Mahant Yogi Tej Nath emphasized the power of devotion in today's fast-paced world. "In the age of modernity, humans are drifting away from the path of devotion, resulting in a restless mind," he said while addressing devotees. He added that devotion brings calmness, eliminates negativity, and empowers individuals to make better decisions. Urging everyone to devote time to spiritual practices, he also highlighted the importance of instilling devotional values in children to foster social harmony and brotherhood. He further appealed to all to respect their parents and act in accordance with their guidance. Among those present were Ramchandra Komal, Pralhad Bhagat Sharma, Prince Sharma, Sunil Komal, Paras, Manan Sharma, Ankush, Jayant, and Monu.

International Yoga Day celebrated with Enthusiasm at Government College, Chhachhrauli

CHHACHHRAULI (R.K. KASHYAP): The 11th International Yoga Day was celebrated with great zeal and devotion at Government College, Chhachhrauli on June 21, 2025. The event was jointly organised under the aegis of the college's Sports Department, Red Cross, NSS, and NCC units.

Students, faculty members, and non-teaching staff participated actively, promoting the message of adopting a healthy lifestyle through yoga. A special seminar, in collaboration with the AYUSH Department, was also held to explore the scientific aspects of yoga and its relevance in daily life.

Sub-Divisional Magistrate (SDM) Rohit Kumar, who attended as the chief guest, shared valuable insights on the importance of yoga. Several dignitaries from the AYUSH Department also graced the occasion and contributed their expertise during the discussions.

Two-Day photo exhibition by CBC Chandigarh in collaboration with NCC concludes successfully

GAURAV GOEL
CHANDIGARH, JUNE 21

The Central Bureau of Communication (CBC), Regional Office Chandigarh, Ministry of Information and Broadcasting, in collaboration with NCC Group Headquarters, Chandigarh, organized a two-day Integrated Communication and Outreach Programme (ICOP) at Post Graduate Government College, Sector 11, Chandigarh, to mark International Yoga Day 2025.

This year's theme was "Yoga for One Earth, One Health." On the second day, Major General J.S. Cheema, Additional Director General, NCC Directorate Punjab, Haryana, Himachal Pradesh & Chandigarh, attended as Chief Guest. He took part in the ICOP activities, including a walk through photo display, yoga session, and keynote address, where he highlighted the importance of practicing yoga daily and encouraged



cadets to adopt a healthy, protein-rich diet. CBC Assistant Director Ms. Sheenam Jain facilitated the Chief Guest and presented certificates and mementos to the winners of the painting and essay writing competitions held as part of the ICOP. In addition to these competitions, the programme featured two yoga sessions, a

yoga pledge, an open quiz, and three street plays—all aimed at spreading awareness about the benefits of yoga and a healthy lifestyle among youth. The ICOP was conducted in coordination with Camp CATC 174 under the guidance of Col Alok Kumar Roy, Commanding Officer, 2 Chandigarh Battalion NCC,

and supported by NCC staff and faculty. The event witnessed enthusiastic participation from hundreds of cadets across local NCC units. The programme concluded with a vote of thanks by Ms. Jain, who appreciated the support and cooperation of all officials, cadets, and organizing members.

Bhakra Beas management board celebrated the International Yoga Day



CHANDIGARH : 21 June 2025 by organising an hour long specialized yoga session at the Community Centre, Sector 35-B, Chandigarh. Chairman, BBMB marked his graceful presence as Chief Guest of the event. In his address to the gathering, Shri Manoj Tripathi urged all to takeup yoga as a part of their lifestyle and also encouraged taking up initiatives by BBMB that would motivate youngsters to practice yoga daily. The session was led by a team of professionals from Saraswati Yoga Peeth, Sector 46, Chandigarh.

The event was organised with the aim of spreading awareness about the importance and benefits of adoption yoga as a daily practice. As a token of encouragement all participants were distributed yoga mats. The event saw enthusiastic participation from employees and their family members.

CGC Jhanjeri, Mohali celebrates International Yoga Day 2025: Morning of mindful harmony and holistic wellness



MOHALI (TILAK RAJ): In an uplifting tribute to India's timeless legacy of wellness, Chandigarh Group of Colleges, Jhanjeri, Mohali observed International Yoga Day 2025 with an inspiring morning dedicated to balance, vitality, and inner alignment. Organised by the Department of Sports, the celebration saw an enthusiastic convergence of students, faculty, and staff—all uniting in spirit and motion under the gentle embrace of the rising sun. Gracing the occasion as Chief Guest, Acharya Manish—Managing Director of Jeena Seekho and Founder of HIIMS Group of Hospitals—infused the gathering with his powerful insights on the science of conscious living.

His words echoed the deeper truths of yoga as a path not only to physical fitness, but to emotional and spiritual elevation. Under his guidance, the campus resonated with serene breaths, mindful movements, and the quiet strength of collective introspection.

The verdant campus lawns transformed into a tranquil sanctuary as participants engaged in a curated sequence of asanas, pranayama, and meditation. The session culminated in a solemn pledge—a collective commitment to embracing wellness not merely as a practice, but as a way of life. With hearts aligned and intentions renewed, the CGC community affirmed its resolve to nurture a healthier, more mindful existence every single day. At the core of this celebration lies the vision of the institution's management, which continues to champion holistic education—one that nourishes the mind, strengthens the body, and uplifts the spirit.

India: Land of Great Saints and Sages, says Karnal MLA Jagmohan Anand at District Yoga Day Celebration

SHIV KUMAR SHARMA
KARNAL, JUNE 21

On the occasion of the 11th International Yoga Day, Karnal MLA Jagmohan Anand participated as the chief guest in the district-level celebration organised by the district administration and the AYUSH Department at the New Grain Market. The event began with the ceremonial lighting of the lamp and floral tribute to Lord Dhanvantari.

In a symbolic gesture under the "One Tree in Mother's Name" campaign, MLA Anand planted a sapling, spreading the message of environmental conservation. Addressing the gathering, he said, "India is a sacred land of great saints and sages. Throughout history, divine souls have guided humanity towards righteousness through their penance and teachings. Inspired by such thoughts, many religious and social organisations have long



been conveying the message of spiritual and moral values."

Calling yoga a life-transforming discipline, Anand said it is not merely physical exercise but a holistic lifestyle that can bring radical change in one's life. "Today, the entire world is embracing yoga, and credit for this global awakening goes to Prime Minister Narendra Modi," he said. Recalling the historic moment in 2015, he said, "During his first speech at the United Nations General As-

Programs organized at various places in Kharar on the occasion of International Yoga Day



SHASHI PAL JAIN
KHARAR, JUNE 21

Programs were organized at various places in Kharar on the occasion of International Yoga Day. At the sub-divisional level, this program was organized at Sri Ram Bhawan Kharar in which a large number of city residents participated, apart from SDM Kharar Madam Divya P IAS.

The SDM herself performed yoga and asked everyone to adopt yoga in their lives. Similarly, Patanjali Yoga Peeth organized a function in the parking lot of the Ajj Sarovar today, which started with a speech by Jain Sadhvis.

On this occasion, District In-charge of Bharat Swami Swabhimann Trust Nirmal Chauhan Anil Verma, Janak

Malhotra, Usha Rani, senior BJP leaders Sukhwinder Singh Goldy, Amarinder Rana etc. besides a large number of city residents participated. On this occasion, they inspired everyone to adopt yoga in their lives. Similarly, a yoga sewer was installed at Senior Citizens Council Sunny Enclave Kharar, which was inaugurated by President Harinder Singh Jolly.

SBI commemorates International Day of Yoga with focus on "Yoga for One Earth, One Health"



CHANDIGARH, JUNE 21

State Bank of India marked the occasion of the International Day of Yoga at its Local Head Office in Sector 17, Chandigarh. Sh. Krishan Sharma, Chief General Manager, SBI Chandigarh Circle, Sh. Manmeet S. Chhabra, General Manager Network-1, Sh. Vimal Kishore General Manager Network-3, Sh. Ka-

jal Kumar Bhowmik, Deputy General Manager & CDO and other staff members participated in this event. Retd. Assistant General Manager Smt. & Sh. Joginder Bhutani took the yoga session of all SBI staff. Highlighting the importance of a healthy lifestyle and the significance of relieving stress, SBI encouraged all staff members to actively engage in practicing

Kendriya Vidyalaya SLIET Longowal celebrated International Day of Yoga



RAVI GARG
LONGOWAL, JUNE 21

The 11th International Yoga Day was celebrated with great enthusiasm at Kendriya Vidyalaya SLIET Longowal on 21 June 2025, in which about 400 students along with 35 teachers participated.

The event was presided over by the Principal Mr. Hari Har Yadav. The aim of the programme was to promote the importance of yoga in achieving a healthy and balanced lifestyle. The theme of this year's Yoga Day is 'Yoga for

One Earth and Health'. The program started with Yoga Mantra chanting and special prayers, where the students demonstrated various yoga asanas. The demonstration included basic asanas like Tadasana, Vrikshasana, Padmasana, Bhujangasana, Ushthasana, Vajrasana, Mandukasana, Trikonasana, Shavasana and advanced asanas like Chakrasana and Surya Namaskar. The students demonstrated their skills and flexibility. A joint yoga session was conducted for both students and teachers.

Biography of great saint presents to SP, Nikita Khattar

DABWALI (SUMER GARG): Saint Baba Shri Ramgir Ji Maharaj, who was a great worshiper of the Sun, the great ascetic, predicted at the last time of his life, about 75 years ago, in the fields of village Panniwala Rudlu and took a live samadhi in the presence of hundreds of villagers at his austerity. The harsh penance done by him during his lifetime and the predictions made by him from time to time were always true.

The biography of Baba Shri Ramgir Ji Maharaj was written by his devotee Surinder Singla. From time to time, love is being presented to devotees, public representatives and administrative officials. Because by studying his Biography, detailed information about the penance done by the saints and their samadhi site Panniwala Rudlu is obtained. Representatives of Sant Baba Shri Ramgir Ji Maharaj Samadh Seva Samiti, Surinder Singla and Labh Singh have presented a copy of the saga's Biography to the local superintendent of Police, Nikita Khattar. The president of the institution Saurabh Garg, chairman Krishna Mehta said that the copies of the biography of saga have been distributed to the noted industrialist and MLA from Hisar, Savitri Jindal; Justice, AN Jindal; Deputy Commissioner of Ludhiana, Himanshu Jain IAS; Senior Police officer of Fatehgarh Sahib, Shubham Aggarwal; North India's famous Mishthan merchant, Vipin Jain; Sujata Company's owner Akhil Aggarwal and have been also presented to the other public representatives, social workers and devotees.



AXIS BANK
Branch Office - Axis Bank Limited, SBB LOAN CENTER SCO-221, 2nd Floor, Paranjali Tower, Sector-12, Karnal-132001
Corporate Office: 3rd Floor, Block-B, Bombay Dyeing Mills Compound, Pandurang Budhakar Marg, Worli, Mumbai-400025 Registered Office: "Trishul", 3rd floor, opposite Samartheshwar Temple, Law garden, Ellisbridge, Ahmedabad-380006

SYMBOLIC POSSESSION NOTICE
Whereas The undersigned being the Authorized officer of Axis Bank Limited under the Securitization Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of the powers conferred under section 13 (12) read with Rule 9 of the Security Interest (Enforcement) rules 2002, issued a demand notice mentioned below to repay the amount mentioned in the notice within 60 days from the date of receipt of the said notice. The borrower having failed to repay the amount, notice is hereby given to the borrower and the public in general that the undersigned has taken Symbolic Possession of the property described herein below in exercise of powers conferred on him/ her under Section 13(4) of the said Act read with Rule 8 of the said on the below mentioned dates. The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of AXIS BANK LTD.

Name Of Applicant/Co-Borrower And Guarantor Name /Address :- M/s New Balaji Fruit Company Through Its Prop. Mr. Dharam Pal S/o Trik Chand Running At-44-B, Saji Mandi, District- Sirsa-125055 Haryana (2) Mr. Dharam Pal S/o Trik Chand R/o Arora Sunaro Wahi Gali, Ward No- 19, Rania Gate, District -Sirsa-125055 Haryana (3) Mrs. Anju Balu W/o Mr. Dharam Pal R/o Near Gandhi Ashram, Ward No- 23, Rania Gate District - Sirsa- 125055 Haryana (4) Mr. Lalit Kumar S/o Mr. Dharam Pal R/o Ward No- 23, Gali Gandhi Ashram Wahi, Rania Gate District - Sirsa - 125055 Haryana

Description of Property :- All That Part And Parcel Of Commercial Shop No- 44 Min, Bearing House Tax Unit No- B-197670 Min Property Tax Id No- Snsb1911284 Measuring 45.83 Sq. Yds, Situated At New Saji Mandi, Rania Road, Dist- Sirsa-125055 Haryana Owned by Mrs. Anju Balu W/o Mr. Dharam Pal As Per Registered Sale Deed No- 471 Dated:- 25-Apr-2012. Boundaries: North -As Per Deed South -As Per Deed, East -As Per Deed, West -As Per Deed.

Date of Demand Notice :- 14-FEB-2025
DATE OF Symbolic Possession :- 17-JUNE-2025
OUTSTANDING AMOUNT:- Rs. 18,33,426.61/-/Rs. Eighteen Lakh Thirty Three Thousand Four Hundred Twenty Six and Sixty One Paise Only)

Place: KARNAL, **Date:** 22-06-2025 **-SD/-** Authorized Officer, Axis Bank Ltd.

AXIS BANK
Retail Asset Centre: AXIS Bank Ltd, 2nd Floor, Property # 7-E, Municipal 3903/1142/16, Malhar Road, Sarabha Nagar, Ludhiana- 141001
Corporate Office: "Axis House", Block-B, Bombay Dyeing Mills Compound, Pandurang Budhakar Marg, Worli, Mumbai-400025
Registered Office: "Trishul", 3rd Floor, opposite Samartheshwar Temple, Law garden, Ellisbridge, Ahmedabad-380006

Publication of Notice regarding possession of property u/s 13(4) of SARFAESI Act 2002
Notice is hereby given under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (54 of 2002) and in exercise of powers conferred under section 13 (12) read with rule 9 of the Security Interest (Enforcement) Rules, 2002, a demand notice was issued on the dates mentioned against each account and stated hereinafter calling upon them to repay the amount within 60 days from the date of receipt of said notice. The Borrower having failed to repay the amount, notice is hereby given to the Borrower and the public in general that the undersigned has taken possession of the property described herein below in exercise of power conferred on him/her under section 13(4) of the said Act read with Rule 9 of the said Act on the dates mentioned against each account.
The Borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of the Axis Bank Ltd for an amount and interest thereon.
The borrowers attention is invited to provisions of Sub-section (8) of Section 13 of the Act, in respect of time available to redeem the secured assets.

Sr. No.	Name of Borrower/ Guarantor/Address	Date of Demand Notice NPA Date	Date of Possession Amount Outstanding
1.	M/s. Dashmesh Trading Company, Through Its Proprietor (Mr. Bhagwan Singh) Mandi Buche Nangal Tehsil & Distt. Gurdaspur, Punjab -143512	06-Mar-2025	06-Mar-2025
2.	Mr. Bhagwan Singh S/o Dalip Singh Village Lakhna Khurd, P.O Lakhna Kalan Tehsil & Distt. Gurdaspur, Punjab -143512	20-Feb-2025	19-June-2025
3.	Mr. Manpreet Singh S/o Bhagwan Singh, Village Lakhna Khurd, P.O Lakhana Kalan, Tehsil & Distt Gurdaspur, Punjab -143512	Rs. 21,54,038/- (Rupees Twenty One Lakh Fifty Four Thousand Thirty Eight Only)	

Description of mortgaged Property- House constructed on plot measuring 1 Kanal 5 Marla comprised in out of recd 6 Killa 12/2/3/2(2-10) as entered in the jamabandi for the year 2014-15, HB- 124, situated at village Lakhna Khurd Tehsil & Distt. Gurdaspur in the name of Manpreet Singh S/o Bhagwan Singh bearing Wasika No. 431 dated 08.08.2017
Boundaries as under:- North: Bhagwan Singh, South: Passage, East: Prabhjot Singh West: Bhagwan Singh
Date: 22.06.2025, **Place:** Gurdaspur **SD/-** Authorised Officer, Axis Bank Limited

HIMACHAL PRADESH PUBLIC WORKS DEPARTMENT
Address:-Dehra HPPWD Division Dehra.
E-mail ID : ee-deh-hp@nic.in

INVITATION FOR BIDS (IFB)
The Executive Engineer, HPPWD Division Dehra on behalf of Governor of H.P. invites the percentage rate bids in the electronic tendering system from the eligible class of contractors registered with HPPWD for the works as detailed in the table.

Sl. No.	Name of Employer for Execution of Contract	District	Package No.	Name of Work	Period of Completion	Estimated Cost (including all Taxes and GST) (in Lacs)	Total Cost (including all Taxes and GST) (in Lacs)	Bid Security (in Lacs)
1.	Executive Engineer, HPPWD Division Dehra	Kangra	HP-04-07	Post DLP Maintenance of Bilaspur to Jaldih Road KM 00 to 22.25, Package No. HP-04-07 (SH) Initial Rectification with 30mm thick Single Layer Bituminous Concrete in KM 00 to 22.25 including five year Routine Maintenance as per PMGSY Performance Incentive 2025-26	03 Months	Rs. 27.71	Rs. 15.70	Rs. 43.41

2.) Date of Publishing of e-procurement notice through News Papers:- 23.06.2025

3.) Publishing date of Bid on-Line :- 23.06.2025 (10:00 AM)

4.) Start Date of Downloading of bids:- 23.06.2025 (10:00 AM)

5.) Deadline for submission of bids:- 30.06.2025 (06:00 PM.)

6.) Date of opening of bids:- 01.07.2025 (11:00 AM)

Pre-bid Meeting on dated:-.....

For further details please log on to <http://pmgsytendershp.gov.in>

Sd/- Executive Engineer, HPPWD, Division Dehra, Pin No. 177101., Tel. No. 01970-233116, e-mail:- ee-deh-hp@nic.in on behalf of Governor of Himachal Pradesh, HIM LOK SAMPARK

DPR-HP- 1373/2025-2026

How Actors Stay Fashionably Monsoon-Ready?



CHANDIGARH: Monsoon brings with it the joy of cool showers, earthy aromas, and the challenge of staying fashionable amidst sudden downpours and puddles. It is a season where style meets practicality, requiring more thought in wardrobe choices. &TV actors share how they tackle the rain with the right mix of comfort, colour, and clever styling. From water-friendly footwear to moisture-proof accessories, here is how these stars turn monsoon fashion into a cheerful affair. These include Sonal Panwar (Malaika in Happu Ki Ultan Paltan) and Shubhangi Atre (Angoori Bhabi in Bhabiji Ghar Par Hai). Sonal Panwar, aka Malaika from Happu Ki Ultan Paltan, shares, “Monsoon fashion is all about being smart and stylish. I typically choose ankle-length dresses or knee-length kurtas to avoid muddy clothes when I step outside. Fabrics like mulmul and rayon are ideal for the season, as they dry quickly and do not cling to the body. I prefer darker colours like navy blue, emerald, green, and maroon during this season, as they are more suitable for rainy weather and can better conceal water stains. I completely avoid denim and opt for loose pants or leggings instead. For footwear, I love stylish rubber sandals or Crocs that are both fashionable and functional. A compact umbrella with fun prints and a waterproof sling bag always completes my look.” Shubhangi Atre, aka Angoori Bhabi from Bhabiji Ghar Par Hai, adds, “Monsoon brings a beautiful charm, but it’s important to be mindful of fashion. I love wearing lightweight sarees made from georgette or synthetic blends; they do not get ruined in the rain and still look elegant.”

Actors celebrate World Music Day by sharing how music heals and inspires them!



CHANDIGARH: Every year on June 21, the world comes together to celebrate International Music Day, more popularly known as World Music Day—a day dedicated to honouring the universal language of music. This year’s theme, “Healing Through Harmony,” shines a spotlight on music’s incredible ability to soothe the soul, uplift the spirit, and foster emotional connection. To mark this special occasion, &TV artists open up about their relationships with music, revealing the ways it fuels their creativity and nurtures their inner world. They also share how music has become an essential part of their emotional well-being and personal expression. These include Geetanjali Mishra (Rajesh, Happu Ki Ultan Paltan) and Vipin Heero (Malkhan, Bhabiji Ghar Par Hai). Geetanjali Mishra, who portrays Rajesh in Happu Ki Ultan Paltan, shares, “Very few people know this, but I have learnt to play the sitar. It has been one of the most enriching and transformative experiences of my life. I have always felt a deep connection to classical music, and the sound of the sitar has a calming, almost meditative quality that resonated with me from the beginning. A few years ago, I finally decided to pursue it seriously. The process of learning was anything but easy. The discipline, the posture, the patience required, but over time, I developed a bond with the instrument that went far beyond technical. Today, the sitar is my sanctuary. I often turn to it in the quiet moments of the morning or the stillness of the evening. In those sessions, I find not just peace, but a deep sense of clarity. The sitar gives voice to emotions I cannot articulate and has become my form of meditation.

Vipin Heero, who essays Malkhan in Bhabiji Ghar Par Hai, shares, “Music, much like acting and writing, has always been an inseparable part of who I am. It fuels my imagination and keeps my creative energy alive. A few years ago, I picked up the guitar and something shifted within me. In the beginning, learning the chords and mastering the rhythm was challenging, but once I found my flow, I was completely hooked.

This World Music Day COLORS’ stars open up about their unbreakable connection with music



CHANDIGARH: Rahul Vaidya from COLORS’ ‘Laughter Chefs Unlimited Entertainment’ said, “Music isn’t just a part of my life—it is my life. Singing feels as instinctive to me as breathing. My entire journey from that very first note to Laughter Chefs today—has been shaped by the decision to chase a dream to become singer. Every milestone of mine has music at its core. Whether I’m performing live or sharing laughter with my fellow celebrity contestants on set, music is my constant companion. It doesn’t demand perfection; it just asks for passion. And let’s be honest, one day can never capture the power of what music does for our hearts. It’s a force to celebrate every single day. On World Music Day, I urge everyone, don’t hold back, sing out loud and let your soul speak through music.” Sudesh Lehri from COLORS’ ‘Laughter Chefs Unlimited Entertainment’ said, “Music is like the secret ingredient in the recipe of life. On Laughter Chefs, people see me crack jokes, but between those laughs, you’ll always find a song on my lips. It lifts me up when I’m down, celebrates my joys, and brings that extra tadka to even the smallest moments. I’m grateful to know whatever little I do about music and to me, music is more than just a hobby, it’s a daily dose of calm and energy. Even on the busiest shoot days, I take a moment to sing because it instantly lifts my mood. I’ve been self-training through Sonu Nigam’s riyaz and breathing routines on YouTube, and his journey continues to guide me. What’s truly special is that my character in ‘Lakshmi Ka Safar’, Kartik Nigam, is also a singer in the show. That connection, his name, his love for music, it all feels beautifully aligned with my own life. On World Music Day, I just want to say, music isn’t about being perfect, it’s about feeling every note. Whether you hum a tune or belt out a song, let it move you. That’s the real magic.” Khushbhu Rajendra, playing the role of Isha in COLORS’ ‘Ram Bhavan’, shares, “Music has always been a big part of my life, it’s my comfort zone. After a long, tiring day, or even when I feel emotionally drained, just putting on music instantly makes me feel lighter.

83% of organisations in India have appointed Chief AI officers to fast-track generative AI innovation, AWS study reveals



CHANDIGARH: Amazon Web Services (AWS) today released a study commissioned in collaboration with Access Partnership, which reveals that generative AI (Gen AI) adoption in India surged in 2024. A top finding is that 83% of organisations in India have appointed a dedicated AI executive, namely a Chief AI Officer (CAIO), to accelerate adoption and manage implementation complexity, with another 15% planning to do so by 2026. The research study titled, “Generative AI Adoption Index” identifies patterns and insights from organisations in India successfully moving Gen AI from experimentation to full-scale implementation, revealing actionable strategies for accelerating business value.

While Chief Executive Officers (CEOs), Chief Technology Officers (CTOs), and Chief Innovation Officers (CIOs) currently lead most generative AI innovation initiatives, leadership structures are evolving to meet new demands and creating new career opportunities for AI-skilled talent at the highest levels of organisations. The appointment of a dedicated AI executive is a result of organisations having Gen AI as the top priority in their budget for 2025 (64%), followed by security (21%) and compute (10%). “We see a growing recognition of AI as a transformative technology that requires strategic leadership at the highest levels and a structured approach to change management,” said Satinder Pal Singh, Head of Solution Architecture, AWS India and South Asia. “For India, this is not merely about technology adoption; it’s about cultivating a mindset of continuous innovation and harnessing AI as a strategic lever to reimagine customer experiences and rearchitect how work gets done.”

The study surveyed 415 senior IT decision-makers in India across industries such as financial services, information and communications technology, manufacturing, and retail.

Key insights uncovered include:

Dedicated AI leadership positions to drive organisational-wide transformation

Executing an organisation-wide AI strategy and fostering a culture of AI innovation through effective change management is a priority

While 75% of organisations do not have a change management strategy to help employees navigate a future shaped by Gen AI today, the number is expected to drop to 9% by the end of 2026.

Extensive Gen AI integration in workflows

43% of organisations have fully integrated Gen AI into their workflows, reflecting India’s accelerating pace of AI-powered transformation at scale.

Gen AI adoption in India is near universal, with 98% of organisations using Gen AI tools, with 95% actively experimenting to unlock new applications. 49% of these experiments are expected to move to production in 2025.

Bridging the Gen AI talent gap

81% of organisations have developed Gen AI training plans, while 11% will develop one by the end of 2025 to meet the growing demand for AI talent.

IT decision makers cite three key hurdles in developing training plans: limited understanding of employees’ generative AI skilling needs, uncertainty about effective implementation, and budget constraints. Given these limitations, training alone is unlikely to bridge the skills gap.

Demand for generative AI talent in India will be widespread, with 99% of organisations expecting to hire for roles requiring generative AI skills in 2025.

Adopting a blended approach to drive Gen AI business transformation

Organisations are increasingly combining their proprietary data with customisation capabilities to achieve efficiency, scalability and high performance, all while keeping their data safe during AI adoption.

Cinépolis Launches ‘morning matinee’ shows at just Rs. 99 across India



CHANDIGARH - Cinépolis, India’s first international cinema exhibitor is excited to introduce Morning Matinee- a new weekday morning show offering; where movie lovers can enjoy the big screen experience starting at just INR 99. This initiative kicks off across all participating Cinépolis cinemas nationwide. Good Mornings Start at INR 99! , the Morning Matinee is part of the brand’s. Everyday Low-Price strategy designed to make cinema’s more accessible and inclusive. This offering caters to all individuals alike who prefer or benefit from weekday morning shows with fewer crowds and affordable pricing. “Cinema is for everyone, and with Morning Matinee, we’re making it even easier for early risers and value-seekers to enjoy their favorite movies in world-class theatres. This move aligns with our commitment to affordability without compromising on the premium experience that Cinépolis is known for,” said Devang Sampat, Managing Director, Cinépolis India.

Royal Stag Barrel Select Shorts Launches ‘For the Select Ones’— A New Campaign Featuring Rajkummar Rao and Patralekha




CHANDIGARH : Royal Stag Barrel Select Shorts, the critically acclaimed platform for India’s finest short film storytelling— unveils its new thematic campaign, For the Select Ones, featuring celebrated artists Rajkummar Rao and Patralekha. Conceptualised by FCB NEO, the campaign is a tribute to those who, in their journey to success, consistently make thoughtful choices— striving for refinement and knowledge while staying true to their values and aspirations. Rooted in the brand’s philosophy of success, the campaign film is a cultural and artistic showcase — reaffirming Royal Stag Barrel Select Shorts’ commitment to original, purposeful, and distinctive narratives.

Over the years, the platform has collaborated with India’s most celebrated artists and filmmakers—Sujoy Ghosh, Anurag Kashyap, Neeraj Ghaywan, Dibakar Banerjee, and Tigraanshu Dhillia—each contributing distinct, thought-provoking stories that reflect a refined artistic lens. By bringing together Rajkummar Rao and Patralekha—both known for their differentiated choices and compelling performances—the campaign deepens the brand’s emotional connection with its audience. Their journeys embody the essence of what it means to be Select.

Speaking on the campaign, Kartik Mohindra, Chief Marketing Officer, Pernod Ricard India, said: “Royal Stag Barrel Select Shorts has evolved into creating an ecosystem that brings world-class narratives to curious and discerning audiences, thus becoming the destination for short films in India. With our new thematic campaign, For the Select Ones, we continue this next chapter of our brand’s select storytelling journey by celebrating those who embody success through their distinct choices.”

Zee TV actors celebrate mindful living this International Yoga Day



CHANDIGARH: As the world gears up to celebrate the 11th International Day of Yoga, the 2025 theme — “Yoga for One Earth, One Health” — serves as a powerful reminder of the deep connection between our individual well-being and the health of the planet. Rooted in ancient wisdom, yoga continues to offer a path toward inner balance and conscious living. This year, Zee TV actors like Anushka Merchant from Saru, Sehaj Rajput from Jaane Anjaane Hum Mile, Vijayendra Kumeria from Jagriti — Ek Nayi Subah and Simaran Kaur from Jamaai No. 1 reflect on how yoga influences their physical, mental, and emotional wellness, while also nudging them toward more eco-conscious, mindful ways of life.

Simaran Kaur, who essays the role of Riddhi in Zee TV’s Jamaai No. 1, said, “For me, yoga has become more than just fitness — it’s a bridge between personal wellness and planetary well-being. I’ve always been passionate about staying fit, but earlier it was all about cardio and strength training. Over time, I realised that true wellness is holistic — it’s about aligning body, mind, and nature. Now, my mornings begin with 10–15 minutes of meditation and deep breathing — often by an open window, letting in the sounds and air of the outside world. It helps me start the day grounded and grateful. Yoga has taught me that being mindful isn’t limited to the mat — it extends into how we consume, how we interact with the environment, and how we treat others. After a long, healthy planet begins with a healthy mind and body — and yoga brings us closer to both.”

Anushka Merchant, who essays the role of Anika in Zee TV’s Saru, said, “Every Sunday at sunrise, my sisters and I roll out our yoga mats — a ritual that started years ago and has become a tradition we deeply cherish. Between stretches, laughter, and quiet reflection, we reconnect — not just with ourselves, but with each other. I still remember our first session — following a YouTube video on our living room TV, confusing our lefts and rights, falling over more than we balanced. Over time, we moved to a nearby park, barefoot on the grass under open skies. Being surrounded by trees and the sounds of nature made the experience feel more peaceful. It was also about feeling connected to ourselves, to each other, and to the world around us. This Yoga Day, we’ll begin with 12 rounds of Surya Namaskar, followed by a short gratitude meditation, and writing down one intention each — something we want to carry forward with love and mindfulness.”

Vijayendra Kumeria, who essays the role of Suraj in Zee TV’s Jagriti-Ek Nayi Subah, said, “On International Yoga Day, I always find myself reflecting on how deeply yoga has shaped me — not just as an actor, but as a person. I remember waking up before sunrise during intense shoot schedules, just to steal a few moments on the mat. Those quiet stretches, deep breaths, and mindful silences became my sanctuary, no matter where I was. Yoga hasn’t just strengthened my body — it’s helped me become more present, more compassionate, and more aware of my connection with the planet.

Honda launches new city sport with striking style and sporty character



CHANDIGARH : Honda Cars India Ltd. (HCIL), a leading manufacturer of premium cars in India, launched the New City Sport today, bringing a bold new edge to its popular mid-size sedan Honda City. Designed to captivate young discerning buyers with a flair of individuality, the City Sport offers sporty exterior styling with black accents, premium all black interiors with contrasting red highlights and ambient lighting offering an exclusive driving experience. Echoing its tagline ‘Life is a Sport’, the new City Sport celebrates those who live with energy, confidence and a passion for standing out — both on the road and in life. The City Sport will be available as a new grade in City line-up in limited units as an exclusive offering crafted for those who demand distinction. It will be offered in CVT (automatic transmission) in 3 colour options: Radiant Red Metallic, Platinum White Pearl and Meteoroid Gray Metallic. Speaking about the new introduction, Mr. Kunal Behl, Vice President, Marketing & Sales, Honda Cars India Ltd. said, “The new City Sport has been crafted to meet the aspirations of young buyers who value individuality and a spirited driving experience.

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