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NEWS BRIEFS

NIA chargesheets key aide of Khalistani terrorists

NEW DELHI: The National Investigation Agency (NIA) has chargesheeted Jatinder Singh alias Joti, a key aide of Babbar Khalsa International terrorist Lakhbir Singh alias Landa and dreaded gangster Pavittar Batala in a Punjab terror conspiracy case, officials said on Sunday. The chargesheet was filed before a special NIA court in Mohali on Friday. Jatinder Singh, hailing from Gurdaspur district of Punjab, was arrested by the NIA from Mumbai on December 23, last year in the case, according to an official statement.

Ludhiana West bypolls: Counting to begin at 8 AM today

UNI CHANDIGARH: Counting of votes for Ludhiana West assembly constituency would begin at 0800 hrs instead of 0700 hrs on Monday, Chief Electoral Officer, Punjab said on Sunday. The CEO has written to Deputy Commissioner-cum-Electoral Officer Ludhiana in this regard. Approximately 51.33 per cent voting was recorded for bypolls, held on June 19. A total of 14 contestants were in the ring, whereas the constituency comprised 1.74 lakh registered voters. The bypolls, necessitated by the untimely demise of AAP MLA Gurpreet Gogi in January this year, saw a multi-cornered contest.

Delhi Police arrests man wanted in armed robbery, extortion case

NEW DELHI: A man wanted in an armed extortion and robbery case in Haryana's Jind has been arrested by the Special Cell of the Delhi Police, officials said on Sunday. The accused, Naseeb (32), a resident of Sultanpuri in northwest Delhi, was apprehended from the Vikaspuri area on Saturday around 5 pm, they said. He was wanted in connection with an attack on June 13 at a grocery store in Choupda Patti, Narwana, where a gang of four allegedly shot the shopkeeper and looted Rs 2.5 lakh.

Monsoon advances in parts of Punjab



CHANDIGARH: The southwest monsoon advanced in parts of Punjab on Sunday, while conditions are favourable for its further advancement in parts of Haryana and Chandigarh over the next two days, a senior Met department official said. According to Chandigarh Meteorological Department Director Surinder Pal, the monsoon has advanced in parts of Punjab. "Conditions are favourable for its further advancement in parts of Haryana, including Chandigarh, over the next two days," he said.

US enters active war, attacks three nuclear sites in Iran

Iran responds with biggest missile strike on Israel

AGENCY
WASHINGTON, JUNE 22

President Donald Trump has said that the US military struck three sites in Iran, directly joining Israel's effort to decapitate the country's nuclear programme in a risky gambit to weaken a longtime foe amid Tehran's threat of reprisals that could spark a wider regional conflict. The decision to directly involve the US comes after more than a week of strikes by Israel on Iran that have moved to systematically eradicate the country's air defences and offensive missile capabilities, while damaging its nuclear enrichment facilities. But US and Israeli officials have said that American stealth bombers and a 30,000-lb bunker buster bomb they alone can carry offered the best chance of destroying heavily-fortified sites connected to the Iranian nuclear programme buried deep underground.

"We have completed our very successful attack on the three Nuclear sites in Iran, including Fordow, Natanz, and Esfahan," Trump said in a post on social media on Saturday.

U.S. President Donald Trump has said that Iran will face more military strikes if peace does not come quickly.

Addressing the nation on Saturday evening, Trump said that Iran's key nuclear facilities had been "completely and totally obliterated," and that future



attacks will be "far greater and a lot easier."

"If peace does not come quickly, we will go after those other targets with precision, speed and skill. Most of them

can be taken out in a matter of minutes," he said. "Our objective was the destruction of Iran's nuclear capacity," he said, calling the bombing a "spectacular" success.

PM Modi talks to President Pezeshkian, calls for de-escalation

NEW DELHI: Prime Minister Narendra Modi on Sunday conveyed to Iranian President Masoud Pezeshkian India's "deep concern" over Iran's conflict with Israel and called for immediate de-escalation of the situation through "dialogue and diplomacy". The phone conversation between Modi and Pezeshkian came hours after the US bombed three major nuclear sites -- Fordow, Natanz and Isfahan -- in Iran, bringing itself into the Israel-Iran conflict. In a social media post, Modi said he expressed "deep concern" at the recent escalations and that dialogue and diplomacy are the way forward for early restoration of regional peace.

Air India Flight from Birmingham to Delhi receives hoax bomb threat



AGENCY NEW DELHI: An Air India flight from Birmingham to Delhi was diverted to Riyadh on Friday after receiving a bomb threat mid-air. All passengers onboard flight AI114 are safe, the airline confirmed in a statement today. The aircraft made an emergency landing at Riyadh airport, where security agencies conducted a full sweep of the plane. No explosive material was found during the inspection. "The aircraft has landed safely, all passengers have been deplaned, and security checks have been completed," an Air India spokesperson said in a statement. Passengers are being accommodated in hotels while the airline is arranging their travel to Delhi.

Riyadh was chosen as the diversion point due to its proximity and availability of emergency handling facilities. Passengers of the flight are expected to depart from Riyadh for Delhi within the next 24 hours. The incident comes at a time when Air India and Air India Express are already facing operational headwinds. The two carriers together operate over 1,100 flights daily, transporting more than 1.5 lakh passengers. The aviation regulator, the Directorate General of Civil Aviation (DGCA) has directed Air India to implement enhanced pre-flight safety checks and temporarily reduce some services to improve operational stability and minimize last-minute flight disruptions.

Door-to-door electoral roll verification likely before Bihar poll

AGENCY
NEW DELHI, JUNE 22

Election Commission of India (ECI) is contemplating an intensive house-to-house verification during the upcoming electoral roll revision before Bihar Assembly Polls in order to make the Electoral Rolls completely robust and free of any kind of errors, according to ECI sources. Such intensive and rigorous revision of the electoral rolls has been done in the past as well. The last such exercise was undertaken in the year 2004, ECI sources said. Over the past, persistent concerns have often been raised by various civil society organisations, political parties and agencies regarding the inclusion or deletion of names of the electors in



the Electoral Rolls. Sanguine about its responsibility, the Election Commission of India has repeatedly emphasised that it is committed to ensuring that only genuine and eligible citizens are enrolled in the electoral rolls. Regular exercise of revision of the Electoral Rolls is undertaken annually throughout the country by the ECI and also before the holding of Elec-

tions/Bye-polls by the ECI. Constitutional and legal frameworks are also quite clear and robust in this regard. The provisions regarding eligibility to be registered as a voter and disqualifications for registration in an electoral roll are clearly laid down in Article 326 of the Constitution of India and Section 16 of the Representation of the People Act, 1950 respectively. The need for constant updation of the electoral rolls arises due to various reasons, such as migration/shifting of electors. "The country continuously witnesses inter-state, intra-state, inter-district and intra-district migration due to reasons such as marriage, job opportunities, education, family requirements etc. For instance, during the year 2024 as per forms received by the ECI, 46.26 lakh

persons shifted their residence, 2.32 crore applied for corrections and 33.16 lakh requested for replacement. Thus, in a single year, nearly 3.15 crore changes were required to be made across the country," ECI sources said. Deletion of names of dead electors: Generally, number of deletions of dead voters is much lesser than the registered deaths as the families do not approach the ECI for deletion of names of their kin. The other reason for constant updating is addition of names of young electors attaining the age of 18 years and corrections in the elector details such as names/photographs/address. Rationalisation of Polling stations for various reasons, especially in view of the new limit set by the ECI of 1200 electors per polling station from the earlier 1500.

EPFO adds 19.14 lakh net members in April

AGENCY
NEW DELHI, JUNE 22

Retirement fund body EPFO added 19.14 lakh members on a net basis in April 2025, according to the payroll data released by the Labour Ministry on Sunday.

This figure depicts a significant increase of 31.31 per cent over March 2025 and 1.17 per cent growth over April 2024, the ministry said in a statement.

The Employees' Provident Fund Organization (EPFO) enrolled around 8.49 lakh new subscribers in April 2025, representing a 12.49



per cent increase over March 2025.

Housing sales set to fall 19pc in Apr-Jun across top 9 cities

AGENCY
NEW DELHI, JUNE 22

Housing sales are estimated to fall 19 per cent in April-June across nine major cities to 94,864 units on lower launches and subdued demand, according to PropEquity.

In its report released on Sunday, real estate data analytics firm PropEquity mentioned that housing sales are expected to dip by 19 per cent to 94,864 units in the second quarter of this calendar year from 1,16,432 units in the year-ago period.

Samir Jasuja, Founder and CEO of PropEquity said, "This is for the first time since Q3, 2021 (July-September) that housing sales have fallen below 1 lakh unit mark. Supply, too, has stayed below 1 lakh unit mark for the fourth consecutive quarter."



New supply is estimated to fall 30 per cent to 82,027 units from 1,17,208 units during the period under review. As per the data, housing sales in Bengaluru are estimated to fall 6 per cent to 14,676 units in April-June this year from 15,582 units in the year-ago period. Sales of residential properties in Hyderabad are likely to fall 20 per cent to 11,815 units from 14,704 units.

Housing sales in Mumbai might fall 34 per cent to 8006 units from 12,114 units. Navi Mumbai is likely to witness 17 per cent decline in sales to 6,833 units from 8,224 units. Housing sales in Thane are expected to decline 34 per cent to 14,832 units from 22,512 units. Pune is likely to witness a 27 per cent fall in sales to 17,196 units from 23,429 units. Housing sales in Kolkata are likely to decrease by 8 per cent to 4,449 units from 4,826 units.

Southwest monsoons likely to reach Delhi, Chandigarh in next two days: IMD



AGENCY
NEW DELHI, JUNE 22

The India Meteorological Department (IMD) on Sunday said that the southwest monsoon is likely to reach Delhi, Chandigarh and parts of Haryana, western Uttar Pradesh, Punjab, and Jammu and Kashmir in the next two days, i.e. by June 24, adding that the conditions are favourable for further advancement of southwest monsoons. The weather department added that the southwest monsoon has advanced over most parts of Himachal Pradesh, the entire Ladakh and Kashmir, most parts of Jammu, and some parts of Punjab. As per the IMD, "The southwest monsoon has advanced further over most parts of Himachal

Pradesh, the entire Ladakh and Kashmir, most parts of Jammu, and some parts of Punjab." "Conditions are favourable for the Southwest monsoon to advance further over the remaining parts of the North Arabian Sea, some more parts of Rajasthan and Punjab, some parts of Haryana, Chandigarh, and Delhi, and the remaining parts of West Uttar Pradesh, Himachal Pradesh, and Jammu during the next two days," it added.

The weather department has predicted heavy to very heavy rainfall likely over northwest India, Madhya Pradesh, Gujarat and Konkarn and Goa during June 22 - 26 with isolated extremely heavy rainfall over Gujarat on June 22.

SML van flagged off to spread legal awareness in Rural Patiala

PATIALA (RAWEL BHINDER): Under the supervision of Justice Deepak Sibal, Executive Chairman, Punjab State Legal Services Authority, Mohali and the able guidance of Ms. Rupinderjit Chahal, Learned District & Sessions Judge-cum-Chairman, District Legal Services Authority, Patiala, legal awareness programmes are being organized in various villages through SML Van in District Patiala by District Legal Services Authority, Patiala. In this occasion, Ms. Damandeep Kamal Heera, In-charge, District Legal Services Authority, Patiala has flagged off SML Van. Awareness programmes were organized in Villages Bhedpura, Sesarwal, Lalochi, Lalochi Khurd and Gajumajra and during this outreach programme, the local villagers were made aware and sensitised about (various legal services and schemes by Sh. Paramjit Singh, Sh. Gurkirat Singh, Sh. Hem Rishi, Sh. Kulwant Dhiman (PLV) about NALSA (Child Friendly Legal Services to Children and their protection) Scheme, 2015, Free Legal Aid, Permanent Lok Adalat (PUS), Mediation and Conciliation Centre, National ASHA (Awareness, Sport, Help and Action) Scheme 2025.



NEWS BRIEF

Protest on July 9 across country against power privatisation in UP

BAHADURJEET SINGH RUPNAGAR: A one day strike on July 9 will be held across the country against privatisation of the power sector in UP with the active participation of farmers and consumer forums , said Shailendra Dubey Chairman All India Power Engineers Federation (AIPEF). Bijli Maha Panchayat was held today in Lucknow ,in which various trade union leaders, farmer leaders and consumer organizations from across the state along with thousands of electricity employees of Uttar Pradesh and their families protested against privatization The Mahapanchayat also decided that In UP the electricity employees will protest on July 2, and start work boycotts on the day tender notice for privatisation issued by UPPCL. All the 27 lakh electricity employees will resort to token strike on the same day. The farmers organisations and consumers will also participate in the protest along with employees.

GBIS promotes healthy living through practice of Yoga



RAKESH JINDAL NABHA: On Saturday, June 21, 2025, GB International School, Nabha celebrated International Yoga Day with great enthusiasm and energy under the guidance of the School Chairman, Mr. Sandeep Bansal. A formal program was organized on the school campus for both students and parents. Bansal, while addressing the gathering, emphasized that the objective of this global celebration is to raise awareness about the holistic benefits of yoga and to encourage people of all ages and backgrounds to adopt its practice for a healthier and more balanced lifestyle. The event was supported by various activities conducted by the school teachers, including discussions on the benefits of yoga, aerobics, and meditation sessions. The program began with light physical exercises and breathing techniques such as Anulom-Vilom, Kapalabhati, and Bhramari, followed by the demonstration of multiple yoga asanas including Vrksahasana, Tadasana, Trikonasana, Vajrasana, Shavasana, Surya Namaskar, Sukhasana, Bhujangasana, and Halasana. These activities aimed to inspire both students and parents to embrace the importance of a healthy and balanced lifestyle. Dr. Indirjit Pal Kaur Garewal, the school principal, encouraged everyone to incorporate yoga into their daily routines as a step toward a healthier and happier life. Vice Principal Ms. Divya Sharma also addressed the students, highlighting how academic life often brings stress due to studies, exams, and time constraints. She emphasized that regular yoga practice helps reduce stress, improves mental peace, and boosts physical energy levels. The program concluded with a collective pledge by all attendees to make yoga a part of their everyday lives.

Liquor shops open as soon as dawn breaks in princely cities and reserve constituencies

RAKESH JINDAL NABHA: While on one hand, the Punjab government's campaign against drugs is being given momentum. On the other hand, the Punjab government has fixed the opening hours of liquor shops, which are from 9 am to 11 pm. But on the contrary, in the state city of Nabha, liquor shops are seen open. Which are openly violating the government's orders by the contractors. What do excise inspectors say? When I spoke to Excise Inspector Harjinder Singh regarding this, he said that we will get it checked and if so, legal action will be taken. But from their words, it seemed as if they were becoming ignorant despite knowing everything. It remains to be seen how seriously the administration takes this and how long government orders will be enforced.

Opposition parties spreading rumours to mislead Public: ETO

SHASHI PAL JAIN
CHANDIGARH, JUNE 22

The Punjab government's decision, under the leadership of Chief Minister Bhagwant Singh Mann, regarding development authorities will significantly contribute to the overall development of the state. This was stated on Sunday by Cabinet Minister Harbhajan Singh ETO in a press release. The Cabinet Minister said that appointing the Chief Secretary as the Chairman of all Local Development Authorities in Punjab will accelerate the approval process for development-related matters and directly benefit the common people.

The Minister added that, following the Chief Minister's directives, state officials studied the reforms introduced by the Gujarat government in institutions like Ahmedabad Urban Development Authority, as well as the models adopted by the Uttar Pradesh government in Noida, Meerut, Kanpur and Lucknow.

After a detailed analysis of the impact of these models, the officials submitted their findings to the government. Based on these conclusions, a decision was taken to amend Section 29(3) of the Punjab Region-



al and Urban Planning and Development (PRTPD) Act.

He further stated that this decision will facilitate swift action on development matters involving key institutions such as the Greater Mohali Area Development Authority (GMADA), Greater Ludhiana Area Development Authority (GLADA), and Punjab Urban Development Authority (PUDA), thereby benefitting the people of the state. This change will streamline the functioning of development authorities and ensure timely decision-making. It

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also marks a major step toward decentralization of powers.

The Cabinet Minister also highlighted that including departments such as Revenue, Industries, Water Supply and Sanitation and others in the decision-making process of development authorities will strengthen inter-departmental coordination. Harbhajan Singh ETO strongly criticized the opposition parties for making baseless and misleading statements on this issue, accusing them of attempting to confuse the public for political gain.

Congress constituency coordinator Rajwinder Shital holds meeting at Bhai Rupa

KULJIT SINGH DHINGRA
RAMPURA PHUL, JUNE 22

The newly appointed coordinator of the Rampura Phul assembly constituency, Rajwinder Singh Shital, held the first meeting in the constituency under the leadership of the constituency servant and district vice president Advocate Jaswinder Singh Jass Bajjoana at Bhai Rupa.

On this occasion, Rajwinder Shital said during his address that a 21-member committee will be formed at every booth. In which youth, elders and women will be included and the work of every party worker at the booth level will be taken to the Congress high command. On this occasion, Advocate Jass Bajjoana welcomed them to the constituency and while talking about the Punjab government, he said that there is no such thing as a government in Punjab and every section is unhappy with the government. He



said about the self-made leaders who came from outside his Congress party that many are very proud of their money and that they will win in the 2027 elections, but the people of the constituency will remove all the illusions of the said leaders and elect the candidate who will be useful in their happiness and sorrow and is committed to the development of the constituency. Congress leaders and workers were present on this occasion. On this occasion, District President of Kisan Wing Gurpreet Singh, President of SC Wing Sardul Singh, Satnam Singh Kotha Guru, Nagsir Dhanoa Kotha Guru, Narinder Kesar Wala etc.

St Kabir Convent School holds special programme to celebrate International Yoga Day



ANANTDEEP KAUR
BATHINDA, JUNE 22

St Kabir Convent School organized a special yoga program to celebrate International Yoga Day. The purpose was to raise awareness about yoga among students and promote a healthy lifestyle. Students from classes 1 to 12 and teachers participated enthusiastically.

The program began with yoga instructors Sandeep Singh and Gurpreet Singh, who demonstrated various yoga poses to prevent diseases. They highlighted the benefits of yoga and encouraged everyone to practice it regularly with their families. Students created posters showcasing

the importance of yoga. The School's MD, Professor M.L. Arora, Principal Madam Kanchan, Headmistress Sonia Dhawan, Rachna Jindal, and Vice Principal Kulwant Kaur emphasized that yoga is a practice with numerous physical and mental health benefits, improving flexibility, strength, and balance.

Central team reviews water conservation projects in Jalandhar district



PARAMJIT SINGH
JALANDHAR, JUNE 22

A two-member team of Jal Shakti Abhiyan visited the district and reviewed water conservation projects and other activities. During their visit, the central team, which included Vivek Gupta, Director, Financial Services Department and Central Nodal Officer for Jal Shakti Abhiyan, and Sanjeev Kumar, Deputy Director and Technical Officer, Central Water Commission, visited various villages and towns of the district and reviewed the efforts being made for water conservation. The central team carefully studied the projects related to

the proper use of water, including linking the village pond with the canal at Beas village, check dams at Shakarpur and Kadiana, rainwater harvesting system at the community center of village Alawalpur, Thapar model pond at Sikanderpur and Jandu Singha, nursery of the forest department at Suranusi, irrigation project of sewage treatment plant at village Udesiyian, canal recharge scheme at village Nangal Jeevan, drip irrigation system at village Nuhamhil and other projects related to the proper use of water. After the visit, the central team held a meeting with the officials of the district administration.

NDRF conducts life-saving disaster management session for NCC Naval Cadets at Partap World School

VERMA
GURDASPUR, JUNE 22

As part of the ongoing 10-day Residential Annual Training Camp for NCC Naval Cadets, Partap World School, Pathankot hosted a highly informative and action-oriented expert session conducted by the National Disaster Response Force (NDRF).

Mr. Dungar Lal Jakhar, Assistant Commandant of the 7th Battalion, NDRF, Bathinda (Punjab), led the session, focusing on crucial topics such as Disaster Management, First Aid, Emergency Response, Earthquake Preparedness, and the Role and Functions of the NDRF. Through live demonstrations and interactive discussions, cadets were trained in life-saving techniques and response protocols essential during natural and man-made disasters. The session aimed to sensitize young cadets towards disaster



readiness, emphasizing practical skills and mental preparedness. Cadets also learned about NDRF's operational strategies and how coordination during crises can save countless lives. Commanding Officer Cdr. N. Nishant praised the NDRF team's dedication and said, "Sessions like these provide cadets with real-world insights.

and enhance their ability to serve the nation beyond uniformed duties." Director of Partap World School, Mr. Sunny Mahajan, remarked, "It is our privilege to host the NDRF and equip our students with knowledge that empowers and educates them for life."

Mogia is new chief of Laghu Udyog Bharti, Punjab

SUMER GARG
CHANDIGARH, JUNE 22

Pradeep Menon, state executive member, Laghu Udyog Bharati (LUB), while addressing to the media persons today, said that a meeting of LUB was held at hotel Stella Sparrow, at Goraya, in which the executive member of LUB, Punjab unit discussed the various problems being faced by the Industrial sector, including micro & small scale of Punjab, in the meeting it was also discussed that how these problems can be redressed from the concerned governments.

Arvind Dhumal, national vice president of Laghu Udyog Bharati (small scale industrialists), after hearing the problems of the Industrialists said that to find the solutions of these problems, a team of concerned officials from the central government under the leadership of LUB's National President, Mr Ghanshyam Ojha and Mr Om Prakash would visit at



Sunam soon. On the occasion, everyone congratulated Mr. Ashok Gupta for serving LUB, Punjab unit for 2 years and by an announcement Mr Pradeep Mongia was declared as the new President of LUB, Punjab unit for the coming 2 years.

The presentee said that Mr. Pradeep Mongia has been working hard and it is hoped that under his leadership the Laghu Udyog would touch the sky as his dynamic & efficient working style would help to solve the problem of the Punjab industrialists from the government.

While addressing the gathering, Mr. Menon said,

"The Dhumal family is providing their services in Laghu Udyog Bharati for a long time, previously Mr. Arvind Dhumal's father Late Thakur Roop Singh Dhumal has also done a lot of work for the Laghu Udyog of Punjab. Mr. Arvind Dhumal's family & associates including, Mr. Prem Dhumal has served as the Chief Minister of Himachal Pradesh and Anurag Thakur is serving as union minister to GoI. With the inspiration of the Dhumal family, Mr vinod Jain, the past national president of the LUB has enrolled me as a state executive member of the institution.

500 NCC Naval Cadets celebrate International Day of Yoga at Scenic Thein Lake, Ranjit Sagar Dam



VERMA
GURDASPUR, JUNE 22

The International Day of Yoga was celebrated with great zeal and spirit by the NCC Naval Cadets attending the 10-day Residential Camp being held at Partap World School, Pathankot. The early morning celebration took place on the serene banks of Thein Lake, nestled in the picturesque surroundings of Ranjit Sagar Dam, Dhar Kalan.

Amidst the calm and natural beauty of the site, the cadets participated in a guided yoga session, embracing the age-old Indian tradition that promotes



harmony between body and mind. The session began with a collective prayer, followed by various yoga asanas, pranayama, and a short meditation, led by trained instructors.

Yoga, a symbol of India's rich heritage, plays a significant role in building physical stamina, mental resilience, and inner peace—all qualities vital to the life and discipline of an NCC cadet. This year's theme of promoting health and well-being was aptly demonstrated through the cadets' enthusiastic participation and disciplined performance. Speaking on the occasion, Commanding Officer Cdr. N. Nishant said,

"Yoga enhances not only physical fitness but also spiritual awareness. It aligns perfectly with the values instilled through NCC training." Sunny Mahajan, Director of Partap World School, added, "We are proud to host such meaningful activities as part of our commitment to holistic education. Watching the cadets perform yoga in nature's lap was truly inspiring." Principal Ms. Subhra Rani expressed her joy and said, "This event highlighted the importance of integrating wellness practices like yoga into the lives of our young cadets, ensuring a balanced lifestyle."

Sohan Singh Thandal expresses views on Ludhiana By-Election

HOSHIARPUR (DALJEET AJNOHA): Former Punjab Cabinet Minister and senior Shiromani Akali Dal (Badal) leader, Sardar Sohan Singh Thandal, has expressed his views on the upcoming Ludhiana West by-election, stating that while the result can go either way, the love and support of the people for the Shiromani Akali Dal (Badal) remains unwavering.

Thandal emphasized that the people of Ludhiana, especially in the West constituency, are now more politically aware than ever. "They clearly see how leadership from outside Punjab, particularly from Delhi, is occupying top positions that should belong to Punjabis. The people will no longer tolerate such interference," he said.

He also took a strong stand on the issue of drug abuse in the state. "The Punjab government may make tall claims about curbing drugs, but the ground reality tells a different story. Drugs are still widespread in our villages, and our youth are dying due to overdoses. Nothing substantial has been done," Thandal remarked.

Appealing to Punjabis across the state, he urged unity in strengthening Punjab and rallying behind the Shiromani Akali Dal (Badal). He praised the efforts of party president Sardar Sukhbir Singh Badal, stating, "Sukhbir Singh Badal is working tirelessly, day and night, to revive and reinforce the party for the betterment of Punjab." The by-election in Ludhiana West is being seen as a crucial indicator of the current political mood in Punjab, and leaders from all parties are actively campaigning to secure voter support.



Central Bank of India, Zonal Office Sector 17 B , Chandigarh celebrated 11th International Day of Yoga 2025 under the guidance of Yogacharya Monika Gupta.Sh. T.C.Meena, Deputy General Manager of Bank was also present in the event.

People urged to practice yoga everyday

VERMA GURDASPUR: First salute to Maharishi Patanjali Ji, the father of Yoga Sutra, second salute to the current Maharishi Patanjali, most revered Swami Ramdev Ji and third salute to our successful Prime Minister, respected Shri Narendra Bhai Modi Ji, who has spread yoga throughout the world". "At present, the whole world is going through a phase of depression and infection, the entire humanity is suffering from many diseases, there is an atmosphere of fear and stress about life everywhere, "Yoga is not just a group of asanas, but a complete way of life" When to get up, when to sleep, what to do and how to do it in daily life - all this is a part of yogic life, In Shri Geeta Ji, Yogeshwar Shri Krishna says to Arjun, "Tasmat Yogi Bhavarjun and Yogasth: Kuru Kamam" i.e. if you do all the work while being stable in yoga, then you will definitely get success, the meaning of yoga is discipline, if there is discipline in life, then no kind of problem will bother you, there will also be no stress, it takes us to spiritual heights and teaches us to live a stress-free life.

Qadian hosts Sikh religious education camp emphasizing heritage



VERMA QADIAN: Gurdwara Dukh Nivaran Sahib in Qadian recently hosted a Sikh religious education camp aimed at instilling foundational knowledge and historical awareness in young attendees. The initiative, spearheaded by Gurdwara President Lovepreet Singh, featured Jathedar Gunderpal Singh Gora of the Shiromi Gurdwara Management Committee Qadian as the chief guest. Jathedar Gora interacted with the participating children, quizzing them on the names of the Sikh Gurus and core Sikh principles, to which the children capably responded. Their efforts were acknowledged with medals and certificates. In his address, Jathedar Gora underscored a pressing issue: the diminishing connection of today's youth with Sikh history. He observed a shift towards visiting diverse places of worship, diverting from the singular reverence for Sri Guru Granth Sahib, which he affirmed as the only true Guru.

11th International Day of Yoga 2025 celebration at SLIET



LONGOWAL: The 11th International Day of Yoga 2025 was celebrated with full enthusiasm and joy from 6:30 am to 8:00 am in front of Student Activity Centre in SLIET Longowal. The program began with live streaming of Prime Minister Narendra Modi's address to the nation on the eve of International Yoga Day, from Vishakhapatnam, Andhra Pradesh. Thereafter, the yoga session was conducted by yoga instructors Ms. Nisha and Mr. Gurdeep as per the common yoga protocol prescribed for this year. The session ended with laughter yoga and heartfulness relaxation. A large number of students, faculty, staff along with their family members attended the yoga session. Also the school children from Kendriya Vidyalaya joined the event. In the end, participants took resolve to make yoga as regular part of their lives.

Ludhiana rural police carries out CASO operation



SUKH NAHAR JAGRAON : Under its anti-drug "Yudh Nashayan Virudh" campaign, District Ludhiana Rural Police carried out a campaign under the guidance of SSP Dr. Ankur Gupta. The police force carried out a detailed check in the vulnerable areas under the CASO operation supervised by SP Harkamal Kaur, DSP Jagraon Jasjot Singh and DSP (D). Giving more information about this, SSP Dr. Ankur Gupta said that today's operation was conducted at Mai Jeena area of Jagraon as it is a drug hotspot. "Thorough check was conducted in order to ensure that no illegal activity takes place in the area. More such operations are set to be conducted all over the district with an aim to eradicate the menace of drug trafficking completely from the area," he added. SSP further said that police shall leave no stone unturned to make the campaign successful. He also asked people for their cooperation and support in making the campaign successful.

Vulgarity on social media will not be tolerated: Dr. Baljit Kaur

GAURAV GOEL
CHANDIGARH, JUNE 22

Expressing deep concern over the increasing trend of vulgar and obscene content being circulated on social media platforms, Punjab Social Security, Women and Child Development Minister Dr. Baljit Kaur today said such material poses a direct threat to the psychological and social well-being of children.

Welcoming the orders issued by the Punjab State Commission for Protection of Child Rights to the ADGP (Cyber Crime) for strict action against those posting such content, Dr. Baljit Kaur reiterated the Punjab Government's firm commitment to safeguarding children and protecting their rights.

The Minister has directed all District Social Security, Women and Child Development Officers to keep a strict watch on the circulation of such objectionable content at their level. She instructed that any complaint or information received regarding such content



must be immediately shared with the police and the Child Rights Commission. Additionally, awareness campaigns must be organized at the local level to sensitize parents, teachers, and youth about the responsible use of social media. Reaffirming the government's resolve to ensure a safe and nurturing environment for children's overall development, Dr. Baljit Kaur stated that any elements adversely affecting the mental health of children will not be tolerated under any circumstances.

The culprits will face the strictest legal action and be made examples of, to deter others from posting obscene content online. The Minister also instructed the Police Department to intensify surveillance of such content on social media and take immediate action against individuals involved in creating or uploading it, under relevant sections of the Bharatiya Nyaya Sanhita (BNS) 2023, IT Act 2000, and POCSO Act 2012.

Dr. Baljit Kaur further appealed to parents, teachers, social organizations, and the public to promptly report any such content or individuals involved in circulating it to the police or the Child Rights Commission without delay. "Creating a safe, healthy, and positive digital environment for children is a shared responsibility of all of us," she emphasized.

3 sports coaches appointed in FM's constituency

SUMER GARG
DIRBA, JUNE 22

The Punjab government, with the intervention of Punjab's finance minister, Mr. Harpal Singh Cheema has appointed three sports coaches in Dirba assembly constituency (DAC). These coaches will train young people in various sports and provide guidance on healthy living. The coaches were introduced to the players in the presence, Mr. Cheema, who said that the Punjab government is establishing sports nurseries in villages to improve sports standards in the state. Under this initiative, three sports coaches have been appointed in Dirba constituency, specifically in villages Kohrian, Chhaharh, and Dirba.

Sukhwinder Kaur has been appointed as Kabaddi coach in Dirba, Satjinder Kaur as Volleyball coach in Kohrian and Suraj Kumar as Football coach in Chhaharh. Harpal Singh Cheema while congratulating the coaches,



directed them to engage more youth in sports and improve the sports standards in Punjab. He said that the time is not far when young people from Punjab's villages will lead the country at the international level and bring laurels. He added that the Punjab government is committed to promoting sports and providing

Arora lays foundation stones for development projects



SUMER GARG
SUNAM, JUNE 22

While giving the big infrastructural boost, Cabinet Minister to GoP, Mr. Aman Arora laid the foundation stones for development projects worth Rs 5.39 Cr in Longowal, including a water supply project and street lighting project. The water supply project, worth Rs 3.91 Cr, will benefit over 600 households in Longowal. The project includes the installation of a tube well, water tank, and 3 Km -long pipeline. The minister also laid the foundation stone for a street lighting

project worth Rs 1.48 crore, which will cover 800 street lights in Longowal.

During the foundation stone-laying ceremony, Minister Arora said that the Punjab government is committed to solving the problems of the people and is working tirelessly to develop the state.

He said that the government has brought about significant changes in the state and has set an example for others to follow. The minister urged the people to monitor the construction work and report any discrepancies to the authorities. He assured that the projects would be

completed within the stipulated time frame and to be handed over to the people.

He said that the Punjab government has done exemplary work during its tenure and is accelerating development work.

"The government will soon initiate development projects in villages as well", he added.

The event was attended by Paraminder Kaur Brar, President; Jaspreet Kaur, Senior Vice President; Sushma Rani; Vice President; Mela Singh, Gurmeet Fauji, Reena Rani, Balwinder Singh all MC and other officials.

International Yoga Day celebrated at Sudesh Vatika Convent School Bhagiwander



ISHWER GARG
TALWANDI SABO, JUNE 22

Today, Sudesh Vatika Convent School, Bhagiwander joyfully celebrated the 11th International Yoga Day with great enthusiasm and spirit. This year's theme was "One Earth, One Health", highlighting the unity between spiritual well-being and the health of the planet. The yoga session began at 7:00 AM.

Students and teachers collectively practiced the Common Yoga Protocol. Under the guidance of D.P.E. teacher Parmjeet Kaur, various yoga postures such as

Tadasana, Dhanurasana, Vrikshasana, and Anulom-Vilom were performed. Teachers also delivered motivational lectures on the theme "One Earth, One Health." School Chairman Mr. Vinod Khurana and Principal Mrs.

Meenu Garg stated that yoga is not just a form of exercise, but a way of life. It leads us toward physical, mental, and spiritual well-being. On this occasion, Senior Coordinator Beant Kaur, I.T. Coordinator Vivek Bansal, Mr. Lovepreet Singh, and Ms. Sukhveer Kaur, among other staff members, were present.

Sri Guru Granth Sahib World University hosts school finishing program to prepare future educators

AJAY MALHOTRA
FATEHGARH SAHIB, JUNE 22

The Centre of Internship and Social Outreach, Department of Education at Sri Guru Granth Sahib World University, Fatehgarh Sahib, successfully conducted a five-day School Finishing Program titled "From Campus to Career: Transitioning into the Teaching Profession" for final-year B.A.-B.Ed. students.

This program was envisioned as a bridge between academic learning and professional practice, aiming to equip aspiring teachers with the skills, confidence, and ethical grounding essential for a smooth transition into the classroom. The initiative was led by Dr. Harneet Billing, Head of the Department, and coordinated by Dr. Gagan-deep Tiwana.



Over the course of five days, students were immersed in sessions that addressed real-time classroom demands and professional expectations through a blend of expert talks, experiential learning, and interactive activities. S. Amritpal Singh, Principal, Government High School, Sadhugar, engaged the participants with an insightful session on "The Art of Classroom Presence". He emphasized how body language, voice modulation, and the ability to build rapport with students are just as crucial as

content knowledge. Dr. Kuldeep Singh, Lecturer at DIET, Fatehgarh Sahib, explored the interconnectedness of communication, confidence, and collaboration. Dr. Jagdeep Kaur, Principal of Government Senior Secondary School, Allipur Sodhian, brought into focus the often-overlooked dimensions of ethics and professionalism in the teaching vocation.

Ms. Simarjeet Kaur, Principal of Punjab National School, Behrampur, led a compelling workshop on conflict resolution.

Rs 20 lakh lottery prize still unclaimed in Morinda



RADHE SHYAM SHARMA
MORINDA, JUNE 22

A lottery ticket sold by the well-known Mehta Lottery Agency in Morinda has won a ₹20 lakh prize, but the winner is yet to claim it. The winning Summer Special ticket number B945885 was sold by agent Deepak Mishra.

Speaking on the matter, Parul Mehta of Mehta Lottery congratulated Deepak Mishra and offered him sweets to celebrate the significant win.

However, she expressed concern that the lucky winner has not yet come forward.

She appealed to the public, stating, "Whoever holds the winning ticket with number B945885 is welcome to contact us at any time to claim their prize." With such a life-changing amount at stake, Mehta urged everyone who purchased a lottery ticket recently to check their numbers.

International Yoga Day observed in DAV School



KULWINDER KARWAL
SARDULGARH, JUNE 21

International Yoga Day observed with great enthusiasm and energy at SDKL, DAV Public School, Mansa. During this, teachers and students of the school participated. On this occasion, the school's yoga instructor Harman Singh conducted asanas under the Common Yoga Protocol and made everyone aware of the benefits of doing yoga. 'Yoga' is an invaluable

gift to the world from the ancient Indian tradition. It not only keeps us physically healthy but also mentally healthy.

International Yoga Day is celebrated every year on June 21st to honor the practice of yoga and raise awareness about its benefits around the world.

Yoga helps in developing strength, endurance, patience, and high energy at the physical level and in growing towards self-discipline.

Bharat Vikas Parishad celebrates World Yoga Day in Agrawal Bhawan



SURINDER DAMDAMI
KOTKAPURA, JUNE 22

Both the branches of Bharat Vikas Parishad Kotkapura celebrated World Yoga Day at the local Agrawal Bhawan. On this occasion, the function was organized under the chairmanship of Kapil Goyal, head of the main branch of the organization and Naresh Goyal, head of Swami Vivekanand branch. Apart from the provincial advisor of the organization Nareshpal Kansal and Subhash Goyal, convener of both the branches Ram Kumar Garg, patron TR Arora and

Ved Arora were specially present. In this program, senior member and yoga expert Dr. Gagan Arora got the officials and members of the organization, including the students of the sewing center run by Bharat Vikas Parishad, to practice yoga and gave detailed information about the importance of yoga to stay healthy in life and inspired them to make yoga a part of their daily routine. On this occasion, head of the main branch Kapil Goyal said that his organization tries to keep the society aware by organizing such events from time to time.

Yoga Day celebrated at DAV Centenary Public School



JAGRAON (SUKH NAHAR): Yoga Day celebrated at D.A.V. Centenary Public School, Jagraon, under the guidance of Principal Mr. Ved Vrat Plaha and D.P. Mr. Hardeep Singh. On this occasion, the present teachers, students, and supporting staff participated in a yoga session. While addressing everyone, Principal Ved Vrat Plaha shared that the main purpose of celebrating Yoga Day in the school today was to spread awareness among the staff about the importance of yoga. He emphasized that yoga strengthens both the body and the mind. A person who practices yoga stays physically and mentally healthy. Yoga enhances one's physical and mental capabilities. In today's fast-paced and hectic life, if a person wants to take care of their body, it is essential to make yoga a part of their lifestyle. So, for a healthy mind and a successful life, making yoga an integral part of one's routine has become a crucial necessity today. On the occasion of Yoga Day, Principal Mr. Ved Vart Palaha, D.P.E. Mr. Hardeep Singh, Dinesh Kumar, Shubham Dhir, Shilpa Kapoor, Sukhjjevan Sharma, Anu Gupta.

Army personnel, his accomplice arrested for leaking sensitive military data to Pak ISI

AMRIK SINGH
AMRITSAR, JUNE 22

In a major counter-espionage operation amidst the ongoing drive to make Punjab a safe and secure state as per directions of Chief Minister Bhagwant Singh Mann, Amritsar Rural Police has arrested an Indian Army personnel and his aide suspected of espionage activities linked to Pakistan's Inter-Services Intelligence (ISI), said Director General of Police (DGP) Punjab Gaurav Yadav here on Sunday.

The arrested accused have been identified as Gurpreet Singh alias Gopy Foji, a resident of Dhariwal in Amritsar—presently, serving in the Indian Army and posted in Jammu; and his associate Sahil Masih alias Shali, a resident of Dhariwal in Amritsar.



sar. DGP Gaurav Yadav stated that preliminary investigation revealed that Gurpreet Singh was in direct contact with operatives of the Pakistan ISI and is suspected of sharing sensitive and confidential information via pen drives. The key ISI handler involved in the case has been identified as Rana Javed, he added. The DGP said that two

mobile phones containing virtual numbers, reportedly used to communicate with ISI operatives, have been recovered from the possession of both the arrested accused persons. Further investigations are underway to dismantle the broader espionage-terror network and identify all collaborators in this case, he said.

Seven instructors of Nalagarh ITI not transferred, only adjusted

ANWAR HUSSAIN
BADDI: Last month, a female instructor in Nalagarh ITI had complained of sexual harassment against ITI Principal Ajesh Kumar and other instructors also supported the woman and sent a complaint to the Directorate of Technical Education, making serious allegations against the Principal. In response,

the Principal also complained of indiscipline against the instructors. It had been three years since the Principal had joined Nalagarh ITI, but he noticed the indiscipline of the instructors when the instructors sent a complaint against him to the Directorate of Technical Education. The Directorate had sent a special investigation committee to Nalagarh.

NEWS BRIEF

BJP MLA urges administration to repair Sinyur bridge



BALKRISHAN PRASHAR BHARMOUR: Bharmour BJP MLA Dr Janak Raj has urged the administration to repair the Sinyur bridge in Bharmour tribal area of Chamba district as early as possible so that the people of the area could not face any difficulty. Disclosing this to media persons through a WhatsApp chat, MLA Dr Janak Raj told that the vehicular movement had come to a complete halt after the bridge was damaged by a falling stone. As a consequence, it had become difficult for the pedestrians to cross over the Sinyur bridge, MLA stated.

Massive irregularities in police recruitment, demands for high-level

probe: Ajay Rana

DINESH AGARWAL SHIMLA: BJP state spokesperson Ajay Rana has alleged large-scale corruption in the recent police recruitment process in Himachal Pradesh, accusing the Congress-led state government of shielding those involved. He demanded a high-level independent probe into the matter, asserting that the silence of the state government indicated complicity of its corrupt associates. Rana claimed that reports of crores of rupees being exchanged for selection and candidates being taken to Haryana and Delhi for physical test preparation point towards an organised racket.

"In Chamba, several police exam aspirants, especially girls, have come forward with serious allegations. They said candidates sat together solving papers without any invigilation, and some were allowed entry without valid admit cards," he said. Further, he alleged the use of mobile devices inside examination centres and questioned why the government had not acted despite available CCTV footage that could verify the claims.

CS stresses need for legal solutions to improve court case management

DINESH AGARWAL
SHIMLA, JUNE 22

Chief Secretary Prabodh Saxena emphasized the need for legal solutions to enhance the management of court cases within the Himachal Pradesh Public Works Department (HPPWD). He urged the department's officials to take personal responsibility for the cases they are handling until these are fully resolved. While the State Government has already constituted a Cabinet Sub-Committee to address this issue, the Chief Secretary stressed that proactive engagement by the concerned officers was equally important. He also advised them to stay alert to cases that are reported in the media. The Chief Secretary was presiding over a day-long workshop organized by the HPPWD here today, which aimed at capacity building and improving court case management.

He encouraged the officials to exchange best practices and



insights with their counterparts in other states to explore effective strategies. "Arbitration alone should not be our only focus. Each case must be handled with seriousness and accountability," he said. He further added that the workshop must conclude with concrete, actionable outcomes, which should be monitored for their effectiveness over time.

Saxena also called for minimizing delays and simplifying the procedural channels involved in case

resolution. He highlighted that legislative measures could be a potential long-term solution to resolve longstanding cases. Due to more public awareness the number of court cases has risen significantly. "People today have a deeper understanding of their constitutional rights, which has led to an increase in litigation cases. This calls for better preparedness and systemic improvements," he concluded.

While welcoming the dignitaries and participants,

Secretary, Public Works Department, Dr. Abhishek Jain stated that the objective of today's workshop was to deliberate on ways to reduce discrepancies in the handling of court cases within the PWD. He emphasized that the workshop focuses on knowledge and skill up-gradation, along with practical support for the officials involved in legal matters. Dr. Jain highlighted that the total financial liability arising from already decided and ongoing land acquisition cases has been tentatively estimated at Rs. 300 crore. The liability may rise to approximately Rs.1,000 crore once all pending cases are considered. He stressed the importance of avoiding duplication of files in order to meet time-sensitive deadlines and emphasized reducing financial, compliance, and administrative costs. During his address, Principal Secretary (Law), Sharad Kumar Lagwal, spoke about the nature of court cases being faced by the department.

Efforts of government drives progress in women and child development



DINESH AGARWAL
SHIMLA, JUNE 22

The state government is making consistent and determined efforts to create a more equitable and compassionate society by empowering women and children through several welfare schemes. With a strong focus on health, education, safety and financial stability, the government is working to ensure that every woman and child receives an opportunity to thrive. One of the most remarkable achievements in recent times has been the significant improvement in the sex ratio, which rose from 947 in 2023 to 964 in 2024. This positive change reflects a growing societal shift towards valuing the girl child, reinforced by various schemes launched to support their well-being. The financial support for the marriage of girls from

economically weaker sections continues to be a key focus area. Under the Mukhyamantri Kanyadan Yojana, Rs. 1,989.31 lakh has been provided as to help 3,956 girls at the time of their marriage. Similarly, the Mukhyamantri Shagun Yojana has extended support to 12,192 girls, with financial assistance amounting to Rs. 3,779.52 lakh as shagun. These initiatives reflect the state's commitment to ensuring dignity and support for young women as they enter a new phase of life. Recognizing the right of widows to remarry and lead a respectful life, the government has also extended financial assistance through the Widow Remarriage Scheme. Under this scheme, 239 women have been supported with a total assistance of Rs. 291.15 lakh, encouraging their reintegration into society with dignity and support.

AIIMS Bilaspur pioneers statewide emergency response training with national life support course

AJAY KUMAR UPADHYAY
BILASPUR, JUNE 22

All India Institute of Medical Science (AIIMS) Bilaspur has taken a transformative leap in strengthening Himachal Pradesh's emergency healthcare infrastructure by successfully conducting the prestigious National Emergency Life Support (NELS) – Training of Trainers (ToT) Course for paramedics from June 19 to 21. Organized under the aegis of the Department of Emergency Medicine, JPN Apex Trauma Centre, AIIMS New Delhi — a WHO Collaborating Centre for Emergency and Trauma Care — the initiative was coordinated through the Disaster Management Cell, Ministry of Health and Family Welfare, Government of India.



AIIMS Registrar Rakesh Singh in a release told that the training course was inaugurated by AIIMS Bilaspur Director Dr. D.N. Sharma and Medical Superintendent Dr. Dinesh Verma. In his address, Dr. Sharma emphasized the importance of empowering paramedics with critical life-saving competencies and encouraged the participants to further train colleagues across

the state, creating a ripple effect of emergency preparedness. Supported by the Directorate of Medical Education and Directorate of Health Services, Government of Himachal Pradesh, the course drew 24 enthusiastic participants including doctors and nurses from AIIMS Bilaspur and key government medical colleges in Hamirpur, Chamba, Mandi, Tanda, and Shimla.

Governor honours meritorious students of Vidya Mandir

DINESH AGARWAL
SHIMLA, JUNE 22

Governor Shiv Pratap Shukla inaugurated two days Meritorious Student Felicitation Programme organized by Himachal Shiksha Samiti at Saraswati Vidya Mandir School at Shimla today. A total of 154 students from 48 schools across the State participated in 'Samman Varg', including meritorious students from Class 10 and 12 of the Himachal Pradesh Board of School Education. On the occasion, the Governor felicitated both current and former outstanding students for their academic achievements.

In his address, the



Governor said that this recognition ceremony not only serves to encourage talented students but also sends a strong message to society that true education lies in hard work, discipline, values, culture and a spirit of service. He said that these awards are a testament of perseverance, discipline and self-confidence of students.

Highlighting the need for socially conscious youth, the Governor said, "Today, the nation needs a generation that not only reaches personal heights but also takes society along on the path of progress. Students must always think in terms of the nation, culture and community." He urged students not to limit their ambitions to securing jobs but

to understand their greater role and responsibilities in nation-building. He added, "Success is meaningful only when it carries the spirit of service to society. Knowledge is truly valuable when accompanied by humility and education is complete only when it makes an individual self-reliant, dignified and devoted to the nation." The Governor expressed satisfaction over the work being done by Vidya Bharati, which is running 190 Saraswati Vidya Mandirs across Himachal Pradesh, including in remote areas like Killar and Dodra Kwar. These institutions are supported by 2,000 teachers and serve nearly 26,000 students.

Governor inaugurates international boxing championship at Ridge Shimla

DINESH AGARWAL
SHIMLA, JUNE 22

Governor Shiv Pratap Shukla inaugurated the International Boxing Championship at the historic Ridge Ground here today. The event was organized by the Himachal Pradesh Professional Boxing Association under the theme "Say No to Drugs – Say Yes to Sports."

Congratulating the organizers, the Governor said that the championship is a great way to honour the memory of six-time Chief Minister late Raja Virbhadr Singh. He was not only a great leader but also someone who worked hard for the development of the state. His life and work still inspire people across the state. He said that the participation of athletes from India and other countries



sends a strong message of respect for the past and also promotes friendship and understanding through sports among people.

He encouraged the youth to make sports a regular part of their lives. He said that sports not only make the body strong but also help the mind. "A healthy youth means a strong nation. He

said that playing sports keeps young people away from bad habits like drug use. "When youth take part in sports, they stay on the right path and live meaningful lives. Sports bring discipline, fitness, and mental strength," he added. The Governor expressed a concern over rising problem of drug abuse in the state.

Advocate General calls for robust mechanism to manage court cases effectively

DINESH AGARWAL
SHIMLA, JUNE 22

Advocate General Anup Rattan, while presiding over the valedictory session of a day-long workshop organised by the Public Works department here on Saturday evening, stressed on establishing a more structured and efficient system for managing court cases. He said that court replies and legal submissions should ideally be prepared at the headquarter level to ensure consistency, accuracy and effectiveness in legal representation. This would not only strengthen the position of the department in legal matters but also ensure timely and proper defence of government actions in courts.

Anup Rattan said that departmental decisions must be rooted in a strong legal



foundation so that they hold up during judicial review. He said that the departmental decisions should be taken after due legal scrutiny and should be capable of withstanding court challenges.

Addressing the growing number of court cases, particularly those relating to land acquisition, the Advocate General said that the officers and engineers needed to be well-versed with relevant laws. He

recommended that PWD engineers should familiarize themselves with the arbitration and conciliation Act to better handle legal complexities arising in land and compensation matters.

He further said that a proactive and coordinated approach between legal and technical wings of the department is necessary. With increasing legal awareness among citizens, the number of court cases has gone up substantially.

DC directs officers to upload the data after analysis



BALKRISHAN PRASHAR
CHAMBA:

Deputy Commissioner Mukesh Repaswal today reviewed the progress in the standard points related to health, education, agriculture, child development, infrastructure, financial inclusion and skill development in the Aspirational Chamba district under the Aspirational District Program. Presiding over a meeting of district officers here, DC reviewed the indicators related to various departments under the Aspirational District Program in detail and asked the concerned officers to upload the data online after completing the analysis.

Mukesh Repaswal also directed the officers of the agriculture department to provide national and state data of barley cultivation under Rabi crop. He directed the concerned departmental officers to take necessary steps for effective publicity of the scheme including linking MGNREGA workers, ASHA and Anganwadi workers under the Pradhan Mantri Jeevan Jyoti Bima Yojana and Pradhan Mantri Suraksha Bima Yojana.

Jasoor market is number one in the arrival of vegetables and fruits: Nishu Mongra

SANAJY AGGARWAL
DHARAMSHALA, JUNE 22

Nishu Mongra, District President of APMC and State President of Himachal Congress OBC Department, has said that from the year 2022-23 to 24-25, APMC has earned more than two crore 61 lakhs in Kangra district. During this period, APMC earned seven crore ninety five lakh seventy four thousand three hundred eight rupees, while four crore eighty eight lakh forty thousand six hundred twenty five rupees were spent. In such a situation, the total income was more than two crore sixty one lakhs. Nishu Mongra was addressing the public while listening to the



public problems at Zamanabad Road Ichhi Office on Saturday. Mongra said that APMC is continuously moving forward under the leadership of Honorable Chief Minister Sukhwinder Singh Sukhu. He said that the Congress government is fully prepared to deal with the rains. During

this, he kept the data of arrival of fruits and vegetables in the vegetable markets of the district. It was said that 23407 quintals of fruits reached Kangra Sabzi Mandi in the year 2024-25, while the figure of vegetables was 58190 quintals. Jasoor Mandi is number one in the district in terms of arrivals. 43207 quintals of fruits and 78558 quintals of vegetables reached Jasoor during this period. 8378 quintals of fruits, 23999 quintals of vegetables reached Nagarota Bagwan. 5340 quintals of fruits and 26055 quintals of vegetables reached Baijnath. 21279 quintals of fruits and 56762 quintals of vegetables arrived in Palampur.

35-day beauty practitioner training program concludes



AVINASH CHAUHAN

AMB: The 35-day Junior Beauty Practitioner Training Program in Small Scale Industries being run at Punjab National Bank Rural Self-Employment Training Institute Una office was concluded. On this occasion, written and oral examination of 35 participants was conducted. This examination was taken by Harmesh Rajput and Sumit, in which all the participants passed. Sudhir Sharma, Director of Punjab National Bank Rciti Una, said that unemployed youth between the ages of 18 and 45 are provided free training by Punjab National Bank so that they can become self-reliant. Akash Bhardwaj, Program Director and Member of Punjab National Bank RCiti, said that in this 35-day training program, the participants learned about beauty parlor and they are also being provided bank loan facility so that they can become self-reliant.

Yoga session conducted in ITI Naihariya under theme "Yoga for one earth, one health"

AVINASH CHAUHAN
AMB, JUNE 22

On the occasion of the 11th International Yoga Day, a yoga practice program was organized at the Government Industrial Training Institute, Naihariyan under the theme "Yoga for one earth, one health". The institute's principal Praveesh Sharma, instructors Sanil Kumar, Sunil Dutt and Suman Kumari and trainees participated in this program organized on Saturday. Pankaj Sharma, Surendra Kumari and Sulendra Kumar of Ayush Ayurvedic Health Center Kuthera Khairla were also present on this occasion. On this occasion, Ayurvedic Health Officer of Ayush Ayurvedic Health



Center Kuthera Khairla, Dr. Naresh Sharma said that the main purpose of this yoga is for us to be healthy.

We should remain physically and mentally healthy and our health should also be good. Along with this, our life should also be long. He said that nowadays, due to the use of all the products

coming in the market, various types of diseases are occurring in our body, the only main way to prevent which is yoga. Ayurvedic Health Officer of Ayush Ayurvedic Health Center Maidi, Dr. Shavi Thakur said, "The body is the most sacred temple - keeping it healthy is our most important duty."

NEWS BRIEF

PM Shri celebrates
Yoga Day at Kendriya
Vidyalaya Air Force
Station Barnala



KULDEEP SOOD
BARNALA: PM Shri celebrated Yoga Day at Kendriya Vidyalaya Air Force Station Barnala. On this occasion, Mr. Som Kataria, Mr. Kamal Sharma and Mr. Sangeet Sharma from Patanjali Yoga Peeth Barnala were present. You were welcomed and greeted by Principal Mrs. Jasdeep Kaur. All three of you made the children and teachers of the school family practice yoga. On this occasion, Principal Mrs. Jasdeep Kaur highlighted the importance and utility of yoga. She said that we should make yoga practice a part of our life, because a healthy mind resides in a healthy body.

Dam repair done
at Rs. 1 crore



PREETI SAINI
SADHAURA: Irrigation department has to get dam repaired at a cost of about Rs one crore in village Naandi under Chanchak Panchayat. For this, a tender was placed in the irrigation department and the work was also started by agency, but when the rainy season came, the broken wall of dam was left in limbo believing that this work would not be completed on time when the rainy season came, so now this work will be done only after the rains, but after the dam wall was broken, the villagers are scared because the rainwater will no longer be able to stay in the dam and the same water will now wreak havoc in the houses and fields of the villagers. Giving information, the villagers said that one and a half months ago the irrigation department started the repair work of this dam, in which they came to know that in this work the dam will be cleaned and the pipeline will be buried. But the department broke dam wall and stopped the work midway. Last Friday morning, the rain water in the hilly area, instead of stopping in the dam, started floating into the farmers' fields through the broken wall.

Rotary District Governor visits Ladwa Club, applauds social initiatives

VIJAY KAUSHIK
LADWA: The Rotary Club of Ladwa hosted District Governor Rajpal Singh of Rotary District 3080 for his official club visit, marking a significant day in the club's annual calendar. Accompanied by Assistant Governor Dr. Vivek Lalit as the guest of honour, the event began with a traditional lamp-lighting ceremony by dignitaries and club officials. Club President Naresh Garg



extended a warm welcome to the guests, while Club Secretary Rakesh Khurana highlighted the club's year-round initiatives and achievements. New member Sangam

Arora was formally inducted into the Rotary family as the governor pinned him with the Rotary badge. Dr. Amrit Garg, former club president, introduced the chief guest. In his address, Governor Rajpal Singh praised Rotary International as a 120-year-old organization that has played a key role in eradicating polio from the world—a feat he credited to the commitment and passion of every Rotarian.

COAS Gen Upendra Dwivedi reviews preparedness for Amarnath Yatra

AGENCY
SRINAGAR, JUNE 22

Chief of Army Staff (COAS) General Upendra Dwivedi reviewed the security grid in the Kashmir region and assessed the preparedness for the upcoming Shri Amarnath Yatra 2025. In a post on X, the Additional Directorate General of Public Information (ADG-PI) shared that General Upendra Dwivedi was briefed on the current operational dynamics and the broader strategic landscape. The briefing included a demonstration on the integration of advanced technologies into operations, which enhances decision-making, surveillance, and response mechanisms. "General Upendra Dwivedi, #COAS, reviewed the security grid in the Kashmir region and assessed preparedness for the upcoming Shri Amarnath Yatra 2025. He was briefed on the current operational



dynamics and the broader strategic landscape, including a demonstration on integration of advanced technologies in operations, leading to smarter decisions, enhanced surveillance and response mechanisms," the post stated.

The Chief of Army Staff also praised the Chinar Corps soldiers for their relentless efforts in

fighting terrorism, maintaining peace, and improving the lives of the local population in the region. "The #COAS lauded All Ranks of #ChinarCorps for their unwavering commitment in ensuring peace and stability through decisive counter-terror operations and initiatives aimed at development of the region & upliftment of local population,"

the post further reads. Earlier on Friday, the Jammu and Kashmir Disaster Management Department conducted a mock drill in Pahalgam, simulating a Glacial Lake Outburst Flood (GLOF) scenario. The exercise was held in coordination with the Anantnag District Management Authority, and participation was seen from the State Disaster Response Force (SDRF), National Disaster Response Force (NDRF), Indian Army, and other emergency support and line departments. The drill aimed to enhance preparedness for the Amarnath Yatra, testing the region's response mechanisms for disasters such as floods and accidents. This is critical for ensuring the safety of the over 4.5 lakh pilgrims who visited the Amarnath cave shrine last year. The Deputy Secretary of the J-K Disaster Management Department, Snober Jameel, while speaking to an news agency, stated.

Complaints resolved in on the spot programme



SHIV KUMAR SHARMA
KARNAL, JUNE 22

The discussion program on tea released by Karnal MLA Jagmohan Anand continues. This discussion released on every Sunday reached its 17th episode. MLA Jagmohan Anand reached the Nehru Palace in the morning. Even before his arrival, people gathered there. A large number of people who arrived in large numbers placed separate demands related to the city in front of MLA Jagmohan Anand, which were

resolved on the spot and assured to resolve some pending complaints as soon as possible.

MLA Jagmohan Anand said that a small beginning of discussion on tea has started its results as people were constantly getting relief. A large number of people are reaching here with problems related to their area. Discussion on tea is a platform related to the progress of the city, where everyone can speak. Some people have demanded a speed breaker in the city which is valid demand.

District President Bhangu honoured by Manish Garg's Team

BALWINDER AZAD
BARNALA DEHATI, JUNE 22

The newly appointed District President of Barnala from the Aam Aadmi Party, Parminder Singh Bhangu, was specially honored by the team of Manish Garg, Chairman of the Nagar Council. On this occasion, District President Bhangu, who also serves as the Chairman of the Market Committee Barnala, warmly welcomed Manish Garg, President of Bhadaur Nagar Council, along with AAP leaders and workers. While expressing gratitude for the honor bestowed upon him, Bhangu stated that, as always, he will continue to uphold the dignity and respect of AAP leaders and workers across all three assembly constituencies. He further shared that in the



coming days, the Aam Aadmi Party will expand its presence in the Barnala district, and deserving leaders and workers dedicated to the party will be assigned appropriate roles. Bhangu mentioned that from the beginning, he has worked as a common party worker and has never sought any position for himself. Instead, he has taken on significant responsibilities to ensure the victory of party candidates in

every election. Recognizing his hard work, the party's high command first appointed him as the Chairman of the Market Committee Barnala and later entrusted him with a greater organizational responsibility by appointing him as the District President. He expressed heartfelt thanks to Member of Parliament Gurmeet Singh Meet Hayer, as well as to the National President of the party and the Chief Minister of Punjab.

International Yoga Day celebrated as per protocol in DAV Girls College



RAHUL KOHLI
YAMUNANAGAR: On the occasion of the 11th International Yoga Day, the Yoga Department celebrated International Yoga Day on the theme of One Earth One Health at DAV Girls College. The program was organized under the instructions of Acting Principal Dr. Surinder Kaur, Psychology Department Head Shalini Chhabda. Hindi Department Head Dr. Kiran Sharma was the program convener. Dr. Kiran Sharma told the students how yoga was a means of self-improvement. The college students as well as the staff members performed yoga Asanas and Pranayama as per the yoga protocol. Stage director Dr. Pradeep Kumar gave detailed information to everyone about the benefits of yoga Asanas and Pranayama. He told that along with physical health, mental health can also be achieved by practicing yoga. Yoga department head Dr. Ranjana Kamboj inspired the students to always follow the path of yoga and advised them to practice yoga daily to improve their health in a busy lifestyle. Yoga played an effective role in reducing anxiety and stress. Dr. Deepika Ghai, Dr. Smriti Sharma, Neelam Kamboj, Naina and more than 50 students participated in the program.

Yoga programme at Brahma Sarovar on International Yoga Day



HANS RAJ
KURUKSHETRA: On the occasion of International Yoga Day a huge yoga program was organized on the holy land of the holy Brahmasarovar, in which thousands of yoga practitioners participated. The purpose of the program was to encourage healthy lifestyle and spread the ancient yoga tradition of India to the people. On this special occasion, NSS Program Officer of PM Shri Government Senior Secondary School, Jathlana, Yamunanagar was actively participated by Mr. Prashant Sharma and inspired the youth for regular yoga practice. He said: "Yoga is not just a medium to keep the body healthy, it is a scientific process of restraining the soul, mind and thoughts."

Also, the staff members of GSSS (Kurukshetra) also actively attended and students and participants practice various yogasanas. His participation further enhanced the dignity of the program. When yoga was practiced collectively in the spiritual and calm environment of Brahmasarovar, every person present there experienced energy, unity and balance.

Container stuck in underpass, traffic jam led to problems to people



JAIBEER RANA THAMBER

BARARA: A container passing through the underpass near the railway station got stuck due to which people had to face problem while passing through here for several hours. Actually, at around 11.30 in the morning, a container had come to deliver goods in the market. Thick iron garters have been installed on both sides of the underpass so that heavy vehicles cannot pass through here. The height for vehicles to pass through these garters has also been fixed so that high vehicles do not pass through here. But still this container driver tried to pass through the underpass. But when container entered in the underpass from the side of Barad Main Market, the container got stuck in the garter installed above. Because the height of the container was more than the height of garter and it could not pass through the garter. But still the driver kept trying hard and the container did get stuck. It was neither moving forward nor backward. Due to which the people coming and going were facing problems due to jam. At the same time, people advised the driver to let air out of the tyres so that the height of the container could be reduced and the container can pass through.

Problem of water logging in Barara shatters claims of administration

JAIBEER RANA THAMBER
BARARA, JUNE 22

On one side the rain in Barara on Sunday brought relief from the heat to the people on the other this first rain of the season turned out to be a disaster. Barada was flooded with water in the first rain itself and the claims of the administration were shattered. However, the administration started preparations for dealing with floods and water logging by cleaning drains on a large scale before the monsoon. Claims were made of clean drains and sewers so that there was no water logging during rain. But in contrast to this, various areas of Barara were flooded with water due to the rain on Sunday. Various areas including Barara's Adhoya Road, Anaaj Mandi,



Railway Underpass, Main Road in front of BDPO Office, the road going towards Barara village near Bansal Palace Chowk were flooded with water. People say that this is just the beginning rainy season if this situation continues it will become difficult for people to even come out of their homes at the onset of rainy season. Due to the lack of cleaning of drains in the market by the municipality, water filled on both sides of the road. The

underpass built near Barara railway station gets closed every year due to water logging during rainy season. During the rain on Sunday, fountains of water were gushing out from the wall of the underpass and within no time several feet of water accumulated in the underpass. No arrangement for drainage of water from this underpass was made by the department, due to which the connectivity between both sides gets cut off every year due to waterlogging.

One Earth, Healthy World: International Day of Yoga by Sant Nirmankari Mission

KULDEEP SOOD
BARNALA, JUNE 22

Yog Bharat It is one of the most ancient sciences, which not only strengthens the body but also strengthens the mind. It also has the ability to calm and awaken the soul. By practicing it regularly, one can attain spiritual peace and harmony while avoiding stress, imbalance and diseases. Moves towards social harmony. This year the theme of 'International Yoga Day' declared by the United Nations is - 'For One Earth, One Health' 'Yoga' which gives the message to the entire humanity that the real health of a person is considered complete only then. When he is physically, mentally, socially and spiritually balanced and aware. Keeping this objective at the center, Sant



Nirankari Mission continues its spiritual and social endeavors. Constantly striving to consider health as a means of complete health. Barnala Branch Coordinator Jeevan Goyal said that Sant Nirmankari Mission is celebrating the occasion of 'International Yoga Day'. On the spot 'on June 21, 2025 at 6:00 am, K.C. of Barnala. 'Yoga Day' was organized at Sant Nirmankari? Satsang Bhawan situated on the road. This camp was organized under the leadership of yoga

instructor, in which devotees, Seval volunteers and Local citizens participated enthusiastically. He further informed that since the year 2015, Sant Nirmankari Charitable Foundation has been regularly organizing 'Yog' programs across the country. Is organizing the day. This initiative is continuing with the blessings of Satguru Mata Sudiksha Ji Maharaj, under whose guidance It has been "Healthy mind, easy life".

Retired woman employee awaits justice in Haryana, pension denied even after HC verdict

HANS RAJ
KURUKSHETRA, JUNE 22

While the Haryana Government speaks of women empowerment and dignity, ground realities often present a contrasting picture. A case in point is that of Daya Rani, a retired Craft Teacher from the Panchayat Samiti, Thanesar, who has been awaiting her pension and arrears since her retirement in 2014. Over the past several years, Daya Rani has approached every possible authority — from the BDPO and Deputy Commissioner to the Director of Panchayati Raj, the Chief Minister's Office, and even the President of India — seeking her rightful dues. After a prolonged legal battle, she won her case in the Punjab and Haryana High Court in March 2024, with the court

directing the department to immediately release her pension and arrears. Shockingly, the department did not secure any stay on the High Court's decision, meaning the ruling is final and enforceable. However, the concerned officials have deliberately delayed compliance, resulting in continued mental and financial distress for the retired teacher. Earlier too, it was only after a contempt of court petition was filed that the department reluctantly released her gratuity and leave encashment — benefits that should have been paid long ago. This highlights how the department acts only under legal compulsion and not out of administrative responsibility or empathy. "I

served the department with full dedication, yet even after retirement, I am forced to fight for what is lawfully mine," says Daya Rani. "This isn't just injustice to me but also reflects the larger insensitivity in the system towards senior citizens and especially women retirees." The situation casts a dark shadow over the government's slogans like "Beti Bachao, Beti Padhao" and its public commitments to women's welfare. When a former teacher is denied her most basic post-retirement rights, such slogans begin to ring hollow. This case does not only represent a violation of an individual's rights but also exposes the glaring gap between the government's promises and administrative reality.

Yoga camp by DLSA Barnala

KULDEEP SOOD
BARNALA, JUNE 22

District Legal Services Authority Barnala organized yoga camp in District Court Complex Barnala on the occasion of World Yoga Day. Gone. This yoga camp is organized by Shri B.B.S. Teji, Honorable District and Sessions Judge-cum-Chairman, District Legal Services Authority, Barnala. Put under leadership. While giving information in this yoga camp, yoga instructor Shri Ravinder Singh said that yoga is only It is not only necessary for physical or mental development but also for spiritual peace, stability, concentration and joy. It is mandatory. Today, yoga has been adopted for health in many countries of the world, it was originated in India thousands of years ago. It was



brought into existence by the sages and sages with their amazing knowledge. Yoga originated in India during the early Vedic period. It can be described as a combination of knowledge and devotion. After the yoga session, Mr. Maninder Singh, Assistant Legal Aid Defense Counsel, Barnala, National Legal Gave information about various schemes being run by Services Authority, New Delhi. During this camp, Shri Bikramjit Singh, Honorable Additional District and Sessions Judge, Shri Manish Garg, Honorable Chief Judicial Magistrate, Shri

Abhishek Pathak, Judicial Magistrate First Class Barnala, Shri Sudhir Kumar, Judicial Magistrate First Class, Barnala and Advocates and Panel-Advocates, Staff of District Legal Services Authority, Barnala and court staff were present. Apart from this, World Yoga Day was celebrated in District Jail Barnala. On this occasion, Simranjit Singh, yoga instructor, taught yoga to the prisoners and detainees. On this occasion, after the yoga session, free legal aid and assistance was provided to the prisoners and detainees.

'In-house training' conducted at Doon International School, Kurali



PREETI SAINI
SADHAURA: "In-house training" was conducted at Doon International School, Kurali on June 20, 2025. Resource Person (RP) Kapil Batra explained the importance of 'Value education' very well what was value based education' and why was it important? He said that it not only provided knowledge and skills to the students but it also developed morality and social values in them. In today's time, students are getting educated but their moral values are declining, says he and said that therefore keeping in mind the problems arising from CBSE, a commendable initiative has been taken to train teachers. So that teachers will not only provide bookish but also value based education. So that they can develop the qualities of respect, trust, time management, non-violence, honesty, discipline and responsibility and they can become good human beings and build a better society. Resource Person Kapil Batra told the teachers about the importance of 'value education' in a very wonderful way by giving many examples.

NEWS BRIEFS

Body of disabled Amar Chand found in Bhakra Canal on 5th day

MEGHRAJ LUTHRA KACHHWA: The body of 65-year-old disabled Amar Chand, a resident of Kachhwa who was missing since June 18, has been found in the Bhakra Canal. He suddenly disappeared from home five days ago in the morning. After a lot of searching, his tricycle was found near the bridge of Jat Pura Bhakra Canal. Since that day, a continuous search operation was carried out in the Bhakra Canal. Divers and SDRF teams were also involved in the search operation. This afternoon, the body of Amar Chand was found near Chamar Kheda Head. After the post-mortem, the body was handed over to the family by the police. His last rites were performed in the village late on Sunday evening.

Shandilya pays homage to Parmeshwari Devi, mother of Capt Abhumanyu in Rohtak

SHIV KUMAR SHARMA AMBALA: On the demise of Parmeshwari Devi, mother of former Finance Minister of Haryana and senior BJP leader Captain Abhimanyu and Rudra Sen Sindhu National President of Anti Terrorist Front India and head of Vishwa Hindu Takht Veeresh Shandilya reached Sindhu Bhawan in Rohtak and met the bereaved family and consoled them and offered flowers on the picture of Mata ji and also paid tribute to her in written form. On this occasion, Supreme Court and Punjab Haryana High Court advocates Vasu Ranjan Shandilya, Gulshan Sharma, Lovely Sharma, Prem Sagar Sharma, Ashish Sharma, Anish Sharma, Shiv Ranjan were also present. Expressing condolences, Veeresh Shandilya said that Mata Parmeshwari Devi was a religious and cultured woman, whose values are clearly reflected in the Sindhu family. He said that the contribution of Captain Abhimanyu and his family in social and national life is the result of their family roots and values. Shandilya said that in such a difficult time, his entire organisation stands with the Sindhu family and we all pray to God that the departed soul may rest in peace and the family may get the strength to bear this tragic loss.



Everything is possible in BJP government- Krishan Sain

SHIV KUMAR SHARMA KARNAL (NISSING), JUNE 22

Sankalp se siddhi tak program is being celebrated in every village and locality of Nilokheri area. Krishna Sain in-charge Yamunanagar BJP Kisan Morcha leader Sankalp se siddhi tak program reached village Sambhli and was warmly welcomed by the villagers and BJP workers. Krishan Sain BJP leader said that everything is possible if Modi ji is there, all your work which is pending will be done. People raised strong slogans for BJP government. Ravindra Rana, Baruram Sharma, Dharm Singh Rana, Dhanpat Prajapat, Rudla Ram, Balram Kashyap, Balwan Kashyap, Pawan, Balveer Prem Kheda, Satpal Prajapat, Rajkumar Sharma, Jagmal Rana, Shyam Singh, Om Prakash, Hoshiyar Singh, Budhraj, Geju Ram Sardar, Sanjay Sharma, Meva Prajapat, Ramjuwari, Prajapat, Deshraj Saudapur, Rajesh Prajapat, Ramkaran Sharma, villagers and BJP workers were present on the occasion.



My first priority is to provide facilities to common people: Kabirpanthi

KAMAL SHARMA TARAORI, JUNE 22

MLA Bhagwandas Kabirpanthi said that no shortage of any kind will be allowed in the development works of subdivision Nilokheri. Providing all kinds of facilities to the common people is our priority. He also sought suggestions from the people of the constituency to implement new policies for development works. MLA Bhagwandas Kabirpanthi was meeting workers in village Barana of the constituency. He said that Nilokheri constituency is my family. Everyone is a member of my family. If anyone has any problem, my doors are open for 24 hours. He said that no citizen will be allowed to face any problem. MLA Kabirpanthi said that no shortage will be allowed in the develop-



ment of the area. Officials have been specially instructed to solve the problems of the area within a fixed period. MLA Bhagwan-

ment work in the constituency. Big projects will be brought in the constituency so that the people of the constituency can get relief. Many people were

present on this occasion. Many people including Nilokheri Mandal President Mukesh Bharti, Tarawadi President Shivam Bansal, Rajiv Narang, Rajneesh Chaudhary, Balbir Maratha, Jai Bhagwan Sikri, former Sarpanch Anil were present.

Hindi professor Dr. Vijay Chawla gives presentation in national level article writing workshop

SANJAY SHARMA KAITHAL: Hindi professor Dr. Vijay Chawla working in Aarohi Adarsh Senior Secondary School Ghyong in Kaithal district said that the National Council of Educational Research and Training (NCERT), New Delhi is trying to create new textbooks according to the National Education Policy 2020 and the National Curriculum Framework for School Education 2023. Class 4 Hindi textbook 'Veena' has been published by the National Council of Educational Research and Training (NCERT), New Delhi. Dr. Chawla said that with the aim of writing effective articles on the chapters of the Hindi textbook 'Veena', the Central Institute of Educational Technology (CIET), New Delhi organized a five-day workshop from 16 June 2025 to 20 June 2025. Under the leadership of Joint Director, Central Institute of Educational Technology (CIET), New Delhi and under the chairmanship of Prof. Rajendra Pal, Head of Media Production Department and under the guidance of Dr. Ravindra Kumar, Workshop Coordinator, various subject experts prepared effective articles on various chapters of Class 4 Hindi textbook 'Veena' and then gave their presentations. Dr. Chawla informed that the article written by him was also presented in this workshop.



60th blood donation camp organised on Divyanshu Buddhiraja's birthday

SHIV KUMAR SHARMA KARNAL, JUNE 22

The 60th massive blood donation camp was organised with great enthusiasm and public participation on the Virk Hospital campus in Karnal today. This blood donation camp was organized by former Youth Congress President Pankaj Gaba, in which a total of 53 units of blood were collected. On this occasion, Pankaj Gaba specially attended and inspired the youth to donate blood. The special thing about this camp was that more than 10 youths took their first step towards social service by donating blood for the first time, which is an inspiration for the coming generation. The programme was organised solely for social purpose, in which dozens of youth, social workers and local citizens participated enthusiastically.

The names of the youth who were specially present on this occasion were as follows: Piyush Sharma, Sumit Valmiki, Neeraj Hooda,



Anuj Thakral, Ayush Gaba, Sonu Sharma, Sumit Rana, Hamraj, Ladi, Jasbir Pannu, Sikandar Sandhu, Saurabh Sharma, Pradeep Kashyap, Punyam Manchanda, Pushkar Manchanda, Saurabh, Rohit Sharma, Ankit, Navneet Singh, Puneet Bathla, Deepak, Pankaj Sharma, Lavneet Singh, Praveen Kumar, Deepak, Sandeep, Himanshu, Dalbir Singh, Shubham Budhain, Janpal Singh, Kamal Raj, Kapil. Pankaj Gaba thanked all the blood donors, the organisations that supported the event and the hospital administration.

Dr. Shyam Nath Jha honoured with Pandit Vishnukant Jha Smriti Samman

SHIV KUMAR SHARMA AMBALA, JUNE 22

For his remarkable contribution in the field of astrology, Dr. Shyam Nath Jha, Head of the Department of Astrology, Adarsh SD Sanskrit College, Ambala was honoured with the Pandit Vishnukant Jha Smriti Samman 2025. Dr. Shyam Nath Jha has been working as the Head of the Department of Astrology in the college for the last several years and has played an important role in the preservation and promotion of this traditional knowledge. This award has been established in the memory of Pan-



dit Vishnukant Jha, who worked in the Department of Astrology for a long time in Adarsh SD Sanskrit College and had been the Acting Principal. The award ceremony was

organised by Pandit Vishnukant Jha's son Dr. Kamdev Jha, former Principal, DAV (PG) College, Pehowa at his residence Dayal Bagh, Ambala Cantonment.

Modi govt strengthened India's credibility on poor welfare, social justice, women empowerment: Chandra

SHIV KUMAR SHARMA NILOKHERI/KARNAL: A conference was organised in Karsa Dod village of Nigdu Mandal under the special public relations campaign being run to mark the completion of 11 years of the central government led by Prime Minister Narendra Modi. The conference was chaired by Subhash Chandra, Executive Vice Chairman of Swachh Bharat Mission Haryana, while the board chairman Rajpal conducted it. The public welfare achievements of the central government in 11 years were discussed in detail in the conference. Addressing the programme, Vice Chairman Subhash Chandra said that in the last decade, the Modi government has worked to strengthen India's credibility on poor welfare, social justice, women empowerment, self-reliant India, digital India, national security and global forums. He said that after the BJP government came to power at the Center in 2014, the first attack was on corruption. Whereas earlier scams had become the identity of governments, today transparency and accountability are the identity of BJP. Subhash Chandra said that the Modi government has adopted a no-compromise policy towards terrorism. Now India not only opposes terrorist attacks, but also answers them in their own language.



Swadeshi Jagran Manch holds seminar on Swadeshi and self-reliance

RAHUL KOHLI YAMUNANAGAR, JUNE 22

A seminar on the subject of Swadeshi and self-reliance was organised by Swadeshi Jagran Manch during the annual training camp of 14 Haryana Battalion NCC being organised at Saraswati Vidya Mandir Jagadhri. In which the youth who came to participate in the NCC camp were inspired to adopt indigenous goods and walk on the path of self-reliance. Senior Dimension Head Sushil Gulati participated as the keynote speaker in the programme. Sushil Gulati said in his address that today the world trade war initiated by America and China is a big threat to the world and India. In such a situation, the only way to protect our India and take it on the path of economic progress is Swadeshi. If all of us use the goods manufactured in our country as much as possible, then we will not only be able to give a strong challenge to America and China in the world trade war but will also be able to make a big contribution to the economic prosperity of the country. He said that Swadeshi Jagran Manch has been working on this subject for a long time and has been making the people of the country aware to adopt indigenous goods. Today, its positive efforts have also started coming to the



fore. Now the Prime Minister Modi has also started raising the topic of Swadeshi in his speeches publicly. He said that along with Swadeshi, Swadeshi Jagran Manch is also taking forward the plan of self-reliance. The objective of which is to make the youth aware to establish their own employment instead of running after jobs. Under this, many types of awareness programs are also being organized among the youth by the forum on this subject in which the youth are being told that getting a government job should not be their only goal. Rather, the youth should understand the de-

mand of the time and move forward on the axis of becoming a job provider for others. There are many such examples in the country in which the youth have proved this to be true with their skills and hard work. In them, the youth made a great start with their small business. Now they have not only become self-reliant by setting up their own business on a large scale but are also giving jobs to unemployed youth. Swadeshi Jagran Manch is working to inspire the youth to improve their talent. Through which we will be able to contribute directly and indirectly in the campaign to develop the country.

Editorial
Complementary union

In 1990, Federico Faggin, the inventor of the micro-processor, was lying in bed near Lake Tahoe on a family vacation. A successful businessman and a scientist by all conventional metrics, Faggin nonetheless felt like he was “dying inside”, unhappy and discontent. Unable to fall asleep, without warning, his chest exploded with a beam of energy. A “white, scintillating energy... fifty thousand times stronger than anything”, he felt, flowed from somewhere within him, an energy that was filled with “love, joy and peace”. This energy and his own consciousness expanded to “everything” and Faggin proclaimed: “I am that.”

Three decades of research later, in 2024, he expounded upon his mystical vacation in Irreducible: Consciousness, Life, Computers, and Human Nature. In it, Faggin answers the age-old, ‘hard problem of consciousness’ query: how does first-person conscious experience arise in a world made up of insentient and inert matter? Does consciousness emerge from the world or create it? Going against the grain of scientific consensus, Faggin argues that life cannot be reduced to the biochemical processes of the brain. Rather, the true nature of reality is a “quantum phenomenon”, namely consciousness, and the world described by classical physics is an evocative “symbolic representation” of this deeper reality. This alignment of science and spirituality is striking. One could be forgiven for mistaking Faggin’s conclusions for the famous mahavakyas of the Upanishadic seers — aham brahmasmi (I am that) and prajnanam brahma (brahman is consciousness) — that claimed a deeper, abiding, spiritual reality behind the world of physical appearances. But Faggin’s work is not yet another tiresome attempt to coerce a friendship between science and spirituality. Something deeper is afoot that deserves our attention.

We are in the nascent stages of what Thomas Kuhn famously called a “paradigm shift” in The Structure of Scientific Revolutions: when “normal science” is thrown into a state of crisis and calls for “extraordinary research” to debate fundamentals. Faggin’s work represents an emerging trend — exhibited, for example, in the works of David Chalmers, Christof Koch, Giulio Tononi and Swami Medhananda, to name a few scholars — that is placing pressure on both mainstream science and popular faith to justify their claims to truth. The paradigm of physicalism in science — that electrical and biochemical signals in the brain are the foundations of our sense of self — is now increasingly criticised as reductive. Conversely, the paradigm of faith in non-material states of existence that characterises popular religion — that entities like the immortal soul and god are real — has long been characterised as pseudo-scientific and superstitious for its inability to provide hard evidence in support of its claims.

India’s next phase of growth must focus on per capita GDP

India has overtaken several economies in terms of GDP over the past decade, but its citizens' per capita income remains poor. In that context, a report by Llama Research suggested that the next phase of India's growth must translate into individual prosperity.

Manufacturing scale-up, digital formalisation, and rising income tiers are some of the reasons that are at India's advantage. Noting that India ranks the lowest on per capita income among the top 10 economies, Llama Research asserted, "This isn't a flaw, it's a window of compounding potential." Tech savvy population, solid policy, room for long-term capital formation, and macro stability are some other positives for India, according to the report. "India is not just rising in rank, it's building the foundations to lead from the ground up," Llama Research said in the report 'India's growth: Journey from size to strength'.

To realise the vision of 'Viksit Bharat', a developed nation dream by 2047, India will need to achieve a growth rate of around 8 per cent at constant prices, on average, for about a decade or two, the Economic Survey document for 2024-25 tabled on January 31 asserted. India has made quite a turnaround, climbing the ladder of economic growth.



This can be gauged from the 11th in 2013-14, India has positioned itself to become the fourth largest economy. Even as India has overtaken many countries in terms of the size of the economy over the past decade, the per capita income in India remains very low. In 2013, India was placed in the league of 'Fragile 5' economies. The term 'Fragile 5' was

coined by a Morgan Stanley analyst and refers to a set of five emerging countries, including India, whose economies were not doing well. The other four countries were Brazil, Indonesia, South Africa, and Turkey. Currently, India is the fifth largest economy, and among the fastest-growing major economies. It is projected to remain so over the next few years, as many global agen-

cies have anticipated. In the current financial year, India is set to overtake Japan to become the world's 4th largest economy, as projected by IMF. As was widely expected, the Indian economy grew by 6.5 per cent in real terms in the recently concluded financial year 2024-25. In 2023-24, India's GDP grew by an impressive 9.2 per cent. According to official data, the Indian economy grew 8.7 per cent and 7.2 percent, respectively, in 2021-22 and 2022-23.

India's foreign exchange reserves (forex) also extended their gains, jumping USD 2.294 billion to USD 698.950 billion in the week ending June 13, official data released by the Reserve Bank of India showed. At the latest monetary policy meet, RBI Governor Sanjay Malhotra said the foreign exchange kitty was sufficient to meet 11 months of the country's imports and about 96 per cent of external debt.

With this weekly jump, the forex kitty is close to its all-time high of USD 704.89 billion in September 2024. The latest RBI data showed that India's foreign currency assets (FCA), the largest component of foreign exchange reserves, stood at USD 589.426 billion. According to RBI data, the gold reserves currently amount to USD 86.316 billion.

Literature & Health

Eight killed after hot-air balloon catches fire and crashes in Southern Brazil

At least eight people were killed on Saturday (local time) after a hot-air balloon caught fire mid-air and crashed in a tourist region of southern Brazil, the New York Times (NYT) reported, citing local authorities.

The incident occurred in the rural area of Praia Grande, located in the state of Santa Catarina, a region well known for its scenic balloon rides over stunning canyon landscapes. According to the state's military fire brigade, the balloon caught fire in the air and went down shortly after 8 am (local time). Of the 21 people on board, including the pilot, 13 survived the crash and were taken to nearby hospitals for treatment, as reported by the



NYT. Rescue teams, including some 20 firefighters and seven emergency vehicles, were dispatched to the scene to assist with recovery efforts.

The cause of the crash is still under investigation, the NYT reported, citing a statement from the Santa Catarina Governor Jorginho Mel-

lo. Mello described the event as a tragedy, as per a video posted to his social media. "We are in mourning... It is a tragedy that has happened. We will watch how it unfolds, what happened, why it happened," he stated, as quoted by the NYT.

Brazilian President Luiz Inacio Lula da Silva expressed his condolences to the victims' families and confirmed that both federal and state agencies are supporting the ongoing rescue and response operations. "I would like to express my solidarity with the families of the victims of the balloon accident that occurred this Saturday morning in Santa Catarina. I would like to place the Federal Government at the disposal of the victims and the state.

Nepal thanks India for evacuating nationals from Iran

Nepal's Foreign Minister Arzu Rana Deuba on Saturday thanked External Affairs Minister S Jaishankar for assisting in the evacuation of Nepali students from conflict-hit Iran, calling it a reflection of the strong Nepal-India ties. In a post on X, Deuba wrote, "Thank you External Affairs Minister of India S Jaishankar for India's swift assistance in helping to evacuate Nepali nationals from Iran. India's support in Nepal's evacuation efforts is a reflection of strength of Nepal-India ties."

Earlier, the Sri Lankan Government also extended its heartfelt gratitude to the Government of India for its timely assistance in evacuating Sri Lankan nationals from Iran amidst the Islam-



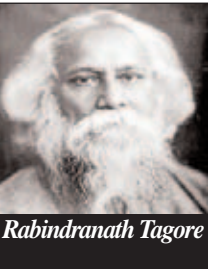
ic Republic's ongoing conflict with Israel. The gesture, part of India's Operation Sindhu, underscores the robust and enduring partnership between the two nations, as the Foreign Ministry of Sri Lanka stated in a post on X on Saturday. "Sri Lanka extends its sincere gratitude to the Government of India for the timely assistance to evacuate Sri

Lankan nationals from Iran alongside Indian citizens," the post read. "This act of solidarity exemplifies the strong and enduring partnership between Sri Lanka and India and is deeply appreciated by the people of Sri Lanka," it added. Earlier on Saturday, the Indian Embassy in Iran said that it had made efforts to evacuate citizens of Nepal.

POEM

On the Nature of Love

The night is black and the forest has no end; a million people thread it in a million ways. We have trysts to keep in the darkness, but where or with whom - of that we are unaware.



But we have this faith - that a lifetime's bliss will appear any minute, with a smile upon its lips.

Scents, touches, sounds, snatches of songs brush us, pass us, give us delightful shocks.

Rabindranath Tagore

India's agrochemical exports set for moderate rebound in FY25

India's agrochemical exports are expected to moderately rebound in the Financial Year 2025, with improving demand and inventory normalisation, according to an industry report by Rubix, which analyses industry data and trends. India's agrochemical exports declined sharply in FY2024, by nearly 22 per cent compared to the previous year, primarily due to global inventory destocking, heightened price competition from China, and subdued demand in key export markets.

The report says that distributors worldwide reduced procurement to manage excess stock amid falling prices. At the same time, Chinese suppliers re-entered the market with aggressively priced products, making Indian exports less competitive. Additionally, erratic weather patterns impacted agricultural activity in importing countries, further dampening demand. However, exports



are expected to recover in the coming years as global inventories stabilise, demand picks up with improved agricul-

tural cycles, and Indian manufacturers adapt with cost-efficient production and diversified portfolios.

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As a result, the trade surplus (difference between exports and imports) came down from USD 3.6 billion in FY2023

and USD 2.8 billion in FY2024 to USD 2.3 billion in FY2025 (April 2024- February 2025). Highlighting the factors that support exports, the report added that herbicides have emerged as the leading export segment, experiencing the fastest growth at 20 per cent CAGR from FY2020 to FY2025. The share of herbicides in total agrochemical exports increased from 31 per cent to 37 per cent during the same timeframe. As per the report, this growth is driven by India's cost-effective manufacturing, rising global demand for affordable herbicides, and the increasing scarcity and cost of agricultural labour, making herbicide-based weed control a more viable choice for farmers. The export landscape reveals a growing concentration in key markets, as the top five export destinations account for more than 50 per cent share for insecticides and fungicides and nearly 71 per cent for herbicides.

Building Solutions for Bharat: Samsung Solve for Tomorrow Sparks Change Across North India

CHANDIGARH/LUDHIANA: In classrooms across Punjab and Haryana, something powerful is happening. Students are no longer just preparing for exams—they're preparing to change the world. Through the Samsung Solve for Tomorrow programme, workshops and open houses recently swept through towns and cities like Ludhiana, Patiala, Jalandhar, Talwandi, Dhuri, and Gurgaon, igniting a spark of innovation among hundreds of young minds. From government schools to premier universities, students are now dreaming of solving India's most pressing problems—armed with empathy, purpose, and the courage to act. Launched on April 29, 2025, this latest season of Samsung Solve for Tomorrow is a national innovation challenge that equips students with design thinking tools to identify real-world problems and build tech-based solutions that matter.

International Olympic Committee (IOC) unites with Abhinav Bindra Foundation and Reliance Foundation

CHANDIGARH: The International Olympic Committee (IOC)'s global movement campaign 'Let's Move' returns to India this Olympic Day (23 June) with its new edition, 'Let's Move +1+', in partnership with the Abhinav Bindra Foundation and the Reliance Foundation. This year's theme focuses on the joy and motivation of moving together—inviting people across India to experience the power of sport to boost both physical and mental wellbeing. Olympic gold medalist in shooting at Beijing 2008 and IOC Athletes' Commission member Abhinav Bindra said: "Through the Olympic Values Education Programme in Chandigarh, Assam and Odisha, and the inaugural 'Let's Move' campaign in India, we have witnessed how sport can inspire, uplift, and empower the next generation."

Nexus Amritsar Announces Mega Weekend Sale from June 20 to 22

Amritsar, Nexus Amritsar, Amritsar's most preferred shopping destination, is thrilled to announce its exciting Mega Weekend Sale, running from June 20 to June 22. Shoppers can avail the best discounts on their favourite brands with FLAT 50% OFF, making it the ultimate shopping opportunity for everyone in the city. The sale features exclusive offers and incredible deals across over 50 brands in key categories including Fashion, Jewellery, Electronics, Beauty, and F&B, ensuring there's something for everyone. Adding to the excitement is the Diverse Summer Experience Setup, a fun and immersive attraction for families and kids to enjoy during their visit. Shoppers can also participate in the special Shop & Win offer with rewarding slabs, making every purchase even more exciting. The Mega Weekend Sale is part of Nexus Select Malls' continued efforts to provide customers with exceptional value and a memorable shopping experience. With vibrant mall decorations, engaging activities, and unmatched deals.

Bajaj Allianz Unveils AapKeLyE–Health Insurance Tailored for the People of Himachal Pradesh

DHARAMSHALA: Bajaj Allianz General Insurance, one of India's leading private general insurers, has introduced AapKeLyE—a pioneering health insurance product meticulously designed to meet the specific healthcare needs of the residents of Himachal Pradesh. More than just a health plan, AapKeLyE is a commitment to the people of Himachal Pradesh, 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 AapKeLyE to offer personalised coverage rather than a generic, one-size-fits-all solution. The policy is available in both individual and floater variants, making it an ideal solution for individuals and families alike. With flexible sum insured options ranging from INR 5 lakh to INR 20 lakh, AapKeLyE ensures that everyone—from young professionals to elderly citizens—can find a coverage option suited to their unique healthcare needs.

Asian Paints launches Socha Bhi Nahī Hoga - corporate films exploring unexpected design possibilities

GURUGRAM, : Asian Paints, India's leading name in home aesthetics, has launched its latest corporate film 'Socha Bhi Nahī Hoga' - showcasing the creativity and possibilities that come with designing a beautiful home. The video series gives a new meaning to colour, décor, and the thought of home transformation. The videos tell simple stories about a young couple renovating their home. With the newly launched Asian Paints app, home transformation can be joyful, easy to follow, and full of new and surprising ideas. The video series shows how Asian Paints supports homeowners at every step, offering hyper-personalised solutions whenever they feel stuck. It is based on the brand's aim to bring joy to people's lives through home visits, online help, or expert advice in stores, so every home can share its own story. The four-part video series shows simple, effective home improvement solutions.

Arsalan Khan's 74 went in vain as Rose Zone clinches first-innings win

Chandigarh, Rock Zone captain Mohd Arsalan Khan's valiant knock of 74 went in vain as his team fell short of Rose Zone's first-innings total of 338 in the ongoing UTCA Men's Senior Multi-Day Tournament being played at GMSSS-26 on Sunday. Rose Zone was declared the winner on the basis of a first-innings lead. After winning the toss, Rose Zone elected to bowl first. Rose Zone posted a solid total of 338 with Nikhil Thakur (69) as the top scorer. In response, Rock Zone managed 279 runs with skipper Khan leading from the front. His brisk 74 off 88 deliveries was topped with ten boundaries and a six which kept hopes alive. However, his dismissal triggered a collapse and the rest of the batting lineup failed to build partnerships. Ramanjeet Singh also added a useful 58 but it wasn't enough to avoid conceding the lead.

Punjab Industries Minister Tarunpreet Singh Sond inaugurates industrial unit Ortech Textiles

SHASHI PAL JAIN MOHALI: In a major push towards 'Make in India' and 'Viksit Bharat,' Tynor Orthotics, India's biggest manufacturer of orthopaedic aids, has set up a state-of-the-art textile manufacturing unit - Ortech Textiles - in Mohali, Punjab.

The facility, built under a backward integration model, will cater to all raw material needs of Tynor Orthotics, and is spread over six acres and established with a ₹300 crore investment including land, infrastructure, and advanced machinery.

The state-of-the-art facility was inaugurated by Chief Guest Tarunpreet Singh Sond, Punjab's Minister for Industries, IT and Labour. MLA Kulwant Singh also graced the occasion as the Guest of Honour. Dr P J Singh, Managing Director (MD), Tynor Orthotics and AJ Singh, Executive Director, Tynor Orthotics were also present.

Earlier while interacting with media Dr P J Singh, Managing Director (MD), Tynor Orthotics informed that Tynor Group currently operates with a robust production capacity of ₹ 600



crore. He said that with the planned expansion through the integration of Ortech Textiles, this capacity is projected to scale up to ₹ 2,000 crore.

"This significant growth will not only strengthen our manufacturing footprint but will also create employment opportunities for an estimated 1,000 to 1,500 individuals, further contributing to regional economic development," said Dr P J Singh.

Dr Singh added: "The launch of Ortech Textiles marks a significant step towards complete self-reliance as this unit will eliminate

dependency on imported raw materials, particularly from China. In this high end plant, we will produce top-quality technical textiles for captive use in Tynor's orthopaedic aids' manufacturing facilities."

"The new plant is expected to enhance product quality by 25 per cent and reduce raw material costs also by 25 per cent, enabling the company to offer more competitive, affordable and premium-quality medical aid products both in India and globally," Dr Singh said.

Talking to the media about growth and employment, AJ Singh,

Executive Director, Tynor Orthotics, said: "With the start of manufacturing at Ortech Textiles, plans are to increase employment at Tynor Group from 2,500 to 5,000, with 1,000 jobs created through Ortech Textiles alone."

A J Singh credited the liberal industrial policies and reforms introduced by the Punjab Government for catalyzing this large-scale investment. "We aim to bring cutting-edge technology, establish a robust R&D ecosystem, and become one of the top three orthopaedic aid manufacturers globally," he said.

Kejriwal taking over Punjab through bureaucratic backdoor: Tarun Chugh

CHANDIGARH :BJP National General Secretary Tarun Chugh called out the unconstitutional overreach by the AAP government in Punjab, slamming the decision to appoint the Chief Secretary as Chairman of all urban planning and development authorities—including PUDA, GMADA, GLADA, JDA, BDA, ADA, PDA and others—as a "blatant bureaucratic coup executed to hand Punjab's assets over to Kejriwal's coterie." Chugh said the move is an open assault on democratic governance and an insult to Punjab's elected leadership. "Vil Chief Minister Bhagwant Mann and his cabinet now report to a bureaucrat? Has Punjab's cabinet been reduced to a puppet show run by Kejriwal's inner circle?" he questioned. He warned that the timing of this move is deeply suspicious. "It comes just before the AAP government's plan to acquire thousands of acres of Punjab's land—including 24,000 acres in Ludhiana alone. This is not governance—it is daylight robbery wrapped in a bureaucratic order." Chugh said that the people of Punjab must see through this dangerous pattern—where unelected members of Kejriwal's coterie now exercise control over the state's institutions. "This isn't federalism. This is political colonization where Punjab's wealth is being siphoned off by Kejriwal's trusted few," he said.

Lenovo Launches its First-Ever Store in Solan to Serve Growing Tech Enthusiasts



SOLAN : Lenovo, the global technology powerhouse, strengthens its retail presence in North India with the opening of 15 new and refreshed stores, further solidifying its position as a market leader in the region. Strategically located across Rewa, Indore, Gwalior, New Delhi, Mathura, Bijoor, Sri Ganga Nagar, and Bulandshahr, these stores aim to provide an engaging experience to customers. The new stores are designed to deliver a modern and immersive shopping experience, featuring interactive displays, innovative product showcases, and knowledgeable staff offering personalized assistance, product demos, and technical support. With this expansion, Lenovo now boasts over 190+ stores across North India and over 550+ stores across India, underscoring its commitment to driving regional growth and enhancing accessibility for customers across urban and semi-urban locations. Among the newly launched outlets, Solan stands out as it welcomes its first-ever Lenovo Exclusive Store, strategically located to serve the region's dynamic tech ecosystem and cater to the growing community of tech enthusiasts and gamers. Each store presents a dynamic showcase of Lenovo's latest portfolio, offering a truly immersive retail experience. Shoppers can explore the newest devices launched in India, including the LOQ, Legion, IdeaPad, Yoga Aura Edition, ThinkPad Aura Edition, ThinkBook, and the Tablet series—designed to meet the evolving needs of students, gamers, and professionals alike.

Road Safety Organization (RSO), under the leadership of its chairman, Navdeep Bedi organized a Langar Sewa



PANCHKULA: The Road Safety Organization (RSO), under the leadership of its chairman, Sh. Navdeep Bedi, organized a langar sewa today at Sector 2 Market, Panchkula, in remembrance of his father, Late Sh. Naunihal Singh Bedi. Ankur Kapoor, President, RSO said that the initiative was held to honor

and cherish the cherished memories of Late Sh. Naunihal Singh Bedi, a man who embodied values of service, compassion, and integrity. The langar witnessed active participation from RSO members, volunteers, and members of the public, reinforcing the spirit of communal harmony and service to society.

AGI to Host Open Swimming Championship from June 25 in Jalandhar

BUNNY SODHI JALANDHAR: AGI Sports Institute of India, a subsidiary of AGI Infra Ltd, is set to organize the AGI Open Swimming Championship from June 25 to 30, 2025. The six-day event will be held at the premier pools of Jalandhar Heights 1 and 2 on 66 Foot Road. Highlighting the importance of youth participation in sports, AGI Infra MD Mr. Sukhdev Singh said, "Sports steer youth towards fitness and away from social evils like drug abuse." As per Retd. Major General Arun Khanna, Chief Administrator of AGI, there will be no entry fee, and residents of Jalandhar Heights 1 & 2 can register with pool coaches by June 23. AGI Sports Institute MD Mr. Surinder Bhambri informed that the championship will feature four age categories—Under 10, Under 15, Under 19, and Senior—for both boys and girls, men and women. All participants will receive certificates, while winners will be awarded medals and attractive prizes. The initiative reflects AGI's strong commitment to community development and sports excellence. For more details, participants can contact coaches at JH1 & JH2 or visit the AGI Sports Institute office.

HCMCT Manipal Hospital Delhi starts special OPD in Karnal to treat patients with kidney issues

SHIV KUMAR SHARMA KARNAL : Delhi-based HCMCT Manipal Hospital, in an initiative to bring healthcare services to the people of Karnal, started a specialized OPD in association with Global Cradle Hospital, Karnal. This dedicated OPD will offer residents of Karnal access to the best consultation from renowned Nephrologist and Kidney Transplant Physician, Dr Suman Lata, HOD at HCMCT Manipal Hospital, New Delhi. She will be visiting for regular OPDs in Karnal on every 3rd Saturday of the month from 12PM-2PM to offer consultation to people suffering from kidney disorders. Dr Suman Lata, HOD, Nephrology and Kidney Transplant, HCMCT Manipal Hospital, Delhi, said, "Chronic Kidney Disease (CKD) is an emerging health concern in India, mainly occurring due to lifestyle issues such as uncontrolled diabetes and hypertension. In



India, more than 2 lakh new cases of kidney failure are diagnosed each year. For patients with advanced-stage kidney failure, kidney transplant remains the most effective and long-term solution. Rajat, a patient from Karnal, underwent a successful kidney transplant, with his mother as the donor. Today, he is doing well, living a near-normal life, and has even resumed work. This is just one of many examples of how it can transform

lives. Through this OPD, we aim to treat patients in a timely manner and spread awareness around treatment options such as kidney transplant that can transform the lives of patients with kidney failure." On the commencement of these OPDs, Dr Nitin Bansal, Director, Global Cradle Hospital, Karnal, said, "Many patients lose time due to delayed diagnosis or lack of awareness about treatment options. With experts from Manipal Hospital coming together,

'I Am No JRD': Tata Chairman's Humble Response to AI171 Tragedy

CHANDIGARH: In an era of carefully scripted corporate communications, Tata Sons Chairman N. Chandrasekaran's deeply personal response to the Air India Flight AI171 tragedy has emerged as a masterclass in crisis leadership, marked by unusual humility and radical transparency. Speaking about the June 12 crash that claimed 275 lives, Chandrasekaran made no attempt to deflect or minimise the tragedy. "I just deeply regret that this whole accident happened in a Tata-

owned airline and I feel very sorry," he said, his voice heavy with emotion. What followed was perhaps the most striking admission from a corporate leader of his stature. "I am no JRD, I am no RNT (Ratan Naval Tata)," Chandrasekaran said, invoking his legendary predecessors. "But we all are driven by these values and hope we will conduct ourselves with the character and determination so that everyone can be proud of us." The reference to JRD Tata, who founded Air India before its

nationalisation, and Ratan Tata, carried particular weight. Rather than hiding behind legal advisors, Chandrasekaran chose complete transparency about the crashed aircraft's maintenance history. "The right engine was a new engine put in March 2025, the left engine was last serviced in 2023 and due for its next maintenance check in December 2025. Both engine histories are clean," he revealed, while cautioning against speculation before the investigation concludes.

108 Ambulance Team Facilitates Emergency Delivery During Critical Transfer

PATIALA : Operated by Zenplus Private Limited, 108 Ambulance service once again demonstrated its life-saving capabilities by successfully facilitating a childbirth during an emergency transport. A 30-year-old pregnant woman Paro from village Saidipuri, experiencing severe labour pains and fluid leakage, went into labour while being transported to Mata Kaushalya Hospital, Patiala.

As the situation escalated, with the baby's head already emerging, Emergency Medical Technician (EMT) Pavitrjeet Singh and Pilot Gurwinder Singh acted swiftly and skilfully



to manage the delivery inside the ambulance. Thanks to their expertise and prompt response, the woman safely gave birth to a healthy baby en route. Both the mother and her newborn were safely dropped at Mata Kaushalya Hospital, Patiala after the delivery. The mother and child are reported to be in good health. 108 Ambulance Project Head, Manish Batra expressed gratitude for the team's readiness and expertise, stating, "In this critical situation, our ambulance service remains successful in ensuring safe transport and care during this emergency situation. The credit for the positive outcomes goes to the professionalism of our EMTs who are extensively trained to handle such emergency situations".

The 108 Ambulance service continues to be a trusted partner for emergency healthcare, providing essential services across the region and ensuring that critical situations are handled swiftly and effectively.

Airtel Haryana Partners with STAGE to Offer Premium Haryanvi Content Free on Xstream Play App



HARYANA: Bharti Airtel Haryana has announced an exclusive collaboration with STAGE to offer premium Haryanvi content free of cost to all users through the Airtel Xstream Play app. This offer is available with Airtel's Wi-Fi and Prepaid/Postpaid (PP) plans. In addition to STAGE's regional content, subscribers will also get access to 24+ popular global and Indian OTT platforms, including Netflix, Disney+

Hotstar, ZEE5, SonyLIV, and more—all under one seamless entertainment experience. To enjoy this offer, users simply need to download the Airtel Xstream Play app and start streaming. The partnership was formally launched at an event graced by Mr. Anupam Arora, CEO – Upper North, Bharti Airtel, and Ms. Sapna Choudhury, renowned Haryanvi artist and performer.

Bankers protest against bank's privatization, Raised alarm over foreign interest and public asset sale

CHANDIGARH: All India IDBI Officers Association under the aegis of United Forum of IDBI Officers & Employees expressed their resentment over the proposed privatization of IDBI Bank during a meeting held at Chandigarh on Sunday. The meeting was presided by Saurav Kumar, National President, AIDBIOA along with General Secretary Vithal Koteswar Rao and other senior leaders Karmandir Singh, Deepak Batra and other who focused on building an agitation strategy to oppose what they termed as a "disturbing sale of a national asset". The association expressed serious concern over the Reserve Bank of India's principle approval on May 19, 2025 to National Bank of Dubai PJSC, a UAE based entity to establish a wholly owned subsidiary in India. This bank had expressed interest in acquiring a majority stake in IDBI Bank under the strategic divestment program of the Department of Investment and Public Asset Management (DIPAM). The protest gains gravity considering IDBI Bank's unique position, the first public sector bank in Indian history slated for privatization. While RBI redclassified IDBI Bank as a private bank in 2019 for regulatory purposes, the Govt of India continues to hold a significant 30.48% stake, along with LIC's 30.24%.

International Yoga Day: Transforming rural health with yoga: Roundglass Foundation organizes a 3-Day Yoga Camp across 300 Punjab Villages



CHANDIGARH : Over 3,000 people from 300 villages in districts like Ludhiana, Poppel, Patiala, and Mohali participated on day 1 of a 3-day yoga camp, organized by the Roundglass Foundation to celebrate International Yoga Day 2025 and to promote this 5,000-year-old wellness practice among village communities. This initiative is part of the Foundation's Yoga Program, an on-the-ground program active in 172 villages and transforming the health of more than 4,000 women and children. The Yoga Program is focused on engaging, training and then

appointing local women as yoga teachers, or Yoga Changemakers, who teach and promote yoga among the women in their community, enabling their physical, mental, and emotional health. Simran Kaur, a Yoga Changemaker from Fatehpur village, personifies the program's positive outcomes for rural women. Her journey from a homemaker to being unanimously elected as the Sarpanch of her village in 2024 began with yoga. "It has transformed me as a person, given me confidence, financial agency and respect from my family and community.

Star Union Dai-ichi Life Insurance Company Limited has partnered with Policybazaarto offer SUD Life NIFTY Alpha 50 Index Pension Fund

NOIDA - Star Union Dai-ichi Life Insurance Co. Ltd. (SUD Life) has partnered with Policybazaar to offer SUD Life NIFTY Alpha 50 Index Pension Fund, a new, high-potential equity fund designed for its ULIP Pension product, SUD Life Pension Plus. This innovative fund is set to empower customers by offering a strategic avenue for long-term wealth creation, aiming to deliver superior returns that can significantly bolster their retirement savings and help build a more resilient financial future. SUD Life NIFTY Alpha 50 Index Pension Fund brings a focused approach to long-term wealth creation by investing in 50 high-performing stocks selected from the Top 300 companies. The fund strategically diversifies across a spectrum of vital and high-growth sectors, including Financial Services,



Consumer Goods, Capital Goods & Infrastructure, Healthcare, Technology, Oil, Metals & Mining, Automobiles & Ancillaries, and Construction & Realty. To stay aligned with dynamic market opportunities, the portfolio undergoes a strategic refresh every quarter, ensuring consistent relevance and optimal performance. SUD Life's Fund tracks the benchmark "NIFTY Alpha 50 Index" which boasts a proven track record, having demonstrated strong performance over its 12-year market presence. Notably, a benchmark has achieved a 5-year CAGR return of ~ 33.29% (as on 30/04/2025) showcasing its ability to generate substantial value. By combining strategic sector allocation with rigorous stock selection, SUD Life's fund offers investors a powerful channel to build robust retirement corpus while actively participating in India's market growth story. Commenting on the launch, Abhay Tewari, MD & CEO of Star Union Dai-ichi Life Insurance Company Limited, said, "With the SUD Life NIFTY Alpha 50 Index Pension Fund, we are introducing a strategic asset for our customers. This fund is a direct reflection of our commitment to providing high-performance investment pathways specifically designed for long-term retirement planning. We are confident it will serve as a powerful tool, empowering our customers to forge a resilient financial future."

Yoga Session Held At Sukhna Lake



CHANDIGARH: To coincide with World Yoga Day celebrations, a vibrant yoga session was held at Sukhna Lake, drawing the participation of around 250 yoga enthusiasts. The serene morning event was graced by Chief Guest Sanjay Tandon, along with Guests of Honor Acharya Manish and Vipat Singh, renowned as the Fitness Icon of India. Mr. Amit from Yogshala and Neela Sharma, Co-founder, The Catalysts PR & Productions were the special guests. This impactful event was organized by the Tushar Foundation, a dedicated NGO working towards health and wellness. The event was professionally managed by Sports-13. The session was led by a professional yoga expert, Mr. Amit, from Yogshala, who guided participants through a series of yoga postures and breathing exercises. The attendees thoroughly enjoyed the refreshing and energizing experience amidst the tranquil surroundings of Sukhna Lake. Kiran Kaur, Director of Tushar Foundation, shared her vision: "We will continue to promote fitness in all forms on a regular basis." Yadvinder Singh, Founder and Director of the foundation, added: "To build and maintain a consistent fitness regime, such events must be organized regularly." Notably, Yadvinder Singh is himself an International Athlete, and he is also the Strength and Conditioning coach with PCA. Participants were also given custom event T-shirts, and refreshments and water were served following the session.

Ananya Panday pens sweet note for mom Bhavana



The adorable bond between Ananya Panday and her mother Bhavana Pandey was on full display today as the actress marked her “mama’s” birthday with a touching post.To celebrate the occasion, the ‘Call Me Bae’ actress took to Instagram to share a series of throwback pictures and videos that captured cute and funny moments from her childhood with her mother.In one of the videos, a young Ananya is seen making silly faces with Bhavana, possibly recorded by her father, actor Chunky Panday. She captioned the post, “Happy Birthday, Mama. Thanks for passing on all the fun (and crazy)” video, little Ananya answers her dad’s question, “Who do you love the most in the world?” Without hesitation, she says, “Mumma.”



How Actors Are Powering Up Their Immunity This Rainy Season!

CHANDIGARH: The monsoon may bring a welcome break from the summer heat, but it also ushers in a season of fluctuating temperatures, waterborne illnesses, and weakened immunity. For television actors who juggle demanding shoot schedules, staying fit and infection-free is a top priority. To combat seasonal health risks, they turn to mindful eating habits that support immunity, focusing on warm, home-cooked meals, herbal concoctions, and nutrient-rich foods. &TV actors Sapna Sikarwar (Bimlesh, Happu Ki Ultan Paltan) and Aasif Sheikh (Vibhuti Mishra, Bhabiji Ghar Par Hai) share how they are boosting their immunity to stay healthy and active during the rains. Sapna Sikarwar, aka Bimlesh from Happu Ki Ultan Paltan, shares, “During the monsoon, my focus is on strengthening my immunity through simple, home-based remedies. I avoid anything too oily or spicy, as it just doesn’t sit well during this season. Instead, I rely on warm soups, steamed veggies, and lots of herbal teas. I have made it a habit to start my mornings with warm water infused with tulsi and

ginger—it helps with digestion and keeps me feeling energised. I also stock up on fruits like papaya and pomegranate; they are great for the skin and immunity. These small changes make a big difference in how I feel during the season.” Aasif Sheikh, aka Vibhuti Narayan Mishra from Bhabiji Ghar Par Hai, shares, “Monsoons are beautiful, but they also mean a higher risk of infections. That’s why I never compromise on foods that help keep my immunity strong. I make it a point to include light, warm meals, things like moong dal, rice, and sautéed vegetables. My go-to immunity booster is a cup of herbal tea every evening; it’s soothing and effective. I stay away from street food during this time and drink plenty of warm water to stay hydrated. I have noticed that sticking to a clean, nutritious diet helps me stay mentally sharp and physically fit for long shoots. For me, the key to enjoying the monsoon season lies in simple, consistent efforts to eat right, as I believe wellness starts right from the kitchen.” Watch Happu Ki Ultan Paltan at 10:00 PM and Bhabiji Ghar Par Hai at 10:30 PM, every Monday to Friday, only on &TV!



Trailer of Abhishek Bachchan-starrer ‘Kaalidhar Laapata’ unveiled



After entertaining audiences with ‘Housefull 5’, actor Abhishek Bachchan will soon be seen in a new film titled ‘Kaalidhar Laapata’. Directed by Madhumita, ‘Kaalidhar Laapata’ stars Abhishek as Kaalidhar—a middle-aged man grappling with memory loss, abandonment and a lifetime of quiet betrayals. When he overhears his siblings’ cruel plan to abandon him at the crowded Maha Kumbh Mela, Kaalidhar decides to disappear on his own terms. Fate intervenes in the form of Ballu (Daivik Bhagela), an outspoken, street-smart 8-year-old who’s been surviving solo on India’s chaotic streets. What begins as a chance meeting becomes the beginning of something far more profound.

Sharing his experience working in the film, Abhishek in a press note said, “As actors, we often hope for stories that move us before they move anyone else—and Kaalidhar Laapata did exactly that. Playing

Kaalidhar was not just a role, it was a revelation. He’s fragile, childlike and deeply human—and through him, I got to explore parts of myself I hadn’t visited in a while. His bond with Ballu—this fierce, fearless child—reminded me that the most unexpected friendships can sometimes teach us the most profound lessons.”He added, “More than anything, it made me reflect on how we measure life—not in years, but in moments of connection, courage, and truth. Kaalidhar Laapata is another film in my journey that I feel incredibly proud of. Over the past few years, I’ve been consciously seeking stories that offer emotional depth, honesty, and something meaningful to say—and this one ticked every box. It’s a story that touched my soul, and I hope it touches yours too.”Director Madhumita also opened up about directing ‘Kaalidhar Laapata’.”With Kaalidhar Laapata, I wanted to tell a story that feels both intimate and universal. It gave me a canvas to explore

themes like abandonment, dignity, and the redemptive power of human connection. Kaalidhar is someone many of us have encountered or perhaps even been at some point—a person sidelined by life yet still glowing with a quiet resilience. Ballu becomes his mirror, his spark, his unexpected anchor. One of the most beautiful surprises of this film was witnessing the on-screen chemistry between Abhishek and Daivik—tender, unfiltered, and deeply moving. Their dynamic brings a refreshing honesty that stays with you long after the film ends. Through their journey, we’ve tried to reflect the idea that even in the most fractured chapters of life, beauty, meaning, and belonging can still be found. For me, this isn’t just a film—it’s a gentle meditation on what it means to be truly seen and truly accepted,” Madhumita said. ‘Kaalidhar Laapata’ will be out on ZEE5 on 4th July.

Priyanka Chopra reveals losing a chunk of her eyebrow during shoot of ‘Hheads Of State’



Performing action scenes isn’t easy. Despite proper safety protocols, action stunts in films and shows carry a risk of injury to actors. Actress Priyanka Chopra, who recently appeared on Jimmy Fallon’s talk show, recalled an incident from the sets of her Hollywood film ‘Hheads Of State’, where she lost a part of her eyebrow while performing an action sequence.

“The camera has a matte box, and I was supposed to roll on the floor and fall,

and it was raining. And the camera was supposed to come in close to me. So the camera operator came in a little bit closer—I came in a little bit closer, and it took out a chunk of my eyebrow. Could have been my eye, so I was very grateful that it wasn’t. I just put surgical glue on there, stuck it. Finished my day, because I did not want to come back and shoot in the rain again,” she shared. Helmed by Ilya Naishuller, ‘Hheads Of State’ is an action-packed comedy about the U.S. Presi-

dent (played by John Cena) and the UK Prime Minister (played by Idris Elba), who must set aside their rivalry to thwart a global conspiracy and save the world -- if they can work together Ultimately allied with the brilliant MI6 agent Noel Bisset (Priyanka Chopra Jonas), they must go on the run and find a way to work together long enough to thwart a global conspiracy that threatens the entire free world.”Hheads Of State will be released on Prime Video on July 2.

Thalapathy Vijay’s ‘First Roar’ from Jana Nayagan Unleashed on His Birthday



In what is being hailed as a landmark cinematic moment, the makers of Jana Nayagan have unveiled the much-anticipated First Roar — a commanding first glimpse of Thalapathy Vijay from what will be his final film. Dropped on the occasion of the superstar’s birthday, the video is already creating waves across the internet, setting the tone for what promises to be a legendary swansong. The 65-second teaser opens with Vijay’s voice saying, “You guys will live in my heart”, followed by a striking visual of him walking in a police uniform, lathi in hand, through what resembles a war-torn battlefield. It’s a shot that blends power, calm, and consequence — a signal that this farewell will be anything but ordinary. The First Roar https://youtu.be/MKUDHkF_pkq Complementing the video is a newly released birthday poster that features Thalapathy Vijay seated regally on a leather throne, gripping a sword against a smoky, intense backdrop. The imagery speaks volumes — a king, a warrior, a leader — all rolled into one commanding presence. https://x.com/kvnproductions/status/1936491833393340663?s=48&tid36f1VqvQ20yDy-wt6_9Q Jana Nayagan carries immense emotional significance as Vijay’s final on-screen appearance. More than just a film, it marks the culmination of a career that redefined stardom — a tribute to the man who became a movement. Directed by H. Vinodh, known for his compelling narratives and nuanced storytelling, the film also boasts music by Anirudh Ravichander, whose association with Vijay has consistently delivered blockbuster tracks. Backed by Venkat K. Narayana under KVN Productions, Jana Nayagan is set for a grand worldwide release on January 9, 2026, perfectly timed for the festive Pongal weekend. With anticipation already at fever pitch, the film promises to be a spectacular send-off — a cinematic celebration of a legacy three decades in the making. As the First Roar echoes across platforms, fans are uniting for one final journey with their beloved Thalapathy — a farewell soaked in power, pride, and unparalleled emotion.

Raveena Tandon celebrates International Day of Yoga



Yoga is an extremely important part of actor Raveena Tandon’s fitness routine. Marking the International Day of Yoga on Saturday, Raveena also hit her yoga mat, motivating her fans to practice this form of exercise. Here are some visuals from Raveena’s yoga session-- See how cutely a dog accompanied her. Meanwhile, on the work front, Raveena was last seen in ‘Patna Shukla’. The film, produced by Arbaaz Khan and directed by Vivek Budakoti, featured Raveena alongside renowned actors Satish Kaushik and Manav Vij. ‘Patna Shukla’ was praised for its emotional storytelling and poignant social commentary. Raveena is also set to star in the upcoming comedy-drama ‘Welcome 3’, a part of the popular ‘Welcome’ franchise. The film, which is currently in production, boasts a star-studded cast, including Akshay Kumar, Sanjay Dutt, Arshad Warsi, Disha Patani, Lara Dutta, and Paresw Rawal.

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