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CM LAYS FOUNDATION STONE OF RS. 35 CRORE CRITICAL CARE BLOCK AT JOL SAPPER

PAGE 5

ANTYODAYA FOUNDATION'S OBJECTIVE IS SOCIAL WELFARE, NOT POLITICS: MANOHAR

PAGE 7



AKSHAY KUMAR JOINS UNION MIN MANDAVIYA FOR INTERNATIONAL YOGA DAY EVENT

PAGE 12



NEWS BRIEFS

Mother, son drown while taking selfie near water tank in Barmer

JAIPUR: A woman and her seven-year-old son drowned after accidentally falling into a water tank while taking selfies in Rajasthan's Barmer on Sunday morning, police said.
The incident occurred in Bano Ki Beri Doodh village under the Sadar police station area.
SHO Kartar Singh said that Jiyo Devi (30) had come to her parental home with her son Hitesh (7).

SIT to submit report in Ayodhya Ram Temple donation theft case today

AYODHYA/ LUCKNOW: Preliminary investigation by the Special Investigation Team (SIT) has found the roles of two Ram Temple Trust office-bearers suspicious in the donation theft case.
The three-member SIT, which returned to Lucknow from Ayodhya on Saturday, is likely to submit its report to the Chief Minister on Monday.
Subsequently, action may be taken against the guilty and those held responsible.
The SIT, constituted on June 13, had arrived in Ayodhya on June 15 to conduct the investigation into the donation theft case.
The SIT report, which runs over 70 pages, has been prepared.
According to sources, the SIT could suggest changes in members of the Ram Temple Trust.
A senior retired IAS officer may be given the responsibility of the Ram Temple Trust as Chief Executive Officer (CEO).
The use of donation funds, unnecessary expenses, and land purchases, matters related to land acquisition have also been investigated.
Records dating back to 2021 have been examined, and bank officials have also been questioned. Several witnesses have come forward against the two office bearers, and concrete evidence has been obtained, sources here on Sunday hinted.

Sooryavanshi 29-ball 94 powers India A to Tri-Series title



DAMBULLA: Teen sensation Vaibhav Sooryavanshi saved his best for the final, smashing a breathtaking 29-ball 94 as India A thrashed Sri Lanka A by 66 runs to clinch the Team Tri-Series title, here on Sunday. The 15-year-old blazed 10 fours and eight sixes in a record 11-ball List A fifty, powering India A to a daunting 377/9 after Sri Lanka A opted to bowl. With a mountain of runs to chase, Sri Lanka A never really got going and were bowled out for 311 in 47.1 overs, losing wickets at regular intervals.

Over 22 lakh appear for NEET-UG retest at 5400 centres across India



UNI
NEW DELHI: Over 22 lakh medical aspirants on Sunday took the National Eligibility Entrance Test (NEET) 2026 re-examination across 5440 centres in 551 cities in India and 14 centres abroad amid heightened security measures.

The government has imposed stricter vigilance across all testing centres after the cancellation of the exam held on May 3 over allegations of a paper leak that surfaced in Rajasthan.

Following the allegations, the National Testing Agency (NTA) cancelled the previous exam on May 12 and rescheduled the medical entrance test for June 21.

While the exam was conducted between 2 p.m. and 5:15 p.m., the gates of the examination centres were opened as early as 11 a.m. to facilitate security checks, including the frisking and biometric verification of candidates. They remained open until 1:30 p.m., the last entry time for students.

Authorities denied entry to students arriving at the centre after the permitted time.

A NEET-UG re-examination candidate from Madhya Pradesh was denied entry after reaching his examination centre late. Citing examination rules, the authorities refused to allow him to appear for the test.

The candidate's uncle said they were involved in a road accident while travelling to the centre, which required them to seek medical attention. After receiving first aid, they reached the centre beyond the stipulated entry time.

Speaking to reporters, the candidate's uncle said, "While on our way to the examination centre, we met with an accident and got a bit late... Now that we have reached here, we are being denied entry."

Aspirant dies by suicide in Hyderabad

HYDERABAD: A 19-year-old NEET aspirant has allegedly died by suicide here, police said on Sunday. The woman, who was staying with her sisters in an apartment in Miyapur, allegedly died by hanging on Saturday, a police official said based on preliminary investigation.
Police recovered a note purportedly written by the deceased, in which she stated that "no one is responsible for her death".

Seven die, 60 hospitalised in ammonia gas leak in food processing unit near Chennai

UNI
CHENNAI, JUNE 21



In a tragic incident, seven workers died and more than 60 others fainted following leakage of ammonia gas in a private prawn fish processing centre near Periyapalayam in neighbouring Tiruvallur district of Tamil Nadu on Sunday afternoon.

Reports received here said all the seven workers died in two private hospitals where they were rushed for treatment after they fainted due to breathing problems caused due to excess inhaling of the highly toxic gas.

All the deceased were said to be hailing from North India.

Bulging of lungs due to excess inhaling of the gas was said to be the reason for the deaths.

Soon after the leakage reported in the M/s.St.Peter and Paul Seafood Exports Private Limited, several workers inhaled the gas and soon fainted and swooned one by one due to difficulty in breathing. Some of them also bled through their nose and mouth, while some other complained of irritation in their eyes.

According to reports, more than 60 workers were rushed to private hospitals in ambulances summoned from all nearby hospitals. While 46 workers (21 in ICU) were admitted to Vels hospital at Manjankaranai in the district, 21 others were taken to Venkateswara hospitals. Soon after their admission six died in Vels hospitals where 40 others are being treated, while one succumbed at the Venkateswara hospital, where 20 workers are undergoing treatment.

Several of the injured were said to be critical and were being treated at the ICU.

Seven injured--all women--were rushed to Government Stanley Medical College in Chennai for advanced treatment where the condition one of them was said to be critical and was being treated at the ICU with ventilator support. Two others were sent to Rajiv Gandhi Government General Hospital (RGGGH) also in Chennai for further treatment.

Teams from the National Disaster Response Force (NDRF) were rushed to the spot to assist in relief.

Meanwhile, taking a serious view of the incident, the Tamil Nadu government ordered a high level probe headed by RGGGH Dean

Dr Shantaram to go into the reasons for the gas leak. The committee was mandated to conduct a detailed probe into the incident and submit a report.

Police have booked a case and registered a FIR against the firm and its owner was arrested, while some more company officials were secured for interrogation.

Tamil Nadu Minister Kumar, who was incharge of Tiruvallur district, rushed to the two private hospitals, met the injured and enquired about their health condition with the doctors. Terming the incident as unfortunate, he told reporters that in all 60 women and four men who were affected by the gas leak were being treated. Chief Minister Vijay was deeply pained after hearing about the incident and directed the health department to provide the best of treatment to the injured.

Rohit, Kohli in ODI squad for England tour



UNI
MUMBAI: The Board of Control for Cricket in India (BCCI) on Sunday announced India's ODI squad for the upcoming three-match series against England, naming Shubman Gill as captain and Shreyas Iyer as vice-captain.
The series will be played at Edgbaston, Sophia Gardens and Lord's from July 14 to July 19.
The selection reflects the continuation of India's structured ODI transition, with Gill leading the side as part of a long-term leadership plan and Iyer forming the immediate support in the leadership group. Senior players Rohit Sharma and Virat Kohli have been retained, providing experience and stability within a squad that also features a developing core group being gradually integrated into the ODI setup. The squad places strong emphasis on balance and versatility, with all-rounders Washington Sundar, Axar Patel and Nitish Kumar Reddy included to strengthen both batting depth and bowling flexibility across conditions. In the pace department, Jasprit Bumrah leads a varied attack that includes Arshdeep Singh, Prasidh Krishna, Harshit Rana and Gurnoor Brar, offering a mix of experience, left-arm variation and emerging pace options suited to English conditions. Kuldeep Yadav remains the primary specialist spinner, with additional support available through the all-rounder group, reflecting a more streamlined spin structure in the ODI setup.

Yoga to become part of school curriculum for classes III to IX in Haryana

BUREAU
CHANDIGARH, JUNE 21



On the occasion of the 12th International Yoga Day 2026, Haryana Chief Minister Sh. Nayab Singh Saini made several significant announcements during the state-level Yoga Day celebration held in Panchkula. The initiatives are aimed at transforming yoga into a mass movement and encouraging healthy, balanced lifestyles among students and youth.

The Chief Minister announced that yoga education will be introduced in the curriculum for students of Classes III to IX from the upcoming academic session. This initiative is expected to contribute to the physical, mental, and emotional development of students while instilling healthy habits from an early age.

The Chief Minister further announced that, to promote yoga and yoga education on a sustained basis across schools in the state, specialized training in yoga asanas will be imparted to all PTIs, D.P.Ed. teachers, PGTs, and designated PRTs. This initiative will ensure that students in every school are able to practice yoga regularly under trained guidance.

He also announced that questions related to yoga will be made a mandatory component of all examinations conducted by the Haryana Staff Selection Commission (HSSC) and the Haryana Public Service Commission (HPSC). Necessary amendments to the examination policy will be introduced to implement this provision.

In another major announcement, the Chief Minister said that a state-level Institute of Naturopathy and Yoga will be established in Morni, where undergraduate-level courses in these disciplines will be offered.

Trump-Meloni row intensifies as leaders trade barbs

NEW DELHI: Italian prime minister Giorgia Meloni has called out US President Donald Trump for "senseless", "constant, unprovoked attacks", as a row triggered by his claim she begged him for a picture escalates.

The US president had told an Italian TV channel: "She begged me to take a picture with her. She wanted a picture with me so badly. I wouldn't have taken it, but I felt sorry for her."

In an Instagram post yesterday, Ms Meloni said in response: "Donald Trump's statements are completely made up. I am frankly astonished. I don't know why the president of the United States behaves like this towards his allies."

Mr Trump then said on Truth Social: "Italian Prime Minister Gigiorgia [sic] Meloni asked, over and over, for a picture with me during the G-7 meeting in France.

"She is doing poorly in Italy with her level of popularity, possibly because she turned down the United States of America, a Country that truly loves and protects Italy, when it came to denying Iran from obtaining or developing a Nuclear Weapon (But so did NATO, for that matter!).

"She wouldn't even let us use Italy's landing strips or runways, a great logistical inconvenience, and this despite the fact the U.S. contributes hundreds of Billions of Dollars a year to protect Italy, and other "so-called" NATO Allies. "Now, after the United States defeated Iran militarily, she wants to be friends again in order to get her 'numbers up.' No thanks!!! President DJT."

Rahul Gandhi holds talks with Punjab Congress leaders amid election push



UNI
NEW DELHI, JUNE 21

Congress leader Rahul Gandhi on Sunday held one-on-one discussions with senior Punjab party leaders in New Delhi, as the party steps up preparations for the upcoming Punjab assembly elections and looks to resolve internal differences.

The meeting, held at 10 Janpath, lasted nearly two hours and was attended by key Punjab Congress leaders including state party chief Amarinder Singh Raja Warring, Leader of Opposition Partap Singh Bajwa, former chief minister Charanjit Singh Channi, and senior leaders Sukhjinder Singh Randhawa and Bharat Bhushan Ashu.

According to sources, Gandhi held separate interactions with each leader to review the political situation in Punjab and the state organisation structure.

"Rahul Gandhi spoke to all senior leaders individually and discussed the political situation and organisational issues in Punjab in detail," a source said. The meeting comes a day after Congress treasurer Ajay Maken submitted a report on the Punjab organisation to the party leadership, which is expected to form the basis for possible structural changes and new appointments in the state unit.

Following the meeting, Punjab Congress chief Raja Warring said the party was fully focused on the upcoming elections.

Yoga shows path from mental well-being to physical well-being: PM Modi on International Yoga Day

AGENCY
KOLKATA, JUNE 21



Prime Minister Narendra Modi led the national observance of the 12th International Day of Yoga from Red Road in Kolkata on Sunday. The Prime Minister participated in the Common Yoga Protocol session along with thousands of Yoga practitioners. Extending his greetings to people across the world on the occasion of the International Day of Yoga, PM Modi observed that June 21 is marked by the longest day of the year in several parts of the world and has also emerged as one of the largest collective celebrations of humanity through yoga, according to the press release by the Prime Minister's Office.Addressing the gathering in Kolkata, the Prime Minister said that inspiring images of yoga were being witnessed from different parts of the world."From the Himalayas to the Indian Ocean, and from Bengal and the Northeast to the western region of Saurashtra, the entire nation appeared energised by the spirit of yoga. The country and the world seemed connected through a shared commitment to wellness and harmony, reflecting the unifying power of yoga", remarked Modi.The Prime Minister also praised the people of Kolkata for their efforts under the "Swachhta Se Swagat" initiative. He said that the dedication, hard work and civic responsibility demonstrated by the citizens in maintaining cleanliness had become an inspiration for people across the country.Modi stated that celebrating Yoga Day in West Bengal carried special significance because of the state's rich spiritual and cultural heritage. He recalled that Bengal is the land where Bhagwan Ramakrishna Paramahansa lived and taught.

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International Yoga Day celebrated at Geeta Vidyalaya



KURUKSHETRA (HANS RAJ): 12th International Yoga Day was celebrated with great enthusiasm at Shrimad Bhagavad Gita Senior Secondary School, Kurukshetra. Based on this year's theme, "One Earth, One Health - For Yoga," school's faculty and staff participated enthusiastically in program.Group yoga session was held in school premises at 6am.School's physical education teacher Rajiv led students in practicing Tadasana, Vrikshasana, Bhujangasana, Anulom-Vilom, Kapalabhati Pranayama, and other yoga postures.Secretary of Northern Region, Vijay Nadda through verse "Yogastha Kuru Karmani," explained that yoga is not just about postures but art of living. He encouraged them to work without stress. He said that we should all pledge to practice yoga for at least 40 minutes every day and adopt a plastic-free life.

Arora urges people to make yoga an integral part of life on IYD

SUMER GARG
SUNAM, JUNE 21



On the occasion of International Yoga Day (IYD), a special yoga event was organized today at Shaheed Udham Singh Government College under the supervision of Manpreet Bansal. Punjab Cabinet Minister Aman Arora attended the programme as the chief guest.

A large number of students, teachers, administrative officials, and residents of the city participated in the event, reflecting their growing awareness of and interest in yoga.

Participating in the yoga session and addressing the gathering, Mr. Arora said that yoga is one of the most effective means of keeping the body, mind, and soul healthy. He noted that in today's stressful lifestyle, yoga not only helps prevent diseases but also brings balance and positivity to one's thoughts and way of life.

Emphasizing the importance of adopting yoga as a daily habit, he urged people to make it an inseparable part of their routine in order to lead healthy and happy lives. He particularly appealed to parents to encourage their children to accompany them for yoga sessions and sports activities at playgrounds, thereby inspiring them to adopt a healthy lifestyle. He added that such habits can help the younger generation stay away from social evils such as drug abuse.

The Minister further stated that the Punjab Government is continuously working to promote sports and healthy living across the state.

He said that sports and yoga infrastructure is being strengthened further so that the youth can channel their energy in a positive and productive direction.

During the event, yoga experts demonstrated various asanas and provided detailed information about the benefits and significance of yoga, encouraging participants to incorporate the ancient practice into their daily life.

On the occasion, the organizers honoured Mr. Arora for his contributions to public welfare and social development by presenting him with a memento.

International Yoga Day celebrated with enthusiasm at Swami Vivekanand International School

RK KASHYAP
CHHACHHRAULI, JUNE 21



International Day of Yoga was celebrated with enthusiasm and participation at Swami Vivekanand International School, where students, teachers and parents took part in various yoga activities. The programme began with a collective yoga session during which participants performed different yoga postures and pranayama exercises. The event aimed to spread awareness about the importance of yoga and its benefits for physical and mental well-being.

A special attraction of the programme was a yoga presentation by KG-A student Samayra. Her performance received appreciation from teachers, parents and fellow students for demonstrating yoga postures with confidence at a young age.

School management highlighted the significance of yoga, describing it as not only a means of maintaining physical fitness but also a source of mental peace, self-discipline and positive energy. Students were encouraged to incorporate yoga into their daily routines. Teachers attending the programme said yoga has become increasingly important in today's fast-paced lifestyle. They noted that regular yoga practice helps reduce stress, improves concentration and contributes to overall health.

The programme concluded with students taking a pledge to adopt a healthy lifestyle and practise yoga regularly. Organisers said such activities help instil healthy habits and promote holistic development among children from an early age.

Karnal hosts grand Haryana State Chess Championship



SHIV KUMAR SHARMA
KARNAL, JUNE 21

Karnal witnessed an exciting celebration of young talent and competitive spirit as the 30th Haryana State Under-7 Open & Girls Championship, 30th Haryana State Under-11 Open & Girls Championship, and 40th Haryana State Women Chess Championship were successfully organized on June 20 and 21 at Vatika Lawns, Sector-14, Karnal.

The prestigious state-level event was organized by the Karan Nagri Chess Association under the aegis of the Haryana Chess Association. A total of 206 players from 13 districts of Haryana participated in the championship, showcasing the growing popularity of chess across the state.The tournament featured five categories—Under-7 Open, Under-7 Girls, Under-11 Open, Under-11 Girls, and Women Open. Players competed in a professionally managed environment, with organizers providing a fully air-conditioned playing hall to ensure comfort and concentration throughout the competition. The event management was led by Deepti Sukhija, who, along with her dedicated team, ensured smooth conduct of the tournament, maintaining discipline and making arrangements for refreshments and player welfare during the two-day championship.

Classified

I, Raghvir Singh S/o Jit Singh, father of No. JC511954N Rank : Subedar Baljinder Singh of 19 Sikh Li C/o 99 APO, resident of village Dhura (Sangrur), Punjab have changed my name from Raghvir Singh to Raghbir Singh vide affidavit dated 19 Jun 2026 before Notary Public, Dhuri (Sangrur)

98724

I Baljit Kaur sran w/o Bhupinder Singh Sran r/o Tehsil & Distt Bathinda have changed my name Baljit Kaur to Baljit Kaur sran. Please note.

60018

I Bhupinder Singh Sran s/o Ajaib Singh r/o Tehsil & Distt Bathinda have changed my name Bhupinder Singh to Bhupinder Singh Sran. Please note.

60018

I SK Singh S/o Nageshwar Prasad Singh R/o 1550/A, Durga Colony, Ward No 06, Kalka, Panchkula Changed My Name To Subodh Kumar Singh

666554

I Sunita Rani W/o Subodh Kumar Singh R/o 1550/A, Durga Colony, Ward No 06, Kalka, Panchkula Have Changed My Name To Sunita Singh

666554

PUBLIC NOTICES

I, Parveen Akhtar W/o Mohd Anwer Nandan R/o H. No B-VIII/778, Mohalla Bhumsi Chowk, Malerkotla, District: Malerkotla (Punjab), do hereby declare that in some of my documents my name is mentioned as Parveen Akhtar and in some documents as Parveen Anwar. Both these names belong to one and the same person (myself). It is clarified that Parveen Akhtar and Parveen Anwar are the names of the same individual for all future and legal purposes.

63372

I, Hitherto Known as Sukhwinder Singh Kullar S/o Harraj Singh, R/o H. No. 262, Vill Middu Khera, Distt. Sri Muktsar Sahib, Punjab-151211, have changed my name and shall hereafter be known as Sukhwinder Singh. It is certified that I have complied with other legal requirements in this connection.

63372

I, Shiv Sharan S/o Sumer Chand R/o Babain distt. Kurukshetra have changed my name Shiv Sharan to Shiv Sharan Sharma

98765

I, Chander Lal S/o Sh. Amrit Lal R/o House No. 143, Gali No. 5, Basant Vihar, Karnal that have changed my name from Chander Lal Narwal to Chander Lal. All please note.

100046

I, Krishan Mohan Singh S/o Chhavi Lal Singh Residing At B-31/25, Gali No. 3, Shankar Colony, Nazdiki Goushala Unit-2, Tibba Road, Basti Jodhewal, Ludhiana, District Ludhiana, Punjab-141007, India, have changed the name of my minor son DIVYANSH, aged 14 years and he shall hereafter be known as DIVYANSH SINGH. It is certified that I have complied with other legal requirements in this connection.

90002

PUBLIC NOTICES

ਮੈਂ ਜਿਲਾ ਰਾਮ ਪੁੱਤਰ ਮਸਾਣਾ ਰਾਮ ਵਾਸੀ ਪਿੰਡ ਕਮਾਲੂ ਤਹਿਸੀਲ ਤਲਵੰਡੀ ਸਾਬੋ ਜਿਲ੍ਹਾ ਬਠਿੰਡਾ ਪੰਜਾਬ ਨਾਲ ਬਿਆਨ ਕਰਦਾ ਹਾਂ ਕਿ ਮੇਰਾ ਲੜਕਾ ਸਰਮੀਤ ਕੁਮਾਰ ਮੇਰੇ ਕਹਿਣੇ ਤੋਂ ਬਾਹਰ ਹੈ। ਇਸ ਲਈ ਮੈਂ ਆਪਣੇ ਲੜਕੇ ਸਰਮੀਤ ਕੁਮਾਰ ਨੂੰ ਆਪਣੀ ਚੱਲ-ਅਚੱਲ ਜਾਇਦਾਦ(ਸੰਪਤੀ) ਤੋਂ ਬੇਦਖਲ ਕਰਦਾ ਹਾਂ। ਇਸ ਨਾਲ ਲੈਣ ਦੇਣ ਕਰਨ ਵਾਲਾ ਖੁਦ ਜ਼ੁੰਮੇਵਾਰ ਹੋਵੇਗਾ। ਮੇਰਾ ਇਸ ਨਾਲ ਕੋਈ ਤਾਲੁਕ ਵਾਸਤਾ ਨਹੀ ਹੈ।

60018

I Darsho W/o Puran Chand, R/o Vill. Jamalpur, PO Sudana, Distt., Jalandhar declare that my sons Sagar and Makhan Ram are out of my control. So I disown them from all my moveable and immovable properties. Anybody deals with them at their own risk and responsibility. All concerned may note.

900026

I hitherto known as TANISHKA PAL D/o BALJIT PAL residing at House No. 42/43, Street No. 02, Near Boby Di Chakki, Chitti Colony, Bhattian, Ludhiana, District Ludhiana, Punjab-141008, India, have changed my name and shall hereafter be known as TANIKSHA PAL. It is certified that I have complied with other legal requirements in this connection

90002

I hitherto known as DHIMAN SHYAMSINGH S/o HARI SINGH residing at 478, Malerkotla Road, Village Rania, Delta City, Block D-2, P.O. Sangowal, District Ludhiana, Punjab-141122, India, have changed my name and shall hereafter be known as SHYAMSINGH DHIMAN. It is certified that I have complied with other legal requirements in this connection

90002

I Sagina Alias Radhika Mehra W/o Krishan Lal R/o H.No. E.S. 232, Makhdumpura, Jalandhar-144001, Punjab, have changed my name from Sagina Alias Radhika Mehra to Radhika Mehra. All concerned please note.

900026

I Kamaljit Kaur W/o Balwinder Singh, R/o Near Sugar Mill, Baba Karam Singh Colony, Bhogpur, Distt. Jalandhar have changed my name from Kamaljit Kaur to Kaur Kamaljit. All concerned may note.

900026

PUBLIC NOTICE

Notice is hereby given to the general public that the Original Sale Deed relating to property measuring 1 Biswa 17 Biswasi Khata No. 528/755, Khasra No. 181 (0-2), Revenue Kukkar Majra Plot No. 238, Shastri Nagar, Sector – 40, Mandi Gobindgarh, Tehsil Amloh, District Fatehgarh Sahib, Punjab, Wasika No. 3288 16-01-2009 has been lost/misplaced. A Lost Article Report vide L.A.R. No. 202601019785 dated 19.06.2026 has been lodged with Chandigarh Police. Any person having any claim, objection or interest in respect of the said property / document may contact the undersigned within 15 days of publication of this notice, failing which no claim shall be entertained and necessary action for obtaining duplicate/certified copies shall be taken.

Sd/- Shishi Jaiswal Mob.: 8888888888

63372

I, Sonia W/o Jogesh Kumar Sondhi , R/o H.no. 3/5686, Love Khush Nagar, Nakodar Distt. Jalandhar have changed my name from Sonia to Sonia Sondhi. All concerned may note.

900026

I, Gurjant Singh Sandhu S/o Kuldip Singh R/o Vill: Maujgarh Teh-Dharamkot (Moga) have changed my name to Gurjant Singh.

63372

I, Avtar Singh S/O Zora Singh R/O Vpo. Talwandi Mallian, Distt. Moga (Pb), I Have Changed My Name Avtar Singh Malhi To Avtar Singh.

63372

I, Arun Kumar S/o Balak Nath R/o Vill: Shahpur Patti Po. Jadla Teh-Nawanshahr Distt. SBS Nagar, Pb, declare that my given name is Arun and my surname is Kumar. Please note.

63372

I, Kamaljit Singh S/O Harjinder Singh R/O Powat (Ludhiana) Changed My Name Kamaljit Singh Kharoud.

63372

I, Jyoti Kumari W/O Des Raj R/O VPO Bhawanipur, Tehsil Garhshankar, Distt. Hoshiarpur, Punjab, India, have changed my minor daughter's name from Shagun to Shagun Rana.

63372

I Sanjeev Kumar Singla S/o Arun Kumar R/o Machhiwara, Tehsil Samrala (Ludhiana) have changed my name as Sanjeev Singla.

63372

LOST & FOUND

I,Amardeep Singh Sandhu s/o sh.Mohinder Singh R/o H.No. 212,The PALM,MANOHAR Singh and company,New Chandigarh is GPO holder of Gurudev Singh Mann, have lost the Original Copy of Buyer Agreement issued by Unitech Limited (Real Estate Division) bearing Reference No.43965/10. Anybody finding the document please contact within 10 days from this notice.

900012

I, Avtar Singh S/o Gurdev Singh R/o Dakha Road Near Guru Nanak Public School Mullanpur Jagraon (Ludhiana) have changed my name to Avtar Singh Grewal.

63372

I, Shwetank S/o Ram Kishan R/o Near Govt Primary School, Vpo. Hambran (Ludhiana) have changed my name to Shwetank Kalpdey.

63372

I, Palwinder Singh Rai S/O Pisora Singh R/O Raian (Ludhiana) Changed My Name Palwinder Singh.

63372

I Shikha Kapoor W/O Sunny Dawar R/O H.No: 9/272/6 Adarsh Nagar Banga Distt SBS Nagar Punjab India Have Change My Name From Shikha Kapoor To Shikha Dawar.

63372

I Rashpal Singh Ranu S/O Ajit Singh R/O Vpo Langeri Distt SBS Nagar Punjab India Have Change My Name From Rashpal Singh Ranu To Rashpal Singh.

63372

I, Joginder Singh S/o Santokh Singh R/o H.No. 1862 Chungi No. 5 Agwar Gujjran Jagraon (Ludhiana) have changed my name to Joginder Singh Sekhon.

63372

I, am Kirandeep Kaur W/o Tejinder Singh Uppal R/o Vpo. Kussa Distt. Moga I have changed my name to Kirandeep Kaur Uppal.

63372

Public Notice

Manjit Kaur W/o Avtar Chand, resident of Ward No. 04, House No. 1464, Ghanuan, Distt. Mohali, inform that my Registry/Vasika No. 7482 dated 07-12-2016 has been lost. DDR No. LAR 2026. SAS- 734621 dated 20-06-2026 has been lodged at Kharar Police Station.
The said property is under loan process with Capital Small Finance Bank, Morinda Branch. Any person having objection/claim or finding the document may contact within 15 days. Contact: Capital Small Finance Bank, Morinda Branch, Ph: 0160-2632377., Mob: 7347040430

63372

Public Notice

Pooja Verma W/o Rakesh Kumar, resident of Village Kainaur, Morinda, Distt. Rupnagar, hereby inform that my Registry/Vasika No. 1908 dated 20-12-2024 has been lost. DDR No. LAR 2626-RPR-734626 dated 20-06-2026 has been lodged at Morinda Police Station. The said property is under loan process with Capital Small Finance Bank, Morinda Branch. Any person having any objection/claim or finding the said registry/document may contact within 15 days. Capital Small Finance Bank, Morinda Branch Ph: 0160-2632377, 2632308 Mob: 7347040430

63372

I, Sarabjeet Kaur S/o Balwant Singh R/o Vill. Sarain Dass Colony, Alhoran Kalan Nabha-147201, Distt. Patiala (Punjab), India have changed my name Sarabjeet and Kaur as Surname.

63372

I, Balwant Singh S/o Nachatter Singh R/o Vill. Sarain Dass Colony, Alhoran Kalan Nabha-147201, Distt. Patiala (Punjab), India have changed my name Balwant and Singh as Surname.

63372

I, Surkhab Singh Sahnewal s/o Jatinder Pal Singh R/o House No.B-1-371, Kohara Road, Sahnewal have changed my name from Surkhab Singh Sahnewal to Surkhab Singh. All concerned please note.

63372

I, Sohrab Singh Sahnewal s/o Jatinder Pal Singh R/o House No.B-1-371, Kohara Road, Sahnewal have changed my name from Sohrab Singh Sahnewal to Sohrab Singh. All concerned please note.

63372

I, Varundeep Kaur Sahnewal w/o Jatinder Pal Singh R/o House No.B-1-371, Kohara Road, Sahnewal have changed my name from Varundeep Kaur Sahnewal to Varundeep Kaur. All concerned please note.

63372

I, Manpreet Kaur Jatana W/o Jagseer Khan R/o Near Dharamshala Harraipur Bhokhri Distt. Bathinda have changed my name to Manpreet Kaur.

63372

I, Neelam Gupta W/O Shri Mahesh Gupta permanent Resident of W.No.08 Khamano Distt Fatehgarh Sahib, Punjab. Is here by stating that I have changed my name Boby Gupta alias Neelam Gupta to Neelam Gupta W/o Shri Mahesh Gupta S/o Shri Ram Das Gupta. Concern please be noted.

63372

I, Sat Pal Singh Atwal S/o Sohan Singh R/o H.No.75 Golden Avenue Phase-1 Partap Singh Wala, Ludhiana Changed Name Satpal Singh.

63372

I, Jaswinder Singh S/o Nachhattar Singh R/o W.No.1 Bagha Purana (Moga) Have Changed My Name To Jaswinder Singh Poonia.

63372

I Jagsir gir S/o Saroop Singh R/o Patti Shua Vpo Manuke tehsil Jagraon Distt Ludhiana, Have changed my name to Jagsir Singh.

63372

I Ranjit Kaur W/o Sukhjit Singh Sidhu R/o Vpo Dangian tehsil Jagraon Distt Ludhiana, Have changed my name to Ranjit Kaur Sidhu.

63372

I Sukhjit Singh S/o Chuhar Singh R/o Vpo Dangian tehsil Jagraon Distt Ludhiana, Have changed my name to Sukhjit Singh Sidhu.

63372

I, Kulwinder Kaur W/O Balraj Kumar R/O Vpo. Kultham, Tehsil Banga (S.B.S. Nagar) Have Changed My Name From Kulwinder Kaur To Kaur Kulwinder As Kaur Surname And Kulwinder Given Name.

63372

I, Manju Garg W/o Amit Kumar Aeron R/o H No 1048, Phase 4, Green City, Bathinda-151001 changed my name from Manju Garg to Manju.

63372

I, Neetu Rani R/o Vpo. Nogawan Teh-Rajpura Distt. Patiala Pin-140417 have changed my name to Navreet Kaur.

63372

I, Balpreet Kaur W/o Gurpinder Singh R/o Vill: Jhambala Teh-Amloh Distt. Fatehgarh Sahib have declare that Balpreet is my given name and Kaur is my surname.

63372

I, Balpreet Kaur W/o Gurpinder Singh R/o Vill: Jhambala Teh-Amloh Distt. Fatehgarh Sahib have declare that my minor son Gunkar Singh's given name is Gunkar and Singh is his surname.

63372

I, Kuldeep Singh Sandhu S/o Tarlok Singh R/o Ward No. 12, Khemkaran Tehsil Patti District Tarn Taran have changed my name from Kuldeep Singh Sandhu to Kuldeep Singh.

63372

I, Rachna Mittal W/o Ashish Mittal R/o Near Govt Girls School, VTC: Talwandi Bhai, PO: Talwandi Bhai, District: Ferozepur, Punjab - 142050, have changed my name from Rachana Goyal to Rachna Mittal.

63372

I Akram S/O Shafiq Ahmad Muhalla Araian Sirhindi Gate Malerkotla District Malerkotla To Have Changed My Name Akram To Akram Khan.

63372

I Harvinderpal Singh Paul S/o Saggar Singh R/o Guru Teg Bahadur Colony Malerkotla Tehsil & Distt: Malerkotla. I Have Changed my Name From Harvinderpal Singh Paul to Harvinder Paul Singh, All Concerned Please Note.

63372

I, Rajinder Singh Bhathal S/o Jawant Singh R/o Vill: Bhathal Po. Bowani Distt. Ludhiana Pb-141421 have changed my name to Rajinder Singh.

63372

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CHANDIGARH
MONDAY, JUNE 22, 2026

YUGMARG
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PGIMER marks 12th International Day of Yoga 2026 with collective commitment to healthy ageing



CHANDIGARH: The Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, observed the 12th International Day of Yoga 2026 with enthusiasm and a spirit of togetherness, bringing together healthcare professionals, faculty members, students, employees, and their families in a celebration of wellness through yoga. The event was graced by Dr Vivek Lal, Director, PGIMER, Mr. Pankaj Raj, Deputy Director Administration, Dr R. K. Ratho, Dean (Academic), Dr Sanjay Jain, Dean (Research) and Dr J.S.Thakur, President,World NCD Federation. Organized by the CCRYN - Collaborative Centre for Mind Body Intervention through Yoga– PGIMER (Yoga centre), the early morning programme at the Institute's Sports Complex witnessed 3217 participants despite the weekly holiday and NEET exam from diverse age groups performing Common Yoga Protocol aimed at fostering physical vitality and mental well-being.

NEWS BRIEF

12th International Yoga Day celebrated in New Chandigarh

J.K. BATTA

NEW CHANDIGARH: The 12th International Yoga Day was celebrated in New Chandigarh, where Sonia Kapila, Rama Bhatia, Poonam Dhingra, Ankita Mutneja, Sushmita Sarangi (a teacher), Madhu Arora, Robin, Jagriti, Poonam Bhatia, Neetu, and others shared how people have cured their serious illnesses by adopting yoga. Today, they are living happy lives after eradicating diseases at the root. Let us incorporate yoga into our daily lives. Beyond practising yoga themselves, they are now raising awareness among others about it. Nowadays, people can be seen performing yoga exercises early in the morning.



On the occasion of the 12th International Yoga Day, these women led a yoga session for approximately 200 people in a park in New Chandigarh.
They conduct daily yoga sessions, and participants shared the benefits they received: Poonam Dhingra mentioned that she suffered from varicose veins; blood had started leaking from the veins in her legs.

Sambar cub rescued from clutches of ferocious dogs handed over to forest department staff



DEVINDER SHARMA

RUPNAGAR : A sambar cub was rescued from the clutches of ferocious dogs in Sunrise Colony, adjacent to Nanakpura village in Rupnagar on Sunday. Kamal Saini, a resident of Sunrise Colony, said, "The forest starts near my house, and around 5 p.m., I heard loud noises coming from there. I went up to my rooftop and saw a pack of six or seven dogs holding a sambar cub. I shouted loudly and used small pieces of brick lying on the roof to scare them away. I then called a forest department official and informed him of the situation. He assured me that a forest department team would arrive shortly." Shortly after, forest department employees arrived and safely brought the sambar cub out of the forest and took it away in their vehicle. Upon questioning the forest department employees, they said it would be treated for four to five days.

Punjab Governor Interacts with Senior Journalists Forum at Punjab Lok Bhavan

SHASHI PAL JAIN
CHANDIGARH, JUNE 21



Punjab Governor and Administrator, UT Chandigarh, Shri Gulab Chand Kataria, today held an interactive session with members of the Senior Journalists Forum, Chandigarh, at Punjab Lok Bhavan, Chandigarh.

Welcoming the members of the Forum, the Governor said that journalism has played a vital role in strengthening democracy and shaping public opinion. He emphasized that the power of the pen, coupled with truthfulness, honesty, and objective analysis, has earned journalists immense respect and recognition in society.

Shri Kataria observed that many of the issues debated in Parliament and State Legislatures have historically originated from reports and investigations carried out by journalists. He described the media as an essential pillar of democracy and appreciated the role of journalists in bringing public concerns to the attention of governments and policymakers.

The Governor said that it is the duty of journalists to highlight shortcomings in the system so that corrective measures can be taken in the larger public interest. He noted that constructive criticism and fearless reporting help governments and administrations improve their functioning and enhance public welfare.

Stressing the importance of self-improvement, Shri Kataria remarked, "One should never hide one's shortcomings; rather, efforts should be made to learn from them and continuously improve." He further stated that journalists serve as valuable guides for governments and administrations by drawing attention to areas requiring improvement. Their insights and observations contribute significantly to transparent, accountable, and people-centric governance. Appreciating the initiative of the Senior Journalists Forum, the Governor said that bringing senior journalists together on a common platform is a commendable achievement.

Central Bank of India celebrates International Day of Yoga 2026 with grand yoga event at Sukhna Lake



SHASHI PAL JAIN
CHANDIGARH, JUNE 21

Under the guidance of the Ministry of Ayush, Government of India, and organized by Central Bank of India, Chandigarh Zone, the International Day of Yoga 2026 was celebrated with great enthusiasm and participation at Sukhna Lake, Chandigarh.

The theme of this year's Yoga Day was "Yoga for Healthy Ageing", wherein around 1000 participants performed yoga as per the Common Yoga Protocol and conveyed the message of a healthy and balanced lifestyle.

The Chief Guest, Sh. Manish Acharya Ji, Ayurveda Expert, Wellness Expert & Motivational Speaker, highlighted the importance of yoga and Ayurveda in maintaining a healthy life. He shared valuable insights on the mool mantra (basic principles) of healthy living, useful yoga asanas, natural lifestyle practices, and the importance of regular yoga for physical and mental well-being.Dr. Rajiv Kapila, Senior Ayurvedic Physician, Ministry of Ayush, Government of India, was also present on the occasion. He shared his valuable views on the scientific importance of yogaThe event was graced by the presence of Sh. S.K. Singh, Zonal Head, Central Bank of India, Chandigarh Zone & General Manager, Central Bank of India, as Guest of Honour. Addressing the gathering, he emphasized the importance of practicing yoga regularly, following healthy lifestyle habits, and maintaining a stress-free life. He congratulated all participants and also highlighted the importance of Health Insurance for securing the health and future of families.Ms. Priyanka Bansal, Deputy Zonal Head, actively participated in the event and encouraged participants towards adopting yoga and wellness practices.

SBI commemorates International Day of Yoga 2026 with focus on "Yoga for Healthy Ageing"

CHANDIGARH, JUNE 21



State Bank of India (SBI) celebrated the International Day of Yoga 2026 at its Local Head Office, Sector 17, Chandigarh, in line with this year's theme, "Yoga for Healthy Ageing."

Shri Praveen Kumar, Deputy General Manager (F&O), along with other dignitaries and staff members, graced the occasion.

The session was conducted by Sh. Umesh Mittal, a Yoga teacher, who guided participants through various yogic practices aimed at enhancing physical well-being, mental clarity, and overall health.

Speaking on the occasion, Shri Praveen Kumar emphasized the importance of incorporating yoga into daily life to promote a healthy lifestyle, reduce stress, and improve overall well-being.

He encouraged employees to adopt yoga as a regular practice for maintaining physical fitness and mental resilience.

The celebration reflected SBI's continued commitment to foster a healthy, balanced, and positive work environment for its employees. The programme concluded with Shri Praveen Kumar thanking all the participants for taking part in this event and making it successful.

Through such initiatives, SBI continues to promote wellness, mindfulness, and healthy living among its workforce and the community at large.

Happy Champs Pre-School celebrates International Yoga Day with enthusiasm



SHASHI PAL JAIN
KHARAR, JUNE 21



Happy Champs Pre-School, Arya College Road, Kharar, vibrantly celebrated International Yoga Day with wholehearted participation from all students and staff, led by dedicated teachers Ms. Priti Tiwari, Ms. Prabhjot Kaur, and Ms. Neetu Sharma.

Highlighting the event, Director Vikas Chadha noted that yoga is a holistic way of living that unites the mind, body, and soul, essential for building resilience in young children.

Principal Dr. Sunaina Chadha added that yoga is a precious gift to humanity that enhances flexibility, balance, and emotional well-being from an early age.

Located near the Dusshera Ground, the school continues to promote health and mindfulness alongside early education.

AIPNBOA holds second triennial conference 2026 in Mohali



LK BANSAL
MOHALI, JUNE 21

The Mohali Circle Unit of the All India Punjab National Bank Officers Association (AIPNBOA) successfully organised its Second Triennial Conference 2026 at Hotel Best Western Plus, Mohali. The grand event witnessed the participation of bank officers from across the country, senior office-bearers of the association and representatives from the bank management.

The conference was chaired by AIPNBOA General Secretary Com. Dilip Saha, President Com. Kushal Gupta, Executive President Com. G. Venkanna, Chairman Com. Kaushik Ghosh, along with Ramanuj Prasad, Zonal Manager of Punjab National Bank, Ludhiana Zone, Biswajit Biswal, Circle Head, Mohali, Vice President Rohit Kakkar, AGS Ludhiana Zone Ajay Aggarwal, Organising Secretary and Mohali Circle Secretary Amandeep Singh, newly appointed Mohali Circle President Vinod Dahal, and former Mohali Circle President Sanjeev Deora.During the conference, extensive discussions were held on various issues concerning bank officers, workplace challenges, the changing banking environment and future strategies.

BBMB organizes collective Yoga session on International Yoga Day 2026



HOSHIARPUR (DALJEET AJNOHA): Bhakra Beas Management Board (BBMB), under the guidance of Chief Engineer Rakesh Gupta, organized a collective yoga session at the BBMB Community Hall on the occasion of the 12th International Yoga Day. The special event witnessed enthusiastic participation from senior officers, employees, students of DAV School, and local yoga enthusiasts. Sharing details of the event, Chief Engineer Rakesh Gupta stated that yoga is not merely a form of physical exercise but a holistic way of life that brings harmony among body, mind, and soul. He emphasized that under the visionary leadership of Hon'ble Prime Minister Narendra Modi, yoga has emerged as a powerful global medium for connecting humanity. He also appreciated the continuous efforts being undertaken by BBMB under the guidance of Engineer Manoj Tripathi, Chairman, BBMB, and Manohar Lal, Hon'ble Union Minister of Power, Government of India, to promote employee welfare and encourage the practice of yoga. Highlighting the benefits of yoga, Superintending Engineer (Power) Ajit Kumar said that in today's fast-paced and technology-driven lifestyle, yoga serves not only as a source of physical fitness but also as an effective tool for achieving mental peace.

Girls from neighboring countries being sold for 1,350 Riyals



SHAHKOT (MEHARJOT SINGH): The painful reality of Indian daughters being lured to Arab countries with promises of employment has once again come to light. A young woman from Jalandhar district, who became trapped in the network of travel agents and was taken first to Dubai and then to Muscat, has safely returned home through the efforts of Rajya Sabha Member Sant Balbir Singh Seechewal.

Her family expressed their gratitude to Sant Seechewal, saying that they lived in constant anxiety until their daughter finally returned home safely. The victim, who recently returned, revealed disturbing details that expose the dangerous reality of human trafficking. She said that in Muscat she saw many girls from Nepal, Sri Lanka, Myanmar, and India living in extremely poor conditions. According to her, girls were being sold from one employer to another for amounts ranging from 1,200 to 1,350 Omani Riyals. The young woman explained that on February 14, she left for Dubai through a girl from her village, hoping for a brighter future.

Dharampal Upashak's Poetry Book "Dead people do not write letters" released



TILAK RAJ
MOHALI JUNE 21

The launch ceremony of the second poetry collection, "Mare Khat Nahin Likhia Karde" (Dead People Do Not Write Letters), written by renowned author, journalist, and leader of the working community Dharampal Upashak, was held today at the Chandigarh Press Club. The book contains 34 poems.Mr. Upashak's first book, "Gumshuda Pairan" (Lost Footsteps), was published in 2001.The event was attended by author Dharampal Upashak along with prominent writer and thinker Dr. Sukhdev Singh Sirsa, senior journalist Sham Singh Ang-Sang, employee leader Hakam Singh, and theatre director ShabdishWelcoming the guests, the author's daughter and well-known theatre actress Anita Shabdish said that she inherited her understanding and appreciation of literature, art, and culture from her father.Speaking about his association with the author, Sham Singh Ang-Sang said that Upashak is a unique personality.Baldev Singh, director of Saptarishi Publication, presented a framed poster as a tribute.A song performed by Avnoor, "Tu Jug Jug Jeeven Eh Mangan Main Duaavan" (May you live long; this is my prayer), received great appreciation.

Yoga emerges as powerful shield against drug abuse among youth: Mukesh Verma



GURDASPUR (YUGMARG BUREAU): On the occasion of International Yoga Day, a series of large-scale awareness initiatives were conducted across government schools in Gurdaspur district under the banner of "Nasha Mukt Bharat Abhiyan – Viksit Bharat Di Pehchan." The programmes were organized in accordance with the directions of Kiran Sharma, Director, Punjab School Education Department and SCERT Punjab, under the guidance of District Education Officer (Secondary) Rajesh Kumar Sharma and Deputy District Education Officer Anil Sharma.

The campaign was effectively coordinated and supervised by Mukesh Verma, District Nodal Officer, Nasha Mukt Bharat Abhiyan. As part of the observance, students and teachers enthusiastically participated in an online pledge campaign through the Government of India portal, reaffirming their commitment towards building a drug-free and healthy society. Special yoga and meditation sessions, organized with the support of various social and spiritual organizations, focused on enhancing mental well-being, emotional resilience and positive life values among young minds.

12th International Yoga Day celebrated at PGGC Sector-46, Chandigarh



MOHALI (TILAK RAJ): Post Graduate Government College, Sector-46, Chandigarh celebrated the 12th International Yoga Day on 21 June 2026 with great enthusiasm and active participation of students, NSS volunteers, and faculty members.The programme commenced with a prayer, followed by a yoga session conducted by a trained yoga instructor. The participants were guided through various yoga postures, including Tadasana, Vrikshasana, Bhujangasana, and Vajrasana, along with breathing exercises and meditation. The session highlighted the significance of yoga in promoting physical fitness, mental peace, and overall well-being.Vice Principal Dr. Rajesh Kumar encouraged everyone to incorporate yoga into their daily routine and emphasized its importance in maintaining a healthy and balanced lifestyle.

The event was graced by the presence of Dean Professor Dr. Sneh Harshinder Sharma, Dr. Baljeet Singh, Mr. Parveen Chaubey, Dr. Mukesh Chauhan, Dr. Pooja Garg, Dr. Vishav Gaurav, NSS Incharge Mr. Satyajeet, Dr. Satyawan, Dr. Amanpreet Kaur, and other faculty members.

The celebration concluded with a message to practise yoga regularly and spread awareness about its numerous benefits for a healthier and harmonious life.

MCM celebrates 12th International Day of Yoga



CHANDIGARH: Department of Physical Education at Mehr Chand Mahajan DAV College for Women, in collaboration with NSS units, celebrated International Day of Yoga under the aegis of Fit India Movement. The event aimed to promote the timeless values of yoga and encourage a healthy and balanced lifestyle among students and staff.

The programme commenced with a prayer, followed by the screening of the message of the Hon'ble Prime Minister, Shri Narendra Modi, who highlighted yoga's transformative role in fostering physical health, mental well-being, emotional resilience, and global harmony. A yoga demonstration session based on Common Yoga Protocol was subsequently conducted by NSS volunteers and sports students of the college, including state medalists in Yoga, national participants, inter-college medalists, and achievers in Rhythmic Gymnastics. Participants enthusiastically performed a series of yogic postures, including Vrksasana, Padahastasana, Ardha Chakrasana, Trikonasana, Bhadrasana, Sasankasana, Bhujangasana, and Makarasana. The session also featured breathing exercises such as Kapalabhati, Pranayama, and Bhramari Pranayama, followed by Dhyana (Meditation).

Taking inspiration from martyrdom of Sri Guru Arjan Dev Ji, society can be given right direction: Maninder Singh Lucky



PATHANKOT (SHARANJEET): A discussion on the topic "Inspired by the Martyrdom of Sri Guru Arjan Dev Ji" was organized at the Grand Hotel on Dhangu Road on the occasion of the martyrdom day of the fifth Guru, Sri Guru Arjan Dev Ji. The event was organized under the supervision of social worker and President of Pathankot Vapaar Mandal Maninder Singh Lucky, Chairman Anil Mahajan, President of Gurdwara Sri Guru Singh Sabha Model Town Manpreet Singh Sahni and Davinder Singh Mintu. Addressing the gathering, Maninder Singh Lucky, Anil Mahajan, Lions Club PDG Satish Mahindru, Manpreet Singh Sahni, Dr. ML Attri, Punjab Chamber of Commerce General Secretary LR Sodhi and former Deputy DEO Primary Didar Singh said that the martyrdom of Sri Guru Arjan Dev Ji gives a unique message of truth, tolerance, sacrifice and service to humanity.

They said that today's need is to connect the new generation with their religion, history and cultural heritage so that they can be aware of their great past and high values. The speakers called for following the path shown by the Gurus and strengthening mutual brotherhood and harmony in the society. It was agreed to organize such religious and social awareness programs in the future as well.

Yoga is beneficial for physical fitness as well as mental health: Dr. Dhir



JALANDHAR (PARAMJIT SINGH) : As per the guidelines of Deputy Commissioner Varjit Walia and Director Ayurveda Dr. Raman Khanna, the district administration in collaboration with the Ayurveda Department celebrated International Yoga Day at the ESI Hospital campus here today.

During the district level function organized under the leadership of District Ayurvedic and Unani Officer Dr. Diwan Chand Dhir, hundreds of participants were trained in various yoga asanas by the experts of the department.

District Ayurvedic and Unani Officer Dr. Diwan Chand Dhir, while shedding light on the importance of yoga on this occasion, said that yoga is not only beneficial for physical fitness but also for mental health. He called upon people to make yoga an integral part of their daily lives for staying fit and living a happy life. The team of Dr. Neeraj, Dr. Yogesh, Dr. Manu, Dr. Aditi, Dr. Ravinder Kaur and Dr. Priyanka Bhandari conducted yoga asanas for the participants. AAP leader Nitin Kohli specially attended the occasion. During the program, Medical Superintendent ESI Hospital Dr. Jyoti Sharma, Secretary Red Cross Society Dr. Surjit Lal, SRO Mukesh Kumar, Chandan, Senior Physician Dr. Chetan Mehta, Dr. Sunil Kumar, Dr. Rupali Kohli, Dr. Hemant Malhotra, Dr. Sukhdev Ratan, Dr. Manveer, Superintendent Jasvir Kaur, Clerk Vikram, Manpreet, Rajesh, all the staff of the department and a large number of participants were present.

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12th International Day of Yoga 2026

AMRITSR (HARPAL SINGH): NCC Group HQ Amritsar conducted the 12th International Day of Yoga on 21 Jun 2026 with great fervour and enthusiasm at Amritsar , Gurdaspur, Batala and Pathankot. The main function was held at lawns of Khalsa College, Amritsar .The event was organized under the theme "Yoga for Healthy Ageing". 02 Officers, 10 ANOs/CTOs, 20 PI staff and more than 600 NCC Cdts participated in the yoga session and performed various asanas and pranayama as per the Common Yoga Protocol.



The event started with live telecast of Address by Honorable PM.This was followed by Yoga wherein Yoga Instructor from Bhartiya Yog Sansthan guided the participants to do Yoga. He highlighted the importance of yoga in maintaining physical and mental well-being and promoting healthy ageing. This was followed by a Nukkad Natak on importance of Yoga. The event successfully reinforced awareness about the benefits of yoga and encouraged participants to adopt yoga as a way of life.

NEWS BRIEF

Warm welcome for BJP National President by Amarjit Singh Tikka on arrival in Ludhiana



LUDHIANA: Upon the arrival of BJP National President Nitin Nabin in Ludhiana during his Punjab tour, senior BJP leader, executive committee member, and former chairman Amarjit Singh Tikka welcomed him with a bouquet of flowers. Mr. Tikka shared that he had an open discussion with the National President regarding the major issues of Punjab. Punjab BJP President Sardar Kewal Singh Dhillon was also present on this occasion.

Preet, Jogi, Teji and Sangat release poster of Saints' anniversary event



RAKESH JINDAL
NABHA: Preparations for the 23rd annual death anniversary of Sachkhand resident Shri Maan Sant Baba Sukhdev Singh Ji Maharaj have been completed at the world famous Gurudwara Isarpura Sidhsar Sahib Aloharan. While releasing the poster regarding the death anniversary of the saint at Aloharan Sahib, Shriman Sant Baba Sukhdev Singh Ji Maharaj's Charan Sewak Baba Narinder Singh Ji, eminent social worker and MD Charan Singh Malkit Agrotech jointly informed that preparations for the death anniversary of Sant Baba Sukhdev Singh Ji have been completed by Shri Guru Nanak Dev Ji Trust Sidhsar Sahib Sahib Aloharan. He said that regarding the death anniversary, Shri Akhand Path Sahib has been started at Kothi Sahib which will continue continuously till the death anniversary. He said that a grand Diwan will be decorated during the death anniversary ceremony and Amrit Sanchar will also be conducted at 10 am. He said that free medical camps and other social works will be organized in the warm memory of the saint.

BJP leader's comment on Punjabis' feelings is condemnable: Vikram Singh Bajwa

SARBJIT SUFI
LUDHIANA : BJP leader's comment on Punjabis is highly condemnable, therefore BJP should immediately apologize to the entire Punjab for this statement of its Chandigarh unit president. These words were expressed by Congress party in-charge from Sahnewal assembly constituency Vikram Singh Bajwa while talking to reporters. He said that Punjabis always act on their feelings, the result of which is that whenever there is a crowd in the country, Punjabis are the first to fight and if there is a disaster in any state in the world, Punjabis are always the first to help them.



RTO conducts checking drive, three overloaded trucks challaned



ARVIND
SULTANPUR LODHI: Acting on the directions of the Punjab Government, Regional Transport Officer (RTO) Harkaram Singh on Sunday conducted a special checking drive on the Subhanpur –Nadala road to curb the menace of overloaded vehicles.
During the drive, the RTO team inspected several trucks, tippers and other heavy vehicles. Three overloaded trucks were found violating the prescribed limits and were challaned. The fines were imposed and recovered in accordance with government rules.RTO Harkaram Singh urged transporters to strictly adhere to the permissible load limits.

Three linked to gangster module held with 3 sophisticated pistols in Amritsar

HARPAL SINGH
CHARANJIT SINGH ARORA
AMRITSAR, JUNE 21



DGP Gaurav Yadav said that preliminary investigation has revealed that the arrested accused were acting on the directions of foreign-based gangsters, who are involved in gang wars, extortion, and other disruptive activities in Punjab.

In a major breakthrough against organised crime and gangster networks amidst the ongoing drive to make Punjab a safe and secure state as per directions of Chief Minister Bhagwant Singh Mann, State Special Operation Cell (SSOC) Amritsar and Counter Intelligence (CI) Jalandhar, in coordination with a Central Agency, have busted a gangster module linked to foreign-based handlers with the arrest of its three operatives and recovered three foreign-made sophisticated pistols along with ammunition from their possession, said Director General of Police (DGP) Punjab Gaurav Yadav here on Sunday.

Those arrested have been identified as Anmol Singh alias Mohla, a resident of Wadda Thetharke in Batala, Jagroop Singh alias Roopa, a resident of Shahpur Jajan in Batala and Mohit Kumar alias Joban, a resident of Kawariyan Wali Puli at Gate Hakiman in Amritsar.The development came close on the heels of arrest of one individual after recovering 26 sophisticated firearms including one AK-47 rifle and 25 pistols from his possession.

DGP Gaurav Yadav said that preliminary investigation has revealed that the arrested accused were acting on the directions of foreign-based gangsters, who are involved in gang wars, extortion, and other disruptive activities in Punjab. On their directions, accused have been transporting consignments of weapons and carrying out criminal acts, he said.

The DGP said that further investigations are focused on tracing the entire network, identifying associates, uncovering previous criminal activities, and dismantling the organised crime syndicate operating at the behest of foreign-based handlers.

Sharing operational details, AIG SSOC Amritsar Sukhminder Singh Mann said that in an intelligence led operation, police teams have arrested Anmol alias Mohla, Jagroop alias Roopa and Mohit alias Joban and recovered three foreign-made sophisticated pistols along with ammunition from their possession. The AIG said that probe also brought to light that the arrested accused Anmol and Mohit are also linked to a murder case registered at Commissionerate Police Amritsar in September 2025 and an attempt to murder case registered at Batala in June 2026. Apart from this, Anmol and his associates were assigned similar tasks which have been averted, he added.

Inmates at Central Jail, Sri Goindwal Sahib perform Yoga on International Yoga Day

TARN TARAN, JUNE 21



With the objective of promoting a healthy lifestyle, International Yoga Day was celebrated at Central Jail, Goindwal Sahib, in Tarn Taran district. Jail officials, inmates participated enthusiastically in the event. The yoga session was organized by the Central Bureau of Communication, Ministry of Information & Broadcasting, Government of India, in collaboration with the jail administration. Various yoga asanas were performed under the guidance of trained yoga instructors.

Jail Superintendent Manjeet Singh Tiwana (PPS) attended the program as the Chief Guest.

Addressing the participants, he described the initiative as a commendable step towards creating awareness about yoga and emphasized that yoga is an integral part of our lives.

Speaking on the occasion, Gurmeet Singh (IIS), FPO, Central Bureau of Communication, Amritsar, Ministry of Information & Broadcasting, said that the beginning made on International Yoga Day should be carried forward throughout the year. He stressed the need to motivate more people to adopt yoga so that they can lead healthy and balanced lives.

Deputy Superintendent of Jail Jatinder Pal Singh stated that nowadays, people who wish to stay away from diseases should make yoga a part of their daily lives. He noted that International Yoga Day has significantly enhanced the global popularity of yoga over the past few years.

He further said that the discipline displayed by the inmates during the session demonstrated how adopting yoga can help prevent numerous health problems. Deputy Superintendent Gurjant Singh was also present on the occasion.

A painting competition was also organized during the event, in which inmates participated enthusiastically. In the competition, Abhishek Singh secured the first position, Rajesh stood second, Jaswant Singh Sohal secured third place, and Simranjit Singh finished fourth.

In addition, artists from the Ministry of Information & Broadcasting captivated the audience with their cultural performances at the International Yoga Day celebrations organized at Khalsa College, Amritsar, in collaboration with the 1 Punjab Battalion NCC.

International day of Yoga celebrated at High Court with focus on Yoga for healthy ageing

GAURAV GOEL
CHANDIGARH, JUNE 21



The 12th International Day of Yoga 2026 was celebrated at the premises of Punjab and Haryana High Court, Chandigarh under the aegis of Hon'ble Mr. Justice Ashwani Kumar Mishra, Acting Chief Justice in the presence of Mr. Justice Harsimran Singh Sethi and other Judges of Punjab and Haryana High Court, Chandigarh.

The theme of this year's International Day of Yoga was "Yoga for Healthy Ageing", highlighting the importance of Yoga in promoting physical vitality, mental well-being and overall quality of life across all stages of life, particularly among the elderly.

The event was organized in accordance with the guidelines issued by the Ministry of Ayush, Government of India, New Delhi. Hon'ble Judges, Members of the Punjab and Haryana High Court Bar Association. Officers and officials of the High Court participated enthusiastically in the programme and performed various Yoga Asanas, Pranayama and meditation exercises. On this occasion, the participants were apprised by Yoga experts about the immense benefits of Yoga as a priceless gift of India's ancient heritage. The trainers highlighted that Yoga contributes significantly towards physical fitness, mental well-being, emotional balance and holistic development. Regular practice of Yoga enhances flexibility, strength, concentration and immunity, while also helping in stress management and promoting a healthy lifestyle. The participants were encouraged to adopt Yoga as an integral part of their daily routine for achieving harmony between body, mind and spirit. Addressing the gathering, the speakers emphasized that Yoga is not merely a form of physical exercise but a way of life that fosters inner peace, self-discipline and a deeper sense of connectedness with society and nature.

CIA staff officers get special honor

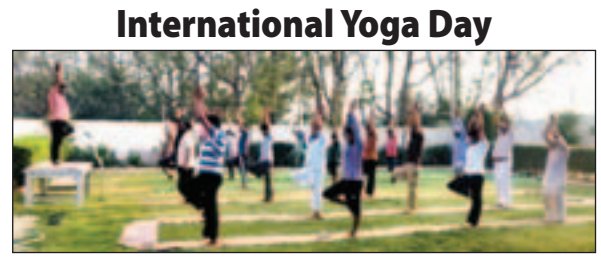


HARPAL SINGH
AMRITSAR, JUNE 20

Durgiana Temple President Laxmikant Chawla Ji specially called the CIA staff officers to her office and honored them, former cabinet minister and Durgiana Temple Committee President Mrs. Laxmikant Chawla said that to boost the morale of SI Pawan Kumar, SCT Amandeep Singh, SCT Varun Sharma and other officers of their team, these CIA staff have caught gangsters with modern weapons on a large scale while performing their duty and sent them behind bars.

So today, while supporting their work, they are the rightful recipients of the honor that has been given to them and I want to give a message to all the brave officers of the Punjab Police that in the coming time also, you all, every brave officer, should perform your duty honestly and make Punjab drug-free and Give proof of bravery to this Punjab.

Sant Nirankari Mission celebrates International Yoga Day



RAGHU NANDAN PRASHAR
JAITO, JUNE 21

With the blessings of Satguru Mata Sudiksha Ji Maharaj and Nirankari Rajpita Ramit Ji, various branches of the Sant Nirankari Mission successfully organized programs focused on yoga and spiritual awareness on the occasion of International Yoga Day.

In this regard, Rev. N.S. Gill, Zonal In-charge (Ferozepur Zone), and Ashok of Sant Nirankari Satsang Bhawan, Jaitu Branch, shared with the press that International Yoga Day was celebrated with great enthusiasm at Sant Nirankari Satsang Bhawan,Jaitu.

Devotees, Sewadal volunteers, and local residents actively participated in the event.

Under the guidance of experienced yoga instructors, participants practiced various yoga exercises and resolved to adopt a healthy and balanced lifestyle.Satguru Mata Ji often emphasizes the concept of "Healthy Mind, Harmonious Life" in her discourses, stating that the human body is a precious gift from the Almighty Nirankar and that maintaining its well-being is our fundamental responsibility.

Therefore, yoga is essential for achieving longevity, vitality, and a successful active life.

Punjab Secondary school students show above-average reading skills and metacognitive ability: Punjabi University Study

PATIALA (TAPINDER SINGH): A research study conducted by the Department of Education and Community Service at Punjabi University has highlighted the reading skills of secondary school students in Punjab and the key factors influencing them. The research was carried out by scholar Dr. Sukhraj Singh under the supervision of Dr. Jagpreet Kaur.Sharing details of the study, Dr. Jagpreet Kaur said that the research focused on secondary school students in Punjab and was based on data collected from 860 students across six districts—Jalandhar, Hoshiarpur, Patiala, Bathinda, Sri Muktsar Sahib, and Tarn Taran.



The findings revealed that students generally possess above-average reading skills and metacognitive ability—the capacity to understand and regulate their own thinking processes. At the same time, their tendency toward academic procrastination was found to be below average.The study also found significant differences between boys and girls in terms of reading skills and procrastination levels. However, no gender-based differences were observed in metacognitive ability. Differences based on urban and rural backgrounds were noticed only in academic procrastination, while the type of school (government or private) showed no significant impact on any of the major variables studied.

State govt has given new impetus to dev works: Speaker Sandhwan



SURINDER PAL
KOTKAPURA, JUNE 21

Under the leadership of Chief Minister Bhagwant Singh Mann, the Punjab government has given a new momentum to development works across the state and keeping in mind the facilities of the common people, large-scale works are being carried out.

These words were expressed by Speaker Punjab Vidhan Sabha Kultar Singh Sandhwan on the occasion of laying the foundation stone of the construction work of Phirni at village Bhana. On this occasion, Speaker S. Sandhwan said that he is most happy that the village has been provided with canal water facility, which has brought great benefits to the farmers and villagers.

He said that the arrival of canal water has strengthened agriculture and reduced dependence on ground water.He said that the construction of roads and footpaths is also being done in this area related to the canal, which will make the transportation of the villagers easier. Earlier, people had to face a lot of difficulties due to this road being unpaved, but now it is being made permanent.

290 Sikh pilgrims leave for Pakistan to observe death anniversary of Maharaja Ranjit Singh

CHARANJIT SINGH ARORA
JAITO, JUNE 21



Today, a group of Sikh devotees left to the sound of Khalsai Jaikas to participate in the programs organized by the Shiromani Gurdwara Parbandhak Committee in Pakistan on the occasion of the death anniversary of Maharaja Ranjit Singh.

On the occasion of the departure of the Jatha from the head office of the Shiromani Committee, the Chief Secretary of the Shiromani Committee Kulwant Singh Manna, OSD Satbir Singh and Secretary Balvinder Singh Kahlwan and other officials met the leader of the Jatha, Shiromani Committee member Khushvinder Singh Bhatia, Bibi Harjinder Kaur and Journal Manager, Second Secretary. The devotees including Azaddeep Singh were sent off with Guru Bakshish Siropao. Giving information on this occasion, Chief Secretary of the Shiromani Committee Kulwant Singh Manna said that every year on the occasion of the death anniversary of Maharaja Ranjit Singh, a group of Sikh devotees are sent by the Shiromani Committee to visit the Gurudhams of Pakistan.

This time, the SGPC had sent passports of 302 pilgrims to Pakistan Embassy for visas, out of which 290 pilgrims have received visas. He said that there is a great demand among the Sikh community to visit the Gurdwara Sahibans located in Pakistan, for which the governments should generously give visas so that the devotees can visit their Gurdhams. He also appealed to the government that the approvals etc. related to the pilgrims whose visas have been issued should be delivered to the border on time so that the devotees do not face any kind of problem. During this, the leader of the group Khushvinder Singh Bhatia said that due to the blessings of Guru, he has got the privilege of leading the group.

Probe ordered into alleged multi-crore loan fraud involving leased Panchayati Land

ANIL VERMA
BATHINDA, JUNE 21

According to a news report published in a leading English newspaper, it has come to light that the management of Universal Educational Society, a private organization based in Lalru, allegedly obtained a substantial bank loan by mortgaging leased Panchayati land. Discussions in media circles suggest that Universal Educational Society, which operates the Universal Group of Institutions at Lalru, mortgaged approximately 68 bighas and 14 biswas of common village land to a government bank and secured a loan worth several crores of rupees. It is alleged that despite the passage of several years, the loan has not been repaid. The institution is thus suspected of having committed a major fraud against the government. An inquiry conducted by the District Development and Panchayat Officer (DDPO), Mohali, reportedly found that legal provisions and established rules were disregarded in the process. The inquiry report has already been forwarded to the Senior Superintendent of Police (SSP), Mohali, for appropriate action. A copy of the report is available with this journalist. According to sources, an investigation into the matter was initiated on March 11, 2026, by Uma Shankar Gupta, Director, Rural Development and Panchayats. It has been learned that the land in question had been leased to Universal Educational Society for a period of 33 years under a lease deed executed in February 2009. The loan was allegedly secured against Panchayati land through unlawful means, an action that was not included in the original sanction granted by the Punjab Government. The matter came to the forefront when a village resident, Resham Singh, approached the Punjab Vigilance Bureau with a complaint alleging that certain individuals had illegally grabbed Panchayati land and undertaken these actions to serve their own interests. Sources further state that on December 15, 2021, the bank declared the Society's account as a Non-Performing Asset (NPA). Subsequently, on January 27, 2023, the bank approached the Debt Recovery Tribunal (DRT), Chandigarh, for recovery of the outstanding loan amount. Information emerging from the inquiry also suggests that there may have been connivance between the former Sarpanch of Balopur village and the President of the Educational Society in orchestrating this alleged illegal arrangement. Officials of the Panchayat Department have also indicated the possibility of involvement or connivance of certain bank employees, arguing that such a large-scale irregularity could not have occurred otherwise. However, the management of the Educational Society has denied using any illegal means to secure the loan and has the allegations of wrongdoing.

Thousands participate in State-Level International Yoga Day event in Patiala along with Health Minister

TAPINDER SINGH
PATIALA, JUNE 21



A state-level event to mark the 12th International Yoga Day was organized today at Thapar Institute of Engineering and Technology, Patiala, under the theme "Yoga for Healthy Ageing." Punjab Health and Family Welfare Minister Dr. Balbir Singh joined thousands of residents in a mass yoga session. Deputy Commissioner Dr. Himanshu Aggarwal and several other dignitaries were also present on the occasion.Addressing the gathering, Dr. Balbir Singh said that the "CM Di Yogshala" initiative launched by the Punjab Government under the leadership of Chief Minister Bhagwant Singh Mann has brought positive changes in the lifestyle of the people of Punjab.

He informed that more than 1,400 yoga trainers have been trained under the scheme and are currently teaching yoga across different parts of the state, contributing to the creation of a healthier society.The Health Minister said that yoga is not merely a physical exercise but an inner journey that helps balance the mind, body, and soul.

He emphasized that a healthy mind, pure diet, and regular yoga practice are the foundations of a healthy life. He urged everyone to make yoga a part of their daily routine to prevent diseases and attain mental peace.

Dr. Balbir Singh further stated that the overwhelming participation in the state-level mass yoga event at Patiala reflects the growing acceptance of yoga among the people of Punjab and the tremendous response being received by the "CM Di Yogshala" initiative. He especially encouraged students to practice yoga regularly, highlighting its benefits for physical fitness, mental concentration.

Govt to organize NRI Milni 2026 at Mohali on June 24: Dr. Ravjot Singh

CHANDIGARH: Punjab NRI Affairs Minister Dr. Ravjot Singh today said that the Chief Minister S. Bhagwant Singh Mann led Punjab Government will organize "NRI Milni" on June 24, 2026 at Amity University, Mohali.

Divulging further details, the Cabinet Minister said that this event is being organized as part of the Punjab Government's continued commitment to strengthening its engagement with the global Punjabi diaspora and ensuring the timely resolution of issues faced by Non-Resident Indians (NRIs). "NRI Milni 2026 will serve as an important platform for direct interaction between NRIs and the Government of Punjab, enabling participants to raise concerns, share suggestions and seek solutions to matters related to their respective districts and the state", he added.



Highlighting the significance of the initiative, Dr. Ravjot Singh said that the primary objectives of the event are to foster meaningful engagement with the NRI community, address grievances in an effective and transparent manner and further strengthen institutional mechanisms for grievance redressal.

Through this initiative, the Department of NRI Affairs aims to deepen its outreach and reinforce the enduring bond between Punjab and Punjabis residing across the globe.

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Tahliwal Fire Post upgraded to Sub Fire Station, 16 posts sanctioned

KISHORI LAL BAINS

UNA: The Himachal Pradesh government has upgraded the Tahliwal Fire Post in Una district to a Sub Fire Station with immediate effect and sanctioned 16 new posts along with two modern firefighting vehicles, Deputy Chief Minister Mukesh Agnihotri said on Saturday. Agnihotri, who represents the Haroli Assembly constituency, said the decision was taken in view of the growing industrial activities in the Tahliwal industrial area and nearby regions, where the need for enhanced fire and emergency services had been felt for a long time. According to the government notification, the new Sub Fire Station will have one Sub Fire Officer, one Leading Fireman, 10 Firemen and four Driver-cum-Pump Operators. A Water Browser and a CO2 Fire Vehicle have also been approved for the station.

CM lays foundation stone of Rs. 35 crore critical care block at Jol Sapper

DINESH AGARWAL
SHIMLA, JUNE 21



Chief Minister Thakur Sukhvinder Singh Sukhu laid the foundation stone of an ultra-modern critical care block to be constructed at the new campus of Dr. Radhakrishnan Government Medical College, Hamirpur, at Jol Sapper near the district headquarters at an estimated cost of around Rs. 35 crore. Later, he inspected the newly constructed hospital block, academic block and other under-construction buildings on the campus. He issued directions to officials of the CPWD, the PWD and the Medical College regarding the timely completion of ongoing works and quality assurances. The Chief Minister instructed them to expedite the process of handing over the hospital and academic blocks to the Medical College administration and to complete the shifting of various college and hospital departments to Jol Sapper at the earliest. The Chief Minister stated that the functioning of these important departments at Jol Sapper would commence in the first week of July. He also held detailed discussions with officials regarding equipment and machines in the laboratories. He added that decades-old machines and equipment at the Indira Gandhi Medical College in Shimla and the Medical College at Dr. Rajendra Prasad Government Medical College would be replaced with the latest technology and equipment. The Chief Minister further stated that the state government was undertaking large-scale recruitment of doctors, professors, nurses and other healthcare staff. This would ensure adequate staffing in all medical colleges and healthcare institutions, and help provide better medical services to the public. On this occasion, Medical College Principal Dr. Ramesh Bharti, along with officials from the CPWD and the PWD, briefed the Chief Minister on the latest status of the various construction works underway at the new campus.

other issues related to the Medical College and concerns raised by local residents. He said that the state government would provide Rs. 150 crore for the modernization of laboratories in medical colleges across the state. This funding would be used to install state-of-the-art

Government providing world-class facilities to sportspersons: CM

DINESH AGARWAL
SHIMLA, JUNE 21



Chief Minister Thakur Sukhvinder Singh Sukhu interacted with young trainees, budding athletes and other children at the Sports Authority of India (SAI) Centre of Excellence in Anu. He said that the state government was committed to providing world-class facilities to talented athletes. As part of this effort, a modern indoor stadium was being constructed in Nadaun at a cost of approximately Rs. 125 crore. The stadium would be dedicated to the state's athletes later this year. It would offer international-standard facilities for 14 sports, including swimming, badminton, volleyball and tennis. The Chief Minister, who was interacting with the children after participating in the State-Level International Yoga Day celebration and yoga practice session, further stated that the state government has introduced substantial cash rewards for medal winners in international competitions. Gold medalists at the Asian Games will receive Rs. 3 crore, silver medalists Rs. 2 crore and bronze medalists up to Rs. 1.5 crore. Similarly, athletes who perform exceptionally well at the Olympic Games and other international competitions are also being awarded cash prizes worth crores of rupees. He further noted that soon after assuming office three and a half years ago, the state government significantly increased the diet allowance for athletes. Provisions have also been made for athletes to travel by air and in AC class on trains. The Chief Minister added that adequate budgetary provisions were being made for the repair and renovation of the synthetic track ground at Anu.

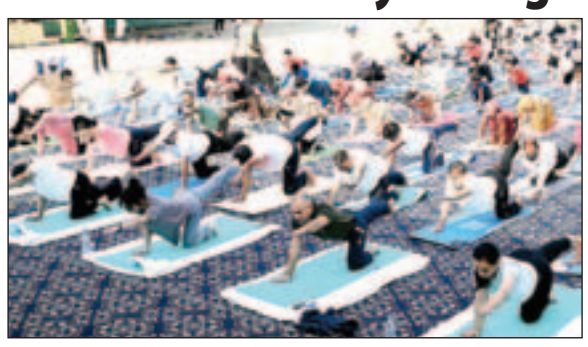
Practicing yoga in daily life reduces risk of diseases: Dr. Milap Sharma



SANJAY AGGARWAL

DHARMSHALA: International Yoga Day was celebrated at the Multipurpose Hall of the Centre of Excellence in Mental Health, located within the Department of Psychiatry at Dr. Rajendra Prasad Government Medical College, Tanda. This year's theme was "Yoga for Healthy Aging." The event commenced with the inauguration of the Trigart Yoga Centre by the college Principal, Dr. Milap Sharma. Following the inauguration, the institute's yoga instructor, Ranjana Thakur, conducted a structured yoga session featuring various yoga practices. Approximately 215 participants including postgraduate students, nursing students, and staff members took part in the event with great enthusiasm and zeal. Addressing the gathering, Principal Dr. Milap Sharma emphasized the importance of incorporating yoga into daily life to maintain physical and mental health. He noted that regular yoga practice can help prevent various ailments and promote healthy aging, thereby alleviating fears associated with growing old.

SJVN celebrates 12th International Day of Yoga



DINESH AGARWAL

SHIMLA: On the occasion of 12th International Day of Yoga, Sh. Bhupender Gupta, Chairman & Managing Director, SJVN, encouraged the employees to practice yoga for physical fitness, well-being, mindfulness and inner harmony. The International Day of Yoga was celebrated with great enthusiasm at SJVN's Corporate Headquarters, Shimla as well as across all its Offices and Projects in India and Nepal. Ajay Kumar Sharma, Director (Personnel), inaugurated and participated in a yoga session at the 412 MW Rampur Hydro Power Station, Himachal Pradesh. On this occasion, Sh. Vikas Marwah, HoP (Rampur HPS), Sh. Vivek Sharma, HoP (Luhri-1 HEP) and senior officials participated in the yoga session. Parthajit De, Director (Finance), inaugurated and participated in the yoga session along with senior officials and employees at SJVN's Liaison Office, New Delhi.

Governor leads International Yoga Day celebrations at historic Ridge

DINESH AGARWAL
SHIMLA, JUNE 21



Governor Kavinder Gupta led the celebrations on the occasion of the 12th International Yoga Day by participating in a mass yoga session organized at the historic Ridge ground in Shimla. The programme was jointly organized by the Himachal Pradesh Police Department in collaboration with the Department of AYUSH. Addressing the gathering, the Governor said that India's ancient tradition of yoga has today been embraced by people across the world. He emphasized that efforts should be made to promote yoga in every household so that every individual can lead a healthy and balanced life. "A healthy body is the foundation of a healthy mind. Yoga provides a holistic path to physical fitness, mental well-being and spiritual growth," he said. The Governor, accompanied by Lady Governor Bindu Gupta, participated in the yoga session and encouraged people from all walks of life to adopt yoga as an integral part of their daily routine.

The yoga practice session conducted under the supervision of Dr. Satya Prakash Pathak of the Department of Yoga Studies, Himachal Pradesh University, included pranayama and various important yogic postures. Students of the University's Yoga Department guided the participants through nearly one-and-a-half hours of yoga exercises. Earlier, the Governor administered a pledge for a Drug-Free Himachal Pradesh to all participants and later honoured individuals who demonstrated excellence in yoga practice by presenting them with certificates of appreciation. On the sideline of the function, while interacting with media persons, Kavinder Gupta said that due to the visionary efforts of Prime Minister Narendra Modi, International Yoga Day is now being celebrated in 189 countries across the globe. Referring to this year's theme, "Yoga for Healthy Ageing," he said that the entire nation was conveying the message of health, wellness and active living through yoga.

Yoga Day celebrations carry message of health, heritage and holistic development in Bilaspur



AJAY KUMAR UPADHYAY

BILASPUR: International Yoga Day was celebrated with enthusiasm across Bilaspur district as Technical Education Minister Rajesh Dharmani and Deputy Commissioner Rahul Kumar led separate programmes, emphasizing wellness, youth empowerment and sustainable development. Participating in yoga camps at Baloh and Tyun Khas, Rajesh Dharmani joined students, residents and officials in performing yoga asanas and described yoga as the cornerstone of a healthy and balanced life. He said regular yoga practice promotes physical fitness, mental peace and spiritual well-being, helping individuals lead productive and stress-free lives. During his visit to Tyun Khas, the Minister also inspected ancient forts and heritage sites and announced plans to develop the area as a major eco-tourism destination. He said an eco-tourism committee comprising local residents and Forest Department officials would be formed to promote sustainable tourism, preserve local culture and create employment opportunities.

Anganwadi workers gear up for statewide show of strength; July 10 declared 'Demand Day'

AJAY KUMAR UPADHYAY
BILASPUR, JUNE 21



Signalling a renewed push for long-pending labour rights and welfare measures, the Himachal Pradesh Anganwadi Workers and Helpers Union on Sunday announced a statewide campaign to press for its demands, declaring July 10 as "Demand Day" across Himachal Pradesh. The decision was taken at a state-level meeting held in Bilaspur under the leadership of State President Neelam Jaswal. The meeting witnessed the participation of CITU National Secretary Kashmir Singh, senior leader Vijay Sharma, District General Secretary Prem Gautam, District President Lakhanpal Sharma and representatives from across the state. Detailed deliberations were held on issues affecting Anganwadi workers and helpers, organizational strengthening, and future course of action. Addressing the gathering, Neelam Jaswal said Anganwadi workers form the backbone of numerous government welfare and nutrition programmes and play a pivotal role in delivering services at the grassroots level. Despite their indispensable contribution, she alleged that their legitimate demands continue to remain unaddressed, while policies detrimental to workers and employees are being pursued. Announcing statewide demonstrations from district headquarters to block levels on July 10, she warned that if the government fails to take a positive decision, the union would be compelled to intensify its agitation. The union demanded implementation of recommendations of the 45th Indian Labour Conference, provision of gratuity and minimum wages, and 90 percent reservation in promotions to the post of Supervisor for Anganwadi workers.

CM Sukhu performs yoga with nearly 2,000 people

DINESH AGARAL
SHIMLA, JUNE 21



Chief Minister Sukhvinder Singh Sukhu presided over a state-level program on the occasion of International Yoga Day organised by the Department of Ayush at the Synthetic Track Ground of the Sports Authority of India (SAI) in Anu today. On this occasion, the Chief Minister practiced yoga for about 45 minutes along with nearly 2,000 participants, including senior citizens, youth and children. The Chief Minister inaugurated the yoga session by lighting a ceremonial lamp and offering prayers to Lord Dhanvantari. He also released a booklet related to International Day of Yoga. The booklet contains a concise compilation of important information about various yoga postures and practices. Among those present at the event were Ayush, Law, Youth Services and Sports Minister Yadvinder Goma, MLAs Suresh Kumar and Captain Ranjit Singh, Chairman of the State Agricultural Marketing Board Kuldeep Singh Pathania, Chairman of the Kangra Cooperative Primary Agriculture and Rural Development Bank Ram Chandra Pathania, Coordinator and Advisor of the State Drug Prevention Board Naresh Thakur, Vice Chairman of the OBC Finance and Development Corporation Dr. Mohan Lal, OBC Commission member Rajeev Rana, Agriculture Produce Marketing Committee Chairman Ajay Sharma, Congress District President Suman Bharti, senior party leaders Dr. Pushpendra Verma and Subhash Dhatwalia, other party office-bearers.

Chinese law deemed a threat to Tibetan language, education, religious customs, and culture

SANJAY AGGARWAL
DHARMSHALA, JUNE 21



UN High Commissioner for Human Rights Volker Türk expressed serious concern at the 62nd session of the UN Human Rights Council regarding a law recently adopted by China aimed at promoting ethnic unity and progress, warning that it could further intensify existing restrictions on minority communities. The statement clearly indicates that China is persistently attempting to suppress the rights of Tibetans in Tibet. Türk stated, "I am deeply concerned about China's counter-terrorism and assimilation policies, particularly their impact on minorities in the Xinjiang, Inner Mongolia, and Tibet regions." He explicitly noted that the law risks further curtailing freedoms related to language, education, religious customs, cultural expression, freedom of speech, and peaceful assembly. He warned that under the law's broad provisions, individuals could face punishment even for the peaceful exercise of their minority rights. Türk called upon Chinese authorities to repeal this law and abandon policies that undermine the rights of ethnic minorities. He remarked that the world is facing major human rights challenges, characterized by increasing violations of international law and growing pressure on fundamental freedoms. Responding to Türk's remarks, Thinlay Chukki, the Dalai Lama's representative at the Office of Tibet in Geneva, stated that this law reinforces policies which Tibetan advocacy groups have long argued are aimed at eradicating Tibetan religious, linguistic, and cultural identity. She noted that the law could have repercussions beyond China's borders, raising concerns about transnational repression and the potential impact on Tibetan communities living abroad. This law poses a threat to Tibetan identity not only within China but potentially beyond its borders as well. They stated that this move could impact diaspora communities and raise broader concerns for other countries as well.

Eco-friendly tourism being promoted in the state; Tourism infrastructure being strengthened

DINESH AGARWAL
SHIMLA, JUNE 21



Himachal Pradesh holds a significant place in India's tourism sector. To establish the state as a preferred destination for tourists in every season, the state government, under the leadership of Chief Minister Thakur Sukhvinder Singh Sukhu, has taken several progressive initiatives. The government's policies aimed at promoting tourism and providing better facilities to visitors are yielding positive results. This has led to the scenic valleys of Himachal Pradesh bustling with domestic and international tourists. The state government is giving a new dimension to various aspects of tourism. While Himachal is traditionally known for religious tourism, it is now being developed as a hub for adventure tourism as well. The state's reservoirs are being promoted as destinations for luxury and adventure tourism. In this regard, facilities such as cruises, shikaras, houseboats, jet skis and water scooters have been introduced for the first time in Gobind Sagar Lake. The government has also decided to develop a 30-kilometre-long cruise route from Harnauda in Bilaspur district to Tattapani of Shimla district.

International-level sporting events are being organized in the state, giving a major boost to adventure tourism. The Asian Rafting Championship was successfully conducted on the Beas River in Nadaun of Hamirpur district and on the Sutlej river in Shimla district.

Guru Nanak Public School, Dalhousie celebrates International Yoga Day



SUBHASH MAHAJAN

DALHOUSIE: Guru Nanak Public School, Dalhousie celebrated International Yoga Day with great enthusiasm and zeal . Students and teachers participated actively in the programme and performed various yoga asanas under the guidance of instructors. The session began with a brief introduction highlighting the importance of yoga in maintaining physical fitness, mental peace, and emotional well-being. The participants practiced different asanas and breathing exercises, learning how yoga helps improve concentration, flexibility, and overall health. The school emphasized the significance of adopting yoga as a part of daily life to lead a healthy and balanced lifestyle.

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SDM Devender Sharma inspects PM SHRI GSSS Kunjpura

MEGHRAJ LUTHRA

KARNAL: The SDM Devender Sharma conducted a comprehensive official inspection of PM SHRI Government Senior Secondary School, Kunjpura on Sunday. The dignitary was warmly welcomed at the school gates by Principal Satvir Singh with a bouquet, escorted by the school's musical band and dedicated staff. The visit commenced in the Principal's office, where



Mrs. Sumita Mehla presented the institution's outstanding achievements in academics, co-curricular activities, and infrastructure. Accompanied by the SDM, the inspection included the Computer Laboratory, where a smart board presentation by Rma Gulati highlighted the school's ongoing milestones. During the extensive tour, the SDM reviewed crucial campus facilities, including the IED centre, PCA Lab, Science (Physics, Chemistry, Biology) laboratories, smart classrooms, library, and the Mid-Day Meal setup.

NEWS BRIEF

Barnala holds BLA orientation ahead of special voter list verification drive



KULDEEP SOOD

BARNALA: Under the guidelines of Election Commission of India, New Delhi and Chief Electoral Officer Punjab, special in-depth correction training/orientation programs were conducted for Booth Level Agents (BLAs) in three assembly constituencies of district Barnala today under the leadership of Deputy Commissioner cum District Election Officer Harpreet Singh IAS. District Election Officer Harpreet Singh IAS said that the purpose of this orientation program was to make the booth level agents deployed by political parties aware of the special in-depth correction process and their important role so that they do not have any doubts about it. Orientation program of Barnala assembly constituency was conducted at YS College Handiya by SDM Barnala cum ERO Barnala Dr. Ajitpal Singh Chahal.

District level Yoga Day celebrated with enthusiasm



SHARANJEET

PATHANKOT: Director Ayurveda Punjab Dr. Raman Khanna, Deputy Commissioner Dr. Pallavi and District Ayurvedic and Unani Officer Dr. Harinder Singh celebrated the District Level Yoga Day with enthusiasm and zeal at Multi Purpose Sports Stadium Lamini. The event was inaugurated by SDM Pathankot Mandeep Mann by lighting the lamp. A large number of citizens, youth, children and elderly people participated in the event.Dr. Malti, Dr. Pankaj, Dr. Meena, Dr. Namita and Yoga instructors Deepali and Suresh made the attendees practice various yoga asanas and pranayama. The program started with the welcome speech of Dr. Ritu, while Dr. Malti also gave a special presentation on yoga.

Om Birla leads MPs in Yoga session, calls Yoga India's responsibility to humanity

AGENCY
NEW DELHI, JUNE 21



Lok Sabha Speaker Om Birla on Sunday led a yoga session with Members of Parliament in the Parliament House Complex on the occasion of the International Day of Yoga, stressing that yoga is a powerful tool for maintaining mental peace, emotional balance and self-discipline, while describing it as both India's civilisational gift to the world and its responsibility towards humanity. Addressing MPs and participants after the session, Birla extended greetings on the occasion and said the day celebrates India's timeless heritage that has shown humanity a path towards health, balance and inner peace.

"Yoga not only balances the body but also the mind and thoughts. Differences of opinion are natural in Parliament, but yoga shows us the path of dialogue and self-restraint," he said, linking the practice of yoga with the values necessary for democratic functioning. The Lok Sabha Speaker underlined that India's sages and scholars had preserved the tradition of yoga over centuries and established it as a way of life aimed at promoting physical health, mental peace and the awakening of human consciousness. While yoga has today evolved into a global movement embraced across continents, he said its roots remain firmly embedded in India's ancient knowledge tradition.

Drawing attention to the pressures of modern life, Birla said contemporary society is increasingly marked by stress, imbalance and uncertainty, making yoga more relevant than ever. "Yoga is a powerful means of maintaining mental peace, patience, and emotional balance," he said, adding that one of the biggest challenges of the 21st century is mental stress and that yoga offers an accessible, scientific and inclusive solution to address it. He also urged the younger generation to incorporate yoga into their daily routines. Referring to the growing influence of digital technology, Birla said today's youth should make yoga an integral part of their lifestyle to balance excessive screen time and stress. Emphasising that yoga extends beyond physical fitness, the speaker said it contributes to the development of personality, character and consciousness. According to him, regular yoga practice helps individuals become more balanced, improves their decision-making abilities, and enhances their overall well-being. "Healthy citizens are the greatest asset of a strong democracy," Birla said, adding that if India's 1.4 billion people devote even a few minutes each day to yoga, it could trigger the country's largest public health revolution.

Union Minister Manohar Lal flags off seven AI-enabled breast cancer screening ambulances



SHIV KUMAR SHARMA
KARNAL, JUNE 21

Union Energy, Housing and Urban Affairs Minister Manohar Lal on Sunday flagged off seven mobile screening ambulances equipped with state-of-the-art facilities from the premises of Kalpana Chawla Government Medical College under the Namo Shakti Breast Cancer Screening Mission. Speaking to the media on this occasion, Manohar Lal said that this mission is a revolutionary step towards protecting women from rural and underprivileged areas from serious diseases and strengthening prevention-centric healthcare. Appreciated and expressed gratitude to ITV Group for this initiative. He gave information about the facilities available in the ambulance and said that the health department should prepare a route chart and get the health check-up of the women living in remote villages done and after the check-up, ensure that they get treated with Ayushman card. The Union Minister said that the main objective of this mission was not only to investigate, but also to break the hesitation and stereotypes in the society regarding breast health. If the disease is detected in the early stages, treatment is 100 percent effective.

International Yoga Day celebrated at Pehowa Grain Market

YAGYA DUTT SHASTRI
PEHOWA, JUNE 21



International Yoga Day is celebrated not only in the entire country but also in many countries of the world. Prime Minister Narendra Modi had proposed this in the United Nations General Assembly in 2014. The United Nations accepted this proposal and every year June 21 is being celebrated as International Yoga Day all over the world. Block Development and Panchayat Officer Vivek Kumar welcomed Cow Service Commission Chairman Shravan Kumar Garg by presenting him a bouquet of flowers when he reached the Grain Market Pehowa.

Gau Seva Aayog Chairman Shravan Kumar Garg was addressing citizens on the occasion of the 12th International Yoga Day, held at the Pehowa Grain Market on Sunday. He requested yoga experts to introduce the practice on International Yoga Day. He said that the word "yoga" was derived from the Sanskrit word "yuj," which means "to unite." Yoga is a way of connecting our body, mind and spirit. It is a unique way of life that helps us maintain both physical and mental health. Yoga isn't limited to just certain body postures or asanas. Rather, it teaches us to live a healthy and balanced life. It teaches us to control our breathing, thoughts, and emotions. It helps us remain calm and focused in all situations.

He said that yoga had many benefits. It helps us stay physically healthy, mentally alert, and spiritually aware. It helps reduce stress, tension, and depression. Yoga is also beneficial for children. It improves their concentration, memory, and health. It also helps improve their physical fitness, mental health, and spiritual awareness.

Block-level Yoga Day event organised in Assandh; MLA Yogendra Rana attends as chief guest

JAGBIR UPLANA
ASSANDH, JUNE 21



A sub-division level event marking the 12th International Yoga Day was held on Sunday at the New Grain Market in Assandh, with Assandh MLA Yogendra Rana attending as the chief guest. Upon his arrival, the chief guest was welcomed by Assandh SDM Sumit Sihag and the entire sub-divisional administration. MLA Yogendra Rana inaugurated the event by lighting a ceremonial lamp. On this occasion, the chief guest, the SDM, administrative officials, staff, women, men, and children participated in yoga practice. Prime Minister Narendra Modi delivered his message via video conferencing—connecting from Kolkata—to the state-level yoga event organized by the Haryana government in Panchkula.

During the yoga protocol session, yoga instructors Maya Ram Shastri, Pradeep Sharma, Harish, and Anu guided the participants through various yogic exercises and provided detailed information about the benefits of these 'asanas' (postures). Addressing the gathering, MLA Yogendra Rana extended his greetings and best wishes for International Yoga Day. He thanked the yoga instructors present on the stage, noting that they are continuously keeping the spirit of yoga alive in Assandh. He emphasized that yoga is essential for us and holds a significant place in our ancient culture. Practicing yoga keeps both the body and mind healthy. He remarked that in today's busy lives, everyone faces stress for one reason or another, and yoga can help alleviate that stress; it is the foundation of a healthy life.

He urged everyone to draw inspiration from Yoga Day and make yoga a part of their lives so they can overcome physical ailments. He reiterated the importance of yoga in our ancient culture, noting that the entire world salutes this ancient Indian science—celebrated as International Yoga Day—which has guided human life in a new direction for centuries. This is not merely an annual celebration but a global call, inspiring us to pause amidst our hectic lives, look within, and establish physical, mental, and spiritual balance.

Anirudh Singh attends historic Siddh Baba Fair at Bhalawag

DINESH AGARWAL
SHIMLA, JUNE 21



Rural Development and Panchayati Raj Minister Anirudh Singh attended the historic one-day Siddh Baba Fair at Bhalawag in Janedghat Panchayat of Kasumpti Assembly Constituency as the chief guest today. He paid obeisance at Siddh Baba Temple and Tara Mata Temple and sought blessings.

Addressing the gathering, the Minister said that traditional fairs play a vital role in preserving the rich cultural heritage of the region while strengthening social harmony and community bonding. He added that such events also contribute to local economic and social development by fulfilling the aspirations and needs of the people.

Congratulating the organizers, Anirudh Singh said that religious and social fairs are symbols of faith and devotion and should continue to be celebrated with enthusiasm and grandeur. Highlighting development initiatives in Kasumpti constituency, he said efforts are underway to improve road connectivity, drinking water supply, power infrastructure and other developmental works across the region. He assured that no stone would be left unturned in the development of Janedghat Panchayat and reiterated his commitment to the overall progress of the area. The Minister also assured the widening and upgrading of the Janedghat–Bhalawag road and the upgradation of the 63 KV transformer at Bhalawag. He urged local representatives to submit proposals for potential road projects so that necessary formalities could be completed at the earliest.

On CM's directives, Phagwara ADC gets administrative powers in larger public interests soon: DC Bansal

ASHISH PURI
KAPURTHALA, JUNE 21



In a major step to facilitate Phagwara residents with several key administrative works here at Sub Division level, the Punjab Government has delegated powers to the local Additional Deputy Commissioner thus local residents need not to go to Kapurthala for requisite most of the citizen services.

The development was outcome of the directions given by the Chief Minister Bhagwant Singh Mann at Lok Milni event at Phagwara on Thursday as Member Parliament Dr Raj Kumar Chabbewal put forth the demand in larger public interest. The Chief Minister acceding to the demand of Dr. Chabbewal directed the Deputy Commissioner, Kapurthala to look into it and delegate the powers so that people need not to go to District Headquarters for their daily administrative works. Following the directives of the CM, Deputy Commissioner Akash Bansal has entrusted the Additional Deputy Commissioner (General), Phagwara, with the responsibility of independently delivering a wide range of public services within the jurisdiction of the Sub-Division. The step would further strengthen citizen-centric governance and ensuring hassle-free delivery of government services to people at the sub division level itself.

Under the new administrative arrangement, the ADC (General), Phagwara would oversee the functioning of all Punjab Government offices in the sub-division and monitor the implementation of development projects besides ensuring timely execution. The orders stipulated that the officer will also be responsible for maintaining law and order, besides supervising the disposal of court cases, Stamp Act cases, Sarfaesi Act cases and matters related to the Food Safety Department.

NEET exam conducted peacefully in district: DC Dr. Anand Kumar Sharma



SHIV KUMAR SHARMA

KARNAL: NEET exam 2026 was conducted peacefully and without cheating in the district on Sunday. Deputy Commissioner Dr. Anand Kumar Sharma visited various examination centres. During this period, SP Narendra Bijarania also remained with him. 89.95 per cent youth have appeared in NEET exam. Arrangements were made for 2708 candidates to sit at 8 examination centers for the NEET examination in the district. Out of these, 2436 candidates were present while 272 candidates were absent. The Deputy Commissioner inspected the examination centers established at Government Girls Senior Secondary School, Government Senior Secondary School and Government College Karnal on Railway Road. No irregularities were found anywhere. DC took stock of the arrangements of the control room, CCTV cameras, security arrangements and jammers etc. on the spot. The examination was conducted peacefully at all the examination centres.

Dyal Singh College actively participates in 12th International Yoga Day



CHAMAN LAL

KARNAL: On the occasion of the 12th International Yoga Day, Dyal Singh College, Karnal, demonstrated its commitment to yoga through enthusiastic and active participation. Students and staff members of the college enthusiastically took part in the district-level yoga event organised by the Karnal district administration at the New Grain Market.Addressing the students and staff, College Principal Dr. Ashima Gakkhar stated that yoga is not merely a physical exercise but a holistic lifestyle for leading a healthy, balanced, and positive life. She remarked that regular yoga practice plays a crucial role in an individual's physical, mental, and spiritual development. She urged students to make yoga an integral part of their daily lives and described the college's active participation as a proud achievement. On this occasion, Dyal Singh College, Karnal, was awarded the "Yoga Sangam Certificate" by the Ministry of AYUSH, Government of India, under the "Yoga 365 Mission."

Expensive vegetables has aken away taste of food from mouths of ordinary people: Baweja

DALBIR MALIK
KURUKSHETRA, JUNE 21



Advocate Madhusudan Baweja, District President of State Congress Farmers Cell and social activist said that ever-rising prices of vegetables have completely ruined household budgets of ordinary citizens. Due to steep rise in prices of tomatoes, onions, green vegetables, and other essential vegetables, it is becoming increasingly difficult for middle-class and poor families to even afford two meals a day. He said that inflation is affecting laborers, farmers, employees, small shopkeepers and people from lower income groups most. Rising prices of vegetables along with daily necessities have taken away taste of food from ordinary people. Many families are forced to buy even essential vegetables in smaller quantities which can adversely affect their health. Baweja said that if effective control on prices of essential commodities is not implemented in time, economic hardships of general public will only increase. He demanded that concerned departments strictly curb hoarding and black marketing and take concrete steps to control prices by streamlining vegetable supply system. He stated that providing relief to ordinary citizens is primary responsibility of government and administration. Availability of essential food items at reasonable prices must be ensured so that no family is forced to compromise on their food due to inflation. He expressed hope that government and administration will take prompt, effective steps to control rising inflation which will provide relief to common people and improve their standard of living.

Gatka Association Punjab celebrates World Gatka Day

JAGDEEP SINGH GILL
FARIDKOT, JUNE 21



Under the aegis of the Gatka Association of Punjab, the Gatka Association District Faridkot celebrated the annual World Gatka Day by organising the "Virsa Sambhal Gatka Cup" at the old grain market here, in which the team of Pratham Sahai Gatka Akhara, Ludhiana, emerged victorious. Sharing this information, Talwinder Singh Ferozepur, General Secretary of the Gatka Association of Punjab, and Dr. Manjit Singh Dhillon, state Vice President and President of the Gatka Association District Faridkot, said that four boys' teams and one girls' team participated in the Gatka event. The competition was organised with the cooperation of Jathedar Baba Binod Singh Gatka Akhara, Faridkot, and Sardar Gursewak Singh Bhana Lajeez, and was attended by several prominent personalities of the city. Giving further details about this traditional Gatka competition, Narender Pal Singh Paras, Vice President of the Gatka Association District Faridkot and a national Gatka coach, informed that in the Sikh martial art demonstration competition, Pratham Sahai Gatka Akhara, Ludhiana, secured the first position, Jathedar Baba Binod Singh Gatka Akhara, Faridkot, took second place, and Akal Purakh Ki Fauj Gatka Akhara, Kotkapura, came third.

Yugmarg
Haryana
CHANDIGARH
MONDAY, JUNE 22, 2026

NEWS BRIEFS

Yoga is that philosophy of life, which connects man with his soul

MEGH RAJ LUTHRA

KARNAL: A free yoga camp was organised for school children by Divya Yoga Abhyas Mandir Sansthan from 10 June 2026 to 21 June 2026 in Divya Yoga Mandir Sector 7, Karnal. In this, Yogacharya Dr. Damayanti and yoga teachers associated with the organization taught yoga with great enthusiasm and made them practice pranayam. At the end of the camp, children who performed exceptionally well in yoga were given prizes and certificates. Present on the auspicious occasion of International Yoga Day, the eminent personality Yogendra Kaushik inspired the students and yoga practitioners to control their breathing and increase their determination power through yoga. Yogacharya Vijay Kumar Dhingra gave knowledge of the means of life element of Mahaprabhu Shri Ramlal Ji to all the yoga lovers present. In the end, Yogacharya Dr. Damayanti thanked all the yoga lovers present and inspired them to adopt yoga in life.

CM Nayab Saini performs Yoga with thousands on Yoga Day in Panchkula

YUGMARG BUREAU
CHANDIGARH, JUNE 21

On the occasion of the 12th International Yoga Day, Panchkula resonated with the spirit of yoga as Haryana Chief Minister Sh. Nayab Singh Saini joined thousands of citizens in a mass yoga session during the State level Yoga Day celebrations at the Parade Ground in Sector-5. Calling for yoga to become an integral part of every individual's life, he emphasized that it is the key to building a healthy body, a healthy mind, and a healthy society.



The event assumed a unique international dimension with the enthusiastic participation of hundreds of youth from 16 friendly countries currently pursuing studies and employment opportunities in Haryana.

Haryana Health and AYUSH Minister Kumari Arti Singh Rao was also present on the occasion. Prior to the yoga session, the Chief Minister planted a sapling within the Parade Ground complex, giving further momentum to the 'Harit Yoga Abhiyan'. He also went around an exhibition set up by the Haryana Yog Aayog, Patanjali Yoga Sansthan, Bharatiya Yoga Sansthan, and Energetic Yoga Sansthan.

Addressing the gathering, Chief Minister Sh. Nayab Singh Saini said that under the visionary leadership and inspiration of Prime Minister Sh. Narendra Modi, International Yoga Day has evolved into a global mass movement. He described it as a celebration of the Sanatan philosophy, rooted in the timeless principle of Vasudhaiva Kutumbakam , and a manifestation of the collective vision of "One Earth, One Family, One Future."

The Chief Minister remarked that the world has truly evolved into a global village, and in such times, yoga has emerged as a powerful force for uniting humanity. Expressing his delight, he said that the International Yoga Day celebration on the sacred soil of Panchkula witnessed the enthusiastic participation of hundreds of young people from 16 friendly countries - Afghanistan, Bangladesh, Bhutan, Nepal, Eswatini, Gambia, Iraq, Ivory Coast, Lesotho, Madagascar, Malawi, South Sudan, Syria, Tanzania, Uganda, and Zimbabwe-who are studying and working in Haryana. He said that their presence reflected the timeless Indian philosophy of Vasudhaiva Kutumbakam and demonstrated yoga's unique ability to bring people together beyond geographical boundaries, languages.

Antyodaya Foundation's objective is social welfare, not politics: Manohar Lal



SHIV KUMAR SHARMA
KARNAL, JUNE 21

Union Minister for Power, Housing and Urban Affairs, Manohar Lal, inaugurated skill development centers in two villages of the Karnal Lok Sabha constituency on Sunday. Under this initiative, the Antyodaya Foundation has started a tailoring training center in Kachhwa village and a computer training center in Baragaon. The objective of these centers is to provide skill training to the youth and women of rural areas, thereby connecting them with employment and self-employment opportunities. Speaking on the occasion, Union Minister Manohar Lal stated that the sole objective of this foundation, established in 2010, is to assist the most vulnerable and needy families in society. He noted that under the leadership of Prime Minister Narendra Modi, the government is providing basic amenities—such as housing, electricity, water, rations, and toilets—to every poor person; however, skill development is crucial for increasing the permanent income of these families.

He mentioned that based on a special survey conducted by the foundation, over 1,000 young men and women in dire need of skills and employment have been identified. In this direction, centers are being launched in 15 different villages during the first phase, with further expansion planned for the future.

The Union Minister stated that five-member committees are being formed in the villages where these centers are opening to oversee operations at the local level. This committee will henceforth be known as the 'Panchjanya Samiti'. In Kachhwa, this committee will take charge of managing the center and resolving any challenges that arise. He remarked that today, under the 'Mission Merit' approach, even meritorious children from the poorest families are securing government jobs without the need for any recommendations. Following this same spirit, the Antyodaya Foundation is reaching out door-to-door to identify those who are truly in need. Thanks to this transparency, the Foundation has distributed over 500 bicycles to girls who need to travel to other villages for their education.

Special Cell team arrests accused with cannabis under 'Mission Maidan 2.0'

RAHUL KOHLI
YAMUNANAGAR, JUNE 21



To ensure the success of 'Operation Maidan 2.0'—launched under the orders of Inspector General of Police Pankaj Nain to apprehend criminals involved in the drug trade—Superintendent of Police Kamaldeep Goyal has issued strict directives to all crime units, police stations, and police posts to catch offenders involved in serious crimes like those under the NDPS Act. Acting on these directives, the Special Cell team successfully arrested an accused with 5 kg 177 grams of cannabis (flowers and leaves). A case has been registered against the accused, and he was produced in court, from where he has been remanded to police custody for one day. The police are investigating the matter. In-charge Raman Chandel stated that his team received a tip-off that a young man was roaming near 'Goodwill Dharam Kanta' in Jagadhri with narcotics. Based on this information, a team comprising Sub-Inspectors Gurdyal Singh and Jaswinder Singh, ASI Kuldeep Singh, and Constables Rajnish and Dinesh was formed. The team reached the spot and apprehended the youth. Duty Magistrate (ETO) Prabeen Kapil was summoned to the scene; a search of the accused conducted in his presence led to the recovery of 5 kg 177 grams of cannabis (flowers and leaves). Upon questioning, the accused was identified as Rohit alias Aryan, son of Baldev, a resident of Ramnagar, Jagadhri. A case was registered against the accused under the NDPS Act. He was produced in court and remanded to police custody for one day.

Yoga and rajyoga programme held at Vijay Green Park on International Yoga Day

RAHUL KOHLI
YAMUNANAGAR, JUNE 21



On the occasion of International Yoga Day, a special yoga and spiritual awareness program was organised at Vijay Green Park in HUDA Sector 17 under the joint auspices of the Brahma Kumaris and the Ministry of AYUSH. A large number of local residents participated and benefited from yoga and spiritual knowledge. Dr. Sitaram Kesari and Sister Pooja led the gathering in various yoga asanas and explained ways to maintain a healthy and fit body through yoga. Those present enthusiastically participated and benefited greatly from the yoga practice. On this occasion, Brahma Kumari Sister Sangeeta Bansal highlighted the connection between the soul and the Supreme Soul, explaining that the soul can be empowered through Rajyoga.

Sharing her life experiences, she said that despite living a family life for the past 20 years, she has been living a life of happiness, peace, and balance with the help of spiritual knowledge and Raja Yoga. During the program, Sister Shaili led the brothers and sisters in practicing Rajyoga meditation and explained the importance of peace of mind and positive thinking. Finally, Brother Dalbir Singh welcomed and thanked all the guests and the gathering. Those present appreciated the event and requested similar public welfare programs in the future. Dr. Vivek Verma and Fagu Ram Kamboj were especially helpful in the successful organisation of the programme.

Yoga is India's ancient cultural heritage and a holistic way of life: Jagmohan Anand



SHIV KUMAR SHARMA

KARNAL: A sub-division level Yoga Day event was organised on Sunday at the Grain Market in Gharaunda, jointly hosted by the district administration and the AYUSH Department, to mark the 12th International Yoga Day. MLA Jagmohan Anand from Karnal attended the event as the chief guest. SDM Rajesh Soni welcomed the MLA. A large number of officials, employees, students, members of social organisations, yoga instructors, and citizens participated in a collective yoga session, conveying a message of healthy living. Speaking on the occasion, MLA Jagmohan Anand stated that yoga is not merely a physical exercise but India's ancient cultural heritage and a holistic way of life that establishes a balance between the body, mind, and soul. Regular yoga practice improves physical health, reduces mental stress, boosts self-confidence, and infuses life with positive energy.

He noted that thanks to the efforts of Prime Minister Narendra Modi, yoga has gained global recognition today, and people in many countries across the world are moving towards a healthy lifestyle by adopting the Indian yoga tradition. He mentioned that under the leadership of Chief Minister Nayab Singh Saini, the Haryana government is establishing yoga centers and gymnasiums in every village and is taking the message of yoga to the masses through yoga teachers and assistants. Urging students and the youth to adopt yoga regularly, he remarked that the slogan "Karoge Yoga, Rahoge Nirog" (Practice yoga, stay disease-free) is not just a catchphrase but the fundamental mantra for a healthy life.

Yoga gained global recognition through PM Modi's efforts: Jyoti Saini

RANVIR PARASHAR

RAJAUND: BJP District President Jyoti Saini stated that today the entire world is celebrating the Yoga festival, a matter of pride for every Indian. She remarked that India's ancient yoga tradition has gained global recognition through the persistent efforts of Prime Minister Narendra Modi; today, millions of people across many countries have made yoga an integral part of their lives. Yoga has brought a new identity to India's cultural heritage on the global stage. The BJP District President was addressing a block-level event held at the Government Girls' Senior Secondary School, Jakhauli, on the occasion of the 12th International Yoga Day on Sunday. She inaugurated the event by lighting a ceremonial lamp. A large number of students, teachers, administrative officials, and local citizens participated in the event, engaging in the collective practice of Yoga Asanas Pranayama and meditation. She noted that under the leadership of Chief Minister Nayab Singh Saini, the Haryana government is continuously working to take yoga to the masses. Extensive Yoga Day events have been organized across the state, and yoga centers (*Yogashalas*) have been established. Haryana is moving rapidly towards building a healthy and empowered society. She urged every citizen to make yoga a part of their daily lives so that the state can reach new heights of development and become number one in the health sector. Jyoti Saini stated that the objective of this camp is to raise awareness about yoga and inspire people to adopt a healthy lifestyle. Yoga is an invaluable heritage of Indian culture that strengthens physical, mental, and spiritual health. It establishes a balance between the body and the mind and inspires a disciplined and positive way of life. During the event, participants practiced various Yogasanas, Pranayama, and meditation under the guidance of trained yoga instructors. Everyone present pledged to practice yoga regularly and to encourage their families and society to do the same.



Yoga has become a global discipline thanks to PM Modi's efforts: Manohar Lal

SHIV KUMAR SHARMA
KARNAL, JUNE 21



A district-level Yoga Day event was organised on Sunday at the local New Grain Market to mark the 12th International Yoga Day. Union Minister for Power, Housing, and Urban Affairs, Manohar Lal, attended the event as the chief guest. The program commenced with the lighting of a ceremonial lamp by the Union Minister. Subsequently, he paid tribute to Maharshi Patanjali by offering flowers at his portrait. A total of 5,200 participants performed yoga exercises during the event. Extending his greetings on International Yoga Day to the yoga practitioners and the general public present, Union Minister Manohar Lal stated that yoga is not merely a one-day event; we must make it an integral and permanent part of our lives. Regular practice of yoga is essential to keep the body, mind, and consciousness healthy every day. He remarked that yoga is the sole and most accessible means of maintaining good health. It unites the body, mind, and soul, making us strong and peaceful.

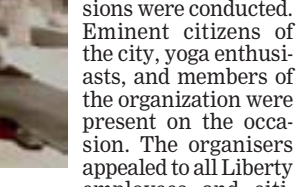
Appreciating the efforts of Prime Minister Narendra Modi, the Union Minister noted that, thanks to the Prime Minister's initiative, the 193 members of the United Nations General Assembly—with a record 177 co-sponsoring nations—unanimously approved the resolution to observe June 21 as 'International Yoga Day' on December 11, 2014. The UN General Assembly acknowledged that yoga offers a holistic approach to health and well-being. He stated that yoga is an ancient Indian discipline. Today, it is celebrated as an annual festival not only across India but throughout the world. He added that luminaries such as Maharshi Patanjali and, in modern times, Swami Ramdev have played a significant role in taking the practice of yoga to the masses.

He further observed that the body is highly flexible during childhood, and one derives the greatest benefit from practicing yoga at that age. He expressed happiness that Yoga and *Yogasana* are now being included as competitive events worldwide—with India winning 114 medals last year, a source of pride for the nation. Dignitaries present on the occasion included Ashok Sirsi (Chairman, Haryana Livestock Board), Megha Bhandari (Chairperson, Haryana Hearing and Speech Impaired Welfare Society), and Praveen Lathar (BJP District President). Representing the administration were DC Dr. Anand Kumar Sharma, SP Narendra Bijarnia, ADC Dr. Rahul Raiya, ACUT Soham Shailendra, SDM Devendra Sharma, District Ayurveda Officer Dr. Satpal, and Dr. Amit Punj (Nodal Officer, Haryana Yoga Commission, Karnal). Officials and staff from various departments, a large number of yoga practitioners, and school children were also in attendance.

International Yoga Day celebrated with great enthusiasm at Navyug Sr Secondary School

HANS RAJ YADAV

KURUKSHETRA: Students and teachers enthusiastically participated in programme practicing various yoga asanas and pranayama. Yoga instructors provided detailed information about the importance and benefits of yoga. School's Director B.D. Gaba said that purpose of International Yoga Day is to increase awareness about yoga and inspire people to adopt a healthy lifestyle. Yoga not only strengthens body, but also provides peace and concentration to mind by reducing mental stress. Regular yoga practice boosts immunity, increases self-confidence and brings positivity to life. In today's times, importance of yoga for a healthy and balanced life has increased even more. School Director B.D. Gaba and Principal Dr. Devendra Arora encouraged students to practice yoga daily and make it an integral part of their daily routine. All participants pledged to practice yoga regularly for healthy and disease-free life.



Yoga Shows the path to self-restraint, discipline, and positive lifestyle: Krishan Bedi

DALBIR MALIK

KURUKSHETRA: Haryana's Minister of Social Justice and Empowerment, Krishan Kumar Bedi, stated that yoga inspires every individual to adopt self-restraint, discipline, and a positive lifestyle. Drawing inspiration from this, every citizen should make *Yogasana* (yoga postures) a part of their daily routine. When every person embraces yoga in their life, the creation of a healthy, aware, and drug-free Haryana will certainly become possible. Bedi was speaking at the district-level event for the 12th International Yoga Day, held at the premises of the 'Gita Sthali Jyotisar Anubhav Kendra' (Experience Centre) under the aegis of the AYUSH Department, the Haryana Yoga Commission, and the district administration. Earlier, Cabinet Minister Krishan Kumar Bedi, Deputy Commissioner Vishram Kumar Meena, and Superintendent of Police Chandra Mohan performed *Gita Pujan* (worship of the Gita) at the ancient temple and the sacred Banyan tree at Gita Sthali Jyotisar, praying for the good health of the state's residents. Subsequently, the Cabinet Minister inaugurated the district-level yoga program by lighting the ceremonial lamp. Additionally, Prime Minister Narendra Modi and Chief Minister Nayab Singh Saini addressed the people of the state via an online platform, conveying the message to incorporate yoga into their daily lives.

Along with Cabinet Minister Krishan Kumar Bedi, all guests, officials, and members of the public practiced 'Protocol Yoga' for 45 minutes. During this session, Pala Ram (Divisional In-charge, Patanjali Yoga Samiti) and Om Prakash (Provincial Head, Bharatiya Yoga Sansthan) guided the participants through the asanas in accordance with the yoga protocol. Prior to the practice, the Cabinet Minister extended his greetings and best wishes to the people of the state on Yoga Day, noting that the government's dedicated efforts have not only raised public awareness about yoga but have also made it a source of inspiration for adopting a healthy and positive lifestyle. He remarked that today, thousands of people had the golden opportunity to hear the thoughts of Prime Minister Narendra Modi and Chief Minister Nayab Singh Saini at the Mahabharata Anubhav Kendra complex in Gita Sthali Jyotisar.



It was on this very sacred land that Lord Shri Krishna delivered the teachings of the Gita thousands of years ago.

23rd Installment of Pradhan Mantri Kisan Samman Nidhi Yojana released

SHIV KUMAR SHARMA

KARNAL/ASSANDH: An event was organised in the village of Dadupur Rodan, within the Assandh Assembly constituency, to mark the release of the 23rd installment of the Pradhan Mantri Kisan Samman Nidhi Yojana. Assandh MLA Yogendra Rana attended the event as the chief guest. Addressing the gathering, MLA Yogendra Rana stated that both the central and state governments are implementing numerous public welfare schemes for the benefit of farmers, and the advantages of these schemes are successfully reaching them. He provided detailed information about initiatives such as 'Meri Fasal Mera Byora', natural farming, and other significant agricultural schemes, urging farmers to maximize the benefits of these programme.



MLA Yogendra Rana noted that the Haryana government is continuously providing incentives to promote natural farming. He mentioned that farmers adopting natural farming receive a subsidy of up to ₹30,000 for the purchase of indigenous cows. Additionally, financial assistance of ₹4,000 per acre is being provided for natural farming demonstration plots. The MLA urged farmers to adopt natural farming and reduce their reliance on chemical-based agriculture to preserve soil fertility, improve public health, and lower farming costs. During the event, Prime Minister Narendra Modi joined virtually from Tarakeswar in the Hooghly district of West Bengal. In his address, the Prime Minister released approximately ₹19,000 crore into the accounts of farmers across the country via Direct Benefit Transfer (DBT).

Special Yoga programme organised at Liberty Yoga Centre on International Yoga Day

SHIV KUMAR SHARMA
KARNAL, JUNE 21



On the occasion of International Yoga Day, a special yoga programme was organised at Liberty Yoga Centre, Central House, Railway Road, Karnal today from 6:30 AM to 7:15 AM. The objective of the program was to spread awareness about yoga and inspire people to adopt a healthy and balanced lifestyle. On this occasion, Raman Bansal, COO of Liberty Group, said that yoga classes have been conducted regularly at Liberty for the past nearly four years. He stated that not only have Liberty employees who practice yoga gained health benefits, but there has also been a remarkable and positive improvement in their work performance. He appealed to all institutions and companies across the country to adopt yoga at the organizational level so that not only the institutions but the entire nation can benefit from it.

Founder of the institution, Yogacharya Satish Goyal, said that yoga is not only a medium for physical fitness but also a foundation for mental peace, positive energy, and a stress-free life. He added that regular yoga practice makes a person healthy, balanced, and energetic. During the programme, various yoga practices, pranayama, and meditation sessions were conducted. Eminent citizens of the city, yoga enthusiasts, and members of the organization were present on the occasion. The organisers appealed to all Liberty employees and citizens to make yoga a part of their daily routine and spread the message — "Adopt Yoga, Attain a Healthy Life" among the masses.

You can do yoga all day, you can run or bike or swim, but a pull-up will still be hard. It's not that you have to be a juiced-up 'lunk' to do one; it's a matter of physics.

KYLE HILL

OPINION

I love yoga and hiking - I think that's the perfect combo.

OLIVIA WILDE

CHANDIGARH, YUGMARG, MONDAY, JUNE 22, 2026

Editorial

Oil prices ease to near pre-conflict levels after US-Iran ceasefire

Oil prices retreated to near pre-conflict levels on Friday as global markets welcomed a ceasefire Memorandum of Understanding between the United States and Iran, easing fears of a prolonged disruption to energy supplies from the Middle East and restoring confidence in international trade routes.

Brent crude, the global benchmark, traded at USD 77.89 per barrel on June 19, up 0.58 per cent or USD 0.45 from the previous close of USD 77.44.

During the session, prices moved in a relatively narrow range, touching a high of USD 78.07 and a low of USD 76.62, reflecting a market that has largely shed the geopolitical risk premium that had built up during the conflict.

The benchmark's return to the USD 77-78 range marks a sharp reversal from the elevated levels seen when fears of supply disruptions in the Middle East dominated trading sentiment.

The decline followed the announcement of a 14-point ceasefire agreement between the two countries, marking a crucial de-escalation in one of the world's most strategically important regions for energy markets.

The deal is understood to include provisions aimed at halting military action, ensuring maritime security, and creating a framework for further negotiations over the coming weeks.

For oil traders, the most significant aspect of the agreement is the reduced threat to shipping through the Strait of Hormuz, the narrow waterway linking the Persian Gulf to the Arabian Sea. Nearly a fifth of the world's oil supply passes through the strait, making any disruption there an immediate concern for global energy markets.

During the conflict, investors had priced in the possibility of attacks on energy infrastructure and interruptions to tanker movements, prompting a sharp surge in crude prices. Concerns over supply shortages, higher freight costs and broader geopolitical instability had pushed Brent crude well above its recent trading range.

With the ceasefire now in place, those fears have begun to recede. Market participants increasingly expect oil exports from the Gulf region to continue uninterrupted, reducing the risk premium built into crude prices during the hostilities.

The easing of oil prices is likely to be welcomed by major energy-importing countries, including India, which relies heavily on imported crude to meet its domestic energy requirements. Lower oil prices can help moderate inflationary pressures, reduce import costs and provide some relief to government finances and consumers alike.

From imperial legacy to global network: The Commonwealth's search for purpose



Few global institutions provoke as much quiet ambiguity as the Commonwealth of Nations. Stretching across 56 independent countries spread across all inhabited continents, encompassing nearly a third of humanity, it appears, on paper, to be a formidable association. Yet in practice, it often feels like a shadow presence in international affairs—overshadowed by more powerful bodies such as the United Nations.

The essential question, therefore, arises: what does the Commonwealth actually do, and more importantly, why does it still exist?

To answer this, one must begin with its origins. The Commonwealth emerged gradually from the declining British Empire, as colonies transitioned into self-governing dominions. The Balfour Declaration of 1926 recognised these territories as "equal in status," and the Statute of Westminster in 1931 granted them legislative independence. The decisive shift came with the London Declaration of 1949, which transformed what was once an imperial structure into a voluntary association of sovereign nations, allowing republics like India to remain members without allegiance to the Crown.

From that moment, the Commonwealth evolved alongside decolonisation. Newly independent countries from Africa, Asia, the Caribbean, and the Pacific joined in large numbers, turning the organisation into a truly global body. Today, its membership reflects remarkable diversity: from large economies such as India, Canada, and Australia to dozens of small island states in the Caribbean and Pacific, many of which rely on international platforms to amplify their voice.

In recent decades, the organisation has even expanded beyond its colonial roots. Nations such as Mozambique, Rwanda, Gabon, and Togo—none of which were British colonies have joined, signalling an attempt to redefine the Commonwealth as a broader international network rather than an imperial club. Yet the shadow of history remains difficult to dispel entirely.

The Commonwealth's geographic spread is central to its identity. Its members include African countries such as Nigeria, Kenya, and South Africa; Asian nations like India, Malaysia, and Pakistan; Caribbean states including Jamaica and Barbados; European members such as the United Kingdom, Cyprus, and Malta; and Pacific nations ranging from Australia and New Zealand to small island states like Tuvalu and Kiribati. This diversity, while impressive, also makes it difficult to define a single unifying purpose.

Structurally, the Commonwealth differs markedly from organisations such as the United Nations.

It has no binding constitution, no enforcement mechanism, and no significant financial power. It functions through consultation, consensus, and voluntary cooperation. Its main forum is the Commonwealth Heads of Government Meeting (CHOGM), supported by the Commonwealth Secretariat in London, which facilitates programmes and dialogue. Unlike the UN, it cannot impose sanctions, deploy peacekeepers, or fund large-scale development initiatives.

This lack of hard power leads naturally to scepticism. If the United Nations already provides a global platform for cooperation with institutional authority, funding capacity, and universal membership—why does the Commonwealth exist at all? Critics argue that it duplicates functions already performed more effectively elsewhere, offering little beyond symbolic engagement. There is some truth in this critique.

The Commonwealth's influence is largely normative rather than practical. It promotes democracy, human rights, and good governance, and has at times taken principled positions such as opposing apartheid in South Africa, which contributed to the country's withdrawal in 1961 and later re-admission in 1994. Other countries have also left or temporarily withdrawn: Ireland exited in 1949, Zimbabwe in 2003, while Pakistan, Fiji.

The architecture of trust: Protecting national exams from manufactured panic

Prof. Raghavendra Prasad Tiwari and Prof. Felix bast

National exams are gateways to opportunities for lakhs of young people. In the large-scale logistics of a rapidly growing country, systems such as these will be subject to some level of friction. However, how an institution responds to errors or problems - whether they are systemic or individual - determines its overall resilience and ability to serve the needs of its stakeholders.

A case study about a NEET-2026 test-taker who was allocated an exam centre in Abu Dhabi after choosing one in Nagpur provides insight into the difference between legitimate administrative failure and manufactured political panic. Healthy democracies thrive on positive dialogue. However, less than 48 hours prior to a critical re-examination test date on June 21st, several politicians chose to elevate an isolated problem concerning the allocation of the exam location of a single test-taker - which had yet to be confirmed by facts - to raise anxiety among millions of students.

Upon closer inspection of the facts, a more realistic picture emerges. Digital records maintained by the NTA show a singular, constant user access pattern. The use of Nagpur-based IP addresses and the candidate's credentials was logged into the system showing the candidate changed his choice of city manually from Nagpur to Abu Dhabi.

The mere fact that an alteration has been made to a web log does not establish evidence of manipulation on the part of the test-taker. The possible reasons for the changes include: misuse of a commonly used device; unauthorized use of the test taker's login credentials; or an error resulting from misinterpretation of the user interface.

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However, it can be demonstrated through the digital logs that there was a legitimate user based event. It was not a random technical glitch created by the NTA to impede the ability of Indian students to complete their exams.

It is critical to distinguish these two types of events (institutional glitches and local user based errors), because each type represents a unique category of event. Because one single instance may not adequately represent institutional failure, after the reopening of the correction window, 3.2 lakh plus candidates corrected their personal information; and 99.5 percent of all candidates received their preferred examination centre. This 99.5% success rate represents a strong indication of institutional competency.

Therefore, ignoring this substantial body of evidence to declare systemic collapse is an unfounded myth created to cultivate distrust and cynicism towards the systems which provide democratic opportunity throughout India.

However, within the context of national examinations, where the stakes are high, public confidence can only be built upon two pillars: low error-rates and visible forms of active redressal. Even isolated incidents are important.

It is here that the institutional response merits praise. A traditional bureaucratic entity may have relied on the rule book to dismiss a candidate for making an informal last-minute request. Rather, as part of a "student first" philosophy, government officials contacted the father directly and manually relocated the test centre back to Nagpur. The issue was rectified, and redress was made publicly available so that the test-taker did not miss taking his exam.

Therefore, organisations that are resilient enough to withstand various types of errors should not be defined by the fact that no errors occur within their operational framework; instead, they should be defined by their ability to respond quickly to errors while cynical opportunists attempt to characterise these issues as examples of national malaise.

Going forward, we need to expect that there will be a comprehensive set of standards that governs how public discourse proceeds. Public figures have a Dharma-a moral obligation-to consult with the appropriate agency to validate allegations before declaring an incident involving an individual candidate as symptomatic of institutional dysfunction.

Our students are not shadows whose lives are adversely impacted by manufactured outrage; they are the future of Bharat, and, therefore, they are deserving of assurance, clarification and truth-based honesty.

How bone marrow transplants are changing the lives of sickle-cell patients

For over a decade, parents of 13-year-old Zahara Jamie, a sickle-cell disease patient from Trinidad, watched their daughter struggle with excruciating pain all over her body — an outcome of the genetic condition she was born with.

Sickle-cell disease is an inherited disorder that causes red blood cells to become hard, sticky and crescent-shaped instead of round. These misshapen cells can block blood vessels and reduce the flow of oxygen-rich blood to different parts of the body, often causing severe pain and other health complications.

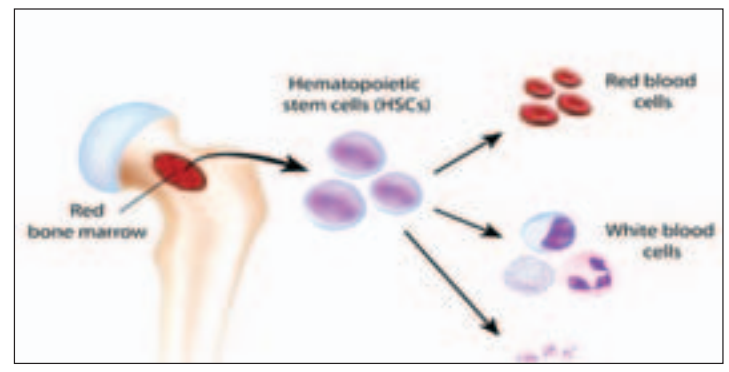
For Jamie, the pain cycles began when she was two-and-a-half years old.

Every few weeks, she required morphine to manage the pain, along with Hydroxyurea to reduce the frequency of painful crises and the need for blood transfusions. For years, terrible body aches and never-ending hospital visits continued, until two months back when she underwent a curative bone-marrow transplant procedure in New Delhi's Indraprastha Apollo Hospital.

Jamie received bone marrow from her father, who was a half-match and a carrier of the disease. Carriers usually do not develop symptoms themselves but can pass the abnormal gene to their children.

"We are happy that she has been pain-free for the past 60 days," Lyndon Burnes, Jamie's father, told the UNI during a press event in Delhi ahead of World Sickle Cell Day.

The family is expected to remain in India for another 40 days, as a team of doctors led by Dr Gaurav Kharya, Paediatric Haematologist at Indraprastha Apollo Hospital, New Delhi, closely monitors their daughter for post-surgery illnesses.



Dr Kharya said the surgery is considered a success once the patient surpasses the 100-day benchmark.

"We stay in touch with the patient and their family for routine follow-ups every two months during the first year, a critical period after surgery. Following this, they can resume a normal life—playing, sleeping, and attending school," he added.

"They can also expect a normal life expectancy without the need for lifelong medication for the condition or its treatment." Expressing hope to return to normalcy, Jamie, who had been home-schooled due to her illness, said, "I am really excited to go back to my country, join school, practice hobbies, including gymnastics and lead a normal life." While Jamie's case offers hope, access to curative treatment remains limited for many patients worldwide. Having performed over 200 bone marrow transplants at Apollo Hospital over the past 8–10 years, Dr Kharya highlighted a success rate of 97–98 per cent in India for procedures involving a half-matched donor, usually a disease-free parent or sibling. Despite advances in treatment, sickle-cell disease continues to affect millions worldwide. India carries the world's third-highest burden of the disorder, after Nigeria and the Democratic Republic of the Congo. Estimates suggest that around 30,000–50,000 children are born with sickle-cell disease in India each year, accounting for roughly 10–13 per cent of annual global sickle-cell births. These cases are concentrated in central and western India, particularly among tribal communities in states such as Madhya Pradesh, Maharashtra, Chhattisgarh, Gujarat, Odisha and Rajasthan. Many of these regions have historically been malaria-endemic, where individuals carrying a single copy of the sickle-cell gene are known to have a survival advantage against severe malaria.

India-Bangladesh: Storm in a teacup

The Twitteratti in both India and, more so, in Bangladesh brewed a storm in a teacup last week over two seemingly unrelated incidents, which revealed how emotionally charged relations remain despite the best of intent on both sides.

The first involved Dinesh Trivedi, India's newly appointed High Commissioner to Bangladesh. Rather than arrive in Dhaka through the insulated rituals of official diplomacy, Trivedi and his wife crossed the Petrapole-Benapole border on foot. The



symbolism was unmistakable. Here was a politician, not a career diplomat, attempting to emphasise proximity over protocol and people over politics.

Upon arrival, Trivedi quoted a song by Bhupen Hazarika, speaking of Indians and Bangladeshis sharing "the same sky, the same air" and the same suffering. He suggested that the combined aspirations of 1.6 billion people could create a common future.

The honest statement made in an era where climate change has put both the nations at risk, with Bangladesh projected to lose 17 per cent of its land to the sea by 2050, while India is expected to face both sea-inundation and longer and more intense heatwaves, was, however, greeted by the usual volley of strident criticisms.

Bangladesh's Islamist and Jamaat-aligned political spectrum immediately interpreted the remarks as evidence of "India's hegemonistic designs".

The Jamaat-i-Islami, which supports Pakistan and still feels the 1971 liberation war as an anachronism, demanded explanations and questioned whether Bangladesh's sovereignty was being sufficiently respected.

The reaction said less about Trivedi's words than about the depth of mistrust that still shadows the relationship, especially among those in the neighbouring nation's far right.

"This was a deliberate attempt by the Jamaat leadership to misconstrue a perfectly well-intentioned statement into a controversy to queer the pitch between the two countries," Veena Sikri, former High Commissioner to Bangladesh, told UNI.

The second controversy unfolded at Delhi's airport on a peaceful Sunday. Dr Zahed Ur Rahman, an adviser to Bangladesh's prime minister, arrived in India to attend an official conference on the Indian Ocean.

He was travelling on a private passport carrying an old SAARC visa sticker rather than a diplomatic passport, which a ministerial ranking representative leading an official delegation should have.

What followed appears to have been a bureaucratic muddle. On a holiday, when many government offices were closed, confusion over documentation delayed his entry.

By the time the issue was clarified and permission was granted, Rahman chose to return home.

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Yoga is an invaluable gift of India's ancient culture, says Subhash Sudha

HANS RAJ

KURUKSHETRA: Former Haryana Minister Subhash Sudha said yoga, a tradition that dates back thousands of years, is one of the most precious gifts of Indian culture and has evolved into a globally recognised practice for maintaining physical and mental well-being. Addressing a gathering at a Yoga Day programme organised in Pipli on the



occasion of the 12th International Day of Yoga, Sudha said yoga is no longer viewed merely as a form of exercise but as an effective way to lead a healthy and stress-free life. Prior to the event, yoga instructors from the Ayush Department conducted a Common Yoga Protocol session for participants. Sudha credited Prime Minister Narendra Modi and Haryana Chief Minister Nayab Singh Saini for promoting yoga at national and international levels.

NEWS BRIEF

Sachin Budhanpur honoured by congressmen on becoming constituency president of Indri



MAINPAL KASHYAP

INDRI: The Congress Party organized a grand felicitation and worker gratitude ceremony at a private palace in Indri to mark the appointment of Sachin Budhanpur as the constituency president. A large number of Congress workers, office bearers, and supporters attended the event and welcomed the newly appointed president with garlands. Congress District Rural President Rajesh Vaidyawas the chief guest. National President of the Panchayati Raj Cell Sunil Panwar, former MinisterBhimsen Mehta, and former constituency president Karam Singh Khanpur along with several other senior Congress leaders, attended the event and addressed the workers. Speakers emphasized that the true strength of the Congress Party lies in its dedicated workers. Each worker plays a vital role in strengthening the organization at the booth level.

Yoga is India's heritage, healthy body is foundation of healthy nation: CM Yogi

YUGMAG BUREAU
JHANSI, JUNE 21

On the occasion of International Day of Yoga, Chief Minister Yogi Adityanath said, "Yoga should not remain confined to June 21 alone. It must become a part of everyday life. A healthy body is the foundation of a healthy nation. The festivals and traditions established by India's ancient sages were rooted in the spirit of harmony with nature. The objective of Indian culture has always been to create a balanced life through coexistence with nature."

The Chief Minister participated in a mass yoga session in Jhansi on the occasion of International Day of Yoga. Under this year's theme, 'Yoga for Healthy Ageing,' CM Yogi also released the Ayush Department's Ayush e-magazine. CM Yogi said, "Prime Minister Narendra



Modi has played a pivotal role in securing global recognition for India's traditions and heritage. Owing to his efforts, 1.4 billion Indians are moving forward with pride on the global stage, and the vision of Viksit Bharat has gained new momentum. Every year, the Prime Minister personally participates in International Day of Yoga celebrations in different states, taking the movement to greater heights."

The Chief Minister added, " The scriptures state, 'Shariramadyam Khalu Dharma Sadhanam' (the body is the primary instrument for fulfilling one's duties and aspirations). Without a healthy and disease-free body, no individual can achieve life's goals. A healthy student with a healthy mind can attain success, a healthy farmer can achieve new milestones in agriculture, a healthy worker can contribute to development and nation-building, and a healthy scientist can drive innovation and research. Healthy citizens are the foundation of a healthy nation." CM Yogi noted that PM Modi has set a record as India's longest-serving elected Prime Minister. The CM added, "He has worked to restore respect for India's heritage and establish it on the global stage. Today, nearly 200 countries are connected with yoga. Across the world, yoga has generated immense interest and participation. The Prime Minister has also opened new avenues of employment and opportunities for Indian youth in the fields of Ayush and traditional medicine." The Chief Minister said, "The Ayush Department in Uttar Pradesh continues to work actively to promote wellness. If the body is healthy, the mind remains healthy; a healthy mind leads to sound intellect, and a sound intellect nurtures the soul. Since the soul is the abode of the Divine, a healthy body forms the basis of a meaningful life, and yoga is one of the most effective means to achieve it." CM Yogi said, "Indian culture celebrates Navratri twice a year, reflecting the science of energy and nature. Navratri coincides with seasonal transitions, when nature offers renewed energy.

International Day of Yoga observed across NFR promoting healthy ageing and wellness

YUGMARG BUREAU
MALIGAON, JUNE 21

International Day of Yoga (IDY)-2026 was celebrated across Northeast Frontier Railway (NFR) on 21st June 2026, reaffirming the importance of yoga as a powerful tool for promoting health, fitness and a balanced lifestyle. Yoga practice sessions were organised at the NFR Headquarters, all divisions, workshops and other railway establishments to spread awareness about the benefits of yoga and encourage its adoption as a way of life. The theme for International Day of Yoga 2026, "Yoga for Healthy Ageing" highlights the vital role of yoga in promoting physical fitness, mental well-being and emotional resilience throughout life. It emphasizes yoga's ability to improve flexibility, strength and balance while encourAgeing a healthier,



more active lifestyle. The theme also reflects a broader vision of healthy living, encourAgeing harmony between body, mind and nature and promoting comprehensive health and wellness. The celebration of IDY-2026 holds special significance as it marks the 12th anniversary of this global movement, inspiring millions worldwide to adopt yoga for a healthier and more balanced lifestyle. Through its inclusive practices, yoga continues to promote preventive healthcare, improve quality of life and support healthy Ageing. At the NFR Headquarters, the International Day of Yoga programme was organised at the Railway Indoor Stadium, Maligaon. Shri Chetan Kumar Shrivastava, General Manager, NFR, along with other senior railway officials, participated in the programme.

160 units of blood collected at youth organisation's donation camp



NIRMAL SAINI

RADAUR: A blood donation camp organised by the Youth Sports and Blood Donation Organisation, Radaur, on the 11th death anniversary of social worker late Bhavishya Saini witnessed enthusiastic participation from local youth, with 160 units of blood collected during the event. The 22nd blood donation camp was held at Arya Samaj Bhawan and was inaugurated by BJP district general secretary Narendra Rana, district vice-president Happy Khedi, chairman Rajnish Mehta and Saini Samaj Radaur patron Dr Baldev Saini. The programme began with floral tributes and the lighting of a ceremonial lamp before portraits of Bharat Mata and late Bhavishya Saini. Addressing the gathering, Narendra Rana described blood donation as a noble act that not only saves lives but also brings inner satisfaction. He said blood donated by youth could help save the lives of needy patients and urged young people to stay away from drug abuse and violence and instead participate in social causes such as blood donation.

Yoga is essential for stress relief and health: SDM Satinder Siwach



JAIBIR RANA THUMBAR

BARARA: Ayush Department and Haryana Yoga Commission organized a block level Yoga Day function at Government Adarsh Sanskriti Senior Secondary School, Barara on Sunday on the occasion of 12th International Yoga Day. The program was inaugurated by the chief guest SDM Satinder Siwach by lighting the lamp. On this occasion, administration officials, employees, women, men and children practiced yoga. On the occasion of International Yoga Day, Prime Minister Narendra Modi and Chief Minister Nayab Singh Saini joined the program through video conferencing. SDM Satinder Siwach extended greetings and best wishes on International Yoga Day. He said that according to Ayurveda, balance between body, mind, and breath was essential for maintaining a healthy body. When these three are in balance, a person lives a healthy and energetic life. He said that everyone should strive to maintain this balance in their lives. SDM Siwach called for spreading yoga to the masses to realize the pledge of "Yoga-rich Haryana, disease-free Haryana." He especially encouraged the younger generation to adopt yoga, saying that young people should develop the habit of regular yoga and stay away from vices like addiction.

Leopard terror in Sadhaura's Kotla village



PRITI SAINI

SADHAURA: A leopard wreaked havoc in Kotla village, Sadhaura, last night. It entered a livestock enclosure and killed four goats. The incident has created an atmosphere of panic throughout the village. Villagers have demanded immediate action from the Wildlife Department. According to reports, a commotion arose in Kotla village late Friday night when villagers heard the screams of goats coming from the enclosure. Upon visiting the enclosure in the morning, they were shocked by the scene; the leopard had killed four goats. Deep wounds were found on the necks of all the goats. "We heard noises around 2 AM but did not step out due to fear. In the morning, we found four goats dead, with blood flowing from their necks." Upon learning of the incident, the Sarpanch and villagers arrived at the spot. Leopard paw prints are clearly visible both inside and outside the enclosure. People are afraid to even go to their fields due to the leopard's presence. Villagers have immediately informed the Wildlife Department and the police, urging the administration to set up a trap quickly. The residents of Kotla village are terrified by the threat posed by the leopard. They have appealed to the department for protection against wild animals and demanded increased night patrols.

12th International Yoga Day celebrated with great enthusiasm in Sadhaura



PRITI SAINI

SADHAURA: The 12th International Yoga Day was celebrated with great fanfare, enthusiasm, and a dignified atmosphere at Hindu AS Senior Secondary School in Sadhaura on Saturday. A record-breaking number of participants joined the mass yoga session this year, making the event a major attraction. The program was organised under administrative supervision and directed by Sadhaura Naib Tehsildar Kuldeep Singh. A large number of students, teachers, local dignitaries, and public representatives participated, gaining an understanding of the importance of yoga and spreading the message of adopting a healthy lifestyle. Former Sadhaura MLA Balwant Singh attended the event as the chief guest. Special guests included Zila Parishad Chairman Ramesh Thaska, Municipal Chairperson Shalini Sharma, Market Committee Chairman Naveen Bhasin, and Gurvinder Chaudhary. All the guests participated in the yoga session and emphasized from the stage the importance of making yoga a part of daily life. Speakers remarked that yoga is not merely physical exercise but a vital medium for achieving mental peace, spiritual balance, and a healthy life.

Doordarshan Hisar restoration protest enters 1,264th day, says Inder Singh Malik



MAHENDER GOYAL

HISAR: The ongoing agitation demanding the restoration of the Doordarshan Kendra in Hisar entered its 1,264th day on Saturday, according to Inder Singh Malik. Addressing supporters during the protest, Malik said the demonstration has continued peacefully despite extreme summer conditions. He reiterated the committee's demand for the revival of the Hisar Doordarshan centre and criticised the government for not responding to the issue. Malik alleged that rising unemployment and inflation have adversely affected common citizens and criticised what he described as government economic policies. He also raised concerns over fuel prices, public discourse and media coverage of economic issues. During his address, he expressed his views on governance, democratic institutions, media functioning, education, employment and foreign policy.

Induction ceremony of Aggarwal Vaishya Samaj Youth Wing concludes

SHIV KUMAR SHARMA
KARNAL, JUNE 21

Politics is not merely a means to attain power; rather, it is a foundation for understanding societal problems, finding solutions, and establishing a strong political presence. A community with robust political participation ensures its voice is heard more effectively. Ashok Buwaniwala, State President of the Aggarwal Vaishya Samaj, shared these insights while mentoring the community's youth on the nuances of politics and organizational building during the youth wing's induction ceremony held today at the local Maharaja Agrasen Vaishya Bhavan. The event, which began with the ceremonial lighting of the lamp, saw hundreds of office-bearers from across the state take an oath to fulfill their duties toward the organisation and the community. Subsequently, State President Ashok Buwaniwala emphasised that the role of the community—and particularly the youth—in



politics is paramount. Youth symbolises the community's energy, vision, and direction. If young people engage in politics with a positive mindset, they can not only strengthen the community's representation but also play a vital role in safeguarding its interests. He urged the youth not to limit themselves merely to voting but to step forward to build the organization, participate actively in social issues, and shoulder leadership responsibilities.

Shri Guru Nanak Dev Ji Research Foundation and Welfare Society holds health camp

CHAMAN LAL
KARNAL, JUNE 21

On the auspicious occasion of the 12th International Yoga Day and World Music Day, a free health awareness and check-up camp was organised today in Salwan village. The event was held under the joint aegis of the Shri Guru Nanak Dev Ji Research Foundation and Welfare Society and Guru Nanak Hospital, Karnal, through the efforts of Sarpanch Jai Veer Fauji. The camp commenced with the lighting of a ceremonial lamp and the chanting of 'Om'—a symbol representing both yoga and music. Salwan village



Sarpanch Jai Veer Fauji and members of the Panchayat extended a warm welcome to the medical team from Guru Nanak Hospital with floral bouquets. Prem Kumari Mehta, the Society's Executive Secretary, introduced Dr. Prabhjot Kaur—the President of the Shri Guru Nanak Dev Ji Research and Welfare Society, as well as a Gynecologist and IVF specialist. She described Dr. Prabhjot Kaur not merely as a doctor, but as an idea, a movement, and the embodiment of a mother's love. Dr. Prabhjot Kaur is a deeply spiritual physician; for her, medical science and spirituality are not separate entities.

Poor sanitation in ward no. 7



PRITI SAINI

SADHAURA: Local residents near the Grain Market and Gogamedi are distressed by the filth; despite bringing the issue to the administration's attention, the problems remain unresolved. Residents state that the streetlights installed along the stretch from the Grain Market to Jaimal Colony have failed to provide any illumination for the past year. Tall grass has overgrown on both sides of the road, posing a potential accident risk for motorists. Additionally, grass growing inside the drains has obstructed the flow of wastewater, causing it to spill onto the road and creating unsanitary conditions all around. Residents, including Pankaj Saini, reported that the constant movement of overloaded dumpers and tractor-trolleys—carrying soil, sand, gravel, and crushed stone—keeps the entire route blanketed in dust. Whenever vehicles pass, clouds of dust rise into the air, causing breathing difficulties for locals and leading to dust accumulation inside their homes. The homes of the Municipal Council Vice-Chairman and the local Councilor are also located in Ward No. 7.

Vaishya Bhavan Charitable Trust gifts large LED TV to 'Apna Ashiyan'



SHIV KUMAR SHARMA

KARNAL: Maharaja Agrasen Bhavan, through the Vaishya Bhavan Charitable Trust, gifted a 57-inch LED TV to the 'Apna Ashiyan' organisation. Shammi Bansal, President of the Vaishya Bhavan Charitable Trust, stated that this gift was intended for the entertainment of the residents of 'Apna Ashiyan'—individuals who have been abandoned by their own families. He noted that 'Apna Ashiyan' provides excellent care for persons with disabilities, as well as for those rejected by their families or rendered homeless by the harsh blows of fate. He mentioned that the 'Apna Ashiyan' ashram, located at Jundla Gate, serves as a sanctuary for those who have been let down by their loved ones and battered by life's circumstances. He presented the gift to Rajkumar Arora and Annu, the managers of 'Apna Ashiyan,' who accepted it with gratitude. Members of Vaishya Bhavan were present alongside representatives from the 'Apna Ashiyan' ashram on this occasion.

Union Minister Manohar Lal inaugurates skill development centres in two villages

MAINPAL KASHYAP

INDRI: Union Minister for Energy, Housing and Urban Affairs, Manohar Lal, inaugurated skill development centers in two villages of the Karnal Lok Sabha constituency on Sunday. A computer training center has been started in Bada village. The goal of these centers is to provide skills training to youth and women in rural areas and connect them with employment and self-employment opportunities. On this occasion he said that the foundation, established in 2010, has the sole objective of helping the most vulnerable and needy families in society. He said that under the leadership of Prime Minister Narendra Modi, the government was providing basic amenities like housing, electricity, water, ration, and toilets to every poor person, but skill development was essential to increase the sustainable income of families. He said that based on a special survey conducted by the foundation, more than 1,000 young men and women have been identified who were in dire need of skills and employment. In this direction, centers are being started in 15 different villages in the first phase. Further expansion will follow. On this occasion, DC Dr. Anand Kumar Sharma, SP Narendra Bijarnia, MP representative Kavinder Rana, District Council Chairperson Pravesh Sohan Singh Rana, Nand Lal Panchal, Krishna.



International Yoga Day celebrated



KARAMBIR

LADWA: Ambala Municipal Corporation Mayor Akshita Saini stated that the world has wholeheartedly embraced Yoga, an ancient Indian heritage. Entire world is celebrating Yoga festival, which is a matter of pride for us. Recognizing importance of Yoga, Chief Minister Nayab Singh Saini has taken significant decision to include Yoga education in school curriculum move being welcomed across state. To ensure Haryana reaches new heights of development and becomes number one in health, it is essential to incorporate Yoga protocols practiced today into our daily lives.Akshita Saini was addressing a program organized to mark 12th International Yoga Day at a college in Ladwa sub-division on Sunday. Earlier, she inaugurated event by lighting a ceremonial lamp and was honored with a sapling upon her arrival.Children from Ladwa presented a Yoga song during event.Various asanas, pranayama and meditation practices were conducted under guidance of Yoga instructors.

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Sangameshwar Mahadev Temple launches website for devotees

YAGYADUTT SHASTRI
PEHOWA: Devotees of Sangameshwar Mahadev Temple will now be able to access information and religious services online following the launch of the temple's official website. The website was inaugurated by Mahant Vishwanath Giri under the guidance of Mahant Ravindra Puri, who is also Secretary of the Shri Panchayati Akhada Mahanirvani. Speaking on the occasion, Mahant Vishwanath Giri said that in today's digital age, it was important to provide devotees with easy access to information about the temple's history, traditions and activities. Temple Seva Dal Manager Bhushan Gautam said the website has been launched in response to devotees' demand and will provide updates related to the temple, including its history, daily activities and details of bhandaras organised during the Shravan month.He said devotees can also access updates through QR codes and obtain information about religious programmes and temple activities. The website will facilitate online booking for Akhand Rudrabhishek, Belpatra Pujan, general abhishek, Parthiv Shivling Pujan and special religious events held during Shravan and Mahashivratri.

Yoga paves the way for a healthy and active life, says Dr Surinder Kaur

RAHUL KOHLI
YAMUNANAGAR, JUNE 21:



The Department of Yoga at DAV Girls College organised a programme in the college hostel to mark the 12th International Day of Yoga. The event was held on the theme "Yoga for Healthy Ageing", with the objective of creating awareness about the role of yoga in ensuring a healthy, active and positive life in later years.

Programme coordinator Dr. Ranjana Devi welcomed the participants and emphasised the importance of making yoga an integral part of daily life.

Addressing the gathering, acting Principal Dr. Surinder Kaur said regular yoga practice strengthens physical, mental and emotional well-being and is essential for maintaining a healthy lifestyle, particularly in old age.

The event was coordinated by Dr. Smriti Sharma, while MA first-year student Rinki assisted in organising the programme.

The programme began with the national song, followed by a prayer and yoga session conducted according to the Common Yoga Protocol. Participants practised various yoga postures and pranayama techniques aimed at improving physical fitness and mental wellness.

National Service Scheme (NSS) Unit-II Programme Officer Kanika Goyal and NSS volunteers extended full support in organising the event.

Teachers, research scholars, students and yoga enthusiasts participated enthusiastically in the programme.

The event concluded with the national anthem and a message encouraging participants to adopt yoga for a healthier life and better well-being in the years ahead.

Sanjay Tandon takes part in grand International Yoga Day celebration



YUGMARG BUREAU
CHANDIGARH: Senior BJP leader Sanjay Tandon on Sunday participated in the grand yoga programme organized by the Directorate of AYUSH, Chandigarh Administration, at Tiranga Urban Park, Sector 17, Chandigarh, on the occasion of the International Yoga Day.

The event was graced by the presence of Governor of Punjab and Administrator, UT Chandigarh, Shri Gulab Chand Kataria, along with several othet distinguished dignitaries from different walks of life. Tandon said that Yoga is not merely a form of physical exercise; it is India's ancient way of life that harmonizes the body, mind, and soul. "Under the visionary leadership of Hon'ble Prime Minister Shri Narendra Modi Ji, International Yoga Day has evolved into a global mass movement, inspiring people across the world to embrace healthy living and connect with the timeless values of Indian culture," he said. "The enthusiastic participation of people from all walks of life reflected the growing awareness about the importance of yoga in achieving holistic well-being and a balanced lifestyle," added Tandon.

International Yoga Day celebrated with enthusiasm and public participation in Kaithal

RANVIR PARASHAR
KAITHAL, JUNE 21:



The district-level celebration of the 12th International Day of Yoga was held with enthusiasm and wide public participation at the Additional Grain Market in Kaithal on Saturday. Deputy Commissioner Aparajita attended the programme as the chief guest, while former MLA Leela Ram was the guest of honour.

A large number of government officials, employees, students, representatives of social organisations, yoga instructors and citizens participated in the mass yoga session and spread the message of healthy living.

Addressing the gathering, the Deputy Commissioner said this year's International Yoga Day theme, "Yoga for Healthy Ageing," is highly relevant in the present context. She described yoga as not merely a physical exercise but an integral part of India's ancient cultural heritage and a complete way of life that creates harmony between the body, mind and soul.

She said regular yoga practice improves physical health, reduces mental stress, boosts self-confidence and promotes positive energy. Urging families to encourage senior citizens to practise yoga regularly, she appealed to residents to make yoga a part of their daily routine.

Aparajita said Prime Minister Narendra Modi has played a significant role in taking yoga to the global stage, leading to its growing acceptance across the world. She also highlighted initiatives of the Haryana government under Chief Minister Nayab Singh Saini, including the establishment of yoga and exercise centres in villages and the deployment of yoga instructors to promote wellness among citizens.

She administered a pledge to participants to practise yoga regularly, contribute towards a drug-free society and work collectively for a healthier Kaithal, Haryana and India.

Former MLA Leela Ram said yoga, which originated in India, is now being practised in numerous countries around the world. He credited Prime Minister Narendra Modi with popularising yoga internationally.

International Yoga Day Celebrated at Saint Soldier International School



CHANDIGARH- Saint Soldier International School, Sector 28B, Chandigarh, celebrated International Yoga Day bringing together students and teachers in order to promote physical and mental well-being through yoga. The event, held early in the morning, was led by school yoga instructor, Ms. Rajveer Kaur. The participants performed a series of yoga asanas like Tadasana, Vrikshasana, Bhujangasana, Pranayama etc. It was a day of harmony, health and holistic development - true to the spirit of International Yoga Day.

NEWS BRIEFS

Amazon plans to launch over 100 Urban Fulfillment Centers offering 4X more selection delivered in minutes

CHANDIGARH : Amazon today announced the roll out of more than 100 specialised Urban Fulfillment Centers, marking a significant expansion that will offer four times more selection over thousands of essentials already available on Amazon Now. Ahead of Prime Day 2026, these Centers will offer customers access to apparel, electronics, jewellery, shoes, luggage, watches, wireless, musical instruments, furniture and more, apart from groceries (including fruits & vegetables and frozen food), personal care, fashion & beauty products, small appliances, baby products, pet supplies and healthcare supplements — delivered in minutes. The launch of Urban Fulfillment Centers builds on Amazon Now's previously announced expansion to 100 cities with more than 1,000 Micro-Fulfillment centers, adding a new layer of infrastructure designed to significantly expand selection while maintaining fast delivery speeds. These Centers will progressively launch in cities such as Bengaluru, Chennai, Delhi-NCR, Hyderabad and Mumbai.
"Customers appreciate the speed, convenience and selection available on Amazon.in. As we continue to scale Amazon Now, we remain focused on offering customers a wider selection, value and faster delivery speeds across categories. This is made possible by our long-term investments in technology, infrastructure, and people over the past 13 years, which have helped us build one of India's safest, fastest and most reliable networks, powered by advanced technology, AI-driven inventory planning, demand forecasting and a highly optimized operations infrastructure. With the launch of Urban Fulfillment Centers, we are bringing inventory closer to customers, enabling faster deliveries across a wide selection offered by our sellers, so customers continue to get the convenience and value on Amazon Now," said Abhinav Singh, Vice President - Operations, Amazon India, APAC, Middle East, Africa and Turkiye.

Medanta Showcases Advances in India's Lung Transplant and Thoracic Surgery Landscape with High-Success Medical Care

BATALA : As the burden of advanced lung diseases continues to rise, lung transplantation is emerging as a life-saving option for patients suffering from irreversible respiratory conditions who have exhausted all other treatment options. Once considered a highly specialised procedure that was available only in select centres globally, Gurugram-based Medanta– TheMedicity -- ranked India's best hospital by Newsweek in 2026 -- has played a pioneering role in advancing lung transplantation in our country. The hospital was the first to establish a lung transplant programme in North India and today reports a success rate of over 90%, offering comprehensive care for patients with end-stage lung diseases such as very severe Interstitial Lung Diseases (ILD), chronic obstructive pulmonary disease (COPD), cystic fibrosis, or pulmonary arterial hypertensionthrough a vastly experienced multidisciplinary team.Dr. Vivek Singh, Director, Respiratory & Sleep Medicine at Medanta Gurugram said, "A lung transplant should be considered when lung function declines to a stage where quality of life is severely compromised and life expectancy is limited without intervention. With timely referral, careful patient selection and comprehensive post-transplant care, lung transplantation can restore mobility, independence and significantly improve survival. At Medanta, we have built an integrated ecosystem comprising transplant surgeons, pulmonologists, intensivists and rehabilitation specialists to deliver outcomes comparable to the best centres globally."He was speaking at a program in Amritsar, organized by Medanta in association with the Critical Care Society, Amritsar. Like all major transplants, lung transplantation carries certain risks, including organ rejection, infections due to long-term immunosuppressive therapy, blood clots and other post-operative complications. Dr. Singh said, "However, advances in surgical techniques, critical care and post-transplant monitoring have led to a steady improvement in outcomes over the past decade."

Life Insurance Delivers Long-Term Value, with Benefits Far Outweighing Occasional Concerns

AMRITSAR: The life insurance industry is highlighting the need for a more balanced understanding of life insurance, emphasizing that its long-term benefits including financial protection, security, and disciplined savings, far outweigh isolated concerns that may arise, including instances of mis-selling.The Insurance Awareness Committee – Life Insurance (IAC-Life) encourages customers and stakeholders to view life insurance as a long-term financial protection instrument, rather than assess it solely through immediate or short-term outcomes."Life insurance is designed to deliver value over time—through financial security, protection for families, and disciplined savings. While concerns such as mis-selling do exist and must be addressed by the industry, they represent a small part of the overall ecosystem, which continues to deliver significant value to millions of policyholders," said Kamlesh Rao, Chairperson, Insurance Awareness Committee (IAC-Life).Importantly, life insurance is the only financial instrument that offers a 'free-look period', which allows policyholders to review their policy after purchase and return it within a stipulated timeframe if they feel it does not meet their needs. This feature provides an added layer of transparency and customer protection at the point of purchase.Life insurance products are structured to encourage long-term holding, and outcomes are closely linked to this lifecycle. When policies are evaluated prematurely, the full extent of these benefits may not be immediately apparent. "Assessing long-term financial solutions through a short-term lens may lead to incomplete conclusions about their overall value," Mr. Rao added.

Amazon becomes water positive in India, returning more water to communities than it uses

CHANDIGARH: Amazon today announced that it has become water positive in India, meaning the company now returns more water to communities than it uses across its direct operations, including corporate offices, data centres, and fulfilment centres across the country. Amazon had set a goal to become water positive in India by 2027 and has now achieved it ahead of time. This milestone marks a significant step in the company's global water stewardship strategy.India holds 18% of the global population but only 4% of global freshwater resources, making it one of the world's most water-stressed regions. Amazon responds to this reality through initiatives under three pillars: reducing water use, reusing water through treatment and harvesting systems, and replenishing water in water-stressed communities. The company measures progress by comparing the volume of water returned through these initiatives with the volume withdrawn for its direct operations. These efforts have already enabled Amazon to return 120% of the water it used in 2025, becoming water positive in across our operations India. Progress is verified through regular internal and third-party audits. "Water is fundamental to the communities where we operate, and we recognize both the scale of India's water challenge and the opportunity to make a meaningful difference," said Abhinav Singh, Vice President, Operations, Amazon India, APAC, Middle East and Türkiye. "Achieving water positive in India is a significant milestone. It reflects years of our consistent work to improve water efficiency across our operations while investing in large-scale community projects, from lake restoration to watershed development.

Spine Expert Warns: Why Ignoring Back Pain Could Cost You Mobility Later

PATIALA: Back pain is often dismissed as a result of long working hours, ageing, or physical strain. However, persistent or recurring pain can sometimes signal underlying spinal conditions such as disc problems, nerve compression, or spinal degeneration. While occasional discomfort is common, ongoing pain accompanied by symptoms such as stiffness, numbness, tingling, or weakness should not be ignored, as it can gradually affect mobility and overall quality of life. Dr. Jaskaran Singh, Senior Consultant -Neurosurgery, Manipal Hospitals, Patiala, says that ignoring back pain for too long can lead to serious spine problems later.
Tips to Protect Your Spine
1. Maintain Good Posture: Whether sitting at a desk, driving, or using a mobile phone, proper posture helps reduce strain on the spine. Keep neck and lower back straight.
2. Stay Active: Regular activities such as walking, stretching, yoga, and strengthening exercises help improve flexibility and support spinal health



3. Avoid Prolonged Sitting: Taking short breaks to move around can help prevent stiffness and reduce pressure on the spine. Keep small pillow behind lower back while sitting.
4. Lift Smartly: Use proper lifting techniques and avoid sudden twisting movements while carrying heavy objects
5. Maintain a Healthy Weight: Excess weight can increase pressure on the spine and contribute to back pain

Most spine-related conditions can be effectively managed when identified early. Treatment options range from lifestyle modifications, physiotherapy, and medications to advanced pain management procedures and minimally invasive spine surgeries when required. Seeking timely medical advice can help prevent further damage and improve outcomes. If back pain persists for more than a few weeks or begins to affect your daily life, consult a spine specialist.

Amazon India Announces the 10th Edition of Prime Day: Celebrate with Great Deals, New Launches and Blockbuster Entertainment from July 4-6

CHANDIGARH : Amazon today announced that the 10th edition of Prime Day 2026 will run from 12:00 AM on July 4 to 11:59 PM on July 6, offering 72 hours of deals, savings, new launches and blockbuster entertainment—all curated for Prime members. As part of the 10-year milestone, Amazon is giving Prime members access to exciting offers across Categories with '10th Anniversary deals' along with additional 10% savings on payments using SBI and Axis Bank credit card and EMI transactions. With the Amazon Pay ICICI Bank credit card, Prime members will get unlimited 5% cashback.
This Prime Day, members will get exclusive access to more than 500 new products along with lowest prices of the year and never-seen-before deals from top Indian and global brands such as OnePlus, Samsung, Lego, Adidas and Allen Solly, amongst others along with products by Small and Medium Businesses (SMBs). To mark the 10th edition of Prime Day in India, Amazon is offering a limited-period Anniversary offer to new members—a flat INR 500 off on annual Prime membership (INR 1,499) at just INR 999, Prime Lite at just INR 599/year (from INR 799) and Prime Shopping Edition (PSE) at just INR 299/year (from INR 399), making Prime Day access available at every price point.
Abhinav Agarwal, Director - Prime, Amazon India, said, "From new launches and blockbuster entertainment to great deals delivered fast, Prime Day has always been about celebrating our members, sellers and brand partners. As we mark the 10th edition of Prime Day, this milestone makes the celebration even more special reflecting a decade of delivering shopping, savings and entertainment across Bharat. We are excited to bring our Prime members an even superior experience this year with the biggest launches, special never-seen-before anniversary deals, incredible AI experiences, blockbuster entertainment and more. throughout the 10th edition of Prime Day."

Over 2,000 participants join district-level International Yoga Day celebrations in Jagadhri

RAHUL KOHLI
YAMUNANAGAR: More than 2,000 people participated in the district-level International Day of Yoga celebrations held at the Grain Market in Jagadhri on Saturday. The event was organised to mark the 12th International Day of Yoga and witnessed enthusiastic participation from women, men and children.



Rajya Sabha MP Rekha Sharma inaugurated the programme by lighting the ceremonial lamp and extended greetings to the participants on the occasion.
The yoga session was conducted by District Yoga Acharya Dr. Shiv Kumar Saini, Patanjali Yoga Samiti district in-charge Jai Kumar and other instructors, who guided participants through standing, sitting and reclining yoga postures.
Students of Mukand Public School presented a yoga-based cultural performance that received appreciation from the audience. Messages from Prime Minister Narendra Modi and Haryana Chief Minister Nayab Singh Saini were also broadcast during the programme.
Addressing the gathering, Rekha Sharma said that owing to the efforts of Prime Minister Narendra Modi, the United Nations General Assembly adopted a resolution in 2014 declaring June 21 as International Day of Yoga. She noted that Yoga Day is now being observed in 177 countries worldwide.
She described yoga as much more than a form of physical exercise, calling it a means of achieving harmony with oneself, nature and the world. Emphasising the slogan "Yoga keeps you healthy and drives away disease," she urged people to incorporate yoga into their daily lives.
The MP said yoga helps increase energy levels, strengthens both body and mind and promotes a healthy lifestyle. She added that in today's fast-paced world, rising stress levels, changing lifestyles, pollution and mental pressures have made yoga increasingly relevant.
Sharma said yoga serves as a pathway to physical, mental, moral and spiritual well-being. Describing it as a unique blend of art, science and philosophy, she said yoga possesses the power to unite humanity and strengthen cultural values.

Farmers protest against corporation laying power lines without paying compensation

MAHENDER GOYAL
HISAR: Farmers in Kirmara village have staged a protest against power lines being laid through their fields without their consent and without providing them adequate compensation. Farmers have demanded compensation for their crops and land from Electricity Corporation and Haryana government. After farmers demanded compensation, Electricity Corporation officials and contractor stopped work.Farmers also raised this demand at a recent resolution camp chaired by Deputy Commissioner, following which Electricity Corporation officials arrived in village on Sunday. Protesting farmers say that recent storm broke about 9-10 poles and damaged power lines. On instructions of Electricity Corporation officials, line was started to be laid from another location to replace damaged line. Neither farmers were consulted nor their consent was taken for this.When farmers appealed for compensation at Samadhan camp, contractor stopped the work.On instructions of Deputy Commissioner, Electricity Corporation officials reached village on Sunday and inspected lines and talked to villagers. Villagers said that they neither stopped work of Electricity Corporation nor opposed any work but they demanded compensation under new policy of Haryana government.According to farmers, huge



pits were dug for big pillars of new line and no compensation was given.Electricity Corporation officials also took opportunity and left which has angered the farmers. INLD National Patron Prof Sampat Singh, Youth District Incharge Gaurav Sampat Singh, State Secretary Dalbir Kirmara, District President Satpal Kajla, senior leaders Sitaram Jakhar, Ramchandra Beniwal and Subhash Kirmara, along with others also reached farmers' protest site and described their demands as justified. Prof Sampat Singh spoke with electricity corporation officials on spot and demanded a solution to farmers' problems. State Secretary Dalbir Kirmara stated that villagers are not protesting any scheme or development work, but are demanding compensation under a new policy enacted by Haryana government, but officials are reluctant to provide compensation.

Tata Motors Strengthens eCV Leadership with over 3,400 Vehicle Orders Across Freight, Logistics and Passenger Mobility Segments

CHANDIGARH/LUDHIANA: Tata Motors, India's largest manufacturer of commercial vehicles and provider of holistic mobility solutions, today announced that it has secured over 3,400 electric commercial vehicle (eCV) orders across segments, marking a significant inflection point in the mainstream adoption of electric mobility for both freight and passenger transport in India. The orders comprising ~2,000 SCVs and pick-ups, ~900 trucks, and ~500 buses—cut across a diverse range of applications, from e-commerce, logistics, FMCG and FMCD distribution, and intra-city mobility to demanding sectors such as cement, steel, mining, and tarmac operations, alongside inter- and intra-city passenger transport. This wide-ranging deployment underscores growing customer confidence in electric mobility solutions in real-world conditions and strengthens Tata Motors' leadership in advancing India's zero-emission commercial mobility agenda. It also signals a decisive shift from pilot programmes to scaled, operational integration of EVs across use cases.

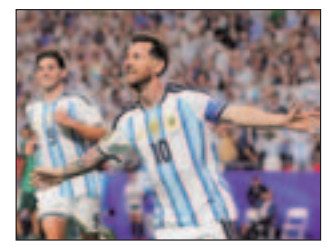
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FIFA World Cup 2026: Impossible to surpass Messi, says Lamine Yamal praising Argentine legend

AGENCY

ATLANTA: Spain's teenage winger Lamine Yamal rejected suggestions that he could surpass football icon Lionel Messi, insisting that the Argentine legend remains the greatest player in football. The Spain winger said Messi continues to prove his superiority despite approaching 40 years of age, highlighting the gap between him and every other player. "Impossible. For me, Messi's the best and he keeps proving it. He has an advantage over everyone and he's 40 years old," he said in an interview with El Pais newspaper as per Reuters. Yamal believes he is capable of reaching a much higher level than many people currently expect. While acknowledging the confidence others have in his abilities, the teenage winger stressed that he still has significant room for improvement and a long journey ahead in his career.



India A lift tri-series trophy after Sooryavanshi's explosive 29-ball 94

AGENCY
DAMBULLA [SRI LANKA], JUNE 21

Vaibhav Sooryavanshi delivered a stunning display of power-hitting to power India A to a commanding 66-run victory over Sri Lanka A in the tri-series final at Dambulla on Sunday in Sri Lanka.

The teenage sensation struck a blistering 94 off just 29 deliveries, producing one of the most destructive innings in List A cricket history.

His explosive knock helped India A post a formidable total of 377 for nine, before they went on to restrict Sri Lanka A to 311 in reply and seal the title in emphatic fashion. The 15-year-old opener rewrote the record books by racing to his maiden India A fifty in only 11 deliveries, surpassing the previous List A record of a 12-ball half-century set by Sri Lanka's Kaushalya Weeraratne more than two decades ago.

Needing just six more runs for a century, Sooryavanshi was within touching distance of equalling the fastest List A hundred ever recorded.



Australia's Jake Fraser-McGurk currently holds that record after reaching three figures in 29 balls for South Australia against Tasmania in 2023.

Powered by a sensational 94 from Sooryavanshi, along with key contributions from Priyansh Arya (39), Ruturaj Gaikwad (40), skipper Tilak Varma (67) and Kumar Kushagra (36), India posted a commanding total of 377.

In reply, Sri Lanka A were bowled out well short of the target despite fifties from Sadeera Samarawickrama and Wanuja Sahan. Their chase faltered early as Yash Thakur struck crucial blows in the powerplay, removing the top order and putting India firmly in control. Sri Lanka kept losing wickets at regular intervals and never managed to build enough momentum to threaten the target.

Brief Scores: India A 377/9 in 50 overs (Vaibhav Sooryavanshi 94, Tilak Varma 67; Wanuja Sahan 2-39) beat Sri Lanka A 311 in 47.1 overs (Wanuja Sahan 62, Sadeera Samarawickrama 52; Yash Thakur 3-45) by 66 runs.

FIFA World Cup 2026: Japan crush Tunisia 4-0, make path easier for knockout stage qualification

AGENCY
MONTERREY, JUNE 21



Japan produced a commanding display to overwhelm Tunisia 4-0 in their FIFA World Cup 2026 Group F encounter at Estadio Monterrey, recording their first four-goal performance in World Cup history and leaving the North African side on the brink of elimination.It was the 1000th match of the FIFA World Cup, and Japan dominated Tunisia throughout the match.The Asian giants wasted little time asserting their dominance, taking the lead inside four minutes through Daichi Kamada. A slick team move carved open the Tunisian defence before Keito Nakamura's low delivery caused chaos in the penalty area, allowing Kamada to force the ball home from close range.Japan continued to dictate proceedings and nearly doubled their advantage soon after, only for goalkeeper Aymen Dahmen to produce a remarkable save to deny Ayase Ueda. Tunisia struggled to gain any meaningful possession and rarely threatened in the attacking third as Japan maintained complete control.

The pressure eventually told again in the 31st minute. Ueda, who had been a constant menace, received the ball on the edge of the box and drilled a precise effort into the bottom corner beyond Dahmen's reach. Tunisia offered little response before the break, with Japan comfortably carrying a two-goal cushion into half-time.The second half followed a similar pattern, with Japan continuing to dominate possession and territory. Tunisia briefly threatened through Hannibal Mejbri, but the opportunity came and went without troubling the scoreline.Any hopes of a Tunisian comeback were extinguished in the 69th minute. Junya Ito latched onto a simple forward pass, shrugged off the challenge of Mohamed Amine Ben Hamida and calmly slotted the ball underneath the advancing Dahmen to make it 3-0.Japan completed the rout late when Ueda grabbed his second goal of the evening. The striker rose to meet a cross and sent a looping header into the net despite several Tunisian defenders positioned on the goal line, becoming the first Japanese player to score twice in a World Cup match.

Hayley Matthews stars as West Indies beat Sri Lanka by 5 wickets to continue winning run in Women's T20 World Cup

AGENCY
BRISTOL, JUNE 21

West Indies continued their strong run in the ICC Women's T20 World Cup with a hard-fought five-wicket win over Sri Lanka in a low-scoring contest in Bristol on Sunday. Hayley Matthews starred with the ball once again, claiming her second successive three-wicket haul to help restrict Sri Lanka to just 99. In reply, the West Indies batting unit struggled for fluency but managed to chase down the target, finishing on 99 for 5 in 16.1 overs. With this being their third consecutive victory of the tournament, West Indies have strengthened their push for a semi-final spot. They currently sit second in Group B, level on points with England but behind on net run rate. Electing to field first, Matthews spearheaded her team's challenge as she bagged three wickets in her first two overs, as per the ICC website. After dismissing Vishmi Gunarathne in the first over of the innings, she dealt big blows in the next as she snapped Chamari Athapaththu and Harshitha Samarawickrama. With Chinelle Henry chipping in with the wicket of Imesha Dulani, Sri Lanka were reeling at 23/4 at the end of powerplay. Nilakshika Silva, who had guided Sri Lanka to victory against defending champions New Zealand on



Tuesday, once again tried to shore up the innings. She stitched a 34-run stand with Kavisha Dilhari to stem the slide and went on to top score with 30 off 26 balls. Towards the end, Kawya Kavindi (17) was the only Lankan batter to provide some resistance as the innings fell apart around her. A disciplined bowling performance from West Indies had made sure that Sri Lanka never got their teeth into contest. Matthews finished with 3/15 in her four overs, while Karishma Ramharack mopped the tail-end (2/15) on a day where all West Indian bowlers were amongst wickets.

Bumrah returns, Kohli back in India ODI squad for England Series

UNI
NEW DELHI, JUNE 21

Pace spearhead Jasprit Bumrah has returned to India's ODI squad for the upcoming three-match series against England, while Virat Kohli has also been included, pending a fitness assessment.

Bumrah was rested for the recent one-off Test and ODI series against Afghanistan as part of the BCCI's workload management programme. Kohli, meanwhile, missed the Afghanistan ODIs after suffering a hamstring injury during the IPL 2026 final.

The England series is another important step in India's preparations for the 2027 ODI World Cup in South Africa. The squad also sees the return of Harshit Rana, who impressed during India's series against New Zealand earlier this year



before a right knee injury ruled him out of the T20 World Cup and IPL 2026. After recovering from surgery, he recently rejoined the national setup for the final ODI against Afghanistan.

Axar Patel has also been recalled, replacing Harsh Dubey, who featured in the Afghanistan series. Although Axar was part of India's ODI squad against Australia last October, he has not played a 50-over international since then. Ravindra Jadeja continues to remain out of contention, with Washington Sundar retaining his place as the preferred spin-bowling all-rounder.

No return for Hardik

There is still no return for Hardik Pandya. The all-rounder was initially selected for the Afghanistan ODIs but suffered another setback during rehabilitation at the BCCI's Centre of Excellence. Hardik had already been dealing with back spasms during IPL 2026, forcing him to miss four matches, and is understood to have picked up an additional leg injury. Young pacer Gurnoor Brar, who impressed on his debut series against Afghanistan, has kept his place in the squad, while Prince Yadav makes way for the returning Harshit Rana. India ODI squad vs England: Shubman Gill (c), Rohit Sharma, Virat Kohli*, Shreyas Iyer (vc), KL Rahul (wk), Ishan Kishan (wk), Washington Sundar, Axar Patel, Nitish Kumar Reddy, Kuldeep Yadav, Jasprit Bumrah, Prasidh Krishna, Harshit Rana, Arshdeep Singh, Gurnoor Brar

Meanwhile, BCCI updated that Varun Chakaravarthy was in the final stages of his rehab at the BCCI COE following his left foot injury sustained in IPL 2026. He is ruled out of the T20I series against Ireland. UNI TB AAB

India T20I squad vs Ireland & England: Shreyas Iyer (c), Abhishek Sharma, Sanju Samson (wk), Ishan Kishan (wk), Shivam Dube, Tilak Varma (vc), Nitish Kumar Reddy, Axar Patel, Washington Sundar, Ravi Bishnoi, Harshit Rana, Arshdeep Singh, Prince Yadav, Vaibhav Sooryavanshi, Prasidh Krishna.

PM Modi congratulates Indian women's hockey team on FIH Nations Cup triumph

AGENCY
NEW DELHI, JUNE 21

PM Narendra Modi on Sunday hailed the Indian women's hockey team on winning the FIH Hockey Women's Nations Cup, praising their outstanding performances throughout the tournament. He said the team's success has brought pride and joy to the nation and expressed hope that the victory would inspire more youngsters to take up hockey.

The Indian Women's Hockey Team clinched the FIH Hockey Women's Nations Cup title with a commanding 2-0 victory over hosts New Zealand in the

final in Auckland on Sunday. "Indian hockey players bring pride and joy! Congratulations to the women's team for emerging as winners in the FIH Hockey Women's Nations Cup. The team played exceptionally well throughout the entire tournament. Best wishes to the team. May this win inspire several others to play hockey," PM Modi wrote in an X post. Navneet Kaur (4') gave India the early lead before Sunelita Toppo (15') doubled India's advantage. The team produced a stellar defensive display to protect their lead and win the title, which also marked their return to the FIH Hockey Women's Pro League next season. Lalremsiami won the 'Player of the Match' award in the final, while Deepika finished as the joint-top scorer in the tournament with six goals to her name, sharing the honours with USA's Ashley Sessa. This is India's second Nations Cup title, having won the inaugural edition of the tournament in 2022. India remained unbeaten throughout their campaign, defeating USA (3-2), Japan (2-1), and Uruguay (3-2) in the Pool A matches before registering a commanding 6-0 win over Chile in the semi-final.

India Boxers punch their way to 12-medal haul, win eight golds at Usti nad Labem Grand Prix

AGENCY
NEW DELHI, JUNE 21

India delivered a commanding performance at the 56th Grand Prix Usti nad Labem (European Boxing Gold Tournament) in Czechia, finishing with 12 medals, including eight gold, three silver and one bronze, in one of their strongest outings on the international circuit this season.

The Indian contingent enjoyed a highly successful campaign against quality international opposition, with the women's team leading the charge by winning four gold medals and one silver from five

boxers, according to a press release. Olympic medallist Lovlina Borgohain (75kg), reigning Asian champion Preeti Pawar (54kg), Sakshi (51kg) and Priya (60kg) all struck gold in emphatic fashion, registering unanimous victories in their respective finals. Parveen (65kg) added a silver medal to complete an impressive showing by the women's squad. The men's team matched the women's success with four gold medals. Jadumani Singh Mandengbam (55kg), Sachin (60kg), Ankush (80kg) and Narender (+90kg) emerged champions in their respective categories.

Congratulating the team, Boxing Federation of India President Ajay Singh said, "Congratulations to all our medal winners for their outstanding performance at the 56th Grand Prix Usti nad Labem. Winning eight gold medals and three silver medals against strong international competition is a remarkable achievement and reflects the dedication, discipline and fighting spirit of our boxers.

Eloy Room's record 15-save masterclass earns Curacao historic point

AGENCY
KANSAS CITY, JUNE 21

Curacao goalkeeper Eloy Room produced a record-breaking performance for the ages as the Caribbean nation secured a historic 0-0 draw against Ecuador in their FIFA World Cup 2026 Group E clash, earning their first-ever point at the tournament and denting Ecuador's hopes of reaching the knockout stage.The 37-year-old goalkeeper delivered a sensational display in Kansas City, making 15 saves -- the most by a goalkeeper in a World Cup match that did not go to extra time. His heroics eclipsed every regulation-time goalkeeping performance in the tournament's history, with only former United States goalkeeper Tim Howard's 16-save display against Belgium in 2014 coming close, a feat achieved over 120 minutes.Room stood firm throughout an intense Ecuadorian assault as La Tri unleashed 27 shots, including 21 from inside the penalty area, but repeatedly found themselves frustrated by the veteran goalkeeper's reflexes and positioning.Ecuador nearly made the perfect start when captain Enner Valencia raced onto a long ball inside the opening three minutes, only for Room to



produce an excellent save. The Curacao keeper continued his inspired form throughout the first half, denying John Yeboah, Gonzalo Plata and Valencia on multiple occasions as Ecuador dominated possession and territory.Pedro Vite also went close for Ecuador, curling narrowly wide, while Curacao's attacking opportunities were limited to sporadic counterattacks. Nevertheless, the Caribbean side remained disciplined and resilient under sustained pressure.

The pattern continued after the interval as Ecuador relentlessly searched for a breakthrough. Moises Caicedo tested Room from distance, while Plata saw both a shot and a close-range header kept out by the Curacao goalkeeper.Despite spending much of the match defending, Curacao nearly snatched an unlikely lead when Ecuador goalkeeper Hernan Galindez was forced into a superb double save to deny Leandro Bacuna and Livano Comenencia during one of the visitors' most dangerous counterattacks.Room's record-setting night gathered further momentum as he produced outstanding saves to deny Valencia's far-post header, Kevin Rodriguez from a corner and substitute Nilson Angulo on multiple occasions. Piero Hincapie also headed over from close range as Ecuador's frustration continued to grow.The closest Ecuador came to ending Room's resistance arrived late in the contest when Angelo Preciado's cross struck the crossbar, but even fortune appeared to favour Curacao on a night defined by their goalkeeper's brilliance.The result leaves Ecuador without a victory in their last four World Cup matches and facing a crucial final group-stage encounter against Germany. For Curacao, meanwhile, the draw represents a landmark achievement, with Room's unforgettable performance securing both the nation's first World Cup point and first clean sheet on football's biggest stage.

Shilpa Shetty advocates yoga for physical, mental well-being



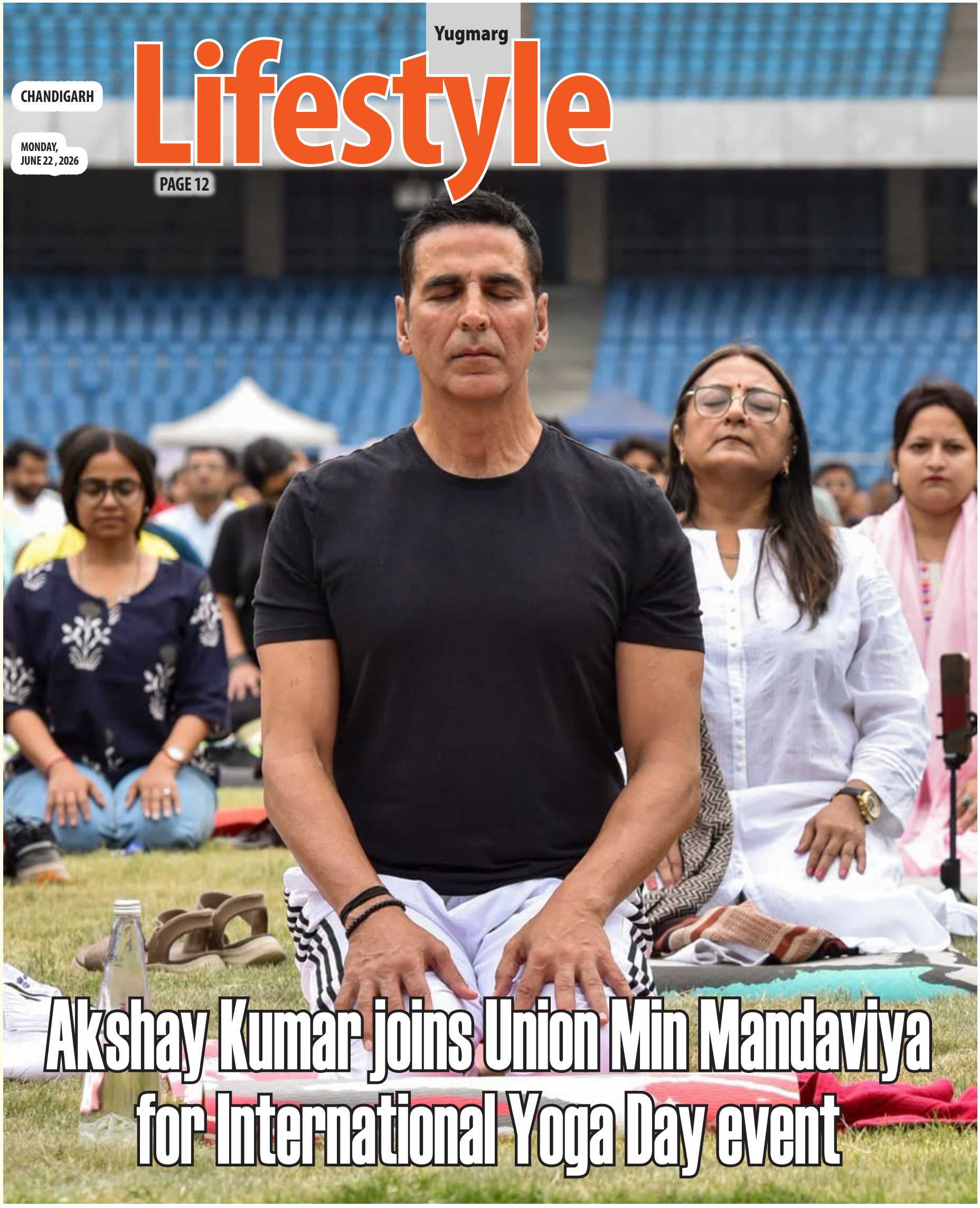
As the world is set to mark the 12th International Day of Yoga, Bollywood actor Shilpa Shetty once again championed a message of fitness, urging more people to embrace yoga as a way of life. Known for her disciplined fitness regimen and commitment to holistic wellness, Shetty, while speaking to ANI, highlighted the physical, mental and emotional benefits of yoga, encouraging individuals to incorporate it into their daily routines. "I want as many people as possible to adopt yoga. Not only as science and exercise, but as a lifestyle. I think I have made it that. I just feel that one can understand the benefits of yoga once they start doing it. More than physical fitness, I give more importance to mental fitness. So yoga just keeps you so balanced and so focused. And you will feel very positive as well when you take up yoga," the actor shared.'Dhadkan' actor also urged the youth to follow a consistent and disciplined lifestyle. "Without consistency and discipline, you cannot achieve anything in life. I have learned this in my life. From my experience, I am saying that if you think that you are doing yoga just for fashion, as it has become a trend-setting thing, then it is required to be consistent. You have to make it a lifestyle, and you have to respect the philosophy of yoga," she added.

The theme of International Day of Yoga 2026, "Yoga for Healthy Ageing", highlights the role of Yoga in promoting physical health, mental well-being, emotional resilience and active ageing, thereby contributing to an improved quality of life.The theme is particularly relevant in an era of increasing life expectancy and growing emphasis on healthy, active and dignified ageing. Since its inception in 2015, when the United Nations General Assembly (UNGA) adopted India's proposal to observe 21st June as IDY, the Prime Minister has led the celebrations from various locations, including New Delhi, Chandigarh, Lucknow, Mysuru, New York (UN Headquarters), and Srinagar and Vishakhapatnam, the release said.Yoga Day celebrations are being organised across nearly 2,500 locations worldwide, with participation from more than 210 Indian Missions and Posts, reaffirming Yoga's status as a global movement for health, harmony and collective well-being.On this occasion, Shilpa Shetty is all set to headline a public yoga event in Gurugram. She will conduct a special yoga session for the attendees as part of the International Yoga Day celebrations.

Bhuvam Bam begins shooting for 'Dhindora 2'



Content creator and actor Bhuvan Bam has started shooting for the second season of 'Dhindora'. On Saturday, he posted a picture from the sets, expressing excitement to kick-start the shoot. "Nayi Chunauti, Naya Mehmaan, Naya Dhindora! Netflix and I need your blessings. Peet do Dhindora!! #DhindoraOnNetflix #bbkivines," he wrote. "India's biggest digital creator Bhuvan Bam returns with his crazy family, and Titu Mama drags them all into a world of pride, panic, and poor planning. Will he emerge as a hero, or should you lower your expectations?" read the logline of the series.Currently being shot in Punjab, the series will continue its production schedule across Punjab, Delhi and Mumbai. Speaking about the announcement, Bhuvan Bam said, "Announcing Dhindora 2 on the 11th anniversary of BB Ki Vines feels really special. So much of my journey is tied to these characters and the love they've received over the years. We've already started shooting and it's been intense, especially with the heat, but it's also been a lot of fun stepping back into this world. This season is bigger, there are more characters, more actors joining us, and I'll be playing 9-10 characters myself. I've always enjoyed being involved in every part of the process, whether it's writing, performing, producing or creating the music, and I'm excited for people to see what we've been building. I can't wait to bring Dhindora back."Founder & Producer at BBKV Productions Rohit Raj added, "Dhindora holds a very special place for all of us at BBKV Productions. The response to the first season showed us how deeply audiences connected with these characters and this world. With Season 2, we've focused on making the story bigger while staying true to what people loved about Dhindora. The team has been working incredibly hard, and we're excited to share the next chapter with audiences."Dhindora 2 is directed by Sneha Shetty Kohli and produced by Bhuvan Bam and Rohit Raj, with Arvin Bhandari serving as Co-Producer and Georgy John as Director of Photography. The new season was announced at Netflix Slate 2026.



Akshay Kumar joins Union Min Mandaviya for International Yoga Day event

Actor Akshay Kumar joined Union Minister for Youth Affairs & Sports and Labour & Employment Mansukh Mandaviya in celebrating the 12th International Yoga Day, taking part in a mass yoga session held under the theme "Yoga for Healthy Ageing."The event brought together more than 3,000 participants, with Akshay actively performing yoga alongside Mandaviya and other attendees. Known for his commitment to fitness, the actor was seen dressed in a white tracksuit featuring the Fit India logo and black stripes on the sleeves.

The large-scale programme was organised as part of the nationwide International Yoga Day celebrations led by the Sports Ministry.According to an official release, coordinated yoga sessions were also conducted at Sports Authority of India Regional Centres, National Centres of Excellence, SAI Training Centres and Khelo India institutions across the country.Meanwhile, Prime Minister Narendra Modi led the national celebrations of the 12th International Day of Yoga, performing yoga asanas alongside thousands of people at Kolkata's Red Road and asserting that yoga has the power to unite the entire world. This year's theme, 'Yoga for Healthy Ageing', reflects the growing global emphasis on healthy and active living across the lifespan. As populations age and non-communicable diseases and lifestyle-related health concerns rise globally, the emphasis is shifting from simply adding years to life to enhancing health span, quality of life and overall well-being.Over the past decade, International Day of Yoga has evolved into one of the world's largest wellness movements, with India at its forefront. As nations across continents come together to celebrate holistic health and preventive healthcare, initiatives such as Fit India Sundays on Cycle and Yoga Day reinforce India's leadership in promoting a healthier, more active and sustainable way of life for the global community.

"It should be part of our lives": Sreeleela on International Yoga Day 2026



Actress Sreeleela believes that yoga should be an integral part of people's lifestyles, as it helps them navigate the demands of a fast-paced life and cope with challenges such as anxiety.The 12th edition of the International Day of Yoga is being observed across the country and around the world on Sunday under the theme 'Yoga for Healthy Ageing', highlighting the role of yoga in promoting healthy and active living across all stages of life.Sreeleela described the promotion of yoga as a "good initiative" as she recalls the positive impact of yoga in her life. While talking to ANI, Sreeleela said, "I think it's a very good initiative. After experiencing it myself, I can say it has had a strong impact. Today, life is fast and stressful, and there are issues like anxiety and stress, so following a healthy lifestyle is essential. I feel Yoga should be a part of our lives."Amruta Fadnavis, social worker and wife of Maharashtra Chief Minister Devendra Fadnavis, also expressed her happiness on the growing importance of yoga through International Yoga Day.

While talking to the media, Amruta Fadnavis said, "I'm very happy to be here. It's wonderful that International Yoga Day, which began in India, is now celebrated worldwide."Meanwhile, Union Minister Piyush Goyal on Sunday hailed Prime Minister Narendra Modi's efforts to popularise yoga globally, saying the International Day of Yoga has become a mass movement that promotes physical and mental well-being and has received overwhelming participation across the country.Speaking in Mumbai after participating in Yoga Day celebrations, Goyal said large numbers of people turned out for the event, particularly in West Bengal, where he described the scenes as "incredible.""We have all celebrated International Day of Yoga. In West Bengal, the scene was incredible, with hundreds of thousands of people turning out in such large numbers," he said. The Union Minister said yoga helps maintain both physical and mental balance and recalled that Prime Minister Modi had encouraged him to practise yoga and pranayam during the COVID-19 pandemic.Commenting on the arrival of the monsoon in Maharashtra, Goyal termed the rainfall an "auspicious sign" and said good rains would ensure better crop production, strengthening the country's food and economic security."The way the clouds have poured, and the monsoon has arrived, bringing this rain, I feel it is a very auspicious sign. Good rainfall across the country ensures bountiful crops for our farmers and strengthens both our food security and economic security," he said.Goyal also praised Prime Minister Modi's leadership, saying the country was moving steadily towards the goal of becoming a developed nation by 2047.

Karisma Kapoor is "immensely grateful" for audience's appreciation for her new show 'Brown'



Actor Karisma Kapoor on Saturday penned a thank you note for the audience for appreciating her performance as a cop in the recently released series 'Brown'. "Blood, Bruises, Brown. Thank you to each and every one of you for all the love and appreciation you have given Rita Brown and our show. Immensely Grateful," she wrote on Instagram. She also shared several BTS pictures from the sets of 'Brown'.

Speaking to ANI, Karisma earlier revealed she was initially hesitant about doing the project."Earlier, I refused to play the role in Brown. I was like, 'How will I go to Kolkata for so many days?' So, I turned down the role. Then, I met Abhinay (Deo). After hearing the role, the character, the rawness, I said yes, and I'm sitting here. It was very challenging and very exciting for me. She is so broken, but she is strong, too. She has softness and hardness, too. I think the audience sees this uniqueness."Karisma reflected on her journey, noting that she started working from a very young age."

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