



Yoga May Boost Cognition, Reduce Depression, Aid Gut Health In Early Alzheimer's: AIIMS Study

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Samay Raina Roasts Alia Bhatt's Jigra, Cannes Appearance On India's Got Latent S2: 'Here The Camera Is On You'

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Sinha greets people on Int'l Yoga Day

LG Manoj Sinha today extended his greetings to the people on the eve of 12th International Day of Yoga, which would be celebrated tomorrow. "Heartiest greetings to all on the occasion of 12th International Day of Yoga," he said in his message. "On this auspicious occasion, I call upon the citizens of Jammu & Kashmir to actively participate in yoga events and champion the movement towards a healthier lifestyle.

8 SHOs honoured for role in Nasha Mukta Abhiyan

Eight SHOs, heading police stations in Jammu, Samba & Kathua districts, have been honoured for their exemplary role in Nasha Mukta J&K Abhiyan. JSK range DIG Shridhar Patil awarded Commendation Certificates Class-II along with a cash reward of Rs 500 each to eight SHOs of Jammu, Samba and Kathua districts for their dedicated service during the successful completion

Undertrial dies in Anantnag jail

An undertrial prisoner, lodged in Anantnag district Jail, breathed his last late Friday night after complaining of illness. He was identified as Suneel Kumar of Jalandhar' Gandhi Camp. He was an accused in NDPS case.

Retd ASI among 3 booked by CB

The crime branch's special wing has registered two separate FIRs here against three people, including a retired Assistant Sub-Inspector (ASI) of police, for their alleged involvement in job fraud, cheating and use of forged documents. Retired ASI Hamid-ullah, a resident of Ramnagar, was booked following a complaint regarding alleged use of forged educational certificate by him at the time of his initial appointment in police, officials said.

25 appointed as liaison officers for Par Panel visit

The government has appointed 25 officers as Liaison Officers to coordinate with visiting dignitaries and delegates during the study visit of Parliamentary Standing Committee on Petroleum & Natural Gas for 2025-26. According to an official order, the officers will assist in managing protocol, logistics and coordination during the committee's visit to the Union Territory from June 25 to June 29, 2026.

Eastern India emerging as gateway to development: Modi

Says Congress kept it backward

RAIRANGPUR (ODISHA), JUN 20: Prime Minister Narendra Modi on Saturday said eastern India, which remained backward during the Congress rule, is now emerging as a gateway to progress and development.



Addressing a public meeting at Rairangpur in Odisha's Mayurbhanj district after unveiling projects worth over Rs 47,600 crore, Modi said the state was rapidly moving ahead on the path of development. "Eastern India, which remained backward during the Congress rule, is now emerging as a gateway to progress and development," he said. Modi said the Centre's vision was to develop the country through the progress of eastern India, and that the government was working on the policy of 'Purvodaya'.

He said the Centre's vision is to develop India through the growth of the eastern region. That is why we are working on the policy of 'Purvodaya', he said. The PM said the BJP government in Odisha was converting the state's resources into opportunities and claimed that investment proposals worth nearly Rs 20 lakh crore have been received so far. After a visit to President Droupadi Murmu's in-laws' village of Pahadpur in Mayurbhanj district earlier in the day on her 68th birthday, Modi announced it will be developed as a 'solar village', ensuring solar power generation in every household. Drawing parallels with Odisha's iconic Sun temple at Konark, he expressed confidence that Pahadpur would emerge as a model solar-powered village. He extended heartfelt birthday greetings to Murmu and de-

scribed her rise from the soil of Mayurbhanj to the highest constitutional office of the nation as a matter of immense pride for Odisha and the country. "Her dedication to public service, humility, and commitment to nation-building is praiseworthy. Her presence inspires and instills confidence and ambition among children, particularly those from tribal, underprivileged, and marginalised communities," Modi said. He said Odisha has all the ingredients to become a prosperous state, including a coastline, minerals, agriculture and above all, the youth potential. There has been overall progress in sectors like rail, road, ports, power, semi-conductor and green energy, he said, adding that people have started getting benefits of the 'double-engine' government in their day-to-day life.

LG Sinha calls for strengthening India's soft power

Himalayan Mail News JAMMU, JUNE 20



Stating that India's knowledge unified the globe centuries ago, LG Manoj Sinha today called for strengthening the country's soft power and promotion of cultural diplomacy. "Centuries ago, India's knowledge unified the globe. Today, we can be the bridge the world needs. The world is watching. Let us lead with confidence and compassion," he said in his keynote address at Srinagar-Nalanda Dialogue. The event was organised by the Ministry of Tourism, Department of Culture, J&K, Indira Gandhi National Centre for Arts (IGNCA), National School of Drama & Nava Nalanda Mahavihara University. The LG called for strengthening India's soft power and promotion of cultural diplomacy. "Our goal is to revive our great inheritances of knowledge & spirituality, strengthen India's civilisational traditions, and shape

a future-oriented education that connects our youth to both the past and the modern tech," he said. "Good governance promotes cultural dialogue and together they shape the moral, cultural, and human character of a society, and formulate inclusive policies," he said and added, "Together, the scholars of Jammu & Kashmir and Nalanda shaped one of the world's oldest living civilisations. This heritage is our guiding light. The Srinagar-Nalanda Dialogue is an opportunity to carry that light forward with wisdom,

and a new vision for Viksit Bharat," he said. "Youth have inherited a rich legacy of languages, beliefs, artistic traditions, philosophical schools, and varied ways of life," he said and added, "This diversity is our greatest strength." "From Bihar to Jammu & Kashmir, from the temples of Tamil Nadu to the monasteries of Ladakh, from the ghats of Kashi to the valleys of Kashmir, each region preserves its distinct cultural identity and rhythm of life. Our shared aim should be to weave

Shri Amarnathji pilgrimage Union Home Secy reviews security, assesses preparations



Himalayan Mail News JAMMU, JUNE 20

Union Home Secretary Govind Mohan chaired a

high-level security review meeting here today and assessed preparedness for the upcoming annual Shri Amarnathji Yatra, which is scheduled to begin on July 3 amid heightened security by police & civil agencies. He chaired the security review meeting at police headquarters in Srinagar. The meeting was attended by the top brass of police, Army, CRPF, BSF, and intelligence agencies, according to officials. Overall security situation in the valley was reviewed, with a special focus on arrangements for the 57-day Amarnath yatra. Mohan was briefed about

India has always spread peace: Prez



RAIRANGPUR (ODISHA), Jun 20: President Droupadi Murmu on Saturday said India has always spread peace in the world because issues can only be resolved through mutual discussion, not war. "Whenever the world reeled under war-like conflicts and uncertainties, In

Strait of Hormuz closed again over 'enemy's breach of promise': Iran

DUBAI, JUN 20: Iran's top joint military command said on Saturday that the Strait of Hormuz would be closed to vessel traffic, citing alleged violations of a ceasefire agreement by the U.S. and Israel. "It is hereby announced that the Strait of Hormuz will be closed to vessel traffic," Khatam al-Anbiya Central Headquarters said in a statement. It cited a US "breach of contract" and "the Zionist regime's continuous and relentless violation of the ceasefire in southern Lebanon".

It said that the closure was the "first step" in response to what it described as breaches of commitments and warned that further measures would be taken if "aggression" continued. The strait, an important conduit for oil and gas shipments, was blockaded by Iran for much of the war, sending shockwaves through global energy markets. Iran had agreed to reopen it under the preliminary agreement with the US, and shipping traffic was starting to pick back up in recent

days. Follow-up talks on the US-Iran deal had been planned in Switzerland on Friday (June 19), but were indefinitely postponed as Israel launched a wave of deadly strikes in Lebanon after four of its soldiers were killed in combat. On Friday (June 19, 2026) afternoon, a US official announced a new ceasefire between Israel and Hezbollah brokered by US and Qatari mediators, with Israel's ambassador to Washington saying it would respect the truce if Hezbollah did.

VP pays tributes to soldiers, visits key heritage sites in Ladakh

Himalayan Mail News JAMMU, JUNE 20

Vice-President C P Radhakrishnan today paid homage to the brave soldiers, offered prayers at the sacred Sindhu river and reviewed development initiatives in Ladakh during the second day of his first official visit to the Union Territory. According to officials, he visited the Hall of Fame War Memorial in Leh, where he paid tributes to personnel of the Indian Armed Forces who had laid



down their lives in service of the nation. Describing the memorial as a symbol of patriotism and sacrifice, he said the unwavering commitment of the armed forces to the Motherland embodied instills in every visitor the spirit of "Nation First: Always and Every Time."

BRICS NSAs' meet from June 22-23: MEA

NEW DELHI, JUN 20: India is set to host the BRICS National Security Advisers' Meeting on 22-23 June 2026. The meeting will be chaired by National Security Advisor Ajit Doval, the Ministry of External Affairs (MEA) said on Saturday. As per the MEA, during the meeting, the National Security Advisers/Heads of Delegation of BRICS Member Countries will exchange views on the theme 'Non-traditional security challenges confronting the world today'.

Blasts rock Northwest Pakistan; 7 killed, 3 injured

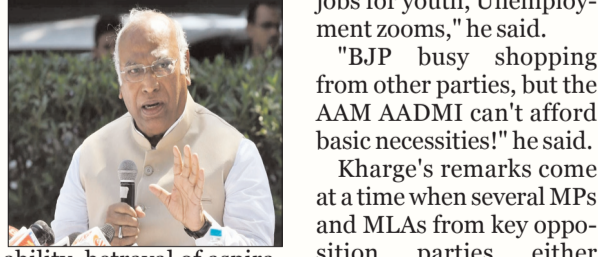
PESHAWAR, JUN 20: At least seven people were killed and three others injured on Saturday in twin roadside blasts in Pakistan's restive Khyber Pakhtunkhwa province, police said. No group had claimed responsibility for it yet. The explosions occurred in Marka Bera area of the Bannu district. According to Bannu District Police Officer (DPO) Yasir Afridi, the first explosion occurred when an improvised explosive device (IED) planted along a roadside detonated, striking a passenger van and

killing five people on the spot. He said a second blast occurred shortly afterwards at the same location, targeting people involved in rescue efforts. Two people were killed in the second explosion, while a vehicle was also damaged. Those injured and the bodies of the deceased were shifted to a nearby hospital, and an investigation into the incident has been launched, the DPO added. Officials said the passenger van was travelling from Hathi Khel village to

Bannu city when it was hit by the explosion. Security forces and law enforcement agencies have cordoned off the area and begun collecting evidence from the blast site. Khyber Pakhtunkhwa Chief Minister Sohail Afridi strongly condemned the incident and directed police authorities to submit a detailed report on it. He also ordered a thorough investigation into the circumstances surrounding the blasts. Calling it "highly tragic" and "heartbreaking", he extended sympathies to the

BJP shopping from other parties; common people suffering: Kharge

NEW DELHI, JUN 20: Congress president Mallikarjun Kharge today hit out at the government over "rapidly depleting savings due to high inflation" and said the BJP was busy "shopping" from other parties while the common person cannot afford the necessities.



"Households are perishing under the weight of the Modi government's mismanagement of the economy," he said in a post on X. Kharge said, "Rapidly depleting savings due to high inflation. Unafford-

ability, betrayal of aspirations, inequality, fall in global credibility, youth anger galore!" "Retail Inflation - 16-month high. Food Inflation - 4.78 pc, tomatoes vanish from plates. Medical inflation above 15 pc. Rupee sinking to the pits. Foreign investors shunning us. No

Art 370 abrogation has changed mindset: Jitendra



NEW DELHI, JUN 20: Union Minister Jitendra Singh said that the abrogation of Article 370 had led to a "change in mindset" in J&K and noted that youth from smaller towns were excelling in examinations including in competitive tests. "I think one of the biggest and a significant change is

Lok Bhavan hosts 'Milan Prog' to celebrate West Bengal foundation day

SHIMLA, JUN 20: As part of the vision of 'Ek Bharat Shreshtha Bharat', a special Milan Programme was organised at Lok Bhavan here today to celebrate the foundation day of West Bengal. Residents of West Bengal living in Himachal Pradesh participated enthusiastically in the programme. On the occasion, Himachal Pradesh Governor Kavinder Gupta welcomed the guests and honoured them with traditional Himachali caps and mufflers as a gesture of goodwill and cultural fraternity. Interacting with the par-



ticipants, he extended them his warm greetings on the foundation day of West Bengal and appreciated the state's rich cultural heritage, vibrant traditions, literary excellence and signif-

icant contributions to the nation's social, cultural and intellectual development. Gupta said the milan programmes organised at Lok Bhavan on the foundation