

Thousands mark Yoga Day worldwide under 'Healthy Ageing' theme

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International Yoga Day: How Shilpa Shetty, Kangana Ranaut, Anupam Kher and other stars LED fitness wave last year

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Sinha greets people on Jyeshtha Ashtami

LG Manoj Sinha today extended his greetings and good wishes to people on the eve of Jyeshtha Ashtami, which would be celebrated on Monday across the UT.

"Heartiest greetings to all, especially to our Kashmiri Pandit brothers and sisters, on the sacred occasion of Jyeshtha Ashtami," he said in his message.

"May Mata Kheer Bhawani continue to guide us on the path of righteousness and bless everyone with peace, happiness, good health and prosperity," the LG added.

Security reviewed at Bhawan

In view of rush of pilgrims to the holy cave shrine of Mata Vaishno Devi in Trikuta Hills of Katra, police today reviewed security grid along the yatra track and around the Bhawan.

According to officials, a comprehensive on-foot security assessment of the yatra track and the Bhawan area was conducted by Reasi SSP Mukund Tibrewal for the safety of pilgrims.

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Car falls into Jhelum; 1 killed, 1 injured

A car today fell into Jhelum river at Rajerwani on Baramulla-Uri road, resulting in the death of a man and critical injuries to another.

According to officials, an Alto car went out of control of its driver and plunged into the river. Two persons, who were in the submerged car, were taken out by rescuers and shifted to hospital where one of them succumbed to his injuries.

The injured was undergoing treatment and his condition was stated to be serious. Police had taken cognizance of the incident.

Ayush secy Vaidya gets 5th extension



NEW DELHI, JUN 21: The Centre has extended the tenure of Ayush Secretary Vaidya Rajesh Kotecha by one more year till June 28, 2027. This is his fifth extension for Kotecha on the post.

The Appointments Committee of the Cabinet has approved the extension in the tenure of Kotecha, Secretary, Ministry of Ayush,

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Saxena reaffirms commitment to people-centric governance



LEH, JUN 21: Ladakh LG Vinai Kumar Saxena today inaugurated a newly created water body under Project Him Sarovar at Spituk Pharka in Leh, paving the way for the commencement of agricultural activities in the region after ages.

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Yoga now world's largest community celebration: Modi

Thousands stretch with him at Kolkata's iconic Red Road

KOLKATA, JUN 21: Led by Narendra Modi, India today celebrated 12th International Day of Yoga, with the prime minister addressing a crowd at an event in Kolkata's Red Road area, and asserting that Yoga has become the world's largest community celebration, bringing people together across countries and cultures.

He stressed upon this year's theme - Yoga for Healthy Ageing - saying: "Our target is to be more flexible at 40 than we were at 20, to be more energetic than we were at 50 than we were at 30."

This year's theme highlighted the role of yoga in promoting physical health, emotional resilience, mental well-being, and active ageing, together contributing to achieving an improved quality of life.

The celebrations in Kolkata began on June 19



with a "Run for Yoga" programme across the state. On June 20, observed as West Bengal Day by the state government, a yoga-themed cultural programme titled Vande Yogam was organised on the Hooghly river. Today, the PM kickstarted an event at the Red Road in central Kolkata, addressing the crowd and participating in a common yoga session with thousands of yoga practitioners.

"June 21, the longest day on the Earth, is now recog-

nised worldwide as a day of yoga," the PM said.

"June 21, which marks the longest day on Earth, has now become the largest community celebration day because of yoga. Yoga brings people together. I congratulate the people of the world on this occasion," he said.

The prime minister also congratulated the people of Kolkata for pursuing the 'Swachhata Se Swagat' initiative with dedication.

Referring to this year's International Day of

Yoga theme, 'Yoga for Healthy Ageing', Modi said the ancient practice plays a crucial role in promoting physical health, mental well-being and active ageing, thereby improving the quality of life.

"Yoga is not just physical exercise. It is not restricted to any age group. It is an expression of the human spirit," he said.

Emphasising the importance of healthy ageing, Modi said efforts must be made to ensure that advancing age does not reduce human potential.

"When we speak of yoga for healthy ageing, we can work to ensure that age does not reduce human potential," he said.

"Our target is to be more flexible at 40 than we were at 20. We aim to be more energetic at 50 than we were at 30," he added.

The prime minister also said people should not restrict yoga to only particular

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VP leads Yoga Day celebrations in Leh



LEH, JUN 21: Vice-President C P Radhakrishnan today participated in the International Day of Yoga celebrations here, joining hundreds of yoga enthusiasts at Astro Turf Stadium in Spituk.

Ladakh LLG V K Saxena, MP Haneefa Jan and chief executive councillor of the Ladakh Autonomous Hill Development Council

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India boosts Russian, UAE oil purchases

NEW DELHI, JUN 21: India's crude oil imports from Russia surged in June, while shipments from the United Arab Emirates were near-record levels as refiners sought to secure supplies ahead of the full restoration of flows from Gulf producers following the reopening of the Strait of Hormuz, analysts said.

India imported an average of 2.66 million barrels per day of crude oil from Russia in June, through June 19, compared to 1.91 million bpd in May, data

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Yoga enhances physical, mental resilience of AFs: Army Chief



TEZPUR (ASSAM), JUN 21: Army Chief, Gen Uppendra Dwivedi on Sunday said that yoga is not just a physical exercise, but a way of life that influences an individual's thoughts, actions and overall well-being.

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Yoga unites world; guides us towards healthier future: LG

Himalayan Mail News
JAMMU, JUNE 21

Leading J&K in celebrating the 12th International Day of Yoga on the banks of Dal Lake in Srinagar, LG Manoj Sinha today said 'yoga unites the world & guides us towards a healthier future, besides balancing our body & mind'.

He joined thousands of yoga enthusiasts for a historic yoga session by the sprawling Dal lake in Srinagar city.

Extending warm greetings to the participants, the LG highlighted this year's theme and emphasised on the power of yoga to unite humanity. "Yoga truly unites the world and guides us toward a healthier, happier future," he said and added, "True health means balancing body, mind & emotions."

"While modern life constantly pulls our attention outward to screens and stress, yoga teaches us to turn inward. Proud to see this ancient Indian tradi-



tion become the cornerstone of global health," Sinha said.

"Yoga is not just a workout but a pathway to yourself. Amidst noise of routine activities of life, yoga aligns mind and body, helps us decode our inner thoughts, and connects us with nature," he added.

"Yoga helps in building mental agility. While our mind naturally drifts to past worries or future anxieties, yoga trains us to master the present moment. The science of yoga is truly remarkable. By simply focusing on the breath, the mind

sets, and stress reduction begins. Various studies show that regular practice boosts memory, mental focus, and emotional balance. That is why global health experts today recommend yoga as the most powerful lifestyle change you can make for your health," the LG said.

"One cannot buy good health, one has to cultivate it through discipline," he added.

"Like a plant which needs daily water, our mind and body require consistent discipline, and yoga is exactly

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Pahalgam terror attack

NIA chargesheet indicates cross-border drone dropping

Himalayan Mail News
SRINAGAR, JUNE 21

According to a NIA chargesheet filed in the last year's Pahalgam terror attack case, cross-border drones successfully dropped arms & ammunition as deep into Kashmir as Baramulla district without detection.

The NIA probe has tracked the pre-attack movement of terrorists who struck the Baisaran meadow at Pahalgam in April last year. The terror attack led to

the massacre of 25 Hindu holidayers and a local.

In response to the attack, India launched Operation Sindoor, targeting terror hubs inside Pakistan & PoJK. In the India's retaliatory action, several terrorists were also killed.

As per officials, the NIA chargesheet points to a critical drop in human intelligence gathering between 2022 and 2024 as a primary reason the terror cell was able to move freely through the valley undetected. The investigation high-

lights a worrying shift in the logistics of terror in the region. Rather than relying solely on traditional, heavily guarded infiltration routes along the Line of Control (LoC), handlers from across the border are increasingly deploying unmanned aerial vehicles (UAVs).

Officials noted that these drones managed to penetrate deep into the hinterland, bypassing multi-tiered security cordons to deliver hardware and money di-

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Par panel to examine India's economic outlook amid global uncertainties

NEW DELHI, JUNE 21: Parliament's Standing Committee on Finance has decided to examine India's evolving economic conditions amid global uncertainties, including geopolitical conflicts, tariff concerns and their possible impact on domestic growth.

The panel has added 'Evolving Economic Conditions in the Country' as an additional subject for detailed examination during 2025-26, according to a Lok Sabha bulletin.

Parliamentary committees usually select their subjects soon after they are

constituted but can take up additional issues later in view of changing circumstances.

The committee's move comes as India navigates challenges arising from global conflicts, supply chain disruptions, trade uncertainties and fluctuations in commodity prices while attempting to sustain high economic growth.

India's economy is estimated to have grown at 7.7 per cent in 2025-26 (April-March), with a 7.8 per cent expansion recorded in the January-March quarter. GDP growth stood at 7.1 per cent in the 2024-25 fis-

cal year. However, the Reserve Bank of India (RBI) has projected GDP growth to slow to 6.6 per cent in the current fiscal year, citing risks from global developments, including the ongoing conflict in West Asia, which could push up the cost of fuel and fertilisers. India is a net importer of both crude oil and fertiliser.

The committee is expected to seek inputs from the Finance Ministry, RBI, economists and other stakeholders before preparing a report contain-

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India-EU trade pact to be signed by Dec; implemented from Feb-Mar next year: Goyal

NEW DELHI, JUN 21: Commerce & Industry Minister Piyush Goyal today said that India and the 27-nation European Union would sign the free trade agreement by December and were likely to implement the pact during February-March next year.

On January 27 this year, India and the EU announced the conclusion of negotiations for the 'mother of all deals'.

"Now, with almost zero duty, almost the entire European market will be open for us. The EU's FTA (free trade agreement) will be



signed by December and will be effective by February-March," Goyal said during an interaction with chartered accountants in Mumbai.

He also said that his US Trade Representative, Jamieson Greer, is coming to India this week to hold trade pact talks with him.

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representatives gathered alongside delegations from mediators Pakistan and Qatar at the luxury Swiss resort of Burgenstock perched high above Lake Lucerne, with Doha confirming in the afternoon that the four-way talks had begun.

Yet the talks to end the months-long conflict are taking place against the backdrop of Iran closing the strategic Strait of Hormuz again in response to Israel's attacks on Lebanon, where its war with Hezbollah has flared

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harder!!!" Trump posted on his Truth Social platform.

This comes at the time when the United States and Iran were holding talks in Switzerland after signing a preliminary agreement to end their war.

American and Iranian