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## Yoga now world's largest community celebration: Modi

occasions, and it must be made part of people's lives.

The Yoga Day was celebrated through various events across nearly 2,500 locations worldwide, with more than 210 Indian missions and posts participating in the programmes, reaffirming yoga's status as a global movement for health, harmony and collective well-being, an official statement said.

Several ministers, including Union Home Minister Amit Shah, Minister of Foreign Affairs S Jaishankar, and Defence Minister Rajnath Singh, took part in various events across India.

Uttar Pradesh Governor Anandiben Patel and Chief Minister Yogi Adityanath Sunday led the yoga day celebrations in the state. They urged people to make this ancient practice a part of their daily life.

## Yoga unites world; guides us towards healthier future: LG

about the discipline. Today, under the leadership of Prime Minister Narendra Modi, yoga has become popular across the world and I am proud to see global medical experts championing yoga as a vital tool for mental resilience and a balanced life. India showed the world the path to holistic health centuries ago. Yoga teaches us to live not just longer, but also better. I am happy to see the Jammu & Kashmir AYUSH department working tirelessly to democratise yoga, making it accessible to every citizen from rural towns to urban centres," he added.

"Yoga is driving a real change in the 'Drug-Free Jammu & Kashmir' movement, helping both prevention and recovery. I want people to make yoga a daily discipline. Just a few minutes every day builds long-term health. Yoga transcends all barriers and it is a universal science for humanity," Sinha said.

Sakina Itoo, Minister for Health & Medical Education, School & Higher Education and Social Welfare Departments, chief secretary Atal Dulloo, DGP Nalin Prabhat, additional chief secretaries, administrative secretaries, senior officials, citizens from different walks of life, and youth in a large number participated in the yoga session on the banks of Dal lake.

## Security reviewed at Bhawan

Accompanied by a team of officers, including Katra SP Kameshwar Puri and CRPF officials, he reviewed the entire security grid along the pilgrimage route.

The SSP also conducted a security audit of Bhawan area, besides the helipad and its surrounding perimeter, to ensure the safety and security of helicopter operations, officials said.

## Ayush secy Vaidya gets 5th extension

for a further period of one year beyond June 28, 2026, up to June 28, 2027, read a Personnel Ministry order.

Kotecha, who was a chief consultant at the Chakrapani Ayurveda Clinic in Jaipur, is a lateral entrant to the service. He was first appointed as a Special Secretary in the Ayush Ministry in June 2017. Later, he was appointed as the Secretary.

He was given two-year extensions twice, first in 2020 and then in 2022. His term was extended by one year each in 2024 and 2025, respectively. Kotecha's existing tenure was to end on June 28.

The Ayush Ministry was formed on November 9, 2014, to revive the ancient systems of medicine with focused attention towards education and research in Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy.

Earlier, the Department of Indian System of Medicine and Homoeopathy (ISM&H), formed in 1995, was responsible for the development of these systems.

## Saxena reaffirms commitment to people-centric governance

This is the first of the four water bodies being created at the site under Project Him Sarovar. Another three water bodies are nearing completion and will be operationalised soon.

Saxena, immediately upon assuming charge as L-G Ladakh on 13 March 2026, had adopted a mission-mode approach to address Ladakh's water scarcity challenges and strengthen long-term water security in the region and conceptualised Project Him Sarovar.

Project Him Sarovar was launched by him on April 10. The water body at Spituk Pharka, at an altitude of 11,500 feet, has been completed and inaugurated in just 60 days. The newly created reservoir is expected to benefit thousands of farmers by ensuring an adequate water supply to irrigate agricultural fields in Spituk area, which has been barren for ages.

Measuring 60x40 mt and 2 mt deep, this pond can hold nearly 60 lakh litres of water for long-term water security in the region. The locals, led by the numberdar, expressed gratitude to the LG, saying this initiative was unprecedented in Ladakh and would help ensure water and agricultural security and sustainability in the high-altitude villages of Ladakh.

Reflecting on his 100-day journey, Saxena, while addressing the gathering, described Project Him Sarovar as a historic initiative and the result of collective efforts towards efficient water management, climate resilience and prosperity of the people of Ladakh. He observed that in a region where water availability has become one of the most pressing challenges, the project represents a practical and scientific solution to strengthen water security and safeguard livelihoods.

He expressed satisfaction that the reservoir, initially scheduled for completion in ninety days, had been completed in just sixty days, reflecting the dedication, sincerity and hard work of engineers, field staff and local communities.

He said the completion of the reservoir on the day he completed one hundred days in office was symbolic of the Administration's commitment to translating vision into action and delivering tangible benefits to the people in a time-bound manner.

Noting that the true strength of Ladakh lies in its people, Saxena said meaningful development requires active community participation and collective ownership.

Highlighting key achievements of the Administration, he informed that under the Sindhu Jal Samridhi Abhiyan, the country's first Himalayan Rock Check Dam has been constructed to strengthen water and agricultural sustainability in Ladakh, with four additional check dams planned in the near future. He also referred to the revival of the 43-km-long Igoo-Phey Canal and the 2.1-km-long Mahey Canal, which are enhancing irrigation and agricultural productivity in high-altitude regions.

He reiterated that environmental protection has remained one of the foremost priorities of his Administration. Recognising Ladakh's fragile ecology and increasing vulnerability to climate change, he informed that more than 35,000 saplings have been planted in just one hundred days, laying the foundation for a greener and more climate-resilient Ladakh.

He highlighted initiatives aimed at strengthening tourism, improving livelihoods and accelerating economic development, including simplified licensing and registration procedures for hotels and tour operators, integration of twenty-three government services across thirteen departments on a digital platform under Ease of Doing Business reforms, agreements for export of Ladakhi apricots and improving livelihoods in border villages, development of Chumur under the Vibrant Village Programme and the preparation of Ladakh's first-ever Master Plan.

## Armed Forces symbol of national unity: Rajnath

He said the armed forces continue to set an example of inclusivity, discipline and dedication, inspiring confidence among citizens while strengthening the country's unity and security.

Chief of the Air Staff Air Chief Marshal A P Singh, Air Officer Commanding-in-Chief, Eastern Air Command Air Marshal Inderpal Singh Walia, and other senior Indian Air Force officers were present on the occasion.

The defence minister also led the International Day of Yoga celebrations at the Eastern Air Command Headquarters in Shillong, performing yoga and breathing exercises alongside around 1,000 personnel of the Indian Air Force (IAF) and the Indian Army.

The event witnessed participation from senior military and government officials, including Meghalaya Chief Minister Conrad K. Sangma, Chief of the Air Staff Air Chief Marshal A.P. Singh, Air Officer Commanding-in-Chief, Eastern Air Command, Air Marshal Inderpal Singh Walia, and General Officer Commanding Headquarters 101 Area Lieutenant General Mohit Wadhwa.

## VP leads Yoga Day celebrations in Leh

(LAHDC), Kargil, Mohammad Jaffer Akhooon also participated along with senior civil and military officers, students, and members of the public at the event, according to officials.

The celebrations featured a mass yoga session, with participants performing various asanas against the scenic backdrop of the Himalayan mountains.

Similar Yoga Day celebrations were organised across all seven districts of Ladakh, witnessing participation from people from all walks of life, including students, senior citizens, monks and personnel from security forces.

The vice president lauded the growing global acceptance of yoga and underscored its role in fostering a healthy lifestyle and inner peace.

## NIA chargesheet indicates cross-border drone dropping

rectly to terror cells operating in north Kashmir's Baramulla district.

Gogal Dara forests located in Baramulla district were believed to have become a hotspot for drone droppings.

The chargesheet has meticulously charted how the attackers embedded themselves within the local landscape before striking the tourist hub.

In the chargesheet, the NIA said that the terror group received a drone dropping in Gogal Dara woods, which contained 20 pistols, Rs 15 lakh, and triangle shaped bombs (Chinese grenades) in early 2024.

The NIA chargesheet is said to have given graphic description of the movement of terrorists, involved in the Baisaran attack.

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

a desire to conclude the proposed free trade agreement with India this year.

The two sides held the second round of negotiations for the Comprehensive Economic Partnership Agreement (CEPA) in May.

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

ing its observations and recommendations.

The review is likely to examine a wide range of issues, including economic growth, inflation, employment, investment trends, fiscal management, banking sector developments, trade and the impact of international developments on the Indian economy.

For 2026-27, the Standing Committee on Finance, chaired by Bhartruhari Mahtab, has selected subjects covering various ministries, including Finance, Corporate Af-

fairs, Planning (NITI Aayog) and Statistics.

## India boosts Russian, UAE oil purchases

from maritime and commodity intelligence firm Kpler showed, cementing Moscow's position as the country's largest oil supplier.

Imports from the United Arab Emirates stood at 6,36,000 barrels per day (bpd) in June, through June 19, marginally below the record 6,44,000 bpd imported in May, while Venezuela emerged as India's fourth-largest crude supplier with shipments of 2,09,000 bpd, behind Saudi Arabia's 384,000 bpd.

Imports from the United States fell sharply to 91,000 bpd from 2,52,000 bpd in May, according to Kpler data.

The purchases underscore India's strategy of diversifying sourcing, with Russian barrels remaining attractive due to discounts and UAE supplies helping offset uncertainty surrounding shipments through the strategic waterway of the Strait of Hormuz.

India, the world's third-largest energy importer, depends heavily on the Gulf region for crude oil, LNG and LPG. Supplies were disrupted after Iran closed the Strait of Hormuz, following US and Israeli attacks, choking a key energy artery that carries about 20 per cent of global oil consumption and serves as the principal export route for Gulf producers, including Saudi Arabia, Iraq, Kuwait, the United Arab Emirates and Qatar.

Oil shipments through the Strait of Hormuz began recovering late last week after the US and Iran agreed to a ceasefire. However, the truce remains fragile, with Iranian authorities accusing Israel of violating the agreement, raising concerns over the durability of the reopening.

According to Sumit Ritolia, Senior Manager - Modelling at Kpler, a reopening of the Strait of Hormuz is expected to provide the quickest relief to India's liquefied petroleum gas (LPG) supplies, while crude oil and liquefied natural gas (LNG) imports are likely to see a more gradual normalisation as the country has already adapted to months of disruption through diversification and alternative supply routes.

The impact of the Strait of Hormuz disruption varied sharply across fuels, with LPG emerging as the most affected commodity, while crude and LNG imports proved relatively resilient due to alternative sourcing and bypass infrastructure.

Ritolia expects the initial phase of reopening to focus on clearing stranded cargoes and restoring shipping flows before Gulf producers materially increase exports.

"A reopening of the Strait of Hormuz (SoH) would represent a major milestone for global energy markets, but the impact on India is likely to vary significantly across commodities," he said.

"While India remains one of the largest importers of Middle Eastern hydrocarbons (crude, LPG, and LNG), crude and LNG imports have proven relatively resilient throughout the disruption, unlike LPG, which has been the most severely affected."

As a result, the recovery is likely to be sequential, with LPG flows normalising first, followed by LNG and crude. "Under our base case of a gradual reopening from early July, the initial focus will be on clearing trapped cargoes and restoring shipping flows before Gulf exporters can materially increase exports," he said.

India imports about 88 per cent of its crude oil needs, nearly half of its natural gas requirement and around 65 per cent of its LPG consumption.

Pre-war, the Gulf region supplied roughly half of the country's crude imports, two-thirds of its LNG requirement and nearly 90 per cent of India's LPG imports.

Recent signs of normalisation have already emerged. Three Indian-flagged oil tankers carrying more than 8,60,000 tonnes of crude and an Indian LNG carrier have successfully resumed transit through the strategic waterway following the US-Iran agreement aimed at ending hostilities.

Ritolia said Russian crude continues to anchor India's oil import strategy.

June imports are expected to exceed 2.35 million bpd, potentially setting a record, supported by competitive discounts and steady refinery demand.

He expects Russian supplies to remain a cornerstone of India's import basket even after Hormuz normalises, given favourable economics and supply security considerations.

The reopening of Hormuz is also expected to ease freight costs, reduce supply risks and help moderate energy prices globally, he said, cautioning that a full return to pre-crisis trade patterns could take weeks or months as shipping companies, insurers and traders gradually rebuild confidence in the route.

## Will strike Iran over support for Hezbollah, warns Trump

despite a new ceasefire.

Washington and Tehran's memorandum of understanding signed earlier in June extended the truce in the war that began in late February with US-Israeli strikes on Iran. It included a provision to end fighting in Lebanon between Israel and Hezbollah.

But there have been repeated clashes in Lebanon since, which prompted Iran to say it would again shutter the crucial oil and gas trade route, having opened it as part of the deal.

By Sunday afternoon, however, there had been no re-

ports of Israeli strikes or continued fighting in Lebanon since the day before.

Israel insisted on Sunday, though, that its troops would stay inside what it calls a "security zone" in southern Lebanon and respond to any threats, despite the US-Iran deal.

## Yoga priceless gift of India's sages to humanity: Kavinder

tipated 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 hour 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, Gupta interacted with media persons and said that due to the visionary efforts of Prime Minister Narendra Modi, International Yoga Day was 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 is conveying the message of health, wellness and active living through yoga.

The governor highlighted the relevance of yoga in promoting physical, mental and spiritual well-being. He described yoga as a priceless gift from the sages of India, designed not only to strengthen the body but also to harmonize the mind and soul.

"It is a matter of great pride for every Indian that this ancient heritage has received global recognition. The declaration of 21st June as International Yoga Day by the United Nations has brought worldwide attention and respect to India's rich cultural legacy," he said.

Gupta said while yoga was initially adopted around the world primarily for physical fitness, people are increasingly embracing it as a means of spiritual awakening and inner transformation.

"Yoga is not merely about physical postures, it is a journey towards self-awareness, balance and inner peace," he remarked.

The Governor urged people to embrace yoga as a way of life and emphasized its potential to address various social challenges. He said that yoga can contribute significantly towards improving public health, fostering social harmony and combating substance abuse.

"Himachal Pradesh is blessed with natural beauty and a pure environment. Preserving its sanctity requires collective effort, and yoga can become a powerful instrument in building a healthy, disciplined and drug-free society," he added.

Former Chief Minister and Leader of Opposition Jai Ram Thakur, Mayor of Shimla Municipal Corporation Surender Chauhan, DGP Ashok Tiwari, senior officers of police and AYUSH departments, and a large number of yoga enthusiasts, students and citizens participated in the event.

## Yoga enhances physical, mental resilience of AFs: Army Chief

He highlighted the vital role yoga plays in enhancing the physical, mental and emotional resilience of the armed forces personnel.

"Yoga is a powerful practice that unites the body, mind and soul," Gen Dwivedi said while addressing media personnel on the sidelines of the International Yoga Day celebrations at Tezpur Military Station here.

Gen Dwivedi noted that soldiers deployed in high-altitude regions, remote field areas and difficult terrains face numerous challenges, including extreme weather conditions, rugged landscapes and prolonged periods of isolation.

"Yoga helps them maintain fitness, mental strength and emotional balance, enabling them to perform their duties effectively under demanding circumstances," the Army chief said.

When the body, mind and soul are in harmony, individuals experience inner stability, renewed energy and a heightened sense of purpose, he added.

"Such spiritual and mental strength provides soldiers with the motivation and freshness necessary to meet operational challenges and serve the nation with dedication," General Dwivedi said.

He encouraged all soldiers to make yoga an integral part of their daily routine, stressing that a healthy body, a balanced mind and strong inner resolve are essential pillars of military effectiveness and national security.

Highlighting the strength of the Indian Army, he said soldiers are the Army's greatest asset and every one of them embodies physical endurance, technological competence and the determination to overcome any challenge.

"When united as a cohesive force, the Indian Army possesses the capability to defeat any adversary," he added.

Referring to the success of Operation Sindoor carried out against terrorist infrastructure in Pakistan and Pakistan-occupied Kashmir, General Dwivedi attributed the achievement to the seamless coordination among the Army, Navy and the Air Force.

"This exceptional synergy among the armed forces ensured the success of the operation and demonstrated India's resolve in safeguarding its sovereignty and national security," he added.

## Rana releases book 'Khita-e-Pir Panjal ka Adbi Sar-e-Waraq'; says literature knows no boundaries

HIMALAYAN MAIL NEWS  
BALTAL, JUNE 21

Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, today released a book titled "Khita-e-Pir Panjal ka Adbi Sar-e-Waraq" (The Literary Cover of Pir Panjal Region), which chronicles the rich historical, cultural and social heritage of the Pir Panjal region.

The book has been authored by noted educationist Barkat Hussain, presently posted as Principal Government Higher Secondary School Lassana.

The literary gathering, at Mendhar was attended by intellectuals, educationists, social activists and literary enthusiasts

from across the Pir Panjal region.

Addressing the gathering, the Minister described the publication as a valuable contribution to the literary and intellectual heritage of Jammu and Kashmir. He said that works such as "Khita-e-Pir Panjal" serve a vital purpose in preserving the identity, traditions and history of a region for future generations, ensuring that the stories, struggles and achievements of a people are not lost to time. He emphasised the need to encourage and support the local writers and scholars who dedicate themselves to document and highlight the unique cultural legacy of areas they live in.

The Minister said that literature transcends geographical,



linguistic and cultural boundaries and serves as a powerful medium for fostering understanding, harmony and shared human values.

"Literature knows no boundaries. It connects people across regions and generations, while keeping alive the essence of our collective identity," asserted Rana.

He observed that society bears a collective responsibility towards preserving its history, origins and the legacy of its ancestors. He stressed that literary gatherings of this nature play a vital role in safeguarding cultural traditions and ensuring their continuity across generations. He called for such events to be organised more regularly to nur-

ture a culture of reading, writing and scholarly inquiry across Jammu and Kashmir.

"Writers and poets are our cherished treasure. They deserve the highest respect and recognition for their invaluable contribution towards preserving our culture, language and heritage," he added.

Author Barkat Hussain expressed deep gratitude to the Minister and the people of the region for their support.

Speakers unanimously hailed the publication as a landmark literary achievement and described it as an indispensable reference for students, researchers and scholars interested in the history and culture of the Pir Panjal region.