

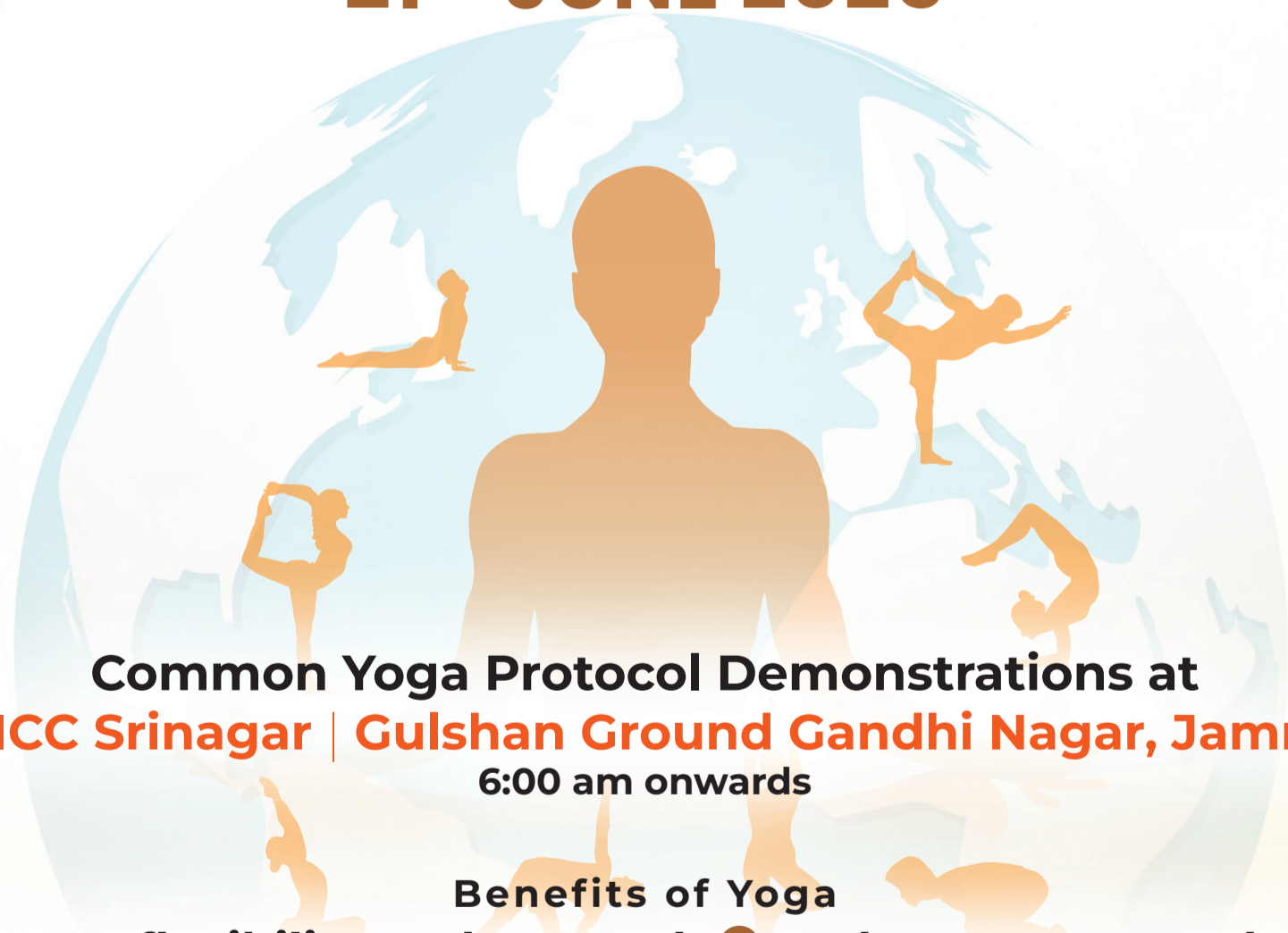


BE A PART OF THE GLOBAL WAVE
OF WELLNESS AND UNITY

INTERNATIONAL DAY OF YOGA

YOGA FOR ONE EARTH, ONE HEALTH

— 21ST JUNE 2025 —



Common Yoga Protocol Demonstrations at
SKICC Srinagar | Gulshan Ground Gandhi Nagar, Jammu
6:00 am onwards

Benefits of Yoga

- Improves flexibility and strength
- Reduces stress and anxiety
- Boosts energy and sleep quality
- Enhances focus and emotional balance
- Supports overall health and immunity

Department of Information & Public Relations
Government of Jammu & Kashmir



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Empowering Young Athletes through Sports: Inter-school competitions held at Sopore, Nehalpora



JI NEWS SERVICE
BARAMULLA, JUNE 20

Youth Services and Sports, Baramulla, continues its commitment to promoting grassroots sports culture by organizing inter-school zonal level competitions across the district.

In this series of sporting events, zone Sopore and zone Nehalpora successfully conducted selection trials and competitions in Handball and Kho-Kho, respectively.

Zone Sopore held the

inter-school zonal level Handball competition for Under-14 and Under-17 girls at the scenic Khushal Stadium, Sopore. The event witnessed enthusiastic participation from 10 schools, as young girls showcased their talent and determination during the selection trials.

The competition aimed to shortlist the most promising players for the next level of tournaments, fostering a spirit of healthy competition and team spirit among participants.

Simultaneously, zone

Nehalpora organized the inter-school zonal level Kho-Kho Competition for Under-17 Boys at Higher Secondary School Nehalpora. The event drew around 50 students from various government and private schools of the zone.

These competitions are an essential part of the department's vision to build a robust sporting ecosystem in schools by identifying talent at the grassroots and promoting fitness, discipline, and sportsmanship among youth.

Mega Yoga Event organized at Baba Chamliyal Shrine as prelude to Int'l Yoga Day

JI NEWS SERVICE
SAMBA, JUNE 20

In the run-up to the 11th International Day of Yoga, a Mega Yoga event was organized at the revered Baba Chamliyal Shrine by the District Administration Samba, in collaboration with the Department of Ayush and District Youth Services and Sports Department.

The event was graced by the presence of Deputy Commissioner Rajesh Sharma, who appreciated the efforts of all departments involved and encouraged the public to adopt yoga for a balanced and healthy lifestyle.

The programme commenced with a welcome address by Dr. Rozy, Medical



Officer AHWC Gho Brahmana. An energetic Common Yoga Protocol (CYP) session followed, in which over 210 individuals took part with full dedication and enthusiasm.

Medical Officer Ayush Dr. Divya Sharma delivered the vote of thanks. District Youth and Sports

Services Officer Yudvir Singh also addressed the gathering and shared his valuable insights.

The event concluded with an awareness session by Dr. Mahesh Sharma, Medical Officer, AHWC Nud, who spoke on the history, relevance and benefits of yoga in daily life.

International Yoga Day 2025 DC Poonch inspects arrangements at Sports Stadium- venue for main event



JI NEWS SERVICE
POONCH, JUNE 20

Deputy Commissioner Vikas Kunal today conducted a thorough inspection of the preparations for the International Yoga Day here at the Sports Stadium- the venue for the District Level event.

Accompanied by Additional Deputy Commissioner Tahir Mustafa Malik and other district officers, the Deputy Commissioner emphasized the importance of meticulous planning and execution. He

directed the concerned departments to ensure that necessary arrangements are completed well in advance. He underscored the significance of a smooth and successful conduct of the event, which aims to promote health and wellness through yoga.

All the departments were urged to collaborate effectively to create an inspiring atmosphere for participants and attendees, reinforcing Poonch's commitment to fostering a culture of health and well-being.

DC Rajouri reviews arrangements for International Yoga Day

JI NEWS SERVICE
RAJOURI, JUNE 20

Deputy Commissioner Abhishek Sharma chaired a meeting today in the VV Room of the DC Office to review the preparedness for the celebration of International Yoga Day in the district.

The DC took a detailed review of arrangements being made at key venues in the subdivisions of Thanamandi, Rajouri, Kotranka, Nowshera, and Sunderbani. The focus of the meeting was to ensure that all necessary measures are in place for the smooth conduct of the yoga events, which will witness participation from people across different walks of life.

Key aspects discussed during the meeting included security deployment at the venues, photogra-



phy and videography of the event, availability of drinking water, fire and emergency services, deployment of ambulances, provision of ORS and refreshments for participants, and post-event cleanliness.

The Deputy Commissioner emphasized that the celebrations should reflect the spirit and significance

of International Yoga Day. He directed the officers to ensure the installation of hoardings and banners at prominent locations to raise awareness and encourage participation. He also stressed the importance of inter-departmental coordination to make the event a grand success. He instructed officers of stakeholder departments to be present at the designated venues to oversee arrangements.

The meeting was attended by ADC Kalakote Tanvir Ahmed; ADC Kotranka Dil Mir; ADC Rajouri Chander Prakash; ADC Nowshera Pritam Lal Thapa; ADC Sunderbani Ramkesh Sharma; ACR Rajouri Mohammad Jahangir Khan; SDM Thanamandi Abid Hussain; DySP Satish Kumar; CEO Rajouri and other concerned district and sectoral officers.

DC Budgam convenes introductory sectoral meeting with officers of distt admin

JI NEWS SERVICE
BUDGAM, JUNE 20

After assuming charge as the Deputy Commissioner Budgam, Dr. Bilal Mohi-ud-Din Bhat today chaired an introductory sectoral meeting with all district and sectoral officers to take stock of ongoing developmental works and governance mechanisms across the district.

Besides, ADDC Budgam, ADC Budgam, ACR Budgam, CPO, CEO, CMO, SDMs, Tehsildars, BDOs, Executive Officers of Municipal Committees, and sectoral heads from departments including Rural Development, Health, Education, PDD, PHE, R&B, PMGSY, Irrigation & Flood Control, Social Welfare, Cooperatives, and NRLM were present in the meeting.

In a comprehensive sector-wise review, DC held threadbare discussions on departmental performance, project progress, and implementation status of key government schemes. He directed all



executing agencies to strictly adhere to the set timelines for completion of projects and ensure quality standards are met.

Underscoring the significance of community involvement, DC said that public participation and Jan Bhagidari in both planning and implementation of developmental initiatives is vital for achieving inclusive progress. He directed that all eligible beneficiaries must receive benefits under government schemes within the stipulated timelines.

Dr Bilal stressed the need for real-time monitoring and regular structural

reviews of major infrastructure projects to eliminate delays and bottlenecks. Emphasizing e-governance, DC directed concerned officers to ensure delivery of all online services within the timeframe specified under the Public Services Guarantee Act. He further instructed departments to organize special outreach camps to provide doorstep services and raise awareness about various welfare schemes.

DC called upon officers to uphold transparency, accountability, and integrity in their official conduct, emphasizing that public trust is the cornerstone of good governance.

He concluded with a strong message to all officials saying, "My slogan is: Work for the people, in whatever capacity you serve. Keep your office doors open, be accessible, and spread awareness of government schemes so that prosperity reaches even the last individual in the remotest village of Budgam."

DC Kathua reviews arrangements for Shri Amarnath Ji Yatra



JI NEWS SERVICE
KATHUA, JUNE 20

Deputy Commissioner Dr. Rakesh Minhas today chaired a meeting of officers to review the arrangements being made in the district for the smooth conduct of Shri Amarnath Ji Yatra-2025.

At the outset, the Deputy Commissioner took department-wise review of the arrangements and exhorted the concerned officers to expedite the pending works to ensure all facilities are in place well ahead of the commencement of the Yatra. He asked them to leave no room for lapses in view of the anticipated high influx of pilgrims this year.

It was informed that the District Administration has readied 36 lodging centres across the district to accommodate Yatis in case of weather-induced halts or other emergencies. Each centre

has been assigned a Nodal Officer to ensure provision of essential facilities such as boarding and lodging, safe drinking water, uninterrupted power supply, clean toilets and hygienic food.

To streamline the issuance of RFID tags to registered pilgrims and avoid congestion at Jammu Base Camp, six RFID counters will be established at the 24x7 Lakhanpur Yatri Facilitation Centre.

The DC stressed on formulation of comprehensive departmental plans for drinking water, electricity, sanitation, medical aid, traffic regulation and foolproof security arrangements. He directed all stakeholder departments to maintain close coordination and finalise all necessary preparations at the earliest.

The DC also informed that cultural programmes will be organised at Lakhanpur on the inaugural day and during the

Yatra period to provide a warm and welcoming atmosphere to the visiting pilgrims.

Detailed deliberations were held on setting up of a centralised control room, disaster management preparedness, monitoring quality of langar and food items, maintaining sanitation along the Yatra route and implementation of anti-polythene measures.

Later, the DC interacted with Langar Committee representatives, and impressed upon them to strictly adhere to the laid down guidelines regarding CCTV camera installation, cleanliness, quality control of langar food and overall safety and comfort of the pilgrims.

Among others, ADC Kathua Vishavjeet Singh, SDM Hiranagar Phulail Singh and officers from concerned departments were present in the meeting.

GHSS Sialsui takes out anti-drug abuse awareness rally

JI NEWS SERVICE
RAJOURI, JUNE 20

As a part of the ongoing Nasha Mukta Bharat Abhiyaan, a spirited anti-drug awareness rally was organized at Government Higher Secondary School (HSS) Sialsui on the directions of Deputy Commissioner Abhishek Sharma. The event was held in collaboration with the school staff, students, and local residents under the guidance of Incharge Principal Pankaj Sawhney and close supervision of Additional Deputy Commissioner Kalakote, Mohammad Tanvir.

The rally passed through the main market and adjoining areas of Sialsui village, with students and staff raising slogans and displaying placards to highlight the harmful effects of drug abuse. The initiative aimed to sensitize the general public and mobilize community efforts towards building a drug-free society.

Participants took a



solemn pledge to never consume or promote drugs and vowed to work collectively to ensure their surroundings remain free from the menace of substance abuse. The rally also served as a call to action for youth to channel their energies towards constructive and nation-building activities.

Speaking on the occasion, Incharge Principal Pankaj Sawhney, Dr. Shakti Sagar and Shoket Ali (Teacher, HSS Sialsui)

encouraged the participants to act as ambassadors of change and to spread the message of a Nasha Mukta Bharat within their communities.

Similar awareness events and rallies are being organized across different parts of Rajouri district under the Nasha Mukta Bharat Abhiyaan, reflecting the district administration's firm commitment to eradicating the threat of drug addiction.

Dharti Aaba Janbhagidari Abhiyan Scheme saturation camp held at Panchayat Dheeda- Gool



JI NEWS SERVICE
RAMBAN, JUNE 20

District Administration Ramban, on the sixth day of the Dharti Aaba Janbhagidari Abhiyan, organized a Schemes Saturation cum Awareness Camp at Panchayat Dheeda in Subdivision Gool.

The camp was coordinated by Sub Divisional Magistrate Imtiaz Ahmed, Tehsildar Harjeet Singh and Block Development Officer Sadam Hussain, with the support from field functionaries of line departments. The local Scheduled Tribe (ST) community members turned up in large numbers and engaged with departments to understand the benefits and processes of availing services.

District Development Council Chairperson Dr. Shamshad Shan and DDC

Councillor Saki Mohammad also graced the occasion and interacted with locals and encouraged greater participation.

Officials from multiple departments including Social Welfare, Rural Development, Agriculture, Horticulture, Animal and Sheep Husbandry, Fisheries, Education, Health, Forest, PDD, Jal Jeevan Mission (JJM) and J&K Bank briefed the attendees about welfare and development schemes. On-spot services, application processing and grievances redressal were also carried out.

The tribal population of the area welcomed the administration's efforts and expressed optimism that such initiatives will pave way for the socio-economic uplift and inclusive development in remote and tribal areas.

Muharram-ul-Haram-2025 Srinagar distt admin sets up 24x7 Control Room to facilitate people during Muharram

JI NEWS SERVICE
SRINAGAR, JUNE 20

In order to facilitate the public during the upcoming holy month of Muharram-ul-Haram, district administration Srinagar has established a dedicated 24x7 Control Room at the DC Office Complex.

The Control Room has been set up by the order of the Deputy Commissioner (DC) Srinagar, Akshay Labroo to ensure better facilities to the people, effective inter-departmental coordination for seamless religious observances. The control room shall function

under the overall supervision of Additional Deputy Commissioner Srinagar, Aadil Fareed.

General public can contact the Control Room (Emergency Operation Centre), on the Landline Phone number 0194-2457543 and 0194-2457552. They can also contact through WhatsApp Nos. 9103998355, 9103998356 and 9103998357 for any assistance.

Citizens are encouraged to reach out to these numbers for any assistance related to ensuring basic facilities en-route to Muharram-ul-Haram processions.

JANSAMPARK
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BYE PASS SIDHRA, JAMMU
Mob. 9419104223

DENGUE WARNING SIGNS

Many people with dengue can be cared for at home with adequate rest and hydration. But, if you experience any warning signs, go immediately to the nearest medical center.

Watch out for dengue warning signs!

A drop in body temperature accompanied by any of the following symptoms:

- Severe and continuous headache
- Joint and muscle pain
- Severe stomach pain
- Swollen lymph nodes
- Severe fatigue
- Severe skin rash
- Severe vomiting
- Severe diarrhoea
- Severe nausea
- Severe loss of appetite
- Severe dizziness
- Severe confusion
- Severe irritability
- Severe restlessness
- Severe weakness
- Severe loss of consciousness
- Severe bleeding from gums or nose, blood in stool

If you have any of these symptoms, go to the nearest medical center IMMEDIATELY

JINDRAH IMAGES

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Statehood: Omar says waiting for PM, HM to fulfil promise

AGENCIES
JAMMU, JUNE 20

Chief Minister Omar Abdullah on Friday said he was waiting for the fulfilment of the promises made by Prime Minister Narendra Modi and Home Minister Amit Shah on restoration of statehood

CONTINUED ON » PAGE 4



Why Israel targeted Iran, war is no solution: Omar

AGENCIES
JAMMU, JUNE 20

Stating that war is not a solution and expressing concerns over rising Iran-Israel tensions, Jammu and Kashmir Chief Minister Omar Abdullah

CONTINUED ON » PAGE 4

94 J&K students evacuated from war-hit Iran safely reach Kashmir

AGENCIES
SRINAGAR, JUNE 20

All 94 students from Kashmir, who were evacuated from war-hit Iran, have safely returned to the Valley, the Jammu and Kashmir Student Association (JKSA) said on Friday

The first batch of 110 Indian evacuated students - including 94 from Jammu and Kashmir - landed in Delhi late Wednesday night. The students, all enrolled at Urmia Medical University, were evacuated through Armenia and Doha.

According to the association, while several students reached the Valley on Thursday the remaining batch - who were traveling in deluxe buses from New Delhi - arrived earlier today, bringing relief to families who had been anxiously awaiting their return.

"We are grateful to the Ministry of External Affairs and all those involved in ensuring their safe and timely return. The successful evacuation marks a relief for their families back home, who were anxiously awaiting their arrival," JKSA said.

The students praised the Centre for their safe evacuation and

CONTINUED ON » PAGE 4

Iran opens air space to allow 3 flights bring stranded Indian nationals back home

AGENCIES
NEW DELHI, JUNE 20

In a special gesture, Iran on Friday opened its airspace to allow India evacuate its citizens stranded there. Iran's Deputy Chief of Mission to

CONTINUED ON » PAGE 4

New India will respond with strength, strategy: Rajnath Singh



Rajnath Singh arrives on 2-day J&K visit

JNEWS SERVICE
JAMMU, JUN 20 (KNO)

Defence Minister Rajnath Singh on Friday arrived on a 2-day visit to Jammu and Kashmir.

AGENCIES
JAMMU, JUNE 20

Union Defence Minister Rajnath Singh on Friday said that Operation Sindoor has sent a powerful message to terrorists and their patrons that New India is assertive, resolute and will no longer

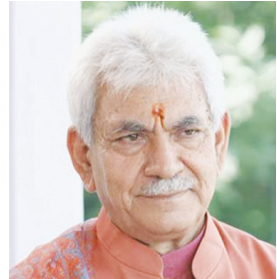
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According to the details available with the news agency, he interacted with soldiers and Army top brass at Northern Command, Udhampur.

CONT.. ON » PAGE 4

Lieutenant Governor's message on International Day of Yoga

JNEWS SERVICE
SRINAGAR, JUNE 20



Lieutenant Governor Shri Manoj Sinha has extended his greetings to the people on the occasion of 11th International Yoga Day.

In his message, the Lieutenant Governor has said, "Greetings to the people on 11th International Day of Yoga Celebrations.

This year's International Yoga Day theme, 'Yoga for One Earth, One Health,' underscores Hon'ble Prime Minister

Shri Narendra Modi Ji's vision of global wellness. Our ancient values always emphasised the well-being of all individuals and encourage holistic approach to health

CONTINUED ON » PAGE 4

CM Omar Abdullah inaugurates Public Outreach 'Raabita' Office in Jammu



JNEWS SERVICE
JAMMU, JUNE 20

Chief Minister Omar Abdullah today inaugurated the Chief Minister's Public Services & Outreach Office, Raabita, at Canal Road, Jammu, aimed at strengthening the government's outreach to citizens and addressing public grievances more efficiently.

The Chief Minister was

accompanied by Deputy Chief Minister Surinder Kumar Choudhary, Advisor to the CM Nasir Aslam Wani, MLA Gulabgarh Er. Khurshid Ahmad, Additional Chief Secretary to the Chief Minister Dheeraj Gupta, and other senior officers during the inauguration ceremony.

Underscoring his government's commitment to inclusive governance,

CONTINUED ON » PAGE 4

SUMMER SPECIAL TRAINS-2025											
For the convenience of rail passengers, Railways have decided to run the following Summer Special Express Trains as per schedule given below:-											
Train No.	Station From	Dept. Time	Station to	Arr. Time	Frequency	Day	Period				
04088	New Delhi	15:50	Patna Jn	08:40	Daily		upto 10.07.2025				
04087	Patna Jn	10:00	New Delhi	03:20	Daily		upto 11.07.2025				
04064	New Delhi	09:30	Sheikhpura	04:30	Bi-weekly	Mon, Thu	upto 11.07.2025				
04063	Sheikhpura	06:00	New Delhi	01:10	Bi-weekly	Tue, Fri	upto 11.07.2025				
04066	New Delhi	21:35	Saharsa Jn	22:00	Bi-weekly	Mon, Thu	upto 10.07.2025				
04065	Saharsa Jn	23:55	New Delhi	23:30	Bi-weekly	Tue, Fri	upto 11.07.2025				
04022	New Delhi	14:00	Gorakhpur	05:00	Weekly	Fri	upto 11.07.2025				
04021	Gorakhpur	07:00	New Delhi	23:10	Weekly	Sat	upto 12.07.2025				
04081	New Delhi	23:45	Shri Mata Vaishno Devi Katra	11:40	Tri-weekly	Mon, Wed, Sat	upto 12.07.2025				
04082	Shri Mata Vaishno Devi Katra	21:20	New Delhi	09:30	Tri-weekly	Tue, Thu, Sun	upto 13.07.2025				
04012	Delhi Jn	19:30	Darbhanga Jn	20:30	Bi-weekly	Tue, Fri	upto 11.07.2025				
04011	Darbhanga Jn	22:00	Delhi Jn	22:40	Bi-weekly	Wed, Sat	upto 12.07.2025				
04024	Delhi Jn	19:30	Varanasi Jn	09:45	Tri-weekly	Mon, Thu, Sat	upto 10.07.2025				
04023	Varanasi Jn	18:35	Delhi Jn	08:50	Tri-weekly	Tue, Fri, Sun	upto 11.07.2025				
04026	Delhi Jn	23:05	Raxaul Jn	19:00	Weekly	Thu	upto 10.07.2025				
04025	Raxaul Jn	22:00	Delhi Jn	17:45	Weekly	Fri	upto 11.07.2025				
04018	Anand Vihar (T)	09:00	Muzaffarpur Jn	04:30	Weekly	Thu	upto 10.07.2025				
04017	Muzaffarpur Jn	06:15	Anand Vihar (T)	03:10	Weekly	Fri	upto 11.07.2025				
04020	Anand Vihar (T)	19:30	Barauni Jn	18:00	Weekly	Sun	upto 06.07.2025				
04019	Barauni Jn	20:00	Anand Vihar (T)	19:00	Weekly	Mon	upto 07.07.2025				
04096	Anand Vihar (T)	04:59	Jaynagar	05:20	Bi-weekly	Mon, Thu	upto 10.07.2025				
04095	Jaynagar	07:30	Anand Vihar (T)	08:10	Bi-weekly	Tue, Fri	upto 11.07.2025				
04098	Anand Vihar (T)	05:00	Sitamarhi	02:30	Bi-weekly	Tue, Fri	upto 11.07.2025				
04097	Sitamarhi	03:45	Anand Vihar (T)	01:30	Bi-weekly	Wed, Sat	upto 12.07.2025				
04094	Anand Vihar (T)	23:55	Jogbani	07:30	Weekly	Thu	upto 10.07.2025				
04093	Jogbani	09:30	Anand Vihar (T)	16:00	Weekly	Sat	upto 12.07.2025				
04207	Lucknow Jn	08:05	New Delhi	18:30	Weekly	Mon	upto 07.07.2025				
04208	New Delhi	20:20	Lucknow Jn	06:35	Weekly	Mon	upto 07.07.2025				
04217	Varanasi Jn	06:25	Lucknow Jn	11:45	Daily		upto 30.06.2025				
04218	Lucknow Jn	16:30	Varanasi Jn	21:50	Daily		upto 30.06.2025				
04219	Shahganj Jn	22:35	Ayodhya Dham Jn	01:40	Daily		upto 10.07.2025				
04220	Ayodhya Dham Jn	02:10	Shahganj Jn	21:40	Daily		upto 10.07.2025				
02270	Lucknow Jn	14:15	Chhapra	04:30	06 days a week	Except Tuesday	upto 11.07.2025				
02269	Chhapra	23:00	Lucknow Jn	06:30	06 days a week	Tuesday	upto 11.07.2025				
04604	Shri Mata Vaishno Devi Katra	18:15	Varanasi Jn	19:00	Weekly	Sun	upto 06.07.2025				
04603	Varanasi Jn	05:00	Shri Mata Vaishno Devi Katra	06:00	Weekly	Tue	upto 08.07.2025				
04206	Varanasi Jn	14:50	Chandigarh	07:45	Weekly	Sat	upto 05.07.2025				
04205	Chandigarh	09:30	Varanasi Jn	01:20	Weekly	Sun	upto 06.07.2025				
04518	Bhatinda Jn	20:50	Varanasi Jn	17:30	Bi-weekly	Mon, Fri	upto 11.07.2025				
04517	Varanasi Jn	20:40	Bhatinda Jn	17:00	Bi-weekly	Tue, Sat	upto 12.07.2025				
04302	Yog N Rishikesh	15:20	Muzaffarpur Jn	13:00	Weekly	Tue	upto 15.07.2025				
04301	Muzaffarpur Jn	15:00	Yog N Rishikesh	14:20	Weekly	Wed	upto 16.07.2025				
04610	Jammu Tawi	06:20	Varanasi Jn	05:10	Weekly	Thu	upto 09.07.2025				
04609	Varanasi Jn	09:00	Jammu Tawi	07:45	Weekly	Fri	upto 10.07.2025				
04304	Yog N Rishikesh	15:20	Gorakhpur	06:20	Weekly	Sat	upto 12.07.2025				
04303	Gorakhpur	09:00	Yog N Rishikesh	00:55	Weekly	Sun	upto 13.07.2025				
04602	Firozpur Cantt Jn	15:10	Patna Jn	18:00	Bi-weekly	Wed, Sat	upto 12.07.2025				
04601	Patna Jn	20:50	Firozpur Cantt Jn	23:55	Bi-weekly	Thu, Sun	upto 13.07.2025				
04608	Amritsar Jn	20:10	Darbhanga Jn	02:30	Weekly	Fri	upto 11.07.2025				
04607	Darbhanga Jn	04:00	Amritsar Jn	10:30	Weekly	Sun	upto 13.07.2025				
04212	Sultanpur Jn	04:00	Lokmanya Tilak (T)	14:00	Weekly	Mon	upto 23.06.2025				
04211	Lokmanya Tilak (T)	16:35	Sultanpur Jn	23:00	Weekly	Tue	upto 24.06.2025				
05559	Raxaul Jn.	05:30	Udhna Jn.	12:35	Weekly	Sat	upto 26.07.2025				
05560	Udhna Jn	15:35	Raxaul Jn.	00:15	Weekly	Sun	upto 27.07.2025				
04058	New Delhi	19:30	Saharsa Jn.	19:50	Bi-weekly	Tue, Fri	upto 11.07.2025				
04057	Saharsa Jn.	21:40	New Delhi	23:30	Bi-weekly	Wed, Sat	upto 12.07.2025				
04072	Delhi Jn.	11:00	Darbhanga Jn.	13:30	Bi-weekly	Mon, Thu	upto 10.07.2025				
04071	Darbhanga Jn.	15:00	Delhi Jn.	18:50	Bi-weekly	Tue, Fri	upto 11.07.2025				
04074	Anand Vihar (T)	23:55	Jogbani	07:30	Weekly	Fri	upto 11.07.2025				
04073	Jogbani	09:30	Anand Vihar (T)	16:00	Weekly	Sun	upto 13.07.2025				
03255	Patna Jn	22:20	Anand Vihar (T)	18:35	Bi-weekly	Sun, Thu	02.01.2025 till further advice				
03256	Anand Vihar (T)	23:30	Patna Jn	18:35	Bi-weekly	Mon, Fri	03.01.2025 till further advice				
05049	Chhapra	10:15	Amritsar Jn	13:50	Weekly	Fri	07.02.2025 till further advice				
05050	Amritsar Jn	17:45	Chhapra	23:55	Weekly	Sat	08.02.2025 till further advice				
04092	New Delhi	19:30	Howrah Jn	21:40	Bi-weekly	Wed, Sat	upto 19.07.2025				
04091	Howrah Jn	23:50	New Delhi	01:00	Bi-weekly	Thu, Sun	upto 20.07.2025				
04216	Sultanpur Jn	04:00	Sabarmati	07:30	Weekly	Fri	upto 27.06.2025				
04215	Sabarmati	08:50	Sultanpur Jn	11:00	Weekly	Saturday	upto 28.06.25				
09639	Madar Jn	04:30	Rohtak Jn	12:50	Daily		upto 30.06.2025				
09640	Rohtak Jn	13:20	Madar Jn	22:35	Daily		upto 30.06.2025				
04504	Chandigarh	23:35	Patna Jn	22:10	Weekly	Thursday	upto 10.07.2025				
04503	Patna Jn	22:45	Chandigarh	23:10	Weekly	Friday	upto 11.07.2025				
03435	Malda Town	09:30	Anand Vihar (T)	13:40	Weekly	Monday	upto 30.06.2025				
03436	Anand Vihar (T)	15:45	Malda Town	23:30	Weekly	Tuesday	upto 01.07.2025				
06597	Yasvantpur Jn	07:00	Yog N Rishikesh	10:20	Weekly	Thursday	upto 03.07.25				
06598	Yog N Rishikesh	17:55	Yasvantpur Jn	19:45	Weekly	Saturday	21.06.25 to 05.07.25				
05305	Chhapra	22:00	Anand Vihar (T)	22:10	Bi-weekly	Mon, Thu	17.02.2025 till further advice				
05306	Anand Vihar (T)	00:20	Chhapra	22:50	Bi-weekly	Wed, Sat	19.02.2025 till further advice				
05057	Gorakhpur Jn	22:45	Delhi Jn	12:50	Weekly	Thu	06.02.2025 till further advice				
05058	Delhi Jn	14:00	Gorakhpur Jn	06:25	Weekly	Fri	07.02.2025 till further advice				
01701	Jabalpur	19:40	Ayodhya Cantt	11:00	Weekly	Wed	upto 25.06.2025				
01702	Ayodhya Cantt	13:30	Jabalpur	04:15	Weekly	Thu					

FROM THE FRONT PAGE...

Statehood: Omar says...

to Jammu and Kashmir.

"Will see whether we have to go legally or not for statehood but till then, we are waiting for the Prime Minister and the Home Minister as they have assured that statehood will be restored to Jammu and Kashmir," Abdullah told media at an event.

To strengthen public outreach and grievance redress, Abdullah on Friday inaugurated a new Raabta office here at Canal Road after one is functioning in Srinagar (Kashmir valley).

On the issue of reservation in the recruitment, Abdullah however, lashed out at the former J&K Chief Minister and Peoples Democratic Party (PDP) president Mehbooba Mufti stating, "how much she (Mehbooba Mufti) is speaking on this? Where was she when she had the opportunity to raise this issue?"

"When she was contesting elections from Anantnag constituency and seeking votes from Rajouri-Poonch, why did she prefer silence on this matter? Why did the People's Conference leader, Sajjad Lone, who was close to the BJP, not speak on the reservation issue then?" said Abdullah.

He, however, maintained that the Cabinet Sub-Committee framed by his government has submitted its report on reservation issue to the Law Department for remarks before taking a final call thereafter.

Moreover, on giving water access to the neighbouring Punjab by Jammu and Kashmir, the Chief Minister said, "I am not in favour of this. There is a drought-like situation in Jammu, so first, let us use our water for ourselves."

"Under Indus Water Treaty, Punjab already had water. Did they give us water when we needed it, then why should I send water to Punjab?," said Abdullah while reacting to the 113 km-long canal proposed for redirecting additional water from three western rivers of the Indus system in Jammu and Kashmir to Haryana, Punjab and Rajasthan.

Meanwhile, on opening of Raabta office in Jammu, Abdullah said, "We want to reach out to people and after the successful response in Kashmir, we wanted to have a similar office in Jammu as well so that the grievances can be taken via both online and offline modes and can be addressed without any delay."

Why Israel targeted...

on Friday questioned why Israel has targeted Iran.

He said that Israel's actions are surprising as it had a few months back stated that Iran does not have any nuclear programme.

"Iran has not done anything wrong and why Israel has targeted it," Abdullah told the media after inaugurating the Public Outreach 'Raabta' Office.

"When it was already clear that Iran does not have any nuclear programme, so why Israel has targeted it?" he said.

"War is no solution and better that it ends at the earliest," he said and also expressed concern for the safety of stranded Indian students.

"Total 1600 J&K students are stranded," he added and stated that over 6,000 Indians have been trapped in the war zone.

"So far 90 students from Jammu and Kashmir have been evacuated and another 400 have been shifted to the safer locations," he said, adding that efforts are being made to evacuate the remaining trapped students.

Abdullah however, on restoration of statehood, said that he was waiting for the fulfillment of the promises made by Prime Minister Narendra Modi and Home Minister Amit Shah on restoration of statehood to Jammu and Kashmir.

"Will see whether we have to go legally or not for statehood but till then, we are waiting for the Prime Minister and the Home Minister as they have assured that statehood will be restored to Jammu and Kashmir," Abdullah added.

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94 J&K students...

provision of free boarding and transport facilities. They however, complained that J&K government had not made adequate arrangements from Delhi to Srinagar.

"We were already exhausted after the four-day journey from Iran. When we saw the buses in Delhi, we felt bad. Some of us including me booked air tickets," Saba Rasool, a fourth-year medical student in Iran, said in Srinagar.

Following the complaints, Jammu and Kashmir Chief Minister Omar Abdullah intervened and deluxe buses

were arranged for the students from Delhi to Srinagar

Over the past two decades, Iranian universities have become a popular choice for Kashmiri students due to their affordability. Iran currently hosts more than 4,000 Indian students, nearly half of whom are from Jammu and Kashmir, with the majority pursuing medical degrees.

Iran opens air space...

India Mohammad Javad Hosseini told reporters here that three special flights from Mashad will bring back stranded Indian nationals to Delhi.

The first flight will land tonight at 2315 Hrs. The second and third flights are scheduled for Saturday, one in the morning and another in the evening.

A total of 1000 Indian nationals were relocated from Tehran to Mashad via Qom. From Mashad they will be flown to Delhi, Mr Hosseini said.

Under Operation Sindhu launched by India to evacuate Indian nationals from war torn areas of Iran, 110 Indian students were brought back home on Wednesday. They were evacuated from northern Iran and transported to Yerevan, Armenia, by road. From Yerevan they boarded a special flight to New Delhi on June 19 early morning.

More than 4,000 Indian nationals are living in Iran and most of them are students.

New India will...

be a victim of terrorism, but respond with strength and strategy.

Interacting with soldiers at Northern Command, Udhampur after his arrival on Friday evening to participate in the International Yoga Day, Singh commended the precision, coordination and courage of the Armed Forces and intelligence agencies in destroying terrorist infrastructure in Pakistan and PoK, asserting that India's change in policy towards terrorism is a result of this unmatched valour and dedication.

He described Operation Sindoor as not just a military action, but a warning to the terrorists across the border and those who support them that India will no longer tolerate terrorism and give a befitting reply if its unity and integrity is harmed.

"Operation Sindoor is not over yet. This is just a pause. I want to tell this to my neighboring country," he added.

Singh defined the life of a soldier as the one filled with courage and sacrifice, adding that the nation will forever remain indebted to the services rendered by the Armed Forces in the duty of the motherland.

At the Barakhana organised on the eve of International Day of Yoga 2025, he urged the personnel to keep focusing on physical and mental well-being, underlining the importance of strength and wellness in a soldier's life.

"If you are strong, our borders will be strong. When the borders are strong, India will be strong," he said.

A cultural programme comprising Khukri Dance, Bhangra, Kalari Pattu and Jhanz Patak was also organised as part of the event.

Chief of the Army Staff General Upendra Dwivedi, General Officer Commanding-in-Chief, Northern Command Lt Gen Pratik Sharma, and other senior Indian Army officials were present on the occasion.

Rajnath Singh...

Chief of the Army Staff General Upendra Dwivedi, General Officer Commanding-in-Chief, Northern Command Lt Gen Pratik Sharma, and other senior Indian Army officials were present on the occasion.

The Defence Minister will attend the "International Yoga Day" celebrations in Udhampur on Saturday.

Before leaving for Udhampur Singh wrote on X: "Shall attend the International Yoga Day celebrations tomorrow morning. Also, looking forward to interact with the Armed Forces personnel at Udhampur Cantt."

Lieutenant Governor's...

and happiness through Yoga.

The decadal celebration this year is an opportunity for all to celebrate unity of mind, body and promote harmony in the society. Yoga is a gift of India to the world. Let us all practice Yoga for a healthier lifestyle and healthier Jammu Kashmir."

CM Omar Abdullah...

the Chief Minister stated, "It is the endeavour of my government to address and reach out to the maximum number of people and address their grievances irrespective of whether these are big or small."

Speaking on the occasion, the Chief Minister emphasized the importance of accessible governance. "After the success of Raabita at Srinagar, it was obvious that we shall have a similar facility at Jammu for the public," he remarked.

Emphasizing the need for a citizen-centric administration, Omar Abdullah observed, "It may not always be convenient for a common man to visit the Civil Secretariat and so in that sense this office will serve as an accessible platform."

He assured that "public grievances at Raabita shall be attended to and appropriately addressed in a time-bound manner."

Highlighting the successful implementation of the Public Service Guarantee Act in Jammu and Kashmir and its gradual extension with the inclusion of more services and departments as a major achievement, the Chief Minister expressed his confidence that this new office would further bolster public trust.

The Chief Minister informed that officers and ministerial staff would be posted in the Raabita office to register public grievances both in offline and online mode, ensuring quick disposal and accessibility to this office for all citizens.

After the formal inauguration, the Chief Minister interacted with several delegations as part of the outreach programme.

Notable among them were Arun Gupta, President of the Chamber of Commerce & Industry Jammu; Nirmal Kotwal of the J&K High Court Bar Association; Navy

Shri Baba Buddha Amarnath Yatra in Poonch likely from July 28

AGENCIES

JAMMU, JUNE 20

The 12-day-long Shri Baba Buddha Amarnath Yatra this year is likely to begin on July 28 in the bordering Poonch district of Jammu and Kashmir.

The first batch will leave from the Bhagwati Nagar, Jammu-based Yatri Niwas for Poonch.

"The Yatra this year is likely starting from July 28

and concluding on August 8," a local priest (pandit)

said.

He stated that likewise every year, a large number of devotees are expected to visit and pay obeisance to Baba Shri Buddha Amarnath.

"The arrangements are being made, and the district administration is also reviewing the preparations for the smooth and successful conduct of the yatra," he said.

The district administration has geared up to make all arrangements for the

Shri Buddha Amarnath yatra, including langars, cleanliness, toilet facilities, waterproof tents, drainage, accommodation, vehicle parking, sanitation, medical facilities, uninterrupted supply of water and light, PA system, and various other arrangements for the pilgrimage.

Notably, the main 38-day-long yatra to Shri Amarnath Cave Shrine in the South Kashmir Himalayas is also starting from July 3, and the first batch

will leave from Jammu on July 2.

Surrounded by Loran Valley, Baba Buddha Amarnath Temple is situated in the bordering Poonch district of Jammu and Kashmir and is 290 km from Jammu, located 4600 feet above sea level alongside the river Pulasti.

As per the belief, the yatra of Baba Amarnath is believed to be considered incomplete without visiting Baba Buddha Amarnath.

Under Modi's leadership J&K moved from instability to integration, from neglect to nation-building: Chugh

AGENCIES

JAMMU, JUNE 20

BJP National General Secretary and J&K Prabhari Tarun Chugh on Friday said that the Prime Minister Narendra Modi has reshaped India's destiny through Sewa, Sushasan and Gareeb Kalyan.

Addressing a programme organised as part of the BJP's nationwide campaign 'Viksit Bharat Ka Amritkaal - Sewa, Sushasan, Gareeb Kalyan Ke 11 Saal', a grand Choupal programme was organised here at Dharp, Jeevan Nagar under Jammu South District, Chugh said, 'in the last 11 years, Prime Minister Narendra Modi has not merely governed, he has reshaped the destiny of India. From the remotest border villages to bustling metros, every citizen today feels the pulse of development, dignity, and empowerment.'

This is not just governance, it is a movement



of national resurgence. Under Modi's leadership, Jammu and Kashmir has moved from instability to integration, from neglect to nation-building, he said.

The BJP stands as a symbol of transparent governance, fearless leadership, and unwavering service to the poor and the marginalised, said Chugh.

Senior BJP leaders were also present on the occasion.

He added, "The 'Viksit Bharat Ka Amritkaal' campaign is not about celebration, it is about renewed commitment—to the

farmers, youth, women, and every last person in the queue. We are here to connect directly with the people, to listen, to serve, and to ensure that Modi's vision of a developed, strong, and inclusive India becomes a ground reality in every home of Jammu & Kashmir."

MLA Dr. Narinder Singh, while interacting with the locals, said that the Modi government has delivered on its promise of inclusive development. From free ration to health insurance under Ayushman Bharat, every policy has reached

the last person in the queue. Jammu and Kashmir has directly benefited from multiple central welfare schemes, he stressed.

MLA Ramgarh Dr. Devinder Kumar Manyal emphasized the revolutionary changes in healthcare, infrastructure, and social welfare. He said that the Modi era has witnessed a systematic upliftment of the rural and underprivileged. Schemes like PM Awas Yojana, Swachh Bharat Abhiyan, and Digital India have brought tangible changes on the ground.

MLA Bahu Ch. Vikram Randhawa reiterated the commitment of BJP workers to act as a bridge between the government and the people.

He said that the BJP's strength lies in its grassroots connect. Our mission is to ensure that the benefits of every scheme are fully utilized by the common man, he asserted.

Sitting at party office healthy experience: Dr Jitendra Singh

JNEWS SERVICE

NEW DELHI, JUN 20 (KNO)

Stating that it's always a healthy experience to sit at the BJP office, whenever given a chance, Union Minister of State (independent charge) Dr Jitendra Singh on Friday said that it helps to relate the party's agenda and priorities with the common people.

As a part of BJP's "Sahyog" programme Dr Singh, according to the news agency, today met a series of public deputations and attended to their issues at party Central office headquarters here in the National Capital.

Dr Singh spent over two hours, individually disposing of representations by party workers, leaders and also others from different states and responding to queries on a wide range of issues brought up by civil society members from within and outside the organisation.



and draws its inspiration from Pt. Deen Dayal Upadhyaya's concept of "Antyodaya" which means reaching out to the last man in the last queue.

"An exercise like this of holding public interaction at the party office also enables a common citizen to gain direct access to the

government and political functionaries whom he may otherwise find difficult to reach in a secretariat or a ministerial office," he said.

Dr Jitendra Singh said, this not only helps in taking cognizance of a number of such public issues which might have otherwise got overlooked but it also provides easy accessibility for the workers to reach out to their leaders.

Srinagar records hottest June day since 2005

AGENCIES

SRINAGAR, JUNE 20

The heatwave intensified in Kashmir on Friday with summer capital Srinagar recording the highest June temperature in 20 years.

On Friday, Srinagar sizzled at 35.5°C—its hottest June day in the past 20 years—surpassing the normal temperature by 6.3°C. A day earlier Srinagar had recorded a maximum temperature of 35.2°C.

Independent weather spotter Faizan Arif said that this was the highest Srinagar temperature since 2005.

"At 35.5°C, Srinagar broke yesterday's record. Today's temperature is the highest June temperature since 2005," he said.

The all-time highest temperature in June in Srinagar stands at 37.8°C recorded on June 29, 1978.

veteran S. Lakhbir Singh; members of the Jewellers Association led by Aditya Manyak Kapoor; Lt. Gen. Rakesh Kumar Sharma (Retd.), President of the J&K Ex-Servicemen League; and the Managing Director of IDPS School, Sunjwan.

Discussions covered a wide range of topics, including issues concerning the Pandit Prem Nath Bhat Memorial Trust, challenges faced by local industries, the jewelers' community, and the welfare of ex-servicemen.

Saurav Pargal, chairman of the J&K Institute of Chartered Accountants of India, also shared his views on the

role of chartered accountants in Jammu & Kashmir's development.

Several other individuals and deputations also met the Chief Minister to present their issues and demands. The Chief Minister gave a patient hearing to each one and assured them that all genuine concerns would be resolved on a priority basis.

The visiting public appreciated the Chief Minister for launching this public outreach programme, stating that the initiative would make it easier for them to flag their issues, grievances and demands.

DC Kulgam visits Imam Bara Shahoo

JI NEWS SERVICE
KULGAM, JUNE 20

In view of the forthcoming holy month of Muharram-ul-Haram, Deputy Commissioner (DC) Kulgam, Athar Aamir Khan, today visited Imam Bara Shahoo where he chaired a joint meeting of officers and representatives of the Imambara to review and finalize the arrangements for the observance of Muharram. During the meeting, DC issued a series of directions to ensure smooth conduct of religious gatherings during the holy days. He directed the officers from KPDCL and Jal Shakti to ensure uninterrupted power and water supply, particularly in Shia-populated areas of the district. Jal Shakti department was asked to keep tanker services available at key Imambaras, while KPDCL authorities were instructed to install gensets at design-



ated locations to ensure power backup. FCS&CA department was directed to ensure adequate availability of essential commodities in Shia-dominated areas, while the Health department was directed to establish first aid camps near major Imam Baras and keep ambulance services on standby to meet any emergency. R&B department was instructed to undertake necessary repairs of roads and link roads, especially those leading to the Imam Baras, to facilitate smooth movement of mourners. Further, Municipal Committees were directed to

ensure proper sanitation and cleanliness in and around the Imam Baras. To ensure smooth and hassle-free movement of processions and devotees, ARTO and Traffic authorities were also directed to put in place effective traffic regulations. Directions were also given for repair and functioning of high-mast and street lights near religious sites to ensure proper illumination and safety. DC also inspected the facilities available at Imam Bara Shahoo and interacted with members of the community to assess the requirements on the ground.

Ground impact of RDD schemes in Doda assessed

JI NEWS SERVICE
DODA, JUNE 20

The implementation and ground impact of the flagship rural development schemes and projects was reviewed today here at a meeting held in the meeting hall of Zila Gramin Vikas Bhawan. Assistant Commissioner Development (ACD) Din Mohammad Affaqi chaired the meeting attended by the Block Development Officers (BDOs), Junior Engineers (JEs), and Technical Assistants (TAs) and others. The key focus of the meeting was on assessing the progress achieved under the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA). Detailed discus-



sions were held regarding the timely generation of Project Demand (PDs), the status of Panchayats with NIL PDs, release of pending compensation, Aadhaar seeding of Job Card holders, ABPS (Aadhaar Based Payment System), and geo-tagging of works completed under Phase-III. The ACD also reviewed the quality and accuracy of SECURE estimations for the financial year 2025-26. Instructions were issued for streamlining the processes related to AS/TAs, addressing cost anomalies,

expediting pending work Action Taken Reports (ATRs), and enhancing Information, Education, and Communication (IEC) activities under MGNREGA. The meeting further reviewed the implementation status of the Pradhan Mantri Awaas Yojana - Gramin (PMAY-G). Officers were directed to prioritize the verification of survey and MIS data, fast-track completion of pending houses, resolve defaulting cases, and submit timely updates.

DAJGUA Day 6: Pulwama admin organises awareness & benefit saturation camp at Machama Tral

JI NEWS SERVICE
PULWAMA, JUNE 20

As part of the ongoing nationwide campaign Dharti Aaba Janjatiya Gram Utkarsh Abhiyan (DAJGUA), district administration Pulwama today organised a mega awareness and benefit saturation camp at Machama Tral.



The initiative aims to ensure last-mile delivery of essential government services and the saturation of welfare schemes across tribal areas through focused and coordinated outreach. Member of Legislative Assembly (MLA) Tral, Rafiq Ahmad Naik, and DDC Member Tral, Dr. Harbaksh Singh attended the event. Representatives interacted with the tribal community, listened to their concerns, and acknowledged the importance of direct engagement in bridging service gaps. Addressing the gathering, MLA Tral highlighted the need to prioritise saturation of all government schemes and welfare initiatives in tribal villages. He directed officials to ensure timely and efficient delivery of entitlements. A wide range of government departments

including Health, Education, Social Welfare, Rural Development, Agriculture, Horticulture, Animal & Sheep Husbandry, Fisheries, Food Civil Supplies & Consumer Affairs, Forest, and others had set up dedicated stalls at the venue to provide on-the-spot services. These stalls offered real-time enrolments, consultations, and awareness regarding various beneficiary-centric schemes, ensuring immediate access to services. Special health camps were organised by the Health department to offer basic diagnostic services and free medical consultations. Health teams also conducted awareness sessions on water-borne diseases, early detection protocols, and safe drinking practices as part of the preventive healthcare initiative.

Participating departments facilitated enrolments under several flagship schemes including Jal Jeevan Mission (Functional Household Tap Connection), MGNREGA Job Cards, PMAY-G, and PM Ujjwala Yojana among others. Eligible citizens were guided and assisted on-spot to ensure that all entitled beneficiaries receive timely coverage under these government schemes. The camp witnessed an overwhelming response from tribal residents, who lauded the administration's efforts to bring governance and welfare services to their doorstep. Locals appreciated the DAJGUA initiative as a step toward inclusive governance, empowerment, and equitable access to public services.

JKEDI launches 2nd Batch of Summer Internship Program for 115 students at Jammu, Udhampur

JI NEWS SERVICE
JAMMU, JUNE 20

The Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) today inaugurated the second batch of its Summer Internship Program, welcoming 115 undergraduate students at its Bari Brahmana campus in Jammu, as well as its District Centres in Jammu and Udhampur. This initiative underscores JKEDI's commitment to fostering experiential learning and strengthening industry-academia linkages in line with the objectives of the National Education Policy (NEP) 2020. The participating students, enrolled in undergraduate programs across Government SPMR College of Commerce (Jammu), Government College for Women (Parade Ground, Jammu), Government Degree College (Akhnoor), and Bhaskar Degree College (Udhampur), will undergo a 10-day internship designed to fulfill the NEP-mandated 60-hour



experiential learning component. This immersive program is structured to enhance students' understanding of entrepreneurship, innovation, and research. Interns will engage in interactive sessions led by seasoned professionals, participate in business simulations, and explore real-world entrepreneurial challenges and solutions. Key focus areas of the internship include fundamentals of research methodology and literature review, Orientation on the J&K Startup Policy 2024-27, Preparation and presentation of internship reports, Awareness of various self-employment schemes operational in the Union Territory of J&K,

Career guidance on pursuing entrepreneurship as a viable option. The participants will also gain insights into the organizational structure and functional verticals of JKEDI, with hands-on exposure to its various programs and initiatives. By bridging classroom knowledge with practical application, this initiative aims to cultivate critical thinking, problem-solving capabilities, and an entrepreneurial mindset among students. It aligns with JKEDI's broader vision of nurturing future-ready talent and contributing meaningfully to the entrepreneurship ecosystem in Jammu and Kashmir and beyond.

Muharram preparations inspected at Khomeini Chowk Bemina Srinagar

JI NEWS SERVICE
SRINAGAR, JUNE 20

In line with the directives of the Commissioner SMC, Faz Lul Haseeb, Joint Commissioner SMC (Adm), Nuzhat Khurshid, today conducted a comprehensive inspection of Muharram arrangements in Khomeini Chowk Bemina. During the visit, Nuzhat engaged with senior citizens and local representatives to evaluate the preparedness for the upcoming Muharram Ul Haram 2025 observances. The discussions focused on key civic issues such as repairing damaged manholes around the Imam Bargah, macadamization of lanes, installation of street lights, development of Imam Bargah Park, and ensuring the availability of 24/7 drinking water. Immediate directions were issued to enhance sanitation, cleanliness, street lighting, and water supply during Muharram gatherings. Particular emphasis was placed on the installation, repair, and maintenance of street lights



to ensure the safety and well-being of mourners, especially during evening processions. Srinagar Municipal Corporation reaffirmed its commitment to facilitating a smooth and respectful Muharram observance by working in close coordination with all stakeholders. SMC remains prepared to provide full support and essential civic services to

ensure a peaceful and dignified commemoration of this significant religious occasion. The visit was undertaken, with senior officials including the Executive Engineer City Roads Division, Executive Engineer Drainage Circle, Executive Engineer Electric, Chief Sanitation Officer, Sanitation Officer, and the concerned Ward Officer present on the tour.

Power Shutdown

JI NEWS SERVICE
SRINAGAR, JUNE 20

According to the Chief Engineer, Distribution, KPDCL, in order to carry out Branch Cutting / Pruning of trees alongside these 33 KV lines, shutdown of several 33KV lines shall be observed due to which 33/11KV Receiving Stations at shall remain off while power supply to numerous areas will be affected. In this connection, shutdown of 33KV Badampora-Kurhama Dab line shall be observed due to which 33/11KV Receiving Stations at Kurhama, Dab, GCET, Sainik School shall remain off while power supply to Kurhama, Youngpora, Barsoo Old, Dab, Checki Baba, Salun, Sainik School, Rabitar, Kondbal, GCET Safapora will be affected from 10:00 AM to 04:00 PM on 21 June, 2025. Also, the shutdown of 33KV HMT Shadipora line shall be observed due to which 33/11KV Receiving Stations at Shadipora, Singhpora, Kalsari, Mirgund shall remain off while power supply to Shadipora, Trigram, Mirgund, Sumbal, Ankul, Gund Boon and adjoining areas will be affected from 10:00 AM to 04:00 PM on 21 & 24 June, 2025.

to Mammer, Wangath, Kangan, Akhal, Baba Nagri and adjoining areas will be affected from 10:00 AM to 04:00 PM on 24 & 26 June, 2025. Further, the shutdown of 33KV KanganWussan line shall be observed due to which 33/11KV Receiving Stations at Wussan shall remain off while power supply to Wussan, Preng, Manigam, Haripora and adjoining areas will be affected from 10:00 AM to 04:00 PM on 24 & 26 June, 2025. Meanwhile in a separate shutdown schedule issued by the Chief Engineer, Distribution, KPDCL, in order to carry out Branch Erection of ST Pole 13 mtr long at village Kulbugh Kremshore, shutdown of 33KV Budgam Kremshore line shall be observed due to which 33/11KV Receiving Stations at Kremshore, Khansahib, Raithan and Brenwar shall remain off while power supply to Old Kremshore, Arigam, Nunner, Shamsabad, Dreygam, Arampora, Shinipora, Yaikhah essential, Khansahib, Raithan, Bugroo, Brenwar and adjoining areas will be affected from 10:00 AM to 05:00 PM on 21 June, 2025. Also to carry out erection of ST Pole 13 mtr long at Sunnergund Site, the shutdown of 33KV Budgam Ichgam line shall be observed due to which 33/11KV Receiving Stations at Ichgam, Choon, Kanir, Shahgund, Aglar shall remain off while power supply to Markundal, Naidkhai, Shahgund, Aglar shall remain off while power supply to Markundal, Naidkhai, Sumbal, Ankul, GundBoon and adjoining areas will be affected from 10:00 AM to 04:00 PM on 23 June, 2025. Further, shutdown of 33KV KanganSurfraw line shall be observed due to which 33/11KV Receiving Stations at Surfraw, Gagangeer shall remain off while power supply to Gund, Kullan, Gagangeer, Sonamarg, Fraw, Ganiwan and adjoining areas will be affected from 10:00 AM to 04:00 PM on 21 & 23 June, 2025. Similarly, the shutdown of 33KV KanganKangan line shall be observed due to which 33/11KV Receiving Stations at PDC Kangan, Kangan shall remain off while power supply

Commissioner SMC holds review meeting on Capex Budget Estimation for 2025-26

JI NEWS SERVICE
SRINAGAR, JUNE 20

Commissioner Srinagar Municipal Corporation (SMC), Faz Lul Haseeb, today chaired a comprehensive review meeting to discuss the Capital Expenditure (Capex) budget estimation for the financial year 2025-26. The meeting was attended by senior officials of SMC, with discussions centered on strategic planning, accurate project cost assessments, and effective project executions. During the meeting, Commissioner emphasized that transparent and well-structured budgeting is essential for driving



sustainable urban development and improving public service delivery. He underscored the importance of cost accuracy, timely approvals, and seamless project execution, aligning infrastructure goals with the broader vision for a resilient and inclusive Srinagar.

Haseeb directed all departments/Wings of SMC to submit detailed and realistic cost estimates in the coming days to facilitate timely execution of projects. He also encouraged teams to explore innovative financing mechanisms and stressed the need for strong monitoring systems to ensure accountability and optimal use of public funds. Reaffirming the administration's commitment to citizen-centric governance, Commissioner noted that this review marks an important step toward building a smarter, more efficient, and sustainable Srinagar in the upcoming financial year.

NORTHERN RAILWAY E-TENDER NOTICE			
Sr. DSTE/JAT acting for and on behalf of The President of India invites E-Tenders on https://www.ireps.gov.in against Tender Notice no. 433-Sig-JAT-8-25-26 Closing Date/Time 11/07/2025 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tender, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through online payment modes available on IREPS portal like Net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed.			
NIT HEADER			
Contract Type	Works		
Name of Work	Comprehensive Annual Maintenance Contract of Amar Raja Make IPS installed at Stations 14 no. (MCTM, RUMK, MNVL, SGRR, BLA, PTK POWER CABIN, KNDI MRTL, BNL, MEX, DZA, UCB, CGH & BPRS) L-Xing gates 08 no. (L-XING-54, C 25-A-18 LC S-61A, A-68, A-62, C-111 & S-87A) & Relay hut 01 no. (PTK RELAY HUT-1), Total 23 IPS Systems		
Tender Closing Date Time	11.07.2025 15:00	Date Time of Uploading Tender	19.06.2025 19:04
Advertised Value (Rs.)	9024091.17	Bidding Start Date as per IREPS	19.06.2025
Earnest Money (Rs.)	180500.00	Period of Completion	36 Months
Tender Notice No: 433-Sig-JAT-8-25-26 Date:- 20.06.2025 Closing Date/Time : 11.07.2025 15:00 1864/2025			
SERVING CUSTOMERS WITH A SMILE			

NORTHERN RAILWAY E-TENDER CORRIGENDUM NOTICE			
Corrigendum & Tender Details			
Corrigendum No.	1	Corrigendum Publish Date as per IREPS	19/06/25 12:41
Tender No.	433-Sig-JAT-6-25-26 (Open Tender)		
Name of Work	Comprehensive Annual Maintenance Contract (AMC) of Hitachi Make Electronic Interlocking Systems installed at 18 stations from BRML-SGDN Section of Jammu division		
Tender Closing Date Time	07.07.2025 15:00	Date Time of Uploading Tender	14.06.2025 13:58
Advertised Value (Rs.)	21683389.89	Bidding Start Date as per IREPS	14.06.2025
Earnest Money (Rs.)	258400.00	Period of Completion	36 Months
ITEMS MODIFIED			
NIT HEADER			
Field Name	Existing Value	Modified Value	
Name of Work	Comprehensive Annual Maintenance Contract (AMC) of Hitachi Make Electronic Interlocking Systems installed at 18 stations from BRML-SGDN Section of Jammu division for Three (03) years	Comprehensive Annual Maintenance Contract (AMC) of Hitachi Make Electronic Interlocking Systems installed at 18 stations from BRML-SGDN Section of Jammu division.	
Tender No: 433-Sig-JAT-6-25-26 Date:- 19/06/2025 Closing Date/Time: 07/07/2025 15:00 1855/2025			
SERVING CUSTOMERS WITH A SMILE			

EDITORIAL

Congress on shaky ground!

The political winds in Jammu and Kashmir appear to be shifting once again, and this time, they are blowing against the struggling Congress party—particularly in the Kashmir Valley, where its influence is waning at an alarming pace. The recent defection of Ghulzar Ahmad Wani, a seasoned politician and former MLA from Shangus, to the Peoples Democratic Party (PDP) underscores the deepening crisis within the Congress and highlights the PDP's calculated effort to reposition itself as a serious player in the region's political theatre. Wani's return to the PDP after a decade-long association with the Congress is far more than a symbolic homecoming. As one of the founding members of the PDP, with considerable clout in South Kashmir, Wani brings with him not just personal credibility but also the potential to reinvigorate a party that has struggled to find its footing since the collapse of its coalition government in 2018. His re-induction is a strategic coup for the PDP and a stinging blow to the Congress, which now seems more fragmented and rudderless than ever in the Valley. The PDP's move comes at a time of visible internal disarray within the Congress. The party's cadre in many districts feels ignored, uninspired, and adrift in the absence of strong, issue-based leadership. This vacuum has created fertile ground for parties like the PDP to attract disenchanted Congress leaders and grassroots workers. The mass joining of 40 senior Congress workers from Ganderbal—a district of high strategic and political significance—only confirms the trend. This growing exodus is not random but reflective of a larger, deliberate campaign by the PDP to rebuild its grassroots base, reclaim its ideological identity, and challenge the prevailing political equations in Kashmir. The party, once pushed to the margins after its fallout with the BJP and the abrogation of Article 370, appears to have embarked on a course correction. By bringing back old warhorses like Wani and tapping into local dissatisfaction, the PDP is signaling its intent to reclaim lost ground and become the principal voice of regional aspirations once more. The Congress, on the other hand, finds itself in a vulnerable and reactive posture. It is increasingly seen as lacking a coherent roadmap for the Valley, and more worryingly, failing to nurture a second line of leadership. With no compelling narrative to offer the people of Kashmir, the party risks further marginalization if it doesn't urgently take stock and act. If the Congress intends to arrest this slide, it must begin by addressing the disconnect between its leadership and grassroots workers. Mere lip service or central interventions won't suffice. The party needs an assertive, region-specific strategy, leadership renewal, and above all, the political will to stay relevant in an increasingly competitive space. As the PDP continues its revival campaign, the Congress must now answer a critical question: will it rise to the challenge and reclaim its place in Kashmir's political landscape, or will it continue to bleed relevance to more agile and adaptive regional players? The political realignment in the Valley may just be beginning. For the Congress, it's now or never.

An initiative to make studies interesting

VIJAY GARG

The impact of National Shikshak Policy 2020 has been going through the process of a radical reform since I arrived. Since the implementation of this policy, many innovations have been seen in the education system of the country. In the same order, special teaching modules have been submitted by the National Council of Educational Research and Training (NCERT) for classes one to 12 recently. These modules include diverse topics such as digital technology, sanitation, Covid-19, environment, sports, Indian democracy developed India, Constitution Day Mental Health, Cultural Heritage. According to NCERT, the objective of these modules is to make classroom teaching more effective interesting and convincing. These have been presented through stories, quiz and interactive activities, to promote creative thinking and active participation in students. Virtually these teaching modules not only reflect the educational innovation, Aritu is also an equivocal step towards making the Indian Vidyalay education system student-centric, dignified and contemporary. The objective of these modules is to make the academic subject more biographical as well as to make the teaching-learning process readable and interesting by connecting it to student's curiosities and experiences. The rakkhan of these modules has been done according to the three levels initial, medium and secondary, so that the sub-

ject-matter is presented in line with the age, understanding and experience of the student. The teaching module focused on 'Digital India' keeps the effort to connect pupils to the contemporary technical scenario if they look at some of the major modules presented by the Myle NCERT, which adorns the overall education. It encompasses important points such as digital literacy, e-governance online services, cyber security and data security. This module not only creates the right understanding of the use of technology in children, but also makes them sense the ethics and responsibility of digital citizenship. This module can become an effective medium to connect an extremely important campaign of national development with education. The module pupils belonging to 'Swachh Bharat' have been produced to develop a sense of cleanliness, health and social liability. It motivates students to adopt cleanliness as a life pattern. This effort promoting active participation at the school and community dene levels is extremely effective with the vision of change in behavior. Giving all the information through a character called 'Sanitation Magician' also makes this module interesting. Today, when climate change is present as the biggest problem before the world, environmental protection has become an essential side of social consciousness by not merely being the subject of science. Environmental modules present issues such as water conservation, biodiversity, recycles,

pollution control, and climate change in a simple, but scientific outlook. A constructive effort has been made to bring awareness towards tree-plants in students while presenting through stories of a tree mother's name' campaign under this module. At the level of understanding in the Indian society, it has been a problem that here has been seen considering conflicting activity of studies and sports. Although there has been a change in this thinking over time, there is still a lot to be done. The module related to NCERT games is important in this regard. Through this module, students have been exposed to the educational and national importance of India's sports- culture, particularly achievements received in Asian Games and schemes like 'Khelo India'. This miule also presents the samajik, cultural and political dimensions of the game by not limiting to physical education only, making it multi-dimensional of curricular.

The values of the Indian Constitution are impelled by primary education itself into the psyche of children are mandatory for the long-term suta of democracy. NCERT's module related to democracy introduces children to fundamental constitutional values like justice, freedom, equality and fraternity. Through this, students will be aware of their rights as well as their fundamental duties. Not doubting that this teaching module will not only prove to be important in creating an exquisite citizen consisting of duality for India, Aritu will also provide more

soundness to the basis of Indian democracy Teaching module focused on mental health encourages the development of social emotional skills such as emotional awareness, self-control, and empathy through the story of a student named Rewa, this module introduces pupils to the process of identifying mental health problems and gaining support. In the same context, information has been provided of the National Mental Health Helpline like 'tele-psyche', which will help the pupils to understand that getting assistance for solving mental health problems is seamless and accessible. This module also provides guidance to teachers in sensitizing pupils' mental health and creating a supportive environment. The module relating to cultural heritage encompasses in the shiksha of India's pluralistic culture, art, music, architecture, folk traditions, etc. Children only informative knowledge No, it is aimed at connecting Aritu to cultural experiences. This develops a feeling of pride, respect and self-realization towards their roots in them. It is an empowered attempt to connect education to nationality and denomination. Apart from this, special teaching modules focused on the subjects Chandrayaan Utsav, Nari Vandan, developed India, Birsu Munda, etc have also been released by NCERT. Literally the purpose of educating all these module students as a whole keep in the center. Innovation of language and communicationThe language style of these modules is

developed in line with the child psyche. The National Education Policy 2020 has clarified that education is the process of understanding and experiencing apitu thinking, not just the medium of transmission of information. These modules are designed to suit the soul of the same policy. Being available free of charge in the digital form of these modules, engagement with teacher training programs and division according to class-level suitability, makes these practically executable. At the same time it makes teachers more empowered to act towards making meaningful experiences by simply rising above the obligation to complete the course. These teaching modules should be viewed as a comprehensive educational approach not only as supplementary educational material. These confirm the idea that not the passive receptor of the student Shiksha, Aritu is an active co-creator. No doubt if these teaching modules are to be ensured in proper form with well-planned implementation and engaging by teachers at the school level then these modules can provide a new dimension to the students' overall intellectual, emotional and moral development as an empowered medium as well as the quality, relevance and soundness of education, Indian education systems can become process oriented by not keeping the result oriented.

**Vijay Garg Retired Principal
Educational Columnist Eminent
Educationist street kour Chand
MHR Malout Punjab**

International Yoga Day: Global Harmony Through Yoga



OMKAR DATTATRAY

International, day of yoga is every year celebrated on 21st of June. The people world over are anxious to celebrate this day with great fanfare and enthusiasm on June 21st 2025. PM Narendra Modi proposed the noble idea of a dedicated yoga day during his address to the 69th session of the UNGA in 2014. On 2014 December all the 139 UN member states unanimously agreed to observe the international Day of Yoga on June 21. It is due to PM Modi's relentless efforts that June 21 was declared as the international Yoga Day by the UNGA. International Yoga Day also known as World Yoga Day is observed in June 21st every year. It has not remained an Indian event but has become a global event and is celebrated to promote the practice of yoga for the development of human personality which is balanced one encompassing the fruition of the body, mind and spirit of the mankind. The role of yoga for a healthier, happier, contented and balanced personality cannot be exaggerated. The whole world is evincing great interest in practicing yoga for a meaningful and healthy life. This day is celebrated to raise the awareness of the importance and impact of yoga on the health of population. The eight editions of International Day of Yoga will focus and reflect on "yoga for One Earth, One Health. It is a significant milestone as it marks the 11th anniversary of this global celebration. Additionally, this year's celebration features 10 signature events, including flagship event, showcasing mass Yoga demonstrations at 1,00,000 locations across India. The other nine events are Yoga Bhandhan, Yoga Park, Yoga Samavesh, Yoga



Prabava ,Yoga Connect, Harit Yoga, Yoga Unplugged, Yoga Mahakumbh, and Samyoga. The international- Day of Yoga was first celebrated on June 21st 2015. As we all know, the environment is changing and the world is becoming more competitive, Yoga helps us to deal with this kind of environment and makes us healthy. The word yoga comes from Sanskrit and means to connect or unite. Yoga is an ancient physical, mental and spiritual practice that gives people peace, confidence and courage to do many activities more effectively. At all levels of existence, it is a state of harmony. Yoga has always been considered by Indian wise men to be one of the most effective ways of connecting body and mind. It is the type of exercise that is performed through a diet, a breath and a physical posture to relax the mind and body. This ancient form of holistic healing was officially recognized by the General Assembly of the United Nations on December 11, 2014. The UNGA officially recognized June 21 as the world yoga Day. Since then people all over the world are showing keen interest in yoga and its practice and are performing yoga for a healthier, happier, fuller and contented life. People of the world are practicing yoga to be far from physi-

cal and mental ailments and thus it has become their daily diet to practice yoga. Since the benefits of yoga are manifold and so people are inclined to practice yoga and practice it to be free from the modern ills of life. It is in fact the practice of yoga and its breathing exercises which increases the life span of the people and so people practice the yogic exercises to be fit and to achieve longer life. It is worth mentioning that the importance of yoga is so much that India's resolution was adopted by 177 of the 193 UN member states without a vote. It had 175 co-authors, the highest percentage ever for such a resolution at the UNGA. The root of this historical statement goes back to the year 2001 when the Portuguese Yoga Federation and the Samkhya Yoga Institute took note of the proposal for the "World Yoga Day." Consequently, on June 21, 2002, a conference in Bengaluru titled "Yoga A Science for world Peace" marked the first world yoga day. For the first time in history, the yoga Gurus from around the world had endorsed the idea of an International Yoga Day. Narendra Modi at the UN General Assembly said, "Yoga is an invaluable gift of ancient Indian tradition and embodies the unity of mind and body, thought and action, restraint

and fulfillment. "Yoga implies harmony between man and nature, a holistic approach to health and well-being. It is not about movement, it is about discovering the sense of unity with yourself, the world and nature and it can help us deal with climate change and work towards the introduction of an International Day of Yoga. Sam Kutesa, President of the United Nations General Assembly, announced the celebration of the International Day of Yoga on June 21 and more than 170 countries supported the proposal for the Day of Yoga. June 21 is the day the Sadgurus are honored. It is also the day of the summer solstice. During the June solstice, the north pole tilts towards the sun or we can say that sun begins to move southward. From the point of view of yoga, it is the transitional period that is better time for meditation. We should know the objectives of the International Day of Yoga and these are as follows--1-Educate people about physical and mental illness and offer them yoga solutions. It also aims to develop a meditation habit that promotes peace of mind and enhances the confidence needed to survive in a stress free environment.2-Make people aware of the benefits of yoga and connect it with nature.3-Reduce the

incidence of diseases affecting health in the world.4-Spread of growth, development and peace in the world. It is in the fitness of things to know the benefits of Yoga and these are as under--1-Yoga makes the body and mind healthy.2-Yoga not only provides mental peace but also creates a peaceful environment.3-It is also obligatory to do yoga as our life style changes day by day. It can also help us to cope with the climate change.4-Yoga strengthens the muscles and the whole body.5-Maintains a balanced metabolism in humans.6-Reduces weight and keeps the cardio system healthy. There is no doubt that yoga helps alleviate diseases that cause health problems worldwide. It connects people with each other, helps them to practice meditation and reduces stress. It combines health protection with sustainable health development. That is why we should practice yoga regularly and make it a part of our lives. The theme of International Day of Yoga 2023 is yoga for humanity. It is a matter of satisfaction that people throughout the world are now appreciating the importance of yoga and a large majority is practicing yoga for good mental and physical health. People understand the benefits and importance of yoga and are making yoga a part and parcel of their life. In India schools and colleges are imparting yoga education to the students. Besides in government offices and private institutions yoga is practiced for a healthier, happier, contented, balanced and fuller life. People are switching to yoga for being free from the perils of life style diseases. It is so good that people are adopting yoga as a part of their daily routine and diet and many people feel vacuum in their lives without practicing yoga. In brief let us make yoga a part and parcel of our life and this will be the best way of celebrating the world Yoga Day. Let this year's Yoga-day is celebrated in tune with the theme, One Earth, One Health. In short Yoga is the gift of Indian civilization to the world and we should feel proud of it.

Microplastics and Nanoplastics: The Hidden Dangers of Food

Imagine that someone were to ask you whether you want a side of plastic with your meal. Although it sounds ridiculous, the cold truth is that small plastic pieces are contaminating our food system and threatening human health and the environment. More than 430 million tons of plastic are produced each year, of which two-thirds are used once and discarded. This plastic trash is smothering our rivers, poisoning our oceans, and eventually making its way onto our plates.

The Invisible Culprits: Microplastics and nanoplastics

Microplastics and nanoplastics are tiny plastic particles that cannot be seen with the naked eye. Microplastics vary between 5 mm to 1 micron in size, while nanoplastics are even tinier. These small-sized particles have been found in a vast variety of foods such as animal and plant-based protein sources, fruits, and vegetables. Even healthily looking items like Himalayan pink salt, sea salt, and black salt have high microplastic content.



The Alarming Truth: Plastic in Our Food

Recent research has unearthed some staggering facts regarding plastic contamination in food:

90% of samples of animal and plant protein have microplastics.

Microplastics are absorbed by fruits and vegetables from the ground.

A single plastic tea bag can yield more than 11 billion microplastic particles when boiled.

Boiling rice can get you 3-4 mg of plastic, while precooked rice has 13 mg.

Rinsing rice before cooking reduces plastic content by 40% and eliminates arsenic as well.

The Health Risks: A Growing Concern

These minute plastic particles can harbor toxic chemicals and poisons, which can be ingested by the human body. Microplastics have been detected in human lungs, blood,

breast milk, and even the placenta. Studies indicate that individuals carrying microplastics in their arteries close to the brain could be more vulnerable to stroke or heart attack. Nanoplastics could also harbor endocrine-disrupting chemicals and heavy metals, which can travel to essential organs such as the liver and kidneys.

Foods with High Plastic Content

Certain foods contain more microplastics than others. They include:

Breaded shrimp: Approximately 300 microplastic pieces per serving.

Plant-based nuggets: High microplastic content.

Apples and carrots: More than 100,000 microplastics per gram.

Cutting Down on Plastic Intake: Easy Steps

Although the situation might appear unfortunate, there are easy steps we can follow to cut down on our plastic intake:

Antibiotics during pregnancy may reduce preterm births in women with HIV: Study

A daily dose of a commonly used, safe, and inexpensive antibiotic may help reduce preterm births (born at 37 weeks' gestation or before), in women with HIV, according to a study of almost 1,000 pregnant women in Zimbabwe.

An international group of researchers, from the UK and Zimbabwe, found that women living with HIV who took the antibiotic trimethoprim-sulfamethoxazole during their pregnancy had larger babies who were less likely to be preterm.

Trimethoprim-sulfamethoxazole is a broad-spectrum antimicrobial agent with anti-inflammatory properties that are widely used in sub-Saharan Africa.

The study showed that for babies born to a small group of 131 women with HIV, the reduction in premature births was especially marked, with only 2 per cent of births in the tri-



methoprim-sulfamethoxazole group preterm, as compared with 14 per cent in the placebo group.

"Our findings suggest that a low-cost, daily antibiotic, in a setting where infections like HIV are common, might reduce the risk of preterm births. We desperately need new strategies to prevent preterm births, which are the leading cause of under-5 child mortality," said Andrew Prendergast, Professor of Paediatric Infection and Immunology at Queen Mary University of London.

"If we can confirm in other trials that trimethoprim-sulfamethoxazole

reduces the risk of babies being born too soon, it would be a promising new approach to help newborns survive and thrive," he added.

One in four live-born infants worldwide is preterm, is small for gestational age, or has a low birth weight.

The mortality rate for these small and vulnerable newborns is high, with prematurity now the leading cause of death among children younger than 5 years of age.

Maternal infections and inflammation during pregnancy are linked to adverse birth outcomes, particularly for babies

born to mothers living with HIV, who have a greater risk of being born too small or too soon.

The randomised controlled trial included 993 pregnant women from three antenatal clinics in central Zimbabwe, and gave them either 960 mg of the drug or a placebo daily.

The study, published in the New England Journal of Medicine, found that although birth weight did not differ significantly between the two groups, the trimethoprim-sulfamethoxazole group showed a 40 per cent reduction in the proportion of preterm births, compared to the placebo group.

Overall, 6.9 per cent of mothers receiving the drug had babies born preterm, compared to 11.5 per cent of mothers receiving the placebo, and no women receiving antibiotics had babies born before 28 weeks.

Alzheimer's gene therapy shows promise to prevent brain damage

A novel gene therapy for Alzheimer's disease, which showed promise to protect the brain from damage and preserve cognitive function, has renewed hope for millions of patients with the neurodegenerative disease.

Worldwide, approximately 57 million people live with dementia, and Alzheimer's disease is the most common cause, accounting for 60-70 per cent of cases.

Alzheimer's occurs when abnormal proteins build up in the brain, leading to the death of brain cells and declines in cognitive function and memory.

While current treatments can manage symptoms of Alzheimer's, the new gene therapy aims to halt or even reverse disease progression, said researchers from the University of California San Diego School of Medicine.

They noted that, unlike existing treatments for



Alzheimer's that target unhealthy protein deposits in the brain, the new approach could help address the root cause of Alzheimer's disease by influencing the behaviour of brain cells themselves.

The study investigated the effect of hippocampal SynCav1 delivery in two distinct preclinical mice models.

The results, published in the journal Signal Transduction and Targeted Therapy, showed that delivering the treatment at the symptomatic stage of the disease preserved hippocampal-dependent memory -- a critical aspect of cognitive function that is often impaired in Alzheimer's patients. Further, the finding

stated that compared to healthy mice of the same age, the treated mice also had a similar pattern of gene expression. This suggests that the treatment has the potential to alter the behaviour of diseased cells to restore them to a healthier state.

"While multiple newly FDA-approved treatments focus on targeting amyloid-beta clearance in Alzheimer's patients, the therapeutic value of SynCav1 lies in its ability to protect vulnerable neurons and augment cellular responses -- mechanisms that differ from currently approved therapies," said the researchers in the paper.

Due to the multitude of neurotoxicity in the Alzheimer's brain, the team called for further studies to investigate SynCav1's therapeutic role when combined with amyloid-targeted drugs to enhance clinical outcomes.

New AI-powered tool to transform type 1 diabetes diagnosis, treatment

Australian researchers have pioneered a new artificial intelligence (AI)-powered tool to assess the risk of developing type 1 diabetes (T1D).

The tool, developed by researchers at Western Sydney University, predicts treatment responses, potentially changing how the disease is diagnosed and managed.

The tool utilises an innovative risk score -- Dynamic Risk Score (DRS4C) which can classify individuals as having or not having T1D.

It is based on microRNAs -- small RNA molecules measured from blood -- to help accurately capture the changing risk of T1D.

"T1D risk prediction is timely, with therapies that can delay T1D progression becoming recognised and available. Since early-onset T1D before the age of 10 years is particularly aggressive and linked to



up to 16 years of reduced life expectancy, accurately predicting progression gives doctors a powerful tool to intervene sooner," said Professor Anand Hardikar, lead investigator from the University's School of Medicine and Translational Health Research Institute. In their article pub-

lished in the journal Nature Medicine, the research analysed molecular data in 5,983 study samples from participants across India, Australia, Canada, Denmark, Hong Kong, New Zealand, and the US, to develop DRS4C.

By leveraging AI, the researchers enhanced the risk score, which was vali-

dated in 662 other participants. Just an hour after therapy, the risk score predicted which individuals with T1D would remain insulin-free.

In addition to T1D risk and drug efficacy prediction, the risk score could potentially discriminate T1D from Type 2 diabetes.

Dr. Mugdha Joglekar, lead researcher, from the School of Medicine and Translational Health Research Institute at the University, explained the difference between genetic and dynamic risk markers, adding that genetic testing offered a static view of risk.

"Genetic markers identify lifelong risk, it's like knowing you live in a flood zone, but dynamic risk scores offer a real-time check on the rising water levels; it reflects current risk rather than a lifelong sentence, allowing for timely and adaptive monitoring without stigma," said Joglekar.

Centre simplifies GFR rules for procurement of scientific equipment, consumables

In a major step towards the ease of doing research, the General Finance Rules (GFR) have been simplified for procurement of scientific equipment and consumables, said Jitendra Singh, Union Minister of State (Independent Charge) for Science and Technology on Saturday.



GFRs are the governing financial regulations for the government, outlining procedures for managing public finances. Applicable to Central government ministries, departments, for autonomous bodies with their own approved financial regulations, the GFRs cover aspects like budgeting, procurement, expenditure, and accounting.

In a post on social media platform X, Singh noted that the move will enhance autonomy for young researchers.

"Here is a heartening news and a major breakthrough for young aspiring startups, innovators, and

researchers: In a landmark step enabling ease of doing research, the GFR rules have been simplified for procurement of scientific equipment and consumables," Singh said.

"This will reduce delays, also enhance autonomy and flexibility for research institutions -- empowering them to innovate faster," he added.

The MoS also lauded Prime Minister Narendra Modi "for this transformative reform which will accelerate the technology-driven journey of Viksit Bharat".

An Office Memorandum, dated June 5, per-

mitted Vice-Chancellors, directors of scientific organisations, and academic institutions "to make non-Government e-Marketplace (GeM) procurement of scientific equipment and consumables".

The order is valid only for departments of Science and Technology; Biotechnology; Scientific and Industrial Research; Atomic Energy; Space; Earth Sciences; Defence Research and Development Organization; Indian Council of Agricultural Research (ICAR), including its affiliated institutions and Universities; Health

Research (DHR), including Indian Council of Medical Research; educational and research institutes conducting post-graduate/doctoral level courses or research, under any Ministry/ Department, the memorandum said. With the simplified rules, the limit of purchase of goods without quotation has been increased from the current Rs. 1,00,000 to Rs. 2,00,000.

Similarly, the limit on the purchase of goods by the Purchase Committee has been increased to Rs. 2,00,000 and up to Rs. 25,00,000.

For the Limited Tender Enquiry (LTE), the amended limit is up to Rs. 1 crore, while for Advertised Tender Enquiry, the new limit is above Rs. 1 crore, the memorandum said.

The amendment is likely to provide greater flexibility to scientific Ministries to import and buy equipment necessary for research.

Fermenting legumes, pulses can boost antioxidant, antidiabetic properties: Study

Love to consume legumes and pulses? Fermenting them can help raise their antioxidant levels, as well as raise their ability to fight diabetes, according to a study.

Food scientists at the University of Illinois Urbana-Champaign, US, identified the optimal fermentation conditions for pulses -- the dried edible seeds of legumes -- that increased their antioxidant and antidiabetic properties and their soluble protein content.

In the study, the team fermented pulses obtained from varying concentrations of black beans, black-eyed peas, green split peas, red lentils, and pinto bean flour. The fermentation was done using the bacteria *Lactiplantibacillus plantarum* 299v as microorganisms.

The results showed that antioxidant activity increased by up to 83 per cent and their capacity to regulate Type 2 diabetes



markers increased by 70 per cent. Fermentation also increased the amount of soluble protein in these food items.

Red lentils and green split peas showed the greatest improvements in antioxidant scavenging activity and protein solubility. These also demonstrated the greatest modulation of two enzymes that improve insulin metabo-

lism. Lp299v is a probiotic strain "containing microorganisms that support gut health," explained first author Andrea Jimena Valdés-Alvarado, a graduate student at the varsity.

"After fermentation, it remains in the digestive process. It will not only preserve the fermented product that you're consuming, but it will also

produce these peptides or amino acids that are more easily absorbed than the intact protein in the pulses," Valdés-Alvarado said.

Further, Lp299v is also known to reduce inflammation, boost immunity, and enhance iron absorption, the team said, in the paper published in the journal Antioxidants.

"These pulses contain between 18 per cent and 25 per cent good-quality proteins that can be used alone or as ingredients in other food products. We need to find adequate processing conditions and motivate the food industry to use them in dairy beverages or meat substitutes," said Elvira Gonzalez de Mejia, Professor of food science from the varsity.

The researchers stressed the need to explore the sustainability of plant-based diets amid global food insecurity, shortages of natural resources, and climate change.

CS mandates IT deptt for swift revival of unaudited websites

JNEWS SERVICE
SRINAGAR, JUNE 20

Chief Secretary Atal Dulloo convened a high-level meeting to review and enhance the cyber security framework for the government assets and websites in the Union Territory, marking a significant step towards fortifying the digital infrastructure.

The comprehensive discussion underscored the paramount importance of robust cyber resilience in the digital age.

The meeting was attended by all the administrative heads; Inspector General, Crime; Commissioner, JMC and SMC; SIO, NIC and other concerned senior officers.

The Chief Secretary unequivocally emphasized the urgent need to revive all the government websites and web applications, previously rendered offline due to non-compliance with the essential audit and security parameters. He maintained that the prolonged shutdown of these critical digital platforms, even for security reasons, could not be taken for granted and directed for immediate measures for the earliest restoration. He enjoined upon the IT Department to submit the compliance reports from all depart-



ments every three days, specifically on Mondays and Thursdays.

Conducting a department-wise assessment of currently offline websites and applications, Dulloo directed the National Informatics Centre (NIC) and IT Department to take immediate action to restore these vital services online.

In a strong push for enhanced data safety and security, the Chief Secretary impressed upon all the concerned authorities to restrict the official communications exclusively to authorized government email addresses, imposing a strict ban on the use of private email IDs for official business. He reiterated that the security of government data and cyber assets is non-negotiable and brooks no compromise.

Furthermore, he directed the swift migration of mini data centers, currently used by offices such as JPDCL, KPDC and SICOP, to more secure and

centralized facilities for enhanced safety and security management.

Dulloo also assessed the proactive measures being undertaken by the IT Department and NIC to ensure overall safety of the Union Territory's digital assets and websites.

The meeting also emphasized continuous capacity building for the officers and officials to promote a culture of cyber hygiene.

The Chief Secretary stressed that this process must be ongoing, with creation of dedicated 'master trainers' within each department to disseminate the best practices. He directed for implementation of long-term strategic measures to ensure the government's digital systems remain secure for the foreseeable future.

Providing an update on the department's initiatives, Secretary IT, Piyush Singla, informed the Chief Secretary that a two-day workshop on cyber security had recently been

organized in J&K, attended by approximately 250 officers.

Singla highlighted that numerous additional steps are underway to enhance the capacity of government officers. He added that Chief Information Security Officers (CISOs) or Information Security Officers (ISOs) have been nominated within each department to safeguard the IT assets.

It was further revealed that approximately 110 websites are currently undergoing various phases of security audit, with 45 of them in their final stage, poised to go live soon.

The Secretary IT reiterated that every website or application must strictly comply with CERT-In and OWASP guidelines before being brought back online.

In terms of technical safeguards, it was reported that Endpoint Detection and Response (EDR) solutions have been installed on 4011 devices and Unified Endpoint Management (UEM) solutions on 1617 devices to date, ensuring the end-user safety.

Moreover, comprehensive measures such as VPN security, geo-fencing, port security, alongside robust firewall and router policies, have been adopted across the board to achieve enhanced cyber protection objectives.

DAT chairs training session on Pension Suvidha at Anantnag

JNEWS SERVICE
ANANTNAG, JUNE 20

Director Accounts and Treasuries Kashmir, Abdul Hamid Kumar today chaired a comprehensive training session on the 'Pension Suvidha' digital system at the conference hall of District Treasury Anantnag.

The session was aimed to familiarize Drawing and Disbursing Officers (DDOs) of district Anantnag with the functionalities of the integrated Pension Suvidha portal for ensuring timely and transparent processing of pensions and other retirement benefit cases of retiring government employees through the digital mode.

In his address, Director emphasized the significance of e-governance interventions such as the Pension Suvidha portal in



Director further informed that DDOs from various departments will also be trained in a phased manner on Pension Suvidha and other digital financial systems to ensure uniform implementation and capacity building across the district.

A detailed PowerPoint presentation was presented by the District Treasury Office Anantnag highlighting the features, functionality, and operational workflow of the Pension Suvidha system. The session also included live demonstrations to facilitate better understanding of the platform's usage and implementation.

The event concluded with an interactive session, during which participants provided feedback, raised queries, and explored the system's benefits and potential challenges.

emphasizing the process of submitting retirement cases of the government officials. He urged all stakeholders to fully utilize the system to enhance efficiency and improve the pension processing timeline.

He reiterated the department's commitment to strengthening financial governance and improving public service delivery through the adoption of modern digital systems.

DAJGUA awareness drive reaches Markoot and Achoora in Gurez



JNEWS SERVICE
BANDIPORA, JUNE 20

As part of the ongoing Dharti Aaba Janjatiya Gram Utkarsh Abhiyan (DAJGUA), district administration Bandipora on Friday organized awareness and benefit saturation camps at Middle School Markoot and High School Achoora in Gurez valley.

These camps witnessed active participation from tribal communities, including women, elders, and youth. The events

focused on delivering doorstep services and sensitizing residents about key government welfare schemes, ensuring inclusive development in the remote and high-altitude areas of Gurez.

On the occasion, different departments including Health, Social Welfare, Education, Rural Development, Agriculture, Horticulture, and Animal and Sheep Husbandry had set up stalls and service counters and facilitated on-the-spot registrations, enrolments, and dissemination

of information about central and UT schemes viz. PMAY-G, Ujjwala Yojana, PM-KISAN, pension schemes, and scholarship programmes.

These outreach activities are part of the 15-day DAJGUA campaign, which was earlier launched at GHSS Aragam, covering 31 tribal villages across the district. The initiative aims to achieve 100% saturation of welfare schemes, bridging service delivery gaps and ensuring that no eligible beneficiary is left behind.

DC Bandipora reviews implementation of PM Surya Ghar–Muft Bijli Yojana

JNEWS SERVICE
BANDIPORA, JUNE 20

In order to review the progress under the Prime Minister's flagship Surya Ghar - Muft Bijli Yojana in the district, Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri, today chaired a review meeting at the Conference Hall, Mini Secretariat, Bandipora.

During the meeting, DC took a detailed appraisal of the applications received, installation status, and preparedness for achieving household targets under the scheme. It was



informed that 606 applications have been received so far from across the district.

On the occasion, DC emphasized the need for aggressive awareness generation and directed offi-

cers to rope in vendors for conducting door-to-door IEC campaigns in Panchayats and urban wards. He highlighted the scheme's attractive 60% subsidy, which significantly reduces the upfront cost of solar installations for consumers, especially those with power consumption up to 3 KW.

During the review meeting, DC urged coordination between department and bank representatives to facilitate hassle-free loans for beneficiary contributions, thereby encouraging faster adoption of the scheme.

DC emphasized the importance of regular and effective monitoring of the scheme's implementation. He directed PDD officials to work in coordination with the district administration to develop robust strategies for smooth execution.

Among others, the meeting was attended by Chief Planning Officer Bandipora, Executive Engineer PDD and other officers of Kashmir Power Distribution Corporation Limited (KPDC), empanelled vendors, and other concerned stakeholders.

Commissioner SMC reviews progress of PMAY-U 2.0 in Srinagar

JNEWS SERVICE
SRINAGAR, JUNE 20

Commissioner SMC, Faz Lul Haseeb, today chaired a comprehensive review meeting on the implementation of Pradhan Mantri Awas Yojana - Urban 2.0 (PMAY-U 2.0). He was joined by Mr. Shahbaz Mirza (JKAS), MD Housing Board/Mission Director PMAY (Kashmir), and Nuzhat Khurshid, Joint Commissioner (Administration).

The session focused on evaluating current progress and strategizing enhanced delivery of housing benefits to the urban poor and homeless in Srinagar. Senior officials from SMC and the Revenue department also participated.

Commissioner directed to expedite the beneficiary identification process across all wards, ensuring transparent and inclusive verification supported by



accurate documentation. Emphasizing inter-departmental coordination, Haseeb called for greater community engagement and awareness campaigns to boost scheme outreach.

Departments were instructed to fast-track pending approvals, finalize Detailed Project Reports (DPRs) promptly, and strengthen on-ground monitoring mechanisms.

Special focus was laid on the inclusion of vulnerable groups, including women-headed households.

The meeting concluded with a renewed commitment to accelerate PMAY-U 2.0 implementation, aiming to make Srinagar a model for inclusive and sustainable urban housing development.

DC Reasi distributes aids, appliances to specially abled persons

JNEWS SERVICE
REASI, JUNE 20

Deputy Commissioner Nidhi Malik today inaugurated an aids and appliance distribution camp for persons with special needs. The event, organized by the Social Welfare Department Reasi in collaboration with the Artificial Limbs Manufacturing Corporation of India (ALIMCO), aimed to enhance mobility and independence for differently-abled individuals across the region.

At the camp, approximately 112 pre-assessed beneficiaries received various assistive devices and prosthetic aids, including motorized tricycles, simple tricycles, hearing aids, elbow crutches, waist belts, knee braces, sensor walking sticks, and regular walking sticks.

The initiative formed part of the ongoing series of camps being held in the district to facilitate PwDs. To

date, five such camps have been organized in different parts of the district, collectively benefiting over 500 individuals.

The Deputy Commissioner highlighted the importance of such initiatives in improving the quality of life of persons with special needs. "These camps play a significant role in empowering individuals to manage daily challenges and move closer to achieving their personal aspirations," she said. She further emphasized the need to organize similar camps more frequently to ensure broader outreach and impact.

The DC also commended the efforts of ALIMCO and the Social Welfare Department Reasi for their dedication to the cause and assured that the District Administration would continue to provide full support to initiatives aimed at uplifting people with special needs.

UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI MECH. DIVISION NORTH JAMMU

e-mail: xennorth@gmail.com

NOTICE INVITING TENDER

e-NIT No. 08 of 2025-26

For and on behalf of Commissioner, Municipal Corporation, Jammu, Executive Engineer, Jal Shakti Mech. Division North Jammu, invites tenders by e-tendering mode from the reputed/registered firms/Sole Prop. for the below mentioned work:-

S. No.	Name of work	Estimated cost (in ₹)	Cost of document/tender fee (in ₹)	Earnest money (in ₹)	Validity of Rates	Bid validity
1.	Repair to departmental tanker No. JK02BV-2152 on its annual fitness / passing.	1,06,700/-	200/-	2,200/- in the shape of CDR / FDR	180 days	180 days

Position of AAA: Accorded

Position of TS: Sanctioned

Date of Publishing: 19-06-2025 (04.00 pm).

- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 19-06-2025 (04.00 pm).
- The Bids shall be deposited in electronic format on the website <http://jktenders.gov.in> from 19-06-2025 (04.00 pm) to 25-06-2025 (04.00 pm).
- The complete bidding process will be online <http://jktenders.gov.in>.
- The Technical bids received shall be opened online on 26-06-2025 (04.00 pm) or any other subsequent date in the office of Executive Engineer Jal Shakti PHE Mech. Division North Jammu.
- The Financial bid of the bidders shall be opened online after scrutinizing the technical bid in the office of the Executive Engineer Jal Shakti Mech. Division North Jammu in presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.

Sd/-
Executive Engineer
Jal Shakti Mech. Division North
Jammu

JSMDNJ/1294-97

Dated: 18-06-2025

DIP/J-2436/25

Date: 20-6-25

Modi Govt has transformed governance into a mission for nation-building: Sat Sharma

JI NEWS SERVICE
SRINAGAR, 20 JUNE 2025:

The Bharatiya Janata Party (BJP), District Srinagar, today organized "11 Saal Mohalla Chaupal" events in Nishat and Chanapora constituencies to commemorate 11 years of transformative governance under Prime Minister Narendra Modi. The programmes, held under the nationwide outreach campaign, highlighted the pillars of Seva (Service), Sushasan (Good Governance), and Garib Kalyan (Welfare of the Poor) that have shaped the last decade of progress.

J&K BJP President Sat Sharma and BJP General Secretary & MLA Dr. Devinder Kumar Manyal addressed large gatherings of enthusiastic locals, party workers, and com-



munity leaders. Also present were Advocate Sheikh Salman, District President BJP Srinagar, and senior leader Bilal Parray.

Addressing the Chaupal, Sat Sharma asserted, "In the last 11 years, the Modi Government has not just governed but transformed India. It has laid the foundation of a strong, self-reliant, and inclusive Bharat. From youth empowerment to women-led development, from poor-centric welfare schemes to a firm

national security policy – every decision reflects a vision for a Viksit Bharat."

Sat Sharma reaffirmed the BJP's unwavering commitment to development, peace, and grassroots empowerment in the Valley. He added that massive infrastructure projects like the tunnels and new railway links to Kashmir have turned long-pending dreams into reality. "The Modi Government brought Kashmir closer to the rest of India,

not just geographically but emotionally," he said, calling the recent infrastructural milestones "historic achievements."

Dr. Devinder Kumar Manyal emphasized the inclusive and people-first approach of the government. "Sabka Saath, Sabka Vikas, Sabka Vishwas, and Sabka Prayas is not a slogan—it is the soul of this government. Every scheme launched in the last 11 years, from Ayushman Bharat to PM Awas Yojana, has touched lives in every corner, including the remotest areas of Jammu and Kashmir."

Adv. Sheikh Salman emphasized that BJP is continuously expanding its connect with common citizens in Kashmir, ensuring that the benefits of development reach all sections of society.

JU, Indian Army organize Motivational Lecture for Students at Baderwah Campus

JI NEWS SERVICE
BHADERWAH, JUNE 20

The Directorate of Sports and Physical Education, University of Jammu, in collaboration with the Indian Army and Baderwah Campus, organized a special motivational lecture for the students of Baderwah Campus and Directorate of Sports and Physical Education, University of Jammu. The event was held today at Lal Ded Auditorium, Baderwah Campus.

The Chief Guest on the occasion was Commanding Officer 4RR, Col Yougesh Chouhan, who delivered an inspiring and impactful motivational lecture through a well-structured PowerPoint presentation. His address focused on instilling a sense of discipline, patriotism, and determination among the



youth. Drawing from his vast experience in the Indian Army, Col Chouhan encouraged students to contribute positively to the nation and embrace challenges as opportunities for growth.

Col Chouhan also emphasized the importance of developing leadership qualities, staying physically fit, and maintaining a positive attitude in life. He urged the students to dream big and remain focused on their goals, reminding them that hard work, integrity, and resilience are the key pil-

lars of success. His words struck a deep chord with the audience, especially the youth, who responded with enthusiasm and admiration. Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu, also addressed the gathering. He emphasized the importance of physical and mental well-being in a student's life and commended the Indian Army for its unwavering support in nurturing the spirit of leadership and resilience among the youth. He further underlined the signifi-

cance of such collaborative efforts in shaping a well-rounded personality.

The formal welcome address was delivered by Arif Haleem Khateeb, who appreciated the Indian Army, University of Jammu, and Baderwah Campus for their continued efforts toward the holistic development of society. He highlighted the synergy between academic institutions and the defense forces in fostering values of integrity, service, and unity. The event concluded with a vote of thanks presented by Vimal Sharma, Assistant Professor, Directorate of Sports and Physical Education, University of Jammu. He extended heartfelt gratitude to the Indian Army, the University authorities, faculty, and students for making the event a success.

Rajouri-Poonch witness transformation under Viksit Bharat: Vibodh

JI NEWS SERVICE
RAJOURI, JUNE 20

J&K BJP General Secretary and former MLC Vibodh Gupta, while addressing a Shakti Kendra Choupal in Dhanidhar, Rajouri, on Friday, strongly asserted that the twin border districts of Rajouri and Poonch, particularly the Pahari and Gujjar-Bakerwal Tribes have suffered over 70 years of selective discrimination at the hands of parties like the National Conference, Congress, and PDP, driven by their narrow vote-bank politics.

Vibodh highlighted several landmark decisions of Modi government, including the provision of political reservation for Scheduled Tribes, the granting of Scheduled Tribe (ST) status to the Pahari Tribe, and the lifting of the ban on inter-district recruitment which was imposed on Gujjar-Bakerwals by NC government.

"In addition, major infrastructure initiatives



such as the development of the Jammu-Rajouri-Poonch National Highway, construction of bunkers near LOC, establishment of medical college and Passport office, road connectivity to nearly 90% of villages are being actively pursued and together, these measures reflect a strong commitment to inclusive growth and align with the broader vision of Viksit Bharat", he added.

Highlighting the transformative vision of "Viksit Bharat", Vibodh emphasized how the Modi government has ushered in

a new era of justice and inclusive development for the people of Rajouri and Poonch. He stated that various genuine, people-centric policies introduced under the leadership of Prime Minister Shri Narendra Modi have directly benefited the border districts.

Vibodh congratulated the youth of Rajouri-Poonch for their remarkable achievements, including success in prestigious competitive exams at both the national and state levels. He also praised the enterprising

young individuals who are launching startups and businesses, effectively availing the opportunities provided by the Modi government through various government schemes and the revised reservation policies introduced by the Modi government, which have especially benefited marginalized communities.

Speaking on the occasion, senior BJP leader and former Chairman of the Municipal Council Rajouri, Arif Jatt, strongly criticized the National Conference, Congress,

and PDP for neglecting the aspirations and developmental needs of the people of Rajouri-Poonch for decades. He accused these parties of offering empty promises while failing to deliver tangible progress on the ground. In contrast, he credited the Modi government for ushering in a new era of development in the region, marked by increased opportunities for youth and significant improvements in infrastructure.

Young BJP Leader Aryan Bakshi strongly asserted that Viksit Bharat is not just a vision; it's a mission to build a self-reliant, empowered, and inclusive India where every area and community gets equal opportunities to grow. He maintained that under the leadership of Prime Minister Narendra Modi, this dream is turning into a reality—especially in remote and border areas like Rajouri-Poonch, where development was once a distant hope.

Under PM Modi, India elevates Yoga to Global Movement: Balbir Ram

JI NEWS SERVICE
JAMMU, JUNE 20

Yoga is an ancient Indian way of life that neither discriminates between the rich and poor nor concerns itself with caste, religion, colour, or borders. It is a universal discipline focused on the welfare of humanity, harmonizing the body, mind, and soul.

These views were expressed by Balbir Ram Rattan, Spokesperson of BJP Jammu & Kashmir and former Vice Chairperson, while discussing the importance of Yoga with senior activists of his party on the eve of International Yoga Day.

Balbir emphasized that while June 21 is globally celebrated as International Yoga Day, the relevance of yoga extends far beyond a single day. It is a lifelong discipline, and when practised regularly, it leads to a healthy, peaceful, and energetic life. He recalled Prime Minister Narendra



Modi's historic address at the United Nations, where he described yoga as "India's gift to humanity." Today, yoga is embraced around the world, from developed to developing nations.

"Yoga is not reserved for any particular class, nor is it a luxury item," said Balbir. "A person living in a slum can practise yoga as easily as someone in a grand bungalow. The effect is the same – it promotes good health, inner calm, and a balanced life."

He further added that yoga is now being adopted across all sections of Indian society – from rural

villages to metropolitan cities, from government schools to elite institutions, and even in prisons and defence camps.

Balbir expressed pride in the fact that through India's consistent efforts under Prime Minister Narendra Modi, yoga has transformed into a global movement. Today, people across America, Europe, Africa, and Asia are benefiting from this timeless Indian practice.

BJP senior activists Inderjeet Sharma, Vijay Anand Gill, Rajinder Singh Chib, Hans Raj Loria and Ramesh Katoch took part in this discussion.

Bhalla questions BJP over Rohingya issue, blames party of exploitation

JI NEWS SERVICE
JAMMU, JUNE 20

JKPC Working President Shri Raman Bhalla today questioned BJP why it is failed to take any concrete action and relocate Rohingyas from Jammu to another part of the country in last 11 years, after terming them a great security threat to J&K especially Jammu.

Even after 11 years of being in power at centre and direct rule in J&K, BJP failed to shift them outside J&K. If they are a serious security threat, why no concrete action in the matter, putting people of the region in great risk of life, he asked.

Addressing a gathering at Rajiv Nagar here today, Shri Bhalla questioned why BJP led government at the centre & LG administration failed to relocate the Bangladeshi refugees from Jammu to another part of country after repeatedly terming them security threat. It only created fear and panic amongst people and should explain who stopped them taking appropriate action in last



years on such an important and urgent issue of security.

Putting the record straight, he said Rohingyas first came in 1999 during NDA rule at the centre and BJP MLA in Gandhinagar, but blamed BJP leaders of lying and playing vote bank politics over the issue. Although they came as per international norms, but who stopped BJP government from shifting them to other part for grave security reasons, as claimed by central ministers.

He regretted that the condition of the educational institutions in the locality is worst, as the under construction school building started at Qasim Nagar at cost of 70 lakhs, was left abandoned after 2014 after lintil state.

Similarly the high school School at Bhatindi and Middle School Narwal Bala have not been upgraded in 11 years, causing hardships to the children.

Bhalla also expressed grave concern over the frequent unscheduled power cuts despite the installation of smart meters in most areas. The people in general and the aged, ailing and children suffering a lot during the intense heat wave.

Bhalla said that people of the entire belt are facing acute shortage of drinking water and facing great hardships in getting water tankers on a payment basis too. He said during Congress tenure, the mega Boria filtration plant was set up catering to the needs of the people

of different localities.

He said that people of all walks are suffering in the absence of statehood for which BJP has betrayed the people of Jammu after assuring them statehood during elections.

He asked people to get ready for fighting a struggle for the restoration of the statehood at the earliest. At, Rajiv Nagar.

The prominent among those who were present on the occasion include S/Shri Kamal Singh,

Latish Sharma, Pardeep Bhalla, Dewan Chand, Sandeep Dogra, Kuldeep Kumar, Master Parasram Baloria, Vishal Kumar, Shashi Sayal, Smt. Tamma, Puteena, Lachhu Ram and others.

CBC organizes Integrated Communication and Outreach Programme on Eve of International Day of Yoga 2025 in Bani

JI NEWS SERVICE
BANI, JUNE 20

The Central Bureau of Communication, Ministry of Information and Broadcasting Govt of India, Field Office Jammu/Samba/Kathua organised a two day Photo Exhibition on 11th International Yoga Day at GHSS Bani.

The photo exhibition was inaugurated by Sh. Sandeep Sharma SDM Bani at Government Higher Secondary School, Bani. The event witnessed a vibrant celebration of health and wellness with enthusiastic participation from a large number of students, civil society members, and representatives from the ICDS and Agriculture Department. The exhibition showcased the significance of yoga in promoting holistic well-being and sustainable living. The gathering reflected the community's commitment to embrace the theme of this year's Yoga Day "Yoga for One Earth, One Health" inspiring collective action toward personal and planetary wellness.



In his welcome address Sh. Rajesh Sharma In-charge CBC Jammu/Samba/Kathua threw light on various activities undertaken by Central Bureau of Communication J&K region. He emphasized that this year's theme "Yoga for One Earth, One Health" highlights Yoga's dual role in fostering individual and social wellbeing. He reflected on the

journey of IDY since its inception, emphasizing its role in promoting overall health, promoting social values and sense of community. He recalled the virtual celebrations during the pandemic which highlighted the importance of yoga in physical and mental health.

In the presidential Shri Sandeep Sharma SDM Bani said that, "Yoga

means union of the body and mind. It enhances our lives to develop a positive and healthy lifestyle. It is especially beneficial for students if it is practiced regularly."

He added that, "Yoga means union of the body and mind. It enhances our lives to develop a positive and healthy lifestyle. It is especially beneficial for students if it is practiced regularly."

A cultural performance of folk songs and dances was presented by the artists of Nav Usha NGO Samba. A Painting competition and Seminar was also held among the school students during the event.

The programme was organised under the able guidance of worthy Principal GHSS Bani Sh. Manoj Kumar Anand who assured his full support for success of the said exhibition.

Sh. Narinder Kumar Program Officer NSS conducted the programme on the first day of the programme which concluded with felicitatin and light refreshment.

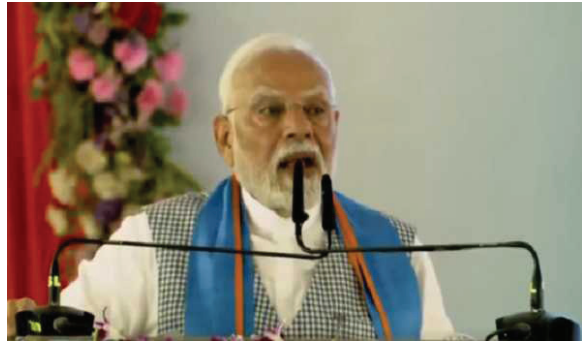
RJD, Congress kept Bihar a backward state: PM

AGENCIES
SIWAN, JUNE 20

Prime Minister Narendra Modi on Friday alleged that both Congress and RJD had kept Bihar a backward state when they were in power, while his government was making all efforts to make the state a growth engine of developed India.

Addressing a public meeting here, Modi said both RJD and Congress were in power for a long period in Bihar, but they did not make any effort to accelerate the pace of development and improve condition of the people of the state. Leaders of both parties kept themselves busy in ensuring the development of their own family members, showing scant concern for the masses, he added.

"Approach of RJD and Congress has been anti investment, anti development and anti Bihar", the PM said, adding that there used to be 'Gunda Raj' in Bihar when RJD was in power in the state. Youths were not getting jobs and they were forced to migrate to other states in search of livelihood, he said.



Modi said 3.75 crore people of Bihar had come out of poverty due to sustained efforts made by the NDA government. Bihar had played a vital role in reducing the poverty of the country at national level due to efforts made by the government for accelerating the pace of development, he added.

PM said 57 lakh families were given houses under Pradhan Mantri Awas Yojna in Bihar while 1.10 lakh families were given benefits of the scheme in Siwan district of the state alone.

At the national level, four crore families had got the benefits of Pradhan Mantri Awas Yojna, he added.

Modi said the rail engine factory established at Marhaura in Saran district of Bihar, had put the state

on world map of manufacturing and export. Rail engines manufactured in Saran, were being exported to several countries including South Africa, he stated.

The Prime Minister said Chief Minister Nitish Kumar, heading the NDA government in Bihar, had worked hard, turning the state into a launch pad of accelerated development. Bihar was on fast track to development with accelerated pace and the state was all set to become the growth engine of developed India, he added.

Modi said he was working hard to improve condition of all sections of society without any discrimination. The entire country was like his family members and he would not stop till their conditions were improved, the PM said.

SC stays demolition of Madurai temple built on OSR land

AGENCIES
NEW DELHI, JUNE 20

The Supreme Court on Friday stayed the demolition of a temple allegedly built without permission on land designated as Open Space Reservation (OSR) in the Visthara Residency apartment complex in Madurai, Tamil Nadu.

A bench comprising Justice Ujjal Bhuyan and Justice Manmohan passed the interim order while issuing notice on a petition filed by the Visthara Welfare Association. The petition challenged a recent order of the Madras High Court directing the demolition of the temple.

Senior advocate Dama Seshadri Naidu, appearing for the petitioner, contended that the High Court had passed the demolition order without granting an opportunity to the relevant parties to be heard or to file their responses.



"The counsel for the petitioner submits that neither the petitioner nor the respondents in the writ petition were heard. In fact, they were given no opportunity to file pleadings. The High Court has directed the demolition of the temple," the Supreme Court noted in its order.

Taking note of the grievance, the court issued notice and granted eight weeks for response. "In the meanwhile, the demolition of the temple shall remain stayed," the Bench directed.

The special leave petition contended that the High Court's ruling was based on the finding that the Apartment Owners' Association could not provide any valid permission or licence for constructing the temple on OSR land. Justice SM Subramaniam of the Madras High Court had directed the Madurai Corporation to carry out the demolition within four weeks and ensure the land is preserved in accordance with the Tamil Nadu Town and Country Planning Act, 1971.

Indian student dies in Canada, reason unclear

AGENCIES
NEW DELHI, JUNE 20

An Indian student, Tanya Tyagi, of Calgary University in Canada has died, the Indian Consulate in Vancouver said.

The Consulate did not give reason for death but said it is in touch with the authorities and will provide all assistance to the bereaved family.

"We are saddened by the sudden demise of Ms. Tanya Tyagi, an Indian student at University of Calgary. The Consulate is in touch with the authorities and will provide all required assistance to the bereaved family. Our heartfelt condolences and prayers are with his family and friends of the deceased," the Consulate said in a post on X.

Tanya was pursuing her Masters in Food Safety and Quality in Canada.

While the cause of her death is unknown as the Indian Consulate has not



said anything, a post on X by one Ishu Tyagi (advocate) while appealing for help said Tanya had died of 'heart attack' on June 17.

He said Tanya was a resident of northeast Delhi and had gone to Canada for studies.

Tanya's family has appealed to the Prime Minister for bringing her body back home.

Tanya's death follows several incidents involving Indian students in Canada in recent months.

In April, 21 year old Vanishika Saini who had been missing for four days, was found dead near a beach in Ottawa.

Nitish appreciates PM Modi for assistance to Bihar in development projects

AGENCIES
SIWAN, JUNE 20

Bihar Chief Minister Nitish Kumar on Friday appreciated Prime Minister Narendra Modi for the assistance being given to Bihar by the Centre for execution of development projects, which has helped the state to move on the fast track of growth at an accelerated pace.

Kumar, addressing a public meeting here in the presence of Prime Minister Modi on the dais, said the Centre was giving all required assistance to Bihar for execution of various development projects, during the tenure of PM Modi. In sectors ranging from infrastructural facilities to tourism and agriculture, the required assistance was being given to Bihar by the Centre, at the initiative of the PM, he added.

"In the 2024 Union Budget after the Lok Sabha elections, financial assistance was given to Bihar for flood control," the Chief Minister said, adding that constitution of the Makhana Board



was proposed in the 2025 Union Budget to boost the agriculture sector in Mithila region of Bihar. Airports, Medical Colleges and Road projects were also given the green signal in the Union Budget to boost development and growth rate of Bihar, he added.

Kumar appreciated the decision of Modi to go for a national level caste census along with a general census. It was a big decision having far reaching consequences, he noted.

The Chief Minister said there was complete lawlessness during the RJD regime in Bihar till 2005, when his government was

voted to power. The NDA comprising JD(U) and BJP got the opportunity to serve people of Bihar in 2005 and he was making sustained efforts, as head of the government, to ensure qualitative change in all sectors of the state, he added.

"Bihar was the first state to give 50 percent reservation to women in Panchayati Raj and local bodies," Kumar said, adding that the condition of women in Bihar was pathetic during the RJD regime. It was pleasant to see that women were making progress in all sectors with rapid pace, he stated.

AGENCIES
WASHINGTON, JUNE 20

Mulling over US options, President Donald Trump has said that it will give Iran a two-week window to open negotiations before considering direct US military intervention in the conflict, reports CNN.

White House officials have expressed hope that Trump's hardline stance, coupled with Israel's relentless strikes against Iranian missile infrastructure - which Tel Aviv says has decimated two-thirds of Tehran's missile launching capabilities - will open windows for negotiations, and allow both countries to come to a deal.



For its part, Iran has refused to budge an inch, with Supreme Leader Ayatollah Ali Khomeini warning of serious repercussions for the US, if it intervenes militarily.

In a statement read out by the White House press secretary Karoline Leavitt said that there was a "sub-

stantial chance of negotiations" with Iran, though did not confirm anything.

Meanwhile, CBS News has reported that while Trump has approved plans to attack Iran, and has been diverting military supplies to American bases in the Middle East, he has still not decided whether

or not to go through with military attacks.

He is reportedly weighing an attack on Iran's underground uranium enrichment facility at Fordo, and is one of the most difficult areas to strike.

The Fordo complex is built deep within northern Iran's rugged, remote mountains and is designed to withstand air strikes, with its underground location shielding it from conventional bombs.

Despite the Israeli military's capabilities, the Fordo complex presents a very unique challenge for the IDF, because of the sheer depth of its underground facilities.

To cause any meaningful damage to the site it would need to be targeted by a "bunker buster" munition that is able to penetrate deep below the surface. While Israel possesses the resources to destroy underground bunkers, it does not have the bombing capabilities required to destroy a complex like the Fordo plant.

However, the US is believed to have a bomb which might do the trick - the GBU-57 Massive Ordnance Penetrator (MOP) - which can strike 61m deep. But even that may prove insufficient to destroy the Ford, as the tunnels go 80-90m below the surface.

Congress, BRS diverting public attention to weaken BJP: K Reddy

AGENCIES
HYDERABAD, JUNE 20

Union Minister and Telangana BJP President G Kishan Reddy on Friday accused the Congress government of bringing up various issues to divert public attention and suppress the rise of the BJP in the state.

He also alleged that both the Congress and the BRS are working in coordination to stop the BJP's growth in Telangana.

Kishan Reddy was addressing a key workshop at the BJP Telangana State Office, aimed at strategising for the upcoming local body elections.

Senior party leaders, including National General Secretary Sunil Bansal, Telangana in-charge Abhay Patil, MPs Etala Rajender, D.K. Aruna, Godem Nagesh, and several MLAs and district leaders, participated in the session.

Referring to the recent revelations in the phone tapping case, Kishan Reddy said,

"The situation is alarming. Phones of BJP staff, leaders, and even the social media team were tapped under the BRS regime. Judges, businessmen, film stars, and elected representatives were also targeted. Instead of investigating seriously, both Congress and BRS are playing political games



around it."

He criticised Chief Minister Revanth Reddy for changing his stand after assuming office. "When in the opposition, he demanded a CBI probe. Now, he remains silent," Reddy said.

Kishan Reddy called on BJP workers to take the message to the people about the corruption during BRS rule and the Congress government's failure to implement its six guarantees and over 400 election promises.

"A BJP government is essential to fulfil the aspirations of the people of Telangana. Only under Prime Minister Narendra Modi's leadership can we save this state and bring development," he said.

Blaming both the BRS and Congress for the financial crisis in the state, Reddy stated that Telangana has plunged into debt due to the misgovernance

of the past decade.

"Today, there isn't even enough money to pay salaries. Welfare schemes are being delayed, and development programmes are at a standstill," he added.

The Union Minister emphasised the need to build a strong BJP from the grassroots, especially by bringing in youth and leaders from marginalised and rural backgrounds. He directed the party to conduct mandal- and district-level workshops and training programmes to prepare the cadre for future political movements.

Reddy also highlighted the Centre's contribution to Telangana's development, including ongoing infrastructure projects like the development of 42 railway stations, national highways, rural development programmes, and welfare schemes such as free 5 kg rice for the poor and financial support to panchayats.

"Without central assistance, no sector - be it railways, education, or health - can see progress in Telangana," he asserted.

He also spoke about upcoming awareness campaigns and political events, including the observance of June 25 as Anti-Emergency Day (Dark Day) to remind the public of Congress's past actions against democracy and constitutional values.

Family of 4 killed in house wall collapse after heavy rainfall in Uttarkashi

AGENCIES
DEHRADUN, JUNE 20

A couple and their two young children were killed due to the collapse of a wall of their house after heavy rainfall in Uttarkashi district of Uttarakhand on Friday morning.

State Disaster Response Force (SDRF) Commandant Arpan Yaduvanshi said a rescue team led by Sub-Inspector Deepak Kuniyal was dispatched to the scene after receiving information that some people were buried under the debris after a house collapsed in the Mora village.

The rescue team reached the village, which is about a kilometre away from the main road, and conducted a search operation. It was found that the incident occurred during the night, and four members of a family died after being buried under the debris of the collapsed wall.

The deceased have been identified as Ghulam Husain (26), his wife Rukma Khatoun (23), son Aabid (3), and daughter Salma (10 months old). All the bodies have been recovered from the debris.

Naxalite killed in Chhattisgarh encounter

AGENCIES
KANKER (CHHATTISGARH), JUNE 20

A Naxalite was killed in an encounter between the police and Naxalites in Kanker district of Chhattisgarh on Friday morning, police said.

Senior Superintendent of Police Indira Kalyan Elisela said that an encounter was underway between police and Naxalites in the Chhotebethia area. She said the exact number of Naxalites killed would be confirmed after the police personnel return.

According to a police statement, a joint team of District Reserve Police and Border Security Force personnel were on patrol in the jungle near the Gosali river, following a tip-off about the presence of Naxalites.

During an encounter near village Amatola-Kanpar, one Naxalite was killed and a gun was recovered from the site, police added.

NHRC notice to Andhra Chief Secy, DGP over public assault of woman by moneylender

AGENCIES
NEW DELHI, JUNE 20

The National Human Rights Commission (NHRC) has issued notices to the Chief Secretary and the Director General of Police, Andhra Pradesh after it took suo motu cognizance of a media report concerning the brutal public assault of a woman by a local moneylender in Narayanapuram village, Kuppam Mandal, Chittoor district, in the Southern State.

The top rights body has

called for a detailed report in the matter within two weeks, according to a statement from the NHRC here.

According to the media report, dated June 17, 2025, the incident occurred on June 16, when the woman was allegedly tied to a tree and beaten in full public view by a moneylender, after her husband failed to repay a loan of Rs 80,000 borrowed three years ago. It is reported that the victim was later freed by local villagers.

In the statement, the

NHRC said: "The contents of the media report, if true, raise serious issues of human rights violations. The Commission has issued notices to the Chief Secretary and the Director General of Police, Andhra Pradesh, seeking a detailed report within two weeks."

The NHRC said that it has called for the report to include details of the action taken against the accused, and steps initiated for the safety and rehabilitation of the victim.

BPCL partners with India's First Pan-Disability Cricket Team for historic England Tour

AGENCIES
MUMBAI, JUNE 20

Bharat Petroleum Corporation Limited (BPCL) on Friday said that it has collaborated with India's first pan-disability cricket team as they prepare to embark on a landmark tour to England.

This pioneering initiative marks a significant step towards fostering inclusivity and diversity in Indian sports.

The dynamic team, comprising talented players with physical, hearing, and intellectual disabilities, is set to make history by representing



India in their international debut at the Vitality IT20 Mixed Disability Series against England.

Under the inspiring leadership of Mumbai's

Ravindra Sante, the team will play seven T20 International matches across renowned venues in England during June and July 2025. This tour not only

represents a critical milestone in the global recognition of inclusive sports but also showcases the indomitable spirit and talent of Indian athletes.

In a celebratory ceremony held earlier this week in New Delhi, Deepak Jain, Chief General Manager - Sports (HRS), BPCL, officially unveiled the team's jersey, proudly displaying the BPCL logo.

The jersey stands as a symbol of BPCL's unwavering commitment to promoting diversity, inclusion, and equal opportunities through the power of sports.

India U23s look for a turn of fortunes against Kyrgyz Republic

AGENCIES
DUSHANBE, JUNE 20

The India U23 men's national team are all set for their second friendly match in Tajikistan, against the Kyrgyz Republic at the Hisor Central Stadium here on Saturday.

India played their first friendly against Tajikistan earlier this week, suffering a 2-3 defeat against the hosts. However, the Blue Colts are prepared to bounce back against Kyrgyz Republic.

Head coach Naushad Moosa said on the eve of the match, "We understand how important it is to Indian football, right now, that we perform well against Kyrgyz Republic. It's not about winning or losing. What matters is that we play good football, and the results will follow."

"We could have won our last game. We took the lead on two occasions, and conceded two late goals on set-pieces. The boys created a lot of chances, and we barely let them create anything on open play, so the signs are all good," said Moosa. "The coaching staff has worked with the players on various aspects, so let's hope we can come up with good things in the next game."

The match against Kyrgyz Republic, however, may be a different proposition altogether, as they are a more prepared team.

"It will be different in this match, because they (Kyrgyz Republic) have been preparing together for a year now. I'm sure that was not the case with Tajikistan," he said.

Midfielder Ayush Chhetri received his march-

ing orders in the match against Tajikistan for two bookable offences, and will be suspended for the match against Kyrgyz Republic. Moosa, however, is not concerned about the playmaker's absence.

"We have good midfielders. It's also our intention to give equal amount of time to as many players as we can. Since it's a friendly, rotating also helps me understand the level of the game they can play," he said. "So the suspension should not make much of a difference."

Forward Suhail Ahmad Bhat, who scored India's first goal against Tajikistan, believes that the Blue Colts left a good impression after their last match.

"International games such as these are always difficult, but let's see how it goes. Everyone's been

working hard, and we are positive about a good result, especially after our last match," he said.

Bhat had made his senior international debut earlier this month, when he replaced Ashique Kuruniyan in the FIFA International Friendly against Thailand on June 4. The 20-year-old forward believes that his time with the Blue Tigers gave him valuable experience.

"Yes, it was a good experience. Not just for me, but for Abhishek (Singh Tekcham) and Ayush (Chhetri) as well. When we play alongside top players, we get to learn a lot," said Bhat. "I personally learned a lot from (Sunil) Chhetri, on poaching and scoring goals. It's definitely a positive thing for me to bring those learnings from the senior team."

India's test against Belgium, as both men & women team take on hosts

AGENCIES
ANTWERP, JUNE 20

India's outing in the ongoing FIH Hockey Pro League 2024-25 hasn't gone as per the script.

Finishing in top 3 and vying for a World Cup berth was on their minds when they left India for the European leg.

After six straight losses, the Indian Men's Hockey Team will now take on their nemesis in modern hockey Belgium, who come into the game tomorrow with 6-3 win against Spain, after they lost 1-2 in the previous tie to the same team.

They are currently placed third in the points table after the Netherlands and Australia respectively. Meanwhile, India have slipped to the 8th position in the current pool standings and with two matches to go, the team will look to end their campaign with



consolation win.

Putting things into perspective, Vice Skipper Hardik Singh said, "The results have not gone as planned and it's not that we have played badly. I think it hurts more when you play well but not convert that into desired result. This is something we will introspect on, but for now we are focused on the last two matches here. Belgium and India have always shared a healthy rivalry in recent times and

both teams bring out the best in each other."

"Our focus will be on finishing well, ensuring tighter defence and creating chances to score," he added.

Meanwhile, the women's team will take on the hosts in Antwerp hoping to turn the tide against world no.3 Belgium.

Speaking about the upcoming game, Women's Captain Salima Tete expressed, "While we had two close matches against

Australia and took Argentina to a penalty shootout in our last match, it was our 1-4 loss against Argentina in the previous match that gave us most insight into where we need to strengthen our game further and that is what we worked upon in our last match and take forward for our match against Belgium."

"Last year, during our previous encounter against the Belgium Team, we didn't give them any easy wins, and we're now taking our learnings from those matches and our recent encounters against Australia and Argentina to go all out against them again and hopefully win," she said. The Indian Men's and Women's Team will take on Belgium in a double-header on June 21 and 22. All the FIH Pro League 2024-25 (Men) matches will be streamed live on Jio Hotstar and broadcast on Star Sports Select.

Sports Ministry approves monthly allowance for Hockey players

AGENCIES
NEW DELHI, JUN 20 (UNI)

Ministry of Youth Affairs & Sports has approved a monthly out of pocket allowance of Rs 25,000 for those Hockey players who are picked for the national camp, an official said on Friday.

Altogether 40 male and 40 female players will be eligible for the allowance.

These 80 players would comprise attendees at the national camps under the Target Olympic



Podium Scheme (TOPS).

The decision to this effect was taken at the 156th Mission Olympic

Cell's monthly meeting held in the national capital on Thursday.

This decision will fur-

ther help Hockey players who have during the recent years brought laurels to the nation, Indian Men's team secured back to back Bronze medals at the Tokyo Olympics 2020 and Paris Olympics 2024.

They also won the gold medal at the Hangzhou Asian Games in 2023.

The lucrative Hockey India League (HIL) that was relaunched in 2024 after seven years also is a major boost to Indian Hockey and will go a long way in developing talent in the country.

Paris Diamond League 2025: Neeraj Chopra, Julian Weber to renew rivalry

AGENCIES
PARIS, JUNE 20

All eyes will be on India's Neeraj Chopra and Germany's Julian Weber as they renew their rivalry at the Paris Diamond League 2025 on Friday.

The highly competitive javelin event will see seven elite athletes trying to outdo one another.

Germany's Julian Weber has beaten the Indian ace twice in 2025 to the pole position, first in the Doha Diamond League and then a week later in the Janusz Kusocinski Memorial.

Neeraj had breached the elusive 90 meter threshold with a 90.23m effort in the third round of the Doha Diamond League, he however was joined in the 90 m club by Weber, whose throw of 91.06m in the final round of the competition snatched victory away from Chopra.

Weber bettered Chopra at the Janusz Kusocinski Memorial too as he threw the spear thrice beyond 85m while Neeraj could only manage a best of 84.14m with his last attempt which helped him



end second.

Five out of the seven athletes have a personal best on above 90 meters. Also competing will be Grenada's Anderson Peters, the two-time world champion and Paris 2024 bronze medallist. Peters, with a personal best of 93.07m.

Chopra, a two-time Olympic medallist returns

to the Paris Diamond League after an eight year gap, he last competed at the tournament in 2017 when he was a junior world champion.

Brazil's Luiz Mauricio da Silva, Moldova's Andrian Mardare, Trinidad and Tobago's Keshorn Walcott and Kenya's Julius Yego will be the other athletes who will compete.

Sinner suffers worst loss by ranking since 2023

AGENCIES
BERLIN, JUNE 20

Jannik Sinner's Wimbledon preparations suffered a blow as the world number one lost to 45th-ranked Alexander Bublik in the Halle Open second round.

Defending champion Sinner lost 3-6 6-3 6-4 to Kazakhstan's Bublik - his worst defeat by ranking since August 2023 on Thursday.

It is the first time Sinner has lost to someone other than world number two Carlos Alcaraz since August 2024.

The loss also ended the Italian's 66 match-winning streak against opponents outside of the top 20, the BBC report said.

French Open champion Coco Gauff also suffered a surprise defeat in her first match of the grass-court season, losing 6-3 6-3 to China's Wang Xinyu at the Berlin Open.

World number 48 Wang ended Gauff's seven-match winning run just 12 days after her Roland Garros triumph.

AGENCIES
CONNECTICUT (US), JUNE 20

World number one Scottie Scheffler hit an opening-round 62 to tie the lead at the Travelers Championship, with Rory McIlroy just two shots behind on six under.

Scheffler, 28, finished in the top 10 of last week's US Open and was back to his very best on Thursday with an eagle on the par-five 13th the highlight.

The American won the event last year and joins Austin Eckroat at the top of the leaderboard in Connecticut, with five-time major winner McIlroy, Keegan Bradley and Wyndham Clark all hitting 64s.



McIlroy said, "I just want to see some good golf and see some better shots. I think if you concentrate on that and you are concentrating on your quality of golf and concentrating on just trying to play to the best of your ability, the result will take care of itself."

"There's no point in thinking about the result right now. I'm just trying to play as good as I can and make good swings, and if I do that enough, more than likely I'll find myself in a position to have a chance to win."

Three-time Major winner Jordan Spieth was

forced to withdraw after 13 holes with a shoulder injury, according to BBC news

Spieth was five over for his round, with no birdies, when he informed playing partner Luke Clanton he could not continue and was taken off in a cart.

"I've never withdrawn from an event ever, anywhere, at any level, so I didn't really know what to do."

It just became too much," Spieth said.

"I didn't see it turning around until probably Saturday. These things kind of last an extra day, and no matter what I was going to do, it was just going to be... I don't know, it's unfortunate."

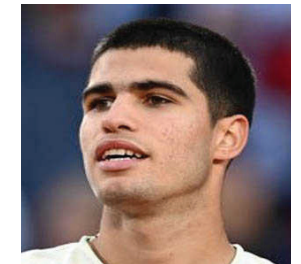
Alcaraz advances at Queen's quarter-finals

AGENCIES
LONDON, JUNE 20

World number two Carlos Alcaraz said he "did not know how I'm still standing here" after battling to victory over Jaume Munar to reach the Queen's quarter-finals.

Spain's Alcaraz needed three hours and 26 minutes to beat his inspired compatriot 6-4 6-7 (7-9) 7-5 on a scorching London afternoon.

Alcaraz had two match points on his serve in the second-set tie-break but double faulted on one,



Alcaraz saved three championship points before battling back to beat Jannik Sinner and retain his title.

The 22-year-old wrote "3h30 - were we on clay?" on the camera lens after his victory over Munar, the BBC report said.

"At some point I felt like I was playing in Spain," Alcaraz said of the heat.

"Today the conditions were extreme, super hot. At the end of the second set I was struggling a little bit, my head spinning around."

"I just kept fighting. I guess I didn't give up."

Two-time defending Wimbledon champion Alcaraz will face Arthur Rinderknech for a place in the last four after the Frenchman beat Reilly Opelka 7-5 7-6 (7-3).

This is just a second match on grass for Alcaraz after the physical and emotional toll of the Roland Garros final.

He started strongly against Munar but grew unusually frustrated as the match went on, shouting at his team and disputing a time violation with the umpire midway through the second set.

DC B'la reviews road safety measures; stresses inter-departmental coordination for safer roads

J1 NEWS SERVICE
BARAMULLA, JUNE 20

Deputy Commissioner (DC) Baramulla, Minga Sherpa, today chaired a meeting of the District Road Safety Committee to review the implementation of road safety measures and traffic regulations in the district.

The meeting was attended by the Senior Superintendent of Police Baramulla, Gurinderpal Singh, OC Beacon, DFO JV Division, ARTO, CMO and officers from R&B, BRO, and other stakeholder departments.

During the meeting, DC reviewed various aspects of road safety, including accident response protocols, black spot identification and rectification besides traffic management across the district.

DC directed the concerned departments to



ensure immediate repair of the Sopore Bridge, and called for strict monitoring to prevent underage and school children from using two-wheelers.

Chief Medical Officer (CMO) was instructed to ensure that in case of any road accident, the nearest ambulance should respond without delay to minimize fatalities.

SSP emphasized the need to equip police vehicles with trauma kits to serve as first responders, particularly along the

National Highway.

DC assured that the administration will facilitate the provision of trauma kits at the earliest.

To ensure road safety awareness, ARTO informed the meeting that regular awareness drives are being conducted and that activities under Road Safety Month will continue to educate the public.

Motor Vehicle Department (MVD) and Traffic Police were directed to intensify the publicity of revised traffic penalties

and rules to ensure compliance among commuters.

To enhance night-time visibility and reduce accident risk, DC instructed the R&B and BRO departments to install proper traffic signage and reflectors on road dividers. Additionally, Minga Sherpa directed the concerned departments to expedite the installation of street lights along the National Highway and other major roads.

Instructions were also passed for the removal of electric and telecommunication poles posing safety hazards along roadsides.

DC stressed the need for inter-departmental coordination and timely execution of safety measures to safeguard the lives of citizens and improve road conditions across the district.

DHSJ assesses patient care scenario at PHC Purmandal



J1 NEWS SERVICE
JAMMU, JUNE 20

Director Health Services Jammu (DHSJ) Dr. Abdul Hamid Zargar paid a surprise visit to PHC Purmandal in evening hours for supportive supervision and monitoring of healthcare services being provided to the public.

The DHS inspected all sections of the hospital along with Chief Medical Officer Samba Dr. Vidhi Bhatial, Block Medical Officer PHC Purmandal and

gave valuable inputs for improving the patient care.

The progress of Block Public Health Unit being constructed under PM ABHIM was also reviewed by the DHS.

Nodal officer for implementation of MEDLEaPR in UT of J&K Dr. Arsalan Rashid also accompanied the Director Health Services Jammu. He took a detailed review of the status of implementation of the portal in District Samba and appreciated the work done in this regard. He gave valu-

able suggestions regarding the intricacies and challenges being faced for its complete compliance.

Later, the DHS chaired a virtual meeting with all CMOs of Jammu Division along with Nodal Officers of respective districts and directed them to comply with the implementation of MEDLEaPR Portal. Nodal Officer for the Portal Dr. Arsalan Rashid, Professor and HOD Forensic Medicine GMC Srinagar was also physically present in the meeting.

DC reviews arrangements for upcoming Gurmat Samagam at Gurudwara Deri Sahib Khari

J1 NEWS SERVICE
POONCH, JUNE 20

Deputy Commissioner Vikas Kundal today chaired a meeting to review the arrangements for the upcoming Gurmat Samagam scheduled to be held on July 6, 2025 at Gurudwara Deri Sahib Khari.

The meeting was attended by ADC, ACR, CMO, Executive Engineers, Tehsildar Haveli, ARTO, AD Food, functionaries from GREF, Municipality and other concerned officers besides Committee members of Gurudwara Deri Sahib Khari Poonch.

AHD Jammu winds up 3 day farmers' awareness campaign in Doda, Kishtwar districts

J1 NEWS SERVICE
JAMMU, JUNE 20

The Extension and Publicity Wing of Animal Husbandry Department Jammu concluded its farmers' awareness campaign launched in the districts of Doda and Kishtwar.

Conducted from 17th to 19th June- 2025, the campaign aimed at increasing the outreach of farm based development schemes in the remote areas of the Jammu division.

The campaign was led by Extension Officer Dr. Mohammad Sajjad along with his team of Publicity Wing, besides the officials from the twin districts. The tour kick-started with an awareness programme at Baggar in Doda district on 17th June followed by another at Bimalnar, block Drabshalla-Kishtwar on the



next day.

On the last leg of the campaign, an awareness camp was organised especially for marginalised communities and pastoralists in the remote Mughal Maidan area of the district Kishtwar.

The entire campaign was organised in association

with Animal Husbandry Departments of Doda and Kishtwar districts, and witnessed an overwhelming response of participants including veterinarians, para-veterinary staff, Pashu-Sakhis, farmers and livestock rearers who all came in good numbers. Addressing the farm-

ers, Dr Mohammad Sajjad highlighted the critical role of the livestock sector in employment generation and economic growth of associated farmers. He emphasized the need to adopt scientific livestock management practices in livestock rearing and to take maximum advantage of employment generation opportunities in dairy and poultry sector available under the Holistic Agriculture Development Programme, Integrated Dairy Development Scheme, Integrated Poultry Development Programme, National Livestock Mission etc. which were explained in detail including mode of application, documents required etc. to the gathering.

The Extension Officer laid special emphasis on

oggy in breed improvement of livestock such as use of sex sorted semen in cattle breeding which ensures birth of only female calves with upto 90 percent accuracy thus boosting productivity of the dairy sector in the region. Additionally, he stressed on disease prevention in livestock by urging livestock owners to ensure 100 percent livestock vaccination against Foot and Mouth Disease under phase-6 of National Animal Disease Control Programme (NADCP), which is currently ongoing in the entire country.

As part of the campaign, free of cost medicines including Dewormers and Supplements were also distributed among the farmers to enhance the livestock well-being and productivity ultimately boosting farmer's incomes.

SWD, DIPR Shopian conduct awareness programme on drug abuse at Kathohallan

J1 NEWS SERVICE
SHOPIAN, JUNE 20

In a bid to curb the rising menace of drug abuse among youth, Social Welfare department (SWD) in collaboration with department of Information & Public Relations (DIPR) today organized an impactful awareness programme on drug abuse and its harmful effects at Panchayat Halqa Kathohallan.

The programme aimed to sensitize the gathering about the devastating consequences of substance abuse on health, family and society, witnessed enthusiastic participation of the local population including tribals.

The event was attended by officials from various departments.

Addressing the gathering, Assistant Commis-



sioner Revenue highlighted the alarming increase in drug addiction cases, especially among the younger generation and emphasized the role of educational institutions and families in early identification and prevention of drug-related issues.

He emphasized to stay away from harmful substances to save precious lives.

DSWO and TSWO made people aware about the benefits of various social welfare schemes of the

department and stressed upon gathering to enroll themselves for the same.

On the occasion, Nukkad Natak was presented by Yadgar Theatre Kulgam focusing on the anti-drug message which was well applauded by the audience.

DIPR Shopian reiterated its commitment to supporting anti-drug awareness campaigns and stressed the importance of community-driven initiatives to combat this growing social challenge.

JKAACL hosts patriotic Mushaira, folk performances to celebrate cultural heritage

J1 NEWS SERVICE
KATHUA, JUNE 20

In a cultural double showcase reflecting both patriotic sentiment and folk vibrancy, the Sub Office of the Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) organized two significant events in Kathua district – a Mushaira themed on "Operation Sindoore" at the District Library and a cultural programme at the historic Shinj Mela, Ramkote, in collaboration with Peer Baba Mela and Dangan Committee, Chugaan.

The Mushaira held at the District Library Kathua paid tributes to the valour of India's armed forces and celebrated the spirit of patriotism through poetry. The event was graced by Member Legislative Assembly Kathua, Bharat Bhushan, as the Chief Guest, who appreciated the Academy's efforts in connecting national emotion with literary expression.

In his address, the Chief Guest praised the Academy for promoting regional languages and honouring national sentiment through cultural expression. He urged the youth to



take inspiration from such platforms and participate actively in preserving cultural identity.

The programme began with two minutes of silence in memory of Late Poet Madan Lal Toofan, a respected literary figure and scheduled participant, whose sudden demise led to the rescheduling of the event. His contribution to literature was remembered by all present.

Nine poets presented their compositions in tune with the patriotic theme. The participants included Poet Dr. Guru Parshad, Poetess Saroj Bala, Awardee Vijay Sharma, Poet Shyam Lal Khajuria, Poet Khajoor Singh,

Poet Kuldeep Kippi, Dr. Lekh Raj, Poetess Deepa Sharma, and Poet T.R. Sumberia. The Mushaira was anchored by Awardee Vijay Sharma, whose narration added depth to the occasion.

Meanwhile, in Ramkote, the Shinj Mela became a vibrant display of Dogra folk culture, with traditional performances turning the fairground into a celebration of heritage. Member Legislative Assembly Billawar, Satish Kumar Sharma, attended as Chief Guest and praised the initiative, calling it a valuable effort to preserve and promote the region's cultural identity.

The MLA commend-

ed the artists for their exceptional performances and remarked that, "Events like these are vital in keeping our roots alive and introducing our younger generation to the richness of Dogra culture."

Five cultural parties performed during the programme, representing different facets of Jammu's folk traditions. The performances included Geetru by Shatoo Ram and Party, Dogri Lok Geet by Kasturi Lal and Party, Dogri folk dances by Sonia Sharma and Party, Punjabi-Sufi singing by Neeta Adarsh and Party, and Kaarkaan – a dramatic and satirical folk form – by Ajeet Pal and Party.

The proceedings were anchored by Cultural Host Pawan Verma, and the event concluded with a vote of thanks by Special Officer for Cultural Activities, Sanjeev Gupta. He expressed gratitude to the guests, artists, and audience, and reaffirmed the Academy's dedication to promoting art and culture at the grassroots level.

HP&M Department Ramban organises workshop on PMFME scheme at ITI Banihal



J1 NEWS SERVICE
RAMBAN, JUNE 20

The Department of Horticulture Planning & Marketing, under the guidance of District Administration, organized a one day awareness workshop on the PM Formalization of Micro Food Processing Enterprises (PMFME) Scheme for farmers, SHG members, Co-operatives and members of Farmers Producers Organizations (FPOs) and young technocrats from ITI Banihal today.

The event was attended by Area Marketing Officer (AMO) Tehsin Chib; Agriculture Extension Officer Nadim Ahmed Wani; Animal Husbandry Department representa-

tive Dr. Heena; Assistant Grading & Marketing Officer (AGMO) Batote Raju Zutshi; District Resource Person (DRP-PMFME) Mudassar Rashid; GMI Inderjit Singh; Managing Director Alfalah FPO Abdul Majeed; Managing Director Chenab Hills Spices and Flour Mill Shabir Ahmed Tantray; SHG Members and Officers from Fisheries Department, Co-ordinator NRLM, besides a large number of ITI trainees.

The Officers and experts briefed the participants on various aspects of the PMFME scheme. They emphasized that the scheme is turning out to be a game changer in rural entrepreneurship by providing financial and technical support to individuals and groups interested in food processing.

The District Nodal Officer PMFME highlighted that the scheme is especially benefiting women and unemployed youth, by enabling them to become self-reliant and job creators. He informed

that 17 processing units have already been established under the PMFME Scheme in Ramban, generating employment for over 150 people.

The Officers elaborated that the central scheme, being implemented by the J&K Agriculture Production Department, offers 35% subsidy, easy access to bank finance, assistance in documentation and DPR preparation, and full handholding support including branding and marketing. The workshop concluded with an interactive session where queries from participants were addressed, and successful case studies from within the district were also shared to motivate aspiring entrepreneurs.