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Four terrorists killed...

efforts of the security forces to bring peace in Kashmir.

By targeting innocent civilians including women & kids, unarmed policemen & outside labourers, terrorists can't deter our efforts to bring peace in valley. Our CT operations will continue simultaneously in all 3 regions of Kashmir, specially against foreign terrorists, Kumar said on Twitter.

In a related development, security forces arrested three terrorist associates of the Al-Badr outfit in Kupwara district, police said.

Acting on specific information regarding the movement of terrorists in the Wangam area of Handwara, a special checkpoint was established by security forces to nab them, a police spokesman said.

During checking, three individuals moving in suspicious circumstances were apprehended, he said.

They were identified as Nazim Ahmed Bhat, Siraj Din Khan and Adil Gull, all residents of Khappora, Kralgund.

On their personal search, incriminating material and arms and ammunition including a pistol, a magazine, eight live rounds and two hand grenades were recovered, the spokesman said.

Preliminary investigation revealed that the arrested trio is linked to the proscribed terror outfit Al-Badr and they were tasked by Pakistan-based handlers to carry out terrorist acts in the area, he said.

A case has been registered and further investigation is in progress, the spokesman said.

One dead, several..

rescuers immediately swung into action and pulled out the driver from the damaged vehicle in a critical condition.

He was rushed to a nearby hospital where he succumbed to injuries, they said.

Besides the truck, five shops were damaged in the incident, the officials said.

They said the road clearance operation was going on when the last reports came in.

Adv Vilakshan named...

wife and founder member Jay Mala at the party headquarters here, a party release said.

It said the name of Vilakshan Singh was proposed by Mala herself and was unanimously supported by the party leadership.

"All the existing committees were dissolved and the new president was authorised to constitute the JKNPP team afresh in consultation with the party leadership," the release said.

Addressing the meeting, Singh said he would act as an "interim President" till the post was filled up by regular election to be held on the foundation day of the party on March 23 next year.

The 81-year-old Bhim Singh passed away here on May 31 after being unwell for about a month.

In April-May, prominent leaders of JKNPP including former minister Harsh Dev Singh and legislators Balwant Singh Mankotia and Yash Paul Kundal along with a large number of party colleagues joined the Aam Aadmi Party (AAP).

CBI searches Srinagar...

then Kashmir Divisional Commissioner Mehbob Iqbal and other members, discussed the issue and decided to hand over the ownership of the land to Chaudhary.

A rate of Rs 60 lakh per kanal was adopted and the applicant was considered as unauthorised occupant under the Jammu and Kashmir State Lands Rule 2007. The applicant had to pay 60 per cent of the adopted rate for land measuring eight marlas which came to about Rs 14.40 lakh, the FIR alleged.

The FIR alleged that Chaudhary was considered as an unauthorised occupant under the Roshni Act despite the fact that the original lease was in the name of Mehbob Beigh and Mumtaaz Afzal Beigh.

Three iconic sites...

heritage and iconic sites have been finalized by the Union Government where Prime Minister Narendra Modi and 75 Union Ministers including Defence Minister, Home Minister and Finance Minister will lead International Yoga Day (IYD) celebrations this year.

For the first time, all 75 Central Ministers will be visiting one historically significant spot each across the country on the occasion of International Yoga Day.

Prime Minister will lead Yoga Day celebrations at Mysore Palace in Mysuru in Karnataka while Defence Minister Rajnath Singh will be in Coimbatore (Tamil Nadu) and Union Home Minister, Amit Shah at Trimbakeshwar temple at Nasik in Maharashtra.

Notably, the draft resolution for establishment of International Yoga Day was proposed by India and supported by 175 member states. Prime Minister Narendra Modi, in his speech at the 69th session of the General Assembly in 2014, first proposed the idea.

Calling Yoga, a priceless gift from the ancient history of India, Prime Minister Narendra Modi pushed for remembrance of yogic practices. Ultimately, on December 11, 2014, the UN declared June 21 as International Yoga Day.

In the UN General Assembly, Narendra Modi said "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature. Changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day".

The significance of the chosen date is that it is the Northern Hemisphere's longest day, which is commemorated as a culturally significant day in various areas of the world. It is also mark start of summer.

The first Yoga Day was celebrated in 2015, with India achieving two Guinness World Records: The Record for 'the largest yoga class' and record for 'largest number of nationalities at a yoga event'.

The theme for the 8th edition of the International Yoga Day is 'Yoga for Humanity'. People from all across the world celebrate the event with utmost dedication, and several competitions are held to motivate individuals to participate in the event.

United Nations (UN) describes the essence of yoga as creating balance and har-

mony. UN says, Yoga is "not just about balance within the body or that between the mind and the body, but also balance in the human relationship with the world."

"Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. When applied to communities and societies, Yoga offers a path to sustainable living," the UN states further.

COVID-19 pandemic present resurgence has added stress and anxiety among the people. The disease and isolation are not only affecting the health of the patient but also affecting their emotional health and even that of his family members. Yoga helps to deal with these types of issues. It helps us to build up psycho-physiological health, and emotional harmony; and manage daily stress and its consequences.

No rollback of...

Puri described the announcement of the Agnipath scheme as an opportunity given by the "God and the nature" to ensure a younger military.

The media briefing at the headquarters of the defence ministry took place hours after Defence Minister Rajnath Singh held a meeting with the chiefs of the Army, Navy and the Air Force for the second straight day.

"There is no space for indiscipline in the armed forces. There is no space for arson and violence. All those who want to become part of the armed forces under the Agnipath scheme will have to give a certificate that they were not part of any arson," Lt Gen Puri said.

He said the age profile of the armed forces would come down to 26 from 32 with the implementation of the 'Agnipath' scheme.

Giving details of the Navy's plan to induct 'Agniveers' under the scheme, Vice Admiral (Personnel) Dinesh Tripathi said the naval headquarters will come out with a broad guideline for the recruitment by June 25.

The first batch of recruits will join the training programme at INS Chilka in Odisha by November 21, he said, adding the Navy is recruiting both men and women as 'Agniveers' under the scheme.

INS Chilka is a training facility of the Indian Navy.

About the Indian Air Force's plan for induction under the Agnipath scheme, Air Marshall S K Jha said the registration process will start on June 24 and the process for online examination for phase one of the recruitment process will begin on July 24.

"We are planning to start the training for the first batch of recruits by December 30," Air Marshall Jha said.

Elaborating on the Army's recruitment plan, Lt Gen Bansi Ponappa said the Army will issue a draft notification on Monday and subsequent notifications will be issued by various recruitment units of the force from July 1 onwards.

Recruitment rallies under the Agnipath scheme will take place across India in August, September and October, he said.

Lt Gen Ponappa said the first batch of 25,000 personnel will join the training programme in the first and second week of December. The second lot of recruits will join their training around February 23.

He said a total of 83 recruitment rallies will be organised across the country to select around 40,000 personnel.

Referring to the provision of exit of 75 per cent of the 'Agniveers' after the four-year tenure, Lt Gen Puri said around 17,600 personnel take premature retirement annually from the three services.

"It is not that exit will take place only under Agnipath scheme is implemented," he said.

Unveiling the scheme on Tuesday, the government said youths between the ages of 17 and a half and 21 years would be inducted for a four-year tenure while 25 per cent of them will be subsequently inducted for regular service.

The youths to be recruited under the new scheme would be called 'Agniveer'.

In an attempt to pacify the protesters, the government on Thursday night increased the upper age limit for recruitment under the 'Agnipath' scheme to 23 years from 21 for the year 2022.

The announcement of the new scheme came against the backdrop of recruitments into the military remaining stalled for over two years.

The Army recruits 50,000 to 60,000 soldiers annually. However, the recruitment could not take place for the last two years due to the COVID-19 pandemic.

BOPEE conducts CET...

23,470 appeared which works out to be 93.20%. The examination was conducted by BOPEE for the third consecutive year.

A total of 39 examination centres were designated in Jammu and Kashmir including 32 centres in Kashmir division and 07 in Jammu division. The Board ensured transparency and fairness during the conduct of whole examination process by equipping all the venues.

Adequate security arrangements were put in place at every examination centre. Chairman, Secretary, and Controller of Examinations, J&K BOPEE, visited and inspected the examination process in the designated venues.

The BOPEE has expressed gratitude to all Heads of the Institutions of Examination Centres, members of Monitoring Squad Security agencies and staff of GAD for ensuring smooth conduct of examination.

Abrogation of 1,600...

in all the 22 official languages with every district having an examination centre not done earlier.

The Common Eligibility Test is a boon for the women of this country who can now appear without any hindrance as the examination centers for them would be very closer and language will be no bar for them, he said.

Singh said computerization of CPGRMS (Centralized Public Grievance Redress and Monitoring System) has led to an increase in lodging of grievances that has increased manifold from about two lakhs per year to 25 lakhs which is an encouraging trend.

The Union minister said that the Suraksha, Suvidha and Samman' has been the mantra of the central government for women who are now the part and parcel in the development of this country.

He said Jammu and Kashmir has a huge potential for StartUps in every sector and emphasized upon the youth for availing unexplored StartUp avenues in the Union territory.

Singh said because of the impetus given by the prime minister which began with his call for StartUp India StandUp India from the ramparts of Red Fort in 2015, the number of StartUps in India has grown to 70,000 from about 300 to 400 which is something to be cherished by the youth of J&K who want to have a career in different StartUps.

This shows that the Start-Up ecosystem is going to determine India's future econ-

Youth consumes poison, dies

STATE TIMES NEWS

SAMBA: A youth died after he consumed poison in his house at SIDCO area of Samba on Sunday.

As per details, Dilawar Singh, son of Omkar Singh, resident of Chank Manga consumed poison in his house and was shifted to hospital, where he succumbed. Police is investigating the matter.

10 vehicles seized, 37 Challaned for MVA violations

STATE TIMES NEWS

POONCH: Traffic Police on Sunday seized 10 vehicles and Challaned 37 others under various MVA violations at Poonch.

As per details, Traffic Police DTI Shokat Ameen along with his team tour different areas of Poonch and seized 10 vehicles while 37 others were Challaned as plying without HRSPs and other traffic rules violations.

This shows that the Start-Up ecosystem is going to determine India's future econ-

omy, including that of J&K, and will act as a key pillar for the world economy as well, he said.

Singh said the StartUp culture in J&K is now evolving with women being seen building their startups in every sector which is a positive thing in itself and will enthuse others towards StartUps.

He stressed that the youth of the country have to play a great role to make a roadmap for the next 25 years, making India a Vishwa Guru' when it will be celebrating its 100 years of independence.

Huge gathering receives....

In the run-up to commemorate 23 years of Kargil victory, the Army at Dharmund celebrated the event with full zeal, the spokesman said, adding the event comprised arrival of Kargil victory flame at Government Middle School, Dharmund.

He said the event exhibited a patriotic fervour among the children and remembered the bravehearts who make supreme sacrifice for the nation during the war.

The Army paid homage to their fallen heroes as the General Officer Commanding, Counter-Insurgency Force (Delta), along with the troops, laid wreath at the Dharmund War Memorial, the spokesman said.

The GOC extended greetings to all ranks of the force and exhorted them to strive towards greater glory and success with self-belief and pride in their profession, he said.

The Kargil victory flame will traverse the force area till Jun 26 and further move to Drass in Ladakh where it will be merged with the eternal flame at Kargil War Memorial' on Jul 26.

Fixed-line internet...

social posts by local right wing activists in her support.

The curfew was relaxed, for the first time, in the town for two hours on June 15, five hours in two phases on June 16, four hours on June 17 and 12 hours on June 18 and the relaxation period passed off peacefully.

Police along with security forces are deployed in strength in the town to maintain peace, officials said.

Meanwhile, Additional District Magistrate (Bhaderwah) Dil Mir issued an advisory, warning internet users of stringent action in accordance with relevant sections of law for sharing objectionable material on social media.

It is for the information of the general public that circulating offensive messages through a communication device or an online mode of a menacing character, or a message that the sender knows to be false... is a punishable offence under law, the officer said.

He said few such mischievous acts by some miscreants have been viewed very seriously by the administration and due action has been initiated against them.

It is as such advised to all the internet/social media users not to create upload any hate speech audios, videos, posts, remarks etc which hurt, or are likely to hurt the sentiments of any section of the society, and are unlawful otherwise, he said, asking people to inform the administration immediately regarding the first hand creator or uploader of such content.

Adequate arrangements made...

mention of Javed Ahmed of Zainakote who is mobilizing people to clean Hokarsar wetland and nurses the dream of wetland restoration that could rejuvenate the ecosystem.

Abdul Samad, a nonagenarian from the Kehnusa of Bandipora, deserves credit for keeping the traditional art of making paddy straw slippers (pulhor) alive. On account of their environmental, cultural and economic value, these products are silently finding takers in the present times, said the Lt Governor.

The Lt Governor called upon the enterprising women folks of J&K to draw inspiration from Preeti Chib of village Akalpur Jammu who has become a household name by sheer hard work and ingenuity. Her flourishing brand called the 'Preeti Mushrooms' has become synonymous with self-reliance, gender equality and women empowerment, he added.

The Lt Governor shared the suggestion of Shubham Gupta from Rajouri on making public equal stakeholders in the process of 'identification, strengthening and promotion of the spiritual circuits' in Jammu Kashmir. He also shares a detailed roadmap that focuses on Security, Policy, Responsibility, Accessibility, Youth and Yoga.

Referring to the insight received from Udhampur's Puneet Sharma on a series of steps for nurturing the 'innovation quotient' amongst the youth by means of organizing hackathons, the Lt Governor observed that in the era of the rapid progress of technology, it is necessary to encourage smart and innovative ideas to build knowledge economy.

I am proud to share with all the listeners that six students of IIT Jammu have won the Smart India Hackathon, added the Lt Governor.

On Nidhi Goel's suggestion on adopting an innovative model of 'Zero tolerance against waste', the Lt Governor urged all the citizens to perform their civic duty with the spirit of public participation to keep the cities clean. This disciplinarian approach aims to bring behavioral changes, prerequisite for transforming a city into a smart city, he added.

The Lt Governor also shared suggestions received from Srinagar's Shilpi Bhat, Mehreen Altaf, Athar Khan and Baramulla's Muzaffar Dar pertaining to the online content pool for students and academicians, rethinking of public transportation for women & introducing 'ladies special pink buses' on the busy district roads, performance audit on the services of BSNL and making automatic fitness test kits mandatory in buses and trucks.

J&K logs 32 fresh...

24 hours, the Bulletin stated that Jammu reported 17 cases; Srinagar, 10; Baramulla three and Budgam district reported two cases while no other district across the Union Territory reported any fresh case.

Meanwhile,