

**03** Politicians are sensing a very 'Vote catching Bait' in Old Pension Scheme for govt employees

**09** Man crushed to death by tractor over land dispute; 6 booked

**10** JK Public School Kunjwani observes International Yoga Day

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## Yoga India's greatest gift to humanity: LG

**STATE TIMES NEWS**  
SRINAGAR: Lieutenant Governor Manoj Sinha on Wednesday said that Yoga is India's greatest gift to the humanity and it transcended the boundary of religion, sect and geographical barriers to bring happiness in people's lives.

Yoga for Vasudhaiva Kutumbakam, One World, One Health. This year's theme underlines the vision of "One Earth, One Family, One Future" of Prime Minister Narendra Modi," the Lt Governor said while joining the Yoga enthusiasts at the 9th International Yoga Day Celebrations at



Lt Manoj Sinha participating in International Yoga Day celebration at Srinagar on Wednesday.

Botanical Garden, Srinagar. He said, everyone should make Yoga a part of their daily routine for stress free and healthy life.

The Lt Governor said the first Sutra of Maharshi Patanjali-Now the Discipline of Yoga and second one on cessation of the mind, is the

key to understand Yoga. Body-mind together as one in present moment, here and now helps to reduce stress level, brings mindfulness and improves physical strength, he added.

"The great sage Maharshi Patanjali has observed that disorder within our body-mind is the main reason for stress, anxiety, inflammation in the body and heart diseases. Yoga brings harmony in our body-mind," the Lt Governor observed.

Yoga is not just a physical exercise, but it also symbolizes the spirit of oneness between body-mind and

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## AC approves transfer of land for 125 bedded District Hospital, Budgam

**STATE TIMES NEWS**  
SRINAGAR: In a significant decision to ensure availability of quality healthcare, the Administrative Council (AC) which met here on Wednesday under Lieutenant Governor, Manoj Sinha approved transfer of land for construction of 125 bedded hospital at Reshipora, Budgam.

Rajeev Rai Bhatnagar, Advisor to the Lieutenant Governor; Dr. Arun Kumar Mehta, Chief Secretary, J&K and Mandeep Kumar Bhandari, Principal Secretary to the Lieutenant Governor attended the

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## Lt Governor reviews preparation for Eid-ul-Adha



Lt Manoj Sinha reviewing preparation for Eid-ul-Adha.

**STATE TIMES NEWS**  
SRINAGAR: Lieutenant Governor Manoj Sinha on Wednesday chaired a meeting to review the preparations of District Administrations and various departments ahead of Eid-ul-Adha festival.

The meeting was attended by Rajeev Rai Bhatnagar, Advisor to Lt Governor; Dr Arun Kumar Mehta, Chief Secretary; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Deputy Commissioners, Senior Superintendents of

Police and senior officers. The Lt Governor took appraisal of augmentation of the supply of essential items and services, security and traffic management in view of Eid-ul-Adha.

He impressed upon the Deputy Commissioners, SSPs and officers of stakeholder departments to make all necessary arrangements for the festival.

The Lt Governor also directed the DCs to constitute Joint Teams for market inspection, monitoring and implementation of notified rates of essential items.

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## Jammu-Srinagar NH to remain shut for repair work on June 23

**STATE TIMES NEWS**  
JAMMU: No traffic will be allowed on the Jammu-Srinagar national highway on Friday due to repair and maintenance works, an official said on Wednesday.

The advisory to observe 'no traffic day' on the NH-44, the only all-weather road linking Kashmir with the rest of the country, was issued by Ramban Deputy Commissioner (DC) Mussarat Islam, amid ongoing preparations for the annual Amarnath Yatra

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## Yoga must for integration of mind with body: Chief Justice

**STATE TIMES NEWS**  
SRINAGAR: Chief Justice, High Court of J&K and Ladakh, N. Kotiswar Singh on Wednesday inaugurated 09<sup>th</sup> International Yoga Day at High Court Complex, Srinagar.

The theme of the event was "Yoga for Vasudhaiva Kutumbakam", effectively encapsulating our collective aspiration for "One Earth, One Family and One Future." Chief Justice stressed upon all the

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Chief Justice, High Court of J&K and Ladakh, N. Kotiswar Singh inaugurating International Yoga Day celebrations at High Court Complex, Srinagar.

## Modi leads historic Yoga session at UN; terms yoga as 'truly universal', 'free from copyrights'

**AGENCY**  
UNITED NATIONS: Prime Minister Narendra Modi Wednesday described Yoga as "truly universal" and "free from copyrights and patents" as he led a historic event at the UN Headquarters here to commemorate the 9th International Day of Yoga, attended by top UN officials, diplomats and prominent personalities.

Modi, who is here on the first leg of his maiden state visit to the US at the invita-



PM Narendra Modi performing yoga at 9th Annual International Day of Yoga 2023 celebrations at UN Headquarters in New York on Wednesday.

tion of President Joe Biden and First Lady Jill Biden,

paid respects to the bust of Mahatma Gandhi in the North Lawn of the UN headquarters at the beginning of the event that created the Guinness World Record for the participation of people of most nationalities.

The prime minister, wearing a customised white yoga T-shirt and trousers, began his address with a 'Namaste' and thanked people for coming here from far away to attend the celebration. "I'm delighted to see you all.

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