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**Yoga India's greatest...**

the nature. This rich and ancient tradition, based on prevention for better health, has been accepted by the medical science and researchers as a unique and significant practice of traditional system of medicine which offers tremendous physical and mental health benefits for people of all ages, he said.

For Yoga, one needs both physical and mental discipline, so that body and mind do not function separately but work in an integrated manner, the Lt Governor said.

In today's world, doctors, while prescribing the medicine for disease, always give free and important advice of bringing change in lifestyle for long term health. Yoga is the medium which brings change in the lifestyle and strengthens the bond between people, he further said.

The Lt Governor said Yoga has helped the humanity to remain healthy and today the world is attracted to Yoga and the nation is grateful to Hon'ble Prime Minister, who will be participating in a Yoga event at the UN. He also congratulated the Directorate of AYUSH, J&K for its efforts in promotion of traditional system of medicine and for getting the approval of Homeopathic College in Kathua.

Junaid Azim Mattu, Mayor Srinagar Municipal Corporation; Rajeev Rai Bhatnagar, Advisor to Lt Governor; Dr Arun Kumar Mehta, Chief Secretary; Dilbag Singh, DGP; Dheeraj Gupta, Principal Secretary, Forest Department; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Bhupinder Kumar, Secretary, Health and Medical Education Department and senior officers also participated in the International Yoga day celebration.

**AC approves transfer...**

meeting. The Administrative Council approved the transfer of land measuring 71 Kanal situated in estate Reshipora, Budgam in favour of Health & Medical Education Department for construction of 125 bedded District Hospital.

The upcoming hospital besides enhancing healthcare for public in the area, will also provide employment opportunities in different sectors to the skilled/medical practitioners.

**Lt Governor reviews...**

Sanitation and cleanliness in and around religious places, availability of Doctors, medical facilities, fire and emergency services should be ensured, the Lt Governor said.

**Modi leads historic...**

And I thank you all for coming. Friends, I'm told that almost every nationality is represented here today," Modi told the gathering.

He was joined by President of the 77th session of the UN General Assembly Csaba Korisi, deputy Secretary General Anina Mohammed and New York City mayor Eric Adams. Hollywood actor Richard Gere, Iyengar yoga exponent Deidra Demens and

prominent American singer Mary Millben were among the eminent personalities who attended the event that lasted nearly 45 minutes.

"I remember about nine years ago right here at the UN, I had the honour to propose celebrating the International Day of yoga on 21st June," Modi said.

"It was wonderful to see the entire world come together to support the idea back then," he said, adding that it is wonderful to see the entire world come together again for yoga.

"Yoga comes from India and it is a very old tradition. But like all ancient Indian traditions, it is also living and dynamic. Yoga is free from copyrights, patents and royalty payments. Yoga is adaptable to your age, gender and fitness level. Yoga is portable and is truly universal," Modi said.

Hundreds of yellow yoga mats were placed on the ground where yoga enthusiasts and practitioners, wearing customised white yoga T-shirts, stretched their bodies, breathed in and out and performed asanas such as 'Tadaasan', 'Brahmari', 'Padahasthaasan', 'Vrjaasana', 'Bhujangasana' and 'Ardhachakraasan' to celebrate the mega event.

LED screens playing videos of Indian culture and heritage were set up on the lawn.

"When we do yoga, we feel physically fit, mentally calm and emotionally content. Yoga is a way of life, a way to live in harmony with self, with others and with nature," he said.

Modi said he is delighted that many people are working on scientifically validating different aspects of yoga.

"Let us use the power of yoga, not only to be healthy, happy, but also to be kind to ourselves and each other, let us use the power of yoga to build bridges of friendship, of a peaceful world and a cleaner, greener sustainable future," he said.

The historic yoga session - attended by top UN officials, ambassadors, envoys, delegates from Member States as well as prominent members of the global and diaspora community - created the Guinness World Record for participation of people of most nationalities, officials said. People from 135 countries attended the yoga session.

UN Secretary-General Antonio Guterres, in his video message on the occasion, said yoga unites body and mind, humanity and nature and millions of people across the globe for whom it is a source of strength, harmony and peace.

"In a dangerous and divided world, the benefits of this ancient practice are particularly precious. Yoga offers a haven of calm, it can reduce anxiety and promote mental well-being. It helps us to develop discipline and patience. It connects us to our planet, which so badly needs our protection," Guterres said.

He added that yoga reveals "our common humanity, helping us to understand that despite our differences, we are one. On this International Day of Yoga, let us embrace the spirit of unity and resolve to build a better, more harmonious world for people, the planet and ourselves."

Modi also said the International Day of Yoga was special this year as researchers at India's research stations in the Arctic and Antarctica too were participating in the celebrations.

**Yoga must for...**

participants to include Yoga in their daily life to remain physically and mentally fit besides relieving themselves from stressful life.

Justice N. Kotiswar Singh highlighted that making Yoga a way of life would go a long way in discharge of Judicial functions and enhancing the efficiency and efficacy of not only the Judicial Officers but also all the stakeholders. He further reiterated that Yoga is essential for integration of mind with the body, as it involves self awareness, meditation, breath work and chanting. He emphasized that performing Yoga Asanas is beneficial to our over all wellbeing.

The event was attended by Registrar General, Registrar Vigilance, Principal Secretary to Chief Justice, Member/Secretary, J&K Legal Services Authority, Registrar Rules, Registrar Judicial Srinagar, Joint Registrar Judicial Srinagar besides other officers and staff of the Srinagar Wing.

During the programme, Registrar General, Shahzad Azeem, extended gratitude to Chief Justice for organizing such an event in all the judicial establishments at each district headquarter of the UTs of J&K and Ladakh and also in both wings of the High Court.

Likewise, a programme was held at High Court Complex Jammu which was led by Registrar IT, Secretary High Court Legal Services Authority and Joint Registrar Judicial Jammu besides other officers and officials of the Jammu High Court.

The Registrar General also recognized the expertise with which the Yoga instructor imparted training to the participants in performing Yoga Asanas.

**Jammu-Srinagar NH...**

in the valley beginning July 1, the officials said.

The first batch of pilgrims will leave for Kashmir from Jammu base camp Bhagwati Nagar on June 30, a day ahead of the scheduled commencement of the yatra to the 3,880-metre-high holy cave shrine, housing the naturally formed ice-shriving.

"June 23 is a 'no traffic day' on National Highway-44. No traffic will be allowed between Nashri and Banihal tunnels to ensure urgent repair and maintenance works by the National Highway Authority of India (NHAI)," the office of the deputy commissioner tweeted.

Commuters on the highway have been complaining of enduring snarls in the sweltering heat due to massive traffic jams at different places, especially landslide-prone Dalwas, Cafeteria Morh and Nachlana over the past fortnight.

The officials said overloaded or misfit heavy motor vehicles are also not allowed to ply on the highway as the breakdown of such vehicles causes traffic snarls, bringing inconvenience to others.

Traffic police were directed to initiate action against the violators, they added. Updating on the ongoing construction work, the deputy commissioner said concreting over the leftover portion of the 1.06 km Ramban flyover is almost done.

The flyover, once operational, will bypass the Ramban market which also witnesses frequent traffic jams, he added.

**CRIME REPORT**

**Security Forces launch search operation after suspects seen in Bhatadudiyan area**

■ STATE TIMES NEWS

POONCH: Army launched search operation after locals reported suspicious sightings in Bhatadudiyan forest in Poonch district.

According to sources, some suspects were seen moving here and there in the area on Wednesday morning. Security has been beefed up in the area following a terrorist attack on a military vehicle. The forests of Bhatadudiya adjoins Manjakot of Rajouri and through forests of Manjakot, Thammamandi, Shahdara Sharif, can be reached by the Mughal Road. According to sources, the army has increased its surveillance in the entire area.

**Man dies in accident**

■ STATE TIMES NEWS

AKHNOOR: A man died in an accident in Akhnoor on Wednesday.

According to information, Balveer Kumar, son of Thodu Ram, resident Badyal who was going on his motorcycle was hit from the front by another motorcycle near Sohal in which he was injured. He was taken to the hospital but he died in GMC during treatment.

**Man dies after falling from train**

■ STATE TIMES NEWS

JAMMU: A man died after falling from a train at Jammu railway station on Wednesday. According to the information, Kashmiri Lal, son Manohar Lal, resident of Ludhiana Punjab was coming to Jammu along with his family members and suddenly fell from the train at the station. He was picked up and taken to GMC where he died during treatment. Police took his body into custody and sent it to the morgue.

**Man arrested for raping minor**

■ STATE TIMES NEWS

JAMMU: Domana police have registered a case under the POCSO Act on the complaint of a minor and her family members as victim is eight months pregnant. Police has arrested the accused.

According to the information, a minor who is a resident of the outer state and student of class VIII had stomach pain after which her family took her to Shalamar Hospital. During the investigation, doctors found that she is eight months pregnant. On this doctors, informed the police, which reached the spot. On the basis of her statements, a case was registered and accused Ashish Kumar, resident Muthi was arrested. He kept raping minor victim by luring her.

**Theft case solved, two arrested**

■ STATE TIMES NEWS

BISHNAH: Police on Wednesday solved a theft case by arresting two thieves and recovered stolen money from them.

According to the information, on June 16, a complaint was lodged at the Bisnah Police Station by a shopkeeper Ashok Kumar, resident of Samailpur that there was a theft at his shop. Acting on the complaint, the police registered a case and during the investigation, police got a clue about the thief after which police arrested two thieves. They have been identified as Dhiraj Joshi resident of Mandal and Nirman resident of Mandal. Police said that eight thousand rupees have been recovered from them.

**Two shopkeepers arrested for selling fake cosmetics in market**

■ STATE TIMES NEWS

JAMMU: City Police has arrested two shopkeepers for selling fake cosmetics products of Hindustan Unilever Limited (HUL) in the markets.

A case has been registered against them under sections 63, 65 of the Copyright Act, 104 of the Trade Mark Act and section 420 of the IPC. Police said they are probing from where the items came from.

Acting on the complaint from the company, police raided at SSS Cosmetics Super Market and arrested owner Atul Gupta. 252 pieces of seven items were recovered from his shop. Both were brought to the police station and case has been registered against them. He has been taken on remand for six days.

**Video of man assaulting cop goes viral, accused nabbed**

■ STATE TIMES NEWS

KISHTWAR: Police have arrested a man who was seen in a video assaulting an armed police personnel after knocking him to the ground in Jammu and Kashmir's Kishtwar district, officials said on Wednesday.

Rakeen Ziya of the district's Sangrambhatta village was arrested by a police party headed by Senior Superintendent of Police (Kishtwar) Khalil Poswal, a police official said.

The senior police official, after taking cognizance of the incident, rushed to the scene and arrested the accused after a pursuit, he added.

The alleged incident occurred on Tuesday at Zelna village when the cop, posted as the personal security officer of the Assistant Regional Transport Office (ARTO), tried to restrain Ziya from misbehaving with his protectee, the police said.

The video, which was widely circulated on social media, purports to show the accused kicking and punching the armed cop, who was knocked to the ground, while eyewitnesses try to stop him.

The police official said Ziya is a self-styled goon who misbehaved with the ARTO and thrashed his personal security officer when he tried to restrain him.

He also damaged government vehicles with an iron rod, causing huge loss of public property, the official said.

A case under various sections of the Indian Penal Code has been registered against Ziya and an investigation is underway.

**MC Samba seizes 30 kgs polythene carry bags**

■ STATE TIMES NEWS

SAMBA: Municipal Council Samba came seized 30 Kg polythene carry bags and imposed fine with an amount of four thousand rupees from the defaulters.

According to the report, a team headed by Amit Choudhary CEO Municipal Council Samba inspected the various markets in Samba town. During the inspection, team seized 30 kilograms of polythene carry bags and imposed Rs 4000 fine on the defaulters.

Amit Choudhary CEO Municipal Council Samba appealed to the all shopkeepers and others for not use of polythene bags and if any person found to selling the eatable items in banned polythene then the department will take strict action against them under law.

**Top woman heroin supplier among 3 arrested; over Rs.2.37 lakh cash & heroin recovered**

■ STATE TIMES NEWS

SAMBA: Police on Wednesday achieved a major success by arresting three (03) notorious heroin suppliers including top female heroin supplier "Noori" and recovered Rs. 2,37,750.00 cash & heroin valuing Rs. 75,000.00 approximately.

The arrested notorious heroin suppliers have been identified as Noori, wife of Wali Mohd alias Gulla, resident of Balole Tehsil Bari Brahmana; Sanjay Kumar alias Sanju, son of Sham Lal, resident of Karua Kotli Manotrian Tehsil Katra, district Reasi and Amit Kumar alias Gosh, son of Parshotam Kumar, resident of Dasano Tehsil Katra, district Reasi. Two separate cases FIR No.147/2023 under sections 8/21/22/25/27-A/29 NDPS Act and FIR No.148/2023 under sections 8/21/22/25/27-A/29 NDPS Act have been registered at Police Station Bari Brahmana further investigation is underway.

The notorious heroin suppliers have been arrested by police during special patrolling followed by raids that started at midnight on the intervening night of 20th and 21st of June 2023, at Balole Nallah in the jurisdiction of Police Station Bari Brahmana in Samba district. After the changed strategy of Samba Police, the suppliers of heroin had been indulging in illicit heroin trafficking during midnight hours under the cover of darkness to escape from police. But, this time Samba Police succeeded in seeing through their changed modus-operandi of operating during odd night hours and thus, laid nakas/patrolling at midnight & arrested three (03) heroin suppliers including a top woman heroin supplier "Noori" and recovered Rs. 2,37,750.00 cash & heroin valuing Rs. 75,000.00 approximately.

Noori happened to be one of the top lady heroin suppliers operating from BaloleNallah of Bari Brahmana and had been supplying heroine ('chitta') to the drug peddlers of Udhampur, Reasi, Ramban, Doda, Kishtwar, Rajouri, Poonch, Jammu, Kathua and Samba. Shrewd lady smuggler as she was, she used to frequently change her contact numbers, locations and modus-operandi so as to evade arrest. Noori's arrest is a big success on the part of Samba police.

The three notorious heroin smugglers were arrested by Police Station team, DPL Police Party & District Anti-NDPS team led by SHO Police Station Bari Brahmana Sunil Sharma, PSI Mohd Aslam and PSI Priya Rani. The search was conducted in the presence of Executive Magistrate 1st Class following proper procedure under NDPS Act.

**Drug peddler arrested, contraband recovered**

■ STATE TIMES NEWS

SHOPIAN: Continuing its efforts to eradicate the menace of drugs from the society, police on Wednesday arrested a drug peddler in Shopian and recovered contraband substance from his possession.

As per details, a police team led by Incharge Police Post Reshinagri during naka checking at Adijan Reshingari intercepted a suspicious person who tried to flee but was apprehended tactfully by the alert party. During search, officers were able to recover 08 grams of Brown Sugar like substance from his possession. He has been identified as Rahul Ahmad Dar son of Late Mohd Sadiq Dar resident of Khanabal Anantnag. He has been arrested and shifted to police station where he remains in custody.

Accordingly, a case vide FIR No. 32/2023 under relevant sections of law has been registered at PS Heerpora & investigation has been taken up.

Moreover, police in Baramulla continuing its war against illegal poppy cultivation have destroyed illicit Poppy Cultivation spread over 16 Kanals of land in Kamalkote Uri, Madian Uri, Poshmag Kreeri, Zaspura Tangmarg, Pazalpura Tangmarg, Khamindarpura Tangmarg, Mehrajpora Kungamdara, Cheksari Pattan & Danagerpora Pattan and have registered 09 cases under NDPS Act and arrested 29 persons during the last 5 months of current year.

**Notorious drug smuggler booked under PIT-NDPS Act**

■ STATE TIMES NEWS

BARAMULLA: Acting tough against the drug smugglers and to eradicate the menace of drugs from the society, Police on Wednesday booked a notorious drug smuggler under PIT-NDPS Act after obtaining formal detention orders from the compe-



tent authority.

The notorious drug smuggler namely Mushtaq Ahmad Lone alias Mushtaq son of Ali Mohd Lone resident of Fatehgarh Sheeri has been detained and subsequently lodged in Central Jail Kot-Balwal Jammu after obtaining formal detention orders from the competent authority.

It is pertinent to mention that many cases are registered against the said drug smuggler and was involved in promoting drug abuse trade by supplying drugs to local youth of Fategarh, Sheeri, Heewan & other areas of District Baramulla. Despite his involvement in many FIRs, he did not mend his activities and was again involved in promoting drug abuse trade by supplying drugs to local youth.

**Traffic Police Rajouri- Poonch launches special drive against overloading**

■ STATE TIMES NEWS

RAJOURI: A special drive was launched today against overloading of vehicles by Traffic Police in Rajouri and Poonch Districts.

All the DTIs and SOs of Traffic Police Rajouri-Poonch laid surprise nakas at different routes coming from Rural areas and checked the Passenger Buses, Mini Buses and other PSVs coming towards Rajouri and Poonch town areas. The exercise has been done to check the traffic norms violation in far flung areas and to ensure safety of passengers of these areas. It has been observed that drivers of PSVs overload their vehicles during morning and evening time.

During the checking, 127 vehicles were challaned for overloading across Rajouri-Poonch and 04 vehicles were seized on the spot. The teams of Traffic Police Rajouri-Poonch issued 243 Challans against violators under different categories of Motor Vehicle Act.

The exercise was conducted under the close supervision of Nawaz Ahmed, Dy.SP Traffic Rajouri Poonch and overall supervision of Vinay Kumar, SSP Traffic Rural Jammu.

**Trucker nabbed with poppy straw**

■ STATE TIMES NEWS

KATHUA: To eradicate the menace of Drugs from the society and take stringent action against Drug Peddlers within district, Kathua Police on Wednesday recovered poppy straw (Blukki) at Ramkot on Dhar Road Ramkot area and arrested a Narco- Smuggler.

As per details, an information was received through a reliable source at Police Post Ramkot that one Truck (JK02AL-7655) coming from Battal towards Ramkot is indulged in illegal trade of smuggling of poppy straw (Blukki) like narcotics. Acting on the same, a police team led by SI Sanjeet Singh In-Charge Police Post Ramkot during routine naka/patrolling in near Ramkot area intercepted said vehicle being driven by a person namely Ashwani Kumar, son of Thoru Ram, resident of Garnairi Tehsil Marheen enrouted from Battal towards Ramkot. During checking poppy straw (Blukki) like narcotics was recovered from his possession. Trucker was arrested and FIR No. 88/2023 under sections 8/15 NDPS Act has been registered against him at Police Station Billawar.

**Man held with approx. 15 ltrs illicit liquor**

■ STATE TIMES NEWS

KATHUA: In its decisive action against the consumption/production of illegal liquor menace in the District, Kathua Police on Wednesday seized near about 15 litres of illicit liquor and arrested a person at Sherpur Khad area.

As per details, an information was received from the reliable source that few persons were doing the trade of selling illicit liquor near Sherpur khad and its adjoining area. Acting swiftly, the police team led by PSI Rahul Prashar In-Charge Police Post Nagri Parole during special checking in said area apprehended one person who was doing the trade of selling illicit liquor to people in order to gain illegitimate profit. On physical checking approximately 15 litres of illicit liquor was recovered from the possession of person namely Balbir Kumar, son of Rana, resident of Chak Drab Khan Kathua. He was arrested and FIR No. 272/2023 under section 48(A) Excise Act has been registered against him at Police Station Kathua.

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

■ STATE TIMES NEWS

JAMMU: A man crushed to death by a tractor over land dispute in Chak Malal area under Khour police station. In this incident, six people including two women have been booked by the police. The accused have absconded from the houses after the murder. A video has also been recovered by the police from the mobile phone of the deceased which he had made before his death. Based on that, the police is taking further action.

According to the information, Darshan Kumar, son of Gari Ram, resident of Dohaal is having a dispute with Sravath Singh regarding the land. The matter was in court and there was stay on the land.

On Wednesday morning, Swaran Singh reached the ground with a tractor accompanied by his parents, brother, sister-in-law and brother-in-law and started plowing the land.

After getting information about this, Darshan Singh came to the spot at around and forbade Swaran Singh to do so but he did not agree. On this Swarna Singh along with the rest of his family crushed Darshan under the tractor and fled from the spot.

When Darshan's family came to know about the incident, they reached the spot and immediately took him to hospital where he died during treatment. After getting information about the death, police reached the spot and took body into custody. When the police saw the mobile phone of the deceased, a video was found in it in which he was continuously asking to stop the work by making videos.