

Srinagar
Monday
June 22 | 2026
06 Muharram 1448 AH
Issue No: 149
Volume: 16
Pages: 08
Price: Rs 02/-

16TH YEAR OF PUBLICATION **HEADLINES TODAY**
Voice To The Voiceless

LUBAAB PUBLICATIONS
ONE STOP SOLUTION FOR ALL PRINTING NEEDS
NEWSPAPER | BOOKS | FLYERS | LOGO | FLEX | MAGAZINES
VISITING CARDS | BROCHURES | 3D BOARDS | COVER PAGES
WEDDING CARDS | CALLIGRAPHY | WALL PAINTINGS
9999038812
9419008414
Radio Colony,
Gund Hassibhat, Lawaipora Srinagar-190017

Yoga Unites Humanity, Leads the Way to a Healthier Future: LG Sinha



LG Leads International Day of Yoga Celebrations at Dal Lake, Calls Yoga a Global Movement for Health and Harmony

HT NEWS NETWORK

SRINAGAR, JUNE 21: Lieutenant Governor Manoj Sinha on Saturday led Jammu and Kashmir's celebrations of the 12th International Day of Yoga, joining thousands of participants in a mass yoga session on the banks of Srinagar's iconic Dal Lake and

emphasizing yoga's growing role as a force for global well-being and unity. Addressing the gathering, the Lieutenant Governor said yoga has evolved into a worldwide movement promoting health, harmony and inner balance, describing it as a practice that transcends

Turn on Page 2

YOGA; A Global Movement for Health, Harmony and Human Unity

From UN Resolution To Worldwide Celebrations, Modi's Initiative Transformed Ancient Indian Practice Into Significant Global Contribution

FROM EDITORIAL DESK

NEW DELHI, JUNE 21: Prime Minister Narendra Modi's initiative to secure international recognition for yoga has evolved into one of the most significant examples of cultural diplomacy in recent history, transforming an ancient Indian practice into a worldwide movement promoting health, well-being and social harmony.

The journey began in September 2014 when Modi, addressing the United Nations General Assembly in New York, urged the international community to adopt an International Day of Yoga. The proposal received overwhelming support, and on December 11 that year, the United Nations General Assembly adopted Resolution 69/131, declaring June 21 as the International Day of Yoga. The resolution was backed by 177 member states, one of the highest levels of support ever received by a UN initiative.

The adoption of the resolution marked a major diplomatic achievement for India and laid the foundation for a global campaign that has continued to expand over the past decade. Since the first International Day of Yoga was observed in 2015, millions of people across the world have participated in yoga events organised in public spaces, educational institutions, community centres and government establishments.



A defining feature of the initiative has been the Prime Minister's direct involvement in the annual celebrations. Every year since the observance was launched, Modi has led mass yoga sessions from different locations across the country, highlighting the importance of physical fitness, mental wellness and a balanced lifestyle.

The annual events have showcased India's cultural heritage while carrying a

Turn on Page 2

Dr Jitendra Highlights Youth Aspirational Surge In Small Towns Across India Including J&K

HT NEWS NETWORK / AGENCIES

JAMMU, JUN 21: Union Minister of State (Independent Charge) for Science & Technology and Earth Sciences, and Minister of State for PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today highlighted

Turn on Page 2

پیشہ

Preserve Your Ideas
We Bring Them to Life

LUBAAB PUBLICATIONS
ONE STOP SOLUTION FOR ALL PRINTING NEEDS

We Publish in
Arabic | Urdu | Hindi | Persian | Kashmiri

Contact us:
9697071471 | 9999038812
lubaabpublications01@gmail.com

FORGOTTEN MONEY IN YOUR OLD BANK ACCOUNTS?



RBI will help you recover what's yours.

Money in Inoperative Accounts (inactive for more than 2 years and up to 10 years) lying with your bank / Unclaimed Deposits (Beyond 10 years) is transferred to DEA Fund of RBI. You or your legal heirs can claim it anytime.



3 EASY STEPS TO CLAIM YOUR MONEY

1. Visit any branch of your bank, even if it's not your regular branch
2. Submit a form with KYC documents (Aadhaar, Passport, Voter ID, or Driving Licence)
3. Receive your money with interest, if any, after verification

To find your unclaimed deposits

Search your bank's website or check RBI's UDGM portal (<https://udgam.rbi.org.in>) covering 30 banks currently.



For more details, visit <https://rbikehtahai.rbi.org.in>
For feedback, write to rbikehtahai@rbi.org.in

Official WhatsApp No. 99990 41935



Issued in public interest by
भारतीय रिज़र्व बैंक
RESERVE BANK OF INDIA
www.rbi.org.in

Government making consistent efforts for empowering youth, creating opportunities for them: Sakeena Itoo

Felicitate outstanding achievers from diverse fields at SKICC

■ HT NEWS NETWORK

SRINAGAR, JUNE 21: Minister for Education, Social Welfare, Health and Medical Education, Sakeena Itoo today said that the Government is making consistent efforts for empowering youth and creating opportunities for them for inclusive growth and development across Jammu and Kashmir.

The Minister made these remarks while presiding an award function at SKICC here today, organised by New Light Education and Environmental Services Foundation (NEESF) and New Light Education and Environmental Society (NEES), to felicitate outstanding achievers for their exemplary contributions in the fields of education, social service, youth empowerment, and community development.

While addressing the gather-

ing, the Minister highlighted the transformative role of education in shaping society and appreciated the efforts of NEESF and NEES in recognizing excellence and promoting a culture of achievement among students, educators, professionals, and social workers. She emphasized the need for collective efforts towards empowering youth and creating opportunities for inclusive growth and development.

The Minister highlighted that since formation of this government, Education department has been given much focus and continuous measures are being taken to improve the quality of education in public educational institutions of J&K. "Facilities are being upgraded in all schools to improve learning environment and other outcomes", she stated.

The Minister further said that



under the leadership of Chief Minister Omar Abdullah education sector witnessed tremendous importance in the allocation of Budget.

Highlighting the importance of education for society, the Minister said that in our religion it is said that 'even if you have to go to China to get education, you should not stop, you should go'. The Minister also called upon all the stakeholders to consider it responsibility for making the education sector nest among all sectors, so that the children of Jammu and Kashmir can get the best quality education and can easily face all the competitions in the future.

The Minister also congratulated all award recipients and encouraged them to continue contributing positively to society through their dedication, innovation and service. Speaking on the occasion, the

organizers expressed their gratitude to the Minister for unwavering support for educational and social initiatives. They reaffirmed their commitment to advancing educational excellence, social welfare, and youth empowerment through meaningful programmes and partnerships.

The Minister also presented awards and certificates to different achievers from diverse fields.

Among others, the programme was attended by Director School Education Kashmir, prominent academicians, educationists, social activists, community leaders, representatives from various institutions, and a large number of students and youth participants. Several individuals and organizations were honoured for their outstanding accomplishments and contributions to society.

LG Highlights Governance, Economy, Environment Initiatives In First 100 Days In Ladakh

■ HT NEWS NETWORK

LEH, JUNE 21: Marking 100 days in office, Ladakh Lieutenant Governor (LG) Vinai Kumar Saxena on Sunday outlined a series of initiatives undertaken by his administration, asserting that the focus has been on localised, sustainable and scientific solutions to address the region's unique challenges, while ensuring inclusive development.

Saxena assumed charge as Ladakh's lieutenant governor on March 13, three days after demitting office as the Delhi LG on March 10.

"As I complete 100 days of service, as the Lt Governor of UT Ladakh, I reflect on this land's unparalleled beauty and uniqueness. Ladakh, with its tough geographical terrain and fragile ecosystem, demands simple yet scientific solutions to safeguard its sensitive environment, while ensuring sustainable progress," Saxena said in a post on X.

Highlighting the report card of his first 100 days, he said the efforts of his administration during the period were directed at

tackling environmental concerns, water scarcity, economic development and employment generation through sustainable interventions. "The challenges here are immense, but so are the opportunities to build a resilient, self-reliant and prosperous Ladakh," Saxena said.

Among the major governance initiatives highlighted were the notification of five new districts aimed at bringing administration closer to people, preparing Ladakh's first Master Plan through a memorandum of understanding with the School of Planning and Architecture and the launch of a model border village project at Chumur under the Vibrant Villages Programme.

The administration also cited reforms in labour welfare and public services, including a substantial increase in wages for daily-rated and part-time workers, the renewal of long-pending residential land-lease deeds and the removal of restrictions that had limited career-progression opportunities for government employees.

On the economic front, the



report highlighted tourism-sector reforms through a unified registration system, industry status for hotels and guesthouses with tariff and tax concessions, and the integration of 23 government services on a single Ease of Doing Business portal.

The LG also pointed to agree-

ments for the export of Ladakhi apricots and measures aimed at strengthening rural livelihoods through cooperative networks.

Environmental protection featured prominently in the report, with the administration citing the launch of the Indus River Green Corridor initiative, planta-

tion drives under the Trans-Himalayan Cold Desert Urban Forestry programme, the restoration of 800 acres of barren land, community-led cleanliness campaigns and promoting renewable energy sources, such as solar and geothermal power.

In the water sector, the LG highlighted Project Him Sarovar for glacier-fed ponds, the operationalisation of major irrigation canals, constructing eco-friendly rock check dams under the Sindhu Jal Samridhi Abhiyan, restoring traditional water bodies and the signing of an MoU with the Ministry of Jal Shakti to provide safe drinking water to every rural household through tap connection.

Expressing gratitude to Prime Minister Narendra Modi and Union Home Minister Amit Shah for entrusting him with the responsibility of leading the Union Territory, Saxena said the administration would continue working with the people of Ladakh to build a resilient, self-reliant and prosperous region through inclusive and sustainable growth. (AGENCIES)

Yoga India's gift to humanity, says LoP Sunil Sharma

■ HT NEWS NETWORK / AGENCIES

SRINAGAR, JUNE 21: Leader of Opposition in the Jammu and Kashmir Assembly, Sunil Sharma, on Sunday said yoga is India's gift to humanity and has emerged as a global movement after Prime Minister Narendra Modi proposed the observance of International Yoga Day at the United Nations.

Addressing a Yoga Day event at the Municipal Park in Srinagar, Sharma said yoga helps individuals lead healthier lives and contributes to the well-being of society and the nation.

"Yoga is a mantra given by India to humanity through which a person can improve his life and help build a healthy society and country," he said.

Sharma said the proposal moved by Prime Minister Modi at the United Nations received widespread international support and was accepted by countries across the world.

"The acceptance of Yoga Day by nations around the globe reflects India's strength and its contribution to the world," he said.

Extending greetings to the people of Jammu and Kashmir on the occasion, Sharma urged citizens to make yoga a part of their daily routine.

"Everyone should practise yoga and work towards making their lives and surroundings healthy," he said.

The BJP leader said changing lifestyles, food habits and other modern-day challenges have increased the need for practices that promote physical and mental well-being.

"If there is one source of hope that can help people maintain a healthy life amid today's lifestyle challenges, it is yoga," he said.

Sharma also congratulated Prime Minister Modi for popularising yoga globally and making it a part of everyday life for people across countries.

CONTINUE FROM FRONT PAGE.....

Yoga Unites.....

geographical and cultural boundaries. "Yoga unites humanity and guides the world towards a healthier and happier future," he said, underscoring the relevance of this year's International Day of Yoga theme.

Highlighting the importance of holistic wellness, LG Sinha said true health lies in maintaining harmony between the body, mind and emotions. He noted that while modern lifestyles are increasingly dominated by stress and digital distractions, yoga encourages self-reflection and mental clarity.

Calling yoga a matter of national pride, he said the ancient Indian tradition has become a cornerstone of global health and is widely recognized for its benefits in improving physical fitness, emotional stability and mental resilience.

The Lieutenant Governor described yoga as more than a form of exercise, saying it is a path to self-discovery that strengthens the connection between mind, body and nature. He added that regular practice enhances concentration, memory and emotional balance while helping individuals remain focused on the present moment.

Urging people to make yoga a part of their daily routine, LG Sinha said lasting health can only be achieved through consistent discipline and self-care. He likened the human mind and body to a plant that requires daily nurturing to thrive.

He also credited Prime Minister Narendra Modi for elevating yoga to the global stage and said India's ancient knowledge systems are gaining increasing recognition worldwide as effective tools for balanced living and mental well-being.

The Lieutenant Governor praised the efforts

of the AYUSH Department in expanding access to yoga across Jammu and Kashmir and highlighted its contribution to the "Drug-Free Jammu and Kashmir" campaign by supporting both prevention and rehabilitation initiatives.

The event also featured a live telecast of Prime Minister Narendra Modi's address on the occasion of International Day of Yoga.

Several dignitaries, senior government officials, youth representatives and citizens from different sections of society participated in the celebrations.

YOGA; A.....

message that has found resonance far beyond national borders. Governments, health organisations and educational institutions in numerous countries have incorporated yoga into wellness programmes, recognising its potential benefits for physical and mental health.

Observers describe the worldwide acceptance of yoga as one of the strongest manifestations of India's soft power, helping to strengthen the country's global cultural presence. What was once considered a traditional practice associated primarily with India has become a mainstream component of wellness and preventive healthcare in many parts of the world.

The initiative has gained greater relevance in recent years as societies grapple with stress-related disorders, sedentary lifestyles and growing mental health concerns. Advocates argue that yoga provides an accessible and holistic approach to improving overall well-being, contributing to its growing popularity across diverse communities.

Over the years, International Day of Yoga celebrations have attracted participation from world leaders, diplomats, armed forces per-

sonnel, students and citizens from different backgrounds, reflecting the universal appeal of the practice. Large-scale yoga sessions have become a regular feature of the observance, reinforcing its status as one of the most widely celebrated international events linked to health and wellness.

As the world marks another International Day of Yoga, the initiative stands as a lasting testament to India's ability to promote its cultural heritage on the global stage. More than a decade after Modi first proposed the idea at the United Nations, yoga continues to unite people across continents, underscoring its emergence as a global movement dedicated to health, harmony and human unity.

Dr Jitendra.....

youth aspirational surge in small towns across India including Jammu & Kashmir and attributed it largely to the transformative role of technology and digital connectivity in democratizing opportunities.

Dr Jitendra Singh stated that Tier-2 and Tier-3 cities have emerged as significant contributors to the country's startup ecosystem and civil services success stories. He said, the majority of StartUps and Civil Services toppers now are from small towns, Tier 2 and Tier 3 cities.

A similar trend is being witnessed in Jammu & Kashmir as well where, for example Poonch produces 11th All India topper in Civil Services Exam, while successful Agri StartUps and entrepreneurs are emerging from districts like Doda and Budgam, said Dr Jitendra Singh.

The Minister was addressing an award ceremony organised here to felicitate toppers of Classes 10 and 12 from various schools across the Jammu region. On the occasion, Dr Jitendra Singh presented awards to the

toppers of Classes 10 and 12 from schools across the Jammu region and congratulated them on their achievements.

Addressing the gathering, the Union Minister said that out of around 2.30 lakh startups in the country, nearly 50 per cent are based in Tier-2 and Tier-3 cities. This reflects the growing entrepreneurial spirit beyond metropolitan centres. He further noted that over 35 to 40 per cent of StartUps today are women-led, underscoring the increasing participation of women in India's innovation-driven growth.

Dr Jitendra Singh observed that a similar trend is visible in the field of civil services, where many of the country's top-performing candidates are now emerging from smaller towns and districts. He said this marks a significant departure from the earlier pattern when metropolitan cities were traditionally regarded as the primary hubs of elite educational and professional opportunities.

Emphasizing the impact of technology, Dr Jitendra Singh said that the widespread availability of digital tools and internet connectivity has created a level playing field for aspiring youth across the country. With more than 100 crore smartphone users in India, students possessing focus, aptitude and determination now have access to affordable and accessible learning resources as well as employment opportunities, regardless of their geographical location.

Citing inspiring examples from Jammu and Kashmir, Dr Jitendra Singh referred to the candidate from Poonch district who secured the 11th rank in the All India Civil Services Examination. He also noted that successful civil services candidates are increasingly emerging from smaller towns and districts such as Rajouri and Kishtwar, demonstrating the expanding reach of quality educational

resources and competitive examination preparation.

Dr Jitendra Singh said that these developments reflect a broader socio-economic transformation in the country, where talent and excellence are no longer confined to metropolitan centres but are flourishing across India's smaller towns and districts.

The Union Minister said the last twelve years of Modi Government have witnessed a democratization of opportunities across the country, ensuring that success is no longer limited by geography, social background or access to privilege. He said that young people today enjoy greater accessibility to education, technology, career opportunities and resources than ever before.

Highlighting the transformational impact of the National Education Policy (NEP) 2020, Dr Jitendra Singh said the policy has empowered students by giving them the flexibility to choose subjects according to their interests and aptitude. He observed that India is witnessing an aspirational surge, particularly among the younger generation. He said that increasing numbers of students from small towns and rural areas are striving for excellence and achieving success in competitive fields.

Dr Jitendra Singh also referred to initiatives such as the Vigyan Jyoti mentorship programme, which encourages young school girls to pursue careers in innovation and technology and provides them with guidance and support to realise their potential. Calling upon students to dream big and contribute to nation-building, Dr Jitendra Singh expressed confidence that India's youth would emerge as the principal architects of Viksit Bharat in 2047. He said the aspirations, talent and energy of the younger generation will be the driving force behind India's emergence as a developed nation.

Satish Sharma attends Yoga Day celebrations; calls 'Yoga' a path to healthy, balanced, progressive society

HT NEWS NETWORK

SRINAGAR, JUNE 21: Minister for Food, Civil Supplies & Consumer Affairs, Transport, Information Technology, Science & Technology and Youth Services & Sports, Satish Sharma, today participated in the International Yoga Day celebrations, joining hundreds of yoga enthusiasts, students, officials and citizens in observing the global event dedicated to health, wellness and harmony.

The Minister actively participated in the yoga session and extended greetings to the people on the occasion, emphasizing that yoga is an invaluable gift of India's ancient heritage that promotes physical fitness, mental well-being

and spiritual harmony.

Addressing the gathering, Satish Sharma said that yoga has emerged as a global movement for healthy living, transcending boundaries of age, culture and nationality. He said that regular practice of yoga helps reduce stress, enhances physical fitness, improves concentration and instils discipline, making it an effective tool for leading a balanced and productive life.

The Minister highlighted that the present government is laying an enhanced emphasis on promoting healthy lifestyle among the youth through sports, fitness and wellness initiatives. He said that yoga complements sports by improving flexibility, endurance, focus and overall



physical conditioning, making it an integral part of holistic development.

Calling upon the younger generation to adopt yoga as a daily habit, Satish Sharma said that investing a few minutes every day in yoga can significantly improve physical and mental health while helping individuals cope with the challenges of modern life.

The Minister urged the educational institutions, sports bodies and community organizations to continue organizing yoga sessions throughout the year so that its benefits reach every section of society.

Senior officers of the Youth Services and Sports Department, coaches, sports persons and officials were present during the programme.

12th International Day of Yoga celebrated with enthusiasm across Anantnag

HT NEWS NETWORK

ANANTNAG, JUNE 21: With the theme 'Yoga for Healthy Ageing', the 12th International Day of Yoga was celebrated with great enthusiasm and widespread participation today across district Anantnag.

The main district level function was organized by the department of AYUSH, in collaboration with the district administration, at Sports Stadium, Anantnag.

Led by Deputy Commissioner, Dr. Bilal Mohiuddin Bhat, the mega event was attended by DIG SKR, Javid Iqbal Matoo, SSP, Amod Ashok Nagpure, ADC, Vikas Ahlawat, ACR, Tariq Ahmad Malik,



CMO, DySP HQ, DSWO, DAO, DEPO, DYSSO and other district/sectoral officers.

The celebrations witnessed enthusiastic participation from students, civil society members, local residents, volunteers besides officials from various departments, including Health, AYUSH, Youth Services & Sports, Education, NCC, and several degree colleges.

The event marked a huge turnout and a vibrant display of unity, discipline, and wellness through yoga practices. Participants collectively performed a series of asanas and breathing exercises, underscoring the significance of yoga in promoting physical fitness, mental clarity, and emotional stability. They also reaffirmed their commitment towards a fit, healthy and drug free society.

Notably, three major events were held at Pahalgam, Kokernag and Verinag while as Yoga sessions were also organised at multiple locations of the district, with active involvement from officials, educational institutions, volunteers and members of the general public.

The observance of the day with overwhelming and 'whole of society' participation reinforced the need to incorporate yoga into daily routines for better health, inner peace, and overall well-being.

DC Ganderbal visits Markazi Imambara Dab; takes spot inspection of Muharram arrangements

Interacts with local citizens and prominent members of Shia organisations

HT NEWS NETWORK

GANDERBAL, JUNE 20: In view of the holy month of Muharram-ul-Haram, Deputy Commissioner (DC) Ganderbal, Jatin Kishore today visited Markazi Imambara in Dab, Wakura to take spot inspection of facilities being extended to the locals and take review of issues for their timely redressal.

The DC held an extensive interaction with the local residents to take feedback on civic amenities, assess requirements and address issues of public importance in the area.

On the occasion, Imam Sahib and members of the local community appreciated the efforts of the District Administration in improving public facilities and highlighted a few issues requiring immediate attention.

They highlighted issues pertaining to installation of street lights in the area to improve public convenience and safety,



adequate availability of essential medicines, smooth drinking water and electricity supply, filling of potholes on link roads and PMGSY roads in the area, adequate supply of cooking gas among others. Giving patient hearing to the issues, the DC directed the concerned officers to identify suitable locations and ensure installation of street lights as per feasibility.

He instructed the concerned Block Medical Officer to ensure sufficient stock of medicines are maintained and made available as per requirements.

On issues pertaining to drinking water and electricity supply, the DC directed the concerned officers of PHE and PDD to examine the matter on priority and ensure provision of the required services. Similarly, Rural

Development Department was directed to take necessary measures to improve cleanliness and undertake desilting of drains wherever required.

Regarding the condition of link roads and PMGSY roads in the area, the DC directed the concerned officers to visit the sites and ensure immediate filling of potholes and execution of necessary repair works for

smooth public movement.

Food and Civil Supplies department was directed to ensure uninterrupted availability of essential commodities to the residents, while Forest department was directed to make arrangements for providing the adequate quantity of firewood as per requirement.

To strengthen emergency response mechanisms, it was informed that fire service facilities shall be made available during the processions to cater to the area in case of any exigency. The DC assured the public that all genuine demands would be addressed in a phased manner and reiterated the commitment of the District Administration towards ensuring improved civic amenities and accelerating developmental activities.

Officers of district administration and line departments, besides local representatives and prominent members of the area were present on the occasion.

International Yoga Day celebrated across Kupwara district with Great Fervour and enthusiasm

HT NEWS NETWORK

KUPWARA, JUNE 21: 12th International Day of Yoga was celebrated today across district Kupwara with great enthusiasm and fervour. Events were held across multiple venues in the district, reflecting the growing awareness and commitment to a healthy lifestyle through yoga.

The main event was organized at Galizaoo Stadium Kupwara, where hundreds of participants, including school children, government officials, health workers, security personnel, and yoga enthusiasts, performed

common yoga protocol as guided by trained instructors. The session was led by expert yoga trainers, who emphasized the physical, mental, and emotional benefits of regular yoga practice.

Deputy Commissioner Kupwara, Shrikant Suse was the chief guest on the occasion. The DC along with SSP Kupwara, Syed Ali Tahir Gilani; ADC Kupwara, Gulzar Ahmad; ACR, CPO and other District and Sectoral Officers participated in the main Yoga event.

A major Yoga event was also witnessed at Town Hall Handwara in which hundreds of people including

officers, students and locals took part actively in the event. ADC Handwara, Javed Naseem Masoodi presided over the event.

Similar yoga sessions were held simultaneously at tehsil headquarters, educational institutions, and health centers across the district, ensuring widespread participation. Awareness campaigns, poster exhibitions, and motivational talks were also part of the celebrations.

The International Day of Yoga, celebrated annually on June 21st, aims to raise global awareness about the many benefits of practicing yoga.

International Day of Yoga celebrated in District Ganderbal with great zeal & enthusiasm

HT NEWS NETWORK

GANDERBAL, JUNE 21: International Day of Yoga was celebrated in District Ganderbal with great enthusiasm and zeal and with a spirit of shared commitment towards healthy living.

The main district-level programme was held at the Government College of Physical Education (GCoPE), Gadoora and presided over by Deputy Commissioner (DC) Ganderbal, Jatin Kishore,

along with Senior Superintendent of Police (SSP) Ganderbal, Sudhanshu Dhama, Additional District Development Commissioner, Manzoor Ahmad Bhat, district offi-

cers, students, youth and members of the general public.

The programme commenced with the live streaming of the Prime Minister's address, followed by a demonstration of the Common Yoga Protocol conducted by trained instructors. Participants actively took part in various yoga asanas and breathing exercises aimed at promoting physical fitness, mental wellness and inner balance.

Speaking on the occasion, the DC highlighted the growing relevance of Yoga in today's fast-paced world and stressed the importance of adopting it as a regu-

lar part of daily life. He said Yoga offers a simple yet effective path towards better health, reduced stress and overall well-being, benefiting people of all age groups.

Yoga instructors and experts present on the occasion sensitized participants about the numerous benefits of Yoga, describing it as a priceless gift of India's ancient wisdom that promotes harmony between body and mind. They emphasized its role in improving flexibility, strength, immunity and emotional well-being.

The event witnessed enthusiastic participation from students of various educational in-

stitutions, youth, officials and citizens, reflecting the district's growing awareness about the importance of healthy lifestyle practices.

Besides the main function at GCoPE Gadoora, similar Yoga sessions were organised at Manasbal and Sonmarg by respective development authorities, besides across all Government Offices, Colleges, Schools, and Educational Institutions, Panchayat Ghars and Ayushman Arogya Mandirs / AYUSH Health & Wellness Centres besides other public institutions, where a large number of participants joined the celebrations.

12th International Day of Yoga celebrated across Kulgam

HT NEWS NETWORK

KULGAM, JUNE 21: With the theme "Yoga for Healthy Ageing", the 12th International Day of Yoga was celebrated today across district Kulgam.

The main district-level function was organized by the Department of AYUSH, in collaboration with the District Administration, at Mini-Secre-



tariat Kulgam.

Deputy Commissioner Shahzad Alam, SSP Kulgam, Anayat Ali Choudhary, ADC, ACR, other district and sectoral officers, students, and local citizens participated in the event.

The celebrations witnessed enthusiastic participation from students, civil society members, local residents, volunteers, and officials from various departments.

The event marked a huge turnout and a vibrant display of unity, discipline, and wellness through yoga practices.

Participants collectively performed a series of asanas and breathing exercises promoting physical fitness, mental clarity.

Yoga sessions were also held at various locations across the district with active involvement from officials, educational institutions, volunteers, and members of the general public.

The Art of Effective Parenting

■ SURINDERPAL SINGH

Parenting is one of the most valuable gifts and responsibilities entrusted to human beings. It extends far beyond providing food, clothing, shelter and education. Effective parenting involves nurturing a child's emotional, psychological, social and intellectual growth. Parents serve as a child's first teachers, role models and guides, and the experiences children receive within the family profoundly shape their personality, values, beliefs, behaviour and future relationships.

In today's rapidly changing world, children are exposed to numerous influences through technology, social media, peer interactions and academic pressures. As a result, effective parenting has become more important than ever. The quality of parenting often determines whether a child grows into a confident, responsible, resilient and emotionally healthy individual or struggles with insecurity, behavioural challenges and emotional difficulties.

Effective parenting is a balanced approach that combines love, guidance, discipline, support and open communication. It requires understanding a child's needs while helping them develop self-discipline, empathy, responsibility and independence. Psychologists emphasize that effective parenting is not about being perfect. Rather, it is about being emotionally available, responsive and consistent. Children do not need flawless parents; they need parents who genuinely care, listen, guide and support them through life's challenges. Effective parents establish healthy boundaries while maintaining warmth and affection, encouraging growth without excessive control and providing freedom without neglect.

Scientific research has shown that childhood experiences play a crucial role in brain development. Positive interactions such as affection, encouragement and emotional support strengthen the neural connections responsible for learning, emotional regulation and social skills. When children grow up in a supportive and nurturing environment, they develop a strong sense of security that forms the foundation of self-confidence, resilience and healthy relationships. On the other hand, chronic criticism, neglect, harsh punishment or emotional unavailability can create stress that negatively affects brain development and emotional well-being, often leading to anxiety, low self-esteem, aggression and difficulty managing emotions. Parenting, therefore, is not merely a social responsibility but a powerful force that shapes the developing mind.

One of the most important roles of parents is helping children understand and regulate their emotions. Children are not born knowing how to manage anger, sadness, fear, disappointment or frustration. They learn these skills by observing their parents. When parents respond calmly, listen attentively and validate their children's feelings, children gradually develop healthy emotional responses. A child who feels emotionally understood develops emotional intelligence, which enables them to recognize, understand and manage emotions effectively. Emotional intelligence is often considered a stronger predictor of life success than academic intelligence alone. Children who receive emotional support are more likely to develop self-confidence, build healthy relationships, handle stress effectively, show empathy and demonstrate resilience during adversity.

The family environment acts as the first laboratory of personality development. Children absorb behaviours, attitudes and values through observation. Parents who demonstrate honesty, kindness, patience, responsibility and respect naturally pass these qualities on to their children. Conversely, children exposed to conflict, dishonesty, aggression or disrespect may imitate those behaviours. Psychological theories consistently suggest that children learn more from what parents do than from what they say, making parental behaviour a blueprint for a child's future character.

A strong emotional bond between parent and child is equally important. Psychologists describe this bond as attachment, which plays a vital role in healthy psychological development. When parents consistently provide love, comfort and protection, children develop secure attachment. Such children tend to be more confident, emotionally stable and socially competent. They trust others more easily, explore the world with confidence, adapt better to change, develop stronger friendships and experience lower levels of anxiety. Simple acts such as listening, comforting, hugging and spending quality time together significantly strengthen this bond.

The author is a Faculty, Science Department Sri Amritsar Sahib, Punjab

Fathers as 'First Superhero' Add Wings to Our Dream



■ DR. RATAN BHATTACHARJEE

In literature, the figure of the father stands as a symbol of responsibility, affection, and moral strength. In Bengali stories, from Rabindranath Tagore to Sarat Chandra Chattopadhyay and contemporary writers, the father often appears as a quiet yet powerful presence. Sometimes he is strict, sometimes gentle, but always deeply devoted to the well-being of his children. Tagore's stories portray fathers grounded in ethics and duty, while Sarat Chandra often depicts fathers as embodiments of sacrifice. In Bengali fiction, the father may not always express his emotions openly, yet his love remains profound and enduring. In English literature, the portrayal of fathers is even more diverse. Atticus Finch from Harper Lee's *To Kill a Mockingbird* stands as a timeless example of justice, courage, and compassion. He is not only a father to his children but also a moral guide to society. In modern narratives like *Finding Nemo* or *The Pursuit of Happiness*, fathers emerge as loving, determined figures who fight against all odds to secure a better future for their children. Across both Bengali and English storytelling traditions, the father remains an invisible pillar—shaping dreams, offering protection, and instilling courage. Imperfect yet full of love, he becomes a timeless hero in the world of fiction.

In the world of cinema, the portrayal of fathers has always carried a special emotional weight. On the big screen, we find countless fathers whose love, sacrifice, and determination have left a lasting impression on audiences. In Bollywood, Yashvardhan Raichand from *Kabhi Khushi Kabhie Gham* appears strict, yet beneath that stern exterior lies a deep and unconditional love for his children. His character reminds us that a father's silent affection often hides behind firmness. On the other hand, Ram Shankar Nikumbh (Aamir Khan) from *Taare Zameen Par* represents the ideal teacher-father figure, showing that true parenthood lies in understanding a child's unique abilities and guiding them in the right direction. Similarly, Mahavir Singh Phogat in *Dangal* demonstrates how essential a father's determination can be in fulfilling dreams. His rigorous training transforms his daughters into world champions. Hollywood also offers powerful father figures. Marlin from *Finding Nemo* crosses the vast ocean to protect his child, while Chris Gardner from *The Pursuit of Happiness* shows how far a father can go to secure his child's future. These cinematic fathers mirror real-life fathers—imperfect yet full of love, sacrifice, and unwavering belief. They illuminate their children's lives with their strength and devotion.

Celebration of Father's Day is mostly a Western culture and it is more so after the story of Parasuram who killed his mother for his love of the father. In some versions, he even kills his own mother because his father asks him to and because to take his test obeisance towards his father. How many of us can accept this devotion to mother. In the Ramayana there are other instances of obedience to father which cause a lot of suffering to women and the state. Rama obeyed his father King Dasharath and was ready to go to forest with his brother and wife depriving them of the palatial comforts. King Dasharath had three wives and so his fatherhood is little connected to ethics and family values. His weakness of character and partial behaviour made the people of Ayodhya suffer a lot in the absence of Rama and Sita. So there are fathers who are not ideal icons. Even beyond the myths, history too has its share of bad dads. Consider Russian Czar Ivan the Terrible who beat his pregnant daughter until she miscarried. When his son confronted him about it, Ivan struck the son's head with a staff killing him.

But still more stories are there of doting fathers. Markus Zusak in *The Book Thief* wrote, "Sometimes I think my papa is an accordion. When he looks at me and smiles and breathes, I hear the notes." The first ruler of the Holy Roman Empire Charlemagne is known as the 'Father of Europe'. Charlemagne was about to be killed by his illegitimate son Pepin the Hunchback in a plot. But even after the exposure of the plot, Charlemagne showed some fatherly mercy on Hunchback. Charlemagne also doted on his daughters keeping them close to the royal court and educating them. Thomas More the author of *Utopia* was a good dad and provided his three daughters the same classical education as his son in those days when female education was unusual. His life in the Tower reminds us of Shah Jahan the old father in the prison whom Jahanara helped secretly. US President Theodore Roosevelt in his



autobiography called his father 'the best man I ever knew'. The naturalist and father of evolutionary theory had ten children and he doted on his children who remembered him as 'loving storyteller and a motivator. Even in our times we have a father like Obama who wrote about his daughters as a young father "When I was a young man, I thought life was all about me, but then the two of you (daughters) came into my world with all your curiosity and mischief and those smiles never fail to fill my heart and light up my day". May be on the Father's Day this may serve as a prologue to any write up.

In 1909 Father's Day was first proposed to complement Mother's Day celebrations. Fathers are our first love, the last hero of our life, who teach strength in silence and since the value of a loving father has no price. Father's Day was founded in USA, at the Spokane in Washington YMCA, in 1910 by Sonora Smart Dodd whose father was Civil War veteran William Jackson Smart, a single parent from Arkansas who raised six children. Sonora was hoping that Father's Day celebrations would be held on June 5, which was her father's birthday but the Church's time constraints ended up pushing this day and the celebration was deferred to the third Sunday of June. That year, Father's Day was celebrated on June 19, 1910. Sonora heard about how Anna Jarvis had founded Mother's Day in honour of her mother and told the pastor of her Church that there should be something similar to celebrate fathers too.

The third Sunday of June is celebrated as Father's Day in the USA and India like other countries including Portugal, Spain, Croatia, Italy celebrate Father's Day on March 19. It is commemorated in most parts of the world on the third Sunday of June as Father's Day. On this day, children understand the importance of the role of a father in one's life and acknowledge the contribution of fathers to their own families and society at large. In some cultures, multiple fathers or no fathers at all are the norm. There are adoptive and biological dads and the definitions are sometimes arbitrary. Some are social caretakers like godfathers mentors. Foster parents are now a part of many families. As we celebrate Father's Day we might consider how cultural con-

structions demonstrate the arbitrariness of how we define a father. Heterosexual monogamy is the most common and then a definition of father is easy. But there are also same sex marriage, non-marital unions, polyamory, polygyny and polyandry. Genetic testing is now changing our understanding of who fathers are.

Variety of human mating practices helps explain some of the more baroque notions of biological paternity found around the world. Doctrine of single paternity is easy to understand in all cultures. But this needs a single act of sex by one man that results in a baby. According to Charles Wagley, if a mother continues sex relation with many during her pregnancy it is difficult to say that the baby has one father, because all who had sex with the pregnant woman are to be considered as biological fathers of the child. The test tube baby concept made the concept of father a complete confusion. Our society is still not much used to test tube babies simply because of the identity of the real father. People in Na society do not care who their own biological fathers are and it is the matrilineal men who fill the role of adult male supervision, caretaking and instruction of children. The Na know that a man is required for a woman to make a baby but they believe that babies are already in women like seeds in the ground and are merely watered by men. They say, 'If the rain does not fall from the sky, the grass will not grow on the ground.' It means no particular man is biologically needed for the creation of a child.

What is more important is not the definition of father. The very word 'father' becomes significant when Tagore addresses God as Father to hold his head high or a Christian prays to God as Father. 'I believe' said Umberto Eco, in Foucault's *Pendulum*, 'that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by little scraps of wisdom.'

International Tagore Awardee Dr Ratan Bhattacharjee is a former Affiliate Faculty of Virginia Commonwealth University USA & multilingual poet cum columnist prof.ratanbhattacharjee@gmail.com

HT GOSSIP

The Boy in the First Row



■ USUF MIR

After the Fajr prayer (dawn prayer), the worshippers quietly made their way home. They stepped out, one by one, into the cool morning air. Sahil remained seated in a quiet corner of the mosque, as he often did these days.

Over the past few months, prayer had given a new rhythm to his life. After Fajr, he no longer rushed back home. Sometimes he recited the Qur'an. At other times, he sat in silent remembrance, enjoying the peace and tranquility that settled over his heart in those early hours of devotion.

It was during those mornings that he began noticing a young boy who stood in the first row for Fajr prayers every single day without fail.

The child could not have been more than ten years old. What caught Sahil's attention was not his age but his consistency. Day after day, the boy stood in the first row.

At first, Sahil paid little attention. But as the days passed, his interest in the boy deepened. Many elderly men occasionally arrived late for prayer, yet this young boy was always there before everyone else.

Who was he?
One morning, after the prayer, Sahil approached him.

"What is your name, son?"
"Dawood."
"And where do you study?"
Sahil expected to hear the name of a

The boy did not study in a religious seminary. His family did not come from the background Sahil had imagined. Yet there was something different about him—something that set him apart. One afternoon, while passing through the neighbourhood, Sahil happened to see Dawood's home. It was a small single-storey house where two brothers and their families lived under the same roof. The house was modest, but it was clean and orderly. There was little comfort, yet there was dignity.

well-known religious seminary. But to his surprise, the boy replied simply, "I study at the government school in our village."

"Not in a madrasa?"
Dawood shook his head.
"No."
Sahil was surprised. His first assumption had been wrong.

A few days later, during the noon prayer, he noticed the boy again. Outside the mosque, near the veranda, a bucket, a jug, and several glasses had been arranged neatly. Dawood was serving a sweet drink to the worshippers. He greeted each person politely, handed them a glass, and quietly returned to his place.

There was no sign of pride on his face. No desire for praise. He seemed genuinely happy to serve.

Sahil watched him for a long time. The boy's maturity was unusual for someone so young, and with each passing day, Sahil's curiosity and wonder deepened. A few days later, he asked another question.
"Is your mother from Zarla village?"

The people of Zarla were known for their simplicity and deeply traditional way of life. Perhaps, Sahil thought, the secret lay there.

But Dawood smiled and replied, "No. My mother is from Shagoobagh." Once again, Sahil's assumption proved wrong.

The boy did not study in a religious seminary. His family did not come from the background Sahil had imagined. Yet there was something different about him—something that set him apart.

One afternoon, while passing through the neighbourhood, Sahil happened to see Dawood's home. It was a small single-storey house where two brothers and their families lived under the same roof. The house was modest, but it was clean and orderly. There was little comfort, yet there was dignity.

From the villagers, Sahil learned that Dawood's father earned barely enough to support the family. Some months he earned about ten thousand rupees. In other months, he earned between twelve and fifteen thousand.

People also spoke of him as an ordinary

man with many shortcomings. He was not known for his attachment to the mosque, nor for setting an example for others.

That revelation only deepened Sahil's curiosity and wonder.

If the boy had belonged to a wealthy family, if his father had been a respected religious figure, or if he had studied at a famous madrasa, everything would have made sense.

But none of it did.
So what was the secret?
The answer came one morning after prayer.

"Dawood," Sahil asked gently, "who wakes you up for Fajr every day?"
A smile appeared on the boy's face.
"My mother."
"Every day?"

"Every day. She wakes up before me. Sometimes she prepares everything before I get up. Then she reminds me not to be late for prayer."

For a moment, Sahil said nothing. The answer was simple. Yet it explained everything. The first row.

The discipline.
The humility.
The kindness.
The desire to serve.
All of it pointed to someone standing quietly behind the scenes.

His mother.
Not a school.
Not a madrasa.
Not wealth.
Not status.
A mother.

A mother who had chosen to build character rather than simply raise a child.

Days later, Sahil watched Dawood once again standing near the mosque entrance, carefully arranging the worshippers' shoes.

As he looked at the boy, images of that small house returned to his mind—the limited income, the simple life, and the daily struggles.

And in the middle of it all was a woman quietly planting seeds of goodness in her son's heart.

At that moment, Sahil felt a deep respect for a woman he had never even met.

It seemed to him that some of the finest flowers do not grow in perfect gardens.

They bloom in difficult places. They push through hard soil. They survive among thorns.

And yet, they blossom.
As he stepped out of the mosque and looked toward the brightening sky, a gentle smile crossed his face.

He finally understood.
Sometimes the most beautiful roses grow where no one expects them to.

(This story is about a mother's silent nurturing and the values that often emerge from ordinary homes to create extraordinary human beings.)

Email: yusufmir555@gmail.com

Great Powers Don't Lose Wars They Lose Interest



■ MOOL RAJ

The U.S.-Iran confrontation has shifted from "maximum pressure" to hurried diplomacy. What was once framed as a struggle to "ensure Iran never acquires a nuclear weapon" is now recast as "diplomacy is the only path forward." This is not the story of battlefield defeat, but of waning interest. Domestic fatigue, strained alliances, reputational costs, financial burden and a pivot toward Asia have eroded Washington's will to sustain confrontation. As one analyst observed, "Superpowers bleed not from defeat, but from disinterest." The U.S.-Iran case exemplifies a larger truth: big powers rarely lose wars they simply lose the appetite to fight them.

History shows that great powers rarely lose wars on the battlefield; they lose them when the will to continue evaporates. The United States in Vietnam possessed overwhelming firepower, yet it withdrew under the weight of public protest and political exhaustion. As one veteran remarked, "We didn't lose the war; we lost the will to fight it."

The Soviet Union's retreat from Afghanistan followed the same pattern. Despite holding territory, Moscow faced mounting costs and collapsing domestic support. The empire did not fall to Afghan rifles, but to its own fatigue.

More recently, America's exit from Afghanistan in 2021 echoed this truth. After two decades, Washington chose disengagement, not because it was defeated, but because interest had drained away.

France in Algeria and Britain across their colonial empire likewise illustrate the same

cycle: withdrawal driven not by defeat, but by disinterest. As one historian observed, "Empires end not with surrender, but with silence."

These precedents frame the U.S.-Iran case: a confrontation defined less by combat than by the erosion of interest.

When Washington entered its confrontation with Tehran, the objectives were clear and uncompromising: prevent Iran from acquiring nuclear weapons, protect allies in the region, and curtail Iran's influence across the Middle East. The State Department declared, "Our goal is to ensure Iran never acquires a nuclear weapon." Pentagon briefings reinforced this by pledging to defend Israel, Gulf partners, and secure the Strait of Hormuz against Iranian aggression.

The emerging deal, however, tells a different story. Reports outline provisions for a ceasefire, phased sanctions relief, reopening of trade routes, and renewed nuclear negotiations. President Trump himself framed it as "We ended the war and made a great deal," while Iranian officials celebrated that "a final, agreed upon text of the peace deal has been reached." Instead of dismantling Iran's nuclear program, the agreement postpones confrontation through conditional talks. Instead of isolating Tehran, Washington has agreed to language respecting Iran's sovereignty and non-interference in its domestic affairs.

This outcome stands in stark contrast to the original U.S. objectives. What began as a campaign of maximum pressure has ended as managed disengagement. The red lines once drawn by Washington have been redrawn into negotiation points. As Ali Vaez, Iran Project Director at the International Crisis Group, told Reuters, "What the U.S. is doing now is not about defeating Iran, it's about finding a way out that looks like diplomacy." His observation captures the essence: the deal reads less like victory, more like retreat dressed in diplomacy.

The United States' decision to conclude its confrontation with Iran is not the product of military defeat, but of diminishing interest. Ending the war is less about concessions to Tehran than about Washington's own exhaustion and recalibration of priorities.

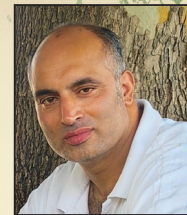
After decades of costly Middle Eastern entanglements, the American public has grown weary. Polls show foreign policy priorities shifting toward economic stability and competition with China. As Senator Chris Murphy noted, "The American people are tired of endless wars that drain our treasure and our trust." Ending the war reflects a political calculation: disengagement is more popular than escalation.

With biennial congressional elections approaching, the administration faces mounting pressure to show restraint abroad. Lawmakers are wary of defending a costly, unpopular conflict during campaigns. Strategists point out that, "No candidate wants to explain why America is still bleeding resources in a war with no clear end." Ending the war allows the White House to present disengagement as pragmatism rather than weakness.

The war has imposed significant economic costs. Maintaining deployments, sanctions enforcement, and naval patrols in the Gulf drains billions annually. Analysts at the Brookings Institution estimate that U.S. military operations in the region have cost trillions over two decades. As former Defense Secretary Robert Gates once warned, "Any future defense secretary who advises the president to again send a big American land army into Asia or the Middle East should have his head examined." The financial calculus now favors withdrawal over indefinite expenditure.

The confrontation was originally framed as a show of strength to reassure allies in the Gulf and Israel.

THE AUTHOR IS A REGULAR COLUMNIST AND FREELANCE WRITER



■ HILAL AHMAD MIR (MIR HILAL)

Death of Hussain is not death of Hussain.
Death of Hussain is death of yours, Yazeed.
Hussain buried you with his holy death.
You got death for good with his death, Yazeed.

HUSSAIN: THE TIMELESS HERO

Yazeed wanders in death's marooned wasteland,
Lost in the gloom of Abaddon's abyss.
His black deeds stain his life day in, day out,
And reap disgrace, abasement, malison.
No trace of his grave is found anywhere;
The world remembers him with curse and scorn.
What horrid crimes he wrought to seize the throne!
He trampled God's commands to quench his thirst.
My Hussain blooms in the timeless garden,
Perfuming all the world with sweet fragrance,
Reviving withered souls with his warm blood,
Giving life to the dead, light to darkness.
The barren desert blossomed through his blood;
Bright flowers arose and adomed the waste.
Now soothing breezes blow from that scorched land,
And spread their fragrance far throughout the world.
Ages have passed; Hussain still rules our hearts.
People speak his name with love and reverence.
Despots fear to emerge upon the earth;
Karbala haunts their ever-guilty minds.
Hussain is death to every tyrant's throne,
And life to victims of their cruel rule.
His martyrdom kindles spunk in our hearts,
And stirs the soul to stand against falsehood.
It never teaches silence before wrong,
But bids us raise truth's banner with valour.
Hussain's blessed name grows brighter day by day,
Yazeed is lost in disgrace and darkness.

HAIGAM (SOPORE), BARAMULLA, KASHMIR
Email: mirhilal16@gmail.com





आईआरईएल (इंडिया) लिमिटेड IREL (India) Limited
Formerly Indian Rare Earths Limited.
(भारत सरकार का उपक्रम)
(A Government of India Undertaking)
CIN : U15100MH1950GOI008187 Website : www.irel.co.in
ISO 9001: 2015, ISO 14001: 2015 & ISO 45001 : 2018 Company

संदर्भ - विज्ञा 26-27/6 निविदा नोटिस दि. 16.06.2026 & 19.06.2026 /Ref: ADVT.NO.26-27/6 TENDER NOTICE Date: 16.06.2026 & 19.06.2026
IREL (India) Limited, Chovara invites Bid for the following items / job descriptions.

कार्य नं./Event No. (GeM)	काम/मद विवरण / Job / Item Description
GEM/2026/B/7665967	Desilting of Thottappally harbor mouth and its channel by engaging 100 Ton capacity suction dredger- For 60000 Tons
GEM/2026/B/7686541	Engagement of 3 nos. of wheel loaders on hourly fixed rental chargeable basis

बिड्जर निविदा फार्म <http://irel.co.in> or <http://gem.gov.in> वेबसाइट से डाउनलोड कर सकते हैं। निविदा में कोई शुद्धियन / विल्लाग वेबसाइट में ही शान सकते हैं।
Bidder may download tender document from <http://irel.co.in> or <http://gem.gov.in> website. Any corrigendum / extension to above tenders shall be hosted in above websites only.

ह. प्रधान, चवरा / -Sd/- Head,Chovara

CBC 48139/11/0007/2627

DLSA Budgam celebrated International Day of Yoga at District Court Complex

BUDGAM, JUNE 21: As part of the Calander of activities for the month of June 2026, DLSA Budgam In Collaboration with District Judiciary and Ayush Department Budgam Celebrated International Day of Yoga at District Court Complex Budgam.

The event was organized under the able guidance of O.P. Bhat, Principal District and Sessions Judge (Chairman DLSA), Budgam and under the observance of Tabassum Qadir Parry, Secretary District Legal Services Authority Budgam.

The programme witnessed active participation from all Judicial Officers, of district headquarter Budgam including Yahya Firdous, Additional Sessions Judge, Fast Track Court Budgam; Abdul Bari, Chief Judicial Magistrate Budgam; Easar-ul-Nabi, Special Mobile Magistrate Budgam; Shabber Ayaz, Principal Juvenile Justice Board Budgam; Tasneem Kawoosa, Munsiff/JMIC Budgam; Dr. Shameem Ahmad Shouttoo, Nodal Officer; Dr. Athar Nazir, Dr. Fayaz Ganie, Court staff, Officials



from Ayush Department Budgam, Defense Counsels and Staff of LADCs, Panel Lawyers and Para Legals (PLVs) and Staff of DLSA Budgam, who joined together to observe the significance of yoga in promoting physical, mental, and emotional well-being.

During the event, participants performed various yoga asanas which were led by the Yoga Instructors of Ayush Department Budgam.

The programme highlighted the importance of incorporating yoga into daily life to achieve a healthy lifestyle and maintain mental balance amid the demands of modern living.

Addressing the gathering, O.P. Bhat emphasized the importance of yoga as an invaluable gift of India's ancient tradition and encouraged all participants to adopt yoga as a regular practice for holistic health and wellness.

The celebration concluded with a pledge by the participants to continue practicing yoga and to promote its benefits among the wider community.

The event was conducted successfully in a spirit of unity, wellness, and collective participation, reflecting the commitment of the District Judiciary Budgam and Ayush Department Budgam towards fostering a healthy and positive work environment.

Pulwama celebrates 12th International Day of Yoga with Enthusiasm

PULWAMA, JUNE 21: District Administration Pulwama, in collaboration with the District Ayush Office Pulwama, today organised a mega event at Hockey Turf, Boys Higher Secondary School Pulwama to commemorate the 12th International Day of Yoga under the theme "Yoga for Healthy Ageing."

The programme was held in sync with the nationwide celebrations and featured the live streaming of the address of the Hon'ble Prime Minister, Shri Narendra Modi, from Kolkata.

A large number of participants, including officers, officials, students, youth, and members of civil society, took part in the event and performed the Common Yoga Protocol under the guidance of a yoga instructors.

Various yoga asanas were demonstrated during the session, highlighting the role of yoga in promoting physical fitness, mental well-being, stress management and a healthy lifestyle.

Speaking on the occasion, Deputy Commissioner Pulwama, Dr. Basharat Qayoom, highlighted the importance of yoga as a holistic approach to health and wellness. He urged people to adopt yoga as a regular part of their daily routine for achieving better physical and mental health and encouraged them to avail the preventive and wellness services being provided by the AYUSH and Health Departments in the district.

The event was attended by Senior Superintendent of Police Pulwama, Tanushree; Additional Deputy Commissioner Pulwama; Chief Planning Officer, Pulwama; Gen-



eral Manager, DIC Pulwama; Assistant Commissioner Revenue, Pulwama; Assistant Commissioner Development Pulwama; Chief Education Officer Pulwama; District Ayush Officer Pulwama; Chief Medical Officer Pulwama; besides officers and officials from various departments. Political representatives, students, social activists, youth club members and local residents also participated enthusiastically in the programme.

On similar lines, a mega yoga session was organised at the iconic heritage site of Avantismami Temple, Awantipora, which witnessed participation of the Senior Superintendent of Police Awantipora, Sajad Ahmad Shah; Additional Deputy Commissioner Awa-

12th International Day of Yoga 2026 celebrated with great enthusiasm across Shopian

District witnesses enthusiastic participation in yoga sessions held at multiple locations



HT NEWS NETWORK

SHOPIAN, JUNE 21: 12th International Day of Yoga 2026 was celebrated with great enthusiasm and active participation across Shopian district today.

This year's theme, "Yoga for Healthy Ageing," highlights the importance of adopting yoga as a lifelong practice to promote physical vitality, mental resilience, and holistic wellness across all stages of life.

The main district-level event was organized at the Mini Secretariat, Shopian, where a large number of participants from various government departments, educational institutions, civil society organizations, and the general public took part in the yoga session.

The programme commenced with a mass yoga demonstration conducted as per the Common Yoga Protocol under the guidance of trained instructors from the Department of AYUSH.

Participants performed various yoga asanas and breathing exercises aimed at promoting a healthy lifestyle and overall well-being.

Deputy Commissioner Shopian, Shishir Gupta attended the district level function.

SSP Shopian, Mushtaq Ahmad Choudhary, ADDC Shopian, Dr. Nasir Ahmad Lone, ADC Shopian, Dr. Zakir Hussain Faaz, district administration officers, officials from various departments, and members of the public participated in the celebrations and performed yoga asanas with great zeal and enthusiasm.

Similar yoga programmes were organized at Government Degree College Shopian, Government Degree College Zainapora, SDM Office Zainapora, and Indoor Stadium Arhama.

Besides, yoga sessions were conducted at all AYUSH Arogya Mandir Centres and the AYUSH Unit in the district in collaboration with Government UPS, MS, HS, and HSS institutions to spread awareness about the benefits of yoga and encourage its adoption in daily life.

The events featured mass yoga sessions and awareness activities highlighting the importance of yoga in achieving physical fitness, mental resilience, and holistic health and promoting a culture of drug free and healthy society.



Ministry of Culture
Government of India



राष्ट्रीय नाट्य विद्यालय
NATIONAL SCHOOL OF DRAMA
(An Autonomous Institution of the Ministry of Culture, Govt. of India)



NATIONAL SCHOOL OF DRAMA

(An Autonomous Institution of Ministry of Culture, Govt. of India)

THEATRE IN EDUCATION CENTRE, SRINAGAR

In collaboration with

J&K ACADEMY OF ART, CULTURE & LANGUAGES

ORGANISES

SUMMER CHILDREN THEATRE WORKSHOP

WITH SCHOOL CHILDREN DURING SUMMER VACATION

The National School of Drama, Theatre in Education Centre, Srinagar in collaboration with J&K Academy of Art, Culture & Languages is going to organize two separate 15 days Theatre / Drama in education summer workshops with school children during summer vacation.



THE WORKSHOP AIMS TO:

- ★ Develop and strengthen life skills
- ★ Explore latent potential of the students

ELIGIBILITY

School children of age group
8 -12 & 12 -16 years
as on 20th June 2026.

Interested aspirants may collect the application forms from NSD, TIE Centre, Srinagar, Cultural Academy Campus, Lal Mandi, Srinagar from **10th June 2026** between **11:00am to 4:00pm** before the announcement of summer vacation.

"REGISTER YOUR NAME BEFORE SUMMER VACATION STARTS"

FREE ADMISSION IS TOTALLY FREE.

AFTER THE COMPLETION OF WORKSHOP CERTIFICATES WILL BE AWARDED TO ALL THE PARTICIPANTS.

DOCUMENTS REQUIRED:

1. Copy of Aadhar Card & identity card issued by school authorities.
2. Consent from parent /guardian

For further information contact
9419059895, 9419422935

Director
National School of Drama

Space devoted by Headlines Today in purely Public Interest

Tata Motors to hike commercial vehicle prices by up to 2.5 percent from July

UNITED NEWS OF INDIA

NEW DELHI, JUNE 21: Tata Motors announced a price hike of up to 2.5 per cent across its commercial vehicle range, effective July 1, as automakers continue to face pressure from rising input costs amid the ongoing West Asia conflict.

The latest increase marks Tata Motors' second price revision in three months.

The company said the hike is aimed at partially offsetting the impact of higher commodity prices and other input cost pressures.

The price revision comes amid concerns over rising costs across the automobile supply chain, including raw materials and logistics expenses.



Meanwhile, Tata Motors has joined the government's scheme aimed at encouraging the replacement of old trucks and buses in Delhi-NCR.

Under a memorandum of understanding (MoU) signed with the Ministry of Road Transport and Highways, Tata Motors will offer an 8 per cent discount on the ex-showroom price of eligible trucks and buses purchased under the scheme.

The company said the discount will also be applicable to electric vehicles, with the benefit equivalent to the incentive available for an Internal Combustion Engine (ICE) vehicle in the corresponding Gross Vehicle Weight (GVW) category.

The initiative is part of the government's efforts to promote cleaner mobility and accelerate the replacement of older commercial vehicles with newer, more efficient models. UNI

Realtors see NCR's Regional Plan-2041 as decisive move towards infrastructural development

UNITED NEWS OF INDIA

NEW DELHI, JUN 21: The National Capital Region Planning Board (NCRPB) meeting, which was held on June 16 under the chairmanship of Housing Minister Manohar Lal, has decided to retain the existing geographical extent of NCR with no changes in the current area.

Under the Regional Plan-2041 for the NCR region, four semi-greenfield cities are proposed to be developed as mixed-use Transit-Oriented Development (TOD) at selected existing proposed stations on the Namo Bharat (RRTS) lines.

Sharing sectoral insights on this development, Akshay Taneja, CEO of TDI Infrastructure, said, "The NCR Regional Plan 2041 marks a decisive shift from a Delhi-centric growth model to a multi-nodal urban economy, with Sonapat positioned as a critical growth engine and economic hotspot within NCR's 'Golden Ring of Opportunity' aimed at reducing congestion in Delhi."

According to the government, these are described as "Namo Cities" and will be identified through a competitive process among the NCR participating states. This initiative also included a performance-linked incentive of Rs 5,000 crore as a blend of grant, loan, and guarantee, including a Rs 1,000 crore grant.

Vishal Sabharwal, Head - Sales, Orris Group, said, "The NCR Regional Plan 2041 reinforces a decisive shift towards a multi-nodal urban structure, where Noida and Gurugram remain the most mature, liquid, and developer-preferred markets in Delhi NCR. Gurugram continues to lead as the region's premium corporate and high-end residential hub, supported by strong Grade-A office demand and global occupiers."

In the NCRPB meeting, the Minister also announced that the central govern-

ment scheme of replacement of old bus and truck fleets will be named 'Program for Accelerated Renewal and Incentivization of Vehicle Assets for Reducing Transport Air-Pollution' and 'Network Emission' (PARIVARTAN).

It is a time-bound fleet modernization scheme aimed at reducing vehicular pollution in NCR by incentivizing the replacement of BS-IV and older trucks and buses with BS-VI, CNG, or Electric Vehicles (EVs).

"The NCR Regional Plan 2041 formalises one of India's largest urban expansions, targeting a Rs 20 lakh crore economy and housing over 3 crore people through structured decentralisation, including four 'Namo Cities' and three development zones to decongest Delhi towards Sonapat, Bhiwadi, and Jewar. Infrastructure is now the key pricing engine of NCR real estate, with RRTS-led '30-minute NCR', metro expansion, KMP Expressway, and Noida International Airport driving early capital re-rating," said Ashish Narain Agarwal, Founder & Managing Director, PropertyPounder.

Echoing the same, Vishal Raheja, Founder & Managing Director, InvestoXpert Advisors said "The NCR real estate market has firmly entered a structural upcycle, reinforced by the Regional Plan 2041's vision of a Rs 20 lakh crore economy, 3 crore population absorption, and a multi-nodal urban model built on four 'Namo Cities', three development zones, and decongestion of Delhi through planned peripheral growth. Infrastructure is now the primary pricing engine, with RRTS corridors enabling the '30-minute NCR' vision, expanded metro networks, expressways like KMP, and airport-led development around Noida International Airport, reshaping demand geography. UNI

Chainguard brings trusted open source infrastructure to fast-growing AI ecosystem

UNITED NEWS OF INDIA

BENGALURU, JUNE 21: Chainguard has announced a major push into India, outlining a partner-led strategy aimed at supporting the country's rapidly expanding AI and enterprise engineering ecosystem.

The move marks a key milestone in the company's global expansion as India emerges as one of its most important growth markets.

Positioning itself as a "trusted source for open source," Chainguard said it will work closely with major global system integrators including TCS, Infosys, HCLTech, Persistent Systems, and LTIM-Indtree, along with cloud partners such as Amazon Web Services, Google Cloud, and Microsoft Azure.

The integrations are aimed at embedding hardened open source artifacts directly into developer workflows and AI-native engineering environments. The company already serves a mix of global and India-linked customers, including OpenAI, Canva, Cloudera, as well as Indian firms such as Slice Bank, Amagi, and Fyno, reflecting its expanding footprint across both enterprise and startup ecosystems.

Chainguard highlighted that India's Global Capability Centres (GCCs), now numbering over 1,700 and employing more than 1.9 million professionals, are increasingly becoming strategic hubs for AI infrastructure and large-scale engineering.

The company said this shift is driving strong demand for secure, verified open source components as organizations scale AI development.

The India strategy is backed by strong financial momentum, with Chainguard raising \$892 million to date, including a \$356 million Series D led by Kleiner Perkins and IVP, and an additional \$280 million in growth financing from General Catalyst's Customer Value Fund. The company is currently valued at around \$3.5 billion.

Chainguard also emphasized its Athena coalition initiative, designed to secure open source software in the era of frontier AI models.

According to the company, Athena has processed over 20,000 findings and contributed more than 2,000 patches across 500 open source projects, aiming to reduce vulnerability exposure times by proactively shipping fixes before public disclosure.

Commenting on the initiative, Dan Lorenc, CEO and co-founder of Chainguard, said the speed of modern exploits has fundamentally changed security dynamics.

"The time to exploit has gone negative — exploits now land before a flaw is ever disclosed. Athena's whole job is to make the time to remediate even more negative, so the fix is already in place before the vulnerability is public," he said.

Chainguard said its India expansion reflects a broader goal of becoming foundational infrastructure for secure, AI-driven software development across global enterprises and high-growth technology markets. UNI

India's net direct tax collections rose 14.64 pc to Rs 5.21 lakh cr till June 17 in FY 2026-27

UNITED NEWS OF INDIA

NEW DELHI, JUN 21: India's net direct tax collections rose 14.64 percent to Rs 5.21 lakh crore till June 17 in FY2026-27, government data said on Thursday here.

Gross direct tax collections increased by 12.46 percent to Rs 6.10 lakh crore till June 17 this fiscal.

In FY 2025-26, gross direct tax collections was at Rs 5.42 lakh

crore. Securities Transaction Tax (STT) stood at Rs 18,856.12 crore this fiscal compared to Rs 13,013.02 crore of corresponding period last year (CPLY).

Tax refunds in the current fiscal remained at Rs 89,025.71 crore.

As per government data, advanced tax collections for the current fiscal stood at Rs 1.78 lakh crore. UNI

NSE Files Draft Papers for ₹30,000 Crore Initial Public Offering (IPO) with Market Regulator

UNITED NEWS OF INDIA

MUMBAI, JUNE 21: The National Stock Exchange (NSE) has filed a draft red herring prospectus (DRHP) with the Securities and Exchange Board of India (SEBI) on Wednesday, June 17, according to official documents.

The proposed IPO involves up to 148.9 million equity shares and is estimated to be worth around Rs 30,000 crore and has been structured entirely as an offer for sale (OFS), with existing shareholders together divesting around 6 percent of the exchange's equity.

Once launched, it could rank among the largest IPOs in India's capital markets since Hyundai Motor India's Rs 27,000 crore offering in 2024.

Earlier, the NSE had officially appointed Rothschild & Company as its independent advisor.

Now that the DRHP has been filed with the SEBI, a potential listing is expected by Q3 or Q4.

According to the draft documents, the public issue will be entirely an offer for sale (OFS), meaning no fresh shares will be issued by the exchange. Existing shareholders will dilute part of their holdings through the IPO.

The State Bank of India is expected to be the largest selling shareholder, proposing to offload 24.75 million shares.

According to the draft documents, MS Strategic (Mauritius) Limited plans to sell 16 million shares, while the Canada Pension Plan Investment Board has proposed divesting nearly 11.87 million shares.

Other major shareholders participating in the OFS include Aranda Investments (Mauritius) Pte. Ltd., Bank of Baroda, Stock Holding Corporation of India Limited, General Insurance Cor-

poration of India and The New India Assurance Company Ltd. National Insurance Company Limited and United India Insurance Company Limited have each proposed the sale of 6 million shares.

At an assumed IPO price of Rs 2,000 per share, Dmart promoter Radhakishan Damani's 1.58 percent stake in the exchange is valued at Rs 7,817 crore, making him among the biggest individual gainers, though the price at which he acquired these shares has not been disclosed in NSE's draft red herring prospectus (DRHP).

Hero group founder Sunil Kant Munjal holds 1.02 crore shares or a 0.41 percent stake in NSE, valued at Rs 2,040 crore, while S. Gopalakrishnan, co-founder of Infosys, owns 94.29 lakh shares amounting to a 0.38 percent stake worth Rs 1,886 crore.

Dmart CEO & MD Ignatius Navil Noronha holds 30 lakh shares or a 0.12 percent stake valued at Rs 600 crore, while Chennai-based investor Dolly Khanna holds 15.17 lakh shares or a 0.06 percent stake valued at Rs 303 crore. Individual investor Siddharth Balachandran holds a similar 0.38 percent stake valued at Rs 1,863 crore, and veteran investor Vanaja Sundar Iyer's 44 lakh shares are currently worth Rs 880 crore.

Other individual investors, including Siddharth Iyer, Lata Bhanshali, Payal Jain, Ruchi Jain, Hanasoge Rajesh, Omkarnath Malpani, Sushma Anand Jain, Rajiv Kuchhal, Tarun Jain, Himansu Pravinbhai Bhalodia, Bharat Taparia, Vipul Jayantilal Modi, Apurva Mahesh Shah, Chandrakant Vallabhaji Gogri, Damani Estate and Finance, Navin Agarwal, Neepa Shah, Ramakant Baheti, Kamlesh Navinchandra

Shah, Mukesh Sharma, Subodh Gupta, Sundar Iyer, Hitesh Satishchandra Doshi and Rajiv Kumar, hold stakes ranging between 0.05 percent and 0.30 percent, with holding values between Rs 140 crore and Rs 300 crore.

LIC, the exchange's largest shareholder, holds a 10.7 percent stake comprising 26.5 crore shares, valued at around Rs 50,641 crore. Aranda Investments (Mauritius) and Stock Holding Corporation of India are the second and third largest shareholders, with stakes valued at about Rs 21,469 crore and Rs 20,999 crore respectively. SBI Capital Markets' holding is valued at around Rs 20,474 crore, Mahogany's stake at about Rs 17,619 crore, State Bank of India's holding at approximately Rs 15,243 crore, and PI Opportunities Fund's stake at around Rs 11,110 crore. UNI

Rourkela Steel Plant launches India's 1st ERP-SAP integrated CO₂ dashboard to accelerate decarbonisation

UNITED NEWS OF INDIA

BHUBANESWAR, JUN 21: In a major push towards sustainable steel production and digital environmental governance, Rourkela Steel Plant (RSP) has launched a first-of-its-kind CO₂ Dashboard featuring 100 per cent ERP-SAP based data integration to monitor and manage carbon emissions across its operations.

The digital platform was formally made operational by Director In-Charge of RSP, Alok Verma, during a programme held on Wednes-

day in the presence of senior officials of the plant, representatives from EMD Kolkata, and technology partner Sentra World, Bengaluru.

Developed as a key component of RSP's decarbonisation roadmap, the dashboard enables real-time assessment of the plant's carbon footprint and offers department-wise emission analysis across the steelmaking value chain.

The platform will cover major production facilities including Sinter Plants, Coke Ovens, Blast Furnaces, Steel Melting Shops, and

Rolling Mills. It is designed to identify major emission sources by analysing production and technological parameters, enabling data-driven decisions for emission reduction and operational efficiency.

Speaking on the occasion, Alok Verma underlined the growing role of digital technologies in achieving sustainability objectives. He said the CO₂ Dashboard would significantly strengthen RSP's environmental performance and support its transition towards low-carbon steel manufacturing. UNI

Stock markets end higher for 5th session with Nifty near 24,200 mark

UNITED NEWS OF INDIA

NEW DELHI, JUN 21: Indian Stock Markets today ended higher for the fifth consecutive session with the Nifty closing near the 24,200 mark. At close, the BSE Sensex gained 254.36 points, or 0.33 per cent, to 77,409.98, and the Nifty was up 82.30 points or 0.34 pc at 24,168.

Both Nifty Midcap 100 and Smallcap 100 indices rose 0.4 pc each. The market capitalisation of all BSE-listed stocks witnessed a Rs 2.57 lakh crore increase today as it rose to Rs 477.69 lakh crore.

Among the sectors, bank stocks emerged as one of the top performers with Nifty Bank up by 0.6 pc. Nifty Healthcare recorded healthy gains of 0.98 pc while IT stocks declined amid a hawkish US Fed commentary. Nearly 133 stocks touched their 52-week high levels while 25 stocks that hit 52-week lows. The gainers were Angel One, Balaji Amines, Rategain, Netweb, WeWork and YES Bank while on lows were Bharti Hexacom, Vedanta Aluminium and Parsvnath Developers.

On Nifty, nearly 33 stocks gained with Max Health biggest gainer followed by IndiGo. Adani Enterprises, Trent and BEL were among other gainers. On the losing end were Infosys with 2.6 pc decline, Tata Consumer down 1.20 pc, while Tech Mahindra, Maruti and TCS shed around 1 pc.

In terms of individual shares, HCL rose 5 pc, Bosch Home Comfort gained 10 pc and Rail Vikas Nigam advanced nearly 1 pc.

Among the banking stocks, SBI rose 1.58 pc, HDFC Bank increased by 1.51 pc, Axis Bank, HDFC Life also ended with a gain of 1.63 pc.

Indian rupee extended its gaining streak, appreciating by 20 paise to close at 94.33 against the US dollar. UNI

BSH Reimagines Premium Refrigeration with India's First Perfect-Fit Four Door Side-by-Side Refrigerators

UNITED NEWS OF INDIA

PUNE, JUNE 21: As Indian consumers increasingly seek appliances that blend design, convenience, and premium living, BSH Home Appliances Pvt. Ltd., a subsidiary of BSH Hausgeräte GmbH, has entered the fast-growing Side-by-Side refrigerator category with the launch of its new Bosch and Siemens Four Door Side-by-Side Refrigerators. Bringing together the sophistication of a premium Side-by-Side refrigerator and the practicality of a Bottom Freezer design, the new range has been engineered for urban Indian

lifestyle. Purpose-built for modern urban living, the refrigerator combines high-capacity storage with a compact footprint, making it an ideal fit for contemporary city homes and modular kitchens. The refrigerator is the only one in the country designed to fit perfectly flush with kitchen countertops and cabinetry, delivering the seamless look of a premium built-in appliance. Enabled by its Counter-Depth Perfect Fit design, Near Zero Gap installation, 115° Anti-Collision Hinges, Flex convertible zones, organised freezer storage, and dedicated access trays work together to address the way In-

dian families store, access, organise, and preserve food. At the same time, it offers the flexibility to be installed as a freestanding refrigerator, making it suitable for a wide range of modern Indian kitchens.

With these launches, BSH is offering two distinct propositions to the market under Bosch and Siemens to serve the evolving needs of India's increasingly discerning consumers. Bosch Side by Side has been engineered for how India stores, manages, and accesses food every day, making it India's most thought-through refrigerator. Every feature has been designed with a

deep understanding of Indian food habits, storage needs, and usage patterns to deliver greater convenience and freshness.

Siemens, Side by Side on the other hand, brings kitchen integration with precision through its Slot-In Semi Integrated Refrigerator, designed to fit seamlessly into modern modular kitchens. It combines sophisticated aesthetics with intelligent engineering to create a refrigerator that becomes an integral part of premium lifestyle by addressing aspirations of India's evolving home ecosystem, a release stated. Commenting on the launch, Saif Khan, MD & CEO,

BSH Home Appliances, said, "In India, food preparation has always been an important part of daily life. Increasingly, food preservation is becoming just as important. Consumers are buying larger grocery baskets, planning meals differently, and looking for smarter ways to keep food fresher for longer while reducing waste. The future of refrigeration will therefore not be defined by size or specifications alone. It will be defined by how intelligently a refrigerator is designed to preserve freshness, organise food, integrate into modern kitchens, and elevate everyday living." UNI



■ UNITED NEWS OF INDIA

DUBAI: In a contest billed as the biggest of the group stage, South Africa took a big step towards the semi-final after Marizanne Kapp helped them to a six-wicket win over India. She started with ball and then with bat, helping South Africa recover from 25 for 2 inside the power-play to hunt down 159 and combined with Tazmin Brits, playing her first match of the tournament, to take them to a six-wicket win.

Kapp and Brits put on 97 for the third wicket but their time together was not without its chances. Kapp offered two tough chances, on 9 and 25, and one simple one on 65 but finished on an unbeaten 81 off 45 balls to take South Africa home. They also nullified India's primary threat with the ball, Deepti Sharma, taking 44 runs off her four overs.

On a fresh Old Trafford pitch and after choosing to put runs on the board, India may look back at their batting effort as the place where the match was lost. After a sparkling start, none of their line-up was able to kick on and Shafali Verma's 31 was their top score. Kapp was crucial to the squeeze, and with 2 for 27 in four overs, was also South Africa's most economical bowler.

The result keeps the group alive with India and South Africa both on four points. India need to beat both Bangladesh and Australia, whereas South Africa's remaining games are against Bangladesh and Netherlands.

In typically audacious fashion, Shafali got India's boundary-count underway with a clip through short fine leg as Kapp strayed onto the pads. But it was when she got extra pace from Shabnim Ismail that Shafali really cashed in. She found the gap at cover point before handing over to Smriti Mandhana, who drove Ismail through the covers and then swivel-pulled her through fine leg to take 14 runs off her first over. Mandhana's innovation continued when she walked down the track to Kapp to hit her through mid-on and then tried to ramp Kapp but played on. Inexplicably, Chloe Tryon was given the fourth over and Shafali was all over her. She took 14 runs off the first three balls, used her feet well and South Africa seemed at a loss. India were 47 for 1 after four overs.

Just when it seemed Shafali had got away from them, South Africa hit a stroke of luck. Ismail had avoided bowling the bouncer to her but did with the fourth ball of her second over. Shafali considered going after it but then tried to pull out of the shot and fell over.

Kapp's 81* seals South Africa's come from-behind win against India

The future is now for 18-year-old striker on Egypt's World Cup squad

■ AGENCIES

VANCOUVER: Egypt striker Hamza Abdelkarim is just 18 and one of the youngest players at the World Cup, but he's the youngest player's biggest stage as a seasoned professional.

The 6-footer is one of 22 teenagers on squads at the World Cup and he's the youngest player ever to play for his nation in the tournament.

Some are calling Abdelkarim Egypt's heir apparent to Mohamed Salah, now 34, who is arguably the team's biggest star. Abdelkarim subbed in for Salah in the 76th minute of Egypt's World Cup opener against Belgium.



What sets Abdelkarim apart is his poise. Following the 1-1 draw with Belgium, he confidently spoke for the squad for the television cameras.

"The whole team wanted the three points. We got one point at the end, but we gave it our all. And we need to thank the fans that came, the atmosphere was great and we focus on the next match," he said.

Egypt faces New Zealand on Sunday in Vancouver, with both teams seeking their first-ever World Cup win. New Zealand played to a 2-2 draw with Iran in its opener, making all of the teams in Group C even on points.

Abdelkarim had never played for Egypt's senior team when he was named to the preliminary World Cup squad in May. He made his debut that month in a World Cup tune-up match against Russia as a substitute in the 86th minute.

Abdelkarim became the youngest player for Egyptian Premier League club Al Ahly when he made his debut at 17.

He was loaned from Al Ahly to Barcelona earlier this year and he made his debut with Barcelona Juvenil in March. Barcelona was expected to formally make the move permanent in the coming days.

To top off his fast rise, he recently signed a sponsorship deal with Nike.

Gill Calls Rohit-Jaiswal Form a 'Good Headache'

■ UNITED NEWS OF INDIA

CHENNAI: It is not easy being Yashasvi Jaiswal. Three years ago, when he broke into the Indian team as a Test opener, he looked like the next big thing. An all-format star who could open the batting for India in all three teams. He opened with Rohit Sharma in Tests and T20Is in the months that followed leading up to the T20 World Cup in 2024.

At the global event, Virat Kohli partnered up with Rohit as Jaiswal warmed the bench. India won the title and soon, he was out of the realm of things in the format. Abhishek Sharma and Sanju Samson took over and haven't looked back since. Now, add Vaibhav Sooryavanshi and Ishan Kishan in the mix too and Jaiswal's chances in the format looks even slim-

mer. While he is still India's Test opener, in ODIs, chances were scarce and hard to come by. Unless one of the top three players — Rohit, Kohli and Shubman Gill — missed out, he had to wait on the sidelines. And when the chance comes, every one of them would feel like an audition. After his debut in Nagpur early last year, Jaiswal had to wait till the South Africa series in December that year when Gill was injured. He did not start well, but finished with a century. Again, now, with Kohli injured, Jaiswal got a chance against Afghanistan in Lucknow. But he fell for four runs.

Pressure only grew when he landed in Chennai for the final ODI. He knew that if he missed out, the wait would be longer assuming Kohli gets back into the



XI for the ODIs vs England. Then the next ODI series against West Indies is in September. Knowing all that, Jaiswal knew he had to leave a mark on Saturday. And that is exactly what he did with

an unbeaten 110 that took India over the line.

The Mumbai batter, in the process, added 170 runs with Rohit, who scored 79 runs. Rohit's fifty is as significant as Jaiswal's

ton for the individual. If the youngster is frustratingly waiting for a chance, the veteran, since removed as captain, has not seemed like his old self. He has the runs since — 552 runs at 50.18 average and 96.5 strike rate — but somehow, it has not been the same. For the 39-year-old, who will be 40 when the ODI World Cup comes next year, the uncertainty over his place every time he takes the field has not served well.

From the outside, it seems like he is feeling the heat, desperate for runs, knowing full well that he might be shown the door if he has two bad series. That chief selector Ajit Agarkar and coach Gautam Gambhir have remained non-committal about his place in the World Cup side despite his explicit intent to continue has not served him well.