

5th International Yoga Day being celebrated today; PM stresses on need to integrate yoga with health schemes

Agency
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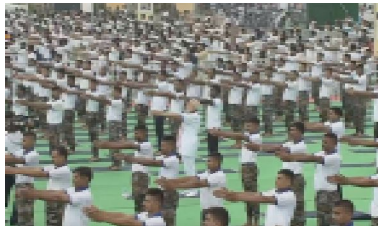
Fifth International Yoga Day is being celebrated today. Prime Minister Narendra Modi led the nation in celebrating yoga day from Ranchi in Jharkhand. The main function was held at the Prabhat Tara ground in Ranchi this morning.

Speaking on the occasion, Prime Minister stresses the need to integrate yoga with health schemes. Mr Modi that in the last five years the Government has integrated yoga with health and wellness to make it a pillar of preventive health care.

Mr Modi said, in today's changing times the focus must be on wellness as well as protection from illness. He said, Yoga is discipline and dedication and it has to be obeyed throughout life.

Prime Minister stressed on the need to take modern yoga to the rural and tribal land. He said yoga can make the poor come out of diseases and poverty. Mr Modi said yoga provides a perfect blend of knowledge, work and devotion. He also stressed on research related to yoga.

Minister for AYUSH Shripad Naik in his address said



Government is committed to spreading the benefits of Yoga for health and wellness. He said, there is a need for more Yoga teachers to take Yoga to the masses. Mr Naik said, his Ministry has created Yoga Certification Board which will certify trainers and training schools of Yoga.

In the national capital, the main event was organised at Rajpath. Speaking on the occasion, Defence Minister Rajnath Singh said that yoga spreads the message of humanity and it can be not be linked with any religion. He said, yoga is integrating the world and it has now become the lifestyle of people.

In Gujarat, more than 1.51 crore people participated in the celebrations today. State level function was held at Sardar

Patel Stadium of Ahmedabad in the presence of Governor of Gujarat O.P. Kohli and Chief Minister Vijay Rupani. Prime Minister also participated in the event through video conferencing early this morning.

In Tamil Nadu, several programs were organised by Central Government offices, Central and state Government schools and yoga groups.

In Maharashtra, all 288 talukas of all the 36 districts have organised practical sessions of Yoga at open sports complexes especially to encourage youth. Around 5000 students from each talukas are participating in these sessions across the state where various yogasanas are being performed under the guidance of institutions

teaching yoga in the state. Reports of yoga day celebrations are also pouring in from abroad. In Nepal, hundreds of Yoga enthusiasts including Prime Minister K. P. Sharma Oli and Deputy Prime Minister Uppendra Yadav participating in Yoga Day celebrations.

International Day of Yoga is being celebrated with great enthusiasm in Dhaka. The Bangabandhu Stadium is filled this morning to the capacity with thousands of yoga enthusiasts participating in the programme. In UAE, nearly 4000 yoga enthusiasts of various nationalities participated the yoga demonstrations at Abu Dhabi.

International Yoga Day at Aryans Group Froma Correspondent Imphal/Guwahati June 21,

Students & staff of Aryans Group of Colleges, Rajpura, Near Chandigarh were fully pampered & motivated a day before the International Yoga Day to convey the message and importance of Yoga. A short program was organized which started with the Surya Namaskar.

Students and staff performed various yoga asanas including Yogasanas, Kapalbhathi, Pranayama, Sankalpa, Meditation etc. Prof. B.S Sidhu, Director, Aryans Group while interacting with the students told the importance of Yoga in daily life especially to that of students. He told about scientific relevance and importance of Yoga in our life and explained how Yoga practiced perpetually benefits to reduce stress at work for a healthier body and mind.

Mr. Steven Jawinda, Registrar, Aryans Group said that the regular practice of Yoga among the students which is beneficial for students to overcome mental stress, drug addiction, depression, stiffness, anxiety, improve concentration, combat obesity etc.

Fresh bill to ban Triple Talaq to be introduced in Lok Sabha today

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A fresh bill to ban the practice of instant triple talaq will be introduced in the Lok Sabha today.

The Muslim Women (Protection of Rights on Marriage) Bill, 2019, which has been listed in the Lok Sabha's

agenda for today, will replace an ordinance issued in February by the previous BJP-led NDA government.

With the dissolution of the 16th Lok Sabha last month, the previous bill had lapsed as it was pending in the Rajya Sabha. The Bill proposes to make the practice of instant triple

talaq (talaq-e-biddat) a penal offence. The new bill is a copy of the ordinance in force.

Under the Muslim Women (Protection of Rights on Marriage) Ordinance, 2019, divorcing through instant triple talaq is illegal, void and will attract a jail term of three years for the husband.

Govt issues EOI for shortlisting Strategic Partners for P-75(I) Project of Indian Navy

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As a major initiative towards Make in India, the government has issued the Expression of Interests for shortlisting of potential Indian Strategic Partners for construction of six conventional submarines for P-75(I) Project of the Indian Navy. The project cost is about 45 thousand crore rupees.

It is the second project being undertaken under the latest Strategic Partnership Model, with the first being the procurement of 111 Naval Utility Helicopters.

The Ministry of Defence in a statement said, the decision will provide a major boost to the indigenous design and construction capability of submarines in India, in addition to bringing in the latest submarine design and technologies as

part of the project. The case was approved by the Defence Acquisition Council on 31st January this year. The Expression of Interests for shortlisting of Indian Strategic Partners has been uploaded on the Ministry of Defence and Indian Navy websites. The Expression of Interests for shortlisting of Original Equipment Manufacturers (OEMs) will be issued in two weeks

IED expert from Balakot camp bombed by India behind Kashmir vehicle attacks

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Indian intelligence officers and counterterrorism experts in Jammu and Kashmir police suspect that Abdul Rasheed Ghazi, an improvised explosive devices (IEDs) expert and former trainer at the Jaish-e-Mohammed (JeM) terrorist camp in Pakistan's Balakot, is behind the use of vehicle-borne IEDs in the Kashmir Valley. Terrorists used an IED to target an army patrol in Arihal, in Pulwama district, on Monday, injuring a dozen soldiers, two of whom died the following day. The army called the attack "a failed" one and said the IED was "vehicle-based". On Wednesday, another IED was defused by security forces in Shopian district of south Kashmir.

Pulwama in south Kashmir is the site of the February 14 suicide car bombing that killed 40 troopers of the Central Reserve Police Force. In retaliation for the attack, for which JeM claimed responsibility, the Indian Air Force bombed the Balakot terror camp on February 26, heightening tensions with Pakistan and sparking fears of a war between the nuclear-armed neighbours.

According to counterterrorism experts, Ghazi, an Afghan war veteran who belongs to Mansehra in Pakistan's Khyber Pakhtunkhwa, where Balakot is also located, is currently in the Kashmir Valley training local JeM cadre in handling explosive devices. The motivation is said to be revenge for the elimination of two relatives of JeM chief Masood Azhar — Usman Haider and Talha Rasheed — by Indian security forces in 2017 and 2018, respectively. Ghazi had personally launched Usman Haider alias Huzafa, a nephew of Azhar's, and other operatives from the Shakargarh sector in October 2018. Hyderabad was gunned down by security forces in Tral, Pulwama, on October 30. Ghazi infiltrated into J&K on December 9 along with three

other terrorists and set up an operational base in Pulwama, the people cited in the first instance said. Ghazi is currently hiding in the Valley and is imparting training to local Kashmiris in IED fabrication using locally available explosive material including ammonium nitrate, counterterrorism experts said on condition of anonymity. According to Kashmir police experts, terrorists are increasingly using vehicle-borne IEDs, or VIEDs, given the fact that the hardcore cadre strength of JeM has been culled to mere 50-odd while the cadre strength of the Lashkar-e-Taiba, another Pakistan-based terrorist group, in Kashmir is around 30-40.

"The VIED gives total deniability to both Pakistan-based groups though in these cases the group behind the attacks is Jaish. Rather than lose trained terrorists to Indian security forces, the best option is to pack explosive into a stationary car and leave it on rural roads with timed explosion. It is an act of desperation to survive and continue jihad against India," said a senior J&K police officer. Senior J&K Police officers say

that the use of VIEDs is reminiscent of the 2004-2005 period when the terrorist cadre strength of the Hizbul Mujahideen and Pakistan-based terror groups declined. The result was recourse to using vehicle-mounted IEDs like in Arihal on Monday. Pakistan watchers in South Block believe that the Rawalpindi general headquarters is running with the hares and hunting with the hounds following the Balakot strike by the Indian Air Force. According to them, a classic example of skulduggery on the part of Pakistan's Inter-Services Intelligence (ISI) was evident in an anonymous caller tipping off the Indian high commission in Islamabad about an impending VIED blast before the Shanghai Cooperation Organisation (SCO) summit in Bishkek, Kyrgyzstan, this month and the triggering of such a device in Arihal after the completion of the summit.

"The whole idea is to get total deniability of Pak-based groups and ISI in terror attacks in the state. The so-called tip-off is to remove Islamabad from the list of suspects," said a South Block official on condition of anonymity.

World Refugee Day being observed today

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Today is World Refugee Day. This day is observed on the 20th of June every year to celebrate the stories and contributions of refugees. The theme this year is Step with Refugees - Take a Step on World Refugee Day. According to the latest annual study released by the office of the UN High Commissioner for Refugees, 70.8 million children, women and men were forcibly displaced at the end of last year. This is the highest number in the organization's almost 70-

year history. The study, released yesterday, said wars, violence and persecution have driven record numbers of people from their homes worldwide. Almost two thirds of those uprooted from their homes are internally displaced people who have not left their homelands. About 80 percent of these refugees live in countries neighbouring their country of origin. On an average, one person is forcibly displaced every two seconds as a result of conflict or persecution and refugees are among the most vulnerable people in the world.

District Level Open Painting Competition Held

DIPR
Bishnupur, June 21,

To mark the International Day Against Drug Abuse and Illicit Trafficking, 2019, the District Social Welfare Officer in collaboration with SUA (IRCA), Bishnupur conducted a district level open painting competition to sensitise people and generating awareness amongst the public about the ill effects of drug abuse at Multipurpose Hall, DC Min-Secretariat, Bishnupur today. 21 males and 7 female painters participated in the event and presented their thoughts on drug abuse through paintings. N. Jotish Singh, DSWO, Bishnupur said that the first 3 best painters will be sent to represent the district in state level wall



painting competition which will be held on the 23rd June, 2019. Laishram Bipin Singh of Nachou, Laitonjam Bankimchandra of Khoijuman and Laishram Jonson of Nachou Panthong were adjudged as the first, second

and third best painters respectively. The winners will be awarded in the state level observance of International Day Against Drug Abuse And Illicit Trafficking, 2019 at Imphal along with 5 other painters who will get consolation prizes.

A R Conducts Baby League Football Cup 2019 At Ukhrul

IGAR (South)
Imphal June 21,

Somsai Battalion of 10 Sector Assam Rifles under the aegis of IGAR (South) in conjunction with Ukhrul Football Club concluded the District Level 7-a-side (Under - 12) Baby League Football Cup 2019 at Ukhrul. The Baby League was conducted from 18 - 20 June 2019 and has been widely appreciated by the locals. A total of six teams participated in the tournament. The final match was played between Ukhrul Basic Soccer Foundation versus Wungngayam FC. Football is the most popular sport in Manipur and passionately followed by the locals. The inaugural Baby League was organised by Assam



Rifles under the banner of Late Major Bob Khathing Football Tournament in February 2019. Based on popular demand, a similar tournament has been

organised for the young players. The Assam Rifles has also been supporting the budding talent through scholarships and training. This tournament helped in

reinforcing the sports culture in Ukhrul District and encourage the efforts of local clubs like Ukhrul FC in harnessing the young talent.