

# International YOGA DAY Celebrations

## V-P leads Yoga Day celebrations in Leh

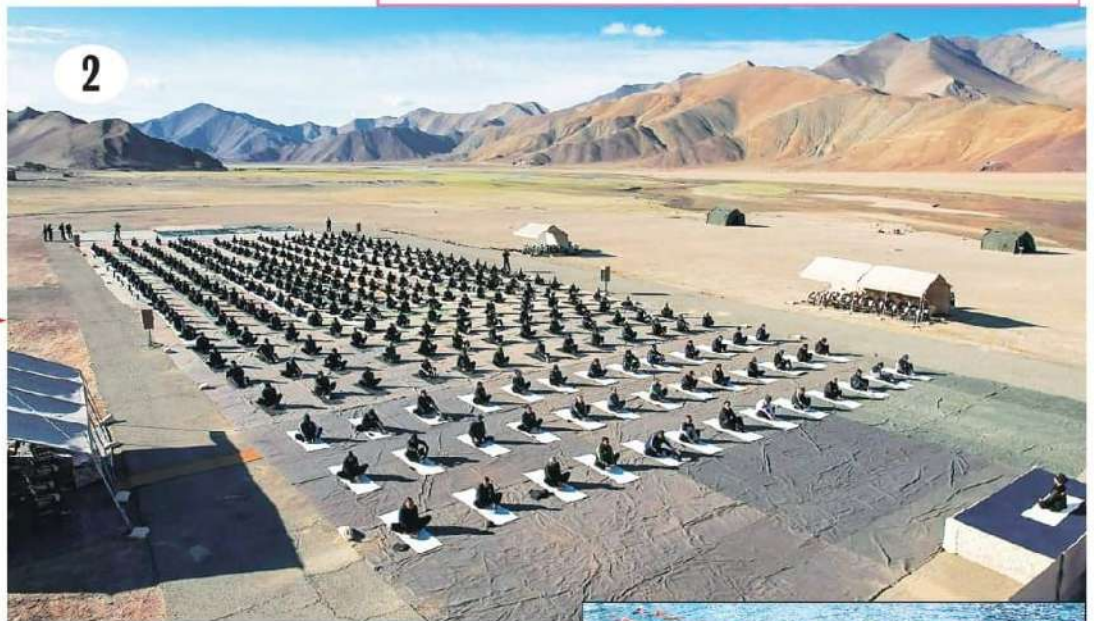
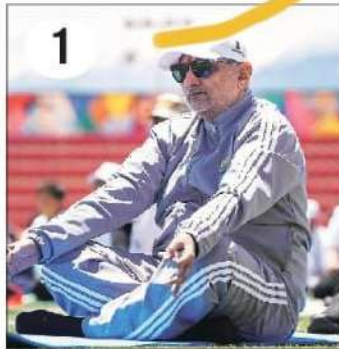
LEH, June 21 (PTI)

VICE President C P Radhakrishnan on Sunday participated in the International Day of Yoga celebrations here, joining hundreds of yoga enthusiasts at Astro Turf Stadium in Spituk.

Ladakh Lieutenant Governor V K Saxena, Ladakh MP Haneefa Jan and chief executive councillor of the Ladakh Autonomous Hill Development Council (LAHDC), Kargil, Mohd Jaffer Akhoun also participated along with senior civil and military officers, students, and members of the public at the event, officials said.

Union Health Minister J P Nadda on Sunday said yoga offers a holistic pathway to healthy and active ageing by promoting physical fitness, mental clarity, emotional balance and overall well-being.

1. V-P Radhakrishnan performs yoga at Spituk Stadium, in Leh, Ladakh.
2. Indian Army personnel of the Snow Leopard Brigade in Nyoma, Ladakh.
3. Women participate in an aqua yoga session on the occasion of the International Day of Yoga, in Rajkot on Sunday. (PTI)



## Experts say that Yoga can help break stress-hormone cycle in PMOS

NEW DELHI, June 21 (PTI)

YOGA and breathing exercises can play a crucial role in managing polyendocrine metabolic ovarian syndrome, previously also known as polycystic ovary syndrome, by helping reduce stress, improve hormonal balance and support metabolic health, according to experts.

The polyendocrine metabolic ovarian syndrome (PMOS), a condition affecting millions of women worldwide, was renamed in 2026 to reflect its broader impact on multiple endocrine and metabolic systems rather than the ovaries alone.

While the disorder is commonly associated with irregular menstrual cycles, weight gain, acne, fertility issues and insulin resistance, experts say growing evidence points to stress as a key but often overlooked factor influencing its progression.

## 'Yoga can keep us fit amid life's pressures'



MUMBAI, June 21 (PTI)

MAHARASHTRA Chief Minister Devendra Fadnis on Sunday said practicing yoga can help people remain fit and healthy while dealing with the pressures, tensions and challenges of daily life. He performed various asanas as he participated in an event in Mumbai to mark the Day. "There have been pressures, tensions and challenges in our life. If one wants to stay fit in such situations, performing yoga can keep us fit and healthy," he said.

Nadda joined citizens, healthcare professionals, officials and volunteers in performing various yoga asanas and breathing exercises at Shantipath, New Delhi.

Acknowledging the nature of parliamentary debates, Lok Sabha Speaker Om Birla on Sunday said while differences of opinion are natural in Parliament, yoga shows the path of dialogue and self-restraint.

Birla led a yoga session with



Members of Parliament within the Parliament House complex, calling for a nationwide public health revolution.

Addressing media personnel at the Tezpur Military Station, Army Chief General Upendra Dwivedi said that yoga is not just a physical exercise, but a way of life.

# **BRICS Energy Ministers meeting on June 25–26**

NEW DELHI, June 21 (IANS)

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INDIA will host the 11th BRICS Energy Ministers' Meeting on June 25–26 in Gurugram, on the outskirts of the national capital, under its BRICS Chairship 2026, according to an official statement issued on Sunday.

The meeting will bring together Energy Ministers and senior officials from all BRICS member countries to advance cooperation on energy security, sustainability, and innovation.

India's BRICS Chairship in 2026 is guided by the overarching theme "Building for Resilience, Innovation, Cooperation and Sustainability (BRICS)."

# EU lifts negative travel advisory for Assam, except parts under AFSPA

GUWAHATI, June 21 (PTI)

EUROPEAN Union (EU) member-states have withdrawn their negative travel advisory for Assam, except for the three districts under the Armed Forces (Special Power) Act or AFSPA, Chief Minister Himanta Biswa Sarma said on Saturday.

EU Ambassador to India Herve Delphin informed the Assam Chief Secretary that the restriction has been lifted from Friday, he said.

“After reviewing the situation in Assam, they have withdrawn the negative travel advisory from

All 27 member-States of the EU have lifted the restrictions. USA and Canada are yet to lift the travel restrictions for Assam

yesterday. All the 27 member-States of the EU have lifted the restrictions for its citizens travelling to our State, barring the three districts of Charaideo, Tinsukia and Sivasagar which are under AFSPA,” Sarma said on Facebook Live.

He said that the USA and

Canada are yet to lift the travel restrictions for Assam, and the State Government was pursuing the matter with them.

Australia and Japan had earlier withdrawn similar advisories for their citizens last year, the CM said in a post on X.

“This development, following the recent visit of EU diplomats, is a strong vote of confidence in Assam and bodes well for deeper EU-Assam engagement. It will further strengthen tourism, business, and people-to-people ties,” he said, expressing gratitude to Delphin for his support in taking it forward.

# Israeli Defence Minister says military to remain in South Lebanon amid ceasefire

JERUSALEM, June 21 (IANS)

ISRAELI Defence Minister Israel Katz said on Sunday that the Israeli army will not withdraw from the "security zone" it holds in southern Lebanon.

Katz affirmed in a statement that the Israeli military would remain at all positions in the security zone, which protects northern Israeli settlements.

He added that there was and is no restriction on Israeli soldiers in Lebanon to act to eliminate threats, 'Xinhua news' agency reported.

Katz said that following Hezbollah attacks on Israeli forces, the army responded forcefully, eliminating many Hezbollah militants and damaging many terror infrastructures.

"Preserving the lives of our soldiers and citizens is the highest and absolute priority," he stressed.

Meanwhile, US and Iranian negotiators started talks on Sunday at the Buergenstock mountain resort in central Switzerland on implementing a memorandum of understanding signed by the two sides to reach a final deal.

The US delegation, led by US Vice President JD Vance, the Iranian delegation, led by the Speaker of the Iranian

Parliament, Mohammad Bagher Ghalibaf, and mediators arrived at the Buergenstock earlier in the day, according to the Swiss Federal Department of Foreign Affairs (FDFA).

Iran's Foreign Ministry spokesman Esmail Baghaei said that the country is determined to pursue the US implementation of its commitments under a recently signed memorandum of understanding (MoU) during the upcoming meeting in Switzerland.

In a post on social media platform X, Baghaei said that the scheduled meeting between Iran and the United States later in the day is aimed at following up on the MoU's implementation.

He stressed that according to the MoU, the initiation of negotiations between Iran and the United States on a final agreement is conditional upon ending the war on all fronts, including Lebanon, lifting the US naval blockade, reopening the Strait of Hormuz, US issuance of waivers for Iran's exports of crude oil, petroleum products and derivatives, and releasing Iranian frozen assets. Without implementing those provisions, especially the one related to ending the war on all fronts, it will not be possible to enter talks on the final agreement, the spokesman stressed.

# 'UK PM Starmer may resign today'

LONDON, June 21 (IANS)

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UK PRIME Minister Keir Starmer is expected to resign on Monday and is reportedly preparing to present a timetable for an orderly departure from Downing Street, British media reports said.

Starmer, who has long insisted he would fight any challenge to his leadership, now recognises his position is untenable after speaking with his Government ministers, party funders, and trade union leaders over the past two days, *The Observer* reported. Starmer "has come up hard against the reality that the support isn't there", the daily cited a source as telling it. "The truth is, everyone knows this is no longer a sustainable proposition. There's a sadness to it all, of course, but sometimes there's just an inevitability in politics and as Boris Johnson said: 'When the herd moves, it moves'."

The number of MPs supporting rival Andy Burnham for the Labour leadership has increased after his triumphant victory in the Makerfield by-election last week, Italian news agency *Adnkronos* reported.

# India boosts Russian, UAE oil purchases in June ahead of full Hormuz recovery

NEW DELHI, June 21 (PTI)

INDIA'S crude oil imports from Russia surged in June, while shipments from the United Arab Emirates were near-record levels as refiners sought to secure supplies ahead of the full restoration of flows from Gulf producers following the reopening of the Strait of Hormuz, analysts said.

India imported an average of 2.66 million barrels per day of crude oil from Russia in June, through June 19, compared to 1.91 million bpd in May, data from maritime and commodity intelligence firm Kpler showed, cementing Moscow's position as

the country's largest oil supplier.

Imports from the United Arab Emirates stood at 6,36,000 barrels per day (bpd) in June, through June 19, marginally below the record 6,44,000 bpd imported in May, while Venezuela emerged as India's fourth-largest crude supplier with shipments of 2,09,000 bpd, behind Saudi Arabia's 384,000 bpd. Imports from the US fell sharply to 91,000 bpd from 2,52,000 bpd in May, according to Kpler data.

The purchases underscore India's strategy of diversifying sourcing, with Russian barrels remaining attractive due to discounts and UAE supplies help-

ing offset uncertainty surrounding shipments through the strategic waterway of the Strait of Hormuz.

India, the world's third-largest energy importer, depends heavily on the Gulf region for crude oil, LNG and LPG. Supplies were disrupted after Iran closed Hormuz, following US and Israeli attacks, choking a key energy artery that carries about 20 per cent of global oil consumption and serves as the principal export route for Gulf producers, including Saudi Arabia, Iraq, Kuwait, United Arab Emirates and Qatar.

Oil shipments through the Strait of Hormuz began recover-

ing late last week after the US and Iran agreed to a ceasefire. However, the truce remains fragile, with Iranian authorities accusing Israel of violating the agreement, raising concerns over the durability of the reopening.

According to Sumit Ritolia, Senior Manager - Modelling at Kpler, a reopening of the Strait is expected to provide the quickest relief to India's liquefied petroleum gas supplies, while crude oil and liquefied natural gas imports are likely to see a more gradual normalisation as the country has already adapted to months of disruption through diversification and alternative supply routes.

# Trump threatens Iran amid talks

- The Strait of Hormuz remains closed

WASHINGTON DC, June 21 (Agencies)

**PRESIDENT** Donald Trump on Sunday warned Tehran to “immediately stop their highly paid proxies in Lebanon”, or the US will “hit Iran very hard again” even as bilateral negotiators continue critical talks in Switzerland aimed at defusing volatility across the region.

The escalatory warning was issued via the President’s social media platform, Truth Social, marking one of the most aggressive posturing manoeuvres from Washington since the commencement of the alpine diplomatic track.

“Iran must immediately stop their highly paid PROXIES in Lebanon from causing trouble. If they don’t, we’ll hit



US Vice President J D Vance meets with Pakistan’s PM Shehbaz Sharif in Switzerland on Sunday. (AP/PTI)

Iran very hard again, just like we did last week, only harder!!!” Trump posted.

This sharp rhetoric arrived at an  
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