

REGIONAL NEWS UNIT, ITANAGAR

Time:7:50pm

Duration:5 Minutes

21.06.2026

The 12th International Day of Yoga is being celebrated across India and around the world today with the theme Yoga for Healthy Ageing. The theme highlights the importance of adopting Yoga as a lifelong practice for healthy, active and dignified ageing. Prime Minister Narendra Modi led the nation in observing the 12th International Day of Yoga from Kolkata's Red Road, where thousands of people joined him in performing the morning exercises. Participating in the Common Yoga Protocol session, Mr Modi performed yoga alongside thousands of practitioners at the iconic venue. Speaking on the occasion, Mr Modi said, June 21 marks the longest day in some parts of the Earth; it has now become the largest community celebration day because of yoga. Prime Minister said, Yoga is not just a physical exercise, not restricted to any age group; it is an expression of the human spirit. He said our target should be more flexible at 40 than we were at 20, and to be more energetic at 50 than we were at 30.

The National Eligibility-cum-Entrance Test (NEET-UG) 2026 re-examination for admission to undergraduate medical courses was conducted today amid tight security arrangements. It was held across 551 cities in India and 14 cities abroad for more than 22.79 lakh candidates. The examination was conducted from 2 PM to 5:15 PM in English and 12 Indian languages. A multi-layered security framework was put in place, including CCTV surveillance, Aadhaar-based biometric verification, GPS-enabled vehicles with police escorts for the transportation of examination materials, and secure handling of confidential documents under sealed protocols.

Governor Lt Gen KT Parnaik (Retd.) along with the State Health Minister, Biyuram Wahge, participated in the International Day of Yoga programme held at Lok Bhavan, Itanagar today. The event was organized by the Indira Gandhi Technological and Medical Sciences University Ziro, in collaboration with the Department of Youth Affairs, Government of Arunachal Pradesh.

Addressing the gathering, the Governor said that the International Day of Yoga is a global acknowledgement of India's timeless civilizational wisdom. He said that yoga, once rooted in ancient Indian traditions, is today practiced across the world and recognized as a universal pathway to

holistic health and well-being. Describing yoga as one of India's greatest gifts to humanity, the Governor said that in an era marked by stress, anxiety, lifestyle disorders, and sedentary habits, yoga offers a simple, cost-effective, and sustainable approach to preventive healthcare. As part of his continuing efforts to promote holistic health and wellness, the Governor distributed copies of his booklet, 'Yoga for Common Health Challenges', among the participants.

Chief Minister Pema Khandu today inaugurated the 3rd edition of the Universal Compassion Cup 2026 at Jang. In a social media post, Khandu said that more than just a football tournament, this is a celebration of the timeless values that His Holiness has dedicated his life to promoting. The football tournament is being organized by the Jang Shengzam Brothers Youth Association, in celebration of the 91st Birthday of His Holiness the 14th Dalai Lama.

Minister for Rural Development & Panchayati Raj, Cooperation and Transport, Ojing Tasing inaugurated a dedicated Livelihood Market Shed for Self-Help Groups at Pasighat today. The facility has been developed by the Panchayat Department, East Siang, through the renovation and repurposing of the Anchal Samiti meat market shed located in Pasighat town. The initiative has been implemented in convergence with the Arunachal State Rural Livelihoods Mission (ArSRLM), which will facilitate the formation of a collective of SHGs from across the district for the management and operation of the facility.

A District-Level Jan Kalyan Shivir, themed "12 Years of Trust, Development and Public Welfare," with a special focus on Natural Farming, was organised at the DC's Conference Hall, Pasighat, yesterday. The programme aimed to create awareness among farmers and the general public about the benefits of natural farming, integrated farming systems, soil health management, value addition, livelihood opportunities, and various government welfare schemes available for public benefit. The event served as a platform for interaction between farmers, government officials, and concerned departments, with an emphasis on promoting sustainable agricultural practices and improving access to government services.

The Meteorological Centre Itanagar has forecast red alert for East Siang and Lower Dibang valley and orange alert for Papumpare, West Siang and Leparada. These districts are very likely to receive

thunderstorm with lightning and extremely heavy to heavy rainfall at isolated places. Meanwhile, MCI has also issued a yellow alert for the remaining districts.

In Hockey, India defeated hosts New Zealand 2-0 in the final in Auckland today to win their second FIH Women's Nations Cup title and secured promotion to the FIH Women's Pro League. Prime Minister Narendra Modi has congratulated the Indian Women's Hockey team for winning the FIH Hockey Women's Nations Cup. In a social media post, the Prime Minister praised the team for their exceptional performance throughout the tournament. He said the victory will inspire many young players to take up hockey. The Prime Minister also extended his best wishes to the team for future success.

That is all in this News Bulletin, Namaskar