NEWS HIGHLIGHT

- World's First Yoga University, Named After Vivekananda, Launched Outside India;
- Union Minister Dr Jitendra Singh e-inaugurates Devika Bridge in Udhampur & Puneja Bridge in Doda;
- Indian Navy inducts indigenously developed anti-torpedo decoy system ‘Maareech’;
- Coronavirus | PM CARES Fund allotted ₹20 billion to supply 50,000 Made-in-India ventilators;
- Health Minister Harsh Vardhan launches eBlood services mobile app.
As part of the 6th International Yoga Day commemorations, the world’s first Yoga university outside India has been launched in Los Angeles, offering programmes that combine scientific principles and modern research approaches to the ancient Indian practice of Yoga. The Vivekananda Yoga University (VaYU) was jointly launched by Minister of State for External Affairs, Mr. V Muraleedharan and Chairperson of the Standing Committee on External Affairs, Mr. P P Chaudhary during a virtual event held at the Consulate General of India in New York. Eminent Indian yoga guru, Dr. H.R. Nagendra, Chancellor of Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) is the first Chairman of VaYU. Addressing the virtual launch, Muraleedharan said Swami Vivekananda gave the message of universal brotherhood from the US, and through the first of its kind Yoga university outside India, the message of Yoga will be broadcast from America to the world. "As the symbol of India's culture and heritage, Yoga has become the means for unity and brotherhood in the world. Through the medium of Yoga, we can give the message of world peace," he said, adding that Yoga not only provides mental balance but also emotional stability. The event was jointly hosted by the Consulate General, Jaipur Foot USA Chairperson and founding director of VaYU, Prem Bhandari.

Source: NDTV

Union Minister Dr Jitendra Singh e-inaugurates Devika Bridge in Udhampur & Puneja Bridge in Doda

Union Minister of State PMO, Personnel, Public Grievances & Pensions, Dr Jitendra Singh e-inaugurated Devika Bridge in Udhampur on River Devika and 'Puneja Bridge' on the strategically important, under construction, Bhaderwah-Basholi-Pathankot National Highway in Doda district of Jammu and Kashmir Union territory. The Bridge on River Devika in Udhampur has been completed by Border Roads Organisation within fifteen months time while Puneja Bridge was constructed by Border Roads Organisation (BRO) in 36 months. While addressing the gathering at Bhadarwah through Video Conference, Mr Singh said, Doda is the only district in the country where not one, but three big tunnels are being built. The 185km long under construction Bhaderwah-Basholi-Pathankot highway on which the Puneja bridge was inaugurated and is strategically very important from defence point of view. Once this road is completed, it will also provide a vital alternate link to the Doda, Kishtwar and Ramban districts beside Kashmir valley from Pathanakot (Punjab) without entering Jammu and Udhampur via Lakhanpur.

Source: News Services Division, All India Radio
Indian Navy inducts indigenously developed anti-torpedo decoy system 'Maareech'

The Indian Navy has inducted an advanced anti-torpedo decoy system called 'Maareech' that is capable of being fired from all frontline ships. 'Maareech' has been designed and developed indigenously by the Defence Research and Development Organization (DRDO) and it is capable of detecting, locating and neutralizing incoming torpedo. In a release, the Navy said, "The prototype of this system installed onboard a nominated naval platform had successfully completed all user evaluation trials and demonstrated the features as per the Naval Staff Qualification Requirements." This induction not only stands testimony to the joint resolve of the Indian Navy and DRDO towards indigenous development of defence technology, but has also given a major fillip to the government's 'Make in India' initiative and the country's resolve to become 'atmanirbhar' (self-reliant) in niche technology, the Navy said. Bharat Electronics Limited, a defence PSU, will undertake the production of this decoy system, the Navy stated.

Source: The New Indian Express

Coronavirus | PM CARES Fund allotted ₹20 billion to supply 50,000 Made-in-India ventilators

The PM CARES FundTrust has allocated ₹20 billion for supply of 50,000 "Made-in-India" ventilators to government-run COVID hospitals in all States/Union Territories. The Indian companies involved in manufacturing the ventilators include the Bharat Electronics Limited, the AgVa Healthcare and the AMTZ Basic among others. "So far 2,923 ventilators have been manufactured of which 1,340 have already been delivered to the States/UTs."

Source: The Hindu

Health Minister Harsh Vardhan launches eBlood services mobile app

Union Health Minister, Dr Harsh Vardhan launched the eBlood Services Mobile Application, in partnership with the Indian Red Cross Society (IRCS), for easy access to blood in this critical time of the Coronavirus pandemic. Notably, this initiative would help people to get blood on time just by registering on the application. Also, people can demand up to four units of blood.

Source: The Economic Times
Embassy of India, Jakarta held International Day of Yoga 2020 with Senior Officers at Lemhannas RI (equivalent to NDC, New Delhi) on June 24, 2020. Maj. Gen. Bpk Rahmat Pribadi attended the ceremony along with 34 Indonesian and 7 foreign participants of PPRA-60 course.
Recipe Servings: 2
Prep Time: 1 hr 20 mins
Cook Time: 1 hr
Total Cook Time: 2 hr 20 mins
Difficulty Level: easy

Ingredients Laal Maas:
- 600 gms Mutton (cut into 1 inch pieces)
- 3 Black cardamoms (crushed)
- 4-5 Green cardamoms
- 2 tsp cumin powder
- 3-4 Cloves
- 150 ml oil
- 5 Mathania whole red chilly
- 200 gms onions, sliced
- 2 tbsp ginger-garlic paste
- 1 tsp turmeric paste
- 2 tsp Mathania (red chilli) paste
- to taste salt
- 200 gms yogurt
- for garnishing coriander sprig
- for garnishing lemon wedges
- 1 inch stick cinnamon
- 1 Bay leaf

How to Make Laal Maas:
- Heat oil in a non-stick pressure cooker, to that add black cardamom, green cardamoms, cinnamon, cloves, whole mathania (red chilli) and bay leaf and sauté till its fragrant.
- Add the onions and sauté till they turn light brown in colour. Then add the remaining ginger garlic paste and sauté for 5 minutes.
- Add the lamb pieces to the onions and sauté on high heat for 10-15 minutes until the meat is seared properly.
- Add turmeric powder, mathania (red chilly) paste, salt and sauté for 10 minutes.
- Whisk the yoghurt and add into lamb and sauté on medium flame for 10 minutes, then keep it on simmer (slow flame) and let the mutton cook slowly. Add little water or stock if required at any stage. Adjust seasoning.
- Once the lamb is cooked, transfer to a serving bowl, garnish with coriander sprigs and a lemon wedge. Serve hot.

About Laal Maas:
Laal Maas is a Rajasthani dish, fiery as ever, that you simply shouldn’t miss! Here’s a laal maas recipe packed with red chillies that you can try at home.

Source: food.ndtv
Vakkad Beach and Tirur Puzha: The stunning Tirur River flows serenely through Malappuram District and reaches the sea through the Vakkad Beach, located near Ponnani in Malappuram district. The perfect option to soak in the beauty of the river is to opt for a boat cruise down the river through the backwaters. The boat cruise down the Tirur River starting from Aanamala and gliding through the backwaters to the estuary in Ponnani, where the river flows into the sea through Vakkad Beach, is a once-in-a-lifetime experience. In addition to its stunning natural beauty, those opting for the cruise also get the opportunity to observe flocks of migratory birds and experience the simple ways of life by the banks of the river.

Getting there
Nearest railway station: Tirur, about 6 km away
Nearest airport: Calicut International Airport, about 30 km away

Source: https://www.keralatourism.org/
Shankhumugham Beach, Thiruvananthapuram: Residents of the capital city of Thiruvananthapuram swear by the vibe and atmosphere at the Shankhumugham Beach. Some come here to view sunsets, while others drop by during the day to simply relax, with a majestic view and a calming breeze playing perfect hosts. Its rustic charm is enhanced by the fishermen thronging the place, along with a bunch of delightful vantage points which seem to have been specifically created for picnickers. For company, you have the matsyakanyaka sculpture (a gigantic, 35 m long mermaid structure), among the most unique constructions in the entire State and a special Indoor Recreation Centre and a beautiful Children’s Park.

Getting there
Nearest railway station: Thiruvananthapuram Central, about 7 km
Nearest airport: Trivandrum International Airport is a short drive away

Source: https://www.keralatourism.org/