

## Mid-Day Dogri News Bulletin, 14<sup>th</sup> June 2025

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### LG-Amarnath Review

mijkT;iky euk t flUgk gkj: vkinh Jh vejukFk th nh lykuk ;k=k ybi l j!kk "#\$Fkk  
nh %\vkfj& nh leh!kk 'ju: ybi ln(nh )nh b' m\*+h l%g| vkyh "l, ' nh i.kku%k  
'h%h/ "l, ' + Okt1 iyl1 lhvkjih&0 %i 2kf0;k vtifl& n: vkyk v0 l j: f3kj '%  
'h%h/ mijkT;iky gkj: ;k=k nh l+k4 5)l fl j %k6' +k5u: ybi vki l h %kyey "ukb;:  
'8e 'ju: ij tkj ik; k/ Jh flUgk gkj: l j!kk f)6l l j!kk "y: nh %uk%h ;ktuk %i gkj  
n& mik& nk "h tk;tk y%k/ bl ek': Jh vejukFk th Jkbu "k6: ni e92k 'ktl'kjh  
vf.k'kjh 6k; enhi <k6kjh gkj: f3k# <k9%: )h miy=.k 'jkvkb: tku: vkfy& lgy%&l#k  
"kj: tku'kjh fn?%h/

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### CM-Raabita

e92ke=h mej v=n@yk gkj: Jhu)j + viui AAj kf"%kBB nC%j + yk': %))j iTt "uku:  
vky: if=y' vkmDjh+ 'k;:lEe nk lfj\$%k 'h%kl ft?Fk: mu: t8e 'Fehj n: "92k&"92k  
fg\$l: 3kk vk& n: if%fuf.ke6y: %i yk': 'Uu: eykDh 'h%h/ bl ek': ftu: f#Fk: ij ++k:  
'h%h )bl min: + 'Fehjh <kkFkk )h "5k##k nukl jkt\$# eg|'e: nk ue: fl j: k ),u1  
vkGkf)' f# 'kl1 gkj: fiH6: n: #)i nk '@;klkl l y l Okl iFk "+kg| %i gennh: nh  
f"ukg| ij fu;f9%& n: "'k;k ekey: 3kkey g/ vkb;vkb;Dh; t8e1 <kkj% l h;&l;vkj  
uD# 'l %i ehf6;k leg: n: if%fuf.ke6y: "h vifu;k vifu;k e)k jf2k;k/ e92ke=h gkj:  
l="u: )h .kjk b;: l u:vk %i <kjklk nkvk;k t: mfn& tk; t e): nk %ky: )l u"6k 'h%k  
tk)/ bl ek': ij e92ke=h gni lykg|'kj ukfl j v l ye #kuh %i gkj "66: vf.k'kjh  
"h etn g/

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### Ayush Yoga

11e: v%jkFDh; ;k) fn#l 3kk igly: vk;Kk e=ky; vTt ueh: fnyyh + gkbif"6 #fF# ' f3k2kj l8eyu&;k) 'u9D nk lfj\$%k 'jk 'jnk &/ l8eyu + "gjhu1 vejh'k1 "j%kfu;k % n92ku 'kfj;k lu: "92k&"92k n:l: n: b' Tgkj 3kk "L ;k) 'ju: vky: yk' 3kkey gkvk 'jn: u/

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## Udhampur Yoga

11e: v%jkFDh; ;k) fn#l nh %vkfj& vk\$%: m.keij nh f6MDh 'ehFkuj lykuh jk; ginh v)#kbl + 6hlh nC%j ifjlj + b' "l, ' ykbl )bl/ 'k;Ee vkyh Fkkglj ij if%<kkf)& ybl tyiku1 i+kj1 ikf'i)1 lj!kk % gkj 'bl ykteh t4j%: n: 'Uuk 'Uuh lj".l.k% "92k&"92k N;#\$Fkk& )h 2khjh 4i nu: vk\$%: N;ki' ++kl 'h%h )b/ f6MDh 'ehFkuj lykuh jk; gkj: lj".l.k% eg'e: )h g9e jlky 'h%k t: vkg| le: 3kk igly: viuh "Fkkk ft8enkfj& )h 3k4 'jh nu/ %kvkbl 6k6k + "h v%jkFDh; ;k) fn#l nh %vkfj& nk tk;tk yu: ybl 6k6k n: f6MDh 'ehFkuj gjf#nj flg gkj: b' "l, ' nh v.;!k%k 'h%h % bl vk;k:tu ybl l="u: #"\$Fkk& n: "kj: + %0lhyh lk+ "+kj 'h%k )vk/

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## World Blood Donar Day

vTt f#F# j9%nk%k fn#l euk;k tkBjnk &/ bl "Bj: nk f#Fk lkj: & AA2ku n:vk1 en n:vk1 f'D, jfy;: vl th#u "+k+BB/ &g 'k;Ee lj!k% 2ku nh yk6: n: "kj: + tk)4' %k ".kku: % vki: viuh eth: 'Uu1 eC% j9%nku vky: j9%nk%k& )h mn: th#u j!k' 2ku n: %kg0: vk\$%: .kUu"kn 'ju: nk '8e 'jnk &/ nl ek': ij 'bl: Fkkglj: j9%nku f3kf#j "h yk& )n: u % yk': )h j9%nku %: j9%nk%k& n: eg?# )h "h mtk)j 'h%k tkBjnk &/

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## Prog. Ann(Yoga Day)

vk'kFk##kIkh t8e nk !k=h; lek+kj1 &'kFk v%jkFDh; ;k) fn#l ij 20 feD nk b' 2kk l 'k;IEe iFk 'jk 'jnk &/ tgnk i-lkjlk 20 tu )h "6y l P "ftt; l 10 feD ij 'h%k tk)/ 'k;IEe + lkf5; k ijkgfu; k gk)u eUuh ijeUuh fn; k ;k) vk+k; l 6k; l tk%k lFk/ l tk%k gkj lk5 l th#u + ;k) n eg?# "kj viul "+kj lkQ 'j)u/ ++kl nh et"kuh lk5 U; t &'j Jf% 2ktfj; k % 'lkky Jh#?l 'j)u/ b\$ll +k@yh n gkj n&tku'kjh vky 'k;IEe yb %l ehf6; e ## R02 ehDj ;kfu SS0 f'ykgDit % &0&e 100;R e)kgDil ij D;u 'jh l 'n vk/

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## PTC Announcement

vk'k3k##kIkh t8e n !k=h; lek+kj &'k3k vk l vk ' ,vk fty yT v3k'kfy ' l#knnk%k ;kfu ihDh l h yT nj2kk\$%k ef); k )b; k u/ b\*H' vk#n' tUnh mej 2V Fkek 50 "Bj n "3'kj & % vkg l ' ,vk fty nk jkgu vkUyk &1 bl yT vk#nu 'jh l 'nk &/ en#kj '3k i='kfj%k + ih; th f6Mykek1 f6)h ;k ' l "h i thW% ;fu#X l Dh Fk#k )t&3ku % i='kfj%k + 2 "Bj nk %t "k gkuk yk6+nk &/ en#kj )h '8M; Dj ij 2k"j "uku % ehf6; k '#jt n vu<k# lu l j"Yk% yk6+n mi'jlk #)ijk nk b\$%eky 'juk "h vkuk +kTnk/ vk#n' ftyk lnj nC%j nh 10 f'ykehDj nh gZ n vnj&vnj jkUnk gkuk +kTnk &/ nj2kk\$% % yk6+n n\$%k#t nh '[ih en#kj )h !k=h; lek+kj &'k3k vk'k3k##kIkh t8e '3k i th%hFk\ 15 tu 2025 Fk#k iUy&iUy vkb&n\$%h tek 'jkvkuh gk)/ bl "kj N; ki 'tku'kjh vk'k3k##kIkh nh #"l kbD [www.newsonair.gov.in](http://www.newsonair.gov.in) ij miy=Yk &/

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