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## CHIEF EDITOR DESK



Dear Readers,

*On behalf of National Awareness Times (India's National Weekly), the editorial board and the team of our journal would like to wish all the readers a wonderful week ahead to all .*

*The BRICS Culture Media Forum, in partnership with Shri Ram Global*

*School, organized a prestigious international conference dedicated to strengthening humanitarian, cultural, economic, scientific, and educational cooperation between India and Russia.*

*BJP national president Nitin Nabin has expressed confidence that Punjab is ready for political change, stating that the people of the State are looking towards the Bharatiya Janata Party (BJP) with "high hope and expectations" ahead of the 2027 Assembly elections.*

*Marking International Yoga Day with an extraordinary display of discipline and innovation, the Indian Navy conducted a unique underwater yoga session, showcasing the adaptability of yoga even in challenging maritime environments.*

*For decades, the Group of Seven (G7) represented the undisputed center of global economic power. In the 1980s, G7 nations accounted for nearly 70 percent of global GDP.*

**Deepak Singh,  
Chief Editor**

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# VALERY TOKAREV

RECIPIENT OF THE ORDER OF THE HERO OF Russia (COSMONAUT)

WITH

## CHIEF EDITOR DEEPAK SINGH

AT GURUGRAM HARYANA

By Chief Editor – Deepak Singh



**T**he BRICS Culture Media Forum, in partnership with Shri Ram Global School, organized a prestigious international conference dedicated to strengthening humanitarian, cultural, economic, scientific, and educational cooperation between India and Russia. The event brought together eminent diplomats, scientists, entrepreneurs, educators, and

cultural leaders from both nations, highlighting the growing importance of people-to-people exchanges under the BRICS framework.

The Russian delegation included several distinguished personalities led by Valeri Tokarev, recipient of the prestigious Hero of Russia award, former test cosmonaut at the Yuri Gagarin Cosmonaut Training Center, Russian Air

Force Colonel, and former Mayor of Star City. His presence symbolized Russia's remarkable achievements in space exploration and scientific advancement.

Also representing Russia was Olga Afanasyeva, internationally recognized author and promoter of global initiatives under the auspices of the United Nations. Known for projects such as The Fire of the



Millennium and Women's Space Message, she has dedicated her work to preserving human civilization through international cooperation. She is the founder of Space LP (United Kingdom) and Space Zero (Russia). The conference also featured Sergey Shurgin, President of the Russian-American Society for Friendship and Business Cooperation and former Deputy Prime Minister of Russia during Boris Yeltsin's administration from 1993 to 1997. Currently serving as Vice President of the World Fund for Reconstruction and Development in Washington, he emphasized the significance of international collaboration in a rapidly evolving global landscape. Among the notable delegates was Dr. Sergey Dvorinov, President of the International Diplomatic Club "Amicability," Vice President of the BRICS Culture Media Forum, and United Nations UPF Peace Ambassador. Vladimir Kadrinsky, a renowned Russian entrepreneur and former director of Norilsk Nickel

Holding, also participated in the event. As founder of I Free Media Company, Kadrinsky recently received a special award at the ConFilm Festival 2026 for his AI-assisted animated film Cinderella, demonstrating the growing role of artificial intelligence in creative industries. The delegation further included Yuri Safronov, Founder and Secretary General of the World Alliance Peacemaker, widely respected for his contributions to international peace initiatives

and public diplomacy. On the Indian side, the event was hosted in collaboration with Shri Ram Global School under the leadership of Mr. Deepak Singh, President of the Board of Trustees, Convenor of the NRI Welfare Society, Cultural Ambassador of Seychelles, Editor of The India Observer Chief Editor National Awareness Times. His efforts were instrumental in facilitating meaningful dialogue between the distinguished guests and Indian participants. The conference also welcomed prominent Indian personalities, including Dr. Sanjeev Kumar Srivastava, an internationally acclaimed Nadi and Vedic astrologer and founder of the International Institute of Nadi Astrology and Vastu. Also present was Dr. Modi Vani, a global luxury consultant, brand ambassador, and independent public relations, marketing, and promotion consultant for the art, hospitality, and real estate sectors. Dr. Urvashi Mittal, social activist, environmentalist, popularly known as the "Flask Lady," and founder of the Flask





Club, also attended the gathering, reinforcing the event's emphasis on sustainability and social responsibility. Following the conference, Shri Ram Global School had the distinct privilege of hosting celebrated Russian cosmonaut Valeri Tokarev during a special visit to the campus. Mr. Deepak Singh, President of the Board of Trustees, along with members of the school administration and faculty, extended a warm welcome to the distinguished space traveler. During his interaction with students and teachers, Tokarev shared fascinating experiences from his space missions, offering firsthand insights into life beyond Earth and the challenges faced by astronauts. He spoke about the critical role of science, technology, innovation, and international cooperation in shaping humanity's future in space exploration. Encouraging students to dream fearlessly, he emphasized that curiosity, discipline, perseverance, and quality education are the true foundations of extraordinary achievements. The interactive session inspired students to explore careers in science, engineering, and space research while fostering a



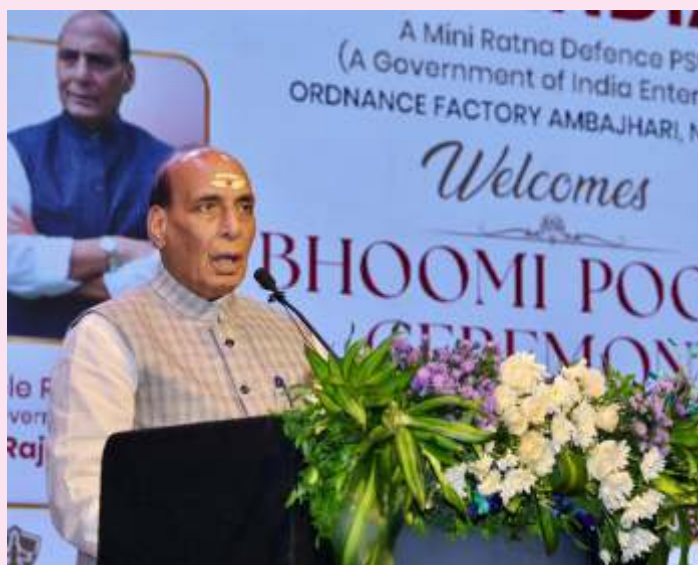
deeper appreciation for technological innovation. The opportunity to engage directly with one of Russia's most accomplished astronauts left a lasting impression on the young audience, transforming the visit into an unforgettable educational experience. Expressing his gratitude, Mr. Deepak Singh thanked Valeri Tokarev for taking the time to inspire the next generation. He noted that interactions with globally accomplished personalities encourage students to think beyond conventional boundaries, cultivate scientific thinking, and develop a global outlook that prepares them for future challenges. The visit concluded with a commemorative photograph session featuring Valeri Tokarev, Mr. Deepak Singh, members of the Board of Trustees, and the faculty of Shri Ram Global School. The occasion marked another significant milestone in the institution's ongoing commitment to promoting international collaboration, academic excellence, scientific curiosity, and global learning. By successfully bringing together distinguished leaders from diplomacy, science, education, business, and culture, the BRICS Culture Media Forum not only strengthened the strategic partnership between India and Russia but also reinforced the importance of educational exchanges in building lasting international relationships. The conference and the subsequent school visit together reflected the shared vision of both nations to empower future generations through knowledge, innovation, and cross-cultural understanding.

## EVENTS



*Union Home Minister and Minister of Cooperation Shri Amit Shah reviewed the functioning of the National Cybercrime Helpline 1930, in New Delhi.*

*The Union Minister for Defence, Shri Rajnath Singh addressing at the Bhoomi Poojan Ceremony of 10,000-Tons Aluminium Extrusion Press Project at Ordnance Factory Ambajhari - a unit of Yantra India Limited (YIL), in Nagpur.*



*The Union Minister for Consumer Affairs, Food & Public Distribution and New & Renewable Energy, Shri Pralhad Joshi addressing at the inauguration of the Smart Warehousing System & felicitation of Best Performing Warehouses of CWC & FCI at Bharat Mandapam, Pragati Maidan, in New Delhi.*





The Secretary, Ministry of Culture, Shri Vivek Aggarwal participates in the 12th International Day of Yoga - 2026 celebrations at Purana Quila, in New Delhi.

*Vice President Shri C. P. Radhakrishnan attended the Civil Investiture Ceremony-II for Padma Awards 2026 at Rashtrapati Bhavan.*



*The Speaker of Lok Sabha, Shri Om Birla addressing at the PAN IIT Alumni Programme at Lecture Hall, Indian Institute of Technology, in New Delhi.*

## BJP IS SET TO SCRIPT HISTORY IN PUNJAB SAYS BJP PRESIDENT NABIN



**B**JP national president Nitin Nabin has expressed confidence that Punjab is ready for political change, stating that the people of the State are looking towards the Bharatiya Janata Party (BJP) with “high hope and expectations” ahead of the 2027 Assembly elections. Addressing party workers and supporters during events held in Jalandhar and Ludhiana as part of his three-day visit to Punjab, Mr. Nabin said the BJP is committed to bringing security, prosperity, and development to the State. He emphasized that Punjab occupies a special place in India’s history and identity, describing it as not only a guardian of the nation’s borders but also a protector of its cultural and spiritual values. According to Mr. Nabin, restoring Punjab’s growth and addressing its current challenges remain among the BJP’s top priorities. “Punjab not only protects India’s borders but also safeguards the soul of India. Bringing Punjab out

of the present crisis and making it secure, prosperous, and strong is the core agenda of the BJP. The BJP is set to script history in Punjab,” he said. Highlighting the State’s rich heritage, Mr. Nabin described Punjab as the land of the Gurus, saints, and martyrs whose teachings continue to inspire generations. He said the values of service, sacrifice, and unity have shaped the identity of the region and strengthened the nation as a whole. “Punjab is the land of the Gurus’ teachings, the penance of saints, and the blood of martyrs. It represents a living tradition of service, dedication, and sacrifice,” he remarked. He further noted that while governments and political leadership may change over time, the core values and spirit of India remain constant. According to him, saints and spiritual leaders have historically guided society during times of crisis, spreading hope and promoting unity whenever

divisions emerged. Addressing one of the State’s most pressing concerns, Mr. Nabin raised the issue of drug abuse, calling it a serious social challenge that requires collective action. He said addiction has devastated many families across Punjab and urged citizens to join hands in combating the problem. “Drug addiction has become a curse for the people of Punjab. We must reject it outright. It is destroying lives and devastating countless households,” he said. Referring to International Yoga Day, he appealed to people to take a pledge to eliminate the menace of drugs from Punjab and the rest of the country. He also stressed the importance of protecting the younger generation from the harmful effects of narcotics, saying that society should not allow anything to weaken its foundations or threaten the future of its youth. Mr. Nabin reiterated the BJP’s broader national vision, stating that India is progressing with a unified goal of becoming a developed nation by 2047. He highlighted the guiding principle of “Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas” as the foundation of inclusive development and governance. With Punjab expected to head to Assembly elections in 2027, the BJP leadership has intensified its outreach efforts in the State. Through public meetings and organizational activities, the party aims to strengthen its presence while emphasizing development, national unity, cultural heritage, and social issues such as the fight against drug abuse. Mr. Nabin’s visit reflects the BJP’s intention to position itself as a key contender in Punjab’s evolving political landscape.

## INDIAN NAVY SHOWCASES UNDERWATER YOGA TO CELEBRATE YOGA DAY



Marking International Yoga Day with an extraordinary display of discipline and innovation, the Indian Navy conducted a unique underwater yoga session, showcasing the adaptability of yoga even in challenging maritime environments. The event highlighted the Navy's commitment to physical fitness, mental resilience, and holistic well-being while celebrating India's ancient tradition on a global stage. The underwater yoga session was performed by trained naval divers and personnel in a carefully controlled environment. Equipped with specialized diving gear, participants demonstrated selected yoga postures and breathing-focused exercises beneath the water's surface. The initiative required extensive planning and safety measures, as underwater conditions demand precise coordination, buoyancy control, and constant communication among divers.

The event drew widespread attention for its symbolic message that yoga transcends conventional boundaries and can be adapted to diverse settings. By taking yoga underwater, the Indian Navy

illustrated the importance of mental composure, concentration, and body control—qualities that are equally vital in naval operations and emergency situations.

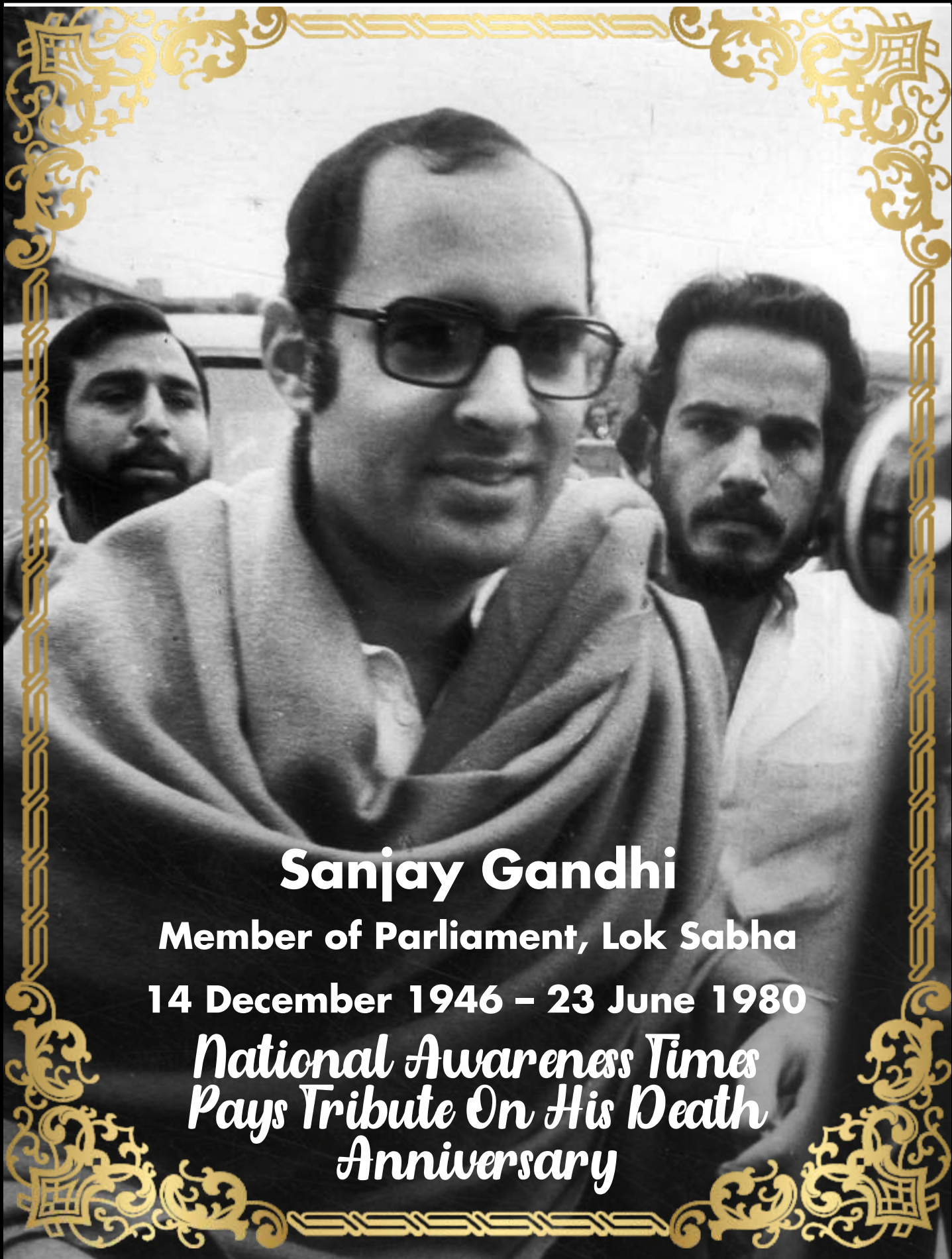
International Yoga Day, celebrated every year on June 21, promotes the physical, mental, and spiritual benefits of yoga across the world. This year's underwater demonstration reflected the Navy's efforts to combine traditional practices with modern professional requirements. It also served as an inspiration for service personnel and civilians alike to embrace wellness as part of their daily lives. Yoga has long been recognized as an effective tool for enhancing flexibility, improving balance, reducing stress, and strengthening mental focus. For military personnel, these benefits can contribute to better endurance and sharper decision-making under pressure. The Indian Navy regularly incorporates fitness programs, meditation, and wellness activities into its training routines to ensure that personnel remain prepared for demanding operational conditions. The underwater session also emphasized teamwork and trust. Divers had to synchronize their

movements while maintaining strict safety protocols, demonstrating that successful execution depended on cooperation as much as individual skill. The visual spectacle of yoga beneath the water served as a reminder that discipline and harmony are essential both in yoga and in naval service.

The initiative resonated with the broader message of International Yoga Day, encouraging people to explore yoga as a means of achieving physical health and emotional balance. Across India and around the world, millions participated in mass yoga sessions held in schools, parks, government institutions, and public spaces. The Indian Navy's underwater event added a distinctive dimension to these celebrations, highlighting the versatility of the practice.

Experts believe that innovative demonstrations such as this can inspire younger generations to appreciate yoga while also showcasing the capabilities of India's armed forces. The event combined cultural heritage with operational excellence, reinforcing the image of the Navy as a modern force that values both technological advancement and human well-being.

As the world continues to recognize the importance of preventive healthcare and stress management, initiatives like the Indian Navy's underwater yoga session underscore the timeless relevance of yoga. The remarkable display not only celebrated International Yoga Day but also reflected the dedication, professionalism, and spirit of service that define India's naval personnel. By blending tradition with innovation, the Indian Navy delivered a memorable message: true strength comes from balance, discipline, and inner calm, whether on land, at sea, or beneath the waves.



## **Sanjay Gandhi**

**Member of Parliament, Lok Sabha**

**14 December 1946 – 23 June 1980**

*National Awareness Times  
Pays Tribute On His Death  
Anniversary*

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## THE FUTURE OF THE G7 IN AN ERA OF RISING POWERS



For decades, the Group of Seven (G7) represented the undisputed center of global economic power. In the 1980s, G7 nations accounted for nearly 70 percent of global GDP. That share has fallen significantly as emerging economies have expanded their influence, raising a critical question: Can the G7 continue to shape the international order in an increasingly multipolar world? The G7's relevance now extends far beyond traditional economic coordination. It has evolved into a strategic platform through which advanced democracies seek to respond to the rise of China, growing geopolitical fragmentation, and the race for technological leadership. Rather than merely discussing inflation or trade, recent summits have focused on securing critical supply chains, reducing dependence on strategic rivals, and protecting sensitive technologies such as

semiconductors, artificial intelligence, and quantum computing. One of the most significant shifts in G7 strategy is the concept of "de-risking" rather than "decoupling." While member states recognize the importance of economic ties with China, they are increasingly seeking to reduce vulnerabilities in sectors such as rare earth minerals, advanced manufacturing, and digital infrastructure. This reflects a broader effort to balance economic interdependence with national security concerns. The G7 has also emerged as an important arena for setting global standards in artificial intelligence. As governments worldwide struggle to regulate rapidly advancing AI systems, G7 members have pushed for frameworks that emphasize transparency, safety, and accountability. These discussions could influence future global regulations and determine which

countries shape the rules governing next-generation technologies. Climate policy represents another area where the G7 is attempting to exercise leadership. However, tensions remain between ambitious climate goals and economic realities. While member countries advocate green transitions, they continue to face challenges related to energy security, industrial competitiveness, and financing for developing nations. Critics argue that without substantial support for emerging economies, global climate targets may remain difficult to achieve. India's growing engagement with the G7 highlights another important transformation. Although not a member, India has become a regular invitee because of its economic scale, strategic location, technological capabilities, and role as a bridge between developed and developing nations. Increasingly, the success of G7 initiatives on trade, climate, and technology depends on cooperation with countries like India. The future of the G7 will not be determined by the size of its economies alone. Its influence will depend on whether it can build coalitions beyond its membership, address the concerns of the Global South, and provide practical solutions to challenges ranging from AI governance to energy security. In a world no longer dominated by a single bloc, the G7's greatest test is adapting from a club of powerful nations into a platform capable of leading through partnership rather than dominance.

## AAMIR KHAN PRODUCTIONS DEVELOPING DOCUMENTARY ON PRESIDENT DROUPADI MURMU



Aamir Khan Productions is reportedly working on a documentary based on the life and journey of President Droupadi Murmu. According to a report by Variety India, the project will be directed by filmmaker and writer Svati Chakravarty Bhatkal and will explore the remarkable path that led Murmu from a small village in Odisha to becoming the President of India.

The documentary is expected to chronicle key milestones in Murmu's personal and professional life, highlighting the challenges she faced and the determination that shaped her rise in public service. If confirmed, the project would mark another real-life story from Aamir Khan Productions, a banner known for backing content-driven films and documentaries.

According to the report, the documentary will examine various phases of President Murmu's life, including her early years in Odisha, her entry into public life, and her eventual election as India's first tribal President.

The film is also expected to shed light on the personal hardships and setbacks she encountered over the years. Through these experiences, the documentary aims to present a detailed portrait of a leader whose journey has often been viewed as an inspiring example of resilience and perseverance.

Murmu became the 15th President of India in 2022 and is also the second woman to hold the country's highest constitutional office.

The report suggests that portions of the documentary have already been filmed in Murmu's native village in Odisha. The makers have reportedly recreated important moments from her early life and cast local actors to portray different stages of her journey.

The documentary will reunite Aamir Khan Productions with Svati Chakravarty Bhatkal, who previously directed Rubaru Roshni, the 2019 documentary anthology produced by Aamir Khan and Kiran Rao.

The reported documentary comes at a busy time for Aamir Khan Productions. The actor-producer is currently involved in promotional activities for Batwara 1947, starring Sunny Deol and directed by Rajkumar Santoshi. The period drama is scheduled for a theatrical release on August 14, 2026.

## PRIYANKA CHOPRA CONFIRMS COLLABORATION WITH ANGELINA JOLIE



Priyanka Chopra Jonas continues to strengthen her presence across both Hollywood and Indian cinema. While the actor is preparing for her return to Indian films with SS Rajamouli's ambitious action-adventure project Varanasi, she has also revealed that she will soon be collaborating with Hollywood star Angelina Jolie.

The announcement came during a recent conversation with Fortune India, where Priyanka spoke about her evolving career, upcoming projects, and the women in the entertainment industry who inspire her.

Although she confirmed that she would be working with Jolie, Priyanka chose not to disclose further details about the collaboration, leaving fans curious about the nature of the project.

The actor's confirmation has sparked considerable interest, particularly given the global profiles of both Priyanka Chopra and Angelina Jolie.

While details remain under wraps, speculation is already underway regarding whether the collaboration could involve a film, a commercial venture, or a humanitarian initiative. Both actors have built successful careers beyond entertainment and have been associated with several international causes and campaigns. During the interaction, Priyanka also named Angelina Jolie among the women she admires professionally. She cited Jolie, along with Penelope Cruz and Salma Hayek, as personalities she finds inspiring.

The upcoming collaboration marks another significant milestone in Priyanka's international career, which has expanded steadily over the last decade. Alongside her Hollywood commitments, Priyanka is gearing up for a major return to Indian cinema with Varanasi, directed by acclaimed filmmaker SS Rajamouli. The film marks her first Indian feature project in several years and is expected to be among the most ambitious productions mounted in the country. Reports suggest that the globe-spanning adventure has been shot across multiple international locations, including Georgia, Antarctica, Africa, and Hyderabad. Speaking about the scale of the project, Priyanka said, "What we are trying to do is something so ambitious and of a scale not seen for a very long time. I am very privileged and excited not just for India but also the world, because this will be a massive global release and people will be exposed to what we have been working on for the past three years." The film is scheduled for a worldwide release on April 7, 2027.

## ONE APPLE, MANY HEALTH BENEFITS



The saying “an apple a day keeps the doctor away” has been repeated for generations, and modern nutrition science suggests there is some truth behind it. Apples are packed with essential nutrients, antioxidants, and dietary fiber that can contribute significantly to overall health when consumed regularly. One of the biggest benefits of eating an apple daily is improved digestive health. Apples are rich in soluble fiber, particularly pectin, which supports healthy digestion and promotes the growth of beneficial gut bacteria.

A healthy digestive system not only improves nutrient absorption but also strengthens the immune system. Apples are also beneficial for heart health. The fiber and antioxidants found in apples help reduce levels of bad cholesterol (LDL) while supporting healthy blood circulation. Regular consumption may lower the risk of cardiovascular diseases, including heart attacks and strokes. Potassium present in apples further helps regulate blood pressure. Another important advantage is better blood sugar management.

Despite their natural sweetness, apples have a relatively low glycemic index and release sugar gradually into the bloodstream. This helps prevent sudden spikes in blood glucose levels and may reduce the risk of developing type 2 diabetes when included as part of a balanced diet.

For those looking to maintain a healthy weight, apples are an excellent snack choice. Their high fiber and water content create a feeling of fullness, reducing unnecessary hunger and overeating. This makes them a smart addition to weight-management plans.

Apples are also rich in antioxidants such as quercetin, catechin, and chlorogenic acid. These compounds help combat oxidative stress, protect cells from damage, and may lower the risk of chronic diseases associated with aging.

Including one fresh apple in your daily diet is a simple habit that can provide long-term benefits for digestion, heart health, blood sugar control, weight management, and overall well-being. Small dietary choices made consistently often lead to the greatest health improvements over time.



# PIC OF THE WEEK

## Dia Mirza Rekhi

The most restful and adventurous family holiday one could imagine

Source: Instagram

23 June, 2026

## FINDING BALANCE THROUGH YOGA



**Y**oga is far more than a physical exercise; it is a holistic practice that nurtures the body, mind, and spirit. Originating in ancient India, yoga has gained worldwide recognition for its ability to improve overall well-being and promote a balanced lifestyle. Incorporating yoga into a daily routine can offer numerous physical and mental health benefits.

One of the most noticeable advantages of yoga is improved flexibility and strength. Regular practice stretches and tones muscles, enhances joint mobility, and improves posture. Unlike many high-intensity workouts, yoga strengthens the body while minimizing the risk of injury, making it suitable for people of all ages.

Yoga is also highly effective in reducing stress and anxiety. Through controlled breathing techniques and mindful movements, it helps calm the nervous system and lowers levels of stress hormones. Many practitioners report feeling more relaxed, focused, and emotionally balanced after even a short yoga session.

Another significant benefit is better cardiovascular and respiratory health. Deep breathing exercises, known as pranayama, improve lung capacity and oxygen circulation throughout the body. Certain yoga poses also support healthy blood flow and may help regulate blood pressure, contributing to a healthier heart.

For individuals struggling with sedentary lifestyles, yoga can improve energy levels and reduce fatigue. It enhances circulation, stimulates vital organs, and promotes better sleep quality. A well-rested body is more productive and resilient in dealing with daily challenges.

Additionally, yoga fosters mental clarity and concentration. The practice encourages mindfulness, helping individuals stay present and focused. This can enhance decision-making, memory, and overall cognitive function.

Perhaps the greatest strength of yoga lies in its ability to create harmony between physical health and mental well-being. By dedicating just a few minutes each day to yoga, individuals can cultivate inner peace, improve physical fitness, and develop a healthier outlook on life. In an increasingly fast-paced world, yoga remains a powerful tool for achieving balance and long-term wellness.



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