Government of India
Ministry of Ayush
सत्यमेव जयते

MINISTRY OF AYUSH COMPILED MEDIA REPORT
01 Feb, 2025 - 28 Feb, 2025

Total Mention 537

Print	Financial	Mainline	Regional	Periodical
537	64	277	190	6

Print

No	Newspaper	Headline	Edition	Pg
1.	The Economic Times	The Marketer's Roadmap To The	Pune	11
2.	The Economic Times	Rishikesh: The yoga capital inspiring millions	Delhi + 1	9
3.	The Economic Times	Uttarakhand embraces new-age tourism for sustainable and ecological growth	Delhi + 2	9
4.	The Economic Times	Rishikesh: The yoga capital inspiring millions	Chandigarh	9
5.	The Economic Times	Soulful travel	Mumbai + 3	5
6.	The Economic Times	What kind of experiences excite Indian travellers	Delhi + 2	2
7.	The Economic Times	DEVOTEES AND AKHARAS PRAISE MAHAKUMBH 2025	Pune	2
8.	The Economic Times	Medical Colleges here Still Suffer from a Severe Shortage of Seats	Pune	12
9.	The Economic Times	Medical Students likely to Stay Study Abroad Course	Delhi + 2	6
10.	The Economic Times	2.5m Take NEET for 1L Medical Seats; Students Ready Plan B	Chennai	9
11.	The Economic Times	Fitness trends that experts love to hate	Bengaluru	19
12.	Business Standard	Therapeutic proposal	Delhi + 3	7
13.	Business Standard	Delhi's new govt puts PMJAY implementation in fast lane	Mumbai	5
14.	Business Standard	Caveat influencers	Jaipur + 3	9
15.	Business Standard	A health financing perspective	Mumbai + 6	9
16.	Business Standard	A dream home	Delhi + 2	1, 10
17.	Business Standard	India is both a developed and developing nation	Delhi + 2	16
18.	Business Standard	Health care gets 9.78% boost, cancer treatment costs to drop	Chennai + 2	8
19.	Mint	Unwinding with a cascade of hot stones in Bhutan	Bengaluru	16
20.	Mint	A summer body shouldn't be your only fitness goal	Bengaluru + 1	14
21.	Mint	NHA offers more incentives to enrol hospitals in health scheme	Hyderabad	9
22.	Mint	Govt aims to offer telemedicine services under a single window	Hyderabad	9
23.	Mint	BCCL to acquire Vishal Personal Care	Chandigarh	9

24.	Mint	New exercises to switch things up on bicep day	Delhi	14
25.	Mint	LOUNGE ONLINE	Chennai + 1	2
26.	Mint	NHA plans U-WIN integration with immunity scheme	Hyderabad	2
27.	Mint	Consistency is the holy grail in your fitness journey	Bengaluru + 1	16
28.	Mint	At these getaways, it's the food that heals	Bengaluru + 1	16
29.	Mint	A swim workout is always a good idea, Here's why	Delhi	16
30.	Mint	At these getways, it's the food that heals	Chennai	16
31.	Mint	Business of Life At these getaways, it's the food that heals	Delhi	1, 16
32.	Mint	Business of Life I At these getaways, it's the food that heal	Ahmedabad	1, 16
33.	Mint	Govt hitches health mission funding to quality care centres	Hyderabad	2
34.	Mint	AIIMS to go paperless in prescribing medicines	Hyderabad	2
35.	Mint	Fix your rounded shoulders with these exercises	Chennai	14
36.	Mint	A new jobs blueprint for India's young	Hyderabad	12
37.	Mint	100% FDI in insurance: Too little, too late	Hyderabad	9
38.	Mint	EMPHASIS ON URBAN GOVERNANCE COULD HELP WORKERS IN SMALL TOWNS	Hyderabad	12
39.	Mint	Gig economy to get rainy day cover	Hyderabad	15
40.	Mint	HEALTH SPENDING	Hyderabad	16
41.	Mint	Time to heal: Focus on cancer care	Hyderabad	18
42.	The Financial Express	Rekha Gupta takes charge as CM of Delhi	Hyderabad	11
43.	The Financial Express	Patanjali Foods posts 71% jump in Q3 profit at Rs 371 cr	Bengaluru	34
44.	The Financial Express	The fine print	Hyderabad + 10	5
45.	The Financial Express	Wellness business will boom if Ayush visas, insurance happen	Pune + 10	5
46.	The Hindu Business Line	Expo at Invest Kerala Summit throws light on State's diverse capability	Delhi + 3	9
47.	The Hindu Business Line	Expo at Invest Kerala Summit throws light on State's diverse capability	Kochi	9
48.	The Hindu Business Line	Tailored approach needed for AI use in informal healthcare: Study	Delhi	11

49.	The Hindu Business Line	My Five	Bengaluru + 7	9
50.	The Hindu Business Line	A Budget that misses out on health of the people	Chandigarh + 9	6
51.	Bizz Buzz	Dr Sangita Reddy highlights role of digital innovation in healthcare	Hyderabad	3
52.	Bizz Buzz	Need for stringent quality control in nutraceuticals mkt: Ayush	Hyderabad	8
53.	Bizz Buzz	Dhanwantari Ayurveda Awards showcase role in global healthcare	Hyderabad	8
54.	Bizz Buzz	We will fulfil every guarantee: Delhi Cabinet	Hyderabad	3
55.	Bizz Buzz	SCREENING DRIVE TO TACKLE NCDs IN ADULTS	Hyderabad	8
56.	Bizz Buzz	Healthcare system evolving with institutes like NCI-AIIMS: Nadda	Hyderabad	8
57.	Bizz Buzz	73.90 cr citizens availed Ayushman IDs in India	Hyderabad	8
58.	Bizz Buzz	AB PM-JAY prime move towards handling cancer cases: Experts	Hyderabad	8
59.	Business Standard (Hindi)	Health sectore par sikudta kharch	Delhi	5
60.	Business Standard (Hindi)	Health shetar par sinkudata kharch	Chandigarh	5
61.	Business Standard (Hindi)	Videshi jalo mein band hai 10,152 bharatiye	Chandigarh	14
62.	Business Standard (Hindi)	Videshi Jailo mein band hai 10,152 Indians	Delhi	14
63.	Business Standard (Hindi)	Health Sector will strong	Delhi	4
64.	Business Standard (Hindi)	Naye labharthiyo ke liye paryapat rahega PM-Jai Aavantan!	Chandigarh	4
65.	The Times of India	Health insurers mop up Rs1L cr in FY25	Chandigarh	1, 20
66.	The Times of India	Aerobic exercise may boost cognition for people with ADHD	Bengaluru	7
67.	The Times of India	High selenium levels in wheat not yet proven as culprit in Buldhana	Delhi	14
68.	The Times of India	Unknown Indian	Delhi + 1	24
69.	The Times of India	Multi-crore fake Ayushman card scam busted at PGI	Chandigarh	1
70.	The Times of India	Pb launches statewide screening of common NCDs	Chandigarh	5

71.	The Times of India	Will clear Ayushman dues to pvt hosps by Mar 21: Pb	Chandigarh	3
72.	The Times of India	With new move, Shinde signals fresh tussle in Mahayuti govt	Chandigarh	10
73.	The Times of India	Doc, assistants held for running abortion racket	Delhi	12
74.	The Times of India	Homeopathy panel chief's appointment junked by SC	Delhi	15
75.	The Times of India	Homeopathy panel chief's appointment junked	Pune	13
76.	The Times of India	Fraud health insurance claims of Rs74cr detected in 3 states	Chandigarh	6
77.	The Times of India	5 non-faculty members only staff at Nat'l Institute of Telemedicine: PGI	Chandigarh	1
78.	The Times of India	Awareness about Ayush medicines high in Pb: Centre	Chandigarh	3
79.	The Times of India	Ayushman cover may finally be extended to Delhi	Chandigarh	14
80.	The Times of India	Skill India with Rs8,800cr outlay, new rly zone get Cabinet nod	Chandigarh	8
81.	The Times of India	Development under BJP unmatched: CM	Chandigarh	5
82.	The Times of India	Hry to release funds after pvt hospitals say will stop Ayushman Bharat services	Chandigarh	11
83.	The Times of India	50 yoga practitioners do 1,009 Suryanamaskaras	Bengaluru	2
84.	The Times of India	After govt's assurance, Hry IMA agrees to accept Ayushman card	Chandigarh	7
85.	The Times of India	GROUP WORKOUTS MAKE FITNESS FUN	Bengaluru	8
86.	The Times of India	UT owes GMCH Rs2cr for treatments under Ayushman	Chandigarh	2
87.	Hindustan Times	Dum laga ke haisha: Stay safe while weight training	Mumbai	3
88.	Hindustan Times	MoU LIKELY BY END OF WEEK FOR AYUSHMAN BHARAT SCHEME	Delhi	2
89.	Hindustan Times	Delhi mohalla clinics to be reduced, renamed: Minister	Delhi + 1	1, 2
90.	Hindustan Times	Govt-provided insurance coverage set to double Rs 10L	Delhi	4
91.	Hindustan Times	Man caught getting free medicines fraudulently	Chandigarh	1
92.	Hindustan Times	FIRST CABINET DECISIONS: CAG REPORTS, UNION HEALTH SCHEME	Delhi + 2	1, 3

93.	Hindustan Times	CM Rekha takes charge; Kapil, Parvesh among six ministers	Chandigarh	1
94.	Hindustan Times	Will clear private hospitals' dues by Mar 21: Punjab to HC	Chandigarh	4
95.	Hindustan Times	Evening care soon in UT dispensaries	Chandigarh	2
96.	Hindustan Times	#instastyle	Bengaluru	4
97.	Hindustan Times	Ayushman scheme will be 1st order of business	Delhi	4
98.	Hindustan Times	#thatshot	Mumbai	2
99.	Hindustan Times	Sheesh Mahal' to Ayushman Bharat, PM takes jibes at AAP	Mumbai	1
100.	Hindustan Times	OVER 87 LAKH AYUSHMAN CARDS ISSUED IN PUNJAB, NADDA TELLS RS	Chandigarh	2
101.	Hindustan Times	Will clear pending claims under Ayushman Bharat: Hry to IMA	Chandigarh	7
102.	Hindustan Times	Gig economy set to be formalised	Chandigarh	8
103.	The Indian Express	PM Modi chairs Ayush sector review meeting	Mumbai + 2	10
104.	The Indian Express	State govt launches 100-day campaign to intensify battle against tuberculosis	Mumbai	3
105.	The Indian Express	Mohalla clinics on health minister radar, he promises action if corruption is found	Delhi	4
106.	The Indian Express	Nod for Ayushman Bharat, CAG reports: Gupta, team check in	Chandigarh	1, 2
107.	The Indian Express	Punjab to screen residents above 30 for diabetes, hypertension, 3 common cancers	Chandigarh	6
108.	The Indian Express	Ayushman Bharat, women aid, Yamuna river front top BJP's agenda in Capital	Chandigarh	16
109.	The Indian Express	Rs500-cr dues of private hospitals not cleared, AAP misusing Ayushman funds	Chandigarh	13
110.	The Indian Express	Tripura now 'land-linked', peace restored under BJP rule: Shah	Delhi	12
111.	The Indian Express	87.94 lakh Ayushman cards created in Punjab, Govt tells Rajya Sabha	Chandigarh	13
112.	The Indian Express	Ayushman scheme, awareness, facilities aiding timely cancer care in India: Study	Chandigarh	2
113.	The Indian Express	Battling cancer closer home: Daycare centres in all district hospitals in 3 years	Chandigarh	12

114.	The Indian Express	Chandigarh receives Rs6,983.18 crore for 2025-26 up by 7.21% from last fiscal	Chandigarh	4
115.	The Indian Express	Rs9k cr booster for health, gig workers to get PMJAY cover	Chandigarh	12
116.	The Morning Standard	Fit Bit	Delhi	2
117.	The Morning Standard	Fit Bit	Delhi	4
118.	The Morning Standard	I want to start hula hooping: What should I keep in mind	Delhi	4
119.	The Morning Standard	Fit Bit	Delhi	2
120.	The Morning Standard	FIT BIT	Delhi	2
121.	The Morning Standard	Textile, tourism & tech to drive country's development: Modi...	Delhi	8
122.	The Morning Standard	FIT BIT	Delhi	2
123.	The Morning Standard	Fit Bit	Delhi	2
124.	The Morning Standard	Rs 1L cr U'khand Budget to promote innovation, agri, connectivity and infra	Delhi	8
125.	The Morning Standard	Fit Bit	Delhi	2
126.	The Morning Standard	Please suggest some workouts that can help relieve period cramps	Delhi	2
127.	The Morning Standard	Fit Bit	Delhi	2
128.	The Morning Standard	Traditional medicine in WHO framework	Delhi	7
129.	The Morning Standard	FIT BIT	Delhi	2
130.	The Morning Standard	Fit Bit	Delhi	2
131.	The Morning Standard	Activate your fat-burners	Delhi	12
132.	The Morning Standard	Fit Bit	Delhi	2
133.	The Morning Standard	Fit Bit	Delhi	2
134.	The Morning Standard	Fit Bit	Delhi	2
135.	The Morning Standard	Is doing Zumba enough or should I do other exercises for a more balanced routine	Delhi	2
136.	The Morning Standard	Fit Bit	Delhi	2
137.	The Morning Standard	Fit Bit	Delhi	2
138.	The Morning Standard	Fit Bit	Delhi	2
139.	The Morning Standard	Fit Bit	Delhi	2

140.	The Morning Standard	Fit Bit	Delhi	2
141.	The Morning Standard	FIT BIT	Delhi	2
142.	The Morning Standard	MISS-FIT	Delhi	2
143.	The Morning Standard	Fit Bit	Delhi	2
144.	The Morning Standard	Fit Bit	Delhi	2
145.	The Morning Standard	Healthy' counter to Maoist menace in Dantewada	Delhi	8
146.	The Morning Standard	Fit Bit	Delhi	2
147.	The Morning Standard	Fit Bit	Delhi	2
148.	Deccan Chronicle	PM chairs key Ayush sector meet	Chennai	5
149.	Deccan Chronicle	Modi chairs key Ayush sector meet	Hyderabad	10
150.	Deccan Chronicle	Govt's Nizamia general hospital to be refurbished	Hyderabad	6
151.	Deccan Chronicle	Delhi gears up for Ayushman Bharat, set to sign MoU soon	Chennai	8
152.	Deccan Chronicle	Delhi's new CM faces huge test; salute to women voters	Hyderabad	1
153.	Deccan Chronicle	Rekha Gupta's first Cabinet meeting spurs key reforms	Hyderabad	8
154.	Deccan Chronicle	IIT-M to launch plant cell fermentation tech lab	Chennai	2
155.	Deccan Chronicle	Atishi: Tussle for portfolios in BJP	Hyderabad	12
156.	Deccan Chronicle	Ayush ministry signs MoU for well-being of sr citizens	Chennai	4
157.	Deccan Chronicle	MoU signed to boost healthcare	Hyderabad	9
158.	Deccan Chronicle	The First 3 Weeks Fitness Ifs & Buts	Chennai	19
159.	Deccan Chronicle	Modi slams Rahul, tears into Kejriwal	Hyderabad	1, 10
160.	Deccan Chronicle	CAPITAL EXPENDITURE	Hyderabad	12
161.	Deccan Chronicle	Duty cut on 36 life-saving medicines	Hyderabad	1, 8
162.	The Daily Guardian	Need for steps to harness Ayush's full potential: PM Modi	Chandigarh + 1	2
163.	The Daily Guardian	Fueling Recovery: How Nutraceuticals and Functional Foods Enhance Post-Surgical Healing	Delhi	14
164.	The Daily Guardian	First cabinet meet approves Ayushman Bharat	Chandigarh	1, 5
165.	The Daily Guardian	Income Tax-Ayush initiative: Health & Wellness Seminar organised	Chandigarh	13

166.	The Daily Guardian	Feed your brain: The top nutrients to prevent cognitive decline	Delhi	14
167.	The Daily Guardian	NOURISHING MUSCULOSKELETAL HEALTH: THE POWER OF FOODS AND NUTRACEUTICALS	Delhi	14
168.	The Daily Guardian	2.7 lakh bogus claims worth Rs 562 cr detected under Ayushman scheme	Chandigarh	3
169.	The Daily Guardian	Supreme Court quashes appointment of chairperson of National Commission for Homeopathy	Delhi	10
170.	The Daily Guardian	Ayushman Card scheme failing inHaryana: Kumari Selja slams govt	Chandigarh	4
171.	The Daily Guardian	OPTIMIZING MUSCULOSKELETAL HEALTH WITH FOOD AND NUTRACEUTICALS	Delhi	14
172.	The Daily Guardian	OVER 73.90 CRORE AYUSHMAN BHARAT HEALTH ACCOUNTS IDS CREATED	Chandigarh	2
173.	The Daily Guardian	IMA, Haryana resolve Ayushman Bharat row, services to continue	Chandigarh	1, 5
174.	The Daily Guardian	Kerala court issues non-bailable warrant against Baba Ramdev after his non-appearance in objectionab...	Delhi	10
175.	The Asian Age	PM chairs key Ayush sector meet	Delhi	4
176.	The Asian Age	Drain gains minus pains	Delhi	13
177.	The Asian Age	Have a proper, daily plan	Delhi	12
178.	The Asian Age	Ayush ministry signs MoU for well-being of sr citizens	Delhi	4
179.	The Asian Age	Chief secys of Delhi, Andhra face SCs anger over illegal ads	Delhi	4
180.	The Asian Age	The First 3-Weeks Fitness Ifs & Buts	Delhi	12
181.	The Asian Age	LIFE-SAVING DRUGS GO CHEAPER	Delhi	4
182.	Free Press Journal	Ayush dispensaries helped 8L pilgrims	Mumbai	1
183.	Free Press Journal	Ayurveda - a blessing, but ignorance and apathy betrayed Indians, says senior scientist	Mumbai	9
184.	Free Press Journal	Patanjali's 6-day 'Charakayatan' training programme concludes	Mumbai	12
185.	Free Press Journal	Plant-based skin care products	Mumbai	2
186.	Free Press Journal	DPU's convocation honours Nader & Sardeshmukh	Mumbai	7
187.	Punjab Express	Healthcare leads AI adoption in India, surpasses FMCG and manufacturing sectors: Report	Chandigarh	6

188.	Punjab Express	Committed to reduce medical expenses for every Indian: PM	Chandigarh	1
189.	Punjab Express	PM's guarantee means every guarantee will be fulfilled: Nadda on Delhi govt's decision to implement ...	Chandigarh	7
190.	Punjab Express	Govt provides social security to 92 crore people or 65 pc population: Mandaviya	Chandigarh	11
191.	Punjab Express	Ayush Ministry Social Justice Dept to boost healthcare of elderly and fight social abuse	Chandigarh	6
192.	Punjab Express	People endorsed PM Modi's guarantees	Chandigarh	8
193.	Punjab Express	Tele-MANAS mental health helpline handles over 18.1 lakh calls: Centre	Chandigarh	6
194.	Punjab Express	Govt to immediately clear pending claims under Ayushman Bharat Yojana	Chandigarh	8
195.	Punjab Express	Ayushman Yojana: Rs450 cr of private hospitals stuck again, IMA warns to stop treatment from Feb 3	Chandigarh	8
196.	The Statesman	PM chairs meeting to review Ayush sector	Delhi	2
197.	The Statesman	Delhi set to implement Ayushman Bharat Yojana, Centre to finalise MoU soon	Delhi	11
198.	The Statesman	BJP govt clears Ayushman Bharat, to table CAG reports in first cabinet meet	Delhi	3
199.	The Statesman	Koraput has potential to be the Ayurvedic capital: Experts	Bhubaneshwar	2
200.	The Statesman	India leading the world in healthcare & production of medicines in Unani system, says President Murm...	Delhi	2
201.	The Statesman	Prez to inaugurate global conference on Unani medicine today	Delhi	2
202.	The Statesman	Parampara seems well set to turn Purulia village into a model ayurvedic village	Delhi	10
203.	The Statesman	Acharya Balkrishna highlights Ayurveda and Yoga's global relevance at World Book Fair	Delhi	3
204.	The Statesman	MAA stands for Multi-Asset Allocation, reflecting need for a well-diversified investment approach	Delhi	11
205.	Eastern Chronicle	National Institute of Ayurveda vacancy 2025: 12 assistant professor posts	Kolkata	7
206.	The Hans India	Yogi honours boatmen; post-registration funds, insurance to be provided for boats	Hyderabad	5
207.	The Hans India	APOLLO HOSPITALS KEEN ON AI-DRIVEN SOLUTIONS	Hyderabad	8

208.	The Hans India	Divya Jyoti Ved Mandir creates history	Hyderabad	5
209.	The Hans India	AAP-da over, Delhi CM must get cracking on challenges	Hyderabad	6
210.	The Hans India	REKHA GUPTA SWORN IN DELHI CM	Hyderabad	1, 7
211.	The Hans India	Cancer vaccine for women to be ready in 6 months	Hyderabad	1
212.	The Hans India	Extend hassle-free health cover to sr citizens	Hyderabad	6
213.	The Hans India	Foreign tourists impressed by facilities of Maha Kumbh's Central Hospital	Hyderabad	9
214.	The Hans India	Maha Kumbh: Over 45 cr took dip in Sangam so far	Hyderabad	5
215.	The Hans India	Al-Arif Unani Research Institute to hold mega health camp today	Hyderabad	7
216.	The Hans India	Sonia's remarks on President reflect dynastic arrogance: Kishan Reddy	Hyderabad	5
217.	The New Indian Express	SUKHASANA HUGS AND TWIST	Chennai	2
218.	The New Indian Express	TADASANA STRETCHED OUT HANDS	Chennai	2
219.	The New Indian Express	TADASANA STRETCHED OUT HANDS (MOUNTAIN POSE STRETCHED OUT HANDS)	Bengaluru	2
220.	The New Indian Express	Action against 55 Gujarat hosps over violation of Ayushman Bharat norms	Kochi	7
221.	The New Indian Express	SITTING TWIST POSE ON CHAIR HAND ON FLOOR	Chennai + 1	2
222.	The New Indian Express	Textile, tourism & tech to drive country's development: Modi...	Bengaluru	10
223.	The New Indian Express	DHANURASANA BOLSTER ELBOWS ON FLOOR	Chennai	2
224.	The New Indian Express	DHANURASANA BOLSTER ELBOWS ON FLOOR (BOW POSE BOLSTER ELBOWS ON FLOOR)	Bengaluru	2
225.	The New Indian Express	GARUDASANA	Chennai	2
226.	The New Indian Express	GARUDASANA (EAGLE POSE)	Bengaluru	2
227.	The New Indian Express	UTTANASANA CROSS LEGGED	Chennai	2
228.	The New Indian Express	Traditional medicine in WHO framework	Bengaluru	9
229.	The New Indian Express	UTTANASANA CROSS-LEGGED (STANDING FORWARD FOLD CROSS-LEGGED	Bengaluru	2
230.	The New Indian Express	KUNDALINI CIRCLES	Chennai	2
231.	The New Indian Express	KUNDALINI CIRCLES (SEATED TORSO CIRCLES)	Bengaluru	2

232.	The New Indian Express	SUKHASANA PARSVA HASTA VARIATION	Chennai	2
233.	The New Indian Express	SUKHASANA PARSVA HASTA VARIATION (EASY POSE ARMS SIDE MIDDLE FINGER RAISED VINYASA)	Bengaluru	2
234.	The New Indian Express	SARVANGASANA	Chennai	2
235.	The New Indian Express	SARVANGASANA (SHOULDERSTAND POSE)	Bengaluru	2
236.	The New Indian Express	SINGLE LEG RAISES SUPINE EXERCISE	Chennai + 1	3
237.	The New Indian Express	Homoeopathy commission chief told to step down	Chennai	11
238.	The New Indian Express	SUKHASANA NECK ROTATION	Chennai	2
239.	The New Indian Express	SUKHASANA NECK ROTATION (EASY POSE NECK ROTATION)	Bengaluru	2
240.	The New Indian Express	FIT BIT	Chennai	2
241.	The New Indian Express	GATYATMAK MERU VAKRASANA (DYNAMIC SPINAL TWIST POSE)	Bengaluru	2
242.	The New Indian Express	BALASANA VARIATION TURNED (CHILD POSE VARIATION TURNED)	Bengaluru	2
243.	The New Indian Express	Commitment to Holistic Healthcare for National Security Forces	Bengaluru	1
244.	The New Indian Express	BALASANA VARIATION TURNED	Chennai	2
245.	The New Indian Express	UTTANA PADASANA KNEES BENT	Chennai	2
246.	The New Indian Express	UTTANA PADASANA KNEES BENT (RAISED LEGS POSE KNEES BENT)	Bengaluru	2
247.	The New Indian Express	HEALTH INFRA DEVPT, CANCER CARE GET A BOSTER DOSE	Kochi	4
248.	The New Indian Express	Yoga National Conclave held	Chennai	3
249.	The New Indian Express	UTKATASANA NAMASTE HANDS ON TIPTOES	Chennai	2
250.	The New Indian Express	UTKATASANA NAMASTE HANDS ON TIPTOES (CHAIR POSE PRAYER HANDS ON TIPTOES)	Bengaluru	2
251.	The New Indian Express	ANJANEYASANA VARIATION HANDS TOES	Chennai	2
252.	The New Indian Express	ANJANEYASANA VARIATION HANDS TOES (CRESCENT LOW LUNGE POSE VARIATION HANDS TOES)	Bengaluru	2
253.	The New Indian Express	SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION	Chennai	2

254.	The New Indian Express	SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION (SUPINE WINDSHIELD WIPER TWIST POSE)	Bengaluru	2
255.	The New Indian Express	EKA PADA SHIRSHA PRAPADASANA	Chennai	3
256.	The New Indian Express	EKA PADA SHIRSHA PRAPADASANA (ONE FOOT BEHIND THE HEAD TIP TOE POSE)	Bengaluru	2
257.	The New Indian Express	PARIVRTTA SUKHASANA	Chennai	2
258.	The New Indian Express	PARIVRTTA SUKHASANA (REVOLVED EASY POSE)	Bengaluru	2
259.	The New Indian Express	Healing touch to cancer care, med infra push	Kochi + 1	7
260.	The New Indian Express	Going Home to Heal	Bengaluru	5
261.	The New Indian Express	SITTING FORWARD WRIST STRETCH	Chennai + 1	2
262.	The Pioneer	Ayush Ministry confers National Dhanwantari Ayurveda Award to three distinguished practitioners	Chandigarh + 2	4
263.	The Pioneer	Pandemic drove digital adoption by over 300%: Doc	Hyderabad	3
264.	The Pioneer	Destination Uttarakhand	Chandigarh	12
265.	The Pioneer	Legal awareness camp for senior citizens held	Hyderabad	4
266.	The Pioneer	Letters To The Editor	Delhi + 1	6
267.	The Pioneer	WELFARE SCHEMES FOR DELHITES	Hyderabad	6
268.	The Pioneer	BJP-led government unveils healthcare reforms, free bus services and development plans	Delhi	3
269.	The Pioneer	AYUSHMAN FOR DELHI, CAG FOR AAP	Chandigarh	1
270.	The Pioneer	Study reveals mixed reaction toward AI for TB diagnosis	Hyderabad	3
271.	The Pioneer	BJP sets its sights on West Bengal and Bihar after Delhi triumph	Hyderabad	7
272.	The Pioneer	Ministry of Ayush announces opening of nominations for PM's Yoga Awards	Chandigarh + 2	4
273.	The Pioneer	Post-Natal Yoga Benefits	Chandigarh + 1	11
274.	The Pioneer	Roadmap ready to build Viksit Bharat by 2047: Min	Hyderabad	8
275.	The Pioneer	Ayush Ministry, social justice department sign MoU for senior citizens	Chandigarh + 2	4
276.	The Pioneer	BJP withdraw PIL over Ayushman Bharat in Delhi	Delhi	2
277.	The Pioneer	Must -Do Yogasanas	Chandigarh	11

278.	The Pioneer	Must-Do Yogasanas	Delhi	11
279.	The Pioneer	8.59 Crore hospital admissions worth Rs 1.19 Lakh Crore authorised under Ayushman Bharat scheme	Delhi	4
280.	The Pioneer	Haryana govt transfers 12 IAS, 67 HCS officers	Chandigarh	2
281.	The Pioneer	Haryana's development takes a big leap under BJP Govt: CM Saini	Chandigarh	3
282.	The Pioneer	A fierce three-way battle for the capital's throne	Hyderabad	7
283.	The Pioneer	Sanjay asks Delhi voters to reject corrupt AAP	Hyderabad	2
284.	The Pioneer	200 cancer centres to launch in 2025	Delhi	6
285.	The Pioneer	MGNREGS: 220.11 crore person days of employment generated	Hyderabad	8
286.	The Hindu	Technology, collaboration and regulation key to India's healthcare transformation	Hyderabad	5
287.	The Hindu	Enterprise Connect	Delhi	16
288.	The Hindu	SilverLine in focus after Goyal's remark	Kochi	4
289.	The Hindu	Delhi Cabinet decides to implement Ayushman Bharat, table CAG reports	Hyderabad	11
290.	The Hindu	Rekha Gupta takes over as 9th Chief Minister of Delhi	Hyderabad	1, 10
291.	The Hindu	The silent victims of cancer: the indirect consequences on children	Hyderabad	2
292.	The Hindu	ENTERPRISE CONNECT	Delhi	13
293.	The Hindu	Reliving memories	Delhi	7
294.	The Hindu	The financial toxicity of cancer care in India	Hyderabad	7
295.	The Hindu	Life-saving drugs to get cheaper	Kochi	2
296.	The Hindu	Thrust for medical tourism to benefit the State	Kochi	12
297.	The Hindu	An insurance, infra push for healthcare	Bengaluru + 3	7
298.	The Hindu	Trade bodies, industry honchos hail Budget	Hyderabad	13
299.	The Hindu	Life-saving drugs to get cheaper	Hyderabad	2
300.	The Hindu	Kerala upset a Budget has no mention of economic package, Vizhinjam aid	Delhi	18
301.	Mid Day	Religion of fitness	Mumbai	15
302.	Mid Day	Run for change	Mumbai	18

303.	Mid Day	Bollywood's fittest actresses spill the beans	Mumbai	16
304.	Mid Day	Yoga se hi hoga	Mumbai	16
305.	Mid Day	Fit for the season	Mumbai	18
306.	Mid Day	You can't get slim on knowledge	Mumbai	18
307.	Mid Day	A bit of everything	Mumbai	18
308.	Mid Day	Marathon-running is ex-British PM Sunak's fitness mantra	Mumbai	23
309.	Telangana Today	SC talks tough on misleading ads	Hyderabad	7
310.	Telangana Today	Uphill task for Delhi CM	Hyderabad	6
311.	Telangana Today	ISB study on AI in TB	Hyderabad	2
312.	Telangana Today	Crores saved in welfare schemes: PM	Hyderabad	7
313.	Telegraph	Push for 'cure' ads redress	Kolkata	4
314.	The Tribune	Responsible tourism will drive growth, says Kerala CM Vijayan	Delhi + 1	7
315.	The Tribune	AAP govt misused Ayushman Bharat funds, alleges Bajwa	Chandigarh	2
316.	The Tribune	Less than 50% villagers used AYUSH system: Minister in LS	Chandigarh	2
317.	The Tribune	Ayushman Bharat claims to he settled	Chandigarh	3
318.	The Tribune	AYUSH Mission gets marginal hike in Budget	Delhi + 1	9
319.	The Tribune	No customs duty on 36 life-saving drugs	Delhi	3
320.	The Tribune	UT share up 7.21%, focus on development	Chandigarh	1, 3
321.	The Tribune	No customs duty on 36 life saving drugs	Chandigarh	3
322.	Millenniumpost	Cancer vaccine for women to be available in five to six months	Delhi	8
323.	Millenniumpost	Kerala attracted 2.22 crore Visitors In 2024	Delhi	14
324.	Millenniumpost	NEET-UG 2025 ON MAY 4	Delhi	1, 4
325.	Millenniumpost	Discover untold treasures of Rajasthan's hidden heartland	Delhi	12
326.	Millenniumpost	Budgetary allocation for Health ministry increases by around 11%	Kolkata	9
327.	Millenniumpost	Health ministry's allocation increases by around 11%	Delhi	7

328.	Deccan Herald	The political Pied Piper: Modi's hypnotic slogans and the reality they conceal	Bengaluru	9
329.	Deccan Herald	Ayushman Bharat Digital Mission roll-out still a challenge	Bengaluru	13
330.	Deccan Herald	Cancer daycareat disthospitals; drugimport relief	Bengaluru	1
331.	Political & Business Daily	Ayush Ministry, Social Justice Dept to boost healthcare of senior citizens	Bhubaneshwar	7
332.	Yugmarg	Hina Khan opens up on cancer battle; thanks govt for Ayushman Bhara	Chandigarh	12
333.	Yugmarg	Dhanwantry ayurvedic college & hospital chandigarh receices approval of grant aproximately Rs 10 cro...	Chandigarh	7
334.	Orissa Post	6-day training programme 'Charakayatan' concludes	Bhubaneshwar	8
335.	Orissa Post	Nat'l institute of Ayurveda launches plant-based alternatives for skincare	Bhubaneshwar	7
336.	The Sunday Standard	Healing Touch To Cancer Care; Med Infra Push	Delhi	1, 7
337.	The Sunday Standard	Fit Bit	Delhi	2
338.	The Sunday Standard	Going Home to heal	Delhi	5
339.	Daily Thanthi Next	Kill the Killer' strategy: All district GHs to get daycare cancer centres	Chennai	4
340.	The Sunday Guardian	HEALTHCARE SECTOR GETS RS 95,957.87 CR ALLOCATION	Delhi	4
341.	The Echo of India	Union Health Ministry sees around 11 pc hike in budgetary allocation	Kolkata	7
342.	BW Hotelier	NAMASTE DWAAR THE GATEWAY TO HOLISTIC WELLNESS	National	134, 135, 136, 137, 138, 139
343.	Down To Earth	BUDGET SQUEEZE	National	14, 15, 16
344.	Business World	KERALA IS FOCUSING ON SUSTAINABLE AND BALANCED DEVELOPMENT	National	23
345.	BW Healthcare	Healing the Heart and soul	National	86, 87
346.	BW Healthcare	Inclusion and Unity: Key to Patient Safety	National	40, 41
347.	Business Today	PM's Mission: India's Strategic Battle Against Obesity	National	59
348.	Amar Ujala	Ayush Sector	Delhi	14

349.	Amar Ujala	Neend ke liye Aprajita ki chai	Delhi	14
350.	Amar Ujala	Ayushman yojna mein swasthya karmiyo ka prashikshan shuru	Delhi	7
351.	Amar Ujala	Cm pad sambhalate hi rekha ka agenda tay yamuna udaar ayushman v CNG report	Chandigarh	1
352.	Amar Ujala	Ayurved aur homeopathy mein punjabiyo ko bharosa gramin sehari shetaro mein bhada rujhan	Chandigarh	2
353.	Amar Ujala	Daily Health Capsul	Delhi	16
354.	Amar Ujala	Daily Health Capsul	Delhi	16
355.	Amar Ujala	Ayushmann bharat yojana ka bakaya 21 march tak chuka degi punjab sarkar	Chandigarh	2
356.	Amar Ujala	Daily Health capsules	Delhi	12
357.	Amar Ujala	Punjab main Ayushman bharat yojna main 28.70 crore ka ghotala	Chandigarh	3
358.	Amar Ujala	Daily Health Capsul	Delhi	12
359.	Amar Ujala	Daily health capsul	Delhi	15
360.	Amar Ujala	Daily Health Capsul	Delhi	14
361.	Amar Ujala	Ayurvedic dawa ke bhramak vigayapan par Andhra, Delhi ke mukhe sachiv talab	Delhi	1
362.	Amar Ujala	Daily health capsule	Delhi	12
363.	Amar Ujala	Daily health capsule	Delhi	2
364.	Amar Ujala	Ayushman par ilaaj rahega jaari, IMA ne sarkaar ko diya 31 march tak ka time	Chandigarh	5
365.	Amar Ujala	iIMA-Sarkaar main shaam ko sehmati raat ko kha aaj se ilaaj nahi karenge	Chandigarh	3
366.	Amar Ujala	Day care center se cancer mareejo ke bachenge 10,000 crore	Chandigarh	7
367.	Amar Ujala	7 saal main swasth par sarkaari kharach 19% bada	Chandigarh	9
368.	Amar Ujala	Ilaaj band karne par adi IMA Sarkaar ne 3 februry ki bulai bethak	Chandigarh	6
369.	Ee Sanje	Pressure control from Prayer, Yoga	Bengaluru	5
370.	Ee Sanje	108 Surya Namaskara from Sri Patanjali Yoga Education committee	Bengaluru	6
371.	Ee Sanje	Suryanamaskar Yoga Utsav-2025	Bengaluru	7

372.	Rashtriya Sahara	Now AIIMS has foolproof preparations for organ transplantation under one roof	Jaipur	3
373.	Rashtriya Sahara	Indians are becoming healthier through yoga exercises	Jaipur	2
374.	Rashtriya Sahara	Yoh kriyaon se sehatmand ho rahe bhartiye	Delhi	2
375.	Rashtriya Sahara	Amrit se kam nahi Giloye	Delhi	14
376.	Rashtriya Sahara	Arjun Chhal hai khubiyon ka khajana	Delhi	14
377.	Rashtriya Sahara	Unani chiktsa par 2 divasiye internation sammelan aaj	Delhi	3
378.	Rashtriya Sahara	Two-day international conference on Unani medicine today, President Murmu will inaugurate it	Jaipur	3
379.	Rashtriya Sahara	Shatavri paudhe ke liye ab ayush mantralay ne chalaya abhiyan	Delhi	14
380.	Rashtriya Sahara	Now the Ministry of AYUSH has launched a campaign for the asparagus plant	Jaipur	14
381.	Rashtriya Sahara	New hope for ayurved and Body Revival Cancer patient	Delhi	7
382.	Rashtriya Sahara	99,000cr for Health	Delhi	3
383.	Sakal	Ayurveda in the Vedic period	Pune	7
384.	Sakal	Ayurveda	Pune	6
385.	Sakal	Patanjali	Pune	8
386.	Sakal	Ayurveda is a repository of developed justice: Dr. Chandrachud	Pune	3
387.	Sakal	Promise to start AYUSH centers in five villages in Ambegaon	Pune	2
388.	Dainik Savera	Ayush mantraley ne 3 pratishtit chikatsako ko rashtriye dawanitir ayurved purashkar pradan kiye	Chandigarh	3
389.	Dainik Savera	Ayushman card banane ke liye camp lagaya	Chandigarh	4
390.	Dainik Savera	Ayush bibhag ne Batour main logo ko karbaya Surya namaskaar	Chandigarh	5
391.	Dainik Savera	Ayurved vartman samay ki aavshayakata Chandarkant kataria	Chandigarh	6
392.	Dainik Savera	Ayush mantraley ko 3,992.90 crore rupay	Chandigarh	5
393.	Veer Arjun	Ayush Mantralye ne 3 pratishthit chikitaskon ko rastrye dhanvantari ayurved puruskar diya	Delhi	7

394.	Veer Arjun	Meditaion leaders ka waishwik sammelan Bharat Mandapam mein ajj se	Delhi	2
395.	Veer Arjun	Mahilaon ke liye cancer ka tika 6-6 mahine mien hoga uplabhdh	Delhi	7
396.	Veer Arjun	Ayurved nuskhe se bhi lauti sakti hai chehre ki chamak: Dr PRajkta	Delhi	4
397.	Punyanagari	Ayurvedic, Homeopathy help to cure tuberculosis	Mumbai	3
398.	Punyanagari	Ayurveda does not compete with anyone!	Mumbai	10
399.	Andhra Jyothi	Yoga camp under the direction of Patanjali	Bengaluru	7
400.	Andhra Jyothi	Awareness on Yoga	Bengaluru	7
401.	Samagya	Ministry of Ayush presents National Dhanvantri Ayurveda Awards to three eminent practitioners	Kolkata	7
402.	Dainik Bhaskar	Ayurveda Institute Jaipur got first prize in nature testing campaign	Jaipur	5
403.	Dainik Bhaskar	Assam's Purnima Devi Barman included in the list of 'Woman of the Year	Jaipur	18
404.	Dainik Bhaskar	Celebs who were in the news	Jaipur	18
405.	Dainik Bhaskar	Ayushmann yojana lagu :Mahilao ko Rs 2500 ki kisat 8 march ko	Chandigarh	1
406.	Dainik Bhaskar	NIA's Golden Jubilee Celebration; Ayurveda is popular not only in the country but also abroad: Jadha...	Jaipur	5
407.	Dainik Bhaskar	NIA's foundation day; micro city machine and other facilities inaugurated today	Jaipur	4
408.	Dainik Bhaskar	Gig workers ko bhi nyuntam vetan ka kanooni hak mile	Chandigarh	4
409.	Dainik Bhaskar	Conclusion of 6-day training program 'Charakayatan	Jaipur	7
410.	Dainik Bhaskar	Sahara Refund Portal se ab tak 11.61 Lakh niveshako ko 2,025 Crore Rupay baate:Shah	Chandigarh	7
411.	Dainik Bhaskar	Sahara refund portel se ab tak 11.61 lakh niveshako ko 2,025 crore rupay bante ;Shah	Delhi	13
412.	Dainik Bhaskar	2500 crore rupay ke budget ka kiya jayega pravadhan	Chandigarh	3
413.	Dainik Bhaskar	Charakayatan ka udheshey sekhane v phadane ka kaushal vikshit karna :Balakrishan	Chandigarh	7
414.	Dainik Bhaskar	Prashikshan karyakram Charkaytan ka samapan	Delhi + 1	10
415.	Dainik Bhaskar	Mahesh President of Indian Yoga Association	Jaipur	2

416.	Samachar Jagat	Rajasthan was honored for getting fourth place in the whole country	Jaipur	2
417.	Samachar Jagat	Formation of new state executive of Indian Yoga Association	Jaipur	10
418.	Ajit	Ayushman card rahi dawaiya de len den sambandhi kai crore rupay da ghotala hovega ujagar	Chandigarh	5
419.	Ajit	Punjab sarkar ayushmann bharat yojana tehat niji hospital de bakaye da bhugtaan karegi	Chandigarh	10
420.	Divya Bhaskar	Muscle memory helps you stay fit after a break	Mumbai	8
421.	Divya Bhaskar	Advise indicates water and mineral deficiency in the body	Mumbai	4
422.	Samyuktha Karnataka	Ayushmann health Karnataka plan for Spine problem	Bengaluru	6
423.	Samyuktha Karnataka	Ayushmann Bharath digital mission Program on tomorrow	Bengaluru	3
424.	Sandhyanand	Participation is important for the spread of 'AYUSH	Pune	16
425.	Vijaya Karnataka	Priority for Ashwagandha research	Bengaluru	4
426.	Vijaya Karnataka	Two Ayurveda prouducts launched	Bengaluru	7
427.	Vijayavani	Ayush treated back bone	Bengaluru	7
428.	Vijayavani	New Income Tax Slab	Bengaluru	4
429.	The Hindu Tamil	The 6th Saiva Siddhanta Conference will be held in May at the SRM University campus in Potheri, Chen...	Chennai	4
430.	The Hindu Tamil	Patanjali Acharya Balakrishnan is proud that we have brought Yoga and Ayurveda to the level of scien...	Chennai	3
431.	Mumbai Chauffer	AYUSH Ministry's initiative for Ayurveda treatment	Mumbai	3
432.	Navbharat Times	Uff - Uff Mirchi	Delhi	10
433.	Navbharat Times	Ayushman yojna lagu karne ke liye juta kendriye swasthya mantralay	Delhi	3
434.	Navbharat Times	Ladkiyon ke liye Cancer ka tika jalad	Delhi	8
435.	Navbharat Times	Ayushman Bharat yojna mein private hospitals ke farzi claim badi chunauti	Delhi	11
436.	Navbharat Times	Experet Panel	Delhi	14
437.	Hindustan	Ayushman ke 6.54 lakh parivar patar	Chandigarh	5
438.	Hindustan	Ayushman ke 6.54 lakh parivar patra	Delhi	5

439.	Hindustan	Jamia hamdarad ko NBH se parmaanpater	Chandigarh	5
440.	Hindustan	Chalees baad weight lifting der nahi, Durust hai	Delhi	3
441.	Hindustan	Jamiya hamdard ko NABH se pramanpatra	Delhi	5
442.	Hindustan	Ayushmann yojna lagu hone ki umeed	Chandigarh	4
443.	Hindustan	Ayushman yojna lagu hone ki ummid	Delhi	4
444.	Hindustan	Ayushman HIMS lagu karne ka aagreh	Chandigarh	2
445.	Hindustan	Ayushman, HIMS lagu karne ka agrah	Delhi	2
446.	Hindustan	Sansado ne Ayushman se judi yachika bapas li	Chandigarh	2
447.	Hindustan	Sansdon me Aushman se judi yachika wapis li	Delhi	2
448.	Dina Malar	Siddha University Bill to be sent back to Governor for approval: Minister Ma Subramani	Chennai	12
449.	Dina Malar	Bill to establish Siddha University again	Chennai	14
450.	Dina Malar	Free medical check-up at Siddha Medical Exhibition	Chennai	4
451.	Dina Mani	Siddha University Bill to be sent back to Governor for approval: Minister Ma Subramani	Chennai	4
452.	Dina Mani	Supreme Court orders resignation of National Homeopathy Commission Chairman	Chennai	8
453.	Navshakti	Ministry of AYUSH won 5 Guinness World Records	Mumbai	3
454.	Navshakti	A concrete step for the health of senior citizens through AYUSH	Mumbai	3
455.	Navshakti	Will expand the scope of research for effective Ayurveda	Mumbai	8
456.	Virat Vaibhav	Aaj se shuru hoga meditation leaders ka washvik sammelan	Delhi	4
457.	Virat Vaibhav	Mahilaon ke liye cancer ka tika 5 se 6 mahine hoga uplabdh	Delhi	16
458.	Virat Vaibhav	Ayush Ministry and samajik nayaye vibhag ke beech hua karat	Delhi	4
459.	Virat Vaibhav	Ayurved jivan nirvahan ka sahan nahi	Delhi	18
460.	Virat Vaibhav	Budget: Ayush Ministry ko 3,992.80cr ka avantan	Delhi	3
461.	Udayavani	2 new Herbal product launched from Pankaja Kasturi	Bengaluru	3
462.	Rajasthan Patrika	Motivated to do yoga regularly	Bengaluru	2
463.	Dainik Jagran	Ayushmann ke tehat niji hospital ka bakaya chukayegi sarkar	Chandigarh	2

464.	Dainik Jagran	Dinchariya mein ho samajasaye	Chandigarh	5
465.	Dainik Jagran	Sitharaman ka vipaksh ko jawab kaha budget mein pakshpaat nahi	Chandigarh	9
466.	Dainik Jagran	Make changes in samml habit is profitable	Delhi	2
467.	Dainik Jagran	Arogya ka aphar swasthya dincharya	Delhi	2
468.	Dainik Jagran	Kidney Rog ke ayurvedik illaz par charhcha	Delhi	3
469.	Loksatta	New cancer vaccine in the final stage!	Mumbai	2
470.	Loksatta	Network of affordable AYUSH medicine centers across the country	Pune	19
471.	Loksatta	Is mode se jyate hai...	Pune	8
472.	Aaj Ka Anand	Efforts should be made to revive traditional branches of medicine like Ayurveda	Pune	8
473.	Aaj Ka Anand	Cheap Ayush medicine centers will be expanded across the country	Pune	7
474.	Nav Rashtra	National Researcher Award presented to Digmabar Mokat	Pune	4
475.	Nav Rashtra	14 thousand people ran with Soman	Mumbai	12
476.	Nav Rashtra	Ayurvedic, effective treatment methods in modern science	Pune	4
477.	Nav Rashtra	A network of affordable AYUSH medicine centers will be established	Pune	4
478.	Maharashtra Times	AYUSH Ministry' to be set up in the state soon	Pune	2
479.	Maharashtra Times	Ayurveda should adopt modern technology	Pune	3
480.	Maharashtra Times	Oil spill and explosion	Mumbai	18
481.	Maharashtra Times	Emphasis will be placed on promoting Ayurveda	Pune	3
482.	Dainik Tribune	Budget vridhi se health sevao ko sambhal	Chandigarh	6
483.	Dainik Tribune	Budget vridhi se swasthya sewaon ko sambal	Delhi	6
484.	Dainik Tribune	Ayurved jivan nirvehan ka sadhan nahi rishi loan se unnat hone ka upaye :Acharya balkrishna	Chandigarh	15
485.	Dainik Tribune	Ayurved jeewan nirwahan ka sadhan nahi	Delhi	15
486.	Dainik Tribune	Ayush vibhag ne lagaya free health shivir	Chandigarh	5
487.	Dainik Tribune	Health shivir mein 240 ki free janch	Chandigarh	3
488.	Dainik Tribune	240 free chekcup in Health checkup camp	Delhi	3

489.	Dainik Tribune	Ayush Deppartment open health camp	Delhi	5
490.	Dainik Tribune	240 free test in Health camp	Delhi	3
491.	Dainik Tribune	Ayush deppartmetn free health checkup camp	Delhi	5
492.	Divya Himachal	Health gunvatta ko lekar bharat indonesia mein samjhota	Chandigarh	6
493.	Divya Himachal	Ayush mantraley ne samjhota gyapan par kiye hastakshar	Chandigarh	4
494.	Divya Himachal	Parikshan karyekram Charkayatan ka samapan	Chandigarh	7
495.	Jansatta	Bujurgon ke kalyan ko Ayush Mantralya v samajik nayaye vibhag mein samjhuta	Delhi	8
496.	Jansatta	Agreement between the Ministry of Ayush and Department of Social Justice	Kolkata	8
497.	Jansatta	Sabhi jila hosptial mein Day care cancer kendra sthapit ho	Delhi	10
498.	Dainik Jagran (Rashtriya)	Perkinsin cure from Yoga	Delhi	14
499.	Dainik Jagran (Rashtriya)	Dincharya mein ho Samjansay	Delhi	13
500.	Dina Karan	Senior Citizens Wellbeing AYUSH Social Justice MoU	Chennai	11
501.	Pudhari	Patanjali	Pune	7
502.	Pudhari	What is the secret to Malaika's fitness	Mumbai	2
503.	Pudhari	Will boost research and innovation for effective Ayurveda	Pune	5
504.	Lokmat	Achieve the goal of 'Ayushman Bharat' card	Mumbai	3
505.	Sakshi	Good health from Yoga	Bengaluru	9
506.	Sakshi	Where is actio n on Ayurveda, Unani' False statement	Bengaluru	14
507.	Matrubhasa	Mahakumbh 2025: Over 7 Lakh Pilgrims treated at Prayagraj	Bhubaneshwar	2
508.	Prahar	Patanjali Yoga-Ayurveda Global Reputation	Mumbai	3
509.	Prahar	Need for day care facilities in other medical fields	Mumbai	3
510.	Kesari	world book fair	Pune	8
511.	Kesari	Will promote research for effective Ayurveda	Pune	9
512.	Yashobhoomi	Events like 'World Book Fair' are useful for public: Acharya Balkrishna	Mumbai	3

513.	Yashobhoomi	Events like 'World Book Fair' are useful for public: Acharya Balkrishna	Mumbai	3
514.	Punjab Kesari	Ayush Ministry is promoting systems like Ayurveda, Yoga and Naturopathy	Jaipur	9
515.	Punjab Kesari	Gaon Batour main Ayush bibhag ne logo ko karbaya surya namaskaar	Chandigarh	5
516.	Punjab Kesari	Formation of new state executive of Indian Yoga Association, proposal passed for formation of Yoga C...	Jaipur	9
517.	Dharitri	6-day training programme 'Charakayatan' concludes	Bhubaneshwar	11
518.	Dina Saithi	Yoga is the reason for Rajini's enthusiasm	Chennai	8
519.	Navbharat	Increasing demand for Ayurveda nutraceuticals	Mumbai	3
520.	Navbharat	A network of AYUSH medical centres will be established in the country	Pune	6
521.	Navbharat	Critical Illness Insurance Plan of 'Bajaj Allianz Life	Pune	6
522.	Navbharat	Ayurveda is seen in nature and life	Pune	9
523.	Navbharat	Ayurveda should be seen in nature and life	Mumbai	7
524.	Prameya	Training programme 'Charakayatan' concludes	Bhubaneshwar	11
525.	Chapte Chapte	Ministry of Ayush launches Shatavari a special campaign for better health	Kolkata	8
526.	Orissa Express	6-day training programme 'Charakayatan' concludes	Bhubaneshwar	7
527.	Hari Bhoomi	Ayurved jeevan nirwahan ka sadhan nahi, Rishi Rann se utrann hone ka upay	Delhi	10
528.	Jagmarg	Ayushmann Bharat- Chiraye hariyana ke bilo ka bhugtaan karne ko 2.5k crore ka fund banayegi sarkaar	Chandigarh	3
529.	Naya India	6 divasiye prashikshan karyakram charkaytan ka samapan	Delhi	5
530.	Naya India	Rashtiye Ayurved sansthan ne vanaspati adharit tvacha dekhbhal utpad launch kiye	Delhi	6
531.	Odisha Bhaskar	6-day training programme 'Charakayatan' concludes	Bhubaneshwar	6
532.	Mid Day (Gujarati)	Aselio is a health boon for Indian women and elders	Mumbai	22
533.	Mid Day (Gujarati)	A 4-year degree course in Ayurveda and Yogic Science will now start in Maharashtra	Mumbai	2
534.	Pioneer Hindi	Ayush mantralay ko diya 3,992.90 cr ka avantan	Delhi	10
535.	Kannada Prabha	Centre budget 2025	Bengaluru	4

536.	Eenadu	Funds treatment for Medical field	Bengaluru	6
537.	Rashtradoot	A proposal was passed to set up a Yoga Commission in the state	Jaipur	3

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The Marketer's Roadmap To The

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The Marketer's Roadmap To The Future

It's a conundrum for every brand – the marketing landscape in the era of AI. **Prasad Sangameshwaran** and **Glynda Alves** speak to 25 leading marketers and evangelists to sketch out a blueprint for 2025

Amit Doshi, CMO, Britannia Industries: Consumers can feel overwhelmed by information overload. Marketing teams need to think of their job as the total customer experience, which delivers trusted brands and strong business results. Marketers will be compelled to have a bias for 'simplicity' in brand thinking and 'synthesis' of brand actions across the company.

Shiv Shivakumar, operating partner, Advent International: As consumers get more impulsive and impatient, time as an element in marketing and its role in every business model will amplify. Time can be used to denote speed as in Q-comm, 5G speed tests, insurance claim settlements, etc. It can also be used to denote durability when used as a warranty in cars, paints, electronics and as a brand differentiator like in 'Indigo Standard Time'.

Asha Kharga, chief customer and brand officer, Mahindra Group: The next wave of marketing in India will be shaped by Cultural Rootedness 2.0, where hyper-local identities seamlessly blend with a global mindset. Regional languages will take centre stage as brands move beyond token localisation to integrating regional languages into their core strategy. Indigenous craft will meet contemporary design. Brands that understand this will be the ones that resonate deeply, not just in India, but across international markets.

Bidisha Nagaraj, global VP marketing, Schneider Electric: The CMO is the captain of a high-stakes T20 cricket game: Delivering jaw-dropping results, guiding the

Siddharth Banerjee, CEO, Univo Education: CMOs need to upskill to be more techno-creative than ever. While continuing to keep a keen eye on the dynamic consumer landscape, the focus should be to dig into understanding LLMs and executing business use-cases for their respective brands by tapping into new opportunities being created in the disruptive AI era.

Anita Nayyar, ex-COO, media, branding and communication, Patanjali Ayurved: Today, it is all about the speed with which meaningful communication is being created. Hyper-personalisation and speed is already changing the dynamics of marketing through quantum computing. Integration of AI is for real; however, HI [human intelligence] will always have an upper hand in deciding the synergies and solutions generated by AI.

Arvind RP, CMO, McDonald's India (South and West): One growing ask from the board/MDs of the marketing team has been on ROIs (especially in the current business environment). This trend will only increase going forward, asking for more accountability. The challenge for marketers is to do this holistically and not just for performance marketing spends

business, this means immersive sports experiences, real-time engagement especially during live matches and personalised content that enhance fan experiences and build loyal communities through relevant touchpoints.

Jasneet Bachal, ex-CMO, YES Bank: For staying relevant and driving efficiency in an algorithm-led world, these things will play a pivotal role: Shrinking attention spans, transient nature of 'trends', ballooning cost of acquiring customers and rising concern on data-sharing. With the option of dipping into the cookie-jar narrowing, the answer to unlocking this trifecta lies in first party data.

Ashish Tiwari, CMO, Home Credit India: This year is going to be in the name of Gen AI. The trend it will kick off in marketing is one that will bring data, tech and storytelling closer. The demand for content is going to grow more than ever.

Gaurav Ramdev, CMO, Protean: As Gen AI democratises content creation and accelerates consumer content saturation, CMOs and

celebrities and marketers can amplify themselves and their impact. Creators are already on the leading edge, demonstrating how AI-augmented clones/selves can create a highly personalised, scalable presence.

Amit Sethiya, CMO, Polycab: The usage of AI at the entry point of the marketing landscape in terms of taking over repetitive tasks is already being witnessed across industries. We will see AI's role graduating to a new plateau of creating hyper-personalised social media, mimicking content for optimised consumer engagement.

Ruchira Jaitly, CMO, Diageo India: Data and AI are no longer just abstract concepts – they are architecting hyper-personalised consumer experiences, transforming marketing from broad strokes to precision-crafted moments. AI has a monumental impact on how we create, deploy and evolve content in digital media. Enriched consumer data is at the heart of transforming experiences, turning every touchpoint into an opportunity to craft seamless, personalised omnichannel journeys.

Deepa Krishnan, head of marketing, India and Southwest Asia, Hyatt India: Marketing professionals will increasingly leverage the 'techsperiential' [technology + experience]. The challenge lies in ensuring that technology enhances, rather than replaces, the emotional and sensory aspects of customer interactions.

Sagar Boke, country head, Vectura Fertin Pharma: With the slowdown in almost every sector, marketing budgets become the first 'discretionary' spend to face the axe. So, it will be imperative for the CMO to impact the short-term revenue growth through marketing initiatives. CMOs will have to commit to the relevant metrics; chase them relentlessly and publicise them widely. Data-driven spending optimisation; customising messaging with the medium; tracking and preventing leakages through the funnel will become important.

Sachin Sharma, director, LinkedIn marketing solutions, India: In 2025 and beyond, the biggest shift in B2B marketing will be the move from selling to a single decision-maker, to earning the trust of an entire buying group. Think of it like getting five people to agree on a restaurant – each has different tastes, but the decision needs to work for everyone. That's why relationships and measurable impact will define the future. Marketers will need to build long-term familiarity across stakeholders. AI will play a crucial role here, standardising success metrics and making ROI clearer.

Sunder Balasubramanian, CMO, Myntra: Social commerce will become even more of a mainstay. As more and more Gen Z consumers enter buying funnels of different categories, we will see greater adoption of social commerce. Consumers will seamlessly blend entertainment, social media, creator content and shopping experiences, and brands will need to participate in all of these.

Pelki Tshering, CMO, Tanishq: In today's phygital world, AI-driven hyper-personalisation will revolutionise marketing by enabling real-time, context-aware, moment-based engagements across touchpoints. Authentic, customised experiences and narratives will elevate aspirations, redefine desirability and create deeper connections.

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results. Marketers will be compelled to have a bias for 'simplicity' in brand thinking and 'synthesis' of brand actions across the company.

Shiv Shivakumar, operating partner, Advent International: As consumers get more impulsive and impatient, time as an element in marketing and its role in every business model will amplify. Time can be used to denote speed as in Q-comm, 5G speed tests, insurance claim settlements, etc. It can also be used to denote durability when used as a warranty in cars, paints, electronics and as a brand differentiator like in 'Indigo Standard Time'.

Asha Kharga, chief customer and brand officer, Mahindra Group: The next wave of marketing in India will be shaped by Cultural Rootedness 2.0, where hyper-local identities seamlessly blend with a global mindset. Regional languages will take centre stage as brands move beyond token localisation to integrating regional languages into their core strategy. Indigenous craft will meet contemporary design. Brands that understand this will be the ones that resonate deeply, not just in India, but across international markets.

Bidisha Nagaraj, global VP marketing, Schneider Electric: The CMO is the captain of a high-stakes T20 cricket game: Delivering jaw-dropping results, guiding the team, analysing past competitor data and making sure Brand India is the talk of the town. The CMO's drive is to keep the brand identity intact, while balancing immediate sales strategies with the finesse of a tightrope walker. We need to be as adaptable as a chameleon at a paint factory.

Shubhranshu Singh, global head of marketing, Tata Motors: The 'Client-Agency Relationship' will have to become stronger, given the pace of change in the global and regional economies, the rise of national brands, digitalisation and AI's promise of transformative disruption. Those who see agencies as equal partners, creative collaborators, idea generators and strategic advisors will do well. Those who see agencies as mere suppliers, who ought to do what they are told, will fail.

Kavita Nair, ex-chief digital and brand officer, Vodafone Idea: With data and technology becoming core to growth in the digital era, marketing's influence in the C-suite has reduced. There is a huge opportunity for CMOs to reclaim their place at the table. The catalyst of change could well be to re-invent the old models harnessing the power of data and tech.

Siddharth Banerjee, CEO, Univo Education: CMOs need to upskill to be more techno-creative than ever. While continuing to keep a keen eye on the dynamic consumer landscape, the focus should be to dig into understanding LLMs and executing business use-cases for their respective brands by tapping into new opportunities being created in the disruptive AI era.

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Greishma Singh, VP, marketing, Coca Cola India and Southwest Asia: AI and data will undoubtedly dominate conversations this year as we continue to enhance the efficiency and effectiveness of marketing efforts. However, the one thing that will remain top of mind is pretty consistent – the consumer! This year, the marketing landscape will be shaped by those who can harness the power of data to gain deep insights into the evolving needs and behaviours of consumers.

Sukhleen Aneja, senior VP and business head, Kay Beauty, Nykaa: The impact of Gen AI on driving profitability and speed of execution is an overarching trend that will alter marketing. It comes with great risks and opportunities. It's important to tread with caution and for brands to remain authentic and humane. How we marry the two contrarian worlds will need deeper reflection.

Vikrant Mudaliar, CMO, Dream11: In 2025 and beyond, hyper-personalisation will redefine marketing. Using data-driven insights, brands will craft tailored experiences that resonate with users. For our business, this means immersive sports experiences, real-time engagement especially during live matches and personalised content that enhance fan experiences and build loyal communities through relevant touchpoints.

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Gaurav Ramdev, CMO, Protean: As Gen AI democratises content creation and accelerates consumer content saturation, CMOs and marketing teams need to be more human than ever. CMOs have to raise the bar and go back to the basics of differentiation – human-centric, insight-based, original and entertaining to break through the deafening noise of content. In this new era, average just won't cut it. Success will hinge on blending AI's capabilities to supercharge human creativity and deliver memorable consumer experiences.

Shekhar Saurabh, head of marketing, Tata AIG: Marketing is on the verge of a technological revolution. From copywriting in agencies to business forecasting and even measuring human responses to creative work in research, tech's influence will be pervasive. Most affluent Indians are cord cutters. With emerging brands targeting this cohort, competition to reach out to their limited attention spans is going to be fierce.

Mansha Tandon, head of apps business development, Google Play, India, Southeast Asia and AUNZ: AI clones are the marketing singularity. We've reached a point where the demands on our expertise, creativity and perspective are infinite. The solution isn't some far-off sci-fi fantasy; it's strategically scaling yourself, a fundamental shift in how creators,

The Economic Times • 23 Feb • Ministry of Ayush

Rishikesh: The yoga capital inspiring millions

9 • PG | 202 • Sqcm | 525061 • AVE | 420.14K • Cir | Bottom Right

Delhi • Jaipur



Rishikesh: The yoga capital inspiring millions

Situated in the foothills of the Himalayas, Rishikesh has long been known as the Yoga capital of the world. Every year, thousands of yoga enthusiasts, spiritual seekers, and wellness travelers from across the globe travel to this tranquil town to deepen their practice, participate in renowned yoga events, and even pursue professional yoga training.

PM Narendra Modi has played a significant role in elevating Rishikesh's global recognition as a yoga destination. A strong advocate of yoga, the PM has himself practiced yoga multiple times in Uttarakhand, reinforcing its importance in achieving a healthy lifestyle.

Under the leadership of Uttarakhand Chief Minister Pushkar Singh Dhami, the state government has been actively promoting Rishikesh as the ultimate hub for yoga and spiritual rejuvenation. Various initiatives, including infrastructure development and international collaborations, have been undertaken to enhance the city's appeal for yoga practitioners worldwide.

Like every year, the International Yoga Festival, organised by the Government of Uttarakhand, will take place in Rishikesh in March.



This highly anticipated event will bring together renowned yoga gurus, practitioners, and wellness experts, showcasing the state's dedication to preserving and promoting the ancient art of yoga.

#ExploreUttarakhand

@DIPR_UK

Text: Taresh Dutta

CONSUMER CONNECT INITIATIVE

The Economic Times • 23 Feb • Ministry of Ayush

Uttarakhand embraces new-age tourism for sustainable and ecological growth

9 • PG | 133 • Sqcm | 347167 • AVE | 420.14K • Cir | Bottom Left

Delhi • Jaipur • Chandigarh

Uttarakhand embraces new-age tourism for sustainable and ecological growth

With new-age tourism offerings, Uttarakhand is poised for an era of tourism growth that is both sustainable and inclusive

Uttarakhand has been known as a hub for Yoga and wellness activities for a long time with Rishikesh being branded as the Yoga capital of the world. With various developmental initiatives of the department of Ayush and department of tourism, wellness centres are being developed across the state providing holistic ayurvedic remedies. These wellness centres are being promoted by the Tourism department by linking them to the nearby homestays. The tourism department and Ayush department have also developed an ayurveda-based welcome kit for the tourists residing at the homestays.

The wellness centres linked to the homestays are being actively promoted on the www.uttarastays.com portal, providing information about the facilities available at these wellness centres.

With these new-age tourism products, Uttarakhand tourism is poised for an era of tourism growth, which is both sustainable and inclusive.

The Economic Times • 23 Feb • Ministry of Ayush

Rishikesh: The yoga capital inspiring millions

9 • PG | 202 • Sqcm | 69538 • AVE | 61.91K • Cir | Bottom Right

Chandigarh



Rishikesh: The yoga capital inspiring millions

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CONSUMER CONNECT INITIATIVE

The Economic Times • 21 Feb • Ministry of Ayush

Soulful travel

5 • PG | 319 • Sqcm | 860880 • AVE | 1.1M • Cir | Top Right
Mumbai • Chandigarh • Delhi • Jaipur



Soulful Travel

Forget the all-you-can-eat buffets and packed itineraries. Indian travellers now crave experiences that nourish not just the body, but also the mind

By Amrita Prasad

In our hyper-connected world, the pursuit of well-being has become a central quest. And increasingly, that quest is leading Indians to travel. The rise of wellness tourism is reshaping how we explore the world. According to the Great Indian Traveller report, Indians are exploring new experiences, leading to a spike in wellness tourism. Wellness tourism encompasses a broad spectrum of offerings, from tranquil yoga retreats nestled in the Himalayas to mindful hiking expeditions through ancient forests. It's about prioritising pause, carving space for reflection and rejuvenation.

Wellness hotspots in India

Kerala: This state is renowned for its lush backwaters, Ayurvedic treatments and traditional healing practices.

Rishikesh, Uttarakhand: Nestled in the foothills of the Himalayas, Rishikesh is a spiritual hub where you can deepen your yoga practice, meditate by the river Ganges, and explore ancient temples.

Wellness experiences

- **Yoga and meditation retreats:** Deepen your yoga practice and cultivate inner peace through guided meditation sessions.
- **Spa treatments:** Indulge in relaxing massages, facials and body treatments to rejuvenate your body and mind.
- **Digital detox retreats:** Disconnect from technology and reconnect with yourself and nature in a serene environment.
- **Spiritual journeys:** Visit sacred sites to connect with your inner self and explore your spirituality.

Goa: While known for its vibrant beaches, Goa also offers a growing number of wellness retreats that combine Ayurvedic treatments with yoga, meditation and spa therapies.

International wellness havens

Bali, Indonesia: A growing number of Indian travellers are immersing themselves in the island's tranquil atmosphere amid rainforests and rice paddies.

Sedona, USA: From energy healing sessions to meditation and yoga amid a desert landscape, wellness retreats offer a range of programmes and outdoor activities.

Iceland: Iceland's stunning landscapes and geothermal hot springs offer a unique blend of relaxation and nature immersion.

The Economic Times • 21 Feb • Ministry of Ayush

What kind of experiences excite Indian travellers

2 • PG | 86 • Sqcm | 223988 • AVE | 420.14K • Cir | Top Center

Delhi • Chandigarh • Jaipur



QUICK TAKE

What kind of experiences excite Indian travellers?

"Post pandemic, travellers are checking off items from their bucket lists; seeking more experiential trips and looking to travel slowly. Domestic travel continues to grow among Indians. They are looking for options that are premium, responsible and immersive.

Luxury is India's coming-of-age moment and travellers seek one-of-a-kind experiences that blend opulence with culture, art and music. Sustainability and wellness have also emerged as key trends, with travellers gravitating towards eco-conscious accommodations that promise slow and health-focused journeys.

Their growing interest in rejuvenation and spirituality is also influencing a spike in popularity of wellness-focused retreats and mindful activity offerings, ranging from Ayurveda and yoga to spiritual tourism in destinations like Ayodhya, Varanasi and Badrinath."

As told to Aindrila Mitra

RANJU ALEX
Area Vice President, South Asia, Marriott International

The Economic Times • 18 Feb • Ministry of Ayush

DEVOTEES AND AKHARAS PRAISE MAHAKUMBH 2025

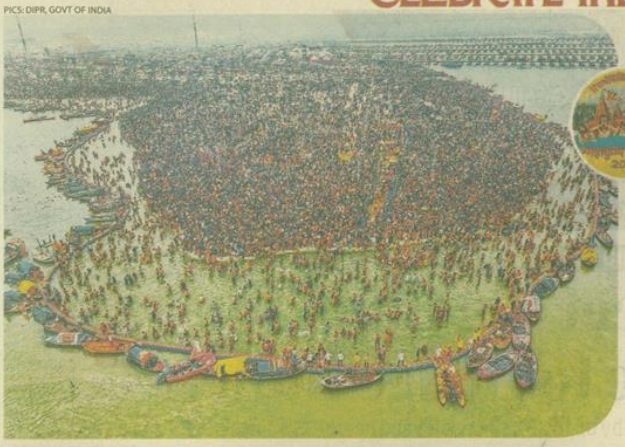
2 • PG | 2049 • Sqcm | 768415 • AVE | 102.04K • Cir | Middle Left,Top Left

Pune

EXPERIENCE DIVINITY

CELEBRATE INDIA @MAHAKUMBH 2025

PICS: DIPR, GOVT OF INDIA





DEVOTEES AND AKHARAS PRAISE MAHAKUMBH 2025

The cultural and spiritual allure of Mahakumbh 2025 has become a global phenomenon. With rising aspirations of countless devotees, the number of tourists visiting the Mahakumbh has crossed 50 crore. Also, the appreciation this iconic congregation of faith has garnered, has only added to its appeal for travellers and pilgrims



DROUPADI MURMU, President of India, took a sacred dip at the confluence of the Ganga, the Yamuna, and the Saraswati in Sangam at Prayagraj. She offered prayers to Lord Surya by performing 'Arghya.' The President also conducted a 'Dugdhabhishek' at the Sangam Triveni amid chanting of Vedic hymns and shlokas.

President Murmu also endorsed the initiative of PM Narendra Modi and CM Yogi Adityanath to integrate religious events with modern technology. She visited the Digital Mahakumbh Experience Centre, which uses advanced technology to provide detailed insights into the



"The confluence of faith, devotion and love at the grand Mahakumbh, at Prayagraj, is overwhelming everyone. After bathing at the holy Sangam, I had the ultimate good fortune of worshiping and receiving the blessings of Maa Ganga. I was immersed in immense peace and satisfaction, and I prayed for the happiness, prosperity, health and well-being of all countrymen."

NARENDRA MODI, Prime Minister

During Mahakumbh, **JIGME KHESAR NAMGYEL WANGCHUK,** King of Bhutan, took a holy dip in the confluence. CM Yogi Adityanath was present with him and also performed Ganga Puja.



"During the 'Mahayagya of India's Unity' Mahakumbh 2025 at Prayagraj, PM Narendra Modi took a holy bath at the holy Sangam and received the blessings of Maa Ganga, Maa Yamuna and Maa Saraswati. PM Narendra Modi offered prayers to Maa Ganga, the lifeline of India, prayed for the happiness, peace and prosperity of all countrymen."

YOGI ADITYANATH, Chief Minister





Foreign visitors coming from America, Russia and other parts of Asia are left spellbound by the grandeur of Mahakumbh and praised its efficient crowd management

The number of bathers in the Mahakumbh Mela has crossed the figure of 50 crores

This number may cross 55 crores

On the last Amrit Snan festival Vasant Panchami, all 13 Akharas took a grand bath as per traditions

On Amrit Snan, all the ghats and devotees bathing with Akharas were under helicopter surveillance

Around 1.44 crore devotees take holy dip in Sangam daily

On Mauni Amavasya, record 7.64 crore Sanatanis took a holy

A 73-member delegation of diplomats and foreign guests arrived in Prayagraj for Mahakumbh 2025. These dignitaries, representing various countries, were deeply impressed by the event's grandeur and spiritual essence, calling it a profound reflection of India's rich cultural and spiritual heritage. Delegates included those from Algeria, Angola, Argentina, Austria, Belgium, Belarus, Colombia, Cuba, Egypt, Georgia, Iceland, Italy, Japan, Jamaica, Mexico, Romania, Russia, South Africa, Sweden, Switzerland, Turkey, Venezuela and Zimbabwe, among others



"I am delighted that the state government and the Ministry of External Affairs organised this trip for diplomats. The Mahakumbh Mela is a unique event, particularly this year, and I'm eager to understand the Hindu culture."

KEIICHI ONO,
Ambassador of Japan to India



"I am delighted to be a part of this significant ceremony. It brings me great joy to follow the traditions here."

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MUKESH AMBANI, chairman, Reliance Industries, along with his entire family, participated in the grand Mahakumbh 2025 in Prayagraj and took a holy dip in Triveni Sangam. Their participation in this spiritual tradition, bathing in the same holy waters of Sangam as millions of other devotees, further strengthens the spirit of unity and devotion at Mahakumbh.

Former India captain and coach **ANIL KUMBLE** visited Mahakumbh with his wife Chethana Ramatheertha. Taking to social media, he posted #Blessed with a picture of himself and his wife taking a dip in the Sangam and offering prayers.





"The confluence of faith, devotion and love at the grand Mahakumbh, at Prayagraj, is overwhelming everyone. After bathing at the holy Sangam, I had the ultimate good fortune of worshiping and receiving the blessings of Maa Ganga. I was immersed in immense peace and satisfaction, and I prayed for the happiness, prosperity, health and well-being of all countrymen."

NARENDRA MODI, Prime Minister



Hailing from Kashi, **DR ASHUTOSH MISHRA,** cultural ambassador of Cricket Australia and his wife **SHWETA MISHRA,** associated with the University of Queensland, Australia, expressed deep admiration for the meticulous organisation of the Mahakumbh, extending heartfelt congratulations to PM Narendra Modi and CM Yogi Adityanath for orchestrating this monumental event in Mahakumbh Nagar. Dr Ashutosh said that being part of this historic occasion is a matter of immense pride and good fortune. "This is the grandest event in human history, and the scale of arrangements is truly commendable. Mahakumbh has not only showcased India's cultural and spiritual heritage to the world but has also solidified its historical significance. The combined efforts of the Central and Uttar Pradesh governments have made this event truly historic."

Shweta Mishra commended the efforts of PM Narendra Modi and CM Yogi Adityanath, stating that Mahakumbh's organisation was nothing short of extraordinary. She also urged devotees to follow the prescribed guidelines, ensuring that the efforts of the government and administration bear fruit.



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YOGI ADITYANATH, Chief Minister



"Prayagraj is currently the world's largest district and spiritual city. Such a big festival is being held, where foreigners are also coming. So far, crores of devotees have come here, but the number of VIPs was less than 3300. It is necessary to maintain a positive attitude during such events. Foreign devotees have praised the police."

SWAMI CHIDANAND SARASWATI, president, Parmarth Niketan Ashram



"This is the world's largest spiritual event, and I consider myself fortunate that I got the opportunity to come here. I congratulate the UP government for this grand event. Hopefully, more and more people will come here and make it famous all over the world. I am happy that everyone came together and showed how strong we are."

SAINA NEHWAL, star shuttler and Olympic bronze medallist

bath as per traditions

On Amrit Snan, all the ghats and devotees bathing with Akharas were under helicopter surveillance

Around 1.44 crore devotees take holy dip in Sangam daily

On Mauni Amavasya, record 7.64 crore Sanatanis took a holy dip in Triveni Sangam

Over 4.99 crore devotees took the holy dip on January 28

Nearly 3.50 crore devotees bathed at the Sangam on Makar Sankranti

Romania, Russia, South Africa, Sweden, Switzerland, Turkey, Venezuela and Zimbabwe, among others



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"I had always wanted to visit but never had the chance to attend a Kumbh. During this special and auspicious Mahakumbh, I was fortunate to be in India. The atmosphere was truly inspiring for both my eyes and soul. This event is a true reflection of Indian heritage and culture, something to be proud of."

DIANA MIKNEVICIENE, Ambassador of Lithuania to India



"PM Narendra Modi is dedicated to the culture of Sanatan Dharma. This is the reason why people came to bathe at Sangam in the beginning and the end of Mahakumbh. They bathed with simplicity. They did not enter the fair area so that the devotees dont face any problems. PM Narendra Modi and CM Yogi Adityanath have done an excellent job in organising the Mahakumbh."

SHRIMAHANT RAVINDRA PURI, president, All India Akhada Parishad and Maa Mansa Devi Temple Trust Haridwar



"This Mahakumbh has been very successful in many ways. Its biggest achievement is that this time the maximum number of youngsters of the country have participated in it. This time more than 50% of the youth who participated in Mahakumbh were those who were less than 30 years of age. This shows that the faith in Sanatan is increasing rapidly among today's youth."

SAMPURNANAND MAHARAJ, mahamandleshwar, Shri Shambhu Panch Agni Akhara



More than 45 lakh people have used water ATMs

The water ATMs installed by the Jal Nigam in Mahakumbh Nagar are proving to be very helpful for devotees. A total of 233 water ATMs have been installed by the corporation across all 25 sectors. Through these, pure water is being supplied to pilgrims 24 hours a day. So far, more than 45 lakh people have used them.

Swasth Mahakumbh: Treatment of more than seven lakh devotees

A new achievement has been added to Mahakumbh Nagar, the 76th district of Uttar Pradesh. OPD of 50,000 patients has been done in 47 days at the central hospital of the district. Also, more than 4,000 patients have been seen in a day. The highest OPD of patients in a day was on the Amrit Snan festival of Makar Sankranti on January 14.

Furthermore, nearly 2,500 patients have been admitted so far. More than 100 patients have been treated and saved at the 10-bed ICU of the hospital. Nearly 1,700 patients have received treatment at the minor OT of the hospital. The hospital has an emergency ward, women and men wards along with an ICU. The OPD is available 24 hours with facilities of ultrasound and X-ray tests. More than 2 lakh blood tests have been done at the central pathology of the hospital.



- **Experts from AIIMS Delhi, IMS BHU deployed along with Canada, Germany, Russia**
- **4.5 lakh patients treated, 3.71 lakh pathology tests conducted, 3800 minor operations performed, and 12 major operations completed**
- **More than 2.18 lakh people treated with AYUSH medicine till now**



Help to more than 20,000 people

Digital Lost and Found centres at the Mahakumbh have been successful in reuniting thousands of devotees. More than 20,000 people who were lost or separated at Mahakumbh so far have been reunited with their families. More than 64% of them were women. Additionally, the police has played an important role in successfully reuniting devotees from 23 different states, including Nepal, with their loved ones.

CONSUMER CONNECT INITIATIVE

The Economic Times • 06 Feb • Ministry of Ayush

Medical Colleges here Still Suffer from a Severe Shortage of Seats

12 • PG | 363 • Sqcm | 136123 • AVE | 102.04K • Cir | Top Left

Pune

Medical Colleges here Still Suffer from a Severe Shortage of Seats

Many students eye overseas colleges, some thinking of pursuing alternative medicine

Prachi Verma & Neil Ghai

New Delhi: A severe paucity of seats is afflicting India's medical colleges despite the budget setting a target of creating 10,000 seats next fiscal year to add to the existing 100,000. Also, with more students than ever vying for a career in medicine, the field is getting increasingly competitive, forcing many to prepare backup plans for achieving their medical dreams.

Some are considering overseas colleges, for which the numbers are set to rise further this year, said test prep and study abroad consultants. Medical education in certain countries is a cost-effective alternative to many private colleges in India besides featuring modern infrastructure, they said.

Others are considering alternative courses in the country such as homeopathy, Ayurvedic, physiotherapy, and dental, the experts said. However, an MBBS degree from a government college in India remains the most sought-after.

"The number of students opting to study medicine abroad is primarily driven by the limited availability of government seats in India," said Parijat Mishra, head of career counselling, medical division at Allen, a test prep company. Affordable medical education in certain international destinations also attracts many Indian students.

Foreign locales for aspiring medical students include Russia, Ukraine, Georgia, Kazakhstan, Belarus, Kyrgyzstan, Nepal, and Bangladesh. Students are also considering countries like China, Italy, Germany, Poland, and Romania.



"Countries like the Philippines, China, and the Caribbean have traditionally been popular among Indian students pursuing medical education abroad," said Anil Nagar, founder & CEO, Adda247, a multilingual learning and skilling platform.

Of late, countries such as the US, the UK, and Germany are also starting to attract Indian students. "The primary reason for these choices is affordability," he said.

Government medical colleges charge as low as ₹10,000 annually — AIIMS is even lower — while private education can exceed ₹1 crore for the entire course, said an expert.

About 2.5 million students registered for the National Eligibility-cum-Entrance Test for admission to undergraduate medical courses in 2024 (NEET UG 2024), a figure experts said will increase this year. The National Testing Agency (NTA) is soon going to start the registration process for NEET UG 2025.

Experts said 30,000 to 40,000 Indian students join medical colleges overseas every year.

FEW OPTIONS

The number of students opting to study medicine abroad is primarily driven by the limited availability of government seats in India

"With a limited number of available seats, students are considering alternative health science courses," said Mishra at Allen.

Alternative courses include Bachelor of Ayurvedic Medicine and Surgery, Bachelor of Homeopathic Medicine and Surgery, Bachelor of Unani Medicine and Surgery, Bachelor of Siddha Medicine and Surgery, veterinary sciences, paramedical, and nursing programmes.

Experts noted that the number of Indian medical students heading overseas is rising every year since seats at medical institutions have not increased in line with increasing NEET registrations.

"The appeal lies in less competitive entrance requirements and shorter waiting times compared to India, where only a small percentage of applicants get admitted to medical schools," said Adarsh Khandelwal, co-founder, Collegify — a study abroad platform.

Mayank Sharma, senior vice president, AcadFly, the study abroad initiative of PhysicsWallah said, "Studying abroad often costs less than private medical colleges in India, even after including living expenses."

Other factors drawing Indians to foreign universities include modern infrastructure, advanced training, cultural experiences and practical exposure.

Countries like Vietnam and Kazakhstan offer affordable living costs, often as low as ₹10,000 to ₹15,000 per month, pointed out Sharma. Russia is even cheaper, he added. Uzbekistan and Georgia are gaining popularity due to affordable fees and simpler admission processes, according to Anthony Fernandes, founder — Shaalaa.com.

In China and Russia, students may pay ₹3 lakh to ₹6 lakh per year in tuition fees, while in countries like Georgia, Kazakhstan, and Uzbekistan, medical education fees range from ₹2 lakh to ₹4 lakh annually.

Meanwhile, as Indian students returning from abroad need to pass Foreign Medical Graduate Examination (FMGE) for practicing in the country, there is a noticeable trend of medical graduates carefully selecting Indian universities with strong FMGE pass rates.

The Economic Times • 06 Feb • Ministry of Ayush

Medical Students likely to Stay Study Abroad Course

6 • PG | 328 • Sqcm | 853287 • AVE | 420.14K • Cir | Top Right
Delhi • Jaipur • Chandigarh

DESPITE DOMESTIC PUSH IN BUDGET

Medical Students likely to Stay Study Abroad Course

High competition forcing many others to pick alternative courses: Experts

Prachi Verma & Neil Ghai

New Delhi: A severe paucity of seats is afflicting India's medical colleges despite the budget setting a target of creating 10,000 seats next fiscal year to add to the existing 100,000. Also, with more students than ever vying for a career in medicine, the field is getting increasingly competitive, forcing many to prepare backup plans for achieving their medical dreams.

Some are considering overseas colleges, for which the numbers are set to rise further this year, said test prep and study abroad consultants. Medical education in certain countries is a cost-effective alternative to many private colleges in India besides featuring modern infrastructure, they said.

Others are considering alternative courses in the country such as homeopathy, Ayurvedic, physiotherapy, and dental, the experts said. However, an MBBS degree from a government college in India remains the most sought-after.

"The number of students opting to study medicine abroad is primarily driven by the limited availability of government seats in India," said Parijat Mishra, head of career counselling, medical division at Allen, a test prep company. Affordable medical education in certain international destinations also attracts many Indian students.

Looking for Alternatives

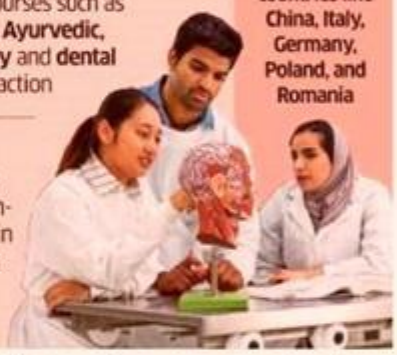
Govt medical colleges charge as low as ₹10,000 annually – AIIMS is even lower

Private education can exceed ₹1 crore for the entire course

Alternative courses such as homeopathy, Ayurvedic, physiotherapy and dental are gaining traction

However, an MBBS degree from a government college in India remains the most sought-after

Students are also considering countries like China, Italy, Germany, Poland, and Romania



Experts say 30,000 to 40,000 Indians join medical colleges overseas every year

Foreign locales for aspiring medical students include Russia, Ukraine, Georgia, Kazakhstan, Belarus, Kyrgyzstan, Nepal, and Bangladesh. Students are also considering countries like China, Italy, Germany, Poland, and Romania.

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The Economic Times • 06 Feb • Ministry of Ayush

2.5m Take NEET for 1L Medical Seats; Students Ready Plan B

9 • PG | 387 • Sqcm | 303733 • AVE | 102.42K • Cir | Top Right
Chennai

2.5m Take NEET for 1 L Medical Seats; Students Ready Plan B

Many students eye overseas colleges, some thinking of pursuing alternative medicine

Prachi Verma & Neil Ghai

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APPEALING FACTORS
Indians going to foreign universities due to modern infrastructure, advanced training, cultural experiences and practical exposure

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The Economic Times • 03 Feb • Ministry of Ayush

Fitness trends that experts love to hate

19 • PG | 400 • Sqcm | 78061 • AVE | 215.44K • Cir | Top Left | ET Panache
Bengaluru

Fitness trends that experts love to hate

From cold plunges to targeted weight-loss workouts, here are some habits that could derail your goals



Fitness advice on social media can be littered with misinformation and impossible promises. If something sounds too good to be true, it probably is.

Here are five fitness trends that irk experts the most:

The '75 hard' challenge

The viral challenge '75 Hard' took hold last year. The key to mental and physical toughness, its proponents claimed, was following a set of daily rules for 75 days: Work out twice a day for 45 minutes, maintain a strict diet, drink a gallon (3.8 litres) of water and read at least 10 pages of non-fiction, among other things.

While the idea of transforming yourself in 75 days might sound appealing, the challenge is "extremely unsustainable", said US-based physical therapist Victoria Sekely. Exercising twice a day, especially if you are new to working out, "is a good way to injure yourself and to create completely unrealistic expectations around exercise", she said.

To build a healthy exercise habit, start simply and find an activity you enjoy enough to practice consistently.

Cold plunges

The social media hype about cold plunges is nothing new, but it's still going strong. Evangelists claim that a post-workout dip can regulate your immune system, cure depression and anxiety and speed up recovery from exercise by combating inflammation. But while some studies have suggested that cold-water swimming may improve mood and well-being, much more research is needed, said Dr Amy Comander, director of the lifestyle medicine program, Massachusetts General Hospital, US.

Focus on finding movements you enjoy and building a regular habit, rather than pursuing the latest miracle workout



PICS: NYT, GETTY IMAGES

Targeted 'spot reduction'

Whether it's a side plank for a flat stomach or Pilates for toned arms, social media is brimming with videos that claim there is one move or workout that will help you lose weight in one area of your body. You should be wary of anyone promoting 'spot reduction', or the idea that certain exercises will lead to targeted weight loss, said Rae Reichlin, founder of a strength training gym in Chicago, US. While you can strengthen different muscle groups by working different parts of your body, you cannot target where you lose weight. Instead, practice a full-body strength training routine twice a week.

'What I eat in a day' videos

Many fitness influencers share detailed videos of their meals with calorie counts and protein breakdowns. While these posts might seem like harmless entertainment, they promote diets that don't fit everyone's needs. "All of us have different heights, different weights, different body compositions," said Comander.

If you are looking for guidance on what to eat to support your fitness goals, consult a nutritionist.

Fitness tracker data

If you use a fitness tracker, it can be tempting to obsess over the data it gives you. But while some stats can be helpful, it's far too easy to go overboard, said Kathryn Larson, a cardiologist at the Mayo Clinic, US. She said that some of her patients are so fixated on their devices that "at the end of the day, they've kind of lost focus on why the exercise is important in the first place". •

– The New York Times

Business Standard • 27 Feb • Ministry of Ayush

Therapeutic proposal

7 • PG | 182 • Sqcm | 90055 • AVE | 89.49K • Cir | Middle Left

Delhi • Jaipur • Chandigarh • Bengaluru

Therapeutic proposal

Enabling citizens to complain against medical ad is proactive

The government should act promptly on the Supreme Court's call for a mechanism enabling citizens to file complaints against misleading medical advertisements. The two-judge Bench of the apex court stated it would issue comprehensive directions for the grievance-redress mechanism shortly. If designed well, such a mechanism could offer genuine agency to consumers of medical products and services and would not come a moment too late. The Advertising Standards Council of India (Asci), a voluntary watchdog for advertising ethics, has suggested that a large chunk of complaints of misleading advertisements is related to health care. In the past three years, the data from the Ministry of Ayush shows 38,539 instances of misleading advertisements were brought to the attention of the state-licensing authorities. To make such a mechanism genuinely effective, however, the government would do well to tighten its rules on medical advertisements further.

Pharmaceutical advertising in India is mainly regulated under the Drugs and Magic Remedies (Objectionable Advertisements) Act and the Drugs and Cosmetics Act, under which the Drug Rules, 1945, have been framed. More recently, the Consumer Protection Act, 2019, and the Indian Medical Council (Professional Conduct, Etiquette and Ethics) Regulations have also played a role in regulating medical advertisements. Despite these rules and watchdogs, the limits on medical advertising have been a grey area in India with rules that range between outright bans and a wide degree of latitude. For instance, the Drugs and Cosmetics Rules forbid advertisements by practising doctors and of allopathic drugs that come under prescription-only rules. In 2018, Rule 170 was added to prohibit misleading advertisements of Ayurveda, Siddha or Unani drugs. In fact, the Supreme Court's observation was made during the hearing of a case involving a plea moved by the Indian Medical Association against ayurvedic products maker Patanjali's advertisements attacking allopathy and making claims about curing certain diseases.

No less concerning, however, is the wide latitude given to private hospitals, clinical establishments (such as maternity homes and in-vitro fertilisation centres), and diagnostic centres, often part of large corporate chains that make extravagant claims. Asci alone has reported some 190 misleading claims by hospitals and clinics in the past three years. These are claims that have been examined by the regulatory authorities; thousands of other clinics, especially in rural and semi-rural areas, get away scot-free. Since private hospitals and clinics largely play similar roles in healing and curing diseases as doctors and prescription drugs, it may be appropriate for the government to impose stricter limits on the nature of information that can be disclosed in advertisements. Advertising of medical devices and over-the-counter drugs may be another area that merits more scrutiny.

To make these rules effective, the government needs to work on a robust institutional mechanism that has the resources to monitor medical advertising proactively (including on the internet), inform consumers of transgression, impose penalties on errant entities, and award compensation for consumers. Such an approach should preclude the long-drawn process of legal remedies through the country's glacial justice system. The Patanjali case received traction because the petitioner, the Indian Medical Association, was a powerful institution. But most consumers lack the wherewithal for such expensive cases. The Supreme Court has offered an opportunity to constructively address this gap in the consumer-protection apparatus.

Business Standard • 22 Feb • Ministry of Ayush

Delhi's new govt puts PMJAY implementation in fast lane

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Mumbai

Delhi's new govt puts PMJAY implementation in fast lane

Ayushman Bharat training for state's staff begins

SANKET KOUL
New Delhi, 21 February

In a bid to accelerate the implementation of Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) in Delhi, the state government, along with National Health Authority (NHA), has started the process of training staff who will generate PMJAY cards and pre-authorise medical procedures.

This comes a day after the Delhi government had cleared decks for introducing the Centre's health insurance scheme in the national capital. "We are currently working on training master trainers, who, in turn, will train around 5,000-6,000 field workers to handle card creation and backend processes such as claim processing and grievance redressal management," said an official in the know.

Kiran Gopal Vaska, joint secretary and mission director (Ayushman Bharat Digital Mission), NHA, said the central agency is working with the state health department to work out modalities for onboarding Delhi on the PMJAY scheme.

"Work has already started on preparing a memorandum of understanding (MoU) to be signed by Delhi and creating a list of beneficiaries who will benefit under the scheme," he said.

According to a parliamentary response by the Union Health Ministry in 2023, around 654,000 families in Delhi are eligible to enrol under the scheme.

Similarly, a recent Ageing in India report puts the projected senior citizens' population in the capital at 1.9 million.

In a recent meeting to discuss implementation of the Ayushman Bharat programme, state officials had stated that a minimum of 100,000 beneficiaries would need to be enrolled for the PMJAY card and the Vaya Vandana card within 30 days of approving the scheme by the cabinet.

"The beneficiaries will be families, according to National Food Security Act (NFSA) data, Socio Economic and Caste Census (SECC), 2011 data, or as decided by the Cabinet and senior citizens above 70 years," said the minutes of the meeting, accessed by Business Standard.

Similarly, the state government is also targeting to upgrade dispensaries run by the Delhi government as well as the Municipal Corporation of Delhi (MCD) into Ayushman Arogya Mandir-Primary Health Centres (AAM-PHCs). "A target for upgrading 11 PHCs has to be achieved within 30 days," the minutes stated.

The document added that the district magistrates (DMs) will need to ensure and oversee that the target is achieved in the 30-day timelines.

Business Standard • 19 Feb • Ministry of Ayush

Caveat influencers

9 • PG | 176 • Sqcm | 56910 • AVE | 89.49K • Cir | Middle Left

Jaipur • Delhi • Mumbai • Chandigarh

Caveat influencers

An ethics council is a good start

Launching the India Influencer Governing Council (IIGC) last week underlines the explosive growth of the influencer market in India and the need to establish some sort of standards to govern it. Unlike its conventional counterpart, the brand-endorsement business on print and TV, the ambit of social influencers, is many orders of magnitude larger owing to the power of social media. From political and social commentary to brand and product endorsements to YouTube and instant video apps in a multitude of languages, this sprawling area has infinite visibility. No surprise, populous India is one of the world's fastest-growing influencer markets, expected to surpass ₹3,375 crore by 2026. A note introducing the IIGC, comprising senior executives from leading digital-services companies as the founding leadership team and over 65 board advisors across influencers and brand leaders on board, recognises this. It refers to the "colossal scale" and "challenges around transparency, promotions, and regulatory uncertainty" and aims to set standards, protect influencer rights, and promote responsible content creation. The question is whether this agenda would be sufficient.

Last year, the Advertising Standards Council of India (Asci) had come up with a set of self-regulatory guidelines for influencers built around disclaimers and disclosures. The Securities and Exchange Board of India (Sebi) has regulations for influencers peddling financial products. Importantly, Sebi's regulations involve penalties — recently invoked, for example, in the case of Asmita Patel and her Global School of Trading. Likewise, the United States Federal Trade Commission and the Advertising Standards Authority, and the Competition and Markets Authority in the United Kingdom have rules about honesty and disclosures for brand influencers. Transgressing these could attract penalties, fines, and legal notices. It is unclear whether the IIGC will have the authority to do so. Without some sort of deterrent capability in place, the efficacy of the IIGC may be muted.

Establishing standards will also be challenging. As with social media comment, unexceptionable recommendations for fairness, balance, and propriety may preclude brash interjections for which influencer Ranveer Allahbadia finds himself facing death threats and police cases, and he has been upbraided by the Supreme Court. But the line between comment (in this case supposed comedy) and opinion is a fine one and recent experience in India has shown that a person's views may be another person's insult, a problem that is easily amplified on social media, where posts go viral in seconds. Equally, establishing influencer rights may also be necessary. The legal threat by Mondelez to an influencer for highlighting the high sugar content in bestselling children's drink Bournvita is a case in point. The influencer took down the video and apologised since he lacked the resources to go to court. The fact that Cadbury subsequently reduced the sugar content in Bournvita suggests an unfair balance of commercial power. One solution would be to partner the government to establish standards. For instance, it was the memorandum of understanding between Asci and the Ministry of AYUSH aimed at monitoring misleading advertisements of AYUSH drugs that enabled a case to be lodged against the proprietors of the ayurved major Patanjali. Despite these challenges, the IIGC is a good beginning. No doubt, it will refine its approach with experience to gain real traction. Till then, *caveat emptor* remains the motto.

Business Standard • 11 Feb • Ministry of Ayush

A health financing perspective

9 • PG | 446 • Sqcm | 223020 • AVE | 101.93K • Cir | Top Center

Mumbai • Delhi • Bengaluru • Chandigarh • Jaipur • Chennai • Pune

A health financing perspective

The fiscal space for social sectors, including health, continues to shrink

ILLUSTRATION: AJAY MOHANTY



The finance minister's 2025-26 Budget speech identified agriculture, micro, small and medium enterprises (MSMEs), investment, and exports as the four engines of growth, supported by reforms in taxation, power, urban development, mining, finance, and regulation — aiming for an inclusive and developed Viksit Bharat.

However, the social sector remains neglected, with its share in total Union expenditure declining from 5.3 per cent in 2019-20 to just 3.9 per cent in 2025-26. This brief highlights this gap, particularly in public health, by analysing seven full Budgets presented by the finance minister from a health finance perspective.



PRITAM DATTA

In the 2025-26 Budget, the finance minister addressed public health seven times, emphasising accessible, high-quality, and affordable healthcare. Key initiatives included broadband connectivity for government schools and primary health centres (PHCs), AI-driven Centres of Excellence for Health, and the expansion of medical education with 10,000 new seats, aiming for 75,000 over five years.

She also proposed 200 Day Care Cancer Centres, PM-JAY coverage for 10 million gig workers, and initiatives like "Heal in India" to boost medical tourism, in partnership with the private sector. Additionally, Customs duty relief was announced for 36 lifesaving drugs, with six more attracting a concessional 5 per cent duty, alongside expanded patient assistance programmes.

The Budget allocates ₹1.19 trillion to the health sector, covering the ministries of AYUSH, Health and Family Welfare, and Finance. Notably, the 15th Finance Commission grants for the health sector are routed through the Ministry of Finance. The Union Health budget now accounts for 2.4 per cent of the total Union Budget and 0.33 per cent of the projected gross domestic product (GDP), down from 3.59 per cent and 0.56 per cent, respectively, in the 2021-22 Budget.

The Union health Budget saw negative growth in the past three years — 14 per cent in 2022-23, 1 per cent in 2023-24, and 6 per cent in 2024-25. Additionally, the revised Budgets for 2022-23 and 2023-24 were 15 per cent and 18 per cent lower than the original allocations. However, the 2025-26 Budget shows an 18 per cent increase, compared to 2024-25, with the revised Budget 3 per cent higher than the initial 2024-25 allocation.

A closer look at the 2025-26 Union Budget reveals that the Ministry of Finance is allocating the pending amount of the 15th Finance Commission grants, as this marks their final year. Consequently, the health sector's allocation through the Ministry of Finance has surged by 154 per cent. The Ministry of AYUSH's budget has increased by 8 per cent, while the Ministry of Health and Family Welfare's budget has risen by 10 per cent.

Similarly, there is a 70 per cent increase in the health budget routed through the finance ministry to distribute the 15th Finance Commission grants in the revised 2024-25 Budget. The expansion of the Union health budget after three years of decline is a welcome relief, but it is primarily driven by the urgency to release the 15th Finance Commission's final-year health grants. These funds, meant for local bodies, require strong coordination across government levels. However, limited local capacity has hindered effective utilisation, with only half of the allocated funds spent between 2021-22 and 2023-24.

In India, public health is primarily the responsibility of state governments. However, the Union health budget has a crucial role in shaping the sector's trajectory for the upcoming fiscal year, thereby, drawing significant attention from health economists nationwide.

India has set various milestones and targets for the upcoming years. The 11th Five-Year Plan proposed an increase in government health spending to a minimum of 2 per cent of GDP by 2012. The National Health Policy of 2017 recommended further elevating public health spending to 2.5 per cent of GDP by 2025.

According to the latest National Health Accounts (2021-22), the Union government accounts for a modest 41.8 per cent of total government healthcare expenditure in India. A rough estimate suggests that the combined healthcare budget of the central and state governments for 2025-26 is approximately 0.79 per cent of the projected GDP. This figure falls significantly short of the targets set in the 11th Five-Year Plan and the National Health Policy of 2017.

Ayushman Bharat, India's flagship programme for universal health coverage (UHC), includes PM-JAY, the world's largest health assurance programme. The 2025-26 Budget sees a 29 per cent increase in PM-JAY funding, with a 4 per cent rise in the revised 2024-25 Budget. Covering ASHA and Anganwadi workers, senior citizens above 70, and gig workers, PM-JAY accounts for 7 per cent of the Union health budget. However, the per-capita Union health budget for 2025-26 is ₹844 — 8 per cent lower than the pandemic year—raising concerns about achieving UHC by 2030.

The fiscal space for social sectors, including health, continues to shrink, risking a loss of critical lessons learned during the pandemic. This trend signals a move away from investing in social infrastructure, which could hinder long-term socio-economic progress, especially in addressing poverty, inequality, and access to basic services.

Despite hopes for change, the Union health budget continues to fall short, leaving many unmet expectations. Yet, like a distant lighthouse, there remains hope that the government will eventually prioritise the social sector as a key engine of development, guided by inclusivity.

The author is fellow-II, National Institute of Public Finance and Policy (NIPFP), New Delhi

Business Standard • 11 Feb • Ministry of Ayush

A dream home

1, 10 • PG	377 • Sqcm	186824 • AVE	89.49K • Cir	Bottom Center,Bottom Left

Delhi • Jaipur • Chandigarh


A dream home
Couples looking to start their life together in a home that matches their lifestyle are spoilt for choice

A dream home

Couples looking to start their life together in a home that matches their lifestyle are spoilt for choice, writes Aneeka Chatterjee



An apartment at Prestige Ocean Towers in Bengaluru

For decades, India's luxury real estate market was the domain of buyers over 45 — wealthy business magnates and legacy holders. But a new trend is emerging: Younger couples, aged 25-40, are increasingly investing in high-end properties, many of them as they embark on married life. Whether as a symbol of new beginnings or long-term financial planning, this shift highlights the evolving nature of luxury real estate in India.

"The young luxury consumer today is more informed, well-travelled, and discerning," says Anand Ramachandran, senior vice president of Business Expansion at Prestige Group. "They seek curated spaces, world-class amenities, and homes that reflect their personal success stories."

Parents are also playing a crucial role in this transformation. Many are investing in luxury and ultra-properties as gifts for their children, aligning with their aspirations and lifestyle preferences. This trend is most noticeable in cities like Delhi-National Capital Region, Mumbai, and Bengaluru. "There's a visible uptick in parents buying luxury homes as gifts for their children," says Viswa Prathap Desu, chief operating officer-Residential at Brigade Group.

With younger buyers seeking more than just lavish homes, developers are curating the kind of homes they desire.

Ramachandran says that hospitality-like services, such as concierge offerings, lounges, and on-site dining are in demand. "It's no longer just about opulence but about enhancing the quality of life."

Desu at Brigade says couples also want clubhouses with advanced fitness equipment, swimming pools, and home theatres. Plus, amenities that match their dynamic lifestyles — premium fittings sourced from globally recognised brands, central air-conditioning, wellness spaces like private gyms, spas, yoga decks, and meditation areas, as well as social spaces such as rooftop lounges, co-working areas and clubhouses. Add to these sports facilities, high-tech kitchens and concierge services.

Sattva Group, a Bengaluru-based developer, has also noticed the inclination toward wellness and convenience. In keeping with this trend, its properties feature private elevators, infinity pools, smart systems, and rooftop gardens. These cater to younger buyers seeking seamless living that blends luxury, well-being, and aspiration. Luxury homes are also being built with eco-conscious couples in mind. Delhi-based New Modern Buildwell, for example, offers smart lighting, energy-efficient systems, and blue-green spaces. Over the past few years, the Bengaluru-based Embassy Group, too, has launched luxury apartments, uber-luxury villas and townships.

There is no one definition of luxury, though. There is no one price point either. These luxe, young buyer-focused properties can cost upwards of ₹20 crore. Or, they can start at ₹3 crore. Prestige Group, for instance, offers residences with 5-star amenities for ₹20 crore-plus. In Bengaluru, Brigade's upper bracket homes start at ₹3 crore, while its Chennai project, Brigade Icon, has apartments beginning at ₹8 crore. The company's upcoming Hyderabad project will have homes starting at ₹4 crore.

Sattva Group's villas and row houses in Bengaluru are priced between ₹4.5 crore and ₹8.5 crore. Century Real Estate's apartment project, Codename Built Rare, also in Bengaluru, has expansive residences priced between ₹5.5 crore and ₹12 crore, with penthouses exceeding ₹20 crore.

Over in Kolkata, where the demand for luxury homes is on the rise, Godrej Properties recently launched a premium project called Godrej Blue in New Alipore, with units ranging from ₹2.3 crore to ₹5 crore.

Move to Mumbai or head northwards to Delhi, and the sky is the limit. Think Lodha's luxury apartments and villas in Mumbai, or DLF's Camellias in Gurugram with their jaw-dropping prices and amenities.

Business Standard • 08 Feb • Ministry of Ayush

India is both a developed and developing nation

16 • PG | 363 • Sqcm | 179907 • AVE | 89.49K • Cir | Top Left

Delhi • Jaipur • Chandigarh

'India is both a developed and developing nation'

WALTER J LINDNER, former German ambassador to India, has just released his book, *What The West Should Learn From India*, drawing from his diplomatic experience and deep engagement with the country. In an interview with **Veenu Sandhu** in New Delhi, he delves into India's unique strengths and challenges, and why he thinks the country stands out as an example of sophisticated diplomacy. Edited excerpts:

PHOTO: VEENU SANDHU



In your view, what are the top things the West should learn from India?

Let's start with IT and digitalisation. In India, digital transactions are everywhere. Whether it's in a Starbucks or buying cucumbers in the countryside, people use QR codes and transfer money without cash. A super industrialised country like Germany, and many other European countries, are far behind in this. This level of digital integration is something the West, especially Germany, can learn from.

Next is the spirit of entrepreneurship. In India, there's a drive to succeed, to be the best. It starts from kindergarten and goes all the way to high school and beyond. This competitive spirit to get out of the mediocracy pushes people to walk the extra mile. That's why you see many Indians becoming CEOs in the high-tech industry globally. Silicon Valley wouldn't be the same without Indian talent. In Europe, we've become complacent – we haven't forgotten it, but we would have to reactivate this spirit.

Another key lesson is the globalised spirit. Indians are everywhere — almost in every country around the world. Their remittances and experiences create a global network. In contrast, Germans tend to be very Europe-centric, thinking Europe is the centre of the world. That global outlook is something we could learn.

Then there's the importance of spirituality. In India, spirituality is intertwined with daily life. Business meetings can easily turn into philosophical discussions about the meaning of life. This holistic approach — combining heart and soul — is often missing in the West, where we focus on techniques and business talk without deeper reflection.

Finally, the diversity in India is unparalleled. You have different cultures, religions, and languages coexisting. Indians grow up exposed to this diversity, which fosters a broader worldview. In Europe, we are more concentrated on our own cultures and neighbouring countries, but we don't experience diversity on the same scale.

Q&A

WALTER J LINDNER
Former German ambassador to India

How do you view Indian democracy compared to western democracies?

There is no perfect democracy. And no democracy is the same; every country has different histories, neighbours, and education systems. But the core principles are universal. India's democracy functions remarkably well given its size — 1.4 billion people, 10 major religions, 28 federative states, and over 300 languages. It's a unique challenge. In Germany, with just 80 million people, governance is simpler.

India doesn't need lessons on democracy from anyone. Of course, there are shortcomings, as in every democracy, but these are internal matters. As friends, we can discuss these behind closed doors, just as India might point out issues in Germany, like, say, right-wing movements. But this is done as equals, not with a bullhorn.

With India's growing influence on the global stage, how do you see Indo-German relations evolving?

India's global role has expanded tremendously over the past 20 years. It didn't start with Prime Minister Modi, but his government has certainly accelerated it. Economic dynamics, foreign investments, and India's strategic balancing act in global politics have all contributed.

India masterfully balances relationships with Russia, Europe, the US, and China without aligning with any specific military bloc. This sophisticated diplomacy harks back to (Jawaharlal) Nehru's non-alignment policy. India is part of BRICS, is a member of G20, is frequently invited to G7, and involved in various international groupings like the Quad. It's the only country that manages to maintain such a balanced position globally.

India aims to become a developed nation by 2047. Do you think that's achievable?

It's hard to categorise India as either developing or developed. Cities like Bengaluru, Pune, and Hyderabad feel developed, while rural areas might seem centuries behind. This duality — modern tech hubs alongside traditional rural life — is what makes India complex and fascinating.

International classifications often don't fit anymore. Who decides what 'developed' means? Many of these definitions come from western institutions. India is both developed and developing in different aspects. Its IT sector is more advanced than many western countries, but challenges like poverty remain. This dual reality doesn't fit neatly into outdated categories.

How significant is India's soft power in shaping its global image?

India's soft power has always been its strength. Ayurveda, yoga, music, and cuisine, of course, shape how people around the world perceive India. But soft power also extends to politics — India doesn't define itself through military alliances or aggression. It's about balancing interests and maintaining a unique, non-aligned stance. This tradition, rooted in leaders like Nehru and Gandhi, continues today.

I first came to India 45 years ago as a backpacker, and I've always felt a connection to the country. Even now, I feel I haven't fully grasped what India is — it will take five lifetimes for that.

More on business-standard.com

Business Standard • 02 Feb • Ministry of Ayush

Health care gets 9.78% boost, cancer treatment costs to drop

8 • PG | 379 • Sqcm | 37920 • AVE | 27.82K • Cir | Bottom Center

Chennai • Kochi • Bengaluru

[FIT AND PROPER]

Health care gets 9.78% boost, cancer treatment costs to drop

Customs duty exemption for lifesaving drugs, more money for Ayushman Bharat

SOHINI DAS
Mumbai, 1 February

The Centre's health care Budget saw a 9.78 per cent increase to ₹99,857 crore for 2025-26, with a 28.8 per cent rise in the allocation for Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), which is now at ₹9,406 crore. There was also relief for cancer patients with 36 cancer and rare disease drugs being exempted from Basic Customs Duty (BCD) and support for district hospitals to open cancer care centres.

The Department of Pharmaceuticals (DoP) received a 28.82 per cent boost, with ₹5,268.72 crore allocated. The promotion of bulk drug parks rose from ₹1,000 crore to ₹1,460 crore, while production-linked incentive schemes (PLI) saw a smaller rise from ₹2,143 crore to ₹2,444.9 crore.

Finance Minister Nirmala Sitharaman announced plans to establish day-care cancer centres in all district hospitals within three years, with 200 centres opening in 2025-26. This initiative aims to significantly reduce out-of-pocket expenses for cancer patients. According to the National Cancer Registry Programme, cancer cases are expected to rise, with an estimated 800,000 new diagnoses annually. Experts have advocated for building capacity through a hub-and-spoke model for cancer care, with an estimated need for 10,000-15,000 more day-care beds and 25,000 surgical beds to serve all reported cancer patients.

Cancer treatment is set to become more affordable. Sitharaman proposed adding 36 lifesaving drugs to the list of those exempted from BCD. Another six lifesaving medicines will now be subject to a 5 per cent concessional Customs duty. These drugs include those for rare genetic disorders like spinal muscular atrophy in children and cancer treatments like Asciminib (leukemia), with some drugs currently priced in crores. The Customs duty cuts will bring meaningful relief to patients. Currently, most cancer drugs face a 10 per cent BCD.



SHOT IN THE ARM

Health allocation in Union Budget 2025-26

(in ₹ cr)

	FY25 BE	FY26 BE	% change
Overall health allocation	90,958	99,857	9.78
Key schemes			
National Health Mission	36,000	37,226	3.40
Ayushman Bharat	7,300	9,406	28.84
National AIDS and STD Programme	2,892	3,443	19.05
ICMR	2,732	3,125	14.38
Dept of pharmaceuticals*	4,090	5,269	28.82

BE: Budget Estimate; ICMR: Indian Council for Medical Research; *comes under Ministry of Chemicals and Fertilisers
Source: Union Budget 2025-26

Furthermore, specific medicines supplied under Patient Assistance Programmes (PAPs) by pharmaceutical companies, including drugs for breast cancer (Ribociclib by Novartis), severe asthma (AstraZeneca's Benralizumab), and Crohn's disease or ulcerative colitis (Takeda's Vedolizumab), are now fully exempt from BCD. The finance minister proposed adding 37 more medicines and 13 new PAPs.

"By prioritising affordability and access, these initiatives not only provide critical financial relief to patients and their families but also strengthen the rare disease ecosystem in India," said Ruchi Sogarwal, director of corporate affairs at Takeda Biopharmaceuticals India.

Public health expert K Srinath Reddy, meanwhile, said while the Budget had several welcome initiatives to improve healthcare delivery, the National Health Mission — the vehicle for strengthening primary care and district hospitals — had received only a small increase. This imbalance needed to be corrected, Reddy added.

The Pradhan Mantri Ayushman Bharat Health Infrastructure Mission (PM-ABHIM) saw a 26.67 per cent increase to ₹4,758 crore, with ₹4,200 crore earmarked for centrally sponsored schemes as capex. The National Digital Health Mission (ABDM) allocation increased by a substantial 70.06 per cent to ₹340.11 crore. The Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), focused on correcting regional healthcare imbalances, saw a 10.4 per cent rise to ₹9,940 crore, while the central hospital budget grew 4.69 per cent to ₹4,621 crore.

To boost healthcare research, the Indian Council of Medical Research (ICMR) received ₹3,125.5 crore, a 14.4 per cent increase from the previous year.

Medical tourism also received a push, with Sitharaman announcing partnerships with the private sector, capacity building, and relaxed visa norms. Recent geopolitical tensions have led to a drop in patients from Bangladesh.

Mint • 28 Feb • Ministry of Ayush

Unwinding with a cascade of hot stones in Bhutan

16 • PG | 344 • Sqcm | 120340 • AVE | 125K • Cir | Top Left

Bengaluru

Unwinding with a cascade of hot stones in Bhutan

The ancient Bhutanese ritual of hot stone baths, known to promote rest, is being offered in luxury hotels as well as rustic homestays

Tejal Lele

The wooden bath dominates the well-appointed room that looks over tall blue pine trees and colourful prayer flags fluttering in the wind. Glowing river stones, slow-heated over a fire, drop down a slanted chute, warming the water and gently disseminating minerals. Leaves crowd the surface of the steaming water, inviting me to slip into the tub and relax. The stage is set for a Himalayan Hot Stone Bath, a signature therapeutic treatment that's been part of Bhutanese life for centuries.

But why a bath tub made of wood? I turn to the spa attendant at Amankora Paro, a luxury resort shrouded by a pine forest so verdant that it scents the crisp Himalayan air. Won't it be prone to mildew, cracks and leaks, I ask.

"A hard wood tub has a rustic, natural beauty and is a wonderful insulator. Wood has been used to craft bath tubs in Bhutan for centuries, and we find that they elevate a simple bath to a spiritual experience," says Tsering Peldon, the spa supervisor. An attendant sets down a glass bottle with apple juice and a stemmed glass, and points to a small ornate bell cast with Tibetan script next to twinkling candles. "Ring it when you're done," she says.



MARCUS WESTBERG

Bhutan has a rich history of traditional medicine and pharmacopoeia that dates to 7th century Tibet; (below) the Amankora Paro hot stone bath.



SCIENCE IN THE SPA

I slip into the heated natural river water, keen to enjoy the treatment that's known to release tension, boost relaxation, and cleanse the skin. The minerals released by the stones and *khempa* leaves (Artemisia absinthium) have created *menbu*, the medicinal water said to have a meditative and calming effect.

Bhutan, also known as Menjung or the "land of medicinal herbs", has a rich history of traditional medicine and pharmacopoeia that dates to 7th century Tibet, and borrows heavily from India's Ayurvedic practices. Hot stone baths are an intrinsic part of Bhutanese culture. Centuries ago, people would indulge in a soak after completing backbreaking farm work before the onset of winter. "Sitting in the hot, healing bath helped relax the body, deal with skin ailments and cure backaches and joint pains acquired during long months of farmwork," Peldon says. She adds that hot stone baths have for decades been used to treat a variety of health ailments, including arthritis, joint pains and body aches, hypertension and skin diseases. What was once a family ritual is now used to promote rest and relaxation across Bhutan, in rustic homestays and uber-luxe five-star hotels.

Researchers believe that medical hydrology originated "thousands of years ago in Asia, where Indians, Japanese, and Chinese first used water extract of tea and natural hot springs to purify their body and soul". A research paper, "Water-Based Therapies of Bhutan", published in 2020 by James Cook University and funded by World Health Organisation, states that the Bhutanese have for centuries used medical water therapies "to treat various ailments, including gastritis, neurological disorders, arthritis, dermatological diseases, and rheumatological and musculoskeletal disorders".

I sip on the apple juice, looking at the trees swaying in the wind. *Khempa* or wormwood leaves are the source of absinthe, an anise-flavoured spirit, and that perhaps is calming me. I ring the bell as the water cools and the attendant drops a few more heated stones via the chute. I sit back and close my eyes as the temperature of the water rises.

> Hot stone baths have for decades been used to treat a variety of health ailments, including hypertension

Numerous studies have shown the benefits of a hot soak. It increases core body temperature and improves blood flow, which can reduce blood pressure, control blood sugar and lessen inflammation. In Japan, where tub bathing is ingrained in the culture, a 2022 study in *Journal of Physiological Anthropology* revealed that Japanese-style bathing—soaking in hot water in the evenings or nights—enhances recovery from fatigue and improves sleep quality.

Dr Hayasaka Shin'ya, a professor at Tokyo City University, worked with Chiba University on a project to track the health benefits of hot water baths and believes regular bathing "might be one of the reasons for Japan's high levels of health and longevity".

By now, I am beginning to feel a sense of lassitude. The hot water has banished the niggling aches and pains that tend to accompany a walking holiday. My arteries have relaxed and expanded, boosting blood circulation. That may be responsible for the restorative and relaxed feeling; fatigue seems to be floating away, leaving me rested and reinvigorated.

Perhaps the benefits of buoyancy, that weightless feeling we get when floating on water or after a great massage, are also at play. Buoyancy makes the body "relaxed and oxygen-charged so all movement seems easy and fluid", according to Shin'ya.

WHAT THE STARS SAY

As the sun begins to slip down the horizon and the wind picks up pace, I am bundled out in a blanket. I must now choose between a body polish and wrap ritual or a hot stone massage, which uses a combination of warm stones and massage to further relax muscles. I eschew both in favour of Ku Nye, a traditional Tibetan massage technique that loosens stiff joints, improves digestion, stimulates blood flow and promotes sleep.

That night, after returning to my room, where a crackling fire and a hot water bottle in the bed create a comfy atmosphere, I sleep like the proverbial log.

Over breakfast, my guide, Tshewang Phuntso, tells me that hot stone baths remain popular across Bhutan, with people often consulting astrologers for the right day to enjoy one. "The Bhutanese people believe that any treatment done on an auspicious day is more curative and better for the body. That's why a few people still consult astrologers to pinpoint days when baths can offer the maximum beneficial effects," he says. I didn't do that, but still feel calm and relaxed.

I return to the hotel that evening, my last in the remote Himalayan kingdom, and enjoy the peach wine in peace. Bhutan really is the perfect place to recharge mentally and spiritually. Physically too, if you throw a hot stone bath into the mix.

Write to us at lounge@livemint.com

Mint • 25 Feb • Ministry of Ayush

A summer body shouldn't be your only fitness goal

14 • PG | 117 • Sqcm | 40865 • AVE | 125K • Cir | Top Right

Bengaluru • Chennai



A summer body shouldn't be your only fitness goal

Instead of aiming for quick weight loss, commit to a healthy lifestyle

Shrenik Avani
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Exam season is around the corner, which means we are not too far away from the summer holiday season. This is also the time most holiday planning is done and one of the things people start focusing on is their vacation look, not just in terms of what to wear but the way they look. Many people turn to personal trainers, buy gym memberships and start going for runs to get in better shape in time for their holiday. The most common demands that coaches and trainers hear from any newcomer to a gym are for losing some flab around the tummy, toning their arms and shedding a few kilos, says Abraar Khan Waryah, co-founder and head coach of Gridiron Fitness Studio in Kolkata. All of us have friends and family who have walked into a gym with exactly these demands.

While this is the reality in the world of instant gratification, the bad news for those looking to get a "summer body" in a hurry is that no good coach or trainer is likely to accept clients with such poor goals for choosing to exercise. Further bad news, in case one tries taking matters into their own hands and starts working out on their own, using free advice and exercise videos on the internet, is that spot reduction of fat with exercise doesn't really happen. Targeted weight loss is simply not possible without surgical intervention.

People think they can undo years of harm they have caused themselves by eating poorly, not exercising and abusing their bodies with just a few weeks of exercise, rues Waryah. "Physical change doesn't work that way. It is a long and slow process. Also, losing a few inches and kilos doesn't mean they would start looking better and younger. Consistency and commitment are key to see any kind of results," he adds.

Regular exercise improves daily functionality and regulates mood

Exercise should be seen as a way to build a healthier lifestyle and improve longevity rather than just focusing on aesthetic benefits, insists Spoorthi S, a fitness expert at Cult Fit. Any good trainer or coach will try to help clients who come in with these goals see the benefits of making a long-term commitment to fitness. "When people start exercising with strict weight-loss goals, they often resort to crash diets and extreme workouts, which can be harmful in the long run. Instead, adopting sustainable, healthy habits leads to better overall health and quality of life. Educating individuals about the long-term benefits of fitness can help them approach their journey with the right mindset and stay committed," she adds.

While the initial weeks are likely to be challenging, once you are past teething troubles and continue to exercise regularly—thrice a week on average—you will start seeing positive results. "Exercise offers benefits that go far beyond physical appearance. It boosts mental health by reducing stress, anxiety and depression. It improves your daily functionality by increasing energy levels, helping you sleep better, and even supports longevity. Exercise also has an impact on emotional wellbeing as it helps with mood regulation," adds Spoorthi. So, this summer instead of a vacation-ready body, make exercise a part of your daily life.

Mint • 25 Feb • Ministry of Ayush

NHA offers more incentives to enrol hospitals in health scheme

9 • PG | 267 • Sqcm | 66766 • AVE | 45K • Cir | Middle Center
Hyderabad

NHA offers more incentives to enrol hospitals in health scheme

NHA has made package rates more attractive, viable for private healthcare providers

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In a bid to encourage more corporate hospitals to join the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY), the National Health Authority (NHA) has revised the Health Benefits Package (HBP) by introducing a tiered incentive system to make package rates more attractive and viable for private sector healthcare providers.

Under the new plan, corporate hospitals in tier-I cities will receive a 10% incentive over and above the reimbursement of the cost of treatment, with an additional 15% for those fully accredited by the National Accreditation Board for Hospitals & Healthcare Providers (NABH). In tier-II and III cities, hospitals will receive a 5% incentive and an additional incentive if they are NABH qualified.

Hospitals in any city can earn up to an additional 10% incentive if they run a medical college. Incentivization will be provided to hospitals above and beyond the rates defined in the HBP.

HBP is a set of packages under PM-JAY that provides health coverage to eligible families. It includes surgeries, diagnostics, and other services. The scheme offers policy holders 1,949 procedures under 27 different specialties.

"We have implemented a tiered structure based on the cities to attract more private hospitals by enhancing the health benefit package rates," a senior NHA official said. For tier-I cities, the health benefits package rates are 10% higher than the standard rates, and the bigger private hospitals fully NABH accredited will get a 15% additional incentive. All big corporate hospitals are in tier-I cities. So, overall, a hospital will get an incentive of 25-30% over and above the claim reimbursement.

> Under the new plan, corporate hospitals in tier-I cities will receive a 10% incentive over and above the reimbursement of cost of treatment

"We have added oncology and palliative care health packages. The main thing was the stratification of the package. Earlier, the same rate was applied to hospitals throughout the country. Hospitals expressed disappointment about the package rate in metro cities and those in tier-III cities. So that is why the tier system has been introduced. So, now the hospitals will be in a decent situation," the official said.

Queries sent to the health ministry remained unanswered till press time.

Currently, the premium per family is ₹1,052 per year, which is shared between the Union and state governments in a 60:40 ratio.

Mint • 24 Feb • Ministry of Ayush

Govt aims to offer telemedicine services under a single window

9 • PG | 261 • Sqcm | 65310 • AVE | 45K • Cir | Middle Center

Hyderabad

Govt aims to offer telemedicine services under a single window

The plan involves integrating e-Sanjeevani platform with the Unified Health Interface

Priyanka Sharma
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The Central government plans to integrate its telemedicine services to provide more options under a single window.

The plan involves integrating the e-Sanjeevani telemedicine platform with the Unified Health Interface (UHI), one of the components of the Ayushman Bharat Digital Mission (ABDM), according to a letter written by the National Health Authority, the agency responsible for implementing the Ayushman Bharat scheme. *Mint* has reviewed the letter to the Union health ministry.

The UHI enables interoperability in health services, allowing patients to discover, book, conduct, and pay for services offered by a healthcare provider on any application of their choice.

Patients can identify and book appointments with telemedicine doctors, get consultations free of cost, do not have to take the hard copy of the prescription anywhere and store all their health records on one platform. The platform helps patients to avoid visits to physical OPDs at hospitals.

Till 31 January, e-Sanjeevani has created 3.4 million Ayushman Bharat Health Account (ABHA) health IDs and linked 4.5 million records across all states and Union territories, said the letter.

> UHI enables interoperability in health services, allowing patients to book, discover, conduct and pay for services by a healthcare provider

"The proposed e-Sanjeevani-UHI integration will enable citizens to discover doctors for tele-consultations and schedule appointments instantly through any UHI-enabled End User Application (EUA). The integration with UHI will increase and democratise access to e-sanjeevani's valuable service to a broader set of citizens," the letter said.

Queries sent to the health ministry remained unanswered till press time.

The e-Sanjeevani platform consists of two modules: e-Sanjeevani OPD for facilitating doctor-to-patient consultations remotely and e-Sanjeevani AB-HWC to connect health and wellness centres with specialist doctors for better healthcare accessibility in remote areas. A total of 318.6 million teleconsultations were conducted till 31 December 2024.

In the future, patients can avail such services using any UHI-enabled mobile application, expanding e-sanjeevani's telemedicine services to more citizens.

For an extended version, go to livemint.com

Mint • 18 Feb • Ministry of Ayush

BCCL to acquire Vishal Personal Care

9 • PG | 66 • Sqcm | 52904 • AVE | 375K • Cir | Top Left

Chandigarh

BCCL to acquire Vishal Personal Care

FMCG firm Bajaj Consumer Care Ltd (BCCL)will acquire rival Vishal Personal Care, which owns hair and skin care brand Banjara's, at an enterprise value of ₹108.3 crore to deepen its penetration in the South Indian market.

The board of Bajaj Consumer Care Ltd, which operates in the personal care space and owns the Bajaj Almond Drops brand, in its meeting held last Friday, approved the acquisition 100% stake in Vishal Personal Care in two tranches—a 49% in the first followed by remaining 51% in the second tranche.

"The estimated transaction value stands at ₹120 crore, with an enterprise value of approximately ₹108.3 crore," BCCL said in a statement.

This move aligns with BCCL's vision to expand its footprint across Indian markets, leveraging the growing demand for natural and Ayurvedic personal care products, it added. **PTI**

Mint • 18 Feb • Ministry of Ayush

New exercises to switch things up on bicep day

14 • PG | 309 • Sqcm | 247236 • AVE | 375K • Cir | Top Right

Delhi

ISTOCKPHOTO



New exercises to switch things up on bicep day

Cut the monotony out with biceps push-ups, lat pull-down curls and more

Pulasta Dhar
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There is a lot of innovation across the big muscle exercises, with options aplenty when it comes to back and chest and legs. Exercising the biceps, however, can become a bit of a chore and a bore. This is primarily because of the same repetitive movement of bringing weight from the side of the hips, to flexing, and bringing it all the way up, and then heading down. Add to that strictures like not swinging, keeping the back straight, and making sure the full range of motion is met, and by the time one is on the third set, your bicep workout is already monotonous.

But there are ways to make bicep work fun, while keeping the challenge the same. The lat pull-down machine is a great addition to bicep day if you have access to one. So is a pull-up bar, kettlebells and even some floor exercises. Resistance bands can add a different dimension to a bicep workout. Another great way to make them challenging is to use a time-based workout which allows for limited rest and a limit to how long the set lasts.

LAT PULL-DOWN CURLS

Instead of using an overhand grip which one would do to hit the lats, use an underhand grip. Adjust yourself close to the pads and use two angles to hit the bicep in different ways. The first is exactly overhead, where you curl the bar behind your head. The extra stretch here will make all the difference, and it's something you might not be able to do with heavier dumbbells and bars. Option number two is to lean back a bit in the starting position, let the bar travel ahead and above you before bringing it down in front of you, as if you were doing a curl on a pull-up bar with some distance between your face and the bar.

A kettlebell is effective for hammer curls as it ensures your bicep is taking the load

KETTLEBELL FOR BETTER HAMMER CURLS

One of the most common mistakes made while doing hammer curls is to let the wrist lift up the weight of a dumbbell: this is partially because of the design of the dumbbell. With a kettlebell, most of the weight gets to be in front of the grip, rather than on top and under, meaning that the wrist possibly cannot lift beyond a point. This ensures that the bicep is taking the load, an essential point if you want your hammer curls to be meaningful. Kettlebells are just as effective to do waiter or goblet curls.

BICEPS PUSH-UPS AND PULL-UP BAR HOLDS

The fitness world is not fully convinced of biceps push-ups, possibly because of the oddity of doing push-ups with the fingers facing towards the lower body rather than away from it. And the positioning of the hand which might put some strain on the wrist. Biceps push-ups can be added in between a workout, and doing them in a fatigued state could be way more useful than doing it as a primary exercise. This is simply because of all the other muscle-groups that get engaged in the position. Finally, there's the parallel bar, which you can use to build strength for biceps.

Mint • 15 Feb • Ministry of Ayush
LOUNGE ONLINE

2 • PG | 232 • Sqcm | 69508 • AVE | 47.5K • Cir | Bottom Center

Chennai • Bengaluru

LOUNGE ONLINE

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READ

Simple advice for better health

On social media, Raj Gangath, fitness coach, nutritionist and co-founder of fitness coaching company Quad Fitness in Chennai, likes doling out fitness advice that is simple. He takes it further in his recently published book, *Simple, Not Easy*, that covers almost every topic related to fitness, including nutrition, movement, stress and sleep. "What people need today is a coach who is not a taskmaster but a companion, a guide who is just showing you the way," he says in an interview to **Mahalakshmi Prabhakaran**. He also discusses India's current obsession with protein diets, what the future of fitness holds with the rise of weight loss drugs, and why consistency is the holy grail in a fitness journey.



DINE

Vegetarian paradise in Copenhagen

If we were in Copenhagen two decades ago, the traditional Danish open-faced sandwich, *smørrebrød*, would be incomplete without pickled herring, liver pate, or roast beef. But now you can have the dense rye bread slathered with a velvety hummus of ingrid peas, baked pumpkin and vegetable stock, and pickled pumpkin. Over time, the city has metamorphosed into a vegetarian's delight—thanks to climate consciousness, writes **Shradha Shahani**. At restaurants across the city, vegetables like pickled squash, artichokes and celery catch your attention more than meat. Beyond restaurants, local supermarket shelves are replete with meat alternatives, which claim to have 60% less climate impact than sausages.



LIVE

Food that heals at wellness retreats

For decades, food in travel was synonymous with indulgence—rich buffets, indulgent desserts, and an unspoken permission slip to abandon dietary caution. Today, the rise of wellness tourism has brought a new narrative to the table, one where meals are purposeful, rooted in tradition, and designed to heal, writes **Tanisha Saxena**. As wellness tourism grows—it's projected to exceed $4 trillion by 2033—hospitality leaders are incorporating sustainability into their culinary offerings. Interactive workshops, chef-led discussions, and farm-to-table dining experiences educate guests on the benefits of organic, locally sourced foods, fostering a sense of responsibility alongside indulgence.



BUY

How to choose the right headphones

Whether it's listening to your Spotify playlist while working out, nodding your head to that motivational podcast during your commute, or attending a video conference at work, headphones have become essential to our daily lives. And when it comes to selecting the right pair, there's a wide range of options that cater to diverse needs and budgets. But it can be a problem of plenty—especially when you throw in all the jargon (ANC, TWS, dual drivers) that surrounds these devices. This guide from **Abhishek Baxi** will walk you through the various types of headphones available in India now, the essential features to consider, tips for making the best choice for your needs, plus our recommendations.

Mint • 13 Feb • Ministry of Ayush

NHA plans U-WIN integration with immunity scheme

2 • PG | 173 • Sqcm | 43303 • AVE | 45K • Cir | Top Right
Hyderabad

NHA plans U-WIN integration with immunity scheme

Priyanka Sharma
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NEW DELHI



U-WIN ensures real-time vaccination tracking. AP

The National Health Authority (NHA) has asked the health ministry to integrate the Universal Immunization Win (U-WIN) platform with the Unified Health Interface (UHI).

This is similar to the approach adopted for CoWIN when vaccination slots were booked during the covid epidemic and will help people discover vaccination services. Efforts are being made to book vaccination slots using any mobile application, such as Paytm and PhonePe.

UHI is a component of the Ayushman Bharat Digital Mission (ABDM) that has been developed as an open network to enable interoperability across digital health services. UHI enables healthcare providers across multiple digital platforms to be discoverable to people using any UHI-enabled end-user application.

"UHI integration will further strengthen the immunization ecosystem as these services can be made available to citizens across many consumer applications. This would not only impact the 74 million beneficiaries registered on U-WIN, but also expand access for unregistered beneficiaries through other ABDM-enabled solutions, aiding the programme's adoption. In this regard, it is highly recommended that U-WIN, the national immunization programme, becomes UHI-enabled," Kiran Gopal Vaska, joint secretary, NHA, said in a letter on 10 February to the health ministry, seen by *Mint*.

U-WIN is a major technological tool of the health ministry for ensuring real-time vaccination tracking and improving immunization coverage for eligible beneficiaries such as pregnant women, infants and children. Till 31 January, UWIN had created 955,000 Ayushman Bharat health accounts (ABHAs) and linked 240,000 vaccination records from 19,184 health facilities across all states and Union Territories.

"In order to further expand the citizens access to the U-WIN, it is proposed that U-WIN integrates with UHI," Vaska said.

For an extended version of this story, go to livemint.com.

Mint • 11 Feb • Ministry of Ayush

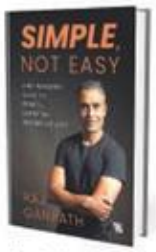
Consistency is the holy grail in your fitness journey

16 • PG | 187 • Sqcm | 65450 • AVE | 125K • Cir | Bottom Center

Bengaluru • Chennai

'Consistency is the holy grail in your fitness journey'

For fitness and nutrition coach Raj Ganpath, the way to a fitter you lies in sticking to your health routines diligently



Simple, Not Easy: A No-Nonsense Guide to Fitness, Nutrition and Weight Loss *By Raj Ganpath, Westland Books, 247 pages, ₹269.*

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When it comes to doling out fitness advice, Raj Ganpath, fitness & nutrition coach and co-founder of fitness coaching company, The Quad in Chennai, prefers to keep it really simple. This philosophy of his is quite evident in the content he regularly posts on Instagram. And now, he takes it a step further by writing a book—unsurprisingly named—*Simple, Not Easy*. The book, in 100 short chapters, covers almost every topic related to fitness including nutrition, movement, stress and sleep. As someone who has been in the fitness industry for over 15 years, the idea of writing a big fat tome that contained all the 'gyaan' he knew may have seemed tempting, but "having worked with people over the years, what I realized is, people don't need a biochemistry textbook. What people are looking for is a book that will make fitness accessible to them," explains Ganpath about why he chose to pare his exhaustive fitness know-how down to the basics. "I want this book to be something that anyone can pick up and read and treat it like a companion," the 41-year-old says, sitting down for an interview with *Mint*. Edited excerpts:

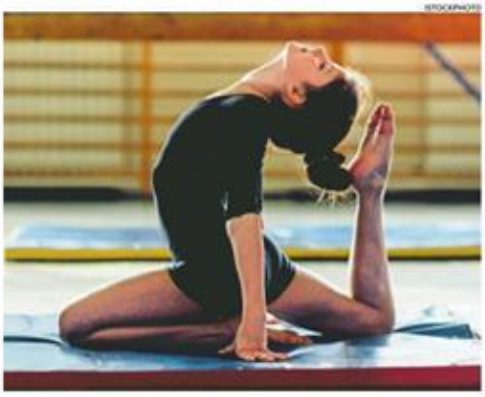
What does it entail to be a fitness coach in a time of excess health-related information?

Today, as fitness coaches, we're just trying to get people to live better lives. It's important for people in the industry to understand that we need to respect our audience—these are real people with real problems in the real world. The fact that they make it to training on top of everything else is a big deal. And what they need is nothing extreme. They don't need that mad discipline or that crazy motivation. What they need is consistency and kindness. What they need is a coach who is not a taskmaster forcing you into a diet or an exercise plan, but a companion, a guide who is just showing you the way.

Would you say consistency is probably one of the most important values one needs on the journey to fitness?

Absolutely. If you look around you, you will, for instance, see that someone who's been consistent with strength training is fit; someone who's consistent with yoga is fit; or someone who's consistent with dance is fit. In fact, that's why I have an entire section, not a chapter, because none of this—exercise routine, nutrition, sleep—works without consistency. That is the holy grail.

You mention several times in your book about how it's essential to include proteins in all our meals. Conversations today, however, will have you believe that this protein awareness is on a bit of an overdrive. As a nutritionist what do you make of this overzealousness?



Here's the thing: most Indians are not getting enough protein. In fact, if you ranked all the countries based on the amount of protein consumed per capita, India would be one of the last. We are protein deficient as a nation, in general, and so it's good that there's more awareness about it; that more people are understanding it. Sure, there is a sense that it's a little overdone but if one had to make analogies here, the pendulum has to swing before it stops, right? So, for the longest time, we didn't really care about protein. And now that we have awareness, it is swinging the other way. It's a spectrum. But despite it all, people are getting very little protein. We need to find ways to eat a diet that's high in protein and other nutrients.

How has the arrival of weight loss drugs like Ozempic or Mounjaro changed the conversations you are having with your clients? Do they wonder if exercise matters anymore?

(These conversations) are not as rampant yet because most weight loss drugs are still pretty expensive. You are talking about just a small percentage of the country or the world that can afford it. But it's definitely getting there.

What's happening right now is Ozempic is out there, we know it works, and that there are a lot of side effects. But this is only version 1.0. What about version 2.0 or version 200? I have an R&D background in the medical devices industry and am quite familiar with how the medical devices and the pharmaceuticals industry work. There is a lot of trial and error that needs to go on. We will, eventually, get to a point where we will find a drug that assists us with weight management without the negative side effects. But in the long term, considering how we are approaching food and lifestyle, we are going to have to find a smart, holistic solution which involves movement, nutrition, mental health, wellness *and* medicine.

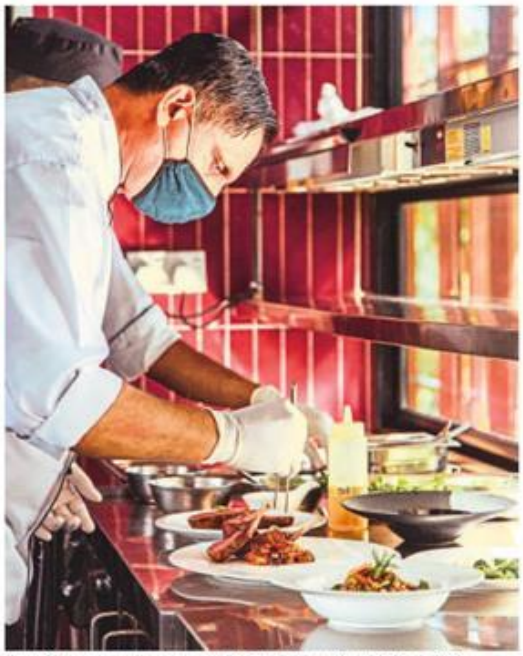
Mint • 11 Feb • Ministry of Ayush

At these getaways, it's the food that heals

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Bengaluru • Chandigarh

At these getaways, it's the food that heals





(from left) A personalized breakfast spread at Santani Wellness Resort, chef Indika Bandara. (below) A healthy soup on the menu of Aujusya by The Leela.

As wellness tourism reshapes the culinary landscape, travellers are trading indulgence for meals that nourish the body and heal the soul

Tanishi Saxena
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For decades, food in travel was synonymous with indulgence—rich buffets, indulgent desserts, and an unspoken permission slip to abandon dietary caution. Today, the rise of wellness tourism has brought a new narrative to the table, one where meals are purposeful, rooted in tradition, and designed to heal. Tanya Khanna, nutritionist and yoga trainer at Alyve Health, says, "This change shows that people are becoming more aware of how food choices affect their overall well-being. People no longer see meals as just fuel. Instead, they now eat with purpose, paying attention to high-quality ingredients and where they come from." Doing this helps them eat better, which boosts both their physical and mental health during their trips, she notes.

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True wellness aligns with nature, says chef Prem Ram of Banarsidas Chandiwala Institute of Hotel Management and Catering Technology (IICHMCT), Delhi. "This means rising and resting with the sun, eating balanced diets, and embracing local rhythms. When health strategies ignore these principles, they often fail, creating further imbalance." Wellness tourism, he adds, has democratized specialized diets. Citing his own recent experience at Ananda Wellness in the Himalayas where meals were designed based on his health profile, he says, "Gone are the days of generalizing food choices. This level of personalization will only continue to expand in the years to come."

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A swim workout is always a good idea, Here's why

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Delhi

ISTOCKPHOTO



A swim workout is always a good idea. Here's why

Water workouts are a great aid for strength training, cardio and recovery

Pulasta Dhar
feedback@livemint.com

Swimming is one of the best full body workouts, but it's not the only thing one can do in a pool when it comes to fitness. There is a long-standing relationship between water and workouts, and if used cleverly, one can turn a pool into a full-fledged gym. That's not all. Getting into a pool after a workout too has many benefits. Acting as a great cooling down process, light pool work promotes muscle recovery and helps reduce soreness. But it's more than just about feeling good. There is chemistry behind this.

"Focusing the majority of your energy on making improvements in the weight room will result in better strength gains. After all the glycogen is depleted in the gym, you'll burn more fat during your swim workout," states an article on MySwimPro.com titled, *Should I Lift Weights Before Or After I Swim?* The article adds that swimming before a workout is not a bad idea, but it might not be your best bet to lift heavy with fatigued muscles afterwards. Then again, it could depend on what muscles you are working. You might not want to swim after a heavy shoulder day, but it could be a game changer after leg day. "After leg day, swimming is also a low impact activity that relaxes the entire lower body, leading to better recovery and less risk of injuries," states a Hussle article titled, *How To Incorporate Gym And Swim Into Your Workout*. But working out in the water is also not just about lifting. With the marathon season just ending, plenty of people are still in their running phases, and might wonder how running pairs with the world's favourite fitness activity.

A pool workout is an effective cooling down process that helps reduce muscle soreness

A 2009 study published in the International Journal of Sports Medicine, and titled, *Effects Of A Recovery Swim On Subsequent Running Performance* has led to much discussion about the effects of swimming on running.

"A swimming-based recovery session, implemented 10 hours after the completion of a high intensity running session, resulted in a significantly greater performance on a TTF [time to fatigue] test the following day. The results of this investigation provide evidence to promote the implementation of water-based recovery sessions as a second daily training session into an athlete's program, in order to allow better quality training in sessions to be completed on subsequent days," the study states.

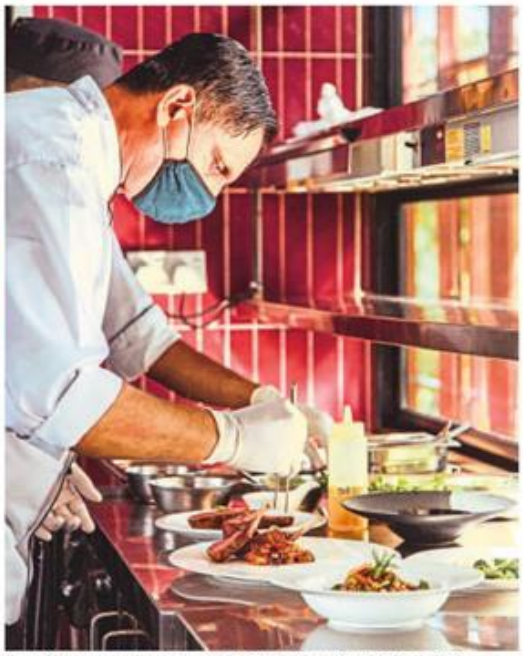
So weight-lifting and swimming, check. Running and swimming, check. And recovery and swimming, also check. But what about building muscle and stamina?

The other day, I did 10 breadths of a pool, swimming a total of just 150 metres and then ran 10 breadths while in the pool, covering a total distance of 300 metres. I ended every running lap with 30 calf raises in the pool, and my sports watch says I burnt 145 calories in a 30 minute workout with sufficient rest times. The best part about the pool is that it's also a playground. One doesn't always have to be extremely serious about it, unless you plan to take up swimming as a fully athletic endeavour. With pool availability in gyms already low, one can view it as a supplement to a daily fitness routine, rather than the main way to get fitter.

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At these getways, it's the food that heals
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Chennai

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Tanisha Saxena
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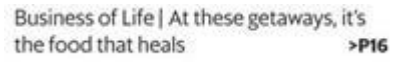
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Business of Life At these getaways, it's the food that heals

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Delhi


Business of Life | At these getaways, it's the food that heals >P16

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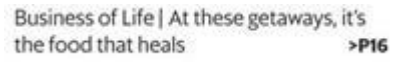
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Business of Life I At these getaways, it's the food that heal

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Ahmedabad


Business of Life | At these getaways, it's the food that heals >P16

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Chef Bandara explains, "A guest with gluten intolerance and high blood pressure, for instance, might be served a red rice and vegetable millet risotto, prepared with organic millet, coconut cream, and turmeric minus added salt. Those seeking gut health and detoxification might enjoy a fermented rice congee with gotu kola salad, designed to aid digestion and boost immunity." Athletes recovering from injuries are often prescribed a Jackfruit and Quinoa Power Bowl, packed with plant-based protein and anti-inflammatory nutrients like turmeric and Mukunuwenna greens.

MENUS DESIGNED WITH PRECISION

Clinique La Prairie in Switzerland, regarded as one of the most exclusive health and wellness destinations in the world, has also observed a shift in people's dietary preferences. Eloise Martiner Bot, head of marketing and communications at Clinique La Prairie, notes that the understanding of nutrition's role in preventing chronic diseases and promoting longevity has advanced significantly. Today, culinary experiences are evolving from mere meal preparation to a personalized, health-centric approach.



"At Clinique La Prairie, dietary protocols are designed with precision, incorporating genetic and metabolic profiling to tailor meals to individual needs. This approach considers factors such as metabolism rate, inflammatory markers, and gut microbiome composition to optimize guests' diets," Bot notes. The menu at the Swiss retreat is rooted in anti-inflammatory foods, plant-based eating, and nutrient-dense functional ingredients. Signature plant-based dishes at Clinique La Prairie include vegan grain bowls with roasted vegetables and avocado, vegetable soups infused with turmeric and moringa, and smoothie bowls topped with nuts and chia seeds.

"Gone are the days of rigid diet plans and uninspired "healthy" menus; today's luxury traveller craves a culinary experience that is as intuitive as it is transformative," observes Shweta Jain, chief marketing & sales officer, The Leela Palaces, Hotels & Resorts. Aujasya by The Leela is one such programme that aims to redefine nourishment by blending ancient Indian wellness philosophies with modern nutritional precision. From millet-enriched handmade pasta to saffron-infused *thalis*, the programme offers guests bespoke meal plans that are aligned with individual dietary needs, body types, and even metabolic preferences.

"It's not just about removing sugar or salt but rethinking recipes entirely—using low glycemic index ingredients like sweet potatoes instead of regular potatoes or creating fresh salad dressings to avoid processed additives. Even smoothies are replacing juices as people look for whole-food options," says chef Davinder Kumar, executive chef at Le Meridien, Delhi, emphasizing the importance of adapting to the dietary needs of wellness tourists. He also highlights the growing role of herbs in contsemporary wellness cuisines. New ingredients and herbs that once had to be imported—such as kale, arugula, or moringa—are now being grown locally, he says. Le Meridien, for example, has its own garden where herbs like thyme, rosemary, marjoram and mint are cultivated. "These fresh ingredients add flavor and bring healing properties to the plate. For instance, moringa is known for its anti-inflammatory benefits, while gotu kola supports cognitive health. Highlighting these ingredients in a way that respects their essence is crucial," he notes.

As wellness tourism grows—it's projected to exceed $4 trillion by 2033—hospitality leaders are incorporating sustainability into their culinary offerings. Interactive workshops, chef-led discussions, and farm-to-table dining experiences educate guests on the benefits of organic, locally sourced foods, fostering a sense of responsibility alongside indulgence.

True wellness aligns with nature, says chef Prem Ram of Banarsidas Chandiwala Institute of Hotel Management and Catering Technology (BCIHMCT), Delhi. "This means rising and resting with the sun, eating balanced diets, and embracing local rhythms. When health strategies ignore these principles, they often fail, creating further imbalance." Wellness tourism, he adds, has democratized specialized diets. Citing his own recent experience at Ananda Wellness in the Himalayas where meals were designed based on his health profile, he says, "Gone are the days of generalizing food choices. This level of personalization will only continue to expand in the years to come."

Mint • 07 Feb • Ministry of Ayush

Govt hitches health mission funding to quality care centres

2 • PG | 175 • Sqcm | 43791 • AVE | 45K • Cir | Top Right

Hyderabad

Govt hitches health mission funding to quality care centres

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NEW DELHI

The Centre has made the National Health Mission's (NHM's) ₹37,226.92-crore funding for states and Union territories conditional on their government facilities getting the necessary quality certification.

The Union health ministry had highlighted and pushed for prioritizing National Quality Assurance Standards (NQAS) certification at the regional conferences it convened last year at Shillong, Srinagar, and Vijayawada, among other places.

Only 22,787 out of 175,000 health facilities which include district hospitals, community health centres, and primary health centres had National Quality Assurance Standards (NQAS) certificates till 31 December last year.

These quality standards are mandatory for district hospitals (DHs), community health centres (CHCs), primary health centres (PHCs), urban PHC (UPHCs) and Ayushman Arogya Mandir (AAMs). The plan is to also bring private hospitals under the NQAS fold.

A *Lancet* report published in 2018, said some 1.6 million people die every year are due to poor quality of health care in India. The country can save three out of five lives by providing quality health care.



Only 22,787 of 175,000 health facilities had NQAS certificates till 31 December 2024. MINT

To ensure quality healthcare services at the government-run facilities, the health ministry has set a target to certify 50% of public health facilities by 2025 and 100% by the end of 2026.

"For private hospitals, we have National Accreditation Board for Hospitals (NABH) in place. Right now, the government is very serious about NQAS certification for government healthcare facilities. So, we have started with them extensively. In fact, many private hospitals have also started approaching us to implement NQAS for them, too. Later on, the government may consider to expand NQAS for private hospitals too," said the official familiar with the matter.

The NQAS guidelines were issued in 2015. However, the pace of certification has been slow, with only 10 districts hospitals certified in the first few years. It picked up momentum in the last two years.

For an extended version of this story, go to Livemint.com.

Mint • 06 Feb • Ministry of Ayush

AIIMS to go paperless in prescribing medicines

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Hyderabad

AIIMS to go paperless in prescribing medicines

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NEW DELHI

The Centre plans to develop India's premier hospital—All India Institute of Medical Sciences (AIIMS) Delhi—as a model Ayushman Bharat Digital Mission (ABDM) facility where only e-prescriptions will be generated. As part of the plan, the institute's endocrinology and mother & child health unit may soon start with e-prescriptions to do away with manual ones.

Also, patients' Unique Health Identification Number (UHID) will be linked with Ayushman Bharat Digital Health Account (ABHA ID)—a 14-digit number that allows patients to access their health records, prescriptions and consultation details.

AIIMS Delhi as a modern ABDM facility will be part of a nationwide digital health ecosystem, with all its medical staff registered under the healthcare professionals registry, along with 100% laboratory integration with the national digital health network.

Launched in 2021, ABDM aims to create a national digital health ecosystem promoting transparency, bridging gaps and bringing equitable health services across the country.

For an extended version of this story, go to Livemint.com.

Mint • 04 Feb • Ministry of Ayush

Fix your rounded shoulders with these exercises

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Chennai



Fix your rounded shoulders with these exercises

A focused routine is all you need to ease your tightened shoulder blades

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It's like an epidemic of bad posture and rounded shoulders are probably the most common postural defect in the modern day of mobile phones and computer screens. Driving a lot, using the phone a lot, and even lifting heavy bags might lead to this, even though the rest of the muscles and joints are healthy. This is probably why everyone is shaking their shoulders at the desk after an hour. Or getting that feeling of a stitch in the upper back, radiating through the shoulder blades.

Are you suffering from rounded shoulders? Rest assured knowing that it can be worked upon and fixed through a selection of exercises that involve strength training, mobility, increasing muscle size, rotator cuff movements, and other joint health measures. And while bad posture may not be just because of one's shoulders, they play a large role. Keeping this in mind, here are four exercises that you can do to improve your shoulder health and posture.

JEFF CAVALIERE'S SIMPLE DAILY FIX: Recently, I saw Jeff Cavaliere, founder of the YouTube channel Athlean-X, demonstrate a floor exercise that is, in all likelihood, the easiest exercise to do to fix rounded shoulders. He just calls it 'rocking yourself forward on the floor' with the legs extended on the feet and the palms back, as if you're sitting back watching a movie. You can do this exercise any time of the day, and anywhere, even while doing any other activity.

Persistent cramp in the thoracic spine is a symptom of rounded shoulders

SCAPULAR WALL-SLIDES: Raise your hands up together while in contact with the wall. Start with your shoulders flush up against the wall, and make sure that the head, upper back, and glutes are also touching the wall. Raise up, hold, bring down, using the friction with the wall as your resistance.

KETTLEBELL WINDMILLS: If you suffer from rounded shoulders, it is quite common to have a persistent cramped feeling in the middle of the upper spine. Kettlebell windmills are excellent for fixing this. Take a kettlebell of desired weight and loop it into your wrist and arm for a strong hold. Stand with a stance slightly wider than hip-width. Remember, the kettlebell is in one hand, with the other hand free. "Keeping your right arm straight, shift your weight onto your left side and slowly descend by lowering your left arm along the inside of your left leg with your palm facing up. Focus on keeping contact with your hand and leg," states an article on GarageGymReviews.com titled, *Thoracic Mobility Exercises: Welcome To Thoracic Park*. Perform the exercise on both sides.

SIMPLE FLOOR EXERCISES: Basic moves like the downward dog, threading the needle, band tears, foam roller thoracic extensions, and even the cat-cow exercise are really good if you are just starting out. All these exercises are effective, and a couple of months of regular work will give you results and once that starts happening, you won't stop.

Mint • 02 Feb • Ministry of Ayush

A new jobs blueprint for India's young

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Hyderabad

A new jobs blueprint for India's young

Plan to create opportunities in rural areas so that migration to cities is an option not a necessity

Devina Sengupta & Priyanka Sharma
MUMBAI/NEW DELHI

The government's focus on creating jobs for informal and gig workers comes at a time when the economy has been struggling to create enough formal jobs. So, the government is leaning on agriculture, manufacturing, micro, small, and medium enterprises (MSMEs) and startups to generate more employment opportunities for the country's burgeoning youth.

For instance, under 'Building Rural Prosperity and Resilience', the government aims to generate new businesses and employment for young farmers, marginal and small farmers, landless families and rural women. "The goal is to generate ample opportunities in rural areas so that migration is an option, but not a necessity," said finance minister Nirmala Sitharaman in her eighth straight budget speech on Saturday.

In fact, migration to the urban regions can be detrimental for many because skill gaps lead to fewer employment opportunities for those who moved to bigger cities. "There needs to be more clarity on rural job creation. About 60% of our workforce is linked to rural employment and more details are needed on how to create jobs at such a large scale," said Guruprasad Srinivasan, group chief executive officer (CEO) of staffing firm Quess Corp.

Friday's Economic Survey for FY25 said that India needs to create an average of 7.85 million non-farm jobs annually until 2030 to effectively engage its growing working population. Therefore, the pressure to generate more jobs in diverse industries becomes crucial.

Hence, the government will attempt to create employment in labour-intensive sectors. The Focus Product Scheme for footwear and leather sectors is expected to create 2.2 million jobs. The scheme will support design capacity, component manufacturing, and machinery required for production of non-leather quality footwear, besides the support for leather footwear and products. A National Action Plan for Toys, with the aim to make India a global hub for toys is expected to bring in development of clusters, skills, and a manufacturing ecosystem.

There are 10 million registered MSMEs, employing 75 million. To help them achieve higher efficiencies of scale, technological upgrade and better access to capital, budget raised the investment and turnover limits for classification of all MSMEs by 2.5 and 2 times respectively. "This will give them the confidence to grow and generate employment for our youth," Sitharaman said.

These efforts to boost employment opportunities come at a time when the Economic Survey reveals a troubling decline in earnings across self-employed and salaried workers over the past seven years. Male self-employed workers saw their monthly income slip 9.1% to ₹8,591 in 2023-24 from ₹9,454 in 2017-18, while female self-employed workers faced a steeper 32.2% plunge to just ₹2,950. Salaried employees weren't spared either—male salaried workers experienced a 6.4% decline in wages to ₹11,858, while female salaried workers took a harder hit with a 12.5% drop to ₹8,855.

Gig workers will be provided healthcare under the government's flagship health assurance scheme Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), benefitting about 10 million. "The government will arrange for gig workers' identity cards, their registration on the e-Shram portal and healthcare under PM Jan Arogya Yojana," she noted.

Industry analysts have noted the change as dependency on white-collar workforce reduces. "Job creation for millions cannot be fulfilled by white-collar workforce. Increase in entrepreneurship loans and medical benefits towards gig workers will uniformly add to jobs," said Suchindra Kumar, partner and leader - education, PwC India.

The gig economy is set to employ 235 million, or 4.1% of the total workforce, by FY30.

"With employment becoming more and more like a taxicab relationship, we need a framework of reforms that would recognise, legalise and formalise the gig ecosystem," said Balasubramanian A., senior vice-president and business head for Teamlease Services.

On the startup front, in what would lead to enhancement of credit availability, the government said it would increase credit availability from ₹10 crore to ₹20 crore, with the guarantee fee being moderated to 1% for loans in 27 focus sectors important for Atmanirbhar Bharat.

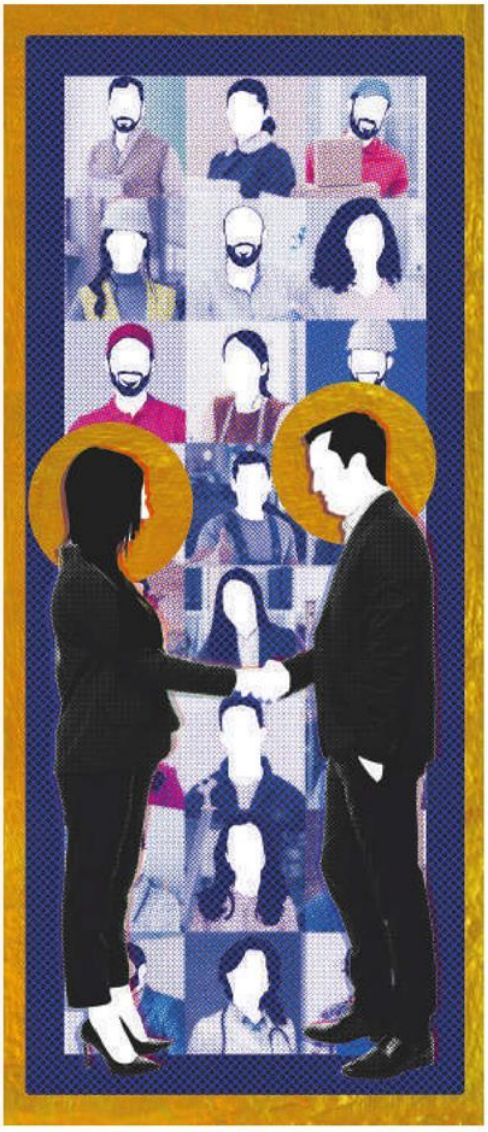
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KEY ANNOUNCEMENTS

▶**GENERATING JOBS**
Government leans on MSMEs, agriculture, manufacturing, startups for job creation

▶**HEALTHCARE BENEFIT**
Gig workers will be provided healthcare under the AB-PMJAY scheme

▶**SECTOR SPECIFIC**
Centre attempts to create employment in labour-intensive sectors



Mint • 02 Feb • Ministry of Ayush

100% FDI in insurance: Too little, too late

9 • PG | 798 • Sqcm | 199572 • AVE | 45K • Cir | Top Center

Hyderabad

100% FDI in insurance: Too little, too late

Well-established insurers don't need the expertise of foreign players, but smaller peers may benefit

Manish Joshi
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GUJARAT

The government in its Union Budget for 2025-26 proposed raising the foreign direct investment (FDI) limit for India's insurance sector to 100% from 74%, meeting a long-awaited industry demand. So why did the stocks of most Indian insurance companies end the day flat to negative? The simple reason is that well-established life insurance companies in India don't need the expertise of foreign players through strategic stake sale any longer.

Also, the interest of foreign companies in Indian insurance has declined over the years. Standard Life (now known as ABRDN Plc.), New York Life Insurance Co., and Old Mutual Ltd after partnering with HDFC Life Insurance Co. Ltd, Max Life and Kotak Life, respectively, have exited India.

There is also a need to distinguish between the government-approved limit and company-specific limit approved by the board of directors of a company.

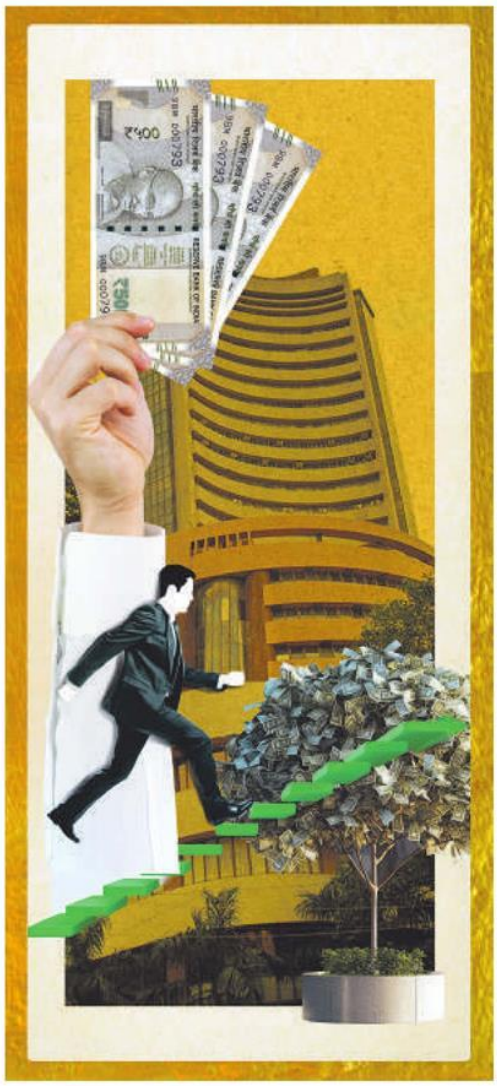
For instance, even with the foreign ownership limit at 74%, HDFC Life had capped it at 49%. The lack of interest of foreign investors in Indian life insurance companies is evident from the fact that not only is the existing limit of 49% underutilized, their shareholding has been gradually falling—from 31.4% in December 2023 to 25.3% in December 2024.

MARK TO MARKET

The same is true for ICICI Prudential Life Insurance Co. Ltd, which has an approved limit of 74%, but actual utilization stands at just 36.8%. ICICI Lombard General Insurance Co. Ltd also has less than 25% foreign shareholding despite the limit of 74%.

This brings us to the moot question: why would established players like, say, SBI Life Insurance Co. Ltd, be happy to let their shareholding drop below 26%? Effectively, this means that even if 100% FDI is permitted in the insurance sector, if companies don't want to let go of their stake, there is little that foreign investors can do. For small or fringe insurers that are looking to exit completely, the budget proposal presents an opportunity as foreign insurance giants do not have to worry about the nuisance of having to deal with minority shareholders interfering in management holding a 26% stake.

A case in point is Kotak Mahindra General Insurance Co. Ltd, which had less than 1% market share in annual premium in the general insurance sector and sold 70% of its stake to Zurich Insurance Co. Ltd for ₹5,560 crore in June. It might be well-placed to exit completely if it wants after the latest budget announcement.



KEY TAKEAWAYS

▶ **CROWDED MARKET**
The insurance sector already has 26 life insurers and 34 general insurers

▶ **GOVT'S AIM**
'Insurance for all by 2047' could be met through coverage of Ayushman Bharat

▶ **DISTRIBUTION HEFT**
Foreign insurers looking to enter India would need local distribution network

Before Acko Life Insurance, CreditAccess Life Insurance and Kshema General Insurance began operations in 2022-23, life and non-life insurers in India were registered in 2011 and 2017, respectively. None of these companies is promoted by foreigners. The promoters of these companies could have anyway raised funds by selling a 74% stake.

Even if foreign companies want to set up shop in India, they would want to have a minority partner as it helps in having a distribution network. So, in any case, it is likely that they would have less than a 100% stake. While it is assumed that the increase in FDI limit will enhance competition, the Indian insurance market already has too many players, with 26 life insurers and 34 general insurers, as per the data on the regulator's website.

Also, most of the incremental growth for life insurance companies is from unit-linked insurance plan (Ulip) sales, indicating that insurance has become more of an investment. The government's ambition to ensure 'insurance for all by 2047' could be met through extensive coverage of Ayushman Bharat (its health insurance scheme) and that business is likely to be bagged by public sector general insurers. The most significant change for Indian non-life or general insurance companies could happen if the goods and services tax (GST) is abolished, increasing affordability. But that falls under the domain of the GST Council. When it happens, it should see increased interest in general insurance from foreigners and domestic players alike.

Mint • 02 Feb • Ministry of Ayush

EMPHASIS ON URBAN GOVERNANCE COULD HELP WORKERS IN SMALL TOWNS

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Hyderabad

EMPHASIS ON URBAN GOVERNANCE COULD HELP WORKERS IN SMALL TOWNS



AMIT BASOLE

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This year's budget comes at a critical juncture when the bounce-back from the covid-19 pandemic seems to have exhausted itself and the economy risks sliding into the low growth rates seen right before the pandemic. Also, as I've highlighted before and as mentioned in the Economic Survey, the pace of creation of regular wage jobs has been slower than desired, share of self-employment has increased, and labour earnings have stagnated. The related divergence between labour earnings and profits of large firms has also found a mention in the Economic Survey.

The reason is continued weakness in private investment, due to low rates of capacity utilization, signalling poor demand. Completing the vicious circle, low demand in turn seems to be a result of anaemic job creation and crowding of workers into surplus-labour sectors such as agriculture and petty retail. Efforts to break out by increasing public capital expenditure have thus far not yielded the expected results. There were voices from corporate India leading up to the budget asking for a direct boost to consumption instead.

In this backdrop, the budget has clearly focussed on boosting consumption and stimulating job growth. Only time will tell if the new measures have the required fiscal support and the policy structure to deliver results.

But first, on the overall budget numbers, it is worth noting that the estimated expenditure for the coming year is only 5.7% higher than the revised estimates for 2024-25. That means that in real terms, the size of government spending is expected to remain approximately the same. Instead, the demand-side push has come in the form of an extension of the tax rebate for incomes up to ₹12 lakh per year (up from ₹7 lakh) under the new tax regime.

Coming to the supply-side push to create jobs, one can think of this in terms of horizontal policy measures that have the potential to impact several sectors at once and vertical measures targeted at a particular industry or sector.

Among the former are attempts to improve credit allocation to MSMEs, greater investment in skilling, a push for better urban governance, municipal services and planning, and lower regulatory costs. While skilling has been a long-term item for the present government with mixed results, the emphasis on urban governance, land and planning is a welcome one. Especially if it improves the ease of doing business in India's small towns (think district headquarters and smaller, not metros and state capitals) where the majority of the urban workforce resides.

CONCERN WITH JOB CREATION IS EVIDENT IN THE FM'S BUDGET SPEECH

Another point worth noting is the attempt to create platforms for cross-ministry coordination in the form of the National Manufacturing Mission and the Export Promotion Mission that will coordinate the activities of the commerce, finance and MSME ministries. One hopes that the ministries of labour as well as skill development and entrepreneurship will also be a part of these missions.

Coming to sectoral focus areas, the concern with job creation is also clear when we look at the industries that found mention in the speech. These include labour-intensive industries such as food processing, leather and footwear, toys, tourism and healthcare. On toys and leather/footwear, there seems to be a shift in emphasis indicated by the elimination of the tiny allocations made under the PLI scheme last year. The expenditure tables contain the mention of a "new employment generation scheme" which has had a substantial budget revision up from ₹7,000 crore to ₹20,000 crore in the coming year. But details are not clear.

Alongside broadly subsidy-oriented schemes, there are also several proposed adjustments to the trade regime in an effort to reduce incidences of an inverted duty structure and provide a more conducive trade environment for Indian firms. This is a continuation of the review of India's tariff structure announced in the July 2024 Budget.

Finally, on the supply side, there is a strong signal on reducing regulatory costs as well, for example, via Jan Vishwas 2.0 that will carry forward the decriminalization agenda.

On the job-quality front, there is a small signal that the government is ready to think about social security for gig and platform workers. Gig workers will be made a part of the e-Shram portal and provided health insurance under Ayushman Bharat. Clearly, this is a very small step given the enormity of challenges facing this rapidly growing part of the workforce.

In sum, the budget sends the right signals, and one needs to wait and see if the coming year brings the expected results.

Amit Basole is Professor of Economics, Azim Premji University.

Mint • 02 Feb • Ministry of Ayush

Gig economy to get rainy day cover

15 • PG | 318 • Sqcm | 79377 • AVE | 45K • Cir | Top Left

Hyderabad

Gig economy to get rainy day cover

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Online platforms such as Swiggy, Zomato, Amazon and Flipkart are likely to see increased interest for delivery-partner and warehouse-worker jobs as the Union Budget has proposed formalising the gig economy, industry executives told *Mint*.

Finance minister Nirmala Sitharaman announced in her budget speech on Saturday that gig workers would be provided health insurance under the government's flagship Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY). Currently, the National Health Authority (NHA) implements the world's largest health insurance scheme, which provides health cover of ₹5 lakh per family per year. Under the terms of AB-PMJAY, there is no waiting period and no restrictions on pre-existing health conditions.

Gig workers will also be issued identity cards and be eligible to register on the e-Shram portal, the national database of unorganized workers under the labour ministry.

Balasubramanian Anantha Narayanan, senior vice president at TeamLease Services Ltd, said, "Officially recognizing and formalising the gig economy is a step in the right direction. Including gig workers in the organized ecosystem will help them get employment benefits, and encourage more people to take advantage of the growing opportunities."

The issuance of identity cards will give gig work the status of actual jobs when so far, gig work has been seen as temporary and mainly for side income, said Madhav Krishna, founder and chief executive of Vahan.ai, a blue-collar recruitment platform in Bengaluru. "Food and grocery delivery platforms, e-commerce companies, and logistics firms will see massive benefits as formalisation kicks in," he added.

More than 85% of India's workforce is informal and a majority of it comprises gig workers, according to Teamlease's Narayanan. Online commerce and logistics platforms are among the biggest employers of gig workers in the form of delivery agents and dark-store workers.

These workers have become pivotal to the operations of the platforms as speedy and efficient deliveries boost brand loyalty and customer satisfaction. The number of gig workers in India is expected to increase to 23.5 million by 2029-30 from 7.7 million last year, Niti Aayog estimates.

The growing digital economy has created more employment opportunities, especially for the freelancing workforce. As a result, the gig economy is also set to grow to 235 million workers by FY30, when it will comprise 4.1% of the total workforce.

"The digital economy has significantly broadened job opportunities encompassing roles from delivery personnel, cab drivers, and beauty professionals to software engineers and data analysts," according to the Economic Survey 2024-25.

Moreover, hyperlocal service platforms have revolutionized the job landscape in the transport, food delivery and home services industries by creating flexible employment options by leveraging technology while transforming traditional service sectors into digitally driven ecosystems, the survey added.

To be sure, many platforms have already extended benefits such as health insurance to gig workers.

A Zomato spokesperson told *Mint* the number of claims processed in favour of its delivery partners has more than doubled over the past four years to ₹53 crore a year, and that 55% of the claims in 2024 were paid to cover medical expenses unrelated to accidents.

The number of gig workers in India is expected to increase from 7.7 million in 2024 to 23.5 million by 2029-30, Niti Aayog estimates

Swiggy, too, has been offering health and other forms of insurance to its delivery partners at terms considered to be international best practices, said Dinker Vashisht, vice-president for corporate affairs at the company.

"The government's decision to cover gig workers under its flagship health insurance scheme is a worthy one. We will await more details to see how insurance can continue to be best provided, and how the interests of our delivery partners are best served," Vashisht added.

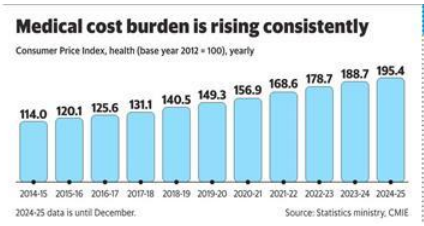
Krishna of Vahan.ai added that digital platforms must work closely with the government to incorporate the changes. "No one party can take on the challenge alone. It's good that the government is putting some skin in the game because if the platforms are expected to take on the entire burden, it will stunt their innovation and growth, which will be bad for our economy in general," he said, adding that details of the framework and budget allocation for the scheme are yet to be chalked out.

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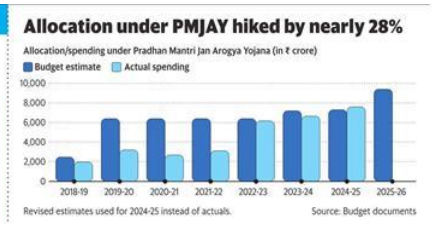
HEALTH SPENDING

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Hyderabad







Mint • 02 Feb • Ministry of Ayush

Time to heal: Focus on cancer care

18 • PG | 303 • Sqcm | 75862 • AVE | 45K • Cir | Top Right

Hyderabad

Time to heal: Focus on cancer care

Priyanka Sharma
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NEW DELHI

The Union budget presented on Saturday saw a 9.8% increase in the allocation for the healthcare sector to ₹99,858.56 crore from ₹90,958.68 crore in the previous financial year but overall health allocation remained below 2% of the budget.

The budget extended the Ayushman Bharat health insurance scheme to gig workers, increased the number of seats in medical education, lent support to medical tourism, announced the establishment of 200 cancer daycare centres and exempted duties on 36 essential medicines for cancer and rare diseases.

Sitharaman said another six life-saving medicines are to be added to the list of drugs that attract a customs duty of 5% if these drugs are provided free of charge to eligible beneficiaries.

Around one in nine people in India are expected to face a cancer diagnosis during their lifetime. Around 70 million Indians are estimated to suffer from rare diseases as per the Indian Council of Medical Research.

Official data says the projected cancer burden in India is expected to rise from 26.7 million DALYs (disability-adjusted life years) in 2021 to 29.8 million in 2025, with the highest burden in the north and northeast.

₹3,125 crore allocated to Indian Council of Medical Research for work on pressing health challenges

The proposals were part of a health budget that made up a paltry 1.97% of total allocations, slightly up from 1.90% in the previous budget.

Nikkhil K Masurkar, CEO, Entod Pharmaceuticals said the move will boost exports of key drugs. "The removal of basic customs duty on 36 life-saving drugs, along with reductions on bulk drugs, is a commendable move that will make essential medicines more affordable for patients," he said.

Daara Patel, secretary general at the Indian Drugs Manufactures Association added, "This will help us serve millions of lives and support our initiatives of being patient-centric."

Additionally, the finance minister said she proposed to set up 200 daycare cancer centres—one in every district hospital—over the next three years, another step welcomed by experts.

"Setting of daycare cancer centres at district level is a welcome step. These centres will provide facilities for cancer chemotherapy/immunotherapy and daycare operations for a variety of cancers," said Dr Shyam Aggarwal, vice president, Indian Society of Medical and Paediatric Oncology.

Shashank N.D, CEO & Co-founder, Practo said that cancer treatment involves long-term care, with out-of-pocket (OOP) expenses forming the bulk of costs.

"The mean OOP for breast cancer treatment could be somewhere around ₹1.86 lakh, accounting for anywhere between 60-70% of the total cost. In 2018, the mean OOP for hospitalization for any cancer treatment in India was ₹85,595, with costs significantly higher in private hospitals. Medicines and hospitalization alone make up over 60% of a patient's total expenses."

The finance minister said the government has added almost 110,000 undergraduate and post-graduate medical education seats in 10 years, a 130% increase. Another 10,000 seats will be added next year in medical colleges and teaching hospitals – part of plans to add 75,000 seats in the next five years.

The government has allocated ₹3,125 crore to the Indian Council of Medical Research in union budget 2025-26 to strengthen research into pressing health challenges.

To accelerate digital healthcare, the government allocated ₹340.11 crore to the Ayushman Bharat Digital Health which is a ₹140.11 crore increase, almost 70% over 2024-25 estimates.

Sitharaman also told Parliament that the gig workers will be provided healthcare under the government's flagship health assurance scheme—Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY). The budget also proposed to boost medical tourism.

Dr Sarit Rout, Economist, Indian Institute of Public Health (IIPH) Bhubaneswar, said, "Overall, total allocations to Health including Ayush ministry remains more or less 2% of general government expenditure, no change in the share. Many programmes including NHM do not witness any substantial hike. The national health mission shows a moderate increase in the allocations, which is just 4%, compared to 2024-25 BE and this will have many ramifications on the already strained health infrastructure in rural areas."

The Financial Express • 21 Feb • Ministry of Ayush

Rekha Gupta takes charge as CM of Delhi

11 • PG | 378 • Sqcm | 141648 • AVE | 76.62K • Cir | Top Left

Hyderabad

Rekha Gupta takes charge as CM of Delhi

Chief minister, six ministers hold the first meeting of the Cabinet

GAYATHRI MANI
New Delhi, February 20

HOURS AFTER BEING administered the oath of office, Delhi's new chief minister Rekha Gupta and six ministers held their first Cabinet meeting on Thursday evening. Sources said the implementation of the Ayushman Bharat scheme in Delhi, the reports of the CAG on Delhi's financial situation over the last 10 years, and a proposal to form a special investigation team (SIT) to investigate alleged scams during the rule of the AAP government were likely to be discussed.

Lieutenant Governor VK Saxena administered the oath to Gupta and six others at the Ramlila Maidan. The ceremony was attended by PM Narendra Modi and BJP leaders Parvesh Verma, Ashish Sood, Manjinder Singh Sirsa, Kapil Mishra, Ravinder Indraj Singh and Pankaj Kumar Singh.

After the swearing-in ceremony, Gupta took charge at the Delhi Secretariat.

"After taking oath, I have taken charge as the CM of Delhi. We will work together for the development of Delhi, for a *Viksit* Delhi... *Sab mil kar tay karenge* Cabinet ka agenda (We will decide the agenda of the Cabinet meeting)," Gupta said.

On the new government's agenda for the first few weeks are announcements of a project regarding the cleaning and beautification of the Yamuna – giving women ₹2,500 per month starting March 8.



Prime Minister Narendra Modi, Lieutenant Governor VK Saxena, Rekha Gupta and BJP leaders greet supporters during the swearing-in ceremony on Thursday EXPRESS PHOTO

The Financial Express • 11 Feb • Ministry of Ayush

Patanjali Foods posts 71% jump in Q3 profit at Rs 371 cr

34 • PG | 14 • Sqcm | 5605 • AVE | 147.14K • Cir | Top Left

Bengaluru



Patanjali Foods posts 71% jump in Q3 profit at ₹371 cr

PATANJALI FOODS ON Monday posted a 71.29% jump in standalone net profit to ₹370.93 crore for the December quarter on higher sales. The company had logged a net profit of ₹216.54 crore in the year-ago period. Total income rose to ₹9,103.13 crore for the December quarter from ₹7,910.70 crore a year earlier, according to a regulatory filing.

The Financial Express • 09 Feb • Ministry of Ayush

The fine print

5 • PG | 314 • Sqcm | 117577 • AVE | 76.62K • Cir | Middle Right,Top Right

Hyderabad • Bhubaneshwar • Bengaluru • Pune • Chennai • Chandigarh • Kochi • Kolkata • Ahmedabad • Delhi • Mumbai

The fine print

Market for self-help books continues to grow, and publishers and writers alike are making a beeline for it



GARIMA SADHWANI

IF YOU EVER find yourself Googling 'most sold books of all time' (like this reporter did on a random day), you might come to realise that a 100 million copies of the *Bible* are printed each year, and that over 5 billion copies of the book have been sold globally, making it top all best-seller charts ever made.

However, if you're a trivia or books enthusiast, this might not be news to you. But do you know what other category/genre, apart from religious books, is the most sold in the publishing world? It's the self-help books. In 2023, according to data by market research company Custom Market Insight, the global self-improvement market was valued at $41.2 billion, and is estimated to be worth $81.6 billion by 2032. In fact, in 2025, the global market size for self-help books is set to reach $14 billion.

While a report by TechNavio, a market research firm, notes that the global size of the books market is set to increase by "$38.3 billion at a compound annual growth rate of 5.91% between 2023 and 2028," it adds, "self-development literature holds a significant presence."

In 2015, *Forbes* had cited publishers and retailers as saying that about 9.5 million self-help books were sold in India each year. In the last decade, Abhay Singh, senior manager for marketing and publicity at Simon & Schuster, says this number has increased manifold. Citing numbers from Nielsen BookData, Singh says that around 2-3 million self-help books were sold in India in 2024, and the self-help



books space was valued at over ₹625 million in 2024.

Poulomi Chatterjee, the executive publisher and rights director at HarperCollins India, says, "The growth of the self-help category has been steady for many years now, and steadily rising in recent years. Data from 2023 suggests that close to 40% of the non-fiction market in India comes from a mix of the non-fiction/self-help genres."

Singh of Simon & Schuster nods in agreement. He says, "Self-help is also a growing space, with a lot of publishers and writers alike making a beeline for it. It's because of the primacy that health has taken in everyone's lives that people are now looking for a way, any way, to be better."

Kapish Mehra, managing director of Rupa Publications, attributes these numbers to people's "competitiveness, their desire to upgrade and that to be better than others," which he says has always driven the sale of self-help books.

Even for publishers, self-help books, as a genre, have been cutting across different age groups. For young people picking up self-help books, subsets like mental health, career, and upskilling sell more. For people who're more settled in their careers, subsets on health, psychology, and spirituality sell more, Mehra of Rupa Publications says.

Interestingly, a big change happened in this space post Covid-19 too. In 2022, Nielsen, a media audience measurement firm, released a report titled *Impact of Covid-19 on the India Book Consumer* that found that more people than ever had started picking up and reading self-help and personal development books.

Chatterjee of HarperCollins adds, "We now have more books that relate ancient Ayurvedic concepts to modern living, address physical and mental health, sexual health and wellness, family relationships, LGBTQIA+ relationships and issues, personal finance—all very specifically addressing the Indian context. While books like *Attitude is Everything*, *The Subtle Art of Not Giving a F*ck*, *The Alchemist* and *Think Like a Monk* have continued to sell well for us, we've recently had great success with books that directly speak to the Indian readership and are specific to their lives and interests like Monika Halan's iconic books on personal finance, *The Power of One Thought* by BK Shivani, *The Sex Book* by Leeza Mangaldas, and *Unashamed* by Neha Bhatt."

The Financial Express • 09 Feb • Ministry of Ayush

Wellness business will boom if Ayush visas, insurance happen

5 • PG | 184 • Sqcm | 46068 • AVE | 130K • Cir | Bottom Left

Pune • Kolkata • Chandigarh • Delhi • Hyderabad • Ahmedabad • Chennai • Bhubaneshwar • Bengaluru • Kochi • Mumbai



Sidarth Dominic, CEO, CGH Earth Wellness

'Wellness business will boom if Ayush visas, insurance happen'

AT A TIME when foreign tourist inflows haven't matched pre-pandemic levels, and domestic tourists are opting for visa-free foreign locales instead of popular Indian vacation spots, Sidarth Dominic of CGH Earth Wellness, which runs ayurveda wellness centres in Kerala, says business is booming. "It is Indian offerings like traditional ayurveda and naturopathy that can prove to be counters to free visas," he says.

In fact, he shares that the government is considering Ayush visas, on the lines of medical visas, and preventive healthcare, including traditional medicines, might come under the purview of insurance.

That might be a complete gamechanger for wellness centres.

Running four centres, three of which are NABH-certified hospitals, he says people are willing to accept strict restrictions, including alcohol and meat, to undergo treatments. "My family runs hotels, airline catering and other businesses too. But the wellness centre vertical is most profitable," he says. Centred in south India for now, mainly Kerala, the brand is opening a naturopathy centre in Uttarakhand later this year in its first northern foray. Foreign locations are not under consideration for now, though the brand might be interested in a property in Bhutan.

The Hindu Business Line • 22 Feb • Ministry of Ayush

Expo at Invest Kerala Summit throws light on State's diverse capability

9 • PG | 202 • Sqcm | 103793 • AVE | 195.42K • Cir | Top Right

Delhi • Bengaluru • Kolkata • Chennai

Expo at Invest Kerala Summit throws light on State's diverse capability



THRIVING ECOSYSTEM. Companies from various sectors are showcasing innovative products at the summit

Our Bureau
Kochi

Showcasing Kerala's industrial growth, opportunities and investment potential, a range of products spanning diverse industrial sectors were on show at the Invest Kerala Summit, as part of an expo at the Lulu International Convention Centre at Bolgatty.

On show, for the visitors to understand the sheer diversity of the State's capability, were products and services ranging from coir, soaps and bamboo to drones and cutting-edge defence technology.

Chief Minister Pinarayi Vijayan inaugurated the expo along with Union Commerce Minister Piyush Goyal. More than 100 stalls showcasing 22 priority sectors of kerala with products ranging from traditional industries to start-ups concentrating in future technologies from MSME to Ayurveda and health food were displayed.

RUBBER TO AIRCRAFT

The State Industries Minister P Rajeeve said that the expo demonstrates the industrial landscape of the State for the investor community, highlighting the industry-friendly policies.

The MSMEs contributing to the State's industrial progress include those in the food processing, manufacturing, and rubber sectors.

The indigenously built aircraft carrier *INS Vikrant* greeted visitors at the Cochin Shipyard pavilion. A model of the country's first water metro was among the star attraction for visitors.

SPECIAL STALLS

Special stalls showcase the potential and opportunities of the Vizhinjam port. The private sector Samudra Shipyard from Alappuzha highlights investment opportunities within the State's maritime and boat building sector.

BrahMos's Thiruvananthapuram centre has showcases its prowess in defence technology highlighting the intricate process of installing a BrahMos supersonic missile on a Sukhoi-30 fighter aircraft. State government institutions such as the Kerala Coir Development Corporation, Keltron, Kerala State Bamboo Mission, Hantex, Khadi, Cashew Development Corporation, Kerala Soaps, and K-Fon showcase the public sector's capacity.

The exhibitions of the State's proud start-ups like Genrobotics and Irov Technologies are also displayed. Bandicoot robot, which has revolutionised cleaning drainage systems and helps end manual scavenging was also exhibited. Fuselage Innovation, an agricultural drone manufacturer which received export orders has also displayed its products.

The Hindu Business Line • 22 Feb • Ministry of Ayush

Expo at Invest Kerala Summit throws light on State's diverse capability

9 • PG | 836 • Sqcm | 133740 • AVE | 32.08K • Cir | Top Right

Kochi

Expo at Invest Kerala Summit throws light on State's diverse capability



THRIVING ECOSYSTEM. Companies from various sectors are showcasing innovative products at the summit

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Kochi

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The Hindu Business Line • 20 Feb • Ministry of Ayush

Tailored approach needed for AI use in informal healthcare: Study

11 • PG | 144 • Sqcm | 73911 • AVE | 195.42K • Cir | Bottom Right

Delhi

Tailored approach needed for AI use in informal healthcare: Study

Our Bureau
Hyderabad

AI implementation in healthcare requires tailored approaches, considering factors such as regional infrastructure differences and training programmes.

As per the findings of a study by researchers at the Max Institute of Healthcare Management at the Indian School of Business on 'Understanding Providers' Attitude Toward AI in India's Informal Health Care Sector,' 93.7 per cent of providers believed AI could improve TB diagnosis accuracy, while only 69.4 per cent were willing to adopt the technology.

The study surveyed 406 ayurveda, yoga and naturopathy, unani, siddha and homeopathy practitioners and informal healthcare providers (collectively called AIPs) across Gujarat and Jharkhand. Sumeet Kumar, Assistant Professor, Information Systems, ISB, and lead author of the study said: "The gap between belief in AI's potential and willingness to adopt it suggests that technological superiority alone may not guarantee successful implementation."

KEY FINDINGS

The key findings of the research include higher adoption readiness in Gujarat (73.4 per cent) compared to Jharkhand (58.4 per cent), reflecting the impact of regional healthcare infrastructure development.

Providers who were more confident in diagnosing TB showed greater willingness to adopt AI.

Also, providers' trust in local radiologists influences AI adoption differently across regions.

The Hindu Business Line • 10 Feb • Ministry of Ayush

My Five

9 • PG | 115 • Sqcm | 21199 • AVE | 53.22K • Cir | Top Left

Bengaluru • Kolkata • Hyderabad • Pune • Mumbai • Delhi • Chennai • Kochi

MY FIVE.



KARAN CHOPRA
Chairman and co-CEO, Table Space

Gym twice a day, golf, and bedtime stories

1 Golf: It's my escape, where I find balance between focus and relaxation. It's not just the game, but also the quiet moments and conversations between shots. I try to get in at least one round a week, usually early morning, when the course is calm and the day is just beginning.

2 Diet: I believe in eating clean, but not at the cost of enjoyment. Mostly home-cooked — simple, nutritious meals. My morning starts with a wholesome breakfast, usually eggs and fruit; my meals are light yet fulfilling.

3 Gym: Hitting the gym twice a day may sound excessive, but it's non-negotiable for me. It helps reset — in the morning, it sets the tone for the day; and in the evening, to shake off stress. I mix strength training, cardio, and functional workouts.

4 Family time: Evenings are for family, no matter what. My day ends with a light meal at home. And if I'm not reading or catching up on music, I get some rest, early.

5 Unwind: One of the best parts of my day is reading to Kabir, my two-year-old son, before bedtime. It's this little pocket of time where everything else fades away — it's just us, lost in stories. It's funny how a children's book can put life into perspective — reminding me to slow down, be present, and appreciate simple joys.

The Hindu Business Line • 02 Feb • Ministry of Ayush

A Budget that misses out on health of the people

6 • PG | 329 • Sqcm | 82153 • AVE | 131.35K • Cir | Middle Center

Chandigarh • Pune • Mumbai • Kolkata • Delhi • Bengaluru • Hyderabad • Ahmedabad • Kochi • Chennai

A Budget that misses out on health of the people

Though there is a nominal rise in allocation, in real terms the hike is paltry. Schemes that aid the poor have been neglected



INDRANIL MUKHOPADHYAY

The government continues to neglect the health sector.

In nominal terms there is some increase in the total allocation of Ministry of Health and AYUSH taken together compared to the previous Budget. Allocation has increased from ₹94,671crore (2024-25 BE) to ₹103851crore (2025-26 Budget Estimate). Though this looks a significant increase of ₹9,180 crore in nominal terms, if we adjust for the effect of inflation this means an increase of 3.04 per cent in real terms.

Moreover, in real terms this is 4.7 per cent less than what was actually spent in 2020-21. This means, the care that could be provided in 2020-21 cannot be ensured now, given that allocations have declined while prices have skyrocketed.

This also means that as percentage of GDP, the government allocation to health has declined from 0.37 per cent to 0.29 per cent between 2020-21 Actual Expenditure and 2025-26 BE. It seems priority accorded to the health sector in the Budget has also declined over this period with its share declining from 2.26 per cent to 2.05 per cent in this period.

SKEWED PRIORITIES

Schemes which contribute to strengthening the public system and protecting the health of most vulnerable sections of the society, like the National Health Mission, Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), Schemes on nutrition, health research received severe cuts, despite doing good work during hard times. In contrast, schemes to promote commercial interests—like the Pradhan Mantri Jan Arogya Yojana (PMJAY), the Digital Health Mission, are being rewarded with higher allocations- despite failures.

National Health Mission is the key program through which the government intervenes in improving primary and secondary on maternal and child health, disease control programs and non-communicable diseases. Much of these services have suffered during the lockdown. However, since 2019-20, NHM allocations had been declining in real terms. This means that essential services like safe deliveries, vaccination for children, treatment of TB provided earlier cannot be provided anymore with current limited resources.



HEALTHCARE. Still neglected VEDHAN M

NHM money also goes into paying remunerations for frontline health workers like ASHAs, mostly women, who received global recognition for their stellar role during the pandemic. Cuts in NHM budget means reduced budget for paying these workers, who have been demanding minimum wages for a long time. We need expand the network of Health and Wellness Centers to ensure quality comprehensive primary care. HWCs are part of NHM budget. In the context of considerable budget cuts of NHM the plight of HWCs also remains unclear!

PMJAY seems like the blue eyed boy of the government, even though it fails to deliver continuously, known to largely benefit the private sector and exclude the most marginalized, it is rewarded with higher allocations.

In the 2023-24 budget ₹7,200 crore was allocated and only ₹6,670 crore could be spent! Allocation has been further increased by 24 per cent compared to previous year to ₹9406crore! PMJAY eating up larger share of budget remains a cause of concern while it fails to deliver.

Blind obsessions to promote commercial interest needs serious introspection. A large part of the Dalits, Schedule Tribes and other marginalised section hardly receive care from the private sector under Government Funded Insurance Scheme like PMJAY.

Exemption of custom duty on imported medicines is well intended but nothing more than a mere bandage. Custom duties form only a small part of the price of these patented medicines and the likely impact remains miniscule, if at all the benefits are passed on the customers. What is needed is issuing compulsory license to Indian firms so that cheap generic alternative could be provided.

The writer is Professor, School of Government and Public Policy, OP Jindal Global University

Bizz Buzz • 27 Feb • Ministry of Ayush

Dr Sangita Reddy highlights role of digital innovation in healthcare

3 • PG | 149 • Sqcm | 14940 • AVE | N/A • Cir | Middle Center

Hyderabad

Dr Sangita Reddy highlights role of digital innovation in healthcare

Bizz Buzz Bureau
Hyderabad

Dr Sangita Reddy, Joint Managing Director of Apollo Hospitals, on Wednesday emphasised the transformative potential of digital integration in healthcare.

Participating in a panel discussion on 'Integrated Healthcare and Patient Outcomes,' at BioAsia 2025 on Wednesday, she highlighted initiatives like the Ayushman Bharat Digital Mission (ABDM) and eSanjeevani Telemedicine, noting their impact in bridging the gap between hospitals, digital health platforms, and home-based care. Dr Reddy pointed out that the COVID-19 pandemic accelerated digital adoption by over 300 per cent, underscoring the need for connected healthcare models that enable continuous care and early intervention. Apollo JMD stressed that technology



Dr Sangita Reddy

should complement clinical excellence rather than replace it. She underscored the importance of leveraging digital advancements to enhance diagnostic accuracy, improve treatment outcomes, and standardise quality care across healthcare touch points.

In outlining Apollo Hospitals' strategic partnership with Microsoft, Dr Reddy revealed the collaboration's focus on AI-driven tools for diagnosis, treatment planning, and patient monitoring. The partnership extends to disease progression analysis, genomics research, and real-time decision-making through AI co-pilots designed for clinicians, patients, nurses, and hospital operations. These innovations aim to streamline hospital workflows, minimise diagnostic delays, and improve remote healthcare delivery, ultimately leading to better patient outcomes.

Addressing healthcare accessibility, Dr Sangita Reddy emphasised the role of initiatives like Ayushman Bharat (PM-JAY), microinsurance models, and healthcare lending in reducing financial barriers for patients, especially in Tier-2 cities and underserved regions. She stressed that the future of healthcare lies not only in making advanced treatments widely accessible but also in fostering preventive care to mitigate disease burdens before they escalate.

Bizz Buzz • 26 Feb • Ministry of Ayush

Need for stringent quality control in nutraceuticals mkt: Ayush

8 • PG | 49 • Sqcm | 4925 • AVE | N/A • Cir | Middle Center

Hyderabad



Need for stringent quality control in nutraceuticals mkt: Ayush

NEW DELHI: There is an urgent need for stringent regulations and quality control in the growing Nutraceuticals market in the country, a key Ministry of Ayush official said on Tuesday. Dr Srinivas Rao Chinta, Joint Advisor of Ministry of Ayush, asked for regulatory aspects to be advanced to increase efficiency and safety issues.

Licensing is a key factor that should not be overlapped in this emerging market, he said during the Assocham's '10th Nutraceutical Summit' in the national capital.

Nutraceuticals are the formulation of nutrients which helps in prevention and treatment of some diseases, in addition to a supplement diet.

Bizz Buzz • 26 Feb • Ministry of Ayush

Dhanwantari Ayurveda Awards showcase role in global healthcare

8 • PG | 153 • Sqcm | 15346 • AVE | N/A • Cir | Middle Center

Hyderabad

Dhanwantari Ayurveda Awards showcase role in global healthcare

Each recipient received a citation, a trophy featuring Statue of lord Dhanwantari, and a cash prize of ₹5 lakh

NEW DELHI



THE Ministry of Ayush has conferred the prestigious 'National Dhanwantari Ayurveda Awards' for the current year on three distinguished practitioners for their exceptional contributions to the field of traditional Indian medicine.

This year's recipients are Vaidya Tara Chand Sharma, renowned Nadi Vaidya and author; Vaidya Maya Ram Uniyal, a distinguished scholar of Dravyaguna Vigyana with six decades of service; and Vaidya Sameer Govind Jamadagni, founder of the Vishwa Vyakhyanmala national conference.

Each recipient received a citation, a trophy featuring the Statue of lord Dhanwantari, and a cash prize of Rs 5 lakh, according to the ministry.

The National Dhanwantari Ayurveda Awards represent India's commitment to advancing holistic healthcare while preserving traditional medical knowledge.

"The awards showcase India's immense contribution to global healthcare. These visionaries have demonstrated exceptional dedication in promoting Ayurveda worldwide, perfectly aligning with our mission to integrate traditional wisdom with modern healthcare systems," said Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush.

According to Ayush Secretary Vaidya Rajesh Kotecha, through decades of research and innovation, these practitioners have modernised Ayurveda practices while maintaining their authentic essence.

"Their work exemplifies how traditional knowledge can be adapted to address contemporary health challenges," he noted.

Bizz Buzz • 22 Feb • Ministry of Ayush

We will fulfil every guarantee: Delhi Cabinet

3 • PG	153 • Sqcm	15302 • AVE	N/A • Cir	Bottom Center

Hyderabad

We will fulfil every guarantee: Delhi Cabinet

Sirsa says have started working on providing clean water and air from first meeting

NEW DELHI

DELHI Chief Minister Rekha Gupta's new Cabinet has begun working with a focus on fulfilling its commitments and ensuring public welfare.

Newly-appointed Minister Manjinder Singh Sirsa on Friday outlined the Delhi government's priorities, emphasising initiatives for clean water, clean air, and the implementation of the Ayushman Bharat scheme as promised by Prime Minister Narendra Modi.

Speaking to reporters, he remarked, "We have started working on providing clean water and air from the very first meeting, along with implementing the Ayushman Bharat scheme. Additionally, we have resumed the process of providing subsidy cylinders to benefit the people."

He stressed that the government's main focus is on fulfilling its commitments and ensuring public welfare.

When asked about the performance of the previous Delhi Food and Supply Minister, Imran Hussain, Sirsa took a measured approach. "Our focus is on positivity. The people of Delhi faced several challenges under 'AAP-da' for many years, and we are committed to freeing them from those difficulties.

"If any wrongdoing has taken place, appropriate action will be taken. However, our priority is not targeting individuals but ensuring Delhi's development," he explained.



Meanwhile, Minister Ashish Sood reaffirmed the BJP-led Delhi government's commitment to providing free medical treatment worth up to Rs 10 lakh per citizen.

"This was a key promise made to the people, and we are actively working toward its fulfilment. Every guarantee given by Modi Ji will be honoured," Sood assured.

Amid these developments, former Delhi CM Atishi raised questions about the BJP's pre-election promise to provide monthly financial assistance to women.

Posting on X on Thursday, Atishi wrote, "BJP's Delhi government started cheating the people of Delhi from the very first day. Before the elections, PM Modi and all BJP leaders had promised that in the first Cabinet itself, they will pass a scheme to give Rs 2,500 per month to every woman in Delhi.

Bizz Buzz • 21 Feb • Ministry of Ayush

SCREENING DRIVE TO TACKLE NCDs IN ADULTS

8 • PG | 174 • Sqcm | 17442 • AVE | N/A • Cir | Middle Center

Hyderabad

SCREENING DRIVE TO TACKLE NCDs IN ADULTS

NEW DELHI

IN a bid to tackle the escalating burden of Non-Communicable Diseases (NCDs) in the country, the Ministry of Health and Family Welfare on Thursday launched a nationwide screening drive against hypertension (also known as high BP), diabetes and cancer in adults aged 30 years and above.

The Intensified Special NCD Screening Campaign will run from February 20 to March 31.

The campaign "aims to achieve 100 per cent screening of all individuals aged 30 years and above for prevalent NCDs, including diabetes, hypertension, and three common cancers -- oral, breast, and cervical," said the ministry.

"The Government of India is steadfast in its commitment to strengthening preventive healthcare and ensuring universal access to quality health services under the Ayushman Bharat



The intensified special NCD screening campaign will run from February 20 to March 31

initiative. This special drive marks a significant step toward a healthier and NCD-free India, empowering citizens to take charge of their health and well-being," it added.

Notably, the screening drive will be held door-to-door by trained ASHAs, ANMs, and frontline workers. They will conduct community visits to ensure maximum screening coverage, reaching individuals in their homes.

In addition, the campaign will also be executed across Ayushman Arogya Mandirs (AAMs) and various healthcare facilities nationwide, under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD).

The screening drive comes even as the country is seeing a significant rise in the NCDs. According to data from the Indian Council of Medical Research-National Institute of Nutrition (ICMR-NIN), NCDs account for 66 per cent of all mortality in the country.

The burden of cardiovascular diseases, diabetes, chronic respiratory diseases, and cancers has also become a significant public health challenge, particularly among individuals over the age of 30.

Bizz Buzz • 17 Feb • Ministry of Ayush

Healthcare system evolving with institutes like NCI-AIIMS: Nadda

8 • PG | 256 • Sqcm | 25555 • AVE | N/A • Cir | Top Left

Hyderabad

Healthcare system evolving with institutes like NCI-AIIMS: Nadda

Has turned into a referral centre offering multidisciplinary care and providing better and patient-centric care

Oncological Care Curve

- High-quality precision and services
- Vishram Sadan to attenders' aid
- Enhancing support for families
- Support for indigenous innovations
- Screening for young individuals



NEW DELHI

UNDER the dynamic leadership of Prime Minister Narendra Modi, the narrative is changing regarding the Indian healthcare system where bone marrow transplant is possible in institutes like the National Cancer Institute (NCI) of AIIMS, Jhajjar campus, Union Health Minister JP Nadda has said.

Nadda said the institute has matured into a world-class healthcare provider in a short span of 6 years and over time, it has evolved into a referral centre offering multi-disciplinary care and providing better and patient-centric care".

He appreciated the dedication of doctors, health workers and administration of the institute to make the progress happen.

Speaking at the 'AIIMS Oncology Conclave 2025', the minister also admired the high-quality precision and high-quality services of the nuclear medicine targeted treatment ward at NCI, and underlined that "these facilities are the hardware while the faculty members and doctors are the software of the developing robust healthcare system."

Nadda further stated that cancer is a daunting diagnosis that brings fear — not just of the illness, but of the future, of livelihood, of losing loved ones, and the inevitable economic and emotional strain.

He also visited and appreciated the Vishram Sadan at the NCI, developed by the Infosys Foundation, provides essential accommodation for patients' attendants in a cost-effective way, enhancing support for families during challenging times. It also provides psychological and educational support to the needy, setting a benchmark for others.

As an "Incubator," the Centre for Medical Innovations and Entrepreneurship (CMIE) is responsible to handhold and support indigenous innovations in the healthcare sector, which is tremendous.

By enabling Indian start-ups to leverage the mentorship and guidance of AIIMS faculty and scientists, and by giving them access to advanced laboratory equipment and resources at AIIMS at nominal payment, CMIE is fostering a culture of innovation, said the minister.

He underlined that the government has introduced screening for individuals aged 30 years and above under NHM at Ayushman Arogya Mandirs and over 26 crore people have been screened for oral cancer, 14 crore for breast cancer, and 9 crore for cervical cancer at Ayushman Aarogya Mandirs.

The minister also emphasised that "to make cancer treatment available to the poor and the vulnerable, under AB PM-JAY, cancer-related treatment is provided for Medical, Surgical, Radiation and Palliative Oncology across 219 packages.

Bizz Buzz • 08 Feb • Ministry of Ayush

73.90 cr citizens availed Ayushman IDs in India

8 • PG | 194 • Sqcm | 19351 • AVE | N/A • Cir | Middle Center

Hyderabad

73.90 cr citizens availed Ayushman IDs in India

NEW DELHI

MORE than 73.90 crore health accounts with unique IDs have been created under the Ayushman Bharat Digital Mission (ABDM), said the Ministry of Health and Family Welfare on Friday. Launched in 2021, ABDM aims to create a national digital health ecosystem. To ensure participation of citizens Ayushman Bharat Health Accounts (ABHAs) number -- a 14-digit Unique Health Identifier (erstwhile known as Health IDs) are created.

As of February 3, "73,90,93,095 number of ABHA IDs have been created", said Union Minister of State (MoS) for Health and Family Welfare Prataprao Jadhav, in a written reply in the Lok Sabha today.

The ABHA number facilitates seamless access to health records across various healthcare providers, ensuring continuity of care and enhancing the efficiency of healthcare services.

Further, it serves as a digital health account accessible to people nationwide. The ABHA Card allows for online access to all medical requirements and treatments when needed.



ABDM aims to create a national digital health ecosystem: HealthMin

Jadhav informed that the Health Ministry has also undertaken various steps to raise awareness about the scheme among eligible beneficiaries across the country. This includes "media and outreach strategy; IEC (Information, Education, and communication) activities to disseminate information," Jadhav stated.

Meanwhile, he also informed the extension of several National Health Mission programmes as announced by the Union Cabinet for the period of FY 2021-26. The programmes include reducing the maternal mortality ratio (MMR) to 87 per 1 lakh; and infant mortality rate (IMR) to 22 per thousand; sustaining the total fertility rate (TFR) to 2.0 at the national level; achieving the operationalisation of 1.5 lakh Ayushman Arogya Mandirs; achieve and sustain more than 90 per cent full immunisation coverage of all children by one year of age.

Further, health programmes have also been extended for diseases like malaria; dengue; lymphatic filariasis, and Kala Azar.

Bizz Buzz • 05 Feb • Ministry of Ayush

AB PM-JAY prime move towards handling cancer cases: Experts

8 • PG | 228 • Sqcm | 22849 • AVE | N/A • Cir | Top Left

Hyderabad

AB PM-JAY prime move towards handling cancer cases: Experts

Covering Cancer

- Financial burden on patients reduced
- Evidence-based treatment
- Timely initiation of treatment
- Offers nationwide portability
- Health cover to 55 crore people

Latest govt data showed that more than 85.97 million people have so far benefited from free treatments

NEW DELHI

THE Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY) has emerged as a significant intervention in India's healthcare landscape, particularly for cancer treatment, said experts here on World Cancer Day on Tuesday. World Cancer Day is observed every year on February 4. The theme this year is United by Unique, which highlights that every person has a distinct story, set of needs, perspectives, and circumstances that must be considered.

"The AB PM-JAY has significantly reduced the financial burden on patients, especially those from economically vulnerable backgrounds, who often face catastrophic health expenditures due to cancer. This scheme made evidence-based cancer treatment for people of low socioeconomic section a reality by seeking care without financial stress," Dr Abhishek Shankar, Assistant Professor, Department of Radiation Oncology, Dr BR Ambedkar Institute Rotary Cancer Hospital at AIIMS, Delhi, told reporters.

A study published in The Lancet Regional Health - Southeast Asia showed that AB PM-JAY has increased the odds of timely initiation of cancer treatment in India by 36 per cent, highlighting the positive impact of AB PM-JAY in enabling patients to access and afford cancer treatment.

AB PM-JAY, the world's largest publicly funded health insurance scheme, was launched in 2018 to provide health cover to 55 crore people, corresponding to 12.34 crore poor and vulnerable families. Ayushman Bharat is a highly promising and beneficial scheme for underprivileged patients. The government covers up to 5 lakh Rupees for treatment each year.

The scheme also offers nationwide portability, allowing beneficiaries to access treatment at any empanelled hospital across India. As many as 31,077 public and private hospitals are empanelled under PM-JAY, according to the latest government data.

"The Ayushman Bharat list offers a comprehensive range of procedures, including the latest chemotherapy treatments, surgeries, and advanced interventional radiology procedures for cancer. Under the interventional radiology umbrella, we are able to offer chemoembolisation, ablations, biopsies, and stenting procedures for , which have significantly benefited many," Dr Puneet Garg, Vascular Interventional Radiologist and Endovascular Surgeon, Safdarjung Hospital, New Delhi, told reporters.

Business Standard (Hindi) • 18 Feb • Ministry of Ayush
Health sectore par sikudta kharch

5 • PG | 477 • Sqcm | 107259 • AVE | 26.42K • Cir | Top Center

Delhi

अजय मोहंती



स्वास्थ्य क्षेत्र पर सिकुड़ता खर्च

इसी महीने पेश केंद्रीय बजट में स्वास्थ्य समेत विभिन्न सामाजिक क्षेत्रों के लिए आवंटन देखकर यही लगता है कि इन क्षेत्रों को धन मिलने की संभावनाएं लगातार कम होती जा रही हैं। बता रहे हैं प्रीतम दत्ता

वित्त मंत्री निर्मला सीतारमण के 2025-26 के बजट भाषण में कृषि, सूक्ष्म, लघु एवं मझोले उपक्रम (एमएसएमई), निवेश और निर्यात को वृद्धि के चार इंजन बताया गया। उन्होंने कहा कि इन चारों को कराधान, बिजली, शहरी विकास, खनन, वित्त और नियमन में सुधार का सहारा देकर समावेशी तथा विकसित भारत बनाया जा सकता है। किंतु सामाजिक क्षेत्र की इस बार भी अनदेखी हुई और कुल केंद्रीय व्यय में इसकी हिस्सेदारी 3.9 फीसदी ही रह गई, जो 2019-20 में 5.3 फीसदी थी। इस लेख में वित्त मंत्री द्वारा पेश किए गए सात बजटों में स्वास्थ्य के लिए आवंटित धन के नजरिये से जन स्वास्थ्य की अनदेखी को समझते हैं।

2025-26 के बजट में वित्त मंत्री ने जन स्वास्थ्य का जिक्र सात बार किया, जिसमें सुलभ, ऊंची गुणवत्ता वाली और किफायती स्वास्थ्य सेवा पर जोर दिया गया था। जो मुख्य कदम बताए गए उनमें सरकारी स्कूलों तथा प्राथमिक स्वास्थ्य केंद्रों को ब्रॉडबैंड से जोड़ना, एआई से चलने वाले स्वास्थ्य उत्कृष्टता केंद्र तथा चिकित्सा शिक्षा मे 10,000 नई सीटें जोड़ना शामिल हैं। वास्तव में चिकित्सा शिक्षा में पांच साल के भीतर 75,000 सीटें जोड़ी जानी हैं।

उन्होंने 200 डे केयर कैंसर सेंटर खोलने, 1 करोड़ गिग (अस्थायी रोजगार वाले) कर्मचारियों को पीएम-जय के दायरे में लाने और चिकित्सा पर्यटन को बढ़ावा देने के लिए निजी क्षेत्र के साथ मिलकर 'हील इन इंडिया' जैसे कार्यक्रम शुरू करने का प्रस्ताव भी रखा। इसके साथ ही 36 जीवनरक्षक औषधियों पर सीमा शुल्क में भी राहत की घोषणा की गई। इनके अलावा छह अन्य जीवनरक्षक औषधियों पर 5 फीसदी की रियायती दर से शुल्क लगाने तथा रोगी सहायता कार्यक्रमों का विस्तार करने की बात भी कही गई है।

बजट में स्वास्थ्य क्षेत्र के लिए 1.19 लाख करोड़ रुपये की राशि आवंटित की गई। इसमें आयुष, स्वास्थ्य एवं परिवार कल्याण मंत्रालय तथा वित्त मंत्रालय के लिए राशि शामिल है। ध्यान रहे कि स्वास्थ्य के लिए 15वें वित्त आयोग की अनुदान राशि वित्त मंत्रालय के जरिये आती है। आम बजट में अब केंद्रीय स्वास्थ्य बजट की 2.4 फीसदी हिस्सेदारी है, जो 2021-22 के बजट में 3.59 फीसदी थी। इस बार यह राशि अनुमानत सकल घरेलू उत्पाद (जीडीपी) की 0.33 फीसदी है, जो 2021-22 में 0.56 फीसदी थी। केंद्रीय स्वास्थ्य बजट में पिछले तीन सालों में नकारात्मक वृद्धि देखने को मिली। 2022-23 में यह 14 फीसदी, 2023-24 में 1 फीसदी और 2024-25 में 6 फीसदी थी। इसके अलावा 2022-23 में संशोधित बजट मूल आवंटन से 15 फीसदी और 2023-24 में 18 फीसदी कम था। किंतु 2025-26 का बजट 2024-25 की तुलना में 18 फीसदी का इजाफा दिखाता है। 2024-25 में संशोधित बजट आरंभिक बजट से तीन फीसदी अधिक था।

2025-26 के आम बजट पर बारीक नजर डालने से पता चलता है कि वित्त मंत्रालय 15वें वित्त आयोग के अनुदान की शेष राशि आवंटित कर रहा है क्योंकि आयोग का यह अंतिम वर्ष है। इसीलिए वित्त मंत्रालय से स्वास्थ्य क्षेत्र के लिए आवंटन 154 फीसदी बढ़ गया है। आयुष मंत्रालय का बजट 8 फीसदी बढ़ा है और स्वास्थ्य एवं परिवार कल्याण मंत्रालय का बजट 10 फीसदी बढ़ गया है। इसी प्रकार 2024-25 के संशोधित बजट में वित्त मंत्रालय के जरिये आने वाला स्वास्थ्य बजट भी 70 फीसदी इसीलिए बढ़ा है क्योंकि 15वें वित्त आयोग का अनुदान बांटा जाना था।

तीन साल की गिरावट के बाद केंद्रीय स्वास्थ्य बजट में इजाफा स्वागत योग्य है लेकिन 15वें वित्त आयोग के अंतिम वर्ष में स्वास्थ्य अनुदान जारी करने की हड़बड़ी ने यह इजाफा कराया है। यह रकम स्थानीय निकायों के लिए है और इसके लिए सरकार के हरेक स्तर पर जबरदस्त तालमेल होना चाहिए। किंतु स्थानीय स्तर पर क्षमता कम होने के कारण इसका कारगर तरीके से इस्तेमाल नहीं हो पाता है। 2021-22 और 2023-24 के बीच आवंटित राशि का आधा हिस्सा ही खर्च हो सका।

भारत में जन स्वास्थ्य प्राथमिक रूप से राज्य सरकारों की जिम्मेदारी है। लेकिन आगामी वित्त वर्ष के लिए इस क्षेत्र की राह तय करने में केंद्रीय स्वास्थ्य बजट की अहम भूमिका होती है। इसीलिए देश भर के स्वास्थ्य अर्थशास्त्रियों की नजर इस पर रहती है।

भारत ने आने वाले सालों के लिए कई लक्ष्य तय किए हैं। 11वीं पंचवर्षीय योजना में कहा गया था कि 2012 तक स्वास्थ्य पर सरकारी व्यय को 2012 तक बढ़ाकर जीडीपी के कम से कम 2 फीसदी पर लाना चाहिए। राष्ट्रीय स्वास्थ्य नीति 2017 में इस व्यय को 2025 तक बढ़ाकर जीडीपी का 2.5 फीसदी करने की सिफारिश थी।

ताजा राष्ट्रीय स्वास्थ लेखा (2021-22) के अनुसार देश में स्वास्थ्य पर होने वाले कुल सरकारी व्यय में केंद्र की हिस्सेदारी केवल 41.8 फीसदी है। मोटा गणित कहता है कि 2025-26 में केंद्र और राज्य सरकारों का कुल व्यय अनुमानित जीडीपी का करीब 0.79 फीसदी रहेगा। यह आंकड़ा 11वीं पंचवर्षीय योजना और 2017 की राष्ट्रीय स्वास्थ्य नीति में निर्धारित लक्ष्यों से काफी कम है।

आयुष्मान भारत देश की प्रमुख सार्वभौम स्वास्थ्य योजना है, जिसमें दुनिया की सबसे बड़ी स्वास्थ्य योजना पीएम-जय शामिल है। 2025-26 के बजट में पीएम-जय के लिए 29 फीसदी अधिक धन दिया गया है, 2024-25 के संशोधित बजट से 4 फीसदी अधिक है। आशा और आंगनवाड़ी कार्यकर्ता, 70 वर्ष से अधिक आयु के नागरिकों और गिग कर्मियों के साथ पीएम-जय योजना को देश के स्वास्थ्य बजट का 7 फीसदी हिस्सा मिलता है। किंतु 2025-26 में प्रति व्यक्ति केंद्रीय स्वास्थ्य बजट 844 रुपये है, जो महामारी से पहले वाले वर्ष से भी 8 फीसदी कम है। इससे 2030 तक सभी को स्वास्थ्य सेवा मिलने का लक्ष्य खतरे में दिखता है।

सरकारी खजाने में स्वास्थ्य सहित सामाजिक क्षेत्रों के लिए गुंजाइश लगातार कम हो रही है। इससे महामारी के दौरान मिले बड़े सबक भूलने का खतरा भी मंडरा रहा है। इससे पता चलता है कि सामाजिक बुनियादी ढांचे में निवेश नहीं हो रहा है। लंबी अवधि में इससे सामाजिक-आर्थिक प्रगति पर और खास तौर पर गरीबी, असमानता तथा बुनियादी सेवाओं की सुलभता पर असर पड़ सकता है।

बदलाव की उम्मीद के बाद भी केंद्रीय स्वास्थ्य बजट निरंतर कम हो रहा है, जिससे कई अपेक्षाएं अधूरी रह जाती हैं। फिर भी उम्मीद बनी हुई है कि सरकार एक दिन सामाजिक क्षेत्र को प्राथमिकता देगी और उसे विकास का इंजन मानेगी।

(लेखक एनआईपीएफपी, नई दिल्ली में फेलो-2 हैं)

Business Standard (Hindi) • 18 Feb • Ministry of Ayush

Health shetar par sinkudata kharch

5 • PG | 477 • Sqcm | 50054 • AVE | 15.51K • Cir | Top Center

Chandigarh

अजय मोहंती



स्वास्थ्य क्षेत्र पर सिकुड़ता खर्च

इसी महीने पेश केंद्रीय बजट में स्वास्थ्य समेत विभिन्न सामाजिक क्षेत्रों के लिए आवंटन देखकर यही लगता है कि इन क्षेत्रों को धन मिलने की संभावनाएं लगातार कम होती जा रही हैं। बता रहे हैं प्रीतम दत्ता

वित्त मंत्री निर्मला सीतारमण के 2025-26 के बजट भाषण में कृषि, सूक्ष्म, लघु एवं मझोले उपक्रम (एमएसएमई), निवेश और निर्यात को वृद्धि के चार इंजन बताया गया। उन्होंने कहा कि इन चारों को कराधान, बिजली, शहरी विकास, खनन, वित्त और नियमन में सुधार का सहारा देकर समावेशी तथा विकसित भारत बनाया जा सकता है। किंतु सामाजिक क्षेत्र की इस बार भी अनदेखी हुई और कुल केंद्रीय व्यय में इसकी हिस्सेदारी 3.9 फीसदी ही रह गई, जो 2019-20 में 5.3 फीसदी थी। इस लेख में वित्त मंत्री द्वारा पेश किए गए सात बजटों में स्वास्थ्य के लिए आवंटित धन के नजरिये से जन स्वास्थ्य की अनदेखी को समझते हैं।

2025-26 के बजट में वित्त मंत्री ने जन स्वास्थ्य का जिक्र सात बार किया, जिसमें सुलभ, ऊंची गुणवत्ता वाली और किफायती स्वास्थ्य सेवा पर जोर दिया गया था। जो मुख्य कदम बताए गए उनमें सरकारी स्कूलों तथा प्राथमिक स्वास्थ्य केंद्रों को ब्रॉडबैंड से जोड़ना, एआई से चलने वाले स्वास्थ्य उत्कृष्टता केंद्र तथा चिकित्सा शिक्षा मे 10,000 नई सीटें जोड़ना शामिल हैं। वास्तव में चिकित्सा शिक्षा में पांच साल के भीतर 75,000 सीटें जोड़ी जानी हैं।

उन्होंने 200 डे केयर कैंसर सेंटर खोलने, 1 करोड़ गिग (अस्थायी रोजगार वाले) कर्मचारियों को पीएम-जय के दायरे में लाने और चिकित्सा पर्यटन को बढ़ावा देने के लिए निजी क्षेत्र के साथ मिलकर 'हील इन इंडिया' जैसे कार्यक्रम शुरू करने का प्रस्ताव भी रखा। इसके साथ ही 36 जीवनरक्षक औषधियों पर सीमा शुल्क में भी राहत की घोषणा की गई। इनके अलावा छह अन्य जीवनरक्षक औषधियों पर 5 फीसदी की रियायती दर से शुल्क लगाने तथा रोगी सहायता कार्यक्रमों का विस्तार करने की बात भी कही गई है।

बजट में स्वास्थ्य क्षेत्र के लिए 1.19 लाख करोड़ रुपये की राशि आवंटित की गई। इसमें आयुष, स्वास्थ्य एवं परिवार कल्याण मंत्रालय तथा वित्त मंत्रालय के लिए राशि शामिल है। ध्यान रहे कि स्वास्थ्य के लिए 15वें वित्त आयोग की अनुदान राशि वित्त मंत्रालय के जरिये आती है। आम बजट में अब केंद्रीय स्वास्थ्य बजट की 2.4 फीसदी हिस्सेदारी है, जो 2021-22 के बजट में 3.59 फीसदी थी। इस बार यह राशि अनुमानत सकल घरेलू उत्पाद (जीडीपी) की 0.33 फीसदी है, जो 2021-22 में 0.56 फीसदी थी। केंद्रीय स्वास्थ्य बजट में पिछले तीन सालों में नकारात्मक वृद्धि देखने को मिली। 2022-23 में यह 14 फीसदी, 2023-24 में 1 फीसदी और 2024-25 में 6 फीसदी थी। इसके अलावा 2022-23 में संशोधित बजट मूल आवंटन से 15 फीसदी और 2023-24 में 18 फीसदी कम था। किंतु 2025-26 का बजट 2024-25 की तुलना में 18 फीसदी का इजाफा दिखाता है। 2024-25 में संशोधित बजट आरंभिक बजट से तीन फीसदी अधिक था।

2025-26 के आम बजट पर बारीक नजर डालने से पता चलता है कि वित्त मंत्रालय 15वें वित्त आयोग के अनुदान की शेष राशि आवंटित कर रहा है क्योंकि आयोग का यह अंतिम वर्ष है। इसीलिए वित्त मंत्रालय से स्वास्थ्य क्षेत्र के लिए आवंटन 154 फीसदी बढ़ गया है। आयुष मंत्रालय का बजट 8 फीसदी बढ़ा है और स्वास्थ्य एवं परिवार कल्याण मंत्रालय का बजट 10 फीसदी बढ़ गया है। इसी प्रकार 2024-25 के संशोधित बजट में वित्त मंत्रालय के जरिये आने वाला स्वास्थ्य बजट भी 70 फीसदी इसीलिए बढ़ा है क्योंकि 15वें वित्त आयोग का अनुदान बांटा जाना था।

तीन साल की गिरावट के बाद केंद्रीय स्वास्थ्य बजट में इजाफा स्वागत योग्य है लेकिन 15वें वित्त आयोग के अंतिम वर्ष में स्वास्थ्य अनुदान जारी करने की हड़बड़ी ने यह इजाफा कराया है। यह रकम स्थानीय निकायों के लिए है और इसके लिए सरकार के हरेक स्तर पर जबरदस्त तालमेल होना चाहिए। किंतु स्थानीय स्तर पर क्षमता कम होने के कारण इसका कारगर तरीके से इस्तेमाल नहीं हो पाता है। 2021-22 और 2023-24 के बीच आवंटित राशि का आधा हिस्सा ही खर्च हो सका।

भारत में जन स्वास्थ्य प्राथमिक रूप से राज्य सरकारों की जिम्मेदारी है। लेकिन आगामी वित्त वर्ष के लिए इस क्षेत्र की राह तय करने में केंद्रीय स्वास्थ्य बजट की अहम भूमिका होती है। इसीलिए देश भर के स्वास्थ्य अर्थशास्त्रियों की नजर इस पर रहती है।

भारत ने आने वाले सालों के लिए कई लक्ष्य तय किए हैं। 11वीं पंचवर्षीय योजना में कहा गया था कि 2012 तक स्वास्थ्य पर सरकारी व्यय को 2012 तक बढ़ाकर जीडीपी के कम से कम 2 फीसदी पर लाना चाहिए। राष्ट्रीय स्वास्थ्य नीति 2017 में इस व्यय को 2025 तक बढ़ाकर जीडीपी का 2.5 फीसदी करने की सिफारिश थी।

ताजा राष्ट्रीय स्वास्थ लेखा (2021-22) के अनुसार देश में स्वास्थ्य पर होने वाले कुल सरकारी व्यय में केंद्र की हिस्सेदारी केवल 41.8 फीसदी है। मोटा गणित कहता है कि 2025-26 में केंद्र और राज्य सरकारों का कुल व्यय अनुमानित जीडीपी का करीब 0.79 फीसदी रहेगा। यह आंकड़ा 11वीं पंचवर्षीय योजना और 2017 की राष्ट्रीय स्वास्थ्य नीति में निर्धारित लक्ष्यों से काफी कम है।

आयुष्मान भारत देश की प्रमुख सार्वभौम स्वास्थ्य योजना है, जिसमें दुनिया की सबसे बड़ी स्वास्थ्य योजना पीएम-जय शामिल है। 2025-26 के बजट में पीएम-जय के लिए 29 फीसदी अधिक धन दिया गया है, 2024-25 के संशोधित बजट से 4 फीसदी अधिक है। आशा और आंगनवाड़ी कार्यकर्ता, 70 वर्ष से अधिक आयु के नागरिकों और गिग कर्मियों के साथ पीएम-जय योजना को देश के स्वास्थ्य बजट का 7 फीसदी हिस्सा मिलता है। किंतु 2025-26 में प्रति व्यक्ति केंद्रीय स्वास्थ्य बजट 844 रुपये है, जो महामारी से पहले वाले वर्ष से भी 8 फीसदी कम है। इससे 2030 तक सभी को स्वास्थ्य सेवा मिलने का लक्ष्य खतरे में दिखता है।

सरकारी खजाने में स्वास्थ्य सहित सामाजिक क्षेत्रों के लिए गुंजाइश लगातार कम हो रही है। इससे महामारी के दौरान मिले बड़े सबक भूलने का खतरा भी मंडरा रहा है। इससे पता चलता है कि सामाजिक बुनियादी ढांचे में निवेश नहीं हो रहा है। लंबी अवधि में इससे सामाजिक-आर्थिक प्रगति पर और खास तौर पर गरीबी, असमानता तथा बुनियादी सेवाओं की सुलभता पर असर पड़ सकता है।

बदलाव की उम्मीद के बाद भी केंद्रीय स्वास्थ्य बजट निरंतर कम हो रहा है, जिससे कई अपेक्षाएं अधूरी रह जाती हैं। फिर भी उम्मीद बनी हुई है कि सरकार एक दिन सामाजिक क्षेत्र को प्राथमिकता देगी और उसे विकास का इंजन मानेगी।

(लेखक एनआईपीएफपी, नई दिल्ली में फेलो-2 हैं)

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Videshi jalo mein band hai 10,152 bharatiye

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Chandigarh

विदेशी जेलों में बंद हैं 10,152 भारतीय



सरकार ने शुक्रवार को लोक सभा को बताया कि वर्तमान में विदेशी जेलों में बंद भारतीय कैदियों की संख्या 10,152 है। विदेश राज्य मंत्री कीर्तिवर्धन सिंह ने लोक सभा में एक प्रश्न के लिखित उत्तर में इस संबंध में देश-वार डेटा साझा किया। उनके द्वारा साझा किए गए आंकड़ों में सऊदी अरब, कुवैत, संयुक्त अरब अमीरात, कतर, नेपाल, पाकिस्तान, अमेरिका, श्रीलंका, स्पेन, रूस, इजरायल, चीन, बांग्लादेश और अर्जेंटीना सहित 86 देशों में जेलों में बंद भारतीय कैदियों के आंकड़े शामिल हैं। मंत्री ने बताया कि 2,633 भारतीय कैदी सऊदी अरब की जेलों में बंद हैं और 2,518 ऐसे कैदी संयुक्त अरब अमीरात की जेलों में हैं। इन आंकड़ों के मुताबिक, नेपाल की जेलों में 1,317 भारतीय कैदी हैं, जबकि पाकिस्तान और श्रीलंका में यह संख्या क्रमशः 266 और 98 है। सिंह ने कहा, 'मंत्रालय के पास उपलब्ध जानकारी के अनुसार, वर्तमान में विदेशी जेलों में विचाराधीन कैदियों सहित भारतीय कैदियों की संख्या 10,152 है।'

आयुष्मान भारतः 1.19 लाख करोड़ रुपये को मंजूरी

केंद्रीय स्वास्थ्य मंत्री जे पी नड्डा ने शुक्रवार को कहा कि बीते एक जनवरी तक आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (एबी-पीएमजेएवाई) के तहत अस्पतालों में भर्ती के 8.9 करोड़ मामलों में कुल 1.9 लाख करोड़ रुपये को मंजूरी दी गई। उन्होंने लोक सभा में एक प्रश्न के लिखित उत्तर में यह जानकारी दी। नड्डा ने कहा कि इस योजना के कार्यान्वयन में विभिन्न प्रकार की धोखाधड़ी की रोकथाम और पता लगाने के लिए कदम उठाए गए हैं। उनके अनुसार, धोखाधड़ी करने वाली संस्थाओं के खिलाफ उपयुक्त कार्रवाई की गई है, जिसमें 1,114 अस्पतालों को पैनल से हटाना, 1,504 दोषी अस्पतालों पर 122 करोड़ रुपये का जुर्माना लगाना और 549 अस्पतालों को निलंबित करना शामिल है। नड्डा ने यह भी कहा कि राष्ट्रीय स्वास्थ्य प्राधिकरण में राष्ट्रीय धोखाधड़ी रोधी इकाई (एनएएफयू) की स्थापना की गई है और यह धोखाधड़ी और दुरुपयोग से संबंधित मुद्दों की जांच करने तथा संयुक्त कार्रवाई करने के लिए राज्य धोखाधड़ी रोधी इकाइयों (एसएएफयू) के साथ निकट समन्वय में काम करती है।

सार्वजनिक टीकाकरण में सर्वाइकल कैंसर!

केंद्रीय स्वास्थ्य राज्य मंत्री अनुप्रिया पटेल ने शुक्रवार को कहा कि सरकार सर्वाइकल कैंसर की रोकथाम वाले एचपीवी (ह्यूनम पोपिलोमा वायरस) टीके को सार्वजनिक टीकाकरण कार्यक्रम में शामिल करने को लेकर मंथन कर रही है। लोक सभा में प्रश्नकाल में लोक जनशक्ति पार्टी (रामविलास) की शांभवी चौधरी के पूरक प्रश्न का उत्तर देते हुए अनुप्रिया पटेल ने यह जानकारी दी। उन्होंने कहा कि देश में 30 वर्ष से अधिक उम्र की महिलाओं की सर्वाइकल (गर्भाशय) कैंसर की स्क्रीनिंग की जा रही है। उन्होंने कहा, 'सरकार एचपीवी टीके को सार्वजनिक टीकाकरण कार्यक्रम में शामिल करने को लेकर चिंतन-मंथन कर रही है। यह अभी प्रक्रिया में है। जैसे ही कुछ तय होगा, हम सदन को सूचित करेंगे।' **भाषा**

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Delhi

विदेशी जेलों में बंद हैं 10,152 भारतीय



सरकार ने शुक्रवार को लोक सभा को बताया कि वर्तमान में विदेशी जेलों में बंद भारतीय कैदियों की संख्या 10,152 है। विदेश राज्य मंत्री कीर्तिवर्धन सिंह ने लोक सभा में एक प्रश्न के लिखित उत्तर में इस संबंध में देश-वार डेटा साझा किया। उनके द्वारा साझा किए गए आंकड़ों में सऊदी अरब, कुवैत, संयुक्त अरब अमीरात, कतर, नेपाल, पाकिस्तान, अमेरिका, श्रीलंका, स्पेन, रूस, इजरायल, चीन, बांग्लादेश और अर्जेंटीना सहित 86 देशों में जेलों में बंद भारतीय कैदियों के आंकड़े शामिल हैं। मंत्री ने बताया कि 2,633 भारतीय कैदी सऊदी अरब की जेलों में बंद हैं और 2,518 ऐसे कैदी संयुक्त अरब अमीरात की जेलों में हैं। इन आंकड़ों के मुताबिक, नेपाल की जेलों में 1,317 भारतीय कैदी हैं, जबकि पाकिस्तान और श्रीलंका में यह संख्या क्रमशः 266 और 98 है। सिंह ने कहा, 'मंत्रालय के पास उपलब्ध जानकारी के अनुसार, वर्तमान में विदेशी जेलों में विचाराधीन कैदियों सहित भारतीय कैदियों की संख्या 10,152 है।'

आयुष्मान भारतः 1.19 लाख करोड़ रुपये को मंजूरी

केंद्रीय स्वास्थ्य मंत्री जे पी नड्डा ने शुक्रवार को कहा कि बीते एक जनवरी तक आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (एबी-पीएमजेएवाई) के तहत अस्पतालों में भर्ती के 8.9 करोड़ मामलों में कुल 1.9 लाख करोड़ रुपये को मंजूरी दी गई। उन्होंने लोक सभा में एक प्रश्न के लिखित उत्तर में यह जानकारी दी। नड्डा ने कहा कि इस योजना के कार्यान्वयन में विभिन्न प्रकार की धोखाधड़ी की रोकथाम और पता लगाने के लिए कदम उठाए गए हैं। उनके अनुसार, धोखाधड़ी करने वाली संस्थाओं के खिलाफ उपयुक्त कार्रवाई की गई है, जिसमें 1,114 अस्पतालों को पैनल से हटाना, 1,504 दोषी अस्पतालों पर 122 करोड़ रुपये का जुर्माना लगाना और 549 अस्पतालों को निलंबित करना शामिल है। नड्डा ने यह भी कहा कि राष्ट्रीय स्वास्थ्य प्राधिकरण में राष्ट्रीय धोखाधड़ी रोधी इकाई (एनएएफयू) की स्थापना की गई है और यह धोखाधड़ी और दुरुपयोग से संबंधित मुद्दों की जांच करने तथा संयुक्त कार्रवाई करने के लिए राज्य धोखाधड़ी रोधी इकाइयों (एसएएफयू) के साथ निकट समन्वय में काम करती है।

सार्वजनिक टीकाकरण में सर्वाइकल कैंसर!

केंद्रीय स्वास्थ्य राज्य मंत्री अनुप्रिया पटेल ने शुक्रवार को कहा कि सरकार सर्वाइकल कैंसर की रोकथाम वाले एचपीवी (ह्यूनम पोपिलोमा वायरस) टीके को सार्वजनिक टीकाकरण कार्यक्रम में शामिल करने को लेकर मंथन कर रही है। लोक सभा में प्रश्नकाल में लोक जनशक्ति पार्टी (रामविलास) की शांभवी चौधरी के पूरक प्रश्न का उत्तर देते हुए अनुप्रिया पटेल ने यह जानकारी दी। उन्होंने कहा कि देश में 30 वर्ष से अधिक उम्र की महिलाओं की सर्वाइकल (गर्भाशय) कैंसर की स्क्रीनिंग की जा रही है। उन्होंने कहा, 'सरकार एचपीवी टीके को सार्वजनिक टीकाकरण कार्यक्रम में शामिल करने को लेकर चिंतन-मंथन कर रही है। यह अभी प्रक्रिया में है। जैसे ही कुछ तय होगा, हम सदन को सूचित करेंगे।' **भाषा**

Business Standard (Hindi) • 03 Feb • Ministry of Ayush
Health Sector will strong

4 • PG | 386 • Sqcm | 86795 • AVE | 26.42K • Cir | Middle Left

Delhi

स्वास्थ्य क्षेत्र को मिलेगा दम

नए लाभार्थियों के लिए पर्याप्त रहेगा पीएम-जय आवंटन!

संकेत कौल
नई दिल्ली, 2 फरवरी

सार्वजनिक स्वास्थ्य क्षेत्र के विशेषज्ञों ने आम बजट 2025-26 में आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (पीएमजय) के लिए आवंटन आवंटन में वृद्धि का स्वागत किया है और साथ ही इस बात पर चिंता जताई है कि क्या यह धनराशि इस योजना के तहत बढ़ रहे लाभार्थियों की संख्या को दायरे में लेने के लिए पर्याप्त होगी।

वित्त वर्ष 2025-26 के बजट अनुमान में पीएमजय के लिए 9,406 करोड़ रुपये की राशि का आवंटन किया गया है, जो वित्त वर्ष 25 के बजट अनुमान में आंवटित 7,300 करोड़ रुपये की राशि की तुलना में 28.8 प्रतिशत अधिक है। अलबत्ता यह वृद्धि इस योजना में और ज्यादा समूहों और राज्यों को शामिल करने के अनुरूप की गई है।



शनिवार को अपने बजट भाषण में वित्त मंत्री सीतारमण ने आने वाले वर्षों में पीएमजय योजना में लगभग एक करोड़ गिग श्रमिकों को शामिल करने की भी ऐलान किया है।

आयुष्मान भारत के पूर्व मुख्य कार्य अधिकारी इंदु भूषण ने इस पर टिप्पणी करते हुए कहा कि हालांकि मंशा अच्छी है, लेकिन गिग श्रमिकों को परिभाषित करने के लिहाज से कार्यान्वयन संबंधी चुनौतियां रहेंगी क्योंकि उनके पास तैयार डेटाबेस नहीं है। उन्होंने कहा कि आज कोई व्यक्ति गिग श्रमिक हो सकता है और कल उसे नियमित नौकरी मिल सकती है। प्रबंधन इसकी पुष्टि कैसे करेगा और किस प्रक्रिया का पालन किया जाएगा, इस संबंध में सवाल बने हुए हैं। देखना होगा कि कार्यान्वयन संबंधी इन चुनौतियों का समाधान कैसे किया जाएगा।

इस बात की भी चिंता बनी हुई है कि यह रकम नए लाभार्थियों के लिए पर्याप्त है या नहीं।

अकेले साल 2024 में ही 37 लाख आशा और आंगनवाड़ी कर्मचारियों और उनके परिवारों को मुफ्त स्वास्थ्य सेवा लाभ के लिए इस योजना का विस्तार किया गया था और साल के अंत में सरकार ने 70 वर्ष और उससे अधिक आयु के लगभग 6 करोड़ वरिष्ठ नागरिकों को शामिल करने का ऐलान किया।

इस योजना के तहत तकरीबन 67.8 लाख और परिवारों को इस योजना में शामिल करते हुए इस साल ओडिशा पीएमजय योजना में शामिल होने वाला 34वां राज्य या संघ शासित प्रदेश बन गया।

Business Standard (Hindi) • 03 Feb • Ministry of Ayush

Naye labharthiyo ke liye paryapat rahega PM-Jai Aavantan!

4 • PG | 386 • Sqcm | 40504 • AVE | 15.51K • Cir | Middle Left
Chandigarh

स्वास्थ्य क्षेत्र को मिलेगा दम

नए लाभार्थियों के लिए पर्याप्त रहेगा पीएम-जय आवंटन!

संकेत कौल
नई दिल्ली, 2 फरवरी

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The Times of India • 28 Feb • Ministry of Ayush

Health insurers mop up Rs1L cr in FY25

1, 20 • PG | 347 • Sqcm | 168421 • AVE | 46.88K • Cir | Middle Left,Top Left

Chandigarh



Health insurers mop up ₹1L cr in FY25

Health insurance premiums crossed the Rs 1 lakh-crore mark in the first 10 months of the current fiscal — a 10% rise from Rs 90,785cr mopped up in this period last year. **CT Jkt Back**

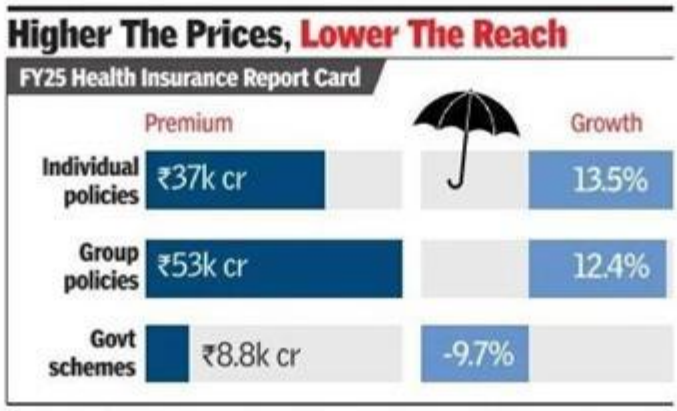
Health insurers mop up ₹1L cr in FY25 as premium costs rise

Growth Slows To 10% In A Year | Govt Schemes See Decline

Mayur.Shetty
@timesofindia.com

Mumbai: Health insurance premiums crossed the Rs 1-lakh-crore mark in the first 10 months of the current financial year, marking a 10% increase from Rs 90,785 crore mopped up in the same period last year. However, growth has slowed compared to the previous fiscal year when premiums grew 20%.

Total health insurance premiums for FY24 stood at Rs 1.07 lakh crore. In FY25, the premiums reached Rs 1 lakh crore in Jan 2025, data reported by non-life insurers showed. Individual health segment recorded the fastest growth, expanding by 13.5% to Rs 37,068 crore, accounting for 38% of the total. Group health insurance, primarily purchased by companies for employees, remained the dominant category with a 53% share. Premiums in this segment rose by 12.4% to Rs 47,312 crore. In contrast, premiums from govt-backed schemes, including Ayushman Bharat Yojana, declined by 9.7% to Rs 8,828 crore. Under the scheme, state govts either purchase insurance or establish trusts to settle claims.



In FY24, all three segments — govt schemes, group insurance, and individual policies — had registered double-digit growth. This year, total premium growth has moderated to 10.4%, with some policyholders seeing increases exceeding 10% following rate revisions by insurers.

The rising cost of health insurance has also raised concerns about reach. Last year, despite a 20% increase in premiums, the number of individuals covered under personal health policies grew by just 5%, broadly tracking workforce expansion. Affordability remains a key issue.

The sharp jump in premiums under individual policies have increased calls for waiver of 18% GST on health insurance premium. In addition to the increase in rates, insurers have been pushing individuals to take higher sum assured on the grounds of medical inflation. While a decade ago, the standard mediclaim was a Rs 3-lakh-cover, most insurers now suggest Rs 5 lakh. Besides high claims ratio in group policies, another reason for the increase in the cost of cover is the expansion in its scope. Many policies now cover maternity costs. The regulator has also made it mandatory to include some covers that were earlier excluded.

Data from Star Health and Allied Insurance, which accounts for a third of individual health policies in India, show a decline in the retail health renewal ratio from 98.2% in Dec 2023 to 94% in Dec 2024. The company also reported a 10% rise in the overall sum insured in retail health. Among insurers, New India Assurance remains the market leader, holding a 17% share of total health insurance premiums, followed by Star Health (13%) and Bajaj Allianz (7%). Standalone health insurers collectively account for nearly 30% of total premiums.

The Times of India • 28 Feb • Ministry of Ayush

Aerobic exercise may boost cognition for people with ADHD

7 • PG | 367 • Sqcm | 628836 • AVE | 2.27M • Cir | Top Left | Bangalore Times

Bengaluru

Aerobic exercise may boost cognition for people with ADHD

Just 30 minutes of aerobic exercise can give people with ADHD a short-term boost in cognition, according to a new study from researchers in Taiwan. The team, led by neuroscientist Hsiao-I Kuo from National Taiwan University, also found exercise that gets your heart pumping such as fast walking, jogging, swimming, dancing or cycling, ramped up inhibition in the motor cortex for people with Attention-Deficit Hyperactivity Disorder (ADHD), while those without the disorder saw quite the opposite result.

HOW AEROBIC EXERCISE AFFECTS PEOPLE WITH ADHD

Twenty-six people with ADHD participated in the study, along with 26 non-ADHD counterparts. In two exercise sessions, each person spent exercising 30 minutes on a stationary bike. Two other sessions were designed as 'controls': participants sat on the bike for 30 mins watching a nature documentary.

WHAT THE STUDY FOUND:

Before and after one of these exercise or control sessions, Kuo's team tested everyone's performance on cognitive tasks: one that assesses the person's ability to 'pull back' from an activity on command, as a measure of inhibitory control, and another that tests motor learning, which is essentially 'muscle memory'. Before and after the remaining exercise and control sessions, they used TMS (transcranial magnetic stimulation) to measure short-interval intracortical inhibition (SICI) and facilitation (ICF). Aerobic exercise increased SICI in ADHD participants, who also performed better in both inhibitory control and motor learning tasks post-workout. Agencies



iStock

'Improvement in motor learning'

Kuo and team say 30-minute bouts of aerobic exercise could benefit some patients with ADHD with respect to cognitive performance in the short-term. "A single bout of aerobic exercise increases cortical inhibition in adults with ADHD, which is determined primarily by the GABAergic system. This might lead to improvements in inhibitory control and motor learning in ADHD patients," says Kuo.

The Times of India • 26 Feb • Ministry of Ayush

High selenium levels in wheat not yet proven as culprit in Buldhana

14 • PG | 171 • Sqcm | 704930 • AVE | 4.69M • Cir | Top Right
Delhi

High selenium levels in wheat not yet proven as culprit in Buldhana

TIMES NEWS NETWORK

New Delhi: Govt Tuesday said there is no conclusive proof yet on cause of abrupt baldness in many people in Maharashtra's Buldhana.

Though some local experts have pointed to the role of high levels of selenium — a chemical element and essential mineral — found in samples of wheat sourced from Punjab, being supplied through rations shops, govt sources said Indian Council of Medical Research (ICMR) has taken samples of several other food items to identify the reason behind the unusual health crisis.

Sources in the food ministry said there has been "no such report from any other state". Punjab is the biggest contributor to the central pool of wheat managed by Food Corporation of India (FCI), followed by Haryana and Madhya Pradesh. In the last rabi season, 128 lakh tonnes of wheat was procured from Punjab, which was around 47% of the total purchase for the central pool.

Getty Images



Sources in food ministry said there has been 'no such report from any other state'

Govt distributes free wheat from this stock under PDS to beneficiaries under the PM Garib Kalyan Ann Yojna. Importantly, junior health minister Prataprao Jadhav, who also holds the AYUSH portfolio, is an MP from Buldhana. Jadhav told **TOI** that he has been following up on the issue since reports of abrupt and widespread baldness emerged from Buldhana. "Presently, the situation is under control," he said.

He said ICMR and several other state and central agencies are monitoring the situation and at the same time working to identify the cause. "Selenium is found in many food items, not just wheat. It is true that some samples of wheat have been found positive for high levels of the chemical element. However, it is too early to attribute abrupt baldness in the region to it. There are other food items that are being investigated as well," Jadhav said.

The role of contaminated water and nutritional deficiencies are also being investigated, sources said.

The Times of India • 26 Feb • Ministry of Ayush

Unknown Indian

24 • PG | 168 • Sqcm | 690552 • AVE | 4.69M • Cir | Bottom Left

Delhi • Chandigarh

Unknown Indian

We urgently need to find out what makes our deported migrants so desperate to leave the country

Jug Suraiya



As planeloads of our deported migrants land in the country a number of questions are being asked. Why are they handcuffed? Why are all the planes landing in Amritsar?

But the most important question has yet to be raised, let alone answered. Why did they risk and lose their life savings, and in some cases even their lives, in such do-or-die attempts to get out of our country, the world's fastest-growing major economy and the world's most populous democracy boasting a global soft power outreach from yoga and Ayurveda to Bollywood and bhangra rap?

Incredible India is indeed incredible. And one of the more incredible things about it is that so many of its citizens will go to such dire lengths to get out of it, legally or otherwise. The wealthy do so by acquiring qualifications that will enable them to become foreign citizens. The poor, or the not-so-wealthy, try to do so through the dangerous route of illegal migration.



Unemployment is one of the biggest problems facing the country, so the lack of jobs and ways of earning a livelihood would seem to be the most compelling reason.

secondopinion

However, most of the deportees are from states like Punjab, Haryana, and Gujarat, billed as being among the most prosperous in the country. Many of the deportees reportedly paid agents sizeable sums, enough to start a small business or provide other means of self-employment.

This is the mystery of the illegal Indian migrant, the unknown Indian. The Indian who escapes India physically like a prisoner breaking out of jail, and yet carries along the mother country in heart and mind, in language, cultural custom, and caste and community identity.

We should discover from the returning migrants what made it so imperative for them to forsake their country and do so at such jeopardy. It's through getting to know the mind of the unknown Indian that perhaps we'll get to know what we don't know about our country, or what we choose not to know about it, in an ignorance of complacent bliss.

The Times of India • 22 Feb • Ministry of Ayush

Multi-crore fake Ayushman card scam busted at PGI

1 • PG | 286 • Sqcm | 138504 • AVE | 46.88K • Cir | Top Right

Chandigarh

Multi-crore fake Ayushman card scam busted at PGI

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Chandigarh: A multi-crore fraud has been uncovered at PGI, involving fake Ayushman Bharat cards and misappropriation of funds intended for underprivileged patients. Investigations revealed that forged doctor stamps were used to create fraudulent Ayushman cards, enabling ineligible individuals to access free medical treatment. Sources said that the scam, pegged at over Rs 5 crore, was active since 2021.

The fraud came to light after PGI security apprehended an individual in possession of indent books and forged doctor stamps at AMRIT pharmacy. "The man tried to escape when he was suspected by a security guard. Soon he was nabbed and frisked," said an official.

Notably, the FIR was lodged by the security office, not the PGI administration, raising concerns about the institution's response.

The fraud also highlights serious flaws in administering PGI's poor patient welfare fund. Critics allege that the system was compromised, allowing local politicians and doctors to recommend treatment without proper verification of patients' economic status.

Allegations suggest that the names of patients who 'lost to follow-up' were used to fraudulently release funds, exploiting a vulnerable population. Questions about the long-term tenure of staff in the sensitive poor patient welfare cell, which violates Central Vigilance Commission (CVC) guidelines, have gone largely unanswered by PGI officials.

"An FIR was registered on Feb 19 with Chandigarh Police. The case pertains to the Ayushman Cell at PGI. Internally, all stakeholders have been reminded to remain vigilant. To strengthen the system, HIS 2 will be of great help," said a PGI spokesperson.

Police investigation has extended to radiotherapy and nephrology departments, where staff are being questioned about the seized stamps and indent books. Concerns have also been raised about missing pages in these indent books, which record the use of medicines and consumables, indicating a lack of transparency.

PGI's joint action committee, a union representing employees, has filed an RTI demanding answers about the missing indent books and the administration's plan to prevent their misuse in the future.

UNCOVERING THE FRAUD

What is the procedure?

A patient who is entitled to any grant scheme must produce supporting documents with an endorsement from his treating physician for approval. After assessment of the treatment cost by the physician, the medicines are bought from approved vendors and handed over to the patients. These are documented in the indent book.



What happened?

The medicines, mainly costly cancer drugs, were sold off after these were bought in someone else's name, who was lost to follow-up

The Times of India • 21 Feb • Ministry of Ayush

Pb launches statewide screening of common NCDs

5 • PG | 98 • Sqcm | 47405 • AVE | 46.88K • Cir | Middle Right

Chandigarh

Pb launches statewide screening of common NCDs

TIMES NEWS NETWORK

Chandigarh: Punjab health minister Dr Balbir Singh on Thursday launched a population-based initiative for the prevention, control, and screening of common non-communicable diseases (NCDs).

Under the drive, Dr Balbir Singh said, persons aged over 30 are being targeted for screening of common NCDs, including diabetes, hypertension, and three common cancers—oral, breast, and cervical. Screening for these common NCDs and cancers is an integral part of service delivery under the National Program for Control of Non-Communicable Diseases, he said.

He said screening will be done at primary health centres, Aam Aadmi Clinics/Ayushman Arogya Kendras, community health centres, district hospitals, and sub-division hospitals in both rural and urban areas by trained healthcare workers, including ASHA, ANM, and MPWs. The health minister said the initiative was in concurrence with the nationwide launch of a screening program targeting individuals aged 30 and above.

The Times of India • 19 Feb • Ministry of Ayush

Will clear Ayushman dues to pvt hosps by Mar 21: Pb

3 • PG | 189 • Sqcm | 91684 • AVE | 46.88K • Cir | Middle Left

Chandigarh

Will clear Ayushman dues to pvt hosps by Mar 21: Pb

TIMES NEWS NETWORK

Chandigarh: The Punjab govt has informed the Punjab and Haryana high court that it will clear all the outstanding amounts under the Ayushman Bharat scheme towards all private hospitals within the state (payable up to December 31, 2024) by March 21. An undertaking in this regard was given by the principal secretary, finance, before the high court. The state, however, sought liberty to further raise the claim regarding contribution to the central govt, as per the scheme.

In view of the specific stand taken by the state counsel, the petitioner, Indian Medical Association, Punjab, and others, submitted that they do not want to press the instant petition. They, however, sought liberty to revive the issue in case the undertaking given to



this court is not adhered to by Punjab in the future. A single bench headed by Justice Kuldeep Tiwari then disposed of the matter.

The petitioners, who were hospitals/medical institutions registered under the Ayushman Bharat scheme, approached the high court in Sept last year seeking the release of their pending dues. The empanelled hospitals are admitting patients under the scheme and duly raising the claims of the medical expenses with the State Health Agency (SHA), Punjab.

During the hearing, the Punjab govt acknowledged the liability of more than Rs 500 crore up to Dec 18, 2022. The state, however, failed to offer any explanation as to why the undisputed payment in question has not been released in favour of the hospitals.

Responding to the issue, the central govt then informed the high court that as per the Ayushman Bharat Scheme, 60% of the medical bills are to be reimbursed by the Centre and that an amount of Rs 355.48 crore up to the financial year 2023-24 has already been released by the Centre to the state govt and that the obligation to disburse the same is on the state health agencies, including their own component of the dues to the extent of 40%. The Centre contended that Punjab has not only not released its own share but has also misutilised the share already released by it.

The Times of India • 17 Feb • Ministry of Ayush

With new move, Shinde signals fresh tussle in Mahayuti govt

10 • PG | 265 • Sqcm | 128574 • AVE | 46.88K • Cir | Top Center

Chandigarh

With new move, Shinde signals fresh tussle in Mahayuti govt

Forms Own Med Aid Unit When CM Relief Fund Cell Already In Place

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Shiv Sena chief Shinde named close aide Mangesh Chivate as head of his medical aid cell. Chivate led CM's relief fund under Shinde, but was replaced when BJP's Fadnavis (right) became head of the state

Mumbai: After differences between alliance partners over guardian minister appointments, the Devendra Fadnavis-led Mahayuti govt is now facing another tussle.

Deputy CM and Sena chief Eknath Shinde has set up a DCM's Medical Aid Cell at Mantralaya and appointed his close aide Mangesh Chivate as its head. This is the first time that a Deputy CM has set up a medical aid cell even as the chief minister's relief fund (CMRF) cell is already in place.

Chivate said the cell will work in coordination with the public health department and not provide direct financial aid. The public health department is headed by Shiv Sena minister Prakash Abitkar.

Incidentally, Chivate was leading CMRF when Shinde was CM. During Shinde's tenure, last year, around 32,000 patients were provided with assistance of a total Rs 267.5 crore from the CMRF.

Chivate was replaced by Rameshwar Naik after Fadnavis became head of the state. When Fadnavis was deputy CM, Naik was handling the law and judiciary department, which also coordinated with private charitable hospitals to provide treatment to needy patients. "The DCM Medical Aid Cell will help implement the state's Mahatma Jyotiba Phule Jan Arogya Yojana more effectively," Chivate said. "This cell will not provide direct financial assistance to patients, but guide people on how this relief can be availed through CMRF as well as the charitable hospital scheme, National Child Health Programme, and Centre's Ayushman Bharat Scheme. This cell will work as a link to implement health schemes more effectively and to ensure that patients get free health services."

Chivate said: "Financial assistance will be raised for needy patients through various social organisations for expensive surgeries like organ transplants...especially for bone marrow transplants for children suffering from thalassemia and cochlear implant surgery for kids."

The Times of India • 14 Feb • Ministry of Ayush

Doc, assistants held for running abortion racket

12 • PG | 46 • Sqcm | 187633 • AVE | 4.69M • Cir | Middle Center

Delhi



Doc, assistants held for running abortion racket

Kolhapur: A Bachelor of Ayurvedic Medicine and Surgery (BAMS) doctor and her two assistants were arrested for their alleged involvement in an illegal sex determination and medical termination of pregnancy racket.

Dipali Taingade, a graduate, runs a hospital at Kalamba. According to health officials, she only has permission to offer OPD services. However, she converted her clinic into a hospital and kept a large stock of medicines without permission. District collector Amol Yedge received complaints alleging that she was running an illegal abortion racket. TNN

The Times of India • 13 Feb • Ministry of Ayush

Homeopathy panel chief's appointment junked by SC

15 • PG | 65 • Sqcm | 266605 • AVE | 4.69M • Cir | Top Center

Delhi

Homeopathy panel chief's appointment junked by SC

New Delhi: Supreme Court on Wednesday quashed appointment of Dr N K Khurana as the chairperson of National Commission for Homeopathy (NCH), who is six months shy of completing his four-year term, finding that he did not meet the eligibility criteria and indicted AYUSH secretary for declaring Khurana eligible, reports **Dhananjay Mahapatra**.

The appointment of Khurana, whose term was to end in July this year, was set aside by a single judge bench of Karnataka HC but he continued in the post as the single judge's decision was reversed by a division bench of the HC. On the appeal filed by Dr Amaragouda L Patil, an unsuccessful contender for the chairman's post, a bench of Justices Dipankar Datta and Manmohan said the then AYUSH secretary, without any material, had in 2021 misled the selection committee that Khurana had the required experience when in reality he did not.

Ordering Khurana to step down from the post in a week, the bench asked govt to initiate a fresh process for selection of chairperson for NCH.

The Times of India • 13 Feb • Ministry of Ayush

Homeopathy panel chief's appointment junked

13 • PG	41 • Sqcm	100219 • AVE	1.05M • Cir	Top Center

Pune



Homeopathy panel chief's appointment junked

New Delhi: Supreme Court on Wednesday quashed appointment of Dr N K Khurana as the chairperson of National Commission for Homeopathy (NCH), who is six months shy of completing his four-year term, finding that he did not meet the eligibility criteria and indicted AYUSH secretary for declaring Khurana eligible, reports **Dhananjay Mahapatra.**

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The Times of India • 12 Feb • Ministry of Ayush

Fraud health insurance claims of Rs74cr detected in 3 states

6 • PG | 402 • Sqcm | 194980 • AVE | 46.88K • Cir | Top Left

Chandigarh

Fraud health insurance claims of ₹74cr detected in 3 states

Empanelled Hosps Inflating Insurance Claims Under Ayushman Bharat

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Chandigarh: Rampant fraud has plagued Ayushman Bharat Pradhan Mantri Jan Arogya Yojana, with empanelled hospitals in the region inflating insurance claims. The three states alone account for over 13% fake claims detected nationwide, raising serious concerns about misuse and accountability.

Of the 6.66 crore claims processed by the National Anti-Fraud Unit, 2.7 lakh claims from private hospitals—amounting to Rs 562.4 crore—were found to be inadmissible due to abuse, misuse, or incorrect entries. Punjab, Haryana, and Himachal Pradesh together account for Rs 74.5 crore of these fraudulent claims.

Haryana reported the highest number of such claims in the region, followed by Punjab and Himachal Pradesh, according to data shared by the Union health ministry in Rajya Sabha in response to a query by MP A D Singh regarding fake billing under AB-PMJAY.

In Haryana, private hospitals submitted inadmissible claims worth Rs 45.03 crore due to abuse, misuse, or incorrect entries. Punjab followed with Rs 28.7 crore in fraudulent claims, and Himachal Pradesh with Rs 75.65 lakh in such cases.

In response to another query by MPs Javed Ali Khan and Ramji Lal Suman, the Union health ministry revealed cases where multiple beneficiaries were registered under a single mobile number. Punjab reported 30,001 such cases, Haryana 13,555, and Himachal Pradesh 2,892.

The ministry reiterated AB-PMJAY operated on a zero-tolerance policy toward fraud and abuse. Various measures have been implemented to prevent, detect, and deter fraudulent activities at different stages of the scheme's implementation. The National Health Authority set up the National Anti-Fraud Unit, which works closely with state anti-fraud units (SAFUs) to investigate and take joint action against fraud.



Under the flagship scheme, govt provides health cover of Rs 5 lakh per family per year for secondary and tertiary care hospitalisation

To strengthen enforcement against misuse and abuse under AB-PMJAY, the ministry informed that the National Health Authority issued guidelines outlining several punitive measures. These include suspending, blacklisting, or de-empanelling hospitals found guilty of malpractice. Additionally, fraudulent claims are rejected, and penalties or legal actions are imposed on the hospitals concerned.

To enhance fraud detection, near real-time monitoring and AI-based systems are used to scrutinise hospital claims. Random audits and surprise inspections are conducted to verify the authenticity of claims, while state health agencies carry out regular desk and field medical audits. As a result of these stringent measures, 1,114 hospitals have been de-empanelled, and 549 have been suspended under AB-PMJAY.

Additionally, the National Anti-Fraud Unit has deployed 57 advanced technologies, including rule-based triggers, machine-learning algorithms, fuzzy logic, image classification, and de-duplication, to detect cases of misuse and abuse. Other measures, such as enhanced access controls for NHA IT system, near real-time dashboards to flag suspicious cases, continuous database monitoring and cleansing, and advanced data analytics techniques, have also been implemented to strengthen the integrity of AB-PMJAY.

Under the flagship scheme, govt provides health cover of Rs 5 lakh per family per year for secondary and tertiary care hospitalisation.

Recently, the scheme was expanded to cover senior citizens aged 70 years and above irrespective of their socio-economic status under ABPMJAY with Vay Vandana Card.

The Times of India • 11 Feb • Ministry of Ayush

5 non-faculty members only staff at Nat'l Institute of Telemedicine: PGI

1 • PG | 231 • Sqcm | 111961 • AVE | 46.88K • Cir | Bottom Left

Chandigarh

5 non-faculty members only staff at Nat'l Institute of Telemedicine: PGI

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Chandigarh: In light of recent inquiries from the Union ministry of health and family welfare regarding the operational status of the National Institute of Telemedicine (NIT), which was officially approved in 2015, the PGI has disclosed that the institute is currently functioning as a department staffed only by five project-based non-faculty members.

According to the letter from the ministry, a revised checklist was submitted to ensure compliance with the latest instructions issued by the department of expenditure regarding the hiring process for non-faculty roles.



National Institute of Telemedicine is currently functioning as a dept

The establishment of the National Institute of Telemedicine was initially approved by the governing body chaired by the then health minister J P Nadda in Oct 2015, with the aim of creating a hub for telemedicine services in India. However, it is now a department presently managed by a dedicated project staff working under the auspices of the National Medical College Network, further supported by Ayushman Bharat initiative established by the National Health Mission.

"Despite the govt's approval to establish the NIT and the pressing need for enhanced telemedicine services in today's healthcare landscape, the lack of dedicated faculty roles raises significant questions about the institute's operational effectiveness and long-term vision," said an official from the ministry.

The letter questioned the PGI about functional telemedicine institutes in the country, and it was revealed that there are operational models at established institutes like AIIMS Rishikesh and SGPGI Lucknow, which boast a combined total of eight faculty members dedicated to telemedicine. The reply to the ministry from PGI confirmed that the current oversight of the NIT is being managed by the Head of the Department of Immunopathology, who has an additional responsibility to run the telemedicine services. It has been documented by the PGI that around 1lakh patients are expected to benefit monthly from telemedicine services.

As part of its modernisation strategy, PGI has informed the ministry that it has plans to harness the power of artificial intelligence, integrating innovative solutions such as tele-consultation platforms, AI-driven diagnostic tools, and electronic health records (EHR) systems.

The Times of India • 10 Feb • Ministry of Ayush

Awareness about Ayush medicines high in Pb: Centre

3 • PG | 225 • Sqcm | 109166 • AVE | 46.88K • Cir | Bottom Left

Chandigarh

Awareness about Ayush medicines high in Pb: Centre

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Chandigarh: Punjab is witnessing a growing awareness and trust in the Ayush system of medicine, which includes ayurveda, yoga, unani, siddha, sowa rigpa, and homeopathy. This rising awareness reflects a gradual increase in confidence in traditional healthcare systems across the state.

In response to a question by Punjab Congress MP Charanjit Singh Channi, the ministry of Ayush shared data from an all-India survey on Ayush in the Lok Sabha. The survey, conducted by the ministry of statistics and programme implementation (MoSPI) as part of the National Sample Survey 79th Round, highlighted significant public engagement with Ayush practices in both urban and rural areas.

According to the survey, 94.8% of individuals in rural areas of Punjab are aware of Ayush, with 46.3% using Ayush practices in the past year. In urban areas, awareness is even higher at 96%, with 52.9% of individuals utilising Ayush treatments within the last 365 days.

To further integrate Ayush with conventional medical facilities, the ministry of Ayush informed the House about its plans to implement the centrally sponsored scheme, the National Ayush Mission (NAM), through state and union territory govts.

A major initiative under this mission is the co-location of Ayush facilities at primary health centres (PHCs), community health centres (CHCs), and district hospitals (DHs), ensuring patients have access to multiple medical systems under one roof.

According to a survey, 94.8% of individuals in rural areas of Punjab are aware of Ayush, with 46.3% using Ayush practices in the past year

Additionally, the govt has facilitated the engagement and training of Ayush doctors and paramedics through the ministry of health and family welfare under the National Health Mission (NHM). Infrastructure, equipment, and medicines are also being supported through NAM to enhance the accessibility and efficiency of Ayush services.

When asked about future research or surveys to understand the reasons behind the lower utilisation of Ayush services in certain areas of Punjab, the ministry stated that no such studies are currently planned.

Punjab's Ayush healthcare system is well-established, with 506 ayurvedic dispensaries, 17 swasth kendras, and five Ayush hospitals operating across the state.

Besides that, Ayush services are also co-located in public health facilities, including PHCs, CHCs, and DHs, thus enabling the choice for patients for different systems of medicines under a single window.

The Times of India • 09 Feb • Ministry of Ayush

Ayushman cover may finally be extended to Delhi

14 • PG | 42 • Sqcm | 20261 • AVE | 46.88K • Cir | Bottom Right

Chandigarh

Ayushman cover may finally be extended to Delhi

New Delhi: Ayushman Bharat-PM Jan Arogya Yojana,a flagship health scheme of BJP-led Centre, may finally be made available in Delhi. AAP, which was in power earlier, had vehemently opposed its implementation saying that the state's own scheme — Delhi Arogya Kosh — was far more robust than the central scheme. BJP had promised in the run up to elections that if voted to power it will implement AB-PMJAY which provides health cover of Rs 5 lakh per family per year for secondary and tertiary care hospitalisation to 55 crore individuals. TNN

The Times of India • 08 Feb • Ministry of Ayush

Skill India with Rs8,800cr outlay, new rly zone get Cabinet nod

8 • PG | 354 • Sqcm | 171906 • AVE | 46.88K • Cir | Middle Center

Chandigarh

Skill India with ₹8,800cr outlay, new rly zone get Cabinet nod

Nat'l Panel For Safai Karamcharis Gets Extension For Three Years

TIMES NEWS NETWORK

New Delhi: Cabinet on Friday approved the Rs 8,800 crore Skill India Programme till 2025-26 with focus on industry-aligned training of manpower across the country. It also gave ex-post facto approval for creation of South Coast Railway zone, fulfilling Centre's assurance as per Andhra Reorganisation Act.

Briefing mediapersons about the Cabinet decisions, I&B minister Ashwini Vaishnsaw said the revamped skill programme will now include three components — Rs 6,000 crore PM Kaushal Vikas Yojana 4.0 (PMKVY 4.0), Rs 1,942 crore PM National Apprenticeship Promotion Scheme (PM-NAPS), and Rs 858 crore Jan Shikshan Sansthan (JSS) scheme.

An official release said that the approval underscores govt's commitment to building a skilled, future-ready workforce by integrating demand-driven, technology-enabled, and industry-aligned training across the country. "These initiatives aim to provide structured skill development, on-the-job training, and community-based learning, ensuring that both urban and rural populations, including marginalised communities, have access to high-quality vocational education," it said.

Vaishnaw said PM-NAPS will cover the service sector in addition to manufacturing. Govt said the scheme encourages apprenticeship opportunities in prevailing manufacturing including emerging fields such as AI, robotics, blockchain, green energy, and Industry 4.0 technologies.

"This aligns skilling initiatives with futuristic job markets and industry trends," govt said. The scheme will incentivise establishments to engage apprentices by providing financial incentives in the age group of 14-35 years, aiming at ensuring school to work transition through hands-on experience. Govt said there are around 2.3 crore beneficiaries till date under the three flagships schemes of skill development and entrepreneurship ministry. With regard to the two other decisions, Vaishnaw, who is also railway minister, said that a new Rayagada Railway division under the East Coast Railway Zone will be established and the existing Waltair division will be renamed as the Visakhapatnam Railway Division, ending another colonial legacy.

The minister said the Cabinet also gave the go ahead for extension of National Commission for Safai Karamcharis for three years beyond March 31, 2025 and approved approximately Rs 51 crore. "It would help in facilitating socio-economic upliftment of sanitation workers, improving the working conditions in the sanitation sector and aiming to achieve zero fatalities while performing hazardous cleaning," govt said.



PM Modi with NDA MPs from Bihar on Friday. The MPs thanked the PM for a host of Budget's provisions aimed at the development of the state

Govt delists 1,114 hosps over fraud in AB-PMJAY scheme

Govt has de-empanelled 1,114 hospitals in the country over fraud in the implementation of Ayushman Bharat – PM Jan Arogya Yojana (AB-PMJAY) scheme since its inception, Union health minister J P Nadda told Lok Sabha on Friday. In a written response to a Parliament question, Nadda added that penalties worth Rs 122 crore have also been imposed on 1,504 errant hospitals over fraudulent practices. TNN

The Times of India • 05 Feb • Ministry of Ayush

Development under BJP unmatched: CM

5 • PG | 118 • Sqcm | 57122 • AVE | 46.88K • Cir | Top Right

Chandigarh

Development under BJP unmatched: CM

TIMES NEWS NETWORK

Chandigarh: Haryana chief minister Nayab Singh Saini claimed on Tuesday that Haryana has seen major development since the formation of the Bharatiya Janata Party (BJP) govt in Haryana.

He said that since 2014, there has been a remarkable transformation in every aspect, from infrastructure improvements to welfare initiatives, with the common people experiencing these positive changes firsthand.

The CM was addressing the media following a cabinet meeting here on Tuesday. Agriculture and farmers welfare minister Shyam Singh Rana, cooperation minister Dr Arvind Sharma, and director general of information, public relations and languages department K Makrand Pandurang were also present.

The CM said that the Haryana govt is consistently reimbursing treatment costs for all private hospitals under the Ayushman Bharat scheme. He said that the "double engine" govt led by PM Modi is offering free treatment up to Rs 5 lakh to the poor and needy through this scheme. To date, approximately 20 lakh beneficiaries in Haryana received assistance through the Ayushman scheme, he said.

Saini said that during the Delhi election campaign, people expressed dissatisfaction, stating that they were deprived of the benefits of the Ayushman scheme. They will vent this frustration in the Delhi assembly polls, he said.

The Times of India • 05 Feb • Ministry of Ayush

Hry to release funds after pvt hospitals say will stop Ayushman Bharat services

11 • PG | 164 • Sqcm | 79405 • AVE | 46.88K • Cir | Middle Right

Chandigarh

Hry to release funds after pvt hospitals say will stop Ayushman Bharat services

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Gurgaon: Haryana govt will clear dues by Feb and allocate Rs 2,500 crore under the Ayushman Bharat scheme for the coming fiscal year, officials said on Tuesday, days after private hospitals said they will stop treating patients if the state did not settle their claims.

The resolution came after chief principal secretary to the CM, Rajesh Khullar, on Monday held a meeting with representatives of Indian Medical Association's Haryana unit.

TOI had reported on Jan 27 that 600 private hospitals across Haryana would stop treating patients under Ayushman Bharat from Feb 3 as the govt was yet to clear reimbursements amounting to Rs 400 crore for months.

Haryana Ayushman Bharat CEO Sangeeta Tetarwal on Tuesday said: "Rs 195 crore had been paid for claims submitted since Jan 1, and the remaining pending claims will be cleared in Feb. The treatment under the scheme will continue as before and patients will not face any difficulty."

Tetarwal added that IMA officials were "assured" that an adequate amount of Rs 2,500 crore will be provided for reimbursements under the scheme for the 2025-26 financial year as well.

Ayushman Bharat, introduced by the Narendra Modi-led government in 2018, provides free healthcare up to Rs 5 lakh in a year for families with low annual incomes. Around 1.2 crore people in Haryana are registered under the scheme, which is supported by 1,300 hospitals, including 600 private facilities in the state.

Dr Mahavir Jain, president of IMA (Haryana), had earlier told TOI that reimbursements to private hospitals had been pending for months.

The Times of India • 05 Feb • Ministry of Ayush

50 yoga practitioners do 1,009 Suryanamaskaras

2 • PG | 148 • Sqcm | 547166 • AVE | 2.27M • Cir | Middle Right

Bengaluru

50 yoga practitioners do 1,009 Suryanamaskaras

Muthu P



HONOURING SUN GOD: Participants completed the sets in 15 hours

Hamsaveni.N@timesofindia.com

Bengaluru: Doing 108 Suryanamaskars a day is quite common for yoga practitioners. But doing it a thousand times requires tremendous practice, grit and determination.

On Tuesday, a group of 50 yoga practitioners performed a whopping 1,009 rounds of Suryanamaskars, containing 12 postures, at Prasanna Veeranjaneya Temple in Mahalakshmipuram over 15 hours on the occasion of Rathasaptami — a festival celebrated in the honour of sun god. The marathon Suryanamaskars, organised by Sri Prasanna Veeranjaneya Yoga Kendra and in the ninth edition, started at 4.30am and culminated at 7.30pm. Yoga practitioners of all ages, 10 to 70 year olds, took part in the event. There were also participants from Tumakuru, Gadag and Shivamogga.

These yoga practitioners trained themselves by performing 108 rounds for around three hours every weekend for two months.

Explaining the motivation behind the event, Suma Nagesh, a member of Yoga Kendra said, "Ratha Saptami is an auspicious day connected to Surya bhagavan. This practice not only strengthens our physical and mental well-being but also serves as a spiritual offering. Initially, we performed 108 Suryanamaskaras, but upon learning that others were attempting higher numbers, our students were inspired to push their limits."

Gayathri, a 37-year-old KR Puram resident, said, "I have been doing Suryanamaskaras for the past six years. My father was doing 1,009 Suryanamaskaras, and I joined him after two years. I pulled in my husband as well. So, three people from my family have been doing it. Every year, doing 1,000 Suryanamaskaras has been a meditative practice for me, fills me with gratitude."

The Times of India • 04 Feb • Ministry of Ayush

After govt's assurance, Hry IMA agrees to accept Ayushman card

7 • PG | 125 • Sqcm | 60707 • AVE | 46.88K • Cir | Bottom Left
Chandigarh

After govt's assurance, Hry IMA agrees to accept Ayushman card

TIMES NEWS NETWORK

Chandigarh: Haryana health authorities received a significant reprieve on Monday as the Indian Medical Association (IMA) announced that its affiliated hospitals and clinics would continue treating Ayushman Bharat cardholders. The decision followed the official release of the first instalment of arrears and an assurance from the govt to clear all outstanding dues by March 31. The resolution came during a meeting between Haryana IMA's delegates and state health department officials in the presence of chief principal secretary Rajesh Khullar. During the discussions, IMA representatives raised concerns over Rs 450 crore worth of pending payments. IMA representatives expressed satisfaction with the meeting's outcome and thanked chief minister Nayab Singh Saini for his intervention. An IMA official said: "The govt has provided us with a concrete timeline for clearing our dues, and we have received the first tranche of payments, so we will continue treating Ayushman Bharat beneficiaries as before." Since Jan 1, the state govt has disbursed payments amounting to Rs 191.5 crore, while officials confirmed that claims pending until March 10 would be settled by March 31. They also assured the IMA that a Rs 2,500 crore budgetary provision for the next financial year would prevent future payment delays. The breakthrough followed IMA's recent announcement that private hospitals and nursing homes would stop accepting Ayushman Bharat cards due to non-payment of dues.

The Times of India • 01 Feb • Ministry of Ayush

GROUP WORKOUTS MAKE FITNESS FUN

8 • PG | 795 • Sqcm | 2933983 • AVE | 2.27M • Cir | Top Left

Bengaluru



After a pandemic-induced lull, group workouts and sociable sports are gaining popularity in Bengaluru

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Hugh Loren's journey into mountain biking began three years ago, but his genuine passion for the sport blossomed a year later.

He recalls his initial year as a solitary journey, trying to figure out where to bike, what bike to buy, and even understand how to get the basics right. The 35-year-old from Mangaluru relied primarily on YouTube tutorials and independent research.

A pivotal moment arrived when he joined an established mountain biking group in Avalahalli. Hugh, who later specialised in Enduro Mountain Biking, acknowledges how this small but supportive community transformed his cycling experience.

Hugh emphasises the value of group riding. "Riding alongside more skilled cyclists accelerates one's learning curve. Being part of a collective also helps establish clear objectives," he says.

Over the past two years, he has taken part in four competitions. His cycling adventures have taken him across India and Nepal, with plans to compete more extensively throughout Asia. He credits his progress and self-assurance in the sport to the supportive cycling community that offered him direction and encouragement.

Play is essential not just for kids but also for adults. After a pandemic induced lull, group workouts and sociable sports are gaining popularity in Bengaluru. They allow you to make friends, socialise and get fitter, both physically and mentally. "An activity like climbing, as a group activity, helps improve collaboration skills, build local and micro networks that people can connect with and promotes collective mental health," says 50-year-old Sohan Gipfel, a weekend recreational climber and founder of Bangalore Climbing Initiatives, a platform for the climbing community.

The element of risk is quite high in climbing and being part of a group gives one a sense of security. "We create little networks which come handy. The police and the forest officers sometimes reach out to us for rescue operations," he says.

Sohan recalls an instance wherein a few people got stranded in Ramanagara due to heavy rainfall, leaving them unable to exit the area. "Someone contacted us for assistance, explaining their predicament in the dark. Since we were familiar with the locality, we provided remote guidance over the telephone, helping them navigate their way to safety," he says.

The Pickleball phenomenon

Pickleball has emerged as a new sporting activity in the city, garnering a dedicated following amongst sports enthusiasts. The versatile paddle sport can be played both indoors and outdoors, requiring minimal infrastructure. Players need only oversized table tennis paddles and specialised Wiffle balls to participate. This racket sport combines aspects of tennis, badminton and table tennis. Sam Sancheti, co-founder of GoRally, who aims to make recreational sports accessible to everyone, emphasises the social nature of Pickleball, which he describes as "a sport that brings people together."

The sport welcomes newcomers with no prior racket sport experience. It attracts participants across age groups and genders, particularly appealing to senior citizens and middle-aged individuals seeking fitness and social interaction through sports.

Pickleball is the world's fastest growing sport, says Sam. "It's now the number one recreational sport in the US. Post Covid it has completely taken off in a world where people want a non-contact, very inclusive, very community led sport."

Balance conservation and recreation needs

Sohan says places like the US, Europe, Jordan, Oman, Israel, and even Nepal maintain well-established hiking infrastructure. The absence of proper policies in India became evident when a tragic forest fire claimed lives of Chennai hikers years ago, leading to political controversy and blame-shifting rather than addressing the core issues, he adds.

Recreational pursuits, he says, face resistance even in cities like Bengaluru. "The city lacks designated spaces for outdoor recreation, which is vital for the population's psychological wellbeing," he says, adding, "The closure of spaces like Turahalli in the city centre prevents younger generations from developing an appreciation for natural environments."

The situation reflects a need for comprehensive policies that balance conservation with controlled public access, recognising both environmental protection and human recreational needs.

> Group workouts make fitness fun and keep you motivated. Exercising with others pushes you to do your best while building friendships and a sense of community. The energy, expert guidance, and variety help you stay consistent, reduce stress, and enjoy the journey to a healthier you.
> **Hadil Hakim** | TRAINER AT HRX GYM BY CULT

> I attend the Etram Dance Academy in Whitefield on weekends, and it's always a great experience. Group workouts not only keep me active but also introduce me to people of all ages and backgrounds, each bringing their own unique energy. The lively atmosphere makes every session fun and engaging. Unlike individual workouts, which can sometimes feel boring, dancing with a group keeps me motivated and excited to show up every week. It's a perfect blend of fitness, socialising, and pure enjoyment!
> **Merin Kuruvilla** | TEAM LEAD AT MCKINSEY & CO

> When pursuing outdoor adventure sports, it's essential to first connect with experienced enthusiasts and join their community before diving in. Going solo can be dangerous and unsafe. Being part of a group not only accelerates your learning curve but also enhances the overall experience, making it more enjoyable and entertaining.
> **Hugh Loren** | MOUNTAIN BIKER

> Psychological benefits of group exercise and sports include enhanced social connectedness, lowered social isolation, opportunities to learn interpersonal communication, greater sense of belongingness to the peer group, better development of empathy, compassion and a sense of gratitude and wholesome personality development.
> **Dr Nitin Anand** | ADDITIONAL PROFESSOR OF CLINICAL PSYCHOLOGY, NIMHANS

> Group activities are enjoyable and special because they form the bedrock upon which all communities are created. They foster mutual trust, shared challenges, and a sense of collective accomplishment—rock climbing embodies each of these qualities. Whether it's puzzle solving on how to get up a rock face, trusting your team to keep you safe as you climb, encouraging each other through challenges that feel simultaneously possible and impossible, or celebrating a successful climb; the friendships built through such shared experience is unique and always memorable.
> **Saurabh Chauhan** | FOUNDER MEMBER, THE CLIMBING PROJECT (ROCK CLIMBING NON-PROFIT)

> Group classes offer a great opportunity to meet new friends, and over time, these connections can grow into strong, healthy relationships. Plus, the fun and lively atmosphere make group classes even more enjoyable.
> **Bodeddula Pragathi** | FITNESS ENTHUSIAST

> Adventure sports like mountain biking and whitewater kayaking are typically group activities. Although participants perform individually, having trustworthy companions is crucial, as they provide essential support during challenging situations. The camaraderie developed with fellow enthusiasts creates strong bonds. These relationships not only offer inspiration but also foster healthy competition, helping everyone improve their skills in their chosen sport.
> **Manik Taneja** | WHITEWATER KAYAK INSTRUCTOR AND MOUNTAIN BIKER

> Together we can do things which we cannot do individually. We all have different jobs, different experiences and come from different backgrounds, but we are quite capable when we come together as a group.
> **Sohan Gipfel** | FOUNDER OF BANGALORE CLIMBING INITIATIVES, A PLATFORM FOR THE CLIMBING COMMUNITY

The Times of India • 01 Feb • Ministry of Ayush

UT owes GMCH Rs2cr for treatments under Ayushman

2 • PG | 191 • Sqcm | 92817 • AVE | 46.88K • Cir | Top Right

Chandigarh

UT owes GMCH ₹2cr for treatments under Ayushman

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Chandigarh: The UT owes Rs 2 crore to Government Medical College and Hospital (GMCH), Sector 32, for the treatment of Ayushman Bharat beneficiaries.

This payment is part of the amount due for services rendered under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY), which provides free inpatient services to eligible families. Dr Suman Singh, director of health services, UT, confirmed that the money was received and will be disbursed soon.

The situation is similar for other states like Punjab and Haryana. While Haryana made partial payments, Punjab is yet to clear its full balance, amounting to Rs 5 crore for services rendered at GMCH.

Prof GP Thami, the medical superintendent, stated that the secretaries of both states have been informed about the status of these pending payments, but there is no indication of a resolution in near future. The delay in payments even forced GMCH to suspend treatment for Punjab's Ayushman Bharat beneficiaries temporarily.

Furthermore, Dr BR Ambedkar State Institute of Medical Sciences, Mohali, is also reported to have pending payments for Ayushman beneficiaries. Officials from the institution clarified that this issue lies with state authorities and not the hospital management.

Ayushman Bharat scheme, launched to provide free healthcare services to low-income families, covers inpatient services up to Rs 5 lakh, including major surgeries, chemotherapy, and other critical treatments. The scheme has proven to be a lifeline for many, enabling patients who previously had to sell their land or property for medical expenses to access essential treatments without incurring debt.

A doctor at PGI said, "The delay in payments continues to strain healthcare institutions, which are forced to bear the financial burden."

DUES ON PB, HRY

- The situation is similar for Punjab and Haryana
- Haryana has made partial payments, but Punjab is yet to clear its full balance, amounting to Rs 5 crore

Hindustan Times • 27 Feb • Ministry of Ayush

Dum laga ke haisha: Stay safe while weight training

3 • PG | 407 • Sqcm | 569663 • AVE | 1.1M • Cir | Top Left | HT City
Mumbai

PHOTO: ADOBE STOCK, FOR REPRESENTATIONAL PURPOSE ONLY



Dum laga ke haisha: Stay safe while weight training

In the wake of powerlifter Yashtika Acharya's accidental death during a gym weight training session, fitness experts share tips to avoid injuries during intense workouts

Abigail Banerji
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Yashtika Acharya, a 17-year-old powerlifter and Junior National Games gold medallist from Rajasthan's Bikaner, recently died after a rod weighing 270kg fell on her neck during a training session in the gym. She was reportedly rushed to the hospital, where the doctors declared her dead.

Video clips of the tragic incident on social media show Yashtika lifting weights with her trainer, who also sustained minor injuries in the mishap. A promising talent, Yashtika had bagged a gold medal at the National Bench Press Championship in Goa in 2024, in the sub-junior 84kg and above category. The incident has sparked concerns about gym safety and risks of injury.

We speak to health experts on being cautious while strength training and also the importance of not lifting excessive weights as it can lead to life-threatening injuries. Kushal Pal Singh, fitness and performance expert at Anytime Fitness, says, "Proper technique, preparation, and attentiveness are essential for the prevention of injury while lifting heavy weights. To avoid such incidents from recurring, it is important for gyms to have adequate floor management. Always use the correct equipment, do not take shortcuts while lifting weights and work out only at the gym. Another aspect of powerlifting that shouldn't be skipped is having a gym partner, who can spot you and help with heavy weights."

Women have less bone density and muscle mass than men, explains Dr Ashis Acharya, Consultant orthopaedic surgery, Arthroscopy sports medicine, Sir Ganga Ram Hospital, New Delhi. This can affect their lifting capacity. Studies have shown that women have close to 52% of the upper-body strength and 66% of the lower-body strength as men. "To lift the same weight, women need to train more than men. Also, women generally have a wider pelvis. This may lead to the knee not resting vertically, leading to ACL injuries," he shares.

HOW TO PREVENT COMMON WEIGHTLIFTING INJURIES?

To prevent common weightlifting injuries like knee ligament and rotator cuff injuries, herniated discs, and tendinitis, among others, here are some prevention strategies:

- **Proper technique:** Ensure correct form to minimise undue stress on muscles and joints.
- **Controlled movements:** Avoid rapid or jerky motions that can lead to injury.
- **Right weight selection:** Lift weights that match your strength and experience level.
- **Adequate rest:** Incorporate rest days to allow for muscle recovery and prevent overuse injuries.



TO REMAIN SAFE, ALWAYS GET THESE BASICS RIGHT:

- Use the right equipment and have more than one competent spotters (minimum of two to three) to assist with heavy lifts.
- Posture should be good. Keep your spine neutral, and your core muscle contracted.
- Build weight gradually rather than going for sudden bounds.
- Good control with movement, good breathing, and sufficient rest time between sets will prevent overuse and strain injury.
- Good hydration and nutrition help in repairing muscle.
- Always listen to your body — if you are hurt, stop right away and consult with a professional to avoid serious injury.

HOW DO HEAVY WEIGHTS IMPACT BONES, JOINTS AND SPINE HEALTH?

When someone lifts a heavy weight, it puts strain on the muscles and frame of the joints and spine. Lifting heavyweight has damage-causing effects on the spine by injuring discs (herniated disc) and muscle strand injury. Furthermore, bad lifting can place too much pressure on joints that can cause damage in the future.

Hindustan Times • 27 Feb • Ministry of Ayush

MoU LIKELY BY END OF WEEK FOR AYUSHMAN BHARAT SCHEME

2 • PG | 64 • Sqcm | 381235 • AVE | 3.43M • Cir | Top Center

Delhi

MoU LIKELY BY END OF WEEK FOR AYUSHMAN BHARAT SCHEME

Ridhima Gupta
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NEW DELHI: The memorandum of understanding (MoU) between the Delhi government and National Health Authority (NHA) to launch Narendra Modi government's flagship Ayushman Bharat-Pradhan Mantri Jan Arogya Yojna (AB-PMJAY) is likely to be signed over the weekend, according to people familiar with the matter.

The scheme is the largest public health insurance scheme in the world and provides ₹5 lakh annual health insurance cover per family for secondary and tertiary care hospitalisation at government and private hospitals.

The first step towards rolling out the Ayushman Bharat scheme in Delhi involves signing the MoU between the state government and the National Health Authority (NHA), which is the nodal authority overseeing the implementation of the scheme across the country.

Officials aware of the matter claimed that in the coming days, the State Health Agency (SHA), a nodal agency that implements AB-PMJAY in a state, will be constituted, following which the MoU will be signed, likely by the end of the week. The SHA is responsible for the day-to-day operations of the scheme.

Hindustan Times • 22 Feb • Ministry of Ayush

Delhi mohalla clinics to be reduced, renamed: Minister

1, 2 • PG | 388 • Sqcm | 2295361 • AVE | 3.43M • Cir | Middle Center,Middle Right

Delhi • Bengaluru

Delhi mohalla clinics to be reduced, renamed: Minister

Alok KN Mishra
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NEW DELHI: The new Bharatiya Janata Party (BJP) administration will prune the number of mohalla clinics operating in Delhi, allowing only the facilities operating on government land to continue, and rename them as Ayushman Arogya Mandir, state health minister Pankaj Singh said on Friday.

In an interview, Singh also said that he had demanded a report on the mohalla clinics from the health department, alleged large-scale corruption in



Pankaj Singh

what was the previous Aam Aadmi Party government's flagship scheme, and said the Ayushman Bharat insurance scheme will be implemented in the Capital from next week.

continued on →7
FULL INTERVIEW →P4

{ HT INTERVIEW } DR PANKAJ SINGH, DELHI HEALTH MINISTER

'Will reduce number of mohalla clinics, also rename them'

Alok KN Mishra
htreporters@hindustantimes.com

NEW DELHI: A day after being assigned the health and transport portfolios in Delhi, minister Pankaj Singh told HT that the Bharatiya Janata Party (BJP) government will reduce the number of mohalla clinics in the city and rename them as Ayushman Arogya Mandirs. He also stressed that free bus rides for women will continue. **Edited excerpts of an interview:**

You have been given the crucial health portfolio. What will be your priorities as Delhi's health minister?

We will strengthen health care services. I will personally visit government hospitals to assess available facilities, meet doctors and staff to understand their challenges, and identify gaps in infrastructure. I will also inspect hospitals where construction has been stalled for over two years. On Saturday, for instance, I plan to visit Rao Tula Ram Hospital in Jaffarpur Kalan.

Will the BJP government continue mohalla clinics or shut them down?

A racket has been operating in the name of mohalla clinics. I have sought a detailed report from the health department, which will be submitted to me on Thursday. All mohalla clinics operating on government land will continue, but we will definitely shut those that are running on private rented premises.



We are also planning on renaming them "Ayushman Arogya Mandir" and will enhance the health care services they provide.

Will the new government investigate allegations of corruption in mohalla clinics?

In many places where the Mohalla Clinics are running on rented premises, there are no doctors or medicines. The clinics have been set up only to earn rent. We will make recoveries from those found involved in the wrongdoings.

When will the BJP government implement the Ayushman Bharat Yojana, which was passed in the first cabinet meeting?

The Delhi cabinet has approved the scheme's implementation. It will be rolled out next week. We have prepared a list of empaneled hospitals, which will follow the same criteria as the national scheme.

In its manifesto, the BJP had promised a national common mobility card for eligible students, allowing free Metro travel. Will the government implement this?

It was a commitment made in our manifesto, and the BJP government in Delhi will fulfil all its promises. I will share more details once the necessary meetings are completed.

As Delhi's transport minister, what will be your main priorities?

Around 50% of CNG buses in the Delhi Transport Corporation's (DTC) fleet will be phased out of service in the next six months. The electric buses replacing them have already begun arriving, and around 1,500 e-buses are in service. In the next two months, the BJP government will add another 5,000 e-buses to Delhi's fleet. Our goal is to expand the fleet to about 11,000 e-buses within a year.

During the assembly elections, Aam Aadmi Party (AAP) leaders claimed the BJP would stop free bus rides for women. Will they continue?

AAP leaders have a habit of spreading lies. There is no limit to how much they can lie. Free bus rides for women in Delhi's public transport buses will continue without any change under the BJP government.

Hindustan Times • 22 Feb • Ministry of Ayush

Govt-provided insurance coverage set to double Rs 10L

4 • PG | 306 • Sqcm | 1813375 • AVE | 3.43M • Cir | Bottom Center

Delhi

{ ROLL-OUT OF PMJAY } TO BE INTEGRATED INTO SCHEMES BY DELHI GOVT

Govt-provided insurance coverage set to double to ₹10L

How will it benefit Delhi residents

DELHI AROGYA KOSH (DAK)	AYUSHMAN BHARAT-PRADHAN MANTRI JAN AROGYA YOJNA (AB-PMJAY)
₹5L annual medical cover given to patients for treatment in **Delhi govt hospitals**	₹5L annual medical insurance **per family** for secondary and tertiary hospitalisation
Offered by the **former AAP govt in Delhi**	Offered by the **central government**
Constituted in 2011	**Constituted in 2018**
ELIGIBILITY Annual family income upto ₹3L; Bonafide **resident of Delhi for atleast 3 years**	**ELIGIBILITY** Based on socio-economic census data; Everyone **aged 70 and above**, irrespective of their economic status

THE MERGER IN WORKS

The new Delhi government now plans to sign an **MoU that will merge the two schemes** (DAK and AB-PMJAY)

What this means: This merger will offer Delhi residents additional top-up of ₹5 lakh, making it a cover of ₹10 lakh

"The preparatory note has been prepared and is to be sent to the cabinet. It's likely there will be some modifications that may likely include merging existi health schemes with AB-PMJAY."
— **V Kiran Gopal**, joint secretary, NHA

Ridhima Gupta
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NEW DELHI: Delhi residents may soon see their government-provided health insurance coverage double from ₹5 lakh to ₹10 lakh, with the newly elected Bharatiya Janata Party (BJP) government set to implement the Centre's Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) in the Capital.

For a decade, the Aam Aadmi Party (AAP) government relied on mohalla clinics and the Delhi Arogya Kosh scheme for free health care, declining to adopt AB-PMJAY. Now, in a major policy shift, chief minister Rekha Gupta has announced that Delhi will integrate with the central scheme, with the state adding a ₹5 lakh top-up, bringing total coverage to ₹10 lakh per family.

A memorandum of understanding (MoU) between the Delhi government and the National Health Authority (NHA) is expected soon, paving the way for implementation.

"The MoU should be signed within a week. Then the state government will create a beneficiary database, followed by hospital empanelment and card distribution," said V Kiran Gopal, joint secretary, NHA.

Officials estimate around 650,000 beneficiaries, targeting the bottom 40% of Delhi's population. Currently, 66 Delhi hospitals— both government and private— are empanelled under the scheme. "These hospitals were to treat patients under the scheme portability benefit; but now more hospitals will join to provide treatment to Delhi residents. Delhi Hospitals will find on-boarding attractive as there are additional incentives for most hospitals that are NABH accredited and there's extra incentive for hospitals in tier-one cities," said Gopal.

According to people familiar with the matter, is a possibility Delhi government may merge the existing health insurance scheme — Delhi Arogya Kosh — with AB-PMJAY. Plans are also underfoot to rename mohalla clinics as aarogya mandirs.

"The preparatory note is ready and is to be sent to the cabinet. It's likely that there will be some modifications that may likely include merging existing health schemes with AB-PMJAY," he said.

On February 17, a meeting to discuss implementation of Ayushman Bharat scheme was held at Delhi Secretariat. HT has accessed minutes of the meeting that said the discussion happened on implementation of ABPM-JAY, Ayushman Arogya Mandirs, Ayushman Bharat Infrastructure Mission Scheme, Ayushman Bharat Digital Mission, and Pradhan Mantri Bhartiya Janaushadhi Pariyojana in Delhi.

Hindustan Times • 22 Feb • Ministry of Ayush

Man caught getting free medicines fraudulently

1 • PG | 72 • Sqcm | 111767 • AVE | 267.13K • Cir | Middle Right

Chandigarh

Man caught getting free medicines fraudulently

CHANDIGARH : A 25-year-old youth was caught fraudulently securing expensive medicines for free under the Ayushman Bharat scheme from PGIMER's Amrit Pharmacy using stamps and indent books of hospital's urology department.

Hailing from Kangra, Himachal Pradesh, the accused, Raman, had been securing the medicines, each costing ₹30,000-35,000, over a span of two to three days under the false pretext of getting them for different patients. On his third visit, the pharmacy in-charge, Sunpreet, became suspicious when Raman couldn't provide details of the patients or doctors. As he tried to flee, he was caught by PGIMER security and handed over to police.

Upon investigation, a urology department's indent book and eight department stamps were found with him, leading to an FIR under Section 341 (3) of BNS.

PGIMER's medical superintendent Vipin Kaushal confirmed that along with police probe, an internal inquiry was underway to investigate how an outsider obtained these stamps and the indent book.

The Ayushman Bharat scheme provides free treatment and medicines up to ₹5 lakh per year for eligible families. For medicines costing above ₹2,000, patients need the doctor's prescription in the indent book with stamps from the doctor, nursing officer, Ayushman counter and dispensary. HTC

Hindustan Times • 21 Feb • Ministry of Ayush

FIRST CABINET DECISIONS: CAG REPORTS, UNION HEALTH SCHEME

1, 3 • PG | 235 • Sqcm | 1392584 • AVE | 3.43M • Cir | Top Center,Top Right

Delhi • Bengaluru • Chandigarh

FIRST CABINET DECISIONS: CAG REPORTS, UNION HEALTH SCHEME

NEW DELHI: In her first cabinet meeting after taking charge as the Delhi chief minister, Rekha Gupta and her council of ministers approved the implementation of the Centre's flagship health care scheme, Ayushman Bharat Yojana, which was at the centre of a tussle between the BJP and the previous AAP government.

Addressing a press conference at the Secretariat on Thursday night, she said the cabinet also approved the tabling of 14 CAG reports in the first Delhi assembly session. "The cabinet considered and passed Ayushman (Bharat) Yojana which was stopped by the previous government. PM Narendra Modi implemented the scheme across the country but the AAP government in Delhi did not implement it in Delhi. Now we will implement it; under this, the Delhi government will provide ₹5 lakh top-up after the central government will provide ₹5 lakh. It will be implemented at the earliest after the necessary formalities are done," Gupta said.

The CM said the Delhi government will sign a memorandum of understanding (MoU) with the central government for the insurance scheme. "We have started the proceedings. As soon as the proceedings are complete, we will bring the scheme in the public domain," she said. →P3

First cabinet meet approves Centre's insurance scheme

Alok KN Mishra
htreporters@hindustantimes.com

NEW DELHI: In her first cabinet meeting after taking charge as the Delhi chief minister, Rekha Gupta and her council of ministers approved the implementation of the Centre's flagship health care scheme, the Ayushman Bharat Yojana, which was at the centre of a tussle between the Bharatiya Janata Party (BJP) and the previous Aam Aadmi Party (AAP) government.

Addressing a press conference at the Secretariat on Thursday night, she said the cabinet also approved the tabling of 14 CAG (Comptroller and Auditor General of India) reports in the first Delhi assembly session.

"The cabinet considered and passed Ayushman (Bharat) Yojana which was stopped by the previous government. PM Narendra Modi implemented the scheme across the country but the AAP government in Delhi did not implement it in Delhi. So, now we will implement it in Delhi; under this, the Delhi government will provide ₹5 lakh top-up after the central government will provide ₹5 lakh. It will be implemented at the earliest after the necessary formalities are done," Gupta said.

The CM said the Delhi government will sign a memorandum of understanding (MoU) with the central government for the insurance scheme. "We have started the proceedings. As soon as the proceedings are complete, we will bring the scheme in the public domain," she said.

The CM said the previous regime for not tabling the CAG reports. "In the first House (session of Delhi assembly), the CAG reports will be implemented. It was also passed in the cabinet meeting today. The rest of our agenda and commitments will also be passed soon, and will present before you," she said.

The CM said that the dates for the first session of the assembly have been proposed. "The details will be shared as soon as the details are finalised," she said.

The cabinet also discussed the plan to provide ₹2,500 monthly allowance to women of Delhi. "A discussion was also held on the ₹2,500 monthly allowance scheme. Many things have to be worked out for it, such as finalising the categories of beneficiaries. More discussions are required. We will finalise it in the next meeting," the CM said.

However, former Delhi CM Atishi hit out at the new regime for failing to pass the ₹2,500 monthly allowance scheme.

"The BJP had promised to the women of Delhi that in the first cabinet meeting, the scheme to provide ₹2,500 monthly allowances to women will be passed. The women were waiting that the promise that BJP and PM Narendra Modi made would be kept. I am sad that the BJP started breaking its promise from the first day of the formation of the government," Atishi said.

Hindustan Times • 21 Feb • Ministry of Ayush

CM Rekha takes charge; Kapil, Parvesh among six ministers

1 • PG | 377 • Sqcm | 583625 • AVE | 267.13K • Cir | Top Left

Chandigarh

CM Rekha takes charge; Kapil, Parvesh among six ministers

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NEW DELHI: First-time lawmaker Rekha Gupta took oath as the ninth chief minister of Delhi in a grand ceremony at the Ramlila Maidan on Thursday, marking the return of the Bharatiya Janata Party (BJP) to power in the national capital for the first time in nearly three decades.

Six other legislators took oath as ministers – Jat face Parvesh Sahib Singh Verma (New Delhi) who defeated Arvind Kejriwal, Punjabi face Ashish Sood (Janakpuri), Sikh face Manjinder Singh Sirsa (Rajouri Garden), Dalit face Ravinder Indraj Singh (Bawana), Purvanchali Brahmin face Kapil Mishra (Karawal Nagar), and Purvanchali Thakur face Pankaj Singh (Vikaspuri). The CM and all ministers took oath in Hindi while Sirsa was sworn-in in Punjabi.



Prime Minister Narendra Modi greets the newly elected Delhi chief minister Rekha Gupta during her swearing-in ceremony at Ramlila Maidan on Thursday. SANCHIT KHANNA/ HT PHOTO

Gupta, the legislator from Shalimar Bagh in west Delhi, spent a busy day – first taking oath in the presence of Prime Minister Narendra Modi at a ceremony that doubled as a show of strength for the National Democratic Alliance (NDA), then taking charge as CM at the secretariat, then at an evening aarti at the Yamuna ghat, and finally, presiding over the first meeting of the new Delhi cabinet.

"We will continuously work towards the mission of Viksit Delhi, and we will fulfil all the promises that we have made," said Gupta, 50.

The CM chaired the meeting of the first cabinet on Thursday evening at Delhi secretariat. The cabinet considered and approved the implementing the Ayushman Bharat Yojana in Delhi; and also approved the tabling of 14 CAG reports during the first session of the Delhi assembly which will be convened soon.

"The cabinet passed Ayushman Bharat Yojana which was stopped by the previous government. It will be implemented as earliest after the necessary formalities are done. The Ayushman Bharat Yojana and the scheme for over 70 years elderly have been approved," Gupta said at Delhi secretariat.

In the evening, the list of portfolios showed Gupta keeping some key departments including services, finance, revenue, women and child development, land and building, information and public relations, vigilance and planning for herself.

Verma was put in charge of PWD, water, irrigation and flood control; Sirsa was given industries, environment, food; Indraj was given social welfare and others; Mishra was given labour, art, culture and language, tourism and others; Sood was given home, power, urban development, education, higher education; and Singh was given health, law, legislative affairs, and housing.

Lieutenant governor VK Saxena administered the oath of office and secrecy to the CM and the six ministers at the Ramlila Maidan, the site of the anti-corruption agitation in 2011 that deposed the then Congress government and acted as the cradle of the AAP. Former chief minister Arvind Kejriwal also took oath at the Ramlila Maidan in December 2013.

After Gupta, Verma was the second person to take oath. The ceremony was billed as a show of strength for the NDA, and was attended by Modi, Union home minister Amit Shah, defence minister Rajnath Singh and health minister and BJP chief JP Nadda, Andhra Pradesh CM Chandrababu Naidu, Union minister Dharmendra Pradhan, Rajasthan CM Bhajan Lal Sharma, Maharashtra CM Devendra Fadnavis, deputy CM Ajit Pawar, Goa CM Pramod Sawant, deputy CM Pawan Kalyan, Bihar deputy CM Vijay Kumar Sinha, and Rajasthan deputy CM Prem Chand Bairwa were among those present.

Hindustan Times • 19 Feb • Ministry of Ayush

Will clear private hospitals' dues by Mar 21: Punjab to HC

4 • PG | 167 • Sqcm | 259169 • AVE | 267.13K • Cir | Middle Right

Chandigarh

{ AYUSHMAN BHARAT SCHEME }

Will clear private hospitals' dues by Mar 21: Punjab to HC

Surender Sharma
letterschd@hindustantimes.com

CHANDIGARH: The Punjab government has told the Punjab and Haryana high court (HC) that it would clear all the pending dues of private hospitals till December 2024 incurred under Ayushman Bharat scheme by March 21.

A government counsel told the HC bench of justice Kuldeep Tiwari, on instructions from the state's principle secretary (finance), that they will clear all the outstanding dues of private hospitals by March 21. However, the government sought liberty from the court to further raise claim regarding contribution to the Central government.

The submissions were made in a plea from the Indian Medical Association (IMA) Punjab and others, pending from 2022, seeking the release of the outstanding dues/claims of the hospitals registered under the Ayushman Bharat Scheme for patient care for which 60% of the amount is paid by the Centre and 40% is the state's share. The plea claimed around ₹500 crore is pending disbursal of various hospitals.

STATE SOUGHT LIBERTY FROM THE COURT TO FURTHER RAISE CLAIM REGARDING CONTRIBUTION TO THE CENTRAL GOVERNMENT

During these proceedings last year, the Centre had also levelled allegations of "misutilisation of funds" meant for the scheme by Punjab. This had prompted the court to seek details of its spending on advertisements and welfare schemes.

Later in October 2024, Punjab had claimed that only ₹46 crore is pending to be paid to the hospitals and had further claimed that Centre is yet to release ₹250 crore as its share under the scheme. It had also asserted that it has neither 'misutilised' nor 'withheld the funds'. Both the parties also held a meeting in December. However, outcome of the same is unclear. However, state's stand before the court suggests that they are yet to arrive at a consensus.

On January 30, as court found that decision regarding December meeting on the issue has not been communicated to the court, it again directed that details of spendings on advertisement and welfare schemes be supplied by February 14. The details have not been supplied, However, now state government has agreed to clear the outstanding bills of hospitals by March 31. Given this, the court has not pressed for details of spendings on advertisement and welfare schemes.

The order on disposal of the petition says as state government gave a deadline to clear outstanding dues, the IMA's counsel agreed to not press for the petition but has sought liberty from the court to revive it if the state government fails to clear the dues. The liberty has been granted to IMA to take up again even the issue of spending on social welfare schemes, if deadline given on clearing dues is not complied with.

Hindustan Times • 17 Feb • Ministry of Ayush

Evening care soon in UT dispensaries

2 • PG | 206 • Sqcm | 319894 • AVE | 267.13K • Cir | Top Center

Chandigarh

{ EXTENDING A HEALING HAND }

Evening care soon in UT dispensaries

Evening OPD initiative set to make accessing healthcare convenient for residents working regular day jobs

Priyanka Thakur
priyanka.thakur@hindustantimes.com



Services on offer include pregnancy and childbirth care, and general outpatient care for minor and common ailments. ISTOCK

CHANDIGARH: Chandigarh's healthcare landscape is poised for a significant shift as the health department awaits funding approval from the UT administration to launch evening outpatient departments (OPDs) in civil dispensaries and health and wellness centres (HWCs). This initiative aims to extend medical services to residents who find it challenging to access care during traditional daytime hours.

The proposed evening OPDs will operate for six hours, complementing the existing morning shift (8 am to 2 pm) at HWCs. The extended hours will cover three civil dispensaries, 15 urban Ayushman Arogya Mandirs, and 29 HWCs. This expansion follows a previous, limited evening OPD trial at GMSH-16 in 2015, which addressed faculty shortages by hiring retired specialists.

This time, the focus is on hiring young MBBS doctors on a consolidated salary basis to staff the evening shifts.

In the works since 2023

The concept of evening OPDs originated in the social welfare committee of the advisory council in 2023, championed by Davesh Moudgil and Anamika. Their initial proposal targeted five key locations with a high concentration of daily wage earners, aiming to provide accessible healthcare without requiring workers to sacrifice their daily income. The health department subsequently broadened the scope to include all dispensaries and prepared a comprehensive financial plan for the UT administration's consideration.

Director of health services Dr Suman Singh said, "We have sent the proposal of running evening OPDs to the UT administration with all the financial implications. Once the administration issues funds, we will start the process accordingly." Former mayor and BJP leader Davesh Moudgil reiterated the original intent of the proposal, emphasising the need to serve the daily wage population. Additional solicitor general of India, Satya Pal Jain, highlighted the benefits for Chandigarh's large working population, many of whom work from 10 am to 6 pm.

While the specifics of staffing numbers per dispensary and the availability of evening test facilities remain undisclosed pending final financial approval, the initiative represents a promising step toward a more accessible and inclusive healthcare system for Chandigarh residents. Dr Suman chose to not speak on the details of the project as the final nod on finances is yet to be received.

Hindustan Times • 13 Feb • Ministry of Ayush

#instastyle

4 • PG | 132 • Sqcm | 9226 • AVE | 60K • Cir | Middle Left | HT City

Bengaluru

#instastyle



Shikhar Dhawan

Fitness motivation: Former cricketer Shikhar Dhawan set some major fitness goals for his 'gram fam as he dropped a photo dump of his workout session. He wrote alongside, "Stretch. Breathe. Conquer." Meanwhile, actor Malaika Arora also shared a glimpse of her fitness diaries on Instagram Stories as she worked out with her furry "yoga buddy" Casper.



Malaika Arora

PHOTOS: INSTAGRAM

Hindustan Times • 10 Feb • Ministry of Ayush

Ayushman scheme will be 1st order of business

4 • PG | 334 • Sqcm | 1978068 • AVE | 3.43M • Cir | Bottom Center

Delhi

{ RAMVIR SINGH BIDHURI } BJP LOK SABHA MP

'Ayushman scheme will be 1st order of business'

Alok KN Mishra
letters@hindustantimes.com

Bharatiya Janata Party Lok Sabha MP Ramvir Singh Bidhuri, who played a major role in the party's thumping win in the Delhi Assembly elections as he headed the party's manifesto committee, speaks to HT about the government's priorities and how it will fulfill its promises. **Edited excerpts:**

The BJP's manifesto made several guarantees. How and when the government will fulfill them?

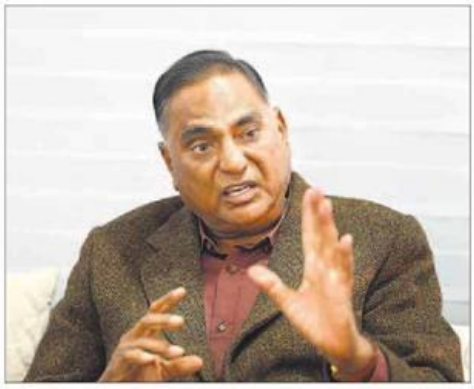
The government in its first cabinet meeting will consider and approve the implementation of the Ayushman Bharat Yojana which was not implemented by the Arvind Kejriwal government due to his cheap politics that had deprived people of the benefits of the highly successful scheme of the central government. Those above 70 years of age in Delhi will get free treatment up to ₹10 lakh, of which ₹5 lakh will be contributed by the Delhi government and ₹5 lakh by the Centre.

What about the ₹2,500 monthly allowance promised for women?

Disbursement of ₹2,500 monthly allowance to poor women will start before March 8, which is International Women's Day. PM Narendra Modi had announced this during his last election rally in RK Puram.

AAP leaders claimed during election rallies that BJP will discontinue their free schemes.

The BJP government will continue to provide 200 units free electricity. It will also provide 20,000 litres of free water every month to all residents, and free bus rides for women. The government will make necessary financial provisions in the next budget as well to continue all these schemes. PM



Narendra Modi, home minister Amit Shah, and BJP president JP Nadda have clarified that all the welfare schemes running in Delhi will be continued by the new government. They have said the government will weed out corruption and make the welfare schemes even better.

The AAP also claimed that the BJP will demolish slums when it comes to power.

PM Modi has clarified that not a single jhuggi will be demolished. The BJP government will provide pucca houses to slum dwellers under in-situ development programme (Jahan Jhuggi, Wahan Makan). Delhi already has over 50,000 flats which will be renovated and will be given to the eligible slum dwellers.

Pollution in Yamuna became a big issue in the last leg of the election campaign. How will the BJP fulfill its promises of cleaning the river and making Delhi a clean city?

Home minister Amit Shah said while launching the manifesto that the Delhi government will get 13,000 e-buses. It will reduce vehicular pollution. The government will start working on this as soon as it takes charge. The government will also pave 500 kilometres of roads and undertake road repairs on a war-footing to check dust pollution. In the first cabinet, a proposal will be put up to clean the Yamuna. The government will set up a Yamuna Kosh to revitalise the river, which has been neglected by AAP government for the past 10 years.

The government will also launch the Delhi Clean Air Mission to halve the average AQI by 2030 and reduce the number of days with poor air quality by deploying road-sweeping machines in every assembly constituency and water-sprinkling machines in every municipal ward, among other measures.

The non-tabling of 14 CAG reports created a row before elections. What will the BJP government do about it?

As part of the BJP's motto of zero tolerance against corruption, the government will table all CAG reports in the first session of the assembly. Action will be taken against those responsible for irregularities.

Hindustan Times • 06 Feb • Ministry of Ayush

#thatshot

2 • PG | 169 • Sqcm | 236162 • AVE | 1.1M • Cir | Top Left | HT City

Mumbai

#thatshot

PLANT-BASED MEAT ALTERNATIVES IMPROVE CHOLESTEROL LEVELS: STUDY

A study published in The American Journal of Clinical Nutrition shows that plant-based meat alternatives can lower bad cholesterol (LDL) by 12% and total cholesterol by 6%. After just 8 weeks, these small dietary changes can improve heart health significantly.





AYUSHMAN BHARAT SPEEDS UP CANCER CARE

A study from Lancet shows that Ayushman Bharat has helped more people start cancer treatment on time. Overall, timely treatment increased by 36%, with a 90% rise in those covered since 2018. This initiative has reduced delays and eased financial strain, making cancer care more accessible.

GLOW UP, EFFORTLESSLY

Brighten up with Dr. Sheth's Ceramide & 10% Vitamin C Ampoule Serum. Packed with 99% pure-grade Vitamin C, it fights pigmentation, evens out skin tone, and boosts hydration. Perfect for beginners and sensitive skin, it leaves your skin soft, smooth and radiant.
Price: ₹545
Available at: drsheths.com





TAME THE FRIZZ

Say goodbye to frizz with BBlunt's Advanced Smoothening Heat Hair Spa Mask. Infused with Keratin to strengthen and Hyaluronic Acid to deeply hydrate, this mask promises sleek, nourished and glossy hair—no salon visit required. Suitable for all hair types.
Price: ₹349
Available at: bblunt.com

Hindustan Times • 05 Feb • Ministry of Ayush

Sheesh Mahal' to Ayushman Bharat, PM takes jibes at AAP

1 • PG | 82 • Sqcm | 244659 • AVE | 1.1M • Cir | Middle Right

Mumbai

'Sheesh Mahal' to Ayushman Bharat, PM takes jibes at AAP

Saubhadra Chatterji and Alok KN Mishra
letters@hindustantimes.com

NEW DELHI: Less than a day before Delhi was scheduled to go to the polls, Prime Minister Narendra Modi launched a final attack on the Aam Aadmi Party's top leader Arvind Kejriwal on the floor of the Lok Sabha, taking jibes at the "Sheesh Mahal" (Kejriwal's bungalow as CM) and his decision to "deprive" Delhi residents of the benefits of the universal health care Ayushman Bharat scheme.

In his reply to the motion of thanks to President Droupadi Murmu's address to the joint session of Parliament, Modi also used the term "AAP-da" (disaster), coined by the BJP to hit out at alleged misgovernance in Delhi.

"Earlier, the headlines of the newspapers used to be related to scams and corruption. Ten years have passed and crores of rupees have been saved, which in turn have been used for the common people. We have taken several steps that resulted in saving a lot of money. While we have used funds to build the country. We didn't use money to create Sheesh Mahal," Modi said on Tuesday.

The AAP hit back at the BJP, accusing it of using Parliament for an "election rally"

"We seek votes based on our work — free 24x7 electricity, quality schools, and Mohalla Clinics. Meanwhile, they do nothing but hurl abuses at a democratically elected government...," said the AAP.

Hindustan Times • 05 Feb • Ministry of Ayush

OVER 87 LAKH AYUSHMAN CARDS ISSUED IN PUNJAB, NADDA TELLS RS

2 • PG | 69 • Sqcm | 106950 • AVE | 267.13K • Cir | Top Right

Chandigarh

OVER 87 LAKH AYUSHMAN CARDS ISSUED IN PUNJAB, NADDA TELLS RS

NEW DELHI : A total of 87.94 lakh Ayushman cards have been issued in Punjab, including Vay Vandana cards, till January 30 this year, Union health minister JP Nadda told the Rajya Sabha on Tuesday.

Responding to a question, Nadda said ₹57.96 crore have been released to Punjab under the Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) in 2023-24 and the entire amount was utilised.

In 2022-23, ₹111.38 crore was released and the entire amount was utilised, he added.

As of January 29, 2025, 771 hospitals were empanelled under AB-PMJAY, which includes 553 private hospitals in Punjab, the minister said.

"The funding of AB-PMJAY is entirely demand-driven. The NHA releases funds for scheme implementation to the states and UTs on the basis of the actual demand received from them. "There are no states and UT-wise allocation of funds. As per the defined process, they are required to furnish a utilisation certificate of previously received funds prior to every new fund release," Nadda said.

The AB-PMJAY is a flagship scheme that provides health cover of ₹5 lakh per family per year for secondary and tertiary care hospitalisation to 55 crore beneficiaries or 12.37 crore families, constituting the economically vulnerable bottom 40% of India's population. It does not cover primary healthcare. PTI

Hindustan Times • 04 Feb • Ministry of Ayush

Will clear pending claims under Ayushman Bharat: Hry to IMA

7 • PG | 52 • Sqcm | 80696 • AVE | 267.13K • Cir | Middle Center

Chandigarh

Will clear pending claims under Ayushman Bharat: Hry to IMA

CHANDIGARH: : The Haryana government on Monday assured the representatives of the Indian Medical Association (IMA) that payments of all applications submitted till March 10 for claims under the Ayushman Bharat Yojana will be released by March 31, before the 2025-26 financial year starts.

The Haryana chapter of the IMA had announced to suspend medical services under the scheme in private hospitals from February 3 to protest the pending reimbursements from the state government. Rajesh Khullar, chief principal secretary to Haryana CM, met with the representatives of IMA and assured to fulfil their demands. HTC

Hindustan Times • 02 Feb • Ministry of Ayush

Gig economy set to be formalised

8 • PG | 384 • Sqcm | 595091 • AVE | 267.13K • Cir | Middle Left

Chandigarh



Hyperlocal service platforms have revolutionised the job landscape in the transportation, food delivery, and home services industries by creating flexible employment. HT ARCHIVE

Gig economy set to be formalised

mint

Sowmya Ramasubramanian
letters@hindustantimes.com

NEW DELHI: Online platforms such as Swiggy, Zomato, Amazon and Flipkart are likely to see increased interest for delivery-partner and warehouse-worker jobs as the Union Budget has proposed formalising the gig economy, industry executives told Mint.

Union finance minister Nirmala Sitharaman announced in her budget speech on Saturday that gig workers would be provided health insurance under the government's flagship Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY). Currently, the National Health Authority (NHA) implements the world's largest health insurance scheme, which provides health cover of ₹5 lakh per family per year. Under the terms of AB-PMJAY, there is no waiting period and no restrictions on pre-existing health conditions.

Gig workers will also be issued identity cards and be eligible to register on the e-Shram portal, the national database of unorganised workers under the labour ministry.

'Step in right direction'

Balasubramanian Anantha Narayanan, senior vice president at TeamLease Services Ltd, said, "Officially recognising and formalising the gig economy is a step in the right direction. Including gig workers in the organised ecosystem will help them get employment benefits, and encourage more people to take advantage of the growing opportunities."

"The issuance of identity cards will give gig work the status of actual jobs. So far, gig work has been seen as temporary and mainly for side income. Food and grocery delivery platforms, e-commerce companies, and logistics firms will see massive benefits as formalisation kicks in," said Madhav Krishna, founder and chief executive of Vahan.ai, a blue-collar recruitment platform in Bengaluru.

More than 85% of India's workforce is informal and a majority of it comprises gig workers, according to Teamlease's Narayanan. Online commerce and logistics platforms are among the biggest employers of gig workers in the form of delivery agents and dark-store workers. These workers have become pivotal to the operations of the platforms as speedy and efficiency deliveries boost brand loyalty and customer satisfaction. The number of gig workers in India is expected to increase from 7.7 million in 2024 to 23.5 million by 2029-30, Niti Aayog estimates.

The growing digital economy has created more employment opportunities, especially for the freelancing workforce. As a result, the gig economy is also set to grow to 235 million workers by FY30, when it will comprise 4.1% of the total workforce.

"The digital economy has significantly broadened job opportunities, encompassing roles from delivery personnel, cab drivers, and beauty professionals to software engineers and data analysts," according to the Economic Survey 2024-25.

Moreover, hyperlocal service platforms have revolutionised the job landscape in the transportation, food delivery, and home services industries by creating flexible employment options by leveraging technology while transforming traditional service sectors into digitally driven ecosystems, the survey added.

Some already receive such benefits

To be sure, many platforms have already extended benefits such as health insurance to gig workers. A Zomato spokesperson told Mint the number of claims processed in favour of its delivery partners has more than doubled over the past four years to ₹53 crore a year, and that 55% of the claims in 2024 were paid to cover medical expenses unrelated to accidents.

Swiggy, too, has been offering health and other forms of insurance to its delivery partners at terms considered to be international best practices, said Dinker Vashisht, vice-president for corporate affairs at the company. "The government's decision to cover gig workers under its flagship health insurance scheme is a worthy one. We will await more details to see how insurance can continue to be best provided, and how the interests of our delivery partners are best served," Vashisht added.

Krishna of Vahan.ai added that digital platforms must work closely with the government to incorporate the changes. "No one party can take on the challenge alone. It's good that the government is putting some skin in the game because if the platforms are expected to take on the entire burden, it will stunt their innovation and growth, which will be bad for our economy in general," he said, adding that details of the framework and budget allocation for the scheme are yet to be chalked out.

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The Indian Express • 28 Feb • Ministry of Ayush

PM Modi chairs Ayush sector review meeting

10 • PG | 62 • Sqcm | 176688 • AVE | 625K • Cir | Middle Center

Mumbai • Delhi • Pune

PM Modi chairs Ayush sector review meeting

EXPRESS NEWS SERVICE
NEW DELHI, FEBRUARY 27

PRIME MINISTER Narendra Modi chaired a high-level meeting at his residence for a comprehensive review of the Ayush sector, where he emphasised its vital role in holistic wellbeing and healthcare, preserving traditional knowledge, and contributing to the nation's wellness ecosystem.

The review focused on streamlining initiatives, optimising resources and elevating the global presence of Ayush. He said it not only promotes preventive health, it boosts rural economies through medicinal plant cultivation, and enhances India's global standing as a leader in traditional medicine. The WHO set up its Global Traditional Medicine Centre in Gujarat's Jamnagar.

The review highlighted the key achievements of the ministry including the exponential economic growth in the sector.

The meeting was attended by Union Health Minister J P Nadda, MoS for Ayush Prataprao Jadhav, and principal secretaries to the PM Dr P K Mishra and Shaktikanta Das.

The Indian Express • 24 Feb • Ministry of Ayush

State govt launches 100-day campaign to intensify battle against tuberculosis

3 • PG | 169 • Sqcm | 485357 • AVE | 625K • Cir | Bottom Left

Mumbai

State govt launches 100-day campaign to intensify battle against tuberculosis

EXPRESS NEWS SERVICE
MUMBAI, FEBRUARY 23

THE MAHARASHTRA government has intensified its efforts to combat tuberculosis through a 100-day campaign under the National Tuberculosis Elimination Programme (NTEP). Launched on December 7, 2024, the initiative has screened over 86 lakh people across 17 rural districts and 13 municipal corporations in the state, identifying and treating thousands of tuberculosis cases.

The campaign, aimed at accelerating case detection, reducing mortality, and preventing new infections, has organised 32,964 "Nikshay Shibirs" (screening camps) as part of the effort. "Early detection is the key to stopping transmission and ensuring patients receive timely treatment," said a senior official from the Public Health Department. "We have been using NAAT (Nucleic Acid Amplification Test) machines for sputum testing and chest X-rays to detect cases with higher precision."

Out of the total presumptive cases identified, 2.08 lakh individuals underwent chest X-ray screening

Out of the total presumptive cases identified, 2.08 lakh individuals underwent chest X-ray screening, while 1.67 lakh patients had their sputum samples tested using NAAT machines. Additionally, 1.17 lakh samples were tested through microscopic examination. "We are not only focusing on diagnosis but also ensuring that each identified patient is immediately placed on treatment," the official added. "Patients are also being provided with nutritional support through the Nikshay Poshan Yojana."

So far, 26,560 tuberculosis patients have been diagnosed and registered on the Nikshay Portal, with 42,578 beneficiaries receiving assistance under the nutrition scheme. To ensure sustained care, 918 new "Nikshay Mitras" (volunteers) have been identified to support TB patients, and 14,933 food baskets have been distributed. "The role of community engagement is crucial in managing TB," explained a health worker involved in the initiative. "Nikshay Mitras are helping bridge the gap by ensuring patients adhere to their treatment and receive nutritional support."

Officials also emphasised the involvement of doctors from alternative medicine systems such as AYUSH to ensure holistic care for patients. Letters have been issued to various government departments to seek broader collaboration in the campaign. "TB elimination requires a multi-sectoral approach," a senior health expert said. "Strengthening early detection, treatment adherence, and nutritional support is critical to meeting the national goal of ending TB."

The state health department to further intensify efforts until the campaign concludes on March 24, 2025, aligning with World Tuberculosis Day.

The Indian Express • 22 Feb • Ministry of Ayush

Mohalla clinics on health minister radar, he promises action if corruption is found

4 • PG | 239 • Sqcm | 391965 • AVE | 388.5K • Cir | Top Left

Delhi

SEEKS REPORT ON AAP'S FLAGSHIP CLINICS

Mohalla clinics on health minister radar, he promises action if corruption is found

GAYATHRI MANI
NEW DELHI, FEBRUARY 21

A DAY after taking oath, newly appointed Health Minister Pankaj Kumar Singh has directed the Special Secretary of the department to submit a report on the Aam Aadmi Party's flagship mohalla clinics in a week. He directed that strict action should be taken if any corruption or loopholes are found.

After a meeting with health department officials, Singh said, "I held a meeting on mohalla clinics and have given special instructions to the special secretary health and other officials to submit a report on the number of mohalla clinics that are functioning, how many are situated on Delhi government land and how many of them are running on rent; do the doctors come and work. In case they don't, how are bills raised?"

"I believe 30-40% of these mohalla clinics never even open for the public... If we find any loopholes and corruption, action will be taken and the person concerned will be charged...," he said.

Asked if he, as a minister, has launched an investigation into mohalla clinics, Singh said, "Yes, you can definitely say that... This is an investigation and action will be taken..."

The health minister also said they will rename the mohalla clinics as Ayush Arogya Mandirs.

"We will upgrade and develop all the clinics constructed on government land and make them better with facilities like Ayurveda and day care systems... We will invest in it and generate revenue... Delhi will see a big change and development in the coming 100 days," he said.

Singh will visit Rao Tula Ram Hospital on Saturday. "I will also meet doctors to understand the current situation and the problems they are facing in the hospital... I've also sought a status report on the hospitals under construction and other pending projects..."

Singh, who is also the Transport minister, said free bus rides for women on DTC and cluster buses will continue and the city will see 11,000 electric buses in the next one year. "We also discussed the misuse of funds in the DTC and Transport department in the last 10 years. I will work on bringing the DTC out of revenue losses," he said.



Health Minister Pankaj Kumar Singh. *Archive*

The Indian Express • 21 Feb • Ministry of Ayush

Nod for Ayushman Bharat, CAG reports: Gupta, team check in

1, 2 • PG | 472 • Sqcm | 417747 • AVE | 175.5K • Cir | Top Center,Top Right

Chandigarh

BJP GOVT TAKES CHARGE OF DELHI, PORTFOLIOS ALLOCATED

Nod for Ayushman Bharat, CAG reports: Gupta, team check in

Cabinet discusses Rs 2,500 scheme for women, criteria to be worked out



Prime Minister Narendra Modi with Delhi Chief Minister Rekha Gupta at the swearing-in ceremony in New Delhi on Thursday. *Tashi Tobgyal*

GAYATHRI MANI
NEW DELHI, FEBRUARY 20

HOURS AFTER being administered the oath of office, Delhi's new Chief Minister Rekha Gupta and her six ministers held their first Cabinet meeting Thursday evening. Gupta later told reporters that the Cabinet had passed the Ayushman Bharat, a flagship scheme of the Centre, under which eligible people will get an insurance coverage of Rs 5 lakh. The Delhi government will give eligible beneficiaries an additional coverage of Rs 5 lakh.

"The Cabinet discussed two major items on the agenda at the meeting today: Ayushman Bharat Yojana and 14 pending CAG reports. Prime Minister Narendra Modi gave this (Ayushman Bharat) scheme to the entire country but the previous AAP government did not implement it. But we passed it in our first Cabinet meeting," she said. "Under this scheme, the Central government will provide a benefit of Rs 5 lakh, and a top-up of an additional Rs 5 lakh will be provided by the state government... The scheme will be implemented as soon as possible after completing all formalities," she said.

Gupta said the Cabinet also discussed the Rs 2,500 financial assistance scheme for women. "Many things have to be decided... which category we will give it to without registration... It needs more discussion. We will finalise this at the next meeting," she said.

The Cabinet also approved the pending CAG reports. "These are 14 pending CAG reports which the previous government did not table in the Delhi Assembly... The reports will be tabled in the first sitting of the Assembly... The other issues on our agenda and commitments will be passed one by one very soon," she said.

Earlier in the day, along with Gupta, the ministers who were administered the oath of office by Lt Governor V K Saxena at the Ramlila Maidan – the ceremony

CONTINUED ON PAGE 2

FROM PAGE ONE FULL REPORTS ON WWW.INDIANEXPRESS.COM

Delhi CM Rekha Gupta and team check in

was attended by Prime Minister Narendra Modi and the BJP brass – were Parvesh Sahib Singh, Ashish Sood, Manjinder Singh Sirsa, Kapil Mishra, Ravinder Indraj Singh and Pankaj Kumar Singh.

Gupta has kept the portfolios of Finance, Services, Revenue and Vigilance along with six others.

Parvesh Sahib Singh has been allotted PWD, Legislative Affairs, Water and Gurdwara Elections departments.

Sood has been handed the portfolios of Home, Power, Urban Development and Education.

Sirsa will head Forest and Environment and Industries. Ravinder Singh has been allocated the portfolios of Social Welfare and SC & ST Welfare while Pankaj Kumar Singh will head Health & Family Welfare and Transport.

Mishra will once again head Art & Culture, Language, Tourism, which he did when he was in the AAP government. He also gets charge of Law & Justice and Labour departments.

After the swearing-in ceremony, Gupta took charge at the Delhi Secretariat around 3 pm. Accompanying the Council of Ministers were BJP state incharge and BJP national vice president Baijayant Panda, Delhi BJP president Virendra Sachdeva, MPs Harsh Malhotra, Kamaljeet Sehrawat, Bansuri Swaraj and Ramvir Singh Bidhuri.

Gupta said the BJP government will not waste even a single day during its tenure and will work on a war footing to fulfill the promises made to the people of Delhi.

"Everyone is welcome in this room... The CM office will always be open for people," she said.

The BJP ended AAP's 10-year rule in the city, returning to power in Delhi after 27 years.

Also on the new government's agenda are announcements of a project regarding the cleaning and beautification of the Yamuna and repairing arterial roads.

Before the meeting, the Council of Ministers went to Yamuna's Vasudev Ghat for the evening aarti.

Later, Sirsa said, "We will fulfill all promises made in the manifesto... *Yeh sarkar bahane banane ke liye nahi bani hai* (This government has not been elected to make excuses)... We will transform the Yamuna to a clean tourism and riverfront destination."

The Indian Express • 21 Feb • Ministry of Ayush

Punjab to screen residents above 30 for diabetes, hypertension, 3 common cancers

6 • PG | 96 • Sqcm | 84930 • AVE | 175.5K • Cir | Middle Center

Chandigarh

Punjab to screen residents above 30 for diabetes, hypertension, 3 common cancers

EXPRESS NEWS SERVICE
CHANDIGARH, FEBRUARY 20

TO DETECT lifestyle and fatal diseases early, Punjab government will be screening the residents above 30 years for non-communicable diseases.

Punjab Health and Family Welfare Minister Dr Balbir Singh on Thursday, launched a population-based initiative for the prevention, control and screening of common non-communicable diseases (NCDs), across the state.

Dr Balbir Singh said that persons over 30 years of age are being targeted for their screening for the common NCDs including diabetes, hypertension and three common cancers— oral, breast, and cervical. Screening for these common NCDs and cancers is an integral part of service delivery under the National Program for Control of Non-Communicable diseases, he said. He said that screening will be done at Primary Health Centres, Aam Aadmi Clinics/Ayushman Arogya Kendras, Community Health Centres, District Hospitals, Sub-division hospitals in both rural and urban areas by trained healthcare workers including ASHA, ANM, and MPWs.

The Health Minister said that today's launch is in concurrence with the nationwide launch of screening program targeting individuals aged 30 and above, focusing on early detection of common NCDs through population-based screening at primary healthcare facilities. This campaign will conclude on March 31.

He said that the aim of this special campaign is to ensure the well-being of the citizens by conducting screening for early diagnosis and ensuring timely treatment of non-communicable diseases. He emphasised that non-communicable diseases are generally long-term diseases which take time to recover, and continuous and timely screening of such diseases is very crucial.

The Indian Express • 11 Feb • Ministry of Ayush

Ayushman Bharat, women aid, Yamuna river front top BJP's agenda in Capital

16 • PG | 232 • Sqcm | 205230 • AVE | 175.5K • Cir | Top Right

Chandigarh

Ayushman Bharat, women aid, Yamuna riverfront top BJP's agenda in Capital

MALLICA JOSHI, JATIN ANAND & GAYATHRI MANI
NEW DELHI, FEBRUARY 10

ADOPTING THE Ayushman Bharat Scheme, getting the ball rolling to give women Rs 2,500 financial aid per month and an announcement on the beautification of the Yamuna riverfront and floodplains figure at the top of the BJP's agenda in Delhi, according to sources.

With the party defeating the AAP in the Assembly elections, work to implement the first two is already underway as the plans are ready, and will only need a few tweaks, officials said. The third — the Yamuna beautification project — is likely to be an announcement that will be high in "visual value", *The Indian Express* has learnt.

Over the past year, Lieutenant-Governor V K Saxena as well as the bureaucracy had written to the Chief Minister and Health Minister several times with a plan to adopt the Centre's flagship health insurance scheme.

In January last year, Saxena wrote to then Chief Minister Arvind Kejriwal, urging him to implement the Ayushman Bharat Scheme soon. In December, the Delhi High Court directed the AAP government to sign an MoU with the Union Ministry of Health and Family Welfare to implement the Pradhan Mantri Ayushman Bharat Health Infrastructure Mission (PM-ABHIM). The AAP government filed a plea in the Supreme Court against the order and it was stayed.

"Now that there will be no objection from the elected government, the insurance scheme as well as the infrastructure schemes will be implemented very quickly. The officers already have the drafts ready as they were trying to convince the AAP government to implement them," an official said.

Also, the previous AAP government's last Cabinet meeting passed a scheme to give women Rs 1,000. This will require only a few tweaks to implement the BJP's promise of Rs 2,500 financial aid per month to women, officers said.

The Yamuna beautification project, which has been under discussion for at least a decade now, is trickier. "The L-G had announced in 2023 that the Millennium Bus Depot, which is built on the floodplain, will be redeveloped along the lines of the Sabarmati waterfront. That project is expected to be revived since it is achievable in a relatively short time and planning is already at an advanced stage," a source said.

Apart from these, visible push to tangible urban development is likely to be a priority area, alongside the implementation of the Pradhan Mantri Awas Yojana to rehabilitate slum dwellers, according to party sources.

Large projects likely to be announced are the procurement of 10,000 buses to replace the ailing DTC's fleet and a plan to overhaul the city's road infrastructure.

Apart from filling of potholes, a comprehensive review of the road infrastructure – identification of dark spots with an emphasis on women safety, traffic bottlenecks and areas deficient in parking spots -- could feature in the urban push, said a senior party leader.

"The Ayushman Bharat scheme, Yamuna cleaning, financial assistance to women and a more efficient transport system are priorities. The process to induct new buses will start... These are four schemes that will be taken up immediately after forming the government and will be passed in the first Cabinet meeting of the BJP government. Other routine works such as repairing works will be taken up and also these are routine repairs which should have been done by the previous government," said a senior BJP leader.

The Indian Express • 08 Feb • Ministry of Ayush

Rs500-cr dues of private hospitals not cleared, AAP misusing Ayushman funds

13 • PG | 124 • Sqcm | 109308 • AVE | 175.5K • Cir | Middle Center

Chandigarh

'₹500-cr dues of private hospitals not cleared, AAP misusing Ayushman funds'

EXPRESS NEWS SERVICE
CHANDIGARH, FEBRUARY 7

THE LEADER of Opposition (LoP) in the Punjab Assembly, Partap Singh Bajwa, Thursday accused the AAP-led Punjab government of misusing the funds under the Ayushman Bharat scheme.

It has been more than four months since the Punjab and Haryana High Court had asked the AAP government to furnish details of the expenses incurred on advertising and purchase of new vehicles. However, the government has failed to comply with the directions of the HC. The HC was hearing a petition about the non-release of funds under the Ayushman Bharat scheme.

"There are fair chances that the AAP government misused the funds. Instead of clearing the dues of over Rs 500 crore of the private hospitals registered under the Ayushman Bharat Scheme, the government misutilised the funds perhaps on other things, including advertisements, purchasing new vehicles and renovation of the houses of ministers and MLAs," Bajwa said.

The LoP said that private hospitals in the state have suspended treatment to patients under the Ayushman Bharat scheme. "The private hospitals had claimed that their dues were not cleared by the state government," he said. "The government even failed to comply with the HC directions."

Under this scheme, cashless and paperless treatment is available at government and some private hospitals. Initially, it was the Union Government's programme in which 16.65 lakh families were covered. But in 2022, the then Congress government decided to extend the scheme to families of farmers and those who are not covered under any health scheme, thereby adding 22.12 lakh more beneficiary families.

"By not clearing the dues of the hospitals, the AAP government's anti-poor face has been exposed. Meanwhile, the government is reluctant to provide the details about where the funds were spent. The government seems to have a lot to hide,"

The Indian Express • 06 Feb • Ministry of Ayush

Tripura now 'land-linked', peace restored under BJP rule: Shah

12 • PG | 222 • Sqcm | 363656 • AVE | 388.5K • Cir | Top Right

Delhi

Tripura now 'land-linked', peace restored under BJP rule: Shah

DEBRAJ DEB
AGARTALA, FEBRUARY 5

UNION HOME Minister Amit Shah Wednesday said that under the BJP-led government, Tripura has been transformed into a "land-linked state" from a "land-locked" state, significant work was done to end corruption and the Centre signed pacts with outlawed groups to ensure peace.

Shah was virtually addressing from New Delhi an event for distribution of offers of appointment to candidates in different posts of allopathy, homeopathy and ayurvedic pharmacists, laboratory technicians and Multi Tasking Staff (MPW).

He said, "One might wonder how 2,800 youths getting jobs would change an epoch. Let us remember that some time back, when the Communist party ruled here, it was very important to join the Communist cadre force. Only then, one could get a job. On the contrary, Tripura Chief Minister Dr Manik Saha has given 2,806 youths government jobs without any partisan attitude, corruption, recommendation or any bias and has given them the opportunity to join the state's development journey".

"Once upon a time, Tripura was known as a land-locked state. Today, it is known as a land-linked state," he said.

"For overall development, Tripura is now connected through airways, land, rail and waterways. After the BJP came to power in Tripura, the government has worked to end corruption and unrest. PM Narendra Modiji's government, Modiji himself, the Union and state governments are fully committed towards Tripura's welfare," the Union home minister said.



Union Home Minister Amit Shah

Terming the appointments a new beginning in the lives of the youths, the minister said, "As soon as they get the offer letters, they are part of Modiji's Viksit Tripura, Viksit Bharat", and appreciated the Tripura Public Service Commission, Teachers Recruitment Board, Joint Recruitment Board of Tripura for conducting the recruitment with professionalism and success.

Shah pointed out that in the past 10 years, central ministers have made over 700 visits to the northeastern region.

"Northeast was known for terrorism, infiltration, blockade, drugs, armed trafficking, corruption and national disturbances. Today, it is known for development, connectivity, infrastructure, education, investment and agriculture development," he said.

'Take strong action on terror, infiltration in J&K'

EXPRESS NEWS SERVICE
NEW DELHI, FEBRUARY 5

UNION HOME Minister Amit Shah on Wednesday reviewed the security situation in Jammu and Kashmir again and directed all security agencies "to take more stringent action on infiltration and acts of terror with a ruthless approach", the Ministry of Home Affairs (MHA) said in a statement.

Chairing a high-level review meeting on the security situation in Jammu and Kashmir at his residence, Shah appreciated the efforts of the security agencies in significantly improving all parameters of the security scenario in Jammu and Kashmir.

Shah said the narcotics network is providing support to infiltrators and terrorists. "There is a need to take prompt action against terror funding from the narcotics trade with alacrity and rigour," he said. Shah also asked all the agencies to step up the fight against terrorism by aiming for the 'zero infiltration' goal. "The government under the leadership of Prime Minister Narendra Modi is committed to completely wipe out terrorism from J&K. It should be our goal to uproot the existence of terrorists," he said, adding that the terrorism ecosystem in J&K has significantly weakened.

The Indian Express • 05 Feb • Ministry of Ayush

87.94 lakh Ayushman cards created in Punjab, Govt tells Rajya Sabha

13 • PG | 91 • Sqcm | 80832 • AVE | 175.5K • Cir | Middle Center

Chandigarh

87.94 lakh Ayushman cards created in Punjab, Govt tells Rajya Sabha

New Delhi: A total of 87.94 lakh Ayushman cards have been created in Punjab, including Vay Vandana cards, till January 30 this year, Union Health Minister J P Nadda told the Rajya Sabha on Tuesday.

Responding to a question, Nadda said 57.96 crore have been released to Punjab under under Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) in 2023-24 and the entire amount was utilised.

In 2022-23, Rs 111.38 crore was released and the entire amount was utilised, he added.

As of January 29, 2025, 771 hospitals were empanelled under AB-PMJAY, which includes 553 private hospitals in Punjab, the minister said. "The funding of AB-PMJAY is entirely demand-driven. The NHA releases funds for scheme implementation to the states and UTs on the basis of the actual demand received from them.

"There are no states and UT-wise allocation of funds. As per the defined process, they are required to furnish a utilisation certificate of previously received funds prior to every new fund release," Nadda said. The AB-PMJAY is a flagship scheme that provides health cover of Rs. 5 lakh per family per year for secondary and tertiary care hospitalisation to approximately 55 crore beneficiaries or 12.37 crore families, constituting the economically vulnerable bottom 40 per cent of India's population. PTI

The Indian Express • 05 Feb • Ministry of Ayush

Ayushman scheme, awareness, facilities aiding timely cancer care in India: Study

2 • PG | 148 • Sqcm | 130730 • AVE | 175.5K • Cir | Top Left

Chandigarh

Ayushman scheme, awareness, facilities aiding timely cancer care in India: Study

ANONNA DUTT
NEW DELHI, FEBRUARY 4

BETTER knowledge, and healthcare facilities have helped reduce delay in starting cancer treatment in India, and this trend has been observed more among people enrolled under the Centre's flagship Ayushman Bharat programme, according to a recent study published in the *Lancet* journal.

According to the report, timely initiation of cancer treatment increased by 36% across the population, but it increased by a massive 90% among those covered by the insurance scheme after 2018.

The Ayushman Bharat scheme, which provides health cover to the poorest 40% of the population, was rolled out in 2018. "Today is World Cancer Day. Study published by Lancet shows that under AB PM-JAY, timely cancer treatment initiation improved significantly! Patients enrolled saw a 90% rise in access to cancer treatment within 30 days. Delays reduced and financial burden eased — a game-changer for India's healthcare," Union Health Minister J P Nadda posted on X.

While appreciating the government's health safety net, the study, which looked at data of nearly 6,700 cancer patients, made a strong case for a need to increase cancer care facilities such as radiotherapy machines. The highest delay in treatment initiation was for radiotherapy, followed by chemotherapy and surgery, it said. This "is an important argument for strengthening public healthcare infrastructure for provision of radiotherapy to cancer patients in India as well as inclusion of cost-effective chemotherapeutic agents in" Ayushman Bharat, the study said.

It said there were an estimated 779 radiotherapy machines across the country, which was short of the required numbers. Most high-income countries have 4 machines per 10 lakh population, while WHO recommends at least 1 machine per 10 lakh population. By this standard, India would need between 1,350 and 5,000 radiotherapy machines, the study said.

For the study, the researchers compared people who initiated treatment on time (within 30 days) to those who didn't. They found that timely treatment was started among patients under the age of 30 (77%), those who were more educated (70.2%), and those covered under some scheme (69%). Nearly 40% of the study participants were not covered by any scheme. Those with higher income were also less likely to delay treatment, the study said.

The Indian Express • 02 Feb • Ministry of Ayush

Battling cancer closer home: Daycare centres in all district hospitals in 3 years

12 • PG | 852 • Sqcm | 753645 • AVE | 175.5K • Cir | Top Left

Chandigarh



Focus on healthcare

Patients at Lok Nayak Hospital in New Delhi. Union Finance Minister Nirmala Sitharaman in her Budget speech on Saturday said that Viksit Bharat encompasses, among other things, access to high-quality, affordable, and comprehensive healthcare. *Praveen Khanna*

NO CUSTOMS DUTY ON 36 LIFESAVING DRUGS FOR CANCER, OTHER RARE DISEASES

Battling cancer closer home: Daycare centres in all district hospitals in 3 years

ANONNA DUTT & ANURADHA MASCARENHAS

UNION FINANCE Minister Nirmala Sitharaman Saturday announced the establishment of daycare centres for cancer treatment at district hospitals, a major initiative that aims to improve access to essential cancer treatment at the district level and ease the burden on large tertiary care hospitals in metropolitan cities.

She also announced that 36 lifesaving drugs for cancer, rare diseases and chronic illnesses will be exempted from customs duty. Six others will be charged a reduced duty of 5%. Most of these life-saving drugs are monoclonal antibodies or inhibitors designed to block specific proteins or enzymes. Also included are cancer drugs such as entrectinib for lung cancer and pertuzumab for breast cancer. Customs duty on bulk drug purchases for manufacturing these medicines will also be nil or charged at a concessional rate.

"Our government will facilitate the establishment of daycare cancer centres in all district hospitals over the next three years. Two hundred centres will be set up in 2025-26," Sitharaman said.

Cancer daycare centers typically provide chemotherapy, administer essential medications, perform minor procedures such as biopsies and manage complications.

The decision to set up these centres has significant implications. First, cancer cases are on the rise in India, with one in nine likely to develop the disease in their lifetime. According to Global Cancer Observatory data for 2022, the most common cancers among men are oral cavity, lung and esophageal cancer. Breast, cervical and ovarian cancer are the most prevalent among women.

Second, as cancer cases continue to increase, these daycare centers will enhance access to critical treatments at the district level — India has a network of at least 759 district hospitals that serve as crucial access points for tertiary healthcare at the district level. This is particularly beneficial for rural people, who will no longer need to travel to large cities where treatment costs are significantly higher.

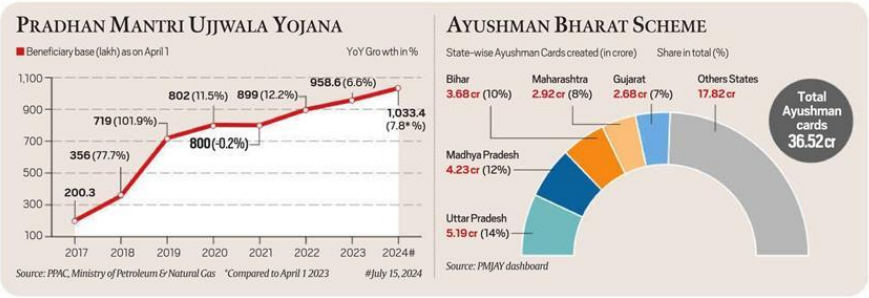
"District hospitals are well-suited for delivering chemotherapy treatment. Traveling long distances for these treatments is not ideal. The most complex cancer treatments will continue to be provided at hospitals with super-specialty facilities. However, a daycare center at district level would serve as a facility where nurses can safely administer chemotherapy under the supervision of physicians," said Dr Sudeep Gupta, Director of Tata Memorial Centre in Mumbai.

While experts welcomed government's intent to bring cancer care closer to people's homes, they highlighted specific challenges that need to be addressed. "Many district hospitals currently do not offer biopsy services, even for in-patients. In fact, there are some medical colleges in the country that do not provide any cancer treatment at all. There is a need to address this gap so that we can offer these services at a day-care centre," said Dr Abhishek Shankar, an oncologist at AIIMS Delhi.

Beyond infrastructure limitations, there may also be challenges related to patient trust and demand. "People travel to major centres like AIIMS Delhi because they trust that they will receive proper care from skilled doctors. For these district-level centres to succeed, the government will need to build trust in the system so that patients feel confident seeking treatment there instead of traveling to cities like Delhi and Mumbai," said Dr Shankar.

Dr Shyam Agarwal, chairperson of medical oncology at Sir Ganga Ram Hospital, highlighted the need for trained doctors to staff these centres. "While daycare centres can deliver 70-80% of cancer treatment and reduce travel for chemotherapy, trained medical and surgical oncologists are essential to administer drugs and perform biopsies, as well as manage potential side effects."

Sitharaman said that 37 new medicines and 13 patient assistance programmes will be exempt from customs duty. "Specified drugs and medicines under Patient Assistance Programmes run by pharmaceutical companies are fully exempt from (Basic Custom Duty), provided the medicines are supplied free of cost to patients," she said.



The Indian Express • 02 Feb • Ministry of Ayush

Chandigarh receives Rs6,983.18 crore for 2025-26 up by 7.21% from last fiscal

4 • PG | 492 • Sqcm | 435779 • AVE | 175.5K • Cir | Top Left

Chandigarh

UNION BUDGET

Chandigarh receives ₹6,983.18 crore for 2025-26 — up by 7.21% from last fiscal

UT Administration had sought Rs 7,900 crore for the financial year 2025-26 but received Rs 916.82 crore less

HINA ROHTAKI
CHANDIGARH, FEBRUARY 1

CHANDIGARH received a budgetary allocation of Rs 6,983.18 crore for 2025-26, an increase of 7.21 per cent (Rs 469.56 crore) over Rs 6,513.62 crore last fiscal 2024-25, from the Central Budget presented by Union Finance Minister Nirmala Sitharaman on Saturday.

The Chandigarh Administration had sought Rs 7,900 crore for 2025-26 but received Rs 916.82 crore less.

Of Rs 6,983.18 crore for 2025-26, Rs 6,185.18 crore marked under the revenue head and Rs 798 crore under the capital head.

Of Rs 6,513.62 crore in 2024-25, Rs 5,858.62 crore was under the revenue head and Rs 655 crore under the capital head. However, in 2024-25, the budgetary allocation for Chandigarh was increased by Rs 426.52 crore (about 7.01 per cent) over Rs 6,087 crore in 2023-24.

The allocation in 2023-24 was up by 13 per cent, i.e., Rs 704.13 crore, over the previous fiscal 2022-23.

In the current budget, Rs 1,206.36 crore was allocated to the education sector, Rs 987.37 crore to the healthcare, Rs. 984.85 crore to the energy sector, Rs 958.79 crore to the police department, Rs 884.31 crore to housing and urban development, Rs 445.84 crore to the transport department and other sectors Rs 1,515.66 crore.



At the Confederation of Indian Industry headquarters in Chandigarh, Saturday. *Kamleshwar Singh*

Projects with various departments

Road and transport: The purchase of new buses, replacement of condemned buses, computerisation of the Chandigarh Transport Undertaking, construction of a link road, and purchase of video coach buses for intercity transport.

Health services: Upgrading the 50-bed Community Health Centre to a 250-bed hospital, strengthening of 50-bed Poly Clinic, rural and urban subsidiary health centres, Employees State Insurance Scheme, and other health care schemes, AYUSH Homeopathy and Ayurveda, construction of regional trauma centre, mental health institute, and Government Rehabilitation Institute for Intellectual Disabilities.

Urban development: Provision for land acquisition and survey, construction and other infrastructure development, urban roads, stormwater drainage, electrification, IT Park, civic works, machinery and equipment, research works, dam across Sukhna Lake and 24x7 water supply pan city etc.

Education: Modernisation and purchase of equipment, infrastructure development for NCC, providing amenities/services, graduate courses and modernisation and construction of new polytechnic, government polytechnic for women and Industrial Training Institute.

Power and renewable energy: Transmission and distribution of power, new and renewable energy sources, and promotion of model solar city programme.



Criticising the Union Budget, Chandigarh MP Manish Tewari said, "It is unfortunate that there is nothing at all for Chandigarh in the Union Budget. The total outlay has gone from Rs 5,838.66 crore in 2024-25 to Rs 6,187.48 crore in 2025-2026, barely covering inflation. The annual inflation stands at 5.22 per cent."

"The entire northern region comprising Jammu & Kashmir, Haryana, Himachal Pradesh, Punjab and the Union Territory of Chandigarh has drawn a blank in the Union Budget. There is nothing for the farmers protesting on the borders of Punjab and Haryana," Tewari said.



However, hailing the budget, Chandigarh Mayor Harpreet Babla said, "I am delighted that the Vikshit Bharat Budget 2025-26 prioritises 'Sabka Vikas' with key reforms, including a Rs 12 lakh tax exemption, Rs 10,000 crore allocation for agriculture under the PM Dhan-Dhaanya Krishi Yojana, enhanced MSME credit, and strategic investments in AI, healthcare and infrastructure. Appreciation to PM Narendra Modi and Finance Minister Sitharaman for this forward-looking and inclusive budget."



Asserting that the budget offers "no substantive relief to the people or increased allocations for Chandigarh", Chandigarh Congress president HS Lucky said, "The budget fails to address critical issues such as unemployment, poverty, and inflation. There has been no creation of new jobs, nor any new projects or allocations for infrastructure development. Furthermore, the healthcare and education sectors have been entirely overlooked."

"The budget does not provide for an enhanced investment in the Smart City initiative. This glaring regional imbalance is evident. Moreover, the proposed increase in the income tax threshold is belated and will only benefit a limited segment of the population," the city Congree chief said.

The Indian Express • 02 Feb • Ministry of Ayush

Rs9k cr booster for health, gig workers to get PMJAY cover

12 • PG | 329 • Sqcm | 291151 • AVE | 175.5K • Cir | Top Right

Chandigarh

SLEW OF RELIEF MEASURES

₹9k cr booster for health, gig workers to get PMJAY cover

Another 10,000 medical seats to be added over the next year, says Sitharaman

ANONNA DUTT
& ANKITA UPADHYAY

THE TOTAL outlay for health in this year's Budget has increased by over ₹9,000 crore, with the increase going to several of the government's key programmes such as its mission to increase infrastructure, Ayushman Bharat, as well as allocation for AIIMS Delhi.

The total outlay for Union Health Ministry has increased to ₹95,957.8 crore from the previous year's revised estimate of ₹86,582.5 crore.

Meanwhile, Union Finance Minister Nirmala Sitharaman announced Ayushman Bharat coverage for 1 crore gig workers.

"Gig workers of online platforms provide great dynamism to the new-age services economy. Recognising their contribution... They will be provided healthcare under the PM Jan Arogya Yojana. This measure is likely to assist nearly 1 crore gig workers," Sitharaman said in her Budget speech.

Gig workers are those who undertake short-term or project-based jobs, employed often by online platforms such as Swiggy, Blinkit and Amazon, among others. Last year, the government expanded the coverage of the flagship health scheme to all citizens over the age of 70 years, irrespective of their economic status.

The allocation for the scheme increased by ₹2,106 crore as per the Budget documents.

"At least people in formal employment are covered by employment health insurance schemes. So it's important that gig workers, who are vulnerable to several health problems, particularly since they work under stressful conditions and quite often extreme weather conditions, be provided some health cover. It is part and parcel of extending the ambit of universal health coverage, which is in a state of evolution, but adding one more section is always helpful in providing coverage," said Dr Srinath Reddy, former president of the Public Health Foundation of India.

It's important that gig workers, who are vulnerable to several health problems, particularly since they work under stressful conditions and quite often extreme weather conditions, be provided some health cover

NIRMALA SITHARAMAN
UNION FINANCE MINISTER

More medical seats

Another significant announcement for the health sector was the increase in the number of medical seats. Sitharaman Saturday announced that another 10,000 medical seats would be added over the next year, gearing towards the goal of increasing the number of medical seats by 75,000 over the next five years.

There has been a massive jump in the number of medical seats over the last decade. The number of MBBS seats has increased from 51,384 before 2014 to 1,12,112 in 2024 and the number of PG seats has increased from 31,185 to 72,627.

This increase, however, has led to other challenges. Even as the national medical education regulator has been working on tightening staffing norms, colleges have been grappling with severe staff shortage. The geographical distribution of medical seats has also been skewed with some places like Karnataka and Puducherry having more than their required share. This had prompted the regulator National Medical Commission to bring in a norm of 100 MBBS seats per 10 lakh population. The norm was later put on hold when some states said they had exceeded the numbers, but with respect to private colleges and not government ones. These issues were raised even in the economic survey released Friday.

Saturday's Budget also saw an increase of ₹1,000 crore allocation under the PM Ayushman Bharat Health Infrastructure Mission (PM-ABHIM), increasing from ₹3,200 crore to ₹4,200 crore.

This mission was launched during the Covid-19 pandemic to strengthen health infrastructure at all levels, construction of health and wellness centres, diagnostic laboratories, and critical care blocks.

The budget for AIIMS Delhi was increased from ₹5,000 crore (revised estimate for 2024-25) to ₹5,200 crore.

The Morning Standard • 28 Feb • Ministry of Ayush

Fit Bit

2 • PG | 606 • Sqcm | 290853 • AVE | 300K • Cir | Middle Right
Delhi

FITBIT

PHALAKASANA HASTA VIMANASANA AERIAL

(PLANK POSE AIRPLANE ARMS AERIAL)

This intermediate-level standing/ toe-balancing pose is a variation of the base pose Plank Pose Aerial. In the variation, the body is leaned forward in the Aerial Plank Pose, and the arms are stretched out in the Airplane Pose. This engages the shoulders and upper back muscles more, requiring greater stabilisation throughout the entire body. The open arms create a sense of expansion and openness in the chest, promoting better breathing and posture.

STEPS

- Start setting up your aerial hammock to hang securely from the ceiling, adjusting it to hip height.
- Stand by facing the hammock and hold the fabric with both hands.
- Keep the fabric before your hips and step back to create tension. Wrap the fabric over your shoulders and under your armpits, ensuring it rests securely across your upper back and chest.
- You can adjust the fabric to feel snug but comfortable, providing support as you move into the pose and distribute your weight evenly as you lean forward.
- Lean forwarding the hammock allows it to support your chest and hips. Hold the fabric firmly and keep your arms straight, and extended in front of you.
- Extend your legs behind you, coming onto your toes, your body forms a straight line from head to heels. This is the starting position, similar to the Plank Pose Aerial.
- Inhale, engage your core and slowly lift your arms to the sides, creating a t-shape with your body. Keep your palms facing down and arms parallel to the ground. Arms should be in the Airplane Pose.
- Maintain a steady breath while holding it. Inhale deeply through the nose, feeling the expansion of the chest, and exhale slowly, engaging the core further.
- Gaze slightly forward, maintaining a neutral neck alignment. Ensure your body stays straight and strong, with the hammock providing support. Hold in this position for six breaths.
- Bring your arms back, and come out of the pose. Walk your feet forward to release the tension on the hammock and slowly stand up.
- Take a few deep breaths and relax in the Three Part Breath Mountain Pose for three to four breaths before moving on to the next pose.

BENEFITS

- Aerial hammock alleviates pressure on the wrists and shoulders, making the pose gentler on the joints.
- Beneficial for individuals with joint issues.
- Suspension requires the core muscles to work harder to maintain stability and balance.
- Helps in building a stronger and more resilient core.
- Slight movements of the hammock help improve body awareness and coordination.
- Enhanced proprioception can improve overall balance and agility in daily activities.



LIMITATIONS

- People with recent shoulder, wrist, arm, back, spinal, abdominal, or any other injuries, severe asthma or chronic obstructive pulmonary disease (COPD), lack of upper body strength, weak core muscles, and overall physical weakness, high blood pressure or heart conditions, risk of imbalance and strain on the abdomen, vertigo or other balance disorders, dizziness or falls, severe anxiety or fear of heights, avoid this pose.

— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Morning Standard • 27 Feb • Ministry of Ayush

Fit Bit

4 • PG | 637 • Sqcm | 305676 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

SUKHASANA HUGS AND TWIST

(EASY POSE HUGS AND TWIST)

This pose is a variation of the Bear Hug Stretch Pose but with an added shoulder twist. It can be practised as a warm-up for the shoulders or as a cool-down routine after intense arm balance sequences. Easy Pose Hugs helps open and stretch the rhomboid muscles, improving posture, flexibility, and shoulder mobility. Since it is performed in Sukhasana (Easy Pose), it is also suitable for senior yoga sequences, offering the same benefits while ensuring comfort. This pose is considered a warm-up for more intense yoga flows.

STEPS

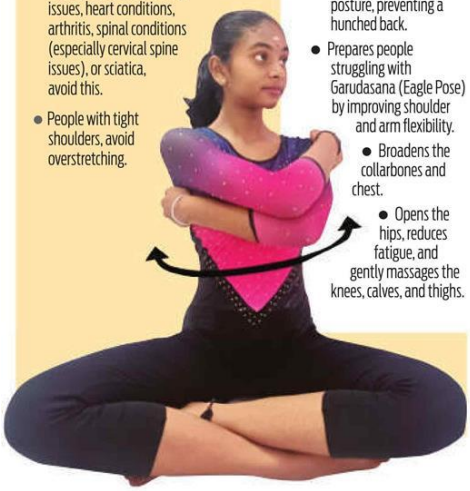
- Sit in Sukhasana (Easy Pose). Inhale, open your arms to the sides at shoulder level, keeping them parallel to the floor.
- Exhale, bring your right arm across your front body, placing the right hand over the left shoulder blade. Then, bring your left arm across your front body, placing the left hand over the right shoulder blade.
- Hug your arms tightly around the rib cage, crossing them with the right arm over the left. Inhale deeply, pulling yourself into the hug.
- Once comfortable, begin twisting from left to right. Coordinate the movement with your breath.
- Repeat six times on each side. Exhale, return to the centre, release your arms, and sit up in Sukhasana, taking deep breaths.
- Repeat the sequence, this time crossing the left arm over the right and twisting for another six rounds on each side.
- Finally, release the pose and relax.

BENEFITS

- Stretches the upper back and shoulder blades.
- Strengthens and improves the range of motion of the rhomboid muscles.
- Relieves frozen shoulders, muscle tension, stiffness, or soreness – especially after heavy workouts.
- Serves as a cool-down pose for athletes, including gym-goers, swimmers, and rock climbers.
- Helps ease shoulder, neck, and arm tension, making it beneficial during breaks from desk work or before bed.
- Reduces stress, anxiety, and mental fatigue, promoting relaxation.
- Helps prevent sleep-disrupting cramps.
- Beneficial for senior citizens, improving shoulder mobility and maintaining upper spine posture, preventing a hunched back.
- Prepares people struggling with Garudasana (Eagle Pose) by improving shoulder and arm flexibility.
- Broadens the collarbones and chest.
- Opens the hips, reduces fatigue, and gently massages the knees, calves, and thighs.

LIMITATIONS

- People with injuries in the knees, shoulders, arms, elbows, wrists, neck, upper back, chest, rib cage, or abdomen, or breathing issues, heart conditions, arthritis, spinal conditions (especially cervical spine issues), or sciatica, avoid this.
- People with tight shoulders, avoid overstretching.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 27 Feb • Ministry of Ayush

I want to start hula hooping: What should I keep in mind

4 • PG | 281 • Sqcm | 135053 • AVE | 300K • Cir | Middle Center
Delhi



MISS-FIT

Wanitha Ashok

The expert is a Fit India Movement ambassador and celebrity fitness coach

I want to start hula hooping. What should I keep in mind?

Hula-hooping burns calories while providing fun. It helps develop core strength and improve coordination, but remember great abs are made in the kitchen and there is no spot reduction. What works for slimming your waist is being in a calorie deficit, total body strength training, and core exercises teamed with a balanced diet.

ASK AN XPERT

- When choosing the hoop, opt for a one/two kg hoop. It's easier to manage, provides resistance for your core muscles, and is ideal for beginners. You can choose either the lightweight plastic hoops or metal hoops.
- The diameter of the hoop should be right for your body.
- Before starting the session, warm up for 10 minutes. Maintain good posture. Keep your core muscles activated by drawing your belly button towards your spine.
- Start with 10-15 minutes and build your routine. Sip water in between. This alone will not help tone your midsection and improve core strength, incorporate core exercises too.

The Morning Standard • 26 Feb • Ministry of Ayush

Fit Bit

2 • PG | 616 • Sqcm | 295466 • AVE | 300K • Cir | Middle Right
Delhi

FITBIT

TADASANA STRETCHED OUT HANDS (MOUNTAIN POSE STRETCHED OUT HANDS)

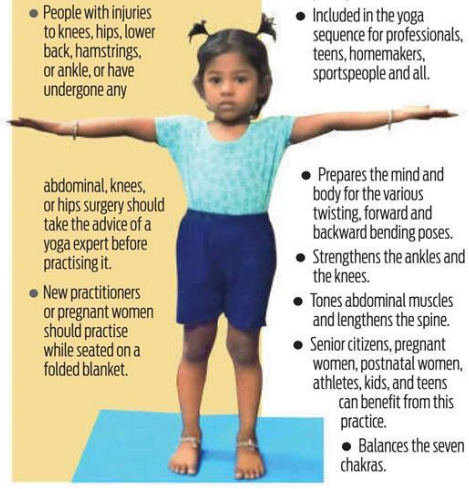
It is commonly practised to stretch and open the shoulders, chest, upper back, side torso, and arms, strengthening them. It strengthens the deltoids, rotator cuff muscles, and scapular stabilisers. Furthermore, extending the arms sideways engages the core muscles, including the rectus abdominis, obliques, and transverse abdominis.

STEPS

- Start in Tadasana Variation Feet Hip Wide.
- Roll the shoulders back. Take a few deep breaths here. Relax, and balance body weight equally on your feet.
- Inhale and lift your arms. Keep them parallel to the floor with palms facing upward.
- Feel a gentle external shoulder rotation as the palms turn upward.
- Keep your shoulders relaxed, allowing the shoulder blades to slide back, creating space between the ears and shoulders.
- Ground your feet. Stay here for six breaths.
- Slowly release and return to the original position. Take a moment to notice the effects of the pose on your energy and state of mind.
- Finally, relax in Tadasana Palms Facing Forward while taking deep breaths.

LIMITATIONS

- People with arthritis in the knees, hips, and feet, or senior citizens suffering from sciatica, BP, slipped disc, spinal issues, weak digestion, backache, or knee pain, avoid this practice.
- People with injuries to knees, hips, lower back, hamstrings, or ankle, or have undergone any abdominal, knees, or hips surgery should take the advice of a yoga expert before practising it.
- New practitioners or pregnant women should practise while seated on a folded blanket.



BENEFITS

- Reduces lower back, neck, and shoulder tension.
- Included as a warm-up pose in therapeutic and restorative yoga.
- Engages the muscles around the shoulders.
- Improves overall coordination, making it easier to perform arm and shoulder activities.
- Spine is lengthened and strengthened.
- Helps kids and teens keep calm, steady, and capable of accessing their thoughtful brain.
- Improves breathing and impacts stability and balance.
- Aids to achieve a mind-body connection.
- Avoids slouched or hunched back.
- Increases the blood supply to the digestive and reproductive systems.
- Facilitates meditation and pranayama sessions.
- Included in the yoga sequence for professionals, teens, homemakers, sportspeople and all.
- Prepares the mind and body for the various twisting, forward and backward bending poses.
- Strengthens the ankles and the knees.
- Tones abdominal muscles and lengthens the spine.
- Senior citizens, pregnant women, postnatal women, athletes, kids, and teens can benefit from this practice.
- Balances the seven chakras.

By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 25 Feb • Ministry of Ayush
FIT BIT
2 • PG | 604 • Sqcm | 289956 • AVE | 300K • Cir | Middle Right
Delhi

FITBIT

SITTING TWIST POSE ON CHAIR HAND ON FLOOR

This chair yoga twist offers a balance of accessibility and effectiveness. It is ideal for beginners or individuals with injuries, weakness, or limited mobility. The use of a chair provides stability, allowing people to explore balancing poses with confidence. This pose can be included in yoga sequences for individuals with special needs, trauma-sensitive practitioners, and seniors.

STEPS

- Release from Cobra Pose on the chair and relax. Align yourself into Chair Mountain Pose.
- Inhale, take the right foot behind the left and bring the right hand down to the floor.
- Exhale, lift your head into the Sitting Twist Pose on the chair with one hand on the floor. Move your neck dynamically – lower as you exhale and stretch upward as you inhale. Repeat for six breaths or as per your capacity while staying on the right side.
- Alternatively, hold the position with the head and neck raised for six breaths. Choose the variation that suits you best, avoiding overstretching or discomfort.
- Release and repeat on the other side, holding or flowing dynamically for six breaths.
- Finally, relax in the Three-Part Breath on the chair.

BENEFITS

- Provides a deep stretch to the upper body.
- Improves balance and strengthens the legs, arms, shoulders, core, and lower back.
- Relieves upper body tension, back pain, and stiffness in the neck, shoulders, arms, and upper back.
- Enhances blood circulation to the spine and helps detoxify the body.
- Opens the psoas, reducing lower back strain and improving spinal alignment.
- Can aid in managing back conditions (not acute), including muscle sprains, strains, and sciatica pain.
- Supports respiratory health, benefiting individuals with asthma and bronchitis.
- Offers relief for conditions such as herniated discs, urinary incontinence, fibromyalgia, osteoporosis, and rheumatoid arthritis.
- Enhances endurance in lateral stretches for intermediate students.
- Helps advanced students cultivate steadiness (sthira) and ease (sukha), activating the Sacral Chakra.
- Boosts energy levels in teens and can be incorporated into yoga sequences for children.
- Alleviates menstrual discomfort.
- Aids individuals who spend prolonged hours sitting at desks or working on computers.

LIMITATIONS

- Avoid if you have injuries in the arms, neck, shoulders, rib cage, spine, or lower back, or if you have recently undergone abdominal, shoulder, or hip surgery.
- Not recommended for individuals with high/low blood pressure, heart ailments, severe digestive issues (such as IBD), or advanced cervical spondylitis.
- Pregnant women and those recovering from diastasis recti should avoid this pose.
- People with weak bone structure, acute tailbone, lower back, or hip pain should practise cautiously under expert guidance.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 25 Feb • Ministry of Ayush
Textile, tourism & tech to drive country's development: Modi...
8 • PG | 712 • Sqcm | 341584 • AVE | 300K • Cir | Top Left
Delhi

■ 'Viksit MP vital in Viksit Bharat journey': Modi says state a top investment hub

Textile, tourism & tech to drive country's development: Modi...

ANURAAG SINGH @ Bhopal

PRIME Minister Narendra Modi said on Monday that textile, tourism and technology -- three Ts -- will be the key drivers of India's developed future as the sectors will create crores of new jobs.

Inaugurating Madhya Pradesh's Global Investors Summit-2025 (GIS-25) in Bhopal, Modi said India, with rich tradition, skills, and entrepreneurship in textiles, is the second-largest producer of cotton, silk, polyester and viscose.

"MP being the cotton capital of India contributes around 25 per cent of the country's organic cotton supply and is the largest producer of mulberry silk. The state's Chanderi and Maheshwari sarees have received GI tags. Investments in this sector will significantly help MP's textiles make a global impact," he said.

Modi said technical textiles such as agro-textiles, medical textiles, and geotextiles are being promoted, and a national mission has been initiated for this purpose. He said seven large textile parks were being developed across the country, including one in MP.

The PM said India is enhancing the tourism sector, recalling MP Tourism campaign, 'MP Ajab Hai, Sabse Gajab Hai'. He highlighted the development of tourism infrastructure around the Narmada river and tribal areas of MP. He also spoke about the immense potential for health and wellness tourism. He said the 'Heal in India' mantra is gaining global popularity, and investment opportunities in the health and wellness sector are increasing. "The government is encouraging public-private partnerships in this area. India's traditional treatments and AYUSH are being promoted on a large scale, and special AYUSH visas are being issued," he said.

Underlining the importance of GIS-25, the PM said 'Viksit MP' is necessary in the journey towards 'Viksit Bharat'. "MP is the fifth largest state in India by population and one of the top states for agriculture and minerals. It's also blessed with the life-giving Narmada. MP has the potential to become one of the top five states in India in terms of GDP," Modi said.

"Two decades of BJP rule has focused on governance and ushered in sea change. Two decades back, people were hesitant to invest in MP, but now the state has evolved into one the top investment destinations in the country. The state which once struggled with poor roads is now among the leading states in the country's EV revolution. By January 2025, around two lakh electric vehicles were registered, which demonstrates that MP is becoming an excellent destination for new manufacturing sectors," he said.



MoUs on Day One

MoUs worth over ₹22.5 L cr signed

New investment proposals and pacts hold out promise to create about 13.43 lakh jobs

₹1,20,000 cr between NTPC NGEL (NTPC's Green Energy Limited) and the Madhya Pradesh Power Generation Company Limited

Significant chunk of investments in renewable energy sector

NTPC SIGNED AN MOU FOR ₹80,000 CRORE INVESTMENT IN TWO GREENFIELD POWER PLANTS

Reliance Industries Limited inked a pact for ₹60,000 crore investment to implement Biofuel based projects.

MP headquartered Sagar Group announced ₹2,500 crore investment by 2030

The Morning Standard • 24 Feb • Ministry of Ayush
FIT BIT
2 • PG | 611 • Sqcm | 293089 • AVE | 300K • Cir | Middle Right
Delhi

FITBIT

DHANURASANA BOLSTER ELBOWS ON FLOOR (BOW POSE BOLSTER ELBOWS ON FLOOR)

This is a variation of the base pose, Dhanurasana (Bow Pose). It falls under the category of prone poses with a backbend. This chest and hip-opening variation is part of Iyengar Yoga, where the use of props is encouraged to help achieve poses. In the base pose, the practitioner lifts the legs and raises the upper body to maintain the position. The effort required is greater, and it demands more endurance to keep the torso lifted. In this variation, the bolster under the thighs helps raise the legs higher, and the student can lift the upper body with ease due to the forearm support.

STEPS

- First, keep a bolster ready. Align the body in Advasana Variation Shoulders Raised and relax for a few breaths.
- Slowly turn to one side and slide the bolster beneath the thighs. Align it so that the thighs rest on it. Preferably, the thighs should be hip-width apart.
- Inhale, rest the abdomen on the floor, and align the upper body in the Sphinx position. Keep the shoulders broad and away from the ears, and the head stable with a gaze ahead. Continue breathing.
- Inhale again, lift the legs by bending at the knees, and bring them closer to the upper body with toes pointing inward. Keep breathing, and with every exhale, try lifting the legs higher.
- Release the pose by placing the upper body on the mat while remaining in the prone position, with the forehead resting on the ground. Relax for a few breaths, then slowly turn to one side and remove the bolster.
- Realign in Advasana Variation Shoulders Raised, and finally, relax in Advasana (Corpse Pose).

LIMITATIONS

- People who have recently undergone abdominal or neck surgery, or have injuries to the spine, back, abdomen, legs, or elbows, should avoid this pose.
- Those suffering from high blood pressure, hernia, or ulcer disease should refrain from practising it.
- Senior citizens, pregnant women, and those menstruating should avoid this pose.



BENEFITS

- Acts as a great energy booster and hormone balancer for teenagers.
- Enhances posture and increases flexibility, benefiting athletes.
- Improves awareness and focus (concentration).
- Helps reduce obesity and maintains body balance.
- Controls cortisol levels, reducing the risk of depression.
- Strengthens abdominal muscles and improves overall health.
- Relieves all types of muscle pain, including back pain.
- Helps alleviate acute back pain for women.
- Strengthens leg muscles and stretches the feet and hand muscles.
- Stretches the shoulders, chest, and abdomen.
- Opens the hips and psoas muscles.
- Enhances blood circulation and helps maintain a steady heart rate.
- Stimulates the adrenal and thyroid glands.
- Regulates hormone secretion and supports the endocrine system.
- Activates two energy chakras – Anahata (Heart Chakra) and Vishuddha (Throat Chakra).
- Long-held, supported nature of the pose allows the body and mind to rest and rejuvenate.
- Promotes better sleep. Used in therapeutic yoga sequences to release tension from the upper back, neck, and shoulders.
- Improves spinal flexibility, creating a sense of openness and positivity.

By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 22 Feb • Ministry of Ayush

Fit Bit

2 • PG | 614 • Sqcm | 294758 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

GARUDASANA (EAGLE POSE)

This is a challenging practice of wrapping arms around each other while balancing on one leg. This is a traditional Hatha Yoga practice that provides a sense of achievement and builds confidence by establishing a deeper mind-body connection. It promotes grounding and stability. This balance-twist-stretch-strength-and-stimulation pose boosts the lymphatic system. Included in yoga for sportspeople, it can help improve their athletic performance.

STEPS

- Stand in Tadasana (Mountain Pose), relaxing and taking a few breaths.
- Inhale, raise the right foot, and place the right leg over the left thigh, above the knee. Rest the right thigh's back on the front of the left thigh. Exhale and balance.
- Move the right foot behind the left calf and the right big toe hooks just above the inner side of the left ankle. The right leg is now locked around the left leg.
- When comfortable, lower the hips and remain in the pose for some time.
- Raise the arms to the chest-level and lock the left arm around the right arm.
- Looking at one point, make sure the back is straight. Stay in this pose for six breaths while engaging the core.
- Release, come back to Tadasana. Relax.
- Repeat the pose standing on the right leg and interlocking the left foot with the right calf and the right arm around the left arm. Balance for six breaths and make sure the spine is straight.

BENEFITS

- Elongates and strengthens muscles of the upper back, neck, arms, rotator cuff, abdominal, and shoulder and engages pelvic floor muscles.
- Stretches muscles of the hips, thighs, lower back, knees, ankles and gluteus.
- Develops focus and concentration.
- Helps sit in Dharana (concentration) and Dhyana (meditation) for long periods.
- Alleviates lower back and joint pain.
- Works on the hunchback and tight hips.
- Brings stability to the flow of prana (energy) throughout the body.
- Helps calm and relax the mind and body.
- Removes negative energy, pent-up emotions, toxins, and waste from the body.
- Improves the digestive system.
- Activates the nervous system including the parasympathetic.
- Enhances the blood circulation in the body.
- Benefits people with urinary incontinence.
- Improves immunity and reduces symptoms of epilepsy.
- Relieves symptoms of fibromyalgia, carpal tunnel syndrome, golfer's elbow, finger tingling, or frozen shoulder, and cervical spondylosis.
- Strengthens and stabilises runners, climbers, and athletes.

LIMITATIONS

- People with an injury or are recovering from it related to the joints, legs, hips, rib cage, hamstrings, quadriceps, lower back, varicose veins, or have undergone any recent abdominal, hips, knees, or back surgery, or any weakness or stain to any part of the body, any physical illness, brittle bones, arthritis, or suffering from BP, heart ailments, depression, dizziness, vertigo, migraine, insomnia, herniated disc, or severe sciatica or pain on the neck, arms, legs, shoulders, or back, should avoid this.
- Menstruating, pregnant women, and senior citizens, who are new to yoga should avoid this.
- People with balancing issues can do the pose with the support of a chair or wall.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 21 Feb • Ministry of Ayush

Rs 1L cr U'khand Budget to promote innovation, agri, connectivity and infra

8 • PG | 551 • Sqcm | 264375 • AVE | 300K • Cir | Top Center

Delhi

Dhami says strong emphasis on edu, health, and rural development

₹1L cr U'khand Budget to promote innovation, agri, connectivity and infra

NARENDRA SETHI @ Dehradun

THE Pushkar Singh Dhami-led Uttarakhand government has unveiled a ₹1,01,175.33 crore budget for 2025-26.

Finance Minister Prem Chandra Aggarwal presented the budget on Thursday in the State Assembly in Dehradun, outlining a comprehensive roadmap for the state's development. "This budget focuses on key sectors such as agriculture, industry, energy, infrastructure, connectivity, tourism, and Ayush," Aggarwal stated, underscoring the government's commitment to fostering growth in multiple domains.

In an effort to bolster public welfare, Aggarwal highlighted the government's commitment under Chief Minister Pushkar Singh Dhami. "We are placing a strong emphasis on key sectors such as education, health, infrastructure, and rural development," Aggarwal said.

The budget outlines total receipts of ₹1, 01,034.75 crore, comprising ₹62,540.54 crore in revenue receipts and ₹38,494.21 crore in capital receipts.

The projections indicate that tax revenue is expected to contribute ₹39,917.74 crore, while non-tax revenue is anticipated to yield ₹22,622.80 crore. This framework reflects the government's strategic focus on sustainable development and improving the quality of life for residents across the state.

The finance minister said, "The budget emphasizes key sectors, including agriculture, industry, energy, infrastructure, connectivity, tourism, and Ayush.

Sector-wise allocation

WATER RESOURCES AND IRRIGATION

- **₹625 crore** for Jamrani Dam
- **₹75 crore** for Song Dam
- **₹285 crore** for Lakhwad Project
- **₹1,500 crore** under special capital assistance for states.
- **₹1,843 crore** for Jal Jeevan Mission

ROADS, INFRA

- Construction of **220 km** of new roads
- Reconstruction of **1,000 km** of roads
- **₹1,200 crore** for road safety works
- Construction of **37** new bridges

The Morning Standard • 21 Feb • Ministry of Ayush

Fit Bit

2 • PG | 608 • Sqcm | 291705 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

SEATED WITH EAGLE ARMS ON CHAIR

This beginner-level chair yoga pose provides an easy stretch to the arms, shoulders, back, and neck. This is a warm-up pose that can be practised before chair yoga sequences or can be done to strengthen the back, shoulders, and arms. Seniors can benefit from this pose as this acts as a safe practice to treat issues related to upper back and neck pain, or keeping the joints of the elbows, wrists, and fingers active. It can be a quick warm-up for Chair Seated Warm-Up Flow.

STEPS

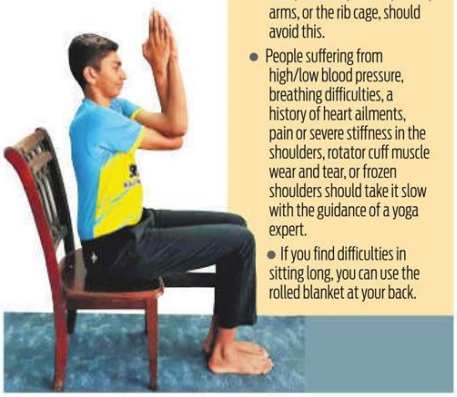
- First keep a chair handy according to the height of the practitioner.
- Start aligning to Chair Tadasana, keeping your back straight and long, shoulders relaxed, and gaze forward.
- Now bring your legs at the ankles to cross, taking right over left.
- Then, you can cross the elbows, taking the right over the left.
- Now, interlock your arms and feet to stay in Seated With Eagle Arms On Chair.
- You can stay in this position for three breaths.
- Release the pose and repeat it the other way, left ankle over the right and left elbow over the right.
- You can stay in this position for about three breaths.

BENEFITS

- Stretches the whole back muscles, as the practitioners lengthen the spine, psoas muscles, and part of the hip muscles, with the active use of core muscles.
- With full awareness, the chest, lower back, and shoulders work together in interlocking arms, and various joints support the upward stretch of the torso.
- Strengthens triceps and biceps, engaging deeper.
- It can be done anywhere and anytime, by anyone.
- A quick way to relieve shoulder and neck stiffness.
- Relieves the shoulders during sports events.
- Expands the back of the chest and rib cage.
- Helps in using the intercostal muscles efficiently.
- Impacts on the breathing muscles and lungs.
- Improves the range of motion of the elbows, wrists and fingers.
- Relieves stiffness at the shoulder and neck.
- Upper arms can be toned and strengthened.
- Lengthens back muscles, flexing shoulders and core muscle joint involvement help maintain a balanced stance.
- Benefits people with a hunchback.
- Strengthens flexibility of the entire body.
- Gives rise to a healthy blood flow into all cells and tissues.
- Helps breathe well during the upward stretch.
- Supports the blood flow to the spine and enables oxygen to flow into the body.
- Helps beginners to go deeper into the practice preparing them for other poses.

LIMITATIONS

- People with injuries to the neck, shoulder, elbows, wrists, arms, or the rib cage, should avoid this.
- People suffering from high/low blood pressure, breathing difficulties, a history of heart ailments, pain or severe stiffness in the shoulders, rotator cuff muscle wear and tear, or frozen shoulders should take it slow with the guidance of a yoga expert.
- If you find difficulties in sitting long, you can use the rolled blanket at your back.



— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Morning Standard • 20 Feb • Ministry of Ayush

Please suggest some workouts that can help relieve period cramps

2 • PG | 284 • Sqcm | 136277 • AVE | 300K • Cir | Middle Center

Delhi



MISS-FIT

Wanitha Ashok

Wanitha Ashok is a Fit India Movement ambassador and celebrity fitness coach

Please suggest some workouts that can help relieve period cramps.

Many people refrain from exercising during monthly cycles but certain exercises help relax and relieve period cramps.

ASK AN XPERT

- Kegel exercises can help strengthen the pelvic floor muscles. Imagine you're trying to stop the urine flow, squeeze and lift the pelvic muscles as if tightening them upwards, holding the contraction for a few seconds. It may be a little difficult to isolate and engage the muscles but with practice, you can master this.

- Practice Child's Pose (Balasana), Downward-Facing Dog (Adho Mukha Svanasana), Pigeon Pose (Eka Pada Rajakapotasana), Seated Forward Fold (Paschimottanasana) and Plough Pose (Halasana) which help improve blood flow and relax the uterine muscles.

- Low-intensity aerobic exercises such as walking and music-based group classes like aerobics can help release endorphins, improving mood and reducing cramps.

- Try walking on your toes and do deep breathing exercises to promote relaxation.



The Morning Standard • 20 Feb • Ministry of Ayush

Fit Bit

2 • PG | 605 • Sqcm | 290189 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

UTTANASANA CROSS LEGGED

(STANDING FORWARD FOLD CROSS LEGGED)

This is a challenging yet beautiful variation of the traditional Hatha Yoga pose, Uttanasana (Standing Forward Fold Pose). This variation increases flexibility in the hips, knees, and ankles. It is a good warm-up to release tight hips and hamstrings. This standing pose stretches the iliotibial (IT) band, ankles, and outer calf muscles while strengthening the back, core, legs, and shoulders. It helps alleviate pain and discomfort. It is restorative and releases tension in the nerves due to the muscular stretch.

STEPS

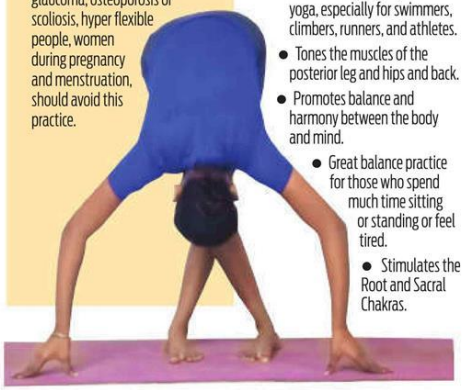
- Start in Tadasana Variation Feet Hip Wide (Mountain Pose Variation Feet Hip Wide). Stay here for a breath.
- Cross your right leg over the left leg at the ankles, aligning side by side.
- Inhale, and raise your arms overhead, lengthening the spine.
- Exhale, hinge at the hips, keeping the spine elongated as you fold forward in Uttanasana, leading with your chest.
- Reach the mat with your hands. Open your arms to the sides and bend at the elbows, resting your palms on the respective sides. Elbows pointed out.
- Relax your head, neck towards the ground, and keep your legs engaged.
- Breathe smoothly and deeply for six rounds. Feel a gentle stretch in the hamstrings and lower back.
- To release, inhale and slowly rise to the standing position. Uncross your legs and realign in Tadasana Variation Feet Hip Wide. Relax for a while.
- Switch the cross of your legs and repeat the pose. Release and relax in Three-Part Breath Mountain Pose.

LIMITATIONS

- Those who have severe migraine, lower back or neck injuries, disc herniation and degenerative spinal pathologies, undergone surgeries recently, sciatica, blood pressure, glaucoma, osteoporosis or scoliosis, hyper flexible people, women during pregnancy and menstruation, should avoid this practice.

BENEFITS

- Strengthens the hip flexors, front of the thighs, and abdominal muscles, especially when deliberately activated.
- Relieves hamstrings, spinal and hip tightness.
- Stretches and strengthens the back of the hips, hamstrings, calves, and back of the knees.
- Relieves tension along the back of the spine and neck.
- Stimulates kidneys, liver, and spleen, particularly if you focus on the midsection. Improves digestion.
- Helps to draw your belly in.
- Reduces stress, anxiety, depression, and fatigue.
- Tones the urogenital system and is good for postnatal women after eight weeks of healing.
- Helps heal urinary incontinence.
- Supports the male reproductive system and nourishes the prostate gland.
- Eases symptoms of menopause, asthma, headaches, and insomnia.
- Therapeutic for infertility, osteoporosis, and sinusitis.
- Helps prepare the body for advanced poses.
- Is a valuable part of sports yoga, especially for swimmers, climbers, runners, and athletes.
- Tones the muscles of the posterior leg and hips and back.
- Promotes balance and harmony between the body and mind.
- Great balance practice for those who spend much time sitting or standing or feel tired.
- Stimulates the Root and Sacral Chakras.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 20 Feb • Ministry of Ayush
Traditional medicine in WHO framework

7 • PG | 652 • Sqcm | 313133 • AVE | 300K • Cir | Bottom Left

Delhi

Traditional medicine in WHO framework

KAVITA BAJELI-DATT @ New Delhi

IN a significant step for the global recognition of traditional medicine, the World Health Organization (WHO) has introduces a pioneering new module dedicated to traditional medicine conditions, in its 2025 update to the International Classification of Diseases (ICD-11).

This announcement marks a monumental step in systematic tracking and global integration of traditional healthcare practices related to Ayurveda, Siddha, and Unani, officials said on Wednesday.

The inclusion of traditional medicine in the WHO's internationally-recognised health framework ensures that the traditional healthcare systems of Ayurveda, Siddha, and Unani are officially documented and categorised in ICD-11, alongside conventional medical conditions. "This elevates their status in global health reporting, research, and policymaking," a Ministry of Ayush statement read.

According to Ayush ministry secretary Vaidya Rajesh Kotecha, "The release of the ICD-11 update 2025 represents a significant step toward global integration of traditional medicine, specifically Ayurveda, Siddha, and Unani."

How inclusion of traditional medicine benefits global health

By providing standardised terminology and definitions, it will enable global tracking of traditional medicine usage, ensuring comprehensive reporting of application



WILL SUPPORT INTEGRATION OF TRADITIONAL MEDICINE INTO NATIONAL HEALTHCARE STRATEGIES

Will provide a framework for researchers to analyze the efficacy of traditional medicine alongside modern treatments

Will also allow healthcare providers to incorporate traditional medicine practices into clinical decision-making for more holistic treatment

"By allowing dual coding and improving data collection, this update fosters evidence-based policymaking, enhances patient care, and supports the inclusion of traditional medicine in national healthcare strategies, promoting holistic and inclusive healthcare worldwide," the official said.

He said the update to the WHO healthcare framework also "marks a pivotal moment for traditional medicine, paving the way for its global integration and empowering evidence-based integrative healthcare policies that embrace holistic well-being."

"With the new updates, the ICD-11 offers more ease of use, improved interoperability and accuracy, which will benefit national health systems and the people they serve," said Dr Robert Jakob, Team Leader, Classifications and Terminologies Unit, WHO.

According to WHO, ICD-11 is a tool that standardises the language used by health professionals worldwide in diagnosing, reporting and monitoring diseases, injuries and causes of death. The ICD is a flagship WHO product that serves as the basis for identifying health trends and statistics at national level and worldwide.

This update follows the successful year-long testing and deliberations after the launch of ICD-11 TM-2 on January 10, 2024, in New Delhi for Ayurveda, Siddha, and Unani systems of medicine for country implementation testing. It culminated in the deliberations held at the WHO meeting at the National Institute of Health in Malaysia in November 2024.

The ICD-11 TM 2 module is now officially released on the ICD-11 Blue Browser of WHO, the ministry said.

Traditional medicine has long been an essential component of healthcare, particularly in Asia, Africa, and other regions where indigenous practices complement modern medical approaches. This move aligns with WHO's mission to promote universal health coverage and sustainable development goals, recognising the therapeutic potential of these systems alongside contemporary medical treatments.

The traditional medicine module in ICD-11 is designed to capture morbidity data, rather than mortality and will help governments and healthcare institutions assess the frequency, quality, and cost-effectiveness of traditional medicine interventions.

This evidence-based approach will allow policymakers to make informed decisions about the integration of traditional medicine services into national health frameworks.

The Morning Standard • 19 Feb • Ministry of Ayush

FIT BIT

2 • PG | 621 • Sqcm | 298119 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

KUNDALINI CIRCLES

(SEATED TORSO CIRCLES)

This pose, commonly known as Sufi Grinds and traditionally practised in Kundalini Yoga, is a simple seated torso movement. As the name suggests this practice is done by rotating the upper body (torso) in both clockwise and anticlockwise directions coordinating with the breath. It helps warm up the hips and spine, engaging the core and abdominal muscles.

STEPS

- Start in a comfortable seat on the pillow/ blanket or on the floor in Sukhasana. The legs are crossed, shoulders rolled back, the chest open, palms resting on the knees, and the chin slightly in.
- Settle down the body, finding the straight line with the back erect and natural lift in the heart.
- Inhale, place your hands on the respective knees. Exhale and bring the torso to a forward bend from the hips. The back forms a 60-degree angle, and the chin is slightly tucked in, extending the back of the neck.
- Inhale, begin a slow clockwise movement of the torso from the right towards the left. While in the flow, press the palms on the legs but not too hard. Exhale, go forward, inhale, and come back to the centre.
- Go in slow rhythmic circles, first in a clockwise direction and then in an anticlockwise direction. Repeat the Kundalini Circles six times in each round.
- To release, inhale, come back to the centre, and sit upright in Easy Pose.
- Release and relax in Sukhasana Variation Arms Knees.

BENEFITS

- Practise at the beginning of a yoga sequence to warm up the muscles of the back, hips, and shoulders.
- Prepares the back, hips, and shoulders for easier movements.
- Included as a part of preparatory poses for the mentioned body areas.
- Strengthen muscles, including the pelvic floor, gluteus maximus, and psoas.
- Keeps the side abdominal muscles active and energised.
- It is part of the kriya practice, coordinating the breath work with the movements of the torso, energising the body, and mind.
- Flow of prana moves upwards through the chakras.
- Stimulates the related organs improving better digestion and lesser pains during menstruation.
- Keeps the body free of toxins, flushing them out.
- If a performer isn't able to perform Chakki Chalanasana, it can be a good substitute for the same.
- It is a quick solution to reduce accumulated tension.

LIMITATIONS

- People who have undergone surgery on abdominal organs, pelvic floor, or lower back, should practise after taking the advice of a yoga expert.
- Those who have severe conditions like blood pressure, a history of heart ailments, and are recovering from a herniated disc should take it slow.
- Those who are unable to sit on the floor can use a blanket, pillow, or cushion. While it is a safe practice for senior citizens and pregnant women, the grinding or circular movements of the torso should be slow.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 18 Feb • Ministry of Ayush

Fit Bit

2 • PG | 604 • Sqcm | 289771 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

SUKHASANA PARSVA HASTA VARIATION (EASY POSE ARMS SIDE MIDDLE FINGER RAISED VINYASA)

This pose engages the mind and body and combines physical, energetic, and meditative elements. It calms the nervous system and activates the parasympathetic system, allowing practitioners to feel more grounded and emotionally balanced. As good warm-up practice, it activates the shoulders and arms while improving blood circulation and mobility. It engages the deltoid, forearm, and finger muscles, preparing the upper body for intense movements.

STEPS

- Start in Sukhasana Variation Arms Knees, grounding your sit bones and lifting the crown of your head.
- Keep your shoulders and jaw relaxed, resting your hands on your respective knees, palms facing down, and breathe to centre yourself.
- Inhale, extend your arms out to the sides at shoulder height, parallel to the ground; palms facing up.
- Now start by raising the middle finger of both hands upwards and downwards, keeping the other fingers stretched out.
- Breathe deeply and continue the exercise. Keep your arms steady and shoulders relaxed.
- Have 10 rounds of deep breathing. Exhaling allows your shoulders to relax and release any tension. Close your eyes for comfort.
- To release, stop the movement and blink your eyes open. Exhale, lower your arms gently to your sides, and rest them on your knees.
- Sit quietly, noticing any sensations in your arms, fingers, and body. Observe the flow of energy and the calmness of your breath.
- Release and relax in the Three Part Breath Mountain Pose.

LIMITATIONS

- People with arthritis in the knees, hips, and feet, and those suffering from sciatica, avoid sitting on the floor. Those with a slipped disc, spinal issues, weak digestion, minor backache, or knee pain can take the support of a pillow and stay for not more than five minutes.
- People with injuries or surgery should take the advice of a yoga expert. Those new to yoga, and pregnant women should practise while seated on a folded blanket, block, or pillow or take wall support.

BENEFITS

- Stretches and lengthens spine and broadens collarbones and chest.
- Reduces anxiety, stress, and mental tiredness.
- Opens the hips, reduces fatigue, and strengthens the back.
- Stretches the ankles and knees.
- Gives a gentle massage to knees, calf muscles, and thighs.
- Strengthens the upper back, neck, deltoids, biceps, and triceps.
- Enhances focus, making it a holistic practice for mind and body.
- The up-and-down motion stimulates the flow of Qi (life force) through this meridian, promoting emotional clarity and reducing stress.
- Activates forearm muscles improves mobility on the finger joints. Improves posture.
- Enhances postural alignment by engaging the scapular stabilisers.
- Draws awareness inward and balances Saturn's energy, quieting mental chatter.
- Added to yoga for sportspeople, kids, teens and working professionals.
- Enhances communication and self-expression.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 17 Feb • Ministry of Ayush

Activate your fat-burners

12 • PG | 830 • Sqcm | 398377 • AVE | 300K • Cir | Bottom Left

Delhi



Activate your fat-burners

These simple lifestyle changes can help reduce body fat, boost your metabolism, and improve overall health

HEALTHY LIVING



DEEPIKA RATHOD
Chief Nutrition Officer, Luke Coutinho Holistic Healing Systems. The writer is a clinical nutritionist with a focus on healthy lifestyle choices.

NOT ALL BODY fat is created equal and most people think of fat as the stubborn belly rolls, love handles, or extra padding on their thighs. One of the most fascinating discoveries is how a special kind of fat — called brown fat — can help you burn more calories. But before going ahead, let's look at the different types of fat in your body:

- **White fat:** It acts as an energy reserve, storing excess calories that the body doesn't immediately need. White fat is found in the belly, thighs, buttocks, and arms. Too much of it can lead to health problems.
- **Brown fat:** Unlike white fat,brown fat is your body's natural heater. It burns calories to generate heat, keeping you warm. Brown fat can help burn white fat and improve your metabolism.
- **Visceral fat:** Visceral fat is needed in small amounts because it cushions and protects internal organs like the liver, intestines, and pancreas, plus it plays an important role in hormone regulation and immune function. However, excessive visceral fat can increase the risk of serious diseases like diabetes, heart disease, and high blood pressure.
- **Subcutaneous fat:** This is the fat you can pinch under your skin. While too much of it can be unhealthy, moderate amounts provide insulation and cushioning for your body.

Now that we know brown fat is the key to burning more fat, let's talk about how to activate it. You don't need extreme diets or fancy supplements. Simple lifestyle changes can help turn on your brown fat and boost metabolism.

- **Cold exposure:** Exposing your body to cold temperatures can activate brown fat because when exposed to cold, the body increases norepinephrine levels, which trigger brown fat cells to burn stored calories for warmth. This process boosts metabolism and promotes fat loss by converting white fat into energy. You can do either of the below things for activating your brown fat:
  - Taking cold showers or alternating hot and cold water.
  - Ice bath particularly after exercises.
  - Spending time in cooler environments.
  - Wearing lighter clothing in colder temperatures.
- **Eating the right foods:** Certain foods can stimulate brown fat and boost fat burning.
  - Capsaicin in spicy foods helps activate brown fat.
  - Green or black coffee contain phytochemicals, antioxidants and caffeine, which can increase brown fat activity.
  - Nuts, seeds and Omega 3 fats help regulate metabolism and support fat-burning processes.



- **Exercise:** Workout or activity not only helps burn calories but also increases the production of irisin, a hormone that helps convert white fat into calorie-burning brown fat. Irisin also improves insulin sensitivity, reducing the risk of obesity and metabolic disorders.
- **Deep sound sleep:** Melatonin, released during deep sleep, enhances brown fat activity, helping the body burn more calories. When well-rested, the body efficiently converts white fat into energy, improving metabolism.
- **Fasting:** A smart fasting be it intermittent or dry fasting triggers the release of norepinephrine, a hormone that activates brown fat, helping convert white fat into energy and boosting overall fat loss.

The Morning Standard • 17 Feb • Ministry of Ayush

Fit Bit

2 • PG | 596 • Sqcm | 286022 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

SARVANGASANA

(SHOULDERSTAND POSE)

Sarvangasana, also known as the Shoulderstand Pose, is called the mother of all yoga poses because it benefits both the body and mind. This intermediate-level pose requires practitioners to have some comfort with various yoga postures. Since the entire body is balanced on the upper shoulders, it is also called Kandrasana. It serves as a base pose for Shoulderstand variations and helps boost energy, making it ideal for flow yoga sequences. The pose strengthens the arms, shoulders, middle and upper back, core, and neck muscles.

STEPS

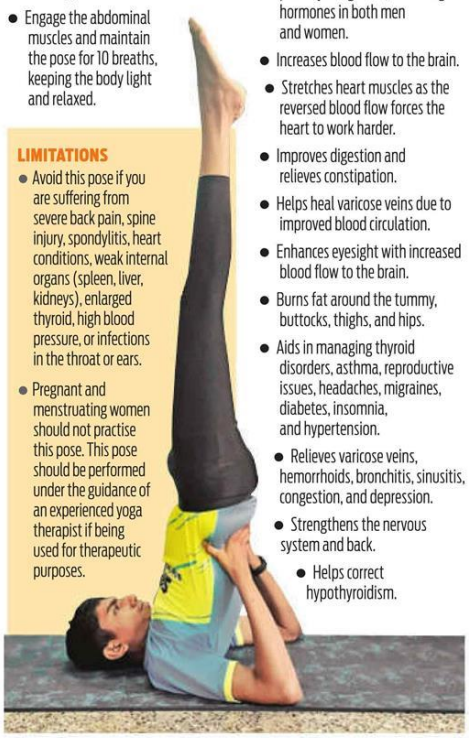
- After performing Savasana (Corpse Pose), raise your legs to a 90-degree angle and hold for a few breaths.
- Inhale, lift the legs, support the lower back with your palms, and place the arms on the floor. Exhale completely while taking the body higher into the pose.
- Bring the chest close to your face. As you exhale, hold the position, and with each inhalation, stretch the body upwards while keeping the shoulders firm on the floor.
- In this position, the body is supported by the shoulders, giving the pose its name, Shoulderstand Pose or Sarvangasana.
- Engage the abdominal muscles and maintain the pose for 10 breaths, keeping the body light and relaxed.

LIMITATIONS

- Avoid this pose if you are suffering from severe back pain, spine injury, spondylitis, heart conditions, weak internal organs (spleen, liver, kidneys), enlarged thyroid, high blood pressure, or infections in the throat or ears.
- Pregnant and menstruating women should not practise this pose. This pose should be performed under the guidance of an experienced yoga therapist if being used for therapeutic purposes.

BENEFITS

- Strengthens and tones the shoulders, preventing sagging.
- Strengthens the neck and helps prevent spondylitis and stiffness.
- Tones the legs, hamstrings, and calves.
- Beneficial for runners as it reverses blood flow to the legs, relieving stress in leg muscles.
- Strengthens the back by lifting and balancing the body.
- Enhances spinal strength and flexibility, improving nervous system function.
- Stimulates the thyroid and parathyroid glands, balancing hormones in both men and women.
- Increases blood flow to the brain.
- Stretches heart muscles as the reversed blood flow forces the heart to work harder.
- Improves digestion and relieves constipation.
- Helps heal varicose veins due to improved blood circulation.
- Enhances eyesight with increased blood flow to the brain.
- Burns fat around the tummy, buttocks, thighs, and hips.
- Aids in managing thyroid disorders, asthma, reproductive issues, headaches, migraines, diabetes, insomnia, and hypertension.
- Relieves varicose veins, hemorrhoids, bronchitis, sinusitis, congestion, and depression.
- Strengthens the nervous system and back.
- Helps correct hypothyroidism.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 14 Feb • Ministry of Ayush

Fit Bit

2 • PG | 608 • Sqcm | 291777 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

UPAVISTHA UTTANASANA CHAIR

(SEATED FORWARD FOLD POSE ON CHAIR)

This pose forms part of Chair Yoga Sequences that can be introduced to students in many ways. For example, those who are undergoing medical treatment or recovering from any recent surgery. When it is practised as part of the Chair Hip Opening Sequence or practised independently, Seated Forward Fold Pose On Chair helps to release tensions in the neck, shoulders, lower back, and hips that are caused due to long hours of desk work. This pose has many benefits such as strengthening muscles of lower back and gluteus.

STEPS

- Sit in Mountain Pose, extend the spine and relax.
- Inhale, extend the torso upwards and while exhaling, take the arms down and place them close to your feet, just like you would do in Uttanasana.
- The entire torso rests on the thighs, bringing the chin to be placed just close to the knees and gaze down at your feet.
- Slowly breathe deep while pushing the torso closer to the thighs, and stretching the shoulders to place the entire palms on the floor.
- Remain here for four breaths in Head Down Chair pose. With every exhalation move the chest and shoulders away from the thighs and stretch the abdomen to go deeper down.
- To release, inhale, look up first, then raise the arms upwards and come to sit back in Chair Tadasana. Relax and repeat this again.

BENEFITS

- Strengthens the hip flexors, front thighs, and abdominal muscles.
- Helps in relieving the tight hamstrings.
- Strengthens the back of the hips, knees, hamstrings, and calf muscles.
- Releases the back of the spine in a torso bend.
- Lengthens the spinal nerves.
- Strengthens the knees.
- Relieves spinal and hip tightness.
- Stimulates kidneys, liver, and spleen.
- Helps to draw in your belly.
- Reduces stress, anxiety, depression, and fatigue.
- Improves digestion.
- Eases symptoms of menopause, asthma, headaches, and insomnia.
- Therapeutic for infertility, osteoporosis, and sinusitis.
- Opens the lower back, shoulders, neck, and hips to release the tightness and stiffness of the muscles.
- Opens the upper body joints.
- Stretches the upper body muscles, nerves, and joints, releasing the accumulated stress and tension.
- Improves sleep.
- For those who travel long hours, it's a quick way to release heaviness at the neck and shoulders.
- Can be used as a therapy while recovering from any specific ailments.
- Can be included in restorative yoga sequences to reduce back aches.
- Great way to help release any aches and pains in the hips, shoulders, neck, or arms.
- Senior citizens who can't bend forward without support due to tailbone pain can practise this as an alternative pose. It helps to stretch the lower back and the entire spine, relieving the tailbone irritation.



LIMITATIONS

- Students who have been taking medicines for blood pressure (high or low), women during pregnancy, glaucoma, osteoporosis or scoliosis, lower back injuries or neck injuries, including disc herniation and degenerative spinal pathologies, recent surgeries, and hyper flexible people, should avoid this practice.
- Generally, it is good for IBS, yet precaution should be taken while practising this. Placing a cushion for abdomen support is an excellent alternative for this.

— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Morning Standard • 13 Feb • Ministry of Ayush

Fit Bit

2 • PG | 608 • Sqcm | 291735 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

SUKHASANA NECK ROTATION

(EASY POSE NECK ROTATION)

This is a variation of neck exercises done while seated in Sukhasana (Easy Pose). This can be included as part of warm-up routine before moving into the variations of Easy Pose, or as part of cooling down routine, after intense shoulder and neck exercises. At the beginner level, this practice can be included in therapeutic yoga to help release neck stiffness. As it can be done anywhere, anytime, this simple exercise can help reduce the heaviness or stiffness at the neck and shoulders caused due to long hours at the desk, and even for those whose profession demands constant stretching of the cervical neck.

STEPS

- Start the practice seated on the floor or chair in Easy Pose.
- Bring your awareness to your breath, and stay here as you lengthen your spine for about three to four breaths.
- Rest your palms firmly on your knees, or adopt Gyan Mudra, placing your hands on your respective knees.
- Gently exhale and rotate your neck anticlockwise five to seven times. Pause for one or two seconds, then repeat the rotation clockwise five to seven times.
- Ensure the movement is slow and smooth, without jerks. If you experience any discomfort while rotating, hold that position for a moment and breathe deeply.
- This will help release any tightness or stiffness. You may wish to repeat this movement to fully relax that part of your neck or shoulder.
- To release, stop the rotation, and bring the head back to neutral position.
- Continue with other variations to fully release any tightness or stiffness in your neck and shoulders.

BENEFITS

- Stretches and strengthens neck and shoulder muscles, improving flexibility.
- Stretches the spine, preventing back stiffness.
- Helps prevent sudden jerk-related pains.
- Consistent practice helps the practitioners identify areas of stiffness.
- Addresses the root causes of neck stiffness or pain.
- This pose can be therapeutic for those confined to bed due to illness.
- This pose provides relief from shoulder and upper back soreness.
- Soothes those recovering from sports injuries in the shoulders, arms, neck, or lower back.
- With coordinated breathing this practice enhances relaxation, synchronising mind and body.
- Reduces stiffness, increasing awareness of the neck, shoulders, upper back, and arms.
- This practice helps calm the mind by releasing physical tension and pain in the body.
- With increased physical ease, breathing automatically improves, positively influencing the nervous system.
- Better circulation helps rejuvenate spinal nerves, leading to positive signals being sent to the brain.

LIMITATIONS

- Practitioners with recent injury or surgery to their neck or shoulders, should avoid this practice.
- Those who find sitting difficult, especially seniors or individuals with arthritis, take it easy with this pose.
- Individuals with conditions such as severe shoulder or neck pain should consult a yoga instructor before attempting this pose, or avoid it.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 13 Feb • Ministry of Ayush

Is doing Zumba enough or should I do other exercises for a more balanced routine

2 • PG | 277 • Sqcm | 132938 • AVE | 300K • Cir | Middle Center
Delhi



MISS-FIT

Wanitha Ashok

Wanitha Ashok is a Fit India Movement ambassador and celebrity fitness coach

Is doing Zumba enough or should I do other exercises for a more balanced routine?

Zumba is a good cardiovascular workout that helps burn calories while you are having fun. It's essential to incorporate other exercises to ensure a well-rounded fitness routine.

Aim to do 2-3 Zumba classes a week with at least one day of rest in between. Incorporate 2-3 sessions of strength training exercises targeting all major muscle groups. Include static stretching and other flexibility exercises post workout every day. You can even consider swapping one Zumba class with a yoga or Pilates session.

ASK AN XPERT

For strength training, incorporate body weight and external resistance training using various props to build strength, muscle mass, and bone density. They help tone the body.

Yoga and Pilates are good flexibility exercises which help joints move in a full range of motion and keep the muscles supple and elongated which prevents injuries.

Include core strengthening exercises to improve overall core strength and stability. Incorporating functional training exercises, such as squats, lunges, or step-ups, can help improve overall functional fitness.

The Morning Standard • 12 Feb • Ministry of Ayush

Fit Bit

2 • PG | 614 • Sqcm | 294881 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

GATYATMAK MERU VAKRASANA
(DYNAMIC SPINAL TWIST POSE)

This asana belongs to the Shakti Bandh group, which focusses on enhancing energy flow and breaking neuromuscular knots. It is beneficial for individuals with reduced vitality or a stiff back. This pose provides a torsional stretch to the spine, helping to relieve back pain. It is especially useful for menstrual issues, as it tones the pelvic organs and muscles.

STEPS

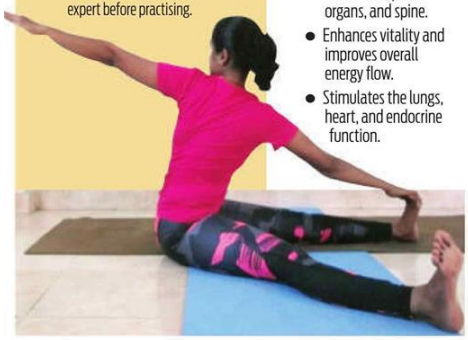
- Begin in Dandasana (Staff Pose) with both legs extended in front. Roll your shoulders back and place your palms on the floor beside your hips. Take a few deep breaths.
- Separate your legs as far apart as comfortable without straining. Stretch your arms sideways at shoulder level. This is the starting position. Keep your knees straight.
- Exhale and twist to the left, bringing your right hand toward your left big toe. Keep both arms straight. Stretch your left arm behind your back, maintaining the twist. Keep both arms aligned.
- Turn your head to the left and fix your gaze on the middle finger of your left hand. Inhale and return to the starting position.
- This completes one round. Practise 10 rounds, gradually increasing speed.
- Maintain awareness of the spinal twist and breath throughout. A slight forward bend helps reach the ankles.
- Finally, release and relax in Dandasana with hands back and knees bent.

LIMITATIONS

- Avoid this asana if you have injuries or have undergone surgery in the back, knees, spine, or hips.
- Not recommended for those with hiatal hernia, weak sacroiliac joints, or GERD.
- If you have any medical conditions, consult a yoga expert before practising.

BENEFITS

- Helps relieve stress and tightness from the neck, shoulders, back, and hips.
- Encourages deep breathing by keeping the chest open and shoulders relaxed.
- Improves spinal flexibility and counters the effects of poor posture.
- Suitable for power yoga, hot yoga, and flow yoga sequences.
- Helps reduce side belly fat and tones the thighs.
- Clears energy blockages, promoting smooth prana (energy) flow and activating the Root and Sacral Chakras.
- Included in therapeutic yoga for specific conditions like endometriosis when practiced slowly with breath awareness.
- Relieves back stiffness and enhances spinal flexibility.
- Massages internal organs, aids digestion, and alleviates constipation.
- Boosts blood circulation in the abdominal area.
- Strengthens the hips, lower back, pelvic organs, and spine.
- Enhances vitality and improves overall energy flow.
- Stimulates the lungs, heart, and endocrine function.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 11 Feb • Ministry of Ayush

Fit Bit

2 • PG | 603 • Sqcm | 289657 • AVE | 300K • Cir | Middle Right
Delhi

FITBIT

BALASANA VARIATION TURNED

(CHILD POSE VARIATION TURNED)

In this beginner-level variation, the hip is raised and the head is turned on the floor with one shoulder blade on an outward extension. It is a combination of a forward stretch with a twist. The other shoulder blade is vertically extended with the arms stretched. Balasana Variation Hips 2 is a preparatory pose to this.

STEPS

- First, align to Balasana Variation Hips 2 and stay here for five breaths.
- Inhale slightly, lift your head and torso, and align the left arm under the chest with palms facing the ceiling.
- Ensure you keep the right arm extended ahead and place the head turned towards the right on the mat.
- Breathe and stay in this position as per your capacity.
- Then, release the pose and align back to Balasana Variation Hips 2.
- On the next inhale, align the other side, with the head turned towards the left and the right arm under the chest. This time, ensure that your left arm is extended ahead.
- Stay here as per your capacity.
- Finally, release the pose and align back to Balasana Variation Hips 2.

LIMITATIONS

- People with shoulder, wrist, hand, or neck injuries or undergone surgeries should avoid this pose.
- People lacking body-breath awareness may hold their breath in this chest constriction and the twist can create injuries or sprains.

BENEFITS

- The twist stretches, strengthens, and contracts the arms, shoulders, neck, chest, rib cage, abdomen, back, and pelvis, increasing range of motion.
- Active core muscles help in bringing stability to the spine.
- Enhanced shoulder flexibility with a strong core creates flexibility.
- The obliques are stretched.
- These muscles help to twist the trunk, keeping them active, reducing the accumulated tension and stress.
- Good practice before trying advanced side bending asanas.
- Chest and abdomen are constricted, and hence it's a restorative pose.
- Back of the upper torso expands with the stretch of the shoulder blades, giving room for the thoracic cavity.
- Helps improve lung capacity.
- Good for correcting posture, spinal alignment, and spinal health.
- Abdominal pressure detoxifies the body with enhanced metabolism.
- With deep and better-focussed breathing, the muscles are relaxed.
- Improves the functioning of the abdominal organs.
- It can be used to treat diabetes, symptoms related to hormone imbalance, or improve bladder control.
- Alleviates neck and shoulder pain by releasing muscular stiffness.
- Those suffering from insomnia can practise this as part of nighttime yoga.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 10 Feb • Ministry of Ayush

Fit Bit

2 • PG | 612 • Sqcm | 293792 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

UTTANA PADASANA KNEES BENT

(RAISED LEGS POSE KNEES BENT)

This is a beginner-level pose done in the supine position. It helps build strength at the knees and is included in core yoga sequences. This pose is beneficial for the lower back, thigh, hamstrings, and pelvis by raising the legs bent at the knees. It helps stimulate the Manipura (Solar Plexus) Chakra.

STEPS

- Start in Supta Tadasana. Then bend the knees while bringing your feet close to the body.
- Notice a reverse 'L' created by the knees. This position is Savasana Variation Bent Legs (Constructive Rest Pose).
- From there, raise both legs bent at the knees, as shown in the image while breathing out. Note that the knees are parallel to the floor.
- Now, bring your awareness to the breathing as you hold the pose. Feel the calm, slow, and deep breathing. Feel the pressure falling on the core at the time.
- Try not to move your legs and stay focussed on the pose. Hold the pose for at least 10 breaths.
- To release the pose completely, bring the legs to the ground and relax in Savasana (Corpse Pose) for some time.

LIMITATIONS

- People with any injury or have recently undergone knees, legs, or feet surgery, high pressure at the core, pregnant women, senior citizens with chronic rheumatoid arthritis, and neuromuscular issues, should avoid this.
- People with weak knees or osteoarthritis (acute) may do this with the help of a yoga block between the knees.
- Those with a weak lower back or waist, may use a folded blanket beneath the waist.

BENEFITS

- Stretches and strengthens the legs and the muscles of the hips, thighs, calves, hamstrings, and pelvic floor.
- Contracts the lower abdomen and helps tone the area.
- People can build flexibility in the leg muscles.
- Increases flexibility, preparing the body for challenging poses.
- Contraction can be felt at the belly while holding this pose.
- Inhalation becomes shorter, and the exhalation becomes deeper.
- Helps eliminate the unwanted gasses and slows down the heart rate with calm breathing.
- People can do abdominal breathing in this pose autonomously.
- Deeper breathing allows the lungs to intake more oxygen for optimal functioning of the respiratory system.
- Involves calm breathing that helps to soothe the brain.
- Sufficient oxygen intake during the practice helps cool down the brain.
- Can help you feel relaxed and combat fatigue after a tiresome day.
- Soothes the abdominal organs, stimulating the Manipura Chakra responsible for regulating the fire element and helping digestion.
- Therapeutic for people with back pain due to long hours of sitting.
- Good for postnatal women after four weeks of healing. Strengthens their core and pelvic region.
- It can easily be practised on the bed after waking up in the morning.
- Good for the teens as it helps the brain to calm and the mind to be focussed.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 08 Feb • Ministry of Ayush

Fit Bit

2 • PG | 610 • Sqcm | 292944 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

UTKATASANA NAMASTE HANDS ON TIPTOES (CHAIR POSE PRAYER HANDS ON TIPTOES)

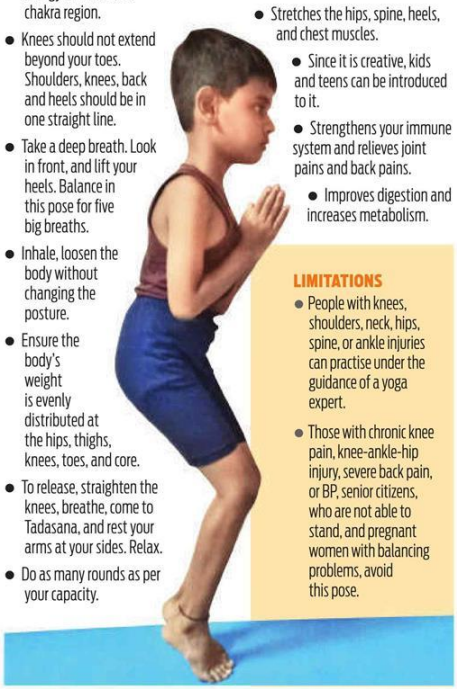
It is a beginner-level yoga pose and a variation of Utkatasana (Chair Pose). During the pose, as you raise your arms, stretching the rib muscles helps in improved breathing. In this pose the body gains power and becomes flexible with regular practice. It also acts as a preparatory or warm-up practice. It can be practised daily after waking up in the mornings or as a warm-up before Sun Salutation (Surya Namaskar). It can be included in sports yoga.

STEPS

- Start in Tadasana (Mountain Pose). Bring the big toes and knees close to each other. Keep the upper body stretched.
- Bring a slight gap at your heels while your arm rests to your sides.
- Exhale, lower your hips, bend your knees, and lean forward. Place your feet hip-width apart and toes facing forward.
- Balance the weight equally between your feet. Inhale.
- Exhale, bend your knees, shift your weight backward, and pose as if you are about to sit on a chair.
- Inhale. Bring your hands to the Namaste position, focussing the energy on the sacral chakra region.
- Knees should not extend beyond your toes. Shoulders, knees, back and heels should be in one straight line.
- Take a deep breath. Look in front, and lift your heels. Balance in this pose for five big breaths.
- Inhale, loosen the body without changing the posture.
- Ensure the body's weight is evenly distributed at the hips, thighs, knees, toes, and core.
- To release, straighten the knees, breathe, come to Tadasana, and rest your arms at your sides. Relax.
- Do as many rounds as per your capacity.

BENEFITS

- Develops endurance and strength.
- Opens the shoulder joints and elongates the sides of the body.
- Develops awareness and builds the power of concentration.
- Improves the blood flow in the muscles vital for healthy posture.
- Balances the overall body weight and corrects the posture.
- Increases your lung capacity and energises your entire body.
- Strengthens the torso, heels, thigh muscles, and lower back.
- Tones and stabilises your knee and ankle joints.
- Stretches the hips, spine, heels, and chest muscles.
- Since it is creative, kids and teens can be introduced to it.
- Strengthens your immune system and relieves joint pains and back pains.
- Improves digestion and increases metabolism.



LIMITATIONS

- People with knees, shoulders, neck, hips, spine, or ankle injuries can practise under the guidance of a yoga expert.
- Those with chronic knee pain, knee-ankle-hip injury, severe back pain, or BP, senior citizens, who are not able to stand, and pregnant women with balancing problems, avoid this pose.

By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 07 Feb • Ministry of Ayush
Fit Bit

2 • PG | 605 • Sqcm | 290554 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

SEATED PLANTAR FASCIA STRETCH CHAIR

Though this pose is practised as part of yoga therapy to heal the symptoms related to plantar fasciitis, the same can be done as part of the foot stretching warm-up routine to help open the hamstrings and the lower body, in general. As the foot bears most of the body weight, it suffers from pain, heaviness, tiredness, fallen arches, plantar fasciitis, cramps, or Achilles tendons. Hence, to keep the foot strong and healthy, practice of this pose is essential. It aids in relieving the pain in the bottom of the heel caused by plantar fasciitis, one of the most common orthopedic problems.

STEPS

- First, keep a chair ready. The height should be such that people can sit with their feet grounded. A thin cushion or towel can be placed on the seat for pregnant women and seniors.
- Sit on the front of the chair, slightly towards the right side, keeping the spine erect and placing the feet on the ground, taking a couple of breaths, and relaxing. Keep the left foot firmly grounded and legs in a 90-degree bent position.
- Then, take the right foot behind a little further back. Now gently lift the heel from the ground, giving a stretch to the calf muscles. The toes should be curled and the ball of the foot should touch the ground.
- Slowly place the heel back on the ground. Keep repeating this up and down movement, slowly and cautiously. Breathe gently and feel the stretch at the plantar fascia. Do this movement for 10 times at a slow pace.
- Now, bring the right foot parallel to the left foot and place the right leg in a 90-degree position with the right foot kept on the ground. Slowly sit towards the left of the chair.
- Take the left foot further back and repeat the same action you did with the right foot. After 10 times of easy movements, come back to the relaxed seated position with both feet firmly on the ground in Chair Tadasana (Chair Mountain Pose).

BENEFITS

- Stretches the soles, claves, hamstrings, and ankles.
- Improves the flexibility of the leg muscles, making the foot strong.
- Also improves the range of motion of the ankles and soles.
- Works on the deeper ligaments and tendons in the soles and ankles, dealing with the pain.
- Helps in improving the blood supply to the tips of the toes and back to the rest of the foot.
- It also helps with Achilles tendonitis.
- Helps slowly build flexibility and strength in the foot and ankles during the recovery stage.
- It is a good practice to help senior citizens to build strength and stability with this stretch.
- Confidence of seniors will improve with enhanced balance. Also, it is a good option to be part of the sequence for seniors.
- Stretching the soles of the feet and arches can help the healing process of piriformis syndrome.
- Improving leg muscles keeps the lower body active with fresh supply of blood.
- Helps in removing the stiffness in the concerned muscles by relieving tension.



LIMITATIONS

- People recovering from foot, ankle, or knee surgery, and injuries should avoid this.
- Those recovering from hip replacement surgery should take it slow.
- It can be done by the senior citizens and pregnant women, keeping in mind they don't have weak ankles or injuries.

— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Morning Standard • 06 Feb • Ministry of Ayush

FIT BIT

2 • PG | 602 • Sqcm | 288800 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

ANJANEYASANA VARIATION HANDS TOES (CRESCENT LOW LUNGE POSE VARIATION HANDS TOES)

This pose and Ashwa Sanchalanasana are closely related poses. Both these poses belong to the same family of low lunge poses and are variations of Anjaneyasana. The difference between these two poses is the foot alignment. It is a transit and preparatory pose to other intense asanas. This pose is a part of Ashtanga Yoga and Power Yoga sequences. It can be a part of the cooling down for deep backbends.

STEPS

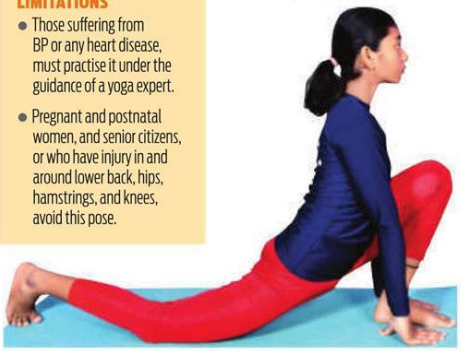
- Start in Uttanasana (Standing Forward Fold Pose) and rest your head on the knees or between the thighs.
- Inhale, take the right foot back, extending the right leg. Exhale, rest the right foot on the floor. Neatly rest the extended leg on the yoga mat.
- Keep your right thigh parallel to the floor and left at 90 degrees.
- Put your right knee, right foot and hands to rest on the floor. Chin up, shoulders back, chest out, head back, straight elbows and look at the nose.
- Distribute the weight of the body evenly on both sides of the hips.
- Feel the stretches at the hips, hamstrings, groin, psoas, forward foot, gluteus, lower back, arms, shoulders, chest, elbows, and knees.
- Ensure the spine is straight.
- Breathe as you hold this posture for about four to six breaths or as comfortable.
- Inhale, and release, back to Uttanasana, and exhale.
- Repeat it on the other side by following the instructions above.
- Release and relax in Balasana (Child Pose).

LIMITATIONS

- Those suffering from BP or any heart disease, must practise it under the guidance of a yoga expert.
- Pregnant and postnatal women, and senior citizens, or who have injury in and around lower back, hips, hamstrings, and knees, avoid this pose.

BENEFITS

- Stretches the lower abdomen, hips, psoas, groin, pelvis, inner thighs, quadriceps, hamstrings, knee, ankle, and toe muscles.
- Strengthens the lower body and acts as a great support to the upper body.
- Stretches the plantar fascia muscles located in the soles.
- Creates spinal flexibility, and calms the nervous system.
- Stabilises the hip joints and sacrum.
- Helps use the diaphragm efficiently.
- Improves lungs capacity.
- Keeps the heart active and feel energised.
- Releases muscular tensions of the upper, mid, and lower back, creating an energy flow.
- Releases pelvic stiffness, reducing stress accumulated in the lower back and hips.
- Stimulates the digestive and reproductive system and the Sacral Chakra.
- Treats ailments like constipation, IBS, lack of appetite, and acidity.
- Enhances blood circulation in the groin area and benefits the urogenital system.
- Activates the Root Chakra which balances emotions in a person.
- Perfect pose for runners, athletes and sportspersons.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 06 Feb • Ministry of Ayush

MISS-FIT

2 • PG | 279 • Sqcm | 133888 • AVE | 300K • Cir | Top Center

Delhi



MISS-FIT

Wanitha Ashok

Wanitha Ashok is a Fit India Movement ambassador and celebrity fitness coach

How do I change my exercise routine during pregnancy?

Congratulations on your pregnancy! Ensure that a healthy and safe routine for you and your baby is followed. Before starting or modifying your exercise routine, consult your healthcare provider. Here is how you can modify your exercise routine during pregnancy:

- In the first trimester, continue your exercise routine with some adjustments. Avoid high-impact activities, contact sports, and exercises that involve lying flat on your back. Opt for walking, swimming, cycling, or prenatal yoga as these promote flexibility, balance, and cardiovascular health. Train with a certified prenatal fitness/yoga trainer.

ASK AN XPERT

- On experiencing any discomfort, pain, or bleeding, stop exercising immediately and check with your healthcare provider.
- Incorporate breathing, relaxation exercises, and meditation. Drink plenty of water before, during, and after exercise to stay hydrated.
- Wear comfortable clothing and supportive shoes.



The Morning Standard • 05 Feb • Ministry of Ayush
Fit Bit

2 • PG	597 • Sqcm	286402 • AVE	300K • Cir	Middle Right

Delhi

FITBIT

SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION

(SUPINE WINDSHIELD WIPER TWIST POSE)

This is an innovative, dynamic, lower-body movement pose that is restorative. It is a good practice to do every day as a morning asana, or can be done at night before sleeping to calm the nerves and mind. It is considered a warm-up yoga practice to prepare the body for more intense yoga asanas.

STEPS

- Lie on the mat in a supine position.
- Fold your knees, keep the feet and mat width apart, and take a couple of breaths.
- Place your hands at shoulder width and fold the elbows. Ensure that your arms are in a cactus position.
- Exhale. Drop both your knees to the left. Stay here for a couple of breaths. Inhale and come back to the centre.
- Then, exhale and drop your knees to the right. Inhale and bring your knees to the centre. This movement is compared to a windshield.
- Continue the rhythm, ensuring the movements are dynamic. Practitioners should be aware and conscious of the movement of the legs. There should not be any jerky movements.
- After repeating this for five to ten rounds, according to your capacity. Then, relax in Savasana.

BENEFITS

- Stretches the upper muscles of thighs, hips, quadriceps, and abductor.
- Tones the lower back.
- Relaxes tight shoulders and releases stress in the upper back and hips.
- Stretching the hips increases flexibility of the hip muscles.
- Increases the pelvic flexibility.
- Rapid dynamic movements swaying from right to left and back create hip flexibility.
- Cactus arms position opens the back of the shoulders.
- It expands diaphragm and lungs.
- Creates awareness in the body.
- Stimulates the reproductive organs.
- Pelvic stretch benefits the excretory.
- Increases blood circulation.
- Activates Sacral Chakra, stimulates the Root Chakra, and responsible for the stability of the body and mind.
- Prostate gland ailments can be addressed by doing this pose regularly.
- Can treat sleeplessness (insomnia) and address fatigue.
- It may also be a very relaxing pose for postnatal treatment.

LIMITATIONS

- People with injuries or surgeries in their knees, ankles, spine, and hips, or suffering from weak knees or herniated discs, should not practise.
- Seniors and pregnant women in the third trimester should take precautions while doing this. Stay on each side for four minutes, avoiding rapid dynamic movements.
- People with a lack of body-breath connections should do this pose with awareness.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 04 Feb • Ministry of Ayush

Fit Bit

2 • PG | 602 • Sqcm | 288869 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

EKA PADA SHIRSHA PRAPADASANA (ONE FOOT BEHIND THE HEAD TIP TOE POSE)

This is a challenging deep hip-opener that gives strength and flexibility in the muscles of the hips, legs, lower back, neck, and shoulders. Traditionally, it is associated with the Anahata (heart) chakra, which increases feelings of love and compassion. This asana makes sure the body is warmed up well.

STEPS

- Sit comfortably in Dandasana with legs stretched in front.
- Bend the knee. Lift the right foot and bring it near the trunk. Hold the right ankle.
- Exhale, bend the trunk forward, and place the right leg on the back of the neck.
- The outer side of the lower right leg just above the ankle will touch the back of the neck.
- Keep the back straight and fold the palms in front of the chest and make a prayer pose. Hold the head properly.
- Then bend your left knee and keep the body's weight on the left toe on the floor. Remain in this position from 15 to 60 seconds with deep breathing.
- Now, release the left knee bend and straighten it.
- Then, unfold the palms, hold the right ankle with both hands, lower the right leg to the ground and straighten it.
- Repeat this pose for the same time on the left side, following the same procedure.

BENEFITS

- Removes blood flow toxins.
- Improves your hemoglobin levels.
- Helps people who suffer from anemia and nervous trembling.
- Aids in digestion.
- Increases hip and leg flexibility.
- Opens the inner hips, promoting a sense of balance.
- Helps in the functioning of the lungs, increasing its capacity.
- Activates the chest, abdomen, back, and pelvis, which impacts the energy flow (prana).
- Ensures the outflow of unwanted energy (apana vayu) which helps for a fresh supply of energy.
- Helps with body-mind coordination and releases unwanted stress
- Included in teens yoga to help gain better stability and strength in the hips, back, core, and legs.
- Activates heart chakra, and vitalises the body and mind.
- Promotes blood circulation in legs, relieving varicose veins.
- Stimulates peristalsis and removes constipation.



LIMITATIONS

- People with sciatica, hip problems, or hernia, and spinal, back, or knee injuries must avoid this pose.
- Be careful while doing this asana. Perform it with the assistance of a yoga expert.
- Women during pregnancy and menstruation should avoid this pose.

By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 04 Feb • Ministry of Ayush

Healthy' counter to Maoist menace in Dantewada

8 • PG | 595 • Sqcm | 285563 • AVE | 300K • Cir | Bottom Left

Delhi

'Healthy' counter to Maoist menace in Dantewada

EJAZ KAISER @ Raipur

IN what is seen as a major relief to the tribal inhabitants of Potali, in the Maoist-affected Kuakonda block of Chhattisgarh's Dantewada district, a healthcare centre built in 2003, has finally become functional after two decades.

South Bastar, witnessing a consistent decline in areas seen as the strongholds of the outlawed CPI (Maoist), has created good scope for Potali, where the services of the sub-health centre are resumed for the local adivasi community. It was stalled earlier owing to Maoist violence.

"It was the state government's endeavour to ensure sustainable resilient health services reach every tribal pockets that Potali sub-health centre was re-built after the Maoists destroyed it. There was also an apparent threat after the work started to begin on the health centre", Mayank Chaturvedi, a Dantewada collector said.

The collector added that the efforts of the district administration, health department, collaboration from local communities, and consultation services from the World Health Organisation (WHO) helped realise the goal.



The health centre in Kuakonda block of Chhattisgarh's Dantewada district | EXPRESS

The WHO appreciated the 'remarkable achievement' and cited it as a significant milestone in improving health services in the challenging region. The project's accomplishment is seen as a model of 'how dedicated efforts can deliver essential healthcare even in the most challenging environments'.

The government's decision in the year 2021 to develop Potali as an Ayushman Bharat Health and Wellness Center, supported by the WHO India, signalled a turning point. However, the construction faced setbacks in 2023 after the deadly Maoist attack when 10 security personnel and a civilian were killed after a powerful IED explosion hit their vehicle. The incident halted the health service plan.

"Originally built in 2003, the sub-Health Centre at Potali could not begin its operations due to persistent threats from Maoists, forcing villagers to depend on a temporary health centre located far away some 10 km or more. The situation was particularly difficult for women, who endured many challenges in accessing healthcare services", a government spokesperson stated.

With the successful commencement of much-needed health services, it has now been transformed into an Ayushman Bharat Health and Wellness Centre with technical assistance from WHO India, support from the Centre's Aspirational Block Programme, and the state government's Niyaad Nellnar scheme.

The newly functional facility now caters to the healthcare needs of over 2,500 residents from three nearby villages, providing services like a six-bedded ward and consultations from qualified medical personnel, including a community health officer, a rural health officer, and 26 Accredited Social Health Activist (ASHA) workers. The sub-health centre at Potali officially became operational on January 1 this year.

"We have been waiting for such a health centre facility close to our area for several years. It's a big relief, especially for the women for medical treatment," said Lalita Mandvi, a local sarpanch.

The Morning Standard • 03 Feb • Ministry of Ayush

Fit Bit

2 • PG | 605 • Sqcm | 290633 • AVE | 300K • Cir | Middle Right
Delhi

FITBIT

PARIVRTTA SUKHASANA

(REVOLVED EASY POSE)

This is a gentle twisting variation of Sukhasana, a grounding practice that opens the back and chest with support from the psoas muscles. The strengthening of the spine, combined with the grounding action of the sit bones, ensures energy flow from the base of the spine to the crown.

STEPS

- Sit comfortably on a cushion or the floor in a cross-legged position, rolling the shoulders back, opening the chest, and resting your palms on your knees.
- Relax your facial muscles and take a few deep breaths, allowing the body to settle. Maintain a straight back, aligning the head over the heart and the heart over the pelvis.
- Inhale and begin twisting to the right. Engage your core, place your left palm on your right knee, and swing your right arm back, resting your fingertips or palms on the floor behind you with fingers pointing outward.
- Exhale, twisting your torso and neck to the right to look back. With each exhale, lengthen your spine and deepen the twist, feeling a 'squeeze and soak' action in your lower abdomen.
- Hold the twist for five deep breaths, imagining your spine as the axis of the movement.
- To release, inhale and bring your head back to the centre. Exhale and return your upper body to the starting position.
- Repeat on the left side, following the same steps.
- Finally, relax in Sukhasana Variation Arms Knees.

BENEFITS

- Stretches and strengthens the hips, knees, spine, shoulders, and chest.
- Enhances mobility in the spine, shoulders, and neck.
- Strengthens the shoulder blades, side abdominal muscles, and lower back.
- Prepares the body for Thread the Needle Pose Flow.
- Improves posture and spinal alignment.
- Reduces tightness in the neck and shoulders.
- Tones the spine and counteracts hunching.
- Supports deep breathing and enhances lung capacity.
- Beneficial for asthma and allergies.
- Activates the parasympathetic nervous system, promoting relaxation.
- Boosts energy and sends positive signals to the brain.
- Stimulates the Muladhara Chakra, aiding energy flow.
- Aids digestion and detoxification by massaging abdominal organs.
- Helps pregnant women relieve back pain or heaviness.
- Can be practised as a warm-up for pranayama or meditation.

LIMITATIONS

- Avoid this practice if you are suffering from injuries to the hips, neck, shoulders, spine, lower back, knees, abdomen, or pelvic floor muscles. Those with severe conditions like high blood pressure, heart ailments, digestive issues, or neck spondylitis should also refrain. Individuals recovering from diastasis recti or experiencing tension, aches, or pain should proceed with caution. Seniors or those with weak knees or tight hips can modify the pose by practising it while seated on a chair.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 01 Feb • Ministry of Ayush

Fit Bit

2 • PG | 608 • Sqcm | 291968 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

SITTING FORWARD WRIST STRETCH

This is a joint freeing exercise, is performed seated in Vajrasana (Thunderbolt Pose), which allows an extended reach from the hands to the floor, increasing extension at the elbow joint. This position allows engagement of the forearm muscles, intensifying the stretch along the wrists. Here, the position involves a slight forward bend, allowing the hands to rest on the floor.

STEPS

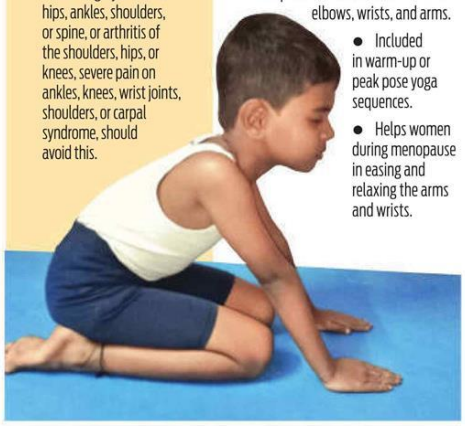
- Sit in Dandasana for a few breaths.
- Inhale and bend the right leg at the knee. Place the right foot close to the buttocks, and exhale. Inhale. Raise your buttocks off the floor to place the right foot.
- Repeat the same with the left leg. Bring the left foot under your buttocks, with toes touching and heels apart.
- Ensure knees are together with backs straight in Vajrasana.
- Bring your arms parallel to the ground, palms on the floor with your fingers pointing out.
- Exhale, bend with the torso resting the top of your palms on the floor in front of your knees.
- Stay here for eight deep breaths.
- Release from the forward bend, and bring the hands back to the knees. Exhale, stretch the leg out in front, one after the other, back in Dandasana, hands sides of your body.
- Relax in Staff Pose Hands Back, taking a little gap between the legs.

BENEFITS

- Helps open the lower back and spinal muscles.
- Promotes the overall health of arms and wrists.
- Offers relief for individuals at the initial stage of arthritis of the wrists or elbows.
- Relieves cervical spondylosis, mild frozen shoulders, tendonitis, fibromyalgia, or rheumatoid arthritis.
- Beneficial for athletes in sports like tennis, golf, baseball, or weight lifting.
- Aids in recovering from a sports injury related to the arms and shoulders.
- Counteracts strain from prolonged desk work.
- Promotes better ergonomics by maintaining flexibility and reducing the risk of repetitive strain injuries (RSI).
- Enhances strength and flexibility of the neck, shoulder, arm, wrist, and finger muscles.
- Those who find it challenging to sit in Vajrasana can follow the pose seated on a chair, bed or any other preferred position.
- Excellent stretch for writers, typists, gamers, artists, artisans, teens, or anyone whose work involves wrist and finger movements. It aids with carpal tunnel issues related to the elbows, wrists, and arms.
- Included in warm-up or peak pose yoga sequences.
- Helps women during menopause in easing and relaxing the arms and wrists.

LIMITATIONS

- People with injuries to the knees, wrists, shoulders, elbows, hips, or spine, or have undergone a recent surgery to knees, hips, ankles, shoulders, or spine, or arthritis of the shoulders, hips, or knees, severe pain on ankles, knees, wrist joints, shoulders, or carpal syndrome, should avoid this.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

Deccan Chronicle • 28 Feb • Ministry of Ayush

PM chairs key Ayush sector meet

5 • PG | 272 • Sqcm | 479342 • AVE | 1.15M • Cir | Top Center

Chennai

PM chairs key Ayush sector meet

Reiterates govt's commitment to strengthen the sector through policy support, research

DC CORRESPONDENT
NEW DELHI, FEB. 27

Chairing a high-level meeting to review the Ayush sector on Thursday, Prime Minister Narendra Modi reiterated that the government is committed to strengthening it through policy support, research, and innovation.

The Prime Minister underscored the Ayush sector's vital role in holistic well-being and healthcare, preserving traditional knowledge, and contributing to the nation's wellness ecosystem.

The Prime Minister's Office (PMO) said that since the creation of the Ministry of Ayush in 2014, the Prime Minister has envisioned a clear roadmap for its growth, recognising its vast potential.

"In a comprehensive review of the sector's progress, the Prime Minister emphasised the need for strategic interventions to harness its full potential. The review focused on streamlining initiatives, optimising resources, and charting a visionary path to elevate Ayush's global presence," the PMO said.

During the review, the Prime Minister emphasised the sector's significant contributions, including its role in promoting preventive healthcare, boosting rural economies through medicinal plant cultivation, and enhancing India's global standing as a leader in traditional medicine.

Mr Modi highlighted the sector's resilience and growth, noting its increasing acceptance worldwide and its potential to drive sustainable development and employment generation.

The Prime Minister reiterated that the government is committed to strengthening the Ayush sector through policy support, research, and innovation.

He also emphasised the need to promote holistic and integrated health and standard protocols in the yoga, naturopathy and pharmacy sector.

Modi to attend 25th anniversary of Jahan-e-Khusrau Sufi music fest

New Delhi, Feb. 27: Prime Minister Narendra Modi will attend a Sufi music festival titled Jahan-e-Khusrau in Delhi on Friday, a statement from the PMO said. Curated by the renowned filmmaker and artist Muzaffar Ali, the three-day festival will take place from February 28 to March 2 at the Sunder Nursery.

Mr Modi said on X, "I will be attending Jahan-e-Khusrau at 7:30 PM tomorrow, 28th February at Sunder Nursery in Delhi. This is the 25th edition of the festival, which has been a commendable effort to popularise Sufi music and culture. I look forward to witnessing Nazr-e-Krishna during tomorrow's programme." — *PTI*

Deccan Chronicle • 28 Feb • Ministry of Ayush

Modi chairs key Ayush sector meet

10 • PG | 127 • Sqcm | 473671 • AVE | 2.55M • Cir | Top Left

Hyderabad

Modi chairs key Ayush sector meet

DC CORRESPONDENT
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Modi highlighted the sector's resilience and growth, noting its increasing acceptance worldwide and its potential to drive sustainable development and employment generation.

The Prime Minister reiterated that the government is committed to strengthening the Ayush sector through policy support, research, and innovation.

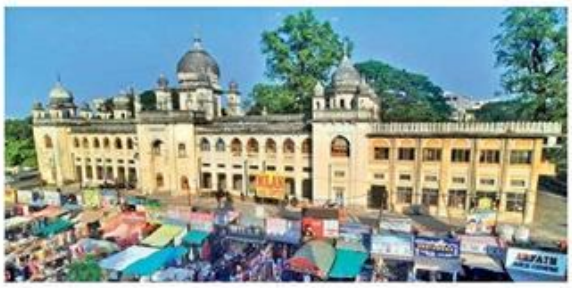
He also emphasised the need to promote holistic and integrated health and standard protocols in the yoga, naturopathy and pharmacy sector.

Deccan Chronicle • 27 Feb • Ministry of Ayush

Govt's Nizamia general hospital to be refurbished

6 • PG | 198 • Sqcm | 737770 • AVE | 2.55M • Cir | Middle Right

Hyderabad



The Government Nizamia General Hospital (Unani) at Charminar, established by Nizam Mir Osman Ali Khan in 1938, will soon begin renovation works on the heritage building.
— P.SURENDRA

Govt's Nizamia general hospital to be refurbished

V. SHIVANI REDDY I DC
HYDERABAD, FEB. 26

THE HOSPITAL currently does not meet the National Commission for Indian System of Medicine (NCISM) standards.

A major revamp of the Government Nizamia General Hospital (Unani) at Charminar is in the offing, following a decision to refurbish the dilapidated heritage structure, and replace the buildings constructed later with new ones.

It has been noticed that given the potential risk that the structures' existing conditions pose, the turnout of patients has been declining and there have been fewer deliveries due to the poor facilities that the 180-bedded hospital boasts of. The hospital is renowned for treatment of paralysis and jaundice.

The state government has sanctioned ₹52 crore for taking up refurbishing works in response to repeated pleas by AIMIM Assembly floor leader Akbaruddin Owaisi, who urged the government not to neglect the hospital like it did in the case of the Osmania General Hospital.

Of the sanctioned funds, ₹10 crore has been allocated to repair and renovate the heritage building and ₹42 crore for demolishing the unsafe non-heritage structures and building new ones. The construction contract has been given to Gowri Shankar Infra.Dr J. Vasanth Rao, superintendent of the hospital, said, "The works will begin soon after we get orders from the AYUSH director Chittem Lakshmi. The new building that will house the Nizamia Tibbi College will result in an increase in the intake of students, while the operation theatre that has remained closed for quite some time will re-opened after the renovation."

The hospital presently falls short when it comes to meeting the norms prescribed by the National Commission for Indian System of Medicine (NCISM).

"Nizamia Tibbi College has 15 departments, 90 undergraduate seats and 36 postgraduate seats.

Once good infrastructure facilities get incorporated, there will be a steady increase in seats", said Dr Syed Zainullabeddin Khan. Chittem Lakshmi called for accommodating female students in a private hostel in close proximity as the existing girl's hostel building would be demolished.

Deccan Chronicle • 22 Feb • Ministry of Ayush

Delhi gears up for Ayushman Bharat, set to sign MoU soon

8 • PG | 239 • Sqcm | 420911 • AVE | 1.15M • Cir | Bottom Center

Chennai

Delhi gears up for Ayushman Bharat, set to sign MoU soon

DC CORRESPONDENT
NEW DELHI, FEB. 21

An MoU between the Delhi government and the National Health Authority (NHA) for the implementation of the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) in the national capital will be signed soon, officials said on Friday. The newly-formed Delhi Cabinet approved the implementation of the Ayushman Bharat health insurance scheme in the capital at its maiden meeting on Thursday.

The state government and the National Health Authority have already started the preparation for onboarding the state.

Under the scheme approved by the Cabinet, a total of ₹10 lakh health cover will be provided to each beneficiary, with the Centre and Delhi government contributing ₹5 lakh each.

Lauding the decision of the Delhi government, Union health minister J.P. Nadda on Friday said PM Narendra Modi's "guarantee means every guarantee will be fulfilled."

Taking to X, Mr Nadda said, "Modi's guarantee means every guarantee will be fulfilled. I congratulate the Delhi government for the decision to implement the Ayushman Bharat Yojana in the first Cabinet meeting."

"The AAP government, due to its narrow and selfish politics, maliciously deprived the people of Delhi of this public welfare scheme for 10 years, due to which lakhs of citizens of Delhi were deprived of good treatment in difficult circumstances," he added.

He said the BJP had pledged to implement this scheme in its 'Sankalp Patra.'

"This decision of the first Cabinet is proof that under the guidance of the Prime Minister @narendramodi ji, the BJP government of Delhi is committed to realising its goal of development work in accordance with public sentiments," he said in the same post.

Delhi health minister Pankaj Singh also assured that the scheme will be implemented in the city soon.

"We had sent the Ayushman Bharat file to the Centre. Now that it has returned, we will make all efforts to implement it by next week," he said.

An action plan has also been prepared to introduce key reforms in the healthcare sector, which includes digitisation of health services, setting up of 'Aarogya Mandirs,' filling up various vacancies of medical superintendents, and completion of under-construction hospitals, the official said on Friday.

The officials said that many state-run hospitals have been facing an acute shortage of medical superintendents (MS) and medical directors (MD), with some officials managing two hospitals simultaneously, which affects the functioning of health facilities.

Addressing this issue is a priority, he said, adding that the government is expected to take steps to prevent disruptions in medical services and ensure that people continue to receive essential healthcare facilities without any hindrance.

Deccan Chronicle • 21 Feb • Ministry of Ayush

Delhi's new CM faces huge test; salute to women voters

1 • PG | 273 • Sqcm | 1018458 • AVE | 2.55M • Cir | Top Left
Hyderabad

Delhi's new CM faces huge test; salute to women voters

The BJP has tapped into multiple strategic elements through the anointment of Rekha Gupta as the Chief Minister of Delhi where it reclaimed power after 27 years. The BJP has of late made chief ministers of political non-entities but the first-time MLA's selection in Delhi is not only a near-perfect play of caste and political identity politics but also a move to consolidate and capitalise on the growing influence of female voters.

Statistics show that the female voter turnout was 60.92 per cent in the 2025 Delhi Assembly elections as compared to the 60.21 per cent turnout of male voters. Over the past few years, there has been a steady rise in women voting across the country. The female voter turnout stood at 65.78 per cent in the 2024 Lok Sabha elections as compared to 65.55 per cent male electors. The BJP's focus on women voters was also evident in its election manifesto. Echoing AAP's schemes, the BJP announced its Mahila Samridhi Yojana, offering a monthly financial assistance of ₹2,500 to women. It also reaffirmed its commitment to ongoing welfare schemes, such as free bus travel for women. The BJP further promised a total of ₹21,000 and six nutritional kits for every pregnant woman, as well as free screenings for cervical, breast, and ovarian cancer in Delhi government hospitals under the Ayushman Bharat Yojana.

The selection of Rekha Gupta who enjoys a clean image also provides a stark contrast to the AAP's Arvind Kejriwal's tenure, which remains riddled with controversies and corruption charges. Contrary to old war-horses like Ramesh Bidhuri and Parvesh Verma, Rekha Gupta stands out for not having contested a parliamentary election, thus making her an ideal candidate to usher in a new chapter in BJP's Delhi story. Unlike other Delhi BJP leaders, Rekha Gupta has consistently maintained a low profile, a strategy that aligns perfectly with the BJP's preferred prototype when selecting chief ministers.

Even though Rekha Gupta comes in as a fresh face, her long association with the RSS-ABVP, which has played a crucial role in shaping her political ideology, also tilted the balance in her favour. With the selection of 50-year-old Gupta, the BJP also sent a strong message to youth seeking fresh perspectives.

While Rekha Gupta is no stranger to politics, having started her journey as the president of the Delhi University Students Union, the challenges ahead of her are formidable. Besides fulfilling the election promises, which range from financial assistance to women, cleaning the Yamuna, tackling air pollution and addressing infrastructure issues, she needs to be aware that the AAP is down but not out. The vote share difference between the BJP and AAP is a narrow two per cent and the shadow of Arvind Kejriwal's party continues to loom large in Delhi's underprivileged communities.

Her road ahead is not easy, but with a carefully calculated blend of experience, strategy and fresh appeal, Rekha Gupta's leadership could prove pivotal. And she will also have the Union government, which had fought a running battle with the AAP for a decade and ensured that no Delhi government scheme moved without a hitch, by her side.

But while it's time for the double engine to speed up Delhi's development journey, Kejriwal's government set a very high standard. Will she be able to touch that?

Deccan Chronicle • 21 Feb • Ministry of Ayush

Rekha Gupta's first Cabinet meeting spurs key reforms

8 • PG | 443 • Sqcm | 1650790 • AVE | 2.55M • Cir | Top Left
Hyderabad

Rekha Gupta's first Cabinet meeting spurs key reforms

BJP govt will fulfil all the promises made to the people of Delhi: Rekha

DC CORRESPONDENT
NEW DELHI, FEB. 20

In her first Cabinet meeting, Chief Minister Rekha Gupta on Thursday announced the roll out of the Ayushman Bharat health insurance scheme, which had been stalled by the previous AAP regime. The scheme provides free treatment up to ₹5 lakh per beneficiary, with an additional ₹5 lakh covered by the state government.

The Cabinet also decided to table CAG reports in the first session of the newly-elected Delhi Assembly. The AAP government had reportedly been sitting over 14 CAG rep-orts for the last 10 years.

The new government also held discussions on the Mahila Samriddhi Yojna to provide a monthly financial assistance of ₹2,500 to eligible women as promised in the BJP's poll manifesto. "More discussions are required before launching the scheme," Ms Gupta said.

After assuming charge, the chief minister asserted that not a single day will be wasted in realising the "Viksit Delhi" mission. The 50-year-old leader also said that the new BJP government will fulfil all the promises made to the people of the national capital.

The BJP, which returned to power with a decisive mandate, faces the challenge of fulfilling key election promises, continuing welfare schemes introduced by the previous government, fixing the city's pollution and infrastructure issues, and delivering on cleaning the Yamuna.



BJP national vice president Baijayant Jay Panda with Delhi party president Virendra Sachdeva and other party leaders as newly sworn-in Delhi Chief Minister Rekha Gupta assumes charge, at the state secretariat in New Delhi on Thursday. — PTI

Shortly after formally taking charge, Gupta, along with her Cabinet colleagues, performed 'Yamuna Aarti' at Vasudev Ghat. The pollution in the Yamuna had been a contentious issue during the Delhi Assembly elections.

Among the top priorities of the new government will be to deliver on its promise of providing a monthly honorarium of ₹2,500 to women of Delhi. This was a key commitment in the party's manifesto and was designed to outmatch AAP's pledge of ₹2,100.

Another major challenge will be to continue welfare schemes initiated by the AAP government, including free electricity up to 200 units, free water connection and free bus rides for women, among others.

Deccan Chronicle • 19 Feb • Ministry of Ayush

IIT-M to launch plant cell fermentation tech lab

2 • PG | 166 • Sqcm | 292512 • AVE | 1.15M • Cir | Bottom Center

Chennai

SHORT TAKES

IIT-M to launch plant cell fermentation tech lab

DC CORRESPONDENT
CHENNAI, FEB. 18

Indian Institute of Technology (IIT) Madras has signed an MoU with Herbalife India to establish the Herbalife-IITM Plant Cell Fermentation Technology Lab.

The agreement aims to bridge the demand-supply gap in plant-based nutraceuticals, phytoceuticals, and phytopharmaceuticals while advancing sustainability and innovation in the wellness industry.

Prof. Smitha Srivastava, Department of Biotechnology, IIT Madras, added, "This facility represents a milestone in sustainable innovation, fostering research and academic training for industry applications. We sincerely thank Herbalife for their support in transforming plant cell fermentation research."

Prof. Ashwin Mahalingam, dean - Alumni & Corporate Relations, IIT Madras, stated, "Herbalife has emerged as a leader in sustainable solutions for high-quality herbal raw materials. This partnership will help India move towards a brighter, more sustainable future."

The Centre of Excellence will focus on sustainable solutions for high-quality herbal raw materials and phytochemicals using plant cell fermentation technology. This advanced approach ensures consistent, high-quality bioactive compounds for nutraceuticals, cosmeceuticals, and Ayush formulations, contributing to the UN Sustainable Development Goals (SDG3 - Good Health & Well-Being).

The agreement was signed at IIT Madras in the presence of Ajay Khanna, managing director, Herbalife India, Prof. Ashwin Mahalingam and other representatives. The initiative aligns with India's Bio-E3 policy, which focuses on biomanufacturing and supports the vision of Aatmanirbhar Bharat.

Deccan Chronicle • 15 Feb • Ministry of Ayush

Atishi: Tussle for portfolios in BJP

12 • PG | 88 • Sqcm | 328045 • AVE | 2.55M • Cir | Middle Left

Hyderabad

Atishi: Tussle for portfolios in BJP

DC CORRESPONDENT
NEW DELHI, FEB. 14

Outgoing Delhi chief minister Atishi on Friday alleged "conflict" among the BJP MLAs over portfolio allocation and claimed that the party is making excuses to avoid fulfilling its poll promises. Slamming Atishi over her claims, the BJP asserted that it will announce the name of the Delhi chief minister likely on February 19 or 20 and said that the new dispensation will give priority to civic infrastructure and pass orders to implement the Ayushman Bharat health scheme at the first meeting of the new Cabinet.

Addressing a press conference, Atishi claimed that BJP leaders were engaged in a "tussle" over ministerial posts to "exploit" public funds. She further alleged that the BJP had no intention of delivering the commitments the party made in its election manifesto.

"We have learnt from our sources that the BJP is planning to blame the AAP for its failure to fulfil promises. They will claim that the Delhi government has no money due to the previous AAP administration," Atishi said.

She added: "As the outgoing chief minister, I want to present the economic growth Delhi has achieved under the AAP's governance over the past 10 years".

Deccan Chronicle • 13 Feb • Ministry of Ayush

Ayush ministry signs MoU for well-being of sr citizens

4 • PG | 185 • Sqcm | 326165 • AVE | 1.15M • Cir | Bottom Center

Chennai

Ayush ministry signs MoU for well-being of sr citizens

DC CORRESPONDENT
NEW DELHI, FEB. 12

The ministry of Ayush and the department of Social Justice and Empowerment (DoSJE) on Wednesday signed a memorandum of understanding (MoU) to improve the well-being of senior citizens and address the growing concern of substance abuse.

Union minister for Ayush Prataprao Jadhav said that this strategic partnership seeks to implement Ayush-based interventions to promote geriatric healthcare and combat substance abuse.

Mr Jadhav noted that MoU is a pioneering step to develop cooperative initiatives for health promotion among senior citizens and those affected by substance abuse.

"Geriatric healthcare and substance abuse are critical areas that require special focus, especially as we face an ageing population and growing concerns around addiction," the Ayush minister said and mentioned that this collaboration between the Ayush ministry and DoSJE represents a significant step towards addressing these challenges. "By leveraging the holistic approach of Ayush systems alongside social welfare initiatives, we aim to empower our senior citizens and those affected by substance abuse," Mr Jadhav said.

MINISTER NOTED that MoU is a pioneering step to develop cooperative initiatives for health promotion among senior citizens and those affected by substance abuse

While addressing the gathering, the Union minister of state for social justice and empowerment B.L. Verma, said, "Under the visionary leadership of Prime Minister Narendra Modi, our government has taken several steps to ensure the welfare of our senior citizens. The signing of the MoU with the ministry of Ayush will benefit our senior citizens in a big way."

"The development of elderly-specific training modules, treatment protocols, yoga training programs, sharing of preventive and curative practices, etc, under the MoU will go a long way in enabling our senior citizens to lead a healthy life. I am sure that together we can provide comprehensive services to the community," Mr Verma said.

Deccan Chronicle • 13 Feb • Ministry of Ayush

MoU signed to boost healthcare

9 • PG | 181 • Sqcm | 674299 • AVE | 2.55M • Cir | Bottom Center

Hyderabad

WELFARE | SCHEME

Pact seeks to combat substance abuse among elderly

MoU signed to boost healthcare

DC CORRESPONDENT
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"The development of elderly-specific training modules, treatment protocols, yoga training programs, sharing of preventive and curative practices, etc, under the MoU will go a long way in enabling our senior citizens to lead a healthy life. I am sure that together we can provide comprehensive services to the community," Verma said.

Key objectives of the MoU include developing cooperation, convergence and synergy between the Ministry of Ayush and DoSJE to foster innovative initiatives for promoting the health of senior citizens, reducing the demand for drugs, addressing substance abuse and aiding mental rehabilitation. This will be achieved through the generation of awareness and capacity-building of service providers using Ayush systems.

It also includes encouraging research in the areas of geriatric health, substance abuse and mental health, with a focus on exploring the therapeutic benefits of traditional healthcare practices and supporting additional activities for health promotion.

Deccan Chronicle • 07 Feb • Ministry of Ayush

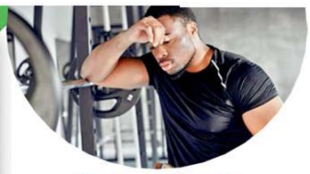
The First 3 Weeks Fitness Ifs & Buts

19 • PG | 1707 • Sqcm | 3004217 • AVE | 1.15M • Cir | Bottom Center

Chennai

The First 3-Weeks Fitness Ifs & Buts





Understanding the science behind the first 21 days of a fitness journey can help trick your mind into getting fit and falling in love with exercise

ANUSHREE CHAURASIA

Working out is important for both – the body and brain! Starting a fitness journey is both an exciting and daunting experience. The first three weeks are often considered the most critical phase — not just for building physical strength but for forging the mental and emotional resilience needed to turn exercise into a sustainable habit. This early period sets the tone for long-term success or failure. To truly understand the significance of these foundational weeks, we must explore the physiological and psychological shifts that occur, why so many quit by week two, and how persistence during week three can transform exercise from a chore into a lifestyle.

Week 1:

NEW BODY MOVEMENTS

For most people, the first week of a fitness journey is marked by a mix of enthusiasm and uncertainty. During this time, the body begins adapting to new movements, stressors, and energy demands. Fitness trainer **Ananta Desai** describes this phase as "a wake-up call for the body," noting that even light exercise can feel taxing for beginners due to muscle stiffness, soreness, and increased oxygen demand.

Physiologically, this period activates muscle fibres and boosts circulation, often resulting in a phenomenon known as "DOMS" (Delayed Onset Muscle Soreness). While the soreness can be uncomfortable, it's a sign that the body is repairing and rebuilding itself stronger. Psychologically, week one is about creating momentum. Desai explains, "The novelty of starting something new often drives motivation during this phase. People feel good simply for showing up and engaging in healthy behaviour."

TAKEAWAYS

- The key during week one is to focus on consistency over intensity.
- Simple goals like completing three 20-minute workouts or walking daily can build confidence without overwhelming the mind or body.





Week 2:

THE MAKE-OR-BREAK CHALLENGE

As the novelty wears off and workouts intensify, the second week is often the most challenging. This is when the initial excitement fades, leaving many to grapple with fatigue, muscle soreness, and the mental toll of staying consistent. Desai explains, "Week two is where the real mental work begins. It's no longer just about showing up — it's about pushing through discomfort and self-doubt."

Physiologically, this week demands more from the body as it begins to adapt to increased activity. The energy systems shift to accommodate higher workloads, which can leave people feeling physically drained. Mentally, this can lead to burnout or frustration, especially if results like weight loss or muscle definition aren't immediately visible.

"Unfortunately, many people quit during this phase. People often misinterpret discomfort as failure. They think it is too hard or not meant for me," says Roshan Patil, a sports psychologist from Body Language Fitness, Mumbai. But in reality, this is the body's natural response to being pushed out of its comfort zone.

TAKEAWAYS

- The key to surviving Week 2 is managing expectations and leaning on support systems.
- Having a workout buddy, joining a fitness class, or celebrating small victories—like completing a tough session or resisting the urge to skip—can make all the difference.

The 3-Weeks Mantra

Set Realistic Goals: Focus on consistency over perfection. Even short, low-intensity workouts count.

Lean on Support Systems: Workout buddies, trainers, or online communities help to keep you encouraged.

Celebrate Small Wins: Progress is progress, no matter how small.

Rest and Recover: Allow your body to adapt with adequate sleep, stretching, and rest days.

Stay Positive: Focus on how you feel rather than immediate physical changes.

Week 3:

TURNING THE CORNER

If week two is the storm, week three is the calm after it. This is the turning point where persistence begins to pay off, both physically and mentally. By this stage, the body starts adjusting to the new routine. Hormonal changes, such as increased endorphins and serotonin, contribute to improved mood and reduced stress levels, creating what many refer to as a "workout high." Desai notes, "By week three, people often feel stronger and more capable. Movements that felt awkward or exhausting in Week-1, start to feel more natural. The body begins to crave activity, and the mind follows suit."

Psychologically, week three marks the shift from external motivation (like wanting to lose weight) to intrinsic motivation, where exercise becomes something people enjoy and look forward to. Desai explains, "Once a habit begins to form, the brain reinforces it through positive feedback loops. Skipping a workout then feels wrong — like forgetting to brush your teeth."

TAKEAWAYS

- Success during Week 3 also depends on celebrating progress, no matter how small.
- Whether it's lifting heavier weights, running farther, or simply sticking to the plan, acknowledging achievements boosts confidence and reinforces the habit.

3-WEEKS SIGNIFICANCE

The first three weeks of a fitness journey are about more than just physical change — they're about rewiring the brain. According to neuroscience, it takes an average of 21 days to form a habit. During this time, the brain's neural pathways are strengthened through repetition, making behaviours like exercising more automatic.

For those who make it through this phase, the benefits extend far beyond physical fitness. Many report feeling more balanced, energized, and focused. Fitness enthusiast Steven Cavan who successfully navigated his three-week hurdle, says, "At first, I had to drag myself to the gym. By the third week, I felt off-balance if I missed a session. It's like my body and mind started working together to make exercise a priority." The first three weeks of a fitness journey are transformative, not just for the body but for the mind. The key is to focus on progress, not perfection, and to remember that persistence always pays off. Once exercise becomes part of your routine, it shifts from being a task to a source of balance, energy, and joy.

Deccan Chronicle • 05 Feb • Ministry of Ayush

Modi slams Rahul, tears into Kejriwal

1, 10 • PG | 471 • Sqcm | 1757954 • AVE | 2.55M • Cir | Middle Right,Top Right

Hyderabad

Modi slams Rahul, tears into Kejriwal

VINEETA PANDEY | DC
NEW DELHI, FEB. 4

Prime Minister Narendra Modi on Tuesday made a veiled attack on Leader of the Opposition in Lok Sabha Rahul Gandhi and former chief minister of Delhi Arvind Kejriwal while replying to the debate on the Motion of Thanks to the President's address in Lok Sabha. The motion was adopted without any amendments through a voice vote.

The Opposition, however, dubbed the Prime Minister's address a typical election speech made with an eye on the Delhi elections. Modi attacked Kejriwal for not implementing the Central government's health scheme Ayushman Bharat in Delhi and pushing many in the national capital into financial distress.

He also said while his government focused on providing water supply to each household, there were some people who focused on Jacuzzis and stylish showers.

Attacking Rahul over his "boring" comment on the President's address, Modi said those who entertain themselves by getting photo sessions done in huts of the poor will find the talk about the poor in the Parliament boring. "We did not give false slogans, but real development to people. The President's address was to infuse confidence among the youth and inspire the new generation of India for Viksit Bharat. Today 25-crore people are out of poverty while for five decades we kept hearing slogans of 'garibi hatao'. We didn't give false slogans to the poor. We gave them development," said Modi.

In his Lok Sabha speech, he mentioned how, due to corruption, the schemes of the government never reached the poor and marginalised persons earlier and now people's money is with them. "Janata ka paisa, janata ke paas... We removed 10-crore fake beneficiaries from government schemes."



Prime Minister Narendra Modi replies to the Motion of Thanks to President's address in the Lok Sabha in New Delhi, on Tuesday. — PTI

■ Page 9: We removed 10-cr fake beneficiaries : Modi

We removed 10-cr fake beneficiaries from sops: Modi

FROM PAGE 1

"We removed 10-crore fake beneficiaries from government schemes," he said amid sloganeering from the Opposition, who mentioned Adani and the ₹15 lakh promise made by the BJP in its poll promises in 2014.

Responding to them, Modi said, "When the fever is high, people say anything, but also when people are frustrated and disappointed, they say a lot of things." The Prime Minister further said since 2014, when the BJP-led NDA government came to power at the Centre, poor people have got 4-crore houses. "The one who has lived that kind of life knows what it means to have a house with a proper roof. Pain of the poor and troubles of the common man cannot be understood just like that; it requires passion and some just don't have it," he said in a sarcastic remark aimed at the Opposition leaders.

Taking on Rahul over his comments on India's foreign policy and the Chinese activity along the LAC, Modi, without naming him, said those really interested in foreign policy must read JFK's Forgotten Crisis. "This book was written by a foreign policy scholar. In it there is a mention of India's first prime minister (Jawaharlal Nehru), who also held the foreign affairs portfolio. It had his conversation with John F. Kennedy (JFK) when the country was dealing with a crisis situation... The book details what games were played in the name of foreign policy."

On Rahul's "bandage for bullet wound" comments on the Union Budget, Modi said before 2014 such bombs were hurled at people and bullets were fired that affected the lives of people. "But we have gradually healed those wounds and moved forward," he said while talking about the income-tax exemption limit increase.

Reacting to the Modi's address in Lok Sabha, Congress MP Shashi Tharoor said, "...You (the PM) have already spoken repeatedly on dynasty politics, now you should be speaking regarding the President's speech, and he should speak on the criticism made by the Opposition regarding it...he did not answer anything. It was an election speech...he spoke keeping in mind the Delhi elections."

"I think he (the PM) is cut off from people and their needs. This is what was felt from his speech," said Congress MP Priyanka Gandhi Vadra.

Samajwadi Party chief Akhilesh Yadav said the Prime Minister should have talked about the Maha Kumbh tragedy.

Opposition leaders on Tuesday slammed Prime Minister Narendra Modi's address in the Lok Sabha.

In a post on X, Congress general secretary K C Venugopal said much like the lack of fresh ideas in the President's address, PM Modi's speech was also the "same tape recorder we have heard for the last decade".



Narendra Modi

Plain speak



I THINK he has lost his connect with people and their needs. This is what it seemed from his speech.
PRIYANKA GANDHI
– Congress MP Vadra



IT WAS a typical election speech with the Delhi elections tomorrow. Just a long laundry list of things the government has done. What is surprising is that, the opposition had raised very specific criticisms of the President's address and those criticisms were not answered by the Prime Minister.
– SHASHI THAROOR,
Congress MP



IT IS very saddening that when such a big incident has happened in Kumbh...It is not about the opposition, the whole country saw the incident that had happened in Kumbh. The government was earlier hiding figures of injured and those who have been deceased and now no homage was paid today, I had requested for two-minute silence."
– AKHILESH YADAV
Samajwadi Party chief



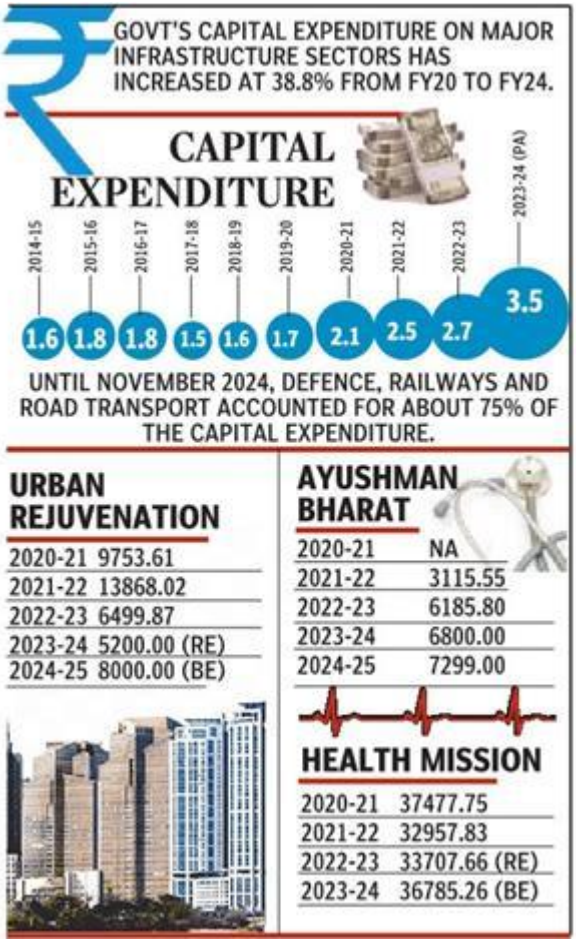
He (Modi) made a repetition of what the President had said in her speech. He did not answer a single question raised by the opposition. For instance, about the number of deaths in the Kumbh, about our technological deficit vis-a-vis China, the situation in Bangladesh where Bengali Hindus are in a problem."
– SAUGATA ROY
TMC MP

Deccan Chronicle • 02 Feb • Ministry of Ayush

CAPITAL EXPENDITURE

12 • PG | 99 • Sqcm | 370681 • AVE | 2.55M • Cir | Middle Center

Hyderabad



Deccan Chronicle • 02 Feb • Ministry of Ayush

Duty cut on 36 life-saving medicines

1, 8 • PG | 379 • Sqcm | 1412367 • AVE | 2.55M • Cir | Middle Center,Top Left

Hyderabad

Duty cut on 36 life-saving medicines

AVINASH PRABHAKAR JHA | DC
NEW DELHI, FEB. 1

To provide relief to patients, particularly those suffering from cancer, rare diseases and other severe chronic diseases, finance minister Nirmala Sitharaman announced that 36 life-saving drugs and medicines are proposed to be added to the list of medicines fully exempted from basic customs duty.

She also said that the government will facilitate setting up of daycare cancer centres in all district hospitals over the next three years and 200 of these will be established in 2025-26.

■ Page 8: 10K seats to be added in medical colleges

10,000 MORE MBBS SEATS

Daycare cancer centres in all district hospitals in 3 years • Healthcare facilities for gig workers • Medical tourism, Heal in India to be promoted with private sector

FROM PAGE 1

Finance minister also announced 10,000 seats will be added in medical colleges next year towards the goal of adding 75,000 seats in the next five years.

In her speech, the minister said medical tourism and 'Heal in India' will be promoted in partnership with the private sector along with capacity building and easier visa norms. She also said that gig workers will be provided healthcare facilities under PM Jan Aarogya Yojana (PM-JAY) that would benefit nearly 1 crore such workers.

As a relief on the import of drugs/medicines, 36 lifesaving drugs for treating cancer, rare diseases and chronic diseases have been fully exempted from basic customs duty (BCD). The government had earlier cut customs duty on Trastuzumab Deruxtecan, Osimertinib and Durvalumab from 10 per cent to zero. Further, 37 medicines along with 13 new drugs and medicines under Patient Assistance Programmes have been exempted from BCD, if supplied free to patients.

The Centre has allocated ₹99,858.56 crore for the health ministry, an increase of about 11 percent over the last fiscal's outlay of ₹89,974.12 crore. Of the ₹99,858.56 crore allocated for the health ministry, ₹95,957.87 crore have been earmarked for the department of health and family welfare and ₹3,900.69 crore to the department of health research. The budgetary allocation for the AYUSH ministry has been increased from ₹3,497.64 crore to ₹3,992.90 crore, recording a 14.15 per cent increase.

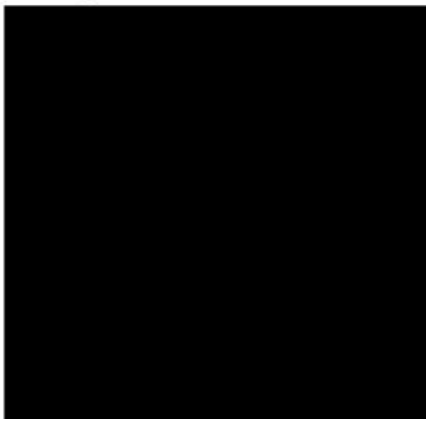
• 36 lifesaving drugs for treating cancer, rare diseases and chronic diseases have been fully exempted from basic customs duty (BCD).



Dr DK Gupta, Felix Hospital, said this Budget will prove a milestone in strengthening the health infrastructure. "Many relief announcements, especially for cancer patients, medical students and common citizens struggling with the cost of medicines. This step of the government will strengthen the health infrastructure of the country and will help in making India a major medical destination," said Dr Gupta.

The allocation for AIIMS, New Delhi, has been increased from Rs 5,000 crore to Rs 5,200 crore while ICMR has been earmarked Rs 3125.50 crore as against Rs 2,869.99 crore in the 2024-25 fiscal. Among the centrally sponsored schemes, the allocation for the National Health Missionhas been increased from Rs 36,000.00 crore in 2024-25 to Rs 37,226.92 crore in 2025-26. Moreover, the allocation for Ayushman Bharat Pradhan Mantri Jan ArogyaYojna (AB PM-JAY) has been hiked from Rs 7,605.54 crore to Rs 9,406.00 crore.

For the National Tele Mental Health Programme, the allocation has been increased from ₹45 crore to ₹79.60 crore.



The Daily Guardian • 28 Feb • Ministry of Ayush

Need for steps to harness Ayush's full potential: PM Modi

2 • PG | 175 • Sqcm | 17526 • AVE | N/A • Cir | Middle Left

Chandigarh • Delhi

Need for steps to harness Ayush's full potential: PM Modi

TDG NETWORK
NEW DELHI

Prime Minister Narendra Modi on Thursday chaired a high-level meeting to review the Ayush sector, underscoring its vital role in holistic well-being and healthcare, preserving traditional knowledge, and contributing to the nation's wellness ecosystem.

Since the creation of the Ministry of Ayush in 2014, the Prime Minister has envisioned a clear roadmap for its growth, recognizing its vast potential, an official release said.



In a comprehensive review of the sector's progress, the Prime Minister emphasized the need for strategic interventions to harness its full potential. The review focused on streamlining initiatives, optimizing resources, and charting a visionary path to elevate Ayush's global presence.

During the review, the Prime Minister emphasized the sector's significant contributions, including its role in promoting preventive healthcare, boosting rural economies through medicinal plant cultivation, and enhancing India's global standing as a leader in traditional medicine.

He highlighted the sector's resilience and growth, noting its increasing acceptance worldwide and its potential to drive sustainable development and employment generation.

Prime Minister reiterated that the government is committed to strengthening the Ayush sector through policy support, research, and innovation. He also emphasised the need to promote holistic and integrated health and standard protocols on Yoga, Naturopathy and Pharmacy sectors.

Prime Minister emphasized that transparency must remain the bedrock of all operations within the Government across sectors. He directed all stakeholders to uphold the highest standards of integrity, ensuring that their work is guided solely by the rule of law and for the public good.

The Ayush sector has rapidly evolved into a driving force in India's healthcare landscape, achieving significant milestones in education, research, public health, international collaboration, trade, digitalization, and global expansion, the release said.

The Daily Guardian • 25 Feb • Ministry of Ayush

Fueling Recovery: How Nutraceuticals and Functional Foods Enhance Post-Surgical Healing

14 • PG | 958 • Sqcm | 95836 • AVE | N/A • Cir | Middle Left

Delhi

Fueling Recovery: How Nutraceuticals and Functional Foods Enhance Post-Surgical Healing

TDG NETWORK
NEW DELHI



Recovery after surgery is a critical phase that requires optimal nutrition to enhance healing, reduce complications, and restore strength. Nutraceuticals and functional foods play a pivotal role in supporting the body's recovery mechanisms by providing essential nutrients that aid in tissue repair, immune function, and metabolic balance.

Surgical procedures induce metabolic stress, leading to increased energy demands, muscle protein breakdown, and heightened inflammatory responses. Ensuring adequate nutrition helps counteract these effects and facilitates recovery. Functional foods and nutraceuticals contribute to this process by enhancing immune function, reducing inflammation, and promoting tissue regeneration.

Proteins are crucial for wound healing, muscle repair, and immune support. Specific amino acids such as arginine support immune function and enhance nitric oxide production, which improves blood flow to healing tissues. Glutamine aids in intestinal health and immune function, crucial for reducing infection risk post-surgery. Branched-chain amino acids (BCAAs) help maintain muscle mass and reduce muscle wasting during recovery.

Omega-3 fatty acids in fatty fish, flaxseeds, and walnuts possess strong anti-inflammatory properties. They help modulate the immune response, reduce postoperative inflammation, and promote faster recovery. Supplementing fish oil or plant-based sources like chia and flax seeds can benefit.

Zinc plays a crucial role in cell division, immune function, and collagen synthesis, making it essential for post-surgery healing. Foods rich in zinc include pumpkin seeds, chickpeas, lean meats, and nuts.

Surgery-induced oxidative stress can delay healing. Antioxidant-rich foods help neutralize free radicals and support immune function. Key antioxidants include Vitamin C (Citrus fruits, bell peppers) for collagen synthesis. Vitamin E (Almonds, sunflower seeds) for skin and tissue repair. Selenium (Nuts, seafood) for immune enhancement.

A healthy gut microbiome is essential for immune function and reducing post-surgical infections. Probiotics (yoghurt, fermented foods) and prebiotics (garlic, onions, bananas) support digestive health, improving nutrient absorption and immune resilience.

A well-rounded diet incorporating these functional foods and nutraceuticals can significantly enhance post-surgery recovery. Patients should focus on:

• Hydration: Adequate water intake supports nutrient transport and detoxification.

• Balanced Macronutrients: Ensuring an appropriate mix of proteins, healthy fats, and complex carbohydrates.

• Micronutrient Sufficiency: Supplementing when necessary to address deficiencies.

Nutraceuticals and functional foods serve as powerful tools in post-surgery recovery, promoting tissue repair, reducing inflammation, and strengthening the immune system. Before starting any supplement, consult your doctor. Incorporating these evidence-based dietary strategies can optimize healing outcomes and improve overall well-being during the critical post-operative phase.





The Daily Guardian • 21 Feb • Ministry of Ayush

First cabinet meet approves Ayushman Bharat

1, 5 • PG | 244 • Sqcm | 24413 • AVE | N/A • Cir | Middle Left,Top Right

Chandigarh

First cabinet meet approves Ayushman Bharat

- Health cover will get Rs 5 lakh top-up
- New govt will present 14 pending CAG reports in first sitting of Assembly

TDG NETWORK
NEW DELHI

Delhi Chief Minister Rekha Gupta, who chaired the first cabinet meeting hours after taking oath of office, announced that her government will implement the Ayushman Bharat scheme with Rs 5 lakh top-up and present the 14 pending CAG reports in the first sitting of Assembly.

Addressing a press conference, Rekha Gupta said that the Delhi government will implement the Centre's flagship scheme in the national capital. This was a pre-poll promise of the BJP, which had targeted the AAP government for not implementing the scheme.

She also announced the tabling of CAG reports, which had not been tabled by the AAP government.

"In the first Cabinet meeting, we discussed and passed two agendas - to implement in Delhi the Ayushman Bharat scheme with Rs 5 lakhs top up and tabling of 14 CAG reports in the first seating of the Assembly. We will fulfil all the commitments that we have made to the people." Rekha

P5

Cabinet okays Ayushman Bharat

CONTINUED FROM P1

Gupta said.

She said the Delhi government will pay for the top-up and will sign a MoU with the Centre.

Asked about AAP leader and former Chief Minister Atishi pointing out that BJP had promised to pass the scheme to provide Rs 2,500 to women every month in the first cabinet meeting, Rekha Gupta said the BJP government will set its agenda.

"It's our government; the agenda will be ours. Let us work. She doesn't need to tell us everything; she has done what she has to while in power," she said.

Atishi on Thursday expressed hope that the first cabinet meeting of the new BJP government in Delhi, which Chief Minister Rekha Gupta will chair on Thursday, will take the decision to give Rs 2500 per month to women of Delhi as promised by the party before the assembly polls.

She said BJP leaders had promised that first instalment will be released on March 8, which is observed as International Women's Day.

"During the Delhi assembly elections, PM Modi and BJP leaders had promised that as soon as the government is formed, the scheme to give Rs 2500 per month to every woman will be passed in the first cabinet meeting, and the first instalment will be given by March 8. Today at 7 pm there is the first cabinet meeting of the new government. Every woman in Delhi is waiting that BJP fulfills its promise," Atishi said in a post on X.

"Being a woman Chief Minister, it is expected from Rekha Guptaji that she will definitely fulfil the promise made to the women of Delhi," she added.

"In our first cabinet meeting, we will implement the central government's Ayushman Bharat Yojana, to provide free treatment up to Rs 5 lakh and the state government will provide Rs 5 lakh additional cover for all the poor families," it said.

The Daily Guardian • 19 Feb • Ministry of Ayush

Income Tax-Ayush initiative: Health & Wellness Seminar organised

13 • PG | 134 • Sqcm | 13430 • AVE | N/A • Cir | Middle Left

Chandigarh

Income Tax-Ayush initiative: Health & Wellness Seminar organised

TDG NETWORK
PANCHKULA



Recognizing the crucial link between health and effective work performance, the Office of the Principal Commissioner of Income Tax organized a Health and Wellness Seminar at the Income Tax Bhavan under the Ayush Department Initiative.

The seminar was presided over by Principal Commissioner of Income Tax, Komal Jogpal, who emphasized the importance of raising awareness about major health issues among officers and employees. The initiative aimed to promote better healthcare and encourage a healthy lifestyle.

Senior consultant Dr. Vishal Sharma from Alchemist Hospital, Panchkula, and Healthy Chest & Sleep Clinic participated in the seminar. Dr. Sharma, an expert in treating lung diseases such as lung cancer, asthma, COPD (Chronic Obstructive Pulmonary Disease), and sleep disorders, provided valuable insights into Obstructive Sleep Apnea (OSA). He highlighted that OSA is a common yet often overlooked condition, which, if left untreated, can lead to severe long-term health complications.

Dr. Sharma explained OSA in simple terms, covering its causes, symptoms, risk factors, and potential complications. He emphasized the need to recognize early warning signs, seek timely medical assistance, and adopt lifestyle modifications to effectively manage and prevent OSA.

The Daily Guardian • 19 Feb • Ministry of Ayush

Feed your brain: The top nutrients to prevent cognitive decline

14 • PG | 400 • Sqcm | 39992 • AVE | N/A • Cir | Middle Center
Delhi

Feed your brain: The top nutrients to prevent cognitive decline



FOOD IS MEDICINE

DR ANISH DESAI





Maintaining cognitive function is crucial for overall well-being, particularly as we age. With the increasing prevalence of cognitive decline and neurodegenerative diseases, it's important to focus on how certain foods and nutraceuticals can support brain health. Research shows that specific micronutrients play a vital role in enhancing cognitive function, particularly in older adults, helping preserve memory, mental clarity, and overall brain health.

Several micronutrients are crucial for maintaining cognitive function:

Omega-3 Fatty Acids: Found in fatty fish, walnuts, and flaxseeds, omega-3s, particularly DHA, are essential for brain cell structure and function. Higher intake is linked to improved cognitive performance and reduced cognitive decline risk.

Vitamin B Complex: B6, B9 (folate), and B12 are critical for neurotransmitter synthesis and myelin maintenance. Deficiencies are associated with cognitive impairment and dementia. Foods rich in B vitamins include leafy greens, legumes, and eggs.

Vitamin E: An antioxidant that protects against oxidative stress, vitamin E helps slow cognitive decline. Sources include nuts, seeds, and green leafy vegetables.

Antioxidants: Found in berries, dark chocolate, and green tea, antioxidants combat oxidative stress and inflammation in the brain, supporting cognitive function.

Epigallocatechin Gallate (EGCG): A potent antioxidant found in green tea and cocoa that helps reduce neuroinflammation and oxidative stress, potentially enhancing memory.

Caffeine: Found in coffee and tea, caffeine stimulates cognitive function by enhancing protein kinase C (PKC) activity and reducing amyloid-beta plaque deposition, which may offer protective effects against neurodegenerative diseases like Alzheimer's.

Resveratrol: Found in grapes and red wine, resveratrol helps reduce cognitive deficits by promoting neurogenesis and inhibiting amyloid-beta aggregation.

Anthocyanins: Present in blueberries, anthocyanins possess strong antioxidant and anti-inflammatory properties, improving memory and spatial cognitive functions. Studies suggest blueberry intake may help slow cognitive decline.

Citrus Flavonoids: Including hesperidin and naringenin, these flavonoids protect against oxidative stress and improve spatial memory.

Carotenoids (Lutein and Zeaxanthin): Found mainly in leafy greens, carotenoids contribute to both eye health and cognitive function. Incorporating nutrient-dense foods and nutraceuticals, such as omega-3s, B vitamins, antioxidants, and functional foods like turmeric and ginkgo biloba, is vital for enhancing cognitive function, particularly as we age. A balanced intake of these nutrients can help preserve brain health and improve the overall quality of life. Always consult a healthcare professional before starting any new supplement regimen to ensure safety and effectiveness.

The Daily Guardian • 18 Feb • Ministry of Ayush

NOURISHING MUSCULOSKELETAL HEALTH: THE POWER OF FOODS AND NUTRACEUTICALS

14 • PG | 458 • Sqcm | 45766 • AVE | N/A • Cir | Middle Left

Delhi

NOURISHING MUSCULOSKELETAL HEALTH: THE POWER OF FOODS AND NUTRACEUTICALS

TDG NETWORK

Maintaining musculoskeletal health becomes essential as we age to preserve mobility, balance, and overall quality of life. The aging process can lead to a decline in bone density and muscle strength, making it essential to focus on nutrition. Research has shown that specific foods and nutraceuticals play a significant role in supporting bone and muscle health, particularly for older adults, helping them stay active and reduce the risk of falls and fractures. Several micronutrients are essential for maintaining bone density, muscle strength, and physical function:

- **Calcium:** Adequate calcium intake helps prevent osteoporosis, a condition characterized by weak and brittle bones. Dairy products, leafy greens, and fortified foods are sources of calcium.
- **Vitamin D:** Essential for calcium absorption, vitamin D supports bone density and reduces fracture risk. It can be obtained from fatty fish, egg yolks, and fortified foods. Supplementation may be necessary for those at risk of deficiency.
- **Magnesium:** Magnesium contributes to bone structure and muscle function. It helps regulate calcium levels and aids muscle repair. Sources include nuts, seeds, whole grains, and leafy vegetables.
- **Omega-3 Fatty Acids:** These anti-inflammatory fats, found in fish, flaxseeds, and walnuts, are beneficial for joint health, especially for osteoarthritis. Omega-3s can reduce inflammation and support overall musculoskeletal function.

Nutraceuticals, concentrated bioactive compounds derived from food, provide higher doses of essential nutrients.



The aging process can lead to a decline in bone density and muscle strength, making it essential to focus on nutrition.

- **Vitamin K2:** Supplementation has been shown to enhance bone health, particularly in postmenopausal women, by improving bone mineral density.
- **Collagen Peptides:** These supplements may help improve joint health and reduce the symptoms of osteoarthritis.
- **Curcumin:** Known for its anti-inflammatory properties, curcumin from turmeric can help reduce joint pain and inflammation.
- **Glucosamine and Chondroitin:** These compounds are often used in combination to support cartilage health and alleviate osteoarthritis symptoms.

Functional foods provide additional health benefits beyond basic nutrition.

For musculoskeletal health, consider adding this to your diet:

- **Bone Broth:** Rich in collagen, gelatin, and amino acids, bone broth supports joint and bone health.
- **Leafy Greens:** High in calcium and magnesium, greens like kale and spinach help support bone health.
- **Fortified Foods:** Many foods are now fortified with calcium, vitamin D, and omega-3s, providing an easy way to meet daily requirements.

Incorporating specific foods and nutraceuticals into your diet is essential for maintaining musculoskeletal health, especially as we age. A balanced intake of nutrients like calcium, vitamin D, magnesium, omega-3s, and vitamin K2 can support bone and muscle function, improving overall well-being. Before adding new supplements to your regimen, always consult with a healthcare professional to ensure safety and efficacy.



The Daily Guardian • 14 Feb • Ministry of Ayush

2.7 lakh bogus claims worth Rs 562 cr detected under Ayushman scheme

3 • PG | 175 • Sqcm | 17459 • AVE | N/A • Cir | Middle Right

Chandigarh

2.7 lakh bogus claims worth Rs 562 cr detected under Ayushman scheme

NEERAJ MOHAN
CHANDIGARH



The Ayushman Bharat Scheme-world's biggest healthcare scheme aimed at providing free healthcare to millions of underprivileged families in India, has come under scrutiny after reports revealed widespread misuse by private hospitals.

According to data from the National Anti-Fraud Unit (NAFU), 2.7 lakh claims out of 6.66 crore processed were found to be fake or incorrect. As per the information these fraudulent claims amount to Rs 562.4 crore.

The fraudulent practices include fake billing, incorrect entries, and misuse of the scheme, which has diverted crucial funds meant for genuine patients. Uttar Pradesh reported the highest amount of fake claims, totaling Rs 139 crore, followed by other states like Chhattisgarh, Haryana, Kerala, and Bihar.

Claims flagged as suspicious by NAFU are put on hold until they are thoroughly checked by the State Anti-Fraud Unit (SAFU). This process includes need based field verifications and Any hospital found guilty faces strict action to protect the integrity of the scheme.

This information was revealed in a written reply by Minister of State for Health and Family Welfare Prataprao Jadhav in the Rajya Sabha. He emphasized that the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) follows a "zero-tolerance policy" towards fraud. The National Anti-Fraud Unit (NAFU) works closely with state teams to prevent, detect, and act against fraudulent activities. The minister claimed that the strict action has been taken, with 1,114 hospitals have been de-empanelled, and 549 hospitals have been suspended under AB-PMJAY.

The Daily Guardian • 13 Feb • Ministry of Ayush

Supreme Court quashes appointment of chairperson of National Commission for Homeopathy

10 • PG | 235 • Sqcm | 23477 • AVE | N/A • Cir | Bottom Left

Delhi

Supreme Court quashes appointment of chairperson of National Commission for Homeopathy

TDG NETWORK
NEW DELHI

The Supreme Court in the case Dr. Amaragouda L Versus Union Of India And Ors observed and has allowed a civil appeal filed challenging the appointment of Dr. Anil Khurana as the chairperson of the National Commission for Homoepathy.

The bench comprising of Justice Dipankar Datta and Justice Manmohan was hearing the present matter.

The bench in the case held that the of Dr. Anil Khurana as the chairperson of the National Commission for Homoepathy was not in accordance with the law and directed Dr. Khurana to leave the office within a week.

The court in its order stated:

'The Respondent shall stepdown from the office of Chairperson forthwith. By forthwith, we mean a week from today to enable him to complete his assignment however without taking any policy decision involved with finances. Therefore, the fresh process shall be initiated for appointment of the office of chairperson expeditiously and the benefits received by the 3rd Respondent are not touched. However, fruit of benefit shall go to him on the basis of service rendered him as chairperson.'

Background of the Case:

The petitioner filed a writ petition before the Karnataka High Court, wherein challenging the appointment of Dr. Khurana and appointment of Dr. K.R.Janardanan Nair as the President of the Medical Assessment and Rating Board of the National Commission for Homeopathy.

The petitioner, who was an applicant for both posts, challenged the appointments on grounds that the two Respondents did not possess the requisite experience required under Section 4(2) and Section 19 of the National Commission for Homeopathy Act, 2020, respectively.

The section 4(2) of the National Commission for Homeopathy Act, 2020 defines the qualification of Chairman and read as: 'The Chairperson shall be a person of outstanding ability, proven administrative capacity and integrity, possessing a postgraduate degree in Homeopathy from a recognized University and having experience of not less than twenty years in the field of Homeopathy, out of which at least ten years shall be as a leader in the area of healthcare delivery, growth and development of Homeopathy or is education.'

Therefore, the term 'leader' means the Head of a Department or the Head of an Organisation. Justice N S Sanjay Gowda of the High Court upheld the appointment of Nair but allowed the challenge to the appointment of Dr. Khurana for lacking the years of experience required.

Further, it has been stated that, 'In order to be the Chairperson of the National Commission for Homeopathy, a person should have 20 years' experience in the field of Homeopathy and out of these 20 years, he should have been a Head of the Department or the Head of an Organisation in the area of Healthcare delivery, growth and development of Homeopathy or its education.'

It being only in respect of the period when Dr.Anil Khurana worked as the Director General (in-charge) from August 2017 to April 2018 and as the Director General from July 2019 to till 2021, can he be considered as a leader, as envisaged under the provisions of the Act.

The Daily Guardian • 11 Feb • Ministry of Ayush

Ayushman Card scheme failing inHaryana: Kumari Selja slams govt

4 • PG | 142 • Sqcm | 14249 • AVE | N/A • Cir | Middle Right

Chandigarh

Ayushman Card scheme failing in Haryana: Kumari Selja slams govt

TDG NETWORK
CHANDIGARH



The General Secretary of the All India Congress Committee, former Union Minister, and Member of Parliament from Sirsa Kumari Selja said that due to the Haryana government's indifference and the commission-based payment reductions in bills, the Ayushman cards have merely become cards. Doctors are becoming reluctant to treat patients under this scheme, with many even refusing to do so. No physician or pediatrician in the state is willing to treat patients under this card. If the government has promised free treatment to the public under this card, it should fulfill its commitment honestly. The doctors are owed hundreds of crores of rupees by the government, and the government has promised to clear this amount by 28th February.

In a statement released to the media, Kumari Selja said that under the Ayushman Card scheme, the state government provided free treatment to patients, but this scheme is now becoming a nightmare for patients. The Indian Medical Association (IMA) has announced several times that it will not treat Ayushman cardholders, but the government convinces them by promising quick payments. The government does not provide the full treatment amount on time, and the bills sent by the hospitals are subject to cuts of up to 70%. The IMA has repeatedly demanded an increase in the rates under this scheme, as unnecessary deductions are being made in the payments.

The Daily Guardian • 11 Feb • Ministry of Ayush

OPTIMIZING MUSCULOSKELETAL HEALTH WITH FOOD AND NUTRACEUTICALS

14 • PG | 347 • Sqcm | 34710 • AVE | N/A • Cir | Middle Left

Delhi

OPTIMIZING MUSCULOSKELETAL HEALTH WITH FOOD AND NUTRACEUTICALS



FOOD IS MEDICINE

DR ANISH DESAI

Maintaining musculoskeletal health becomes essential as we age to preserve mobility, balance, and overall quality of life. The aging process can lead to a decline in bone density and muscle strength, making it essential to focus on nutrition. Research has shown that specific foods and nutraceuticals play a significant role in supporting bone and muscle health, particularly for older adults, helping them stay active and reduce the risk of falls and fractures. Several micronutrients are essential for maintaining bone density, muscle strength, and physical function:

Calcium: Adequate calcium intake helps prevent osteoporosis, a condition characterized by weak and brittle bones. Dairy products, leafy greens, and fortified foods are sources of calcium.

Vitamin D: Essential for calcium absorption, vitamin D supports bone density and reduces fracture risk. It can be obtained from fatty fish, egg yolks, and fortified foods. Supplementation may be necessary for those at risk of deficiency.

Magnesium: Magnesium contributes to bone structure and muscle function. It helps regulate calcium levels and aids muscle repair. Sources include nuts, seeds, whole grains, and leafy vegetables.

Omega-3 Fatty Acids: These anti-inflammatory fats, found in fish, flaxseeds, and walnuts, are beneficial for joint health, especially for osteoarthritis. Omega-3s can reduce inflammation and support overall musculoskeletal function.

Nutraceuticals, concentrated bioactive compounds derived from food, provide higher doses of essential nutrients.

Vitamin K2: Supplementation has been shown to enhance bone health, particularly in postmenopausal women, by improving bone mineral density.

Collagen Peptides: These supplements may help improve joint health and reduce the symptoms of osteoarthritis.

Curcumin: Known for its anti-inflammatory properties, curcumin from turmeric can help reduce joint pain and inflammation.

Glucosamine and Chondroitin: These compounds are often used in combination to support cartilage health and alleviate osteoarthritis symptoms.

Functional foods provide additional health benefits beyond basic nutrition. For musculoskeletal health, consider adding this to your diet:

Bone Broth: Rich in collagen, gelatin, and amino acids, bone broth supports joint and bone health.

Leafy Greens: High in calcium and magnesium, greens like kale and spinach help support bone health.

Fortified Foods: Many foods are now fortified with calcium, vitamin D, and omega-3s, providing an easy way to meet daily requirements.

Incorporating specific foods and nutraceuticals into your diet is essential for maintaining musculoskeletal health, especially as we age. A balanced intake of nutrients like calcium, vitamin D, magnesium, omega-3s, and vitamin K2 can support bone and muscle function, improving overall well-being. Before adding new supplements to your regimen, always consult with a healthcare professional to ensure safety and efficacy.



The Daily Guardian • 08 Feb • Ministry of Ayush

OVER 73.90 CRORE AYUSHMAN BHARAT HEALTH ACCOUNTS IDS CREATED

2 • PG | 43 • Sqcm | 4321 • AVE | N/A • Cir | Middle Left

Chandigarh



'OVER 73.90 CRORE AYUSHMAN BHARAT HEALTH ACCOUNTS IDS CREATED'

NEW DELHI: The Government has launched Ayushman Bharat Digital Mission (ABDM) with a vision to create national digital health ecosystem, wherein to ensure participation of citizen, Ayushman Bharat Health Accounts (ABHAs) numbers that is a 14-digit Unique Health Identifier (erstwhile known as Health IDs) are created, Ministry of Health and Family Welfare said in a press release. As on February 3, 2025, the number of ABHA IDs created are 73,90,93,095.

The Daily Guardian • 04 Feb • Ministry of Ayush

IMA, Haryana resolve Ayushman Bharat row, services to continue

1, 5 • PG | 223 • Sqcm | 22320 • AVE | N/A • Cir | Bottom Left,Middle Left

Chandigarh

IMA, Haryana resolve Ayushman Bharat row, services to continue

NEERAJ MOHAN
CHANDIGARH

Following the intervention of Haryana chief minister Nayab Singh Saini, the long-standing dispute between the Indian Medical Association (IMA) and the Haryana government over delayed payments under the Ayushman Bharat scheme has been resolved after a meeting between the two sides.

IMA representatives expressed satisfaction with the government's assurances and announced that private hospitals will continue providing services under the scheme. The deadlock arose after nearly 600 private hospitals in Haryana threatened to withdraw from Ayushman Bharat from February 3, citing unpaid dues amounting to Rs 450 crore. The IMA had raised concerns over repeated delays and had accused the government of reimbursing only 10-15% of the claims, causing financial distress to hospitals treating poor patients for free.

The Haryana government has released Rs 195 crore in pending claims since January 1 and officials have assured that payments for claims submitted until March 10 will be processed by March 31. Furthermore, a separate budget of Rs 2,500 crore will be allocated in advance for the next financial year to ensure smoother operations under Ayushman Bharat.

Following the meeting, IMA doctors expressed gratitude to Chief Minister Nayab Singh Saini and the state government for addressing their concerns. They confirmed that treatment under Ayushman Bharat will continue as before.

P5

IMA, Haryana resolve Ayushman

CONTINUED FROM P1

"We had been struggling with irregular payments and heavy deductions, which created financial difficulties for hospitals. However, the government has now taken concrete steps to clear dues and streamline payments. We appreciate this initiative," said IMA Haryana Secretary Dr. Dhirender K. Soni.

The IMA had earlier pointed out that payment delays began after the introduction of the Chirayu card in November 2022. In its letter to the government, the association had demanded the immediate clearance of dues, an end to deductions after pre-approved claims, a dedicated annual budget of Rs 2,000 crore, and compensation for delayed payments.

The IMA's statement had sparked controversy with the opposition parties raised the issue in Delhi that the BJP government was unable to clear the dues of the hospitals pending for the past several years. Even during the Haryana assembly elections the IMA had threatened to stop treatment under Ayushman Card to build pressure for the pending dues of hospitals in the state.

The Daily Guardian • 04 Feb • Ministry of Ayush

Kerala court issues non-bailable warrant against Baba Ramdev after his non-appearance in objectionab...

10 • PG | 246 • Sqcm | 24559 • AVE | N/A • Cir | Middle Left

Delhi

Kerala court issues non-bailable warrant against Baba Ramdev after his non-appearance in objectionable ads case

TDG NETWORK
NEW DELHI

The Kerala Court in the case Drugs Inspector Palakkad v. Divya Pharmacy and others observed and has issued non-bailable warrants against Baba Ramdev and Acharya Balakrishna following the non-appearance of them in the criminal case filed by Kerala Drugs Inspector against Divya Pharmacy over alleged misleading medical ads.

The court issued warrants to secure their presence on February 15.

Earlier, the court Judicial First Class Magistrate-II Palakkad) had issued bailable warrants to the accused for their appearance on February 1. Since they did not appear on February 1, the Court has now issued non-bailable warrants.



Divya Pharmacy is an affiliated company of Patanjali Ayurved.

In the present matter, the complaint has been filed by the Drug Inspector under Section 3, 3 (b) and 3 (d) of The Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954.

The section 3 prohibits the advertisement of certain drugs for the treatment of certain diseases and disorders.

The Section 3 (b) prohibits advertisements of drugs claiming maintenance or improvement of the capacity of human beings for sexual pleasure.

The Section 3 (d) prohibits advertisements of drugs that claim the diagnosis, cure, mitigation, treatment or prevention of any disease, disorder or condition of diseases provided in the Rules made under the Act.

However, Divya Pharmacy is the first accused, Acharya Balkrishna the second accused and Baba Ramdev the third accused in the case.

Background of the Case:

Patanjali Ayurved products were under the scrutiny of the Supreme Court for publishing misleading advertisements against modern systems of medicines like Allopathy.

Later, the court in the case issued a contempt notice to Patanjali Ayurved for continuing to publish such misleading advertisements that disparage allopathy and make false claims about curing certain diseases.

The contempt cases were later closed by the Supreme Court accepting the public apology issued by Ramdev, Acharya Balkrishna and Patanjali Ayurved.

The Asian Age • 28 Feb • Ministry of Ayush

PM chairs key Ayush sector meet

4 • PG | 270 • Sqcm | 189289 • AVE | 389.96K • Cir | Top Center

Delhi

PM chairs key Ayush sector meet

Reiterates govt's commitment to strengthen the sector through policy support, research

AGE CORRESPONDENT
NEW DELHI, FEB. 27

Chairing a high-level meeting to review the Ayush sector on Thursday, Prime Minister Narendra Modi reiterated that the government is committed to strengthening it through policy support, research, and innovation.

The Prime Minister underscored the Ayush sector's vital role in holistic well-being and healthcare, preserving traditional knowledge, and contributing to the nation's wellness ecosystem.

The Prime Minister's Office (PMO) said that since the creation of the Ministry of Ayush in 2014, the Prime Minister has envisioned a clear roadmap for its growth, recognising its vast potential.

"In a comprehensive review of the sector's progress, the Prime Minister emphasised the need for strategic interventions to harness its full potential. The review focused on streamlining initiatives, optimising resources, and charting a visionary path to elevate Ayush's global presence," the PMO said.

During the review, the Prime Minister emphasised the sector's significant contributions, including its role in promoting preventive healthcare, boosting rural economies through medicinal plant cultivation, and enhancing India's global standing as a leader in traditional medicine.

Mr Modi highlighted the sector's resilience and growth, noting its increasing acceptance worldwide and its potential to drive sustainable development and employment generation.

The Prime Minister reiterated that the government is committed to strengthening the Ayush sector through policy support, research, and innovation.

He also emphasised the need to promote holistic and integrated health and standard protocols in the yoga, naturopathy and pharmacy sector.

The Asian Age • 20 Feb • Ministry of Ayush
Drain gains minus pains

13 • PG | 2575 • Sqcm | 1094473 • AVE | 389.96K • Cir | Top Right | Delhi Age

Delhi

PHOTO: MOULIKAROYYOGA





Drain gains minus pains

ANUSHREE CHAURASIA

THE INTEGRATION OF LYMPHATIC DRAINAGE AND STRETCHING IS BECOMING A CORNERSTONE IN A HOLISTIC FITNESS ROUTINE

The world of fitness and wellness is constantly evolving. There is a growing recognition of lymphatic drainage and stretching in a holistic fitness routine. While high-intensity interval training (HIIT), weightlifting, and cardio have long dominated fitness regimens, these often-overlooked practices are proving to be just as critical in promoting overall health, recovery, and performance.

THE LYMPHATIC SYSTEM

The lymphatic system, often overshadowed by the cardiovascular system, plays a crucial role in maintaining overall health. It's responsible for draining waste, toxins, and excess fluids from tissues, all while supporting immune function. When this system is sluggish, it can lead to inflammation, fatigue, and a compromised ability to recover from workouts.

"Lymphatic drainage and massage promote relaxation for both the body and mind," says **Danish Khan**, an ACSM Level-3 trainer. "Massages are particularly effective in reducing stress by lowering cortisol levels, a hormone associated with stress. Once cortisol decreases, dopamine — a hormone linked to feelings of pleasure and well-being — is released. This process enhances relaxation and accelerates recovery by alleviating muscle tension, undoing knots, and reducing spasms, enabling your body to heal more efficiently."

DRAINAGE TECHNIQUES

By incorporating lymphatic drainage techniques into a fitness routine, individuals can support detoxification, reduce inflammation, and enhance post-workout recovery. These benefits are particularly important for those engaging in high-intensity training, as recovery is a key element in achieving optimal fitness.

STRETCHING & FLEXIBILITY

Dynamic stretching before a workout prepares the muscles for movement, while static stretching post-workout helps in recovery and muscle repair. Stretching not only improves flexibility and range of motion but also reduces the risk of injury and enhances circulation. Combining stretching with lymphatic drainage can yield greater results. Stretching encourages blood and lymph flow, promoting efficient nutrient delivery and waste removal at the cellular level. This synergy aids in reducing inflammation and promoting overall mobility.

RECOVERY PRACTICES

While high-intensity workouts like HIIT and weightlifting push the body to its limits, recovery practices such as lymphatic drainage and stretching help restore balance. Fitness can be summarized as FIT—Frequency, Intensity, and Time. The frequency and intensity of your workouts, along with the amount of time you dedicate to them, are key determinants of your progress. Khan says, "It is important to note



that consistently following the same routine over time can lead to a plateau as your body adapts. To continue seeing results, you need to gradually increase the frequency, intensity, or duration of your workouts."

EXPERT INSIGHTS

Medical professionals and therapists specializing in lymphatic health emphasize the profound impact of these techniques on overall well-being. A sluggish lymphatic system can lead to symptoms such as swelling, muscle soreness, and decreased energy levels—all of which hinder physical performance. Simple techniques such as dry brushing, gentle massages, and movement-based practices like yoga stimulate the lymphatic system. Yoga combines stretching with deep breathing. It enhances lymphatic flow and relaxation.

The psychological benefits of lymphatic drainage and stretching also play a vital role in holistic fitness. Lower cortisol levels and increased dopamine not only boost recovery but also improve mental clarity, focus, and emotional well-being. "Stretching helps release muscle tightness that can hinder lymphatic flow. When muscles are flexible and mobile, they better support the pumping action required for lymph movement," says Riya Ranka, Wellness Consultant, Yoga and Ayurveda Educator.

HOLISTIC FITNESS ROUTINE

Dedicate 10–15 minutes before or after workouts to stretching, while scheduling lymphatic massages or self-massage techniques weekly. Riya says, "A well-functioning lymphatic system strengthens the immune system, reduces inflammation, and prevents toxin buildup—all crucial for long-term health. Daily yoga, stretching, and pranayama support this system while improving flexibility, reducing stress, and enhancing overall vitality." Pranayama, or yogic breathing, enhances detoxification by directly influencing the lymphatic system through diaphragmatic movements. Deep, controlled breaths. Fitness is not just about pushing your limits. It's also about listening to your body and finding balance. Incorporating practices like lymphatic drainage and stretching allows you to optimize your workouts while ensuring your body and mind stay in harmony. By embracing these often-overlooked techniques, fitness enthusiasts can achieve a well-rounded approach to health, maximizing their potential both in and out of the gym.



Health Watch

10 SIGNS OF LYMPHATIC CONGESTION

- **1.** Nasal Congestion
- **2.** Constipation
- **3.** Fluid Retention
- **4.** Acne
- **5.** Dark Circles
- **6.** Cellulite
- **7.** Arthritis
- **8.** Brain Fog
- **9.** Poor Immunity
- **10.** Fatigue







The Asian Age • 20 Feb • Ministry of Ayush

Have a proper, daily plan

12 • PG | 1303 • Sqcm | 553962 • AVE | 389.96K • Cir | Top Left | Delhi Age

Delhi

HOW I KEEP MYSELF HEALTHY & FIT!

Have a proper, daily plan

Dr S. Neeshma Reddy, Consultant Radiologist and Varicose veins specialist says, "I've built a routine that focuses on physical fitness, a balanced diet, and mental well-being"

SWATI SHARMA
THE ASIAN AGE



As a 41-year-old twin mom, doctor, and hospital manager, life is undeniably busy, but Dr. S. Neeshma Reddy, consultant radiologist and varicose veins specialist, firmly believes that prioritising health is the foundation of being able to care for others — whether it's her family or patients. "Managing Nikhil Hospitals, which is family-run, means I'm constantly on my feet juggling responsibilities. In order to optimise my performance, I have established a regimen that emphasises physical fitness, nutritional balance, and mental health."

FITNESS REGIME

Working out five days a week, alongside her husband, who is not only a neurologist but also a fitness enthusiast. "Exercising together helps us bond while staying motivated. My workout routine includes a mix of strength training, functional exercises, and yoga. Strength training builds endurance, functional workouts improve mobility, and yoga keeps me grounded. I also incorporate stretches to prevent stiffness from long hours at work. Consistency is key, and even on the busiest days, I make time for at least 30 minutes of movement."

"MY DAY BEGINS WITH A GLASS OF WARM WATER WITH LEMON, FOLLOWED BY A PROTEIN-PACKED BREAKFAST-TYPICALLY EGGS OR A SMOOTHIE WITH FRUITS, SPINACH, AND NUTS."

DIET AND NUTRITION

As a doctor, she understands the importance of fuelling her body with the right nutrients. "My day begins with a glass of warm water with lemon, followed by a protein-packed breakfast — typically eggs or a smoothie with fruits, spinach, and nuts. I avoid skipping meals no matter how hectic my schedule gets. Lunch is a balanced plate with vegetables, lean protein, and whole grains, and I stick to light dinners like soups or salads. Hydration is non-negotiable; I drink plenty of water throughout the day. I also believe in moderation—indulging in occasional treats keeps me happy and balanced."

DAILY ROUTINE

"I wake up early, before my twins, to enjoy some quiet time and plan my day. I then proceed with my workout routine. Once my children are awake, I spend time with them before heading to the hospital. At work, I stay active by walking around the premises, interacting with patients, and managing hospital operations. I make it a point to take small breaks to stretch or practice mindfulness to manage stress."
Evenings are dedicated to family time, and she winds down with a book or meditation before bed. Balancing work, family, and health isn't always easy, but it's rewarding. "Maintaining my health enables me to set a positive example, both at home and in my hospital. My mantra is simple: consistency, balance, and self-care."

The Asian Age • 13 Feb • Ministry of Ayush

Ayush ministry signs MoU for well-being of sr citizens

4 • PG | 191 • Sqcm | 133415 • AVE | 389.96K • Cir | Middle Center

Delhi

Ayush ministry signs MoU for well-being of sr citizens

AGE CORRESPONDENT
NEW DELHI, FEB. 12

The ministry of Ayush and the department of Social Justice and Empowerment (DoSJE) on Wednesday signed a memorandum of understanding (MoU) to improve the well-being of senior citizens and address the growing concern of substance abuse.

Union minister for Ayush Prataprao Jadhav said that this strategic partnership seeks to implement Ayush-based interventions to promote geriatric healthcare and combat substance abuse.

Mr Jadhav noted that MoU is a pioneering step to develop cooperative initiatives for health promotion among senior citizens and those affected by substance abuse.

"Geriatric healthcare and substance abuse are critical areas that require special focus, especially as we face an ageing population and growing concerns around addiction," the Ayush minister said and mentioned that this collaboration between the Ayush ministry and DoSJE represents a significant step towards addressing these challenges. "By leveraging the holistic approach of Ayush systems alongside social welfare initiatives, we aim to empower our senior citizens and those affected by substance abuse," Mr Jadhav said.

MINISTER NOTED that MoU is a pioneering step to develop cooperative initiatives for health promotion among senior citizens and those affected by substance abuse

While addressing the gathering, the Union minister of state for social justice and empowerment B.L. Verma, said, "Under the visionary leadership of Prime Minister Narendra Modi, our government has taken several steps to ensure the welfare of our senior citizens. The signing of the MoU with the ministry of Ayush will benefit our senior citizens in a big way."

"The development of elderly-specific training modules, treatment protocols, yoga training programs, sharing of preventive and curative practices, etc, under the MoU will go a long way in enabling our senior citizens to lead a healthy life. I am sure that together we can provide comprehensive services to the community," Mr Verma said.

The Asian Age • 11 Feb • Ministry of Ayush

Chief secys of Delhi, Andhra face SCs anger over illegal ads

4 • PG | 100 • Sqcm | 69735 • AVE | 389.96K • Cir | Middle Center

Delhi

Chief secys of Delhi, Andhra face SCs anger over illegal ads

AGE CORRESPONDENT
NEW DELHI, FEB. 10

Slamming several states, including Delhi, Andhra Pradesh and J&K over the "failure" to act against illegal advertisements of Ayurvedic, Siddha and Unani drugs, the SC on Monday summoned their chief secretaries to explain non-compliance via video-conferencing.

A bench of Justices Abhay S. Oka and Ujjal Bhuyan made the comments while observing that there was hardly any implementation of its orders. Senior advocate Shadan Farasat, appearing as an amicus curiae, submitted most states accepted an apology and took undertakings while acquitting violators.

The SC said: "As rightly submitted by the amicus curiae, the issue of illegal advertisements of Ayurvedic, Siddha or Unani drugs will be substantially taken care of, if all the states start implementing Rule 170 of the Drugs and Cosmetics Rules, 1945 in its true letter and spirit. Notwithstanding several orders passed by this court, the states are non-compliant."

The top court directed Andhra Pradesh, Delhi, Goa, Gujarat and J&K to file affidavits, including the response on the enforcement of Rule 170.

The Asian Age • 07 Feb • Ministry of Ayush
The First 3-Weeks Fitness Ifs & Buts

12 • PG | 1791 • Sqcm | 760993 • AVE | 389.96K • Cir | Top Left | Delhi Age

Delhi

The First 3-Weeks Fitness Ifs & Buts



Understanding the science behind the first 21 days of a fitness journey can help trick your mind into getting fit and falling in love with exercise

ANUSHREE CHAURASIA

Working out is important for both – the body and brain! Starting a fitness journey is both an exciting and daunting experience. The first three weeks are often considered the most critical phase — not just for building physical strength but for forging the mental and emotional resilience needed to turn exercise into a sustainable habit. This early period sets the tone for long-term success or failure. To truly understand the significance of these foundational weeks, we must explore the physiological and psychological shifts that occur, why so many quit by week two, and how persistence during week three can transform exercise from a chore into a lifestyle.

Week 1:

NEW BODY MOVEMENTS

For most people, the first week of a fitness journey is marked by a mix of enthusiasm and uncertainty. During this time, the body begins adapting to new movements, stressors, and energy demands. Fitness trainer **Ananta Desai** describes this phase as "a wake-up call for the body," noting that even light exercise can feel taxing for beginners due to muscle stiffness, soreness, and increased oxygen demand.

Physiologically, this period activates muscle fibres and boosts circulation, often resulting in a phenomenon known as "DOMS" (Delayed Onset Muscle Soreness). While the soreness can be uncomfortable, it's a sign that the body is repairing and rebuilding itself stronger. Psychologically, week one is about creating momentum. Desai explains, "The novelty of starting something new often drives motivation during this phase. People feel good simply for showing up and engaging in healthy behaviour."

TAKEAWAYS

- The key during week one is to focus on consistency over intensity.
- Simple goals like completing three 20-minute workouts or walking daily can build confidence without overwhelming the mind or body.





Week 2:

THE MAKE-OR-BREAK CHALLENGE

As the novelty wears off and workouts intensify, the second week is often the most challenging. This is when the initial excitement fades, leaving many to grapple with fatigue, muscle soreness, and the mental toll of staying consistent. Desai explains, "Week two is where the real mental work begins. It's no longer just about showing up — it's about pushing through discomfort and self-doubt."

Physiologically, this week demands more from the body as it begins to adapt to increased activity. The energy systems shift to accommodate higher workloads, which can leave people feeling physically drained. Mentally, this can lead to burnout or frustration, especially if results like weight loss or muscle definition aren't immediately visible.

"Unfortunately, many people quit during this phase. People often misinterpret discomfort as failure. They think it is too hard or not meant for me," says Roshan Patil, a sports psychologist from Body Language Fitness, Mumbai. But in reality, this is the body's natural response to being pushed out of its comfort zone.

TAKEAWAYS

- The key to surviving Week 2 is managing expectations and leaning on support systems.
- Having a workout buddy, joining a fitness class, or celebrating small victories—like completing a tough session or resisting the urge to skip—can make all the difference.

The 3-Weeks Mantra

Set Realistic Goals: Focus on consistency over perfection. Even short, low-intensity workouts count.

Lean on Support Systems: Workout buddies, trainers, or online communities help to keep you encouraged.

Celebrate Small Wins: Progress is progress, no matter how small.

Rest and Recover: Allow your body to adapt with adequate sleep, stretching, and rest days.

Stay Positive: Focus on how you feel rather than immediate physical changes.

Week 3:

TURNING THE CORNER

If week two is the storm, week three is the calm after it. This is the turning point where persistence begins to pay off, both physically and mentally. By this stage, the body starts adjusting to the new routine. Hormonal changes, such as increased endorphins and serotonin, contribute to improved mood and reduced stress levels, creating what many refer to as a "workout high." Desai notes, "By week three, people often feel stronger and more capable. Movements that felt awkward or exhausting in Week-1, start to feel more natural. The body begins to crave activity, and the mind follows suit."

Psychologically, week three marks the shift from external motivation (like wanting to lose weight) to intrinsic motivation, where exercise becomes something people enjoy and look forward to. Desai explains, "Once a habit begins to form, the brain reinforces it through positive feedback loops. Skipping a workout then feels wrong — like forgetting to brush your teeth."

TAKEAWAYS

- Success during Week 3 also depends on celebrating progress, no matter how small.
- Whether it's lifting heavier weights, running farther, or simply sticking to the plan, acknowledging achievements boosts confidence and reinforces the habit.

3-WEEKS SIGNIFICANCE

The first three weeks of a fitness journey are about more than just physical change — they're about rewiring the brain. According to neuroscience, it takes an average of 21 days to form a habit. During this time, the brain's neural pathways are strengthened through repetition, making behaviours like exercising more automatic.

For those who make it through this phase, the benefits extend far beyond physical fitness. Many report feeling more balanced, energized, and focused. Fitness enthusiast Steven Cavan who successfully navigated his three-week hurdle, says, "At first, I had to drag myself to the gym. By the third week, I felt off-balance if I missed a session. It's like my body and mind started working together to make exercise a priority." The first three weeks of a fitness journey are transformative, not just for the body but for the mind. The key is to focus on progress, not perfection, and to remember that persistence always pays off. Once exercise becomes part of your routine, it shifts from being a task to a source of balance, energy, and joy.

The Asian Age • 02 Feb • Ministry of Ayush

LIFE-SAVING DRUGS GO CHEAPER

4 • PG | 437 • Sqcm | 305620 • AVE | 389.96K • Cir | Top Center

Delhi

LIFE-SAVING DRUGS GO CHEAPER

Daycare cancer centres in all district hospitals in 3 years • 10,000 MBBS seats to be added next year • Medical tourism, Heal in India to be promoted with private sector

AVINASH PRABHAKAR JHA
NEW DELHI, FEB 1

The Union government on Thursday announced that 36 lifesaving drugs and medicines are proposed to be added to the list of medicines fully exempted from basic customs duty to provide relief to patients, particularly those suffering from cancer, rare diseases and other severe chronic diseases.

Presenting the budget, Union finance minister Nirmala Sitharaman also said the government will facilitate setting up of daycare cancer centres in all district hospitals over the next three years and 200 of these will be established in 2025-26. The finance minister also announced 10,000 seats will be added in medical colleges next year towards the goal of adding 75,000 seats in the next five years.

In her speech, the minister said medical tourism and 'Heal in India' will be promoted in partnership with the private sector along with capacity building and easier visa norms. She also said that gig workers will be provided healthcare facilities under PM Jan Aarogya Yojana (PM-JAY) that would benefit nearly 1 crore such workers.

As a relief on the import of drugs/medicines, 36 lifesaving drugs for treating cancer, rare diseases and chronic diseases have been fully exempted from basic customs duty (BCD). The government had earlier cut customs duty on Trastuzumab Deruxtecan, Osimertinib and Durvalumab from 10 per cent to zero. Further, 37 medicines along with 13 new drugs and medicines under Patient Assistance Programmes have been exempted from BCD, if supplied free to patients.

• 36 lifesaving drugs for treating cancer, rare diseases and chronic diseases have been fully exempted from basic customs duty (BCD).



The budget allocated Rs 99,858.56 crore for the health ministry, an increase of about 11 percent over the last fiscal's outlay of Rs 89,974.12 crore. Of the Rs 99,858.56 crore, Rs 95,957.87 crore have been earmarked for the department of health and family welfare and Rs 3,900.69 crore for the department of health research. The budgetary allocation for the AYUSH ministry has been increased from Rs 3,497.64 crore to Rs 3,992.90 crore, recording a 14.15 per cent increase.

Talking about the allocation, Dr DK Gupta, Felix Hospital, said this budget will prove a milestone in strengthening the health infrastructure. "Many relief announcements have been made in the Budget, especially for cancer patients, medical students and common citizens struggling with the cost of medicines. This step of the government will strengthen the health infrastructure of the country and will help in making India a major medical destination", said Dr Gupta.

Free Press Journal • 28 Feb • Ministry of Ayush

Ayush dispensaries helped 8L pilgrims

1 • PG | 91 • Sqcm | 72352 • AVE | 251.68K • Cir | Top Right | FP School

Mumbai



Ayush dispensaries helped 8L pilgrims

Ensuring the health and safety of millions of devotees, the Ministry of Ayush extended comprehensive healthcare services to more than eight lakh pilgrims, making their sacred journey safer and healthier during the Maha Kumbh, a statement issued by the ministry said on Thursday. Besides setting up 20 Ayush OPDs and deploying mobile health units, more than 90 doctors and 150 healthcare workers worked tirelessly to provide continuous medical care throughout the grand spiritual event, the statement said, adding that these dedicated efforts ensured that the devotees, kalpvasis and seers could participate in the holy festivities without health concerns.

Free Press Journal • 17 Feb • Ministry of Ayush

Ayurveda - a blessing, but ignorance and apathy betrayed Indians, says senior scientist

9 • PG | 371 • Sqcm | 295148 • AVE | 251.68K • Cir | Top Right

Mumbai

Ayurveda—a blessing, but ignorance and apathy betrayed Indians, says senior scientist

Palazhi Ashok Kumar
MUMBAI



Ayurveda—an ancient system of Indian medicine and lifestyle—is a blessing, but utter ignorance and apathy betrayed Indians, a US-based, renowned scientist, inventor and organic chemist Dr. Mukund S. Chorghade said here on Sunday. "Ayurveda is not only an absolute truth and principle, but also a blessing for sustainable human well-being.

Indian knowledge systems are remarkable, and our ancient philosophies and practices are unmatchable, and we must advocate them. However, ignorance and apathy, to a great extent, are misleading Indians, including the well-informed, and the illiterate alike—regardless of various age groups and generations. Creating awareness on Ayurveda among baby boomers, X, millennial, and Z generations must be a top priority of Indian policymakers. The newest generation 'alpha' must learn from these four generations. Misinformation and disinformation have been triggering the wrong perception of Ayurveda since the 1920s," Dr Mukund, who is also the founder of the prestigious THINQ Pharma concept and project, told Free Press Journal.

Principles of Ayurveda, scientist Dr. Mukund said, are far-reaching, and transformation of this rich tradition, in the new century needs quality research and development, that's what the concept of THINQ does through its research. Many a time, we see vested interest causes destruction. Ayurveda is bliss, and it can help societies achieve sustainable peace, and if rightly addressed, it can continue to deliver wonders to the humanity.

Dr Mukund calls for sustainable support from Prime Minister Narendra Modi's government to develop Ayurveda as India's pride, and transform it into a global human development science from 'Viksit Bharat', and make India's philosophy of Vasudhaiva Kutumbakam (world family, since Vedic times), a reality.

On Indo-US relations, he said, it's fundamentally people-to-people relationship, and people's understanding matters the most. Democracy and politics, indeed, are here to stay, and democracy has no match on stage, and it's in our DNA.

"Time is ripe for India to develop sustainable policies to safeguard Ayurveda as it's one of the fastest- growing economies in the world and are the largest populated county with the best huge human capital pool, and it's a golden opportunity for India to explore the untapped potential of Ayurveda.

"I foresee a renewed renaissance of Ayurveda in India, and I have been working on a unique project to invent new drugs and launch them in India," emphasized Dr Mukund.

Conceptualized and invented by Dr Mukund, and guided by veteran scientists and Nobel laureates, THINQ project upholds an unconventional approach towards drug discovery. THINQ will align traditional Indian medicines and modern cutting-edge science to discover and deliver drug candidates with human proof of concept.

THINQ has concrete plans to enter India soon by launching full-fledged operations. Sir Dr Richard R. Roberts, Nobel Laureate, and Chief Scientific Officer, New England Biolabs; Professor Steven V. Ley, Department of Chemistry, Cambridge University, Cambridge, UK; and Eric N. Jacobsen, Department of Chemistry, Harvard University, Cambridge, are the scientific advisors of THINQ project.

"Ayurveda has been a lifestyle and way of life of Indians for centuries, and as we know, this science has a history of over 3,000 years, and its potential remains untapped in the new century. Post-independence, why has Ayurveda been ignored? World War II, pre-independence, waves of globalisation, extreme poverty, violence in the name of cast and creed, and education and healthcare challenges, and spread of dangerous pathogens, in fact, had eventually forced Indians explore and accept other forms of medicines and treatments, and first and foremost, survival mattered the most," he continued.

Millions died from starvation and disease, food shortage, and the then British India wartime policies, had also had their impacts on weakening the growth of Ayurveda.

Ignorance, Dr Mukund said, spreads when people do not understand, and radical commercialization by powerful businesses promoted ignorance, and sold their commodities and medicine, and made people repudiate traditional medicine and practices. The then policymakers are also equally responsible for cultivating ignorance among people. Corporates with vested interests exploited the ignorance factor of Indians, and people sadly fell into the damaged wells created by extreme commercialization and consumerism. The scenario remained widespread despite the country's independence in 1947, and factors such as illiteracy, unemployment, and poverty added to the decline in acceptance of Ayurveda.

According to a World Bank report, economic growth has led to a substantial decrease in extreme poverty since the 1990s, but the issue still persists, particularly in rural areas, with estimates showing 129 million people still living on less than Rs 200 per day in 2024. Earlier, the World Bank had said that extreme poverty in India had declined to 167.49 million by 38 million in 2021 after growing in the preceding two years.

"THINQ "intends to leverage knowledge derived from Indian traditional medicine and products with hundreds of years, even ages, record for safety and efficacy. Unlike the current practice of R&D, THINQ's drug discovery practice will perpetually be plant derived natural products. We integrate bedside documented experiential clinical data from plants used in Indian traditional medicine—Ayurveda and Siddha. The current and conventional practices of drug discovery and development are plagued with high failure rates, long timelines, high cost, and poor quality of chemical series. We are in the process of discovering sustainable natural solutions to conquer almost all health issues, including obesity," concluded Dr Mukund, with 35 years of experience in drug discovery and development.

Free Press Journal • 03 Feb • Ministry of Ayush

Patanjali's 6-day 'Charakayatan' training programme concludes

12 • PG | 195 • Sqcm | 154721 • AVE | 251.68K • Cir | Middle Center

Mumbai

Patanjali's 6-day 'Charakayatan' training programme concludes

FPJ News Service

HARIDWAR

A six-day residential training program "Charakayatan" for Ayurveda teachers, post-graduate and undergraduate scholars was organised under the Ministry of AYUSH, by the autonomous body National Ayurveda Vidyapeeth under the aegis of Patanjali Ayurveda College.

Speaking on the occasion, chief guest, Acharya Balkrishna, Vice Chancellor of Patanjali University, explained that the main objective of Charakayatan is to impart authentic clinical knowledge and practical relevance of the Charak Samhita to students and develop skills in teaching and learning the Charak Samhita. He addressed the students, saying, "We are fortunate to have the opportunity



to connect with Ayurveda. Ayurveda is not just a means of livelihood or life sustenance, but a way to achieve well-being through ancient wisdom."

Acharya Balkrishna emphasized that Ayurveda should be reflected in one's behavior, conduct, nature, and life. He encouraged students to take pride in being called a Vaidya (Ayurvedic practitioner), stating that they should never hesitate to embrace this identity.

In the programme, renowned Ayurvedic physician Prof. S.K. Khandel stated that Patanjali is the world's leading institution in the field of Ayurveda and Yoga. He added that Patanjali has presented Ayurveda and Yoga with facts and evidence on both national and international platforms.

Throughout the programme, students and scholars had the opportunity to interact with several distinguished Ayurvedic experts, including Padma Shri and Padma Vibhushan awardee Vaidya Devendra Triguna, member of the Governing Council of the National Ayurveda Vidyapeeth Vaidya Rakesh Sharma, Vaidya Mohan Lal Jaiswal, Santosh Bhatted, Vice President of Patanjali Research Institute Dr. Anurag Varshney, Director of National Ayurveda Vidyapeeth Dr. Vandana Siroha and others.

Free Press Journal • 03 Feb • Ministry of Ayush

Plant-based skin care products

2 • PG | 74 • Sqcm | 58667 • AVE | 251.68K • Cir | Top Right | FP School

Mumbai

PLANT-BASED SKIN CARE PRODUCTS

The National Institute of Ayurveda (NIA), a Deemed to be University under the Ministry of Ayush, has launched a line of plant-based cosmetic products aimed at providing safe, chemical-free alternatives for skincare. The range includes foot care cream, Aloe Vera gel, lip balm and a variety of herbal soaps, among others, using plant-based extracts to offer effective skincare solutions. "Ayurveda has always advocated harmony between nature and human health. Our mission is to bring this wisdom into everyday skincare, ensuring that people have access to safe, effective, and sustainable products," Sanjeev Sharma, vice-chancellor of NIA, said.



Free Press Journal • 03 Feb • Ministry of Ayush

DPU's convocation honours Nader & Sardeshmukh

7 • PG | 264 • Sqcm | 210261 • AVE | 251.68K • Cir | Bottom Left

Mumbai

recognising achievements

DPU's convocation honours Nader & Sardeshmukh

Staff Reporter

PUNE



Dr DY Patil Vidyapeeth (DPU) held its convocation ceremony on Feb 1, coinciding with the inauguration of the two-day 8th International Ayurveda Congress 2025. The event attracted a global assembly of Ayurveda experts, researchers, practitioners and students. It served as a vibrant platform for exchanging cutting-edge knowledge, featuring insightful lectures, groundbreaking research presentations and collaborative brainstorming sessions on a wide spectrum of Ayurvedic disciplines.

The convocation ceremony was graced by DPU's Chancellor PD Patil, who served as the chief guest. He was joined by dignitaries, including Tony Nader, the head of the Global Transcendental Meditation Organisation and president of Maharishi International University, Iowa, USA, and Sadanand Sardeshmukh, chairman of the Bharatiya Sanskriti Darshan Trust, Pune, among others.

During the ceremony, the Doctor of Science (Honoris Causa) degree was conferred upon Nader and Sardeshmukh. These two, recognised for their extraordinary contributions and profound impact, were celebrated for their dedication to advancing their respective fields and enriching humanity.

"This is a momentous day for the Vidyapeeth as we have the distinct honour of recognising these illustrious individuals and their remarkable achievements," said the chancellor.

Upon receiving his Honoris Causa, Nader articulated his vision, stating, "Vedic literature offers a scientific pathway to understanding life. Consciousness, the very essence of existence, is primary. The expansion of this consciousness is the fundamental purpose of our human journey. These profound truths, enshrined in the ancient Vedic texts, connect the pursuit of happiness with this expansion of consciousness, revealing it as the underlying impetus of our lives. Furthermore, the Vedas offer remarkable correlations with human physiology, anatomy, cell biology and DNA, demonstrating that their wisdom transcends philosophical concepts and extends into the realm of tangible scientific reality."

Sardeshmukh, reflecting on his pioneering work in Ayurveda, a legacy inherited from his father, shared, "My focus lies in improving the lives of cancer patients and addressing the challenges of fractures and delayed bone healing. Our treatment protocols are rooted in fundamental changes to dietary habits and lifestyle, recognising these as the cornerstones of the healing process. I am deeply gratified by the international recognition our work has received, validating the efficacy of our approach."

Punjab Express • 28 Feb • Ministry of Ayush

Healthcare leads AI adoption in India, surpasses FMCG and manufacturing sectors: Report

6 • PG | 604 • Sqcm | 120712 • AVE | 348.98K • Cir | Bottom Center

Chandigarh

Healthcare leads AI adoption in India, surpasses FMCG and manufacturing sectors: Report

India's healthcare sector is on the cusp of a revolution, with an increase in adoption of artificial intelligence (AI) and technology-driven solutions, according to a report.

The report by Deloitte India showed that AI adoption in healthcare has surged past 40 per cent, surpassing sectors such as FMCG (about 30 per cent) and manufacturing (about 25 per cent).

The report credited this to government-backed initiatives such as the IndiaAI Mission and the Digital Personal Data Protection Act, 2023 -- setting the stage for a digitally empowered healthcare ecosystem.

"India's digital healthcare ecosystem is rapidly advancing, with AI-powered diagnostics, MedTech innovations, and digital health records transforming patient care," said Joydeep Ghosh, Life Sciences and Health Care Industry Leader, Partner, Deloitte India.

Ghosh noted that the surgical consumables and disposables exports in the country "reached $1.6 billion in FY 2022–23, showcasing its growing capabilities and presence in the global healthcare market".



The report also mentioned the government's strategic initiatives such as the Ayushman Bharat Digital Mission, an influx of private sector investments, and the integration of various technological breakthroughs.

Initiatives such as mobile cancer detection hubs in Telangana and Uttar Pradesh, along with AI-driven diagnostic labs in Himachal Pradesh, are improving early disease detection and making advanced diagnostics more affordable. India's healthcare system is poised to significantly influence the health of over a billion people, stimulate economic growth, and provide high-quality, affordable care to previously underserved regions of the country, the report said.

Despite advancements, the adoption of AI in healthcare is progressing more slowly than in banking and financial services, said the report, citing concerns on data security, regulatory fragmentation, and limited digital infrastructure in rural areas.

In addition, the shortage of professionals trained in AI further complicates the seamless integration of these technologies into clinical workflows.

To realise AI's full potential in healthcare, "the sector must overcome challenges such as regulatory alignment, workforce training, and infrastructure limitations. With targeted investments and focused policy advancements, India can become a global leader in AI-powered healthcare, elevating patient outcomes and accessibility," Ghosh said.

IANS

DISCLAIMER: The opinions expressed in the articles published in these columns are the personal opinions of the authors. The facts and opinions appearing in the articles do not reflect the views of Bright Punjab Express and Bright Punjab Express does not assume any responsibility or liability for the same.

Punjab Express • 24 Feb • Ministry of Ayush

Committed to reduce medical expenses for every Indian: PM

1 • PG | 1637 • Sqcm | 327334 • AVE | 348.98K • Cir | Top Left
Chandigarh

Committed to reduce medical expenses for every Indian: PM

BHOPAL, FEBRUARY 23



Prime Minister Narendra Modi said on Sunday that the Central government is committed to reduce the medical expenses for every Indian, which has been a pressing issue, especially for the economically weaker sections.

"Our government is committed to reduce treatment costs for all citizens, which were exorbitant before our government came to power in 2014. We pledge to lower medical expenses for citizens significantly and will provide Ayushman cards to all eligible individuals, which cover up to Rs 5 lakh in treatment expenses," said the Prime Minister after laying the foundation stone of Bageshwar Dham Medical and Science Research Institute in Madhya Pradesh's Chhatapur district. PM Modi added that several religious organisations have been serving the people for better health along with spiritual lessons for life. "Chitrakoot is an example of it. People visiting Bageshwar Dham will receive blessings of 'Aarogya' as well," he said.

PM Modi said that any Ayushman cardholder aged 70 or above is now entitled to free treatment up to Rs 5 lakh, while urging people to obtain the Ayushman card as soon as possible and appealed to everyone to write to him directly if anyone demands a bribe for issuing the Ayushman card.

He also encouraged people to be aware of various welfare schemes and facilities offered by the Union government and to spread awareness about such schemes as the Ayushman card in society.

During his visit to Bageshwar Dham, PM Modi received blessings from religious gurus and offered prayers to Jatashankar Mahadev. Ensuring better healthcare services for people from all walks of life, the cancer hospital, worth over Rs 200 crore will offer free treatment to underprivileged cancer patients and will be equipped with state-of-the-art machines and have specialist doctors.

PM Modi is on a two-day visit to Madhya Pradesh and is scheduled to arrive in the state capital Bhopal from Bageshwar Dham.

In Bhopal, PM Modi will chair a meeting with BJP leaders at Kushabhau Thakare Auditorium. All BJP MPs and MLAs along with the party's organisational leaders will attend the meeting. Chief Minister Mohan Yadav said that during the meeting, PM Modi will share his experiences and will give valuable guidance for progressive development of the state. PTI

Punjab Express • 22 Feb • Ministry of Ayush

PM's guarantee means every guarantee will be fulfilled: Nadda on Delhi govt's decision to implement ...

7 • PG | 214 • Sqcm | 42774 • AVE | 348.98K • Cir | Middle Left
Chandigarh

PM's guarantee means every guarantee will be fulfilled: Nadda on Delhi govt's decision to implement Ayushman Bharat scheme

NEW DELHI, FEBRUARY 21

Union Health Minister JP Nadda Friday congratulated the BJP-led Delhi government's decision to implement the Ayushman Bharat scheme in its first cabinet meeting, saying Prime Minister Narendra Modi's "guarantee means every guarantee will be fulfilled".

He also accused the previous AAP government of depriving the people of the national capital from availing the benefits of Ayushman Bharat Yojana for 10 years due to its narrow politics.

Taking to X, Nadda said, "Modi's guarantee means every guarantee will be fulfilled. I congratulate the Delhi government for the decision to implement the 'Ayushman Bharat Yojana' in the first Cabinet meeting." "The AAP government, due to its narrow and selfish politics, maliciously deprived the people of Delhi of this public welfare scheme for 10 years, due to which lakhs of citizens of Delhi were deprived of good treatment in difficult circumstances." He said the BJP had pledged to implement this scheme in its 'Sankalp Patra'.

"This decision of the first cabinet is proof that under the guidance of the Prime Minister @narendramodi ji, the BJP government of Delhi is committed to realising its goal of development work in accordance with public sentiments," Nadda said in the same post. PTI

Punjab Express • 14 Feb • Ministry of Ayush

Govt provides social security to 92 crore people or 65 pc population: Mandaviya

11 • PG | 258 • Sqcm | 51536 • AVE | 348.98K • Cir | Middle Center
Chandigarh

Govt provides social security to 92 crore people or 65 pc population: Mandaviya

NEW DELHI, FEBRUARY 13



Union Labour Minister Mansukh Mandaviya on Thursday said that the government provides social security to 92 crore people or 65 per cent of the country's population.

Replying to a supplementary oral question in Rajya Sabha, Mandaviya said, "About a decade ago, social security was provided to 18 per cent people in the country who are pensionable." Today, he said, the Prime Minister Narendra Modi-led government has provided social security to 48 per cent people.

"This excludes beneficiaries under various social security schemes of states. If we add food security in this then 65 per cent people are getting social security. India is providing social security to 92 crore people in the country," he said.

He informed the House that the government has provided food security to 80 crore people and about 60 crore people get Rs 5 lakh of health assurance under Ayushman Bharat scheme.

People above the age of 70 years and gig workers are also brought under the Ayushman Bharat scheme. About 65 crore people are getting health security under the scheme, he said, adding that the government is also running a widow pension scheme and old age pension schemes.

He said, "Today, 92 crore people or 65 per cent of country's population, are getting one or more than one social security benefits." About the National Pension Scheme for Traders and Self Employed Persons, which was launched in September, 2019, he told the House that retail traders/shopkeepers and self-employed persons get the benefit of this scheme. **IANS**

Punjab Express • 13 Feb • Ministry of Ayush

Ayush Ministry Social Justice Dept to boost healthcare of elderly and fight social abuse

6 • PG | 693 • Sqcm | 138678 • AVE | 348.98K • Cir | Middle Center

Chandigarh

Ayush Ministry, Social Justice Dept to boost healthcare of elderly and fight social abuse



The Ministry of Ayush and the Department of Social Justice and Empowerment (DoSJE) on Wednesday signed a Memorandum of Understanding (MoU) at the national capital, to improve the well-being of senior citizens and address the growing concern of substance abuse.

The strategic partnership seeks to implement Ayush-based interventions to promote geriatric healthcare and combat substance abuse.

As part of the MoU, both Ministries committed to working together on various initiatives, including awareness programmes, capacity-building for service providers and the establishment of geriatric health and de-addiction units under Ayush autonomous bodies.

"Geriatric healthcare and substance abuse are critical areas that require special focus, especially as we face an ageing population and growing concerns around addiction. This collaboration between the Ministry of Ayush and the Department of Social Justice and Empowerment represents a significant step towards addressing these challenges. By leveraging the holistic approach of Ayush systems alongside social welfare initiatives, we aim to empower our senior citizens and those affected by substance abuse," said Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush.

Union Minister of State, Ministry of Social Justice and Empowerment, Shri B L Verma, underlined "the development of elderly-specific training modules, treatment protocols, yoga training programmes, sharing of preventive and curative practices, etc., under the MoU".

These programmes "will go a long way in enabling our senior citizens to lead a healthy life," he said.

The key objectives include developing cooperation, convergence, and synergy between the Ministry of Ayush and DoSJE to foster innovative initiatives for promoting the health of senior citizens, reducing the demand for drugs, addressing substance abuse, and aiding mental rehabilitation.

Further, the MoU will encourage research in the areas of geriatric health, substance abuse, and mental health, with a focus on exploring the therapeutic benefits of traditional healthcare practices.

The MoU marks a significant milestone in India's healthcare journey, combining the strengths of both Ayush systems and social justice initiatives to create a healthier and more inclusive society. IANS

Punjab Express • 10 Feb • Ministry of Ayush

People endorsed PM Modi's guarantees

8 • PG | 151 • Sqcm | 30181 • AVE | 348.98K • Cir | Top Center
Chandigarh

'People endorsed PM Modi's guarantees'

NEW DELHI, FEBRUARY 9

Haryana Chief Minister Nayab Singh Saini on Sunday said the people of Delhi endorsed Prime Minister Narendra Modi's guarantees, and asserted that the national capital would now stride firmly towards a "Viksit Bharat". Modi's policies will now be implemented in Delhi, ensuring that the people benefit from welfare schemes such as Ayushman Bharat and access to clean drinking water, he added.Addressing a press conference at Haryana Bhawan, the BJP leader said the people of Delhi responded to AAP supremo Arvind Kejriwal's "deceitful promises" by voting him out of power.

The BJP swept to power in Delhi after more than 26 years, winning 48 of the 70 assembly seats. AAP won 22 seats while the Congress drew a blank in the polls held on February 5.The people will also oust the "AAP-da (disaster)" from power in Punjab, like they did in Delhi, Saini claimed. With this historic win, Delhi will now stride forward firmly towards a "Viksit Bharat", he added.

PTI

Punjab Express • 08 Feb • Ministry of Ayush

Tele-MANAS mental health helpline handles over 18.1 lakh calls: Centre

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Chandigarh

Tele-MANAS mental health helpline handles over 18.1 lakh calls: Centre

The Tele MANAS toll-free number, launched as part of the national tele-mental health programme in India, has received more than 18,13,000 lakh calls till February 2025, Minister of State for Health and Family Welfare Prataprao Jadhav, said on Friday.

The toll-free number (14416) was launched in 2022 to counter the rising mental health issues in the country.

In a written reply in the Lok Sabha today, Jadhav stated that 53 Tele MANAS cells have been set up in 36 states. It provides 24x7 mental health services in up to 20 languages.

As of February 3, "36 States/ UTs have set up 53 Tele MANAS Cells. Tele-MANAS services are available in 20 languages based on language opted by States. More than 18,13,000 calls have been handled on the helpline number," Jadhav said.

Tele MANAS cells were launched under the National Tele Mental Health Programme (NTMHP) -- functioning as the digital arm of the District Mental Health Programme.

The government has been allocating "Rs. 120.98 crore, Rs. 133.73 crore and Rs. 90.00 crore for NTMHP for the year 2022-23, 2023-24 and 2024-25 respectively," the MoS said.

Tele-MANAS Mobile Application is a comprehensive mobile platform that has been developed to provide support for mental health issues ranging from well-being to mental disorders.

A dedicated Tele-MANAS Cell has also been established at the Armed Forces Medical College (AFMC), Pune to extend tele-mental health assistance and support to all Armed Forces service personnel and their dependents.

To address mental health problems right from the grassroots level, the government has added mental health services to the package of services under Comprehensive Primary Health Care provided at Ayushman Arogya Mandirs.

It has "upgraded more than 1.73 lakh Sub Health Centres (SHCs) and Primary Health Centres (PHCs) to Ayushman Arogya Mandirs," Jadhav said.

Meanwhile, the government on Friday also informed of 8.59 crore hospital admissions worth Rs 1.19 lakh crore authorised under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) till January. IANS

DISCLAIMER: The opinions expressed in the articles published in these columns are the personal opinions of the authors. The facts and opinions appearing in the articles do not reflect the views of Bright Punjab Express and Bright Punjab Express does not assume any responsibility or liability for the same.

Punjab Express • 05 Feb • Ministry of Ayush

Govt to immediately clear pending claims under Ayushman Bharat Yojana

8 • PG | 238 • Sqcm | 47644 • AVE | 348.98K • Cir | Top Right

Chandigarh

Govt to immediately clear pending claims under Ayushman Bharat Yojana

RAJENDRA KHATRY
PUNJAB EXPRESS BUREAU
Chandigarh, February 4

Chief Principal Secretary to the Haryana Chief Minister, Rajesh Khullar, and representatives of the Indian Medical Association (IMA) held a meeting here on Monday in which an assurance was given that the demands put forth by the IMA will be fulfilled.

Under this, all applications received for claims under the Ayushman Bharat Yojana till March 10 will be paid by March 31, 2025. For this, an adequate amount will be approved for the department in the revised budget. Apart from this, a budget of Rs 2500 crore will be provided for settlement and timely payment of claims under the Ayushman Bharat Yojana for the next year. Representatives of the Haryana unit of IMA expressed their gratitude to Chief Minister Nayab Singh Saini and said the Chief Minister has taken prompt action by sympathetically considering their demands. Treatment under the Ayushman Bharat Yojana will continue as before and patients will not face any kind of difficulty.

Giving detailed information, Sangeeta Tetarwal, Chief Executive Officer of Ayushman Bharat Haryana Health Protection Authority, said Rs 195 crore has been paid for the claim applications received from January 1 till now. The remaining pending claims will be paid in February. Apart from this, the claim applications received till March 10 will be settled by March 31, 2025. She said the process of claim was explained in detail in today's meeting. It was decided in the meeting that the claims related to medicine and pediatrics will be processed by a special team of specialized doctors. Apart from this, information about suspicious cases that come to light through Artificial Intelligence will be shared with hospitals as soon as possible.

Punjab Express • 01 Feb • Ministry of Ayush

Ayushman Yojana: Rs450 cr of private hospitals stuck again, IMA warns to stop treatment from Feb 3

8 • PG | 577 • Sqcm | 115393 • AVE | 348.98K • Cir | Top Left
Chandigarh

Ayushman Yojana: ₹450 cr of private hospitals stuck again, IMA warns to stop treatment from Feb 3

RAJENDRA KHATRY
PUNJAB EXPRESS BUREAU
Chandigarh, January 31

Rs 450 crore of private hospitals treating patients under Ayushman Yojana in Haryana are again stuck with the government according to sources.

The Indian Medical Association (IMA), Haryana has warned that if the pending amount is not paid by February 2, then 700 hospitals across the state will stop treatment from February 3, according to IMA Haryana State President Dr. Mahavir P Jain. In the year 2018, the government started the Ayushman Yojana.

Under this, needy and poor people are given free treatment up to Rs 5 lakh every year. Ayushman Bharat Yojana includes everything from regular check-up to surgery. Under the Ayushman Yojana, about 1300 hospitals are listed in the state. Out of these, about 600 are private hospitals. About 1.2 crore people of the state are registered in this scheme.



IMA President Dr. Jain said that the decision to stop the services provided under the Ayushman Bharat scheme has been taken because the state government has been delaying payments for months due to which hospitals are unable to manage their expenses. The outstanding payments of hospitals should be released immediately.

The IMA said that this matter was raised in a meeting before Chief Minister Nayab Singh Saini and he also ordered immediate release of funds. But till now the hospitals have not received the pending dues.

IMA Haryana Secretary Dr. Dhirendra K Soni said that even in the bills sent by the CMO, deductions are made at the headquarters level.

Secondly, the IMA has to wait even for this amount for many months. The government should find a permanent solution for this, the IMA said. The main demands of the Haryana IMA are that the pending amount should be paid in full, there should be no cut in the amount approved from the districts, 2 thousand crore rupees should be reserved annually for Ayushman Yojana in the annual budget, the shortcomings in TMS Portal 2 should be removed abd roster system should be made for payment.

According to Haryana Chief Minister Nayab Singh Saini under the Ayushman Yojana, the state government has already released a sum of toll January 26 last, Rs 760 crores released to hospitals, but Rs 200 crores more will be paid soon, said CM Saini.

Chief Minister Nayab Singh Saini said that under the Ayushman scheme, about Rs 760 crore has been released to the concerned hospitals till January 26 last and the remaining about Rs 200 crore will also be released soon.

The Chief Minister assured that no payment of any hospital related to Ayushman Yojana will be stopped.

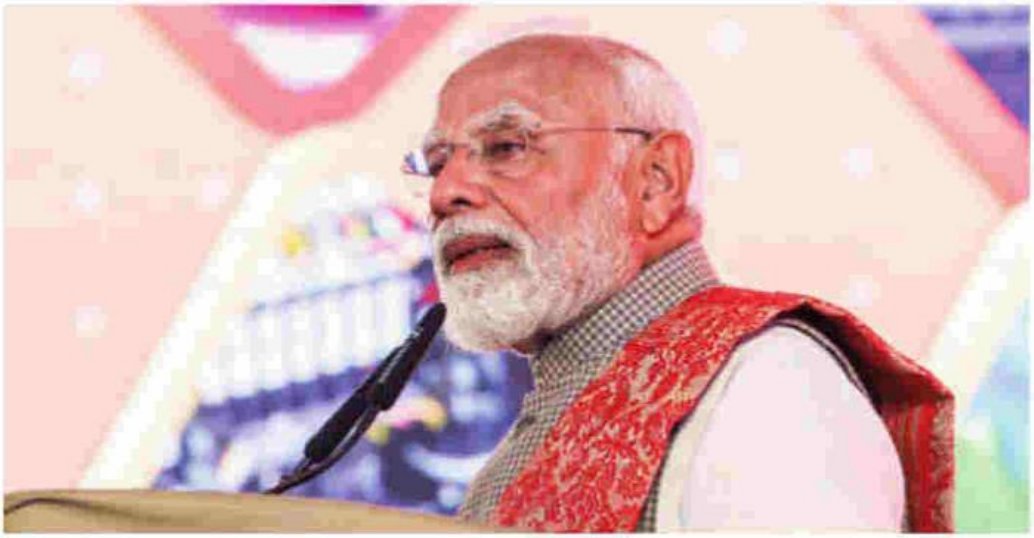
The Statesman • 28 Feb • Ministry of Ayush
PM chairs meeting to review Ayush sector

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Delhi

PM chairs meeting to review Ayush sector

Prime Minister has envisioned a clear roadmap for its growth, recognising its vast potential



STATESMAN NEWS SERVICE
NEW DELHI, 27 FEBRUARY

Prime Minister Narendra Modi on Thursday chaired a high-level meeting at his official residence here to review the Ayush sector, underscoring its vital role in holistic wellbeing and healthcare, preserving traditional knowledge, and contributing to the nation's wellness ecosystem.

Since the creation of the Ministry of Ayush in 2014, the Prime Minister has envisioned a clear roadmap for its growth, recognizing its vast potential.

In a comprehensive review of the sector's progress, Modi emphasised the need for strategic interventions to harness its full potential.

The review focused on streamlining initiatives, optimizing resources, and charting a visionary path to elevate Ayush's global presence.

According to the Prime Minister's Office (PMO), during the review, the Prime Minister emphasized the sector's significant contributions, including its role in promoting preventive healthcare, boosting rural economies through medicinal plant cultivation, and enhancing India's global standing as a leader in traditional medicine.

He highlighted the sector's resilience and growth, noting its increasing acceptance worldwide and its potential to drive sustainable development and employment generation.

The Prime Minister reiterated that the government is committed to strengthening the Ayush sector through policy support, research, and innovation. He also emphasised the need to promote holistic and integrated health and standard protocols on Yoga, Naturopathy and Pharmacy Sector.

Modi emphasised that transparency must remain the bedrock of all operations within the Government across sectors.

He directed all stakeholders to uphold the highest standards of integrity, ensuring that their work is guided solely by the rule of law and for the public good.

The Ayush sector has rapidly evolved into a driving force in India's healthcare landscape, achieving significant milestones in education, research, public health, international collaboration, trade, digitalization, and global expansion.

Through the efforts of the government, the sector has witnessed several key achievements, about which the Prime Minister was briefed during the meeting.

The meeting was attended by Union Health Minister Jagat Prakash Nadda, Minister of State (IC), Ministry of Ayush and Minister of State, Ministry of Health & Family Welfare, Prataprao Jadhav, Principal Secretary to PM Dr. P K Mishra, Principal Secretary-2 to PM Shaktikanta Das, Advisor to PM Amit Khare and senior officials.

The Statesman • 22 Feb • Ministry of Ayush

Delhi set to implement Ayushman Bharat Yojana, Centre to finalise MoU soon

11 • PG | 429 • Sqcm | 77285 • AVE | 225K • Cir | Top Left

Delhi

Delhi set to implement Ayushman Bharat Yojana, Centre to finalise MoU soon

AGENCIES
NEW DELHI, 21 FEBRUARY

Delhi is all set to implement the Ayushman Bharat Yojana (AB-PMJAY), the central government's flagship health insurance scheme.

The National Health Authority (NHA) has begun preparations for the rollout, including training Delhi's health officials, personnel, and ASHA workers to create Ayushman Bharat cards, settle claims, and register hospitals

According to the Joint Secretary and Mission Director (ABDM) of the National Health Authority, Kiran Gopal Vaska, "The National Health Authority has already started to ensure the preparations for onboarding. So there are various steps in this. The first one is about preparation for the MOU signing, where the Delhi government and NHA will sign an MOU for implementing this scheme." The Delhi government, led by Chief Minister Rekha Gupta, has committed to implementing the scheme, which is expected to benefit millions of residents.

The scheme aims to provide health coverage of up to Rs 10 lakh to 6.54 lakh families in Delhi, including 70 plus old-age beneficiaries, 1500 Anganwadi workers, and 6000 Aasha workers. After making the necessary changes, the Delhi government will finalize the list of beneficiaries.

Delhi's health officials, personnel, and ASHA workers are being trained to create Ayushman Bharat cards, settle claims, and register hospitals.

"There is a lot of training right from field-level workers, and then claim settlement processing, pre-authorization, request, administrative formalities, etc," said Vaska.

Notably, 66 hospitals in Delhi, including private and government hospitals, are already empanelled under the Ayushman Bharat Yojana Scheme. After the formation of district committees and the State Health Agency, more hospitals will be added to the list. On hospitals empanelled under the Ayushman Bharat Yojana Scheme, Vaska said, "66 hospitals in Delhi are empanelled under the Ayushman Bharat Yojana schemes, and currently, that includes private and government hospitals. Beneficiaries from other states also come for treatment. After the formation of the district committees and State Health Agency, more hospitals will be added to the list."

The Statesman • 21 Feb • Ministry of Ayush

BJP govt clears Ayushman Bharat, to table CAG reports in first cabinet meet

3 • PG | 368 • Sqcm | 66189 • AVE | 225K • Cir | Middle Center
Delhi

BJP govt clears Ayushman Bharat, to table CAG reports in first cabinet meet

STATESMAN NEWS SERVICE
NEW DELHI, 20 FEBRUARY

The newly-formed Delhi government approved Ayushman Bharat Scheme and tabling of CAG reports in the first meeting of its cabinet chaired by Chief Minister Rekha Gupta at the secretariat on Thursday.

The chief minister, while briefing the media after the meeting, informed that the two main agendas were unanimously approved by the cabinet after a discussion along with the allocation of the portfolios to the ministers.

She said that the formalities of the Ayushman Bharat scheme would be completed before being implemented at the earliest.

Gupta said tabling of the 14 CAG reports was pending for long since the previous government had not put them forward.

On the allocation of portfolios, she said as the CM, she will have departments such as the General Administration, Services, Finance, Revenue, Woman and Child Development, Land and Building, Information and Public Relation, Vigilance, Administrative Reforms, Planning and other departments which are not allocated to other ministers.

According to the CM, Parvesh Sahib Singh will have the departments including the PWD, Legislative Affairs, Irrigation and Flood Control, Water and Gurdwara Elections.

Minister Ashish Sood will be in charge of Home, Power, Urban Development, Education & Higher Education and Training & Technical Education departments.

Manjinder Singh Sirsa has been allocated departments including Food and Supplies, Forest and Environment and Industries.

Kapil Mishra will have Law and Justice, Labour Department, Employment Department, Department of Art and Culture, Language and Tourism Department.

Dr Pankaj Kumar Singh has been assigned Health and Family Welfare, Transport and Information & Technology.

Ravinder Singh Indraj has been given the responsibility of Social Welfare , SC and ST Welfare, Cooperative and Elections.

The Statesman • 16 Feb • Ministry of Ayush

Koraput has potential to be the Ayurvedic capital: Experts

2 • PG | 277 • Sqcm | 58077 • AVE | 50.5K • Cir | Bottom Center

Bhubaneshwar



Koraput has potential to be the Ayurvedic capital: Experts

STATESMAN NEWS SERVICE
KORAPUT, 15 FEBRUARY:

A regional workshop on conserving traditional medicinal plants to mitigate climate change through seed banks and training traditional healers was organized at Tentuliguda in Semiliguda block of Koraput district by the Ministry of Ayush. The event saw the participation of 70-80 traditional health practitioners and experts from various institutions.

Rabi Narayan Acharya, Director General of the Central Council of Research for Ayurvedic Sciences, New Delhi, highlighted the importance of preserving medicinal seeds. He lauded the seed bank initiative by Hari Pangi, which houses more than 450 varieties of local medicinal seeds under one roof.

Acharya emphasized the urgency of seed conservation amidst the depletion of plant varieties and remarked that the workshop would add scientific value to traditional knowledge systems passed down through generations among native tribals.

Prof. K. C. Panda from SOA University stressed the need for validation of traditional knowledge. He noted that many medicinal plants require greater recognition, and certain seeds lose their ability to germinate after a period. Hence, a seed bank should be associated with live demonstrations to ensure sustainability.

Dr. Ramjayam Devaranjan, Head Scientist from ICAR Sunabeda, announced that 25 traditional practitioners of the region would be given exposure to medicinal and aromatic plantations in Gujarat to offer a deeper understanding of research happening elsewhere .

He emphasized that "food is medicine" and that Koraput, being an organic field, naturally preserves the medicinal properties of its produce. He also suggested that GI tags should be awarded to unique plants of the region, positioning Koraput as a potential Ayurvedic capital due to its rich flora and traditional medicinal knowledge. By equipping traditional healers with scientific insights, grassroots healthcare challenges can be better managed.

Hari Pangi, tribal researcher and founder of the Gupteswar Ayurvedic Research Centre in Tentuliguda, Semiliguda block, expressed optimism about collaborative research. He noted that engagement with traditional herbal medicine practitioners in the Koraput region would attract more scientific research and create livelihood opportunities by promoting the collection and cultivation of medicinal plants from local forests.

A life size statue of Dhanwantari , the God of medicines , was unveiled in the campus of Gupteswar Research Centre by the guests .

The Statesman • 12 Feb • Ministry of Ayush

India leading the world in healthcare & production of medicines in Unani system, says President Murm...

2 • PG | 605 • Sqcm | 108843 • AVE | 225K • Cir | Bottom Right

Delhi

India leading the world in healthcare & production of medicines in Unani system, says President Murmu

STATESMAN NEWS SERVICE
NEW DELHI, 11 FEBRUARY



President Droupadi Murmu on Tuesday said that India is leading the world in terms of education, research, healthcare, and the production of medicines in the Unani system.

Murmu, who inaugurated the two-day International conference on 'Innovation in Unani Medicine for Integrative Health Solutions – A Way Forward' at Vigyan Bhawan here on Unani Day, said, "Our country has adopted a holistic approach towards health."

The President said it is an occasion to remember Hakim Ajmal Khan, in whose honour, this day has been celebrated as Unani Day since 2016.

She said Hakim Ajmal Khan spread the Unani system of medicine in India. Murmu presented many examples of innovation.

Due to his efforts, the Unani system of medicine was widely adopted in India.

The President was happy to note that researchers and practitioners associated with the Unani system are adopting useful aspects of modern methods and technology.

She expressed confidence that this conference will discuss contemporary topics like Evidence-based Recent Research Trends in Unani Medicine and Harnessing Artificial Intelligence and Machine learning for Ayush/Traditional Medicine: Prospects and Challenges.

The President said efforts are being made to empower various medical systems by giving them due respect. According to the National Health Policy 2017, special emphasis is being laid on bringing AYUSH medical systems, including Unani, into the mainstream.

She noted that under the guidance of the National Commission for Indian System of Medicine, studies and research are going on in many Unani medical educational institutions. MD and PhD programmes have also been started in Unani Medical Colleges.

The President expressed confidence that the new generations in Unani medical science will strengthen the ancient heritage of knowledge and experience.

Every year the 11th of February marks Unani Day, celebrating the birth anniversary of eminent Unani physician, educator, and freedom fighter Hakim Ajmal Khan.

The Central Council for Research in Unani Medicine (CCRUM), a premier research council under the Ministry of Ayush, Government of India, is hosting the two-day distinguished International Conference on "Innovations in Unani Medicine for Integrative Health Solutions – A Way Forward".

The Statesman • 11 Feb • Ministry of Ayush

Prez to inaugurate global conference on Unani medicine today

2 • PG | 679 • Sqcm | 122216 • AVE | 225K • Cir | Bottom Left

Delhi

Prez to inaugurate global conference on Unani medicine today

STATESMAN NEWS SERVICE
NEW DELHI, 10 FEBRUARY



President Droupadi Murmu will inaugurate the two-day International Conference on Integrative Health Solutions in Delhi on the occasion of Unani Day on Tuesday at Vigyan Bhawan here.

Dr. Jitendra Singh, Minister of State (Independent Charge), Ministry of Science and Technology and Earth Sciences, and Prataprao Jadhav, Minister of State (Independent Charge), Ministry of Ayush and Minister of State for Health and Family Welfare will also be present on the occasion.

Every year, the 11th of February, the birth anniversary of eminent Unani physician, educator, and freedom fighter Hakim Ajmal Khan, is commemorated as Unani Day.

The Central Council for Research in Unani Medicine (CCRUM), a premier research council under the Ministry of Ayush, government of India, is hosting the distinguished International Conference on "Innovations in Unani Medicine for Integrative Health Solutions – A Way Forward" from February 11-12, 2025, at Vigyan Bhawan here.

While highlighting the growth of the Unani system of medicine and the focus of the government on integration of Ayush systems in mainstream healthcare, Prataprao Jadhav said, "I am proud to witness the growing integration of Unani medicine into the global healthcare framework. By fostering innovation and collaboration, we aim to bring forward comprehensive healthcare solutions that honour our traditional practices while addressing modern health challenges. The Government of India remains committed to advancing the development of Unani medicine, ensuring that it contributes meaningfully to public welfare and the overall health of the global community."

Underlining the focus of the government to boost scientific research activity in Ayush systems, Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, said, "The establishment of research centres in the Ayush sector, the inclusion of Ayush in mainstream health policies, and integration of traditional systems into the broader health framework reflects India's commitment to preserving and promoting our cultural heritage. This international conference aims to highlight the latest advances in Unani Medicine and their utility in holistic health systems."

The International Conference offers a dynamic platform for dialogue, collaboration, and knowledge exchange, aiming to highlight the pivotal role of Unani Medicine in the promotion of global health and well-being. Key objectives of the Conference include Fostering Innovation: Exploring new frontiers in Unani medicine for integrative healthcare solutions; Global Collaboration: Facilitating knowledge sharing among national and international experts in traditional and integrative medicine; Showcasing Achievements: Highlighting the latest research and advancements in Unani medicine by CCRUM.

The key highlights of the event include Scientific Sessions:

Expert-led keynote addresses and discussions on integrating Unani medicine into modern healthcare; Exhibition: A vibrant display of innovations in Unani and herbal pharmaceuticals, educational institutions, research organisations, and service providers; Global Participation: Delegates from countries including the USA, South Africa, Iran, Malaysia, UAE, Tajikistan, Uzbekistan, Sri Lanka, and Bangladesh will contribute to insightful deliberations.

On this occasion, several publications by CCRUM will be released, including the Souvenir of the International Conference. Additionally, NABL and NABH certificates will be awarded to CCRUM institutions. A short video showcasing the Council's recent initiatives will also be launched. Furthermore, Certificates of Appreciation will be awarded for the best research papers, outstanding contributions to Unani medicine, and the best-performing institutions.

The Statesman • 10 Feb • Ministry of Ayush

Parampara seems well set to turn Purulia village into a model ayurvedic village

10 • PG | 250 • Sqcm | 44946 • AVE | 225K • Cir | Middle Left

Delhi

Parampara seems well set to turn Purulia village into a model ayurvedic village

RITWIK MUKHERJEE
KOLKATA, 9 FEBRUARY

The Ayurvedic products market in India, which was valued at Rs 748.5 billion in 2023, is growing fast, driven by increasing health consciousness and demand for natural remedies. The market is expected to reach $16.27 billion by 2028. By 2032, the market is projected to reach Rs 3,207.6 billion, exhibiting a growth rate (CAGR) of 17.55 per cent during 2023-2032. However, these figures are not something that is driving Kolkata's home-grown ayurvedic brand, and more importantly, the only traditional ayurvedic family in eastern India. Parampara may be one of the strongest ayurvedic brands, but the founder is driven more by the urge and challenge to take Ayurveda, the oldest medical science derived from the Veda (more particularly Atharva Veda), out of the hands of some uneducated, fake practitioners and self-styled beauticians. His mission is to uphold the rich legacy of his forefathers while embracing the advancements of modern medicine and establishing Ayurveda as an authentic branch of medical science with a holistic, curative method of treatment.

Dr Debabrata Sen, the current generation scion of one of the oldest surviving traditional Ayurveda families, whose legacy spans over five centuries, rooted in a royal lineage of Ayurvedic practitioners dedicated to the art of natural healing, minces no words in saying, "We are not bothered so much about the market size, the brand positioning, or for that matter, the bottom line. We are striving relentlessly to establish Ayurveda as an authentic



Swadeshi treatment method too, where any disease can be cured except where emergency surgical or intravenous interventions are required." Parampara Ayurved, therefore, Dr Sen claims, is where tradition meets modernity in a harmonious blend of timeless wisdom and contemporary practices. Sen's ancestors treated the likes of the Tagore family, the family of Acharya Prafulla Chandra Roy, and many other famous families of Bengal over the years.

Dr Sen, who has been felicitated by several national and international organisations including Jadavpur University (for his work on "Ayurvedic Drug Development Research"), by Rajib Gandhi Memorial Ayurvedic Medical College & Hospital ("APARAJITO DEBABRATA"), by Ayurvedic Doctors Forum, W.B. ("DHANWANTARI AWARD"), and by Professor P.K. Prajapati, Vice-Chancellor, Dr Sarvapalli Radhakrishnan AyurCHARAKA SAMMANA AWARD"), is now burning the midnight oil to turn and upgrade a far-flung village near Maan Bazar in Purulia into a model ayurvedic village. Purulia is a natural habitat of flora and fauna with wild genes. "I am also conducting various training programmes across the length and breadth of the state. There is a huge lack of awareness. Even today, very few would know that ayurvedic treatments cover eight branches/disciplines and it offers eight types of treatments (Astango). One cannot just source some plants and make ayurvedic products or medicines. The plant will have to have wild genes, or one needs to do genetic engineering for the highest level of efficacy. We currently have over 200 products, which are sold through 12 company-owned outlets and e-commerce platforms, and all have such wild genes or are genetically engineered. We also have a state-of-the-art laboratory," said Dr Sen.

Interestingly, some of the top herbal products exported from India include: Ashwagandha, Turmeric, Ginger, Neem, Triphala, Tulsi (Holy Basil), Brahmi, and Shatavari.

The Statesman • 09 Feb • Ministry of Ayush

Acharya Balkrishna highlights Ayurveda and Yoga's global relevance at World Book Fair

3 • PG | 599 • Sqcm | 107775 • AVE | 225K • Cir | Bottom Left

Delhi

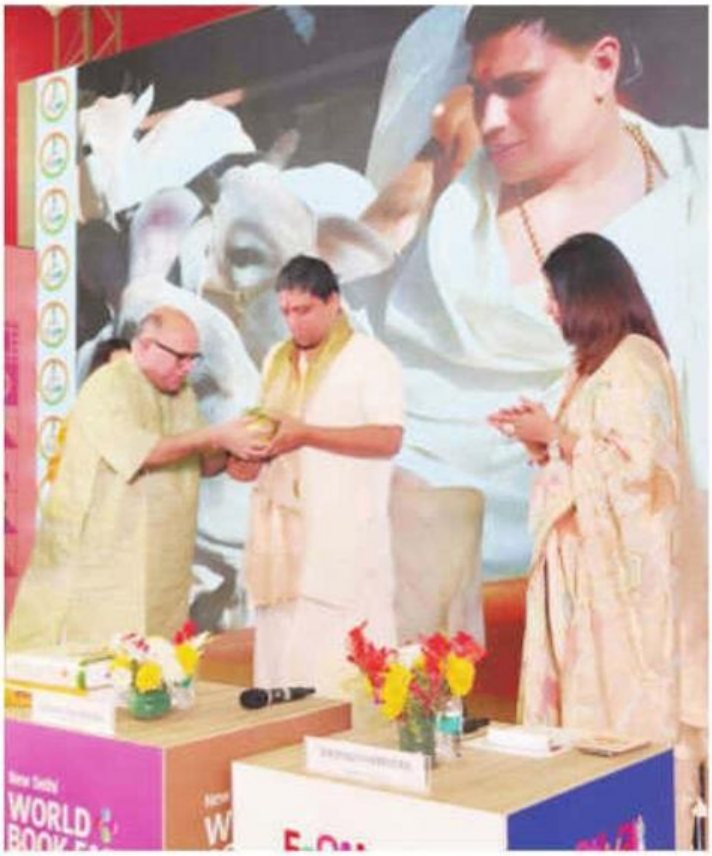
Acharya Balkrishna highlights Ayurveda and Yoga's global relevance at World Book Fair

STATESMAN NEWS SERVICE
NEW DELHI, 8 FEBRUARY

Acharya Balkrishna of Patanjali Yogpeeth addressed a gathering at the World Book Fair in New Delhi on Saturday, emphasizing the significance of Ayurveda and Yoga in today's world. He asserted that Ayurveda is a complete science that stands on its own merit, without competition.

During his address, he highlighted Patanjali's publication of the World Herbal Encyclopedia, which documents 32,000 medicinal plants—significantly expanding upon the previously available information on 12,000 such plants. Acharya Balkrishna also introduced Saumitreya Nidanam, an Ayurveda-based book published by Patanjali. This comprehensive and illustrated work details emerging diseases, disorders, and ailments in alignment with modern medical practices.

The book is divided into 14 chapters, structured around human anatomy, and contains 6,821 shlokas describing approximately 500 diseases, including 471 major ones. Notably, it presents over 2,500 clinical conditions for the first time in the tradition of Ayurveda. He further emphasized the need to promote Yoga and Ayurveda globally, citing Patanjali's contributions to their advancement.



The book is divided into 14 chapters, structured around human anatomy, and contains 6,821 shlokas describing approximately 500 diseases, including 471 major ones.

Additionally, he underscored the importance of indigenous products, advocating for quality and purity in manufacturing and urging all producers to uphold these standards. The event saw participation from scholars, researchers, and Ayurveda and Yoga enthusiasts. Acharya Balkrishna's address was well-received, with many commending his dedication to preserving and promoting India's traditional knowledge systems.

He also highlighted the significance of events like the World Book Fair, which provide access to world-class knowledge-based literature, fostering awareness and appreciation of India's rich intellectual heritage.

The Statesman • 05 Feb • Ministry of Ayush

MAA stands for Multi-Asset Allocation, reflecting need for a well-diversified investment approach

11 • PG | 370 • Sqcm | 66602 • AVE | 225K • Cir | Bottom Left

Delhi

'MAA stands for Multi-Asset Allocation, reflecting need for a well-diversified investment approach'

RITWIK MUKHERJEE
KOLKATA, 04 FEBRUARY



In fitness or physical wellness parlance, the 30-30 challenge is a fitness or wellness programme that involves completing a task or activity for 30 minutes a day for 30 days. There are multiple versions of the 30-30 challenge, including a diet, a nature challenge, and a Bible study. In financial investment, it suggests investing 30 per cent of savings into stocks, 30 per cent in bonds, 30 per cent towards real estate, and the remaining 10 per cent in cash and cash equivalents. This gives birth to a balanced financial portfolio. Similarly, in case of one's financial health, one would admit that we all want to enjoy our retirement in peace in our dream house with loved ones. But, the firing question is, do we plan for the same? When we start talking about retirement plans, then comes the 30 – 30 challenge of retirement. And if you are unaware of the 30 – 30 challenge of retirement planning, then it is high time to know more about it and start your retirement planning for a happy retirement. We all earn for almost 30 years of life, from 25 to 55 years. At this stage, we can earn, save, spend and invest in creating the retirement corpus so that it can be used at the time of retirement, which will be almost 30 years of our lives, assuming the life expectancy of 85 years when we usually depend upon our savings.

Speaking to The Statesman, Jayanta Chowdhury, a Certified Financial Planner, explains the concept of the "30-30 Challenge" at length.

Excerpts:

Q: The "30-30 challenge" is a much-talked-about topic in the parlance of 'financial health" or financial well-being. How do you propose to explain that? How important is 'Asset Allocation" in the concept of financial well-being?

A: "The 30-30 Challenge" is a strategic approach to Asset Allocation. Mind you that financial stability is not a matter of chance but of careful planning. One of the most effective ways to ensure long-term financial well-being is through Asset Allocation, a strategy that helps individuals balance risk and reward across different investment avenues. This principle is particularly significant when viewed through the 30-30 Challenge, a financial roadmap that divides an individual's economic journey into two crucial phases—accumulation and distribution.

Q: How does an individual differentiate between the first 30 years of one's life and the next 30 years, in terms of asset allocation?

A: The first 30 years of a person's financial journey constitute the accumulation phase. During this period, individuals are actively earning, allowing them to take calculated risks in pursuit of higher returns. With a steady income, they can afford to invest aggressively in growth-oriented assets such as equities, mutual funds, and alternative investments, thereby capitalizing on market fluctuations to build wealth. Time is their greatest ally, as it allows them to recover from downturns and benefit from the power of compounding.

However, as individuals transition into the next 30 years, the distribution phase begins. This is when active income ceases, and financial security depends on how well assets were allocated during the accumulation years. At this stage, the focus shifts towards capital preservation, stable returns, and minimizing risks. A diversified portfolio with a mix of fixed income, real estate, annuities, and other low-volatility assets becomes essential to ensure a steady income stream.

Q: Could you please explain this further for a layman?

A: This idea can be beautifully encapsulated in a famous Bollywood scene where Amitabh Bachchan lists his wealth—"Bunglow (apartment), Gaadi (car), Cash, Bank Balance"—but remains uncertain about his true financial strength. In contrast, Shashi Kapoor, with unwavering confidence, states, "Mere paas Maa hai."

If we reframe this dialogue in the context of financial planning, M.A.A. stands for Multi-Asset Allocation, highlighting the need for a well-diversified investment approach.

Q: Can you please explain the concepts of financial independence and stability in the long run?

A: Having a balanced portfolio across asset classes—equities, debt, gold, real estate, and international investments—ensures not just wealth accumulation but also financial independence and stability in the long run.

A well-planned asset allocation strategy safeguards individuals from market volatility, inflation, and unforeseen financial shocks. By aligning investments with life goals, risk appetite, and financial responsibilities, individuals can enjoy a worry-free retirement while securing their family's future. The 30-30 Challenge serves as a reminder that early and strategic financial planning is the key to true wealth—not just in numbers but in peace of mind and freedom.

Let me sound a word of caution at this point. For expert guidance on crafting a robust financial plan, one must reach out to a certified financial planner, who can help tailor an asset allocation strategy suited to your goals and lifestyle.

Eastern Chronicle • 28 Feb • Ministry of Ayush

National Institute of Ayurveda vacancy 2025: 12 assistant professor posts

7 • PG | 145 • Sqcm | 363265 • AVE | 182.88K • Cir | Middle Center

Kolkata

National Institute of Ayurveda vacancy 2025: 12 assistant professor posts



National Institute of Ayurveda (NIA) has published vacancy notification no. 2/2024 for recruitment of 12 Posts of Assistant Professor in different Subjects for NIA, Jaipur. The closing date for registration of online applications is 21st January, now extended up to 7th March 2025.

Post Name & Total Vacancies: Assistant Professor- 12.

Age Limit: Maximum 40 years as on closing date of applications.

Monthly Salary (Pay Scale): Pay Level 10 (Pay Matrix Rs. 56,100-1,77,500) + NPA.

Eligibility Criteria:

(1) Post Graduate Degree in Ayurveda in the concerned Subject included and recognized under IMCC Act 1970/ NCISM Act 2020.

(2) Desirable: Publication and Experience in Research, Working Knowledge of Computer.

Selection Process: The NIA Assistant Professor 2025 Selection Processes like Preliminary Tests, Mains Examinations, Interview etc.

Application Fee: Rs. 3,500 (For General and OBC Candidates). Rs. 3,000 (For SC, ST, EWS Candidates) is to be paid with each Application for each Post. Applicants belonging to Physically Handicapped and Ex-Servicemen need not pay the Application Processing & Intimation Fee.

How to apply: Eligible and interested candidates must complete the Online Application Form through the NIA Jaipur Portal. To begin, candidates need to provide their name, date of birth, and email address to create an account. After account creation, they should log in to proceed with their application. The deadline for registering online applications is 07/03/2025, until 5:00 PM.

About NIA: The National Institute of Ayurveda, Deemed to be University (De Novo) under Ministry of AYUSH, Government of India.

The Hans India • 28 Feb • Ministry of Ayush

Yogi honours boatmen; post-registration funds, insurance to be provided for boats

5 • PG | 359 • Sqcm | 107685 • AVE | 390.49K • Cir | Top Right

Hyderabad



Yogi honours boatmen; post-registration funds, insurance to be provided for boats

HANS NEWS SERVICE
MAHAKUMBH NAGAR

- UP Chief Minister makes another big announcement on the Prayagraj tour – the govt will give special facilities to the boatmen
- The boatmen were honoured with a certificate; the whole hall echoed with slogans of Har Har Gange and Jai Shri Ram
- CM expresses gratitude to the boatmen for facilitating the sacred bath for over 66 crore devotees
- CM Yogi interacts with transport drivers, and commends their tireless service in ensuring smooth operations during Maha Kumbh

CHIEF Minister Yogi Adityanath engaged with boatmen to acknowledge their significant contribution to the Mahakumbh. During this interaction at Triveni Complex, he made several significant announcements aimed at their welfare. He assured that the government would extend special benefits to boatmen, beginning with their registration. Following this, financial assistance for boats and an insurance cover of up to Rs 5 lakh would be provided.

Recognising their pivotal role in ensuring the grandeur and success of Mahakumbh, the Chief Minister honoured the boatmen with certificates. The event resonated with Bharat Mata ki Jai chants, Ganga Maiya ki Jai, and Har Har Gange. Drawing a historical parallel, he remarked that just as Nishadraj had helped Lord Shri Ram cross the Ganges in Treta Yuga, today's boatmen continue to uphold this tradition.

He acknowledged their crucial role in enabling crores of devotees to bathe at Sangam, stating that their contribution deserved recognition and support. He also expressed pride in installing a grand statue of Lord Shri Ram and Nishadraj in Shringverpur.

CM Yogi announced several initiatives to uplift the boatmen and the Nishad community. He emphasised that the double-engine government is committed to the welfare of those engaged in fisheries under the Pradhan Mantri Matsya Sampada Yojana. Boats will be provided through a dedicated scheme under the Chief Minister's Fund, ensuring that every boatman is registered and receives security insurance.

Additionally, under the Kisan Aapda Yojana, boat operators will receive disaster assistance similar to the Mukhyamantri Krishak Durghatna Bima Yojana, offering financial aid of Rs 5 lakh in case of an unfortunate event. Those without health insurance will be linked to the Ayushman Bharat Yojana and granted a Rs 5 lakh health cover.

Moreover, specialised training will enhance their skills and ensure they receive exclusive benefits. These measures reaffirm the government's commitment to empowering the boatmen and Nishad community, preserving their legacy, and securing their future.

Chief Minister Yogi Adityanath highlighted the historic role of boatmen in the Mahakumbh, stating that crores of devotees took a holy dip at Sangam, which was made possible by their relentless efforts. He remarked that in these 45 days, each boatman must have earned lakhs of rupees through their hard work—an unprecedented business scale. However, he emphasised that this was more than just an economic opportunity; it was a continuation of a sacred ancestral tradition. CM Yogi also lauded the Irrigation Department, noting that after many years, Sangam witnessed such a high water level on such a large scale. He praised the officials and staff for their dedication, calling it a historic milestone in making the Maha Kumbh divine and grand. Following this, the President of the Boatmen Association expressed gratitude to the Chief Minister, acknowledging his crucial support in creating significant employment opportunities for boatmen. He also submitted a letter outlining key demands.

The Hans India • 27 Feb • Ministry of Ayush

APOLLO HOSPITALS KEEN ON AI-DRIVEN SOLUTIONS

8 • PG | 132 • Sqcm | 39577 • AVE | 390.49K • Cir | Middle Left

Hyderabad

APOLLO HOSPITALS KEEN ON AI-DRIVEN SOLUTIONS

Dr Sangita Reddy highlights role of digital innovation in healthcare at BioAsia 2025

HANS BUSINESS
HYDERABAD



DR Sangita Reddy, Joint Managing Director of Apollo Hospitals, emphasised the transformative potential of digital integration in healthcare during a panel discussion on 'Integrated Healthcare and Patient Outcomes' during BioAsia-2025 here on Wednesday. She highlighted initiatives like the Ayushman Bharat Digital Mission (ABDM) and eSanjeevani Telemedicine, noting their impact in bridging the gap between hospitals, digital health platforms, and home-based care. Dr Reddy pointed out that the Covid-19 pandemic accelerated digital adoption by over 300 per cent, underscoring the need for connected healthcare models that enable continuous care and early intervention.

Apollo JMD stressed that technology should complement clinical excellence rather than replace it. She underscored the importance of leveraging digital advancements to enhance diagnostic accuracy, improve treatment outcomes, and standardise quality care across healthcare touch points. In outlining Apollo Hospitals' strategic partnership with Microsoft, Dr Reddy revealed the collaboration's focus on AI-driven tools for diagnosis, treatment planning, and patient monitoring. The partnership extends to disease progression analysis, genomics research, and real-time decision-making through AI copilots designed for clinicians, patients, nurses, and hospital operations. These innovations aim to streamline hospital workflows, minimise diagnostic delays, and improve remote healthcare delivery, ultimately leading to better patient outcomes.

Addressing healthcare accessibility, Dr Sangita Reddy emphasised the role of initiatives like Ayushman Bharat (PM-JAY), microinsurance models, and healthcare lending in reducing financial barriers for patients, especially in Tier-2 cities and underserved regions.

The Hans India • 26 Feb • Ministry of Ayush

Divya Jyoti Ved Mandir creates history

5 • PG | 183 • Sqcm | 54903 • AVE | 390.49K • Cir | Bottom Center

Hyderabad

Divya Jyoti Ved Mandir creates history

KARUN SHARMA
MAHAKUMBH NAGAR



THE Divya Jyoti Ved Mandir (DJVM) set a world record by completing a 33-day Akhand Rudripath Maha Divya Anushthanam, guided by Divya Guru Ashutosh Maharaj during the Prayagraj Mahakumbh 2025. This unprecedented event featured 566 Brahmgyani Veda readers whose unified chanting of Vedic mantras led to a historic 794-hour recitation of the Rudrashtadhyayi. Running from January 14 to February 16, 2025, the Maha Yagya involved Veda readers from five countries and 191 cities, who recited 11,151 Samhitas totalling the pronunciation of 264,249 mantras. Additionally, Akhand Brahmagyan-based sadhana continued for 33 days and nights, infusing positive energy into the atmosphere. This historic achievement was officially recognised by both the Asia Book of Records and the India Book of Records. Judge Pramil Dwivedi presented accolades to the office bearers of Divya Jyoti Jagrati Sansthan: Swami Narendranand, Swami Adityanand, Sadhvi Deepa Bharti, Sadhvi Bhaktipriya Bharti, and Administrative Head C.A. Geetanjali. Numerous dignitaries attended this divine event, including spiritual guru Sri Sri Ravi Shankar, Member of Parliament Anurag Thakur, Vishwa Hindu Parishad's Dinesh Sharma, BJP National General Secretary BL Santosh, Olympic medallist Yogeshwar Dutt, Shastri Akshar Prakash Das of the Swaminarayan Temple Bhuj, renowned actor Saurabh Raj Jain, and Sanjeev Sanyal, a member of the Economic Advisory Council of the Prime Minister's Office. These dignitaries witnessed the grandeur of the ritual. Following the Rudri Paath on Tuesday, the atmosphere echoed with the divine sounds of conches and bells, leading into a Vedic Aarti dedicated to Guru Ashutosh Maharaj, which deeply moved the devotees. The closing ceremony concluded with a Maha Yagya, during which thousands of devotees offered sacrifices for world peace and harmony. This spiritual event garnered widespread attention from leading news channels, digital platforms, YouTubers, and social media influencers, reaching devotees across the globe. The ritual is a significant spiritual achievement, it is also, aligned with the Union Ministry of AYUSH and the United Nations Sustainable Development Goals (UN SDGs).

The Hans India • 21 Feb • Ministry of Ayush

AAP-da over, Delhi CM must get cracking on challenges

6 • PG | 221 • Sqcm | 66448 • AVE | 390.49K • Cir | Top Left

Hyderabad

AAP-da over, Delhi CM must get cracking on challenges

Time for BJP's optics in Delhi is over with Rekha Gupta having been sworn in as the ninth Chief Minister of the national capital. From an 'Aam Aurat' to Delhi's Chief Minister, Gupta echoed the party's slogan, saying, "Modi hai toh mumkin hai." However, she and her team are well aware that while they have hit the ground running, the challenges ahead are formidable.

One of the biggest tasks before her is cleaning the Yamuna River, a mission that requires extensive coordination with the governments of Uttarakhand, Uttar Pradesh, and Haryana. Despite the scale of the challenge, she appears composed and confident, assuring that her government will implement all the promises made during the election campaign. The BJP had already initiated Yamuna clean-up efforts even before she officially took office – an area where the previous AAP regime failed to make any progress. She set the tone for her tenure by performing an aarti at the river, signaling a commitment to restoring its sanctity.

As a former councilor and mayor of the South Delhi Municipal Corporation, Gupta has a strong grasp of the issues plaguing the city. Her government has outlined five key focus areas for the first 100 days, aiming to deliver "visible results" to the people who placed their trust in the BJP. These include: The rollout of the Ayushman Bharat medical insurance scheme in Delhi, desilting roads and sewers ahead of the monsoon season, a large-scale sanitation drive to clear garbage from the city's streets, road repairs to improve urban infrastructure, and disbursing ₹2,500 to all eligible women beneficiaries by March 8.

Gupta has made it clear that her administration means business. One of her first major moves will be approving the Comptroller and Auditor General (CAG) report, which the AAP government failed to table in the Assembly. It would be tabled in the first Assembly session of the BJP government. Additionally, her government plans to probe various scams that allegedly took place during the AAP's tenure. However, she is aware that the road ahead will not be smooth. A critical challenge will be assessing the financial damage inflicted on the state by the previous government, which began with high ambitions in 2014 but, according to critics, lost its way in political maneuvering rather than governance.

Arvind Kejriwal initially earned public goodwill during his first term, positioning himself as a crusader against corruption. However, as the BJP now claims, he gradually transitioned from an 'AAP leader' to an 'AAP-da leader,' prioritising political expansion over governance. His pursuit of power, the BJP argues, distracted him from his original mission of systemic reform. Now, the BJP has a golden opportunity amid Delhi's crisis. If it successfully delivers on key promises within the first 100 days, it will cement public confidence and secure its footing after a 27-year gap in power. However, the party must remain cautious. While AAP has lost the election, it is far from being out of the political battleground. Kejriwal, known for his street-smart political strategies, is likely to keep the BJP on its toes. The AAP will not only challenge the new government in the Assembly but also take to the streets, holding protests and questioning the fulfillment of BJP's electoral promises.

Beyond cleaning Delhi's streets and the polluted Yamuna, Rekha Gupta will also have to brace herself for the political battles ahead. Managing governance while countering opposition attacks will be a crucial test of her leadership in the coming months.

The Hans India • 21 Feb • Ministry of Ayush

REKHA GUPTA SWORN IN DELHI CM

1, 7 • PG | 307 • Sqcm | 92184 • AVE | 390.49K • Cir | Bottom Center,Middle Right

Hyderabad

REKHA GUPTA SWORN IN DELHI CM



Parvesh Verma, Kapil Mishra among 6-member cabinet

New CM performs 'Yamuna Aarti' along with ministers

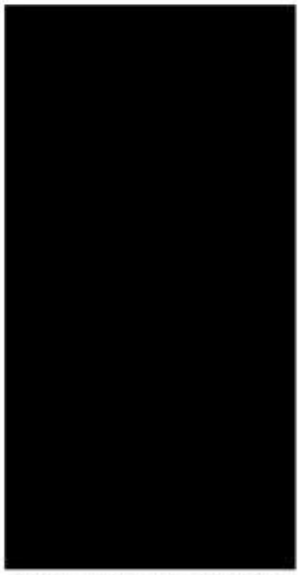
PURNA SINGH
NEW DELHI

WHILE AAP in its second term wielded a broom without vroom, the new BJP government that took charge of office on Thursday started governance without wasting even a single day under the leadership of Rekha Gupta who along with six ministers was sworn in at a mega ceremony at Ramlila maidan.

The oath taking was witnessed by Prime Minister Narendra Modi, Union ministers Amit Shah, JP Nadda, and Rajnath Singh, Chief Ministers and Deputy Chief Ministers of the NDA ruled states, including Andhra Pradesh CM N Chandrababu Naidu and Deputy CM Pawan Kalyan.

Apart from Rekha Gupta, those who took oath as ministers, including Parvesh Verma, Manjinder Singh Sirsa, Kapil Mishra, Pankaj Singh,

First Cabinet meet decides to implement Ayushman Bharat and implement Mahila Samriddhi Yojna



Ashish Sood and Ravinder Indraj. Soon after the swearing-in ceremony, Modi said in a congratulatory message, "She has risen from the grassroots, being active in campus politics, state organisation, municipal administration and now MLA as well as Chief Minister." He added, "I am confident she will work for Delhi's development with full vigour. My best wishes to her for a fruitful tenure."

The new Chief Minister said that the double engine sarkar would move at a high speed towards realizing "Viksit Delhi" mission. The 50-year-old Chief Minister said that the new BJP government will fulfil all the promises made to the people of the national capital. None of the AAP leaders, including former chief ministers Arvind Kejriwal and Atishi, were present at the ceremony.

Continued on Page 7

Rekha Gupta sworn in Delhi CM

Continued from p1

She later took charge at the Delhi Secretariat.

In the evening, Gupta performed a 'Yamuna Aarti' along with her Cabinet colleagues at Vasudev Ghat. Though officially so far, the BJP has not announced anyone as the Deputy Chief Minister, Rekha Gupta sent a clear message that Pravesh Varma would be virtually the number two man in the cabinet as he along with the Chief Minister performed puja at Vasudev ghat at Yamuna. She said the work to cleanse Yamuna have begun and it would take about three to four years by the time Yamuna riverfront project was completed.

The first Cabinet meeting of the new BJP government in Delhi headed by Chief Minister Rekha Gupta met on Thursday evening. The Cabinet approved the CAG report which the previous government failed to table it in the State Assembly. It would be tabled in the first session of the state Assembly.

The Cabinet also decided to implement the Ayushman Bharat health insurance scheme and implement Mahila Samriddhi Yojna for monthly payment of Rs 2,500 to eligible women as promised in BJP's poll manifesto and crackdown on AAP scams.

On the other hand, the AAP continues to indulge in rhetoric and criticised the Yamuna arti as a photo op for the BJP. AAP which had charged the Haryana government of poisoning the Yamuna waters during campaign are now blaming the Uttarakhand government saying that water pollution had begun from there.

The Hans India • 19 Feb • Ministry of Ayush

Cancer vaccine for women to be ready in 6 months

1 • PG | 60 • Sqcm | 18008 • AVE | 390.49K • Cir | Top Left

Hyderabad

Cancer vaccine for women to be ready in 6 months

CHHATRAPATI SAMBHAJI-NAGAR: A vaccine to fight cancers affecting women will be available in five to six months, and those in the age group of nine to 16 years will be eligible for inoculation, Union Minister Prataprao Jadhav said on Tuesday. Addressing a press conference here, the Union Minister of State for Health, Family Welfare and Ayush (Independent Charge) said that research on a vaccine is nearly complete and trials are underway. "The number of cancer patients has increased in the country, and the Central government has initiated steps to address this issue. Women above 30 will undergo screening at hospitals, and daycare cancer centres will be established for early detection of the disease," Jadhav said. He said the government has also waived off customs duty for medicines used in cancer treatment. The minister said, "The research on a vaccine for cancers that affect women is nearly complete, and trials are underway. It will be available in five to six months, and girls in the age group of nine to 16 years will be eligible for inoculation."

The Hans India • 19 Feb • Ministry of Ayush

Extend hassle-free health cover to sr citizens

6 • PG | 83 • Sqcm | 24758 • AVE | 390.49K • Cir | Middle Right

Hyderabad

Extend hassle-free health cover to sr citizens

THE Central government introduced the major healthcare initiative PMJAY (Pradhan Mantri Jan Arogya Yojana) in 2018. It strives to give underprivileged groups adequate monetary security and medical care. After completing the Ayushman Bharat registration process, prospective beneficiaries can take advantage of free healthcare for secondary and tertiary hospitalisation up to Rs. 5 lakhs per household per year through this programme. To provide medical facilities to people who formerly weren't eligible, like senior citizens 70 and above, GOI introduced the major healthcare initiative, Ayushman Bharat Yojana. The eligibility is only having an Aadhaar card and no other criteria. The AB PMJAY hospitalisation and treatment becomes effective as soon as the ID card is downloaded. Several of us, senior citizens, rushed to E-Seva centers only to be told that it would take some more time. Since then we have been visiting online centers almost every week. We are now being told the system is accepting all the details and the card is approved, but the system shows the nomination as approved but the card does get downloaded. We request the Telangana government to initiate the following action. Remove the hurdles to Ayushman PMJAY scheme for 70 and above citizens or, alternately, provide an equivalent system in Arogyasri to 70 and above citizens on par with A-PMJAY. The writer is a senior citizen aged 84 without pension and medical facility.

V S Sudhaker, Hyderabad

The Hans India • 18 Feb • Ministry of Ayush

Foreign tourists impressed by facilities of Maha Kumbh's Central Hospital

9 • PG | 338 • Sqcm | 101390 • AVE | 390.49K • Cir | Middle Left

Hyderabad





Foreign tourists impressed by facilities of Maha Kumbh's Central Hospital

VRC PHANIHARAN
MAHAKUMBH NAGAR

- Treatment of seven and a half lakh devotees in Maha Kumbh, experts from AIIMS Delhi and IMS BHU deployed
- Treatment of five and a half lakh patients in 23 allopathy hospitals, five lakh pathology tests conducted
- 4,000 operations for minor injuries and 12 major operations done
- Treatment of more than two and a quarter lakh patients through AYUSH so far
- World-class arrangements have also been made for patients in 20 hospitals of Ayurveda and Homoeopathy

THE arrangements made for the temporary hospital in Mahakumbh Nagar have surprised not only the devotees from the country but also from abroad. Citizens of countries like America, London, Australia, and Israel have termed the medical services here as the best in the world.

They have duly written in the record book of the Central Hospital that what the Yogi government has done in Prayagraj has not been seen in any country of the world till now.

Till Monday evening, more than seven and a half lakh devotees have been treated in Mahakumbh. Experts from AIIMS Delhi and IMS BHU also played a major role in extending the health services.

UK's Catenian Davidson, who has undergone treatment in the Central Hospital of Mahakumbh, said that he has seen such excellent medical facilities for the first time in a temporary hospital. Even in his country, he has never seen such better arrangements in temporary hospitals. This seems completely permanent. Similarly, Israel's Deitch said that all the medical centres of Mahakumbhnagar including the Central Hospital are equipped with state-of-the-art facilities. Every patient is being thoroughly examined here.

The visitors said that Yogi's government setting up a temporary hospital with the state of the art facilities set an example in the world.

London's Nekel praised ICU in-charge Dr Siddharth Pandey and his team and said, "We were completely satisfied by treating my brother on time. We have seen the best health facilities in India here in Mahakumbh." Australia's Daniel has described the health system of Mahakumbh Nagar as very effective. He said that the significance of the world's biggest event has been proved through this central hospital.

Supreme Court Judge, Justice Animesh Gupta said that the way the state government has arranged a team of expert doctors and world-class medical facilities is commendable.

Among the common devotees, Vasu, who came from Delhi, said, "I had come to Mahakumbh Nagar with my family for Sangam bath. The whole family got worried due to the sudden deterioration in health here. After this, people were advised to consult doctors in Central Hospital. As soon as we reached the Central Hospital, the team of expert doctors there immediately examined us and provided medicines after treatment. After getting rest, we returned," he added.

As of Monday evening, 7.5 lakh devotees have been provided with the best medical facilities in Maha Kumbh. Dr Gaurav Dubey, of the nodal medical establishment of Maha Kumbh Mela, said that an expert team from all over the country, including specialist doctors from AIIMS Delhi and IMS BHU, is deployed here to take care of the devotees. Under the leadership of Additional Director Health Dr. Rakesh Sharma, and Chief Medical Superintendent of Central Hospital Dr. Manoj Kaushik, more than five and a half lakh patients have been treated in 23 allopathy hospitals here. Apart from this, more than five lakh pathology tests have been done. There, 4,000 small and 12 major operations were successfully performed. At the same time, Dr Girish Chandra Pandey said that under the leadership of Regional Ayurvedic and Unani Officer Dr Manoj Singh, the team has treated more than 2.25 lakh patients with AYUSH treatment so far.

The Hans India • 12 Feb • Ministry of Ayush

Maha Kumbh: Over 45 cr took dip in Sangam so far

5 • PG | 476 • Sqcm | 142937 • AVE | 390.49K • Cir | Top Left

Hyderabad

Maha Kumbh: Over 45 cr took dip in Sangam so far

Officials say the Maha Kumbh Mela is not just a religious gathering but a monumental example of meticulous planning, cultural preservation and technological innovation

HANS NEWS SERVICE
PRAYAGRAJ



THE Maha Kumbh Mela 2025 has become one of the largest religious gatherings in history, with over 450 million (45 crore) devotees participating in the bathing rituals as on Tuesday.

The Uttar Pradesh government was expecting the number of devotees to reach 45 crore in 45 days but this number has already been achieved within 30 days and still there are 15 more days remaining for the Maha Kumbh to conclude. With its blend of spiritual significance, grand rituals, and cutting-edge technological interventions, this Kumbh Mela has set new benchmarks in crowd management, sanitation, and digital facilitation.

With the number of visitors surpassing 45 crore, crowd management has been a major focus. The next Amrit Snan is on February 12 on the occasion of Magh Purnima, which is renowned for its connection with the veneration of Guru Brahaspati and the belief that the Hindu deity Gandharva descends from the heavens to the sacred Sangam. To ensure smooth crowd management during the Magh Purnima Snan, the state government has designated the mela area as a 'no vehicle zone' from the morning of February 11, allowing only essential and emergency services.

Indian Railways is also operating at full capacity to manage the Maha Kumbh 2025 crowd. On February 9, around 330 trains transported 12.5 lakh pilgrims, with 130 more departing by 3 pm on February 10. Preparations for the upcoming Amrit Snan on February 12 were reviewed by the officials. All eight stations, including Prayagraj Junction, were fully operational, while Prayagraj Sangam station was temporarily closed around major bathing dates for crowd management.

The state government, in collaboration with various agencies, implemented a multi-tier security and monitoring system. A network of AI-powered CCTV cameras, drone surveillance, and real-time analytics ensured the safe movement of pilgrims across designated sectors. The administration also introduced a digital token system to streamline access to bathing ghats, reducing overcrowding. Special provisions were made for senior citizens and differently-abled devotees, ensuring that the Kumbh remained an inclusive spiritual experience.

This year, over 10 lakh devotees observed Kalpavas at the Triveni Sangam, concluding on Magh Purnima, with a final holy dip, pujan, and daan. As per tradition, Kalpvasis will perform Satyanarayan Katha, Havan Puja, and offer donations to their Tirthpurohits. The barley sown at the start of Kalpavas is immersed in the Ganga, and the Tulsi plant is taken home as a divine blessing. The twelve-year Kalpavas cycle culminates in Maha Kumbh, followed by a community feast in their villages.

According to the officials, over seven lakh pilgrims received medical care through extensive healthcare services. This includes treatment of more than 4.5 lakh individuals at 23 allopathic hospitals, with over 3.71 lakh undergoing pathology tests, and the successful completion of 3,800 minor and 12 major surgeries. Additionally, 20 AYUSH hospitals have provided Ayurveda, Homeopathy, and Naturopathy treatments to over 2.18 lakh pilgrims. The integration of specialists from AIIMS Delhi, IMS BHU, and international experts from Canada, Germany, and Russia has ensured world-class healthcare.

The Hans India • 11 Feb • Ministry of Ayush

Al-Arif Unani Research Institute to hold mega health camp today

7 • PG | 148 • Sqcm | 44338 • AVE | 390.49K • Cir | Top Left

Hyderabad

World Unani Day

Al-Arif Unani Research Institute to hold mega health camp today

ESA BIN ABDUL REHMAN
HYDERABAD



AS part of the World Unani Day celebrations aimed at commemorating the services of renowned Unani scholar Hakeem Mohammed Ajmal Khan on February 11, the Al-Arif General Hospital and Unani Research Institute, Bandlaguda, Hyderabad is organising a grand Unani medical camp for the poor and the underprivileged people.

Born on November 11, 1868 in Delhi, Hakeem Ajmal Khan grew up in a family known for offering healthcare service through traditional healing. "Hakeem Ajmal Khan gained hands-on experience under the supervision of his grandfather renowned Hakeem Ahsanullah Khan that helped him refine his practicing abilities to provide healing through Unani way of medicine and thereby earned him a moniker of Hakeem at a very young age...," maintained Dr SyedTouheed Ahmed, Director of Al-Arif General Hospital and Unani Research Institute, Bandlaguda. "While his efforts to modernise Unani medicine was his first-hand achievement in the field of modern medicine, the setting up of Ajmal Khan Tibbiya College in 1916 in Delhi showcases his dedication towards bringing the Unani way of healing into the mainstream of healthcare service to serve the people. He worked tirelessly to promote the Unani way of treatment with its promising healing results identically proven alongside Western medicine. His efforts helped ensure Unani get its deserving place in the Indian healthcare system and became part of the AYUSH (Ayurveda, Yoga, Unani, Siddha and Homoeopathy)," he added.

"Al-Arif, a general hospital and Unani research Institute is a 100-bedded Unani Hospital in the heart of the city that offers both Unani and modern healthcare services accessible to all the poor and underprivileged," said Dr Mohd Najeeb Khan, another Director at Al-Arif General Hospital and Unani Research Institute.

The Hans India • 01 Feb • Ministry of Ayush

Sonia's remarks on President reflect dynastic arrogance: Kishan Reddy

5 • PG | 171 • Sqcm | 51407 • AVE | 390.49K • Cir | Bottom Left

Hyderabad

Sonia's remarks on President reflect dynastic arrogance: Kishan Reddy

HANS NEWS SERVICE
HYDERABAD

TELANGANA BJP condemned the remarks of Congress MP Sonia Gandhi on President Droupadi Murmu on Friday.

Taking to social media handle X, Union Minister G Kishan Reddy said that Congress had opposed President Droupadi Murmu's candidature, referring to her as a "rubber stamp" and Sonia Gandhi had mocked her as a "poor lady".

Further, Congress has repeatedly tried to run down the President and her capabilities solely because she belongs to a tribal community.



"This privileged, dynastic, and arrogant mindset is an insult to both the highest constitutional office and India's tribal community. Attacking a woman president who rose from the grassroots is not only degrading; it's disgraceful," he said.

Meanwhile, Telangana State BJP Mahila Morcha chief Dr Shilpa Reddy condemned Sonia Gandhi's comments on President Droupadi Murmu. Sonia Gandhi's remarks about the President exemplify vulgar politics. Comments such as "boring" and "rubber stamp" attack on our democracy. It is intolerable to belittle the position of the President and insult a tribal woman. Sonia Gandhi should apologise immediately for undermining democratic values," she said.

"Over the past ten years, the Narendra Modi government has driven the country towards development, implementing various welfare schemes for the poor, women, farmers, and tribal communities. Programmes like Ujjwala Yojana, Har Ghar Jal, Pradhan Mantri Awas Yojana, and Ayushman Bharat have benefited millions. In her speech in the Lok Sabha, the President outlined the welfare programmes initiated for the benefit of the state, the country, and its people. The Bharatiya Janata Party demands that Sonia Gandhi and Rahul Gandhi apologise to President Droupadi Murmu immediately. Otherwise, we warn that they will face the backlash of the people," Shilpa Reddy cautioned.

The New Indian Express • 27 Feb • Ministry of Ayush

SUKHASANA HUGS AND TWIST

2 • PG | 636 • Sqcm | 839256 • AVE | 246.4K • Cir | Bottom Center
Chennai

FITBIT

SUKHASANA HUGS AND TWIST

(EASY POSE HUGS AND TWIST)

This pose is a variation of the Bear Hug Stretch Pose but with an added shoulder twist. It can be practised as a warm-up for the shoulders or as part of a cool-down routine after intense arm balance sequences. Easy Pose Hugs help open and stretch the rhomboid muscles, improving posture, flexibility, and shoulder mobility. Since it is performed in Sukhasana (Easy Pose), it is also suitable for senior yoga sequences, offering the same benefits while ensuring comfort. This pose is considered a warm-up for more intense yoga flows.

STEPS

- Sit in Sukhasana (Easy Pose). Inhale, open your arms to the sides at shoulder level, keeping them parallel to the floor.
- Exhale, bring your right arm across your front body, placing the right hand over the left shoulder blade. Then, bring your left arm across your front body, placing the left hand over the right shoulder blade.
- Hug your arms tightly around the rib cage, crossing them with the right arm over the left. Inhale deeply, pulling yourself into the hug.
- Once comfortable, begin twisting from left to right. Coordinate the movement with your breath.
- Repeat six times on each side. Exhale, return to the center, release your arms, and sit up in Sukhasana, taking deep breaths.
- Repeat the sequence, this time crossing the left arm over the right and twisting for another six rounds on each side.
- Finally, release the pose and relax.

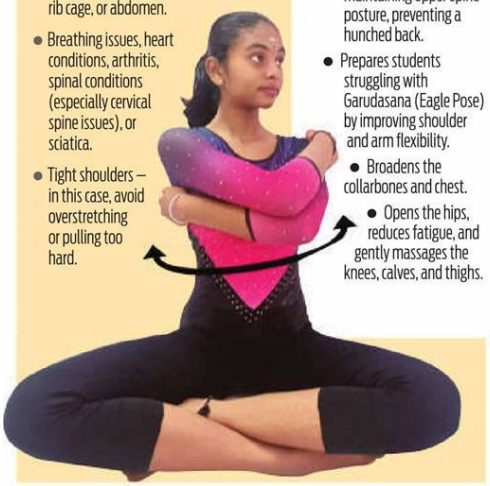
LIMITATIONS

Avoid this pose if you have:

- Injuries in the knees, shoulders, arms, elbows, wrists, neck, upper back, chest, rib cage, or abdomen.
- Breathing issues, heart conditions, arthritis, spinal conditions (especially cervical spine issues), or sciatica.
- Tight shoulders – in this case, avoid overstretching or pulling too hard.

BENEFITS

- Stretches the upper back and shoulder blades.
- Strengthens and improves the range of motion of the rhomboid muscles.
- Relieves frozen shoulders, muscle tension, stiffness, or soreness – especially after heavy workouts.
- Serves as a cool-down pose for athletes, including gym-goers, swimmers, and rock climbers.
- Helps ease shoulder, neck, and arm tension, making it beneficial during breaks from desk work or before bed.
- Reduces stress, anxiety, and mental fatigue, promoting relaxation.
- Helps prevent sleep-disrupting cramps.
- Beneficial for senior citizens, improving shoulder mobility and maintaining upper spine posture, preventing a hunched back.
- Prepares students struggling with Garudasana (Eagle Pose) by improving shoulder and arm flexibility.
- Broadens the collarbones and chest.
- Opens the hips, reduces fatigue, and gently massages the knees, calves, and thighs.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 26 Feb • Ministry of Ayush

TADASANA STRETCHED OUT HANDS

2 • PG | 692 • Sqcm | 913587 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

TADASANA STRETCHED OUT HANDS (MOUNTAIN POSE STRETCHED OUT HANDS)

It is commonly practiced to stretch and open the shoulders, chest, upper back, side torso, and arms, strengthening them. It strengthens the deltoids, rotator cuff muscles, and scapular stabilisers. Furthermore, extending the arms sideways engages the core muscles, including the rectus abdominis, obliques, and transverse abdominis.

STEPS

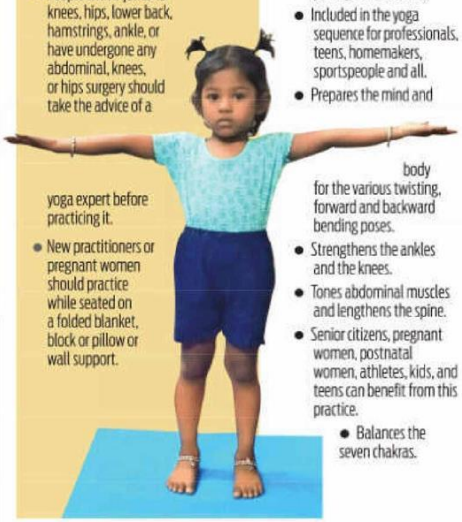
- Start in Tadasana Variation Feet Hip Wide.
- Roll the shoulders back. Take a few deep breaths here. Relax, balance body weight equally on your feet.
- Inhale, lift your arms. Keep them parallel to the floor with palms facing upward.
- Feel a gentle external shoulder rotation as the palms turn upward.
- Keep your shoulders relaxed, allowing the shoulder blades to slide back, creating space between the ears and shoulders.
- Ground your feet. Stay here for about six breaths or as per the body's capacity.
- Slowly release and return to the original position. Take a moment to notice the effects of the pose on your energy and state of mind.
- Finally, relax in Tadasana Palms Facing Forward while taking deep breaths.

LIMITATIONS

- Students with arthritis in the knees, hips, and feet, or senior citizens suffering from sciatica, BP, slipped disc, spinal issues, weak digestion, backache, or knee pain, avoid this practice.
- People with injuries to knees, hips, lower back, hamstrings, ankle, or have undergone any abdominal, knees, or hips surgery should take the advice of a yoga expert before practicing it.
- New practitioners or pregnant women should practice while seated on a folded blanket, block or pillow or wall support.

BENEFITS

- Reduces lower back, neck and shoulder tension.
- Included as a warm-up pose in therapeutic and restorative yoga.
- Engages the muscles around the shoulders.
- Improves overall coordination, making it easier to perform arm and shoulder activities.
- Spine is lengthened and strengthened.
- Helps kids and teens keep calm, steady, and capable of accessing their thoughtful brain.
- Improves breathing and impacts stability and balance.
- Aids to achieve a mind-body connection.
- Avoids slouched or hunched back.
- Increases the blood supply to the digestive and reproductive system.
- Facilitates meditation and pranayama sessions.
- Included in the yoga sequence for professionals, teens, homemakers, sportspeople and all.
- Prepares the mind and body for the various twisting, forward and backward bending poses.
- Strengthens the ankles and the knees.
- Tones abdominal muscles and lengthens the spine.
- Senior citizens, pregnant women, postnatal women, athletes, kids, and teens can benefit from this practice.
- Balances the seven chakras.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 26 Feb • Ministry of Ayush

TADASANA STRETCHED OUT HANDS (MOUNTAIN POSE STRETCHED OUT HANDS)

2 • PG | 659 • Sqcm | 659126 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

TADASANA STRETCHED OUT HANDS (MOUNTAIN POSE STRETCHED OUT HANDS)

It is commonly practised to stretch and open the shoulders, chest, upper back, side torso, and arms, strengthening them. It strengthens the deltoids, rotator cuff muscles, and scapular stabilisers. Furthermore, extending the arms sideways engages the core muscles, including the rectus abdominis, obliques, and transverse abdominis.

STEPS

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- Slowly release and return to the original position. Take a moment to notice the effects of the pose on your energy and state of mind.
- Finally, relax in Tadasana Palms Facing Forward while taking deep breaths.

LIMITATIONS

- Students with arthritis in the knees, hips, and feet, or senior citizens suffering from sciatica, BP, slipped disc, spinal issues, weak digestion, backache, or knee pain, avoid this practice.
- People with injuries to knees, hips, lower back, hamstrings, ankle, or have undergone any abdominal, knees, or hips surgery should take the advice of a yoga expert before practising it.
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BENEFITS

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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 25 Feb • Ministry of Ayush

Action against 55 Gujarat hosps over violation of Ayushman Bharat norms

7 • PG | 634 • Sqcm | 199813 • AVE | 134.51K • Cir | Bottom Center

Kochi

Action against 55 Gujarat hosps over violation of Ayushman Bharat norms

DILIP SINGH KSHATRIYA
@ Ahmedabad

THE Gujarat government admitted in the Assembly on Monday that 55 hospitals were suspended or blacklisted under the PM-JAY Ayushman Bharat scheme for compliance violations, but 19 of them were subsequently allowed to re-open.

Responding to a query by the Leader of Opposition, Amit Chavda, the government said that 55 hospitals faced action as of December 31, 2024 — with 32 shut down in 2023 and 23 in 2024 — over compliance violations.

However, despite the crackdown, the government has cleared 19 hospitals to resume operations. Officials confirmed that these hospitals, previously suspended or blacklisted, have been allowed to re-open.

In 2024, the government shut down Shri Jalaram Children's Hospital in the Aravalli district on December 5, citing violations of fire safety, biomedical waste management, and scheme guidelines. However, just 25 days later, authorities lifted the suspension, stating that compliance had been restored.

Similarly, in 2023, 18 other hospitals received the green light to restart. The government justified their reinstatement by asserting that they had rectified past violations and were now adhering to the regulations.

Significantly, the government admitted in the Assembly—while responding to Congress MLA Shailesh Parmar—that it has been reviewing underperforming Health and Family Welfare Department officials over the past two years. This scrutiny, officials revealed, led to compulsorily Immature retirements.



The New Indian Express • 25 Feb • Ministry of Ayush

SITTING TWIST POSE ON CHAIR HAND ON FLOOR

2 • PG | 680 • Sqcm | 897708 • AVE | 246.4K • Cir | Top Right
Chennai • Bengaluru

FITBIT

SITTING TWIST POSE ON CHAIR HAND ON FLOOR

This chair yoga twist offers a balance of accessibility and effectiveness. It is ideal for beginners or individuals with injuries, weakness, or limited mobility. The use of a chair provides stability, allowing students to explore balancing poses with confidence. This pose can be included in yoga sequences for individuals with special needs, trauma-sensitive students, and seniors.

STEPS

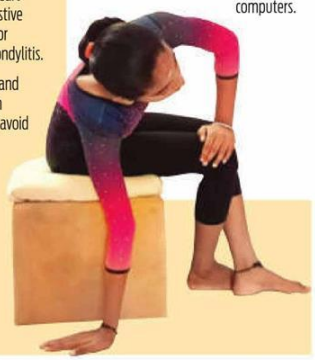
- Release from Cobra Pose on the chair and relax. Align yourself into Chair Mountain Pose.
- Inhale, take the right foot behind the left, and bring the right hand down to the floor.
- Exhale, lift your head into the Sitting Twist Pose on the chair with one hand on the floor. Move your neck dynamically – lower as you exhale and stretch upward as you inhale. Repeat for six breaths or as per your capacity while staying on the right side.
- Alternatively, hold the position with the head and neck raised for six breaths. Choose the variation that suits you best, avoiding overstretching or discomfort.
- Release and repeat on the other side, holding or flowing dynamically for six breaths.
- Finally, relax in Three-Part Breath on the chair.

BENEFITS

- Provides a deep stretch to the upper body.
- Improves balance and strengthens the legs, arms, shoulders, core, and lower back.
- Relieves upper body tension, back pain, and stiffness in the neck, shoulders, arms, and upper back.
- Enhances blood circulation to the spine and helps detoxify the body.
- Opens the psoas, reducing lower back strain and improving spinal alignment.
- Can aid in managing back conditions (not acute), including muscle sprains, strains, and sciatica pain.
- Supports respiratory health, benefiting individuals with asthma and bronchitis.
- Offers relief for conditions such as herniated discs, urinary incontinence, fibromyalgia, osteoporosis, and rheumatoid arthritis.
- Enhances endurance in lateral stretches for intermediate students.
- Helps advanced students cultivate steadiness (sthira) and ease (sukha), activating the Sacral Chakra.
- Boosts energy levels in teens and can be incorporated into yoga sequences for children.
- Alleviates menstrual discomfort.
- Aids individuals who spend prolonged hours sitting at desks or working on computers.

LIMITATIONS

- Avoid if you have injuries in the arms, neck, shoulders, rib cage, spine, or lower back, or if you have recently undergone abdominal, shoulder, or hip surgery.
- Not recommended for individuals with high/low blood pressure, heart ailments, severe digestive issues (such as IBD), or advanced cervical spondylitis.
- Pregnant individuals and those recovering from diastasis recti should avoid this pose.
- Students with weak bone structure, acute tailbone, lower back, or hip pain should practice cautiously under expert guidance.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 25 Feb • Ministry of Ayush
Textile, tourism & tech to drive country's development: Modi...

10 • PG | 681 • Sqcm | 578466 • AVE | 177.8K • Cir | Top Left

Bengaluru

Textile, tourism & tech to drive country's development: Modi...

ANURAAG SINGH @ Bhopal

PRIME Minister Narendra Modi said on Monday that textile, tourism and technology -- three Ts -- will be the key drivers of India's developed future as the sectors will create crores of new jobs.

Inaugurating Madhya Pradesh's Global Investors Summit-2025 (GIS-25) in Bhopal, Modi said India, with rich tradition, skills, and entrepreneurship in textiles, is the second-largest producer of cotton, silk, polyester and viscose.

"MP being the cotton capital of India contributes around 25 per cent of the country's organic cotton supply and is the largest producer of mulberry silk. The state's Chanderi and Maheshwari sarees have received GI tags. Investments in this sector will significantly help MP's textiles make a global impact," he said.

Modi said technical textiles such as agro-textiles, medical textiles, and geotextiles are being promoted, and a national mission has been initiated for this purpose. He said seven large textile parks were being developed across the country, including one in MP.

The PM said India is enhancing the tourism sector, recalling MP Tourism campaign, 'MP Ajab Hai, Sabse Gajab Hai'. He highlighted the development of tourism infrastructure around the Narmada river and tribal areas of MP. He also spoke about the immense potential for health and wellness tourism. He said the 'Heal in India' mantra is gaining global popularity, and investment opportunities in the health and wellness sector are increasing. "The government is encouraging public-private partnerships in this area. India's traditional treatments and AYUSH are being promoted on a large scale, and special AYUSH visas are being issued," he said.

Underlining the importance of GIS-25, the PM said 'Viksit MP' is necessary in the journey towards 'Viksit Bharat'. "MP is the fifth largest state in India by population and one of the top states for agriculture and minerals. It's also blessed with the life-giving Narmada. MP has the potential to become one of the top five states in India in terms of GDP," Modi said.

"Two decades of BJP rule has focused on governance and ushered in sea change. Two decades back, people were hesitant to invest in MP, but now the state has evolved into one the top investment destinations in the country. The state which once struggled with poor roads is now among the leading states in the country's EV revolution. By January 2025, around two lakh electric vehicles were registered, which demonstrates that MP is becoming an excellent destination for new manufacturing sectors," he said.



MoUs on Day One

MoUs worth over ₹22.5 L cr signed

New investment proposals and pacts hold out promise to create about 13.43 lakh jobs

₹1,20,000 cr between NTPC NGEL (NTPC's Green Energy Limited) and the Madhya Pradesh Power Generation Company Limited

Significant chunk of investments in renewable energy sector

NTPC SIGNED AN MOU FOR ₹80,000 CRORE INVESTMENT IN TWO GREENFIELD POWER PLANTS

Reliance Industries Limited inked a pact for ₹60,000 crore investment to implement Biofuel based projects.

MP headquartered Sagar Group announced ₹2,500 crore investment by 2030

The New Indian Express • 24 Feb • Ministry of Ayush

DHANURASANA BOLSTER ELBOWS ON FLOOR

2 • PG | 743 • Sqcm | 980592 • AVE | 246.4K • Cir | Top Center

Chennai

FITBIT

DHANURASANA BOLSTER ELBOWS ON FLOOR (BOW POSE BOLSTER ELBOWS ON FLOOR)

This is a variation of the base pose, Dhanurasana (Bow Pose). It falls under the category of prone poses with a backbend. This chest and hip-opening variation is part of Iyengar Yoga, where the use of props is encouraged to help achieve poses. In the base pose, the student lifts the legs high and raises the upper body to maintain the position. The effort required is greater, and it demands more endurance to keep the torso lifted. In this variation, the bolster under the thighs helps raise the legs higher, and the student can lift the upper body with ease due to the forearm support.

STEPS

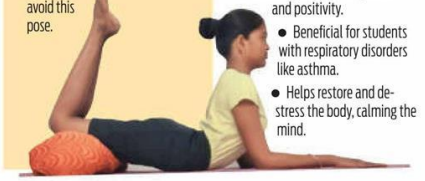
- Before practising this pose, keep a bolster handy. Align the body in Advasana Variation Shoulders Raised (Reverse Corpse Pose Variation Shoulders Raised) and relax for a few breaths.
- Slowly turn to one side and slide the bolster beneath the thighs. Align it so that the thighs rest on it. Preferably, the thighs should be hip-width apart.
- Inhale, rest the abdomen on the floor, and align the upper body in the Sphinx position. Keep the shoulders broad and away from the ears, and the head stable with a gaze ahead. Continue breathing.
- Inhale again, lift the legs by bending at the knees, and bring them closer to the upper body with toes pointing inward. Keep breathing, and with every exhale, try lifting the legs higher. Hold for as long as comfortable.
- Release the pose by placing the upper body on the mat while remaining in the prone position, with the forehead resting on the ground. Relax for a few breaths, then slowly turn to one side and remove the bolster.
- Realign in Advasana Variation Shoulders Raised, and finally, relax in Advasana (Corpse Pose).

LIMITATIONS

- Students who have recently undergone abdominal or neck surgery, or have injuries to the spine, back, abdomen, legs, or elbows, should avoid this pose.
- Those suffering from high blood pressure, hernia, or ulcer disease should refrain from practising it.
- Senior citizens, pregnant women, and those menstruating should avoid this pose.

BENEFITS

- Acts as a great energy booster and hormone balancer for teenagers.
- Enhances posture and increases flexibility, benefiting athletes.
- Improves awareness and focus (concentration).
- Helps reduce obesity and maintains body balance.
- Controls cortisol levels, reducing the risk of depression.
- Strengthens abdominal muscles and improves overall health.
- Relieves all types of muscle pain, including back pain.
- Helps alleviate acute back pain in women.
- Strengthens leg muscles and stretches the feet and hand muscles.
- Stretches the shoulders, chest, and abdomen.
- Opens the hips and psoas muscles.
- Enhances blood circulation and helps maintain a steady heart rate.
- Stimulates the adrenal and thyroid glands.
- Regulates hormone secretion and supports the endocrine system.
- Activates two energy chakras – Anahata (Heart Chakra) and Vishuddha (Throat Chakra).
- Long-held, supported nature of the pose allows the body and mind to rest and rejuvenate.
- Promotes better sleep. Used in therapeutic yoga sequences to release tension from the upper back, neck, and shoulders.
- Improves spinal flexibility, creating a sense of openness and positivity.
- Beneficial for students with respiratory disorders like asthma.
- Helps restore and de-stress the body, calming the mind.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 24 Feb • Ministry of Ayush

DHANURASANA BOLSTER ELBOWS ON FLOOR (BOW POSE BOLSTER ELBOWS ON FLOOR)

2 • PG | 654 • Sqcm | 654036 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

DHANURASANA BOLSTER ELBOWS ON FLOOR (BOW POSE BOLSTER ELBOWS ON FLOOR)

This is a variation of the base pose, Dhanurasana (Bow Pose). It falls under the category of prone poses with a backbend. This chest and hip-opening variation is part of Iyengar Yoga, where the use of props is encouraged to help achieve poses. In the base pose, the student lifts the legs high and raises the upper body to maintain the position. The effort required is greater, and it demands more endurance to keep the torso lifted. In this variation, the bolster under the thighs helps raise the legs higher, and the student can lift the upper body with ease due to the forearm support.

STEPS

- Before practising this pose, keep a bolster handy. Align the body in Advasana Variation Shoulders Raised (Reverse Corpse Pose Variation Shoulders Raised) and relax for a few breaths.
- Slowly turn to one side and slide the bolster beneath the thighs. Align it so that the thighs rest on it. Preferably, the thighs should be hip-width apart.
- Inhale, rest the abdomen on the floor, and align the upper body in the Sphinx position. Keep the shoulders broad and away from the ears, and the head stable with a gaze ahead. Continue breathing.
- Inhale again, lift the legs by bending at the knees, and bring them closer to the upper body with toes pointing inward. Keep breathing, and with every exhale, try lifting the legs higher. Hold for as long as comfortable.
- Release the pose by placing the upper body on the mat while remaining in the prone position, with the forehead resting on the ground. Relax for a few breaths, then slowly turn to one side and remove the bolster.
- Realign in Advasana Variation Shoulders Raised, and finally, relax in Advasana (Corpse Pose).

LIMITATIONS

- Students who have recently undergone abdominal or neck surgery, or have injuries to the spine, back, abdomen, legs, or elbows, should avoid this pose.
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- Enhances blood circulation and helps maintain a steady heart rate.
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By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 22 Feb • Ministry of Ayush

GARUDASANA

2 • PG | 701 • Sqcm | 924729 • AVE | 246.4K • Cir | Top Center

Chennai

FITBIT

GARUDASANA (EAGLE POSE)

This is a challenging practice of wrapping arms around each other while balancing on one leg. This is a traditional Hatha Yoga practice, providing a sense of achievement and builds confidence by establishing a deeper mind-body connection. It promotes grounding and stability. This balance-twist-stretch-strength-and-stimulation pose boosts the lymphatic system. Included in yoga for sportspeople, and it can help improve their athletic performance.

STEPS

- Stand in Tadasana (Mountain Pose), relaxing and taking a few breaths.
- Inhale, raise the right foot and place the right leg over the left thigh, above the knee. Rest the right thigh's back on the front of the left thigh. Exhale and balance.
- Move the right foot behind the left calf and the right big toe hooks just above the inner side of the left ankle. The right leg is now locked around the left leg.
- When comfortable, lower the hips and remain in the pose for some time.
- Raise the arms to the chest-level and lock the left arm around the right arm.
- Looking at one point, make sure the back is straight. Stay in this pose for six breaths while engaging the core.
- Release, come back to Tadasana. Relax.
- Repeat the pose standing on the right leg and interlocking the left foot with the right calf and the right arm around the left arm. Balance for about six breaths and make sure the spine is straight.

BENEFITS

- Elongates and strengthens muscles of the upper back, neck, arms, rotator cuff, abdominal and shoulder and engages pelvic floor muscles.
- Stretches muscles of the hips, thighs, lower back, knees, ankles and gluteus.
- Develops focus and concentration.
- Helps sit in Dharana (concentration) and Dhyana (meditation) for long periods.
- Alleviates lower back and joint pain.
- Works on the hunchback and tight hips.
- Brings stability to the flow of prana (energy) throughout the body.
- Helps calm and relax the mind and body.
- Removes negative energy, pent-up emotions, toxins and waste from the body.
- Improves the digestive system.
- Activates the nervous system including parasympathetic.
- Enhances the blood circulation in the body.
- Benefits students with urinary incontinence.
- Improves immunity and reduces symptoms of epilepsy.
- Relieves symptoms of fibromyalgia, carpal tunnel syndrome, golfer's elbow, finger tingling, or frozen shoulder, and cervical spondylosis.
- Strengthens and stabilises runners, climbers, and athletes.
- Builds a strong musculoskeletal fit body.
- Activates the Root, Sacral and Ajna Chakras.

LIMITATIONS

- Students with an injury or are recovering from it related to the joints, legs, hips, rib cage, hamstrings, quadriceps, lower back, postnatal mothers, varicose veins, visceral organs complications or have undergone any recent abdominal, hips, knees, or back surgery, or have injuries to the arms, neck, any weakness or stain to any part of the body, any physical illness, brittle bones, arthritis, or suffering from BP, heart ailments, depression, dizziness, vertigo, migraine, insomnia, herniated disc, or severe sciatica or pain on the neck, arms, legs, shoulders, or back, should avoid this.
- Menstruating and pregnant women and senior citizens, who are new to yoga should avoid this.
- Students with balancing issues can do the pose with the support of a chair or wall.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 22 Feb • Ministry of Ayush

GARUDASANA (EAGLE POSE)

2 • PG | 686 • Sqcm | 685572 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

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- Strengthens and stabilises runners, climbers, and athletes.
- Builds a strong musculoskeletal fit body.
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LIMITATIONS

- Students with an injury or those who are recovering from injuries related to the joints, legs, hips, rib cage, hamstrings, quadriceps, lower back, postnatal mothers, varicose veins, visceral organs complications or have undergone any recent abdominal, hips, knees, or back surgery, or have injuries to the arms, neck, any weakness or stain to any part of the body, any physical illness, brittle bones, arthritis, or suffering from BP, heart ailments, depression, dizziness, vertigo, migraine, insomnia, herniated disc, or severe sciatica or pain on the neck, arms, legs, shoulders, or back, should avoid this.
- Menstruating and pregnant women and senior citizens, who are new to yoga should avoid this.
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By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 20 Feb • Ministry of Ayush

UTTANASANA CROSS LEGGED

2 • PG | 657 • Sqcm | 866973 • AVE | 246.4K • Cir | Top Center

Chennai

FITBIT

UTTANASANA CROSS LEGGED

(STANDING FORWARD FOLD CROSS LEGGED)

This is a challenging yet beautiful variation of the traditional Hatha Yoga pose, Uttanasana (Standing Forward Fold Pose). This variation helps increase flexibility in the hips, knees, and ankles. It is a good warm-up to release tight hips and hamstrings. This standing pose stretches the IT band, ankles, and outer calf muscles while strengthening the back, core, legs, and shoulders. It helps heal pain and discomfort. It is restorative and it releases the nerves due to the muscular stretch.

STEPS

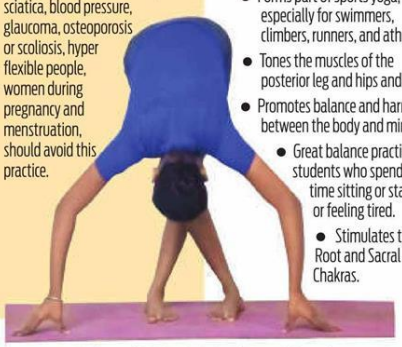
- Start in Tadasana Variation Feet Hip Wide (Mountain Pose Variation Feet Hip Wide). Stay here for a breath.
- Cross your right leg over the left leg at the ankles, aligning side by side.
- Inhale, raise your arms overhead, lengthening the spine.
- Exhale, hinge at the hips, keeping the spine elongated as you fold forward in Uttanasana, leading with your chest.
- Reach the mat with your hands. Open the arms on the sides and bend at the elbows, resting the palms on the respective sides. Elbows pointed out.
- Relax your head and neck towards the ground. Keep your legs engaged.
- Breathe smooth and deep for six rounds. Feel a gentle stretch in the hamstrings and lower back.
- To release, inhale and slowly rise to the standing position. Uncross your legs and realign in Tadasana Variation Feet Hip Wide. Relax for a while.
- Switch the cross of your legs and repeat the pose. Release and relax in Three Part Breath Mountain Pose.

LIMITATIONS

- Students who have severe migraine, lower back or neck injuries, disc herniation and degenerative spinal pathologies, undergone surgeries recently, sciatica, blood pressure, glaucoma, osteoporosis or scoliosis, hyper flexible people, women during pregnancy and menstruation, should avoid this practice.

BENEFITS

- Strengthens the hip flexors, front of the thighs, and abdominal muscles, mainly when deliberately activated.
- Relieves hamstrings, spinal and hip tightness.
- Stretches and strengthens the back of the hips, hamstrings, calves, and back of the knees.
- Relieves tension along the back of the spine and neck.
- Stimulates kidneys, liver, and spleen, mainly if you focus on the midsection. Improves digestion.
- Helps to draw your belly in.
- Reduces stress, anxiety, depression, and fatigue.
- Tones the urogenital system and is good for postnatal women after eight weeks of healing.
- Heals urinary incontinence.
- Helps the male reproductive system and nourishes the prostate gland.
- Eases symptoms of menopause, asthma, headaches, and insomnia.
- Therapeutic for infertility, osteoporosis, and sinusitis.
- Helps prepare the body for advanced poses.
- Forms part of sports yoga, especially for swimmers, climbers, runners, and athletes.
- Tones the muscles of the posterior leg and hips and back.
- Promotes balance and harmony between the body and mind.
- Great balance practice for students who spend much time sitting or standing or feeling tired.
- Stimulates the Root and Sacral Chakras.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 20 Feb • Ministry of Ayush
Traditional medicine in WHO framework

9 • PG | 668 • Sqcm | 567502 • AVE | 177.8K • Cir | Bottom Left

Bengaluru

Traditional medicine in WHO framework

KAVITA BAJELI-DATT @ New Delhi

IN a significant step for the global recognition of traditional medicine, the World Health Organization (WHO) has introduces a pioneering new module dedicated to traditional medicine conditions, in its 2025 update to the International Classification of Diseases (ICD-11).

This announcement marks a monumental step in systematic tracking and global integration of traditional healthcare practices related to Ayurveda, Siddha, and Unani, officials said on Wednesday.

The inclusion of traditional medicine in the WHO's internationally-recognised health framework ensures that the traditional healthcare systems of Ayurveda, Siddha, and Unani are officially documented and categorised in ICD-11, alongside conventional medical conditions. "This elevates their status in global health reporting, research, and policymaking," a Ministry of Ayush statement read.

According to Ayush ministry secretary Vaidya Rajesh Kotecha, "The release of the ICD-11 update 2025 represents a significant step toward global integration of traditional medicine, specifically Ayurveda, Siddha, and Unani."

How inclusion of traditional medicine benefits global health

By providing standardised terminology and definitions, it will enable global tracking of traditional medicine usage, ensuring comprehensive reporting of application



WILL SUPPORT INTEGRATION OF TRADITIONAL MEDICINE INTO NATIONAL HEALTHCARE STRATEGIES

Will provide a framework for researchers to analyze the efficacy of traditional medicine alongside modern treatments

Will also allow healthcare providers to incorporate traditional medicine practices into clinical decision-making for more holistic treatment

"By allowing dual coding and improving data collection, this update fosters evidence-based policymaking, enhances patient care, and supports the inclusion of traditional medicine in national healthcare strategies, promoting holistic and inclusive healthcare worldwide," the official said.

He said the update to the WHO healthcare framework also "marks a pivotal moment for traditional medicine, paving the way for its global integration and empowering evidence-based integrative healthcare policies that embrace holistic well-being."

"With the new updates, the ICD-11 offers more ease of use, improved interoperability and accuracy, which will benefit national health systems and the people they serve," said Dr Robert Jakob, Team Leader, Classifications and Terminologies Unit, WHO.

According to WHO, ICD-11 is a tool that standardises the language used by health professionals worldwide in diagnosing, reporting and monitoring diseases, injuries and causes of death. The ICD is a flagship WHO product that serves as the basis for identifying health trends and statistics at national level and worldwide.

This update follows the successful year-long testing and deliberations after the launch of ICD-11 TM-2 on January 10, 2024, in New Delhi for Ayurveda, Siddha, and Unani systems of medicine for country implementation testing. It culminated in the deliberations held at the WHO meeting at the National Institute of Health in Malaysia in November 2024.

The ICD-11 TM 2 module is now officially released on the ICD-11 Blue Browser of WHO, the ministry said.

Traditional medicine has long been an essential component of healthcare, particularly in Asia, Africa, and other regions where indigenous practices complement modern medical approaches. This move aligns with WHO's mission to promote universal health coverage and sustainable development goals, recognising the therapeutic potential of these systems alongside contemporary medical treatments.

The traditional medicine module in ICD-11 is designed to capture morbidity data, rather than mortality and will help governments and healthcare institutions assess the frequency, quality, and cost-effectiveness of traditional medicine interventions.

This evidence-based approach will allow policymakers to make informed decisions about the integration of traditional medicine services into national health frameworks.

The New Indian Express • 20 Feb • Ministry of Ayush

UTTANASANA CROSS-LEGGED (STANDING FORWARD FOLD CROSS-LEGGED

2 • PG | 570 • Sqcm | 569550 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

UTTANASANA CROSS-LEGGED

(STANDING FORWARD FOLD CROSS-LEGGED)

This is a challenging yet beautiful variation of the traditional Hatha Yoga pose, Uttanasana (Standing Forward Fold Pose). This variation helps increase flexibility in the hips, knees, and ankles. It is a good warm-up to release tight hips and hamstrings. This standing pose stretches the IT band, ankles, and outer calf muscles while strengthening the back, core, legs, and shoulders. It helps to heal pain and discomfort. It is restorative and it releases the nerves due to the muscular stretch.

STEPS

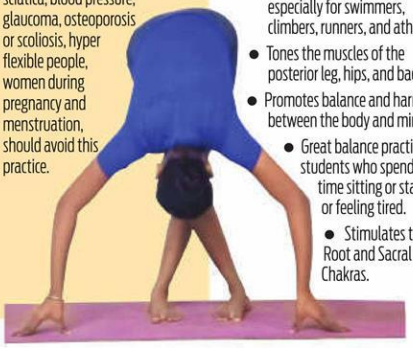
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- Reach the mat with your hands. Open the arms on the sides and bend at the elbows, resting the palms on the respective sides. Elbows pointed out.
- Relax your head and neck towards the ground. Keep your legs engaged.
- Breathe smooth and deep for six rounds. Feel a gentle stretch in the hamstrings and lower back.
- To release, inhale and slowly rise to the standing position. Uncross your legs and realign in Tadasana Variation Feet Hip Wide. Relax for a while.
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- Students who have severe migraine, lower back or neck injuries, disc herniation and degenerative spinal pathologies, undergone surgeries recently, sciatica, blood pressure, glaucoma, osteoporosis or scoliosis, hyper flexible people, women during pregnancy and menstruation, should avoid this practice.

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By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 19 Feb • Ministry of Ayush

KUNDALINI CIRCLES

2 • PG | 689 • Sqcm | 909970 • AVE | 246.4K • Cir | Top Center
Chennai

FITBIT

KUNDALINI CIRCLES

(SEATED TORSO CIRCLES)

This pose, commonly known as Sufi Grinds and traditionally practised in Kundalini Yoga, is a simple seated torso movement. As the name suggests this practice is done by rotating the upper body (torso) in both clockwise and anticlockwise directions coordinating with the breath. It helps warm up the hips and spine, engaging the core and abdominal muscles.

STEPS

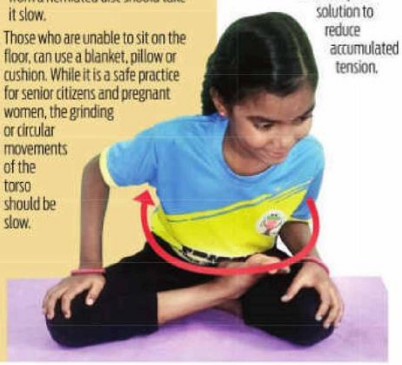
- Start in a comfortable seat on the pillow/ blanket or on the floor in Sukhasana. The legs are crossed, shoulders rolled back, the chest open, palms resting on the knees, and the chin slightly in.
- Settle down the body, finding the straight line with the back erect and natural lift in the heart.
- Inhale, place your hands on the respective knees. Exhale, bring the torso to a forward bend from the hips. The back forms a 60-degree angle, and the chin is slightly tucked in, extending the back of the neck.
- Inhale, begin a slow clockwise movement of the torso from the right towards the left. While in the flow, press the palms on the legs but not too hard. Exhale, go forward, inhale, and come back to the centre.
- Go in slow rhythmic circles, first in a clockwise direction and then in an anticlockwise direction. Repeat the Kundalini Circles six times in each round or as per capacity.
- To release, inhale, come back to the centre, and sit upright in Easy Pose.
- Release and relax in Sukhasana Variation Arms Knees.

BENEFITS

- Practise at the beginning of a yoga sequence to warm up the muscles of the back, hips, and shoulders.
- Prepares the back, hips, and shoulders for easier movements.
- Included as a part of preparatory poses for the mentioned body areas.
- Strengthen muscles, including the pelvic floor, gluteus maximus, and psoas.
- Keeps the side abdominal muscles active and energised.
- It is part of the kriya practice, coordinating the breath work with the movements of the torso, energising the body and mind.
- Flow of prana moves upwards through the chakras.
- Stimulates the related organs improving better digestion, lesser pains during menstruation.
- Keeps the body free of toxins, flushing them out.
- If a student isn't able to perform Chakki Chalanasana, it can be a good substitute for the same.
- It is a quick solution to reduce accumulated tension.

LIMITATIONS

- Students who have had surgery in abdominal organs, pelvic floor, or lower back, should practise after taking the advice of a yoga expert.
- Those who have severe conditions like blood pressure, a history of heart ailments, are recovering from a herniated disc should take it slow.
- Those who are unable to sit on the floor, can use a blanket, pillow or cushion. While it is a safe practice for senior citizens and pregnant women, the grinding or circular movements of the torso should be slow.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 19 Feb • Ministry of Ayush

KUNDALINI CIRCLES (SEATED TORSO CIRCLES)

2 • PG | 639 • Sqcm | 639161 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

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- Strengthen muscles, including the pelvic floor, gluteus maximus, and psoas.
- Keeps the side abdominal muscles active and energised.
- It is part of the kriya practice, coordinating the breath work with the movements of the torso, energising the body and mind.
- Flow of prana moves upwards through the chakras.
- Stimulates the related organs improving better digestion, lesser pains during menstruation.
- Keeps the body free of toxins, flushing them out.
- If a student isn't able to perform Chakki Chalanasana, it can be a good substitute for the same.
- It is a quick solution to reduce accumulated tension.

LIMITATIONS

- Students who have had surgery in abdominal organs, pelvic floor, or lower back, should practise after taking the advice of a yoga expert.
- Those who have severe conditions like blood pressure, a history of heart ailments, are recovering from a herniated disc should take it slow.
- Those who are unable to sit on the floor, can use a blanket, pillow or cushion. While it is a safe practice for senior citizens and pregnant women, the grinding or circular movements of the torso should be slow.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 18 Feb • Ministry of Ayush

SUKHASANA PARSVA HASTA VARIATION

2 • PG | 689 • Sqcm | 908994 • AVE | 246.4K • Cir | Top Center

Chennai

FITBIT

SUKHASANA PARSVA HASTA VARIATION (EASY POSE ARMS SIDE MIDDLE FINGER RAISED VINYASA)

This pose engages the mind and body and combines physical, energetic, and meditative elements. It calms the nervous system, activating the parasympathetic system. Practitioners can feel more grounded and emotionally balanced. An excellent warm-up practice, it activates the shoulders and arms while improving blood circulation and mobility. It gently engages the deltoid, forearm, and finger muscles, preparing the upper body for intense movements.

STEPS

- Start in Sukhasana Variation Arms Knees (Easy Pose Variation Arms Knees), grounding your sit bones and lifting the crown of your head.
- Keep your shoulders and jaw relaxed, resting your hands on your respective knees, palms facing down, and take a few deep breaths to center yourself.
- Inhale, extend your arms out to the sides at shoulder height, parallel to the ground; palms facing up.
- Now start by raising the middle finger of both hands upwards and downwards, keeping the other fingers stretched out.
- Keep breathing deep, and continue the exercise. Keep your arms steady and shoulders relaxed. Don't put excessive pressure on the fingers.
- Follow 8-10 rounds or as per your capacity. Breathe nice and deep. Exhaling allows your shoulders to relax and release any tension. Close your eyes if it feels comfortable.
- To release, stop the movement and blink your eyes open. Exhaling, lower your arms gently to your sides and rest them on your knees.
- Sit quietly momentarily, noticing any sensations in your arms, fingers, and body. Observe the flow of energy and calmness of your breath.
- Release and relax in Three Part Breath Mountain Pose.
- Those who are unable to sit on the ground can do the pose seated on a couch, chair, bed, or even standing.

LIMITATIONS

- Students with arthritis in the knees, hips, and feet, and those suffering from sciatica, avoid sitting on the floor. Those with a slipped disc, spinal issues, weak digestion, minor backache, or knee pain can take support of a pillow and stay for not more than 5 minutes.
- People with injuries or surgery should take the advice of a yoga expert. Those new to yoga, and pregnant women should practise while seated on a folded blanket, block or pillow or take wall support.



BENEFITS

- Stretches and lengthens spine.
- Broadens collarbones and chest.
- Reduces anxiety, stress and mental tiredness.
- Opens the hips, reduces fatigue and strengthens the back.
- Stretches the ankles and knees.
- Gives a gentle massage to knees, calf muscles and thighs.
- Strengthens the upper back, neck, deltoids, biceps, and triceps.
- Enhances focus, making it a holistic practice for mind and body.
- The up-and-down motion stimulates the flow of Qi (life force) through this meridian, promoting emotional clarity and reducing stress.
- Activates forearm muscles, improves mobility on the finger joints. Improves posture.
- Enhances postural alignment by engaging the scapular stabilisers.
- Draws awareness inward and balances Saturn's energy, quieting mental chatter.
- Added to yoga for sportspeople, kids, teens and working professionals.
- Middle finger is associated with the Vishudha (Throat) Chakra, governing the ability to speak and listen with clarity and authenticity.
- Balances energy, enhances communication and self-expression.

By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 18 Feb • Ministry of Ayush

SUKHASANA PARSVA HASTA VARIATION (EASY POSE ARMS SIDE MIDDLE FINGER RAISED VINYASA)

2 • PG | 700 • Sqcm | 699851 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

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This pose engages the mind and body and combines physical, energetic, and meditative elements. It calms the nervous system, activating the parasympathetic system. Practitioners can feel more grounded and emotionally balanced. An excellent warm-up practice, it activates the shoulders and arms while improving blood circulation and mobility. It gently engages the deltoid, forearm, and finger muscles, preparing the upper body for intense movements.

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- Those who are unable to sit on the ground can do the pose seated on a couch, chair, bed, or even standing.

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- Students with arthritis in the knees, hips, and feet, and those suffering from sciatica, avoid sitting on the floor. Those with a slipped disc, spinal issues, weak digestion, minor backache, or knee pain can take support of a pillow and stay for not more than 5 minutes.
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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 17 Feb • Ministry of Ayush

SARVANGASANA

2 • PG | 676 • Sqcm | 892393 • AVE | 246.4K • Cir | Bottom Center

Chennai

FITBIT

SARVANGASANA
(SHOULDERSTAND POSE)

Sarvangasana, also known as Shoulderstand Pose, is called the Mother of all Yoga Poses because it benefits both the body and mind. This intermediate-level pose requires practitioners to have some comfort with various yoga postures. Since the entire body is balanced on the upper shoulders, it is also called Kandrasana. It serves as a base pose for Shoulderstand variations and helps boost energy, making it ideal for flow yoga sequences. The pose strengthens the arms, shoulders, middle and upper back, core, and neck muscles.

STEPS

- After performing Savasana (Corpse Pose), raise your legs to a 90-degree angle and hold for a few breaths.
- Inhale, lift the legs higher, support the lower back with your palms, and place the arms on the floor. Exhale completely while taking the body higher into the pose.
- Bring the chest close to your face. As you exhale, hold the position, and with each inhalation, stretch the body upwards while keeping the shoulders firm on the floor.
- In this position, the body is supported by the shoulders, giving the pose its name, Shoulderstand Pose or Sarvangasana.
- Engage the abdominal muscles and maintain the pose for about 10 breaths, keeping the body light and relaxed.

LIMITATIONS

- Avoid this pose if you have severe back pain, spine injury, spondylitis, heart conditions, weak internal organs (spleen, liver, kidneys), enlarged thyroid, high blood pressure, or infections in the throat or ears.
- Pregnant and menstruating women should not practise this pose. This pose should be performed under the guidance of an experienced yoga therapist if being used for therapeutic purposes.

BENEFITS

- Strengthens and tones the shoulders, preventing sagging.
- Strengthens the neck and helps prevent spondylitis and stiffness.
- Tones the legs, hamstrings, and calves.
- Beneficial for runners as it reverses blood flow to the legs, relieving stress in leg muscles.
- Strengthens the back by lifting and balancing the body.
- Enhances spinal strength and flexibility, improving nervous system function.
- Stimulates the thyroid and parathyroid glands, balancing hormones in both men and women.
- Increases blood flow to the brain.
- Stretches heart muscles as the reversed blood flow forces the heart to work harder.
- Improves digestion and relieves constipation.
- Helps heal varicose veins due to improved blood circulation.
- Enhances eyesight with increased blood flow to the brain.
- Burns fat around the tummy, buttocks, thighs, and hips.
- Aids in managing thyroid disorders, asthma, reproductive issues, headaches, migraines, diabetes, insomnia, and hypertension.
- Relieves varicose veins, hemorrhoids, bronchitis, sinusitis, congestion, and depression.
- Strengthens the nervous system and back.
- Helps correct hypothyroidism.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 17 Feb • Ministry of Ayush

SARVANGASANA (SHOULDERSTAND POSE)

2 • PG | 625 • Sqcm | 624572 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

SARVANGASANA
(SHOULDERSTAND POSE)

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- Helps correct hypothyroidism.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 15 Feb • Ministry of Ayush

SINGLE LEG RAISES SUPINE EXERCISE

3 • PG | 704 • Sqcm | 928671 • AVE | 246.4K • Cir | Top Right
Chennai • Bengaluru

FITBIT

SINGLE LEG RAISES SUPINE EXERCISE

This is an easy core yoga practice performed in the supine position. This yoga flow uses slow and controlled leg raises movements and is a Constructive Rest Pose, a beginner level practice. A mastery in this pose further helps in static poses like Boat Pose or Half Plough Pose. Hence, this pose offers a short and practical training session for those looking to strengthen all areas of the core, abdominal, low-back muscles, intercostals, and oblique. Moreover, developing core muscle strength increases the effectiveness of workouts and reduces the risk of injuries that hinder fitness goals.

STEPS

- Lie down flat on your back in Constructive Rest Pose, keeping both legs together, hands by the side of your body, palms facing down.
- Take a few breaths here and remember to keep your core engaged throughout the practice.
- Inhale, raise your right leg to a 60-degree angle from the ground. The knees of both legs should be in the same line.
- Ensure the left foot remains grounded on the floor.
- Exhale, lower the right leg to about 10 degrees, hovering on the ground. Inhale, raise the leg again to a 60-degree angle.
- Ensure the shoulders, lower back, and buttocks are grounded and the navel is pushed in.
- Continue to coordinate the breath and movement, taking the practice to about 5-6 times or as per your body's capacity.
- To release, exhale, lower the right leg on the floor. Bend the leg and align back in Savasana Variation Bent Legs.
- Repeat the practice with the left leg following the above instructions.
- Finally, release and relax in Savasana.

LIMITATIONS

- Students with knee, hip, leg, foot, ankle, hamstrings, hip, or lower back injuries, or have undergone any recent surgery in their legs, or visceral organs, weak ankles and knee joints or weak musculoskeletal frames, pregnant and menstruating women, women who have undergone cesarean birth surgery, avoid this pose.
- Students experiencing BP, vertigo, or dizziness should take the practice slow.

BENEFITS

- Core muscles are actively engaged, strengthening and toning them.
- Strengthens the back in maintaining balance.
- Stretches and strengthenes the quadriceps, hamstrings, pelvic floor muscles, psoas, hips, and knees.
- Strengthes the whole body, especially the core, legs, and lower back.
- Included in yoga for runners, swimmers, athletes, and students in active sports.
- Improves flexibility and range of motion in the shoulders, lower back, and legs.
- Increases the capacity of lungs.
- Helps in static poses like Boat Pose or Half Plough Pose.
- Promotes mindfulness and improves focus.
- Alleviates lower back pain and tailbone pain (coccydynia).
- Fights symptoms related to nocturnal leg cramps and fibromyalgia.
- Improves functioning of the internal organs.
- Addresses lumbar and sacrum-related issues.
- Including this in Power Yoga and Vinyasa Yoga Sequences, burns excess fat around the thighs and belly.
- Associated with Root Chakra, supporting overall well-being and spiritual growth.
- Aids new mothers practising after a period of 40 days from delivery.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 13 Feb • Ministry of Ayush

Homoeopathy commission chief told to step down

11 • PG | 156 • Sqcm | 206396 • AVE | 246.4K • Cir | Bottom Center

Chennai

Homoeopathy commission chief told to step down

SUCHITRA KALYAN MOHANTY
@ New Delhi

THE Supreme Court on Wednesday directed the chairperson of the National Commission for Homoeopathy, Dr Anil Khurana, to step down from his post, after noting that the appointment was not in accordance with law.

Setting aside a Karnataka High Court order, a two-judge SC bench comprising Justices Dipankar Datta and Manmohan, directed Dr Khurana to leave the office in a week.

"The respondent (Dr Khurana) shall step down from the office of the chairperson from a week from today to enable him to complete his assignment, however without taking any policy decision involved with finances. Fresh process shall be initiated for appointment of the office of chairperson expeditiously," the bench said.

The SC passed the order after hearing a plea filed by Dr Amaragouda L Patil challenging Dr Khurana's appointment.

The New Indian Express • 13 Feb • Ministry of Ayush

SUKHASANA NECK ROTATION

2 • PG | 663 • Sqcm | 875766 • AVE | 246.4K • Cir | Top Center

Chennai

FITBIT

SUKHASANA NECK ROTATION

(EASY POSE NECK ROTATION)

This is a variation of neck exercises done while seated in Sukhasana (Easy Pose). This can be included as part of warm-up routine before moving into the variations of Easy Pose, or as part of cooling down routine, after intense shoulder and neck exercises. At the beginner level, this practice can be included in therapeutic yoga to help release neck stiffness. As it can be done anywhere, anytime, this simple exercise can help reduce the heaviness or stiffness at the neck and shoulders caused due to long hours at the desk, and even for those whose profession demands constant stretching of the cervical neck.

STEPS

- Start the practice seated on the floor or chair in Easy Pose.
- Bring your awareness to your breath, and stay here as you lengthen your spine for about 3-4 breaths.
- Place the palms firmly on the knees or do Gyan Mudra, placing your hands on respective knees.
- Gently exhale, and rotate the neck in one direction, let's say in anticlockwise for at least 5-7 times. Take 1-2 seconds pause and then repeat clockwise for again 5-7 times.
- Ensure the movement is slow, without jerks. While rotating if you find any discomfort, then hold that position for sometime, and breathe deep.
- This will help release the tightness or stiffness. You may want to repeat this again, to completely feel relaxed with that part of the neck or shoulder.
- To release, stop the rotation, and bring the head back to neutral position.
- Continue with the practice of other variations to completely free the neck and shoulders from any kind of tightness or stiffness.

BENEFITS

- Stretches and strengthens the muscles around the neck and shoulders; brings flexibility.
- Stretches the spine avoiding the stiffness in the back.
- Helps avoid sudden jerk-related pains.
- Repeated practise helps students understand where the stiffness is.
- Root causes of stiffness or pain in the neck can be addressed.
- Therapeutic for those students who are sick and need to spend most of their time in bed.
- Can help relax the shoulders and upper back due to soreness.
- Those who are recovering from a sports injury in the shoulders, arms, neck or even lower back would find this practice soothing.
- When coordinated with proper breathing can be relaxing to the mind too, bringing mind and body in sync.
- When the stiffness reduces, it brings awareness to the neck, shoulders, upper back and arms.
- The mind is also calmed down as the body is being released from the tightness or pain.
- More the physical body feels at ease, breathing also automatically improves, which has a direct impact on the nerves.
- With improved blood circulation, the spinal nerves rejuvenate, sending positive signals to the brain.

LIMITATIONS

- Students with any recent injury or surgery at the neck or shoulders, avoid this practice.
- Those who are not able to sit, especially seniors, or having issues related to arthritis, should take it easy.
- Those with any physical conditions like extreme shoulders or neck pain, should get the guidance of a yoga expert before practising it or avoid the pose.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 13 Feb • Ministry of Ayush

SUKHASANA NECK ROTATION (EASY POSE NECK ROTATION)

2 • PG | 605 • Sqcm | 605080 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

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- Those with any physical conditions like extreme shoulders or neck pain, should get the guidance of a yoga expert before practising it or avoid the pose.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 12 Feb • Ministry of Ayush
FIT BIT

2 • PG | 616 • Sqcm | 812954 • AVE | 246.4K • Cir | Top Center

Chennai

FITBIT

GATYATMAK MERU VAKRASANA
(DYNAMIC SPINAL TWIST POSE)

This asana belongs to the Shakti Bandh group, which focuses on enhancing energy flow and breaking neuromuscular knots. It is beneficial for individuals with reduced vitality or a stiff back. This pose provides a torsional stretch to the spine, helping to relieve back pain. It is especially useful for menstrual issues, as it tones the pelvic organs and muscles.

STEPS

- Begin in Dandasana (Staff Pose) with both legs extended in front. Roll your shoulders back and place your palms on the floor beside your hips. Take a few deep breaths.
- Separate your legs as far apart as comfortable without straining. Stretch your arms sideways at shoulder level. This is the starting position. Keep your knees straight.
- Exhale and twist to the left, bringing your right hand toward your left big toe. Keep both arms straight. Stretch your left arm behind your back, maintaining the twist. Keep both arms aligned.
- Turn your head to the left and fix your gaze on the middle finger of your left hand. Inhale and return to the starting position.
- This completes one round. Practise 10 rounds, gradually increasing speed.
- Maintain awareness of the spinal twist and breath throughout. A slight forward bend helps reach the ankles.
- Finally, release and relax in Dandasana with hands back and knees bent.

LIMITATIONS

- Avoid this asana if you have injuries or have undergone surgery in the back, knees, spine, or hips.
- Not recommended for those with hiatal hernia, weak sacroiliac joints, or GERD.
- If you have any medical conditions, consult a yoga expert before practising.

BENEFITS

- Helps relieve stress and tightness from the neck, shoulders, back, and hips.
- Encourages deep breathing by keeping the chest open and shoulders relaxed.
- Improves spinal flexibility and counters the effects of poor posture.
- Suitable for power yoga, hot yoga, and flow yoga sequences.
- Helps reduce side belly fat and tones the thighs.
- Clears energy blockages, promoting smooth prana (energy) flow and activating the Root and Sacral Chakras.
- Included in therapeutic yoga for specific conditions like endometriosis when practiced slowly with breath awareness.
- Relieves back stiffness and enhances spinal flexibility.
- Massages internal organs, aids digestion, and alleviates constipation.
- Boosts blood circulation in the abdominal area.
- Strengthens the hips, lower back, pelvic organs, and spine.
- Enhances vitality and improves overall energy flow.
- Stimulates the lungs, heart, and endocrine function.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 12 Feb • Ministry of Ayush

GATYATMAK MERU VAKRASANA (DYNAMIC SPINAL TWIST POSE)

2 • PG | 582 • Sqcm | 582458 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

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LIMITATIONS

- Avoid this asana if you have injuries or have undergone surgery in the back, knees, spine, or hips.
- Not recommended for those with hiatal hernia, weak sacroiliac joints, or GERD.
- If you have any medical conditions, consult a yoga expert before practising.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 11 Feb • Ministry of Ayush

BALASANA VARIATION TURNED (CHILD POSE VARIATION TURNED)

2 • PG | 633 • Sqcm | 632605 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

BALASANA VARIATION TURNED
(CHILD POSE VARIATION TURNED)

In this beginner-level variation, the hip is raised with the head turned on the floor with one shoulder blade on an outward extension. It is a combination of a forward stretch with a twist. The other shoulder blade is vertically extended with the arms stretched. Balasana Variation Hips 2 is a preparatory pose to this.

STEPS

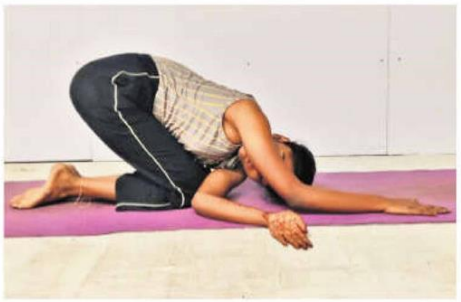
- First, align to Balasana Variation Hips 2 and stay here for 4-5 breaths.
- Inhale slightly, lift your head and torso and align the left arm under the chest with palms facing the ceiling.
- Make sure that you keep the right arm extended ahead and place the head turned towards the right on the mat.
- Breathe and stay in this position as per your capacity.
- Then, release the pose and align back to Balasana Variation Hips 2.
- On the next inhale, align the other side, with the head turned towards the left and the right arm under the chest. Now, ensure that your left arm is extended ahead.
- Stay with this pose as per your capacity.
- Finally, release the pose and align back to Balasana Variation Hips 2.

LIMITATIONS

- Students who have shoulder, wrist, hand, or neck injuries or undergone surgeries should avoid this pose.
- People lacking body-breath awareness may hold their breath in this chest constriction and the twist can create injuries or sprains.

BENEFITS

- The twist stretches, strengthens, and contracts the arms, shoulders, neck, chest, rib cage, abdomen, back, and pelvis, increasing range of motion.
- Active core muscles help in bringing stability to the spine.
- Enhanced shoulder flexibility with a strong core creates flexibility.
- The obliques are stretched.
- These muscles help to twist the trunk, keeping them active, reducing the accumulated tension and stress.
- Good practice before trying advanced side bending asanas.
- Chest and abdomen are constricted, and hence it's a restorative pose.
- Back of the upper torso expands with the stretch of the shoulder blades, giving room for the thoracic cavity.
- Helps improve the lung capacity.
- Good for correcting posture, spinal alignment, and spinal health.
- Abdominal pressure detoxifies the body with enhanced metabolism.
- With deep and better-focused breathing, the muscles are relaxed.
- Improves functioning of the abdominal organs.
- It can be used to treat diabetes, symptoms related to hormone imbalance, or improve one's bladder control.
- Alleviates neck and shoulder pain by releasing muscular stiffness.
- Those suffering from insomnia can practise this as part of night yoga.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 11 Feb • Ministry of Ayush

Commitment to Holistic Healthcare for National Security Forces

1 • PG | 851 • Sqcm | 851445 • AVE | 177.8K • Cir | Middle Right | City Express

Bengaluru

Sri Paripoorna Sanathana Charitable Trust

Commitment to Holistic Healthcare for National Security Forces

Sri Paripoorna Sanathana Charitable Trust® has again demonstrated its unwavering dedication to holistic healthcare by successfully organising a comprehensive medical camp for the Border Security Force (BSF) unit in Bangalore. This commendable initiative carried out under the esteemed guidance of Prof. Dr A V Srinivasan, Chief Functionary of the Trust and Chairman of Sri Paripoorna Sanathana Ayurveda Medical College, Hospital & Research Centre, took place from February 1st to 7th, 2025. The medical camp witnessed the active participation of skilled doctors and interns from the institution, highlighting the Trust's commitment to integrating traditional healing sciences with modern healthcare practices.



Reaffirming Commitment to National Welfare

The week-long medical camp provided essential healthcare services to 400 BSF personnel and their family members, treating various health conditions using Marma Chikitsa (Varmology).

Marma Chikitsa is a revered healing practice rooted in the time-honoured traditions of Siddha and Ayurveda. This profound therapeutic method focuses on stimulating vital energy points in the body, promoting natural healing and restoring overall well-being. By incorporating this ancient wisdom into contemporary medical outreach programs, Sri Paripoorna Sanathana Ayurveda Medical College has reinforced the immense value of holistic healing, particularly for those who serve and safeguard the nation.

A Strong Partnership with the BSF

Recognising the importance of this initiative, Prof. Dr A V Srinivasan has expressed profound gratitude to the Hon'ble Inspector General of BSF, Bangalore, for entrusting the institution with this noble responsibility. This medical camp's success is evidence of the Trust's longstanding commitment to healthcare excellence and a profound duty toward the well-being of India's security forces.

The event was further marked by signing a Memorandum of Understanding (MoU) between BSF and Sri Paripoorna Sanathana Charitable Trust®, a significant step toward institutionalising traditional healing practices within the framework of mainstream healthcare for national security personnel. The MoU, facilitated through the efforts of the Hon'ble Inspector General, along with the officers and staff of the BSF, signifies a landmark collaboration to promote holistic healthcare among India's frontline defenders.

The Role of Traditional Healing in National Healthcare

The success of this initiative underscores the growing recognition of Ayurveda, Siddha, and Marma Chikitsa in addressing various health challenges, especially for those engaged in physically demanding professions such as the BSF. Security personnel often endure immense physical strain, stress, and environmental adversities, leading to chronic ailments, musculoskeletal disorders, and mental fatigue. The application of Marma Chikitsa offers a natural, non-invasive, and effective solution to these challenges, providing long-term relief and promoting overall vitality.

By embracing these time-tested therapies, Sri Paripoorna Sanathana Ayurveda Medical College sets a precedent for integrating AYUSH (Ayurveda, Yoga, Unani, Siddha, and Homeopathy) practices into national healthcare initiatives. This collaboration between the Trust and the BSF is a step toward a future where India's rich healing traditions are seamlessly incorporated into the health management of armed forces personnel, reducing dependency on chemical-based treatments and fostering sustainable wellness.

The Vision of Sri Paripoorna Sanathana Charitable Trust

This initiative aligns with Sri Paripoorna Sanathana Charitable Trust® broader vision, which has been at the forefront of Ayurveda-based healthcare, education, and research for several years. Under the leadership of Prof. Dr A V Srinivasan, the Trust has actively promoted holistic healing and established its reputation as a pioneer in integrating ancient medical sciences with modern wellness solutions.

One of the key pillars of the Trust's philosophy is service to the community, particularly extending specialised healthcare to those who dedicate their lives to protecting the nation. The success of the BSF medical camp has further strengthened this mission, providing an avenue for continued collaboration with government bodies, defence organisations, and healthcare institutions.

Prof. Dr A V Srinivasan has emphasised the unity and integrity of his institution's family, acknowledging the tireless efforts of the doctors, interns, and medical professionals who contributed to this initiative's success. The BSF has recognised their commitment, and the Government of India has endorsed it, reinforcing the credibility of Ayurveda-based healthcare solutions.

Strengthening Future Collaborations

The success of the BSF medical camp is only the beginning of a long-term association between Sri Paripoorna Sanathana Ayurveda Medical College and the national security forces. The Trust is determined to continue its outreach programs and expand its holistic healthcare services to other defence and paramilitary units across India.

Sri Paripoorna Sanathana Ayurveda Medical College Hospital & Research Centre, 91 Arjunabettahalli, Gollahalli Panchayat, Kasaba Holli, nelamangala Taluk, Bangalore Rural 562123, Contact: +91 6366339024

The New Indian Express • 11 Feb • Ministry of Ayush

BALASANA VARIATION TURNED

2 • PG | 661 • Sqcm | 872670 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

BALASANA VARIATION TURNED

(CHILD POSE VARIATION TURNED)

In this beginner-level variation, the hip is raised with the head turned on the floor with one shoulder blade on an outward extension. It is a combination of a forward stretch with a twist. The other shoulder blade is vertically extended with the arms stretched. Balasana Variation Hips 2 is a preparatory pose to this.

STEPS

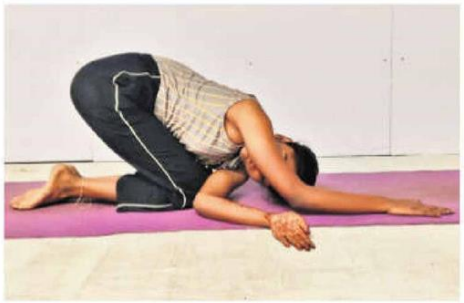
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- Inhale slightly, lift your head and torso and align the left arm under the chest with palms facing the ceiling.
- Make sure that you keep the right arm extended ahead and place the head turned towards the right on the mat.
- Breathe and stay in this position as per your capacity.
- Then, release the pose and align back to Balasana Variation Hips 2.
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- Stay here as per your capacity.
- Finally, release the pose and align back to Balasana Variation Hips 2.

LIMITATIONS

- Students who have shoulder, wrist, hand, or neck injuries or undergone surgeries should avoid this pose.
- People lacking body-breath awareness may hold their breath in this chest constriction and the twist can create injuries or sprains.

BENEFITS

- The twist stretches, strengthens, and contracts the arms, shoulders, neck, chest, rib cage, abdomen, back, and pelvis, increasing range of motion.
- Active core muscles help in bringing stability to the spine.
- Enhanced shoulder flexibility with a strong core creates flexibility.
- The obliques are stretched.
- These muscles help to twist the trunk, keeping them active, reducing the accumulated tension and stress.
- Good practice before trying advanced side bending asanas.
- Chest and abdomen are constricted, and hence it's a restorative pose.
- Back of the upper torso expands with the stretch of the shoulder blades, giving room for the thoracic cavity.
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- It can be used to treat diabetes, symptoms related to hormone imbalance, or improve bladder control.
- Alleviates neck and shoulder pain by releasing muscular stiffness.
- Those suffering from insomnia can practise this as part of night time yoga.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 10 Feb • Ministry of Ayush

UTTANA PADASANA KNEES BENT

2 • PG | 679 • Sqcm | 895999 • AVE | 246.4K • Cir | Top Center

Chennai

FITBIT

UTTANA PADASANA KNEES BENT (RAISEDLEGSPOSEKNEESBENT)

This is a beginner-level pose done in supine position. It helps build strength at the knees, and is included in core yoga sequences. This pose is beneficial for the lower back, thigh, hamstrings, and pelvic by raising the legs bent at the knees. It helps stimulate the Manipura (Solar Plexus) Chakra.

STEPS

- Start in Supta Tadasana. Then bend the knees while bringing your feet close towards the body.
- Notice a reverse 'L' created by the knees. This position is Savasana Variation Bent Legs (Constructive Rest Pose).
- From there, raise both the legs bent at the knees, as shown in the image, while breathing out. Note that the knees are parallel to the floor.
- Now, bring your awareness to the breathing as you hold the pose. Feel the calm, slow, and deep breathing. Feel the pressure falling on the core at the time.
- Try not to move your legs and stay focused on the pose. Hold the pose for at least 8-10 breaths.
- To release the pose completely, bring the legs to the ground and relax in Savasana (Corpse Pose) for some time.

LIMITATIONS

- Students with any injury or have recently undergone surgery in the knees, legs or feet, have high pressure at the core, pregnant women, senior citizens with chronic rheumatoid arthritis, and neuromuscular issues, should avoid this.
- Students with weak knees or osteoarthritis (acute) may do with the help of a yoga block between the knees.
- Those with a weak lower back or waist, may use a folded blanket beneath the waist.

BENEFITS

- Stretches and strengthens the legs, the muscles of the hips, thighs, calves, hamstrings, and pelvic floor.
- Contracts the lower abdomen and helps tone the area.
- Students can build flexibility of the leg muscles.
- Increases flexibility, preparing the body for challenging poses.
- Contraction can be felt at the belly while holding this pose.
- Inhalation becomes shorter, and the exhalation becomes deeper.
- Helps eliminate the unwanted gasses and slows down the heart rate with calm breathing.
- Students do abdominal breathing in this pose autonomously.
- Deeper breathing allows the lungs to intake more oxygen for optimal functioning of the respiratory system.
- Involves calm breathing that helps to soothe the brain.
- Sufficient oxygen intake during the practice helps cool down the brain.
- Can help you feel relaxed and combat fatigue after a tiresome day.
- Soothes the abdominal organs, stimulating the Manipura Chakra responsible for regulating the fire element and helps digestion.
- Therapy for the students who have back pain due to long hours of sitting.
- Good for the postnatal women after four weeks of healing. Strengthens their core and pelvic region.
- It can easily be practised on the bed after one wakes up in the morning.
- Good for the teens as it helps the brain to calm and the mind to be focused.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 10 Feb • Ministry of Ayush

UTTANA PADASANA KNEES BENT (RAISED LEGS POSE KNEES BENT)

2 • PG | 655 • Sqcm | 654955 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

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(RAISED LEGS POSE KNEES BENT)

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The New Indian Express • 08 Feb • Ministry of Ayush

HEALTH INFRA DEVPT, CANCER CARE GET A BOSTER DOSE

4 • PG | 362 • Sqcm | 114032 • AVE | 134.51K • Cir | Bottom Left

Kochi

HEALTH INFRA DEVPT, CANCER CARE GET A BOOSTER DOSE

WELLBEING

ANNA JOSE @Kochi

The state budget for 2025-26 has proposed allocations for the development of health infrastructure, with cancer care getting priority. A total amount of ₹2,915.49 crore has been set aside for the healthcare sector this time, with allocations for medical education, Karunya Arogya Suraksha Padhathi (KASP) and the AYUSH Mission.

According to experts, the move to improve health infrastructure and provide additional allocation for KASP is welcome. "It is good that the state government has set aside funds for the development of dialysis units, stroke units and palliative care grids at certain government hospitals. That can benefit the common people as they can seek treatment at these hospitals at a lower cost. Also, the priority given for early detection and treatment of cancer is appreciable and a need of the hour," said Dr Sunil P K, president of the Kerala Government Medical Officers' Association.



Dr Rajeev Jayadevan, an Indian Medical Association representative, welcomed the emphasis on stroke units and cath labs. "The focus of this budget is commendable. Prioritising stroke units and cath labs is a valuable initiative that can save lives through early intervention. Allocating funds for ambulance operations will facilitate quicker and safer patient transfers," he said.

However, according to Dr Sunil, along with infrastructure development, post-creation too should have been given more priority. "The budget doesn't mention post-creation in the healthcare sector. We are facing a shortage of skilled professionals. The human resource shortage can affect the quality of treatment. Also, development of emergency and trauma care is missed in the budget," he said, adding that the implementation of security systems at healthcare institutions should also be given more attention.

The New Indian Express • 08 Feb • Ministry of Ayush

Yoga National Conclave held

3 • PG | 169 • Sqcm | 223548 • AVE | 246.4K • Cir | Bottom Center

Chennai



Yoga National Conclave held

Indian Yoga Association – Tamilnadu State Chapter Committee organised a two-day Yoga National Conclave supported by CCRYN, Ministry of AYUSH, New Delhi, on 'Modern Trends in Yoga and Integrated Medicine Systems' at Vethathiri Maharishi College of Yoga. SKM Maeilanadhan, chairman, IYA-TNSCC and president of the WCSC, delivered presidential address. Ma Subramanian, Minister for Health and Family Welfare, delivered the inaugural address. M Raghavendra Rao, director, CCRYN, AYUSH Ministry, Kambhampati Subrahmanyam, chancellor, S-VYASA Bengaluru, Ananda Balayogi Bhavanani, joint secretary, IYA, Pudhucherry, CN Maheswaran, MD, TNSCL, Chennai, and AM Moorthy, IYA-TNSCC advisor were felicitated.

The New Indian Express • 08 Feb • Ministry of Ayush

UTKATASANA NAMASTE HANDS ON TIPTOES

2 • PG | 723 • Sqcm | 953998 • AVE | 246.4K • Cir | Top Center

Chennai

FITBIT

UTKATASANA NAMASTE HANDS ON TIPTOES (CHAIR POSE PRAYER HANDS ON TIPTOES)

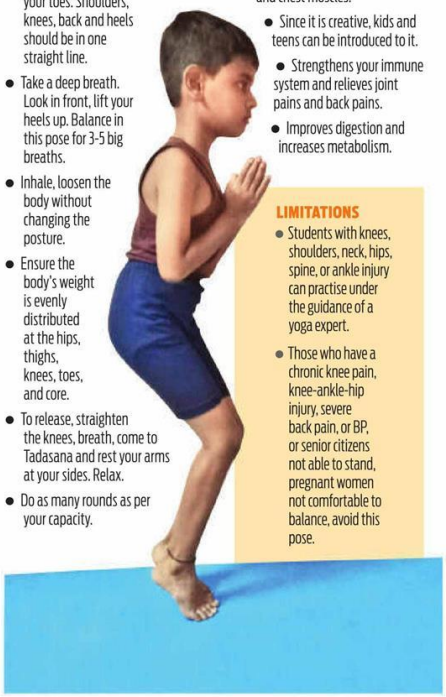
It is a beginner level yoga pose which is a variation of Utkatasana (Chair Pose). During the pose, as you raise your arms up, stretching the rib muscles helps in improved breathing. In this pose the body gains power and becomes flexible with regular practice, it acts as a preparatory or warm up practice. It can be practised daily right after waking up in the mornings, or as a warm-up before Sun Salutation (Surya Namaskar). It can be included in sports yoga.

STEPS

- Start in Tadasana (Mountain Pose). Bring the big toes and knees close to each other.Keep the upper body stretched.
- Bring a slight gap at your heels while your arm rest to your sides.
- Exhale, lower your hips, bend your knees, and lean forward. Place your feet hip-width apart and toes facing forward.
- Balance the weight equally between your feet. Inhale.
- Exhale, bend your knees, shift your weight backward, pose as if you are about to sit on a chair.
- Inhale. Bring your hands to Namaste position, focussing the energy to the sacral chakra region.
- Knees should not extend beyond your toes. Shoulders, knees, back and heels should be in one straight line.
- Take a deep breath. Look in front, lift your heels up. Balance in this pose for 3-5 big breaths.
- Inhale, loosen the body without changing the posture.
- Ensure the body's weight is evenly distributed at the hips, thighs, knees, toes, and core.
- To release, straighten the knees, breath, come to Tadasana and rest your arms at your sides. Relax.
- Do as many rounds as per your capacity.

BENEFITS

- Develops endurance and strength.
- Opens the shoulder joints and elongate the sides of the body.
- Develops awareness and builds the power of concentration.
- Improves the blood flow in the muscles vital for healthy posture.
- Balances the overall body weight and corrects the posture.
- Increases your lung capacity and energises your entire body.
- Strengthens the torso, heels, thigh muscles and lower back.
- Tones and stabilises your knee and ankle joints.
- Stretches the hips, spine, heels, and chest muscles.
- Since it is creative, kids and teens can be introduced to it.
- Strengthens your immune system and relieves joint pains and back pains.
- Improves digestion and increases metabolism.



LIMITATIONS

- Students with knees, shoulders, neck, hips, spine, or ankle injury can practise under the guidance of a yoga expert.
- Those who have a chronic knee pain, knee-ankle-hip injury, severe back pain, or BP, or senior citizens not able to stand, pregnant women not comfortable to balance, avoid this pose.

By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 08 Feb • Ministry of Ayush

UTKATASANA NAMASTE HANDS ON TIPTOES (CHAIR POSE PRAYER HANDS ON TIPTOES)

2 • PG | 709 • Sqcm | 709326 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

UTKATASANA NAMASTE HANDS ON TIPTOES (CHAIR POSE PRAYER HANDS ON TIPTOES)

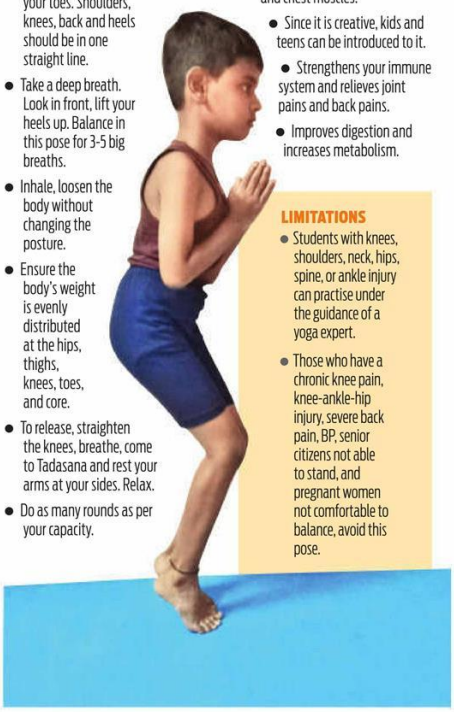
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- Ensure the body's weight is evenly distributed at the hips, thighs, knees, toes, and core.
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- Do as many rounds as per your capacity.

BENEFITS

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- Improves blood flow in the muscles vital for healthy posture.
- Balances the overall body weight and corrects the posture.
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- Tones and stabilises your knee and ankle joints.
- Stretches the hips, spine, heels, and chest muscles.
- Since it is creative, kids and teens can be introduced to it.
- Strengthens your immune system and relieves joint pains and back pains.
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LIMITATIONS

- Students with knees, shoulders, neck, hips, spine, or ankle injury can practise under the guidance of a yoga expert.
- Those who have a chronic knee pain, knee-ankle-hip injury, severe back pain, BP, senior citizens not able to stand, and pregnant women not comfortable to balance, avoid this pose.

By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 06 Feb • Ministry of Ayush

ANJANEYASANA VARIATION HANDS TOES

2 • PG | 599 • Sqcm | 790137 • AVE | 246.4K • Cir | Top Center

Chennai

FITBIT

ANJANEYASANA VARIATION HANDS TOES (CRESCENT LOW LUNGE POSE VARIATION HANDS TOES)

This pose and Ashwa Sanchalanasana are closely related poses. Both these poses belong to the same family of low lunge poses and are variations of Anjaneyasana. The difference between these two poses is the foot alignment. It is a transit and preparatory pose to other intense asanas. This pose is a part of Ashtanga Yoga and Power Yoga sequences. It can be a part of the cooling down for deep backbends.

STEPS

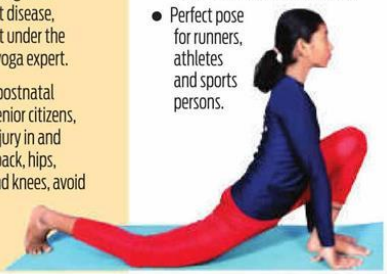
- Start in Uttanasana (Standing Forward Fold Pose) and rest your head on the knees or between the thighs.
- Inhale, take the right foot back, extending the right leg. Exhale, rest the right foot on the floor. Neatly rest the extended leg on the yoga mat.
- Keep your right thigh parallel to the floor and left at 90 degrees.
- Your right knee, right foot and hands to rest on the floor. Chin up, shoulders back, chest out, head back, straight elbows and look at the nose.
- Distribute the weight of the body evenly on both sides of the hips.
- Feel the stretches at the hips, hamstrings, groin, psoas, forward foot, gluteus, lower back, arms, shoulders, chest, elbows, and knees.
- Ensure the spine is straightened.
- Breathe as you hold this posture for about 4-6 breaths or as comfortable.
- Inhale, release, back to Uttanasana and exhale.
- Repeat it on the other side by following the instructions above.
- Release and relax in Balasana (Child Pose).

BENEFITS

- Stretches the lower abdomen, hips, psoas, groin, pelvis, inner thighs, quadriceps, hamstrings, knee, ankle, and toe muscles.
- Strengthens the lower body and acts as a great support to the upper body.
- Stretches the plantar fascia muscles located in the soles.
- Creates spinal flexibility, and calms the nervous system.
- Stabilises the hip joints and sacrum.
- Helps use the diaphragm efficiently.
- Improves lungs capacity.
- Keeps the heart active and feel energised.
- Releases muscular tensions of the upper, mid, and lower back, creating an energy flow.
- Releases pelvic stiffness, reducing stress accumulated in the lower back and hips.
- Stimulates the digestive and reproductive system and the Sacral Chakra.
- Treats ailments like constipation, IBS, lack of appetite, and acidity.
- Enhances blood circulation in the groin area and benefits the urogenital system.
- Activates the Root Chakra which balances emotions in a person.
- Perfect pose for runners, athletes and sports persons.

LIMITATIONS

- Students suffering from BP or any heart disease, must practise it under the guidance of a yoga expert.
- Pregnant and postnatal women, and senior citizens, or who have injury in and around lower back, hips, hamstrings, and knees, avoid this pose.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 06 Feb • Ministry of Ayush

ANJANEYASANA VARIATION HANDS TOES (CRESCENT LOW LUNGE POSE VARIATION HANDS TOES)

2 • PG | 541 • Sqcm | 540547 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

ANJANEYASANA VARIATION HANDS TOES (CRESCENT LOW LUNGE POSE VARIATION HANDS TOES)

This pose and Ashwa Sanchalanasana are closely related poses. Both these poses belong to the same family of low lunge poses and are variations of Anjaneyasana. The difference between these two poses is the foot alignment. It is a transit and preparatory pose to other intense asanas. This pose is a part of Ashtanga Yoga and Power Yoga sequences. It can be a part of the cooling down for deep backbends.

STEPS

- Start in Uttanasana (Standing Forward Fold Pose) and rest your head on the knees or between the thighs.
- Inhale, take the right foot back, extending the right leg. Exhale, rest the right foot on the floor. Neatly rest the extended leg on the yoga mat.
- Keep your right thigh parallel to the floor and left at 90 degrees.
- Your right knee, right foot and hands to rest on the floor. Chin up, shoulders back, chest out, head back, straight elbows and look at the nose.
- Distribute the weight of the body evenly on both sides of the hips.
- Feel the stretches at the hips, hamstrings, groin, psoas, forward foot, gluteus, lower back, arms, shoulders, chest, elbows, and knees.
- Ensure the spine is straightened.
- Breathe as you hold this posture for about 4-6 breaths or as comfortable.
- Inhale, release, back to Uttanasana and exhale.
- Repeat it on the other side by following the instructions above.
- Release and relax in Balasana (Child Pose).

BENEFITS

- Stretches the lower abdomen, hips, psoas, groin, pelvis, inner thighs, quadriceps, hamstrings, knee, ankle, and toe muscles.
- Strengthens the lower body and acts as a great support to the upper body.
- Stretches the plantar fascia muscles located in the soles.
- Creates spinal flexibility and calms the nervous system.
- Stabilises the hip joints and sacrum.
- Helps use the diaphragm efficiently.
- Improves lung capacity.
- Keeps the heart active and feeling energised.
- Releases muscular tensions of the upper, mid, and lower back, creating an energy flow.
- Releases pelvic stiffness, reducing stress accumulated in the lower back and hips.
- Stimulates the digestive and reproductive system as well as the Sacral Chakra.
- Treats ailments like constipation, IBS, lack of appetite, and acidity.
- Enhances blood circulation in the groin area and benefits the urogenital system.
- Activates the Root Chakra which balances emotions in a person.
- Perfect pose for runners, athletes and sports persons.

LIMITATIONS

- Students suffering from BP or any heart disease, must practise it under the guidance of a yoga expert.
- Pregnant women, postnatal women, and senior citizens, or those who have injury in and around lower back, hips, hamstrings, and knees, avoid this pose.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 05 Feb • Ministry of Ayush

SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION

2 • PG | 688 • Sqcm | 908209 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION
(SUPINE WINDSHIELD WIPER TWIST POSE)

This is an innovative dynamic lower body movement pose. The pose is a restorative yoga pose. It is an incredible pose to do every day as a morning yoga pose. It can be done at night time before sleep as it calms the nerves and mind. It is considered a warm-up yoga pose to prepare the body for more intense yoga poses.

STEPS

- Lie on the mat in supine position.
- Fold your knees and keep the feet, mat width apart, and take a couple of breaths.
- Place your hands at shoulder width and fold the elbows. Ensure that your arms are in cactus position.
- Exhale. Drop both your knees to the left. Stay here for a couple of breaths. Inhale and come back to the center.
- Then, exhale and drop both of your knees to the right. Inhale and bring your knees to the center. This movement is compared to a windshield.
- Continue the rhythm, ensuring the movements are dynamic. Practitioners should be aware and conscious of the movement of the legs. There should not be any jerky movements.
- After repeating this for 5-10 rounds, according to your capacity, relax in Savasana.

BENEFITS

- Stretches the upper muscles of thighs, hips, quadriceps, and abductor muscles.
- Tones the lower back.
- Relaxes tight shoulders and releases stress in the upper back and hips.
- Stretching the hips increases flexibility of the hip muscles.
- Increases the pelvic flexibility.
- Rapid dynamic movements swaying from right to left and back create hip flexibility.
- Cactus arms position opens the back of the shoulders.
- Diaphragm and lungs expand.
- A restorative and corporate yoga pose.
- Creates awareness in the body.
- Stimulates the reproductive organs.
- Pelvic stretch benefits the excretory.
- Increases blood circulation.
- Activates Sacral Chakra, and stimulates the Root Chakra, responsible for stability of body and mind.
- Prostate gland ailments also can be addressed by doing this pose regularly.
- Can treat sleeplessness (insomnia) and address fatigue.
- It may also be a very relaxing pose for postnatal treatment.

LIMITATIONS

- Students who have injuries in their knees and ankles, surgeries in the knees, or spinal or any hip replacement surgeries, with weak knees or herniated disc.
- Seniors and pregnant women in the third trimester should take precautions while doing this, staying on each side for a good 3-4 minutes, avoiding rapid dynamic movements.
- People with lack of body-breath connections should do this pose with awareness.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 05 Feb • Ministry of Ayush

SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION (SUPINE WINDSHIELD WIPER TWIST POSE)

2 • PG | 646 • Sqcm | 646196 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

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By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 04 Feb • Ministry of Ayush

EKA PADA SHIRSHA PRAPADASANA

3 • PG | 715 • Sqcm | 944166 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

EKA PADA SHIRSHA PRAPADASANA (ONE FOOT BEHIND THE HEAD TIP TOE POSE)

This is a challenging deep hip-opener which gives strength and flexibility in the muscles of the hips, legs, lower back, neck and shoulders. Traditionally, it is associated with the Anahata (heart) chakra, which increases feelings of love and compassion. This asana makes sure the body is warmed up well.

STEPS

- Sit comfortably in Dandasana with legs stretched in front.
- Bend the knee. Lift the right foot and bring it near the trunk. Hold the right ankle with your hands.
- Exhale, bend the trunk a bit forward and place the right leg on the back of the neck.
- The outer side of the lower right leg just above the ankle will touch the back of the neck.
- Keep the back straight, and fold the palms in front of the chest and make a prayer pose (Namaste gesture). If the head is not held up properly, the right leg will slip off the neck.
- Then bend your left knee and keep the entire body's weight on the left toes on the floor.
- Remain in this position from 15 to 60 seconds with deep breathing.
- Now, release the left knee bend and straighten it.
- Then, unfold the palms, hold the right ankle with both hands, lower the right leg to the ground and straighten it.
- Repeat this pose for the same length of time on the left side, following the same procedure.

BENEFITS

- Removes blood flow toxins.
- Improves your hemoglobin levels.
- Helps people who suffer from anemia and nervous trembling.
- Aids in digestion.
- Increases hip and leg flexibility.
- Opens the inner hips, promoting a sense of balance.
- Helps in the functioning of the lungs, increasing its capacity.
- Activates the chest, abdomen, back, and pelvis, which impacts the energy flow (prana).
- Ensures the outflow of unwanted energy (apana vayu) which helps for fresh supply of energy in the system.
- Helps with body-mind coordination and releases unwanted stress and emotions out of the system.
- Included in teens yoga to help gain better stability and strength in the hips, back, core, and legs.
- Activates heart chakra, and vitalises the body and mind.
- Promotes blood circulation in legs, relieving varicose veins.
- Stimulates peristalsis and removes constipation.
- Stretches the shoulders, elbows, upper back, and the upper abdomen.



LIMITATIONS

- Students suffering from sciatica, problems in hip or hernia, spinal, back or knee or injuries must avoid this pose.
- Be careful while doing this asana or perform it with the assistance of a yoga expert.
- Women during pregnancy and menstruation should avoid this pose.

By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 04 Feb • Ministry of Ayush

EKA PADA SHIRSHA PRAPADASANA (ONE FOOT BEHIND THE HEAD TIP TOE POSE)

2 • PG | 652 • Sqcm | 651685 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 03 Feb • Ministry of Ayush

PARIVRTTA SUKHASANA

2 • PG | 696 • Sqcm | 918439 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

PARIVRTTA SUKHASANA

(REVOLVED EASY POSE)

This is a gentle twisting variation of Sukhasana, a grounding practice that opens the back and chest with support from the psoas muscles. The strengthening of the spine, combined with the grounding action of the sit bones, ensures energy flow from the base of the spine to the crown.

STEPS

- Sit comfortably on a cushion or the floor in a cross-legged position (Sukhasana), rolling the shoulders back, opening the chest, and resting your palms on your knees.
- Relax your facial muscles and take a few deep breaths, allowing the body to settle. Maintain a straight back, aligning the head over the heart and the heart over the pelvis.
- Inhale and begin twisting to the right. Engage your core, place your left palm on your right knee, and swing your right arm back, resting your fingertips or palm on the floor behind you with fingers pointing outward.
- Exhale, twisting your torso and neck further to the right to look back. With each exhale, lengthen your spine and deepen the twist, feeling a 'squeeze and soak' action in your lower abdomen.
- Hold the twist for five deep breaths, imagining your spine as the axis of the movement.
- To release, inhale and bring your head back to the center. Exhale and return your upper body to the starting position.
- Repeat on the left side, following the same steps.
- Finally, relax in Sukhasana Variation Arms Knees.

BENEFITS

- Stretches and strengthens the hips, knees, spine, shoulders, and chest.
- Enhances mobility in the spine, shoulders, and neck.
- Strengthens the shoulder blades, side abdominal muscles, and lower back.
- Prepares the body for Thread the Needle Pose Flow.
- Improves posture and spinal alignment.
- Reduces tightness in the neck and shoulders.
- Tones the spine and counteracts hunching.
- Supports deep breathing and enhances lung capacity.
- Beneficial for asthma and allergies.
- Activates the parasympathetic nervous system, promoting relaxation.
- Boosts energy and sends positive signals to the brain.
- Stimulates the Muladhara Chakra, aiding energy flow.
- Aids digestion and detoxification by massaging abdominal organs.
- Helps pregnant women relieve back pain or heaviness.
- Can be practised as a warm-up for pranayama or meditation.
- Those unable to sit on the floor can practise this pose while seated on a chair.

LIMITATIONS

- Avoid this practice if you have injuries to the hips, neck, shoulders, spine, lower back, knees, or pelvic floor muscles, or any abdominal injury. Those with severe conditions like high blood pressure, heart ailments, digestive issues, or neck spondylitis should also refrain. Individuals recovering from diastasis recti or experiencing tension, aches, or pain should proceed with caution. Seniors or those with weak knees or tight hips can modify the pose by practising it while seated on a chair.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 03 Feb • Ministry of Ayush

PARIVRTTA SUKHASANA (REVOLVED EASY POSE)

2 • PG | 659 • Sqcm | 560079 • AVE | 177.8K • Cir | Top Right

Bengaluru

FITBIT

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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 02 Feb • Ministry of Ayush

Healing touch to cancer care, med infra push

7 • PG | 664 • Sqcm | 209269 • AVE | 134.51K • Cir | Bottom Center

Kochi • Chennai

Healing touch to cancer care, med infra push



1.1L UG and PG medical education seats in 10 yrs

The FM said the government had added almost 1.1 lakh undergraduate and post-graduate medical education seats in 10 years. Experts welcomed the move to reduce the cost of life-saving drug.

HEALTH

KAVITA BAJELI-DATT @New Delhi

THE health sector received a 9.47% hike in the Union Budget, with a major push to public health, especially cancer care, as the government announced a series of measures, including setting up daycare centres in all district hospitals over the next three years.

Union Finance Minister Nirmala Sitharaman, in her budget speech on Saturday, announced that "next year, 10,000 additional seats will be added in medical colleges and hospitals, towards the goal of adding 75,000 seats in the next five years."

She said the government had added almost 1.1 lakh undergraduate and post-graduate medical education seats in 10 years, an increase of 130%. The total allocation for the Health and Family Welfare Ministry, excluding the Department of Research, is 95,957. 87 crore, up from 87,656.9 crore in the previous year.

According to Dr Sarit Kumar Rout, Professor of Health Economics and Financing at the Indian Institute of Public Health Bhubaneswar, Public Health Foundation of India (PHFI), "Only 9.47% increase in Health and Family Welfare budget compared to 2024-25 BE in absolute terms, and if adjusted to inflation, it is a moderate increase."

"Overall health sector allocations, including AYUSH, health research and health and family welfare budget estimates constitute only 2% of total central government allocations and which remains more or less same in the last several years," he told this newspaper.

Prof. K Srinath Reddy, former President of PHFI, said, while the overall health budget has increased, it is reflected mostly in raised allocations for the infrastructure, digital health, and Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY) components. "The National Health Mission, the vehicle for strengthening primary care and district hospitals, has received only a small increase. This imbalance needs to be corrected.

The National Health Mission saw a nearly 4 per cent hike from ₹36,200 crore allocation last year to ₹37,566 crore this fiscal. Poonam Muttreja, Executive Director of the Population Foundation of India said the total health budget remains insufficient to address India's growing healthcare needs, particularly public health infrastructure, primary healthcare, and non-communicable diseases. "We need transformative change, not incremental steps. We must address the historical shortfalls in the health budgets over the years."

However, experts welcomed the move to reduce the cost of life-saving drugs, extending daycare services for cancer patients in district hospitals, 200 of which would be established this year, and including gig workers in Pradhan Mantri Jan Arogya Yojana (PM-JAY).

The New Indian Express • 02 Feb • Ministry of Ayush

Going Home to Heal

5 • PG | 655 • Sqcm | 556705 • AVE | 177.8K • Cir | Middle Left
Bengaluru



AYURWISDOM Dr Ramya Alakkal

Going Home to Heal

Migration to other parts of the world and leaving your homeland may not be easy for everyone, but it is situations and circumstances that make us do so. The migrant population is observed to be prone to a spectrum of health issues which if diagnosed early can be prevented. Here is how Ayurveda can help them.

Autoimmunity

With changed lifestyles and food habits, we see a significant percentage of the migrant population developing various autoimmune issues. It ranges from various kinds of joint pains, swelling, allergic reactions, hair loss, etc. Changed climatic conditions, like extreme cold or extreme heat, is also a triggering factor.

Neurological Issues

We could observe a range of neurological issues manifesting, especially in the early 30s and 40s more in those who migrated to European nations with extreme cold climatic conditions. Multiple sclerosis, neuropathies with numbness, tingling sensation, and burning sensation of upper and lower limbs are the common manifestations observed among the diaspora.



Behavioral Issues

The number of kids seen with autism, attention deficit issues, and hyperactive behaviour is seen more in the overseas diaspora. Many reasons could be attributed to this observation. Changed family circumstances, emotional and mental stress during pregnancy for women, and lack of parental nurturing due to work-related issues are some of them.

Changed Seasonal Rhythms

Our body is always in continuous interaction with the environment. Changes in nature brings in physiological, metabolical, and psychological alterations within each one of us. Becoming aware of it and tuning one's body according to the changing situations through the seasonal regimen, the *rithucharya* as advocated in Ayurveda, is important for us to be healthy.

Changed Biological Rhythms

We are most connected to our light and energy provider—the sun. We are most active metabolically during the peak time of day and least active when the sun goes down. There is a huge variation in the timings of sunrise and sunset globally. One has to become aware of it, observe one's body, and set their daily routine accordingly.

Changed Sociocultural Atmosphere

Adapting to a new country's rules and ways of living may not be smooth for all. This can again disturb the internal milieu.

How to Tackle

Food must be consumed according to one's health needs and nature. *Pitha Prakruthi* people must avoid t spicy, salty, and sour food. *Kaph* people must avoid cold, oily, heavy food that is difficult to digest; *vata* dominant individuals must always be aware of constipation; they must keep away from dry food.

The Adaptable Practices

The *rithucharya*, or seasonal detoxification to keep oneself healthy is important. Consulting an ayurvedic physician can put forward the personalised approach, according to *Prakrithi*. Practices of *Abhyanga* (oil massage), *Shiroabhyanaga* (oil massage over the head), *Udvartana* (powder massage), *Virechana* (therapeutic purgation), *Nasya* (nasal administration of medicine), etc are advised accordingly.

The author is a Professor at the Department of Panchakarma, Ashtamgam Ayurveda Medical College, Kerala

The New Indian Express • 01 Feb • Ministry of Ayush

SITTING FORWARD WRIST STRETCH

2 • PG | 657 • Sqcm | 866938 • AVE | 246.4K • Cir | Top Right
Chennai • Bengaluru

FITBIT

SITTING FORWARD WRIST STRETCH

This is a joint freeing exercise that is performed seated in Vajrasana (Thunderbolt Pose), which allows for a extended reach from the hands to the floor, increasing extension at the elbow joint. This position allows engagement of the forearm muscles, intensifying the stretch along the wrists. Here, the position involves a slight forward bend, allowing the hands to rest on the floor.

STEPS

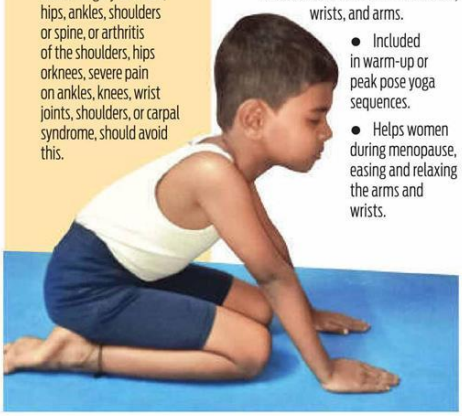
- Sit in Dandasana for a few breaths.
- Inhale, bend the right leg at the knee. Place the right foot close to the buttocks, exhale. Inhale. Raise buttocks off the floor to place the right foot under it.
- Repeat the same with the left leg. Bring the left foot under the buttocks, with toes touching and heels apart.
- Ensure knees are together with backs straight in Vajrasana.
- Bring your arms parallel to the ground, palms on the floor with the fingers pointing out.
- Exhale, bend with the torso resting the tops of your palms on the floor in front of your knees.
- Stay here for 6-8 deep breaths.
- Release from the forward bend, bring the hands back to the knees. Exhale, stretch the leg out in front, one after the other, back in Dandasana, hands sides of your body.
- Relax in Staff Pose Hands Back, taking a little gap between the legs.

LIMITATIONS

- Students who have injuries to the knees, wrists, shoulders, elbows, hips or spine, or undergone a recent surgery to knees, hips, ankles, shoulders or spine, or arthritis of the shoulders, hips orknees, severe pain on ankles, knees, wrist joints, shoulders, or carpal syndrome, should avoid this.

BENEFITS

- Helps open the lower back and spinal muscles.
- Promotes the overall health of arms and wrists.
- Offers relief for individuals at the initial stage of arthritis of the wrists or elbows.
- Relieves cervical spondylosis, mild frozen shoulders, tendonitis, fibromyalgia or rheumatoid arthritis.
- Beneficial for athletes in sports like tennis, golf, baseball, or weight lifting.
- Aids in recovering from a sports injury related to the arms and shoulders.
- Counteracts strain from prolonged desk work.
- Promotes better ergonomics by maintaining flexibility and reducing the risk of repetitive strain injuries (RSI).
- Enhances strength and flexibility of muscles of neck, shoulders, arms, wrists and fingers.
- Those who find it challenging to sit in Vajrasana can follow the pose seated on a chair, bed or any other preferred position.
- Excellent stretch for writers, typists, gamers, artists, artisans, teens, or whose work involves wrist and finger movements. Aids with carpal tunnel issues related to the elbows, wrists, and arms.
- Included in warm-up or peak pose yoga sequences.
- Helps women during menopause, easing and relaxing the arms and wrists.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Pioneer • 27 Feb • Ministry of Ayush

Ayush Ministry confers National Dhanwantari Ayurveda Award to three distinguished practitioners

4 • PG | 284 • Sqcm | 170463 • AVE | 268.96K • Cir | Middle Center

Chandigarh • Delhi • Bhubaneshwar

Ayush Ministry confers National Dhanwantari Ayurveda Award to three distinguished practitioners

PIONEER NEWS SERVICE ■
NEW DELHI

The Ministry of Ayush conferred the prestigious National Dhanwantari Ayurveda Awards for the current year on three distinguished practitioners for their exceptional contributions to the field of traditional Indian medicine.

This year's recipients of the coveted award are Vaidya Tara Chand Sharma, renowned Nadi Vaidya and author, Vaidya Maya Ram Uniyal, a distinguished scholar of Dravyaguna Vigyana with six decades of service; and Vaidya Sameer Govind Jamadagni, founder of the Vishwa Vyakhyanmala national conference.

Each recipient receives a citation, a trophy featuring a statue of Lord Dhanwantari, and a cash prize of ₹5 Lakh.

The National Dhanwantari Ayurveda Awards represent India's commitment to advancing holistic healthcare while preserving traditional medical knowledge, an Ayush ministry statement said.

Prataprao Jadhav, Union Minister of State for Ayush (IC), conferred the awards upon the three distinguished Vaidyas during an event held in Mumbai on February 20.

"The National Dhanwantari Ayurveda Awards showcase India's immense contribution to global healthcare. These visionaries have demonstrated exceptional dedication in promoting Ayurveda worldwide, perfectly aligning with our mission to integrate traditional wisdom with modern healthcare systems," Jadhav said.

Adding his perspective, Ayush Secretary Vaidya Rajesh Kotecha remarked, "Through decades of research and innovation, these practitioners have modernised Ayurveda practices while maintaining their authentic essence. Their work exemplifies how traditional knowledge can be adapted to address contemporary health challenges." Vaidya Tara Chand Sharma, renowned for his mastery as a Nadi Vaidya, has also distinguished himself as an insightful author. His thought-provoking publications have opened new doors for explorative Ayurveda learning, encouraging a new generation to dive deep into the science of life, the statement said. His career, adorned with numerous accolades, is a testament to his impact on the ever-evolving landscape of Ayurveda, it stated.

Equally inspiring is the journey of Vaidya Maya Ram Uniyal from Uttar Pradesh, a visionary in Dravyaguna Vigyana. With over six decades of unwavering dedication, his prolific writings and stellar administration have inspired many, the statement added.

His recognition with the Vanoushadi Vanaspati and Lifetime Achievement Awards further cements his legacy in raising Ayurveda's stature worldwide. His work exemplifies how tradition, when blended with modern insight, can become a global force for wellness, the statement said.

Adding to this is Vaidya Sameer Govind Jamadagni, whose contributions span more than four decades, the statement said.

The founder of the Vishwa Vyakhyanmala national conference and Vishwa Ayurveda Prabodhini, he has built platforms that have transformed Ayurveda education.

His initiatives have not only advanced innovative practices but have also sparked global dialogues that continue to enrich Ayurveda's relevance in contemporary healthcare, the statement said.

The Pioneer • 27 Feb • Ministry of Ayush

Pandemic drove digital adoption by over 300%: Doc

3 • PG | 143 • Sqcm | 48470 • AVE | 275K • Cir | Top Right

Hyderabad



Dr Sangita Reddy, Joint Managing Director of Apollo Hospitals at BioAsia 2025 on Wednesday

Pandemic drove digital adoption by over 300%: Doc

PNS ■ HYDERABAD

The COVID pandemic accelerated digital adoption by over 300%, highlighting the need for integrated healthcare models to ensure continuous care and early intervention, said Dr Sangita Reddy, Joint Managing Director of Apollo Hospitals at BioAsia 2025 on Wednesday.

Dr Sangita Reddy, speaking on 'Integrated Healthcare and Patient Outcomes,' highlighted how initiatives like Ayushman Bharat Digital Mission (ABDM) and eSanjeevani Telemedicine are bridging gaps between hospitals, digital platforms and home-based care. She emphasised that technology should enhance, not replace, clinical expertise, improving diagnostics and standardizing quality care.

She also discussed Apollo Hospital's partnership with Microsoft to develop AI-driven tools for diagnosis, treatment planning and patient monitoring.

This collaboration focuses on disease analysis, genomics research and AI-based decision-making to improve clinical accuracy. Microsoft supports Apollo in data management and AI integration, optimizing workflows and remote care.

On affordability, Dr Sangita stressed Ayushman Bharat (PM-JAY), microinsurance and healthcare lending as key to making quality care accessible, especially in Tier-2 cities. She emphasised that advanced treatments should be preventive and affordable, reducing disease burdens before they become critical.

The Pioneer • 25 Feb • Ministry of Ayush
Destination Uttarakhand

12 • PG | 1567 • Sqcm | 939917 • AVE | 268.96K • Cir | Top Left

Chandigarh

Destination Uttarakhand

EMERGING AYUSH & WELLNESS HUB



"Under the visionary leadership of Prime Minister Narendra Modi, Uttarakhand, known as Devbhoomi, has truly flourished as a global destination for yoga and meditation. His dedication, exemplified by his visits and meditation in Kedarnath and Adi Kailash, has inspired countless people worldwide to visit Rishikesh. Our government is committed to transforming Uttarakhand into a world-renowned hub for AYUSH health services, medicines, and consumer products, furthering his mission of holistic wellness."

Pushkar Singh Dhami
Chief Minister

Yoga & meditation in U'Khand, a sign of wellness & spiritual revival

The tranquil and spiritual terrain of the Garhwal Himalayas has evolved into a focal point for fitness lovers, thanks to PM Modi's future forward vision



PM Narendra Modi doing yoga at Parvati Kund district Pithoragarh during his visit to Kumaon

PICS: DIPR, UTTARAKHAND GOVERNMENT

In June 2018, during the 4th International Yoga Day, Prime Minister Modi guided an estimated 50,000 enthusiasts in performing yoga asanas at the scenic Forest Research Institute, Dehradun. Emphasising yoga's international resonance, Modi remarked, 'From Dehradun to Dublin, from Shanghai to Chicago, from Jakarta to Johannesburg, Yoga is everywhere.' His focus on yoga as a unifying and therapeutic approach echoed profoundly, strengthening its position in boosting physical and mental well-being. "In Yoga, we have the perfect solution to the problems we face, either as individuals or in our society," he said, highlighting the holistic advantages of yoga in promoting a peaceful, innovative, and satisfied life.

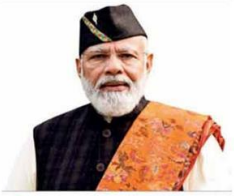
The Prime Minister's advocacy for yoga expanded beyond the International Yoga Day festivities. In May 2019, his visit to the Kedarnath shrine attracted considerable awareness, especially his meditation session in the 'Dhyan Gufa' (meditation cave). A picture of Modi covered in a saffron shawl, sitting in meditation inside the cave, went viral on social media, scintillating widespread appeal in the cave as a new traveller appeal. This scenic location at 12,500 feet in the Garhwal Himalayas encountered an exceptional wave in popularity, with bookings for the meditation cave soaring.

Garhwal Mandal Vikas Nigam Ltd (GMVN) recorded a swell in online bookings for the 'Dhyan Gufa,' which has been completely booked for months ahead. This inflow of interest has encouraged local management to plan the building of three more meditation caves in the surroundings, improving the spiritual charm of the location.

PM Narendra Modi's fondness for yoga and meditation has immensely increased the favour of these age-old traditions, especially in Uttarakhand

Modi's many visits to Kedarnath have also contributed to a surprising rise in the temple's footfall. The temple has been witnessing record-breaking footfall since, becoming a historic landmark for Kedarnath.

Prime Minister Narendra Modi through his enthusiastic participation and promotion of yoga and meditation has boosted the international profile of these practices along with restoring spiritual tourism in Uttarakhand, attracting innumerable followers to the peaceful and hallowed surroundings of the Himalayas.



"I congratulate the Uttarakhand government on the remarkable progress achieved in the last few years. This has been made possible by sustained policy push and focus on key sectors such as tourism and renewable energy. Alongside, the state has made significant strides in infrastructure development, setting new benchmarks for sustainable growth. Uttarakhand's commitment to harnessing its natural resources and promoting tourism has not only bolstered its economy but also showcased its potential on the global stage. I applaud the state's dedication to inclusive development and look forward to its continued success in the years ahead."

Narendra Modi
Prime Minister

CM Dhami Govt 245 appointed 245 Ayush Doctors in Uttarakhand

245 selected candidates got appointment in AYUSH department, after the approval of CM Dhami, the wait of AYUSH doctors waiting for appointment in the state of Uttarakhand for a long time is now over. The government has issued orders for the appointment of a total of 245 candidates including 242 Ayurveda medical officers, one Unani, one Yoga and Naturopathy and one Manager State Pharmacy.

Recruitment process was started for 257 medical officer posts.

Uttarakhand Medical Selection Board started the recruitment process for 253 medical officer posts of Ayurveda and Unani Department on 11 March 2022. After completing the interview process, the final selection of 243 candidates was also done. While their appointment letters were being issued, complaints of irregularities in the recruitment process came in. On this, in August, the Chief Minister had ordered a detailed investigation of the matter.



PICS: DIPR, UTTARAKHAND GOVERNMENT

All have been placed on probation for two years. On this, the government banned the appointment of selected candidates on the posts of Ayurveda medical officers and handed over the investigation to the Director of Ayurveda. Now after the completion of the investigation, the government has issued orders for his appointment after the approval of Chief Minister Pushkar Singh Dhami.

186 villages of the state identified by the name of herbs, Ayurveda department sends report to AYUSH Ministry

The state government has identified 186 villages of the state by the name of different herbs to promote Ayurveda treatment. The Ayurveda department distributed plants of the respective herbs to the people living in these villages. It has sent the report of these villages to the central government.

Dr Pankaj Kumar Pandey, secretary AYUSH, said that 35 villages in Almora district, 12 in Bageshwar, four in Chamoli, three in Haridwar, 15 in Nainital, 42 in Pauri, 23 in Pithoragarh, five in Rudraprayag, 24 in Tehri, 10 in Udham Singh Nagar and 13 villages in Uttarkashi were identified as Herbal Villages. This initiative of the department will promote environmental protection.

Ayurveda programmes will be started in 3900 schools in the state. Ayurveda doctors will visit schools and make the children aware

Along with this, people will be aware about Ayurveda herbs. He said that from next month, Ayurveda programmes will be started in 3900 schools in the state. Under this, Ayurveda doctors will go to schools and make the children aware. 13 villages in the state will be developed as Ayush Villages. Regular camps of Ayurveda, Yoga, and Homeopathy will be organised in these villages.

Adi Kailash turns into a meditation hub

The Chief Minister's visit to Adi Kailash strived to boost the area as a noteworthy pilgrimage and visitor destination

On International Yoga Day, Chief Minister Pushkar Singh Dhami performed yoga at Adi Kailash, a venerated place situated about 15,000 feet above sea level in the sacred land of Lord Shiva. This occasion not only highlighted the importance of yoga in improving physical, mental, and spiritual well-being but also emphasized the cultural and religious legacy of the place.

In his address, Chief Minister Dhami highlighted the transformative influence of yoga, defining it as a convergence of body, mind, and soul that brings contentment and calmness to humans. He extended an invitation to Shiva followers and visitors from around the globe to visit Adi Kailash, highlighting the significance of incorporating yoga into day-to-day routines for physical, mental, and emotional stability.

The Chief Minister's visit to Adi Kailash also strived to boost the area as a noteworthy pilgrimage and visitor destination. He stated that the idea of Prime Minister Narendra Modi has been instrumental in bringing transnational acclaim to the location. The Prime Minister's visit to Pithoragarh and Jyolingkong last year has already extended the inflow of travelers and pilgrims, turning Adi Kailash, Om Parvat, and Parvati Sarovar into bustling locations of spiritual and cultural tourism.

CM stressed that the idea of Prime Minister Modi has been instrumental in bringing about transnational acclaim to the location

The Chief Minister emphasized the financial advantages that improved tourism brings to the local residents. With more visitors and pilgrims visiting Adi Kailash and its surrounding neighborhoods, local enterprises, particularly those involved in homestays and local food production, are flourishing. He backed the growth of 100% homestay-based tourism, which not only conserves the local architecture and culture but also provides sustainable job prospects for the locals.

In his speech, Chief Minister Dhami also addressed the necessity for enhancing infrastructure and establishments in the region. He called for the standardization of transportation amenities and the simplification of the procedure for allocating Inner Line Permits, assuring that tourists do not encounter any problems. He emphasised the significance of maintaining sensitivity and clarity in these procedures to evade any turmoil in this sensitive border region.

Environmental protection was another essential emphasis of the Chief Minister's address. He voiced concern over the pollution of the environment and the drying up of natural water sources. He informed strategies to restore traditional streams, springs, and ghats, encouraging everyone to contribute to this cause.



PIC: DIPR, UTTARAKHAND GOVERNMENT

Uttarakhand's AYUSH Policy

Transforming healthcare landscape



PICS: DIPR, UTTARAKHAND GOVERNMENT

Under the leadership of PM Narendra Modi and the guidance of Uttarakhand CM Pushkar Singh Dhami, Uttarakhand's AYUSH Policy outlines innovative strategies to integrate traditional healthcare practices with modern methods, aiming for holistic, wellness and economic growth

Known as the 'Devbhoomi' or 'Land of Gods', Uttarakhand is deemed to evolve as an international center for AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy) practices, leveraging its rich natural and cultural legacy. The AYUSH Policy of Uttarakhand summarises enterprising strategies to incorporate conventional healthcare procedures with contemporary methods, striving for holistic wellness and financial development.

With a terrain endowed by the Himalayas, Uttarakhand has long been associated with Ayurveda and Yoga. The policy strives to capitalise on this legacy by enabling the cultivation of over 1,000 rare medicinal plants native to the area. Endeavours such as the Chief Minister Medicinal Plant Development Programme are set to involve 50,000 farmers in growing these plants, promoting sustainable farming approaches, and augmenting regional revenues.



AYUSH policy strives to capitalise on this legacy by enabling the cultivation of various rare medicinal plants native to the area

In the domain of AYUSH production, Uttarakhand already has a strong drive, backed by ample raw materials and promising business necessities. The state hosts multiple GMP-certified manufacturing departments making a vast array of AYUSH medicines and consumer items. Under the new policy, more incentives and assistance will be offered to enable more units to attain WHO GMP certification and adhere to global quality norms. This action is anticipated to greatly improve the sector's contribution to the state's GDP, presently evaluated at Rs 4,000-5,000 crore.

Healthcare constitutes another cornerstone of Uttarakhand's AYUSH approach, with the state having one of the country's highest concentrations of AYUSH healthcare establishments. The policy summarises strategies to accredit all specified government AYUSH healthcare centers under the NABH (National Accreditation Board for Hospitals & Healthcare Providers) within five years. This accreditation will not only improve service quality, but also incorporate AYUSH treatments with allopathic healthcare systems, assuring complete medical care for all citizens.

Wellness tourism, already thriving in Uttarakhand due to its natural magnificence and spiritual essence, is set to obtain additional growth. The policy proposes building health centers and resorts across the state, concentrating on places like Kasar Devi and Harsil known for their natural healing effects.

Education and research are essential elements of Uttarakhand's AYUSH concept, with organisations like the Uttarakhand Ayurved University ushering the charge. The policy supports NAAC accreditation of all AYUSH academic colleges within five years, promoting educational superiority and assuring graduates are qualified to fulfill international norms.

Governance-wise, the department of AYUSH will spearhead policy undertaking, teaming closely with other state divisions and stakeholders. A single-window clearance system will facilitate investment processes, drawing private sector participation and promoting financial expansion across all AYUSH segments.

CONSUMER CONNECT INITIATIVE

Milestones by AYUSH

With a strong infrastructure and strategic endeavours, Uttarakhand has arisen as a leader in reviving age-old medicinal approaches and assuring their accessibility to all

The Department of AYUSH in Uttarakhand has made noteworthy strides in elevating and incorporating conventional Ayurvedic and Unani methods of medicine into the state's healthcare framework.

HEALTHCARE FACILITIES AND INSTITUTIONS

Uttarakhand has a network of 546 Ayurvedic and Unani hospitals, furnishing essential medical care mainly via conventional techniques. These include 541 Ayurvedic and five Unani hospitals, alongside specialised facilities in establishments like the Government Ayurvedic College in Rishikul and Gurukul Kangri, Haridwar. These organisations not only deliver treatment, but also act as hubs for teaching and research in Ayurvedic medicine.

Under the National Rural Health Mission (NRHM), Ayush wings have been established in 206 allopathic hospitals, further incorporating conventional approaches into mainstream healthcare. This endeavour advances to community health centers and primary health centers, assuring exhaustive healthcare services across rural and metropolitan regions.

EDUCATION AND RESEARCH

Uttarakhand has five Ayurvedic colleges, including two government institutions, committed to providing quality teaching in Ayurvedic medicine. Notably, Rishikul Government Ayurvedic College, Haridwar, provides postgraduate education in seven specialised topics, augmenting the collection of qualified Ayurvedic practitioners in the area.

The state also underscores training programmes for Ayurvedic nurses and pharmacists, enabling qualified healthcare specialists yearly. Private sector endeavours complement government measures, contributing greatly to the workforce in Ayurvedic medicine and corresponding domains.

INFRASTRUCTURE AND MANUFACTURING

The Government Pharmaceutical Laboratory in Rishikul, Haridwar, plays a key part in making Ayurvedic medicines to fulfill hospital needs. This establishment assures the availability of high-quality, standardized Ayurvedic formulations, that align with national health priorities.

Under NRHM, Ayush wings have been established in 206 allopathic hospitals, further incorporating conventional approaches into mainstream healthcare

REGULATION AND QUALITY ASSURANCE

Uttarakhand keeps strict benchmarks for Ayurvedic and Unani medicines via its State Drug Licensing Officer. Licensing and supervision ensure compliance with Good Manufacturing Practices (GMP), with the majority of pharmacies already licensed. Measures are continuing to improve certification for all pharmacies, including well-known labels acknowledged nationally and globally.

RESEARCH AND DEVELOPMENT

The establishment of a State Drug Testing Laboratory in Haridwar highlights Uttarakhand's dedication to promoting research and assuring the effectiveness and safety of Ayurvedic medicines. This establishment fosters strict testing and verification, boosting trust in conventional medicinal practices.

The Pioneer • 25 Feb • Ministry of Ayush

Legal awareness camp for senior citizens held

4 • PG | 146 • Sqcm | 49552 • AVE | 275K • Cir | Bottom Left

Hyderabad

Legal awareness camp for senior citizens held

PNS ■ RANGAREDDY

Peddapur village under Sadasivpet mandal hosted a legal awareness camp on the Maintenance and Welfare of Parents and Senior Citizens Act, 2007, on Monday. The event was organised by the Legal Aid Society of ICFAI Law School, IFHE, Hyderabad, in collaboration with the District Legal Services Authority (DLSA), of Sangareddy District.

Several distinguished guests, including senior civil judge and DLSA Sangareddy Secretary B Ramesh, ICFAI Law School Dean Prof Y Pratap Reddy, Village Secretary Papaiah, representatives of Peddapur Gram Panchayat, and Faculty Coordinator of the Legal Aid Society, Dr S Kannan.

The primary objective of the camp was to raise awareness about legal provisions ensuring the welfare and maintenance of senior citizens, including the toll-free helpline number 14567. ICFAI law students conducted a poster presentation detailing various government schemes benefiting senior citizens, such as Ayushman Bharat, Rashtriya Vayoshri Yojana, and Pradhan Mantri Vaya Vandana Yojana. They also highlighted key Constitutional and legislative provisions, including Article 41 of the Indian Constitution, the Hindu Adoption and Maintenance Act, and the Maintenance and Welfare of Parents and Senior Citizens Act, 2007.

Dr Kesari, a faculty member at ICFAI Law School, spoke about the three stages of life, childhood, youth, and old age, while explaining the distinction between Senior Citizens and Super Senior Citizens. She emphasized the importance of a balanced diet and regular medical check-ups for the elderly.

A mime performance depicted real-life issues faced by senior citizens, illustrating Section 23 of the Parents and Senior Citizens Regulation Bill.

Judge B Ramesh shared recent legal cases highlighting the hardships faced by elderly parents in society. He said that senior citizens no longer need to approach the courts directly, as DLSA would offer relief without requiring an advocate. He also stressed the importance of registering on the e-portal for quick grievance redressal and engaged with villagers to address their concerns.

The event concluded with a vote of thanks by K Ravi Kumar, a faculty member at ICFAI Law School, who acknowledged the collective efforts that contributed to the camp's success.

The Pioneer • 24 Feb • Ministry of Ayush

Letters To The Editor

6 • PG | 423 • Sqcm | 1204568 • AVE | 634.42K • Cir | Bottom Center

Delhi • Chandigarh

LETTERS TO THE EDITOR

CORRUPTION CONTINUES TO RISE

Madam — Recently, Transparency International, a global organisation, released its Corruption Perceptions Index for 2024, ranking India 96th out of 180 countries. In 2023, India was ranked 93rd, indicating that corruption has increased. Even today, corruption scandals involving politicians, government employees and high-ranking officials continue to surface in every state across the country. Despite the widespread use of digital technology, the level of corruption has not decreased, as evidenced by this report. We often talk about India's glorious past and the ideals of 'Ram Rajya', but honesty, integrity and transparency are rarely reflected in our actions.

There is a clear disconnect between what we preach and what we practice. Moreover, corruption has gained social acceptance, allowing individuals to amass wealth through dishonest means because they know that society primarily respects and honours the wealthy. Honest government employees, leaders and self-employed individuals do not receive the same social recognition. This is why corruption, like the mythical demon 'Bhasmasura,' continues to grow day by day. To eradicate corruption, the citizens of the country must become aware and stop giving social respect to corrupt individuals. Additionally, the government must strictly enforce stringent laws against corruption to set an example. Only then can corruption be truly eradicated.

Jitesh Mori | *Kutch*

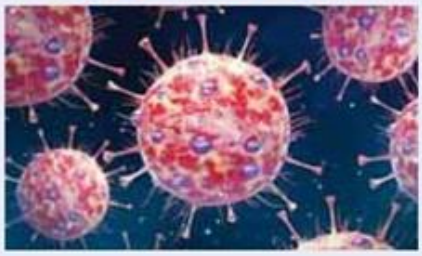
WELFARE SCHEMES FOR DELHIITES

Madam — Newspapers are abuzz with the news about the new BJP government in Delhi under the new CM Rekha Gupta. Now Delhi enters political tranquillity after a decade of turmoil. All the welfare schemes, including Ayushman Bharat, will now be implemented for Delhiites. It also ends an era of confrontation with the Union Government. This is perhaps the first time that the environmental issues, i.e., Yamuna cleaning and pollution, are top on the people's agenda taken up by the present BJP government. The BJP state government should closely work with the Union Home Ministry for law and order. Delhi is mini-India, so the performance of the Delhi state government will have a multiplier effect throughout the country.

It needs to be considered that the Delhi government owes about Rs 11000 crore on subsidy bills and cumulatively for five years, it is a significant factor to derail the development and result in deficit budgets of Delhi. This phantom expenditure, if put to the development programmes, may construct several new schools, colleges, hospitals, flyovers, industrial areas and district centres. Huge employment will also be generated. Only needy and incapacitated people who work and engage in employment should get free facilities of ration, education, water, and electricity. The development should be the top priority and get momentum. Public expectations are high.

Vinod Johri | *Delhi*

New bat virus identified



A recent study has identified a new bat coronavirus in China that has the potential to infect humans, raising concerns about future zoonotic outbreaks. Bats have long been recognised as natural reservoirs for coronaviruses and this discovery underscores the ongoing risk of spillover events-where viruses jump from animals to humans. Scientists emphasise the importance of monitoring such viruses closely, as past outbreaks like SARS and COVID-19 originated from similar sources.

While there is no immediate evidence of human-to-human transmission, the genetic makeup of this new virus suggests it could adapt over time. Factors such as habitat destruction, illegal wildlife trade and increased human-animal interactions contribute to the growing emergence of such diseases. The key takeaway from this finding is the need for proactive research and global collaboration in tracking and containing potential threats. With advancements in virus surveillance and vaccine technology, early detection could prevent future pandemics.

Anushka Bohra | *Ujjain*

EDUCATION NEEDS REFORM

Madam — Attention must be drawn to the alarming findings of India's Graduate Skill Index 2025 by Mercer-Mettl. The report reveals that only 42.6 per cent of Indian graduates are employable, reflecting a decline from 44.3 per cent in 2023. This downward trend highlights a growing mismatch between academic training and industry requirements. Bridging this gap requires urgent intervention. Academic institutions must align their programmes with industry demands, incorporating skill-based training, internships and technology-driven learning.

Additionally, collaboration between policymakers, educators and businesses is essential to reform the education system and enhance career readiness. The employability crisis, if left unaddressed, will hinder India's economic growth and global competitiveness.

Akash Kumar | *Jagraon*

Send your feedback to:
letterstopioneer@gmail.com

The Pioneer • 24 Feb • Ministry of Ayush

WELFARE SCHEMES FOR DELHITES

6 • PG | 103 • Sqcm | 34997 • AVE | 275K • Cir | Bottom Right

Hyderabad



WELFARE SCHEMES FOR DELHIITES

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Vinod Johri | *Delhi*

The Pioneer • 22 Feb • Ministry of Ayush

BJP-led government unveils healthcare reforms, free bus services and development plans

3 • PG | 529 • Sqcm | 1506847 • AVE | 634.42K • Cir | Middle Center

Delhi

BJP-led government unveils healthcare reforms, free bus services and development plans

STAFF REPORTER ■ NEW DELHI

A day after taking oath, Delhi's new Health and Transport Minister Pankaj Singh on Thursday assured that the free bus service for women will continue under the BJP-led government and directed officials to submit a detailed report on the functioning of Mohalla Clinics.

Singh, who has been allocated the health, transport, and information technology portfolios, took oath on Wednesday along with five other cabinet ministers in the newly formed Rekha Gupta government.

"Public transport will remain free as promised. We are committed to improving facilities further," Singh said. He assured that free public transport for women will not be discontinued and said that the government plans to improve introduce new benefits in public transport.

Singh, a 48-year-old debutant legislator and a prominent Purvanchali face in the new government, is a dental surgeon-turned-politician.

Speaking about the Mohalla Clinics, Singh said, he has asked the Health Secretary to submit a report detailing their operations, including the total number of functional clinics, staffing, property ownership status, and the frequency of doctor visits.

The minister said that he has also inquired about clinics where doctors do not visit but bills are still being generated.

He further claimed that, according to his assessment, 30 to 40 percent of Mohalla Clinics do not even open regularly.

Addressing the shortage of the clinics, he said inspections will be conducted, and necessary actions will be taken based on the results. He assured that visible changes will take place within 100 days.

Singh also sought a comprehensive report on pending healthcare projects, which is expected by February 27 , following which further steps will be taken.

On the Ayushman Bharat health insurance scheme, he said,, "We had sent the Ayushman Bharat file to the Centre. Now that it has returned, we will make all efforts to implement it by next week."

As a doctor himself, Singh stressed the importance of understanding the challenges faced by medical professionals and pledged to address their concerns. He also highlighted the government's focus on essential services like water supply and sewage management.

"Discussions are underway to ensure Delhi residents get clean drinking water and air. People should not face shortages during summer," he said, adding that significant improvements will be visible in the next winter season.

Ashish Sood, who has been given the Home, Power, Urban Development, Education, Higher Education, Training and Technical Education, said the AAP deliberately did not implement the Ayushman Bharat scheme in Delhi and denied the people of the city its benefits.

The minister said the Ayushman Bharat scheme, a key initiative of the central government, was approved in the first Cabinet meeting on Thursday. "Now, people of Delhi will also have the opportunity to avail its benefits," he said.

He informed that the Delhi government will also sign a Memorandum of Understanding (MoU) with the central government and ensure its full-scale implementation, the minister said.

Delhi's Social Welfare, SC & ST Welfare, Elections and Cooperative Minister Ravinder Indraj Singh said that he would prioritise the development of rural areas as a minister. Singh who got the social welfare, SC & ST welfare, cooperative and elections departments in the Delhi government said he understands the challenges ahead.

"Having lived here, I know the issues firsthand. Development will be prioritised," he said.

JP Nadda praises implementation of Ayushman Bharat scheme

STAFF REPORTER ■ NEW DELHI



Union Minister JP Nadda File photo

Union Health Minister JP Nadda on Friday lauded the BJP-led Delhi government's decision to implement the Ayushman Bharat scheme in its first cabinet meeting, saying Prime Minister Narendra Modi's "guarantee means every guarantee will be fulfilled".

He also accused the previous AAP government of depriving the people of the national capital from availing the benefits of Ayushman Bharat Yojana for 10 years due to its narrow politics.

Taking to X, Nadda said, "Modi's guarantee means every guarantee will be fulfilled. I congratulate the Delhi government for the decision to implement the 'Ayushman Bharat Yojana' in the first Cabinet meeting."

"The AAP government, due to its narrow and selfish politics, maliciously deprived the people of Delhi of this public welfare scheme for 10 years, due to which lakhs of citizens of Delhi were deprived of good treatment in difficult circumstances." He said the BJP had pledged to implement this scheme in its 'Sankalp Patra'.

"This decision of the first cabinet is proof that under the guidance of the Prime Minister @narendramodi ji, the BJP government of Delhi is committed to realising its goal of development work in accordance with public sentiments," Nadda said in the same post.

At its maiden meeting on Thursday, the newly-formed Delhi Cabinet approved the implementation of the health insurance scheme in the capital.

"The previous government had stalled the Ayushman Bharat scheme in Delhi. Prime Minister Narendra Modi implemented it across the country, and now we have approved it for Delhi," Chief Minister Rekha Gupta said after the Cabinet decision.

Under the scheme approved by the Cabinet, a total of ₹10 Lakh health cover will be provided to each beneficiary, with the Centre and Delhi government contributing ₹5 Lakh each.

Meanwhile, after the approval, the training for the staff who will be generating the Ayushman cards has begun as the National Health Authority along with the Delhi government is working on creating the beneficiary data base. As many as 6.54 Lakh of the poorest families in Delhi will receive health coverage up to ₹5 Lakh.

Government plans key healthcare reforms, 'Aarogya Mandirs' in focus

STAFF REPORTER ■ NEW DELHI

With the formation of the BJP government in Delhi, an action plan has been prepared to introduce key reforms in the healthcare sector, which includes digitisation of health services, setting up of 'Aarogya Mandirs', filling up various vacancies of medical superintendents and completion of under-construction hospitals.

They said that many state-run hospitals have been facing an acute shortage of medical superintendents (MS) and medical directors (MD), with some officials managing two hospitals simultaneously, which affects the functioning of health facilities.

Addressing this issue is a priority, he said, adding that the government is expected to take steps to prevent disruptions in medical services and ensure that people continue to receive essential healthcare facilities without any hindrance.

Along with that, the Health Information Management System (HIMS) and the enforcement of the Clinical Establishments Act will also be reviewed, a health official said.

"For the past year, we have been highlighting gaps in the health sector. Now that all departments have been directed to prepare a blueprint for the first 100 days of work, some key proposals are under consideration," the official added.

He said that HIMS has been a long-standing demand of the Delhi government.

"This system is a fundamental requirement for hospital management, and its implementation will significantly improve healthcare services," he said.

HIMS, which is free of cost and helps curb corruption, is a government-to-government (G2G) web-based Monitoring Information System launched by the Ministry of Health and Family Welfare (MoHFW) in October 2008.

It aims to provide key inputs for policy formulation and programme interventions but was not approved by the AAP government.

Meanwhile, the Clinical Establishments (Registration and Regulation) Act, 2010, enacted by the central government, mandates the registration and regulation of all clinical establishments in the country to ensure minimum standards of facilities and services.

The newly formed Delhi Cabinet approved the implementation of the Ayushman Bharat health insurance scheme in the capital during the first session of the eighth Assembly.

Following the approval of the scheme, other key measures—such as restructuring Mohalla clinics for better efficiency—may be the next steps towards building a better healthcare system in Delhi. Mohalla clinics will not be shut down, as public welfare should not be compromised.

The Pioneer • 21 Feb • Ministry of Ayush

AYUSHMAN FOR DELHI, CAG FOR AAP

1 • PG | 223 • Sqcm | 133852 • AVE | 268.96K • Cir | Top Right

Chandigarh

AYUSHMAN FOR DELHI, CAG FOR AAP

RAJESH KUMAR ■ NEW DELHI

Amid expectations of major announcements, the newly formed Delhi Cabinet headed by Chief Minister Rekha Gupta in her first cabinet meeting on Thursday approved a proposal reinstating the implementation of Ayushman Bharat Yojna (ABY) with Rs 5 Lakhs top-up and tabling of 14 Comptroller and Auditor General (CAG) reports in the first siting of the Assembly.

The cabinet also discussed the financial assistance scheme, which provides Rs 2,500 to women, aiming to support their welfare and empowerment.

Speaking to reporters after the meeting, Gupta said in Hindi, "During the Cabinet meeting, we have taken two big decisions. The ABY, whose implementation had been held back by the previous government, will be implemented in Delhi with a top-up of Rs 5 Lakh from the state government. PM Narendra Modi had announced the scheme for the whole nation, but Delhi could not get its benefits because of the Aam Aadmi Party (AAP). This will be done at the earliest after the formalities are completed."

"There are 14 CAG reports pending, which were not tabled by the previous government. They will be tabled during the first session of the Assembly. These decisions were taken today. We will take up our other commitments, give shape to each one of them and present them before you soon," she added. Performance Audit on Regulation and Supply of Liquor in Delhi for 2017-18 to 2021-22, Public Health Infrastructure and Management of Health Services for 2023 and Performance Audit Report on Children in Need of Care and Protection for 2018-19 to 2020-21 are among 14 pending CAG reports.

The implementation of the ABY for medical insurance had become a major flashpoint between the AAP and the BJP. MPs from the BJP had also filed a petition in the Delhi High Court, seeking that the scheme be made available to people in the national capital.

Notably, the previous AAP government, led by former chief minister Arvind Kejriwal, had opposed the implementation of the Centre's Ayushman Bharat scheme in Delhi, saying that it would "amount to downgrading the healthcare initiatives already in place." The AAP government in Delhi had several run-ins with lieutenant governors over various issues in the past decade. However, with the BJP coming to power in the city after more than 26 years, many expect the relationship to improve, paving the way for smooth governance.

After chairing the first Cabinet meeting on Thursday, Gupta announced the distribution of portfolios among her ministers, keeping with her finance, services, vigilance, revenue, women and child development among other departments.

The Pioneer • 20 Feb • Ministry of Ayush

Study reveals mixed reaction toward AI for TB diagnosis

3 • PG | 48 • Sqcm | 16291 • AVE | 275K • Cir | Bottom Right

Hyderabad

Study reveals mixed reaction toward AI for TB diagnosis

PNS ■ HYDERABAD

A study by researchers at the Max Institute of Healthcare Management (MIHM) at the Hyderabad Indian School of Business (ISB) explored healthcare provider's attitude toward using artificial intelligence (AI) for tuberculosis (TB) diagnosis in India. The study, published in JMIR Formative Research, surveyed 406 Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy (AYUSH) and informal healthcare providers (AIPs) across Gujarat and Jharkhand.

The study highlights the need for specific AI adoption strategies, including training and infrastructure improvements.

The Pioneer • 19 Feb • Ministry of Ayush

BJP sets its sights on West Bengal and Bihar after Delhi triumph

7 • PG | 371 • Sqcm | 126086 • AVE | 275K • Cir | Bottom Left

Hyderabad

BJP sets its sights on West Bengal and Bihar after Delhi triumph

The Aam Aadmi Party's collapse in Delhi and the cracks within the INDIA bloc have emboldened the BJP to win Bengal and Bihar



K S **TOMAR**

Buoyed by its sweeping success in Delhi, the Bharatiya Janata Party (BJP) has now turned its focus towards the crucial state elections in West Bengal in 2026, where it aims to dethrone Mamata Banerjee. What once seemed like an uphill battle is now a tangible possibility for the party. Emboldened by the Aam Aadmi Party's (AAP) debacle in Delhi, BJP leaders are proclaiming, "Delhi ki jeet hamari ho gayi, ab 2026 main Bengal ki baari hai" (We have won Delhi; now it's Bengal's turn in 2026).

Bihar, too, is set to witness an intense electoral showdown. With recent victories boosting the party's confidence, BJP and its allies plan to enter the battle with renewed aggression to retain power. The frag mented INDIA alliance, which was evident in Haryana and Delhi, provides the BJP with an additional advantage. The Rashtriya Swayamsevak Sangh (RSS), which has maintained a strong presence in West Bengal for decades, is expected to play a pivotal role in BJP's bid to oust Mamata in the upcoming assembly elections.

Modi's Appeal: BJP's Trump CardPrime Minister Narendra Modi remains the BJP's strongest electoral force. His leadership, credibility, and mass appeal, especially among the middle and lower-income groups, were decisive in Delhi's outcome. Welfare schemes like free ration under the PM Garib Kalyan Anna Yojana directly strengthened BJP's voter base. Modi's ability to project governance stability ensured that BJP's campaign resonated powerfully across the capital.

Modi's credibility as a vote magnet and his guarantee to implement manifesto promises worked like magic for the BJP, which continues to heavily rely on him even for state elections. In his characteristic style, Modi remarked, "Congress has achieved a double hat-trick of defeats with zero seats," predicting its further decline. Meanwhile, he celebrated BJP's string of victories in Haryana, Maharashtra, and Delhi, reinforcing his status as the party's ultimate campaigner.

Decoding JBP's Triumph in Delhi: The Modi FactorSeveral key factors contributed to BJP's victory in Delhi, with Modi playing a central role. His strong stance on national security, Hindutva, and governance stability shaped the electoral landscape, particularly among urban and middle-class voters.

Modi's National Security & Hindutva Image

As the national capital, Delhi is heavily influenced by nationalistic narratives. Modi's firm policies on Pakistan, terrorism,



and Hindutva solidified BJP's core voter base. By framing the election as Modi vs. Kejriwal rather than a contest over local governance, BJP ensured that Modi's persona resonated strongly with voters.

PM's Welfare Schemes vs. AAP's Freebies

While AAP is known for its populist freebies, the Modi government strategically countered this with large-scale welfare initiatives such as PM Awas Yojana (housing for the poor), Ujjwala Yojana (free LPG connections), and Ayushman Bharat (health insurance). By shifting the narrative from Kejriwal's localized welfare model to Modi's broader national schemes, the BJP successfully attracted lower-income and migrant voters.

A masterstroke was Modi's assurance that AAP's welfare schemes would not be discontinued but rather enhanced, promising to elevate Delhi into a world-class city. This neutralized Kejriwal's traditional advantage and reassured voters. BJP also aggressively targeted AAP over corruption allegations, particularly the liquor scam, altering voter perception. Modi's leadership was positioned as a guarantee of cleaner governance, contrasting sharply with AAP's tainted image.<

Impact of BJP's Victories in Other States: BJP's recent wins in Haryana, Maharashtra, and other key states created a momentum effect, reinforcing voter confidence in Delhi. Haryana's proximity made its results particularly influential, given the shared demographics.

The party's national winning streak also boosted cadre morale, creating a perception of electoral invincibility, which further weakened AAP's positioning as an alternative force.

Why AAP Lost:

AAP's defeat was not solely due to BJP's strategic campaign but also its political miscalculations. Kejriwal underestimated Congress's relevance, assuming it was a non-factor. This resulted in AAP's defeat in 14 assembly segments where the victory margin was lower than the votes secured by Congress candidates.

AAP had previously employed a similar strategy in Haryana, splitting Congress's votes and aiding BJP's gains. However, this tactic backfired in Delhi, as the ignored Congress vote share ended up damaging AAP more than BJP. One of the biggest takeaways from AAP's crushing defeat is the blow to Arvind Kejriwal's national ambitions.

(The writer is a senior political analyst and strategic affairs columnist; views are personal)

The Pioneer • 17 Feb • Ministry of Ayush

Ministry of Ayush announces opening of nominations for PM's Yoga Awards

4 • PG | 227 • Sqcm | 136459 • AVE | 268.96K • Cir | Middle Center

Chandigarh • Delhi • Bhubaneshwar

Ministry of Ayush announces opening of nominations for PM's Yoga Awards

PIONEER NEWS SERVICE
NEW DELHI

Ministry of Ayush announces the opening of nominations for the prestigious Prime Minister's Yoga Awards for the 2025 edition of the International Day of Yoga (IDY2025).

These awards recognise individuals and organisations that have made significant and sustained contributions to the promotion and development of Yoga, both nationally and internationally, an official statement said here on Sunday.

Established to honor the profound impact of Yoga on society, the Prime Minister's Yoga Awards aim to celebrate exemplary contributions to the field, reinforcing Yoga's role in disease prevention, health promotion, and the management of lifestyle-related disorders, Ministry of Ayush statement said.

These awards, personally endorsed by the Prime Minister, serve as a testament to the Government's commitment to recognizing and celebrating the invaluable contributions to the growth and propagation of Yoga.

The awards will be conferred in the National Individual, National Organisation, International Individual, and International Organisation categories, with each winner receiving a Trophy, Certificate, and a Cash Award of Rs. 25 lakh.

Individuals applying must be 40 years or older and should have at least 20 years of dedicated service in Yoga promotion.

Applications and nominations can be submitted via the MyGov platform (https://innovateindia.mygov.in/pm-yoga-awards-2025/) on or before March 31, 2025. The link will also be available on the Ministry of Ayush's website and the websites of its autonomous bodies. Entities can apply directly or be nominated by a prominent Yoga organization. Each applicant/nominee can apply for only one category (National or International) per year.

A Screening Committee constituted by the Ministry of Ayush will review all applications and recommend a maximum of 50 names per award category to the Evaluation Jury. The Jury, comprising eminent personalities from various fields, will be the apex decision-making body.

The Ministry of Ayush is dedicated to developing and promoting our traditional systems of medicine and wellness, including Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa-rigpa and Homoeopathy. The Ministry strives to integrate these systems into the healthcare landscape, enhancing the well-being of individuals and communities holistically.

The Pioneer • 17 Feb • Ministry of Ayush

Post-Natal Yoga Benefits

11 • PG | 873 • Sqcm | 524031 • AVE | 268.96K • Cir | Top Left
Chandigarh • Delhi

Post-Natal Yoga Benefits



Motherhood is a beautiful yet challenging journey that brings immense joy and significant changes to a woman's body and mind. After childbirth, new moms need care and support to recover physically and emotionally. *Postnatal yoga* offers a holistic approach to healing, helping mothers regain strength, reduce stress, and find balance as they adjust to life with a newborn.

Physical Recovery after Birth:

Pregnancy and childbirth can weaken muscles, cause tension, and lead to discomfort. Postnatal yoga helps restore core strength, particularly in the abdominal muscles, improving posture and stability while reducing back pain.

It also supports pelvic floor health, strengthening muscles that may have weakened during childbirth, which helps with bladder control and prevents prolapse.

New moms often experience tension in the neck, shoulders, and lower back from breastfeeding and carrying their baby. Yoga relieves this tightness through gentle stretches, reducing discomfort.

Embracing Postnatal Recovery with Yoga

Postnatal yoga is not just about physical recovery, it's a holistic approach to healing that nurtures the body, mind and spirit. Through breathwork and mindfulness, it empowers new moms to embrace the changes of motherhood while prioritising their well-being.



Encouraging a Positive Mind-Body Connection

Yoga serves as an essential self-care practice, reminding new moms to take time for themselves. It helps them reconnect with their bodies and embrace postpartum changes with compassion.

The practice also fosters empowerment, allowing mothers to regain strength and confidence. As they rebuild their physical capabilities, they feel more in control of their recovery and overall well-being.

Building a Supportive Community

Motherhood can sometimes feel isolating, but postnatal yoga offers an opportunity to connect with other moms who are going through similar experiences. Many classes provide a supportive space where moms can share advice, encouragement, and emotional support.





PRECAUTION

Although core strength is essential, strenuous core exercises such as boat pose or intense abdominal crunches should be avoided postpartum.

The abdominal muscles require time to heal, and these exercises may slow down the recovery process.

The postpartum yoga techniques improve calmness, reduce irritability and anger, increase energy, lower blood pressure, reduce muscle tension, and aids in relaxation.

Recommended Yoga Poses for New Moms

While each mother's recovery is unique, the following yoga poses can be especially beneficial:

- Cat-Cow Pose (Marjaryasana-Bitilasana) – Stretches the spine and relieves back pain.
- Child's Pose (Balasana) – Promotes relaxation and stress relief.
- Bridge Pose (Setu Bandhasana) – Strengthens the pelvic floor and core.
- Seated Forward Fold (Paschimottanasana)– Stretches the hamstrings and encourages relaxation.
- Warrior II (Virabhadrasana II)– Builds strength, balance, and stability.



Mental Well-Being and Emotional Balance

The postpartum period can bring emotional highs and lows. Yoga is a powerful tool for stress relief, as deep breathing and mindful movement promote relaxation and calm. It also encourages mental clarity, helping moms feel more present and grounded amid the challenges of early motherhood.

Yoga has been shown to help reduce postpartum depression and anxiety by lowering cortical levels and promoting emotional stability. Additionally, it can improve sleep quality, which is crucial for new moms dealing with interrupted sleep patterns.

BENEFITS

Postnatal yoga is excellent for regaining strength in the abdominal muscles.

Yoga improves flexibility, making everyday movements easier as moms adapt to the physical demands of caring for a newborn.

You can relieve the stress and tension



Strengthening the Mother-Baby Bond

Postnatal yoga not only benefits moms but also enhances their connection with their babies. Many classes include mom-and-baby yoga, incorporating gentle movements that encourage bonding through touch and eye contact. Yoga can also aid in breastfeeding support, improving posture and chest openness, making feeding more comfortable.

Adaptable and Energy-Boosting

One of the best aspects of postnatal yoga is its adaptability Whether a mother had a vaginal or cesarean birth, the practice can be modified to ensure safety and effectiveness.

Additionally, yoga helps boost energy levels. Gentle movements, deep breathing, and mindfulness techniques improve circulation and reduce fatigue, leaving new moms feeling more refreshed and ready for the day.

— Inputs by Swati Sharma, Senior Yoga Therapist at Bio Resurge Wellness



THE POSTPARTUM PERIOD CAN BRING EMOTIONAL HIGHS AND LOWS.

POSTNATAL YOGA IS NOT JUST ABOUT RECOVERING YOUR BODY, BUT ABOUT REDISCOVERING YOUR POWER AS A MOTHER

Strengthening the Mother-Child Bond

Welcoming a child into your life brings profound changes and can take time to adjust to.

Postnatal yoga nurtures the connection between mother and child, helping new mothers conserve the immense energy needed to care for a newborn. Through breathing exercises, meditation, and gentle postures, it promotes relaxation, making it easier to care for your baby while also benefiting from the practice. It encourages mindfulness, helping mothers stay present and enjoy precious moments with their little ones. The gentle movements also aid in postpartum recovery.

The Pioneer • 16 Feb • Ministry of Ayush

Roadmap ready to build Viksit Bharat by 2047: Min

8 • PG | 274 • Sqcm | 93168 • AVE | 275K • Cir | Top Center

Hyderabad

Roadmap ready to build Viksit Bharat by 2047: Min

PNS ■ NEW DELHI

Union Minister Mansukh Mandaviya on Saturday blamed previous governments for missing the opportunity to develop infrastructure for boosting economic expansion, saying the Modi government has prepared the roadmap to achieve the Viksit Bharat@2047 goal.

This assumes significance in view of India's ambitious goal of achieving the target of a fully developed nation in 2047 when the country will be celebrating 100 years of independence.

Speaking at The Times Group's ET NOW Global Business Summit (GBS) 9th Edition, Mandaviya said that many trains (opportunities to push economic growth) came and went but the country was not ready with its luggage and ticket (roadmap for development) at the right time.

The minister, who holds the portfolio of Labour and Employment and Youth Affairs and Sports, was referring to the absence of a clear-cut roadmap for development, especially infrastructure, commensurate with the need of the hour to keep pace with changing times for achieving high economic growth.



"We are not just talking about a Viksit Bharat we are building it with a clear roadmap. In the past six years, 25 crore people have been lifted out of poverty, and 60 crore Indians now have access to free medical treatment under Ayushman Bharat."

He stated that the Modi government has prepared the roadmap to achieve the goal of Viksit Bharat@2047.

"India's economic growth must be deeply rooted in our heritage while embracing innovation. Our ancestors—from the Indus Valley traders to Acharya Chanakya—laid the foundations of self-reliance and entrepreneurship, and those lessons remain as relevant today as ever."

He further stated that under the leadership of Prime Minister Narendra Modi, we have revived this spirit through initiatives like Startup India and Make in India.

"A decade ago, India had just four unicorns; today, we have 118, proving that nurturing talent and innovation can transform our economy," he said, emphasising the importance of blending tradition with modern progress.

"We are not just talking about a Viksit Bharat we are building it with a clear roadmap. In the past six years, 25 crore people have been lifted out of poverty, and 60 crore Indians now have access to free medical treatment under Ayushman Bharat."

He noted that the job creation has nearly doubled compared to previous governments, and our farmers, businesses, and industries are thriving.

"Unlike in the past, when there was no clear vision, today, we deliver results."

Emphasising the collective effort needed, he said, "If each of us takes a step forward, India moves 140 crore steps ahead. Our nation's future depends on the commitment and responsibility of every Indian. Together, we will achieve the dream of a developed India by 2047."

The Pioneer • 13 Feb • Ministry of Ayush

Ayush Ministry, social justice department sign MoU for senior citizens

4 • PG | 309 • Sqcm | 185464 • AVE | 268.96K • Cir | Middle Center

Chandigarh • Delhi • Bhubaneshwar

Ayush Ministry, social justice department sign MoU for senior citizens

PIONEER NEWS SERVICE
NEW DELHI

Ministry of Ayush and Department of Social Justice and Empowerment signed a MoU on Wednesday to improve the well-being of senior citizens and address the growing concern of substance abuse. This strategic partnership seeks to implement Ayush-based interventions to promote geriatric healthcare and combat substance abuse, Union Ayush Minister Prataprao Jadhav said. He said the Memorandum of Understanding (MoU) is a pioneering step to develop cooperative initiatives for health promotion among senior citizens and those affected by substance abuse.



Photo: File photo

"Geriatric healthcare and substance abuse are critical areas that require special focus, especially as we face an ageing population and growing concerns around addiction," Jadhav said.

This collaboration between the Ministry of Ayush and the Department of Social Justice and Empowerment (DoSJE) represents a significant step towards addressing these challenges.

"By leveraging the holistic approach of Ayush systems alongside social welfare initiatives, we aim to empower our senior citizens and those affected by substance abuse," the Minister stated.

While addressing the gathering, Union Minister of State for Social Justice and Empowerment B L Verma, said, "Under the visionary leadership of Prime Minister Narendra Modi, our government has taken several steps to ensure the welfare of our senior citizens. The signing of the MoU with the Ministry of Ayush will benefit our senior citizens in a big way.

"The development of elderly-specific training modules, treatment protocols, yoga training programs, sharing of preventive and curative practices, etc, under the MoU will go a long way in enabling our senior citizens to lead a healthy life. By joining hands with the Ministry of Ayush, I am sure that together we can provide comprehensive services to the community," Verma said.

By leveraging the strengths of Ayush systems, both ministries committed to working together on various initiatives, including awareness programmes, capacity-building for service providers and the establishment of geriatric health and de-addiction units under Ayush autonomous bodies.

Key objectives of the MoU include developing cooperation, convergence and synergy between the Ministry of Ayush and DoSJE to foster innovative initiatives for promoting the health of senior citizens, reducing the demand for drugs, addressing substance abuse and aiding mental rehabilitation. This will be achieved through the generation of awareness and capacity-building of service providers using Ayush systems. It also includes encouraging research in the areas of geriatric health, substance abuse and mental health, with a focus on exploring the therapeutic benefits of traditional healthcare practices and supporting additional activities for health promotion tailored to both the geriatric population and individuals affected by substance abuse.

The Pioneer • 12 Feb • Ministry of Ayush

BJP withdraw PIL over Ayushman Bharat in Delhi

2 • PG | 124 • Sqcm | 354659 • AVE | 634.42K • Cir | Middle Center

Delhi

BJP withdraw PIL over Ayushman Bharat in Delhi

PIONEER NEWS SERVICE
NEW DELHI

Day after winning in Delhi Assembly, Seven BJP MPs on Tuesday withdrew from the Delhi High Court their plea for the implementation of the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY). The counsel appearing for the MPs said BJP won the Delhi assembly elections and the ruling government promised to implement the scheme in its first cabinet meeting.

"I am withdrawing the petition as the new dispensation in Delhi has promised to implement the Ayushman Bharat scheme in the first cabinet meeting," said the counsel before the Bench of Justices Prathiba M Singh and Manmeet Pritam Singh Arora.

The petitioners -- Harsh Malhotra, Ramvir Singh Bidhuri, Praveen Khandelwal, Yogendra Chandolia, Manoj Tiwari, Kamaljeet Sehrawat and Bansuri Swaraj-- argued Delhi citizens were facing a serious issue of high out-of-pocket health and medical expenses and even resorted to borrowing or selling assets during a medical emergency. The petitioners said Delhi was the only union territory where the healthcare scheme for the underprivileged was yet to be implemented which deprived them of an essential health coverage of Rs 5 lakh.

Earlier, the High Court expressed shock over the Delhi government reportedly not accepting the financial aid through the Centre-funded health scheme when there was "no money" with it for its healthcare system. It had said the central scheme was just an aid being given to a particular segment of citizens and steps must be taken to iron out the differences within the Delhi administration.

The petitioners argued the "clash of political ideologies must take a back seat" in the interest of welfare of the residents of Delhi and sought a direction to the Delhi government and its health department to implement the scheme. "Of 36 states/UTs, 33 have implemented the scheme and at present the Government of Odisha is actively considering the implementation of the scheme. However, the scheme has not been implemented in NCT of Delhi," they claimed.

The Pioneer • 10 Feb • Ministry of Ayush

Must -Do Yogasanas

11 • PG | 1088 • Sqcm | 653027 • AVE | 268.96K • Cir | Top Left

Chandigarh

Must- Do Yogasanas

BY YASH GUPTA

Breathe in! Breathe out! As long as you live there are certain things that you cannot control but there are other things that you can control. Having control over your senses is considered one of the wealth and the path is through *yoga*.

The list of activities is forever going, there is no end to what to do for better mental and physical health. Some exercises do not go well with the body because of the body structure, past injuries, or ongoing health issues. But here are 5 yogasnas that are recommended and are equally beneficial for everyone. You can do it during office hours and 2 of them are recommended as for starting your day.



Tadasana: The most common asana for a healthy spine is the tadasana, just be barefoot and balance your body weight on both legs equally, join the feet together and lock your fingers together, and stretch up lengthening your spine, come on your feet, lift your heels and hold the position. Keep breathing and after a while slowly come down, relax your feet and hand by the side. Repeat 2-3 times.

People with shoulder injuries can just lift the shoulder without raising hands and elderly people can also do it while sitting on a chair.



Malasanas: As soon as you wake up, it is highly advisable to begin the day with lukewarm water and sit in malasana for a while. All you have to do is sip a glass of water like tea sip by sip fold your knees completely and come down in a deep squat position, stay there for a while, and also you can just touch Mother Earth and offer gratitude. Works magic for relief in bowel movements and what could have been a better start than offering your gratitude to Mother Earth.

People having knee issues, can try pulling knees towards the chest while sitting on the cushion surface.



Nadi Shodhan: The king of all the pranayam, the instant stress buster and balancing the entire body. Place your right thumb on your right nostril and inhale from the left press the ring finger close left nostril and release the right exhaling breath, inhale through the right, and exhale through the left.

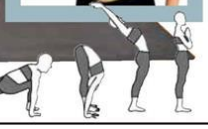


Yogic breathing: The most effective way to increase prana or vital life force is the pranayamas, simple yet effective and soothing too. It is also known as conscious breathing. Sit in an upright position, relax yourself, and relax your body, place one hand on your chest and the other on your navel. Start breathing in slowly, expanding your chest and stomach slowly, don't rush it and when you reach full capacity, even more slowly release the breath slowly contracting your abdomen and chest. Repeat 3-5 times.

Do not hold your breath and do not rush, the slower the breathing process the better.

Neck stretch and movements: It is believed that all of the stress accumulated is usually in the neck and shoulder region. Work on your neck and it will help you release all your stress even in the middle of office hours or any other work. Simply relax your neck and sit in an upright position with a spine, take a deep breath in and out and close your eyes (recommended for better results) stretch your neck to the sides, and try touching your shoulder without lifting them. After a few rounds relax and start rotating your neck clockwise and anti-clockwise and open your eyes slowly.

People suffering from survival do it very gently and not more than two rounds.



The author is an Art of Living faculty, meditation and mind coach, and professional yoga trainer.

The Pioneer • 10 Feb • Ministry of Ayush

Must-Do Yogasanas

11 • PG | 1088 • Sqcm | 3101879 • AVE | 634.42K • Cir | Top Left

Delhi

Must- Do Yogasanas

BY YASH GUPTA

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The author is an Art of Living faculty, meditation and mind coach, and professional yoga trainer.

The Pioneer • 08 Feb • Ministry of Ayush

8.59 Crore hospital admissions worth Rs 1.19 Lakh Crore authorised under Ayushman Bharat scheme

4 • PG | 223 • Sqcm | 634816 • AVE | 634.42K • Cir | Middle Center
Delhi

8.59 Crore hospital admissions worth ₹1.19 Lakh Crore authorised under Ayushman Bharat scheme

PIONEER NEWS SERVICE ■
NEW DELHI

Union Health Minister J P Nadda on Friday informed the Lok Sabha that a total of 8.59 crore hospital admissions worth ₹1.19 Lakh Crore have been authorised under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) as on January 1, Union Health Minister J P Nadda said on Friday.

He also said 5.63 Crore vulnerable individuals have been screened and 1.59 Lakh new tuberculosis patients notified since the launch of the 100-day intensified TB elimination campaign in 348 districts in December last year.

Underlining that steps are taken for prevention and detection of different kinds of fraud in the implementation of the Ayushman Bharat scheme, he said suitable actions, including de-empanelment of 1,114 hospitals, levying penalty worth ₹122 Crore on 1,504 errant hospitals and suspension of 549 hospitals have been taken against fraudulent entities.

In a written response to a question in Lok Sabha, he said the National Anti-Fraud Unit (NAFU) has been established at National Health Authority and works in close coordination with State Anti-Fraud Units (SAFU) to investigate and take joint action against issues related to fraud and abuse.

Further, any claims by empanelled hospitals found to be suspicious by NAFU are withheld until proper scrutiny by SAFU teams, including field verification where necessary.

As on February 4, nine doctors and 71 hospitals have been suspended under the scheme in Gujarat. Additionally, two hospitals have been de-empanelled and one hospital has been blacklisted.

A total recovery of ₹15.08 Crore has been made, while penalties amounting to ₹19.90 Crore have been imposed, Nadda stated.

The AB-PMJAY is a flagship scheme of the government which provides health cover of Rupees five Lakh per family per year for secondary and tertiary care hospitalisation to approximately 55 Crore beneficiaries corresponding to 12.37 Crore families constituting economically vulnerable bottom 40 per cent of India's population.

Recently, the scheme has been expanded to cover 6 crore senior citizens of age 70 years and above belonging to 4.5 Crore families irrespective of their socio-economic status under AB-PMJAY.

As regards fight against TB, the minister said in a written response to a question, 4.94 lakh Ni-kshay shivirs have been held while 86,748 new Ni-kshay Mitras have been registered and 1.12 Lakh food baskets disbursed to TB patients and their family members.

The government had on December 7 last year launched the intensified TB Mukt Bharat Abhiyan in identified 347 priority districts across 33 states and UTs, including eight districts of Himachal Pradesh, to accelerate the endeavour to achieve Sustainable Development Goals related to TB. Out of the total campaign districts, 38 are tribal, 27 are mining and 46 are aspirational districts.

The campaign follows a renewed approach to find missing TB cases, reduce TB deaths and prevent new cases, Nadda said.

To ensure equitable access, special outreach camps have been organised to screen vulnerable population, offer X-ray and Nucleic Acid Amplification Test (NAAT) tests, either through mobile medical vans or by mobilizing them to the nearest health facility equipped with X-ray. All services related to TB have been decentralised to the level of Ayushman Arogya Mandir, Nadda said.

Campaign specific information, education and communication materials have been developed and disseminated to educate the public and raise awareness about symptoms, prevention and the importance of timely treatment for TB in the campaign states and UTs, including Himachal Pradesh, Chhattisgarh and Madhya Pradesh.

The Pioneer • 06 Feb • Ministry of Ayush

Haryana govt transfers 12 IAS, 67 HCS officers

2 • PG | 284 • Sqcm | 170491 • AVE | 268.96K • Cir | Middle Center

Chandigarh

Haryana govt transfers 12 IAS, 67 HCS officers

PNS ■ CHANDIGARH

In a major reshuffle in the administration, the Haryana Government on Wednesday issued posting and transfer orders of 12 IAS and 67 HCS officers with immediate effect. Additional Chief Secretary of Health and Family Welfare, Medical Education and Research and AYUSH Departments Sudhir Rajpal has been given the charge of Additional Chief Secretary of Women and Child Development Department in addition to his present duties while Commissioner and Secretary of Women and Child Development and Archives Departments Amneet P Kumar has been posted as Commissioner and Secretary of Fisheries and Archives Departments.

Excise and Taxation Commissioner, Secretary of Excise and Taxation Department and Managing Director of Haryana Vidyut Prasaran Nigam Ltd Ashima Brar has been posted as Commissioner and Secretary of Cooperative Department and Managing Director of Haryana Vidyut Prasaran Nigam Ltd. Commissioner of Ambala Division Phool Chand Meena has been posted as Commissioner of Rohtak Division. Director General and Secretary of Archives Department Shekhar Vidyarthi has been given the additional charge of Director General, Fire Services.

Director General and Secretary of Development and Panchayat Department Dusmanta Kumar Behera has been given additional charge of Transport Commissioner and Secretary of Transport Department. Director General of Swarna Jayanti Haryana institute for Fiscal Management and Commissioner, Rohtak Division Anshaj Singh has been posted as Director General of Swarna Jayanti Haryana institute for Fiscal Management and Commissioner of Ambala Division.

Director of Human Resources Department and Administrator of Trade Fair Authority Haryana Vinay Pratap Singh has been given additional charge of Excise and Taxation Commissioner, Special Secretary of Excise and Taxation Department.

Director and Special Secretary of Tourism Department Dr. Shaleen has been given additional charge of Managing Director, Haryana State Warehousing Corporation Ltd. Additional Deputy Commissioner-cum-District Citizen Resource Information Officer of Jhajjar, Saloni Sharma, has been posted as Additional Deputy Commissioner-cum-District Citizen Resource Information Officer of Bhiwani and District Municipal Commissioner, Bhiwani.

Harshit Kumar, Additional Deputy Commissioner-cum-District Citizen Resource Information Officer, Bhiwani and District Municipal Commissioner, Bhiwani has been posted as Commissioner, Municipal Corporation, Sonipat and District Municipal Commissioner, Sonipat.

Rahul Modi, Additional Deputy Commissioner-cum-District Citizen Resource Information Officer, Fatehabad has been posted as District Municipal Commissioner, Rewari. Among HCS officers, Virendra Singh Sehrawat, Special Secretary, Public Works (Buildings & Roads) Department and Chief Executive Officer, Shivalik Development Agency, Ambala has been posted as Additional Labour Commissioner (Administration) and Secretary, Haryana Traders Welfare Board.

Anurag Dhalia, Secretary-cum-Chief Executive Officer, Utkarsh Society has been posted as Additional Deputy Commissioner-cum-District Citizen Resource Information Officer, Fatehabad. Yogesh Kumar Mehta, Secretary, State Election Commission has been posted as Additional Director (Administration) and Special Secretary, Information, Public Relations and Languages Department, the spokesperson added.

The Pioneer • 05 Feb • Ministry of Ayush

Haryana's development takes a big leap under BJP Govt: CM Saini

3 • PG | 351 • Sqcm | 210735 • AVE | 268.96K • Cir | Bottom Left

Chandigarh

Haryana's development takes a big leap under BJP Govt: CM Saini

PNS ■ CHANDIGARH

Haryana Chief Minister Nayab Singh Sainion Tuesday said that since the formation of the Bharatiya Janata Party government in Haryana, the state has made significant strides in all-round development. He said that since 2014, there has been a remarkable transformation in every aspect of the state, from infrastructure improvements to welfare initiatives, with the common people experiencing these positive changes firsthand.

Addressing the media persons after the Cabinet meeting, Saini said that the Haryana Government is consistently reimbursing treatment costs for all private hospitals under the Ayushman Bharat Card Scheme. He said that the "double engine" government led by Prime Minister Sh Narendra Modi is offering free treatment up to Rs. 5 lakh to the poor and needy through this scheme. To date, approximately 20 lakh beneficiaries in Haryana have received assistance through the Ayushman scheme.

Responding to a question regarding the upcoming elections for urban local bodies, the Chief Minister said that we are fully prepared for the elections.

In response to a question about the ongoing crackdown on gangsters by the Haryana Police, Saini stated that it is the state government's responsibility to ensure the safety and security of its people. He said that anyone involved in wrongdoing will face consequences, and the police will take strict action against those involved in criminal activities.

When asked about corruption, the Chief Minister asserted that there is no tolerance for corruption in Haryana. He assured that strict action would be taken against anyone found indulging in corrupt practices.

The Chief Minister described the budget for the year 2025-26, presented by the third-term government of the Center, as a strong foundation for a developed India. He stated that this budget reinforces Prime Minister Modi's vision of transforming



India into a developed nation by 2047. He added that no matter how much good work the current government accomplishes, it is the opposition's compulsion to criticize. While the opposition is entitled to its views, it should ensure that such opposition does not harm society.

Saini said that the Union Budget has provided significant relief to farmers, small industries, and the middle class. He said that income up to Rs 12 lakh has been made tax-free, benefiting crores of people. The limit for Kisan Credit Cards for farmers has been increased from Rs 3 lakh to Rs 5 lakh, providing greater financial support. Under the Dhan-Dhanya Krishi Yojana, special attention will be given to 100 low-productivity districts, which will enhance farmers' income.

Additionally, a five-year mission has been outlined in the budget to boost cotton production, which will strengthen the country's textile industry. Loans up to Rs 5 lakh will be provided to cotton farmers at low interest rates. The Chief Minister said that this budget is a significant step toward improving the standard of living of farmers and strengthening the agriculture sector. As Haryana is an agriculture-dominated state, it stands to benefit greatly from these provisions. To further strengthen the urea supply, a new plant with an annual capacity of 12.7 lakh metric tonnes will be set up in Namrup, Assam.

Expressing his gratitude to Prime Minister Modi and Union Railway Minister Ashwini Vaishnav for allocating Rs 3,416 crore to strengthen Haryana's rail infrastructure in the Railway Budget, Saini said that this amount is 11 times greater than the Rs 315 crore allocated from 2009 to 2014. He further highlighted that since 2014, 823 km of railway track work has been completed in Haryana, and work is currently underway on 14 new projects covering 1,195 km, with a total investment of Rs 15,875 crore.

He mentioned that 34 railway stations in Haryana are being developed as Amrit stations with an allocation of Rs 1,149 crore. Additionally, work is currently underway on 14 new railway tracks in the state, with a total investment of Rs 15,875 crore for laying 1,195 km of new tracks. During this period, the electrification of 121 tracks has been completed, and the construction of 534 railway flyovers and underpasses has also been carried out. He further highlighted that Rs 398 crore has been allocated for the modernization of railways under the Kavach projects. Haryana has also received connectivity for five Vande Bharat Express trains. Currently, Wi-Fi facilities have been provided at 144 railway stations across the state.

The Pioneer • 05 Feb • Ministry of Ayush

A fierce three-way battle for the capital's throne

7 • PG | 852 • Sqcm | 289687 • AVE | 275K • Cir | Top Center

Hyderabad

A fierce three-way battle for the capital's throne



RAMAKANT CHAUDHARY

With a closely contested fight and shifting voter sentiments, the Delhi election results could send ripples across the national political landscape



Chilly Delhi, though, the blitzkrieg of a high-octane election campaign, not bordering on the sort of "AAP-da" while going at hammer and tongs of Tu-Tu-Mai-Mai storm during a prime-time TV news show, for claiming Delhi Ki Kursi, has heated the political cauldron. A strong 1.55 crore voters of Delhi are basking in the sunshine of campaign songs for the Delhi Assembly Elections 2025: "Bahane Nahi Badlav Chahiye..." rendered by BJP against the AAP's Bhojpuri-laced tagline "Babua Phir Se CM Hoyihe... Delhi Ke Badal Dihe Surat, Suhawan, Khubsurat Ho, A Rajaji..." From all perspectives, who will win the ballot battle?

Will AAP score a hat-trick? Or will the resurgent Bharatiya Janata Party (BJP), relying on Prime Minister Narendra Modi as its face, hit Mauka (anti-incumbency) Pe Chauka? Or will the Grand Old Party deliver the googly of "Har Jarurat Hogi Puri, Dilli Mein Congress Hai Jaruri," an effort to regain its lost electoral ground in the triangular contest? The fate of Delhi will be sealed on February 5 when people exercise their franchise. And the D-day, February 8, when the results will be announced, will blow the conch of the new beginning of the 70-member eighth Vidhan Sabha.

The Phalodi Satta Bazar, which earlier showed AAP crossing the majority mark of 36, has revised its estimates. The Arvind Kejriwal-led AAP—whose mainstay of incorruptibility is being challenged by the Congress and BJP, which have levelled allegations against its top brass leaders—could clock a significantly reduced tally this time around.

According to the latest revised estimates, the BJP—which looks bullish after its recent victories in Maharashtra and Haryana—may bag around 31 seats, a good 5 seats short of the majority mark. A projection of a wafer-thin margin of victory between the AAP-BJP fierce slugfest has made party workers and strategists somersault to pump up their tally amidst the Delhi election campaign hitting its last leg.

To woo voters, manifestos, guarantees, and welfare schemes appear to be tearing apart the atmosphere of the city-state. The Delhi Assembly Elections 2025 appear to be a big freebie face-off. Mahila Samman Yojana, Sanjeevani Yojana, Sankal Patra, Ayushman Bharat Scheme, Yuva Udaan Yojana, Pyari Didi Yojana, et al—innocent voters find themselves in an Alice-in-Wonderland.

BJP Resurgence

Winning the Delhi assembly poll has become an Achilles' heel for the PM Modi-led BJP while the saffron juggernaut swept Delhi's seven seats in the Lok Sabha Elections in 2014, 2019 and 2024. Having last won the Delhi election in 1993, the BJP wants to turn the tide this time by dismantling the proverbial equation of Modi for PM and Kejriwal for CM. Riding on the cusp of being the only party among the three in 2020 to have recorded an increased vote share, the BJP is leaving no stone unturned to repeat this achievement in 2025 as well. For the BJP, the road to victory runs through North and Northwest Delhi. In the Wazirpur constituency, Prime Minister Narendra Modi handed over keys to more than 1,650 flats to slum residents, creating a significant connection with local voters. Key areas like Chandni Chowk, Northwest Delhi, and Northeast Delhi have become pivotal grounds for the BJP's potential resurgence.

> HAVING LAST WON THE DELHI ELECTION IN 1993, THE BJP WANTS TO TURN THE TIDE THIS TIME BY DISMANTLING THE PROVERBIAL EQUATION OF MODI FOR PM AND KEJRIWAL FOR CM

The BJP should prioritize the 38 constituencies where it secured over 40% of the vote share in 2020. Out of these, the party narrowly lost 17 seats to AAP by less than five percentage points but managed to win eight. These represent easier opportunities to gain ground. For the remaining 21 seats, the BJP will aim to capitalize on anti-incumbency sentiments against AAP to sway voters in its favour.

AAP Strategy

AAP of 2025, which might dominate the elections as the C-Voter survey suggests, looks different from its 2020 avatar. The Lok Sabha Elections 2024 speaks volumes that APP, despite an alliance with Congress, drew nought in all seven parliamentary seats of Delhi. Kejriwal's AAP looks lacking in sympathy as experts opine. Besieged with corruption charges and stern anti-incumbency, AAP has meticulously evolved strategies to launch popular welfare schemes to outweigh the allegations.

The party leaders are burning the midnight oil to retain floating voters who keep changing allegiance during the Lok Sabha polls and assembly elections. Kejriwal's poll manoeuvre is trying hard to win the hearts of Dalit and Muslim voters. AAP has viscerally attracted voters from the Purvanchal community—a key demographic in Delhi hailing from Uttar Pradesh, Bihar and Jharkhand that account for around 40 per cent of the electorate and holds a significant sway on 27 seats—by connecting the community on the ground level as the party, according to media grapevine, has held around 600 meetings in this context.

Congress Revival

With nothing to lose, Congress, which went from dominating Delhi's electoral landscape from 1998 to 2013 to not having a single MLA since, has entered the poll fray late yet remains determined to lock horns with AAP and dislodge the Kejriwal-led establishment from power, avenging the campaign that cost the UPA government heavily over a decade ago. The results of the 2022 Delhi Municipal polls, in which Congress won five wards in the Northeast district areas that were hit by the riots, buttress the perception that the minority community is disillusioned with AAP.

This electoral scenario could reinforce the poll fortune of the BJP, especially the vote bank of Muslims—21.6 lakh in the national capital—who have Congress in their heart and AAP in mind.

The Muslim voters could play a key role in six assembly seats: Babarpur (35 per cent), Okhla (43 per cent), Seelampur (50 per cent), Matia Mahal (48 per cent), Mustafabad (36 per cent), and Ballimaran (38 per cent). In that sense, if Muslims—accounting for 12.86 per cent of Delhi's population—are divided between Congress and AAP, BJP will have the upper hand.The Delhi Elections 2025 is deemed the cynosure of all states' eyes.

The domino effect of its results, which will be declared on February 8, could rattle the poll pitch in Bihar, West Bengal, Assam, Tamil Nadu, Puducherry, and Kerala, where assembly polls are slated to take place in 2025-26. If BJP wins, it will boost the image of the National Democratic Alliance, positioning BJP on top to record a hat-trick after winning Maharashtra and Haryana. On the other side, the victory of AAP will zoom out the political credibility of Arvind Kejriwal as a principal challenger to PM Modi. Also, if it loses the poll battle, the ramifications of which will give a jolt to Punjab, where AAP is in power. Trying to make the high-decibel contest triangular, Congress has put a concentrated campaign in the boroughs dominated by Dalits and minorities. If the grand old party succeeds in regaining the space it had in 2013—after being relegated to the third position behind BJP and AAP, bagging only eight seats—Congress will muster the courage to reach the position it held in 2008 when it secured 43 seats with around 40 per cent of the votes. So far in the campaign, there is no Kejriwal wave, nor is BJP having tailwinds. In the BJP vs AAP battle, only February 8 will decide who will get the reins of the Delhi Sultanate.

(The writer is a senior journalist and currently working with PRP Group as Content Head; views are personal)

The Pioneer • 03 Feb • Ministry of Ayush

Sanjay asks Delhi voters to reject corrupt AAP

2 • PG | 130 • Sqcm | 44226 • AVE | 275K • Cir | Middle Right

Hyderabad

Sanjay asks Delhi voters to reject corrupt AAP

PNS ■ HYDERABAD

The Union Minister of State for Home, Bandi Sanjay Kumar, called on the people of Delhi to reject the corrupt Aam Aadmi Party. He said that the Rs 28,400 crore Jal Board scam in Delhi, the Rs 4,500 crore bus purchase scam, the misuse of Rs 500 crore in the name of facilities in buses and irregularities running into crores through fake health tests are proof of AAP's corruption.

Union Minister Sanjay, BJP's Telangana Treasurer Bhandari Shanthikumar and its Delhi representative, Noone Balaraju, campaigned in East Delhi and Shahdara Assembly constituencies on Sunday. Sanjay conducted a door-to-door campaign in the areas inhabited by Bania, Brahmin and Valmiki communities and urged them to vote for BJP candidates.



Speaking on the occasion, Sanjay said that AAP leaders who came to power saying that they would rule avoiding pomp and corruption looted public money by leading luxurious lives and turned people into beggars. He said that AAP MLAs who lived simple lives before coming to power increased their assets after coming to power.

He said the Delhi liquor scam spread to Telangana and this scam made the people of Delhi bow their heads in shame. He reminded that Kejriwal, Manish Sisodia and BRS leader Kavitha are the main accused in this scam.

He said that Kejriwal, who went to jail in a corruption case did not resign until the court forced him to do so and that this proves his selfish politics.

He said the Ayushman Bharat scheme will be implemented in the first cabinet meeting after coming to power through which eligible beneficiaries will be provided free medical treatment up to Rs 10 lakh. He also said the promises mentioned in the BJP election manifesto will be implemented.

The Pioneer • 02 Feb • Ministry of Ayush

200 cancer centres to launch in 2025

6 • PG | 214 • Sqcm | 610984 • AVE | 634.42K • Cir | Top Left

Delhi

200 cancer centres to launch in 2025

PIONEER NEWS SERVICE ■
NEW DELHI

The government will facilitate setting up of daycare cancer centres in all district hospitals over the next three years and 200 of these will be established in 2025-26, Union Finance Minister Nirmala Sitharaman announced on Saturday.

Presenting the 2025-26 Union Budget, Sitharaman said 10,000 additional seats will be added in medical colleges and hospitals next year towards the goal of adding 75,000 seats in the next five years.

She further announced that gig workers will be provided healthcare facilities under PM Jan Aarogya Yojana (PM-JAY) and this measure is likely to assist nearly one crore workers. The government will facilitate setting up of daycare cancer centres in all district hospitals in the next three years, Sitharaman said. She said, "200 centres will be established in 2025-26 itself."



To provide relief to patients, particularly those suffering from cancer, rare diseases and other severe chronic diseases, 36 lifesaving drugs and medicines are proposed to be added to the list of medicines fully exempted from basic customs duty (BCD).

"I also propose to add six lifesaving medicines to the list attracting concessional customs duty of 5 per cent. Full exemption and concessional duty will also respectively apply on the bulk drugs for manufacture of the above," the minister said.

Specified drugs and medicines under Patient Assistance Programmes run by pharmaceutical companies are fully exempt from BCD, provided the medicines are supplied free of cost to patients, she said. "I propose to add 37 more medicines along with 13 new patient assistance programmes," she said.

On adding seats in medical colleges and hospitals, Sitharaman said, "Our government has added almost 1.1 lakh undergraduate and postgraduate medical education seats in 10 years, an increase of 130 per cent."

"In the next year, 10,000 additional seats will be added in medical colleges and hospitals towards the goal of adding 75,000 seats in the next five years," she said.

The finance minister said medical tourism and 'Heal in India' will be promoted in partnership with the private sector along with capacity building and easier visa norms. Also, broadband connectivity will be provided to all government secondary schools and primary healthcare centres, the minister said.

The Union Health Ministry has been allocated Rs 99,858.56 crore in the Budget 2025-2026, an around 11 per cent hike over the Rs 89,974.12 crore in the budget (revised estimates) of 2024-2025 with the government announcing setting up daycare cancer centres at all district hospitals over the next three years.

The budgetary allocation for the AYUSH ministry has been increased from Rs 3,497.64 crore to Rs 3,992.90 crore, recording a 14.15 per cent increase.

Of the Rs 99,858.56 crore allocated for the Ministry of Health and Family Welfare, Rs 95,957.87 crore have been earmarked for the Department of Health and Family Welfare and Rs 3,900.69 crore to the Department of Health Research.

Among the centrally sponsored schemes, the allocation for the National Health Mission has been increased from Rs 36,000.00 crore in 2024-25 to Rs 37,226.92 crore in 2025-26. Moreover, the allocation for Ayushman Bharat Pradhan Mantri Jan Arogya Yojna (AB PM-JAY) has been hiked from Rs 7,605.54 crore to Rs 9,406.00 crore.

The Pioneer • 01 Feb • Ministry of Ayush

MGNREGS: 220.11 crore person days of employment generated

8 • PG | 188 • Sqcm | 63841 • AVE | 275K • Cir | Bottom Left

Hyderabad

MGNREGS: 220.11 crore person days of employment generated

PNS ■ NEW DELHI

Around 220.11 crore person days of employment has been generated under the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) till January 10 in 2024-25, the Economic Survey released on Friday said.

The survey report, which was tabled in Parliament by Finance Minister Nirmala Sitharaman, said 308.9 crore person days of employment was generated in 2023-24, 293.8 crore person days were generated in 2022-23, while 363.3 crore person days were generated in 2021-22. In the COVID-19 pandemic year of 2020-21, 389.1 crore person days of employment was generated.

The report added that multiple efficiency reforms have been introduced to fully utilise the scheme, which includes geotagging before, during and after the work is done.

It said 99.98 per cent payments were made through the National Electronic Fund Management System, wages were transferred under DBT and Aadhaar-based payment has been enabled for 96.3 per



cent of the total active workers.

Around 99.23 per cent of total successful transactions for wage beneficiaries was processed through the Aadhaar Payment Bridge System (APBS) in December 2024 and social audit units were set up in 28 states and Union territories, the survey said.

It said the MGNREGS, which started as a wage-employment scheme, has evolved into a durable rural asset creation programme for sustainable livelihood diversification.

The scheme has been converged with various initiatives, including NutriGardens with the National Rural Livelihood Mission (NRLM), fodder farms with the Department of Animal Husbandry and Dairying (DAHD), horticulture with the Ministry of Agriculture, medicinal plantations with the Ministry of Ayush, gram panchayat buildings with the Ministry of Panchayati Raj, community sanitary complexes with the SBM-Grameen, construction of anganwadi centres with the Ministry of Women and Child Development, promoting sericulture plantations with the Ministry of Textiles, supporting rubber plantations with the Rubber Board (Ministry of Commerce), promoting aquaculture in ponds and farm ponds with the Department of Fisheries, rural roads with the Pradhan Mantri Gram Sadak Yojana and all-weather roads with the Border Roads Organisation (BRO) for border areas.

The Hindu • 27 Feb • Ministry of Ayush

Technology, collaboration and regulation key to India's healthcare transformation

5 • PG | 242 • Sqcm | 263412 • AVE | 956.08K • Cir | Top Left

Hyderabad

'Technology, collaboration and regulation key to India's healthcare transformation'

Discussion titled 'Integrated Healthcare and Patient Outcomes' featured experts from the medical, regulatory, and technology sectors, who advocated for a holistic and data-driven transformation of India's healthcare system

Siddharth Kumar Singh
HYDERABAD

The future of India's healthcare landscape hinges on an integrated approach that blends technology, regulation, and equitable access, highlighted experts at a panel discussion during BioAsia 2025 in Hyderabad on Wednesday.

The discussion, titled 'Integrated Healthcare and Patient Outcomes' featured experts from the medical, regulatory, and technology sectors, who advocated for a holistic and data-driven transformation of India's healthcare system.

Dr. Sangita Reddy, Joint Managing Director of Apollo Hospitals, underscored the urgent need to move from a 'sick-care' model to a proactive healthcare system that prioritises preventive care, early detection, and personalised treatment.

"We have spent years treating illnesses, but true healthcare lies in keeping people healthy. Predictive analytics, AI-driven risk assessment, and universal health records will be game changers," she said.

Major barrier

Panelists also pointed to India's alarming healthcare infrastructure deficit as a major barrier to integrated healthcare. With only 0.5 hospital beds per thousand people in urban areas, access remains a challenge, particularly for the country's vast rural population. Dr. Samantha Atkinson, Executive Vice President at NSF Health Sciences and former Chief Quality and Access Officer at MHRA, U.K., stressed that robust data interoperability and regulatory frameworks are essential for a well-functioning integrated system.

"Data is key. If we ha- ve one record of truth rather than fragmented silos, healthcare efficiency will vastly improve," she said.

Divya Prakash Joshi, vice president, Medtronic, detailed the role of AI-driven diagnostics, continuous glucose monitoring, and real-time surgical robotics in delivering personalised care. However, he cautioned that without widespread training and adoption, these advancements risk remaining confined to elite urban centres. The missing middle in India's healthcare coverage, those neither covered by government schemes like Ayushman Bharat nor by private insurance was another major concern.

The Hindu • 26 Feb • Ministry of Ayush
Enterprise Connect

16 • PG | 408 • Sqcm | 306135 • AVE | 682.81K • Cir | Bottom Right

Delhi

ENTERPRISE CONNECT

A Business Initiative

22nd EGM: IREDA Shareholders Approve up to ₹5,000 Crore Fundraising via QIP



Shareholders of Indian Renewable Energy Development Agency Ltd. (IREDA) have approved the company's proposal to raise up to ₹5,000 crore through Qualified Institutions Placement (QIP) of equity shares, in one or multiple tranches. The approval was granted by the shareholders in favour of the resolution via remote e-voting during the 22nd Extra-Ordinary General Meeting (EGM) held today through video conferencing. The meeting was chaired by Shri Pradip Kumar Das, Chairman and Managing Director, IREDA and attended by Directors on the Board and shareholders. IREDA's Board had earlier approved the fundraising plan on January 23, 2025, which includes the dilution of the Government of India's shareholding in the company by up to 7% post-issue equity, in one or multiple tranches.

Addressing the shareholders, Shri Pradip Kumar Das, CMD, highlighted IREDA's strong financial performance in the first nine months of FY 2024-25, with a loan book of ₹68,960 crore, loan sanctions of ₹31,087 crore, and disbursements of ₹17,236 crore. "The funds raised through QIP will strengthen our green financing capabilities, accelerate loan book growth, and support India's clean energy targets," he stated.

Galgotias University Secures Prestigious Global Rankings

Galgotias University has achieved a remarkable milestone by securing a top position in the THE-World University Rankings 2025. The university has been ranked 45th among Indian universities (including both government and private institutions) and placed in the 1000-1200 band globally. Additionally, Galgotias has earned a prestigious ranking in the QS World University Rankings, securing the 187th position in South Asia and ranking between 621 and 640 in Asia. Furthermore, in the Times B-School Survey 2025, it has been ranked 5th among India's top private universities. For its outstanding performance in the QS Asia World University Rankings, Her Excellency Anandiben Patel, Governor of Uttar Pradesh, honored Dr. Dhruv Galgotia, CEO of Galgotias University, at the Raj Bhavan in Lucknow. On this occasion, Dr. Dhruv Galgotia stated that this achievement reflects the university's commitment to excellence in higher education and research, as well as its dedication to fostering continuous learning and innovation. Chancellor Sunil Galgotia emphasized, "We remain committed to realizing the vision of Hon'ble Prime Minister Narendra Modi ji to make India a developed nation and a Vishwaguru (global leader), as well as fulfilling the dream of Uttar Pradesh's Hon'ble Chief Minister Yogi Adityanath ji to establish the state as a global knowledge superpower."

"SWACH Accelerator Demo Day", a joint initiative by IIT Ropar (iHub-AWaDH), Innovation Mission Punjab and ISC-India Sanitation Coalition



New Delhi, 14.02.2025 – The SWACH Accelerator Demo Day took center stage at Federation of Indian Chambers of Commerce & Industry FICCI Federation House, New Delhi, bringing together innovative startups, investors, government representatives, and ecosystem partners to drive impactful solutions in the Water, Sanitation, and Hygiene (WASH) sector. The event was a collaborative effort of iHub - AWaDH @ IIT Ropar under National Mission on Interdisciplinary Cyber-Physical Systems (NM ICPS), Department of Science and Technology, Government of India, Innovation Mission Punjab, and ISC-India Sanitation Coalition, demonstrating their commitment to empowering startups that address critical challenges in water management, sanitation, and hygiene. In a significant move to accelerate deep-tech solutions in the WASH sector, iHub - AWaDH announced an investment of ₹1.2 crore to support high-potential startups.

Majeedia Unani Hospital, Jamia Hamdard received NABH Certification

New Delhi, February 14, 2025: In a significant milestone for AYUSH Healthcare Systems, Majeedia Unani Hospital, Jamia Hamdard, New Delhi has officially received certification from the National Accreditation Board for



Hospitals and Healthcare Providers (NABH). The hospital joins a select group of Unani Healthcare Providers with this esteemed certification and places Majeedia Unani Hospital at the forefront of AYUSH Healthcare. Since, Majeedia Unani Hospital has been demonstrating its dedication to offering patients a trusted and holistic approach to health and wellness, this sets a new standard for quality care in Unani treatment. With NABH certification, the hospital not only enhances its reputation but also ensures that its treatments are delivered in line with the highest standards of patient care, hygiene, and ethical practices. It further boosts the hospital's market position as a leading provider of AYUSH Healthcare in the region.

NBCC inks MoU with NIT Kurukshetra valuing Rs. 300 Crore



NBCC (India) Limited, a Navratna CPSE under the Ministry of Housing and Urban Affairs, has inked a MoU on for rendering PMC Services with National Institute of Technology (NIT) Kurukshetra for construction of academic block, hostel block, residential block etc. at Kurukshetra (Haryana)". The tentative cost of work is valued at approx. Rs. 300 Crore (including GST). The MoU was inked by Shri G.R. Samantaray, Registrar on behalf of NIT Kurukshetra and Shri Pradeep Sharma, ED on behalf of NBCC (India) Limited. Prof. B.V. Ramana Reddy, Director, NIT Kurukshetra along with other officials from both the organizations were also present during the ceremony.

The Hindu • 22 Feb • Ministry of Ayush
SilverLine in focus after Goyal's remark
4 • PG | 516 • Sqcm | 196044 • AVE | 421.85K • Cir | Middle Center
Kochi

SilverLine in focus after Goyal's remark

The Hindu Bureau
KOCHI

The Kerala government's ambitious SilverLine project, which was stalled following mass protests, is once again in focus after Union Commerce and Industry Minister Piyush Goyal mentioned it during his address at the Invest Kerala Global Summit (IKGS) here on Friday.

Highlighting key infrastructure projects in the State, including the Vizhinjam seaport, Mr. Goyal said: "SilverLine, a semi-high-speed railway line connecting Thiruvananthapuram to Kasaragod, will reduce travel time to four hours." Mr. Goyal's remark, coupled with his assurance that the Centre is committed to Kerala's development, has rekindled discussions about the future of SilverLine.

The Union Minister later said the Railways have sought certain clarifications like converting it into a broad gauge instead of a narrow gauge. They are working together to see the final contours and to see that there is consensus among the people, he said.

Ayurveda prospects

Kerala has great resilience and it can leap forward with fresh investments in areas such as railways, maritime, plantation and spices, fisheries sectors, etc. Kerala has a great opportunity to exploit the wisdom of Ayurveda to boost its tourism as evident from the fact that there are 51 five star hotels in the State and four airports, he said.

On a lighter vein, Mr. Goyal said that when he came to Kerala he did not feel like leaving the place.

The Hindu • 21 Feb • Ministry of Ayush

Delhi Cabinet decides to implement Ayushman Bharat, table CAG reports

11 • PG | 396 • Sqcm | 431830 • AVE | 956.08K • Cir | Top Center

Hyderabad

Delhi Cabinet decides to implement Ayushman Bharat, table CAG reports

Asked about BJP's poll promise of giving aid for women, new CM said it was discussed at meeting, but more talks were required for taking a call on which categories of women would get benefit

The Hindu Bureau
NEW DELHI

Delhi Chief Minister Rekha Gupta on Thursday said that the Cabinet had decided in its first meeting to implement the Ayushman Bharat Yojana, and also to table the 14 pending Comptroller and Auditor-General (CAG) reports in the Delhi Assembly.

"Two main decisions have been taken. First, Ayushman Yojana, which was stalled by the earlier government and because of the AAP (Aam Aadmi Party) government, people of Delhi did not get it. Today's first Cabinet meeting has taken a decision to implement Ayushman Bharat Yojana in Delhi with ₹5 lakh top-up from the Delhi government. Also, ₹5 lakh will be given by the Central government. It'll be implemented as early as possible," Ms. Gupta said, briefing the media after the Cabinet meeting.

"Second, 14 CAG reports which were pending and not tabled by the earlier government will be tabled in the first Assembly session," she said.

Asked about the Bharatiya Janata Party's campaign promise of providing ₹2,500 a month to women, the Chief Minister said that it was discussed at the Cabinet meeting, but more discussions were required for taking a call on which categories of women would get the benefit.



Taking charge: Rekha Gupta assuming charge as Delhi Chief Minister in the presence of senior BJP leaders at the Delhi Secretariat on Thursday. ANI

'Will fulfil all promises'

Earlier in the day, after assuming office, Ms. Gupta, said, "I have taken charge of the Chief Minister's Office after the oath taking. The mission of *Viksit* Delhi, to complete it, we will keep working towards it. We won't wait even a single day. And we will complete every commitment we had made."

On February 10, even before the Chief Minster took oath, the Chief Secretary had asked all departments concerned to prepare draft Cabinet notes based on the BJP's manifesto, wherever it was required. He had also asked all departments to prepare a "100 days' action plan" based on the BJP's manifesto, officials said.

The AAP government not tabling the 14 CAG reports had become controversial with the then BJP Opposition MLAs filing a petition with the Delhi High Court in 2024. They sought direction from the High Court to the Speaker to call a sitting of the Assembly for the tabling of the reports.

During a hearing held on January 13, the court had said the CAG reports should have been promptly placed before the Assembly for discussion and the State government "dragging its feet" on the issue raised "doubts on its *bona fides*".

Senior AAP leader and former Chief Minister Atishi alleged that the BJP has betrayed women of Delhi by not taking a decision on the promise of giving them aid. "Mr. [Narendra] Modi and Amit Shah along with entire BJP had promised that in the very first Cabinet meeting they will approve the scheme of ₹2,500 per month to all women in Delhi. It is very sad that woman Chief Minister broke promise made to women of Delhi," she said. Responding to it, Ms. Gupta said the government would do the work and questioned what the AAP did during its tenure.

The Hindu • 21 Feb • Ministry of Ayush

Rekha Gupta takes over as 9th Chief Minister of Delhi

1, 10 • PG | 234 • Sqcm | 254999 • AVE | 956.08K • Cir | Bottom Left,Top Right

Hyderabad

Rekha Gupta takes over as 9th Chief Minister of Delhi



Narendra Modi with Rekha Gupta and other Ministers during the oath ceremony in Delhi on Thursday. SUSHIL KUMAR VERMA

Satvika Mahajan
NEW DELHI

Bharatiya Janata Party MLA Rekha Gupta took oath as the ninth Chief Minister of Delhi at the Ramlila Maidan on Thursday. A six-member Council of Ministers was also sworn into office in the presence of Prime Minister Narendra Modi and other senior BJP leaders.

Ms. Gupta will handle key portfolios such as Finance, Revenue, Women and Child Development, Services and Vigilance, and other unallocated departments.

Ms. Gupta told mediapersons that her government will not waste a single day in fulfilling the promises made by the BJP to Delhi and will make it a 'Viksit Delhi', or a developed city.

CONTINUED ON
» PAGE 10

Rekha Gupta takes over as 9th Chief Minister

The Cabinet comprises Parvesh Sahib Singh, who will handle the Public Welfare Department and Water; Ashish Sood, who will take charge of the Home, Power, Education and Urban Development portfolios; Manjinder Singh Sirsa, given charge of Food & Supplies, Forest Environment and Industries; Ravinder Indraj, who will look after Social Welfare, SC and ST Welfare, Cooperatives, and Elections; Kapil Mishra, who has been handed the Law and Justice, Labour, Employment and Tourism Departments; and Pankaj Singh who will handle Health and Family Welfare, Transport and Information Technology.

Hours after the new Chief Minister and Ministers were sworn in, BJP leaders offered prayers at the Yamuna Ghat. Cleaning of the Yamuna is expected to be the BJP's top priority. Several BJP leaders, including Mr. Modi, in the run-up to the Delhi elections had promised to clean the Yamuna and build a riverfront on its banks.

Meanwhile, three-time Rohini MLA Vijendra Gupta told journalists: "I am thankful to the party for giving me the responsibility of Speaker of Delhi Assembly." However, the BJP is yet to make any official announcement in this regard.

Cabinet decisions

After her first Cabinet meeting, Ms. Gupta said the government would table 14 pending CAG reports in the first session of the new Delhi Assembly, and would also work towards implementing the Centre's flagship health insurance scheme Ayushman Bharat in Delhi as quickly as possible.

The Hindu • 21 Feb • Ministry of Ayush
The silent victims of cancer: the indirect consequences on children

2 • PG | 861 • Sqcm | 938371 • AVE | 956.08K • Cir | Top Left

Hyderabad

The silent victims of cancer: the indirect consequences on children

While policies focus on reducing direct treatment costs, easing the indirect burden – through caregiver aid, educational support, and employment protections – is equally crucial. These interventions improve treatment adherence, mental well-being, and safeguard the next generation's opportunities

Vid Karmarkar

When Aarav an 18-year-old from Mumbai, was diagnosed with Hodgkin's Lymphoma in 2018, he asked his mother, "Why me?" His dream of becoming an investment banker had shattered with the diagnosis. But he didn't just survive – he thrived. I heard him speak at an event organised by a leading cancer hospital in Mumbai for International Childhood Cancer Day, which falls on February 15.

Unlike most teenagers of his age, whose hands are busy scrolling through social media, while one of Aarav's hands received chemotherapy, the other clutched his accountancy books. He didn't let cancer slow him down. Instead, he conquered it – emerging as an All India topper in the Chartered Accountancy exams. But not all childhood cancer stories see a happy end.

Aarav reminded me of Meena, a 10-year-old from Pune, whose story took a different turn. Her mother, a domestic help, was diagnosed with late-stage breast cancer. Her father, an autorickshaw driver, worked hard to ensure Meena got an education, believing it was her path to a better future. But cancer rewrote their fate. Her mother could no longer work, and her father, needing to care for her, lost days of income. With their paltry earnings dwindling further, they had no choice but to pull Meena out of school. Unlike Aarav, she was not lucky – cancer did not just take her mother's life; it trapped Meena in a cycle of generational poverty.

A recent National Cancer Registry Programme (NCRP) report found that childhood cancers (0-14 years) account for 4% of all cancer cases in India, while adult cases near a million annually – and these numbers are expected to rise. This leaves lakhs of children vulnerable to the hidden financial toll of cancer. Whether battling the disease or affected by a parent's illness, children are the silent victims.

Protecting the next generation

Children are the future of a nation. To build a strong nation, we need an educated and skilled workforce. Education is also a pathway to their economic empowerment. But cancer disrupts this journey.



Loss of opportunity for education is just one example of the indirect costs of cancer treatment. Photograph used for representational purposes only GETTY IMAGES/ISTOCKPHOTO

When a child or parent is diagnosed with cancer, schooling takes a hit. Low-income families are often forced to pull children out due to financial strain, while older siblings in such households take on caregiving or work to supplement income, limiting their future prospects.

For instance, Sridevi, a second-year college student from a low-income family from Hyderabad, had to work as a fast-food crew member and tutor school children to cover her father's escalating oral cancer treatment costs. This impacted her academic performance and took a toll on her mental health.

Disruptions in education have a cascading effect. Studies show that children who drop out of school due to financial distress face lower lifetime earnings and higher rates of economic instability. In the context of cancer, the disease not only devastates the present generation but also risks trapping the next generation in a cycle of hardship.

The other indirect costs

Loss of opportunity for education is just one example of the indirect costs of cancer treatment. Such costs include non-medical expenses and financial losses from diagnosis and treatment. These can be as debilitating as direct medical and non-medical costs.

Loss of income is one of the most significant burdens, as patients may need extended leave or even lose their jobs. Family caregivers, often spouses or children, may also reduce work hours or quit jobs entirely, worsening financial strain.

Many insurers offer plans with riders covering cancers. They provide income replacement or lump-sum payouts to offset lost wages, caregiving costs, and daily expenses. However, they are often excluded from standard policies, have strict criteria, or come with high premiums

Travel and accommodation costs add to the burden, especially for patients from rural areas who must frequently travel to treatment centres in cities. Daily living expenses rise due to special diets, hospital visits, and caregiving demands, often requiring household help or costly services.The psychosocial and mental health impact further escalates the strain, with many patients and caregivers needing counselling or therapy, which is often unaffordable.

Insurance and government schemes

Government-backed health insurance programmes such as Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) have played a crucial role in reducing direct medical costs for cancer patients in India. These schemes provide financial coverage for inpatient costs, alleviating the immediate financial stress on affected families. But the indirect costs of treatment are insufficiently addressed.

Disability riders in insurance plans provide crucial financial support for cancer patients facing long-term disability. Many Indian insurers offer term plans with these riders, covering severe accidents and major cancers such as breast, lung, and liver cancer. They provide income replacement or lumpsum payouts to offset lost wages, caregiving costs, and daily expenses. However, they are often excluded from standard policies, have strict eligibility criteria, or come with high premiums, limiting access for those who need them most.

To ease non-medical expenses, Indian Railways and Air India are offering discounted fares for patients and caregivers, while Himachal Pradesh and Haryana provide free bus travel for cancer patients. Additionally, monthly pension schemes in states such as Haryana, Tripura, and Himachal Pradesh are helping mitigate the financial burden of indirect cancer costs.

The way forward

While policies focus on reducing direct treatment costs, easing the indirect burden – through caregiver aid, educational support, and employment protections – is equally crucial. These interventions improve treatment adherence, mental well-being, and safeguard the next generation's opportunities.

Ensuring equitable education for cancer-affected families requires empathetic, multi-level action – from government policies and CSR funding to state income support and school-level interventions. Recognising that cancer brings not just medical but also financial and emotional distress, policies must address these broader challenges. Simple yet impactful measures – use of calculators, extra coaching, extended deadlines, free school meals, and mental health support – can make education more inclusive. By integrating such interventions, we can prevent cancer from becoming a lifelong barrier to economic and educational equity.

(Dr. Vid Karmarkar is the founder of Canseva Foundation. vid.karmarkar@gmail.com)

THE GIST

- Childhood cancers account for 4% of all cancer cases. This leaves thousands of children vulnerable to the financial toll of cancer. Whether battling the disease or affected by a parent's illness, children are the silent victims
- Education is a pathway to economic empowerment for children. When a child or parent is diagnosed with cancer, families are often forced to pull children out of schools, while older siblings take on caregiving or start working, limiting their prospects
- Disruptions in education have a cascading effect. Children who drop out face lower lifetime earnings and higher rates of economic instability. Cancer not only devastates the present generation but also risks trapping the next generation in a cycle of hardship

The Hindu • 12 Feb • Ministry of Ayush

ENTERPRISE CONNECT

13 • PG | 411 • Sqcm | 308059 • AVE | 682.81K • Cir | Bottom Right

Delhi

ENTERPRISE CONNECT

A Business Initiative

HUDCO Signs MoU with ALIMCO to Support Divyangjan & Senior Citizens



HUDCO, a Navratna CPSE signed a Memorandum of Understanding (MoU) with the ALIMCO to extend support for distribution of aids and assistive devices to Persons with Disabilities (Divyangjan) and Senior citizens all over the country. The MoU signing ceremony was held in the presence of Shri Sanjay Kulshrestha, CMD, HUDCO, and Shri Praveen Kumar, CMD, ALIMCO, Shri M Nagaraj, Director (Corporate Planning), HUDCO and Shri Daljeet Singh, Director (Finance), HUDCO. This is to highlight the shared commitment of both the organizations to social welfare and inclusivity. As part of the ongoing partnership with ALIMCO, more than 5000 PwDs and Senior citizens has been provided assistive devices under HUDCO's CSR initiatives all over the country. This is an initiative for upliftment of marginalized and vulnerable sections of the society as part of its commitment towards social welfare.

Rotary Club and Amrita Hospital Unite to Drive Organ & Body Donation Awareness in Faridabad



Faridabad, February 10, 2025 - In a collaborative effort to promote the noble cause of organ and body donation, Amrita Hospital, in association with the Rotary Club District 3011, focusing an Organ & Body Donation Awareness Event at Amrita Hospital, Faridabad. The event, themed 'Celebrating the Gift of Life,' aims to educate and inspire individuals to pledge their organs, reinforcing the power of saving lives even beyond one's lifetime. Speaking on the significance of this initiative, Dr. Mahesh P. Trikha, District Governor, Rotary Club, said, "Organ donation is the ultimate act of selflessness, providing a second chance at life to those in dire need. Every donor can potentially save multiple lives, making it one of the most impactful decisions an individual can make. Highlighting the hospital's commitment to advancing healthcare, Dr Sanjeev Singh, Media Director from Amrita Hospital, Faridabad said, ""At Amrita Hospital, we are committed to delivering not just world-class medical care but also fostering a culture of awareness and social responsibility. Organ donation is a crucial healthcare challenge, and we believe it is our duty to advocate for and facilitate life-saving contributions.

Acharya Balkrishna said "World Book fair" events are effective for public

Acharya Balkrishna, speaking at the World Book Fair in Delhi, said, "Patanjali has brought Yoga and Ayurveda to a scientific level." Addressing the audience at Pragati Maidan, he emphasized that such fairs serve as a prominent platform for the exchange of knowledge. Acharya ji said that ayurveda is not just a traditional system but a scientifically proven medical practice but as



per misinformation, it has been associated with superstitions. The aim of scientific Ayurveda is to offer effective treatment based on facts and research. Patanjali has published World Herbal Encyclopaedia with pictures of 32 thousand herbal plants. He said that the goal of Patanjali is not just business but to serve people with authentic and beneficial products. Acharya Balkrishna further stated that Patanjali is promoting Yoga, Ayurveda, education, medical research and ancient knowledge through its publication.

J&K Bank opens New Branch at Gomti Nagar, Lucknow

Srinagar, Feb 07: Strengthening its footprint further in rest of the country, J&K Bank today commissioned a new branch at Gomti Nagar, Lucknow. MD & CEO Amitava Chatterjee formally inaugurated the branch in presence of the Bank's Divisional Head (Rest of India) Rajesh Gupta, Zonal Head (Delhi) Suresh Choudhary and Cluster Head (Lucknow) Rajesh Sharma. Speaking on the occasion, MD & CEO Amitava Chatterjee said, "With the launch of our Gomti Nagar branch, we reaffirm our commitment to serving the people



of Uttar Pradesh with best-in-class banking services. GM & Divisional Head (ROI) Rajesh Gupta said, "Our expansion in Lucknow is part of the Bank's focus on the growing business and commercial hubs in India. Notably, the new Gomti Nagar branch will provide a comprehensive suite of banking and financial services, including digital banking solutions, retail and corporate banking products, ensuring convenience and accessibility for customers in the area.

KIET Organized DRDO-Sponsored Workshop on "Innovations & Applications in Engineering Materials"



Department of Mechanical Engineering, KIET Group of Institutions, successfully organized the inaugural ceremony of the DRDO-Sponsored Workshop on "Innovations & Applications in Engineering Materials" which will be held from Feb 3 to Feb 7, 2025. The workshop will be held in the hybrid mode. More than 250 participants have registered in offline and online modes from almost every corner of the country including Tamil Nadu, Maharashtra, Karnataka, Himachal Pradesh, Haryana, Bihar and Odisha. The inaugural ceremony of the workshop began with the welcome of the Chief Guests, Prof. (Dr.) Pulak Mohan Pandey, Prof. HAG, IIT Delhi and Guest of Honour, Dr. Praveen Kumar B (Scientist F, Group Head, ARDE-DRDO Pune) and Dr. S.K. Pandey (Secretary, AR&DB-DRDO, Delhi). Dr. Preeti Bajaj, Director General-KIET, Dr. Manoj Goel, Joint Director-KIET and Dr. Ashish Karnwal, Dean-ME graced the occasion with their benign presence.

SBI New Delhi Circle launches Innovative Cyber Security Awareness Initiative:



New Delhi Circle of State Bank of India, launched Cyber Security awareness initiative, featuring Nukkad Nataks (Street Plays) and Puppet shows. The initiative aims to educate the public at large about the importance of cyber security and best practices to prevent cyber threats. The initiative was kick started in the presence of Chief General Manager, New Delhi Circle, with a puppet show. As part of this initiative, a total of 300 Nukkad Nataks and Puppet shows will be conducted at different locations across New Delhi Circle of SBI till 31st March 2025. SBI's cyber security awareness initiative is part of its ongoing efforts to promote digital literacy and safe banking practices among its customers and the general public.

The Hindu • 07 Feb • Ministry of Ayush

Reliving memories

7 • PG | 337 • Sqcm | 67383 • AVE | 682.81K • Cir | Bottom Right | Metro Plus

Delhi

Reliving memories

At the ongoing show 'Khula Aasman', artist Seema Kohli reveals the ephemerality of all belonging through multimedia exhibits

S Ravi

Nostalgia need not be sorrowful or painful, Russian novelist Vladimir Nabokov (1899-1977) said "One is always at home in one's past..." This sums up Seema Kohli's ongoing multimedia solo exhibition Khula Aasman in the city.

The varied works connect Kohli with her past, forefathers and ancestral home in Pind Dadan Khan (now in Pakistan's Jhelum district). "I am articulating a tenuous link to a home that my father never returned to. This project is deeply personal, nonetheless, it reveals the ephemerality of all belonging," she says.

This bridging of the past and present is exhibited in the silver gelatin prints. Using the images clicked by her father, KD Kohli, the artist has added colours, ink and pen drawings, some pictures from her archives and recent ones of Pind Dadan Khan by Maria Waseem, providing a fresh perspective. Urdu poetry and heart motifs on these prints make them engaging. Many of the original pictures are of Seema's mother Uma who was her father's muse.

The works portraying the journey of Kohli's family from Pakistan to India are also fascinating. One shows a train which was a vital means of transport for refugees during the Partition along with the image of Seema's studio when it was being constructed, thereby connecting the past with the present. Equally riveting is the work juxtaposing Seema's ancestral house with her New Rajinder Nagar residence wall with images of her grandfather and his friends between the two structures, signifying the passage of time.

Works highlighting Kohli's family occupation of hikmat or practice of Unani and Ayurveda medicine are also exhibited. While all are absorbing, one stands out. It lists the eight generations of doctors in the family, ending with her grandfather, Hakim Chunni Lal Kohli. Seema's eyes on the top, looking at the names of her illustrious forefathers, reflect admiration and awe!



Nostalgia Untitled artwork at Khula Aasman exhibition; artist Seema Kohli.
SPECIAL ARRANGEMENT

A charpoy covered with a bedsheet showing belladonna herbs and a pill-making machine provide the ambience of a *dawakhana*. The 12 works outlining the herbs used for preparing medicines, their scientific names, and properties along with glass jars containing *murabbas* and *gulkand*, and anatomical drawings of body organs take one to an era when this indigenous medical system thrived.



The show's essence comes alive in Seema's Gulab Ki Khet (acrylic colours and ink on canvas with 24-carat gold and silver leaf). She has painted the blooming rose fields of Choa Saidan Shah, a town in the Punjab province of Pakistan, showing camels used by the pilgrims to visit shrines at Katas Raj, at the back. Beyond these stand the mighty Hindu Kush mountain range and birds soaring in the sky pointing to the futility of man-made borders.

The artist says Khula Aasman is a "project of memory of memories". She adds, "The book *Mitr Pyare Nu* (KD Kohli's autobiography) was cathartic for my father and Khula Aasman, based on my father's autobiography relives my father's memories."

At Seema Kohli Studio, B85, Pocket X, Okhla Phase II; Till February 18; 11am to 6pm

The Hindu • 05 Feb • Ministry of Ayush

The financial toxicity of cancer care in India

7 • PG | 484 • Sqcm | 527106 • AVE | 956.08K • Cir | Top Left

Hyderabad

The financial toxicity of cancer care in India



Vid Karmarkar

Founder of Canseva Foundation



Parth Sharma

Community physician, public health researcher and the Founder of Nivarana

"Sir, I don't have the money for the test," said Vijay, a low-income lung cancer patient from Hyderabad. His oncologist replied, "Without the money, he has only a few months left." The test – a 12-gene next-generation DNA sequencing panel – could have guided a life-saving treatment plan.

Genomics-informed precision medicine, or targeted therapy, offers the right treatment to the right patient at the right time, making previously untreatable cancers treatable. Yet, these breakthroughs, along with the latest treatments such as immunotherapy, monoclonal antibodies, and proton therapy, remain out of reach for many people from low and middle-income backgrounds.

Take 70-year-old Aslam, who has oral cancer. Immunotherapy for him would cost nearly ₹10 lakh annually, adding to the ₹25 lakh he has already spent over five years. His son, an IT professional, exhausted insurance, savings, and even sold their ancestral land to continue the treatment.

Financial toxicity is the least assessed and most devastating toxicity of cancer. It impacts not just the person with the disease but also his family and the following generations. From selling assets to skipping meals to afford treatment, the burden often traps thousands of families in a cycle of generational poverty that is economic, social, and nutritional in nature.

Public and private healthcare

One of the key barriers to equitable cancer care is its cost, which includes both direct medical expenses, such as diagnostics, medicines, and hospitalisation, and non-medical expenses such as travel, lodging, and food. Afreen, a cancer patient, exemplifies this struggle: "I had ₹500. I spent ₹200 on travel and ₹200 on medicines. I have ₹100 left. How will I go home?"

Private and public insurance schemes, such as Ayushman Bharat, pay only for inpatient costs. Outpatient expenses such as diagnostic workups, post-discharge care, and follow-up tests must be paid out-of-pocket (OOP) by patients. Such expenditure constitutes nearly 50% of total healthcare costs.

India's public health expenditure has always been less than 2% of GDP. Consequently, public hospitals often face shortages of healthcare personnel, diagnostic and treatment facilities, and essential medications. Delays in diagnostic tests and surgeries further strain the system. This burden is compounded by the fact that many cancer cases are diagnosed at advanced stages, leading to higher treatment costs and poorer outcomes.

Given the limited public health facilities, private healthcare is a thriving business. The Indian hospital market is valued at close to ₹8 lakh crore with a CAGR of 8%. Is letting private healthcare thrive going to worsen the financial toxicity of cancer?

Addressing financial toxicity

In India, public healthcare is a State subject. To finance the direct medical cost of cancer care, some States such as Delhi, Maharashtra, Punjab, and Kerala have implemented several schemes. To support direct non-medical costs the Indian Railways and Air India offer discounted fares, whereas States such as Himachal Pradesh and Haryana provide free bus travel for cancer patients.

Additionally, efforts from NGOs and networks have also helped. For example, the National Cancer Grid has reduced the cost of 40 high-value cancer drugs by 82% through pooled procurement. The Cachar Cancer Hospital and Research Center in Assam has adopted a holistic approach to reduce OOP, along with accommodation, meals, and temporary employment opportunities for caregivers accompanying patients.

Only a strong political will and strategic investment in the public health system will address the financial toxicity of cancer. However, until government spending on public health improves, nonprofits play a crucial role in reducing this problem. By working at the grassroots level and conducting pilot projects, they can generate evidence that governments can scale up to inform policies.

In India, nearly 3 lakh nonprofits are registered on the Darpan portal managed by NITI Aayog, with over 85,000 focused on health and family welfare. But only a fraction of these specialise in cancer care. Larger nonprofits work across the cancer care continuum, from prevention to treatment. Smaller ones often operate in niche areas, such as by assisting low-income patients with paperwork, securing funding, and arranging essentials.

Individual philanthropy, impact investments, and corporate social responsibility (CSR) funding are central to financing nonprofits. Under India's CSR Act of 2014, companies meeting certain criteria must allocate funds for social causes. In 2022-23, the healthcare sector received over ₹6,800 crore in CSR funding. However, granular data on specific areas like cancer remains limited.

The Forbes' 2024 report showed that the combined wealth of India's 100 richest individuals surged to ₹8.4 lakh crore. A growing segment of the population has surplus wealth that can be donated while they benefit from tax exemptions. Critical catalytic capital would enable younger nonprofits to establish themselves and scale their impact. However, individual philanthropy is lagging far below its potential.

With a rising pollution, rapid urbanisation, and unhealthy lifestyle changes, the health and financial toll of cancer is set to rise significantly. Indian philanthropy, CSR initiatives, government funding, and nonprofits hold the power to alleviate the economic burden of cancer care.

Indian philanthropy, CSR initiatives, government funding, and nonprofits hold the power to alleviate the economic burden of cancer care

The Hindu • 02 Feb • Ministry of Ayush

Life-saving drugs to get cheaper

2 • PG | 280 • Sqcm | 106345 • AVE | 421.85K • Cir | Middle Right
Kochi

Life-saving drugs to get cheaper

Bindu Shajan Perappadan
NEW DELHI

The Union government has allocated ₹99,858.56 crore for the Union Health Ministry in the Budget 2025-26, including ₹95,957.87 crore for the Department of Health and Family Welfare and ₹3,900.69 crore for the Department of Health Research.

This is an increase from ₹89,974.12 crore allocated in the Budget (Revised Estimates) of 2024-2025.

The government's announcement to fully exempt 36 life-saving drugs for treating cancer, rare diseases and chronic diseases from basic customs duty will make the drugs cheaper.

It has announced additional manpower creation and expanding its health assurance scheme Ayushman Bharat Pradhan Mantri Jan Arogya Yojana to include gig workers.

The Budget presented by Finance Minister Nirmala Sitharaman also envisages enhanced care for women and child health through targeted interventions.

The Hindu • 02 Feb • Ministry of Ayush

Thrust for medical tourism to benefit the State

12 • PG | 1039 • Sqcm | 394675 • AVE | 421.85K • Cir | Bottom Left

Kochi

Thrust for medical tourism to benefit the State

Dhinesh Kallungal
THIRUVANANTHAPURAM

The proposal in the Union Budget to bring in easier visa norms and streamlined e-visa facilities is likely to support the economy of States like Kerala and Goa where tourism holds great sway over the local economy.

Tourism contributes around 10% of the State GDP in Kerala and simplified the visa norms will help increase foreign tourist arrivals significantly. The foreign tourist arrivals in the State have slipped to 6.5 lakh in 2023 compared to 11.9 lakh in 2019.

According to industry insiders, the medical and wellness tourism sector will get the benefit of the new decision. The Budget has announced that medical tourism and 'Heal in India' will be promoted in partnership with the private sector along with capacity building and easier visa norms. Speaking to *The Hindu*, Sajeev Kurup, general secretary, Confederation of Kerala Tourism Industries, said simplifying visa norms was one of the long-pending demands of the hospitality industry.

Preferred destination

For the time being, Kerala, Mumbai, and Chennai are the leading markets for medical tourist arrivals for allopathic treatment, while Kerala is the only segment leader in the Ayurveda and wellness tourism sector. In the case of allopathic treatment, Kerala is the preferred destination for tourists from West Asia.

Further, the decision to develop the top 50 tourist destination sites in the country in partnership with States through a challenge mode will also benefit Kerala.



Kerala is the segment leader in the Ayurveda and wellness tourism sector.

Though the hospitality industry has struck a cautiously optimistic note, there are also concerns about how the new policy decisions would be implemented.

In addition, the exorbitant price for flight tickets continues to dampen the spirit of the announcements made.

"The government should also resume the duty drawback scheme under SEIS (Service Export India Scheme) given for the tourism service providers during the pre-pandemic era. Such a step will give a decent incentive for the stakeholders handling the foreign tourism segment," said James Kodianthara, chairperson of the Kerala chapter of the Indian Association of Tour Operators (IATO).

Seaplane service

On the other hand, the seaplane service has not been mentioned in the modified UDAN scheme.

Kerala was pinning its hopes on the introduction of seaplane service to increase the tourism potential and suggested close to 10 waterbodies to start services under the UDAN scheme.

The Hindu • 02 Feb • Ministry of Ayush

An insurance, infra push for healthcare

7 • PG | 126 • Sqcm | 167785 • AVE | 1.4M • Cir | Top Left

Bengaluru • Kolkata • Hyderabad • Delhi

VIEWPOINT



K. SRINATH REDDY
Former president, PHFI

An insurance, infra push for healthcare

While health research gets a fillip and digital health gets energised, primary healthcare lacks the needed support

The Union Budget of 2025-26 provides support to healthcare delivery through increased investment in infrastructure and expansion of the health workforce. It aims at making more affordable some life-saving drugs needed for treating cancer, other chronic diseases, and some rare diseases. It also seeks to expand the coverage of health insurance, while providing incentives for private sector-led medical tourism. While health research gets a needed boost and digital health gets energised, primary healthcare does not get the needed support. Health research and child nutrition programmes get greater support, but adolescent health and adult nutrition do not benefit from budgetary initiatives.

In her budgetary speech, Finance Minister Nirmala Sitharaman announced support to create 75,000 more undergraduate seats in medical colleges over the next five years, starting with 10,000 more seats in the coming year. This will help meet health workforce shortages that are limiting access to needed health services, even as the demand for health services will increase owing to a growing and ageing population. The Budget does not refer to other sections of the health workforce.

Compared with the previous year's Budget, the proposed allocation for health has increased by 9.7%. This includes a 9.47% increase for the Ministry of Health and Family Welfare; a 7.55% increase for the AYUSH Ministry; and an 18.14% increase for health research (Indian Council of Medical Research, and the Department of Health Research). The Ayushman Bharat Infrastructure Mission gets a 26.68% increase. While the support for private sector initiatives to promote medical tourism has been announced, there is no budgetary increase for the Pradhan Mantri Swasthya Suraksha Yojana, which is the vehicle for strengthening the government's tertiary care institutions. Among the major health programmes, the public funded Pradhan Mantri Jan Arogya Yojana gets a substantial boost of 28.85%. However, the National Health Mission (NHM) gets only a 3.77% increase. This is surprising as the NHM is the principal vehicle for strengthening primary care services and district hospitals.

Overall, the Budget focuses more on delivering curative care than on health promotion and disease prevention

A welcome announcement proposes to exempt customs duties on 36 life-saving drugs that are needed for treating cancer as well as other chronic and rare diseases, while also reducing duties on six more. It needs to be seen how far the pharmaceutical industry will pass on these benefits to the patients through reduced drug prices. Support for daycare centres for cancer treatment in district hospitals was announced. Full exemption and concessional duties will extend to bulk drugs, which are needed to manufacture medicines in India. Overall, the Budget focuses more on delivering curative care than on health promotion and disease prevention. While the former is certainly needed, more needs to be done to keep the population healthy.

The Hindu • 02 Feb • Ministry of Ayush

Trade bodies, industry honchos hail Budget

13 • PG | 366 • Sqcm | 399297 • AVE | 956.08K • Cir | Top Center

Hyderabad

Trade bodies, industry honchos hail Budget

It will accelerate India's economic growth and strengthen a labour intensive economy, says CII TG Chairman Sai D. Prasad; adds reduction in tax burden on middle class will increase consumption

The Hindu Bureau
HYDERABAD

Trade and industry bodies and heads of some of the well-known companies in Telangana welcomed Union Budget 2025-26 as progressive, one poised to strengthen the Ease of Doing Business and for its focus on driving investment.

CII Telangana Chairman Sai D. Prasad, who hailed the Budget as progressive, said it will accelerate India's economic growth and strengthen labour intensive economy.

A reduction in the tax burden on the middle class will increase consumption. He also termed the Budget as agriculture and MSMEs friendly and many of the interventions proposed in it will give a fillip to the entrepreneurial ecosystem. CII Telangana gave a 7/10 rating, Mr. Prasad said.

"We recommended raising the individual income tax limit to ₹9 lakh. But the Finance Minister surprised everyone by raising it to ₹12 lakh," FTCCI president Suresh Singh said.

Chairman of FTCCI Committee on Direct Taxes Sudhir V.S. said the new Income Tax Bill, which Finance Minister Nirmala Sitharaman in the Budget speech said would be introduced shortly, is long pending and need of the hour. He expected the Bill to simplify many things for taxpayers and tax administrators as well as increase ease of compliance.



Industry leaders from CII and FTCCI watching and analysing the Union Budget, in Hyderabad on Saturday. RAMAKRISHNA G

Pharma industry leader and Dr. Reddy's Lab Chairman Satish Reddy said Budget seeks to improve the resilience of healthcare infra through cancer centres, medical education, custom duty exemptions on life-saving drugs and steps to encourage medical tourism. The continued focus on investment in private sector-driven research, development and innovation announced earlier is welcome.

Telangana State Federation of Chambers of Commerce and Trade president Prakash Ammanabolu welcomed the Budget for its focus on poor, women, youth and farmers as well as inclusive development. The members were looking forward to further rationalisation of GST slabs and reduction in rates, loans at lower rate of interest and enhanced credit facility under schemes like Mudra. "We request subsidised health insurance under Ayushman Bharat for traders and support in ESI ad PF contribution for small traders," he said.

CEO and co-founder of Marut Drones Prem Kumar Vislawath said certain strategic policy shifts proposed in the Budget will open up new opportunities for farmers to adopt mechanisation and drone technology, especially in agriculture-driven States.

While welcoming various Budget proposals, Aparna Constructions Director Rakesh Reddy said several key expectations of the real estate sector remain unaddressed.

The Hindu • 02 Feb • Ministry of Ayush

Life-saving drugs to get cheaper

2 • PG | 68 • Sqcm | 74428 • AVE | 956.08K • Cir | Middle Right

Hyderabad

Life-saving drugs to get cheaper

Bindu Shajan Perappadan
NEW DELHI

The Union government has allocated ₹99,858.56 crore for the Union Health Ministry in the Budget 2025-26, including ₹95,957.87 crore for the Department of Health and Family Welfare and ₹3,900.69 crore for the Department of Health Research.

This is an increase from ₹89,974.12 crore allocated in the Budget (Revised Estimates) of 2024-2025.

The government's announcement to fully exempt 36 life-saving drugs for treating cancer, rare diseases and chronic diseases from basic customs duty will make the drugs cheaper.

It has announced additional manpower creation and expanding its health assurance scheme Ayushman Bharat Pradhan Mantri Jan Arogya Yojana to include gig workers.

The Budget presented by Finance Minister Nirmala Sitharaman also envisages enhanced care for women and child health through targeted interventions.

The Hindu • 02 Feb • Ministry of Ayush

Kerala upset a Budget has no mention of economic package, Vizhinjam aid

18 • PG | 239 • Sqcm | 179123 • AVE | 682.81K • Cir | Middle Center

Delhi

Kerala upset as Budget has no mention of economic package, Vizhinjam aid

Tiki Rajwi
THIRUVANANTHAPURAM

Finance Minister Nirmala Sitharaman's Union Budget left Kerala's wish list largely untouched on Saturday, dashing the State's hopes for a ₹24,000-crore economic package and a ₹5,000-crore special assistance for the Vizhinjam port project.

The State's request for a ₹2,000-crore prop-up for rehabilitation of the Wayanad landslides survivors, an All India Institute of Medical Sciences (AIIMS) – a long-pending demand – and State-specific packages for tackling human-wildlife conflict and emerging climate change-related challenges also did not find a place in the Budget.

Chief Minister Pinarayi Vijayan termed the Budget deplorable for rejecting the State's major demands. Finance Minister K.N. Balagopal described it as extremely disappointing for Kerala and expressed dismay over the absence of any mention of Wayanad and the Vizhinjam project.



The Kerala government had sought ₹4,500 crore for building climate resilience, after the landslide in Wayanad. THULASI KAKKAT

Leader of the Opposition V.D. Satheesan also slammed the Budget for ignoring Kerala.

Kerala had been unsuccessful in securing the ₹24,000-crore economic package for propping up State finances and special aid for the Vizhinjam port project in Ms. Sitharaman's previous Budget as well.

This time, Kerala had also sought a special assistance of ₹1,000 crore in the Budget for handling human-wildlife conflict and ₹4,500 crore for building climate resilience. The State's long-pending demands concerning the SilverLine semi high-speed rail system and an international research institute in Ayurveda at Kannur also failed to find any mention in the Budget speech.

That said, Ms. Sithraman's announcement regarding additional infrastructure in five IITs opened after 2014 is expected to benefit IIT-Palakkad. Also, the decision to extend the Jal Jeevan Mission (JJM) to 2028 with an expanded outlay will help Kerala. The State's request that an additional borrowing of 0.5% of the Gross State Domestic Product for power sector reforms be extended to 2025-26 has found a place in the Budget.

Mid Day • 27 Feb • Ministry of Ayush

Religion of fitness

15 • PG | 35 • Sqcm | 80656 • AVE | 1.5M • Cir | Top Right

Mumbai

RELIGION OF FITNESS John Abraham revealed that he has been diligently hitting the gym every day for the past 35 years. He considers self-care his "religion", and believes that the body is a temple that requires nurturing and maintenance.

Mid Day • 27 Feb • Ministry of Ayush

Run for change

18 • PG | 895 • Sqcm | 2037013 • AVE | 1.5M • Cir | Top Left

Mumbai

THE GREAT ESCAPE

Run for change

An exclusive women-only run club kicks off their first session on Saturday to set the pace for a safe and confident space for Mumbai female runners

SHRIRAM IYENGAR
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THERE comes a point past the first 500m on a morning run when you wish you had stayed home. "We call it the brick wall," says Swetha Subbiah, co-founder of the women-led sports community, Sisters In Sweat, with Tanvie Hans. This weekend, Subbiah will team up with the Bombay Running Club to launch an exclusive women-only run club in the city.

Though running is an individual sport for many, it can be challenging for women in India. Subbiah admits, "There has been a paradigm shift in women reclaiming sports in urban spaces, However, they can still be hesitant when it comes to running alone or in a large mixed group." The club will be the first women-only running club in the city, says Priyanca Walanju, co-founder of Bombay Running Club. A runner for the last 10 years, Walanju says, "When you have women running alongside, it is comforting."





A moment from a morning run organised by the mixed running club in Mumbai. PIC COURTESY/INSTAGRAM: (inset) Priyanka Walanju

Sisterhood on the move

"It is a myth that women do not like sport. Over the last five years, we have witnessed more and more women take to sports, from badminton and padel, to swimming and MMA," Subbiah points out, adding that the run club is part of a diverse list of upcoming female-only sport sessions the community plans to host in the city.

Walanju accepts that there are unique challenges for women in a mixed running group; the pace of male runners can often pressure women to try and keep up. There are also issues like running during menstrual cramps or finding the right sportswear. A women-only club offers them a platform to speak freely on diverse subjects.

Even early morning runs of Bombay Running Club at 5.45 am can be a hurdle. "Though we have regular women runners who are always present, we understand many women miss out owing to their domestic responsibilities. That's why we chose to offer them the flexibility of starting at 6.30 am," shares Walanju.

Planned progress

As a sport, running requires discipline and a regimented programme. Subbiah remarks, "One of the key issues is consistency. Working with professional runners can help you overcome that brick wall."

Walanju underlines the approach saying, "A plan helps avoid long-term injury. We will offer a regimented training plan, shaped to suit individual needs and preferences."

Yet, with March on the horizon and temperatures on the rise, the idea of running in Mumbai's traffic can pose enough intimidation. Deepak Oberoi, co-founder, Bombay Running Club notes, "We have been conducting runs on the roads for a long time, and have structured a method. There will also be instructions offered on the run to stay in a single file, address during a road crossing or obstructions."

The first session on Saturday will be an icebreaker. "It will be an easy session with a light jog-run followed by coffee and conversations," shares Walanju.

Though the urban weather is not the best, Subbiah says, "We have to make the best of each cityscape. As a community, we want women to step out of their houses to experience sports and make new friends."

In the end, it comes down to helping women find their own space. Walanju notes, "No one is looking to make a podium finish right now. All you need is turn up, make new friends, and slowly achieve your goal."

FROM March 1; 6.45 am AT Sante Spa & Cuisine, Royal Opera House, Girgaon. LOG ON TO @sistersinsweat.in and @bombayrunning (to register)



(From left) Tanvie Hans and Swetha Subbiah



The opening day will also include a mobility session for the runners



Participants warm-up during a session in Bengaluru

Running notes

- Opt for comfortable running shoes
- Choose weather-appropriate apparel that is easy, and comfortable
- Do not pressure yourself to hit a mark
- Take the inconsistencies with a pinch of salt
- Be open, and make new friends

Mid Day • 26 Feb • Ministry of Ayush

Bollywood's fittest actresses spill the beans

16 • PG | 220 • Sqcm | 499804 • AVE | 1.5M • Cir | Top Right

Mumbai

WOMEN'S DAY SPECIAL

Bollywood's fittest actresses spill the beans

All you can learn from an Iron Man participant, a mother who achieved fitness milestones post delivery, and an almost-50 actor who gives 20-somethings a run for their money



Saiyami Kher

Easily among the fittest Bollywood actresses, Saiyami Kher had spoken of the benefits of years of consistent training when discussing how she went on to complete the half Iron Man challenge. "When you're consistent with your training, you learn what your body is capable of. It's quite amazing. After this race, I'm already finding the next one to sign up for. I plan to do the full Iron Man before I turn 45."



Neha Dhupia

Painting a realistic picture of dealing with postpartum weight gain, Neha Dhupia had urged new mothers to return to fitness only when their bodies permitted it. She had shared that chasing fitness goals instead of a number on the weighing scale could prove to be more fulfilling. "I clocked my personal best on a 100-metre sprint after giving birth to two children. [This was possible] because I have [appreciated] how my body feels. There are days when you feel powerful and able enough to conquer the world. And then there are days when you feel exhausted. You must have a conversation with your body because a fitness routine has to become part of your lifestyle."

Shilpa Shetty Kundra

Reiterating the benefits of yoga, Shilpa Shetty Kundra had dismissed the belief that yoga is a "thing for the aged." "Yoga will, in fact, slow down the ageing process in the first place. When I began to practice yoga, people would compliment me on the way I looked, which is shallow. I wanted to focus on how it made me feel, and how I achieved that. I believe in the science of yoga, and adhere to Ayurvedic nutritional principles. Yoga is a deep-rooted science. Hours of meditation can put you off medication."



Mid Day • 26 Feb • Ministry of Ayush

Yoga se hi hoga

16 • PG | 425 • Sqcm | 967128 • AVE | 1.5M • Cir | Top Left

Mumbai

Yoga se hi hoga?

Having returned from a retreat five kilos lighter, actor Rohit Roy chronicles finding solace in Ayurvedic practices

SONIA LULLA
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Rohit Roy heads for the retreat twice a year. PICS/INSTAGRAM

IF, like me, you too crave sweet foods, here's a hack to control it—right before consuming lunch, have a spoon or two of dessert. If you do so, you will notice that your cravings during the rest of the day will be substantially less," says actor Rohit Roy. This is one of the many nuggets of information he peppers our conversation with as he discusses the lessons he learnt from a biannual Ayurveda retreat that he has been participating in since 2019. Seven days after returning from the Kerala retreat, Roy, five kilos lighter and the lowest he has been in 15 years, appears to have been touched by a magic wand.

"The first time I tried this was over an 11-day stay. Within eight days, I had shed five kilos. More importantly, all the toxins in my body had been washed away, and I dropped three inches on my waist. I came back looking at least 15 years younger. When I saw how people were reacting to me, I realised I had struck gold," says the actor, who recalled being drawn to the idea of exploring the retreat after years of traditional fitness training methods had left him feeling bulkier than he desired. "I had packed on a lot of muscle mass for [projects like] Kaabil [2017], and Mumbai Saga [2021], which also featured John Abraham. I needed to look big for them. After that, I wanted to go back to how I was. My body is lean, not bulky. That's when I first went to the [retreat]. Now, I head there twice a year."

Roy was first drawn to Ayurveda in 2019, when he wanted to shed the muscle mass he had gained for his films

Roy agrees that a major chunk of the benefits is derived from the alteration in one's diet, specifically the elimination of foods that aren't sourced organically. "When you have no chemicals entering the body, you will feel better within 14 days. The food is Satvik, which means it is organic and grown on their own [land]. Even the ghee and milk provided are procured from cows that they own and that are bred on their property. The lifestyle that we live is the kind that nature intended it to be. After 14 days, I return with a lot of energy. I feel light on my feet and can wake up at 5 am without an alarm."

The actor doesn't deny that not everyone may seamlessly become accustomed to the lifestyle at the get-go. "On the first day, you may question the [restricted] food that you are being provided. But, the body gets used to it by day two. They will give you four meals a day, but the portions are curtailed. It's just enough [to sustain] your body's [requirements]. If they give you too much food, your body will not use existing fat as fuel. Also, I've derived umpteen benefits from yoga. For 30 years, I've been doing action in films. It has taken a toll on my body. Sometimes I'd tear my hamstrings; on other occasions, it would be the rotator cuff muscles. With yoga, and their treatment, I was able to [heal] 70 per cent of the injuries. Even though there's no weight-lifting involved, you return feeling stronger. I could do handstands and headstands, which helped my spine. Also, people in their 30s and 40s often complain of brain fog. My brain fog has cleared up. It now takes me a nanosecond to remember anything I want."



Roy's days at the retreat

Roy's days at the retreat typically began at 5 am, with his first meal comprising a glass of herbal tea. At 7 am, a two-hour session of iyengar yoga would follow. Practitioners were offered a "light breakfast," which would be either poha, or upma. ("They don't give you heavy foods because they want to cleanse you," says Roy). An hour later, a treatment meant to address an individual's injuries would commence. "We'd then have lunch, and then head for a restorative yoga session. At times, we would do the yoga nidra, which would help us sleep better. At 4 pm we'd be given a snack, which would be a spinach roll or makana. Then, a minor treatment would follow. This would help soothe muscles. Dinner would follow at 7 pm, and lights would be out an hour later," shares the actor.

Mid Day • 25 Feb • Ministry of Ayush

Fit for the season

18 • PG | 1477 • Sqcm | 3364239 • AVE | 1.5M • Cir | Top Left

Mumbai

Fit for the season

ANINDITA PAUL
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IF everyone around you seems to be battling a wayward cough or flu, it could be more than the city's pitiful AQI levels to blame. The transition from winter to summer brings with it a host of implications for your body — from increased susceptibility to respiratory illnesses such as colds and flu, to exacerbating existing conditions such as asthma, to triggering allergies. It can also disrupt your sleep patterns and affect your energy levels. But, if you spend most of your day sitting at a desk, the effects of a sedentary lifestyle including stiff muscles, low energy, and that constant strain on your back and shoulders can feel even more pronounced, warns Shimpli Patil, head nutritionist and lifestyle expert at Luke Coutinho Holistic Healing Systems. She adds that rising temperatures also come bearing new concerns — fatigue, dehydration, sluggishness — all of which can impact focus and productivity.



SELF
SUMMER HEALTH GUIDE

The transition from cooler temperatures to a blazing summer sun can be ruthless to your 9 to 5 routine, especially if you have a desk-bound job. Here's how to keep your health in top order



Eat water-rich foods like melons and cucumbers

Eat for change

Patil refers to a condition known as 'sitting disease', a consortium of symptoms that directly result from prolonged hours at the desk. These include poor circulation, weaker muscles, and disrupted digestion. "Poor posture from prolonged sitting also strains the spine, leading to chronic back pain and reduced mobility over time. Rising temperatures further slow metabolism and increase dehydration risk, leading to fatigue and reduced cognitive function," she notes. However, small and mindful adjustments can counteract these effects.

Patil recommends increasing your water intake to at least two or three litres per day. You could also add lemon or mint for extra refreshment. Sip on cooling herbal infusions such as aam panna, buttermilk, fennel, mint, sabja seeds (basil seeds), or coriander seed tea, which aid in digestion, and naturally lower body heat. Further, swap heavy winter meals for water-rich foods such as cucumbers, melons, citrus fruits and leafy greens to maintain hydration and electrolyte balance, which can help prevent sluggishness. It is also advisable to reduce your intake of caffeine, carbonated drinks and excessive salt, as these dehydrate the body and further contribute to fatigue.





(From left) Sitting for prolonged periods can have adverse effects; sip on buttermilk to cool your body down

Be summer-ready

Yes, we're all working towards our 'hot girl summer' bodies, but the increasing heat can make it difficult to stay committed to our fitness programmes. Instead of giving up altogether, Jeff Bathija, personal coach at Mid-life Lifting Club, suggests making a few mindful swaps. "Opt for low impact and indoor workouts, which keep the heart rate controlled, reduce stress on joints, and minimise overheating. Strength training is ideal for the summer months. Make sure you are training in a well-ventilated gym or at home with adequate hydration. To minimise strain and overheating, increase the rest between sets to 60 to 90 seconds," he says. Explaining that summer fatigue can increase injury risk, especially for men over 40, he recommends maintaining moderate rep ranges (8-12 reps per set) instead of heavy one to five rep max lifts.



Shimpli Patil

Complement your strength training with low-impact cardio, which produces less heat and better recovery. Walking, cycling at a relaxed pace without high-intensity sprints, or swimming for full-body conditioning are optimal. You could also add yoga and mobility work to your routine for recovery and flexibility," he explains.



'Make sure you are training in a well-ventilated gym or at home with adequate hydration' Jeff Bathija



Incorporate yoga in your routine



Take breaks between exercise routines. **REPRESENTATION PICS**

He also cautions against high-intensity, high-heat workouts that can cause dehydration and fatigue. "If HIIT is an irreplaceable part of your fitness routine, limit it to one to two sessions per week, preferably in an air-conditioned space. Reduce your sprint intervals and instead, try moderate steady-state cardio," he advises. Avoid outdoor running from 11 am to 4 pm and prolonged exposure to direct sunlight while exercising.

Regulate your environment

In addition to your diet, Patil suggests making small adjustments to your workspace to stay refreshed through the day. "Use a small desk fan or mist spray to cool down without blasting the air conditioning. There's also a scientific connection between body temperature and melatonin production. Cooler body temperatures at night trigger melatonin production, which is why keeping your bedroom cool can enhance sleep quality and hormonal balance," she explains, suggesting a simple but effective bedtime routine to sleep better and wake up more refreshed.

- Take a lukewarm shower before bed to lower your body temperature naturally.
- Keep the curtains drawn during the day to block excess heat and maintain a cooler indoor environment
- Switch to breathable cotton bed linens for better air circulation and comfort

Complement this routine with at-work wellness rituals to lower stress like these:

- Practice deep breathing or short meditation breaks
- Quick stress-relief techniques such as guided breathwork, desk-side visualisation, and acupressure on the hand's pressure points
- Calming instrumental music while working can create a relaxed and productive atmosphere
- Step outside in the morning for natural sunlight exposure to regulate your circadian rhythm and enhance daytime energy levels



Acupressure on the hand's pressure points can offer relief

Mid Day • 12 Feb • Ministry of Ayush

You can't get slim on knowledge

18 • PG | 1509 • Sqcm | 3436697 • AVE | 1.5M • Cir | Top Left

Mumbai

'You can't get slim on knowledge'

A year shy of turning 80, veteran actor Kabir Bedi gives us an in-depth account of the habits he adheres to to stay in shipshape

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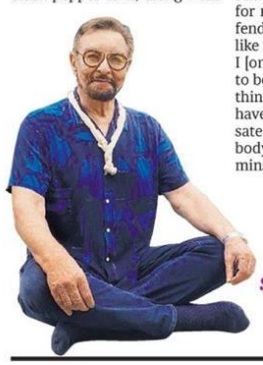
Actor Kabir Bedi celebrated his 79th birthday last month. PICS/INSTAGRAM



The actor lays emphasis on adhering to a healthy diet. He consumes a late breakfast, and an early dinner—a pattern that has helped him practice what he describes as "a form of intermittent fasting". He is also critical of the consumption of fruit juices.

WITH the lack of sufficient critical voices weighing in on the subject of health and wellness online, several social media users prefer to take the content they receive with a pinch of salt. For Kabir Bedi, however, the web world has opened the doors to the opportunity to learn a great deal about matters relating to fitness. "Back in the day, we didn't have social media, email, or instant phone calls. It was a hassle to communicate with anybody. So, things have changed dramatically in the last 30 years. With social media, you have people spelling out health tips, and I've learnt a lot from it. I've imbibed some of the things I've been told because the information is useful. Earlier, people would only focus on doing regular exercises. Today, exercises are more specific," says Bedi, quick to add that while individuals love to consume content relating to fitness, they must remember that "you can't get slim on knowledge." "Acquire all the knowledge that you can, but, at the end of the day, you have to get up and exercise. A lot of people think that by knowing a lot about fitness, they'll get fit. They won't."

A year shy of turning 80, Bedi still appears to be in shipshape, and seemingly acquires knowledge from new sources while continuing to adhere to old norms that have kept him in good stead. He promotes the use of "gharelu nuskas", a term that finds a special space on his Instagram page. "I believe in the curative powers of haldi. Get the best form of haldi that you can, preferably organic, and add black pepper to it, along with honey or agave as sweeteners. Create a paste using olive or coconut oil, and then add cinnamon, garlic, and ginger. I've been having [this] for the last 10 to 12 years, and I feel great. I have researched what is good for me and what I must do to fend off the effects of ageing, like the habit of smoking that I [once] had. I found curcumin to be the best antidote to most things. Age takes a toll, and you have to find ways to compensate for the depletion [in the body's health]. So, I have vitamins, as well as magnesium. I can't take my health and my state of well-being for granted today as I could when I was a young man."





Kabir Bedi advocates for the use of turmeric. He combines it with pepper and honey or agave, olive oil, garlic, and ginger. He has been consuming it for 12 years.

For the most part of the month, Bedi believes in adhering to a disciplined diet. "I emphasise that what you eat every day determines your nutrition, fitness, and health. Of course, you can binge once in a while, but it is what you eat on a regular basis—your breakfast, lunch, and dinner—how often you eat, and how much you eat, that defines you. If you create a system, it becomes easy to stick to your diet because you will not need to wait till the last minute to decide what to eat. If you wait until the last minute, the mind will think of the easiest option. I have a system. I have my breakfast late, and have a light tea along with some healthy snacks. I also have my dinner early, several hours before I sleep. That is good practice. Having a late breakfast is also good because it delays the intake of food after sleep. So, it becomes a form of intermittent fasting." As passionate as his advocacy for healthy fats is, Bedi's condemnation of the use of sugar is equally critical. "It is the villain," he says, adding, "If you can minimise it, you will do yourself a huge favour. It's impossible to avoid it because it's all around you. But some wonderful substitutes are also there. The processed food industry is responsible for a lot of diseases."

'The processed food industry is responsible for a lot of diseases. If you can minimise the use of sugar, you will do yourself a huge favour. There are wonderful substitutes available'

While Bedi heartily indulges in conversations around healthy eating habits, he only infrequently discusses his fitness routine. Expressing gratitude for his favourable genetic makeup, he says his athletic childhood contributed to his love for wellness. "I was an athlete during my years in school. I participated in long-distance races, and I was naturally pretty fit. I've never been a major workout buff, but, in college, I'd do some weight training and stamina-building [exercises]. But, honestly, I'd say I am a lazy fitness freak. I do the routines when I feel the need to do them. These days, I train once or twice a week. With age, you have to take care of your body even more and maintain agility, flexibility, and fitness. But, over the years, I've just done the bare minimum to keep myself looking good. I've been blessed." However, he is quick to add that he doesn't advocate for the lifestyle he could afford. "People should be in the habit of making time to do things to improve their health and keep their body toned."

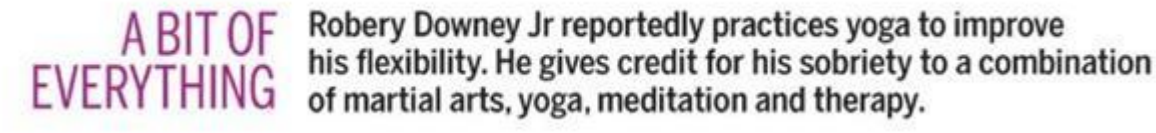
Ask him if conversations around fitness often find a place in his interactions with his granddaughter Alaya F, and he says, "The only thing I tell her is to stop having fruit juices in the morning. That creates fatty liver. You can eat fruits, but the minute you have them as juices, you are putting something into your body that spikes your insulin levels. So, you're undoing the effort you put into improving your health."

Mid Day • 12 Feb • Ministry of Ayush

A bit of everything

18 • PG | 35 • Sqcm | 80454 • AVE | 1.5M • Cir | Top Right

Mumbai



Mid Day • 03 Feb • Ministry of Ayush

Marathon-running is ex-British PM Sunak's fitness mantra

23 • PG | 359 • Sqcm | 816730 • AVE | 1.5M • Cir | Bottom Center

Mumbai

Marathon-running is ex-British PM Sunak's fitness mantra



Former British PM Rishi Sunak is presented a Parsee Gymkhana cricket shirt and cap by the Gymkhana's vice-president and cricket secretary, Khodadad Yazdegardi. On the extreme left and extreme right are Jt Secretary Eric Billimoria and former commentator Fredun De Vitre

SUBODH MAYURE
subodh.mayure@mid-day.com

FORMER British Prime Minister Rishi Sunak enjoyed his Sunday in Mumbai, where he visited the Parsee Gymkhana among other cricket grounds in the morning. He spent around 45 minutes playing tennis-ball cricket and interacting with the boys at the Marine Drive ground. In the evening, he was at the Wankhede Stadium to witness the fifth T20I between India and England.

Though Sunak was not in sports attire, he looked perfect and passionate while batting, remarked Parsee Gymkhana Vice-President and Cricket Secretary, Khodadad Yazdegardi. "He [Sunak] is very passionate about cricket. It is very clear that he had played cricket in his younger days. He was playing properly on the front foot and was equally good on the back foot while countering short-pitched balls. All the shots he played were cricketing shots," Yazdegardi told mid-day.

Yazdegardi, a former Mumbai Cricket Association Apex Council member, also revealed that the British politician's fitness mantra is running. "When I asked him about his fitness mantra and success, because he looks so fit, Sunak said: 'I run marathons.' He was very humble. While interacting with the boys and Gymkhana officials, Sunak mostly talked about the history of the game. He asked about our 1886 Trophy which our Gymkhana team has been playing against the British team since 2016. He also spoke on the Parsee history of the game," Yazdegardi added.

Before leaving the Gymkhana ground, Sunak said: "Great to be with all of you at the Parsee Gymkhana club at its anniversary celebrations. What an extraordinary achievement. So much history and so much exciting stuff to come. I managed not to get out too many times." The Gymkhana is celebrating its 140th year this month.

Telangana Today • 25 Feb • Ministry of Ayush

SC talks tough on misleading ads

7 • PG | 119 • Sqcm | 155083 • AVE | 440K • Cir | Bottom Left

Hyderabad

SC talks tough on misleading ads

NEW DELHI

The Supreme Court on Monday underscored the importance of creating a mechanism for citizens to file complaints on misleading advertisements.

A Bench of Justices Abhay S Oka and Ujjal Bhuyan said the Drug and Magic Remedies (Objectionable Advertisements) Act, 1954 was of vital importance. "This Act is most vital," the bench observed while saying it was essential to comply with its provisions. It said a machinery had to be set up for the citizens who wanted to file complaints over misleading advertisements.

The Bench said it would consider the aspect on March 7. It also dealt with the issue concerning compliance of Rule 170 of the Drugs and Cosmetics Rules, 1945 by Jharkhand, Karnataka, Kerala, Punjab, Madhya Pradesh and union territory of Puducherry.

The top court on August 27 last year stayed a notification issued by the Ministry of Ayush, which omitted Rule 170 of the Drugs and Cosmetics Rules, 1945 that prohibits misleading advertisements of Ayurvedic, Siddha, and Unani drugs.

During the hearing on Monday, the bench was informed that in Karnataka, no prosecution was initiated in 25 cases of alleged misleading advertisements due to lack of material particulars. "According to us, these are only excuses given by the state of Karnataka. They have their own police machinery, cyber cell. It is very easy for them to find out the sources of these advertisements, provided there is a will on the state's part to do so," the bench observed. It asked the Karnataka government to ascertain the wrongdoers and place a compliance report before the court within a month. Senior advocate Shadan Farasat, assisting the court as an amicus curiae, said as far as Kerala was concerned, there was proper implementation of the Rule. PTI

Telangana Today • 22 Feb • Ministry of Ayush

Uphill task for Delhi CM

6 • PG | 272 • Sqcm | 353968 • AVE | 440K • Cir | Top Left
Hyderabad

Uphill task for Delhi CM

By appointing first-time legislator Rekha Gupta as Delhi Chief Minister, the BJP may have justifiably claimed to have walked the talk on honouring 'Nari Shakti' but the real challenges of governing the national capital lie ahead. Gupta, the fourth woman Chief Minister of Delhi, happens to be the only incumbent woman CM in any BJP-ruled State. Gender and community factors played a key role in the saffron party's choice for the coveted post. Nurtured in the student politics of Delhi University and rose through the ranks in the organisation, Gupta now has her hands full. As she gets down to the nitty-gritty of administrative business, she is up against many challenges — from managing the finances and fulfilling its main election promises to cleaning the Yamuna and improving civic conditions. Gupta's appointment was announced 11 days after the party's landslide victory in the Assembly elections, ending the AAP's 10-year regime. The other contenders included Parvesh Verma, the 'giant killer' who defeated AAP chief Arvind Kejriwal in the New Delhi seat; Delhi BJP general secretary Ashish Sood, former Leader of Opposition Vijender Gupta and Malviya Nagar MLA Satish Upadhyay. During the campaign, the BJP, in a bid to outsmart the AAP, had focused on wooing women voters, with the party's manifesto promising Rs 2,500 monthly aid for women, Rs 21,000 for pregnant women and pensions for seniors. For Gupta (50), whose campaign website's tagline is "Kaam hi Pehchaan" (my work is my identity), the implementation of the party's poll promises will prove to be an acid test.

> As Rekha Gupta gets down to business, she is up against many challenges — from fulfilling poll promises to cleaning Yamuna

There are high public expectations from the new government on a host of issues ranging from improving the condition of roads and ensuring drinking water supply to the construction of houses for the poor and regularisation of illegal colonies. The new government needs to get cracking to put together the budget for the new fiscal, keeping in mind allocations for the scheme for women as well as Rs 21,000 for pregnant women, as promised. The immediate implementation of the Ayushman Bharat scheme is also on top of the BJP's agenda. The previous AAP regime did not adopt it, becoming the only administration after the Trinamool Congress-led West Bengal government to reject the Centre's health insurance scheme. Cleaning Yamuna River is another big promise waiting to be implemented. The high pollution level in the river was a major talking point during the poll campaign, with the BJP promising to do what neither the Congress nor the AAP could achieve during their time in power. The ambitious plan, launched on February 16, 2025, aims to restore the polluted river within three years through a four-pronged strategy focusing on waste removal, drain cleaning, and sewage treatment plant upgrades and construction. With Prime Minister Narendra Modi according it a top priority, the BJP's success hinges on effectively executing the complex project.

Telangana Today • 20 Feb • Ministry of Ayush

ISB study on AI in TB

2 • PG | 43 • Sqcm | 55319 • AVE | 440K • Cir | Top Left

Hyderabad

HYDERABAD

ISB study on AI in TB

A study by researchers at the Max Institute of Healthcare Management (MIHM) at the Indian School of Business (ISB) on Artificial Intelligence (AI) for Tuberculosis (TB) diagnosis has evoked mixed reactions from the informal health care sector. The study titled 'Understanding Providers' Attitude Toward AI in India's Informal Health Care Sector: Survey Study' surveyed 406 Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy (AYUSH) and informal health care providers (collectively called AIPs) across Gujarat and Jharkhand. The researchers found that 93.7 per cent of providers believed AI could improve TB diagnosis accuracy.

Telangana Today • 05 Feb • Ministry of Ayush

Crores saved in welfare schemes: PM

7 • PG | 322 • Sqcm | 418161 • AVE | 440K • Cir | Top Left

Hyderabad

Crores saved in welfare schemes: PM

Lists out accomplishments in the past 10 years with determined governance

IANS
NEW DELHI

Prime Minister Narendra Modi on Tuesday listed out achievements and accomplishments in the past 10 years and boasted about bringing about 25 crore people out of poverty, with a determined and focused governance.

Replying to the Motion of Thanks on President's address in Lok Sabha, PM Modi shed light on crores of pucca houses and toilets built for the common man, thereby ending years of pain for them. "Four crore people have got the pucca houses. Over 12 crore toilets have been built so that poor women can face no difficulties. Even after 75 years of Independence, about 70-75 per cent (16 crores) of the country had no water tap connection. Our govt in five years has given water connection to 12 crore families," he said. PM Modi further stated that the JAM Trinity brought benefits to the people and through Direct Benefit Transfer (DBT), Rs 40 lakh crore have been transferred in accounts of the poor people in NDA tenure. "We also removed names of 10 crore bogus people who were not even born but taking benefits of the govt schemes and provided benefit to the deserving people. By doing so, we saved up to Rs 3 lakh crore."

"By using the Jam portal, Rs 1.15 lakh was saved. Under the Swachhta Abhiyan, Rs 2,300 crore was collected via sale of waste. Through Ethanol blending, the fuel prices were reduced and Rs 1 lakh crore was saved which we used for the Janata Janardan and development of the country," Modi stated.

Further sharing an insight into the Budget, he said that before 2014, the infra budget stood at Rs 1 lakh 80k crore, which has now been increased to Rs 11 lakh crore. "Because of the Ayushman Bharat Yojana, poor people in the country are saving up to Rs 1.3 lakh crore yearly. With Jan Aushdhi Kendra, people have saved up to Rs 30000 crore on medical expenses," he said.



Prime Minister Narendra Modi replies to the Motion of Thanks to President's address in the Lok Sabha, in New Delhi. — Photo: PTI



Telegraph • 25 Feb • Ministry of Ayush

Push for 'cure' ads redress

4 • PG | 114 • Sqcm | 297496 • AVE | 2.33M • Cir | Middle Right

Kolkata

Push for 'cure' ads redress

R. BALAJI

New Delhi: The Supreme Court on Monday stressed the need for a mechanism to enable people to lodge complaints against misleading advertisements promising magical cures for ailments.

"We will pass comprehensive directions. We will specifically direct the states that a machinery must be set up to prosecute them... there must be some grievance redress mechanism... there should be some dedicated telephone lines so that people can file a complaint whenever they feel such advertisements are being made," a bench of Justices Abhay S. Oka and Ujjal Bhuyan observed.

The apex court was dealing with a petition filed by the Indian Medical Association (IMA), which had last year dragged yoga practitioner Ramdev, his aide Balakrishna and Patanjali Ayurveda to court for allegedly claiming that their herbal products could cure diabetes and respiratory problems.

The bench also directed the states and Union Territories to strictly comply with its earlier directions to implement Rule 170 of the Drugs and Cosmetic Rules, 1945, aimed at banning ads on ayurvedic, unani and sidda medicines.

The Supreme Court had on August 27 last year stayed a notification issued by the Ayush ministry, which omitted Rule 170 of the 1945 Act, as it contradicted a previous apex court order in connection with the IMA's petition against Patanjali.

At the last hearing on January 15, the top court had warned of contempt proceedings against states that failed to take action against drug makers who made misleading claims in ads.

The bench had passed the directive after examining a report submitted by amicus curiae Shadan Farasat that revealed laxity on the part of several states and UTs in complying with the provisions of the Act.

The Tribune • 22 Feb • Ministry of Ayush

Responsible tourism will drive growth, says Kerala CM Vijayan

7 • PG | 340 • Sqcm | 1025793 • AVE | 92.25K • Cir | Bottom Center
Delhi • Chandigarh

Responsible tourism will drive growth, says Kerala CM Vijayan

INAUGURATING the Invest Kerala Global Summit at Kochi, Chief Minister Pinarayi Vijayan outlines the state's vision to become a leading investment hub, emphasising the creation of a "knowledge society." In an interview with **Priyanka Singh** of *The Tribune*, Vijayan highlights Kerala's tourism expansion, investment incentives and sectoral growth plans. Excerpts:

Q: Has the state seen a rise in domestic tourism?

Yes, and it's evident from the growth in places like Bekal in Kasargod, Kerala's northernmost district. In 1995, Bekal had only 50,000 visitors. Today, it welcomes over 5 lakh tourists annually. The ratio of foreign to domestic tourists was 1:33 in 2023, proving that travelers from across India are exploring Kerala beyond traditional hotspots like Munnar.

Q: How is Kerala planning to boost tourism further?

We are developing various tourism circuits, including a pilgrimage circuit, to showcase Kerala's heritage. Our responsible tourism model focuses on economic, social and environmental sustainability. Destinations



like Kumarakom have successfully implemented the model, benefiting local communities. Additionally, Kerala leads in medical and wellness tourism, particularly in Ayurveda and has the highest number of 5-star hotels in India.

Q: What sectoral growth does the government aim to achieve post-summit?

We are prioritising logistics, food processing, maritime, tourism, and hi-tech manufacturing. An industrial corridor in Palakkad is being developed for pharma and manufacturing industries. We will also establish private industrial estates and logistics parks to boost infrastructure.

Q: Many states, including Madhya Pradesh, are holding investment summits. What makes Kerala stand out?

Every state should attract investment for the collective progress of the nation. However, Kerala's business-friendly policies set it apart. The state was recognized as a top achiever in the Business Reform Action Plan, topping 9 out of 30 reform parameters.

Through K-SWIFT, entrepreneurs can start businesses with an acknowledgment certificate, receiving necessary licenses within three years and six months. We offer 18 investment incentives, including 100% SGST reimbursement, subsidies, employment incentives, and R&D funding. Large-scale projects receive customized support through a high-powered committee led by the Chief Secretary.

Kerala's investor-friendly ecosystem is driving sustainable and inclusive industrial development. With strong policy frameworks, infrastructure, and a skilled workforce, the state is poised to become a global investment hub, reinforcing its position as the gateway to a developed India.

The Tribune • 08 Feb • Ministry of Ayush

AAP govt misused Ayushman Bharat funds, alleges Bajwa

2 • PG | 87 • Sqcm | 263786 • AVE | 893.04K • Cir | Middle Center

Chandigarh

AAP govt misused Ayushman Bharat funds, alleges Bajwa

CHANDIGARH, FEBRUARY 7

The Leader of the Opposition in the Punjab Assembly — Partap Singh Bajwa — on Friday accused the state government of "misusing" over Rs 500 crore meant for the Centre's flagship health insurance scheme Ayushman Bharat Pradhan Mantri Jan Arogya Yojana.

The senior Congress leader alleged that it had resulted in non-payment of dues to private hospitals for treating beneficiaries under the central programme.

In a statement, Bajwa said the state's Aam Aadmi Party (AAP) government had also failed to comply with the directions of the Punjab and Haryana High Court, which had sought details of the expenses incurred on advertising and purchase of new vehicles.

"There are fair chances that the AAP government misused the funds. Instead of clearing dues of over Rs 500 crore to private hospitals registered under the Ayushman Bharat Scheme, the government misutilised the funds, perhaps on advertisements, purchasing new vehicles and renovation of houses of ministers and MLAs," Bajwa alleged.

He claimed that due to the non-release of funds, private hospitals too had suspended treatment of patients covered under the plan. — TNS

The Tribune • 08 Feb • Ministry of Ayush

Less than 50% villagers used AYUSH system: Minister in LS

2 • PG | 108 • Sqcm | 324696 • AVE | 893.04K • Cir | Middle Left

Chandigarh

Less than 50% villagers used AYUSH system: Minister in LS

SANJEEV SINGH BARIANA
TRIBUNE NEWS SERVICE

CHANDIGARH/NEW DELHI, FEB 7
Not even half of the rural population in the country is availing of the benefits under the ambitious AYUSH system of healthcare, involving ayurveda, yoga, naturopathy, Unani, Siddha and homoeopathy.

This was stated by Minister of State for AYUSH Prataprao Jadhav in reply to a question by Congress MP Charanjit Singh Channi during the Question Hour in the Lok Sabha today.

Launched in November 2014, the number of actual beneficiaries under the system was only 46% in rural and 53% in urban areas, according to the national survey on AYUSH conducted by the Ministry of Statistics and Programme Implementation (MoSPI) from July 2022 till June 2023, the minister stated.



It was stated that "presently, there is no plan to conduct research or surveys to understand the reasons behind the low utilisation of AYUSH".

State textile exports rise

The state has witnessed a 3% growth in export of textiles said the Minister of State for Textiles, Pabitra Margherita, in reply to a question by MP Raghav Chadha in the Rajya Sabha.

The exports grew from Rs 12,043.2 crore in 2022-2023 to Rs 12,421.3 crore in the next financial year.

The Tribune • 04 Feb • Ministry of Ayush

Ayushman Bharat claims to he settled

3 • PG | 78 • Sqcm | 236626 • AVE | 893.04K • Cir | Middle Center

Chandigarh

Ayushman Bharat claims to be settled

CHANDIGARH, FEBRUARY 3

The government has assured that claims under the Ayushman Bharat Yojana will be cleared by March 31. A revised budget will be allocated to ensure timely disbursement of funds, with a dedicated Rs 2,500 crore budget set aside for the payments.

This assurance was given during a meeting between the Chief Principal Secretary to CM, Rajesh Khullar, and representatives of the Indian Medical Association (IMA) here on Saturday. It was decided that all applications received till March 10 will be paid by March 31. Sangeeta Tetarwal, CEO of the Ayushman Bharat Haryana Health Protection Authority, said, "Rs 195 crore has been paid for applications received from January 1 till now." —TNS

The Tribune • 03 Feb • Ministry of Ayush

AYUSH Mission gets marginal hike in Budget

9 • PG | 131 • Sqcm | 394886 • AVE | 92.25K • Cir | Top Right

Delhi • Chandigarh

AYUSH Mission gets marginal hike in Budget

TRIBUNE NEWS SERVICE

NEW DELHI, FEBRUARY 2

The Centre's National AYUSH Mission (NAM), which aims to provide comprehensive primary healthcare at the grassroots level, has received only a modest budgetary increase in the Union Budget for 2025-26. The allocation for the NAM has been hiked by just 6.25%, rising to Rs 1,275 crore from Rs 1,200 crore in the previous budget.

Under NAM, the government supports states and Union Territories in establishing integrated AYUSH hospitals with 10 to 50 beds, as well as new AYUSH dispensaries in areas lacking such facilities. The scheme also covers the contractual deployment of AYUSH doctors in these integrated hospitals.

The overall allocation for the Ministry of AYUSH has seen a small hike of 7 per cent, totaling to Rs 3,992.90 crores for 2025-26, up from Rs 3,712 crore in the previous budget.

The significance of NAM can be understood by the fact that the "issue of declining registered AYUSH practitioners" was raised by Opposition MPs in Parliament in 2024.

In response, the government said the number of non-institutional qualified (NIQ) registered practitioners, who got registered on the basis of five or 10 years' of experience, dropped from 2.12 lakh in 2018 to 1.15 lakh in 2022.

The Tribune • 02 Feb • Ministry of Ayush

No customs duty on 36 life-saving drugs

3 • PG | 461 • Sqcm | 1390849 • AVE | 92.25K • Cir | Top Center

Delhi

No customs duty on 36 life-saving drugs

FM announces daycare cancer centres for 759 dist hospitals, 10K addl MBBS seats over next year

HEALTH

ADITI TANDON
TRIBUNE NEWS SERVICE

NEW DELHI, FEBRUARY 1

In a move that will ease financial burden on families grappling with high-treatment costs, Finance Minister Nirmala Sitharaman on Saturday fully exempted 36 life-saving drugs, including anti-cancer therapies, from basic customs duties.

Apart from this, six additional life-saving medicines are proposed to be added to the list that attracts concessional customs duty of 5 per cent.

Among therapies set to get cheaper are — cutting-edge anti-cancer immunotherapy drug Pembrolizumab; Lorlatinib and Dacomitinib, used to treat non-small cell lung cancer; Inotuzumab ozogamicin (InO), a chemotherapy drug used to treat B-cell acute lymphoblastic leukaemia in adults and children.

Also in the full Basic Customs Duty (BCD) exemption list is Olaparib, a medication with annual costs per patient often exceeding $1,00,000 making it one of the most costly cancer drugs available. Olaparib is a medication for the maintenance treatment of BRCA-mutated advanced ovarian cancer in adults.

Bortezomib injection used to treat multiple myeloma (blood plasma cell cancer) in patients with or without a previous history of treatment; Cetuximab, a targeted cancer drug used to treat head, neck and colorectal cancers are also proposed to be fully exempted. Cetuximab is a very expensive drug, with the cost often reaching tens of thousands of dollars per treatment cycle, making it a significant financial burden for many patients; this high cost is a major factor in discussions regarding its cost-effectiveness in various cancer treatments.

The cuts in customs duties on top-end anti-cancer drugs come at a time when the estimated incidence of cancer cases in India has been rising — from 14,26,447 in 2021 to 14,61,427 in 2022 to 14,96,972 in 2023. ICMR has attributed the rising incidence to an increase in risk factors such as tobacco and alcohol consumption, low physical activity, unhealthy diets and consumption of high salt, sugar and saturated fats.

Specified drugs and medicines under Patient Assistance Programmes run by pharmaceutical companies are also fully exempted from BCD, provided the medicines are supplied free of cost to patients, she added.

Overall, the health sector outlay today, for the first time, touched Rs 1 lakh crore with the FM allocating Rs 99,858.56 crore for the sector as against Rs 90,958.63 crore in the Budget of 2024-25 — a raise of 9.78 per cent.

Another major budget announcement for cancer care relates to the decision to establish daycare cancer cntres in all district hospitals. India has 759 district hospitals.

"Our government will facilitate setting up of Day Care Cancer Centres in all district hospitals in the next three years and 200 centres will be established in 2025-26," the FM said, further unveiling plans to create 10,000 additional MBBS seats in the next year towards the final goal of 75,000 seats over five years.

Although the government has added almost 1.1 lakh UG and PG medical education seats in 10 years, an increase of 130 per cent, gaps persist.

The Economic Survey yesterday flagged the need to ramp up medical education infrastructure.

"Since 2019, the number of medical colleges grew from 499 to 648 in 2023 to 780 in 2025, during which the MBBS seats increased from 70,012 to 96,077 in 2023 to 1,18,137 in 2025 and postgraduate seats increased from 39,583 to 64,059 in 2023 to 73,157 in 2025," the survey said, calling for greater access at a time when Indian students are looking offshore for medical instruction.

The survey also spoke of the high cost of private medical education — Rs 60 lakh to Rs 1 crore for the course — as a key reason for thousands of students annually going abroad to 50 countries to seek undergraduate medical degrees. These countries include China, Russia, Ukraine, Philippines and Bangladesh.



₹1 LAKH CR OUTLAY

The health sector outlay, for the first time, has touched Rs 1 lakh crore with the FM allocating Rs 99,858.56 crore for the sector as against Rs 90,958.63 crore in the Budget of 2024-25 — a raise of 9.78 per cent.

BOOST TO AYUSHMAN

The allocation for Ayushman Bharat Pradhan Mantri Jan Arogya Yojna (AB PM-JAY) has been increased from Rs 7,605.54 crore to Rs 9,406.00 crore, marking a rise of 23.6 per cent.

MEDICAL TOURISM

Medical tourism and 'Heal in India' will be promoted in partnership with the private sector along with capacity building and easier visa norms. The budgetary allocation for autonomous bodies has also been increased.

FUNDS FOR AYUSH UP

The budgetary allocation for the AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) Ministry has been increased from Rs 3,497.64 crore to Rs 3,992.90 crore, recording a 14.15 per cent increase.

The Tribune • 02 Feb • Ministry of Ayush

UT share up 7.21%, focus on development

1, 3 • PG | 568 • Sqcm | 1714812 • AVE | 893.04K • Cir | Top Center,Top Right

Chandigarh

UT share up 7.21%, focus on development

₹143 cr more for infra upgrade | Cash-strapped civic body gets ₹625 cr grant-in-aid

BUDGET 2025-26

DUSHYANT SINGH PUNDIR
TRIBUNE NEWS SERVICE

CHANDIGARH, FEBRUARY 1

There has been a 7.21% increase in the allocation for Chandigarh in the Union Budget 2025-26 compared to the previous fiscal estimates. The total allocation is Rs 469.56 crore more than Rs 6,513.62 crore — the budget estimates for the past year.

This year estimates for the UT have been pegged at Rs 6,983.18 crore, including Rs 6,185.18 crore for revenue and Rs 798 crore for capital expenditure, in the Budget presented in Parliament by Finance Minister Nirmala Sitharaman today.

Terming the Budget 2025-26 a historic step, Punjab Governor and UT Administrator Gulab Chand Kataria thanked Prime Minister Narendra Modi and Sitharaman for the provisions, which would benefit the poor, farmers and the middle class.

He said, "In my 40 years of public life, this is the first time I have witnessed such a significant support for the middle class through tax exemptions and other incentives. This is highly commendable and a welcome step. This budget marks an important milestone in the empowerment of all sections of society."

Kataria also expressed gratitude for the budgetary provisions made for the city's development. He emphasised the Central Government's commitment to modernising the city infrastructure and prioritising its overall growth will greatly benefit its residents.

Major allocations include Rs 1,206.36 crore for the education sector, Rs 987.37 crore for health, Rs 984.85 crore for energy, Rs 958.79 crore for police, Rs 884.31 crore for housing and urban development and Rs 445.84 crore for the transport sector. Various other sectors will benefit from an allocation of Rs 1,515.66 crore.

Of the total budget, the administration has got Rs 6,185.18 crore under the revenue head, which is Rs 326.56 crore more than the previous year's amount. Under the capital head, the UT has been allocated Rs 798 crore, with an increase of Rs 143 crore. Funds under the capital head are meant for development works and asset creation, while those under the revenue head are spent on salaries and other recurring expenses.

The Administration had sought nearly Rs 7,900 crore from the Centre for 2025-26 for various projects, including power, education and transport, but it got Rs 916.82 crore less.

Owing to the privatisation of the UT Electricity Department, the Centre has reduced the allocation under energy sector from Rs 1,093.70 crore in 2024-25 to Rs 984.85 crore in the 2025-26 fiscal.

The following are various fields for which provisions have been made in the budget allocation.

Power and renewable energy: New and renewable sources of energy, and promotion of model solar city programme.

Education: .Modernisation and purchase of equipment, development of infrastructure for NCC, providing amenities/services, graduate courses, modernisation and construction of new polytechnic; government polytechnic

CONTINUED ON PAGE 3

ESTIMATES

Sector	2024-25	2025-26
Education	₹1,031.98 cr	₹1,206.36 cr
Health	₹804.77 cr	₹987.37 cr
Energy	₹1,093.70 cr	₹984.85 cr
Police	₹823.21 cr	₹958.79 cr
Housing, urban dvpt	₹874.54cr	₹884.31 cr
Transport	₹455.80 cr	₹445.84 cr
Others	₹1,428.62 cr	₹1,515.66 cr
Total	₹6,513.62 cr	₹6,983.18 cr

BIG SUPPORT FOR MIDDLE CLASS: GUV



"In my 40 years of public life, this is the first time that I have witnessed such a significant support for middle class through tax exemptions and other incentives."

Gulab Chand Kataria, UT ADMINISTRATOR



Experts watch the Union Budget telecast at the CII office in Chandigarh. TRIBUNE PHOTO: RAVI KUMAR MORE ON P3



BARELY COVERS INFLATION

"The total outlay has gone up to ₹6,187.48 crore in FY 2025-26 but that barely covers inflation."

Manish Tewari, CHANDIGARH MP



CITY TO BENEFIT

"A budget with focus on an all-round development, numerous benefits for UT and nation as a whole."

Jatinder Pal Malhotra, CITY BJP PRESIDENT



RELIEF TO SMALL TRADERS

"Budget has provided relief to small traders by extending tax benefits and simplifying procedures."

Charanjiv Singh, CBM PRESIDENT

FROM PAGE 1

UT share up 7.21%...

FROM PAGE 1

for women and the Industrial Training Institute.

Health services: Upgrade of 50-bed Community Health Centre to 250-bed hospital, strengthening of 50-bed Poly Clinic, rural subsidiary health centres, urban subsidiary health centres, Employees State Insurance Scheme, and other health care schemes, AYUSH Homoeopathy and Ayurveda, construction of regional trauma centre, mental health institute, and Government Rehabilitation Institute for Intellectual Disabilities.

Welfare of women and children: Renovation/additions/ construction of government buildings, home for the old and destitute people, and Children Home for Girls, protection centre for runaway couples, creches for the children of working mothers, share capital contribution to Chandigarh Child and Women Development Corporation, matching contribution for implementation of Centrally sponsored Integrated Child Protection Scheme (ICPS) and setting up of UT Commission for Protection of Child Rights Act, 2005, etc.

Road and transport: Purchase of new buses, replacement of condemned buses and upgrade of bus stand, computerisation of Chandigarh Transport Undertaking, construction of link road, and purchase of video coach buses for intercity transport.

Urban development: Provision for land acquisition and survey, construction and other infrastructure development, urban roads, storm water drainage, electrification, IT Park, civic works, machinery and equipment, research works, dam across Sukhna Lake and 24x7 water supply pan city etc.

Welfare of the differently abled and the aged: National Family Benefit Scheme, Implementation of National Social Assistance Programme, Implementation of Disability Act/Programme, subsidy on petrol/diesel to physically challenged persons, unemployment allowance to persons with disability and national programme for Rehabilitation of Disabled Persons (NPRPD).

The Tribune • 02 Feb • Ministry of Ayush

No customs duty on 36 life saving drugs

3 • PG | 461 • Sqcm | 1390849 • AVE | 893.04K • Cir | Top Center

Chandigarh

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HEALTH

ADITI TANDON
TRIBUNE NEWS SERVICE

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Among therapies set to get cheaper are — cutting-edge anti-cancer immunotherapy drug Pembrolizumab; Lorlatinib and Dacomitinib, used to treat non-small cell lung cancer; Inotuzumab ozogamicin (InO), a chemotherapy drug used to treat B-cell acute lymphoblastic leukaemia in adults and children.

Also in the full Basic Customs Duty (BCD) exemption list is Olaparib, a medication with annual costs per patient often exceeding $1,00,000 making it one of the most costly cancer drugs available. Olaparib is a medication for the maintenance treatment of BRCA-mutated advanced ovarian cancer in adults.

Bortezomib injection used to treat multiple myeloma (blood plasma cell cancer) in patients with or without a previous history of treatment; Cetuximab, a targeted cancer drug used to treat head, neck and colorectal cancers are also proposed to be fully exempted. Cetuximab is a very expensive drug, with the cost often reaching tens of thousands of dollars per treatment cycle, making it a significant financial burden for many patients; this high cost is a major factor in discussions regarding its cost-effectiveness in various cancer treatments.

The cuts in customs duties on top-end anti-cancer drugs come at a time when the estimated incidence of cancer cases in India has been rising — from 14,26,447 in 2021 to 14,61,427 in 2022 to 14,96,972 in 2023. ICMR has attributed the rising incidence to an increase in risk factors such as tobacco and alcohol consumption, low physical activity, unhealthy diets and consumption of high salt, sugar and saturated fats.

Specified drugs and medicines under Patient Assistance Programmes run by pharmaceutical companies are also fully exempted from BCD, provided the medicines are supplied free of cost to patients, she added.

Overall, the health sector outlay today, for the first time, touched Rs 1 lakh crore with the FM allocating Rs 99,858.56 crore for the sector as against Rs 90,958.63 crore in the Budget of 2024-25 — a raise of 9.78 per cent.

Another major budget announcement for cancer care relates to the decision to establish daycare cancer cntres in all district hospitals. India has 759 district hospitals.

"Our government will facilitate setting up of Day Care Cancer Centres in all district hospitals in the next three years and 200 centres will be established in 2025-26," the FM said, further unveiling plans to create 10,000 additional MBBS seats in the next year towards the final goal of 75,000 seats over five years.

Although the government has added almost 1.1 lakh UG and PG medical education seats in 10 years, an increase of 130 per cent, gaps persist.

The Economic Survey yesterday flagged the need to ramp up medical education infrastructure.

"Since 2019, the number of medical colleges grew from 499 to 648 in 2023 to 780 in 2025, during which the MBBS seats increased from 70,012 to 96,077 in 2023 to 1,18,137 in 2025 and postgraduate seats increased from 39,583 to 64,059 in 2023 to 73,157 in 2025," the survey said, calling for greater access at a time when Indian students are looking offshore for medical instruction.

The survey also spoke of the high cost of private medical education — Rs 60 lakh to Rs 1 crore for the course — as a key reason for thousands of students annually going abroad to 50 countries to seek undergraduate medical degrees. These countries include China, Russia, Ukraine, Philippines and Bangladesh.



₹1 LAKH CR OUTLAY

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BOOST TO AYUSHMAN

The allocation for Ayushman Bharat Pradhan Mantri Jan Arogya Yojna (AB PM-JAY) has been increased from Rs 7,605.54 crore to Rs 9,406.00 crore, marking a rise of 23.6 per cent.

MEDICAL TOURISM

Medical tourism and 'Heal in India' will be promoted in partnership with the private sector along with capacity building and easier visa norms. The budgetary allocation for autonomous bodies has also been increased.

FUNDS FOR AYUSH UP

The budgetary allocation for the AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) Ministry has been increased from Rs 3,497.64 crore to Rs 3,992.90 crore, recording a 14.15 per cent increase.

Millenniumpost • 19 Feb • Ministry of Ayush

Cancer vaccine for women to be available in five to six months

8 • PG | 125 • Sqcm | 224968 • AVE | 750K • Cir | Middle Left

Delhi

Cancer vaccine for women to be available in five to six months'

MPOST BUREAU

CHHATRAPATI SAMBHAJINAGAR: A vaccine to fight cancers affecting women will be available in five to six months, and those in the age group of nine to 16 years will be eligible for inoculation, Union Minister Prataprao Jadhav said on Tuesday.

Addressing a press conference here, the Union Minister of State for Health, Family Welfare and Ayush (Independent Charge) said that research on a vaccine is nearly complete and trials are underway.

"The number of cancer patients has increased in the country, and the Central government has initiated steps to address this issue. Women above 30 will undergo screening at hospitals, and daycare cancer centres will be established for early detection of the disease," Jadhav said.

The Union Minister of State for Health, Family Welfare and Ayush (Independent Charge) said that research on a vaccine is nearly complete and trials are underway

He said the government has also waived off customs duty for medicines used in cancer treatment.

The minister said, "The research on a vaccine for cancers that affect women is nearly complete, and trials are underway. It will be available in five to six months, and girls in the age group of nine to 16 years will be eligible for inoculation."

Asked about the cancers the vaccine will tackle, Jadhav said breast, oral and cervical cancers.

Asked about transforming the existing healthcare centres into Ayush facilities, Jadhav said hospitals have Ayush departments, and people can avail of these facilities.

He said the country has 12,500 such health facilities, and the government is increasing them.

Millenniumpost • 14 Feb • Ministry of Ayush

Kerala attracted 2.22 crore Visitors In 2024

14 • PG | 624 • Sqcm | 1123755 • AVE | 750K • Cir | Bottom Center

Delhi

Kerala attracted 2.22 crore VISITORS IN 2024

The state expects further growth in summer holidayers and promises total travel experience

Expecting a massive uptick in domestic footfalls, 'KeralaTourism', on February 13, rolled out in the national capital a whole range of enticing products ahead of the summer holidays, assuring vacationers of quality time and enthralling experiences.

"I want to firmly assure that Kerala's touristy appeal not only retains its enduring charm but also keeps evolving with innovative products and initiatives, strengthening the state's reputation as a welcoming and exciting place for all seasons," KeralaTourism's Director Sikha Surendran said at a press conference in New Delhi on the sidelines of the 'Partnership Meet', in which a large number tourism stakeholders participated.

As domestic visitors account for a formidable chunk of Kerala's tourism sector, the state has launched an all-India campaign to firm up partnerships with stakeholders across the country to meet the surge, especially during the summer vacation for schools.

"Tourists from inside the country have always played a paramount role in making Kerala's tourism a throbbing enterprise. This has been the thrust of our pan-India promotional campaigns focusing on reinforcing the state's position as an all-season experiential tourism destination for a diverse range of visitors," she emphasised.

Kerala has witnessed a sharp uptick in domestic tourist arrivals, surpassing pre-pandemic levels in 2022 while their footfalls increased to a record number in 2023. The increase in footfalls continued in 2024 with 1,08,57,181 tourist arrivals from within the country in the first half of 2024 (January-June).

According to PTI, Kerala Tourism Minister P A Mohamed Riyas very recently claimed in the Assembly that there was a substantial increase in tourists to the state last year and the numbers were expected to increase with the implementation of the 'K-Homes' project.

Riyas, during question hour, told the House that the state attracted over 2.22 crore tourists in 2024, an increase of 21 percent from the pre-pandemic period.

He said that with the implementation of the 'K-Homes' project, announced in the 2025-26 state budget for increasing accommodation for tourists by making use of unoccupied homes near major destinations, the surge in tourists will increase even more.



Artistes of Kerala's traditional art forms posing after their performance



Kerala Tourism Secretary Sikha Surendran made a presentation at the Partnership Meet

As per the report of PTI, the minister further added that the new initiative offers a comfortable stay and a hands-on feel of local culture and cuisine to tourists and was expected to strengthen Kerala's hospitality sector.

In the initial phase, the project will be implemented within a radius of 10 km in the selected destinations at Kovalam, Kumarakom, Munnar and Fort Kochi, the minister said. Besides that, a project to bring women stakeholders in the tourism sector under a single umbrella has also been drawn up as part of the initiatives to strengthen women-friendly tourism.

"So far, 17,631 women have registered under the project through the Responsible Tourism Mission Society. They include tour operators, homestay owners, drivers and other tourism entrepreneurs," he said.

Riyas further said that Kerala Tourism has signed a Memorandum of Understanding with Kerala Startup Mission (KSUM) to leverage the innovation ecosystem for tourism development. The pact envisages a slew of innovative ideas, including dissemination of information on digital platforms regarding destinations and tourist amenities, the minister said, adding that the state's design policy has been leveraged to keep destinations environment-friendly and aesthetically appealing.

"The Destination Challenge project, which seeks to bring to fore lesser-known destinations, is being implemented in collaboration with Local Self Government Institutions. So, far 40 such spots have been identified," he added.

Riyas also shared that the 'Destination Challenge' project was vital to maintain the growth of the state's tourism sector as it supports the global trend of 'Destination Dupe', where tourists skip tourist hot spots for lesser known, less crowded and affordable destinations. He further said that to ramp up the state's reputation as an experiential tourism hub, training programmes for local stakeholders have also been organised.

Pre-summer B2B meets firm up partnerships with stakeholders in major cities

Furthermore, the minister shared details about campus-based 'Tourism Clubs' that have been roped in for the development, upkeep and branding of destinations in their respective areas. He mentioned that a scheme to train students as tourism guides with proficiency in various languages has also been launched.

Besides the national capital, pre-summer B2B meets have also been planned in Bengaluru, Ahmedabad, Chandigarh, Jaipur, Chennai and Kolkata, featuring transformative initiatives and popular destinations before leading stakeholders of the tourism and hospitality industry. The first roadshow this year was held in Hyderabad on January 21.

The outreach has onboarded tourism facilitators and stakeholders from around the country to ensure a hassle-free and enjoyable travel and leisure experience for visitors from all over India.

"This time around, we are also spotlighting North Kerala, especially Bekal, Wayanad and Kozhikode, besides lesser-known destinations with vastly improved infrastructure, logistics and digital connectivity," said Sikha Surendran.

During the post-pandemic phase, Kerala Tourism was accorded coveted international and national honours as a never-miss place. The latest such accolades are from the leading digital travel company, 'Booking.com', which ranked Kerala second in the list of the 'Most Welcoming Regions' in its 13th Annual Travellers Review Awards.

Alongside the state's core assets like beaches, hill stations, houseboats and backwaters, the new products will heighten the totality of the visitors' experience. Renowned for its pristine natural beauty, vibrant culture and rich heritage, Kerala will also offer its visitors a brush with cultural euphoria and literary events.

The capital city is all set to host the Nishagandhi Dance Festival from February 14 to 20, featuring renowned dancers from all over India representing classical dance forms like Mohiniyattam, Kathak, Kuchipudi, Bharatanatyam and Manipuri.

Scaling up Kerala's standing as an adventure tourism destination, the state is also all set to host international surfing, paragliding and mountain cycling championships in February-March this year. The International Surfing Festival will be held at Varkala in Thiruvananthapuram district on February 27 and 28; the International Paragliding Festival at Vagamon in Idukki from March 19 to 23 and the Mountain Terrain Biking Championship (MTB Kerala 2025) on March 28 to 30 at Mananthavadi in Wayanad.

Combining luxury and leisure, Kerala has also emerged as a preferred hub for destination weddings and MICE (Meetings, Incentives, Conferences and Exhibitions) events.

Records show that more and more Indians and foreign nationals are visiting Kerala to tie the knot. With its spectacular landscapes, world-class facilities and seamless blend of tradition and modernity, the state is attracting event and wedding planners, couples and corporate clients looking for a distinctive experience.

The state is unique in having a bouquet of experiences for travel enthusiasts like houseboats, caravan stays, plantation visits, jungle resorts, homestays, Ayurveda-based wellness solutions, adventure activities and countryside walks, including trekking to verdant hills. MPOST

Millenniumpost • 08 Feb • Ministry of Ayush

NEET-UG 2025 ON MAY 4

1, 4 • PG | 65 • Sqcm | 116710 • AVE | 750K • Cir | Bottom Left,Middle Right

Delhi

NEET-UG 2025 ON MAY 4

NEW DELHI: The National Testing Agency (NTA) announced on Friday that the National Eligibility-cum-Entrance Test (NEET)-UG 2025 will be conducted on May 4. The application process has begun and will conclude on March 7.

As India's largest entrance exam, NEET-UG determines admissions to medical courses, including MBBS, Dentistry, Ayurveda, Unani, and Siddha. In 2024, over 24 lakh candidates appeared for the test, competing for approximately 1,08,000 MBBS seats—56,000 in government colleges and 52,000 in private institutions.

Despite discussions on shifting to an online format, the NTA has decided to continue the exam in pen-and-paper mode. Continued on P4

NEET-UG 2025

This comes amid scrutiny over alleged irregularities in NEET and other exams. A high-level panel led by ex-ISRO Chief R Radhakrishnan has suggested multi-stage testing as a future alternative.

The CBI is currently investigating last year's paper leak allegations, while the government works to ensure a transparent examination process. MPOST

Millenniumpost • 03 Feb • Ministry of Ayush

Discover untold treasures of Rajasthan's hidden heartland

12 • PG | 222 • Sqcm | 400164 • AVE | 750K • Cir | Middle Right

Delhi

VEDAARANYA HERITAGE & HEALING FESTIVAL 2025

Discover untold treasures of Rajasthan's hidden heartland

OUR CORRESPONDENT





The Vedaaranya Heritage and Healing Festival (VHAH Fest 2025) opens its doors to cultural and wellness enthusiasts to experience a transformative journey through the untapped beauty of Rajasthan from February 13-17, 2025. For the first time, this festival unveils the lesser-known landscapes of Ramgarh Shekhawati, a region often overshadowed by Rajasthan's popular destinations. Nestled in this setting, VHAH Fest 2025 celebrates the artistic legacies of Raja Ravi Varma, Dhurandha and Guru Dutt, combining heritage, artistic expression and rejuvenating wellness activities.

Nestled in this setting, it celebrates the artistic legacies of Raja Ravi Varma, Dhurandha and Guru Dutt

VHAH Festival showcases the exquisite 'mohar haveli' mansions with intricate frescoes and vibrant colors. Visitors will immerse themselves in the rich region's history through a heritage walk, exploring 'havelis', temples and 'chhatris', while enjoying camel cart rides and 'tuk-tuk' tours. Additionally, the festival offers a series of workshops, including heritage restoration, turban-tying, traditional applique with Barmer artisans in collaboration with 'Banglanatak.com' and weaving sessions with craft persons from Shekhawati and Barmer, providing a deeper connection to Rajasthan's cultural heritage.

The festival also features classical and folk-dance performances, interactive discussions and workshops on Ayurvedic health treatments, ancient chants and wellness practices. In homage to Guru Dutt, the centennial celebration will include the 'Guru Dutt Moonlight Mehfil' on February 14; a magical dinner concert led by Anuraag Poddar, along with insights from Nasreen Munni Kabir and Shruti Nada Poddar on February 15 and 16.

As she looks forward to welcoming guests to Ramgarh Shekhawati, Shruti Nada Poddar, Founder and Managing Trustee of Shruti Foundation, said, "At VHAH Fest 2025, we believe in a holistic approach to well-being."

Millenniumpost • 02 Feb • Ministry of Ayush

Budgetary allocation for Health ministry increases by around 11%

9 • PG | 340 • Sqcm | 566115 • AVE | 350K • Cir | Top Left

Kolkata

MINISTRY GETS RS 99,858.56 CRORE IN UNION BUDGET

Budgetary allocation for Health ministry increases by around 11%

OUR CORRESPONDENT

NEW DELHI: The Union Health Ministry has been allocated Rs 99,858.56 crore in the Budget 2025-2026, an around 11 percent hike over the Rs 89,974.12 crore in the budget (revised esti-mates) of 2024-2025 with the government announcing setting up daycare cancer centres at all district hospitals over the next three years.

Two hundred of these day-care cancer centres would be established in the 2025-26 fiscal itself.

Presenting the Budget for 2025-2026 on Saturday, Finance Minister Nirmala Sitharaman said 10,000 seats will be added in medical colleges next year towards the goal of adding 75,000 seats in the next five years. Sitharaman said, "Our government has added almost 1.1 lakh undergraduate and post-graduate medical education seats in 10 years, an increase of 130 per cent."

"In the next year, 10,000 additional seats will be added in medical colleges and hospitals towards the goal of adding 75,000 seats in the next five years," she said.



Nirmala Sitharaman presenting the Budget 2025-26 in Parliament PTI

As a relief on the import of drugs/medicines, 36 lifesaving drugs for treating cancer, rare diseases and chronic diseases have been fully exempted from basic customs duty (BCD). The government had earlier cut customs duty on Trastuzumab Deruxtecan, Osimertinib and Durvalumab from 10 percent to zero.

Further, 37 medicines along with 13 new drugs and medicines under Patient Assistance Programmes have been exempted from BCD, if supplied free to patients.

The Finance Minister further announced that gig workers will be provided healthcare facilities under PM Jan Aarogya Yojana (PM-JAY) that would benefit nearly 1 crore such workers.

Medical tourism and 'Heal in India' will be promoted in partnership with the private sec-tor along with capacity building and easier visa norms, Sitharaman said in her speech.

Highlights

- The govt announced setting up daycare cancer centres at all district hospitals over the next three years
- The Finance Minister further announced that gig workers will be provided healthcare facilities under PM-JAY
- The allocation for the AYUSH ministry increased to Rs 3,992.90 crore

The budgetary allocation for the AYUSH ministry has been increased from Rs 3,497.64 crore to Rs 3,992.90 crore, recording a 14.15 per cent increase. Of the Rs 99,858.56 crore allocated for the Ministry of Health and Family Welfare, Rs 95,957.87 crore have been earmarked for the Department of Health and Family Welfare and Rs 3,900.69 crore to the Department of Health Research.

Among the Centrally sponsored schemes, the allocation for the National Health Mission has been increased from Rs 36,000.00 crore in 2024-25 to Rs 37,226.92 crore in 2025-26. Moreover, the allocation for Ayushman Bharat Pradhan Mantri Jan Arogya Yojna (AB PM-JAY) has been hiked from Rs 7,605.54 crore to Rs 9,406.00 crore.

For the National Tele Mental Health Programme, the budgetary allocation has been increased from Rs 45 crore to Rs 79.60 crore while the National Digital Health Mission has been earmarked Rs 340.11 crore from Rs 225 crore in the 2024-25 fiscal.

The budgetary allocation for autonomous bodies increased from Rs 18978.72 crore in 2024-25 to Rs 20,046.07 crore in 2025-26. The allocation for AIIMS, New Delhi, has been increased from Rs 5,000 crore to Rs 5,200 crore while ICMR has been earmarked Rs 3125.50 crore as against Rs 2,869.99 crore in the 2024-25 fiscal.

Millenniumpost • 02 Feb • Ministry of Ayush

Health ministry's allocation increases by around 11%

7 • PG | 198 • Sqcm | 356024 • AVE | 750K • Cir | Top Left

Delhi

UNION BUDGET 2025-26

Health ministry's allocation increases by around 11%

OUR CORRESPONDENT

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"In the next year, 10,000 additional seats will be added in medical colleges and hospi-tals towards the goal of adding 75,000 seats in the next five years," she said.



FM Sitharaman presenting the Budget 2025-26 in Parliament PTI

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The Finance Minister fur-ther announced that gig work-ers will be provided healthcare facilities under PM Jan Aar-ogya Yojana (PM-JAY) that would benefit nearly 1 crore such workers.

Medical tourism and 'Heal in India' will be promoted in partnership with the private sec-tor along with capacity building and easier visa norms, Sitharaman said in her speech.

The budgetary alloca-tion for the AYUSH ministry has been increased from Rs 3,497.64 crore to Rs 3,992.90 crore, recording a 14.15 per cent increase.

Deccan Herald • 19 Feb • Ministry of Ayush

The political Pied Piper: Modi's hypnotic slogans and the reality they conceal

9 • PG | 377 • Sqcm | 451889 • AVE | 1.4M • Cir | Top Center

Bengaluru

The political Pied Piper: Modi's hypnotic slogans and the reality they conceal

PRIYANK KHARGE

From the moment Narendra Modi came into power in 2014, he has wielded sloganeering as a tool to shape public perception—leading millions like a modern-day political Pied Piper. Every election cycle, every economic crisis, and every governance failure has been met not with accountability but with a new slogan—a new tune promising a utopian future while reality deteriorates. *Acche din*, *sabka saath sabka vikas*, *Atmanirbhar Bharat*, *Amrit Kaal*, and *Viksit Bharat*—these have functioned not as policy roadmaps but as hypnotic totems, designed to distract and pacify the public, steering them away from the struggles of the present.

In 2014, Modi rode to power on the tall promise of *acche din* and a pledge to rescue citizens from *Mehangai Ki Maar*. By 2019, however, those days remained elusive. Instead, the country was grappling with the aftershocks of demonetisation, a poorly implemented GST, and a slowing economy despite tall claims of reform. Yet, rather than addressing these failures, Modi framed them as necessary steps toward a resurgent India.

As India limped through the Covid-19 pandemic in 2020–21, Modi once again shifted the narrative. The focus was not on economic recovery, healthcare preparedness, or the loss of millions of jobs; he spoke of *Amrit Kaal*, a grand 25-year journey leading up to India's centenary in 2047. It was a clever ruse. As people reeled from the pandemic's impact, they were urged to ignore the present turmoil and fix their gaze on an abstract, distant promise.

Meanwhile, in the government's own language of *Thalinomics*, the average cost of a vegetarian *thali* has risen by 50% over the past decade. Inflation in housing, healthcare, and education continues to climb—housing rents have surged by 12%, healthcare expenses by 6.5%. The services sector growth hit a two-year low last month, with Purchasing Managers' Index for services declining to 56.5—the lowest since November 2022.

The idea of entering *Amrit Kaal* while marching toward a *Viksit Bharat* raises deep concerns. There is no clear roadmap to achieving a $30 trillion economy by 2047, and data suggests that India is far from being on track. The real GDP growth rate has declined to 6.4% from 8.2% in 2023-24, falling below the 6.5-7% range projected by the Economic Survey in July 2024.

In the recently presented budget, Union Finance Minister Nirmala Sitharaman claimed that the fiscal deficit had improved from 4.9% to 4.8%. However, this was achieved by cutting capital expenditure, with the Centre and states cutting a combined Rs 1,83,569 crore. Significant cuts were made in health, education, social welfare, agriculture, and rural and urban development, exposing the stark gap between rhetoric and reality.

The FM outlined six principles for *Viksit Bharat*: zero poverty, quality education, comprehensive healthcare, meaningful employment, inclusion of women in economic activities, and farmers' well-being. However, the budget allocations suggest otherwise. The allocation to the Department of Agriculture and Farmers Welfare saw a Rs 3,905 crore cut, while allocations for the PMFBY were reduced by Rs 3,621 crore. Critical schemes like PM-KISAN and Ayushman Bharat remain stagnant at their 2024-25 revised estimates. The allocation for MGNREGS, a lifeline for millions, remains at Rs 86,000 crore—unchanged from the previous year—while 20% of that budget is earmarked for clearing past arrears. The social sector has once again taken a hit. Budget allocations for education, health, and social welfare have either stagnated or shrunk when adjusted for inflation.

Modi's grand plans for industrial resurgence—Make in India, Startup India, Skill India, and Atmanirbhar Bharat—have largely remained slogans. Manufacturing, which was supposed to constitute 25% of GDP, has shrunk from 15.3% in 2014 to 12.6%—the lowest in 60 years. Since 2014, manufacturing growth has averaged just 5.9%, far short of the promised 12-14% annual growth.

The government's pledge to create 10 crore new manufacturing jobs has been replaced by the loss of 2.4 crore jobs between 2017 and 2021. Meanwhile, the MSME sector, the backbone of India's economy, has seen over 61,000 closures since 2020. Despite the Rs 20,000 crore Startup India Seed Fund promise, only Rs 454 crore has been disbursed—meaning just 1.58% of recognised startups have benefitted. Under Skill India, only 20% of the one crore trained individuals have found employment since 2015.

Despite Modi's projection as Vishwaguru, global economic and social indicators tell a different story. The rupee has hit a historic low of Rs 87.95 per US dollar. Foreign investment in India is at a 12-year low, with FIIs pulling out over $11 billion in 2025 alone. A staggering 20 lakh Indians have renounced their citizenship in the past decade. In the last five years, over 50,000 HNIs have left the country. Between October 2023 and September 2024, approximately 10 Indians were arrested every hour while attempting to cross US borders. This exodus speaks volumes about the growing despair—something Vishwaguru's slogans cannot conceal.

Modi's grand proclamation of *Na Khaunga, Na Khane Dunga* has also rung hollow. He has remained conspicuously silent on India's biggest corruption scandal—the opaque electoral bonds scheme—and the selective reprieve given to opposition leaders facing corruption probes. Since 2014, at least 25 opposition leaders under investigation have crossed over to the BJP, 23 of whom have subsequently received relief.

In the 2024 Corruption Perceptions Index (CPI), India ranked 96th out of 180 countries, signalling a troubling decline in transparency and accountability.

While Modi's government revels in grand slogans, it has steadily eroded the rights of states. In the past year, the Union government's transfers to states were cut by Rs 79,631 crore. Karnataka, despite being the second-highest tax-contributing state, received only Rs 51,876 crore in tax devolution. When Karnataka protested these cuts, it was dismissed as "petty thinking." Federalism, once a pillar of Indian democracy, is being steadily undermined in favour of centralised control. The share of southern states in the divisible tax pool has declined over time—Karhataka's share has shrunk from 4.98% in FY02 to 3.6% in FY26.

Modi's political strategy has been clear—create totems, rally the public around unattainable visions, and divert attention from present crises. He has played the role of the Pied Piper with remarkable dexterity, luring the people with promises of *acche din*, *Amrit Kaal*, and *Viksit Bharat*. The longer we remain enchanted by these slogans, the closer we march to the edge of the cliff. The nation must break free from this illusion before it is too late.

(The writer is the minister for rural development, Panchayati Raj and IT & BT, Government of Karnataka)

Deccan Herald • 14 Feb • Ministry of Ayush

Ayushman Bharat Digital Mission roll-out still a challenge

13 • PG | 51 • Sqcm | 61068 • AVE | 1.4M • Cir | Middle Left

Bengaluru



'Ayushman Bharat Digital Mission roll-out still a challenge'

BENGALURU, DHNS: Implementing the Ayushman Bharat Digital Mission (ABDM) is more complex compared to fintech solutions like UPI, said Indu Bhushan, Former Chief Executive Officer of Ayushman Bharat/National Health Authority, on Thursday.

Speaking at a panel discussion on "Future of Care: Revolutionising Healthcare Through Digital Innovation & Collaboration" at Global Investors Meet, Bhushan said that a digital revolution in healthcare, similar to the success of fintech, could be achieved within the next five years.

"Acceptability of ABDM remains a challenge, especially for hospitals in smaller cities and non-corporate healthcare facilities. However, with advancements in technology and artificial intelligence, many of these issues will be resolved," he said.

Deccan Herald • 02 Feb • Ministry of Ayush

Cancer daycareat disthospitals; drugimport relief

1 • PG | 211 • Sqcm | 252825 • AVE | 1.4M • Cir | Middle Center

Bengaluru



Cancer day care at dist hospitals; drug import relief

Wellness quotient Funds for PM Ayushman Bharat up from Rs 7,300 cr to Rs 9,406 cr

KALYAN RAY
NEW DELHI, DHNS

From enhancing the number of medical seats by 10,000 in the next 12 months and having cancer day care centres in district hospitals to duty relief for imported drugs for treating cancer and chronic diseases, the Budget offers several benefits for the health sector.

The finance minister proposed adding 10,000 seats in medical colleges in the next 12 months, towards the goal of adding 75,000 seats in the next five years.

The announcement comes a day after the Economic Survey flagged how a large number of Indian students are compelled to travel to countries like China, Ukraine, Russia and Bangladesh, because half of the MBBS seats are too expensive for most of them.

With cancer cases on the rise, Sitharaman proposed setting up of day care cancer centres in all district hospitals in the next three years and allocated Rs 200 crore for the task in 2025-26.

The minister proposed slashing the duty of a large number of imported medicines. This includes 36 life-saving drugs and medicines used for the treatment of rare diseases and other severe chronic diseases, which will be "fully exempted" from basic customs duty.

She proposed to add six such medicines to the list attracting concessional customs duty of 5%.

Full exemption and concessional duty will respectively apply on the bulk drugs for manufacture of the medicines receiving the relief.

Specified drugs and medicines under patient assistance programmes run by pharmaceutical companies are fully exempt, provided the medicines are supplied free of cost to patients.

The minister proposed to add 37 more medicines along with 13 new patient assistance programmes.

With the Centre bringing citizens in the age bracket of 70 years and above under the ambit of the Pradhan Mantri Ayushman Bharat programme, the allocation for the flagship scheme has been enhanced to Rs 9,406 crore from this year's budgetary allocation of Rs 7,300 crore.

The overall allocation for the Union Health Ministry has been raised by nearly 9.8%.

Other programmes that received a budgetary boost are Ayushman Bharat Health Infrastructure Mission that received over Rs 4,700 crore - a more than 26% jump from last year's allocation - to strengthen infrastructure.

Healing touch

- **Duty cut** on costly imported drugs
- **Promotion of** medical tourism
- **Health Ministry's** allocation is Rs 99,858 crore
- **Overall allocation** sees hike of nearly 9.8%
- **Over 2k crore** more money for Ayushman Bharat insurance scheme

Political & Business Daily • 13 Feb • Ministry of Ayush

Ayush Ministry, Social Justice Dept to boost healthcare of senior citizens

7 • PG | 187 • Sqcm | 46783 • AVE | 125K • Cir | Middle Left

Bhubaneshwar

Ayush Ministry, Social Justice Dept to boost healthcare of senior citizens

NEW DELHI, FEB 12

THE Ministry of Ayush and the Department of Social Justice and Empowerment (DoSJE) on Wednesday signed a Memorandum of Understanding (MoU) at the national capital, to improve the well-being of senior citizens and address the growing concern of substance abuse.

The strategic partnership seeks to implement Ayush-based interventions to promote geriatric healthcare and combat substance abuse.

As part of the MoU, both Ministries committed to working together on various initiatives, including awareness programmes, capacity-building for service providers and the establishment of geriatric health and de-addiction units under Ayush autonomous bodies.

"Geriatric healthcare and substance abuse are critical areas that require special focus, especially as we face an ageing population and growing concerns around addiction. This collaboration between the Ministry of Ayush and the Department of Social Justice and Empowerment represents a significant step towards addressing these challenges. By leveraging the holistic approach of Ayush systems alongside social welfare initiatives, we aim to empower our senior citizens and those affected by substance abuse," said Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush.

Union Minister of State, Ministry of Social Justice and Empowerment, Shri B L. Verma, underlined "the development of elderly-specific training modules, treatment protocols, yoga training programmes, sharing of preventive and curative practices, etc., under the MoU".

These programmes "will go a long way in enabling our senior citizens to lead a healthy life," he said.

The key objectives include developing cooperation, convergence, and synergy between the Ministry of Ayush and DoSJE to foster innovative initiatives for promoting the health of senior citizens, reducing the demand for drugs, addressing substance abuse, and aiding mental rehabilitation.

Further, the MoU will encourage research in the areas of geriatric health, substance abuse, and mental health, with a focus on exploring the therapeutic benefits of traditional healthcare practices.

The MoU marks a significant milestone in India's healthcare journey, combining the strengths of both Ayush systems and social justice initiatives to create a healthier and more inclusive society.—PTI

Yugmarg • 05 Feb • Ministry of Ayush

Hina Khan opens up on cancer battle; thanks govt for Ayushman Bhara

12 • PG | 1056 • Sqcm | 218654 • AVE | 185K • Cir | Top Center

Chandigarh



Hina Khan opens up on cancer battle; thanks govt for Ayushman Bharat

Actor Hina Khan, who has been sharing her breast cancer journey since her diagnosis, opened up about her battle with stage three cancer on 'World Cancer Day.' While speaking to a news agency, the actress shared how important it is to get early treatment and also thanked the government's health initiatives like "Ayushman Bharat" that help people receive timely care.

Sharing how quickly she began treatment after her diagnosis, Hina said, "When I was diagnosed with cancer, my treatment started within 2-3 days. I know how important it is not to lose time. I want to thank the government's initiatives like Ayushman Bharat. I have seen it in Tata Memorial Hospital and many other hospitals. People now have the chance for timely treatment, which is very important..."

Yugmarg • 02 Feb • Ministry of Ayush

Dhanwantry ayurvedic college & hospital chandigarh receices approval of grant aproximately Rs 10 cro...

7 • PG | 288 • Sqcm | 59614 • AVE | 185K • Cir | Bottom Left
Chandigarh

Dhanwantry Ayurvedic College & Hospital, Chandigarh receives approval of grant of approximately Rs. 10 crore from Ministry of AYUSH, Government of India

SHASHI PAL JAIN
CHANDIGARH, FEB 1

Dhanwantry Ayurvedic College & Hospital, a premier institution in Ayurvedic education and healthcare, is pleased to announce that it has received an approval of grant of approximately Rs. 10 crore from the ministry of AYUSH, Government of India, under the Cent Upgradation of Shri Dhanwantry Ayurvedic College &Hospital to Centre of Excellence for Ayurvedic Management and Care of Chronic Spine Disorders under COE Component of Ayurswasthya Yojana.

The grant; a significant recognition of the institution's commitment to excellence in Ayurvedic education and healthcare, will be utilized to further enhance the



college's infrastructure, academic programs, and research initiatives. In this project, Dr. Sumit Srivastava, Principal will act as Principal Investigator, Dr. A. Sankar Baba, Director Hospital as Co-PI, Dr. Pragati A. Katariya Pofessor & HoD, Deptt. of Kayachikitsa as Co-PI and Dr. Kanika Aggarwal, Professor, Deptt. of Panchkarma as Co-PI.

Expressing Happiness and Gratitude

Dr. Naresh Mittal, General Secretary, Shri Dhanwantry Educational Society (Regd.) Chandigarh, expressed his happiness and gratitude to the Government of India for the grant.

"This grant is a testament to the institution's dedication to promoting Ayurvedic education and healthcare. We are committed to utilizing these funds to further strengthen our programs and contribute to the growth of Ayurveda in the country."

Sh. Sudershan Kumar Sharma, Director, and Dr. Sumit Srivastava, Principal, SDACH, Chandigarh also expressed their happiness and gratitude to the Government of India for the grant.

Orissa Post • 03 Feb • Ministry of Ayush

6-day training programme 'Charakayatan' concludes

8 • PG | 147 • Sqcm | 43984 • AVE | 171.26K • Cir | Middle Center

Bhubaneshwar

6-day training programme 'Charakayatan' concludes



POST NEWS NETWORK

Haridwar, Feb 2: A 6-day residential training programme 'Charakayatan' was organised for Ayurveda teachers and postgraduate and graduate scholars of Ayurveda by Rashtriya Ayurveda Vidyapeeth, an autonomous organisation under the Ministry of AYUSH, under the aegis of Patanjali Ayurveda College.

On the closing occasion of the programme, Patanjali University Vice Chancellor Acharya Balkrishna, as the chief guest, said that the main objective of 'Charakayatan' is to provide authentic clinical knowledge of Charaka Samhita and its relevance to practice among the students and to develop the skill of learning and teaching Charaka Samhita. Addressing the students, he said, "We are fortunate that we got the opportunity to connect with Ayurveda... Ayurveda should be visible in your behaviour, conduct, nature and life."

Allopathy is dependent on synthetic medicines and chemicals, while Ayurveda is not dependent on these substances, Balkrishna said, adding "You can give life by crushing herbs, using bark, stem, leaves and making decoction. But first of all you have to believe in yourself and your Ayurveda."

Renowned Ayurveda physician Vaidya (Prof.) SK Khandel said that Patanjali is the world's leading institute in the field of Ayurveda. Patanjali has presented Ayurveda and Yoga on the national and international stage with facts and evidence, Khandel added.

Orissa Post • 03 Feb • Ministry of Ayush

Nat'l institute of Ayurveda launches plant-based alternatives for skincare

7 • PG | 55 • Sqcm | 16373 • AVE | 171.26K • Cir | Middle Center

Bhubaneshwar

Nat'l institute of Ayurveda launches plant-based alternatives for skincare

JAIPUR: The National Institute of Ayurveda (NIA), a Deemed to be University under the Ministry of Ayush, has launched a line of plant-based cosmetic products aimed at providing safe, chemical-free alternatives for skincare. The range includes foot care cream, Aloe Vera gel, lip balm and a variety of herbal soaps, among others, using plant-based extracts to offer effective skincare solutions. "Ayurveda has always advocated harmony between nature and human health. Our mission is to bring this wisdom into everyday skincare, ensuring that people have access to safe, effective, and sustainable products," Sanjeev Sharma, vice-chancellor of NIA, said.The NIA is actively working on technology transfer mechanisms to introduce these products to the wider market, fostering a collaboration between the academia and the industry, he added.

The Sunday Standard • 02 Feb • Ministry of Ayush

Healing Touch To Cancer Care; Med Infra Push

1, 7 • PG | 561 • Sqcm | 252501 • AVE | 215K • Cir | Middle Center,Middle Right

Delhi



Healing touch to cancer care, med infra push



1.1L UG and PG medical education seats in 10 yrs

The FM said the government had added almost 1.1 lakh undergraduate and post-graduate medical education seats in 10 years. Experts welcomed the move to reduce the cost of life-saving drug.

HEALTH

KAVITA BAJELI-DATT @ New Delhi

THE health sector received a 9.47% hike in the Union Budget, with a major push to public health, especially cancer care, as the government announced a series of measures, including setting up daycare centres in all district hospitals over the next three years.

Union Finance Minister Nirmala Sitharaman, in her budget speech on Saturday, announced that "next year, 10,000 additional seats will be added in medical colleges and hospitals, towards the goal of adding 75,000 seats in the next five years."

She said the government had added almost 1.1 lakh undergraduate and post-graduate medical education seats in 10 years, an increase of 130%. The total allocation for the Health and Family Welfare Ministry, excluding the Department of Research, is 95,957. 87 crore, up from 87,656.9 crore in the previous year.

According to Dr Sarit Kumar Rout, Professor of Health Economics and Financing at the Indian Institute of Public Health Bhubaneswar, Public Health Foundation of India (PHFI), "Only 9.47% increase in Health and Family Welfare budget compared to 2024-25 BE in absolute terms, and if adjusted to inflation, it is a moderate increase."

"Overall health sector allocations, including AYUSH, health research and health and family welfare budget estimates constitute only 2% of total central government allocations and which remains more or less same in the last several years," he told this newspaper.

Prof. K Srinath Reddy, former President of PHFI, said, while the overall health budget has increased, it is reflected mostly in raised allocations for the infrastructure, digital health, and Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY) components. "The National Health Mission, the vehicle for strengthening primary care and district hospitals, has received only a small increase. This imbalance needs to be corrected.

The National Health Mission saw a nearly 4 per cent hike from ₹36,200 crore allocation last year to ₹37,566 crore this fiscal. Poonam Muttreja, Executive Director of the Population Foundation of India said the total health budget remains insufficient to address India's growing healthcare needs, particularly public health infrastructure, primary healthcare, and non-communicable diseases. "We need transformative change, not incremental steps. We must address the historical shortfalls in the health budgets over the years."

However, experts welcomed the move to reduce the cost of life-saving drugs, extending daycare services for cancer patients in district hospitals, 200 of which would be established this year, and including gig workers in Pradhan Mantri Jan Arogya Yojana (PM-JAY).

The Sunday Standard • 02 Feb • Ministry of Ayush

Fit Bit

2 • PG | 633 • Sqcm | 284963 • AVE | 215K • Cir | Middle Right

Delhi

FITBIT

URDHVA MUKHA PASASANA VARIATION PADA ARDHA BHEKASANA

(THREAD THE NEEDLE POSE VARIATION HALF FROG LEG)

This pose, a variation of Urdhva Mukha Pasasana (Thread the Needle), starts from Bharmanasana (Table Top). Threading one arm under the other creates a spinal and shoulder twist, enhancing hip mobility. This gentle twist keeps the spine supple, while the stretched arm opens the armpit and stretches the obliques. The cross-body movement improves left-right brain communication and activates the lymphatic system, aiding toxin removal and boosting immunity. The side rotation massages abdominal organs, promoting well-being. This pose can be practiced in bed by those with prolonged illnesses.

STEPS

- Take a breath here, preparing your mind and body.
- Inhale and exhale. Lift your right leg off the mat. Bend your right leg at the knee, as in Ardha Pavanmuktasana (Half Wind Release Pose). Hold the pose for a few breaths.
- Exhale again, gently turn onto your left side, dropping your right knee onto the mat. Lift your right hip, shoulders, and the right side of your back off the mat. Stack your right hip on top of your left hip here.
- Inhale, extend your left arm in line with your shoulder, palm facing up. Ensure that your left shoulder, elbow, and wrist are completely touching the mat.
- Inhale, tuck the toes of your left foot in so that your left heel is pointing toward the ceiling. Engage your left leg. Lift your left knee off the mat.
- Your left side should now be completely touching the mat. Remember, this is not a twisting pose, so ensure your body is aligned by turning fully onto your left side.
- Exhale, raise your right arm above your head, aligning your right shoulder with your left.
- Ensure your right arm is close to your right ear and your right armpit is fully open. Reach toward the mat with your right fingers to deepen the opening.
- Gaze forward and hold the pose as long as comfortable.
- To release, inhale and bring your right arm down. Gently lift your right knee off the mat. Now turn your body so that your right shoulder and hip are on the mat.
- Rest in Savasana (Corpse Pose).
- Repeat the steps on the other side.
- Release the pose and relax in Savasana (Corpse Pose).

BENEFITS

- Reduces tension in the hips and lower back.
- Enhances stability in the hip joint and shoulders.
- Therapeutic for dealing with anxiety, insomnia, or back discomfort.
- Helps people suffering from a prolonged illness, even while lying in bed.
- Strengthens arms and chest muscles.
- Improves the flexibility of adductors.
- Enhances digestive system and alleviates tensions.
- Enhances blood circulation in the body.
- Helps in encouraging conscious breathing.
- Opens up the posterior chest.
- Expands the lungs, increases its capacity, and oxygenates the body.
- Cultivates awareness of hip alignment, shoulder placement, and breath.
- Calms effect on the nervous system.
- Helps in fluid balance, waste elimination, contributing to overall urinary system well-being.
- Massages kidney, spleen, and intestine, promoting overall health.
- Helps in detoxification and enhancing one's immunity.

LIMITATIONS

- Those with injuries to the neck, shoulders, lower and upper back, arms, hips, or knees, or any issues related to abdominal organs such as stomach, intestines, liver, and spleen, and those suffering from neck stiffness leading to cervical spondylosis, osteoporosis, sciatica, intestinal or stomach ulcers, or hernia, should avoid this pose.
- If practitioners struggle with coordinating the twist and the exhalation, they should stop the practice.



— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Sunday Standard • 02 Feb • Ministry of Ayush

Going Home to heal

5 • PG | 634 • Sqcm | 285211 • AVE | 215K • Cir | Bottom Left
Delhi



AYURWISDOM Dr Ramya Alakkal

Going Home to Heal

Migration to other parts of the world and leaving your homeland may not be easy for everyone, but it is situations and circumstances that make us do so. The migrant population is observed to be prone to a spectrum of health issues which if diagnosed early can be prevented. Here is how Ayurveda can help them.

Autoimmunity

With changed lifestyles and food habits, we see a significant percentage of the migrant population developing various autoimmune issues. It ranges from various kinds of joint pains, swelling, allergic reactions, hair loss, etc. Changed climatic conditions, like extreme cold or extreme heat, is also a triggering factor.

Neurological Issues

We could observe a range of neurological issues manifesting, especially in the early 30s and 40s more in those who migrated to European nations with extreme cold climatic conditions. Multiple sclerosis, neuropathies with numbness, tingling sensation, and burning sensation of upper and lower limbs are the common manifestations observed among the diaspora.



Behavioral Issues

The number of kids seen with autism, attention deficit issues, and hyperactive behaviour is seen more in the overseas diaspora. Many reasons could be attributed to this observation. Changed family circumstances, emotional and mental stress during pregnancy for women, and lack of parental nurturing due to work-related issues are some of them.

Changed Seasonal Rhythms

Our body is always in continuous interaction with the environment. Changes in nature brings in physiological, metabolical, and psychological alterations within each one of us. Becoming aware of it and tuning one's body according to the changing situations through the seasonal regimen, the *rithucharya* as advocated in Ayurveda, is important for us to be healthy.

Changed Biological Rhythms

We are most connected to our light and energy provider—the sun. We are most active metabolically during the peak time of day and least active when the sun goes down. There is a huge variation in the timings of sunrise and sunset globally. One has to become aware of it, observe one's body, and set their daily routine accordingly.

Changed Sociocultural Atmosphere

Adapting to a new country's rules and ways of living may not be smooth for all. This can again disturb the internal milieu.

How to Tackle

Food must be consumed according to one's health needs and nature. *Pitha Prakruthi* people must avoid t spicy, salty, and sour food. *Kaph* people must avoid cold, oily, heavy food that is difficult to digest; *vata* dominant individuals must always be aware of constipation; they must keep away from dry food.

The Adaptable Practices

The *rithucharya*, or seasonal detoxification to keep oneself healthy is important. Consulting an ayurvedic physician can put forward the personalised approach, according to *Prakrithi*. Practices of *Abhyanga* (oil massage), *Shiroabhyanaga* (oil massage over the head), *Udvartana* (powder massage), *Virechana* (therapeutic purgation), *Nasya* (nasal administration of medicine), etc are advised accordingly.

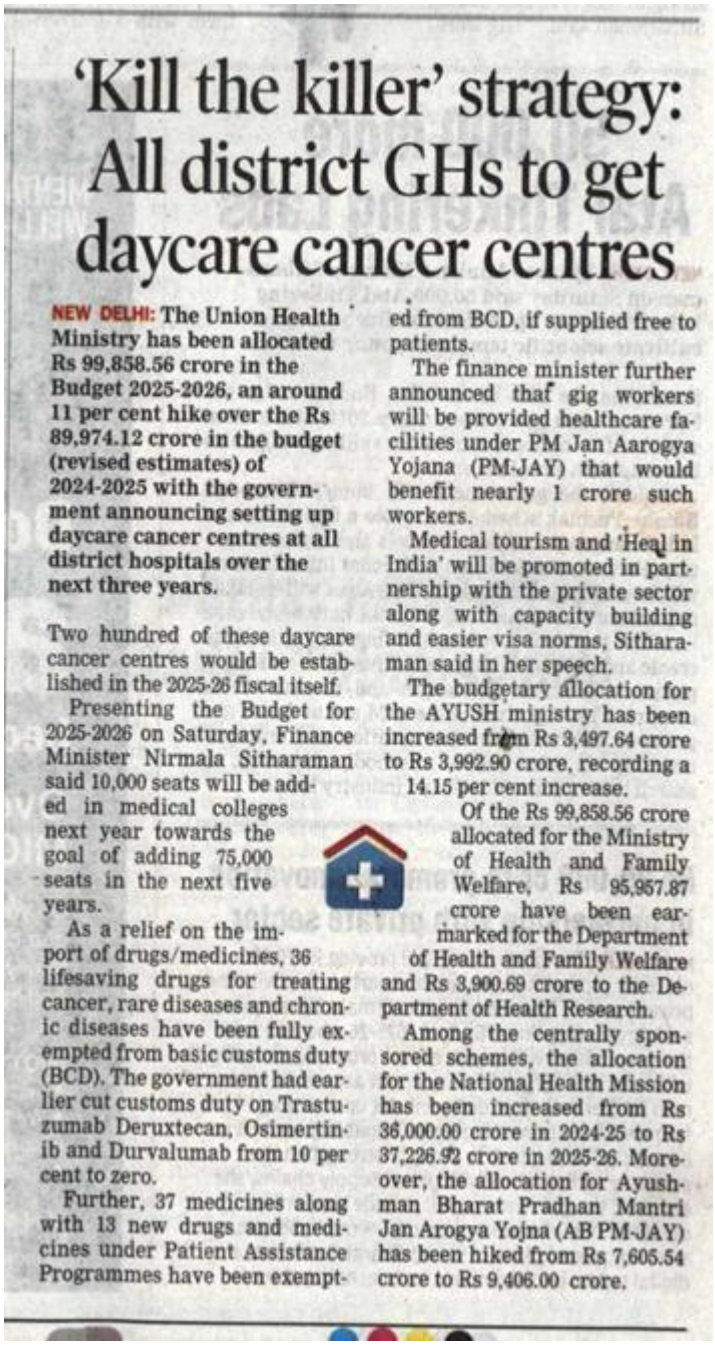
The author is a Professor at the Department of Panchakarma, Ashtamgam Ayurveda Medical College, Kerala

Daily Thanthi Next • 02 Feb • Ministry of Ayush

Kill the Killer' strategy: All district GHs to get daycare cancer centres

4 • PG | 166 • Sqcm | 132554 • AVE | 1.65M • Cir | Bottom Right

Chennai



'Kill the killer' strategy: All district GHs to get daycare cancer centres

NEW DELHI: The Union Health Ministry has been allocated Rs 99,858.56 crore in the Budget 2025-2026, an around 11 per cent hike over the Rs 89,974.12 crore in the budget (revised estimates) of 2024-2025 with the government announcing setting up daycare cancer centres at all district hospitals over the next three years.

Two hundred of these daycare cancer centres would be established in the 2025-26 fiscal itself.

Presenting the Budget for 2025-2026 on Saturday, Finance Minister Nirmala Sitharaman said 10,000 seats will be added in medical colleges next year towards the goal of adding 75,000 seats in the next five years.

As a relief on the import of drugs/medicines, 36 lifesaving drugs for treating cancer, rare diseases and chronic diseases have been fully exempted from basic customs duty (BCD). The government had earlier cut customs duty on Trastuzumab Deruxtecan, Osimertinib and Durvalumab from 10 per cent to zero.

Further, 37 medicines along with 13 new drugs and medicines under Patient Assistance Programmes have been exempted from BCD, if supplied free to patients.

The finance minister further announced that gig workers will be provided healthcare facilities under PM Jan Aarogya Yojana (PM-JAY) that would benefit nearly 1 crore such workers.

Medical tourism and 'Heal in India' will be promoted in partnership with the private sector along with capacity building and easier visa norms, Sitharaman said in her speech.

The budgetary allocation for the AYUSH ministry has been increased from Rs 3,497.64 crore to Rs 3,992.90 crore, recording a 14.15 per cent increase.

Of the Rs 99,858.56 crore allocated for the Ministry of Health and Family Welfare, Rs 95,957.87 crore have been earmarked for the Department of Health and Family Welfare and Rs 3,900.69 crore to the Department of Health Research.

Among the centrally sponsored schemes, the allocation for the National Health Mission has been increased from Rs 36,000.00 crore in 2024-25 to Rs 37,226.92 crore in 2025-26. Moreover, the allocation for Ayushman Bharat Pradhan Mantri Jan Arogya Yojna (AB PM-JAY) has been hiked from Rs 7,605.54 crore to Rs 9,406.00 crore.

The Sunday Guardian • 02 Feb • Ministry of Ayush

HEALTHCARE SECTOR GETS RS 95,957.87 CR ALLOCATION

4 • PG | 149 • Sqcm | 76781 • AVE | 380K • Cir | Bottom Right

Delhi

SECURES TRUST

HEALTHCARE SECTOR GETS RS 95,957.87 CR ALLOCATION

ANJALI SINGH
NEW DELHI

The government has allocated Rs 95,957.87 crore for the development, maintenance, and improvement of the country's healthcare system, which is higher than Rs 86,582.48 crore in FY25. The government has also allocated Rs 2,445 crore for Production Linked Incentive (PLI) for the pharmaceutical industry.

Finance Minister Nirmala Sitharaman presented the Union Budget for the eighth consecutive time in the Lok Sabha on Saturday, allocating Rs 37,226.922 crore to the National Health Mission (NHM). The National Tele Mental Health Programme was allocated Rs 79.6 crore.

Healthcare budget from 2018-2025

Years	Allocation (Rs)
2018-19	52,800
2019-20	62,659
2020-21	65,012
2021-22	73,932
2022-23	86,200
2023-24	79,221
2024-25	90,959

Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (ABPM-JAY) got an allocation of Rs 9,406 crore to expand health insurance coverage.

The Pradhandhan Mantri Ayushman Bharat Health Infrastructure Mission (PMABHIM) allocation is Rs 4,200 crores for the Pradhan Mantri Ayushman Bharat Health Infrastructure Mission (PMABHIM). The Union Budget allocated Rs 20,046.07 crores for autonomous bodies. The allocation for All India Institute of Medical Sciences (AIIMS), Delhi, was increased to Rs 5,200 crores.



A doctor checks a man at the Central Hospital of Mahakumbhnagar in Prayagraj on Jan 5. ANI

During the budget presentation, FM said the government will establish 200 cancer centers in 2025-26. The government will facilitate the setting up of daycare cancer centers in all district hospitals in the next three years.

"Setting up daycare cancer centers at the district level is a welcome step. These centers will provide facilities for cancer chemotherapy/immunotherapy and daycare operations for a variety of cancers," said Dr. Shyam Aggarwal, Vice President of the Indian Society of Medical and Paediatric Oncology. Sitharaman also announced that from next year, 10,000 additional seats will be added in medical colleges and hospitals towards the goal of adding 75,000 seats in the next five years. "Our government has added almost 1.1 lakh undergraduate and postgraduate medical education seats in 10 years, an increase of 130%. In the next year, 10,000 additional seats will be added in medical colleges and hospitals towards the goal of adding 75,000 seats in the next five years," she said. "Adding 10,000 medical seats is a welcome step to bridge the gap in trained medical professionals," said Dr. D.S. Rana, Chairman, Trust Board, Sir Ganga Ram Hospital.

The Echo of India • 02 Feb • Ministry of Ayush

Union Health Ministry sees around 11 pc hike in budgetary allocation

7 • PG | 204 • Sqcm | 24461 • AVE | 120.06K • Cir | Middle Left

Kolkata

Union Health Ministry sees around 11 pc hike in budgetary allocation

NEW DELHI, FEB 1/--/The Union Health Ministry has been allocated Rs 99,858.56 crore in the Budget 2025-2026, an around 11 per cent hike over the Rs 89,974.12 crore in the budget (revised estimates) of 2024-2025 with the government announcing setting up daycare cancer centres at all district hospitals over the next three years.

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For the National Tele Mental Health Programme, the budgetary allocation has been increased from Rs 45 crore to Rs 79.6 crore while the National Digital Health Mission has been earmarked Rs 340.11 crore from Rs 225 crore in the 2024-25 fiscal.

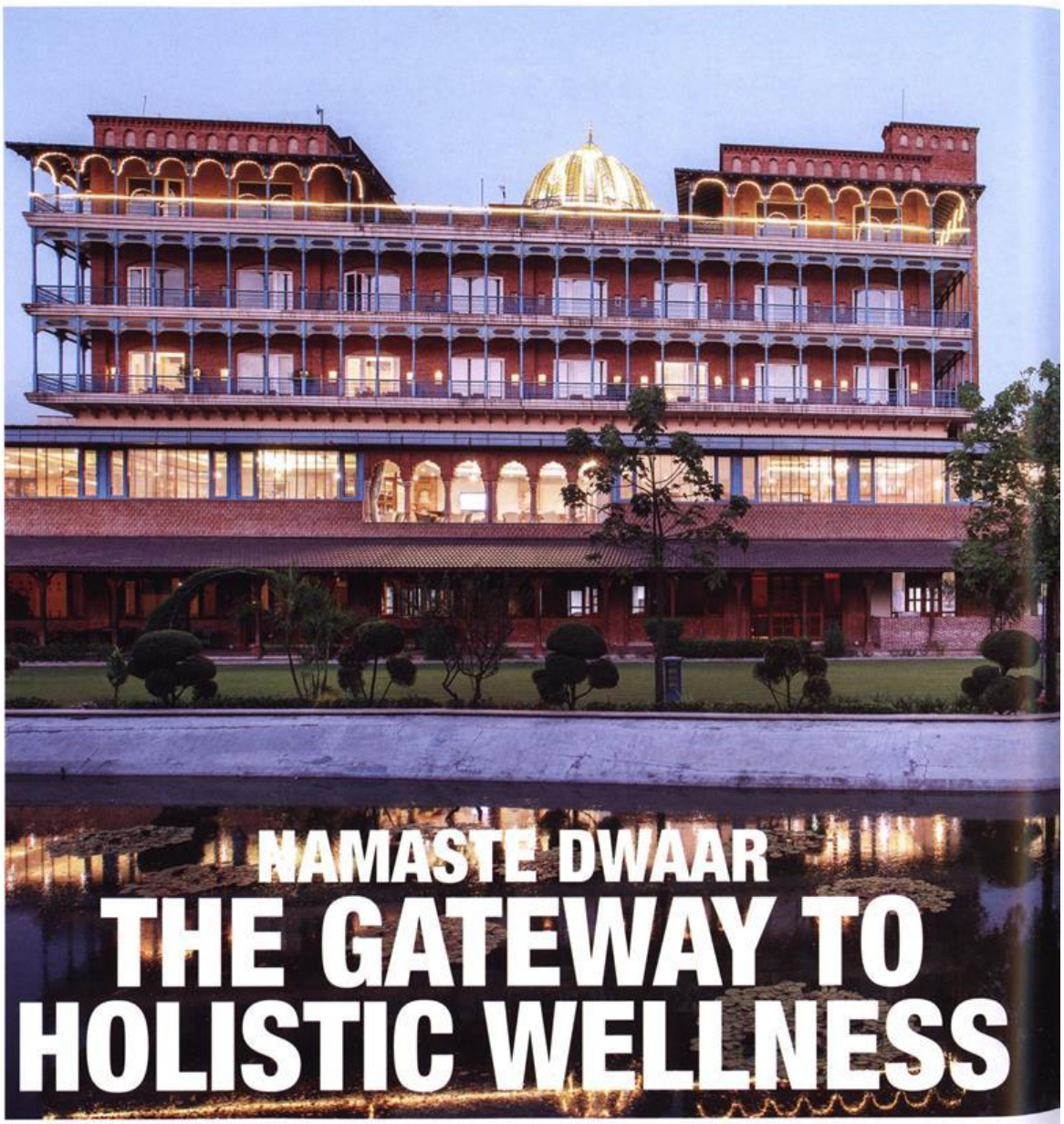
The budgetary allocation for autonomous bodies increased from Rs 18978.72 crore in 2024-25 to Rs 20,046.07 crore in 2025-26. The allocation for AIIMS, New Delhi, has been increased from Rs 5,000 crore to Rs 5,200 crore while ICMR has been earmarked Rs 3125.50 crore as against Rs 2,869.99 crore in the 2024-25 fiscal. (PTI)

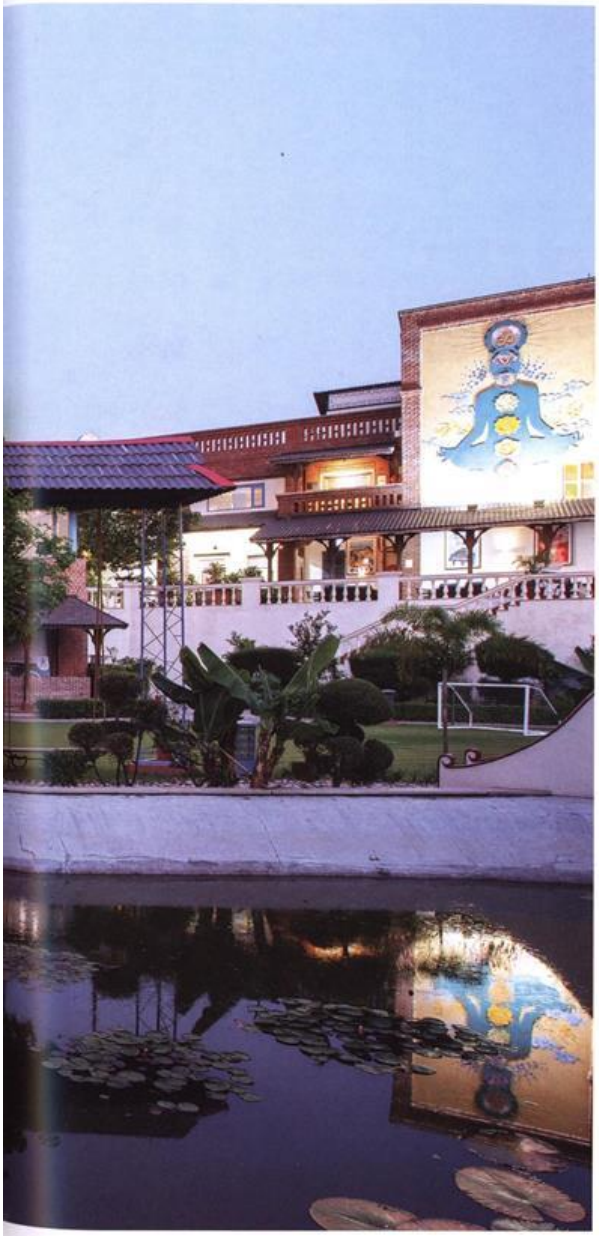
BW Hotelier • 28 Feb • Ministry of Ayush

NAMASTE DWAAR THE GATEWAY TO HOLISTIC WELLNESS

134, 135, 136, 137, 138, 139 • PG | 3358 • Sqcm | 1222222 • AVE | 250K • Cir | Inside Page (Magazine only)

National





NESTLED AROUND 100 KM FROM DELHI-NCR, NAMASTE DWAAR OFFERS A SERENE ESCAPE, BLENDING HOLISTIC WELLNESS WITH LUXURIOUS ACCOMMODATIONS FOR THE PERFECT RETREAT

BY **BHUVANESH KHANNA**

Tucked away in the tranquil countryside of Mansurpur, a mere 105 km from Delhi-NCR and close to Ghaziabad and Noida, Namaste Dwaar is strategically located on the Delhi-Haridwar-Dehradun Highway. This serene retreat offers a seamless escape from the bustling city life while remaining easily accessible, making it the perfect getaway for those seeking rejuvenation and relaxation.

Namaste Dwaar is the brainchild of Arvind Rathi, a visionary whose unwavering passion for giving back to society has transformed this retreat into a vibrant hub for wellness and hospitality. With a successful career in aviation logistics and a life of comfort in South Delhi, Rathi made the bold decision to step away from the urban hustle a few years ago. Alongside his wife, Charu Rathi, an accomplished educationist, he chose to return to his ancestral village home in Mansurpur to care of his aging parents.

This move was not just a homecoming; it was the start of an extraordinary journey. Rooted in his deep connection to the land of his ancestors and its traditions, Arvind envisioned creating a sanctuary that would serve not only as a refuge for weary souls but also as a beacon of growth and enrichment for the local community. What began as a modest initiative has blossomed into a sprawling destination, offering an unmatched blend of authentic wellness therapies, luxurious accommodations, and curated F&B experiences.

The Rathi family's commitment to excellence is further elevated by the active involvement of their Canadian-French


Westview Lounge

daughter-in-law, Erika, who has brought a global perspective to this endeavour. Erika has become an integral part of the project, lending her creativity and expertise to shape Namaste Dwaar into a world-class destination. Together, the Rathis have transformed a deeply personal vision into a flourishing reality, making Namaste Dwaar not just a retreat, but a legacy of wellness, rooted in love, tradition, and innovation.

THE COLIN GARY HALL CONNECTION

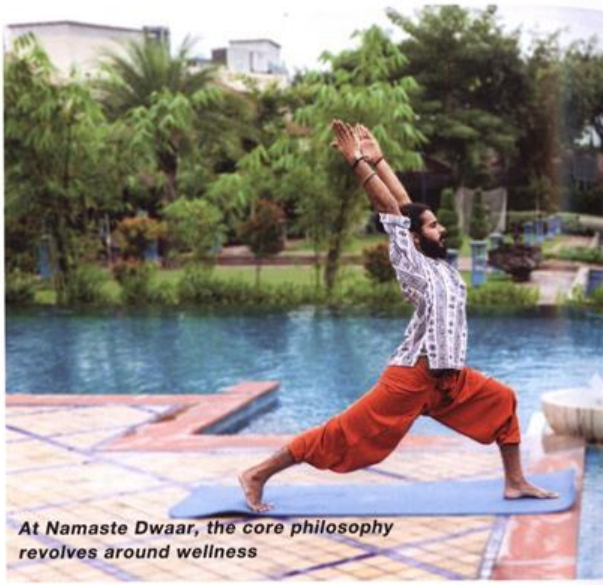
Adding a global dimension to Namaste Dwaar is Colin Gary Hall, a celebrated figure in the world of wellness. With over three decades of experience in luxury spas and wellness hospitality, Colin brings an unparalleled depth of expertise to the retreat. His illustrious career includes tenures with prestigious brands like Ananda in the Himalayas, Raffles International and Shangri-La.

Colin's meticulous approach to wellness design and operations has earned him accolades worldwide. At Namaste Dwaar, his involvement ensures that the retreat not only meets but exceeds global standards. From creating bespoke wellness spaces to designing signature treatments, his influence is evident in every corner. Colin's work here is a testament to his belief in blending traditional practices with modern excellence, making Namaste Dwaar a truly world-class destination.

WELLNESS AT THE HEART OF IT ALL

At Namaste Dwaar, the core philosophy revolves around wellness, with Ayurvedic treatments serving as the centrepiece. Under the guidance of Dr C Joshi, an expert Ayurvedacharya from Kerala, and Colin's meticulous oversight, guests can embark on transformative journeys through therapies that address the root causes of imbalances in the body and mind.

The retreat also offers daily yoga and meditation sessions, creating a harmonious blend of physical and mental rejuvenation. With every therapy tailored to individual needs, Namaste Dwaar


At Namaste Dwaar, the core philosophy revolves around wellness


Ayurveda Lobby

ERIKA RATHI HAS BROUGHT A GLOBAL PERSPECTIVE TO THIS ENDEAVOUR AND BECOME AN INTEGRAL PART OF THE PROJECT




The Pool



Erika Hathi

ensures a deeply personalised healing experience.

Awarded Best Spa & Wellness Property by a leading media house, Namaste Dwaar offers a transformative journey of rejuvenation. Ancient Ayurvedic wisdom and modern wellness practices combine to restore balance and vitality, leading to holistic health and well-being.

UNLEASHING THE POWER OF AYURVEDA

At Namaste Dwaar, Ayurveda is at the heart of everything. Offering personalised treatments, their programmes aim to detoxify, restore balance, and rejuvenate both body and mind. The expert team, led by Dr Joshi, ensures a tailored wellness experience using time-tested therapies designed for deep healing.

REVITALISE YOUR BODY AND MIND

Experience Panchakarma A detoxification therapy that eliminates toxins and restores equilibrium through oil massages, steam baths, and herbal treatments.

Weight Management The holistic weight management program blends personalised nutrition, therapy, and lifestyle changes for sustainable results.

Vedic Healing and Pain Management From Vedic Acupressure Kayakalpa to pain management, their treatments align the body's energies, alleviate stress, and provide lasting comfort.

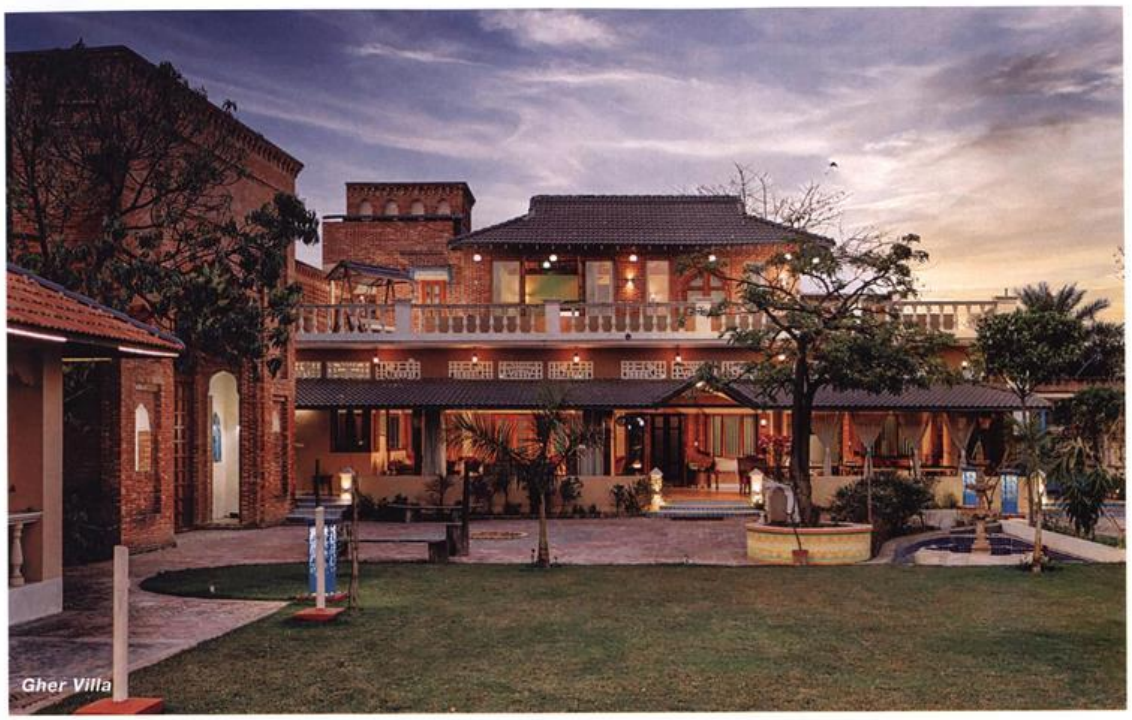
SIGNATURE TREATMENTS ALSO INCLUDE:

Abhyanga and Shirodhara Soothing massages and oil therapies to calm the mind and improve circulation.

Herbal Steam and Healing Baths Traditional therapies that rejuvenate the skin and soothe the senses.

A PROVEN TRACK RECORD OF HEALING

They take pride in success stories, with patients who have


Gher Villa

overcome chronic conditions like arthritis and diabetes through holistic therapies. Many, once reliant on wheelchairs, have walked away with renewed health and vitality.

A CULINARY JOURNEY TO WELLNESS

Food at Namaste Dwaar is not just sustenance but a journey of nourishment and wellness. Using produce grown in the in-house organic gardens, the expert chefs craft sattvik meals that delight the palate and promote holistic health.

Freshly picked vegetables, herbs, and fruits from the retreat's farms are transformed into meals rich in flavour and nutrition. The menu includes:

- Wholesome millet-based dishes
- Light, healing soups
- Herbal teas made from freshly plucked leaves

Every meal is a mindful celebration of wellness, leaving guests energised and satisfied.

ARCHITECTURAL ELEGANCE

The design of Namaste Dwaar pays homage to India's rural charm while offering modern-day luxury. The visionary architect Late Pradeep Sachdeva, known for his work on premium retreats, created spaces that blend seamlessly with nature. Wide verandas, open courtyards, and earthy interiors evoke a sense of calm, making the retreat an architectural masterpiece.

LUXURIOUS ACCOMMODATIONS

On offer are an array of accommodations tailored to meet the diverse needs of its guests. Each room and villa has been thoughtfully designed to provide comfort, privacy and a connection with Nature.

- **Maharaja and Maharani Suites** Royal elegance meets modern luxury in these expansive suites.
- **The Exclusive Gher** A unique three-bedroom village-style villa with a veranda, kitchen, and terrace. Perfect for families seeking a private retreat.
- **Rooms and Suites** The resort boasts 45 well-appointed guest rooms, including four elite terrace suites and two royal garden suites, each with a private balcony to soak in the scenic countryside.
- **Pet-Friendly Villa** Tailored for guests travelling with pets, this gated villa ensures that four-legged companions feel just as pampered.





Premium Room

ONE OF THE MOST UNIQUE HIGHLIGHTS OF NAMASTE DWAAR IS THE ARYABHATTA OBSERVATORY, OFFERING A MESMERISING JOURNEY THROUGH THE NIGHT SKY



Herbal Garden

THE WONDERS OF THE COSMOS

One of the most unique highlights of Namaste Dwaar is its Aryabhatta Observatory, offering guests a mesmerising journey through the night sky. Guided by skilled astronomers, visitors can explore stars, planets, and galaxies, gaining a deeper appreciation for the universe. This celestial experience adds a magical touch to every stay.

THE RATHI LEGACY

The Rathis' dedication to excellence is evident in every corner of Namaste Dwaar. With Erica Rathi's global perspective and Colin Gary Hall's expertise, the retreat combines local traditions with international standards. Their shared vision has transformed Namaste Dwaar into a beacon of wellness and hospitality in the NCR.

A SANCTUARY OF WELLNESS AND LUXURY

Namaste Dwaar is more than just a retreat — it's a journey into the heart of holistic living.

With its focus on Ayurvedic therapies, sattvik cuisine, luxurious accommodations and unique experiences like stargazing and pet-friendly stays, it offers something for every traveller.

Whether you're seeking a tranquil getaway, a rejuvenating health programme, or simply a break from the urban chaos, Namaste Dwaar promises to leave you renewed, recharged, and inspired. Embrace the serenity and wellness that await at this countryside haven, just a short drive from Delhi-NCR. ■

NAMASTE DWAAR

Phone: +91 98184 00708
General Manager: ***Jitender Jakhar***
Room Rates: **Starting at INR 12,000 (all meals + taxes)**
Keys: ***45***
Location: **104 KM Milestone,**
NH-58, Delhi Haridwar Highway, Mansurpur - 251 203
Distt. Muzaffar Nagar (UP)

Down To Earth • 24 Feb • Ministry of Ayush

BUDGET SQUEEZE

14, 15, 16 • PG | 24097 • Sqcm | 2698833 • AVE | 175K • Cir | Inside Page (Magazine only)
National



BUDGET SQUEEZE

Poised to woo the middle class and tame fiscal deficit, Union Budget 2025-26 cuts corners on key welfare schemes, offers little for climate adaptation and decarbonisation

RAJIT SENGUPTA, SHAGUN, AKSHIT SANGOMLA, RAJU SAJWAN, SUSHMITA SENGUPTA, NIVIT KUMAR YADAV AND **PARTH KUMAR** NEW DELHI

THE CHALLENGE before the Union Budget 2025-26 was clear: India needed to boost employment and increase disposable incomes to stimulate demand in a slowing economy. The "Economic Survey 2024-25", released on January 31, 2025, a day before the Union Budget, had already flagged a worrying trend—real incomes for salaried workers, wage earners and the self-employed had declined over the past five years. In response, Union finance minister Nirmala Sitharaman opted to provide tax exemptions for the salaried middle class earning up to ₹12 lakh annually and restructured tax slabs to ease the burden on others employed in the formal sector. In doing so, the budget ignored 94 per cent of India's workforce, which remains in the informal sector. This segment, excluded from tax relief, continues to experience stagnant or declining wages. Simultaneously, the government has prioritised to reduce the fiscal deficit, which had ballooned during the pandemic years. But this comes at a cost—little to no increase in key welfare spending.

The impact of this budgetary squeeze is already evident. Allocations for centrally sponsored projects—funded majorly by the Centre but implemented by states—and Central schemes have increased by a marginal 7 per cent between 2024-25 and 2025-26. At the same time, several key schemes have recorded deep cuts. Under centrally sponsored schemes, the allocation for Pradhan Mantri Awas Yojana-Urban has been reduced by 34 per cent, while the Livestock Health and Disease Control Programme to carry out immunisation and create veterinary infrastructure has received a cut of almost 20 per cent. The National River Conservation Plan to improve water quality in polluted river stretches has been reduced by 5.7 per cent. Under central schemes, the allocation for the Price Stabilisation Fund to maintain buffer stocks of pulses, onions and potatoes to regulate prices has been cut by 59 per cent even when the country is struggling to arrest its food inflation. The allocation for the production linked incentive (PLI) scheme for automobiles and auto components, to boost domestic manufacturing, has also been reduced by 19 per cent.

Another concern is that in 2024-25, the allocations for centrally sponsored schemes were slashed in 16 Union ministries during the revised budget, compared to their original budget allocations. This resulted in an overall reduction of 17.9 per cent in the funding of the schemes. Given the tax exemptions

ILLUSTRATION: YOGENDRA ANAND / CSE

and the plans of fiscal consolidation, both of which will limit the government's spending capacity, a similar allocation cut on schemes is likely in 2025-26.

CRITICAL SCHEMES SHORTCHANGED

Agriculture was a major focus in Sitharaman's Budget 2025-26 speech, with the announcement of nine new missions and programmes. Yet, the Union Ministry of Agriculture and Farmers Welfare saw a budget cut of 2.5 per cent, dropping from ₹1.41 lakh crore to ₹1.37 lakh crore. The biggest setback was a 23 per cent reduction in the Pradhan Mantri Fasal Bima Yojana—the lowest allocation since 2019-20—despite rising crop damage from extreme weather. According to "India's Atlas on Disasters", maintained by *Down to Earth*, extreme weather affected over 4 million hectares of crop area in 2024. Meanwhile, funding for Krishi Vigyan Kendras, vital for training farmers in new technologies, was cut by 13 per cent to ₹204 crore. The National Mission on Natural Farming received a significant boost, with funding rising from ₹100 crore in 2024-25 to ₹616 crore. Similarly, two initiatives aimed at improving farm productivity—Krishionnati Yojana and Rashtriya Krishi Vikas Yojana—secured higher allocations.

Despite expectations of a rural stimulus, the budget made only incremental additions. The Union Ministry of Rural Development saw its allocation rise by 6 per cent to ₹1.9 lakh crore. However, funding for the Mahatma Gandhi National Rural Employment Guarantee Act and Pradhan Mantri Krishi Sinchai Yojana for irrigation in rainfed areas remained stagnant. In contrast, the Pradhan Mantri Gram Sadak Yojana saw a 37 per cent increase in its funding.

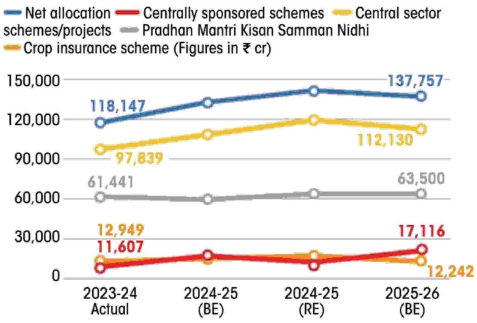
The Union Ministry of Jal Shakti received ₹99,503 crore for 2025-26, reflecting a 4.6 per cent increase from 2024-25. A key announcement was the extension of the Jal Jeevan Mission until 2028. Launched in 2019 to provide tap water to every rural household by 2024, the scheme has covered 80 per cent of households. The new deadline suggests an additional four years will be required to reach the remaining 20 per cent. Despite claims of an enhanced outlay, funding for the mission has actually been reduced from ₹70,163 crore in 2024-25 to ₹67,000 crore.

PUSH FOR HEALTH, EVs

The Union Ministry of Health and Family Welfare received ₹99,858 crore for 2025-26, a 10 per cent increase from the previous year. Sitharman expanded

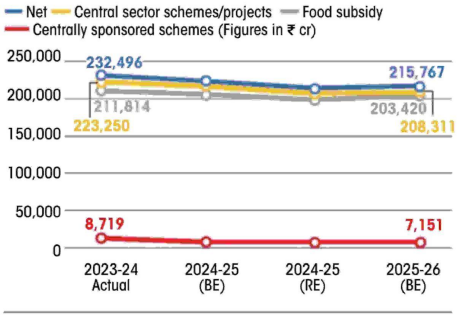
Ministry of Agriculture and Farmers Welfare

The 2025-26 allocation is lower than 2024-25, with cuts in key schemes. Crop insurance sees sharp drop



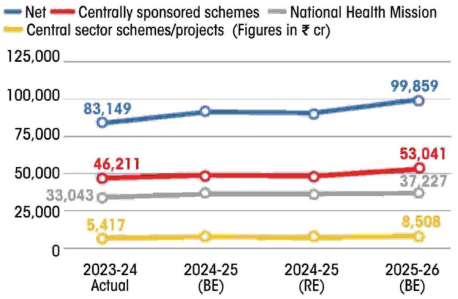
Ministry of Consumer Affairs, Food and Public Distribution

The overall allocation for food subsidy sees a reduction from BE 2024-25



Ministry of Health and Family Welfare

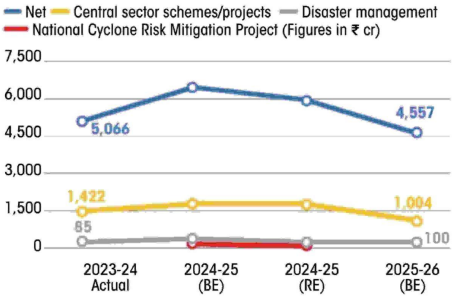
While the overall budget increased by 14%, the National Health Mission received only a modest 3.4% rise



(RE) Revised estimates; (BE) Budget estimates Source: Union Ministry of Finance

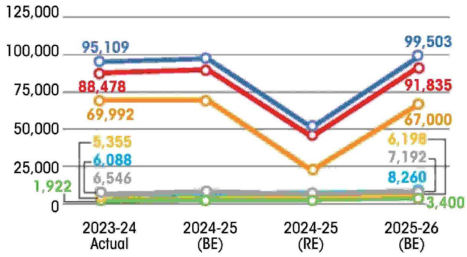
Ministry of Home Affairs

Overall budget sees a 29% cut from last year; allocation for the disaster management scheme drops by 65%



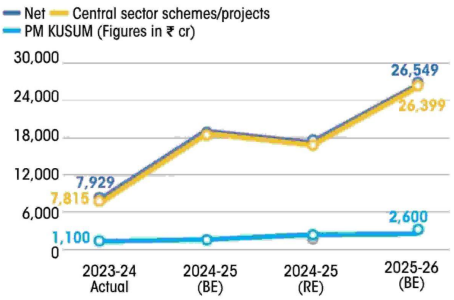
Ministry of Jal Shakti

Jal Jeevan Mission faces a 5% cut from BE 2024-25



Ministry of New and Renewable Energy

Budget for the ministry has been increased by 39%



(RE) Revised estimates; (BE) Budget estimates
Source: Union Ministry of Finance

the list of essential medicines exempt from customs duty, adding 36 life-saving drugs. She also introduced 13 patient assistance programmes and announced Ayushman Bharat coverage for gig workers. The National Health Mission, though, saw a modest rise.

The Union budget has introduced major initiatives to strengthen electric vehicle (EV) manufacturing, battery production and the import and recycling of critical minerals—crucial for the sector's growth. Sitharaman announced an exemption of basic customs duty on 16 critical minerals, including cobalt powder, lithium-ion battery scrap, lead and zinc, to aid domestic manufacturing. To support this, the Union government has allocated ₹410 crore for the National Critical Mineral Mission in the 2025-26 budget. The budget for the PLI scheme for Advanced Chemistry Cell Battery Storage has also seen a significant rise, from ₹15.42 crore to ₹155.76 crore. In a major push for EV adoption, the budget for PM Electric Drive Revolution in Innovative Vehicle Enhancement (PME-DRIVE) has been increased from ₹1,870.76 crore in 2024-25 to ₹4,000 crore in 2025-26.

A SILENT TREATMENT

Despite investments in clean technology, the Union budget lacked any major announcements on decarbonisation. While previous budgets introduced measures such as National Green Hydrogen Mission and carbon markets, this year's budget speech was notably devoid of the word "carbon". The only push in clean energy was increased investment in nuclear power and green tech manufacturing under the National Manufacturing Mission. However, the absence of an overarching mission and a clear decarbonisation roadmap is concerning, especially as industries strive for cleaner production and services.

The budget also sidestepped climate adaptation. Three key schemes under the Union environment ministry—the National Adaptation Fund, Climate Change Action Plan, and National Mission on Himalayan Studies—were moved from schemes to non-schemes and absorbed into the ministry's secretariat budget without clear allocations. These schemes have received no budgetary support since 2022-23. The National Coastal Mission, which includes climate adaptation components, saw its funding cut from ₹8 crore to ₹2 crore. Similarly, the National Action Plan on Climate Change, which includes eight climate-related missions, has had the same budget outlay since it was introduced in 2008. DTE @down2earthindia

Business World • 22 Feb • Ministry of Ayush

KERALA IS FOCUSING ON SUSTAINABLE AND BALANCED DEVELOPMENT

23 • PG | 624 • Sqcm | 235208 • AVE | 1.25M • Cir | Inside Page (Magazine only)

National





KERALA IS FOCUSING ON SUSTAINABLE AND BALANCED DEVELOPMENT

Shri S. Harikishore, MD, KSIDC discusses Kerala's strategic investment opportunities, policy-driven incentives and infrastructure advancements.

By Ruhail Amin

Kerala is gearing up to host the highly anticipated Invest Kerala Global Summit 2025, a landmark event designed to position the state as a premier investment destination. As the Managing Director of the Kerala State Industrial Development Corporation (KSIDC), Shri S. Harikishore IAS discusses Kerala's strategic investment opportunities, policy-driven incentives and infrastructure advancements.

How does the Invest Kerala Global Summit 2025 aim to redefine Kerala's investment landscape?

Our objective is to attract significant domestic and international investments across key sectors such as Information Technology, Sustainable Tourism, Healthcare Services, Renewable Energy, and Agro-Processing Industries.

The summit will serve as a platform for investors, industry leaders, innovators, and policymakers to explore Kerala's business ecosystem. We are focusing on sustainable and balanced development by integrating environmental responsibility, social progress, and industrial growth.

Kerala has received national recognition for its business-centric and citizen-centric reforms. How do these translate into tangible benefits for potential investors?

Kerala has been recognized as a leader in Business-Centric Reforms under the Business Reforms Action Plan 2022, which is a testament to the state's investor-friendly policies. We have implemented several Ease of Doing Business (EoDB) reforms to streamline business operations and improve service delivery.

For example, the Kerala State Electricity Board (KSEB) has introduced an online system for new electricity connections, reducing document requirements and cutting the connection time to just seven days. Similarly, the Kerala Water Authority (KWA) now offers a digital service for water connections under the Right to Service Act, ensuring transparency and efficiency.

What kind of policy initiatives or incentives can investors expect from Kerala?

Kerala has identified 22 priority sectors, including Ayurveda, Biotechnology, Electric Vehicles, Food Processing, Green Hydrogen, Information Technology, Logistics, Medical Equipment, and Renewable Energy, among others, to drive economic growth and sustainability. Our approach focuses on fostering entrepreneurship, enhancing infrastructure, transitioning to high-tech industries, and equipping the workforce with the necessary skills for emerging sectors.

What steps is Kerala taking to address infrastructural and procedural challenges faced by investors when setting up operations in the state?

We have introduced several digital and policy-driven reforms to ease the investment process and minimize bureaucratic hurdles. One of our flagship initiatives is the *Kerala Single Window Interface for Fast and Transparent Clearance (K-SWIFT)*. This online platform provides a seamless mechanism for securing all necessary business-related clearances electronically in a time-bound and transparent manner.

Additionally, we have launched the *Kerala Centralized Inspection System*, a digital framework that categorizes enterprises into low, medium, and high-risk profiles, ensuring that statutory inspections are systematic, rather than arbitrary. This initiative eliminates unnecessary delays and improves compliance management for businesses.

BW Healthcare • 18 Feb • Ministry of Ayush

Healing the Heart and soul

86, 87 • PG | 984 • Sqcm | 98354 • AVE | N/A • Cir | Inside Page (Magazine only)

National

COLUMN

Dr Acharya Vinod Kumar Ojha

Cancer diagnosis can be a devastating event, not just for the person receiving the news but also for their entire family. The shock and fear that accompany such a diagnosis are profound, sending ripples of psychological distress through every connected life. As a transformative healer and astrologer, I offer insights and steps to navigate this trauma, emphasising holistic healing and cosmic alignment.

The Initial Shock and Fear

When a doctor diagnoses someone with cancer, the initial reaction is often a blend of disbelief, fear, and helplessness. This moment is a significant jolt to the patient's reality, shattering the illusion of invulnerability and highlighting the fragility of life. The emotional turmoil can be overwhelming, leading to feelings of despair and confusion.

For families, this news is equally earth-shattering. Loved ones may experience a whirlwind of emotions, including fear, anger, guilt, and profound sadness. The future suddenly seems uncertain, and the normalcy of everyday life is disrupted. Each family member processes the information differently, leading to a complex web of emotional responses.

Psychological Impact

The psychological effects on family members are profound and multifaceted. Anxiety and depression are common, as loved ones grapple with the potential loss and the burden of caregiving. Children, in particular, may struggle to understand the situation, leading to behavioural changes and academic difficulties. Spouses and parents often experience intense stress, feeling the pressure to stay strong while dealing with their own fears.

The fear of losing a loved one can create a pervasive sense of dread, affecting every aspect of life. Relationships may become strained as family members cope in different ways, sometimes leading to misunderstandings and conflicts. The constant worry can also lead to physical symptoms, such as insomnia, headaches, and a weakened immune system. Let's take a look at steps to deal with the trauma.

1. Acknowledge and Express Emotions: Create a safe space where



Healing the Heart and Soul

Practices such as meditation, yoga and energy healing can reduce stress and promote emotional well-being

The author is a Celebrity Astrologer, Transformative Coach and Political Analyst

both patients and their families can express their feelings without judgment. Open communication helps in understanding each other's emotional states and fosters a supportive environment. Journaling, talking to a trusted friend, or seeking professional counselling can be immensely beneficial.

2. Seek Professional Help: Therapists and counsellors specialising in cancer-related trauma can provide valuable tools and coping mechanisms. Support groups offer a sense of community and shared experience, reducing feelings of isolation.

3. Embrace Holistic Healing: As a transformative healer, I advocate for holistic approaches that address the mind, body, and spirit. Practices such as meditation, yoga, and energy healing can reduce stress and promote emotional well-being. Aromatherapy, using essential oils like lavender and chamomile, can create a calming atmosphere.

4. Astrological Guidance: Astrology can provide insights into the cosmic influences affecting one's life journey. Understanding astrological transits and alignments can offer perspective and a sense of purpose. Personalised astrological readings can highlight strengths and challenges, helping individuals navigate this difficult period with greater awareness.

5. Focus on Self-care: Both patients and their families should prioritise self-care. Simple practices such as adequate rest, nutritious meals, and regular exercise can significantly impact mental and physical health. Engaging in activities that bring joy and relaxation is essential to maintaining a sense of normalcy.

6. Spiritual Practices: Engaging in spiritual practices, whether through prayer, meditation, or other forms of worship, can provide comfort and strength. Connecting with a higher power or the universe can offer solace and a sense of peace amid turmoil.



Photograph by Sarayut Thaneerat

7. Create a Support System: Building a strong support network is vital. This includes friends, family, and community resources that can offer practical help and emotional support. Don't hesitate to ask for help with daily tasks, allowing more time for emotional and physical recovery.

As a transformative healer, I advocate for holistic approaches that address the mind, body, and spirit

8. Stay Informed: Understanding the disease, treatment options, and potential outcomes can reduce anxiety. Knowledge empowers patients and their families to make informed decisions and feel more in control of the situation.

Transformative Healing

The journey through cancer is undeniably challenging, but it can also be a period of profound transformation and growth. As a transformative healer, I believe that every crisis carries the potential for healing and personal evolution. By addressing the emotional, physical, and spiritual aspects of the experience, individuals and families can emerge stronger and more resilient.

Astrology offers a unique lens through which to view this journey, providing cosmic insights and guidance. By aligning with the energies of the universe, we can find meaning and direction, even in the darkest times. Holistic practices support this alignment, promoting harmony within ourselves and with the world around us.

In conclusion, a cancer diagnosis affects not only the patient but their entire family, creating a ripple of emotional and psychological impact. By embracing holistic healing, seeking professional support, and connecting with spiritual and astrological guidance, families can navigate this difficult journey with greater resilience and hope.

The path of healing is multifaceted, but with compassion, support, and a holistic approach, it is possible to find light and strength even in the face of such a formidable challenge. ■

BW Healthcare • 18 Feb • Ministry of Ayush

Inclusion and Unity: Key to Patient Safety

40, 41 • PG | 967 • Sqcm | 96708 • AVE | N/A • Cir | Inside Page (Magazine only)

National

IN DEPTH

By Team BW Healthcare

Inclusion and Unity: Key to Patient Safety

In the realm of healthcare, the pursuit of patient safety is a relentless journey, one that demands the collaboration and dedication of every individual involved in patient care



The recent CAHOCON 2024 has shone a light on a crucial element that has the power to revolutionise this journey: inclusivity. With the introduction of diverse forums such as the Ayush Forum, Global Rehab Forum for Quality, Clinical Dietetics Forum, Sustainability Forum, Nurses Forum for Patient Safety, and Pharmacy Forum, CAHOCON 2024 has underscored the importance of reaching out and including everyone in promoting patient safety. Healthcare Engineers Forum was launched last year. This move not only celebrates the recognition of these vital healthcare segments but also heralds a new era where every voice is valued in shaping patient safety protocols.

Patient safety, a critical component of healthcare quality, is a multifaceted issue that encompasses various aspects of healthcare delivery, from the administration of medications and the performance of surgical procedures to dietary management and rehabilitation services. The introduction of specialised forums at CAHOCON 2024 represents a recognition of this complexity and the need for a holistic approach to patient safety.

Inclusivity in Healthcare

Inclusivity in healthcare means recognising and valuing the contributions of all healthcare professionals, regardless of their specialty. It involves breaking down silos and fostering a culture of collaboration where everyone, from pharmacists and dietitians to Ayurvedic practitioners and rehabilitation specialists, has a seat at the table. This approach is essential for several reasons:

1. Comprehensive Patient Care: Different specialties bring unique perspectives and expertise to patient care, ensuring that all aspects of a patient's health are addressed.

2. Innovation and Improvement: By including diverse voices, we can identify gaps in current practices and develop innovative solutions to improve patient safety.

3. Cultural Competence: An inclusive healthcare system is better equipped to serve a diverse patient population, respecting and understanding varied health beliefs and practices.

4. Increased Patient Satisfaction: Patients feel more respected and cared for when their healthcare team is diverse and collaborative, leading to higher satisfaction rates.

5. Improved Health Outcomes: A holistic approach to patient care, incorporating diverse specialties, can lead to better health outcomes and enhanced patient safety.

Role of the Forums

The introduction of forums such

as the Ayush Forum, Global Rehab Forum for Quality, Clinical Dietetics Forum, Sustainability Forum, Pharmacy Forum, and Nurses Forum for Patient Safety, at CAHOCON 2024 is a significant step towards inclusivity in healthcare. Each of the following forums plays a unique role in enhancing patient safety.

Ayush Forum: Integrates traditional practices with modern medicine, offering holistic and personalised patient care. It will help identify areas where this system of medicine offers better and safer treatment options.

Global Rehab Forum for Quality: Emphasises the importance of quality rehabilitation services in patient recovery and safety. It will help the group in sharing best practices and enhancing the level of rehab services.

Clinical Dietetics Forum: Highlights the role of nutrition in disease prevention, management, and overall patient well-being. It will help in making clinicians understand the important but often neglected role of this group.

Sustainability Forum: Focuses on sustainable healthcare practices that ensure the long-term safety and well-being of patients and the planet. This is an area where most administrators and clinicians have to be sensitised.

Pharmacy Forum: Addresses the critical aspects of medication safety, from prescription to administration. Medication errors account for 50 per cent of the avoidable harm to the patients.

Nurses Forum for Patient Safety: Nurses are the backbone of healthcare delivery. This forum will help them get training, especially in Patient Safety Protocols.



Inclusivity in healthcare means recognising and valuing the contributions of all healthcare professionals, regardless of their specialty

The enthusiastic response from these diverse segments underscores a collective recognition of their integral role in patient safety and the broader healthcare ecosystem. For the first time, these specialties are acknowledged as key partners in a major body like the Consortium of Accredited Healthcare Organisations (CAHO), signifying a shift towards a more inclusive and collaborative healthcare environment.

CQP Forum: Centres for Quality Promotion (CQP) are a unique initiative of CAHO to recognise accredited hospitals who are having trained quality professionals and are committed to spread the wave of quality to adjoining small and medium hospitals.

The Way Forward

It is imperative that healthcare institutions and professionals continue to embrace inclusivity as a core principle. This involves not only recognising the value of diverse healthcare segments but also actively involving them in decision-making processes and patient safety initiatives. Training programmes, policies, and practices should be designed to foster an inclusive culture where collaboration and respect for all specialties are paramount.

The introduction of diverse forums at CAHOCON 2024 represents a watershed moment in the journey towards enhanced patient safety. It acknowledges the importance of inclusivity in healthcare, recognising the invaluable contributions of all professionals in ensuring the safety and well-being of patients. As we move forward, let us continue to champion the principles of inclusivity and unity, recognising that it is only by working together that we can achieve the highest standards of patient safety and care. ■

Business Today • 13 Feb • Ministry of Ayush

PM's Mission: India's Strategic Battle Against Obesity

59 • PG | 543 • Sqcm | 232569 • AVE | 975K • Cir | Inside Page (Magazine only)

National

FOCUS
HEALTHCARE

PM's Mission: India's Strategic Battle Against Obesity



India stands at a pivotal crossroads in its struggle against obesity, a burgeoning public health crisis that threatens not only individual well-being but also the nation's economic and social fabric. Recognizing the severity of the issue, Prime Minister Narendra Modi Ji has spearheaded initiatives advocating for a 10% reduction in edible oil consumption, underscoring the necessity of dietary awareness. Yet, the challenge of obesity extends far beyond personal responsibility, it is a systemic issue demanding structural reform, public health initiatives, and the revival of time-honoured Ayurvedic wisdom.

This silent epidemic, left unchecked, risks undermining India's productivity, overburdening healthcare resources, and compromising the future generations' well-being. Thus, addressing obesity necessitates a multidimensional strategy-one that integrates stringent policy interventions with Ayurveda's holistic approach to health and nutrition.

CHILDHOOD OBESITY: A TICKING TIME BOMB

Particularly alarming is the escalation of childhood obesity, which poses long-term health consequences that will reverberate across generations. The proliferation of energy-dense, nutrient-poor fast food, coupled with increasingly sedentary lifestyles and excessive screen time, has resulted in deleterious dietary habits among children. By 2026, an estimated 14 million Indian children will be classified as overweight, rendering them susceptible to chronic diseases such as diabetes, cardiovascular conditions, and metabolic disorders in adulthood.

The role of education in reversing this trend cannot be overstated. Parents, educators, and policymakers must prioritize nutritional literacy and physical activity, instilling lifelong habits that promote well-being. Schools should integrate structured health curricula that emphasize mindful eating and encourage active lifestyles, thereby fostering a culture of health-consciousness from an early age.

POLICY REFORMS IN FOOD PROCESSING AND THE RESTAURANT INDUSTRY

To counteract obesity's meteoric rise, the government must exercise regulatory oversight over the food industry, particularly in restaurant chains and food processing units. Among the most pressing concerns is the widespread use of oxidized refined oils—by products of repeated frying—which generate harmful compounds detrimental to public health.

Why is this reform imperative? The consumption of degraded oils has been linked to:

- Elevated LDL cholesterol, exacerbating the risk of cardiovascular disease
- Impaired kidney function, fatty liver disease and Cancerous and malignant growths
- Increased obesity prevalence and metabolic disorders
- Hypertension and other chronic conditions

To mitigate these risks, the government should mandate that food establishments:

1. Utilize only fresh, nutritionally beneficial oils.
2. Reduce oil content in food preparation by at least 10%.
3. Prohibit the reuse of fried oils, which degrade into carcinogenic substances.

Implementing such measures would not only enhance public health but also alleviate the economic burden posed by obesity-related illnesses.

THE ECONOMIC TOLL OF OBESITY

Obesity is not merely a health challenge—it imposes significant economic costs. The Lancet reports that obesity-related diseases account for billions of dollars in healthcare expenditures and lost productivity globally. In India, the economic ramifications are particularly severe, as obesity contributes to:

- Diminished workplace efficiency due to lethargy and reduced cognitive function
- Increased absenteeism linked to obesity-related ailments
- Escalating healthcare expenditures, straining an already burdened medical infrastructure

Preventative strategies—such as dietary regulations, public awareness initiatives, and workplace wellness programs—are demonstrably more cost-effective than the exorbitant expenses associated with treating obesity-related diseases. A national framework emphasizing prevention, rather than post-diagnosis intervention, is therefore indispensable.

AYURVEDA: THE INDIGENOUS ANSWER TO OBESITY

While contemporary medicine grapples with obesity through pharmaceutical interventions and surgical procedures, India's own ancient tradition—Ayurveda—offers a holistic, sustainable solution. Unlike transient diet fads, Ayurveda advocates for long-term well-being through personalized nutrition, mindful eating, and natural remedies.

Nutritional Guidance Based on Prakriti (Body Constitution)

Ayurveda classifies individuals into three doshas Vata, Pitta, and Kapha, each governing different metabolic processes. Obesity is often linked to an imbalance in Kapha dosha, which results in sluggish digestion and excessive fat accumulation. To counteract this, Ayurvedic principles recommend:

- Consuming light, warm, and easily digestible foods
- Avoiding heavy, greasy, and excessively sweet items
- Incorporating metabolism-boosting spices such as turmeric, ginger, and black pepper

The Power of Ayurvedic Herbs in Weight Management

Ayurveda prescribes numerous herbs renowned for their metabolic and digestive benefits.

- Triphala – A potent detoxifier that enhances digestion and aids in fat metabolism
- Guggulu – Regulates cholesterol levels and reduces adipose tissue accumulation
- Methi (Fenugreek) – Helps control blood sugar and curb cravings

Daily Ayurvedic Rituals for Weight Management

Simple lifestyle modifications rooted in Ayurveda can significantly enhance metabolic efficiency

- Drinking warm water with lemon and honey each morning to stimulate digestion
- Practicing yoga and pranayama to improve circulation and reduce stress-induced overeating
- Maintaining consistent meal timings to support digestive health and energy balance

A CALL FOR HOLISTIC REFORM: THE PATH FORWARD

Under the astute leadership of Prime Minister Narendra ModiJi India is uniquely positioned to address this crisis through a synergistic approach that blends policy innovation with its rich Ayurvedic heritage. The government must take decisive steps to regulate the food industry, ensuring that citizens are not unwittingly exposed to harmful, oxidized oils and excessive trans fats. Implementing stringent quality standards in food production and restaurant operations is an urgent necessity.

The fight against obesity is not merely a battle for physical health-it is a struggle to preserve national productivity, economic stability, and the well-being of future generations. The time for passive observation has passed. India must rise to the occasion, wielding a dual arsenal of modern regulatory frameworks and the ancient, time-tested principles of Ayurveda. Only through such a comprehensive strategy can the nation reclaim its health and forge a path toward a more vibrant, sustainable future.



By : Monica B Sood

Amar Ujala • 28 Feb • Ministry of Ayush

Ayush Sector

14 • PG | 575 • Sqcm | 1219562 • AVE | 564.4K • Cir | Top Left

Delhi

आयुष क्षेत्र : प्रधानमंत्री मोदी ने पूरी क्षमता का दोहन करने पर दिया जोर

समीक्षा बैठक में कहा, योग, प्राकृतिक चिकित्सा व फार्मेसी क्षेत्र में समग्र स्वास्थ्य-मानक प्रोटोकॉल को बढ़ावा देने की जरूरत

नई दिल्ली। प्रधानमंत्री नरेंद्र मोदी ने कहा कि योग, प्राकृतिक चिकित्सा और फार्मेसी क्षेत्र में समग्र स्वास्थ्य और मानक प्रोटोकॉल को बढ़ावा देने की आवश्यकता है। पीएम मोदी ने अपने आवास पर हुई बैठक में आयुष क्षेत्र की व्यापक समीक्षा की। पीएमओ से जारी बयान के मुताबिक 2014 में आयुष मंत्रालय के निर्माण के बाद से पीएम मोदी ने इसकी विशाल क्षमता को पहचानते हुए इसके विकास के लिए एक स्पष्ट रोडमैप की कल्पना की है। क्षेत्र की प्रगति की व्यापक समीक्षा के दौरान, प्रधानमंत्री ने इसकी पूरी क्षमता का दोहन करने के लिए रणनीतिक हस्तक्षेप की जरूरत पर जोर दिया।

समीक्षा बैठक में पहलों को सुव्यवस्थित करने, संसाधनों को अनुकूलतम बनाने तथा आयुष की वैश्विक उपस्थिति को बढ़ाने के लिए एक दूरदर्शी मार्ग तैयार करने पर जोर दिया गया। पसीएम मोदी ने इस क्षेत्र के महत्वपूर्ण योगदान पर जोर दिया, जिसमें निवारक स्वास्थ्य देखभाल, औषधीय पौधों की खेती के माध्यम से ग्रामीण अर्थव्यवस्था को बढ़ावा देने और पारंपरिक चिकित्सा में



एक अग्रणी के रूप में भारत की वैश्विक स्थिति को बढ़ाने पर चर्चा हुई। प्रधानमंत्री ने दोहराया कि सरकार नीति समर्थन, अनुसंधान और नवाचार के माध्यम से आयुष क्षेत्र को मजबूत करने के लिए प्रतिबद्ध है। उन्होंने योग, प्राकृतिक चिकित्सा और फार्मेसी क्षेत्र में समग्र और एकीकृत स्वास्थ्य और मानक प्रोटोकॉल को बढ़ावा देने की जरूरत पर भी जोर दिया। उन्होंने कहा कि पारदर्शिता सरकार के सभी क्षेत्रों में सभी कार्यों का आधार बनी रहनी चाहिए। उन्होंने सभी हितधारकों को ईमानदारी के उच्चतम मानकों को बनाए रखने का निर्देश दिया। व्यूरो

आयुष क्षेत्र ने तेजी से किया विकास : आयुष क्षेत्र ने तेजी से आर्थिक विकास किया है, विनिर्माण बाजार का आकार 2014 में 2.85 अरब डॉलर से बढ़कर 2023 में 23 अरब डॉलर हुआ। भारत ने साक्ष्य आधारित पारंपरिक चिकित्सा में खुद को वैश्विक लीडर के रूप में स्थापित किया है। आयुष अनुसंधान पोर्टल अब 43,000 से अधिक अध्ययनों की मेजबानी कर रहा है। बयान में कहा गया है कि पिछले 10 वर्षों में शोध प्रकाशनों की संख्या पिछले 60 वर्षों के प्रकाशनों के आंकड़े को पार कर गई है।

आयुष वीजा से बढ़ेगा चिकित्सा पर्यटन

पीएम मोदी ने कहा कि आयुष वीजा का उद्देश्य चिकित्सा पर्यटन को बढ़ावा देना और समग्र स्वास्थ्य सेवा समाधान चाहने वाले अंतरराष्ट्रीय रोगियों को आकर्षित करना है। आयुष क्षेत्र ने राष्ट्रीय और अंतरराष्ट्रीय स्तर पर प्रमुख संस्थानों के साथ सहयोग के माध्यम से महत्वपूर्ण सफलताएं हासिल की हैं। इन उपलब्धियों में बुनियादी ढांचे को मजबूत करना और आयुष ग्रिड के तहत आर्टिफिशियल इंटेलिजेंस के एकीकरण पर नए सिरे से ध्यान केंद्रित करना भी शामिल है।

योग के प्रचार-प्रसार में डिजिटल तकनीकों पर जोर : पीएमओ के मुताबिक योग के प्रचार-प्रसार के लिए डिजिटल तकनीकों पर जोर रहा। आईगॉट प्लेटफॉर्म वाई-ब्रेक योग जैसी समग्र सामग्री की मेजबानी करेगा। बयान में कहा गया कि गुजरात के जामनगर में डब्ल्यूएचओ ग्लोबल ट्रेडिशनल मेडिसिन सेंटर की स्थापना एक ऐतिहासिक उपलब्धि है, जो पारंपरिक चिकित्सा में भारत के नेतृत्व को मजबूत करती है।

Amar Ujala • 25 Feb • Ministry of Ayush

Neend ke liye Aprajita ki chai

14 • PG | 246 • Sqcm | 521123 • AVE | 564.4K • Cir | Bottom Right

Delhi

डेली हेल्थ कैप्सूल

नींद के लिए अपराजिता की चाय

अपराजिता की चाय में मौजूद तत्व तनाव को कम करते हैं, जिससे अनिद्रा की समस्या में आराम मिलता है।

आयुर्वेद में अपराजिता के फूल का इस्तेमाल एक औषधि के रूप में किया जाता है। इसकी चाय में एंटीडायबिटिक गुण होते हैं, जो रक्त शर्करा को नियंत्रित रखने में मदद करते हैं। इससे शरीर में इन्सुलिन का स्तर संतुलित रहता है और हाई ब्लड शुगर की समस्या नहीं होती है। अगर आप बढ़ते वजन से परेशान हैं, तो रोज सुबह इस



चाय का सेवन करें। यह चाय मेटाबॉलिज्म को तेज करती है, जिससे शरीर में जमा फैट कम होता है। नियमित रूप से इस चाय का सेवन करने से शरीर में बैड कोलेस्ट्रॉल को कम करने में मदद मिलती है और ब्लड प्रेशर नियंत्रित रहता है, जिससे दिल की बीमारियों का जोखिम कम होता है। इस चाय में मौजूद तत्व तनाव, डिप्रेशन और एंग्जायटी को कम करते हैं, जिससे गहरी नींद आती है। इसमें मौजूद एंटीबैक्टीरियल और एंटीऑक्सिडेंट गुण रोग प्रतिरोधक क्षमता को बढ़ाते हैं, जिससे बीमारियों और संक्रमण से बचाव होता है। इस चाय को बनाने के लिए एक पैन में 1 कप पानी लें और जब पानी गुनगुना हो जाए तो उसमें अपराजिता के 4-5 फूल डालें। इसे 5-7 मिनट तक उबलने दें, फिर छानकर इसमें थोड़ा-सा शहद मिलाकर सेवन करें।

क्या कहते हैं विशेषज्ञ

अपराजिता की चाय का अधिक मात्रा में सेवन करने से सेहत पर बुरा असर पड़ सकता है। अगर कोई गंभीर स्वास्थ्य समस्या है तो सेवन से पहले आयुर्वेद चिकित्सक की सलाह लें।

डॉ. नवीन चंद्र जोशी
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 22 Feb • Ministry of Ayush

Ayushman yojna mein swasthya karmiyo ka prashikshan shuru

7 • PG | 179 • Sqcm | 378855 • AVE | 564.4K • Cir | Top Center

Delhi

आयुष्मान योजना में स्वास्थ्य कर्मियों का प्रशिक्षण शुरू

नई दिल्ली। दिल्ली में गठित हुई नई सरकार की अपील पर केंद्र ने आयुष्मान भारत योजना को लेकर राज्य स्वास्थ्य कर्मचारियों का प्रशिक्षण शुरू हो गया।

नई दिल्ली स्थित राष्ट्रीय स्वास्थ्य प्राधिकरण (एनएचए) के संयुक्त सचिव किरण गोपाल वास्का ने शुक्रवार को बताया कि दिल्ली में जल्द ही आयुष्मान योजना लागू किया जाएगा। हालांकि, किन परिवारों को योजना में शामिल किया जाएगा, इसके बारे में अभी तय होना बाकी है। साल 2018 में जब यह योजना लागू हुई थी, उस दौरान 2011 जनगणना के आंकड़ों को परिवार चयन का आधार बनाया गया था। इस आधार पर दिल्ली में 6.54 लाख परिवार इसके लिए योग्य हैं। इनके अलावा 70 वर्ष या उससे अधिक आयु वाले करीब छह लाख बुजुर्ग आयुष्मान भारत स्वास्थ्य बीमा के लाभार्थी बनेंगे।

आयुष्मान भारत डिजिटल मिशन के निदेशक किरण गोपाल ने यह भी बताया कि योजना के लिए सभी राज्यों के साथ केंद्र की 60-40 फॉर्मूले पर साझेदारी हुई है। ब्यूरो

Amar Ujala • 21 Feb • Ministry of Ayush

Cm pad sambhalate hi rekha ka agenda tay yamuna udaar ayushman v CNG report

1 • PG | 687 • Sqcm | 506054 • AVE | 368.8K • Cir | Top Center

Chandigarh

सीएम पद संभालते ही रेखा का एजेंडा तय, यमुना उद्धार-आयुष्मान व सीएजी रिपोर्ट

26 साल बाद भाजपा सरकार

पीएम मोदी समेत एनडीए शासित राज्यों के सीएम व नेता और केंद्रीय मंत्री बने शपथ ग्रहण के साक्षी

नई दिल्ली। दिल्ली की 9वीं और चौथी महिला मुख्यमंत्री बनते ही रेखा गुप्ता ने अपनी सरकार का एजेंडा तय कर दिया है। विरासत से विकास, जनकल्याण और भ्रष्टाचार के खिलाफ जंग का साफ संदेश देते हुए उन्होंने शपथ लेते ही पूरे मंत्रिमंडल के साथ यमुना नदी की पूजा-अर्चना की।

साथ ही, कैबिनेट की पहली बैठक में दिल्ली में आयुष्मान भारत योजना लागू करने और विधानसभा की पहली बैठक में सीएजी की सभी 14 रिपोर्ट रखे जाने के निर्णय किए। नागरिकों के मुफ्त इलाज से जुड़ी आयुष्मान योजना में दिल्ली सरकार और केंद्र सरकार की 5-5 लाख रुपये की बराबर भागीदारी होगी। इससे पहले, ऐतिहासिक रामलीला मैदान में रेखा गुप्ता ने छह अन्य मंत्रियों के साथ पद व गोपनीयता की शपथ ली। उपराज्यपाल वीके सक्सेना ने गुप्ता को शपथ दिलाने के बाद प्रवेश वर्मा, आशीष सूद, मनजिंदर सिरसा, रविंद्र इंद्राज सिंह, कपिल मिश्रा और पंकज कुमार सिंह को मंत्री पद की शपथ दिलाई। सभी को कैबिनेट मंत्री बनाया गया है।

शपथ लेने के बाद रेखा गुप्ता मंत्रियों के साथ वासुदेव घाट पहुंचीं और यमुना की आरती में शामिल हुईं। 26 साल बाद दिल्ली में भाजपा की सरकार बनी है। इस ऐतिहासिक पल का साक्षी बनने के लिए पीएम नरेंद्र मोदी, रक्षा मंत्री राजनाथ सिंह, गृह मंत्री अमित शाह समेत एनडीए शासित 21 राज्यों के मुख्यमंत्री, उपमुख्यमंत्री व अन्य नेता मौजूद थे। ब्यूरो

प्रवेश वर्मा, आशीष सूद, कपिल मिश्रा, मनजिंदर सिरसा, पंकज और इंद्राज बने मंत्री



नवनियुक्त सीएम रेखा गुप्ता वीरवार शाम मंत्रियों के साथ वासुदेव घाट पर यमुना की पूजा-आरती में शामिल हुईं। एजेंसी



पीएम मोदी का अभिवादन करतीं रेखा गुप्ता।

पीएम मोदी ने दी शुभकामनाएं...

पीएम मोदी ने सोशल मीडिया पर लिखा, रेखा गुप्ता को बधाई। वह जमीन से उठकर यहां तक पहुंची हैं। कॉलेज की राजनीति के बाद राज्य के संगठन, फिर नगर निगम के प्रशासन व विधायक बनने के बाद अब मुख्यमंत्री हैं। भरोसा है कि वह दिल्ली के विकास के लिए पूरी ऊर्जा से काम करेंगी। उनके उपयोगी कार्यकाल के लिए मेरी शुभकामनाएं। मंत्रियों को भी बधाई। यह टीम दिल्ली में सुशासन लाएगी।

रेखा गुप्ता ने कहा-विकसित दिल्ली की राह में एक दिन भी बर्बाद नहीं करेंगे

सीएम रेखा गुप्ता ने कार्यभार संभालने के बाद कहा कि विकसित दिल्ली मिशन को पूरा करने की राह में एक दिन भी बर्बाद नहीं किया जाएगा। जनता से चुनाव में जो भी वादे किए हैं, सभी पूरे किए जाएंगे।

वित्त मुख्यमंत्री के पास, प्रवेश को जल और पीडब्ल्यूडी, आशीष सूद को गृह

■ **रेखा गुप्ता : मुख्यमंत्री** : वित्त, राजस्व, नियोजन, सामान्य प्रशासन, महिला एवं बाल विकास, भूमि व भवन, सूचना व जनसंपर्क, सतर्कता ■ **प्रवेश वर्मा** : पीडब्ल्यूडी, जल, सिंचाई ■ **आशीष सूद** : गृह, ऊर्जा, शिक्षा। ■ **मनजिंदर सिंह सिरसा** : उद्योग, वन-पर्यावरण ■ **रविंद्र सिंह इंद्राज** : समाज कल्याण, सहकारिता ■ **कपिल मिश्रा** : विधि-न्याय, श्रम, रोजगार ■ **पंकज कुमार सिंह** : स्वास्थ्य, परिवहन और सूचना प्रौद्योगिकी

Amar Ujala • 21 Feb • Ministry of Ayush

Ayurved aur homeopathy mein punjabiyo ko bharosa gramin sehari shetaro mein bhada rujhan

2 • PG | 235 • Sqcm | 173315 • AVE | 368.8K • Cir | Middle Center
Chandigarh

आयुर्वेद और होम्योपैथी में पंजाबियों को भरोसा, ग्रामीण-शहरी क्षेत्रों में बढ़ा रुझान

चंडीगढ़। पंजाब में चिकित्सा की पारंपरिक प्रणाली आयुर्वेद व होम्योपैथी के प्रति लोगों में अधिक जागरूकता है। ग्रामीण ही नहीं, बल्कि शहरी क्षेत्रों के भी लोग आयुष पद्धति को अपना रहे हैं। शहरों में 96 प्रतिशत लोगों को इस पद्धति के बारे में जानकारी है, जबकि 52 प्रतिशत लोग इस पद्धति का लाभ ले रहे हैं। आयुष मंत्रालय की रिपोर्ट में इसका खुलासा हुआ है। आयुष पद्धति के अंदर आयुर्वेद, योग और प्राकृतिक चिकित्सा, यूनानी, सिद्ध, सोवा-रिग्पा और होम्योपैथी आते हैं।

रिपोर्ट के अनुसार ग्रामीण क्षेत्रों में 94.8 प्रतिशत लोगों में इस पद्धति के बारे में जागरूकता है, जबकि 46.3 प्रतिशत लोग इसे अपना रहे हैं। सांसद चरणजीत सिंह चन्नी ने हाल

शहरी क्षेत्रों के 96 प्रतिशत लोग जागरुक, 52 प्रतिशत ने आयुर्वेद व होम्योपैथी अपनाया

ही में लोकसभा में भी यह मुद्दा उठाया था। उन्होंने पूछा था कि अगर आयुष पद्धतियों को मुख्य हेल्थ केयर सिस्टम के साथ इंटिग्रेटेड करने की कोई योजना है तो उसकी जानकारी दी जानी चाहिए। जिसके बाद मंत्रालय ने संसद में यह रिपोर्ट पेश की थी।

मंत्रालय ने बताया था कि वह राष्ट्रीय आयुष मिशन के माध्यम से केंद्रीय परियोजनाओं को लागू कर रहे है, ताकि राज्यों व केंद्र शासित प्रदेशों में आयुष प्रथाओं को मुख्य हेल्थ केयर सिस्टम के साथ एकीकृत किया जा सके। ब्यूरो

Amar Ujala • 21 Feb • Ministry of Ayush

Daily Health Capsul

16 • PG | 255 • Sqcm | 540507 • AVE | 564.4K • Cir | Bottom Right

Delhi

डेली हेल्थ कैप्सूल

हल्दी-अदरक की चाय में क्या है खास

अदरक-हल्दी चाय के साथ सुबह की शुरुआत करना बेहद लाभप्रद हो सकता है। दोनों ही औषधीय गुणों से भरपूर होते हैं।

अदरक और हल्दी दोनो में प्रचुर मात्रा में प्राकृतिक तत्व होते हैं। जब इनकी चाय बनाई जाती है तो यह एक स्वास्थ्यवर्धक पेय बन जाता है। खाली पेट यह चाय पीने से पाचन क्रिया तेज होती है, सूजन कम होती है और कब्ज से राहत मिलती है। अदरक भोजन को पचाने में मदद करता है, जबकि हल्दी लिवर के कार्य में सहायता



करती है, जो शरीर से विषाक्त पदार्थों को बाहर निकालने का काम करता है। इससे त्वचा की चमक बढ़ती है। अदरक और हल्दी एंटीऑक्सिडेंट से भरपूर होते हैं। यह सूजन कम करते हैं। इम्यून सिस्टम को मजबूत कर शरीर को संक्रमण और मौसमी बीमारियों से बचाते हैं। हल्दी में मौजूद करक्यूमिन और अदरक में मौजूद जिंजरोल जोड़ो के दर्द, मांसपेशियो के दर्द और गठिया के लक्षणों को कम करने में मदद करते हैं। करक्यूमिन मस्तिष्क की कोशिकाओं की रक्षा करने के लिए जाना जाता है, जिससे अल्जाइमर जैसी न्यूरो डीजेनेरेटिव बीमारियों का खतरा कम होता है। अदरक कैलोरी बर्न करने में सहायक होता है, जबकि हल्दी रक्त शर्करा के स्तर को नियंत्रित करने में मदद करती है। हल्दी बैड कोलेस्ट्रॉल को भी कम करती है।

क्या कहते हैं विशेषज्ञ

हल्दी-अदरक औषधीय गुणों से युक्त होते हैं। यह बेहतर पाचन के साथ शरीर को डिटॉक्स करते हैं। इसे सुबह या रात में ले सकते हैं। गर्मियों में इसका सेवन सीमित मात्रा में करें। यह डिहाइड्रेशन का कारण बन सकता है।

-वैद्य अच्युत त्रिपाठी, आयुर्वेदाचार्य

Amar Ujala • 20 Feb • Ministry of Ayush

Daily Health Capsul

16 • PG | 268 • Sqcm | 567806 • AVE | 564.4K • Cir | Bottom Right

Delhi

डेली हेल्थ कैप्सूल

डायबिटीज में फायदेमंद शुगर बादाम

शुगर बादाम में सैपोनिन पाया जाता है, जो शरीर में रक्त शर्करा के स्तर को नियंत्रित करने में मदद करता है।

आपने बादाम तो बहुत बार खाया होगा, लेकिन क्या आपने शुगर बादाम या स्काई फ्रूट का सेवन किया है। यह बादाम महगोनी पेड़ पर उगने वाले फल के अंदर का बीज होता है। इसमें सैपोनिन नामक तत्व पाया जाता है, जो शरीर में रक्त शर्कर के स्तर को नियंत्रित करने में मदद करता है। इससे मधुमेह के मरीजों को लाभ मिलता है। रात



में आधे गिलास पानी में 3 से 4 बादाम को भिगो दें और सुबह उठकर इस पानी को छानकर खाली पेट पी लें। रोजाना ऐसा करने से रक्त शर्करा का स्तर नियंत्रित रहता है। शुगर बादाम में विटामिन्स, फैट्स, मिनरल्स, फोलिक एसिड, कॉर्ब्स, डाइटरी फाइबर, फैटी एसिड्स, नैचुरल प्रोटीन, एंजाइम्स और कई न्यूट्रिएंट्स पाए जाते हैं। इस बादाम का स्वाद एल्कलॉइड तत्व के कारण थोड़ा कड़वा होता है। शुगर बादाम में फ्लेवोनोइड पाए जाते हैं, जो ऑक्सिडेशन रोकते हैं और एलडीएल को इकट्ठा नहीं होने देते। इससे दिल की बीमारियों का खतरा कम होता है। इस बादाम में सूजनरोधी गुण भी होते हैं, जो गठिया और जोड़ों के दर्द में लाभ पहुंचाते हैं। शुगर बादाम खाने के एक घंटे तक चाय, कॉफी का सेवन नहीं करना चाहिए। कब्ज के लिए इसका चूर्ण बनाकर सेवन करें।

क्या कहते हैं विशेषज्ञ

शुगर बादाम की मात्रा और तरीका हर किसी के लिए अलग हो सकता है, इसलिए सेवन से पहले आयुर्वेद चिकित्सक की सलाह लें। थायरॉइड, लिवर और किडनी के रोगी विशेष सावधानी बरतें।

-डॉ. नवीन चंद्र जोशी
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 19 Feb • Ministry of Ayush

Ayushmann bharat yojana ka bakaya 21 march tak chuka degi punjab sarkar

2 • PG | 90 • Sqcm | 66648 • AVE | 368.8K • Cir | Middle Center

Chandigarh

आयुष्मान भारत योजना का बकाया 21 मार्च तक चुका देगी पंजाब सरकार

चंडीगढ़। पंजाब एवं हरियाणा हाईकोर्ट के कड़े रुख और फटकार के बाद पंजाब सरकार आखिरकार आयुष्मान भारत स्कीम के तहत निजी अस्पतालों का बकाया चुकाने को तैयार हो गई है। सरकार ने हाई कोर्ट को विश्वास दिलाया है कि राज्य के सभी निजी अस्पतालों का 31 दिसंबर 2024 तक का बकाया भुगतान 21 मार्च 2025 तक कर दिया जाएगा। बीते दो वर्ष से पंजाब सरकार आयुष्मान भारत योजना के तहत निजी अस्पतालों को भुगतान नहीं कर रही थी, जिससे कई अस्पतालों को भारी वित्तीय संकट का सामना करना पड़ा। इंडियन मेडिकल एसोसिएशन ने इस देरी को लेकर याचिका दायर की थी। ब्यूरो

Amar Ujala • 17 Feb • Ministry of Ayush

Daily Health capsules

12 • PG | 272 • Sqcm | 576270 • AVE | 564.4K • Cir | Bottom Right

Delhi

डेली हेल्थ कैप्सूल

सुबह-सवेरे पीएं धनिया का पानी

रोजाना सुबह खाली पेट धनिया के पानी का सेवन करने से सेहत को कई तरह के लाभ मिल सकते हैं।

धनिया के बीज का पानी सेहत के लिए लाभकारी होता है। इसमें विटामिन-ए, विटामिन-सी, फाइबर, कैल्शियम, पोटैशियम और एंटीऑक्सिडेंट्स होते हैं, जो सेहतमंद रहने में मदद करते हैं। धनिया के पानी में मौजूद विटामिन-सी और एंटीऑक्सिडेंट्स रोग प्रतिरोधक क्षमता मजबूत बनाते हैं। इस पानी में फाइबर भरपूर मात्रा में



होता है, जो पाचन क्रिया को बेहतर बनाता है। साथ ही, आंतों की हेल्थ में भी सुधार करता है। नियमित रूप से इस पानी का सेवन करने से गैस, अपच, कब्ज और एसिडिटी से छुटकारा मिल सकता है। इसके सेवन से मेटाबॉलिज्म बूस्ट होता है, जिससे शरीर में जमा अतिरिक्त चर्बी को कम करने में मदद मिलती है। सुबह खाली पेट इस पानी के सेवन से इंसुलिन के उत्पादन में सुधार होता है और टाइप-2 मधुमेह के जोखिम को कम किया जा सकता है। इसमें मौजूद फाइबर और पोटैशियम बैड कोलेस्ट्रॉल को नियंत्रित करते हैं। धनिया का पानी बनाने के लिए 1-2 चम्मच धनिया के बीज को एक गिलास पानी में भिगोकर रख दें। सुबह इस पानी को छानकर खाली पेट पीएं। इसके अलावा, आप चाहें तो धनिया के बीज को पानी में उबालकर भी पी सकते हैं।

क्या कहते हैं विशेषज्ञ

धनिया के पानी के अधिक सेवन से पेट में जलन, उल्टी, दर्द, गैस, दस्त, सूजन और चक्कर आने जैसी समस्याएं हो सकती हैं। इसलिए सेवन से पहले आयुर्वेद चिकित्सक की सलाह लें।

-डॉ. नवीन चंद्र जोशी
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 16 Feb • Ministry of Ayush

Punjab main Ayushman bharat yojna main 28.70 crore ka ghotala

3 • PG | 304 • Sqcm | 223951 • AVE | 368.8K • Cir | Middle Center
Chandigarh

पंजाब में आयुष्मान भारत योजना में 28.70 करोड़ का घोटाला

विशाल पाठक

चंडीगढ़। पंजाब के प्राइवेट अस्पतालों में आयुष्मान भारत योजना के नाम पर 28.70 करोड़ रुपये का खेल सामने आया है। प्रदेश के 40 से अधिक प्राइवेट अस्पतालों ने फर्जी बिल, गलत एंट्री या गैर कानूनी तरीके से प्रधानमंत्री आयुष्मान भारत योजना का लाभ लेने के लिए आवेदन किया। आयुष्मान भारत योजना के तहत जब इन फर्जी बिलों और एंट्री की जांच हुई तो यह खेल पकड़ में आया।

केंद्रीय स्वास्थ्य एवं परिवार कल्याण मंत्रालय की नेशनल एंटी फ्रॉड यूनिट (एनएएफयू) और स्टेट एंटी फ्रॉड यूनिट (एसएएफयू) ने पंजाब के प्राइवेट अस्पतालों में आयुष्मान भारत योजना के तहत फर्जी बिलों के आधार पर क्लेम की गई 28.70 करोड़ रुपये के घोटाले को पकड़ा है। इन मामलों में एनएएफयू और एसएएफयू जांच कर रही है, कई मामलों में स्वास्थ्य मंत्रालय की ओर से इन प्राइवेट अस्पतालों में आयुष्मान भारत योजना की सुविधा को रद्द करने को लेकर भी कदम उठाए जा रहे हैं।

फर्जी तरीके से बनवाए जा रहे आयुष्मान कार्ड

स्वास्थ्य एवं परिवार कल्याण मंत्रालय की रिपोर्ट के अनुसार पंजाब में फर्जी तरीके से आयुष्मान कार्ड बनवाए जा रहे हैं। प्रदेश के कई प्राइवेट अस्पतालों में और इससे जुड़ी एजेंसी में कार्यरत कर्मचारी उन लोगों का गलत तरीके से कार्ड बना रहे हैं, जो मानकों के आधार पर इसके लाभार्थी नहीं हैं। मंत्रालय की रिपोर्ट में यह बात सामने आई है। पंजाब में कई ऐसे लाभार्थी हैं, जिनका पंजीकरण एक ही मोबाइल नंबर पर हुआ है। कई मामलों में तो एक ही मोबाइल नंबर पर 7 से 10 लोगों के आयुष्मान कार्ड बनाए गए हैं। प्रदेश में कुल ऐसे 30,001 फर्जी लाभार्थी हैं, जो एक ही मोबाइल नंबर पर एक या उससे अधिक लाभार्थियों का कार्ड बना है।

योजना के 84.44 लाख कार्ड धारक

प्रदेश में आयुष्मान भारत मुख्यमंत्री स्वास्थ्य बीमा योजना के तहत 45 लाख से अधिक परिवारों में 84.44 कार्ड धारक हैं। बीते दिनों योजना के तहत भुगतान न होने पर अस्पतालों में इलाज बंद हो गया था, इस पर सरकार की ओर से 1 अप्रैल से 15 सितंबर 2024 के बीच 210 करोड़ रुपये का भुगतान किया गया था। योजना के तहत राज्यभर के 772 सरकारी और निजी सूचीबद्ध अस्पतालों में प्रति परिवार प्रति वर्ष 5 लाख रुपए तक का नकद रहित इलाज प्रदान करती है। राज्य सरकार की इस योजना के तहत घुटना बदलवाना, दिल की बीमारियों संबंधी सर्जरी, कैंसर के इलाज आदि सहित लगभग 1600 प्रकार के इलाज करवाने की सुविधा है। इस योजना का लाभ लेने वालों में एनएफएसए कार्ड धारक, जे-फॉर्म धारक किसान, रजिस्टर्ड मजदूर, रजिस्टर्ड छोटे व्यापारी, मान्यता प्राप्त और पीले कार्ड धारक पत्रकार और 2011 के सामाजिक-आर्थिक जाति जनगणना डेटा के तहत कवर किए गए परिवार शामिल हैं।

Amar Ujala • 16 Feb • Ministry of Ayush

Daily Health Capsul

12 • PG | 268 • Sqcm | 568653 • AVE | 564.4K • Cir | Bottom Right

Delhi

डेली हेल्थ कैप्सूल

लहसुन और अजवाइन वाला सरसों का तेल

सरसों के तेल में लहसुन और अजवाइन को पकाकर लगाने से सर्दी-जुकाम और त्वचा के संक्रमण में आराम मिलता है।

आयुर्वेद में सरसों के तेल, लहसुन और अजवाइन के मिश्रण का इस्तेमाल शरीर से लेकर त्वचा संबंधी कई समस्याओं के लिए किया जाता है। इस मिश्रण में एंटीइंफलेमेटरी गुण मौजूद होते है, जो सूजन और दर्द को कम करते हैं। अगर आप सर्दी-जुकाम की समस्या से परेशान हैं तो सरसों के तेल में लहसुन और



अजवाइन को डालकर गरम कर लें। फिर इसे छाती और पीठ पर लगाएं। इससे आपको सर्दी-खांसी में जल्द आराम मिलता है। साथ ही सांस संबंधी समस्याओं को दूर करने में भी मदद मिल सकती है। अगर आप इससे शरीर की मालिश करेंगे तो दिल तक रक्त का संचार बेहतर तरीके से होगा। इससे दिल को हेल्दी रखने में मदद मिलती है। इसमें मौजूद गुण त्वचा के संक्रमण को दूर करने में मदद करते हैं। इस मिश्रण के इस्तेमाल से हड्डियों को पर्याप्त लुब्रिकेशन मिलता है, जिससे हड्डियां मजबूत होती हैं। इस तेल को बनाने के लिए पैन में एक कटोरी सरसो का तेल गरम कर लें। फिर इसमें 10-12 लहसुन की कलियां और एक चम्मच अजवाइन डालकर अच्छी तरह उबाल लें। तेल को थोड़ा ठंडा कर लें और प्रभावित स्थान पर लगाएं।

क्या कहते हैं विशेषज्ञ

वात और कफ दोष से उत्पन्न रोगों में यह मिश्रण बहुत लाभदायक होता है, लेकिन यदि किसी व्यक्ति को रक्त, पित्त दोष से त्वचा के रोग हों तो इसका इस्तेमाल नहीं करना चाहिए।

-डॉ. राजीव पुंडीर
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 15 Feb • Ministry of Ayush

Daily health capsul

15 • PG | 264 • Sqcm | 559691 • AVE | 564.4K • Cir | Bottom Right

Delhi

डेली हेल्थ कैप्सूल

खाने के तुरंत बाद पीते हैं चाय?

खाने के तुरंत बाद चाय पीने से सेहत को नुकसान पहुंचता है। साथ ही शरीर में कई पोषक तत्वों की कमी भी हो सकती है।

अगर आप खाने के तुरंत बाद चाय का सेवन करते हैं तो यह सेहत के लिए हानिकारक हो सकता है। साथ ही शरीर में कई पोषक तत्वों की कमी भी हो सकती है। खाने के तुरंत बाद चाय का सेवन करने से पाचन तंत्र पर बुरा असर पड़ सकता है। चाय में कैफीन और टैनिन पाए जाते हैं, जो पाचन को धीमा कर सकते हैं और पेट में दर्द



तथा गैस का कारण बन सकते हैं। अगर आप अक्सर खाने के तुरंत बाद चाय का सेवन करते हैं तो इससे धीरे-धीरे खाने को हजम करने की शक्ति भी खत्म होने लगती है। चाय में टैनिन होता है, जो शरीर में आयरन के अवशोषण को रोकता है। इससे शरीर में आयरन की भारी कमी हो सकती है और आप एनीमिया के शिकार हो सकते हैं। चाय में एसिड होता है, जो दांतों की परत को नुकसान पहुंचा सकता है। चाय में मौजूद कैफीन और एसिड पेट में जलन और एसिडिटी पैदा कर सकते हैं। इसके अलावा यह नींद की गुणवत्ता को भी प्रभावित करती है। अगर आप रात्रि भोजन के तुरंत बाद इसका सेवन करते हैं, तो इसमें मौजूद कैफीन से नींद आने में परेशानी होगी। इसीलिए अक्सर ऐसा करने वाले लोगों को नींद न आने की शिकायत बनी रहती है।

क्या कहते हैं विशेषज्ञ

खाने के कम से कम 2 घंटे बाद चाय पीएं। इससे पाचन तंत्र को खाना पचाने का समय मिलेगा। चाय बनाते समय चाय पत्ती और चीनी की मात्रा कम रखें। संभव हो तो हर्बल चाय का सेवन करें।

-डॉ. आर.पी. पाराशर
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 13 Feb • Ministry of Ayush

Daily Health Capsul

14 • PG | 272 • Sqcm | 576328 • AVE | 564.4K • Cir | Bottom Right

Delhi

डेली हेल्थ कैप्सूल

मानसिक परेशानियों के लिए पुनर्नवा

पुनर्नवा की जड़ में एंटीस्ट्रेस और एंटीडिप्रेसेंट गुण होते हैं, जो तनाव के स्तर को कम रखने में मदद करते हैं।

आयुर्वेद में पुनर्नवा के पौधों का इस्तेमाल कई बीमारियों के इलाज के लिए किया जाता है। इस पौधे में कई औषधीय गुण जैसे-इम्यूनोमॉड्यूलेशन, हेपेटोप्रोटेक्शन और ड्यूरेसिस होते हैं, जो कई बीमारियों को दूर रखते हैं। इसके सूखे फूल को पीसकर कई चूर्ण में मिलाकर सेवन किया जाता है, जिससे स्वस्थ बेहतर बनता है। पुनर्नवा



में भरपूर मात्रा में फाइबर होता है, जो मेटाबॉलिज्म बूस्ट करने में मदद करता है। इसके अलावा इसमें एंटीओबेसिटी गुण होते हैं, जो अतिरिक्त चर्बी को कम करके वजन घटाते हैं। पुनर्नवा की जड़ में एंटीस्ट्रेस और एंटीडिप्रेसेंट गुण होते हैं, जो तनाव को कम करने में मदद करते हैं, जिससे डिप्रेशन और अन्य मानसिक परेशानियों से बचाव होता है। इसका सीमित मात्रा में सेवन करने से मूड को बेहतर बनाया जा सकता है। इसमें एंटीमाइक्रोबियल तत्व होते हैं, जो आंखों को स्वस्थ बनाने में सहायक होते हैं। पुनर्नवा के नियमित सेवन से रक्त में शर्करा का स्तर नियंत्रित हो सकता है, जिससे मधुमेह के जोखिम को कम किया जा सकता है। जिन लोगों को किसी खास तरह के खाद्य पदार्थ के सेवन से एलर्जी है, वह पुनर्नवा का सेवन डॉक्टर की सलाह पर ही करें।

क्या कहते हैं विशेषज्ञ

गंभीर बीमारी, गर्भावस्था और स्तनपान के दौरान पुनर्नवा सेवन नहीं करना चाहिए। इसके सेवन का तरीका और मात्रा जानने के लिए आयुर्वेद चिकित्सक से सलाह जरूर लें।

-डॉ. नवीन चंद्र जोशी
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 11 Feb • Ministry of Ayush

Ayurvedic dawa ke bhramak vigayapan par Andhra, Delhi ke mukhe sachiv talab

1 • PG | 246 • Sqcm | 520876 • AVE | 564.4K • Cir | Middle Left

Delhi

आयुर्वेदिक दवा के भ्रामक विज्ञापन पर आंध्र, दिल्ली के मुख्य सचिव तलब

सुप्रीम कोर्ट ने कहा, वीडियो-कॉन्फ्रेंसिंग के जरिये बताएं कि निर्देशों का पालन क्यों नहीं किया जा रहा

नई दिल्ली। सुप्रीम कोर्ट ने आयुर्वेदिक, सिद्ध और यूनानी दवाओं के अवैध विज्ञापनों के खिलाफ कार्रवाई करने में विफलता को लेकर दिल्ली, आंध्र प्रदेश और जम्मू-कश्मीर सहित कई राज्यों को फटकार लगाई और उनके मुख्य सचिवों को तलब किया।

जस्टिस अभय एस ओका व जस्टिस उज्जल भुइयां की पीठ ने कहा कि कोर्ट के आदेशों का शायद ही कोई कार्यान्वयन हुआ हो। पीठ ने मुख्य सचिवों को वीडियो-कॉन्फ्रेंसिंग के जरिये पेश होकर यह बताने का निर्देश दिया कि निर्देशों का अनुपालन क्यों नहीं किया जा रहा। कोर्ट में न्याय मित्र के रूप में उपस्थित वरिष्ठ अधिवक्ता शादान फरासात ने कहा कि कई राज्यों ने विज्ञापन प्रकाशित कराने वालों की माफी स्वीकार कर ली है व बरी करते समय उनसे शपथपत्र भरवाया गया है।

पीठ ने कहा, एमिकस क्यूरी ने सही कहा है कि यदि सभी राज्य ड्रग्स एंड कॉस्मेटिक्स रूल्स, 1945 के नियम 170 को उसके सही अर्थ में लागू करना शुरू करें तो आयुर्वेदिक, सिद्ध या यूनानी दवाओं के अवैध विज्ञापनों के मुद्दे का समाधान हो जाएगा। पीठ ने आंध्र प्रदेश, दिल्ली, गोवा, गुजरात व जम्मू-कश्मीर को नियम 170 के प्रवर्तन पर इस माह के अंत तक प्रतिक्रिया सहित हलफनामा दाखिल करने का निर्देश दिया। ब्यूरो

Amar Ujala • 06 Feb • Ministry of Ayush

Daily health capsule

12 • PG | 263 • Sqcm | 557383 • AVE | 564.4K • Cir | Bottom Right

Delhi

डेली हेल्थ कैप्सूल

दिल की सेहत के लिए चीकू का सेवन

चीकू में पोटैशियम और मैग्नीशियम की भरपूर मात्रा होती है, जो रक्तचाप को नियंत्रित करती है।

आलू की तरह दिखने वाला चीकू बहुत ही फायदेमंद फल है। इसके सेवन से कई जरूरी पोषक तत्व मिलते हैं, जो हड्डियों, दिल, फेफड़ों, पाचन और त्वचा के लिए काफी फायदेमंद होते हैं। इस फल में विटामिन बी, सी, ई, कैल्शियम, पोटैशियम, फाइबर, मैग्नीशियम, मैंगनीज और एंटीऑक्सिडेंट होते हैं। चीकू में डाइटरी फाइबर की



भरपूर मात्रा होती है, जो कब्ज की समस्या में आराम पहुंचाती है। इसमें फ्लेवोनोइड्स भी होते हैं, जो आंतों कार्यप्रणाली में सुधार करते हैं। चीकू में आयरन, कैल्शियम और फॉस्फोरस होता है, जो हड्डियों को मजबूती देने का काम करते हैं। इसमें विटामिन सी और कॉपर भी पाया जाता है, जो रोग प्रतिरोधक क्षमता को मजबूत बनाकर संक्रमण से बचाने में मदद करते हैं। चीकू में मौजूद विटामिन सी, एस्कॉर्बिक एसिड, फ्लेवोनोइड्स और पॉलीफेनोल्स जैसे एंटीऑक्सिडेंट पाए जाते हैं, जो कोलेजन के उत्पादन में मदद करते हैं। ये झुर्रियों को जल्दी आने से रोक सकते हैं। चीकू में पोटैशियम और मैग्नीशियम होता है, जो रक्तचाप को नियंत्रित करने में मदद करता है। चीकू के सेवन से दिल और कोलेस्ट्रॉल की दिक्कतों को कम किया जा सकता है।

क्या कहते हैं विशेषज्ञ

फाइबर से भरपूर चीकू पेट और पाचन के लिए बेहतरीन फल है, लेकिन अत्यधिक सेवन करने से यह सेहत के लिए हानिकारक भी हो सकता है। इसलिए इसका सेवन सीमित मात्रा में ही करें।

-डॉ. नवीन चंद्र जोशी
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 05 Feb • Ministry of Ayush

Daily health capsule

2 • PG | 253 • Sqcm | 535787 • AVE | 564.4K • Cir | Bottom Right

Delhi

डेली हेल्थ कैप्सूल

दाद, खाज और खुजली के लिए सत्यानाशी

सत्यानाशी में मौजूद एंटीमाइक्रोबियल गुण दाद, खाज, खुजली जैसी समस्याओं में लाभ पहुंचाते हैं।

आयुर्वेद में सर्दियों से संक्रमण को ठीक करने के लिए सत्यानाशी का इस्तेमाल किया जाता रहा है। इस पौधे में एंटीमाइक्रोबियल, एंटीऑक्सिडेंट और एंटीइंफ्लेमेटरी गुण पाए जाते है, जो बैक्टीरिया, वायरस और फंगस को खत्म करने में मदद करते हैं। सत्यानाशी संक्रमण के साथ घाव, फोड़े-फुंसियों को भी ठीक कर सकता



है। सत्यानाशी की पत्तियों को पीसकर बनाया गया लेप संक्रमित स्थान पर लगाया जाता है, जिससे सूजन को कम किया जा सकता है। इसकी पत्तियों को उबालकर काढ़ा बनाकर संक्रमित स्थान पर लगाने से फंगल इन्फेक्शन से लड़ने में मदद मिलती है। आप संक्रमण वाले स्थान पर इसके तेल को भी लगा सकते है। इसके अलावा सत्यानाशी के बीज या पत्तियों का इस्तेमाल कब्ज, पाचन, एसिडिटी, और अपच जैसी समस्याओं में किया जाता है। यह लिवर को डिटॉक्सिफाई करने में मदद करता है और इसके कार्य को बेहतर बनाता है। सत्यानाशी के पौधे में एंट्राइंफ्लेमेटरी गुण होते है, जो सूजन और दर्द को कम करने में मदद करते हैं। इसकी पत्तियों के अर्क का इस्तेमाल अस्थमा, ब्रोंकाइटिस और खांसी के इलाज में भी किया जा सकता है।

क्या कहते हैं विशेषज्ञ

सत्यानाशी के इस्तेमाल में कुछ सावधानी जरूर बरतनी चाहिए, क्योंकि यह जहरीला भी हो सकता है। इसलिए इसका इस्तेमाल करने से पहले आयुर्वेद चिकित्सक से सलाह जरूर लेनी चाहिए।

-डॉ. आर.पी. पाराशर
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 05 Feb • Ministry of Ayush

Ayushman par ilaaj rahega jaari, IMA ne sarkaar ko diya 31 march tak ka time

5 • PG | 651 • Sqcm | 480093 • AVE | 368.8K • Cir | Top Left

Chandigarh

आयुष्मान पर इलाज रहेगा जारी, आईएमए ने सरकार को दिया 31 मार्च तक का समय

आईएमए हरियाणा के अध्यक्ष बोले- सरकार ने जो आश्वासन दिए उन पर अमल होने का रहेगा इंतजार

अमर उजाला ब्यूरो

चंडीगढ़। इंडियन मेडिकल एसोसिएशन की हरियाणा शाखा ने आयुष्मान योजना के तहत फिलहाल इलाज जारी रखने का निर्णय लिया है। निजी अस्पतालों में आयुष्मान योजना के तहत इलाज बंद नहीं होगा। इंडियन मेडिकल एसोसिएशन (आईएमए) के पदाधिकारियों ने बुधवार को अपनी बैठक में सरकार के वादे के मुताबिक 31 मार्च तक का समय देने का फैसा लिया है।

आईएमए के हरियाणा के अध्यक्ष डॉ. महावीर जैन ने बताया कि बैठक में यह तय किया गया है कि 28 फरवरी तक वेट एंड वॉच की नीति अपनाई जाएगी। आयुष्मान कार्ड से इलाज को नहीं रोका जाएगा। सरकार ने जो आश्वासन दिए हैं, उस पर अमल होने का इंतजार रहेगा। 28 फरवरी को इस विचार विमर्श के बाद कोई निर्णय लिया जाएगा। गौरतलब हो कि हरियाणा सरकार में योजना के



195 करोड़ का अब तक हो चुका भुगतान, बाकी का 31 मार्च तक होगा

तहत बकाया राशि को लेकर बीते मंगलवार को सहमति बन गई थी। देर रात आईएमए पदाधिकारियों के बैठक में बुधवार से इलाज बंद करने का एलान कर दिया था।

अब दोबारा से उसी सहमति पर बात बन गई है। सरकार ने जनवरी से लेकर अब तक 195 करोड़ का भुगतान कर दिया है। तमाम लंबित बिलों (10 मार्च तक के) का भुगतान भी सरकार 31 मार्च तक कर देगी। साथ ही अगले साल के लिए 2500 करोड़ रुपये का बजट में अलग से प्रावधान करेगी। सरकार ने आईएमए को यह भी आश्वासन दिया है कि अब तक के जितने भी क्लेम के आवेदन लंबित हैं, उनका 28 फरवरी तक अतिरिक्त डॉक्टर लगाकर निपटारा कर दिया जाएगा।

अस्पतालों के भुगतान में नहीं होनी चाहिए देरी : हुड्डा

पूर्व मुख्यमंत्री भूपेंद्र हुड्डा ने कहा कि सरकार को तुरंत अस्पतालों के बकाए का भुगतान करना चाहिए। अगर उसने कोई योजना बनाई है तो उसके भुगतान में भी कोई देरी नहीं होनी चाहिए। अस्पतालों के 450 करोड रुपए बकाया होने के चलते गरीब लोगों को इलाज मिलना मुश्किल हो गया है। लेकिन सरकार सिर्फ तमाशा देख रही है। पटवारियों पर सरकार द्वारा लगाए गए आरोपों के बारे में बोलते हुए हुड्डा ने कहा कि बीजेपी सरकार में हर कार्य और हर विभाग में घोटाले हो रहे हैं। यह वो सरकार है जिसने गुरुग्राम और फरीदाबाद के सफाई ठेकों तक में घोटाले किए हैं।

आठ जिलों के 284 से ज्यादा निजी अस्पतालों में नहीं मिला उपचार

फतेहाबाद में 20 में से पांच, हिसार में 87 निजी अस्पतालों में से 20, चरखी दादरी में 23 में से 15, भिवानी में 41 और सिरसा में सभी 80 निजी अस्पतालों में योजना के तहत मरीजों को उपचार नहीं मिला। इसके अलावा यमुनानगर, पानीपत 54, अंबाला 44 व कुरुक्षेत्र के 25 निजी अस्पतालों में नए मरीजों को इलाज के लिए भर्ती नहीं किया। जबकि कैथल व करनाल में इस हड़ताल का कोई असर नजर नहीं आया। पूर्व में भर्ती मरीजों का इलाज जारी है।

बुधवार को दोबारा से आईएमए पदाधिकारियों की बैठक में सरकार के वादे के तहत 31 मार्च तक समय दे दिया गया है। तब तक के लिए पहले की तरह सेवाएं जारी रखने का फैसला लिया गया है। 31 मार्च तक वादा नहीं पूरा करने पर नए सिरे से फैसला लिया जाएगा। **-डॉ. अजय महाजन, निवर्तमान प्रधान, आईएमए हरियाणा**

Amar Ujala • 04 Feb • Ministry of Ayush
iIMA-Sarkaar main shaam ko sehmati raat ko kha aaj se ilaaj nahi karenge

3 • PG | 579 • Sqcm | 426634 • AVE | 368.8K • Cir | Middle Right

Chandigarh

आईएमए-सरकार में शाम को सहमति रात को कहा-आज से इलाज नहीं करेंगे

निजी अस्पतालों में आयुष्मान भारत योजना के तहत इलाज बंद

अमर उजाला ब्यूरो

चंडीगढ़। हरियाणा के निजी अस्पताल आयुष्मान भारत योजना के तहत मंगलवार दोपहर 12 बजे से इलाज नहीं करेंगे। इंडियन मेडिकल एसोसिएशन (आईएमए) हरियाणा की कार्यकारिणी की देर रात हुई ऑनलाइन बैठक में यह फैसला लिया गया है। इससे पहले, चंडीगढ़ में देर शाम हरियाणा सरकार व आईएमए के प्रदेश प्रतिनिधियों की बैठक में 31 मार्च तक भुगतान किए जाने व इलाज बंद नहीं करने को लेकर सहमति बनी थी। पर अब आईएमए से जुड़े डॉक्टर पहले बकाया भुगतान की मांग कर रहे हैं। आईएमए हरियाणा के निवर्तमान प्रधान डॉ. अजय महाजन ने बताया कि सरकार की ओर से तीन बार से सिर्फ भुगतान का आश्वासन ही दिया जा रहा है। पहले सहमति बनी थी पर अब कार्यकारिणी इसके लिए तैयार नहीं है।

चंडीगढ़ में मुख्यमंत्री के मुख्य प्रधान सचिव राजेश खुल्लर के साथ तीन घंटे तक चली बैठक में सहमति बनी थी कि सरकार तमाम लंबित बिलों (10 मार्च तक) का भुगतान 31 मार्च तक कर देगी। साथ ही अगले साल के लिए 2500 करोड़ का बजट में अलग से प्रावधान करेगी। सरकार ने आईएमए को आश्वासन दिया था कि अब तक के जितने भी क्लेम के आवेदन लंबित हैं, उनका 28 फरवरी तक अतिरिक्त डॉक्टर लगाकर निपटारा कर दिया जाएगा। खुल्लर ने यह भी आश्वासन दिया कि आगे भी फंड की दिक्कत नहीं आएगी और सालों से जो केस लंबित हैं, उनका समाधान करेंगे। बिलों की राशि पर लगने वाले कट को लेकर सहमति बनी कि विशेषज्ञ डॉक्टर द्वारा मंजूर किए बिल में कट नहीं लगेगा। बैठक में आईएएम के निवर्तमान प्रधान डॉ. अजय महाजन, आयुष्मान अथॉरिटी की सीईओ संगीता तेतरवाल, वित्त विभाग के एसीएस अनुराग रस्तोगी व स्वास्थ्य विभाग के एसीएस सुधीर राजपाल मौजूद रहे।



चंडीगढ़ में बैठक के बाद सीईओ संगीता तेतरवाल व आईएमए के प्रधान डॉ. अजय महाजन। -अमर उजाला

2,500
करोड़ का बजट में अलग से प्रावधान का दिया था प्रस्ताव

- सीपीएस राजेश खुल्लर से बैठक में माने, रात को कार्यकारिणी अड़ी

इन पर भी बनी सहमति

- मेडिसन व बाल चिकित्सा संबंधी क्लेम को विशेषज्ञ की टीम देखेगी। संदिग्ध मामलों की सूचना जल्द अस्पतालों से साझा होगी।
- किसी कारणवश क्लेम राशि में कटौती की गई है, तो अस्पताल उसके कारणों के बारे विस्तृत जानकारी देगा। क्लेम के निरीक्षण के लिए डॉक्टरों को पुनः प्रशिक्षण दिया जाएगा।
- मरीज आयुष्मान के तहत इलाज करवाने का इच्छुक नहीं है तो उसे स्वयं के खर्चका विकल्प मिलेगा।
- क्लेम के लिए अस्पतालों को दूसरी अपील का विकल्प भी मिलेगा। क्लेम राशि का तय समयसीमा में भुगतान होगा।

सरकार ने जनवरी से लेकर अब तक 195 करोड़ का भुगतान कर दिया है। मांगों को लेकर सहमति बनी है। 31 तक लंबित राशि का भुगतान किया जाएगा। पोर्टल में जो खामियां थी, उनको दुरुस्त कर लिया गया है। लंबित केसों को लेकर मंथन किया गया है। -संगीता तेतरवाल, सीईओ, आयुष्मान भारत।

Amar Ujala • 03 Feb • Ministry of Ayush

Day care center se cancer mareejo ke bachenge 10,000 crore

7 • PG | 221 • Sqcm | 162615 • AVE | 368.8K • Cir | Middle Left

Chandigarh

डे केयर सेंटर से कैंसर मरीजों के बचेंगे 10,000 करोड़

सरकार का आकलन, यात्रा के साथ इलाज भी जोड़ें तो सालाना 50,000 करोड़ तक होगी बचत

परीक्षित निर्भय

देश के 700 जिलों में डे केयर कैंसर सेंटर शुरू होने से रोगियों की लंबी दूरी कम होगी। साथ ही, कैंसर मरीजों को सालाना 10,000 करोड़ रुपये की बचत भी होगी। यह आकलन केंद्र सरकार ने इस घोषणा से पहले दिल्ली एम्स, आईसीएमआर और चंडीगढ़ पीजीआई के अध्ययनों की समीक्षा के बाद निकाला। इसके मुताबिक, एक कैंसर मरीज को इलाज के लिए बड़े अस्पताल तक जाना पड़ता है। उसके साथ कम-से-कम एक तीमारदार जरूर होता है। यात्रा के साथ इलाज पूरा होने तक इनके अस्पताल के आसपास ठहरने और भोजन में करीब 65 से 70 हजार रुपये प्रति मरीज खर्च होते हैं।

अब घर के नजदीक डे केयर सेंटर शुरू होने से मरीजों की यह पूरी रकम बचेगी और शाम को इलाज लेकर मरीज अपने घर भी जा सकेगा। अध्ययन के मुताबिक, देश में कैंसर की सर्जरी के लिए करीब दो से पांच लाख रुपये, कीमोथेरेपी के प्रति चक्र के लिए 50 हजार से एक लाख रुपये और रेडियोथेरेपी के प्रति चक्र के लिए करीब तीन से पांच हजार रुपये प्रति मरीज खर्च होते हैं। इसमें मरीज की यात्रा, ठहरने और भोजन से जुड़ा खर्च शामिल नहीं है। अध्ययन जेब से खर्च (ओओपीई) को लेकर यह भी पता चला है कि ओपीडी में परामर्श के लिए प्रति रोगी 8,053 और अस्पताल में भर्ती होने पर औसत 39,085 रुपये का खर्च आता है। इसमें निजी अस्पताल शामिल नहीं है, जहां मरीज का खर्च कई गुना अधिक होता है। इसी तरह, भयावह स्वास्थ्य खर्च (सीएचई) की बात करें तो यह आर्थिक रूप से संपन्न मरीजों की तुलना में गरीब रोगियों के लिए 7.4 गुना अधिक है।



49%

राशि मरीजों की जेब से जाती है देश के कुल स्वास्थ्य खर्च की, मरीज के ठहरने और खाने पर खर्च होते हैं 65-70 हजार

बचत को ऐसे समझें

सरकार का आकलन बताता है कि लक्षण मिलने के बाद निदान (बायोप्सी, पैट स्कैन आदि) के लिए मरीजों को बड़े अस्पताल में जाना पड़ता है। यहां तक आने की यात्रा, रुकने की व्यवस्था, भोजन इत्यादि पर प्रति रोगी खर्च 65 से 70 हजार रुपये है। सालाना मिलने वाले कुल 15 लाख रोगियों से इसकी गणना करें तो यह खर्च 9,075 से 10,500 करोड़ रुपये तक है। यह बचत इसलिए संभव होगी, क्योंकि जिला अस्पतालों में डे केयर कैंसर सेंटर शुरू होने से वहां निदान, कीमोथेरेपी और भोजन निशुल्क होगा। गरीब रोगियों के लिए दवाएं निशुल्क उपलब्ध होंगी।

अभी की योजनाओं से ऐसे लाभ

केंद्र सरकार का दावा है कि अलग-अलग स्वास्थ्य योजनाओं के जरिये हर साल मरीजों को करोड़ों रुपये की बचत हो रही है, जिसमें अब डे केयर कैंसर सेंटर भी शामिल होंगे। प्रधानमंत्री राष्ट्रीय डायलिसिस कार्यक्रम (पीएमएनडीपी) के तहत देश के कवर किए गए 748 जिलों में 1,575 डायलिसिस केंद्र संचालित हैं, जहां हर साल 26.49 लाख किडनी मरीज निशुल्क डायलिसिस ले रहे हैं। 2014 से अब तक इन केंद्रों पर 3.17 करोड़ डायलिसिस चक्र कराए गए हैं। इससे 8,000 करोड़ की शुद्ध बचत हुई है। इसके अलावा, डायलिसिस खर्च भी जोड़ें तो यह बचत 16,000 करोड़ रुपये है।

- प्रधानमंत्री जन आरोग्य योजना (आयुष्मान भारत) के तहत 2018 से अब तक मरीजों को 1.25 लाख करोड़ रुपये से अधिक की बचत हुई है। आर्थिक सर्वेक्षण 2024-25 में कहा गया है, यह बचत इसलिए है क्योंकि इन रोगियों को इलाज के लिए कोई शुल्क नहीं देना पड़ा। केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने अगस्त, 2024 में संसद को बताया था, जन औषधि के जरिये अब तक देशभर में मरीजों को 28,000 करोड़ की बचत हुई है।

Amar Ujala • 01 Feb • Ministry of Ayush

7 saal main swasth par sarkaari kharach 19% bada

9 • PG | 335 • Sqcm | 246589 • AVE | 368.8K • Cir | Top Right
Chandigarh

सात साल में स्वास्थ्य पर सरकारी खर्च 19% बढ़ा

स्वास्थ्य क्षेत्र को मजबूती देने के लिए सालाना सरकारी खर्च में इजाफा हो रहा है। बीते सात साल में स्वास्थ्य पर सरकारी खर्च में 19 फीसदी वृद्धि हुई। 2015 से 2022 के बीच खर्च में सरकार का हिस्सा 29 से बढ़कर 48 फीसदी हो गया है। 2016 से 2022 के बीच पूंजीगत खर्च के हिस्से में स्वास्थ्य बुनियादी ढांचे पर व्यय में वृद्धि हुई है। आयुष्मान योजना के तहत लाभार्थी परिवार को सालाना पांच लाख रुपये तक का स्वास्थ्य बीमा देने से मरीजों ने 1.25 लाख करोड़ से अधिक की बचत की है। इस योजना के तहत 2018 से अब तक करीब 8 करोड़ से ज्यादा लाभार्थियों ने इलाज कराया है। आयुष्मान भारत डिजिटल मिशन के तहत 72.81 करोड़ मरीजों के आयुष्मान भारत स्वास्थ्य खाते बनाए गए हैं, जहां उनका चिकित्सा रिकार्ड ऑनलाइन सुरक्षित रखा है।



48% तक पहुंचा सरकारी खर्च 2022 में, 29 फीसदी था 2015 में

- वित्तीय वर्ष 2022 में कुल स्वास्थ्य खर्च 9.04 लाख करोड़ रुपये रहा जो जीडीपी का करीब 3.8 फीसदी रहा है। वर्तमान स्वास्थ्य खर्च 7.89 लाख करोड़ और पूंजीगत व्यय 1.15 लाख करोड़ रुपये है।
- आयुष्मान भारत ने 40 फीसदी कमजोर आबादी को स्वास्थ्य कवरेज दिया है। 15 जनवरी तक 40 लाख से अधिक वरिष्ठ नागरिक भी इस योजना में पंजीयन करा चुके हैं। प्रधानमंत्री मुफ्त डायलिसिस योजना जैसी अन्य पहलों से 25 लाख मरीजों को लाभ हुआ है।
- भारत के स्वास्थ्य क्षेत्र में एआई तकनीक को अपनाने की काफी संभावनाएं हैं। 2023 से भारत में 34 फीसदी स्वास्थ्य सेवा संगठन एआई योजनाओं का संचालन कर रहे हैं और 16 फीसदी ने अपनी जेनरेटिव एआई पहल को उत्पादन में स्थानांतरित किया।

Amar Ujala • 01 Feb • Ministry of Ayush

Ilaaj band karne par adi IMA Sarkaar ne 3 februry ki bulai bethak

6 • PG | 459 • Sqcm | 338635 • AVE | 368.8K • Cir | Middle Right
Chandigarh

आयुष्मान योजना

इलाज बंद करने पर अड़ी आईएमए सरकार ने 3 फरवरी को बुलाई बैठक

जनवरी में 166 करोड़ जारी, 300 करोड़ बाकी, मुख्य प्रधान सचिव लेंगे बैठक

चंडीगढ़। हरियाणा सरकार के आश्वासन के 5 दिन बाद भी आयुष्मान योजना के तहत निजी अस्पतालों की पूरी राशि जारी नहीं हुई है। आईएमए हरियाणा 3 फरवरी से योजना के तहत इलाज बंद करने के फैसले पर अडिग है। वहीं, आनन फानन में सरकार ने आईएमए हरियाणा को बैठक के लिए बुलाया है। 3 फरवरी को दोपहर बाद मुख्यमंत्री नायब सिंह सैनी के मुख्य प्रधान सचिव राजेश खुल्लर डाक्टरों के साथ बैठक करेंगे। इस बैठक के बाद ही आईएएम अपना अगला फैसला लेगी।

वहीं, जनवरी माह में अभी तक कुल 166 करोड़ ही जारी हो पाए हैं, जबकि अभी भी करीब 300 करोड़ बकाया है। आईएमए की हड़ताल की चेतावनी के बाद से पांच दिनों में ही 107 करोड़ रुपये जारी किए जा चुके हैं। 27 फरवरी को मुख्यमंत्री नायब सिंह सैनी ने दावा किया था कि आयुष्मान योजना के तहत 26 जनवरी तक 760 करोड़ रुपये का भुगतान संबंधित अस्पतालों को किया जा चुका है और बचे हुए लगभग 200 करोड़ का भुगतान भी जल्द कर दिया जाएगा। ब्यूरो

हर बार निजी अस्पतालों को पैसे मांगने पड़ते हैं, जबकि इसके लिए ठोस व्यवस्था होनी चाहिए। अक्टूबर के बाद से ही राशि बकाया हैं। आयुष्मान अथॉरिटी के पास बजट की कमी है, जिसके चलते हर बार निजी अस्पातलों को परेशानी झेलनी पड़ती है।

–डॉ. अजय महाजन, पूर्व प्रधान आईएमए हरियाणा

जनवरी में दी गई राशि

तिथि	केस	जारी राशि	तिथि	केस	जारी राशि
9	14,509	16.34	25	19,373	17.03
10	769	.73	26	33,387	34.50
14	10,491	11.38	28	25,920	23.82
15	1,841	1.68	29	17,581	17.92
16	12,841	12.46	30	15,517	16.10
22	9,858	10.80	कुल	1,66,636	166.10
24	4,549	3.95			

(नोटः राशि करोड़ों में)

Ee Sanje • 28 Feb • Ministry of Ayush

Pressure control from Prayer, Yoga

5 • PG | 641 • Sqcm | 24339 • AVE | 225K • Cir | Middle Center

Bengaluru

ಧ್ಯಾನ, ಯೋಗದಿಂದ ಒತ್ತಡ ನಿವಾರಣೆ



ಬೆಂಗಳೂರು, ಫೆ.27 - ಯೋಗ ಮತ್ತು ಧ್ಯಾನದಿಂದ ಒತ್ತಡ ನಿವಾರಿಸಬಹುದು ಎಂದು ಗ್ರೀನ್ ಸ್ಕೂಲ್ ಬೆಂಗಳೂರು ಸಂಸ್ಥಾಪಕ ಮತ್ತು ಪ್ರಾಂಶುಪಾಲರಾದ ಉಷಾ ಅಯ್ಯರ್ ಹೇಳಿದರು.

ವರ್ತೂರಿನ ಗ್ರೀನ್ ಸ್ಕೂಲ್‌ನಲ್ಲಿ ಹಮ್ಮಿಕೊಂಡಿದ್ದ ಧ್ಯಾನ ಮತ್ತು ಯೋಗ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಅವರು ಮಾತನಾಡಿದರು.

ಸ್ಪರ್ಧಾತ್ಮಕ ಪರೀಕ್ಷೆಗೆ ತಯಾರಿ ನಡೆಸುತ್ತಿರುವವರು ತಮ್ಮ ಅಧ್ಯಯನಕ್ಕಾಗಿ ತಡರಾತ್ರಿಯವರೆಗೂ ಎಚ್ಚರವಾಗಿರುತ್ತಾರೆ, ಕಡಿಮೆ ನಿದ್ರೆಯೊಂದಿಗೆ ಅವರ ಆರೋಗ್ಯದ ಮೇಲೆ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ ಎಂದು ತಿಳಿಸಿದರು.

ಆಳವಾದ ಉಸಿರಾಟ, ಪ್ರಾಣಾಯಾಮ ಮತ್ತು ಯೋಗ ಅವಧಿಗಳು ಶಿಕ್ಷಕರು ಮತ್ತು ವಿದ್ಯಾರ್ಥಿಗಳ ಮನಸ್ಸು ಶಾಂತವಾಗಿರುವುದನ್ನು ಖಚಿತಪಡಿಸುತ್ತದೆ. ಈ ಸೆಷನ್‌ಗಳು ಕನಿಷ್ಠ 6 ರಿಂದ 8 ಗಂಟೆಗಳ ಕಾಲ ಉತ್ತಮ ನಿದ್ರೆಯನ್ನು ಖಚಿತಪಡಿಸುತ್ತದೆ, ಇದು ಉತ್ತಮ ಧಾರಣವನ್ನು ಖಾತ್ರಿಗೊಳಿಸುತ್ತದೆ ಎಂದು ಸಲಹೆ ನೀಡಿದರು.

ಈ ಎಲ್ಲಾ ಸೆಷನ್‌ಗಳು ಪೋಷಕರಿಗೆ ಸೇರಲು ಸಹ ಮುಕ್ತವಾಗಿದೆ. ಹೆಚ್ಚಿನ ಸಮಯ ಪೋಷಕರು ತಮ್ಮ ತಮ್ಮ ಕಚೇರಿಯಲ್ಲಿ ನಿರತರಾಗಿರುವಾಗ ತಮ್ಮ ಮಕ್ಕಳ ಅಧ್ಯಯನಕ್ಕಾಗಿ ತಮ್ಮ ಸಮಯವನ್ನು ಕಣ್ಕಟ್ಟು ಮಾಡುವುದರಿಂದ ಹೆಚ್ಚಿನ ಒತ್ತಡಕ್ಕೆ ಒಳಗಾಗುವುದನ್ನು ನಾವು ಗಮನಿಸುತ್ತೇವೆ. ಬಹಳಷ್ಟು ಪೋಷಕರು ತಮ್ಮ ಮಕ್ಕಳೊಂದಿಗೆ ಈ ಧ್ಯಾನ ಅವಧಿಗಳಿಗೆ ಹಾಜರಾಗುವುದರಿಂದ ಅವರಿಗೆ ಸಹಾಯ ಮಾಡುತ್ತದೆ ಎಂದು ಉಷಾ ಅಯ್ಯರ್ ಸಲಹೆ ಮಾಡಿದ್ದಾರೆ.

Ee Sanje • 06 Feb • Ministry of Ayush

108 Surya Namaskara from Sri Patanjali Yoga Education committee

6 • PG	489 • Sqcm	18567 • AVE	225K • Cir	Top Right

Bengaluru

ಶ್ರೀ ಪತಂಜಲಿ ಯೋಗ ಶಿಕ್ಷಣ ಸಮಿತಿಯಿಂದ 108 ಸೂರ್ಯ ನಮಸ್ಕಾರ



ಕೋಲಾರ , ಫೆ. 5- ಶ್ರೀ ಪತಂಜಲಿ ಯೋಗ ಶಿಕ್ಷಣ ಸಮಿತಿ ವತಿಯಿಂದ ನಗರದ ಶ್ರೀ ಸೋಮೇಶ್ವರಸ್ವಾಮಿ ದೇವಾಲಯದ ಆವರಣದಲ್ಲಿ ಬೆಳಗ್ಗೆ 5 ಗಂಟೆಗೆ ರಥಸ್ತಪಮಿ ಪ್ರಯುಕ್ತ ಸಮೂಹಿಕ 108 ಸೂರ್ಯ ನಮಸ್ಕಾರಗಳನ್ನು ಮಾಡಲಾಯಿತು.

ಶ್ರೀ ಪತಂಜಲಿ ಯೋಗ ಶಿಕ್ಷಣ ಸಮಿತಿಯ ಎಲ್ಲಾ ಶಾಖೆಗಳಿಂದ 500ಕ್ಕೂ ಹೆಚ್ಚು ಯೋಗಬಂಧುಗಳು ಸೂರ್ಯ ಭಗವಂತನಿಗೆ 108 ಸೂರ್ಯ ನಮಸ್ಕಾರಗಳನ್ನು ಅರ್ಪಿಸಿದರು, ಅನಂತರ ಯೋಗದ ಬಗ್ಗೆ ಸಾರ್ವಜನಿಕರಿಗೆ ಅರಿವು ಮೂಡಿಸಲು ಯೋಗ ನಡಿಗೆ ಮುಖಾಂತರ ಶ್ರೀ ಪತಂಜಲಿ ಯೋಗಮಂದಿರವನ್ನು ತಲುಪಿ ಅಲ್ಲಿ ಸೂರ್ಯ ಹೋಮ ಹವನಗಳಲ್ಲಿ ಪಾಲ್ಗೊಂಡರು.

ಶ್ರೀ ಪತಂಜಲಿ ಯೋಗ ಶಿಕ್ಷಣ ಸಮಿತಿ ಸೌಪರ್ಣಿಕ ವಲಯ ಸಂಚಾಲಕರು ಹಾಗೂ ಯೋಗ ಶಿಕ್ಷಕರಾದ ಮಾರ್ಕೋಂಡಣ್ಣ ರಥಸಪ್ತಮಿ ಮಹತ್ವ ತಿಳಿಸಿದರು. ಕಾರ್ಯಕ್ರಮವನ್ನು ಸಮಿತಿ ಉಪಾಧ್ಯಕ್ಷ ಡಾ.ಜನಾರ್ಧನ ನಿರೂಪಿಸಿ, ಚಂದ್ರಣ್ಣ ಸ್ವಾಗತಿಸಿ, ಕಾರ್ಯದರ್ಶಿ ವೇಣುಗೋಪಾಲ್ ಎಸ್.ವಿ ವಂದಿಸಿದರು.

ಸಮಿತಿ ಅಧ್ಯಕ್ಷ ಬಿಸಪ್ಪಗೌಡ, ಗೋವಿಂದರಾಜು, ಯೋಗ ಶಿಕ್ಷಕರಾದ ರವಿಕುಮಾರ್, ಶ್ರೀನಿವಾಸ್, ರಮೇಶ್, ಮಂಜುಳ, ಪತ್ರಕರ್ತ ಚಂದ್ರು, ಡಾ.ಆಶಾ, ನೂರಾರು ಶಾಲಾ ಮಕ್ಕಳು ಸೇರಿದಂತೆ ಯೋಗಬಂಧುಗಳು ಸೂರ್ಯ ನಮಸ್ಕಾರದಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದರು.

Ee Sanje • 05 Feb • Ministry of Ayush

Suryanamaskar Yoga Utsav-2025

7 • PG	182 • Sqcm	6927 • AVE	225K • Cir	Top Right

Bengaluru

ಸೂರ್ಯ ನಮಸ್ಕಾರ ಯೋಗ ಉತ್ಸವ- 2025

ಬೆಂಗಳೂರು, ಫೆ.4- ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಆಯುಷ್ ಇಲಾಖೆಯು ರಥಸಪ್ತಮಿ ಪ್ರಯುಕ್ತ ಫೆ. 9 ರಂದು ಬೆಳಗ್ಗೆ 6ಗಂಟೆಯಿಂದ 8.30 ರವರೆಗೆ ನಗರದ ವಿಧಾನಸೌಧದ ಮುಂಭಾಗದಲ್ಲಿ ಸೂರ್ಯನಮಸ್ಕಾರ ಯೋಗ ಉತ್ಸವ-2025ಅನ್ನು ಹಮ್ಮಿಕೊಂಡಿದೆ. ಅಂದು 108 ಸೂರ್ಯ ನಮಸ್ಕಾರ, ಯೋಗ ಪ್ರದರ್ಶನ ಮತ್ತು ಸಮಾಜದ ಶಾಂತಿಗಾಗಿ ಧ್ಯಾನ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಆಯೋಜಿಸಲಾಗಿದೆ. ಉಪಾಹಾರ ವ್ಯವಸ್ಥೆ ಇರುತ್ತದೆ. ನೋಂದಣಿ ಮಾಡಿಸಿದವರಿಗೆ ಮಾತ್ರ ಪ್ರವೇಶಾವಕಾಶ ಇರುತ್ತದೆ. ಭಾಗವಹಿಸಲು ನೋಂದಾಯಿಸಿದವರು ತಮ್ಮ ಯೋಗಮ್ಯಾಟ್ ತರಬೇಕು ಎಂದು ಪ್ರಕಟಣೆ ತಿಳಿಸಿದೆ. ಮಾಹಿತಿಗಾಗಿ ಯೋಗಗಂಗೋತ್ರಿ www,yogagangotri.com ಗೆ ಭೇಟಿ ನೀಡಲು ಅಥವಾ ಮೊಬೈಲ್ ಸಂಖ್ಯೆ 9686989408 ಅಥವಾ 9019194324 ಗೆ ಸಂಪರ್ಕಿಸಲು ತಿಳಿಸಲಾಗಿದೆ.

Rashtriya Sahara • 28 Feb • Ministry of Ayush

Now AIIMS has foolproof preparations for organ transplantation under one roof

3 • PG | 178 • Sqcm | 39259 • AVE | 562.46K • Cir | Middle Left

Jaipur

एम्स में अब एक ही छत के नीचे अंग प्रत्यारोपण की फूलप्रूफ तैयारी

■ ज्ञानप्रकाश

नई दिल्ली। एसएनबी

- गुर्दा, यकृत, कार्निया, दिल प्रत्यारोपण के लिए ट्रिपल ट्रांसप्लांट केंद्र
- दिसम्बर 2025 तक ट्रांसप्लांट सेंटर बनने की है उम्मीद
- बढ़ेगी अंग प्रत्यारोपण की गति, खत्म होंगे टेस्टिंग संबंधी झंझट

अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स) अब अंग प्रत्यारोपण प्रोसीजर के मामले में देश का सबसे बड़ ट्रांसप्लांट सेंटर बनेगा। इसके लिए नीति आयोग सहित एम्स फैकल्टी वित्तीय समिति ने योजना को अपनी स्वीकृति दे दी है। इसमें करीब 100 करोड़ की लागत आने का अनुमान है। सब कुछ सामान्य रहा तो ह्यूमन ट्रांसप्लांट सेंटर दिसम्बर 2025 तक बनकर तैयार होने की उम्मीद है। इस सेंटर में गुर्दा, यकृत, कार्निया सहित अन्य जरूरी स्वेच्छा से अंगदान के रूप में मिलने वाले अंगों का प्रत्यारोपण किया जाएगा। एम्स प्रशासन ने इस योजना को अंडर वन रूफ ह्यूमन ट्रांसप्लांट सेंटर नाम दिया है। केंद्र अत्याधुनिक सुविधाओं के साथ विकसित होगा। वर्तमान में मरीजों का अंग प्रत्यारोपण से जुड़ी टेस्टिंग और जरूरी औपचारिकताएं एक ही छत के नीचे उपलब्ध होगी।

एम्स के निदेशक डा. एम श्रीनिवास का मानना है कि पेशेंट फ्रेंडली योजना के तहत यह विस्तार मील का पत्थर साबित होगा। गुणवत्ता पूर्ण स्वास्थ्य सेवाओं के लिए एम्स दुनियाभर में विख्यात है। अंग प्रत्यारोपण संबंधी सुविधाओं को एक जगह पर लाने से अंग प्रत्यारोपण में तेजी आएगी। साथ ही प्रत्यारोपण की गुणवत्ता में सुधार आएगा। इसके अलावा स्वास्थ्य कर्मियों का प्रशिक्षण भी होगा। इसकी मदद से देश में अंग प्रत्यारोपण करने वाले विशेषज्ञों की संख्या बढ़ेगी। एक कमेटी बना दी गई है। केंद्रीय स्वास्थ्य मंत्रालय के तरफ से आए प्रस्ताव के तहत सिंगल अंब्रेला अप्रोच के तहत सभी तरह के प्रत्यारोपण सुविधा को एक छत के नीचे लाया जाएगा। यही पर मरीजों का पूरा मूल्यांकन होगा। अंग का प्रत्यारोपण भी इसी सेंटर में होगा। यहां पर प्रत्यारोपण से जुड़े सभी विशेषज्ञ होंगे। सेंटर बनने के बाद विशेषज्ञ समर्पित अंग प्रत्यारोपण ही करेंगे।

त्वरित सुविधा मिलना, अंग प्रत्यारोपण गति बढ़ेगी : मैक्स कैथलैब के निदेशक डा. विवेका कुमार के अनुसार देश में अंग प्रत्यारोपण विशेषज्ञों की संख्या कम होने के कारण मांग के मुकाबले 10 फीसद ही अंग प्रत्यारोपण हो पाता है। इनमें से अधिकतर सुविधा शहरी क्षेत्र के बड़े अस्पतालों में है। ऐसे में सेंटर विकसित करने के साथ अंग प्रत्यारोपण कर रहे विशेषज्ञों को आधुनिक प्रशिक्षण देकर इनकी संख्या बढ़ाना जरूरी है। देशभर में करीब 620 जगहों पर अंग प्रत्यारोपण की सुविधा उपलब्ध है। इसमें सरकारी सुविधा केवल 180 जगह उपलब्ध है। विशेषज्ञ और अंग के अभाव में मांग के मुकाबले केवल 10 फीसद ही प्रत्यारोपण हो पाते हैं। बीते साल देश में करीब 3.2 लाख किडनी प्रत्यारोपण की जरूरत थी, लेकिन 18,439 ही हो पाए। इसी तरह दिल, लिवर व दूसरे अंगों की स्थिति और खराब है।

एम्स की स्थिति : एम्स में अभी दिल, लिवर, किडनी और पैंक्रियाज का प्रत्यारोपण हो रहा है। इसमें दिल, लिवर और पैंक्रियाज का प्रत्यारोपण शव से मिले अंग से होता है। किडनी का प्रत्यारोपण शव व जिंदा व्यक्ति से मिले अंग से होता है। लिवर का प्रत्यारोपण जल्द जिंदा व्यक्ति से मिले अंग से भी करने की तैयारी की जा रही है। भविष्य में इस दिशा में प्रत्यारोपण शुरू होने की उम्मीद है। बीते साल एम्स में करीब 180 अंग प्रत्यारोपण किए गए।

Rashtriya Sahara • 24 Feb • Ministry of Ayush

Indians are becoming healthier through yoga exercises

2 • PG | 154 • Sqcm | 33888 • AVE | 562.46K • Cir | Bottom Left

Jaipur

योग क्रियाओं से सेहतमंद हो रहे भारतीय!

■ ज्ञानप्रकाश

नई दिल्ली। एसएनबी

आयुष मंत्रालय आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध, सोवा-रिग्पा और होम्योपैथी सहित चिकित्सा कल्याण की हमारी पारंपरिक प्रणालियों को विकसित करने और बढ़ावा देने के लिए समर्पित है। इसका उद्देश्य अंतरराष्ट्रीय योग दिवस 2025 के संस्करण आईडीवाई 2025 के लिए पीएम योग पुरस्कार प्रारंभ करना है।

इसके लिए आयुष विभाग से संबंद्ध स्वदेशी पद्धतियों के तहत आयुर्वेद, होम्योपैथ, प्राकृतिक, सिद्धा, पंचकर्म के अलावा योग क्रियाओं के जरिए विभिन्न राज्यों के सुदूर ग्रामीण और तालुका स्तर पर लोगों को सेहतमंद बना रहे योग गुरुओं की पहचान कर रहा है। इन लोगों के जरिए ऐसा डाटा बैंक तैयार किया जा रहा है जिसमें यह आंकलन किया जाए कि योग क्रिया से किस तरह से लोगों को लाभ मिल रहा है, उनकी सेहत में सुधार हो रहा है। ऐसे लोगों की पेशेंट समरी रिपोर्ट तैयार की जाएगी।

■ आयुष मंत्रालय योग गुरुओं की मदद से तैयार कर रहा है योग करने वाले लोगों की सेहत का डाटा बैंक

■ अंतरराष्ट्रीय योग दिवस पर पीएम योग पुरस्कार होगा प्रारंभ

सघन चयन प्रक्रिया : आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा के अनुसार चयन के लिए एक स्क्रीनिंग कमेटी गठित की गई है जो आनलाइन लोगों से आवेदन मांगेगी। सभी आवेदनों की समीक्षा करेगी और मूल्यांकन करने वाले निर्णायक मंडल को प्रत्येक पुरस्कार श्रेणी में अधिकतम 50 नामों की सिफारिश करेगी। निर्णायक मंडल में विभिन्न क्षेत्रों की प्रतिष्ठित हस्तियां शामिल होंगी और यह निर्णय लेने वाली सर्वोच्च संस्था होगी। उन्होंने कहा कि विभिन्न राज्यों से प्राप्त आंकडों पर यह देखा जा रहा है कि योग गुरुओं के जरिए लोग योग क्रियाएं करने में रुचि ले रहे हैं। वे सेहतमंद हो रहे हैं।

जरूरी इसलिए : समाज पर योग के गहन प्रभाव को सम्मानित करने के लिए स्थापित प्रधानमंत्री योग पुरस्कारों का उद्देश्य इस क्षेत्र में अनुकरणीय योगदान का जश्न मनाना, रोगों की रोकथाम, स्वास्थ्य संवर्धन और जीवनशैली से संबंधित विकारों के प्रबंधन में योग की भूमिका को सुदृढ़ करना है। प्रधानमंत्री के व्यक्तिगत रूप से समर्थित ये पुरस्कार योग के विकास और प्रचार में अमूल्य योगदान को मान्यता देने और उसका जश्न मनाने के लिए सरकार की प्रतिबद्धता दर्शाना है। ये पुरस्कार राष्ट्रीय व्यक्ति, राष्ट्रीय संगठन, अंतरराष्ट्रीय व्यक्ति और अंतरराष्ट्रीय संगठन श्रेणियों में प्रदान किए जाएंगे, जिसके तहत प्रत्येक विजेता को ट्रॉफी, प्रमाण पत्र और 25 लाख रु पए के नकद पुरस्कार से नवाजा जाएगा।

पहल ऐसे करें : आवेदन और नामांकन के माध्यम से 31 मार्च, 2025 तक या उससे पहले जमा किए जा सकते हैं। यह लिंक आयुष मंत्रालय की वेबसाइट और इसके स्वायत्त निकायों की वेबसाइटों पर भी उपलब्ध होगा। संस्थाएं सीधे आवेदन कर सकती हैं।

Rashtriya Sahara • 24 Feb • Ministry of Ayush

Yoh kriyaon se sehatmand ho rahe bhartiye

2 • PG | 158 • Sqcm | 229052 • AVE | 390K • Cir | Bottom Left

Delhi

योग क्रियाओं से सेहतमंद हो रहे भारतीय!

■ ज्ञानप्रकाश

नई दिल्ली। एसएनबी

आयुष मंत्रालय आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध, सोवा-रिग्पा और होम्योपैथी सहित चिकित्सा कल्याण की हमारी पारंपरिक प्रणालियों को विकसित करने और बढ़ावा देने के लिए समर्पित है। इसका उद्देश्य अंतरराष्ट्रीय योग दिवस 2025 के संस्करण आईडीवाई 2025 के लिए पीएम योग पुरस्कार प्रारंभ करना है।

इसके लिए आयुष विभाग से संबद्ध स्वदेशी पद्धतियों के तहत आयुर्वेद, होम्योपैथ, प्राकृतिक, सिद्धा, पंचकर्म के अलावा योग क्रियाओं के जरिए विभिन्न राज्यों के सुदूर ग्रामीण और तालुका स्तर पर लोगों को सेहतमंद बना रहे योग गुरुओं की पहचान कर रहा है। इन लोगों के जरिए ऐसा डाटा बैंक तैयार किया जा रहा है जिसमें यह आंकलन किया जाए कि योग क्रिया से किस तरह से लोगों को लाभ मिल रहा है, उनकी सेहत में सुधार हो रहा है। ऐसे लोगों की पेशेंट समरी रिपोर्ट तैयार की जाएगी।

■ आयुष मंत्रालय योग गुरुओं की मदद से तैयार कर रहा है योग करने वाले लोगों की सेहत का डाटा बैंक

■ अंतरराष्ट्रीय योग दिवस पर पीएम योग पुरस्कार होगा प्रारंभ

सघन चयन प्रक्रिया : आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा के अनुसार चयन के लिए एक स्क्रीनिंग कमेटी गठित की गई है जो आनलाइन लोगों से आवेदन मांगेगी। सभी आवेदनों की समीक्षा करेगी और मूल्यांकन करने वाले निर्णायक मंडल को प्रत्येक पुरस्कार श्रेणी में अधिकतम 50 नामों की सिफारिश करेगी। निर्णायक मंडल में विभिन्न क्षेत्रों की प्रतिष्ठित हस्तियां शामिल होंगी और यह निर्णय लेने वाली सर्वोच्च संस्था होगी। उन्होंने कहा कि विभिन्न राज्यों से प्राप्त आंकडों पर यह देखा जा रहा है कि योग गुरुओं के जरिए लोग योग क्रियाएं करने में रुचि ले रहे हैं। वे सेहतमंद हो रहे हैं।

जरूरी इसलिए : समाज पर योग के गहन प्रभाव को सम्मानित करने के लिए स्थापित प्रधानमंत्री योग पुरस्कारों का उद्देश्य इस क्षेत्र में अनुकरणीय योगदान का जश्न मनाना, रोगों की रोकथाम, स्वास्थ्य संवर्धन और जीवनशैली से संबंधित विकारों के प्रबंधन में योग की भूमिका को सुदृढ़ करना है। प्रधानमंत्री के व्यक्तिगत रूप से समर्थित ये पुरस्कार योग के विकास और प्रचार में अमूल्य योगदान को मान्यता देने और उसका जश्न मनाने के लिए सरकार की प्रतिबद्धता दर्शाना है। ये पुरस्कार राष्ट्रीय व्यक्ति, राष्ट्रीय संगठन, अंतरराष्ट्रीय व्यक्ति और अंतरराष्ट्रीय संगठन श्रेणियों में प्रदान किए जाएंगे, जिसके तहत प्रत्येक विजेता को ट्रॉफी, प्रमाण पत्र और 25 लाख रुपए के नकद पुरस्कार से नवाजा जाएगा।

पहल ऐसे करें : आवेदन और नामांकन के माध्यम से 31 मार्च, 2025 तक या उससे पहले जमा किए जा सकते हैं। यह लिंक आयुष मंत्रालय की वेबसाइट और इसके स्वायत्त निकायों की वेबसाइटों पर भी उपलब्ध होगा। संस्थाएं सीधे आवेदन कर सकती हैं।

Rashtriya Sahara • 21 Feb • Ministry of Ayush

Amrit se kam nahi Giloye

14 • PG | 327 • Sqcm | 474675 • AVE | 390K • Cir | Top Left

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अमृत से कम नहीं है गिलोय



रोजाना सेवन रखेगा सभी बीमारियों से मुक्त

नई दिल्ली (आईएएनएस)। कोविड काल में जब दुनिया संक्रमण से जूझ रही थी तो हमारी प्राचीन चिकित्सा पद्धति आयुर्वेद की त्रिदोष शामक औषधि की खूब चर्चा हुई। इसे 'अमृत के समान' माना जाता है। नाम गिलोय है। एक बहुउपयोगी औषधि जो कई रोगों के उपचार में सहायक होती है। यह शरीर के तीनों दोषों जैसे वात, पित्त और कफ को संतुलित करने में सहायक होती है इसलिए त्रिदोष शामक औषधि के नाम से भी जाना जाता है। आयुर्वेद, चरक संहिता और घरेलू चिकित्सा में इसे अमूल्य औषधि माना गया है।

इसकी पहचान केवल इसके गुणों तक ही सीमित नहीं है, बल्कि इसका सेवन संपूर्ण स्वास्थ्य को बनाए रखने में भी मदद करता है। सुश्रुत संहिता में भी इस बेल के औषधीय गुणों का उल्लेख मिलता है।

गिलोय के पत्ते स्वाद में कसैले और कड़वे होते हैं, लेकिन इसके गुण अत्यंत लाभकारी होते हैं। आयुर्वेद के अनुसार, गिलोय पाचन में सहायक होने के साथ भूख बढ़ाने में मदद करती है। इसके सेवन से रोग प्रतिरोधक क्षमता मजबूत होती है और यह आंखों के लिए भी लाभकारी होती है। गिलोय का नियमित सेवन करने से प्यास, जलन, डायबिटीज, कुष्ठ, पीलिया, बवासीर, टीबी और मूत्र रोग जैसी समस्याओं से राहत मिलती है। महिलाओं में होने वाली कमजोरी को दूर करने के लिए भी यह एक महत्वपूर्ण औषधि है। सुश्रुत संहिता में इसके औषधीय गुणों का विस्तार से वर्णन किया गया है। यह एक बेल होती है, जो जिस भी वृक्ष पर चढ़ती है, उसके कुछ गुण भी अपने अंदर समाहित कर लेती है। इसलिए नीम के पेड़ पर चढ़ी हुई गिलोय को सबसे उत्तम माना जाता है। गिलोय का तना रस्सी के समान दिखाई देता है और इसके पत्ते पान के आकार के होते हैं। इसके फूल पीले और हरे रंग के गुच्छों में लगते हैं, जबकि इसके फल मटर के दाने जैसे होते हैं। आधुनिक आयुर्वेद में इसे एंटी-बैक्टीरियल, एंटी-वायरल और रोगाणु नाशक औषधि के रूप में देखा जाता है। गिलोय के उपयोग से आंखों की रोशनी में सुधार होता है। इसके रस को त्रिफला के साथ मिलाकर सेवन करने से आंखों की कमजोरी दूर होती है। इसके अलावा, कान की सफाई के लिए गिलोय के तने को पानी में घिसकर गुनगुना कर कान में डालने से मैल साफ हो जाता है।

हिचकी की समस्या में इसका उपयोग सोंठ के साथ करने से लाभ मिलता है। आयुर्वेदिक ग्रंथों के मुताबिक अश्वगंधा, शतावर, दशमूल, अड़ूसा, अतीस आदि जड़ी-बूटियों के साथ इसका काढ़ा बनाकर सेवन करने से टीबी के रोगी को लाभ मिलता है।



इसके अलावा, एसिडिटी से राहत पाने के लिए गिलोय के रस में मिश्री मिलाकर पीने से उल्टी और पेट की जलन से छुटकारा मिलता है। कब्ज की समस्या को दूर करने के लिए गिलोय रस के साथ गुड़ का सेवन करना बेहद फायदेमंद होता है। बवासीर की समस्या में भी गिलोय का विशेष महत्व है। हरड़, धनिया और गिलोय को पानी में उबालकर बने काढ़े को सेवन करने से बवासीर से राहत मिलती है। यही नहीं, लीवर से जुड़ी समस्याओं को ठीक करने के लिए गिलोय बेहद लाभकारी मानी जाती है। ताजा गिलोय, अजमोद, छोटी पीपल और नीम को मिलाकर काढ़ा बनाकर पीने से लीवर की समस्याएं दूर होती हैं। इसके साथ ही, यह डायबिटीज को नियंत्रित करने में भी सहायक होती है। मधुमेह रोगियों के लिए गिलोय का रस बहुत फायदेमंद साबित होता है। इसे शहद के साथ मिलाकर लेने से शुगर का स्तर नियंत्रित रहता है। हथीपांव या फाइलेरिया जैसी समस्या में भी गिलोय रामबाण उपाय है। इसके रस को सरसों के तेल के साथ मिलाकर खाली पेट पीने से इस रोग में आराम मिलता है। हृदय को स्वस्थ रखने के लिए भी गिलोय बेहद लाभदायक मानी जाती है। काली मिर्च के साथ इसे गुनगुने पानी में लेने से हृदय रोगों से बचाव होता है। कैंसर जैसी गंभीर बीमारी में भी गिलोय एक प्रभावी औषधि मानी जाती है। पतंजलि के शोध के अनुसार, ब्लड कैंसर के मरीजों पर गिलोय और गेहूं के ज्वारे का रस मिलाकर देने से अत्यधिक लाभ मिला है। गिलोय के सेवन की मात्रा का विशेष ध्यान रखना चाहिए। सामान्य रूप से काढ़े की मात्रा 20-30 मिली ग्राम और रस की मात्रा 20 मिली का ही सेवन करना होता है। हालांकि, अधिक लाभ के लिए इसे आयुर्वेदिक चिकित्सक की सलाह से लेना चाहिए। हालांकि, इसके कुछ नुकसान भी हो सकते हैं। यह ब्लड शुगर को कम करता है, इसलिए जिनका शुगर लेवल कम रहता है, उन्हें इसका सेवन नहीं करना चाहिए। गर्भावस्था के दौरान भी इसका सेवन करने से बचना चाहिए। चिकित्सीय परामर्श लेकर इसका इस्तेमाल किया जाना चाहिए। भारत में गिलोय लगभग सभी जगह पाई जाती है। कुमाऊं से लेकर असम तक, बिहार से लेकर कर्नाटक तक यह प्रचुर मात्रा में उपलब्ध है। यह समुद्र तल से 1,000 मीटर की ऊंचाई तक उगती है।

Rashtriya Sahara • 18 Feb • Ministry of Ayush

Arjun Chhal hai khubiyon ka khajana

14 • PG | 420 • Sqcm | 610152 • AVE | 390K • Cir | Top Left

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अर्जुन छाल
है खूबियों का खजाना

नई दिल्ली (आईएएनएस)। भारत में करीब 3000 से भी ज्यादा वर्षों से अर्जुन छाल का जड़ी बूटी के रूप में प्रयोग किया जाता है। 'हृदय की जड़ी बूटी' या 'दिल का राजा' भी इसे कहते हैं। यह हृदय का खास ख्याल रखता है। आयुर्वेद के दो महान आचार्यों चरक और सुश्रुत ने इसका वर्णन किया है, तो वहीं अष्टांग हृदयम में भी इसका उल्लेख है। विदेशों में भी इस पर स्टडी हुई है, जिसके बाद कहा गया कि अर्जुन की छाल में एंटी-इस्केमिक, एंटीऑक्सिडेंट, हाइपोलिपिडेमिक और एंटीथेरोजेनिक गुण हैं, जो हार्ट संबंधी परेशानियों को ट्रीट करने में मदद करते हैं। कुछ साल पहले यूएस के नेशनल सेंटर फॉर बायोटेक्नोलॉजी इन्फॉर्मेशन (एनसीबीआई) में एक रिपोर्ट छपी। बताया गया कि अर्जुन के जलीय अर्क ने मेंढक के हृदय की मांसपेशियों के संकुचन के बल को बढ़ा दिया। वहीं खरगोश के दिल में भी गजब का काम किया। खरगोश के दिल में कोरोनरी प्रवाह को बढ़ा दिया। अर्जुन के पेड़ को वैज्ञानिक भाषा में टर्मीनिलिया अर्जुन कहा जाता है। आमतौर पर इसे अर्जुन के नाम से जाना जाता है। एनसीबीआई के मुताबिक, इस पेड़ की छाल के काढ़े का उपयोग भारतीय उपमहाद्वीप में सदियों से सीने में दर्द, हाई ब्लड प्रेशर, कंजेस्टिव हार्ट फेलियर और डिस्लिपिडेमिया के लिए किया जाता है। कई मॉडर्न रिसर्च में यह पता चला है कि अर्जुन की छाल में एंटी-इस्केमिक, एंटीऑक्सिडेंट, हाइपोलिपिडेमिक और एंटीथेरोजेनिक गुण पाए जाते हैं। दिल ही नहीं, पेट के लिए भी अर्जुन छाल बेहतरीन रिजल्ट लेकर आता है। दस्त और पेचिश जैसी पाचन संबंधी समस्याओं में इसका प्रयोग होता है। इसमें मौजूद टैनिन कसैला तो होता है, लेकिन नतीजे का स्वाद जबरदस्त होता है! यह पाचन तंत्र में सूजन को कम करने, दस्त और पेचिश जैसी समस्याओं से बचाव में मदद करता है। जिस तरह का हमारा लाइफस्टाइल है, उसमें अर्जुन की महत्ता बढ़ जाती है। यह ब्लड प्रेशर कंट्रोल करता है, खराब कोलेस्ट्रॉल (एलडीएल) को कम करने और अच्छे कोलेस्ट्रॉल (एचडीएल) को बढ़ाने में सहायक है। यह ब्लड शुगर को नियंत्रित करता है और इसमें मौजूद एंटीऑक्सिडेंट शरीर में फ्री रेडिकल्स को कम कर एंटी-एजिंग प्रभाव डालते हैं। यह तनाव और चिंता को भी कम करता है।



Rashtriya Sahara • 11 Feb • Ministry of Ayush

Unani chiktsa par 2 divasiye internation sammelan aaj

3 • PG | 192 • Sqcm | 278643 • AVE | 390K • Cir | Bottom Left

Delhi

यूनानी चिकित्सा पर दो दिवसीय अंतरराष्ट्रीय सम्मेलन आज, राष्ट्रपति मुर्मू करेंगी उद्घाटन

■ नई दिल्ली (भाषा)।

राष्ट्रपति द्रौपदी मुर्मू मंगलवार को नयी दिल्ली में यूनानी दिवस पर दो दिवसीय अंतरराष्ट्रीय सम्मेलन का उद्घाटन करेंगी। यह सम्मेलन संवाद, सहयोग और ज्ञान के आदान-प्रदान के लिए एक गतिशील मंच प्रदान करता है, जिसका उद्देश्य वैश्विक स्वास्थ्य और कल्याण को बढ़ावा देने में यूनानी चिकित्सा की महत्वपूर्ण भूमिका को रेखांकित करना है।

आयुष मंत्रालय के अंतर्गत एक प्रमुख अनुसंधान परिषद, यूनानी चिकित्सा में अनुसंधान के लिए केंद्रीय परिषद (सीसीआरयूएम), 11-12 फरवरी, 2025 को विज्ञान भवन, नई दिल्ली में "एकीकृत स्वास्थ्य समाधान के लिए यूनानी चिकित्सा में नवाचार - आगे की राह" पर प्रतिष्ठित अंतरराष्ट्रीय सम्मेलन की मेजबानी कर रही है। इस अवसर पर विज्ञान एवं प्रौद्योगिकी मंत्रालय में राज्य मंत्री (स्वतंत्र प्रभार) डॉ. जितेन्द्र सिंह और आयुष मंत्रालय में राज्य मंत्री प्रतापराव जाधव भी उपस्थित रहेंगे। प्रख्यात यूनानी चिकित्सक, शिक्षक और स्वतंत्रता सेनानी हकीम अजमल खान की जयंती के उपलक्ष्य में हर साल 11 फरवरी यूनानी दिवस के रूप में मनाया जाता है।

■ सम्मेलन का उद्देश्य वैश्विक स्वास्थ्य और कल्याण को बढ़ावा देने में यूनानी चिकित्सा की महत्वपूर्ण भूमिका को रेखांकित करना



यूनानी चिकित्सा पद्धति के विकास और आयुष प्रणालियों को मुख्यधारा की स्वास्थ्य सेवाओं में शामिल करने की दिशा में सरकार के लक्ष्य पर प्रकाश डालते हुए आयुष मंत्रालय के केंद्रीय राज्य मंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव ने कहा, 'वैश्विक स्वास्थ्य सेवा में यूनानी चिकित्सा के बढ़ते एकीकरण को देखकर मुझे गर्व हो रहा है। नवाचार और सहयोग को बढ़ावा देकर, हमारा लक्ष्य व्यापक स्वास्थ्य सेवा समाधान लाना है जो आधुनिक स्वास्थ्य चुनौतियों का समाधान करते हुए हमारी पारंपरिक प्रथाओं का सम्मान करते है।' उन्होंने कहा, 'भारत सरकार यूनानी चिकित्सा के विकास को आगे बढ़ाने के लिए प्रतिबद्ध है, ताकि यह सुनिश्चित हो सके कि यह सार्वजनिक कल्याण और वैश्विक समुदाय के संपूर्ण स्वास्थ्य में सार्थक योगदान दे।'

आयुष प्रणालियों में वैज्ञानिक अनुसंधान गतिविधि को बढ़ावा देने के लिए सरकार के लक्ष्य को रेखांकित करते हुए आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा ने कहा, 'आयुष क्षेत्र में अनुसंधान केंद्रों की स्थापना, मुख्यधारा की स्वास्थ्य नीतियों में आयुष को शामिल करना और पारंपरिक प्रणालियों को व्यापक स्वास्थ्य ढांचे में एकीकृत करना हमारी सांस्कृतिक विरासत को संरक्षित करने और बढ़ावा देने के लिए भारत की प्रतिबद्धता को दर्शाता है।' उन्होंने कहा कि इस अंतरराष्ट्रीय सम्मेलन का उद्देश्य यूनानी चिकित्सा में नवीनतम प्रगति और समग्र स्वास्थ्य प्रणालियों में उनकी उपयोगिता को उजागर करना है।

Rashtriya Sahara • 11 Feb • Ministry of Ayush

Two-day international conference on Unani medicine today, President Murmu will inaugurate it

3 • PG | 180 • Sqcm | 39687 • AVE | 562.46K • Cir | Bottom Left
Jaipur

यूनानी चिकित्सा पर दो दिवसीय अंतरराष्ट्रीय सम्मेलन आज, राष्ट्रपति मुर्मू करेंगी उद्घाटन

■ नई दिल्ली (भाषा)।

राष्ट्रपति द्रौपदी मुर्मू मंगलवार को नयी दिल्ली में यूनानी दिवस पर दो दिवसीय अंतरराष्ट्रीय सम्मेलन का उद्घाटन करेंगी। यह सम्मेलन संवाद, सहयोग और ज्ञान के आदान-प्रदान के लिए एक गतिशील मंच प्रदान करता है, जिसका उद्देश्य वैश्विक स्वास्थ्य और कल्याण को बढ़ावा देने में यूनानी चिकित्सा की महत्वपूर्ण भूमिका को रेखांकित करना है।

आयुष मंत्रालय के अंतर्गत एक प्रमुख अनुसंधान परिषद, यूनानी चिकित्सा में अनुसंधान के लिए केंद्रीय परिषद (सीसीआरयूएम), 11-12 फरवरी, 2025 को विज्ञान भवन, नई दिल्ली में "एकीकृत स्वास्थ्य समाधान के लिए यूनानी चिकित्सा में नवाचार - आगे की राह" पर प्रतिष्ठित अंतरराष्ट्रीय सम्मेलन की मेजबानी कर रही है। इस अवसर पर विज्ञान एवं प्रौद्योगिकी मंत्रालय में राज्य मंत्री (स्वतंत्र प्रभार) डॉ. जितेन्द्र सिंह और आयुष मंत्रालय में राज्य मंत्री प्रतापराव जाधव भी उपस्थित रहेंगे। प्रख्यात यूनानी चिकित्सक, शिक्षक और स्वतंत्रता सेनानी हकीम अजमल खान की जयंती के उपलक्ष्य में हर साल 11 फरवरी यूनानी दिवस के रूप में मनाया जाता है।

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यूनानी चिकित्सा पद्धति के विकास और आयुष प्रणालियों को मुख्यधारा की स्वास्थ्य सेवाओं में शामिल करने की दिशा में सरकार के लक्ष्य पर प्रकाश डालते हुए आयुष मंत्रालय के केंद्रीय राज्य मंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव ने कहा, 'वैश्विक स्वास्थ्य सेवा में यूनानी चिकित्सा के बढ़ते एकीकरण को देखकर मुझे गर्व हो रहा है। नवाचार और सहयोग को बढ़ावा देकर, हमारा लक्ष्य व्यापक स्वास्थ्य सेवा समाधान लाना है जो आधुनिक स्वास्थ्य चुनौतियों का समाधान करते हुए हमारी पारंपरिक प्रथाओं का सम्मान करते है।' उन्होंने कहा, 'भारत सरकार यूनानी चिकित्सा के विकास को आगे बढ़ाने के लिए प्रतिबद्ध है, ताकि यह सुनिश्चित हो सके कि यह सार्वजनिक कल्याण और वैश्विक समुदाय के संपूर्ण स्वास्थ्य में सार्थक योगदान दे।'

आयुष प्रणालियों में वैज्ञानिक अनुसंधान गतिविधि को बढ़ावा देने के लिए सरकार के लक्ष्य को रेखांकित करते हुए आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा ने कहा, 'आयुष क्षेत्र में अनुसंधान केंद्रों की स्थापना, मुख्यधारा की स्वास्थ्य नीतियों में आयुष को शामिल करना और पारंपरिक प्रणालियों को व्यापक स्वास्थ्य ढांचे में एकीकृत करना हमारी सांस्कृतिक विरासत को संरक्षित करने और बढ़ावा देने के लिए भारत की प्रतिबद्धता को दर्शाता है।' उन्होंने कहा कि इस अंतरराष्ट्रीय सम्मेलन का उद्देश्य यूनानी चिकित्सा में नवीनतम प्रगति और समग्र स्वास्थ्य प्रणालियों में उनकी उपयोगिता को उजागर करना है।

Rashtriya Sahara • 08 Feb • Ministry of Ayush

Shatavri paudhe ke liye ab ayush mantralay ne chalaya abhiyan

14 • PG | 373 • Sqcm | 542246 • AVE | 390K • Cir | Top Left

Delhi



शतावरी के पौधे को भारत में महिलाओं के स्वास्थ्य की देखभाल के लिए एक प्रमुख संसाधन के रूप में पहचाना गया है। यह नागरिकों के समग्र कल्याण के व्यापक लक्ष्य से जुड़ा हुआ है।

शतावरी पौधे के लिए
अब आयुष मंत्रालय ने चलाया अभियान

नई दिल्ली (आईएएनएस)। आंवला, मोरिंगा, गिलोय और अश्वगंधा जैसे औषधीय पौधों को लेकर चले सफल अभियानों के बाद, आयुष मंत्रालय ने स्वास्थ्य के लिए गुणकारी शतावरी के लाभ से अवगत कराने हेतु नया अभियान शुरू किया है। औषधीय पौधों के स्वास्थ्य लाभों के बारे में जागरूकता बढ़ाने के लिए गुरुवार को के द्वारा आयुष राज्यमंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव ने एक प्रजाति-विशिष्ट अभियान के तहत शतावरी- बेहतर स्वास्थ्य के लिए अभियान का शुभारंभ किया।

प्रतापराव जाधव ने सोशल मीडिया प्लेटफॉर्म एक्स पर पोस्ट किया। पोस्ट में उन्होंने लिखा, आज मैंने आयुष मंत्रालय के अन्तर्गत नई दिल्ली में शतावरी- बेहतर स्वास्थ्य के लिए अभियान का शुभारंभ किया। यह अभियान महिलाओं के स्वास्थ्य को ध्यान में रखकर शुरू किया गया है, जो पंच प्रण लक्ष्य की दिशा में महत्वपूर्ण कदम है। पिछले 10 वर्षों में आयुष मंत्रालय की अभूतपूर्व प्रगति हुई है। राष्ट्रीय औषधीय पादप बोर्ड के प्रयासों से पहले आंवला, मोरिंगा, गिलोय और अश्वगंधा पर भी जागरूकता अभियान चलाए गए हैं। शतावरी के औषधीय महत्व और इसकी कृषि अर्थव्यवस्था को बढ़ावा देने के लिए राष्ट्रीय औषधीय पादप बोर्ड द्वारा 18.9 लाख रुपये की वित्तीय सहायता प्रदान की जाएगी। प्रतापराव जाधव ने 15 अगस्त 2022 को स्वतंत्रता दिवस के अवसर पर अपने भाषण के दौरान प्रधानमंत्री नरेंद्र मोदी द्वारा बताए गए पंच प्राण लक्ष्य को प्राप्त करने में शतावरी की प्रासंगिकता पर भी जोर दिया। प्रधानमंत्री ने 2047 में भारत के 100वें स्वतंत्रता दिवस तक देश को एक विकसित राष्ट्र बनाने की परिकल्पना की है।

इस मिशन के तहत, शतावरी के पौधे को भारत में महिलाओं के स्वास्थ्य की देखभाल के लिए एक प्रमुख संसाधन के रूप में पहचाना गया है। यह नागरिकों के समग्र कल्याण के व्यापक लक्ष्य से जुड़ा हुआ है। आयुष मंत्रालय में सचिव वैद्य राजेश कोटेचा ने औषधीय पौधों को बढ़ावा देने में एनएमपीबी की गतिविधियों और उपलब्धियों के बारे में विस्तार से बताया। उन्होंने औषधीय पौधों के संरक्षण, विकास और सतत प्रबंधन के लिए केंद्रीय क्षेत्र योजना के बारे में भी जानकारी साझा की, जो शतावरी सहित महत्वपूर्ण औषधीय प्रजातियों के दीर्घकालिक संरक्षण और खेती को सुनिश्चित करने से जुड़ी पहल है।

Rashtriya Sahara • 08 Feb • Ministry of Ayush

Now the Ministry of AYUSH has launched a campaign for the asparagus plant

14 • PG | 353 • Sqcm | 77751 • AVE | 562.46K • Cir | Top Left

Jaipur



नई दिल्ली (आईएएनएस)। आंवला, मोरिंगा, गिलोय और अश्वगंधा जैसे औषधीय पौधों को लेकर चले सफल अभियानों के बाद, आयुष मंत्रालय ने स्वास्थ्य के लिए गुणकारी शतावरी के लाभ से अवगत कराने हेतु नया अभियान शुरू किया है। औषधीय पौधों के स्वास्थ्य लाभों के बारे में जागरूकता बढ़ाने के लिए गुरुवार को केंद्रीय आयुष राज्यमंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव ने एक प्रजाति-विशिष्ट अभियान के तहत शतावरी- बेहतर स्वास्थ्य के लिए अभियान का शुभारंभ किया।

प्रतापराव जाधव ने सोशल मीडिया प्लेटफॉर्म एक्स पर पोस्ट किया। पोस्ट में उन्होंने लिखा, आज मैंने आयुष मंत्रालय के अन्तर्गत नई दिल्ली में शतावरी- बेहतर स्वास्थ्य के लिए अभियान का शुभारंभ किया। यह अभियान महिलाओं के स्वास्थ्य को ध्यान में रखकर शुरू किया गया है, जो पंच प्रण लक्ष्य की दिशा में महत्वपूर्ण कदम है। पिछले 10 वर्षों में आयुष मंत्रालय की अभूतपूर्व प्रगति हुई है। राष्ट्रीय औषधीय पादप बोर्ड के प्रयासों से पहले आंवला, मोरिंगा, गिलोय और अश्वगंधा पर भी जागरूकता अभियान चलाए गए हैं। शतावरी के औषधीय महत्व और इसकी कृषि अर्थव्यवस्था को बढ़ावा देने के लिए राष्ट्रीय औषधीय पादप बोर्ड द्वारा 18.9 लाख रुपये की वित्तीय सहायता प्रदान की जाएगी। प्रतापराव जाधव ने 15 अगस्त 2022 को स्वतंत्रता दिवस के अवसर पर अपने भाषण के दौरान प्रधानमंत्री नरेंद्र मोदी द्वारा बताए गए पंच प्राण लक्ष्य को प्राप्त करने में शतावरी की प्रासंगिकता पर भी जोर दिया। प्रधानमंत्री ने 2047 में भारत के 100वें स्वतंत्रता दिवस तक देश को एक विकसित राष्ट्र बनाने की परिकल्पना की है।

इस मिशन के तहत, शतावरी के पौधे को भारत में महिलाओं के स्वास्थ्य की देखभाल के लिए एक प्रमुख संसाधन के रूप में पहचाना गया है। यह नागरिकों के समग्र कल्याण के व्यापक लक्ष्य से जुड़ा हुआ है। आयुष मंत्रालय में सचिव वैद्य राजेश कोटेचा ने औषधीय पौधों को बढ़ावा देने में एनएमपीबी की गतिविधियों और उपलब्धियों के बारे में विस्तार से बताया। उन्होंने औषधीय पौधों के संरक्षण, विकास और सतत प्रबंधन के लिए केंद्रीय क्षेत्र योजना के बारे में भी जानकारी साझा की, जो शतावरी सहित महत्वपूर्ण औषधीय प्रजातियों के दीर्घकालिक संरक्षण और खेती को सुनिश्चित करने से जुड़ी पहल है।

Rashtriya Sahara • 04 Feb • Ministry of Ayush

New hope for ayurved and Body Revival Cancer patient

7 • PG	72 • Sqcm	104819 • AVE	390K • Cir	Bottom Center

Delhi



आयुर्वेद व बॉडी रिवाइवल कैंसर रोगियों के लिए नई उम्मीद

नई दिल्ली (एसएनबी)। आयुर्वेदिक सिद्धांतों पर आधारित कैंसर देखभाल में एक महत्वपूर्ण प्रगति के रूप में, बॉडी रिवाइवल फेज-क्लीनिकल ट्रायल को सफलतापूर्वक पूरा किया। जो आने वाले समय में मरीजों के लिए वरदान साबित होगी। यह स्टडी विशेष रूप से स्तन कैंसर मरीजों पर केंद्रित है और इसमें प्रोग्रेशन-फ्री सर्वाइवल और जीवन की गुणवत्ता में उल्लेखनीय सुधार देखने को मिला, जिससे कैंसर के खिलाफ लड़ाई में नई आशा जगी है।

जेबीआर स्टेट आयुर्वेदिक मेडिकल कॉलेज के वैज्ञानिकों ने आयुष मंत्रालय के निर्देशन में सफलता हासिल किया है। बॉडी रिवाइवल के सीईओ और निदेशक मुनीश खान ने कहा यह 9 शक्तिशाली आयुर्वेदिक जड़ी बूटियों के संयोजन से तैयार किया गया है। इनमें वेल, बचा, अश्वगंधा, मंजिष्ठा, शहद शामिल है। जो अपनी एंटी कैंसर, रोग प्रतिरोधक क्षमता बढ़ाने और समग्र स्वास्थ्य लाभ प्रदान करने वाली विशेषताओं के लिए प्रसिद्ध हैं। इसमें 12 सप्ताह के क्लीनिकल ट्रायल में 44 ब्रेस्ट कैंसर मरीजों को शामिल किया गया। जो रेडिएशन और कीमोथेरेपी से गुजर रहे थे। स्टडी में हीमोग्लोबिन स्तर, डब्ल्यूबीसी काउंट और ट्यूमर मार्क्स में सकारात्मक बदलाव देखे गए, जिससे यह सिद्ध हुआ कि बॉडी रिवाइवल न केवल सुरक्षित और सहनीय है, बल्कि कैंसर उपचार के दुष्प्रभावों को कम करने में भी प्रभावी है।

Rashtriya Sahara • 02 Feb • Ministry of Ayush

99,000cr for Health

3 • PG | 97 • Sqcm | 140942 • AVE | 390K • Cir | Middle Center

Delhi

स्वास्थ्य के लिए 99 हजार करोड़

नई दिल्ली (एसएनबी)। केंद्रीय स्वास्थ्य मंत्रालय को 2025-2026 के बजट में 99,858.56 करोड़ रुपये आवंटित किए गए हैं, जो 2024-2025 के बजट (संशोधित अनुमान) के 89,974.12 करोड़ रुपये से लगभग 11 प्रतिशत अधिक है।

36 जीवन रक्षक दवाओं पर नहीं लगेगी कस्टम ड्यूटी : वित्त मंत्री निर्मला सीतारमण ने शनिवार को 2025-26 का बजट पेश करते हुए कहा कि औषधियों/दवाइयों के आयात पर राहत के रूप में, कैंसर, दुर्लभ बीमारियों और पुरानी बीमारियों के इलाज के लिए 36 जीवनरक्षक दवाओं को बुनियादी सीमा शुल्क (बीसीडी) से पूरी तरह छूट दी गई है। इसके अलावा 37 दवाओं के साथ-साथ 13 नई दवाओं और रोगी सहायता कार्यक्रमों के अंतर्गत आने वाली दवाओं को बीसीडी से छूट दी गई है, बशर्ते कि वे मरीजों को मुफ्त में उपलब्ध कराई जाएं।



■ आवंटन में 11 प्रतिशत की बढ़ोतरी

चिकित्सा पर्यटन को दिया जाएगा बढ़ावा : सीतारमण ने अपने भाषण में कहा कि क्षमता निर्माण और आसान वीजा मानदंडों के साथ-साथ निजी क्षेत्र के साथ साझेदारी में चिकित्सा पर्यटन और 'हील इन इंडिया' को बढावा दिया जायेगा। आयुष मंत्रालय के लिए बजटीय आवंटन 3,497.64 करोड़ रुपये से बढाकर 3,992.90 करोड़ रुपये कर दिया गया है, जो 14.15 प्रतिशत की वृद्धि को दर्शाता है।

स्वास्थ्य एवं परिवार कल्याण मंत्रालय के लिए आवंटित 99,858.56 करोड़ रुपये में से 95,957.87 करोड़ रुपये स्वास्थ्य एवं परिवार कल्याण विभाग के लिए और 3,900.69 करोड़ रुपये स्वास्थ्य अनुसंधान विभाग के लिए निर्धारित किए गए है।

Sakal • 28 Feb • Ministry of Ayush

Ayurveda in the Vedic period

7 • PG | 418 • Sqcm | 1506074 • AVE | 2.89M • Cir | Top Left

Pune



वैदिक काळातील आयुर्वेद

आयुर्वेदात विस्ताराने सांगितलेल्या अनेक संकल्पनांचा उल्लेख वेदांमध्ये केलेला आढळतो. 'ऋतुचर्या' म्हणजे प्रत्येक ऋतूत कसे वागावे, काय आहार घ्यावा, कोणते उपचार करावेत हे आयुर्वेदाच्या बहुतेक सगळ्या ग्रंथांमध्ये विस्तारपूर्वक दिलेले आढळते. अथर्ववेदात काळाचे वर्षचक्र याप्रमाणे समजावलेले आहे,

द्वादश प्रधयश्चक्रमेकं त्रीणि नभ्यदिकं उतच्चिकेत ।
तत्राहतस्त्रीणि शतानि शङ्कवः षष्टिश्च खीला अविचाचला ये॥

...अथर्ववेद १०-८

कालरूपी वर्षचक्राचे १२ महिने परिधीरूप (चक्राच्या बाह्यसीमा) आहेत. पावसाळा, हिवाळा, उन्हाळा हे तीन नाभीरूप (चक्राचे आस) आहेत आणि तीनशे साठ अहोरात्र या चक्राला असणारे खिळे आहेत, ज्यामुळे हे चक्र स्थिर राहते, मजबूत राहते आणि ढिले होत नाही. अशा प्रकारे अथर्ववेदात वर्षाची तुलना चक्राशी केलेला आहे, तर शतपथब्राह्मणात वर्षाची तुलना मनुष्याशी केलेली आहे,

पुरुषो वै संवत्सरः ।...शतपथब्राह्मण १२-३

वर्षाचे १२ महिने असतात तसे शरीरात पाच महाभूतांचे पाच अग्नी व सात धातू हे मनुष्याच्या बाह्यसीमा असतात. वर्षात जसे तीन ऋतू असतात तसे शरीरात वातपित्तकफ हे तीन दोष असतात आणि वर्षात जसे ३६० दिवस असतात तशी शरीरात ३६० हाडे असतात. वेदकाळात हाडे मोजण्याची पद्धत वेगळी असल्याने ३६० ही संख्या आलेली आहे. उदा. आधुनिक वैद्यकात संपूर्ण बरगडी हे एक हाड मोजले जाते, मात्र वेदकाळात किंवा आयुर्वेदात एक बरगडी तीन हाडांच्या संयोगातून तयार झालेली आहे असे समजले जाते. नाक-कान किंवा शरीरात इतरत्रही सहज वाकवता येणाऱ्या शरीरभागाला आधुनिक वैद्यकात कार्टिलेज म्हटले जाते, मात्र भारतीय वैद्यकात त्यांना अस्थीत मोजले जाते. थोडक्यात मोजण्याची पद्धत निरनिराळी असल्याने हाडांच्या संख्येत फरक झालेला दिसतो. भारतवर्षाला वेद, श्रुती, संहिता, ब्राह्मणग्रंथ, आरण्यक, स्मृती, दर्शन, उपनिषद, नीती अशा वैदिक साहित्याचा समृद्ध वारसा आहे. या सर्वांतच आयुर्वेदाची मुळे सापडतात. काही ब्राह्मणग्रंथात आयुर्वेदाचे सापडणारे उल्लेख याप्रमाणे,

- ऐतरेय ब्राह्मणात अश्विनीकुमारांचा 'देवदेवतांचे वैद्य' असा उल्लेख आहे. डोळ्यांचे विकार अंजनाने बरे होतात, निरनिराळ्या औषधांमुळे रोग बरे होतात, विशिष्ट वातावरणात साथीचे रोग पसरू शकतात, यासारखे उल्लेख सापडतात.
- श्रुतींमधल्या श्रौतसूत्रांमध्ये अग्निहोत्र, दर्शपौर्णमासयज्ञ म्हणजे अमावस्येला आणि पौर्णिमेला करायचे यज्ञ, चातुर्मासात करायचे यज्ञ यांचे वर्णन आहे.
- सूर्योदय आणि सूर्यास्त होत असताना झोपणे हे रोगाचे कारण असते असे अश्वलायन गृह्यसूत्रात सांगितलेले आहे.
- गाईना रोग झाले असले तर त्यांना ज्या ठिकाणी यज्ञ होत आहेत अशा प्रदेशात चरण्यासाठी न्यावे असे खादिर गृह्यसूत्रात सांगितले आहे.
- कौशिक सूत्रांमध्ये रोगशांतीसाठी विशेष मंत्र दिलेले आहेत. कफरोगामध्ये मधाचे पान, वात-पित्तरोगात तेलाचे पान, कंपवात, अस्थिभंग वगैरे रोगांमध्ये तुपाचे पान, तुपाचे नस्य यासारखे उपाय सुचविले आहेत, जे आयुर्वेदाशी अगदी मिळते-जुळते आहेत.

उपनिषद हे वैदिक साहित्यातील शेवटचे असल्याने त्यांना वेदांत असेही म्हटले जाते. सुमारे २०० उपनिषदे असली तरी त्यातील ११ उपनिषदे मुख्य समजली जातात. सर्व प्राचीन भारतीय शास्त्रांचा उदय व विकार उपनिषदांमधूनच झालेला आढळतो. तैत्तिरीय उपनिषदात अन्नाची दिलेली माहिती आयुर्वेदाशी तंतोतंत जुळणारी आहे.

'अन्नं न निन्द्यात् तत् व्रतम् । अन्नेन जातानि जीवन्ति' अन्नाची कधीही निंदा करू नये, जन्माला आलेले जीव अन्नामुळे जगतात असे उपनिषदात म्हटले आहे, तर 'सर्वमन्ने प्रतिष्ठितम्' म्हणजे सर्व जीवन अन्नामुळे प्रतिष्ठित होत असते असे आयुर्वेदात सांगितलेले आहे.

अन्नपचन हे जसे आयुर्वेदात समजावले तसे उपनिषदातही सांगितलेले आहे. आहाराचे अग्निद्वारा पचन झाले की त्यापासून सारभाग व मलभाग असे दोन भाग तयार होतात असे आयुर्वेदात सांगितलेले आहे. सारभागातून संपूर्ण शरीराचे पोषण होते आणि मलभाग पुरीष, मूत्र, स्वेद यांच्या रूपाने शरीराबाहेर विसर्जित केले जातात. ऋग्वेदात तसेच छांदोग्यपनिषदात अन्नपचनाची प्रक्रिया उसाच्या रसापासून गूळ बनविण्याच्या प्रक्रियेचे उदाहरण देऊन समजावलेली आहे. गूळ बनविण्यासाठी तीन कढया वापरल्या जातात. उसाचा रस कढईत टाकून गरम केला जातो, तो गरम झाला की त्यातून बरीचशी मळी वेगळी होते. यातील मळीच्या व्यतिरिक्त चांगला गरम रस दुसऱ्या कढईत टाकला जातो. यातूनही उरलेली मळी वेगळी होते आणि उसाचा रस घट्ट होण्यास सुरुवात होते. हा घट्ट रस शेवटच्या कढईत आणून अजून शिजवला जातो व तो घट्ट झाला की त्यापासून गूळ, साखर किंवा राब बनवली जाते. याचप्रकारे अन्नाचा सुद्धा स्थूल, सूक्ष्म व अतिसूक्ष्म पाक होत असतो.

अन्नमशितं त्रेधा विधीयन्ते तस्य यः स्थविष्ठो धातुस्तत्पुरीषं भवति, यो मध्यमस्तन्मांसं योऽणिष्ठस्तन्मनः । ...छांदोग्यपनिषद

सेवन केलेल्या अन्नाचा तीन प्रकारे पाक होतो, स्थूलपाकातून शरीरधातू तसेच पुरीष (मळभाग) तयार होतात, सूक्ष्म पाकातून मांस तयार होते आणि सूक्ष्मतम पाकातून मनाची पुष्टी होते.

आपः पीतास्त्रेधा विधीयन्ते तासां यः स्थविष्ठो धातुस्तन्मूत्रं भवति, यो मध्यमस्तल्लोहितं, योऽअल्पिष्ठः स प्राणः ।
...छांदोग्यपनिद

सेवन केलेल्या द्रवाचा तीन प्रकारे पाक होतो, स्थूलपाकातून शरीरधातू तसेच मूत्र तयार होते, सूक्ष्म पाकातून रक्त तयार होते आणि सूक्ष्मतम पाकातून प्राणाची पुष्टी होते.

हृदय हा शब्द वेदकाळापासून प्रचलित आहे. या शब्दातच हृदयाचे कार्य स्पष्ट केलेले आहे. बृहदारण्यकातील पुढील सूत्रातून ही गोष्ट समजू शकते,

ह इति एकमक्षरं अभिहरति अस्मै स्वाश्चान्ये च य एवं वेद ।
द इति एकमक्षरं ददाति अस्मै स्वाश्चान्ये च य एवं वेद ।
यं इति एकमक्षरमेति स्वर्गलोक य एवं वेद । ....बृहदारण्यक

'ह'चा अर्थ आहे आहरण करणे म्हणजे संपूर्ण शरीरातून रक्त घेणे; 'द' म्हणजे देणे म्हणजे संपूर्ण शरीराला रक्त देणे आणि 'यं' म्हणजे सर्व शरीरक्रियांचे नियमन करणे. अशा प्रकारे हृदय या शब्दातूनच त्याचे कार्य समजू शकते.

चरकसंहिता ही आयुर्वेदाची सर्वांत प्राचीन आणि महत्त्वाची संहिता मानली जाते. जे सतत प्रवास करतात, विचरण करतात अशा सर्व ऋषींसाठी बृहदारण्यक उपनिषदात 'चरक' शब्द वापरलेला आढळतो. चरकसंहितेचे मूळ लेखक अग्निवेश ऋषींचे गुरू आत्रेय ऋषी हे खरोखरच कधी हिमालयात, कधी कैलासावर, कधी कांपिल्य देशात तर कधी इंद्रलोकात असण्याचे संदर्भ सापडतात.

थोडक्यात आयुर्वेदशास्त्राची परंपरा अतिशय प्राचीन आहे. वेदाचा उपवेद म्हणून ओळख असणारे आयुर्वेदशास्त्र हजारो वर्षांपासून आरोग्य टिकविण्याचे आणि रोगमुक्तीचे काम करत आलेले आहे. हा प्राचीन वारसा आपण सर्वांनी मिळून जपण्यातच सर्वांचे हित आहे.

(श्रीगुरू डॉ. बालाजी तांबे यांच्या लेखन, व्याख्यानांतून संतुलन आयुर्वेदद्वारा संकलित.)

Sakal • 20 Feb • Ministry of Ayush
Ayurveda

6 • PG | 117 • Sqcm | 420220 • AVE | 2.89M • Cir | Top Center

Pune



एरंडवणे : वैद्य प्रशांत बागेवाडीकर यांना महर्षी अण्णासाहेब पटवर्धन वैद्यकीय पुरस्कार प्रदान करताना (डावीकडून) वैद्य विनायक खडीवाले, वैद्य बागेवाडीकर, प्रा. डॉ. मेधा कुलकर्णी व वैद्य सदानंद सरदेशमुख.

'आयुर्वेदाला केंद्राचे पाठबळ'

पुणे, ता. १९ : "आपल्या पारंपरिक ज्ञानशाखांच्या पुनरुज्जीवनासाठी आपणच प्रयत्न केले पाहिजेत. त्यासाठी पुढाकार घेऊन जागतिक पातळीवर त्याचे मार्केटिंग केले पाहिजे. गेल्या काही वर्षांत केंद्र सरकारकडून आयुर्वेदाला लोकाभिमुख करण्यासाठी विशेष प्रयत्न केले जात असल्याचे प्रतिपादन खासदार प्रा. डॉ. मेधा कुलकर्णी यांनी केले."

वैद्य खडीवाले वैद्यक संशोधन संस्थेच्या वतीने दिल्या जाणाऱ्या पुरस्कारांचे वितरण प्रा. कुलकर्णी यांच्या हस्ते झाले. एरंडवण्यातील धन्वंतरी सभागृहात झालेल्या सोहळ्यात सोलापूर येथील वैद्य प्रशांत बागेवाडीकर यांना 'महर्षी अण्णासाहेब पटवर्धन वैद्यकीय पुरस्कार' प्रदान करण्यात आला.

संस्थेचे कार्यकारी विश्वस्त वैद्य विनायक प. खडीवाले, पुरस्कार निवड समितीचे अध्यक्ष वैद्य स. प्र. सदेशमुख, सचिव वैद्य योगेश व. गोडबोले, विश्वस्त जयश्री टाव्हरे आदी उपस्थित होते. पुरस्कार प्राप्त सर्व वैद्यांनी मनोगते व्यक्त केली. या वेळी प्रा. डॉ. मेधा कुलकर्णी यांच्या हस्ते श्रीकृष्ण चितळे यांचा अमृतमहोत्सवानिमित्त सत्कार करण्यात आला. वैद्य संगीता खडीवाले यांनी सूत्रसंचालन केले. वैद्य विवेक साने यांनी आभार मानले.

Sakal • 11 Feb • Ministry of Ayush
Patanjali

8 • PG | 128 • Sqcm | 461898 • AVE | 2.89M • Cir | Bottom Center

Pune



भारत मंडपम, नवी दिल्ली : राष्ट्रीय पुस्तक न्यासतर्फे आयोजित 'वर्ल्ड बुक फेअर' येथे पतंजली योगपीठाचे सरचिटणीस आचार्य बाळकृष्ण यांनी योग आणि आयुर्वेदाचे महत्त्व सांगितले.

'पतंजलीमुळे योग, आयुर्वेदाला प्रतिष्ठा'

नवी दिल्ली, ता. १० : "पतंजलीने योग आणि आयुर्वेदाला जागतिक स्तरावर प्रतिष्ठा मिळवून दिली असून, आज जगभरात योगाचा स्वीकार झाला आहे, ही अभिमानाची बाब आहे. निसर्गाशी सुसंगत पदार्थांचा वापर करून आपण निसर्गाशी सुसंगत जीवन जगण्याचा प्रयत्न केला पाहिजे," असे मत पतंजली योगपीठाचे सरचिटणीस आचार्य बाळकृष्ण यांनी व्यक्त केले. राष्ट्रीय पुस्तक न्यासातर्फे आयोजित 'वर्ल्ड बुक फेअर'मध्ये ते बोलत होते.

बाळकृष्ण म्हणाले, "आयुर्वेदाला 'आयुर्वेद' म्हणून प्रस्थापित करण्यासाठी जागतिक स्तरावर जे काम व्हायला हवे होते, ते प्रत्यक्षात झाले नाही. आयुर्वेदातच ते पूर्ण विज्ञान आहे. आयुर्वेद स्वतंत्र असून त्याची कोणाशीही स्पर्धा नाही. ॲलोपॅथी हे दैनंदिन जीवनात कृत्रिम औषधाच्या प्रमाणे आहे. आयुर्वेद हे आपल्या जीवनात रुजलेले आहे, तर ॲलोपॅथी ही आपल्यावर केलेली सक्ती आहे."

बाळकृष्ण म्हणाले, "पतंजलीच्या माध्यमातून आम्ही योग, आयुर्वेद, शिक्षण, वैद्यक, संशोधन, प्राचीन हस्तलिखित पुस्तके आणि प्रेरणादायी आध्यात्मिक पुस्तके प्रकाशित केली आहेत. याशिवाय, स्वदेशी शिक्षण पद्धतीचा पाया घालत, भारतीय शिक्षण मंडळांतर्गत इयत्ता पहिली ते इयत्ता दहावीपर्यंतचा अभ्यासक्रमही प्रकाशित केला जात आहे."

Sakal • 10 Feb • Ministry of Ayush

Ayurveda is a repository of developed justice: Dr. Chandrachud

3 • PG | 254 • Sqcm | 916025 • AVE | 2.89M • Cir | Bottom Center

Pune

आयुर्वेद विकसित ज्ञानाचे भांडार : डॉ. चंद्रचूड

राष्ट्रीय शिक्षण मंडळाच्या १०१व्या वर्धापनदिनी कार्यक्रम

पुणे, ता. ९ : "मानसिक आरोग्य बिघडल्याने शारीरिक आरोग्यही ढासळत आहे. त्यातून मार्ग काढण्यासाठी आयुर्वेद महत्त्वाची भूमिका बजावत आहे. आयुर्वेद हे विकसित ज्ञानाचे भांडार आहे," असे प्रतिपादन माजी सरन्यायाधीश डॉ. धनंजय चंद्रचूड यांनी रविवारी (ता. ९) केले.

राष्ट्रीय शिक्षण मंडळाच्या १०१ व्या वर्धापनदिनानिमित्त आयोजित समारंभात ते बोलत होते. आयुष मंत्रालयाचे सल्लागार डॉ. मनोज नेसरी, राष्ट्रीय शिक्षण मंडळाचे अध्यक्ष डॉ. दिलीप पुराणिक, उपाध्यक्ष डॉ. भालचंद्र भागवत, सचिव डॉ. राजेंद्र हुपरीकर यावेळी उपस्थित होते. रास्ता पेठेतील टिळक आयुर्वेद महाविद्यालयात हा कार्यक्रम पार पडला.

यावेळी आयुर्वेदतज्ज्ञ वैद्य अनंत धर्माधिकारी यांना 'जीवन गौरव' पुरस्काराने सन्मानित करण्यात आले. जामनगर आयुर्वेद संशोधन केंद्राच्या संचालकपदी नियुक्ती झाल्याबद्दल डॉ. तनुजा नेसरी यांचा सत्कार करण्यात आला.



रास्ता पेठ : राष्ट्रीय शिक्षण मंडळाच्या १०१ व्या वर्धापनदिनानिमित्त आयोजित कार्यक्रमात माजी सरन्यायाधीश डॉ. धनंजय चंद्रचूड यांच्या हस्ते वैद्य अनंत धर्माधिकारी यांचा सपत्नीक सन्मान करण्यात आला.

डॉ. चंद्रचूड म्हणाले, "आयुर्वेदातील पारंपरिक बाबी पाळल्या गेल्या पाहिजेत. तसे झाल्यास शारीरिक आणि मानसिक स्वास्थ्य कमावता येईल." आयुर्वेदामध्ये अद्ययावत तंत्रज्ञान स्वीकारणे गरजेचे आहे. मात्र, ते करत असताना आयुर्वेदाच्या मूळ तत्त्वात बदल करायला नको, असेही त्यांनी नमूद केले. आयुर्वेदाबाबत संस्था करत असलेले काम महत्त्वाचे आहे. शिक्षण संशोधनाच्या माध्यमातून संस्था आयुर्वेदात अद्ययावतपणा आणत आहे, असे त्यांनी सांगितले.

डॉ. नेसरी म्हणाले, "सध्या देशातील आयुर्वेदाला मोठा पाठबळ मिळत आहे. त्यामुळे आयुर्वेदासाठी हा सुवर्णकाळ आहे. याचा आपण सर्वांनी फायदा घ्यायला पाहिजे. संस्थेच्या माध्यमातून आयुर्वेदिक शिक्षणाचा विडा उचलला गेला आहे. आधुनिक शिक्षणाची जोड या संस्थेने दिली आहे. येत्या काळात उत्तर भारतात आयुर्वेदिक महाविद्यालय सुरू करण्याचा विचार आहे. आयुर्वेदाची बाजारपेठ वाढत असून त्यातून देशाच्या विकासाला हातभार लागत आहे."

डॉ. हुपरीकर यांनी प्रास्ताविकात संस्थेच्या कार्याची माहिती दिली. डॉ. मिहीर हजरनवीस, डॉ. विनया दीक्षित, डॉ. अपूर्वा संगोराम यांनी सूत्रसंचालन केले. डॉ. भागवत यांनी आभार मानले. डॉ. मंजिरी देशपांडे यांनी कै. पु. ग. नानल राष्ट्रीय स्तरावरील आंतरवैद्यकीय पोस्टर, विषय सादरीकरण आणि निबंध स्पर्धांचे संयोजन केले.

Sakal • 06 Feb • Ministry of Ayush

Promise to start AYUSH centers in five villages in Ambegaon

2 • PG	77 • Sqcm	275845 • AVE	2.89M • Cir	Middle Center

Pune



आंबेगावात पाच गावांमध्ये आयुष केंद्र सुरू करण्याची ग्वाही

मंचर, ता. ५ : "आंबेगाव तालुक्यात पेठ, डिंभे, पिंपळगावतर्फे महाळुंगे, अवसरी बुद्रुक, महाळुंगे पडवळ या पाच गावांमध्ये आयुष हेल्थ वेलनेस सेंटर सुरू करण्याबाबत केंद्र सरकार सकारात्मक भूमिका घेईल," असे आश्वासन केंद्रीय आयुषमंत्री प्रतापराव जाधव यांनी दिले.

चाकण (ता. खेड) येथे राज्य युवासेना कार्यकारिणी सदस्य सचिन बांगर, शिवसेना जिल्हाप्रमुख भगवान पोखरकर यांच्या नेतृत्वाखाली शिवसेना उपजिल्हाप्रमुख अजित चव्हाण, युवासेना जिल्हाप्रमुख धनंजय पठारे, शिवसेना जिल्हा संघटक नीलेश पवार, शिवसेना आळंदी शहरप्रमुख राहुल चव्हाण यांच्या शिष्टमंडळाने जाधव यांची भेट घेऊन आंबेगाव तालुक्यात आयुष हेल्थ वेलनेस सेंटर सुरु करण्याची मागणी केली. आयुष हेल्थ वेलनेस सेंटरमुळे ग्रामीण व आदिवासी भागातील नागरिकांना आयुर्वेद, योग, निसर्गोपचार व होमिओपॅथी उपचारांची सुविधा उपलब्ध होईल. यासाठी आवश्यक वैद्यकीय अधिकारी, फार्मासिस्ट, योग प्रशिक्षक आणि पंचकर्म तज्ज्ञ पदे मंजूर करण्याचीही मागणी शिष्टमंडळाने केली. त्यावर जाधव यांनी आश्वासन दिले.

Dainik Savera • 27 Feb • Ministry of Ayush

Ayush mantraley ne 3 pratishtit chikatsako ko rashtriye dawanitir ayurved purashkar pradan kiye

3 • PG | 144 • Sqcm | 34546 • AVE | 40.03K • Cir | Middle Right
Chandigarh

आयुष मंत्रालय ने 3 प्रतिष्ठित चिकित्सकों को राष्ट्रीय धन्वंतरि आयुर्वेद पुरस्कार प्रदान किए

सवेरा न्यूज/नई दिल्ली, 26 फरवरी : आयुष मंत्रालय ने पारंपरिक भारतीय चिकित्सा के क्षेत्र में असाधारण योगदान के लिए 3 प्रतिष्ठित चिकित्सकों को मौजूदा वर्ष के लिए राष्ट्रीय धन्वंतरि आयुर्वेद पुरस्कार प्रदान किए। इस वर्ष प्रतिष्ठित पुरस्कार के विजेताओं में प्रसिद्ध नाड़ी वैद्य और लेखक तारा चंद शर्मा, छह दशकों की सेवा के साथ द्रव्यगुण विज्ञान के प्रतिष्ठित विद्वान वैद्य माया राम उनियाल और विश्व व्याकरणमाला राष्ट्रीय सम्मेलन के संस्थापक वैद्य समीर गोविद जमदग्नि शामिल हैं। प्रत्येक पुरस्कार विजेता को एक प्रशस्ति पत्र, भगवान धन्वंतरि की प्रतिमा वाली एक ट्रॉफी और 5 लाख रुपए का नकद पुरस्कार दिया जाता है। आयुष मंत्रालय के एक बयान में कहा गया है कि राष्ट्रीय धन्वंतरि आयुर्वेद पुरस्कार पारंपरिक चिकित्सा ज्ञान को संरक्षित करते हुए समग्र स्वास्थ्य सेवा को बेहतर बनाने के लिए भारत की प्रतिबद्धता को दर्शाता है। केंद्रीय आयुष राज्य मंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव ने 20 फरवरी को मुंबई में आयोजित एक कार्यक्रम के दौरान तीन प्रतिष्ठित वैद्यों को ये पुरस्कार प्रदान किए।

Dainik Savera • 24 Feb • Ministry of Ayush

Ayushman card banane ke liye camp lagaya

4 • PG | 231 • Sqcm | 55462 • AVE | 40.03K • Cir | Bottom Right

Chandigarh

आयुष्मान कार्ड बनाने के लिए कैंप लगाया



कैंप में आयुष्मान कार्ड बनवाते हुए लोग।

सवेरा न्यूज/गोयल, जीरकपुर : जय राम सेवा समिति द्वारा हरमिलाप नगर 1 बल्ताना , सनातन धर्मा मंदिर में आभा कार्ड एवं 70 वर्ष से अधिक आयु व्यक्तियों वाले के लिए आयुष्मान कार्ड बनाने हेतु वहां रहने वाले निवासी और मंदिर कमिटी के आग्रह पर दूसरा शिविर लगाया गया। जयश्री राम सेवा समिति के प्रधान राज मणि तिवारी ने सहयोग के लिए मंदिर कमिटी का धन्यवाद किया। जयश्री राम सेवा समिति के मीडिया प्रभारी डा. राशि अय्यर ने बताया कि इस दूसरे कैंप में 250 से अधिक लोगों ने भाग लिया और इस शिविर का लाभ उठाया। इस कैंप की सफलता में मंदिर कमेटी के साथ साथ शशि तिवारी, दिनेश शर्मा, मती नमिता वास्तव, रेशमा, कविता चौधरी और समाज सेवी कैलाश मित्तल का योगदान रहा।

Dainik Savera • 09 Feb • Ministry of Ayush

Ayush bibhag ne Batour main logo ko karbaya Surya namaskaar

5 • PG | 264 • Sqcm | 63281 • AVE | 40.03K • Cir | Middle Left

Chandigarh

आयुष विभाग ने बतौड़ में लोगों को करवाया सूर्य नमस्कार



सूर्य नमस्कार कराती योग सहायक। (राणा)

सवेरा न्यूज/चंद्रपाल बरवाला : गांव बतौड़ में आयुष विभाग की योग सहायक अंकिता द्वारा लोगों को स्वस्थ रहने के लिए सुबह के समय योग करवाते हुए सूर्य नमस्कार करवाया। उन्होंने कहा कि सूर्य नमस्कार करने के बाद आपको किसी भी तरह के एक्सरसाइज और योग की जरूरत नहीं पड़ेगी। अगर आप रोजाना नियम से सूर्य नमस्कार के बारह क्रियाएं करेंगे तो शरीर बिल्कुल तंदुरुस्त रहेगा। रोजाना सुबह के समय सूर्य के सामने इसे करने से शरीर को विटामिन डी भरपूर मात्रा में मिलता है जिससे शरीर को मजबूती मिलने के साथ ही स्वस्थ रखने में भी मदद मिलती है। सूर्य नमस्कार के विभिन्न प्रारूप पाए जाते हैं हालांकि बेहतर यही है कि किसी एक ही प्रारूप का अनुसरण करें और उसी के नियमित अभ्यास से उत्तम परिणाम पाएं। सूर्य नमस्कार ह्रदय स्वास्थ्य को बनाए रखने में मदद करता है तंत्रिका तंत्र को रफ़्तार देता है, मांसपेशियों को खींचने, मोड़ने और टोन करने में मदद करता है। वजन घटाने के साथ साथ शरीर को मजबूत बनाता है और दिमाग को आराम देता है। इस मौके पर पूर्व सरपंच लक्ष्मण बतौड़, हेम सिंह राणा, पंच कैप्टन सतपाल राणा, प्रेमचन्द, राम कुमार, एकता, कामना, रिया, खुशी आदि मौजूद रहे।

Dainik Savera • 03 Feb • Ministry of Ayush

Ayurved vartman samay ki aavshayakata Chandarkant kataria

6 • PG | 221 • Sqcm | 53048 • AVE | 40.03K • Cir | Bottom Left

Chandigarh

आयुर्वेद वर्तमान समय की आवश्यकता : चंद्रकांत कटारिया



एस डी एम चंद्रकांत कटारिया चिकित्सा कैंप का अवलोकन करते हुए।

सवेरा न्यूज/ संतोष पंचकूला : एस डी एम चंद्रकांत कटारिया ने कहा कि आयुर्वेद वर्तमान समय की आवश्यकता और इसकी बढ़ती लोकप्रियता स्वास्थ्य सेवा के लिए बहुत ही कारगर है। एसडीएम चंद्रकांत कटारिया आयुष विभाग हरियाणा के महानिदेशक संजीव वर्मा निदेर्शानुसार बसंत पंचमी के उपलक्ष्य पर निःशुल्क चिकित्सा कैम्प के उद्घाटन अवसर पर नागरिकों को संबोधित कर रहे थे। जिला आयुर्वेदिक अधिकारी डॉ. दिलीप कुमार मिश्रा की अध्यक्षता में श्री सिद्धिविनायक मंदिर, सैक्टर 26, लगाए गए शिविर में आयुर्वेद चिकित्सा, होम्योपैथिक चिकित्सा, पंचकर्म चिकित्सा एवं योग के बारे में अवगत करवाया गया। चंद्रकान्त कटारिया ने दीप प्रज्वलित कर किया। उन्होंने आयुर्वेद की बढ़ती लोकप्रियता पर विस्तार से प्रकाश डाला।

Dainik Savera • 02 Feb • Ministry of Ayush

Ayush mantraley ko 3,992.90 crore rupay

5 • PG | 38 • Sqcm | 9117 • AVE | 40.03K • Cir | Middle Right

Chandigarh

आयुष मंत्रालय को 3,992.90 करोड़ रुपए



आयुष मंत्रालय के लिए बजट आवंटन 2024-25 में 3,497.64 करोड़ रुपए (संशोधित अनुमान) से बढ़ाकर 2025-26 के लिए 3,992.90 करोड़ रुपए कर दिया गया है यानी इसमें 14.15 प्रतिशत की वृद्धि की गई है। राष्ट्रीय औषधीय पादप बोर्ड को 18.59 करोड़ रुपए आवंटित किए गए हैं जबकि भारतीय चिकित्सा और होम्योपैथी के लिए फार्माकोपिया आयोग (पीसीआईएमएंडएच) को 21.96 करोड़ रुपये आवंटित किए गए हैं। भारतीय चिकित्सा और होम्योपैथी के लिए फार्माकोपिया आयोग आयुष मंत्रालय के अधीन एक कार्यालय है। यह भारत में सभी आयुष दवाओं के परीक्षण के लिए एक अधीनीय प्राधिकरण है। यह फार्माकोपिया के रूप में प्रकाशित सभी आयुष दवाओं के लिए मानक भी निर्धारित करता है।

Veer Arjun • 27 Feb • Ministry of Ayush

Ayush Mantralye ne 3 pratishthit chikitaskon ko rastrye dhanvantari ayurved puruskar diya

7 • PG | 247 • Sqcm | 18520 • AVE | 60K • Cir | Top Right
Delhi

आयुष मंत्रालय ने तीन प्रतिष्ठित चिकित्सकों को राष्ट्रीय धन्वंतरि आयुर्वेद पुरस्कार प्रदान किए

नई दिल्ली, (भाषा)। आयुष मंत्रालय ने पारंपरिक भारतीय चिकित्सा के क्षेत्र में असाधारण योगदान के लिए तीन प्रतिष्ठित चिकित्सकों को मौजूदा वर्ष के लिए राष्ट्रीय धन्वंतरि आयुर्वेद पुरस्कार प्रदान किए। इस वर्ष प्रतिष्ठित पुरस्कार के विजेताओं में प्रसिद्ध नाड़ी वैद्य और लेखक तारा चंद शर्मा, छह दशकों की सेवा के साथ द्रव्यगुण विज्ञान के प्रतिष्ठित विद्वान वैद्य माया राम उनियाल और विश्व व्याकरणमाला राष्ट्रीय सम्मेलन के संस्थापक वैद्य समीर गोविंद जमदग्नि शामिल हैं। प्रत्येक पुरस्कार विजेता को एक प्रशस्ति पत्र, भगवान धन्वंतरि की प्रतिमा वाली एक ट्रॉफी और पांच लाख रुपये का नकद पुरस्कार दिया जाता है।

आयुष मंत्रालय के एक बयान में कहा गया है कि राष्ट्रीय धन्वंतरि आयुर्वेद पुरस्कार पारंपरिक चिकित्सा ज्ञान को संरक्षित करते हुए समग्र स्वास्थ्य सेवा को बेहतर बनाने के लिए भारत की प्रतिबद्धता को दर्शाता है। केंद्रीय आयुष राज्य मंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव ने 20 फरवरी को मुंबई में आयोजित एक कार्यक्रम के दौरान तीन प्रतिष्ठित वैद्यों को ये पुरस्कार प्रदान किए। जाधव ने कहा, राष्ट्रीय धन्वंतरि आयुर्वेद पुरस्कार वैश्विक स्वास्थ्य सेवा में भारत के अपार योगदान को दर्शाते हैं। इन दूरदर्शी लोगों ने दुनिया भर में आयुर्वेद को बढ़ावा देने में असाधारण समर्पण दिखाया है, जो आधुनिक स्वास्थ्य सेवा प्रणालियों के साथ पारंपरिक ज्ञान को एकीकृत करने के हमारे मिशन के पूरी तरह अनुरूप है।

Veer Arjun • 20 Feb • Ministry of Ayush

Meditaion leaders ka waishwik sammelan Bharat Mandapam mein ajj se

2 • PG | 228 • Sqcm | 17125 • AVE | 60K • Cir | Bottom Center
Delhi

मेडिटेशन लीडर्स का वैश्विक सम्मेलन भारत मंडपम में आज से

नई दिल्ली,(वीअ)। मेडिटेशन लीडर्स का वैश्विक सम्मेलन (जीसीएमएल) 20-23 फरवरी, 2025 को भारत मंडपम, नई दिल्ली में आयोजित किया जाएगा, जिसमें नीति निर्माताओं, कॉर्पोरेट नेताओं, शोधकर्ताओं और ध्यान विशेषज्ञों को सकारात्मक सामाजिक परिवर्तन और विश्व शांति के लिए एक प्रक्रिया के रूप में ध्यान को आगे बढ़ाने के लिए एक साथ लाया जाएगा । बुद्ध सीईओ क्वांटम फाउंडेशन द्वारा पिरामिड मेडिटेशन चैनल हिंदी (पीएमसी), एस-व्यासा, हार्टफुलनेस, एम्स, सीसीआर वाईएन (आयुष मंत्रालय) और पिरामिड स्पिरिचुअल सोसाइटीज मूवमेंट के कई अन्य संगठनों के सहयोग से आयोजित इस सम्मेलन का उद्देश्य स्वास्थ्य और निर्णय लेने के लिए एक प्रमुख चालक के रूप में ध्यान के बारे में जागरूकता पैदा करने में वैश्विक नेतृत्व को शामिल करना है, साथ ही अनुसंधान, प्रौद्योगिकी और विशेषज्ञ मार्गदर्शन के माध्यम से शिक्षा, स्वास्थ्य सेवा, कार्यस्थलों और शासन में ध्यान को एकीकृत करने के लिए नीति निर्माण की सुविधा प्रदान करना है । पद्मश्री डी.आर. कार्तिकेयन, पूर्व निदेशक सीबीआई ने इस अवसर पर कहा कि ग्लोबल कॉन्क्रेंस ऑफ मेडिटेशन लीडर्स 2025 स्वास्थ्य संकट, हिंसा और पर्यावरण क्षरण जैसी वैश्विक चुनौतियों से निपटने के लिए एक शक्तिशाली उपकरण के रूप में ध्यान को उजागर करेगा। ध्यान, अपने मूल में, आंतरिक शांति, स्पष्टता और लचीलापन विकसित करता है, जिससे व्यक्तियों और समुदायों को फलने-फूलने में मदद मिलती है। संयुक्त राष्ट्र द्वारा विश्व ध्यान दिवस 2025 की मान्यता के साथ, इस कार्यक्रम का उद्देश्य सभी क्षेत्रों- शिक्षा, शासन, स्वास्थ्य सेवा और कॉर्पोरेट नेतृत्व में ध्यान को व्यापक रूप से अपनाने के लिए प्रेरित करना है।

Veer Arjun • 19 Feb • Ministry of Ayush

Mahilaon ke liye cancer ka tika 6-6 mahine mien hoga uplabhdh

7 • PG | 183 • Sqcm | 13693 • AVE | 60K • Cir | Top Center
Delhi

महिलाओं के लिए कैंसर का टीका पांच से छह महीने में होगा उपलब्ध: केंद्रीय मंत्री जाधव

छत्रपति संभाजीनगर, (भाषा)। केंद्रीय स्वास्थ्य राज्य मंत्री तापराव जाधव ने मंगलवार को कहा कि महिलाओं को होने वाले कैंसर के इलाज के लिए पांच से छह महीने में टीका उपलब्ध हो जाएगा और नौ से 16 वर्ष की लड़कियां इसके लिए पात्र होंगी। केंद्रीय आयुष मंत्री ने यहां पत्रकारों को संबोधित करते हुए कहा कि टीके पर शोध का कार्य लगभग पूरा हो चुका है और परीक्षण जारी हैं।

जाधव ने कहा, देश में कैंसर के मरीजों की संख्या में वृद्धि हुई है और केंद्र सरकार ने इस मुद्दे को हल करने के लिए कदम उठाए हैं। 30 वर्ष से अधिक उम्र की महिलाओं की अस्पतालों में जांच की जाएगी और बीमारी का जल्द पता लगाने के लिए डेकेयर कैंसर सेंटर स्थापित किए जाएंगे। उन्होंने कहा कि सरकार ने कैंसर के इलाज में इस्तेमाल होने वाली दवाओं पर सीमा शुल्क भी हटा दिया है। मंत्री ने कहा, महिलाओं को प्रभावित करने वाले कैंसर के लिए टीके पर शोध का कार्य लगभग पूरा हो चुका है और परीक्षण जारी हैं। यह पांच से छह महीने में उपलब्ध हो जाएगा और नौ से 16 वर्ष की आयु की लड़कियां टीकाकरण के लिए पात्र होंगी।

यह पूछे जाने पर कि यह टीका किन कैंसरों से निपटेगा, जाधव ने बताया कि इससे स्तन, मुख और गर्भाशय ग्रीवा के कैंसर से निपटने में मदद मिलेगी।

Veer Arjun • 15 Feb • Ministry of Ayush

Ayurved nuskhe se bhi lauti sakti hai chehre ki chamak: Dr PRajkta

4 • PG | 357 • Sqcm | 26764 • AVE | 60K • Cir | Middle Left
Delhi

आयुर्वेद नुस्खे से भी लौट सकती है चेहरे की चमक : डॉ.प्राजक्ता

- रविन्द्र कुमार -

घरेलू नुस्खे हो सकते हैं कारगर

नई दिल्ली। सुंदर दिखना हर किसी की चाहत होती है।इसके लिए जरूरी नहीं जाओ महंगे सौंदर्य उत्पादों का प्रयोग केन्या ब्यूटी पार्लर का रुख करें,बल्कि चेहरे की खूबसूरती को निखारने के लिए उसका खास ध्यान रखकर व स्किन स्पेशलिस्ट की बताये घरेलू नुस्खे को अमल कर आपकी खूबसूरती में चार चांद लगा सकते हैं। पंचकर्म अस्पताल की स्किन स्पेशलिस्ट डॉक्टर प्राजक्ता ने इस विषय पर अपने सुझाव साझा किए हैं जिन्हें अपना कर चेहरे की चमक को बरकरार रखा जा सकता है।

डॉ.प्राजक्ता बताती हैं अगर आपके सौन्दर्य में निरंतर आकर्षण कम होता जा रहा है। चेहरे की चमक भी जाती जा रही है। तो महंगे सौंदर्यीकरण उत्पादों पर निर्भर न रह कर खुद घरेलू नुस्खे अपनाकर अपने चेहरे की खोई चमक पुन: पा सकते हैं। पंचकर्म अस्पताल की डॉक्टर प्राजक्ता ने चेहरे को घरेलू नुस्खे से दुरुस्त करने के लिए सुझाव साझा



किए हैं डॉक्टर ने मुताबिक जब झुर्रियां की समस्या हो उस समय एक चम्मच शहद में कुछ बूंदे नींबू रस की मिलाकर लगाने से झुर्रियों से छुटकारा पाया जा सकता है।चेहरे की चमक बढ़ाने के लिए एक चम्मच गुलाब जल और एक चम्मच दूध के मिश्रण में दो तीन बूंद नींबू के रस की मिलाकर कर लगाने से त्वचा की कोमलता व चमक बनी रहती है। स्क्रबिंग के लिए टमाटर का टुकड़ा लेकर चेहरे पर हल्के हाथों से मसाज करें। चेहरे की सारी गंदगी साफ हो जाएगी। स्क्रब त्वचा की मृत कोशिकाओं,धूल इत्यादि को हटाकर रोमछिद्रों को बंद होने से रोकता है।

तैलीय त्वचा से छुटकारा पाना चाहते हैं एक चम्मच नींबू के रस में एक चम्मच गुलाब जल और पिसा हुआ पुदीना मिलाकर एक घंटे रखें,फिर उसे चेहरे पर लगाकर 20 मिनट बाद धो ले,इससे चेहरे का चिपचिपापन दूर हो जाएगा। चेहरे के दाग धब्बे हटाने के लिए टमाटर के रस में रूई भिगोकर दागों पर लगाएं।इससे काले धब्बे साफ हो जाएंगे इसी तरह मुहांसों से छुटकारे में आलू उबालकर छिलके छील लें और इसके छिलकों को चेहरे पर रगड़ें,मुहाने ठीक हो जाएंगे। चेहरे क्लीजिंग के लिए चेहरे से मेकअप को हटाने व धूल मिट्टी से बचाव के लिए क्लीजिंग जरूरी है।इसके लिए चावल के आटे में दही मिलाकर पेस्ट बनाएं। और इसे चेहरे एवं गर्दन पर अच्छी तरह मले (इसके बाद धो लें) अगर आपकी त्वचा रूखी है तो नारियल के तेल में शहद और संतरे का रस मिलाकर इसे रूखी त्वचा पर लगाएं।

Punyanagari • 27 Feb • Ministry of Ayush

Ayurvedic, Homeopathy help to cure tuberculosis

3 • PG | 186 • Sqcm | 102230 • AVE | 72.24K • Cir | Bottom Left

Mumbai

क्षयरोग निर्मूलनासाठी आयुर्वेदिक, होमिओपॅथींची मदत

■ क्षयरोगी नोंदवल्यास ५०० रुपये मानधन ■ राज्य सरकारची योजना

मुंबई : राज्यातील क्षयरोगाचा नायनाट करण्यासाठी राज्य सरकारने विविध उपाययोजना केल्या असून अनेक मोहिमा हाती घेतल्या आहेत. यासाठी आता आयुर्वेदिक आणि होमिओपॅथी डॉक्टरांचीही मदत घेतली जाणार आहे. सध्या या डॉक्टरांना जिल्हास्तरावर प्रशिक्षणही दिले जात असून, प्रशिक्षणासोबतच या डॉक्टरांना क्षयरोगाच्या रुग्णाची नोंद केल्यास ५०० रुपये मानधनही दिले जात आहे. प्रशिक्षण पूर्ण झाल्यावरदेखील



रुग्ण नोंद केल्यास ही रक्कम त्यांना मिळणार आहे.

केंद्र सरकारने यावर्षी क्षयरोग निर्मूलनाचे उद्दिष्ट ठेवले आहे. हे ध्येय साध्य करण्यासाठी अलीकडेच बहुप्रतीक्षित उपचार - बिपाल मल्टी ड्रग रेझिस्टंट (एमडीआर) टीबी रुग्णांसाठी सुरू करण्यात आला आहे. राज्याचे क्षयरोग निर्मूलन अधिकारी डॉ. संदीप सांगळे यांनी याला दुजोरा दिला आहे. या डॉक्टरांना क्षयरोगविषयक उपचाराबाबत आवश्यक प्रशिक्षण दिले जात असल्याची माहिती त्यांनी दिली.

आयुष मेडिकल कॉलेजमध्ये प्रशिक्षण

राज्यातील १७० आयुष मेडिकल कॉलेजमध्ये टीबी आजारासंबंधी कार्यशाळाही आयोजित करण्यात आली आहे. या कार्यशाळांमध्ये टीबीची लक्षणे आणि त्यावरील उपचार याबाबतची सर्व माहिती दिली जाते. याशिवाय, आयुष डॉक्टरांच्या संघटनेशी संबंधित सदस्यांना प्रत्येक जिल्हास्तरावर प्रशिक्षण देण्यात आले आहे. एवढेच नाही तर मेडिकल स्टोअर्समध्ये टीबी आजाराबाबतही जनजागृती करण्यात येणार असल्याचे डॉ. सांगळे यांनी सांगितले.

डॉ. संदीप म्हणाले की, राज्यातील प्रत्येक जिल्हा, तालुका, गावात आणि झोपडपट्ट्यांमध्ये मोठ्या संख्येने बीएएमएस (आयुर्वेदिक) आणि बीएचएमएस (होमिओपॅथिक) डॉक्टर प्रॅक्टिस करतात. या भागातील लोक आजारी पडल्यावर या डॉक्टरांकडे उपचारासाठी जातात. त्यांच्याकडे प्रत्येक रुग्णाची माहिती असते. त्यांच्या माध्यमातून टीबीचे संशयित रुग्ण शोधण्यात मदत होणार आहे.

Punyanagari • 10 Feb • Ministry of Ayush

Ayurveda does not compete with anyone!

10 • PG | 184 • Sqcm | 101316 • AVE | 72.24K • Cir | Top Right

Mumbai

आयुर्वेद कोणाशीही स्पर्धा करत नाही!

आचार्य बाळकृष्ण यांचे प्रतिपादन



नवी दिल्ली : आयुर्वेदाला स्थापित करण्यासाठी जागतिक स्तरावर जे काम व्हायला हवे होते, ते प्रत्यक्षात झाले नाही. आयुर्वेद एक पूर्ण विज्ञान आहे. आयुर्वेद स्वतंत्र आहे आणि ते कोणाशीही स्पर्धा करत नाही, असे प्रतिपादन पतंजली योगपीठाचे सरचिटणीस आचार्य बाळकृष्ण यांनी केले. नॅशनल बुक ट्रस्टच्या संयुक्त विद्यमाने नवी दिल्लीतील प्रगती मैदानातील भारत मंडपम येथे आयोजित जागतिक पुस्तक मेळ्यामध्ये प्रमुख वक्ते म्हणून आचार्य बाळकृष्ण बोलत होते.

पतंजलीने योग-आयुर्वेदाला जागतिक प्रतिष्ठा दिली आहे. जगभरात आज योग स्वीकारला गेला असून ही अभिमानाची गोष्ट आहे. जर जगभरातील वेगवेगळ्या भाषा बोलणाऱ्या लोकांना एखाद्या शब्दाचा अर्थ समान रीतीने माहीत असेल तर तो योग आहे. योगाचा सखोल अर्थ जरी कोणाला माहीत नसला तरी, किमान हे तरी माहीत असते की ते श्वासोच्छ्वासाचे व्यायाम, शारीरिक व्यायाम, काही आसने आणि प्राणायाम याबद्दल आहे, असे बाळकृष्ण म्हणाले. आयुर्वेदाच्या संदर्भात ते पुढे म्हणाले, दैनंदिन जीवनात ॲलोपॅथी ही कृत्रिम औषधाच्या स्वरूपात असते. आयुर्वेद हा आपल्या जीवनाचा एक भाग आहे, तर ॲलोपॅथी ही एक सक्ती आहे. जर आपण आयुर्वेदाकडे औषध किंवा वनौषधी म्हणून व्यापक दृष्टिकोनातून पाहिले तर त्यासाठी अधिक काम करण्याची आवश्यकता आहे. आयुर्वेद आपल्याला शिकवतो की आपण निसर्गाच्या अनुषंगाने पदार्थांचा वापर करून निसर्गाशी एकरूप राहण्याचा प्रयत्न केला पाहिजे.

पतंजलीने वर्ल्ड हर्बल एनसायक्लोपीडियाच्या स्वरूपात एक उत्तम पुस्तक प्रकाशित केले आहे. यामध्ये ३२ हजार औषधी वनस्पतींचे वर्णन आहे. यापूर्वी फक्त १२ हजार औषधी वनस्पतींची माहिती उपलब्ध होती. याशिवाय, पंतजलीच्या वतीने आयुर्वेद आधारित 'सौमित्रेयनीदानम' हे पुस्तक प्रकाशित केले आहे. यामध्ये आधुनिक युगाच्या अनुषंगाने जगात उदयास येत असलेले नवीन रोग, विकार आणि आजारांचे स्वरूप, लक्षणे आणि निदान चित्रमय पद्धतीने सादर करण्यात आल्या आहे. यामध्ये, ४७१ मुख्य आजारांसह सुमारे ५०० आजारांचे वर्णन ६८२१ श्लोकांमध्ये चित्रांसह केले आहे. आयुर्वेदाच्या परंपरेत प्रथमच, २५०० हून अधिक वैद्यकीय स्थितींचे वर्णन केले आहे.

Andhra Jyothi • 27 Feb • Ministry of Ayush

Yoga camp under the direction of Patanjali

7 • PG	109 • Sqcm	30304 • AVE	22.84K • Cir	Bottom Center

Bengaluru

పతంజలి ఆధ్వర్యంలో యోగా శిబిరం

చింతామణి, ఫిబ్రవరి 28(ఆంధ్రజ్యోతి): పట్టణంలోని కేఆర్ లే అవుట్ నారెప్పకుంటలోని పతంజలి యోగశిక్షణా సమితి ఆధ్వర్యంలో మహా శివరాత్రిని పురస్కరించుకుని ఆజాద్‌చౌక్‌లోని హరిహరేశ్వర ఆలయంలో బుధవారం ఉదయం ప్రత్యేక యోగా శిబిరం నిర్వహించారు. యోగాభ్యాసకులు పెద్దసంఖ్యలో పాల్గొని శివ నమస్కారాలు చేశారు. యోగా గురువులు నారాయణప్ప, గీతా, ఆశ్వత్, రమేశ్, రాజశేఖర్ యాగంటి, లక్ష్మీ, ప్రభావతి తదితరులు ఓంకార నాదం చేశారు. గణపతి నమస్కారం, శివనమస్కారం, సూర్య నమస్కారాలు చేశారు. అనంతరం యోగాగురు నారాయణప్ప మాట్లాడుతూ శివ నమస్కారాలలో 33 నమస్కారాలు ఉంటాయని ఇవి ముక్కోటి దేవతలకు సమర్పించేవిగా ఉంటాయన్నారు. వీటిలో 21సార్లు నుదుటిని భూమికి తాకించడం ద్వారా 21 దోషాలు, 9సార్లు శరీరం భూమిని తాకడంతో నవగ్రహ దోషాలు తొలగుతాయనే విశ్వాసం ఉందన్నారు. మూడుసార్లు త్రిమూర్తులకు నమస్కారం చేయడం, శివ



హరిహరేశ్వర ఆలయంలో యోగాభ్యాసం

నమస్కారాలతో 21 దోషాలు తొలగుతాయని భావిస్తారన్నారు. ఆలయ ట్రస్టు సభ్యుడు వాణి రామచేంద్ర ప్రసంగిస్తూ శివరాత్రి మహిమను, శివ నమస్కారాల ప్రత్యేకతను వివరించారు. ఆలయ ధర్మకర్త మండలి సభ్యులు సాయి నాథ బాబు, చంద్రన్న, రామచేంద్ర తదితరులు పాల్గొన్నారు.

Andhra Jyothi • 05 Feb • Ministry of Ayush

Awareness on Yoga

7 • PG	94 • Sqcm	26169 • AVE	22.84K • Cir	Middle Center

Bengaluru



యోగాపై అవగాహన

బెంగళూరు, ఫిబ్రవరి 4 (ఆంధ్రజ్యోతి): సహజ సిద్ధమైన యోగా ప్రాధాన్యతను ప్రజలకు తెలియ చేసేలా లైఫ్ ఎటర్నల్ ట్రస్టు ఆధ్వర్యంలో హెచ్ ఎస్ఆర్ లే ఆవుట్‌లోని నమర్థనం ఆర్డినెంటర్ ఆడిటోరియంలో మంగళవారం 'ఆత్మానుభూతి' పేరిట ప్రత్యేక కార్యక్రమం నిర్వహించింది. లైఫ్ ఎటర్నల్ ట్రస్టు అధ్యక్షుడు డాక్టర్ మనోజ్‌కుమార్ మాట్లాడుతూ మాతాజి నిర్మలాదేవి 1970లో విశిష్టధ్యాన ప్రక్రియకు శ్రీకారం చుట్టారన్నారు. వ్యక్తిలోని కుండలిని శక్తిని ప్రేరేపించేందుకు సహజయోగా దోహద పడుతుందన్నారు. దైవత్వం గురించి స్వయం సాక్షాత్కారం సాధ్యమన్నారు. శారీరక, మానసిక బాధలకు మించి దైవజ్ఞానంపై అవగాహన కలుగుతుందన్నారు. 100కుపైగా దేశాలలో సహజ యోగాను పాటిస్తున్నారన్నారు. నమర్థనం ట్రస్టు సేవలను ప్రస్తావించారు. కార్యక్రమంలో ఎస్ఐ ఎఫ్‌టి డైరెక్టర్ డాక్టర్ యతీంద్ర లక్ష్మణ్, ఇండియన్ క్రికెట్ అసోసియేషన్ ఫర్ బ్లైండ్ అధ్యక్షుడు, వరల్డ్ బ్లైండ్ క్రికెట్ లిమిటెడ్ రిటైర్డు అధ్యక్షుడు డాక్టర్ మహంతేశ్, రిటైర్డు ఐఎఫ్ఎస్ అధికారి దిలీప్‌కుమార్‌దాస్ తదితరులు పాల్గొన్నారు. ప్రసిద్ధ గాయకుడు కుమారన్ అయ్యర్, టీమ్ సునదా, నృత్య క్రీడాకారుడు ప్రీతి సందూర్, మనోరంజన కార్యక్రమాలు అలరించాయి.

ఆత్మానుభూతి కార్యక్రమంలో డాక్టర్ మనోజ్‌కుమార్, మహంతేశ్ తదితరులు

Samagya • 27 Feb • Ministry of Ayush

Ministry of Ayush presents National Dhanvantri Ayurveda Awards to three eminent practitioners

7 • PG | 46 • Sqcm | 6481 • AVE | 100K • Cir | Top Center

Kolkata

आयुष मंत्रालय ने तीन प्रतिष्ठित चिकित्सकों को राष्ट्रीय धन्वंतरि आयुर्वेद पुरस्कार प्रदान किए

नयी दिल्ली : आयुष मंत्रालय ने पारंपरिक भारतीय चिकित्सा के क्षेत्र में असाधारण योगदान के लिए तीन प्रतिष्ठित चिकित्सकों को मौजूदा वर्ष के लिए राष्ट्रीय धन्वंतरि आयुर्वेद पुरस्कार प्रदान किए। इस वर्ष प्रतिष्ठित पुरस्कार के विजेताओं में प्रसिद्ध नाड़ी वैद्य और लेखक तारा चंद शर्मा, छह दशकों की सेवा के साथ द्रव्यगुण विज्ञान के प्रतिष्ठित विद्वान वैद्य माया राम उनियाल और विश्व व्याकरणमाला राष्ट्रीय सम्मेलन के संस्थापक वैद्य समीर गोविंद जमदग्नि शामिल हैं। प्रत्येक पुरस्कार विजेता को एक प्रशस्ति पत्र, भगवान धन्वंतरि की प्रतिमा वाली एक ट्रॉफी और पांच लाख रुपये का नकद पुरस्कार दिया जाता है। आयुष मंत्रालय के एक बयान में कहा गया है कि राष्ट्रीय धन्वंतरि आयुर्वेद पुरस्कार पारंपरिक चिकित्सा ज्ञान को संरक्षित करते हुए समग्र स्वास्थ्य सेवा को बेहतर बनाने के लिए भारत की प्रतिबद्धता को दर्शाता है।

Dainik Bhaskar • 26 Feb • Ministry of Ayush

Ayurveda Institute Jaipur got first prize in nature testing campaign

5 • PG | 520 • Sqcm | 2991991 • AVE | 2.34M • Cir | Middle Center
Jaipur

प्रकृति परीक्षण अभियान में आयुर्वेद संस्थान जयपुर को प्रथम पुरस्कार



जयपुर | केन्द्र सरकार के आयुष मंत्रालय और भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग (एनसीआईएसएम) की ओर से आयोजित "देश का प्रकृति परीक्षण" अभियान के प्रथम चरण में राष्ट्रीय आयुर्वेद संस्थान जयपुर को पहला पुरस्कार मिला है। पुरस्कार मुम्बई में आयोजित समापन एवं पुरस्कार वितरण समारोह दिया गया। समारोह में मुख्य अतिथि केन्द्रीय आयुष राज्यमंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव, सार्वजनिक आरोग्य एवं परिवार कल्याण मंत्री प्रकाश अबिटकर, आयुष मंत्रालय के सचिव डॉ.राजेश कोटेचा, भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग के अध्यक्ष वैद्य जयंत देवपुजारी, और "देश का प्रकृति परीक्षण" अभियान के सचिव डॉ.आशुतोष गुप्ता उपस्थित थे।

तीन प्रशस्ति पत्र और पुरस्कार : एनआईए जयपुर के कुलपति डॉ.संजीव शर्मा को "देश का प्रकृति परीक्षण" अभियान में उल्लेखनीय काम एवं समर्पित सेवा के लिए तीन प्रशस्ति पत्र और पुरस्कार मिले। राष्ट्रीय आयुर्वेद संस्थान, जयपुर ने पूरे देश में पीजी कॉलेजों की श्रेणी में प्रथम स्थान प्राप्त कर अपनी सक्रिय भागीदारी निभाई। देश में संख्यात्मक दृष्टि के आधार पर चौथा स्थान प्राप्त किया। राज्य की ओर से प्रशस्ति पत्र प्रो.संजीव शर्मा ने लिया। राष्ट्रीय आयुर्वेद संस्थान जयपुर ने 193.52% की स्ट्राइक रेट के साथ 2,38,609 लोगो का प्रकृति परीक्षण करने पर एनसीआईएसएम द्वारा राष्ट्रीय आयुर्वेद संस्थान को प्रथम स्थान दिया गया।

Dainik Bhaskar • 23 Feb • Ministry of Ayush

Assam's Purnima Devi Barman included in the list of 'Woman of the Year

18 • PG | 285 • Sqcm | 1640372 • AVE | 2.34M • Cir | Top Left
Jaipur

डेली करंट अफेयर्स

24 घंटे की सबसे बड़ी बातें

असम की पुर्णिमा देवी बर्मन 'वुमन ऑफ द ईयर' की सूची में शामिल

पिछले 24 घंटे की सबसे महत्वपूर्ण जानकारियां, जो परीक्षाओं में आपके काम आएंगी। करंट अफेयर्स को मोबाइल पर प्राप्त करने के लिए यह QR स्कैन करें।

01. चीन के बाद फ्लाइट क्रू के लिए इलेक्ट्रॉनिक पायलट लाइसेंस लागू करने वाला भारत दुनिया का दूसरा देश बना।

02. प्रोफेसर सव्यसाची कर इंस्टीट्यूट ऑफ इकोनॉमिक ग्रोथ, दिल्ली के नए निदेशक बने। उन्होंने प्रोफेसर चेतन घाटे की जगह ली।

03. मॉरीशस के राष्ट्रीय दिवस समारोह में पीएम नरेंद्र मोदी मुख्य अतिथि रहेंगे।



04. असम की पुर्णिमा देवी बर्मन को वन्यजीव संरक्षण के लिए टाइम ने 'वुमन ऑफ द ईयर' की सूची में शामिल किया। वह इस लिस्ट में एकमात्र भारतीय महिला हैं।

05. भारतीय वैज्ञानिकों ने ब्लैक होल के अब तक के सबसे बड़े नमूनों की खोज की। इस टीम का नेतृत्व रागा दीपिका पुचा ने किया।

06. पद्मजा नायडू हिमालयन जूलॉजिकल पार्क में भारत का पहला वन्यजीव बायोबैंक खुला।

07. एसोसिएशन ऑफ म्युच्युअल फंड इन इंडिया ने 3 स्कीम शुरू की। इसमें छोटी SIP, तरुण योजना और MITRA शामिल हैं।

08. फोर्ब्स के अनुसार अब महिलाएं वैश्विक बिलियनेयर आबादी का 3% हिस्सा हैं। शीर्ष 10 महिलाओं के पास 43.32 लाख करोड़ रु से अधिक की संपत्ति हैं।

09. नगालैंड फॉरेस्ट मैनेजमेंट प्रोजेक्ट को SKOCH अवॉर्ड 2024 से सम्मानित किया गया है।

10. आयुष मंत्रालय की ओर से शुरू किए गए प्रकृति परीक्षण अभियान ने पांच गिनीज वर्ल्ड रिकॉर्ड हासिल किए हैं।

11. शक्तिकांत दास PM के प्रिंसिपल सेक्रेटरी बनाए गए हैं। वे छह साल तक रिजर्व बैंक ऑफ इंडिया के गवर्नर रह चुके हैं।



12. विश्वा राजकुमार ने मेमोरी लीग विश्व चैंपियनशिप 2025 में रिकॉर्ड बनाया। उन्होंने 80 रैंडम नंबर को 13.50 सेकंड और 30 चित्रों को 8.40 सेकंड में याद किया है।

13. मूडीज एनालिटिक्स के मुताबिक, 2025 में भारत की जीडीपी ग्रोथ रेट 6.4% रह जाएगी, जो 2024 में 6.6% थी।

14. चैंपियंस ट्रॉफी में इंग्लैंड ने ऑस्ट्रेलिया के खिलाफ 351 रन बनाकर टूर्नामेंट का अब तक का सबसे बड़ा स्कोर बनाया।

15. द लांसेट की रिपोर्ट के अनुसार 1990-21 तक देश के आत्महत्या दर में 30% की गिरावट आई है।

16. मध्यप्रदेश में 10 हजार से अधिक गिद्ध पाए गए। वन विभाग द्वारा की गई गिद्धों की गणना के मुताबिक, देशभर में कुल 12 हजार 981 गिद्ध मौजूद हैं।

17. खजुराहो नृत्य महोत्सव में 24 घंटे 9 मिनट तक शास्त्रीय नृत्य मैराथन (रिले) ने बनाया वर्ल्ड रिकॉर्ड। इसमें 139 नर्तक शामिल थे।

Dainik Bhaskar • 22 Feb • Ministry of Ayush

Celebs who were in the news

18 • PG | 320 • Sqcm | 1840098 • AVE | 2.34M • Cir | Middle Right

Jaipur



बाबा रामदेव... ब्रायन जॉनसन के साथ नया विवाद



पतंजलि आयुर्वेद के संस्थापक बाबा रामदेव ने दावा किया कि उनके कुछ उत्पादों से एंटी-एजिंग के फायदे हैं। लेकिन अमेरिकी अरबपति ब्रायन जॉनसन ने रामदेव के दावों पर सवाल उठाए और इसे झूठा करार दिया। इसके बाद रामदेव ने ब्रायन को एक्स पर ब्लॉक कर दिया है।

अनुपम मित्तल... यूट्यूब पर निशाना साधा



रणवीर इलाहबादिया की कॉन्ट्रोवर्सी के बीच शार्क टैंक जज और बिजनेसमैन अनुपम मित्तल ने यूट्यूब को भी इस मामले में दोषी ठहराया है। उनका कहना है कि इस मामले में यूट्यूब को दोषी बनाया जाना चाहिए। इस प्लेटफॉर्म पर गलत चीजें बहुत ही धड़ल्ले से दिखाई जाती हैं।

सान्या मल्होत्रा... इंस्टाग्राम पर वायरल 'मिसेज'



जी5 पर रिलीज हुई फिल्म 'मिसेज' चर्चा में है। फिल्म में सान्या मल्होत्रा के ताकतवर अभिनय ने दर्शकों को प्रभावित किया। फिल्म ने जी5 का अब तक का सबसे बड़ा ओपनिंग वीकेंड हासिल किया है। फिल्म ने 15 करोड़ स्ट्रीमिंग मिनट्स का शानदार आंकड़ा पार किया है।

Dainik Bhaskar • 21 Feb • Ministry of Ayush

Ayushmann yojana lagu :Mahilao ko Rs 2500 ki kisat 8 march ko

1 • PG | 467 • Sqcm | 580069 • AVE | 446.92K • Cir | Middle Right
Chandigarh

पहली कैबिनेट का फैसला • आप का 'काला चिट्ठा' खुलेगा

आयुष्मान योजना लागू; महिलाओं को ₹2500 की किस्त 8 मार्च को

भास्कर न्यूज | नई दिल्ली

दिल्ली की नई सीएम रेखा गुप्ता ने शाम 7 बजे कैबिनेट की पहली बैठक ली। करीब डेढ़ घंटे चली इस बैठक में दो बड़े प्रस्तावों पर मुहर लगाई गई। पहला- दिल्ली में आयुष्मान योजना लागू होगी। इसके तहत हेल्थ इंश्योरेंस के लिए 5 लाख रु. दिल्ली सरकार और 5 लाख रु. केंद्र सरकार देगी। यानी अब 10 लाख रु. तक का मुफ्त इलाज हो सकेगा। दूसरा- कैग की 14 रिपोर्ट सदन में पेश करने के प्रस्ताव को भी हरी झंडी दे दी गई है। आप सरकार ने ये रिपोर्ट सदन में पेश नहीं कीं। दावा है, इन रिपोर्ट से आप सरकार के भ्रष्टाचार की परतें खुलेंगी। बैठक में महिलाओं को 2,500 रु./माह देने वाला प्रस्ताव नहीं रखा गया। मगर, सीएम रेखा ने कहा, दिल्ली की माताओं-बहनों को आर्थिक मदद की पहली किस्त 8 मार्च को देंगे।

पहली बार मुख्यमंत्री की कुर्सी संभालने वालों के पहले बड़े फैसले कुछ ऐसे रहे

अरविंद केजरीवाल; 14 फरवरी 2015 को शपथ। हर महीने 20 हजार ली. फ्री पानी, 400 यूनिट तक बिजली बिल आधा।
योगी आदित्यनाथ; 19 मार्च 2017 को शपथ। 22 मार्च को सभी गैरकानूनी बूचड़खानों को बंद करने का आदेश दिया।
हेमंत सोरेन; 29 दिसंबर 19 को शपथ। जमीन-जंगल के लिए संघर्ष करने वाले आदिवासियों पर 11 लाख पेंडिंग केस वापस।
पुष्कर धामी; 4 जुलाई 2021 को शपथ। 6 जुलाई को विवादित चार धाम देवस्थानम मैनेजमेंट बोर्ड एक्ट वापस ले लिया।
विष्णु देव साय; 13 दिसंबर 2023 को शपथ। मोदी की गारंटी के तहत 18 लाख परिवारों को पीएम आवास देने का फैसला।
मोहन यादव; 13 दिसंबर 2023 को शपथ। उसी दिन धार्मिक स्थलों पर लाउडस्पीकर व खुले में मांस बिक्री बैन की।
भजनलाल शर्मा; 15 दिसंबर 2023 को शपथ। 16 दिसंबर को सरकारी भर्ती परीक्षाओं में पेपर लीक की जांच के लिए विशेष जांच टीम (एसआईटी) का गठन किया।

Dainik Bhaskar • 09 Feb • Ministry of Ayush

NIA's Golden Jubilee Celebration; Ayurveda is popular not only in the country but also abroad: Jadha...

5 • PG | 150 • Sqcm | 865168 • AVE | 2.34M • Cir | Middle Left

Jaipur

एनआईए का स्वर्ण जयंती समारोह; आयुर्वेद देश में ही नहीं, विदेशों में भी लोकप्रियः जाधव



जयपुर| केन्द्रीय आयुष राज्यमंत्री प्रताप राव जाधव ने कहा है कि आयुर्वेद हमारे देश में ही नहीं, बल्कि विदेशों में भी लोकप्रिय है। गंभीर बीमारी से पीड़ित होने पर भी परंपरागत चिकित्सा पद्धति आयुर्वेद के जरिए इलाज कराने में विश्वास कायम है। आगामी दिनों में लगातार हो रहे शोध और आधुनिक तकनीक से बीमारियों का पता कर इलाज किया जा सकेगा। वे शनिवार को राष्ट्रीय आयुर्वेद संस्थान मानद विश्वविद्यालय के स्वर्ण जयंती समारोह को संबोधित कर रहे थे।

दिल्ली चुनाव में भाजपा की बढ़त को लेकर कहा कि हमने प्रधानमंत्री नरेन्द्र मोदी के नेतृत्व में जिस तरह महाराष्ट्र में शानदार जीत दर्ज की थी। इस तरह दिल्ली में भी भारी बहुमत के साथ जीत दर्ज की है।

प्रताप राव ने सुविधाओं के विस्तार और लैब का शुभारंभ के बाद 14 विभागों की प्रदर्शनी भी अवलोकन किया। इस मौके पर समारोह में हवामहल विधायक बालमुकुन्दाचार्य, वैद्य जयंत पुजारी (अध्यक्ष, एनसीआईसीएसएम), डॉ. राजेश कोटेचा (आयुष सचिव, केन्द्र सरकार) डॉ. संजीव शर्मा (कुलपति, एनआईए जयपुर), प्रो. प्रदीप कुमार प्रजापति (कुलपति, आयुर्वेद विवि जोधपुर), भवानी सिंह (आयुर्वेद सचिव, राज्य सरकार), डॉ. मनोज नेसरी, सलाहकार (आयुर्वेद) मौजूद थे।

Dainik Bhaskar • 08 Feb • Ministry of Ayush

NIA's foundation day; micro city machine and other facilities inaugurated today

4 • PG | 171 • Sqcm | 985765 • AVE | 2.34M • Cir | Top Center
Jaipur

केन्द्रीय आयुष राज्य मंत्री, आयुष सचिव, सांसद व विधायक भी मौजूद रहेंगे

एनआईए का स्थापना दिवस; माइक्रो सिटी मशीन व अन्य सुविधाओं का लोकार्पण आज

भास्कर न्यूज | जयपुर

राष्ट्रीय आयुर्वेद संस्थान के 50वें स्थापना दिवस पर भगवान धनवंतरि का पूजन कर कार्यक्रम का शुभारंभ किया। इस मौके पर आयुष सचिव भारत सरकार वैद्य राजेश कोटेचा, आयुष मंत्रालय के उप महानिदेशक सत्यजीत पॉल और मानद विवि के कुलपति प्रो. संजीव शर्मा उपस्थित थे। शनिवार को संस्थान के सभागार भवन में मुख्य समारोह होगा।

संस्थान के 14 विभागों की ओर से किए जा रहे चिकित्सा एवं शोध कार्यों की प्रदर्शनी भी लगेगी। क्लिनिकल ट्रायल के दौरान चूहा, खरगोश और गिनीपिग जैसे जानवरों



को दर्द से भरी पीड़ा से मुक्ति दिलवाने के लिए 5.5 करोड़ लागत की माइक्रो सिटी मशीन इंस्टाल की जा चुकी है। शनिवार को कार्यक्रम में केन्द्रीय आयुष राज्य मंत्री (स्वतंत्र प्रभार) प्रताप राव जाधव, जयपुर सांसद मंजू शर्मा, हवामहल विधायक बालमुकुन्दाचार्य, आयुष सचिव भारत सरकार वैद्य राजेश कोटेचा समेत अनेक अधिकारी मौजूद रहेंगे।

निशुल्क जांच एवं परामर्श शिविर आज

राष्ट्रीय आयुर्वेद संस्थान के अस्पताल परिसर में शनिवार को सुबह 9 से दोपहर 2 बजे तक कैंसर के लिए निशुल्क जांच एवं परामर्श शिविर लगेगा। इसमें भगवान महावीर कैंसर हॉस्पिटल का सहयोग रहेगा।

शिविर में मेमोग्राफी, फेफड़े, पीएसए समेत अनेक जांचें निशुल्क की जाएंगी। विशेषज्ञों की ओर से विभिन्न तरह के कैंसर के बचाव, लक्षण एवं उपायों के बारे में भी जानकारी भी दी जाएगी।

Dainik Bhaskar • 07 Feb • Ministry of Ayush

Gig workers ko bhi nyuntam vetan ka kanooni hak mile

4 • PG | 964 • Sqcm | 1197316 • AVE | 446.92K • Cir | Top Right

Chandigarh

विश्लेषण • देश में 1 करोड़ से ज्यादा गिग वर्कर्स हैं

'गिग वर्कर्स' को भी न्यूनतम वेतन का कानूनी हक मिले



वर्कफोर्स
विराग गुप्ता
सुप्रीम कोर्ट के वकील
viraggupta@hotmail.com

ओला, उबर, जोमेटो, अमेजन, स्विगी, बिग बॉस्केट जैसी एग्रीगेटर कम्पनियों से जुड़े ड्राइवरों, डिलीवरी बॉय और अस्थायी कामगारों को गिग वर्कर कहा जाता है। इस साल के बजट में गिग वर्कर्स के लिए ई-श्रम पोर्टल में रजिस्ट्रेशन, आईडी कार्ड और आयुष्मान भारत के तहत स्वास्थ्य बीमा का प्रावधान किया गया है। उसके बाद दिल्ली चुनाव प्रचार के दौरान मोदी की गारंटी में यह भी कहा गया कि ऑटो, टैक्सी, ई-रिक्शा ड्राइवर और गिग वर्कर्स को 10 लाख रुपए का जीवन बीमा और 5 लाख रुपए का दुर्घटना बीमा देने के लिए कल्याण बोर्ड बनाया जाएगा। इससे जुड़े 5 कानूनी पहलुओं को समझना जरूरी है।

1. ई-श्रम पोर्टल : चार साल पहले शुरू हुए ई-श्रम पोर्टल में यूएएन नम्बर को आधार से जोड़ने की योजना है। पिछले साल बजट भाषण में वित्त मंत्री ने कहा था कि ई-श्रम पोर्टल को मनरेगा, नेशनल कॅरियर सर्विस, स्किल इंडिया, प्रधानमंत्री आवास योजना, श्रमयोगी मानधन जैसे दूसरे पोर्टल्स से जोड़कर वन स्टॉप सेंटर बनाया जाएगा। इससे गिग वर्कर्स को सभी राज्यों में सभी योजनाओं का लाभ मिल सकता है। ई-श्रम पोर्टल में 30.48 करोड़ कामगारों का रजिस्ट्रेशन है, जिनमें लगभग 53% कृषि क्षेत्र में हैं। देश के लगभग 1 करोड़ से ज्यादा गिग वर्कर्स के रजिस्ट्रेशन के लिए श्रम मंत्रालय ने टेक कम्पनियों को पिछले साल तीन महीने का समय दिया था। इसलिए बजट के वायदे नई बोतल में पुरानी शराब की तरह हैं।

2 शोषण : डिजिटल टूल्स और नेविगेशन टेक्नोलॉजी के इस्तेमाल से लगातार मॉनिटरिंग के कारण गिग वर्कर्स का शोषण भी बढ़ा है। कुछ महीने पहले अमेजन के वेयरहाउस कामगारों ने ब्लैक फ्रायडे हड़ताल करके 'मेक अमेजन पे' के बैनर तले सही भुगतान और काम के अच्छे वातावरण की मांग की थी। एनएचआरसी सर्वे के अनुसार शोषण और अनियमित काम के चलते असंगठित क्षेत्र के दो-तिहाई कामगार बीमारी और अपमान झेलने को मजबूर हैं। काम के अनियमित घंटों और शोषण की वजह से गिग वर्कर्स में महिलाओं की भागीदारी बहुत कम है। ड्राइवर और डिलीवरी बॉय का जमकर शोषण करने के बावजूद कम्पनियां उन्हें न्यूनतम वेतन भी नही देना चाहती हैं।

3. श्रम कानून : केंद्र सरकार ने 2019-20 में 44 श्रम कानूनों को मिलाकर सामाजिक सुरक्षा कोड के चार खंड जारी किए थे। प्रधानमंत्री ने अगस्त 2022 में श्रम मंत्रियों के सम्मेलन में गिग वर्कर्स को भी सामाजिक सुरक्षा के दायरे में लाने की बात कही थी। लेकिन गत 5 सालों से श्रम कानूनों को लागू नहीं किया जा रहा। गिग वर्कर्स की सुरक्षा के लिए सुप्रीम कोर्ट में 2020 में दायर याचिका पर 4 साल तक जवाब नहीं मिलने पर जजों ने केंद्र सरकार को फटकार लगाई थी। जजों के अनुसार भारत अंतर्राष्ट्रीय श्रम संगठन का संस्थापक देश है। इसलिए गिग वर्कर्स को एग्रीगेटर कम्पनी से न्यूनतम वेतन, दुर्घटना बीमा, ईएसआई, स्वास्थ्य और पीएफ जैसी कानूनी सुरक्षा मिलनी चाहिए।

4. दुनिया से सीखें : इंग्लैंड के रोजगार ट्रिब्यूनल ने 2016 में उबर के ड्राइवरों को पूर्णकालिक कामगार का दर्जा दिया था। यूरोपियन यूनियन की कोर्ट ऑफ जस्टिस ने 2017 में कहा था कि उबर को एग्रीग्रेटर के बजाय ट्रांसपोर्ट सेवा के तौर पर कानून का पालन करना चाहिए। सिंगापुर में गिग वर्कर्स को रिटायरमेंट बेनेफिट और इंडोनेशिया में दुर्घटना, स्वास्थ्य और जीवन बीमा की सुविधा मिलती है। जी-20 के भारत मंडपम में आयोजित सम्मेलन में गिग वर्कर्स की सुरक्षा के लिए

आठवें वेतन आयोग के गठन के बाद सरकारी कर्मचारियों के वेतन-भत्तों में बड़ा इजाफा होगा। लेकिन शोषण का शिकार हो रहे डिलीवरी बॉय और अस्थायी कामगारों को भी न्यूनतम वेतन का कानूनी हक मिलना चाहिए।

बयान जारी हुआ था। उत्तराखंड के यूसीसी कानून में लिव-इन के रजिस्ट्रेशन का प्रावधान है तो फिर टेक कम्पनियों को गिग वर्कर के साथ अनुबंध का ब्योरा सार्वजनिक क्यों नहीं करना चाहिए?

5. राज्यों के कानून : राजस्थान में 1 से 2 फीसदी के सेस की वसूली से कल्याण फंड बनाने और नियम का पालन नही करने पर कम्पनियों पर भारी जुर्माने का कानून बना है। कर्नाटक के प्रस्तावित कानून में न्यूनतम वेतन, 12 घंटे की शिफ्ट और छंटनी के लिए 14 दिन का नोटिस जरूरी है। तेलंगाना में भी ऐसी पहल हो रही है। लेकिन इंटरमीडियरी के कानूनी लोच और कमजोर माली हालात के चलते राज्यों में गिग वर्कर्स को ठोस राहत नहीं मिल पा रही। राज्यों के नए कानूनों को आईएएमएआई और नेस्काम जैसे संगठन 'ईज ऑफ डुइंग बिजनेस' के खिलाफ बता रहे हैं। एग्रीगेटर कंपनियां पूरे देश में निर्बाध व्यापार कर रही हैं। गिग वर्कर्स की सुरक्षा सुनिश्चित करने के लिए अखिल भारतीय स्तर पर श्रम कानूनों को सख्ती से लागू करने की जरूरत है।

(ये लेखक के अपने विचार हैं)

Dainik Bhaskar • 05 Feb • Ministry of Ayush

Conclusion of 6-day training program 'Charakayatan

7 • PG | 65 • Sqcm | 371316 • AVE | 2.34M • Cir | Middle Center

Jaipur

6 दिवसीय प्रशिक्षण कार्यक्रम 'चरकायतन' का समापन

जयपुर। आयुष मंत्रालय के अन्तर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ की ओर से आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों के लिए 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वावधान में किया गया। कार्यक्रम के समापन पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण ने कहा कि 'चरकायतन' का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता का प्रामाणिक नैदानिक ज्ञान तथा अभ्यास की प्रासंगिकता प्रदान करना व चरक संहिता को सीखने व पढ़ाने का कौशल विकसित करना है। उन्होंने विद्यार्थियों को संबोधित करते हुए कहा कि हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का अवसर मिला। आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋण से उऋण होने का उपाय है।

Dainik Bhaskar • 05 Feb • Ministry of Ayush

Sahara Refund Portal se ab tak 11.61 Lakh niveshako ko 2,025 Crore Rupay baate:Shah

7 • PG | 348 • Sqcm | 432724 • AVE | 446.92K • Cir | Middle Right
Chandigarh

संसद सवाल-जवाब • 8.46 लाख परिवारों को रूफटॉप सोलर का लाभ

सहारा रिफंड पोर्टल से अब तक 11.61 लाख निवेशकों को 2,025 करोड़ रुपए बांटे: शाह

भास्कर न्यूज | नई दिल्ली

सहकारिता मंत्रालय द्वारा संचालित सीआरसीएस-सहारा रिफंड पोर्टल के जरिए अब तक सहारा के 11,61,077 निवेशकों को 2,025.75 करोड़ रुपए की राशि वितरित की जा चुकी है। यह जानकारी लोकसभा में केंद्रीय गृह और सहकारिता मंत्री अमित शाह ने दी। फिलहाल प्रत्येक पात्र निवेशक को अधिकतम 50 हजार रुपए उनके आधार लिंक बैंक खाते में भेजे जा रहे हैं। कोर्ट के 29 मार्च 2023 के आदेश के तहत यह भुगतान किया जा रहा है। सुप्रीम कोर्ट ने सहारा-सेबी रिफंड अकाउंट में जमा 25 हजार करोड़ में से 5 हजार करोड़ सीआरसीएस को आवंटित किए थे।

- आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (पीएमजय) के तहत 1 जनवरी 2025 तक 8.59 करोड़ लोगों का अस्पताल में प्रवेश मिला। इसमें कुल 1.19 लाख करोड़ रुपए खर्च हुए हैं।
- पीएम सूर्य घर मुफ्त बिजली योजना के तहत अब तक 8.46 लाख घरों को रूफटॉप सोलर पैनल लगाने का फायदा मिला है। वहीं, इसी योजना के तहत जनवरी तक 5.54 लाख लोगों को 4,308 करोड़ की वित्तीय सहायता दी जा चुकी है।
- सभी टोल प्लाजा के पास पुरुष व महिलाओं के लिए अलग-अलग शौचालय बन रहे। सरकार का लक्ष्य राष्ट्रीय राजमार्गों पर हर 40-60 किमी पर ऐसी सुविधाएं बनाना है।
- अंतरराष्ट्रीय अपराधों में भारतपोल पोर्टल का तेजी से उपयोग हो रहा है। गृह राज्य मंत्री नित्यानंद राय ने लोकसभा में बताया कि इस पोर्टल पर एक माह में 16 इंटरपोल नोटिस जारी करने को अनुरोध आया है।

Dainik Bhaskar • 05 Feb • Ministry of Ayush

Sahara refund portel se ab tak 11.61 lakh niveshako ko 2,025 crore rupay bante ;Shah

13 • PG | 619 • Sqcm | 278348 • AVE | 92.28K • Cir | Middle Right

Delhi

संसद सवाल-जवाब • 8.46 लाख परिवारों को रूफटॉप सोलर का लाभ

सहारा रिफंड पोर्टल से अब तक 11.61 लाख निवेशकों को 2,025 करोड़ रुपए बांटे: शाह

भास्कर न्यूज | नई दिल्ली

सहकारिता मंत्रालय द्वारा संचालित सीआरसीएस-सहारा रिफंड पोर्टल के जरिए अब तक सहारा के 11,61,077 निवेशकों को 2,025.75 करोड़ रुपए की राशि वितरित की जा चुकी है। यह जानकारी लोकसभा में केंद्रीय गृह और सहकारिता मंत्री अमित शाह ने दी। फिलहाल प्रत्येक पात्र निवेशक को अधिकतम 50 हजार रुपए उनके आधार लिंक बैंक खाते में भेजे जा रहे हैं। कोर्ट के 29 मार्च 2023 के आदेश के तहत यह भुगतान किया जा रहा है। सुप्रीम कोर्ट ने सहारा-सेबी रिफंड अकाउंट में जमा 25 हजार करोड़ में से 5 हजार करोड़ सीआरसीएस को आवंटित किए थे।

▪ आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (पीएमजय) के तहत 1 जनवरी 2025 तक 8.59 करोड़ लोगों का अस्पताल में प्रवेश मिला। इसमें कुल 1.19 लाख करोड़ रुपए खर्च हुए हैं। ▪ पीएम सूर्य घर मुफ्त बिजली योजना के तहत अब तक 8.46 लाख घरों को रूफटॉप सोलर पैनल लगाने का फायदा मिला है। वहीं, इसी योजना के तहत जनवरी तक 5.54 लाख लोगों को 4,308 करोड़ की वित्तीय सहायता दी जा चुकी है। ▪ सभी टोल प्लाजा के पास पुरुष व महिलाओं के लिए अलग-अलग शौचालय बन रहे। सरकार का लक्ष्य राष्ट्रीय राजमार्गों पर हर 40-60 किमी पर ऐसी सुविधाएं बनाना है। ▪ अंतरराष्ट्रीय अपराधों में भारतपोल पोर्टल का तेजी से उपयोग हो रहा है। गृह राज्य मंत्री नित्यानंद राय ने लोकसभा में बताया कि इस पोर्टल पर एक माह में 16 इंटरपोल नोटिस जारी करने को अनुरोध आया है।

Dainik Bhaskar • 04 Feb • Ministry of Ayush

2500 crore rupay ke budget ka kiya jayega pravadhan

3 • PG | 316 • Sqcm | 392788 • AVE | 446.92K • Cir | Middle Left
Chandigarh

आयुष्मान के तहत जारी रहेगा इलाज

2500 करोड़ रुपए के बजट का किया जाएगा प्रावधान

भास्कर न्यूज | चंडीगढ़

मुख्यमंत्री नायब सिंह सैनी के मुख्य प्रधान सचिव राजेश खुल्लर और इंडियन मेडिकल एसोसिएशन के प्रतिनिधियों के साथ सोमवार को हुई बैठक में आईएमए द्वारा रखी गई कई मांगों को पूरा करने का आश्वासन दिया गया। आयुष्मान योजना के तहत 10 मार्च तक क्लेम के लिए जितने भी आवेदन आएंगे, उन सभी का 31 मार्च, 2025 तक भुगतान सुनिश्चित किया जाएगा। इसके लिए विभाग को संशोधित बजट में पर्याप्त राशि अनुमोदित की जाएगी। अगले वर्ष के लिए आयुष्मान योजना के तहत क्लेम के निपटान व समयबद्ध भुगतान के लिए 2500 करोड़ रुपए के बजट का प्रावधान किया जाएगा। आईएमए की हरियाणा इकाई के प्रतिधिनियों ने मुख्यमंत्री नायब सिंह सैनी का आभार जताया। आयुष्मान भारत हरियाणा स्वास्थ्य संरक्षण प्राधिकरण की मुख्य कार्यकारी अधिकारी संगीता तेतरवाल ने विस्तृत जानकारी देते हुए बताया कि 1 जनवरी से अब तक आयुष्मान योजना के तहत प्राप्त क्लेम आवेदनों के लिए 195 करोड़ रुपए का भुगतान किया जा चुका है। शेष का भुगतान इसी माह में कर दिया जाएगा। मेडिसन व बाल चिकित्सा संबंधी क्लेमों को स्पेशलाइज्ड डॉक्टरों की स्पेशल टीम द्वारा प्रोसेस किया जाएगा। आर्टिफिशियल इंटेलिजेंस के माध्यम से जो संदिग्ध मामले सामने आते हैं, उनकी सूचना अस्पतालों के साथ सांझा की जाएगी। यदि किसी कारणवश क्लेम राशि में कटौती की गई है, तो अस्पताल द्वारा उस कटौती के कारणों के बारे विस्तृत जानकारी दी जाएगी। बैठक में चर्चा की गई कि यदि मरीज आयुष्मान भारत योजना के तहत इलाज करवाने का इच्छुक नहीं है तो उसे स्वयं के खर्चे से इलाज करवाने का विकल्प दिया जाएगा।

Dainik Bhaskar • 04 Feb • Ministry of Ayush

Charakayatan ka udheshey sekhane v phadane ka kaushal vikshit karna :Balakrishan

7 • PG | 112 • Sqcm | 138862 • AVE | 446.92K • Cir | Middle Center

Chandigarh

'चरकायतन' का उद्देश्य सीखने व पढ़ाने का कौशल विकसित करना: बालकृष्ण

हरिद्वार| आयुष मंत्रालय के अन्तर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों के लिए छह दिवसीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वावधान में किया गया। समापन अवसर पर मुख्यातिथि पतंजलि विवि के कुलपति आचार्य बालकृष्ण ने कहा कि 'चरकायतन' का मुख्य उद्देश्य चरक संहिता को सीखने एवं पढ़ाने का कौशल विकसित करना है। आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋण से उऋण होने का उपाय है।

Dainik Bhaskar • 04 Feb • Ministry of Ayush

Prashikshan karyakram Charkaytan ka samapan

10 • PG | 393 • Sqcm | 176679 • AVE | 92.28K • Cir | Middle Right
Delhi • Gurugram

प्रशिक्षण कार्यक्रम 'चरकायतन' का समापन



हरिद्वार | आयुष मंत्रालय के अंतर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वाधान में किया गया। कार्यक्रम के समापन अवसर पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण ने कहा कि 'चरकायतन' का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता को सीखने व पढ़ाने का कौशल विकसित करना है। विद्यार्थियों को संबोधित करते हुए उन्होंने कहा हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का मौका मिला। आचार्य ने कहा कि आपके व्यवहार, आचरण, स्वभाव और जीलन में आयुर्वेद दिखना चाहिए। आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं बल्कि ऋषि ऋण से उऋण होने का उपाय है। स्वयं को वैद्य कहलाने में संकोच नहीं होना चाहिए अपितु गौरव अनुभव होना चाहिए। कार्यक्रम में विख्यात आयुर्वेद चिकित्सक वैद्य प्रो. एस. के. खण्डेल ने कहा कि पतंजलि आयुर्वेद व योग के क्षेत्र में विश्व का सबसे अग्रणी संस्थान है। पतंजलि ने आयुर्वेद व योग को राष्ट्रीय व अंतरराष्ट्रीय पटल पर तथ्यों और प्रमाणों के साथ प्रस्तुत किया है।

Dainik Bhaskar • 03 Feb • Ministry of Ayush

Mahesh President of Indian Yoga Association

2 • PG | 101 • Sqcm | 581608 • AVE | 2.34M • Cir | Middle Center

Jaipur

महेश इंडियन योग एसोसिएशन के अध्यक्ष

जयपुर | इंडियन योग एसोसिएशन की राजस्थान कार्यकारिणी की बैठक का आयोजन राष्ट्रीय महासचिव एवं आयुष मंत्रालय भारत सरकार की गवर्निंग कौंसिल के सदस्य सुबोध तिवारी की अध्यक्षता में बप्पा रावल सभागार में हुआ। बैठक में योग विशेषज्ञ एवं कार्यकारी समिति के सदस्य सम्मिलित हुए, जिसमें जयपुर के वरिष्ठ आर्ट ऑफ लिविंग प्रशिक्षक महेश शर्मा को सर्व सम्मति से अध्यक्ष चुना गया। बैठक में सर्व सम्मति से योगाचार्य ढाकाराम वरिष्ठ उपाध्यक्ष, डॉ.हनवंत सिंह एवं मेघसिंह उपाध्यक्ष, डॉ.दीपेंद्र सिंह सचिव, हिमांशु पालीवाल संयुक्त सचिव, दीक्षा जामवाल कोषाध्यक्ष मनोनीत हुए। राज्य कार्यकारिणी के अन्य दायित्वों में समन्वयक लीगल डॉ हेमराज चौधरी, सदस्यता डॉ



वीणा मूंदड़ा, आयोजन शिवानी वर्मा, प्रकाशन एवं रिसर्च डॉ.पूर्णेंदु एवं डॉ.गुनीत मोंगा, प्रचार योगी मनीष को प्रदान किया गया। इंदिरा डांगी एवं करतार सिंह को सदस्य के रूप में मनोनीत किया गया। इस तरह संस्था की नवीन राज्य कार्यकारिणी का गठन हुआ। आर्ट ऑफ लिविंग राजस्थान परिवार के सदस्यों ने महेश शर्मा तथा कार्यकारिणी के सदस्यों को बधाई दी।

Samachar Jagat • 26 Feb • Ministry of Ayush

Rajasthan was honored for getting fourth place in the whole country

2 • PG | 163 • Sqcm | 141654 • AVE | 1.11M • Cir | Middle Left

Jaipur

देश का प्रकृति परीक्षण अभियान

राजस्थान को पूरे देश में चौथा स्थान मिलने पर किया सम्मानित

समाचार जगत न्यूज



जयपुर. भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग, आयुष मंत्रालय, भारत सरकार द्वारा आयोजित "देश का प्रकृति परीक्षण" अभियान के प्रथम चरण का समापन एवं पुरस्कार वितरण समारोह मुंबई में आयोजित किया गया। कार्यक्रम में मुख्य अतिथि केंद्रीय आयुष राज्यमंत्री (स्वतंत्र प्रभार) एवं स्वास्थ्य एवं परिवार कल्याण राज्यमंत्री प्रतापराव जाधव, सार्वजनिक आरोग्य एवं परिवार कल्याण मंत्री प्रकाश अबिटकर, आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा, भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग के अध्यक्ष वैद्य जयंत देवपुजारी, और "देश का प्रकृति परीक्षण" अभियान के सचिव डॉ. आशुतोष गुप्ता उपस्थित रहे। इस अवसर पर राष्ट्रीय आयुर्वेद संस्थान, जयपुर के कुलपति प्रोफेसर संजीव शर्मा को "देश का प्रकृति परीक्षण" अभियान में उत्कृष्ट प्रदर्शन एवं समर्पित सेवा के लिए तीन प्रशस्ति पत्र और पुरस्कार प्रदान किए गए। राष्ट्रीय आयुर्वेद संस्थान, जयपुर ने पूरे देश में स्नातकोत्तर महाविद्यालयों की श्रेणी में प्रथम स्थान प्राप्त कर अभियान में अपनी सक्रिय भागीदारी से महत्वपूर्ण भूमिका निभाई, जिसके लिए संस्थान को विशेष रूप से सम्मानित किया गया। इसके साथ ही, राजस्थान राज्य ने अभियान में सक्रिय भागीदारी निभाते हुए देश में संख्यात्मक दृष्टि से चतुर्थ स्थान प्राप्त किया, जिसके लिए राज्य को भी प्रशस्ति पत्र प्रदान किया गया। राजस्थान प्रदेश की ओर से प्रशस्ति पत्र प्रोफेसर संजीव शर्मा ने प्राप्त किया।

Samachar Jagat • 02 Feb • Ministry of Ayush

Formation of new state executive of Indian Yoga Association

10 • PG | 105 • Sqcm | 91151 • AVE | 1.11M • Cir | Bottom Right

Jaipur

इंडियन योग एसोसिएशन की नवीन राज्य कार्यकारिणी का गठन



समाचार जगत न्यूज

जयपुर. भारत के सभी योग संगठनों के समुच्चय एवं योग के मुख्य संगठन इंडियन योग एसोसिएशन की राजस्थान कार्यकारिणी की बैठक का आयोजन राष्ट्रीय महासचिव एवं आयुष मंत्रालय भारत सरकार की गवर्निंग कॉन्सिल के सदस्य सुबोध तिवारी की अध्यक्षता में बप्पा रावल सभागार में हुआ। बैठक में संपूर्ण राजस्थान के योग विशेषज्ञ एवं कार्यकारी समिति के सदस्य सम्मिलित हुए। सर्वप्रथम संयुक्त सचिव हिमांशु पालीवाल ने गत बैठक के प्रस्तावों का अनुमोदन करवाते हुए अभी तक की यात्रा पर प्रकाश डाला। महासचिव सुबोध तिवारी ने संगठन की कार्ययोजना एवं अपेक्षाओं पर प्रकाश डालते हुए मार्गदर्शन प्रदान किया। सर्व सम्मति से महेश शर्मा अध्यक्ष, योगाचार्य ढाकाराम वरिष्ठ उपाध्यक्ष, डा हनवंत सिंह एवं मेघसिंह उपाध्यक्ष, डा दीपेंद्र सिंह सचिव, हिमांशु पालीवाल संयुक्त सचिव, दीक्षा जामवाल कोषाध्यक्ष के रूप में मनोनीत हुए। राज्य कार्यकारिणी के अन्य दायित्वों में समन्वयक लीगल डॉ हेमराज चौधरी, सदस्यता डा वीणा मूंदड़ा, आयोजन शिवानी वर्मा, प्रकाशन एवं रिसर्च डॉ पूर्णेंदु एवं डॉ गुनीत मोंगा, प्रचार योगी मनीष को प्रदान किए गए।

Ajit • 25 Feb • Ministry of Ayush

Ayushman card rahi dawaiya de len den sambandhi kai crore rupay da ghotala hovega ujagar

5 • PG | 147 • Sqcm | 139326 • AVE | 1.06M • Cir | Middle Center

Chandigarh

ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਰਾਹੀ ਦਵਾਈਆਂ ਦੇ ਲੈਣ-ਦੇਣ ਸੰਬੰਧੀ ਕਈ ਕਰੋੜ ਰੁਪਏ ਦਾ ਘੁਟਾਲਾ ਹੋਵੇਗਾ ਉਜਾਗਰ

ਚੰਡੀਗੜ੍ਹ, 24 ਫ਼ਰਵਰੀ (ਮਾਰਕੰਡਾ)-ਪੀ. ਜੀ. ਆਈ. ਐੱਮ. ਈ. ਆਰ. ਚੰਡੀਗੜ੍ਹ 'ਚ ਕਈ ਕਰੋੜ ਰੁਪਏ ਤੋਂ ਵੱਧ ਦਾ ਘੁਟਾਲਾ ਸਾਹਮਣੇ ਆਇਆ ਆ ਰਿਹਾ ਹੈ। ਸੂਤਰਾਂ ਨੇ ਦੱਸਿਆ ਕਿ ਇਹ ਧੋਖਾਧੜੀ ਉਸ ਸਮੇਂ ਸਾਹਮਣੇ ਆਈ ਜਦੋਂ ਪੀ. ਜੀ. ਆਈ. ਸੁਰੱਖਿਆ ਕਰਮਚਾਰੀ ਨੇ ਇਕ ਵਿਅਕਤੀ ਨੂੰ ਅਮ੍ਰਿਤ ਫਾਰਮੇਸੀ ਵਿਚੋਂ ਇੰਡੈਂਟ ਬੁੱਕਾਂ ਤੇ ਜਾਅਲੀ ਡਾਕਟਰਾਂ ਦੀਆਂ ਮੋਹਰਾਂ ਰੱਖਣ ਵਾਲੇ ਵਿਅਕਤੀ ਨੂੰ ਫੜਿਆ। ਇਕ ਸੁਰੱਖਿਆ ਗਾਰਡ ਦੁਆਰਾ ਸ਼ੱਕ ਹੋਣ 'ਤੇ ਵਿਅਕਤੀ ਨੂੰ ਫੜ ਲਿਆ ਗਿਆ ਜੋ ਭੱਜਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰ ਰਿਹਾ ਸੀ। ਉਸਦੀ ਲਈ ਗਈ ਤਲਾਸ਼ੀ ਤੋਂ ਬਾਅਦ ਉਸ ਖ਼ਿਲਾਫ਼ ਐੱਫ.ਆਈ.ਆਰ. ਦਰਜ਼ ਕਰਵਾਈ ਗਈ। ਜਾਣਕਾਰ ਸੂਤਰਾਂ ਨੇ ਦੱਸਿਆ ਕਿ ਇਹ ਮਾਮਲਾ ਪੀ.ਜੀ.ਆਈ. ਦੇ ਆਯੁਸ਼ਮਾਨ ਸੈੱਲ ਨਾਲ ਸਬੰਧਿਤ ਹੈ। ਇਹ ਧੋਖਾਧੜੀ ਪੀ.ਜੀ.ਆਈ. ਦੇ ਗ਼ਰੀਬ ਮਰੀਜ਼ ਭਲਾਈ ਫ਼ੰਡ ਦੇ ਪ੍ਰਬੰਧਨ ਵਿਚ ਗੰਭੀਰ ਖ਼ਾਮੀਆਂ ਨੂੰ ਵੀ ਉਜਾਗਰ ਕਰਦੀ ਹੈ। ਇਸ ਵਿਚ ਦੱਸਿਆ ਗਿਆ ਹੈ ਕਿ ਕਿਵੇਂ ਇਕ ਦੋਸ਼ੀ ਵਿਅਕਤੀ ਡਾਕਟਰਾਂ ਦੀਆਂ ਮੋਹਰਾਂ ਬਣਾ ਕੇ ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਰਾਹੀ ਕਾਊਂਟਰ ਤੋਂ ਕੱਢਵਾਂ ਕੇ ਪ੍ਰਾਈਵੇਟ ਰੂਪ ਵਿਚ ਵੇਚਦਾ ਸੀ, ਜੋ ਪਿਛਲੇ ਕਈ ਸਾਲਾ ਤੋਂ ਚੱਲਿਆ ਆ ਰਿਹਾ ਹੈ। ਆਲੋਚਕਾਂ ਦਾ ਦੋਸ਼ ਹੈ ਕਿ ਸਿਸਟਮ ਨਾਲ ਕਿਵੇਂ ਸਮਝੌਤਾ ਕੀਤਾ ਗਿਆ, ਜਿਸ ਨਾਲ ਸਥਾਨਕ ਸਿਆਸਤਦਾਨਾਂ ਅਤੇ ਡਾਕਟਰਾਂ ਨੂੰ ਮਰੀਜ਼ਾਂ ਦੀ ਆਰਥਿਕ ਸਥਿਤੀ ਦੀ ਸਹੀ ਪੁਸ਼ਟੀ ਕੀਤੇ ਬਿਨਾਂ ਇਲਾਜ ਦੀ ਸਿਫ਼ਾਰਸ਼ ਕਰਨ ਦੀ ਇਜਾਜ਼ਤ ਦਿੱਤੀ ਗਈ ਸੀ। ਐੱਫ. ਆਈ. ਆਰ ਤੋਂ ਬਾਅਦ ਪੁਲਿਸ ਦੀ ਜਾਂਚ ਰੇਡੀਓਥੈਰੇਪੀ ਅਤੇ ਨੈਫਰੋਲੋਜੀ ਵਿਭਾਗਾਂ ਤੱਕ ਫੈਲ ਗਈ ਹੈ, ਜਿੱਥੇ ਦੋਸ਼ੀ ਵਿਅਕਤੀ ਤੋਂ ਜ਼ਬਤ ਸਟੈਂਪਸ ਅਤੇ ਇੰਡੈਂਟ ਬੁੱਕਾਂ ਬਾਰੇ ਪੁੱਛਗਿੱਛ ਕੀਤੀ ਜਾ ਰਹੀ ਹੈ। ਇਨ੍ਹਾਂ ਇੰਡੈਂਟ ਬੁੱਕਾਂ ਦੇ ਗੁੰਮ ਹੋਏ ਪੰਨਿਆਂ ਬਾਰੇ ਵੀ ਚਿੰਤਾ ਪ੍ਰਗਟਾਈ ਗਈ ਹੈ, ਜੋ ਕਿ ਦਵਾਈਆਂ ਅਤੇ ਖਪਤਕਾਰਾਂ ਦੀ ਵਰਤੋਂ ਨੂੰ ਦਰਜ ਕਰਕੇ ਪਾਰਦਰਸ਼ਤਾ ਦੀ ਘਾਟ ਨੂੰ ਦਰਸਾਉਂਦੇ ਹਨ। ਇੱਥੇ ਇਲਜ਼ਾਮ ਵਿਚ ਦੱਸਿਆ ਗਿਆ ਹੈ ਕਿ ਕਿਵੇ ਮਰੀਜ਼ਾਂ ਰਾਹੀ ਦੋ ਨੰਬਰ ਵਿਚ ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਦੁਆਰਾ ਦਵਾਈਆਂ ਲਈਆਂ ਜਾਂਦੀਆ ਸਨ ਕਿ ਕਿਵੇ ਮਰੀਜ਼ਾ ਨੂੰ ਵੇਚੀਆ ਜਾਂਦੀਆਂ ਸਨ। ਸੂਤਰਾਂ ਨੇ ਦੱਸਿਆ ਕਿ ਇਹ ਕਈ ਕਰੋੜਾਂ ਰੁਪਏ ਤੋਂ ਵੱਧ ਦਾ ਘੁਟਾਲਾ ਹੋਵੇਗਾ ਜੋ ਲਗਪਗ 2021 ਤੋਂ ਚੱਲ ਰਿਹਾ ਹੈ।

Ajit • 19 Feb • Ministry of Ayush

Punjab sarkar ayushmann bharat yojana tehat niji hospital de bakaye da bhugtaan karegi

10 • PG | 151 • Sqcm | 143290 • AVE | 1.06M • Cir | Middle Center

Chandigarh

ਪੰਜਾਬ ਸਰਕਾਰ ਆਯੁਸ਼ਮਾਨ ਭਾਰਤ ਯੋਜਨਾ ਤਹਿਤ ਨਿੱਜੀ ਹਸਪਤਾਲਾਂ ਦੇ ਬਕਾਏ ਦਾ ਭੁਗਤਾਨ ਕਰੇਗੀ

ਚੰਡੀਗੜ੍ਹ, 18 ਫ਼ਰਵਰੀ (ਸੰਦੀਪ ਕੁਮਾਰ ਮਾਹਨਾ)-ਪੰਜਾਬ ਸਰਕਾਰ ਨੂੰ ਆਖਰਕਾਰ 'ਆਯੁਸ਼ਮਾਨ ਭਾਰਤ ਯੋਜਨਾ' ਤਹਿਤ ਨਿੱਜੀ ਹਸਪਤਾਲਾਂ ਦੇ ਬਕਾਏ ਦਾ ਭੁਗਤਾਨ ਕਰਨ ਲਈ ਸਹਿਮਤ ਹੋਣਾ ਪਿਆ ਹੈ। ਸਰਕਾਰ ਨੇ ਹਾਈ ਕੋਰਟ ਨੂੰ ਭਰੋਸਾ ਦਿੱਤਾ ਹੈ ਕਿ ਸੂਬੇ ਦੇ ਸਾਰੇ ਨਿੱਜੀ ਹਸਪਤਾਲਾਂ ਦੇ 31 ਦਸੰਬਰ, 2024 ਤੱਕ ਦੇ ਬਕਾਏ 21 ਮਾਰਚ, 2025 ਤੱਕ ਅਦਾ ਕਰ ਦਿੱਤੇ ਜਾਣਗੇ। ਪਿਛਲੇ ਦੋ ਸਾਲਾਂ ਤੋਂ ਪੰਜਾਬ ਸਰਕਾਰ ਆਯੁਸ਼ਮਾਨ ਭਾਰਤ ਯੋਜਨਾ ਤਹਿਤ ਨਿੱਜੀ ਹਸਪਤਾਲਾਂ ਨੂੰ ਭੁਗਤਾਨ ਨਹੀਂ ਕਰ ਰਹੀ ਸੀ, ਜਿਸ ਕਾਰਨ ਬਹੁਤ ਸਾਰੇ ਹਸਪਤਾਲ ਭਾਰੀ ਵਿੱਤੀ ਸੰਕਟ ਦਾ ਸਾਹਮਣਾ ਕਰ ਰਹੇ ਸਨ। ਇਸ ਦੇਰੀ ਨੂੰ ਲੈ ਕੇ ਇੰਡੀਅਨ ਮੈਡੀਕਲ ਐਸੋਸੀਏਸ਼ਨ ਨੇ ਹਾਈ ਕੋਰਟ ਵਿਚ ਪਟੀਸ਼ਨ ਦਾਇਰ ਕੀਤੀ ਸੀ। ਜਦੋਂ ਹਾਈ ਕੋਰਟ ਨੇ ਸਰਕਾਰ ਤੋਂ ਇਸ਼ਤਿਹਾਰਾਂ 'ਤੇ ਖਰਚ ਕੀਤੇ ਗਏ ਕਰੋੜਾਂ ਰੁਪਏ ਦੇ ਵੇਰਵੇ ਮੰਗੇ ਤਾਂ ਸਰਕਾਰ ਬਕਾਇਆ ਰਕਮ ਜਾਰੀ ਕਰਨ ਲਈ ਸਹਿਮਤ ਹੋ ਗਈ। ਹਾਲਾਂਕਿ ਸ਼ੁਰੂ ਵਿਚ ਸਰਕਾਰ ਨੇ ਰਕਮ ਜਾਰੀ ਕਰਨ ਲਈ ਤਿੰਨ ਮਹੀਨਿਆਂ ਦਾ ਸਮਾਂ ਮੰਗਿਆ ਸੀ, ਪਰ ਅਦਾਲਤ ਨੇ ਇਸ 'ਤੇ ਸਖ਼ਤ ਇਤਰਾਜ਼ ਜਤਾਇਆ। ਹਾਈ ਕੋਰਟ ਨੇ ਸਪੱਸ਼ਟ ਕੀਤਾ ਕਿ ਜੇਕਰ ਸਰਕਾਰ ਭੁਗਤਾਨ ਵਿਚ ਹੋਰ ਦੇਰੀ ਕਰਦੀ ਹੈ ਤਾਂ ਵਿੱਤ ਸਕੱਤਰ ਵਿਰੁੱਧ ਮਾਣਹਾਨੀ ਦੀ ਕਾਰਵਾਈ ਸ਼ੁਰੂ ਕੀਤੀ ਜਾਵੇਗੀ। ਇਸ ਚੇਤਾਵਨੀ ਤੋਂ ਬਾਅਦ ਪੰਜਾਬ ਸਰਕਾਰ ਨੇ ਅਦਾਲਤ ਨੂੰ ਭਰੋਸਾ ਦਿੱਤਾ ਕਿ ਇਹ ਰਕਮ ਇਕ ਮਹੀਨੇ ਦੇ ਅੰਦਰ ਜਾਰੀ ਕਰ ਦਿੱਤੀ ਜਾਵੇਗੀ। ਸਰਕਾਰ ਦੇ ਇਸ ਭਰੋਸੇ ਤੋਂ ਬਾਅਦ, ਹਾਈ ਕੋਰਟ ਨੇ ਪਟੀਸ਼ਨ ਦਾ ਨਿਪਟਾਰਾ ਕਰ ਦਿੱਤਾ, ਪਰ ਇਹ ਵੀ ਸਪੱਸ਼ਟ ਕਰ ਦਿੱਤਾ ਕਿ ਜੇਕਰ ਇਕ ਮਹੀਨੇ ਦੇ ਅੰਦਰ ਭੁਗਤਾਨ ਨਹੀਂ ਕੀਤਾ ਜਾਂਦਾ ਹੈ, ਤਾਂ ਪਟੀਸ਼ਨਕਰਤਾ ਇੰਡੀਅਨ ਮੈਡੀਕਲ ਐਸੋਸੀਏਸ਼ਨ ਮੁੜ ਅਦਾਲਤ ਦਾ ਦਰਵਾਜ਼ਾ ਖੜਕਾ ਸਕਦਾ ਹੈ। ਹੁਣ ਸਾਰਿਆਂ ਦੀਆਂ ਨਜ਼ਰਾਂ 21 ਮਾਰਚ 'ਤੇ ਟਿਕੀਆਂ ਹੋਈਆਂ ਹਨ ਕਿ ਕੀ ਸਰਕਾਰ ਆਪਣਾ ਵਾਅਦਾ ਪੂਰਾ ਕਰੇਗੀ ਜਾਂ ਮਾਮਲਾ ਦੁਬਾਰਾ ਅਦਾਲਤ ਵਿਚ ਜਾਵੇਗਾ।

Divya Bhaskar • 25 Feb • Ministry of Ayush

Muscle memory helps you stay fit after a break

8 • PG | 198 • Sqcm | 29732 • AVE | 316.29K • Cir | Bottom Left

Mumbai



બ્રેક પછી ફિટ રહેવામાં મદદ કરે મસલ મેમરી



પહેલું સુખ તે... • સપના વ્યાસ

જીવન બહુ વ્યસ્ત બની ગયું હોય, કામનો ઢગલો થઈ ગયો હોય કે પછી વર્કઆઉટ કરવાની ઇચ્છા ન હોય...આ કોઈપણ કારણોસર વર્કઆઉટ શેડ્યુલમાંથી બ્રેક લીધો હોય તો બહુ ચિંતા કરવાની જરૂર નથી. ફરીથી જ્યારે વર્કઆઉટની શરૂઆત કરશો ત્યારે તમારે એકડેએકથી શરૂઆત નહીં કરવી પડે અને એનું કારણ છે મસલ મેમરી. મસલ મેમરીનો મતલબ એ નથી કે મસલ પાસે કોઈ આગવો મેમરીપાવર હોય છે. મસલ મેમરી એટલે મસલ ફાઇબર્સ અને ચેતાતંત્રની અનુકૂલન ક્ષમતા. જો તમે ભૂતકાળમાં ક્યારેય ફિટ રહ્યા હશો તો તમારી શરીર એ ફિટનેસની બ્લુપ્રિન્ટ સ્ટોર કરીને રાખશે. આ પછી જો થોડો પણ પ્રયાસ કરવામાં આવે તો મસલ્સ ફરીથી પોતાની સ્ટ્રેન્થ મેળવવા લાગે છે.

જો તમે ભૂતકાળમાં ત્રણથી છ મહિના સુધી સતત ફિટનેસ ટ્રેનિંગ લીધી હશે તો બ્રેક પછી તમારું શરીર એના કરતા અડધા સમયમાં ઓરિજનલ સ્ટ્રેન્થ મેળવી લે છે. આનો સીધો મતલબ એ છે કે જો તમે એક વરસ સુધી ફિટનેસ ટ્રેનિંગ લઈને બ્રેક લો તો બ્રેક પછી ફરીથી 4-6 મહિનામાં પહેલાં જેવી ફિટનેસ મેળવી શકો છો.

ઇન્ટેન્સિટીમાં ક્રમશઃ વધારો

મસલ મેમરી પર આધાર રાખીને કમબેક કરતી વખતે સંપૂર્ણ ઇન્ટેન્સિટી સાથે ફિટનેસ એક્ટિવિટીની શરૂઆત કરવાને બદલે એમાં ક્રમશઃ વધારો કરો કારણ કે જોઇન્ટ્સ અને ચેતાતંત્રને ફિટનેસ એક્ટિવિટી સાથે તાલમેલ સાધતા થોડો સમય લાગશે. જો શરૂઆતમાં જ એકદમ તીવ્ર ઇન્ટેન્સિટી સાથે વર્કઆઉટ કરશો તો ઇજા થવાની શક્યતા વધી જશે.

કમ્પાઉન્ડ મૂવમેન્ટને પ્રાથમિકતા

ફિટનેસ શેડ્યુલમાં કમબેક કરતી વખતે સ્કવેન્ટ્સ, ડેડલિફ્ટ્સ, પુલ-અપ અને પ્રેસીસ જેવી મસલ ગ્રુપ એક્ટિવિટી શરીરને એક્ટિવ થવાનું સ્ટ્રોન્ગ સિગ્નલ આપે છે. બાઇસેપ કર્લ્સ જેવી એક્ટિવિટી કરવાને બદલે બિગ લિફ્ટ પર ફોક્સ કરવાથી ઓછામાં ઓછા સમયમાં મહત્તમ પરિણામ મળે છે.

ફ્રિકવન્સી પણ મહત્ત્વની

અઠવાડિયામાં બે-ત્રણ વખત સુપર-ઇન્ટેન્સ સેશન્સમાં જે પરિણામ મળે છે એના કરતાં વધારે સારું પરિણામ અઠવાડિયામાં ચારથી પાંચ વખત મોડરેટ ટ્રેનિંગ લેવાથી મળે છે. જ્યારે ફિટનેસ એક્ટિવિટીની ફ્રિકવન્સી વધારે હોય ત્યારે શરીર સારો પ્રતિભાવ આપે છે. અઠવાડિયામાં ચારથી પાંચ વખત ત્રીસથી ચાલીસ મિનિટનું વર્કઆઉટ સેશન પણ સારું પરિણામ આપે છે.

પોષણનો સપોર્ટ

જ્યારે તમે ફિટનેસ શેડ્યુલને રિએક્ટિવેટ કરી રહ્યા હો ત્યારે શરીરને એકસ્ટ્રા પ્રોટીન, હાઇડ્રેશન અને પોષકતત્ત્વોની જરૂર પડે છે જેથી એ રિપેર થઈને વધારે મજબૂત બની શકે. જ્યારે તમે ટ્રેનિંગની શરૂઆત કરો ત્યારે શરીરમાં થોડો દુખાવો થાય એ સ્વાભાવિક છે પણ એ સમયે બેસી રહેવાને બદલે થોડી મૂવમેન્ટ કરવાથી શરીરમાં રક્તનો પ્રવાહ વધે છે તેમજ દુખાવો પણ ક્રમશઃ ઓછો થતો જાય છે.

ધીરજ રાખો

ફિટનેસ એક્ટિવિટીમાં કમબેક કર્યા પછી ચોક્કસપણે તમારી સ્ટ્રેન્થ વધશે પણ આ ચેન્જ રાતોરાત નહીં આવે. પ્રોગ્રેસને હંમેશાં સમય લાગે છે એટલે ધીરજ રાખીને એના પર ધ્યાન કેન્દ્રિત રાખવું.

Divya Bhaskar • 06 Feb • Ministry of Ayush

Advise indicates water and mineral deficiency in the body

4 • PG | 87 • Sqcm | 13061 • AVE | 316.29K • Cir | Bottom Right
Mumbai

હેલ્થ ગેજેટ : નિક્સ હાઇડ્રેશન બાયોસેન્સર

આ ડિવાઈઝ શરીરમાં પાણી અને મિનરલની ઊણપને દર્શાવે છે

શું છે : આ ડિવાઈઝ વર્ક આઉટ દરમિયાન સર્જાતી પાણી અને મિનરલ્સની ઉણપને ધ્યાનમાં રાખીને બનાવાઈ છે. અમેરિકન કંપની નિક્સે તેને બનાવી છે. ડિવાઈઝ વર્કઆઉટ દરમિયાન થતા પરસેવાનું વિશ્લેષણ કરીને બતાવે છે કે શરીરને ક્યારે, કયા અને કેટલા પ્રવાહી પદાર્થની જરૂર છે. તેને એપના માધ્યમથી સરળતાથી મોબાઈલની સાથે કનેક્ટ કરી શકાય છે.

કઈ રીતે કામ કરે છે: તેને સ્વેટ પેચની સાથે હાથ પર લગાવાય છે. જેમો પરસેવો અહીંથી પસાર થાય છે. આ ડિવાઈઝ તેનું વિશ્લેષણ કરવા લાગે છે, જેનો ડેટા મોબાઈલ એપ પર આવે છે.



ક્યાં મળે છે : ગેજેટને કંપનીની વેબસાઈટથી ઓનલાઈન મંગાવી શકાય છે. તેની કિંમત અંદાજે ₹.10,000 છે.

Samyuktha Karnataka • 24 Feb • Ministry of Ayush

Ayushmann health Karnataka plan for Spine problem

6 • PG | 67 • Sqcm | 26683 • AVE | 84.88K • Cir | Bottom Right

Bengaluru

ಬೆನ್ನುಮೂಳೆ ಸಮಸ್ಯೆಗೂ ಆಯುಷ್ಮಾನ್ ಆರೋಗ್ಯ ಕರ್ನಾಟಕ ಯೋಜನೆ

ಬೆಂಗಳೂರು: ಕರ್ನಾಟಕ ಆರೋಗ್ಯ ಇಲಾಖೆಯು ಆಯುಷ್ಮಾನ್ ಭಾರತ್–ಆರೋಗ್ಯ ಕರ್ನಾಟಕ ಯೋಜನೆಯಡಿಯಲ್ಲಿ ಬೆನ್ನುಮೂಳೆ ಸಂಬಂಧಿತ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಗಳನ್ನು ಅಳವಡಿಸುವ ಕುರಿತು ಮಹತ್ವದ ಆದೇಶ ಹೊರಡಿಸಿದೆ.



ಈ ಕುರಿತು ಸಚಿವ ದಿನೇಶ್ ಗುಂಡೂರಾವ್ ಮಾಹಿತಿ ನೀಡಿದ್ದು, ಮಕ್ಕಳಲ್ಲಿ ಮತ್ತು ಯುವಜನರಲ್ಲಿ ಹೆಚ್ಚಾಗಿ ಕಂಡುಬರುವ ಸ್ಕೋಲಿಯೋಸಿಸ್, ಕೈಫೋಸಿಸ್ ಮತ್ತು ಲಾರ್ಡೋಸಿಸ್ ಮುಂತಾದ ಬೆನ್ನುಮೂಳೆ ಸಂಬಂಧಿತ ಸಮಸ್ಯೆಗಳಿಗೆ ಇದರಿಂದ ಪರಿಹಾರ ದೊರಕಲಿದ್ದು ಅವರು ಎಲ್ಲರಂತೆ ದೈನಂದಿನ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ತೊಡಗಲು ನೆರವಾಗಲಿದೆ.

ಮಕ್ಕಳಲ್ಲಿ ಕಂಡುಬರಬಹುದಾದ ಯಾವುದೇ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳನ್ನೂ ಸಹ ಗಂಭೀರವಾಗಿ ಪರಿಗಣಿಸಿ ಅವರಿಗೂ ಸಮಾನ ಆರೋಗ್ಯಯುತ ಜೀವನ ನಡೆಸಲು ಅವಕಾಶ ಕಲ್ಪಿಸಿಕೊಡಲು ಆರೋಗ್ಯ ಇಲಾಖೆಯ ಪ್ರಯತ್ನ ನಿರಂತರವಾಗಿದೆ ಎಂದು ತಿಳಿಸಿದ್ದಾರೆ.

Samyuktha Karnataka • 11 Feb • Ministry of Ayush

Ayushmann Bharath digital mission Program on tomorrow

3 • PG | 47 • Sqcm | 18785 • AVE | 84.88K • Cir | Middle Center

Bengaluru

ಆಯುಷ್ಮಾನ್ ಭಾರತ್ ಡಿಜಿಟಲ್ ಮಿಷನ್ ಕಾರ್ಯಾಗಾರ ನಾಳೆ

ಬೆಂಗಳೂರು: ನವದೆಹಲಿಯ ರಾಷ್ಟ್ರೀಯ ಹೋಮಿಯೋಪಥಿ ಹಾಗೂ ಕರ್ನಾಟಕ ಹೋಮಿಯೋಪಥಿ ಮಂಡಳಿ ಸಂಯುಕ್ತಾಶ್ರಯದಲ್ಲಿ ಫೆ.12ರಂದು ಆಯುಷ್ಮಾನ್ ಭಾರತ್ ಡಿಜಿಟಲ್ ಮಿಷನ್ ಸೆನ್ಸಿಟೈಸೇಷನ್, ಎನ್‌ಆರ್‌ಎಚ್ ಆನ್‌ಲೈನ್ ರಿಜಿಸ್ಟ್ರೇಷನ್ ಪೋರ್ಟಲ್ ಕಾರ್ಯಾಗಾರವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಅಂದು ಲಕ್ಕಸಂದ್ರದ ನಿಮ್ಹಾನ್ಸ್‌ನ ಕನ್ವೆನ್‌ಷನ್ ಸೆಂಟರ್‌ನಲ್ಲಿ ಬೆಳಗ್ಗೆ 11 ಗಂಟೆಗೆ ಈ ಕಾರ್ಯಾಗಾರವು ನಡೆಯಲಿದೆ. ಈ ಕಾರ್ಯಾಗಾರವನ್ನು ಆರೋಗ್ಯ ಸಚಿವ ದಿನೇಶ್‌ಗುಂಡೂರಾವ್ ಉದ್ಘಾಟಿಸಲಿದ್ದಾರೆ. ರಾಷ್ಟ್ರೀಯ ಹೋಮಿಯೋಪಥಿ ಆಯೋಗದ ಅಧ್ಯಕ್ಷ ಡಾ.ಅನಿಲ್ ಖಿರಾನ ಅವರು ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಲಿದ್ದು ಆಯುಷ್ ಇಲಾಖೆಯ ಆಯುಕ್ತ ವಿಪಿನ್ ಸಿಂಗ್, ಕರ್ನಾಟಕ ಹೋಮಿಯೋಪಥಿ ಮಂಡಳಿ ಅಧ್ಯಕ್ಷ ಡಾ.ಬಿ.ಟಿ.ರುದ್ರೇಶ್, ರಾಷ್ಟ್ರೀಯ ಹೋಮಿಯೋಪಥಿ ಆಯೋಗದ ಕಾರ್ಯದರ್ಶಿ ಡಾ.ಸಂಜಯ್ ಗುಪ್ತ ಮತ್ತಿತರರು ಭಾಗವಹಿಸಲಿದ್ದಾರೆ.

Sandhyanand • 24 Feb • Ministry of Ayush

Participation is important for the spread of 'AYUSH

16 • PG | 154 • Sqcm | 76956 • AVE | 828.16K • Cir | Middle Center

Pune



'आयुष'च्या प्रसारासाठी सहभाग महत्त्वाचा

मुंबई, २३ फेब्रुवारी (आ.प्र.) : 'आयुर्वेद व योगाभ्यासाच्या प्रचार-प्रसारासाठी पंतप्रधान नरेंद्र मोदी यांनी केंद्रीय आयुष मंत्रालयाची निर्मिती केली. या आयुष मंत्रालयाच्या कार्याचा प्रचार व प्रसार सर्वत्र होण्यासाठी सर्वांचा सहभाग महत्त्वाचा आहे,' असे प्रतिपादन केंद्रीय आयुष राज्यमंत्री प्रतापराव जाधव यांनी केले.

एनसीपीएतील जमशेद भाभा थिएटरमध्ये आयोजित धन्वंतरी पुरस्कार वितरण सोहळा आणि 'देश का प्रकृती परीक्षण' मोहिमेच्या पहिल्या टप्प्याचा समारोप कार्यक्रमात जाधव बोलत होते. यावेळी राज्याचे आरोग्य मंत्री प्रकाश आबिटकर, आयुष मंत्रालयाचे सचिव वैद्य राजेश कोटेचा, भारतीय चिकित्सा पद्धती राष्ट्रीय आयोगाचे सभापती वैद्य जयंत देवपुजारी, पद्मश्री देवेंद्र त्रिगुणा, वैद्य राकेश शर्मा, देश का प्रकृति परीक्षण अभियानाचे सचिव डॉ. आशुतोष गुप्ता, सच्चिदानंद प्रसाद यांच्यासह मान्यवर उपस्थित होते.

- **जाधव यांचे प्रतिपादन : धन्वंतरी पुरस्कारांचे उत्साहात वितरण**

धन्वंतरी पुरस्कारार्थी; तसेच आयुष मंत्रालयाच्या वतीने देण्यात आलेल्या विविध पुरस्कारार्थींचे आबिटकर यांनी अभिनंदन केले. आयुर्वेद, योगाचा जागतिक पातळीवर प्रचार-प्रसार करण्यासोबतच देशात देश का प्रकृती परिक्षण अभियान राबवण्यात आले. त्याचपद्धतीने राज्याच्या अर्थसंकल्पातही आयुष किंवा आयुर्वेदासाठी तरतूद करण्यावर भर देण्यात येईल, असे आरोग्य मंत्री आबिटकर यांनी सांगितले.

देश का प्रकृति परीक्षण अभियानात उत्कृष्ट कार्य करणाऱ्या राज्यांचा व देशातील आयुर्वेदिक महाविद्यालयांचा स्मृतिचिन्ह देऊन मान्यवरांच्या हस्ते सन्मान करण्यात आला.

Vijaya Karnataka • 23 Feb • Ministry of Ayush

Priority for Ashwagandha research

4 • PG | 126 • Sqcm | 126285 • AVE | 1.44M • Cir | Top Center

Bengaluru

ಅಶ್ವಗಂಧ ಸಂಶೋಧನೆಗೆ ಆದ್ಯತೆ

ಆಯುಷ್ ಸಚಿವಾಲಯ ಅಧಿಕಾರಿ ವೈಶ್ಯ ಭರವಸೆ



ಬೆಂಗಳೂರು: ಸಾಂಪ್ರದಾಯಿಕ ಗಿಡಮೂಲಿಕೆ ಅಶ್ವಗಂಧದ ಬಗ್ಗೆ ಸಂಶೋಧನೆ ನಡೆಸಲು ಆಯುಷ್ ಸಚಿವಾಲಯ ವ್ಯಾಪಕ ಯೋಜನೆಗಳನ್ನು ಹಮ್ಮಿಕೊಂಡಿದೆ. ಗಾರ್ಡನ್ ಸಿಟಿ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಸಹಯೋಗದಲ್ಲಿ ಅಶ್ವಗಂಧ ಪೋರಂ ಮಾಡಲಾಗಿದೆ ಎಂದು ರಾಷ್ಟ್ರೀಯ ವೈದ್ಯಕೀಯ ಸ್ಯ ಮಂಡಳಿ ಹಾಗೂ ಆಯುಷ್ ಸಚಿವಾಲಯದ ಸಂಶೋಧನಾ ಅಧಿಕಾರಿ ಡಾ.ಜಿತೇಂದ್ರಕುಮಾರ್ ವೈಶ್ಯ ಹೇಳಿದರು.

ಅವರು ಗಾರ್ಡನ್ ಸಿಟಿ ವಿಶ್ವವಿದ್ಯಾಲಯ(ಜಿಸಿಯು)ದಲ್ಲಿ ಶನಿವಾರ 'ದ ಬುಕ್ ಕಂಪೆಂಡಿಯಮ್ ಆಫ್ ಅಶ್ವಗಂಧ: ಎ ಕಂಪ್ಲೀಟ್ ರೆಫರೆನ್ಸ್ ಗೈಡ್' ಕೃತಿಯನ್ನು ಬಿಡುಗಡೆ ಮಾಡಿ ಮಾತನಾಡಿದರು. ''ಗಾರ್ಡನ್ ಸಿಟಿ ವಿವಿ ಸಾಂಪ್ರದಾಯಿಕ ಜ್ಞಾನವನ್ನು ಆಧುನಿಕತೆ ಜ್ಞಾನದೊಂದಿಗೆ ಸಂಯೋಗಗೊಳಿಸಿದೆ. ಈ ಕೃತಿ ಅಶ್ವಗಂಧ ಕುರಿತು ಸಂಶೋಧನೆ ನಡೆಸುವ ನಮ್ಮ ಗುರಿಗೆ ಪೂರಕವಾಗಿದೆ,'' ಎಂದು ಅಭಿಪ್ರಾಯಪಟ್ಟರು.

ಗಾರ್ಡನ್ ಸಿಟಿ ವಿವಿ ಕುಲಪತಿ ಡಾ.ವಿ.ಜಿ.ಜೋಸೆಫ್ ಉಪಸ್ಥಿತರಿದ್ದರು. ಆಯುಷ್ ಸಚಿವಾಲಯ ಮತ್ತು ವಿವಿ ಸಹಯೋಗದಲ್ಲಿ ಈ ಕಾರ್ಯಕ್ರಮ ಜರುಗಿತು.

ಪ್ರಯೋಗಾಲಯ ಉದ್ಘಾಟನೆ

ಶನಿವಾರ ಜಿಸಿಯು ಕ್ಯಾಂಪಸ್‌ನಲ್ಲಿ ನಡೆದ ಇನ್ನೊಂದು ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಜಿಸಿಯು ಸೆನ್ಸಸ್ ವರ್ಕ್ ಸ್ಪೇಷನ್ ಮತ್ತು ಜಿಸಿಯು ಸೆನ್ಸಿಸ್ ರಿಸೋರ್ಸ್ ಲ್ಯಾಬ್ ಅನ್ನು ಜಿಸಿಯು ಕುಲಪತಿ ಡಾ.ವಿ.ಜಿ. ಜೋಸೆಫ್ ಹಾಗೂ ಕರ್ನಾಟಕ ರಾಜ್ಯ ಜನಗಣತಿ ಅಧಿಕಾರಿ ವಿಜಯ್‌ಕುಮಾರ್ ಭವಿಕಟ್ಟಿ ಉದ್ಘಾಟಿಸಿದರು. ಇದು ಜನಸಂಖ್ಯೆ, ನಗರ ಯೋಜನೆ ಹಾಗೂ ನೀತಿ ನಿರೂಪಣೆಗೆ ಸಂಬಂಧಿಸಿದಂತೆ ಸಂಶೋಧನೆ ನಡೆಸಲು ಅನುವು ಮಾಡಿಕೊಡುತ್ತದೆ ಎಂದರು.

Vijaya Karnataka • 22 Feb • Ministry of Ayush

Two Ayurveda prouducts launched

7 • PG | 132 • Sqcm | 131627 • AVE | 1.44M • Cir | Top Right

Bengaluru

ಎರಡು ಆಯುರ್ವೇದ ಉತ್ಪನ್ನಗಳ ಬಿಡುಗಡೆ



ಹೊಸದಿಲ್ಲಿ: ಪಂಕಜ ಕಸ್ತೂರಿ ಸಮೂಹ ಸಂಸ್ಥೆಯು ಹರ್ಬಾಹೀಲ್ ಕ್ರೀಮ್ ಮತ್ತು ಹರ್ಬಾಹೀಲ್ ಜೆಲ್ ಅನ್ನು ಮಾರುಕಟ್ಟೆಗೆ ಬಿಡುಗಡೆ ಮಾಡಿದೆ. ಕೇಂದ್ರ ವಿಜ್ಞಾನ ಮತ್ತು ತಂತ್ರಜ್ಞಾನ ಇಲಾಖೆ (ಡಿಎಸ್‌ಟಿ) ಆಯೋಜಿಸಿದ್ದ ವಿಜ್ಞಾನ ಮತ್ತು ಪರಂಪರೆಯ ಸಂಶೋಧನಾ ಉಪಕ್ರಮ (ಎಸ್‌ಎಚ್‌ಆರ್‌ಐ)ದ 5ನೇ ವಾರ್ಷಿಕೋತ್ಸವ ಸಮಾರಂಭದಲ್ಲಿ ಕೇಂದ್ರ ಸಚಿವ ಡಾ.ಜಿತೇಂದ್ರ ಸಿಂಗ್ ಹೊಸ ಉತ್ಪನ್ನಗಳನ್ನು ಬಿಡುಗಡೆ ಮಾಡಿದರು.

ಡಿಎಸ್‌ಟಿ ಜತೆ ಪಂಕಜ ಕಸ್ತೂರಿ ಸಹಯೋಗವನ್ನು ಹೊಂದಿದೆ. ಹರ್ಬಾಹೀಲ್ ಶ್ರೇಣಿಯು ಡಿಎಸ್‌ಟಿ-ಎಸ್‌ಎಚ್‌ಆರ್‌ಐ ಯೋಜನೆಯಡಿ ಅಭಿವೃದ್ಧಿಪಡಿಸಿದ ಮೊದಲ ಉತ್ಪನ್ನವಾಗಿದೆ. ಇದಕ್ಕೆ ಡಿಎಸ್‌ಟಿ ಹಣಕಾಸಿನ ನೆರವು ನೀಡಿದೆ. ಇದು ಸಾಂಪ್ರದಾಯಿಕ ಔಷಧಗಳ ಸಂಶೋಧನೆಯನ್ನು ಉತ್ತೇಜಿಸಿ ಅದಕ್ಕೆ ಕೈ ಆಧುನಿಕ ಸ್ಪರ್ಶ ನೀಡುವ ಗುರಿಯನ್ನು ಹೊಂದಿದೆ. ಇದರಿಂದ ಸ್ಥಳೀಯ ಸಮುದಾಯಗಳ ಸಬಲೀಕರಣಗೊಳಿಸಬಹುದು ಎಂಬ ಆಶಯವನ್ನು ಹೊಂದಿದೆ.

ಡಿಎಸ್‌ಟಿ ಕಾರ್ಯದರ್ಶಿ ಪ್ರೊ.ಅಭಯ್ ಕರಂಡಿಕರ್, ಎಸ್‌ಎಚ್‌ಆರ್‌ಐ ಅಧ್ಯಕ್ಷ ಡಾ. ವಿಜಯ್ ಭಟ್ಕರ್, ಆಯುಷ್ ಸಚಿವಾಲಯದ ಕಾರ್ಯದರ್ಶಿ ವೈದ್ಯ ರಾಜೇಶ್ ಕೊಟೆಚಾ, ಭೂ ವಿಜ್ಞಾನ ಸಚಿವಾಲಯದ ಕಾರ್ಯದರ್ಶಿ ಡಾ.ರವಿಚಂದ್ರನ್, ಪಂಕಜ ಕಸ್ತೂರಿ ಸಮೂಹದ ನಿರ್ದೇಶಕರಾದ ಡಾ.ಕಸ್ತೂರಿ ನಾಯರ್, ಡಾ.ಕಾವೇರಿ ನಾಯರ್, ಕಿಶನ್‌ಚಂದ್ ಮತ್ತು ಶ್ಯಾಮ್ ಕೃಷ್ಣನ್ ಹಾಜರಿದ್ದರು.

ಈ ಸಂದರ್ಭದಲ್ಲಿ ಮಾತನಾಡಿದ ಪಂಕಜ ಕಸ್ತೂರಿ ಸಮೂಹ ಸಂಸ್ಥೆಗಳ ಮುಖ್ಯಸ್ಥ ಡಾ.ಜಿ.ಎಚ್. ನಾಯರ್ ''ತಮಿಳುನಾಡಿನಲ್ಲಿರುವ ಬುಡಕಟ್ಟು ಸಮುದಾಯದಲ್ಲಿ ಅಳವಾಗಿ ಬೇರೂರಿರುವ ಔಷಧಗಳ ಮಾಹಿತಿಯನ್ನು ದಾಖಲಿಸುವುದು, ಮೌಲ್ಯೀಕರಿಸುವುದು ಮತ್ತು ಸಂರಕ್ಷಿಸುವುದು ನಮ್ಮ ಉದ್ದೇಶ. ಹರ್ಬಾಹೀಲ್ ಕ್ರೀಮ್ ಮತ್ತು ಜೆಲ್ ಉತ್ಪನ್ನಗಳು ಆಯುರ್ವೇದಕ್ಕೆ ಪಂಕಜ ಕಸ್ತೂರಿ ಗ್ರೂಪ್‌ನ ಬದ್ಧತೆ ಮತ್ತು ಆಧುನಿಕ ಆರೋಗ್ಯ ರಕ್ಷಣೆಗಾಗಿ ಸಾಂಪ್ರದಾಯಿಕ ಜ್ಞಾನವನ್ನು ಬಳಸಿಕೊಳ್ಳುವ ಸರಕಾರದ ಯೋಜನೆಗೆ ದೃಷ್ಟಿಕೋನಕ್ಕೆ ಸಾಕ್ಷಿಯಾಗಿದೆ.'' ಎಂದರು.

Vijayavani • 23 Feb • Ministry of Ayush

Ayush treated back bone

7 • PG | 1315 • Sqcm | 1071394 • AVE | 1.17M • Cir | Middle Left

Bengaluru

ಬೆನ್ನುಮೂಳೆ ಸಮಸ್ಯೆಗೂ ಆಯುಷ್ಮಾನ್‌ನಲ್ಲಿ ಚಿಕಿತ್ಸೆ

■ ವಿಜಯವಾಣಿ ಸುದ್ದಿಜಾಲ ಬೆಂಗಳೂರು

ಆಯುಷ್ಮಾನ್ ಭಾರತ್ ಆರೋಗ್ಯ ಕರ್ನಾಟಕ ಯೋಜನೆಯಲ್ಲಿ ನಿರ್ದಿಷ್ಟಪಡಿಸದ ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ಪ್ಯಾಕೇಜ್ (Unspecified Surgical Package) ಅಡಿಯಲ್ಲಿ ಬೆನ್ನುಮೂಳೆ ವಿರೂಪ (Spinal Deformities) ಚಿಕಿತ್ಸಾತ್ಮಕ ಕಾರ್ಯವಿಧಾನಗಳನ್ನು ಸೇರ್ಪಡೆಗೊಳಿಸಿ ಆರೋಗ್ಯ ಇಲಾಖೆ ಆದೇಶ ಹೊರಡಿಸಿದೆ. ಆರೋಗ್ಯ ಇಲಾಖೆ ಪ್ರಸ್ತಾವನೆ ಮೇರೆಗೆ ಆರ್ಥಿಕ ಇಲಾಖೆ ಅನುಮೋದನೆ ನೀಡಿದ್ದು, ಯೋಜನೆಯಡಿ ಬೆನ್ನುಮೂಳೆ ವಿರೂಪ (ಸ್ಕೋಲಿಯೋಸಿಸ್, ಕೈಫೋಸಿಸ್, ಲಾರ್ಡೋಸಿಸ್ ಇತ್ಯಾದಿ)ಗಳ ಕಾರ್ಯವಿಧಾನಗಳನ್ನು ಸೇರ್ಪಡೆ ಮಾಡಿ, ಸುವರ್ಣ ಆರೋಗ್ಯ ಸುರಕ್ಷಾ ಟ್ರಸ್ಟ್ (SAST)ಮುಖಾಂತರ ಚಿಕಿತ್ಸಾತ್ಮಕ ಸೇವೆಗಳನ್ನು ಒದಗಿಸಲು ಷರತ್ತುಬದ್ಧ ಅನುಮೋದನೆ ನೀಡಲಾಗಿದೆ.

ಚಿಕಿತ್ಸಾ ವಿಧಾನಗಳಿಗೆ ತಜ್ಞ ವೈದ್ಯರ ಸಮಿತಿ ಶಿಫಾರಸು ಅನ್ವಯ ಪ್ರತಿ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಗೆ 1.5 ಲಕ್ಷ ರೂ. ನಿಗದಿಪಡಿಸಲಾಗಿದೆ. ಪ್ಯಾಕೇಜ್ ಹಾಗೂ ದರ ನಿಗದಿಗೆ ಸಕ್ಷಮ ಪ್ರಾಧಿಕಾರದ ಅನುಮತಿ ಪಡೆಯಬೇಕಿದೆ. ಸದರಿ ಚಿಕಿತ್ಸಾ ವಿಧಾನಗಳಿಗೆ ಗುಣಮಟ್ಟದ ಸೇವೆ ಒದಗಿಸಲು ಮಾರ್ಗಸೂಚಿಯ ಕಡ್ಡಾಯ ಪಾಲನೆ ಮಾಡಿ ಸರ್ಕಾರಿ ಹಾಗೂ ಖಾಸಗಿ ಆಸ್ಪತ್ರೆಗಳನ್ನು ನೋಂದಾಯಿಸಿಕೊಳ್ಳಬೇಕಿದೆ. ಪ್ರಸ್ತುತ ವಿಧಾನಗಳಂತೆ ಈಗ ಪ್ರಸ್ತಾಪಿಸಲಾಗಿರುವ ಚಿಕಿತ್ಸಾ ವಿಧಾನಗಳಿಗೆ ಸರ್ಕಾರಿ ಆಸ್ಪತ್ರೆಗಳಿಗೆ ಅನುಮೋದಿತ ಪ್ಯಾಕೇಜ್ ದರದ ಶೇ. 75 ಅನ್ನು ಬಜೆಟ್‌ನಿಂದ ಒದಗಿಸಲಾಗದ ಅನುದಾನದಿಂದ ಪಾವತಿಸಬೇಕಿದೆ. ಪ್ಯಾಕೇಜ್ ಅಡಿ ಚಿಕಿತ್ಸಾ ಕ್ರಮಗಳನ್ನು ಸೇರಿಸುವ ಅಥವಾ ಕೈಬಿಡುವ ಸಂದರ್ಭ ಉಂಟಾದಲ್ಲಿ ಸರ್ಕಾರಕ್ಕೆ ಪ್ರಸ್ತಾವನೆ ಸಲ್ಲಿಸಬೇಕೆಂದು ತಿಳಿಸಿದೆ. ಇದರೊಂದಿಗೆ ಒಟ್ಟು 1,650 ಚಿಕಿತ್ಸಾ ವಿಧಾನಗಳಿಗೆ ಅನುಮತಿ ದೊರೆತಂತಾಗಿದೆ.

■ ಆರೋಗ್ಯ ಇಲಾಖೆ ಆದೇಶ

■ ಪ್ರತಿ ಶಸ್ತ್ರ ಚಿಕಿತ್ಸೆಗೆ 1.5 ಲಕ್ಷ ರೂ. ನಿಗದಿ

ಗುತ್ತಿಗೆಯಡಿ ದಂತ ವೈದ್ಯರ ನೇಮಕ: ಆಯುಷ್ಮಾನ್ ಯೋಜನೆಯಡಿ ರಾಜ್ಯದ ಎಂಟು ಸರ್ಕಾರಿ ಆಸ್ಪತ್ರೆಗಳಲ್ಲಿ ದಂತ ಚಿಕಿತ್ಸಾ ಸೌಲಭ್ಯ ಅನುಷ್ಠಾನಗೊಳಿಸಿ, ಗುತ್ತಿಗೆ ಆಧಾರದಲ್ಲಿ ದಂತ ವೈದ್ಯರ ನೇಮಕಕ್ಕೆ ಸರ್ಕಾರ ಸೂಚಿಸಿದೆ. ಈ ಸಂಬಂಧ ಆರೋಗ್ಯ ಇಲಾಖೆ ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿ ಹರ್ಷ ಗುಪ್ತ ಆದೇಶ ಹೊರಡಿಸಿದ್ದಾರೆ. ಬಾಗಲಕೋಟೆಯ ಮುಧೋಳ ತಾಲೂಕು ಆಸ್ಪತ್ರೆ ಮತ್ತು ಗುಳೇದಗುಡ್ಡದ ಸಮುದಾಯ ಆರೋಗ್ಯ ಕೇಂದ್ರ, ಬೆಳಗಾವಿಯ ಮೂಡಳಿ, ಬೀದರ್‌ನ ಹುಲುಸೂರು, ತುಮಕೂರಿನ ತಿರುಮಣಿ, ವಿಜಯಪುರದ ತಾಳಿಕೋಟೆ ಮತ್ತು ಆಲ್ಮೇಲ್, ಯಾದಗಿರಿಯ ಕೊಡಲ್ಕಲ್‌ನ ಸಮುದಾಯ ಆರೋಗ್ಯ ಕೇಂದ್ರಗಳಿಗೆ ತಲಾ ಒಬ್ಬರಂತೆ ವೈದ್ಯಾಧಿಕಾರಿಗಳನ್ನು ನೇಮಕ ಮಾಡಿಕೊಂಡು, ಅವರ ವೇತನವನ್ನು ಎಬಿಎಆರ್‌ಕೆ ಅನುದಾನದಿಂದ ಭರಿಸುವಂತೆ ಸೂಚಿಸಲಾಗಿದೆ. ದಂತ ಚಿಕಿತ್ಸಾ ಕಾರ್ಯವಿಧಾನಗಳನ್ನು ಹಾಗೂ ಅವುಗಳ ದರವನ್ನು ಎಬಿಎಆರ್‌ಕೆ ಅಡಿ ಸೇರ್ಪಡೆ ಮಾಡಲು ಸಕ್ಷಮ ಪ್ರಾಧಿಕಾರದ ಅನುಮೋದನೆ ಪಡೆಯಬೇಕು. ಈ ಎಂಟು ಆಸ್ಪತ್ರೆಗಳಲ್ಲಿ ಕಾಯಂ ದಂತ ವೈದ್ಯರು ವರದಿ ಮಾಡಿಕೊಂಡಲ್ಲಿ ಗುತ್ತಿಗೆ ವೈದ್ಯರನ್ನು ಬಿಡುಗಡೆಗೊಳಿಸಲು ಕ್ರಮ ಕೈಗೊಳ್ಳುವಂತೆ ಆದೇಶದಲ್ಲಿ ತಿಳಿಸಿದೆ. ಆರೋಗ್ಯ ಇಲಾಖೆಯು ಒಟ್ಟು 11 ದಂತ ವೈದ್ಯರ ನೇಮಕಾತಿಗೆ ಅನುಮತಿ ಕೋರಿ ಪ್ರಸ್ತಾವನೆ ಸಲ್ಲಿಸಿತ್ತು. ಈ ಪೈಕಿ ಮೂರು ವೈದ್ಯರಿಗೆ ಸ್ಥಳ ನಿಯುಕ್ತಿಗೊಳಿಸಿರುವ ಹಿನ್ನೆಲೆಯಲ್ಲಿ 8 ವೈದ್ಯರ ನೇಮಕಾತಿಗೆ ಅನುಮತಿ ನೀಡಲಾಗಿದೆ.

Vijayavani • 14 Feb • Ministry of Ayush
New Income Tax Slab

4 • PG | 2646 • Sqcm | 2156251 • AVE | 1.17M • Cir | Middle Center

Bengaluru

ಹೊಸ ಐಟಿ ಮಸೂದೆ ಮಂಡನೆ

ಸದನ ಸಮಿತಿಗೆ ಶಿಫಾರಸು | ಉಭಯ ಸದನಗಳು ಮಾ.10ಕ್ಕೆ ಮುಂದೂಡಿಕೆ

ನವದೆಹಲಿ: ಆದಾಯ ತೆರಿಗೆಗೆ ಸಂಬಂಧಿಸಿದ ಹೊಸ ಮಸೂದೆಯನ್ನು ಹಣಕಾಸು ಸಚಿವೆ ನಿರ್ಮಲಾ ಸೀತಾರಾಮನ್ ಲೋಕಸಭೆಯಲ್ಲಿ ಗುರುವಾರ ಮಂಡಿಸಿದರು. ಮಸೂದೆ ಮಂಡನೆಗೆ ವಿರೋಧ ಪಕ್ಷಗಳ ಸದಸ್ಯರು ಭಾರಿ ವಿರೋಧ ವ್ಯಕ್ತಪಡಿಸಿದರು. ಆದರೆ, ಧ್ವನಿಮತದ ಮೂಲಕ ಮಸೂದೆ ಮಂಡನೆಗೆ ನಿರ್ಣಯವನ್ನು ಅಂಗೀಕರಿಸಲಾಯಿತು. ಈ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಸಚಿವೆ 'ಆದಾಯ ತೆರಿಗೆ ಕಾಯ್ದೆ, 2025' ಅನ್ನು ಮಂಡಿಸಿದರು. ಈ ವೇಳೆ ಕರಡು ಮಸೂದೆಯನ್ನು ಸದನದ ಆಯ್ಕೆ ಸಮಿತಿಗೆ ಶಿಫಾರಸು ಮಾಡಬೇಕು ಎಂದು ಮನವಿ ಮಾಡಿದರು. ಈ ನಡುವೆ, ಜ.30ರಿಂದ ನಡೆಯುತ್ತಿದ್ದ ಬಜೆಟ್ ಅಧಿವೇಶನದ ಉಭಯ ಸದನಗಳ ಮೊದಲ ಹಂತದ ಕಲಾಪ ಮುಕ್ತಾಯಗೊಂಡಿದ್ದು, ಮಾ.10ಕ್ಕೆ ಮುಂದೂಡಿಕೆಯಾಗಿದೆ.

ಸಂಸತ್ ಸಮಾಚಾರ


ಐಟಿ ಮಸೂದೆ ಮಂಡಿಸಿದ ನಿರ್ಮಲಾ ಸೀತಾರಾಮನ್

ಆಯ್ಕೆ ಸಮಿತಿ ಮುಂದಿನ ಅಧಿವೇಶನದ ಮೊದಲ ದಿನ ತನ್ನ ವರದಿಯನ್ನು ಸಲ್ಲಿಸಲಿದೆ. ಹೊಸ ಕಾಯ್ದೆಯಲ್ಲಿ ಅಸೆಸ್‌ಮೆಂಟ್ ಇಯರ್ ಎಂಬುದನ್ನು ಕೈಬಿಟ್ಟು ಟ್ಯಾಕ್ಸ್ ಇಯರ್ ಎಂಬ ಪದವನ್ನು ಬಳಸಲಾಗಿದೆ. ಆರು ದಶಕಗಳಷ್ಟು ಹಳೆಯ ಕಾಯ್ದೆಗಳಲ್ಲಿದ್ದ ಹಲವು ಸೆಕ್ಷನ್‌ಗಳನ್ನು ತೆಗೆದುಹಾಕಲಾಗಿದೆ.

92 ಕೋಟಿ ಜನರಿಗೆ ಸಾಮಾಜಿಕ ಭದ್ರತೆ

ದೇಶದ ಜನಸಂಖ್ಯೆಯ ಶೇ.65 ರಷ್ಟು ಅಂದರೆ 92 ಕೋಟಿ ಜನರಿಗೆ ಸಾಮಾಜಿಕ ಭದ್ರತೆ ಒದಗಿಸಲಾಗುತ್ತಿದೆ. ದಶಕದ ಹಿಂದೆ ಪಿಂಚಣಿ ಪಡೆಯುತ್ತಿದ್ದ ಶೇ.18 ರಷ್ಟು ಜನರಿಗೆ ಸಾಮಾಜಿಕ ಭದ್ರತೆ ಒದಗಿಸಲಾಗುತ್ತಿತ್ತು. ಆದರೆ, ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿ ಸರ್ಕಾರ ಶೇ.48 ರಷ್ಟು ಜನರಿಗೆ ಸಾಮಾಜಿಕ ಭದ್ರತೆ ಒದಗಿಸಿದೆ. 80 ಕೋಟಿ ಜನರಿಗೆ ಆಹಾರ ಭದ್ರತೆ ಒದಗಿಸಲಾಗಿದೆ. ಆಯುಷ್ಮಾನ್ ಭಾರತ್ ಯೋಜನೆಯನ್ವಯ 60 ಕೋಟಿ ಜನರಿಗೆ 5 ಲಕ್ಷ ರೂ. ಆರೋಗ್ಯ ವಿಮೆ ನೀಡಲಾಗುತ್ತಿದೆ. ಒಟ್ಟಾರೆಯಾಗಿ 92 ಕೋಟಿ ಜನರು ಸಾಮಾಜಿಕ ಭದ್ರತೆ ಯೋಜನೆಗಳ ಲಾಭ ಪಡೆಯುತ್ತಿದ್ದಾರೆ ಎಂದು ಕೇಂದ್ರ ಕಾರ್ಮಿಕ ಸಚಿವ ಮನ್ಸುಖ್ ಮಾಂಡವೀಯ ರಾಜ್ಯಸಭೆಯಲ್ಲಿ ತಿಳಿಸಿದ್ದಾರೆ.

ಬಳಕೆಯಲ್ಲಿರುವ ತೆರಿಗೆ ಕಾನೂನುಗಳು

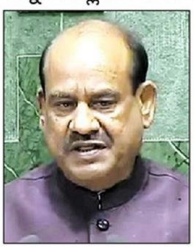
- 1922 -ಭಾರತೀಯ ಆದಾಯ ತೆರಿಗೆ ಕಾನೂನು ಜಾರಿಗೆ
- 1953 -ಎಸ್ಟೇಟ್ ಡ್ಯೂಟಿ ಕಾನೂನು ಸೇರ್ಪಡೆ
- 1957- ಸಂಪತ್ತು ತೆರಿಗೆ ಕಾಯ್ದೆ ಜಾರಿ
- 1958 - ಉಡುಗೊರೆ ತೆರಿಗೆ ಕಾಯ್ದೆ ಜಾರಿ
- 1961-ಆದಾಯ ತೆರಿಗೆ ಕಾಯ್ದೆ 1961ಕ್ಕೆ ಅನುಮೋದನೆ 1962ರ ಏಪ್ರಿಲ್‌ನಿಂದ ಜಾರಿ

ಹೊಸ ಐಟಿ ಮಸೂದೆ ಬದಲಾವಣೆಗಳು

- ಐಟಿ ಕಾಯ್ದೆ 823 ಪುಟಗಳಿಂದ 622 ಪುಟಗಳಿಗೆ ಇಳಿಕೆ
- 800 ಸೆಕ್ಷನ್‌ಗಳಿಂದ 536 ಸೆಕ್ಷನ್‌ಗಳಿಗೆ ಇಳಿಕೆ
- 51 ಅಧ್ಯಾಯಗಳು 23 ಅಧ್ಯಾಯಗಳಿಗೆ ಇಳಿಕೆ
- 14 ಷೆಡ್ಯೂಲ್‌16 ಕ್ಕೆ ಏರಿಕೆ
- ಅಸೆಸ್‌ಮೆಂಟ್ ಇಯರ್ ಬದಲು ತೆರಿಗೆ ವರ್ಷ ಪದ ಬಳಕೆ
- ನಾಟ್ ವಿಥ್‌ಸ್ಟ್ಯಾಂಡಿಂಗ್ ಬದಲು ಇರ್ರೆಸ್ಪೆಕ್ಟೀವ್ ಆಫ್ ಎನಿಥಿಂಗ್ ಪದ ಬಳಕೆ

ಲೋಕಸಭೆಯಲ್ಲಿ 173 ಸಂಸದರಿಂದ ಚರ್ಚೆ

ಲೋಕಸಭೆ ಮತ್ತು ರಾಜ್ಯಸಭೆಯಲ್ಲಿ ವಿರೋಧ ಪಕ್ಷಗಳಿಂದ ಪ್ರತಿಭಟನೆ ನಡೆದ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಎರಡೂ ಸದನಗಳನ್ನು ಮಾರ್ಚ್ 10 ರವರೆಗೆ ಮುಂದೂಡಲಾಯಿತು.



ಲೋಕಸಭೆಯ ಬಜೆಟ್ ಅಧಿವೇಶನದ ಮೊದಲ ಚರಣ ಜನವರಿ 31 ರಂದು ಆರಂಭವಾಗಿತು. ಗುರುವಾರ ಸದನವನ್ನು ಮಾರ್ಚ್ 10 ರವರೆಗೆ ಮುಂದೂಡಲಾಗಿದೆ. ಮಾರ್ಚ್ 10 ರಿಂದ ಏಪ್ರಿಲ್ 4 ರವರೆಗೆ ಬಜೆಟ್ ಅಧಿವೇಶನದ ಎರಡನೇ ಚರಣ ನಡೆಯಲಿದೆ.ಬಜೆಟ್ ಅಧಿವೇಶನದ ಮೊದಲ ಭಾಗದಲ್ಲಿ ರಾಷ್ಟ್ರಪತಿ ಭಾಷಣದ ವಂದನಾ ನಿರ್ಣಯದ ಮೇಲಿನ ಚರ್ಚೆಯಲ್ಲಿ 173 ಸಂಸದರು ಪಾಲ್ಗೊಂಡಿದ್ದು, 17 ಗಂಟೆ 23 ನಿಮಿಷ ಚರ್ಚೆ ನಡೆಸಿದರು. ಬಜೆಟ್ ಮೇಲಿನ ಚರ್ಚೆಯಲ್ಲಿ 170 ಸಂಸದರು ಪಾಲ್ಗೊಂಡಿದ್ದರು. ಈ ಚರ್ಚೆ 16 ಗಂಟೆ 13 ನಿಮಿಷ ನಡೆದಿತ್ತು ಎಂದು ಲೋಕಸಭೆ ಸ್ಪೀಕರ್ ಓಂ ಬಿರ್ಲಾ ತಿಳಿಸಿದ್ದಾರೆ.

Bengaluru Edition

The Hindu Tamil • 23 Feb • Ministry of Ayush

The 6th Saiva Siddhanta Conference will be held in May at the SRM University campus in Potheri, Chen...

4 • PG | 203 • Sqcm | 597909 • AVE | 416.52K • Cir | Top Right

Chennai

சென்னை பொத்தேரியில் உள்ள

எஸ்ஆர்எம் பல்கலைக்கழக வளாகத்தில் மே மாதம் 6-வது சைவ சித்தாந்த மாநாடு நடைபெறும்

தருமபுரம் ஆதீனம், பாரிவேந்தர் அறிவிப்பு

சென்னை

சென்னையை அடுத்த பொத்தேரியில் உள்ள எஸ்ஆர்எம் பல்கலைக்கழக வளாகத்தில் 6-வது அனைத்து உலக சைவ சித்தாந்த மாநாடு மே 3, 4, 5-ம் தேதிகளில் நடைபெற உள்ளது. பல்வேறு நாடுகளில் இருந்து சைவ அமைப்புகளின் பிரதிநிதிகள், ஆய்வாளர்கள் பங்கேற்க உள்ளனர்.

இதுகுறித்து தருமபுரம் ஆதீனம் ஸ்ரீலஸ்ரீ மாசிலாமணி தேசிக ஞானசம்பந்த பரமாச்சாரிய சுவாமிகள், எஸ்ஆர்எம் பல்கலை. வேந்தர் பாரிவேந்தர் ஆகியோர் சென்னையில் செய்தியாளர்களிடம் நேற்று கூறியதாவது:

சைவ சித்தாந்த ஆராய்ச்சி நிறுவனம் கடந்த 1984-ம் ஆண்டு தொடங்கப்பட்டது. அதே ஆண்டில் தருமபுரத்தில் சைவ சித்தாந்த மாநாடு நடத்தப்பட்டது. அதைத் தொடர்ந்து, 1986-ல் மலேசியா, 1988-ல் வாராணசி, 2008-ல் மதுரை, 2018-ல் சென்னையில் நடைபெற்றது.

இந்நிலையில், 6-வது அனைத்து உலக சைவ சித்தாந்த மாநாடு செங்கல்பட்டு மாவட்டம் பொத்தேரியில் உள்ள எஸ்ஆர்எம் பல்கலைக்கழக வளாகத்தில் வரும் மே 3, 4, 5-ம் தேதிகளில் நடைபெற உள்ளது. எஸ்ஆர்எம் கல்வி நிறுவனத்தின் தமிழ் பேராயமும், அனைத்து உலக சைவ சித்தாந்த ஆராய்ச்சி மையமும் இணைந்து இதை நடத்துகின்றன.

இந்தியாவில் உள்ள பல்வேறு சைவ அமைப்புகள், லண்டன் சைவ திருக்கோயில்கள் ஒன்றியம், மலேசியா ஸ்ரீமகாமாரியம்மன் கோயில் தேவஸ்தானம், மலேசியா, சிங்கப்பூர் ஆஸ்திரேலியா, ஜப்பான், மொரீஷியஸ், தென் ஆப்பிரிக்கா, ஐரோப்பிய நாடுகள் என உலகம் முழுவதும் இருந்து ஏராளமான சைவ அமைப்புகள் பங்கேற்கின்றன. பல்வேறு ஆய்வாளர்கள், கட்டுரையாளர்கள், பேராசிரியர்கள் என 1,500 பேர் பங்கேற்கின்றனர். பல்வேறு ஆய்வு கட்டுரைகள் சமர்ப்பிக்கப்பட உள்ளன. வெளிநாடுகளில் இருந்து வரும் கட்டுரைகள் 3 தொகுதிகளாக வெளியிடப்பட உள்ளன. சைவ சித்தாந்தம் தொடர்பான 10-க்கும் மேற்பட்ட நூல்களும் வெளியிடப்பட உள்ளன.

எஸ்ஆர்எம் பல்கலைக்கழகம் கடந்த 12 ஆண்டுகளுக்கு முன்பு தமிழ் பேராயத்தை தொடங்கி, அதன்மூலமாக ஆண்டுதோறும் தமிழுக்கு சேவை செய்யும் கட்டுரையாளர்கள், கவிஞர்கள், நூல் வெளியீட்டாளர்கள், மொழி பெயர்ப்பாளர்கள், பல்வேறு அறிஞர்கள், தலைவர்களுக்கு விருது வழங்கி கவுரவித்து வருகிறது. இதுவரை ரூ.4 கோடிக்கு மேல் ரொக்கப் பரிசு வழங்கப்பட்டுள்ளது. தமிழ் வளர்ச்சியில் ஆதீனத்தின் பங்கு மற்றும் வைணவத்தின் பங்கு குறித்து மாநாடும் நடத்தப்பட்டுள்ளது.

இவ்வாறு அவர்கள் கூறினர்.

The Hindu Tamil • 12 Feb • Ministry of Ayush

Patanjali Acharya Balakrishnan is proud that we have brought Yoga and Ayurveda to the level of scien...

3 • PG | 180 • Sqcm | 532070 • AVE | 416.52K • Cir | Bottom Center

Chennai

யோகா மற்றும் ஆயுர்வேதத்தை அறிவியல் நிலைக்கு கொண்டுவந்துள்ளோம்

பதஞ்சலி ஆச்சார்யா பாலகிருஷ்ணா பெருமிதம்

சென்னை

உலக புத்தகக் கண்காட்சிகள் பொதுமக்களுக்கு பயன் உள்ளதாக இருக்கும் என்று பதஞ்சலி நிறுவனர்களில் ஒருவரான ஆச்சார்யா பாலகிருஷ்ணா கூறினார்.

புதுடெல்லியில் உள்ள பிரகதி மைதானில் நடைபெற்ற உலக புத்தகக் கண்காட்சியில் ஆச்சார்யா பாலகிருஷ்ணா கூறியதாவது:

புத்தகக் காட்சிகள் அறிவை பரிமாறிக்கொள்வதற்கான தளமாகச் செயல்படுகின்றன. பதஞ்சலி நிறுவனம் யோகா மற்றும் ஆயுர்வேதத்தை அறிவியல் நிலைக்கு கொண்டு வந்துள்ளது. ஆயுர்வேதம் பாரம்பரிய மருத்துவ முறை மட்டுமல்ல, அறிவியல் ரீதியாக நிரூபிக்கப்பட்ட மருத்துவ முறையாகும். ஆனால், ஆயுர்வேத முறையே மூடநம்பிக்கை என்ற தவறான தகவல் பரப்பப்படுகிறது. அறிவியல் ஆயுர்வேதத்தின் நோக்கம் உண்மையான மற்றும் ஆராய்ச்சியின் அடிப்படையில் பயனுள்ள சிகிச்சை அளிப்பதாகும்.

பதஞ்சலி நிறுவனம் 32 ஆயிரம் மூலிகை தாவரங்களின் படங்களுடன் உலக மூலிகை கலைக்களஞ்சியத்தை வெளியிட்டுள்ளது. வணிகம் மட்டுமின்றி, உண்மையான மற்றும் நன்மை அளிக்கக் கூடிய தயாரிப்புகளுடன் மக்களுக்கு சேவை செய்வதே பதஞ்சலியின் குறிக்கோள் ஆகும். பதஞ்சலி நிறுவனம் யோகா, ஆயுர்வேதம், கல்வி, மருத்துவ ஆராய்ச்சி மற்றும் பண்டைய அறிவை ஊக்குவிக்கும் நூல்களை வெளியிட்டுள்ளது" என்று கூறினார்.



புதுடெல்லி பிரகதி மைதானில் நடைபெற்ற உலக புத்தகக் கண்காட்சியில் பங்கேற்ற ஆச்சார்யா பாலகிருஷ்ணா.

Mumbai Chauffer • 23 Feb • Ministry of Ayush

AYUSH Ministry's initiative for Ayurveda treatment

3 • PG | 261 • Sqcm | 130645 • AVE | 510.65K • Cir | Bottom Center

Mumbai

आयुर्वेद उपचारासाठी आयुष मंत्रालयाचा पुढाकार

मुंबई - देशभरात आयुर्वेद उपचार पद्धतीला चालना देण्यासाठी आयुष मंत्रालयाने एक नवी योजना हाती घेतली आहे. जन औषधी भंडारच्या धर्तीवर राज्यासह देशभरात प्रत्येक जिल्ह्यास्तरावर आयुष औषधी भंडार सुरू होणार आहे. या औषध दुकानात लोकांना आयुर्वेदिक औषधांवर ५० टक्क्यांपेक्षा जास्त सूट मिळणार आहे.

नॅशनल कमिशन फॉर इंडियन सिस्टम्स ऑफ मेडिसिन (NCISM) ने आयुष मंत्रालयाच्या सहकार्याने सुरू केलेल्या 'कंट्री नेचर टेस्ट कॅम्पेन'च्या पहिल्या टप्प्याचा समारोप समारंभ नुकताच मुंबई येथे झाला. या कार्यक्रमात केंद्रीय आयुष राज्यमंत्री प्रतापराव जाधव यांनी आयुष औषध दुकान सुरू करण्याची घोषणा केली. जाधव म्हणाले की, आयुर्वेदात पदवी प्राप्त केलेले अनेक डॉक्टर सध्या ॲलोपॅथी औषधोपचारात प्रॅक्टिस करत आहेत. याचे कारण जाणून घेतल्यावर असे आढळून आले की त्यांना आयुर्वेदाचा अभ्यास करण्यात रस आहे, परंतु त्यांनी रुग्णांना दिलेली अनेक औषधे उपलब्ध नाहीत. या अडचणींवर मात करण्यासाठी जिल्हा आणि तालुका स्तरावर आयुष औषध दुकाने सुरू करण्याचा निर्णय घेण्यात आला आहे.

'कंट्री नेचर टेस्ट कॅम्पेन'मुळे आयुर्वेदाची जागतिक ओळख झाली असून संपूर्ण आरोग्य सेवेसाठी भारताची वचनबद्धता आहे. हीच वचनबद्धता दाखवून अभूतपूर्व असे पाच गिनीज बुक ऑफ वर्ल्ड रेकॉर्ड्स गाठले आहेत. गिनीज वर्ल्ड रेकॉर्डचे न्यायाधीश रिचर्ड विल्यम्स स्टेनिंग यांनी या कार्यक्रमात याची घोषणा केली.

Navbharat Times • 23 Feb • Ministry of Ayush

Uff - Uff Mirchi

10 • PG | 1719 • Sqcm | 3351568 • AVE | 2.68M • Cir | Top Left

Delhi



Navbharat Times • 22 Feb • Ministry of Ayush

Ayushman yojna lagu karne ke liye juta kendriye swasthya mantralay

3 • PG | 293 • Sqcm | 571856 • AVE | 2.68M • Cir | Middle Left

Delhi

आयुष्मान योजना लागू करने के लिए जुटा केंद्रीय स्वास्थ्य मंत्रालय

अस्पतालों को पैनल में शामिल करने की तैयारी हुई शुरू

Bhupender.Sharma
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6.54 लाख दिल्ली के परिवारों को मिलेगा योजना का लाभ (करीब) | दिल्ली सरकार की लिस्ट आने के बाद बढ़ सकते हैं लाभार्थी

AI Image



■ नई दिल्ली: दिल्ली में बीजेपी की सरकार बनते ही आयुष्मान भारत प्रधानमंत्री-जन आरोग्य योजना (AB PM-JAY) को लागू करने की तैयारी शुरू हो गई है। दिल्ली सरकार की ओर से डिटेल प्रपोजल आने से पहले ही केंद्रीय स्वास्थ्य मंत्रालय पूरी तरह से ऐक्शन मोड में आ गया है। स्वास्थ्य मंत्रालय ने दिल्ली में कार्ड बनाने की प्रक्रिया में शामिल होने वाले फ्रंट लाइन वर्कर्स की ट्रेनिंग भी शुरू कर दी है। साथ ही दिल्ली के अस्पतालों को पैनल में शामिल करने की भी तैयारी शुरू हो गई है।

नैशनल हेल्थ अथॉरिटी (NHA) में आयुष्मान भारत डिजिटल मिशन (ABDM) के मिशन डायरेक्टर और जॉइंट सेक्रेटरी किरण गोपाल वास्का का कहना है कि स्वास्थ्य मंत्रालय के अधिकारी दिल्ली सरकार के स्वास्थ्य विभाग के संपर्क में हैं। दोनों विभागों की टीमें आयुष्मान योजना को जल्द से जल्द लागू करने की दिशा में काम कर रही है। अभी केंद्र के आकलन के हिसाब से दिल्ली में 6.54 लाख परिवार इस योजना के दायरे में आ सकते हैं। वहीं, 70 या इससे ज्यादा उम्र के 6 लाख लोग (6.5 लाख परिवारों) को भी इस योजना का लाभ मिलेगा। हालांकि यह दिल्ली सरकार को क्राइटेरिया फाइनल करके लिस्ट तैयार करनी होगी। उसके बाद ही तय होगा कि कितने लाभार्थी हैं। यह संख्या बढ़ भी सकती है।

क्या होगा प्रोसेस

सबसे पहले एमओयू

जॉइंट सेक्रेटरी ने बताया कि सबसे पहले दिल्ली और नैशनल हेल्थ अथॉरिटी के बीच एमओयू साइन होगा। दिल्ली सरकार के अधिकारियों ने केंद्र के साथ संपर्क किया है और इसे लेकर ईमेल भी मिला है। एक दिन पहले ही दिल्ली कैबिनेट ने इस योजना को मंजूरी दी है और अब डिटेल प्रपोजल आना है। डिटेल प्रपोजल में दिल्ली सरकार को बताना होगा कि दिल्ली में कितने लाभार्थियों को इस योजना का फायदा मिलेगा। दिल्ली सरकार को अपना क्राइटेरिया तय करके लिस्ट तैयार करनी होगी, एलिजिबिलिटी शर्तें तय करनी होंगी। किसी भी राज्य में आर्थिक रूप से कमजोर 40 प्रतिशत (bottom 40) तो इस योजना में आएंगे ही। साथ ही दिल्ली सरकार के क्राइटेरिया में हो सकता है कि इससे भी ज्यादा लोग हों। दिल्ली में आयुष्मान योजना के तहत लोगों को 10 लाख रुपये का बीमा कवर मिलेगा। आयुष्मान योजना में 5 लाख का बीमा कवर होता है, जिसमें 60 प्रतिशत हिस्सा केंद्र और 40 प्रतिशत राज्य का होता है। दिल्ली में बीजेपी सरकार ने 5 लाख का अतिरिक्त कवर देने का वादा भी किया है। हालांकि एक सवाल यह भी है कि 70 या इससे ज्यादा उम्र के दिल्ली के लोगों को क्या 10 लाख से भी ज्यादा का बीमा कवर मिलेगा?

NHA ने दिल्ली में 66 अस्पतालों से अभी कर रखा है टाईअप

NHA द्वारा दिल्ली में पहले ही 66 अस्पतालों से टाईअप किया गया है। अब इंप्लिमेंट की प्रक्रिया भी शुरू होगी। अस्पतालों को भी ट्रेनिंग देनी होगी। क्लेम प्रोसेसिंग कैसे होगी, इसको भी ट्रेनिंग होगी। साथ ही अस्पतालों द्वारा क्लेम सबमिट करने पर क्या होगा, इसके लिए भी टीमों का गठन किया जाएगा। केंद्रीय स्वास्थ्य मंत्रालय हर स्तर पर दिल्ली सरकार की मदद कर रहा है। डिस्ट्रिक्ट यूनिट भी तैयार होगी। कुल मिलाकर कहा जा सकता है कि अब दिल्ली सरकार जितना जल्दी प्रपोजल जमा करेगी, उतना जल्दी ही एमओयू साइन होगा। स्ट्रक्चर और कमिटी बनानी होगी। आयुष्मान कार्ड अलग-अलग तरीकों से बनता है। आयुष्मान ऐप के माध्यम से खुद बना सकते हैं। उसके लिए केवल राशन कार्ड नंबर, फैमिली आईडी या आधार नंबर के माध्यम से सर्व कर कार्ड बन सकता है। ई-केवाईसी करनी होगी।

केवल पश्चिम बंगाल बचा

अब पूरे देश में सिर्फ पश्चिम बंगाल ही बचा है, जहां पर आयुष्मान योजना लागू नहीं है। कुछ दिन पहले ओडिशा में यह योजना लागू की गई थी। ओडिशा देश का 34वां ऐसा राज्य बना था, जहां पर आयुष्मान भारत लागू हुई थी। अब दिल्ली भी इस लिस्ट में जुड़ जाएगी।

Navbharat Times • 19 Feb • Ministry of Ayush

Ladkiyon ke liye Cancer ka tika jalad

8 • PG | 33 • Sqcm | 64029 • AVE | 2.68M • Cir | Top Left

Delhi

लड़कियों के लिए कैंसर का टीका जल्द: केंद्रीय मंत्री

■ भाषा, छत्रपति संभाजीनगर: केंद्रीय स्वास्थ्य राज्य मंत्री प्रतापराव जाधव ने मंगलवार को कहा कि महिलाओं को होने वाले कैंसर के इलाज के लिए पांच से छह महीने में टीका उपलब्ध हो जाएगा और नौ से 16 साल की लड़कियां इसके लिए पात्र होंगी।

केंद्रीय आयुष मंत्री ने यहां मीडिया को संबोधित करते हुए कहा कि टीके पर शोध का कार्य लगभग पूरा हो चुका है और परीक्षण जारी है। यह पूछे जाने पर कि यह टीका किन कैंसरों से निपटेगा? जाधव ने बताया कि इससे स्तन, मुख और गर्भाशय ग्रीवा के कैंसर से निपटने में मदद मिलेगी। जाधव ने कहा, देश में कैंसर के मरीजों की संख्या में बढ़ोतरी हुई है।

Navbharat Times • 17 Feb • Ministry of Ayush

Ayushman Bharat yojna mein private hospitals ke farzi claim badi chunauti

11 • PG | 243 • Sqcm | 473557 • AVE | 2.68M • Cir | Middle Center

Delhi

'आयुष्मान भारत' योजना में प्राइवेट अस्पतालों के फर्ज़ी क्लेम बड़ी चुनौती

जांच में 562.4 करोड़ रुपये के 2.7 लाख क्लेम गलत मिले

Bhupender.Sharma
@timesofindia.com

AI Image



■नई दिल्ली: आयुष्मान भारत प्रधानमंत्री-जन आरोग्य योजना (AB PM-JAY) में प्राइवेट अस्पतालों के फर्जी क्लेम सरकार के सामने नई चुनौती पेश कर रहे हैं। जांच के दौरान प्राइवेट अस्पतालों के 562.4 करोड़ रुपये के 2.7 लाख क्लेम फर्जी पाए गए हैं।

राज्यसभा में 11 फरवरी को पूछे गए सवाल के जवाब में सरकार ने यह जानकारी दी है। नैशनल हेल्थ अथॉरिटी (NHA) ने ऐसे मामलों में कड़ी कार्रवाई करने के दिशा- निर्देश भी जारी किए हैं। नैशनल एंटी- फ्रॉड यूनिट बनाई गई है। यह राज्य की यूनिट के साथ मिलकर फर्जी क्लेम और धोखाधड़ी के मामलों की जांच करती है। इसके आधार पर संयुक्त कार्रवाई की जाती है।

ऐक्शन के तौर पर 1114 अस्पतालों को पैनल से हटाया गया है

अभी तक जो कार्रवाई की गई है, उसमें 1114 अस्पतालों को पैनल से हटाया गया है और 549 अस्पतालों को AB PM-JAY के तहत निलंबित कर दिया गया है। जांच में अगर सामने आता है कि गलत बिलिंग भेजी गई है तो कड़ा एक्शन तय है। नैशनल एंटी- फ्रॉड यूनिट ने आयुष्मान योजना को फूलप्रूफ बनाने के लिए कई तरह की तकनीकों का प्रयोग किया है।

राज्यसभा में इससे जुड़ा एक सवाल पूछा गया कि क्या आयुष्मान भारत योजना में निजी क्षेत्र के अस्पतालों द्वारा गरीब लोगों को लालच देकर फर्जी बिलिंग करने के मामले सामने आए हैं। फर्जी बिल का दावा करने वाले अस्पतालों पर क्या कार्रवाई की गई है? इसके जवाब में सरकार ने बताया है कि पैनलबद्ध अस्पतालों द्वारा पेश किए जाने वाले दावे अगर संदेहास्पद पाए जाते हैं, तो फिर फील्ड वेरिफिकेशन समेत सभी जरूरी कदम उठाए जाते हैं। जांच पूरी होने तक पेमेंट जारी नहीं की जाती है। अस्पतालों के दावों की जांच के लिए रीयल- टाइम निगरानी और एआई आधारित प्रणालियों का उपयोग किया जाता है। साथ ही दावों की प्रामाणिकता सुनिश्चित करने के लिए अस्पतालों का रैंडम ऑडिट और औचक निरीक्षण किया जाता है। राज्य स्वास्थ्य एजेंसियां नियमित रूप से डेस्क मेडिकल ऑडिट के साथ- साथ फील्ड ऑडिट भी करती है।

NBT Lens समझिए खबरों के अंदर की बात

ज्यादा अस्पताल जोड़ने की ज़रूरत क्यों?

30 हजार से ज्यादा अस्पतालों में आयुष्मान भारत योजना के तहत इलाज होता है। इनमें 13352 प्राइवेट अस्पताल हैं। योजना के विस्तार होने के साथ- साथ अस्पतालों की संख्या भी बढ़नी होगी और प्राइवेट अस्पतालों की भूमिका इस योजना में अहम है। ऐसे में यह जरूरी है कि प्राइवेट अस्पताल और सरकार मिलकर इस योजना की सफलता सुनिश्चित करें। फर्जी बिलिंग एक समस्या है और इसका स्थायी हल तो सरकार को निकालना ही होगा। पैनल से हटाना एक कदम है लेकिन स्थायी हल नहीं है।

Navbharat Times • 16 Feb • Ministry of Ayush
Experet Panel

14 • PG | 823 • Sqcm | 1605006 • AVE | 2.68M • Cir | Bottom Left

Delhi

एक्सपर्ट पैनल



डॉ. राकेश अग्रवाल
वरिष्ठ आयुर्वेदाचार्य



डॉ. शिखा शर्मा
फाउंडर, वन हेल्थ



डॉ. प्रीति नंदा सिब्बल
कीटो डायट एक्सपर्ट

अलसी है असली सुपरफूड!

इन दिनों गुणकारी अलसी की मांग बाजार में तेजी से बढ़ रही है। यह क्यों अहम है और इसका इस्तेमाल कैसे करें, एक्सपर्ट्स के हवाले से बता रहे हैं अनूप पाण्डेय

पिछले कुछ वर्सो में भारत समेत पूरी दुनिया में अलसी की मांग काफी तेजी से बढ़ी है। इसे अलसी, तीसी और फ्लैक्स सीड्स (Flaxseeds) के नाम से जाना जाता है। यह प्राचीन बीज अपने शानदार पोषक तत्वों और औषधीय गुणों की वजह से तेजी से लोकप्रिय हो रहा है। इन छोटे-छोटे बीजों में बड़े-बड़े फायदे छिपे हैं जो हमारी सेहत को बेहतर बनाने में मददगार हैं। एलोपैथी से लेकर आयुर्वेद तक में इसे गुणकारी माना गया है।

क्यों कहा जाए सुपर फूड?

अलसी को सुपरफूड माना जाता है क्योंकि इसमें अल्फा-लिनोलेनिक एसिड (ALA) होता है जो एक तरह का ओमेगा-3 फैटी एसिड है। यह हार्ट को हेल्दी रखने, सूजन कम करने और ब्लड प्रेशर को कंट्रोल करने में मदद करता है। ओमेगा-3 फैटी एसिड हार्मोन संतुलित करने के लिए सबसे जरूरी माना जाता है और यही अलसी को दूसरे सीड्स की तुलना में खास बनाता है। इसमें मौजूद प्रोटीन मांसपेशियों की मजबूती बढ़ाने में मददगार होता है जबकि पोटैशियम और मैग्नीशियम ब्लड प्रेशर कंट्रोल करने व हड्डियों को मजबूत बनाने में मदद करते हैं। फोलिक एसिड (Folic Acid) प्रेग्नेंट महिलाओं के लिए फायदेमंद होता है। वहीं सेलेनियम (Selenium) और जिंक (Zinc) इम्यून सिस्टम को मजबूत बनाते हैं। विटामिन बी1 मेटाबॉलिजम को बढ़ाकर शरीर को ऊर्जा देता है। इन पोषक तत्वों की मौजूदगी की वजह से अलसी सेहत को दुरुस्त बनाए रखने वाला सुपरफूड बन जाता है।

इसमें छुपा है सेहत का खजाना

हार्ट के लिए: अलसी में ओमेगा-3 फैटी एसिड होता है जो कोलेस्ट्रॉल को कम करने और दिल की धमनियों को स्वस्थ रखने में मदद करता है। यह ब्लड सर्कुलेशन को बेहतर बनाकर हार्ट अटैक और स्ट्रोक के खतरे को भी कम करता है।

डायबिटीज के लिए: इसमें लिगनस और फाइबर भरपूर मात्रा में होते हैं जो ब्लड शुगर को कंट्रोल करने में मदद करते हैं। नियमित रूप से अलसी का सेवन करने से इंसुलिन का स्तर ठीक रहता है और टाइप-2 डायबिटीज का खतरा कम होता है।

कैंसर से बचाव: अलसी में मौजूद एंटीऑक्सीडेंट और ओमेगा-3 फैटी एसिड ब्रेस्ट कैंसर और प्रोस्टेट कैंसर जैसी समस्याओं के खतरे को कम करते हैं। यह शरीर में हानिकारक तत्वों को खत्म करके कोशिकाओं को स्वस्थ बनाए रखने में मदद करता है।

पाचन तंत्र की मजबूती के लिए: इसमें सॉल्यूबल और इनसॉल्यूबल फाइबर होते हैं जो कब्ज की समस्या को दूर करने और आंतों को स्वस्थ रखने में मददगार होते हैं। अगर हमारा पेट ठीक रहेगा तो बाकी बीमारियों का खतरा भी कम होगा।

वजन कम करने वालों के लिए: अलसी में मौजूद फाइबर पेट को ज्यादा समय तक भरा रखता है जिससे बार-बार भूख नहीं लगती और वजन घटाने में मदद मिलती है। इसे अपने रोजमर्रा के खाने में शामिल करने से बिना ज्यादा मेहनत किए वजन घटाया जा सकता है।

हड्डियों को मजबूत करने के लिए: इसमें ओमेगा-3 फैटी एसिड और कैल्सियम होते हैं जो हड्डियों की मजबूती के लिए और ऑस्टियोपोरोसिस जैसी बीमारियों को रोकने में मदद करते हैं। हड्डियों को मजबूत बनाए रखने में अलसी कारगर साबित हो सकती है।

स्किन और बालों के लिए: इसमें विटामिन E और ओमेगा-3 फैटी एसिड मौजूद होते हैं जो स्किन में ग्लो लाते हैं और बालों को मजबूत बनाते हैं। इससे स्किन में झुर्रियां कम होती हैं।

ब्लड प्रेशर काबू करने में: अलसी में मौजूद पोटैशियम और ओमेगा-3 फैटी एसिड हाई ब्लड प्रेशर को कंट्रोल करने में मदद करते हैं। यह हमारे शरीर में मौजूद ब्लड के चैनल को आराम देता है जिससे ब्लड प्रेशर संतुलित रहता है।

थायरॉयड के मरीजों के लिए: इसमें मौजूद सेलेनियम और ओमेगा-3 फैटी एसिड थायरॉइड हार्मोन (Thyroid Hormone) के संतुलन को बनाए रखते हैं और मेटाबॉलिजम को सुधारते हैं। इससे शरीर की ऊर्जा का स्तर अच्छा बना रहता है और वजन भी काबू में रहता है।

प्रेग्नेंट महिलाओं के लिए: अलसी में मौजूद फॉलिक एसिड और ओमेगा-3 फैटी एसिड गर्भ में शिशु के मस्तिष्क और तंत्रिका तंत्र (Nervous System) के विकास में मदद करते हैं। गर्भावस्था में सही पोषण बहुत जरूरी होता है और अलसी इसमें अहम भूमिका निभा सकती है।

वेजिटेरियन हैं तो जरूर लें अलसी

जो लोग मछली नहीं खाते हैं, उनके लिए अलसी बेहद फायदेमंद है क्योंकि अलसी के अलावा ओमेगा-3 फैटी एसिड का सबसे अच्छा सोर्स मछली ही है। हालांकि ओमेगा-3 फैटी एसिड अलिव ऑयल और अखरोट में भी पाया जाता है, लेकिन जितनी मात्रा में यह अलसी और मछली में पाया जाता है, उतनी मात्रा में दूसरी चीजों में नहीं मिलता है। यह हमारे शरीर में सभी तरह के हार्मोन को बढ़ाने और संतुलित करने में मददगार होता है। यह हमारे दिमाग के काम करने की क्षमता को बढ़ाता है। वहीं, अलसी से ज्यादा सस्ता ओमेगा-3 का सोर्स कोई भी नहीं है क्योंकि बाकी सभी सोर्स बहुत महंगे हैं।

आयुर्वेद के लिहाज से भी खास हैं ये बीज

अलसी को आयुर्वेद में रसायन और वाजीकरण की श्रेणी में रखा गया है। रसायन ये औषधियां होती हैं जो हमारी आयु बढ़ाने में मदद करती हैं जबकि वाजीकरण औषधियां ताकत और स्टैमिना बढ़ाने का काम करती हैं। यही वजह है कि आयुर्वेद में इसे महिला और पुरुष दोनों के लिए गुणकारी माना गया है। यह न केवल शरीर की इम्यूनिटी को बढ़ाती है बल्कि सेक्सुअल हेल्थ के लिए भी काफी फायदेमंद माना जाता है। अलसी का एक खास गुण हार्मोन्स को बैलेंस करना भी है। यह महिला और पुरुष दोनों के सेक्सुअल हार्मोन्स को संतुलित करता है। अलसी वात, पित्त और कफ को संतुलित करती है, जिससे इसे आयु बढ़ाने वाला भी माना गया है।

इसे खाने और रखने का तरीका

कितना कर सकते हैं इस्तेमाल?

एक अडल्ट दिनभर में 5 से 10 ग्राम अलसी का सेवन कर सकता है। आयुर्वेद में इसकी अधिकतम मात्रा 30 ग्राम रोजाना बताई गई है। 14 साल तक के बच्चों को अलसी लेने की सलाह नहीं दी जाती है।

चबाकर भी खा सकते हैं बीज

आयुर्वेद के मुताबिक सुबह या शाम के वक्त 5 ग्राम बीज चबाकर खाए जा सकते हैं। यदि किसी को इसे पचाने में परेशानी होती है तो वह इसे हल्का भूनकर या पीसकर पाउडर के रूप में भी ले सकता है। वहीं, एलोपैथी के मुताबिक इसे पीसकर खाना ज्यादा बेहतर माना जाता है।



पीसकर ज्यादा दिन न रखें

लोग अक्सर इसके पाउडर को ज्यादा मात्रा में पीसकर रख लेते हैं और खाते रहते हैं। लेकिन यह ठीक नहीं है। अलसी के पाउडर को उतनी ही मात्रा में पीस कर तैयार करें जो 3 से 4 दिनों में खत्म हो जाए। इसे पीसकर रखने से इसमें मौजूद ऑयली कंटेंट खराब हो जाता है।

तेल के मुकाबले बीज है बेहतर

अलसी में मौजूद फाइबर तत्व बीज में होता है, जबकि तेल में यह न के बराबर रह जाता है। इसकी वजह से बीज रूप में इसे लेना ज्यादा लाभकारी माना गया है।

ऑर्गेनिक अलसी है बेहतर

अगर ऑर्गेनिक तरीके से उगाई गई अलसी को खाया जाए तो ज्यादा बेहतर है यानी उसे उगाने के लिए पेस्टिसाइड इस्तेमाल न किया गया हो। मार्केट में यह कैप्सूल फॉर्म में उपलब्ध है, लेकिन इसे इसके असल रूप में लेना ज्यादा फायदेमंद है। जो लोग इसे मेडिसिन के तौर पर लेना चाहते हैं, उनके लिए यह जरूरी है कि वे ऑर्गेनिक अलसी का ही सेवन करें।

अलसी को ऐसे करें स्टोर

आप से एक किलो अलसी बीजों को एक साथ स्टोर कर सकते हैं। इसे एयरटाइट कंटेनर में रखने से ये दो साल तक खराब नहीं होते हैं। पिसी हुई अलसी को एयरटाइट कंटेनर में रूम टेम्परेचर पर 10 दिनों तक ही सुरक्षित रखा जा सकता है।

अलसी के लड्डू, चटनी और तेल

- **मजेदार चटनी:** बिहार और ईस्ट यूपी में लोग अलसी की चटनी बनाकर खाते हैं जो बहुत स्वादिष्ट होती है। इसका तरीका है अलसी को रोस्ट कर के और पीस लें। एक या दो चम्मच अलसी में इतना पानी मिलाएं कि इसका पेस्ट बन जाए। इसमें नीबू, बारीक कटा हुआ प्याज, हरी मिर्च और नमक मिलाकर चटनी की तरह खा सकते हैं। इसे और स्वादिष्ट बनाने के लिए इसमें काला नमक और भुना हुआ जीरा पाउडर भी मिला सकते हैं।
- **आटे में मिलाकर:** अलसी को हल्का रोस्ट करने के बाद पीसकर आटे में मिलाकर खा सकते हैं। परिवार के सदस्यों के हिसाब से 5 ग्राम प्रति व्यक्ति ही आटे में मिलाना चाहिए।
- **अलसी का पानी:** रातभर एक चम्मच अलसी के बीज पानी में भिगो दें और सुबह इस पानी को पी लें। यह वजन घटाने और पाचन सुधारने में मदद करता है। इसके बाद भीगे अलसी बीज चबाकर भी खा सकते हैं।



- **अलसी की कुकीज:** अलसी के बीज बेकिंग में भी इस्तेमाल होते हैं। इससे कई तरह की कुकीज बनाई जाती हैं। इसे मफिन, ग्रेड आदि बनाते हुए भी इस्तेमाल किया जाता है।
- **अलसी पाउडर:** भुने हुई अलसी को पीसकर इसका पाउडर बना लें और इसे दही, दलिया, स्मूदी या सब्जियों में मिलाकर खा सकते हैं। फिर 1 से 2 चम्मच पाउडर को सीधे खा सकते हैं।
- **अलसी के लड्डू:** गुड़, घी और सूखे मेवों के साथ अलसी को मिलाकर लड्डू बनाए जा सकते हैं, जो स्वादिष्ट होने के साथ-साथ सेहतमंद भी होते हैं।

ये बचें अलसी का इस्तेमाल करने से

- **खून पतला करने की दवा लेने वाले लोग:** अलसी का सेवन खून को पतला करने में सहायक हो सकता है इसलिए जो लोग पहले से ही ऐसी दवाइयां ले रहे हैं, उन्हें अलसी के सेवन से पहले डॉक्टर की सलाह लेनी चाहिए।
- **एलर्जी की परेशानी:** कुछ लोगों को अलसी से एलर्जी हो सकती है, इसलिए किसी तरह की एलर्जी है तो अलसी का सेवन सावधानी से करें।
- **पेट में अल्सर:** जिन लोगों के पेट में अल्सर है, उन्हें अलसी खाने से बचना चाहिए।
- **इरिटेबल बाउल सिंड्रोम (IBS) के मरीज:** IBS मरीजों को इसे खाने से बचना चाहिए। यह एक पाचन संबंधी बीमारी है, जिसमें बड़ी आंत सही तरीके से काम नहीं कर पाती। यह एक क्रॉनिक यानी लंबे समय तक चलने वाली समस्या है, लेकिन यह आंतों को परमानेंट नुकसान नहीं पहुंचाती।

Hindustan • 22 Feb • Ministry of Ayush

Ayushman ke 6.54 lakh parivar patar

5 • PG | 157 • Sqcm | 133814 • AVE | 1.53M • Cir | Middle Center
Chandigarh

आयुष्मान के 6.54 लाख परिवार पात्र

नई दिल्ली, विशेष संवाददाता। केंद्रीय स्वास्थ्य मंत्रालय की नेशनल हेल्थ अथॉरिटी (एनएचए) ने दिल्ली में आयुष्मान भारत योजना लागू करने के लिए तैयारियां तेज कर दी हैं। दिल्ली के स्वास्थ्य कार्मिक को प्रशिक्षण, आयुष्मान कार्ड बनाने, दावों का निस्तारण और अस्पतालों के पंजीकरण से जुड़ी तैयारियां की जा रही हैं।

आयुष्मान भारत के मिशन डायरेक्टर किरण गोपाल वास्का ने शुक्रवार को संवाददाताओं से बातचीत में कहा कि दिल्ली में 6.54 लाख परिवारों को योजना के दायरे में लिया जाएगा। चूंकि दिल्ली महानगर है, इसलिए दिल्ली सरकार आवश्यक पैरामीटरों में बदलाव करके लाभार्थियों की सूची को अंतिम रूप देगी, इसलिए यह संख्या थोड़ी बहुत कम-ज्यादा भी हो सकती है। इन परिवारों के अलावा 70 साल से अधिक उम्र के छह लाख बुजुर्गों को भी योजना का लाभ मिलेगा। योजना में छह हजार आशा कार्यकर्ता और 1500 आंगनबाड़ी कार्यकर्ता भी शामिल की जाएंगी। उन्होंने कहा कि एनएचए ने दिल्ली के स्वास्थ्य अधिकारियों, कार्मिकों तथा आशा कार्यकर्ताओं को प्रशिक्षण देना शुरू कर दिया है। दो केंद्रों पर प्रशिक्षण दिया जा रहा है। वहीं, दिल्ली में अभी 66 अस्पताल आयुष्मान भारत योजना के पैनल पर हैं।



"मोदी की गारंटी का मतलब है हर गारंटी पूरी होगी। मैं दिल्ली सरकार को पहली कैबिनेट मीटिंग में 'आयुष्मान भारत योजना' लागू करने के फैसले के लिए बधाई देता हूं। भाजपा ने अपने संकल्प पत्र में इस योजना को लागू करने का वादा किया था। – **जेपी नड्डा**, भाजपा अध्यक्ष एवं केंद्रीय मंत्री

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Ayushman ke 6.54 lakh parivar patra

5 • PG | 157 • Sqcm | 196785 • AVE | 1.29M • Cir | Middle Center
Delhi

आयुष्मान के 6.54 लाख परिवार पात्र

नई दिल्ली, विशेष संवाददाता। केंद्रीय स्वास्थ्य मंत्रालय की नेशनल हेल्थ अथॉरिटी (एनएचए) ने दिल्ली में आयुष्मान भारत योजना लागू करने के लिए तैयारियां तेज कर दी हैं। दिल्ली के स्वास्थ्य कार्मिक को प्रशिक्षण, आयुष्मान कार्ड बनाने, दावों का निस्तारण और अस्पतालों के पंजीकरण से जुड़ी तैयारियां की जा रही हैं।

आयुष्मान भारत के मिशन डायरेक्टर किरण गोपाल वास्का ने शुक्रवार को संवाददाताओं से बातचीत में कहा कि दिल्ली में 6.54 लाख परिवारों को योजना के दायरे में लिया जाएगा। चूंकि दिल्ली महानगर है, इसलिए दिल्ली सरकार आवश्यक पैरामीटरों में बदलाव करके लाभार्थियों की सूची को अंतिम रूप देगी, इसलिए यह संख्या थोड़ी बहुत कम-ज्यादा भी हो सकती है। इन परिवारों के अलावा 70 साल से अधिक उम्र के छह लाख बुजुर्गों को भी योजना का लाभ मिलेगा। योजना में छह हजार आशा कार्यकर्ता और 1500 आंगनबाड़ी कार्यकर्ता भी शामिल की जाएंगी। उन्होंने कहा कि एनएचए ने दिल्ली के स्वास्थ्य अधिकारियों, कार्मिकों तथा आशा कार्यकर्ताओं को प्रशिक्षण देना शुरू कर दिया है। दो केंद्रों पर प्रशिक्षण दिया जा रहा है। वहीं, दिल्ली में अभी 66 अस्पताल आयुष्मान भारत योजना के पैनल पर हैं।



"मोदी की गारंटी का मतलब है हर गारंटी पूरी होगी। मैं दिल्ली सरकार को पहली कैबिनेट मीटिंग में 'आयुष्मान भारत योजना' लागू करने के फैसले के लिए बधाई देता हूं। भाजपा ने अपने संकल्प पत्र में इस योजना को लागू करने का वादा किया था। – **जेपी नड्डा**, भाजपा अध्यक्ष एवं केंद्रीय मंत्री

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Jamia hamdarad ko NBH se parmaanpater

5 • PG | 43 • Sqcm | 36764 • AVE | 1.53M • Cir | Middle Right

Chandigarh

जामिया हमदर्द को एनएबीएच से प्रमाणपत्र

नई दिल्ली। देश भर में चिकित्सालयों और स्वास्थ्य सेवाओं की गुणवत्ता निर्धारित और मूल्यांकन करने वाली संस्था राष्ट्रीय निदानकेन्द्र व स्वास्थ्य सेवा मूल्यांकन परिषद (एनएबीएच) ने जामिया हमदर्द स्थित मजीदिया यूनानी अस्पताल को आधिकारिक रूप से प्रमाणपत्र दिया है। ज्ञात हो इस समय देश मे गिने चुने आयुष चिकित्सालय जिसमे आयुर्वेद व यूनानी चिकित्सा के अस्पताल हैं, जिसमे मजीदिया यूनानी अस्पताल को भी अब एक स्वास्थ्य सेवा सुलभ करने वाले श्रेणी में एनएबीएच द्वारा मूल्यांकित किया गया है।

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Chalees baad weight lifting der nahi, Durust hai

3 • PG | 292 • Sqcm | 364450 • AVE | 1.29M • Cir | Top Left

Delhi

चालीस बाद वेट लिफ्टिंग देर नहीं, दुरुस्त है

ज्यादातर लोगों की जिंदगी में पढ़ाई, पैसे और परिवार के बाद सेहत की सुध लेने का समय आता है। तब तक काले बालों के बीच से उम्र की सफेद सच्चाई झांकने लगती है। यह उम्र ही सही, लेकिन अगर आपने इस पड़ाव पर वेट ट्रेनिंग का मन बनाया है, तो यही कहा जाएगा देर आए, दुरुस्त आए। सही फिटनेस और स्वस्थ बुढ़ापे के लिए कैसे वेट ट्रेनिंग मददगार साबित होगी, बता रही हैं अवंतिका सिंह



एक नहीं, दर्जनों शोधों में यह साबित हुआ है कि स्ट्रेंथ या वेट ट्रेनिंग सेहत के लिए बेहद फायदेमंद है और इसे करने की कोई उम्र नहीं होती। शोधकर्ताओं का तो यह भी कहना है कि 70 की उम्र में भी आप वेट ट्रेनिंग कर सकते हैं, तो फिर 40-45 क्या उम्र है। आपको जानकर आश्चर्य होगा कि इस उम्र में तो लोग खेलों में विभिन्न प्रतियोगिताओं में भी हिस्सा ले लेते हैं। हॉर्वर्ड मेडिकल स्कूल की एक विशेष रिपोर्ट स्ट्रेंथ एंड पावर ट्रेनिंग फॉर ऑल एजेज के अनुसार, चालीस के बाद मोटे तौर पर हड्डियों की सेहत में एक फीसदी प्रतिवर्ष की दर से गिरावट होती है। ऐसे में वेट और स्ट्रेंथ ट्रेनिंग न केवल हड्डियों के नुकसान को धीमा करने में मदद करती है, बल्कि हड्डियों की सेहत को बढ़ा भी सकती है। मतलब, बढ़ती उम्र के साथ बोन मास में जो गिरावट आती है, उसे रोकने का यह एक कारगर उपाय भी है। स्ट्रेंथ ट्रेनिंग हड्डियों पर दबाव डालती है, जिसके परिणामस्वरूप हड्डियां मजबूत और घनी हो जाती हैं। यही नहीं, वेट लिफ्टिंग से शक्ति बढ़ती है, साथ ही संतुलन और स्थिरता में भी सुधार होता है, जिससे उम्र बढ़ने के साथ गिरने का खतरा कम हो जाता है।

कैसे करें शुरुआत

लेकिन हां, अगर आपने अब तक वेट ट्रेनिंग का अभ्यास नहीं किया है, तो खुद से अपना फिटनेस ट्रेनर मत बन जाइएगा। पैसे ही जैसे हर शुरुआत की जाती है धीरे-धीरे, वैसे ही वेट ट्रेनिंग की शुरुआत करें। आपको पता होना चाहिए कि आपकी सीमाएं क्या हैं। किसी जानकार साथी या कोच के मार्गदर्शन में वेट ट्रेनिंग करें। वेट ट्रेनिंग के लिए जरूरी नहीं कि आप जिम ही जाएं। आप घर पर भी इसकी व्यवस्था कर सकते हैं, हालांकि जिम में काफी टूल्स होते हैं, जो यकीनन थोड़ी सहूलियतें देते हैं। पर, कोई भी अभ्यास किसी विशेषज्ञ की देखरेख में ही करें। अपने साथ भी बैंड, भी सपोर्टर/भी कैप, एलबो सपोर्ट, रिस्ट सपोर्ट, कमर के लिए बेल्ट आदि भी रखें, अगर आप इसकी शुरुआत कर रहे हैं। भी सपोर्टर आप कसरत करते वक्त रोज पहनें, लेकिन जब लेग्स की वेट ट्रेनिंग का दिन हो, तो भी बैंड पहनें।

क्या उम्मीद ना करें

अगर आप पुराने एथलीट हैं, तब तो आपको कुछ बताने की जरूरत नहीं कि आपको वेट ट्रेनिंग से कितनी उम्मीद रखनी चाहिए। अगर आप अब वेट ट्रेनिंग शुरू कर रहे हैं, तो ये उम्मीद ना करें कि आप किसी प्रोफेशनल जैसी ट्रेनिंग कर पाएंगे। ये भी उम्मीद ना करें कि आप टोले-शोले बन लेंगे। हां, मसल्स को बढ़ा सकते हैं, बोन डेंसिटी बढ़ा सकते हैं और ताकत में भी इजाफा हो सकता है। यह ना सोचें कि घुटने का दर्द या कोहनी का दर्द या कमर का दर्द ठीक हो जाएगा...ऐसा आमतौर पर नहीं होता।

1 जांच जरूरी है

पहले मेडिकल चेकअप करा लें: यह सुनिश्चित करें कि आपके शरीर में कोई ऐसी बीमारी या समस्या न हो, जो वेट लिफ्टिंग के दौरान खतरा पैदा कर सके।

2 धीरे-धीरे वजन बढ़ाएं

शुरुआत में हल्के वजन के साथ अभ्यास करें और धीरे-धीरे अपनी क्षमता के अनुसार वजन बढ़ाएं।

3 सही तकनीक सीखें

फिटनेस कोच के निर्देशानुसार सही फॉर्म और तकनीक सीखना बेहद जरूरी है, ताकि चोट से बचा जा सके।

4 वार्म-अप और कूल-डाउन करें

हर सत्र से पहले वार्म अप और बाद में कूल-डाउन करना ना भूलें।

5 शरीर की सुनें

अगर आपको शरीर में किसी भी प्रकार का दर्द या असहजता महसूस हो, तो तुरंत आराम करें और ट्रेनर या डॉक्टर से संपर्क करें।

बढ़ती उम्र में वेट लिफ्टिंग के और भी हैं फायदे

- **मांसपेशियों का विकास:** उम्र के साथ मांसपेशियां कमजोर पड़ जाती हैं, लेकिन वजन उठाने से मांसपेशियां मजबूत होती हैं और शरीर में शक्ति बनी रहती है।
- **हड्डियों की मजबूती:** वेट लिफ्टिंग से हड्डियां भी मजबूत होती हैं, जिससे ऑस्टियोपोरोसिस का खतरा कम हो जाता है।
- **मेटाबॉलिज्म में सुधार:** नियमित व्यायाम से शरीर का मेटाबॉलिज्म बढ़ता है, जिससे वजन नियंत्रण में मदद मिलती है।
- **मानसिक सेहत:** व्यायाम से एंडॉर्फिन रिलीज होते हैं, जो तनाव कम कर, मानसिक रूप से आपको तरोताजा महसूस कराते हैं।

किनको नहीं करनी चाहिए वेट लिफ्टिंग

माना कि वेट लिफ्टिंग के बहुत सारे फायदे हैं और इसके लिए उम्र की कोई सीमा नहीं है। पर, इसका मतलब यह नहीं कि यह सबको फायदा ही दे। चूंकि हर व्यक्ति के शरीर की स्थिति अलग होती है। यदि किसी को गंभीर हृदय रोग, जोड़ों की समस्याएं या गंभीर ऑस्टियोपोरोसिस जैसी बीमारियां हैं, तो बिना डॉक्टर की सलाह, उनके लिए भारी वजन उठाना सुरक्षित नहीं होगा। ऐसे मामलों में, व्यक्ति को पहले अपने चिकित्सक से परामर्श करना चाहिए और यदि जरूरी हो, तो हल्के व्यायाम और स्ट्रेंथिंग से शुरुआत करनी चाहिए। कुछ विशेषज्ञ यह भी मानते हैं कि अगर कोई व्यक्ति पहले से ही नियमित रूप से कोई अन्य भारी व्यायाम कर रहा है, तो वेट लिफ्टिंग के दौरान भी सावधानी बरतनी चाहिए। अन्यथा इंजरी की समस्या से सामना करना पड़ सकता है।

मौत का खतरा घटा

वेट ट्रेनिंग फिटनेस प्रशिक्षण के सबसे प्रभावी तरीकों में से एक है, चाहे आप युवा हों या वृद्ध। इससे आपकी मांसपेशियां और शारीरिक ताकत बढ़ती है, जिससे आपको रोजमर्रा की परिस्थितियों में अपने आप को संभालने में मदद मिलती है और आप एक बेहतर जीवन जी पाते हैं। अमेरिकन कॉलेज ऑफ कार्डियोलॉजी के एक शोध में भी पाया गया है कि सप्ताह में पांच बार हल्की वेट ट्रेनिंग करनी वाली महिलाओं में समय से पहले मौत का खतरा 24 फीसदी घट गया। वहीं यूनिवर्सिटी ऑफ कोपेनहेगन की एक शोध की मानें तो वेट ट्रेनिंग यह सुनिश्चित करने में मदद करती है कि आपका तंत्रिका तंत्र और मांसपेशियां बेहतर तालमेल के साथ काम करते रहें।

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Jamiya hamdard ko NABH se pramanpatra

5 • PG | 43 • Sqcm | 54065 • AVE | 1.29M • Cir | Middle Right

Delhi

जामिया हमदर्द को एनएबीएच से प्रमाणपत्र

नई दिल्ली। देश भर में चिकित्सालयों और स्वास्थ्य सेवाओं की गुणवत्ता निर्धारित और मूल्यांकन करने वाली संस्था राष्ट्रीय निदानकेन्द्र व स्वास्थ्य सेवा मूल्यांकन परिषद (एनएबीएच) ने जामिया हमदर्द स्थित मजीदिया यूनानी अस्पताल को आधिकारिक रूप से प्रमाणपत्र दिया है। ज्ञात हो इस समय देश मे गिने चुने आयुष चिकित्सालय जिसमे आयुर्वेद व यूनानी चिकित्सा के अस्पताल हैं, जिसमे मजीदिया यूनानी अस्पताल को भी अब एक स्वास्थ्य सेवा सुलभ करने वाले श्रेणी में एनएबीएच द्वारा मूल्यांकित किया गया है।

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Ayushmann yojna lagu hone ki umeed

4 • PG | 127 • Sqcm | 107647 • AVE | 1.53M • Cir | Middle Right

Chandigarh

आयुष्मान योजना लागू होने की उम्मीद

नई दिल्ली, प्रमुख संवाददाता। दिल्ली में नई सरकार गठन के बाद आयुष्मान भारत योजना लागू हो सकती है। केंद्रीय स्वास्थ्य मंत्रालय के 2023 के एक संसदीय उत्तर के अनुसार, दिल्ली में लगभग 6.54 लाख परिवार इस योजना के तहत पात्र हैं। इसलिए इन्हें मिलने की उम्मीद है।

दिल्ली विधानसभा चुनाव में भाजपा ने अपने घोषणापत्र में आयुष्मान भारत योजना को लागू करने का वादा किया था। दिल्ली में आयुष्मान भारत योजना के कार्यान्वयन को लेकर एक महत्वपूर्ण कदम उठाया गया है।

भाजपा विधायक विजेंद्र गुप्ता ने उपराज्यपाल वीके सक्सेना को पत्र लिखकर प्रधानमंत्री आयुष्मान भारत स्वास्थ्य अवसंरचना मिशन और स्वास्थ्य सूचना प्रबंधन प्रणाली को दिल्ली में तुरंत लागू करने का आग्रह किया है। गुप्ता ने अपने पत्र में उल्लेख किया कि प्रधानमंत्री आयुष्मान भारत स्वास्थ्य अवसंरचना मिशन के तहत केंद्र सरकार ने दिल्ली के लिए 2,406 करोड़ रुपये स्वीकृत किए थे, जिसके अंतर्गत 1,139 शहरी स्वास्थ्य और कल्याण केंद्र, 11 जिला एकीकृत सार्वजनिक स्वास्थ्य प्रयोगशालाएं और नौ क्रिटिकल केयर ब्लॉक स्थापित किए जाने थे। हालांकि, पिछली सरकार के कारण यह योजना दिल्ली में लागू नहीं हो सकी।

पूर्व में आम आदमी पार्टी की सरकार ने इस योजना को लागू करने का विरोध किया था। तर्क दिया था कि राज्य की अपनी योजना दिल्ली आरोग्य कोष, केंद्रीय योजना की तुलना में अधिक मजबूत है।

Hindustan • 15 Feb • Ministry of Ayush

Ayushman yojna lagu hone ki ummid

4 • PG | 127 • Sqcm | 158305 • AVE | 1.29M • Cir | Middle Right

Delhi

आयुष्मान योजना लागू होने की उम्मीद

नई दिल्ली, प्रमुख संवाददाता। दिल्ली में नई सरकार गठन के बाद आयुष्मान भारत योजना लागू हो सकती है। केंद्रीय स्वास्थ्य मंत्रालय के 2023 के एक संसदीय उत्तर के अनुसार, दिल्ली में लगभग 6.54 लाख परिवार इस योजना के तहत पात्र हैं। इसलिए इन्हें मिलने की उम्मीद है।

दिल्ली विधानसभा चुनाव में भाजपा ने अपने घोषणापत्र में आयुष्मान भारत योजना को लागू करने का वादा किया था। दिल्ली में आयुष्मान भारत योजना के कार्यान्वयन को लेकर एक महत्वपूर्ण कदम उठाया गया है।

भाजपा विधायक विजेंद्र गुप्ता ने उपराज्यपाल वीके सक्सेना को पत्र लिखकर प्रधानमंत्री आयुष्मान भारत स्वास्थ्य अवसंरचना मिशन और स्वास्थ्य सूचना प्रबंधन प्रणाली को दिल्ली में तुरंत लागू करने का आग्रह किया है। गुप्ता ने अपने पत्र में उल्लेख किया कि प्रधानमंत्री आयुष्मान भारत स्वास्थ्य अवसंरचना मिशन के तहत केंद्र सरकार ने दिल्ली के लिए 2,406 करोड़ रुपये स्वीकृत किए थे, जिसके अंतर्गत 1,139 शहरी स्वास्थ्य और कल्याण केंद्र, 11 जिला एकीकृत सार्वजनिक स्वास्थ्य प्रयोगशालाएं और नौ क्रिटिकल केयर ब्लॉक स्थापित किए जाने थे। हालांकि, पिछली सरकार के कारण यह योजना दिल्ली में लागू नहीं हो सकी।

पूर्व में आम आदमी पार्टी की सरकार ने इस योजना को लागू करने का विरोध किया था। तर्क दिया था कि राज्य की अपनी योजना दिल्ली आरोग्य कोष, केंद्रीय योजना की तुलना में अधिक मजबूत है।

Hindustan • 14 Feb • Ministry of Ayush

Ayushman HIMS lagu karne ka aagreh

2 • PG | 92 • Sqcm | 77807 • AVE | 1.53M • Cir | Middle Right

Chandigarh

आयुष्मान, एचआईएमएस लागू करने का आग्रह

नई दिल्ली। भाजपा के विधायक विजेंद्र गुप्ता ने गुरुवार को उपराज्यपाल वीके सक्सेना से राजधानी में प्रधानमंत्री आयुष्मान भारत स्वास्थ्य अवसंरचना मिशन (आयुष्मान) और स्वास्थ्य सूचना प्रबंधन प्रणाली (एचआईएमएस) को लागू करने का आग्रह किया ताकि शहर की संघर्षरत सार्वजनिक स्वास्थ्य सेवा प्रणाली को पुनर्जीवित करने में मदद मिल सके। विधानसभा में निवर्तमान नेता प्रतिपक्ष ने सक्सेना को लिखे पत्र में कहा कि आयुष्मान एवं एचआईएमएस योजना को लागू करने से स्वास्थ्य सेवाओं में उल्लेखनीय सुधार होगा।

Hindustan • 14 Feb • Ministry of Ayush

Ayushman, HIMS lagu karne ka agrah

2 • PG | 92 • Sqcm | 114422 • AVE | 1.29M • Cir | Middle Right

Delhi

आयुष्मान, एचआईएमएस लागू करने का आग्रह

नई दिल्ली। भाजपा के विधायक विजेंद्र गुप्ता ने गुरुवार को उपराज्यपाल वीके सक्सेना से राजधानी में प्रधानमंत्री आयुष्मान भारत स्वास्थ्य अवसंरचना मिशन (आयुष्मान) और स्वास्थ्य सूचना प्रबंधन प्रणाली (एचआईएमएस) को लागू करने का आग्रह किया ताकि शहर की संघर्षरत सार्वजनिक स्वास्थ्य सेवा प्रणाली को पुनर्जीवित करने में मदद मिल सके। विधानसभा में निवर्तमान नेता प्रतिपक्ष ने सक्सेना को लिखे पत्र में कहा कि आयुष्मान एवं एचआईएमएस योजना को लागू करने से स्वास्थ्य सेवाओं में उल्लेखनीय सुधार होगा।

Hindustan • 12 Feb • Ministry of Ayush

Sansado ne Ayushman se judi yachika bapas li

2 • PG | 131 • Sqcm | 111090 • AVE | 1.53M • Cir | Middle Left

Chandigarh

सांसदों ने आयुष्मान से जुड़ी याचिका वापस ली

अदालत से

नई दिल्ली, प्रमुख संवाददाता। आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना (एबी-पीएमजेएवाई) के क्रियान्वयन के लिए दायर याचिका को भाजपा सांसदों ने मंगलवार को वापस ले लिया। यह याचिका दिल्ली के सातों भाजपा सांसदों द्वारा पूर्व में उच्च न्यायालय में दायर की गई थी।

सांसदों की तरफ से पेश हुए वकील ने कहा कि भाजपा ने दिल्ली विधानसभा चुनाव जीता है। वह याचिका वापस लेना चाहते हैं, क्योंकि दिल्ली में नई सरकार ने पहली कैबिनेट बैठक में आयुष्मान भारत योजना को लागू करने का वादा किया है।

कोर्ट ने आश्चर्य जताया था

इससे पहले उच्च न्यायालय ने दिल्ली सरकार द्वारा केन्द्र द्वारा वित्तपोषित स्वास्थ्य योजना के माध्यम से वित्तीय सहायता स्वीकार न करने पर आश्चर्य व्यक्त किया था। उच्च न्यायालय ने कहा था कि जबकि राज्य सरकार के पास अपनी स्वास्थ्य सेवा प्रणाली के लिए कोई पैसा नहीं है। उच्च न्यायालय ने कहा था कि केन्द्रीय योजना केवल नागरिकों के एक विशेष वर्ग को दी जा रही सहायता है। दिल्ली प्रशासन के भीतर मतभेदों को दूर करने के लिए कदम उठाए जाने चाहिए।

याचिकाकर्ताओं में हर्ष मल्होत्रा, रामवीर बिधूड़ी, प्रवीण खंडेलवाल, योगेंद्र चंदोलिया, मनोज तिवारी, कमलजीत सहरावत सहित अन्य शामिल थे।

Hindustan • 12 Feb • Ministry of Ayush

Sansdon me Aushman se judi yachika wapis li

2 • PG | 131 • Sqcm | 163367 • AVE | 1.29M • Cir | Middle Left
Delhi

सांसदों ने आयुष्मान से जुड़ी याचिका वापस ली

अदालत से

नई दिल्ली, प्रमुख संवाददाता। आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना (एबी-पीएमजेएवाई) के क्रियान्वयन के लिए दायर याचिका को भाजपा सांसदों ने मंगलवार को वापस ले लिया। यह याचिका दिल्ली के सातों भाजपा सांसदों द्वारा पूर्व में उच्च न्यायालय में दायर की गई थी।

सांसदों की तरफ से पेश हुए वकील ने कहा कि भाजपा ने दिल्ली विधानसभा चुनाव जीता है। वह याचिका वापस लेना चाहते हैं, क्योंकि दिल्ली में नई सरकार ने पहली कैबिनेट बैठक में आयुष्मान भारत योजना को लागू करने का वादा किया है।

कोर्ट ने आश्चर्य जताया था

इससे पहले उच्च न्यायालय ने दिल्ली सरकार द्वारा केन्द्र द्वारा वित्तपोषित स्वास्थ्य योजना के माध्यम से वित्तीय सहायता स्वीकार न करने पर आश्चर्य व्यक्त किया था। उच्च न्यायालय ने कहा था कि जबकि राज्य सरकार के पास अपनी स्वास्थ्य सेवा प्रणाली के लिए कोई पैसा नहीं है। उच्च न्यायालय ने कहा था कि केन्द्रीय योजना केवल नागरिकों के एक विशेष वर्ग को दी जा रही सहायता है। दिल्ली प्रशासन के भीतर मतभेदों को दूर करने के लिए कदम उठाए जाने चाहिए।

याचिकाकर्ताओं में हर्ष मल्होत्रा, रामवीर बिधूड़ी, प्रवीण खंडेलवाल, योगेंद्र चंदोलिया, मनोज तिवारी, कमलजीत सहरावत सहित अन्य शामिल थे।

Dina Malar • 22 Feb • Ministry of Ayush

Siddha University Bill to be sent back to Governor for approval: Minister Ma Subramani

12 • PG | 255 • Sqcm | 219216 • AVE | 882.2K • Cir | Bottom Center

Chennai

விரைவில் சித்தா பல்கலை அமைச்சர் சுப்பிரமணியன் உறுதி

சென்னை, பிப். 22-

"தமிழகத்தில் சித்தா பல்கலை விரைவில் செயல்பாட்டுக்கு வரும்," என, மக்கள் நல் வாழ்வுத்துறை அமைச்சர் சுப்பிரமணியன் கூறினார்.

சென்னை கிண்டியில் உள்ள, தமிழ்நாடு எம்.ஜி.ஆர்., மருத்துவ பல்கலையில், சர்வதேச சித்தா மருத்துவ மாநாடு நேற்று நடந்தது.

இதில், 278 சித்தா ஆராய்ச்சிக் கட்டுரை தொகுப்பு கொண்ட, 'அகத்தியம் – 2025' நூலை, அமைச்சர் சுப் பிரமணியன் வெளியிட்டார். பின், அவர் பேசியதாவது:

தமிழகத்தில், மூன்று அரசு, 13 தனியார் என, மொத்தம் 16 சித்தா மருத்துவக் கல்லூரிகள் இயங்கி வருகின்றன. இங்கு ஒவ்வொரு ஆண்டும், 3,800க்கும் அதிகமான மாணவர்கள் படிக்கின்றனர்.

தி.மு.க., ஆட்சிப் பொறுப்பேற்ற பின், சித்தா மருத்துவ பல்கலை அமைக்க நடவடிக்கை எடுக்கப் பட்டது. கவர்னர் ஒப் புதல் அளித்திருந்தால், பல்கலை செயல்படத் துவங்கி இருக்கும். ஆனால், கவர்னர் ஒப்பு தல் அளிக்காமல் திருப்பி அனுப்பினார்.

வரும் சட்டசபை கூட் டத்தொடரில், சித்தா பல்கலை அமைப்பதற் கான மசோதா நிறை வேற்றப்பட்டு, மீண்டும் கவர்னருக்கு அனுப்பி வைக்கப்படும். விதிப் படி, இரண்டாவது முறை அனுப்பினால், கவர்னர் ஒப்புதல் அளிக்க வேண்டும். எனவே, விரைவில் தமி ழகத்தில் சித்தா பல்கலை வரும்.

நாமக்கல்லில், சித்தா மருத்துவக் கல்லூரி விரைவில் அமைக் கப்படும். திண்டுக்கல் மாவட்டம் வேடசந் தூரில் அஸ்வகந்தா மூலிகைச் செடிகள், 200 ஏக்கரில் பயிரிடப்பட்டு வருகின்றன.

இதன் வாயிலாக, 2,000 விவசாயிகள் பயன் அடைந்துள்ளனர். பாரம்பரிய மருத்துவர் களுக்கு ஒய்வூதியமாக 1,000 ரூபாய் வழங் கப்பட்டதை, 3,000 ரூபாயாக உயர்த்தி வழங்குகிறோம்.

இவ்வாறு அவர் பேசினார்.



■ தமிழ்நாடு டாக்டர் எம்.ஜி.ஆர்., மருத்துவ பல்கலையில், 'அகத்தியம் – 2025' என்ற நூலை வெளியிட்ட மக்கள் நல்வாழ்வுத்துறை அமைச்சர் சுப்பிரமணியன். உடன், சித்த மருத்துவ துறைத்தலைவர் கபிலன், பல்கலை துணைவேந்தர் நாராயணசாமி, இந்திய ஆயுஷ் அமைச்சக ஆயுர்வேத ஆலோசகர் கவுஸ்துபா உபாத்யாயா, பல்கலை துணைவேந்தர் சிவசங்கீதா.

Dina Malar • 15 Feb • Ministry of Ayush

Bill to establish Siddha University again

14 • PG	95 • Sqcm	81318 • AVE	882.2K • Cir	Bottom Center

Chennai



சித்தா பல்கலை அமைக்க மீண்டும் சட்ட மசோதா

சென்னை, பிப். 15-

"சித்தா மருத்துவ பல்கலை அமைக்க, சட்டசபையில் மீண்டும் சட்ட மசோதா தாக்கல் செய்யப்படும்," என, மக்கள் நல்வாழ்வுத் துறை அமைச்சர் சுப்பிரமணியன் கூறினார்.

சென்னை கிண்டியில் உள்ள தமிழ்நாடு டாக்டர் எம்.ஜி.ஆர்., மருத்துவ பல்கலை சார்பில், 'சர்வதேச ஹோமியோபதி மாநாடு – 2025' நேற்று நடந்தது. இந்த மாநாட்டில், 100 ஆராய்ச்சி கட்டுரை தொகுப்பு கொண்ட, 'ஹோமியோ விஷன் 2025' என்ற நூலை வெளியிட்டு, அமைச்சர் சுப்பிரமணியன் பேசியதாவது:

தமிழகத்தில் டாக்டர் எம்.ஜி.ஆர்., மருத்துவ பல்கலையின் கீழ், மதுரை அரசு ஹோமியோபதி மருத்துவக் கல்லூரி மற்றும் 12 தனியார் ஹோமியோபதி மருத்துவக் கல்லூரிகள் செயல்படுகின்றன. நவீன சிகிச்சை முறைகளும், மாற்று மருத்துவ முறைகளும் ஒருங்கிணைந்து செயல்படுவது, இன்றைய மருத்துவத் துறையின் அவசியமாகும்.

சென்னை மாதவரத்தில், சித்தா மருத்துவ பல்கலை அமைக்க, தமிழக கவர்னர் மூன்று ஆண்டுகளாக அனுமதி வழங்கவில்லை. முதல்வர் வாயிலாக, மீண்டும் சட்ட மசோதா தாக்கல் செய்யப்படும்.

இவ்வாறு அவர் பேசினார்.

Dina Malar • 03 Feb • Ministry of Ayush

Free medical check-up at Siddha Medical Exhibition

4 • PG	74 • Sqcm	63644 • AVE	882.2K • Cir	Bottom Center

Chennai



சித்த மருத்துவ கண்காட்சியில் இலவச மருத்துவ பரிசோதனை

சென்னை, பிப். 3-

ஆயுஷ் அமைச்சகத்தின் மத்திய சித்த மருத்துவ ஆராய்ச்சி குழுமம் சார்பில், எட்டாவது சித்த தினத்தை யொட்டி, கோட்டூர்புரம், பி.எம். பிர்லா கோளரங்க வளாகத்தில், மாபெரும் சித்த மருத்துவ கண்காட்சி துவங்கியுள்ளது.

வரும் 9ம் தேதி வரை நடக்கும் இக்கண்காட்சியில், காலை 10:00 மணி முதல் 6:00 மணி வரை, பொதுமக்கள் இலவசமாக பங்கேற்கலாம்.

இந்த கண்காட்சியில், பொதுமக்களுக்கு இலவச சித்த மருத்துவ பரிசோதனை மற்றும் மருந்துகளும் வழங்கப்படுகின்றன.

மேலும், சித்த மருத்துவத்தில் உள்ள நன்மைகள், மூலிகை செடிகள், உணவு வகைகள் உள்ளிட்டவை, பொதுமக்களின் பார்வைக்கு வைக்கப்பட்டுள்ளன.

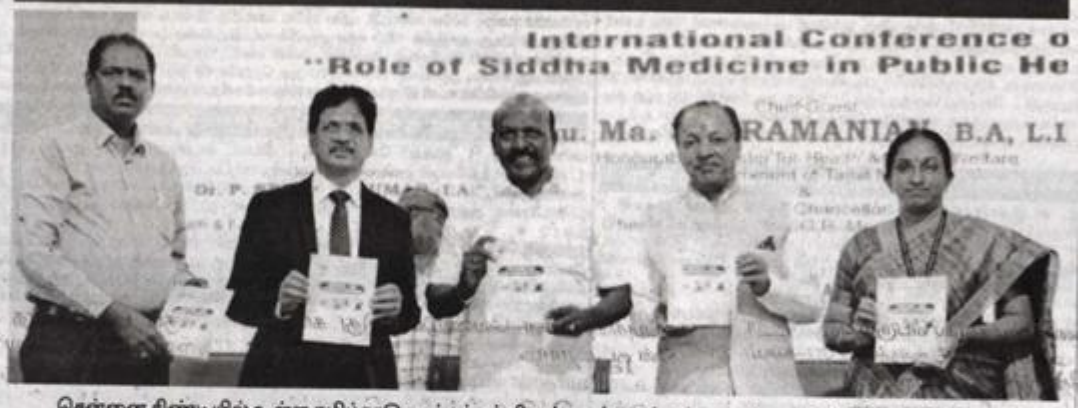
Dina Mani • 22 Feb • Ministry of Ayush

Siddha University Bill to be sent back to Governor for approval: Minister Ma Subramani

4 • PG | 303 • Sqcm | 128605 • AVE | 167.26K • Cir | Bottom Center
Chennai

சித்தா பல்கலை. மசோதா மீண்டும் ஆளுநர் ஒப்புதலுக்கு அனுப்பப்படும்

அமைச்சர் மா.சுப்பிரமணியன்



சென்னை கிண்டியில் உள்ள தமிழ்நாடு டாக்டர் எம்ஜிஆர் மருத்துவப் பல்கலைக்கழகத்தில் வெள்ளிக்கிழமை நடைபெற்ற சித்த மருத்துவ மாநாட்டில் 278 ஆராய்ச்சி கட்டுரைகள் அடங்கிய தொகுப்பு நூலை வெளியிட்ட மக்கள் நல்வாழ்வுத் துறை அமைச்சர் மா.சுப்பிரமணியன். உடன் பல்கலை. துணைவேந்தர் கே.நாராயணசாமி, பதிவாளர் சிவசங்கீதா, இந்திய ஆயுஷ் அமைச்சக ஆலோசகர் கௌஸ்தூபா உபாத்யாய உள்ளிட்டோர்.

சென்னை, பிப். 21: சித்த மருத்துவ பல்கலைக்கழகம் அமைப்பதற்கான சட்ட மசோதா மீண்டும் ஆளுநருக்கு அனுப்பப்படும் என்று மக்கள் நல்வாழ்வுத் துறை அமைச்சர் மா.சுப்பிரமணியன் தெரிவித்தார்.

சர்வதேச சித்த மருத்துவ மாநாடு சென்னை, கிண்டியில் உள்ள தமிழ்நாடு டாக்டர் எம்ஜிஆர் மருத்துவப் பல்கலைக்கழகத்தில் வெள்ளிக்கிழமை நடைபெற்றது. இதில், 278 சித்த ஆராய்ச்சி கட்டுரை தொகுப்பு கொண்ட 'அகத்தியம்-2025' என்ற ஆய்வுத் தொகுப்பு நூலை அமைச்சர் மா.சுப்பிரமணியன் வெளியிட்டார்.

இந்நிகழ்வில் ஆயுஷ் அமைச்சக ஆலோசகர் கௌஸ்தூபா உபாத்யாய, மருத்துவப் பல்கலைக்கழக துணைவேந்தர் டாக்டர் கே.நாராயணசாமி, பதிவாளர் சிவசங்கீதா, சித்த மருத்துவத் துறைத் தலைவர் கயிலன் உள்ளிட்டோர் கலந்துகொண்டனர்.

நிகழ்ச்சியில், அமைச்சர் மா.சுப்பிரமணியன் பேசியதாவது:

தமிழகத்தில் தற்போது மூன்று அரசு சித்த மருத்துவக் கல்லூரிகள் உள்பட மொத்தம் 16 சித்த மருத்துவக் கல்லூரிகள் இயங்கி வருகின்றன. இங்கு ஆண்டுதோறும் 3,800-க்கும் மேற்பட்டோர் படிப்பை நிறைவு செய்து பாரம்பரிய மருத்துவர்களாக வெளியேறுகின்றனர். திமுக ஆட்சி பொறுப்பேற்ற பிறகு சித்த மருத்துவத்துக்கென பல்கலைக்கழகம் அமைக்க நடவடிக்கை எடுக்கப்பட்டது. அதற்கு ஆளுநர் ஒப்புதல் அளித்திருந்தால், அந்த பல்கலைக்கழகம் செயல்பாட்டுக்கு கொண்டுவரப்பட்டிருக்கும்.

ஆனால், அதற்கான மசோதாவுக்கு ஒப்புதல் அளிக்காமல் ஆளுநர் திருப்பி அனுப்பியுள்ளார். அடுத்த சட்டப் பேரவைக் கூட்டத் தொடரில், சித்தா பல்கலைக்கழகம் அமைப்பதற்கான சட்ட மசோதா நிறைவேற்றப்பட்டு மீண்டும் ஆளுநருக்கு அனுப்பிவைக்கப்படும்.

விதிப்படி, இரண்டாவது முறை அனுப்பினால், அதற்கு ஆளுநர் ஒப்புதல் அளிக்க வேண்டும். எனவே, விரைவில் தமிழகத்தில் சித்தா பல்கலைக்கழகம் பயன்பாட்டுக்கு வரும்.

தமிழகத்தில் கடந்த மூன்றரை ஆண்டுகளாக சித்த மருத்துவத்துக்கு கூடுதல் முக்கியத்துவம் அளிக்கப்பட்டு வருகிறது. நாமக்கலில், சித்த மருத்துவக் கல்லூரியை விரைவில் அமைப்பதற்கான நடவடிக்கை மேற்கொள்ளப்பட்டு வருகிறது.

திண்டுக்கல் மாவட்டம் வேடசந்தூரில் அஸ்வகந்தா மூலிகைச் செடிகள் 200 ஏக்கரில் பயிரிடப்பட்டு வருகின்றன. இதன் வாயிலாக 2,000 விவசாயிகள் பயனடைந்துள்ளனர். பாரம்பரிய மருத்துவர்களுக்கான ஓய்வூதியம் ரூ.1,000-இலிருந்து தற்போது ரூ.3,000-ஆக உயர்த்தப்பட்டுள்ளது என்றார் அவர்.

Dina Mani • 13 Feb • Ministry of Ayush

Supreme Court orders resignation of National Homeopathy Commission Chairman

8 • PG	76 • Sqcm	32119 • AVE	167.26K • Cir	Bottom Center

Chennai



தேசிய ஹோமியோபதி ஆணைய தலைவர் பதவி விலக உச்சநீதிமன்றம் உத்தரவு

புதுதில்லி, பிப்.12: தேசிய ஹோமியோபதி ஆணைய (என்சிஹெச்) தலைவர் பதவியில் இருந்து மருத்துவர் அனில் குரானா விலக வேண்டும் என்று உச்ச நீதிமன்றம் புதன்கிழமை உத்தரவிட்டது.

இதுதொடர்பாக உச்சநீதிமன்றத்தில் என்சிஹெச் தலைவர் பதவிக்கு விண்ணப்பித்த மருத்துவர் அமரகெ ளட எல்.பாட்டீல் தாக்கல் செய்த மனுவில், 'என்சிஹெச் சட்டத்தின் 4(2), 19 ஆகிய பிரிவுகளின் கீழ், அந்த ஆணையத்தின் தலைவர் பதவிக்குத் தேவைப்படும் அனுபவம் மருத்துவர் அனில் குரானாவுக்கு இல்லை. இருப் பினும் அந்தப் பதவியில் அவர் நிய மிக்கப்பட்டார்' என்று தெரிவிக்கப் பட்டது.

இந்த மனுவை விசாரித்த நீதிபதி கள் தீபாங்கர் தத்தா, மன்மோகன் ஆகியோர் அடங்கிய அமர்வு, 'என் சிஹெச் தலைவர் பதவிக்குச் சட்டத் தைப் பின்பற்றி அனில் குரானா நியமிக்கப்படவில்லை. எனவே அவர் அந்தப் பதவியில் இருந்து ஒரு வாரத்தில் விலக வேண்டும்' என்று புதன்கிழமை உத்தரவிட்டனர்.

Navshakti • 22 Feb • Ministry of Ayush

Ministry of AYUSH won 5 Guinness World Records

3 • PG | 120 • Sqcm | 24112 • AVE | 419.55K • Cir | Bottom Left

Mumbai

आयुष मंत्रालयाने पटकावले ५ गिनीज वर्ल्ड रेकॉर्ड्स

मुंबई : भारतासाठी एका ऐतिहासिक टप्प्याच्या रूपात, 'देश का प्रकृती परीक्षण अभियान'ने अभूतपूर्व पाच गिनीज वर्ल्ड रेकॉर्ड्स मिळवले आहेत. जे समग्र आरोग्य सेवांबद्दल राष्ट्राच्या वचनबद्धतेचे आणि आयुर्वेदाला मिळत असलेल्या जागतिक मान्यतेचे प्रतीक आहे. भारतीय पारंपरिक वैद्यक पद्धतीसाठीच्या राष्ट्रीय आयोगाने (NCISM) भारत सरकारच्या आयुष मंत्रालयाच्या पाठिंब्याने २० फेब्रुवारी २०२५ रोजी मुंबई येथे 'देश का प्रकृती परीक्षण अभियान'च्या पहिल्या टप्प्याच्या यशस्वी पूर्णतेनिमित्त समारोप समारंभाचे यशस्वी आयोजन करण्यात आले होते.

गिनीज वर्ल्ड रेकॉर्ड्सचे परीक्षक रिचर्ड विल्यम्स स्टेनिंग (युनायटेड किंगडम) हे खास या कार्यक्रमासाठी पोर्तुगालहून मुंबईत आले होते. त्यांनी सर्व पाच विक्रमांच्या अधिकृत यशाची घोषणा करून केंद्रीय आयुष राज्यमंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव यांना प्रमाणपत्रे प्रदान केली.



पाच गिनीज वर्ल्ड रेकॉर्ड्स :

१ एका आठवड्यात कोणत्याही आरोग्य अभियानासाठी मिळालेल्या सर्वाधिक प्रतिज्ञा: ६,००४,९९२ प्रतिज्ञा.

२ एका महिन्यात कोणत्याही आरोग्य अभियानासाठी मिळालेल्या सर्वाधिक प्रतिज्ञा: १३,८९२,९७६ प्रतिज्ञा.

३ कोणत्याही आरोग्य अभियानासाठी मिळालेल्या सर्वाधिक एकूण प्रतिज्ञा: १३,८९२,९७६ प्रतिज्ञा

४ डिजिटल प्रमाणपत्र दाखवत असलेल्या लोकांचा सर्वात मोठा ऑनलाइन फोटो अल्बम: ६२,५२५ फोटो,

५ एकाच वाक्याचा उच्चार करणाऱ्या लोकांचा सर्वात मोठा ऑनलाइन व्हिडीओ अल्बम: १२,७९८ व्हिडीओ.

Navshakti • 14 Feb • Ministry of Ayush

A concrete step for the health of senior citizens through AYUSH

3 • PG | 96 • Sqcm | 19261 • AVE | 419.55K • Cir | Middle Center

Mumbai

आयुषच्या माध्यमातून ज्येष्ठांच्या आरोग्यासाठी ठोस पाऊल



मुंबई : ज्येष्ठ नागरिकांच्या आरोग्य सेवेत सुधारणा करण्याच्या व्यापक उद्देशाने, आयुष मंत्रालय आणि सामाजिक न्याय व सशक्तीकरण विभागाने नुकतेच नवी दिल्ली येथे एक महत्त्वपूर्ण सामंजस्य करार (MoU) स्वाक्षरीत केला. हा राष्ट्रीय स्तरावरील करार आयुष पद्धतीच्या माध्यमातून ज्येष्ठ नागरिकांना दर्जेदार आरोग्य सेवा उपलब्ध करून देण्यासाठी आणि व्यसनमुक्तीसाठी उपाययोजना करण्यासाठी करण्यात आला आहे. आयुष भवन येथे केंद्रीय आयुष राज्यमंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव आणि केंद्रीय सामाजिक न्याय व सशक्तीकरण राज्यमंत्री बी. एल. वर्मा यांच्या उपस्थितीत हा करार करण्यात आला.

महाराष्ट्रात आयुष-आधारित आरोग्यसेवा मोठ्या प्रमाणावर दिल्या जात आहेत. या उपक्रमांतर्गत ज्येष्ठ नागरिकांचे क्लिनिकल तपासणी व आरोग्य मूल्यमापन, मधुमेह, उच्च रक्तदाब, ब्रोंकियल दमा, संधिवात, प्रोस्टेटच्या समस्या, त्वचा व दृष्टीविषयक आजारांचे प्राथमिक निदान व उपचार, व्यक्तिपरत्वे योग्य आहार आणि जीवनशैली मार्गदर्शन दिल्या जात आहेत.

यावेळी केंद्रीय आयुष राज्यमंत्री प्रतापराव जाधव म्हणाले, ज्येष्ठ नागरिकांचे आरोग्य आणि व्यसनाधीनता ही अत्यंत महत्त्वाची क्षेत्रे आहेत, ज्यावर विशेष लक्ष देण्याची आवश्यकता आहे.

Navshakti • 04 Feb • Ministry of Ayush

Will expand the scope of research for effective Ayurveda

8 • PG | 267 • Sqcm | 53655 • AVE | 419.55K • Cir | Top Left

Mumbai

प्रभावी आयुर्वेदासाठी संशोधनाची व्याप्ती वाढवणार

केंद्रीय आयुष मंत्री प्रतापराव जाधव यांचे प्रतिपादन

पुणे : आयुर्वेद सर्व प्रकारच्या व्याधींवर परिणामकारक उपचारपद्धती आहे. आयुर्वेदाला जगभर सर्वमान्यता मिळू लागली आहे. प्रभावी आयुर्वेदासाठी संशोधनाची व्याप्ती वाढवण्यासह इनोव्हेशन व स्टार्टअप सुरू करण्यासाठी आयुष मंत्रालयामार्फत चालना देणार आहे, असे प्रतिपादन केंद्रीय आयुष मंत्री प्रतापराव जाधव यांनी केले. सर्वगुणकारी आयुष औषध सहज उपलब्ध होण्यासाठी देशभरात आयुष औषधी केंद्रांचे जाळे उभारण्यात येणार असल्याचेही प्रतापराव जाधव यांनी नमूद केले.

डॉ. डी. वाय. पाटील (अभिमत) विद्यापीठ संचालित डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटर पुणे, यांच्या पुढाकाराने नवी दिल्ली येथील ऑल इंडिया आयुर्वेद काँग्रेस, नेदरलँड येथील इंटरनॅशनल महर्षी आयुर्वेद फाऊंडेशन व इंटरनॅशनल अकॅडमी ऑफ आयुर्वेद यांच्या सहकार्याने आयोजित आठव्या इंटरनॅशनल आयुर्वेद काँग्रेसचे (आंतरराष्ट्रीय आयुर्वेद संमेलन) उद्घाटन प्रतापराव जाधव यांच्या हस्ते झाले.



विचारांचे आदानप्रदान

डॉ. पी. डी. पाटील म्हणाले की, देशातील पहिले आंतरराष्ट्रीय आयुर्वेद संमेलन पुण्यात आणि तेही आमच्या संस्थेत होतेय, याचा आनंद आहे. जगभरातील आयुर्वेदतज्ज्ञ, विद्यार्थी येथे आल्याने विचारांचे आदानप्रदान होत आहे. सार्वजनिक आरोग्य सेवेमध्ये आयुर्वेदाचा समावेश ही चांगली बाब आहे. वैदिक संस्कृती, आयुर्वेदाला प्रोत्साहन देण्याचे पंतप्रधान नरेंद्र मोदी यांचे पाऊल स्वागतार्ह आहे.

संमेलनामध्ये जागतिक स्तरावर आयुर्वेद प्रसारासाठी डॉ. गुणवंत येवला आणि डॉ. वॉल्टर मोईल्क यांना 'आयुर्वेद धन्वंतरी पुरस्कार' प्रदान करण्यात आला. आयुर्वेदातील उल्लेखनीय योगदानाबद्दल डॉ. संजीव गोयल, डॉ. अखिलेश वर्मा, डॉ. एस. एन. पांडे, डॉ. रामदास आव्हाड यांना सन्मानित करण्यात आले. दहा देशांतील १०० पेक्षा अधिक आंतरराष्ट्रीय तज्ज्ञ आणि १२०० हून अधिक राष्ट्रीय स्तरावरील संशोधक, वैद्य, प्राध्यापक आणि विद्यार्थी या संमेलनात सहभागी झाले होते. ५०० हून शोधनिबंध सादर झाले.

प्रतापराव जाधव म्हणाले की, "योग व आयुर्वेद ही भारताची ओळख आहे. शंभराहून अधिक देशांत आज आयुर्वेद पोहोचला आहे, तर १८० देशांत योगदिवस साजरा केला जातो. पंतप्रधान नरेंद्र मोदी यांच्या पुढाकारातून आयुर्वेदाला जागतिक स्तरावर नेण्यासाठी विविध उपक्रम राबविण्यात येत आहेत. आयुर्वेदीक औषधांना, उपचारांना प्रभावी करण्यासाठी व मान्यता मिळण्यासाठी सखोल संशोधन होणे गरजेचे आहे. त्यामुळेच संशोधनावर भर दिला जात आहे. डॉ. डी. वाय. पाटील आयुर्वेद महाविद्यालयांसारख्या संस्थांमध्ये संशोधन व विकास केंद्राची उभारणी करण्याचा विचार सुरू आहे. अनेक औषधांना आयएसओ मानांकन दिले जात आहे. देशातही घराघरात आयुर्वेद जाण्यासाठी 'देश का प्रकृती परीक्षण' उपक्रम आणला असून, त्यामध्ये सव्वाकोटी लोकांची माहिती संकलित केली आहे.

Virat Vaibhav • 20 Feb • Ministry of Ayush

Aaj se shuru hoga meditation leaders ka washvik sammelan

4 • PG | 36 • Sqcm | 42692 • AVE | 625K • Cir | Middle Center

Delhi

आज से शुरू होगा मेडिटेशन लीडर्स का वैश्विक सम्मेलन

नई दिल्ली। ध्यान विशेषज्ञों को सकारात्मक सामाजिक परिवर्तन और विश्व शांति के लिए मेडिटेशन लीडर्स का वैश्विक सम्मेलन (जीसीएमएल) चार दिवसीय आज से भारत मंडपम नई दिल्ली में आयोजित किया जाएगा। बुद्ध सीईओ क्वांटम फाउंडेशन द्वारा पिरामिड मेडिटेशन चैनल हिंदी (पीएमसी) एस-व्यासा, हार्टफुलनेस, एम्स, सीसीआरवाईएन (आयुष मंत्रालय) और पिरामिड स्पिरिचुअल सोसाइटीज मूवमेंट के कई अन्य संगठनों के सहयोग से आयोजित इस सम्मेलन का उद्देश्य स्वास्थ्य और निर्णय लेने के लिए एक प्रमुख चालक के रूप में ध्यान के बारे में जागरूकता पैदा करने में वैश्विक नेतृत्व को शामिल करना है।

Virat Vaibhav • 19 Feb • Ministry of Ayush

Mahilaon ke liye cancer ka tika 5 se 6 mahine hoga uplabdh

16 • PG	134 • Sqcm	161043 • AVE	625K • Cir	Middle Right

Delhi

महिलाओं के लिए कैंसर का टीका पांच से छह महीने में होगा उपलब्ध: जाधव

वैभव न्यूज ■ छत्रपति संभाजीनगर



केंद्रीय स्वास्थ्य राज्य मंत्री प्रतापराव जाधव ने मंगलवार को कहा कि महिलाओं को होने वाले कैंसर के इलाज के लिए पांच से छह महीने में टीका उपलब्ध हो जाएगा और नौ से 16 वर्ष की लड़कियां इसके लिए पात्र होंगी। केंद्रीय आयुष मंत्री ने यहां संवाददाताओं को संबोधित करते हुए कहा कि टीके पर शोध का कार्य लगभग पूरा हो चुका है और परीक्षण जारी हैं। केंद्रीय स्वास्थ्य राज्य मंत्री प्रतापराव जाधव ने कहा, देश में कैंसर के मरीजों की संख्या में वृद्धि हुई है और केंद्र सरकार ने इस मुद्दे को हल करने के लिए कदम उठाए हैं। 30 वर्ष से अधिक उम्र की महिलाओं की अस्पतालों में जांच की जाएगी और बीमारी का जल्द पता लगाने के लिए डेकेयर कैंसर सेंटर स्थापित किए जाएंगे। उन्होंने कहा कि सरकार ने कैंसर के इलाज में इस्तेमाल होने वाली दवाओं पर सीमा शुल्क भी हटा दिया है। मंत्री ने कहा, महिलाओं को प्रभावित करने वाले कैंसर के लिए टीके पर शोध का कार्य लगभग पूरा हो चुका है और परीक्षण जारी हैं। यह पांच से छह महीने में उपलब्ध हो जाएगा और नौ से 16 वर्ष की आयु की लड़कियां टीकाकरण के लिए पात्र होंगी।यह पूछे जाने पर कि यह टीका किन कैंसरों से निपटेगा, जाधव ने बताया कि इससे स्तन, मुख और गर्भाशय ग्रीवा के कैंसर से निपटने में मदद मिलेगी। जाधव ने मौजूदा स्वास्थ्य केंद्रों को आयुष केंद्रों में बदलने के बारे में पूछे जाने पर कहा कि अस्पतालों में आयुष विभाग हैं और लोग इन सुविधाओं का लाभ उठा सकते हैं। उन्होंने कहा कि देश में ऐसे 12,500 स्वास्थ्य केंद्र हैं और सरकार इन्हें बढ़ा रही है।

Virat Vaibhav • 13 Feb • Ministry of Ayush

Ayush Ministry and samajik nayaye vibhag ke beech hua karat

4 • PG | 65 • Sqcm | 78196 • AVE | 625K • Cir | Middle Center
Delhi

आयुष मंत्रालय व सामाजिक न्याय विभाग के बीच हुआ करार

वैभव न्यूज ■ नई दिल्ली

आयुष मंत्रालय और सामाजिक न्याय एवं अधिकारिता विभाग ने वरिष्ठ नागरिकों की स्वास्थ्य सेवा को बेहतर बनाने और मादक पदार्थों के सेवन से निपटने के लिए बुधवार को एक समझौता ज्ञापन (एमओयू) पर हस्ताक्षर किए। केंद्रीय आयुष मंत्री प्रतापराव जाधव ने कहा कि इस रणनीतिक साझेदारी का उद्देश्य वृद्धों की स्वास्थ्य सेवा को बेहतर बनाने और मादक द्रव्यों के सेवन से निपटने के लिए आयुष-आधारित उपायों को लागू करना है। केंद्रीय आयुष मंत्री प्रतापराव जाधवने कहा, बुजुर्गों की स्वास्थ्य सेवा और मादक पदार्थों की लत, दो महत्वपूर्ण क्षेत्र हैं जिन पर विशेष ध्यान देने की आवश्यकता है, खासकर जब हम बुजुर्ग अवस्था की तरफ बढ़ रही आबादी और नशे की लत को लेकर बढ़ती चिंताओं का सामना कर रहे हैं। इस अवसर पर केंद्रीय सामाजिक न्याय एवं अधिकारिता राज्य मंत्री बी एल वर्मा ने कहा, प्रधानमंत्री नरेन्द्र मोदी के दूरदर्शी नेतृत्व में हमारी सरकार ने वरिष्ठ नागरिकों के कल्याण को सुनिश्चित करने के लिए कई कदम उठाए हैं।

Virat Vaibhav • 03 Feb • Ministry of Ayush
Ayurved jivan nirvahan ka sahan nahi

18 • PG | 372 • Sqcm | 446283 • AVE | 625K • Cir | Top Left

Delhi

समापन | छह दिवसीय प्रशिक्षण कार्यक्रम 'चरकायतन' का समापन

आयुर्वेद जीवन निर्वहन का साधन नहीं, ऋषि ऋण से उऋण होने का उपाय है: आचार्य बालकृष्ण



वैभव न्यूज ■हरिद्वार

आयुष मंत्रालय के अन्तर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों हेतु 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वाधान में किया गया। कार्यक्रम के समापन अवसर पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण जी ने कहा कि 'चरकायतन' का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता का प्रामाणिक नैदानिक ज्ञान तथा अभ्यास की प्रासंगिकता प्रदान करना व चरक संहिता को सीखने व पढ़ाने का कौशल विकसित करना है। उन्होंने विद्यार्थियों को संबोधित करते हुए कहा कि हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का अवसर मिला। आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋण से उऋण होने का उपाय है। आचार्य जी ने कहा कि आपके व्यवहार में, आचरण में, स्वभाव में व जीवन में आयुर्वेद दिखना चाहिए। स्वयं को वैद्य कहलाने में संकोच नहीं होना चाहिए अपितु गौरव अनुभव होना चाहिए। वैद्यकीय क्षमता व आयुर्वेद क्षमता बहुत व्यापक है। एलोपैथ सिंथेटिक दवाओं व कैमिकल्स पर आश्रित है, इसमें बहुत से साधनों की आवश्यकता रहती है। आयुर्वेद पराश्रित नहीं है। जड़ी-बूटियाँ घोटकर, छाल, तना, पत्तियों का प्रयोग कर, काढ़ा बनाकर आप जीवन दे सकते हैं। लेकिन सर्वप्रथम स्वयं पर, अपने आयुर्वेद पर विश्वास तो करना होगा। कार्यक्रम में विख्यात आयुर्वेद चिकित्सक वैद्य (प्रो.) एस.के. खण्डेल ने कहा कि पतंजलि पूरे विश्व में आयुर्वेद व योग के क्षेत्र में विश्व का सबसे अग्रणी संस्थान है। पतंजलि ने आयुर्वेद व योग को राष्ट्रीय व अंतराष्ट्रीय पटल पर तथ्यों व प्रमाणों के साथ प्रस्तुत किया है। पतंजलि में आयुर्वेद को जीना सिखाया जा रहा है। आचार्य जी ने ग्रंथों की रचना कर आयुर्वेद की धाती बनाया है और विश्व में आयुर्वेद को नई पहचान दी है। विश्व में जितनी भी चिकित्सा पद्धतियाँ हैं उनके समावेश का असंभव सा कार्य आचार्य जी ने करके दिखाया है। इस आयोजन में समय-समय पर आयुर्वेद के विद्वानों का सान्निध्य प्राप्त होता रहा। प्रशिक्षण कार्यक्रम में पद्मश्री और पद्म विभूषण वैद्य देवेंद्र त्रिगुणा, राष्ट्रीय आयुर्वेद विद्यापीठ गवर्निंग काउंसिल के सदस्य वैद्य राकेश शर्मा, वैद्य मोहन लाल जायसवाल, संतोष भट्टेड़ जी, पतंजलि अनुसंधान संस्थान के उपाध्यक्ष डॉ. अनुराग वार्ष्णेय, राष्ट्रीय आयुर्वेद विद्यापीठ की निर्देशिका डॉ. वंदना सिरोहा, आयुर्वेद शिक्षण एवं अनुसंधान संस्थान जामनगर के वैद्य (प्रो.) हितेश व्यास, दीक्षित आयुर्वेद फोंडा गोवा के वैद्य (प्रो.) उपेंद्र दीक्षित, एबीएस आयुर्वेद महाविद्यालय, बीजापुर, कर्नाटक के वैद्य (प्रो.) संजय कडलिमट्टी, राष्ट्रीय आयुर्वेद विद्यापीठ के यंग प्रोफेशनल, डॉ. खुशबू पांडेय तथा डॉ. अनुराग सिंह व प्रोजेक्ट सलाहकार डॉ. लवनीत शर्मा जी ने प्रतिभागी विद्वानों व विद्यार्थियों का ज्ञानवर्धन किया। कार्यक्रम के सफल आयोजन में पतंजलि विवि के प्रति-कुलपति डॉ. सत्येन्द्र मित्तल, पतंजलि आयुर्वेद कॉलेज के प्राचार्य प्रो. अनिल कुमार, उप-प्राचार्य प्रो. गिरिश के.जे., वैद्य प्रो. सुरेश चन्द्र जोशी, वैद्य विभु व वैद्या दीपा का विशेष योगदान रहा।



Virat Vaibhav • 02 Feb • Ministry of Ayush

Budget: Ayush Ministry ko 3,992.80cr ka avantan

3 • PG	49 • Sqcm	58935 • AVE	625K • Cir	Middle Left

Delhi

बजट: आयुष मंत्रालय को 3,992.90 करोड़ रुपए का आवंटन

वैभव न्यूज ■ नई दिल्ली

आयुष मंत्रालय के लिए बजट आवंटन 2024-25 में 3,497.64 करोड़ रुपए (संशोधित अनुमान) से बढ़ाकर 2025-26 के लिए 3,992.90 करोड़ रुपए कर दिया गया है यानी इसमें 14.15 प्रतिशत की वृद्धि की गई है। राष्ट्रीय औषधीय पादप बोर्ड को 18.59 करोड़ रुपए आवंटित किए गए हैं, जबकि भारतीय चिकित्सा और होम्योपैथी के लिए फार्माकोपिया आयोग (पीसीआईएमएंडएच) को 21.96 करोड़ रुपए आवंटित किए गए हैं। भारतीय चिकित्सा और होम्योपैथी के लिए फार्माकोपिया आयोग आयुष मंत्रालय के अधीन एक कार्यालय है। यह भारत में सभी आयुष दवाओं के परीक्षण के लिए एक अपीलीय प्राधिकरण है। यह फार्माकोपिया के रूप में प्रकाशित सभी आयुष दवाओं के लिए मानक भी निर्धारित करता है।

Udayavani • 20 Feb • Ministry of Ayush

2 new Herbal product launched from Pankaja Kasturi

3 • PG	126 • Sqcm	37861 • AVE	374.88K • Cir	Middle Left

Bengaluru



ಪಂಕಜ ಕಸ್ತೂರಿಯಿಂದ 2 ಹೊಸ ಗಿಡಮೂಲಿಕೆ ಉತ್ಪನ್ನ ಬಿಡುಗಡೆ

ಐಸಿಎಆರ್, ಸರ್ಕಾರಿ ಸಹಭಾಗಿತ್ವದಲ್ಲಿ ಈ ಎರಡು ಉತ್ಪನ್ನಗಳ ಬಿಡುಗಡೆ

ನವದೆಹಲಿ: ಸರ್ಕಾರ ಮತ್ತು ಐಸಿಎಆರ್ ಸಹಭಾಗಿತ್ವದಲ್ಲಿ ಪಂಕಜ ಕಸ್ತೂರಿ ಗ್ರೂಪ್ ಆಫ್ ಇನ್‌ಸ್ಟಿಟ್ಯೂಶನ್ ಸಂಸ್ಥೆ 2 ಕ್ರಾಂತಿಕಾರಿ ಗಿಡಮೂಲಿಕೆ ಉತ್ಪನ್ನಗಳಾದ 'ಹರ್ಬಾಹೀಲ್ ಕ್ರೀಮ್' ಮತ್ತು 'ಹರ್ಬಾಹೀಲ್ ಜೆಲ್'ಗಳನ್ನು ಬಿಡುಗಡೆ ಮಾಡಿದೆ.

ಪದ್ಮಶ್ರೀ - ಪುರಸ್ಕೃತ ಡಾ.ಜಿ.ಹರೀಂದ್ರನ್ ನಾಯರ್ ಅವರ ದೂರದೃಷ್ಟಿಯಿಂದ ಇದು ಸಾಧ್ಯವಾಗಿದ್ದು, ವಿಜ್ಞಾನ ಮತ್ತು ತಂತ್ರಜ್ಞಾನ ಸಚಿವಾಲಯವು ಈ ಉತ್ಪನ್ನಗಳ ಅಭಿವೃದ್ಧಿಗೆ ಸಹಕಾರವನ್ನು ನೀಡಿದೆ. ಡಿಎಸ್‌ಟಿಯ ಕಾರ್ಯದರ್ಶಿ ಪ್ರೊ.ಅಭಯ್ ಕರಂಡಿಕರ್ ಸೇರಿದಂತೆ ಗಣ್ಯ ವ್ಯಕ್ತಿಗಳ ಉಪಸ್ಥಿತಿಯಲ್ಲಿ ವಿಜ್ಞಾನ ಮತ್ತು ತಂತ್ರಜ್ಞಾನ ಸಚಿವ ಡಾ.ಜಿತೇಂದ್ರ ಸಿಂಗ್ ಅವರು ಉತ್ಪನ್ನಗಳನ್ನು ಬಿಡುಗಡೆ ಮಾಡಿದರು.

ಸರ್ಕಾರಿ-ಐಸಿಎಆರ್ ವಲಯದ ಸಹಯೋಗದಲ್ಲಿ ಮೈಲಿಗಲ್ಲು: ಡಿಎಸ್‌ಟಿ- ಎಸ್‌ಎಚ್‌ಆರ್‌ಐ ಯೋಜನೆಯಡಿಯಲ್ಲಿ ಅಭಿವೃದ್ಧಿ ಮಾಡಲಾದ ಮೊದಲ ಉತ್ಪನ್ನ ಇದಾಗಿದೆ. ಭಾರತದ ಪರಂಪರೆಯನ್ನು ಆಧುನಿಕ ಆರೋಗ್ಯ ಪರಿಹಾರಗಳೊಂದಿಗೆ ಸಂಯೋಜಿಸುವ ಗುರಿಯನ್ನು ಈ ಯೋಜನೆ ಹೊಂದಿದೆ. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮಾತನಾಡಿದ ನಾಯರ್, 'ತಮಿಳುನಾಡಿನ ಅತಿದೊಡ್ಡ ಸ್ಥಳೀಯ ಗುಂಪುಗಳಲ್ಲಿ ಒಂದಾದ ಮಲಯಾಳಿ ಬುಡಕಟ್ಟು ಸಮುದಾಯದ ಶ್ರೀಮಂತ ಔಷಧೀಯ ಜ್ಞಾನವನ್ನು ದಾಖಲಿಸಲು, ಮೌಲ್ಯೀಕರಿಸಲು ಮತ್ತು ಸಂರಕ್ಷಿಸಲು ಈ ಉಪಕ್ರಮವು ಅತ್ಯಗತ್ಯವಾಗಿದೆ. ಶತಮಾನಗಳಷ್ಟು ಹಳೆಯ ಚಿಕಿತ್ಸಾ ಪದ್ಧತಿಗಳಲ್ಲಿ ಬೇರೂರಿರುವ ಈ ಅಮೂಲ್ಯವಾದ ಪರಂಪರೆಯು ಸಾಕಷ್ಟು ವೈಜ್ಞಾನಿಕ ಅನ್ವೇಷಣೆಯಿಂದಾಗಿ ಕಳೆದುಹೋಗುವ ಅಪಾಯದಲ್ಲಿದೆ. ಹೀಗಾಗಿ ಇವುಗಳನ್ನು ಸಂರಕ್ಷಿಸಬೇಕಿದೆ ಎಂದು ಹೇಳಿದರು.

Rajasthan Patrika • 20 Feb • Ministry of Ayush

Motivated to do yoga regularly

2 • PG | 142 • Sqcm | 95724 • AVE | 225.84K • Cir | Middle Center

Bengaluru

नियमित योगासन करने को किया प्रेरित



बेंगलूरु. फिट युवा हिट युवा के अंतर्गत तेरापंथ युवक परिषद राजाजीनगर की ओर से आयोजित 7 दिवसीय योग शिविर के समापन पर तेरापंथ सभा भवन में कई तरह के योगासन सिखाए। तेयुप अध्यक्ष कमलेश चौरड़िया के नेतृत्व में योग प्रशिक्षक उत्तमचंद गन्ना ने कायोत्सर्ग, महाप्राण ध्वनि का प्रयोग, सूर्य नमस्कार, भुजंगासन, पर्वत आसन आदि आसनों का अभ्यास कराया। निरंतर योगाभ्यास करने को प्रेरित किया।

Dainik Jagran • 19 Feb • Ministry of Ayush

Ayushmann ke tehat niji hospital ka bakaya chukayegi sarkar

2 • PG | 233 • Sqcm | 368754 • AVE | 107.62K • Cir | Middle Left

Chandigarh

आयुष्मान के तहत निजी अस्पतालों का बकाया चुकाएगी सरकार

- दो वर्षों का बकाया न देने पर हाई कोर्ट ने लगाई थी फटकार
- इंडियन मेडिकल एसोसिएशन ने दायर की थी याचिका

राज्य ब्यूरो, जागरण • चंडीगढ़ : पंजाब सरकार को हाई कोर्ट की फटकार के बाद आखिरकार आयुष्मान भारत योजना के तहत निजी अस्पतालों का बकाया चुकाने के लिए तैयार होना पड़ा है। सरकार ने हाई कोर्ट को आश्वासन दिया है कि राज्य के सभी निजी अस्पतालों का 31 दिसंबर, 2024 तक का बकाया भुगतान 21 मार्च, 2025 तक कर दिया जाएगा। पिछले दो वर्षों से पंजाब सरकार आयुष्मान भारत योजना के तहत निजी अस्पतालों को भुगतान नहीं कर रही थी, जिससे कई अस्पतालों को वित्तीय संकट का सामना करना पड़ा। इंडियन मेडिकल एसोसिएशन ने इस देरी को लेकर याचिका दायर की थी। जब हाई कोर्ट ने सरकार से विज्ञापनों पर किए गए करोड़ों रुपये के खर्च



का ब्योरा मांगा, तो सरकार ने बकाया जारी करने की सहमति दे दी। हाई कोर्ट ने स्पष्ट किया कि यदि सरकार भुगतान में और देरी करती है तो वित्त सचिव पर अवमानना की कार्रवाई की जाएगी। इस चेतावनी के बाद पंजाब सरकार ने कोर्ट को आश्वासन दिया कि एक माह के भीतर यह राशि जारी कर दी जाएगी। सरकार के इस आश्वासन के बाद हाई कोर्ट ने याचिका का निपटारा कर दिया।

Dainik Jagran • 12 Feb • Ministry of Ayush

Dinchariya mein ho samajasaye

5 • PG | 295 • Sqcm | 467854 • AVE | 107.62K • Cir | Top Center
Chandigarh

दिनचर्या में हो सामंजस्य



वैद्य देवेंद्र त्रिगुणा
अध्यक्ष, राष्ट्रीय आयुर्वेद अकादमी, आयुष मंत्रालय, नई दिल्ली

लगातार तनाव, निष्क्रियता भरी दिनचर्या, संसाधित और बाहर के भोजन करने की आदत आधुनिक जीवनशैली की पहचान बन गई है। स्वाभाविक तौर पर यह शरीर की क्षमता पर बहुतरफा प्रहार है। स्वास्थ्य का अर्थ है विभिन्न दोषों – वात, पित्त, कफ का संतुलन यानी शरीर के भीतर जैवीय ऊर्जा, अग्नि या पावन शक्ति, धातु यानी हमारे उतकों के बीच सामंजस्य स्थापित करना। जब भी यह सामंजस्य बिगड़ता है तो शरीर पर इसका दुष्प्रभाव पड़ता है, नींद अपर्याप्त हो जाती है और जीवन में तनाव की पैठ बढ़ने लगती है। उपाय के तौर हमें आयुर्वेद के कुछ नियमों का पालन करना होगा–

- प्रकृति के साथ शरीर की लय बनाए रखने के लिए सोने और जागने का समय निर्धारित करना होगा। इस लय के बिगड़ने से अनेक बीमारियों का जोखिम बढ़ता है।
- मौसम के अनुकूल दिनचर्या में बदलाव करते हुए स्वयं को ढालना होगा। इसे ही ऋतुचर्या कहा जाता है। बिगड़ती सेहत को दोबारा पटरी पर लाने के लिए यह सबसे कारगर उपाय है।
- अच्छी सेहत के लिए कुछ जड़ी-बूटियों का प्रयोग श्रेयस्कर माना जाता है। विशेषज्ञ के परामर्श पर आप बेहतर प्रतिरोधक क्षमता हेतु गिलोय, प्रतिरक्षा और स्वस्थ त्वचा के लिए आंवला और बेहतर मेटाबोलिज्म के लिए मेथी का प्रयोग कर सकते हैं।
- प्रतिरोधक क्षमता बढ़ाने के लिए आहार में नीम, हल्दी और त्रिफला का आदि सेवन किया जा सकता है।
- अच्छी सेहत के लिए शरीर से विषाक्त तत्वों का बाहर निकलना भी आवश्यक है। इसके लिए पंचकर्म विधि अपनाई जा सकती है, लेकिन इसे विशेषज्ञ की सलाह पर ही करना चाहिए।
- ध्यान और प्राणायाम जैसी विधियां तनाव प्रबंधन में सहायक हैं। लगातार तनाव बने रहने से आंतों की कार्यप्रणाली बाधित होती है, जिससे पाचन संबंधी परेशानियां बढ़ सकती हैं।
- निष्क्रियता भरी दिनचर्या को छोड़ना, नियमित कसरत और प्राणायाम करने की आदत बेहतर स्वास्थ्य का आधार तैयार करती है।

Dainik Jagran • 12 Feb • Ministry of Ayush

Sitharaman ka vipaksh ko jawab kaha budget mein pakshpaat nahi

9 • PG | 400 • Sqcm | 633813 • AVE | 107.62K • Cir | Top Left

Chandigarh

सीतारमण का विपक्ष को जवाब, कहा- बजट में पक्षपात नहीं

कहा- बंगाल विरोधी बजट नहीं; पंजाब, केरल, तेलंगाना, कर्नाटक जैसे राज्यों को भी केंद्रीय मदद का हवाला दिया

जागरण ब्यूरो, नई दिल्ली : बजट पर लोकसभा में अपने जवाब के दौरान वित्त मंत्री निर्मला सीतारमण ने विपक्ष शासित राज्यों को उनके आरोपों का करारा जवाब दिया है। इन राज्यों के सांसदों ने बजट में पक्षपात करने का आरोप लगाया था। बंगाल की तरफ से वित्तीय मदद रोकने के आरोपों के जवाब में वित्त मंत्री ने कहा कि यह बंगाल विरोधी बजट नहीं है बल्कि टीएमसी तृणमूल विरोधी हो गई है। उन्होंने सदन में बताया कि तृणमूल का मतलब जमीनी (ग्रासरूट) होता है और टीएमसी पीएम आवास योजना, मनरेगा, मिड-डे मील, आयुष्मान भारत जैसी योजनाओं में लूट-खसोट कर रही है। बंगाल मैन्यूफैक्चरिंग में लगातार पिछड़ता जा रहा है। वर्ष 1947 में बंगाल की हिस्सेदारी मैन्यूफैक्चरिंग में 24 प्रतिशत थी, जो गिरकर 3.5 प्रतिशत रह गई है। इस राज्य में प्रति व्यक्ति आय प्रति व्यक्ति राष्ट्रीय आय से कम हो गई है। उन्होंने कहा कि मनरेगा में 25 लाख फर्जी नौकरी कार्ड बनाकर टीएमसी के कैडर ने लूट-खसोट किया। टीएमसी की सरकार ने राज्य में आयुष्मान भारत योजना को लागू नहीं होने दिया।



निर्मला सीतारमण का फाइल फोटो

विपक्षी दलों द्वारा शासित राज्यों के सांसदों की तरफ से बजट में पक्षपात के आरोपों को आड़े हाथों लेते हुए वित्त मंत्री ने कहा कि पंजाब को सड़क की तीन परियोजनाओं के लिए 20,000 करोड़ से अधिक दिए गए। उन्होंने केरल, कर्नाटक, झारखंड व हिमाचल प्रदेश जैसे राज्यों को भी केंद्रीय आवंटन का हवाला दिया। हिमाचल को बाढ़ के दौरान गत जुलाई के बजट में मदद की घोषणा की गई। सीतारमण ने कहा कि विपक्षी पार्टियों ने विभिन्न सामाजिक विकास के मदों में कम आवंटन की बात कही है जो सही नहीं है। उल्टा समग्र शिक्षा, मिड-डे मिल, स्वच्छ भारत अभियान, जल-जीवन मिशन जैसी स्कीम के तहत राज्यों को जो आवंटन दिए गए, उसे वे खर्च नहीं किए। राष्ट्रीय स्वास्थ्य मिशन के तहत 2900 करोड़, स्वच्छ भारत मिशन के तहत 12,300 करोड़, समग्र शिक्षा के तहत 11,000 करोड़ आवंटित रुपए राज्यों ने खर्च नहीं किए।

रुपए में हो रही गिरावट को लेकर उठाए गए सवाल के जवाब में सीतारमण ने कहा कि विदेशी मुद्रा की एक्सचेंज दर के वास्तविक असर को देखने से पता चलता है कि रुपए में खास गिरावट नहीं हुई है। दक्षिण कोरिया, मलेशिया, इंडोनेशिया, जापान, यूरोप की करेंसी में डालर के मुकाबले गत अक्टूबर से जनवरी के बीच 5-8 प्रतिशत की गिरावट हुई है। उन्होंने हाल ही में पूर्व आरबीआइ गवर्नर रघुराम राजन के बयान का हवाला देते हुए कहा कि रुपया नहीं गिर रहा है, डालर मजबूत हो रहा है। डालर की मजबूती के लिए डालर इंडेक्स, कच्चे तेल की कीमत जैसे कई कारक जिम्मेदार होते हैं। उन्होंने कहा कि भारत सबसे तेजी से बढ़ती अर्थव्यवस्था वाला देश बना रहेगा। महंगाई में बढ़ोतरी पर सीतारमण ने कहा कि बजट में उत्पादकता बढ़ाने और सप्लाई चेन को मजबूत करने के उपाय किए गए हैं। दाल, सब्जी-फल के उत्पादन को बढ़ाने के लिए घोषणाएं की गई हैं। सरकार पहले ही महंगाई कम करने के लिए चावल, दाल, प्याज, आटा जैसे खाद्य आइटम को सस्ते दाम पर बेच रही है।

Dainik Jagran • 12 Feb • Ministry of Ayush

Make changes in samml habit is profitable

2 • PG | 418 • Sqcm | 1056918 • AVE | 1.14M • Cir | Middle Left

Delhi



डा.रिनी वोहरा श्रीवास्तव
वैज्ञानिक सलाहकार, महर्षि आयुर्वेद, नोएडा

आदतों में छोटे बदलाव का है बड़ा लाभ

शहरी जीवनशैली और प्रदूषण के चलते लोग कम उम्र में ही बीमार होने लगे हैं। आहार, विहार और मानस का संतुलन अव्यवस्थित हो रहा है। इसका परिणाम यह हो रहा है कि अमा (खराब पाचन से निकले विषाक्त पूरे शरीर में जमा होकर वात, पित्त और कफ का संतुलन बिगाड़ते हैं) यानी विषैले तत्व शरीर में जमा हो रहे हैं। शरीर में लंबे समय तक इनके बने रहने से अनेक बीमारियों की आशंका बढ़ती जा रही है। आयुर्वेद के जरिए इनके निदान की पहल की जा सकती है, लेकिन इसके लिए दिनचर्या में छोटे-मोटे बदलाव के लिए आपको तैयार रहना होगा।

- दैनिक आहार में छह रसों यानी मीठा, खट्टा, नमकीन, कसैला, तीखा, कड़वा को संतुलित मात्रा में शामिल करने का प्रयास करना चाहिए।
- आहार को पोषणयुक्त बनाने के लिए मौसमी फलों और सब्जियों की विशेष भूमिका होती है।
- जीरा, अदरक और हल्दी पाचन की प्रक्रिया को बेहतर और दुरुस्त बनाने में सहायक है। अतः इन्हें प्रतिदिन के भोजन में अवश्य शामिल करना चाहिए।
- अश्वगंधा और ब्राह्मी पर अनेक संस्थानों में विस्तार से अध्ययन हो रहा है। ये तनाव प्रबंधन और प्रज्ञा स्तर यानी सोचने-समझने की क्रिया-कलाप में बहुत सहायक हैं।
- अश्वगंधा, ब्राह्मी और तुलसी के काढ़े के प्रयोग से मानसिक तनाव में कमी आती है और हम ऊर्जावान महसूस करते हैं।
- शरीर को हाइड्रेट रखने के लिए गुनगुने पानी में नींबू और अन्य औषधियों का प्रयोग किया जा सकता है।
- शरीर को विषाक्त तत्वों से मुक्त करने के लिए सप्ताह में कम से कम एक बार उपवास का नियम अपनाना चाहिए।
- गहरी सांस लेने और छोड़ने की आदत या प्राणायाम क्रिया से तनाव से बचाव किया जा सकता है।
- अभ्यंग यानी शरीर की मालिश तंत्रिका तंत्र को लाभ देता है और रिलैक्स रहने में मदद करता है।

वार्तालाप: सीमा झा

Dainik Jagran • 12 Feb • Ministry of Ayush

Arogya ka aphar swasthya dincharya

2 • PG | 1195 • Sqcm | 3022053 • AVE | 1.14M • Cir | Top Left
Delhi

सेहत भरे जीवन का

बुधवार, 12 फरवरी, 2025

अगर दैनिक जीवन में उत्साह और ऊर्जा की कमी महसूस कर रहे हैं तो आप अकेले नहीं हैं। यह आज बहुत ही आम स्थिति है। उपाय के तौर पर लोग प्राकृतिक जीवनशैली का रुख करने लगे हैं। यही कारण है कि आयुर्वेद के प्रति जागरूकता भी बढ़ रही है। अच्छी सेहत के लिए क्या हैं आयुर्वेद के नियम और जरूरी उपाय, जानते हैं आयुर्वेद विशेषज्ञों से...

भागदौड़ में बने रहकर ठहराव चाहते हैं और निर्धारित समय में काम पूरा करने के दबाव के बाद भी स्वस्थ रहना चाहते हैं तो यह काम बहुत ही चुनौतीपूर्ण है। ऐसी स्थिति में आयुर्वेद के नियमों पर चलते हुए आरोग्य के लक्ष्य तक पहुंचने की आदत विकसित करनी होगी। आयुर्वेद पूर्णतः प्राकृतिक नियमों के अनुरूप पद्धति है, जिसमें उपचार के लिए व्यक्तिगत शारीरिक लक्षणों को भी आधार माना जाता है। आप जीवन को कैसे बेहतर बना सकते हैं, आयुर्वेद यह भी बताता है, पर इसके लिए आपको नियमित अभ्यास करने की आवश्यकता होगी।

- आयुर्वेद में दिनचर्या का विशेष महत्व है, यह अच्छी नींद, अच्छे पाचन और उत्पादकता बढ़ाने में सहायक होती है।
- शरीर और मस्तिष्क के संतुलन के लिए योग-प्राणायाम का अभ्यास जरूरी है, जिससे तनाव के प्रबंधन में सहायता मिलती है।
- पर्याप्त पानी पीने से हाइड्रेशन संतुलित होता है साथ ही पाचन क्रिया दुरुस्त रहती है। गुनगुने पानी के सेवन से रक्त संचार बेहतर होता है।
- तुलसी, आंवला, हल्दी, शतावरी, नीम आदि का औषधि के रूप में प्रयोग किया जा सकता है, जिससे शरीर की प्रतिरोधक क्षमता का विकास होता है।
- अभ्यंग के जरिए रक्त संचार बढ़ाने और जोड़ों के दर्द से राहत मिलती है।



आयुर्वेद

फोटो : क्रीपिक

आरोग्य का उपहार स्वस्थ दिनचर्या

दिनचर्या में हो सामंजस्य



वैद्य देवेंद्र त्रिगुणा
अध्यक्ष, राष्ट्रीय आयुर्वेद अकादमी, आयुष मंत्रालय, नई दिल्ली

लगातार तनाव, निष्क्रियता भरी दिनचर्या, संसाधित और बाहर के भोजन करने की आदत आधुनिक जीवनशैली की पहचान बन गई है। स्वाभाविक तौर पर यह शरीर की क्षमता पर बहुतरफा प्रहार है। स्वास्थ्य का अर्थ है विभिन्न दोषों - वात, पित्त, कफ का संतुलन यानी शरीर के भीतर जैवीय ऊर्जा, अग्नि या पाचन शक्ति, धातु यानी हमारे उतकों के बीच सामंजस्य स्थापित करना। जब भी यह सामंजस्य बिगड़ता है तो शरीर पर इसका दुष्प्रभाव पड़ता है, नींद अपर्याप्त हो जाती है और जीवन में तनाव की पैठ बढ़ने लगती है। उपाय के तौर हमें आयुर्वेद के कुछ नियमों का पालन करना होगा-

- प्रकृति के साथ शरीर की लय बनाए रखने के लिए सोने और जागने का समय निर्धारित करना होगा। इस लय के बिगड़ने से अनेक बीमारियों का जोखिम बढ़ता है।
- मौसम के अनुकूल दिनचर्या में बदलाव करते हुए स्वयं को ढालना होगा। इसे ही ऋतुचर्या कहा जाता है। बिगड़ती सेहत को दोबारा पटरी पर लाने के लिए यह सबसे कारगर उपाय है।
- अच्छी सेहत के लिए कुछ जड़ी-बूटियों का प्रयोग श्रेयस्कर माना जाता है। विशेषज्ञ के परामर्श पर आप बेहतर प्रतिरोधक क्षमता हेतु गिलोय, प्रतिरक्षा और स्वस्थत्वचा के लिए आंवला और बेहतर मेटाबोलिज्म के लिए मेथी का प्रयोग कर सकते हैं।
- प्रतिरोधक क्षमता बढ़ाने के लिए आहार में नीम, हल्दी और त्रिफला का आदि सेवन किया जा सकता है।
- अच्छी सेहत के लिए शरीर से विषाक्त तत्वों का बाहर निकलना भी आवश्यक है। इसके लिए पंचकर्म विधि अपनाई जा सकती है, लेकिन इसे विशेषज्ञ की सलाह पर ही करना चाहिए।
- ध्यान और प्राणायाम जैसी विधियां तनाव प्रबंधन में सहायक हैं। लगातार तनाव बने रहने से आंतों की कार्यप्रणाली बाधित होती है, जिससे पाचन संबंधी परेशानियां बढ़ सकती हैं।
- निष्क्रियता भरी दिनचर्या को छोड़ना, नियमित कसरत और प्राणायाम करने की आदत बेहतर स्वास्थ्य का आधार तैयार करती है।

Dainik Jagran • 10 Feb • Ministry of Ayush

Kidney Rog ke ayurvedik illaz par charhcha

3 • PG | 163 • Sqcm | 412197 • AVE | 1.14M • Cir | Bottom Right
Delhi

किडनी रोग के आयुर्वेदिक इलाज पर चर्चा

जागरण संवाददाता, पश्चिमी दिल्ली :आमतौर पर गुर्दा या किडनी की समस्याओं से जूझ रहे लोग अंग्रेजी चिकित्सा पद्धति से जुड़े चिकित्सकों का रुख करते हैं। बहुत ही कम लोगों को यह पता है कि किडनी से जुड़ी बीमारियों का उपचार भारतीय चिकित्सा पद्धति से जुड़े आयुर्वेद में भी है। द्वारका स्थित यशोभूमि में आयोजित तीन दिवसीय वर्ल्ड कांग्रेस आफ नेफ्रोलाजी में दुनिया के 135 देशों से जुटे तमाम किडनी रोग विशेषज्ञ जब अपनी बात रख रहे थे, तब आयोजन में आमंत्रित एकमात्र आयुर्वेदिक चिकित्सक झा संजय सिन्हा के शोध ने सभी का ध्यान अपनी ओर खींचा। कांग्रेस में सभी चिकित्सकों व विशेषज्ञों ने किडनी उपचार के क्षेत्र में हो रहे वैज्ञानिक अनुसंधान, नैदानिक चर्चाओं और ज्ञान के आदान-प्रदान को एक दूसरे से साझा किया। अगला वर्ल्ड किडनी कांग्रेस 28 से 31 मार्च 2026 के बीच योकोहामा, जापान में आयोजित होगा, जहां फिर से किडनी स्वास्थ्य पर वैश्विक विचार-विमर्श किया जाएगा।

Loksatta • 19 Feb • Ministry of Ayush

New cancer vaccine in the final stage!

2 • PG | 88 • Sqcm | 347222 • AVE | 784.32K • Cir | Middle Center

Mumbai

कर्करोगावरील नवी लस अंतिम टप्प्यात !

'आयुष' मंत्री प्रतापराव जाधव यांचा दावा

लोकसत्ता विशेष प्रतिनिधी

छत्रपती संभाजीनगर : कर्करोगावर नवे लस संशोधन अंतिम टप्प्यात असून त्याची मानवी चाचणी सुरू झाली आहे. येत्या सात-आठ महिन्यांत हे काम पूर्ण झाल्यानंतर ती सर्वसामान्यांसाठी उपलब्ध होईल, असा दावा 'आयुष' मंत्रालयाचा स्वतंत्र कारभार पाहणारे केंद्रीय राज्यमंत्री प्रतापराव जाधव यांनी केला.

अर्थसंकल्पाबाबत जागृतीसाठी मंत्र्यांना दिलेल्या कार्यक्रमाचा भाग म्हणून त्यांनी मंगळवारी पत्रकार बैठक घेऊन अर्थसंकल्प आणि त्यातील आरोग्य क्षेत्राच्या तरतुदीची माहिती दिली.

कर्करोगाचे निदान लवकर व्हावे यासाठी जिल्हा रुग्णालयात एक विशेष कक्ष उभारण्यात येणार आहे. याचबरोबर आता कर्करोग होऊ नये म्हणून लस विकसित केली जात आहे. ही लस लवकर उपलब्ध होऊ शकेल. पुढील पाच वर्षांत ७५ हजार डॉक्टरांच्या रिक्त जागा भरण्यात येणार असून पुढील वर्षात १० हजार डॉक्टरांची भरती केली जाणार आहे. एकूण अर्थसंकल्पात सार्वजनिक आरोग्यासाठी ९९ हजार ८५८. ५६ लाख कोटी रुपयांचा निधी असून यामध्ये आयुष मंत्रालयाचा चार हजार कोटी रुपयांचा निधी प्रस्तावित आहे, असे प्रतापराव जाधव यांनी यावेळी सांगितले.

Loksatta • 04 Feb • Ministry of Ayush

Network of affordable AYUSH medicine centers across the country

19 • PG | 209 • Sqcm | 122218 • AVE | 272.51K • Cir | Middle Center

Pune

'स्वस्त आयुष औषधी केंद्रांचे जाळे देशभर'

लोकसत्ता प्रतिनिधी

पिंपरी : आयुर्वेदात सर्व प्रकारच्या व्याधींवर परिणामकारक उपचारपद्धती आहे. आयुर्वेदाला जगभर सर्वमान्यता मिळू लागली आहे. आयुर्वेदासाठी संशोधनाची व्याप्ती वाढवण्यासह इनोव्हेशन व स्टार्टअप सुरू करण्यासाठी आयुष मंत्रालयामार्फत चालना दिली जाईल. देशभरात आयुष औषधी केंद्रांचे जाळे उभारण्यात येणार आहे, असे केंद्रीय आयुष आरोग्य व कुटुंब कल्याण राज्यमंत्री प्रतापराव जाधव यांनी सांगितले.

डॉ. डी. वाय. पाटील (अभिमत) विद्यापीठ संचालित डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटर यांच्या पुढाकाराने नवी दिल्ली येथील ऑल इंडिया आयुर्वेद काँग्रेस, नेदरलँड येथील इंटरनॅशनल महर्षी आयुर्वेद फाउंडेशन व इंटरनॅशनल अॅकॅडमी ऑफ आयुर्वेद यांच्या सहकार्याने आयोजित आठव्या आंतरराष्ट्रीय आयुर्वेद संमेलनाच्या उद्घाटनप्रसंगी ते बोलत होते. विद्यापीठाचे कुलपती डॉ. पी. डी. पाटील, कुलगुरू डॉ. एन. जे. पवार, प्र-कुलगुरू व डॉ. डी. वाय. पाटील विद्यापीठ सोसायटीच्या सचिव डॉ. स्मिता जाधव, खासदार श्रीरंग बारणे, अमेरिकास्थित शास्त्रज्ञ डॉ. टोनी नाडर, आयुष मंत्रालयाचे सल्लागार सचिव वैद्य मनोज नेसरी या वेळी उपस्थित होते.

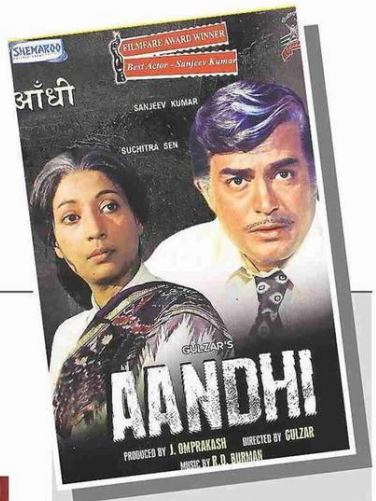
Loksatta • 02 Feb • Ministry of Ayush

Is mode se jyate hai...

8 • PG | 1817 • Sqcm | 1062837 • AVE | 272.51K • Cir | Top Center
Pune

शिक्षण/आरोग्य

देशातील नागरिकांना आरोग्य सुविधा उत्तम मिळाव्यात यासाठी गेल्या वर्षीपेक्षा जवळजवळ ११ टक्क्यांनी अधिक निधी या वर्षी उपलब्ध होईल. गावोगावात कर्करोगापासून इतर गंभीर रुग्णांच्या प्रश्नांसाठी यामुळे शहरांकडे वाट वळवावी लागणार नाही. गीतकार गुलजार यांनी 'आँधी' चित्रपटासाठी लिहिलेल्या 'इस मोड से जाते है' या लोकप्रिय गीतातील 'इक राह तो वो होगी, तुम तक जो पहुचती है' पंक्तींच्या आशयाशी संलग्नच अशा या तरतुदी.



इस मोड से जाते है...

शिक्षणासाठी १.२८ लाख कोटी

केंद्रीय अर्थमंत्री निर्मला सीतारामन यांनी अर्थसंकल्प सादर करताना शिक्षण क्षेत्रासाठी १.२८ लाख कोटींची तरतूद करण्याची घोषणा केली. गेल्या वर्षी सुधारित अंदाजामध्ये ही तरतूद १.१४ लाख कोटी इतकी होती. त्याशिवाय शिक्षण क्षेत्रासाठी काही मोठ्या घोषणा करण्यात आल्या. त्यामध्ये मोठ्या प्रमाणात कृत्रिम बुद्धिमत्तेला चालना देणे, देशात जम्मू, भिलई, धारवाड, पलक्कड आणि तिरुपती या ठिकाणी पाच नवीन आयआयटींची स्थापना या महत्त्वाच्या तरतुदींचा समावेश आहे. उच्च शिक्षणासाठी ५० हजार ०६७ कोटी तर शालेय शिक्षणासाठी ७८ हजार ५७२ कोटींचा निधी दिला जाईल.

आरोग्य क्षेत्रासाठी जवळपास एक लाख कोटींची तरतूद करण्याची घोषणा केली. आरोग्य आणि कुटुंबकल्याण मंत्रालयाला २०२५-२६ या वर्षासाठी ९९ हजार ८५८ कोटींचा निधी मंजूर करण्यात आला असून गेल्या वर्षीच्या तुलनेत ही वाढ ११ टक्के आहे.

येत्या तीन वर्षांमध्ये सर्व जिल्हा रुग्णालयांमध्ये 'डे केअर' केंद्रे उभारण्यात येणार असून त्यापैकी २०० केंद्रे याच वर्षात उभारली जाणार आहेत. गंभीर आजारांशी झुंज देणाऱ्या रुग्णांना मोठा दिलासा देण्यात आला असून कर्करोग, गंभीर आजार आणि जुनाट आजारांनी ग्रस्त असलेल्या रुग्णांना दिलासा देण्यासाठी ३६ जीवनरक्षक औषधांवरील सीमा शुल्क रद्द करण्याची घोषणा अर्थमंत्र्यांनी केली.

त्याशिवाय, महिला व बालकल्याण खात्यासाठी तरतूद वाढवण्यात आली आहे. २०२४-२५मध्ये या खात्यासाठी जवळपास २३,१८३ कोटींची तरतूद होती, ती वाढवून २६,८८९ कोटी करण्यात आली आहे.





- 'आयुष' मंत्रालयासाठीच्या निधीमध्ये ९४.१५ टक्के वाढ करत ३,४९६.६४ कोटींची तरतूद; 'राष्ट्रीय आरोग्य अभियाना'साठी ३७,२२६.९२ कोटी (मागील वर्षी ३६ हजार कोटी)
- 'राष्ट्रीय टेलि मानसिक आरोग्य उपक्रमा'साठी ७९.६० कोटी (मागील वर्षी ४५ कोटी); 'राष्ट्रीय डिजिटल आरोग्य अभियाना'साठी ३४०.११ कोटी (मागील वर्षी २२५ कोटी)
- स्वायत्त संस्थांसाठी २०,०४६.०७ कोटी (मागील वर्षी १८,९७८.७२ कोटी); दिल्लीतील 'एम्स'साठी ५,२०० कोटी (मागील वर्षी ५००० कोटी); 'आयसीएमआर'साठी ३९२५.५० कोटी (मागील वर्षी २,८६९.९९ कोटी)

आदिवासींसाठी १४ हजार कोटी

केंद्रीय आदिवासी मंत्रालयाची तरतूद गेल्या वर्षीच्या तुलनेत ४५ टक्क्यांनी वाढवण्यात आली आहे. २०२४-२५साठी ही तरतूद १०,२७३ कोटी इतकी होती, ती २०२५-२६साठी १४,९२५ कोटी करण्यात आली आहे. आदिवासीबहुल क्षेत्रांमधील पायाभूत सुविधांमधील अंतर भरून काढण्यासाठी हा वाढीव निधी वापरला जाईल. दर्जेदार शिक्षण, रोजगार, कौशल्य विकास, पिण्याचे स्वच्छ पाणी, सफाई, शिक्षण, आरोग्य, पोषक आहार, रस्ते, दूरसंचार जोडणी अशा विविध योजनांसाठीची तरतूद वाढवण्यात आली आहे. पायाभूत सुविधा सुधारण्यासाठी 'डीएजेजीयूए'ची तरतूद ५०० कोटींवरून वाढवून दोन हजार कोटी करण्यात आली आहे.

दिग्दर्शक म्हणून गुलजार आणि पटकथाकार म्हणून कमलेश्वर यांचे एकत्रीकरण असलेला चित्रपट. राजकारणात यश मिळवणारी महिला आणि तिचा सहृदय पती यांच्या नात्यातल्या कटुतेवर चित्रपटाची कहाणी बेतली होती. मूळ कादंबरीची प्रेरणा बिहारमधील नेत्या तारकेश्वरी सिन्हा या होत्या असे सांगितले जाते, पण चित्रपटात मात्र नायिकेचे केसही इंदिरा गांधींप्रमाणेच उजव्या बाजूला जरासे पांढरे! काँग्रेसची राजवट असल्यामुळे चित्रपटाच्या प्रदर्शनावर आणीबाणी काळात पूर्णपणे बंदी आणण्यात आली होती. काँग्रेस पक्षाने प्रतिमाहनन करीत असल्याचे कारण दाखवून चित्रपटाच्या प्रदर्शनात आडकाठी आणण्यात आली. निवडणूक आयोगानेही या चित्रपटाचे प्रदर्शन रोखून धरले. या बंदीमुळेच, 'आँधी'चा बोलबाला राष्ट्रीय पातळीवर झाला. सुविख्यात अभिनेत्री सुचित्रा सेन यांनी फार कमी हिंदी चित्रपटांमध्ये भूमिका केल्या. या चित्रपटातील त्यांची भूमिका भारतभर गाजली. 'इस मोड से जाते है' हे गाणे अजरामर गीतांत गणले जाते. चित्रपटाला तीन फिल्मफेअर पारितोषिके मिळाली.

महाग औषधांवर मात्रा

- तीन वर्षांमध्ये सर्व जिल्हा रुग्णालयांमध्ये 'डे केअर' केंद्रे
- कर्करोग, गंभीर आजार आणि जुनाट आजारांनी ग्रस्त असलेल्या रुग्णांना दिलासा देण्यासाठी ३६ जीवनरक्षक औषधांवरील सीमा शुल्क (बीसीडी) रद्द करण्याची घोषणा
- पाच टक्के सवलतीच्या सीमा शुल्काच्या यादीत सहा जीवनरक्षक औषधांचा समावेश करणार
- औषध निर्मिती कंपन्यांद्वारे सुरु असलेल्या रुग्ण सहाय्य कार्यक्रमांतर्गत निर्दिष्ट केलेल्या औषधांना 'बीसीडी'मधून सूट देण्यात
- 'ट्रॅस्टुझुमॅब डेरक्सटेकन', 'ओसिमरटिनिब' आणि 'दुर्वालुमब' यांच्यावरील सीमाशुल्क यापूर्वीच १० टक्क्यांवरून शून्यावर

Aaj Ka Anand • 19 Feb • Ministry of Ayush

Efforts should be made to revive traditional branches of medicine like Ayurveda

8 • PG | 379 • Sqcm | 189504 • AVE | 1.21M • Cir | Top Left

Pune

आयुर्वेद जैसी पारंपरिक ज्ञानशाखाओं के पुनरुद्धार के लिए प्रयास हो

वैद्य खड़ीवाले अनुसंधान संस्था द्वारा पुरस्कार वितरण कार्यक्रम में राज्यसभा सांसद डॉ. मेधा कुलकर्णी ने कहा



वैद्य खड़ीवाले वैद्यकीय अनुसंधान संस्था द्वारा आयोजित पुरस्कार वितरण समारोह के दौरान उपस्थित गणमान्य.

समारोह में अन्य प्रतिष्ठित पुरस्कार भी प्रदान

- वैद्य पुरुषोत्तम शास्त्री नानल चरक पुरस्कार पुणे के वैद्य गुणवंत येवला,
- वैद्य द. वा. शेंडे रसौषधि पुरस्कार पुणे की वैद्या विशाखा बाकरे.
- वैद्य वि. म. गोगटे वनौषधि पुरस्कार नासिक की वैद्या अर्चना भास्करवार,
- वैद्य आचार्य यादवजी त्रिकमजी ग्रंथ पुरस्कार सांगली के वैद्य अनिरुद्ध कुलकर्णी और वैद्या अमृता जोशी,
- वैद्य बाळशास्त्री लावगणकर पंचकर्म पुरस्कार नागपुर के वैद्य सचिन चंडालिया,
- वैद्य बापूराव पटवर्धन सुश्रुत पुरस्कार वर्धा की वैद्या शीतल आसुटकर,
- वैद्य भा. गो. घाणेकर अध्यापन पुरस्कार गोवा की वैद्या अरुणा बाले,
- वैद्य मा. वा. कोल्हटकर अनुसंधान पुरस्कार मुंबई की वैद्या कल्पना घुरी,
- वैद्या लक्ष्मीबाई बोरवणकर स्त्री वैद्या पुरस्कार पुणे की वैद्या हेमलता जलगांवकर,
- वैद्य शंकर दाजीशास्त्री पदे कार्यकर्ता पुरस्कार पुणे के वैद्य मनीष जोशी,
- पूज्य पादाचार्य रचनात्मक कार्य पुरस्कार पुणे के वैद्य जय ताम्हाणे,
- डॉ. वा. द. वर्तक वनमित्र पुरस्कार रघुनाथ ढोले.

एरंडवणे, 18 फरवरी
(आज का आनंद न्यूज नेटवर्क)

हमारी आयुर्वेद जैसे पारंपरिक ज्ञानशाखाओं के पुनरुद्धार के लिए हमें स्वयं प्रयास करने चाहिए. इसके लिए पहल करके इसे वैश्विक स्तर पर मार्केटिंग करना आवश्यक है, ऐसे विचार राज्यसभा सांसद प्रो. डॉ. मेधा कुलकर्णी ने रखे. उन्होंने यह भी उल्लेख किया कि पिछले कुछ वर्षों में केंद्र सरकार द्वारा आयुर्वेद को जनप्रिय बनाने के विशेष प्रयास किए गए हैं.

वैद्य खड़ीवाले वैद्यकीय अनुसंधान संस्था द्वारा प्रदान किए जाने वाले पुरस्कार वितरण समारोह में वह बोल रही थी. हाल ही में यह कार्यक्रम एरंडवणे स्थित धन्वंतरि सभागार में हुआ.इस कार्यक्रम में सोलापुर के वैद्य प्रशांत बागेवाडिकर को ममहर्षि अण्णासाहेब पटवर्धन चिकित्सा पुरस्कारफ प्रदान किया गया. संस्था के कार्यकारी विश्वस्त वैद्य विनायक प. खडीवाले, पुरस्कार चयन समिति के अध्यक्ष वैद्य स. प्र. सरदेशमुख, सचिव वैद्य योगेश व. गोडबोले, विश्वस्त वैद्य संगीता खड़ीवाले, वैद्य निखिल खड़ीवाले, वैद्य विवेक साने, जयश्री तावरे आदि उपस्थित थे.

कार्यक्रम के प्रारंभ में वैद्य विनायक खड़ीवाले ने कहा, यह पुरस्कार समारोह का 40वां वर्ष है. आयुर्वेद क्षेत्र में समाज के लिए सकारात्मक कार्य करने वाले व्यक्तियों को सम्मानित करने, उनके कार्यों को समाज तक पहुंचाने और अन्य लोगों को प्रेरित करने के उद्देश्य से वैद्य दादा खडीवाले ने इस पुरस्कार की शुरुआत की थी.

वैद्य प्रशांत बागेवाडीकर समेत सभी सम्मानित वैद्यों ने अपने विचार व्यक्त किए. इस अवसर पर प्रो. डॉ. मेधा कुलकर्णी के हाथों श्रीकृष्ण चितले का अमृत महोत्सव के उपलक्ष्य में सत्कार किया गया. कार्यक्रम का संचालन वैद्य संगीता खड़ीवाले ने किया और आभार वैद्य विवेक साने ने व्यक्त किया.

आयुर्वेद के अच्छे दिन आ गए हैं

प्रो. डॉ. मेधा कुलकर्णी ने कहा, आयुर्वेद के अच्छे दिन आ गए हैं. वर्षों तक हमारी पारंपरिक ज्ञान शाखाओं की उपेक्षा की गई थी, जिससे प्राचीन शोध और अनुभवजन्य प्रयोग पीछे रह गए. अब स्थिति अनुकूल है, इसलिए आयुर्वेद विशेषज्ञों को अन्य चिकित्सा पद्धतियों के साथ सहयोग की संभावनाओं पर विचार करना चाहिए.

Aaj Ka Anand • 03 Feb • Ministry of Ayush

Cheap Ayush medicine centers will be expanded across the country

7 • PG | 240 • Sqcm | 120160 • AVE | 1.21M • Cir | Middle Center

Pune

देश भर में सस्ते आयुष औषधि केंद्रों का विस्तार किया जाएगा

केंद्रीय आयुष मंत्री जाधव ने डॉ.डीवाई पाटिल विश्वविद्यालय में 8वें अंतरराष्ट्रीय आयुर्वेद सम्मेलन के उद्घाटन अवसर पर कहा

पिंपरी, 2 फरवरी (आ.प्र.)

आयुर्वेद सभी प्रकार की बीमारियों के लिए प्रभावी चिकित्सा पद्धति है. भारतीय आयुर्वेद को अब वैश्विक मान्यता मिलने लगी है. प्रभावी आयुर्वेद के लिए अनुसंधान का दायरा बढ़ाने के साथ-साथ नवाचार और स्टार्टअप शुरू करने के लिए आयुष मंत्रालय द्वारा प्रोत्साहन दिया जा रहा है, ऐसा केंद्रीय आयुष मंत्री प्रतापराव जाधव ने कहा. उन्होंने यह भी बताया कि आयुष औषधियों को सुलभ बनाने के लिए देशभर में आयुष औषधि केंद्रों का नेटवर्क बनाया जाएगा.

पिंपरी स्थित डॉ. डीवाई पाटिल विश्वविद्यालय संचालित डॉ. डीवाई पाटिल कॉलेज ऑफ आयुर्वेद एंड रिसर्च सेंटर, पुणे द्वारा ऑल इंडिया आयुर्वेद कांग्रेस (नई दिल्ली), इंटरनेशनल महर्षि आयुर्वेद फाउंडेशन (नीदरलैंड) और इंटरनेशनल एकेडमी ऑफ आयुर्वेद के सहयोग से आठवें अंतरराष्ट्रीय आयुर्वेद सम्मेलन का उद्घाटन केंद्रीय मंत्री प्रतापराव जाधव के हाथों संपन्न हुआ. इस अवसर पर विश्वविद्यालय के कुलपति डॉ. पी. डी. पाटिल, डॉ. एन. जे. पवार, प्र-कुलगुरु एवं डॉ. डी. वाय. पाटिल विश्वविद्यालय सोसायटी की सचिव डॉ. स्मिता जाधव, सांसद श्रीरंग बारणे, अमेरिका स्थित वैज्ञानिक डॉ. टोनी नाडर, आयुष मंत्रालय के सलाहकार एवं सचिव वैद्य मनोज नेसरी, नेशनल कमिशन फॉर इंडियन सिस्टम ऑफ मेडिसिन के चेयरमैन वैद्य जयंत देवपुजारी, 'आयुष' के राष्ट्रीय शोध प्रोफेसर डॉ. भूषण पटवर्धन, ऑल इंडिया आयुर्वेद कांग्रेस के चेयरमैन वैद्य देवेंद्र त्रिगुणा उपस्थित थे.



100 से अधिक देशों में आयुर्वेद

केंद्रीय आयुष मंत्री प्रतापराव जाधव ने कहा, योग और आयुर्वेद भारत की पहचान हैं. वर्तमान में 100 से अधिक देशों में आयुर्वेद पहुंच चुका है और 180 से अधिक देशों में 'योग दिवस' मनाया जाता है. प्रधानमंत्री नरेंद्र मोदी के नेतृत्व में आयुर्वेद को वैश्विक स्तर पर पहचान दिलाने के लिए कई योजनाएं चलाई जा रही हैं. आयुर्वेदिक औषधियों और उपचारों को अधिक प्रभावी और मान्यता प्राप्त कराने के लिए गहन शोध आवश्यक है. इसीलिए अनुसंधान को प्राथमिकता दी जा रही है. डॉ. डीवाई पाटिल आयुर्वेद महाविद्यालय जैसे संस्थानों में शोध और विकास केंद्र स्थापित करने की योजना पर काम किया जा रहा है.

Nav Rashtra • 18 Feb • Ministry of Ayush

National Researcher Award presented to Digmabar Mokat

4 • PG | 90 • Sqcm | 86738 • AVE | 860K • Cir | Middle Center

Pune

राष्ट्रीय संशोधक पुरस्कार दिगंबर मोकाट यांना प्रदान

केंद्रीय आयुष मंत्र्यांच्या हस्ते विद्यापीठात सन्मान

पुणे, (वा.) आयुर्वेदिक रिसेलर असोसिएशन (ए.आर.ए.) महाराष्ट्र राज्य आयोजित सुसंवाद स्वास्थ्य मंत्र अंतर्गत आयुर्वेद महोत्सव, पुणे २०२५ (आरोग्याचा कुंभमेळा) नुकताच शुभारंभ लॉन, एरंडवणे, पुणे येथे आयोजित करण्यात आला होता. सदरील कार्यक्रमात डॉ. दिगंबर नभू मोकाट, प्राध्यापक, वनस्पतीशास्त्र विभाग, सावित्रीबाई फुले पुणे विद्यापीठ, पुणे यांना दि. २ फेब्रुवारी रोजी समारोप समारंभात 'राष्ट्रीय औषधी वनस्पती उत्कृष्ट संशोधक पुरस्कार प्रतापराव जाधव, केंद्रीय आयुष मंत्री, भारत सरकार यांच्या हस्ते सन्मान चिन्ह, प्रमाणपत्र, शाल, श्रीफळ देऊन करण्यात आला.

डॉ. दिगंबर मोकाट यांच्या २५ वर्षांच्या औषधी वनस्पती विषयीचे कार्य व कामांची दखल घेऊन हा पुरस्कार प्रदान करण्यात आला. यावेळी महोत्सवाचे



अध्यक्ष अभय देव, खजिनदार चंद्रकांत भुसारी, सचिव मुरलीधर कतोरे, अध्यक्ष शशेखर खोले आदी मान्यवर उपस्थित होते. तसेच आयुर्वेद क्षेत्रातील मान्यवर, डॉक्टर, औषधी कंपन्याचे प्रतिनिधी, विविध संस्थांचे अधिकारी पदाधिकारी, नागरिक मोठ्या संख्येने उपस्थित होते.

डॉ. मोकाटे यांना मिळालेल्या पुरस्काराबद्दल विद्यापीठाचे मा. कुलगुरू प्रा. (डॉ.) सुरेश गोसावी, प्र-कुलगुरू प्रा. (डॉ.) पराग काळकर व कुलसचिव प्रा. (डॉ.) ज्योती भाकरे यांनी अभिनंदन केले आहे.

Nav Rashtra • 10 Feb • Ministry of Ayush

14 thousand people ran with Soman

12 • PG | 94 • Sqcm | 155319 • AVE | 500.5K • Cir | Top Right

Mumbai

सोमण यांच्यासोबत १४ हजार लोक धावले



ठाणे, (वा.) हाऊस ऑफ हिरानंदानीतर्फे रविवारी हिरानंदानी ठाणे हाफ मॅरेथॉनचे आयोजन करण्यात आले होते. ज्यामध्ये फिटनेस आयकॉन आणि ब्रँड ॲम्बेसेडर मिलिंद सोमण यांच्यासह ठाणे शहर आणि जवळपासच्या शहरांमध्ये राहणारे १४ हजारांहून अधिक स्पर्धक धावले. फिटनेस आणि कॉम्बॅट स्पोर्ट्स इंडस्ट्रीशी संबंधित कृष्णा श्रॉफ यांनी हिरानंदानी इस्टेट येथे झेंडा दाखवून मॅरेथॉनला सुरुवात केली. महिला गटात प्रीती चौधरी हिने प्रथम तर पुरुष गटात बबलू चव्हाण याला प्रथम क्रमांक मिळाला.हिरानंदानी ठाणे हाफ मॅरेथॉनची तीन प्रकारात विभागणी करण्यात आली होती. हाफ मॅरेथॉन (२१.१ किमी), उत्साहवर्धक ग्रीन रन (१० किमी), आणि फॅमिली रन (४ किमी). यापैकी प्रत्येकी महिला गटात प्रीती चौधरीने १ तास २६ मिनिटे ५२ सेकंदात मॅरेथॉन पूर्ण करून प्रथम क्रमांक पटकावला, तर पुरुष गटात बबलू चव्हाणने १ तास ११ मिनिटे ३ सेकंदात मॅरेथॉन पूर्ण केली.हाऊस ऑफ हिरानंदानीचे मुख्य विपणन अधिकारी प्रशीन झोबालिया म्हणाले की, १४ हजारांहून अधिक लोकांचा उल्लेखनीय सहभाग आपल्या समुदायाचा फिटनेस आणि पर्यावरण विषयक जागरूकता वाढवणारा उत्साह दर्शवितो.

Nav Rashtra • 09 Feb • Ministry of Ayush

Ayurvedic, effective treatment methods in modern science

4 • PG | 181 • Sqcm | 173679 • AVE | 860K • Cir | Bottom Center

Pune

सन्मान • डॉ. पी. डी. पाटील यांचे प्रतिपादन; डॉ. टोनी नेडर व डॉ. सरदेशमुख यांना मानद डॉक्टरेट

आयुर्वेद, आधुनिक शास्त्रात प्रभावी उपचारपद्धती

पिंपरी/पुणे, (वा.) आयुर्वेद हे शाश्वत व प्राचीन शास्त्र आहे. वैदिक संस्कृती, भारतीय परंपरा, आयुर्वेदासारखे प्राचीन शास्त्र आणि त्याला तंत्रज्ञानाची मिळालेली जोड मानवी आरोग्यासाठी प्रभावी उपचार पद्धती विकसित करण्यात उपयुक्त ठरेल. आयुर्वेदामध्ये सखोल तंत्रज्ञान व्हावे आणि त्यातून जगाला चांगल्या आरोग्याची संजीवनी द्यावी, असे प्रतिपादन डॉ. डी. वाय. पाटील (अभिमत) विद्यापीठाचे कुलपती डॉ. पी. डी. पाटील यांनी केले.

पिंपरी येथील डॉ. डी. वाय. पाटील (अभिमत) विद्यापीठातर्फे वैद्यकीय क्षेत्रातील भरीव योगदानाबद्दल अमेरिकास्थित न्यूरोसायंटिस्ट डॉ. टोनी नेडर व वाघोली येथील भारतीय संस्कृती दर्शन ट्रस्टचे अध्यक्ष, आयुर्वेदतज्ज्ञ डॉ. सदानंद सरदेशमुख यांना मानद डॉक्टरेट (डॉक्टर ऑफ सायन्स) देऊन सन्मानित करण्यात आले. प्रसंगी विद्यापीठाचे कुलगुरू डॉ. एन. जे. पवार, प्र-कुलगुरू व डॉ. डी. वाय. पाटील विद्यापीठ सोसायटीच्या सचिव डॉ. स्मिता जाधव, खजिनदार डॉ. यशराज पाटील, कुलसचिव डॉ. जे. एस. भवाळकर, डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटरचे प्राचार्य डॉ. गुणवंत येवला आदी मान्यवर उपस्थित होते.

डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटरच्या पुढाकाराने विद्यापीठाच्या आवारात आठव्या आंतरराष्ट्रीय आयुर्वेद परिषदेचे आयोजन केले आहे. यामध्ये देश-विदेशातील सुमारे १२०० पेक्षा अधिक डॉक्टर्स, आयुर्वेदाचार्य व विद्यार्थी सहभागी झाले आहेत. आयुर्वेदिक औषधी व साहित्याचे प्रदर्शन भरविण्यात आले आहे. आयुर्वेदातील विविध विषयावर व्याख्याने, शोधनिबंध सादरीकरण व विचार मंथन या परिषदेमध्ये होत आहे.



आयुर्वेदात कर्करोग पूर्णत: बरा होणार नसला, तरी रुग्णाला दिलासा मिळण्याचा मार्ग आहे. गेल्या तीस वर्षांपासून वेगवेगळ्या स्वरूपाचे संशोधन करत आहोत. पारंपरिक आयुर्वेदाला आधुनिक संशोधन व तंत्रज्ञानाची जोड देऊन प्रगत उपचार पद्धती विकसित केल्या जात आहेत. आज देश परदेशातून आयुर्वेद शिकायला लोक पुण्यात येताहेत, ही आनंदाची गोष्ट आहे. - डॉ. सदानंद सरदेशमुख

वैदिक साहित्य जीवनाचा अर्थ समजून घेण्यासाठी वैज्ञानिक मार्ग दाखवते. अस्तित्वाचा मूलभूत सार असलेली 'जाणीव' सर्वप्रथम आहे. या जाणीवेचा विस्तार हाच मानवी प्रवासाचा मूलभूत हेतू आहे. या गूढ सत्यांना प्राचीन वैदिक ग्रंथांमध्ये महत्त्वाचे स्थान आहे. वेद मानवी शरीरक्रिया, शरीरशास्त्र, पेशी जीवशास्त्र आणि डीएनए यांच्याशी निगडित आहेत. ज्ञान केवळ तत्त्वज्ञान नव्हे, तर वैज्ञानिक वास्तवही आहे. - डॉ. टोनी नेडर

Nav Rashtra • 06 Feb • Ministry of Ayush

A network of affordable AYUSH medicine centers will be established

4 • PG | 219 • Sqcm | 210256 • AVE | 860K • Cir | Bottom Center

Pune

उद्घाटन • केंद्रीय आयुष मंत्री प्रतापराव जाधव; डॉ. डी. वाय. पाटील विद्यापीठात आंतरराष्ट्रीय आयुर्वेद संमेलन

स्वस्तातील आयुष औषधी केंद्राचे जाळे उभारणार

पिंपरी/पुणे, (वा.) आयुर्वेद सर्व प्रकारच्या व्याधींवर परिणामकारक उपचारपद्धती आहे. आयुर्वेदाला जगभर सर्वमान्यता मिळू लागली आहे. प्रभावी आयुर्वेदासाठी संशोधनाची व्याप्ती वाढवण्यासह इनोव्हेशन व स्टार्टअप सुरु करण्यासाठी आयुष मंत्रालयामार्फत चालना देणार आहे, असे प्रतिपादन केंद्रीय आयुष राज्यमंत्री प्रतापराव जाधव यांनी केले. सर्वगुणकारी आयुष औषधी सहज उपलब्ध होण्यासाठी देशभरात आयुष औषधी केंद्रांचे जाळे उभारण्यात येणार असल्याचेही प्रतापराव जाधव यांनी नमूद केले. पिंपरी येथील डॉ. डी. वाय. पाटील (अभिमत) विद्यापीठ संचालित डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटर पुणे, यांच्या पुढाकाराने नवी दिल्ली येथील ऑल इंडिया आयुर्वेद काँग्रेस, नेदरलँड येथील इंटरनॅशनल महर्षी आयुर्वेद फाउंडेशन व इंटरनॅशनल अकॅडमी ऑफ आयुर्वेद यांच्या सहकार्याने आयोजित आठव्या इंटरनॅशनल आयुर्वेद काँग्रेसचे (आंतरराष्ट्रीय आयुर्वेद संमेलन) उद्घाटन प्रतापराव जाधव यांच्या हस्ते झाले. पिंपरी येथील विद्यापीठाच्या सभागृहात आयोजित कार्यक्रमात विद्यापीठाचे कुलपती डॉ. पी. डी. पाटील, कुलगुरू डॉ. एन. जे. पवार, प्र-कुलगुरू व डॉ. डी. वाय. पाटील विद्यापीठ सोसायटीच्या सचिव डॉ. स्मिता जाधव, खासदार श्रीरंग बारणे, अमेरिकास्थित शास्त्रज्ञ डॉ. टोनी नाडर, आयुष मंत्रालयाचे सल्लागार सचिव वैद्य मनोज नेसरी, नॅशनल कमिशन फॉर इंडियन सिस्टीम ऑफ मेडिसिनचे चेअरमन वैद्य जयंत देवपुजारी, 'आयुष'चे नॅशनल रिसर्च प्रोफेसर डॉ. भूषण पटवर्धन, ऑल इंडिया आयुर्वेद काँग्रेसचे चेअरमन देवेंद्र त्रिगुणा, इंटरनॅशनल महर्षी आयुर्वेद फाउंडेशनचे डॉ. गिरीश मोमया, इंटरनॅशनल अकॅडमी ऑफ आयुर्वेदाचे प्रा. डॉ. सुभाष रानडे, डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटरचे प्राचार्य डॉ. गुणवंत येवला उपस्थित होते.



भारतातील पहिले आंतरराष्ट्रीय आयुर्वेद संमेलन पुण्यात आणि तेही आमच्या संस्थेत होतेय, याचा आनंद आहे. जगभरातील आयुर्वेदतज्ज्ञ, विद्यार्थी इथे आल्याने विचारांचे आदान-प्रदान होत आहे. सार्वजनिक आरोग्य सेवेमध्ये आयुर्वेदाचा समावेश ही चांगली बाब आहे. वैदिक संस्कृती, आयुर्वेदाला प्रोत्साहन देण्याचे पंतप्रधान नरेंद्र मोदी यांचे पाऊल स्वागतार्ह आहे. आधुनिक शास्त्र आणि आयुर्वेद यांची सांगड घालून संशोधनाधारित उपचारांची उपलब्धता समाजासाठी उपयुक्त ठरेल. आयुर्वेदाला प्रभावी, रास्त आणि सहज उपलब्ध करण्यासाठी आपण सर्वांनी पुढाकार घेतला पाहिजे. - डॉ. पी. डी. पाटील,

संमेलनाच्या माध्यमातून आयुर्वेदातील संशोधन, नाविन्यपूर्ण संशोधन, भविष्यकालीन आयुर्वेदाची व्याप्ती, गरजा, उद्याय योजना आणि अनेक विकार आणि चिकित्सा या विषयावर विचारमंथन झाले. आंतरराष्ट्रीय स्तरावर आयुर्वेद, तंत्रज्ञान आणि नाविन्यपूर्ण प्रयोग याविषयी जागून घेण्याची संधी विद्यार्थ्यांना मिळाली. अशा संमेलनामुळे विद्यार्थ्यांमध्ये संशोधन वृत्ती वाढून इनोव्हेशन, स्टार्टअप्स संस्कृतीला चालना मिळते. - डॉ. स्मिता जाधव

दहा देशातील शंभर तज्ज्ञ

संमेलनामध्ये जागतिक स्तरावर आयुर्वेद प्रसारासाठी डॉ. गुणवंत येवला आणि डॉ. वॉल्टर मोईल्क यांना 'आयुर्वेद धन्वंतरी पुरस्कार' प्रदान करण्यात आला. आयुर्वेदातील उल्लेखनीय योगदानाबद्दल डॉ. संजीव गोयल, डॉ. अखिलेश वर्मा, डॉ. एस. एन. पांडे, डॉ. रामदास आव्हाड यांना सन्मानित करण्यात आले. आयुष मंत्रालय, भारत सरकार आणि नॅशनल कमिशन फॉर इंडियन सिस्टीम ऑफ मेडिसिनच्या मान्यतेने झालेल्या या दोन दिवसीय संमेलनाच्या यशस्वीतेसाठी महाविद्यालयातील संशोधन संचालक प्रा. डॉ. अस्मिता वेले, कायाचिकित्सा विभागप्रमुख प्रा. डॉ. डी. जी. दीपांकर, रचना विभागाचे प्रमुख प्रा. डॉ. योगेश कुट्टे यांनी परिश्रम घेतले. दहा देशातील १०० पेक्षा अधिक आंतरराष्ट्रीय तज्ज्ञ आणि १२०० हून अधिक राष्ट्रीय स्तरावरील संशोधक, वैद्य, प्राध्यापक आणि विद्यार्थी सहभागी झाले होते. ५०० हून शोधनिबंध सादर झाले.

Maharashtra Times • 16 Feb • Ministry of Ayush

AYUSH Ministry' to be set up in the state soon

2 • PG | 115 • Sqcm | 132392 • AVE | 765.47K • Cir | Middle Center

Pune



'आयुष मंत्रालय' लवकरच राज्यातही

चंद्रकांत पाटील यांची माहिती

पुणे : केंद्रीय आयुष मंत्रालयाच्या धर्तीवर राज्यातही आयुर्वेदासाठी आयुष मंत्रालय सुरू करण्यासाठी प्रयत्न सुरू असल्याची माहिती उच्च व तंत्रशिक्षणमंत्री चंद्रकांत पाटील यांनी दिली.

राष्ट्रीय शिक्षण मंडळाच्या वैद्य पुरुषोत्तमशास्त्री नानल रुग्णालयाच्या हीरक महोत्सवानिमित्त आयुर्वेद रसशाळा येथे शनिवारी कार्यक्रमाचे आयोजन करण्यात आले होते. या कार्यक्रमात पाटील बोलत होते. राष्ट्रीय शिक्षण मंडळाचे अध्यक्ष डॉ. दिलीप पुराणिक, सचिव डॉ. राजेंद्र हुपरीकर, उपाध्यक्ष डॉ. भालचंद्र भागवत, नानल रुग्णालयाचे अध्यक्ष डॉ. विजय डोईफोडे, उपमुख्याधिकारी डॉ. प्रमोद दिवाण, डॉ. संदीप बुटाला या वेळी उपस्थित होते.

आधुनिक सुविधायुक्त पंचकर्म विभागाचे उद्घाटन या वेळी करण्यात आले. रुग्णालयाच्या वाटचालीवर प्रकाश टाकणाऱ्या स्वास्थ्य पर्व स्मरणिकेचे प्रकाशन आणि डायमंड हेल्थ कार्डचे अनावरण पाटील यांच्या हस्ते करण्यात आले. रुग्णालयातील वैद्य आणि डॉक्टरांचाही या वेळी गौरव करण्यात आला.

केंद्र सरकारने आयुर्वेदासाठी आयुष मंत्रालय सुरू केल्याने प्रचार, प्रसार वाढला आहे. आपल्या दैनंदिन जीवनात आयुर्वेदाचे महत्त्व मोठे आहे. केंद्र सरकारही आयुर्वेदाच्या प्रचार, प्रसारासाठी काम करीत आहेत. त्यामुळे जगाचा भारतीय आयुर्वेदावर विश्वास वाढत आहे. आयुर्वेदाच्या प्रचार-प्रसारासाठी आरोग्य शिबिरांचे आयोजन केले पाहिजे. करोनानंतर खऱ्या अर्थाने सर्वांना आरोग्याचे महत्त्व पटले. करोनानंतर दर्जेदार वैद्यकीय सुविधा मिळणे किती आवश्यक आहे, याची जाणीव झाली. विविध आजारांचे प्रमाण वाढत असल्याने आता आजार होऊ नये, यासाठी उपाययोजना करण्यावर सर्वांचा भर आहे. आजार झाल्यावर रुग्णांच्या कुटुंबियांचे आर्थिक गणित बिघडते. आयुर्वेदाच्या मदतीने निरोगी राहण्यासाठी प्रयत्न केले पाहिजेत.

Maharashtra Times • 10 Feb • Ministry of Ayush

Ayurveda should adopt modern technology

3 • PG | 162 • Sqcm | 187596 • AVE | 765.47K • Cir | Middle Center

Pune

आयुर्वेदाने अद्ययावत तंत्रज्ञान स्वीकारावे

माजी सरन्यायाधीश डॉ. धनंजय चंद्रचूड यांचे मत

> केंद्र सरकारने २०१४मध्ये आयुष मंत्रालय सुरू केल्याने आयुर्वेदाला खऱ्या अर्थाने न्याय मिळाला. गेल्या काही वर्षांत देशासह परदेशातही आयुर्वेदाला मागणी वाढत आहे. भारतामध्ये वैद्यकीय पर्यटन वाढत असून, त्याद्वारे आयुर्वेदाचा प्रचार-प्रसार होत आहे. देशाची अर्थव्यवस्था सक्षम करण्यासाठी आयुर्वेदातील आर्थिक उलाढाल निर्णायक ठरणार आहे. आयुर्वेदासाठी काम करणाऱ्या संस्थांची वाटचाल भविष्यात कशी राहील यासाठी नियोजन करणे आवश्यक आहे.
>
> – डॉ. मनोज नेसरी, सल्लागार, आयुष मंत्रालय

म. टा. प्रतिनिधी, पुणे

'आयुर्वेद ज्ञानाचे भंडार आहे. मात्र, आयुर्वेदाच्या मूळ तत्त्वात बदल न करता बदलत्या काळानुसार ॲलोपॅथी प्रमाणेच आयुर्वेदानेही अद्ययावत तंत्रज्ञानाचा स्वीकार करावा,' असे मत माजी सरन्यायाधीश डॉ. धनंजय चंद्रचूड यांनी रविवारी व्यक्त केले.

राष्ट्रीय शिक्षण मंडळाच्या शतकोत्तर प्रथम (१०१) वर्धापनदिनानिमित्त आयोजित कार्यक्रमात डॉ. चंद्रचूड बोलत होते. आयुष मंत्रालयाचे सल्लागार डॉ. मनोज नेसरी, राष्ट्रीय शिक्षण मंडळाचे अध्यक्ष डॉ. दिलीप पुराणिक, सचिव डॉ. राजेंद्र हुपरीकर, डॉ. भालचंद्र भागवत, नियामक मंडळाचे सदस्य डॉ. विजय डोईफोडे, उपअधिक्षक डॉ. प्रमोद दिवाण या वेळी उपस्थित होते. ज्येष्ठ आयुर्वेदतज्ज्ञ वैद्य अनंत धर्माधिकारी यांना जीवन गौरव पुरस्काराने या वेळी गौरविण्यात आले. नानल चषक राष्ट्रीय आंतरवैद्यकीय महाविद्यालयीन स्पर्धेच्या विजेत्यांना पारितोषिकांचे वितरण करण्यात आले; तसेच आयुर्विद्या आंतरराष्ट्रीय नियतकालिकाचे प्रकाशन आणि आरोग्य चित्रांच्या प्रदर्शनाचे उद्घाटनदेखील या वेळी करण्यात आले.

'शिक्षण आणि संशोधनाच्या माध्यमातून आयुर्वेदामध्ये अद्ययावत तंत्रज्ञानाचा समावेश करावा. सध्याच्या युगात शारीरिक आरोग्याबरोबरच मानसिक आरोग्याच्या समस्या निर्माण होत आहेत. मानसिक समस्यांमुळे शारीरिक आरोग्यावरदेखील परिणाम होतो. शारीरिक आणि मानसिक समस्यांमधून मार्ग काढण्यासाठी आयुर्वेद उपयोगी पडते. आयुर्वेद ज्ञानाचे भांडार आहे; परंतु त्यातील पारंपरिक बाबी पाळल्या गेल्या पाहिजे. महाराष्ट्र देशातील एक प्रगत राज्य आहे. महाराष्ट्राने वैद्यकीय क्षेत्रात योगदान दिले आहे. जगभरात मानसिक आरोग्याबरोबरच लठ्ठपणा यांसारख्या आरोग्याच्या विविध समस्या वाढत आहे. ॲलोपॅथी प्रमाणेच आयुर्वेदानेही संशोधन करून माहितीचे संकलन करावे. स्वदेशीच्या विचारातूनच राष्ट्रीय शिक्षण मंडळाची सुरुवात झाली आहे,' असे चंद्रचूड यांनी सांगितले.

Maharashtra Times • 09 Feb • Ministry of Ayush

Oil spill and explosion

18 • PG | 824 • Sqcm | 1873789 • AVE | 1.3M • Cir | Top Left

Mumbai

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तेलाचा तडका अन् भडका

चित्र : एआय



आजच्या फिटनेससाठीच्या आग्रही जगातही तेलाची मागणी वाढत आहे. ही मागणी देशांतर्गत उत्पादनात पूर्ण करणे निव्वळ अशक्य. त्यामुळे भारत हा तेलाचा सगळ्यांत मोठा आयातदार देश झालेला आहे. तेलाचे हे गणित नेमके कसे असते, यावर टाकलेला प्रकाश.

तेलाशिवाय स्वयंपाक होणे नाही. म्हणजे बिनातेलाची भाजी, अन्य पदार्थ कितीही 'ट्रेंडिंग'मध्ये असले, तरी भारतीयांची तेलासोबतची दोस्ती तुटायची नाही. अगदी 'नो कूकिंग' पाककृतींमध्येही वरून चमचाभर तेलाचा तडका येतोच. तडतडणारी मोहरी, चुरचुरणारा कढीपत्ता आणि मसाला तेलात टाकल्यावर त्याचा येणारा लालसर तवंग याशिवाय पदार्थांची कल्पनाच अनेक जण करू शकत नाहीत...

भारतीयांच्या तेलप्रेमाचा हा तवंग इतका दूरवर अन् खोलवर पसरला आहे की, त्याची अर्धी मागणीही देशांतर्गत उत्पादनात पूर्ण होऊ शकत नाही. मग पर्याय आयातीचा, पार इंडोनेशियापर्यंत. आपली खाद्यतेलाची वार्षिक गरज २६० लाख टन आहे. त्यातील १०० लाख टन तेलाचा स्थानिक बाजारातून पुरवठा होतो, तर १६० लाख टन तेल दरवर्षी आयात करावे लागते.

गेल्या काही दशकांत देशामध्ये प्रतिमाणशी खाद्यतेलाचे सेवन वाढत आहे. वाढती लोकसंख्या, उंचावलेले राहणीमान, हाती आलेला पैसा, जंकफूडचे प्रस्थ यामुळे तेलमागणी वाढत आहे. फिटनेसचे तंत्र आत्मसात केले जात असले, तरी 'चिट डे'ला मारलेला ताव अन् तरुणांचे 'चिल डे'चे बेत वारंवार असतातच. शिवाय तळणीचे पदार्थ आता रोजच्या आहारात येऊ लागले आहेत. फरसाण, शेव, वेफर असे पदार्थ सरास सेवन केले जातात. यामुळे खाद्यतेलाचे वार्षिक दरडोई सेवन २० किलोहून अधिक झाले आहे. भारतीय वैद्यकीय संशोधन परिषदेने १२ किलो मर्यादेची शिफारस केली आहे. जागतिक आरोग्य संघटनेच्या शिफारशीनुसार ही मर्यादा १३ किलो आहे.

भारत आयात करत असलेल्या गोष्टींमध्ये खाद्यतेलाचा क्रमांक तिसरा लागतो. सन १९८४ ते १९९० या काळात खाद्यतेल उत्पादनात भारत स्वयंपूर्ण होता. सूर्यफूल, करडई, भुईमूग, कारळ, जवस, सरकी, मोहरी अशा विविध तेलबियांच्या वाणांचे विक्रमी उत्पादन होत होते. मात्र, खाद्यतेल उत्पादकांना जागतिकीकरणाच्या रेट्यात योग्य भाव देऊन स्पर्धेत शेतकरी टिकावा, यासाठी उपाययोजना आखल्या गेल्या नाहीत. परिणामी खाद्यतेलाच्या उत्पादनात घट होत गेली. ती दरवर्षी वाढतेच आहे.

स्वयंपूर्णतेच्या काळात आशिया खंडात सूर्यफुलाचे सर्वाधिक उत्पादन घेणारा जिल्हा म्हणून लातूर जिल्ह्याची नोंद होती. त्यावेळी तेथे एका एकरात सूर्यफुलाचे १० ते १२ क्विंटल पीक येत असे. नंतर ते पाच ते सात क्विंटलवर आले. सुरुवातीच्या उताऱ्यात बुरशी, कीटकनाशके यांचा प्रादुर्भाव नसे. पण निसर्गाच्या नियमानुसार वारंवार या पिकाची पेरणी केल्यानंतर या घटकांचेही आक्रमण झाले. मग त्यांच्या नायनाटाचा खर्च ओघाने आलाच. त्यात उत्पादन कमी आणि खर्च तितकाच राहिला. शेतकरी हतबल झाला. मग त्यातून सोयाबीन लागवडीचा पर्याय समोर आला. सुरुवातीला शेतकऱ्यांना सोयाबीनने हात दिला, पण आता त्याचे उत्पादनही कमी होत आहे.

'शेतात फेरपालट करायला हवाय, पण काय करायचा, पर्याय सापडत नाही. आजूबाजूच्या गावात मध्येच वेगवेगळी पिके दिसू लागली आहेत. प्रयोग होत आहेत. यशस्वी किती होतात, यावर सोयाबीनचेही भवितव्य असेल', लातूरमधील चाकूर तालुक्यातील ६२ वर्षीय शेतकरी अनिल दुडिले सांगत होते. 'मी जवळपास ४० वर्षे शेती करत आहे. अनेक चढ-उतार पाहिले आहेत. पण दिवसेंदिवस अनिश्चितता वाढत आहे. यातूनच पुढची पिढी नोकऱ्यांकडे वळली' आपल्या वडिलांपासूनच्या शिवारातील आठवणी जागवत दुडिले त्या काळात काही वेळ रमलेही. नंतर लागलीच त्यांनी सोयाबीनला मिळणाऱ्या भावापासून त्यातील तेल गाळून झाल्यावर उरलेल्या पेंडीपर्यंतच्या समस्या सांगितल्या.

महाराष्ट्रात विदर्भ, मराठवाड्यात सोयाबीनचे मोठे उत्पादन घेतले जाते. काही प्रमाणात भुईमूग होतो. याशिवाय राजस्थानमध्ये मोहरीचे उत्पादन सर्वांत जास्त होते. कर्नाटकमध्ये सूर्यफूल आणि भुईमूग होतो. उत्तर प्रदेशात मोहरीचे उत्पादन होते. आता तेलबियांचे क्षेत्र वाढवताना त्या तेलबियांमधील तेलाच्या अंशाचाही विचार करायला हवा. सोयाबीनमध्ये तेलाचा अंश केवळ १८ टक्के असतो. हे क्षेत्र किताही वाढवले, तरी त्याने देशाची गरज भागणार नाही. शिवाय उर्वरित ८२ टक्के भाग हा पेंडीचा असतो. या पेंडीचे काय करायचे, हा प्रश्न आहे. पेंड प्राण्यांना खाद्य म्हणून वापरली जाते. त्याची देशात मागणी कमी आहे. त्यामुळे ती निर्यात करावी लागते. त्यास अपेक्षित भाव मिळत नाही. पेंडीला चांगला भाव मिळाला, तर सोयाबीन उत्पादकांचा फायदा होऊ शकतो, असे गणित तेल व्यावसायिक विजय साबू यांनी मांडले. भुईमुगात ४० टक्के तेल आणि ६० टक्के पेंड असते. थोडक्यात काय तर महाराष्ट्रात उत्पादित होणाऱ्या दोन्ही प्रकारच्या तेलबियांमध्ये पेंडीचा भाग हा अधिक असतो. मोहरीमध्ये सर्वांत जास्त स्निग्धांश असतो. त्यामुळे राजस्थानात तेल उत्पादनाचे प्रमाण अधिक आहे.



भारतात पाम तेलाला मोठी मागणी होती. हे पामतेल प्रामुख्याने इंडोनेशियामधून येते. पण आता इंडोनेशियामध्येच पाम तेलाच्या उत्पादनात घट झाली आहे. त्याचे आयातदरही अधिक आहेत. यामुळे पामतेलाच्या किंमती सोयाबीन तेलापेक्षा अधिक आहेत. परिणामी पामतेलाची मागणी सध्या घटली असून आयातही जानेवारी महिन्यात नीचांकी नोंदवण्यात आली. पण सोयाबीन आणि सूर्यफुलाची आयात या काळात वाढलेली दिसली. सन २०२२-२३मध्ये भारताने १६४.७ लाख टन खाद्यतेलाची आयात केली होती. सन २०२३-२४मध्ये यात किरकोळ घट होऊन ती १५९.६ लाख टन राहिली. गेल्या तेलवर्षाचा म्हणजे नोव्हेंबर २०२३ ते ऑक्टोबर २०२४चा विचार केला तर भारतात तेलबियांचे उत्पादन वाढले. आयात शुल्कही वाढवले होते. याचा काहीसा परिणाम आयातीवर दिसला. या वर्षात वनस्पती तेलाच्या आयातीवरील खर्च १,४०,५४६ कोटी रुपये होता, असे सॉल्व्हेंट एक्स्ट्रॅक्टर्स असोसिएशन ऑफ इंडियाचे आकडे सांगतात. आता नोव्हेंबरपासून सुरू झालेल्या नव्या तेल वर्षात पहिले दोन महिने आयात पुन्हा वाढलेली दिसली.

हे आकडे महिनागणिक बदलत असतात. याला अनेक घटक अवलंबून आहेत. मागणी, पुरवठा, आयात शुल्क, उत्पादन असे बरेच. पण मूळ प्रश्न आहे, तो तेलाच्या बाबतीत स्वयंपूर्ण होण्याचा. ते लागलीच होणे शक्य नाही. बराच काळ त्यासाठी द्यावा लागेल. अगदीच स्वयंपूर्ण नाही, तर देशांतर्गत उत्पादन आणि आयात यातील अंतर कमी करणे शक्य आहे. त्यासाठी शेतकऱ्यांची जीएम पिकांची अनेक वर्षांची मागणी आहे. जनुकीय बदल केलेल्या तेलबियांच्या वाणांना कीटकनाशके, बुरशीनाशकांचा खर्च कमी आहे. शिवाय त्याची उत्पादकता अधिक आहे. पण देशात कोणत्याही अन्नधान्याच्या जीएम पिकांना परवानगी नाही. जीएम पिकांच्या तेलाची आयात चालते, मग भारतात या वाणांना परवानगी का नाही, शेतकरी प्रश्न उपस्थित करतात. याशिवाय तेलबियांची लागवड मुख्यतः कोरडवाहू जमिनीवर होते. अतिपाऊस, दुष्काळामध्ये त्याची लगेच उत्पादकता कमी होते. ज्या भागात सिंचन सुविधा अधिक आहे, तिथे गहू किंवा तांदळाचे पीक घेतले जाते. तिथे तेलबियांची लागवड केली, तर उत्पादन वाढेल. पण हे होत नाही. कारण तेलबियांमध्ये शेतकऱ्यांना तितका परतावा मिळत नाही. तेलबियांचे उत्पादन वाढवण्यासाठी शेतकऱ्यांना शाश्वत परताव्याची हमी द्यावी लागेल, असे कृषितज्ज्ञ राजेंद्र जाधव सुचवतात. केंद्र सरकारने तेलबियांचे उत्पादन वाढवण्यासाठी राष्ट्रीय खाद्यतेल-तेलबिया मिशन ऑक्टोबर २०२४पासून हाती घेतले आहे. त्यासाठी सर्वेक्षणही सुरू आहे. यात कितपत यश मिळेल, हे येणारा काळच ठरवेल. पण मुख्य म्हणजे तेलाच्या तडक्याला घराघरांत आवर घातला, तर त्याचा भडका उडणार नाही, इतके नक्की.

तेलसेवनाचा कल पिकांनुसार नाही

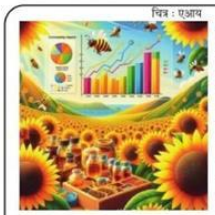
देशात प्रत्येक राज्यात विशिष्ट तेलाची चव तयार झालेली दिसते. याचा तेथे उत्पादित होणाऱ्या तेलबियांशी संबंध आढळत नाही. शक्यतो घरांमध्ये पाम तेलाचा वापर होत नाही. बेकरी उत्पादने, हॉटेल, वेफर अशा पदार्थांसाठी पाम तेल वापरले जाते. पण आंध्र प्रदेश, कर्नाटक, केरळच्या काही भागात पाम तेल वापरतात. मोहरीचे सर्वांत जास्त उत्पादन राजस्थानमध्ये होते, तर मोहरीचे तेल सर्वाधिक पश्चिम बंगालमध्ये वापरले जाते. केरळमध्येही पाम तेल वापरतात, पण तिथे त्याचे उत्पादन होत नाही. राजस्थानमध्ये सोया तेलाचा वापर केला जातो.

इथून होते आयात...

भारत खाद्यतेल मुख्यतः इंडोनेशिया, मलेशिया, अर्जेंटिना, ब्राझील, रशिया आणि युक्रेन येथून आयात करतो. पाम तेलाची आयात इंडोनेशिया, मलेशिया, अलीकडच्या काळात थायलंडमधून होते. सोया तेलाची आयात अर्जेंटिना आणि ब्राझील, अमेरिका, सूर्यफूल तेलाची आयात रशिया, रोमानिया, युक्रेन आणि अर्जेंटिनामधून होते.



चित्र : एआय



खोबरेल आणि अन्य तेल

केरळसह कर्नाटक, तमिळनाडू आणि आंध्र प्रदेशच्या काही भागात खोबरेल खाद्यतेलाचा वापर आहारात केला जातो. या तेलाला संयुक्त अरब अमिराती, अमेरिका, सौदी अरेबिया येथे मागणी आहे. या तेलात निर्यातीची क्षमता अधिक आहे. आजकाल राइस ब्रान तेलासारखे तेल विशेषतः शहरी भागात वापरले जाते, परंतु ते महाग असल्याने याला मागणी सध्या मर्यादित आहे. कोल्ड प्रेस ऑइल हा आणखी एक तेलाचा प्रकार प्रसिद्ध होत आहे. कोल्ड प्रेस हे खरेतर तेल गाळण्याचे तंत्र. यामध्ये ते गाळण्यासाठी उष्णतेचा उपयोग केला जात नाही. तेलबियांवर दाब देऊन तेल गाळले जाते. यामुळे तेलातील पोषण मूल्ये कायम राहतात. परंतु हे तेल तुलनेने महाग असते.

Maharashtra Times • 03 Feb • Ministry of Ayush

Emphasis will be placed on promoting Ayurveda

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Pune

आयुर्वेदाचा प्रचार करण्यावर भर राहील

केंद्रीय राज्यमंत्री प्रतापराव जाधव यांची घोषणा

म. टा. प्रतिनिधी, पिंपरी

'आयुर्वेदाची व्याप्ती वाढण्यासाठी आयुष मंत्रालयाद्वारे प्रचार-प्रसार, संवर्धन, संशोधन, प्रशिक्षण, व्यवसाय आदींवर भर देण्यात येणार आहे,' अशी घोषणा केंद्रीय आयुष राज्यमंत्री प्रतापराव जाधव यांनी केली.

पिंपरी येथील डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटरच्या पुढाकाराने 'ऑल इंडिया आयुर्वेद काँग्रेस', नेदरलँड येथील 'इंटरनॅशनल महर्षी आयुर्वेद फाउंडेशन'आणि 'इंटरनॅशनल अॅकॅडमी ऑफ आयुर्वेद' या संस्थांतर्फे आयोजित आठव्या 'इंटरनॅशनल आयुर्वेद काँग्रेस'चे उद्घाटन रविवारी झाले. या वेळी विद्यापीठाचे कुलपती डॉ. पी. डी. पाटील, कुलगुरू डॉ. एन. जे. पवार, प्र-कुलगुरू व डॉ. डी. वाय. पाटील विद्यापीठ सोसायटीच्या सचिव डॉ. स्मिता जाधव, खासदार श्रीरंग बारणे, अमेरिकास्थित शास्त्रज्ञ डॉ. टोनी नाडर, आयुष मंत्रालयाचे सल्लागार सचिव वैद्य मनोज नेसरी, 'नॅशनल कमिशन फॉर इंडियन सिस्टीम ऑफ मेडिसीन'चे चेअरमन वैद्य जयंत देवपुजारी, 'आयुष'चे नॅशनल रिसर्च प्रोफेसर डॉ. भूषण पटवर्धन यांसह वैद्य देवेंद्र त्रिगुणा, डॉ. गिरीश मोमया, प्रा. डॉ. सुभाष रानडे, डॉ. गुणवंत येवला आदी उपस्थित होते. डॉ. गुणवंत येवला आणि डॉ. वॉल्टर मोईल्क यांना 'आयुर्वेद धन्वंतरी पुरस्कार' प्रदान करण्यात आला. आयुर्वेदातील उल्लेखनीय योगदानाबद्दल डॉ. संजीव गोयल, डॉ. अखिलेश वर्मा, डॉ. एस. एन. पांडे, डॉ. रामदास आव्हाड यांना सन्मानित करण्यात आले.

'आयुर्वेद उत्पादनांची निर्यात वाढत असून, या क्षेत्राचा विस्तार मोठ्या प्रमाणात होत आहे,' असे नेसरी म्हणाले. डॉ. लोथर पियार्क आणि डॉ. योगेश कुटे यांनी सूत्रसंचालन केले.

Dainik Tribune • 14 Feb • Ministry of Ayush
Budget vridhi se health sevao ko sambhal

6 • PG | 819 • Sqcm | 466678 • AVE | 58.7K • Cir | Top Center

Chandigarh

बजट वृद्धि से स्वास्थ्य सेवाओं को संबल



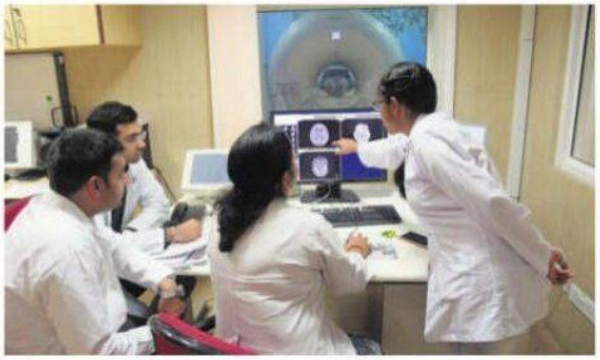
राकेश कोछड़

केंद्रीय बजट 2025-26 के स्वास्थ्य क्षेत्र के लिए प्रावधानों से चिकित्सा शिक्षा एवं अनुसंधान, कैंसर के इलाज का सामर्थ्य, अनुबंध कर्मियों को आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना (पीएम-जेएवाई) के अंतर्गत लाने से लेकर चिकित्सा पर्यटन तक को बढ़ावा मिलेगा।

31 जनवरी को संसद में पेश किए गए आर्थिक सर्वेक्षण के मद्देनजर केंद्रीय बजट 2024-25 में भारत के स्वास्थ्य व्यय में 2020-21 में 3.2 लाख करोड़ रुपये के मुकाबले 2025 में 6.1 लाख करोड़ रुपये की वृद्धि की गई है। वर्ष 2022 में भारत का स्वास्थ्य व्यय सकल घरेलू उत्पाद (जीडीपी) का 3.8 प्रतिशत रहा। 2015 और 2022 के बीच, रोगी की जेब से होने वाला खर्च 62.6 प्रतिशत से घटकर 39.4 प्रतिशत हो गया, जिसमें पीएम-जेएवाई ने निर्णायक भूमिका निभाई। सभी नागरिकों को एक समान स्वास्थ्य बीमा कवरेज प्रदान करने की गर्ज से पिछले साल पीएम-जेएवाई योजना के तहत 70 वर्ष से अधिक आयु के सभी लोगों को शामिल किया गया। सरकार ने अब इस योजना के तहत अनुबंध पर रखे कामगारों को भी शामिल करने का प्रस्ताव रखा है। यह कदम अनौपचारिक क्षेत्र के अनुमानित एक करोड़ श्रमिकों के लिए वित्तीय और स्वास्थ्य सुरक्षा सुनिश्चित करेगा, जिन्हें पहले कोई भी बीमा सुरक्षा उपलब्ध नहीं है। हालांकि, इसके लिए सरकार को यह सुनिश्चित करना होगा कि नियोक्ता अनुबंधित कारगारों का डाटा साझा करने में पारदर्शी हों।

स्वास्थ्य क्षेत्र के लिए प्रस्तावित आवंटन पिछले वर्ष की तुलना में 9.7 प्रतिशत बढ़कर 99,858.56 करोड़ रुपये हो गया है, इसमें आयुष्मान भारत बुनियादी मिशन को 26 प्रतिशत की वृद्धि मिली है जबकि पीएम-जेएवाई के बढ़ते दायरे को ध्यान में रखते हुए 28.85 प्रतिशत का इजाफा किया गया है। प्राथमिक स्वास्थ्य केंद्रों पर इंटरनेट सुविधा के प्रावधान का लाभ डिजिटल स्वास्थ्य और टेलीमेडिसिन सेवाओं को विस्तार देने में उठाया जा सकता है। हालांकि, राष्ट्रीय स्वास्थ्य मिशन को केवल 3.77 प्रतिशत की वृद्धि मिली है।

इसके बावजूद सेहत को मजबूत करने और बीमारी की रोकथाम पर अधिक जोर देने की



आवश्यकता है। वित्त मंत्री ने आने वाले वर्ष में मेडिकल कॉलेजों में 10,000 अतिरिक्त सीटें और अगले पांच वर्षों में 75,000 सीटें बढ़ाने की घोषणा की है। पिछले 10 वर्षों में एमबीबीएस और स्नातकोत्तर सीटें दोगुनी से अधिक बढ़कर क्रमशः 1,18,137 और 73,157 हो गई हैं। हालांकि, अभी भी चिकित्सा शिक्षकों की कमी है और राष्ट्रीय चिकित्सा आयोग शिक्षकों की संख्या और अनुभव के मानदंडों को घटाने में लगा है। स्नातक और स्नातकोत्तर सीटों के बीच भारी असमानता बनी हुई है।

निःसंदेह, विभिन्न विशेषज्ञताओं में सीटों की संख्या के लिए एक गतिशील नीति होनी चाहिए। उदाहरणार्थ, भारत को आने वाले वर्षों में कार्डियक सर्जनों की कम और ऑनकोलॉजिस्ट, इंटेंसिविस्ट और ट्रॉमा विशेषज्ञों की अधिक आवश्यकता पड़ेगी। देश को अधिक कुशलता वाली नर्सें, तकनीशियन जैसी अन्य सहायक जनशक्ति की भी आवश्यकता पड़ेगी। सरकार ने कैंसर मरीजों की मदद के वास्ते बड़ी पहल करने की योजना बनाई है। राष्ट्रीय कैंसर रजिस्ट्री कार्यक्रम रिपोर्ट-2020 के अनुसार, नौ में से एक व्यक्ति को अपने जीवनकाल में कैंसर होने की संभावना है। सरकार अगले तीन वर्षों में सभी जिला अस्पतालों में डे-केयर कैंसर केंद्र स्थापित करना चाहती है, जिसमें 2025-26 में 200 केंद्र स्थापित किए जाएंगे। ऐसे केंद्रों का उपयोग आमतौर पर कीमोथेरैपी के लिए किया जाता है। यह सुविधा कैंसर उपचार तक रोगी की पहुंच आसान करने में सहायक होगी, जो फिलहाल केवल बड़े अस्पतालों या मेडिकल कॉलेज जैसे उच्च केंद्रों पर उपलब्ध है। इस पहल के लिए पीपीपी मोड का उपयोग करने का प्रस्ताव है। हालांकि, प्रशिक्षित जनशक्ति, उन्नत इमेजिंग और कैंसर डायग्नोस्टिक्स जैसे बुनियादी ढांचे की कमी है।

बजट में कई दवाओं की कीमतों में कटौती का प्रस्ताव किया गया है, जिसका सीधा फायदा नागरिक की जेब को होगा। कैंसर, अप्रचलित बीमारियों और अन्य पुराने रोग से पीड़ित मरीजों को राहत देने के लिए 36 जीवन रक्षक दवाओं को मूल सीमा शुल्क से पूरी तरह मुक्त कर दिया गया है। छह अतिरिक्त जीवन रक्षक दवाओं पर अब 5 प्रतिशत का रियायती सीमा शुल्क लगेगा। स्थानीय कंपनियों को बढ़ावा देने के लिए उपरोक्त श्रेणियों की दवाओं के थोक निर्माताओं को भी रियायत दी जाएगी।

प्रस्तावित एक अन्य प्रमुख क्षेत्र चिकित्सा पर्यटन है। देश में विशेषज्ञ चिकित्सा पेशेवरों और बुनियादी ढांचे की उपलब्धता के साथ, भारत के कई निजी अस्पतालों में पहले से ही दक्षिण-पूर्व एशिया, अफ्रीका और पश्चिम एशिया से रोगी इलाज के वास्ते आ रहे हैं। अनुमान है कि दुनिया में हर साल तकरीबन 1.4 करोड़ लोग बेहतर चिकित्सा उपचार के लिए दूसरे देशों को जाते हैं। भारत में 35 से अधिक वैश्विक मामलों वाले अस्पताल जेसीआई (संयुक्त आयोग अंतर्राष्ट्रीय) द्वारा मान्यता प्राप्त हैं।

सरकार ने 2022 में निजी क्षेत्र के साथ साझेदारी को बढ़ावा देने के लिए एक चिकित्सा पर्यटन पहल, 'हील इन इंडिया' का प्रस्ताव रखा था। लेकिन यह योजना विशेष आगे बढ़ नहीं पाई।

बजट प्रस्तावों में सूक्ष्म, लघु एवं मध्य इकाइयों के लिए प्रस्तावित आवंटन से दवा उत्पादन के बुनियादी ढांचे को बढ़ावा मिलने की उम्मीद है। सरकार ने दवा उत्पादन से जुड़े उद्योगों के प्रोत्साहन मद के वास्ते 2,445 करोड़ रुपये रखे हैं। क्षेत्र-विशेष में निजी संस्थानों द्वारा संचालित अनुसंधान, विकास और नवाचार के लिए 20,000 करोड़ रुपये की पर्याप्त राशि निर्धारित की गई है। जैसा कि कोविड-19 महामारी के दौरान देखा गया था, दवा की खोज और उत्पादन के साथ-साथ चिकित्सा उपकरणों के निर्माण को भी स्वदेशी बनाने की आवश्यकता है। भारत को सटीक चिकित्सा, जीन थैरेपी और नूतन जैव विज्ञान पर जोर देते हुए चिकित्सा नवाचार को अगले स्तर पर जाने की जरूरत है।

अन्य उल्लेखनीय प्रस्तावों में मानसिक स्वास्थ्य के लिए धन आवंटन और बच्चों एवं गर्भवती महिलाओं को पोषण प्रदान करने पर जोर देना शामिल है। चिकित्सा अनुसंधान के लिए आवंटन में 18.14 प्रतिशत की वृद्धि की गई है। बीमा क्षेत्र में 100 प्रतिशत विदेशी निवेश को मंजूरी देना एक स्वागत योग्य कदम है। हालांकि, निवारक स्वास्थ्य जांच के लिए कर छूट में बढ़ोतरी, बीमा पैकेज में आउट पेशेंट डायग्नोस्टिक्स को शामिल करना और स्वास्थ्य सेवा में जीएसटी को तर्कसंगत बनाना वे उपाय हैं, जिनकी जरूरत है। बजट प्रस्तावों में निजी क्षेत्र की बड़ी भूमिका की परिकल्पना की गई है। स्वास्थ्य सेवा कर्मियों की शिक्षा और कौशल विकास पर अधिक चर्चा होनी चाहिए। डिजिटल स्वास्थ्य रिकॉर्ड, टेलीमेडिसिन और एआई की पूरी क्षमता का अहसास होना चाहिए।

बजट में कई दवाओं की कीमतों में कटौती का प्रस्ताव किया गया है, जिसका सीधा फायदा नागरिक की जेब को होगा। कैंसर, अप्रचलित बीमारियों और अन्य पुराने रोग से पीड़ित मरीजों को राहत देने के लिए 36 जीवन रक्षक दवाओं को मूल सीमा शुल्क से पूरी तरह मुक्त कर दिया गया है।

लेखक पीजीआईएमईआर, चंडीगढ़ में गैस्ट्रोएंट्रोलॉजी विभाग के अध्यक्ष एवं प्रोफेसर रह चुके हैं।

Dainik Tribune • 14 Feb • Ministry of Ayush
Budget vridhi se swasthya sewaon ko sambal

6 • PG | 819 • Sqcm | 466678 • AVE | 39.91K • Cir | Top Center

Delhi

बजट वृद्धि से स्वास्थ्य सेवाओं को संबल



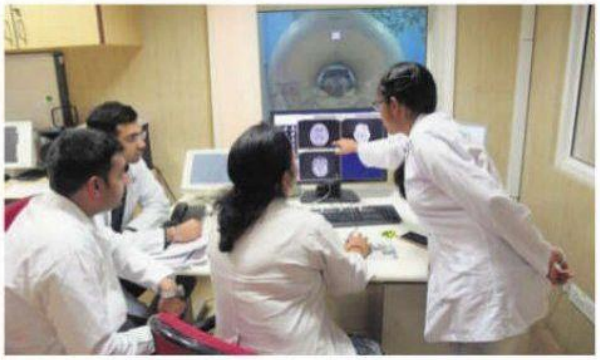
राकेश कोछड़

केंद्रीय बजट 2025-26 के स्वास्थ्य क्षेत्र के लिए प्रावधानों से चिकित्सा शिक्षा एवं अनुसंधान, कैंसर के इलाज का सामर्थ्य, अनुबंध कर्मियों को आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना (पीएम-जेएवाई) के अंतर्गत लाने से लेकर चिकित्सा पर्यटन तक को बढ़ावा मिलेगा।

31 जनवरी को संसद में पेश किए गए आर्थिक सर्वेक्षण के मद्देनजर केंद्रीय बजट 2024-25 में भारत के स्वास्थ्य व्यय में 2020-21 में 3.2 लाख करोड़ रुपये के मुकाबले 2025 में 6.1 लाख करोड़ रुपये की वृद्धि की गई है। वर्ष 2022 में भारत का स्वास्थ्य व्यय सकल घरेलू उत्पाद (जीडीपी) का 3.8 प्रतिशत रहा। 2015 और 2022 के बीच, रोगी की जेब से होने वाला खर्च 62.6 प्रतिशत से घटकर 39.4 प्रतिशत हो गया, जिसमें पीएम-जेएवाई ने निर्णायक भूमिका निभाई। सभी नागरिकों को एक समान स्वास्थ्य बीमा कवरेज प्रदान करने की गर्ज से पिछले साल पीएम-जेएवाई योजना के तहत 70 वर्ष से अधिक आयु के सभी लोगों को शामिल किया गया। सरकार ने अब इस योजना के तहत अनुबंध पर रखे कामगारों को भी शामिल करने का प्रस्ताव रखा है। यह कदम अनौपचारिक क्षेत्र के अनुमानित एक करोड़ श्रमिकों के लिए वित्तीय और स्वास्थ्य सुरक्षा सुनिश्चित करेगा, जिन्हें पहले कोई भी बीमा सुरक्षा उपलब्ध नहीं है। हालांकि, इसके लिए सरकार को यह सुनिश्चित करना होगा कि नियोक्ता अनुबंधित कारगारों का डाटा साझा करने में पारदर्शी हों।

स्वास्थ्य क्षेत्र के लिए प्रस्तावित आवंटन पिछले वर्ष की तुलना में 9.7 प्रतिशत बढ़कर 99,858.56 करोड़ रुपये हो गया है, इसमें आयुष्मान भारत बुनियादी मिशन को 26 प्रतिशत की वृद्धि मिली है जबकि पीएम-जेएवाई के बढ़ते दायरे को ध्यान में रखते हुए 28.85 प्रतिशत का इजाफा किया गया है। प्राथमिक स्वास्थ्य केंद्रों पर इंटरनेट सुविधा के प्रावधान का लाभ डिजिटल स्वास्थ्य और टेलीमेडिसिन सेवाओं को विस्तार देने में उठाया जा सकता है। हालांकि, राष्ट्रीय स्वास्थ्य मिशन को केवल 3.77 प्रतिशत की वृद्धि मिली है।

इसके बावजूद सेहत को मजबूत करने और बीमारी की रोकथाम पर अधिक जोर देने की



आवश्यकता है। वित्त मंत्री ने आने वाले वर्ष में मेडिकल कॉलेजों में 10,000 अतिरिक्त सीटें और अगले पांच वर्षों में 75,000 सीटें बढ़ाने की घोषणा की है। पिछले 10 वर्षों में एमबीबीएस और स्नातकोत्तर सीटें दोगुनी से अधिक बढ़कर क्रमशः 1,18,137 और 73,157 हो गई हैं। हालांकि, अभी भी चिकित्सा शिक्षकों की कमी है और राष्ट्रीय चिकित्सा आयोग शिक्षकों की संख्या और अनुभव के मानदंडों को घटाने में लगा है। स्नातक और स्नातकोत्तर सीटों के बीच भारी असमानता बनी हुई है।

निःसंदेह, विभिन्न विशेषज्ञताओं में सीटों की संख्या के लिए एक गतिशील नीति होनी चाहिए। उदाहरणार्थ, भारत को आने वाले वर्षों में कार्डियक सर्जनों की कम और ऑनकोलॉजिस्ट, इंटेंसिविस्ट और ट्रॉमा विशेषज्ञों की अधिक आवश्यकता पड़ेगी। देश को अधिक कुशलता वाली नर्सें, तकनीशियन जैसी अन्य सहायक जनशक्ति की भी आवश्यकता पड़ेगी। सरकार ने कैंसर मरीजों की मदद के वास्ते बड़ी पहल करने की योजना बनाई है। राष्ट्रीय कैंसर रजिस्ट्री कार्यक्रम रिपोर्ट-2020 के अनुसार, नौ में से एक व्यक्ति को अपने जीवनकाल में कैंसर होने की संभावना है। सरकार अगले तीन वर्षों में सभी जिला अस्पतालों में डे-केयर कैंसर केंद्र स्थापित करना चाहती है, जिसमें 2025-26 में 200 केंद्र स्थापित किए जाएंगे। ऐसे केंद्रों का उपयोग आमतौर पर कीमोथेरैपी के लिए किया जाता है। यह सुविधा कैंसर उपचार तक रोगी की पहुंच आसान करने में सहायक होगी, जो फिलहाल केवल बड़े अस्पतालों या मेडिकल कॉलेज जैसे उच्च केंद्रों पर उपलब्ध है। इस पहल के लिए पीपीपी मोड का उपयोग करने का प्रस्ताव है। हालांकि, प्रशिक्षित जनशक्ति, उन्नत इमेजिंग और कैंसर डायग्नोस्टिक्स जैसे बुनियादी ढांचे की कमी है।

बजट में कई दवाओं की कीमतों में कटौती का प्रस्ताव किया गया है, जिसका सीधा फायदा नागरिक की जेब को होगा। कैंसर, अप्रचलित बीमारियों और अन्य पुराने रोग से पीड़ित मरीजों को राहत देने के लिए 36 जीवन रक्षक दवाओं को मूल सीमा शुल्क से पूरी तरह मुक्त कर दिया गया है। छह अतिरिक्त जीवन रक्षक दवाओं पर अब 5 प्रतिशत का रियायती सीमा शुल्क लगेगा। स्थानीय कंपनियों को बढ़ावा देने के लिए उपरोक्त श्रेणियों की दवाओं के थोक निर्माताओं को भी रियायत दी जाएगी।

प्रस्तावित एक अन्य प्रमुख क्षेत्र चिकित्सा पर्यटन है। देश में विशेषज्ञ चिकित्सा पेशेवरों और बुनियादी ढांचे की उपलब्धता के साथ, भारत के कई निजी अस्पतालों में पहले से ही दक्षिण-पूर्व एशिया, अफ्रीका और पश्चिम एशिया से रोगी इलाज के वास्ते आ रहे हैं। अनुमान है कि दुनिया में हर साल तकरीबन 1.4 करोड़ लोग बेहतर चिकित्सा उपचार के लिए दूसरे देशों को जाते हैं। भारत में 35 से अधिक वैश्विक मामलों वाले अस्पताल जेसीआई (संयुक्त आयोग अंतर्राष्ट्रीय) द्वारा मान्यता प्राप्त हैं।

सरकार ने 2022 में निजी क्षेत्र के साथ साझेदारी को बढ़ावा देने के लिए एक चिकित्सा पर्यटन पहल, 'हील इन इंडिया' का प्रस्ताव रखा था। लेकिन यह योजना विशेष आगे बढ़ नहीं पाई।

बजट प्रस्तावों में सूक्ष्म, लघु एवं मध्य इकाइयों के लिए प्रस्तावित आवंटन से दवा उत्पादन के बुनियादी ढांचे को बढ़ावा मिलने की उम्मीद है। सरकार ने दवा उत्पादन से जुड़े उद्योगों के प्रोत्साहन मद के वास्ते 2,445 करोड़ रुपये रखे हैं। क्षेत्र-विशेष में निजी संस्थानों द्वारा संचालित अनुसंधान, विकास और नवाचार के लिए 20,000 करोड़ रुपये की पर्याप्त राशि निर्धारित की गई है। जैसा कि कोविड-19 महामारी के दौरान देखा गया था, दवा की खोज और उत्पादन के साथ-साथ चिकित्सा उपकरणों के निर्माण को भी स्वदेशी बनाने की आवश्यकता है। भारत को सटीक चिकित्सा, जीन थैरेपी और नूतन जैव विज्ञान पर जोर देते हुए चिकित्सा नवाचार को अगले स्तर पर जाने की जरूरत है।

अन्य उल्लेखनीय प्रस्तावों में मानसिक स्वास्थ्य के लिए धन आवंटन और बच्चों एवं गर्भवती महिलाओं को पोषण प्रदान करने पर जोर देना शामिल है। चिकित्सा अनुसंधान के लिए आवंटन में 18.14 प्रतिशत की वृद्धि की गई है। बीमा क्षेत्र में 100 प्रतिशत विदेशी निवेश को मंजूरी देना एक स्वागत योग्य कदम है। हालांकि, निवारक स्वास्थ्य जांच के लिए कर छूट में बढ़ोतरी, बीमा पैकेज में आउट पेशेंट डायग्नोस्टिक्स को शामिल करना और स्वास्थ्य सेवा में जीएसटी को तर्कसंगत बनाना वे उपाय हैं, जिनकी जरूरत है। बजट प्रस्तावों में निजी क्षेत्र की बड़ी भूमिका की परिकल्पना की गई है। स्वास्थ्य सेवा कर्मियों की शिक्षा और कौशल विकास पर अधिक चर्चा होनी चाहिए। डिजिटल स्वास्थ्य रिकॉर्ड, टेलीमेडिसिन और एआई की पूरी क्षमता का अहसास होना चाहिए।

बजट में कई दवाओं की कीमतों में कटौती का प्रस्ताव किया गया है, जिसका सीधा फायदा नागरिक की जेब को होगा। कैंसर, अप्रचलित बीमारियों और अन्य पुराने रोग से पीड़ित मरीजों को राहत देने के लिए 36 जीवन रक्षक दवाओं को मूल सीमा शुल्क से पूरी तरह मुक्त कर दिया गया है।

लेखक पीजीआईएमईआर, चंडीगढ़ में गैस्ट्रोएंट्रोलॉजी विभाग के अध्यक्ष एवं प्रोफेसर रह चुके हैं।

Dainik Tribune • 04 Feb • Ministry of Ayush

Ayurved jivan nirvehan ka sadhan nahi rishi loan se unnat hone ka upaye :Acharya balkrishna

15 • PG | 335 • Sqcm | 190812 • AVE | 58.7K • Cir | Bottom Center

Chandigarh

पतंजलि आयुर्वेद कॉलेज के तत्वावधान में आयोजित प्रशिक्षण कार्यक्रम 'चरकायतन' संपन्न

आयुर्वेद जीवन निर्वहन का साधन नहीं, ऋषि ऋण से उऋण होने का उपाय : आचार्य बालकृष्ण

हरिद्वार, 3 फरवरी (ट्रिब्यू)

आयुष मंत्रालय के अंतर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों के लिए 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वावधान में किया गया। कार्यक्रम के समापन अवसर पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण ने कहा कि 'चरकायतन' का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता का प्रामाणिक नैदानिक ज्ञान तथा अभ्यास की प्रासंगिकता प्रदान करना व चरक संहिता को सीखने व पढ़ाने का कौशल विकसित करना है। उन्होंने विद्यार्थियों को संबोधित करते हुए कहा कि हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का अवसर मिला। आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋण से उऋण होने का उपाय है।



हरिद्वार में 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' के दौरान मौजूद पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण।

आचार्य बालकृष्ण ने कहा कि आपके व्यवहार में, आचरण में, स्वभाव में व जीवन में आयुर्वेद दिखना चाहिए। स्वयं को वैद्य कहलाने में संकोच नहीं होना चाहिए अपितु गौरव अनुभव होना चाहिए। वैद्यकीय क्षमता व आयुर्वेद क्षमता बहुत व्यापक है। एलोपैथ सिंथेटिक दवाओं व कैमिकल्स पर आश्रित है, इसमें बहुत से साधनों की आवश्यकता रहती है। आयुर्वेद पराश्रित नहीं है। जड़ी-बूटियां घोटकर, छाल, तना, पत्तियों का प्रयोग कर, काढ़ा बनाकर आप जीवन दे सकते हैं। लेकिन सर्वप्रथम स्वयं पर, अपने आयुर्वेद पर विश्वास तो करना होगा।

कार्यक्रम में विख्यात आयुर्वेद चिकित्सक वैद्य (प्रो.) एस.के. खंडेल ने कहा कि पतंजलि ने आयुर्वेद व योग को राष्ट्रीय व अंतर्राष्ट्रीय पटल पर तथ्यों व प्रमाणों के साथ प्रस्तुत किया है।

प्रशिक्षण कार्यक्रम में पद्मश्री और पद्म विभूषण वैद्य देवेंद्र त्रिगुणा, राष्ट्रीय आयुर्वेद विद्यापीठ गवर्निंग काउंसिल के सदस्य वैद्य राकेश शर्मा, वैद्य मोहन लाल जायसवाल, संतोष भट्टेड़ जी, पतंजलि अनुसंधान संस्थान के उपाध्यक्ष डॉ. अनुराग वार्ष्णेय, राष्ट्रीय आयुर्वेद विद्यापीठ की निर्देशिका डॉ. वंदना सिरोहा, आयुर्वेद शिक्षण एवं अनुसंधान संस्थान जामनगर के वैद्य (प्रो.) हितेश व्यास, दीक्षित आयुर्वेद फोंडा गोवा के वैद्य (प्रो.) उपेंद्र दीक्षित, एवीएस आयुर्वेद महाविद्यालय, बीजापुर, कर्नाटक के वैद्य (प्रो.) संजय कडलिमट्टी, राष्ट्रीय आयुर्वेद विद्यापीठ के यंग प्रोफेशनल, डॉ. खुशबू पांडेय तथा डॉ. अनुराग सिंह व प्रोजेक्ट सलाहकार डॉ. लवनीत शर्मा ने प्रतिभागी विद्वानों व विद्यार्थियों का ज्ञानवर्धन किया।

Dainik Tribune • 04 Feb • Ministry of Ayush
Ayurved jeewan nirwahan ka sadhan nahi

15 • PG | 335 • Sqcm | 190812 • AVE | 39.91K • Cir | Bottom Center

Delhi

पतंजलि आयुर्वेद कॉलेज के तत्वावधान में आयोजित प्रशिक्षण कार्यक्रम 'चरकायतन' संपन्न

आयुर्वेद जीवन निर्वहन का साधन नहीं, ऋषि ऋण से उऋण होने का उपाय : आचार्य बालकृष्ण

हरिद्वार, 3 फरवरी (ट्रिब्यू)

आयुष मंत्रालय के अंतर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों के लिए 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वावधान में किया गया। कार्यक्रम के समापन अवसर पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण ने कहा कि 'चरकायतन' का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता का प्रामाणिक नैदानिक ज्ञान तथा अभ्यास की प्रासंगिकता प्रदान करना व चरक संहिता को सीखने व पढ़ाने का कौशल विकसित करना है। उन्होंने विद्यार्थियों को संबोधित करते हुए कहा कि हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का अवसर मिला। आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋण से उऋण होने का उपाय है।



हरिद्वार में 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' के दौरान मौजूद पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण।

आचार्य बालकृष्ण ने कहा कि आपके व्यवहार में, आचरण में, स्वभाव में व जीवन में आयुर्वेद दिखना चाहिए। स्वयं को वैद्य कहलाने में संकोच नहीं होना चाहिए अपितु गौरव अनुभव होना चाहिए। वैद्यकीय क्षमता व आयुर्वेद क्षमता बहुत व्यापक है। एलोपैथ सिंथेटिक दवाओं व कैमिकल्स पर आश्रित है, इसमें बहुत से साधनों की आवश्यकता रहती है। आयुर्वेद पराश्रित नहीं है। जड़ी-बूटियां घोटकर, छाल, तना, पत्तियों का प्रयोग कर, काढ़ा बनाकर आप जीवन दे सकते हैं। लेकिन सर्वप्रथम स्वयं पर, अपने आयुर्वेद पर विश्वास तो करना होगा।

कार्यक्रम में विख्यात आयुर्वेद चिकित्सक वैद्य (प्रो.) एस.के. खंडेल ने कहा कि पतंजलि ने आयुर्वेद व योग को राष्ट्रीय व अंतर्राष्ट्रीय पटल पर तथ्यों व प्रमाणों के साथ प्रस्तुत किया है।

प्रशिक्षण कार्यक्रम में पद्मश्री और पद्म विभूषण वैद्य देवेंद्र त्रिगुणा, राष्ट्रीय आयुर्वेद विद्यापीठ गवर्निंग काउंसिल के सदस्य वैद्य राकेश शर्मा, वैद्य मोहन लाल जायसवाल, संतोष भट्टेड़ जी, पतंजलि अनुसंधान संस्थान के उपाध्यक्ष डॉ. अनुराग वार्ष्णेय, राष्ट्रीय आयुर्वेद विद्यापीठ की निर्देशिका डॉ. वंदना सिरोहा, आयुर्वेद शिक्षण एवं अनुसंधान संस्थान जामनगर के वैद्य (प्रो.) हितेश व्यास, दीक्षित आयुर्वेद फोंडा गोवा के वैद्य (प्रो.) उपेंद्र दीक्षित, एवीएस आयुर्वेद महाविद्यालय, बीजापुर, कर्नाटक के वैद्य (प्रो.) संजय कडलिमट्टी, राष्ट्रीय आयुर्वेद विद्यापीठ के यंग प्रोफेशनल, डॉ. खुशबू पांडेय तथा डॉ. अनुराग सिंह व प्रोजेक्ट सलाहकार डॉ. लवनीत शर्मा ने प्रतिभागी विद्वानों व विद्यार्थियों का ज्ञानवर्धन किया।

Dainik Tribune • 03 Feb • Ministry of Ayush

Ayush vibhag ne lagaya free health shivir

5 • PG | 84 • Sqcm | 47990 • AVE | 58.7K • Cir | Bottom Right
Chandigarh

आयुष विभाग ने लगाया फ्री चिकित्सा शिविर

नरवाना, 2 फरवरी (निस)

बसंत पंचमी के अवसर पर आयुष विभाग ने आयुष्मान आरोग्य मंदिर कालवन में निशुल्क चिकित्सा शिविर लगाया गया। इस अवसर पर 200 से अधिक मरीजों की जांच की गई और उन्हें दवाईयां दी गईं । शिविर का उद्घाटन गांव की सरपंच कविता देवी ने किया। जिला आयुर्वेदिक अधिकारी डॉ अमित रोहिल्ला ने की गांव के सरपंच एवं शिविर में आए अन्य लोगों का धन्यवाद किया और बसंत पंचमी की शुभकामनाएं दी।

डॉ महेंद्र सिंह एवं आयुर्वेदिक फार्मासिस्ट जय पाल ने बसंत पंचमी के महत्व को आयुर्वेद मतानुसार विस्तार से बताया। इस अवसर पर आयुष चिकित्सक डॉ. अमित ठाकुर, डॉ. महेंद्र सिंह, डॉ. भारत कौशिक, डॉ. सुमन, डॉ. गीता एवं डॉ संदीप ने रोगियों के स्वास्थ्य की जांच की और दवाइयां बांटी।

Dainik Tribune • 03 Feb • Ministry of Ayush

Health shivir mein 240 ki free janch

3 • PG | 225 • Sqcm | 128399 • AVE | 58.7K • Cir | Middle Left

Chandigarh

चिकित्सा शिविर में 240 की फ्री जांच

कैथल, 2 फरवरी (हप्र)

बसंत पंचमी के अवसर आयुष विभाग ने डॉ. भीम राव अंबेडकर लाईब्रेरी, क्योड़क बस्ती निशुल्क चिकित्सा शिविर का आयोजन किया गया। यह शिविर राष्ट्रीय आयुष मिशन के तहत लगाया गया है। इस अवसर पर प्रदर्शनी भी लगाई गई। शिविर में 240 लोगों के स्वास्थ्य की जांच की गई।

डीएओ डॉ. शकुन्तला दहिया ने बताया कि इस शिविर में विभिन्न रोगों का आयुष विभाग के वरिष्ठ एवं अनुभवी चिकित्सकों तथा योग विशेषज्ञ, पंचकर्म विशेषज्ञ द्वारा निःशुल्क इलाज किया गया। इस शिविर में अनुभवी विशेषज्ञों द्वारा विभिन्न स्वास्थ्य सम्बन्धी विषयों पर व्याख्यान भी दिए। उन्होंने कहा कि बसन्त ऋतु का पीला रंग हमारे मस्तिष्क को यकृत एवं उर्जा प्रदान करता है। ऋतु अनुसार पीले रंग के फलों में केला, आम, अमरूद, पपीता, बेर, श्री खंड जैसे फलों का सेवन लाभदायक होता हैं। आयुर्वेदिक चिकित्सा अधिकारी डा. राजेन्द्र कुमार ने मौसम अनुसार होने वाली बीमारियों व उनकी रोकथाम के बारे में बताया। आयुर्वेदिक चिकित्सा अधिकारी डा रमेश कुमार ने औषधीय पौधों के प्रयोग के बारे में बताया। इसी प्रकार डा. अंजलि श्योकन्द द्वारा बसन्त ऋतु में स्वास्थ्यवर्धन उपायों के बारे में तथा घरेलू रसोई में उपलब्ध मसालों के औषधीय गुणों के बारे में बताया गया। कुसुम लता, सुशील कुमार, विनोद कुमार, कमला रानी, स्नेहा आयुर्वेदिक फार्मासिस्टों द्वारा निशुल्क औषधिया वितरित की गई। हौम्योपैथिक चिकित्सक डा. ममता मैहला, डा. सुशील जागलान द्वारा हौम्योपैथी पद्धति के माध्यम से रोगियों का निरीक्षण किया गया। इसके अलावा पाला राम, विनोद कुमार द्वारा कैम्प में पूर्ण सहयोग किया गया।



कैथल में रविवार को लगे शिविर में मरीजों को दवाइयां देते डॉक्टर। -हप्र

Dainik Tribune • 03 Feb • Ministry of Ayush

240 free chekcup in Health checkup camp

3 • PG | 225 • Sqcm | 128399 • AVE | 39.91K • Cir | Middle Left
Delhi

चिकित्सा शिविर में 240 की फ्री जांच

कैथल, 2 फरवरी (हप्र)

बसंत पंचमी के अवसर आयुष विभाग ने डॉ. भीम राव अंबेडकर लाईब्रेरी, क्योड़क बस्ती में निशुल्क चिकित्सा शिविर का आयोजन किया गया। यह शिविर राष्ट्रीय आयुष मिशन के तहत लगाया गया है। इस अवसर पर प्रदर्शनी भी लगाई गई। शिविर में 240 लोगों के स्वास्थ्य की जांच की गई।

डीएओ डॉ. शकुन्तला दहिया ने बताया कि इस शिविर में विभिन्न रोगों का आयुष विभाग के वरिष्ठ एवं अनुभवी चिकित्सकों तथा योग विशेषज्ञ, पंचकर्म विशेषज्ञ द्वारा निःशुल्क इलाज किया गया। इस शिविर में अनुभवी विशेषज्ञों द्वारा विभिन्न स्वास्थ्य सम्बन्धी विषयों पर व्याख्यान भी दिए। उन्होंने कहा कि बसन्त ऋतु का पीला रंग हमारे मस्तिष्क को यकृत एवं उर्जा प्रदान करता है। ऋतु अनुसार पीले रंग के फलों में केला, आम, अमरूद, पपीता, बेर, श्री खंड जैसे फलों का सेवन लाभदायक होता हैं। आयुर्वेदिक चिकित्सा अधिकारी डा. राजेन्द्र कुमार ने मौसम अनुसार होने वाली बीमारियों व उनकी रोकथाम के बारे में बताया। आयुर्वेदिक चिकित्सा अधिकारी डा रमेश कुमार ने औषधीय पौधों के प्रयोग के बारे में बताया। इसी प्रकार डा. अंजलि श्योकन्द द्वारा बसन्त ऋतु में स्वास्थ्यवर्धन उपायों के बारे में तथा घरेलू रसोई में उपलब्ध मसालों के औषधीय गुणों के बारे में बताया गया। कुसुम लता, सुशील कुमार, विनोद कुमार, कमला रानी, स्नेहा आयुर्वेदिक फार्मासिस्टों द्वारा निशुल्क औषधिया वितरित की गई। हौम्योपैथिक चिकित्सक डा. ममता मैहला, डा. सुशील जागलान द्वारा हौम्योपैथी पद्धति के माध्यम से रोगियों का निरीक्षण किया गया। इसके अलावा पाला राम, विनोद कुमार द्वारा कैम्प में पूर्ण सहयोग किया गया।



कैथल में रविवार को लगे शिविर में मरीजों को दवाइयां देते डॉक्टर। -हप्र

Dainik Tribune • 03 Feb • Ministry of Ayush

Ayush Deppartment open health camp

5 • PG | 84 • Sqcm | 47990 • AVE | 39.91K • Cir | Bottom Right

Delhi

आयुष विभाग ने लगाया फ्री चिकित्सा शिविर

नरवाना, 2 फरवरी (निस)

बसंत पंचमी के अवसर पर आयुष विभाग ने आयुष्मान आरोग्य मंदिर कालवन में निशुल्क चिकित्सा शिविर लगाया गया। इस अवसर पर 200 से अधिक मरीजों की जांच की गई और उन्हें दवाईयां दी गईं । शिविर का उद्घाटन गांव की सरपंच कविता देवी ने किया। जिला आयुर्वेदिक अधिकारी डॉ अमित रोहिल्ला ने की गांव के सरपंच एवं शिविर में आए अन्य लोगों का धन्यवाद किया और बसंत पंचमी की शुभकामनाएं दी।

डॉ महेंद्र सिंह एवं आयुर्वेदिक फार्मासिस्ट जय पाल ने बसंत पंचमी के महत्व को आयुर्वेद मतानुसार विस्तार से बताया। इस अवसर पर आयुष चिकित्सक डॉ. अमित ठाकुर, डॉ. महेंद्र सिंह, डॉ. भारत कौशिक, डॉ. सुमन, डॉ. गीता एवं डॉ संदीप ने रोगियों के स्वास्थ्य की जांच की और दवाइयां बांटी।

Dainik Tribune • 03 Feb • Ministry of Ayush

240 free test in Health camp

3 • PG | 225 • Sqcm | 128399 • AVE | 39.91K • Cir | Middle Left

Delhi

चिकित्सा शिविर में 240 की फ्री जांच

कैथल, 2 फरवरी (हप्र)

बसंत पंचमी के अवसर आयुष विभाग ने डॉ. भीम राव अंबेडकर लाईब्रेरी, क्योड़क बस्ती में निशुल्क चिकित्सा शिविर का आयोजन किया गया। यह शिविर राष्ट्रीय आयुष मिशन के तहत लगाया गया है। इस अवसर पर प्रदर्शनी भी लगाई गई। शिविर में 240 लोगों के स्वास्थ्य की जांच की गई।

डीएओ डॉ. शकुन्तला दहिया ने बताया कि इस शिविर में विभिन्न रोगों का आयुष विभाग के वरिष्ठ एवं अनुभवी चिकित्सकों तथा योग विशेषज्ञ, पंचकर्म विशेषज्ञ द्वारा निःशुल्क इलाज किया गया। इस शिविर में अनुभवी विशेषज्ञों द्वारा विभिन्न स्वास्थ्य सम्बन्धी विषयों पर व्याख्यान भी दिए। उन्होंने कहा कि बसन्त ऋतु का पीला रंग हमारे मस्तिष्क को यकृत एवं उर्जा प्रदान करता है। ऋतु अनुसार पीले रंग के फलों में केला, आम, अमरूद, पपीता, बेर, श्री खंड जैसे फलों का सेवन लाभदायक होता हैं। आयुर्वेदिक चिकित्सा अधिकारी डा. राजेन्द्र कुमार ने मौसम अनुसार होने वाली बीमारियों व उनकी रोकथाम के बारे में बताया। आयुर्वेदिक चिकित्सा अधिकारी डा रमेश कुमार ने औषधीय पौधों के प्रयोग के बारे में बताया। इसी प्रकार डा. अंजलि श्योकन्द द्वारा बसन्त ऋतु में स्वास्थ्यवर्धन उपायों के बारे में तथा घरेलू रसोई में उपलब्ध मसालों के औषधीय गुणों के बारे में बताया गया। कुसुम लता, सुशील कुमार, विनोद कुमार, कमला रानी, स्नेहा आयुर्वेदिक फार्मासिस्टों द्वारा निशुल्क औषधिया वितरित की गई। हौम्योपैथिक चिकित्सक डा. ममता मैहला, डा. सुशील जागलान द्वारा हौम्योपैथी पद्धति के माध्यम से रोगियों का निरीक्षण किया गया। इसके अलावा पाला राम, विनोद कुमार द्वारा कैम्प में पूर्ण सहयोग किया गया।



कैथल में रविवार को लगे शिविर में मरीजों को दवाइयां देते डॉक्टर। -हप्र

Dainik Tribune • 03 Feb • Ministry of Ayush

Ayush deppartmetn free health checkup camp

5 • PG | 84 • Sqcm | 47990 • AVE | 39.91K • Cir | Bottom Right

Delhi

आयुष विभाग ने लगाया फ्री चिकित्सा शिविर

नरवाना, 2 फरवरी (निस)

बसंत पंचमी के अवसर पर आयुष विभाग ने आयुष्मान आरोग्य मंदिर कालवन में निशुल्क चिकित्सा शिविर लगाया गया। इस अवसर पर 200 से अधिक मरीजों की जांच की गई और उन्हें दवाईयां दी गईं । शिविर का उद्घाटन गांव की सरपंच कविता देवी ने किया। जिला आयुर्वेदिक अधिकारी डॉ अमित रोहिल्ला ने की गांव के सरपंच एवं शिविर में आए अन्य लोगों का धन्यवाद किया और बसंत पंचमी की शुभकामनाएं दी।

डॉ महेंद्र सिंह एवं आयुर्वेदिक फार्मासिस्ट जय पाल ने बसंत पंचमी के महत्व को आयुर्वेद मतानुसार विस्तार से बताया। इस अवसर पर आयुष चिकित्सक डॉ. अमित ठाकुर, डॉ. महेंद्र सिंह, डॉ. भारत कौशिक, डॉ. सुमन, डॉ. गीता एवं डॉ संदीप ने रोगियों के स्वास्थ्य की जांच की और दवाइयां बांटी।

Divya Himachal • 14 Feb • Ministry of Ayush

Health gunvatta ko lekar bharat indonesia mein samjhota

6 • PG | 563 • Sqcm | 188578 • AVE | 352K • Cir | Middle Center

Chandigarh

चिकित्सा गुणवत्ता को लेकर भारत-इंडोनेशिया में समझौता

दिव्य हिमाचल ब्युरो-नई दिल्ली



केंद्रीय आयुष राज्य मंत्री स्वतंत्र प्रभार, प्रतापराव जाधव ने कहा कि आयुष मंत्रालय के भारतीय चिकित्सा एवं होम्योपैथी फार्माकोपिया आयोग और इंडोनेशियाई खाद्य एवं औषधि प्राधिकरण के बीच 25/01/2025 को पारंपरिक चिकित्सा गुणवत्ता आश्वासन के क्षेत्र में भारत और इंडोनेशिया के बीच हुए समझौता ज्ञापन से वैश्विक मानक ऊंचे उठेंगे। समझौता ज्ञापन के महत्व पर प्रकाश डालते हुए माननीय मंत्री ने कहा, यह सहयोग पारंपरिक दवाओं की सुरक्षा, प्रभावकारिता और गुणवत्ता सुनिश्चित करने में महत्वपूर्ण भूमिका निभाएगा, तथा इस मूल्यवान स्वास्थ्य देखभाल प्रणाली के लिए अधिक एकीकृत और वैज्ञानिक रूप से विनियमित दृष्टिकोण के लिए मंच तैयार करेगा नरेन्द्र मोदी और इंडोनेशिया के राष्ट्रपति श्री प्रबोवो सुबियांटो 25 जनवरी, 2025 को हैदराबाद हाउस, नई दिल्ली में भारत और इंडोनेशिया के बीच समझौता ज्ञापनों के आदान-प्रदान के साक्षी बने।

Divya Himachal • 13 Feb • Ministry of Ayush

Ayush mantraley ne samjhota gyapan par kiye hastakshar

4 • PG | 576 • Sqcm | 192987 • AVE | 352K • Cir | Middle Center
Chandigarh

आयुष मंत्रालय ने समझौता ज्ञापन पर किए हस्ताक्षर



नई दिल्ली। वरिष्ठ नागरिकों की बेहतरी के लिए और मादक द्रव्यों के सेवन की बढ़ती समस्या को दूर करने के उद्देश्य से एक ऐतिहासिक कदम उठाते हुए आयुष मंत्रालय और सामाजिक न्याय एवं अधिकारिता विभाग ने आज नई दिल्ली में एक समझौता ज्ञापन पर हस्ताक्षर किए। इस रणनीतिक साझेदारी का उद्देश्य वृद्धों की स्वास्थ्य सेवा को बढ़ावा देने और मादक द्रव्यों के सेवन से निपटने के लिए आयुष आधारित हस्तक्षेपों को लागू करना है। यह समझौता ज्ञापन वरिष्ठ नागरिकों और मादक द्रव्यों के सेवन से प्रभावित लोगों के बीच स्वास्थ्य संवर्धन के लिए सहकारी पहल विकसित करने की दिशा में एक अग्रणी कदम है। आयुष प्रणालियों की ताकत का लाभ उठाकरए दोनों मंत्रालय जागरूकता कार्यक्रमोंए सेवा प्रदाताओं के लिए क्षमता निर्माण और आयुष स्वायत्त निकायों के तहत वृद्धावस्था स्वास्थ्य और नशामुक्ति इकाइयों की स्थापना सहित विभिन्न पहलों पर एक साथ काम करने के लिए प्रतिबद्ध हैं।

Divya Himachal • 04 Feb • Ministry of Ayush

Parikshan karyekram Charkayatan ka samapan

7 • PG | 802 • Sqcm | 268540 • AVE | 352K • Cir | Middle Center

Chandigarh

प्रशिक्षण कार्यक्रम 'चरकायतन' का समापन



चंड़ीगढ़। आयुष मंत्रालय के अन्तर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों हेतु छह दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वाधान में किया गया। कार्यक्रम के समापन अवसर पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण ने कहा कि 'चरकायतन' का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता का प्रामाणिक नैदानिक ज्ञान तथा अभ्यास की प्रासंगिकता प्रदान करना व चरक संहिता को सोखने व पढ़ाने का कौशल विकसित करना है। उन्होंने विद्यार्थियों को सम्बोधित करते हुए कहा कि हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का अवसर मिला। आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋण से उऋण होने का उपाय है। आचार्य ने कहा कि आपके व्यवहार में, आचरण में, स्वभाव में व जीवन में आयुर्वेद दिखना चाहिए। स्वयं को वैद्य कहलाने में संकोच नहीं होना चाहिए अपितु गौरव अनुभव होना चाहिए।

Jansatta • 13 Feb • Ministry of Ayush

Bujurgon ke kalyan ko Ayush Mantralya v samajik nayaye vibhag mein samjhuta

8 • PG | 143 • Sqcm | 96812 • AVE | 223.14K • Cir | Middle Center
Delhi

बुजुर्गों के कल्याण को आयुष मंत्रालय व सामाजिक न्याय विभाग में समझौता

जनसत्ता ब्यूरो
नई दिल्ली, 12 फरवरी।

आयुष मंत्रालय और सामाजिक न्याय एवं अधिकारिता विभाग ने वरिष्ठ नागरिकों की स्वास्थ्य सेवा को बेहतर बनाने और मादक पदार्थों के सेवन से निपटने के लिए बुधवार को एक समझौता ज्ञापन (एमओयू) पर हस्ताक्षर किए।

केंद्रीय आयुष मंत्री प्रतापराव जाधव ने कहा कि इस रणनीतिक साझेदारी का उद्देश्य वृद्धों की स्वास्थ्य सेवा को बेहतर बनाने और मादक द्रव्यों के सेवन से निपटने के लिए आयुष-आधारित उपायों को लागू करना है। जाधव ने कहा कि बुजुर्गों की स्वास्थ्य सेवा और मादक पदार्थों की लत, दो महत्त्वपूर्ण क्षेत्र हैं जिन पर विशेष ध्यान देने की आवश्यकता है, खासकर जब हम बुजुर्ग अवस्था की तरफ बढ़ रही आबादी और नशे की लत को लेकर बढ़ती चिंताओं का सामना कर रहे हैं।

इस अवसर पर केंद्रीय सामाजिक न्याय एवं अधिकारिता राज्य मंत्री बीएल वर्मा ने कहा कि प्रधानमंत्री नरेंद्र मोदी के दूरदर्शी नेतृत्व में हमारी सरकार ने वरिष्ठ नागरिकों के कल्याण को सुनिश्चित करने के लिए कई कदम उठाए हैं। आयुष मंत्रालय के साथ समझौता ज्ञापन पर हस्ताक्षर होने से हमारे वरिष्ठ नागरिकों को बड़े पैमाने पर लाभ मिलेगा।

Jansatta • 13 Feb • Ministry of Ayush

Agreement between the Ministry of Ayush and Department of Social Justice

8 • PG | 247 • Sqcm | 91397 • AVE | 132.36K • Cir | Middle Center

Kolkata

बुजुर्गों के कल्याण को आयुष मंत्रालय व सामाजिक न्याय विभाग में समझौता

जनसत्ता ब्यूरो
नई दिल्ली, 12 फरवरी।

आयुष मंत्रालय और सामाजिक न्याय एवं अधिकारिता विभाग ने वरिष्ठ नागरिकों की स्वास्थ्य सेवा को बेहतर बनाने और मादक पदार्थों के सेवन से निपटने के लिए बुधवार को एक समझौता ज्ञापन (एमओयू) पर हस्ताक्षर किए।

केंद्रीय आयुष मंत्री प्रतापराव जाधव ने कहा कि इस रणनीतिक साझेदारी का उद्देश्य वृद्धों की स्वास्थ्य सेवा को बेहतर बनाने और मादक द्रव्यों के सेवन से निपटने के लिए आयुष-आधारित उपायों को लागू करना है। जाधव ने कहा कि बुजुर्गों की स्वास्थ्य सेवा और मादक पदार्थों की लत, दो महत्त्वपूर्ण क्षेत्र हैं जिन पर विशेष ध्यान देने की आवश्यकता है, खासकर जब हम बुजुर्ग अवस्था की तरफ बढ़ रही आबादी और नशे की लत को लेकर बढ़ती चिंताओं का सामना कर रहे हैं।

इस अवसर पर केंद्रीय सामाजिक न्याय एवं अधिकारिता राज्य मंत्री बीएल वर्मा ने कहा कि प्रधानमंत्री नरेंद्र मोदी के दूरदर्शी नेतृत्व में हमारी सरकार ने वरिष्ठ नागरिकों के कल्याण को सुनिश्चित करने के लिए कई कदम उठाए हैं। आयुष मंत्रालय के साथ समझौता ज्ञापन पर हस्ताक्षर होने से हमारे वरिष्ठ नागरिकों को बड़े पैमाने पर लाभ मिलेगा।

Jansatta • 02 Feb • Ministry of Ayush

Sabhi jila hosptial mein Day care cancer kendra sthapit ho

10 • PG | 347 • Sqcm | 234381 • AVE | 223.14K • Cir | Bottom Center

Delhi

घोषणा बजट में केंद्रीय स्वास्थ्य मंत्रालय को 99,858 .56 करोड़ रुपए आबंटित, 11 फीसद की बढ़ोतरी

सभी जिला अस्पतालों में 'डे केयर' कैंसर केंद्र स्थापित होंगे

जनसत्ता ब्यूरो
नई दिल्ली, 1 फरवरी।

केंद्रीय स्वास्थ्य मंत्रालय को वित्तीय वर्ष 2025-2026 के बजट में 99,858.56 करोड़ रुपए आबंटित किए गए हैं, जो 2024-2025 के बजट (संशोधित अनुमान) के 89,974.12 करोड़ रुपए से लगभग 11 फीसद अधिक है। सरकार ने अगले तीन वर्षों में सभी जिला अस्पतालों में 'डे केयर' कैंसर केंद्र स्थापित करने की भी घोषणा की है। इनमें से दो सौ केंद्र वित्त वर्ष 2025-26 में ही स्थापित किए जाएंगे।

केंद्रीय वित्त मंत्री निर्मला सीतारमण ने शनिवार को संसद में वर्ष 2025-26 का बजट पेश करते हुए कहा कि पांच वर्षों में 75,000 सीट जोड़ने के लक्ष्य की दिशा में अगले वर्ष मेडिकल कालेजों और अस्पतालों में 10,000 अतिरिक्त सीट जोड़ी जाएंगी। उन्होंने कहा कि क्षमता निर्माण और आसान वीजा मानदंडों के साथ-साथ निजी क्षेत्र के साथ साझेदारी में चिकित्सा पर्यटन और 'हील इन इंडिया' को बढ़ावा दिया जाएगा।



अगले वर्ष मेडिकल कालेजों और अस्पतालों में 10,000 अतिरिक्त सीट जोड़ी जाएंगी। आसान वीजा मानदंडों के साथ-साथ निजी क्षेत्र के साथ साझेदारी में चिकित्सा पर्यटन और 'हील इन इंडिया' को बढ़ावा। *आयुष* मंत्रालय के लिए बजटीय आबंटन 3,497 .64 करोड़ रुपए से बढ़ाकर 3,992 .90 करोड़ रुपए कर दिया गया है, जो 14 .15 फीसद की वृद्धि को दर्शाता है।

आयुष मंत्रालय के लिए बजटीय आबंटन 3,497.64 करोड़ रुपए से बढ़ाकर 3,992.90 करोड़ रुपए कर दिया गया है, जो 14.15 फीसद की वृद्धि को दर्शाता है। स्वास्थ्य एवं परिवार कल्याण मंत्रालय के लिए आबंटित 99,858.56 करोड़ रुपए में से 95,957.87 करोड़ रुपए स्वास्थ्य एवं परिवार कल्याण विभाग के लिए और 3,900.69 करोड़ रुपए स्वास्थ्य अनुसंधान विभाग के लिए निर्धारित किए गए हैं। केंद्र प्रायोजित योजनाओं में राष्ट्रीय स्वास्थ्य मिशन के लिए आबंटन 2024-25 में 36,000.00 करोड़ रुपए से बढ़ाकर 2025-26 में 37,226.92 करोड़ रुपए कर दिया गया है। इसके अलावा, आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना (एबी पीएम-जेएवाई) के लिए आबंटन 7,605.54 करोड़ रुपए से बढ़ाकर 9,406.00 करोड़ रुपए कर दिया गया है।

राष्ट्रीय टेली मानसिक स्वास्थ्य कार्यक्रम के लिए बजटीय आबंटन 45 करोड़ रुपए से बढ़ाकर 79.60 करोड़ रुपए कर दिया गया है, जबकि राष्ट्रीय डिजिटल स्वास्थ्य मिशन के लिए वित्त वर्ष 2024-25 में 225 करोड़ रुपए से 340.11 करोड़ रुपए निर्धारित किए गए हैं। स्वायत्त निकायों के लिए बजटीय आबंटन 2024-25 में 18978.72 करोड़ रुपए से बढ़ाकर 2025-26 में 20,046.07 करोड़ रुपए कर दिया गया है।

Dainik Jagran (Rashtriya) • 13 Feb • Ministry of Ayush

Perkinsin cure from Yoga

14 • PG | 669 • Sqcm | 307117 • AVE | 1.54M • Cir | Top Center

Delhi

योग करने से दूर होगी पार्किंसंस बीमारी, बोलने की दिक्कत में हो जाएगा सुधार

केंद्रीय आयुष मंत्रालय ने 30 योग विशेषज्ञों की मदद से कराया है शोध

नीलू रंजन ● जागरण

नई दिल्ली : पार्किंसंस के मरीजों में बोलने में आने वाली दिक्कतों को योग से निदान किया जा सकेगा। विज्ञानी पार्किंसंस के मरीजों में बोलने से जुड़ी दिक्कतों को दूर करने योग के प्रभावों के अध्ययन कर रहे हैं और शुरुआती नतीजे उत्साहवर्द्धक हैं। पार्किंसंस बीमारी एक तंत्रिका संबंधी विकार (न्यूरोलाजिकल डिसआर्डर) है, जो मुख्य रूप से तंत्रिका तंत्र और तंत्रिकाओं द्वारा नियंत्रित शरीर के हिस्सों को प्रभावित करता है। शोध के अनुसार

33 योग क्रियाएं पाईं असरदार, आगे भी शोध की जरूरत बताई



योग से हो सकेगी दूर। फाइल

पार्किंसन के 89 प्रतिशत मरीजों में बोलने से जुड़ी समस्याएं होती हैं।

'क्यूरियस : जर्नल आफ मेडिकल साइंस' में प्रकाशित शोध के अनुसार वैज्ञानिक आधार पर तैयार किया गया योग कार्यक्रम पार्किंसंस रोग से ग्रस्त व्यक्तियों की बोलने की समस्याओं दूर करने में सहायक हो सकता है। लेकिन इसकी प्रभावशीलता को परखने के लिए आगे और शोध करना आवश्यक है। लेकिन शोध के शुरूआती नतीजे पार्किंसन रोगियों के लिए योग को एक प्रभावी उपचार विकल्प के रूप में प्रस्तुत करता है और उनमें बेहतर संवाद क्षमता के लिए आशा की नई किरण जगाता है।

दरअसल, आयुष मंत्रालय ने योग की मदद से पार्किंसंस के मरीजों के बोलने की समस्या को दूर करने का अध्ययन करने के लिए 30 योग विशेषज्ञों की समिति बनाई। इनमें स्वामी विवेकानंद योग अनुसंधान संस्थान के योग व लाइफ साइंसेंस विभाग के परमेश्वर सोम, समग्र चिकित्सा, कदंब नैनो केयर व योग रिसर्च के विजयकुमार पीएस, माइंड मैनेजमेंट एवं ह्यूमन वैल्यूज, ह्यूमन नेटवर्किंग अकादमी के श्रीनिवास एम, आयुष मंत्रालय के समग्र चिकित्सा व योग विभाग और केंद्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान संस्थान के शोध अधिकारी डाक्टर नुजथ एफजे शामिल हैं।

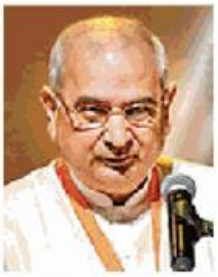
डाक्टर नुजथ एफजे के अनुसार पार्किंसंस बीमारी में विशेष रूप से बोलने की समस्या को दूर करने में योग के प्रभाव का पहली बार अध्ययन किया गया है। अध्ययन के दौरान पार्किंसंस के मरीजों पर कुल 68 योग क्रियाओं के प्रभाव का मुल्यांकन किया गया, जिनमें 33 योग क्रियाओं को काफी प्रभावी पाया गया। अब इन 33 योग क्रियाओं के प्रभावों का अलग-अलग अध्ययन किया जाएगा और उसके आधार पर पार्किंसन के मरीजों के लिए सबसे अधिक प्रभावी योग क्रियाओं का सुझाव दिया जाएगा।

Dainik Jagran (Rashtriya) • 12 Feb • Ministry of Ayush

Dincharya mein ho Samjansay

13 • PG | 312 • Sqcm | 143273 • AVE | 1.54M • Cir | Top Center
Delhi

दिनचर्या में हो सामंजस्य



वैद्य देवेंद्र त्रिगुणा
अध्यक्ष, राष्ट्रीय आयुर्वेद अकादमी, आयुष मंत्रालय, नई दिल्ली

लगातार तनाव, निष्क्रियता भरी दिनचर्या, संसाधित और बाहर के भोजन करने की आदत आधुनिक जीवनशैली की पहचान बन गई है। स्वाभाविक तौर पर यह शरीर की क्षमता पर बहुतरफा प्रहार है। स्वास्थ्य का अर्थ है विभिन्न दोषों- वात, पित्त, कफ का संतुलन यानी शरीर के भीतर जैवीय ऊर्जा, अग्नि या पाचन शक्ति, धातु यानी हमारे उतकों के बीच सामंजस्य स्थापित करना। जब भी यह सामंजस्य बिगड़ता है तो शरीर पर इसका दुष्प्रभाव पड़ता है, नींद अपर्याप्त हो जाती है और जीवन में तनाव की पैठ बढ़ने लगती है। उपाय के तौर हमें आयुर्वेद के कुछ नियमों का पालन करना होगा-

- प्रकृति के साथ शरीर की लय बनाए रखने के लिए सोने और जागने का समय निर्धारित करना होगा। इस लय के बिगड़ने से अनेक बीमारियों का जोखिम बढ़ता है।
- मौसम के अनुकूल दिनचर्या में बदलाव करते हुए स्वयं को ढालना होगा। इसे ही ऋतुचर्या कहा जाता है। बिगड़ती सेहत को दोबारा पटरी पर लाने के लिए यह सबसे कारगर उपाय है।
- अच्छी सेहत के लिए कुछ जड़ी-बूटियों का प्रयोग श्रेयस्कर माना जाता है। विशेषज्ञ के परामर्श पर आप बेहतर प्रतिरोधक क्षमता हेतु गिलोय, प्रतिरक्षा और स्वस्थ त्वचा के लिए आंवला और बेहतर मेटाबोलिज्म के लिए मेथी का प्रयोग कर सकते हैं।
- प्रतिरोधक क्षमता बढ़ाने के लिए आहार में नीम, हल्दी और त्रिफला का आदि सेवन किया जा सकता है।
- अच्छी सेहत के लिए शरीर से विषाक्त तत्वों का बाहर निकलना भी आवश्यक है। इसके लिए पंचकर्म विधि अपनाई जा सकती है, लेकिन इसे विशेषज्ञ की सलाह पर ही करना चाहिए।
- ध्यान और प्राणायाम जैसी विधियां तनाव प्रबंधन में सहायक हैं। लगातार तनाव बने रहने से आंतों की कार्यप्रणाली बाधित होती है, जिससे पाचन संबंधी परेशानियां बढ़ सकती हैं।
- निष्क्रियता भरी दिनचर्या को छोड़ना, नियमित कसरत और प्राणायाम करने की आदत बेहतर स्वास्थ्य का आधार तैयार करती है।

Dina Karan • 13 Feb • Ministry of Ayush

Senior Citizens Wellbeing AYUSH Social Justice MoU

11 • PG	81 • Sqcm	103705 • AVE	1.45M • Cir	Bottom Center

Chennai



மூத்த குடிமக்களின் நல்வாழ்வு

ஆயுஷ், சமூக நீதித்துறை புரிந்துணர்வு ஒப்பந்தம்

புதுடெல்லி, பிப்.13: மூத்த குடிமக்களின் நல்வாழ்வை மேம்படுத்துவதற்காக ஆயுஷ் அமைச்சகம், சமூக நீதி மற்றும் அதிகாரமளித்தல் துறை புரிந்துணர்வு ஒப்பந்தத்தில் கையெழுத்திட்டுள்ளன.

டெல்லியில் நடந்த கூட்டத்தில் முதியோர் சுகாதாரம் மற்றும் போதைப்பொருள் துஷ்பிரயோகத்தால் பாதிக்கப்பட்டவர்களிடையே சுகாதார மேம்பாட்டிற்கான கூட்டுறவு முயற்சிகளை உருவாக்குவதற்கான ஒரு முன்னோடி நடவடிக்கையாக ஆயுஷ் அமைச்சகம் மற்றும் சமூக நீதி மற்றும் அதிகாரமளித்தல் துறைக்கும் இடையே நேற்று புரிந்துணர்வு ஒப்பந்தம் கையெழுத்தானது.

இந்த கூட்டத்தில் ஆயுஷ் அமைச்சர் பிரதாப் ராவ் பேசுகையில், முதியோர் சுகாதாரம் மற்றும் போதைப்பொருள் துஷ்பிரயோகம் ஆகியவை சிறப்பு கவனம் தேவைப்படும் முக்கியமான விஷயங்களாகும் என்றார்.

Pudhari • 13 Feb • Ministry of Ayush
Patanjali

7 • PG | 82 • Sqcm | 73541 • AVE | 893.13K • Cir | Bottom Center

Pune

आयुर्वेदाशी स्पर्धा करेल असे काहीही नाही : आचार्य बालकृष्णन



हरिद्वार : योग आज संपूर्ण जगात लोकप्रिय झाला आहे आणि त्याचे महत्व प्रत्येकाला समजले आहे. आयुर्वेदासंदर्भात त्यांनी स्पष्ट केले की, आयुर्वेद हे स्वत:मध्ये पूर्ण विज्ञान आहे आणि त्याच्याशी स्पर्धा करू शकेल, असे काहीही नाही. असे प्रतिपादन पतंजली योगपीठचे महामंत्री आचार्य बालकृष्ण यांनी 'वर्ल्ड बुक फेअर'मध्ये बोलताना केले. पतंजली योगपीठाच्या माध्यमातून योग-आयुर्वेदाला जागतिक स्तरावर प्रतिष्ठा मिळाली असल्याचेही ते म्हणाले.

वर्ल्ड बुक फेअर शनिवार दि. ८ रोजी भारत मंडपम, प्रगती मैदान, नवी दिल्ली येथे राष्ट्रीय पुस्तक न्यासाच्यां वतीने आयोजित करण्यात आले होते. पतंजली योगपीठाने वर्ल्ड हर्बल एन्साक्लोपेडिया आणि सौमित्रेयनिदानम् यांसारख्या महाग्रंथांचे प्रकाशन केले आहे. यामध्ये ३२ हजार औषधीय वनस्पतींचे सचित्र वर्णन आहे. आचार्य बालकृष्ण यांनी पतंजलीची उत्पादने स्वदेशी आणि शुद्धतेच्या मापदंडावर आधारित तयार केली जातात, असे सांगितले.

Pudhari • 11 Feb • Ministry of Ayush

What is the secret to Malaika's fitness

2 • PG | 88 • Sqcm | 79030 • AVE | 347.1K • Cir | Bottom Center

Mumbai



मलायकाच्या फिटनेसचे रहस्य काय..?

बॉलीवूडमधील सर्वात फिट सेलिब्रिटींपैकी एक म्हणजे मलायका अरोरा. ५१ व्या वर्षीही ती अनेक तरुण अभिनेत्रींना मागे टाकते. तिचे सौंदर्य आणि फिटनेस पाहून लोक तिचे वय विसरून जातात. या वयातही ती खूपच सुंदर दिसते.

दरम्यान, अनेक मुलींना मलायकासारखी फिगर हवी असते. यासाठी ती काय करते आणि काय खाते, हे जाणून घ्यायचे असते. मलायकाच्या फिटनेस डाएट प्लॅनमध्ये पाण्याचा समावेश आहे. हे पाणी साधे पाणी नव्हते, त्यात तीन प्रकारचे मसाले मिसळले आहेत आणि हेच रहस्य तिने आता उलगडले आहे. मलायका अरोरा वजन कमी करण्यासाठी जे पाणी पिते त्यात रात्रभर भिजवून ठेवलेले मेथी, ओवा आणि जिरे असते. या पाण्याचा फोटो शेअर करताना मलायकाने लिहिले की, मी माझ्या दिवसाची सुरुवात रात्रभर भिजवलेल्या मेथी, ओवा आणि जिरे यांच्या पाण्याने करते. हे पाणी प्यायल्याने वजन कमी होण्यास मदत होते. याशिवाय, त्याचे इतरही अनेक फायदे आहेत. जर हाडे, सांधे आणि हात-पाय दुखत असतील तर हे पाणी उपयुक्त ठरते.

Pudhari • 03 Feb • Ministry of Ayush

Will boost research and innovation for effective Ayurveda

5 • PG | 364 • Sqcm | 327734 • AVE | 893.13K • Cir | Middle Center

Pune



पिंपरी येथील डॉ. डी. वाय. पाटील विद्यापीठ सभागृहात आयोजित आठव्या आंतरराष्ट्रीय आयुर्वेद संमेलनात केंद्रीय आयुष मंत्री प्रतापराव जाधव यांचा सन्मान करताना डॉ. पी. डी. पाटील, डॉ. स्मिता जाधव, खासदार श्रीरंग बारणे, डॉ. टोनी नाडर आदी.

प्रभावी आयुर्वेदासाठी संशोधन, इनोव्हेशनला चालना देणार

केंद्रीय आयुष मंत्री प्रतापराव जाधव यांची ग्वाही; आंतरराष्ट्रीय आयुर्वेद संमेलनाचे उद्घाटन

पिंपरी : पुढारी वृत्तसेवा

आयुर्वेद सर्व प्रकारच्या व्याधींवर परिणामकारक उपचारपद्धती आहे. आयुर्वेदाला जगभर सर्वमान्यता मिळू लागली आहे. प्रभावी आयुर्वेदासाठी संशोधनाची व्याप्ती वाढवण्यासह इनोव्हेशन व स्टार्टअप सुरू करण्यासाठी आयुष मंत्रालयामार्फत चालना देणार आहे, असे प्रतिपादन केंद्रीय आयुष मंत्री प्रतापराव जाधव यांनी केले. सर्वगुणकारी आयुष औषधी सहज उपलब्ध होण्यासाठी देशभरात आयुष औषधी केंद्रांचे जाळे उभारण्यात येणार असल्याचेही प्रतापराव जाधव यांनी नमूद केले.

डॉ. डी. वाय. पाटील (अभिमत) विद्यापीठ संचालित डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटर पुणे, यांच्या पुढाकाराने नवी दिल्ली येथील ऑल इंडिया आयुर्वेद काँग्रेस, नेदरलँड येथील इंटरनॅशनल महर्षी आयुर्वेद फाउंडेशन व इंटरनॅशनल अकॅडमी ऑफ आयुर्वेद यांच्या सहकार्याने पिंपरी येथील विद्यापीठाच्या सभागृहात आयोजित आठव्या इंटरनॅशनल आयुर्वेद काँग्रेसचे (आंतरराष्ट्रीय आयुर्वेद संमेलन) उद्घाटन प्रतापराव जाधव यांच्या हस्ते झाले, त्यावेळी ते बोलत होते.

याप्रसंगी विद्यापीठाचे कुलपती डॉ. पी. डी. पाटील, कुलगुरू डॉ. एन. जे. पवार, प्र-कुलगुरू व डॉ. डी. वाय. पाटील विद्यापीठ सोसायटीच्या सचिव डॉ. स्मिता जाधव, खासदार श्रीरंग बारणे, अमेरिकास्थित शास्त्रज्ञ डॉ. टोनी नाडर, आयुष मंत्रालयाचे सल्लागार सचिव वैद्य, मनोज नेसरी, नॅशनल कमिशन फॉर इंडियन सिस्टीम ऑफ मेडिसिनचे चेअरमन वैद्य जयंत देवपुजारी, 'आयुष'चे नॅशनल रिसर्च प्रोफेसर डॉ. भूषण पटवर्धन, ऑल इंडिया आयुर्वेद काँग्रेसचे चेअरमन वैद्य देवेंद्र त्रिगुणा, इंटरनॅशनल महर्षी आयुर्वेद फाउंडेशनचे डॉ. गिरीश मोमया, इंटरनॅशनल अकॅडमी ऑफआयुर्वेदाचे प्रा. डॉ. सुभाष रानडे, डॉ. डी. वाय. पाटील कॉलेज ऑफआयुर्वेद अँड रिसर्च सेंटरचे प्राचार्य डॉ. गुणवंत येवला आदी उपस्थित होते.

संमेलनामध्ये जागतिक स्तरावर आयुर्वेद प्रसारासाठी डॉ. गुणवंत येवला आणि डॉ. वॉल्टर मोईल्क यांना 'आयुर्वेद धन्वंतरी पुरस्कार' प्रदान करण्यात आला. आयुर्वेदातील उल्लेखनीय योगदानाबद्दल डॉ. संजीव गोयल, डॉ. अखिलेश वर्मा, डॉ. एस. एन. पांडे, डॉ. रामदास आव्हाड यांना सन्मानित करण्यात आले. आयुष मंत्रालय, भारत सरकार आणि नॅशनल कमिशन फॉर इंडियन सिस्टीम ऑफ मेडिसिनच्या मान्यतेने झालेल्या या दोन दिवसीय संमेलनाच्या यशस्वीतेसाठी महाविद्यालयातील संशोधन संचालक प्रा. डॉ. अस्मिता वेले, कायाचिकित्सा विभागप्रमुख प्रा. डॉ. डी. जी. दीपांकर, रचना विभागाचे प्रमुख प्रा. डॉ. योगेश कुट्टे यांनी परिश्रम घेतले. दहा देशांतील १०० पेक्षा अधिक आंतरराष्ट्रीय तज्ज्ञ आणि १२०० हून अधिक राष्ट्रीय स्तरावरील संशोधक, वैद्य, प्राध्यापक आणि विद्यार्थी सहभागी झाले होते. ५०० हून अधिक शोधनिबंध सादर झाले.

प्रतापराव जाधव म्हणाले की, योग व आयुर्वेद ही भारताची ओळख आहे. शंभराहून अधिक देशांत आज आयुर्वेद पोहोचला आहे, तर १८० देशांत योगदिवस साजरा केला जातो. पंतप्रधान नरेंद्र मोदी यांच्या पुढाकारातून आयुर्वेदाला जागतिक स्तरावर नेण्यासाठी विविध उपक्रम राबविण्यात येत आहेत. आयुर्वेदीय औषधांना, उपचारांना प्रभावी करण्यासाठी व मान्यता मिळण्यासाठी सखोल संशोधन होणे गरजेचे आहे. त्यामुळेच संशोधनावर भर दिला जात आहे. डॉ. डी. वाय. पाटील आयुर्वेद महाविद्यालयांसारख्या संस्थांमध्ये संशोधन व विकास केंद्राची उभारणी करण्याचा विचार सुरू आहे. अनेक औषधांना आयएसओ मानांकन दिले जात आहे. देशातही घराघरात आयुर्वेद पोहोचण्यासाठी 'देश का प्रकृती परीक्षण' उपक्रम आगला असून, त्यामध्ये सव्वाकोटी लोकांची माहिती संकलित केली आहे.

प्रास्ताविकात डॉ. स्मिता जाधव यांनी संमेलनाच्या माध्यमातून आयुर्वेदातील संशोधन, नावीन्यपूर्ण संशोधन, भविष्यकाळात आयुर्वेदाची व्याप्ती, गरजा, उपाययोजना आणि अनेक विकार आणि चिकित्सा या विषयावर विचारमंथन झाले. आंतरराष्ट्रीय स्तरावर आयुर्वेद, तंत्रज्ञान आणि नावीन्यपूर्ण प्रयोग याविषयी जाणून घेण्याची संधी विद्यार्थ्यांना मिळाली. अशा संमेलनामुळे विद्यार्थ्यांमध्ये संशोधन वृत्ती वाढून इनोव्हेशन, स्टार्टअप्स संस्कृतीला चालना मिळते.

'आयुर्वेदाची विश्वासार्हता वाढतेय'

वैद्य मनोज नेसरी म्हणाले की, महर्षी आयुर्वेद ही जागतिक स्तरावरील मोठी सामाजिक संस्था आहे. आयुर्वेद उत्पादनांची निर्यात वाढत असून, या क्षेत्राचा विस्तार मोठ्या प्रमाणात होत आहे. आयुर्वेद जगभर पोहोचत आहे. संशोधन होत आहे. त्यामुळे आयुर्वेदाची विश्वासार्हता व प्रभावीपणा दिवसेंदिवस वाढत आहे. यानंतर डॉ. टोनी नेडर, वैद्य देवेंद्र त्रिगुणा, डॉ. सुभाष रानडे, डॉ. गिरीश मोमया, डॉ. जयंत देवपुजारी यांनीही मनोगत व्यक्त केली. डॉ. लोथर पियार्क व डॉ. योगेश कुट्टे यांनी सूत्रसंचालन केले. डॉ. गुणवंत येवला यांनी आभार मानले.

'आयुर्वेदाला प्रोत्साहन देण्याचे मोदींचे पाऊल स्वागतार्ह'

डॉ. पी. डी. पाटील म्हणाले की, भारतातील पहिले आंतरराष्ट्रीय आयुर्वेद संमेलन पुण्यात आणि तेही आमच्या संस्थेत होतेय, याचा आनंद आहे. जगभरातील आयुर्वेदतज्ज्ञ, विद्यार्थी इथे आल्याने विचारांचे आदान-प्रदान होत आहे. सार्वजनिक आरोग्य सेवेमध्ये आयुर्वेदाचा समावेश ही चांगली बाब आहे. वैदिक संस्कृती, आयुर्वेदाला प्रोत्साहन देण्याचे पंतप्रधान नरेंद्र मोदी यांचे पाऊल स्वागतार्ह आहे. आधुनिक शास्त्र आणि आयुर्वेद याची सांगड घालून संशोधनाधारित उपचारांची उपलब्धता समाजासाठी उपयुक्त ठरेल. आयुर्वेदाला प्रभावी, रास्त आणि सहज उपलब्ध करण्यासाठी आपण सर्वांनी पुढाकार घेतला पाहिजे.

Lokmat • 11 Feb • Ministry of Ayush

Achieve the goal of 'Ayushman Bharat' card

3 • PG | 33 • Sqcm | 32740 • AVE | 604.7K • Cir | Middle Left

Mumbai

'आयुष्मान भारत' कार्डचे उद्दिष्ट गाठा

मुंबई : जास्तीत जास्त नागरिकांना आरोग्य सुविधेचा लाभ होण्यासाठी आयुष्मान भारत योजनेच्या कार्ड वितरणाचे उद्दिष्ट पूर्ण करावे, असे निर्देश सार्वजनिक आरोग्य राज्यमंत्री मेघना बोर्डीकर यांनी दिले. प्रधानमंत्री जनआरोग्य योजना व महात्मा ज्योतिबा फुले जनआरोग्य योजना यांचा आढावा घेण्यात आला. त्यावेळी राज्यमंत्री बोर्डीकर बोलत होत्या.

Sakshi • 11 Feb • Ministry of Ayush

Good health from Yoga

9 • PG | 25 • Sqcm | 3559 • AVE | 61.57K • Cir | Top Right

Bengaluru

యోగాతో ఆరోగ్య భాగ్యం



బనశంకరి: నిత్యం యోగాభ్యాసం చేయడం ద్వారా మానసిక ఒత్తిళ్లను, క్యాన్సర్ సమస్యలను అధిగమించవచ్చునని ఫిజిబిజ్ గ్యాలరీ అధినేత అమృతగౌడ తెలిపారు. రథసప్తమి సందర్భంగా ఆదివారం బనశంకరిలోని గ్యాలరీ ఆవరణలో నిరాకారయోగ పాఠశాలకు చెందిన యోగా బోధకుడు వేతన్‌కుమార్ బృందం ఏర్పాటుచేసిన సూర్య నమస్కారాలు, యోగాభ్యాసాలలో పాల్గొన్నారు. ప్రతిరోజు సూర్యారాధన, యోగా చేయడం ద్వారా మంచి ఆరోగ్యం కలుగుతుందన్నారు. యోగాభ్యాసం రామబాణం వంటిదని, ప్రాచీన కాలం నుంచి యోగాను ఆచరిస్తున్నారని తెలిపారు. వేతన్‌కుమార్, కళాకారుడు కోటిగన్ని రవి, సంస్థ సిబ్బంది యోగాసనాలు వేశారు.

Sakshi • 11 Feb • Ministry of Ayush

Where is actio n on Ayurveda, Unani' False statement

14 • PG	35 • Sqcm	4880 • AVE	61.57K • Cir	Bottom Left

Bengaluru



'ఆయుర్వేద, సిద్ధ, యునానీ' అసత్య ప్రకటనలపై చర్యలేవి?

• ఏపీ, ఢిల్లీ, జమ్మూ కశ్మీర్‌లకు సుప్రీంకోర్టు ప్రశ్న

సాక్షి, న్యూఢిల్లీ: ఆయుర్వేద, సిద్ధ, యునానీ ఔషధాల అసత్య ప్రకటనలపై చర్యలు తీసుకోవడంలో విఫలమైనందుకు సుప్రీం కోర్టు సోమవారం ఢిల్లీ, ఆంధ్రప్రదేశ్, జమ్మూ కశ్మీర్ ప్రభుత్వాలను తప్పు పట్టింది. ఉత్తర్వుల అమల్లో ప్రభుత్వాలు నిర్లక్ష్యం వహిస్తున్నాయని న్యాయమూర్తులు అభయ్ ఎస్. ఓకా, ఉజ్జల్ భుయాన్ నేతృత్వంలోని ధర్మాసనం వ్యాఖ్యానించింది. దీనిపై వివరణ ఇచ్చేందుకు ముఖ్య కార్యదర్శులు వీడియో కాన్ఫరెన్సింగ్ ద్వారా కోర్టులో హాజరు కావాలని ఆదేశించింది. పతంజలి, యోగా గురువు రాందేవ్ కోవిడ్ వ్యాక్సిన్, ఆధునిక వైద్యంపై తప్పుడు ప్రచారం వంటి అంశాలను ఆత్ముస్థత న్యాయస్థానం దృష్టికి తీసుకువచ్చా. 2022లో ఇండియన్ మెడికల్ అసోసియేషన్ దాఖలు చేసిన పిటిషన్ విచారణలో భాగంగా సుప్రీం ఆయా అంశాలపై తీవ్ర చర్యలకు శ్రీకారం చుట్టింది. 'ఆయుర్వేద, సిద్ధ, యునానీ ఔషధాల అసత్య ప్రకటనల సమస్యను పరిష్కరించాలంటే, డ్రగ్స్ అండ్ కాస్మెటిక్స్ రూల్స్, 1945 లోని రూల్ 170 ను కఠినంగా అమలు చేయాలి. కోర్టు అనేక ఉత్తర్వులిచ్చినా రాష్ట్రాలు వాటిని పాటించడం లేదు' అని తాజాగా ధర్మాసనం పేర్కొంది. ఏపీ, ఢిల్లీ, గోవా, గుజరాత్, జమ్మూ కశ్మీర్ ప్రభుత్వాలు రూల్ 170 అమలుపై అఫిడవిట్ దాఖలు చేయాలని ఆదేశించింది. ' నెలాఖరులోగా ఈ రాష్ట్రాలు తమ స్పందనలు సమర్పించాలని కోర్టు స్పష్టం చేసింది. తదుపరి విచారణను మార్చి 7 కు వాయిదా వేసింది.

Matrubhasa • 11 Feb • Ministry of Ayush

Mahakumbh 2025: Over 7 Lakh Pilgrims treated at Prayagraj

2 • PG	155 • Sqcm	15548 • AVE	180K • Cir	Middle Center

Bhubaneshwar

ମହାକୁମ୍ଭ ୨୦୨୫: ପ୍ରୟାଗରାଜରେ ୭ ଲକ୍ଷରୁ ଅଧିକ ତୀର୍ଥଯାତ୍ରୀ ଚିକିତ୍ସିତ

ନୂଆଦିଲ୍ଲୀ (ପିଆଇବି) : ମହାକୁମ୍ଭ ୨୦୨୫ରେ ତୀର୍ଥଯାତ୍ରୀଙ୍କ ସ୍ୱାସ୍ଥ୍ୟକୁ ପ୍ରାଥମିକତା ଦିଆଯାଉଛି ଏବଂ ମେଳା ପ୍ରଶାସନ ପକ୍ଷରୁ ବ୍ୟାପକ ଚିକିତ୍ସା ବ୍ୟବସ୍ଥା ସୁନିଶ୍ଚିତ କରାଯାଇଛି। ସାଧାରଣ ରୋଗଠାରୁ ଆରମ୍ଭ କରି ସ୍ୱତନ୍ତ୍ର ଚିକିତ୍ସା ପର୍ଯ୍ୟନ୍ତ ବ୍ୟାପକ ସ୍ୱାସ୍ଥ୍ୟସେବା ଉପଲବ୍ଧ ରହିଛି। ବର୍ତ୍ତମାନ ସୁଦ୍ଧା ୭ ଲକ୍ଷରୁ ଅଧିକ ତୀର୍ଥଯାତ୍ରୀଙ୍କ ଚିକିତ୍ସା କରାଯାଇଛି। ସ୍ୱାସ୍ଥ୍ୟ ସେବାକୁ ବିଶ୍ୱସ୍ତରୀୟ କରିବା ପାଇଁ କାନାଡା, ଜର୍ମାନୀ, ରୁଷିଆର ବିଶେଷଜ୍ଞଙ୍କ ସମେତ ଦିଲ୍ଲୀ ଏମ୍ସ ଏବଂ ଆଇଏମ୍ଏସ୍ ବିଏଚୟୁର ଡାକ୍ତରମାନେ ଅକ୍ଲାନ୍ତ ପରିଶ୍ରମ କରୁଛନ୍ତି। କୁମ୍ଭମେଳାର ନୋଡାଲ ମେଡିକାଲ ଅଫିସର ଡାକ୍ତର ଗୌରବ ଦୁବେ କହିଛନ୍ତି ଯେ ୨୩ଟି ଏଲୋପାଥି ହସ୍ପିଟାଲରେ ୪.୫ ଲକ୍ଷରୁ ଅଧିକ ତୀର୍ଥଯାତ୍ରୀଙ୍କ ଚିକିତ୍ସା କରାଯାଇଛି ଏବଂ ୩.୭୧ ଲକ୍ଷରୁ ଅଧିକ ତୀର୍ଥଯାତ୍ରୀଙ୍କ ପାଥୋଲୋଜି ପରୀକ୍ଷା କରାଯାଇଛି। ଏହାବ୍ୟତୀତ ୩୮୦୦ରୁ ଅଧିକ କ୍ଷୁଦ୍ର ଅସ୍ତ୍ରୋପଚାର ଓ ୧୨ଟି ବଡ଼ ଅସ୍ତ୍ରୋପଚାର ସଫଳତାର ସହ ଶେଷ ହୋଇଛି। ଆୟୁଷ ଔଷଧରେ ୨.୧୮ ଲକ୍ଷରୁ ଅଧିକ ତୀର୍ଥଯାତ୍ରୀ ଚିକିତ୍ସିତ ଭାରତ ସରକାରଙ୍କ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଏବଂ ଉତ୍ତର ପ୍ରଦେଶ ଆୟୁଷ ସୋସାଇଟିର ସହଯୋଗରେ, କୁମ୍ଭମେଳା ଅଞ୍ଚଳରେ ୨୦ଟି ଆୟୁଷ ହସ୍ପିଟାଲ (୧୦ଟି ଆୟୁର୍ବେଦ ଏବଂ ୧୦ଟି ହୋମିଓପାଥି) ୨୪/୭ କାର୍ଯ୍ୟ କରୁଛି। ଆଜି ପର୍ଯ୍ୟନ୍ତ, ୨.୧୮ ଲକ୍ଷରୁ ଅଧିକ ତୀର୍ଥଯାତ୍ରୀ ଆୟୁର୍ବେଦ, ହୋମିଓପାଥି ଏବଂ ପ୍ରାକୃତିକ ଚିକିତ୍ସାରୁ ଉପକୃତ ହୋଇଛନ୍ତି। ଦିଲ୍ଲୀର ଏମ୍ସ ଆୟୁର୍ବେଦର ବିଶେଷଜ୍ଞ, ଯେଉଁଥିରେ ବିଏଚୟୁର ଡିନ୍ ଡକ୍ଟର ରି.କେ. ଜୋଶୀ, କାନାଡାର ଡକ୍ଟର ଥମାସ ଏବଂ ବିଶ୍ୱର ଅନେକ ଚିକିତ୍ସା ବିଶେଷଜ୍ଞ ସାମିଲ ଅଛନ୍ତି ତଥା କୁମ୍ଭମେଳାରେ ତୀର୍ଥଯାତ୍ରୀଙ୍କ ଚିକିତ୍ସା କରୁଛନ୍ତି। ତୀର୍ଥଯାତ୍ରୀମାନେ ଯୋଗ, ପଞ୍ଚକର୍ମ ଏବଂ ଆୟୁର୍ବେଦିକ ଚିକିତ୍ସାରୁ ଉପକୃତ ହେଉଛନ୍ତି କୁମ୍ଭମେଳାରେ ଥିବା ଆୟୁର୍ବେଦିକ ହସ୍ପିଟାଲଗୁଡ଼ିକରେ, ତୀର୍ଥଯାତ୍ରୀମାନଙ୍କୁ ପଞ୍ଚକର୍ମ, ଔଷଧୀୟ ଚିକିତ୍ସା, ଯୋଗ ଚିକିତ୍ସା ଏବଂ ପ୍ରାକୃତିକ ଚିକିତ୍ସା ଭଳି ପାରମ୍ପରିକ ପଦ୍ଧତିରେ ଚିକିତ୍ସା କରାଯାଉଛି। ଭବିଷ୍ୟତରେ ତୀର୍ଥଯାତ୍ରୀମାନଙ୍କୁ ସୁସ୍ଥ ଜୀବନଶୈଳୀ ଗ୍ରହଣ କରିବାରେ ସାହାଯ୍ୟ କରିବା ପାଇଁ ଆୟୁଷ କିଟ୍, ଯୋଗ କିଟ୍, କ୍ୟାଲେଣ୍ଡର, ଔଷଧୀୟ ଉଦ୍ଭିଦ ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ ସଚେତନତା ସାମଗ୍ରୀ ବଣ୍ଟନ କରାଯାଉଛି। ନୂଆଦିଲ୍ଲୀର ଯୋଗ ପ୍ରଶିକ୍ଷକଙ୍କ ଦଳ ଦ୍ୱାରା ନିୟମିତ ଭାବରେ ଯୋଗ ଅଧିବେଶନ ପରିଚାଳନା କରାଯାଏ ଏବଂ ଏହି ଅଧିବେଶନଗୁଡ଼ିକ ବିଶେଷକରି ବିଦେଶୀ ତୀର୍ଥଯାତ୍ରୀଙ୍କ ଠାରୁ ଯଥେଷ୍ଟ ଆଗ୍ରହ ହାସଲ କରିଛି। ପିଲାମାନଙ୍କ ପାଇଁ ସ୍ୱତନ୍ତ୍ର ଆୟୁର୍ବେଦିକ ୫୪୩୯;ସ୍ୱର୍ଣ୍ଣପ୍ରାଶନ୫୪୩୯; ଔଷଧ ପୁଷ୍ୟ ନକ୍ଷତ୍ର ସମୟରେ ୧ ରୁ ୧୨ ବର୍ଷ ବୟସର ପିଲାମାନଙ୍କ ପାଇଁ, ବିଶେଷ ଆୟୁର୍ବେଦିକ ୫୪୩୯;ସ୍ୱର୍ଣ୍ଣପ୍ରାଶନ୫୪୩୯; ଔଷଧ ପ୍ରଦାନ କରାଯାଉଛି। ଏହି ଔଷଧ ପିଲାମାନଙ୍କର ଏକାଗ୍ରତା, ବୁଦ୍ଧିମତା, ରୋଗ ପ୍ରତିରୋଧକ ଶକ୍ତି ଏବଂ ଶାରୀରିକ ବିକାଶ ବୃଦ୍ଧି କରିବାରେ ଲାଭଦାୟକ ପ୍ରମାଣିତ ହେଉଛି।

Prahar • 10 Feb • Ministry of Ayush

Patanjali Yoga-Ayurveda Global Reputation

3 • PG | 76 • Sqcm | 21218 • AVE | 215K • Cir | Middle Right

Mumbai

पतंजली योग-आयुर्वेदाला जागतिक स्तरावर प्रतिष्ठा

◆ नवी दिल्ली(वृत्तसंस्था) :

भारत मंडपम, प्रगती मैदान, नवी दिल्ली येथे नॅशनल बुक ट्रस्ट, भारत आयोजित जागतिक पुस्तक मेळ्यात पतंजली योगपीठाचे सचिवटीएस आचार्य बाळकृष्ण प्रमुख वक्ते म्हणून म्हणाले की, "जागतिक पुस्तक मेळ्याचा सारख्या घटना सार्वजनिक साहित्यात उपलब्ध होत आहेत. ते म्हणाले की, पतंजलीने योग-आयुर्वेदाला जागतिक स्तरावर प्रतिष्ठा मिळवून दिली आहे. योगाबद्दल आचार्यजी म्हणाले की, आज जगभरात योगाचा स्वीकार झाला आहे ही अभिमानाची गोष्ट आहे. जगभर वेगवेगळ्या भाषा बोलणाऱ्या लोकांना एखाद्या शब्दाचा अर्थ सारखाच माहीत असेल तर तो योग आहे. जरी एखाद्याला योगाचा व्यापक आणि खोल अर्थ माहित नसला तरी, हे काही श्वासोच्छ्वासाचे व्यायाम, शारीरिक व्यायाम, काही आसने आणि प्राणायाम करत आहे हे माहित आहे.

आयुर्वेदाच्या संदर्भात ते म्हणाले की, आयुर्वेदाला आयुर्वेद म्हणून प्रस्थापित करण्यासाठी जागतिक स्तरावर जे काम व्हायला हवे होते, ते प्रत्यक्षात झाले नाही. ते म्हणाले की, आयुर्वेद हे एक पूर्ण शास्त्र आहे. आयुर्वेद स्वतंत्र असून त्याची कोणाशीही स्पर्धा नाही. ते म्हणाले की, ॲलोपॅथी दैनंदिन जीवनात कृत्रिम औषधाच्या रूपात आहे. आयुर्वेद आपल्या जीवनात रुजलेला आहे तर ॲलोपॅथी ही सक्ती आहे. आयुर्वेदाकडे वैद्यकशास्त्र किंवा वनौषधीचे शास्त्र म्हणून व्यापक दृष्टीकोनातून पाहिल्यास त्यासाठी अधिक कामाची गरज आहे. ते म्हणाले की, निसर्गातील सुसंगत पदार्थांचा वापर करून निसर्गाशी सुसंगत जीवन जगण्याचा प्रयत्न केला पाहिजे, असे आयुर्वेद शिकवते.

आचार्यांनी सांगितले की, पतंजलीने जागतिक दर्जाचे एनसायक्लोपीडियाच्या रूपात एक महान पुस्तक प्रकाशित केले आहे ज्यामध्ये ३२ हजार औषधी वनस्पतींचे सचित्र वर्णन आहे. यापूर्वी केवळ १२ हजार औषधी वनस्पतींची माहिती उपलब्ध होती. याशिवाय सौमित्रयनिदानम् हा आयुर्वेदावर आधारित ग्रंथ आम्ही प्रकाशित केला, ज्याद्वारे नवयुगाच्या अनुषंगाने जगात उद्भवणारे नवीन रोग, नवीन व्याधी आणि नवीन रोगांचे स्वरूप, लक्षणे आणि निदान सादर करून एक आव्हानात्मक कार्य केले आहे. यामध्ये शरीराच्या रचनेच्या आधारे १४ विभागांमध्ये ६८२१ श्लोकांमध्ये ४७१ मुख्य रोगांसह सुमारे ५०० रोगांचे सचित्र वर्णन आहे. तसेच, आयुर्वेदाच्या परंपरेत प्रथमच २५०० हून अधिक क्लिनिकल परिस्थितींचे वर्णन पुस्तकाच्या माध्यमातून करण्यात आले आहे.

आम्हाला माहित आहे की, आमचे कुटुंब त्यांचे सेवन करत आहे. म्हणूनच आमची उत्पादने गुणवत्ता आणि शुद्धतेच्या सर्व मानकांवर खरी राहतात. आपल्यासाठी देश हा व्यवसाय नसून कुटुंब आहे. त्यांनी सर्व उत्पादक कंपन्यांना आवाहन केले की ते जे काही उत्पादने बनवतात ते त्यांच्या कुटुंबाला डोळ्यासमोर ठेवून बनवावेत. तरुणांना संबोधित करताना आचार्यजी म्हणाले की, जे काही काम तुम्ही स्वतःसाठी किंवा देशासाठी करत आहात, ते फक्त आजसाठीच नाही तर भविष्यात त्यांना त्या कामाचा कसा फायदा होईल याचा विचार करून करा. आचार्य जी म्हणाले की, पतंजलीच्या माध्यमातून आम्ही योग, आयुर्वेद, शिक्षण, वैद्यक, संशोधन, प्राचीन हस्तलिखित पुस्तके आणि प्रेरणादायी आध्यात्मिक पुस्तके प्रकाशित केली आहेत. याशिवाय, भारतीय शिक्षण मंडळाअंतर्गत इयत्ता १ ते इयत्ता १० वी पर्यंतचा अभ्यासक्रम देखील देशी शिक्षण पद्धतीच्या धर्तीवर प्रकाशित केला जात आहे.

Prahar • 02 Feb • Ministry of Ayush

Need for day care facilities in other medical fields

3 • PG	101 • Sqcm	28266 • AVE	215K • Cir	Bottom Left

Mumbai

अन्य वैद्यकीय क्षेत्रात डे केअर सुविधा करण्याची गरज

केंद्रीय अर्थसंकल्प २०२५-२६ मध्ये आरोग्य सेवा क्षेत्रासाठी अनेक महत्त्वाच्या तरतुदींचा समावेश करण्यात आला आहे. यामध्ये वाढीव अर्थसंकल्पीय वाटप यामध्ये आरोग्य सेवा बजेटमध्ये लक्षणीय वाढ झाली आहे, गेल्या वर्षीच्या ₹९०,९५८.६३ कोटींच्या वाटपातून किमान १५% वाढीची अपेक्षा आहे. मागील वर्षीच्या या अर्थसंकल्पात ९२% वाढ करण्यात आली होती. मागील वर्षी आरोग्यावर २.१ % GDP खर्च करण्यात आला होता. यावर्षीच्या बजेटमध्ये ते २.५ होईल अशी आरोग्यासाठी काम करणाऱ्या तज्ज्ञांचे अंदाज होते. ते जवळपास पूर्ण होताना दिसत आहेत. या वाढीचे उद्दिष्ट महागाई, वाढत्या आरोग्यसेवा खर्च आणि जीवनशैलीतील आजारांना संबोधित करणे आहे. तसेच वैद्यकीय शिक्षण आणि पायाभूत सुविधांमध्ये २०२४ पर्यंत, भारतात MD, MS आणि डिप्लोमा अभ्यासक्रमांसह एकूण १,०८,९४० MBBS जागा आणि ७३,९११ पदव्युत्तर (PG) वैद्यकीय जागा आहेत. MBBS च्या जागा देशभरातील सरकारी आणि खाजगी वैद्यकीय महाविद्यालयांमध्ये पसरलेल्या आहेत.



डॉ. तात्याराव लहाने
(नेत्र शल्यचिकित्सक)

PG वैद्यकीय जागांच्या संख्येत लक्षणीय वाढ झाली आहे, २०१४ मधील ३१,१८५ जागांवरून २०२४-२५ मध्ये ७३,९११ जागांवर ९२७% वाढ झाली आहे.

सरकारने पुढील वर्षी महाविद्यालये आणि रुग्णालयांमध्ये १०,००० अतिरिक्त वैद्यकीय जागा जोडण्याचा प्रस्ताव ठेवला आहे, पुढील पाच वर्षांत एकूण ७५,००० जागांचे उद्दिष्ट आहे. म्हणजे ७०० लोकसंख्येला एक डॉक्टर मिळावा यादृष्टीने ही तरतूद करण्यात आली असली, डे केअर कॅन्सर सेंटर्स: कॅन्सर केअर सुलभता सुधारण्यासाठी, २०२५-२६ मध्ये २०० डे केअर कॅन्सर सेंटर्सची स्थापना केली जाईल, पुढील तीन वर्षांत प्रत्येक जिल्हा हॉस्पिटलमध्ये एक स्थापन करण्याचे उद्दिष्ट आहे. याच बरोबर अन्य वैद्यकीय क्षेत्रासाठी डे केअर सुविधा करण्याची गरज आहे. ज्यामुळे जेथे गरज नाही तेथे दिला मंजूर होण्यासाठी रुग्णांना अंतर रुग्ण म्हणून



ठेवण्याची गरज भासणार नाही. डिजिटल आरोग्य आणि तंत्रज्ञान: अर्थसंकल्पात आयुष्मान भारत डिजिटल मिशनसाठी वाढीव वाटप आणि डिजिटल आरोग्य तंत्रज्ञानाचा अवलंब करणाऱ्या आरोग्य सेवा प्रदात्यांसाठी प्रोत्साहनांसह डिजिटल आरोग्य परिवर्तनावर भर देण्यात आला आहे.ग्रामीण आरोग्यसेवेचे बळकटीकरण: टेलिमेडिसिन सेवा वाढविण्यासाठी भारतनेट प्रकल्पांतर्गत ब्रॉडबँड कनेक्टिविटी प्रदान करून, विशेषत: ग्रामीण भागात प्राथमिक आरोग्य केंद्रे (PHCs) सुधारण्यावर भर आहे. हेल्थकेअरसाठी आर्थिक प्रोत्साहन: अर्थसंकल्पात वैद्यकीय विमा आणि प्रतिबंधात्मक आरोग्य सेवा खर्चासाठी कलम ८० डी अंतर्गत उच्च कपातीची मागणी केली जाते. क्षेत्रातील महागाई नियंत्रित करण्यासाठी औषधे आणि वैद्यकीय उपकरणांसारख्या आरोग्य सेवा उत्पादनांवरील जीएसटी दर तर्कसंगत करण्याचा प्रस्ताव देखील आहे. केंद्रीय आरोग्य योजना सर्वसमावेशपणे पोहोचण्यासाठी अर्थसंकल्पात भरीव तरतुदी करण्यात आल्या आहेत.

आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजनेसाठी ७,३०० कोटी रुपयांची तरतूद करण्यात आली आहे, जी पूर्वीच्या ६,८०० कोटी रुपयांच्या तुलनेत वाढ आहे. या वर्षी यात वाढ होणे अपेक्षित आहे. कर्करोगासाठी डे केअर रुग्णालये हे फारच स्वागतार्हय पाऊल आहे. कर्करोगावरील तीन महत्त्वाच्या औषधांवरील सीमा शुल्क माफ करण्यात आले आहे, ज्यामुळे रुग्णांना आर्थिक दिलासा मिळेल. तसेच हृदयरोग झालेले आजार तसेच जन्मभर औषधे घ्यायला लागणाऱ्या आजारांवरील औषधांचे पण सिमाशुल्क माफ करण्याची मागणी होताना दिसते. या उपक्रमांचा उद्देश भारतातील आरोग्यसेवा पायाभूत सुविधा मजबूत करणे आणि शहरी आणि ग्रामीण भागात दर्जेदार वैद्यकीय सेवांमध्ये समान प्रवेशास प्रोत्साहन देणे हे आहे.

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'वर्ल्ड बुक फेयर' हे लोकांच्यासाठी उपयोगी : आचार्य बालकृष्ण



नवी दिल्ली : राष्ट्रीय पुस्तक न्यास, भारत (शिक्षा मंत्रालय, भारत सरकार) यांच्या तत्वाधान मध्ये भारत मंडप, प्रगति मैदान, नवी दिल्ली मध्ये आयोजित करण्यात आलेल्या वर्ल्ड बुक फेयर मध्ये पतंजलि योगपीठाचे महामंत्री आचार्य बालकृष्ण यांनी मुख्य वक्ता म्हणुन सांगितले की 'वर्ल्ड बुक फेयर' सारखे आयोजन लोकांसाठी अत्यंत उपयोगी आहे.

यामध्ये विश्वस्तरीय ज्ञानाचे साहित्य अत्यंत सहज प्राप्त होते. त्यांनी सांगितले की पतंजलिने योग-आयुर्वेद यांना वैश्विक स्तरावर प्रतिष्ठा दिली आहे. योगाच्या विषयामध्ये आचार्य यांनी सांगितले की ही अभिमानाची गोष्ट आहे. कि योगाची स्वीकार्यता आज पुर्ण विश्वात झाली आहे. पुर्ण जगात वेगवेगळी भाषा बोलणारे लोक योग हा शब्द पटकन ओळखतात. योगाचा अर्थ पुर्णपणे माहीती नसला तरी लोकांना एवढे माहीती आहे की हा श्वासोश्वासाचा चांगला व्यायाम आहे. तसेच त्यामुळे शरिराचा चांगला व्यायाम होतो.काही आसने, प्राणायाम हे आरोग्याला चांगले आहेत.

आयुर्वेदाच्या संदर्भात त्यांनी सांगितले की आयुर्वेदाला आयुर्वेदाच्या रूप मध्ये स्थापित करण्यासाठी वैश्विक स्तरावर जे कार्य व्हायला हवे ते कार्य झाले नाही. आयुर्वेद हेच एक संपुर्ण विज्ञान आहे.

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प्रभावी आयुर्वेदासाठी संशोधनाला चालना देणार

प्रतापराव जाधव यांचे प्रतिपादन



पिंपरी : आयुर्वेद सर्व प्रकारच्या व्याधींवर परिणामकारक उपचारपद्धती आहे. आयुर्वेदाला जगभर सर्वमान्यता मिळू लागली आहे. प्रभावी आयुर्वेदासाठी संशोधनाची व्याप्ती वाढवण्यासह इनोव्हेशन व स्टार्टअप सुरू करण्यासाठी आयुष मंत्रालयामार्फत चालना देणार आहे, असे प्रतिपादन केंद्रीय आयुष मंत्री प्रतापराव जाधव यांनी केले. सर्वगुणकारी आयुष औषधी सहज उपलब्ध होण्यासाठी देशभरात आयुष औषधी केंद्रांचे जाळे उभारण्यात येणार असल्याचेही प्रतापराव जाधव यांनी नमूद केले.

पिंपरी येथील डॉ. डी. वाय. पाटील (अभिमत) विद्यापीठ संचालित डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटर पुणे, यांच्या पुढाकाराने नवी दिल्ली येथील ऑल इंडिया आयुर्वेद काँग्रेस, नेदरलँड येथील इंटरनॅशनल महर्षी आयुर्वेद फाउंडेशन व इंटरनॅशनल अकॅडमी ऑफ आयुर्वेद यांच्या सहकार्याने आयोजित आठव्या इंटरनॅशनल आयुर्वेद काँग्रेसचे (आंतरराष्ट्रीय आयुर्वेद संमेलन) उद्घाटन प्रतापराव जाधव यांच्या हस्ते झाले. पिंपरी येथील विद्यापीठाच्या सभागृहात आयोजित कार्यक्रमात विद्यापीठाचे कुलपती डॉ. पी. डी. पाटील, कुलगुरू डॉ. एन. जे. पवार, प्र-कुलगुरू व डॉ. डी. वाय. पाटील विद्यापीठ सोसायटीच्या सचिव डॉ. स्मिता जाधव, खासदार श्रीरंग बारणे, अमेरिकास्थित शास्त्रज्ञ डॉ. टोनी नाडर, आयुष मंत्रालयाचे सल्लागार सचिव वैद्य मनोज नेसरी, नॅशनल कमिशन फॉर इंडियन सिस्टीम ऑफ मेडिसिनचे चेअरमन वैद्य जयंत देवपुजारी, 'आयुष'चे नॅशनल रिसर्च प्रोफेसर डॉ. भूषण पटवर्धन, ऑल इंडिया आयुर्वेद काँग्रेसचे चेअरमन वैद्य देवेंद्र त्रिगुणा, इंटरनॅशनल महर्षी आयुर्वेद फाउंडेशनचे डॉ. गिरीश मोमया, इंटरनॅशनल अकॅडमी ऑफ आयुर्वेदाचे प्रा. डॉ. सुभाष रानडे, डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटरचे प्राचार्य डॉ. गुणवंत येवला आदी उपस्थित होते.

संमेलनामध्ये जागतिक स्तरावर आयुर्वेद प्रसारासाठी डॉ. गुणवंत येवला आणि डॉ. वॉल्टर मोईल्क यांना 'आयुर्वेद धन्वंतरी पुरस्कार' प्रदान करण्यात आला. आयुर्वेदातील उल्लेखनीय योगदानाबद्दल डॉ. संजीव गोयल, डॉ. अखिलेश वर्मा, डॉ. एस. एन. पांडे, डॉ. रामदास आव्हाड यांना सन्मानित करण्यात आले. आयुष मंत्रालय, भारत सरकार आणि नॅशनल कमिशन फॉर इंडियन सिस्टीम ऑफ मेडिसिनच्या मान्यतेने झालेल्या या दोन दिवसीय संमेलनाच्या यशस्वीतेसाठी महाविद्यालयातील संशोधन संचालक प्रा. डॉ. अस्मिता वेले, कायाचिकित्सा विभागप्रमुख प्रा. डॉ. डी. जी. दीपांकर, रचना विभागाचे प्रमुख प्रा. डॉ. योगेश कुट्टे यांनी परिश्रम घेतले. दहा देशातील १०० पेक्षा अधिक आंतरराष्ट्रीय तज्ज्ञ आणि १२०० हून अधिक राष्ट्रीय स्तरावरील संशोधक, वैद्य, प्राध्यापक आणि विद्यार्थी सहभागी झाले होते. ५०० हून शोधनिबंध सादर झाले.

प्रतापराव जाधव म्हणाले, योग व आयुर्वेद ही भारताची ओळख आहे. शंभराहून अधिक देशांत आज आयुर्वेद पोहोचला आहे, तर १८० देशांत योगदिवस साजरा केला जातो. पंतप्रधान नरेंद्र मोदी यांच्या पुढाकारातून आयुर्वेदाला जागतिक स्तरावर नेण्यासाठी विविध उपक्रम राबविण्यात येत आहेत. अनेक औषधांना आयएसओ मानांकन दिले जात आहे. देशातही घराघरात आयुर्वेद जाण्यासाठी 'देश का प्रकृती परीक्षण' उपक्रम आणला असून, त्यामध्ये सव्वाकोटी लोकांची माहिती संकलित केली आहे.

डॉ. लोथर पियार्क व डॉ. योगेश कुट्टे यांनी सूत्रसंचालन केले. डॉ. गुणवंत येवला यांनी आभार मानले.

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'वर्ल्ड बुक फेयर' जैसे आयोजन जनोपयोगी : आचार्य बालकृष्ण

नई दिल्ली। राष्ट्रीय पुस्तक न्यास, भारत (शिक्षा मंत्रालय, भारत सरकार के अधीन) के तत्वाधान में भारत मण्डपम, प्रगति मैदान, नई दिल्ली में आयोजित वर्ल्ड बुक फेयर में पतंजलि योगपीठ के महामंत्री आचार्य बालकृष्ण ने बतौर मुख्य वक्ता कहा कि 'वर्ल्ड बुक फेयर' जैसे आयोजन

पतंजलि ने योग-आयुर्वेद को वैश्विक स्तर पर प्रतिष्ठा दिलाई



जनोपयोगी हैं जिनमें विश्वस्तरीय ज्ञानपरक साहित्य सुलभ हो पाता है। उन्होंने कहा कि पतंजलि ने योग-आयुर्वेद को वैश्विक स्तर पर प्रतिष्ठा दिलाई है। योग के विषय में आचार्य ने कहा कि गौरव की बात है कि योग की स्वीकार्यता आज पूरे विश्व में हो गई है।

पूरे विश्व में विभिन्न भाषा-भाषी लोग समान रूप से किसी शब्द के अर्थ को जानता है तो वह योग है। योग के व्यापक गहन अर्थ को न भी जानते हों तो वह इतना तो जानते हैं कि यह कुछ ब्रिदिंग एक्सरसाइज, फिजिकल एक्सरसाइज, कुछ आसन, प्राणायाम के विषय में है। आयुर्वेद के संदर्भ में उन्होंने कहा कि आयुर्वेद को आयुर्वेद के रूप में स्थापित करने के लिए वैश्विक स्तर पर जो कार्य होना चाहिए था, वस्तुतः वह नहीं हुआ। उन्होंने कहा कि आयुर्वेद अपने आप में सम्पूर्ण विज्ञान है। आयुर्वेद स्वतंत्र है तथा इसकी किसी से प्रतिस्पर्धा नहीं है। उन्होंने कहा कि दैनन्दिन जीवन में एलोपैथी सिंथेटिक औषधी के रूप में है। आयुर्वेद हमारे जीवन में रचा-बसा है जबकि एलोपैथी मजबूरी है। आयुर्वेद को यदि औषधि विज्ञान या जड़ी-बूटी के रूप में व्यापक परिप्रेक्ष्य में देखें तो इसके लिए और अधिक कार्य करने की आवश्यकता है।

उन्होंने कहा कि आयुर्वेद हमें सिखाता है कि हमें प्रकृति के अनुरूप पदार्थों का उपयोग करते हुए प्रकृति के अनुकूल जीवन यापन का प्रयास करना चाहिए।

Yashobhoomi • 09 Feb • Ministry of Ayush

Events like 'World Book Fair' are useful for public: Acharya Balkrishna

3 • PG | 248 • Sqcm | 104327 • AVE | 482K • Cir | Top Center

Mumbai

'वर्ल्ड बुक फेयर' जैसे आयोजन जनोपयोगी : आचार्य बालकृष्ण

नई दिल्ली। राष्ट्रीय पुस्तक न्यास, भारत (शिक्षा मंत्रालय, भारत सरकार के अधीन) के तत्वाधान में भारत मण्डपम, प्रगति मैदान, नई दिल्ली में आयोजित वर्ल्ड बुक फेयर में पतंजलि योगपीठ के महामंत्री आचार्य बालकृष्ण ने बतौर मुख्य वक्ता कहा कि 'वर्ल्ड बुक फेयर' जैसे आयोजन

पतंजलि ने योग-आयुर्वेद को वैश्विक स्तर पर प्रतिष्ठा दिलाई



जनोपयोगी हैं जिनमें विश्वस्तरीय ज्ञानपरक साहित्य सुलभ हो पाता है। उन्होंने कहा कि पतंजलि ने योग-आयुर्वेद को वैश्विक स्तर पर प्रतिष्ठा दिलाई है। योग के विषय में आचार्य ने कहा कि गौरव की बात है कि योग की स्वीकार्यता आज पूरे विश्व में हो गई है।

पूरे विश्व में विभिन्न भाषा-भाषी लोग समान रूप से किसी शब्द के अर्थ को जानता है तो वह योग है। योग के व्यापक गहन अर्थ को न भी जानते हों तो वह इतना तो जानते हैं कि यह कुछ ब्रिदिंग एक्सरसाइज, फिजिकल एक्सरसाइज, कुछ आसन, प्राणायाम के विषय में है। आयुर्वेद के संदर्भ में उन्होंने कहा कि आयुर्वेद को आयुर्वेद के रूप में स्थापित करने के लिए वैश्विक स्तर पर जो कार्य होना चाहिए था, वस्तुतः वह नहीं हुआ। उन्होंने कहा कि आयुर्वेद अपने आप में सम्पूर्ण विज्ञान है। आयुर्वेद स्वतंत्र है तथा इसकी किसी से प्रतिस्पर्धा नहीं है। उन्होंने कहा कि दैनन्दिन जीवन में एलोपैथी सिंथेटिक औषधी के रूप में है। आयुर्वेद हमारे जीवन में रचा-बसा है जबकि एलोपैथी मजबूरी है। आयुर्वेद को यदि औषधि विज्ञान या जड़ी-बूटी के रूप में व्यापक परिप्रेक्ष्य में देखें तो इसके लिए और अधिक कार्य करने की आवश्यकता है।

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Punjab Kesari • 09 Feb • Ministry of Ayush

Ayush Ministry is promoting systems like Ayurveda, Yoga and Naturopathy

9 • PG | 157 • Sqcm | 7871 • AVE | 370.92K • Cir | Middle Left

Jaipur

'आयुष मंत्रालय, आयुर्वेद, योग और प्राकृतिक चिकित्सा जैसी प्रणालियों को दे रहा बढ़ावा'

एनआईए के स्वर्ण जयंती समारोह में पहुंचे केन्द्रीय मंत्री प्रतापराव जाधव

केंद्रीय औषधि परीक्षण, माइक्रोसीटी, एडवांस फिजियोलॉजी, बायोमेडिकल लैब, आईपीआर सेल, बाल विकास केंद्र, नशा मुक्ति केंद्र का लोकार्पण



जयपुर, 8 फरवरी (ब्यूरो): जोरावर सिंह गेट स्थित राष्ट्रीय आयुर्वेद संस्थान मानद विश्वविद्यालय के 50वें स्थापना दिवस के अवसर पर शनिवार को स्वर्ण जयंती समारोह का आयोजन किया गया।

जिसका आयुष राज्य मंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव, वैद्य जयंत देव पुजारी, एनआईए कुलपति प्रो. संजीव शर्मा, कुलपति राजस्थान आयुर्वेद विश्वविद्यालय प्रोफेसर प्रदीप कुमार प्रजापति, प्रमुख सचिव (आयुर्वेद) भवानी सिंह देथा और डॉ. मनोज नेसरी ने शुभारंभ किया। इस अवसर पर आयुष राज्य मंत्री ने केंद्रीय औषधि परीक्षण सुविधा, माइक्रो सीटी, बायोमेडिकल लैब एवं आईपीआर सेल, एडवांस फिजियोलॉजी लैब, बाल विकास केंद्र, नशा मुक्ति केंद्र का लोकार्पण किया एवं 4 पुस्तकों का भी विमोचन किया। उन्होंने कहा कि एनआईए के स्वर्ण जयंती समारोह के इस यादगार अवसर पर आप सभी के साथ यहां आकर मुझे बहुत प्रसन्नता हो रही है। आयुष मंत्रालय, आयुर्वेद, योग और प्राकृतिक चिकित्सा, यूनानी, सिद्ध, होम्योपैथी और सोवा रिग्पा जैसी प्रणालियों को बढ़ावा दे रहा है।

आज 150 से भी अधिक देश अपने नागरिकों के कल्याण और स्वास्थ्य के लिए किसी ना किसी रूप में आयुर्वेद दिवस का आयोजन कर रहे हैं तथा इस चिकित्सा प्रणाली का उपयोग कर रहे हैं।

1976 में एक आयुर्वेदिक कॉलेज से यह अब मानद विश्वविद्यालय बन गया है। 17 देशों के 80 से भी अधिक विदेशी छात्र एनआईए में स्नातक, स्नातकोत्तर और पोस्ट-डॉक्टरल कार्यक्रमों में अध्ययनरत हैं। इस संस्थान में डिग्री, डिप्लोमा और एक दर्जन से अधिक लघु अवधि प्रशिक्षण कार्यक्रमों के अलावा 14 विषयों में स्नातकोत्तर और पोस्ट-डॉक्टरेट शिक्षण और अनुसंधान कार्य हो रहा है।

Punjab Kesari • 09 Feb • Ministry of Ayush

Gaon Batour main Ayush bibhag ne logo ko karbaya surya namaskaar

5 • PG | 68 • Sqcm | 62701 • AVE | 867.98K • Cir | Middle Left

Chandigarh

गांव बतौड़ में आयुष विभाग ने लोगों को करवाया सूर्य नमस्कार

पंचकूला, 8 फरवरी (मुकेश) : गांव बतौड में आयुष विभाग पंचकूला ने योग सहायक अंकिता द्वारा लोगों को स्वस्थ रहने के लिए योग करवाते हुए सुबह सूर्य नमस्कार करवाया। उन्होंने कहा कि सूर्य नमस्कार करने के बाद आपको किसी भी तरह के एक्सरसाइज और योग की जरूरत नहीं पड़ेगी। इस मौके पर पूर्व सरपंच लक्ष्मण बतौड, हेम सिंह राणा, पंच कैप्टन सतपाल राणा, प्रेमचन्द, राम कुमार, एकता, कामना, रिया, खुशी आदि मौजूद रहे।

Punjab Kesari • 01 Feb • Ministry of Ayush

Formation of new state executive of Indian Yoga Association, proposal passed for formation of Yoga C...

9 • PG | 90 • Sqcm | 4509 • AVE | 370.92K • Cir | Middle Right

Jaipur

इंडियन योग एसोसिएशन की नवीन राज्य कार्यकारिणी का गठन

राज्य में योग आयोग के गठन को लेकर प्रस्ताव पारित



जयपुर, 31 जनवरी (ब्यूरो): भारत के सभी योग संगठनों के समुच्चय एवं योग के मुख्य संगठन इंडियन योग एसोसिएशन की राजस्थान कार्यकारिणी की बैठक का आयोजन राष्ट्रीय महासचिव एवं आयुष मंत्रालय भारत सरकार की गवर्निंग कौन्सिल के सदस्य सुबोध तिवारी की अध्यक्षता में बप्पा रावल सभागार में हुआ। बैठक में संपूर्ण राजस्थान के योग विशेषज्ञ एवं कार्यकारी समिति के सदस्य सम्मिलित हुए।

इस मौके पर संयुक्त सचिव हिमांशु पालीवाल ने गत बैठक के प्रस्तावों का अनुमोदन करवाते हुए अभी तक की यात्रा पर प्रकाश डाला। महासचिव सुबोध तिवारी ने संगठन की कार्ययोजना एवं अपेक्षाओं पर प्रकाश डालते हुए मार्गदर्शन प्रदान किया। सर्व सम्मति से महेश शर्मा अध्यक्ष, योगाचार्य ढाकाराम वरिष्ठ उपाध्यक्ष, डॉ. हनवंत सिंह एवं मेघसिंह उपाध्यक्ष, डॉ दीपेंद्र सिंह सचिव, हिमांशु पालीवाल संयुक्त सचिव, दीक्षा जामवाल कोषाध्यक्ष के रूप में मनोनीत हुए। राज्य कार्यकारिणी के अन्य दायित्वों में समन्वयक लीगल डॉ. हेमराज चौधरी, सदस्यता डॉ. वीणा मूंदड़ा, आयोजन शिवानी वर्मा, प्रकाशन एवं रिसर्च डॉ. पूर्णेंदु एवं डॉ. गुनीत मोंगा, प्रचार योगी मनीष को प्रदान किए गए। इंदिरा डांगी एवं करतार सिंह को सदस्य के रूप में मनोनीत किया गया। सर्वसम्मति से राजस्थान योग आयोग के गठन का प्रस्ताव पास कर सरकार के पास भेजने के लिए सभा ने निर्णय किया।

Dharitri • 09 Feb • Ministry of Ayush

6-day training programme 'Charakayatan' concludes

11 • PG | 161 • Sqcm | 66298 • AVE | 1.57M • Cir | Bottom Center

Bhubaneshwar

୬ ଦିନିଆ ପ୍ରଶିକ୍ଷଣ ଶିବିର ଉଦ୍‌ଯାପିତ

ଭୁବନେଶ୍ୱର,୮।୨(ଅନୁରାଧା ମହାରଣା)

ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଅନ୍ତର୍ଗତ ସ୍ୱାୟତ ସଂଗଠନ ରାଷ୍ଟ୍ରୀୟ ଆୟୁର୍ବେଦ ବିଦ୍ୟାପୀଠ ଦ୍ୱାରା ପତଞ୍ଜଳି ଆୟୁର୍ବେଦ କଲେଜର ତତ୍ତ୍ୱାବଧାନରେ ଆୟୋଜିତ ୬ ଦିନିଆ 'ଚରକାୟତନ' ପ୍ରଶିକ୍ଷଣ କାର୍ଯ୍ୟକ୍ରମ ଉଦଯାପିତ ହୋଇଯାଇଛି। ଆୟୁର୍ବେଦ ଶିକ୍ଷକ ତଥା ଆୟୁର୍ବେଦର ସ୍ନାତକୋତ୍ତର ତଥା ସ୍ନାତକ ବିଦ୍ୟାର୍ଥୀଙ୍କ ପାଇଁ ଉଦ୍ଦିଷ୍ଟ ଏହି କାର୍ଯ୍ୟକ୍ରମର ଉଦଯାପନୀ ଉତ୍ସବରେ ପତଞ୍ଜଳି ଆୟୁର୍ବେଦ କଲେଜର କୁଳପତି ଆଚାର୍ଯ୍ୟ ବାଲକ୍ରିଷ୍ଣ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗ ଦେଇଥିଲେ। ଏ ଅବସରରେ ଆଚାର୍ଯ୍ୟ ବାଲକ୍ରିଷ୍ଣ କହିଛନ୍ତି, ମଣିଷର ବ୍ୟବହାରରେ, ଆଚରଣରେ, ସ୍ୱଭାବରେ ଏବଂ ଜୀବନରେ ଆୟୁର୍ବେଦ ଦୃଶ୍ୟମାନ ହେବା ଉଚିତ୍। ସ୍ୱୟଂ ବୈଦ୍ୟ କହିବାରେ ସଙ୍କୋଚ ନ କରି ଗୌରବ ଅନୁଭବ କରିବା



ଉଦ୍‌ଯାପନୀ ଉତ୍ସବରେ ଆଚାର୍ଯ୍ୟ ବାଲକ୍ରିଷ୍ଣାଙ୍କ ସମତେ ଅନ୍ୟମାନେ ଉପସ୍ଥିତ ଅଛନ୍ତି।

ଉଚିତ ବୋଲି ସେ କହିଛନ୍ତି। କାର୍ଯ୍ୟକ୍ରମରେ ବିଖ୍ୟାତ ଆୟୁର୍ବେଦ ଚିକିତ୍ସକ ପ୍ରଫେସର ଏସ କେ ଖଣ୍ଡେଲଙ୍କ ସମେତ ବୈଦ୍ୟ ଦେବେନ୍ଦ୍ର ତ୍ରିଗୁଣା, ରାଷ୍ଟ୍ରୀୟ ଆୟୁର୍ବେଦ ବିଦ୍ୟାପୀଠ ଗଭର୍ନିଂ କାଉନସିଲ୍‌ସଦସ୍ୟ ବୈଦ୍ୟ ରାକେଶ ଶର୍ମା, ବୈଦ୍ୟ ମୋହନଲାଇ ଜୈସ୍ୱାଲ, ସନ୍ତୋଷ ଭଟ୍ଟେଡ୍, ପତଞ୍ଜଳି ଅନୁସନ୍ଧାନ ସଂସ୍ଥାନ ଉପାଧକ୍ଷ ଡା. ଅନୁରାଗ ବାଷ୍ଣେୟ, ରାଷ୍ଟ୍ରୀୟ ଆୟୁର୍ବେଦ ବିଦ୍ୟାପୀଠ ନିର୍ଦ୍ଦେଶିକା ଡା. ବନ୍ଦନା ସିରୋହାଙ୍କ ସହ ପତଞ୍ଜଳି ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ରତି କୁଳପତି ଡା. ସତ୍ୟେନ୍ଦ୍ର ମିତ୍ତଲ, ପତଞ୍ଜଳି ଆୟୁର୍ବେଦ କଲେଜର ପ୍ରଫେସର ଅନିଲ କୁମାର, ପ୍ରଫେସର ଗିରିଶ କେ ଜେ ବୈଦ୍ୟ, ପ୍ରଫେସର ସୁରେଶ ଚନ୍ଦ୍ର ଯୋଶୀ, ବୈଦ୍ୟ ବିଲୁ ଓ ବୈଦ୍ୟ ଦୀପା ପ୍ରମୁଖ ଉପସ୍ଥିତ ଥିଲେ।

Dina Saithi • 08 Feb • Ministry of Ayush

Yoga is the reason for Rajini's enthusiasm

8 • PG | 112 • Sqcm | 11239 • AVE | N/A • Cir | Bottom Center
Chennai

யோகா தான் உற்சாகத்திற்கு காரணம்: ரஜினி

நடிகர் ரஜினிகாந்த் ஆன்மிகத்தில் அதீத ஈடுபாடு கொண்டவர். படப்பிடிப்பு இல்லாத நாட்களில் இமயமலையில் உள்ள ஆசிரமங்களுக்கு சென்று யோகா செய்வார். அந்த வகையில் சமீபத்தில் ஜார்கண்டில் உள்ள ஒய்.எஸ்.எஸ்.ராஞ்சி ஆசிரமத்துக்கு சென்றார்.



அங்கு ஒரு வாரம் வரை தங்கியிருந்த ரஜினி தனது அனுபவத்தை வீடியோவாக பதிவு செய்துள்ளார். இதனை தற்போது ராஞ்சி ஆசிரமம் வெளியிட்டுள்ளது.

அந்த வீடியோவில் ரஜினி பேசி இருப்பதாவது:- ஒய்.எஸ்.எஸ். ராஞ்சி ஆசிரமத்துக்கு 3 தடவை வந்துள்ளேன். பரமஹம்ச யோகானந்தாஜியின் அறையில் அமர்ந்து யோகா செய்யும் பாக்கியம் கிடைத்தது.

நான் மிகவும் 'வைப்' ஆக இருப்பதாகவும், என்னை பார்த்தால் ஒரு 'பாசிட்டிவ் வைப்' வருகிறது என்கிறார்கள். அதன் ரகசியமே நான் கிரியா யோகா பயிற்சி செய்து வருவது தான். 2002ம் ஆண்டு முதல் கிரியா யோகாவில் ஈடுபட்டு வருகிறேன். தொடக்கத்தில் எனக்கு எந்த மாற்றமும் தெரியவில்லை. ஆனாலும் நிறுத்தவில்லை. ஒருகட்டத்தில், அதாவது 12 வருடங்கள் ஆன பிறகுதான் மாற்றத்தை உணரமுடிந்தது. எனக்குள் ஒரு நிம்மதி, அமைதி இருந்தது. கிரியா யோகாவின் சக்தி என்பது, அதை தெரிந்து கொண்டவர்களுக்கு நன்றாகவே தெரியும். இது ஒரு பரம ரகசியம். இது எல்லோருக்குமே பயன்பட வேண்டும். இவ்வாறு அந்த வீடியோவில் ரஜினி பேசியுள்ளார்

Navbharat • 08 Feb • Ministry of Ayush

Increasing demand for Ayurveda nutraceuticals

3 • PG | 151 • Sqcm | 199561 • AVE | 675K • Cir | Middle Left
Mumbai

आयुर्वेद न्यूट्रास्युटिकल्स की बढ़ रही मांग

8 बिलियन डॉलर का है भारत में न्यूट्रिशनल सप्लीमेंट मार्केट: डॉ. गुप्ता



■ **मुंबई,** नवभारत न्यूज नेटवर्क. भारत सरकार के खाद्य प्रसंस्करण उद्योग मंत्रालय के सचिव डॉ. सुब्रत गुप्ता ने कहा है कि 520 बिलियन डॉलर मूल्य के वैश्विक पोषण बाजार यानी न्यूट्रिशनल सप्लीमेंट मार्केट में, पारंपरिक और निवारक स्वास्थ्य सेवा की मांग बढ़ रही है. भारत का हिस्सा, जो लगभग 8 बिलियन डॉलर अनुमानित है, विशेष रूप से आयुर्वेद-आधारित न्यूट्रास्युटिकल्स में इस क्षेत्र की विशाल क्षमता को उजागर करता है. यह बात केंद्रीय सचिव ने यहां न्यूट्रिशनल सप्लीमेंट सेक्टर के 3 दिवसीय व्यापार मेले वीटाफूडस इंडिया का शुभारंभ करते हुए कही. वीटाफूडस इंडिया बीकेसी स्थित जियो वर्ल्ड कन्वेंशन सेंटर में 5 से 7 फरवरी तक इन्फोर्मा मार्केट्स द्वारा आयोजित किया गया है. यह मेला भारत के तेज़ी से विकसित होते न्यूट्रास्युटिकल मार्केट के लिए महत्वपूर्ण मंच की भूमिका निभाएगी. भारत सरकार के आयुष मंत्रालय में आयुर्वेद के सलाहकार डॉ. मनोज नेसरी ने कहा कि आयुर्वेद और न्यूट्रास्युटिकल क्षेत्र में अभूतपूर्व वृद्धि हो रही है, जिसका बाजार 2014 में 3 बिलियन डॉलर से बढ़कर 2020 तक 18.2 बिलियन डॉलर हो गया है और वर्तमान में इसका मूल्य लगभग 24 बिलियन डॉलर है. अगले दशक में 200 बिलियन डॉलर के अनुमानित लक्ष्य के साथ, यह वृद्धि वैश्विक स्वीकृति, अनुसंधान प्रगति और नीति समर्थन में वृद्धि से प्रेरित है. उद्योग पारंपरिक सप्लीमेंट्स से आगे बढ़कर आयुर्वेदिक आहार को अपना रहा है. भारत का न्यूट्रिशनल सप्लीमेंट मार्केट 2030 तक 8 फीसदी की दर से बढ़कर 68 बिलियन डॉलर पर पहुंच जाने की उम्मीद है.

व्यापार

Navbharat • 04 Feb • Ministry of Ayush

A network of AYUSH medical centres will be established in the country

6 • PG | 167 • Sqcm | 82023 • AVE | 85K • Cir | Top Left

Pune

देश में आयुष चिकित्सा केंद्रों का नेटवर्क होगा स्थापित

8वें आयुर्वेद सम्मेलन के उद्घाटन पर मंत्री जाधव ने कहा

■ **पिंपरी, (सं.)** आयुर्वेद सभी प्रकार की बीमारियों के लिए एक प्रभावी उपचार है. आयुर्वेद पूरे विश्व में लोकप्रियता प्राप्त कर रहा है. आयुष मंत्रालय प्रभावी आयुर्वेद के लिए अनुसंधान का दायरा बढ़ाने सहित '(नवाचार) इनोवेशन और स्टार्टअप' को बढ़ावा देगा. केंद्रीय आयुष, स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री प्रतापराव जाधव ने कहा कि, सभी लाभकारी आयुष औषधियों को आसानी से उपलब्ध कराने के लिए देशभर में आयुष औषधि केंद्रों का नेटवर्क स्थापित किया जाएगा.

डॉ. डी.वाई. पाटिल (ऑटोनॉमस) विश्वविद्यालय द्वारा संचालित डॉ. डीवाई पाटिल आयुर्वेद कॉलेज और अनुसंधान केंद्र नई दिल्ली के संयुक्त तत्वावधान से आयोजित अखिल भारतीय आयुर्वेद कांग्रेस, नीदरलैंड में अंतरराष्ट्रीय महर्षि आयुर्वेद फाउंडेशन और अंतरराष्ट्रीय आयुर्वेद अकादमी के सहयोग से आयोजित 8वें अंतरराष्ट्रीय आयुर्वेद सम्मेलन के उद्घाटन के अवसर पर बोल रहे थे.



विभिन्न पहलों का क्रियान्वयन

इस अवसर पर विश्वविद्यालय के कुलाधिपति डॉ. पी.डी. पाटिल, कुलपति डॉ. एन.जे. पवार, प्र-कुलगुरु और डॉ. डीवाई पाटिल यूनिवर्सिटी सोसायटी की सचिव डॉ. स्मिता जाधव, सांसद श्रीरंग बारणे, अमेरिका स्थित वैज्ञानिक डॉ. सचिव टोनी नाडर और आयुष मंत्रालय के सचिव वैद्य मनोज नेसरी उपस्थित थे.जाधव ने कहा, योग और आयुर्वेद भारत की पहचान हैं. आयुर्वेद सौ से अधिक देशों तक पहुंच चुका है, जबकि योग दिवस 180 देशों में मनाया जाता है. प्रधानमंत्री नरेंद्र मोदी की पहल पर आयुर्वेद को वैश्विक स्तर पर ले जाने के लिए विभिन्न पहलों का क्रियान्वयन किया जा रहा है.

मुझे खुशी है कि भारत का पहला अंतरराष्ट्रीय आयुर्वेद सम्मेलन पुणे में आयोजित किया जा रहा है. यहां विश्व भर से आयुर्वेद विशेषज्ञ और छात्र आ रहे हैं और विचारों का आदान-प्रदान हो रहा है. सार्वजनिक स्वास्थ्य सेवा में आयुर्वेद को शामिल करना अच्छी बात है. वैदिक संस्कृति और आयुर्वेद को बढ़ावा देने का कदम स्वागत योग्य है.

- डॉ. पीडी पाटिल, कुलाधिपति, डॉ. डीवाई पाटिल विश्वविद्यालय

अनुसंधान पर दिया जा रहा जोर

आयुर्वेदिक औषधियों और उपचारों को प्रभावी बनाने तथा मान्यता दिलाने के लिए गहन शोध आवश्यक है. इसीलिए अनुसंधान पर जोर दिया जा रहा है. डॉ. डीवाई पाटिल आयुर्वेद कॉलेज जैसे संस्थानों में अनुसंधान एवं विकास केंद्र स्थापित करने की योजना है. कई दवाइयों को आईएसओ प्रमाणीकरण दिया जा रहा है. आयुर्वेद को देश के हर घर तक पहुंचाने के लिए 'देश का प्रकृति विषय' पहल शुरू की गई है और इसमें 1.25 करोड़ लोगों की जानकारी एकत्र की गई है.

Navbharat • 04 Feb • Ministry of Ayush

Critical Illness Insurance Plan of 'Bajaj Allianz Life

6 • PG | 167 • Sqcm | 82023 • AVE | 85K • Cir | Top Left

Pune

देश में आयुष चिकित्सा केंद्रों का नेटवर्क होगा स्थापित

8वें आयुर्वेद सम्मेलन के उद्घाटन पर मंत्री जाधव ने कहा

■ **पिंपरी, (सं.)** आयुर्वेद सभी प्रकार की बीमारियों के लिए एक प्रभावी उपचार है. आयुर्वेद पूरे विश्व में लोकप्रियता प्राप्त कर रहा है. आयुष मंत्रालय प्रभावी आयुर्वेद के लिए अनुसंधान का दायरा बढ़ाने सहित '(नवाचार) इनोवेशन और स्टार्टअप' को बढ़ावा देगा. केंद्रीय आयुष, स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री प्रतापराव जाधव ने कहा कि, सभी लाभकारी आयुष औषधियों को आसानी से उपलब्ध कराने के लिए देशभर में आयुष औषधि केंद्रों का नेटवर्क स्थापित किया जाएगा.

डॉ. डी.वाई. पाटिल (ऑटोनॉमस) विश्वविद्यालय द्वारा संचालित डॉ. डीवाई पाटिल आयुर्वेद कॉलेज और अनुसंधान केंद्र नई दिल्ली के संयुक्त तत्वावधान से आयोजित अखिल भारतीय आयुर्वेद कांग्रेस, नीदरलैंड में अंतरराष्ट्रीय महर्षि आयुर्वेद फाउंडेशन और अंतरराष्ट्रीय आयुर्वेद अकादमी के सहयोग से आयोजित 8वें अंतरराष्ट्रीय आयुर्वेद सम्मेलन के उद्घाटन के अवसर पर बोल रहे थे.



विभिन्न पहलों का क्रियान्वयन

इस अवसर पर विश्वविद्यालय के कुलाधिपति डॉ. पी.डी. पाटिल, कुलपति डॉ. एन.जे. पवार, प्र-कुलगुरु और डॉ. डीवाई पाटिल यूनिवर्सिटी सोसायटी की सचिव डॉ. स्मिता जाधव, सांसद श्रीरंग बारणे, अमेरिका स्थित वैज्ञानिक डॉ. सचिव टोनी नाडर और आयुष मंत्रालय के सचिव वैद्य मनोज नेसरी उपस्थित थे.जाधव ने कहा, योग और आयुर्वेद भारत की पहचान हैं. आयुर्वेद सौ से अधिक देशों तक पहुंच चुका है, जबकि योग दिवस 180 देशों में मनाया जाता है. प्रधानमंत्री नरेंद्र मोदी की पहल पर आयुर्वेद को वैश्विक स्तर पर ले जाने के लिए विभिन्न पहलों का क्रियान्वयन किया जा रहा है.

मुझे खुशी है कि भारत का पहला अंतरराष्ट्रीय आयुर्वेद सम्मेलन पुणे में आयोजित किया जा रहा है. यहां विश्व भर से आयुर्वेद विशेषज्ञ और छात्र आ रहे हैं और विचारों का आदान-प्रदान हो रहा है. सार्वजनिक स्वास्थ्य सेवा में आयुर्वेद को शामिल करना अच्छी बात है. वैदिक संस्कृति और आयुर्वेद को बढ़ावा देने का कदम स्वागत योग्य है.

- डॉ. पीडी पाटिल, कुलाधिपति, डॉ. डीवाई पाटिल विश्वविद्यालय

अनुसंधान पर दिया जा रहा जोर

आयुर्वेदिक औषधियों और उपचारों को प्रभावी बनाने तथा मान्यता दिलाने के लिए गहन शोध आवश्यक है. इसीलिए अनुसंधान पर जोर दिया जा रहा है. डॉ. डीवाई पाटिल आयुर्वेद कॉलेज जैसे संस्थानों में अनुसंधान एवं विकास केंद्र स्थापित करने की योजना है. कई दवाइयों को आईएसओ प्रमाणीकरण दिया जा रहा है. आयुर्वेद को देश के हर घर तक पहुंचाने के लिए 'देश का प्रकृति विषय' पहल शुरू की गई है और इसमें 1.25 करोड़ लोगों की जानकारी एकत्र की गई है.

Navbharat • 03 Feb • Ministry of Ayush

Ayurveda is seen in nature and life

9 • PG | 181 • Sqcm | 88580 • AVE | 85K • Cir | Middle Left

Pune

प्रशिक्षण कार्यक्रम 'चरकायतन' क समापन पर आचार्य बालकृष्ण ने कहा-

स्वभाव व जीवन में आयुर्वेद दिखे

■ **हरिद्वार,** नवभारत कनेक्ट. आयुष मंत्रालय के अन्तर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों हेतु 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वाधान में किया गया. कार्यक्रम के समापन अवसर पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण ने कहा कि 'चरकायतन' का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता का प्रामाणिक नैदानिक ज्ञान तथा अभ्यास की प्रासंगिकता प्रदान करना व चरक संहिता को सीखने व पढ़ाने का कौशल विकसित करना है. उन्होंने विद्यार्थियों को सम्बोधित करते हुए कहा कि हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का अवसर मिला. आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋण से उऋण होने का उपाय है.

स्वयं को वैद्य कहलाने में संकोच न करें : आचार्य जी ने कहा कि आपके व्यवहार में, आचरण में, स्वभाव में व जीवन में आयुर्वेद दिखना चाहिए. स्वयं को वैद्य कहलाने में संकोच नहीं होना चाहिए अपितु गौरव अनुभव होना चाहिए. वैद्यकीय क्षमता व आयुर्वेद क्षमता बहुत व्यापक है.



एलोपैथ सिंथेटिक दवाओं व कैमिकल्स पर आश्रित है, इसमें बहुत से साधनों की आवश्यकता रहती है. आयुर्वेद पराश्रित नहीं है. जड़ी-बूटियाँ घोटकर, छाल, तना, पत्तियों का प्रयोग कर, काढ़ा बनाकर आप जीवन दे सकते हैं.

लेकिन सर्वप्रथम स्वयं पर, अपने आयुर्वेद पर विश्वास तो करना होगा. कार्यक्रम में विख्यात आयुर्वेद चिकित्सक वैद्य (प्रो.) एस.के. खण्डेल पद्मश्री वैद्य देवेंद्र त्रिगुणा, गवर्निंग काउंसिल के सदस्य वैद्य राकेश शर्मा, वैद्य मोहन लाल जायसवाल, संतोष भट्टेड़ जी, पतंजलि अनुसंधान संस्थान के उपाध्यक्ष डॉ. अनुराग वार्ष्णेय, राष्ट्रीय आयुर्वेद विद्यापीठ की निर्देशिका डॉ. वंदना सिरोहा, आयुर्वेद शिक्षण एवं अनुसंधान संस्थान जामनगर के वैद्य (प्रो.) हितेश व्यास, दीक्षित आयुर्वेद फोंडा गोवा के वैद्य (प्रो.) उपेंद्र दीक्षित और गणमान्य व्यक्ति उपस्थित थे. कार्यक्रम के सफल आयोजन में पतंजलि विवि के प्रति-कुलपति डॉ. सत्येन्द्र मित्तल, पतंजलि आयुर्वेद कॉलेज के प्राचार्य प्रो. अनिल कुमार, उप-प्राचार्य प्रो. गिरिश के.जे., वैद्य प्रो. सुरेश चन्द्र जोशी, वैद्य विभु व वैद्या दीपा का विशेष योगदान रहा.

Navbharat • 03 Feb • Ministry of Ayush

Ayurveda should be seen in nature and life

7 • PG | 190 • Sqcm | 251363 • AVE | 675K • Cir | Middle Left

Mumbai

प्रशिक्षण कार्यक्रम 'चरकायतन' के समापन पर आचार्य बालकृष्ण ने कहा-

स्वभाव व जीवन में आयुर्वेद दिखे



■ **हरिद्वार,** नवभारत कनेक्ट. आयुष मंत्रालय के अन्तर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों हेतु 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वाधान में किया गया. कार्यक्रम के समापन अवसर पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण ने कहा कि 'चरकायतन' का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता का प्रामाणिक नैदानिक ज्ञान तथा अभ्यास की प्रासंगिकता प्रदान करना व चरक संहिता को सीखने व पढ़ाने का कौशल विकसित करना है. उन्होंने विद्यार्थियों को सम्बोधित करते हुए कहा कि हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का अवसर मिला. आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋण से उऋण होने का उपाय है.

स्वयं को वैद्य कहलाने में संकोच न करें : आचार्य जी ने कहा कि आपके व्यवहार में, आचरण में, स्वभाव में व जीवन में आयुर्वेद दिखना चाहिए. स्वयं को वैद्य कहलाने में संकोच नहीं होना चाहिए अपितु गौरव अनुभव होना चाहिए. वैद्यकीय क्षमता व आयुर्वेद क्षमता बहुत व्यापक है.

एलोपैथ सिंथेटिक दवाओं व कैमिकल्स पर आश्रित है, इसमें बहुत से साधनों की आवश्यकता रहती है. आयुर्वेद पराश्रित नहीं है. जड़ी-बूटियाँ घोटकर, छाल, तना, पत्तियों का प्रयोग कर, काढ़ा बनाकर आप जीवन दे सकते हैं.

लेकिन सर्वप्रथम स्वयं पर, अपने आयुर्वेद पर विश्वास तो करना होगा. कार्यक्रम में विख्यात आयुर्वेद चिकित्सक वैद्य (प्रो.) एस.के. खण्डेल पद्मश्री वैद्य देवेंद्र त्रिगुणा, गवर्निंग काउंसिल के सदस्य वैद्य राकेश शर्मा, वैद्य मोहन लाल जायसवाल, संतोष भट्टेड़ जी, पतंजलि अनुसंधान संस्थान के उपाध्यक्ष डॉ. अनुराग वार्ष्णेय, राष्ट्रीय आयुर्वेद विद्यापीठ की निर्देशिका डॉ. वंदना सिरोहा, आयुर्वेद शिक्षण एवं अनुसंधान संस्थान जामनगर के वैद्य (प्रो.) हितेश व्यास, दीक्षित आयुर्वेद फोंडा गोवा के वैद्य (प्रो.) उपेंद्र दीक्षित और गणमान्य व्यक्ति उपस्थित थे. कार्यक्रम के सफल आयोजन में पतंजलि विवि के प्रति-कुलपति डॉ. सत्येन्द्र मित्तल, पतंजलि आयुर्वेद कॉलेज के प्राचार्य प्रो. अनिल कुमार, उप-प्राचार्य प्रो. गिरिश के.जे., वैद्य प्रो. सुरेश चन्द्र जोशी, वैद्य विभु व वैद्या दीपा का विशेष योगदान रहा.

Prameya • 08 Feb • Ministry of Ayush

Training programme 'Charakayatan' concludes

11 • PG	127 • Sqcm	68807 • AVE	946.94K • Cir	Top Right

Bhubaneshwar

ଆର୍‌ଏଭି ପକ୍ଷରୁ ଚରକାୟନ ଉଦ୍‌ଯାପିତ



ଭୁବନେଶ୍ୱର,୭।୨(ବ୍ୟୁରୋ): ହରିଦ୍ୱାର ସ୍ଥିତ ପତଞ୍ଜଳି ଯୋଗପୀଠର ରାଷ୍ଟ୍ରୀୟ ଆୟୁର୍ବେଦିକ ବିଦ୍ୟାପୀଠ (ଆର୍‌ଏଭି)ର ୬ ଦିନିଆ ତାଲିମ କାର୍ଯ୍ୟକ୍ରମ ଉଦ୍‌ଯାପିତ ହୋଇଯାଇଛି। ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଅଧିନ ନ୍ୟାଶନାଲ ଇନଷ୍ଟିଚ୍ୟୁଟ୍ ଅଫ୍ ଆୟୁର୍ବେଦ ଜୟପୁରର ଆୟୁର୍ବେଦ ଶିକ୍ଷକଙ୍କ ଲାଗି ଏଭଳି ଏକ କାର୍ଯ୍ୟକ୍ରମ ଗ୍ରହଣ କରାଯାଇଥିଲା। ଏହି ଅବସରରେ ପତଞ୍ଜଳି ଯୋଗପୀଠର ପ୍ରତିଷ୍ଠାତା ସମ୍ପାଦକ ତଥା ଆୟୁର୍ବେଦ କ୍ଷେତ୍ରର ପ୍ରତିଷ୍ଠିତ ବ୍ୟକ୍ତିତ୍ୱ ଆଚାର୍ଯ୍ୟ ବାଳକୃଷ୍ଣ କହିଛନ୍ତି, ଆୟୁର୍ବେଦର ବୈଜ୍ଞାନିକ ମହତ୍ ସହ ଅଧିକ ପ୍ରାକ୍ଟିକାଲ ତାଲିମ ମାଧ୍ୟମରେ ଏହାକୁ ଅଧିକ ଲୋକପ୍ରିୟ କରିବା ଏଭଳି କାର୍ଯ୍ୟକ୍ରମ ଲକ୍ଷ୍ୟ।

ଆୟୁର୍ବେଦ କେବଳ ଏକ ବୃତ୍ତି ନୁହେଁ ଏହା ଆତ୍ମନିର୍ଭର କରିବାରେ ସହାୟକ ହେବ। ଆୟୁର୍ବେଦକୁ ଲୋକପ୍ରିୟ କରିବାକୁ ହେଲେ ଏହା ଉପରେ ଭରଷା କରିବାକୁ ହେବ ବୋଲି ଉଲ୍ଲେଖ କରିଛନ୍ତି ଆଚାର୍ଯ୍ୟ ବାଳକୃଷ୍ଣ। ପ୍ରତିଷ୍ଠିତ ଆୟୁର୍ବେଦିକ ଡାକ୍ତର ପ୍ରଫେସର ଏସ୍‌ଜେ ଖାଣ୍ଡେଲ କହିଛନ୍ତି, ଆୟୁର୍ବେଦକୁ ବିଶ୍ୱ ସ୍ତରକୁ ନେବା ଦିଗରେ ପତଞ୍ଜଳି ନିରନ୍ତର ଉଦ୍ୟମ ଜାରି ରଖିଛି। ଦୈନନ୍ଦିନ ଜୀବନ ସହ ଆୟୁର୍ବେଦ ଜଡିଲି ଯୋଡି ହୋଇଛି ତାହା ପତଞ୍ଜଳି ପ୍ରମାଣ କରିଛି। ଆୟୁର୍ବେଦର ବିଶ୍ୱସନୀୟତା ବଢାଇବା ଦିଗରେ ଏହାର କାର୍ଯ୍ୟ ଉଲ୍ଲେଖନୀୟ। କାର୍ଯ୍ୟକ୍ରମରେ ପଦ୍ମଭୂଷଣ ବୈଦ୍ୟ ଦେବିପ୍ରସାଦ ତ୍ରିପୁଣା, ଆର୍‌ଏଭି ଗଭର୍ନିଂ ବଡି ସଭାପତି ଡ.ରାଜେଶ ଶର୍ମା, ଡ.ମୋହନ ଲାଲ୍ ଜୟାଇ, ସନ୍ତୋଷ ଭାଡେଡ, ଡ. ବନ୍ଦନା ସିରୋହ୍ୟା, ଡ. ହିତେଶ ବ୍ୟାସ ପ୍ରମୁଖ ଉପସ୍ଥିତ ଥିଲେ।

Chapte Chapte • 07 Feb • Ministry of Ayush

Ministry of Ayush launches Shatavari a special campaign for better health

8 • PG	75 • Sqcm	17364 • AVE	352.5K • Cir	Middle Right

Kolkata

आयुष मंत्रालय का शतावरी- बेहतर स्वास्थ्य के लिए विशेष अभियान शुरू

नई दिल्ली, 6 फ़रवरी (हि.स.)। औषधीय पौधों के स्वास्थ्य लाभों के बारे में जागरुकता बढ़ाने के लिए गुरुवार को आयुष मंत्रालय के राज्यमंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव ने शतावरी- बेहतर स्वास्थ्य के लिए नामक एक प्रजाति-विशिष्ट अभियान शुरू किया गया। इस अवसर पर आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा, राष्ट्रीय औषधीय पादप बोर्ड (एनएमपीबी) के सीईओ डॉ. महेश कुमार दाधीच और आयुष मंत्रालय के वरिष्ठ अधिकारी उपस्थित थे। कार्यक्रम में राज्यमंत्री प्रतापराव जाधव ने पिछले एक दशक में आयुष मंत्रालय की महत्वपूर्ण प्रगति पर प्रकाश डाला और आयुष मंत्रालय के प्रयासों की सराहना की। उन्होंने शतावरी के बारे में जागरुकता को बढ़ावा देने के लिए इस नई पहल को शुरू करने के लिए एनएमपीबी का आभार जताया। मंत्री ने एनएमपीबी के पिछले सफल अभियानों का भी उल्लेख किया, जिनमें आंवला, मोरिंगा, गिलोय और अश्वगंधा के लिए अभियान शामिल हैं। इन पहलों ने पूरे देश में औषधीय पौधों के स्वास्थ्य लाभों के बारे में ज्ञान फैलाने में योगदान दिया है। आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा ने औषधीय पौधों को बढ़ावा देने में एनएमपीबी की गतिविधियों और उपलब्धियों के बारे में विस्तार से बताया। उन्होंने औषधीय पौधों के संरक्षण, विकास और सतत प्रबंधन के लिए केंद्रीय क्षेत्र योजना के बारे में भी जानकारी साझा की, जो शतावरी सहित महत्वपूर्ण औषधीय प्रजातियों के दीर्घकालिक संरक्षण और खेती को सुनिश्चित करने की पहल है।

Orissa Express • 05 Feb • Ministry of Ayush

6-day training programme 'Charakayatan' concludes

7 • PG | 107 • Sqcm | 39642 • AVE | 97.72K • Cir | Middle Left

Bhubaneshwar

ଛଅ ଦିବସୀୟ ପ୍ରଶିକ୍ଷଣ କାର୍ଯ୍ୟକ୍ରମ 'ଚରକାୟତନ' ଉଦ୍‌ଯାପିତ



ହରିଦ୍ୱାର: ଏକ୍ସପ୍ରେସ୍ ନ୍ୟୁଜ୍

ଆୟୁଷ ମନ୍ତ୍ରାଳୟର ଅନ୍ତର୍ଗତ ସ୍ୱାୟତ୍ତ ସଂଗଠନ ରାଷ୍ଟ୍ରୀୟ ଆୟୁର୍ବେଦ ବିଦ୍ୟାପୀଠ ଦ୍ୱାରା ଆୟୁର୍ବେଦ ଶିକ୍ଷକ ତଥା ଆୟୁର୍ବେଦର ସ୍ନାତକୋତ୍ତର ଓ ସ୍ନାତକ ବିଦ୍ୱାନ ହେତୁ ଛଅ ଦିବସୀୟ ଆବାସୀୟ ପ୍ରଶିକ୍ଷଣ କାର୍ଯ୍ୟକ୍ରମ ଚରକାୟତନର ଆୟୋଜନ ପତଞ୍ଜଳି ଆୟୁର୍ବେଦ କଲେଜରେ ତତ୍ତ୍ୱାବଧାନରେ କରାଗଲା । କାର୍ଯ୍ୟକ୍ରମ ସମାପନ ଅବସରରେ ମୁଖ୍ୟ ଅତିଥି ରୂପରେ ପତଞ୍ଜଳି ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ଆଚାର୍ଯ୍ୟ ବାଳକୃଷ୍ଣ ଜି କହିଲେ କି ଚରକାୟତନର ମୁଖ୍ୟ ଉଦ୍ଦେଶ୍ୟ ହେଉଛି ବିଦ୍ୟାର୍ଥୀମାନେ ଚରକ ସଂହିତାର ପ୍ରାମାଣିକ ଚିକିତ୍ସା ସମ୍ବନ୍ଧୀୟ ଜ୍ଞାନ ତଥା ଅଭ୍ୟାସର ପ୍ରାସଙ୍ଗିକତା ପ୍ରଦାନ କରିବା ଓ ଚରକ ସଂହିତାକୁ ଶିଖିବା, ପଢିବାର କୌଶଳ ବିକଶିତ କରିବା । କାର୍ଯ୍ୟକ୍ରମର ସଫଳ ଆୟୋଜନରେ ପତଞ୍ଜଳି ବିଶ୍ୱବିଦ୍ୟାଳୟର ଭାଇସ୍ ଚାନ୍ସେଲର୍ ଡ ସତେନ୍ଦ୍ର ମିଉଲ, ପତଞ୍ଜଳି ଆୟୁର୍ବେଦ କଲେଜର ଅଧକ୍ଷ ପ୍ରଫେସର ଅନିଲ କୁମାର, ଉପାଧକ୍ଷ ପ୍ରଫେସର ଗିରିଶ କେ.ଜେ., ପ୍ରଫେସର ସୁରେଶ ଚନ୍ଦ୍ର ଯୋଶୀ, ବିଭୁ ଓ ଦୀପାଙ୍କ ବିଶେଷ ଯୋଗଦାନ ରହିଥିଲା।

Hari Bhoomi • 04 Feb • Ministry of Ayush

Ayurved jeevan nirwahan ka sadhan nahi, Rishi Rann se utrann hone ka upay

10 • PG | 106 • Sqcm | 63312 • AVE | 345.96K • Cir | Middle Center

Delhi

आयुर्वेद जीवन निर्वहन का साधन नहीं, ऋषि ऋण से उऋण होने का उपाय है : आचार्य



हरिद्वार। आयुष मंत्रालय के अन्तर्गत स्वायत संगठन राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों हेतु 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वाधान में किया गया। कार्यक्रम के समापन अवसर पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण जी ने कहा कि 'चरकायतन' का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता का प्रामाणिक वैदानिक ज्ञान तथा अभ्यास की प्रासंगिकता प्रदान करना व चरक संहिता को सीखने व पढ़ाने का कौशल विकसित करना है। उन्होंने विद्यार्थियों को सम्बोधित करते हुए कहा कि हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का अवसर मिला। आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋण से उऋण होने का उपाय है। आचार्य जी ने कहा कि आपके व्यवहार में, आचरण में, स्वभाव में व जीवन में आयुर्वेद दिखना चाहिए। स्वयं को वैद्य कहलाने में संकोच नहीं होना चाहिए अपितु गौरव अनुभव होना चाहिए। वैद्यकीय क्षमता व आयुर्वेद क्षमता बहुत व्यापक है। एलोपैथ सिंथेटिक दवाओं व केमिकल्स पर आश्रित है, इसमें बहुत से साधनों की आवश्यकता रहती है। आयुर्वेद पराश्रित नहीं है। जड़ी-बूटियाँ घोटकर, छाल, तना, पत्तियों का प्रयोग कर, काढ़ा बनाकर आप जीवन दे सकते हैं। लेकिन सर्वप्रथम स्वयं पर, अपने आयुर्वेद पर विश्वास तो करना होगा। कार्यक्रम में विख्यात आयुर्वेद चिकित्सक वैद्य (प्रो.) एस के. खण्डेल ने कहा कि पतंजलि पूरे विश्व में आयुर्वेद व योग के क्षेत्र में विश्व का सबसे अग्रणी संस्थान है।

Jagmarg • 04 Feb • Ministry of Ayush

Ayushmann Bharat- Chiraye hariyana ke bilo ka bhugtaan karne ko 2.5k crore ka fund banayegi sarkaar

3 • PG | 392 • Sqcm | 176458 • AVE | 1.18M • Cir | Top Left

Chandigarh

आयुष्मान भारत-चिरायु हरियाणा के बिलों का भुगतान करने को ढाई हजार करोड़ का फंड बनाएगी सरकार

इंडियन मेडिकल एसोसिएशन के प्रतिनिधिमंडल के साथ चार घंटे चली वार्ता में बनी सहमति

सभी लंबित बिलों का भुगतान 31 मार्च तक, नौ मार्च तक उपचार पाने वाले मरीजों के बिल भी 31 मार्च से पहले होंगे क्लेम



जगमार्ग ब्यूरो

चंडीगढ़। केंद्र सरकार की आयुष्मान भारत और हरियाणा सरकार की चिरायु योजना के तहत गरीब लोगों का उपचार करने वाले प्राइवेट अस्पतालों को 31 मार्च तक उनके बकाया बिलों का भुगतान कर दिया जाएगा।

मुख्यमंत्री नायब सिंह सैनी के मुख्य प्रधान सचिव राजेश खुल्लर और इंडियन मेडिकल एसोसिएशन के प्रतिनिधियों के साथ हुई बैठक में आईएमए द्वारा रखी गई कई मांगों को पूरा करने का आश्वासन दिया गया। इसके तहत, आयुष्मान योजना के तहत 10 मार्च तक क्लेम के लिए जितने भी आवेदन आएंगे। इसके लिए विभाग को संशोधित बजट में पर्याप्त राशि अनुमोदित की जाएगी। इसके अलावा, अगले वर्ष के लिए आयुष्मान योजना के तहत क्लेम के निपटान व समयबद्ध भुगतान के लिए 2500 करोड़ रुपये के बजट का प्रावधान किया जाएगा।

प्राइवेट अस्पतालों के संचालकों से कहा गया है कि वे नौ मार्च तक जितने भी मरीजों का उपचार करें, उन सभी के इलाज के बिलों का क्लेम करें। राज्य सरकार उनके पुराने और नये सभी बिलों का भुगतान हर हाल में 31 मार्च तक कर देगी। मुख्यमंत्री नायब सिंह सैनी मार्च माह में राज्य सरकार का साल 2025-26 का वार्षिक बजट पेश करेंगे। इसी बजट में ढाई हजार करोड़ रुपये के बजट की व्यवस्था करने का भरोसा राज्य सरकार की ओर से आईएमए के प्रतिनिधिमंडल को दिलाया गया है।

आईएमए की हरियाणा इकाई के प्रतिनिधियों ने मुख्यमंत्री नायब सिंह सैनी का आभार जताते हुए कहा कि मुख्यमंत्री ने उनकी मांगों पर सहानुभूतिपूर्वक विचार कर त्वरित कार्रवाई की है। आईएमए की ओर से आयुष्मान योजना के तहत पहले की तरह ही इलाज जारी रहेगा और मरीजों को किसी प्रकार की कोई कठिनाई नहीं आएगी। इंडियन मेडिकल एसोसिएशन के प्रदेश अध्यक्ष डा. महावीर जैन, महासचिव डा. धीरेंद्र सोनी, पूर्व प्रधान डा. अजय महाजन, आयुष्मान उपचार प्रकोष्ठ के अध्यक्ष डा. सुरेश अरोड़ा और डा. सुनीला ने भुगतान के लिए राज्य सरकार को एक सप्ताह का समय दिया हुआ था, जो कि सोमवार को पूरा हो गया है। मुख्यमंत्री के मुख्य प्रधान सचिव डा. राजेश खुल्लर ने आइएमए के प्रतिनिधिमंडल को दोपहर बाद सचिवालय में बातचीत के लिए बुलाया। स्वास्थ्य सचिव सुधीर राजपाल समेत विभाग के समस्त उच्च अधिकारी इस बातचीत में शामिल हुए। डाक्टरों के भुगतान के लिए 1.20 लाख बिल लंबित बताए जा रहे हैं।

भुगतान विलंबित होने पर हड़ताल पर जाने का होगा फैसला

आईएमए के प्रदेश महासचिव डा. धीरेंद्र सोनी और डा. सुरेश अरोड़ा ने बताया कि सरकार ने बड़े ही सकारात्मक तरीके से बातचीत की है। डाक्टरों को भरोसा दिलाया गया कि आगे कड़ बनाकर भविष्य में उनके भुगतान को विलंबित नहीं किया जाएगा। इसलिए आईएमए की बैठक में सरकार के इन सभी प्रस्तावों पर चर्चा होगी, जिसमें हड़ताल पर जाने अथवा नहीं जाने का फैसला होगा। उन्होंने संकेत दिए कि जब सरकार सकारात्मक है तो फिर डाक्टर भी सकारात्मक ही होंगे। हरियाणा में लगभग 1,300 अस्पताल आयुष्मान भारत के साथ सूचीबद्ध हैं, जिनमें 600 प्राइवेट हॉस्पिटल हैं। राज्य में लगभग 1.2 करोड़ लोगों को इस योजना से जोड़ा गया है।

600 संचालकों के 400 करोड़ लंबित

इंडियन मेडिकल एसोसिएशन (आईएमए) से जुड़े राज्य के करीब 600 अस्पताल संचालकों के लगभग 400 करोड़ रुपये आयुष्मान भारत अथारिटी हरियाणा के पास भुगतान के लिए लंबित थे। आइएमए ने भुगतान नहीं होने की स्थिति में हड़ताल पर जाने तथा आयुष्मान भारत-चिरायु योजना के तहत गरीबों का इलाज नहीं करने की चेतावनी दी तो मुख्यमंत्री के निर्देश पर करीब 200 करोड़ रुपये का भुगतान जारी कर दिया गया। अभी भी 200 करोड़ रुपये का भुगतान लंबित है, जिस पर स्वास्थ्य विभाग के अधिकारी प्राइवेट अस्पताल संचालकों को कोई रास्ता नहीं दे रहे थे।

1.80 लाख रुपये आय तक वालों का मुफ्त इलाज

आयुष्मान भारत-चिरायु योजना के तहत पहले 1.80 लाख रुपये तक आय वाले लोगों का मुफ्त इलाज होता था। फिर इस आय सीमा को तीन लाख किया गया। अब पांच लाख रुपये तक आय वाले लोगों को भी इलाज मिलता है। इसके लिए उन्हें सरकार को मामूली प्रीमियम का भुगतान करना होता है। सीएम के मुख्य प्रधान सचिव राजेश खुल्लर ने डाक्टरों से कहा कि नया बजट पेश होने वाला है, इसलिए धन की कोई कमी नहीं होगी। डाक्टरों को इलाज जारी रखना चाहिए। वे नौ मार्च तक के सभी बिल क्लेम करें, जिनका भुगतान 31 मार्च तक हर हाल में कर दिया जाएगा।

स्पेशलाइज्ड डॉक्टरों की स्पेशल टीम की ओर से प्रोसेस किया जाएगा

बैठक में यह निर्णय लिया गया कि मेडिसन व बाल चिकित्सा संबंधी क्लेमों को स्पेशलाइज्ड डॉक्टरों की स्पेशल टीम द्वारा प्रोसेस किया जाएगा। इसके अलावा, आर्टिफिशियल इंटेलिजेंस के माध्यम से जो संदिग्ध मामले सामने आते हैं, उनकी सूचना जल्द से जल्द अस्पतालों के साथ साझा की जाएगी। उन्होंने बताया कि यदि किसी कारणवश क्लेम राशि में कटौती की गई है, तो अस्पताल द्वारा उस कटौती के कारणों के बारे विस्तृत जानकारी दी जाएगी। क्लेम के निरीक्षण हेतु डॉक्टरों को पुनः प्रशिक्षण प्रदान किया जाएगा, ताकि समयबद्ध तरीके से क्लेम का भुगतान सुनिश्चित किया जा सके और अनावश्यक कटौती न हो। बैठक में यह भी चर्चा की गई कि यदि मरीज आयुष्मान भारत योजना के तहत इलाज करवाने का इच्छुक नहीं है तो उसे स्वयं के खर्चे से इलाज करवाने का विकल्प दिया जाएगा।

Naya India • 03 Feb • Ministry of Ayush

6 divasiye prashikshan karyakram charkaytan ka samapan

5 • PG | 134 • Sqcm | 29424 • AVE | 89.78K • Cir | Top Left
Delhi

छः दिवसीय प्रशिक्षण कार्यक्रम 'चरकायतन' का समापन

हरिद्वार। आयुष मंत्रालय के अन्तर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों हेतु 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वाधान में किया गया। कार्यक्रम के समापन अवसर पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण जी ने कहा कि 'चरकायतन' का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता का प्रामाणिक नैदानिक ज्ञान तथा अभ्यास की प्रासंगिकता प्रदान करना व चरक संहिता को सीखने व पढ़ाने का कौशल विकसित करना है। उन्होंने विद्यार्थियों को सम्बोधित करते हुए कहा कि हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का अवसर मिला। आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋण से उऋण होने का उपाय है। आचार्य जी ने कहा कि आपके व्यवहार में, आचरण में, स्वभाव में व जीवन में आयुर्वेद दिखना चाहिए। स्वयं को वैद्य कहलाने में संकोच नहीं होना चाहिए अपितु गौरव अनुभव होना चाहिए। वैद्यकीय क्षमता व आयुर्वेद क्षमता बहुत व्यापक है। एलोपैथ सिंथेटिक दवाओं व कैमिकल्स पर आश्रित है, इसमें बहुत से साधनों की आवश्यकता रहती है। आयुर्वेद पराश्रित नहीं है। जड़ी-बूटियाँ घोटकर, छाल, तना, पत्तियों का प्रयोग कर, काढ़ा बनाकर आप जीवन दे सकते हैं। लेकिन सर्वप्रथम स्वयं पर, अपने आयुर्वेद पर विश्वास तो करना होगा।

Naya India • 03 Feb • Ministry of Ayush

Rashtiye Ayurved sansthan ne vanaspati adharit tvacha dekhbhal utpad launch kiye

6 • PG | 89 • Sqcm | 19496 • AVE | 89.78K • Cir | Top Right

Delhi

राष्ट्रीय आयुर्वेद संस्थान ने वनस्पति आधारित त्वचा देखभाल उत्पाद लॉन्च किए

जयपुर, भाषा। आयुष मंत्रालय के तहत मानद विश्वविद्यालय राष्ट्रीय आयुर्वेद संस्थान (एनआईए) ने वनस्पति आधारित कॉस्मेटिक उत्पाद पेश किए हैं जिनका उद्देश्य त्वचा की देखभाल के लिए सुरक्षित, रसायन मुक्त विकल्प प्रदान करना है। इन उत्पादों में फुट केयर क्रीम, एलोवेरा जेल, लिप बाम और विभिन्न प्रकार के हर्बल साबुन शामिल हैं। इन उत्पादों में त्वचा देखभाल के प्रभावी समाधान प्रदान करने के लिए वनस्पति अर्क का उपयोग किया गया है। एनआईए के कुलपति संजीव शर्मा ने कहा, "आयुर्वेद में हमेशा प्रकृति और मानव स्वास्थ्य के बीच सामंजस्य पर जोर दिया गया है। हमारा मिशन इस ज्ञान को रोजमर्रा की त्वचा की देखभाल में लाना है, ताकि लोगों को सुरक्षित, प्रभावी और टिकाऊ उत्पाद मिल सके।" उन्होंने बताया कि संस्थान इन उत्पादों को व्यापक स्तर पर बाजार में उतारने की दिशा में काम कर रहा है।

Odisha Bhaskar • 03 Feb • Ministry of Ayush

6-day training programme 'Charakayatan' concludes

6 • PG | 155 • Sqcm | 41729 • AVE | 475K • Cir | Bottom Left

Bhubaneshwar

ଷଷ୍ଠ ଦିବସୀୟ ପ୍ରଶିକ୍ଷଣ କାର୍ଯ୍ୟକ୍ରମ ଚରକାୟତନ ଉଦ୍‌ଯାପିତ



ହରିଦ୍ୱାର: ଆୟୁଷ ମନ୍ତ୍ରାଳୟ ଅଧିନ ସ୍ୱୟଂ ଶାସିତ ସଂସ୍ଥା ରାଷ୍ଟ୍ରୀୟ ଆୟୁର୍ବେଦ ବିଦ୍ୟାପୀଠ ପକ୍ଷରୁ ଆୟୁର୍ବେଦ ଶିକ୍ଷକ ତଥା ଆୟୁର୍ବେଦ ପିଜି ଓ ଡ଼ିଗ୍ରୀ ବିଦ୍ୟାନଙ୍କ ପାଇଁ ଏକ ଷଷ୍ଠ ଦିବସୀୟ ଆବାସିକ ପ୍ରଶିକ୍ଷଣ କାର୍ଯ୍ୟକ୍ରମ ଚରକାୟତନ ପତଞ୍ଜଳି ଆୟୁର୍ବେଦ କଲେଜ ତତ୍ତ୍ୱାବଧାନରେ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା। ଏହି କାର୍ଯ୍ୟକ୍ରମର ଉଦ୍‌ଯାପନୀ ସମାରୋହରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ପତଞ୍ଜଳି ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ଆଚାର୍ଯ୍ୟ ବାଳକୃଷ୍ଣ ଯୋଗଦେଇ କହିଥିଲେ ଯେ, ଚରକାୟତନର ମୁଖ୍ୟ ଉଦ୍ଦେଶ୍ୟ ହେଉଛି ଚରକ ସଂଗୀତରେ ଥିବା ପ୍ରାମାଣିକ ତଥ୍ୟ ଓ ଜ୍ଞାନକୁ ଅଭ୍ୟାସ କରାଯାଇ ଏହାର କିପରି ପ୍ରୟୋଗ କରାଯାଇ ପାରିବ। ସେ ବିଦ୍ୟାର୍ଥୀମାନଙ୍କୁ ସମ୍ବୋଧିତ କରି ଆହୁରି କହିଥିଲେ ଯେ, ମୋର ସୌଭାଗ୍ୟ ହେଉଛି ଆମେ ସବୁ ଆୟୁର୍ବେଦ ସହ ଯୋଡି ହୋଇପାରିଛନ୍ତି। ଆୟୁର୍ବେଦ କେବଳ ଜୀବନ ପାଇଁ ଏକ ସାଧନ ନୁହେଁ ବରଂ ଋଷିମାନେ ଦେଇଥିବା ତତ୍ତ୍ୱର ଏକ ଉତ୍କୃଷ୍ଟ ପ୍ରମାଣ। ସେ ଆହୁରି କହିଥିଲେ ଯେ, ଆପଣଙ୍କ ବ୍ୟବହାର, ଆଚାର, ସ୍ୱଭାବ ଏବଂ ଜୀବନ ଆୟୁର୍ବେଦ ଦେଖିବାକୁ ଚାହେଁ। ଏଲୋପାଥି ସିନ୍ଥେଟିକ୍‌ପୂର୍ଣ୍ଣ ଔଷଧ ଯାହାକି କେମିକାଲରେ ପରିପୂର୍ଣ୍ଣ। ତାକୁ ପରିତ୍ୟାଗ କରି ଆୟୁର୍ବେଦକୁ ଆପଣାଇବା ଜରୁରୀ। ଏହାଫଳରେ ଶରୀର ସୁସ୍ଥ ରହିବା ସହ ଜୀବନ ଶୈଳୀରେ ପରିବର୍ତ୍ତନ ଆସିପାରିବ। ଆୟୁର୍ବେଦ ବିଭିନ୍ନ ଜଡିବୁଟି ସହ ମିଳିତ ହୋଇ ଔଷଧ ବନାଇବାରେ ସହାୟକ ହୋଇଥାଏ ବୋଲି ସେ କହିଥିଲେ। କାର୍ଯ୍ୟକ୍ରମରେ ବିଖ୍ୟାତ ଆୟୁର୍ବେଦ ଚିକିତ୍ସକ ଏସ୍‌କେ ଖଣ୍ଡେଲ ଯୋଗଦେଇ କହିଥିଲେ ଯେ, ପତଞ୍ଜଳି ସାରା ବିଶ୍ୱରେ ଆୟୁର୍ବେଦର ଯୋଗ ପାଇଁ ପ୍ରସିଦ୍ଧି ଲାଭ କରିଛି। ରାଷ୍ଟ୍ରୀୟ ଏବଂ ଅନ୍ତରାଷ୍ଟ୍ରୀୟ ସ୍ତରରେ ମଧ୍ୟ ପତଞ୍ଜଳି ଆୟୁର୍ବେଦର ଔଷଧର ପ୍ରମାଣ ଦେଇସାରିଛି। ତେଣୁ ସମସ୍ତେ ସୁସ୍ଥ ଜୀବନଯାପନ ପାଇଁ ପତଞ୍ଜଳି ଔଷଧ ବ୍ୟବହାର କରିବାକୁ ସେ ପରାମର୍ଶ ଦେଇଥିଲେ।

Mid Day (Gujarati) • 03 Feb • Ministry of Ayush

Aselio is a health boon for Indian women and elders

22 • PG | 645 • Sqcm | 516612 • AVE | 389.96K • Cir | Top Left

Mumbai



ભારતીય સ્ત્રીઓ અને વડીલો માટે સ્વાસ્થ્યનું વરદાન છે અશેળિયો

સેલિબ્રિટી હોલિસ્ટિક ફિટનેસગુરુ વ્યુક કુટિન્હોએ તાજેતરમાં એક પોસ્ટમાં કહ્યું હતું કે ભારતીયોએ હીમોગ્લોબિનની કમીને દૂર કરવી હોય તો વેજિટેરિયન ડાયટમાં હલીમ સીડ્સ (ગાર્ડન કેસ સીડ્સ) ફૂડમાં લેવાં જોઈએ. ગુજરાતીમાં એને અશેળિયો અથવા અલીવ કહેવાય છે. એનાથી આયર્ન લેવલ સુધરશે, ગટ હેલ્થ સુધરશે અને ઇમ્યુનિટી પણ વધે છે. આવો જાણીએ અલીવનું નિયમિત સેવન સ્વાસ્થ્યને કેવા-કેવા ફાયદા બક્ષે છે

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હલીમ સીડ, જેને ગાર્ડન કેસ સીડ તરીકે પણ ઓળખવામાં આવે છે એ પૌષ્ટિક તત્ત્વોથી ભરપૂર છે અને હીમોગ્લોબિનનું સ્તર વધારવા માટેનો ઉત્તમ પ્રાકૃતિક ઉપાય છે. આ ગ્રીન્સ એવાં રેડ-મરૂન બીજ આયર્નથી સમૃદ્ધ છે અને ખાસ કરીને શાકાહારીઓ માટે તો આયર્નનો અખૂટ ભંડાર છે. જેમને આયર્નની ઊણપ રહેવાની શક્યતા વધુ હોય તેમણે રોજ કચ્ચા એક ચમચી હલીમ બીજ પાણી અથવા દૂધમાં ભીંજવીને લેવાથી આયર્નનું મહત્ત્વપૂર્ણ સ્તર મળી શકે છે, જે એનીમિયા અને થાકને અટકાવવામાં મદદરૂપ થાય છે. આ સિવાય પણ હલીમનાં આ બીજ અનેક રીતે ફાયદાકારક છે. આવો જાણીએ.

હલીમનાં બીજમાં એવું તે શું છે?

પાંત્રીસ રૂપિયામાં ૧૦૦ ગ્રામ મળતા આ સીડ્સ ખરેખર સ્વાસ્થ્યનું વરદાન છે. આયર્ન ઉપરાંત હલીમ બીજમાં ફોલિક ઍસિડ, પ્રોટીન, ફાઇબર અને વિટામિન C જેવાં અગત્યનાં પોષક તત્ત્વો છે જે આયર્નના શોષણને વધારવામાં મદદ કરે છે. એ પાચનશક્તિ સુધારે છે, રોગપ્રતિકારક શક્તિ મજબૂત બનાવે છે અને માસિક ચક્રને નિયમિત રાખે છે જે ખાસ કરીને સ્ત્રીઓના આરોગ્ય માટે તો અત્યંત ફાયદાકારક છે. આ વિશે જણાવતાં ન્યુટ્રિશનિસ્ટ કુંજલ શાહ કહે છે, 'આયર્નની કમીથી વીકનેસ લાગે, શ્વાસ લેવામાં તકલીફ પડે; કારણ કે આયર્ન ઑક્સિજન લેવલ પણ કેરી કરે છે. એ સિવાય ચક્કર આવવાં, માથું દુખવું, સ્કિન ડ્રાય થવી, ઠંડી વધુ લાગવી, નખ બરડ થવા, પગ દુખવા અને મેમરી ઇશ્યુ જેવી તકલીફો થઈ શકે છે. આ સિવાય હલીમનાં બીજ મોટા ભાગે છોકરીઓને પિરિયડની તકલીફ હોય છે ત્યારે ખાસ આપવામાં આવે છે. એની તાસીર ગરમ છે એટલા માટે જેમની ત્વચા સંવેદનશીલ છે તેમણે ખાસ એકદમ નાની માત્રામાં વાપરીને શરૂઆત કરવી. થલી વાર એનાથી ચહેરા પર ફોડલી આવી શકે છે. આમ પણ એને પાંચ ગ્રામ અથવા એક ટી-સ્પૂનથી વધુ માત્રામાં ન લેવાં જોઈએ. હલીમના ફાયદાઓ અનેક છે પણ એની આવી ગરમ તાસીરને લીધે લોકો એના કાયમી સેવનથી થોડા આઘા ભાગે છે. પલાળીને ખાવા સૌથી વધુ સારું છે. રાત્રે અથવા એને ખાવાના બે-ત્રણ કલાક પહેલાં પાણીમાં પલાળી લઈ શકાય. આમેય કોઈ પણ ઇન્ડિયન હર્બ પાણીમાં પલાળીને લેવાથી એની ઉત્તમ અસર આપે છે. આયર્નનું શરીરમાં શોષણ કરવા માટે એની સાથે વિટામિન C લેવું જોઈએ. એટલે કે જો તમે નરણા કોઠે હલીમ સવારે લો છો તો એમાં થોડું લીંબુ નિચોવીને લો. આ સિવાય હલીમનાં બીજ રાતે દૂધમાં ઉકાળીને પણ લઈ શકાય છે. મસલ રિકવરી માટે એ બહુ જ સારાં ગણાય છે. પુરુષોમાં ટેસ્ટોસ્ટેરોન બૂસ્ટ કરી સ્પર્મ કાઉન્ટ વધારવા માટે પણ અકસીર છે. એ સ્ટ્રેસ-લેવલ ઘટાડે છે અને ફિટનેસ માટે પણ સારાં.'

ચંદ્રશૂરના ફાયદા જ ફાયદા

હલીમને આયુર્વેદમાં ચંદ્રશૂર કહેવાય છે. આના ફાયદાઓ અનેક છે એ ગણાવતાં ત્રીસ વર્ષથી ગોરેગામમાં પ્રૅક્ટિસ કરતા અને તાતા હૉસ્પિટલના કૅન્સર રિસર્ચ પ્રોજેક્ટ સાથે સંકળાયેલા સિનિયર આયુર્વેદિક નિષ્ણાત ડૉ. નીતિન કોચર કહે છે, 'હળવાં, નટી સ્વાદવાળાં આ નાનાં બીજ પ્રાકૃતિક રીતે હીમોગ્લોબિનનું સ્તર સુધારવા માટે એક ઉત્તમ વિકલ્પ સાબિત થઈ શકે છે. હલીમનાં બીજ લોહીવર્ધક છે અને એનાથી વાયુ ઓછો થાય છે. અસ્થમા, હાડકાં માટે સારાં છે. વિટિલિયમ સટાઇવમ એનું સાયન્ટિફિક નામ છે. ટર્કી જર્નલ ઑફ ફાર્મેકોલૉજી સાયન્સ મુજબ પણ જોશો તો એમાં વૈજ્ઞાનિક સંશોધનના અંતે પણ ચંદ્રશૂર ખૂબ જ અકસીર માનવામાં આવ્યાં છે. ટૂંકમાં કહું તો એવું શું છે જેનો ઉલ્લાજ આમાં નથી? આયુર્વેદ મુજબ ઉત્તમ દવાઓમાં એની ગણના કહી શકાય. કોઈ પણ દવા કેવી હોવી જોઈએ? તો એના ચાર ગુણો છે. એ બધે મળે, નાના ડોઝમાં પણ સારું કામ કરે, સુરક્ષિત હોય અને સસ્તી હોવી જોઈએ. એ રીતે આ દવાઓમાં શ્રેષ્ઠ છે અને કુદરતનું અદ્‌ભુત રસાયણ છે એવું સંશોધનો કહે છે.'


ન્યુટ્રિશનિસ્ટ કુંજલ શાહ

કેવી રીતે લેવાં?

હલીમ બીજને આહારમાં સામેલ કરવા માટે તમે એને રાત્રે ભીંજવીને ગરમ દૂધ સાથે પી શકો છો, શેકમાં મિક્સ કરી શકો છો અથવા સૂપ અને સેલડમાં ઉમેરી શકો છો આવું જણાવતાં કુંજલ શાહ કહે છે, 'ભારતીયોમાં જે લોકો વેજિટેરિયન છે તેમનામાં નૉનવેજ ફૂડને અભાવે જો આયર્ન લેવલ ઓછું જોવા મળે તો આને તમારી રેગ્યુલર ડ્રાય સામેલ કરી શકાય. સેલડ, સૅન્ડવિચ, સૂપ અને સ્મૂથીમાં વપરાય. ગુજરાતી કૅમિલીમાં આપણે લાડવામાં પણ હલીમનાં બીજ નાખીએ છીએ.'

આ બીજ વિશે સંશોધનો પણ થયાં છે અને એકદમ સેફ છે એ વિશે ડૉ. નીતિન કોચર કહે છે, 'સ્ટાન્ડર્ડ જર્નલ મુજબ પણ એ સેફ છે અને શાસ્ત્રમાં પણ સેફ છે. આ બીજનું ખંડ નાનું હોય છે. તિબેટમાં બહુ થાય છે અને એ લોકો આનું સૂપ બનાવે. એનાં બીજની રાબ બનાવી શકાય. આખાં બીજને દરદરાં કૂટી એને પાણીમાં મૂકી રાબ બનાવી શકાય. બદામ અને કાજુનું દૂધ લઈને કરો તો ખૂબ સારું. એમાં સારા પ્રમાણમાં પ્રોટીન જોવા મળે છે. એમાં હેલ્થી ફેટી ઍસિડ અને હાઈ ફાઇબર જોવા મળે છે. કૅલ્શિયમ અને ઍસેન્શિયલ મિનરલ્સ છે. વિટામિન A, C અને B છે. ઍસ્કૉર્બિક ઍસિડ છે. આ નાનાં બીજ સુપરફૂડ છે. પ્રેગ્નન્સીમાં માતાઓની આવશ્યકતા વધારે હોય છે. કૉલેસ્ટરોલ ન વધે, વાળ સારા થાય, બાળકની હેલ્થ સારી રહે એ માટે પૂર્વજોએ આપેલી ઉત્તમ ભેટ છે ચંદ્રશૂર.'

ડિલિવરી પછીના ફાયદાઓ અનેક

ચંદ્રશૂર એક એવી દવા છે જે પ્રેગ્નન્સીમાં ડિલિવરીની પહેલાં અથવા પછી આપવાનું વિધાન છે. આ સમયે સેવન કરવાથી ડિલિવરી સરળ બને છે અને પોસ્ટ-ડિલિવરી માસિક સાફ આવે છે. આવું જણાવી ડૉ. નીતિન કહે છે, 'પ્રી-ડિલિવરીમાં એનાથી માતાઓના વજાઇના મસલ્સ સૉફ્ટ થાય. લેબર દરમિયાન એનું સંકોચન સારું થાય, બ્લડ-સર્ક્યુલેશન સારું થાય અને સોજા તથા પીડા ઓછી કરે છે. મોટા ભાગે ડ્યુ ડેટના વીસેક દિવસ પહેલાં લેવાની કહેવાય છે. ડિલિવરી પછી થલી વાર માતાઓની ગર્ભાશય શુદ્ધિ માટે વપરાય છે. એનાથી એસ્ટ્રોજન હૉર્મોન સારું રહે છે અને બાળકોને માટે દૂધ પણ સારું આવે છે. હૉર્મોનલ ઇમ્બેલેન્સ ઘટાડવામાં કામ લાગે છે. પાંચ ગ્રામ એટલે કે એક ચમચી લેવાનું. બદામના દૂધ સાથે ઉત્તમ છે. એને ઉકાળીને, થરગથ્થું થી અને ગોળ નાખીને પી શકાય. એની રાબ સિવાય દૂધ ન પીતા હો તો પાણીમાં ઉકાળી ગોળ સાથે લઈ શકાય અથવા લાડવા બનાવી ખાઈ શકાય. એમાં ઍન્ટિ-ઑક્સિડેટિવ પ્રોપર્ટી પણ છે. હીમોગ્લોબિન છે એ સાયન્ટિફિકલી પ્રૂવન છે અને ગુડ જર્નલમાં છે. ડિલિવરી હાઈ ઇવનર્જિક મેટાબોલિક પ્રોસેસ છે, એ દરમિયાન શરીરમાં મેટાબોલિક કચરો જમા થાય છે. એ કચરાને કાઢવા ઍન્ટિઑક્સિડેશન થાય. ડિલિવરીનો મેટાબોલિક વેસ્ટ ઓછો કરવા વીસ દિવસ પહેલાં અશેળિયો ચાલુ કરો અને એક વર્ષ ચાલુ રાખો. એનાથી પુરિન પણ સાફ આવે. કિડની સ્ટોન ન થાય. વજાઇનલ સ્વેલિંગ પણ ઓછું થાય. થલી પ્રેગ્નન્ટ સ્ત્રીઓને બ્લડપ્રેશર આવે, એની દવા સાથે આ પીવે તો પણ સારું. આમાં મધુમેહમાં ઉપયોગી એવી ઍન્ટિ-પ્રયાબેટિક પ્રોપર્ટીઝ છે એટલે જેસ્ટેશનલ શુગરમાંય સારું છે. આપણા શરીરમાં ઇન્સ્યુલિન હૉર્મોનનું રેઝિસ્ટન્સ કાઢવા માટે એ કામ કરે છે. ડિલિવરી પછી કમર પકડાય છે. એવા સમયે હાડકાં અને સાંધાનું પોષણ થાય અને એમાં તેલી દ્રવ્ય ઊભું થાય.'

સંશોધનોમાં જોવા મળેલા ફાયદાઓ

ચંદ્રશૂરની પુરુષો પર થતી અસર શોધવા માટે મેલ ઉંદર પર પ્રયોગ થયેલા. એ વિશે વાત કરતાં ડૉ. નીતિન કહે છે, 'એ ઉંદરોને હલીમ સોલ્યુશન આપ્યા બાદ અમુક દિવસોમાં એમના સ્પર્મ-કાઉન્ટ વધી ગયા અને મોર્ટિલિટી પણ વધી ગઈ. જે પુરુષોને સ્પર્મ-કાઉન્ટ ઓછા છે તેમના માટે પુષ્કળાન અને વસનની પરેજી સાથે ખાવાનું બેસ્ટ છે. રોજ ભુક્યા પેટે એક લાડુ ખાઓ અથવા રાતે ગરમ દૂધ સાથે તો વંધ્યત્વ દૂર થાય. જર્નલ ઑફ કૅમિલી મેડિસિન પ્રાઇમરી કૅર ૨૦૨૦માં લખ્યું છે કે એ લીધા બાદ હાડકાં મજબૂત થાય. એ લીધા પછી મજ્જાધાતુનું પોષણ સારી રીતે થાય અને હાડકાં પણ સારાં થાય. ઉંદરમાં ફ્રેક્ચર સારાં થયાં છે. એમાં ઍન્ટિ-ઑક્સ્યમેટિક ઇફેક્ટ જોવા મળે છે. રોગપ્રતિકારક શક્તિ વધારે. લિવર, કિડની માટે પણ અશેળિયો સારો.'

ઘરેલુ નુસખા તરીકે ગર્ભપાત કરવા અશેળિયો પીવાનું કહે છે એ આયુર્વેદ મુજબ ખોટું છે. એ ગર્ભપાત માટે નથી. સ્ત્રીઓ ઉપરાંત વડીલોમાં ઑસ્ટિયોપોરોસિસ હોય તો રોજ એક ચમચી હલીમ સીડ્સ સેલડમાં નાખીને ખાઓ. કન્ક્શન ઘટાડવા માટે પણ સારું. પૉલિસિસ્ટિક ઓવેરિયન ડિસીઝ (PCOD) હોય તો પણ લેવાય. બાળકોને બે-ત્રણ ચપટી જેટલા માપમાં આપી શકાય.
- ડૉ. નીતિન કોચર, આયુર્વેદ નિષ્ણાત



કોણે ન લેવાં?

જેમને થાઇરૉઇડની તકલીફ હોય તેમણે હલીમ બીજ પૂછ્યા વગર ન લેવાં અથવા હું તો કહીશ ન જ લેવાં એવું જણાવતાં કુંજલ શાહ કહે છે, 'હલીમનાં બીજ થાઇરૉઇડના ફંક્શનને અવરોધી શકે છે. આ સિવાય જેમની ત્વચાને ગરમ તાસીરનું ફૂડ જામતું નથી તેમણે પૂછીને લેવું જે લોકો વજન ઘટાડવાનું કામ કરે છે તેમણે કસરત અને ડાયટ સાથે આનો ઉપયોગ કરવો. એમનેમ ખાવાથી વજન પર અસર નહીં થાય. એમાં ફાઇબર છે એ સાચું પણ એક ટીસ્પૂનમાં તો ભાગ્યે જ કોઈ ફાઇબર મળે.'

Mid Day (Gujarati) • 01 Feb • Ministry of Ayush

A 4-year degree course in Ayurveda and Yogic Science will now start in Maharashtra

2 • PG | 95 • Sqcm | 76056 • AVE | 389.96K • Cir | Bottom Right

Mumbai

મહારાષ્ટ્રમાં હવે ૪ વર્ષનો આયુર્વેદ અને યોગિક સાયન્સનો ડિગ્રી કોર્સ શરૂ થશે

મહારાષ્ટ્ર સરકારે આ વર્ષે પહેલી વખત ૪ વર્ષના બેચલર ઑફ નેચરોપથી એન્ડ યોગિક સાયન્સ (BNYS)નો અભ્યાસક્રમ શરૂ કરવાની જાહેરાત કરી છે. મેડિકલ એજ્યુકેશન એન્ડ ડ્રગ્સ ડિપાર્ટમેન્ટ (MEDD)એ કોલ્હાપુરમાં એક નવી સરકારી કૉલેજને મંજૂરી આપી છે. આ કૉલેજમાં BNYSની ૬૦ સીટ હશે. એ ઉપરાંત સાતારા અને છત્રપતિ સંભાજીનગરમાં પણ બે પ્રાઇવેટ કૉલેજ શરૂ કરવાની યોજના છે. અત્યારના ૨૦૨૪-'૨૫ના એકૅડેમિક વર્ષમાં મોડું થયું હોવા છતાં રાજ્ય સરકારે રસ ધરાવતા વિદ્યાર્થીઓ માટે ઍડ્મિશન આપવાનો નિર્ણય લીધો છે.

મહારાષ્ટ્ર સરકારે BNYSને પ્રોફેશનલ જાહેર કર્યો છે એટલે મહારાષ્ટ્ર કૉમન એન્ટ્રન્સ એક્ઝામ (MAH CET) સેલ દ્વારા ઍડ્મિશનની પ્રોસેસ આયોજિત કરવામાં આવશે. આ કોર્સમાં PCB સાથે HSC પાસ કર્યું હોય અને NEET-UG 2024ની પરીક્ષા આપી હોય એવા જ વિદ્યાર્થીને ઍડ્મિશન આપવામાં આવશે.

મહારાષ્ટ્રમાં નેચરોપથી એન્ડ યોગિક સાયન્સમાં ડિપ્લોમા કોર્સ ઉપલબ્ધ છે, પણ હવે ડિગ્રી કોર્સની શરૂઆત કરવામાં આવી છે.

મહારાષ્ટ્ર યુનિવર્સિટી ઑફ હેલ્થ સાયન્સિસ (MUHS) સંલગ્ન ઇન્સ્ટિટ્યુટ્સના માધ્યમથી આ કોર્સ ઑફર કરશે. લોનાવલાના કૈવલ્યધામ યોગ ઇન્સ્ટિટ્યુટ અને આયુર્વેદના એક્સપર્ટ્સ દ્વારા એનો અભ્યાસક્રમ તૈયાર કરવામાં આવ્યો છે. આ કોર્સની ડિગ્રી મેળવ્યા બાદ મૉડર્ન મેડિસિનમાં પ્રૅક્ટિસ નથી કરી શકાતી એટલે એનો સમાવેશ આયુષની અંદર કરવામાં આવ્યો છે.

Pioneer Hindi • 02 Feb • Ministry of Ayush

Ayush mantralay ko diya 3,992.90 cr ka avantan

10 • PG | 39 • Sqcm | 60141 • AVE | 375K • Cir | Middle Left

Delhi



आयुष मंत्रालय को दिया 3,992.90 करोड़ का आवंटन

नई दिल्ली, एक फरवरी (भाषा) आयुष मंत्रालय के लिए बजट आवंटन 2024-25 में 3,497.64 करोड़ रुपए (संशोधित अनुमान) से बढ़ाकर 2025-26 के लिए 3,992.90 करोड़ रुपए कर दिया गया है यानी इसमें 14.15 प्रतिशत की वृद्धि की गई है। राष्ट्रीय औषधीय पादप बोर्ड को 18.59 करोड़ रुपए आवंटित किए गए हैं, जबकि भारतीय चिकित्सा और होम्योपैथी के लिए फार्माकोपिया आयोग (पीसीआईएचएच) को 21.96 करोड़ रुपए आवंटित किए गए है। भारतीय चिकित्सा और होम्योपैथी के लिए फार्माकोपिया आयोग आयुष मंत्रालय के अधीन एक कार्यालय है। यह भारत में सभी आयुष दवाओं के परीक्षण के लिए एक अधिकृत प्राधिकरण है। यह फार्माकोपिया के रूप में प्रकाशित सभी आयुष दवाओं के लिए मानक भी निर्धारित करता है।

Kannada Prabha • 02 Feb • Ministry of Ayush

Centre budget 2025

4 • PG | 737 • Sqcm | 486553 • AVE | 341.56K • Cir | Top Center

Bengaluru

ಪ್ರಧಾನ ಮಂತ್ರಿ ಧನ- ಧಾನ್ಯ ಕೃಷಿ ಯೋಜನೆ ಘೋಷಣೆ. ರಾಜ್ಯ ಸರ್ಕಾರಗಳ ಸಹಯೋಗ ದೊಂದಿಗೆ 100 ಜಿಲ್ಲೆಗಳ ಶೇ.1.7 ರೈತರಿಗೆ ನೆರವು

ತೊಗರಿ, ಉದ್ದು, ಮಸೂರ್ ದಾಲ್‌ಗಳನ್ನು ಕೇಂದ್ರೀಕರಿಸಿ 6 ವರ್ಷಗಳ ಅವಧಿಯ ಆತ್ಮನಿರ್ಭರತಾ ಮಿಷನ್ ಅನುಷ್ಠಾನ

ಕೇಂದ್ರ ಬಜೆಟ್ 2025



ಸಂಕ್ಷಿಪ್ತ

96,777 ಕೋಟಿ ರು. ನಗರಾಭಿವೃದ್ಧಿ ಇಲಾಖೆಯ ವೆಚ್ಚಗಳಿಗೆ ಬಜೆಟ್‌ನಲ್ಲಿ ನಿಗದಿಯಾದ ಮೊತ್ತ

95,298 ಕೋಟಿ ರು. ಮಾಹಿತಿ ತಂತ್ರಜ್ಞಾನ ಮತ್ತು ಟೆಲಿಕಾಂ ಉದ್ಯಮಗಳಿಗೆ ಮೀಸಲಾದ ಹಣ

ಸುಪ್ರೀಂ ಕೋರ್ಟ್ ಕಟ್ಟಡ ವಿಸ್ತರಣೆಗೆ 123.75 ಕೋಟಿ

2025-26ನೇ ಹಣಕಾಸು ವರ್ಷದಲ್ಲಿ ಸುಪ್ರೀಂ ಕೋರ್ಟ್ ಕಟ್ಟಡದ ವಿಸ್ತರಣೆಗಾಗಿ 123.75 ಕೋಟಿ ರು.ಗಳನ್ನು ಮಂಜೂರು ಮಾಡಲಾಗಿದೆ ಎಂದು ಕೇಂದ್ರ ಹಣಕಾಸು ಸಚಿವೆ ನಿರ್ಮಲಾ ಸೀತಾರಾಮನ್ ಶನಿವಾರ ತಮ್ಮ ಬಜೆಟ್ ಭಾಷಣದಲ್ಲಿ ಘೋಷಿಸಿದರು. 2024-25ರ ಹಣಕಾಸು ವರ್ಷದಲ್ಲಿ ಈ ಯೋಜನೆಗೆ 46.63 ಕೋಟಿ ರು.ಗಳನ್ನು ಘೋಷಿಸಲಾಗಿತ್ತು.

ಆಯುಷ್ ಸಚಿವಾಲಯಕ್ಕೆ ₹3,992.90 ಕೋಟಿ

ಕೇಂದ್ರ ಬಜೆಟ್‌ನಲ್ಲಿ ಆಯುಷ್ ಸಚಿವಾಲಯಕ್ಕೆ 3,992.90 ಕೋಟಿ ರು. ಅನುದಾನ ನೀಡಲಾಗಿದೆ. ಇದು 2024-25 ಅವಧಿಯಲ್ಲಿ ನೀಡಲಾಗಿದ್ದ 3,497.64 ಕೋಟಿ ರು.ಗಿಂತ ಶೇ.14.15 ಅಧಿಕವಾಗಿದೆ. ಈ ಮೊತ್ತದಲ್ಲಿ, ಆಯುಷ್ (ಆಯುರ್ವೇದ, ಸಿದ್ಧ, ಅನಾನಿ ಹಾಗೂ ಹೋಮಿಯೋಪತಿ) ಔಷಧಿಗಳಿಗಾಗಿ ಮೂಲಿಕೆ ಗಿಡಗಳನ್ನು ಒದಗಿಸುವ ರಾಷ್ಟ್ರೀಯ ಔಷಧಿ ಗಿಡಮೂಲಿಕಾ ಪ್ರಾಧಿಕಾರಕ್ಕೆ 18.59 ಕೋಟಿ ರು. ಮೀಸಲಿಡಲಾಗಿದೆ. ಅಂತೆಯೇ, ಆಯುಷ್ ಔಷಧಿಗಳ ಪರೀಕ್ಷಿಸುವ ಭಾರತೀಯ ಔಷಧಿಗಳಗಾಗಿ ಫಾರ್ಮಾಕೊಪೊಯಿಯಾ ಆಯೋಗ ಹಾಗೂ ಹೋಮಿಯೋಪತಿಗೆ 21.96 ಕೋಟಿ ರು. ಮೀಸಲಿಡಲಾಗಿದೆ. ಉಳಿದಂತೆ, ಸ್ವಾಯತ್ತ ಸಂಸ್ಥೆಗಳಾದ ಆಯುರ್ವೇದ ವಿಜ್ಞಾನ ಸಂಶೋಧನೆಗಾಗಿ ಕೇಂದ್ರೀಯ ಕೌನ್ಸಿಲ್‌ಗೆ 457.20 ಕೋಟಿ ರು., ಹೋಮಿಯೋಪತಿ ಸಂಶೋಧನೆಗಾಗಿ ಕೇಂದ್ರೀಯ ಕೌನ್ಸಿಲ್‌ಗೆ 165 ಕೋಟಿ ರು., ಯುನಾನಿ ಔಷಧಿ ಸಂಶೋಧನೆಗಾಗಿ ಕೇಂದ್ರೀಯ ಕೌನ್ಸಿಲ್‌ಗೆ 214.50 ಕೋಟಿ ರು., ಆಲ್ ಇಂಡಿಯಾ ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಯುರ್ವೇದ್‌ಗೆ 251.20 ಕೋಟಿ ರು. ಸೇರಿದಂತೆ, ಒಟ್ಟು 1,965.80 ಕೋಟಿ ರು. ನೀಡಲಾಗಿದೆ.

ಬಜೆಟ್‌ನಲ್ಲಿ ಬಿಹಾರಕ್ಕೆ ಬಂಪರ್ ಅನುದಾನ!

ಸತತ 2ನೇ ವರ್ಷವೂ ಬಿಹಾರಕ್ಕೆ ಹೆಚ್ಚಿನ ಪ್ರಾಶಸ್ತ್ಯ | ಈ ವರ್ಷಾಂತ್ಯಕ್ಕೆ ಬಿಹಾರಲ್ಲಿ ವಿಧಾನಸಭೆ ಚುನಾವಣೆ | ನಿತೀಶ್ ಒಲೈಸಿದ ಕೇಂದ್ರ

2025ರ ಕೇಂದ್ರ ಬಜೆಟ್‌ನಲ್ಲಿ ಹೆಚ್ಚು ಅನುದಾನ ಬಾಚಿಕೊಂಡಿದ್ದು ಬಿಹಾರ. ಇದಕ್ಕೆ ಹಲವು ಕಾರಣಗಳಿವೆ. ಮೊದಲನೆಯದ್ದು, ಈ ವರ್ಷಾಂತ್ಯಕ್ಕೆ ಬಿಹಾರದಲ್ಲಿ ವಿಧಾನಸಭಾ ಚುನಾವಣೆ ನಡೆಯಲಿದ್ದು, ಭರ್ಜರಿ ಅನುದಾನ ಘೋಷಿಸುವಮೂಲಕ ರಾಜ್ಯದ ಮತದಾರರನ್ನು ಸೆಳೆಯಲು ಕೇಂದ್ರ ರಣತಂತ್ರ ಹೂಡಿದೆ. ಮತ್ತೊಂದು ಪ್ರಮುಖ ಕಾರಣವೆಂದರೆ ಮುನಿಸಿಕೊಂಡಿರುವ ಬಿಜೆಪಿಯ ಮಿತ್ರ ಪಕ್ಷ ಜೆಡಿಯುನ ಮುಖಂಡ, ಬಿಹಾರ ಮುಖ್ಯಮಂತ್ರಿ ನಿತೀಶ್ ಕುಮಾರ್‌ರ ಮನವೊಲಿಕೆಯ ಯತ್ನ.

ಇತ್ತೀಚೆಗಷ್ಟೇ ಮಣಿಪುರ ಚುನಾವಣೆಯಲ್ಲಿ ಜೆಡಿಯು, ಬಿಜೆಪಿಗೆ ಬೆಂಬಲಿಸುವುದಿಲ್ಲ ಎಂದು ನಿತೀಶ್ ಸ್ಪಷ್ಟಪಡಿಸಿದ್ದರು. ಹೀಗಾಗಿ, ಬಿಹಾರ ಚುನಾವಣೆಯಲ್ಲೂ ಬಿಜೆಪಿಗೆ ಹಿನ್ನಡೆ ಉಂಟಾಗಬಾರದು ಎನ್ನುವ ಮುಂದಾಲೋಚನೆಯಿಂದ ಬಿಹಾರಕ್ಕೆ ಹೆಚ್ಚಿನ ಅನುದಾನ ಘೋಷಣೆ ಮಾಡಲಾಗಿದೆ.

ಕಳೆದ ವರ್ಷ ಕೇಂದ್ರದಲ್ಲಿ 3ನೇ ಬಾರಿಗೆ ನರೇಂದ್ರ ಮೋದಿ ಸರ್ಕಾರ ಅಧಿಕಾರಕ್ಕೆ ಬರಲು ನೆರವಾಗಿದ್ದ ಚಂದ್ರಬಾಬು ನಾಯ್ಡು ಹಾಗೂ ನಿತೀಶ್ ಕುಮಾರ್‌ರ ಅಂಧ್ರ ಪ್ರದೇಶ ಹಾಗೂ ಬಿಹಾರ ರಾಜ್ಯಗಳಿಗೆ ಭಾರೀ ನೆರವು ಘೋಷಣೆಯಾಗಿತ್ತು. ಈ ಬಾರಿಯೂ ದೊಡ್ಡ ಪ್ರಮಾಣದಲ್ಲಿ ಅನುದಾನ ಗಿಟ್ಟಿಸಿಕೊಳ್ಳುವಲ್ಲಿ ನಿತೀಶ್ ಯಶಸ್ವಿಯಾಗಿದ್ದಾರೆ.

ಬಿಹಾರದ ಮಧುಬಾನಿ ಸೀರೆಯುಟ್ಟು ನಿರ್ಮಲಾ ಬಜೆಟ್ ಮಂಡನೆ!: ಹಣಕಾಸು ಸಚಿವೆ ನಿರ್ಮಲಾ ಸೀತಾರಾಮನ್, ಬಜೆಟ್ ಮಂಡನೆಗೆ ಬಿಹಾರದ ಮಧುಬಾನಿ ಸೀರೆಯನ್ನುಟ್ಟು ಬಂದಿದ್ದರು. ಇದು ಬಿಹಾರದ ಜನರ ಮನಗೆಲ್ಲುವ ಪ್ರಯತ್ನವೂ ಆಗಿರಬಹುದು ಎಂದು ಸಾಮಾಜಿಕ ತಾಣಗಳಲ್ಲಿ ಚರ್ಚೆ ನಡೆಯುತ್ತಿದೆ.



ಎಲ್‌ಜೆಪಿ, ಜೆಡಿಯು ಮೆಚ್ಚುಗೆ: ಬಿಹಾರಕ್ಕೆ ಭರ್ಜರಿ ಅನುದಾನ ನೀಡಿದ್ದನ್ನು ಲೋಕ ಜನ ಶಕ್ತಿ ಪಾರ್ಟಿ (ರಾಮ್‌ವಿಲಾಸ್ ಪಾಸ್ವಾನ್) ನಾಯಕ, ಕೇಂದ್ರ ಸಚಿವ ಚಿರಾಗ್ ಪಾಸ್ವಾನ್ ಸ್ವಾಗತಿಸಿದ್ದಾರೆ. 'ರಾಷ್ಟ್ರೀಯ ಆಹಾರತಂತ್ರಜ್ಞಾನ, ಉದ್ಯಮಶೀಲತೆ ಹಾಗೂ ನಿರ್ವಹಣೆ ಕೇಂದ್ರವನ್ನು ಬಿಹಾರದಲ್ಲಿ ಸ್ಥಾಪನೆ ಮಾಡುವುದರಿಂದ ರಾಜ್ಯದ ಪಶ್ಚಿಮ ಭಾಗಕ್ಕೆ ಅನುಕೂಲವಾಗಲಿದೆ. ರೈತರಿಗೆ ತಮ್ಮ ಬೆಳೆಗಳಿಗೆ ಉತ್ತಮ ಬೆಲೆ ಸಿಗಲಿದ್ದು, ಉತ್ಪಾದನೆಯ ಗುಣಮಟ್ಟವೂ ಹೆಚ್ಚಲಿದೆ' ಎಂದಿದ್ದಾರೆ.

ಜೆಡಿಯು ಕಾರ್ಯಾಧ್ಯಕ್ಷ ಸಂಜಯ್ ಝಾ, ಬಿಹಾರದಲ್ಲಿ ಮಖಾನಾ ಮಂಡಳಿ ಸ್ಥಾಪನೆ ಮಾಡುವುದಾಗಿ ಕೇಂದ್ರ ಘೋಷಿಸಿದ್ದಕ್ಕೆ ಸಂತಸ ವ್ಯಕ್ತಪಡಿಸಿದ್ದಾರೆ. ರೈತರು ಹಾಗೂ ಉದ್ಯಮಿಗಳಿಗೆ ಹೊಸ ಅವಕಾಶಗಳು ಸಿಗಲಿವೆ ಎಂದಿದ್ದಾರೆ.

ಬಿಹಾರಕ್ಕೆ ಸಿಕ್ಕಿದ್ದೇನು?

1. ಬಜೆಟ್‌ನಲ್ಲಿ ಪಶ್ಚಿ ಸಚಿವೆ ನಿರ್ಮಲಾ ಸೀತಾರಾಮನ್, ಬಿಹಾರದಲ್ಲಿ ಮಖಾನಾ (ತಾವರೆ ಬೀಜ) ಮಂಡಳಿ ಸ್ಥಾಪನೆ ಮಾಡುವುದಾಗಿ ಘೋಷಿಸಿದ್ದಾರೆ. ಪಶ್ಚಿಮ ಕೋಸಿ ನಾಲೆಗೆ ವಿಶೇಷ ಅನುದಾನ ಹಾಗೂ ಪಾಟ್ನಾ ಐಐಟಿ ಅಭಿವೃದ್ಧಿಗೂ ನೆರವು ಘೋಷಣೆ ಮಾಡಲಾಗಿದೆ.
2. ಬಿಹಾರಲ್ಲಿ ರಾಷ್ಟ್ರೀಯ ಆಹಾರ ತಂತ್ರಜ್ಞಾನ ಕೇಂದ್ರ ಸ್ಥಾಪಿಸುವುದಾಗಿ ಘೋಷಿಸಿದ ನಿರ್ಮಲಾ, ಭವಿಷ್ಯವನ್ನು ಗಮನದಲ್ಲಿಟ್ಟುಕೊಂಡು ಹೊಸದಾಗಿ ವಿಮಾನ ನಿರ್ವಾಣಗಳನ್ನು ನಿರ್ಮಿಸುವುದಾಗಿಯೂ ತಿಳಿಸಿದರು.
3. 'ಬಿಹಾರದಲ್ಲಿ ಮಖಾನಾ ಮಂಡಳಿ ಸ್ಥಾಪನೆ ಮಾಡುವುದರಿಂದ, ರಾಜ್ಯದಲ್ಲಿ ಆದರ ಉತ್ಪನ್ನ ಹಾಗೂ ಸಂಸ್ಕರಣೆಗೆ ಅನುಕೂಲವಾಗಲಿದೆ. ಪಶ್ಚಿಮ ಕೋಸಿ ನಾಲೆಗೆ ಕೇಂದ್ರವು ಆರ್ಥಿಕ ನೆರವು ಒದಗಿಸಿದ್ದು, ಇದರಿಂದ ಮಿಥಿಲಾಂಚಲ ಪ್ರಾಂತ್ಯದಲ್ಲಿ ಸುಮಾರು 50000 ಹೆಕ್ಟೇರ್ ಪ್ರದೇಶದ ರೈತರಿಗೆ ಸಹಕಾರಿಯಾಗಲಿದೆ' ಎಂದು ನಿರ್ಮಲಾ ಹೇಳಿದರು.

ಕೇಂದ್ರ ಬಜೆಟ್‌ನಿಂದ ಬಿಹಾರದ ಬೆಳವಣಿಗೆಗೆ ವೇಗ: ಸಿಎಂ ನಿತೀಶ್

ಕೇಂದ್ರದ ಘೋಷಣೆಗಳು ರಾಜ್ಯದ ಭವಿಷ್ಯ ಬೇಡಿಕೆಗೆ ಪೂರಕ ರಾಜ್ಯದ ಬೆಳವಣಿಗೆಗೆ ಆಗತ್ಯವಾಗಿದ್ದ ಬಜೆಟ್: ಮುಖ್ಯಮಂತ್ರಿ



- ಗ್ರೀನ್‌ಫೀಲ್ಡ್ ಏರ್‌ಪೋರ್ಟ್‌ಗಳು ಬಿಹಾರದ ಅವಶ್ಯಕತೆ ಪೂರೈಕೆ
- ಐಐಟಿ ಪಟನಾ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚಳ ಶೈಕ್ಷಣಿಕ ಬೆಳವಣಿಗೆಗೆ ಪೂರಕ

ಪಟನಾ: ಕೇಂದ್ರ ಸಚಿವೆ ನಿರ್ಮಲಾ ಸೀತಾರಾಮನ್ ಅವರು ಮಂಡಿಸಿದ ಬಜೆಟ್ ಬಗ್ಗೆ ಮೆಚ್ಚುಗೆ ವ್ಯಕ್ತಪಡಿಸಿದ ಬಿಹಾರದ ಮುಖ್ಯಮಂತ್ರಿ, ಜೆಡಿಯು ಪಕ್ಷದ ನಾಯಕ ನಿತೀಶ್ ಕುಮಾರ್ ಕೇಂದ್ರದ ಬಜೆಟ್‌ನಿಂದಾಗಿ ಬಿಹಾರದ ಅಭಿವೃದ್ಧಿಗೆ ವೇಗ ನೀಡಲು ಸಹಕಾರಿಯಾಗಲಿದೆ ಎಂದು ಸಂತಸ ವ್ಯಕ್ತಪಡಿಸಿದ್ದಾರೆ.

ಬಜೆಟ್ ಬಗ್ಗೆ ಮಾತನಾಡಿದ ಅವರು, ಮಖಾನಾ ಮಂಡಳಿ ಸ್ಥಾಪನೆ, ಗ್ರೀನ್‌ಫೀಲ್ಡ್ ಏರ್‌ಪೋರ್ಟ್‌ಗಳು ಬಿಹಾರದ ಭವಿಷ್ಯದ ಅವಶ್ಯಕತೆಯನ್ನು ಪೂರೈಸಿ ಆಂತಾರಾಷ್ಟ್ರೀಯ ವಿಮಾನಗಳ ಆಗಮನಕ್ಕೆ ಸಹಕಾರಿಯಾಗಲಿದೆ. ಐಐಟಿ ಪಟನಾದ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚಳವು ರಾಜ್ಯದಲ್ಲಿ ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ಇದು ಪ್ರಗತಿಶೀಲ ಮತ್ತು ಭವಿಷ್ಯಮುಖಿಯಾಗಿದ್ದು, ರಾಜ್ಯದ ಬೆಳವಣಿಗೆಯನ್ನು ಇಮ್ಮಡಿಗೊಳಿಸುತ್ತದೆ ಎಂದರು.

12 ಲಕ್ಷ ಆದಾಯಕ್ಕೆ ಶೂನ್ಯ ತೆರಿಗೆ ಬಗ್ಗೆ ಮಾತನಾಡಿದ ನಿತೀಶ್, ಆದಾಯ ತೆರಿಗೆಯಲ್ಲಿನ ಬದಲಾವಣೆಯು ಮಧ್ಯಮ ವರ್ಗಕ್ಕೆ ಸಹಕಾರಿಯಾಗಲಿದೆ. ಇದಕ್ಕಾಗಿ ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿ, ಹಣಕಾಸು ಸಚಿವೆ ನಿರ್ಮಲಾ ಸೀತಾರಾಮನ್ ಅವರಿಗೆ ಬಿಹಾರದ ಜನತೆ ಪರವಾಗಿ ಧನ್ಯವಾದಗಳನ್ನು ಅರ್ಪಿಸುತ್ತೇನೆ ಎಂದು ಹರ್ಷ ವ್ಯಕ್ತಪಡಿಸಿದರು.

Eenadu • 02 Feb • Ministry of Ayush

Funds treatment for Medical field

6 • PG | 894 • Sqcm | 356009 • AVE | 147.23K • Cir | Top Right
Bengaluru

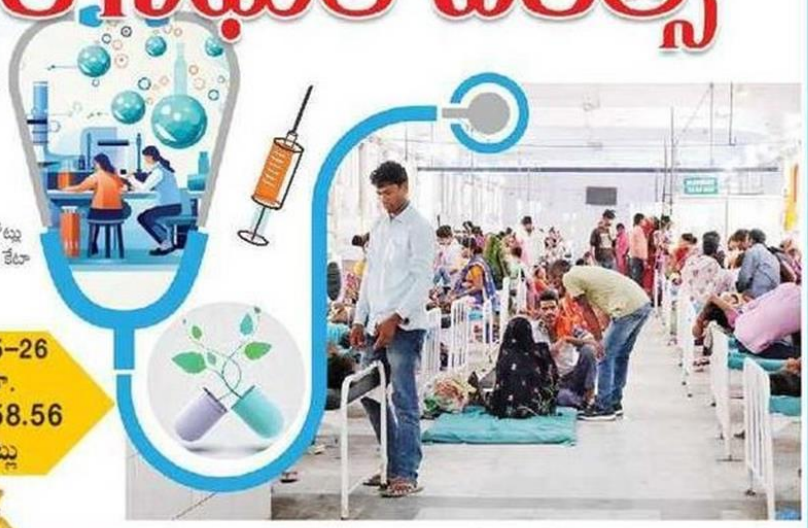
వైద్యరంగానికి నిధుల చికిత్స

- రూ.99 వేల కోట్లు కేటాయింపు
- నిరుటి కన్నా 11 శాతం ఎక్కువ
- మెడికల్ సీట్లు 10 వేలు పెంపు
- జిల్లా ఆసుపత్రుల్లో 'డే-కేర్ క్యాన్సర్ చికిత్స కేంద్రాలు'

దిల్లీ: కేంద్ర బడ్జెట్‌లో వైద్య రంగానికి నిధులు భారీగా పెంచారు. అలాగే వైద్య విద్య అభివృద్ధికి పెద్దపీట వేశారు. వైద్యశాఖకు గత ఆర్థిక సంవత్సరంతో పోలిస్తే ప్రస్తుత బడ్జెట్‌లో దాదాపు 11 శాతం కేటాయింపులు పెరిగాయి. 2024-25 సంవత్సరం (సవరించిన అంచనా)లో రూ. 89,974.12 కోట్లు కేటాయించగా.. 2025-26 బడ్జెట్‌లో రూ. 99,858.56 కోట్లు కేటాయించారు. ఆయుష్ మంత్రిత్వ శాఖకు కేటాయింపులు రూ. 3,497.64 కోట్ల నుంచి రూ. 3,992.90 కోట్లకు పెంచారు. ఇది 14.15% అధికం. ఆరోగ్య, కుటుంబ సంక్షేమ మంత్రిత్వ శాఖకు కేటాయించిన రూ. 99,858.56 కోట్లలో ఆరోగ్య, కుటుంబ సంక్షేమ శాఖకు రూ. 95,957.87 కోట్లు, వైద్య పరిశోధనలకు రూ. 3,900.69 కోట్లు ఇవ్వనున్నారు. స్వయం ప్రతిపత్తి సంస్థలకు కేటాయింపులను రూ. 18,978.72 కోట్ల నుంచి రూ. 20,046.07 కోట్లకు పెంచారు.

2024-25 రూ. 89,974.12 కోట్లు

2025-26 రూ. 99,858.56 కోట్లు



నిధుల కేటాయింపులు ఇలా (రూ.కోట్లలో)..

అంశం	2024-25	2025-26
ఆయుష్ మంత్రిత్వ శాఖ	3,497.64	3,992.90
జాతీయ వైద్య మిషన్	36,000.00	37,226.92
ఆయుష్మాన్ భారత్	7,605.54	9,406.00
జాతీయ ఐలీ మానసిక వైద్య కార్యక్రమం	45.00	79.60
జాతీయ డిజిటల్ హెల్త్ మిషన్	225.00	340.11
దిల్లీ ఎయిమ్స్	5,000.00	5,200.00
జీసీఎంఆర్	2,869.99	3,125.50



ఐదేళ్లలో 75 వేల వైద్య సీట్లు పెంపు

వైద్య రంగానికి నిధులను పెంచడమే కాకుండా వైద్యవిద్య అభ్యసించాలనుకునే విద్యార్థులకూ కేంద్రం శుభవార్త చెప్పింది. వైద్య కళాశాలల్లో ఐదేళ్లలో 75 వేల సీట్లు పెంచే లక్ష్యంలో భాగంగా వచ్చే ఏడాది(2025-26లో) 10 వేల సీట్లు పెంచనున్నారు. తమ ప్రభుత్వం గత పదేళ్లలో సుమారు 1.10 లక్షల యూజీ, పీజీ మెడికల్ సీట్లను పెంచిందని, గతంతో పోలిస్తే ఇది 130 శాతం అధికమని నిర్మలా సీతారామన్ పేర్కొన్నారు. మరోవైపు, దేశవ్యాప్తంగా అన్ని జిల్లా ఆసుపత్రుల్లో వచ్చే మూడేళ్లలో 'డే-కేర్ క్యాన్సర్ చికిత్స కేంద్రాలు' ఏర్పాటు చేయనున్నారు. అందులో 200 కేంద్రాలను 2025-26 ఆర్థిక సంవత్సరంలోనే నెలకొల్పనున్నారు. ప్రైవేటు రంగ భాగస్వామ్యంతో దేశంలో వైద్య పర్యాటకాన్ని 'హీల్ ఇన్ ఇండియా' కార్యక్రమాన్ని ప్రోత్సహించనున్నారు. ఇందుకు వైద్యసేవల సామర్థ్యాన్ని మెరుగుపరచడంతో పాటు వీసా నిబంధనల్లో సడలింపులు ఇవ్వనున్నారు. ప్రాథమిక ఆరోగ్య కేంద్రాలకు బ్రాడ్‌బ్యాండ్ సదుపాయం కల్పించనున్నారు.

Rashtradoot • 01 Feb • Ministry of Ayush

A proposal was passed to set up a Yoga Commission in the state

3 • PG | 45 • Sqcm | 44409 • AVE | 999.38K • Cir | Top Center

Jaipur

राज्य में योग आयोग के गठन को लेकर प्रस्ताव किया पारित

जयपुर। भारत के सभी योग संगठनों के समुच्चय एवं योग के मुख्य संगठन इंडियन योग एसोसिएशन की राजस्थान कार्यकारिणी की बैठक का आयोजन राष्ट्रीय महासचिव एवं आयुष मंत्रालय भारत सरकार की गवर्निंग कॉन्सिल के सदस्य सुबोध तिवारी की अध्यक्षता में बप्पा रावल सभागार में हुआ। बैठक में संपूर्ण राजस्थान के योग विशेषज्ञ एवं कार्यकारी समिति के सदस्य सम्मिलित हुए।

सर्वप्रथम संयुक्त सचिव हिमांशु पालीवाल ने गत बैठक के प्रस्तावों का अनुमोदन करवाते हुए अभी तक की यात्रा पर प्रकाश डाला। महासचिव सुबोध तिवारी ने संगठन की कार्ययोजना एवं अपेक्षाओं पर प्रकाश डालते हुए मार्गदर्शन प्रदान किया।