


MINISTRY OF AYUSH COMPILED MEDIA REPORT
01 Mar, 2025 – 17 Mar, 2025

 **Total Mention 1754**

 Print	Financial	Mainline	Regional	Periodical
250	22	136	90	2
 Online				
1504				

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Economic Times	5 exercises to improve your balance	Bengaluru	11
2.	The Economic Times	Patanjali and DSV Group Buy Magma General Insurance	Bengaluru	9
3.	The Economic Times	Why do women live longer than men	Delhi	19
4.	The Economic Times	That Gut Feeling	Pune + 3	1, 5
5.	The Economic Times	Hard Core	Bengaluru	9
6.	Mint	For smooth menopause, regular exercise is key	Chennai + 1	14
7.	Mint	Health tech cos sign up on digital mission	Hyderabad	2
8.	Mint	AI in healthcare improving outcomes	Hyderabad	5
9.	Mint	The common sense way to a healthy lifestyle	Chennai + 1	14
10.	Mint	Move over K-Beauty	Bengaluru + 1	2
11.	Mint	Skin deep	Bengaluru + 2	6
12.	Mint	Move over K - Beauty	Chennai	2
13.	Mint	Shahnaz Husain: The OG beauty influencer	Hyderabad	9
14.	The Financial Express	Patanjali enters insurance with Rs4,500 cr deal	Chandigarh + 10	1, 8
15.	The Financial Express	Dhami inaugurates UttarakhandDiaspora Conference	Delhi + 10	2
16.	The Financial Express	Patanjali's mega Rs1,500-cr food park to begin business	Kolkata + 10	4
17.	The Hindu Business Line	Patanjali enters insurance with Rs4,500-cr Magma General buy	Kolkata + 9	1
18.	The Hindu Business Line	Patanjali's mega food park to begin operations	Delhi	9
19.	Bizz Buzz	Govt firm on improving cancer care, treatment accessibility: Minister	Hyderabad	8
20.	Bizz Buzz	CARI to jointly research on ayurvedic formulation to manage diabetes	Hyderabad	4
21.	Bizz Buzz	AP budget outlay at Rs 3.22 L cr; med insurance of Rs 25L to all	Hyderabad	3
22.	Business Standard (Hindi)	Arogye Mandiro ka internet coverage bade	Chandigarh	4
23.	The Times of India	Manimajra to get Critical Care Block	Chandigarh	1

24.	The Times of India	Ministry of AYUSH to soon launch AI electives in traditional medical education	Chandigarh	7
25.	The Times of India	Ministry of AYUSH formulating framework to launch AI electives in traditional medical education	Delhi	11
26.	The Times of India	Traditional medical education to soon incorporate AI electives	Chennai + 1	7
27.	The Times of India	Traditional medicine curriculum to soon incorporate AI electives	Mumbai + 2	9
28.	The Times of India	Ministry of Ayush formulating framework to launch AI electives in traditional medicine education	Bhubaneswar	9
29.	The Times of India	Flex it! Studies show positive impact of yoga, ayurveda on many diseases	Delhi	5
30.	The Times of India	Mumbai celebrates girl power with a unique fitness challenge	Mumbai	5
31.	The Times of India	Patanjali, DS group buy insurer Magma from Poonawallas	Pune	15
32.	The Times of India	Patanjali, DS group buy insurer Magma from Poonawallas	Pune	15
33.	The Times of India	Reduce age for senior citizen Ayushman cards to 60: Parl committee	Kochi	1, 8
34.	The Times of India	Patanjali, DS Group buy Magma Insurance at Rs 4,500cr valuation	Bengaluru	15
35.	The Times of India	Yoga powerful way to maintain mental and physical well-being, says Prataprao Jadhav	Bhubaneswar	7
36.	The Times of India	Reduce age for Ayushman cards to 60, says Pad panel	Chandigarh	1, 12
37.	The Times of India	Another suspect arrested from UP	Chandigarh	1
38.	The Times of India	Ayushman medicine scam unearthed at PGI	Chandigarh	1
39.	The Times of India	Multi-crore Ayushman scam: PGI, pharmacy launch probe	Chandigarh	1
40.	The Times of India	Shahnaz Husain aims to empower women to gain financial freedom	Delhi	5
41.	The Times of India	Plea of woman 'healed of 25 bullet injuries by homeopathy' rejected	Delhi	3
42.	The Times of India	Calisthenics to powerlifting: Women embrace strength, endurance, agility	Bengaluru	6
43.	The Times of India	Make Ayush part of integrative medicine: ICMR	Kochi	1, 16
44.	The Times of India	Wellness parties bring the focus on holistic well-being	Bengaluru	6

45.	Hindustan Times	Go offbeat with your upcoming long weekends!	Mumbai	3
46.	Hindustan Times	Universal health care push with Jan Aushadhi Kendras	Delhi + 1	14
47.	Hindustan Times	BJP govt to start taking back cases against Delhi LG	Chandigarh	7
48.	Hindustan Times	70% Aam Aadmi Clinics rebranded as Ayushman Arogya Kendras	Chandigarh	2
49.	Hindustan Times	CM SAINI: 68K CASES OF CRIME AGAINST WOMEN IN FIVE YEARS	Chandigarh	4
50.	Hindustan Times	Ayushman fraud: PGI turns to online system	Chandigarh	2
51.	Hindustan Times	CM hands over job letters to 1k medical officers	Chandigarh	4
52.	Hindustan Times	10k medical seats to be added this year: Nadda	Mumbai	9
53.	Hindustan Times	Exam stress Let your kids relax with yoga	Mumbai	3
54.	Hindustan Times	India Has Gone From Being The Back Office To World Factory	Delhi	1
55.	Hindustan Times	SC allows BJP govt to retract appeal against HC order on ABHIM	Delhi	3
56.	The Indian Express	Ayushman: House panel backs 1.0 lakh cover for all above 60	Chandigarh	14
57.	The Indian Express	Sukhu presents supplementary budget of Rs17,053 cr for 2024-25	Chandigarh	12
58.	The Indian Express	Youth uses 'fake stamp to claim Rs60 for medicines under Ayushman Bharat', police investigation on	Chandigarh	3
59.	The Indian Express	Centre urges gig workers to sign up for e-Shram	Chandigarh	11
60.	The Indian Express	District health dept sets up special NCD counters at govt hospitals	Chandigarh	5
61.	The Morning Standard	Fit Bit	Delhi	2
62.	The Morning Standard	Fit Bit	Delhi	2
63.	The Morning Standard	Ayush ministry rapped for not utilising funds	Delhi	7
64.	The Morning Standard	Fit Bit	Delhi	2
65.	The Morning Standard	How much weight should I use when starting with strength training	Delhi	2
66.	The Morning Standard	FIT BIT	Delhi	2
67.	The Morning Standard	Fit Bit	Delhi	2
68.	The Morning Standard	Fit Bit	Delhi	2

69.	The Morning Standard	FIT BIT	Delhi	2
70.	The Morning Standard	FIT BIT	Delhi	2
71.	The Morning Standard	Fit Bit	Delhi	2
72.	The Morning Standard	I walk 10k steps a day and want to push further: Can I add ankle weights	Delhi	2
73.	The Morning Standard	Fit Bit	Delhi	2
74.	The Morning Standard	Fit Bit	Delhi	2
75.	The Morning Standard	Fit Bit	Delhi	2
76.	The Morning Standard	FIT BIT	Delhi	2
77.	The New Indian Express	ADHO MUKHA SVANASANA VARIATION FEET IN AIR	Chennai	2
78.	The New Indian Express	ADHO MUKHA SVANASANA VARIATION-FEET IN AIR	Bengaluru	2
79.	The New Indian Express	MULADHARA CHAKRA SHUDDHI (MOUNTAIN POSE ROOT CHAKRA BREATHING)	Bengaluru	2
80.	The New Indian Express	MULADHARA CHAKRA SHUDDHI	Chennai	2
81.	The New Indian Express	Ayush ministry rapped for not utilising funds	Kochi + 3	9
82.	The New Indian Express	ARDHA UTTANASANA HANDS ON SHINS	Chennai	1
83.	The New Indian Express	ARDHA UTTANASANA HANDS ON SHINS (UPWARD FORWARD FOLD HANDS ON SHINS)	Bengaluru	2
84.	The New Indian Express	UTTHITA HASTA PADANGUSTHANSANA D AERIAL	Chennai	2
85.	The New Indian Express	UTTHITA HASTA PADANGUSTHASANA D AERIAL (STANDING HAND TO BIG TOE POSE D AERIAL)	Bengaluru	2
86.	The New Indian Express	UPAVISTHA ARDHA UTTANASANA CHAIR	Chennai	2
87.	The New Indian Express	UPAVISTHA ARDHA UTTANASANA CHAIR (SEATED HALF FORWARD FOLD POSE CHAIR)	Bengaluru	2
88.	The New Indian Express	TADASANA PASCHIMA BADDHANGULIYASANA	Chennai	2
89.	The New Indian Express	MULTI-PRONGED APPROACH NEEDED TO MANAGE MAN-ANIMAL CONFLICT	Bengaluru	4
90.	The New Indian Express	TADASANA PASCHIMA BADDHANGULIYASANA (SHOULDER STRETCH HANDS BEHIND BACK INTERLOCKED)	Bengaluru	2
91.	The New Indian Express	ASHWA SANCHALANASANA	Chennai	2

92.	The New Indian Express	ASHWA SANCHALANASANA (THE EQUESTRIAN POSE)	Bengaluru	2
93.	The New Indian Express	TADASANA PASCHIMA NAMASKARASANA	Chennai	2
94.	The New Indian Express	Yoga session by MAHER students	Chennai	3
95.	The New Indian Express	Compendium of Ashwagandha book released	Bengaluru	2
96.	The New Indian Express	TADASANA PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)	Bengaluru	2
97.	The New Indian Express	ARANYASANA PREP	Chennai	2
98.	The New Indian Express	ARANYASANA PREP (POSE DEDICATED TO GODDESS ARANI PREP)	Bengaluru	2
99.	The New Indian Express	Health sector likely to get bigger slice of budget pie this year	Bengaluru	2
100.	The New Indian Express	TADAGASANA UTTHITA HASTA (CONSTRUCTIVE REST ARMS OVERHEAD POSE)	Bengaluru	2
101.	The New Indian Express	TADASANA UTTHITA HASTA	Chennai	2
102.	The New Indian Express	ANANTASANA PADA LIFT VARIATION	Chennai	2
103.	The New Indian Express	ANANTASANA PADA LIFT VARIATION (SIDE RECLINING POSE LEG LIFT VARIATION)	Bengaluru	2
104.	The New Indian Express	PRASARITA BALASANA VARIATION HEAD UP	Chennai	2
105.	The New Indian Express	PRASARITA BALASANA VARIATION HEAD UP (WIDE CHILD POSE VARIATION HEAD UP)	Bengaluru	2
106.	Free Press Journal	Single drug controller for AYUSH	Mumbai	11
107.	Free Press Journal	Patanjali trains farmers	Mumbai	15
108.	Free Press Journal	DAVV to offer courses in architecture & design, classes from coming session	Mumbai	19
109.	Punjab Express	Buyer-seller meet on medicinal plants at NITTTR on March18-19	Chandigarh	6
110.	Punjab Express	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25' initiative	Chandigarh	6
111.	Punjab Express	Free treatment under Ayushman Bharat Scheme for individuals aged 70 and above: Ludhiana Civil Surgeo...	Chandigarh	5
112.	Punjab Express	PGIMER and AMRIT Pharmacy initiative steps to check fraudulent activity	Chandigarh	4
113.	Punjab Express	Join e-Shram portal to access AB-PMJAY benefits: Centre to platform workers	Chandigarh	11

114.	Punjab Express	Amit Shah inaugurates Sri Vishweshwara Thirtha Memorial Hospital in Bengaluru	Chandigarh	7
115.	Millenniumpost	For AYUSH, Parl panel recommends single independent drug controller	Delhi	6
116.	Millenniumpost	Haryana sets 1,090 medical officers: CV distributes appointment Letters	Delhi	5
117.	Millenniumpost	India now emerging as factory of world: PM	Delhi	1, 4
118.	The Hindu	From insurance-driven private health care to equity	Hyderabad	10
119.	The Hindu	Over 3,200 PMJAY hospitals must be penalised for fraud, regulation is required: NHA	Hyderabad	12
120.	The Hindu	Modi calls on Mauritian President, discusses ties	Delhi	11
121.	The Hindu	Centre asks gig workers to register on e-Shram portal	Hyderabad	11
122.	The Hindu	Boost value addition in spices to achieve \$10-bn export target by 2030: WSO	Delhi + 1	13
123.	The Hindu	Beyond Beijing', unlocking a feminist future in India	Hyderabad	12
124.	The Hindu	FROM THE ARCHIVES	Delhi	7
125.	The Pioneer	Parliamentary committee recommends consolidation of all Ayush drugs	Delhi + 1	4
126.	The Pioneer	Towards a Fit and Trim India	Delhi + 1	6
127.	The Pioneer	J and K achieves single digit neonatal mortality rate	Chandigarh + 1	4
128.	The Pioneer	Register on e-Shram Portal for formal recognition	Hyderabad	8
129.	The Pioneer	Women's Day celebrated Grandly in Telangana Gurukul Schools	Hyderabad	3
130.	The Pioneer	Frame more vibrant medical curriculum, says Nadda	Delhi	4
131.	The Pioneer	Healthcare divide: How tier-II and III cities are transforming medical	Hyderabad	7
132.	The Pioneer	Healthcare divide: How tier- II and III cities are transforming medical access	Chandigarh	7
133.	The Pioneer	Healthcare divide: How tier-II and III cities are transforming medical access	Delhi	7
134.	The Pioneer	Yogasanas For Belly Fat Loss	Delhi	11
135.	The Pioneer	Finding money for 'freebies': BJP faces an uphill task	Hyderabad + 2	7
136.	Daily Thanthi Next	Single independent drug controller for AYUSH mooted	Chennai	6

137.	The Tribune	Budget cuts may hurt Ayush Ministry's health schemes, warns Pad committee	Chandigarh + 1	7
138.	The Tribune	Delhi set to roll out Ayushman Bharat insurance scheme	Chandigarh	13
139.	The Tribune	Minister's surprise visit to Fgarh Sahib hospital	Chandigarh	7
140.	The Tribune	People living near river drains face high cancer risk: Govt	Delhi	9
141.	The Tribune	Always aim to get better	Delhi	4
142.	The Tribune	People living near river drains face high cancer risk Govt	Chandigarh	9
143.	The Tribune	Yoga effective in easing migraine, finds CIMR	Delhi	2
144.	Deccan Herald	Staff shortage in Health, Ayush ministry units reduces quality of care: Panel	Bengaluru	10
145.	Deccan Herald	Delhi govt to implement Ayushman Bharat scheme	Bengaluru	10
146.	The Asian Age	IYA holds its 4th national conclave	Delhi	2
147.	The Asian Age	India, Mauritius sign 8 pacts: PM unveils 'Mahasagar' plan	Delhi	1, 4
148.	The Asian Age	Develop U'khand hot spring regions as wellness centres	Delhi	3
149.	The Asian Age	The hype and science behind adaptogens	Delhi	9, 13
150.	The Asian Age	India is now emerging as manufacturing hub: PM	Delhi	3
151.	Political & Business Daily	Centre will consider uniform norms & registration process for study of Naturopathy: Health Ministry	Bhubaneswar	7
152.	Mid Day	See your 75, raise you my 75	Mumbai	16
153.	The Daily Guardian	Rs 2,054.61 crore released for healthcare under Ayushman Bharat, Chirayu Yojanas	Chandigarh	4
154.	The Daily Guardian	Ayu Vihar at Swastik: A holistic retreat for mind and body rejuvenation	Delhi	14
155.	The Daily Guardian	CM holds key meeting with VCs of state universities to discuss improvements	Chandigarh	4
156.	Deccan Chronicle	The hype and science behind adaptogens	Chennai	13, 16
157.	The Statesman	Nadda visits health centres in Najafgarh, Palam	Delhi	3
158.	The Statesman	Ayurveda begins where medicine ends: Rajasthan Dy CM	Delhi	10
159.	Outlook Business	Did You Know Who First Introduced Ayurveda Globally, Defying The Odds During British Rule	National	52

160.	Wealth Insight	The making of India's most loved FMCG brand	National	12, 13
161.	Dainik Bhaskar	Kitani bhi aay ho 70+ ko milega 5 lakh ka ilaaz	Chandigarh	4
162.	Dainik Bhaskar	Ayushman bharat yojana ke labharthiyo ke liye lagu hoga online intent system	Chandigarh	4
163.	Dainik Bhaskar	Ayush vibhag mein niyukti ke niyam badle	Delhi	11
164.	Hindustan	Ayush main Swatanter osadhi niyantrak ki sifarish	Chandigarh	10
165.	Hindustan	Ayushman' se 17 lakh logo ko fayada hoga	Chandigarh	1
166.	Hindustan	Ayushman se 17 lakh logon ko fayda hoga	Delhi	1
167.	Hindustan	Ayushman bharat ke liye ayu 60 varsh ho	Delhi + 1	2
168.	Navbharat Times	Ayush dawao ki quality par jor	Delhi	11
169.	Navbharat Times	Ohh, Foxnuts	Delhi	9
170.	Navbharat Times	Vocal for Local	Delhi	13
171.	Divya Bhaskar	More than 400 doctors cycle rally under Fit India campaign	Mumbai	3
172.	Divya Bhaskar	Yoga changed the lives of foreigners, now changing the world	Mumbai	13
173.	Divya Bhaskar	Celebrate with a Fit India Wellness and Self-Defense Session	Mumbai	2
174.	Divya Bhaskar	Fit body, less weight; Make these 5 exercises a habit	Mumbai	9
175.	Divya Bhaskar	079 6644 0104 Alpline Ayrat for redressal of grievances in Ayushman card	Mumbai	2
176.	Dina Mani	Parliamentary Standing Committee recommends separate drug regulatory body for Ayush medicines	Chennai	10
177.	Rashtriya Sahara	...Ayush experts are getting	Jaipur	7
178.	Rashtriya Sahara	Ayush expert tension	Delhi	7
179.	Rashtriya Sahara	Ayush-Anumodit dawaon ko atirikt suraksha parikshano ki jarurat nahi	Delhi	9
180.	Rashtriya Sahara	Makoi guno ki khan	Delhi	14
181.	Rashtriya Sahara	Medical Education mei navintam prodhyogik ho shamil	Delhi	9
182.	Rashtriya Sahara	AYUSH-approved medicines do not need additional safety tests	Jaipur	9
183.	Rashtriya Sahara	Delhi mein Ayushman Bharat isi mahine se: Pankaj Singh	Delhi	1

184.	Rashtriya Sahara	Cancer rodhi gunon se bharpur hai Safed Haldi	Delhi	14
185.	Rashtriya Sahara	India rising workshop for World	Delhi	1
186.	Rashtriya Sahara	84 Medicines fail quality test!	Jaipur	3
187.	Rashtriya Sahara	Ramban hai Punnarva	Delhi	14
188.	Punjab Kesari	Ayushman yojana Umar 60 saal covrage 10 lakh rupay karne ka prastav	Chandigarh	1
189.	Punjab Kesari	Bharat rishi aur krishi ka desh hai: Swami Ramdev	Delhi	5
190.	Punjab Kesari	Dil ke marizo ke liye yog hai Ramban, AIIMS mein yog, Ayurved aur Ayush par masammelan	Delhi	8
191.	Jag Bani	Ayushman yojana Umar 60 saal covrage 10 lakh rupay karne ka prastav	Chandigarh	2
192.	Amar Ujala	Make in haryana yojana laye sarkar	Chandigarh	3
193.	Amar Ujala	Daily Health Capsul	Delhi	16
194.	Amar Ujala	Ayushman yojana ke labharthiyo ki aayu seema 70 se ghatkar 60 varsh karne ki shifarish	Chandigarh	16
195.	Amar Ujala	Ayushman: Fraud ke karan 643 crore rupye ke 3.56 lakh dave kharij	Chandigarh	6
196.	Amar Ujala	Ayushman: Dhokadhadi ke karan 643 cr ke 3.56 lakh dave kharij	Delhi	13
197.	Amar Ujala	46 lakh beneficiaries of Ayushman and Chirayu Yojana	Chandigarh	5
198.	Amar Ujala	Ayushman bharat main parachi par cashless ilaaj ki bayabstha hogi band jaanch commety banai	Chandigarh	1
199.	Amar Ujala	Daily Helath capsul	Delhi	9
200.	Amar Ujala	Ayushman bharat ke naam par PGI main croro ka ghotala, lakho ki dava baramad	Chandigarh	1
201.	Amar Ujala	Rajdhaniu mein lagu hoga natinal ayushman mission	Delhi	2
202.	Amar Ujala	Daily health capsules	Delhi	13
203.	Amar Ujala	Daily Health Capsul	Delhi	2
204.	Amar Ujala	Bina bijali internet sirf tasveero se cancer ki pusthi kar raha swdeshi AI	Chandigarh	8
205.	Amar Ujala	Daily health Capsul	Delhi	16
206.	Amar Ujala	10 saal mein jan aushadhi ne marijo ke 30,000cr bachaye	Delhi	14
207.	Amar Ujala	Daily health capsul	Delhi	2

208.	Pudhari	Age 60 years, insurance cover Rs 10 lakh, more diseases will be covered	Mumbai	1, 2
209.	Pudhari	Information on Ayushman Card will be available with one click	Mumbai	3
210.	Lokmat	Ayushman Bharat age limit increased from 70 to 60 years	Mumbai	1
211.	Lokmat	Rajaram Sports dominates Fit India	Mumbai	9
212.	Udayavani	Decrease Ayushmann plan eligible age to 60	Bengaluru	9
213.	Udayavani	Delhi government preparations begin for Ayushman bharath plan	Bengaluru	9
214.	Vijayavani	More encouragement available for Agriculture entrepreneur	Bengaluru	7
215.	Vijayavani	Purple Processing plant from Patanjali	Bengaluru	2
216.	Ajit Samachar	Delhi mein ayushmann bharat bima yojana hogi lagu	Chandigarh	2
217.	Ajit Samachar	Ayushman card se zile ke 7 sarkari v 7 niji hospital mein kiya jata hai free ilaaz	Chandigarh	9
218.	Navodaya Times	Yog Mahotsav 2025	Delhi	8
219.	Kannada Prabha	Advice to decrease Ayushmann insurance join limit for 60 years	Bengaluru	9
220.	Vishvavani	Baba Ramdev to insurance field	Bengaluru	9
221.	Sakshi	Patanjali to normal insurance	Bengaluru	13
222.	Eenadu	Patanjali, DS group aquired Magma general insurance	Bengaluru	17
223.	Dainik Savera	Ayushman bharat yojna ke tehat fraud ke karan 643 crore rupye ke 3.56 lakh dave kharij	Chandigarh	1, 2
224.	Dainik Savera	Ayushman aur Chirayu yojana ke tehat 3 years main sarkaar ne jaari kiye 2054.61 crore rupye	Chandigarh	8
225.	Dainik Savera	Punjab sarkaar ne month baad Ayushman scheem shuru karne ka jaari kiya notification : Surinder kosis...	Chandigarh	6
226.	Dainik Savera	121 ayushman avam aabha card banaye	Chandigarh	4
227.	Punyanagari	Rs 3.56 lakh fraud claims rejected	Mumbai	12
228.	Punyanagari	A mountain of problems in 'Ayushman Bharat	Mumbai	3
229.	Veer Arjun	Ayushman bharat yojna ke tehat dhokadhadi ke karan 643cr ke 3.56 lakh dave kharij	Delhi	8

230.	Veer Arjun	Cancer ke ilaaj mein behad upyogi sabit ho rahi hai Ayushman Bharat yojna: Nadda	Delhi	7
231.	Veer Arjun	Students ko Ayush sansadhan kendra ki pryogshala dekhne ke liye jaya gaya	Delhi	8
232.	Veer Arjun	Nadda ne Delhi ke najafgarh mein gramini swasthye parshikshan kendra ki pragati ki samiksha ki	Delhi	4
233.	Prahar	Spontaneous response to Ayurvedic camp	Mumbai	6
234.	Prahar	Patanjali Mega Food and Herbal Park unit to be set up in Nagpur	Mumbai	7
235.	Prahar	Spontaneous response to Ayurvedic camp	Mumbai	4
236.	Dina Malar	Dina malar Nalam	Chennai	3
237.	Jagmarg	Ayushman Bharat ke liye panjikan ish month se shuru hoga :Mantri pankaj singh	Chandigarh	7
238.	Jansatta	Ayushman yojna ke liye isi mahine se shuru hoga panjikan	Delhi	3
239.	Jansatta	World eye on 21st century India	Delhi	1, 8
240.	Sandhya Times	Cancer ke ilaaj mein deri kam, Ayushman Bharat se mila fayda	Delhi	4
241.	Sandhya Times	Amrit se kam nahi Giloye	Delhi	8
242.	Virat Vaibhav	Swasthye Suvridhaon ke vistar mein milega kendra ka pura samarthan: Nadda	Delhi	3
243.	Kesari	Yoga and Ayurveda are the world's need	Pune	12
244.	Dainik Jagran	Ayush workshop ne student ke liyue khole darwaje	Delhi	11
245.	The Hindu Tamil	Order to appoint 1300 yoga Trainers	Chennai	2
246.	Samachar Jagat	Ayurveda begins where modern medicine ends: Premchand Bairwa	Jaipur	5
247.	Samachar Jagat	Will make citizens aware about AYUSH systems and healthy lifestyle: Dr. Prem Chand Bairwa	Jaipur	5
248.	Divya Himachal	Dunia ki factory bankar ubhar raha bharat	Chandigarh	3
249.	Loksatta	AYUSH' notice to the College of Ministers from their own department	Mumbai	1
250.	Loksatta	AYUSH Minister's college gets notice from his own department	Pune	11

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5 exercises to improve your balance

11 • PG

334 • Sqcm

65216 • AVE

215.44K • Cir

Top Left

ET Panache

Bengaluru

5 exercises to improve your balance

An inability to balance has been associated with a two-fold risk of death from any cause within 10 years

Balance impacts both our longevity and our quality of life, yet, it's an often-neglected skill.

A 2022 study by a team of Brazilian researchers found that 20 per cent of the 1,700 older adults they tested couldn't balance on one leg for 10 seconds or more. That inability to balance was associated with a two-fold risk of death from any cause within 10 years.

"There's a downward spiral of the people who don't go out, who don't walk, who don't exercise, who don't do balance training, and they become weaker and weaker," said Dr Lewis Lipsitz, a professor

of medicine at Harvard University and director of the Marcus Institute for Ageing Research in the US.

How to fix your balance

If you have tried the 10-second test and didn't pass, don't panic: It's never too late to start working on balance training.

This 10-minute routine can be done at home and requires no equipment. Try these five exercises two or three times a week, gradually increasing the difficulty as you feel comfortable. If you are concerned about falling, hold a chair for balance. If one of the exercises feels too easy, try closing your eyes or holding a dumbbell to further test your balance.

Single-leg stance

Targets: Quads, hamstrings, glutes, calves, core

Repetitions: Five per leg, five seconds each
Stand behind a chair, holding on with both hands. Lift one leg off the ground, bending the lifted knee toward your chest, and stand on one leg for five seconds.

Body-weight squats

Targets: Hamstrings, quads, glutes, core

Repetitions: 10
Stand with feet hip distance apart, toes forward. Bend your knees and lower yourself until your thighs are parallel to the floor, keeping

your weight in your heels. **Extend** your arms in front of you if you need help with balance, or squat lower for more of a challenge.

Bird dog

Targets: Core, shoulders, hips, back

Time: Five to 10 seconds per side, repeat three times
Start on your hands and knees, back flat. Lift one leg straight behind you and extend the opposite arm straight in front, so you are balancing on one knee and one hand.

Lateral leg lift

Targets: Outer thighs, glutes

Repetitions: Five per side
Stand behind a chair, holding on with both hands. Lift one leg to the side, trying to keep your body as still as possible. Increase the intensity by holding the leg up for five to 10 seconds or letting go of the chair.

Tandem stance

Targets: Chest, back, glutes, lower body, core

Repetitions: 30 seconds per side, repeat three times



Stand up straight and put one foot directly in front of the other, with your heel touching your toe. Keep equal weight on both feet.

— The New York Times

The Economic Times • 14 Mar • Ministry of Ayush
Patanjali and DSV Group Buy Magma General Insurance

9 • PG

92 • Sqcm

76255 • AVE

215.44K • Cir

Top Left

Bengaluru



The Economic Times • 03 Mar • Ministry of Ayush

Why do women live longer than men

19 • PG

480 • Sqcm

213600 • AVE

420.14K • Cir

Top Center

ET Panache

Delhi

Why do women live longer than men?

Scientists don't know exactly what factors are boosting life expectancy in one gender, but there are some possible clues

Women outlive men by a long shot: The global life expectancy for women is currently 75, as compared to around 70 for men. There's a marked difference between the genders, something that's true regardless of location, money and other factors. In fact, it's true even for other mammals.

But the fact that women are outliving men doesn't necessarily mean they are living better. Women tend to have shorter health spans (the number of healthy years a person lives) than men, said Bérénice Benayoun, an associate professor at the USC Leonard Davis School of Gerontology, US.

Women are generally frailer than men in old age; they're also more vulnerable, particularly after menopause, to developing cardiovascular issues and Alzheimer's disease, Benayoun said.

Factors at play

Scientists are trying to uncover the reasons men and women age differently in the hopes of extending health span for both. "If we can understand what makes one sex more resilient or vulnerable, then we have new pathways and new understandings [for] new therapeutics that could help," said Dr Dena Dubal, a professor of neurology at the University of California, US.

Research suggests that the XX set of female sex chromosomes may impact longevity, though it's not clear exactly how.

For example, a 2018 study conducted by Dubal's lab looked at genetically manipulated mice



PICS: GETTY IMAGES

with different combinations of sex chromosomes and reproductive organs. Those with two X chromosomes and ovaries lived longest, followed by mice with two X chromosomes and testicles. Mice with XY chromosomes had shorter life spans.

"There was something about the second X chromosome that was protecting the mice," Dubal said.

Scientists haven't yet examined this in humans, but Dubal said the fact that we have the same hormones and sex chromosomes, and similar reproductive systems, suggests that the findings could be similar.

Montserrat Anguera, an associate professor of biomedical sciences at the University of Pennsylvania School of Veterinary Medicine, US, said that epigenetic factors — environmental or lifestyle elements like climate or chronic stress that impact which genes are expressed, and how — may also play a role.

Researchers are also investigating the role of hormones like oestrogen

in longevity. "There's decent data showing that, at least before menopause, the female immune system tends to be better able to mount responses," Benayoun said. In general, males "tend to do much worse in response to infection", which, in turn, could shorten their life spans.

One analysis found that women who experienced menopause later — older than 50 — lived longer than those who experienced it earlier. When oestrogen levels drop, women's immune systems seem to weaken.

Lifestyle and behaviour

Behavioural patterns play a key role in the disparity. Women are generally less likely than men to smoke or drink heavily — behaviours that contribute significantly to mortality, said Kyle Bourassa, a psychologist at Duke University, US.

Women also tend to practice more "health-promoting behaviour", like wearing a seat belt or going to the doctor for annual checkups, Bourassa said.

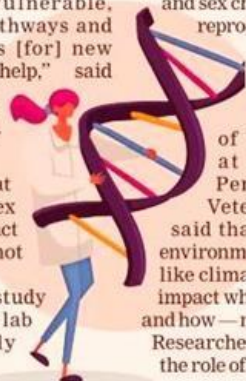
In addition, women are more likely than men to socialise, protecting them from the detrimental effects of social isolation and loneliness.

External factors

Even on a broader societal level, issues like war or randomised violence disproportionately impact men, said Naoko Muramatsu, a professor of community health sciences at the University of Illinois Chicago, US.

During the pandemic, for instance, men died at higher rates. Research showed that they were more likely to hold jobs that exposed them to the virus, like food preparation or construction, or to be homeless or incarcerated, all of which affected mortality rates.

— The New York Times



The Economic Times • 02 Mar • Ministry of Ayush
That Gut Feeling

1, 5 • PG


1437 • Sqcm

539002 • AVE

102.04K • Cir

Middle Left,Top Left

Pune • Bengaluru • Chandigarh • Delhi

 That Gut Feeling

That Gut Feeling

Conversations around gut health have increased, as have misconceptions. What is needed is a comprehensive, tailored approach

Lijee Phillip & Apoorva Mittal

After experiencing bloating, flatulence and constipation, 24-year-old Reena Sharma, who lives in Delhi, sought professional help. The nutritionist recommended a gluten-free diet based on an extensive food allergy test.

But her symptoms persisted. "Even after going on a gluten-free diet, I was still experiencing digestive issues," says Sharma.

Dr SK Thakur, a senior gastroenterologist at Sitaram Bhartia Institute of Science & Research in New Delhi, who treated her eventually attributes much of the crisis to misconceptions around diet, which have only intensified as conversations around gut health have increased.

People, often without solid evidence, try to manipulate their diets in ways that can worsen their condition. "The gut is a victim of the activity of the mind," says Thakur. Sharma did not need drastic diet changes; she needed physical activity, a well-balanced diet with more fibre and meals at proper intervals.

Despite chatter to the contrary on social media, there are no silver bullets when it comes to gut health. The number of

awareness of mental health issues.

Poor gut health, often a result of poor diet, stress and overuse of antibiotics, has been linked to mental health issues such as anxiety, depression and brain fog.

Gut health has three main "enemies"—hurry, worry and curry.

The hectic pace of modern life (hurry), constant stress (worry) and a diet rich in spicy, processed foods (curry) create a perfect storm for gut-related issues.

Gastroenterologists and fitness experts are urging people to slow down, reduce stress and embrace a healthier, more mindful diet to restore gut health.

Raina Sahni's story underlines this advice. Suffering from heartburn, regurgitation and even choking while eating, Sahni was advised to elevate the head of her bed and take antacids. These quick fixes seemed to offer temporary relief, but they didn't address the root cause.

Once she was prescribed anti-anxiety medication and given a lower dose of acidity medications, her symptoms improved, Dr Thakur says quick solutions

However, gut microbiome tests have not

Market Size of Global Digestive Health Products

2023:

\$51.6 bn

CAGR in 2024-30:

8.3%

*Compound annual growth rate

Source: Grand View Research

often mask the underlying problem, offering only short-term relief rather than long-term healing.

"The real cause was stress related to my job," says Sahni.

RECOVERY PATH

When there is worry, there is a market, and there are companies, especially startups, which have jumped on to the bandwagon to offer personalised solutions for

gut health management.

Take Gurgaon-based Sovo, which offers custom-made probiotics for individuals. "Covid shifted the needle," says Sovo cofounder Tanveer Singh. He points to the increased use of antibiotics during the pandemic in India, which has a history of antibiotic abuse. Studies have shown that antibiotics can disrupt the balance of gut bacteria.

Sovo's treatment begins with a gut microbiome test of a stool sample of the customer. The result, it says, will provide a detailed map of the digestive system, revealing everything from probiotic deficiencies to antibiotic resistance.

However, gut microbiome tests have not

conditions like Crohn's disease, ulcerative colitis or IBS.

Another startup riding the wave of growing gut health awareness is The Good Bug, backed by Fireside Ventures.

The product line of the Mumbai-based company includes synbiotic formulas, probiotics, prebiotic fibres, a 14-day detox programme and fermented foods and beverages such as kombucha, water kefir and pickles.

"Each product is for different health indications with specific bacterial strains targeted to solve a particular problem point," says Keshav Biyani, cofounder and CEO, The Good Bug. "We do synbiotics, a combination of prebiotics and probiotics. When you combine the two, bacteria thrives on prebiotics, creating a synergistic effect in our microbiome. This works in a very effective manner."

Dr Debasis Datta, director of gastroenterology, Fortis Hospital, Kolkata,

warns that not all probiotics are equal. "Live microorganisms must be administered in the right amounts to be effective," he says. Packaging and storage are also key to ensure the effectiveness of probiotics.

Dr Datta, like most doctors, underlines that regular exercise, weight management and an appropriate diet are crucial for maintaining a healthy gut.

Biyani acknowledges that diet and lifestyle remain crucial components in managing gut health, with prebiotics and probiotics serving to augment these benefits.

OTHER APPROACHES

Arjun Mogre, 36, son of celebrity fitness expert Leena Mogre, was experiencing bloating when he saw the advertisement of a probiotic supplement that promised to alleviate such a condition. He tried it, but to no avail.

Leena says she addressed her son's gut issues by giving him sol kadhi, ajwain, saunf and jeera water. These, she says, worked wonders.

Alternative remedies, often rooted in personal experiences, are gaining in popularity. Some may provide temporary relief, but doctors caution that more research is needed to validate their benefits.

Gut cleanses, for example, are becoming common, but should only be done under the strict supervision of a healthcare professional.

Some with chronic gut issues such as IBS

BUSTING MYTHS

MYTH	FACT
Milk is a common cause of gut-related symptoms	Milk causes gut issues only in lactose-intolerant individuals
Non-vegetarian food is bad for health	Non-vegetarian food is a very good source of protein and energy for people of all ages, especially the young and the old
People with lactose intolerance should avoid all milk products	Curd, butter, buttermilk, ghee and cheese are well tolerated by many
Gluten is bad for gut after a certain age	Gluten is a good source of fibre and need not be avoided without medical advice
Fasting is the best way to lose weight	Eating well and burning calories through exercise/regular walks is the ideal way to lose weight
Clearing the bowel at any cost is important for good gut health	Normal bowel clearance varies in people—from three times a day to three times a week

Source: Dr SK Thakur, senior gastroenterologist, Sitaram Bhartia Institute of Science & Research, Delhi

therapies as a non-invasive solution. Many alternative therapies focus on gut health through diet, stress management and lifestyle changes. While mainstream medicine also incorporates these elements, alternative approaches often position themselves as more "natural" or "holistic" solutions.

Dr Shiny Benedict, chief medical officer at Tre Wellness Centre in Vikarabad near Hyderabad, says fermented foods like kimchi, yoghurt and kefir water are excellent for supporting gut health.

Traditional probiotics like kanji, a fermented drink made of black carrots and beetroots that is popular in north India, are also gaining in popularity for promoting healthy gut microbiome. These foods are rich in beneficial bacteria, which support overall health and contribute to better digestion.

This concept is well-accepted in modern medicine, which recommends curd and probiotic drinks, says Dr Thakur.

Sidharth Dominic, CEO of CGH Earth Wellness, emphasises that modern life, with its fast pace and poor lifestyle choices, has a detrimental effect on our health. According to him, ayurvedic and alternative therapies are becoming popular as they offer "natural", non-invasive solutions to gut health issues. Ayurveda, in particular, attributes the rise in gut-related problems to stress

The Good Bug, Mumbai

FOUNDERS: Keshav Biyani (R) & Prabhu Karthikeyan (L)

PRODUCTS: Probiotics, prebiotic fibre, 14-day detox formula, Ferments collection featuring kombuchas, water kefir and pickles, programmes for better metabolism and gut health

FUNDS RAISED: ₹63 crore



allergy test.
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People, often without solid evidence, try to manipulate their diets in ways that can worsen their condition. "The gut is a victim of the activity of the mind," says Thakur. Sharma did not need drastic diet changes; she needed physical activity, a well-balanced diet with more fibre and meals at proper intervals.

Despite chatter to the contrary on social media, there are no silver bullets when it comes to gut health. The number of Instagram posts of influencers talking about #GutHealth shot up by 68% in 2024 over 2023, according to Qoruz, an influencer marketing software company. Social media feeds are now populated with ads from companies offering prebiotics, probiotics and gut cleanses.

They needn't be effective by themselves. Gut health is complicated and solutions require a comprehensive approach tailored to an individual.

MODERN GUT CRISIS

A growing body of research around gut microbiome—microorganisms living in our digestive tract—and the gut-brain axis, a bi-directional communication system between the digestive system and the brain, has pushed the concept into the mainstream.

Although the possibility of a gut-brain connection goes back to the 18th century, rigorous scientific research on the gut-brain axis has expanded significantly in recent decades, coinciding with growing

experts—nurry, worry and cury.

The hectic pace of modern life (hurry), constant stress (worry) and a diet rich in spicy, processed foods (curry) create a perfect storm for gut-related issues. Gastroenterologists and fitness experts are urging people to slow down, reduce stress and embrace a healthier, more mindful diet to restore gut health.

Raina Sahni's story underlines this advice. Suffering from heartburn, regurgitation and even choking while eating, Sahni was advised to elevate the head of her bed and take antacids. These quick fixes seemed to offer temporary relief, but they didn't address the root cause.

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"Compound annual growth rate
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Sova's treatment begins with a gut microbiome test of a stool sample of the customer. The result, it says, will provide a detailed map of the digestive system, revealing everything from probiotic deficiencies to antibiotic resistance.

However, gut microbiome tests have not been scientifically validated for their utility in assessing gut health. While these tests can map the gut, there is no consensus on what constitutes a "normal" gut.

Singh says Sovo will create personalised probiotics that contain bacterial strains missing in the body.

For those dealing with more serious conditions like irritable bowel syndrome (IBS) or Crohn's disease, Sovo offers a four-month programme with a nutritionist, a "gut coach", who helps reshape the patient's lifestyle, diet and exercise.

However, a report from the American Gastroenterological Association in 2020 points out that probiotics—the so-called good bacteria—don't do much for gut health, including digestive

thrives on prebiotics, creating a synergistic effect in our microbiome. This works in a very effective manner."

Dr Debasis Datta, director of gastroenterology Fortis Hospital, Kolkata,

challenging whether the new live bacteria in a probiotic supplement that promised to alleviate such a condition. He tried it, but to no avail.

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Alternative remedies, often rooted in personal experiences, are gaining in popularity. Some may provide temporary relief, but doctors caution that more research is needed to validate their benefits.

Gut cleanses, for example, are becoming common, but should only be done under the strict supervision of a healthcare professional.

Some with chronic gut issues, such as IBS, where mainstream medicine offers limited benefits, look at alterna-

excellent for supporting gut health.

Traditional probiotics like kanji, a fermented drink made of black carrots and beetroots that is popular in north India, are also gaining in popularity for promoting healthy gut microbiome. These foods are rich in beneficial bacteria, which support overall health and contribute to better digestion.

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Dr Subhash Markande, an ayurvedic expert, offers solution in the form of dietary modifications, herbal remedies, yoga and panchakarma (ayurvedic detoxification). He believes that these methods, tailored to an individual's needs, can be effective in restoring balance and improving gut health.

Dr Thakur says many practitioners of modern medicine often seek the help of ayurveda to relieve symptoms of patients with persistent issues of IBS.

Often, what is required are comprehensive lifestyle changes.

Srijan Mahajan, who runs a health enthusiast community, Attis, and has cofounded mental health startup Pause, says, "I can't speak for anybody else, but in my experience with gut health—while it might be placebo—I've noticed that on days when I eat well, sleep well and work out, I generally feel significantly better."

live.philip@timesofindia.com

The Good Bug, Mumbai

FOUNDERS: Keshav Blyani (R) & Prabhu Karthikeyan (L)

PRODUCTS: Probiotics, prebiotic fibre, 14-day detox formula, Ferments collection featuring kombuchas, water kefir and pickles, programmes for better metabolism and gut health

FUNDS RAISED:

₹63 crore

INVESTORS:

Fireside Ventures, Sharp Ventures



Dos and Don'ts for Good Gut Health

Dos

- Have a balanced diet
- Eat three proper meals at regular intervals
- Keep a gap of 2-2.5 hours between dinner and sleep
- Exercise moderation in the quantity of food consumed
- Eat till you are 80% full. Don't overeat

Don'ts

- Don't indulge in unjustified dietary restrictions

- Don't go for frequent fasting or long gaps between meals
- Avoid a lot of spicy, oily, deep-fried foods

- Don't be a victim of Internet-derived information obstruction treatment (IDIOT) syndrome
- Don't overuse/overconsume products advertised as supplements for good gut health
- Don't persist with self-medication for prolonged symptoms

Source: Dr SK Thakur, gastroenterologist



Sova Health, Gurgaon

FOUNDERS: Tanveer Singh (R) & Max Kushnir (L)

PRODUCTS: Gut microbiome tests, custom-made probiotics based on gut test; over-the-counter probiotic supplements; health programmes, costing ₹4,000-27,000, to improve digestive health

FUNDS RAISED: ₹13 crore in seed funding

INVESTORS: Antler, Accelerating Asia, Practival VC, Goodwater Capital, IIMA Ventures and Venture Catalysts

The Economic Times • 02 Mar • Ministry of Ayush
Hard Core

9 • PG

655 • Sqcm

540341 • AVE

215.44K • Cir

Top Right

Bengaluru

Thanks to its hipster aesthetic appeal, Pilates is among the trendiest workout regimens today

Hard Core

The New York Times

Scrolling through social media may lead you to believe that Pilates is not only a workout, but also a lifestyle choice, one comprising minimalist fitness studios, expensive leggings and matcha lattes.

Pilates was invented by Joseph Pilates, a German boxer, about a century ago. It focuses on exercises designed to improve core strength, spinal alignment, joint stability and mobility, as well as breathing function.

Traditional Pilates can be practised on a mat or on an apparatus. The reformer — a platform with a sliding carriage, adjustable straps and a footbar — is one of the most common. Beyond traditional Pilates, there are also muscle-quaking, sweat-inducing, high-intensity megaformer classes.

If you're new to Pilates or looking to deepen your practice, here are a few tips to make the most of your session:

NOT THE HARDEST VERSION OF EVERY EXERCISE

While pushing yourself to do the most difficult version of each exercise might be beneficial in some workouts, in Pilates, tailoring them to your body and level of ability is more important. "When you're a beginner, the exercises might seem basic or feel subtle," said Kira Lamb, a US-based Pilates teacher.

But this simplicity allows you to build a strong foundation, so you can work towards performing harder exercises without strain or discomfort. If you find yourself gripping your glutes,

Most classes don't involve much cardiovascular training or heavy lifting, but Pilates can help make the activities that provide benefits more comfortable

clenching your jaw or holding your breath, it could be signs that the exercise is too advanced. "It should feel muscularly challenging, but you shouldn't have to grit your teeth to stay there," said Julia Rosenthal, a New York-based physical therapist.

There are two simple ways to adjust many exercises: First, you can adjust your range of motion to change the difficulty of the exercise. For example, making a small circle with your leg is less taxing than

making a large circle. Second, try bending your knees to lighten the load during exercises that involve lifting, lowering or otherwise moving your legs.

GET CREATIVE WITH PROPS

Not all Pilates teachers will incorporate props into their classes, but that doesn't mean you can't benefit from them. Tools like cushions and yoga blocks can help participants of all body types reap the benefits.

When you lie on your back with no support, depending on your physique, the natural curves of your body may cause your head to tilt back slightly, leading to tension in your neck and the middle of your back. "But if you start with a pillow under your head, you can do those challenging exercises because you're not fighting gravity," explained Ivy Baron, a Pilates teacher in Texas, US.

INVEST IN ONE-ON-ONE SUPPORT

Occasional private sessions could be a good investment if your normal routine involves attending group or video classes.

especially if you're new to using an apparatus.

A few private lessons can help you get comfortable with the equipment and learn potential modifications for your body in advance, Lamb said. An instructor can also give you individual feedback and hands-on adjustments to ensure you're connecting with the intended muscles in each exercise, since it isn't always easy to tell on your own, Rosenthal said.

A good Pilates instructor would also offer modifications and customisations to suit all participants, Baron added, meaning an investment can become worthwhile.

AS A FOUNDATION FOR OTHER ACTIVITIES

Pilates won't check every box for your physical fitness. Most classes don't involve much cardiovascular training or the heavy lifting that helps maintain bone density and muscle mass, but Pilates can help make the activities that provide those benefits more comfortable. "Everyone needs to be strength training, and Pilates can be a great add-on to that," Rosenthal said.

Baron asks new students about the types of workouts they love to do — or would like to do if they felt more capable — and the range of responses is vast: Golf, horseback riding, swimming, running, etc.

"Nobody comes in and is like, 'You know what I want my hobby to be? Pilates,'" Baron said. "[But] it is a vehicle to do the other things that you love with more strength and connection, and less tension and pain."



PICT: GETTY IMAGES

Mint • 11 Mar • Ministry of Ayush
For smooth menopause, regular exercise is key

14 • PG

383 • Sqcm

114878 • AVE

47.5K • Cir

Bottom Left

Chennai • Bengaluru

For smooth menopause, regular exercise is key

From improving bone density to regulating oestrogen levels, being physically active is good for menopausal women

Shrenik Avlani
feedback@livemint.com

Menopause is a period of transition for all women, but it is an unfortunate reality of modern life that there aren't many frank discussions or enough research about it to this day. As a result, many women are caught unaware and unprepared for the big changes that are about to hit them.

Menopause, which usually occurs between 45-55 years of age, marks the end of menstruation and is a period of significant hormonal shifts in a woman's life, says Dr. Garima Sawhney, senior gynaecologist and co-founder of Pristyn Care. "It's a tough, confusing, often depressing and confidence deflating period in the lives of many women. The irony is you know what's happening and why... but still don't understand it as it happens," says Kavitha Reddy, a 50-year-old homemaker and amateur marathoner from Pune.

Menopause signifies a natural decline in ovarian function which can cause various symptoms like hot flashes, night sweats, mood swings, vaginal dryness, reduced libido and irregular periods.

"These symptoms can significantly impact a woman's quality of life, sleep and overall wellbeing. The period leading up to menopause, known as perimenopause, is also part of this important transition phase and can last for 2 to 5 years," explains Sawhney, adding, "Menopause is accompanied by a drop in oestrogen levels, which also increases the risk of osteoporosis, heart disease and metabolic disorders." Many women also gain weight and experience a drop in bone density. Some women may experience vertigo, dizziness, or balance issues due to hormonal effects on the nervous system and inner ear.

Delhi-based designer Namrata Joshipura, 54, knows all too well about the immense impact that menopause can have. An extremely active woman who runs marathons, hits the gym for strength



ISTOCKPHOTO

training, and pays attention to her diet besides running her fashion business. Joshipura was preparing for her sixth Abbott World Marathon Majors race in Tokyo about a year-and-a-half ago. "It was around this time that menopause triggered vertigo for me. It has also impacted my ability to run long distances so I haven't run a full or half marathon since finishing the Tokyo Marathon last year," she recalls.

PREPARE EARLY

A holistic approach with a focus on exercise and adequate sleep is the best way to tackle menopause-related changes and symptoms. According to Dr. Neha Abhijit Pawar, consultant for gynaecology at Kokilaben Dhirubhai Ambani Hospital, Mumbai, the five pillars for managing menopause are diet, exercise, sleep hygiene, stress management, and hormonal therapy. "Early preparation is the key. It's important to stay informed and seek support from family, friends or a therapist," she adds.

Exercise and training helped both Reddy and Joshipura navigate menopause. Joshipura, who celebrated her 50th birthday with a 50km run, cannot run those distances these days, but she continues to train, workout and eat healthy. Her consistency has paid off. Not only has she been able to deal efficiently with menopause-related upheavals, she

has also improved her endurance and is now able to run about 15km. "Time spent at the gym means I have also managed to ward off osteoporosis, which is one of the most common menopause-related conditions," says Joshipura. For Reddy, running and tough training schedules helped her "big time" in coping up with mood swings and hormonal imbalances.

Exercise helps regulate oestrogen levels, which can alleviate common menopausal symptoms like hot flashes and mood fluctuations, says Indira Chavva, a fitness expert at Cult Fit. Listing out the other benefits, Chavva says, "Strength training and weight-bearing exercises, in particular, help preserve muscle mass and maintain bone density, reducing the risk of osteoporosis and fractures. Exercise also supports better sleep quality by regulating the body's circadian rhythm and decreasing anxiety, both of which are often disrupted during menopause." Regular workouts also boost endorphins, regulate cholesterol and blood sugar levels and reduce sleep disturbances.

Sawhney additionally advises women to be smart and pay attention to how their bodies react to the load they subject themselves to. "Women engaging in high-intensity workouts or endurance sports should listen to their bodies and avoid overtraining. Hydration, adequate nutrition and sufficient rest are equally crucial to prevent fatigue and injuries."

Mint • 06 Mar • Ministry of Ayush
Health tech cos sign up on digital mission

2 • PG

128 • Sqcm

31898 • AVE

45K • Cir

Middle Left

Hyderabad

Health tech cos sign up on digital mission

Priyanka Sharma

priyanka.sharma@livemint.com

NEW DELHI

As many as 15 health tech companies have integrated with the government's digital health mission, with their apps helping patients access health records and other digital healthcare services to cut down long queues at clinics and hospitals.

Firms partnering the Ayushman Bharat Digital Mission (ABDM) include Driefcase, Aarogya One, Bajaj Health, Practo and Ambula Technologies.

As one of the key services of ABDM is the faster OPD registration service for the patients via ABHA's QR codeshare-based 'scan and share', patients can now use any of these ABDM-enabled apps to share their profile with the hospital and doctors. The 'scan and share' facility is running in more than 18,000 health facilities across all states and Union

territories (UTs). The idea is to minimize the problems of standing in long queues for registration at the hospital and eliminate the chances of medical errors, ensuring continuity of treatment and do away with hard prescription copies.

It also facilitates creating and maintaining health records of a patient and empowering individuals to manage and share their health information with doctors after the consent of the patient.

Taking it forward, the National Health Authority (NHA), which implements ABDM, has now directed all the states and UTs

to actively encourage citizens to use these apps.

"We believe that a strong partnership between private platforms and public initiatives is essential for building a robust and inclusive digital healthcare future for India," said Abhinav Lal, co-founder, Practo.

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

The 'scan and share' facility is running in more than 18,000 health facilities across all states and UTs

Mint • 05 Mar • Ministry of Ayush
AI in healthcare improving outcomes

5 • PG

195 • Sqcm

48805 • AVE

45K • Cir

Bottom Right

Hyderabad

AI in healthcare improving outcomes

Jessica Jani

jessica.jani@hindustantimes.com

BENGALURU

India's digital health market has seen a sharp rise in the past decade, and is expected to grow tenfold in the next decade. Now in its second leg of growth with the integration of artificial intelligence (AI), industry experts believe that the focus will be on accessibility and making healthcare more curated for the patients.

A panel discussion at the Mint AI Summit 2025 in Bengaluru deliberated on the subject in detail.

Jayanth N. Kolla, founder and partner, Convergence Catalyst, who moderated the discussion, started proceedings by saying that a lot of data is being created and digital technologies have been revolutionizing healthcare. "I think after BFSI, healthcare was the industry which was being digi-



Moderator: Jayanth N Kolla, Founder & Partner, Convergence Catalyst; Dr. Gurukiran Babu Tumma, MD FIDM, VP & Head of Clinical Affairs/Services, Jivi.ai; Dhruv Rastogi, Senior VP & Head of Data Science, Medi Assist; and Abhinav Lal, Co-Founder, Practo Health.

MINT

talized and for the last 10-15 years we've seen a lot of digital technologies being adopted in the healthcare space," he said.

Abhinav Lal, co-founder and CTO of healthtech platform Practo, said his company is building some useful products using AI and taking them "back to our provider partners [to] help them in their day-to-

day work, and help them improve outcomes".

"This time around, there is a lot of focus on patients and not just doctors. How do we make this very patient-centric, how can the experience at hospitals be better, how can the experience of treatment be better?" Dhruv Rastogi, senior VP and head of data science at third

party administrator Medi Assist added.

Healthtech has seen a shift from more detection-based focus to predictive with the integration of AI, according to Dr. Gurukiran Babu Tumma, a physician and head of clinical services at Jivi AI, which develops AI products like a health assistant for patients. "Now I can consider multiple parameters—I can take the speech of the patient, the vision of the patient, and I also can take the lab data, and come up with a more predictive kind of analysis," he said.

According to research by BCG and B Capital, India's digital healthcare industry, valued at \$2.7 billion in 2022, could expand over tenfold to reach about \$37 billion by 2030. A large impetus has been the government's Ayushman Bharat Digital Mission (ABDM), which was launched in September 2021.

Mint • 04 Mar • Ministry of Ayush
The common sense way to a healthy lifestyle

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Top Right

Chennai • Bengaluru



The common sense way to a healthy lifestyle

When it comes to wellness, stick to the basics and question extreme fads

Luke Coutinho
feedback@livenint.com

Every day, a new health trend floods our screens. One reel tells you carbs are the enemy, the other swears by a juice cleanse, and somewhere in between, there's a superfood that promises eternal youth. It's exhausting. What's science and what's just smart marketing? The truth? Health isn't one-size-fits-all. What works for someone else may not work for you, and no trend can replace the innate intelligence of your body—it already knows what it needs to thrive.

Instead of getting lost in the noise, let's go back to what truly works: simplicity. Because when it comes to wellness, it's not about chasing what's trending, it's about mastering what's timeless.

YOUR BODY'S INTELLIGENCE IS YOUR BEST GUIDE

Your body is always communicating with you—but are you listening? That midday energy crash, the bloating after meals, the stubborn skin breakouts—these aren't random inconveniences; they're all signals. The problem? We've been conditioned to mask symptoms instead of understanding them. Got a headache? Take a pill. Feeling exhausted? Grab another coffee. Bloating? Try a detox diet. But what if, instead of shutting these signals down, we learned to decode them? Next time... instead of pushing through exhaustion, ask: Am I sleeping enough? Am I overdoing caffeine?

Instead of generalized advice, consult a professional for health solutions tailored to you

Instead of covering up breakouts with skincare, ask: Is my gut health out of balance? Instead of blaming metabolism for weight fluctuations, ask: Am I eating nutrient-dense meals or skipping meals altogether?

APPLY COMMON SENSE

Wellness isn't complicated—but the industry makes it seem that way. Every day, a new diet, supplement, or biohacking trend claims to be the ultimate health solution. But here's the reality: Health is built on timeless fundamentals, not fleeting fads. So how does one apply common sense to one's health?

Follow the basics: Prioritize what I call the 'six pillars of lifestyle'. They are the foundation of well-being: deep cellular nutrition, quality sleep, adequate movement, emotional wellness, reconnecting with spirit and breath. Trends will come and go, but these principles always work.

Question extremes: If a diet or wellness hack promises overnight results, bans entire food groups, or sounds too good to be true, it probably is.

Integrate, don't eliminate: Traditional medicine saves lives. Holistic and lifestyle medicine enhances health. They work together, not against each other.

Research beyond headlines: A viral post or a celebrity's wellness tip isn't medical advice. Read full studies, check sources, and consult qualified experts.

Personalization is key: Social media health advice is generalized. True wellness comes from working one-on-one with a doctor, nutritionist, or health coach to tailor recommendations to your body's needs.

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Move over K-Beauty

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SHALINI UMACHANDRAN

Move over K-Beauty



At her beautiful farmhouse in Coimbatore a few months ago, serial entrepreneur Rajshree Pathy showed me her new line of shampoos, conditioners and oils that looked, felt and smelled nothing like Ayurvedic formulations but had the same kind of gentle, nourishing impact. Her Qi Ayurveda is mildly scented, the colours are pleasing, the textures far removed from the viscous, smelly *thailanas (oils)* that I had to apply as a teen with eczema. She's taken old Ayurvedic favourites such as hibiscus, *awla* and sandalwood and had them reformulated and certified in a Swiss lab, making them easier for urban—and even international—customers used to squeeze tubes and pump-top jars to slather on. “I’ve only used Ayurveda all my life. So I thought why not blend traditional Ayurvedic wisdom with Swiss innovation,” she explained.

Pathy first did this about 20 years ago with Kama Ayurveda, which she has since exited, but she's not the only one repackaging Ayurvedic beauty treatments as “clean”, “non-toxic” and “safe”, as we report this week. Globally too, beauty brands are turning to botanicals as customers seek out products that aren't too harsh on their skin. Ayurveda, with its long history of using plant extracts, is way ahead of this curve, and its solutions are also gender-neutral in its focus on overall wellness for both men and women. It's the next big trend in the beauty business, giving K-beauty a run for its money, and we examine where it's headed. The first person to see the potential of chemical-free, Ayurvedic treatments was, of course, the fabulous and unorthodox Shahnaz Husain—and she tells us how she did it in an exclusive interview.

Other stories to bookmark include an interview with Copenhagen's Rasmus Munk, recently crowned the world's best chef, who is reimagining the future of food; a dispatch from the Berlin Film Festival; and a review of Kashmiri writer Zahid Rafiq's *The World with its Mouth Open*, the best book I've read so far this year. Do read our story on adaptive fashion for the disabled and the brands making an effort to be more inclusive as well as our many recommendations for what to watch, eat, do and read this weekend.

Write to the editor at shalini.umachandran@hltive.com
or @shaliniimb

Mint • 01 Mar • Ministry of Ayush Skin deep

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Bengaluru • Chennai • Hyderabad



One of the reasons for the popularity of A-Beauty is its use of natural ingredients to make formulations.

Skin deep

A-Beauty is moving off granny's dressing + and gaining followers worldwide as Ayurveda gets a makeover with easy-to-use creams and oils, quirky packaging and science-based formulations

Photo: Smita
people: ajay@the.com

Kritika D., 25, started a "skincare detox" five months ago. This was around the time she got her lip fillers dissolved after watching TikTok about international celebrities favouring the "natural look".

It went from an online rabbit hole to a real-life quest for an open secret: that skincare products, including some of her favourites, contain toxic chemicals. She began thinking about the "poisonousness of it all" — inserting needles to look like she had a sculpted face, wearing rubber bands around her eyes for a minute to lift the face, following 20-step morning and night time routines with serums and creams. "At the end of it, I would repeat my health at risk and end up like a thousand other people following the same trends the algorithm was dictating," says Kritika, a part-time lawyer aspiring to be a full-time fashion content creator. "I made a vow to lose all that beauty baggage".

Over 300 plus bottles offering hopes of glossy skin. In came jars that claimed to go beyond the surface and deliver beauty in a more holistic manner. "These mostly have Ayurveda-related natural ingredients," Kritika says over a video call, showing the seven bottles in her cabinet — each priced well above US\$1,000 and branded with words like "serum", "pot-belly", "rose" and "Aam-kand". "I'm hoping they will help my skinage better without any harmful side-effects. Now I just need to be patient," she laughs.

Kritika's shift in perspective is in sync with a chorus that's growing louder across genders and age groups: a clean beauty routine with natural ingredients. Think farm-to-table, for the skin.

That's the gap in India's \$20-plus billion beauty market that Ayurveda-first beauty, or A-Beauty, is filling. A 5,000-year-old system of traditional medicine, is looking to fill. Established as well as emerging brands, including Kama Ayurveda, Forest Essentials, Pahadi Local, Inde Wild and Ras, are going beyond just picking herbs and flowers, boiling and straining the oils and packaging them. They are using the recognised ancient

science to combine natural ingredients with chemical formulations in labs, passing clinical tests and selling these products as gels, roll-ons, creams just like other convenient skincare products. The attempt is to move away from a long-perceived image of Ayurvedic products being sticky, smelly, javeed oil that have to be mixed and boiled, and serve the needs of the modern consumer who believes wellness starts when health and beauty merge, even if it means spending over US\$2,000 for a 100ml under-eye serum with an extract from the Ajayna tree, or US\$2,000 on a 20g post-wash omni hair mask. Even celebrities like Deepika Padukone have been speaking the Ayurveda language through their skincare brands.

The other hope is to catch the attention of India's young shoppers — aged 20 and above — who are also looking for preventive skincare options, besides quick remedies in a market brimming with home-grown as well as international brand names. The Indian beauty and personal care market is expected to reach US\$4 billion by 2028, up from the current US\$2 billion, according to a report by market research firm Euromonitor International. Globally, the market is projected to generate revenue of US\$77.9 billion this year, estimates Statista.

The worldwide Ayurveda cosmetic product market, on the other hand, is likely to reach over US\$1 billion by 2030, up from US\$300 million in 2022, growing at a CAGR (compound annual growth rate) of 11% from 2023-30, according to a study published earlier this month by research company Verified Market Reports.

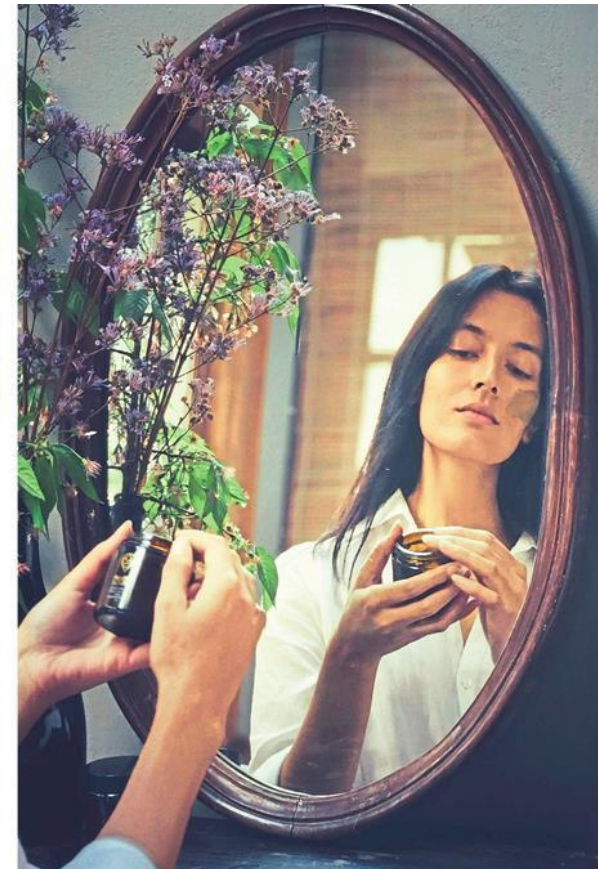
At home, the Ayurveda product market is estimated to hit US\$2.7 billion within the next three years, from US\$750 million in 2024, states a report by Ayurveda tech startup Nirox Street.

Among the reasons for the popularity of A-Beauty, especially post COVID, is consumers' falling out of love with synthetic ingredients, environmental concerns and fear of toxins. Rising interest from the West has also helped. Spanish conglomerate Puig has a majority stake in Kama Ayurveda and US' Estée Lauder Companies in Forest Essentials. Both Indian growth brands have over 100 outlets across India and London. Forest Essentials has an additional international presence in Dubai and Kuwait. Sephora is planning to launch Inde Wild in the US next year, taking the three-year-old brand by content creator Dipika Bhatia who blends Ayurvedic ingredients and modern chemistry. The brand is valued at US\$100 million and is available in five countries already.

There's something to be said about the timing of the rising interest in A-Beauty as well. In the past five years, wellness has entered the skincare vocabulary in a big way. From detoxing to so-called "skinimalism" to nourishing and healing, so-called "skinimalism" is beginning to receive the social acceptance and investment it deserves. "We're no longer buying beauty; we are buying self-care," says Dr. Gireesh Srinivasan, a dermatologist with over a decade of experience and founder of Delhi-based Influencer Clinic that offers laser and other beauty non-Ayurveda treatments for face, skin and hair. Many of her clients are A-Beauty devotees. "We're a sense of trust when you know the product you're applying on your body has an ingredient that also in your kitchen, or it's something your grandparents or parents used. There's nostalgia attached to it."

What A-Beauty doesn't offer is the awareness of whether a certain ingredient will suit all types of skin, Dr. Srinivasan says. "Plus, there's lack of regulation, an issue that extends to the beauty industry in general."

To produce an authentic Ayurveda product that employs the science, one has to have a certificate from the Central government department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and



A-Beauty appeals to customers who read the label to understand the ingredients.

Homeopathy, or AYUSH

But in the world of beauty products, regulations are not hard and fast. You can add some turmeric to a brightening cream, labelling it "Ayurvedic", "clean" or "organic". "Regulations will be imposed once consumers become aware," explains Dr. Srinivasan. It's only now that India has become interested in skincare. Once more people start reading the ingredient list and questioning, we will, hopefully, see a change. It will take at least five years before strict regulations are introduced.

OLD POTIONS, NEW HOPES

The herb-based healing tradition of Ayurveda (Sanskrit for "knowledge of life") is said to have divine origins with Lord Brahma offering the knowledge to Dhruv, the son of the sage. Ayurveda's simple principle is that your inner beauty essentially, a well-nourished body and a balanced and peaceful mind reflects your outer beauty," says Vivek Sahni, co-founder of skincare brand Kama Ayurveda. "That idea holds a lot of power."

When Kama Ayurveda and Forest Essentials were born over two decades ago, they were among a handful of brands that distilled the science of Ayurveda into a bottle. Till then, the Indian beauty market had been a major domestic player, but outside a big international market, besides Shubham Masani who opened her herbal clinic in the 1970s in Delhi. "When I was growing up in Delhi, there was a lot of conversation around Ayurveda, at least not in north India. The south definitely had, and still has, a stronger culture of it, but here it was associated with some brown smelly stuff, an oil or a cream. It was all herbal beauty or kitchen remedies for the skin, there was no Ayurveda skincare," says Sahni.

Growth was slow and steady but Ayurveda beauty was seen largely as a luxury indulgence — until the pandemic. Once people started thinking about immunity and putting inner beauty first, Ayurveda made a grand entry into self-care. Plus, the desire to spend more green. India's household spending will spill over US\$1 trillion by 2027, with over a quarter of households touching US\$10,000 in disposable income annually, says a 2023 report by IMF, a Fitch Solutions company.

Building there's a strong consumer demand and a stronger willingness to spend online with disposable income. A beauty brand started to experiment. Now you can shell out US\$200 and get an easy-to-use facial oil or a spot corrector in a gel form that has dozens of vetiver water and purifying properties of cardamom and thyme. For those fine lines,

there's an anti-ageing cream, priced at close to US\$1,000 for 50ml, that uses gotu kola and hyaluronic acid. A clean make-up enthusiast can pick up a cream packed with sandalwood, skin tint with natural rose extracts and blush and there seems to be a lot of oil and actives like glycerin, each for around US\$100.

"Ayurvedic beauty's emphasis on personalised care — tailored to an individual's *dosha* (or body type) — distinguishes it from conventional beauty," says a spokesperson from marketplace Tira, adding that Inde Wild, along with Forest Essentials and Kama Ayurveda, hold the lion's share of A-Beauty business on the platform. "Consumers are moving away from generic solutions and opting for products that cater to their unique needs, with particular focus on mental wellness."

While traditional sub-categories like face moisturisers and hair oils continue to drive revenue

growth on Tira, smaller sub-categories like hair serums, masks and peels, eye creams, body scrubs and mists are widening the consumer's horizons, says the spokesperson, highlighting the growing interest among A-Beauty consumers.

"The universe of A-Beauty has just started building," says Sahni, who opened the first overseas Kama Ayurveda store in Tokyo's posh Notting Hill neighbourhood a year ago. "A good thing is all this competition with new brands is that there will be more awareness where Ayurveda stands when it comes to beauty. Most consumers come to us a beauty after they have tried everything in the market."

Jose Paul, 35, is that customer. A Mumbai-based advertising professional with a hectic job, he had tried every product, chemical, organic as well as medicated, in the market to control his dandruff, but nothing gave him the confidence to wear a black shirt to work. "The most I spent was US\$5,000 on a shampoo that had some chemicals and made my hair very itchy. In the end, I switched to an Ayurvedic neem oil," says Paul. After a month of use, his dandruff has reduced but not disappeared.

What Ayurveda can't give is instant results. A beauty is slow beauty, says Jessica Jayne, founder of wellness-meets-skincare brand Pahadi Local. "It's for the audience that's looking for long-term results." Mumbai-born and engineer Jayne too had tried expensive serums and medical creams 15 years ago to help her skin that wasn't adjusting well to her new home in Shimla. Then someone suggested time-tested *gandhi* for it, which eventually became the first and only her product when she launched Pahadi Local seven years ago, centred around the idea of bringing ingredients from the mountains to the beauty conscious.

Since then, the brand has expanded its range, offering anti-acne salt from Labadi salt extracted from the region during extreme winter weeks, which has 27 active ingredients, including magnesium and zinc, a cleansing clay that has volcanic ash, and moisturising milk that has ghee, oil, blueberry oil, Leher berry oil and shea butter.

"We're basically picking up ingredients from the hard and connecting ourselves to our older, perhaps wiser, selves," says Jayne. "It also helps when you see the government's pushing for Made in India products, yoga and Ayurveda."

What's surprising is that despite sitting on this treasure of knowledge for centuries, the experimentation within skin care has been slow — reminiscent of how yoga revived here after the West turned it into a big business. Suramya Jain offers a different perspective: the idea of skin care has changed over the past few decades. "Make-up was fun, and skin care was really just one cream, it wasn't something we cared about too much," says Jain, co-founder and chief marketing officer of heavy skincare brand Ras. Earlier this month, the seven-year-old heavy skincare brand raised US\$5 million in a Series A funding round by Unilever Ventures. "Actives, molecules, serums — these are terms that have entered our language recently. And innovation takes time."

One of the ideas behind Ras, she says, was "Why are people still relying on Korean brands or French brands for their skincare needs? Why can't the consumer trust an Indian brand?"

While trying to do a balancing act between Ayurveda, innovation and trends, Ras had found a sweet spot, offering products like face oils that have oil-based lipid actives and moisturising serums with lighter textures. The aim is to do it right the first time that's paying more attention to the kind of the label. Kritika belongs to that crowd. When we met at a beauty and skincare store in Delhi's Khan Market early February, she showed me the list of ingredients on the back of a brightening cream bottle. "You see salicylic acid," Kritika pointed out. "It's among the top 5 ingredients that kind of skin is getting. I have some amount of salicylic acid, at least that's what I have."

The growing mindfulness might have helped A-Beauty gain prominence but can it thrive in a space where Korean and Japanese products are being launched every week and viral innovations like EX-30 patches, or electric muscle stimulation in a patch that can move micro-currents to speed and contract muscles in a targeted area, are making headlines. Dr. Srinivasan recommends people stick with A-Beauty. "It's not for our skin," she says. "Comparing to Korean and Japanese, we have more melanin and thick skin, and we move more prone to pigmentation. These viral products might work temporarily but in the long term they aren't meant for us."

MAKING IT COMPATIBLE

A beauty has the years of wisdom and the pull of nostalgia but it hasn't caught the attention of everyone. One of the reasons is the smell and packaging associated with it — but this is something brands are actively trying to change.

So no more is content creator Bhatia about the stereotypical idea of smell and packaging that when she launched Inde Wild in 2022, she ensured the bottles were cheerfully bright and marble-like. "Ayurveda doesn't have to be boring," says Bhatia. "It needs to be holistic and gender-neutral." Ayurveda doesn't have to be boring, says Bhatia. "It needs to be holistic and gender-neutral." Ayurveda doesn't have to be boring, says Bhatia. "It needs to be holistic and gender-neutral."

It's evident from the brand's biggest hit, Champi Oil, which contains Brahmi, amle, neem, castor oil, coconut, almond, argan and vitamin E. "Growing up in the UK, doing college was a little family tradition," she recalls. "While I was researching A-Beauty in India, I realised there weren't many efforts being made to create a good identity for Ayurveda."

A beauty remains largely inaccessible when it comes to the price point — a large number of products are priced upwards of US\$100. But most of the founders aren't really interested in making their product mass.

Jayne agrees, adding that there is need for more development and expansion of the A-Beauty space. "There's certainly a lot of noise, but when it comes to innovation, we are moving slowly. Perhaps this is the year conversation on A-Beauty will reach a new level."

Kritika, meanwhile, has found her groove in following her skin beauty regime. She carries a small bottle of her honey-scented Forest Essentials oil in her bag. While she puts a spoon of it in her green tea, she smiles as she says: "This is for the glow."

Actor Ishan Khatter is the brand ambassador for Inde Wild.

The lab at Ras skincare.



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Move over K – Beauty

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SHALINI UMACHANDRAN

Move over K-Beauty



At her beautiful farmhouse in Coimbatore a few months ago, serial entrepreneur Rajshree Pathy showed me her new line of shampoos, conditioners and oils that looked, felt and smelled nothing like Ayurvedic formulations but had the same kind of gentle, nourishing impact. Her Qi Ayurveda is mildly scented, the colours are pleasing, the textures far removed from the viscous, smelly *thailanas (oils)* that I had to apply as a teen with eczema. She's taken old Ayurvedic favourites such as hibiscus, *awla* and sandalwood and had them reformulated and certified in a Swiss lab, making them easier for urban—and even international—customers used to squeeze tubes and pump-top jars to slather on. “I’ve only used Ayurveda all my life. So I thought why not blend traditional Ayurvedic wisdom with Swiss innovation,” she explained.

Pathy first did this about 20 years ago with Kama Ayurveda, which she has since exited, but she's not the only one repackaging Ayurvedic beauty treatments as “clean”, “non-toxic” and “safe”, as we report this week. Globally too, beauty brands are turning to botanicals as customers seek out products that aren't too harsh on their skin. Ayurveda, with its long history of using plant extracts, is way ahead of this curve, and its solutions are also gender-neutral in its focus on overall wellness for both men and women. It's the next big trend in the beauty business, giving K-beauty a run for its money, and we examine where it's headed. The first person to see the potential of chemical-free, Ayurvedic treatments was, of course, the fabulous and unorthodox Shahnaz Husain—and she tells us how she did it in an exclusive interview.

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Write to the editor at shalini.umachandran@hltive.com
or @shaliniimb

Mint • 01 Mar • Ministry of Ayush Shahnaz Husain: The OG beauty influencer

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Hyderabad

Shahnaz Husain: The OG beauty influencer

The Delhi-based entrepreneur was the first to take herbal skincare to the world and turn herself into a global brand over a span of five decades



Shahnaz Husain at her Delhi home.

Pooja Singh
pooja@hivive.com

Never have I ever been asked to cut a cake (read with the words "Welcome Home" after I've finished an interview). But at Shahnaz Husain's mansion in Delhi, it's a ritual for first-time guests. "Now you can't forget me," Husain says, as an in-house photographer takes pictures. It is difficult to forget her. She doesn't look like she's aged a day since I first saw her in the lobby of Delhi's Oberoi hotel 20 years ago. With her henna-coloured halo hair, pea-sized diamond nose pin and peach-red lipstick, she's the original beauty influencer who started a herbal cosmetics revolution in India in the 1970s by putting kitchen remedies in plastic jars and her face and name on the label.

When we meet, she's dressed in an electric-blue *kurta* shirt with matching pants, a long black jacket, pale gold leather gloves with cut-out detailing to reveal just her red nails, and a bright blue scarf with multi-coloured LV logos. Her bold-lined eyes are hidden behind Louis Vuitton sunglasses. "You know, I am here because of you," she says while settling into a chair that resembles a golden throne. She's referring to the press. "If you guys had not written about me all these years, I would have not reached here."

KEEPING IT REAL

Since starting her eponymous brand in 1971, Husain, who turns 81 this year, has built a business selling 5,000-year-old Ayurvedic formulations in modern packaging well before terms like "clean beauty" and "organic beauty" were conceived. At present, the brand, which is also managed by her daughter Nishita Currimbhoy, has over 150,000 stores across 138 countries. They sell 300 formulations, some with 24-carat gold, oxygen, pearl and plant stem cells. It recently launched Marold, a skincare line for men. While Husain refuses to talk numbers, estimates put her peak revenues at about \$375 million, according to a 2024 *Forbes* report.

The journey started with her learning the basics of cosmetics at a beauty school in Delhi's Defence Colony. She was 15, newly married and bored. "I wasn't really interested in beauty, but my father (Nasir Ullah Beg, former chief justice of the Allahabad high court) used to encourage me to read a lot. I came across several reports in newspapers stating that people had died after getting their hair coloured, or that their skin had burnt because they used some chemical cream. It made me wonder why people weren't using traditional herbs and *mas* (remedies), stuff we all grew up with at home," she says. Her own haircare routine has always consisted of henna and a strict weekly routine of "13 eggs, coffee, lime juice" as hair pack.

Soon she, along with her one-year-old daughter, moved to Tehran with her husband Nasir Husain, who was then director for foreign trade at State Trading Corporation. Her interest in beauty had grown, and she wanted to do cosmetology courses, but didn't want to borrow money from her father or husband. So, she started writing articles in an English language newspaper in Iran to eventually fund her education at leading schools in the U.K., Germany and the U.S.

Her decision to promote the use of herbs as skincare in a world of chemical-laden products shaped during the early days at Helena Rubinstein School of Beauty in the 1960s in London, when she learnt about an accident from a classmate-turned-friend. "Her mother had been a model for a make-up company and her eyes had started blurring after using some products and eventually she lost her eyesight and became

"I am Shahnaz Husain the brand, the brand is me. I was selling an ancient science when hardly anyone was talking about it. Now everyone is doing what I was doing 50 years ago."

SHAHNAZ HUSAIN FOUNDER



blind," she recalls. "That was the point that decided my future. I told myself I am going to study all the chemical formulas, and then recreate them using plants in India."

Back in Delhi in 1971, Husain set up a factory in Okhla. She started creating solutions for dullness, hair fall, acne, stretch marks, dark circles and pigmentation and selling them from her first herbal salon in the veranda of her home. The products were an instant success. She was also setting up salons for housewives to get trained in beauty techniques and earn a living.

Over the next seven years, Husain represented India at international fairs, including the prestigious New York Beauty Congress. In 1982, she became the first Asian woman to retail her products from British store Selfridges. Soon, she was in Harrods (UK), La Rinascente (Italy), El Corte Inglés (Spain), Bloomingdale's (US), Japan's Seibu chain and Galleries Lafayette (France). Newspapers and magazines across the world hailed her as the "Ayurveda queen from India". Socialites as well as Hollywood stars wanted her products, especially the saffron-infused skin brightening cream. Shahnaz bridal glow treatment became a must have for brides-to-be.

FOLLOWING ONE'S OWN TUNE

Competition started building two decades ago, with the emergence of premium Ayurveda-focused skincare brands like Kama Ayurveda and Forest Essentials. Husain wasn't too bothered. "I was too consumed with what I was building. I am still like that," she says.

In the past decade, she's launched products like a castor oil-infused Touch-Up in a big lipstick-like bottle to conceal grey hair instantly and gel-like eye mask packed with scented flower oil for hydrating properties. Despite the new generation of beauty entrepreneurs, Husain continues to hold sway among loyalists who swear by her *kapal jenna*, all-season face cream and face mask with diamond dust – more so because of the price point that falls in the 2,000-2,000 range.

At present, her focus is on Marold, which offers the usual creams, serums, shaving cream, hair oil and tonic for men. The other thing keeping her busy is expansion. She doesn't get into specifics but says she is launching more stores this year.

A large part of her success has come from her in-your-face marketing strategy. Even today, Shahnaz Husain has no influencer-led brand promotions or brand ambassadors. "Tan Shahnaz Husain the brand, the brand is me," she says. "I was selling an ancient science when hardly anyone was talking about it and look around you now, everyone is doing what I was doing 50 years ago. There's no competition. I am going to stick to what I know."

I ask her what she does when she's not working. "Wait," she says, excitedly. She calls one of her assistants on the phone and 10 minutes later, 20 long coats are paraded in front of me. Some have leopard print on the collars, sleeves and shoulder; there's a peplum-style burgundy overcoat with fuchsia pink lining and gold buttons; another has the LV logo embossed all over herring the sleeves. "I shop for bags, shoes and scarves, cut them up and make my own clothes," she says, adding proudly that her outfit of the day is also her own design. She has four in-house tailors. "I don't wear designer clothes, everything from top to bottom is bespoke. I always wanted to start a fashion label."

Then what stopped you? "That's a story for the next interview."



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Patanjali enters insurance with Rs4,500 cr deal

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Poonawalla to sell 98% in Magma

Patanjali enters insurance with ₹4,500-cr deal

GEETA NAIR
Pune, March 13

PATANJALI AYURVED AND Dharampal Satyapal Group (DS Group) will acquire Magma General Insurance from Sanoti Properties at a valuation of ₹4,500 crore, subject to regulatory approvals.

Magma General Insurance, formerly known as Magma HDI General Insurance Company, is jointly owned by Adar Poonawalla and Rising Sun Holdings. The insurer offers over 70 products across various categories, covering major risks in the general insurance sector.

The transaction involves the sale of Magma General Insurance, along with Celica Developers and Jaguar Advisory Services, as per the share purchase agreement with Patanjali Ayurved and DS Group. Post-acquisition, Baba Ramdev's Patanjali will

DEAL BOOK



■ Patanjali Ayurved and DS Group have acquired stake in Magma General Insurance

■ Magma has 18,000 agents, 2,000 corporate clients, 14 OEMs and 80 players

■ Adar Poonawalla holds 90% in Sanoti, one of the entities selling Magma stake

hold a dominant 98% stake in the insurer. DS Group, known for its presence in food & beverages, dairy, and hospitality, is also a key buyer in the deal.

Continued on Page 8

Patanjali enters insurance..

SANOTI PROPERTIES, PRIMARILY controlled by Adar Poonawalla, currently holds a 72.49% stake in Magma General Insurance through its holdings in Rising Sun Holdings.

The decision to sell was made during a board meeting held on Wednesday.

The list of buyers includes Sanoti Properties LLP, Celica Developers, Jaguar Advisory Services, former HDFC chairman Keki Mistry, Atul DP Family Trust, Shahi Sterling Exports, and QRG Investments and Holdings.

On the acquiring side, Patanjali Ayurved, SR Foundation, RITI Foundation, RR Foundation, Suruchi Foundation and Swati

Foundation will hold stakes in the insurer.

Adar Poonawalla, chairman of Serum Institute of India, said that Magma had recorded a 26% growth rate over the past five years. "We are confident that it will continue to make a strong contribution to the general insurance industry under the new ownership of Patanjali Ayurved and DS Group," he added.

The acquisition will require approvals from the Insurance Regulatory and Development Authority of India (Irdai), the Competition Commission of India, debenture holders of the company and other regulatory bodies before it is finalised.

The Financial Express • 13 Mar • Ministry of Ayush
Dhami inaugurates UttarakhandDiaspora Conference

2 • PG

27 • Sqcm

18929 • AVE

176.59K • Cir

Middle Left

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

**Dhami inaugurates
Uttarakhand
Diaspora Conference**

UTTARAKHAND CM Pushkar Singh Dhami inaugurated the International Uttarakhandi Diaspora Conference in Dehradun. Addressing the diaspora, the CM highlighted the immense potential for investment in Uttarakhand, mentioning adventure tourism, power generation, aromatic products, manufacturing, agri, horticulture, herbal products, AYUSH, and wellness as key areas.

The Financial Express • 08 Mar • Ministry of Ayush
Patanjali's mega Rs1,500-cr food park to begin business

4 • PG

27 • Sqcm

9218 • AVE

50.96K • Cir

Bottom Left

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

**Patanjali's mega
₹1,500-cr food park
to begin business**

PATANJALI AYURVED ON Friday said its mega food processing plant, set up with an investment of ₹1,500 crore, in Nagpur will begin operations on Sunday. The Patanjali Mega Food and Herbal Park in Mihaan will be inaugurated on March 9. The park will have fruits and vegetable processing units with a capacity of 800 tonnes per day.

—PTI

The Hindu Business Line • 14 Mar • Ministry of Ayush
Patanjali enters insurance with Rs4,500-cr Magma General buy

1 • PG

218 • Sqcm

46863 • AVE

40.13K • Cir

Top Right

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

Patanjali enters insurance with ₹4,500-cr Magma General buy

Our Bureau
Pune

Patanjali Ayurved Ltd, known for its herbal and nature-based products, along with the Dharampal Satyapal Group, is making a significant move into the insurance sector by acquiring Magma General Insurance Limited for approximately ₹4,500 crore. The acquisition, subject to regulatory approvals, marks Patanjali's strategic expansion beyond the FMCG sector into financial services, tapping into India's under-penetrated general insurance market.

A spokesperson for Patanjali Ayurved highlighted the rationale behind the move, citing the sector's ongoing regulatory reforms and the Insurance Regulatory and Development Authority of India's vision of 'Insurance for All by 2047'.

STRONG FOOTPRINT

The spokesperson said, "The sector is undergoing exciting regulatory reforms with 100 per cent FDI opening up. Magma General Insurance could benefit immensely from our ability to infuse growth capital and huge distribution strength, including



access to rural markets as Patanjali Ayurved products are available at 2,00,000 counters, nation-wide chains including Reliance Retail, Hyper City, Star Bazaar and 250 Patanjali Mega Stores."

With its deep rural penetration and brand trust, Patanjali aims to drive insurance accessibility and expand Magma General Insurance's market reach, aligning with India's broader financial inclusion goals.

Sanoti Properties LLP, owned by Adar Poonawalla, has approved the sale of its insurance subsidiary Magma General Insurance Ltd (formerly Magma HDI General Insurance Company Ltd).

DEAL STRUCTURE

The transaction is structured through a share purchase agreement with Sanoti Properties LLP, alongside

Celica Developers and Jaguar Advisory Services, collectively referred to as the majority sellers.

BIG PORTFOLIO

Magma General Insurance Ltd offers a broad portfolio of over 70 insurance products, covering both retail and commercial categories. Its retail insurance offerings include motor (car, two-wheeler, commercial vehicles and tractors), health, personal accident, and home, while its commercial products cover fire, engineering, liability and marine. The company reported a gross written premium (GWP) of ₹3,295 crore in FY24 and is projected to achieve a GWP of ₹3,650-₹3,700 crore in FY25, with an expected profit before tax (PBT) of ₹20-₹25 crore.

Adar Poonawalla said, "We are proud that over the last few years, Magma General Insurance has built up its business carefully, both on the retail and corporate side, with over 18,000 agents, more than 2,000 corporates, 14 OEMs, and more than 80 players in the financial services business. It has delivered a growth rate of 26 per cent over the last 5 years."

The Hindu Business Line • 08 Mar • Ministry of Ayush
Patanjali's mega food park to begin operations

9 • PG

30 • Sqcm

15448 • AVE

195.42K • Cir

Top Left

Delhi

**Patanjali's mega food park
to begin operations**

Nagpur: Patanjali Ayurved said its mega food processing plant, which has been set up with an investment of ₹1,500 crore in Nagpur, will begin operations on Sunday. The Patanjali Mega Food and Herbal Park in Mihan, Nagpur, will be inaugurated on March 9 in the presence of Union minister Nitin Gadkari, Maharashtra Chief Minister Devendra Fadnavis and yoga guru Ramdev, among others, it said. The park will have fruits and vegetable processing units with a capacity of 800 tonnes per day. »n

Bizz Buzz • 13 Mar • Ministry of Ayush

Govt firm on improving cancer care, treatment accessibility: Minister

8 • PG

315 • Sqcm

31533 • AVE

N/A • Cir

Top Left

Hyderabad

Govt firm on improving **cancer care**, treatment accessibility: Minister

To enhance cancer care services in various rural regions, centre recently established the National Cancer Institute in Jhajjar, Haryana

Cancer Care Commitment

- Established the National Cancer Institute
- Cancer treatment facilities in 22 new AIIMS
- 200 oncology packages under PM-JAY
- 15,057 PMBJKs opened

NEW DELHI

THE government is committed to improving care and treatment accessibility for patients with cancer and has been undertaking various measures for the treatment and prevention of cancer in India, said Union Minister of State for Health and Family Welfare Prataprao Jadhav.

In a written reply in the Rajya Sabha, the Minister said the government has been strengthening the tertiary cancer care facilities scheme.

"Under this initiative, 19 State Cancer Institutes (SCIs)



and 20 Tertiary Care Cancer Centres (TCCCs) have been approved to provide advanced diagnostic and treatment facilities," Jadhav said.

To enhance cancer care services in various rural regions, the centre recently established the National Cancer Institute in Jhajjar, Haryana, and the second campus of the Chit-taranjan National Cancer Institute in Kolkata. In addition, cancer treatment facilities have been approved in all 22 new All India Institutes of Medical Sciences (AIIMS), which will offer comprehensive diagnostic, medical, and surgical services.

"The government ensures that treatment in these hos-

pitals is either free or highly subsidized for the poor and needy, making essential healthcare accessible to all," the MoS said.

Further, cancer treatment is also covered under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB PMJAY), which provides up to Rs5 lakh per family annually for secondary and tertiary care. This scheme benefits approximately 55 crore people (12.37 crore families) from the bottom 40 per cent of the population, Jadhav said.

Recently, the PM-JAY was extended to include health coverage to all senior citizens aged 70 and above, regardless of income.



“Under this initiative, 19 State Cancer Institutes and 20 Tertiary Care Cancer Centres have been approved to provide advanced diagnostic and treatment facilities – Prataprao Jadhav, Minister of State for Health and Family Welfare

"The scheme includes over 200 packages encompassing more than 500 procedures related to medical oncology, surgical oncology, radiation oncology, and palliative medicine within the National Health Benefits Package (HBP)," Jadhav said.

To further support can-

cer treatment, the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) has been launched to establish dedicated outlets known as Pradhan Mantri Bhartiya Janaushadhi Kendras (PMBJKs). "A total of 15,057 PMBJKs have been opened across the country (till February), providing quality generic medicines at affordable prices," the Minister said.

The scheme includes 2,047 types of medicines and 300 surgical devices, with 87 products specifically available for cancer treatment. Another initiative is the Affordable Medicines and Reliable Implants for Treatment (AMRIT), which aims to provide affordable medicines for cancer, cardiovascular diseases, and other health conditions.

"There are 222 AMRIT pharmacies across 29 States and Union Territories (till January), offering over 6,500 drugs, including those for cancer, at discounts of up to 50 per cent off market rates," Jadhav said.

Bizz Buzz • 12 Mar • Ministry of Ayush

CARI to jointly research on ayurvedic formulation to manage diabetes

4 • PG

158 • Sqcm

15845 • AVE

N/A • Cir

Bottom Right

Hyderabad

CARI to jointly research on ayurvedic formulation to manage diabetes

Signs MoU with the School of Natural Product Studies, Jadavpur University

THE Central Ayurveda Research Institute (CARI), Kolkata, under the Central Council for Research in Ayurvedic Sciences (CCRAS) of the Ministry of Ayush, on Monday launched a research project to evaluate the potential of an Ayurveda formulation to treat diabetes.

They signed a Memorandum of Understanding (MoU) with the School of Natural Product Studies (SNPS), Jadavpur University, Kolkata to mark the beginning of a collaborative research project to probe the potential of "Vidangadi Lauham"-- a classical Ayurvedic formulation -- in the management of diabetes.

This research project, to be launched on an experimental basis with animals, "holds immense potential in the field of Ayurveda research, aiming to establish a strong scientific foundation for the



The research aims to analyse the biological activity of such plants. It will contribute significantly to the preservation and restoration of India's rich medicinal plant heritage

use of Vidangadi Lauham in diabetes management," said the Ministry.

The research aims to conduct biophysical characteri-

sation and analyse the biological activity of medicinal plants. It will contribute significantly to the preservation and restoration of India's rich medicinal plant heritage.

"The findings will be instrumental in developing high-quality, safe, and effective Ayurvedic formulations for combating diabetes and its complications," the Ministry said. Furthermore, the project highlights the need for a comprehensive database to validate the health benefits of medicinal plants, ensuring their credibility in the global healthcare landscape.

Bizz Buzz • 01 Mar • Ministry of Ayush

AP budget outlay at Rs 3.22 L cr; med insurance of Rs 25L to all

3 • PG

402 • Sqcm

40162 • AVE

N/A • Cir

Top Left

Hyderabad

AP budget outlay at ₹3.22 L cr; med insurance of ₹25L to all

Made several proposals for a time-bound rebuilding of Andhra Pradesh showing way towards realisation of Swarnandhra Pradesh

PLANNING GROWTH

- ₹11,636 crore for agriculture
- ₹10,909 crore for social welfare
- ₹10,619 crore for economically weaker sections
- ₹8,785 crore for transport

SANTOSH PATNAIK
AMARAVATI

ANDHRA Pradesh Finance Minister Payyavula Keshav on Friday presented the budget for 2025-26 with an outlay of Rs3.22 lakh crore by making a provision for providing Rs25 lakh medical insurance to all.

Highest- ever annual outlay has been proposed for the State. This is also for the first time that the allocation has crossed Rs3 lakh crore mark due to commitments made towards Super Six Guarantees. Incidentally, this is the

first full-fledged budget by the coalition. The Finance Minister announced the allocation of Rs11,636 crore for agriculture, Rs10,909 crore for social welfare, Rs10,619 crore for economically weaker sections and Rs 8,785 crore for transport. Revenue expenditure has been put at Rs2.51 lakh crore, revenue deficit pegged at Rs33,185 crore and fiscal deficit is put at Rs79,926 crore. The capital expenditure has been put at Rs40,635 crore. While describing the budget as growth-oriented, the Finance Minister squarely blamed the erstwhile YSRCP Government for ruining the State by indulging in fiscal indiscipline. He said anarchy prevailed during the previous regime.

The budget made several proposals for a time-bound rebuilding of Andhra Pradesh. It showed the way towards realization of 'Swarnandhra Pradesh' by 2047, the centenary year of Independ-



Finance Minister Payyavula Keshav and Irrigation Minister Nirmala Rama Naidu before presenting budget on Friday

ence of the country. It instills confidence in the people of the State that the NDA Government will stand by them in the realization of their hopes and aspirations for which they gave a massive mandate in the last elections, the Finance Minister said.

The budget has made huge allocations for priority sectors like welfare of various sections of the people, agricul-

“The budget has addressed developmental activities, Super Six and other manifesto promises. The budget has sown seeds to realise Swarna Andhra Vision 2047. It is a growth-oriented budget along with allocations for welfare activities. He said “we wholeheartedly welcome the allocation of ₹42,635 crore for the capital expenditure apart from Amaravati and Polavaram projects.

- Potluri Bhaskara Rao, AP Chambers president



ture, education, health, skill development, infrastructure promotion through increased allocation for capital expenditure.

Human Resource Development has been accorded priority in the Budget for 2025-26. Health sector has been allocated Rs19,264 crore which accounts for about 6 per cent of total budget allocation and an increase of about 4 per cent over that of 2024-25. Allocation for Health for 2025-26 marks an increase of

29 per cent over the allocation for 2023-24.

Health Minister Satya Kumar Yadav announced that Health Insurance for Rs.25 lakh for all in the State will be introduced during the financial year 2025-26, Rs4,000 crore has been allocated for Dr.NTR Vaidya Seva, Rs.2,299 crore for National Health Mission and Rs1,158 crore for Pradhan Manti Ayushman Bharat Infrastructure Mission (PMABHIM).

Earlier, the Cabinet meet-

ing was held under the chairmanship of Chief Minister N Chandrababu Naidu discussed the thrust areas to give push towards achieving \$2.41 trillion economy by 2047 with a growth rate of 15 per cent.

Speaking on the budget at the TDLP meeting later, Chief Minister N Chandrababu Naidu despite financial challenges thrown up by the YSRCP regime, the TDP-led coalition has presented the budget with emphasis on welfare and growth. Cautioning the MLAs to discharge their responsibilities in ensuring proper utilisation of funds, he asked them to work in tandem with MPs and avoid internal conflicts.

YSRCP Leader of Opposition in Council Botcha Satyanarayana and former Finance Minister Buggana Rajendranath strongly criticised the coalition for resorting to jugglery of figures stating that the budget outlay has belied the expectations.

Business Standard (Hindi) • 05 Mar • Ministry of Ayush
Arogye Mandiro ka internet covrage bade

4 • PG

113 • Sqcm

11827 • AVE

15.51K • Cir

Top Left

Chandigarh

आरोग्य मंदिरों का इंटरनेट कवरेज बढ़े

केंद्र सरकार राष्ट्रीय स्वास्थ्य मिशन (एनएचएम) के तहत आयुष्मान आरोग्य मंदिर (एएम) में इंटरनेट कवरेज बढ़ाने, टेलीफोन पर इलाज संबंधी सेवाएं देने (टेलीकंसल्टेशन) और मुख्य चिकित्सा अधिकारियों (सीएमओ) के लिए नए प्रशिक्षण कार्यक्रमों पर ध्यान केंद्रित कर रही है। मंगलवार को एनएचएम की मिशन स्टीयरिंग ग्रुप (एमएसजी) की बैठक में स्वास्थ्य मंत्री जे पी नड्डा ने जोर दिया कि जमीनी स्तर पर स्वास्थ्य सेवा योजनाओं के आवश्यक परिणाम सुनिश्चित किए जाएं। एनएचएम के तहत एमएसजी सर्वोच्च नीति निर्धारण और संचालन संस्था है जो स्वास्थ्य क्षेत्र के लिए व्यापक नीतिगत दिशानिर्देश मुहैया कराती है। टेलीकंसल्टेशन की संख्या 2019-20 के 26 लाख से बढ़कर 2023-24 में 11.8 करोड़ हो गई।

बीएस

The Times of India • 17 Mar • Ministry of Ayush
Manimajra to get Critical Care Block

1 • PG

186 • Sqcm

90279 • AVE

46.88K • Cir

Middle Center

Chandigarh

Manimajra to get Critical Care Block

Deepak.Yadav
@timesofindia.com

Nitin Sharma

Chandigarh: The Chandigarh administration is all set to construct a 50-bedded Critical Care Block in Manimajra. The project will be established on the 2.88-acre earmarked land, which is currently with the Chandigarh Municipal Corporation, but will be transferred to the Chandigarh administration. Since the area is adjoining the 100-bedded hospital of Manimajra, authorities found it the most feasible site for the project, which will be implemented under the Pradhan Mantri Ayushman Bharat Health Infrastruc-



The project site in Manimajra

ture Mission (PM-ABHIM).

Since Manimajra is a densely populated area, the project aims to facilitate a large number of people, mainly from Manimajra, Maulijagan, and surrounding areas. Now, the UT Estate Office will allot the site after fulfilling the required process and procedure.

A letter from the urban planning department to the joint secretary of the UT Estate Office reads, "The letter of the Director, Health and Family Welfare of Chandigarh administration refers to setting up a 50-bedded Critical Care Block under PM-ABHIM at Manimajra to serve the adjoining area of Manimajra, village Maulijagan, rehabilitating colonies, and IT Park. In this regard, a copy of the layout plan of Pocket No 1 NAC, Manimajra, showing the proposed site opposite the government hospital, Manimajra measuring 2.88 acres is marked. It is requested to take further necessary ac-

tion for the allotment of the site to the Health department as per relevant rules and site feasibilities."

Sources in the Chandigarh administration said that in exchange for the land, the municipal corporation will be given land of the same financial value. "Since Chandigarh is a landlocked city, land is available in the southern sector, and search is ongoing to give land to the MC in exchange. Most likely, the land will be given in Sector 51 for MC's usage. Since this is a crucial subject related to land, discussion was held between senior officials of the departments concerned," sources in the UT said.

The Times of India • 17 Mar • Ministry of Ayush
Ministry of AYUSH to soon launch AI electives in traditional medical education

7 • PG

800 • Sqcm

387926 • AVE

46.88K • Cir

Middle Left

Chandigarh

Ministry of AYUSH to soon launch AI electives in traditional medical education

AI tools can also make Ayurveda knowledge and services more widely accessible, reaching global audiences

Ayushi Gupta1
@timesofindia.com

The Ministry of Ayurveda, Yoga, and Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH) is set to integrate AI into the UG and PG curricula to revolutionise the Indian Systems of Medicine (ISM). To equip students with both foundational knowledge of ISM and the skills to incorporate modern technological advancements, the ministry is working on formulating a benchmark framework to offer AI as one of the elective subjects. To implement the plan, the ministry has been evaluating the sector's readiness for AI, creating a standardised framework for AI system integration, and developing AI educational tools.

Forming a benchmark

A framework is needed to integrate AI into traditional medicines to make it scientifically validated, efficient, and globally recognised. The ministry has collaborated with global focus groups to develop benchmarks for AI usage in traditional medicines. The department also participated in a global technical consultation on the application of AI in traditional medicine.

Talking to *Education Times*, Vaidya Rajesh Kotecha, secretary, Ministry of AYUSH, says, "The Centre of Excellence (CoE) component of the Ayurswasthya Yojana, a project sanctioned to IIT Jodhpur, aims to combine functional genomics, electronics, digital health, and AI to realise evidence-based ayurvedic solutions. The CoE will provide technological solutions for understanding and applying ayurveda's principles and practices—P5 medicine: Personalised, Preventive, Predictive, Participatory, and Promotive—as well as integrative medicine, including environmental response and disease development."

Understanding the requirement

Integrating AI in ayurveda can enhance diagnostic accuracy, personalised treatment planning, research efforts, and healthcare delivery, ultimately leading to better outcomes and preserving this ancient healing tradition, says Pooja Sabharwal, assistant professor, Govt of NCT of Delhi. "With AI algorithms, students can identify patterns and correlations in complex datasets, such as ayurvedic diagnostic criteria,

AI algorithms will help identify patterns and correlations in complex datasets, such as ayurvedic diagnostic criteria and treatment outcomes

symptoms, and treatment outcomes. Analysing these patterns through AI allows it to assist ayurvedic practitioners in diagnosing diseases more accurately and predicting the efficacy of various treatment modalities," she adds.

"According to our regulations, modern technological advancements should be included in the UG and PG curricula. The department has been at the forefront of integrating AI into traditional medicine systems to enhance research, education, health services, and citizen-centric applications," says Kotecha.

In 2017, the Ministry launched Ayush Grid, an initiative to integrate technology with traditional medicine systems like ayurveda, Yoga, unani, siddha,

and homeopathy.

Through Ayush Grid, students are trained in modern technologies to improve healthcare services such as accessibility, quality, and efficiency.

Kotecha says, "Students are already using the Ayush e-LMS (Learning Management System) under Ayush Grid,

where AI-driven analytics are being developed to enhance learning and expertise. AI will also play a key role in Ayush Grid applications such as the Ayush Education Learning Management System (AELMS), Ayush Hospital Management Information System (AHMIS), among others, improving decision-

making, health outcomes, and accessibility to traditional medicine."

The Times of India • 17 Mar • Ministry of Ayush

Ministry of AYUSH formulating framework to launch AI electives in traditional medical education

11 • PG

276 • Sqcm

335104 • AVE

4.69M • Cir

Top Left

Education Times

Delhi

Ministry of AYUSH formulating framework to launch AI electives in traditional medical education

AI tools can also make Ayurveda knowledge and services more widely accessible, reaching global audiences

Ayushi Gupta1
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Talking to *Education Times*, Vaidya Rajesh

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The Times of India • 17 Mar • Ministry of Ayush
Traditional medical education to soon incorporate AI electives

7 • PG

279 • Sqcm

554361 • AVE

1.27M • Cir

Top Right

Chennai • Bengaluru

Traditional medical education to soon incorporate AI electives

AI tools can make ayurveda knowledge and services more widely accessible, reaching global audiences

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The Ministry of Ayurveda, Yoga, and Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH) is set to integrate Artificial Intelligence (AI) into the Undergraduate (UG) and Postgraduate (PG) curricula to revolutionise the Indian Systems of Medicine (ISM). To equip students with both foundational knowledge of ISM and the skills to incorporate modern technological advancements, the ministry is working on formulating a benchmark framework to offer AI as one of the elective subjects. To implement the plan, the ministry has been evaluating the sector's readiness for AI, creating a standardised framework for AI system integration, and developing AI educational tools.

Creating a benchmark

A framework is needed to integrate AI into traditional medicines to make it scientifically

validated, efficient, and globally recognised. The ministry has collaborated with global focus groups to develop benchmarks for AI usage in traditional medicines.

Talking to Education Times, Vaidya Rajesh Kotecha, secretary, Ministry of AYUSH, says, "The Centre of Excellence (CoE) component of the Ayurwasthya Yojana, a project sanctioned to IIT Jodhpur, aims to combine functional genomics, electronics, digital health, and AI to realise evidence-based ayurvedic solutions. The CoE will provide technological solutions for

A framework is needed to integrate AI into traditional medicines to make it scientifically validated

understanding and applying ayurveda's principles and practices—P5 medicine: Personalised, Preventive, Predictive, Participatory, and Promotive—as well as integrative medicine, including environmental response and disease development."

Integrating AI in

ayurveda can enhance diagnostic accuracy, personalised treatment planning, research efforts, and healthcare delivery, ultimately leading to better outcomes and preserving this ancient healing tradition, says Pooja Sabharwal, assistant professor, Govt of NCT of Delhi. "Training students in traditional medicine to provide AI-enabled public health services alongside their core curriculum can empower them to deliver more comprehensive and effective care, contribute to improved health outcomes, and adapt to the evolving healthcare landscape. With AI algorithms, students can identify patterns and correlations in complex datasets, such as ayurvedic diagnostic criteria, symptoms, and treatment outcomes. Analysing these patterns through AI allows it to assist ayurvedic practitioners in diagnosing diseases more accurately and predicting the efficacy of various treat-

ment modalities," she adds.

Moreover, AI can enhance various aspects of education and healthcare, particularly in the context of ayurveda and traditional medicine. "AI can automate administrative tasks, assist in curriculum development, and provide real-time feedback to educators, allowing them to focus more on mentorship and teaching. AI-driven platforms can also make ayurveda knowledge and services more widely accessible, reaching global audiences," adds Kotecha.

In 2017, the ministry launched AYUSH Grid, an initiative to integrate technology with traditional medicine systems like ayurveda, yoga, unani, siddha, and homoeopathy. Through the Grid, students are trained in modern technologies to improve healthcare services such as accessibility, quality, and efficiency. Kotecha says, "Students are already using the AYUSH Learning Management System (e-LMS) under AYUSH Grid, where AI-driven analytics are being developed."



image generated by AI

The Times of India • 17 Mar • Ministry of Ayush
Traditional medicine curriculum to soon incorporate AI electives

9 • PG

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Education Times

Mumbai • Ahmedabad • Pune

Traditional medicine curriculum to soon incorporate AI electives

AYUSH Ministry forming standardised framework, AI educational tools to make Ayurveda knowledge widely accessible

Ayushi.Gupta1@timesofindia.com

The Ministry of Ayurveda, Yoga, and Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH) is set to integrate Artificial Intelligence (AI) into the Undergraduate (UG) and Postgraduate (PG) curricula to revolutionise the Indian Systems of Medicine (ISM). To equip students with both foundational knowledge of ISM and the skills to incorporate modern technological advancements, the ministry is working on formulating a benchmark framework to offer AI as one of the elective subjects. To implement the plan, the ministry has been evaluating the sector's readiness for AI, creating a standardised framework for AI system integration, and developing AI educational tools.

Forming a benchmark

A framework is needed to integrate AI into traditional medicines to make it scientifically validated, and globally recognised. The ministry has collaborated with global focus groups to develop benchmarks for AI usage in traditional medicines. The department also participated in a global technical consultation on AI application in traditional medicine.

Vaidya Rajesh Kotecha, secretary, Ministry of AYUSH, says, "The Centre of Excellence (CoE) component of the Ayurswasthya Yojana, a project sanctioned to IIT Jodhpur, aims to combine functional genomics, electronics, digital health, and AI to realise evidence-based ayurvedic solutions. The CoE will provide technological solutions for understanding and applying ayurveda's principles and practices — P5 medicine: Personalised, Preventive, Predictive, Participatory, and Promotive — as well as integrative medicine, including environmental response and disease development."

Integrating AI in Ayurveda can enhance diagnostic accuracy, personalised treatment planning, research efforts, and healthcare delivery, ultimately leading to better outcomes and preserving this ancient healing tradition, says Pooja Sabharwal, assistant professor, Government of NCT of Delhi. "Training students in traditional medicine to provide AI-enabled public health services alongside their core curriculum can empower them to deliver more comprehensive and effective care, contribute to improved health outcomes, and adapt to the evolving healthcare landscape," she adds.

AI integration must be prioritised as its implementation in education is becoming inevitable as technology continues to transform teaching and learning. "According to our regulations, modern technological advancements should be included in the UG and PG curricula. The department has been at the forefront of integrating AI into traditional medicine systems to enhance research, education," says Kotecha.

Incorporating AI into research methodology courses will enable students to conduct data-driven research in Ayurveda, says Vaidya Rabinarayan Acharya, director general, Central Council for Research in Ayurvedic Sciences. He says, "The regulatory body of AYUSH education, the National Commission for Indian System of Medicine, is taking strategic

Image generated by AI



steps to strengthen the research system. The implementation of AI-integrated education at varsities and colleges can take several forms. For example, developing a curriculum with dedicated courses on data science, AI,

and machine learning, tailored to ayurvedic studies, including their application in traditional medicine research and practice. This includes forming partnerships with tech companies and AI research institutions."

The Times of India • 17 Mar • Ministry of Ayush

Ministry of Ayush formulating framework to launch AI electives in traditional medicine education

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Bhubaneswar

Ministry of Ayush formulating framework to launch AI electives in traditional medicine education

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A framework is needed to integrate AI into traditional medicines to make it scientifically validated, efficient, and globally recognised. The ministry has collaborated with global focus groups to develop benchmarks for AI usage in traditional medicines. The department also participated in a global technical consultation on the application of AI in traditional medicine, which focused on mapping the application of AI in traditional medicine technical brief, prepared by the WHO team.

Vaidya Rajesh Kotecha, secretary, Ministry of AYUSH says, "The Centre of Excellence (CoE) component of the Ayurswasthya Yojana, a project sanctioned to IIT Jodhpur, aims to combine functional genomics, electronics, digital health, and AI to realise evidence-based Ayurvedic solutions. The CoE will provide technological solutions for understanding and applying Ayurveda's principles and practices—P5 medicine: Personalised, Preventive, Predictive, Participatory, and Promotive—as well as integrative medicine, including environmental response and disease development."

Integrating AI in Ayurveda can enhance diagnostic accuracy, personalised treatment planning, research efforts, and healthcare delivery, ultimately, says Pooja Sabharwal, assistant professor, Govt of NCT of Delhi.

Moreover, AI can enhance various aspects of education and healthcare, particularly in context of Ayurveda and traditional medicine.



"AI can automate administrative tasks, assist in curriculum development, and provide real-time feedback to educators, enabling them to focus on mentorship and hands-on learning. By streamlining educational process, AI makes it more effective and less time-consuming. AI-driven platforms can also make Ayurveda knowledge and services widely accessible, reaching global audiences, particularly in remote areas," Kotecha adds.

The Times of India • 17 Mar • Ministry of Ayush

Flex it! Studies show positive impact of yoga, ayurveda on many diseases

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Delhi

Flex it! Studies show positive impact of yoga, ayurveda on many diseases

Anuja.Jaiswal@timesofindia.com

New Delhi: More than two dozen studies at AIIMS's Centre for Integrative Medicine Research (CIMR) showed positive results regarding yoga and ayurveda protocols in treating multiple health conditions.

The conditions include coronary artery ailments, stroke rehabilitation, seizure disorders, vasovagal syncope, migraine, sleep disorders, diabetes and maternal health complications.

At the inaugural first international integrative medicine conference, held recently at the institute, Dr Gautam Sharma, cardiologist and founding professor in-charge of CIMR, discussed with **TOI** the significance of evidence-based validation in internationally recognised medical practices. He explained how the centre's doctors conducted rigorous research trials to establish scientific evidence supporting their yoga techniques and ayurvedic medicines for specific conditions.

Dr Sharma noted that yoga's accessibility, safety and straightforward nature provided an ideal foundation. The centre developed specific yoga modules for different health conditions, acknowledging that each situation required a unique approach. Their research produced 28 published papers, predominantly featuring

VITAL IN PREVENTIVE MEDICINE

➤ Centre for Integrative Medicine and Research (CIMR) at AIIMS established to conduct evidence-based investigations into traditional Indian medical systems



➤ Has successfully published over 28 research papers, each based on randomised controlled trials

➤ Research primarily focuses on yoga-based interventions, with specialised yoga protocols for various medical conditions

➤ Findings reveal yoga interventions are particularly effective in addressing disorders linked to autonomic imbalance

➤ Studies confirm the substantial effectiveness of yoga as preventive healthcare intervention

yoga-based trials. They focused on areas where conventional medicine has limitations.

"The process involves collaboration with the physiology department and relevant specialty departments to understand how specific diseases or conditions manifest. They select techniques believed to reverse or minimise the disease's impact," Dr Sharma pointed out.

The module development involves consultation with yoga therapists and physicians, doctors and scientists, followed by national validation from at least 10 yoga experts before finalisation, he added.

"This thorough approach is necessary because certain yoga techniques may not benefit hypertensive patients, while specific techniques prove helpful for individuals with insomnia. This systematic method guides their selection process," he emphasised.

Dr Sharma said yoga demonstrated particular effectiveness in managing autonomic imbalances, which occurred when the autonomic nervous system, controlling involuntary functions like heart rate and digestion, malfunctioned. "Within the asanga framework, yoga encompasses more than physi-

cal postures. It begins with yamas and niyamas, establishing wholesome living guidelines, and includes essential breathing techniques, particularly pranayama, emphasising slow breathing patterns."

The practice promotes a content, stress-free life through meditation, dhyana and controlled breathing exercises. Slow breathing particularly helps the autonomic nervous system, reducing sympathetic activity while increasing parasympathetic response. Combined with asanas as moderate exercise, this creates a balanced approach to wellness, integrating healthy lifestyle practices, stress management and regulated physical activity.

Nearly 400 registered participants, including international experts, academicians, researchers and practitioners, are attending the two-day Advances in Integrative Medicine (AIM) conference. The programme features workshops, presentations, lectures and discussions on evidence-based integrative medicine, emphasising collaboration between Ayush professionals and modern medical experts. It aims to enhance interdisciplinary dialogue, advance scientific innovation in integrative healthcare, and strengthen the connection between traditional medicine and modern research.

The Times of India • 15 Mar • Ministry of Ayush
Mumbai celebrates girl power with a unique fitness challenge

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Bombay Times

Mumbai

Mumbai celebrates girl power with a unique fitness challenge

Pics: Prashant Jadhav



Priya Jaiswar, Anshu Barai and Shreya Kumari with their certificates and trophies



Nikita Dutta, Nicole Bolton and Jayesh Kulkarni

Vinay MR Mishra

The Women's Premier League (WPL) Fresh & Fit Challenge marked an exciting chapter in Mumbai as it hosted the city finale, celebrating the passion, fitness and determination of young women in sports. This initiative, spearheaded by the BCCI via WPL, aims to create awareness about the importance of sports participation among young girls and nurture India's next generation of women athletes. It was organised by Times Experiences in collaboration with Times Fresh Face, with WPL as talent development partner. Times Fresh Face, an annual event that gives college students across the country a chance to showcase their talent and impress judges with their Fresh Factor, is one of India's most unique platforms that has been the starting line for many successful stars.



The young girls showed off their skills in various competitions

It was incredible to see such enthusiasm and talent on display. I salute everybody who respects fitness. It's awesome to see the support that is being given out to young girls today to step into the world of athletics and make fitness their priority

— Nikita Dutta

The event witnessed an overwhelming response with participation of 1,800+ students from five colleges in Mumbai, of which 67 made it to the city finale, with three students emerging as winners. The event was designed to encourage holistic fitness, competitive spirit and sportsmanship, empowering young girls to see sports as a crucial part of their growth.

A PLATFORM FOR YOUNG ASPIRANTS

The WPL Fresh & Fit Challenge is more than just a competition; it is a movement dedicated to fostering a healthier and more active lifestyle among young women. By bringing sports into mainstream conversations and providing a competitive platform, WPL is ensuring that more young girls step into the world of sports with confidence. The Mumbai finale featured a series of fitness challenges, agility tests and endurance



drills, designed to push participants beyond their comfort zones. Some of the activities included:

- **Speed & stamina rounds:** Short sprints and endurance challenges to test overall fitness
- **Agility tests:** Obstacle courses that improved coordination and reaction time
- **Strength & flexibility drills:** Focused on core strength and flexibility for better athletic performance
- **Team challenges:** Encouraging teamwork and leadership among participants

One of the biggest highlights of the event was the interactive sessions with leading women athletes and fitness experts, who shared their personal journeys, struggles, and success stories. Their inspiring words encouraged participants to view sports as a viable career path, breaking

barriers and challenging stereotypes.

Actress Nikita Dutta, who was the celebrity judge for the event, said, "It was incredible to see such enthusiasm and talent on display. I salute everybody who respects fitness. It's awesome to see the support that is being given out to young girls today to step into the world of athletics and make fitness their priority." BCCI cricket coach Jayesh Kulkarni and Nicole Bolton, the fielding coach of the Mumbai Indians, were the other judges for the event.

RECOGNISING THE CHAMPIONS

As the competition intensified, three standout participants – Anshu Barai, Shreya Kumari and Priya Jaiswar, all from Guru Nanak College of Arts, Science and Commerce – emerged as the winners of the Mumbai city finale, demonstrating exceptional skills, endurance and determination. They will now represent Mumbai at the national finale, where they will compete against top performers from other cities for the ultimate title.

The winners were felicitated with trophies, certificates, and exclusive mentorship opportunities from renowned sports personalities, further motivating them to continue their journey in sports. They were also invited to watch the WPL matches, and were featured on live television as a token of appreciation.



The Times of India • 15 Mar • Ministry of Ayush
Patanjali, DS group buy insurer Magma from Poonawallas

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268021 • AVE

1.05M • Cir

Middle Center

Pune

Patanjali, DS group buy insurer Magma from Poonawallas

TIMES NEWS NETWORK

Mumbai: Patanjali Ayurved is set to acquire Magma General Insurance, along with Dharampal Satyapal (DS) group, at a valuation of Rs 4,500 crore from the Adar Poonawalla group. The deal, subject to regulatory approvals, marks the Baba Ramdev-led FMCG company's foray into the financial sector.

Magma General Insurance's board has approved a share purchase agreement under which Patanjali Ayurved and several foundations will acquire a controlling stake in the company. The agreement, finalised on March 12, involves the transfer of equity shares from the Adar Poonawalla group.

The DS Group, established in 1929, has a presence across multiple sectors, including food & beverages, confectionery, hospitality, and dairy.

The transaction is subject

to approvals from insurance regulator Irdai, Competition Commission of India, the company's debenture holders, and other regulators. Once completed, the buyers plan to inject additional capital to expand the company's operations.

**₹4,500CR
VALUATION**

Sanoti Properties, jointly held by Adar Poonawalla (90%) and Rising Sun Holdings (10%), currently owns 72.5% of the company. In 2021, Poonawalla, through Rising Sun Holdings, acquired a 60% stake in Magma Fincorp, an NBFC that had a joint venture with German insurer HDI Global SE in Magma HDI General Insurance. Magma General Insurance delivered premium of Rs 3,295 crore in FY24 and is expected to deliver Rs 3,650-3,700 crore in FY25 with pre-tax profit of Rs 20-25 crore.

The Times of India • 15 Mar • Ministry of Ayush
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The Times of India • 14 Mar • Ministry of Ayush

Reduce age for senior citizen Ayushman cards to 60: Parl committee

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210.4K • Cir

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Kochi

Reduce age for senior citizen Ayushman cards to 60: Parl committee

DurgeshNandan.Jha
@timesofindia.com

New Delhi: A parliamentary standing committee on health and family welfare has recommended that the age criterion for Ayushman Vay Vandana Cards, meant for senior citizens, be reduced to 60 years and above from 70, irrespective of socio-economic status, for wider coverage.

The committee, headed by Rajya Sabha MP Ram Gopal Yadav, has also suggested revising healthcare coverage under Ayushman Bharat-PM Jan Arogya Yojana (AB-PMJAY) from Rs 5 lakh to Rs 10 lakh per family annually.

The govt recently expanded AB-PMJAY to cover six crore senior citizens aged 70 and above belonging to 4.5 crore families under AB-PMJAY Vay Vandana scheme.

The recommendations ha-

'FOCUS ON INFRA'

- Committee says **release of funds to states and UTs should be linked to their performance** in terms of card creation, hospital admissions, and beneficiary feedback
- Core issue remains **lack of essential medical facilities** in primary health centres and **availability of specialists**
- Focus should be on setting up robust healthcare infra and service delivery in tribal & rural areas, **not just creation of Ayushman cards**, says panel

ve been made in the “163rd report on demands for grants 2025-26 (demand no. 46) of the department of health and family welfare” that was tabled before both Houses of Parliament on Wednesday.

► **Continued on P 8**

Fund release to states should be linked with performance: Panel

► Continued from P 1

In addition, the committee recommends proactive monitoring of fund utilisation by states, coupled with targeted support to address any implementation challenges. The parliamentary committee said the release of funds to states and UTs should be linked to their performance in terms of card creation, hospital ad-

many empanelled hospitals," it said. Therefore, states and UTs which have not revised package rates "may be persuaded to revise these on similar lines of rates revised by some of states in 2022", the committee said.

On initiatives like 'Aapke Dwar Ayushman', the panel said the campaign should not be confined to the creation of Ayushman cards as this is not the only objective of the scheme. Rather, it recommended that the department of health should make efforts to ensure establishing robust healthcare infrastructure and service delivery in tribal and rural areas.

According to the panel, while card creation drives are important, the core issue remains the lack of essential medical facilities like blood storage in primary health centres and availability of specialists like gynaecologists, particularly in regions with migrating populations.

AYUSHMAN CARDS

missions, and beneficiary feedback, ensuring that funds are directed to areas of greatest need and impact.

"The committee has come across instances of delay in settlement of claims of empanelled hospitals under AB-PMJAY and that the package rates have not been reasonably revised in many states, resulting in inconvenience caused to the patients due to denial of treatment by

The Times of India • 14 Mar • Ministry of Ayush
Patanjali, DS Group buy Magma Insurance at Rs 4,500cr valuation

15 • PG

151 • Sqcm

556657 • AVE

2.27M • Cir

Middle Center

Bengaluru

Patanjali, DS Group buy Magma Insurance at ₹4,500cr valuation

TIMES NEWS NETWORK

Mumbai: The board of Magma General Insurance has approved a share purchase agreement under which Patanjali Ayurved and several foundations will acquire a controlling stake in the company. The agreement, finalised on March 12, involves the transfer of equity shares from existing shareholders, including Sanoti Properties LLP, Celica Developers, and Jaguar Advisory Services, which are part of the Adar Poonawalla Group.

Patanjali Ayurved will

buy the insurer along with DS Group, at a valuation of Rs 4,500 crore, subject to regulatory approvals.

Patanjali Ayurved led by Baba Ramdev, is one of the leading manufacturers and marketers of herbal, nature-based products, medicines and other FMCG products.

The Dharampal Satyapal Group (DS Group), established in 1929, is a prominent Indian conglomerate with a diversified presence across multiple sectors, including food and beverages, confectionery, mouth fresheners, hospitality, dairy, luxury re-

tail, and agriculture.

This marks Patanjali Group's first major move into the financial sector. The transaction is subject to approvals from Irdai, the Competition Commission of India, the company's debenture holders, and other regulators. Once completed, the buyers plan to inject additional capital to expand the company's operations.

Sanoti Properties LLP, jointly held by Adar Poonawalla (90%) and Rising Sun Holdings (10%), currently owns 72.5% of the company. In 2021, Poonawalla, through

Rising Sun Holdings, acquired a 60% stake in Magma Fincorp, an NBFC that had a joint venture with German insurer HDI Global SE in Magma HDI General Insurance.

Speaking on the occasion, Adar Poonawalla said, "Magma General Insurance has built up its business carefully, both on the retail and corporate side, with over 18,000 agents, more than 2,000 corporates, 14 OEMs including all the large OEMs, and more than 80 players in the financial services business."

The Times of India • 14 Mar • Ministry of Ayush

Yoga powerful way to maintain mental and physical well-being, says Prataprao Jadhav

7 • PG

122 • Sqcm

55512 • AVE

248.64K • Cir

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Bhubaneswar

Yoga powerful way to maintain mental and physical well-being, says Prataprao Jadhav



NEW DELHI, MAR 13

YOGA is a powerful way to maintain mental and physical well-being, said Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush on Thursday.

Jadhav said this at the Yoga Mahotsav 2025, a curtain raiser to International Day of Yoga (IDY) 2025, in Delhi today.

“Yoga is not just a way of life but also a powerful means to maintain mental and physical well-being. Its unparalleled strength guided millions across the world to stay healthy and resilient during the challenging days of the lockdown,” he said. Mark the beginning of 100 days before the 11th edition of IDY, Jadhav also released 10 events, reinforcing India’s global leadership in yoga.

This year’s IDY on June 21 is being organised to promote various dimensions of yoga and to kindle a mass movement to promote health, well-being, and peace across the globe.

The events include a synchronised yoga demonstration at 10,000 locations, aiming for a world record; global partnerships with 10 countries to host Yoga sessions at iconic landmarks; development of 1,000 yoga parks for long-term community engagement; special yoga programmes for divyangjan, senior citizens, children, and marginalised groups.

The Ministry also aims to run a decadal impact assessment on yoga’s role in public health; a virtual global yoga summit featuring renowned yoga experts and health-care professionals; a sustainability-driven initiative combining yoga with tree planting and clean-up drives.

The Times of India • 14 Mar • Ministry of Ayush
Reduce age for Ayushman cards to 60, says Pad panel

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Chandigarh

Reduce age for Ayushman cards to 60, says Parl panel

New Delhi: A parliamentary standing committee on health and family welfare has recommended that the age criterion for Ayushman Vay Vandana Cards, meant for senior citizens, be reduced to 60 years and above from 70, irrespective of socio-economic status, for wider coverage, **reports Durgesh Nandan Jha.**

The committee, headed by Rajya Sabha MP Ram Gopal Yadav, has also suggested revising healthcare coverage under Ayushman Bharat-PM Jan Arogya Yojana from Rs 5 lakh to Rs 10 lakh per family annually. The Centre recently expanded AB-PMJAY to cover six crore senior citizens aged 70 and above belonging to 4.5 crore families under AB-

“The Committee is of the view that the age criteria of 70 years and above for Ayushman Vay Vandana Cards should be rationalised to 60 years and above irrespective of their socio-economic status for widening the coverage of the scheme in the better interest of common masses

—Parliamentary panel

PMJAY Vay Vandana scheme.

According to the panel, the core issue remains the lack of essential medical facilities like blood storage in primary health centres and availability of specialists.

►Continued on P 12

‘Release of funds must be linked to performance’

► Continued from P 1

In addition, it recommends proactive monitoring of fund utilisation by states, coupled with targeted support to address any implementation challenges. The parliamentary committee said the release of funds to states and UTs should be linked to their performance in terms of card creation, hospital admissions, and beneficiary feedback, ensuring that funds are directed to areas of greatest need and impact.

“The committee has come across instances of delay in settle-

ment of claims of empanelled hospitals under AB-PMJAY and that the package rates have not been reasonably revised in many states, resulting in inconvenience caused to the patients due to denial of treatment by many empanelled hospitals,” it said. Therefore, states and UTs which have not revised package rates “may be persuaded to revise these on similar lines of rates revised by some of states in 2022”, the committee said.

On initiatives like ‘Aapke Dwar Ayushman’, the panel said the campaign should not be confined to the creation of Ayushman cards.

The Times of India • 10 Mar • Ministry of Ayush
Another suspect arrested from UP

1 • PG

148 • Sqcm

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Chandigarh

Another suspect arrested from UP

Chandigarh: The crime branch of UT police arrested one person from Saharanpur, Uttar Pradesh, in connection with the Ayushman Bharat scheme scam in the PGI. Earlier, the police arrested a man from PGI for allegedly misusing doctors' stamps to generate fake medical bills and procure medicines under the Ayushman scheme. Shockingly, the doctors had no knowledge that their stamps were being used for issuing prescriptions and treatment approvals.

Police said the accused is identified as Balram, a resident of Saharanpur. Police produced the accused before the local court and obtained his three-day police remand for further interrogation. Further investigation is underway to identify other PGI staff involved in this scam.

On Feb 18, the accused Raman Kumar, who was working in the AMRIT pharmacy, was arrested by Sector 11 police. Raman was brought into the security control room on suspicion as he was found using the 'Ayushman Bharat Indent Book' of

the urology ward of PGI at the pharmacy. Upon frisking, an 'Ayushman Bharat Indent Book' of the urology ward of PGI and eight stamps of nursing officer, senior resident department of internal medicines, Ayushman Bharat Himcare pharmacy, and other departments of PGI were found in his possession.

Later, the security officer informed Sector 11 police about the incident, and cops from Sector 11 police station reached the PGI. The PGI security handed the accused over to police along with recovered stamps and an indent book. Sector 11 police recorded the statement of B S Rawat, assistant security officer, PGI, and registered a case against Raman Kumar under the relevant sections of BNS.

Later, the case was handed over to the crime branch of Chandigarh police for further investigation. Now, police have obtained further police remand of accused Balram and are interrogating him to know about the involvement of other persons in the scam. **TNN**

The Times of India • 10 Mar • Ministry of Ayush
Ayushman medicine scam unearthed at PGI

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46.88K • Cir

Bottom Left

Chandigarh

Ayushman medicine scam unearthed at PGI

Perpetrators of multi-crore racket had access to patient data of various departments

TRIBUNE NEWS SERVICE

CHANDIGARH, MARCH 9

A racket involving misappropriation of medicines meant for patients under the Ayushman Bharat cashless scheme has been unearthed at the Postgraduate Institute of Medical Education and Research (PGIMER). The scam, allegedly spanning multiple states, is under investigation.

On February 18, the PGIMER security staff

caught a youth attempting to claim Rs 60,000 worth of medicines from AMRIT Pharmacy using a fake stamp. After the interrogation of the accused, officials recovered an indent book from the Department of Urology and eight counterfeit stamps belonging to various departments of the PGIMER. The police found that the accused was getting instructions from a handler in Saharanpur, Uttar Pradesh, who had been

using forged documents to fraudulently obtain medicines worth crores under the Ayushman Bharat Yojana. These medicines were then allegedly sold to private medical stores.

The perpetrators also had access to patient data of the PGIMER, raising concerns about data security and misuse.

The PGIMER and the AMRIT Pharmacy lodged a complaint with the police. They also formed an internal

committee to investigate the scam and recommend preventive measures.

To safeguard the integrity of its healthcare services, the institute has made several reforms. The PGIMER is now transitioning to a 'secure online indenting system', replacing the manual process to prevent further misuse of medicines under the scheme. The computer section, in collaboration with the internal committee, has developed an

online solution that will be integrated with the existing Hospital Information System (HIS 1) within a week.

A dedicated service area outside the Emergency has been allocated for the AMRIT Pharmacy exclusively for the cashless scheme beneficiaries. To further enhance services, the authorities are working to increase staffing to ensure timely delivery of medications and implants directly to patients at their bedside.

The Times of India • 10 Mar • Ministry of Ayush
Multi-crore Ayushman scam: PGI, pharmacy launch probe

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239682 • AVE

46.88K • Cir

Top Left

Chandigarh

Multi-crore Ayushman scam: PGI, pharmacy launch probe

Committee To Recommend Preventive Steps

Shimona.Kanwar
@timesofindia.com

Chandigarh: A few weeks after TOI reported a multi-crore fraud at the PGI involving fake Ayushman Bharat cards and alleged misappropriation of funds intended for underprivileged patients, the PGI and AMRIT Pharmacy jointly filed a formal complaint with law enforcement agencies and constituted an internal committee to investigate the matter and provide recommendations to prevent future occurrences.

Investigations by the PGI and the local police revealed that forged doctor stamps created fraudulent Ayushman cards, enabling ineligible individuals to access free medical treatment. Sources said the scam, estimated to be worth over Rs 5 crore, was operating since 2021. Further allegations suggested that the names of patients, who were "lost to follow-up", were used to fraudulently release funds.

It was found that the incident involved the misuse of a stolen indent book and counterfeit stamps to divert medications intended for patients enrolled in the Ayushman

REVELATIONS SO FAR

► Investigations by the PGI and local police revealed that forged doctor stamps created fraudulent Ayushman cards, enabling ineligible individuals to access free medical treatment

► It was found that the scam, estimated to be worth over Rs 5 crore, involved the misuse of a stolen indent book and counterfeit stamps to divert medications intended



for patients enrolled in the Ayushman Bharat cashless schemes

► The scamsters had been operating the racket since 2021

YOU READ IT HERE FIRST

Multi-crore fake Ayushman card scam busted at PGI



Feb 22, 2025

Bharat cashless schemes. An unauthorized individual was apprehended on Feb 18 by the PGI and subsequently handed over to local police authorities for further investigation.

As a result of the incident, PGI has now started implementing a transition to an online indenting system, replacing the existing manual system for patients under cashless schemes with a secure online process within one week, utilizing a solution developed by PGI computer section and integrated into the Hospital Information System 1.

stem for patients under cashless schemes with a secure online process within one week, utilizing a solution developed by PGI computer section and integrated into the Hospital Information System 1.

Additionally, a dedicated service area outside the Emergency department has been identified for AMRIT to exclusively serve beneficiaries of cashless schemes, including Ayushman Bharat. PGI will also work with AMRIT to increase staffing levels to ensure that medications and implants processed through the new online system are delivered directly to patients at their bedside.

A day after the TOI reported the scam, the PGI administration issued a notice to form a dedicated central cell to verify all bills submitted by AMRIT Pharmacy.

The Times of India • 08 Mar • Ministry of Ayush

Shahnaz Husain aims to empower women to gain financial freedom

5 • PG

261 • Sqcm

588765 • AVE

4.69M • Cir

Top Left

Delhi Times

Delhi

Shahnaz Husain aims to empower women to gain financial freedom

On International Women's Day, Shahnaz Husain advocates for financial independence and self-reliance, believing that true empowerment comes from asserting one's independence. Her brand's management team says, "Through her dedication to entrepreneurship, social impact and women's empowerment, Shahnaz Husain continues to inspire millions. She advocates for financial independence as the key to defying inequality. With a focus on #AccelerateAction, she aims to empower women to gain financial freedom and contribute to economic growth, and live the life they deserve and dream of."

Talking about the entrepreneur, the team says, "For having built a global Ayurvedic beauty empire, Shahnaz Husain's business model became a case study at Harvard University on Brand Creation in Emerging Markets. She was also invited to speak at Harvard, MIT, Oxford and Cambridge universities."

The team adds, "Her accolades include the Woman Star Award for Quality Excellence in Paris, International Star Award in the Diamond Category in Geneva, China's Outstanding Women Entrepreneur Award from the



Shahnaz Husain

China Chamber of Commerce, Shanghai, and the Outstanding Woman Excellence Award from the House of Lords, British Parliament."

A champion of gender parity, Shahnaz Husain believes change must come from within society, notes the team, adding, "She has encouraged housewives to open salons at home, achieving financial independence through her beauty training programs. She has also launched free beauty training programs for differently-abled individuals. Committed to inclusivity, she introduced the world's first beauty book in Braille."

Shahnaz Husain says, "In life, it is not important what you want – what matters is how badly you want it. You can achieve anything life, if you want it that much. If I am walking and see a wall, I don't turn back. I break the wall and walk through, and let the world fall into place."

According to the team, her involvement in government skill development projects has enabled over 40,000 underprivileged women to receive training in beauty and wellness.

The Times of India • 08 Mar • Ministry of Ayush

Plea of woman 'healed of 25 bullet injuries by homeopathy' rejected

3 • PG

65 • Sqcm

265846 • AVE

4.69M • Cir

Middle Left

Delhi

Plea of woman 'healed of 25 bullet injuries by homeopathy' rejected

New Delhi: Delhi High Court has dismissed a plea seeking "justice" by a woman who claimed she was healed of her "25 bullet injuries" with the help of homeopathy and sought summons for the accused who "attacked her".

Justice Anup J Bhambhani stated that the orders of the sessions court and the magisterial court, which refused to summon the purported accused persons named in her complaint in 2012, required no interference. He pointed out that the court was "unable to discern any coherence or cogency" in her submissions. The high court further observed that the subordinate courts had dismissed her case and said her submissions, aside from the evidence, were ex facie improbable and unbelievable. The petitioner woman alleged that she was attacked by certain persons who had "fully loaded" revolvers and a machine gun, following which she suffered the bullet injuries. However, she maintained that instead of visiting any hospital, doctor, or surgeon for medical help, she turned to homeopathy.

In her plea, the woman said the "bullets came out" from her head, heart, and hand after she took some homeopathic medicines.

The Times of India • 08 Mar • Ministry of Ayush

Calisthenics to powerlifting: Women embrace strength, endurance, agility

6 • PG

421 • Sqcm

722144 • AVE

2.27M • Cir

Bottom Left

Bangalore Times

Bengaluru

Calisthenics to powerlifting: Women embrace strength, endurance, agility

Aditi Pancholi

For years, the fitness industry marketed workouts to women through the lens of weight loss and aesthetics. But across India, a quiet revolution is underway — one where women are moving beyond traditional gym routines. From functional training and calisthenics to powerlifting, women are reclaiming space in male-dominated fitness arenas, shattering stereotypes, and redefining what it means to be strong.

'STRENGTH TRAINING IS NO LONGER JUST ABOUT AESTHETICS'

Weight rooms and powerlifting sections in gyms were long considered male-only zones. But this perception is rapidly changing. "Earlier, very few women were keen on weight training or strength training, as it was seen as a male-dominated space. Today, more women understand its importance — not just for building muscle but also for bone strengthening and overall health. Strength training is no longer about aesthetics; it's a part of a well-rounded fitness routine for everyone," says Deepa Vaswani, fitness trainer and sports nutritionist.

Women are now understanding the importance of strength training for overall health

'Over 40% increase in women signing up for strength-based workouts'

Gym owners are also witnessing the shift. Sandeep Mehta, who runs a gym, says, "We've seen around 50% increase in women signing up for strength-based workouts in the last two years. The demand for strength training classes has skyrocketed."

Some strength training workouts that women are following

DEADLIFTS: Build full-body strength and improve posture.

SQUATS: Enhance lower body power and core stability.

BENCH PRESS: Strengthen chest, shoulders, and arms.

PULL-UPS: Boost upper body strength and endurance.

KETTLEBELL SWINGS: Improve explosive power and conditioning.

SHOULDER PRESS: Develop strong and toned shoulders.

POWERLIFTING & OLYMPIC LIFTS: Women are increasingly taking up competitive lifting.

The Times of India • 07 Mar • Ministry of Ayush
Make Ayush part of integrative medicine: ICMR

1, 16 • PG

520 • Sqcm

145698 • AVE

210.4K • Cir

Middle Left

Kochi

Make Ayush part of integrative medicine: ICMR

New Delhi: The Indian Council of Medical Research (ICMR) has said expert committees tasked with reviewing proposed research in integrative medicine should have at least two from AYUSH systems.

The apex health research agency has made changes to its guideline — the National Ethical Guidelines for Biomedical and Health Research Involving Human Participants, 2017 — to ensure the same.

Integrative Medicine (IM) involves a multimodal approach, where Ayush systems are integrated alongside modern/conventional medicine to enhance patient care and improve health outcomes. TNN

► **Continued on P 16**

Ethical rules on drugs a major step: Official

► Continued from P1

With growing global interest in holistic and personalised medicine, it is observed that ethical and regulatory clarity is essential to ensure the credibility, safety, and efficacy of integrative approaches.

Secretary, ministry of Ayush, Vaidya Rajesh Kotecha highlighted the significance of the development and said, “The addition of these ethical guidelines marks a significant step in encouraging the scientific community to explore Integrative Medicine with greater credibility and confidence. By providing a structured ethical framework, we aim to inspire researchers to advance evidence-based integration of traditional and modern medicine, ensuring safe, effective, and scientifically validated healthcare solutions for all.”

The Times of India • 01 Mar • Ministry of Ayush

Wellness parties bring the focus on holistic well-being

6 • PG

1009 • Sqcm

1730746 • AVE

2.27M • Cir

Top Center

Bangalore Times

Bengaluru

'Wellness parties bring the focus on holistic well-being'



At wellness parties you celebrate yourself as you come with a common goal – to give back to yourself, shares Kitty Kalra

Without a mindful approach, the true purpose can be lost'
Relationship therapist Kasturi Mahanta, who conducted her session on mental health wellbeing & relationships, at a wellness retreat, shares, "When the goal or focus of the event is holistic well-being, these sessions need to be approached with intention. Without a mindful approach, their true purpose can be lost." She explains her sessions focus on creating a safe space, education about relationships, sharing anecdotes, answering questions, tackling myths or unrealistic concepts and giving out practical tips to implement in life - whether it is theory and concepts that help or exercises to control reactions or regulate emotions. "Holistic health is gaining widespread recognition, with more people understanding the importance of physical, mental, and emotional well-being. As a result, this concept is now being embraced more openly than ever before, unlike in the past," she adds.

'Friends and family are gifting experiences to each other'
These sessions can also be an experiential gift to your loved ones. "People are booking studios for a yoga or sound bath workshop as something that they want to do on their birthdays or anniversaries. The idea is to look for something relaxing and doing something unique on their special day. It is not a typical yoga class when they book an activity like this. We incorporate mindful techniques so that it becomes an experience for them," shares yoga expert Rati S Tehri. "Events like these also help those who are not regular with any sort of exercise and can inspire them to take up something new," adds Yoga instructor Sonika Uppal.

Wellness parties with the approach of holistic health are now gaining popularity

What are wellness parties?
"Wellness parties focus on your mind, body and soul. These are about nourishing your overall well-being," shares Kitty Kalra. She adds that you celebrate yourself at such parties as you come with a common goal - to give back to yourself, to do something meaningful. "When you come for an event like that then you are coming with the mindset that you are going to do something for yourself. You learn the basics of an activity and take the experience back," she explains.

'Sound baths enhance social connections by creating a shared meditative experience'
Events like these are redefining our notion of a celebration, mentions Vikas Gutgutia, Founder and MD of a luxury wellness sanctuary. Along with yoga, meditation, mental health, well-being and relationships workshop, sound baths are also becoming increasingly popular at such gatherings. "Bridesmaids, mothers' clubs, and entrepreneurs are opting for these sensory experiences over conventional gatherings. Sound baths enhance social connections by creating a shared meditative experience that fosters unity. Often paired with wellness discussions or holistic workshops, these gatherings encourage open communication and a greater sense of togetherness," Vikas tells us.

'Tech companies, law firms are increasingly incorporating sound healing and chair yoga'
Companies are also organising sound bath workshops for their employees as part of their team-building retreat. "Tech companies, law firms, and creative enterprises are increasingly incorporating sound healing into their wellness strategies. By offering a blend of relaxation, connection, and novelty, sound baths are seen as a powerful tool for reducing stress, improving focus, and fostering team camaraderie," shares Vikas Gutgutia. Sonika Uppal tells us that corporate companies usually request for chair yogas for their employees. She says, "Companies expect us to share chair yoga techniques with their employees so they could stretch after long hours of work."

Companies are increasingly incorporating activities like chair yoga, which can be done in an office space, to encourage more group activities

Since the COVID pandemic, people have changed their lifestyles. They are focusing on working on their body and mind through activities like pilates, meditation, and choosing to eat right
— Sonika Uppal, Yoga instructor

Hindustan Times • 15 Mar • Ministry of Ayush
Go offbeat with your upcoming long weekends!

3 • PG

543 • Sqcm

759511 • AVE

1.1M • Cir

Top Left

HT City

Mumbai



There are a string of long weekends coming up. So, if trying something hatke interests you, here are our recommendations

GO OFFBEAT WITH YOUR UPCOMING LONG WEEKENDS!

Compiled by Vidya Menon

PHOTOS: ADOBE STOCK, INSTAGRAM

STARGAZING

Some experiences are more beautiful and spellbinding than spending a summer night under the open sky, gazing at the countless stars dotting it. With stargazing becoming an increasingly popular activity, you can book your spot with one of the many organisers in your city or even join a private stargazing event. Once you return, you can even show off some newly acquired astronomical knowledge!



TAKE A PHOTO WALK

It often happens that we ignore local attractions in favour of distant locales. Ghar ki murgi dal barabar, right? Well, this long weekend, step out and view your city with a new perspective. Architecture, Nature, people, markets and mayhem... capture them in your camera. It will make you fall in love with your city all over again.

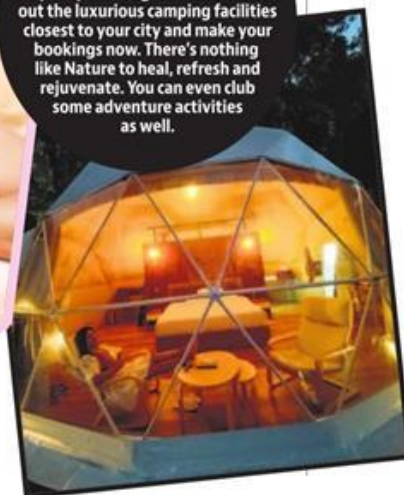
TAKE A WELLNESS PACKAGE

If you are too busy to take care of yourself otherwise, this long weekend is an excellent time to indulge in some self-love. Book a wellness package (you can enjoy festive discounts, too!), and pamper yourself head to toe. Apart from physical rejuvenation, it's also a great way to refresh your mind.



GO GLAMPING

Luxury in the lap of Nature — it can't get better than that! Glamping is an exciting way to spend long weekends. Check out the luxurious camping facilities closest to your city and make your bookings now. There's nothing like Nature to heal, refresh and rejuvenate. You can even club some adventure activities as well.



SET UP A VEGGIE GARDEN IN YOUR BALCONY

The best way to eat uncontaminated food is to grow it yourself. If you are someone with a green thumb, this weekend is perfect to set up a small vegetable or herb garden on your balcony. Most cities have balcony gardening services; all you have to do is find one that suits your vision and budget. Gardening is also a great way to beat stress.



ATTEND A WORKSHOP

All of us have areas of interest, so what is yours? Baking, painting, origami, pottery, mehendi art... it could be anything. Scout online and find out a class nearby that piques your interest. There is no better way to spend your time than learning something new. It will also introduce you to people who share the same hobbies as you.

Hindustan Times • 13 Mar • Ministry of Ayush
Universal health care push with Jan Aushadhi Kendras

14 • PG

264 • Sqcm

1564695 • AVE

3.43M • Cir

Bottom Right

Delhi • Chandigarh

Universal health care push with Jan Aushadhi Kendras

Medicines protect health and save lives. But medicines cost money and spending on them constitutes a major component of out-of-pocket expenditure. To alleviate this stress on citizens, the government provides free medicines through public hospitals and through over 1.7 lakh Ayushman Arogya Mandirs. Ayushman Bharat Pradhan Mantri Arogya Yojana (AB PMJAY) provides free inpatient care, including all the necessary medicines, to over 55 crore individuals. Prices of many essential drugs are also regulated.

These efforts have contributed to a consistent decline in out-of-pocket expenditure — from 64% of the total health expenditure in 2013-14 to 39% in 2021-22. But more needs to be done to further reduce the financial burden on health care. The larger objective of the Pradhan Mantri Bhartiya Jan-Aushadhi Pariyojana (PMBJP) is precisely this. PMBJP aims to provide quality generic medicines through a network of Jan Aushadhi Kendras (JAKs). Presently, more than 15,000 such outlets are operating across 776 districts delivering health benefits to approximately one million people every single day. The product range of JAKs covers 2,047 medicines and 300 surgical and health care items. The medicines sold at JAKs are on average 50% to 80% cheaper than their branded counterparts sold in the open market. For instance, the average price of a common medicine for high blood pressure, namely, Telmisartan (40 mg), in the market is ₹72 per 10 tablets. The price of the same generic drug sold at a JAK is only ₹12 per 10 tablets.

A robust system guarantees the quality of medicines and surgical products sold at all JAKs. All medicines are procured from manufacturers who follow the good manufacturing practices (GMP) guidelines of the World Health Organization and are certified in this regard by the drug controller. Further, these production units are audited by PMBJP for quality. On receipt of these medicines in the warehouses, all the batches are tested in reputed National Accreditation Board for Testing and Calibration Laboratories (NABL) accredited laboratories. The government also carries out regular comparisons of these medicines with the most popular branded medicines in terms of various parameters such as assay, solubility, etc. to check and confirm that they are as efficacious.

On October 31, 2023, the prime minister

inaugurated the 10,000th outlet at AIIMS in Deoghar and simultaneously launched the scheme to increase the number of JAKs from 10,000 to 25,000 in next two years. Opening of more than 4,500 kendras in the past 11 months is a testament to the speed and scale of this expansion.

Under PMBJP, online applications are invited from entrepreneurs and NGOs or organisations for establishing JAKs in a franchise-like model. For making these units viable and self-reliant, the entrepreneurs are assisted and facilitated by the Pharmaceuticals and Medical Devices Bureau of India (PMBI), a society working under the ministry of chemicals and fertilisers. The eligible applicants are assisted by PMBI in drug licence issuance and financial



Vinod Paul

incentives are provided to create the necessary infrastructure. PMBJP has created opportunities for entrepreneurship and self-employment, enabling pharmacists and small business owners to run sustainable outlets. As many as 6,000 JAKs (40% of all) are run by women. The initiative contributes to the local economy by generating thousands of jobs — entrepreneurs

are estimated to have earned ₹1,268 crore.

One area of priority for the government is the menstrual health of girls and women. JAKs provide highly subsidised and oxo-biodegradable sanitary pads at only ₹1 per pad. In the last five years, approximately 74.5 crore such pads have been sold through this channel.

In all, during the past 10 years, total savings to the people because of the scheme have been estimated at more than ₹30,000 crore. The scheme is helping families save on every purchase. This is particularly so for those who need medicines for chronic ailments. A recent study in Assam and Rajasthan estimated that PMBJP user households saved ₹550 per month on an average compared to non-PMBJP households. A quarter of the former saved over ₹1,000 per month.

PMBJP reaffirms the government's commitment to ensure that no citizen is left behind in availing quality health services. By providing a range of quality medicines at highly affordable prices, this scheme is fostering the cardinal principle of universal health coverage, namely, access to health care without financial hardship.

Vinod Paul is member (health), Niti Aayog. The views expressed are personal

Hindustan Times • 13 Mar • Ministry of Ayush
BJP govt to start taking back cases against Delhi LG

7 • PG

101 • Sqcm

156464 • AVE

267.13K • Cir

Bottom Left

Chandigarh

BJP govt to start taking back cases against Delhi LG

HT Correspondent

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NEW DELHI: The newly elected Bharatiya Janata Party (BJP)-led Delhi government has decided to withdraw multiple court cases filed by the previous Aam Aadmi Party (AAP) administration against the lieutenant governor (LG), officials aware of the matter said, effectively marking the end of a decade-long legal feud between the two power centres in the national capital.

Since 2014, the AAP government in Delhi had been involved in a bitter tussle with the central government (represented in Delhi by the LG) over control of the power structure in the Capital leading to several litigations across departments.

The new administration, led by chief minister Rekha Gupta, believes these cases have caused administrative paralysis and strained the bureaucracy, according to senior officials.

Therefore, in the "interest of constitutional harmony", it now wants to withdraw such cases pending in the Supreme Court, the Delhi high court and other tribunals.

On February 28, the Supreme Court allowed the Delhi government to withdraw its appeal against a high court order mandating the implementation of the Pradhan Mantri-Ayushman Bharat Health Infrastructure Mission (PM-ABHIM), after the new administration confirmed its compliance. This marked the first reversal of an AAP-era legal challenge.

The AAP had clashed with successive LGs — Najeeb Jung, Anil Baijal, and VK Saxena — over governance powers, particularly appointments, law enforcement, and administrative control. The disputes stemmed from the interpretation of Articles 239 and 239AA of the Constitution, and the Government of National Capital Territory of Delhi Act, 1991.

Hindustan Times • 12 Mar • Ministry of Ayush
70% Aam Aadmi Clinics rebranded as Ayushman Arogya Kendras

2 • PG

127 • Sqcm

196386 • AVE

267.13K • Cir

Bottom Center

Chandigarh

70% Aam Aadmi Clinics rebranded as Ayushman Arogya Kendras

Karam Prakash

karam.prakash@hindustantimes.com

PATIALA: The Punjab government has renamed over 70% of the Aam Aadmi Clinics (AACs) as Ayushman Arogya Kendras (AAK), as part of its compromise with the Centre, which had earlier withheld funds for these facilities, citing branding issues.

Though the Centre has already released the overdue funds, 628 out of the total 881 AACs have been renamed. The picture of Punjab chief minister Bhagwant Mann has also been removed from these facilities. The AACs were a flagship initiative of the state's Aam Aadmi Party (AAP) government.

State health department officials, however, told HT that there is no change in the functioning of AAKs except the name change.

An official familiar with the rebranding process revealed that after the Centre stopped releas-



The picture of Punjab chief minister Bhagwant Mann has also been removed from these facilities.

HT PHOTO

ing National Health Mission (NHM) funds in 2023, Punjab had to sign a memorandum of understanding (MoU) with the Union ministry of health and family welfare to re-brand AACs.

A senior health official said, "As part of the MoU between Punjab and the Centre, only those facilities which are fully funded by the state government have been allowed to remain AACs. The rest have been

rebranded as AAKs."

As per information, Punjab government is likely to receive the fifth instalment of nearly ₹120 crore soon. So far, it has received nearly ₹750 crore.

"It will be for the first time that Punjab will receive five instalments in a financial year. It's good that Punjab is getting more funds under NHM," said a senior health official, who is privy of the development.

Hindustan Times • 11 Mar • Ministry of Ayush
CM SAINI: 68K CASES OF CRIME AGAINST WOMEN IN FIVE YEARS

4 • PG

65 • Sqcm

100142 • AVE

267.13K • Cir

Middle Center

Chandigarh

CM SAINI: 68K CASES OF CRIME AGAINST WOMEN IN FIVE YEARS

HT Correspondent

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CHANDIGARH: A total of 10,262 cases of rape and 6,338 of murder were registered by the Haryana Police from 2019 to 2024. Of these, 9,894 rape cases and 6,036 murder cases were worked out during investigations. This was stated by chief minister Nayab Saini in a written reply to a question asked by INLD MLA Aditya Devi Lal during the question hour on Monday. The reply mentioned that 4,035 cases of murder and 5,304 cases of rape were put to courts.

The chief minister informed the House that 68,030 cases of crime against women were registered by the police from 2019 to 2024 and 66,806 were worked out during investigations. A total of 38,485 cases were put to courts.

Health minister Arti Singh Rao, while responding to a question by BJP MLA Ram Kumar Kashyap, told the House said that a sum of about ₹2,054 crore has been released for providing free indoor healthcare to beneficiaries of the Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana and Chirayu Yojana in the past three years.

The minister said that about 12.12 lakh families were registered under the Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana and about 28.08 lakh families were registered under the Chirayu Yojana.

Hindustan Times • 10 Mar • Ministry of Ayush
Ayushman fraud: PGI turns to online system

2 • PG

123 • Sqcm

190113 • AVE

267.13K • Cir

Middle Left

Chandigarh

Ayushman fraud: PGI turns to online system

HT Correspondent

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CHANDIGARH : In light of an Ayushman Bharat scheme fraud coming to fore in February, PGIMER has decided to switch to an online indenting system.

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. These are then provided for free at PGIMER's Amrit Pharmacy.

But on February 18, a 25-year-old youth was caught fraudulently securing expensive medicines for free under the scheme from the pharmacy using stamps and indent books of hos-

ONLINE SYSTEM AIMED AT CURBING FRAUDULENT ACCESS TO FREE MEDICINES UNDER AYUSHMAN BHARAT SCHEME

pital's urology department.

In response to this, PGIMER and AMRIT pharmacy had jointly filed a formal complaint with the relevant law enforcement agencies, and established an internal committee to investigate the matter and provide recommendations to prevent future occurrences. Now, following the committee's recommendations, the existing manual indenting system for patients under cashless schemes will be replaced with a secure online indenting

process. PGIMER will work with AMRIT pharmacy to increase staffing levels to ensure that medications and implants processed through the new online system are delivered directly to patients at their bedside.

The hospital's computer section, in collaboration with the internal committee, has already developed a solution to be integrated into the existing Hospital Information System (HIS-I). "We anticipate this transition will be completed within one week," said official spokesperson of PGIMER. The other immediate measures to be implemented include a dedicated service area for cashless beneficiaries. A designated area outside the emergency department has been identified for AMRIT pharmacy to exclusively serve beneficiaries of cashless schemes, including Ayushman Bharat.

Hindustan Times • 09 Mar • Ministry of Ayush
CM hands over job letters to 1k medical officers

4 • PG

107 • Sqcm

166056 • AVE

267.13K • Cir

Bottom Center

Chandigarh

CM hands over job letters to 1k medical officers

PANCHKULA : Haryana chief minister Nayab Singh Saini handed over appointment letters to 1,090 newly recruited medical officers, including 705 women medical officers, on the occasion of International Women's Day on Saturday. The group includes 561 doctors from the health department and 529 ayurvedic medical officers from the AYUSH department.

During a state-level orientation programme in Panchkula, the CM encouraged the new recruits to serve with dedication, especially in rural and remote areas. He acknowledged the shortage of doctors in Haryana and said that these appointments would help bridge the gap in healthcare services. He also announced that the recruitment process for 777 more regular medical officers is underway.



CM Nayab Singh Saini handing over job letters to newly recruited medical officers in Panchkula on Saturday. HT PHOTO

Saini said MBBS seats were increased from 700 in 2014 to 2,185 and PG medical seats rose from 289 to 1,006. "Nine new medical colleges have been established, bringing the total number to 15," the CM

said. Haryana health minister Arti Singh Rao said nine specialist maternal and child health wings will be set up in Panchkula, Panipat, Faridabad, Sonapat and other districts. **HTC**

Hindustan Times • 06 Mar • Ministry of Ayush
10k medical seats to be added this year: Nadda

9 • PG

87 • Sqcm

260297 • AVE

1.1M • Cir

Middle Left

Mumbai

10k medical seats to be added this year: Nadda

HT Correspondent

letters@hindustantimes.com

NEW DELHI: Union ministry of health and family welfare will add 10,000 more medical seats this year, announced health minister JP Nadda on Wednesday.

Nadda held a special address as part of post Budget webinar series by the ministry.

"The Prime Minister last year announced that we will add 75,000 more medical seats in next five years to the pool; of these 13,000 seats were already added last year, and this year, even by most conservative estimates, we will add 10,000 more seats," said Nadda during the address. In this year's budget, the finance minister also mentioned establishing at least 200 day cancer care centres across the country this year.

"Instead of keeping tertiary care hospitals engaged for long as chemo cycles take a long time, it is better to have standalone day care cancer centres where



JP Nadda

patients can be administered chemo drugs," said Nadda.

He added that the government has decided to open one day cancer care centre in each district across the country.

"In day cancer care centres, we have decided to open one such centre in every district. This year, government's target is to establish 200 centres. It is also important to strengthen medical health systems. The centre has already put in place 1,75,000 Ayushman Arogya Kendras which works as the first point-of-contact for patients. It's a part of primary health care delivery system."

Hindustan Times • 04 Mar • Ministry of Ayush Exam stress Let your kids relax with yoga

3 • PG

472 • Sqcm

660296 • AVE

1.1M • Cir

Bottom Left

HT City

Mumbai

Exam stress? Let your kids relax with yoga

PHOTOS: ADOBE STOCK

Natalia Ningthoujam

Whether it is the board exams or sixth grade finals, children can get stressed out. And, like adults, children too can find it difficult to focus on the task at hand when they are stressed. Exam pressure and stress can affect their ability to concentrate. Yoga is one of the most effective ways to do away with stress. In fact, not just stress management, yoga has many health benefits for children.

YOGA FOR CHILDREN

Yoga is an ancient practice that aligns the mind and body. "It helps in calming the mind, empowering the body, improving emotional regulation and creating body awareness," says yoga expert Himalayan Siddha Akshar. Yoga is beneficial for most people, including children. It can improve their physical and mental health, according to Harvard Health Publishing.

Other benefits of yoga for children includes improving concentration. It also helps to reduce stress, and boost



confidence, as per research.

There are many other benefits of yoga for children as well. Take a look:

MIND-BODY CONNECTION

Yoga can improve communication between mind and body. "This way, it promotes self-awareness and mental strength and calmness," says Himalayan.

REGULATES BREATH

Pranayama and mindful breathwork during yoga asanas help to connect with each and every breath. "This art of connecting mind with each and every breath instills stillness and promotes strong

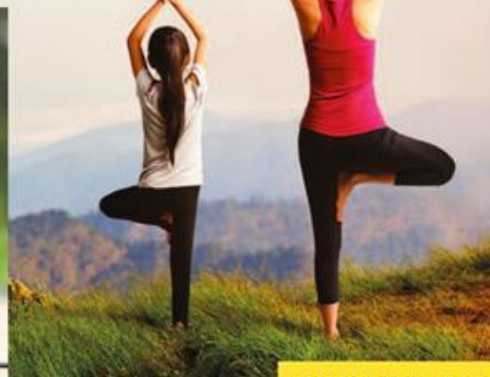
SUKHASANA (EASY POSE)

- Cross your legs and sit on floor while keeping the spine straight, shoulders relaxed and breathing normally.
- Keep your hands on your knees with your palms down.
- Close the eyes and focus on your breath.
- Open eyes slowly, extend legs forward and relax.

awareness of mind," he shares.

REDUCES STRESS

Yoga can help keep stress at bay, which is needed if you want your child to concentrate better. A 2020 study showed that participants in highly-stressed groups had attention and concentration issues. So,



VRIKSHASANA (TREE POSE)

- Stand in neutral position and shift your weight on the left leg.
- Raise your right foot and place it on your inner left thigh and balance.
- Focus on your breath, continue to inhale and exhale.
- Lift your palms and bring them in front of your chest or extend your arms overhead.
- Bring your right foot down and return to neutral position.

TADASANA (MOUNTAIN POSE)

- To do tadasana, stand straight with both your feet together, arms by the sides.
- Slowly inhale, lift both your arms over-head with palms facing each other.
- Stretch your body upwards while grounding the feet.
- Hold your breath and stay in this posture with eyes gazing forward.
- With a slow exhale, bring the arms down.

here are some yoga asanas you can make your children practise regularly to improve their concentration.

For more such stories, visit healthshots.com.

BALASANA (CHILD'S POSE)

- Yoga for children is incomplete without balasana. Sit in vajrasana with your heels to the ground, putting pressure on you calf muscles.
- Kneel on the ground, stretch your arms forward and rest your forehead on the ground.
- Continue to breathe deeply and relax your body.
- Gently lift the upper part of your body and come back to vajrasana.

SHAVASANA (CORPSE POSE)

- Lie down flat on the ground on your back with your arms besides, and relax.
- Close your eyes and focus on your breath while doing Shavasana.
- Gently wiggle your fingers and roll to one side.

BHUJANGASANA (COBRA POSE)

- To do bhujangasana, lie down on your stomach with your palms under the shoulders.
- Gently inhale and lift your chest up while keeping your elbows bent.
- Look slightly upward and hold the position.
- Exhaling, lower your chest back to the floor.



Hindustan Times • 02 Mar • Ministry of Ayush
India Has Gone From Being The Back Office To World Factory

1 • PG

80 • Sqcm

471212 • AVE

3.43M • Cir

Top Center

Delhi



Narendra Modi

'INDIA HAS GONE FROM BEING THE BACK OFFICE TO WORLD FACTORY'

Vrinda Tulsian

letters@hindustantimes.com

NEW DELHI: India is now manufacturing everything from semi-conductors to aircraft carriers, gaining recognition for its innovative capabilities, Prime Minister Narendra Modi said on Saturday, underlining the country's increasing role as an export hub. "The world is keenly watching 21st-century India," the prime minister said, while speaking about the country's growth and its expanding role on the global stage at the NXT Conclave, organised by the ITV network at the Bharat Mandapam in Delhi.

"Few years ago, I had presented the vision of 'Vocal for Local' and 'Local for Global' to the nation and today, we are seeing this vision turn into reality," he said, emphasising that India's Ayush products, yoga, millets, makhana (fox nuts) and turmeric have gained global recognition.

"India is not only providing products to the world but is also becoming a trusted and reliable partner in the global supply chain... India is not just a workforce but a world-force," the PM said, underscoring the country's transition from being the world's "back office" to becoming the "new factory of the world." →P10

Hindustan Times • 01 Mar • Ministry of Ayush

SC allows BJP govt to retract appeal against HC order on ABHIM

3 • PG

681 • Sqcm

4033089 • AVE

3.43M • Cir

Middle Right

Delhi

SC allows BJP govt to retract appeal against HC order on ABHIM

Utkarsh Anand

letters@hindustantimes.com

NEW DELHI: The Supreme Court on Friday allowed the Delhi government to withdraw its appeal against a Delhi high court order that had mandated the implementation of the Pradhan Mantri-Ayushman Bharat Health Infrastructure Mission (PM-ABHIM) in the Capital, after the newly elected Bharatiya Janata Party (BJP) government informed that the scheme is now being implemented.

This marks the first instance of the BJP-led Delhi government reversing a legal challenge initiated by the previous Aam Aadmi Party (AAP) administration. The decision, coming days after the BJP's decisive electoral victory in Delhi, signals a shift in the city's health care policy, aligning it with the Centre's initiative.

A bench of justices Bhushan R Gavai and Prashant Kumar Mishra, taking note of the changed political landscape, quipped: "Now you won't be interested to continue with this case." The court, on January 17, stayed the high court's December 24, 2024 order, which had directed the Delhi government to sign a memorandum of understanding (MoU) with the Union health ministry by January 5.

During Friday's proceedings, advocate Jyoti Mendiratta, representing the Delhi government, informed the bench: "We are now going ahead with the implementation of the PM-ABHIM scheme." Taking note of this, the court allowed the government to withdraw its appeal.

The withdrawal application stated: "The present government is now implementing said policy as directed by the high court and is taking necessary steps to ensure compliance with the objectives of PM-ABHIM. In view of the above developments, the present petition has become infructuous...."

The case had reached the apex court in January when it issued a stay on the high court's December 24 directive, which mandated the Delhi government to sign the MoU by January 5. The high court had ruled that the MoU should be signed to ensure Delhi residents received central funding for health infrastructure.

In January, the AAP government argued that the high court overstepped its jurisdiction by compelling the Delhi government to sign an MoU. The AAP administration insisted its health schemes provided better coverage than the Centre's.

The case became a political flashpoint and a key issue in the recent assembly elections.

The Indian Express • 14 Mar • Ministry of Ayush
Ayushman: House panel backs 1.0 lakh cover for all above 60

14 • PG

130 • Sqcm

115404 • AVE

175.5K • Cir

Middle Left

Chandigarh

Ayushman: House panel backs ₹10 lakh cover for all above 60

ANONNA DUTT

NEW DELHI, MARCH 13

THE PARLIAMENTARY Standing Committee on Health has recommended that the coverage under the Ayushman Bharat insurance scheme be increased to ₹10 lakh per family "keeping in view huge expenditure on critical healthcare", according to the report on demand for grants.

The scheme provides ₹5-lakh cover per family to the poorest 40% of the population and it was expanded last year to cover everyone over the age of 70 years, irrespective of their economic status. To further expand the scheme, the committee recommended that the age criteria be lowered to 60 years.

"The Committee is of the view that age criteria of 70 years and above for Ayushman Vay Vandana Cards should be rationalised to 60 years and above irrespective of their socio-economic status for widening the coverage of the scheme in the better interest of common masses," the report said.

The committee also pointed out that there was a trend of under-utilisation of the allocated

budget. The report noted that ₹7,200 crore was allocated for the scheme in FY24, which was reduced to ₹6,800 crore at the estimate stage, and the actual spending stood at only ₹6,670 crore. In FY25, ₹7,300-crore allocation was revised to ₹7,605 crore, but the actual spend (until January 9) stood at ₹5,034.03 crore.

For FY26, an enhanced amount of ₹9,406 crore has been allocated. "This indicates potential inefficiencies in fund disbursement or implementation bottlenecks. The Committee, therefore, recommends a thorough review of the fund release mechanisms to states/UTs," the report said.

The increase in the budget for FY-2026 is likely due to the expansion of the scheme to the elderly and states like Odisha and Delhi signing up to the scheme.

The panel also suggested that allocation of funds to states should depend on their performance. "The committee suggests that the release of funds be linked to the performance of states in terms of card creation, hospital admissions, and beneficiary feedback, ensuring that funds are directed to areas of greatest need and impact," the report said.

The Indian Express • 12 Mar • Ministry of Ayush
Sukhu presents supplementary budget of Rs17,053 cr for 2024-25

12 • PG

309 • Sqcm

273025 • AVE

175.5K • Cir

Top Center

Chandigarh



CM Sukhvinder Singh Sukhu arrives for Budget session, in Shimla, Tuesday. *PTI*

Sukhu presents supplementary budget of ₹17,053 cr for 2024-25

SAURABH PARASHAR
SHIMLA, MARCH 11

HIMACHAL PRADESH Chief Minister Sukhvinder Singh Sukhu, who also holds the Finance portfolio, presented the final installment of Supplementary Demands for Grants for the year 2024-25 on Tuesday, amounting to Rs 17,053.78 crore for 32 services. The supplementary demands included an allocation of Rs 15,776.19 crore under State Schemes and Rs 1,277.59 crore under Centrally Sponsored Schemes.

The supplementary demands were presented in the House under The Himachal Pradesh Appropriation Bill, 2025, later the bill was passed.

Of the total Rs 17,053.78 crore, Rs 10,137.07 crore was for repayment of short-term and temporary loans provided by the RBI under the ways and means advance/overdraft.

Another Rs 1,033.63 crore is for power subsidy along with restoration of 33 KVA/11 KVA transformers damaged during the monsoon, and loans to HPPCL, HPPCL, HPSEBL, and HP-SDC, Rs 814.94 crore is for subsi-

dies to the Himachal Road Transport Corporation (HRTC) for fare concessions and the purchase of e-buses. Another Rs 763.26 crore is meant for pensions and other retirement benefits. Under allocations for central-sponsored schemes, Rs 296.56 crore is for Pradhan Mantri Gramin Sadak Yojana, followed by Rs 207.71 crore for National Disaster Response Fund, Rs 42.71 crore for subsidies on wheat and rice for BPL families, Rs 43.25 crore for Pradhan Mantri Schools for Rising India.

In addition, Rs 120.72 crore has been set aside for the payment of wages under MNREGA, Rs 88.97 crore for the Bulk Drug Park, Medical Device Park, and HIMSWAN connectivity, Rs 81.52 crore for grants to urban local bodies, restoration/reconstruction works, Rs 79.62 crore for the JICA project, Rs 73.54 crore to clear the pending liabilities of the market intervention scheme (MIS), and Rs 73.54 crore for the construction and maintenance of residential buildings and the Pradhan Mantri Awas Yojana.

Sukhu informed the House, "The bill is introduced in the pursuance of clause (1) of Article 204 read with article 205 of the Constitution of India to provide

for the appropriation from and out of the Consolidated Fund of the State of Himachal Pradesh of the money's further required to meet the expenditure charged on the Consolidated Fund and other expenditure as voted by the Legislative Assembly in respect of the estimated expenditure of the government of Himachal Pradesh for the financial year 2024-25."

Meanwhile, Sukhu on Tuesday informed the House that several government departments in the state have Rs 47.71 crore worth Fixed Deposits (FDs) in different banks on which the departments have been getting Rs 4.30 crore interest every year.

He was responding to a question by Congress MLA Kewal Singh Pathania. Sahapur MLA Pathania had sought information on the number of Fixed Deposit Receipts and the interest earned through those. According to the information tabled in the House, Sukhu informed that at least 17 departments, including Language & Culture, Agriculture, Public Work Department, Tourism and Civil Aviation, Town & Country Planning Department, Planning Department, Ayush Department and others that have FDs.

The Indian Express • 10 Mar • Ministry of Ayush

Youth uses 'fake stamp to claim Rs60 for medicines under Ayushman Bharat', police investigation on

3 • PG

283 • Sqcm

250647 • AVE

175.5K • Cir

Top Left

Chandigarh

PGIMER

Youth uses 'fake stamp to claim ₹60K for medicines under Ayushman Bharat', police investigation on

He was working for someone who was using indent book & fake stamp of PGI to get medicines worth crores: Police

EXPRESS NEWS SERVICE
CHANDIGARH, MARCH 9

The Postgraduate Institute of Medical Education and Research (PGIMER) and AMRIT Pharmacy have jointly reported a serious incident involving the misuse of a stolen indent book and counterfeit stamps to divert medications intended for patients enrolled in the Ayushman Bharat cashless scheme.

The unauthorised individual was apprehended on February 18, 2025, and subsequently handed over to local police authorities for further investigation. According to sources, in February a young man was caught by the PGIMER security personnel using a fake stamp and claiming Rs 60,000 for medicines under the Ayushman Bharat scheme from the AMRIT Pharmacy. An indent book of the Department of Urology, along with eight counterfeit stamps of various departments of PGIMER, was recovered from him. He told the police that he was working for someone in Saharanpur, who was using the indent book and fake stamp of PGIMER to get medicines worth crores under the Ayushman Bharat Yojna and sell it to medical stores and had access to patient data of the institute. The case is now with the Crime Branch and investigation is on to probe the nexus and the extent of this fraud.

In response to this fraudulent activity, the PGIMER and AMRIT have jointly filed a formal complaint with the relevant law enforcement agencies and have established an internal committee tasked with investigating the matter and providing recommendations to prevent future occurrences.

To safeguard the integrity of the healthcare services, the institute is implementing various measures.

Transition to online indenting system: The existing manual indenting system for patients under cashless schemes will be discontinued and replaced with a secure online indenting process. The computer section of the PGIMER, in collaboration with the internal committee, has developed a solution to be integrated into the existing Hospital Information System (HIS 1) and the transition is expected to be completed within one week.

Dedicated service area for cashless beneficiaries: A designated area outside the Emergency department has been identified for AMRIT to exclusively serve beneficiaries of cashless schemes, including Ayushman Bharat.

Enhanced manpower for improved service: The PGIMER will work with AMRIT to increase staffing levels to ensure that medications and implants processed through the new online system

are delivered directly to patients at their bedside.

According to the official spokesperson of PGIMER, the institute is committed to providing quality medical care and is assisting the police authorities in every way in their efforts to find the culprits trying to exploit the institute and tarnish its image.

In 2023-24, the PGIMER provided treatment to the 32,000 Ayushman Bharat beneficiaries with a package amount of over Rs 130 crore, ensuring that the most patients in Union Territories received essential medical treatments.

In 2004, as many as 5,000 kidney transplants were done, with 100 under the Ayushman Bharat scheme, providing huge relief to patients. In 2023-2024, Rs 21.2 crore was provided to needy patients through government schemes and social initiatives, and its Poor Patient Welfare Fund Rs 3.24 crore was disbursed to support poor patients. The institute operates seven Amrit Pharmacy centres, the highest in any public-sector hospital in India.

Ayushman Bharat PM-JAY is a health assurance scheme that aims to provide a health cover of Rs 5 lakhs per family per year for secondary and tertiary care hospitalisation. The scheme covers up to 3 days of pre-hospitalisation and 15 days of post-hospitalisation expenses.

The Indian Express • 09 Mar • Ministry of Ayush
Centre urges gig workers to sign up for e-Shram

11 • PG

17 • Sqcm

15005 • AVE

175.5K • Cir

Bottom Left

Chandigarh

Centre urges gig workers to sign up for e-Shram

New Delhi: The Ministry of Labour and Employment on Saturday said it has urged gig and platform workers to register on the e-Shram Portal for formal recognition and access to Ayushman Bharat. **PTI**

The Indian Express • 05 Mar • Ministry of Ayush

District health dept sets up special NCD counters at govt hospitals

5 • PG

51 • Sqcm

45549 • AVE

175.5K • Cir

Bottom Left

Chandigarh

District health dept sets up special NCD counters at govt hospitals

Mohali: The district health department has set up special counters for investigation and treatment of non-communicable diseases (NCD) in all the government hospitals across the district.

The Civil Surgeon, Dr Sangeeta Jain, said that as part of a special NCD drive, which started on February 20 and will conclude on March 31 across the country, special NCD counters have been set up in various government health institutions in the district. She said that special camps are being held at Ayushman Arogya Mandirs and other government health institutions for people above 30 years of age. Non-communicable diseases include hypertension, blood sugar, cancers etc, which are of long duration. Dr Jain said that district programme officers and senior medical officials are monitoring the campaign. **ENS**

The Morning Standard • 17 Mar • Ministry of Ayush

Fit Bit

2 • PG

619 • Sqcm

297321 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

ADHO MUKHA SVANASANA VARIATION – FEET IN AIR

(DOWNWARD-FACING DOG POSE
VARIATION – FEET IN AIR AERIAL)
HANDS BEHIND BACK INTERLOCKED)

This is an intermediate-level arm-balancing pose. It is a variation of the base pose, Downward-Facing Dog Pose Aerial. The difference between the base pose and this variation is that in the base pose, the legs are placed on the ground or mat, whereas in this variation, the legs are lifted. Lifting the feet off the ground with arm support and additional hammock support makes it easier for practitioners. Variations of the Hammock Pose require tremendous core and arm strength.

STEPS

- Start by spreading a yoga mat on the floor for extra support. Stand behind the hammock and adjust it so that it reaches your hip joint.
- Stand in Tadasana with the hammock in front for four breaths. Place the middle part of the hammock on your hip joint. Lift your arms with an inhale and bend forward with an exhale. Make necessary adjustments to get into the Downward-Facing Dog Pose Aerial. Take three deep breaths here.
- Engage your core and press your palms firmly on the mat. Lift your left leg with an inhale, and slowly exhale. Again, inhale and lift your right leg. If confident, lift both legs with an inhale and hold this position for four breaths. To release, take a deep breath and gently bring your legs down with an exhale.

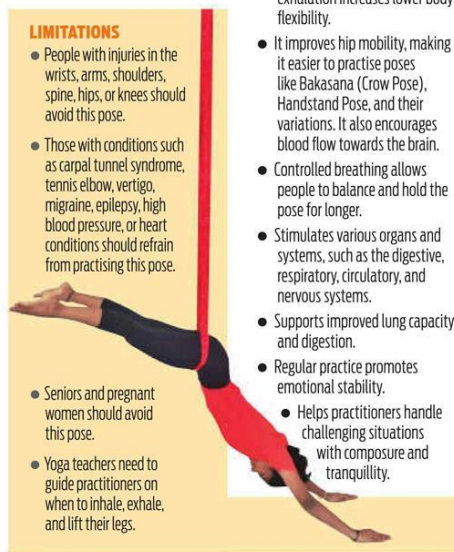
- Once again, inhale and return to Tadasana. Repeat the pose and hold it for a longer duration if possible.
- Relax in Three-Part Breath Mountain Pose for six to eight breaths.

BENEFITS

LIMITATIONS

- People with injuries in the wrists, arms, shoulders, spine, hips, or knees should avoid this pose.
- Those with conditions such as carpal tunnel syndrome, tennis elbow, vertigo, migraine, epilepsy, high blood pressure, or heart conditions should refrain from practising this pose.
- Seniors and pregnant women should avoid this pose.
- Yoga teachers need to guide practitioners on when to inhale, exhale, and lift their legs.

- Stretches and strengthens the muscles of the upper body.
- Provides a good stretch for the arms, shoulders, core, and back muscles.
- Stretches the front part of the lower body, including the quadriceps and shin muscles.
- Helps build stamina and strength, preparing practitioners for advanced-level arm balance poses.
- Placing the legs on and off the floor with inhalation and exhalation increases lower body flexibility.
- It improves hip mobility, making it easier to practise poses like Bakasana (Crow Pose), Handstand Pose, and their variations. It also encourages blood flow towards the brain.
- Controlled breathing allows people to balance and hold the pose for longer.
- Stimulates various organs and systems, such as the digestive, respiratory, circulatory, and nervous systems.
- Supports improved lung capacity and digestion.
- Regular practice promotes emotional stability.
- Helps practitioners handle challenging situations with composure and tranquillity.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 14 Mar • Ministry of Ayush Fit Bit

2 • PG

607 • Sqcm

291143 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

UTTHITA HASTA PADANGUSTHASANA D

(STANDING HAND TO BIG TOE POSE D)

This is a standing and balancing pose performed on one leg. It is a variation of Standing Balance One Leg Raised where grasping big toes of the extended leg with the opposite hand helps beginners creating balance through lift. Included in the Primary Series Of Ashtanga Yoga, this pose helps strengthen the muscles of the grounded leg. It also helps people gain strength and stability. Given its nature, it can be a wonderful addition in yoga for kids or teens as a creative way of teaching them awareness.

STEPS

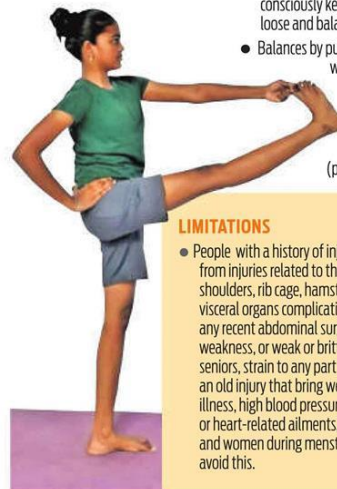
- Start in Tadasana (Mountain Pose) and take a few breaths.
- With your right hand on your waist, shift your weight gently over to your left foot, lift your right leg bending at the knee, bringing the knee closer to the chest. If you find the balance, reach down to clasp or hold the big toe with the first two fingers and the thumb of the opposite hand (left).
- Stay here for a few breaths to check that weight is evenly distributed on all fours of your standing foot (left) and the knee is locked and pulled up. Engage your quadriceps to ensure that the hip, knee, and ankle of the grounded foot are in one line.
- Gaze at one point in front, keeping the left leg straight and strong. Take a big breath in and slowly begin to stretch out the bent leg (right) in front, keeping your back tall and straight.
- Flex your foot in and hold the big toe tight, ensuring your back with your uplifted arm remains straight. So, the foot is above the level of the hip.
- Ensure both your legs remain straight, both knees are locked at

all times, and the weight of the right leg does not pull the left shoulder forward.

- Stay here for about six breaths.
- Release the pose slowly, and come back to Samasthiti.
- Stay here for a few breaths and then counter the stretch on the other side.
- When repeating the practice a second time, take the duration longer.

BENEFITS

- Stretches the quadriceps, connecting into the interior space of the pelvis, shoulders, and arms.
- Strengthens leg muscles, activating the joints from the shoulders, elbows, wrists, hips, knees, feet, and ankles.
- Improves flexibility while using the pelvis and psoas muscles.
- Gains better mobility in the joints and muscles involved, acting as preparatory poses for others.
- Boosts energy in the body.
- Activates the chest, rib cage, diaphragm, and intercostal muscles, ensuring the efficient use of the lungs.
- Breathing is improved, impacting stability and balance.
- Gazing at one point in the front consciously keeps the body light and loose and balanced.
- Balances by putting whole body weight on all fours of the grounded foot.
 - Mind is controlled and the flow of energy (prana) is increased.



LIMITATIONS

- People with a history of injuries or recovering from injuries related to the joints, hips, shoulders, rib cage, hamstrings, lower back, visceral organs complications or undergone any recent abdominal surgery, general body weakness, or weak or brittle bone, especially seniors, strain to any part of the body like an old injury that bring weakness, physical illness, high blood pressure, dizziness, vertigo, or heart-related ailments, expecting mothers and women during menstruation, should avoid this.

— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Morning Standard • 14 Mar • Ministry of Ayush Ayush ministry rapped for not utilising funds

7 • PG

686 • Sqcm

329079 • AVE

300K • Cir

Middle Left

Delhi

Ayush ministry rapped for not utilising funds

KAVITA BAJELI-DATT @ New Delhi

A parliamentary panel has criticised the Ministry of Ayush for not fully utilising the funds allocated to it and said the Centre “must strive hard to integrate Ayush into mainstream healthcare.”

The Ministry aims to enhance AYUSH services, particularly in underserved and remote areas, but it lacks the resources to do so effectively, said the department-related parliamentary standing committee on the Ministry of Health and Family Welfare.

“The need to establish integrated AYUSH hospitals in many districts has a high financial requirement,” the committee, headed by Rajya Sabha MP Prof Ram Gopal Yadav, said.

“The Committee also observes that the Ministry is not fully utilising the funds allocated to it. It is crucial to optimise resource utilisation by implementing strategies that improve the efficiency and effectiveness of existing programmes, focusing on high-impact interventions in priority areas, and establishing robust tracking systems to monitor spending and identify the most effective resource allocation,” the Committee noted.

“Simultaneously, a strategic approach to infrastructure expansion is necessary, prioritising

What parliamentary panel says



- Crucial to optimise resource utilisation by implementing strategies to improve efficiency of existing programmes
- Establishing robust tracking systems to monitor spending and identify the most effective resource allocation

● A strategic approach to infrastructure expansion is necessary, prioritising establishment of integrated AYUSH hospitals in underserved districts

● Significant efforts are required in quality improvement, research and regulatory framework in Ayush healthcare, global collaboration, AYUSH market expansion, sustainable development of medicinal plants, etc.

● Expedite recruitment process to fill vacant posts so that the Ministry can function efficiently

Establish a streamlined mechanism that involves stakeholders in the development of pharmacopoeial standards, ensuring greater efficiency and uniformity

ing the establishment of integrated AYUSH hospitals in underserved districts through a phased approach that aligns with available resources while also exploring cost-effective models for hospital establishment and operation,” it added.

The report, which was tabled in both Houses of Parliament on Wednesday, said Ayush must strive hard to integrate Ayush into mainstream healthcare.

“Besides providing Ayush services through PHCs, CHCs, and DHs, significant efforts are required in quality improvement, research and regulatory framework in Ayush healthcare, global collaboration, AY-

USH market expansion, sustainable development of medicinal plants, etc. This would not be possible without adequate development of skilled Health Human Resources in the Ayush sector,” the Committee said, recommending that the Ministry should develop “mega schemes” in mission mode.

It also recommended that they expedite recruitment process to fill vacant posts so that the Ministry can function efficiently, make concerted efforts to optimally utilise AYUSH resources, and establish the system within a pluralistic healthcare framework.

“The Committee recommends the Ministry take proactive steps to correspond with the 16th Finance Commission and accordingly develop a plan for adequate fund allocation and timely release for the next five years, accelerating AYUSH’s growth,” the panel said.

The committee also “strongly recommended consolidating all AYUSH drug-related standard-setting processes under a single authoritative body – an independent drug controller of AYUSH – in alignment with the Drugs and Cosmetics Act, 1940, and associated rules.”

The parliamentary panel urged the Ministry to establish a streamlined and inclusive mechanism that actively involves stakeholders in development of pharmacopoeial standards for greater efficiency and uniformity.

It also suggested that going forward, ties should be established with first-world countries like the UK and US to promote AYUSH among the Indian diaspora and their native citizens. The Committee saw potential in promoting AYUSH-related healthcare travel to India. Accordingly, it urged the Ministry to devise strategies for ‘vigorous promotion’ of the AYUSH system of medicine in international markets, support investment, and exports to boost Ayush products globally.

The Morning Standard • 13 Mar • Ministry of Ayush Fit Bit

2 • PG

596 • Sqcm

286022 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

ARDHA UTTANASANA HANDS ON SHINS (UPWARD FORWARD FOLD HANDS ON SHINS)

This is a variation and preparation for the basic or foundational yoga pose, Uttanasana (Standing Forward Fold Pose). It engages the core muscles, keeping the hips, shoulders, knees, and ankle joints active to maintain a well-aligned L-shaped body. It is included in Vinyasa and Peak Yoga or even Gentle Yoga Sequences. It increases flexibility, aligns the back, strengthens the torso, and stimulates the digestive organs. It has a very calming effect.

STEPS

- Start in Tadasana, breathing softly.
- Beginners can keep a slight distance between the feet for better body balance while others can keep their feet together. Place your hands on the hips as you inhale and bend forward, exhaling.
- Bring the arms out in front, stretching to come forward parallel to the ground lengthening the elbows. With the legs straight, align the ankles, calf muscles, thighs and buttocks.
- Keep the back straight, breathe in. If this is difficult, then place the hands on a chair or a wall for support. When continuously practised with props, flat back can be achieved.
- Slowly place the hands on the shin of the leg. Maintain a small abdominal tuck to create core strength. Breathe, feel the deep stretch in the hamstrings, calf muscles, glutes, and hips joints. Stay

according to your capacity.

- Raise your arms and come out of the pose, returning to Tadasana.
- Repeat this practice, staying longer in the pose with full breath-body awareness.

BENEFITS

- Stretches hamstrings, calf muscles, piriformis, gluteus maximus muscle, and gluteus medius muscle.
- Lengthens the spine, and strengthens the back muscles.
- Ensures the hamstrings and calves feel less strain.
- Brings better breath-body awareness and confidence.
- Increases the capacity of the lungs.
- Enhances focus and gains better flexibility.
- Improves strength, slowly building sthira and sukham.
- Helps gain mental strength gradually.
- Posture improves, building a well-toned core, back, and legs.
- Increases spinal nerves effectively.
- Effective and balanced nervous system calms the mind.
- Impacts the hips and psoas muscles.
- Releases muscle tensions and stress.
- Releases unwanted gas or energy, getting new and fresh flow of prana.
- Cures constipation problems, toning spleen, kidney, liver and reproductive organs.
- Beneficial for osteoporosis and fertility related issues.
- Reduces anxiety and encourages deep breathing.
 - Reduces fatigue and mental stress.

LIMITATIONS

- People with hamstring and lower back injuries, abdominal hernia, and joint pains, should avoid this.
- Those with weak bone structure or muscle strength should take it slow, or use a wall or chair for support.
- Senior citizens with knee and hip issues should take it slow and steady.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 13 Mar • Ministry of Ayush

How much weight should I use when starting with strength training

2 • PG

276 • Sqcm

132305 • AVE

300K • Cir

Middle Center

Delhi



MISS-FIT
Wanitha Ashok
The expert is a Fit India Movement ambassador and celebrity fitness coach

How much weight should I use when starting with strength training?

When starting strength training, it is essential to select a weight that allows you to focus on proper form and technique while still challenging your muscles to prevent injuries..

- Start with light weights that allow you to complete 12 repetitions for upper body exercises and 10-15 repetitions for lower body exercises with proper form.
- Soon, the body will adapt to the physiological stress, which helps build muscle endurance and strength. What was once difficult will become easy. Progress to picking up heavier weights and continue to challenge your muscles.
- Aim to increase the weight by half a kilo every two weeks or as soon as you feel you can lift more.
- Here is the mantra: if it is easy, you are not being challenged and will not see any gains.



ASK AN XPERT

The Morning Standard • 12 Mar • Ministry of Ayush

FIT BIT

2 • PG

605 • Sqcm

290327 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

UTTHITA HASTA PADANGUSTHASANA D AERIAL

(STANDING HAND TO BIG TOE POSE D AERIAL)

This is an intermediate-level aerial yoga pose, which is a variation of the base pose Utthita Eka Padasana (Standing Balance One Leg Raised). As a beginner, it might be challenging to raise one leg and balance the body weight on the other leg. In such cases, practising this aerial pose can be helpful. Basic balance poses like this asana create the ground for the intermediate and advanced poses by gradually increasing strength and endurance. People with less muscle strength may practise the pose with hammock support.

STEPS

- Start by spreading a yoga mat under the hammock to ensure extra support. Adjust the height of the hammock to your comfort. Keep the hammock slightly around your hip joint.
- Stand in front of the hammock, and take deep breaths.
- Inhale, lift your right leg and bend it from the knee. Place your ankle in the middle part of the hammock and hold it with your hands to avoid imbalance.
- Once steady, let go of the hands holding the hammock. Push your leg away from the body. Exhale. Slowly straighten your right leg. Keep the left leg firmly grounded on the mat, placing both hands on your waist.
- Hold this position for 10 breaths or as per your capacity.
- Release your ankle from the hammock. Keep the left leg firmly grounded on the mat.
- Repeat the pose on the other side following the above instructions.
- Finally, let go of the hammock and stand in Tadasana. Relax in Dirga Pranayama Tadasana.

BENEFITS

- Stretches the hip muscles, hamstrings, quadriceps, leg muscles, and glutes connected to the extended leg.
- Increases leg, hamstrings, and quadriceps flexibility.
- This can be a base pose for many advanced poses like Warrior Pose III, Bird of Paradise.
- This balancing pose requires awareness of the breath and focus.
- Fixed gazing promotes balance and makes one more aware.
- Helps with body alignment.
- Makes the body strong.
- Beneficial for swimmers, runners, rock climbers, and surfers.
- Brings emotional balance.
- Improves the sense of body balance and builds stamina.
- Reduces stress and fatigue.
- Relieves stiffness in the neck, shoulders, and back.
- Useful for people suffering from sciatica.
- Enhances blood circulation in the body.
- Tones and strengthens the knees, thighs and ankles.
- Stimulates abdominal organs and aids digestion.

LIMITATIONS

- People with knee or ligament injuries, hip or knee surgery, migraine, vertigo or dizziness, should avoid this pose.
- People with weak knees and ankles can use the help of straps or the wall.
- Not suitable for senior citizens, pregnant women, and kids.



By N Elumalai, PhD Scholar (Yoga Science) at
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UPAVISTHA ARDHA UTTANASANA CHAIR (SEATED HALF FORWARD FOLD POSE CHAIR)

This variation, supported by a chair, promotes spinal elongation, relieves tension in the lower back, and gently stretches the hamstrings and hips. It helps enhance pelvic stability, improves posture, and reduces strain on the knees and legs, making it ideal for individuals with limited flexibility or mobility. It is often incorporated into sequences focused on gentle stretching, spinal health, and therapeutic practices for seniors or those recovering from injuries.

STEPS

- On a sturdy chair, sit upright with your feet hip-width apart, grounding your feet firmly into the floor, aligning your knees at a 90-degree angle, lengthening the spine, and relaxing your shoulders in Chair Mountain Pose.
- Rest your hands on the thighs and take a few breaths, inhaling and exhaling through the nose.
- Inhale and lengthen your neck, keeping your spine tall and neutral.
- Exhale, hinge forward from your hips, bringing the torso towards your thighs while maintaining a long spine. Rest your hands lightly on the thighs for support.
- Continue deep breathing, inhale, maintain length in your spine and exhale, folding slightly deeper, avoiding rounding in the back.
- Keep your head in line with the spine, looking downward or slightly forward, holding the pose for several breaths, allowing your body to relax into the stretch.
- To release, inhale and slowly lift your torso back to the seated Chair Mountain Pose.
 - Take a few breaths in the Three Part Breath Chair

before transitioning to your next pose.

- People may place a blanket or block under their feet for extra support.

BENEFITS

- Strengthens the hip flexors, front thighs, knees, and abdominal muscles.
- Helps relieve tight hamstrings.
- Stretches the back of the hips, hamstrings, and calves.
- Lengthens the spinal nerves and relieves spinal and hip tightness.
- Strengthens the back of knees.
- Main focus on the midsection stimulates the kidneys, liver, and spleen. Helps 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.
- Stretches the upper body muscles, nerves, and joints; the unwanted accumulated stress and tension get released.
- Encourages a calm state of mind, thereby inducing better sleep.
- Opens the upper body joints, nerves, and muscles to release stiffness.

LIMITATIONS

- People with BP (high or low), glaucoma, osteoporosis or scoliosis, lower back injuries or neck injuries, including disc herniation and degenerative spinal pathologies, hyperflexibility or had recent surgeries, and pregnant women should avoid practising this asana.
- Generally, it is good for IBS, yet precaution should be taken while practising this.



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TADASANA PASCHIMA BADDHANGULIYASANA

(SHOULDER STRETCH HANDS
BEHIND BACK INTERLOCKED)

This is a standing shoulder-stretch pose. It is included in beginner-level yoga sequences, as it is safe and accessible for individuals of all fitness levels and ages. The interlaced fingers strengthen the arms, shoulders, upper back, and neck muscles. It can be included in restorative or therapeutic yoga sequences. It is a quick-fix movement to relieve stiffness and tension from the back, arms, neck, and shoulders, or cervical pain and symptoms. One can add a block or other similar prop between the palms to make it a fun-stretching practice.

STEPS

- Release the arms from the Palm Tree Pose Side Bend, and relax in Tadasana (Mountain Pose). After that, make yourself comfortable in the centre of the mat and close your eyes, relaxing your breath.
- Now, inhale and take the arms behind you, and interlock the fingers, duly stretching the shoulders and elbows.
- Inhale again and take the interlocked fingers upwards, moving the shoulder blades carefully while slowly throwing the chest outwards in the Shoulder Stretch Hands Behind Pose.
- This pose will reduce the stress around the neck and the shoulders and help open the chest and the diaphragm to bring in more oxygen.
- Bringing in more oxygen is essential here to help gain better breathing skills for further challenges on the physical front.
- Hold this stretch for four to five breaths and ensure it is done carefully without causing excess stretch to the lower abdomen.
- Finally, release the pose and relax in Three Part Breath Mountain Pose.

LIMITATIONS

- People with shoulder and ankle injuries, have undergone a hip replacement, knee, and spinal surgery, lack of body breath connection, or weak shoulders and arm strength, should avoid this practice.

BENEFITS

- Stretches shoulders, tones glutes, and stimulates digestive organs.
- Since legs are softly engaged, it gently stretches the pelvis.
- Anterior chest opens, the torso expands, and the diaphragm moves in its elasticity with a deep breath in the enhanced thoracic space.
- The hip opens with the abdominal twist and engages muscles connected to the cervical spine.
- Helps strengthen the lower back and the neck and enhances the body posture.
- Releases and clears the blocked channels, especially at the base of the spine, pelvis, hips, and shoulders.
- Enhances blood circulation to the sacral parts of the body, benefiting the endocrine system.
- Helps asthma patients to improve their breathing capacity and benefits senior citizens.
- Postnatal and pregnant women, senior citizens, teens, and kids can practise this restorative pose.
 - Helps enhance muscle readiness and performance for the routine ahead.
 - Improves shoulder flexibility and mobility, which can be beneficial for daily activities and sports.
 - Stretches the pectoral muscles, correcting rounded shoulders and sunken chests.
 - Relieves tension in the upper body commonly associated with prolonged sitting or poor posture.
 - Improves circulation to the chest and shoulder, promoting overall cardiovascular health and reducing muscle stiffness.



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ASHWA SANCHALANASANA (THE EQUESTRIAN POSE)

This is a low lunge that falls under balancing postures. This asymmetrical transit pose appears in the fourth and ninth positions of Surya Namaskar (Sun Salutation) and its variations. It stimulates the abdominal organs like the stomach, kidney, and liver. It also effectively stimulates the urogenital system by the hip opening.

STEPS

- Begin in Uttanasana (Standing Forward Fold Pose), bringing the chest inward and resting the head toward the knees or thighs.
- Inhale and extend the right foot back. Exhale and place it behind, resting the right knee and the top of the right foot on the floor.
- The left knee should bend at a 90-degree angle, keeping the thigh parallel to the floor.
- Move the hips and pelvis downward, the right knee and foot rest on the floor, hands on the floor, chin up, shoulders back, chest open, head slightly back, with elbows straight.
- Push the torso forward, then lift the chest into a slight backbend. Distribute weight evenly across both hips.
- Hold this posture for six breaths, or as long as it is comfortable. With each exhalation, push the hips further down and forward while deepening the backbend. Look forward.
- Inhale and bring the right foot forward to return to Uttanasana. Exhale. Repeat on the other side.
- Conclude by releasing into Balasana (Child's Pose).

LIMITATIONS

- Not suitable for pregnant women, postnatal women who are still regaining pelvic and hip strength, and senior citizens.
- Beginners may use a blanket under the knee to reduce pressure on the knee joint.

BENEFITS

- Stretches the lower abdomen, hips, psoas, groin, pelvis, quadriceps, hamstrings, knees, ankles, and toes.
- Strengthens the lower body, providing support for the upper body.
- Stretches the spine and improves spinal flexibility, maintaining natural space between vertebrae.
- Enhances hip joint and sacrum stability.
- Opens the shoulders and collarbones, improving lung capacity.
- Supports pelvic joints and groin muscles.
- Stimulates the digestive and reproductive systems, treating issues like constipation, IBS, loss of appetite, and acidity.
- Increases blood circulation in the groin area, benefiting the urogenital system.
- Improves prostate health and may help with erectile dysfunction and infertility.
- Tones the legs, enhancing body confidence.
- Releases tension in the lower back and hips, reducing stress and anxiety.
- Boosts stamina and energy by improving circulation.
- Activates the Sacral Chakra and Manipura Chakra.
- Ideal for runners, athletes, and sports professionals.



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STANDING SQUAT POSE KNEE MOVEMENT

This is a dynamic strength-training practice. As part of gym exercise, this pose is also known as Bodyweight Squat or Air Squat. Incorporated into Power Yoga, Sculpt Yoga, and even Sports Yoga, this targets the leg muscles, contributing to toning and shaping the thighs and glutes. This beautiful practice helps tone the belly, which aids in weight loss. It is a power-packed Pilates workout practice that aims to build lean muscles with proper action and alignment. When practised to improve cardio functioning, it helps increase bone density, conditioning the core.

STEPS

- First, stand in Mountain Pose Variation Feet Hip Wide. You can adjust this slightly depending on your comfort levels and goals.
- Engage your core by pulling the belly button towards your spine. Roll your shoulders back and down, keeping your chest lifted.
- Inhale, bring your hands in front at shoulder height with palms facing down, keeping the arms parallel to each other and shoulder-width apart.
- Take a big breath in. Exhale, push your hips back and down as if initiating the sitting motion. Move your hips back, bend your knees and ankles simultaneously, which is helpful to imagine keeping your knees aligned with your toes as you squat.
- Keep your chest lifted and shoulders back, avoiding hunching forward.
- Lower down until your thighs are parallel to the ground or as low as comfortable while maintaining proper form. But listen to your body and don't force it if you have limitations.
- Once you reach your desired depth, inhale and press back up through your heels to return to the starting position. Focus on engaging your glutes and hamstrings to drive the movement upwards.

- This is how a round of the pose goes. Continue this flow with stability eight times or as per the body's capacity in sync with breaths.
- Ensure keeping your feet nicely grounded and the core engaged. Inhale, prepare to squat, exhale as you lower down, and inhale as you rise back up.
- Don't rush through the movement; focus on controlled and deliberate actions.
- Ensure your knees are tracking over your toes and not collapsing inward. Keep your weight evenly distributed across your feet and maintain a neutral head position, looking slightly forward.
- To release, find yourself comfortably standing in Tadasana Feet Hip Wide. Exhale, lower your hands on the sides of the body.
- Finally, relax in Mountain Pose Palms Facing Forward. Breathe in and out slowly and smoothly.

BENEFITS

- Improves overall strength-stability-posture and balance.
- Increases muscle mass and definition in the legs, gluteus, and thighs.
- Helps contribute to better posture while enhancing functional movements.
- Yoga experts should guide people to be gentle and follow the movements in sync with the breathing.
- Focus on maintaining proper form to prevent injury, especially in the knees and lower back.
- Avoid letting knees collapse inward or extending too far beyond toes.
 - This boosts calorie burns and increases bone density.
- Prevents injuries and supports knees, ankles, hips, and joint health.



LIMITATIONS

- People with a knee injury or lower back pain, arthritis, insomnia, headache, or sprained ankles, women during menstruation and low blood pressure, avoid this practice.

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TADASANA PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)

The Namaskar Asana begins with the palms joined in front of the chest. Shifting the joined hands to the back of the body creates Paschim Namaskarasana. It is an upper-body strengthening pose that works specifically on the arms and the abdomen. It is good for opening up shoulder joints and strengthening arms. It helps burn fat in the arms by toning the muscles. It is effective for all cardiovascular diseases.

STEPS

- Start in Tadasana, take a couple of breaths, and roll your shoulders back, creating flexibility.
- Align the body and stand with the spine erect, shoulders relaxed, and chin parallel to the ground.
- Ground the legs firmly and stack feet near each other.
- Keep legs straight and arms placed on the side. Feel the strength in the calf, ankle, and hamstrings.
- Bring the arms in front of the body parallel to the ground. Inhale and open your arms and chest.
- Exhale, bring your arms behind your back and join the palms with fingertips facing upward like a Namaste.
- Initially, only the fingertips may touch, and the wrist may not touch each other. It's fine. You will achieve the pose over time.
- To release, inhale, release the palms first, then the arms. Bring the arms to the sides and return to Tadasana. Take a couple of breaths and feel the effect of the stretch at the arms, shoulders, mid-back, and wrists. Feel the blood gushing back to flow in the muscles.
- Now relax in Tadasana palms facing forward.

BENEFITS

- Strengthens the pectoral muscles.
- Opens the shoulder blades and joints.
- Muscles of the forearms and wrists are stretched.
- Since it opens the chest, the back is stretched, and upper body flexibility is attained.
- Effective in activating bandhas.
- Capacity of the lungs increases, benefiting the pulmonary functioning.
- Awareness connects the mind to the body and is beneficial for increasing focus on a mental level.
- Increases decision-making capacity.
- Hunching and slouching can be rectified.
- Stress is relieved.
- Being therapeutic, regular practice can cure asthma, wheezing, and lung-related diseases.
- Balances the Manipura and Anahata chakras.
- Regular practice reduces negative thoughts.
- There is a balance of thought processes in the attachment and detachment of desires.
- It can be done by senior citizens and pregnant women.

LIMITATIONS

- It should be avoided by people with shoulder, wrist, ankle, elbow, and cervical injuries or surgeries and lack of body-breath connections.
- People with tight shoulders and upper body should first warm up their upper body with stretches and then attempt this asana.



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I walk 10k steps a day and want to push further: Can I add ankle weights

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MISS-FIT

Wanitha Ashok

*The expert is a Fit India Movement
ambassador and celebrity fitness coach*

I walk 10k steps a day and want to push further. Can I add ankle weights?

A big no! Adding ankle weight can place additional stress on your joints, particularly your ankles, knees, and hips, leading to injuries. It alters gait and changes your walking stride, which can lead to discomfort or injury.

- Instead, incorporate uphill or downhill walks, change walking paths, do an interval of slow jog followed by a brisk walk, or climb stairs for a minute or two.

- The 10k steps do not complete your fitness routine.

Please incorporate two sessions of total body strength training exercises a week.



- You can use ankle weights and target your leg muscles or build more power, endurance, and strength. Use body weight and other resistance to challenge your body.

- Apart from this, take constant breaks and move for five minutes.

- Include short casual walks for 15 minutes post lunch and dinner.

- Keep moving and don't be obsessed with getting 10k steps as the number of steps you should take depends on your age, fitness level, and other factors.

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ARANYASANA PREP

(POSE DEDICATED TO
GODDESS ARANI PREP)

This asana is named after the Goddess Arani, who in Hindu mythology is known as the Goddess of the Sun (Fire). Her symbol is the fire wheel. It is one of the variations of Aranyasana. This asana engages the core muscles to lift the hips and hold the legs with knee bends. Practising Ashtangasana (Eight-Limbed Staff Pose) and Ashtangasana Baddha Hasta (Eight-Limbed Pose Bound Hands) as preparatory poses will help you build balance and stability.

STEPS

- Lie down in Advasana (Reverse Corpse Pose), resting your stomach on the mat.
- Keep your legs straight, arms extended forward, and palms turned down.
- Bend your legs at the knees and bring the feet close, gently rotating the knees. Ensure you don't change the alignment of the rest of the body.
- Inhale and slowly release the hands from the floor, your arms should touch the knees.
- Press your chin and chest against the ground. Avoid changing the alignment of the hips, shoulders, chin, chest, and knees.
- Engage your core and raise your hips high, feeling the stretch at the base of the spine. You can hold the posture for four breaths.
- You should focus on the Manipura (Solar Plexus) and Muladhara (Root) Chakras while breathing.
- Finally, release the pose and relax in Advasana.
- Repeat the practice for the second time. This time, hold it for longer.

BENEFITS

- Strengthens the lower back.
- Keeps accumulated tensions and stiffness around the neck, shoulders, and upper back away.
- Reduces stress and encourages a calm and peaceful mind.
- Balances the first five chakras of the body.
- Aids in bringing the sthiram (stability) in both the body and mind.
- Stretches the gluteus maximus, quadriceps, biceps, and triceps muscles, contracting the hamstrings, core muscles, and the pelvic floor muscles.
- Creates a stronger balance between the upper body and lower body.
- Helps prepare for challenging poses that demand a strong back.
- Stimulates and activates the glutes, quadriceps, and IT band.
- Keeps the sciatic nerves active.

LIMITATIONS

- People with any injury to biceps, triceps, abdominal muscles, quadriceps, hamstrings, or suffering from issues related to the shoulders, wrists, elbows, neck, spine, collar bone, hips, knees, pelvic joint, rib cage, internal organs, hernia, or BP, migraine, heart problems, arthritis, weak nervous system, and pregnant women, should avoid this practice.



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TADAGASANA UTTHITA HASTA (CONSTRUCTIVE REST ARMS OVERHEAD POSE)

This is a variation of Savasana (Corpse Pose) and Savasana Variation Bent Legs (Constructive Rest Pose). This supine restorative pose serves as both a transition and a relaxation after an intense practice. The key difference between these poses lies in the arm stretch, with this version extending the arms overhead. It's also known as the Savasana Variation Arms Overhead Bent Legs Pose. This variation engages muscles that contribute to core stability, which are sometimes overlooked in other exercises.

STEPS

- Align in Savasana Variation Bent Legs (Constructive Rest Pose). Stay here for five minutes.
- Inhale, stretch the arms above, and place them on the floor behind.
- Extend the arms from the armpits but be conscious of keeping the shoulders stable.
- Avoid lifting the shoulders off the mat and keep it away from the ears.
- Remain here with calm breathing and observe the abdominal and torso stretch. Experience the side, and the intercostal muscles open up, expanding the rib cage.
- After staying in the pose as per capacity, bring your arms to the sides of the body and settle back in Savasana Variation Bent Legs. After five breaths, relax and rest in the final pose of Savasana.

LIMITATIONS

- People suffering from acute back pain, herniated disc, migraine, or heart-related issues, feeling pressure on the diaphragm, or pregnant women who find breathing difficult should avoid this practice.
- Senior citizens who have breathing problems should practise the Constructive Rest Pose Upper Body On Bolster or Savasana Variation Chair for supporting the back, focussing on breathing.

BENEFITS

- Stretches the spine, arms, armpits, shoulders, and upper chest.
- Helps maintain the body's physical, mental, and emotional balance.
- Opens the intercostal muscles and enhances the space in the rib cage, benefiting the lungs.
- Helps remove tension from the body.
- Helps reduce back pain by limiting muscle spasms.
- Strengthens postural muscles, improving coordination and flexibility.
- Helps decompress the spine.
- It is a tool for posture correction.
- Helps recover from prolonged illnesses.
- Therapeutic to patients suffering from mild depression, anxiety, and trauma.
- Can be done at night to address body fatigue and insomnia.
- Beneficial for asthma patients.
- Helps combat postnatal depression.
- Pregnant women will find comfort in relaxing in this alternative variation of Savasana.
- Beneficial for athletes.
- It can be done by seniors, postnatal and pregnant women.



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ANANTASANA PADA LIFT VARIATION (SIDE RECLINING POSE LEG LIFT VARIATION)

This pose is a variation of the foundational pose, Anantasana (Side Reclining Leg Lift Pose). However, this is a transit pose to the base pose, Anantasana. It strengthens the upper back, neck, arms, shoulders, glutes, abdominal muscles, obliques, and quadriceps, improving core strength and stability. It also strengthens the outer thigh muscles (abductors), toning the legs. It demands awareness and focus on balance and stability. Holding the body in this posture daily improves mindfulness and reduces stress. This mind-body practice can boost confidence, promoting empowerment and self-esteem.

STEPS

- Start lying in the Easy Side Reclining Pose Variation on the left side. Place your right hand in front of the heart centre, helping balance the body on the left side. The fingers of the right hand should point towards the head.
- Inhale, lift your head, and grab a pillow with your lower arm (left), comfortably placed under your head in Easy Reclining Pose Hand Floor. The palm supports the back of the head, and the elbow is in line with the shoulder. Exhale completely here.
- Inhale, lift your right leg straight towards the sky, pressing the right palm on the ground. The foot is extended, with the toes pointing towards the sky. Focus on a point to maintain balance and stability. Keep the lifted leg straight and active at 90 degrees while maintaining the grounded leg straight.
- Stay here in Anantasana Pada Lift Variation for six breaths. Find balance by rooting down your left hip and maintaining a steady gaze at a fixed point.
- To release, exhale, lower the right hand and right leg, and realign in Sahaja Anantasana Variation.
- Relax in the Constructive Rest Pose.

LIMITATIONS

- People with spondylitis, cervical issues, or a slipped disc should practise with caution.
- Those with spinal conditions such as scoliosis should practise only under guidance.
- Practitioners with sciatic pain or shoulder injuries should avoid this pose.

BENEFITS

- This variation enhances balance, strength, and flexibility.
- Stimulates the apana vayu, promoting the elimination of physical and emotional toxins.
- Can be included in Power, Hot, and Sculpt Yoga sequences.
- Counteracts the effects of prolonged sitting, improving body posture.
- Helps improve cardiovascular function.
- A good addition to yoga for athletes, runners, mountain climbers, or students engaged in active sports.
- Suitable for kids or teens, helping improve hip mobility.
- Supports the toning and strengthening of the pelvic floor muscles for postnatal recovery.
- Stretches and strengthens the muscles on the side of the torso.
- Enhances the mobility of the scapula and shoulder joint.
- Regular practice makes the hamstrings and calves supple and flexible, improving movement.
- Stretches the abdominal muscles, assisting in various balancing asanas.
- Improves circulation, induces tranquility, and promotes mental relaxation, helping to overcome stress and tension.
- Stimulates the Sacral Chakra, encouraging a sense of desire, pleasure, and creativity in practitioners.
- Holding for a longer duration reduces weight from the hips and waist.



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PRASARITA BALASANA VARIATION HEAD UP (WIDE CHILD POSE VARIATION HEAD UP)

This is a beginner-level forward bend stretch pose. It resembles the Salamba Bhujangasana (Sphinx Pose). Those who are not comfortable with the backbend of the Sphinx pose can practise this asana. It is a preparatory pose to Prasrita Balasana Variation Hasta Sirsa Side. It can be added to yoga poses with animal sequences.

STEPS

- Start in Vajrasana (Thunderbolt Pose) and take a few breaths.
- Stretch your spine and hip upwards.
- Inhale, widen your knees, and thighs. Exhale.
- Place toes together and slowly place the sit bones on the heels.
- Inhale, stretch your arms above the head. Exhale, bend forward and reach the floor with your forearms and your elbows touching the outer knees.
- Ensure your elbow is perpendicular to the shoulder, and your arms are in an L shape with the palms on the floor.
- Look ahead and take a few breaths.
- Ensure the knees and ankles are comfortable and stay here for two breaths.
- Slowly release and come back to Vajrasana.

LIMITATIONS

- People with any injury to the ankles, shoulders, knees, or wrists, or have undergone recent abdominal surgery, hip replacement, or knee surgery, acute arthritis, knees joint pain or rheumatoid arthritis, weak joints, lower back, ankles or shoulders, and pregnant and postnatal women, should avoid this pose.

BENEFITS

- Stretches the hip muscles, quadriceps, back, wrists, forearms, ligaments of the anterior knee, and calves.
- Works as a great advantage for practising various deep yoga poses.
- Enhances hip flexibility and mobility and the thoracic cavity.
- Keeps the shoulder blades and the torso broad.
- Surrendering the mind and body is the main element of this pose.
- Improves the mobility of the lower limbs.
- Extended spine and elongated torso with broad shoulders improves body posture.
- Energises the body by calming the mind.
- Helps relax the spine, shoulders, neck, and head.
- Regulates heartbeat and breathing rhythm to its natural level.
- Stimulates the parasympathetic nervous system.
- It can be a relief for knee pain.
- Reduces shoulder, upper, and lower back stiffness by lengthening the spine.
- It is a restorative pose when done in a calm and serene environment.
- Stimulates the Root and Sacral Chakras and channelises the prana to the Crown Chakra.
- Can be a cool down for athletes, swimmers, advanced yoga practitioners, and marathon runners.
- Good preparation for deeper hip opening poses in a prone position.



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The New Indian Express • 17 Mar • Ministry of Ayush ADHO MUKHA SVANASANA VARIATION FEET IN AIR

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ADHO MUKHA SVANASANA VARIATION – FEET IN AIR

(DOWNWARD-FACING DOG POSE
VARIATION – FEET IN AIR AERIAL)
HANDS BEHIND BACK INTERLOCKED)

This is an intermediate-level arm-balancing pose. It is a variation of the base pose, Downward-Facing Dog Pose Aerial. The difference between the base pose and this variation is that in the base pose, the legs are placed on the ground or mat, whereas in this variation, the legs are lifted upwards. Lifting the feet off the ground with arm support and additional hammock support makes it easier for practitioners. Variations of the Hammock Pose require tremendous core and arm strength.

STEPS

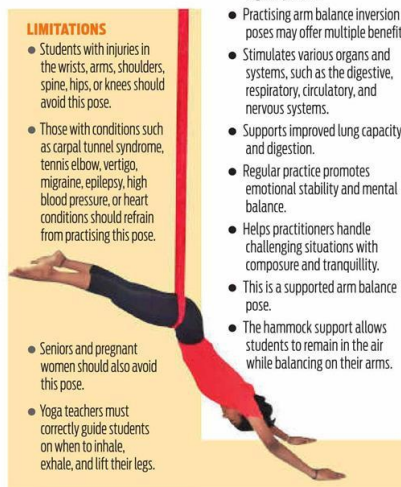
- Start by spreading a yoga mat on the floor for extra support. Stand behind the hammock and adjust it so that it reaches your hip joint.
- Stand in Tadasana (Mountain Pose) with the hammock in front for three to four breaths. Place the middle part of the hammock on your hip joint. Lift your arms with an inhale and bend forward with an exhale.
- Make any necessary adjustments to get into Downward-Facing Dog Pose Aerial. Take two to three deep breaths here.
- Engage your core and press your palms firmly on the mat. Lift your left leg with an inhale, then slowly exhale. Again, inhale and slowly lift your right leg. If you feel confident, lift both legs with an inhale.
- Hold this position for three to four breaths or as long as you can. To release the pose, take a deep breath and gently bring your legs down with an exhale, one after the other.
- Once again, inhale and return to Tadasana. Repeat the pose and hold it for a longer duration if possible.
- Relax in Three-Part Breath Mountain Pose for six to eight breaths.

BENEFITS

- Stretches and strengthens the muscles of the upper body.
- Provides a good stretch for the arms, shoulders, core, and back muscles.
- Stretches the front part of the lower body, including the quadriceps and shin muscles.
- Helps build stamina and strength, preparing practitioners for advanced-level arm balance poses.
- Placing the legs on and off the floor with inhalation and exhalation increases lower body flexibility.
- Regular practice improves hip mobility, making it easier to practise poses like Bakasana (Crow Pose), Handstand Pose, and their variations.
- As an inversion pose, it encourages blood flow towards the brain and heart.
- Controlled breathing allows students to balance and hold the pose for longer.
- Requires core and arm strength, which can be developed through regular practice.
- Practising arm balance inversion poses may offer multiple benefits.
- Stimulates various organs and systems, such as the digestive, respiratory, circulatory, and nervous systems.
- Supports improved lung capacity and digestion.
- Regular practice promotes emotional stability and mental balance.
- Helps practitioners handle challenging situations with composure and tranquillity.
- This is a supported arm balance pose.
- The hammock support allows students to remain in the air while balancing on their arms.

LIMITATIONS

- Students with injuries in the wrists, arms, shoulders, spine, hips, or knees should avoid this pose.
- Those with conditions such as carpal tunnel syndrome, tennis elbow, vertigo, migraine, epilepsy, high blood pressure, or heart conditions should refrain from practising this pose.
- Seniors and pregnant women should also avoid this pose.
- Yoga teachers must correctly guide students on when to inhale, exhale, and lift their legs.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 17 Mar • Ministry of Ayush ADHO MUKHA SVANASANA VARIATION–FEET IN AIR

2 • PG

713 • Sqcm

712676 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

ADHO MUKHA SVANASANA VARIATION – FEET IN AIR

(DOWNWARD-FACING DOG POSE
VARIATION – FEET IN AIR)
HANDS BEHIND BACK INTERLOCKED)

This is an intermediate-level arm-balancing pose. It is a variation of the base pose, Downward-Facing Dog Pose Aerial. The difference between the base pose and this variation is that in the base pose, the legs are placed on the ground or mat, whereas in this variation, the legs are lifted upwards. Lifting the feet off the ground with arm support and additional hammock support makes it easier for practitioners. Variations of the Hammock Pose require tremendous core and arm strength.

STEPS

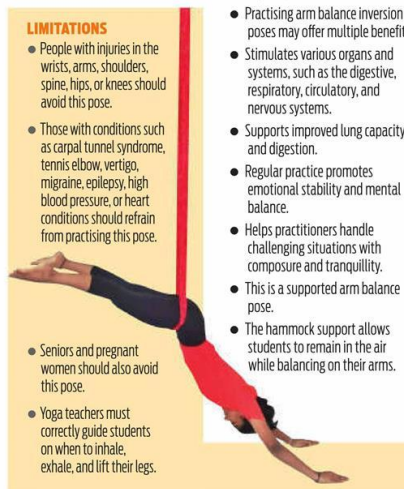
- Start by spreading a yoga mat on the floor for extra support. Stand behind the hammock and adjust it so that it reaches your hip joint.
- Stand in Tadasana (Mountain Pose) with the hammock in front for three to four breaths. Place the middle part of the hammock on your hip joint. Lift your arms with an inhale and bend forward with an exhale.
- Make any necessary adjustments to get into Downward-Facing Dog Pose Aerial. Take two to three deep breaths here.
- Engage your core and press your palms firmly on the mat. Lift your left leg with an inhale, then slowly exhale. Again, inhale and slowly lift your right leg. If you feel confident, lift both legs with an inhale.
- Hold this position for three to four breaths or as long as you can. To release the pose, take a deep breath and gently bring your legs down with an exhale, one after the other.
- Once again, inhale and return to Tadasana. Repeat the pose and hold it for a longer duration if possible.
- Relax in Three-Part Breath Mountain Pose for six to eight breaths.

BENEFITS

- Stretches and strengthens the muscles of the upper body.
- Provides a good stretch for the arms, shoulders, core, and back muscles.
- Stretches the front part of the lower body, including the quadriceps and shin muscles.
- Helps build stamina and strength, preparing practitioners for advanced-level arm balance poses.
- Placing the legs on and off the floor with inhalation and exhalation increases lower body flexibility.
- Regular practice improves hip mobility, making it easier to practise poses like Bakasana (Crow Pose), Handstand Pose, and their variations.
- As an inversion pose, it encourages blood flow towards the brain and heart.
- Controlled breathing allows students to balance and hold the pose for longer.
- Requires core and arm strength, which can be developed through regular practice.
- Practising arm balance inversion poses may offer multiple benefits.
- Stimulates various organs and systems, such as the digestive, respiratory, circulatory, and nervous systems.
- Supports improved lung capacity and digestion.
- Regular practice promotes emotional stability and mental balance.
- Helps practitioners handle challenging situations with composure and tranquillity.
- This is a supported arm balance pose.
- The hammock support allows students to remain in the air while balancing on their arms.

LIMITATIONS

- People with injuries in the wrists, arms, shoulders, spine, hips, or knees should avoid this pose.
- Those with conditions such as carpal tunnel syndrome, tennis elbow, vertigo, migraine, epilepsy, high blood pressure, or heart conditions should refrain from practising this pose.
- Seniors and pregnant women should also avoid this pose.
- Yoga teachers must correctly guide students on when to inhale, exhale, and lift their legs.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 15 Mar • Ministry of Ayush

MULADHARA CHAKRA SHUDDHI (MOUNTAIN POSE ROOT CHAKRA BREATHING)

2 • PG

692 • Sqcm

692370 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

MULADHARA CHAKRA SHUDDHI

(MOUNTAIN POSE ROOT CHAKRA BREATHING)

This is a breathing practice followed in the foundational Tadasana focusing on Root Chakra. This is an ancient model for health and well-being that purifies the body, breath, and mind while awakening the dormant force of the soul, known as Kundalini Shakti. It purifies the essential elements of the body, where the Root Chakra is associated with the Earth Element.

STEPS

- Stand in Tadasana (Mountain Pose), take a few breaths here. Allow your legs to engage gently, lifting the kneecaps and activating the quadriceps.
- Locate and intensify the seat of Muladhara Chakra, bringing your awareness to the base of the spine.
- Inhale deeply with the buttocks pressed together and contracting themselves off the rectum as if drawing in air through it.
- Exhale slowly, imagining releasing any tension or fear from the body. Visualise this energy descending through your feet and being absorbed by the earth.
- Feel the breath moving through the perineal body or the yoni becoming finer and finer so that it pierces the point where Muladhara Chakra is located.
- Continue to breathe deeply, inhaling stability and exhaling lingering worries. Maintain this focused breathing for several minutes, keeping your awareness of the Muladhara Chakra. Feel yourself becoming more grounded, stable, and secure with each breath. Feel the purifying and opening of the Root Chakra with the movement of the breath.
- You can also close your eyes and repeat this process of focusing on grounding and stability.
- To release, slowly open your eyes. Inhale and exhale gently. Take a moment to notice how your body feels and relax your muscles.
- Finally, relax in Savasana.
- Those who find it difficult to do this standing, can sit in Virasana or Sukhasana, repeating the Beeja Mantra, 'Lam', which is connected to the earth element.

BENEFITS

- Fosters a deep connection with the earth, providing a stable foundation for all aspects.
- Root Chakra is deeply connected to our sense of security and survival.
- Reduces feelings of fear, anxiety, and insecurity.
- Allows you to feel more confident and at ease.
- Specifically targets pelvic floor muscles.
- Reduces lower back pain, sciatica, and poor circulation in the legs.
- Improves mental clarity and ability to concentrate.
- Calms the nervous system, reducing mental agitation, and promoting a sense of inner peace.
- Upward energy can create a feeling of lightness, alleviating mental heaviness and stress.
- Cleansing the Root Chakra helps unlock stagnant energy and allows prana to flow more freely through your body.
- Releases stored tension and negative emotions, promoting emotional stability and resilience.
- Cures urinary incontinence.
- Helps oxygenate the blood, nourishing the entire body.
- Prevents pelvic floor prolapse.
- Muladhara Chakra is essential for awakening the higher chakras, paving the way for spiritual development and self-realisation.
- Mind allows deeper meditation and inner reflection. A meditative state can enhance self-awareness.

LIMITATIONS

- Students with any injury to the pelvic floor, hips, legs, lower spine, feet, and ankles, weak musculature, general body weakness or any physical condition that may impact breathing, hernia, vertigo, dizziness, headache, heart conditions, HBP, respiratory infection/disorder, very low self-esteem, and those who are new to breathwork, constantly feeling tired-anxious-panicking, and deeply depressed as well as women during pregnancy and menstruation, should avoid this.
- Individuals with severe balance problems can use wall support.
- Advisable to practise (including seniors) under the guidance of a yoga expert.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 15 Mar • Ministry of Ayush

MULADHARA CHAKRA SHUDDHI

2 • PG

765 • Sqcm

1010181 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

MULADHARA CHAKRA SHUDDHI

(MOUNTAIN POSE ROOT CHAKRA BREATHING)

This is a breathing practice followed in the foundational Tadasana focusing on Root Chakra. This is an ancient model for health and well-being that purifies the body, breath, and mind while awakening the dormant force of the soul, known as Kundalini Shakti. It purifies the essential elements of the body, where the Root Chakra is associated with the Earth Element.

STEPS

- Stand in Tadasana (Mountain Pose), take a few breaths here. Allow your legs to engage gently, lifting the kneecaps and activating the quadriceps.
- Locate and intensify the seat of Muladhara Chakra, bringing your awareness to the base of the spine.
- Inhale deeply with the buttocks pressed together and contracted themselves off the rectum as if drawing in air through it.
- Exhale slowly, imagining releasing any tension or fear from the body. Visualise this energy descending through your feet and being absorbed by the earth.
- Feel the breath moving through the perineal body or the yoni becoming finer and finer so that it pierces the point where Muladhara Chakra is located.
- Continue to breathe deeply, inhaling stability and exhaling lingering worries. Maintain this focused breathing for several minutes, keeping your awareness of the Muladhara Chakra. Feel yourself becoming more grounded, stable, and secure with each breath. Feel the purifying and opening of the Root Chakra with the movement of the breath.
- You can also close your eyes and repeat this process of focusing on grounding and stability.
- To release, slowly open your eyes. Inhale and exhale gently. Take a moment to notice how your body feels and relax your muscles.
- Finally, relax in Savasana.
- Those who find it difficult to do this standing can sit in Virasana or Sukhasana, repeating the Beeja Mantra, 'Lam', which is connected to the earth element.

BENEFITS

- Fosters a deep connection with the earth, providing a stable foundation for all aspects.
- Root Chakra is deeply connected to our sense of security and survival.
- Reduces feelings of fear, anxiety, and insecurity.
- Allows you to feel more confident and at ease.
- Specifically targets pelvic floor muscles.
- Reduces lower back pain, sciatica, and poor circulation in the legs.
- Improves mental clarity and ability to concentrate.
- Calms the nervous system, reducing mental agitation and promoting a sense of inner peace.
- Upward energy can create a feeling of lightness, alleviating mental heaviness and stress.
- Cleansing the Root Chakra helps unlock stagnant energy and allows prana to flow more freely through your body.
- Releases stored tension and negative emotions, promoting emotional stability and resilience.
- Cures urinary incontinence.
- Helps oxygenate the blood, nourishing the entire body.
- Prevents pelvic floor prolapse.
- Muladhara Chakra is essential for awakening the higher chakras, paving the way for spiritual development and self-realisation.
- Mind allows deeper meditation and inner reflection, and meditative state can enhance self-awareness.

LIMITATIONS

- Students with any injury to the pelvic floor, hips, legs, lower spine, feet, and ankles, weak musculature or any general body weakness or any physical condition that may impact breathing, hernia, vertigo, dizziness, headache, heart conditions or HBP, or respiratory infection/disorder, very low self-esteem, and those who are new to breathwork, constantly feeling tired-anxious-panicking, and deeply depressed, and women during pregnancy and menstruation, should avoid this.
- Individuals with severe balance problems can use wall support.
- Advisable to practise (including seniors) under the guidance of a yoga expert.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 14 Mar • Ministry of Ayush Ayush ministry rapped for not utilising funds

9 • PG

1042 • Sqcm

328121 • AVE

134.51K • Cir

Middle Left

Kochi • Chennai • Bengaluru • Bhubaneswar

Ayush ministry rapped for not utilising funds

KAVITA BAJELI-DATT @ New Delhi

A parliamentary panel has criticised the Ministry of Ayush for not fully utilising the funds allocated to it and said the Centre “must strive hard to integrate Ayush into mainstream healthcare.”

The Ministry aims to enhance AYUSH services, particularly in underserved and remote areas, but it lacks the resources to do so effectively, said the department-related parliamentary standing committee on the Ministry of Health and Family Welfare.

“The need to establish integrated AYUSH hospitals in many districts has a high financial requirement,” the committee, headed by Rajya Sabha MP Prof Ram Gopal Yadav, said.

“The Committee also observes that the Ministry is not fully utilising the funds allocated to it. It is crucial to optimise resource utilisation by implementing strategies that improve the efficiency and effectiveness of existing programmes, focusing on high-impact interventions in priority areas, and establishing robust tracking systems to monitor spending and identify the most effective resource allocation,” the Committee noted.

“Simultaneously, a strategic approach to infrastructure expansion is necessary, prioritising

What parliamentary panel says



- Crucial to optimise resource utilisation by implementing strategies to improve efficiency of existing programmes
- Establishing robust tracking systems to monitor spending and identify the most effective resource allocation

- A strategic approach to infrastructure expansion is necessary, prioritising establishment of integrated AYUSH hospitals in underserved districts

- Significant efforts are required in quality improvement, research and regulatory framework in Ayush healthcare, global collaboration, AYUSH market expansion, sustainable development of medicinal plants, etc.

- Expedite recruitment process to fill vacant posts so that the Ministry can function efficiently

Establish a streamlined mechanism that involves stakeholders in the development of pharmacopoeial standards, ensuring greater efficiency and uniformity

ing the establishment of integrated AYUSH hospitals in underserved districts through a phased approach that aligns with available resources while also exploring cost-effective models for hospital establishment and operation,” it added.

The report, which was tabled in both Houses of Parliament on Wednesday, said Ayush must strive hard to integrate Ayush into mainstream healthcare.

“Besides providing Ayush services through PHCs, CHCs, and DHs, significant efforts are required in quality improvement, research and regulatory framework in Ayush healthcare, global collaboration, AY-

USH market expansion, sustainable development of medicinal plants, etc. This would not be possible without adequate development of skilled Health Human Resources in the Ayush sector,” the Committee said, recommending that the Ministry should develop “mega schemes” in mission mode.

It also recommended that they expedite recruitment process to fill vacant posts so that the Ministry can function efficiently, make concerted efforts to optimally utilise AYUSH resources, and establish the system within a pluralistic healthcare framework.

“The Committee recommends the Ministry take proactive steps to correspond with the 16th Finance Commission and accordingly develop a plan for adequate fund allocation and timely release for the next five years, accelerating AYUSH’s growth,” the panel said.

The committee also “strongly recommended consolidating all AYUSH drug-related standard-setting processes under a single authoritative body – an independent drug controller of AYUSH – in alignment with the Drugs and Cosmetics Act, 1940, and associated rules.”

The parliamentary panel urged the Ministry to establish a streamlined and inclusive mechanism that actively involves stakeholders in development of pharmacopoeial standards for greater efficiency and uniformity.

It also suggested that going forward, ties should be established with first-world countries like the UK and US to promote AYUSH among the Indian diaspora and their native citizens. The Committee saw potential in promoting AYUSH-related healthcare travel to India. Accordingly, it urged the Ministry to devise strategies for ‘vigorous promotion’ of the AYUSH system of medicine in international markets, support investment, and exports to boost Ayush products globally.

The New Indian Express • 13 Mar • Ministry of Ayush ARDHA UTTANASANA HANDS ON SHINS

1 • PG

714 • Sqcm

943006 • AVE

246.4K • Cir

Bottom Center

Chennai

FITBIT

ARDHA UTTANASANA HANDS ON SHINS (UPWARD FORWARD FOLD HANDS ON SHINS)

This is a variation and preparation for the basic yoga pose or foundational yoga pose – Uttanasana (Standing Forward Fold Pose). It engages the core muscles, keeping the hips, shoulders, knees and ankle joints active to remain in a well aligned 'L' shaped body. Included in Vinyasa and Peak Yoga Sequences or even Gentle Yoga Sequences. It increases flexibility, aligns the back, strengthens the torso and stimulates the digestive organs. It has a very calming effect.

STEPS

- Start in Tadasana (Mountain Pose), breathing softly.
- Beginners can keep a slight distance between the feet for better body balance while advanced students can keep their feet together.
- Place your hands on the hips as you inhale and bend forward, exhaling.
- Bring the arms out in front, stretching to come forward parallel to the ground lengthening the elbows.
- With the legs straight, align the ankles, calf muscles, thighs and buttocks.
- Keep the back straight, breathe in. If this is difficult, then place the hands on a chair or a wall for support. When continuously practised with props, flat back can be achieved.
- Slowly place the hands on the shin of the leg. Maintain a small abdominal tuck to create core strength.
- Breathe, feel the deep stretch in the hamstrings, calf muscles, glutes and hips joints. Stay according to your capacity.
- Raise your arms and come out of the pose, returning to Tadasana.
- Repeat this practice, staying longer in the pose with full breath-body awareness.

BENEFITS

- Stretches hamstrings, calf muscles, piriformis, gluteus maximus muscle and gluteus medius muscle.
- Lengthens the spine, and strengthens the back muscles.
- Ensures the hamstrings and calves feel less strain.
- Brings better breath-body awareness and confidence.
- Increases the capacity of the lungs.
- Enhances focus and gains better flexibility.
- Improves strength, slowly building sthiram and sukham.
- Helps gain mental strength gradually.
- Posture improves, building a well-toned core, back, and legs.
- Increases spinal nerves effectively.
- Effective and balanced nervous system calms the mind.
- Impacts the hips and psoas muscles.
- Releases muscle tensions and stress.
- Releases unwanted gas or energy, getting new and fresh flow of prana.
- Cures constipation problems, toning spleen, kidney, liver and reproductive organs.
- Beneficial for osteoporosis and fertility related issues.
- Reduces anxiety and encourages deep breathing.
 - Reduces fatigue and mental stress.
 - Reduces discomfort during menstruation.
- Effective for the digestive system.
- Can be introduced in senior yoga, prenatal yoga or as part of gentle yoga.
- Sportspeople can benefit from this practice.
- Can be a warm-up, cool-down or a transition pose.
 - Prepares the leg muscles for intense flows.

LIMITATIONS

- Students with hamstring and lower back injuries, abdominal hernia and joint pains, should avoid this.
- Those with weak bone structure or muscle strength should take it slow, or use a wall or chair for support.
- Senior citizens with knee and hip issues should take it slow and steady.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 13 Mar • Ministry of Ayush

ARDHA UTTANASANA HANDS ON SHINS (UPWARD FORWARD FOLD HANDS ON SHINS)

2 • PG

671 • Sqcm

670921 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

ARDHA UTTANASANA HANDS ON SHINS (UPWARD FORWARD FOLD HANDS ON SHINS)

This is a variation and preparation for the basic yoga pose or foundational yoga pose – Uttanasana (Standing Forward Fold Pose). It engages the core muscles, keeping the hips, shoulders, knees and ankle joints active to remain in a well-aligned 'I' shaped body. Included in Vinyasa and Peak Yoga Sequences or even Gentle Yoga Sequences. It increases flexibility, aligns the back, strengthens the torso, and stimulates the digestive organs. It has a very calming effect.

STEPS

- Start in Tadasana (Mountain Pose), breathing softly.
- Beginners can keep a slight distance between the feet for better body balance while advanced students can keep their feet together.
- Place your hands on the hips as you inhale and bend forward, exhaling.
- Bring the arms out in front, stretching to come forward parallel to the ground, lengthening the elbows.
- With the legs straight, align the ankles, calf muscles, thighs, and buttocks.
- Keep the back straight, breathe in. If this is difficult, then place the hands on a chair or a wall for support. When continuously practised with props, a flat back can be achieved.
- Slowly place the hands on the shin of the leg. Maintain a small abdominal tuck to create core strength.
- Breathe, feel the deep stretch in the hamstrings, calf muscles, glutes and hip joints. Stay according to your capacity.
- Raise your arms and come out of the pose, returning to Tadasana.
- Repeat this practice, staying longer in the pose with full breath-body awareness.

BENEFITS

- Stretches hamstrings, calf muscles, piriformis, gluteus maximus muscle, and gluteus medius muscle.
- Lengthens the spine and strengthens the back muscles.
- Ensures the hamstrings and calves feel less strain.
- Brings better breath-body awareness and confidence.
- Increases the capacity of the lungs.
- Enhances focus and gains better flexibility.
- Improves strength, slowly building sthiram and sukham.
- Helps gradually gain mental strength.
- Posture improves, building a well-toned core, back, and legs.
- Increases spinal nerves effectively.
- Effective and balanced nervous system calms the mind.
- Impacts the hips and psoas muscles.
- Releases muscle tensions and stress.
- Releases unwanted gas or energy, getting new and fresh flow of prana.
- Cures constipation problems, toning spleen, kidney, liver, and reproductive organs.
- Beneficial for osteoporosis and fertility related issues.
- Reduces anxiety and encourages deep breathing.
- Reduces fatigue and mental stress.
- Reduces discomfort during menstruation.
- Effective for the digestive system.
- Can be introduced in senior yoga, prenatal yoga or as a part of gentle yoga.
- Sports people can benefit from this practice.
- Can be a warm-up, cool-down or transition pose.
- Prepares the leg muscles for intense flows.

LIMITATIONS

- Students with hamstring and lower back injuries, abdominal hernia and joint pains, should avoid this.
- Those with weak bone structure or muscle strength should take it slow, or use a wall or chair for support.
- Senior citizens with knee and hip issues should take it slow and steady.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 12 Mar • Ministry of Ayush UTTHITA HASTA PADANGUSTHASANA D AERIAL

2 • PG

668 • Sqcm

882309 • AVE

246.4K • Cir

Bottom Center

Chennai

FITBIT

UTTHITA HASTA PADANGUSTHASANA D AERIAL

(STANDING HAND TO BIG TOE POSE D AERIAL)

This is an intermediate level aerial yoga pose, which is a variation of the base pose Utthita Eka Padasana (Standing Balance One Leg Raised). As a beginner, it might be challenging to raise one leg and balance the body weight on the other leg. In such cases, practising this aerial pose can be helpful. Basic balance poses like this asana create the ground for the intermediate and advanced poses by gradually increasing strength and endurance. Students with less muscle strength may practise the pose with hammock support.

STEPS

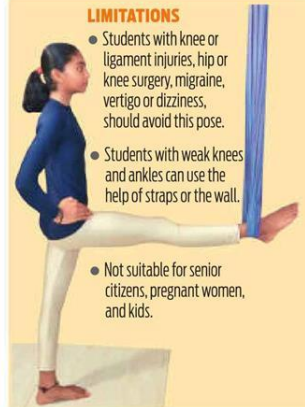
- Start by spreading a yoga mat under the hammock to ensure extra support. Adjust the height of the hammock to your comfort. Keep the hammock slightly around your hip joint.
- Stand in front of the hammock, and take deep breaths.
- Inhale, lift your right leg and bend it from the knee. Place your ankle in the middle part of the hammock and hold it with your hands to avoid imbalance.
- Once steady, let go of the hands holding the hammock. Push your leg away from the body. Exhale. Slowly straighten your right leg. Keep the left leg firmly grounded on the mat, placing both hands on your waist.
- Hold this position for 8-10 breaths or as per your capacity.
- Release your ankle from the hammock. Keep the left leg firmly grounded on the mat.
- Repeat the pose on the other side following the above instructions.
- Finally, let go of the hammock and stand in Tadasana. Relax in Dirga Pranayama Tadasana.

BENEFITS

- Stretches the hip muscles, hamstrings, quadriceps, leg muscles and glutes connected to the extended leg.
- Increases leg, hamstrings and quadriceps flexibility.
- This can be a base pose for many advanced poses like Warrior Pose III, Bird of Paradise.
- This balancing pose requires awareness of the breath and focus.
- Fixed gazing promotes balance and makes one more aware.
- Helps with body alignment.
- Makes the body strong.
- A very powerful pose.
- Beneficial for swimmers, runners, rock climbers, and surfers.
- Brings emotional balance.
- Improves the sense of body balance and builds stamina.
- Reduces stress and fatigue.
- Relieves stiffness in the neck, shoulders and back.
- Useful for people suffering from sciatica.
- Enhances blood circulation in the body.
- Tones and strengthens the knees, thighs and ankles.
- Stimulates abdominal organs and aids digestion.

LIMITATIONS

- Students with knee or ligament injuries, hip or knee surgery, migraine, vertigo or dizziness, should avoid this pose.
- Students with weak knees and ankles can use the help of straps or the wall.
- Not suitable for senior citizens, pregnant women, and kids.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 12 Mar • Ministry of Ayush

UTTHITA HASTA PADANGUSTHASANA D AERIAL (STANDING HAND TO BIG TOE POSE D AERIAL)

2 • PG

612 • Sqcm

612346 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

UTTHITA HASTA PADANGUSTHASANA D AERIAL

(STANDING HAND TO BIG TOE POSE D AERIAL)

This is an intermediate level aerial yoga pose, which is a variation of the base pose Utthita Eka Padasana (Standing Balance One Leg Raised). As a beginner, it might be challenging to raise one leg and balance the body weight on the other leg. In such cases, practising this aerial pose can be helpful. Basic balance poses like this asana create the ground for the intermediate and advanced poses by gradually increasing strength and endurance. Students with less muscle strength may practise the pose with hammock support.

STEPS

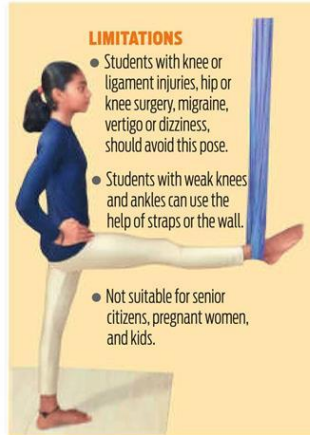
- Start by spreading a yoga mat under the hammock to ensure extra support. Adjust the height of the hammock to your comfort. Keep the hammock slightly around your hip joint.
- Stand in front of the hammock, and take deep breaths.
- Inhale, lift your right leg and bend it from the knee. Place your ankle in the middle part of the hammock and hold it with your hands to avoid imbalance.
- Once steady, let go of the hands holding the hammock. Push your leg away from the body. Exhale. Slowly straighten your right leg. Keep the left leg firmly grounded on the mat, placing both hands on your waist.
- Hold this position for 8-10 breaths or as per your capacity.
- Release your ankle from the hammock. Keep the left leg firmly grounded on the mat.
- Repeat the pose on the other side following the above instructions.
- Finally, let go of the hammock and stand in Tadasana. Relax in Dirga Pranayama Tadasana.

BENEFITS

- Stretches the hip muscles, hamstrings, quadriceps, leg muscles and glutes connected to the extended leg.
- Increases leg, hamstrings and quadriceps flexibility.
- This can be a base pose for many advanced poses like Warrior Pose III and Bird of Paradise.
- This balancing pose requires awareness of the breath and focus.
- Fixed gazing promotes balance and makes one more aware.
- Helps with body alignment.
- Makes the body strong.
- Beneficial for swimmers, runners, rock climbers, and surfers.
- Brings emotional balance.
- Improves the sense of body balance and builds stamina.
- Reduces stress and fatigue.
- Relieves stiffness in the neck, shoulders, and back.
- Useful for people suffering from sciatica.
- Enhances blood circulation in the body.
- Tones and strengthens the knees, thighs and ankles.
- Stimulates abdominal organs and aids digestion.

LIMITATIONS

- Students with knee or ligament injuries, hip or knee surgery, migraine, vertigo or dizziness, should avoid this pose.
- Students with weak knees and ankles can use the help of straps or the wall.
- Not suitable for senior citizens, pregnant women, and kids.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 11 Mar • Ministry of Ayush UPAVISTHA ARDHA UTTANASANA CHAIR

2 • PG

765 • Sqcm

1009969 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

UPAVISTHA ARDHA UTTANASANA CHAIR (SEATED HALF FORWARD FOLD POSE CHAIR)

This variation supported by a chair, promotes spinal elongation, relieves tension in the lower back, and gently stretches the hamstrings and hips. It helps enhance pelvic stability, improves posture, and reduces strain on the knees and legs, making it ideal for individuals with limited flexibility or mobility. It is often incorporated into sequences focused on gentle stretching, spinal health, and therapeutic practices for seniors or those recovering from injuries.

STEPS

- On a sturdy chair, sit upright with your feet hip-width apart, grounding your feet firmly into the floor, aligning your knees at a 90-degree angle, lengthening the spine and relaxing your shoulders in Chair Mountain Pose.
- Rest your hands gently on the thighs and take a few deep breaths, inhaling through the nose and exhaling completely.
- Inhale, lengthen through the crown of your head, keeping your spine tall and neutral.
- Exhale, hinge forward from your hips, bringing the torso towards your thighs while maintaining a long spine. Rest your hands lightly on the thighs for support.
- Continue deep breathing, inhale, maintain length in your spine and exhaling fold slightly deeper, avoiding rounding in the back.
- Keep your head in line with the spine, looking downward or slightly forward, holding the pose for several breaths, allowing your body to relax into the stretch. Hold for 8-10 breaths.
- To release, inhale and slowly lift your torso back to the seated Chair Mountain Pose.
- Take a few deep breaths in Three Part Breath Chair before transitioning to your next pose.
- Students may place a blanket or block under their feet for extra support.

BENEFITS

- Strengthens the hip flexors, front thighs, knees, abdominal muscles.
- Helps relieve tight hamstrings.
- Stretches the back of the hips, hamstrings, and calves.
- Lengthens the spinal nerves and relieves spinal and hip tightness.
- Strengthens the back of knees.
- Main focus on the midsection stimulates kidneys, liver and spleen. Helps 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.
- Stretches the upper body muscles, nerves, and joints; the unwanted accumulated stress and tension get released.
- Encourages a calm state of mind, thereby inducing better sleep.
- Opens the upper body joints, nerves, and muscles to release stiffness.
- Releases heaviness at the neck and shoulders thereby helping those who travel for long.
- Seniors or those having arthritis or/and osteoporosis can do this alternative method.
- Helps release any aches and pains in the hips, shoulders, neck, or arms.

LIMITATIONS

- Students who have been taking medicines for BP (high or low), pregnant women, those with glaucoma, osteoporosis or scoliosis, lower back injuries or neck injuries, including disc herniation and degenerative spinal pathologies, hyper flexibility or had recent surgeries, should avoid this.
- Generally, it is good for IBS, yet precaution should be taken while practising this.
- Placing a cushion for abdomen support is an excellent alternative.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 11 Mar • Ministry of Ayush

UPAVISTHA ARDHA UTTANASANA CHAIR (SEATED HALF FORWARD FOLD POSE CHAIR)

2 • PG

674 • Sqcm

673564 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

RUPA

UPAVISTHA ARDHA UTTANASANA CHAIR (SEATED HALF FORWARD FOLD POSE CHAIR)

This variation supported by a chair, promotes spinal elongation, relieves tension in the lower back, and gently stretches the hamstrings and hips. It helps enhance pelvic stability, improves posture, and reduces strain on the knees and legs, making it ideal for individuals with limited flexibility or mobility. It is often incorporated into sequences focused on gentle stretching, spinal health, and therapeutic practices for seniors or those recovering from injuries.

STEPS

- On a sturdy chair, sit upright with your feet hip-width apart, grounding your feet firmly into the floor, aligning your knees at a 90-degree angle, lengthening the spine and relaxing your shoulders in Chair Mountain Pose.
- Rest your hands gently on the thighs and take a few deep breaths, inhaling through the nose and exhaling completely.
- Inhale, lengthen your body, keeping your spine tall and neutral.
- Exhale, hinge forward from your hips, bringing the torso towards your thighs while maintaining a long spine. Rest your hands lightly on the thighs for support.
- Continue deep breathing, inhale, maintain length in your spine while exhaling fold slightly deeper, avoiding rounding in the back.
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- Students may place a blanket or block under their feet for extra support.

BENEFITS

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- Helps relieve tight hamstrings.
- Stretches the back of the hips, hamstrings, and calves.
- Lengthens the spinal nerves and relieves spinal and hip tightness.
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- Seniors or those having arthritis and/or osteoporosis can do this alternative method.
- Helps release any aches and pains in the hips, shoulders, neck, or arms.

LIMITATIONS

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- Generally, it is good for IBS, yet precaution should be taken while practising this.
- Placing a cushion for abdomen support is an excellent alternative.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 10 Mar • Ministry of Ayush TADASANA PASCHIMA BADDHANGULIYASANA

2 • PG

684 • Sqcm

902429 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

TADASANA PASCHIMA BADDHANGULIYASANA

(SHOULDER STRETCH HANDS BEHIND BACK INTERLOCKED)

This is a standing shoulder-stretch pose. It is included in beginners level yoga sequences, as it is safe and accessible for individuals at all fitness levels and ages. The interlaced fingers strengthen the arms, shoulders, upper back and neck muscles. It can be included in restorative or therapeutic yoga sequences. It is a quick-fix movement to relieve stiffness and tension from the back, arms, and neck and shoulders, or cervical pain and symptoms. One can add a block or other similar prop between the palms to make it a fun-stretching practice.

STEPS

- Release the arms from Palm Tree Pose Side Bend, and relax in Tadasana (Mountain Pose).
- After that, make yourself comfortable on the centre of the mat and close your eyes, relaxing your breath.
- Now, inhale and take the arms behind you, and interlock the fingers duly stretching the shoulders and elbows.
- Inhale again and take the interlocked fingers upwards, moving the shoulder blades carefully while slowly throwing the chest outwards in Shoulder Stretch Hands Behind Pose.
- This pose will reduce the stress around the neck and the shoulders and help open the chest and the diaphragm to bring in more oxygen.
- Bringing in more oxygen is essential here to help gain better breathing skills for further challenges on the physical front.
- You can remain in this stretch for about four to five breaths or more and make sure the stretch is done carefully without causing excess stretch to the lower abdomen.
- Finally, release the pose and then relax in Three Part Breath Mountain Pose.

BENEFITS

- Stretches shoulders, tones glutes, stimulates digestive organs.
- Since legs are softly engaged, it gently stretches the pelvis.
- Anterior chest opens, the torso expands and the diaphragm moves in its elasticity with a deep breath in the enhanced thoracic space.
- The hip opens with the abdominal twist. Engages muscles connected to the cervical spine.
- Helps strengthen the lower back and the neck and enhances the body posture.
- Releases and clears the blocked channels, especially at the base of the spine, pelvis, hips, and shoulders.
- Enhances blood circulation to the sacral parts of the body benefiting the endocrine system.
- Helps asthma patients to improve their breathing capacity and benefits senior citizens.
- Postnatal and pregnant women, senior citizens, teens, kids can practice this restorative pose.
- Helps enhance muscle readiness and performance for the routine ahead.
- A warm-up yoga pose to prepare the body for more intense yoga poses/yoga flows.
- Improves shoulder flexibility and mobility, which can be beneficial for daily activities and sports.
- Stretches the pectoral muscles, correcting rounded shoulders and sunken chest.
- Relieves tension in the upper body commonly associated with prolonged sitting or poor posture.
- Improves circulation to the chest and shoulder, promoting overall cardiovascular health and reducing muscle stiffness.

LIMITATIONS

- Students with shoulder and ankle injuries, have recently undergone a hip replacement, knee and spinal surgery, lack of body breath connection, or weak shoulders and arm strength, should avoid this practice.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 10 Mar • Ministry of Ayush

MULTI-PRONGED APPROACH NEEDED TO MANAGE MAN-ANIMAL CONFLICT

4 • PG

1959 • Sqcm

1664867 • AVE

177.8K • Cir

Top Center

Bengaluru

'MULTI-PRONGED APPROACH NEEDED TO MANAGE MAN-ANIMAL CONFLICT'

THE reasons for man-elephant conflict are many, including the presence of weeds and shrinking forest boundaries. The list could include highly palatable food crops grown on forest fringes, which are like rasagullas for elephants, while the fodder inside is like ragi mudde, said Principal Chief Conservator of Forests, Head of Forest Force (HOFF), **Meenakshi Negi**. In an interaction with The New Indian Express, she spoke about her journey and challenges ahead as the head of the state forest force.

Tell us about your journey. You are the second woman in India to be the HOFF, after Maharashtra, and the first ever in Karnataka.

I am from Mussorie, Uttarakhand. After getting selected to the Karnataka cadre, I joined the state in December 1992. I worked in Karnataka till August 2007. Till 2015, I was posted to the Ministry of Ayush with the Government of India. From 2015-23, I was posted in various departments in the Karnataka forest department, and from 2023 till recently I was posted in Delhi before I came back, when I was selected as HOFF in Karnataka.

Was gender a concern when you joined the forest service?

Entry of women into the Indian Forest Service started in 1980s. I am from the 1989 batch. Prior to me were two women officers. I was the third or fourth woman officer to join the state. Sometimes situations were comical back then. We joined as young girls and the established forest bureaucracy did not know how to treat us, or where to post us. Whether we will be able to go on night patrol, climb mountains, go into forests and face wildlife. There was a lot of hesitation and uncertainty among them. Slowly people accepted us and we made a place

for ourselves. They understood that when women get into a job they bring their own, yet different, perspective. Today we are getting more women in the force.

What attracted you to the Forest department?

I had studied Zoology. My maternal grandfather was in the Forest department in the administration section. He pushed me into it. I was qualified for forest and other civil services, and I chose forest.

How many hectares of forest land are vulnerable to fire?

Determining the exact number of hectares of fire-prone land is difficult, but drier regions and transition belts are particularly vulnerable. While fire is a natural process that helps stronger vegetation thrive, increasing human pressure — due to development, population growth and forest fragmentation — has made fires more frequent and destructive. Most fires are human-induced, either accidentally or deliberately.

How can exploitation of medicinal plants and minor forest produce be controlled?

Medicinal plant conservation is a complex issue involving both scientific and social aspects. Ayurveda and traditional systems rely on classical formulations where only designated plant parts are used. Currently, over 80% of medicinal plants are sourced from forests. Despite the government's efforts to promote cultivation, large-scale extraction continues. Biodiversity Management Committees (BMCs) are responsible for oversight but lack capacity. With hundreds of species being exploited, strengthening BMCs and training local authorities is crucial for sustainable harvesting and conservation.

What is the success rate of afforestation programme?

Studies show it is around 72%.



PICTALLEN EGENUSE I

EXPRESS Dialogues

We are doing away with exotic species like eucalyptus and acacia and replacing them with indigenous species. This is also one of the ways to keep elephants within forests. The nature of forests cannot be changed by growing sugarcane or banana inside. We go for species that always existed in forests like bamboo, kada mavu (forest mango), jackfruit etc.

Do weeds pose problems to forests?

They do. They are widely seen in Bandipur and Nagarhole and other forest patches. Uprooting lantana is a big problem as once we uproot, it grows back. It has to be continuously uprooted for four or five years to get completely rid of it. We cannot leave forest land empty as the soil gets washed away. We have to plant some type of grasses. With the limited resources we have, we are doing our best to keep weeds away.

What about involving the local communities?

We are roping in local commu-

nities to make products out of weeds, and give them livelihood. This kind of model is sustainable and drives the economy. We need trained labour and a market but at the same time the products have to be of good quality. They have to get an assured market, like for instance, directing all government offices to get dustbins made out of the weeds.

How is ISRO's technology helping forest department?

It helps us in a big way. With the help of satellite images, we can pinpoint trees and even know if a tree is missing. We have satellite images from 1990s. We can look at how forest land is changing, year on year, or even on monthly basis. This helps in guarding forest boundaries. Going forward as technology improves, we will have species-wise information. We need to improve in tracking medical herbs, as they are endangered.

What about farmers growing alternative crops?

They need to be encouraged to grow alternative crops. In some areas on the boundaries of Bandipur Tiger Reserve, farmers have started cultivating chia seeds. Elephants do not like these crops and tend to avoid them. Chia seeds require less water and are economically beneficial for farmers. Recently, the forest minister and department officials visited Hassan to meet families affected by elephant attacks. Many solutions were discussed in areas like Belur and Sakleshpur, including selling land to the government to create wildlife corridors that connect fragmented forest areas.

What is the status of poaching in Karnataka?

Poaching incidents have significantly declined in Karnataka. While poaching of large animals has decreased, illegal hunting for bushmeat remains a concern. Continuous monitoring and ground-level enforcement are necessary to tackle this issue. The department is using drone surveillance and satellite imagery.

What is the extent of encroachment of forest land in Karnataka?

It is difficult to say how much land is encroached. Some of the land was granted to people. There is also out and out en-

croachment, like if a grant is two acres, people take five acres. As per the Supreme Court, encroachment prior to 1978 must be identified. Encroachment should be cleared and we are looking into all these issues.

How is the forest department getting tech upgraded?

The department has collaborated with the Karnataka State Remote Sensing Agency. The department has its own ICT lab at Aranya Bhavan to monitor satellite images, including GIS-based tracking of forest land and wildlife movement. There is also an alert system for farmers and those in coffee estates, where alerts on elephant movement are sent through text messages.

What was your role as you were in the National Commission for Women?

I was member secretary of the National Commission for Women for two years. We did several things, we basically looked at women's grievances. We did seminars and rehab work. Since I am a forester, when I was in Maharashtra during an interaction, a woman from an NGO in Maharashtra, who was working on water hyacinth, said she suffered labour shortage. We said we would help and involved women prisoners. We started similar programmes in Bhopal and Nagpur prisons. The prisoners were trained and business was successful. Here she got productive disciplined labour. Women prisoners were happy doing worthwhile work and getting money for it in their bank accounts.

Will you involve prisoners in dewatering lantana?

I have visited prisons in many states from NCW, including Bengaluru Central Prison. Now I will talk to the Prisons department and rope in Soliga communities working in BRT Tiger Reserve.

Tribal relocation is a major concern. How is the department looking at it?

There are two or three things. One is people voluntarily coming out like what is happening in Kali Tiger Reserve. There are areas where people are not willing to go out but programmes can be intensified

with better package options. The third is the moment the government buys land, prices rise and people don't sell. People can't be forced to come out. Voluntary relocation in Karnataka has been a case study by itself and I am going to publish a paper on it.

What about coffee plantations?

In coffee plantations, they don't want to move out as it is a livelihood for them. But for an elephant, it is a forest. Historically, forests were given to people for growing coffee. Over a period of time, there is a bit of blurring of boundaries.

What is the forest department doing to inspire young minds in forest conservation?

There is a programme for children called Chinnara Vana Darshana. We take them on forest trips and tell them about forest activities. There is a YouTube programme called Hasiru Honnu. As children already have enough to study, rather than putting it into a curriculum, it has to be an activity. We should be doing things which children can see. Every family has a car and that is what children are looking at. They are exposed to consumerism and if we expect them to become environmentalists by reading books, it is not going to happen.

You worked with Ayush in Karnataka during the pandemic and have expertise in medicinal plants. How did this knowledge contribute to Covid-19 management?

During my deputation in the Ministry of Health, I handled Ayush education, drug regulation, and awareness. Upon returning to Karnataka, I was appointed Commissioner, Ayush, serving for nearly three years, including during the pandemic. With a shortage of medical resources, we converted Ayurvedic hospitals into Covid care centres for mild cases. To manage rising numbers, we launched the Aapta Mitra helpline, a PPP model where companies provided call centres and free food. Ayurveda and Homeopathy students manned the helpline, triaging cases and directing care. We also distributed immunity boosters through Ayush hospitals.

The New Indian Express • 10 Mar • Ministry of Ayush

TADASANA PASCHIMA BADDHANGULIYASANA (SHOULDER STRETCH HANDS BEHIND BACK INTERLOCKED)

2 • PG

658 • Sqcm

658043 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

TADASANA PASCHIMA BADDHANGULIYASANA

(SHOULDER STRETCH HANDS BEHIND BACK INTERLOCKED)

This is a standing shoulder-stretch pose. It is included in beginners level yoga sequences, as it is safe and accessible for individuals at all fitness levels and ages. The interlaced fingers strengthen the arms, shoulders, upper back and neck muscles. It can be included in restorative or therapeutic yoga sequences. It is a quick-fix movement to relieve stiffness and tension from the back, arms, neck and shoulders, or cervical pain and symptoms. One can add a block or other similar prop between the palms to make it a fun stretching practice.

STEPS

- Release the arms from Palm Tree Pose Side Bend, and relax in Tadasana (Mountain Pose).
- After that, make yourself comfortable at the centre of the mat and close your eyes, relaxing your breath.
- Now, inhale and take the arms behind you, and interlock the fingers duly stretching the shoulders and elbows.
- Inhale again and take the interlocked fingers upwards, moving the shoulder blades carefully while slowly throwing the chest outwards in Shoulder Stretch Hands Behind Pose.
- This pose will reduce the stress around the neck and the shoulders and help open the chest and the diaphragm to bring in more oxygen.
- Bringing in more oxygen is essential here to help gain better breathing skills for further challenges on the physical front.
- You can remain in this stretch for about four to five breaths or more and make sure the stretch is done carefully without causing excess stretch to the lower abdomen.
- Finally, release the pose and then relax in Three Part Breath Mountain Pose.

BENEFITS

- Stretches shoulders, tones glutes and stimulates digestive organs.
- Since legs are softly engaged, it gently stretches the pelvis.
- Anterior chest opens, the torso expands and the diaphragm moves in its elasticity with a deep breath in the enhanced thoracic space.
- The hip opens with the abdominal twist. Engages muscles connected to the cervical spine.
- Helps strengthen the lower back and the neck and enhances the body posture.
- Releases and clears the blocked channels, especially at the base of the spine, pelvis, hips, and shoulders.
- Enhances blood circulation to the sacral parts of the body benefiting the endocrine system.
- Helps asthma patients to improve their breathing capacity and benefits senior citizens.
- Postnatal and pregnant women, senior citizens, teens, and kids can practice this restorative pose.
- Helps enhance muscle readiness and performance for the routine ahead.
- A warm-up yoga pose to prepare the body for more intense yoga poses/yoga flows.
- Improves shoulder flexibility and mobility, which can be beneficial for daily activities and sports.
- Stretches the pectoral muscles, correcting rounded shoulders and sunken chest.
- Relieves tension in the upper body commonly associated with prolonged sitting or poor posture.
- Improves circulation to the chest and shoulder, promoting overall cardiovascular health and reducing muscle stiffness.

LIMITATIONS

- Students with shoulder and ankle injuries, have recently undergone a hip replacement, knee and spinal surgery, lack of body breath connection, or weak shoulders and arm strength, should avoid this practice.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 08 Mar • Ministry of Ayush
ASHWA SANCHALANASANA

2 • PG

680 • Sqcm

898166 • AVE

246.4K • Cir

Top Center

Chennai

FITBIT

ASHWA SANCHALANASANA (THE EQUESTRIAN POSE)

This is a low lunge that falls under balancing postures. This asymmetrical transit pose appears in the 4th and 9th positions of Surya Namaskar (Sun Salutation) and its variations. It stimulates the abdominal organs like the stomach, kidney, and liver. It also effectively stimulates the urogenital system by the hip opening.

STEPS

- Begin in Uttanasana (Standing Forward Fold Pose), bringing the chest inward and resting the head toward the knees or thighs.
- Inhale and extend the right foot back. Exhale and place it behind, resting the right knee and the top of the right foot on the floor.
- The left knee should bend at a 90-degree angle, keeping the thigh parallel to the floor.
- Move the hips and pelvis downward, the right knee and foot rest on the floor, hands on the floor, chin up, shoulders back, chest open, head slightly back, with elbows straight.
- Push the torso forward, then lift the chest into a slight backbend. Distribute weight evenly across both hips.
- Hold this posture for 4-6 breaths, or as long as it is comfortable. With each exhalation, push the hips further down and forward while deepening the backbend. Look forward.
- Inhale and bring the right foot forward to return to Uttanasana. Exhale. Repeat on the other side.
- Conclude by releasing into Balasana (Child's Pose).

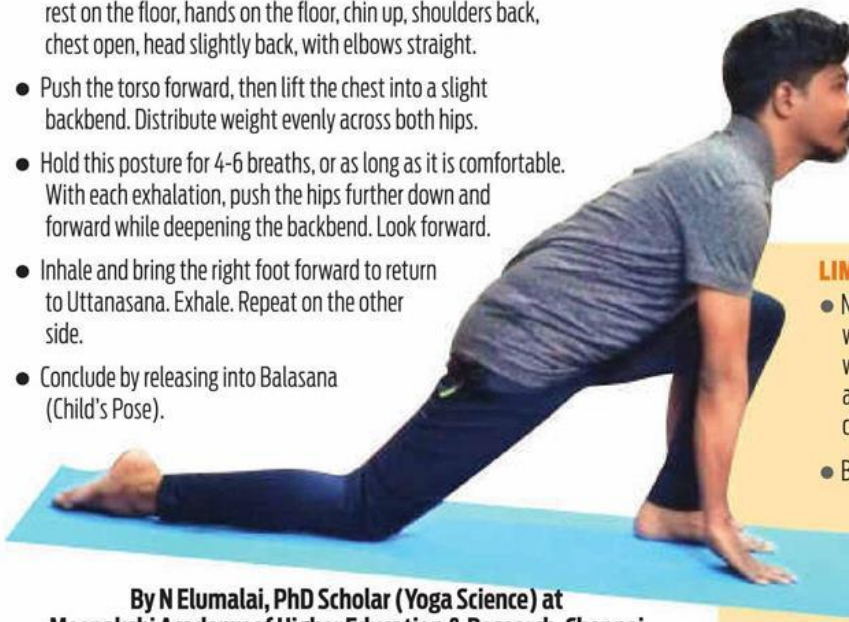
BENEFITS

- Stretches the lower abdomen, hips, psoas, groin, pelvis, quadriceps, hamstrings, knees, ankles, and toes.
- Strengthens the lower body, providing support for the upper body.
- Stretches the spine and improves spinal flexibility, maintaining natural space between vertebrae.
- Enhances hip joint and sacrum stability.
- Opens the shoulders and collarbones, improving lung capacity.
- Supports pelvic joints and groin muscles.
- Stimulates the digestive and reproductive systems, treating issues like constipation, IBS, loss of appetite, and acidity.
- Increases blood circulation in the groin area, benefiting the urogenital system.
- Improves prostate health and may help with erectile dysfunction and infertility.
- Tones the legs, enhancing body confidence.
- Releases tension in the lower back and hips, reducing stress and anxiety.
- Boosts stamina and energy by improving circulation.

- Activates the Sacral Chakra and Manipura Chakra.
- Ideal for runners, athletes, and sports professionals.

LIMITATIONS

- Not suitable for pregnant women, postnatal women who are still regaining pelvic and hip strength, and senior citizens.
- Beginners may use a blanket under the knee to reduce pressure on the knee joint.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 08 Mar • Ministry of Ayush ASHWA SANCHALANASANA (THE EQUESTRIAN POSE)

2 • PG

597 • Sqcm

596712 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

ASHWA SANCHALANASANA (THE EQUESTRIAN POSE)

This is a low lunge that falls under balancing postures. This asymmetrical transit pose appears in the 4th and 9th positions of Surya Namaskar (Sun Salutation) and its variations. It stimulates the abdominal organs like the stomach, kidney, and liver. It also effectively stimulates the urogenital system by the hip opening.

STEPS

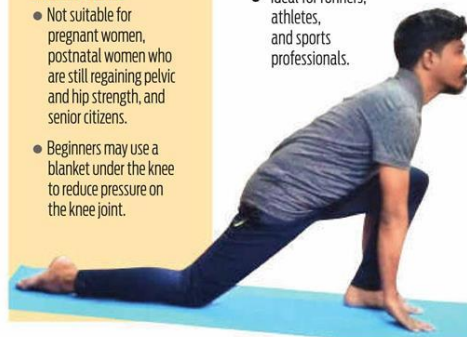
- Begin in Uttanasana (Standing Forward Fold Pose), bringing the chest inward and resting the head toward the knees or thighs.
- Inhale and extend the right foot back. Exhale and place it behind, resting the right knee and the top of the right foot on the floor.
- The left knee should bend at a 90-degree angle, keeping the thigh parallel to the floor.
- Move the hips and pelvis downward, rest the right knee and foot on the floor, hands on the floor, chin up, shoulders back, chest open, head slightly back, with elbows straight.
- Push the torso forward, then lift the chest into a slight backbend. Distribute weight evenly across both hips.
- Hold this posture for 4-6 breaths, or as long as it is comfortable. With each exhalation, push the hips further down and forward while deepening the backbend. Look forward.
- Inhale and bring the right foot forward to return to Uttanasana. Exhale. Repeat on the other side.
- Conclude by releasing into Balasana (Child's Pose).

LIMITATIONS

- Not suitable for pregnant women, postnatal women who are still regaining pelvic and hip strength, and senior citizens.
- Beginners may use a blanket under the knee to reduce pressure on the knee joint.

BENEFITS

- Stretches the lower abdomen, hips, psoas, groin, pelvis, quadriceps, hamstrings, knees, ankles, and toes.
- Strengthens the lower body, providing support for the upper body.
- Stretches the spine and improves spinal flexibility, maintaining natural space between vertebrae.
- Enhances hip joint and sacrum stability.
- Opens the shoulders and collarbones, improving lung capacity.
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- Boosts stamina and energy by improving circulation.
- Activates the Sacral Chakra and Manipura Chakra.
- Ideal for runners, athletes, and sports professionals.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 06 Mar • Ministry of Ayush TADASANA PASCHIMA NAMASKARASANA

2 • PG

682 • Sqcm

900525 • AVE

246.4K • Cir

Bottom Center

Chennai

FITBIT

TADASANA PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)

The namaskar with palms joined near the chest is the start of the namaskar asana in a standing pose. But the same pose when the palms are joined in the backside of the body becomes Paschim Namaskarasana. It is an upper-body strengthening pose that works specifically on the arms and the abdomen. It is good for opening up shoulder joints and strengthening arms. It helps in burning arms fat by toning the muscles. It is effective for all cardiovascular diseases.

STEPS

- Start in Tadasana, take a couple of breaths and roll your shoulders back, creating flexibility.
- Align the body and stand with the spine erect, shoulders relaxed, and chin parallel to the ground.
- Ground the legs firmly and stack feet near each other.
- Keep legs straight and arms placed on the side. Feel the strength in the calf, ankle, and hamstrings of legs.
- Bring the arms in front of the body parallel to the ground. Inhale and open your arms and chest.
- Exhale, bring your arms behind your back and join the palms with fingertips facing upward like a Namaste.
- Initially, only the fingertips may touch, and the wrist may not touch each other. It's fine. You will achieve the pose over time.
- To release, inhale, release the palms first, then the arms. Bring the arms to the sides and return to Tadasana. Take a couple of breaths and feel the effect of the stretch at the arms, shoulders, mid-back, and wrists. Feel the blood gushing back to flow in the muscles.
- Now relax in Tadasana palms facing forward.

BENEFITS

- Strengthens the pectoral muscles.
- Opens the shoulder blades and joints.
- Muscles of the forearms and wrists are stretched.
- Since it opens the chest, the back is stretched, and upper body flexibility is attained.
- Effective in activating bandhas.
- Capacity of the lungs increases, benefiting the pulmonary functioning.
- Awareness connects the mind to the body and is beneficial for increasing focus on a mental level.
- Increases decision-making capacity.
- Hunching and slouching can be rectified.
- Stress is relieved.
- Being therapeutic, regular practice can cure asthma, wheezing, and lung-related diseases.
- Balances the Manipura and Anahata chakras.
- Regular practice reduces negative thoughts.
- There is a balance of thought processes in attachment and detachment of desires.
- It can be done by senior citizens and pregnant women.

LIMITATIONS

- It should be avoided by students with shoulder, wrist, ankle, elbow, and cervical injuries or surgeries and lack of body-breath connections.
- People with tight shoulders and upper body should first warm up their upper body with stretches and then attempt this asana.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 06 Mar • Ministry of Ayush
Yoga session by MAHER students

3 • PG

119 • Sqcm

157602 • AVE

246.4K • Cir

Bottom Right

Chennai



Yoga session by MAHER students

The closing ceremony of a five-day event on Yoga Science and Yoga Therapy was held. It was organised by the first year students of Yoga & Yoga Therapy, Faculty of Yoga Science and Therapy (FYST), Meenakshi Academy of Higher Education & Research (MAHER). The purpose of the event is promoting yoga practices at the village level by bringing awareness.

The New Indian Express • 06 Mar • Ministry of Ayush
Compendium of Ashwagandha book released

2 • PG

108 • Sqcm

91617 • AVE

177.8K • Cir

Middle Center

Bengaluru

Compendium of Ashwagandha book released

Bengaluru: The book 'Compendium of Ashwagandha: A Complete Reference Guide' was launched by Dr Jeetendra Kumar Vaishya, Research Officer at the National Medicinal Plants Board (NMPB), Ministry of AYUSH (MOA), Government of India and Dr Joseph VG, Chancellor of Garden City University (GCU), at the Ashwagandha Forum 2025. The MoA, in partnership with GCU, organised the Ashwagandha Forum recently to promote research on the traditional herb. Dr Jeetendra Kumar Vyshya commended the university's efforts in blending traditional knowledge with modern science. During the event, GCU professors who were awarded a Rs 20 lakh project to study Ashwagandha's therapeutic properties, reinforcing its leadership in traditional medicine research were appreciated.

The New Indian Express • 06 Mar • Ministry of Ayush
TADASANA PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)

2 • PG

603 • Sqcm

602958 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

TADASANA PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)

The namaskar with palms joined near the chest is the start of the namaskar asana in a standing pose. But the same pose, when the palms are joined at the backside of the body, becomes Paschim Namaskarasana. It is an upper-body strengthening pose that works specifically on the arms and the abdomen. It is good for opening up shoulder joints and strengthening arms. It helps in burning arm fat by toning the muscles. It is effective for all cardiovascular diseases.

STEPS

- Start in Tadasana, take a couple of breaths and roll your shoulders back, creating flexibility.
- Align the body and stand with the spine erect, shoulders relaxed, and chin parallel to the ground.
- Ground the legs firmly and stack feet near each other.
- Keep legs straight and arms placed on the side. Feel the strength in the calf, ankle, and hamstrings of legs.
- Bring the arms in front of the body parallel to the ground. Inhale and open your arms and chest.
- Exhale, bring your arms behind your back, and join the palms with fingertips facing upward like a Namaste.
- Initially, only the fingertips may touch, and the wrist may not touch each other. It's fine. You will achieve the pose over time.
- To release, inhale, release the palms first, then the arms. Bring the arms to the sides and return to Tadasana. Take a couple of breaths and feel the effect of the stretch at the arms, shoulders, mid-back, and wrists. Feel the blood gushing back to flow in the muscles.
- Now relax in Tadasana, palms facing forward.

BENEFITS

- Strengthens the pectoral muscles.
- Opens the shoulder blades and joints.
- Muscles of the forearms and wrists are stretched.
- Since it opens the chest, the back is stretched, and upper body flexibility is attained.
- Effective in activating bandhas.
- Capacity of the lungs increases, benefiting the pulmonary functioning.
- Awareness connects the mind to the body and is beneficial for increasing focus on a mental level.
- Increases decision-making capacity.
- Hunching and slouching can be rectified.
- Stress is relieved.
- Being therapeutic, regular practice can cure asthma, wheezing, and lung-related diseases.
- Balances the Manipura and Anahata chakras.
- Regular practice reduces negative thoughts.
- There is a balance of thought processes in attachment and detachment of desires.
- It can be done by senior citizens and pregnant women.

LIMITATIONS

- It should be avoided by students with shoulder, wrist, ankle, elbow, cervical injuries or surgeries, and lack of body-breath connections.
- People with tight shoulders and upper body should first warm up their upper body with stretches and then attempt this asana.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 05 Mar • Ministry of Ayush
ARANYASANA PREP

2 • PG

661 • Sqcm

872096 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

ARANYASANA PREP

(POSE DEDICATED TO
GODDESS ARANI PREP)

This asana is named after the Goddess Arani, who in the Hindu mythology is known as the Goddess of Sun (Fire), and her symbol is the fire wheel. It is one of the variations of Aranyasana. Engages the core muscles to lift the hips and hold the legs with knee bends. When practicing Ashtangasana (Eight Limbed Staff Pose), and Ashtangasana Baddha Hasta (Eight Limbed Pose Bound Hands) acting as preparatory poses, they help in building balance and stability.

STEPS

- Lie down in Advasana (Reverse Corpse Pose), resting your stomach on the mat.
- Keep your legs straight, arms extended forward, and palms turned down.
- Bend your legs at the knees and bring the feet close, gently rotating the knees. Make sure you don't change the alignment of the rest of the body.
- Inhale, slowly release the hands from the floor, your arms touching the knees.
- Press your chin and chest against the ground. Avoid changing the alignment of the hips, shoulders, chin, chest, and knees.
- Engage your core and raise your hips high, feeling the stretch at the base of the spine. You can hold the posture for about 3-4 breaths.
- Breathing focusses on the Manipura (Solar Plexus) and Muladhara (Root) Chakras.
- Finally, release the pose and relax in Advasana.
- Repeat the practice for the second time. This time hold it for longer.

BENEFITS

- Strengthens the lower back.
- Keeps accumulated tensions and stiffness around the neck, shoulders, and upper back away.
- Reduces stress, encourages a calm and peaceful mind.
- Balances the first five chakras of the body.
- Aids in bringing the Sthiram (stability) in both the body and mind.
- Stretches the gluteus maximus, quadriceps, biceps and triceps muscles, while contracting the hamstrings, core muscles, and the pelvic floor muscles.
- Creates a stronger balance between the upper body and lower body.
- Helps prepare for challenging poses that demands a strong back.
- Stimulates and activates the glutes, quadriceps, and IT band.
- Keeps the sciatic nerves active.

LIMITATIONS

- Students suffering from any injury to biceps, triceps, abdominal muscles, quadriceps, hamstrings, or have issues related to the shoulders, wrists, elbows, neck, spine, collar bone, hips, knees, pelvic joint, rib cage, internal organs, hernia, or BP, migraine, heart problems, arthritis, weak nervous system, and pregnant women, should avoid this practice.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 05 Mar • Ministry of Ayush
ARANYASANA PREP (POSE DEDICATED TO GODDESS ARANI PREP)

2 • PG

590 • Sqcm

589948 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

ARANYASANA PREP (POSE DEDICATED TO GODDESS ARANI PREP)

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- Inhale and slowly release the hands from the floor, your arms touching the knees.
- Press your chin and chest against the ground. Avoid changing the alignment of the hips, shoulders, chin, chest, and knees.
- Engage your core and raise your hips high, feeling the stretch at the base of the spine. You can hold the posture for about 3-4 breaths.
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- Finally, release the pose and relax in Advasana.
- Repeat the practice for the second time. This time hold it for longer.

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- Stimulates and activates the glutes, quadriceps, and IT band.
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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 04 Mar • Ministry of Ayush Health sector likely to get bigger slice of budget pie this year

2 • PG

563 • Sqcm

478942 • AVE

177.8K • Cir

Top Right

Bengaluru

Health sector likely to get bigger slice of budget pie this year

RISHITA KHANNA @Bengaluru

HEALTH, a key sector in the state budget, received 4 per cent (Rs 15,145 crore) of the total allocation in both 2023 and 2024. However, this time, the allocation is likely to increase, with expectations of higher funding for healthcare infrastructure, medical services and public health programmes.

This year, the health department began setting up critical care hubs in every district, while also working on upgrading public health infrastructure and strengthening laboratory services. The department largely delivered on its promises.

However, while several initiatives were launched and announced, many remained unaddressed. When TNIE reached out to health department officials for an update on key projects, there was little progress to report. This included the Fire Fighting System in 13 district hospitals, which was allocated Rs 6 crore to enhance fire safety measures, and the procurement of 87 True-Nat machines for tuberculosis screening in Primary Health Centres, as part of the effort to eliminate the disease by 2025. However, officials did not provide any significant updates on their implementation.

Last year, funds were allocated for repairs, renovation and infrastructure development in the health sector. This time, officials said they are expecting a new health scheme and provisions for additional manpower to ensure effective functioning of existing healthcare facilities.

This year, the health department made progress in various areas. One of the key developments was addressing the lack of Blood Storage Units in First Referral Units (FRUs) across many districts in North Karnataka. Previously, these facilities were unavailable, posing a critical challenge to maternal healthcare. However, in February 2025, the department approved a proposal to purchase essential equip-



ment for blood storage units in all taluks of Karnataka, to reduce maternal mortality and improve emergency care for pregnant women.

The state budget had proposed setting up one Ayurveda diabetes unit in each of the four divisions to provide AYUSH treatment for diabetes control. However, so far, only one such centre has come up — a Centre of Excellence (CoE) in Ayurveda for Diabetes and Metabolic Disorders at the Indian Institute of Science (IISc), which was digitally inaugurated by Prime Minister Narendra Modi. The status of the remaining three units remains unclear, with no updates on their progress.

Officials told TNIE that they have requested funds to strengthen ICU and neonatal care facilities and also sought financial support for the Food Safety and Drug Administration (FDA) department. Meanwhile, doctors working in government hospitals are expecting upgrades in medical systems and recruitment for vacant posts, particularly in Primary Health Centres (PHCs) and Community Health Centres (CHCs). Officials also mentioned that they have requested funds for Namma Clinics to improve services.

With progress in some areas and gaps in others, both doctors and officials agree that this year has been a learning curve for the health sector. Incidents of maternal deaths and FSSAI crackdowns, among others, have highlighted critical areas requiring immediate attention. Officials acknowledged these challenges and said they are working to address them, which is why they have requested a higher budget allocation to improve infrastructure, staffing and essential services.

The New Indian Express • 04 Mar • Ministry of Ayush
TADAGASANA UTTHITA HASTA (CONSTRUCTIVE REST ARMS OVERHEAD POSE)

2 • PG

600 • Sqcm

599706 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

TADAGASANA UTTHITA HASTA (CONSTRUCTIVE REST ARMS OVERHEAD POSE)

This is a variation of the Savasana (Corpse Pose) and Savasana Variation Bent Legs (Constructive Rest Pose). This supine restorative pose is both a transitional and a relaxing pose after an intense practice. The difference between these poses is the stretching of the arms. It is also known as Savasana Variation Arms Overhead Bent Legs Pose. It is believed that these muscles form part of the core muscles that at times are neglected.

STEPS

- Align in Savasana Variation Bent Legs (Constructive Rest Pose). Stay here for 4-5 minutes.
- Inhale, stretch the arms above and place them on the floor behind.
- Extend the arms from the armpits but be conscious of keeping the shoulders stable.
- Avoid lifting the shoulders off the mat and keep it away from the ears.
- Remain here with calm breathing and observe the abdominal and torso stretch. Experience the side, and the intercostal muscles open up, expanding the rib cage.
- After staying in the pose as per capacity, bring your arms to the sides of the body and settle back in Savasana Variation Bent Legs. After 4-5 breaths relax and rest in the final pose of Savasana.

LIMITATIONS

- Students suffering from acute back pain, herniated disc, migraine, or heart-related issues, feel pressure on the diaphragm, or pregnant women who find breathing difficult should avoid this practice.
- Senior citizens who have breathing problems should consider doing Constructive Rest Pose Upper Body On Bolster or Savasana Variation Chair for supporting the back, focusing on the breathing.

BENEFITS

- Stretches the spine, arms, armpits, shoulders, and upper chest.
- Helps maintaining body's physical, mental, and emotional balance.
- Opens the intercostal muscles and enhances the space in the rib cage, benefitting the lungs.
- Helps remove tension from the body.
- Helps reduce back pain by limiting muscle spasms.
- Strengthens postural muscles, improving coordination and flexibility.
- Helps decompress the spine.
- It is a tool for posture correction.
- Helps recover from prolonged illnesses.
- Therapeutic to patients suffering from mild depression, anxiety or trauma.
- Can be done at night to address body fatigue and insomnia.
- Beneficial for asthma patients.
- Helps combat postnatal depression.
- Pregnant women will find comfort relaxing in this alternative variation of Savasana.
- Beneficial for athletes.
- It can be done by seniors, postnatal and pregnant women.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 04 Mar • Ministry of Ayush
TADASANA UTTHITA HASTA

2 • PG

111 • Sqcm

146663 • AVE

246.4K • Cir

Top Center

Chennai

FITBIT

TADAGASANA UTTHITA HASTA
(CONSTRUCTIVE REST ARMS
OVERHEAD POSE)

This is a variation of the Savasana (Corpse Pose) and Savasana Variation Bent Legs (Constructive Rest Pose). This supine restorative pose is both a transitional and a relaxing pose after an intense practice. The difference between these poses is the stretching of the arms. It is also known as Savasana Variation Arms Overhead Bent Legs Pose. It is believed that these muscles form part of the core muscles that at times are neglected.

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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 03 Mar • Ministry of Ayush ANANTASANA PADA LIFT VARIATION

2 • PG

712 • Sqcm

939700 • AVE

246.4K • Cir

Top Center

Chennai

FITBIT

ANANTASANA PADA LIFT VARIATION (SIDE RECLINING POSE LEG LIFT VARIATION)

This pose is a variation of the foundational pose, Anantasana (Side Reclining Leg Lift Pose). However, this is a transit pose to the base pose, Anantasana. It strengthens the upper back, neck, arms, shoulders, glutes, abdominal muscles, obliques, and quadriceps, improving overall core strength and stability. It also strengthens the outer thigh muscles (abductors), toning the legs. It demands awareness and focus on balance and stability. Holding the body in this posture daily improves mindfulness and reduces stress. This mind-body practice can boost confidence, promoting empowerment and self-esteem.

STEPS

- Start lying in Easy Side Reclining Pose Variation on the left side. Place your right hand in front of the heart centre, helping balance the body on the left side. The fingers of the right hand should point towards the head.
- Inhale, lift your head and form a pillow with your lower arm (left), comfortably placed under your head in Easy Reclining Pose Hand Floor. The palm supports the back of the head, and the elbow is in line with the shoulder. Exhale completely here.
- Inhale, lift your right leg straight towards the sky, pressing the right palm on the ground. The foot is extended, with the toes pointing towards the sky. Focus on a point in front of you to maintain balance and stability. Keep the lifted leg straight and active at 90 degrees while maintaining the grounded leg straight.
- Stay here in Anantasana Pada Lift Variation for about six breaths or as per the body's comfort. Find balance by rooting down your left hip and maintaining a steady gaze at a fixed point.
- To release, exhale, lower the right hand and right leg, and realign in Sahaja Anantasana Variation.
- Relax in Constructive Rest Pose. Then counter the stretch on the other side (left), following the above instructions. As an alternative, students can follow the same practice in a flow – inhale, raise the leg; exhale, lower it down.

BENEFITS

- This variation enhances balance, strength, and flexibility.
- Stimulates the apana vayu (downward flow of energy), promoting the elimination of physical and emotional toxins.
- Can be included in Power, Hot, and Sculpt Yoga sequences.
- Counteracts the effects of prolonged sitting, improving body posture.
- Helps improve cardiovascular function.
- An excellent addition to yoga for athletes, runners, mountain climbers, or students engaged in active sports.
- Suitable for yoga for kids or teens, helping improve hip mobility.
- Supports the toning and strengthening of the pelvic floor muscles for postnatal recovery.
- Stretches and strengthens the muscles on the side of the torso.
- Enhances the mobility of the scapula and shoulder joint.
- Regular practice makes the hamstrings and calves supple and flexible, improving movement.
- Stretches the abdominal muscles, assisting in various balancing asanas.
- Improves circulation, induces tranquillity, and promotes mental relaxation, helping to overcome stress and tension.
- Stimulates the Sacral Chakra, encouraging a sense of desire, pleasure, and creativity in practitioners.
- Holding for a longer duration reduces weight from the hips and waist.
- Encourages coordinated function of the heart and lungs, improving cardiorespiratory health in Coronary Artery Disease (CAD).

LIMITATIONS

- Students with spondylitis, cervical issues, or a slipped disc should practise with caution.
- Those with spinal conditions such as scoliosis should practise only under guidance.
- Practitioners with sciatic pain or shoulder injuries should avoid this pose.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 03 Mar • Ministry of Ayush

ANANTASANA PADA LIFT VARIATION (SIDE RECLINING POSE LEG LIFT VARIATION)

2 • PG

680 • Sqcm

679614 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

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STEPS

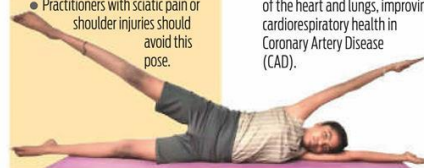
- Start lying in Easy Side Reclining Pose Variation on the left side. Place your right hand in front of the heart centre, helping balance the body on the left side. The fingers of the right hand should point towards the head.
- Inhale, lift your head, and form a pillow with your lower arm (left), comfortably placed under your head in Easy Reclining Pose Hand Floor. The palm supports the back of the head and the elbow is in line with the shoulder. Exhale completely here.
- Inhale, lift your right leg straight towards the sky, pressing the right palm on the ground. The foot is extended, with the toes pointing towards the sky. Focus on a point in front of you to maintain balance and stability. Keep the lifted leg straight and active at 90 degrees while maintaining the grounded leg straight.
- Stay here in Anantasana Pada Lift Variation for about six breaths or as per the body's comfort. Find balance by rooting down your left hip and maintaining a steady gaze at a fixed point.
- To release, exhale, lower the right hand and right leg, and realign in Sahaja Anantasana Variation.
- Relax in Constructive Rest Pose. Then counter the stretch on the other side (left), following the above instructions. As an alternative, students can follow the same practice in a flow – inhale, raise the leg; exhale, lower it down.

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- Encourages coordinated function of the heart and lungs, improving cardiorespiratory health in Coronary Artery Disease (CAD).



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 01 Mar • Ministry of Ayush

PRASARITA BALASANA VARIATION HEAD UP

2 • PG

675 • Sqcm

891219 • AVE

246.4K • Cir

Top Center

Chennai

FITBIT

PRASARITA BALASANA VARIATION HEAD UP (WIDE CHILD POSE VARIATION HEAD UP)

This is a beginner-level forward bend stretch pose. It resembles the Salamba Bhujangasana (Sphinx Pose). People who are not comfortable with the backbend of Sphinx pose can practice this asana. It is a preparatory pose to Prasari Balasana Variation Hasta Sirsa Side. It can be added to yoga poses with animal sequences.

STEPS

- Start in Vajrasana (Thunderbolt Pose) and take a few breaths.
- Stretch your spine and hip upwards.
- Inhale, widen your knees and thighs. Exhale.
- Place toes together and slowly place the sit bones on the heels.
- Inhale, stretch your arms above the head. Exhale, bend forward and reach the floor with your forearms, and your elbows touching the outer knees.
- Ensure your elbow is perpendicular to the shoulder, and arms are in an L shape with the palms on the floor.
- Look ahead. Take a few slow deep breaths.
- Ensure the knees and ankles are comfortable, stay here for about 1-2 breaths or more.
- Slowly release, and come back to Vajrasana.

LIMITATIONS

- Students with any injury to the ankles, shoulders, knees, or wrists, or have undergone recent abdominal surgery, hip replacement, or knee surgery, acute arthritis, knees joint pain or rheumatoid arthritis, weak joints, lower back, ankles or shoulders, pregnant and postnatal women, should avoid this pose.

BENEFITS

- Stretches the hip muscles, quadriceps, back, wrists, forearms, ligaments of the anterior knee, and calves.
- Works as a great advantage for practicing various deep yoga poses.
- Enhances hip flexibility and mobility and the thoracic cavity.
- Keeps the shoulder blades and the torso broad.
- Surrendering the mind and body is the main element of this pose.
- Improves the mobility of the lower limbs.
- Extended spine and elongated torso with broad shoulders improves body posture.
- Energises the body by calming the mind.
- Helps relax the spine, shoulders, neck, and head.
- Regulates heartbeat and breathing rhythm to its natural level.
- Stimulates the parasympathetic nervous system.
- It can be a relief for knee pain.
- Reduces shoulder, upper and lower back stiffness by lengthening the spine.
- Restorative pose when done in a calm serene environment.
- Stimulates the Root and Sacral Chakras and channels the prana to the Crown Chakra.
- Can be a cool down for athletes, swimmers, advanced yoga practitioners, and marathon runners.
- Good preparation for deeper hip opening poses in a prone position.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 01 Mar • Ministry of Ayush

PRASARITA BALASANA VARIATION HEAD UP (WIDE CHILD POSE VARIATION HEAD UP)

2 • PG

596 • Sqcm

596052 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

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- Surrendering the mind and body is the main element of this pose.
- Improves the mobility of the lower limbs.
- Extended spine and elongated torso with broad shoulders improves body posture.
- Energises the body by calming the mind.
- Helps relax the spine, shoulders, neck, and head.
- Regulates heartbeat and breathing rhythm to its natural level.
- Stimulates the parasympathetic nervous system.
- It can be a relief for knee pain.
- Reduces shoulder, upper and lower back stiffness by lengthening the spine.
- Restorative pose when done in a calm serene environment.
- Stimulates the Root and Sacral Chakras and channelises the prana to the Crown Chakra.
- Can be a cool down for athletes, swimmers, advanced yoga practitioners, and marathon runners.

- Good preparation for deeper hip opening poses in a prone position.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

Free Press Journal • 17 Mar • Ministry of Ayush
Single drug controller for AYUSH

11 • PG

55 • Sqcm

44073 • AVE

251.68K • Cir

Top Left

Mumbai

NEW DELHI

Single drug controller for AYUSH

A parliamentary committee has recommended the consolidation of all AYUSH drug-related standard-setting processes under a single independent drug controller in alignment with the Drugs and Cosmetics Act, 1940, and its associated rules. To achieve this, the ministry should establish a streamlined and inclusive mechanism that actively involves stakeholders in the development of pharmacopoeial standards, ensuring greater efficiency and uniformity, said the Parliamentary Standing Committee on Health and Family Welfare in a report presented in the Rajya Sabha this week. The Pharmacopoeia Commission for Indian Medicine & Homoeopathy and Central Council for Research in Ayurvedic Sciences may come together to coordinate and collaborate in this initiative.

Free Press Journal • 13 Mar • Ministry of Ayush
Patanjali trains farmers

15 • PG

101 • Sqcm

80481 • AVE

251.68K • Cir

Top Center

Mumbai

Patanjali trains farmers

FPJ News Service

HARIDWAR

A two-day event on the topic 'Regional Training for Development of Agricultural Entrepreneurship in Cultivation of Medicinal Plants' sponsored by the National Medicinal Plants Board Scheme under the Ministry of AYUSH, Government of India, was organised in the auditorium of Patanjali Research Foundation in collaboration with Patanjali Research Foundation and Patanjali University.

The programme started



with lighting of lamps. Baba Ramdev and Bal Krishna welcomed the guests by presenting shawls and garlands.

The 4 sessions were attended by farmers and experts, who presented the ancient Sanjeevani of Uttarakhand on the global stage. Dr Kunal Bhattacharya, Dr Arun

Chandan, Meenakshi, Shweta, Dr Jitendra Singh Butola, Prof were present as chief guests and speakers in the programme. Pradeep Kumar, Pawan Kumar, Kavindra Singh, Gyan Prakash, Amit Kale, Bhanu Pratap Singh and Prof Mayank Kumar Agarwal took part.

Free Press Journal • 05 Mar • Ministry of Ayush

DAVV to offer courses in architecture & design, classes from coming session

19 • PG

214 • Sqcm

170125 • AVE

251.68K • Cir

Bottom Center

Mumbai

DAVV to offer courses in architecture & design, classes from coming session

Our Staff Reporter

INDORE

The Devi Ahilya Vishwavidyalaya (DAVV) is set to expand its academic horizon with the introduction of degree courses in architecture and design.

On Tuesday, the university's executive council approved the establishment of the School of Architecture and Design, which will admit students from the coming session. Initially, classes will be conducted at Shri Govindram Seksaria Institute of Technology and Science (SGSITS) with plans for a dedicated campus spanning 12.5 acres in Bada Bangarda.

"The plan is to offer courses in association with SGSITS,"



DAVV vice chancellor chairs executive council meeting at RNT Marg Campus on Tuesday

vice chancellor Prof Rakesh Singhai told the media after chairing the EC meeting held on RNT Marg campus. DAVV operates various departments on the UTD campus. But the School of Architecture and Design will have its own campus at Bangarda, offering special-

ised courses including BArch.

10% hike in UTD fees

A 10% hike in tuition fees for university departments was approved, which will be effective from the academic session 2025-26. The university has not increased tuition fees of

courses offered by its teaching departments for the past some years. It felt the need to increase the fees and EC gave approval to the proposal.

Water coolers

The university will invest Rs 44 lakh in new water coolers to tackle drinking water shortage in summer. Besides, instead of relying on water tankers, borewells will be dug for sustainable water supply.

Surplus computer row

The issue of alleged procurement of surplus computers was also raised during the meeting. It was claimed that the engineering depart-

ment of DAVV sent computers to various teaching departments though they did not need the same. It was claimed that the computers were lying unused in some departments.

Draft MoU passed

The draft of the MoU to be signed with the Central Council for Research in Homoeopathy (CCRH), Ministry of AYUSH, Government of India was also passed. This will soon make it possible to establish a homoeopathy research centre in the university, where tests and treatment of diseases will be made available to patients, students and their families at low cost. This will also benefit the people of Indore and the surrounding districts.

Punjab Express • 17 Mar • Ministry of Ayush
Buyer-seller meet on medicinal plants at NITTTR on March 18-19

6 • PG

123 • Sqcm

24558 • AVE

348.98K • Cir

Middle Right

Chandigarh

Buyer-seller meet on medicinal plants at NITTTR on March 18-19



PUNJAB EXPRESS BUREAU
Chandigarh, March 16

A two-day buyer-seller meet on Medicinal Plants and Herbal Products will be held at NITTTR, Sector 26, Chandigarh, on March 18-19. The event is being organized under the aegis of the Ministry of AYUSH, Government of India, and RCFC NR-1.

Providing details, Regional Director Dr. Arun Chandan stated that the meet will offer a unique opportunity for medicinal plant producers to showcase and sell their products to around 30-40 buyers. It will also serve as a valuable platform for those planning to take up medicinal plant cultivation in the future to connect with potential buyers.

Punjab Express • 13 Mar • Ministry of Ayush

Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25' initiative

6 • PG

709 • Sqcm

141864 • AVE

348.98K • Cir

Middle Center

Chandigarh

Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25' initiative

Under the ambitious '75 by 25' initiative, India has treated 42.01 million people for hypertension or high blood pressure and 25.27 million for diabetes, said Union Minister of State for Health and Family Welfare Prataprao Jadhav in the Parliament.

The Government had in May 2023 unveiled the "75/25" initiative which aims to provide standardised care to 75 million people living with hypertension and diabetes in the country by December 2025.

In a written reply in the Rajya Sabha, Jadhav informed that the country "has achieved 89.7 per cent of the target" of treating the burden of non-communicable diseases (NCDs). NCDs like cardiovascular diseases, cancer, chronic lung disease, diabetes, hypertension, etc. account for more than 70 per cent of deaths annually.

To address this rising burden, the Ministry of Health and Family Welfare launched an NCD screening campaign on February 20.



The nationwide campaign, valid till March 31, aims to achieve 100 per cent screening of people aged 30 years and above. It is being conducted across Ayushman Arogya Mandir facilities and other healthcare institutions under the NP-NCD framework.

Further, to address the rising prevalence of NCDs like hypertension, diabetes, oral cancer, breast cancer, and cervical cancer, the Ministry had in 2010 initiated the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD).

The programme employs a multifaceted strategy that includes early detection and screening of individuals aged 30 years and above, implementing screening at all levels of healthcare delivery, and providing assistance for accurate diagnosis and cost-effective treatment options.

It also provides teleconsultation services, monitors national NCDs via a dedicated portal, and coordinates inter-ministerial efforts to promote NCD awareness and encourage healthy lifestyle choices.

IANs

Punjab Express • 10 Mar • Ministry of Ayush

Free treatment under Ayushman Bharat Scheme for individuals aged 70 and above: Ludhiana Civil Surgeon...

5 • PG

226 • Sqcm

45184 • AVE

348.98K • Cir

Middle Center

Chandigarh

Free treatment under Ayushman Bharat Scheme for individuals aged 70 and above: Ludhiana Civil Surgeon

PUNJAB EXPRESS BUREAU
Ludhiana, March 9

Punjab government has decided to further enhance healthcare services by providing free treatment under the Ayushman Bharat - Mukh Mantri Sehat Bima Yojana to all individuals aged 70 years and above.

Civil Surgeon Ludhiana Dr Pradeep Kumar Mahindra stated that in addition



to government hospitals, treatment will also be available at empanelled private hospitals. Individuals aged

70 and above can obtain their e-card and avail treatment at any hospital registered under the Ayushman Bharat Scheme. Currently, in Ludhiana district, 18 government and 75 private hospitals are recognized under this scheme.

Deputy Medical Commissioner and Nodal Officer Dr Reema Gogia further elaborated that under the Mukh Mantri Sehat Bima

Yojana, each beneficiary is entitled to free treatment up to Rs 5 lakh per year. This initiative will be a significant relief for the elderly and those in need.

To ensure maximum awareness and participation, people are being encouraged to obtain their e-cards at the earliest so that no eligible individual is left out from availing the benefits of this scheme.

Punjab Express • 10 Mar • Ministry of Ayush

PGIMER and AMRIT Pharmacy initiative steps to check fraudulent activity

4 • PG

257 • Sqcm

51304 • AVE

348.98K • Cir

Bottom Right

Chandigarh

PGIMER and AMRIT Pharmacy initiative steps to check fraudulent activity

PUNJAB EXPRESS BUREAU
Chandigarh, March 9

The Postgraduate Institute of Medical Education and Research (PGIMER) in collaboration with AMRIT Pharmacy has reported a serious incident involving the misuse of a stolen indent book and counterfeit stamps to divert medications intended for patients enrolled in the Ayushman Bharat cashless schemes.

The unauthorized individual was apprehended on February 18, 2025, and subsequently handed over to local police authorities for further investigation.

In response to this fraudulent activity, PGIMER and AMRIT have jointly filed a formal complaint with the relevant law enforcement agencies and have established an internal committee tasked with investigating the matter and providing recommendations to prevent future occurrences.

As part of our commitment to safeguarding the integrity of our healthcare services, PGIMER is implementing

the following immediate measures:

Transition to Online Indenting System: The existing manual indenting system for patients under cashless schemes will be discontinued and replaced with a secure online indenting process.

The Computer Section of PGIMER, in collaboration with the internal committee, has developed a solution to be integrated into the existing Hospital Information System (HIS 1). We anticipate this transition will be completed within one week.

Dedicated Service Area for Cashless Beneficiaries: A designated area outside the Emergency department has been identified for AMRIT to exclusively serve beneficiaries of cashless schemes, including Ayushman Bharat.

Enhanced Manpower for improved service: PGIMER will work with AMRIT to increase staffing levels to ensure that medications and implants processed through the new online system are delivered directly to patients at their bedside.

Punjab Express • 09 Mar • Ministry of Ayush
Join e-Shram portal to access AB-PMJAY benefits: Centre to platform workers

11 • PG

214 • Sqcm

42800 • AVE

348.98K • Cir

Middle Right

Chandigarh

Join e-Shram portal
to access AB-PMJAY
benefits: Centre to
platform workers



NEW DELHI, MARCH 8

The Labour Ministry on Saturday urged the platform workers to self-register themselves on e-Shram portal, so that they may be considered for the benefits under the scheme at the earliest. The gig and platform economy is expanding, offering new jobs in sectors like ridesharing, delivery, logistics, and professional services. NITI Aayog has projected that the gig economy in India will employ over 1 crore workers in 2024-25, subsequently reaching 2.35 crore by 2029-30. Recognizing the contribution of the gig and platform workers to the nation's economy, Union Budget 2025-26 announcement has provisions for registration of online platform workers on e-Shram portal, issue of identity cards, and healthcare coverage under Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY).

The AB-PMJAY health scheme provides a cover of Rs 5 lakh per family per year for secondary and tertiary care hospitalisation across over 31,000 public and private empanelled hospitals in India. For early implementation of these Budget provisions, the Ministry of Labour and Employment is soon launching the scheme, and has asked platform workers to register on e-Shram Portal for formal recognition and access to AB-PMJAY benefits. "As a first step, Ministry requests the Platform Workers to self-register themselves on e-Shram portal, so that they may be considered for the benefits under the scheme at the earliest," it added.

IANIS

Punjab Express • 08 Mar • Ministry of Ayush

Amit Shah inaugurates Sri Vishwesha Thirtha Memorial Hospital in Bengaluru

7 • PG

284 • Sqcm

56839 • AVE

348.98K • Cir

Middle Center

Chandigarh

Amit Shah inaugurates Sri Vishwesha Thirtha Memorial Hospital in Bengaluru

NEW DELHI, MARCH 7

Union Home Minister Amit Shah inaugurated Sri Vishwesha Thirtha Memorial Hospital, a unit of the Sri Krishna Sevashrama Trust in Marathahalli here on Friday, which has been built on a two-acre land at a cost of Rs 60 crore.

Speaking on the occasion, Shah said the 150-bed multi-speciality hospital will serve as a modern centre for free treatment for the poor and the underprivileged sections of society and will serve people for many years to come. Highlighting various health campaigns undertaken by



the union government, he said they will not succeed unless religious and service-oriented organisations actively promote them.

Shah emphasised how Prime Minister Narendra Modi has focused a great deal

on the health and wellness of the people over the past 10 years and mentioned that initiatives like Swachh Bharat Abhiyan, Fit India Movement, Nutrition Mission, Mission Indradhanush, Ayushman Bharat Yojana,

and Jal Jeevan Mission are different components of the Healthy India campaign. He further said cleanliness can manage health, fitness can make health eternal, and only nutritious and balanced food can keep the human body healthy.

Mission Indradhanush covers all types of vaccinations, the Jal Jeevan Mission has ensured fluoride-free water reaches every home, and under the Ayushman Bharat scheme, PM Modi has provided free treatment up to R 5 lakh for 60 crore people, he said. **PTI**

Millenniumpost • 17 Mar • Ministry of Ayush

For AYUSH, Parl panel recommends single independent drug controller

6 • PG

136 • Sqcm

245540 • AVE

750K • Cir

Middle Left

Delhi

For AYUSH, Parl panel recommends single independent drug controller

NEW DELHI: A parliamentary committee has recommended the consolidation of all AYUSH drug-related standard-setting processes under a single independent drug controller in alignment with the Drugs and Cosmetics Act, 1940, and its associated rules.

To achieve this, the ministry should establish a streamlined and inclusive mechanism that actively involves stakeholders in the development of pharmacopoeial standards, ensuring greater efficiency and uniformity, said the Parliamentary Standing Committee on Health and Family Welfare in a report presented in the Rajya Sabha this week.

Additionally, the Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H) and Central Council for Research in Ayurvedic Sciences (CCRAS) may come

together to coordinate and collaborate in this initiative, the committee emphasised in its 165th report on "Demands for Grants 2025-26 (Demand No. 4) of Ministry of Ayush".

This will enhance the scientific testing and evaluation of a larger number of ASU&H (Ayurveda, Siddha, Unani, and Homoeopathy) drug samples to ensure safety, efficacy, and quality, strengthening the foundation of research and standardisation in the sector. The committee flagged that the state-wise reach of Arogya Fair/Ayurveda Parv is less compared to the size of India with its 28 states and eight Union Territories.

It recommended that the reach should cover 50 per cent of Indian states in the coming year and eventually all of the country in the near future to propagate

the Ayush System for the prevention and treatment of common ailments.

It recommended that the ministry leave no stone unturned in efficiently and effectively implementing the IEC (Information, Education, and Communication) Scheme, thus generating awareness amongst the common masses, especially in rural, urban slum, hilly and tribal areas.

The committee also took note of the financial and physical performance made under the international cooperation scheme with respect to budgetary allocation and set objectives.

It recommended that going forward communication should be made with first-world countries like the UK and the US for promoting AYUSH among the Indian diaspora as well as their native citizens.

MPOST

Millenniumpost • 09 Mar • Ministry of Ayush

Haryana sets 1,090 medical officers: CV distributes appointment Letters

5 • PG

61 • Sqcm

109627 • AVE

750K • Cir

Bottom Left

Delhi

Haryana gets 1,090 medical officers; CM distributes ap- pointment letters

MPOST BUREAU

CHANDIGARH: On the occasion of International Women's Day, Haryana Chief Minister, Nayab Singh Saini handed over appointment letters to a total of 1,090 medical officers, including 705 newly appointed women medical officers.

This group comprises 561 doctors from the Health Department and 529 Ayurvedic Medical Officers from the AYUSH Department.

During the state-level orientation programme in Panchkula, the Chief Minister encouraged the newly appointed medical officers from both the Health and AYUSH Departments to contribute to building a healthier Haryana and a stronger India. He urged them to serve humanity with dedication, emphasising that all medical officers should perform their duties with sensitivity and compassion, especially while serving in remote and rural areas of the state.

Millenniumpost • 02 Mar • Ministry of Ayush
India now emerging as factory of world: PM

1, 4 • PG

303 • Sqcm

546292 • AVE

750K • Cir

Bottom Left,Middle Center

Delhi

— **'PRODUCTS GOING GLOBAL'** —
**India now emerging as
factory of world: PM**

OUR CORRESPONDENT

NEW DELHI: Prime Minister Narendra Modi said on Saturday that his "vocal for local" campaign is bearing fruit as Indian products are going global and making their presence felt across the world.

Speaking at the NXT conclave where the 'NewsX World' channel was launched, Modi also said that India was becoming the land of infinite innovations, finding affordable solutions and offering them to the world.

"The world is keenly watching 21st-century India. People from around the globe want to visit and understand India," Modi said.

He said that the country was now emerging as a manufacturing hub and a "factory of the world".

"For decades, the world referred to India as their back office. Now, India is becoming the new factory of the world. We are no longer just a workforce but instead becoming a world force," Modi said.

The prime minister said that India's rising defence products showcase the strength of its engineering and technology to the world.

"From electronics to the automobile sector, the world has witnessed India's scale and capability. India is not only providing products to the world but is also becoming a trusted and reliable partner in the global supply chain," Modi said.

The prime minister said India's leadership in various sectors was a result of years of hard work and systematic policy decisions.

"A few years ago, I presented the vision of 'Vocal for Local' and 'Local for Global' to the nation and today, we are seeing this vision turn into reality," he said.

Modi said the country is manufacturing semiconductors and air-



**“ A FEW YEARS
AGO, I PRESENTED THE
VISION OF VOCAL FOR
LOCAL AND LOCAL
FOR GLOBAL TO THE
NATION AND TODAY,
WE ARE SEEING THIS
VISION TURN INTO
REALITY ”**

craft carriers and its superfoods like 'makhana' and millets, Ayush products and yoga are being embraced across the world.

The prime minister said India should be presented to the world as it is, without any bias. "We do not need any make-up," he said, adding that real stories from the country should reach the world in its true form.

He said India was the land that gave the world the concept of zero and was now becoming the land of infinite innovations.

"India is not only innovating but also 'Indovating', meaning innovating the Indian way," Modi said. He added that India was creating solutions that were

Continued on P4

India now emerging

affordable, accessible, and adaptable, and

offering them to the world without gatekeeping.

"When the world needed a secure and cost-effective digital payment system, India developed the UPI (Unified Payments Interface) system. Today, countries like France, UAE, and Singapore are integrating UPI into their financial ecosystems," he said.

He said the world is looking at India in the 21st century, and that the country is constantly generating positive news. India is now leading many global initiatives, he said, referring to him co-hosting the recent AI summit and India's presidency of the G20.

He said the recently concluded Maha Kumbh, too, highlighted India's organising skills and innovation.

The prime minister said that his government has repealed many obsolete laws, including the Dramatic Performances Act that had provisions for the arrest of 10 or more persons found dancing together. Taking a swipe at his critics, the prime minister said he was surprised that the "Lutyens jamaat" and "the Khan Market gang" were silent on such laws for more than 75 years.

WITH AGENCY INPUTS

The Hindu • 17 Mar • Ministry of Ayush From insurance-driven private health care to equity

10 • PG

483 • Sqcm

526300 • AVE

956.08K • Cir

Middle Center

Hyderabad

From insurance-driven private health care to equity

As the world's largest democracy, India has long been committed to 'Health for All' under the World Health Organization's Universal Health Coverage (UHC) framework, which prioritises primary health care (PHC) and to reduce out-of-pocket expenditure (OOPE). India's evolving health policies have shaped Budget allocations and influenced health-care service and delivery. With the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) addressing OOPE, there is now greater scope to strengthen public health systems, especially primary health care. This insurance-based programme reduces OOPE by covering hospitalisation, surgeries, and procedures at the tertiary level, but sidelines the UHC principle of primary health care. Despite improving financial protection, it discourages primary health-care use, weakens public health infrastructure, and strengthens market-driven private health care.

Neglect of primary health-care systems

A robust PHC system reduces the burden on secondary and tertiary care, and ensures cost-effective health care. When health is recognised as a citizen's right, the state must ensure accessible and affordable PHC, whether publicly provided or well-supported. However, AB-PMJAY's hospitalisation-based reimbursement shifts the focus away from preventive and community-based health care, increases long-term costs and reliance on private hospitals, and fails to reduce OOPE. This contradicts the Bhore Committee's vision of strong primary health care, with a pyramid-shaped health system tapering to secondary and tertiary care.

Since its launch in 2018, the Ayushman Bharat Digital Mission dashboard reports the issuance of over 36 crore Ayushman cards and the empanelment of more than 31,000 hospitals. Although health is a state subject, PM-JAY reroutes funds to private insurance players, limiting state control. The 2025 Budget allocates ₹9,406 crore to AB-PMJAY, which is ₹2,000 crore more than the previous year, boosting privatisation and insurance-based financing. It



Pooja Sagar

is a researcher in the history of medicine and the oral histories of health and medical practices



Aruna Bhattacharya

leads urban health academics, research and practice at the IIHS School of Human Development. She is a current fellow of the WomenLift Health India cohort

The government must invest in preventive, community-based care that is accessible to all

remains unclear how much it will help reduce health expenditures for marginalised groups or support primary health care to lower out-of-pocket expenses for Below Poverty Line cardholders.

Budget, privatisation, insurance overhaul

The health budget allocates ₹95,957.87 crore to the Department of Health and Family Welfare and ₹3,900.69 crore to the Department of Health Research. The Budget prioritises medical digital infrastructure and medical education expansion over PHC. The National Health Mission, vital for grass-root health care, receives a declining share, signalling the state's gradual retreat from its universal health-care responsibility and shifting the burden onto private players. This affects citizens, as insurance schemes merely consolidate capital at the public's expense.

Additionally, significant changes in the insurance sector include raising the foreign direct investment (FDI) cap in the insurance sector from 74% to 100%, following a previous increase from 49% to 74% in 2021. This aims to improve India's low insurance penetration, especially in rural areas, attract more players into the insurance market, and achieve "Insurance for All" by 2047. The Insurance Regulatory and Development Authority of India (IRDAI) expects this to bring capital and expand coverage.

Policy changes raise concerns for India's informal workforce and marginalised urban populations. With the informal sector comprising a significant portion of the workforce, the lack of universal health coverage leaves millions without health security. The government has yet to outline how it will protect these vulnerable populations. Insurance illiteracy further complicates access, forcing many migrant and non-literate working classes to rely on middlemen. Without strict private sector regulation, OOPE is likely to increase due to inflated medical costs and uncovered

consumables. Coverage for Accredited Social Health Activist (ASHA) workers and grass-root health-care providers remains uncertain. Compounding these issues is outdated data – the last Census was in 2011, and the Periodic Labour Force Survey was in 2020-21 – hindering efficient allocation and utilisation of social protection schemes.

Lessons from global models

Global experiences warn against an over-reliance on private insurance. In the U.S., insurance-driven pricing has led to skyrocketing health-care costs, widening inequalities, and limiting access for uninsured individuals. Public outcry over claim denials highlights the risks of corporate control over health care.

India can learn from countries such as Thailand (tax funded universal coverage scheme) and Costa Rica's Mandatory insurance scheme (Caja Costarricense de Seguro Social). Both rely on general tax revenue, strong public health investments, and regulated private insurance, prioritising primary care and community-based services.

As India navigates urban and health-care transitions shaped by the Budget and policy, it must reassess priorities. Instead of disproportionately favouring tertiary private health care through insurance models, the government must invest in preventive, community-based care that is accessible to all. Policies must address the health-care needs of informal workers, the unemployed, migrants, and vulnerable populations, especially with rising climate-related health risks.

Comprehensive public health benefit packages, cost-control mechanisms, and programmes to reduce OOPE are essential for achieving UHC. Safeguards must be in place to prevent private insurance from driving up health-care costs, ensuring India's commitment to 'Health for All' remains more than just a slogan.



The Hindu • 14 Mar • Ministry of Ayush

Over 3,200 PMJAY hospitals must be penalised for fraud, regulation is required: NHA

12 • PG

185 • Sqcm

202129 • AVE

956.08K • Cir

Middle Center

Hyderabad

Over 3,200 PMJAY hospitals must be penalised for fraud, regulation is required: NHA

Bindu Shajan Perappadan
NEW DELHI

Almost 600 hospitals across India should be suspended and another 1,113 removed from the panel of the Centre's flagship health insurance scheme, and penalties totalling ₹122 crore should be levied against 1,504 errant hospitals, according to recommendations made by the National Health Authority's anti-fraud unit.

Noting the unit's report on the misuse of funds under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), the Parliamentary Standing Committee on Health and Family Welfare expressed concern about the way some hospitals were carrying out such fraudulent activities as part of their business model.



Vital scheme: AB-PMJAY benefits about 12.37 crore families in the country.

Regulation is needed to check such fraud, the committee said in its report on the Demand for Grants tabled in Parliament on March 12.

AB-PMJAY provides annual health coverage worth ₹5 lakh per family for secondary and tertiary care hospitalisation, benefiting about 12.37 crore families from the economically vulnerable bottom

40% of India's population.

In its reply to the committee's report, the Department of Health and Family Welfare noted that the National Health Authority (NHA) has adopted a zero-tolerance policy towards fraud and abuse, and has taken steps to prevent, detect, and deter different kinds of fraud at various stages of AB-PMJAY's implementation.

The committee recommended that the NHA implement a proactive, data-driven, and transparent monitoring system focusing on early detection of potential misuse patterns in AB-PMJAY.

The department can consider making extensive use of artificial intelligence and digital tools during the collection and analysis of statistical data and feedback, it added.

The Hindu • 12 Mar • Ministry of Ayush
Modi calls on Mauritian President, discusses ties

11 • PG

337 • Sqcm

253101 • AVE

682.81K • Cir

Top Left

Delhi

Modi calls on Mauritian President, discusses ties

Mauritius announces its highest honour for Indian PM; on a two-day state visit, Modi recollects the historic and cultural links between two countries, thanks Gokhool for invite to National Day fete

The Hindu Bureau
NEW DELHI

P rime Minister Narendra Modi will be bestowed with the topmost honour of Mauritius, the Grand Commander of the Order of the Star and Key of the Indian Ocean, Mauritian Prime Minister Navinchandra Ramgoolam announced on Tuesday.

Mr. Modi is on a two-day state visit to the country. He will also be the chief guest at the National Day celebrations in Mauritius on Wednesday.

According to the Ministry of External Affairs, Mr. Modi is the first Indian to receive the honour. It is the 21st international honour bestowed upon Mr. Modi by a foreign country.

The Prime Minister reached Mauritius early on Tuesday and called on Mauritius President Dharambeer Gokhool at the state House.

"Had a great meeting with His Excellency Mr. Dharambeer Gokhool, President of Mauritius. He is well acquainted with India and Indian culture. Ex-



Prime Minister Narendra Modi gifting water from Maha Kumbh to Mauritius President Dharambeer Gokhool on Tuesday. ANI

pressed gratitude for inviting me to be a part of the National Day celebrations of Mauritius. We discussed how to further boost bilateral ties across diverse sectors," Mr. Modi said in a post on social media platform X.

Special gesture

During the meeting, the two leaders exchanged views on deepening the special and close bilateral ties between India and Mauritius, the MEA said in a statement.

As a special gesture Mr. Modi handed over Overseas Citizenship of India (OCI) cards to President Gokhool and First Lady Vrinda Gokhool.

He also gifted Sangam water from Maha Kumbh in a brass and copper pot, and makhana to Mr. Gokhool.

The Prime Minister presented a Banarasi silk sari from Varanasi in an intricately inlaid Sadeli box from Gujarat to the First Lady.

After the talks, Presi-

dent Gokhool hosted a state lunch for Mr. Modi.

Mr. Modi also paid homage at the Samadhis of Sir Seewoosagur Ramgoolam and Sir Anerood Jugnauth at the Sir Seewoosagur Ramgoolam Botanical Garden where he was accompanied by Mr. Ramgoolam. He also visited the Ayurveda Garden in the State House, established in collaboration with the Government of India.

Mr. Modi addressed a meeting of the Indian community in Mauritius and recollected the historic and cultural links that exist between the two countries. Mr. Modi said that Mauritius was not just a partner country.

"For us, Mauritius is family!", the Prime Minister said.

Mr. Modi thanked Mauritius for conferring its highest honour on him and said, "It is a recognition and honour of the historic ties between India and Mauritius. It's an honour to those Indians who for generations have served Mauritius," he said.

(With PTI inputs)

The Hindu • 09 Mar • Ministry of Ayush
Centre asks gig workers to register on e-Shram portal

11 • PG

78 • Sqcm

84520 • AVE

956.08K • Cir

Top Left

Hyderabad



Centre asks gig workers to register on e-Shram portal

The Union Ministry of Labour and Employment has urged gig and platform workers to register on the e-Shram portal for formal recognition and access to benefits under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY). The Ministry noted that the scheme provides a cover of ₹5 lakh per family per year for secondary and tertiary care hospitalisation across over 31,000 public and private empanelled hospitals in the country. The previous Budget had provided for the registration of online platform workers on the e-Shram portal, issuing identity cards to them, and for healthcare coverage under the AB-PMJAY.

The Hindu • 08 Mar • Ministry of Ayush

Boost value addition in spices to achieve \$10-bn export target by 2030: WSO

13 • PG

325 • Sqcm

244117 • AVE

682.81K • Cir

Bottom Left

Delhi • Bengaluru

Boost value addition in spices to achieve \$10-bn export target by 2030: WSO

Mini Tejaswi
BENGALURU

Regardless of being the largest producer and exporter of diverse varieties of spices in the world, India's share in the global seasoning market, pegged at \$14 billion in 2024, is only a paltry 0.7%, against China's 12% and U.S.'s 11%, said Ramkumar Menon, chairman, The World Spice Organisation (WSO).

India currently exports 1.5 million tonne of spices of all kinds worth \$4.5 billion, commanding a quarter of the global spice market valued at \$20 billion.

Mr. Menon said currently only 48% of India's spice exports were valued-added products while the remaining bulk hits the markets as culinary whole spices.

To achieve the Spices Board of India's export target of \$10 billion by 2030, the country's share in value-added spices should rise up to 70%, he opined.

"Seasoning is a huge market. Despite India being the largest producer and exporter of spices, our current share in seasoning is really low, and we have a huge opportunity to grow in this segment," he said.

Mr. Menon further said, it was also critical for the Indian spice sector to explore the nutraceutical and pharmaceutical value of spices in a big way.

'Tap nutraceuticals'

"We should explore the nutraceutical and pharmaceutical scope of our spices in a major way. This is another way of value adding by finding newer ways of useful consumption for our spices. Several spices



Spice it up: Only 48% of spice exports were valued-added products while the rest hit the market as culinary whole spices. K. K. MUSTAFAH

are already being used by Ayurveda and other schools of medicine," he pointed out.

Mr. Menon added that some 85% of the spices grown in India are consumed domestically. Although India leads the world in spice production, Vietnam, Indonesia, Brazil and China are also active players in the global spice markets. Africa has also entered spice production in recent years.

Emerging producers

On the importance of increasing spice production within the country, he observed that other than the traditional spice-growing States in the country, the North Eastern region, Odisha and Jharkhand were emerging as sizable producers of various spices.

"India has 15 different agro-climatic zones and this helps us grow a wide variety of spices, almost in all States," he said.

"Export possibilities are huge. To cash in on this, we have to first increase our production. We also have to find ways to bring down cost of production and increase focus on qual-

ity and scale our share in value added spices," he added.

WSO, a platform that unites all stakeholders in the spice industry comprising farmers, processors, academics, and end-users, is working closely with several farmer producer organisations (FPOs) to boost production, exports and value addition. FPOs are sensitised on safety, quality and sustainability in spice cultivation by training farmers on quality control issues and teaching them the importance of growing spices while limiting pesticide use.

Pest management

Spice farmers are also trained in integrated pest management, water management and hygiene practices around handling, processing and packaging.

He also emphasised on the need for developing high-yielding and climate-resistant varieties of spices in the country, adding organisations such as Indian Council of Agricultural Research and National Research Centre on Seed Spices have been already working on these fronts.

The Hindu • 07 Mar • Ministry of Ayush Beyond Beijing', unlocking a feminist future in India

12 • PG

522 • Sqcm

569244 • AVE

956.08K • Cir

Middle Center

Hyderabad

Beyond 'Beijing', unlocking a feminist future in India

The Beijing Declaration and Platform for Action is one of the most comprehensive global blueprints for advancing women's rights. India's progress on gender equality stands as a testament to sustained policy efforts, grassroots movements, and the resilience of women and girls.

The Beijing meeting, in 1995, brought together world leaders and 17,000 delegates from 189 countries to agree on a road map to accelerate women's equality through 12 critical "areas of concern". More than 200 Indian women were in attendance along with the Government of India. The areas of concern included poverty reduction, education and training, health, violence against women, women's economic empowerment and influence in decision making. The past three decades have witnessed remarkable strides in many of these dimensions.

Visible evidence of change

The expansion of maternal health care under initiatives such as the Pradhan Mantri Surakshit Matritva Abhiyan and the Pradhan Mantri Matru Vandana Yojana has increased institutional deliveries to 95%. Maternal mortality has dropped from 130 to 97 deaths per 1,00,000 births between 2014 and 2020 (Sample Registration System data). Today, over half of married women (56.5%) choose to use modern contraceptives, giving them greater control over their reproductive health.

The Ayushman Bharat Pradhan Mantri Jan Arogya Yojana, the world's largest government-funded health-care scheme, has provided millions of women with free access to critical medical treatment. Education, a core pillar of the Beijing Platform for Action, has seen notable progress. The 'Beti Bachao Beti Padhao' (BBBP) initiative has played a pivotal role in improving the child sex ratio and increasing school enrolments for girls.

The National Education Policy 2020 has paved the way for higher retention rates and opportunities in the fields of science, technology, engineering, and mathematics (STEM). Though safety concerns in higher secondary education remain in some places, the Ministry of Education has integrated education with skills development and life skills training, charting flexible and



Susan Ferguson

is the Country Representative for UN Women in India, and is a part of Team UN in India



Cynthia McCaffrey

is the Country Representative for UNICEF in India, and is a part of Team UN in India

As India continues its journey toward gender equality, the Beijing Platform for Action remains a guiding framework

inclusive pathways for adolescents. UNICEF has been able to provide support in increasing linkages with broader support systems – improved sanitation reducing menstruation related absences.

Women's economic empowerment has been central to India's gender-equality agenda. Through the National Rural and Urban Livelihood Missions, nearly 100 million women have been connected to financial networks via self-help groups, fostering entrepreneurship and financial independence. The Unified Payments Interface (UPI) has revolutionised financial transactions, with women increasingly using digital platforms for savings and investments.

The Deendayal Antyodaya Yojana-National Rural Livelihood Mission has empowered over 100 million rural women through access to credit, livelihood opportunities, and financial literacy programmes. The Pradhan Mantri Gramin Digital Saksharta Abhiyan has trained over 35 million rural women in digital literacy, ensuring that they are not left behind in the digital revolution. Bridging the digital gender divide has helped women participate in the digital economy.

India has increasingly financed women's empowerment through gender-responsive budgeting. The share of the Gender Budget in the total national Budget has increased from 6.8% in 2024-25 to 8.8% in 2025-26; \$55.2 billion is allocated toward gender-specific programmes. UN Women has been able to provide support for these government efforts.

The shadow of violence

Gender-based violence remains a challenge. The Beijing Declaration called for ending violence against women, yet many women still face violence, here and across the world. The establishment of 770 One Stop Centres has provided essential medical, legal, and psychological support to survivors of violence. The introduction of the Bharatiya Nyaya Sanhita 2023, which came into effect in July 2024, strengthens legal protections and improves women's safety and justice.

The country's efforts to eliminate harmful

practices and strengthen responses include many innovations – a blockchain-based system in Odisha ensures that survivors receive swift, confidential, and coordinated support. Partnerships such as the one between the United Nations Population Fund and the Rajasthan Police Academy, have enhanced gender-responsive policing, building survivor trust, and expanding access to justice.

A powerful force for change lies in the leadership of young women. From climate action to digital entrepreneurship, young leaders are redefining gender.

Initiatives such as the Gender Advancement for Transforming Institutions (GATI) project, which promotes women in STEM, and the G20 TechEquity platform, which has trained thousands of young women in emerging technologies, showcase their potential.

Women have played a pivotal role in India's transformation, driving change, from technology and entrepreneurship to governance and social development. The Women's Reservation Bill, which guarantees 33% legislative representation, builds on local governance successes that have empowered close to 1.5 million women leaders, the largest cohort of women political leaders in the world.

A guiding framework

The 30th anniversary of the Beijing Declaration reinforces that gender equality is not just a women's issue. It is a global imperative. India's progress has been propelled by strong government leadership and capable partners, both local and global. Strengthening collaborations, investing in young women's leadership, and addressing systemic barriers will be key to accelerating action and progress.

The Beijing Platform for Action remains a guiding framework as India continues its journey toward gender equality.

With an unwavering commitment to women-led development, financial inclusion, and social transformation, India is setting a global benchmark for inclusive and sustainable growth – one that is needed in the world today, now more than ever.



The Hindu • 03 Mar • Ministry of Ayush
FROM THE ARCHIVES

7 • PG

182 • Sqcm

136665 • AVE

682.81K • Cir

Bottom Right

Delhi

FROM THE ARCHIVES

The Hindu.

FIFTY YEARS AGO MARCH 3, 1975

WHO boost for Indian medicine

New Delhi, March 2: Traditional systems of medicine are likely to get a boost if a proposal now before the World Health Organisation goes through.

The reported success of the Chinese health care programme has made the WHO evince interest in traditional systems of medicine in various countries, and a group of experts has been busy during the past few months collecting information about Ayurveda and other systems.

This group is said to have come to the conclusion that these systems can be assigned a useful role in national health services. The findings are expected to come up before the WHO General Assembly session in May, and if the recommendations are accepted by member countries, WHO assistance will be forthcoming for schemes to utilise Indian systems of medicine in the rural health care programme.

The WHO group has been on a study tour in India to have an idea of the role played by the Vaidas and Hakims and the people's response. The group visited villages and small towns in Uttar Pradesh and had discussions with medical experts there. The experts have been convinced that practitioners of the Indian systems of medicine are playing a vital role in catering to the health needs not only in rural areas but also in towns, and the answer to the problem of rural medical care lies in deploying Vaidas and Hakims.

A HUNDRED YEARS AGO MARCH 3, 1925

Earthquake in America.

New York, March 2: One man was killed and two women seriously injured through being shaken off the platform of an elevated railway at New York during the earthquake shock yesterday evening. The tremor was felt but seen half a minute and two minutes over a wide area in Canada and the United States. It was the most intense shock registered in New York State since 1755. Many big subway buildings were shaken, but no damage has been reported anywhere.

New Hampshire villagers proceeded to the Church fearing that the end of the world had come.

The Ottawa Seismograph reports indicate that the epicentre of the disturbance was 400 miles East of Ottawa in the vicinity of Saguanay River, Quebec.

The Pioneer • 17 Mar • Ministry of Ayush

Parliamentary committee recommends consolidation of all Ayush drugs

4 • PG

265 • Sqcm

756371 • AVE

634.42K • Cir

Middle Right

Delhi • Bhubaneshwar

Parliamentary committee recommends consolidation of all Ayush drugs

PIONEER NEWS SERVICE ■ New Delhi

A parliamentary committee has recommended the consolidation of all AYUSH drug related standard-setting processes under a single independent drug controller in alignment with the Drugs and Cosmetics Act, 1940, and its associated rules.

To achieve this, the ministry should establish a streamlined and inclusive mechanism that actively involves stakeholders in the development of pharmacopoeial standards, ensuring greater efficiency and uniformity, said the Parliamentary Standing Committee on Health and Family Welfare in a report presented in the Rajya Sabha this week.

Additionally, the Pharmacopoeia Commission for Indian Medicine and Homoeopathy (PCIM and H) and Central Council for Research in Ayurvedic Sciences (CCRAS) may come together to coordinate and collaborate in this initia-

tive, the committee emphasised in its 165th report on "Demands for Grants 2025-26 (Demand No. 4) of Ministry of Ayush". This will enhance the scientific testing and evaluation of a larger number of ASU&H (Ayurveda, Siddha, Unani, and Homoeopathy) drug samples to ensure safety, efficacy, and quality, strengthening the foundation of research and standardisation in the sector.

The committee flagged that the state-wise reach of Arogya Fair/Ayurveda Parv is less compared to the size of India with its 28 states and eight Union Territories.

It recommended that the reach should cover 50 per cent of Indian states in the coming year and eventually all of the country in the near future to propagate the Ayush System for the prevention and treatment of common ailments.

It recommended that the ministry leave no stone unturned in efficiently and effectively implementing the IEC (Information, Education, and

Communication) Scheme, thus generating awareness amongst the common masses, especially in rural, urban slum, hilly and tribal areas. The committee also took note of the financial and physical performance made under the international cooperation scheme with respect to budgetary allocation and set objectives. It recommended that going forward communication should be made with first-world countries like the UK and the US for promoting AYUSH among the Indian diaspora as well as their native citizens.

Underlining the potential in promoting AYUSH-related healthcare travel to India, the panel said that the Ministry has to chalk out strategies to vigorously promote the AYUSH system of medicine in international markets, and support investment and exchange of exports to boost Ayush products in the global market.

"The Ayush Ministry should keep the consideration that Ayush Vision@2047 has a target to enhance the contribution of the

Ayush Sector up to 7.7 per cent of GDP," it said. It suggested that the strategic course of action viz.

Road shows abroad, CMEs for the foreign audience, familiarisation trips, strategic marketing communication through a professional agency, collateral audio-video content and social media marketing can further be taken up by the Ministry for the achievement of the Mission Objective of the scheme. The committee also recommended that the ministry give equitable impetus to all sub-components of the capacity building and continuing medical education (CME) in Ayush under the Ayurgyan Scheme.

Underlining the vital role of research and innovation in Ayush Drugs for prioritised diseases, the committee recommended collecting data on safety, standardisation and quality control for Ayush products and practices in order to develop evidence-based support on the efficacy of Ayush drugs and therapies.

In order to inculcate scientific aptitude and expertise relating to Ayush systems, the ministry should chalk out a strategy for the development of potential human resources and their management in the Ayush system, the report said.

The committee reiterated its recommendation that the outcome of the research scheme should successfully demonstrate the effectiveness of Ayush systems and the novel technology successfully developed out of such research and development must harness the potential of Ayush in the interest of public health delivery. The committee expressed happiness and welcomed the laying of the foundation of a WHO Global Traditional Medicine Centre (GTMC) at Jamnagar, Gujarat and said that increasing collaboration with WHO in the Ayush Sector is significant in the global acceptance of traditional medicine and Ayush healthcare.

Such events will certainly help with the rapid growth of traditional medicine.

The Pioneer • 14 Mar • Ministry of Ayush
Towards a Fit and Trim India

6 • PG

774 • Sqcm

2205703 • AVE

634.42K • Cir

Top Center

Delhi • Chandigarh

Towards a Fit and Trim India

Prime Minister Narendra Modi's latest initiative to combat obesity and curb excessive oil consumption is timely as obesity rates are rising sharply, underscoring urgent need for preventive healthcare and dietary reforms

Prime Minister Narendra Modi's recent initiative to combat obesity and reduce excessive cooking oil consumption has ignited nationwide discussions on health and nutrition. The campaign underscores the importance of preventive healthcare and dietary changes in addressing India's growing obesity crisis. Given the alarming rise in obesity worldwide, this initiative is both timely and necessary and has received support from healthcare professionals, sportspersons, and the World Health Organisation.

India is witnessing a sharp increase in obesity, with the National Family Health Survey (NFHS-5) reporting that 23% of men and 24% of women are now overweight or obese. Urban areas show even higher numbers due to sedentary lifestyles and unhealthy diets. By now, we all know that obesity increases the risk of diabetes, heart disease, hypertension, and certain cancers, placing a heavy burden on India's healthcare system. The WHO has identified obesity as a major global health crisis, and India is rapidly catching up with Western countries in obesity rates.

However, while addressing obesity through lifestyle changes is essential, an even more pressing concern needs urgent attention—food adulteration. In 2018-19, the Food Safety and Standards Authority of India (FSSAI) found that almost one-third of food samples tested in India failed quality checks due to adulteration. Media reports highlight alarming instances of harmful substances being added to food, such as urea, starch, and detergent in milk; synthetic dyes and artificial ripening agents in fruits; chalk in common salt; artificial colors in spices; formalin in fish; iron filings or colored leaves in tea; synthetic whiteners, chalk powder, or soapstone in rice and wheat; and lead chromate in pulses. These adulterants pose serious health risks, including food poisoning, kidney damage, cancer, and neurological disorders.

Food adulteration is now so rampant that, at times, we don't even need food inspectors to detect it. Walk through any vegetable market, and you will see unnaturally shiny apples, bright green peas, pointed gourds, and glossy brinjals. These are not signs of freshness but of harmful chemicals like wax, artificial dyes, and pesticides. Soak vegetables in water, and you may see colors leaching out—clear evidence of adulteration.

While obesity can be managed by raising awareness about the dangers of consuming processed foods with unhealthy



ingredients or overconsuming edible oil and encouraging lifestyle changes, avoiding adulterated food is far more challenging. It is difficult to detect adulteration, and the issue is deeply rooted in systemic flaws in food production and regulation. Unless food adulteration is effectively tackled, even so-called "healthy" choices can be hazardous, exposing consumers to harmful substances despite their best efforts to maintain a nutritious diet.

Due to the widespread issue of food adulteration, many people have stopped eating fruits with their peels or raw salads, fearing pesticide residues and chemical coatings. This shift highlights how food adulteration forces people to compromise on natural and healthier eating habits, ultimately hindering efforts to promote a balanced diet and combat obesity.

With adulteration becoming so prevalent, it's no surprise that people are turning to organic food. The organic food market is expanding rapidly worldwide. In India, it was valued at around \$1.5 billion in 2023 and is projected to reach \$8.9 billion by 2032. However, organic food in India is much costlier than conventionally grown food, making it less accessible to middle—and lower-income groups. To make matters worse, fake organic labels

have become a growing concern. As demand rises, many brands and sellers misuse the "organic" tag, passing off conventionally grown food at a premium price under the guise of organic produce. If left unchecked, this defeats the very purpose

of switching to organic food, leaving us right back where we started.

PM Modi's past campaigns, such as Swachh Bharat Abhiyan and the promotion of yoga through the International Day of Yoga, have demonstrated his ability to mobilise public participation and drive meaningful change. His efforts to combat obesity are also likely to strike a chord with the masses. However, while his past initiatives have successfully influenced public hygiene and global health trends, his latest campaign against obesity will have a meaningful impact only if the issue of food adulteration is effectively addressed.

In the fight against obesity, food adulteration is the elephant in the room. Addressing it first will ensure that when

Indians make healthier choices, they are truly consuming safe and nutritious food.

Prime Minister Narendra Modi's initiative to combat obesity and reduce excessive cooking oil consumption is a crucial step toward improving public health in India.

Indeed, rampant food adulteration undermines even the best health-conscious efforts, exposing consumers to harmful substances despite their intent to eat well. The presence of hazardous chemicals in everyday foods, from fruits and vegetables to dairy and staples, poses severe health risks.

PM Modi's past campaigns have successfully driven large-scale behavioral changes, and his anti-obesity initiative holds similar promise. However, its success depends on a holistic approach that includes stringent food safety regulations, public awareness about adulteration and affordable access to truly healthy food.

Strengthening regulatory frameworks, enforcing stricter penalties for food fraud, and promoting verified organic practices can help bridge the gap.

(The writer is Additional Director, Research Division, Rajya Sabha Secretariat. Views expressed are personal)



VISHWARUPA BHATTACHARYA

The Pioneer • 10 Mar • Ministry of Ayush
J and K achieves single digit neonatal mortality rate

4 • PG

220 • Sqcm

131997 • AVE

268.96K • Cir

Middle Right

Chandigarh • Delhi

J and K achieves single digit neonatal mortality rate

PRESS TRUST OF INDIA ■ Jammu

The neonatal mortality rate (NMR) has reached single digit at 9.8 per 1,000 live births in Jammu and Kashmir, recording a 13.3-point decrease, while the sex ratio at birth has recorded significant improvement from 923 to 976, official data showed.

The infant mortality rate (IMR) also dipped to 16.3, marking a drop of 16.1 points, according to the Economic Survey Report for 2024-25 tabled by the Jammu and Kashmir government in the Assembly on March 6.

The report said the government is continuing its efforts to enhance basic health infrastructure at all levels, including technical manpower and medical equipment to provide improved healthcare delivery with special focus on maternal and child health, communicable and non-communicable diseases, and to face the upcoming challenging ailments.

Jammu and Kashmir has moved forward from the category of 'performers' to 'front-runners', as per the SDG India Index 2023-24 released by the NITI Aayog, with the score of the health sector increasing from 70 to 78.

"The NMR has reached a single digit of 9.8 per 1,000 live births, a 13.3-point decrease, while the IMR has dipped to 16.3 with a decrease of 16.1 points. Sex ratio at birth also recorded a significant improvement, from 923 to 976," the report said.

The percentage of fully-immunised children against preventable diseases has increased to 96.5 per cent, it said.

Institutional births have increased from 85.6 per cent to 92.40 per cent, while life expectancy at birth in J-K has reached 74.3 years — the highest in the country after Kerala and Delhi — against a national average of 70 years, the report said.

Since its inception, 100 per cent families have registered and 86.12 Lakh Ayushman Golden cards have been issued under the AB-PMJAY — SEHAT scheme, it said, adding that this initiative has facilitated treatments worth ₹2,800 Crore, benefiting 15 Lakh individuals.

As many as 489 ambulances have been geo-tagged and integrated with online 108 or 102 ambulatory services.

These efforts have enabled quick response times (average response time less than half-an-hour) and served more than 4.50 lakh beneficiaries since August 2020.

Over the past four years, J and K has significantly expanded its healthcare workforce, including hiring of 10,919 doctors and paramedical staff under the National Health Mission (NHM), alongside filling up of 36,274 regular positions in health and medical education, besides supporting 13,965 ASHA workers, the report said.

Infrastructural upgradation and consolidation of health institutions include two AIIMS, two state cancer institutes and two bone and joint hospitals, the report said.

The Pioneer • 09 Mar • Ministry of Ayush
Register on e-Shram Portal for formal recognition

8 • PG

112 • Sqcm

37928 • AVE

275K • Cir

Middle Left

Hyderabad

Register on e-Shram Portal for formal recognition

Labour min urges gig, platform workers

PNS ■ NEW DELHI

Ministry of Labour and Employment on Saturday said it has urged gig and platform workers to register on the e-Shram Portal for formal recognition and access to AB-PMJAY benefits.

The gig and platform economy is expanding, offering new jobs in sectors like ridesharing, delivery, logistics, and professional services, a labour minister statement said.

Niti Aayog has projected that the gig economy in India will employ over 1 crore workers in 2024-25, subsequently reaching 2.35 crore by 2029-30, it added.

Recognising the contribution of the gig and platform workers to the nation's economy, Union Budget 2025-26 has announced provisions for registration of online platform workers on the e-Shram portal, issuance of identity cards, and healthcare coverage

under Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY).

The AB-PMJAY health scheme provides a cover of Rs 5 lakh per family per year for secondary and tertiary care hospitalisation across over 31,000 public and private empanelled hospitals in India.

For early implementation of these Budget provisions, the

Ministry of Labour and Employment will soon launch the scheme.

As a first step, the ministry has requested the platform workers to self-register themselves on the e-Shram portal, so that they may be considered for the benefits under the scheme at the earliest, the statement said.

The platform aggregators are also to disseminate this information among the platform workers engaged with them and facilitate them to register on the e-Shram portal.



The Pioneer • 09 Mar • Ministry of Ayush
Women's Day celebrated Grandly in Telangana Gurukul Schools

3 • PG

179 • Sqcm

60848 • AVE

275K • Cir

Top Right

Hyderabad



Women's Day celebrated Grandly in Telangana Gurukul Schools

PNS ■ HYDERABAD

Telangana Social Welfare Residential Educational Institutions Society (TGSWREIS) celebrated International Women's Day with a series of inspiring sessions and cultural programs across its schools and colleges. TGSWREIS Secretary Dr Alagu Varshini conducted a Zoom meeting on Saturday, where distinguished speakers from various fields addressed the students, instilling confidence and motivation among them. The event focused on empowering girl students, teaching them how to overcome stress, achieve self-sufficiency, and understand their role and responsibilities in society.

Retired IAS officer Chaya Rachan, addressing the students, emphasised the importance of staying happy and maintaining a positive outlook. She advised students to always wear a smile and not dwell on what they might have lost. She highlighted that a cheerful demeanor not only keeps one's spirits high but also influences others positively. She encouraged the students to work hard towards self-sufficiency and avoid dependency on others.

Comparing Gurukul schools to government schools, she pointed out that the former provide significantly better facilities and resources. She urged students to utilise their time wisely, set clear goals, and plan their academic journey efficiently. She also stressed the importance of maintaining good health, suggesting that students start kitchen gardens at home to grow fresh vegetables and fruits, which would contribute to their overall well-being.

UPSC Chairman Preeti Sudan spoke about the challenges she faced in preventing the establishment of an e-cigarette company in undivided Andhra Pradesh. She explained how she coordinated between policymakers and officials to halt the company's operations, thus preventing potential health hazards for many. She remarked that good decisions often come with difficulties but have long-term benefits for public welfare. She also expressed her pride in having played a key role in launching nationwide initiatives such as 'Beti Bachao, Beti Padhao' and 'Ayushman Bharat,' emphasizing that great ideas emerge when one thinks about the well-being of the nation.

Dr Sirisha, MD (Medicine) at SVIMS Tirupati, shared her experiences of cracking the medical entrance exam without expensive coaching. She recalled her time studying at a Gurukul college and how, in those days, students relied solely on textbooks. She urged students to make full use of the digital resources, libraries, and study materials now available to them and advised them to remain disciplined and respect their teachers and parents.

TGSWREIS Secretary Dr Alagu Varshini, addressing the students, stated that there are no external enemies in life; instead, individuals

The Pioneer • 07 Mar • Ministry of Ayush
Frame more vibrant medical curriculum, says Nadda

4 • PG

251 • Sqcm

715007 • AVE

634.42K • Cir

Middle Right

Delhi

Frame more vibrant medical curriculum, says Nadda

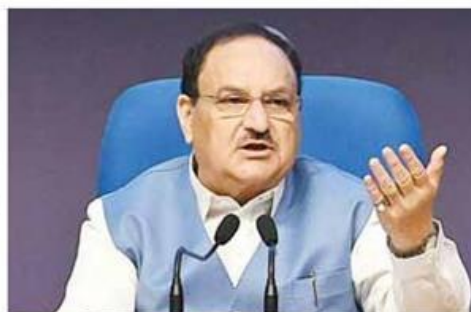
PIONEER NEWS SERVICE ■
NEW DELHI

Union Health Minister JP Nadda has advocated the inclusion of the latest technological advancements, artificial intelligence, telemedicine and digital healthcare in the revised medical education curriculum. In his address at a post-budget webinar series organised by the Health Ministry on Wednesday, he sought the framing of a curriculum that is more vibrant, meaningful and fit to current challenges and makes optimum use of existing infrastructure and medical faculty. He emphasised the need for adding soft skills to increase the empathy, ethics and communication skills of the medical students and said that

"the biggest investment is the investment in people". Nadda underlined that the government was working with a "holistic approach" that focuses not only on the curative aspect but also on the preventive, palliative and rehabilitative approach to patient care.

"We are also trying to include AYUSH and other medical systems to ensure the availability and access to healthcare for the people," Addressing the event, Nadda said, "Since cancer treatment is a lengthy process with a long cycle of chemotherapy, the government is focusing on engaging with Day Care Cancer Centres rather than big hospitals to ensure engagement of patients post-chemotherapy sessions."

"The government will establish Day Care Cancer Centres in all district hospitals over the next three years. Two hundred of these will be set up this year itself." Underlining the importance of strengthening the medical health system, Nadda reiterated the budget announcements of introducing new medical seats and highlighted the government's efforts to ensure the availability and accessibility of quality healthcare to people through more than 1.75 Lakh Ayushman Aarogya Mandirs. The minister said that the number of medical colleges has increased from 387 in 2014 to 780 now and underlined that there has been a 130 per cent rise in the



Union Health Minister JP Nadda

Pioneer Photo

number of seats for undergraduate and a 135 per cent growth in seats for postgraduate courses during the same period. He also supported the suggestions made during the

webinar such as faculty pooling among medical institutes, hiring retired teachers as visiting faculties to make unviable institutions viable, incorporating competency-based medical

education, early clinical exposure for students, and enhanced communication skills for both students and faculty. Highlighting the developments made in medical infrastructure for cancer care, Nadda mentioned the establishment of the National Cancer Institute at AIIMS-Jhajjar, the upgradation of Chittaranjan National Cancer Institute in Kolkata and the setting up of oncology departments in all 22 AIIMS. Citing a recent LANCET study, he underlined that "timely cancer treatment initiation has improved significantly because of the Ayushman Bharat Jan Aarogya Yojna. Patients enrolled under AB-PMJAY saw a 90 per cent rise in access to cancer treatment within 30 days."

The Pioneer • 06 Mar • Ministry of Ayush

Healthcare divide: How tier-II and III cities are transforming medical

7 • PG

394 • Sqcm

134109 • AVE

275K • Cir

Bottom Left

Hyderabad

Healthcare divide: How tier-II and III cities are transforming medical

Investments in advanced medical technology and government initiatives like Ayushman Bharat are making healthcare more accessible in tier II and III cities

Healthcare facilities in tier-II and III cities have long struggled with the disparity between affordability and accessibility of quality healthcare services. These cities often lack well-equipped medical centres, forcing patients to travel to nearby metropolitan areas for advanced treatment. The shortage of trained medical professionals further exacerbates the problem.

The doctor-to-patient ratio in these cities remains significantly below the WHO-recommended standard of 1:25,000. One of the major factors behind this situation is the concentration of healthcare resources in metropolitan areas. Government hospitals in smaller cities often grapple with overcrowding, long waiting lines, and outdated infrastructure. Meanwhile, private hospitals that offer advanced treatments are often unaffordable for the majority of the population. This leaves patients with limited options, pushing them to seek care in distant metro cities.

However, in recent years, several hospitals in tier-II cities have made significant strides in bridging this gap. The emergence of well-equipped hospitals outside major metropolitan areas is proving to be a game-changer for patients who previously had to travel long distances for treatment. Health Institutions like Subharti Hospital in Meerut exemplify how tier-II cities are evolving to provide comprehensive and affordable healthcare not only under



KRISHNAMURTHY

the Ayushman Bharat Mission but also for uninsured patients, reducing dependence on metropolitan hospitals.

Ayushman Bharat and Affordability

One of the biggest challenges in tier-II and III cities is making advanced healthcare both available and affordable.

Many private hospitals offer high-end treatment facilities, but their pricing structures make them inaccessible to a significant portion of the population.

To address this issue, some hospitals are designing cost-effective treatment models that prioritize patient affordability without compromising on quality. Additionally, government schemes and insurance programs such as Ayushman Bharat-PMJAY need to be further expanded and better implemented in these regions. Many eligible patients are unaware of their entitlements under schemes like PMJAY, leading to underutilization of available resources. Increased awareness and streamlined implementation of such initiatives can make a significant difference in ensuring financial accessibility to quality healthcare.

Advancements in Medical Technology

Traditionally, hospitals in non-metro areas have



been perceived as lacking advanced infrastructure and specialized treatment options. However, this perception is gradually changing.

Many healthcare institutions such as Subharti Hospital in Meerut are now investing in cutting-edge medical technology, including advanced imaging facilities such as digital PET scans, high-resolution MRI and CT scans, and modern oncology treatment options like chemotherapy and radiation therapy.

The availability of these services locally is significantly reducing the burden on patients who would otherwise have to commute to larger cities.

A breakthrough in Meerut is the introduction of comprehensive treatment centres, particularly in fields like oncology. Cancer patients, for example, often face logistical and financial challenges when forced to visit different hospitals for diagnosis, surgery, chemotherapy, and radiation therapy.

The integration of these services under one roof in tier-II cities is improving patient outcomes and reducing treatment delays. Subharti Hospital, for instance, has emerged as a reliable healthcare provider in Western Uttar Pradesh, offering a full spectrum of oncology services in a single location, saving patients valuable time and resources.

The Road Ahead

Ensuring quality healthcare in tier-II and III cities requires a multi-pronged approach that includes expanding medical infrastructure, ensuring equitable resource distribution, increasing investment in medical education to address the shortage of trained professionals, and encouraging partnerships to enhance healthcare accessibility. As healthcare in India evolves, tier-II and III cities are poised to play a crucial role in expanding medical access beyond metropolitan areas.

Continuous efforts are needed to overcome existing challenges and create a healthcare system that is truly inclusive and accessible to all. With a focused approach towards affordability, accessibility, and technological advancements, the future of healthcare in non-metro regions holds immense potential. By addressing these challenges head-on, tier-II and III cities can become the next frontier in India's healthcare transformation.

(The writer is the Deputy Medical Superintendent of Subharti Hospital, Meerut. Views expressed are personal)

The Pioneer • 06 Mar • Ministry of Ayush

Healthcare divide: How tier- II and III cities are transforming medical access

7 • PG

371 • Sqcm

222580 • AVE

268.96K • Cir

Bottom Left

Chandigarh

Healthcare divide: How tier-II and III cities are transforming medical access

Investments in advanced medical technology and government initiatives like Ayushman Bharat are making healthcare more accessible in tier II and III cities

Healthcare facilities in tier-II and III cities have long struggled with the disparity between affordability and accessibility of quality healthcare services. These cities often lack well-equipped medical centres, forcing patients to travel to nearby metropolitan areas for advanced treatment. The shortage of trained medical professionals further exacerbates the problem.

The doctor-to-patient ratio in these cities remains significantly below the WHO-recommended standard of 1:1000, often reaching alarming ratios such as 1:25,000. One of the major factors behind this situation is the concentration of healthcare resources in metropolitan areas. Government hospitals in smaller cities often grapple with overcrowding, long waiting lines, and outdated infrastructure. Meanwhile, private hospitals that offer advanced treatments are often unaffordable for the majority of the population. This leaves patients with limited options, pushing them to seek care in distant metro cities.

However, in recent years, several hospitals in tier-II cities have made significant strides in bridging this gap. The emergence of well-equipped hospitals outside major metropolitan areas is proving to be a game-changer for patients who previously had to travel long distances for treatment. Health institutions like Subharti Hospital in Meerut exemplify how tier-II cities are evolving to provide comprehensive and affordable healthcare not only under



KRISHNAMURTHY

the Ayushman Bharat Mission but also for uninsured patients, reducing dependence on metropolitan hospitals.

Ayushman Bharat and Affordability

One of the biggest challenges in tier-II and III cities is making advanced healthcare both available and affordable.

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The Pioneer • 06 Mar • Ministry of Ayush

Healthcare divide: How tier-II and III cities are transforming medical access

7 • PG

371 • Sqcm

1057256 • AVE

634.42K • Cir

Bottom Left

Delhi

Healthcare divide: How tier-II and III cities are transforming medical access

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(The writer is the Deputy Medical Superintendent of Subharti Hospital, Meerut. Views expressed are personal)

The Pioneer • 03 Mar • Ministry of Ayush Yogasanas For Belly Fat Loss

11 • PG

1048 • Sqcm

2987400 • AVE

634.42K • Cir

Top Left

Delhi

YOGASANAS FOR BELLY FAT LOSS

SURYA NAMAKSARA:
A series of 12 asanas combined to form a perfect combination we call *sun salutation*. It is also known as the mother of all asanas. It starts with namaste and stretching the abdomen and then stretching the hamstrings bending forward and so on! The sequence we all know it, if you don't and are completely new to it, just google it. It will burn the fat faster resulting in a smooth and toned belly shape that every person desires when roaming beachside. There is and never be another substitute for *Surya Namaskar*. It helps in overall blood circulation in the body and stretching abdomen muscles resulting in good appetite and reduced bowel problems.

BY YASH GUPTA

Obesity is the most common problem among the elderly as well as the youth, the people and their lifestyle are forcing them to walk and have poor posture, which results in low confidence and prone to diseases. Due to sitting all day in front of a computer and workstations, it is obvious the belly from the button will say hello before you can speak. So, if you think there is a remedy that will burn the fat without you moving an inch, everyone would do it. It's better to choose your hard, either regret or discipline. Here we will look at the top 5 yoga asanas to reduce belly fat quickly. The flatter the stomach the more fabulous the life. Health is the new currency of the era. Make sure you own it and keep the wealth as long you live.

The author is an Art of Living faculty, meditation & mind coach, professional yoga trainer.

NAUKASANA
Also known as the boat pose/posture. Looks very tough but with practice the core muscles function well and get those 3D abs. All you have to do is lie down on your back and lift your arms, feet, and eyes in the same line. At least 6 inches off from the ground, hold the position for at least 30 seconds, and later you can progress the number of times and for a longer duration. It promotes burning belly fat and building stabilized core muscles. Advisable to do an empty stomach and women on periods must avoid the asana. Make sure to continue breathing while holding onto the posture and relax in *Shavasana* very slowly.

PURN-PAVANMUKTASANA
Another wonderful and effective way to burn belly fat is to perform *pavanmuktasana*, as the name suggests yes you thought that right, it not only promotes belly fat loss but helps in gastric issues in the system. Simply lie down on your back bring both your knees to your chest and place your arms around your legs like you are giving a hug, keep breathing and duck your nose in between your knees. Hold this position for 20-30 seconds and right before releasing the stretch, you may rock like a child back and forth and side to side. It will give a good massage to your spine and previously mentioned in earlier articles, a healthy spine healthy life. People with knee problems must do it under supervision.

PADA CHAKRASANA
One's favourite exercise for belly fat loss is *leg rotation*. It is indeed the most effective way to build a strong core. It works on every single muscle major and minor, from the torso to the hips. Every muscle group is involved, working on the inner thighs and hip abductors. Just as above simply lie down with the same hand placement you have to do is keep your feet together and rotate your legs in a circular motion clockwise and anti-clockwise. Make big circles like from up and coming down barely touching the ground and with the strength of your core and groin bone raise your leg in a circular motion.

PADA SANCHALANASANA
Let me simplify, cycling. You don't have to go for cycling outside. Just relax and lie down on your back place your palms on the ground for support (personal recommendation to put both your palms in a diamond shape under your lower back, gives you comfort) and lift your legs. Start cycling and you will feel a lot of muscles saying "hello" and "save me" and if you are not used to this exercise "let's stop for now". Don't worry, until to trick your mind you will never achieve the rewards if keep listening to your mind. Do it for 15-20 seconds clockwise and 15-20 seconds anti-clockwise 2-3 times each. Works magic, but there is always a price to pay.

TAKE CARE OF:
When performing *Pada Sanchalanasana* keep in mind to maintain proper alignment of your spine, core muscles & leg movements with your breath to avoid strain on lower back.

- Work on yourself, because it is the only thing that will stay.
- Work on yourself because it is the only thing you are working on at the end of the day.
- Work on yourself because you have to leave a legacy behind
- Work on yourself because this is how you win the mind.

The Pioneer • 01 Mar • Ministry of Ayush
Finding money for 'freebies': BJP faces an uphill task

7 • PG

852 • Sqcm

289822 • AVE

275K • Cir

Top Center

Hyderabad • Delhi • Chandigarh

Finding money for 'freebies': BJP faces an uphill task



UTTAM GUPTA

The challenge now is not just about delivering on electoral promises but also about balancing an already precarious fiscal equation that could see deficits skyrocket



Having swept the polls in the National Capital Territory (NCT) of Delhi with a clinching 2/3rd majority, Rekha Gupta-led BJP - government faces the daunting challenge of having to find money to fulfil its poll promises. Amongst others, the BJP had promised Rs 2,500 a month to women under Mahila Samridhi Yojana (MSY); Rs 21,000 to pregnant women; LPG cylinders for Rs 500 and free cylinder on Holi and Diwali; a stipend of Rs 1000 a month to SC students pursuing technical and vocational courses; free education for needy students from KG to PG; free travel for students on Delhi Metro; Atal Canteens in Jhuggi Basti clusters providing nutritional meals for Rs 5 only; implementation of Ayushman Bharat scheme and additional cover of Rs 5 lakh for senior citizens. BJP had also vowed to continue all existing schemes such as free electricity and free water (for monthly consumption up to a specified threshold) run by the erstwhile AAP - dispensation under the then Chief Minister, Arvind Kejriwal.

How much will these freebies cost?
Let us look at the Mahila Samridhi Yojana (MSY) under which the party has promised to give cash assistance of Rs 2500 per month to every woman. The number of women above the age of 18 years in Delhi is around 6700,000. @ Rs 2500 per month or Rs 30,000 annually to each woman, giving cash assistance to them all will require Rs 20,100 crore per annum (0.67x30,000). The assistance to pregnant women @Rs 21,000 per woman, taking a total of about 1500,000 pregnant women will cost around Rs 3150 crore annually.

As for subsidy on LPG, take consumption of 4 cylinders (14 kg each) per household (HH) in a year. The current cost of supplying a cylinder is around Rs 1000. For two cylinders (Holi and Diwali) promised to be given free, the subsidy will be Rs 2000 whereas for the other two to be given @ Rs 500 each, the outgo will be Rs 1000. This gives an annual subsidy of Rs 3000 per HH. The current population of Delhi is 330 lakh. Taking an average of 4 members per HH,



NOW, CONSIDER THE IMPACT OF BJP PROMISES. MODI HAS GUARANTEED THAT EXISTING SCHEMES WON'T BE DISCONTINUED. SO, FREE ELECTRICITY/WATER COSTING RS 11,000 CRORE WILL STAY. ADD TO THIS, THE FRESH GUARANTEES WHICH WOULD BE AT LEAST ABOUT RS 30,000 CRORE

we get a total of over 82.5 lakh HHs. Multiplied by Rs 3000 being the subsidy per HH, the annual outgo comes to Rs 2500 crore. Look at free education for needy students from KG to PG. According to the latest data available, around 10 per cent of Delhi's population was considered below the poverty line in 2011-12. On this basis, the number of poor persons comes to 33 lakh (330x0.1). About one-third of this or 11 lakh would be persons in the studying age 4 - 25 years. Taking the average expense of educating a child in India at the bare minimum of Rs 20,000 per annum, the total annual expense on "needy students" in the city would be about Rs 2200 crore (0.11x20,000). The additional burden of these four promises alone on the Delhi government's budget is Rs 27,950 crore (20,100+3150+2500+2200). Other freebies would blot this figure by several thousand crore. Let us take the total to be around Rs 30,000 crore.

What is the current state of Delhi's finances?
For the current financial year (FY) 2024-25, the total expenditure of the Delhi government is estimated at Rs 76,000 crore. This includes revenue expenditure (RE) of Rs 61,000 crore and capital expenditure (CE) of Rs 15,000 crore. Against this, the total revenue receipts or RR (tax plus non-tax receipts including transfer from the Central government) is estimated at around Rs 58,000 crore. That leaves a revenue deficit or RD (RR - RE) of Rs 3000 crore. This is disconcerting when seen in the backdrop of Delhi's potential to generate substantial surplus given two fundamental factors working to its advantage.

First, due to its special status of being NCT, three major functions namely law and order, police and land

come under the Centre's jurisdiction hence, the latter foots the bill for expenses on those functions. Second, Delhi being a major hub of economic activity, its propensity to garner its tax revenue in terms of higher GST collection besides VAT on petrol and diesel and excise duty and VAT on alcohol (these products are outside the GST regime) is greater.

The RD will increase drastically when we consider the cost of servicing the loans taken by various departments of the Delhi government such as the Delhi Jal Board (DJB): over Rs 70,000 crore and Delhi Transport Corporation (DTC): Rs 60,000 crore (according to the CAG, these are cumulative losses of DTC as at end of FY 2021-22 and would have ballooned further during the following three FYs till end March 2025). The liability for servicing those debts is vested entirely in the NCT government and should be reflected in its balance sheet. Look at the fiscal deficit (FD) which is the excess of total receipts over total expenditure. For FY 2024-25, it is estimated at Rs 18,000 crore which is 80 per cent higher than the FD during FY 2023-24 at Rs 10,000 crore. The surge is despite a steep reduction of over 30 per cent in CE from the budget estimate (BE) of Rs 22,000 crore for FY 2023-24 to Rs 15,000 crore for FY 2024-25.

If interest payments on loans taken by DJB and DTC (Rs 130,000 crore plus) which are merely adding to the mountain of debt on the books of those departments year after year are also included, the FD would be much higher. The situation had come to such a pass that the then CM Atishi had approached the Centre seeking a loan of Rs 10,000 crore from the National Small Savings Fund (NSSF). The precariousness of the state's finances has a lot to do with the galloping freebies and irregularities and mismanagement in running various schemes and overall governance on a monumental scale. During 2024-25, the cost of free electricity and free water alone is estimated to be about Rs 11,000 crore. According to CAG, during 2015-16 and 2021-22, the losses of DTC went up by Rs 35,000 crore and that was due to both free bus rides and misgovernance.

Now, consider the impact of BJP promises. Modi has guaranteed that existing schemes won't be discontinued. So, free electricity/water costing Rs 11,000 crore will stay. Add to this, the fresh guarantees which would be at least about Rs 30,000 crore. This takes the RE from Rs 61,000 crore during FY 2024-25 to Rs 91,000 crore during FY 2025-26 (assuming all other things remain unchanged). The RR is Rs 58,000 crore, we get RD of Rs 33,000 crore - up from Rs 3000 crore budgeted for FY 2024-25.

The incumbent government has also promised to clean Yamuna River, clean the air, renovate/build roads, cleanse the drainage systems, build and renovate hospitals and schools in fact, take up and complete a host of physical and social infrastructure projects needed for ensuring a good quality life for Delhiites. That means even if CE is restored to 2023-24 level Rs 22,000 crore, that won't be enough. Even with this insufficient level, the total expenditure will be Rs 113,000 crore. Minus RR of Rs 58,000 crore, we get FD of Rs 55,000 crore. Put simply, the Centre will have to arrange for at least Rs 55,000 crore to enable the BJP to live up to its promises for Delhi.

(The writer is a policy analyst; views are personal)

Daily Thanthi Next • 17 Mar • Ministry of Ayush
Single independent drug controller for AYUSH mooted

6 • PG

202 • Sqcm

162000 • AVE

1.65M • Cir

Top Center

Chennai

Single independent drug controller for AYUSH mooted

NEW DELHI: A parliamentary committee has recommended the consolidation of all AYUSH drug-related standard-setting processes under a single independent drug controller in alignment with the Drugs and Cosmetics Act, 1940, and its associated rules.

To achieve this, the ministry should establish a streamlined and inclusive mechanism that actively involves stakeholders in the development of pharmacopoeial standards, ensuring greater efficiency and uniformity, said the Parliamentary Standing Committee on Health and Family Welfare in a report presented in the Rajya Sabha this week.

Additionally, the Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H) and Central Council for Research in Ayurvedic Sciences (CCRAS) may come together to coordinate and collaborate in this initiative, the committee emphasised in its 165th report on "Demands for Grants 2025-26 (Demand No. 4) of Ministry of Ayush."

This will enhance the scientific testing and evaluation of a larger number of ASU&H (Ayurveda, Siddha, Unani, and Homoeopathy) drug samples to ensure safety, efficacy, and quality, strengthening the foundation of research and standardisation in the sector.

The committee flagged that the state-wise reach of Arogya Fair/Ayurveda Parv is less compared to the size of India with its 28 states and eight Union Territories.

It recommended that the reach should cover 50 per cent of Indian states in the coming year and eventually all of the country in the near future to propagate the Ayush System for the prevention and treatment of common ailments.

It recommended that the ministry leave no stone unturned in efficiently and effectively implementing the IEC (Information, Education, and Communication) Scheme, thus generating awareness amongst the common masses, especially in rural, urban slum, hilly and tribal areas.

The committee also took note of the financial and physical performance made under the international cooperation scheme with respect to budgetary allocation and set objectives.

It recommended that going forward communication should be made with first-world countries like the UK and the US for promoting AYUSH among the Indian diaspora as well as their native citizens.

Underlining the potential in promoting AYUSH-related healthcare travel to India, the panel said that the Ministry has to chalk out strategies to vigorously promote the AYUSH system of medicine in international markets, and support investment and exchange of exports to boost Ayush products in the global market.

"The Ayush Ministry should keep the consideration that Ayush Vision@2047 has a target to enhance the contribution of the Ayush Sector up to 7.7 per cent of GDP," it said.

The Tribune • 16 Mar • Ministry of Ayush

Budget cuts may hurt Ayush Ministry's health schemes, warns Pad committee

7 • PG

242 • Sqcm

732149 • AVE

893.04K • Cir

Bottom Center

Chandigarh • Delhi

Budget cuts may hurt Ayush Ministry's health schemes, warns Parl committee

AKSHEEV THAKUR

TRIBUNE NEWS SERVICE

NEW DELHI, MARCH 15

A parliamentary panel has raised concerns over the reduced budget estimates for the Ayush Ministry in 2025-26, warning that the funding shortfall could negatively impact health schemes and projects.

According to the report by the parliamentary standing committee, chaired by Rajya Sabha MP Ram Gopal Yadav, the ministry projected demand of Rs 5,408.48 crore for 2025-26 against which an amount of Rs 3992.9 crore has been allocated in budget estimates, creating a deficit of ₹1,415.58 crore. The committee expressed apprehension that this reduced allocation would hinder the ministry's ability to implement its originally planned initiatives.

The report further pointed out that despite previous recommendations in its 108th and

128th reports to allocate 5% and 10% of the total health budget to Ayush, the allocation has been steadily decreasing since 2023-24. In comparison, the budget for the Department of Health and Family Welfare has continued to grow. The committee urged the ministry to submit stronger proposals to the Ministry of Finance, backed by well-planned schemes, to justify an increased budgetary allocation.

A major concern highlighted in the report was the ministry's limited financial resources to expand AYUSH services in underserved and remote areas.

"The need to establish integrated AYUSH hospitals in many districts has a high financial requirement. The committee also observes that the ministry is not fully utilising the funds allocated to it. It is crucial to optimise resource utilisation by implementing

strategies that improve the efficiency and effectiveness of existing programs, focusing on high-impact interventions in priority areas, and establishing robust tracking systems to monitor spending and identify the most effective resource allocation," the report said.

The panel also suggested that a strategic approach to infrastructure expansion is necessary wherein the integrated AYUSH hospitals in underserved districts through a phased approach should be established.

The National Ayush Mission (NAM), being a centrally sponsored scheme where Center and States have fund share like 60% and 40%.

The panel, in the report mentioned that some states and Union Territories (UTs) had expressed their inability to contribute their share.

The Tribune • 14 Mar • Ministry of Ayush
Delhi set to roll out Ayushman Bharat insurance scheme

13 • PG

95 • Sqcm

286613 • AVE

893.04K • Cir

Top Center

Chandigarh

Delhi set to roll out Ayushman Bharat insurance scheme

TRIBUNE NEWS SERVICE

NEW DELHI, MARCH 13

The Delhi Government and the Union Health Ministry will sign a memorandum of understanding (MoU) on March 18 to implement the Pradhan Mantri Ayushman Bharat Health Infrastructure Mission (PM-ABHIM) in the national capital, official sources said on Thursday.

PM-ABHIM, a Centrally-sponsored scheme (CSS) with some Central sector components, has a total outlay of Rs 64,180 crore for the period 2021-22 to 2025-26. The scheme aims to introduce systemic health reforms, integrating and strengthening healthcare services at primary, secondary and tertiary levels. It also focuses on pandemic preparedness and disaster response.

Chief Minister Rekha Gup-

National capital, Health
Ministry to ink pact
on March 18

ta, in her first Cabinet meeting, approved the implementation of the Ayushman Bharat scheme with an additional Rs 5 lakh top-up.

Fulfilling a key promise from the BJP's election manifesto, the scheme will provide free treatment up to Rs 5 lakh under Ayushman Bharat, while the Delhi Government will offer an additional Rs 5 lakh to low-income households, effectively increasing coverage to Rs 10 lakh per family.

Additionally, the manifesto outlines free OPD and diagnostic services for senior citizens aged 70 and above, along with free treatment coverage of up to Rs 10 lakh.

The Tribune • 14 Mar • Ministry of Ayush
Minister's surprise visit to Fgarh Sahib hospital

7 • PG

73 • Sqcm

221955 • AVE

893.04K • Cir

Middle Right

Chandigarh

Minister's surprise visit to Fgarh Sahib hospital

OUR CORRESPONDENT

FATEHGARH SAHIB, MARCH 13
Health Minister Dr Balbir Singh today conducted a surprise checking at the district hospital.

He inspected various departments, including eye, bone, gynaecology, OPD, medicine and surgery, and interacted with the patients and took stock of the health facilities being provided to them.

Seeing long queues of patients at the registration counter, he directed SMO Dr KD Singh to ensure that registration begins at 8.30 am,

half an hour before the hospital OPDs open. He warned the doctors and staff that negligence in health services or dereliction of duty will not be tolerated. He issued directions to make patients aware of ABHA (Ayushman Bharat Health Account), so that they could take advantage of online registration.

The minister instructed Civil Surgeon Dr Davinderjit Kaur to make sure doctors prescribed medicines available at the hospital. He also said it should be ensured that all laboratory tests, X-rays, ultrasounds, etc, were conducted in the hospital itself.

The Tribune • 13 Mar • Ministry of Ayush
People living near river drains face high cancer risk: Govt

9 • PG

173 • Sqcm

522569 • AVE

92.25K • Cir

Middle Center

Delhi

People living near river drains face high cancer risk: Govt

TRIBUNE NEWS SERVICE

NEW DELHI, MARCH 12

The Centre informed Parliament that a recent study by the Indian Council of Medical Research (ICMR) has found that people living near river drains face a significantly higher risk of cancer. The study revealed that hazard quotients in these areas exceeded the threshold limit, posing severe carcinogenic health risks.

Minister of State for Health and Family Welfare Prataprao Jadhav told Parliament that the research showed high levels of lead, iron and aluminium in these regions, exceeding the permissible limits set by the Central Pollution Control Board.

HIGH LEVELS OF LEAD, IRON & ALUMINIUM

■ Minister of State for Health and Family Welfare Prataprao Jadhav told Parliament that the research showed high levels of lead, iron and aluminium in these regions, exceeding the permissible limits set by the Central Pollution Control Board

■ Addressing concerns over cancer treatment, Jadhav emphasised the govern-

ment's commitment to expanding cancer care through the strengthening of tertiary care cancer facilities scheme

■ Under this initiative, 19 State Cancer Institutes (SCIs) and 20 Tertiary Care Cancer Centres have been approved to provide advanced diagnostic and treatment services

lution Control Board.

Addressing concerns over cancer treatment, Jadhav emphasised the government's commitment to expanding cancer care through the strengthening of tertiary care cancer facilities scheme.

Under this initiative, 19 State Cancer Institutes (SCIs) and 20 Tertiary Care Cancer Centres have been approved to provide advanced diagnostic and treatment services.

To further strengthen cancer care, the government has

established the National Cancer Institute in Jhajjar, Haryana, and a second campus of the Chittaranjan National Cancer Institute in Kolkata. Additionally, cancer treatment facilities have been approved in all 22 new All India Institutes of Medical Sciences (AIIMS), ensuring access to comprehensive diagnostic, medical and surgical services. Jadhav assured that treatment in these hospitals is either free or highly subsidised for economically disadvantaged patients.

The minister also highlighted that cancer treatment is covered under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), benefiting approximately 55

crore people. To enhance access to affordable medication, the government has launched the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP), establishing Pradhan Mantri Bhartiya Janaushadhi Kendras (PMBJKs) across the country. As of February 28, a total of 15,057 PMBJKs are operational, offering quality generic medicines at reduced prices. The scheme covers 2,047 types of medicines and 300 surgical devices, including 87 specifically for cancer treatment.

With these initiatives, the government aims to improve cancer care accessibility and ensure that life-saving treatments are available to those in need.

The Tribune • 13 Mar • Ministry of Ayush
Always aim to get better

4 • PG

322 • Sqcm

971562 • AVE

92.25K • Cir

Bottom Left

Delhi

‘Always aim to get better’

Anubha Arora, who has joined the cast of Vivek Agnihotri's *The Delhi Files: The Bengal Chapter*, says regular exercise keeps her energy levels high.

How do you manage to stay in shape despite your busy schedule?

After all these years, I have realised that fitness has to be your lifestyle. It's just like taking a bath or having food. Initially, I had to really push myself each day, but now I get restless if I haven't had a good workout session. I always motivate myself by choosing interesting forms of fitness like dance, pilates, gymnastics and calisthenics. I constantly update my skill set.

Being an actor, there's often pressure to look fit. What's your take on that?

Although it's a personal choice for every actor, I feel I enjoy looking at myself onscreen when I am looking my best. So, that drives me more. And the best thing about our profession is that people of all sizes and fitness levels are needed, so it's anything but pressure!



Anubha Arora says she indulges her sweet tooth, but always in moderation

Do you find time to hit the gym regularly or do you mostly work out at home?

I always make it a point to go to the gym during my non-shoot days. However, when I'm shooting, it's hard for me to find the energy to workout, so I try to do a quick session at home or go for a run.

Do you follow a strict diet to maintain your fitness?

I can't resist food, especially sweets. After understanding my own weaknesses, I never go too strict with my diet. Instead, I allow myself to indulge at times, but in moderation. Mostly, I stick to home-cooked meals and a little bit of 'unhealthy stuff' once or twice a week.

How does your fitness regime impact your energy levels and overall well-being?

I feel more active, energetic and confident in my skin when I'm working out regularly. Doing it first thing in the morning clears my headspace for the entire day ahead.

What keeps you motivated to stay fit?

The urge to learn keeps me motivated. A new skill set, a new flip, an old drill, and things that I genuinely enjoy doing are what keep me driven throughout.

Can you share two fitness tips for staying healthy?

I am no fitness guru, but two things I personally believe can help. Firstly, don't start with something that you know you can't continue for a long time, whether it's a fitness journey or a certain diet plan. Plan a regimen that's more sustainable for you. Secondly, always aim to get better. Whether it's one extra push-up or one extra step, be better than yourself each day. That is the key to my fitness.



The Tribune • 13 Mar • Ministry of Ayush
People living near river drains face high cancer risk Govt

9 • PG

173 • Sqcm

522569 • AVE

893.04K • Cir

Middle Center

Chandigarh

People living near river drains face high cancer risk: Govt

TRIBUNE NEWS SERVICE

NEW DELHI, MARCH 12

The Centre informed Parliament that a recent study by the Indian Council of Medical Research (ICMR) has found that people living near river drains face a significantly higher risk of cancer. The study revealed that hazard quotients in these areas exceeded the threshold limit, posing severe carcinogenic health risks.

Minister of State for Health and Family Welfare Prataprao Jadhav told Parliament that the research showed high levels of lead, iron and aluminium in these regions, exceeding the permissible limits set by the Central Pollution Control Board.

HIGH LEVELS OF LEAD, IRON & ALUMINIUM

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■ Addressing concerns over cancer treatment, Jadhav emphasised the govern-

ment's commitment to expanding cancer care through the strengthening of tertiary care cancer facilities scheme

■ Under this initiative, 19 State Cancer Institutes (SCIs) and 20 Tertiary Care Cancer Centres have been approved to provide advanced diagnostic and treatment services

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The Tribune • 08 Mar • Ministry of Ayush
Yoga effective in easing migraine, finds CIMR

2 • PG

48 • Sqcm

144903 • AVE

92.25K • Cir

Middle Center

Delhi

Yoga effective in easing migraine, finds CIMR

NEW DELHI, MARCH 7

Yoga has been found to be effective in easing migraine, syncope and helps those with heart diseases, the Centre for Integrative Medicine and Research (CIMR) has found.

Founder professor in-charge of CIMR, Dr Gautam Sharma, on Friday said his team was working with 20 departments of AIIMS. He said, "We have come out with wonderful research in the last eight years that were published journals. We found that yoga reduced the severity of migraine in patients and syncope decreased in a group who performed yoga."

"Yoga as add-on therapy in vaso vagal syncope is superior to medical therapy in reducing syncopal and presyncopal events and in improving the quality of life. It may be useful to integrate a cost-effective and safe intervention such as yoga into the management of vaso vagal syncope," a research by the CIMR revealed. — TNS

Deccan Herald • 15 Mar • Ministry of Ayush

Staff shortage in Health, Ayush ministry units reduces quality of care: Panel

10 • PG

142 • Sqcm

169835 • AVE

1.4M • Cir

Bottom Left

Bengaluru

Staff shortage in Health, Ayush ministry units reduces quality of care: Panel

KALYAN RAY
NEW DELHI, DHNS

Large-scale staff shortage at various arms of the Union Health and Ayush ministries including top hospitals like AIIMS, Delhi and the Central Government Health Scheme is crippling the care delivery system and may block future development of the health-care sector, a panel of lawmakers has found.

The department of health and family welfare under the Union Health Ministry is short of nearly 30% of its sanctioned staff while the deficiency level is 60% at the headquarters of the department of health research. Also over 2,600 posts in various autonomous bodies under the Ministry of Ayush are vacant and such a large backlog of vacancies in core areas would prove to be a seri-

ous obstacle for future development in Ayush healthcare, the panel notes.

A significantly high number of vacancies is in CGHS dispensaries, with 2,023 positions (29% of the sanctioned strength) unfilled in allopathic units and 111 positions (26%) in Ayush centres. Allopathic dispensaries have a sanctioned strength of 7,022 doctors but only 4,999 physicians are in place. "This negatively impacts the doctor-to-beneficiary ratio, increases patient waiting time and reduces the quality of care," the Parliamentary Standing Committee on Health says in its report tabled earlier this week.

The vacancy in the department of health and family welfare is 428 in 2024 against the sanctioned strength of 1,486. The situation was almost the same last year when there was

a shortage of 454 staff.

It's the same story in all the big care hospitals run by the ministry such as All India Institute of Medical Sciences, Delhi; Post-Graduate Institute of Medical Education and Research, Chandigarh and National Institute of Mental Health and Neurosciences, Bengaluru.

About 33% of the faculty positions at AIIMS and nearly 25% regular posts at PGI are vacant whereas it is little better at NIMHANS with around 12% deficiencies. Two central hospitals in the north-east also have a large number of vacancies.

"With futuristic development plans in Ayush healthcare, such a large backlog of vacancies in core areas would be a serious obstacle," the panel notes, advising the Centre to fill up the posts.

Deccan Herald • 01 Mar • Ministry of Ayush
Delhi govt to implement Ayushman Bharat scheme

10 • PG

75 • Sqcm

90222 • AVE

1.4M • Cir

Top Right

Bengaluru



The Asian Age • 14 Mar • Ministry of Ayush
IYA holds its 4th national conclave

2 • PG

40 • Sqcm

28320 • AVE

389.96K • Cir

Middle Left

Delhi

IYA holds its 4th national conclave

New Delhi: The Indian yoga association hosted its fourth national state chapter conclave themed "The Present and Future." The conclave brought together key stakeholders, yoga luminaries, and policy leaders to strengthen the role of state chapters and discuss strategies for accreditation, certification, and research in yoga. Established in 2008, the IYA is a premier body dedicated to the promotion and advancement of yoga. It serves as an umbrella organisation uniting all yoga traditions to uphold the purity and scientific foundation of the discipline. The daylong event concluded with a keynote address by IYA chairman Sri Sri Ravi Shankar.

The Asian Age • 13 Mar • Ministry of Ayush

India, Mauritius sign 8 pacts: PM unveils 'Mahasagar' plan

1, 4 • PG

640 • Sqcm

447779 • AVE

389.96K • Cir

Bottom Center, Top Center

Delhi

■ Elevate ties to 'enhanced strategic partnership' after 'fruitful' talks
■ Modi conferred top award ■ Navy ship joins national day festivities

India, Mauritius sign 8 pacts: PM unveils 'Mahasagar' plan

SRIDHAR
KUMARASWAMI
NEW DELHI, MARCH 12

Prime Minister Narendra Modi held "substantive and fruitful" talks with his Mauritius PM Navinchandra Ramgoolam on Wednesday at the island nation's capital, Port Louis, during which both leaders decided to "transform ties into an enhanced strategic partnership". India and Mauritius inked eight pacts, including in the fields of promotion of local currencies, credit facility, SMEs, white shipping, ocean exploration, administrative reforms and combating financial crimes.

The strategic partnership will involve ramping up defence and maritime cooperation as well as continuing India's development assistance programmes to aid the Indian Ocean nation.

In his remarks to the media, the Prime Minister announced support for the "setting up of



Prime Minister Narendra Modi after being conferred Mauritius' highest honour, the Grand Commander of the Order of the Star and Key of the Indian Ocean, by President of Mauritius Dharam Gokhool in Port Louis on Wednesday. Mauritius Prime Minister Navinchandra Ramgoolam is also seen.

— PTI

■ **THE STRATEGIC** partnership will involve ramping up defence and maritime cooperation as well as continuing India's development assistance programmes to aid the Indian Ocean nation

a new Parliament building in Mauritius" with Indian grant assistance that he said would be a "gift to Mauritius from the mother of democracy

(India)". He also announced the forthcoming launch of the second phase of high-impact community development projects (HICDP) with new projects worth 500 million Mauritian rupees.

The two Prime Ministers inaugurated 20 HICDPs along with the inauguration of the Atal Bihari Vajpayee Institute of Public Service and Innovation built with Indian grant assistance to

▶ **INDIA ALSO** handed over to Mauritius 'a navigational chart on St Brandon Island prepared following a hydrographic survey by an Indian naval ship'

train Mauritian civil servants and the Mauritius Area Health Centre at Cap Malheureux. Both leaders also decided to "initiate implementation of the replacement of 100 km water pipeline in Mauritius under the first Indian rupee-denominated line of credit agreement worth about ₹487 crores concluded between the two sides and work towards timely delivery of 100 electric buses and the associated charging infrastructure".

India also handed over to Mauritius "a navigational chart on St Brandon Island prepared following a hydrographic survey by an Indian naval ship". Both nations also "decided to ratify the protocol on amendment of the double taxation

■ Turn to Page 4

India and Mauritius sign 8 pacts

■ Continued from Page 1

avoidance agreement at the earliest” and to “promote investments in sunrise sectors such as the ocean economy, pharmaceuticals, IT and fintech, among others, to support Mauritius in the diversification of its economy for long-term and sustainable economic growth”.

The Prime Minister also sought to expand India’s one-decade-old vision of *Sagar, which stands for “Security and Growth for All in the Region”* to a vision for the Global South called *Mahasagar (Mutual and Holistic Advancement for Security and Growth Across Regions)*.

The *Mahasagar* vision will encompass mutual security, tech-sharing and project-specific Indian concessional finance, including grant assistance. New Delhi also fully backed the sovereignty of Mauritius over the Chagos Archipelago in the backdrop of the agreement last year between the Indian Ocean nation and Britain.

Lauding the ties between the two nations, Mr Modi said, “India and Mauritius are not only bound by the Indian Ocean but also by our shared culture, traditions, and values. We are partners on the journey to economic and social development...”

In the backdrop of growing Chinese military presence in the Indian Ocean Region (IOR), Mr Modi added that defence cooperation and mar-

itime security are key pillars of India and Mauritius strategic partnership.

“Free, open, secure, and safe Indian Ocean is our common priority. We are committed to providing our full support for the security of the Exclusive Economic Zone of Mauritius,” he said.

The Prime Minister said: “People-to-people ties form a strong foundation for our partnership. Cooperation shall be extended in areas like digital health, AYUSH centres, school education, skilling and mobility. We will work together to utilise AI and digital public infrastructure for the development of mankind.” He also promised that the people of Mauritius will also be provided facilitation in India on the Char Dham Yatra pilgrimage and the Ramayan trail.

Highlighting in a joint vision document India’s support in successfully implementing several high-profile infrastructure projects, such as the India-Mauritius Metro Express project, the New Supreme Court building, and the New ENT Hospital, among others, Mr. Ramgoolam “expressed gratitude for India-aided projects that form part of the Mauritian landscape across various sectors”.

He also thanked India for India’s role as a “first responder” for Mauritius in times of need. Regarding cooperation in the space sector, Mr Ramgoolam conveyed his appreciation to India “for its support towards the joint

development of a satellite for Mauritius”. It was also decided at the talks that both nations would “work closely towards the successful development and launch of the India-Mauritius satellite, including requisite training for Mauritian scientists and experts at the Indian Space Research Organisation.”

On trade cooperation, Mr Ramgoolam “underlined the need for Indian companies and businesses to see Mauritius as a gateway to India’s engagements with Africa and benefit from trade and business opportunities offered by Africa”.

After the talks, Mr Modi attended the 57th National Day celebrations of Mauritius as the chief guest and was conferred the Grand Commander of the Order of the Star and Key of the Indian Ocean (GCSK) award, the highest civilian award of the Indian Ocean nation, by Mauritius President Dharambeer Gokhool.

During the National Day celebrations, an Indian Navy marching contingent participated in the parade while an Indian Navy ship made a port call to coincide with the National Day celebrations.

In his final engagement during this visit, Mr Modi visited the sacred “Ganga Talao”, offered prayers and immersed the holy water from the recently-concluded Mahakumbh Triveni Sangam of Prayagraj into the sacred lake in Mauritius.

The Asian Age • 07 Mar • Ministry of Ayush
Develop U'khand hot spring regions as wellness centres

3 • PG

73 • Sqcm

51331 • AVE

389.96K • Cir

Top Center

Delhi

'Develop U'khand hot spring regions as wellness centres'

AGE CORRESPONDENT
DEHRADUN, MARCH 6

Making a strong pitch for round-the-year tourism in Uttarakhand, PM Narendra Modi said on Thursday that hot springs in the state can be turned into wellness and spa centres to strengthen the economy in a big way. He added that content creators can be utilised for promoting tourism and new destinations in the state.

At a public gathering in

Harsil village, Mr Modi said, "There are many hot springs here besides Badrinath. These areas could be developed as wellness spa centres. Ayurveda could be another focus area for winter tourism in the state."

Stressing that there should be no off-season in the picturesque hill state, the Prime minister claimed that 50 new tourism destinations will be developed in the coming days.

The Asian Age • 05 Mar • Ministry of Ayush
The hype and science behind adaptogens

9, 13 • PG

2835 • Sqcm

1204976 • AVE

389.96K • Cir

Bottom Left, Top Right

Delhi Age


Delhi

The hype and science behind adaptogens



From mushroom coffee fad and mad honey buzz to healthy herb shots and plant potions, the wellness industry is overloaded with adaptogens, experts weigh in

ANUSHREE CHAURASIA

 The global wellness industry is witnessing a significant rise in the popularity of adaptogens—plant-based compounds believed to help the body resist stress, re-store balance, and improve overall well-being. From ancient Ayurvedic and Traditional Chinese Medicine practices to modern-day supplements, adaptogens like ashwagandha, rhodiola, holy basil, and ginseng are becoming integral to health-conscious consumers' daily routines.

TURN TO PAGE 13

The hype & science behind adaptogens

CONTINUED FROM PAGE 9

But do adaptogens genuinely provide tangible benefits, or is their rise just another passing wellness trend?

WORDS OF WISDOM

Nicole Linhares Kedia, a Sports Nutritionist and Integrative Health Coach, shares her perspective on the science behind adaptogens: "From a scientific standpoint, adaptogens are not entirely a 'fad,' but the evidence is still developing. While some adaptogens like ashwagandha, rhodiola, and ginseng have shown promising effects on stress reduction, cognitive function, and overall mental wellness, many studies are still in their early stages or are of limited scope. As more research is conducted, we will gain a clearer understanding of how these herbs function and who benefits the most from their use."

WHAT ARE ADAPTOGENS?

Adaptogens are natural substances, mainly herbs and mushrooms, that help the body adapt to stress, fatigue, and anxiety by modulating the adrenal system's response.

FAD VS RESEARCH

Some research suggests that adaptogens like ashwagandha and rhodiola have tangible effects on stress reduction, cognitive function, and overall mental wellness.

While the scientific literature is still expanding, existing research and anecdotal evidence suggest that these herbs may have valuable applications, particularly when combined with a balanced lifestyle.

AYURVEDA'S PERSPECTIVE

Ayurvedic and homeopathic experts have long advocated for the use of adaptogens in promoting holistic health. K. Jageshwar, an Ayurvedic practitioner and homeopathic medicine specialist, emphasises the importance of adaptogens in daily life: "Herbs like ashwagandha and tulsi have been integral to Ayurveda for thousands of years. These plants do not just reduce stress but also nourish the body at a deeper level, improving immunity, vitality, and cognitive function. While modern science is catching up, these herbs have stood the test of time in traditional medicine."

ADAPTING ADAPTOGENS

Nicole further explains, "In the meantime, while science is catching up, adaptogens should be viewed as one piece of a broader approach to mental wellness,

FROM A SCIENTIFIC STANDPOINT, ADAPTOGENS ARE NOT ENTIRELY A 'FAD,' BUT THE EVIDENCE IS STILL DEVELOPING."
— NICOLE LINHARES KEDIA, Sports Nutritionist & Integrative Health Coach



NATURAL HEALERS

Ashwagandha: One of the most widely studied adaptogens, ashwagandha has been shown to lower cortisol levels, reducing stress and enhancing mental clarity.

Rhodiola Rosea: Known for its ability to enhance physical endurance and combat mental fatigue, rhodiola is often used to improve cognitive function and alleviate chronic stress.

Holy Basil (Tulsi): Revered in Ayurvedic medicine, holy basil is known for its calming effects and its role in managing stress and anxiety.

Ginseng: Used for centuries, ginseng helps boost energy levels and reduce oxidative stress. Studies indicate it may improve cognitive function, particularly in aging individuals.



alongside practices such as a balanced diet, regular exercise, sufficient sleep, and stress-management techniques like mindfulness and meditation. Adaptogens may not be a cure-all, but they may offer support in conjunction with a healthy lifestyle."

FUTURE POTENTIAL

So, are adaptogens just another fleeting trend, or are they here to stay? The answer likely lies somewhere in between. While the scientific community continues to explore their efficacy, the long-standing history of adaptogens in traditional medicine, coupled with promising preliminary research, suggests they have significant potential.

However, it's essential to approach them with realistic expectations. With further research and a greater understanding of their mechanisms, adaptogens may play a crucial role in shaping the future of mental wellness. The future of adaptogens in mental wellness remains promising. Whether through traditional herbal preparations or modern supplements, the botanicals continue to bridge the gap between ancient healing and contemporary science.

HERBS LIKE ASHWAGANDHA AND TULSI HAVE BEEN INTEGRAL TO AYURVEDA FOR THOUSANDS OF YEARS. THESE PLANTS REDUCE STRESS AND ALSO NOURISH THE BODY AT A DEEPER LEVEL, IMPROVING IMMUNITY, VITALITY, AND COGNITIVE FUNCTION."

— K. JAGESHWAR, Ayurvedic practitioner and homeopathic medicine specialist



The Asian Age • 02 Mar • Ministry of Ayush
India is now emerging as manufacturing hub: PM

3 • PG

190 • Sqcm

132731 • AVE

389.96K • Cir

Top Right

Delhi

■ Says 'vocal for local' campaign is bearing fruit
**India is now emerging as
manufacturing hub: PM**

New Delhi, March 1: Prime Minister Narendra Modi asserted on Saturday that his "vocal for local" campaign is bearing fruit as Indian products are going global and making their presence felt across the world.

Speaking at the event, Mr Modi also said that India was becoming the land of infinite innovations, finding affordable solutions and offering them to the world.

"The world is keenly watching 21st-century India. People from around the globe want to visit and understand India," Mr Modi said.

He said that the country was now emerging as a manufacturing hub and a "factory of the world".

"For decades, the world referred to India as their back office. Now, India is becoming the new factory of the world. We are no longer just a workforce but instead becoming a world force," the PM said.

The Prime Minister said that India's rising defence products showcase the strength of its engineering and technology to the world.



Prime Minister Narendra Modi with former Australian Prime Minister Tony Abbott during an event in Delhi on Saturday.
— PTI

"From electronics to the automobile sector, the world has witnessed India's scale and capability. India is not only providing products to the world but is also becoming a trusted and reliable partner in the global supply chain," Mr Modi said.

The Prime Minister said India's leadership in various sectors was a result of years of hard work and systematic policy decisions.

"A few years ago, I presented the vision of 'vocal for local' and 'local for global' to the nation and

today, we are seeing this vision turn into reality," he said.

Mr Modi said the country is manufacturing semiconductors and aircraft carriers and its superfoods like 'makhana' and millets, Ayush products and yoga are being embraced across the world.

The Prime Minister said India should be presented to the world as it is, without any bias. "We do not need any make-up," he said, adding that real stories from the country should reach the world in its true form.
— PTI

Political & Business Daily • 12 Mar • Ministry of Ayush

Centre will consider uniform norms & registration process for study of Naturopathy: Health Ministry

7 • PG

189 • Sqcm

47146 • AVE

125K • Cir

Bottom Center

Bhubaneswar

Centre will consider uniform norms & registration process for study of Naturopathy: Health Ministry

NEW DELHI, MAR 11

NATUROPATHY education systems run by state governments follow different syllabi as well as course durations and there is a need to bring uniformity, the Centre told Rajya Sabha on Tuesday. Responding to supplementaries during the Question Hour, Minister of State for Health & Family Welfare Prataprao

Ganpatrao Jadhav admitted the anomalies and said candidates in states with five-year course duration get doctor's titles, but those who do their course in states with four-year duration do not get the title.

Jadhav said there is a need for uniform rules and regulations as well as registration for the Naturopathy course, and the ministry will consider it. On the shortage

of Ayush medicines, Jadhav also admitted that the majority of Ayush doctors are offering their services in rural areas where there is a shortage of Ayush medi-

cines, forcing doctors to prescribe allopathic alternatives. The government is taking steps to enhance the availability and affordability of Ayush medicines in the country, he said.

According to the Minister, the Ayush Ministry has collaborated with 24 countries for research and 51 such collaborations have been done at institution level.

Mid Day • 12 Mar • Ministry of Ayush
See your 75, raise you my 75

16 • PG

1093 • Sqcm

2489677 • AVE

1.5M • Cir

Middle Left

Mumbai

See your 75, raise you my 75

At odds with individuals who struggle to meet the demands of a fitness plan, actor Alaya F discusses adding her own set of restrictions to the 75 Hard Challenge, based on Andy Frisella's book of the same name

SONIA LULLA
sonia.lulla@mid-day.com

EARLY on in this conversation, actor Alaya F makes it evident that when it comes to fitness, she isn't relatable. While the concept of a fitness challenge is still alien to the common man, most folks adopting one would agree that adhering to every little detail of the plan is seemingly impossible. Alaya, however, makes a fitness challenge look meek. "The 75 Hard challenge required one to adhere to certain practices for 75 days, without straying away from the requirements for even a single day. For all the days, non-stop, one needs to do two workouts a day,

one indoor and another outdoor. One also needs to consume 3.5 litres of water, and adhere to a diet designed to meet the individual's goals. Alcohol and cheat meals are prohibited, and it is compulsory to read at least 10 pages each day. In the event that a person reads nine pages only, or skips an outdoor workout because it may be raining, they must start the challenge all over again. I took this '75 Hard' challenge and made it '75 Harder'. I added 10 minutes of meditation, and did three workouts on most days. I also ended up reading six books, which is far more than the stipulated 10 pages daily, and did 10 minutes of [writing] and Buddhist chanting. Furthermore, I quit gluten, sugar, meat, fried foods, and caffeine," says Alaya, 27, whose social media page can serve as inspiration for any fitness enthusiast.

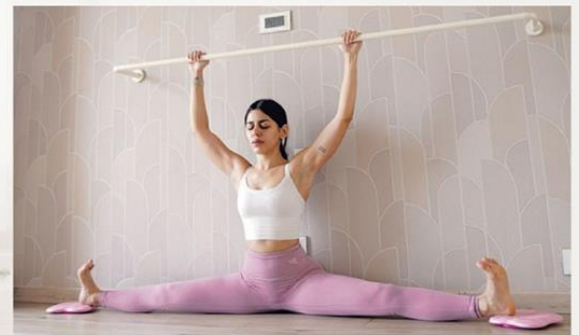
Interestingly, this isn't Alaya's first attempt at the challenge. Having first adopted it last year, she recalls quitting it on Day 33 after an unforeseen situation at work upset her. "Because I am not one to quit a challenge, it stayed with me. For a long time, I kept thinking about it, and so, on December 17, 2024, in the midst of the year-end celebrations, I decided to take it up again. I wanted to end the year in the way [I had intended to] begin it, and hit reset on everything. After all, this is a bigger mental challenge than a physical one."

Ever since she made her industry debut, Alaya has been known as much for her fitness shenanigans as she has for her films. Be it her ability

'While I took on this challenge to tone my muscles, I essentially wanted to become disciplined again'

Alaya F

to pull off head stands, or balance atop a gym ball with weights, her fitness acts have both raised eyebrows and inspired her followers. Why then would she need to adopt a challenge of this nature, we ask. "While I wanted to tone my muscles, I essentially wanted to become disciplined again. I was on an 1800-calorie diet to keep up with my physical activity. My indoor workouts entailed pilates, callisthenics, or Ashtanga yoga, while my outdoor routines involved a fast-paced walk, swim, or a run. In my regular life, I am usually [disciplined] but may normally have a glass of wine when I go out. Here, there was no scope for adjustment. I had to schedule my life around this. For instance, since I'd do my outdoor exercises at night, I haven't had a night out in 75 days. There are a lot of things that I will take forth from this experience. I learnt that while I thought I needed a certain amount of social interaction in the past, I am very comfortable in my company. Since you can't rely on anyone in this challenge, you build a connection with yourself. I enjoyed that."



Alaya F practiced yoga and pilates during the challenge

The Daily Guardian • 11 Mar • Ministry of Ayush

Rs 2,054.61 crore released for healthcare under Ayushman Bharat, Chirayu Yojanas

4 • PG

109 • Sqcm

10870 • AVE

N/A • Cir

Bottom Center

Chandigarh

Rs 2,054.61 crore released for healthcare under Ayushman Bharat, Chirayu Yojanas

TDG NETWORK
CHANDIGARH

Haryana Health Minister Kumari Arti Singh Rao said that a total of Rs 2,054.61 crores has been released over the past three years for the provision of free indoor healthcare to beneficiaries of the "Ayushman Bharat - Pradhan Mantri Jan Arogya

Yojana" and Chirayu Yojana in the state. The Health Minister was responding to a question asked by a member of the House during the Question Hour in the ongoing Budget Session of Haryana Vidhan Sabha on Monday. Kumari Arti Singh Rao informed that, at present, 12,12,922 families are

registered under the "Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana," while 28,08,763 families are registered under the Chirayu Yojana.

She further shared that the number of families registered under the "Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana"

and Chirayu Yojana was 26,76,153 in the financial year 2022-23, 35,88,495 in 2023-24, and 40,21,685 in 2024-25.

The amounts released to the beneficiaries during these three years were Rs 278.34 crore, Rs 699.43 crore, and Rs 1,076.82 crore, respectively.

The Daily Guardian • 07 Mar • Ministry of Ayush

Ayu Vihar at Swastik: A holistic retreat for mind and body rejuvenation

14 • PG

987 • Sqcm

98718 • AVE

N/A • Cir

Top Left

Delhi

Ayu Vihar at Swastik: A holistic retreat for mind and body rejuvenation



TDC NETWORK

Tucked away in the heart of Swastik, Ayu Vihar is a haven of wellness, combining the profound wisdom of Ayurveda, naturopathy, Western medicine, and alternative healing sciences. Designed as a sanctuary for those seeking physical healing, relaxation, and balance, this state-of-the-art wellness centre blends traditional and contemporary practices to create a transformative experience. The architectural design, featuring interwoven infinity symbols, symbolizes the timeless essence of health and well-being, setting the tone for a journey toward holistic rejuvenation.

AN OASIS OF WELLNESS

From the moment you step into Ayu Vihar, you are enveloped in an atmosphere of tranquility. Every element of the space has been thoughtfully curated to enhance relaxation, from the soothing earthy tones to the soft, ambient lighting. The design of the centre is both functional and aesthetic, ensuring that guests feel an immediate sense of peace and serenity. The dedicated therapy spaces for men and women ensure privacy and comfort, allowing each visitor to embark on their well-

ness journey with ease.

Ayu Vihar offers a meticulously crafted spa experience, with an extensive array of therapies that cater to various physical and mental well-being needs. Whether you seek relief from stress, muscular tension, or simply wish to indulge in a luxurious self-care session, the therapies here are designed to restore balance and harmony to the body and mind.

SIGNATURE HEALING SPACES

The facility boasts an impressive lineup of specialized therapy rooms, each catering to a different aspect of wellness. The journey begins with Purvam (Pre-Therapy Room), a space designed to help guests prepare mentally and physically for their treatment. This room sets the stage for relaxation, allowing visitors to transition smoothly into their therapy session.

The main therapy spaces include:

- Navam (Massage Room): A tranquil space offering a variety of therapeutic and deep tissue massages.
- Ayuram (Ayurvedic Therapy Room): Where traditional Ayurvedic treatments such as Abhyanga, Shirodhara, and Panchakarma cleanse and rejuvenate the body.
- Saham (Couple Mas-

sage Room): A luxurious space for couples to enjoy synchronized relaxation and healing treatments together.

- Nisargam (Naturopathy): Dedicated to natural healing therapies that harness the power of elements like water, mud, and air to detoxify and energize the body.

A standout feature of Ayu Vihar is its hydrotherapy offerings. The Surya Kund (Hot Tub) provides warmth and relaxation, helping to soothe sore muscles and improve circulation, while the Chandra Kund (Cold Pool) invigorates the body, enhancing recovery and reducing inflammation. This contrast therapy is particularly beneficial for those looking to boost energy levels and improve muscle function.

A JOURNEY BEYOND THERAPY

Ayu Vihar is not just about therapy—it's about an immersive wellness journey. After a session, guests can unwind in the Vishram (Relaxation Room), a quiet sanctuary designed for post-therapy recuperation. Those looking for a sensory retreat can step into the Lavanam (Salt Cave), an extraordinary space infused with salt minerals known for their respiratory and skin benefits.

The Aaram (Tea Lounge) offers a selection of herbal

infusions and Ayurvedic teas, each crafted to complement the healing therapies and promote digestion, relaxation, or detoxification. The experience culminates at Akasham (Terrace Lounge), where guests can soak in breathtaking views while enjoying a moment of stillness and reflection.

THE VERDICT: A MUST-VISIT WELLNESS DESTINATION

Ayu Vihar at Swastik stands as a benchmark of holistic healing and luxury wellness. Its unique approach—blending Ayurve-

da, naturopathy, and alternative medicine with modern wellness practices—creates a one-of-a-kind rejuvenation experience. The attention to detail, from the serene interiors to the carefully designed therapy spaces, makes it an ideal retreat for those seeking a respite from the demands of everyday life.

Whether you are looking for deep healing, relaxation, or a luxurious escape, Ayu Vihar promises to restore balance, renew vitality, and elevate well-being. A visit here is more than just a spa day—it's a transformative journey toward holistic health.



The Daily Guardian • 06 Mar • Ministry of Ayush

CM holds key meeting with VCs of state universities to discuss improvements

4 • PG

446 • Sqcm

44606 • AVE

N/A • Cir

Bottom Left

Chandigarh

CM holds key meeting with VCs of state universities to discuss improvements

TGG NETWORK
CHANDIGARH

Haryana Chief Minister, Nayab Singh Saini held an important meeting with the Vice Chancellors of State Government Universities here today to discuss the reforms to be made in the education sector. The Chief Minister said that the state budget for 2025-26 will prioritize education, ensuring that quality education is provided to children in line with the National Education Policy. He also invited suggestions from all Vice Chancellors to enhance the education system.

The Chief Minister further said that the state government has committed in its Sankalp Patra to offer full scholarships to Haryana students belonging to Backward Classes and Scheduled Castes pursuing medical and engineering studies at any government college in India. He urged that a framework be developed for this initiative as soon as possible. He said that all provisions of the National Education Policy should be fully implemented across universities and colleges, to transform Haryana into



Saini said that all provisions of the National Education Policy should be fully implemented across universities and colleges, to transform Haryana into a global education hub, offering specialized training in AI and modern skills.

a global education hub, offering specialized training in AI and modern skills.

While interacting with the Vice Chancellor of Maharana Pratap Hor-

ticulture University, the Chief Minister said that the future lies in horticultural crops and stressed the need to raise awareness among farm-

ers about adopting crop diversification instead of traditional farming. He mentioned that the Horticulture University could play a pivotal role in this initiative. The first phase of the India International Horticulture Market, currently being built in Ganaur, will soon be inaugurated, bringing significant benefits to horticulture farmers. The increased export of fruits and vegetables will enhance their income. In this direction, the

Horticulture University should focus on research related to the fruits and vegetables grown in various regions of Haryana.

The Chief Minister has directed the formulation of a plan to establish sports schools in every district to enhance the sports proficiency of the state's youth. He said that universities should also be equipped with appropriate sports facilities. He further stated that the youth of Haryana should be trained from now onwards for the 2036 Olympics, to bring glory to both the state and the country on the global stage.

In the meeting, Education Minister Mahipal Dhanda said that there is no shortage of talent among the youth of Haryana, with children bringing accolades to both the state and the country in various fields. However, he pointed out that many children often fall behind due to a lack of proper opportunities. He suggested that during exhibitions organized in schools and colleges, students who create exceptional models related to science, the

environment, and other fields should be provided with proper guidance and funding to pursue research in those areas. To achieve this, he said that the department officials and the university work together to develop a comprehensive framework.

Principal Secretary to Chief Minister Arun Kumar Gupta, Deputy Principal Secretary to Chief Minister Yash Pal, OSD to Chief Minister Raj Nehru, Chairman Haryana Higher Education Council, Vice Chancellors of Kurukshetra University, Maharana Pratap Horticulture University, Sri Krishna Ayush University, Indira Gandhi University, Maharishi Dayanand University, Maharishi Valmiki Sanskrit University, Sports University, Deenbandhu Chhotu Ram Science and Technology University, National Law University, Guru Jambheshwar University of Science and Technology, Chaudhary Bansi Lal University and Chaudhary Charan Singh Haryana Agricultural University were present in the meeting.

Deccan Chronicle • 05 Mar • Ministry of Ayush
The hype and science behind adaptogens

13, 16 • PG

2845 • Sqcm

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Chennai

The hype and science behind adaptogens



From mushroom coffee fad and mad honey buzz to healthy herb shots and plant potions, the wellness industry is overloaded with adaptogens, experts weigh in

ANUSHREE CHAURASIA

 The global wellness industry is witnessing a significant rise in the popularity of adaptogens—plant-based compounds believed to help the body resist stress, re-store balance, and improve overall well-being. From ancient Ayurvedic and Traditional Chinese Medicine practices to modern-day supplements, adaptogens like ashwagandha, rhodiola, holy basil, and ginseng are becoming integral to health-conscious consumers' daily routines.

TURN TO PAGE 17

The hype & science behind adaptogens

CONTINUED FROM PAGE 13

But do adaptogens genuinely provide tangible benefits, or is their rise just another passing wellness trend?

WORDS OF WISDOM

Nicole Linhares Kedia, a Sports Nutritionist and Integrative Health Coach, shares her perspective on the science behind adaptogens: "From a scientific standpoint, adaptogens are not entirely a 'fad,' but the evidence is still developing. While some adaptogens like ashwagandha, rhodiola, and ginseng have shown promising effects on stress reduction, cognitive function, and overall mental wellness, many studies are still in their early stages or are of limited scope. As more research is conducted, we will gain a clearer understanding of how these herbs function and who benefits the most from their use."

WHAT ARE ADAPTOGENS?

Adaptogens are natural substances, mainly herbs and mushrooms, that help the body adapt to stress, fatigue, and anxiety by modulating the adrenal system's response.

FAD VS RESEARCH

Some research suggests that adaptogens like ashwagandha and rhodiola have tangible effects on stress reduction, cognitive function, and overall mental wellness.

While the scientific literature is still expanding, existing research and anecdotal evidence suggest that these herbs may have valuable applications, particularly when combined with a balanced lifestyle.

AYURVEDA'S PERSPECTIVE

Ayurvedic and homeopathic experts have long advocated for the use of adaptogens in promoting holistic health. **K. Jageshwar, an Ayurvedic practitioner and homeopathic medicine specialist,** emphasises the importance of adaptogens in daily life: "Herbs like ashwagandha and tulsi have been integral to Ayurveda for thousands of years. These plants do not just reduce stress but also nourish the body at a deeper level, improving immunity, vitality, and cognitive function. While modern science is catching up, these herbs have stood the test of time in traditional medicine."

ADAPTING ADAPTOGENS

Nicole further explains, "In the meantime, while science is catching up, adaptogens should be viewed as one piece of a broader approach to mental wellness, alongside practices

FROM A SCIENTIFIC STANDPOINT, ADAPTOGENS ARE NOT ENTIRELY A 'FAD,' BUT THE EVIDENCE IS STILL DEVELOPING."
— NICOLE LINHARES KEDIA,
Sports Nutritionist & Integrative Health Coach

NATURAL HEALERS

Ashwagandha: One of the most widely studied adaptogens, ashwagandha has been shown to lower cortisol levels, reducing stress and enhancing mental clarity.

Rhodiola Rosea: Known for its ability to enhance physical endurance and combat mental fatigue, rhodiola is often used to improve cognitive function and alleviate chronic stress.

Holy Basil (Tulsi): Revered in Ayurvedic medicine, holy basil is known for its calming effects and its role in managing stress and anxiety.

Ginseng: Used for centuries, ginseng helps boost energy levels and reduce oxidative stress. Studies indicate it may improve cognitive function, particularly in aging individuals.



ing of their mechanisms, adaptogens may play a crucial role in shaping the future of mental wellness. The future of adaptogens in mental wellness remains promising. Whether through traditional herbal preparations or modern supplements, the botanicals continue to bridge the gap between ancient healing and contemporary science.

such as a balanced diet, regular exercise, sufficient sleep, and stress-management techniques like mindfulness and meditation. Adaptogens may not be a cure-all, but they may offer support in conjunction with a healthy lifestyle."

FUTURE POTENTIAL

So, are adaptogens just another fleeting trend, or are they here to stay? The answer likely lies somewhere in between. While the scientific community continues to explore their efficacy, the long-standing history of adaptogens in traditional medicine, coupled with promising preliminary research, suggests they have significant potential.

However, it's essential to approach them with realistic expectations. With further research and a greater understand-



The Statesman • 04 Mar • Ministry of Ayush
Nadda visits health centres in Najafgarh, Palam

3 • PG

330 • Sqcm

59366 • AVE

225K • Cir

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Delhi

Nadda visits health centres in Najafgarh, Palam

STATESMAN NEWS SERVICE

NEW DELHI, 3 MARCH

Union Health Minister JP Nadda visited the Rural Health Training Center (RHTC) in Najafgarh and Ayushman Arogya Mandir in Palam here on Monday and interacted with patients and medical staff in both health centres.

During his visit, he reviewed the progress report of RHTC and approved the retention of Primary Health Centres (PHCs) at Najafgarh, Ujwa, and Palam under the Government of India. He directed National Quality Assurance Standards (NQAS) and Indian Public Health Standards (IPHS) certification within three months and full operationalisation of the RHTC hospital within six months.

Emphasising skill development, the Minister highlighted RHTC's role as a model for integrated primary, sec-



ondary, AYUSH, and training services, and assured the support of the Centre in augmenting the health facilities of the institute.

Nadda also planted a sapling in both the campuses under the 'Ek Ped Maa ke Naam' initiative, in presence of MPs-- Ramvir Singh Bidhuri and Kamaljeet Sehrawat.

Notably, the RHTC in Najafgarh under the Health Ministry has been serving as a key institution for primary and secondary healthcare,

along with skill development in the field of health. Established in 1937 as a health centre and upgraded over the years across three campus (Najafgarh, Palam and Ujwa), the RHTC is now being developed as a model integrated centre for Primary, Secondary, AYUSH, and Skill Development and in future Tertiary care.

To bridge the gap between primary and tertiary healthcare, RHTC has been developed as a 183-bedded general hospital, as per the Health Ministry.

The RHTC is a unique healthcare setting providing primary, secondary care and AYUSH services at present. It is embracing IT-enabled healthcare solutions under the Ayushman Bharat Digital Mission (ABDM) to create a digitally empowered healthcare ecosystem, enhancing efficiency, accessibility, and patient-centric care, it said.

The Statesman • 02 Mar • Ministry of Ayush
Ayurveda begins where medicine ends: Rajasthan Dy CM

10 • PG

437 • Sqcm

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225K • Cir

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Delhi

Ayurveda begins where medicine ends: Rajasthan Dy CM

AGENCIES

JAIPUR, 1 MARCH

To promote Ayurveda and traditional medical practices in Rajasthan, the four-day State Level Arogya Mela-2025 was inaugurated on Saturday at Shilpgram, Jawahar Kala Kendra by Deputy Chief Minister and AYUSH Minister Prem Chand Bairwa by lighting the ceremonial lamp.

He emphasised that Ayurveda is the foundation of Indian lifestyle, citing Maharishi Charak's contributions in proving that this system not only treats diseases but also promotes overall health and well-being. Bairwa highlighted that the state government is committed to modernising Ayurveda by integrating it with scientific advancements and innovation. The expansion of Ayurveda centers is being prioritised to ensure accessible and effective healthcare for all.



He also noted that Rajasthan's abundance of medicinal plants is contributing to exports, positioning the state as a major hub for Ayurveda and naturopathy. Bairwa stated that Ayurveda begins where modern medicine ends, as it aims to eradicate diseases from the root. Rajasthan, he said, is not only a land of valor but also a birthplace of health and wellness. The Arogya Mela serves as an excellent platform where visitors can receive free consultations and gain in-

During the event, Bairwa visited various stalls, interacting with exhibitors and learning about Ayurvedic products, traditional treatments, and medicinal plants.

depth knowledge about Ayurveda and other traditional medical systems.

During the event, Bairwa visited various stalls, interacting with exhibitors and learning about Ayurvedic products, traditional treatments, and medicinal plants.

The programme was presided over by MP Manju Sharma, who emphasised the importance of making Yoga and Ayurveda accessible to the masses in line with the vision of "Pehla Sukh Nirogi

Kaya" (Good health is the first happiness).

She described the Arogya Mela as a significant initiative for increasing health awareness. A special book for farmers was released at the event, providing detailed insights into medicinal plants to promote Ayurvedic farming as a means of financial empowerment.

Experts in Ayurveda, Yoga, Homeopathy, Unani, and Naturopathy are present at the fair, offering free consultations and treatments. Additionally, visitors can participate in yoga sessions, explore an exhibition of Ayurvedic products, and gain information about medicinal plants.

The event was attended by MLA Kalicharan Saraf, Jaipur Greater Mayor Saumya Gurjar, Principal Secretary (Ayurveda Department) Bhawani Singh Detha, and other senior officials from various departments.

Did You Know Who First Introduced Ayurveda Globally, Defying The Odds During British Rule

52 • PG

493 • Sqcm

113777 • AVE

850K • Cir

Inside Page (Magazine only)

National

INSPIRING
**WOMEN
LEADERS**

Did You Know Who First Introduced Ayurveda Globally, Defying The Odds During British Rule?

It was “NAVJIVAN” in 1923, that gave new life and meaning to Bharat’s ancient medicine.



Dr. Monica B. Sood
CEO Navjivan Group
Chairperson NUSC

In a world brimming with the ever-accelerating progress of modern medicine, one name that stands tall for rekindling the flame of ancient knowledge is Dr. Monica B. Sood. She is the visionary torchbearer of a legacy that began in 1923, when Dr. Amarnath Sood first ventured into uncharted waters, exporting Ayurveda to foreign shores—a time when the West was oblivious to the profound depth of India’s indigenous science of healing. What began as an ambitious dream has now blossomed into a worldwide phenomenon, with countless patients from over 40 countries turning to Ayurveda for relief, treatment, and hope.

Ayurveda, a term that today resonates with holistic health, stretches back not just 5,000 years as commonly believed but holds its roots in a time 80,000 years ago. The Bharata tribe, referenced in the ancient Rig Vedas, practiced the healing arts with the potent use of herbs and nature’s bounty, long before the Rig Veda was ever penned. This deep-seated tradition of healing is the foundation of what we now embrace as Ayurveda, a science born from the earth, woven into the very fabric of life.

It was under the meticulous guidance of Dr. Amarnath Sood that Ayurveda made its maiden voyage beyond Indian borders. But it is Dr. Monica B. Sood who has given it wings to soar. With unshakable belief in the healing power of Ayurveda, she has modernized its outreach, making it not just an alternative but a primary recourse for chronic diseases that have baffled modern medicine. Her work has empowered thousands to look beyond allopathy when hope seemed dim and led them to the transformative embrace of Ayurveda.

One cannot speak of Ayurveda’s resurgence on the global stage without acknowledging the pivotal role of our revered Prime Minister, Shri Narendra Modi. It was under his leadership that Ayurveda found renewed respect and recognition, both in India and abroad.

Modiji, with his unparalleled foresight, understood the immense potential hidden in the ancient texts and practices of Ayurveda. His vision was clear—Ayurveda is not just a relic of the past; it is a vibrant, living science with the power to heal, cure, and revitalize the health of the world.

Before 2014, Ayurveda was largely an overlooked field in the global healthcare landscape. It wasn’t until Modiji came into power that substantial steps were taken to position Ayurveda as a primary science. He gave it the prominence it deserves through initiatives like the Ministry of AYUSH and the development of dedicated educational frameworks. Modiji’s initiatives, such as the AYUSH Mission, have empowered practitioners and opened doors for research and global collaboration in Ayurvedic sciences. Through his efforts, India is fast becoming a global hub for Ayurvedic medical tourism, drawing in scholars, students, and patients alike from all over the world. The unwavering support of Prime Minister Modiji that Ayurveda is no longer a forgotten reliquiae of the past but a living, breathing science poised to shape the future of global healthcare.

But as much as we celebrate the strides made thus far, there is still an urgent call to arms. The modern medical sciences, a mere 200 years old, have usurped Ayurveda’s throne as the predominant system of healing. While allopathy has its strengths, particularly in emergency and trauma care, it falls short in treating chronic ailments, where Ayurveda shines. Diseases like Diabetes, Arthritis, Cancer, Asthma, Sickle Cell Anaemia and even certain neurological conditions that remain incurable in allopathy find holistic and long-term management and cure through Ayurvedic treatments. The fusion of modern medical science with Ayurveda is not just a possibility but a necessity. This amalgamation holds the potential to create unprecedented wonders in the history of medicine.

The integration of Ayurveda into our educational system is vital. We must teach the wisdom of Ayurveda at the primary school level, allowing children to grow with a balanced understanding of both traditional and modern medicine. By embedding Ayurveda into medical courses alongside allopathic education, we can foster a generation of doctors who harness the best of both worlds. This dual-pronged approach can revolutionize healthcare, offering patients a holistic, effective, and sustainable path to wellness.

To truly take Ayurveda to its rightful place on the world stage, we must open more Ayurvedic medical colleges, creating centres of excellence that attract students from across the globe. Inviting international students to study Ayurveda in India will not only spread our knowledge but also strengthen our global influence. Medical tourism must be nurtured with the same care, offering comprehensive treatment programs that blend the best of Ayurveda and modern science. As the world grapples with the rise of chronic diseases, India has the opportunity to become a superpower in health, offering solutions rooted in ancient wisdom but presented with modern precision.

As we stand on the cusp of a new era in healthcare, let us not forget the mighty shoulders we stand upon—those of Dr. Amarnath Sood, who dared to introduce Ayurveda to the world, and Dr. Monica B. Sood, who carries forward this proud legacy with the brilliance of a true visionary.

The time has come to act, to honour our ancient traditions by ensuring they thrive in a modern world. By integrating Ayurveda into every aspect of our healthcare system, we are not just preserving a legacy—we are crafting a future where the fusion of ancient wisdom and modern science can bring unparalleled healing to the world.

Wealth Insight • 05 Mar • Ministry of Ayush

The making of India's most loved FMCG brand

12, 13 • PG

974 • Sqcm

267869 • AVE

431K • Cir

Inside Page (Magazine only)

National

STOCK STORY

The making of India's most loved FMCG brand

From soaps to nutrition, how HUL built its 135-year old legacy

Whether it's the soap in your bathroom or the ketchup in your kitchen, chances are, one of these everyday essentials has come from Hindustan Unilever (HUL) at some point. A household name, HUL's ubiquitous influence extends to the stock market, too. At ₹5.5 lakh crore, it's the largest FMCG company by market cap. But the road to this dominance was anything but easy. We revisit how HUL came to be the powerhouse it is today.

A legacy founded in 1888

HUL's story begins in 1888 when British soap maker Lever Brothers introduced Sunlight soap to India, marking the country's entry into branded FMCG. What followed was the launch of products like Lifebuoy

Beautifying the product portfolio

Food and refreshment was the fastest growing segment in the last decade



(1895), Pears, Lux and Vim, establishing a stronghold in personal and home care. In 1956, the merger of Lever Brothers India, Hindustan Vanaspati, and United Traders created Hindustan Lever, later renamed Hindustan Unilever in 2007. HUL solidified its market position through acquisitions of

brands like Brooke Bond (1984), Pond's (1986), Kissan (1993) and Lakmé (1998).

A tale of two halves

However, the journey to market leadership wasn't smooth. From 2000 to 2011, HUL's revenue and profit after tax grew just 6 and 7 per cent annually, respectively.

● HUL ● Sensex (rebased to stock price)



12 | Wealth Insight March 2025



Revenue and profit after tax



as competition from ITC, Dabur and Godrej intensified and its premiumisation strategy struggled amid weak rural demand.

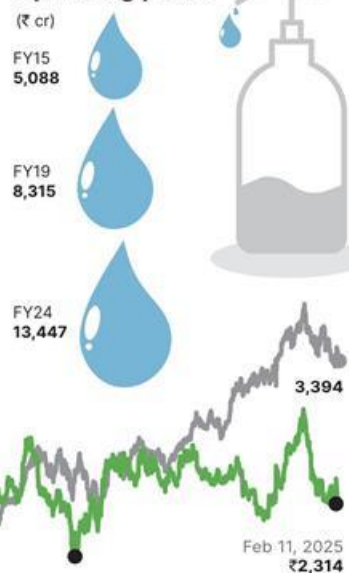
A shift began post-2011 when HUL focused on supply chain efficiencies, cost optimisation and strategic expansion, leading to a solid rebound. Revenue and profit growth improved and operating margins jumped from 12 per cent over FY00-11 to nearly 19 per cent over FY11-24. As disposable incomes rose, its premium brands like Dove, TRESemmé and Lakmé gained popularity. Its acquisition of GSK Consumer in 2020 further added Horlicks and Boost to its basket, solidifying leadership in the nutrition segment.

Looking ahead

Inflation, a slowing economy and the government's focus on infrastructure-led growth have dampened consumption, keeping growth subdued recently. Though possible rural demand revival, fueled by recent tax relief in the Union Budget is expected to ease pressure. Its recent acquisition of Minimalist positions it well in the skincare segment. Further its exit from businesses like Pureit and Kwaliti Wall's will help it streamline operations. ☑

By Vishal Goyal

Operating profit



Sep 19, 2013
₹677

● Mar 23, 2020

Acquired Glenmark Pharmaceuticals' female intimate hygiene brand VWash

● Apr 1, 2020

Completed merger with GSK Consumer Healthcare, adding Horlicks and Boost to its product basket

● Jul 2024

Sold its Pureit water purification business

● Jan, 2025

Acquired Minimalist and demerged the ice creams business Kwaliti Wall's

Dainik Bhaskar • 17 Mar • Ministry of Ayush
Kitani bhi aay ho 70+ ko milega 5 lakh ka ilaaz

4 • PG

490 • Sqcm

609185 • AVE

446.92K • Cir

Middle Left

Chandigarh

आपकी योजना

कितनी भी आय हो 70+ को मिलेगा 5 लाख का इलाज

देशभर में आयुष्मान वय वंदना कार्ड बनाए जा रहे हैं। इसके जरिए 70 या उससे अधिक उम्र वाले लोगों का 5 लाख रुपए तक का इलाज आयुष्मान में रजिस्टर्ड किसी भी निजी और सरकारी अस्पताल में करा सकते हैं। इसका लाभ हर वर्ग व आय के वरिष्ठजन ले सकते हैं। इसकी एक और खास बात ये है कि पहले से परिवार का आयुष्मान कार्ड बना हो तब भी 70 से ज्यादा उम्र वालों को 5 लाख का अतिरिक्त कवर मिलेगा।

कैसे और कहां बन रहा है यह कार्ड

■ यह कार्ड कई तरीकों से बनवा सकते हैं। पात्र व्यक्ति सूचीबद्ध अस्पताल से निःशुल्क कार्ड बनवा सकते हैं। घर बैठे ऑनलाइन भी बन जाएगा। इसके लिए आयुष्मान एप डाउनलोड करें या सरकार की वेबसाइट www.beneficiary.nha.gov.in पर जाएं। उसमें आरोग्य योजना फॉर सीनियर सिटीजन विकल्प चुनें, जहां पर कार्ड बनाने की सारी प्रक्रिया होगी।

इस कार्ड के बारे में अधिक जानकारी के लिए टोल फ्री नंबर 14555 पर कॉल कर सकते हैं या 1800110770 पर मिस्ड कॉल दे सकते हैं।

10 लाख का इलाज भी हो सकता है

■ परिवार में कोई सदस्य 70 साल से ज्यादा उम्र का है और उनका पहले से ही आयुष्मान कार्ड है। अब यदि वह वय वंदना कार्ड बनवाते हैं तो 10 लाख रुपए तक का इलाज सरकारी भुगतान पर मिल सकेगा।

वे बातें, जो आपको जानना जरूरी हैं

- मेडिकलेम पॉलिसी की तरह पूरा इलाज कैशलेस हो जाएगा। भुगतान सरकार करेगी।
- आयुष्मान में रजिस्टर्ड निजी अस्पताल में आयुष्मान हेल्प डेस्क होती है, जो इलाज कराने में मदद करेगी।
- बीमारियों के हिसाब से अलग-अलग कैटेगरी के अस्पताल आयुष्मान में रजिस्टर्ड हैं, जहां इलाज होगा।
- कौन-सी बीमारियों का इलाज इस कार्ड के जरिए हो सकेगा, इसकी सूची भी सरकार ने तय कर रखी है।
- **अस्पतालों की लिस्ट देखें:** आयुष्मान की वेबसाइट <https://pmjay.gov.in/> पर जाएं। PMJAY for 70+ पर क्लिक करें। इसमें list of Empanelled Hospital पर क्लिक करें। इससे आप दूसरी साइट पर पहुंच जाएंगे, जिसमें Pin Code, जिले या Facility Name/Advance Search से अस्पताल का नाम ढूंढ सकते हैं।

सिर्फ आधार से बन जाएगा यह कार्ड

आधार में में दर्ज जन्म तिथि के आधार पर ही आयुष्मान वय वंदना कार्ड बन जाएगा। अन्य दस्तावेजों की जरूरत नहीं है। कॉमन सर्विस सेंटर से भी इसे बनवा सकते हैं।

* जानकारी योजना से जुड़े अधिकारियों के मुताबिक।

Dainik Bhaskar • 10 Mar • Ministry of Ayush

Ayushman bharat yojana ke labharthiyo ke liye lagu hoga online intent system

4 • PG

191 • Sqcm

236626 • AVE

446.92K • Cir

Top Center

Chandigarh

आयुष्मानभारतयोजनाके लाभार्थियोंकेलिएलागूहोगा ऑनलाइनइंडेंटसिस्टम

चंडीगढ़। पीजीआई ने अमृत फार्मसी के सहयोग से आयुष्मान भारत केशलैस योजनाओं में नामांकित मरीजों के लिए दवाओं को हटाने के लिए चोरी की गई इंडेंट बुक और जाली स्टैप के दुरुपयोग करने के मामले में जांच एजेंसियों के साथ इस तरह की घटनाओं को रोकने के लिए इंटरनल कमेटी का गठन किया है। पीजीआई की ओर से जारी बुलेटिन में रविवार को इसकी जानकारी दी गई है। 18 फरवरी को पीजीआई के सिक्वोरिटी विंग ने यूरोलॉजी डिपार्टमेंट की इंडेंट बुक पर न्यूरोलॉजी की स्टैप लगा फर्जी तरीके से दवाएं लेने आए एक युवक को पकड़कर पुलिस को सौंपा था। पुलिस ने मामले में एफआईआर भी दर्ज कर ली है। फर्जीवाड़े को रोकने के लिए पीजीआई ने यह कदम उठाए हैं। ऑनलाइन इंडेंटिंग सिस्टम में परिवर्तन: केशलैस योजनाओं के तहत मरीजों के लिए मौजूदा मैनुअल इंडेंटिंग सिस्टम को बंद कर दिया जाएगा और इसकी जगह एक सुरक्षित ऑनलाइन इंडेंटिंग सिस्टम शुरू होगा। पीजीआई के कंप्यूटर डिपार्टमेंट ने इंटरनल कमेटी के सहयोग से मौजूदा हॉस्पिटल इंफॉर्मेशन सिस्टम-1 में इंटीग्रेटेड किया जाएगा। यह सिस्टम एक हफ्ते में शुरू हो जाएगा।

Dainik Bhaskar • 08 Mar • Ministry of Ayush
Ayush vibhag mein niyukti ke niyam badle

11 • PG

194 • Sqcm

87416 • AVE

92.28K • Cir

Top Center

Delhi

आयुष विभाग में नियुक्ति के नियम बदले, हाई कोर्ट ने कहा- सरकार सही

इंदौर | आयुष विभाग में लेक्चरर नियुक्ति की चयन प्रक्रिया में सरकार ने अंतिम समय में बदलाव किया। पोस्ट ग्रेजुएशन के बजाय ग्रेजुएशन के अंकों के आधार पर चयन किया गया, जिसके खिलाफ डॉ. निरंजन शर्मा ने हाई कोर्ट में याचिका दायर की। उन्होंने तर्क दिया कि उनके 78% अंकों के साथ पीजी करने के बावजूद उन्हें मैरिट में स्थान नहीं मिला। सरकार ने दलील दी कि अन्य राज्यों के अभ्यर्थियों का मूल्यांकन सीजीपीए या अन्य तरीकों से हुआ, जिससे समानता बनाए रखने के लिए बीएएमएस (ग्रेजुएशन) के अंकों को आधार बनाया गया। हाई कोर्ट की खंडपीठ ने सरकार के इस फैसले को सही ठहराया।

Hindustan • 17 Mar • Ministry of Ayush
Ayush main Swatanter osadhi niyantrak ki sifarish

10 • PG

84 • Sqcm

71579 • AVE

1.53M • Cir

Middle Right

Chandigarh

आयुष में स्वतंत्र औषधि नियंत्रक की सिफारिश

नई दिल्ली। संसद की एक स्थायी समिति ने सभी आयुष औषधि-संबंधी मानक-निर्धारण प्रक्रियाओं को एक स्वतंत्र औषधि नियंत्रक के अधीन रखने की सिफारिश की है। औषधि एवं प्रसाधन सामग्री अधिनियम, 1940 और उससे संबंधित नियमों के अनुसार ऐसा संभव है। समिति ने कहा है कि मंत्रालय को एक सुव्यवस्थित और समावेशी तंत्र स्थापित करना चाहिए।

Hindustan • 16 Mar • Ministry of Ayush
Ayushman' se 17 lakh logo ko fayada hoga

1 • PG

143 • Sqcm

121358 • AVE

1.53M • Cir

Middle Center

Chandigarh

‘आयुष्मान’ से 17 लाख लोगों को फायदा होगा

नई दिल्ली, प्रमुख संवाददाता। दिल्ली में आयुष्मान योजना लागू करने की तैयारी हो चुकी है। सूत्रों के अनुसार, दिल्ली सरकार इसे लागू करने के लिए अगले सप्ताह स्वास्थ्य मंत्री जेपी नड्डा की मौजूदगी में केंद्र सरकार के साथ समझौता करेगी। उसी दिन 5-10 परिवार को आयुष्मान कार्ड दिया जाएगा। दिल्ली में बुजुर्गों समेत 17 लाख से अधिक लोगों को योजना का लाभ मिलेगा।

आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना के लिए दिल्ली सरकार का स्वास्थ्य विभाग केंद्र के राष्ट्रीय स्वास्थ्य प्राधिकरण के साथ समझौते पर हस्ताक्षर करेगा। उसके बाद कार्ड बांटने का काम शुरू होगा। 2011 की सामाजिक-आर्थिक जनगणना रिपोर्ट के आधार पर गरीबों का चयन योजना में किया जाएगा। इस आंकड़े के आधार पर दिल्ली में साढ़े छह लाख लोग

- दस लाख तक का इलाज लाभार्थियों को मिलेगा
- 70 वर्ष से अधिक उम्र वालों को लाभ होगा

योजना के दायरे में आएंगे। इसके अलावा 70 वर्ष से अधिक उम्र के बुजुर्ग, आशा वर्कर, आंगनवाड़ी कर्मी भी योजना का लाभ उठा पाएंगे।

अधिकारियों ने बताया कि योजना के लाभार्थी दिल्ली में 10 लाख तक का मुफ्त इलाज किसी भी अस्पताल में करा पाएंगे। इसमें पीएमजेवाई के तहत पांच लाख के खर्च का वहन केंद्र सरकार और पांच लाख का स्वास्थ्य बीमा दिल्ली सरकार कराएगी। इससे गरीब परिवारों, बुजुर्गों को बड़ी राहत मिलेगी, क्योंकि अब बेहतर इलाज के लिए सिर्फ सरकारी अस्पतालों पर निर्भर रहेंगे। लाभार्थी निजी अस्पतालों में भी इलाज करा पाएंगे।

Hindustan • 16 Mar • Ministry of Ayush
Ayushman se 17 lakh logon ko fayda hoga

1 • PG

143 • Sqcm

178468 • AVE

1.29M • Cir

Middle Center

Delhi

‘आयुष्मान’ से 17 लाख लोगों को फायदा होगा

नई दिल्ली, प्रमुख संवाददाता। दिल्ली में आयुष्मान योजना लागू करने की तैयारी हो चुकी है। सूत्रों के अनुसार, दिल्ली सरकार इसे लागू करने के लिए अगले सप्ताह स्वास्थ्य मंत्री जेपी नड्डा की मौजूदगी में केंद्र सरकार के साथ समझौता करेगी। उसी दिन 5-10 परिवार को आयुष्मान कार्ड दिया जाएगा। दिल्ली में बुजुर्गों समेत 17 लाख से अधिक लोगों को योजना का लाभ मिलेगा।

आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना के लिए दिल्ली सरकार का स्वास्थ्य विभाग केंद्र के राष्ट्रीय स्वास्थ्य प्राधिकरण के साथ समझौते पर हस्ताक्षर करेगा। उसके बाद कार्ड बांटने का काम शुरू होगा। 2011 की सामाजिक-आर्थिक जनगणना रिपोर्ट के आधार पर गरीबों का चयन योजना में किया जाएगा। इस आंकड़े के आधार पर दिल्ली में साढ़े छह लाख लोग

- दस लाख तक का इलाज लाभार्थियों को मिलेगा
- 70 वर्ष से अधिक उम्र वालों को लाभ होगा

योजना के दायरे में आएंगे। इसके अलावा 70 वर्ष से अधिक उम्र के बुजुर्ग, आशा वर्कर, आंगनवाड़ी कर्मी भी योजना का लाभ उठा पाएंगे।

अधिकारियों ने बताया कि योजना के लाभार्थी दिल्ली में 10 लाख तक का मुफ्त इलाज किसी भी अस्पताल में करा पाएंगे। इसमें पीएमजेएवाई के तहत पांच लाख के खर्च का वहन केंद्र सरकार और पांच लाख का स्वास्थ्य बीमा दिल्ली सरकार कराएगी। इससे गरीब परिवारों, बुजुर्गों को बड़ी राहत मिलेगी, क्योंकि अब बेहतर इलाज के लिए सिर्फ सरकारी अस्पतालों पर निर्भर रहेंगे। लाभार्थी निजी अस्पतालों में भी इलाज करा पाएंगे।

Hindustan • 14 Mar • Ministry of Ayush
Ayushman bharat ke liye ayu 60 varsh ho

2 • PG

79 • Sqcm

98365 • AVE

1.29M • Cir

Top Right

Delhi • Chandigarh

‘आयुष्मान भारत के लिए आयु 60 वर्ष हो’

नई दिल्ली। संसद की एक समिति ने आयुष्मान भारत स्वास्थ्य बीमा योजना के दायरे को व्यापक बनाने की सिफारिश की है। इसमें कहा गया है कि आयुष्मान वय वंदना कार्ड के लिए 70 वर्ष और उससे अधिक की आयु मानदंड को लोगों की सामाजिक-आर्थिक स्थिति पर ध्यान दिए बिना 60 वर्ष और उससे अधिक किया जाना चाहिए। ।

Navbharat Times • 17 Mar • Ministry of Ayush
Ayush dawao ki quality par jor

11 • PG

27 • Sqcm

52772 • AVE

2.68M • Cir

Top Left

Delhi

**आयुष दवाओं की
क्वालिटी पर ज़ोर**

■ पीटीआई, नई दिल्ली:



संसदीय समिति
ने सिफारिश
की है कि
आयुष दवाओं
के सभी मानकों
और नियमों
को एक स्वतंत्र ड्रग कंट्रोलर
के तहत लाया जाए। इससे
दवाओं की क्वालिटी, सुरक्षा
और प्रभावशीलता सुनिश्चित
होगी। समिति चाहती है कि
आयुष दवाओं के परीक्षण और
मानकीकरण में तेजी लाई जाए।

Navbharat Times • 02 Mar • Ministry of Ayush Ohh, Foxnuts

9 • PG

1712 • Sqcm

3338248 • AVE

2.68M • Cir

Top Left

Delhi

ओखना...

मखाना नाम तो सुना होगा। आजकल इसके गुणों की चर्चा भी बढ़ती जा रही है, डिमांड भी और दाम भी। अब तो इसे सुपरफूड की कैटेगरी में भी रखा गया है। क्या सच में इसमें कुछ खास बात है या फिर यों ही चर्चा में आ गया? देश के बेहतरीन एक्सपर्ट्स से बातकर जानकारी दे रहे हैं **लोकेश के. भारती**

मखाना है गुणों की खान, पर रखना है इन बातों का भी ध्यान

1 अगर कोई किडनी स्टोन है तो उसे मखाने का खाने चाहिए। मखाने में फोस्फोरस और कैल्शियम का अच्छा संतुलन होता है।

2 पाचन तंत्र को ठीक रखने के लिए मखाने का खाना चाहिए। मखाने में फाइबर का अच्छा स्रोत है।

3 मखाना खाना कम करने में मददगार है। मखाने में प्रोटीन का अच्छा स्रोत है।

4 अगर कोई अलर्जिक रिएक्शन है तो उसे मखाने का खाना नहीं चाहिए। मखाने में अलर्जिक रिएक्शन का कारण बन सकता है।

5 मखाना रक्तचाप को कम करने में मददगार है। मखाने में पोटैशियम का अच्छा स्रोत है।

मोदी भी खूब खाते हैं मखाने

मैं साल के 365 दिनों में से 300 दिन मखाने जरूर खाता हूँ।

— प्रधानमंत्री नरेंद्र मोदी, भारतपुर (बिहार) की जनसभा में, 24.02.2025

अ

केटी में हड्डि भरा है जिस से मखाना का फूल फूल जाता है। इससे यह फूल फूलने की जगह बन जाता है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है।

ऐसे तैयार होता है मखाना

मखाना फूल फूलने के बाद फूल फूल जाता है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है।

कहां-कहां उत्पादन

मखाना फूल फूलने के बाद फूल फूल जाता है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है।

क्या कच्चे मखाने नहीं खाने चाहिए?

मखाना फूल फूलने के बाद फूल फूल जाता है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है।

मखाना खाने का सही तरीका और कुछ बेहतरीन रेसिपीज

मखाना फूल फूलने के बाद फूल फूल जाता है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है।

महंगे मखाने के क्या-क्या हैं विकल्प

मखाना फूल फूलने के बाद फूल फूल जाता है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है।

घर पर कैसे पोषक

मखाना फूल फूलने के बाद फूल फूल जाता है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है।

मसुरे

मखाना फूल फूलने के बाद फूल फूल जाता है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है।

नमकीन सोयाबीन

मखाना फूल फूलने के बाद फूल फूल जाता है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है। फूलों के फूलों में मखाने के फूलों की बात भी होती है।

Navbharat Times • 02 Mar • Ministry of Ayush
Vocal for Local

13 • PG

389 • Sqcm

759334 • AVE

2.68M • Cir

Top Left

Delhi

'वोकल फॉर लोकल' से मिली ग्लोबल पहचान: पीएम मोदी

कहा, भारत अब दुनिया की फैक्ट्री के रूप में उभर रहा है

■ पीटीआई, नई दिल्ली: प्रधानमंत्री नरेंद्र मोदी ने शनिवार को कहा कि 'वोकल फॉर लोकल' अभियान अब रंग ला रहा है, क्योंकि भारतीय उत्पाद ग्लोबल स्तर पर अपनी मजबूत उपस्थिति दर्ज करा रहे हैं। उन्होंने कहा कि भारत केवल कार्यालय नहीं, बल्कि एक विश्व शक्ति बन रहा है। दिल्ली में NXT सम्मेलन में

पीएम ने कहा कि भारत अब दुनिया के लिए सिर्फ 'बैक ऑफिस' नहीं, बल्कि एक प्रमुख निर्माण केंद्र बन रहा है। उन्होंने कहा कि भारत अंतर्गत नवोन्मेषों और किफायती समाधानों की भूमि बन चुका है। उन्होंने कहा कि देश अब विनिर्माण केंद्र और 'दुनिया के फैक्ट्री' के रूप में उभर रहा है।

PTI

'सुपरफूड तक भारत का दबदबा'

मोदी ने कहा कि भारत सेमीकंडक्टर और मिशन क्रिस्टल फीट बनाने में सक्षम हो गया है। इसके अलावा, मखाना और बाजरा जैसे



सुपरफूड, आयुष उत्पाद और योग को भी दुनिया भर में तेजी से अपनाया जा रहा है। पीएम ने नब्बार के भारतीय दृष्टिकोण को 'इंटरनेशन' करार देते हुए कहा कि भारत केवल नब्बार ही नहीं कर रहा, बल्कि इसे भारतीय तरीके से कर रहा है। उन्होंने कहा कि हम ऐसे समाधान देकर कर रहे हैं जो किफायती, सुलभ और समग्र के अनुसार ढलने वाले हैं।



तीसरी बार सरकार बनने पर भरोसा

मोदी ने कहा कि बीजेपी के नेतृत्व वाली एनडीए सरकार का तीसरी बार सत्ता में लौटना जनता के विश्वास को दर्शाता है। उन्होंने उन्मीद जताई कि नया



ग्लोबल समाचार चैनल भारत की उपलब्धियों को दुनिया तक पहुंचाएगा। मोदी ने कहा कि उनकी सरकार ने नाट्य प्रदर्शन अधिनियम समेत कई अप्रचलित कानूनों को निरस्त कर दिया है। नाट्य प्रदर्शन अधिनियम के तहत, 10 या अधिक व्यक्तियों के एक सभा नृत्य करते हुए जाने पर गिरफ्तारी का प्रावधान था।

'दुनिया का डिजिटल पैमेंट मॉडल UPI'

पीएम ने कहा कि जब दुनिया को सुरक्षित और किफायती डिजिटल भुगतान प्रणाली की जरूरत थी, तब भारत ने यूनिफाइड पैमेंट इंटरफेस (UPI) विकसित



किया। आज फ्रांस, यूएई और सिंगापुर जैसे कई देश इसे अपने वित्तीय तंत्र में अपना रहे हैं। उन्होंने कहा कि कोविड-19 के दौरान भारत के टीकॉ ने उन्नती स्वास्थ्य सेवा की ताकत को साबित किया। आरोग्य सेतु ऐप को ऑफन सोर्स बनाकर दुनिया के लिए उपलब्ध कराया गया।

'अगर मोदी कानून लाते, तो बवाल मच जाता'

पीएम ने अपने आलोचकों पर निशाना साधते हुए कहा कि उन्हें आश्चर्य है कि 'लुटियन जमात' और 'खान मर्कट गिरोह' 75 साल से अधिक समय तक ऐसे कानूनों पर चुप रहे। प्रधानमंत्री ने कहा, 'अगर मोदी ऐसा कानून (नाट्य प्रदर्शन अधिनियम) लाते, तो जरा सोचिए क्या होता। यहां तक कि अगर सोशल मीडिया पर 'ट्रोल' करने वालों ने ऐसी कोई गलत सूचना भी फैलाई होती, तो ये लोग शोर मचाते और मोदी को निशाना बनाते, लेकिन यह हमारी सरकार है जिसने औपनिवेशिक काल के इस कानून को खत्म कर दिया है।'



'दुनिया की नजर हम पर, भविष्य उज्ज्वल'

प्रधानमंत्री ने कहा कि भारत 21वीं सदी में कई ग्लोबल पहलों का नेतृत्व कर रहा है। उन्होंने हाल में AI शिखर सम्मेलन और



G-20 अध्यक्षता को भारत की बढ़ती भूमिका का प्रतीक बताया। उन्होंने कहा कि भारत यह भूमि है, जिसने दुनिया को शुरू किया और अब यह अंतर्गत नवोन्मेषों की भूमि बन चुका है। पीएम मोदी ने महकुम का जिक्र करते हुए कहा कि इसने कार्यक्रमों का आयोजन करने के भारत के कोशल और नवोन्मेष को उज्जगर किया है।

कृषि बजट पर मोदी का फोकस

पीएम मोदी ने शनिवार को 'कृषि और ग्रामीण समृद्धि' पर आयोजित सेमिनार में बजटीय प्रस्तावों के शीघ्र कार्यान्वयन का आह्वान किया। उन्होंने कहा कि अब विचार-विमर्श नहीं, बल्कि क्रियान्वयन पर ध्यान देना होगा। मोदी ने प्रधानमंत्री धन धन्य कृषि योजना और मखाना बोर्ड की स्थापना जैसी योजनाओं को महत्वपूर्ण बताते हुए कृषि उत्पादन बढ़ाने और



छोटे किसानों तक उन्नत बीज पहुंचाने पर जोर दिया। उन्होंने बताया कि पीएम-किसान योजना के तहत 11 करोड़ किसानों को 3.75 लाख करोड़ रुपये सीधे ट्रांसफर किए गए हैं। प्रधानमंत्री ने अरहर, उड़द और मसूर की आत्मनिर्भरता बढ़ाने के लिए उच्च उपज देने वाली किस्में और निजी क्षेत्र की भागीदारी को भी आवश्यक बताया।

Divya Bhaskar • 17 Mar • Ministry of Ayush
More than 400 doctors cycle rally under Fit India campaign

3 • PG

46 • Sqcm

6949 • AVE

316.29K • Cir

Bottom Left

Mumbai

ફિટ ઈન્ડિયા મુંબેશ હેઠળ 400થી વધુ ડોક્ટરોની સાઈકલ રેલી



કેન્દ્રની ફિટ ઈન્ડિયા મુવમેન્ટ હેઠળ રવિવારે રિવરફ્રન્ટ પર 'સન્ડે ઓન સાઈકલ' રેલી યોજાઈ હતી. જેમાં ઈન્ડિયન મેડિકલ એસોસિએશનના 400થી વધુ ડોક્ટર જોડાયા હતા. કેન્દ્રીય મંત્રી ડૉ. મનસુખ માંડવિયા મુખ્ય અતિથિ હતા. લોકોમાં ડ્રાયાબિટીસ અને સ્થૂળતા અંગે જાગૃતિ અંગે સરકારે 'ફીટનેસ કી ડોઝ આપા ઘંટા રોજ' અભિયાન શરૂ કર્યું છે. ડોક્ટરોના માધ્યમથી લોકો સુધી જાગૃતિ ફેલાવવા આ રેલી યોજાઈ હતી.

Divya Bhaskar • 12 Mar • Ministry of Ayush

Yoga changed the lives of foreigners, now changing the world

13 • PG

236 • Sqcm

35402 • AVE

316.29K • Cir

Bottom Left

Mumbai

ભાસ્કર ખાસ

હથિકેશમાં આયોજિત આંતરરાષ્ટ્રીય યોગ મહોત્સવમાં 50 દેશોના 1200 વિદેશી યોગ સાધક પહોંચ્યા યોગે જે વિદેશીઓનું જીવન બદલ્યું, તે હવે દુનિયા બદલી રહ્યા છે

મનમીતા રેહરફા

ઉત્તરાખંડના હથિકેશના પરમાર્થનિકેતનમાં 37મા આંતરરાષ્ટ્રીય યોગ મહોત્સવનો શુભારંભ થયો છે. આ વખતે 50 દેશોમાંથી 1200થી વધુ વિદેશી યોગ સાધક ભેગા થયા છે. આ મહોત્સવ 15 માર્ચ સુધી ચાલશે. ફૂલોની હોળી સાથે તેનું સમાપન થશે. આ યોગ મહોત્સવમાં આખી દુનિયામાંથી ઘણા જાણીતા યોગગુરુ ભાગ લે છે, જેમાં અષ્ટાંગ યોગ, હઠ યોગ, રાજ યોગ, ભક્તિ યોગ, કુંડલિની યોગ અને ધ્યાન મુખ્ય છે. જેમાં ખાસ કરીને યોગાચાર્ય ગુરુમુખ કૌર ખાલસા, યોગાચાર્ય ટોમી રોસેન, યોગાચાર્ય ક્રિયા મિલર, યોગાચાર્ય એરિકા રાન્ડેલ ક્રોફ્ટમેન, યોગાચાર્ય સિયાના શર્મન, યોગાચાર્ય સંદીપ દેસાઈ, યોગાચાર્ય આનંદ મેહરોત્રા, યોગાચાર્ય ઈરા ત્રિવેદી, યોગાચાર્ય સ્ટીવર્ટ ગિલક્રિસ્ટ, યોગાચાર્ય મારિયા અલેજાન્દ્રા અવચારિયન, યોગાચાર્ય નિકોલસ જિયાકોમિની સહિત ઘણા અન્ય લોકો છે.



બીટલ્સે યોગને ઓળખ અપાવી હતી

હથિકેશને આંતરરાષ્ટ્રીય યોગ નગરીના નામે પણ ઓળખવામાં આવે છે. હકીકતે હથિકેશને આ ઓળખ મહર્ષિ મહેશ યોગીના કારણે મળી. જ્યારે 70ના દાયકામાં દુનિયાના સૌથી પ્રસિદ્ધ બેન્ડ બીટલ્સના સભ્ય મહર્ષિ મહેશ યોગીના શિષ્ય બન્યા હતા. બીટલ્સ હથિકેશ આવ્યા અને મહિનાઓ સુધી અહીં રહીને યોગ કર્યા, ત્યાર બાદ સમગ્ર દુનિયામાં હથિકેશના યોગની ઓળખ પહોંચી ગઈ.

કુંડલિની યોગની ગુરુ 30 વર્ષથી યોગ શીખવે છે

અમેરિકાની ગુરુમુખ કૌર ખાલસાને 1972માં તેમના ગુરુ યોગી ભજને 'ગુરુમુખ' નામ આપ્યું હતું. 30 વર્ષથી તેણી આખી દુનિયામાં કુંડલિની યોગ, ધ્યાન અને ગર્ભાવસ્થા સાથે સંકળાયેલી સારસંભાળ શીખવે છે. તેણી ભારત, તિબેટ અને મેક્સિકોમાં અનાયાશ્રમોને તબીબી સુવિધાઓ અને ધ્યાન શીખવવામાં મદદ કરે છે. તેમણે 'ખાલસા વે' નામનો ટીચર ટ્રેનિંગ પ્રોગ્રામ શરૂ કર્યો, જે 30 વર્ષથી ચાલે છે. ગુરુમુખે '૫ 8 હ્યુમન ટેલેન્ટ્સ' અને 'બાઉન્ડેડ ફુલ બ્યૂટીફુલ બ્લિસફુલ' નામનાં પુસ્તકો લખ્યાં છે. તેમના શિષ્યોની સંખ્યા લાખોમાં છે.

અમેરિકાના રોસન નશો છોડનારાઓ માટે પ્રેરણા

અમેરિકાના ટોમી રોસને યોગ થકી તેમની દુનિયા બદલી નાખી. તે ખૂબ જ ઓછી વયે નશા અને જુગારની લતમાં ડૂબી ગયા હતા. રોસને 20 પ્રકારનાં ડ્રગ્સ લીધાં હતાં. જુગારમાં તેમના જીવનની સમગ્ર મૂડી ગુમાવી દીધી. પણ ત્યારબાદ તેઓ અમેરિકામાં જ એક યોગ સ્કૂલમાં ગયા, જ્યાં યોગે તેમનું જીવન એ રીતે બદલ્યું કે નશા છોડનારા લોકો માટે પ્રેરણારૂપ બન્યા. હવે રોસન અમેરિકામાં જ તેમની યોગ સ્કૂલ ચલાવે છે. તે દર વર્ષે આંતરરાષ્ટ્રીય યોગ મહોત્સવમાં હાજરી આપવા આવે છે. તેઓ અહીં વિશ્વના યોગ સાધકો સાથે અનુભવ શેર કરે છે.

ભારતના મોહન યીનના સૌથી મોટા યોગગુરુ બની ગયા

મોહન ભંડારી હથિકેશના છે. તેઓ યીનના સૌથી પ્રતિષ્ઠિત યોગ વિદ્વાલય, યોગીયોગના સંસ્થાપક અને નિર્દેશક છે. યોગમાં વ્યાપક જ્ઞાન અને અનુભવ સાથે તેઓ યોગ સંમેલનોમાં આંતરરાષ્ટ્રીય સ્તરે પ્રસિદ્ધ વક્તા છે. તેઓ અમેરિકામાં ઈન્ટરનેશનલ એસોસિયેશન ઓફ યોગ થેરાપિસ્ટ દ્વારા પ્રમાણિત યોગ ચિકિત્સક પણ છે. 2015માં તેઓ યીનમાં સૌથી પ્રભાવશાળી યોગ પ્રસારક તરીકે પસંદ કરાયા હતા. તેમણે ચાઈના સેન્ટ્રલ ટેલિવિઝન માટે યોગ સત્રોના 52 એપિસોડ બનાવ્યા છે. તેમણે યીનમાં 30 હજાર લોકોને યોગ સાધક બનાવ્યા છે.

Divya Bhaskar • 10 Mar • Ministry of Ayush
Celebrate with a Fit India Wellness and Self-Defense Session

2 • PG

130 • Sqcm

19459 • AVE

316.29K • Cir

Bottom Right

Mumbai

ફિટ ઇન્ડિયા વેલનેસ અને સેલ્ફ-ડિફેન્સ સત્ર સાથે ઉજવણી



ધ સ્પોર્ટ્સ ઓથોરિટી ઓફ ઇન્ડિયા રિજનલ સેન્ટર મુંબઈ દ્વારા વેલનેસ, સેલ્ફ-ડિફેન્સ અને ફિટનેસ પર કેન્દ્રિત ફિટ ઇન્ડિયા મુવમેન્ટ હેઠળ સશક્તિકરણ કાર્યક્રમ સાથે આંતરરાષ્ટ્રીય મહિલા દિવસની ઉજવણી કરી હતી, જેમાં બાળાઓએ દિલધડક કવાયતો કરી બતાવી હતી.

Divya Bhaskar • 08 Mar • Ministry of Ayush
Fit body, less weight; Make these 5 exercises a habit

9 • PG

192 • Sqcm

28836 • AVE

316.29K • Cir

Middle Left

Mumbai



ફિટ બોડી, ઓછું વજન; આ 5 એક્સરસાઈઝને આદત બનાવો

healthline

માંથી વિશેષ

શારીરિક ગતિવિધિઓ કેલરી બર્ન કરે છે, જેથી વજન ઘટે છે. કોઈ વ્યક્તિનું વજન કેટલું ઘટશે, તે તેની ઉંમર, ડાયટ અને વર્તમાન વજન પર આધાર રાખે છે. એક અંદાજ મુજબ દર વર્ષે આશરે 4.5 કરોડ અમેરિકી લોકો તેમની વેટ લોસ જર્ની શરૂ કરે છે. વજન ઘટાડવાનો અર્થ એ નથી કે લોકોને દિવસે કલાકો સુધી વર્કઆઉટ જ કરવું પડે. પાંચ સામાન્ય એક્સરસાઈઝ કરીને પણ એ શક્ય છે.

1. વોકિંગ | દરરોજ 50થી 70 મિનિટ ચાલવું જોઈએ

વોકિંગ: શરૂઆતમાં લોકો માટે સરળ એક્સરસાઈઝ છે. અઠવાડિયામાં ત્રણવાર 50થી 70 મિનિટ સુધી ચાલવાથી શરીરની ચરબીમાં 1.5% અને કમરનો આકાર 2.8 સેન્ટીમીટર જેટલો ઘટે છે.

5. પિલાટેસ પેટ કમર અને હિપ્સની ચરબી ઘટાડે છે.



પિલાટેસ એક ખાસ પ્રકારની ફિટનેસ એક્સરસાઈઝ છે, જે શરીરના કોર મસલ્સને મજબૂત કરવા પર કેન્દ્રિત હોય છે. અભ્યાસમાં જણાયું કે પિલાટેસ કરવાથી કમર, પેટ અને હિપ્સની ચરબી ઘટે છે.

2. વેટ ટ્રેનિંગ | મેટાબોલિઝમ વધે છે, બર્ન થાય છે કેલરી

અઠવાડિયામાં 3 વખત 11 મિનિટની સ્ટ્રેન્થ ટ્રેનિંગ કરવાથી લોકોનું મેટાબોલિઝમ 7.4% વધે છે, જેથી શરીર વધારાની 125 કેલરી દરરોજ બર્ન કરવા લાગે છે.

3. સ્વિમિંગ | અઠવાડિયામાં 3 દિવસ કરતા, કોલેસ્ટ્રોલ ઘટે છે

અભ્યાસમાં જણાવા મળ્યું કે અઠવાડિયામાં 3 વખત 60 મિનિટ સુધી સ્વિમિંગ કરવાથી ચરબી ઘટી અને કોલેસ્ટ્રોલ અને ટ્રાઇગ્લિસરાઈડ્સના સ્તરમાં પણ ઘટાડો થયો.

4. યોગ | મહિલાઓ માટે લાભદાયી, 90 મિનિટ કરો

યોગથી પણ કેલરી બર્ન થાય છે. એક અભ્યાસમાં જણાયું કે જે મહિલાઓ અઠવાડિયામાં બે વખત 90 મિનિટના યોગ સત્રમાં સામેલ થઈ, તેની કમર સરેરાશ 1.5 ઇંચ ઘટી.

કેટ બર્ન: 65 કિલોનો વ્યક્તિ 30 મિનિટના પિલાટેસ સેશનમાં 108 કેલરી બર્ન કરે છે.

Divya Bhaskar • 03 Mar • Ministry of Ayush

079 6644 0104 Alpline Ayrat for redressal of grievances in Ayushman card

2 • PG

129 • Sqcm

19335 • AVE

316.29K • Cir

Middle Left

Mumbai

આયુષમાન કાર્ડમાં ફરિયાદ નિવારણ માટે 079 6644 0104 હેલ્પલાઈન કાર્યરત ફરિયાદની સ્થિતિને ટ્રેક કરવા રજીસ્ટર્ડ નંબર પર SMS મોકલાશે

હેલ્પ રિપોર્ટર | બુજ

રાજ્ય સરકાર દ્વારા આયુષમાન કાર્ડ યોજના સંબંધીત ફરિયાદના નિવારણ તેમજ માહિતી મેળવવા માટે હેલ્પલાઈન કાર્યરત કરવામાં આવી છે.

આરોગ્યમંત્રી ઋષિકેશ પટેલે PMJAY-મા યોજનાને લગતી ફરિયાદ નિવારણ અને જરૂરી માહિતી માટે 079 6644 0104 હેલ્પલાઈન કાર્યરત કરાવતા જણાવ્યું કે, આયુષમાન કાર્ડ અને તેના અંતર્ગત આપવામાં આવતી સેવાને લગતી કોઈપણ ફરિયાદ, સમસ્યા અને માહિતી માટે આ હેલ્પલાઈન નંબર કાર્યરત કરાયો છે. જે 24 કલાક કાર્યરત રહેશે. જેમાં દર્દીની ફરિયાદ કોલ દ્વારા નોંધવામાં આવે છે. ફરિયાદની સ્થિતિને ટ્રેક કરવા માટે નોંધણી નંબરની જાણકારી આપતો SMS રજીસ્ટર્ડ મોબાઈલ નંબર પર મોકલવામાં આવશે. આ હેલ્પલાઈનથી મળેલ ફરિયાદના નિવારણ માટે, જિલ્લા/કોર્પોરેશનના નોડલ તરીકે મુખ્ય જિલ્લા આરોગ્ય અધિકારી અને મેડીકલ ઓફિસર ઓફ હેલ્થ, ઈન્સ્યોરન્સ કંપની, કાર્ડ

હેલ્પ લાઈનમાં આ સુવિધા મળશે

- 24 x 7 ટોલ ફ્રી નંબર • યોજનાકીય માહિતી • કાર્ડ એનરોલમેન્ટ સેન્ટરની માહિતી • કાર્ડ બેલેન્સ
- એમ્બેનલ હોસ્પિટલની માહિતી • વિવિધ બીમારી અંતર્ગત ઉપલબ્ધ સારવાર તેમજ પેકેજની માહિતી
- હોસ્પિટલમાં આરોગ્ય-મિત્ર તેમજ જિલ્લા કક્ષાએ સંકલનની સુવિધા • ફરિયાદ નોંધણી, ટ્રેકિંગ અને મોનીટરીંગ • ફરિયાદ યોગ્ય અધિકારી સુધી પહોંચાડવાની સુવિધા • આરોગ્યસેવામાં ખામી અંગેની ફરિયાદ અને પ્રતિસાદ

એપ્રુવલ એજન્સીને SMS તથા ઈમેલમાં લિંક થકી ફરિયાદની વિગતો મોકલાશે. ફરિયાદી માટે ડોક્યુમેન્ટ અથવા પુરાવા મોકલવાની સગવડ થકી ફરિયાદનું વેરિફિકેશન અને નિરાકરણ નિયત સમયમર્યાદામાં કરવામાં આવે છે ત્યારબાદ હેલ્પલાઈનની ટીમ દ્વારા નિરાકરણની ખરાઈ ફરિયાદીને કોલ કરીને કરવામાં આવે છે અને પુર્તતા થયા બાદ જ ફરિયાદ બંધ કરવામાં આવે છે.

Dina Mani • 17 Mar • Ministry of Ayush

Parliamentary Standing Committee recommends separate drug regulatory body for Ayush medicines

10 • PG

166 • Sqcm

70431 • AVE

167.26K • Cir

Bottom Right

Chennai

**ஆயுஷ் மருந்துகளுக்கு தனிப்பட்ட
மருந்து கட்டுப்பாட்டு அமைப்பு
நாடாளுமன்ற நிலைக் குழு பரிந்துரை**

புது தில்லி, மார்ச் 16: ஆயுஷ் மருந்துகளுக்கு தனிப்பட்டு மருந்து கட்டுப்பாட்டு அமைப்பை உருவாக்குமாறு மத்திய ஆயுஷ் அமைச்சுக்கு நாடாளுமன்ற நிலைக் குழு பரிந்துரைத்துள்ளது.

இது தொடர்பாக மத்திய சுகாதார அமைச்சுக்குள்ளான நாடாளுமன்ற நிலைக்குழு மாநிலங்களவையில் இந்த வாரம் சமர்ப்பித்த அறிக்கையில் கூறியிருப்பதாவது:

கடந்த 1940 ஆம் ஆண்டில் நிறைவேற்றப்பட்ட மருந்துகள் சட்டத்தின் கீழ் ஆயுஷ் மருந்துகளுக்கு தனிப்பட்ட மருந்து கட்டுப்பாட்டு அமைச்சுக்கை உருவாக்க வேண்டும். இந்த முன்முயற்சியில் இந்திய மருத்துவம் மற்றும் ஹோமியோபதி மருந்துகள் ஆணையம் மற்றும் மத்திய ஆயுர்வேத அறிவியல் கவுன்சில் ஆகியவற்றையும் ஒருங்கிணைக்க வேண்டும். இதன்மூலம் ஆயுஷ் மருந்துகளை அதிக அளவில் பரிசோதித்து மதிப்பிட முடியும்.

இந்தியாவில் உள்ள 28 மாநிலங்கள் மற்றும் 8 யூனியன் பிரதேசங்களில் ஆரோக்கிய, ஆயுர்வேத சண்காட்சிகளை நடத்த வேண்டும். பல்வேறு நோய்களைத் தடுக்கவும் குணப்படுத்தவும் ஆயுஷ் மருத்துவ முறையை பயன்படுத்துவதற்கான முயற்சிகளை ஊக்கவிக்க வேண்டும்.

ஆயுஷ் மருத்துவ முறை தொடர்பாக மக்களிடையே, குறிப்பாக கிராமப்புற, நகர்ப்புற குடிசைகளில் வாழும் மற்றும் மலைப்பாங்கான பகுதிகளில் வசிக்கும் மக்களிடையே விழிப்புணர்வை ஏற்படுத்த தகவல், கல்வி, தகவல் தொடர்பு திட்டத்தை அமல்படுத்த வேண்டும்.

அதேபோன்று பிரிட்டன், அமெரிக்கா போன்ற வளர்ந்த நாடுகளில் வசிக்கும் இந்தியர்களிடையே ஆயுஷ் மருத்துவ முறையை பிரபலப்படுத்த முயற்சிகள் எடுக்கப்பட வேண்டும்.

வெளிநாடுகளில் ஆயுஷ் மருத்துவ முறையை பிரபலப்படுத்த சாலை நிகழ்ச்சிகள், சந்தை தகவல் தொடர்பு உள்ளிட்ட நடவடிக்கைகள் எடுக்கப்பட வேண்டும். ஆயுஷ் துறையில் திறன் மேம்பாட்டுக்கும் மருத்துவக் கல்வி வழங்கவும் முக்கியத்துவம் அளிக்கப்பட வேண்டும்.

குஜராத்தின் ஜாம்நகரில் உலக சுகாதார அமைப்பின் உலகளாவிய பாரம்பரிய மருத்துவமையம் அமைக்கப்பட உள்ளது மகிழ்ச்சி அளிக்கிறது. ஆயுஷ் துறையில் உலக சுகாதார அமைப்புடன் அதிக அளவில் ஒத்துழைத்துச் செயல்படுவது பாரம்பரிய மருத்துவத்தையும் ஆயுஷ் மருத்துவமுறையையும் உலக அளவில் ஏற்கச் செய்வதில் முக்கியப் பங்கு வகிக்கும் என்று நிலைக்குழுவின் அறிக்கையில் தெரிவிக்கப்பட்டுள்ளது.

Rashtriya Sahara • 16 Mar • Ministry of Ayush
...Ayush experts are getting

7 • PG

57 • Sqcm

12580 • AVE

562.46K • Cir

Middle Right

Jaipur

..आयुष विशेषज्ञ टेंशन में

आयुष मंत्रालय के वरिष्ठ अधिकारियों की खीज बढ़ती जा रही है। दरअसल, इस मंत्रालय में दर्जनभर से अधिक ऐसे अधिकारी हैं जो इस विभाग का मुखिया बनने की बात जो रहे हैं। लेकिन मंत्रालय में जो भी मंत्री काबिज होता है, यह सचिव स्तरीय सेंटिंग एक ही वैद्य जी को हो रही है। वे सेवानिवृत्त भी हो चुके हैं लेकिन उन्हें एक्सटेंशन मिल गया है। अब चर्चा यह है कि आखिर उसी पद पर क्यों उन्हें रखा गया है। उन्हें परामर्शदाता स्तर पर रखने का प्रावधान है। यह मामला आयुष मंत्री के दरबार में पहुंच गया है। दिक्कत यह है कि इस विभाग में ऐसे कई वरिष्ठ अधिकारी हैं जो इस उम्मीद में दिन काट रहे हैं कि उन्हें इस विभाग का मुखिया बनाया जाएगा। पर उनकी यह हसरत कब तक पूरी होगी फिलहाल यह यक्ष प्रश्न है। लेकिन इस विभाग का लंबे समय से प्रतिनिधित्व कर रहे सचिव स्नेहपूर्वक जवाब भी देते हैं कि जब तक सरकार जिम्मेदारी देगी मैं अपनी सेवाएं निःस्वार्थ भाव से करता रहूंगा। लेकिन खीज अब उन अधिकारियों की बढ़ती जा रही है। उनकी बारी कब आएगी इसमें ऐसे अधिकारी भी हैं जिनका लंबे समय से प्रोन्नति नहीं हो सकी है। उनकी खीज इसलिए भी है कि नया सचिव आया तो शायद उनकी मनोकामना पूरी होगी।

Rashtriya Sahara • 16 Mar • Ministry of Ayush
Ayush expert tension

7 • PG

57 • Sqcm

82368 • AVE

390K • Cir

Middle Right

Delhi

..आयुष विशेषज्ञ टेंशन में

आयुष मंत्रालय के वरिष्ठ अधिकारियों की खीज बढ़ती जा रही है। दरअसल, इस मंत्रालय में दर्जनभर से अधिक ऐसे अधिकारी हैं जो इस विभाग का मुखिया बनने की बात जो रहे हैं। लेकिन मंत्रालय में जो भी मंत्री काबिज होता है, यह सचिव स्तरीय सेंटिंग एक ही वैद्य जी की हो रही है। वे सेवानिवृत्त भी हो चुके हैं लेकिन उन्हें एक्सटेंशन मिल गया है। अब चर्चा यह है कि आखिर उसी पद पर क्यों उन्हें रखा गया है। उन्हें परामर्शदाता स्तर पर रखने का प्रावधान है। यह मामला आयुष मंत्री के दरबार में पहुंच गया है। दिक्कत यह है कि इस विभाग में ऐसे कई वरिष्ठ अधिकारी हैं जो इस उम्मीद में दिन काट रहे हैं कि उन्हें इस विभाग का मुखिया बनाया जाएगा। पर उनकी यह हसरत कब तक पूरी होगी फिलहाल यह यक्ष प्रश्न है। लेकिन इस विभाग का लंबे समय से प्रतिनिधित्व कर रहे सचिव स्नेहपूर्वक जवाब भी देते हैं कि जब तक सरकार जिम्मेदारी देगी मैं अपनी सेवाएं निःस्वार्थ भाव से करता रहूंगा। लेकिन खीज अब उन अधिकारियों की बढ़ती जा रही है। उनकी बारी कब आएगी इसमें ऐसे अधिकारी भी हैं जिनका लंबे समय से प्रोन्नति नहीं हो सकी है। उनकी खीज इसलिए भी है कि नया सचिव आएगा तो शायद उनकी मनोकामना पूरी होगी।

Rashtriya Sahara • 07 Mar • Ministry of Ayush

Ayush-Anumodit dawaon ko atirikt suraksha parikshano ki jarurat nahi

9 • PG

123 • Sqcm

179041 • AVE

390K • Cir

Middle Center

Delhi

आयुष-अनुमोदित दवाओं को अतिरिक्त सुरक्षा परीक्षणों की जरूरत नहीं

नई दिल्ली (एसएनबी)। भारतीय आयुर्विज्ञान अनुसंधान परिषद (आईसीएमआर) द्वारा जारी नये दिशा-निर्देशों के अनुसार, एकीकृत अनुसंधान में इस्तेमाल की जाने वाली आयुष-अनुमोदित दवाओं को अतिरिक्त सुरक्षा परीक्षण या 'प्री-क्लीनिकल' अध्ययन की आवश्यकता नहीं होगी, लेकिन गैर-संहिताबद्ध पारंपरिक दवाओं को संपूर्ण नियामक अनुमोदन प्रक्रिया से गुजरना होगा।

आईसीएमआर ने बुधवार को इन बदलावों की घोषणा की। उसने 'मानव प्रतिभागियों को शामिल करते हुए जैव चिकित्सा और स्वास्थ्य अनुसंधान के लिए राष्ट्रीय नैतिक दिशा-

निर्देश (2017)' में एक परिशिष्ट प्रकाशित किया, ताकि एकीकृत चिकित्सा में अनुसंधान (आरआईएम) के लिए एक संरचित नैतिक ढांचा प्रदान किया जा सके। उसने कहा कि इस पहल का मकसद पारंपरिक और आधुनिक चिकित्सा पद्धतियों के एकीकरण पर शोध में नैतिक कठोरता और नियामक अनुपालन सुनिश्चित करके आयुष-आधारित

एकीकृत स्वास्थ्य देखभाल के वैज्ञानिक आधार को मजबूत करना है। नए दिशा-निर्देशों के अनुसार, ऐसे शोध की देखरेख करने वाली आचार समितियों में अब दो आयुष विषय-वस्तु विशेषज्ञों को शामिल करना होगा, जिनमें से कम से कम एक संस्थान से बाहर का होना चाहिए ताकि समग्र विचार-विमर्श सुनिश्चित हो सके। इनमें कहा गया है कि अनुपालन सुनिश्चित करने के लिए सभी शोध को औपधि एवं प्रसाधन सामग्री

अधिनियम (1940), नयी औपधि एवं क्लीनिकल परीक्षण नियम (2019) और आयुष प्रणालियों के लिए विशिष्ट अच्छे

क्लीनिकल अभ्यास (जीसीपी) दिशानिर्देशों के अनुरूप होना चाहिए। आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा ने कहा, 'इन नैतिक दिशानिर्देशों को जोड़ना वैज्ञानिक समुदाय को अधिक विश्वसनीयता और आत्मविश्वास के साथ एकीकृत चिकित्सा में शोध के लिए प्रोत्साहित करने की दिशा में एक महत्वपूर्ण कदम है।'

■ भारतीय आयुर्विज्ञान अनुसंधान परिषद ने जारी किया निर्देश

Rashtriya Sahara • 07 Mar • Ministry of Ayush
Makoi guno ki khan

14 • PG

644 • Sqcm

934967 • AVE

390K • Cir

Top Center

Delhi



मकोई

का छोटा सा फल होता है गुणों की खान

नई दिल्ली (आईएनएस)। मकोई या मकोय को ब्लैक नाइटशेड के नाम से पहचाना जाता है। यह एक छोटा सा पौधा है जो फसलों के बीच खरपतवार की तरह उग आता है। सड़क के किनारे झाड़ियों में भी मुस्कुराता सा दिख जाता है। मकोई के छोटे से पौधे, जिसे हम अक्सर अनदेखा कर देते हैं, अच्छी सेहत का राज छिपे होते हैं, आयुर्वेद में

अद्भुत स्थान है? इसके अद्वितीय गुण बुखार से लेकर त्वचा से जुड़ी समस्याओं में राहत देने का काम करते हैं। मकोई का उपयोग आयुर्वेद में एक असरदार औषधि के रूप में होता है। इसके फल, पत्ते और जड़ें सभी किसी न किसी रोग का इलाज करने के काम आती हैं। मकोई के फल में एंटीऑक्सीडेंट्स, एंटीमाइक्रोबियल और एंटीइंफ्लेमेटरी गुण होते हैं, जो शरीर की अनेक समस्याओं को दूर करने में मदद करते हैं।

आयुर्वेद में मकोय को त्रिदोष को संतुलित करने वाला और पाचन क्रिया को बेहतर बनाने वाला माना जाता है। यह बुखार, जोड़ों के दर्द, सांस संबंधी समस्याओं, पीलिया, मुंह के छालों और अन्य विकारों के इलाज में मदद करता है। इसके सेवन से शरीर की प्रतिरक्षा प्रणाली भी मजबूत होती है, जो हमें सामान्य बीमारियों से बचाता है। मकोई के विशेष गुणों का वर्णन भारत के प्राचीन आयुर्वेदिक ग्रंथों जैसे कि सुश्रुत संहिता और चरक संहिता में भी मिलता है। इसे ऐसा रसायन बताया गया है, जो शरीर के विषाक्त पदार्थों को नष्ट करने और एजिंग प्रोसेस को भी धीमा करता है। सुश्रुत संहिता में मकोई की जड़ों को शरीर के लिए बेहद लाभकारी माना गया है और इसे त्रिदोष के संतुलन के लिए उपयोगी बताया गया है। विभिन्न शोधों में यह पाया गया है कि मकोई के फल में एंटीऑक्सीडेंट्स होते हैं, जो शरीर को हानिकारक तत्वों से बचाते हैं। इसके अलावा, इसमें ऐसे गुण होते हैं जो सूजन को कम करने और शरीर के प्राकृतिक उपचार प्रणाली को बढ़ावा देने में मदद करते हैं।

बुखार और छाले जैसी समस्याओं में मकोई का सेवन तुरंत राहत प्रदान करता है। आज भी ग्रामीण अंचलों में इसका प्रयोग बुखार कम करने के लिए किया जाता है। दादी मां के नुस्खों की पोटली में खास जगह है इसकी! बड़े बुजुर्ग कहते हैं कि बुखार के दौरान अगर मकोई का सेवन किया जाए, तो मात्र एक घंटे में वो छुमंर हो जाता है। वहीं, मकोई के पत्तों को चबाने से मुंह के छाले ठीक हो जाते हैं और पेट से जुड़ी समस्याओं में भी राहत मिलती है। मकोई का प्रभाव सिर्फ शरीर के अंदर ही नहीं, बल्कि बाहर भी दिखता है। इसके एंटीऑक्सीडेंट्स और एंटीमाइक्रोबियल गुण स्किन से जुड़ी समस्याओं को भी दूर करते हैं।

दाग-धब्बे या सनबर्न से जूझ रहे हैं, तो मकोई का फेस पैक आपके लिए बेहद लाभकारी हो सकता है। आयुर्वेदिक चिकित्सकों के अनुसार, मकोई की पत्तियों का काढ़ा पीलिया के रोगियों के लिए रामबाण साबित होता है। इसे पीने से पीलिया में जल्दी राहत मिलती है और शरीर में जमा हुए विषाक्त पदार्थ बाहर निकलते हैं। इस पौधे के आयुर्वेदिक गुणों को लेकर अभी भी शोध जारी है। वैज्ञानिक इसे लेकर अधिक गहराई से अध्ययन कर रहे हैं, ताकि

मकोई के उपयोग के सभी फायदे पूरी तरह से सामने आ सकें।

आयुर्वेद में
असरदार
औषधि के रूप
में होता है मकोई
के फल, पत्ते
और जड़ का
उपयोग



Rashtriya Sahara • 07 Mar • Ministry of Ayush
Medical Education mei navintam prodhyogik ho shamil

9 • PG

134 • Sqcm

194691 • AVE

390K • Cir

Bottom Center

Delhi

चिकित्सा शिक्षा पाठ्यक्रम में नवीनतम प्रौद्योगिकी हो शामिल : जेपी नड्डा

नई दिल्ली (एसएनबी)। केंद्रीय स्वास्थ्य मंत्री जे पी नड्डा ने संशोधित चिकित्सा शिक्षा पाठ्यक्रम में नवीनतम प्रौद्योगिकी, कृत्रिम बुद्धिमत्ता (एआई), 'टेलीमेडिसिन' को शामिल किए जाने का समर्थन किया है। नड्डा ने बजट के बाद बुधवार को स्वास्थ्य मंत्रालय द्वारा आयोजित वेबिनार श्रृंखला में एक ऐसा पाठ्यक्रम बनाए जाने की बात की जो अधिक जीवंत, सार्थक और वर्तमान चुनौतियों के अनुकूल हो तथा मौजूदा बुनियादी ढांचे और चिकित्सा संकाय का इष्टतम उपयोग कर सके।

उन्होंने मेडिकल छात्रों में सहानुभूति, नैतिकता और संचार कौशल को बढ़ावा देने के लिए 'सॉफ्ट स्किल्स' को पाठ्यक्रम का हिस्सा बनाए जाने की आवश्यकता पर जोर देते हुए कहा कि सबसे बड़ा निवेश लोगों में

■ कहा, सरकार अगले तीन वर्ष में सभी जिला अस्पतालों में 'डे केयर कैंसर' केंद्र स्थापित करेगी

किया जाने वाला निवेश है। नड्डा ने रेखांकित किया कि सरकार ऐसे "समग्र दृष्टिकोण" के साथ काम कर रही है जो न केवल उपचार संबंधी पहलू पर बल्कि रोगी की देखभाल के लिए निवारक, पीड़ा को कम करने और पुनर्वास संबंधी दृष्टिकोण पर भी ध्यान केंद्रित करता है। उन्होंने कहा, हम लोगों के लिए स्वास्थ्य सेवा की उपलब्धता और पहुंच सुनिश्चित करने के मकसद से आयुष और अन्य चिकित्सा प्रणालियों को भी शामिल करने का प्रयास कर रहे हैं। नड्डा ने कार्यक्रम को संबोधित करते हुए कहा, "चूंकि कैंसर का उपचार एक लंबी प्रक्रिया है, जिसमें कीमोथैरेपी का लंबा चक्र शामिल है, इसलिए सरकार कीमोथैरेपी सत्रों के बाद मरीजों की देखभाल सुनिश्चित करने के लिए बड़े अस्पतालों के बजाय 'डे केयर कैंसर केंद्रों' पर ध्यान केंद्रित कर रही है।

नई
वृहत्
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को ट
जांच
जुटा



Rashtriya Sahara • 07 Mar • Ministry of Ayush
AYUSH-approved medicines do not need additional safety tests

9 • PG

118 • Sqcm

25851 • AVE

562.46K • Cir

Middle Center

Jaipur

आयुष-अनुमोदित दवाओं को अतिरिक्त सुरक्षा परीक्षणों की जरूरत नहीं

नई दिल्ली (एसएनबी)। भारतीय आयुर्विज्ञान अनुसंधान परिषद (आईसीएमआर) द्वारा जारी नये दिशा-निर्देशों के अनुसार, एकीकृत अनुसंधान में इस्तेमाल की जाने वाली आयुष-अनुमोदित दवाओं को अतिरिक्त सुरक्षा परीक्षण या 'प्री-क्लीनिकल' अध्ययन की आवश्यकता नहीं होगी, लेकिन गैर-संहिताबद्ध पारंपरिक दवाओं को संपूर्ण नियामक अनुमोदन प्रक्रिया से गुजरना होगा।

आईसीएमआर ने बुधवार को इन बदलावों की घोषणा की। उसने 'मानव प्रतिभागियों को शामिल करते हुए जैव चिकित्सा और स्वास्थ्य अनुसंधान के लिए राष्ट्रीय नैतिक दिशा-निर्देश (2017)' में एक परिशिष्ट प्रकाशित किया, ताकि एकीकृत चिकित्सा में अनुसंधान (आरआईएम) के लिए एक संरचित नैतिक ढांचा प्रदान किया जा सके। उसने कहा कि इस पहल का मकसद पारंपरिक और आधुनिक चिकित्सा पद्धतियों के एकीकरण पर शोध में नैतिक कठोरता और नियामक अनुपालन सुनिश्चित करके आयुष-आधारित

एकीकृत स्वास्थ्य देखभाल के वैज्ञानिक आधार को मजबूत करना है। नए दिशा-निर्देशों के अनुसार, ऐसे शोध की देखरेख करने वाली आचार समितियों में अब दो आयुष विषय-वस्तु विशेषज्ञों को शामिल करना होगा, जिनमें से कम से कम एक संस्थान से बाहर का होना चाहिए ताकि समग्र विचार-विमर्श सुनिश्चित हो सके। इनमें कहा गया है कि अनुपालन सुनिश्चित करने के लिए सभी शोध को औषधि एवं प्रसाधन सामग्री

■ भारतीय आयुर्विज्ञान अनुसंधान परिषद ने जारी किया निर्देश

अधिनियम (1940), नयी औषधि एवं क्लीनिकल परीक्षण नियम (2019) और आयुष प्रणालियों के लिए विशिष्ट अच्छे क्लीनिकल अभ्यास (जीसीपी) दिशानिर्देशों के अनुरूप होना चाहिए। आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा ने कहा, 'इन नैतिक दिशानिर्देशों को जोड़ना वैज्ञानिक समुदाय को अधिक विश्वसनीयता और आत्मविश्वास के साथ एकीकृत चिकित्सा में शोध के लिए प्रोत्साहित करने की दिशा में एक महत्वपूर्ण कदम है।'

Rashtriya Sahara • 07 Mar • Ministry of Ayush
Delhi mein Ayushman Bharat isi mahine se: Pankaj Singh

1 • PG

56 • Sqcm

81436 • AVE

390K • Cir

Middle Center

Delhi

दिल्ली में 'आयुष्मान भारत' इसी महीने से : पंकज सिंह



नई दिल्ली (एसएनबी)। दिल्ली के स्वास्थ्य मंत्री पंकज सिंह ने बृहस्पतिवार को घोषणा की कि आयुष्मान भारत योजना के लिए पंजीकरण प्रक्रिया आठ मार्च के बाद शुरू होगी, जो राष्ट्रीय राजधानी में स्वास्थ्य सेवा तक पहुंच बढ़ाने की दिशा में एक महत्वपूर्ण कदम है। सिंह ने संवाददाता सम्मेलन में कहा कि दिल्ली सरकार जल्द ही इस योजना को लागू करने के लिए केंद्र के साथ एक समझौता ज्ञापन (एमओयू) पर हस्ताक्षर करेगी। उन्होंने यह भी आश्वासन दिया कि शहर की स्वास्थ्य सेवा प्रणाली में बुनियादी बदलाव 100 दिनों के भीतर दिखायी देंगे।

मंत्री ने अस्पताल के विस्तारों के आवंटन और ईडब्ल्यूएस कोटे की सख्त निगरानी पर जोर दिया और कहा कि पारदर्शिता सुनिश्चित करने के लिए दो नोडल अधिकारियों की नियुक्ति हुई है।

Rashtriya Sahara • 03 Mar • Ministry of Ayush
Cancer rodhi gunon se bharpur hai Safed Haldi

14 • PG

408 • Sqcm

592411 • AVE

390K • Cir

Top Left

Delhi



कैंसर रोधी गुणों से भरपूर है सफेद हल्दी

नई दिल्ली (आईएनएस)। दुर्लभ औषधीय पौधे कनूर (सफेद हल्दी) का आयुर्वेद में खासा स्थान है। कैंसर जैसी गंभीर बीमारियों से लेकर यह पाचन और त्वचा संबंधी समस्याओं को भी मात देने में सफल रहा है। बड़ी-बड़ी पत्तियां और खुबसूरत गुलाबी फूल जहां एक ओर आपका ध्यान आकर्षित करेंगे तो वहीं, इसके अनगिनत लाभ भी हैं। 2023 में इंटरनेशनल जर्नल ऑफ आयुर्वेद एंड फार्मी रिसर्च में प्रकाशित समीक्षा रिपोर्ट के मुताबिक, कनूर में

कई बीमारियों के लिए अमृत के समान

फाइटोकैमिस्ट्रयुगैन्स की जटिल श्रृंखला होती है। अध्ययन में इसकी एंटी-माइक्रोबियल गतिविधि, एंटी-ऑक्सिडेंट गतिविधि, एंटी-इंफ्लेमेटरी, और एंटीपाथेनेटिक गुणों का पता चला। इसका व्यापक रूप से विभिन्न रोगों जैसे कि कृमि (वार्म) संक्रमण, ल्यूकोरिया, गोनोरिया, पेट फूलना,




अपच, जलोदर आदि के उपचार के लिए उपयोग किया जाता है। कनूर एक बहुउपयोगी गी आयुर्वेदिक औषधि है, जो कैंसर, पाचन, त्वचा, श्वसन और हड्डियों की समस्याओं के लिए फायदेमंद है। बताया जाता है कि यह कैंसर रोधी गुणों से भरपूर औषधि है, जिसका इस्तेमाल आयुर्वेद में कई गंभीर बीमारियों के इलाज के लिए किया जाता है। कनूर अंदरक परिवार का एक हिस्सा है और इसका वैज्ञानिक नाम करकुमा जेडोरिया है। इसे सफेद हल्दी भी कहा जाता है। कनूर कैंसर से बचाव और ट्यूमर को रोकने में सहायक है। इसके अलावा, इसमें एंटी-ट्यूमर और एंटी-कैंसर गुण भी होते हैं, जो शरीर में कैंसर सेल्स के बढ़ने को रोकते हैं। साथ ही, इसमें मौजूद कर्क्यूमिन तत्व कैंसर के खतरे को कम करता है। बताया जाता है कि कोमोथेरेपी के दौरान कनूर का सेवन शरीर को ताकत देता है। साथ ही, यह पाचन तंत्र को मजबूत बनाता है और भूख को बढ़ाने में सहायक भी है। इसके अलावा, अपच, गैस और एसिडिटी को भी कम करने में लाभदायक है। यही नहीं, कनूर लीवर और पित्ताशय की समस्याओं में मदद करने का काम करता है। इसका सेवन करने से पेट में मौजूद हानिकारक बैक्टीरिया खत्म हो जाते हैं और अस्थमा तथा सांस की बीमारियों में लाभकारी माना जाता है। साथ ही, कनूर का पाउडर या रस अस्थमा, सर्दी-जुकाम और खांसी में भी लाभदायक होता है। इसके अलावा, यह जोड़ों के दर्द और सूजन में भी राहत पहुंचाता है। कनूर में एंटी-इंफ्लेमेटरी गुण होते हैं, जो गठिया और जोड़ों के दर्द को कम करने में कारगर होते हैं।

Rashtriya Sahara • 02 Mar • Ministry of Ayush
India rising workshop for World

1 • PG

101 • Sqcm

146376 • AVE

390K • Cir

Middle Center

Delhi

दुनिया के कारखाने के रूप में उभर रहा भारत : मोदी

नई दिल्ली (भाषा)। प्रधानमंत्री नरेन्द्र मोदी ने शनिवार को कहा कि उनका 'वोकल फॉर लोकल' अभियान अब रंग ला रहा है क्योंकि भारतीय उत्पाद वैश्विक हो रहे हैं और दुनिया भर में अपनी उपस्थिति दर्ज करा रहे हैं। मोदी ने 'एनएक्सटी' सम्मेलन में 'न्यूजएक्स वर्ल्ड' चैनल के उद्घाटन के अवसर पर कहा कि दुनिया दशकों तक भारत को अपने 'बैंक ऑफिस' के रूप में देखती रही, लेकिन देश अब दुनिया के कारखाने के रूप में उभर रहा है।

प्रधानमंत्री ने कहा कि अब भारत कार्यबल नहीं बल्कि एक 'विश्व शक्ति' है। मोदी ने कहा कि देश 'सेमीकंडक्टर' और विमानवाहक



■ कहा, अब भारत कार्यबल का केंद्र नहीं बल्कि एक 'विश्व शक्ति' का केंद्र है

पोत बना रहा है तथा इसके मखाना और बाजरा जैसे 'सुपरफूड' (न्यूनतम कैलोरी और अधिकतम पोषक तत्व वाले खाद्य पदार्थ), आयुष उत्पाद तथा योग को दुनिया भर में अपनाया जा रहा है। उन्होंने कहा कि भारत एक प्रमुख ऑटोमोबाइल उत्पादक बन गया है और इसका रक्षा निर्यात बढ़ रहा है। मोदी ने कहा कि भारत को बिना किसी लीपा-पोती के वैसा ही पेश किया जाना चाहिए जैसा वह है। उन्होंने कहा कि इसे किसी तरह के दिखावे की जरूरत नहीं है। उन्होंने कहा कि देश की असली कहनियां दुनिया तक पहुंचनी चाहिए। भाजपा के नेतृत्व वाली राजग सरकार का तीसरी बार फिर से चुना जाना लोगों के भरोसे को दर्शाता है।

Rashtriya Sahara • 02 Mar • Ministry of Ayush
84 Medicines fail quality test!

3 • PG

156 • Sqcm

34346 • AVE

562.46K • Cir

Middle Left

Jaipur

84 दवाएं गुणवत्ता परीक्षण में फेल!

■ ज्ञानप्रकाश

नई दिल्ली। एसएनबी

केंद्रीय स्वास्थ्य मंत्रालय और केंद्रीय औषधि नियंत्रण संगठन (सीडीएससीओ) ने हाल ही में 84 दवाओं को घटिया गुणवत्ता (एनएसक्यू) की श्रेणी में रखा है। इनमें एंटीबायोटिक्स, मधुमेह, हृदय रोग, एसिडिटी, दर्द निवारक, मानसिक स्वास्थ्य और पोषण सप्लीमेंट जैसी दवाएं शामिल हैं। सरकार ने नागरिकों को इन दवाओं के उपयोग से पहले सतर्क रहने और तुरंत डॉक्टर से संपर्क करने की सलाह दी है। सीडीएससीओ द्वारा जारी सूची के अनुसार कई प्रमुख दवाएं गुणवत्ता परीक्षण में फेल हो गई हैं। इनमें से कुछ दवाओं में दूषित तत्व पाए गए, जबकि अन्य घुलनशीलता, विघटन और स्टेरिलिटी परीक्षण में असफल रहें। इन दवाओं में कैफोटॉक्साइड, मोरेपनेम और अंबिकासिन सल्फेट जैसी एंटीबायोटिक्स, एसप्रिन और पैरासिटामोल जैसी दर्द निवारक दवाएं, पैटामोल और ओम्प्रजोल जैसी एसिडिटी की दवाएं शामिल हैं। आईएचएफ के अध्यक्ष डा. आरएन कालरा के अनुसार असफल दवाओं का सेवन करने से गंभीर स्वास्थ्य समस्याएं हो सकती हैं। मधुमेह और हृदय रोगियों के लिए ग्लिमेराइड और टेलमिसार्टन जैसी दवाओं का फेल होना चिंताजनक है। मानसिक स्वास्थ्य के लिए उपयोग की जाने वाली अल्फ्राजोलाम और सर्टालिन दवाओं में

दूषित तत्व पाए गए हैं, जिससे उनके प्रभाव में कमी आ सकती है।

मल्टीविटामिंस की इफेकेसी भी भ्रम के दायरे में :

केंद्रीय स्वास्थ्य सचिव पुष्प सलिला श्रीवास्तव के अनुसार मल्टीविटामिन और पोषण सप्लीमेंट्स की गुणवत्ता भी सवालों के घेरे में आ गई है। कैल्शियम एंड विटामिन डी3 और जिंक सल्फेट की गुणवत्ता में कमी पाई गई है, जिससे शरीर को आवश्यक पोषक तत्व नहीं मिल पाते। इसके अलावा, थायरोक्सीन सोडियम और हाइड्रोक्वीन सल्फेट जैसी अन्य आवश्यक दवाएं भी गुणवत्ता परीक्षण में असफल रही हैं।

सरकार ने नागरिकों को सतर्क रहने और अपनी दवाओं की बैच संख्या और एक्सपायरी डेट की जांच करने की सलाह दी है। यदि कोई व्यक्ति इन दवाओं का उपयोग कर

■ केंद्रीय स्वास्थ्य एजेंसियां
एलर्ट मोड में, मल्टीपल विटामिंस
की इफेकेसी पर भी भ्रम

रहा है, तो उसे तुरंत डॉक्टर से परामर्श लेना चाहिए। किसी भी दुष्प्रभाव या स्वास्थ्य समस्या की रिपोर्ट संबंधित स्वास्थ्य विभाग को करनी चाहिए। सरकारी एजेंसियां इस मामले की गहराई से जांच कर रही हैं और जल्द ही कड़े कदम उठाने की संभावना है। नागरिकों को सीडीएससीओ द्वारा जारी सूचना को नियमित रूप से जांचते रहना चाहिए और किसी भी संदिग्ध दवा के उपयोग से बचना चाहिए। अधिक जानकारी के लिए सरकारी हेल्पलाइन 1800-180-3024 पर संपर्क किया जा सकता है या सीडीएससीओ की आधिकारिक वेबसाइट सीडीएससीओ.गोव.इन पर विजिट किया जा सकता है।

Rashtriya Sahara • 01 Mar • Ministry of Ayush Ramban hai Punnarva

14 • PG

372 • Sqcm

540620 • AVE

390K • Cir

Bottom Left

Delhi

नई दिल्ली (आईएनएस)। शायद ही ऐसी कोई शारीरिक समस्या हो, जिसका समाधान आयुर्वेद में न हो। फिर बात गुर्दे से संबंधित हो तो सबसे पहला नाम आता है पुनर्नवा का। पुनर्नवा को आयुर्वेद में रामबाण, अमृत जैसी उपधियों से भी नवाजा जा चुका है। यह छोटा सा पौधा बड़े-बड़े लाभ देता है। यह न केवल गुर्दे, बल्कि हृदय के लिए भी टॉनिक का काम करता है। दरअसल, पुनर्नवा एक संस्कृत शब्द है, जो पुनर और नव दो शब्दों से मिलकर बना है। पुनर का अर्थ एक बार फिर और नव का मतलब नया बनना है।

पुनर्नवा एक औषधीय जड़ी बूटी है, जिसके कई स्वास्थ्य लाभ भी हैं। नेफ्रोनल सेंटर फॉर बायोटेक्नोलॉजी इन्फॉर्मेशन की वेबसाइट पर छपे एक अध्ययन के मुताबिक, पुनर्नवा में इम्पूटो माइग्रेलोन, हेपेटो प्रोटेक्शन, एंटी कैसर, एंटीऑक्सीडेंटिक, एंटी-इन्फ्लेमेशन जैसे पोषक तत्व होते हैं, जो कई बीमारियों से बचाव में मदद करते हैं। बताया जाता है कि इस औषधीय जड़ी बूटी का इस्तेमाल इसके गुणों के कारण गुर्दे और मूत्र संबंधी समस्याओं के इलाज में किया जाता है। पुनर्नवा को हृदय और गुर्दे दोनों के लिए रामबाण माना गया है।

हालांकि, यह जड़ी बूटी खाने में कड़वी और तीखी होती है, लेकिन आयुर्वेदिक उपचार में यह कारगर है। पुनर्नवा को पीलिया, दुखार और मोटापे के इलाज के

गुर्दे, हृदय की समस्याओं में रामबाण है पुनर्नवा



लिए भी इस्तेमाल किया जाता है। इसकी जड़ का रस भी काफी खास होता है, जो रक्तौंधी से पीड़ित लोगों को मदद करता है। इतना ही नहीं, सामयिक उपयोग दर्द और सूजन को भी कम करने का काम करता है। इसके अलावा, यह अस्थमा को कम करने के लिए भी जाना जाता है। इस जड़ी बूटी में मैग्नीशियम, सोडियम, कैल्शियम और पोटेशियम सहित मंकी खनिजों का एक मूल्यवान स्रोत होता है।

मैग्नीशियम रक्तचाप को कम करने में मदद कर सकता है। साथ ही, मधुमेह को भी नियंत्रित करने में पुनर्नवा को फायदेमंद माना जाता है। पुनर्नवा मधुमेह के अलावा अस्थमा, मोटापे का इलाज, ड्रायमी, जलदर, पेट के कीड़े को मारने, रक्तौंधी (आंखों की एक बीमारी), दर्द और सूजन को कम करने, किडनी की समस्याओं को ठीक करने, त्वचा रोगों, एनीमिया, कब्ज के लिए लाभकारी है। स्वास्थ्य लाभों के लिए आमतौर पर पूरे पौधे या जड़ों का उपयोग किया जाता है।

Punjab Kesari • 16 Mar • Ministry of Ayush

Ayushman yojana Umar 60 saal covrage 10 lakh rupay karne ka prastav

1 • PG

150 • Sqcm

138833 • AVE

867.98K • Cir

Bottom Center

Chandigarh

आयुष्मान योजना : उम्र 60 साल, कवरेज 10 लाख रुपए करने का प्रस्ताव

नई दिल्ली, 15 मार्च (इंट): स्वास्थ्य और परिवार कल्याण पर राज्यसभा सांसद राम गोपाल यादव की अध्यक्षता वाली समिति ने केंद्र सरकार से यह सिफारिश की है कि

आयुष्मान योजना के तहत मुफ्त इलाज की उम्र सीमा को 60 साल करना चाहिए। साथ ही इलाज के लिए मिलने वाली 5 लाख रुपए की राशि को भी बढ़ाकर दोगुना यानी 10 लाख रुपए करना चाहिए ताकि ज्यादा से ज्यादा लोगों को इस स्वास्थ्य योजना का फायदा मिल सके। अभी 70 साल के बुजुर्गों को ही इसका फायदा मिल रहा है।

इस योजना के तहत देश भर

के कुछ सरकारी और निजी अस्पतालों में इलाज करवाया जा सकता है। भर्ती होने के 10 दिन पहले और बाद के खर्च का भी

इस योजना के तहत भुगतान का प्रावधान है।

आयुष्मान योजना में पुरानी बीमारियां भी

कवर होती हैं। किसी बीमारी में अस्पताल में एडमिट होने से पहले और बाद के खर्च इसमें कवर होते हैं। ट्रांसपोर्ट पर होने वाला खर्च इसमें कवर होता है। सभी मैडीकल जांच, ऑपरेशन, इलाज जैसी चीजें इसमें शामिल हैं। इस योजना के तहत अब तक साढ़े 5 करोड़ से ज्यादा लोग अपना इलाज करवा चुके हैं।



Punjab Kesari • 14 Mar • Ministry of Ayush
Bharat rishi aur krishi ka desh hai: Swami Ramdev

5 • PG

111 • Sqcm

120234 • AVE

1.81M • Cir

Middle Center

Delhi

भारत ऋषि और कृषि का देश है: स्वामी रामदेव

हरिद्वार, (पंजाब केसरी): भारत सरकार के आयुष मंत्रालय के तहत राष्ट्रीय औषधीय पादप बोर्ड (एनएमपीबी) योजना द्वारा प्रायोजित विषय "औषधीय पौधों की खेती में कृषि उद्यमिता के विकास के लिए क्षेत्रीय प्रशिक्षण" का दो दिवसीय आयोजन पतंजलि रिसर्च फाउंडेशन और पतंजलि विश्वविद्यालय के सहयोग से पतंजलि



● पतंजलि रिसर्च अनुसंधान में "औषधीय पौधों की खेती पर दो दिवसीय किसान प्रशिक्षण का आयोजन

रिसर्च फाउंडेशन के सभागार में किया गया। इस कार्यक्रम में औषधीय पादपों का संरक्षण, उनकी प्राकृतिक प्रजातियों का वृक्षारोपण और संरक्षण पर जोर दिया गया, साथ ही हर्बल उद्यानों के विकास के माध्यम से संरक्षण को बढ़ावा दिया गया। कार्यक्रम का शुभारंभ दीप प्रज्वलन से हुआ। स्वामी रामदेव जी एवं पूज्य बालकृष्ण जी ने अतिथियों का स्वागत शाल और माला पहनाकर किया। चार सत्रों में विभाजित इस सम्मेलन में राष्ट्रीय और प्रादेशिक स्तर के किसानों तथा कृषि विशेषज्ञों ने भाग लिया, जिन्होंने उत्तराखण्ड की प्राचीन संजीवनी को वैश्विक मंच पर प्रस्तुत करने में सफलता प्राप्त की। कार्यक्रम में मुख्य अतिथि और वक्ता के रूप में डॉ. कुणाल भट्टाचार्य, डॉ. अरुण चंदन, श्रीमती मीनाक्षी, श्वेता, डॉ. जितेंद्र सिंह बुटोला, प्रो. (डॉ.) प्रदीप कुमार, श्री पवन कुमार, श्री कवीन्द्र सिंह, श्री ज्ञान प्रकाश, श्री अमित काले, श्री भानुप्रताप सिंह और प्रो. मयंक कुमार अग्रवाल ने सहभागिता की। कृषि संबंधित विषयों पर उपस्थित किसानों का मार्गदर्शन किया गया।

Punjab Kesari • 08 Mar • Ministry of Ayush

Dil ke marizo ke liye yog hai Ramban, AIIMS mein yog, Ayurved aur Ayush par masammelan

8 • PG

236 • Sqcm

255142 • AVE

1.81M • Cir

Bottom Left

Delhi

दिल के मरीजों के लिए योग है रामबाण, एम्स में योग, आयुर्वेद और आयुष पर महासम्मेलन

एकीकृत चिकित्सा एवं अनुसंधान केंद्र द्वारा आयोजित सम्मेलन में दुनिया भर से जुटे 500 विशेषज्ञ...

नई दिल्ली, (पंजाब केसरी) : दिल और न्यूरो के मरीजों के लिए योग एक रामबाण की तरह है। देश के सबसे बड़े अस्पताल एम्स के विशेषज्ञ भी यह मान रहे हैं। इसलिए यहां योग और आयुर्वेद पर शोध के लिए एकीकृत चिकित्सा एवं अनुसंधान केंद्र (सीआईएमआर) की स्थापना की गई है जहां लगातार शोध कार्य हो रहे हैं। शुक्रवार को यहां एकीकृत चिकित्सा एवं अनुसंधान केंद्र द्वारा दो दिवसीय महा सम्मेलन का आयोजन किया गया जिसमें दुनिया भर से 500 विशेषज्ञ जुटे हैं। सीआईएमआर के हेड डॉ. गौतम शर्मा ने बताया कि मॉडर्न लाइफ स्टाइल हमें तनाव और अवसाद देती है जिसके कारण हाइपरटेंशन, साइकेट्रिक समस्या, न्यूरोलॉजिकल समस्या, डायबिटीज और हार्ट से संबंधित बीमारियां बढ़ती हैं। इन बीमारियों के इलाज का इलाज या तो दवाइयों से किया जा सकता है जिनके अपने साइड इफेक्ट्स होते हैं या अपने लाइफ स्टाइल में बदलाव कर योग को अपनाना है। योग एक बहुत



ही साइंटिफिक मेथड है जो लोगों को इस तरह की जीवन शैली बीमारियों से बचा सकता है। उन्होंने बताया कि वह इस पर शोध भी किए हैं। हमने पाया है कि हाइपरटेंशन और हार्ट डिजीज के लिए योग एक रामबाण से कम नहीं है।

डॉ. गौतम ने बताया कि योग पर लेक्चर देने के लिए हमें विदेशों में कई प्रतिष्ठित प्लेटफार्मों पर आमंत्रित भी किया गया है।

यह बहुत ही खुशी की बात है कि योग पर किए गए हमारे शोध को वैज्ञानिकों ने पहचान और मान्यता दी है। योग का विभिन्न बीमारियों के इलाज पर प्रभाव का अध्ययन जारी है जिसके उत्साहजनक परिणाम देखने को मिल रहे हैं। कोई आश्चर्य नहीं होगा आने वाले दिनों में यदि योग को लाइफ स्टाइल बीमारियों के इलाज के लिए मुख्यधार में शामिल कर दिया जाय।

योग व आयुर्वेद पर दिल्ली एम्स में एक बड़ा प्रयोग

डॉ. शर्मा ने बताया कि आयुर्वेद, योग और मॉडर्न मेडिसिन के कॉकटेल से जीवनशैली बीमारियों को दूर भगाने के लिए दिल्ली एम्स में एक बड़ा प्रयोग चल रहा है। सेंटर फॉर इंटीग्रेटेड मेडिसिन एंड रिसर्च (सीआईएमआर) इसको लेकर एक दो दिवसीय अंतरराष्ट्रीय सेमिनार का आयोजन किया है। इसका उद्देश्य योग, आयुर्वेद जैसे भारत के इलाज की पारंपरिक पद्धतियों पर शोध को बढ़ावा देना है। शोध से साक्ष्य एकत्रित किया जाए ताकि लोगों का इस पर भरोसा कायम हो सके और इसे वैज्ञानिक मान्यता भी प्राप्त हो सके। आयुर्वेद, योग और अन्य आयुष को आगे लेकर आना है। हम लोग इस पर पिछले 8 साल से काम कर रहे हैं। फिलहाल हम एम्स के 20 स्पेशलिस्ट विभागों के साथ मिलकर काम कर रहे हैं जिसमें साइकेट्री, कार्डियोलॉजी, न्यूरोलॉजी, मदर एंड चाइल्ड सेंटर, ऑर्थोमोलाजी भी शामिल है।

Jag Bani • 16 Mar • Ministry of Ayush

Ayushman yojana Umar 60 saal covrage 10 lakh rupay karne ka prastav

2 • PG

122 • Sqcm

48750 • AVE

124.76K • Cir

Bottom Center

Chandigarh

ਆਯੁਸ਼ਮਾਨ ਯੋਜਨਾ : ਉਮਰ 60 ਸਾਲ ਤੇ ਕਵਰੇਜ 10 ਲੱਖ ਰੁਪਏ ਕਰਨ ਦਾ ਪ੍ਰਸਤਾਵ

ਨਵੀਂ ਦਿੱਲੀ, 15 ਮਾਰਚ (ਇੰਟ.)- ਰਾਜ ਸਭਾ ਦੇ ਮੈਂਬਰ ਰਾਮ ਗੋਪਾਲ ਯਾਦਵ ਦੀ ਅਗਵਾਈ ਵਾਲੀ ਸਿਹਤ ਤੇ ਪਰਿਵਾਰ ਭਲਾਈ ਬਾਰੇ ਕਮੇਟੀ ਨੇ ਕੇਂਦਰ ਸਰਕਾਰ ਨੂੰ ਸਿਫਾਰਸ਼ ਕੀਤੀ ਹੈ ਕਿ ਆਯੁਸ਼ਮਾਨ ਯੋਜਨਾ ਅਧੀਨ ਮੁਫਤ ਇਲਾਜ ਲਈ ਉਮਰ ਦੀ ਹੱਦ ਵਧਾ ਕੇ 60 ਸਾਲ ਕੀਤੀ ਜਾਵੇ। ਇਸ ਦੇ ਨਾਲ ਹੀ ਇਲਾਜ ਲਈ ਦਿੱਤੀ ਜਾਣ ਵਾਲੀ 5 ਲੱਖ ਰੁਪਏ ਦੀ ਰਕਮ ਨੂੰ ਵੀ ਦੁੱਗਣਾ ਕਰ ਕੇ 10 ਲੱਖ ਰੁਪਏ ਕੀਤਾ ਜਾਵੇ ਤਾਂ ਜੋ ਵੱਧ ਤੋਂ ਵੱਧ ਲੋਕਾਂ ਨੂੰ ਇਸ ਸਿਹਤ ਯੋਜਨਾ ਦਾ ਲਾਭ ਮਿਲ ਸਕੇ। ਇਸ ਵੇਲੇ ਸਿਰਫ 70 ਸਾਲ ਤੋਂ ਵੱਧ ਉਮਰ ਦੇ ਲੋਕਾਂ ਨੂੰ ਹੀ ਇਹ ਲਾਭ ਮਿਲ ਰਿਹਾ ਹੈ।

ਇਸ ਯੋਜਨਾ ਅਧੀਨ ਦੇਸ਼ ਦੇ ਕੁਝ ਸਰਕਾਰੀ



ਤੇ ਨਿੱਜੀ ਹਸਪਤਾਲਾਂ 'ਚ ਇਲਾਜ ਦੀ ਸਹੂਲਤ ਹਾਸਲ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ। ਇਸ ਯੋਜਨਾ 'ਚ ਹਸਪਤਾਲ 'ਚ ਦਾਖਲ ਹੋਣ ਤੋਂ 10 ਦਿਨ ਪਹਿਲਾਂ ਤੇ ਬਾਅਦ 'ਚ ਹੋਏ ਖਰਚਿਆਂ ਦਾ ਭੁਗਤਾਨ ਕਰਨ ਦਾ ਵੀ ਪ੍ਰਬੰਧ ਹੈ।

ਆਯੁਸ਼ਮਾਨ ਯੋਜਨਾ ਅਧੀਨ ਪੁਰਾਣੀਆਂ ਬੀਮਾਰੀਆਂ ਵੀ ਕਵਰ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਕਿਸੇ ਵੀ ਬੀਮਾਰੀ ਲਈ ਹਸਪਤਾਲ 'ਚ ਦਾਖਲ ਹੋਣ ਤੋਂ ਪਹਿਲਾਂ ਤੇ ਬਾਅਦ ਦੇ ਖਰਚੇ ਕਵਰ ਕੀਤੇ ਜਾਂਦੇ ਹਨ। ਇਸ 'ਚ ਆਵਾਜਾਈ 'ਤੇ ਆਉਣ ਵਾਲੇ ਖਰਚੇ ਵੀ ਸ਼ਾਮਲ ਹਨ। ਇਸ 'ਚ ਸਾਰੇ ਡਾਕਟਰੀ ਟੈਸਟ, ਆਪ੍ਰੇਸ਼ਨ ਤੇ ਇਲਾਜ ਆਦਿ ਸ਼ਾਮਲ ਹਨ। ਹੁਣ ਤੱਕ ਇਸ ਯੋਜਨਾ ਅਧੀਨ 5.5 ਕਰੋੜ ਤੋਂ ਵੱਧ ਲੋਕਾਂ ਦਾ ਇਲਾਜ ਹੋ ਚੁੱਕਾ ਹੈ।

Amar Ujala • 16 Mar • Ministry of Ayush
Make in haryana yojana laye sarkar

3 • PG

713 • Sqcm

525450 • AVE

368.8K • Cir

Top Left

Chandigarh

कल पेश होगा सैनी सरकार का पहला बजट... हर वर्ग को विशेष उम्मीद मेक इन हरियाणा योजना लाए सरकार

रोहतक/करनाल/हिसार। रोजगार बढ़ेंगे, उद्योगों को रफ्तार मिलेगी, किसानों की फसलें लहलहाने के साधनों में वृद्धि होगी, फसलों का मुआवजा जल्द मिलने की व्यवस्था होगी। यह उम्मीदें प्रदेश की जनता को हरियाणा सरकार के आने वाले बजट से हैं।

नायब सैनी सरकार 17 मार्च को अपना पहला बजट पेश करने जा रही है। इस बजट से प्रदेश के व्यापारियों, उद्योगपतियों, युवाओं, किसानों को काफी ज्यादा आशाएं हैं। व्यापारियों को उम्मीद है कि सरकार स्टेट गुड्स एंड सर्विस टैक्स (एसजीएसटी) कम करेगी। अंबाला के साइंस व मिक्सी उद्योग संचालकों ने उम्मीद जताई है कि इस बार सरकार जीएसटी में राहत देने के लिए कोई रास्ता निकालेगी। व्यापारियों की मांग है कि प्रदेश सरकार मेक इन हरियाणा योजना लेकर आए।

इसी प्रकार स्वास्थ्य के क्षेत्र में कुरुक्षेत्र में आयुष विश्वविद्यालय के जल्द निर्माण को लेकर बजट जारी होने की उम्मीद है। वहीं फतेहाबाद में मेडिकल कॉलेज का निर्माण कार्य शुरू होने की उम्मीद है। किसानों को ओलावृष्टि से फसल खराब होने पर विभिन्न श्रेणी से मिलने वाली मुआवजा राशि में बढ़ोतरी व कृषि उपकरणों, बीज और किट नाशक की

उपलब्धता सुनिश्चित होने की उम्मीद है। युवाओं को उम्मीद है कि बजट

सरकारी व निजी क्षेत्र में रोजगार को बढ़ावा देने वाला होगा। झज्जर में

सरकारी यूनिवर्सिटी खुलने की भी उम्मीद जताई जा रही है। ब्यूरो

सीएम सैनी बजट में कर सकते हैं बड़ी घोषणा

इन 27 क्षेत्रों में बिना गारंटी 20 करोड़ रुपये का लोन

एयरोस्पेस और रक्षा, ऑटोमोटिव व ऑटो कंपोनेंट्स, फार्मास्युटिकल्स और मेडिकल डिवाइस, बायो-टेक्नोलॉजी, कैपिटल गुड्स, टेक्सटाइल और अपरल, केमिकल्स और पेट्रोकेमिकल्स, इलेक्ट्रॉनिक्स सिस्टम डिजाइन और मैनुफैक्चरिंग, चमड़ा और फुटवियर, खाद्य प्रसंस्करण, शिपिंग, रेलवे, निर्माण, नई और नवीकरणीय ऊर्जा, पर्यटन और आतिथ्य सेवाएं, चिकित्सा मूल्य यात्रा, परिवहन और रसद सेवाएं, लेखा और वित्त सेवाएं, ऑडियो विजुअल सेवाएं, कानूनी सेवाएं, संचार सेवाएं, निर्माण और संबंधित इंजीनियरिंग सेवाएं और शिक्षा सेवाएं।

Amar Ujala • 16 Mar • Ministry of Ayush
Daily Health Capsul

16 • PG

255 • Sqcm

540296 • AVE

564.4K • Cir

Bottom Right

Delhi

डेली हेल्थ
कैप्सूल

बेहतर पाचन
के लिए अंजीर
वाला दूध

अंजीर में मौजूद अत्यधिक
फाइबर पाचन तंत्र को बेहतर
बनाता है। इसके सेवन से आंतें
भी सेहतमंद रहती हैं।

अंजीर को दूध में भिगोकर
सेवन करने से कई लाभ मिल
सकते हैं। इस दूध में विटामिन
ए, सी, कै और कॉपर,
मैग्नीशियम, पोटेशियम, जिंक
तथा आयरन जैसे पोषक तत्व
पाए जाते हैं। इस दूध में कैल्शरी
की मात्रा काफी कम होती है
और फाइबर अधिक होता है,
जिससे वजन को कम करने में
मदद मिलती है। इसे पीने से



इसमें पाया जाने वाला ट्रिप्टोफेन
नामक एमिनो एसिड सेरोटोनिन
में बदल जाता है, जो नींद के
हार्मोन मेलैटोनिन को बढ़ाता है,
जिससे अच्छी नींद आती है।
बेहतर परिणाम के लिए आप इसे
रात को सोने से पहले पी सकते
हैं। इस दूध में मौजूद पोषक
तत्व रोग प्रतिरोधक क्षमता को
बढ़ाने, हड्डियों और दांतों को
मजबूत बनाने, मस्तिष्क के
स्वास्थ्य में सुधार करने, सूजन
को कम करने के साथ जांझी
और मांसपेशियों के दर्द को कम
करने में मदद करते हैं। यह पेट
को तब समय तक भरा
रखता है, जिससे भूख कम
लगती है। अगर आपको दूध
अच्छा नहीं लगता है तो अंजीर
को आधे कप पानी में भिगो दें
और सोने से पहले इसे खाएं।
अंजीर में मौजूद फाइबर पाचन
तंत्र को बेहतर बनाने में सहायता
प्रदान करते हैं। साथ ही इससे
आंतें भी सेहतमंद बनती हैं।

क्या कहते हैं विरोधज्ञ



अंजीर वाला दूध
कई स्वास्थ्य लाभ
देता है। अगर
आपको मधुमेह है या
आप खून पतला करने वाली
किसी दवा का सेवन कर रहे हैं
तो इस दूध के सेवन से पहले
आयुर्वेद चिकित्सक की सलाह
जरूर लें। -डॉ. नवीन चंद्र जोशी
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 14 Mar • Ministry of Ayush

Ayushman yojana ke labharthiyo ki aayu seema 70 se ghatkar 60 varsh karne ki shifarish

16 • PG

189 • Sqcm

139313 • AVE

368.8K • Cir

Middle Left

Chandigarh

आयुष्मान योजना के लाभार्थियों की आयु सीमा 70 से घटाकर 60 वर्ष करने की सिफारिश

नई दिल्ली। स्वास्थ्य परिवार कल्याण पर संसद की स्थायी समिति ने आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना के लाभार्थियों की आयु सीमा 70 से घटाकर 60 साल करने की सिफारिश की है। अभी 70 वर्ष और उससे ऊपर के लोगों को ही केंद्र की इस स्वास्थ्य योजना का लाभ मिल रहा है।

स्थायी समिति ने बुधवार को राज्यसभा में अपनी रिपोर्ट पेश की, जिसमें सरकार को कुछ महत्वपूर्ण सुझाव दिए गए हैं। इसमें योजना का दायरा बढ़ाने के अलावा चिकित्सा के क्षेत्र में कृत्रिम बुद्धिमत्ता (एआई) का प्रयोग करने, लगातार कम हो रहे बजट, गर्भाशय ग्रीवा (सर्वाइकल) कैंसर की रोकथाम के लिए एचपीवी टीका, खाली पड़े पदों को भरकर कार्यकुशलता बढ़ाने जैसी सिफारिशें शामिल हैं। रिपोर्ट में कहा गया कि लोगों की सामाजिक, आर्थिक स्थिति का आकलन किए बिना सभी को इस योजना का लाभ देना चाहिए। समिति ने आयुष्मान योजना में सीटी, एमआरआई और न्यूक्लियर इमेजिंग समेत दूसरी सुविधाओं को भी इससे जोड़ने की सिफारिश की है। समिति ने कहा कि महिलाओं में होने वाले सर्वाइकल कैंसर की रोकथाम के लिए एचपीवी टीकाकरण में एक खुराक में रोकथाम वाले उपायों को अति शीघ्र विकसित किया जाना चाहिए। ब्यूरो

Amar Ujala • 12 Mar • Ministry of Ayush

Ayushman: Fraud ke karan 643 crore रुपये के 3.56 lakh dave kharij

6 • PG

56 • Sqcm

41499 • AVE

368.8K • Cir

Middle Right

Chandigarh

आयुष्मान : धोखाधड़ी के कारण 643 करोड़ रुपये के 3.56 लाख दावे खारिज नई दिल्ली। केंद्रीय स्वास्थ्य राज्य मंत्री प्रतापराव जाधव ने मंगलवार को राज्यसभा में बताया कि आयुष्मान भारत स्वास्थ्य बीमा योजना के तहत धोखाधड़ी करने वाली संस्थाओं के खिलाफ 643 करोड़ रुपये के 3.56 लाख दावों को खारिज किया गया है। राज्यों और केंद्र शासित प्रदेशों की ओर से दी गई रिपोर्ट के अनुसार, 1,114 अस्पतालों को पैनल से हटाया गया है। 1,504 दोषी अस्पतालों पर 122 करोड़ रुपये का जुर्माना लगाया गया है और 549 अस्पतालों को निलंबित कर दिया गया है। ब्यूरो

Amar Ujala • 12 Mar • Ministry of Ayush

Ayushman: Dhokadhadi ke karan 643 cr ke 3.56 lakh dave kharij

13 • PG

89 • Sqcm

188907 • AVE

564.4K • Cir

Middle Right

Delhi

आयुष्मान : धोखाधड़ी के कारण 643 करोड़ रुपये के 3.56 लाख दावे खारिज

नई दिल्ली। केंद्रीय स्वास्थ्य राज्य मंत्री प्रतापराव जाधव ने मंगलवार को राज्यसभा में बताया कि आयुष्मान भारत स्वास्थ्य बीमा योजना के तहत धोखाधड़ी करने वाली संस्थाओं के खिलाफ 643 करोड़ रुपये के 3.56 लाख दावों को खारिज किया गया है। राज्यों और केंद्र शासित प्रदेशों की ओर से दी गई रिपोर्ट के अनुसार, 1,114 अस्पतालों को पैनल से हटाया गया है। 1,504 दोषी अस्पतालों पर 122 करोड़ रुपये का जुर्माना लगाया गया है और 549 अस्पतालों को निलंबित कर दिया गया है। ब्यूरो

Amar Ujala • 11 Mar • Ministry of Ayush

46 lakh beneficiaries of Ayushman and Chirayu Yojana

5 • PG

76 • Sqcm

55774 • AVE

368.8K • Cir

Middle Center

Chandigarh

आयुष्मान व चिरायु योजना के 46 लाख लाभार्थी बढ़े

चंडीगढ़। प्रदेश में आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना और चिरायु योजना के तहत तीन साल में 46,01,489 लाख लाभार्थी बढ़े हैं। आयुष्मान में 4,81,985 और चिरायु योजना में 41,19,513 लाभार्थी बढ़े हैं। वर्तमान में 12,12,922 परिवार के 38,26,433 सदस्य आयुष्मान और 28,08,763 परिवारों के 89,83,043 लाभार्थी चिरायु योजना में पंजीकृत हैं। तीन साल में दोनों योजनाओं के तहत 15,00,658 लाभार्थियों के क्लेम पर सरकार ने 20,54,60,69,139 रुपये जारी किए हैं। यह जानकारी सरकार की ओर से इंद्रा से विधायक रामकुमार कश्यप के सवाल पर दी गई है। ब्यूरो

Amar Ujala • 10 Mar • Ministry of Ayush

Ayushman bharat main parachi par cashless ilaaj ki bayabstha hogi band
jaanch commety banai

1 • PG

497 • Sqcm

366312 • AVE

368.8K • Cir

Middle Center

Chandigarh

अमर उजाला की खबर का बड़ा असर... घोटाले के खुलासे के बाद अब सात दिन में बदल दी जाएगी दवा देने की व्यवस्था

आयुष्मान भारत में पर्ची पर कैशलेस इलाज की व्यवस्था होगी बंद, जांच कमेटी बनाई

माई सिटी रिपोर्टर

चंडीगढ़। पीजीआई में आयुष्मान भारत योजना के तहत इलाज के नाम पर करोड़ों के घोटाले का अमर उजाला की ओर से खुलासा करने के बाद हलचल मच गई। रविवार को पी जी आई प्रशासन के आला अधिकारियों ने आनन-फानन में बैठक की।

अमर उजाला
फॉलोअप



पीजीआई ने कहा-यह गंभीर धोखाधड़ी

- पीजीआई ने रविवार को एक आधिकारिक बयान जारी करते हुए कहा कि यह गंभीर धोखाधड़ी है, जिसमें चोरी की गई इंडेंट बुक और जाली मुहरों का उपयोग कर मरीजों के लिए निर्धारित दवाओं को गलत तरीके से डायवर्ट किया गया। ये दवाएं आयुष्मान भारत कैशलेस योजना के लाभार्थियों के लिए निर्धारित की गई थीं। घटना 18 फरवरी 2025 को सामने आई, जब एक अज्ञात व्यक्ति को इस गैरकानूनी गतिविधि में लिप्त पाया गया। संबंधित व्यक्ति को तुरंत पुलिस को सौंप दिया गया और इस मामले की गहन जांच शुरू कर दी गई।
- पीजीआई और अमृत फार्मसी ने इस धोखाधड़ी को गंभीरता से लेते हुए संबंधित कानून प्रवर्तन एजेंसियों के पास आधिकारिक शिकायत दर्ज करवाई है। साथ ही इस मामले की आंतरिक जांच के लिए एक समिति गठित की गई है, जो भविष्य में इस तरह की घटनाओं को रोकने के लिए आवश्यक सिफारिशें देगी।

पीजीआई ने पहले क्यों नहीं दर्ज कराई शिकायत

- सबसे बड़ा सवाल यह उठता है कि पीजीआई प्रशासन और जिम्मेदार अधिकारियों ने इस मामले की पहले से जानकारी होने के बाद शिकायत क्यों नहीं दर्ज कराई।
- इस पूरे मामले की अंदरूनी कमेटी से जांच पहले भी कराई जा सकती थी, लेकिन पीजीआई प्रशासन ने मामले को दबाने में ज्यादा दिलचस्पी दिखाई।

पीजीआई ने कैशलेस योजना के तहत आने वाले मरीजों के लिए मैन्युअल इंडेंटिंग प्रणाली को समाप्त कर एक सुरक्षित ऑनलाइन प्रणाली अपनाने का निर्णय लिया है। पीजीआई के कंप्यूटर सेक्शन और आंतरिक समिति ने मिलकर इस नए सिस्टम को विकसित किया है, जिसे मौजूदा हॉस्पिटल इनफार्मेशन सिस्टम (एचआईएस 1) में शामिल किया जाएगा। यह प्रक्रिया एक सप्ताह के भीतर पूरी कर ली जाएगी।

चिकित्सा उपकरण मरीजों के बेड तक पहुंचाने की तैयारी

आपातकालीन विभाग के बाहर एक विशेष क्षेत्र को चिह्नित किया गया है। यहां अमृत फार्मसी केवल उन मरीजों को दवा उपलब्ध कराएगी जो कैशलेस योजनाओं के तहत लाभान्वित होते हैं। पीजीआई और अमृत फार्मसी मिलकर स्टाफ की संख्या बढ़ाने पर काम कर रहे हैं ताकि नई ऑनलाइन प्रणाली के तहत दवाएं और चिकित्सा उपकरण सीधे मरीजों तक उनके बेड पर पहुंचाए जाएं।

खबर छपने के बाद पीजीआई और अमृत फार्मसी ने पुलिस को लिखित शिकायत भी दी है। इसके अलावा मामले की जांच के लिए पीजीआई ने कमेटी का भी गठन किया है। कमेटी पूरे मामले की रिपोर्ट पीजीआई प्रशासन को सौंपेगी। अमर उजाला ने रविवार के अंक में 'आयुष्मान भारत के नाम पर पीजीआई में करोड़ों का घोटाला, लाखों की दवा बरामद' शीर्षक से खबर प्रकाशित की थी। इसमें खुलासा किया कि आयुष्मान भारत के बिल पर दवा का नाम लिखकर फर्जी मुहर लगा करोड़ों की दवाइयां सस्ते रेट में बेचकर सरकार को करोड़ों का चूना लगाया गया।

■ खबर प्रकाशित होने के बाद निदेशक से चिकित्सा अधीक्षक तक हरकत में आ गए और पुलिस को पीजीआई के कर्मचारियों की भूमिका संदिग्ध है कि इस मामले में पीजीआई के कर्मचारियों की भी भूमिका संदिग्ध दिख रही है।

स्वास्थ्य मंत्रालय ने मांगी रिपोर्ट

पीजीआई में आयुष्मान भारत योजना के तहत इलाज के नाम पर करोड़ों का घोटाला सामने आने के बाद जांच कमेटी का गठन किया गया है। वहीं, इस कमेटी की रिपोर्ट केंद्रीय स्वास्थ्य मंत्रालय की ओर से तलब की गई है। ऐसे में लापरवाही करने वाले अधिकारियों पर गाज गिरना तय है।

Amar Ujala • 10 Mar • Ministry of Ayush
Daily Helath capsul

9 • PG

266 • Sqcm

563791 • AVE

564.4K • Cir

Bottom Right

Delhi

डेली हेल्थ
कैप्सूल

कई रोगों
की एक दवा
है मकोय

मकोय बुखार, जोड़ों के दर्द,
सांस संबंधी समस्याओं,
पीलिया, मुँह के छालों के इलाज
में मदद कर सकता है।

मकोय का इस्तेमाल आयुर्वेद में
स्वस्थ किया जाता है। इसके फल,
पत्ते और जड़ सभी किसी न
किसी रोग का इलाज करने के
काम आते हैं। मकोय के फल में
एंटीऑक्सिडेंट्स,
एंटीइन्फ्लेमेटरी और
एंटीइम्यूनोमोड्यूलरी गुण होते हैं, जो
शरीर की अनेक समस्याओं को
दूर करने में मदद करते हैं।
आयुर्वेद में इसे (त्रिदोष नाशक)



वात, पित्त, कफ से मुक्ति दिलाने
वाला और पाचन क्रिया को
बेहतर बनाने वाला माना जाता
है। यह बुखार, जोड़ों के दर्द,
सांस संबंधी समस्याओं, पीलिया,
मुँह के छालों और अन्य विकारों
के इलाज में मदद करता है।
इसके सेवन से रोग प्रतिरोधक
क्षमता मजबूत होती है और
सामान्य बीमारियों से बचाव होता
है। मकोय में पाए जाने वाले गुण
टॉक्सिन्स को शरीर से बाहर
निकालने में सहायता करते हैं।
साथ ही यह एंजिंग प्रोसेस को
भी धीमा कर सकते हैं। मकोय
के पत्तों को चबाने से मुँह के
छाले ठीक हो सकते हैं और पेट
से जुड़ी समस्याओं में भी राहत
मिल सकती है। मकोय में मौजूद
एंटीऑक्सिडेंट्स और
एंटीइन्फ्लेमेटरी गुण त्वचा से
जुड़ी समस्याओं को भी दूर
करते हैं। इसकी पत्तियों का
काढ़ा पीलिया के रोगियों के लिए
लाभदायक हो सकता है।

क्या कहते हैं विशेषज्ञ



किसी भी जड़ी-
बूटी का इस्तेमाल
आयुर्वेद

चिकित्सक की सलाह के
बिना नहीं करना चाहिए। इसके
सही इस्तेमाल का तरीका और
डोज आपको चिकित्सक ही
बता सकते हैं।

-डॉ. राजीव पुंडीर
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 09 Mar • Ministry of Ayush

Ayushman bharat ke naam par PGI main croro ka ghotala, lakho ki dava baramad

1 • PG

404 • Sqcm

297652 • AVE

368.8K • Cir

Top Center

Chandigarh

आयुष्मान भारत के नाम पर पीजीआई में करोड़ों का घोटाला, लाखों की दवा बरामद

बिल पर दवा का नाम लिखकर लगा रहे फर्जी मुहर करोड़ों की दवा बाजार में बेच सरकार को लगाई चपत

घोटाले की जांच में कई बड़े नाम आ सकते हैं सामने पीजीआई के अफसरों की संलिप्तता भी संभव

संवाद न्यूज एजेंसी

चंडीगढ़। पीजीआई में आयुष्मान भारत योजना के तहत इलाज के नाम पर करोड़ों का घोटाला सामने आया है। आयुष्मान भारत के बिल पर दवा का नाम लिख फर्जी मुहर लगा करोड़ों की दवाइयां लेकर उन्हें बाजार में बेचा जा रहा था।

क्राइम ब्रांच के एसपी जसबीर सिंह के नेतृत्व में इंस्पेक्टर सतविंदर सिंह ने सहारनपुर से आरोपी बलराम को गिरफ्तार कर लाखों की दवाइयां बरामद की हैं। सूत्रों ने बताया कि इस मामले में पीजीआई के कई बड़े अधिकारी भी नप सकते हैं। पुलिस आरोपी से पूछताछ कर रही है कि घोटाले और कौन-कौन लोग शामिल हैं। इस मामले में जल्द ही और भी गिरफ्तारियां हो सकती हैं। बलराम को चंडीगढ़ लाया जा रहा है।

अमृत फार्मसी के साथ है दवाओं का कांटेक्ट

आयुष्मान भारत योजना के तहत पांच लाख रुपये तक मुफ्त इलाज का प्रावधान है। मरीजों को दवाइयां देने का कांटेक्ट पीजीआई ने अमृत फार्मसी को दिया है। पीजीआई के डॉक्टर मरीज का उपचार कर दवाइयां लिखकर भेजते हैं। दवाइयां के बिल पास करवा अमृत फार्मसी बिल पास करवा आयुष्मान विभाग से पैसे ले लेते हैं। सूत्रों ने बताया कि घोटाले में अमृत फार्मसी के संचालक की भूमिका भी संदेह के घेरे में भी आ सकती है। बता दें कि इस मामले की जांच क्राइम ब्रांच को ट्रांसफर हो गई थी।



ऐसे हुआ था मामले का खुलासा

- फरवरी में एक युवक अमृत फार्मसी में पीजीआई के नाम पर आयुष्मान भारत के बिल पर दवा का नाम लिखकर फर्जी नर्सिंग मुहर लगाकर 60 हजार रुपये की दवाएं लेने गया। उसे दवा मिल गई, बिल भी पास हो गया। बिल पर किसी और डिपार्टमेंट के डॉक्टर की मोहर लगी हुई थी।
- पीजीआई सुरक्षाकर्मियों ने युवक को पकड़ पीजीआई चौकी के हवाले कर दिया। आरोपी रमन के कब्जे से यूरोलॉजी वार्ड की आयुष्मान भारत इंटेक्ट बुक मिली। साथ ही आठ और मुहरें बरामद हुईं। आरोपी के पास से नर्सिंग ऑफिसर एनटीसीयू नेफ्रोलॉजी पीजीआई, नर्सिंग ऑफिसर एटीसी एनएसडबल्यू पीजीआई, ईचार्ज सर्जिकल फार्मसी नेहरु हॉस्पिटल पीजीआई, सीनियर रेजिडेंट डिपार्टमेंट ऑफ इंटरनल मेडिसिन पीजीआई, हिम केयरबेनीफिशियरी पीजीआई की मुहरें बरामद हुई थीं। कांगड़ा निवासी आरोपी रमन ने पूछताछ में बताया कि वह किसी और शख्स के कहने पर यह काम करता था।



बाजार में सस्ते दाम पर दवा बेच देते

- आरोपी से प्रारंभिक पूछताछ में खुलासा हुआ है कि अमृत फार्मसी से फर्जी तरीके से दवा लेकर दूसरे मेडिकल स्टोर संचालकों को सस्ते में बेच देते थे।

मरीजों का चुरा लेता था डाटा

सूत्रों ने बताया कि आरोपी बलराम आयुष्मान के तहत पीजीआई में इलाज करवाने आने वाले मरीजों का डेटा चुरा लेता था। जो मरीज इलाज के लिए कार्ड बनवाता था आरोपी डेटा के हिसाब से मरीजा का नाम लिखकर आयुष्मान विभाग की मुहर लगाकर सेम कार्ड फर्जी तैयार कर लेता था। आरोपी अमृत फार्मसी से दवाइयां बिल की रकम आयुष्मान विभाग से ले लेता था।

फर्जी मुहरों के लिए सैंपल किसने दिए

पुलिस जांच कर रही है कि बिना पीजीआई स्टाफ की मिलीभगत से मरीजों का डेटा आखिर बलराम के पास कैसे पहुंच जाता था। पुलिस आरोपी से पूछताछ कर रही है कि उसने पीजीआई के अलग-अलग विभागों की 8 मुहरें आखिर कैसे बनवाई और कहाँ से बनवाईं।

इन सवालों के जवाब बाकी

- पीजीआई से इंटेक्ट बुक गायब थी तो इसकी शिकायत पुलिस को क्यों नहीं की
- फर्जी स्टैप बनाने के लिए असली स्टैप का सैंपल आरोपी तक कैसे पहुंचे
- मरीजों का डेटा आखिर कौन देता था
- आरोपी को पीजीआई चौकी पुलिस को इसकी भनक क्यों नहीं लगी
- बिना पीजीआई स्टाफ के इतना बड़ा घोटाला कैसे हो सकता है

पीजीआई से नहीं आया जवाब

- पीजीआई के चिकित्सा अधीक्षक प्रो. विपिन कौशल को जब इस बारे में फोन किया गया तो उन्होंने कहा कि लिखित में शिकायत भेजी। जब उन्हें शिकायत भेजी गई तो उनका कोई जवाब नहीं आया।

डॉक्टरों को भी नहीं पता उनके नाम की बनी हैं फर्जी मुहर

पीजीआई के डॉक्टरों को भी नहीं पता कि उनकी फर्जी मुहरें बनी हुई हैं। मुहरें फर्जी बिलों पर लगाकर महंगी दवाइयां लिखकर बाहर बेच दी जाती थीं। सूत्रों ने बताया कि मरीज के नाम के साथ कार्ड, सीआर नंबर की पूरी फाइल बनती है। मरीज के इलाज का रिकॉर्ड भी डॉक्टर के पास होता है। लेकिन यह रिकॉर्ड कंप्यूटर पर दर्ज की गई फाइल में नहीं होगा। फर्जी फाइल में यह रिकॉर्ड नहीं मिलेगा।

सूत्रों ने बताया कि पीजीआई से इंटेक्ट बुक गायब थी। यह इंटेक्ट बुक स्टोर डिपार्टमेंट से जारी की जाती है।

गायब थी इंटेक्ट बुक, नहीं दी शिकायत

लेकिन इंटेक्ट बुक गायब थी तो उसकी शिकायत संबंधित एचओडी और स्टोर इंचार्ज को नहीं दी गई। इंटेक्ट बुक कब से गायब थी यह भी अभी तक पता नहीं चल पाया है। दरअसल, इंटेक्ट बुक पर दवाएं लिखकर फर्जी मोहर लगाकर अमृत स्टोर से दवाइयां लेकर मार्केट में बेच दी जाती थीं।

पीजीआई में फर्जी मोहर का इस्तेमाल कर आयुष्मान योजना के तहत करोड़ों की दवाइयां के नाम फर्जीवाड़ा करने वाले आरोपी को गिरफ्तार किया गया है। आरोपी से पूछताछ की जा रही है।
-जसबीर सिंह, एसपी क्राइम

Amar Ujala • 07 Mar • Ministry of Ayush
Rajdhani mein lagu hoga natinal ayushman mission

2 • PG

303 • Sqcm

642662 • AVE

564.4K • Cir

Middle Left

Delhi

राजधानी में लागू होगा नेशनल आयुष मिशन : पंकज सिंह

नई दिल्ली। दिल्ली सरकार के स्वास्थ्य मंत्री पंकज कुमार सिंह ने बृहस्पतिवार को स्वास्थ्य विभाग के अधिकारियों को निर्देश दिए कि लोकल परचेजिंग (स्थानीय खरीदारी) को बढ़ावा न दिया जाए। लोगों को सस्ती दवाएं आसानी से मिलनी चाहिए। इसके लिए उन्होंने प्रधानमंत्री जन

आरोग्य योजना को प्रमोट करने और नेशनल आयुष मिशन को दिल्ली में लागू करने का निर्देश दिया। स्वास्थ्य मंत्री ने बताया कि इस मिशन के लागू होने से पारंपरिक और आधुनिक चिकित्सा पद्धतियों का सामूहिक रूप से विकास होगा।

स्वास्थ्य मंत्री पंकज कुमार सिंह ने

स्वास्थ्य विभाग के अधिकारियों और सरकारी अस्पतालों के डायरेक्टर व मेडिकल सुपरिटेण्डेंट के साथ समीक्षा बैठक की। इस दौरान उन्होंने स्वास्थ्य सेवाओं में सुधार, सस्ती दवाओं की उपलब्धता और ग्रामीण इलाकों में स्वास्थ्य सेवाओं को बेहतर बनाने के लिए कई अहम निर्देश दिए। उन्होंने

कहा कि सभी सरकारी अस्पतालों में मेडिकल डायरेक्टर और मेडिकल सुपरिटेण्डेंट की तैनाती की जाएगी, ताकि वे अस्पतालों की प्रबंधन जिम्मेदारियों को बेहतर तरीके से निभा सकें। साथ ही उन्हें किसी अन्य अस्पताल की अतिरिक्त जिम्मेदारी नहीं दी जाएगी।

ग्रामीण इलाकों में तैनात होंगी मोबाइल डेंटल वैन : पंकज कुमार सिंह ने ग्रामीण इलाकों में स्वास्थ्य सेवाओं के विस्तार के लिए मोबाइल डेंटल वैन तैनात करने का एलान भी किया। उन्होंने कहा कि शुरुआती चरण में ग्रामीण इलाकों में 10 मोबाइल डेंटल वैन तैनात की जाएंगी। ब्यूरो

Amar Ujala • 06 Mar • Ministry of Ayush
Daily health capsules

13 • PG

255 • Sqcm

541720 • AVE

564.4K • Cir

Bottom Right

Delhi

डेली हेल्थ
कैप्सूल

माइग्रेन में
पेपरमिंट ऑयल
की राहत

पेपरमिंट ऑयल के कुलिंग और एनाल्जेसिक गुण तनाव, सिर दर्द और माइग्रेन से राहत दिलाने में मदद करते हैं।

पेपरमिंट ऑयल कई शारीरिक और मानसिक समस्याओं से निजात दिलाने में मदद करता है। अगर आपको सिर दर्द मांसपेशियों में दर्द या पाचन संबंधी समस्याएं हैं तो यह आपको अत्यधिक लाभ पहुंचा सकता है। यह तेल कुलिंग और एनाल्जेसिक गुणों के कारण तनाव, सिर दर्द और माइग्रेन से राहत दिलाने में मदद करता है।



इसमें एंटीमाइग्रेनियल गुण होते हैं, जो संक्रमण को दूर करते हैं। यह तेल बंद नाक को खोलकर बेहतर तरीके से सांस लेने में मदद करता है, जिससे अस्थमा, ब्रोकाइटिस और एलर्जी जैसी श्वसन स्थितियों में लाभ मिलता है। पेपरमिंट ऑयल आसानी से त्वचा में अवशोषित होकर रक्त के बहाव को बढ़ाने में मदद करता है। इस ऑयल में कुलिंग इफेक्ट होता है, जो मांसपेशियों के दर्द को कम करने में मदद करता है। इसमें एंटीबैक्टीरियल और एंटीफंगल गुण होते हैं, जो मुँह में संक्रमण फैलाने वाले बैक्टीरिया को बढ़ने से रोकते हैं। पेपरमिंट ऑयल में एंटीबैक्टीरियल और एंटीफंगल गुण होते हैं, जो रूसी, सिर की त्वचा में सूजन और बालों के झड़ने को रोकने में मदद करते हैं। इसे शैपू में मिलाकर या हेयर मास्क में भी इस्तेमाल किया जा सकता है।

क्या कहते हैं विशेषज्ञ



पेपरमिंट ऑयल को लगाने के लिए नारियल या बादाम तेल में इसकी 3 से 4 बूंदें मिलाएँ और लगाएँ। इसके अधिक इस्तेमाल से त्वचा पर खुजली हो सकती है, इसलिए पहले पैच टेस्ट कर लें।
-डॉ. नवीन चंद्र जोशी
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 05 Mar • Ministry of Ayush
Daily Health Capsul

2 • PG

242 • Sqcm

513746 • AVE

564.4K • Cir

Bottom Right

Delhi



औषधीय गुणों से भरपूर जिमीकंद

पोषक तत्वों से भरपूर जिमीकंद न केवल स्वादिष्ट होता है, बल्कि स्वास्थ्य के लिए भी लाभप्रद होता है।

जिमीकंद को सूरन या ओल भी कहा जाता है। यह फाइबर, एंटीऑक्सिडेंट, विटामिन सी, विटामिन बी6, आयरन, कैल्शियम और पोटेशियम से भरपूर होता है। इसमें कई औषधीय गुण भी होते हैं। प्रचुर मात्रा में फाइबर होने से यह पाचन तंत्र को मजबूत करता है और कब्ज जैसी समस्याओं से राहत दिलाने में सहायक होता



है। इसमें मौजूद पोटेशियम और एंटीऑक्सिडेंट रक्तचाप को नियंत्रित कर हृदय रोगों के खतरे को कम करते हैं। जिमीकंद का सेवन मधुमेह रोगियों के लिए लाभकारी माना जाता है। इसमें मौजूद विटामिन सी त्वचा को निखारने और शरीर की रोग प्रतिरोधक क्षमता को बढ़ाने में सहायक होता है। आयुर्वेद में इसे सूजन और गठिया जैसी समस्याओं में लाभकारी बताया गया है। हल्दी और मसालों के साथ पकाकर इसकी सब्जी बनाई जा सकती है। इसे हल्का तलकर या भुनकर चिप्स के रूप में सेवन किया जा सकता है। जिमीकंद का अचार बनाकर लंबे समय तक इस्तेमाल किया जा सकता है। इसे सूप और करी में भी मिला सकते हैं। इसे ठीक से पकाकर ही खाना चाहिए। कच्चा सेवन करने से गले में खुजली या एलर्जी हो सकती है।

क्या कहते हैं विशेषज्ञ



पाचन और ब्लड शुगर नियंत्रित रखना चाहते हैं तो भोजन में जिमीकंद को शामिल करें। इसे पकाने से पहले अच्छी तरह उबालें और तलने के बजाय हल्का भुना खाना ज्यादा लाभदायक होगा। यह एक सुपरफूड है।
-वैद्य अच्युत त्रिपाठी, आयुर्वेदचार्म

Amar Ujala • 03 Mar • Ministry of Ayush

Bina bijali internet sirf tasveero se cancer ki pusti kar raha swdeshi AI

8 • PG

247 • Sqcm

182086 • AVE

368.8K • Cir

Bottom Left

Chandigarh

कामयाबी

सर्वाइकल कैंसर का पता लगाने वाले मॉडल को 90 फीसदी से ज्यादा असरदार पाया गया

बिना बिजली-इंटरनेट सिर्फ तस्वीरों से कैंसर की पुष्टि कर रहा स्वदेशी एआई

परीक्षित निर्भय

नई दिल्ली। भारत के तकनीक और स्वास्थ्य विशेषज्ञों ने ऐसा स्वदेशी एआई मॉडल विकसित करने में सफलता हासिल की है, जिसके लिए न इंटरनेट की जरूरत है और न ही बिजली की। यह सिर्फ तस्वीरों के जरिये सर्वाइकल कैंसर का पूर्वानुमान लगाने में सक्षम है। एम्स बठिंडा के डॉक्टरों ने इसका क्लिनिकल परीक्षण किया है।

आयुष्मान आरोग्य मंदिरों सहित देश के अलग-अलग हिस्सों में इस मॉडल को 90 फीसदी से भी ज्यादा असरदार पाया गया है। पुणे स्थित स्टार्ट कंपनी पेरिविकल टेक्नोलॉजीज ने इस स्वदेशी एआई आधारित उपकरण को स्मार्ट स्कोप का नाम दिया है जो केवल 30 सेकंड में तस्वीरों के जरिये कैंसर स्क्रीनिंग करने में सक्षम है। यह महिलाओं में घावों



और संक्रमणों के साथ गर्भाशय ग्रीवा की असामान्यताओं का शीघ्र पता लगाने में बेहतर साबित हुआ है। स्मार्ट स्कोप को विकसित करने के बाद अब तक 3.50 लाख से अधिक महिलाओं की स्क्रीनिंग की गई है, जिनमें से पांच हजार महिलाओं को सर्वाइकल कैंसर को लेकर संदिग्ध पाया गया। यूएस एफडीए और भारत के केंद्रीय औषधि मानक नियंत्रण संगठन से अनुमति मिलने के बाद उसे जिला और ग्रामीण स्तर के स्वास्थ्य सेवाओं में भी शामिल किया जा रहा है।

समय पर पहचान से प्रभावी इलाज

एमआईएटीवाई नैसकॉम सीओई के सीईओ संजीव मल्होत्रा ने बताया कि सर्वाइकल कैंसर एक ऐसा रोग है, जिसे केवल समय पर पहचान कर ही प्रभावी रूप से इलाज किया जा सकता है। पंजाब के बठिंडा एम्स में इस एआई मॉडल पर काम किया जा रहा है। अभी तक के निष्कर्ष बताते हैं कि इस तकनीक से पहचाने गए संदिग्ध मामलों में से 24% को आगे की जांच के लिए रेफर किया, जबकि 20% को दबाए शुरू की गई।

हर आठ मिनट में एक महिला की मौत

भारत में हर आठ मिनट में एक महिला की सर्वाइकल कैंसर से मौत हो रही है। भारतीय महिलाओं में कैंसर से होने वाली मौतों यह दूसरा सबसे प्रमुख कारण है, जिसके लिए समय पर जांच न हो पाना और तीसरी या चौथी स्टेज में कैंसर का पता चलना जिम्मेदार है। हालांकि, इस कैंसर से बचाव के लिए केंद्र सरकार ने टीका भी मंजूर किया है जो अब तक राष्ट्रीय टीकाकरण कार्यक्रम का हिस्सा नहीं बन पाया है।

एक स्क्रीन और रिमोट का कमाल

भारत के साथ-साथ अमेरिका, चीन और इंडोनेशिया सहित छह देशों में अनुमति पाने वाला यह स्वदेशी मॉडल एक स्क्रीन और रिमोट के जरिये काम करता है। एक टॉर्च रूपी रिमोट पर लगे कैमरे से तस्वीरें ली जाती हैं और एआई एल्गोरिदम उनका विश्लेषण करने में मदद करती है। ग्रामीण क्षेत्रों में इसे स्वास्थ्यकर्मी भी इस्तेमाल कर सकते हैं।

इसलिए जरूरी है जल्दी पता चलना : सर्वाइकल कैंसर भारत और विश्व स्तर पर एक गंभीर स्वास्थ्य चिंता बना हुआ है। विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) की ओर से 2022 में प्रकाशित आंकड़ों के अनुसार, यह दुनियाभर में महिलाओं में चौथा सबसे आम कैंसर है। सालाना 6.60 लाख से ज्यादा महिलाओं में हर साल इस कैंसर की पहचान हो रही है। 3.50 लाख महिलाओं की मौत हो रही है। सर्वाइकल कैंसर की घटनाओं और मृत्यु दर की उच्चतम दर निम्न और मध्यम आय वाले देशों में है, जिससे भारत जैसे देश पर बड़ा सार्वजनिक स्वास्थ्य बोझ है।

Amar Ujala • 02 Mar • Ministry of Ayush
Daily health Capsul

16 • PG

262 • Sqcm

554688 • AVE

564.4K • Cir

Bottom Right

Delhi

डेली हेल्थ
कैप्सूल

इम्युनिटी
बढ़ाता है लौकी
का जूस

लौकी के जूस में
एंटीऑक्सिडेंट्स होते हैं, जो
इम्युनिटी को मजबूत बनाकर
रोगों से रक्षा करते हैं।

लौकी का जूस शारीरिक और
मनसिक दोनों तरह की सेहत
के लिए फायदेमंद होता है। इसमें
पानी, फाइबर और विटामिन सी,
बी6, फोलेट, मैग्नीशियम और
पोटेशियम पाए जाते हैं, जो शरीर
को स्वस्थ रखने में अहम
भूमिका निभाते हैं। इसके
अलावा, लौकी में
एंटीऑक्सिडेंट्स भी होते हैं, जो
इम्युनिटी को बढ़ाकर रोगों से



बचाव करते हैं। विटामिन और
मिनरल्स से भरपूर इस जूस से
शरीर को एनर्जी मिलती है और
टॉक्सिन्स को बाहर निकालने में
मदद मिलती है। लौकी के जूस
में फाइबर भरपूर मात्रा में होता
है, जो पाचन क्रिया को सुचारु
रूप से चलाने में मदद करता
है। इसके नियमित सेवन से
कब्ज और पेट संबंधी समस्याओं
से छुटकारा मिलता है। साथ ही
लंबे समय तक पेट के भरा होने
का अहसास होने से वजन
नियंत्रित रहता है। लौकी में
मौजूद पोटेशियम ब्लड प्रेशर को
नियंत्रित रखता है और
कोलेस्ट्रॉल को संतुलित रखता है,
जिससे दिल की बीमारियों का
 जोखिम कम होता है। जूस
बनाने के लिए लौकी को धो लें
और छिलका हटा दें। थोड़ा पानी
मिलाकर इसे मिक्सी में पीस लें।
छानकर इसका सेवन करें। आप
स्वाद के लिए इसमें नींबू का रस
भी मिला सकते हैं।

क्या कहते हैं विशेषज्ञ



हफ्ते में 2-3 दिन
लौकी के जूस का
सेवन कर सकते
हैं। जूस बनाते समय
लौकी को थोड़ा काटकर चख
लें, कहीं स्वाद कड़वा तो नहीं
है। अगर लौकी कड़वी निकले,
तो इसे इस्तेमाल न करें।
-डॉ. आर.पी. पाराशर
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 01 Mar • Ministry of Ayush

10 saal mein jan aushadhi ne marijo ke 30,000cr bachaye

14 • PG

537 • Sqcm

1139824 • AVE

564.4K • Cir

Bottom Left

Delhi

सुविधा

एक से सात मार्च तक देशभर में अभियान चलाने का फैसला, 200 केंद्र भी होंगे शुरू

10 साल में जन औषधि ने मरीजों के 30 हजार करोड़ बचाए

नई दिल्ली। सस्ती और किफायती दवाओं के लिए भारत का जन औषधि मॉडल अब जमीनी स्तर पर हजारों करोड़ों रुपये की बचत के रूप में दिखाई देने लगा है। बीते 10 साल में जन औषधि दवाओं ने मरीजों के 30 हजार करोड़ रुपये बचाए हैं। लोगों के बीच जेनेरिक दवाओं के प्रति जागरूकता लाने के लिए केंद्र सरकार ने एक सप्ताह तक अभियान शुरू करने का फैसला लिया है जिसका उद्घाटन शनिवार को दिल्ली में केंद्रीय स्वास्थ्य मंत्री जगत प्रकाश नड्डा करेंगे।

शुक्रवार को प्रधानमंत्री भारतीय जन औषधि परियोजना (पीएमबीजेपी) के सीईओ रवि दधिचि ने बताया कि बीते 31 जनवरी तक देश में जन औषधि केंद्रों की संख्या बढ़कर 15 हजार तक पहुंची है जिसे अगले कुछ वर्ष में 25



हजार तक लेकर जाने का लक्ष्य है। इन दुकानों पर 2047 दवाएं और 300 तरह के सर्जिकल उपकरण शामिल हैं जो ब्रांडेड दवाओं की तुलना में खुदरा दुकानों पर 50% से 80% सस्ते में बेचे जा रहे हैं। पिछले 10 वर्षों में जन औषधि केंद्रों की संख्या में 180 गुना वृद्धि हुई है। 2014 में केवल 80 केंद्र थे। वित्तीय वर्ष 2023-24 में जन औषधि ने 1,470 करोड़ रुपये का

सात मार्च को देश में जन औषधि दिवस का सातवां वर्ष मनेगा। इसके लिए एक मार्च से अभियान शुरू होगा। इसमें जगह-जगह जन औषधि जन चेतना अभियान या पदयात्रा निकलेगी। दो मार्च को जन आरोग्य मेला, तीन को जन औषधि वाल मित्र भागीदारी, चार को महिला भागीदारी, 5 को सेमिनार, 6 को जन औषधि मित्र पंजीकरण अभियान और 7 मार्च को जन औषधि उत्सव पूरे देश में एक साथ मनेगा। इस दौरान 200 केंद्रों की शुरुआत एक ही दिन होगी।

कारोबार किया जबकि चालू वित्त वर्ष में 31 जनवरी तक 1,606 करोड़ रुपये का कारोबार हुआ है। इस तरह देश में जेनेरिक दवाओं की बिक्री में करीब 200 गुना से ज्यादा की बढ़ोतरी हुई है। जन औषधि केंद्रों पर महिलाओं के लिए ऑक्सी-बायोडिग्रेडेबल सेनेटरी नैपकिन

दवाओं की बिक्री पर प्रोत्साहन

पीएमबीजेपी सीईओ रवि दधिचि ने बताया कि सरकार जन औषधि केंद्र मालिकों को मासिक खरीद का 20% प्रोत्साहन राशि दे रही है जो तकरीबन 20 हजार रुपये तक है। उत्तर-पूर्वी राज्यों, हिमालयी क्षेत्रों, द्वीप क्षेत्रों और नीति आयोग द्वारा आकांक्षी जिलों के अलावा महिला उद्यमियों, पूर्व सैनिकों, दिव्यांगों, एससी और एसटी द्वारा खोले गए केंद्रों को फर्नीचर, कंप्यूटर, रेफ्रिजरेटर और अन्य खर्च को पूरा करने के लिए दो लाख रुपये दिए जा रहे हैं।

भी उपलब्ध हैं जिनकी एक रुपये प्रति पैड कीमत है। अब तक इन केंद्रों से 72 करोड़ से अधिक सेनेटरी पैड बेचे गए। सीईओ ने बताया कि एंटीबायोटिक, एंटी-डायबिटीज, कार्डियोवैस्कुलर, एनाल्जेसिक व एंटीपयरेटिक, एंटी-एलर्जी, जैसी दवाएं यहां उपलब्ध हैं। ब्यूरो

Amar Ujala • 01 Mar • Ministry of Ayush
Daily health capsul

2 • PG

252 • Sqcm

534278 • AVE

564.4K • Cir

Bottom Right

Delhi

डेली हेल्थ
कैप्सूल

बालों के लिए
नीलगिरी
का तेल

नीलगिरी के तेल में मौजूद
एंटीफंगल गुण सिर के रोमछिद्रों
को खोलते हैं और बालों को
पोषण देकर स्वस्थ बनाते हैं।

नीलगिरी यानी यूकेलिप्टस का
तेल औषधीय गुणों से भरपूर
होता है, जो त्वचा के साथ-साथ
बालों से जुड़ी समस्याओं को दूर
करने में मदद करता है। बालों
की खुबसूरती और मजबूती
बढ़ाने के लिए नीलगिरी का तेल
लगाने की सलाह बड़ी-नानी के
समय से चली आ रही है। यह
तेल बालों का टेक्सचर सुधारता
है और जड़ों को मजबूत



बनाकर गहराई तक पोषण देता
है। साथ ही यह तेल बालों से
जुड़ी कई समस्याओं को दूर
करने में मदद करता है।
नीलगिरी के तेल में एंटी-
बैक्टीरियल गुण होते हैं, जो
त्वचा को संक्रमण से बचाते हैं।
साथ ही त्वचा को मुलायम और
बेदना बनाते हैं। यह तेल त्वचा
को सूर्य की हानिकारक
पराबैंगनी किरणों से भी सुरक्षा
देता है। मूड़ को बेहतर बनाने
और दिली-दिमाग को सुकून देने
के लिए नीलगिरी का तेल बहुत
फायदेमंद होता है। नीलगिरी
ऑयल की खुशबू ताजगी और
सुकून देती है। नीलगिरी के तेल
में एंटीफंगल गुण होते हैं, जो
संक्रमण से सुरक्षा प्रदान करते
हैं। ये सिर के रोमछिद्रों को
खोलते हैं और बालों को जड़ से
पोषण देकर उन्हें स्वस्थ बनाते
हैं। इस तेल से बाल घने होते हैं
और सिर में होने वाली खुजली
से आराम मिलता है।

क्या कहते हैं विशेषज्ञ



नीलगिरी
एसेंशियल ऑयल
शुद्ध और काफी
गाढ़े होते हैं।

इसलिए आप इस तेल की 2-3
बूंद किसी और तेल जैसे
कैस्टर ऑयल या जैतून के तेल
में मिलाकर लगा सकते हैं।

-डॉ. नवीन चंद्र जोशी
वरिष्ठ आयुर्वेद चिकित्सक

Pudhari • 16 Mar • Ministry of Ayush

Age 60 years, insurance cover Rs 10 lakh, more diseases will be covered

1, 2 • PG

328 • Sqcm

295454 • AVE

347.1K • Cir

Middle Left, Top Left

Mumbai

वय ६० वर्षे, विमा कवच १० लाख, आणखी आजार समाविष्ट करणार

‘आयुष्मान भारत’ विस्तारणार; संसदीय समितीची केंद्राला शिफारस

नवी दिल्ली : पुढारी वृत्तसेवा / वृत्तसंस्था
जगातील सर्वात मोठी आरोग्य योजना
विमा योजना म्हणून परिचित असलेल्या
आयुष्मान भारत योजनेअंतर्गत पाच
लाखांपेवजी १० लाखांपर्यंत मोफत
उपचारांची सुविधा उपलब्ध होण्याची शक्यता
आहे. ७० वर्षांपेवजी ६० वर्षांवरील ज्येष्ठांना
या योजनेत सामावून घेण्याची शिफारस
आरोग्य आणि कुटुंब कल्याण संसदीय
समितीने केंद्र सरकारला केली आहे.

आयुष्मान योजनेतर्गत मोफत
उपचारासाठी वयोमर्यादा ६० वर्षे असावी.
तसेच उपचारांसाठी देण्यात येणारी ५ लाखांची
रक्कमही दुप्पट करून १० लाख करण्यात
यावी, अशी शिफारस आरोग्य आणि कुटुंब
कल्याण संसदीय समितीने केंद्र सरकारला
केली आहे. सध्या फक्त ७० वर्षांच्या

- सिटी स्कॅन,
एमआरआय, न्यूक्लियर
इमेजिंगसारख्या
महागड्या उपचारांचाही
प्रस्तावित योजनेत
समावेश

- उपचार नाकारणाऱ्या
रुग्णालयातील क्लेम
सेटलमेंटचा आढावा
घेण्याची सूचना

अत्याधुनिक शस्त्रक्रियाही मोफत

- वृद्धांवरील गंभीर आजारसाठी महागड्या उपचार
तंत्रज्ञानाचा सध्याच्या योजनेत समावेश नाही.
त्यामुळे अनेक रुग्णालयांत वृद्धांना उपचार
नाकारण्यात येतात. त्यामुळे सिटी
स्कॅन, एमआरआयसह न्यूक्लियर
इमेजिंगसारख्या महागड्या उपचार
पद्धतीचाही यामध्ये समावेश
करण्याची महत्त्वपूर्ण शिफारस करण्यात
आली आहे. यामुळे अत्याधुनिक तंत्रज्ञानाशी
संबंधित शस्त्रक्रियांवरही मोफत उपचारांची सुविधा
उपलब्ध होण्याची शक्यता आहे.



वृद्धांनाच या योजनेचा लाभ मिळत आहे.

राज्यसभा खासदार राम गोपाल यादव
यांच्या अध्यक्षतेखालील आरोग्य आणि कुटुंब

कल्याण संसदीय समितीने केंद्र सरकारला ही
शिफारस केली आहे, जेणेकरून अधिकाधिक
लोकांना या आरोग्य योजनेचा /...२

वय ६० वर्षे, विमा कवच १० लाख, आणखी आजार समाविष्ट करणार

लाभ मिळावा. आरोग्य सेवेवर होणारा प्रचंड खर्च लक्षात घेऊन आरोग्य आणि कुटुंब कल्याण विभागाच्या संसदीय स्थायी समितीने राज्यसभेत आपला १६३ वा अहवाल सादर केला. याच अहवालात ही शिफारस करण्यात आली आहे.

संसदीय समितीने निदर्शनास आणून दिले की, आयुष्मान भारत अंतर्गत अनेक चाचण्या आणि उच्च दर्जाचे उपचार समाविष्ट नाहीत. योजनेतर्गत समाविष्ट असलेल्या उपचाराचे पुनरावलोकन केले जावे. गंभीर आजारांच्या उपचारांशी संबंधित नवीन पॅकेज/प्रक्रिया आणि रेडिओलॉजिकल डायग्नोस्टिक्स (सीटी स्कॅन, एमआरआय आणि न्यूक्लियर इमेजिंग) यासारख्या महागड्या तपासण्या, निदानांचा समावेश योजनेत करावा, असे समितीने सुचवले आहेत.

निधीची तरतूद

● २०२४ साली या आयुष्मान भारत योजनेसाठी ७२०० कोटींची तरतूद करण्यात आली होती. यापैकी ६६७० कोटी वितरित करण्यात आले होते. २०२५ च्या आर्थिक वर्षामध्ये या योजनेसाठी ७६०५ कोटींची तरतूद करण्यात आली आहे. ९ जानेवारीपर्यंत ५०३४ कोटीपर्यंत खर्च करण्यात आले आहेत. २०२६ सालासाठी या योजनेसाठी ९४०६ कोटींची तरतूद करण्यात आली आहे.

केंद्राने २०१७ मध्ये ही योजना सुरू केली आहे. आयुष्मान भारत ही जगातील सर्वात मोठी विमा योजना आहे. या योजनेतर्गत देशभरातील निवडक सरकारी आणि खासगी रुग्णालयांमध्ये उपचार केले जातात. आयुष्मान योजनेतर्गत जुनाट आजारांचाही समावेश होतो. कोणत्याही आजारासाठी रुग्णालयात दाखल करण्यापूर्वी आणि त्यानंतरचा खर्च यात समाविष्ट आहे.

पंतप्रधान जन आरोग्य योजनेतील सूचिबद्ध रुग्णालयांमध्ये क्लेममधील सेटलमेंटमध्ये विलंब लावला जातो. अनेक राज्यांमध्ये रुग्णांना उपचार नाकारले जात असल्याचेही या समितीने निदर्शनास आणून दिले आहे. त्यामुळे क्लेम सेटलमेंटसंदर्भातील रकमेचा आढावा घेण्याची सूचनाही समितीने केली आहे. या योजनेची व्याप्ती वाढविण्यासाठी सामाजिक आणि आर्थिक निकषाकडे लक्ष देण्याची गरज नसल्याचेही समितीने आपल्या अहवालात म्हटले आहे.

Pudhari • 07 Mar • Ministry of Ayush

Information on Ayushman Card will be available with one click

3 • PG

57 • Sqcm

50868 • AVE

347.1K • Cir

Middle Left

Mumbai

आयुष्मान कार्डवरील माहिती एका क्लिकवर मिळणार

मुंबई : राज्यात साडेपाच कोटींहून अधिक नागरिकांची आयुष्मान कार्ड काढण्यात आलेली असून ही हेल्थ कार्ड रुग्णालयातील ऑनलाइन डेटाशी लिंक करण्यात आली आहेत. रुग्ण जेव्हाही डॉक्टरांकडे उपचारासाठी जातील तेव्हा त्यांचा वैद्यकीय इतिहास ऑनलाइन उपलब्ध होणार असून वैद्यकीय नोंदी आणि प्रिस्क्रिप्शन ऑनलाइन उपलब्ध असल्याने रुग्णांच्या आजारांवर उपचार लवकर सुरू होतील. रुग्णांच्या रेकॉर्डसाठी एक आयडी आणि पासवर्ड ठेवण्यात येणार असून हा रुग्णांकडेच राहणार आहे. केंद्राच्या आयुष्यमान भारत डिजिटल हेल्थ मिशन अंतर्गत राज्यातील लोकांसाठी आयुष्मान भारत हेल्थ कार्ड देखील बनवले जात आहेत. आरोग्य विभागाच्या माहितीनुसार, जानेवारी २०२५ पर्यंत ५,७२,४१,३४२ नागरिकांची हेल्थ कार्ड बनवण्यात आली आहे. राज्यातील सरकारी रुग्णालयांमध्ये उपचारासाठी येणाऱ्या रुग्णांचा वैद्यकीय इतिहास आता डॉक्टरांना एका क्लिकवर उपलब्ध होणार आहे.

Lokmat • 16 Mar • Ministry of Ayush
Ayushman Bharat age limit increased from 70 to 60 years

1 • PG

123 • Sqcm

123099 • AVE

604.7K • Cir

Middle Center

Mumbai

‘आयुष्मान’ वयोमर्यादा ७० ऐवजी ६० वर्षे

नवी दिल्ली : मोफत वैद्यकीय उपचारांची सुविधा असलेल्या आयुष्मान भारत योजनेसाठी पात्रतेची वयोमर्यादा ७० ऐवजी ६० वर्षे करण्यात यावी आणि आर्थिक मदतीची रक्कम ५ ऐवजी १० लाख रुपये करण्यात यावी, अशी शिफारस आरोग्य व कुटुंब कल्याणविषयक विशेष समितीने केली आहे. जास्तीत जास्त लोकांना या आरोग्यविषयक योजनेचा लाभ मिळण्याच्या दृष्टीने खासदार रामगोपाल यादव यांच्या अध्यक्षतेखालील समितीने या शिफारशी केल्या आहेत.

काय आहे योजना?

आयुष्मान भारत ही जगातील सर्वात मोठी विमा योजना असून देशातील ४० टक्के गरीब लोकांना दरवर्षी ५ लाख रुपयांपर्यंतच्या मोफत उपचारांची यात तरतूद आहे. या योजनेत निवडक सरकार व खासगी रुग्णालयांत उपचारांची सुविधा असून भरती होण्यापूर्वी १० दिवस आणि नंतरच्या वाहतुकीसह इतर खर्चाची तरतूद या योजनेत आहे. ४.५ कोटी कुटुंबातील ७० वर्षावरील ६ कोटी नागरिकांना केंद्र सरकारने या योजनेतून संरक्षण दिले आहे.

लाभ कोणाला?

ग्रामीण भागात राहणारे नागरिक
अनुसूचित जाती-जमातीचे आणि आदिवासी लोक
असंघटित क्षेत्रात काम करणारे कामगार
दारिद्र्यरेषेखालील लोक
रोजंदारीवर काम करणारा कामगार
कुटुंबात कोणी दिव्यांग असल्यास
या योजनेला प. बंगालसह अनेक राज्यांनी विरोध करीत आपल्या राज्यांच्या योजना चालवल्या आहेत.

Lokmat • 09 Mar • Ministry of Ayush
Rajaram Sports dominates Fit India

9 • PG

249 • Sqcm

248926 • AVE

604.7K • Cir

Middle Right

Mumbai

‘फिट इंडिया’त राजाराम स्पोर्ट्सचा दबदबा

लोकमत न्यूज नेटवर्क

मुंबई : देवनार येथील राजाराम स्पोर्ट्स अकॅडमी संघाने शनिवारी पार पडलेल्या फिट इंडिया महिला योगासन अर्जिक्यपद स्पर्धेत दबदबा राखताना दोन सुवर्ण आणि एक रौप्य पदक पटकावले. महिला दिनानिमित्त पार पडलेल्या या स्पर्धेत महिला योगपटूंनी मोठ्या संख्येने सहभाग घेतला होता.

महाराष्ट्र योगासन स्पोर्ट्स असोसिएशन आणि मुंबई शहर जिल्हा योगासन स्पोर्ट्स असोसिएशन यांच्या संयुक्त विद्यमानाने वडाळा येथील भारतीय क्रीडा मंडळ येथे ही स्पर्धा पार पडली. १० ते १४ वयोगटात राजाराम स्पोर्ट्स संघाच्या श्रीया आणि आर्या या साप्ते भगिनींनी वर्चस्व राखताना अनुक्रमे सुवर्ण व रौप्य पटकावले. श्रीयाने १०८ गुणांसह, तर आर्याने १०६ गुणांसह बाजी मारली. महात्मा स्पोर्ट्स अकॅडमीच्या शिवानी मुंडाने १०२ गुणांसह कांस्य जिंकले. याच गटात दिशा कोने आणि ऋग्वेदा मालगावकर या राजाराम स्पोर्ट्स अकॅडमी संघाच्या खेळाडूंनी अनुक्रमे चौथे व पाचवे स्थान पटकावले.

३५ ते ४५ वयोगटामध्ये राजाराम स्पोर्ट्स अकॅडमीच्याच मुग्धा मयेकरने ८८ गुणांसह सुवर्ण पदक पटकावले. सुनीता योग संघाच्या सुनीता गुप्ताने ८३ गुणांसह रौप्य, तर देविका पवारने ७५ गुणांसह कांस्य पदकावर नाव कोरले.



स्पर्धकांनी योगासनांचे थरारक सादरीकरण केले.

स्पर्धेतील इतर निकाल

१४ ते १८ वयोगट :

सुवर्ण : आरोहि मांडलेकर (योगामृत),
रौप्य : रिशिका कदम (भरारी स्पोर्ट्स
अकॅडमी), कांस्य : रिदिमा अडमाने
(योगामृत योगशाळा)

१८ ते २८ वयोगट :

सुवर्ण : खुशी तिवारी (वैयक्तिक), रौप्य :
रुही घाग (यूथ योग अकॅडमी), कांस्य :
पवित्रा हरिजन (इंडियन डान्स
इन्स्टिट्यूट)

२८ ते ३५ वयोगट :

सुवर्ण : मानिनी मोहंता (महात्मा गांधी
विद्यामंदिर), रौप्य : नखिला बाराझा
(रुद्रयोग), कांस्य : स्नेहल जगताप
(स्नेहयोग योग क्लास)

४५ ते ५५ वयोगट

सुवर्ण : सुमंगला कोन्नूर (योगवर्धिनी),
रौप्य : पद्मजा नागराज (योगमाता
अकॅडमी), कांस्य : अपर्णा पॉल
(अॅरो योगा)

Udayavani • 15 Mar • Ministry of Ayush
Decrease Ayushmann plan eligible age to 60

9 • PG

43 • Sqcm

13023 • AVE

374.88K • Cir

Middle Right

Bengaluru

**ಆಯುಷ್ಮಾನ್ ಯೋಜನೆ
ಅರ್ಹತಾ ವಯಸ್ಸು 60ಕ್ಕೆ
ಇಳಿಸಿ: ಸಂಸತ್ ಸಮಿತಿ**

ನವದೆಹಲಿ: ಹಿರಿಯ ನಾಗರಿಕರಿಗೆ ನೀಡಲಾಗುವ ಆಯುಷ್ಮಾನ್ ಯೋಜನೆಯ ಅರ್ಹತಾ ವಯಸ್ಸನ್ನು 60ಕ್ಕಿಳಿಸುವಂತೆ ಸಂಸದೀಯ ಸ್ಥಾಯಿ ಸಮಿತಿಯೊಂದು ಸರ್ಕಾರಕ್ಕೆ ಶಿಫಾರಸ್ಸು ಮಾಡಿದೆ. ಪ್ರಸಕ್ತ 70 ವರ್ಷ ಮೇಲ್ಪಟ್ಟ ಎಲ್ಲಾ ಹಿರಿಯ ನಾಗರಿಕರಿಗೆ 'ಆಯುಷ್ಮಾನ್' ವಯೋ ವಂದನಾ ಕಾರ್ಡ್‌ಗಳಡಿ ಉಚಿತ ಆರೋಗ್ಯ ಸೌಲಭ್ಯ ನೀಡಲಾಗುತ್ತಿದ್ದು, ಯೋಜನೆ ಇನ್ನಷ್ಟು ಜನರಿಗೆ ತಲುಪಬೇಕು ಎಂದು ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಸಮಿತಿ ಈ ಶಿಫಾರಸ್ಸು ಮಾಡಿದೆ. ಪ್ರಧಾನ ಮಂತ್ರಿ ಜನ ಆರೋಗ್ಯ ಯೋಜನೆಯಡಿ (ಪಿಎಂಜೆಎವ್ವ್) ಪ್ರತಿ ಕುಟುಂಬಕ್ಕೆ ನೀಡುತ್ತಿರುವ ವಾರ್ಷಿಕ 5 ಲಕ್ಷ ರೂ.ಗಳ ಆರೋಗ್ಯ ರಕ್ಷಣೆಯನ್ನು 10 ಲಕ್ಷ ರೂ.ಗಳಿಗೆ ಹೆಚ್ಚಿಸುವಂತೆಯೂ ಸಲಹೆ ಮಾಡಿದೆ.

Udayavani • 14 Mar • Ministry of Ayush

Delhi government preparations begin for Ayushman bharath plan

9 • PG

44 • Sqcm

13218 • AVE

374.88K • Cir

Middle Center

Bengaluru

ಆಯುಷ್ಮಾನ್ ಭಾರತ್ ಯೋಜನೆ ಜಾರಿಗೆ ದಿಲ್ಲಿ ಸರ್ಕಾರದ ಸಿದ್ಧತೆ ಶುರು

ನವದೆಹಲಿ: ದಿಲ್ಲಿಯಲ್ಲಿ ಬಿಜೆಪಿ ಗೆಲುವಿಗೆ ಪ್ರಮುಖ ಕಾರಣ ಎಂದು ವಿಶ್ಲೇಷಿಸಲಾಗಿದ್ದ ಕೇಂದ್ರದ ಮಹತ್ವಾಕಾಂಕ್ಷೆಯ 'ಆಯುಷ್ಮಾನ್ ಭಾರತ್' ಯೋಜನೆ ಜಾರಿ ಭರವಸೆಯನ್ನು ಈಡೇರಿಸಲು ದಿಲ್ಲಿ ಸರ್ಕಾರ ಮುಂದಾಗಿದೆ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ರಾಜ್ಯೀಯ ಆರೋಗ್ಯ ಪ್ರಾಧಿಕಾರದೊಂದಿಗೆ ಮೊ.18ರಂದು ಒಪ್ಪಂದ ಮಾಡಿಕೊಳ್ಳಲಿದೆ ಎಂದು ಆಡಳಿತ ಮೂಲಗಳು ತಿಳಿಸಿವೆ. ಬಳಿಕ ಆಯುಷ್ಮಾನ್ ಭಾರತ್ ಜಾರಿಯಾದ 35ನೇ ರಾಜ್ಯ/ ಕೇಂದ್ರಾಡಳಿತ ಪ್ರದೇಶವಾಗಿ ದಿಲ್ಲಿ ಗುರುತಿಸಿಕೊಳ್ಳಲಿದೆ. ದೇಶದಲ್ಲಿ ಇನ್ನೂ ಯೋಜನೆ ಜಾರಿಯಾಗದ ಏಕೈಕ ರಾಜ್ಯವಾಗಿ ಪಕ್ಕಿಮು ಬಂಗಾಳ ಮಾತ್ರ ಉಳಿದಿರಲಿದೆ. ಪ್ರತೀ ಬಡ ಕುಟುಂಬಕ್ಕೆ ವಾರ್ಷಿಕವಾಗಿ 5 ಲಕ್ಷ ರೂ.ಗಳ ವಿಮೆಯನ್ನು ಆಯುಷ್ಮಾನ್ ಭಾರತ್ ಯೋಜನೆಯ ಅನ್ವಯ ಒದಗಿಸಲಾಗುತ್ತದೆ.

Vijayavani • 15 Mar • Ministry of Ayush
More encouragement available for Agriculture entrepreneur

7 • PG

934 • Sqcm

760902 • AVE

1.17M • Cir

Middle Center

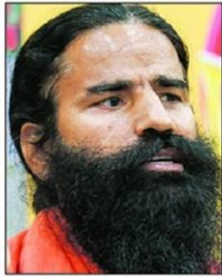
Bengaluru

ಕೃಷಿ ಉದ್ಯಮಶೀಲತೆಗೆ ಹೆಚ್ಚಿನ ಉತ್ತೇಜನ ಲಭ್ಯ



ಪತಂಜಲಿ ಸಂಶೋಧನಾ ಪ್ರತಿಷ್ಠಾನದಲ್ಲಿ ಆಯೋಜಿಸಿದ್ದ ತರಬೇತಿ
ಶಿಬಿರದಲ್ಲಿ ಮಾಹಿತಿ ಪಡೆಯುತ್ತಿರುವ ಕೃಷಿ ಆಸಕ್ತರು.

ಹರಿದ್ವಾರ: ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಕೃಷಿ ಉದ್ಯಮಶೀಲತೆ ಮತ್ತು ಔಷಧೀಯ
ಸಸ್ಯಗಳ ಕೃಷಿಗೆ ಹೆಚ್ಚಿನ ಉತ್ತೇಜನ ದೊರೆಯುತ್ತಿದೆ. ಈ ವಿಷಯವಾಗಿ
ಪತಂಜಲಿ ಸಂಸ್ಥೆ ಕೂಡ ಕೃಷಿಕರಿಗೆ ಉತ್ತೇಜನ ನೀಡುವ ಜತೆಗೆ ಔಷಧೀಯ
ಸಸ್ಯಗಳ ಕೃಷಿಯಲ್ಲಿ ಎಲ್ಲ ರೀತಿಯ ಸಹಕಾರ ನೀಡುತ್ತಿದೆ ಎಂದು ಪತಂಜಲಿ
ಸಂಸ್ಥೆಯ ಮುಖ್ಯಸ್ಥ ಯೋಗರ್ಷಿ ಬಾಬಾ
ರಾಮದೇವ್ ಹೇಳಿದ್ದಾರೆ.



ಪತಂಜಲಿ ಸಂಶೋಧನಾ ಪ್ರತಿಷ್ಠಾನದಲ್ಲಿ
ಆಯೋಜನೆಗೊಂಡಿದ್ದ ಆಯುಷ್ ಇಲಾಖೆಯ
ರಾಷ್ಟ್ರೀಯ ಔಷಧೀಯ ಸಸ್ಯಗಳ ಮಂಡಳಿ (ಎನ್
ಎಂಪಿಬಿ) ಪ್ರಾಯೋಜಿಸಿದ್ದ ಔಷಧೀಯ ಸಸ್ಯಗಳ
ಕೃಷಿಯಲ್ಲಿ ಕೃಷಿ ಉದ್ಯಮಶೀಲತೆಯ ಅಭಿವೃದ್ಧಿಗಾಗಿ
ಪ್ರಾದೇಶಿಕ ತರಬೇತಿ ಉದ್ಘಾಟಿಸಿ ಮಾತನಾಡಿದರು.

ಕೃಷಿ ಉದ್ಯಮಶೀಲತೆಗೆ ಪೂರಕವಾದ ವಾತಾವರಣ ಕಲ್ಪಿಸುವ ಮೂಲಕ
ಆರೋಗ್ಯ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕತೆಯ ಜತೆಗೆ ಇದೀಗ ಕೃಷಿ ವಲಯಕ್ಕೂ ಪತಂಜಲಿ
ಸಂಸ್ಥೆಯ ಹೆಸರು ತಳಕು ಹಾಕಿಕೊಂಡಿದೆ ಎಂದು ಹರ್ಷ ವ್ಯಕ್ತಪಡಿಸಿದರು.

ಐಐಎಲ್‌ಎಂ ವಿವಿಯ ಇನ್‌ಕ್ಯೂಬೇಷನ್ ಮ್ಯಾನೇಜರ್ ಅಮಿತ್ ಕಾಳೆ,
ಪತಂಜಲಿ ಸಂಸ್ಥೆಯ ಬಾಲಕೃಷ್ಣ, ಪತಂಜಲಿ ಔಷಧ ಸಂಶೋಧನೆ ಮತ್ತು
ಅಭಿವೃದ್ಧಿ ವಿಭಾಗದ ಪ್ರಧಾನ ವಿಜ್ಞಾನಿ ಡಾ. ಕ್ಷನಾಲ್ ಭಟ್ಟಾಚಾರ್ಯ ಇದ್ದರು.

Vijayavani • 10 Mar • Ministry of Ayush
Purple Processing plant from Patanjali

2 • PG

1356 • Sqcm

1105441 • AVE

1.17M • Cir

Middle Right

Bengaluru

ನಾಗಪುರದಲ್ಲಿ ಗಡ್ಡರಿ, ಫಡ್ನವಿಸ್ ಚಾಲನೆ | ಏಷ್ಯಾದಲ್ಲೇ ದೊಡ್ಡದು ಎಂಬ ಹೆಗ್ಗಳಿಕೆ ಪತಂಜಲಿಯಿಂದ ಕಿತ್ತಳೆ ಸಂಸ್ಕರಣೆ ಘಟಕ

ನಾಗಪುರ: ಇಲ್ಲಿನ ಮಿಹಾನ್‌ನಲ್ಲಿ ಪತಂಜಲಿ ವತಿಯಿಂದ ಸ್ಥಾಪಿಸಿರುವ ಮೆಗಾ ಪುಡ್ ಆಂಡ್ ಹರ್ಬಲ್ ಪಾರ್ಕ್‌ನಲ್ಲಿ ಕಿತ್ತಳೆ ಸಂಸ್ಕರಣೆಗಾಗಿ ಏಷ್ಯಾದಲ್ಲೇ ಅತಿ ದೊಡ್ಡದೊಂದಾದ ಘಟಕವನ್ನು ಆರಂಭಿಸಲಾಗಿದ್ದು, ಇದಕ್ಕೆ ಕೇಂದ್ರ ಹೆದ್ದಾರಿ ಸಚಿವ ನಿತಿನ್ ಗಡ್ಕರಿ ಮತ್ತು ಮಹಾರಾಷ್ಟ್ರ ಮುಖ್ಯಮಂತ್ರಿ ದೇವೇಂದ್ರ ಫಡ್ನವಿಸ್ ಭಾನುವಾರ ಚಾಲನೆ ನೀಡಿದರು.

‘ವಿದರ್ಭ ಭಾಗದಲ್ಲಿ ರೈತರ ಆತ್ಮಹತ್ಯೆಗಳು ಹೆಚ್ಚಿನ ಪ್ರಮಾಣದಲ್ಲಿ ಸಂಭವಿಸುತ್ತಿರುತ್ತವೆ. ನೂತನ ಘಟಕದಿಂದ ಈ ಪ್ರಾಂತ್ಯದ ರೈತರಿಗೆ ಸಹಾಯವಾಗಲಿದ್ದು, ಆತ್ಮಹತ್ಯೆಗಳು ಕಡಿಮೆಯಾಗಲಿವೆ’ ಎಂದು ಸ್ಥಳೀಯ ಲೋಕಸಭಾ ಸದಸ್ಯರೂ ಆದ ಗಡ್ಕರಿ ವಿಶ್ವಾಸ ವ್ಯಕ್ತಪಡಿಸಿದರು. ಇದೇ ವೇಳೆ, ಹಣ್ಣಿನ ಉತ್ಪಾದನೆ, ಗುಣಮಟ್ಟ, ಬೆಲೆಗೆ ಸಂಬಂಧಿಸಿದಂತೆ ವಿದರ್ಭದ ಕಿತ್ತಳೆ ಬೆಳೆಗಾರರ ನೆರವಿಗೆ ತಾವು ಕೈಗೊಂಡ ಕ್ರಮಗಳನ್ನು ಅವರು ವಿವರಿಸಿದರು. ಫಡ್ನವಿಸ್ ಮಾತನಾಡಿ, ‘ಈ ಘಟಕವು ಎಲ್ಲ ಕಿತ್ತಳೆ ಬೆಳೆಗಾರರ ಪಾಲಿಗೆ ಒಂದು ವರವಾಗಲಿದೆ. ಇತರ ಹಣ್ಣುಗಳ ಸಂಸ್ಕರಣೆಯೂ ಈ ಘಟಕದಲ್ಲಿ ನಡೆಯಲಿದ್ದು, ಇತರ ಬೆಳೆಗಾರರಿಗೂ ಪ್ರಯೋಜನವಾಗಲಿದೆ’ ಎಂದರು. ಈ ಭಾಗದಲ್ಲಿ ಇಂತಹ ಘಟಕ ಸ್ಥಾಪಿಸಿದ್ದಕ್ಕೆ ಸಂಸ್ಥೆಗೆ ಇಬ್ಬರೂ ಕೃತಜ್ಞತೆ ಸೂಚಿಸಿದರು. ಪತಂಜಲಿ ಆಯುರ್ವೇದ ಸಂಸ್ಥಾಪಕ ಬಾಬಾ ರಾಮದೇವ್, ವ್ಯವಸ್ಥಾಪಕ ನಿರ್ದೇಶಕ ಆಚಾರ್ಯ ಬಾಲಕೃಷ್ಣ ಈ ಸಂದರ್ಭದಲ್ಲಿ ಉಪಸ್ಥಿತರಿದ್ದರು.



ನಾಗಪುರದಲ್ಲಿ ಕಿತ್ತಳೆ ಸಂಸ್ಕರಣೆ ಘಟಕಕ್ಕೆ ಕೇಂದ್ರ ಸಚಿವ ನಿತಿನ್ ಗಡ್ಕರಿ ಮತ್ತು ಮಹಾರಾಷ್ಟ್ರ ಮುಖ್ಯಮಂತ್ರಿ ದೇವೇಂದ್ರ ಫಡ್ನವಿಸ್ ಭಾನುವಾರ ಚಾಲನೆ ನೀಡಿದರು. ಬಾಬಾ ರಾಮದೇವ್ ಇದ್ದರು.

ತೆರಿಗೆ ಭಯೋತ್ಪಾದನೆಯಲ್ಲಿ ಡೊನಾಲ್ಡ್ ಟ್ರಂಪ್ ವಿಶ್ವದಾಖಲೆ!

ಅಮೆರಿಕದ ಅಧ್ಯಕ್ಷ ಡೊನಾಲ್ಡ್ ಟ್ರಂಪ್ ‘ತೆರಿಗೆ ಭಯೋತ್ಪಾದನೆ’ಯ ಹೊಸ ವಿಶ್ವ ದಾಖಲೆ ನಿರ್ಮಿಸಿದ್ದಾರೆ ಎಂದು ಯೋಗಗುರು ಬಾಬಾ ರಾಮದೇವ್ ತೀವ್ರವಾಗಿ ತರಾಟೆಗೆ ತೆಗೆದುಕೊಂಡಿದ್ದಾರೆ. ಬಡ ಮತ್ತು ಅಭಿವೃದ್ಧಿಶೀಲ ರಾಷ್ಟ್ರಗಳನ್ನು ಟ್ರಂಪ್ ಹೆದರಿಸುತ್ತಿದ್ದಾರೆ. ಬೌದ್ಧಿಕ ವಸಾಹತುಶಾಹಿಯ, ಆರ್ಥಿಕ ಭಯೋತ್ಪಾದನೆಯ ಹೊಸ ಯುಗವನ್ನೇ ಆರಂಭಿಸಿದ್ದಾರೆ. ಇಂತಹ ವಿಧ್ವಂಸಕಾರಿ ಶಕ್ತಿಗಳಿಗೆ ಭಾರತೀಯರು ಉತ್ತರ ಕೊಡಬೇಕು ಎಂದು ಹೇಳಿದ್ದಾರೆ.

■ ಬಾಬಾ
ರಾಮದೇವ್
ಟೀಕೆ

Ajit Samachar • 14 Mar • Ministry of Ayush
Delhi mein ayushmann bharat bima yojana hogi lagu

2 • PG

212 • Sqcm

31828 • AVE

177.4K • Cir

Middle Right

Chandigarh

दिल्ली में आयुष्मान भारत बीमा योजना होगी लागू

नई दिल्ली, 13 मार्च (भाषा): दिल्ली सरकार आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना (एबी-पीएमजेएवाई) को लागू करने के लिए राष्ट्रीय स्वास्थ्य प्राधिकरण के साथ एक समझौता ज्ञापन पर शीघ्र हस्ताक्षर करेगी। समझौता ज्ञापन पर हस्ताक्षर होने के साथ, दिल्ली स्वास्थ्य बीमा योजना को लागू करने वाला 35वां राज्य/केन्द्र शासित प्रदेश बन जाएगा। पश्चिम बंगाल एकमात्र ऐसा राज्य रहेगा जिसने इस योजना को नहीं अपनाया है।

सूत्रों ने बताया कि दिल्ली सरकार द्वारा राष्ट्रीय राजधानी में आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना (एबी-

पीएमजेएवाई) के कार्यान्वयन के लिए राष्ट्रीय स्वास्थ्य प्राधिकरण के साथ समझौता ज्ञापन पर हस्ताक्षर करने की सभी तैयारियां पूरी कर ली

18 को समझौता ज्ञापन पर हस्ताक्षर होने के आसार

गई हैं। सूत्रों के अनुसार समझौता ज्ञापन पर 18 मार्च को हस्ताक्षर होने का अनुमान है। योजना का कार्यान्वयन दिल्ली विधानसभा चुनाव के लिए भारतीय जनता पार्टी (भाजपा) के प्रमुखवादों में से एक था। इससे पहले आम आदमी पार्टी

(आप) के नेतृत्व वाली सरकार ने अपनी खुद की योजना शुरू की थी और एबी-पीएमजेएवाई को लागू करने से इंकार कर दिया था। भाजपा ने 5 फरवरी को दिल्ली विधानसभा चुनाव जीता और 26 साल से अधिक समय के बाद दिल्ली में सत्ता में वापसी की। एबी-पीएमजेएवाई भारत की आबादी के आर्थिक रूप से कमजोर 40 प्रतिशत हिस्से में शामिल 12.37 करोड़ परिवारों के साथ लगभग 55 करोड़ लाभार्थियों को माध्यमिक और तृतीयक देखभाल अस्पताल में भर्ती होने की स्थिति में प्रति परिवार, प्रत्येक वर्ष पांच लाख रुपए का स्वास्थ्य बीमा कवर प्रदान करता है।

Ajit Samachar • 04 Mar • Ministry of Ayush

Ayushman card se zile ke 7 sarkari v 7 niji hospital mein kiya jata hai free ilaaz

9 • PG

92 • Sqcm

13749 • AVE

177.4K • Cir

Bottom Center

Chandigarh

आयुष्मान कार्ड से ज़िले के 7 सरकारी व 7 निजी अस्पतालों में किया जाता है मुफ्त इलाज

फतेहगढ़ साहिब, 3 मार्च (मनप्रीत सिंह): सरकार द्वारा आम लोगों को बेहतर स्वास्थ्य सुविधाएं प्रदान करने के उद्देश्य से जहां ज़िले में आम आदमी क्लिनिक चलाए जा रहे हैं, वहीं मुफ्त इलाज के लिए आयुष्मान स्वास्थ्य बीमा कार्ड भी जारी किया गया है, जिससे ज़िले की 7 सरकारी व 7 निजी अस्पतालों में मुफ्त इलाज की सुविधा दी जाती है। यह जानकारी डिप्टी मैडीकल कमिश्नर डा. सरिता ने दी। उन्होंने बताया कि आयुष्मान कार्ड के साथ 1396 ऐसी बीमारियां हैं जिनका मुफ्त इलाज होता है और कार्डधारक किसी भी सरकारी अथवा इम्पैन्लड प्राइवेट अस्पतालों में यह कार्ड दिखाकर 5 लाख रुपए तक का मुफ्त इलाज करवा सकते हैं। उन्होंने बताया कि आयुष्मान कार्ड अब 70 वर्ष से अधिक उम्र के नागरिकों के भी बनाए जा रहे हैं ताकि अधिक से अधिक नागरिक आयुष्मान कार्ड का लाभ ले सकें। उन्होंने बताया कि ज़िले के इम्पैन्लड प्राइवेट अस्पतालों में मंडी गोबिंदगढ़ के गुरु अमरदास सुपर स्पेशलिटी अस्पताल, इंडस अस्पताल फतेहगढ़ साहिब, लाइफ केयर अस्पताल खमानों, महेश अस्पताल, राम अस्पताल खमानों, राणा क्लिनिक व अस्पताल खमानों व रिमट मैडीकल कालेज एवं अस्पताल मंडी गोबिंदगढ़ में भी इलाज करवाया जा सकता है।

Navodaya Times • 14 Mar • Ministry of Ayush
Yog Mahotsav 2025

8 • PG

131 • Sqcm

45714 • AVE

670.26K • Cir

Middle Center

Delhi

आयुष मंत्री जाधव ने योग महोत्सव 2025 का किया उद्घाटन

नई दिल्ली, 13 मार्च (ब्यूरो): अंतरराष्ट्रीय योग दिवस के प्रचार प्रसार को लेकर केंद्रीय आयुष मंत्री प्रताप राव जाधव ने वीरवार को योग महोत्सव 2025 का उद्घाटन किया। इस अवसर पर जाधव ने योग के महत्व को रेखांकित करते हुए कहा, पिछले 10 वर्षों से प्रधानमंत्री नरेंद्र मोदी के दूरदर्शी नेतृत्व में हम इस दिन को एक भव्य उत्सव के रूप में मनाते आ रहे हैं। योग न केवल जीवन जीने का एक तरीका है, बल्कि मानसिक और शारीरिक स्वास्थ्य को बनाए रखने का एक शक्तिशाली साधन भी है। इसकी अद्वितीय शक्ति ने दुनिया भर में लाखों लोगों को लॉकडाउन के चुनौतीपूर्ण दिनों में स्वस्थ और तंदुरुस्त रहने में मदद की है।

Kannada Prabha • 14 Mar • Ministry of Ayush
Advice to decrease Ayushman insurance join limit for 60 years

9 • PG

73 • Sqcm

48272 • AVE

341.56K • Cir

Top Center

Bengaluru

ಆಯುಷ್ಮಾನ್ ವಿಮೆ ಸೇರ್ಪಡೆ ಮಿತಿ 60 ವರ್ಷಕ್ಕಿಳಿಸಲು ಸಲಹೆ

ಚಿಕಿತ್ಸಾವೆಚ್ಚ 10 ಲಕ್ಷಕ್ಕೆ ಏರಿಕೆಗೆ ಶಿಫಾರಸ್ಸು

ನವದೆಹಲಿ: 70 ವರ್ಷ ಮೇಲ್ಪಟ್ಟವರಿಗೆ ಉಚಿತ ಆರೋಗ್ಯ ಸೌಲಭ್ಯ ನೀಡುವ ಆಯುಷ್ಮಾನ್ ವ್ಯವಸ್ಥೆಗೆ ಸೇರ್ಪಡೆ ವಯೋಮಿತಿಯನ್ನು 60 ವರ್ಷಕ್ಕೆ ಇಳಿಸಬೇಕು ಎಂದು ಸಂಸದೀಯ ಸಮಿತಿ ಕೇಂದ್ರ ಸರ್ಕಾರಕ್ಕೆ ಶಿಫಾರಸ್ಸು ಮಾಡಿದೆ.



ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆಗೆ ಸಂಬಂಧಿಸಿದ ಸಂಸದೀಯ ಸ್ಥಾಯಿ ಸಮಿತಿಯು ರಾಜ್ಯಸಭೆಯಲ್ಲಿ ಈ ಬಗ್ಗೆ ವರದಿ ಮಂಡಿಸಿದೆ. ಪ್ರತಿ ಕುಟುಂಬಕ್ಕೆ ವರ್ಷಕ್ಕೆ ಪ್ರಸ್ತುತವಿರುವ 5 ಲಕ್ಷ ರೂ.ಗಳಿಂದ 10 ಲಕ್ಷ ರೂ.ಗಳವರೆಗೆ ಮರಿಷ್ಕರಿಸಲು ಶಿಫಾರಸ್ಸು ಮಾಡಿದೆ. ಜೊತೆಗೆ ಜನರ ಹಿತದೃಷ್ಟಿಯಿಂದ ಯೋಜನೆಯ ವ್ಯಾಪ್ತಿ ವಿಸ್ತರಿಸಲು ಆಯುಷ್ಮಾನ್ ಕಾರ್ಡ್‌ಗಳಿಗೆ 70 ವರ್ಷದಿಂದ 60 ವರ್ಷಕ್ಕೆ ಇಳಿಕೆ ಮಾಡಬೇಕೆಂದು ವರದಿಯಲ್ಲಿ ಹೇಳಿದೆ.

ಸರ್ಕಾರ ಆಯುಷ್ಮಾನ್ ಯೋಜನೆಯಡಿ 4.5 ಕೋಟಿ ಕುಟುಂಬಗಳ 70 ವರ್ಷ ಮತ್ತು ಮೇಲ್ಪಟ್ಟ 6 ಕೋಟಿ ಹಿರಿಯ ನಾಗರಿಕರಿಗೆ ಉಚಿತ ಆರೋಗ್ಯ ಸೇವೆ ನೀಡುವ ಯೋಜನೆ ಘೋಷಿಸಿತ್ತು.

Vishvavani • 14 Mar • Ministry of Ayush
Baba Ramdev to insurance field

9 • PG

890 • Sqcm

53381 • AVE

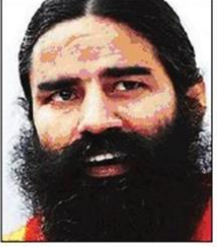
25K • Cir

Middle Center

Bengaluru

4,500 ಕೋಟಿಗೆ ಮ್ಯಾಗ್ನಾ ವಿಮಾ ಕಂಪನಿ ಖರೀದಿ ಇನ್ಸೂರೆನ್ಸ್ ಕ್ಷೇತ್ರಕ್ಕೆ ಬಾಬಾ ರಾಮ್ ದೇವ್

ದೆಹಲಿ: ಯೋಗ ಗುರು ಬಾಬಾ ರಾಮ್ ದೇವ್ ಪತಂಜಲಿ ಮೂಲಕ



ಭಾರತದಲ್ಲಿ ಉದ್ಯಮ ಸಾಮ್ರಾಜ್ಯ ಕಟ್ಟಿದ್ದಾರೆ. ಬಾಬಾ ರಾಮ್‌ದೇವ್ ಅವರ ನಿತ್ಯ ಉಪ ಯೋಗಿ ವಸ್ತುಗಳು ಮಾರುಕಟ್ಟೆಯಲ್ಲಿ ಲಭ್ಯವಿದೆ. ಸಾವಿರಾರು ಕೋಟಿ ರೂಪಾಯಿ ವ್ಯವಹಾರ ನಡೆಸುತ್ತಿರುವ ಬಾಬಾ ರಾಮ್‌ದೇವ್ ಪ್ರಮುಖವಾಗಿ ಆಯುರ್ವೇದ ಚಿಕಿತ್ಸೆ, ಆಯುರ್ವೇದ ಪದ್ಧತಿಯನ್ನು ಭಾರತದಲ್ಲಿ ಮತ್ತಷ್ಟು ಪ್ರಚುರಗೊಳಿಸಿದ್ದಾರೆ. ಇದೀಗ ಬಾಬಾ ರಾಮ್‌ದೇವ್ ವಿಮಾ ಕ್ಷೇತ್ರಕ್ಕೆ ಕಾಲಿಟ್ಟಿದ್ದಾರೆ. ಕೋವಿಡ್ ಲಸಿಕೆ ತಯಾರಕರ ಫಾರ್ಮಾ ಕಂಪನಿ ಮಾಲೀಕ ಆಧಾರ್ ಪೂನಾವಾಲ ಅವರ ಮ್ಯಾಗ್ನಾ ಜನರಲ್ ಇನ್ಸೂರೆನ್ಸ್ ಕಂಪನಿಯ ಬಹುತೇಕ ಕಾಲನ್ನು ಬಾಬಾ ರಾಮ್‌ದೇವ್ ಖರೀದಿಸಿದ್ದಾರೆ. **ಬಾಬಾ ರಾಮ್‌ದೇವ್- ಪೂನಾವಾಲಾ ಡೀಲ್:** ಬಾಬಾ ರಾಮ್‌ದೇವ್ ನೇತೃತ್ವದ ಕಂಪನಿ ಪತಂಜಲಿ ಆಯುರ್ವೇದ ಒಂದು ದೊಡ್ಡ ಒಪ್ಪಂದ

ಎಷ್ಟು ಕೋಟಿಗೆ ಡೀಲ್?

ಮ್ಯಾಗ್ನಾ ಜನರಲ್ ಇನ್ಸೂರೆನ್ಸ್ ಮಾಲೀಕತ್ವ ಅರ್ಧಾ ಪೂನಾವಾಲಾ, ರೈಸಿಂಗ್ ಸನ್ ಹೋಲ್ಡಿಂಗ್ ಅವರ ಬಳಿ ಇದೆ. ಬಾಬಾ ರಾಮ್‌ದೇವ್ ಅವರ ಪತಂಜಲಿ ಮತ್ತು ರಜನಿಗಂಧದ ಡಿವಿಸ್ ಗ್ರೂಪ್ ಈ ಡೀಲ್ ಬರೋಬ್ಬರಿ 4500 ಕೋಟಿ ರೂಪಾಯಿಗಳಿಗೆ ಪೂರ್ಣಗೊಳಿಸಲಿದೆ. ಈ ಅನುಮೋದನೆಗೆ ಒಳಪಟ್ಟು 4500 ಕೋಟಿ ರೂಪಾಯಿ ಮೌಲ್ಯದಲ್ಲಿ ನಡೆದಿದೆ ಎಂದು ಸನೋತಿ ಪ್ರಾಪರ್ಟೀಸ್ ಹೇಳಿದೆ.

ಮಾಡಿಕೊಂಡಿದೆ. ಇದರ ಅಡಿಯಲ್ಲಿ ಪತಂಜಲಿ ಆಯುರ್ವೇದ ಮತ್ತು ರಜನಿಗಂಧ ಬ್ರಾಂಡ್‌ನ ಮಾಲೀಕತ್ವ ಹೊಂದಿರುವ ಧರ್ಮಪಾಲ್ ಸತ್ಯಪಾಲ್ ಗ್ರೂಪ್ ಒಟ್ಟಾಗಿ ಕೊರೊನಾ ಲಸಿಕೆ ತಯಾರಿ ಸುವ ಅರ್ಧಾ ಪೂನಾ ವಾಲಾ ಕಂಪನಿ ಸನೋತಿ ಪ್ರಾಪರ್ಟೀಸ್ ಎಲ್‌ಎಲ್‌ಪಿಯಿಂದ ಮ್ಯಾಗ್ನಾ ಜನರಲ್ ಇನ್ಸೂರೆನ್ಸ್ ಸ್ವಾಧೀನಕ್ಕೆ ಒಪ್ಪಂದ ಮಾಡಿಕೊಂಡಿದೆ.

Sakshi • 14 Mar • Ministry of Ayush
Patanjali to normal insurance

13 • PG

68 • Sqcm

9541 • AVE

61.57K • Cir

Top Right

Bengaluru

సాధారణ బీమాలోకి పతంజలి

- మ్యాగ్నా ఇన్సూరెన్స్ కొనుగోలుకి సై
- ఒప్పందం విలువ రూ. 4,500 కోట్లు

న్యూఢిల్లీ: ఎఫ్ఎంసీజీ, హెర్బల్ ప్రొడక్టుల దిగ్గజం పతంజలి ఆయుర్వేద్ సాధారణ బీమా రంగంలోకి ప్రవేశిస్తోంది. ఇందుకు వీలుగా మ్యాగ్నా జనరల్ ఇన్సూరెన్స్ను కొనుగోలు చేయనుంది. మ్యాగ్నా కొనుగోలుకి ఆదార్ పూనావాలా సంస్థ సనోటి ప్రావర్తనతో షేరు కొనుగోలు ఒప్పందం(ఎస్ఏపీ) కుదుర్చుకుంది. రైజింగ్ సన్ హోల్డింగ్స్తో ఏర్పాటైన భాగస్వామ్య కంపెనీ(జేపీ) మ్యాగ్నా జనరల్ ఇన్సూరెన్స్లో సనోటికి మెజారిటీ వాటా ఉంది. వెరసి మ్యాగ్నా కొనుగోలుకి ధరమపాలే సత్యపాల్(డీఎస్) గ్రూప్తో కలసి పతంజలి రూ. 4,500 కోట్లు వెచ్చించనుంది. సెలికా డెవలపర్స్, జాగ్వార్ అడ్వయిజరీ సర్వీసెస్తో కలసి డీల్కు సనోటి బోర్డు ఆమోదముద్ర వేసింది. సాధారణ బీమా రంగంలో 70 ప్రొడక్టులతో కార్యకలాపాలు విస్తరించిన మ్యాగ్నా 2023-24లో రూ. 3,295 కోట్ల స్థూల ప్రీమియం(జీడబ్ల్యూపీ)ను అందుకుంది. ఈ ఏడాది(2024-25) రూ. 3,700 కోట్ల జీడబ్ల్యూపీ సాధించగలమని భావిస్తోంది.



Eenadu • 14 Mar • Ministry of Ayush
Patanjali, DS group aquired Magma general insurance

17 • PG

189 • Sqcm

75320 • AVE

147.23K • Cir

Top Left

Bengaluru

పతంజలి, డీఎస్ గ్రూపు చేతికి మాగ్మా జనరల్ ఇన్సూరెన్స్

దిల్లీ: మాగ్మా జనరల్ ఇన్సూరెన్స్ను బాబా రామ్ దేవ్ నేతృత్వంలోని పతంజలి ఆయుర్వేద్, రజనీగంధ తయారీ సంస్థ ధరమ్ పాల్ సత్యపాల్ గ్రూపు (డీఎస్ గ్రూపు) కొనుగోలు చేయనున్నాయి. లావాదేవీ విలువ రూ.4,500 కోట్లు. ఈ కొనుగోలు లావాదేవీకి నియంత్రణ సంస్థల నుంచి అనుమతులు లభిస్తే.. జనరల్ ఇన్సూరెన్స్ విభాగంలోకి పతంజలి అడుగుపెడుతుంది. ఇంతకుమునుపు మాగ్మా హెచ్డీఐ జనరల్ ఇన్సూరెన్స్ కంపెనీగా ఉన్న మాగ్మా జనరల్ ఇన్సూరెన్స్.. ఆదర్ పూనా వారా, రైజింగ్ సన్ హోల్డింగ్స్ సంయుక్త సంస్థ పూనావారాకు చెందిన సనోతి ప్రోపర్టీస్కు ఇందులో మెజార్టీ వాటా ఉంది. సెలికా డెవలప్మెంట్, జాగ్వార్ అడ్వయిజరీ సర్వీసెస్తో కలిపి మాగ్మా జనరల్ ఇన్సూరెన్స్ను విక్రయించే ప్రతిపాదనకు సనోతి ప్రోపర్టీస్ ఆమోదం తెలిపింది. సాధారణ దీమా రంగంలో వివిధ విభాగాల్లో 70కి పైగా దీమా పథకాలను మాగ్మా విక్రయిస్తోంది.

Dainik Savera • 12 Mar • Ministry of Ayush

Ayushman bharat yojna ke tehat fraud ke karan 643 crore rupye ke 3.56 lakh dave kharij

1, 2 • PG

371 • Sqcm

89027 • AVE

40.03K • Cir

Bottom Center, Middle Center

Chandigarh

आयुष्मान भारत योजना के तहत धोखाधड़ी के कारण 643 करोड़ रुपए के 3.56 लाख दावे खारिज

सवेरा न्यूज

नई दिल्ली, 11 मार्च : केंद्रीय स्वास्थ्य राज्य मंत्री प्रतापराव जाधव ने मंगलवार को राज्यसभा को बताया कि राज्यों और केंद्र शासित प्रदेशों द्वारा दी गई रिपोर्ट के अनुसार, आयुष्मान भारत स्वास्थ्य बीमा योजना के तहत धोखाधड़ी करने वाली संस्थाओं के खिलाफ 643 करोड़ रुपए के 3.56 लाख दावों को खारिज करने और 1,114 अस्पतालों को पैनल से हटाने सहित उचित कार्रवाई की गई है।

जाधव ने उच्च सदन को एक प्रश्न के लिखित उत्तर में बताया कि 1,504



दोषी अस्पतालों पर 122 करोड़ रुपए का जुर्माना लगाया गया है और 549 अस्पतालों को निलंबित कर दिया गया है। आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (एबी-पीएमजेएवाई) सरकार की एक प्रमुख योजना है, जो भारत की आबादी के आर्थिक रूप से कमजोर निचले 40 ● शेष पृष्ठ 2 पर

आयुष्मान भारत योजना...

प्रतिशत 12.37 करोड़ परिवारों के अनुरूप लगभग 55 करोड़ लाभार्थियों को माध्यमिक और तृतीयक देखभाल अस्पताल में भर्ती के लिए प्रति परिवार प्रति वर्ष 5 लाख रुपए का स्वास्थ्य कवर प्रदान करती है।

Dainik Savera • 11 Mar • Ministry of Ayush

Ayushman aur Chirayu yojana ke tehat 3 years main sarkaar ne jaari kiye
2054.61 crore rupye

8 • PG

126 • Sqcm

30293 • AVE

40.03K • Cir

Bottom Left

Chandigarh

आयुष्मान और चिरायु योजना के तहत 3 वर्षों में सरकार ने जारी किए 2054.61 करोड़ रुपए

सवेरा ब्यूरो, चंडीगढ़, 10 मार्च : सदन में प्रश्नकाल के दौरान विधायक राम कुमार कश्यप ने सवाल किया कि राज्य में पिछले तीन साल के दौरान आयुष्मान और चिरायु कार्ड के लाभार्थियों का विवरण और इन लाभार्थियों को सरकार द्वारा जारी की गई कुल राहत राशि का विवरण क्या है। इस पर स्वास्थ्य मंत्री कुमारी आरती सिंह राव ने बताया कि प्रदेश में आयुष्मान भारत-प्रधानमंत्री जनआरोग्य योजना और चिरायु योजना के लाभार्थियों के निशुल्क इनडोर स्वास्थ्य देखभाल के लिए पिछले 03 वर्षों में कुल 2054.61 करोड़ रुपए जारी किए गए हैं। कुमारी आरती सिंह राव ने बताया कि फिलहाल आयुष्मान भारत-प्रधानमंत्री जनआरोग्य योजना के तहत 12,12,922 परिवार और चिरायु योजना के तहत 28,08,763 परिवार पंजीकृत हैं। वित्तीय वर्ष 2022-23 में आयुष्मान और चिरायु योजना के तहत पंजीकृत परिवारों की संख्या 26,76,153 और वर्ष 2023-24 में 35,88,495 व वर्ष 2024-25 में 40,21,685 परिवार शामिल थे। उक्त तीनों वर्षों के दौरान लाभार्थियों को जारी की गई राशि क्रमशः 278,34,70,350 रुपए, 699,43,58,680 रुपए तथा 1076,82,40,109 रुपए है।

Dainik Savera • 11 Mar • Ministry of Ayush

Punjab sarkaar ne month baad Ayushman scheem shuru karne ka jaari kiya
notification : Surinder kosis...

6 • PG

240 • Sqcm

57550 • AVE

40.03K • Cir

Middle Center

Chandigarh

पंजाब सरकार ने 6 माह बाद आयुष्मान स्कीम शुरू करने का जारी किया नोटिफिकेशन : सुरिंदर कौशिश

सवेरा न्यूज/तरसेम

नयागांव, 10 मार्च : प्रधानमंत्री नरेन्द्र मोदी की आयुष्मान बुजुर्गों के मुफ्त पांच लाख रुपए तक के इलाज करवाने के लिए सितंबर 2024 को योजना शुरू की, लेकिन पंजाब की आम आदमी पार्टी की सरकार द्वारा 6 महीने बीत जाने के बाद 70 साल से अधिक आयु के बुजुर्गों के मुफ्त इलाज करवाने का नोटिफिकेशन अब जारी किया। यह कहना है जिला मोहाली भाजपा के वाइस प्रधान सुरिंदर कौशिश बब्बल का। सुरिंदर कौशिश बब्बल ने बताया कि पंजाब में इस योजना

को मुख्यमंत्री सेहत बीमा योजना के नाम से जाना जाता था और इस योजना के तहत सिर्फ अनुसूचित जाति वर्ग, श्रमिक व अन्य कुछ वर्गों को लाभ दिया जाता था। प्रधानमंत्री नरेन्द्र मोदी की ओर से सितंबर 2024 को यह घोषणा की कि देश के 70 साल से अधिक आयु के किसी भी श्रेणी से संबंधित हो को पांच लाख



रुपए का प्रति साल का इलाज दिया जाएगा।

\ उन्होंने बताया कि प्रधानमंत्री की इस योजना की घोषणा के तुरंत बाद भाजपा युक्त प्रदेशों ने लागू कर दिया लेकिन पंजाब में आम आदमी पार्टी की सरकार ने बुजुर्गों के इलाज करवाने का नोटिफिकेशन 6 महीने बाद जारी करना यह साबित करता है कि आम आदमी पार्टी की सरकार पंजाब के बुजुर्गों के स्वास्थ्य सेवा देने में कितनी गंभीर है। आम आदमी पार्टी की सरकार की इस लेट लतीफी का खामियाजा पंजाब के बुजुर्गों को भुगतना पड़ा।

Dainik Savera • 07 Mar • Ministry of Ayush
121 ayushman avam aabha card banaye

4 • PG

162 • Sqcm

38839 • AVE

40.03K • Cir

Bottom Right

Chandigarh

121 आयुष्मान एवं आभा कार्ड बनाए

सवेरा न्यूज/गोयल जीरकपुर, 6 मार्च : जीरकपुर के वी. आई.पी रोड स्थित

एस.बी.पी साउथ
सिटी में प्रधानमंत्री
जन आरोग्य योजना
के तहत आयुष्मान
एवं आभा कार्ड
बनाने के एक सफल
कैंप लगाया गया।
कैंप का आयोजन
लोकहित सेवा
समिति द्वारा
डेराबस्सी अस्पताल



तथा साउथ सिटी रैसिडेंट्स वेलफेयर सोसायटी के साथ मिलकर किया गया।
समिति के महासचिव बलवीर राजपूत ने बताया कि कैंप का उद्घाटन
एसोसिएशन प्रधान राकेश पाल सिंह ने किया तथा इस मौके पर सहसचिव
हेमंत शर्मा, उपप्रधान मनीष मित्तल, कोषाध्यक्ष अकलेश शर्मा, समाजसेवी
सतीश बंसल, पवन दुआ विशेष अतिथि रहे. कैंप के दौरान महिलाओं एवं
पुरुषों के कुल 121 आयुष्मान एवं आभा कार्ड बनाए गए।

Punyanagari • 12 Mar • Ministry of Ayush
Rs 3.56 lakh fraud claims rejected

12 • PG

97 • Sqcm

53340 • AVE

72.24K • Cir

Middle Center

Mumbai

फसवणुकीचे ३.५६ लाख दावे फेटाळले

■ नवी दिल्ली : आयुष्मान भारत आरोग्य विमा योजनेतर्गत फसवणूक करणाऱ्या संस्थांविरुद्ध योग्य कारवाई करण्यात आली आहे, ज्यात ६४३ कोटी रुपयांचे ३.५६ लाख दावे फेटाळण्यात आले आहेत. १,५०४ थकबाकीदार रुग्णालयांना १२२ कोटी रुपयांचा दंड ठोठावण्यात आला असून ५४९ रुग्णालयांना निर्लंबित करण्यात आले आहे, असे केंद्रीय आरोग्य राज्यमंत्री प्रतापराव जाधव यांनी सांगितले.

भारताच्या लोकसंख्येच्या ४० टक्के आर्थिकदृष्ट्या कमकुवत असलेल्या १२.३७ कोटी कुटुंबांशी संबंधित अंदाजे ५५ कोटी लाभार्थ्यांना दुय्यम आणि तृतीयक काळजी रुग्णालयात दाखल करण्यासाठी सरकार प्रति कुटुंब प्रतिवर्ष ५ लाख रुपयांचे आरोग्य कवच प्रदान करते. पंतप्रधान नरेंद्र मोदी यांनी २९ ऑक्टोबर २०२४ रोजी ७० वर्षे आणि त्याहून अधिक वयाच्या सर्व ज्येष्ठ नागरिकांना कव्हर करण्यासाठी एबी-पीएमजेएवायच्या विस्ताराची घोषणा केली. विस्तारांतर्गत, ७० वर्षे आणि त्याहून अधिक वयाच्या सर्व ज्येष्ठ नागरिकांना आयुष्मान वय वंदना कार्ड मिळत आहे, ज्यामुळे त्यांना आरोग्य सेवा लाभ मिळण्यास मदत होईल. एबी-पीएमजेएवायचा गैरवापर आणि गैरवापर करण्याबाबत शून्य-सहिष्णुता धोरण स्वीकारले जाते आणि योजनेच्या अंमलबजावणीच्या विविध टप्प्यांवर विविध प्रकारच्या अनियमितता शोधण्यासाठी, प्रतिबंध करण्यासाठी आणि निवारण करण्यासाठी विविध पावले उचलली जातात, असे जाधव यांनी सांगितले.

Punyanagari • 06 Mar • Ministry of Ayush
A mountain of problems in 'Ayushman Bharat

3 • PG

53 • Sqcm

28971 • AVE

72.24K • Cir

Middle Left

Mumbai

**‘आयुष्मान भारत’मध्ये
समस्यांचा डोंगर**

■ मुंबई : आयुष्मान भारत सरकारची आरोग्य विमा योजना देशभरात राबवली जात आहे; परंतु या योजनेच्या लाभार्थ्यांची केवायसी व नोंदणी करताना सुसूत्रता नाही. अजूनही शासनाने सर्व शिधापत्रिकाधारकांना या योजनेचा लाभ घेता येईल, असे जाहिरात परिपत्रक काढूनही सर्व नागरिकांची या योजनेत नोंदणी करता येत नाही. शासनाकडून पूर्वीचा लाभार्थ्यांचा आलेला डेटा व नागरिकांच्या आधार कार्डमधील नाव भिन्नतेमुळे लाभार्थ्यांना मिळणाऱ्या ओळखपत्रांमध्ये नावामध्ये तफावत दिसून येते. यासंदर्भात महाराष्ट्र व्हीएलई संवाद या संस्थेने केंद्र व राज्य शासनाकडे तक्रार करूनही या योजनेत येणाऱ्या समस्या सोडवण्याकरता कोणतीही दखल घेतलेली दिसत नाही. त्यातच लाभार्थ्यांची नोंदणी करताना समोर लाभार्थी नसताना त्याच्या फोटोचा फोटो घेऊन नोंदणी होत असल्याचे दिसून येत आहेत.

Veer Arjun • 12 Mar • Ministry of Ayush

Ayushman bharat yojna ke tehat dhokadhadi ke karan 643cr ke 3.56 lakh
dave kharij

8 • PG

247 • Sqcm

18494 • AVE

60K • Cir

Middle Center

Delhi

आयुष्मान भारत योजना के तहत धोखाधड़ी के कारण 643 करोड़ के 3.56 लाख दावे खारिज

वीर अर्जुन समाचार ब्यूरो

नई दिल्ली, । केंद्रीय स्वास्थ्य राज्य मंत्री प्रतापराव जाधव ने मंगलवार को राज्यसभा को बताया कि राज्यों और केंद्र शासित प्रदेशों द्वारा दी गई रिपोर्ट के अनुसार, आयुष्मान भारत स्वास्थ्य बीमा योजना के तहत धोखाधड़ी करने वाली संस्थाओं के खिलाफ 643 करोड़ रुपये के 3.56 लाख दावों को खारिज करने और 1,114 अस्पतालों को पैनल से हटाने सहित उचित कार्रवाई की गई है।

जाधव ने उच्च सदन को एक प्रश्न के लिखित उत्तर में बताया कि 1,504 दोषी अस्पतालों पर 122 करोड़ रुपये का जुर्माना लगाया गया है और 549 अस्पतालों को निलंबित कर दिया गया है। आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (एबी-पीएमजेवाई) सरकार की एक प्रमुख योजना है, जो भारत की आबादी के आर्थिक रूप से

कमजोर निचले 40 प्रतिशत 12.37 करोड़ परिवारों के अनुरूप लगभग 55 करोड़ लाभार्थियों को माध्यमिक और तृतीयक देखभाल अस्पताल में भर्ती के लिए प्रति परिवार प्रति वर्ष 5 लाख रुपये का स्वास्थ्य कवर प्रदान करती है। प्रधानमंत्री नरेन्द्र मोदी 29 अक्टूबर, 2024 को 70 वर्ष और उससे अधिक आयु के सभी वरिष्ठ नागरिकों को शामिल करने के लिए एबी-पीएमजेवाई के विस्तार की घोषणा की। विस्तार के तहत, 70 वर्ष और उससे अधिक आयु के सभी वरिष्ठ नागरिकों को आयुष्मान वय वंदना कार्ड मिल रहा है, जिससे उन्हें स्वास्थ्य सेवा लाभ प्राप्त करने में मदद मिलेगी। आयुष्मान वय वंदना कार्ड 70 वर्ष और उससे अधिक आयु के सभी वरिष्ठ नागरिकों को उनकी सामाजिक-आर्थिक स्थिति के बावजूद पांच लाख रुपये का मुफ्त स्वास्थ्य कवर प्रदान करता है।

Veer Arjun • 12 Mar • Ministry of Ayush

Cancer ke ilaaj mein behad upyogi sabit ho rahi hai Ayushman Bharat yojna:
Nadda

7 • PG

323 • Sqcm

24209 • AVE

60K • Cir

Top Right

Delhi

कैंसर के इलाज में बेहद उपयोगी साबित हो रही है आयुष्मान भारत योजना : नड्डा

नई दिल्ली, (भाषा)। आयुष्मान भारत योजना को कैंसर के इलाज में बेहद उपयोगी बताते हुए स्वास्थ्य एवं परिवार कल्याण मंत्री जे पी नड्डा ने मंगलवार को कहा कि इस बीमारी के रोगियों के इलाज के लिए वर्ष 2025-26 में करीब 200 डे कैंसर केयर सेंटर और बाद में सभी जिलों में ऐसे केंद्र खोले जाएंगे। स्वास्थ्य एवं परिवार कल्याण मंत्री जे पी नड्डा ने राज्यसभा में प्रश्नकाल के दौरान एक पूरक प्रश्न के जवाब में यह जानकारी दी।

उन्होंने बताया कि आयुष्मान भारत योजना कैंसर के इलाज में बेहद उपयोगी है। लांसेट की हालिया रिपोर्ट का हवाला देते हुए उन्होंने बताया कि रिपोर्ट के अनुसार, आयुष्मान भारत के कार्यान्वयन से आज भारत में कैंसर

का इलाज स्क्रीनिंग के 30 दिन के अंदर शुरू हो रहा है, जो बड़ी बात है। उन्होंने कहा कि इस बार के बजट में डे कैंसर केयर सेंटर खोले जाने की बात की गई और देश के हर जिले में ये केंद्र खोले जाएंगे। नड्डा के अनुसार, वित्त मंत्री निर्मला सीतारमण ने साल 2025-26 के बजट में ऐलान किया है कि 25-26 में 200 डे कैंसर केयर सेंटर खोले जाएंगे और बाद में सभी जिलों में इन्हें खोला जाएगा।

उन्होंने कहा, इनका कैंसर के मरीजों को बहुत लाभ होगा। झज्जर में 700 बिस्तरों का, देश का सबसे बड़ा कैंसर अस्पताल है। इसमें तमाम आधुनिक सुविधाएं उपलब्ध हैं। लेकिन डे कैंसर केयर सेंटर में भी आधुनिक सुविधाएं होंगी जिसकी वजह से इनकी उपयोगिता बढ़ जाएगी।

उन्होंने कहा कि राष्ट्रीय स्वास्थ्य मिशन (एनएचएम) के तहत स्वास्थ्य को एफोडेबल, एक्सेसिबल और एड्रिटिबल बनाने के लिए गुणवत्तापूर्ण स्वास्थ्य देखभाल पर जोर दिया जाता है और सरकार की ओर से इसके लिए कई तरह से सहयोग दिया जा रहा है। केंद्रीय मंत्री ने कहा कि इसकी योजना नीचे से बनाई जाती है जिसमें देखा जाता है कि आयुष्मान आरोग्य मंदिर में किस तरह की जरूरत है। उनके अनुसार, यह प्लान इम्प्लीमेंटेशन प्रोग्राम (पीआईपी) के तहत होता है। इसके तहत देखा जाता है कि आरोग्य मंदिर को इमारत, मानव संसाधन, उपकरण में से किसकी जरूरत है और फिर राशि दी जाती है और इस तरह अवसंरचना विकसित की जा रही है।

Veer Arjun • 04 Mar • Ministry of Ayush

Students ko Ayush sansadhan kendra ki pryogshala dekhne ke liye jaya gaya

8 • PG

292 • Sqcm

21910 • AVE

60K • Cir

Middle Right

Delhi

छात्रों को आयुष अनुसंधान केंद्रों की प्रयोगशाला देखने के लिए ले जाया गया

नई दिल्ली, (विप्र)। प्रधानमंत्री नरेन्द्र मोदी के आह्वान पर आयुष मंत्रालय के अंतर्गत आने वाले संस्थानों ने छात्रों को पारंपरिक चिकित्सा प्रणालियों में प्रयोगशाला कार्य का अनुभव कराने के लिए कार्यक्रम आयोजित किए।

आयुष मंत्रालय ने रविवार को एक बयान में कहा कि वैज्ञानिक के रूप में एक दिन पहल के तहत छात्रों के लिए दौरे आयोजित किए गए, जिससे उन्हें वैज्ञानिक अनुसंधान का गहन अनुभव मिला। इस दौरान उन्हें प्रयोगशाला के काम, उन्नत उपकरणों एवं आधुनिक वैज्ञानिक प्रगति के साथ पारंपरिक चिकित्सा के मेल का प्रत्यक्ष अनुभव मिला। हाल में अपने मासिक रेडियो कार्यक्रम मन

की बात के माध्यम से राष्ट्र को संबोधित करते हुए प्रधानमंत्री ने छात्रों को अपनी जिज्ञासा को पोषित करने और वैज्ञानिक समझ को बढ़ावा देने के लिए अनुसंधान प्रयोगशालाओं, तारामंडल, अंतरिक्ष केंद्रों एवं विज्ञान संस्थानों का दौरा करने के लिए प्रोत्साहित किया। बयान में कहा गया है, इस दृष्टिकोण से प्रेरित होकर आयुष संस्थानों ने छात्रों का अपने शोध केंद्रों में स्वागत किया, जिससे उन्हें वैज्ञानिकों के साथ बातचीत करने, अत्याधुनिक तकनीक का पता लगाने और मुख्यधारा की स्वास्थ्य सेवा में आयुष प्रणालियों की विशाल क्षमता को समझने का मौका मिला। इस पहल के तहत जयपुर के एमिटी विश्वविद्यालय के छात्रों ने 19

फरवरी, 2025 को राष्ट्रीय आयुर्वेद संस्थान, जयपुर का दौरा किया। छात्रों ने श्वसन प्रणाली पर विशेष रूप से केंद्रित क्रिया शरीर विभाग के उन्नत उपकरणों और मशीनरी का अवलोकन किया। मंत्रालय ने कहा कि उन्हें बॉडी प्लेदिस्मोग्राफ, सीपीईटी और 3डी वीआर लैब जैसे अत्याधुनिक उपकरणों की कार्यप्रणाली देखने का अवसर मिला। डॉ. गुरुराजू राजकीय होम्योपैथी मेडिकल कॉलेज, गुडीवाड़ा के छात्रों ने 28 फरवरी को राष्ट्रीय विज्ञान दिवस के उपलक्ष्य में केंद्रीय होम्योपैथी अनुसंधान परिषद (सीसीआरएच) के तहत क्षेत्रीय अनुसंधान संस्थान (एच), गुडीवाड़ा की अनुसंधान प्रयोगशाला का दौरा किया।

Veer Arjun • 04 Mar • Ministry of Ayush

Nadda ne Delhi ke najafgarh mein gramin swasthye parshikshan kendra ki pragati ki samiksha ki

4 • PG

254 • Sqcm

19036 • AVE

60K • Cir

Middle Right

Delhi

नड्डा ने दिल्ली के नजफगढ़ में ग्रामीण स्वास्थ्य प्रशिक्षण केंद्र की प्रगति की समीक्षा की

नई दिल्ली, (वीए)। केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने सोमवार को नजफगढ़ में ग्रामीण स्वास्थ्य प्रशिक्षण केंद्र (आरएचटीसी) को लेकर हुई प्रगति की समीक्षा की और छह महीने के अंदर केंद्र का पूर्ण रूप से परिचालन शुरू करने का आदेश दिया। कौशल विकास पर जोर देते हुए उन्होंने एकीकृत प्राथमिक, माध्यमिक, आयुष और प्रशिक्षण सेवाओं के लिए एक मॉडल के रूप में आरएचटीसी की भूमिका पर प्रकाश डाला और संस्थान की स्वास्थ्य सुविधाओं के विस्तार में केंद्र के समर्थन का आश्वासन दिया। नड्डा ने पालम में आयुष्मान आरोग्य मंदिर का भी दौरा किया और नजफगढ़, उजवा एवं पालम में प्राथमिक स्वास्थ्य केंद्रों को केंद्र सरकार के अधीन बनाए रखने को मंजूरी दी तथा तीन महीने



के भीतर राष्ट्रीय गुणवत्ता आश्वासन मानक (एनक्यूएस) एवं भारतीय सार्वजनिक स्वास्थ्य मानक (आईपीएस) प्रमाणन का निर्देश दिया। स्वास्थ्य मंत्रालय के तहत नजफगढ़ में आरएचटीसी स्वास्थ्य के क्षेत्र में कौशल विकास के साथ-साथ प्राथमिक और माध्यमिक स्वास्थ्य केंद्र के लिए एक प्रमुख संस्थान के रूप में कार्य कर रहा है। स्वास्थ्य मंत्रालय ने एक बयान में कहा कि 1937 में एक स्वास्थ्य केंद्र के रूप में इसकी स्थापना हुई और बीते वर्षों में तीन परिसरों (नजफगढ़, पालम और उजवा) में इसका विस्तार किया गया।

Prahar • 10 Mar • Ministry of Ayush
Spontaneous response to Ayurvedic camp

6 • PG

19 • Sqcm

5284 • AVE

215K • Cir

Bottom Center

Mumbai

आयुर्वेदिक शिबिरास उत्स्फूर्त प्रतिसाद

कार्जत : कोकण जलस्रोत पर्यायी महाविद्यालय आयोजित झाली अस्पताल नुकाराम सुर्वे चोपडा स्मरणार्थ नुकाराम सुर्वे प्रतिष्ठान, दादर - मुंबईतील ज्योतिष आयुर्वेद हॉस्पिटल, वारी सामाजिक संस्था चोपडा सहकार्याने दादरला येथील श्री. विठ्ठल देवास्वामय्या सहाय्युहात येकर आयुर्वेदिक चिकित्सा शिबिराचे आयोजन केले होते. या चिकित्सा शिबिरात २५५ रुग्णांची लवचाली करून लवचा मोरुन औषधे देण्यात आली. या शिबिराला उत्स्फूर्त प्रतिसाद मिळाला. हे प्रतिष्ठानने आयोजित केलेले त्रिदशमेचे आरोग्य शिबिर होते. या शिबिराचे उद्घाटन ज्योतिष आयुर्वेदाचे डॉ. राज सहस्रभुते चोपडा हस्ते दीप प्रज्वलित करून करण्यात आले. याप्रसंगी डॉ. ज्योती साहसुते, प्राचार्य डॉ. मोहन बगळे, श्री विठ्ठल संस्थानचे अध्यक्ष महेंद्र नेंदेरसाई, उपध्यक्ष निविच खाडपेकर, सुनील बंदुकर, राजेश ओसवाल, प्रतिष्ठानचे मुखेश सुर्वे, मनीष सुर्वे, वसंत डाकूर आदी उपस्थित होते.

Prahar • 09 Mar • Ministry of Ayush

Patanjali Mega Food and Herbal Park unit to be set up in Nagpur

7 • PG

48 • Sqcm

13566 • AVE

215K • Cir

Middle Center

Mumbai

आचार्य बाळकृष्ण, आशियातील सर्वात मोठा संज्ञ प्रक्रिया प्रकल्प 'पतंजली मेगा फूड अँड हर्बल पार्क' युनिट नागपूर येथे बनणार

◆ नागपूर (वृत्तसंस्था) :

पतंजलीने मिहान, नागपूर येथे स्थापन केलेल्या 'पतंजली मेगा फूड अँड हर्बल पार्क' मध्ये आशियातील सर्वात मोठा संज्ञ प्रक्रिया प्रकल्प असेल. पतंजली आयुर्वेद लिमिटेडचे एमडी आचार्य बाळकृष्ण यांनी मिहान, नागपूर येथे ही माहिती देताना प्रथम नागपूर प्रचीति अभिवादन केले. नागपूरचे हे घर म्हणजे अर्थव्यवस्था आणि क्रांतीची भूमी आहे. ही भूमी देवता आणि राज्यपटनेस दोस आकार देणार आहे. आज पतंजलीच्या गळा कुरी क्रांतीच्या मध्यममनून देशातील शेतकऱ्यांच्या समृद्धीचे दारे खुली होणार आहेत. ते सुंद म्हणजे की, हा प्लॉट अन्य प्रक्रियेचा एकच बिंदू



आहे आणि आशियातील सर्वात मोठा युनिट आहे. त्याची स्थापना करताना आम्हाला अभिमान वाटतो. कोरोनाच्या काळात हे प्लॉट सुरू करण्यात आलेक अडथळे आले असले तरी अखेर तो दिवस आला ज्याची परिसरातील शेतकरी वर्षानुवर्षे वाट पाहत होते. आचार्य यांनी संक्षिप्त बोल, संविदारी भारत सरकारचे रस्ते वाहतूक, राज्य महामार्ग आणि जहाजवाहतूक मंत्रालयाच्या मदतीने आणि महाराष्ट्राचे मुख्यमंत्री देवेंद्र फडणवीस यांच्या हस्ते या भूखंडाचे

औपचारिक उद्घाटन होणार आहे. आचार्य यांनी यांनी संक्षिप्त बोल केले, या प्लॉटची एरररर ८०० टन प्रक्रिया करण्याची क्षमता आहे. ज्यामध्ये आयडी A सेड तसेच B आणि C सेड यांची, प्री-मॅजुअर उत्पादन आणि वाढत्यामुळे पडणारी संपूर्ण प्रक्रिया करतो. आम्हाला प्लॉट शुन्य अपव्यय प्रणालीवर काम करतो. आम्हाला काम संपल्यास सार्वजनिक सुरू होते. ज्यामध्ये आयडी संस्थांच्या सार्वजनिक अभियंता आणि सुकृषी तेल काढणे, वाढती आयडी परदेशी तंत्रज्ञान आणि सेटल पॅक्लेज संशोधन केले वारण एवढा मोठा प्लॉट केवळ रक्षापथ जोडणार घालवता येत नाही. आयडी स्थापना यांच उन्हादऱ्यांचे देखील लक्ष वेधित केले.

Prahar • 03 Mar • Ministry of Ayush
Spontaneous response to Ayurvedic camp

4 • PG

17 • Sqcm

4640 • AVE

215K • Cir

Middle Left

Mumbai

आयुर्वेदिक शिबिराला उत्स्फूर्त प्रतिसाद

कल्पवाण : निवेदा शिंदे फाऊंडेशन, सहयोग सामाजिक संस्था आणि हर्ष आयुर्वेद संस्थेत विद्यमान कल्पवाण पुर्वीतल कोळमेवाडी शिबिराला बोलले. निवेदा शिंदे यांच्या कल्पवाण कार्यालयात आयोजित आयुर्वेद त्वचा आणि केश उपचार शिबिराला नागरिकांच्या उत्स्फूर्त प्रतिसाद मिळाला. शिबिराला कल्पवाण पूर्व शहर प्रमुख निवेदा शिंदे यांच्या हस्ते या शिबिराला उद्घाटन करण्यात आले. या शिबिराला माध्यमामुळे नागरिकांना आयुर्वेदाच्या गुढ आणि वैज्ञानिक उपचारापद्धतीची माहिती मिळाली आणि, मोफत त्वचा व केश सल्लागार सेवा घेतला. डॉ. हर्षदा भदाणे यांनी नागरिकांना अत्यंत उत्तम प्रकारे आयुर्वेदावर माहिती देत यांच्या त्वचा व केशांसाठी योग्य लक्षादीप प्रभावी उपचार दिले.

Dina Malar • 09 Mar • Ministry of Ayush
Dina malar Nalam

3 • PG

828 • Sqcm

711821 • AVE

882.2K • Cir

Top Center

Chennai



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விக்கல் ஏற்பட்டால் தண்ணீர் குடிக்கக் கூடாது

வாத, தொண்டை நோய்கள் இருப்பவர்கள், சிறிதளவு உடைய பச்சைத் தண்ணீரை குடிக்கக் கூடாது. குடித்தால், பரிமத்தமாகும்; மலச்சிக்கல் ஏற்படும். அடிக்கடி விக்கல் வரும் பிரச்சனை இருப்பவர்கள் கண்டிப்பாக பச்சைத் தண்ணீர் குடிக்கவே கூடாது. அதற்கு பதிலாக, காய்ச்சி ஆற வைத்த வெதுவெதுப்பான நீரையே குடிக்க வேண்டும். வெத்திர் குடிப்பதால் பல பலன்கள் உண்டு. தண்ணீரை நன்கு காய்ச்சி, குடிக்கிற குட்டிக்கு வந்தபின் குடிப்பதால், வறிய பொருமல், புளித்த ஏப்பம், வறிய உப்புமம், இரும்பு, கண் நோய்கள் இவற்றிற்கு மிகவும் நல்லது. கல்லீரல் சார்ந்த பிரச்சனைகள், ரத்த சோகை உட்பட ரத்த கோளாறுகள், கை, கால் வீக்கம், சிறுநீரக பிரச்சனைகளுக்கு வெதுவெதுப்பான நீரே நல்லது.

இது தவிர, சர்க்கரை கோளாறு, உடலில் ஏற்படும் புண்களை ஆற்றும் திறன் காய்ச்சிய நீருக்கு உள்ளது. வாது கபம் சார்ந்த நோய்களுக்கும் நல்லது. பித்தம் அதிகமாக இருக்கால் நீரை நன்கு காய்ச்சி அதன்பின் குடிக்கலாம்.

பாடப்படி, பதற்றம் இருக்கும் சமயங்களில், நீரை காய்ச்சி ஆற வைத்து குடிப்பதால் மனது சாந்தமாகும். ரத்தப்போக்கு இருக்கால், பித்தம், சிறுநீரக கோளாறுகள் காய்ச்சல், வாந்தி, தலை சுற்றல் வரும் போதும் காய்ச்சிய நீரையே பருக வேண்டும்.

உணவு சாப்பிடுவதற்கு அரை மணி நேரம் முன்பு தண்ணீர் குடிப்பது கூடாது. சாப்பிட்ட பின் சிறிதளவு குடிக்கலாம். உணவுக்கு நடுவே தண்ணீர் குடிப்பது கூடாது. என் நோயாளிகள் சிலர், இரவு உறங்கப் போவதற்கு முன், ஒரு சொம்பு தண்ணீர் குடிப்பேன் என்று சொல்வர். இதுவும் தவறு. சூரிய அஸ்தமனத்திற்கு பின், முடிந்த வரை தண்ணீர் குடிப்பதை தவிர்க்கலாம். அதிக தாகம் இருந்தால், சிறிதளவு குடித்துக் கொள்ளலாம். அதுவும் வெதுவெதுப்பான நீரை இருப்பது நல்லது.

டாக்டர் எம்.தரிகிசென், ஆயுர்வேத மருத்துவர்,
☎ 89399 33150 ✉ healerhari@gmail.com

அன்னத்தை பிளக்கும் அம்மாவின் சத்து குறைபாடு!

பிறந்த குழந்தையின் முகம், மேல் உடட்டில் துவங்கும் மேல் தாடைமீன் உள்பக்க அன்னம் முழுதும் கத்தியால் பிளந்து போல இருந்தால், பெற்றோருக்கு எவ்வளவு அதிர்ச்சியாக இருக்கும். 700 குழந்தைகளில் ஒரு குழந்தை இப்படித் தான் பிறக்கிறது. சில குழந்தைகள், மேல் உதடு மட்டும் பிளந்தும்; மேல் உதடு, அன்னம் இரண்டும் பிளந்தும் பிறக்கலாம்.

உதட்டுப் பிளவை, நோற்றம் சார்ந்த அழகியல் பிரச்சனை, அன்ன பிளவை, செயல்பாடு சம்பந்தப்பட்டது. உதட்டில் ஆரம்பித்து தொண்டை வரையிலும் முகத்தையே இரண்டாக வெட்டியது போன்று இருக்கும். வாய் வழியாக பாத்தால் மூக்கு தெரியும்.

மேல்தாடை முழுதும் பிளந்து இருப்பதால், பிறந்ததும், தாய்ப்பால் தர முடியாது.

குடிக்கும் பால் முழுதும் ஒட்டை வழியே மூக்கில் சென்று புறையேறும். இப்பிரச்சனைக்கு பல காரணங்கள் இருந்தாலும், மிக முக்கியமான காரணம், கர்ப்பத்தின் போது, தாய்க்கு இரும்புச் சத்து குறைபாடு இருப்பது தான்.

இரும்புச் சத்து குறைபாடு, நம்மை மட்டு

பெண்கள் ஆரோக்கியமும் கீயற்றை மருத்துவமும்!

மனதளவிலும், உடலளவிலும் பெண்களுக்கு அதிக சக்தி இயல்பாக உண்டு. இதைப் புரிந்து கொண்டு குழந்தைப் பருவத்திலிருந்தே இயற்கை மருத்துவ முறைகளை பின்பற்றி வந்தால், ஆரோக்கியத்தை மேம்படுத்த முடியும்.

பெண்களின் சோத்து பேசுப் பரிநீர் தருவதும் முக்கியம். கர்ப்பம் உறுதியானதும், இரும்புச் சத்து, போலிக் அமில மார்ந்திர சாப்பிடுகின்றன. இன்னும் அந்த அளவிற்கு பலன் கிடைக்காது.

மாறாக, குழந்தை பெற்றுக் கொள்ள திட்டமிடும் போதே இரும்புச் சத்து குறைபாடு உள்ளதா என்பதை தெரிந்து, சரி செய்த பின் கர்ப்பம் தரிக்க வேண்டும்.

20வது வாரத்தில் 'அனாமலி ஸ்கேன்' செய்யும் போதே, ஒரே நேரத்தில் உருவாகும் வேறு வேறு அமைப்புகளான உதடு பிளவை, அன்ன பிளவை இருக்கிறதா என்பதை கண்டுபிடிக்கலாம்.

பால் ஸ்கேன் சென்டரில் இதை செய்வது கிடைக்காது. இப்பிரச்சனையுடன் பிறக்கும் குழந்தைகளுக்கு, எங்கள் மையத்தின் முற்றிலும் இலவசமாக சிகிச்சை தருகிறோம்.

டாக்டர் ஜே.நவீன்குமார், தலைவர், வாய், முகம், தாடை அறுவை சிகிச்சை பிரிவு, ☎ 044 4592 8000
✉ naveenkumarj@sriramachandra.edu.in

Tattva Simpleeey.io | Page 261 of 339

Jagmarg • 07 Mar • Ministry of Ayush

Ayushman Bharat ke liye panjikaran ish month se shuru hoga :Mantri pankaj singh

7 • PG

169 • Sqcm

76250 • AVE

1.18M • Cir

Middle Right

Chandigarh

आयुष्मान भारत के लिए पंजीकरण इस महीने से शुरू होगा: मंत्री पंकज सिंह

नई दिल्ली। दिल्ली के स्वास्थ्य मंत्री पंकज सिंह ने वीरवार को घोषणा की कि आयुष्मान भारत योजना के लिए पंजीकरण प्रक्रिया आठ मार्च के बाद शुरू होगी जो राष्ट्रीय राजधानी में स्वास्थ्य सेवा तक पहुंच बढ़ाने की दिशा में एक महत्वपूर्ण कदम है। सिंह ने एक संवाददाता सम्मेलन में कहा कि दिल्ली सरकार जल्द ही इस योजना को लागू करने के लिए केंद्र के साथ एक समझौता ज्ञापन (एमओयू) पर हस्ताक्षर करेगी। उन्होंने यह भी आश्वासन दिया कि शहर की स्वास्थ्य सेवा प्रणाली में बुनियादी बदलाव 100 दिनों के भीतर दिखायी देंगे। मंत्री ने अस्पताल के बिस्तरों के आवंटन और ईडब्ल्यूएस कोटे की सख्त निगरानी पर जोर दिया और कहा कि पारदर्शिता सुनिश्चित करने के लिए दो नोडल अधिकारियों की नियुक्ति हुई है। उन्होंने आश्वासन दिया कि दिल्ली के किसी भी सरकारी अस्पताल में दवाओं की कमी नहीं होगी। दिल्ली की पूर्ववर्ती आम आदमी पार्टी (आप) सरकार की आलोचना करते हुए सिंह ने दावा किया कि करीब 2,500 मोहल्ला क्लीनिक केवल कागजों पर ही थे और किराये के खर्च का दुरुपयोग किया जा रहा था। उन्होंने कहा, “भ्रष्टाचार पर लगाम लगाने के लिए ऐसे क्लीनिक बंद करने का आदेश पारित किया गया है।” सिंह ने यह भी बताया कि दिल्ली में लगभग 20 प्रतिशत बच्चों का जन्म अस्पतालों के बाहर होता है तथा सरकार संस्थागत प्रसव को बढ़ावा देकर इस आंकड़े को सुधारने का लक्ष्य रखती है। उन्होंने कहा कि जल्द ही शहर के बाहरी इलाकों में संचल ‘डेंटल वैन’ तैनात की जाएंगी, ताकि वंचित आबादी को चिकित्सा सेवाएं प्रदान की जा सकें।

Jansatta • 07 Mar • Ministry of Ayush

Ayushman yojna ke liye isi mahine se shuru hoga panjikaran

3 • PG

415 • Sqcm

280345 • AVE

223.14K • Cir

Top Left

Delhi

स्वास्थ्य मंत्री पंकज सिंह ने कहा

आयुष्मान योजना के लिए इसी महीने से शुरू होगा पंजीकरण

जनसत्ता संवाददाता
नई दिल्ली, 6 मार्च।

दिल्ली के स्वास्थ्य मंत्री पंकज सिंह ने गुरुवार को घोषणा की कि आयुष्मान भारत योजना के लिए पंजीकरण प्रक्रिया इसी माह में शुरू होगी, जो राष्ट्रीय राजधानी में स्वास्थ्य सेवा तक पहुंच बढ़ाने की दिशा में एक महत्वपूर्ण कदम है। सिंह ने एक संवाददाता सम्मेलन में कहा कि दिल्ली सरकार जल्द ही इस योजना को लागू करने के लिए केंद्र के साथ एक समझौता ज्ञापन (एमओयू) पर हस्ताक्षर करेगी। उन्होंने यह भी आश्वासन दिया कि शहर की स्वास्थ्य सेवा प्रणाली में बुनियादी बदलाव 100 दिनों के भीतर दिखाई देंगे।

सिंह ने अस्पताल के बिस्तरों के आबंटन और आर्थिक रूप से कमजोर (ईडब्ल्यूएस) कोटे की निगरानी पर बल दिया और कहा कि पारदर्शिता सुनिश्चित करने के लिए दो नोडल अधिकारियों की नियुक्ति की गई। दिल्ली के किसी भी सरकारी अस्पताल में दवाओं की कमी नहीं होने दी जाएगी।

उन्होंने पूर्ववर्ती आम आदमी पार्टी सरकार की आलोचना करते हुए दावा किया कि करीब 2,500 मोहल्ला क्लीनिक केवल कागजों पर ही चल रहे थे और किराए के खर्च का दुरुपयोग किया जा रहा था। उन्होंने कहा कि भ्रष्टाचार पर

हर अस्पताल में तैनात होंगे निदेशक व चिकित्सा अधीक्षक

स्वास्थ्य मंत्री पंकज कुमार सिंह ने गुरुवार को दिल्ली सचिवालय में स्वास्थ्य सेवाओं को और बेहतर करने को लेकर समीक्षा बैठक की। उन्होंने कहा कि हर अस्पताल में निदेशक/चिकित्सा अधीक्षक तैनात होंगे। जिनके पास किसी और अस्पताल की अतिरिक्त जिम्मेदारी नहीं होगी। इस बैठक में दिल्ली के सभी सरकारी अस्पतालों के निदेशक/चिकित्सा अधीक्षकों अलावा लोक निर्माण, खाद्य सुरक्षा, स्वास्थ्य और परिवार कल्याण विभागों के संबंधित वरिष्ठ अधिकारी भी प्रमुख रूप से उपस्थित रहे। मंत्री ने स्वास्थ्य विभाग को कहा कि लोकल परचेजिंग



को बढ़ावा न दें। लोगों को सस्ती दवाएं सुलभता से मिलें, इसको लेकर प्रधानमंत्री जन आरोग्य योजना को भी प्रोत्साहित किया जाएगा। मंत्री ने अधिकारियों से पिछले वर्षों में स्थानीय कंपनियों से खरीदी गई दवाओं की रपट भी पेश करने को कहा है। मंत्री ने शुरुआती चरण में दिल्ली के ग्रामीण और दूरदराज के इलाकों में 10 मोबाइल डेंटल वैन तैनात करने का निर्देश दिया है। बाद में इस माडल को समूची दिल्ली में लागू किया जाएगा।

लगाम लगाने के लिए ऐसे क्लीनिकों को बंद करने का आदेश पारित किया गया है। उन्होंने कहा कि दिल्ली में लगभग 20 फीसद बच्चों का जन्म अस्पतालों के बाहर होता है तथा सरकार संस्थागत प्रसव को बढ़ावा देकर इस आंकड़े को सुधारने का लक्ष्य रखती है। उन्होंने कहा कि

जल्द ही शहर के बाहरी इलाकों में सचल 'डेंटल वैन' तैनात की जाएंगी, ताकि वंचित आबादी को चिकित्सा सेवाएं प्रदान की जा सकें। साथ ही चेतावनी दी कि गलत काम करने के दोषी पाए जाने वालों को किसी भी सूरत में बर्दाश्त नहीं किया जाएगा।

Jansatta • 02 Mar • Ministry of Ayush
World eye on 21st century India

1, 8 • PG

588 • Sqcm

396681 • AVE

223.14K • Cir

Bottom Left, Top Right

Delhi

प्रधानमंत्री ने कहा, रंग ला रहा 'स्थानीय को बढ़ावा' दुनिया की नजर 21वीं सदी के भारत पर : मोदी



दिल्ली में शनिवार को 'एनएक्सटी' सम्मेलन को संबोधित करते प्रधानमंत्री नरेंद्र मोदी।

जनसत्ता ब्यूरो
नई दिल्ली, 1 मार्च।

प्रधानमंत्री नरेंद्र मोदी ने कहा, उनका 'वोकल फार लोकल' अभियान अब रंग ला रहा है, क्योंकि भारतीय उत्पाद वैश्विक हो रहे हैं और दुनिया भर में अपनी उपस्थिति दर्ज करा रहे हैं।

मोदी ने शनिवार को 'एनएक्सटी' सम्मेलन

में 'न्यूजएक्स वर्ल्ड' चैनल के उद्घाटन के अवसर पर कहा कि भारत अनंत नवोन्मेषों, किफायती समाधान खोजने और उन्हें विश्व को उपलब्ध कराने की भूमि बन रहा है।

मोदी ने कहा, 'दुनिया 21वीं सदी के भारत को उत्सुकता से देख रही है। दुनिया भर से लोग भारत आना और उसे समझना चाहते हैं।' उन्होंने कहा कि देश

बाकी पेज 8 पर

पेज 1 का बाकी

दुनिया की नजर 21वीं सदी के भारत पर : मोदी

अब विनिर्माण केंद्र और 'दुनिया के कारखाने' के रूप में उभर रहा है। मोदी ने कहा, 'दशकों से दुनिया भारत को अपना 'बैक ऑफिस' कहती रही है। अब भारत दुनिया का नया कारखाना बन रहा है। हम अब केवल कार्यबल नहीं रह गए हैं, बल्कि एक विश्व शक्ति बन रहे हैं।' प्रधानमंत्री ने कहा कि भारत के बढ़ते रक्षा उत्पाद दुनिया के सामने इसकी इंजीनियरिंग और प्रौद्योगिकी की ताकत को दर्शाते हैं।

मोदी ने कहा, 'इलेक्ट्रॉनिक्स से लेकर आटोमोबाइल के क्षेत्र तक दुनिया ने भारत के पैमाने और क्षमता को देखा है। भारत न केवल दुनिया को उत्पाद उपलब्ध करा रहा है, बल्कि वैश्विक आपूर्ति शृंखला में एक भरोसेमंद और विश्वसनीय भागीदार भी बन रहा है।' प्रधानमंत्री ने कहा कि विभिन्न क्षेत्रों में भारत का नेतृत्व वर्षों की कड़ी मेहनत और व्यवस्थित नीतिगत निर्णयों का परिणाम है।

उन्होंने कहा, 'मैंने कुछ साल पहले देश के सामने 'वोकल फार लोकल' और 'लोकल फार ग्लोबल' की सोच रखी थी और आज हम इस सोच को हकीकत में बदलते देख रहे हैं।' मोदी ने कहा कि देश 'सेमीकंडक्टर' और विमानवाहक पोत बना रहा है तथा इसके मखाना और बाजरा जैसे 'सुपरफूड' (न्यूनतम कैलोरी और अधिकतम पोषक तत्व वाले खाद्य पदार्थ), आयुष उत्पाद तथा योग को दुनिया भर में अपनाया जा रहा है।

उन्होंने कहा कि भारत एक प्रमुख आटोमोबाइल निर्माता बन गया है और इसका रक्षा निर्यात बढ़ रहा है। प्रधानमंत्री ने कहा कि भारत को दुनिया के सामने बिना किसी पूर्वाग्रह के वैसा ही पेश किया जाना चाहिए, जैसा वह है। उन्होंने कहा कि भारत ऐसे समाधान तैयार कर रहा है जो

किफायती, सुलभ और समय के अनुसार ढलने वाले हैं और वह उन्हें बिना किसी बाधा के दुनिया को पेश कर रहा है।

उन्होंने कहा, 'जब दुनिया को एक सुरक्षित और लागत प्रभावी डिजिटल भुगतान प्रणाली की आवश्यकता थी, तो भारत ने यूपीआई (यूनिफाइड पेमेंट इंटरफेस) प्रणाली विकसित की। आज फ्रांस, यूई (संयुक्त अरब अमीरात) और सिंगापुर जैसे देश यूपीआई को अपने वित्तीय पारिस्थितिकी तंत्र में एकीकृत कर रहे हैं।' मोदी ने महाकुंभ का जिक्र करते हुए कहा कि इसने कार्यक्रमों का आयोजन करने के भारत के कौशल और नवोन्मेष को उजागर किया।

उन्होंने कहा कि उनकी सरकार ने नाट्य प्रदर्शन अधिनियम समेत कई अप्रचलित कानूनों को निरस्त कर दिया है। नाट्य प्रदर्शन अधिनियम के तहत, 10 या अधिक व्यक्तियों के एक साथ नृत्य करते पाए जाने पर गिरफ्तारी का प्रावधान था।

प्रधानमंत्री ने अपने आलोचकों पर निशाना साधते हुए कहा कि उन्हें आश्चर्य है कि 'लुटियन जमात' और 'खान मार्केट गिरोह' 75 साल से अधिक समय तक ऐसे कानूनों पर चुप रहे।

प्रधानमंत्री ने कहा, "अगर मोदी ऐसा कानून (नाट्य प्रदर्शन अधिनियम) लाते, तो जरा सोचिए क्या होता। यहां तक कि अगर सोशल मीडिया पर 'ट्रोल' करने वालों ने ऐसी कोई गलत सूचना भी फैलाई होती, तो ये लोग शोर मचाते और मोदी को निशाना बनाते, लेकिन यह हमारी सरकार है जिसने औपनिवेशिक काल के इस कानून को खत्म कर दिया है।"

प्रधानमंत्री ने कहा कि भारत को दुनिया के सामने बिना किसी पूर्वाग्रह के वैसा ही पेश किया जाना चाहिए, जैसा वह है।

Sandhya Times • 07 Mar • Ministry of Ayush
Cancer ke ilaaj mein deri kam, Ayushman Bharat se mila fayda

4 • PG

623 • Sqcm

165217 • AVE

106.19K • Cir

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Delhi

कैंसर के इलाज में देरी कम, आयुष्मान भारत से मिला फायदा !

ये आया ■ मरीजों को रेडियोथेरेपी के लिए करना पड़ता है इंतजार: रिसर्च
सामने ■ 36% मरीजों कैंसर का सही समय पर हुआ इलाज

Priyanka.Singh5@timesofindia.com

■ **भारत में धीरे-धीरे कैंसर का इलाज बेहतर हो रहा है।** यह कहना है 'द लैसेट' में प्रकाशित हुए एक रिसर्च का। स्टडी में सामने आया है कि लोगों में जागरूकता और बेहतर हेल्थकेयर सुविधाओं की वजह से इलाज में देरी कम हो रही है। लेकिन, सबसे ज्यादा फायदा उन लोगों को हुआ है जो सरकार की आयुष्मान भारत योजना में शामिल हैं। खेती-शब्दों में कहें तो, हेल्थ इंश्योरेंस की वजह से ज्यादा मरीजों को इलाज मिल पाया। कैंसर का सही समय पर इलाज 36% बढ़ा है। लेकिन, आयुष्मान भारत योजना में शामिल लोगों में ये बढ़ोतरी 90% रही। ये तुलना 2018 के बाद की गई है, जबकि पहले 1995 से 2017 के बीच ये आंकड़ा कम था। आयुष्मान भारत योजना 2018 में शुरू हुई थी और ये देश की 40% सबसे गरीब आबादी को हेल्थ कवर देती है।



अभी-भी इन सुविधाओं की है कमी

स्टडी में सरकार की हेल्थ स्कीम की सहायता की गई है, लेकिन यह भी कहा गया है कि कैंसर



के इलाज के लिए और ज्यादा सुविधाएं बढ़ाने की जरूरत है, जैसे कि रेडियोथेरेपी मशीनें। स्टडी में करीब 6,700 कैंसर मरीजों के डेटा को देखा गया। इसमें पाया गया कि सबसे ज्यादा देरी रेडियोथेरेपी में

होती है, उसके बाद कीमोथेरेपी और फिर सर्जरी में। स्टडी में यही भी बताया गया कि भारत में कैंसर मरीजों के लिए रेडियोथेरेपी की सुविधा बढ़ाने और सस्ती कीमोथेरेपी दवाओं को आयुष्मान भारत में शामिल करने की जरूरत है। स्टडी में ये भी बताया गया कि देश में करीब 779 रेडियोथेरेपी मशीनें हैं, जो जरूरत से कम हैं। अमीर देशों में हर 10 लाख लोगों पर चार मशीनें हैं, जबकि WHO का कहना है कि कम से कम एक मशीन तो होनी ही चाहिए। इस हिसाब से भारत को 1,350 से 5,000 रेडियोथेरेपी मशीनों की जरूरत है।

लोगों ने ऐसे करवाया इलाज

स्टडी करने वालों ने उन लोगों की तुलना की, जिन्होंने 30 दिनों के अंदर इलाज शुरू करवाया और जिन्होंने देरी की। रिसर्च में पाया कि कम उम्र के मरीजों (30 साल से कम), ज्यादा पढ़े-लिखे लोगों

और किसी स्कीम में कवर होने वाले लोगों ने समय पर इलाज शुरू करवाया। स्टडी में शामिल करीब 40% लोग किसी भी स्कीम में कवर नहीं थे। स्टडी के मुताबिक, ज्यादा इनकम वाले लोगों ने भी इलाज में कम देरी की।

समय पर हुआ इन कैंसरों का इलाज

रिप्रोडक्टिव और जेनेटोयूरिनरी कैंसर के इलाज में सबसे ज्यादा देरी देखी गई, उसके बाद ब्रेस्ट कैंसर और ब्लड कैंसर में। इलाज में सबसे ज्यादा देरी उन मरीजों की हुई जिनके कैंसर की स्टेज पता नहीं थी। रिसर्च में शामिल विशेषज्ञों का कहना है, ऐसा शायद इसलिए है क्योंकि लोगों को सही जंच करवाने की सुविधा नहीं मिल पाती और हेल्थ सुविधाएं की कमी है। इसकी वजह से स्टेज का पता नहीं चल पाता और इलाज में देरी होती है।

Sandhya Times • 06 Mar • Ministry of Ayush
Amrit se kam nahi Giloye

8 • PG

1305 • Sqcm

345923 • AVE

106.19K • Cir

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Delhi

Health

सामान्य टाइम्स, बुधवार, 5 मार्च 2025



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 ऊँचाई तक उगती है।

आयुर्वेद में इस तरह होता है इस्तेमाल

- 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।
- कान की सफाई के लिए गिलोय के तने को पानी में घिसकर गुनगुना कर कान में डालने से मूल साफ हो जाता है।
- हिचकी की समस्या में इसका उपयोग सीधे के साथ करने से लाभ मिलता है।
- आयुर्वेदिक ग्रंथों के मुताबिक अश्वगंधा, शतवृक्ष, दशमूल, अहिरा, अवीस आदि जड़ी-बूटियों के साथ इसका काढ़ा बनाकर सेवन करने से टीबी के रोगी को लाभ मिलता है।
- 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। हरद, धनिया और गिलोय को पानी में उबालकर बने काढ़े को सेवन करने से बवासीर से राहत मिलती है।
- लिवर 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 लिवर की समस्याएं दूर होती हैं।
- 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।
- हृदयपाव 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 गुनगुना 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 गेंहू के ज्वार का रस मिलाकर देने से अत्यधिक लाभ मिला है।

रोजाना सेवन आपको रखेगा सभी बीमारियों से मुक्त

अमृत से कम नहीं गिलोय

सामान्य टाइम्स डेस्क

कोविड काल में जब दुनिया संक्रमण से जूझ रही थी तो हमारी प्राचीन चिकित्सा पद्धति आयुर्वेद की त्रिदोष शमक 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 शमक औषधि के नाम से भी जाना जाता है।

अमूल्य औषधि का दर्जा मिला है

आयुर्वेद, चरक संहिता और घरेलू चिकित्सा में गिलोय को 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 खट्टा में कसेले और कड़वे होते हैं, लेकिन इसके गुण अत्यंत लाभकारी होते हैं।



ये फायदे मिलते हैं शरीर को

आयुर्वेद के अनुसार, गिलोय पाचन में सहायक होने के साथ मूल 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।

कौन सी गिलोय है सबसे उत्तम

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। (एनसी)

मात्रा का रखना होता है ध्यान

- 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।
- 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।

Virat Vaibhav • 04 Mar • Ministry of Ayush

Swasthye Suvidhaon ke vistar mein milega kendra ka pura samarthan:
Nadda

3 • PG

267 • Sqcm

320934 • AVE

625K • Cir

Middle Center

Delhi

स्वास्थ्य सुविधाओं के विस्तार में मिलेगा केंद्र का पूरा समर्थन: नड्डा

➡ स्वास्थ्य मंत्री ने दिल्ली में ग्रामीण स्वास्थ्य प्रशिक्षण केंद्र की प्रगति की समीक्षा की

वेभव न्यूज़ ■ नई दिल्ली

केंद्रीय स्वास्थ्य मंत्री जे पी नड्डा ने सोमवार को दिल्ली में ग्रामीण स्वास्थ्य प्रशिक्षण केंद्र (आरएचटीसी) को लेकर हुई प्रगति की समीक्षा की और छह महीने के अंदर केंद्र का पूर्ण रूप से परिचालन शुरू करने का आदेश दिया। कौशल विकास पर जोर देते हुए उन्होंने एकीकृत प्राथमिक, माध्यमिक, आयुष और प्रशिक्षण सेवाओं के लिए एक मॉडल के रूप में आरएचटीसी की भूमिका पर प्रकाश डाला और संस्थान की स्वास्थ्य सुविधाओं के विस्तार में केंद्र के समर्थन का आश्वासन दिया। नड्डा ने पालम में आयुष्मान आरोग्य मंदिर का भी दौरा किया और नजफगढ़, उजवा एवं पालम में प्राथमिक स्वास्थ्य केंद्रों को केंद्र संस्कार के अधीन बनाए रखने को मंजूरी दी साथ ही तीन महीने के भीतर राष्ट्रीय गुणवत्ता आश्वासन मानक (एनक्यूएस) एवं भारतीय सार्वजनिक स्वास्थ्य मानक (आईपीएचएस) प्रमाणन का निर्देश दिया। स्वास्थ्य मंत्रालय के तहत नजफगढ़ में आरएचटीसी स्वास्थ्य के



क्षेत्र में कौशल विकास के साथ-साथ प्राथमिक और माध्यमिक स्वास्थ्य केंद्र के लिए एक प्रमुख संस्थान के रूप में कार्य कर रहा है। स्वास्थ्य मंत्रालय ने एक बयान में कहा कि 1937 में एक स्वास्थ्य केंद्र के रूप में इसकी

स्थापना हुई और बीते वर्षों में तीन परिसरों में इसका विस्तार किया गया। आरएचटीसी को अब प्राथमिक, माध्यमिक, आयुष और कौशल विकास व भविष्य में तृतीयक देखभाल के लिए एक मॉडल एकीकृत

केंद्र के रूप में विकसित किया जा रहा है। नजफगढ़ प्राथमिक सेवाओं के विस्तार के साथ स्वास्थ्य सेवाओं में महत्वपूर्ण परिवर्तन का गवाह बनने के लिए तैयार है और पहले से ही माध्यमिक स्वास्थ्य देखभाल सेवाओं की शुरुआत की गई है। बयान में कहा गया है कि आयुष्मान आरोग्य मंदिर (एएएम) को एनक्यूएस से मान्यता प्राप्त होगी, जो मानकीकृत, उच्च गुणवत्ता वाली स्वास्थ्य सेवाएं घर-घर पहुंचाने की सरकार की प्रतिबद्धता को मजबूत करेगा। प्राथमिक और तृतीयक स्वास्थ्य सेवा के बीच की खाई को पाटने के लिए आरएचटीसी अस्पताल को 183 बेडों वाले सामान्य अस्पताल के रूप में विकसित किया गया है। यह एक अनूठी स्वास्थ्य सेवा व्यवस्था है, जो वर्तमान में एक ही परिसर में प्राथमिक, द्वितीयक देखभाल और आयुष सेवाएं प्रदान करती है।

Kesari • 04 Mar • Ministry of Ayush
Yoga and Ayurveda are the world's need

12 • PG

216 • Sqcm

140720 • AVE

392.81K • Cir

Bottom Center

Pune

योग आणि आयुर्वेद ही जगाची गरज



केंद्रीय शिक्षण मंत्री धर्मेन्द्र प्रधान यांचे मत

हरिद्वार : पतंजली भविष्यातील जागतिक समाधान केंद्र असून, वैद्यकीय क्षेत्र असो किंवा शिक्षण, पतंजली संस्था संपूर्ण जगावर वर्चस्व गाजवेल. आज पतंजली ही केवळ एक संस्था नाही तर भारताचे प्रतिनिधित्व करणारी एक कल्पना आहे. राष्ट्र उभारणीत पतंजली महत्त्वाची भूमिका बजावत आहे, कारण सध्याच्या जगात योग आणि आयुर्वेद ही जगाची गरज बनली आहे, असे मत केंद्रीय शिक्षण मंत्री धर्मेन्द्र प्रधान यांनी येथे व्यक्त केले.

हरिद्वार येथील पतंजली विद्यापीठाच्या 'अभ्युदय' या वार्षिक समारंभात धर्मेन्द्र प्रधान प्रमुख पाहुणे म्हणून बोलत होते. यावेळी विद्यापीठाचे कुलगुरु स्वामी रामदेव आणि कुलगुरु आचार्य बाळकृष्ण, भारतीय शिक्षण मंडळाचे कार्याध्यक्ष डॉ. एन. पी. सिंग, विद्यापीठाचे डीन आणि वार्षिक समारंभाचे निमंत्रक प्रा. साध्वी देवप्रिया यांच्यासह विद्यापीठाचे प्र-कुलगुरु प्रा. मयंक कुमार अग्रवाल, दूरशिक्षण संचालक डॉ. सत्येंद्र मित्तल, कुलसचिव आलोक कुमार सिंग, डीन स्वामी अश्वदेव आणि विद्यापीठाचे सर्व प्रशासकीय अधिकारी, प्राध्यापकांचे डीन, विभागप्रमुख, पतंजली आयुर्वेद महाविद्यालयाचे प्राचार्य, प्रा. अनिल कुमार आदी मान्यवर उपस्थित होते.

पतंजली विद्यापीठाचा वार्षिक महोत्सव 'अभ्युदय' हे भारताच्या ज्ञान परंपरेचे प्रतीक असल्याचे सांगत

प्रधान म्हणाले, ज्ञान आणि आधुनिकतेच्या प्राचीन परंपरा यांचा अभिनव समन्वय साधून पतंजली संस्था देशाची मोठी सेवा करत आहे. योग आणि आयुर्वेद ही जगाची गरज असल्याचे सांगत, त्यांनी भारताच्या या महान परंपरेचे पुनरुज्जीवन करण्याचे श्रेय स्वामी रामदेव आणि आचार्य बाळकृष्ण यांना दिले. जेव्हा योग हा केवळ ज्येष्ठ आणि ऋषींसाठी मानला जात होता, तेव्हा योगऋषी स्वामी रामदेव यांनी याला जनआंदोलनाचे स्वरूप देण्याचे काम केले. आज देशातील गावागावात योग पोहोचला आहे.

राष्ट्रीय शैक्षणिक धोरणाचे महत्त्व स्पष्ट करताना धर्मेन्द्र प्रधान म्हणाले, भारतीय शिक्षण मंडळाचा पदमार स्वीकारून पतंजली भारतीय शिक्षण आणि भारतीय ज्ञान परंपरा अधोरेखित करण्यात महत्त्वपूर्ण योगदान देत आहे. शिक्षणासाठी पतंजली विद्यापीठाची निवड करणे म्हणजे भारताची निवड करण्यासारखे असल्याचे त्यांनी नमूद केले.

स्वामी रामदेव म्हणाले, आपल्या पूर्वजांनी संपूर्ण जगासाठी महान व्यक्तिमत्त्व आणि पात्रे निर्माण केली आहेत, ज्यांच्या बळावर संपूर्ण जग पुढे जात आहे. त्या संकल्पानुसार पतंजली विद्यापीठ पुढे जात असून ऑक्सफर्ड आणि केंब्रिजपेक्षाही मोठे विद्यापीठ बनण्याचे आमचे स्वप्न आहे. पतंजली विद्यापीठाचा जागतिक विद्यापीठ म्हणून खूप विस्तार होईल आणि ते जगातील सर्वोत्तम विद्यापीठ बनेल, या संकल्पाने गतिमानतेने काम सुरू असल्याचे त्यांनी सांगितले.

Dainik Jagran • 03 Mar • Ministry of Ayush
Ayush workshop ne student ke liye khole darwaje

11 • PG

166 • Sqcm

419891 • AVE

1.14M • Cir

Middle Right

Delhi

आयुष प्रयोगशालाओं ने छात्रों के लिए खोले दरवाजे

नई दिल्ली, प्रेटर: प्रधानमंत्री नरेन्द्र मोदी के आह्वान के बाद आयुष मंत्रालय के संस्थानों ने छात्रों को 'विज्ञानी के रूप में एक दिन' पहल में शामिल होने का अवसर दिया। संस्थानों ने छात्रों को प्रयोगशालाओं को दिखाने के लिए कार्यक्रम आयोजित किए। पीएम ने 'मन की बात' में छात्रों को अनुसंधान प्रयोगशालाओं, विज्ञान संस्थानों का दौरा करने के लिए प्रोत्साहित किया था। उन्होंने युवाओं से 'एक दिन विज्ञानी' के रूप में बिताने का आह्वान किया था।

आयुष मंत्रालय ने कहा, 'विज्ञानी के रूप में एक दिन' पहल के तहत छात्रों ने प्रयोगशाला के काम, उपकरणों और वैज्ञानिक प्रगति के बारे में जाना। छात्रों को विज्ञानियों के साथ बात करने, तकनीक का पता लगाने, स्वास्थ्य देखभाल में आयुष प्रणालियों की क्षमता समझने का मौका मिला। पहल के तहत एमिटी विवि, जयपुर के छात्र 19 फरवरी को राष्ट्रीय आयुर्वेद संस्थान, जयपुर पहुंचे।

The Hindu Tamil • 02 Mar • Ministry of Ayush
Order to appoint 1300 yoga Trainers

2 • PG

53 • Sqcm

156196 • AVE

416.52K • Cir

Bottom Center

Chennai

1,300 யோகா பயிற்றுநர்கள் நியமிக்க உத்தரவு

■ சென்னை

அரசு மருத்துவமனைகளில் 1,300 யோகா பயிற்றுநர்கள் நியமிக்க வேண்டும் என்று இந்திய மருத்துவம் மற்றும் ஓமியோபதி துறை இயக்குநர் விஜயலக்ஷ்மி உத்தரவிட்டுள்ளார்.

அனைத்து தரப்பு மக்களும் யோகா பயிற்சியை மேற்கொள்ளும் வகையில், அரசு மருத்துவமனைகள் மற்றும் அனைத்து ஆயுஷ் தேசிய நல்வாழ்வு மையங்களில், 650 இருபாலர் யோகா பயிற்றுநர்கள் மற்றும் 650 பெண் யோகா பயிற்றுநர்கள் என 1,300 பேரை நியமிக்க அனைத்து மாவட்ட ஆட்சியர்களுக்கும் இந்திய மருத்துவ மற்றும் ஓமியோபதி துறை இயக்குநர் விஜயலக்ஷ்மி உத்தரவிட்டுள்ளார்.

Samachar Jagat • 02 Mar • Ministry of Ayush

Ayurveda begins where modern medicine ends: Premchand Bairwa

5 • PG

452 • Sqcm

393540 • AVE

1.11M • Cir

Top Right

Jaipur

जवाहर कला केन्द्र में राज्य स्तरीय आरोग्य मेला शुरू

जहां आधुनिक चिकित्सा समाप्त होती है, वहां से आयुर्वेद शुरू : प्रेमचंद बैरवा

■ आयुर्वेद, योग और प्राकृतिक चिकित्सा पद्धतियों पर हुई विशेषज्ञ चर्चा
समाचार जगत न्यूज

जयपुर. आयुर्वेद, योग व चिकित्सा, यूनानी, सिद्धा एवं होम्योपैथी (आयुष) विभाग की ओर से 'आरोग्यम 2025' का आयोजन किया जा रहा है। यह राज्य स्तरीय आरोग्य मेला 4 मार्च तक जयपुर के शिल्पग्राम, जवाहर कला केंद्र में आयोजित किया जा रहा है। इस मेले का शनिवार को उपमुख्यमंत्री डॉ. प्रेमचंद बैरवा, जयपुर सांसद मंजू शर्मा ने दीप प्रज्ज्वलन कर उद्घाटन किया। इस अवसर पर उपमुख्यमंत्री ने कहा कि 'जहां आधुनिक चिकित्सा समाप्त होती है, वहां से आयुर्वेद शुरू होता है'। उन्होंने कहा कि आयुर्वेद भारतीय जीवनशैली का आधार है और महर्षि चरक ने इसे सिद्ध किया है कि यह चिकित्सा पद्धति न केवल रोगों



का उपचार करती है बल्कि संपूर्ण स्वास्थ्य को बढ़ावा देती है।

विशेषज्ञों के साथ विभिन्न पद्धतियों की गतिविधियां : इस कार्यक्रम में राजस्थान के प्रमुख डॉक्टरों और उनकी टीम शामिल हो रही है। मेले के दौरान आयुर्वेद, योग, यूनानी, सिद्धा और होम्योपैथी

चिकित्सा पद्धतियों से जुड़ी विभिन्न गतिविधियां होंगी। इन विधाओं की उपयोगिता और उनके प्रभावी इलाज पर चर्चा करेंगे। आयुर्वेद, योग और अन्य प्राकृतिक चिकित्सा पद्धतियों पर विशेषज्ञ चर्चा करेंगे।

स्वास्थ्य जागरूकता बढ़ाने में होगा मददगार : कार्यक्रम

की अध्यक्षता सांसद मंजू शर्मा ने की। उन्होंने कहा कि "पहला सुख निरोगी काया" को साकार करने के लिए योग और आयुर्वेद को आमजन तक पहुंचाने के लिए सभी को प्रयास करने होंगे। उन्होंने इस मेले को स्वास्थ्य जागरूकता बढ़ाने की दिशा में एक महत्वपूर्ण पहल बताया।

उपमुख्यमंत्री ने किया देदीय का विमोचन

उपमुख्यमंत्री प्रेम चंद बैरवा ने चार दिन तक चलने वाले इस मेले में स्वास्थ्य कल्याण समूह की वार्षिक प्रतिरक्षा देदीय का भी विमोचन किया। इस अवसर पर समूह के चेयरमैन डॉ. एसएस अग्रवाल, स्वास्थ्य कल्याण होम्योपैथी मेडिकल कॉलेज के निदेशक डॉ. एकज शर्मा, अन्य फैकल्टी और छात्रों के अलावा अन्य गणमान्य भी उपस्थित रहे। इस अवसर पर लोगों को स्वास्थ्य परामर्श, निशुल्क जांच और विभिन्न आयुष चिकित्सा पद्धतियों की जानकारी दी जा रही है। समारोह के अंत में किसानों के लिए एक विशेष पुस्तक का विमोचन किया गया जिसमें औषधीय पौधों की विस्तृत जानकारी दी गई है जिससे किसान आयुर्वेदिक खेती को अपनाकर आर्थिक रूप से सशक्त बन सकें।

जयपुर सांसद सहित गणमान्य शामिल हुए

उप मुख्यमंत्री डॉ. बैरवा ने प्रदर्शनी में विभिन्न संबंधित स्टॉल्स का अवलोकन किया और वहां प्रदर्शित आयुर्वेदिक उत्पादों, धारणीय चिकित्सा पद्धतियों तथा औषधीय पौधों की जानकारी ली। मेले के उद्घाटन सत्र में जयपुर सांसद मंजू शर्मा, मालवीय नगर विधायक कालीचरण सराफ और जयपुर नगर निगम ग्रेटर की महापौर सीमा गुर्जर, एम्स जोधापुर के अध्यक्ष डॉ. एसएस अग्रवाल, प्रमुख शासन सचिव (आयुर्वेद विभाग) भवानी सिंह देसा सहित अन्य विभागों के वरिष्ठ अधिकारी उपस्थित रहे।

Samachar Jagat • 01 Mar • Ministry of Ayush

Will make citizens aware about AYUSH systems and healthy lifestyle: Dr. Prem Chand Bairwa

5 • PG

335 • Sqcm

291026 • AVE

1.11M • Cir

Bottom Left

Jaipur

उद्देश्य

जेकेके शिल्पग्राम में आज से भरेगा राज्य स्तरीय आरोग्य मेला

आयुष पद्धतियों एवं स्वस्थ जीवनशैली को लेकर करेंगे नागरिकों को जागरूक : डॉ. प्रेम चंद बैरवा

समाचार जगत न्यूज

जयपुर. स्वस्थ एवं विकसित राजस्थान के संकल्प को साकार करने के उद्देश्य से आयुष विभाग की ओर से 4 दिवसीय राज्य स्तरीय आरोग्य मेला-2025 का आयोजन 1 मार्च से 4 मार्च तक शिल्पग्राम, जवाहर कला केन्द्र में किया जायेगा।

उप मुख्यमंत्री एवं आयुष मंत्री डॉ. प्रेम चंद बैरवा ने शुक्रवार को यह जानकारी देते हुए बताया कि मेले का उद्देश्य आयुष पद्धतियों की प्रभावशीलता एवं स्वस्थ जीवनशैली के बारे में नागरिकों को जागरूक करना, आयुष विशेषज्ञों के ज्ञान एवं अनुभव का आदान-प्रदान करना तथा रोगों से बचाव व उपचार में इन पद्धतियों की विशेषता से



जनमानस को लाभान्वित करना है। उन्होंने बताया कि राज्य स्तरीय आरोग्य मेले-2025 का शुभारंभ 1 मार्च को प्रातः 11 बजे करेंगे। मेला 4 मार्च तक प्रतिदिन प्रातः 11 बजे से रात्रि 8 बजे तक आयोजित होगा।

आयुष मंत्री ने बताया कि आरोग्य मेला अवधि में प्रतिदिन प्रातः 11 बजे से सायं 5 बजे तक

आयुर्वेद, होम्योपैथी, यूनानी, योग एवं नेचुरोपैथी चिकित्सा पद्धतियों के विशेषज्ञों द्वारा सामान्य, जटिल एवं जीर्ण रोगों के संबंध में निःशुल्क चिकित्सा परामर्श एवं उपचार प्रदान किया जायेगा। प्रतिदिन प्रातः 7 से 8 बजे तक योग विशेषज्ञों द्वारा योगाभ्यास कराया जायेगा। साथ ही मेला अवधि में विभिन्न रोगों

से संबंधित योग क्रियाओं का प्रत्यक्ष प्रदर्शन भी प्रदान किया जाएगा।

विशेषज्ञों द्वारा आयुर्वेद की विशिष्ट पंचकर्म चिकित्सा द्वारा जोड़ व कमर के दर्द तथा वात व्याधि आदि रोगों के लिए परामर्श एवं उपचार किया जायेगा। मेले में जलौका चिकित्सा, अग्निकर्म चिकित्सा, ऑस्टियोपैथी, मर्म

चिकित्सा कंपिंग थेरेपी आदि विशिष्ट आयुष चिकित्सा विधाओं से उपचार की सुविधा भी उपलब्ध रहेगी। सौंदर्य विशेषज्ञों द्वारा सौंदर्य प्रसादन क्लिनिक पर वर्तमान परिप्रेक्ष्य में होने वाली सौंदर्य समस्याओं की हर्बल चिकित्सा व प्राकृतिक साधनों से सौंदर्य बनाये रखने के विषय में भी जानकारी दी

जाएगी। आयुर्वेद, होम्योपैथी, योग एवं यूनानी चिकित्सा के क्षेत्र में कौशल विकास एवं शैक्षिक अवसरों के संबंध में एम.डी., एम.एस., स्नातक डिग्री व डिप्लोमा पाठ्यक्रमों में प्रवेश प्रक्रिया व पात्रता की जानकारी के साथ-साथ आयुर्वेद फार्मसी स्थापित करने की प्रक्रिया की जानकारी प्रदान की जाएगी।

Divya Himachal • 02 Mar • Ministry of Ayush
Dunia ki factory bankar ubhar raha bharat

3 • PG

305 • Sqcm

102315 • AVE

352K • Cir

Bottom Center

Chandigarh

बढ़े चलो

पीएम मोदी बोले, 'वोकल फॉर लोकल' अभियान से मिली वैश्विक पहचान

दुनिया की फैक्टरी बनकर उभर रहा भारत



दिव्य हिमाचल ब्यूरो — नई दिल्ली

प्रधानमंत्री नरेंद्र मोदी ने कहा कि उनका 'वोकल फॉर लोकल' अभियान अब रंग ला रहा है, क्योंकि भारतीय उत्पाद वैश्विक हो रहे हैं और दुनियाभर में अपनी उपस्थिति दर्ज करा रहे हैं। पीएम

'लुटियन जमात' और खान मार्केट गैंग पर कटाक्ष

प्रधानमंत्री नरेंद्र मोदी ने 'लुटियन जमात' और 'खान मार्केट गैंग' पर कटाक्ष किया। उन्होंने इस गैंग को अंग्रेजों के समय के एक विचित्र कानून की याद दिलाई। अंग्रेजों ने अपने शासनकाल में 150 साल पहले एक कानून बनाया था। इसके तहत अगर किसी शादी में 10 लोग एक साथ डांस करते हैं, तो पुलिस दूल्हे और अन्य लोगों को गिरफ्तार कर सकती है। पीएम मोदी ने कहा कि यह कानून आजादी के 75 साल बाद भी लागू रहा, मगर हमारी सरकार ने इसे खत्म किया। पीएम ने सवाल पूछा कि ये जनहित याचिका के टेकेदार जो हर बार अदालतों के चक्कर लगाते हैं, वे उस समय स्वतंत्रता के बारे में क्यों चिंतित नहीं थे?

मोदी ने 'एनएक्सटी' सम्मेलन में कहा कि दुनिया दशकों तक भारत को अपने 'बैक ऑफिस' के रूप में देखती रही, लेकिन देश अब 'न्यू फैक्टरी ऑफ वर्ल्ड' के रूप में उभर रहा है। प्रधानमंत्री ने कहा कि अब भारत वर्कफोर्स नहीं, बल्कि एक 'वर्ल्ड फोर्स' है। प्रधानमंत्री मोदी ने कहा कि भारत अब दुनिया की नई फैक्टरी बन रहा है। पीएम

मोदी ने शनिवार को कहा कि देश 'सेमीकंडक्टर' से लेकर एयरक्राफ्ट कैरियर तक सब बना रहा है।

मखाना और बाजरा जैसे 'सुपरफूड' (न्यूनतम कैलोरी और अधिकतम पोषक तत्व वाले खाद्य पदार्थ), आयुष उत्पाद और योग को दुनिया भर में अपनाया जा रहा है। उन्होंने कहा कि भारत एक प्रमुख ऑटोमोबाइल उत्पादक बन गया है और इसका रक्षा निर्यात बढ़ रहा है। पीएम मोदी ने महाकुंभ का जिक्र करते हुए कहा कि इसने कार्यक्रमों का आयोजन करने के भारत के कौशल और इनोवेशन को उजागर किया।

Loksatta • 01 Mar • Ministry of Ayush

AYUSH' notice to the College of Ministers from their own department

1 • PG

198 • Sqcm

778280 • AVE

784.32K • Cir

Bottom Left

Mumbai

‘आयुष’ मंत्र्यांच्या महाविद्यालयास त्यांच्याच विभागाची नोटीस

प्रशांत देशमुख, लोकसत्ता

वर्धा : केंद्रीय ‘आयुष’ राज्यमंत्री प्रतापराव जाधव यांच्या आयुर्वेद महाविद्यालयास नियमभंग केल्याची नोटीस त्यांच्याच खात्याने पाठवली आहे.

जाधव यांनी स्थापन केलेल्या संस्थेमार्फत बुलढाणा जिल्ह्यात मेहकर येथे राजश्री आयुर्वेदिक महाविद्यालय आणि रुग्णालय संचालित केले जाते. ते मंत्री झाल्याने आता त्यांचे पुत्र ऋषी प्रतापराव जाधव हे संस्थेचे अध्यक्ष आहेत.

आयोगाच्या वैद्यकीय मूल्यांकन व मानक मंडळाने देशातील आयुष पुरस्कृत सर्व महाविद्यालयांना



निर्देशाची पूर्तता न केल्याने या महाविद्यालयास आयुष मंत्रालयाच्या भारतीय चिकित्सा पद्धती राष्ट्रीय आयोगाने नोटीस पाठवली व मुदतीत पूर्तता न झाल्यास प्रवेश प्रक्रिया थांबवण्यात येईल, असा इशाराही दिला.

बायोमेट्रिक हजेरी व्यवस्था लागू करण्याचे निर्देश दिले आहेत. केवळ कागदोपत्री हजेरी दाखवणाऱ्यांना वचक बसावा,



आयोगाने नमूद केलेलीच प्रणाली लावायची असल्याने विलंब झाला. पण आता सर्व प्रक्रिया पूर्ण झाली आहे. या खात्याचे मंत्रीपद माझ्या वडिलांकडे आताच आले. मंत्रालय मात्र १० वर्षांपासून कार्यरत आहे. मंत्रालयाकडून त्यांच्या कार्यप्रणालीची अंमलबजावणी सुरुच असते. आमचे सर्व काम नियमानुसार आहे. - **ऋषी प्रतापराव जाधव** अध्यक्ष, स्व. धर्मवीर दिलीपराव रहाटे शैक्षणिक व ब्रह्म संस्था

असा यामागचा हेतू आहे. ही यंत्रणा कार्यान्वित करण्याची मुदत आधी ८ ते २८ जानेवारी होती. नंतर ती १८ फेब्रुवारीपर्यंत वाढवण्यात

आली. मात्र तरीही महाविद्यालयाकडून निर्देश पाळण्यात टाळाटाळ झाली. म्हणून आयोगाने महाविद्यालयास नोटीस

बजावली. देशात सातशेवर आयुर्वेद व अन्य भारतीय चिकित्सा पद्धतीची महाविद्यालये आहेत. यातील ७२ महाविद्यालयांनी ही पद्धत वारंवार सूचना देऊनही अमलात आणलेली नाही. त्यामुळे ही नोटीस पाठवण्यात आली.

राजश्री आयुर्वेद महाविद्यालयाच्या प्राचार्य डॉ. सोनल लोहिया राठी यांनी नोटीस मिळाल्याची बाब मान्य केली. आयोगाने यापूर्वी आमच्या महाविद्यालयांस सूचित केले होते, पण आरोग्य शिबिरे व अन्य कामांमुळे बायोमेट्रिक प्रणालीचा विषय मागे पडला. मात्र प्रक्रिया सुरू केली असल्याचे त्यांनी सांगितले.

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प्रशांत देशमुख, लोकसत्ता

वर्धा : केंद्रीय ‘आयुष’ राज्यमंत्री प्रतापराव जाधव यांच्या आयुर्वेद महाविद्यालयास निवमभंग केल्याची नोटीस त्यांच्याच खात्याने पाठवली आहे.

जाधव यांनी स्थापन केलेल्या संस्थेमार्फत बुलढाणा जिल्ह्यात मेहकर येथे राजश्री आयुर्वेदिक महाविद्यालय आणि रुग्णालय संचालित केले जाते. ते मंत्री झाल्याने आता त्यांचे पुत्र ऋषी प्रतापराव जाधव हे संस्थेचे अध्यक्ष आहेत.

आयोगाच्या वैद्यकीय मूल्यांकन व मानक मंडळाने देशातील आयुष पुरस्कृत सर्व महाविद्यालयांना बायोमेट्रिक हजेरी व्यवस्था लागू करण्याचे निर्देश दिले आहेत. केवळ कागदोपत्री हजेरी दाखवणाऱ्यांना वचक बसावा, असा यामागचा हेतू आहे. ही यंत्रणा कार्यान्वित करण्याची मुदत आधी ८ ते २८ जानेवारी होती. नंतर ती १८



आयोगाने नमूद केलेलीच प्रणाली लावण्याची असल्याने विलंब झाला. पण आता सर्व प्रक्रिया पूर्ण झाली आहे. या खात्याचे मंत्रीपद माझ्या बडिलांकडे आताच आले. मंत्रालय मात्र १० वर्षांपासून कार्यरत आहे. मंत्रालयाकडून त्यांच्या कार्यप्रणालीची अंमलबजावणी सुरुच असते. आमचे सर्व काम नियमानुसार आहे. - **ऋषी प्रतापराव जाधव** अध्यक्ष, स्व. धर्मवीर दिलीपराव रहाटे शैक्षणिक व बहू संस्था

फेब्रुवारीपर्यंत वाढवण्यात आली. मात्र तरीही महाविद्यालयाकडून निर्देश पाळण्यात टाळाटाळ झाली. म्हणून आयोगाने महाविद्यालयास नोटीस बजावली. देशात सातशेवर आयुर्वेद व अन्य भारतीय चिकित्सा पद्धतीची महाविद्यालये आहेत. यातील ७२ महाविद्यालयांनी ही पद्धत वारंवार सूचना देऊनही अमलात आणलेली नाही. त्यामुळे ही नोटीस

पाठवण्यात आली.

राजश्री आयुर्वेद महाविद्यालयाच्या प्राचार्य डॉ. सोमल लोहिबा राठी यांनी नोटीस मिळाल्याची बाब मान्य केली. आयोगाने यापूर्वी आमच्या महाविद्यालयांस सूचित केले होते, पण आरोग्य शिबिरे व अन्य कामांमुळे बायोमेट्रिक प्रणालीचा विषय मागे पडला. मात्र प्रक्रिया सुरू केली असल्याचे त्यांनी सांगितले.

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4.	Msn India	10 yoga exercises that could help fight depression in working women	733.9M
5.	MSN Hindi	काई में गणेशजी के बगल छपवाई ये बात, फिर वरमाला के बाद..गेस्ट भूल नहीं पाएंगे	733.9M
6.	Aaj Tak News	"Yoga शारीरिक स्वास्थ्य का शक्तिशाली माध्यम...", योग महोत्सव 2025 के उद्घाटन प...	571.7M
7.	Hindustan Times	Par panel recommends single independent drug controller for AYUSH	124.6M
8.	Hindustan Times	Haryana CM Saini hands over job letters to 1,090 medical officers	124.6M
9.	Indian Express	Rs 47.71 cr worth FDs generating Rs 4.30 cr interest every year: Himachal CM S...	90.9M
10.	Indian Express	What is Assam's healing law, and why it may be missing the mark	90.9M
11.	Indian Express	GBS syndrome: Minister says 12 deaths, 224 cases reported in Maharashtra	90.9M
12.	India Today	People living near river drains at high risk of cancer: Medical panel ICMR	82.4M
13.	Dainik Bhaskar	हरियाणा के 24 विभाग बजट खर्च करने में फिसड्डी: इनमें विज का ऊर्जा विभाग भी शामि...	66.5M
14.	Dainik Bhaskar	यूपी करेंट अफेयर्स - 15 मार्च: गोरखपुर में राष्ट्रीय स्वच्छ वायु कार्यक्रम पर ने...	66.5M
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16.	Dainik Bhaskar	शिविर में 117 हितग्राहियों के स्वास्थ्य की जांच	66.5M
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18.	Dainik Bhaskar	कलेक्टर के पास माइनिंग, एक्साइज और कॉलोनी सेल: एडीएम को सिर्फ लॉ एंड ऑर्डर; जावल...	66.5M
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24.	Dainik Bhaskar	संभाग स्तरीय आरोग्य मेला आज से, आयुर्वेद, होम्योपैथी का मिलेगा लाभ	66.5M
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32.	Dainik Bhaskar	होम्योपैथी महाकुंभ-2025" की 11वीं नेशनल कॉन्फ्रेंस: इंदौर सांसद लालवानी बोले- श...	66.5M
33.	Dainik Bhaskar	विदेशी कंपनियां सीधे किसानों से प्याज-लहसुन खरीदेंगी: कॉन्ट्रैक्ट के लिए दी सहमत...	66.5M
34.	Dainik Bhaskar	जेकेके में शुरू हुआ राज्य स्तरीय आरोग्य मेला: राजस्थान के आयुर्वेद और योग से जुड़...	66.5M
35.	Dainik Bhaskar	यह कॉलेज पिछले छह साल से नए छात्रों के प्रवेश से वंचित, चालू करने के लिए सीएम से...	66.5M
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37.	हिन्दुस्तान(Live Hindustan)	आयुष ग्राम बरला में बनेगा यूनानी अस्पताल	64.8M
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42.	हिन्दुस्तान(Live Hindustan)	जिले में आयुष समिति का हो गठन, झोलाछाप डॉक्टरों पर लगे अंकुश	64.8M
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52.	हिन्दुस्तान(Live Hindustan)	सीएम हेमंत सोरेन से मिहिजाम होम्योपैथिक मेडिकल कॉलेज को पुनः खोलने की मांग	64.8M
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54.	The Times of India	Nagpur University student Mandar wins 'best poster award" at international conf...	64.4M
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58.	The Times of India	BHU scientists promote ashwagandha awareness through plant distribution initiati...	64.4M
59.	The Times of India	International Yoga festival concludes in Rishikesh, tourism minister calls Uttar...	64.4M
60.	The Times of India	DAVV nears launch of homeopathic research centre with MoU finalization	64.4M
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64.	अमर उजाला (Amar ujala)	Rewari News: टीबी के लक्षण, बचाव और उपचार के बारे में बताया	63.8M
65.	अमर उजाला (Amar ujala)	सांस्कृतिक और आध्यात्मिक धरोहर का प्रतीक है योग और गंगा : सतपाल	63.8M
66.	अमर उजाला (Amar ujala)	Una News: मैड़ी में होली मेला आज से, प्रशासन पूरी तरह तैयार	63.8M
67.	अमर उजाला (Amar ujala)	Sirmour News: पलहोड़ी में 110 लोगों की स्क्रीनिंग	63.8M
68.	अमर उजाला (Amar ujala)	Sirmour News: गिरिपार के बोंच गांव में 60 लोगों का स्वास्थ्य जांचा	63.8M
69.	अमर उजाला (Amar ujala)	Una News: ईसपुर में बहु-विशेषज्ञ चिकित्सा शिविर में 348 रोगों की हुई जांच	63.8M
70.	अमर उजाला (Amar ujala)	आयुर्वेदिक केंद्रों में पंचकर्म की सुविधा : डॉ. इंदू	63.8M
71.	अमर उजाला (Amar ujala)	AMU: तिब्बिया कॉलेज में हुआ शोध, चार महीने खिलाया यूनानी चूरन, कम हो गया पांच कि...	63.8M
72.	अमर उजाला (Amar ujala)	Indore News: अष्टांग आयुर्वेद महाविद्यालय को मिली 39 करोड़ की सौगात, बनेगा 6 मंज...	63.8M
73.	Navbharat Times - NBT Education	"दो मिनट में साफ हो जाता है पेट", बाबा रामदेव सुबह उठकर पीते हैं 3 चीज मिला पा...	57.6M
74.	Navbharat Times - NBT Education	MP Budget: कोई नया टैक्स नहीं... एमपी बजट में सबसे अधिक किस विभाग को मिला फंड? ल...	57.6M
75.	Navbharat Times - NBT Education	Rishikesh News: योग और गंगा का उद्गम स्थल है उत्तराखंड, अंतर्राष्ट्रीय योग महोत्...	57.6M
76.	News18	इस अस्पताल में एलोपैथ, आयुर्वेदिक, होमियोपैथिक और यूनानी चिकित्सा की सुविधा, इला...	43.6M
77.	News18	Neem Ke Fayde: 1,2 या 3 नहीं...! चैत्र माह में करें 4 नीम के पत्तों का सेवन, शरी...	43.6M
78.	News18	घमौरियां, फोड़े-फुंसी... इस गर्मी नहीं होगी कोई टेंशन, यह छोटा चमत्कारी पत्ता दू...	43.6M
79.	News18	फरवरी से अप्रैल तक मिलने वाला ये फूल, महिला-पुरुष के इस गंभीर रोग का काल, जड़ से ...	43.6M
80.	News18	गर्मी में भी गुलाबी दिखेंगे! सड़क किनारे उगने वाले इस पेड़ में सुंदरता का राज, कील...	43.6M
81.	News18	होली की मिठाइयां खाकर भारीपन महसूस हो रहा? अपनाएं ये देसी उपाय, मिलेगा झटपट आराम...	43.6M

82.	News18	दही खाने का सही समय क्या है? ये 3 बातें जानकर बचा सकते हैं अपनी सेहत! जानें एक्स...	43.6M
83.	News18	"संजीवनी बूटी" से कम नहीं यह सुर्ख नारंगी रंग वाला फूल, औषधीय गुणों से भरपूर! ...	43.6M
84.	News18	यमुना नगर में BJP की सुमन बहमनी जीती: शिक्षा विभाग की नौकरी छोड़ी, सियासत में कू...	43.6M
85.	News18	दूध पीने के बाद ये दो चीजें भूलकर भी न खाएं, इंफेक्शन से शरीर में निकल आएंगे दान...	43.6M
86.	News18	पेट साफ नहीं हो रहा? कब्ज ने कर रखा परेशान, दवाई या सिरप नहीं अपनाएं यह आसान तरी...	43.6M
87.	News18	एएमयू के इस कॉलेज में हुआ शोध, चार महीने खिलाया ये चूरन, पांच किलो घटा वजन	43.6M
88.	News18	यादगार बनानी थी शादी, कार्ड में गणेशजी के बगल छपवाई गजब बात, फिर वरमाला के बाद.....	43.6M
89.	News18	Diabetes Related Tips: क्या डायबिटीज के मरीज खा सकते हैं गुड़? यहां जानें सही या...	43.6M
90.	News18	स्त्री-पुरुष दोनों के लिए वरदान हैं ये जड़ें! तन-मन को रखती हैं मजबूत, राजा-महार...	43.6M
91.	News18	अब आयुर्वेदिक इलाज होगा और भी सुलभ, सीएचसी-पीएचसी में तैनात होंगे विशेषज्ञ चिकित...	43.6M
92.	Dainik Jagran	लोगों को इलाज में अब नहीं होगी दिक्कत, 705 महिला समेत हरियाणा को मिले 1090 डॉक्ट...	40.5M
93.	Dainik Jagran	"बच्चों को मोटापे से बचाना है तो...बेटा क्या खाना है, यह पूछना बंद करें माएं",....	40.5M
94.	Dainik Jagran	हरियाणा: भरा पड़ा है सरकार का खजाना, अफसर खर्च ही नहीं करते पैसे; कैग की रिपोर्ट...	40.5M
95.	The Hindu	People living near river drains are at elevated risk of developing cancer: ICMR	35.9M
96.	The Hindu	Ayurveda doctors in State object to Budget proposal to promote indigenous medici ...	35.9M
97.	The Hindu	Religious bodies seek 25-bed AYUSH research hospital in Nandigama	35.9M
98.	The Hindu	Integrated AYUSH hospital building at Pudukottai to be ready by October	35.9M
99.	Times Now News	ICMR Says Those Living Near Drains Are At High Risk of Developing Cancer; Her e"...	35.4M
100.	Times Now News	Struggling After Childbirth? Try These Postnatal Yoga Asanas For Postpartum Re co...	35.4M
101.	Zee News Hindi	अन्नपूर्णा की चोटी पर हजारों साल का पूर्णागिरी मेला शुरू, इस बार खास आयोजन, शक्त...	31.9M
102.	सकाळ(eSakal)	Prataprao Jadhav : योगाभ्यास एक सामर्थ्यशाली साधन; जाधव, आंतरराष्ट्रीय योगमहोत्स...	30.5M
103.	सकाळ(eSakal)	Tur Procurement : प्रमुख तूर उत्पादक राज्यांमध्ये तूर खरेदीला वेग	30.5M
104.	The Economic Times	Parl panel recommends single independent drug controller for AYUSH	28.7M
105.	The Economic Times	People living by river drains more prone to cancer: ICMR cites study	28.7M
106.	The Economic Times	GBS syndrome: Minister says 224 cases reported in Maharashtra	28.7M
107.	The Economic Times	3.56 lakh claims worth Rs 643 cr rejected for frauds under Ayushman Bharat sche m...	28.7M
108.	Jagran Josh	11 March 2025: Test Your Knowledge with the Daily Current Affairs Quiz!	21.6M



109.	Jagran Josh	Top 7 Yoga Colleges In India	21.6M
110.	Dailyhunt	Himachal CM presents Rs 58,514 crore tax-free budget	18.6M
111.	Dailyhunt	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra	18.6M
112.	Dailyhunt	Par panel recommends single independent drug controller for AYUSH	18.6M
113.	Dailyhunt	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	18.6M
114.	Dailyhunt	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	18.6M
115.	Dailyhunt	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	18.6M
116.	Dailyhunt	Government highlights 2024 study linking polluted river drains to cancer cases i...	18.6M
117.	Dailyhunt	As told to Parliament (March 11, 2025): Health ministry urges states to boost he...	18.6M
118.	Dailyhunt	People living near river drains at high risk of cancer: Medical panel ICMR	18.6M
119.	Dailyhunt	People living near river drains are at elevated risk of developing cancer: ICMR	18.6M
120.	Dailyhunt	Ayushman Bharat: Claims worth Rs 643 cr rejected for "frauds"	18.6M
121.	Dailyhunt	Centre Rejects 3.56 Lakh Fraudulent Health Insurance Claims Worth Rs 643 Cror e	18.6M
122.	Dailyhunt	Minister of State for Health tells RS that 3.56 lakh claims worth Rs 643 crore w...	18.6M
123.	Dailyhunt	11 March 2025: Test Your Knowledge with the Daily Current Affairs Quiz!	18.6M
124.	Dailyhunt	3.56 lakh claims worth Rs 643 cr rejected for frauds under Ayushman Bharat sche m...	18.6M
125.	Dailyhunt	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	18.6M
126.	Dailyhunt	Golden Jubilee At Institute of Yoga Sciences: Celebration of 5 Decades of Dedicat ..	18.6M
127.	Dailyhunt	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	18.6M
128.	Dailyhunt	Counting steps: India"s long road to fitness	18.6M
129.	Dailyhunt	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti ...	18.6M
130.	Medical Dialogues	Ayushman Scam: Show Cause Notices Issued to 10 Hospitals	16M
131.	Medical Dialogues	75 million people with hypertension, diabetes to receive standard care by 2025	16M
132.	Medical Dialogues	Candidates in states with 5-year course duration get "Dr" titles, 4-year don"...	16M

133.	Medical Dialogues	People Living Near River Drains Face Elevated Risk of Cancer: ICMR	16M
134.	Medical Dialogues	Ayush Ministry to assess Ayurveda Formulation for Diabetes treatment	16M
135.	Medical Dialogues	ICMR Addendum Exempts AYUSH-Approved Medicines from Extra Safety Trials	16M
136.	Medical Dialogues	Kerala Government"s Proposal for Traditional Medicine Commission Draws Contr...	16M
137.	Medical Dialogues	PM Modi reviews AYUSH sector, reiterates government"s commitment to strengthen ...	16M
138.	Patrika	एमपी में यहां खुलेगा 50 बिस्तरों का आयुर्वेदिक अस्पताल, बजट में की गई घोषणा	14M
139.	Patrika	कांग्रेस विधायक के सवाल पर उच्च शिक्षा मंत्री ने दिया जवाब	14M
140.	Patrika	Madhya Pradesh Budget: पिछली घोषणाएं अधूरी, अब नए बजट पर लगी सभी की टकटकी	14M
141.	Patrika	पुष्प नक्षत्र पर स्वर्ण प्राशन किट व बाल रक्षा किट का वितरण 10 मार्च को	14M
142.	Patrika	एमपी के इस जिले में बनेगा पहला मेडिकल पीजी संस्थान, इन्हें होगा फायदा	14M
143.	Patrika	Giloy में छुपी कैंसर से लड़ने की शक्ति, इम्यूनिटी बूस्टर के रूप में भी कारगर, शो...	14M
144.	Business Today	Centre rejects 3.56 lakh fraudulent claims under Ayushman Bharat Scheme; check d...	13.8M
145.	Prokerala.com	Ayurveda"s turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretary	13M
146.	Prokerala.com	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	13M
147.	Prokerala.com	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh...	13M
148.	Prokerala.com	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under "75 by 25" ...	13M
149.	Prokerala.com	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	13M
150.	The Quint	Not Paid in Months, Contractual Staff at Delhi"s RML Hospital "Living Off Loan...	11.7M
151.	ThePrint	Par panel recommends single independent drug controller for AYUSH	11.3M
152.	ThePrint	People living by river drains more prone to cancer: ICMR cites study	11.3M
153.	ThePrint	Govt will consider uniform norms, registration process for study of Naturopathy:...	11.3M
154.	ThePrint	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	11.3M
155.	ThePrint	National Conference On Ashwagandha: A Health Promoter in 2025	11.3M
156.	ThePrint	Ayush-approved medicines won"t require extra safety trials for integrative rese...	11.3M
157.	ThePrint	Students taken on visit to Ayush research facilities to see its lab work	11.3M
158.	Etvbharat	224 cases And 12 Deaths Of GBS Reported In Maharashtra: Centre	11.2M





183.	The Tribune India	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	7M
184.	The Tribune India	National Conference On Ashwagandha: A Health Promoter in 2025	7M
185.	The Tribune India	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity duri...	7M
186.	The Tribune India	Abhilashi Ayurvedic College wins AYUSH Ministry's second prize	7M
187.	New Indian Express	Ayush must be integrated into mainstream healthcare: Parliamentary panel to Mini ...	6.7M
188.	New Indian Express	INTERVIEW Multi-pronged approach needed to manage man-animal conflict, say s Mee...	6.7M
189.	New Indian Express	AP CM Naidu approves Yoga and Naturopathy Research Centre in Amaravati	6.7M
190.	The Telegraph India	Study finds cancer risk high for people living near river drains, ICMR tells Raj...	6.6M
191.	Free Press Journal	"Charitable Or Trust-Run Hospitals Must Reserve Beds For Economically Weaker Pa...	6.4M
192.	Live Law	Deputy Legal Adviser Vacancy At National Commission For Homoeopathy (NCH)	6.1M
193.	PIB	Rashtriya Ayurveda Vidyapeeth Organizes 28th Convocation & Shishyopanayaniy a...	5.4M
194.	PIB	Preserving Heritage, Advancing Healthcare: CCRAS Workshop Train Scholars to Unlo...	5.4M
195.	PIB	Shri Pratap Rao Jadhav inaugurates the Yoga Mahotsav-2025, a Grand Prelude t o In...	5.4M
196.	PIB	Steps taken to treat cases of Cancer, emanating from Cancer-Causing Rivers	5.4M
197.	PIB	Update on "75/25" Initiative	5.4M
198.	PIB	Steps taken to prioritize Research on Fungal Infections	5.4M
199.	PIB	Update on National Ambulance Services (NAS) Scheme	5.4M
200.	PIB	Central Council for Research in Homoeopathy and Adamas University Sign MoU t o Ad...	5.4M
201.	PIB	Central Ayurveda Research Institute, Kolkata and School of Natural Product Studi. ...	5.4M
202.	PIB	ICMR Publishes Addendum: Ethical Requirements for Research in Integrative Me dici...	5.4M
203.	PIB	National Workshop on "Capacity Building in Indian Knowledge Systems": Docume nt...	5.4M
204.	PIB	Union Health Minister Shri JP Nadda chairs 9th meeting of Mission Steering Grou p...	5.4M

205.	PIB	On PM"s call Ayush Labs Open Doors: Young Minds Step into the World of Science ...	5.4M
206.	PIB	Towards a Fit and Healthy India: Combating Obesity Through Collective Action	5.4M
207.	Janta Se Rishta	Haryana में 6,500 करोड़ रुपये की 215 योजनाओं पर एक भी पैसा खर्च नहीं हुआ	3.8M
208.	Janta Se Rishta	उत्तराखंड के मुख्यमंत्री पुष्कर धामी ने मां पूर्णागिरि मेले का किया उद्घाटन	3.8M
209.	Janta Se Rishta	MDNIY ने भव्य योग महोत्सव 2025 के साथ 11वें अंतर्राष्ट्रीय योग दिवस के लिए 100 द...	3.8M
210.	Janta Se Rishta	होम्योपैथी अनुसंधान को बढ़ावा देने के लिए CCRH और एडमास विश्वविद्यालय ने समझौता ...	3.8M
211.	Telangana Today	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	3.8M
212.	Janta Se Rishta	आयुष विभाग ने जिला कार्यालय परिसर में लगाया निःशुल्क स्वास्थ्य शिविर	3.8M
213.	Janta Se Rishta	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	3.8M
214.	Janta Se Rishta	CG: 16 वर्ष तक के बच्चों का स्वर्णप्राशन भी कराया जाएगा	3.8M
215.	Janta Se Rishta	Jaipur: आयोग सदस्य डॉ संगीता आर्य की अध्यक्षता में हुआ विभिन्न विभागों की डीपीसी...	3.8M
216.	Janta Se Rishta	Andhra: अमरावती में योग, प्राकृतिक चिकित्सा अनुसंधान केंद्र	3.8M
217.	Janta Se Rishta	मंत्री ने Amaravati के लिए 100 करोड़ की लागत से योग, प्राकृतिक चिकित्सा केंद्र क...	3.8M
218.	Janta Se Rishta	आंध्र प्रदेश के मुख्यमंत्री ने अमरावती में योग और प्राकृतिक चिकित्सा अनुसंधान के...	3.8M
219.	Janta Se Rishta	स्लीपर बंदे भारत ट्रेन की सौगात मार्च के अंत तक! खुशखबरी	3.8M
220.	Janta Se Rishta	Pratapgarh: बावडीखेडा में आयोजित रात्रि चौपाल में जिला कलेक्टर ने सुनी जनसमस्याएं...	3.8M
221.	Janta Se Rishta	Jaipur के जवाहर कला केन्द्र में हो रहा मेले का आयोजन	3.8M
222.	Janta Se Rishta	Ramit Tandon, अनाहत सिंह ने पोरबंदर में "फिट इंडिया संडे ऑन साइकिल" के दौरान म...	3.8M
223.	Janta Se Rishta	Jaipur जिला कलेक्टर ने किया राज्य स्तरीय आरोग्य मेले का अवलोकन	3.8M
224.	Janta Se Rishta	AYUSH प्रयोगशालाओं के दरवाजे खुले	3.8M
225.	The Wire - India	ASHA Workers: Two Decades of Service, Still Fighting for Dignity	3.7M
226.	24 Online	Indian Railways To Launch Vande Bharat Sleeper Soon! Here"s Everything About It...	2.9M
227.	Oneindia Hindi	योग विज्ञान संस्थान के स्वर्ण जयंती समारोह का भव्य शुभारंभ: 5 दशकों की समर्पित य...	2.9M
228.	Deccan Chronicle	Minister announces revival of ₹ crore yoga, naturopathy centre for Amaravati	2M
229.	Ani News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	1.9M
230.	Ani News	CCRH and Adamas University sign MoU to boost Homoeopathy Research	1.9M
231.	Ani News	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurved...	1.9M

232.	Ani News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	1.9M
233.	Ani News	National Conference On Ashwagandha: A Health Promoter in 2025	1.9M
234.	Ani News	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nat...	1.9M
235.	Ani News	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity duri...	1.9M
236.	Ani News	On PM's call, Ayush labs open doors: Young minds step into "One Day as Scienti...	1.9M
237.	Ani News	Ayush Labs open doors; young minds step into world of Science under "One Day as...	1.9M
238.	The Statesman	Himachal CM presents Rs 58,514 crore tax-free budget	1.7M
239.	The Statesman	CCRH signs MoU to promote research in homoeopathy	1.7M
240.	The Statesman	MoU signed to evaluate Ayurvedic formulation's potential to treat diabetes	1.7M
241.	The Hans India	Yoga, Naturopathic research centre in Amaravati	1.7M
242.	Analytics India Magazine	How Longevity India is Riding the AI Health Revolution	1.6M
243.	Amrit Vichar	सोमवार को खुलेगी ओपीडी, आज इमरजेंसी वार्ड में भीड़	1.4M
244.	Current Affairs 2023	CCRH Signs MoU to Promote Research in Homoeopathy	1.4M
245.	Devdiscourse	Rashtriya Ayurveda Vidyapeeth Hosts 28th Convocation & Shishyopanayaniya Sa...	1.2M
246.	Devdiscourse	Yoga Mahotsav 2025: A Grand Prelude to International Day of Yoga (IDY) 2025	1.2M
247.	Devdiscourse	Pioneering Homoeopathy: Academic Giants Unite for Breakthrough Research	1.2M
248.	Devdiscourse	Maharashtra's Guillain-Barre Syndrome Outbreak: Unveiling the Causes	1.2M
249.	Devdiscourse	Collaborative Ayurveda Research Initiative Launched for Diabetes Management	1.2M
250.	Devdiscourse	Ayurvedic Advancements: New Research on Diabetes Management	1.2M
251.	Devdiscourse	Pioneering Paths: Deshbandhu College Elevates Ashwagandha's Role in Human Health	1.2M
252.	Devdiscourse	Ayush-approved medicines won't require extra safety trials for integrative rese...	1.2M
253.	Devdiscourse	J.P. Nadda Chairs 9th Mission Steering Group Meeting of NHM, Discusses Key Achi...	1.2M
254.	Devdiscourse	Health Minister Nadda Champions NHM Initiatives at Key Meeting	1.2M
255.	Organiser	Buddhist Sangam at Maha Kumbh 2025: Unique, still integral	1.2M
256.	Devdiscourse	Igniting Scientific Curiosity: AYUSH's "One Day as a Scientist" Initiative	1.2M



257.	Deccan Herald	Tensions abound for Health, Ayush ministry as staff shortage cripples quality of...	1.14M
258.	Deccan Herald	3.56 lakh claims worth Rs 643 cr rejected for frauds under Ayushman Bharat sche m...	1.14M
259.	Deccan Herald	GBS syndrome: Minister says 224 cases reported in Maharashtra	1.14M
260.	Deccan Herald	Counting steps: India"s long road to fitness	1.14M
261.	Krishi Jagran	CARI and Jadavpur University Ink MoU to Study Ayurvedic Formulation Vidangadi La...	1.1M
262.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: आयुष मंत्रालय के सचिव बोले, "आयुर्वेदिक उत्पादों का टर्नओवर...	926.1K
263.	Dainik Bhaskar	Nagpur news: हेल्थ हब नागपुर में सुविधाओं को तरसते सरकारी अस्पताल, कब होगा उद्घा...	926.1K
264.	The Week	Par panel recommends single independent drug controller for AYUSH	888.3K
265.	The Week	People living by river drains more prone to cancer ICMR cites study	888.3K
266.	The Week	3.56 lakh claims worth Rs 643 cr rejected for frauds under Ayushman Bharat sche m...	888.3K
267.	The Week	Govt will consider uniform norms registration process for study of Naturopathy H...	888.3K
268.	The Week	GBS syndrome Minister says 224 cases reported in Maharashtra	888.3K
269.	The Week	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	888.3K
270.	Etnownews	Indian Railways: India"s 1st Vande Bharat Sleeper train to get CCRS nod in Marc. ..	865.4K
271.	Vartha Bharathi	People living by river drains more prone to cancer: ICMR cites study	854.4K
272.	Down to Earth	Government highlights 2024 study linking polluted river drains to cancer cases i...	818.6K
273.	Down to Earth	As told to Parliament (March 11, 2025): Health ministry urges states to boost he...	818.6K
274.	Newstrack	Ayodhya News: तीन दिवसीय निःशुल्क चिकित्सा शिविर का आयोजन, "निरोग समाज निर्माण'...	809.7K
275.	Newstrack	Chandauli News: महाराज जी के नेतृत्व में चल रहा है रामराज का शासन, जानिए मंत्री न...	809.7K
276.	Newstrack	Jaunpur News: पूर्वांचल विश्वविद्यालय को सम्मान उत्तर प्रदेश के लिए गर्व की बात,...	809.7K
277.	The Pioneer	Parliamentary committee recommends consolidation of all Ayush drugs	776.4K
278.	The Shillong Times	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	720.2K
279.	Daily Excelsior	Training programme for farmers organized by Patanjali Research concludes	717.7K
280.	Daily Excelsior	People living by river drains more prone to cancer: ICMR cites study	717.7K
281.	MBM News Network	17 मार्च को होगा डिग्री कॉलेज चायल कोटी का वार्षिक समारोह	575.7K
282.	MBM News Network	गिरिपार की अजरोली पंचायत में लगाया गया निःशुल्क स्वास्थ्य शिविर	575.7K

283.	MBM News Network	आयुष विभाग लघु शल्य व पंचकर्मा से कर रहे लोगों का इलाज	575.7K
284.	MBM News Network	आयुष विभाग ने सूरजपुर ब्लॉक में शुरू किया 100 दिवसीय टीबी उन्मूलन जन भागीदारी अभ...	575.7K
285.	Divya Himachal	Himachal Budget: पेंशनरों और कर्मचारियों के लिए बड़ी खुशखबरी, बजट में बड़े ऐलान,...	553.6K
286.	Divya Himachal	प्राकृतिक प्रजातियों के पौधारोपण-संरक्षण पर जोर	553.6K
287.	Divya Himachal	बैंकों में सरकार का कितना पैसा, सामने आया आंकड़ा	553.6K
288.	Divya Himachal	गुवाड़ के शगला में 8७ मरीजों का इलाज	553.6K
289.	Divya Himachal	मैड़ी मेले में 850 पुलिस जवान, 125 महिला पुलिस कर्मी रहेंगे तैनात	553.6K
290.	Divya Himachal	HRTC News : अब डा. निपुण जिंदल देखेंगे एचआरटीसी, प्रदेश सरकार ने सौंपा अतिरिक्त ...	553.6K
291.	Punjabkesari	Shimla: सरकार ने किए मैडीकल ऑफिसर ट्रांसफर	530.7K
292.	Panchjanya	उत्तराखंड: मुख्यमंत्री पुष्कर सिंह धामी ने टनकपुर में माँ पूर्णागिरि मेला-2025 क...	515.8K
293.	ThePrint	आयुष-अनुमोदित दवाओं को एकीकृत अनुसंधान के लिए अतिरिक्त सुरक्षा परीक्षणों की जरूर...	483.1K
294.	ThePrint	छात्रों को आयुष अनुसंधान केंद्रों की प्रयोगशाला देखने के लिए ले जाया गया	483.1K
295.	ThePrint	विद्यार्थियों को आयुष अनुसंधान संस्थानों की प्रयोगशालाओं का कामकाज दिखाया गया	483.1K
296.	Khas Khabar	आयुष मंत्रालय के सचिव बोले, "आयुर्वेदिक उत्पादों का टर्नओवर एक दशक में 24 बिलिय...	466.4K
297.	Indian Bureaucracy	Fit and Healthy India Combating Obesity Through Collective Action	460.8K
298.	Social News XYZ	Cuba looking to expand engagement with India in Ayurveda, naturopathy: Science M...	415.2K
299.	Social News XYZ	Ayurveda"s turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	415.2K
300.	Social News XYZ	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	415.2K
301.	Social News XYZ	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	415.2K
302.	Social News XYZ	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25" i...	415.2K
303.	Social News XYZ	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	415.2K
304.	Social News XYZ	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	415.2K
305.	Social News XYZ	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	415.2K
306.	Live Vns	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक मिलेंगी स...	382.1K
307.	Live Vns	आयुष लैब ने "वैज्ञानिक के रूप में एक दिन" पहल के तहत खोले छात्रों के लिए दरवाज...	382.1K
308.	Guwahati Plus	High Cancer Risk For People Living Near River Drains: ICMR Study	372.4K
309.	Pragativadi	'One Day as a Scientist'" Program Inspires Future Innovators in Ayush Research	339.1K

310.	NagalandPost	AB-PMJAY: 3.56 lakh claims worth Rs 643 cr rejected for frauds	315.4K
311.	NagalandPost	Leverage science, innovation to build Viksit Bharat: PM Modi	315.4K
312.	News on AIR	Yoga Mahotsav 2025 inaugurated to mark 100-day countdown to International Yo ga D...	314.3K
313.	News on AIR	Haryana CM Distributes Appointment Letters to 1,090 Medical Officers	314.3K
314.	News on AIR	Health Minister JP Nadda chairs 9th Mission Steering Group Meeting of NHM	314.3K
315.	Investment Guru India	Ayurveda"s turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	312.6K
316.	The Morung Express	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	268.3K
317.	The Morung Express	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	268.3K
318.	The Morung Express	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	268.3K
319.	The Morung Express	Nagaland Governor outlines health, education and social sectors	268.3K
320.	UNI	J&K Assembly Speaker assures special discussion for 30 minutes on drug addic...	219.9K
321.	UNI	J&K Assembly Speaker assures special discussion for 30 minutes on drug addic...	219.9K
322.	Press Trust of India	Par panel recommends single independent drug controller for AYUSH	200.1K
323.	Press Trust of India	People living by river drains more prone to cancer: ICMR cites study	200.1K
324.	Press Trust of India	CCRH, Kolkata-based Adamas University ink MoU for research collaboration in ho mo...	200.1K
325.	Press Trust of India	3.56 lakh claims worth Rs 643 cr rejected for frauds under Ayushman Bharat sche m...	200.1K
326.	Press Trust of India	GBS syndrome: Minister says 224 cases reported in Maharashtra	200.1K
327.	Press Trust of India	Students taken on visit to Ayush research facilities to see its lab work	200.1K
328.	Samachar Nama	Sirohi में केंद्र की उदासीनता से बंद होने की कगार पर आयुर्वेदिक चिकित्सा केंद्र,...	195.8K
329.	Samachar Nama	जेकेके में शुरू हुआ राज्य स्तरीय आरोग्य मेला, वीडियो में देखें प्रमुख डॉक्टर्स औ...	195.8K
330.	Loksaakshya	आयुर्वेद विश्वविद्यालय में आयुर्वेद चिकित्सकों को दिया गया फारमेकोविजिलेंस का प्...	188.4K
331.	The Navhind Times	Conservation of medicinal plants underscored	185.6K
332.	Indiablooms	JP Nadda chairs Mission Steering Group meeting, emphasises grassroots healthc are...	176.9K
333.	Hindusthan Samachar	आयुष विभाग लघु शल्य व पंचकर्मा से कर रहा है लोगों का ईलाज	161.2K
334.	Sakshipost EN	Cuba looking to expand engagement with India in Ayurveda, naturopathy: Science M...	160.8K

335.	Sakshipost EN	Ayurveda"s turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	160.8K
336.	Sakshipost EN	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	160.8K
337.	Sakshipost EN	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	160.8K
338.	Sakshipost EN	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25" i...	160.8K
339.	Sakshipost EN	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	160.8K
340.	Sakshipost EN	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	160.8K
341.	Sakshipost EN	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	160.8K
342.	News Drum	Par panel recommends single independent drug controller for AYUSH	158.4K
343.	News Drum	People living by river drains more prone to cancer: ICMR cites study	158.4K
344.	News Drum	CCRH, Kolkata-based Adamas University ink MoU for research collaboration in ho mo...	158.4K
345.	News Drum	3.56 lakh claims worth Rs 643 cr rejected for frauds under Ayushman Bharat sche m...	158.4K
346.	News Drum	Govt will consider uniform norms, registration process for study of Naturopathy:...	158.4K
347.	News Drum	GBS syndrome: Minister says 224 cases reported in Maharashtra	158.4K
348.	News Drum	Ayush-approved medicines won"t require extra safety trials for integrative rese...	158.4K
349.	News Drum	Students taken on visit to Ayush research facilities to see its lab work	158.4K
350.	Kashmir Reader	IUST hosts seminar on conservation, cultivation, entrepreneurship dev in medicin. ..	152.7K
351.	Kashmir Reader	IUST hosts seminar on conservation, cultivation, entrepreneurship dev in medicin. ..	152.7K
352.	Ujjwalpradesh	Bhopal News: होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे...	139.8K
353.	Take One Digital Network	CCRH and Adamas University sign MoU to boost Homoeopathy Research	139.2K
354.	CXOtoday.com	ASCI to Host Landmark ICAS Global Summit in Mumbai	138.7K
355.	Ommcom News	Nominations Begin For PM Yoga Awards 2025, Winners To Get Trophy And Rs 2 5 Lakh ...	133.2K
356.	Hitavada News	Water woes: Scarcity takes serious turn in thousands of Buldhana villages	129.5K
357.	Hitavada News	Govt to consider uniform norms for Naturopathy	129.5K
358.	BizzBuzz	Govt Firm On Improving Cancer Care, Treatment Accessibility: Minister	125.6K
359.	BizzBuzz	CARI To Jointly Research On Ayurvedic Formulation To Manage Diabetes	125.6K



360.	5 Dariya News	Yoga Mahotsav 2025 Inaugurated in Delhi	120.5K
361.	5 Dariya News	Haryana gets 1,090 Medical Officers	120.5K
362.	5 Dariya News	Jagat Prakash Nadda Chairs 9th Mission Steering Group Meeting to Strengthen N HM	120.5K
363.	HT Syndication	Parliamentary committee recommends consolidation of all Ayush drugs	119.8K
364.	HT Syndication	CCRH and Adamas University sign MoU to boost Homoeopathy Research	119.8K
365.	HT Syndication	Haryana gets 1,090 medical officers; CM distributes appointment letters	119.8K
366.	HT Syndication	CM hands over job letters to 1k medical officers	119.8K
367.	HT Syndication	JP Nadda chairs Mission Steering Group meeting, emphasises grassroots healthc are...	119.8K
368.	HT Syndication	On PM's call, Ayush labs open doors: Young minds step into "One Day as Scienti ...	119.8K
369.	HT Syndication	Ayush Labs open doors; young minds step into world of Science under "One Day as...	119.8K
370.	First India	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	118.3K
371.	Ians	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	116.7K
372.	Ians	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	116.7K
373.	Ians	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	116.7K
374.	Ians	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	116.7K
375.	Ians	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	116.7K
376.	Dainik Tribune	औषधीय उत्पादों का मांग के अनुरूप उत्पादन नहीं : प्रो. सुरेश मल्होत्रा	110.2K
377.	Dainik Tribune	हरियाणा में बढ़ेगी औषधीय पौधों की खेती : प्रो. सुरेश मल्होत्रा	110.2K
378.	Bio Spectrum	CCRH and Adamas University sign MoU to advance homoeopathy research	108.7K
379.	Bio Spectrum	Longevity India Conference 2025 opens with unique insights into ageing science	108.7K
380.	Bio Spectrum	Longevity India Conference 2025 opens with unique insights into ageing science	108.7K
381.	Bio Spectrum	ICMR publishes addendum to ethical requirements for research in integrative med i...	108.7K
382.	United News Of India	सैनी ने 1090 चिकित्सा अधिकारियों को सौंपे नियुक्ति पत्र	99K
383.	Lokmattimes.com	Cuba looking to expand engagement with India in Ayurveda, naturopathy: Science M...	94.3K

384.	Lokmatetimes.com	Ayurveda"s turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretary	94.3K
385.	Lokmatetimes.com	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	94.3K
386.	Lokmatetimes.com	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	94.3K
387.	Lokmatetimes.com	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	94.3K
388.	Lokmatetimes.com	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25" i...	94.3K
389.	Lokmatetimes.com	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	94.3K
390.	Lokmatetimes.com	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	94.3K
391.	Lokmatetimes.com	National Conference On Ashwagandha: A Health Promoter in 2025	94.3K
392.	Lokmatetimes.com	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 lakh ...	94.3K
393.	Lokmatetimes.com	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	94.3K
394.	Swadesh News	आयुष मंत्रालय जल्द ही बदलेगा NCISM के चारों अध्यक्षों को, आयुर्वेद, यूनानी और अन्...	93.2K
395.	The News Mill	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	85.1K
396.	The News Mill	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	85.1K
397.	The News Mill	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	85.1K
398.	The News Mill	CCRH and Adamas University sign MoU to boost Homoeopathy Research	85.1K
399.	The News Mill	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurved...	85.1K
400.	The News Mill	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nat...	85.1K
401.	The News Mill	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity duri...	85.1K
402.	The News Mill	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scientists...	85.1K
403.	The News Mill	Ayush Labs open doors; young minds step into world of Science under "One Day as ...	85.1K
404.	New Kerala	Cuba India Ayurveda Ties Boost Science Collaboration	72K
405.	New Kerala	Ayurveda Booms to \$24 Bn Rajesh Kotecha Reveals Growth	72K
406.	New Kerala	MDNIY Launches 100-Day Yoga Mahotsav Countdown to Global Celebration	72K



407.	New Kerala	Prataprao Jadhav Reveals Yoga"s Power for Global Wellness	72K
408.	New Kerala	Jadhav Reveals Govt Cancer Care Expansion Nationwide	72K
409.	New Kerala	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under "75 by 25" ...	72K
410.	New Kerala	Ayush Ministry Explores Ayurveda Cure for Diabetes Treatment	72K
411.	New Kerala	CARI Kolkata SNPS Ayurveda Diabetes Research Breakthrough	72K
412.	New Kerala	PM Yoga Awards 2025 Open for Yoga Experts and Organizations	72K
413.	New Kerala	JP Nadda Highlights Medical Officer Capacity Building in NHM	72K
414.	New Kerala	JP Nadda Drives National Health Mission Strategy Meeting	72K
415.	New Kerala	Joginder Sharma Leads FIT India Sundays Cycling Movement	72K
416.	New Kerala	Modi"s Call Sparks Young Scientists" Ayush Lab Discovery	72K
417.	New Kerala	Modi"s Call Inspires Ayush Labs Science Day Student Visits	72K
418.	Awaz The Voice	Ayurveda"s turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	68.3K
419.	Awaz The Voice	Nominations open for PM Yoga Awards 2025; winners to get trophy, ₹ lakh	68.3K
420.	Punjab News Live	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	63.5K
421.	PSU Connect	CARI Kolkata, Jadavpur University sign MoU for Research on Ayurvedic formulati on...	62.7K
422.	The News Room	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	62.3K
423.	WebIndia123	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	61.9K
424.	WebIndia123	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	61.9K
425.	WebIndia123	CCRH and Adamas University sign MoU to boost Homoeopathy Research	61.9K
426.	WebIndia123	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	61.9K
427.	WebIndia123	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	61.9K
428.	WebIndia123	National Conference On Ashwagandha: A Health Promoter in 2025	61.9K
429.	WebIndia123	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	61.9K
430.	WebIndia123	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	61.9K



431.	WebIndia123	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti ...	61.9K
432.	WebIndia123	Ayush Labs open doors; young minds step into world of Science under "One Day as...	61.9K
433.	Technologyforyou.org	Rashtriya Ayurveda Vidyapeeth Organizes 28th Convocation & Shishyopanayaniy a...	60.2K
434.	Technologyforyou.org	Preserving Heritage, Advancing Healthcare: CCRAS Workshop Train Scholars to Unlo...	60.2K
435.	Technologyforyou.org	Ayush for Healthy Ageing: Global Experts Discuss Evidence-Based Longevity Stra te...	60.2K
436.	Etemaad English	People living near river drains at high risk of cancer: Medical panel ICMR	57.4K
437.	Etemaad English	Yoga Mahotsav 2025 inaugurated to mark 100-day countdown to International Yo ga D...	57.4K
438.	Edristi	20 फ़रवरी, 2025 को आयुष मंत्रालय, भारत सरकार ने तीन चिकित्सकों को प्रतिष्ठित राप्...	56.4K
439.	Edristi	'देश का प्रकृति परीक्षण अभियान" का पहला चरण	56.4K
440.	Bhaskar Live	Cuba looking to expand engagement with India in Ayurveda, naturopathy: Science M...	46.5K
441.	Bhaskar Live	Ayurveda"s turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	46.5K
442.	Bhaskar Live	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	46.5K
443.	Bhaskar Live	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	46.5K
444.	Bhaskar Live	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25' in...	46.5K
445.	Bhaskar Live	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	46.5K
446.	Bhaskar Live	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	46.5K
447.	Weekly Voice	Cuba looking to expand engagement with India in Ayurveda, naturopathy: Science M...	43.8K
448.	Weekly Voice	Ayurveda"s turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	43.8K
449.	Weekly Voice	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	43.8K
450.	Weekly Voice	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	43.8K
451.	Weekly Voice	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25" i...	43.8K
452.	Weekly Voice	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	43.8K



453.	Weekly Voice	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	43.8K
454.	Weekly Voice	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	43.8K
455.	The Rahnuma Daily	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	40.1K
456.	Digital Learning	Hello Kids Preschool Celebrates 1,000th Center Milestone in India	39.3K
457.	Digital Learning	'One Day as a Scientist': Ministry of AYUSH Initiative for students on PM's call	39.3K
458.	Visionnewsservice	जिला कारागार में आयुष चिकित्सा-योग शिविर का 1036 बंदियों को मिला लाभ संचालनालय आ...	36.8K
459.	Visionnewsservice	आयुष विभाग ने जिला कार्यालय परिसर में लगाया निःशुल्क स्वास्थ्य शिविर कलेक्टर अवन...	36.8K
460.	UP18 news	National Conference On Ashwagandha: A Health Promoter in 2025	35.1K
461.	Mirroruttarakhand	मुख्यमंत्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का ...	34.1K
462.	Ians Live	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	32.1K
463.	Samay Live	आयुष मंत्रालय के सचिव बोले, "आयुर्वेदिक उत्पादों का टर्नओवर एक दशक में 24 बिलिय...	30.8K
464.	The Indian Awaaz	Haryana CM Distributes Appointment Letters to 1,090 Medical Officers	25.2K
465.	Indian Economic Observer	VHP, Bajrang Dal intensifies demand to remove Aurangzeb's tomb from Maharas htra	16.1K
466.	Indian Economic Observer	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	16.1K
467.	Indian Economic Observer	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	16.1K
468.	Indian Economic Observer	CCRH and Adamas University sign MoU to boost Homoeopathy Research	16.1K
469.	Indian Economic Observer	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	16.1K
470.	Indian Economic Observer	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	16.1K
471.	Indian Economic Observer	National Conference On Ashwagandha: A Health Promoter in 2025	16.1K
472.	Indian Economic Observer	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	16.1K
473.	Indian Economic Observer	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	16.1K
474.	Indian Economic Observer	On PM's call, Ayush labs open doors: Young minds step into "One Day as Scienti ...	16.1K
475.	Indian Economic Observer	Ayush Labs open doors; young minds step into world of Science under "One Day as...	16.1K
476.	Mahanagar Times	राज्य स्तरीय आरोग्य मेले "आरोग्यम्-2025" में उमड़ा जनसैलाब	12.8K

477.	Dainikdehat	हिमाचल बजट: 25,000 पद भरे जाएंगे, कर्मचारियों-पेंशनरों को तोहफा	12K
478.	Insamachar	केंद्रीय होम्योपैथी अनुसंधान परिषद और एडमास विश्वविद्यालय ने होम्योपैथी अनुसंधान...	12K
479.	Ajmernama	आयोग सदस्य डॉ संगीता आर्य की अध्यक्षता में हुआ विभिन्न विभागों की डीपीसी बैठक का...	11.6K
480.	Tennews.in	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	9.1K
481.	Tennews.in	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25" i...	9.1K
482.	Tennews.in	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	9.1K
483.	Tennews.in	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	9.1K
484.	Tennews.in	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	9.1K
485.	Uttaranchaltoday.com	चम्पावत: सीएम धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभार...	6.2K
486.	ET Government	CCRAS conducts workshop in Bhubaneswar to train scholars to unlock Ayurvedic man...	5K
487.	ET Government	CCRH signs MoU with Adamas University Kolkata to advance homoeopathy rese arch	5K
488.	ET Government	National workshop held on Capacity Building in Indian Knowledge Systems: Docu men...	5K
489.	Hari Nayak	राज्यपाल अभिभाषण में यूसीसी समेत 43 विभागीय योजनाओं का उल्लेख, विपक्ष का सत्रावधि...	3.3K
490.	Hi INDiA	Cuba looking to expand engagement with India in Ayurveda, naturopathy: Science M...	2.4K
491.	Hi INDiA	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	2.4K
492.	Hi INDiA	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	2.4K
493.	Hi INDiA	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	2.4K
494.	Hi INDiA	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25" i...	2.4K
495.	Hi INDiA	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	2.4K
496.	Hi INDiA	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	2.4K
497.	Hi INDiA	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	2.4K
498.	TopologyPro One	हरियाणा: शिक्षा विभाग की नौकरी छोड़ी, सियासत में कूदी और अब बन गई मेयर	1.1K
499.	Daily Prabhat	VHP, Bajrang Dal intensifies demand to remove Aurangzeb's tomb from Maharas htra	280
500.	Daily Prabhat	Uttarakhand CM Pushkar Dhama inaugurates Maa Purnagiri Mela	280



501.	Daily Prabhat	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	280
502.	Daily Prabhat	CCRH and Adamas University sign MoU to boost Homoeopathy Research	280
503.	Daily Prabhat	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	280
504.	Daily Prabhat	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	280
505.	Daily Prabhat	National Conference On Ashwagandha: A Health Promoter in 2025	280
506.	Daily Prabhat	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	280
507.	Daily Prabhat	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	280
508.	Daily Prabhat	On PM's call, Ayush labs open doors: Young minds step into 'One Day as Scienti S...	280
509.	Daily Prabhat	Ayush Labs open doors; young minds step into world of Science under 'One Day as ...	280
510.	Forever News	Grievance Redressal in India Hits New Milestone with Over 1 Million Cases Resol V...	N/A
511.	Namma Kudla English	Market Kicks Off Week on a High; Sensex Breaks 5-Day Losing Streak	N/A
512.	Namma Kudla English	Himachal CM Unveils Rs 58,514 Crore Tax-Free Budget	N/A
513.	Namma Kudla English	BJP in Himachal Criticizes Congress for Lack of Budget Direction and Empty Pro mi...	N/A
514.	Namma Kudla English	Murmu Encourages Naval Officers to Stay Informed on Global Technological Adv ance...	N/A
515.	Namma Kudla English	Modi and Luxon Co-Launch the Raisina Dialogue	N/A
516.	Namma Kudla English	Language Should Promote Unity, Emphasizes Andhra CM Naidu	N/A
517.	Rk Tv News	आयुर्वेद को और मजबूत बनाने के लिए प्रौद्योगिकी और अनुसंधान को एकीकृत करें: प्रता...	N/A
518.	India's News	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra	N/A
519.	Mumbai News	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra	N/A
520.	India Gazette	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra	N/A
521.	Vikral	राष्ट्रीय आयुर्वेद विद्यापीठ ने 28वें दीक्षांत समारोह और शिष्योपनयनीय संस्कार का...	N/A
522.	New Delhi News	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra	N/A

523.	Andhra Pradesh Mirror	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
524.	Chhattisgarh Today	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
525.	Bihar 24x7	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
526.	Rajasthan Ki Khabar	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
527.	Kashmir Breaking News	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
528.	Punjab Live	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
529.	Gujarat Samachar	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
530.	Garhwal Post	Champawat tipped as spiritual tourist destination	N/A
531.	Delhi live news	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
532.	Odisha Post	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
533.	Kashmir Newslite	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
534.	Bihar Times	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
535.	Vanakkam Tamil Nadu	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
536.	Haryana Today	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
537.	South India News	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
538.	Himachal Patrika	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
539.	Newspoint	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
540.	Maharashtra Samachar	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
541.	Telangana Journal	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A
542.	Gujarat Varta	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra	N/A

543.	Karnataka Live	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra	N/A
544.	West Bengal Khabar	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra	N/A
545.	North East Times	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra	N/A
546.	Jharkhandtimes	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra	N/A
547.	Indian News Network	VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra	N/A
548.	Digi Newz India	इस गर्मी नहीं होगी टेंशन, यह छोटा चमत्कारी पत्ता दूर करेगा सारी स्किन प्रॉब्लम	N/A
549.	Sakshi Post	Cuba looking to expand engagement with India in Ayurveda, naturopathy: Science M...	N/A
550.	Newspoint	Cuba looking to expand engagement with India in Ayurveda, naturopathy: Science M...	N/A
551.	India Online Mart	Cuba looking to expand engagement with India in Ayurveda, naturopathy: Science M...	N/A
552.	Tender Detail	Bids Are Invited For Annual Maintenance Service - Photocopier Machine - Photoc op...	N/A
553.	Tender Detail	Supplying Tractor Trolley, Jcb, Chota Hathi, Roller Machinery With Labour Of Ccr. ..	N/A
554.	Thefreedompress	Cuba looking to expand engagement with India in Ayurveda, naturopathy: Science M...	N/A
555.	Nation Press	Cuba Enhances Ties with India in Ayurveda : Cuba Aims to Enhance Collaboratio n w...	N/A
556.	Poorvanchalmedia	इस पेड़ की छाल के इस्तेमाल से चेहरे की रंगत भी हो जाती है गुलाबी	N/A
557.	Poorvanchalmedia	इस 'सब्जी' का रस लगाने से बाल काले और घुंघराले होने के साथ ही होंगे मजबूत	N/A
558.	कुल्लू टुडे	बाल अधिकारों व संरक्षण अधिनियम, योजनाओं पर जागरूकता शिविर आयोजित Mar 17, 2025	N/A
559.	Sandrp	DRP NB 170325: Can we work for more Kham Rivers and Less Sabarmati Rivers ?	N/A
560.	Uttam Pradesh	Business : आयुर्वेदिक उत्पादों का टर्नओवर एक दशक में 24 बिलियन डॉलर तक बढ़ा	N/A
561.	Rajpath Mathura	आयुर्वेदिक उत्पादों का टर्नओवर एक दशक में 24 बिलियन डॉलर तक बढ़ा	N/A
562.	Airr News	Take pride in being called "vaid": Min Ahmedabad News – The Times of India	N/A
563.	Expressnews	मुख्यमंत्री श्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेल...	N/A
564.	Observer Voice	February Grievance Report Highlights Government Efficiency	N/A

565.	Rk Tv News	प्रशासनिक सुधार और लोक शिकायत विभाग (डीएआरपीजी) ने फरवरी 2025 महीने के लिए केंद्र...	N/A
566.	Indian Public mail	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
567.	The Bharat Now	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
568.	Sattasudhar	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
569.	Khulasa	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
570.	News on Track	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
571.	Mplive24	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
572.	Khabaraajtak24x7	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
573.	Samay Jagat	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
574.	Voice Of Rights Hindi News Portal	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
575.	Sameera	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
576.	Satyaexpress	नीम के ताजे पत्तों का सेवन: चैत्र मास में शरीर के लिए अद्भुत लाभ	N/A
577.	Sarkari Doctor	Ayushman Scam: Show Cause Notices Issued to 10 Hospitals	N/A
578.	The Indian Practitioner	Cancer Risk Soars Near River Drains: ICMR Study Highlights	N/A
579.	Poorvanchalmedia	इस गर्मी स्किन प्रॉब्लम को खुद से दूर रखने के लिए जरूर अपनाएं ये आसान तरीके	N/A
580.	Poorvanchalmedia	Neem Ke Fayde: चैत्र के महीने में रोगों से दूर रहने के लिए इस नियम के अनुसार जरू...	N/A
581.	Ingredientssouthasia	Parliamentary Panel recommends single independent drug controller & uniform ...	N/A
582.	Vishvatimes	आयुष मंत्रालय के सचिव बोले, "आयुर्वेदिक उत्पादों का टर्नओवर एक दशक में 24 बिलिय...	N/A
583.	Sonebhadra Live	Neem Ke Fayde: 1,2 या 3 नहीं...! चैत्र माह में करें 4 नीम के पत्तों का सेवन, शरीर ...	N/A
584.	Sonebhadra Live	घमौरियां, फोड़े-फुंसी... इस गर्मी नहीं होगी कोई टेंशन, यह छोटा चमत्कारी पत्ता दूर ...	N/A
585.	Digi Newz India	फरवरी से अप्रैल तक मिलने वाला ये फूल, महिला-पुरुष के इस गंभीर रोग का काल, जड़ से ...	N/A
586.	Khair News	आयुष मंत्रालय के सचिव बोले, 'आयुर्वेदिक उत्पादों का टर्नओवर एक दशक में 24 बिलियन...	N/A
587.	Deshbandhu	आयुष मंत्रालय के सचिव बोले, 'आयुर्वेदिक उत्पादों का टर्नओवर एक दशक में 24 बिलियन...	N/A
588.	Indias News	आयुष मंत्रालय के सचिव बोले, 'आयुर्वेदिक उत्पादों का टर्नओवर एक दशक में 24 बिलियन...	N/A
589.	Hind Ekta Times	आयुष मंत्रालय के सचिव बोले, "आयुर्वेदिक उत्पादों का टर्नओवर एक दशक में 24 बिलिय...	N/A
590.	Jan Jagran Darpan	आयुष मंत्रालय के सचिव बोले, "आयुर्वेदिक उत्पादों का टर्नओवर एक दशक में 24 बिलिय...	N/A
591.	Hamara Mahanagar	Eating curd: क्या आप जानते हैं दही को खाने का भी सही समय होता है! अगर नहीं जानते...	N/A
592.	Sonebhadra Live	फरवरी से अप्रैल तक मिलने वाला ये फूल, महिला-पुरुष के इस गंभीर रोग का काल, जड़ से ...	N/A



593.	Education Times	Ministry of Ayush formulating framework to launch AI electives in traditional me...	N/A
594.	Pharmabiz.com	Parliamentary Panel recommends single independent drug controller & uniform ...	N/A
595.	Health Economietimes	Par panel recommends single independent drug controller for AYUSH	N/A
596.	OB News	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	N/A
597.	The Mobi World	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	N/A
598.	Times Report	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	N/A
599.	Today India News	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	N/A
600.	Pune News	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	N/A
601.	Sakshi Post	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	N/A
602.	Newspoint	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	N/A
603.	Awaaz Hindi	आयुष मंत्रालय के सचिव ने कहा, आयुर्वेद का कारोबार एक दशक में 24 अरब डॉलर तक बढ़ा	N/A
604.	Thip Media	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	N/A
605.	India Online Mart	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	N/A
606.	Daily World	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y...	N/A
607.	Thefreedompress	Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretar y	N/A
608.	Nation Press	Ayurveda Turnover Hits \$24 Billion : AYUSH Ministry Secretary Reports Ayurveda R...	N/A
609.	Asia Insurance Post	Parl panel recommends single independent drug controller for AYUSH	N/A
610.	N19 News	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
611.	Millenium Post	For AYUSH, Parl panel recommends single independent drug controller	N/A
612.	Doon Headlines	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
613.	News Prism	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
614.	News	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
615.	Times Of Taj	मात्र पेड़ काटने से रोकना पर्यावरण का हल नहीं हो सकता	N/A

616.	The Mobi World	Parl panel recommends single independent drug controller for AYUSH	N/A
617.	Sabkasandesh	Vishnu ka Sushasan: 'उन्नत ग्राम अभियान' से संवर रहा हमारा गांव, साय सरकार की य...	N/A
618.	Newspoint	Parl panel recommends single independent drug controller for AYUSH	N/A
619.	Kashmir Vision	Par panel recommends single independent drug controller for AYUSH	N/A
620.	BharatKi Baat	Par panel suggests appointing a single independent drug controller for AYUSH re g...	N/A
621.	Uttar Bharat Live	मुख्यमंत्री धामी ने सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
622.	Garhprabhat	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
623.	Pahaad News	मुख्यमंत्री धामी ने सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
624.	Aakash Gyan Vatika	मुख्यमंत्री धामी ने सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
625.	Medical Dialogues	India's "75/25" Initiative Targets 75 Million Hypertension and Diabetes Patient...	N/A
626.	The Bharat Now	जनपद चंपावत संस्कृति, आस्था और प्राकृतिक सौंदर्य का है संगम	N/A
627.	Najariya News	मुख्यमंत्री धामी ने सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
628.	Sankhnaad	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
629.	Vichar News	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
630.	Doonited India	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
631.	Hindi News Media	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
632.	मीडिया जगत	Uttarakhand: CM धामी ने किया पूर्णागिरि मेला का शुभारंभ, पर्यटन को बढ़ावा देने क...	N/A
633.	Samachar Footprint	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
634.	Breaking News	ऐतिहासिक मां पूर्णागिरि मेले का मुख्यमंत्री धामी ने किया विधिवत शुभारंभ	N/A
635.	Naya Bharat	पूर्णागिरि मेला 2025: मुख्यमंत्री पुष्कर सिंह धामी ने सुप्रसिद्ध मां पूर्णागिरि ...	N/A
636.	Yashuttarakhand News	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
637.	Jantantratimes	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
638.	Calcutta News	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
639.	Uttarakhand Today	नीतियों और निर्णयों के माध्यम से पर्यटन व रोजगार को बढ़ाने हेतु किए जा रहे ठोस का...	N/A
640.	Faithnews	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
641.	Akash news	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
642.	Mass Media	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
643.	Skgsnews	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A

644.	Sandhyakal	आयु की प्रत्येक अवस्था में बेहतर जीवन जीने का प्रमाणिक मार्ग है आयुर्वेद : मुख्य...	N/A
645.	News	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
646.	Anjwaal	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
647.	Rajyasameeksha	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
648.	Uttarasamachar	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
649.	Himpost	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
650.	Bharatjan	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
651.	World News Network	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela – World News N etwork	N/A
652.	News Grid	मुख्यमंत्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का ...	N/A
653.	पर्वतांचल	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
654.	Swarajtv	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
655.	Khabar Bharat Today	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
656.	Dainik Aamogh	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
657.	Bharat First News	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ...	N/A
658.	India Gazette	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
659.	Saksham Uttarakhand	मुख्यमंत्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का ...	N/A
660.	Kolkata Sun	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
661.	New Delhi News	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
662.	Mero Uttarakhand	मुख्यमंत्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का ...	N/A
663.	Hindustan Global Times	मुख्यमंत्री श्री पुष्कर सिंह धामी ने शनिवार को ढूलीगाड़, टनकपुर (चम्पावत) में आय...	N/A
664.	India's News	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
665.	Dainik Jayant	मुख्यमंत्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का ...	N/A
666.	कुमाऊँ वाणी (Kumaun Vani)	सीएम धामी ने किया उत्तर भारत के प्रसिद्ध मां पूर्णागिरि मेले का शुभारंभ	N/A
667.	Mumbai News	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
668.	उत्तराखण्ड न्यूज़ (UttaraKhand News)	मां पूर्णागिरि मेले का सीएम धामी ने किया शुभारंभ , कई बड़ी घोषणाएं भी की	N/A
669.	Hillvani	मुख्यमंत्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का ...	N/A
670.	Uttarakhand Today News	मुख्यमंत्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का ...	N/A
671.	Khabray	मेले को वर्ष भर चलाने के लिए संकल्पित है राज्य सरकार: मुख्यमंत्री	N/A

672.	न्यूज़ पोर्टल	मेले को वर्ष भर चलाने के लिए संकल्पित है राज्य सरकार: मुख्यमंत्री	N/A
673.	Dhriti News	मेले को वर्ष भर चलाने के लिए संकल्पित है राज्य सरकार: मुख्यमंत्री	N/A
674.	Delhi live news	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
675.	Kashmir Newslane	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
676.	Jharkhandtimes	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
677.	Uttarakhand City News	(बड़ी खबर)मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का कि...	N/A
678.	Arihant Samachar	मुख्यमंत्री पुष्कर सिंह धामी ने सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
679.	Uttarakhand Times Live	मुख्यमंत्री पुष्कर सिंह धामी ने किया मां पूर्णागिरि मेले का भव्य शुभारंभ, उमड़ा ...	N/A
680.	Andhra Pradesh Mirror	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
681.	A Bit Far	मुख्यमंत्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का ...	N/A
682.	OB News	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
683.	The Mobi World	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
684.	Karnataka Live	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
685.	Bihar 24x7	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
686.	Odisha Post	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
687.	West Bengal Khabar	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
688.	Haryana Today	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
689.	Newspoint	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
690.	Bihar Times	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
691.	Chhattisgarh Today	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
692.	New Delhi Times	Pratap Rao Jadhav inaugurates the Yoga Mahotsav-2025	N/A
693.	Punjab Live	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
694.	The Uttarakhandtribune	मेले को वर्ष भर चलाने के लिए संकल्पित है राज्य सरकार : मुख्यमंत्री	N/A
695.	Rajkaj Express	मेले को वर्ष भर चलाने के लिए संकल्पित है राज्य सरकार : मुख्यमंत्री	N/A
696.	South India News	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
697.	Fusion World	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
698.	Kashmir Breaking News	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
699.	Vanakkam Tamil Nadu	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
700.	Gujarat Varta	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A

701.	Telangana Journal	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
702.	Rajasthan Ki Khabar	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
703.	Gujarat Samachar	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
704.	Himachal Patrika	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
705.	The Hillpost	मुख्यमंत्री धामी ने सुप्रसिद्ध मां पूर्णागिरि मेले का शुभारंभ किया	N/A
706.	North East Times	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
707.	Maharashtra Samachar	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
708.	नेशनल फ्रंटियर	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
709.	Indian News Network	Uttarakhand CM Pushkar Dhami inaugurates Maa Purnagiri Mela	N/A
710.	Uttarakhand Print Media	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
711.	Uttarakhand Politics	मुख्यमंत्री श्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेल...	N/A
712.	Harbinger Today	मुख्यमंत्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का ...	N/A
713.	Dev Bhoomi Media	बड़ी खबर : सीएम धामी ने किया माँ पूर्णागिरि मेले – 2025 का शुभारंभ	N/A
714.	Corbett Halchal	Uttarakhand-उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का सीएम धामी ने किया शुभ...	N/A
715.	Daily Uttarakhand	मुख्यमंत्री धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
716.	Dehradun express	मुख्यमंत्री श्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेल...	N/A
717.	The Media Setu	सीएम ने सुप्रसिद्ध मां पूर्णागिरि मेले का किया शुभारंभ	N/A
718.	Khabar Pahad	चंपावत : CM पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेले का ...	N/A
719.	Uttarakhandlive24	उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेला 2025 का मुख्यमंत्री पुष्कर सिंह धाम...	N/A
720.	Uttarakhand kesari	मुख्यमंत्री श्री पुष्कर सिंह धामी ने उत्तर भारत के सुप्रसिद्ध मां पूर्णागिरि मेल...	N/A
721.	Day night khabar	उत्तर भारत के सुप्रसिद्ध ऐतिहासिक मां पूर्णागिरि मेले 2025 का मुख्यमंत्री ने किय...	N/A
722.	Rk Tv News	मध्यप्रदेश:औषधीय फसलों में नवाचार कर विशिष्ट पहचान बनाई कमलाशंकर ने।	N/A
723.	Bharat Mahan	Workshop Trains Scholars to Unlock Ayurvedic Manuscripts	N/A
724.	Ratnagiri Live	कायाकल्प प्रकल्पान्तर्गत राज्यस्तरीय मूल्यांकन पथकाची ग्रामीण रुग्णालयाला भेट	N/A
725.	Digi Newz India	गर्मी में भी गुलाबी दिखेंगे! सड़क किनारे उगने वाले इस पेड़ में सुंदरता का राज, कील...	N/A
726.	Health Economicstimes	Govt will consider uniform norms, registration process for study of Naturopathy:...	N/A
727.	Digi Newz India	होली की मिठाइयां खाकर भारीपन महसूस हो रहा? इस घरेलू उपाय से मिलेगा झटपट आराम!	N/A
728.	Pharmacognosy Research	Modification and Physicochemical Evaluation of Naque Nazla a Unani Infusion Pr ep...	N/A



729.	Cliq India	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
730.	Uk Live Uttrakhand	गढ़वाल सांसद बलूनी के निवास पर होली के रंग	N/A
731.	Indianelectionsnews	Mr Pratap Rao Jadhav inaugurates the Yoga Mahotsav-2025, a Grand Prelude to Inte...	N/A
732.	Sonebhadra Live	होली की मिठाइयां खाकर भारीपन महसूस हो रहा? अपनाएं ये देसी उपाय, मिलेगा झटपट आराम...	N/A
733.	Maverick News3	Pratap Rao Jadhav inaugurates the Yoga Mahotsav-2025, a Grand Prelude to Int erna...	N/A
734.	Digi Newz India	दही खाने का सही समय क्या है? ये 3 बातें जानकर बचा सकते हैं अपनी सेहत! जानें...	N/A
735.	Shabd Sangram	प्रताप राव जाधव ने अंतर्राष्ट्रीय योग दिवस 2025 के पूर्व कार्यक्रम योग महोत्सव-2...	N/A
736.	Sonebhadra Live	दही खाने का सही समय क्या है? ये 3 बातें जानकर बचा सकते हैं अपनी सेहत! जानें एक्स...	N/A
737.	Pune Now	People Living Near River Drains at High Risk of Cancer: ICMR Study	N/A
738.	Observer Voice	India Launches Ayurvedic Manuscript Workshop	N/A
739.	Kashmir Convener	Ayush Labs Online Editor On Mar 14, 2025	N/A
740.	Rk Tv News	प्रताप राव जाधव ने अंतर्राष्ट्रीय योग दिवस 2025 के पूर्व कार्यक्रम योग महोत्सव-2...	N/A
741.	Newsr	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
742.	Bharatiya	हमीरपुर के बालक नाथ मंदिर में चैत्र-मास मेलों का आगाज: सुरक्षा से लेकर स्वास्थ्य ...	N/A
743.	Calcutta News	MDNIY embarks on 100-day countdown to International Day of Yoga	N/A
744.	New Delhi News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
745.	The Kashmir Horizon	Ayush Deptt organises medical checkup cum awareness Prog at IRP Camp Parnote	N/A
746.	India Gazette	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
747.	Indianapolis Post	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
748.	India's News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
749.	Kolkata Sun	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
750.	Mumbai News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
751.	Rising Kashmir	Key projects approved in assembly to boost healthcare, edu in Pampore: MLA Ma soo...	N/A



752.	The Asia News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
753.	OB News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
754.	The Mobi World	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
755.	Kashmir Newsline	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
756.	Odisha Post	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
757.	Punjab Live	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
758.	Karnataka Live	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
759.	Himachal Patrika	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
760.	Bihar Times	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
761.	Andhra Pradesh Mirror	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
762.	Chhattisgarh Today	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
763.	Kashmir Breaking News	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
764.	Kashmir Breaking News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
765.	Delhi live news	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
766.	West Bengal Khabar	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
767.	Kashmir Newsline	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
768.	Jharkhandtimes	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
769.	Chhattisgarh Today	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
770.	Haryana Today	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
771.	Karnataka Live	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
772.	Rajasthan Ki Khabar	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A

773.	Gujarat Varta	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
774.	Maharashtra Samachar	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
775.	Vanakkam Tamil Nadu	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
776.	North East Times	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
777.	Bihar 24x7	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
778.	Bihar Times	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
779.	South India News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
780.	Gujarat Samachar	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
781.	Punjab Live	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
782.	Telangana Journal	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
783.	Indian News Network	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
784.	Jammu Links News	Ayush Department organises medical checkup cum awareness programme at IRP Camp P...	N/A
785.	Chhattisgarh Vishesh	श्री प्रताप राव जाधव ने आज नई दिल्ली में अंतर्राष्ट्रीय योग दिवस	N/A
786.	Fusion World	Yoga Mahotsav-2025: Grand Prelude to IDY Organised in New DelhiMinistry of Ayush...	N/A
787.	The Mobi World	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
788.	OB News	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
789.	Tender Detail	Bids Are Invited For Financial Audit Services - As Per Atc Attached; Ca Firm Tot...	N/A
790.	Chhattisgarh Vishesh	Shri Pratap Rao Jadhav inaugurates the Yoga Mahotsav-2025	N/A
791.	Guidely	Daily Current Affairs Quiz - 13th March 2025	N/A
792.	India Pharma Outlook	CCRH and Adamas University Partner to Enhance Homoeopathy Research	N/A
793.	Awaaz Hindi	मानसिक और शारीरिक स्वास्थ्य बनाए रखने के लिए योग शक्तिशाली तरीका है: प्रतापराव ज...	N/A
794.	Today India News	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A



795.	Sakshi Post	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
796.	Daily World	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav -...	N/A
797.	Thip Media	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
798.	Yes Punjab	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
799.	The Hans India	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
800.	Nation Press	Yoga as a Tool for Health : Yoga: A Potent Tool for Enhancing Mental and Physic a...	N/A
801.	India Online Mart	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
802.	Bharat Mahan	Ayush for Healthy Ageing	N/A
803.	Tripurastar News	Ministry Of Ayush Unveils Ambitious Global Initiatives To Make Yoga More Inclusi. ..	N/A
804.	Business Remedies	Patanjali Research अनुसंधान में "औषधीय पौधों की खेती में कृषि-उद्यमिता के विकास ...	N/A
805.	Maverick News3	Update on National Ambulance Services (NAS) Scheme	N/A
806.	Guidely	Guidely Books 2025	N/A
807.	Medical Dialogues	Government Treats Over 42 Million Hypertension, 25 Million Diabetes Patients Un d...	N/A
808.	News Wala	Sirohi में केंद्र की उदासीनता से बंद होने की कगार पर आयुर्वेदिक चिकित्सा केंद्र,...	N/A
809.	AnyTV News	Ayurvedic Medical Center, Rajya Sabha MP accused on the verge of closure of th e ...	N/A
810.	Up-breakingnews	केंद्रीय होम्योपैथी अनुसंधान परिषद और एडमास विश्वविद्यालय ने होम्योपैथी अनुसंधान...	N/A
811.	Newsr	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	N/A
812.	Asian News Service	जिला कारागार महासमुंद में आयुष चिकित्सा एवं योग शिविर का आयोजन	N/A
813.	Rajkaj Express	पीएम मोदी के विजन को साकार करेगा उत्तराखण्ड	N/A
814.	Times Of Taj	एसर ने अपने 250वें स्टोर का शुभारंभ किया	N/A
815.	Indian Pharma Post	CCRH and Adamas University sign MoU to advance homoeopathy research	N/A
816.	Madrastribune.com	ICMR cites study, ET HealthWorld	N/A
817.	Live Chronicle (India)	CCRH & Adamas University Partner for Homoeopathy Research	N/A
818.	Daksh Darpan 24	जिला आयुर्वेदिक दवा निर्माता संघ की बैठक संपन्न।	N/A
819.	Airr News	People living by river drains more prone to cancer: ICMR cites study – ET Health.. .	N/A

820.	Health Economi	People living by river drains more prone to cancer: ICMR cites study	N/A
821.	Justdial.com	Centre rejects 3.56 lakh fraudulent claims under Ayushman Bharat Scheme; chec k d...	N/A
822.	Vishva Times	Government treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by ...	N/A
823.	UjjawalPrabhat	सिरोही: केंद्र की उदासीनता से बंद होने की कगार पर आयुर्वेदिक चिकित्सा केंद्र	N/A
824.	Kadwaghut	CG : जिला कारागार में आयुष चिकित्सा-योग शिविर का 1036 बंदियों को मिला लाभ...	N/A
825.	Yes Punjab	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	N/A
826.	Outlook Money	Ayushman Bharat Scheme: 3.56 Lakh Claims Worth Rs 643 Cr Rejected, 1,114 H ospita...	N/A
827.	Indore Samachar	डॉ. ए.के. द्विवेदी की पुस्तक अलौकिक मध्यप्रदेश सीएम ने किया लोकार्पण	N/A
828.	OB News	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under "75 by 25" ...	N/A
829.	The Mobi World	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under "75 by 25" ...	N/A
830.	Fusion World	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25" i...	N/A
831.	Blitz India Media	Govt committed to improving cancer care, treatment accessibility: Jadhav	N/A
832.	Ilouge Media	Central Council for Research in Homoeopathy, Adamas University Sign MoU for A dva...	N/A
833.	Business Highs	CCRH & Adamas University Partner for Homoeopathy Research	N/A
834.	The News Watch	CCRH & Adamas University Partner for Homoeopathy Research	N/A
835.	Suryaa	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	N/A
836.	Newsr	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
837.	Sakshi Post	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	N/A
838.	Prabhu Kvn	People living near river drains are at elevated risk of developing cancer: ICMR	N/A
839.	The Good News	CCRH & Adamas University Partner for Homoeopathy Research	N/A
840.	Pune News	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	N/A
841.	Living Planet Report	CCRH & Adamas University Partner for Homoeopathy Research	N/A
842.	News Chronicle	CCRH & Adamas University Partner for Homoeopathy Research	N/A
843.	Newsday Express	CCRH & Adamas University Partner for Homoeopathy Research	N/A
844.	News This Day	CCRH & Adamas University Partner for Homoeopathy Research	N/A



845.	Today India News	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	N/A
846.	NewsItDay	CCRH & Adamas University Partner for Homoeopathy Research	N/A
847.	News Deck	CCRH & Adamas University Partner for Homoeopathy Research	N/A
848.	Business Time	CCRH & Adamas University Partner for Homoeopathy Research	N/A
849.	Go Earth	CCRH & Adamas University Partner for Homoeopathy Research	N/A
850.	India Online Mart	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	N/A
851.	Thefreedompress	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	N/A
852.	Nation Press	Govt's Commitment to Cancer Care : Government's Commitment to Advancing C ancer...	N/A
853.	Thip Media	Govt committed to improving cancer care, treatment accessibility: Prataprao Jadh. ..	N/A
854.	Thip Media	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25' i...	N/A
855.	Today India News	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25' i...	N/A
856.	Yes Punjab	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25' i...	N/A
857.	MintMoney	Resonance Racing from AISSMS COE Shines at All India Edgeline Championship 2025	N/A
858.	Daily World	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under "'75 by 25"...	N/A
859.	Newspoint	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under "75 by 25" ...	N/A
860.	Nation Press	Govt Treats 42M for Hypertension, 25M for Diabetes : Government Addresses Hy pert...	N/A
861.	Thefreedompress	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25' i...	N/A
862.	India Online Mart	Govt treats 42.01 mn for hypertension, 25.27 mn for diabetes under '75 by 25' i...	N/A
863.	Rediff.com	Does Modi Want Sharad Pawar On His Side?	N/A
864.	Bio Voice News	Longevity India Conference 2025 at IISc Bangalore brings forth unique insights i...	N/A
865.	Millenium Post	Ayushman Bharat: Claims worth Rs 643 cr rejected for 'frauds'	N/A
866.	Timeline Daily	Is India's Elderly Population To Be 20.8% By 2050?	N/A
867.	Timeline Daily	The Total Number Of Ambulances In India...What Health Ministry Said	N/A
868.	Millenium Post	People dwelling near river drains more prone to cancer: ICMR cites study	N/A
869.	Education Post	What is Assam's law on healing, and why can it be deficient? Let's learn more!	N/A



870.	Ndtv Profit	Centre Rejects 3.56 Lakh Fraudulent Health Insurance Claims Worth Rs 643 Cror e M...	N/A
871.	Ur All News	People living by river drains more prone to most cancers: ICMR cites study	N/A
872.	Palgharnews	CCRH and Adamas University sign MoU to boost Homoeopathy Research – Worl d News N...	N/A
873.	Anytime News	Update on National Ambulance Services (NAS) Scheme	N/A
874.	OB News	Will the new AIIMS open in Chhattisgarh?, Rajya Sabha MP Rajiv Shukla asked t he ...	N/A
875.	The Mobi World	Will the new AIIMS open in Chhattisgarh?, Rajya Sabha MP Rajiv Shukla asked t he ...	N/A
876.	Timeline Daily	Sudden Increase Of Death Due To Heart Attack Especially After COVID Pandemi c: Wh...	N/A
877.	Krishak Jagat	शाजापुर में एक दिवसीय कृषक प्रशिक्षण संपन्न	N/A
878.	BharatKi Baat	ICMR study reveals higher cancer risk for those living near river drains.	N/A
879.	Kolkata Sun	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
880.	Tender Detail	Main Work Establishment Of 50 Bedded Integrated Ayush Hospital At Vims, Sub Work...	N/A
881.	reporterstoday	3.56 lakh claims worth Rs 643 cr rejected for frauds under Ayushman Bharat sche m...	N/A
882.	Tender Detail	Tender For Installation Of N-Treat Based In-Situ Nallah Treatment For Port Blair...	N/A
883.	Swatantra Bharat News	केंद्रीय होम्योपैथी अनुसंधान परिषद और एडमास विश्वविद्यालय ने होम्योपैथी अनुसंधान...	N/A
884.	Mumbai News	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
885.	OB News	GBS syndrome: Minister says 224 cases reported in Maharashtra	N/A
886.	India's News	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
887.	India News Calling	NEWS RECEIVED FROM DPRO KANGRA, MANDI	N/A
888.	Netindia123	CCRH and Adamas University sign MoU to b...	N/A
889.	Jantantrakiawaz	आयुर्वेदिक चिकित्सकों के रिक्त पदों से चिकित्सा केन्द्र बन्द होने की स्थिति के ल...	N/A
890.	Odisha Post	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
891.	Indianapolis Post	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
892.	Himachal Patrika	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
893.	The Fourth Mirror	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
894.	India Gazette	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A

895.	New Delhi News	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
896.	The Asia News	CCRH and Adamas University sign MoU to boost Homoeopathy Research ANI 11 Mar 202...	N/A
897.	Bihar Times	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
898.	Jharkhandtimes	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
899.	Andhra Pradesh Mirror	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
900.	Telangana Journal	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
901.	Indtoday News	PM Narendra Modi Arrives In Mauritius On Two-Day Visit	N/A
902.	Rajasthan Ki Khabar	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
903.	drugscontrol.org	CCRH and Adamas University Sign MoU to Advance Homoeopathy Research	N/A
904.	Karnataka Live	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
905.	North East Times	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
906.	Delhi live news	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
907.	First India	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
908.	Poorab Times	भारत में जल्द आएगी महिलाओं के लिए कैंसर से रक्षा वैक्सीन, 9 से 16 वर्ष के लोग हो...	N/A
909.	Haryana Today	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
910.	Kashmir Breaking News	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
911.	Street news	Central Council for Research in Homoeopathy and Adamas University Sign MoU t o Ad...	N/A
912.	West Bengal Khabar	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
913.	Vanakkam Tamil Nadu	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
914.	Gujarat Varta	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
915.	Chhattisgarh Today	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
916.	OB News	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
917.	The Mobi World	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
918.	Kashmir Newslne	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
919.	Gujarat Samachar	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
920.	Bihar 24x7	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
921.	Punjab Live	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A
922.	Indian News Network	CCRH and Adamas University sign MoU to boost Homoeopathy Research	N/A

923.	News Arena India	Over 3.5 lakh Ayushman Bharat claims rejected for fraud	N/A
924.	Indtoday News	ACB Nabs Revenue Inspectors While Taking Bribe In Medak	N/A
925.	Business Time	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
926.	Indtoday News	Hyderabad Prepares For Scorching Summer As Temperatures Soar	N/A
927.	Indtoday News	AYUSH Ministry To Evaluate Potential Of Ayurveda Formulation For Diabetes	N/A
928.	Millenium Post	3.56 lakh claims worth Rs 643 cr rejected for frauds under Ayushman Bharat sche m...	N/A
929.	BharatKi Baat	CCRH and Adamas University in Kolkata sign MoU for homoeopathy research coll abor...	N/A
930.	उद्योग का अनुमान	प्राकृतिक चिकित्सा के अध्ययन के लिए समान मानदंड, पंजीकरण प्रक्रिया पर विचार करेग...	N/A
931.	Daily World Hindi	प्राकृतिक चिकित्सा के अध्ययन के लिए समान मानदंड, पंजीकरण प्रक्रिया पर विचार करेग...	N/A
932.	BharatKi Baat	3.56 lakh claims totaling Rs 643 crore rejected for fraud under Ayushman Bharat . ..	N/A
933.	Jammu Links News	3.56 lakh claims worth Rs 643 cr rejected for frauds under Ayushman Bharat sche m...	N/A
934.	BharatKi Baat	GBS syndrome: Maharashtra reports 224 cases, according to the Minister.	N/A
935.	BharatKi Baat	Health Ministry to evaluate uniform norms and registration for Naturopathy studi...	N/A
936.	Singrauli Mirror	Singrauli News: एनसीएल ने सीएसआर के तहत केंद्रीय चिकित्सालय, सिंगरौली में लगाया ...	N/A
937.	State News Service	कलेक्टर अबनीश शरण ने शिविर में कराई सेहत की जांच	N/A
938.	Jhutha Sach	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
939.	Ddindia	CARI, Kolkata, and Jadavpur University sign MoU for Research on Ayurvedic form ul...	N/A
940.	DD News	CARI, Kolkata, and Jadavpur University sign MoU for Research on Ayurvedic form ul...	N/A
941.	Live Chronicle (India)	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
942.	Nuffoods Spectrum	CARI and CCRAS sign MoU with SNPS Jadavpur University for research in diabe tes	N/A
943.	Newsday Express	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
944.	Good Report	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
945.	The Good News	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A

946.	Living Planet Report	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
947.	NewsItDay	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
948.	News This Day	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
949.	Go Earth	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
950.	The News Watch	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
951.	News Deck	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
952.	Business Highs	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
953.	News Chronicle	CARI Kolkata & Jadavpur University Partner to Study Ayurvedic Diabetes Remed. ..	N/A
954.	Lokhit Kranti	Meerut News : रिश्त लेते रंगे हाथों दबोचे गए क्लर्क कर्मचारी	N/A
955.	Cliq India	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
956.	BharatKi Baat	Longevity India Conference 2025 Day 1 Highlights Unique Insights into Aging Scie ...	N/A
957.	Vishva Times	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
958.	The Report Net	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
959.	Jharkhand News Hub	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
960.	Gujarat Watch	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
961.	Post Time News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
962.	The Daily Discover	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
963.	Rabale	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
964.	Standard Today News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
965.	Nagpur Project News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A

966.	Indian World News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
967.	The Quick Update	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
968.	Scroll India News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
969.	Gossip Today	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
970.	News Mirror Net	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
971.	Newz Today 24	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
972.	India Career Week	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
973.	Standard News Wire	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
974.	Quick News Now	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
975.	Travller News India	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
976.	India World News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
977.	Know Thats All	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
978.	News India Live	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
979.	India Global News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
980.	Delhi News Daily	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
981.	Sandwich	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
982.	Topics To Know	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
983.	Rapid Report	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
984.	Brief Buzz	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A

985.	Indian Express Daily	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
986.	News Today 99	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
987.	The Daily Glimpse	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
988.	Report News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
989.	Insight Ful News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
990.	Say Goodbye To Expensive Cloud Storage	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
991.	Stroy India	Stroy India	N/A
992.	News Indias	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
993.	India News Archives	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
994.	Insider India Times	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
995.	Jharkhand India Newsagency	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
996.	State News Today	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
997.	The Readers Digest	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
998.	The Report World	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
999.	Ne India Broadcast	Central Council for Research in Ayurvedic Sciences signed a Memorandum of Understanding...	N/A
1000.	Airr News	दूध पीने के बाद ये दो चीजें भूलकर भी न खाएं, इंफेक्शन से शरीर में निकल आएंगे दान...	N/A
1001.	Sonebhadra Live	दूध पीने के बाद ये दो चीजें भूलकर भी न खाएं, इंफेक्शन से शरीर में निकल आएंगे दान...	N/A
1002.	India Med Today	CARI, Kolkata and SNPS, Jadavpur University in MoU on ayurvedic formulation for ...	N/A
1003.	The Mobi World	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
1004.	World News Network	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurved...	N/A
1005.	Awaaz Hindi	आयुष मंत्रालय मधुमेह के लिए आयुर्वेद फॉर्मूलेशन की क्षमता का मूल्यांकन करेगा	N/A

1006.	Bw Health Care World	Longevity India 2025 Kicks Off With Breakthrough Insights Into Aging	N/A
1007.	Calcutta News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1008.	Odisha Post	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1009.	शिवालिक पत्रिका	उपायुक्त ने मैड़ी मेले में व्यवस्थाओं का लिया जायजा	N/A
1010.	Telangana Journal	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1011.	Sakshi Post	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
1012.	India Gazette	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1013.	Newspoint	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
1014.	Jharkhandtimes	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1015.	North East Times	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1016.	Andhra Pradesh Mirror	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1017.	Gujarat Varta	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1018.	The Mobi World	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1019.	Maharashtra Samachar	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1020.	OB News	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1021.	Delhi live news	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1022.	World News Network	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1023.	Palgharnews	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1024.	Kashmir Newslite	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
1025.	Vanakkam Tamil Nadu	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A

1026.	Karnataka Live	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1027.	Thip Media	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
1028.	Kashmir Breaking News	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1029.	Haryana Today	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1030.	Rajasthan Ki Khabar	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1031.	Hamar Dhamtari	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1032.	South India News	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1033.	Chhattisgarh Today	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1034.	Himachal Patrika	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1035.	The Bharat Now	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1036.	Thefreedompress	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
1037.	Punjab Live	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1038.	Nation Press	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
1039.	India Online Mart	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
1040.	West Bengal Khabar	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1041.	Bihar Times	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1042.	Gujarat Samachar	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1043.	Breaking News Express	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन*	N/A
1044.	Bihar 24x7	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1045.	The Hans India	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
1046.	Indian News Network	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
1047.	Khabaraajtak24x7	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A

1048.	Voice Of Rights Hindi News Portal	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1049.	Khulasa	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1050.	India's News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1051.	Satyaexpress	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1052.	Indian Public mail	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1053.	Moomal Art News	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1054.	Rajdhanihulchal	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1055.	Samay Jagat	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1056.	Statebreaking	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1057.	Mplive24	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1058.	Media Passion	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1059.	Odisha Post	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1060.	Imnb	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1061.	Tender Detail	Main Work Establishment Of 50 Bedded Integrated Ayush Hospital At Vims Premises,...	N/A
1062.	Gujarat Samachar	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1063.	Janpatra News	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
1064.	Bihar 24x7	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1065.	South India News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1066.	Udaipur Kiran	मधुमेह प्रबंधन में आयुर्वेद अनुसंधान को बढ़ावा देने के लिए सीएआरआई और एसएनपीएस क...	N/A
1067.	North East Times	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1068.	drugscontrol.org	CCRAS signed MoU with SNPS Jadavpur for advancing Ayurveda research in diabetes ...	N/A
1069.	Telangana Journal	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1070.	Kashmir Newslite	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A

1071.	West Bengal Khabar	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1072.	Andhra Pradesh Mirror	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1073.	Mumbai News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1074.	Haryana Today	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1075.	Gujarat Varta	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1076.	Delhi live news	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1077.	Tripurastar News	Central Ayurveda Research Institute, Kolkata And School Of Natural Product Studies ...	N/A
1078.	Vanakkam Tamil Nadu	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1079.	Bihar Times	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1080.	Karnataka Live	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1081.	Jharkhandtimes	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1082.	Himachal Patrika	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1083.	Punjab Live	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1084.	Srilanka Island News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1085.	Kashmir Breaking News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1086.	New Delhi News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1087.	Rajasthan Ki Khabar	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1088.	France Network Times	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1089.	San Francisco Star	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A

1090.	East Asiaall News Portal	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1091.	Chhattisgarh Today	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1092.	Buffalo Despatch	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1093.	Middle East Times	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1094.	US World Today	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1095.	England News Portal	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1096.	Indian News Network	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1097.	शिवालिक पत्रिका	Copy link	N/A
1098.	Maldives Star Plus	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
1099.	Guidely	Daily Current Affairs Quiz - 08th March 2025	N/A
1100.	Shekhawati Samachar	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1101.	The Financial World	Haryana CM Nayab Saini made big announcements on International Women's Day	N/A
1102.	लीजेंड न्यूज़	राष्ट्रीय विज्ञान दिवस समारोह 2025 में संस्कृति विश्वविद्यालय सम्मानित	N/A
1103.	Delhi News Watch	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1104.	Poorvanchalmedia	राष्ट्रीय कार्यशाला के अंतिम दिन एमएचयू के कुलपति प्रो. सुरेश मल्होत्रा ने विशेष...	N/A
1105.	The Indian Practitioner	ICMR Releases Addendum to Ethical Guidelines for Integrative Medicine Research	N/A
1106.	Ranchi Express	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण	N/A
1107.	Drug Today Medical Times	College Of Ayurveda & Research Center	N/A
1108.	Journalist	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण :	N/A
1109.	Poorvanchalmedia	पेट साफ करने के लिए बेहद असरदार है ये टिप्स	N/A
1110.	Realtimes.in	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण	N/A
1111.	Drug Today Medical Times	Sri Kalabyraveswara Swamy Ayurvedic Medical College	N/A
1112.	Itdc News	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण	N/A

1113.	Gurgaon Mail	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण	N/A
1114.	Dehatpost	CG Morning News: विधानसभा बजट सत्र का 10वां दिन आज, कई अहम मुद्दों पर होगी चर्चा...	N/A
1115.	Udaipur Kiran	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण	N/A
1116.	Nashik 24	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1117.	Live Mumbai	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1118.	Kadwaghut	रायपुर: शासकीय आयुर्वेद महाविद्यालय चिकित्सालय में पुष्प नक्षत्र पर स्वर्णप्राशन...	N/A
1119.	State News Service	शासकीय आयुर्वेद महाविद्यालय चिकित्सालय में पुष्प नक्षत्र पर स्वर्णप्राशन किट व ब...	N/A
1120.	Imnb	शासकीय आयुर्वेद महाविद्यालय चिकित्सालय में पुष्प नक्षत्र पर स्वर्णप्राशन किट व ब...	N/A
1121.	Newzfatafat	शासकीय आयुर्वेद महाविद्यालय चिकित्सालय में पुष्प नक्षत्र पर स्वर्णप्राशन किट व ब...	N/A
1122.	Shreekanchanpath	शासकीय आयुर्वेद महाविद्यालय चिकित्सालय में पुष्प नक्षत्र पर स्वर्णप्राशन किट व ब...	N/A
1123.	Janpatra News	शासकीय आयुर्वेद महाविद्यालय चिकित्सालय में पुष्प नक्षत्र पर स्वर्णप्राशन किट व ब...	N/A
1124.	Uttam Hindu	सैनी ने 1090 चिकित्सा अधिकारियों को सौंपे नियुक्ति पत्र	N/A
1125.	North West News Times	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1126.	Daily aawaz	हरियाणा: सीएम सैनी ने अंतर्राष्ट्रीय महिला दिवस के अवसर पर 1090 चिकित्सा अधिकारि...	N/A
1127.	The Daily Metro	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1128.	Daily World	Haryana gets 1,090 Medical Officers; CM Saini distributes job letters Regional...	N/A
1129.	Millenium Post	Haryana gets 1,090 medical officers; CM distributes appointment letters	N/A
1130.	Prevalent India	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1131.	शिवालिक पत्रिका	सैनी ने प्रदेश में नवचयनित 705 महिला चिकित्सा अधिकारियों सहित कुल 1090 चिकित्सा ...	N/A
1132.	Citytehelka	हरियाणा में महिलाओं के लिए ब्याज मुक्त ऋण योजना शुरू, डेयरी इकाइयों के लिए मिलेग...	N/A
1133.	bharatsarathi.com	हरियाणा को मिले 1090 चिकित्सा अधिकारी, मुख्यमंत्री ने सौंपे नियुक्ति पत्र	N/A
1134.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
1135.	Punjab Newslie	Haryana gets 1,090 Medical Officers; CM distributes Appointment Letters	N/A
1136.	Divyarashtra	जीत यूनिवर्स में एक्सेलरेट एक्शन थीम पर मनाया बुम्स डे	N/A
1137.	Formfees	Formfees	N/A
1138.	Babushahi Hindi	हरियाणा को मिले 1090 चिकित्सा अधिकारी, मुख्यमंत्री ने सौंपे नियुक्ति पत्र	N/A
1139.	Garima Times	हरियाणा को मिले 1090 चिकित्सा अधिकारी, CM सैनी ने सौंपे नियुक्ति पत्र	N/A
1140.	Drug Today Medical Times	PNNM AYURVEDA MEDICAL COLLEGE AND HOSPITAL	N/A

1141.	Drug Today Medical Times	Government Ayurveda College, Tripunithura	N/A
1142.	Drug Today Medical Times	SETH GOVINDJI RAOJI AYURVED MAHAVIDYALAYA	N/A
1143.	Drug Today Medical Times	Muniyal Institute of Ayurveda Medical Sciences	N/A
1144.	Drug Today Medical Times	Sumatibhai Shah Ayurved Mahavidyalaya	N/A
1145.	Your Bangalore	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1146.	Live Jabalpur	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1147.	Madhya Pradesh Mirror	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1148.	Allahabad Post	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1149.	Khamma Ghani Rajasthan	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1150.	Drug Today Medical Times	S.G.V.V. TRUST'S SHREE JAGADGURU GAVISIDDHESHWAR AYURVEDIC MEDICAL COLLEGE &...	N/A
1151.	Drug Today Medical Times	Hon.Shri. Annasaheb Dange Ayurved Medical College	N/A
1152.	Drug Today Medical Times	Shri Baba Mastnath Ayurvedic College	N/A
1153.	News Track Bhopal	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1154.	The Deccan Messenger	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1155.	National Insight	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1156.	The Evening Post	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1157.	Indore Pioneer	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1158.	Central Herald	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1159.	Drug Today Medical Times	JSS Ayurveda Medical College,	N/A
1160.	Deccan Express	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1161.	News Daddy	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1162.	Rajasthan Journal	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1163.	MP News Line	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1164.	MP Guardian	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1165.	Rajasthan Mirror	National Conference On Ashwagandha: A Health Promoter in 2025	N/A

1166.	Delhi News Now	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1167.	Business Point	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1168.	Drug Today Medical Times	Sri Dharmastala Manjunatheshwara College of Ayurveda and Hospital	N/A
1169.	Live Story Time	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1170.	The Capital News	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1171.	Nagpur News Today	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1172.	Khabare Rajasthan	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1173.	Satta Express	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1174.	MintMoney	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1175.	Udaipur Dispatch	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1176.	Bizz Sight	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1177.	Prakhar Jagran	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1178.	Drug Today Medical Times	National Institute Of Ayurveda, Jaipur , Rajasthan	N/A
1179.	Up Patrika	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1180.	Formfees	Ministries That Matter: Your Ultimate Guide to NEET-Related Ministries	N/A
1181.	Idtv	8 मार्च की महत्वपूर्ण घटनाएँ [Important events of March 8]	N/A
1182.	Babushahi Hindi	हरियाणा के मुख्यमंत्री नायब सिंह सैनी आज पंचकुला में विभिन्न कार्यक्रमों में हों...	N/A
1183.	Jagat Kranti News	पञ्चांग एवं राशिफल, शनिवार, दिनांक 08 मार्च 2025	N/A
1184.	Palgharnews	National Conference On Ashwagandha: A Health Promoter in 2025 – World News Netwo...	N/A
1185.	News8 Plus	Rajasthan: Bhajan Lal Sarkar is going to do these posts soon, Deputy Chief Minis. ..	N/A
1186.	Maharashtra Samachar	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1187.	Kolkata Sun	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1188.	Sarasjanvaad	आयुष विभाग लघु शल्य व पंचकर्मा से कर रहा है लोगों का ईलाज	N/A
1189.	World News Network	National Conference On Ashwagandha: A Health Promoter in 2025 – World News Netwo...	N/A
1190.	atthistime	એલોપેથી દવાની બ્રામક જાહેરાતનો કેસ:રાજ્યોએ સુપ્રીમ કોર્ટમાં જાણાવ્યું કે તેઓ કાર...	N/A
1191.	Tender Detail	Supplying Tractor Trolly, Jcb, Chota Hathi, Roller Machinery With Labour Of Ccrs. ..	N/A

1192.	Tender Detail	Supplying Tractor Trolley, Jcb, Chota Hathi, Roller Machinery With Labour Of Ccr. ..	N/A
1193.	Tender Detail	Auction Sale Of Materials, Thrissur-Kerala Tender Notice Tender Documents Tender...	N/A
1194.	Tender Detail	Supplying Tractor Trolley, Jcb, Chota Hathi, Roller Machinery With Labour Of Ccr. ..	N/A
1195.	Tender Detail	Work Of Water Pipe Line Network Like Leakage Repairing, New Line Laying, Improv...	N/A
1196.	Gujarat Varta	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1197.	Delhi live news	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1198.	Jharkhandtimes	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1199.	Mumbai News	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1200.	Prabhat Khabar	आधुनिक समाज में प्राकृतिक चिकित्सा योग बिना किसी दवाई के बीमार शरीर का इलाज के ल...	N/A
1201.	Telangana Journal	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1202.	Karnataka Live	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1203.	Udaipur Kiran	आयुष विभाग लघु शल्य व पंचकर्मा से कर रहा है लोगों का इलाज	N/A
1204.	New Delhi News	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1205.	Gujarat Samachar	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1206.	Punjab Live	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1207.	Newzfatafat	आयुष विभाग लघु शल्य व पंचकर्मा से कर रहा है लोगों का इलाज	N/A
1208.	Odisha Post	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1209.	South India News	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1210.	Andhra Pradesh Mirror	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1211.	Kashmir Newslane	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1212.	India's News	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1213.	Rajasthan Ki Khabar	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1214.	England News Portal	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1215.	Bihar Times	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1216.	Wisconsin journal	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1217.	Middle East Times	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1218.	Srilanka Island News	National Conference On Ashwagandha: A Health Promoter in 2025	N/A

1219.	Haryana Today	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1220.	Himachal Patrika	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1221.	Birminghamall News Network	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1222.	Buffalo Despatch	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1223.	San Francisco Star	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1224.	US World Today	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1225.	West Bengal Khabar	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1226.	France Network Times	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1227.	Kashmir Breaking News	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1228.	East Asiaall News Portal	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1229.	Maldives Star Plus	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1230.	Chhattisgarh Today	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1231.	Vanakkam Tamil Nadu	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1232.	North East Times	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1233.	Bihar 24x7	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1234.	Indian News Network	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
1235.	Newz 9	Experience Ultimate Comfort: All You Need to Know About the Upcoming Vande Bharat...	N/A
1236.	Ebm News	Indian Railways To Launch Vande Bharat Sleeper Soon! Here's Everything About It...	N/A
1237.	Himachal Now News	आयुष विभाग लघु शल्य और पंचकर्मा चिकित्सा से कर रहा है लोगों का इलाज	N/A
1238.	Bhaskar English	SC to hear misleading medical advertisements case today: States to respond on i n...	N/A
1239.	Dainik News Live	एलोपैथी दवा भ्रामक विज्ञापन मामला- सुप्रीम कोर्ट में आज सुनवाई: नियमों के तहत का...	N/A
1240.	Sonebhadra Live	एएमयू के इस कॉलेज में हुआ शोध, चार महीने खिलाया ये चूरन, पांच किलो घटा वजन	N/A
1241.	शिवालिक पत्रिका	मैड्री में 7 मार्च से होली मेले की धूम, प्रशासन पूरी तरह तैयार	N/A
1242.	Udaipur Kiran	मैड्री में 7 मार्च से होली मेले की धूम, प्रशासन पूरी तरह तैयार	N/A
1243.	Newzfatafat	मैड्री में 7 मार्च से होली मेले की धूम, प्रशासन पूरी तरह तैयार	N/A
1244.	Biotechnika.org	Research Opportunity: Junior Research Fellow at Amity University – Apply Now	N/A

1245.	India News Calling	NEWS RECEIVED FROM DPRO UNA FOCUSING DC UNA SH.JATIN LAL AND OTHER EVENTS	N/A
1246.	Newzfatafat	स्वास्थ्य को बढ़ावा देने की दिशा में आईआरपी-19वीं बटालियन द्वारा योग सत्र आयोजित	N/A
1247.	Udaipur Kiran	स्वास्थ्य को बढ़ावा देने की दिशा में आईआरपी-19वीं बटालियन द्वारा योग सत्र आयोजित	N/A
1248.	Pravaktha	स्वास्थ्य क्षेत्र को उपचार की दरकार	N/A
1249.	The Mobi World	"Charitable Or Trust-Run Hospitals Must Reserve Beds For Economically Weaker Pa...	N/A
1250.	OB News	"Charitable Or Trust-Run Hospitals Must Reserve Beds For Economically Weaker Pa...	N/A
1251.	Jharkhand State News	ICMR Publishes Addendum: Ethical Requirements for Research in Integrative Me dici...	N/A
1252.	Observer Voice	ICMR Unveils New Ethical Guidelines for Integrative Medicine	N/A
1253.	Daily World Hindi	आयुष-अनुमोदित दवाओं को एकीकृत अनुसंधान के लिए अतिरिक्त सुरक्षा परीक्षणों की जरूर...	N/A
1254.	उद्योग का अनुमान	आयुष-अनुमोदित दवाओं को एकीकृत अनुसंधान के लिए अतिरिक्त सुरक्षा परीक्षणों की जरूर...	N/A
1255.	Sarkari Doctor	ICMR Addendum Exempts AYUSH-Approved Medicines from Extra Safety Trials	N/A
1256.	Vande Bharat Live Tv News	आयुष विभाग द्वारा कार्यशाला की गई आयोजित	N/A
1257.	Asalbaat	निःशुल्क आयुष चिकित्सा शिविर का आयोजन 6 मार्च को, आयुर्वेद, होम्योपैथी एवं योग व...	N/A
1258.	BharatKi Baat	ICMR states Ayush-approved medicines exempt from additional safety trials for in. ..	N/A
1259.	New Delhi Times	Union Health Minister JP Nadda chairs 9th meeting of Mission Steering Group for ...	N/A
1260.	Parpanch	Kanpur : डॉ.मधुलिका शुक्ला के इलाज से मरीजों के चेहरों पर आ रही है मुस्कान	N/A
1261.	Tender Detail	Bids Are Invited For Annual Maintenance Service-Air Conditioner Total Quantity ...	N/A
1262.	State News Service	वयोमित्र एप, डीपीडीएमआईएस टीयर-4 तथा पैलिएटिव केयर का प्रशिक्षण संपन्न	N/A
1263.	State News Service	निःशुल्क आयुष चिकित्सा शिविर का आयोजन 6 मार्च को	N/A
1264.	Shree1 News	Nominations Begin For PM Yoga Awards 2025, Winners To Get Trophy And Rs 2 5 Lakh ...	N/A
1265.	The Printlines	प्रधानमंत्री योग पुरस्कार 2025 के लिए शुरू हुआ नामांकन, जानिए क्या है इसका मकसद ...	N/A
1266.	Drug Today Medical Times	Rajiv Gandhi Ayurveda Medical College and Hospital	N/A
1267.	लीजेंड न्यूज़	प्रधानमंत्री योग पुरस्कार 2025 के लिए 31 मार्च तक या उससे पहले करें आवेदन	N/A

1268.	Madrastribune.com	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1269.	Tripurastar News	National Workshop On 'Capacity Building In Indian Knowledge Systems": Docume nta...	N/A
1270.	Sarkaritel	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
1271.	Northeast Herald	JP Nadda chairs Mission Steering Group meeting, emphasises grassroots healthc are...	N/A
1272.	Kamal Sandesh	Union Health Minister chairs 9th meeting of Mission Steering Group for National ...	N/A
1273.	DD News	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
1274.	Ddindia	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
1275.	Health Economi	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1276.	Vishva Times	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
1277.	Himachal Now News	एसडीएम ने मैड़ी मेले की सुरक्षा और व्यवस्थाओं को लेकर समीक्षा बैठक की	N/A
1278.	India Online Mart	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
1279.	Sakshi Post	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
1280.	Thefreedompress	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
1281.	Suryaa	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
1282.	Pune News	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
1283.	Nation Press	PM Yoga Awards 2025 Nominations Open : Nominations Open for PM Yoga Awar ds 2025:...	N/A
1284.	Indian Pharma Post	Need for enhancing capacity building of medical officers to achieve desired resu...	N/A
1285.	Prabhu Kvn	Religious bodies seek 25-bed AYUSH research hospital in Nandigama	N/A
1286.	Asalbaat	आईएनवो का वृद्धावस्था में देखभाल पर प्राकृतिक चिकित्सा एवं योग शिविर 5 मार्च को ...	N/A
1287.	Calcutta News	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1288.	Pradesh Khabar	वयोमित्र और टायर 4 संधारण पर एक दिवसीय प्रशिक्षण आयोजित	N/A

1289.	Indian Grapevine	JP Nadda chairs 9th meeting of Mission Steering Group for National Health Missio ...	N/A
1290.	World News Network	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1291.	The Asia News	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1292.	शिवालिक पत्रिका	एसडीएम ने मैडी मेले में सुरक्षा और व्यवस्था प्रबंधों को लेकर की समीक्षा बैठक	N/A
1293.	मानवी मीडिया	क्षेत्रीय आयुर्वेद अनुसंधान संस्थान, लखनऊ में क्षार-सूत्र पर कार्यशाला का आयोजन	N/A
1294.	India Gazette	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1295.	Mumbai News	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1296.	New Delhi News	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1297.	India's News	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1298.	The Mobi World	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	N/A
1299.	Vijayavani	ಶ್ರೀ ಆಯುಷ್ ಔಷಧ ಕೇಂದ್ರ ಸ್ಥಾಪನೆ	N/A
1300.	Tender Detail	Bids Are Invited For Custom Bid For Services - From Leased Fiber For Connectivi t...	N/A
1301.	Tender Detail	Tender For Supply Of Vegetables-Kerala	N/A
1302.	Odisha Post	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1303.	South India News	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1304.	Punjab Live	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1305.	Delhi live news	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1306.	Bihar Times	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1307.	Fusion World	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1308.	Vanakkam Tamil Nadu	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1309.	West Bengal Khabar	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A

1310.	Jharkhandtimes	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1311.	Bihar 24x7	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1312.	Chhattisgarh Today	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1313.	Karnataka Live	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1314.	Haryana Today	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1315.	Kashmir Newsline	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1316.	Telangana Journal	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1317.	Tripuranet	JP Nadda Chairs 9th NHM Mission Steering Group Meeting	N/A
1318.	North East Times	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1319.	Next Khabar	next khabar	N/A
1320.	Himachal Patrika	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1321.	Gujarat Varta	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1322.	Andhra Pradesh Mirror	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1323.	Rajasthan Ki Khabar	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1324.	OB News	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1325.	Kashmir Breaking News	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1326.	Indian News Network	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1327.	The Mobi World	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
1328.	Pune News	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	N/A
1329.	Sakshi Post	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	N/A
1330.	Asian News Service	बयोमित्र व टायर संधारण पर एक दिवसीय प्रशिक्षण	N/A

1331.	India Online Mart	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	N/A
1332.	Thefreedompress	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	N/A
1333.	Krishak Jagat	उज्जैन में एक दिवसीय कृषक कार्यशाला का आयोजन किया	N/A
1334.	India News Calling	एसडीएम ने मैडी मेले में सुरक्षा और व्यवस्था प्रबंधों को लेकर की समीक्षा बैठक	N/A
1335.	Dainik News Live	सुप्रीम कोर्ट बोला- राज्य सरकारें सस्ता इलाज देने में नाकाम: इससे प्राइवेट अस्पत...	N/A
1336.	Shree1 News	Mahakumbh 2025: A Spectacle of Faith, Unity, and Tradition	N/A
1337.	Manastoday	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1338.	Cm live	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1339.	Primes Tv	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1340.	Evening Times	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1341.	Nsc 9 News	राज्य स्तरीय आरोग्य मेले 'आरोग्यम्-2025' में उमड़ा जनसैलाब – जयपुर के जवाहर कला...	N/A
1342.	Vande Matram	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1343.	Khas Khabar	भोपाल में होम्योपैथी स्वास्थ्य कल्याण केंद्र में अब समस्त सुविधाएं प्रातः 8 बजे ...	N/A
1344.	खबर जगत	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1345.	अंजनी खबर (Anjani Khabar)	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1346.	Shree News	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1347.	Mp Headline	भोपाल में होम्योपैथी स्वास्थ्य कल्याण केंद्र में अब समस्त सुविधाएं प्रातः 8 बजे ...	N/A
1348.	Delhi Bulletin	भोपाल में होम्योपैथी स्वास्थ्य कल्याण केंद्र में अब समस्त सुविधाएं प्रातः 8 बजे ...	N/A
1349.	Web Akhbar	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1350.	Saahas Samachar	भोपाल में होम्योपैथी स्वास्थ्य कल्याण केंद्र में अब समस्त सुविधाएं प्रातः 8 बजे ...	N/A
1351.	Kadwaghut	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1352.	Real India News	भोपाल में होम्योपैथी स्वास्थ्य कल्याण केंद्र में अब समस्त सुविधाएं प्रातः 8 बजे ...	N/A
1353.	Vishleshan	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक समस्त सुव...	N/A
1354.	New India	नेताओं ने ओढ़ रखी खामोशी की चादर	N/A
1355.	Garima Times	MP News, होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक ...	N/A
1356.	Udaipur Kiran	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक मिलेंगी स...	N/A
1357.	Newzfatafat	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक मिलेंगी स...	N/A
1358.	Vande Bharat Live Tv News	जयपुर के आरोग्य मेले में उमड़ी भीड़	N/A

1359.	Udaipur Kiran	राज्यस्तरीय आरोग्य मेले आरोग्यम्-2025 में उमड़ा जनसैलाब	N/A
1360.	Nsc 9 News	राज्य स्तरीय आरोग्य मेला – 2025, जयपुर जिला कलेक्टर ने किया मेले का अवलोकन, मेले...	N/A
1361.	Reh News	Weight Loss By Eating Unani Churan – Amar Ujala Hindi News Live	N/A
1362.	World News Network	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1363.	Insights On India	UPSC CURRENT AFFAIRS – 3 March 2025	N/A
1364.	Insights On India	One Day as a Scientist Initiative	N/A
1365.	International Khabar	Amar Seva Sangam Commends Tamil Nadu Chief Minister for Inclusive Political E mpo...	N/A
1366.	Construction World	Ayush Serves 800,000 Devotees at Maha Kumbh	N/A
1367.	Daily World Hindi	छात्रों को आयुष अनुसंधान केंद्रों की प्रयोगशाला देखने के लिए ले जाया गया	N/A
1368.	उद्योग का अनुमान	छात्रों को आयुष अनुसंधान केंद्रों की प्रयोगशाला देखने के लिए ले जाया गया	N/A
1369.	Rk Tv News	राजस्थान:राज्य स्तरीय आरोग्य मेला – 2025, जयपुर जिला कलेक्टर ने किया मेले का अवल...	N/A
1370.	Indore Samachar	होम्योपैथी महाकुंभ-2025, इनोवेशन इन होम्योपैथी पर हुई बात	N/A
1371.	Cliq India	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1372.	Shabd Sangram	जीएसआईटीएस में अगले वर्ष से बायोटेक्नोलॉजी के साथ होम्योपैथी पढाई जाएगी – निदेश...	N/A
1373.	उद्योग का अनुमान	विद्यार्थियों को आयुष अनुसंधान संस्थानों की प्रयोगशालाओं का कामकाज दिखाया गया	N/A
1374.	Daily World Hindi	विद्यार्थियों को आयुष अनुसंधान संस्थानों की प्रयोगशालाओं का कामकाज दिखाया गया	N/A
1375.	Sanskar News	जिला कलेक्टर ने किया आरोग्य मेले का निरीक्षण	N/A
1376.	BharatKi Baat	Students visit Ayush research facilities to observe laboratory work and research...	N/A
1377.	Udaipur Kiran	जीएसआईटीएस में अगले वर्ष से बायोटेक्नोलॉजी के साथ पढाई जाएगी होम्योपैथी: निदेशक	N/A
1378.	Newzfatafat	जीएसआईटीएस में अगले वर्ष से बायोटेक्नोलॉजी के साथ पढाई जाएगी होम्योपैथी: निदेशक	N/A
1379.	हिंदी सामना	शिवराज के विदिशा में 15 साल से नहीं हैं एमडी डॉक्टर...चतुर्थ श्रेणी कर्मचारी के हव...	N/A
1380.	Khabar Monkey	आयुष मंत्रालय जल्द बदलेगा NCISM के सभी अध्यक्ष, आयुर्वेद, यूनानी समेत अन्य चिकित...	N/A
1381.	Pune Media	Sports News Joginder Sharma, Ramit Tandon, Anahat Singh Spread Message t o Figh...	N/A
1382.	Samaj Jagran	बांधवगढ़ विधायक ने बिरासिनी माता की तस्वीर भेंट की	N/A
1383.	Times Of Taj	Ex-cricketer Joginder Sharma, squash stars Ramit Tandon, Anahat Singh spread mes...	N/A
1384.	Bharat Express	पूर्व क्रिकेटर जोगिंदर शर्मा समेत इन खिलाड़ियों ने दिया मोटापे के खिलाफ संदेश, ख...	N/A

1385.	OneTurf News	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1386.	Pune Now	Giloy an Ayurvedic Wonder Herb, Gains Global Attention for Its Immune- Boosting, ...	N/A
1387.	Bihar Times	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1388.	Chhattisgarh Today	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1389.	Newspoint	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1390.	Maharashtra Samachar	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1391.	Odisha Post	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1392.	Himachal Patrika	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1393.	Kashmir Breaking News	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1394.	Kashmir Newslite	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1395.	Jharkhandtimes	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1396.	South India News	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1397.	Vanakkam Tamil Nadu	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1398.	North East Times	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1399.	Haryana Today	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1400.	Delhi live news	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1401.	Gujarat Varta	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1402.	Telangana Journal	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1403.	West Bengal Khabar	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A

1404.	Bihar 24x7	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1405.	Rajasthan Ki Khabar	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1406.	Punjab Live	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1407.	Karnataka Live	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1408.	Gujarat Samachar	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1409.	Andhra Pradesh Mirror	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1410.	Indian News Network	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
1411.	Kheltoday	Ex-cricketer Joginder Sharma, squash stars Ramit Tandon, Anahat Singh spread mes...	N/A
1412.	Swatantra Prabhat	यह सम्मान उत्तर प्रदेश के लिए है गर्व की बात – कुलपति प्रो. वंदना सिंह	N/A
1413.	Sonebhadra Live	अब आयुर्वेदिक इलाज होगा और भी सुलभ, सीएचसी-पीएचसी में तैनात होंगे विशेषज्ञ चिकित...	N/A
1414.	कुतुब मेल	राजस्थान सरकार के आयुष विभाग द्वारा राज्य स्तरीय आरोग्य मेले का प्रारम्भ	N/A
1415.	OB News	Young minds step into 'One Day as Scientist' initiative	N/A
1416.	The Mobi World	Young minds step into 'One Day as Scientist' initiative	N/A
1417.	Koshur Samachar	IIIM mentors Startups to Business enterprises in J&K	N/A
1418.	Rajasthan News(राजस्थान समाचार)	जेकेके में शुरू हुआ राज्य स्तरीय आरोग्य मेला, वीडियो में देखें प्रमुख डॉक्टर्स औ...	N/A
1419.	Rajasthan Ki Khabar	On PM's call, Ayush labs open doors: Young minds step into "One Day as Scienti ...	N/A
1420.	GNS News: Hindi_GNS	उच्च शिक्षा, तकनीकी शिक्षा एवं आयुष विभाग मंत्री का भ्रमण कार्यक्रम	N/A
1421.	Telangana Journal	On PM's call, Ayush labs open doors: Young minds step into "One Day as Scienti ...	N/A
1422.	Maharashtra Samachar	On PM's call, Ayush labs open doors: Young minds step into "One Day as Scienti ...	N/A
1423.	Punjab Live	On PM's call, Ayush labs open doors: Young minds step into "One Day as Scienti ...	N/A
1424.	Karnataka Live	On PM's call, Ayush labs open doors: Young minds step into "One Day as Scienti ...	N/A
1425.	Kashmir Newslite	On PM's call, Ayush labs open doors: Young minds step into "One Day as Scienti ...	N/A

1426.	Mochansamachaar	प्रधानमंत्री के आह्वान पर आयुष लैब्स ने खोले दरवाजे: 'एक वैज्ञानिक के रूप में एक...	N/A
1427.	Bihar Times	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1428.	Bihar 24x7	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1429.	West Bengal Khabar	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1430.	Andhra Pradesh Mirror	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1431.	Ndtv	Rajasthan News: डिप्टी CM बैरवा ने 4 दिवसीय आरोग्य मेले का किया शुभारंभ, लोग फ्र...	N/A
1432.	Newspoint	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1433.	South India News	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1434.	Himachal Patrika	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1435.	Odisha Post	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1436.	OB News	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1437.	North East Times	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1438.	Vanakkam Tamil Nadu	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1439.	The Mobi World	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1440.	Chhattisgarh Today	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1441.	Maverick News3	Ayush Labs Open Doors: Young Minds Explore Science Under 'One Day as a Sci entist...	N/A
1442.	Kashmir Breaking News	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1443.	Haryana Today	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1444.	Gujarat Varta	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A
1445.	Indian News Network	On PM"s call, Ayush labs open doors: Young minds step into "One Day as Scienti...	N/A

1446.	Rk Tv News	प्रधानमंत्री के आह्वान पर आयुष लैब्स ने खोले दरवाजे: 'एक वैज्ञानिक के रूप में एक...	N/A
1447.	Maverick News3	Towards a Fit and Healthy India: Combating Obesity Through Collective Action	N/A
1448.	Odisha News Times	On PM's call Ayush Labs Open Doors: Young Minds Step into the World of Science ...	N/A
1449.	Observer Voice	Students Dive into Science with Ayush Initiative	N/A
1450.	IBC World News	"Hebridean Sky" docks in Mangaluru	N/A
1451.	C Bharat	Jaunpur news नई दिल्ली में आयोजित राष्ट्रीय विज्ञान दिवस समारोह में विश्वविद्यालय...	N/A
1452.	Udaipur Kiran	उत्तर प्रदेश से वीर बहादुर सिंह पूर्वांचल विश्वविद्यालय को मिला सम्मान	N/A
1453.	News Wala	जेकेके में शुरू हुआ राज्य स्तरीय आरोग्य मेला, वायरल फुटेज में जानिए कौन-कौन होगा...	N/A
1454.	News Wala	जेकेके में शुरू हुआ राज्य स्तरीय आरोग्य मेला, वीडियो में देखें प्रमुख डॉक्टर्स औ...	N/A
1455.	Rajasthan News(राजस्थान समाचार)	जेकेके में शुरू हुआ राज्य स्तरीय आरोग्य मेला, वायरल फुटेज में जानिए कौन-कौन होगा...	N/A
1456.	Hamarbani	आयुष लैब ने "वैज्ञानिक के रूप में एक दिन" पहल के तहत खोले छात्रों के लिए दरवाजे...	N/A
1457.	Observer Voice	Surge in Giloy Research Highlights Herbal Potential	N/A
1458.	Guidely	Important Weekly Current Affairs 2025 News - February 22nd to 28th	N/A
1459.	Rashtratak	दिव्य ज्योति वेद मन्दिर को मिला तीसरा विश्व रिकॉर्ड सम्मान	N/A
1460.	Newzfatafat	आयुष लैब ने "वैज्ञानिक के रूप में एक दिन" पहल के तहत खोले छात्रों के लिए दरवाजे...	N/A
1461.	Udaipur Kiran	आयुष लैब ने 'वैज्ञानिक के रूप में एक दिन' पहल के तहत खोले छात्रों के लिए दरवाजे	N/A
1462.	Guidely	Daily Current Affairs Quiz - 27th February 2025	N/A
1463.	Arpa Samachar	आयुष लैब ने "वैज्ञानिक के रूप में एक दिन" पहल के तहत खोले छात्रों के लिए दरवाजे...	N/A
1464.	Tripurastar News	On PM's call Ayush Labs Open Doors: Young Minds Step into the World of Science ...	N/A
1465.	Odisha Post	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1466.	Education Times	GBSHSE Class 10 exams 2025 begins today, check here for guidelines	N/A
1467.	Bihar 24x7	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1468.	Jharkhandtimes	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1469.	Kashmir Breaking News	Ayush Labs open doors; young minds step into world of Science under 'One Day as ...	N/A
1470.	Chhattisgarh Today	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A

1471.	Gujarat Varta	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1472.	Rajasthan Ki Khabar	Ayush Labs open doors; young minds step into world of Science under 'One Day as ...	N/A
1473.	Punjab Live	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1474.	Gujarat Samachar	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1475.	Haryana Today	Ayush Labs open doors; young minds step into world of Science under 'One Day as ...	N/A
1476.	Delhi live news	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1477.	Telangana Journal	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1478.	Karnataka Live	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1479.	Bihar Times	Ayush Labs open doors; young minds step into world of Science under 'One Day as ...	N/A
1480.	Sanskritiias	गिलोय: वैश्विक शोध में उभरता आयुर्वेदिक चमत्कार	N/A
1481.	Kashmir Newsline	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1482.	Education Times	Ministry of Ayush engages young students through its 'One Day as a Scientist" i...	N/A
1483.	West Bengal Khabar	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1484.	Andhra Pradesh Mirror	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1485.	OB News	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1486.	Maharashtra Samachar	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1487.	Himachal Patrika	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1488.	The Mobi World	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1489.	South India News	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1490.	Vanakkam Tamil Nadu	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A

1491.	North East Times	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1492.	Indian News Network	Ayush Labs open doors; young minds step into world of Science under "One Day as...	N/A
1493.	Madrastribune.com	376.5 pc increase in number of research publications around Giloy in 10 years: S..	N/A
1494.	Times Of Taj	Resolution Day: POJK"s Return Possible Only Under Modi Government – Dr. Jite ndr...	N/A
1495.	DeshWale	India Fights Fat: Tackling Obesity with Collective Action	N/A
1496.	NewsKarnataka	Hebridean Sky Docks at New Mangalore Port, Welcomed with Tradition	N/A
1497.	Government of Sikkim	Press Release from Health and Family Welfare Department Namchi	N/A
1498.	Health Economictimes	376.5 pc increase in number of research publications around Giloy in 10 years: S..	N/A
1499.	Bharat Mahan	Combating Obesity Through Collective Action	N/A
1500.	Drug Today Medical Times	National Institute of Homoeopathy (NIH), Kolkata	N/A
1501.	Reporter Post	Global research on giloy surges over 375 pc in last 10 years: Ayush Ministry	N/A
1502.	Jharkhand State News	Giloy Takes the Global Stage: New Studies Reveal Promising Role of Giloy in Im mu...	N/A
1503.	Ne India Broadcast	Giloy Takes the Global Stage: Research Publications Soar Over 300% in a Decad e	N/A
1504.	Early Times	DST iTBI, IIM Jammu Inaugurated at Vigyan Bhawan	N/A