



MINISTRY OF AYUSH COMPILED MEDIA REPORT
02 Jul, 2025 – 03 Jul, 2025

 **Total Mention 155**

 Print	Financial	Mainline	Regional	Periodical
34	7	18	9	N/A

 Online

121

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Economic Times	From Nov 1, Funds for all Central Schemes to Come Via 'Sparsh	Chandigarh + 2	5
2.	The Economic Times	Centre Mandates SNA Sparsh for All CSS Schemes by October End	Kolkata	7
3.	The Economic Times	Connect With 'Sparash' to Access Funds for 37 Central Plans: Centre to States	Chennai	5
4.	Mint	IT'S TIME TO RETHINK HEALTH INSURANCE FOR INDIA'S MISSING MIDDLE', HERE'S HOW	Hyderabad	11
5.	The Hindu Business Line	Enterprise Connect	Chandigarh + 9	8
6.	Bizz Buzz	India poised to become 3rd-largest economy by 2030	Hyderabad	2
7.	Bizz Buzz	PHARMA EXPORTS STRONG AT \$4.9 BN	Hyderabad	2
8.	The Times of India	Monk Who Makes You Laugh & Think, Too	Chandigarh	14
9.	The Statesman	Study finds Pantajali's Orthogrit effective in arthritis treatment	Delhi	3
10.	The Hindu	Are gig workers a part of India's labour data	Hyderabad	3
11.	The Hindu	Integrating compassion, prioritising palliative care	Hyderabad	6
12.	The Asian Age	Sweat & fatigue heal it all	Delhi	12
13.	The Hans India	Prenatal & postnatal yoga: Supporting women's health through every stage	Hyderabad	11
14.	The Hans India	Indian pharma exports firm at \$4.9 billion	Hyderabad	8
15.	The New Indian Express	NALCO unveils 'Prakriti Yoga Bhoomi' on International Yoga Day	Hyderabad + 2	10
16.	The New Indian Express	SAVASANA VARIATION BENT LEGS KNEES TOGETHER FEET APART	Hyderabad + 1	2
17.	The New Indian Express	SAVASANA VARIATION BENT LEGS KNEES TOGETHER FEET APART	Chennai	2
18.	The Morning Standard	What is the difference between a full-body workout and split routines Which one should I opt for?	Delhi	2
19.	The Morning Standard	Fit Bit	Delhi	2
20.	The Morning Standard	Business & Beyond	Delhi	10
21.	The Daily Guardian	BHARAT'S GLOBAL SOUTH GAMBIT: PM MODI'S DIPLOMATIC TOUR SIGNALS A BOLD RECALIBRATION OF FOREIGN POLI...	Chandigarh	10

22.	The Goan	Nutritional benefits of Moringa or drumstick water	Goa	10
23.	The Navhind Times	International Yoga Day celebrated by YUVA	Goa	8
24.	Deccan Chronicle	Sweat & fatigue heal it all	Chennai	16
25.	Yugmarg	Ayushman cards for 70+ being issued across Yamunanagar: Kanwar Pal Gurjar	Chandigarh	9
26.	Dainik Jagran	Choti choti aadate apnaka rahe fit	Chandigarh	6
27.	Deshbandhu	Do Malasana walk to clean your stomach	Delhi	10
28.	Pudhari	Sitting-Rising Test: A Unit of a Fit Body	Goa	11
29.	Bhaanga Bhuin	Yoga, pranayama transforms body and mind: Sulaksha Kolmule	Goa	5
30.	Bhaanga Bhuin	In Ayurveda, the root cause of depression is the solution: Acharya Balkrishna	Goa	2
31.	Virat Vaibhav	Shawasan for stressout	Delhi	13
32.	Dainik Tribune	Ayushmann vyey vandana scheme ka labh uthaye bijurag :Kavarpal	Chandigarh	3
33.	Rashtriya Sahara	Jal Brahmi	Delhi	12
34.	Sandhya Times	Seniors ke liye saugat hai chair yoga	Delhi	9

The Economic Times • 03 Jul • Ministry of Ayush
From Nov 1, Funds for all Central Schemes to Come Via 'Sparsh'

5 • PG

468 • Sqcm

161608 • AVE

61.91K • Cir

Middle Center

Chandigarh • Jaipur • Delhi

From Nov 1, Funds for all Central Schemes to Come Via 'Sparsh'

Anuradha Shukla

New Delhi: The Finance Ministry has directed all departments and state governments to adopt the Single Nodal Agency (SNA) 'Sparsh' funds release system for all Centrally Sponsored Schemes (CSS) by October 31 this year. This means funds for all CSS will be released only through this system after November 1. The ministry sent a letter to all the concerned departments, states, and Union Territories (UTs), asking them to take necessary steps to meet the deadline. **ET** has seen a copy of the letter.

"From November 1, 2025, onwards, all CSS will be implemented through SNA Sparsh in all states and Union Territories (UTs) with legislature." The letter stated all ministries, government departments, state governments, and UTs with legislature must take necessary steps to adhere to the timelines for onboarding schemes on the SNA Sparsh platform. The move aims to streamline fund flow and improve transparency in scheme implementation and optimal utilization of funds. For FY2026, the Centre has budgeted ₹5.41

lakh crore for CSS, which is about 50% of the total capital expenditure outlay for the current financial year.

SNA-Sparsh is a "just-in-time" funds release system introduced by the Reserve Bank of India (RBI) in June 2022 for simplified payment and reconciliation for CSS. The system has helped consolidate unspent balances parked in more than 1.5 million bank accounts of implementing agencies across India



into 4,500 bank accounts of the SNA, bringing greater transparency, which has saved the government over ₹11,000 crore since FY2023. Most large flagship schemes are already routed through this system; however, many small schemes are yet to be onboarded.

Among the schemes yet to be included on SNA are: Pradhan Mantri Awas Yojna (Urban 2.0), National Urban Livelihood Mission, SMART-PDS, Mission VATSALYA, Deendayal Antyodaya Yojana-National Urban Livelihood Mission, Ayush Mission, Rashtriya Gram Swaraj Abhiyan, National Mission for a Green India,

National Rural Health Mission, irrigation census, E-bus seva, Vibrant Villages Programme, National Mission on Natural Farming, and National Urban Digital Mission (NUDM).

FRESH NUDGE

On May 29, Cabinet Secretary T.V. Somanathan, in his review meeting of the centrally sponsored schemes, underscored the point once again, officials said. "There was a clear instruction from the Cabinet Secretary (T.V. Somanathan) that all central funds must flow via CSS from April 1, 2026, for greater accountability and transparency of fund usage," a senior official told **ET**.

The budget for FY2026 contained a new statement that revealed fund balances under SNA accounts with states and UTs regarding select CSS of ₹500 crore and above. "Now this has to be expanded to all small and large schemes we were able to track, and nudge the agencies to utilize the fund," the official said. The Controller General of Accounts (CGA) is already working with the department and states for a smooth transition.

The Economic Times • 03 Jul • Ministry of Ayush
Centre Mandates SNA Sparsh for All CSS Schemes by October End

7 • PG

184 • Sqcm

131713 • AVE

117.98K • Cir

Top Center

Kolkata

Centre Mandates SNA Sparsh for All CSS Schemes by October End

Anuradha Shukla

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This means funds for all CSS will be released only through this system after November 1.

The ministry sent a letter to all the concerned departments, states and union territories, asking them to take necessary steps to meet the deadline. ET has seen the copy of the letter.

"From 01.11.2025 onwards, all CSS shall be implemented through SNA Sparsh in all states and Union Territories (UTs) with legislature."

The letter said all ministries, government departments, state governments and UTs with legislature must take necessary steps to adhere to the timelines for onboarding of schemes on the SNA Sparsh platform.

The move aims to streamline fund flow and improve transparency in implementation of funds. For FY26, the Centre has budgeted ₹5.41 lakh crore for CSS, which is about 50% of the total capex outlay for the current financial year.

SNA Sparsh is a "just-in-time" funds release system introduced by the Reserve Bank of India (RBI) in June 2022 for simplified payment and reconciliation for CSS.

The system has also helped consolidate unspent balance parked in more than 1.5 million bank accounts of implementing agencies across India into 4,500 bank accounts of the SNA, bringing greater transparency, which has helped the government save more than ₹11,000 crore since FY23. Most of the large flagship schemes are already routed through this system, however many small schemes are yet to be onboard.

Among the schemes that are yet to be included on SNA are - Pradhan Mantri Awas Yojna (Urban 2.0), National Urban

Livelihood Mission, SMART-PDS, Mission VATSALYA, Deendayal Antyodaya Yojana-National Urban Livelihood Mission, Ayush Mission, Rashtriya Gram Swaraj Abhiyan, National Mission for a Green India, National Rural Health Mission, irrigation census, E-bus seva, Vibrant Villages Programme, National Mission on Natural Farming and National Urban Digital Mission (NUDM).

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The budget for FY26 contained a new statement that revealed funds balance under SNA accounts with states and UTs with respect to select CSS of ₹500 crore and above.

The Economic Times • 03 Jul • Ministry of Ayush

Connect With 'Sparsh' to Access Funds for 37 Central Plans: Centre to States

5 • PG

188 • Sqcm

147199 • AVE

102.42K • Cir

Top Center

Chennai

Connect With 'Sparsh' to Access Funds for 37 Central Plans: Centre to States

Anuradha Shukla

New Delhi: The finance ministry has directed all departments and state governments to adopt the single nodal agency (SNA) 'Sparsh' funds release system for 37 centrally sponsored schemes (CSS) by July 1 and for all remaining central schemes by October 31 this year.

SNA Sparsh is a "just-in-time" funds release system introduced by the RBI in June 2022.

The department of expenditure sent a letter last week to all states, union territories and concerned departments to take necessary steps to meet the deadline. ET has seen the copy of the letter. This means funds for all CSS will be released only through this system after No-



Speeding Up

SNA SPARSH

A 'just-in-time' funds release system

Introduced by RBI in June 2022

Most large schemes already routed through this system

HAS HELPED GOVT SAVE MORE THAN **₹11,000 CR** SINCE FY23

Funds for all CSS to be released only through this system after Nov 1

YOGEEESH

vember 1. The move aims to streamline fund flow and improve transparency in implementation of schemes and optimum utilisation of funds.

For FY26, the Centre has budgeted ₹5.41 lakh crore for CSS,

which is about 50% of the total capex outlay for the current financial year. "From 01.11.2025, all CSS shall be implemented through SNA Sparsh in all states and Union Territories (UTs) with legislature."

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Mint • 03 Jul • Ministry of Ayush

IT'S TIME TO RETHINK HEALTH INSURANCE FOR INDIA'S MISSING MIDDLE', HERE'S HOW

11 • PG

399 • Sqcm

99841 • AVE

45K • Cir

Bottom Left

Hyderabad

IT'S TIME TO RETHINK HEALTH INSURANCE FOR INDIA'S 'MISSING MIDDLE'. HERE'S HOW



Respond to this column at
feedback@themint.com

India has made progress in expanding healthcare access, especially for economically weaker sections through schemes like Ayushman Bharat. Yet, a large segment remains inadequately protected—the uninsured and underinsured middle class.

Roughly 80-100 million Indian households fall into this "missing middle". They are too affluent for subsidised schemes but can't afford adequate private insurance. As healthcare costs rise, they are increasingly vulnerable to financial distress during medical emergencies. Today's retail health insurance model is structurally flawed. The ₹5-10 lakh cover most families buy appears sufficient but loses value as medical inflation averages 10-12% annually. In a decade, the real value of this cover erodes. Premiums also rise sharply with age.

For those above 55 or 60, premiums can exceed 20% of the sum insured—an unsustainable cost when health risks are highest. Pre-existing conditions like diabetes and hypertension further raise barriers to new coverage. High distribution costs inflate pre-

miums. Insurers lack bargaining power with hospitals, leading to inflated treatment costs, higher claims and rising premiums.

How to fix this: Yet, India has the building blocks to create a better model. The government has already laid the foundation for a voluntary, contributory, government-facilitated insurance scheme for middle India. First, Ayushman Bharat has negotiated cost-effective treatment rates with a wide hospital network. Second, India has developed robust health data infrastructure to detect fraud, monitor overcharging, and guide investment into under-served regions. Third, the evolving health exchange platform, which integrates insurers, providers, and the government, can serve as the backbone for such a scheme.

The scheme would be designed by the government but run by licensed private insurers regulated by Irda. It would be voluntary and offered via government-managed digital platform for enrolment, premium payment, claims, renewals, and servicing. Coverage could range from ₹5 lakh to ₹1 crore, with the sum insured rising every three years by 15-25% to counter inflation. All pre-existing conditions would be covered from day one.

To avoid adverse selection—where sick individuals enrol—a 25% co-payment would apply in the first year for non-accident claims. This would reduce by 6.25% each claim-free year, phasing out after four years. Those with frequent claims would continue to share costs, ensuring fairness and sustainability.

Premiums would be based only on age, gender, or family size—not health status. While insurers could limit sum insured for high-risk individuals or apply premium loadings, uniform rating by health condition would not be allowed. Hospital costs would



be benchmarked to Ayushman Bharat rates, with a transparent mark-up for higher coverage, inflation, and reasonable hospital margins. Rates would be reviewed biennially.

The government's digital platform would serve as a single window for comparing plans, initiating claims, enabling cashless care, and renewing policies. A nominal platform fee of 3-5% would cover operations and provide analytics to help insurers improve pricing, detect fraud, and reduce misuse. The scheme could function as a standalone policy or a top-up to employer-provided cover, allowing flexibility. To encourage insurer participation, early losses could be carried forward for 10-12 years. The

solvency margin requirement could also be reduced from 150% to 100% for the first five years to support portfolio development.

Comprehensive coverage at a lower cost

This model offers several advantages. It provides comprehensive, inflation-adjusted coverage with no exclusions. Treatment cost will be lower due to pre-agreed hospital rates. Consequently, premiums would be far more affordable than current retail products. The design rewards those who do not claim, while still covering those who do—striking a fair balance.

Critically, the model doesn't require recurring government spending. A one-time partial premium contribution could be considered to accelerate enrolment. Regulatory oversight will remain with Irda—no new regulator is needed. Existing solvency and govern-

ance frameworks would apply. This proposal is not a replacement for existing schemes. Rather, it fills a critical gap in the healthcare financing ecosystem—protecting the middle class from mounting health risks and costs.

The government of India has an opportunity to catalyse this initiative. It builds on existing infrastructure, aligns with market principles, requires minimal fiscal support, and responds to a real need for millions of families. India can lead the world in creating a voluntary, digital-first, inflation-protected health insurance model for the middle class. The time to act is now.

Kamesh Goyal is chairman of the Go Digit group of companies.

The Hindu Business Line • 03 Jul • Ministry of Ayush Enterprise Connect

8 • PG

423 • Sqcm

105799 • AVE

131.35K • Cir

Middle Right

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

Enterprise Connect

GOA SHIPYARD LIMITED SHINES AT CMA AWARDS 2024: BAGS TWO PRESTIGIOUS NATIONAL HONOURS



Goa Shipyard Limited (GSL), a premier Defence Public Sector Undertaking under the Ministry of Defence, has been conferred with two prestigious awards at the 19th National Awards for Excellence in Cost Management & 8th CMA Awards 2024, organised by The Institute of Cost Accountants of India (ICMAI), held at Vigyan Bhawan, New Delhi. The awards were presented by Shri Bhartruhari Mahtab, Hon'ble Member of Parliament, Lok Sabha, and Chairperson, Committee on Finance. GSL was adjudged the Winner (1st award) for Excellence in Cost Management – 2024, under the category of Manufacturing – Public - Medium reinforcing the company's robust financial prudence, cost optimisation, and value creation in the defense shipbuilding sector. Adding to this moment of pride, Shri Sunil S. Bagi, Director (Finance), GSL, was also honoured with the Best CMA CFO Award – 2024 for the category (Public Manufacturing-Medium) in recognition of his exemplary leadership in financial strategy, governance, and cost management practices at GSL. These prestigious recognitions underscore GSL's enduring commitment to financial excellence, strategic cost leadership, and its consistent efforts to drive innovation and efficiency in support of the nation's defense preparedness. Shri Sunil Bagi, Director (Finance), GSL expressed heartfelt gratitude and said, "This recognition is not just an individual honour but a testament to the collective vision and dedication of the entire GSL team. GSL remain committed to transparency, efficiency, and nation-building through financial and operational excellence." GSL continues to scale new heights in the maritime and defence sector, aligning with the Government of India's vision of Atmanirbhar Bharat and Make in India in defence production.

IndianOil Gujarat Refinery Observes International Yoga Day Vadodra, 23 June 2025:



Gujarat Refinery enthusiastically observed International Yoga Day on June 21st, 2025, bringing together large number of employees and their families for a powerful session focussed on health and collective well-being. Mr. Anuj Jain, Director (Finance), joined the session underscoring the Indian Oil's deep commitment to its workforce's holistic well-being. Mr. Biplob Biswas, Executive Director & Refinery Head, Gujarat Refinery, Mr. Sunil Kumar Sinha, Executive Director (Core Group) along with their spouses and senior officials also joined the session. All the participants performed a series of asanas under the guidance of Dr. Prasant Rout, CGM(HR). Addressing the gathering, Mr. Jain emphasised the profound benefits of incorporating Yoga into daily life, particularly for maintaining healthy lifestyle, managing stress and work-life balance. He also actively participated in the session, performing various asanas alongside the employees, demonstrating his personal commitment to a healthy well-being. The event concluded on a high note, leaving all the participants including the kids refreshed and inspired to

prioritise their well-being. The spirit of Yoga Day extended to the younger members of the Gujarat Refinery family. Children from the Gujarat Refinery English Medium School and the Day Care Centre also enthusiastically participated in the yoga sessions conducted at their schools.

Liebherr Begins Production of Fully Integrated Refrigerators in India



Liebherr Appliances India, part of the €14.6 billion Liebherr Group, has launched its first Made-in-India Fully Integrated (FI) Fridge, Freezer & Combination. Manufactured at its Sambhajinagar facility in Maharashtra, the new range is tailored for India's climate, ensuring energy efficiency and durability. At the launch in Mumbai, Ms. Stéfanie Wohlfarth, Vice President, Liebherr Appliances, said, "We are proud to bring our built-in range to one of the world's most dynamic markets." Mr. Steffen Nagel highlighted the move as a milestone for Liebherr's legacy in India, while Mr. Kapil Agarwal emphasized the wide portfolio and ready availability without import delays—targeting India's growing premium kitchen segment.

National Insurance Academy Welcomes New PGDM Batch 2025–27



National Insurance Academy's flagship PGDM programme for the batch 2025-27 begins from 23rd June 25. 172 students from various disciplines and from various states have enrolled themselves for this unique two years Post Graduate Programme. This premier institute has an excellent track record since inception of this programme.

MIDC

We are pleased to invite you as an esteemed guest for the upcoming Maharashtra Industrial Dialogue, scheduled to take place on 25th June 2025 at Jio World Convention Centre, Bandra Kurla Complex, Bandra (W), Mumbai. The plenary will be graced by the presence of Hon'ble Chief Minister Shri Devendra Fadnavis, Hon'ble Dy. Chief Minister Shri Eknath Shinde and Shri Ajit Pawar with the Hon'ble Minister for Industries Shri Uday Samant, Hon'ble Minister of state, Industries Shri Indranil Naik and the leadership of the industries department of Government of Maharashtra. This exclusive event will bring together industry leaders, policymakers, and experts to discuss Maharashtra's regional and global growth opportunities, fostering crucial dialogues that will shape the future of industrial development in the state. Given the significance of this event, your esteemed media house's presence and coverage will play a vital role in amplifying these discussions to a wider audience. We look forward to welcoming you to this impactful event and appreciate your support in bringing these important discussions to the forefront.

Bizz Buzz • 03 Jul • Ministry of Ayush
India poised to become 3rd-largest economy by 2030

2 • PG

168 • Sqcm

16821 • AVE

N/A • Cir

Bottom Right

Hyderabad

India poised to become 3rd-largest economy by 2030

FAST FORWARD

- India risen from the eleventh to fourth largest economy
- 27 cr citizens lifted out of multidimensional poverty
- 15.4 cr rural households now enjoy piped water
- Annual Income Tax returns grew to 8.5 cr

NEW DELHI

INDIA has recently overtaken Japan and is poised to become the third-largest economy by 2030, overtaking Germany, Union Petroleum Minister Hardeep Singh Puri has said.

In the past 11 years, India has risen from the eleventh to the fourth largest economy in the world.

"Our GDP has more than doubled — from \$2.1 trillion in 2014 to \$4.3 trillion in 2025" said Puri while ad-

It will overtake Germany: Hardeep Puri



addressing the 77th Foundation Day of the Institute of Chartered Accountants of India (ICAI) here. The minister highlighted the nation's resilience during global headwinds and the critical role played by bold policy reforms, extensive social welfare schemes, and sound financial management.

Under the flagship social initiatives, Puri noted, over 27 crore citizens have been lifted out of multidimensional poverty, nearly four crore houses have been sanctioned under the Pradhan Mantri Awas Yojana, and 15.4 crore

rural households now enjoy piped water through the Jal Jeevan Mission.

"Ayushman Bharat has expanded health coverage to over 70 crore individuals with a Rs5 lakh insurance benefit, reinforcing India's commitment to inclusive development," the minister added.

He emphasised India's success in attracting global investment, with \$748 billion of foreign direct investment inflows between 2014 and 2025 — an increase of 143 per cent over the previous decade — and the expansion of source countries from 89 to 112.

Bizz Buzz • 03 Jul • Ministry of Ayush
PHARMA EXPORTS STRONG AT \$4.9 BN

2 • PG

181 • Sqcm

18055 • AVE

N/A • Cir

Top Right

Hyderabad

PHARMA EXPORTS STRONG AT \$4.9 BN

Data showed sector has made a 7.38% expansion compared with same period last year

PHARMA BOOST

- Bolster India's ambitious goal of trillion-dollar trade target
- Drug formulations, biologicals dominate export category
- Formulations, biologicals accounted for 75.74% of pharma exports
- The US remains the top destination

NEW DELHI

PHARMACEUTICAL exports in India stood strong at \$4.9 billion in April-May FY26, according to the latest update by the Pharmaceuticals Export Promotion Council of India (Pharmexcil).

Pharmexcil is an authorised export promotion agency under the Commerce and Industry Ministry.

The data showed that the



sector has made a 7.38 per cent expansion compared with the same period last year. This indicates that the industry is continuing with its upward trajectory and marking a significant presence globally.

This growth is due to "strategic initiatives focused on sustainable manufacturing, expanded global market presence, and digital innovation," Pharmexcil said, adding that the efforts may bolster India's ambitious goal of achieving a trillion-dollar trade target for its pharma industry.

"India's pharmaceutical exports continue to demonstrate a steady year-over-year growth, with drug formulations and biologicals continuing to dominate the export category," Namit Joshi,

chairman of Pharmexcil, was quoted as saying in a media report. "We attribute this growth to rising global demand, streamlined regulatory approvals, technological innovations, strategic partnerships, and economic stability," Joshi added.

Notably, formulations and biologicals accounted for 75.74 per cent of the total of the pharma exports. Bulk drugs and drug intermediates also expanded by 4.40 per cent in May.

Vaccine exports saw a 13.64 per cent increase and reached \$190.13 million, while surgical items (up 8.58 per cent) and Ayush and herbal products (up 7.36 per cent) also saw healthy growth.

According to Pharmexcil, about 76 per cent of India's pharmaceutical export destinations include the North American Free Trade Agreement (NAFTA) region, as well as Europe, Africa, and Latin America.

The Times of India • 03 Jul • Ministry of Ayush
Monk Who Makes You Laugh & Think, Too

14 • PG

324 • Sqcm

157207 • AVE

345.95K • Cir

Bottom Center

Chandigarh

Monk Who Makes You Laugh & Think, Too

Narayani Ganesh

Who can get away with tugging at a yoga guru's beard, asking, "Is your beard real?" then throwing back his head and laughing – before a large audience at a 2017 meeting for harmony in Mumbai – setting off ripples of laughter all around? Tenzin Gyatso, the fourteenth Dalai Lama, of course! He was teasing Baba Ramdev (who also laughed), even as he pulled his beard and poked his midriff. Nothing unusual for the happy monk who does this each time he is close to a bearded visitor – he did the same to actor-comedian Russell Brand at an event in UK in 2012. And to musician-composer Dean Evenson, rocker-musician Phil Void, Muslim priest Mohd Usman Shariff, HH Catholica Bava in Kerala, a Russian monk, Rabbi Zalman Schachter-Shalomi and more. No one took offence.

The Tibetan monk who has spent a

major part of his life in India after fleeing Chinese oppression of his homeland, found refuge in Dharamshala. He unfailingly opens any public address by first thanking the people of India for their hospitality and grace. He is not always about laughter and funny moments; his philosophy is seriously relevant – to combine scientific rigour with practical Indic wisdom and practise kindness and compassion towards all beings.

He may be the spiritual leader of the Tibetan people and a scholarly monk, but he is not one to advocate blind belief. He encourages everyone to question, experiment, explore and arrive at a logical space. "Prayer alone cannot achieve things. What we need is action more than anything else!" The Dalai Lama is not afraid of opening up to scientific research, experimentation and inquiry to understand human mind and

behaviour, so that it can lead to wisdom, deep learning leading to universal harmony and peace. He says to not let hatred destroy our practice. And he advises against nurturing negative feelings. "We can work with anger and hatred," he says.

His favourite reference is to Shanti Deva's book, *A Guide to the Bodhisattva Way of Life*, Chapter 6 on Patience, whose first verse says:

*Whatever wholesome deeds,
Such as venerating the
buddhas and (practising)
generosity,*

*That have been amassed
over a thousand aeons,*

*Will all be destroyed in one
moment of anger.*

You need enthusiasm and desire to improve and learn, to cultivate patience and understanding and to derive strength to overcome hardships in the process.

The second verse on patience, says:
There is no evil like hatred,

*And no fortitude like patience.
Thus I should strive in various ways
To meditate on patience.*

The Dalai Lama points out that although the Tibetan word for hatred, zhe dang, could be translated as either anger or hatred in English, it is more appropriate to equate zhe dang with just hatred because in some special cases, anger could be positive in a limited sense. As when anger is motivated by compassion or acts as catalyst for positive action. But under all circumstances, hatred can never be positive.

"Genuine peace of mind is rooted in affection and compassion. There is a high level of sensitivity and feeling involved," he says. No external condition can bring us the joy and happiness we seek; these come from within, with a positive attitude free of negativities. This can be achieved with practice of tolerance, patience, compassion and kindness.
ganeshnarayani@yahoo.com



THE SPEAKING TREE

The Statesman • 03 Jul • Ministry of Ayush
Study finds Pantajali's Orthogrit effective in arthritis treatment

3 • PG

368 • Sqcm

66154 • AVE

225K • Cir

Middle Left

Delhi

Study finds Pantajali's Orthogrit effective in arthritis treatment

STATESMAN NEWS SERVICE

NEW DELHI, 2 JULY

Scientists at Patanjali claimed to have achieved success in the treatment of joint pain, commonly known as arthritis.

According to a new research on the Ayurvedic formulation Orthogrit published in the international journal Pharmacological Research—Reports, under the Elsevier group, Orthogrit was found “effective in reducing inflammation caused by arthritis, preventing cartilage degeneration, and maintaining joint function.”

Expressing his enthusiasm over Orthogrit's success, Patanjali Group's Acharya Balkrishna stated, “Today, there is hardly any elderly person who is not suffering from knee pain. Modern medicine systems mostly focus on symptomatic relief rather than addressing the root cause. Ayurveda, however, identifies the root cause of

In the study, a research on human cartilage cells using 3D spheroids and on the C. elegans model was conducted'

each disease and provides a holistic solution. Orthogrit is a confluence of Ayurveda and modern science, and it holds the potential to cure even chronic conditions like arthritis from the root.”

He added that Orthogrit is made from natural herbs such as Vacha, Motha, Daruharidra, Pippalamool, Ashwagandha, Nirgundi, and Punarnava—all of which have been traditionally used in Sanatan culture for treating joint pain and inflammation.

Dr. Anurag Varshney, Senior Scientist at Patanjali Research Institute, said arthritis is a chronic disease that affects millions of people across the

globe. “In this study, we conducted research on human cartilage cells using 3D spheroids and on the C. elegans model.”

Orthogrit protected human cartilage cells from inflammatory damage, reduced Reactive Oxygen Species (ROS), and lowered the levels of inflammatory markers like IL-6, PEG-2, and IL-1 β . It also regulated the expression of genes such as JAK2, COX2, MMP1, MMP3, and ADAMTS-4.

In studies conducted on C. elegans, Orthogrit not only extended the lifespan of these organisms but also improved their mobility and controlled the expression of inflammation-associated genes like PMK-1, SEK-1, and CED-3.

This research clearly demonstrates that Orthogrit is not only effective in reducing arthritis symptoms but also plays a significant role in halting disease progression.

The Hindu • 03 Jul • Ministry of Ayush
Are gig workers a part of India's labour data

3 • PG

748 • Sqcm

814843 • AVE

956.08K • Cir

Top Left

Hyderabad

Are gig workers a part of India's labour data?

Though gig work is technically included under economic activity in the Periodic Labour Force Survey, without a specific classification, the survey fails to offer visibility into the unique nature of digital labour, characterised by multiple job roles, dependence on algorithms, lack of formal contract and absence of safety metrics

ECONOMIC NOTES

Durga Narayan

The 2025 Union Budget took several measures to formally 'recognise' gig and platform workers, and extended various social protection schemes to this growing workforce. Despite this recognition, the revised Periodic Labour Force Survey (PLFS), 2025 does not include substantive changes to account for the diverse forms of gig and platform work.

Gaps in labour classification

Gig workers were first incorporated into the legal framework through the Code on Social Security, 2020. Under Chapter I, Section 2(35), a gig worker is defined as "a person who participates in a work arrangement and earns from such activities outside of a traditional employer-employee relationship." Platform work, as defined in the Code, is "a work arrangement outside of a traditional employer-employee relationship in which organisations or individuals use an online platform to access other organisations or individuals to solve specific problems or to provide specific services or any such other activities which may be notified by the Central Government, in exchange for payment."

While this definition separates gig workers from both formal and informal categories, it doesn't clearly define who a gig worker is or the nature of gig work. According to NITI Aayog's 2022 report 'India's Booming Gig and Platform Economy', the gig workforce is expected to reach 23.5 million by 2029-30. Despite such projections and efforts to define gig work, India's primary labour statistics source, the PLFS, continues to subsume gig work under vague categories such as 'self-employed', 'own-account workers', or 'casual labour'. This statistical invisibility has direct consequences.

Clause 141 of the Code on Social



On the periphery: Gig workers prepare to deliver orders in New Delhi, in 2024. REUTERS

Security, 2020, "seeks to provide that the Central Government shall establish a Social Security Fund for social security and welfare of the unorganised workers, gig workers and platform workers." Similarly, the National Social Security Board, constituted under Section 6 of the Code on Social Security, 2020, is tasked with framing and overseeing welfare schemes for gig and platform workers. Such welfare boards and policymakers rely on the PLFS for 'evidence-based policy,' but the absence of a distinct category for gig and platform workers undermines its very intent. When classification itself is unclear in primary datasets, access to schemes becomes uneven and exclusionary.

How the PLFS falls short

In response to a Rajya Sabha query on whether the government had updated PLFS methodology to capture the rise of

gig work, the Ministry of Statistics and Programme Implementation stated, "No updation in the PLFS Schedule has been undertaken with the objective of specifically identifying persons engaged in the gig economy. However, all market activities i.e. activities performed for pay or profit which result in production of goods and services for exchange are included under the domain of economic activity considered in PLFS. The activity situation of a person who is found to be working or being engaged in economic activity during a specified reference period is associated with employment in PLFS. Hence, even the persons engaged in 'gig economy' for pay & profit are covered in PLFS."

Though gig work is technically included under economic activity, without a specific category or classification, the survey fails to offer visibility into the unique nature of digital

labour, characterised by multiple job roles, dependence on algorithms, lack of formal contract and absence of safety metrics. In the survey, while the question on the type of job contract provides an option for 'no written job contract', it doesn't capture the hybrid nature of work.

Unlike traditional self-employment, gig work is shaped by platform algorithms, performed across multiple apps and are mostly task-based rather than time-bound. Workers have no stable contracts, and often rely on digital reach. Many lack access to benefits or protections available to formal workers, and don't fully own their work processes, making the "self-employed" label misleading. Employment uncertainties, income volatility and algorithm governance remain invisible within PLFS classification. A food delivery person working across platforms like Swiggy, Zomato, for instance, will be flattened into a category that does not reflect entirely on their employment conditions or social security needs.

Recognition without representation

Recent policy efforts like the e-Shram registration, the issuance of digital ID cards, and health coverage under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana indicate the state's recognition of the gig and platform workforce. But unless statistical systems like the PLFS evolve, the data meant to support and monitor these interventions cannot be considered inclusive.

The 2025 PLFS revision introduced some important updates: a larger sample size, monthly estimates, and better rural representation. However, it still does not address the issues of how gig work is defined and understood. For inclusive policy making, India must update PLFS classification codes or introduce survey modules that distinctly capture gig work.

Durga Narayan is a policy researcher affiliated with the Indian Institute for Human Settlements (IIHS) and the Observer Research Foundation (ORF), Mumbai.

THE GIST

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The Hindu • 03 Jul • Ministry of Ayush
Integrating compassion, prioritising palliative care

6 • PG

495 • Sqcm

539230 • AVE

956.08K • Cir

Middle Center

Hyderabad

Integrating compassion, prioritising palliative care

In India, millions endure unnecessary suffering, making it imperative to integrate palliative care into its health-care system. Palliative care plays a crucial role in providing comfort and ensuring dignity to those navigating terminal conditions. Despite its proven impact, palliative care remains critically underfunded and underutilised in India, leaving millions without the support that they desperately need.

Palliative care, which is a form of specialised care addressing a person's physical, emotional, social and spiritual needs, remains a critical, yet underappreciated, component of health care. Unlike curative treatment that is aimed at eradicating disease, palliative care focuses on alleviating pain, reducing suffering, and improving quality of life – for patients and their families.

According to the World Health Organization (WHO), an estimated 40 million people globally require palliative care each year, with 78% of them living in low and middle-income countries. However, only 14% of those in need receive such care. In India, where an estimated seven million to 10 million people require palliative care annually, only 1%-2% have access to it. This gap underscores the urgency for systemic intervention and policy prioritisation.

The demand for palliative care is increasing constantly due to the global rise in non-communicable diseases such as cancer, diabetes and chronic respiratory conditions. India's health-care system, which is already strained, faces increasing pressure, making it essential to integrate palliative care to reduce unnecessary hospitalisations and ease the emotional and financial burden on families.

The challenges in India

The inclusion of palliative care in the National Health Policy of 2017 in India marked a pivotal step in addressing the gap. Subsequent efforts in capacity building, community outreach and collaboration with global organisations have fostered growth in this field. However, even today, access remains uneven, especially in rural areas, and primarily among economically



Dr. Naresh Shetty

is an Orthopaedic Surgeon, Hospital Administrator and Project Director, Niram-RIMH Palliative Care Centre in Tumkur, Karnataka, supported by the Ajit Isaac Foundation (AIF)



Dr. Avani Prabhakar

is an Assistant Professor of Medicine at The Johns Hopkins University School of Medicine

This form of specialised care remains underfunded and underutilised in India, leaving millions without the support they need

disadvantaged populations. Each year, approximately 7.2 million Indians need palliative care, yet systemic inefficiencies hinder its effective delivery.

One of the primary barriers is the shortage of trained professionals. Many doctors lack specialised training in palliative care, limiting their ability to provide comprehensive pain management and end-of-life care. While India's doctor-population ratio of 1:834, surpasses the WHO recommended norm of 1:1000, the availability of medical practitioners specialising in palliative care is disproportionately low.

Limited funding and lack of proper infrastructure further exacerbate the challenges. While palliative care is included in the primary health sector, its integration into tertiary care remains incomplete. Additionally, public awareness of palliative care remains limited, leading to misconceptions and late-stage access to these critical services.

Linking it with medical education

Strengthening the capacity of doctors to deliver this care, particularly in underserved regions, is imperative. In order to equip medical professionals with the skills and the empathy required to address end-of-life care, integrating palliative care into the core MBBS curriculum is crucial. The projects on pain and palliative care by the Indian Council of Medical Research and the All India Institute of Medical Sciences exemplify gradual progress in this area.

Given the limited availability of palliative care specialists, task-shifting (delegating responsibilities to trained allied health-care workers) emerges as a viable solution.

India has a huge base of 34.33 lakh registered nursing personnel and 13 lakh allied health-care professionals. Empowering this workforce through targeted training can help bridge the gap, ensuring holistic care, particularly in rural areas and underserved regions.

Policymakers must recognise the long-term benefits of investing in palliative care, from improving patient outcomes to reducing the overall burden on the health-care system.

Governments should allocate dedicated funding for palliative care programmes, ensuring that public and private health-care facilities are equipped with the necessary infrastructure.

Insurance schemes such as Ayushman Bharat should expand coverage to include palliative care, making these services more financially accessible to patients and families. Partnerships with non-governmental organisations and private institutions can also accelerate the expansion of these facilities.

Raising public awareness

Public awareness campaigns can demystify palliative care and encourage early access to services. Many patients and families are unaware that palliative care extends beyond end-of-life support and includes pain management, psychological support, and improved quality of life at any stage of a serious illness. Educating communities about these benefits can drive demand and policy changes.

The United States has a well-established palliative care system that is driven by robust funding mechanisms, insurance coverage, and hospice care models. Most importantly, in the U.S., there is an emphasis on end-of-life care, which involves substantial and progressively rising health-care expenditures – an indication of how robust funding and insurance systems support comprehensive, patient-centered care, offering a model that India can learn from while balancing costs and dignity.

India can study and adapt these practices while considering its unique cultural, demographic and economic context. Continuous research and the adoption of evidence-based practices are essential for improving care delivery and patient outcomes.

Integrating palliative care into India's health-care framework has become inevitable. A multi-pronged approach of prioritising capacity building, embedding palliative care in medical education, empowering allied health professionals, and addressing systemic challenges can transform the landscape of end-of-life care in the country.

The Asian Age • 03 Jul • Ministry of Ayush
Sweat & fatigue heal it all

12 • PG

2078 • Sqcm

883148 • AVE

389.96K • Cir

Bottom Left


Delhi Age

Delhi

HOW I KEEP MYSELF FIT & HEALTHY!

SWATI SHARMA

THE ASIAN AGE

 Balancing work, personal life, and health is difficult, yet prioritising self-care is essential for a sustainable lifestyle, says **Dr Niveditha**, Consultant Neurophysician, KIMS-Sunshine Hospital. That forms the most important parameter of a doctor's life.

“I believe, if a doctor is healthy, their opportunity to cater to their patient's needs is higher and hence we can build a better society that is hale and healthy.” When it comes to passion for the profession, Dr Niveditha dedicates six days a week to her job, often working 9 to 10 hours a day. “Despite the demands, the joy of alleviating my patients' pain makes every effort worthwhile. Their smiles fuel my passion for medicine,” she says and adds, “Beyond my practice, I serve underprivileged communities through Satya Sai Telemedicine, Ramakrishna Math-affiliated Vivekananda

Sweat & fatigue heal it all

Being a doctor is a privilege, but it comes with physical and emotional challenges, says **Dr Niveditha**, Consultant Neurophysician, KIMS-Sunshine Hospital

Trust Hospital and free, rural medical camps. Helping the needy is more than a duty - *Manava Seva* is *Madhava Seva* (service to mankind is service to God). It gives a sustained self satisfaction and peace. To maintain well-being, she dedicates 20 minutes daily to

an enjoyable workout—Zumba, dance, yoga, or a walk with music. “On stressful days, meditation and deep breathing provide instant relief. I nurture my passions on Sundays through painting, singing, gardening, volunteering, watching movies, shopping, and spending time with loved ones,” she concludes.



“I STRIVE TO LIVE WITH MINDFULNESS, FINDING PURPOSE (IKIGAI), SPREADING HAPPINESS AND EXPRESSING GRATITUDE BY GIVING BACK TO MY FAMILY, SOCIETY AND HUMANITY.”

DAILY ROUTINE FOR A HEALTHY LIFESTYLE:

6:00 AM: HYDRATION & DETOX: I start with warm water infused with cumin or cinnamon to boost metabolism and flush toxins.

7:00 AM: WORKOUT: A mix of strength training, cardio and flexibility exercises.

8:00 AM: NUTRITIOUS BREAKFAST: High-protein, antioxidant-rich oatmeal/smoothies with fruits, berries and nuts.

9:00 AM: WORK & PRODUCTIVITY: I ensure short breaks to stretch my body and maintain proper posture.

2:00 PM: BALANCED LUNCH: Millets, whole grains, lentils and fresh vegetables—avoiding processed foods and sugary drinks.

5:00 PM: HEALTHY SNACK: Nuts and coffee with skimmed milk for sustained energy.

8:00 PM: LIGHT DINNER: Vegetable salads, and soups or roti with curry followed by buttermilk.

10:00 PM: RELAXATION TECHNIQUES : A warm bath, aromatherapy and soothing music ensure good quality sleep which is crucial for cognitive functions and overall health.

The Hans India • 03 Jul • Ministry of Ayush

Prenatal & postnatal yoga: Supporting women's health through every stage

11 • PG

840 • Sqcm

251999 • AVE

390.49K • Cir

Top Left

Hyderabad

Prenatal & postnatal yoga: Supporting women's health through every stage

ASKARI JAFFER

Pregnancy is a time of immense change—physically, emotionally, and mentally. From the moment a woman learns she's expecting, her body begins to transform in remarkable ways. Amid the whirlwind of appointments, advice, and anticipation, prenatal and postnatal yoga offer something deeply grounding: a quiet space to connect with oneself and with life growing within. "Yoga during pregnancy is not merely a physical activity—it becomes a journey of inner connection and emotional strength," says Dr. N Sapna Lulla, Lead Consultant - Obstetrics & Gynaecology, Aster CMI Hospital, Bangalore.

Prenatal yoga isn't just about stretching or maintaining fitness; it's about turning into the body's innate wisdom. As the weeks progress and the baby grows, women often experience aches, fatigue, and a rollercoaster of hormones. Gentle yoga poses help ease common discomforts like lower back pain, swollen ankles, and tight hips. But perhaps more importantly, they foster a sense of calm and confidence.

Breathwork, a key element of prenatal yoga, teaches conscious breathing something so simple, yet so powerful. These breathing techniques become anchors during labor, helping women stay centered and reduce anxiety during contractions. The mindfulness cultivated on the mat often ripples into daily life, helping expectant mothers stay more present and less overwhelmed.

Equally important is the sense of community that prenatal yoga brings. In many classes, women find solidarity and sisterhood. There's a silent understanding in a room full of round bellies and knowing smiles. These shared ex-

Pregnancy and motherhood bring profound changes to a woman's body, mind, and emotions. Amidst this transformation, prenatal and postnatal yoga offers holistic support, combining movement, breath, and mindfulness. These practices empower women to navigate each stage with strength, calm, and connection

periences offer emotional support, especially for those navigating the anxieties of a first-time pregnancy or the exhaustion of juggling pregnancy with parenting older children.

Then comes the big transition childbirth and the beginning of a new chapter that's often overlooked: the postnatal period. Commonly referred to as the "fourth trimester," this is when a woman's body begins to heal while her world reorients around her newborn. Postnatal yoga helps support that journey.

The post-birth body is tender, often depleted, and recovering from the intensity of delivery, whether vaginal or cesarean. Yoga in the weeks and months that follow childbirth helps strengthen the pelvic floor, restore core stability, and alleviates postpartum tension, especially in the neck, shoulders, and wrists and areas strained by long hours of nursing, rocking, and holding a baby.

But healing goes beyond physical. Postnatal yoga also offers emotional release and mental clarity. Amidst

sleepless nights and the pressure to "bounce back," yoga encourages women to embrace this season as it is messy, beautiful, and deeply human. For many, that quiet hour on the mat becomes a lifeline, a reminder that caring for themselves is not selfish, but essential.

More than a fitness regime, prenatal and postnatal yoga cultivate resilience. They allow women to trust their bodies, honor their emotions, and stay connected to their inner strength during a time of deep vulnerability and transformation.

From the first flutter of movement in the womb to the first time a new mother finds a mo-

ment of stillness amidst the chaos, yoga is there. A gentle, grounding companion through the many stages of motherhood. In embracing yoga during these phases, women are not just nurturing their own well-being, but also creating a foundation of balance, calm, and presence that radiates into their growing families.

Dr. N Sapna Lulla, Lead Consultant - Obstetrics & Gynaecology, Aster CMI Hospital, Bangalore.



The Hans India • 03 Jul • Ministry of Ayush
Indian pharma exports firm at \$4.9 billion

8 • PG

275 • Sqcm

82642 • AVE

390.49K • Cir

Top Left

Hyderabad

Indian pharma exports firm at \$4.9 billion

Data showed sector has made a 7.38% expansion compared with the same period last year

PHARMA BOOST

- Bolster India's ambitious goal of trillion-dollar trade target
- Drug formulations, biologicals dominate export category
- Formulations, biologicals accounted for 75.74% of pharma exports

NEW DELHI

PHARMACEUTICAL exports in India stood strong at \$4.9 billion in April-May FY26, according to the latest update by the Pharmaceuticals Export Promotion Council of India (Pharmexcil). Pharmexcil is an authorised export promotion agency under the Commerce and Industry Ministry.

The data showed that the sector has made a 7.38 per cent expansion compared with the same period last year. This indicates that the



industry is continuing with its upward trajectory and marking a significant presence globally.

This growth is due to "strategic initiatives focused on sustainable manufacturing, expanded global market presence, and digital innovation," Pharmexcil said, adding that the efforts may bolster India's ambitious goal of achieving a trillion-dollar trade target for its pharma industry.

"India's pharmaceutical exports continue to demonstrate a steady year-over-year growth, with drug formulations and biologicals continuing to dominate the export

category," Namit Joshi, chairman of Pharmexcil, was quoted as saying in a media report.

"We attribute this growth to rising global demand, streamlined regulatory approvals, technological innovations, strategic partnerships, and economic stability," Joshi added.

Notably, formulations and biologicals accounted for 75.74 per cent of the total of the pharma exports. Bulk drugs and drug intermediates also expanded by 4.40 per cent in May. Vaccine exports saw a 13.64 per cent increase and reached \$190.13 million, while surgical items (up

8.58 per cent) and Ayush and herbal products (up 7.36 per cent) also saw healthy growth.

According to Pharmexcil, about 76 per cent of India's pharmaceutical export destinations include the North American Free Trade Agreement (NAFTA) region, as well as Europe, Africa, and Latin America.

However, the US remains the top destination. In May, exports to the country were valued at \$1.7 billion in May -- representing 34.5 per cent of total pharma exports and a 1.5 per cent expansion.

While Europe and Africa saw moderate growth, the ASEAN region emerged as a newly contracted area.

According to Joshi, the India-UK Free Trade Agreement (FTA) discussions showed it will significantly enhance supply chains and improve access to affordable medicines. It will also attract foreign direct investment, particularly in contract development and manufacturing (CDMO) and joint research.

The New Indian Express • 03 Jul • Ministry of Ayush
NALCO unveils 'Prakriti Yoga Bhoomi' on International Yoga Day

10 • PG

126 • Sqcm

42819 • AVE

91.08K • Cir

Bottom Center

Hyderabad • Bhubaneswar • Bengaluru

NALCO unveils 'Prakriti Yoga Bhoomi' on International Yoga Day

Bhubaneswar/Puri: NALCO has developed 'Prakriti Yoga Bhoomi', a yoga point within lush surroundings of Mahatma Gandhi Park at Puri. To mark the 11th International Day of Yoga, the dedicated yoga space was inaugurated by Brijendra Pratap Singh, CMD, in presence of Dr. Tapas Kumar Pattanayak, director (HR), underscoring NALCO's commitment to promoting wellness and holistic health among communities. Mahatma Gandhi Park in Puri has become a popular destination for both youth and senior citizens, who frequent the area for jogging, morning walks, and evening strolls. The addition of 'Prakriti Yoga Bhoomi' has been received by visitors, who have expressed their appreciation for the serene, natural setting that encourages yoga practice. In line with the 'Ek Ped Maa Ke Naam' initiative, the dignitaries planted saplings within the park premises.

The New Indian Express • 03 Jul • Ministry of Ayush SAVASANA VARIATION BENT LEGS KNEES TOGETHER FEET APART

2 • PG

609 • Sqcm

206977 • AVE

91.08K • Cir

Top Right

Hyderabad • Bengaluru

FITBIT

SAVASANA VARIATION BENT LEGS KNEES TOGETHER FEET APART (CONSTRUCTIVE REST POSE KNEES TOGETHER FEET APART)

This pose creates a natural skeletal resting frame with no muscular tension or active engagement. It can be used as a therapy for individuals experiencing trauma, anxiety, burnout, pelvic floor dysfunction, sacroiliac instability, chronic fatigue, psoas tightness, or mild depression.

STEPS

- Lie down on your back in Reclined Mountain Pose. Let your body come to rest gently.
- Inhale, bend your knees, place the soles flat on the floor hip-width apart in Constructive Rest Pose.
- Adjust the distance between your feet so your knees comfortably lean into each other without tension.
- Finally, exhale and drop your knees inside, touching each other, and maintain a comfortable distance between your feet, creating a gentle internal rotation of the thighs. Rest your hands on your belly and feel the movement of your abdomen as you breathe.
- Stay here for about 3 to 10 minutes, or longer. Settle into the pose and experience rest fully. Breathe nice and deep, allowing your abdominal muscles to relax completely.
- Inhale, welcoming breath into the belly, pelvis, and lower back. Exhale, let go, and feel supported, contained, and safe.
- Close your eyes and observe the natural rhythm of your breath.
- Allow the inner thighs to widen slightly. Let the belly soften, imagine the inner thighs subtly hugging in.
- Feel the knees gently resting into each other. Allow the tailbone to grow heavy, grounding your pelvis further. Soften your facial muscles. Observe the natural curve of your lower back.
- To release, wiggle your fingers and toes. Slowly return to Savasana, stay for a few breaths. Roll gently onto one side in Side Lying Corpse Pose.

BENEFITS

- Adds extra support, making it an excellent choice for relaxation, nervous system regulation, and gentle postural alignment.
- Encourages a sense of inner stillness, allowing the body to unwind.
- Calms the autonomic nervous system, promoting sound sleep.
- Simple yet profound pose to reset and restore overall well-being.
- A wonderful counter stretch to cool down the mind and body.
- Relaxes the deeper tissues called fascia, which can ease out the everyday stress in the body.
- Safe and accessible for pregnant women or those with injuries or emotional tension.
- Activates the vagus nerve, a key component of the parasympathetic nervous system.
- Spiritually, balances the chakras, enhancing overall well-being.
- It specifically helps those with digestive issues or stress-related abdominal holding.

LIMITATIONS

- Those who have back pain, herniated disc, migraine, heart-related issues, or breathing difficulties, and pregnant women and senior citizens should consider using either a cushion, or blanket, to support the head.



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

The New Indian Express • 03 Jul • Ministry of Ayush
SAVASANA VARIATION BENT LEGS KNEES TOGETHER FEET APART

2 • PG

651 • Sqcm

859741 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

SAVASANA VARIATION BENT LEGS KNEES TOGETHER FEET APART (CONSTRUCTIVE REST POSE KNEES TOGETHER FEET APART)

This pose creates a natural skeletal resting frame with no muscular tension or active engagement. It can be used as a therapy for individuals experiencing trauma, anxiety, burnout, pelvic floor dysfunction, sacroiliac instability, chronic fatigue, psoas tightness, or mild depression.

STEPS

- Lie down on your back in Reclined Mountain Pose. Let your body come to rest gently.
- Inhale, bend your knees, place the soles flat on the floor hip-width apart in Constructive Rest Pose.
- Adjust the distance between your feet so your knees comfortably lean into each other without tension.
- Finally, exhale and drop your knees inside, touching each other, and maintain a comfortable distance between your feet, creating a gentle internal rotation of the thighs. Rest your hands on your belly and feel the movement of your abdomen as you breathe.
- Stay here for about 3 to 10 minutes, or longer. Settle into the pose and experience rest fully. Breathe nice and deep, allowing your abdominal muscles to relax completely.
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By N Elumalai, PhD Scholar (Yoga Science) at
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The Morning Standard • 03 Jul • Ministry of Ayush

What is the difference between a full-body workout and split routines Which one should I opt for?

2 • PG

269 • Sqcm

128882 • AVE

300K • Cir

Middle Center

Delhi



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

What is the difference between a full-body workout and split routines? Which one should I opt for?

A full-body workout targets all the major muscle groups — legs, back, chest, arms, shoulders and core — in a single workout session. It's ideal for busy professionals or anyone who can only train 2-3 times a week.

- They help build overall strength, improve muscle coordination and burn calories in one go.



• Split routines divide your workouts by muscle groups, like training the upper body on one day, lower body the next, or even isolating chest, back, and legs on different days.

• These work well if you're advanced or training 4-6 days a week, as they allow you to focus intensely on specific areas and give muscles more time to recover.

• If you're just starting out or want general fitness, full-body workouts are efficient.

• If your goal is muscle definition, strength gains, or body sculpting and you can train frequently, split routines can offer targeted progress.

• Remember, the best workout is the one you can stick to consistently.

The Morning Standard • 03 Jul • Ministry of Ayush

Fit Bit

2 • PG

633 • Sqcm

303618 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

SAVASANA VARIATION

(BENT LEGS, KNEES TOGETHER, FEET APART)

A rest pose: knees together, feet apart. This pose creates a natural skeletal resting frame with no muscular tension or active engagement. It can be used as a therapy for individuals experiencing trauma, anxiety, burnout, pelvic floor dysfunction, sacroiliac instability, chronic fatigue, psoas tightness, or mild depression.

STEPS

- Lie down on your back in Reclined Mountain Pose. Let your body come to rest gently.
- Inhale, bend your knees, place the soles flat on the floor hip-width apart in Constructive Rest Pose.
- Adjust the distance between your feet so your knees comfortably lean into each other without tension.
- Finally, exhale and drop your knees inside, touching each other, and maintain a comfortable distance between your feet, creating a gentle internal rotation of the thighs. Rest your hands on your belly and feel the movement of your abdomen as you breathe.
- Stay here for about 3 to 10 minutes, or longer. Settle into the pose and experience rest fully. Breathe nice and deep, allowing your abdominal muscles to relax completely.
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- Relaxes the deeper tissues called fascia, which can ease out the everyday stress in the body.
- Safe and accessible for pregnant women or those with injuries or emotional tension.
- Activates the vagus nerve, a key component of the parasympathetic nervous system.
- Spiritually, balances the chakras, enhancing overall well-being.
- It specifically helps those with digestive issues or stress-related abdominal holding.

LIMITATIONS

- Pregnant women, senior citizens, and those who have back pain, herniated disc, migraine, heart-related issues, or breathing difficulties, should consider using either a cushion, or blanket, to support the head.



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

The Morning Standard • 03 Jul • Ministry of Ayush
Business & Beyond

10 • PG

499 • Sqcm

239458 • AVE

300K • Cir

Bottom Right

Delhi

NALCO unveils 'Prakriti Yoga Bhoomi' on International Yoga Day

Bhubaneswar/Puri: NALCO has developed 'Prakriti Yoga Bhoomi', a yoga point within lush surroundings of Mahatma Gandhi Park at Puri. To mark the 11th International Day of Yoga, the dedicated yoga space was inaugurated by Brijendra Pratap Singh, CMD, in presence of Dr. Tapas Kumar Pattanayak, director (HR), underscoring NALCO's commitment to promoting wellness and holistic health among communities. Mahatma Gandhi Park in Puri has become a popular destination for both youth and senior citizens, who frequent the area for jogging, morning walks, and evening strolls. The addition of 'Prakriti Yoga Bhoomi' has been received by visitors, who have expressed their appreciation for the serene, natural setting that encourages yoga practice. In line with the 'Ek Ped Maa Ke Naam' initiative, the dignitaries planted saplings within the park premises.

Business & Beyond



Honda new City Sport with style, sporty character

Honda Cars India (HCIL), a leading manufacturer of premium cars in India, launched New City Sport, bringing a bold new edge to its popular mid-size sedan Honda City. Designed to captivate young discerning buyers with a flair of individuality, the City Sport offers sporty exterior styling with black accents, premium all black interiors with contrasting red highlights and ambient lighting offering an exclusive driving experience. Echoing its tagline 'Life is a Sport', the new City Sport celebrates those who live with energy, confidence and a passion for standing out – both on the road and in life. The City Sport will be available as a new grade in City line-up in limited units as an exclusive offering crafted for those who demand distinction.

Balmer wins diamond trophy for manufacturing competitiveness

Kolkata: Balmer Lawrie & Co. Ltd., a diversified Miniratna I PSE under Ministry of Petroleum and Natural Gas, GOI, is proud to announce that its Strategic Business Unit (SBU): Chemicals has been honoured with the prestigious Diamond Trophy at the National Awards for Manufacturing Competitiveness (NAMC) 2025 organised by the International Research Institute for Manufacturing (IRIM). SBU: Chemicals was awarded the Gold Medal for the third consecutive year, a distinction that earned the unit the coveted Diamond Trophy. The NAMC Awards recognise manufacturing organisations that demonstrate excellence through innovative strategies and competitive approaches.



The Daily Guardian • 03 Jul • Ministry of Ayush

BHARAT'S GLOBAL SOUTH GAMBIT: PM MODI'S DIPLOMATIC TOUR SIGNALS A BOLD RECALIBRATION OF FOREIGN POLI...

10 • PG

981 • Sqcm

98121 • AVE

N/A • Cir

Top Left

Chandigarh

BHARAT'S GLOBAL SOUTH GAMBIT: PM MODI'S DIPLOMATIC TOUR SIGNALS A BOLD RECALIBRATION OF FOREIGN POLICY

OPINION

SIDDHARTHA DAVE



A WELL-ORCHESTRATED DIPLOMATIC SYMPHONY

The sequencing of Modi's visits reflects a masterclass in diplomatic choreography. Beginning in West Africa, progressing through the Caribbean, and culminating in South America and mineral-rich southern Africa, the tour is planned with deliberate geographic and strategic precision. Each leg of the journey seems to be planned not in isolation but as part of a larger tapestry designed to knit together nations of the Global South into a cohesive strategic community. The chosen countries are not random—they either host significant Bhartiya diaspora populations, possess critical resources, or occupy key positions in regional geopolitics. In this sense, the tour is not merely diplomatic but architectural: laying the groundwork for a sustainable, strategic architecture of South-South cooperation. This architecture is being built on the pillars of shared historical experiences, anti-colonial solidarity, and aspirations for equitable growth. Modi's engagements are multilayered—featuring not only bilateral dialogues but also trilateral, regional, and multilateral initiatives. This tour of PM Modi is symbolic of a rising civilisational power that is ready to shoulder global responsibilities while remaining

rooted in its own ethos of Vasudhaiva Kutumbakam.

RESOURCE DIPLOMACY: SECURING THE ENGINES OF GROWTH

One of the most pressing and visible goals of the diplomatic mission is the pursuit of critical mineral resources. In the 21st-century economy, minerals like lithium, cobalt, uranium, and manganese are as strategically vital as oil was in the 20th century. Bharat's rapid push toward green energy, electric vehicles, solar manufacturing, and digital infrastructure requires a reliable, diversified, and secure supply of these resources.

Argentina, which holds some of the world's largest lithium reserves, is indispensable to Bharat's future in electric mobility and battery storage. Namibia's rich uranium deposits can catalyze Bharat's nuclear energy ambitions, especially as the country seeks to balance climate goals with the demands of economic growth. Ghana offers gold, bauxite, and significant agricultural output—materials vital to both industrial and food security goals. By initiating and deepening agreements on exploration, joint ventures, and technological transfers in these areas, Bharat is taking critical steps toward reducing dependence on geopolitically sensitive sources and creating a more resilient supply chain.

This mineral diplomacy is being executed with finesse—partnering rather than extracting, building capacity rather than exploiting. Bharat's engagements are increasingly accompanied by offers of education, training, environmental standards, and infrastructure investments,



Prime Minister Narendra Modi receives a warm welcome by Ghana President John Mahama on his arrival at Kotoka International Airport in Accra, Ghana, for his first-ever bilateral visit to the country, on Wednesday. PM Modi becomes the first Indian PM to visit Ghana after 30 years. (DD/ANI)

which differentiate New Delhi's approach from the more transactional models historically associated with China and the West.

DEFENSE AND TECHNOLOGY: BUILDING SUSTAINABLE POWER PARTNERSHIPS

A key highlight of the tour shall be the use of Bharat's indigenously developed defense platforms as instruments of strategic diplomacy. The Light Combat Aircraft-Tejas, the Akash missile defense system, indigenously manufactured helicopters, and co-development of surveillance technologies have emerged as the vanguard of Bharat's defense outreach. Deals to be discussed and signed during the tour not only signal Bharat's intent to emerge as a defense exporter but also position it as a credible and reliable alternative to traditional arms suppliers.

These defense ties also provide strategic depth. They are not merely about hardware but about strategic convergence—long-term training, capacity-building, logistical cooperation, and

joint R&D. In countries wary of Chinese military expansion or struggling to maintain sovereignty over security apparatuses, Bharat's non-intrusive, partnership-driven approach has found willing collaborators. Moreover, technology transfer agreements are increasingly integrated into these defense pacts, creating a multidimensional engagement framework. From cyber defense to aerospace collaborations and coastal surveillance systems, these strategic linkages elevate Bharat's role as a net security provider and empower partner nations to build self-reliant defense capacities.

SOFT POWER AND CIVILISATIONAL DIPLOMACY: BHARAT'S ENDURING ADVANTAGE

Perhaps the most understated yet most powerful facet of Modi's diplomatic blitz is Bharat's soft power. The Bhartiya diaspora is no longer just a cultural remnant—it is a strategic asset. In countries like Trinidad and Tobago, Guyana, Suriname, Ghana, and South

Africa, the Bhartiya community has been integrated into political, economic, and cultural spheres. These communities form a ready-made bridge between governments and peoples.

Beyond the diaspora, Bharat's strengths in education, healthcare, culture, and spirituality offer compelling alternatives to traditional development models. Institutions like the Bharatn Technical and Economic Cooperation (ITEC) program, ICCR scholarships, and AYUSH initiatives continue to resonate strongly. Unlike predatory financing or opaque aid programs, Bharat's development assistance is transparent, capacity-focused, and demand-driven. The wide global appeal of Bollywood, Yoga, classical arts, and spiritual traditions like Vedant and Buddhism further enhances Bharat's reputation as a benign and enriching partner.

Soft power is increasingly fused with strategic objectives. For example, Bharatn institutions are being encouraged to establish campuses abroad; joint cultural festivals and tourism initiatives are being launched; and digital platforms are being used to teach Bharatn languages and philosophy to global audiences. This marriage of civilisational diplomacy and statecraft is uniquely Bharatn—and increasingly influential.

BRICS: LEADERSHIP AMID FLUX

The BRICS summit, occurring in parallel to Modi's Global South engagement, reveals major fault lines in global alignments. With Xi Jinping and Vladimir Putin absent, Bharat shall find itself in a unique position to guide the agenda. Far from exploiting the absence,

Bharat shall choose responsibility over rhetoric, focusing on constructive proposals, economic cooperation, and institutional strengthening.

Bharat's position on the proposed BRICS currency is particularly telling. While sympathetic to calls for de-dollarization and financial multipolarity, Bharat resists any hasty or ideologically driven decisions. Its emphasis on bolstering existing bilateral and multilateral trade frameworks, promoting digital financial inclusion, and investing in real infrastructure show a preference for substance over symbolism.

This pragmatic stance has elevated Bharat's stature in the grouping, allowing it to become the pivot around which future BRICS engagements can revolve. As internal political challenges engulf China and Russia, Bharat's internal stability and global legitimacy make it a natural leader for the emerging world.

NAVIGATING REGIONAL AND GLOBAL SECURITY THREATS

Bharat's outreach must also be understood in the context of its persistent regional challenges. The threats emanating from cross-border terrorism supported by Pakistan and China's expansionist behavior along its borders and in the maritime domain continue to demand global attention. Modi's foreign visits serve not only to build alliances but also to internationalize Bharat's legitimate security concerns.

By aligning with countries affected by similar challenges—be it piracy in the Gulf of Guinea, terrorism in Latin America, or political instability in African nations—Bharat is creating a global coalition of states that share

security interests.

Bharat should also use the tour to call for reforms in global security institutions. Its push for permanent membership in the UN Security Council and leadership roles in multilateral peacekeeping reflect a growing consensus among developing nations that current structures are outdated and unrepresentative.

TOWARD A NEW GLOBAL COMPACT

Prime Minister Modi's diplomatic offensive is much more than a symbolic assertion of presence—it is a strategic manifestation of a resurgent Bharat ready to co-author the rules of a new world order. With every bilateral agreement signed, cultural exchange initiated, mineral pact discussed, and defense deal negotiated, Bharat is writing a new chapter in its foreign policy playbook.

The tour's real triumph shall lie in its message: that Bharat, rooted in ancient wisdom yet surging with modern innovation, is uniquely placed to lead a fractured world toward a future of cooperative multipolarity. It blends pragmatism with principle, ambition with humility, and hard interests with soft values. As the Global South looks for a voice that can represent both its grievances and its aspirations, Bharat is not just offering sympathy—it is offering leadership.

In an age where great powers are struggling with internal contradictions and legitimacy crises, Bharat stands as a stable, democratic, civilisational state with global ambitions and the moral bandwidth to pursue them. The Global South gambit is no longer just an idea—it is an unfolding reality, with Bharat at its helm.

The Goan • 03 Jul • Ministry of Ayush
Nutritional benefits of Moringa or drumstick water

10 • PG

936 • Sqcm

140353 • AVE

200K • Cir

Bottom Left

Goa

Nutritional benefits of Moringa or drumstick water

Deepannita Das

Moringa or Drumstick water stands as a testament to nature's ability to provide a holistic approach to health. From bolstering the immune system to promoting heart health and aiding in weight management, the benefits of this green elixir are far-reaching. In the world of superfoods, Moringa, often referred to as drumstick, has emerged as a nutritional powerhouse, offering a treasure trove of health benefits. The Moringa tree, native to parts of Africa and Asia, is celebrated for its leaves, seeds, and even its water, which is packed with nutrients and medicinal properties.

Let's know the numerous benefits of Moringa or Drumstick water, a green elixir that has been embraced for its potential to enhance well-being.

Health benefits of moringa or drumstick water

Moringa, scientifically known as *Moringa oleifera*, is a versatile tree that has been used for centuries in traditional medicine and culinary practices. The leaves, pods, and seeds of the Moringa tree are rich in vitamins, minerals, and antioxidants. Drumstick water, an infusion made by steeping Moringa leaves in water, has gained popularity for its convenient consumption and potential health perks.

■ **Rich in antioxidant**
Drumstick water is loaded with antioxidants, including quercetin, chlorogenic acid, and beta-carotene. These compounds combat oxidative stress, neutralizing free radicals in the body and supporting overall cellular health. Antioxidants play a crucial role in reducing inflammation and preventing chronic diseases.

■ Abundant in nutrients

Moringa water is a nutritional powerhouse, delivering a concentrated dose of essential vitamins and minerals. It is a rich source of vitamin C, vitamin A, potassium, calcium, and iron. Regular consumption provides a natural and easily absorbable way to meet daily nutrient requirements.

■ Supports immune function

With its high vitamin C content, Moringa water acts as a natural immune booster.

Vitamin C enhances the production of white blood cells, strengthens the immune system, and helps the body fight off infections. Regular consumption may contribute to a resilient & robust immune response.



■ Aids digestive health

The Moringa tree has been traditionally used to alleviate digestive issues. Drumstick water, with its fiber content, promotes a healthy digestive system by preventing constipation and supporting regular bowel movements. It may also assist in maintaining a balanced gut microbiota.

■ Regulates blood sugar levels

Some studies suggest that Moringa may have a positive impact on blood sugar levels. Compounds found in Moringa leaves, such as chlorogenic acid and isothiocyanates, may help regulate blood glucose levels, making it a potential ally for individuals managing diabetes.

■ Maintains heart health

Moringa water contributes to heart health by positively influencing key markers such as cholesterol levels and blood pressure. Antioxidants and bioactive compounds in Moringa may help reduce the risk of cardiovascular diseases by promoting healthy blood vessels and managing lipid profiles.

■ Supports weight management

For those on a journey to manage weight, Moringa water can be a valuable addition to their regimen. The combination of nutrients and fiber promotes a feeling of fullness, potentially reducing overall caloric intake. Additionally, its metabolism-boosting properties may aid in weight management.

■ Natural anti-inflammatory properties

Chronic inflammation is linked to various health issues, including arthritis and heart disease. Moringa water's anti-inflammatory properties, attributed to compounds like isothiocyanates, may help mitigate inflammation in the body, supporting joint health.

■ Easy to incorporate into daily routine

One of the greatest advantages of Moringa water is its convenience. Incorporating this nutrient-packed elixir into your daily routine is as simple as brewing a cup of tea. Whether enjoyed warm or cold, its mild flavor makes it an easy addition to various beverages and dishes.

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The Navhind Times • 03 Jul • Ministry of Ayush
International Yoga Day celebrated by YUVA

8 • PG

204 • Sqcm

36745 • AVE

280K • Cir

Middle Left

Goa



MLA Jennifer Monserrate lighting the lamp

International Yoga Day celebrated by YUVA

NT BUZZ

YUVA organised Yoga Workshop on the occasion of International Yoga Day in Taleigao Community Hall recently. The programme was attended by more than 150 people across Goa. Present on the occasion were MLA, Taleigao, Jennifer Monserrate; Deputy Sarpanch, Taleigao Village Panchayat, Sagar Bandekar; Panch Taleigao Village Panchayat, Agnel D'Cunha; Brahmakumari Shobha Behenji, Taleigao Zila Parishad member, Anjali Naik, YUVA founder Raghuvir Mahale, YUVA president Shashank Sukthankar, and YUVA former president Sarvesh Shetye.

The workshop was conducted by trainer from Patanjali Yog Samiti, Ravindra Patil as per the protocols of AYUSH ministry. The yoga session was followed by meditation session conducted by Pritam Kalyanpur of Shiva Pyramid Meditation and Namrata Redkar of Shiva Science Meditation.

Deccan Chronicle • 03 Jul • Ministry of Ayush

Sweat & fatigue heal it all

16 • PG

1927 • Sqcm

2062011 • AVE

1.15M • Cir

Top Center

Chennai Chronicle

Chennai

DAILY ROUTINE FOR A HEALTHY LIFESTYLE:

6:00 AM: HYDRATION & DETOX: I start with warm water infused with cumin or cinnamon to boost metabolism and flush toxins.

7:00 AM: WORKOUT: A mix of strength training, cardio and flexibility exercises.

8:00 AM: NUTRITIOUS BREAKFAST: High-protein, antioxidant-rich oatmeal/smoothies with fruits, berries and nuts.

9:00 AM: WORK & PRODUCTIVITY: I ensure short breaks to stretch my body and maintain proper posture.

2:00 PM: BALANCED LUNCH: Millets, whole grains, lentils and fresh vegetables—avoiding processed foods and sugary drinks.

5:00 PM: HEALTHY SNACK: Nuts and coffee with skimmed milk for sustained energy.

8:00 PM: LIGHT DINNER: Vegetable salads, and soups or roti with curry followed by buttermilk.

10:00 PM: RELAXATION TECHNIQUES: A warm bath, aromatherapy and soothing music ensure good quality sleep which is crucial for cognitive functions and overall health.

Sweat & fatigue heal it all

Being a doctor is a privilege, but it comes with physical and emotional challenges, says **Dr Niveditha** Consultant Neurophysician, KIMS-Sunshine Hospital

Trust Hospital and free, rural medical camps. Helping the needy is more than a duty - *Manava Seva is Madhava Seva* (service to mankind is service to God). It gives a sustained self satisfaction and peace. To maintain well-being, she dedicates 20 minutes daily to

an enjoyable workout—Zumba, dance, yoga, or a walk with music. “On stressful days, meditation and deep breathing provide instant relief. I nurture my passions on Sundays through painting, singing, gardening, volunteering, watching movies, shopping, and spending time with loved ones,” she concludes.



“I STRIVE TO LIVE WITH MINDFULNESS, FINDING PURPOSE (IKIGAI), SPREADING HAPPINESS AND EXPRESSING GRATITUDE BY GIVING BACK TO MY FAMILY, SOCIETY AND HUMANITY.”

HOW I KEEP MYSELF FIT & HEALTHY!

SWATI SHARMA
DECCAN CHRONICLE

Balancing work, personal life, and health is difficult, yet prioritising self-care is essential for a sustainable lifestyle, says **Dr Niveditha**, Consultant Neurophysician, KIMS-Sunshine Hospital. That forms the most important parameter of a doctor's life.

“I believe, if a doctor is healthy, their opportunity to cater to their patient's needs is higher and hence we can build a better society that is hale and healthy.” When it comes to passion for the profession, Dr Niveditha dedicates six days a week to her job, often working 9 to 10 hours a day. “Despite the demands, the joy of alleviating my patients' pain makes every effort worthwhile. Their smiles fuel my passion for medicine,” she says and adds, “Beyond my practice, I serve underprivileged communities through Satya Sai Telemedicine, Ramakrishna Math-affiliated Vivekananda

Ayushman cards for 70+ being issued across Yamunanagar: Kanwar Pal Gurjar

Middle Center

Chandigarh

Yamunanagar, all CHCs in addition to CHC, PHC Budia, PHC Budia, PHC Budia, PHC Budia, PHC Budia, PHC Budia, PHC Budia, PHC Budia, PHC Budia, PHC Budia, PHC Budia, And PHCs. Former Cabinet Minister Kanwarpal Gurjar said that Ayushman Vy Vandana Scheme was an important scheme for senior citizens, which provided them the benefit of health services. Through this scheme, senior citizens can take advantage of free treatment and be able to live a healthy life. The BJP officials and general public should ensure that the above 70 years and older at the above health institutions that maximum number of Vandana (Ayushman Card) be prepared. Former cabinet minister Kanwarpal Gurjar said that Chief Minister Naib Singh Saini was providing facilities to the citizens by implementing every scheme of Modi government in Haryana.

Dainik Jagran • 03 Jul • Ministry of Ayush
Choti choti aadate apnkar rahe fit

6 • PG

303 • Sqcm

479564 • AVE

107.62K • Cir

Top Right

Chandigarh



रेसलिंग कोच रोहित कंवर • जागरण



-योग, व्यायाम, संतुलित
आहार और पर्याप्त
नींद से बनती है हेल्दी
लाइफस्टाइल

छोटी-छोटी आदतें अपनाकर रहें फिट...

जागरण संवाददाता, मोहाली :
आज की भागदौड़ भरी जिंदगी में लोग अपनी सेहत को नजरअंदाज करते जा रहे हैं। ऑफिस वर्क से लेकर घरेलू जिम्मेदारियों तक, हर किसी के पास समय की कमी है, लेकिन इसी व्यस्त जीवन में भी खुद को फिट और स्वस्थ रखना बेहद जरूरी है।

इस संदर्भ में रेसलिंग कोच रोहित कंवर कहते हैं कि फिटनेस कोई लक्जरी नहीं, बल्कि जीवन की अनिवार्य जरूरत है, जिसे टालने के बजाय अपनाना चाहिए। कंवर का मानना है कि फिट रहने के लिए किसी बड़ी शुरुआत की जरूरत नहीं, बल्कि छोटी-छोटी आदतें ही लंबा असर छोड़ती हैं। वे

कहते हैं कि यदि हम रोजाना 30 से 45 मिनट वाक या जागिंग करें, तो यह शरीर को सक्रिय बनाए रखता है और मानसिक तनाव को भी दूर करता है।

छह से सात घंटे की नींद बहुत जरूरी

उन्होंने बताया कि जैसा हम खाएंगे वैसा ही हमारा शरीर और स्वास्थ्य बनेगा। संतुलित और पौष्टिक आहार, जिसमें हरी सब्जियां, फल, और पर्याप्त मात्रा में पानी (कम से कम 4 लीटर प्रतिदिन) शामिल हों, हमें अंदर से मजबूत बनाते हैं। प्रोसेस्ड चीजों से दूरी रखना जरूरी है। इसके साथ ही छह से सात घंटे की भरपूर नींद शरीर की मरम्मत और मानसिक शांति के लिए बेहद जरूरी है। योग और थोड़ी सी एक्सरसाइज रोजाना करनी चाहिए। इससे शरीर में ऊर्जा बनी रहती है और आत्मविश्वास भी बढ़ता है। फिटनेस का मतलब मसल्स बनाना या वजन घटाना नहीं है, बल्कि बेहतर जीवनशैली अपनाना।

Deshbandhu • 03 Jul • Ministry of Ayush
Do Malasana walk to clean your stomach

10 • PG

465 • Sqcm

390203 • AVE

325.52K • Cir

Middle Center

Delhi

पेट को साफ करने के लिए करें मलासन वॉक

पाचन तंत्र को मजबूत करने के साथ मानसिक शांति के लिए भी बेहतरीन

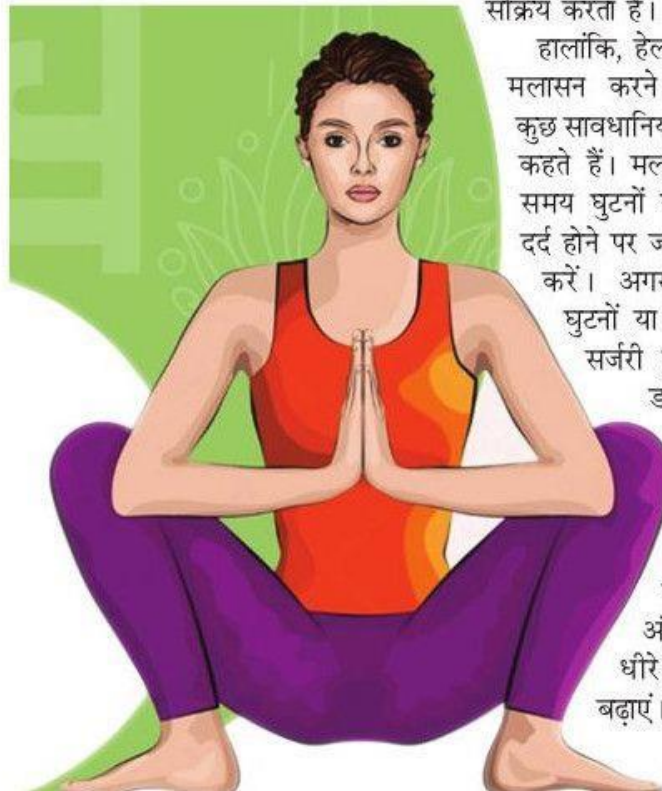
नई दिल्ली, 2 जुलाई (एजेंसियां)। कहते हैं 'पेट सफा तो हर रोग दफा' लेकिन पेट ही साफ न रहे तो शरीर में बीमारियां बढ़ने का जोखिम भी बढ़ जाता है। ऐसे में सही खान-पान के साथ योग और प्राणायाम सेहत के लिए वरदान है। इन्हीं में शामिल है- मलासन वॉक, जिसे गारलैंड पोज भी कहते हैं। यह योगासन न केवल पेट को साफ रखता है, बल्कि पूरे शरीर को तंदुरुस्त बनाने में मदद करता है। खास बात यह है कि रोजाना कुछ मिनट मलासन का अभ्यास करने से कई स्वास्थ्य लाभ मिल सकते हैं। हेल्थ एक्सपर्ट के अनुसार, मलासन एक आसान और प्रभावी व्यायाम है, जिसका सुबह के समय कुछ मिनट अभ्यास करने से सेहत में सुधार होता है। यह पाचन तंत्र को मजबूत करने के साथ शरीर के लचीलेपन को भी बढ़ाता है और मानसिक शांति के लिए भी बेहतरीन है।

भारत सरकार के आयुष मंत्रालय के अनुसार, मलासन एक योगासन है, जिसमें स्क्वाट की मुद्रा में बैठते हैं, यानी घुटने मोड़कर और कूल्हों को जमीन की ओर लाकर बैठते हैं। इसे करने के लिए पैरों को कंधों की चौड़ाई जितना फैलाकर, फिर धीरे-धीरे स्क्वाट करना चाहिए। मलासन पोज में छोटे-छोटे कदम चलते हैं। यह सुबह के समय खाली पेट करने

मलासन करने के फायदे

मलासन करने के कई फायदे हैं। मलासन से पेट की मांसपेशियों पर दबाव पड़ता है, जिससे कब्ज, गैस और अपच की समस्या दूर होती है। यह आंतों को सक्रिय करता है और मल त्याग को आसान बनाता है। कूल्हों और टखनों को लचीला बनाता है। जोड़ों का दर्द कम होता है। मलासन वॉक रीढ़ और पैरों की मांसपेशियों को मजबूत करता है, जिससे पीठ दर्द में राहत मिलती है। यह आसन शरीर और दिमाग को शांत करता है, जिससे मानसिक तनाव और चिंता में कमी आती है। प्रेग्नेंट महिलाओं के लिए भी मलासन लाभकारी है। पेल्विक मांसपेशियों को मजबूत करता है।

के लिए सबसे अच्छा आसन माना जाता है, क्योंकि यह पाचन तंत्र को सक्रिय करता है।



हालांकि, हेल्थ एक्सपर्ट मलासन करने से पहले कुछ सावधानियां रखने को कहते हैं। मलासन करते समय घुटनों या पीठ में दर्द होने पर जबरदस्ती न करें। अगर आपको घुटनों या कूल्हों की सर्जरी हुई है, तो डॉक्टर की सलाह लें। शुरुआत में कम समय करें और धीरे-धीरे समय बढ़ाएं।

Pudhari • 03 Jul • Ministry of Ayush
Sitting-Rising Test: A Unit of a Fit Body

11 • PG

277 • Sqcm

163662 • AVE

100K • Cir

Middle Center

Goa

आजच्या धकाधकीच्या आणि बसून राहणाऱ्या

जीवनशैलीत आरोग्याची काळजी घेणे, ही मोठी गरज बनली आहे. आपण नेहमी रक्तदाब, साखर, कोलेस्टेरॉल यांसारख्या चाचण्या करतो; परंतु या चाचण्या शरीराच्या एकंदर कार्यक्षमतेचा अंदाज देतातच असे नाही. शरीर किती लवचिक आहे, संतुलन किती चांगले आहे, स्नायू किती मजबूत आहेत आणि कोणत्याही आधाराशिवाय सहजपणे हालचाल करता येते का ' या गोष्टींवर देखील दीर्घकाळचा आरोग्याचा दर्जा आणि आयुष्याची गुणवत्ता अवलंबून असते. हे लक्षात घेता, सिटिंग-रायझिंग टेस्ट ही एक अत्यंत उपयुक्त आणि सोपी चाचणी म्हणून वैद्यकीय जगतात मोठ्या प्रमाणावर स्वीकारली जात आहे.

सिटिंग-रायझिंग टेस्ट म्हणजे एखाद्या व्यक्तीने उभ्या अवस्थेतून जमिनीवर कोणताही आधार न घेता सहज बसणे आणि नंतर तसाच कोणतीही मदत न घेता उभे राहणे. ही कृती शक्य तितक्या नैसर्गिक पद्धतीने आणि स्थिरतेसह पूर्ण करावी लागते. ही चाचणी करताना व्यक्तीला एकूण १० गुण दिले जातात. त्यातील ५ गुण बसण्याच्या प्रक्रियेसाठी आणि ५ गुण उभे राहण्यासाठी असतात. जर व्यक्तीने बसताना किंवा उठताना कोणताही आधार ' जसे की हात, गुडघा, कोपर ' घेतला, तर प्रत्येक आधारासाठी १ गुण कमी केला जातो. हालचाल अस्थिर असेल, तर ०.५ गुण वजा होतो. उदाहरणार्थ, जर एखाद्याने बसताना एक हात व एक

सिटिंग-रायझिंग टेस्ट ही एक अत्यंत उपयुक्त आणि सोपी चाचणी म्हणून वैद्यकीय जगतात मोठ्या प्रमाणावर स्वीकारली जात आहे. सिटिंग-रायझिंग टेस्ट म्हणजे एखाद्या व्यक्तीने उभ्या अवस्थेतून जमिनीवर कोणताही आधार न घेता सहज बसणे आणि नंतर तसेच कोणतीही मदत न घेता उभे राहणे.

सिटिंग-रायझिंग टेस्ट : तंदुरुस्त शरीराचं एकक

गुडघा टेकवला, आणि उठताना दोन हात वापरले, तर त्याचा स्कोअर १० पैकी ५ राहील.

ही चाचणी खरोखर प्रभावी ठरते का, यावर २०१७ साली ब्राझीलमधील क्लिनिकेक्स या संस्थेने ४३०० व्यक्तींवर एक मोठा अभ्यास केला होता. त्यातील निरीक्षणांनुसार ज्यांचा स्कोअर ० ते ४ होता, त्यांचा मृत्यूदर तब्बल ४२ टक्के राहिला; तर ९ ते १० स्कोअर असणाऱ्यांचा मृत्यूदर फक्त ३.७ टक्के होता. अभ्यासकांच्या मते, कमी स्कोअर असलेल्या व्यक्तींना नैसर्गिक मृत्यू होण्याचा धोका ३०० टक्क्यांनी अधिक आणि हृदयविकारामुळे मृत्यू होण्याचा धोका ५०० टक्क्यांनी अधिक होता. या निष्कर्षांवरून स्पष्ट होते की सिटिंग-रायझिंग टेस्ट ही शरीराच्या एकंदर कार्यक्षमतेसह आरोग्याच्या दीर्घकालीन स्थितीचा योग्य अंदाज



डॉ. भारत लुणावत

देऊ शकते.

या चाचणीचे वैशिष्ट्य म्हणजे ही चाचणी कोणत्याही उपकरणाशिवाय, अगदी घरच्या घरीही करता येते. यासाठी वेळ लागतो फक्त ३० सेकंद. ही चाचणी शरीराच्या नॉन-एरोबिक फिटनेसची तपासणी करते. यात शरीराची लवचिकता, स्नायूंची ताकद, शरीराचा समतोल आणि हालचालीतील समन्वय या सर्व गोष्टी एकाच वेळी तपासल्या जातात. यामध्ये दमछाक होणारी हालचाल नाही, त्यामुळे वृद्ध आणि अशक्त व्यक्तींमध्येही योग्य काळजी घेऊन ही चाचणी करता येते. पारंपरिक व्यायाम चाचण्या म्हणजेच जलद बसणे-उठणे, पुशअप्स किंवा धावण्याच्या चाचण्या अनेकदा प्रत्यक्ष जीवनाशी संबंधित नसतात आणि त्या प्रत्येकासाठी शक्यही नसतात. पण

सिटिंग-रायझिंग टेस्ट ही दैनंदिन हालचालींवर आधारित असल्यामुळे ती अधिक उपयुक्त आणि विश्वासार्ह ठरते. वृद्धांमध्ये तर ही चाचणी फारच उपयुक्त ठरते. कारण, वय वाढत गेल्यावर शरीराचे संतुलन, लवचिकता आणि स्नायूंची ताकद हळूहळू कमी होत जाते. या चाचणीतून भविष्यात पडण्याचा किंवा हालचाल करताना आधाराची आवश्यकता

भासण्याचा धोका किती आहे, याची कल्पना येऊ शकते. स्कोअर कमी असेल, तर त्या व्यक्तीसाठी नियमित स्ट्रेचिंग, बॅलन्स व्यायाम, योगासने, वेट ट्रेनिंग अशा माध्यमातून कार्यक्षमता वाढवण्याचा सल्ला दिला जाऊ शकतो.

महत्वाच्या सूचना

ही चाचणी प्रशिक्षित फिजिओ-थेरपिस्ट किंवा योग प्रशिक्षकाच्या मार्गदर्शनाखाली घ्यावी. ज्या व्यक्तींना सांधेदुखी, गुडघ्यांचे ऑपरेशन, मणक्यांचे आजार किंवा अलीकडे अपघात झालेला असेल, तर अशा व्यक्तींनी डॉक्टरांच्या सल्ल्यानेच ही चाचणी करावी. चाचणी करताना आजूबाजूला मोकळी जागा असावी, पडण्याचा धोका नसावा.

आरोग्य चांगले ठेवायचे असेल, तर फक्त तपासण्या करून उपयोग नाही, तर त्यातील निष्कर्षानुसार कृती करणेही गरजेचे आहे.

Bhaanga Bhuin • 03 Jul • Ministry of Ayush

Yoga, pranayama transforms body and mind: Sulaksha Kolmule

5 • PG

515 • Sqcm

0 • AVE

N/A • Cir

Bottom Center

Goa

योग, प्राणायामाक लागून शरीर, मनांत घडटा परिवर्तन : सुलक्षा कोळमुळे

■ भांगरभूंय | प्रतिनिधी

मुरगांव : सरकारी नगर वाचनालय सांखळे संवसारीक योग दीस मनयलो. उक्तावण कार्यावळीक मुखेल सोयरे पणजे गोंय मध्यवर्ती ग्रंथालयाच्या क्युरेटर सुलक्षा कोळमुळे, खास निमंत्रक मध्यवर्ती ग्रंथालयाचे वरिष्ठ ग्रंथपाल प्रशांत फडते, प्रशिक्षक योगशिक्षक दशरथ पेडणेकार माचयेर हाजीर आशिल्ले.

मानेस्तांक ह्या वेळार फुलांनी येवकार दिलो. उपरांत दिवली पेटोवन कार्यावळीची सुरवात जाली. उपरांत योग, प्राणायाम, योगासनां हाचेर आदारीत पुस्तकांच्या प्रदर्शनाचें विमोचन



सांखळे नगर वाचनालयांत योग, प्राणायाम, योगासनां हांचेर आदारीत पुस्तकांच्या प्रदर्शनाचें विमोचन करतना सुलक्षा कोळमुळे, प्रशांत फडते, दशरथ पेडणेकार आनी हेर मानेस्त.

(राघोबा पेडणेकार)

ह्या वेळार क्युरेटर सुलक्षा कोळमुळे हांचे हस्तुकीं जालें. ह्या वेळार कोळमुळे हांणी संवसारीक योग दिसाचें म्हत्व सांगून योगा

फॉर वन अर्थ वन हेल्थ' ह्या थीमाचेर आपलें विचार मांडलें. योगासनां आनी प्राणायाम फकत योग दिसाचें नासून

भलायकी आपली घटमूठ दवरची. योग आनी प्राणायाम केल्यार शरीर आनी मन हातूंत परिवर्तन जाता.

भारतीय प्राचीन संस्कृती, परंपरेंत योग, योगासनां, योग साधना हांकां अनन्य सादारण म्हत्व दशरथ पेडणेकार हांणी सांगलें. योग शिक्षक, दशरथ पेडणेकार हांणी हांचेर उलोवप केलें. ह्या वेळार सुलक्षा कोळमुळे, प्रशांत फडते, नगर वाचनालयाचे ग्रंथपाल ब्रिजेश चणेकार, दिव्या कोपाडेकार, संतोष माशेलकार, रुपेश गोवेकार, वचन केरकार, आनंद गावडे, आनी रूपा नायक हांचो आसपाव आशिल्लो. योग शिक्षक दशरथ पेडणेकार हांकां झाडाचें रोंप आनी पुस्तक भेट दिवन येवकार दिलो. सुत्रसंचालन ब्रिजेश चणेकार हांणी केलें.

Bhaanga Bhuin • 03 Jul • Ministry of Ayush

In Ayurveda, the root cause of depression is the solution: Acharya Balkrishna

2 • PG

387 • Sqcm

0 • AVE

N/A • Cir

Top Center

Goa

आयुर्वेदांत दरेका दुयेंसाचें मूळ कारण वळखून ताचेर उपाय: आचार्य बाळकृष्ण ऑर्थोग्रीट वापरून संधिवाताचेर उपचार करप शक्य

■ खबरां संस्था

हरिद्वार: पतंजली शास्त्रज्ञांनी सांध्यांचें दुखणें म्हळ्यार संधिवात, हांचेर उपचार करपाक येस मेळयलां. आयुर्वेद आदारीत वैजकी ऑर्थोग्रीटाचेर केल्लें पतंजलीचें हें नवें संशोधन आंतरराश्ट्रीय संशोधन नेमाळ्यांत फार्माकोलॉजिकल रिसर्च - रिपोर्ट्स ऑफ एल्सवियर प्रकाशनांत उजवाडाक आयलां. संधिवाताक लागून जावपी त्रास उणो करपाक आनी सांध्यांची कार्यक्षमताय तिगोवन दवरपाक ऑर्थोग्रीट प्रभावी आसा अशें ह्या अभ्यासा वयल्यान दिसून येता.

ह्या संदर्भांत आचार्य बाळकृष्ण हांणी सांगलें, आयच्या काळांत गुडघ्याचो दुखापत जावंक नाशिल्लो जाण्टो

मनीस कठीणपणान आसा. सद्याच्यो वैजकी पद्दती फकत लक्षणांचेर काम करतात. आयुर्वेदांत दरेका दुयेंसाचें मूळ कारण वळखून ताचो उपाय मांडटा. ऑर्थोग्रीट हो आयुर्वेद आनी आर्विल्ल्या शास्त्राचो संगम आसून तातूंत संधिवात सारको असाध्य अशें मानपी दुयेंस लेगीत मुळाव्यान ना करपाची तांक आसा.

सनातन संस्कृतायेंत पुर्विल्ल्या काळा सावन सांध्यांचे दुखणें, सुज आदी गजालींनी फायदेशीर थारिल्ल्या पिप्पलमूल, अश्वगंधा, निर्गुंडी, पुनर्नाव आदी सैमीक वनस्पतीं पसून ऑर्थोग्रीट तयार करतात अशें तांणी सांगलें.

ऑर्थोग्रीटान मनशाच्या कूर्चा पेशींक त्रासाच्या परिणामां पसून राखण दिली, रिऑक्टिव्ह ऑक्सिजन प्रजाती उणी

केली आनी आयएल-6, पीईजी-2 आनी आयएल- 1बीटा ह्या दाहक निशाणांची पातळी उणी केली, तशेंच जेएके2, सीओएक्स2, एमएमपी1, एमएमपी3, एडीएएमटीएस-4 ह्या जीनांची अभिव्यक्ती सुदारली.

सी.एलिंगन्स ह्या वनस्पतीचेर केल्ल्या अभ्यासांत ऑर्थोग्रीट हाणें ह्या जीवांचें आयुश्य वाडयलें, तांची हालचालीची क्रिया सुदारली आनी दाहकताये कडेन संबंदीत आशिल्ल्या पीएमके-1, एसईके-1, सीईडी-3 ह्या जीनांच्या अभिव्यक्तीचेर नियंत्रण दवरलें.

ह्या संशोधनांतल्यान स्पश्ट जाता की, ऑर्थोग्रीट संधिवाताचीं लक्षणां उणीं करताच, पूण दुयेंसाची वाड आडावपाकय प्रभावी थारता.

Virat Vaibhav • 03 Jul • Ministry of Ayush
Shawasan for stressout

13 • PG

181 • Sqcm

217743 • AVE

625K • Cir

Bottom Left

Delhi

शवासन करने से मिलेगी तनाव से मुक्ति

आजकल की भागदौड़ से भरी जीवनशैली में तनाव सभी की जिंदगी का हिस्सा बन गया है। किसी को नींद आने में मुश्किल होती है, तो कोई दिन भर थकान हुआ महसूस करता है। ऐसे में तनाव को मैनेज करना बहुत जरूरी है। स्ट्रेस को कम करने के लिए रूटीन में योग और प्राणायाम को शामिल करना चाहिए। शवासन एक सरल और फायदेमंद योगासन है, जो न केवल स्ट्रेस को कम करता है बल्कि इसके और भी कई फायदे हैं।

शवासन करने के लाभ

जब हम शवासन में होते हैं, तो दिमाग को पूरी तरह शांत और तनावमुक्त किया जाता है।

इससे शरीर में स्ट्रेस हार्मोन कोर्टिसोल का लेवल कम होता है, जिससे डिप्रेशन, एंजायटी और ओवरथिंकिंग जैसी दिक्कतों में राहत मिलती है।

अगर आपको नींद नहीं आती है, नींद टूट-टूट कर आती है या नींद पूरी नहीं होती है, तो 5 मिनट शवासन आपके लिए रामबाण है।

यह शरीर को डीप रिलैक्सेशन देता है और आपको आसानी से नींद आ सकती है।

शवासन करते समय शरीर का मेटाबॉलिज्म धीमा होता है, जिससे ब्लड प्रेशर और हार्टबीट भी सही होती है। अगर आपको हाई बीपी या दिल से जुड़ी कोई बीमारी है, तो इसे रोजाना 5 मिनट करने से आपको आराम मिलेगा।

दिनभर की थकावट और मांसपेशियों में तनाव को दूर करने के लिए शवासन बेहद फायदेमंद है। इससे शरीर की मांसपेशियां खुलती हैं और एनर्जी लेवल बूस्ट होता है।

शवासन, शरीर को अंदर से आराम देता है, जिससे डाइजैस्टिव सिस्टम को आराम मिलता है और खाना अच्छे से पचता है। जो लोग अपच, एसिडिटी या कब्ज से परेशान

रहते हैं, उन्हें रोजाना शवासन जरूर करना चाहिए।

शवासन के दौरान ध्यान केंद्रित करने से मन शांत होता है ब्रेन फंक्शन में सुधार होता है और हम बेहतर महसूस करते हैं।

शवासन करने का सही तरीका

सबसे पहले मैट पर पीठ के बल लेट जाएं।

अब शरीर को रिलैक्स रखें। आंखें बंद रखें और दोनों टांगों को अलग-अलग कर लें।

पैरों के दोनों अंगुठे साइड की ओर झुके होने चाहिए।

हथों को शरीर से थोड़ा दूर रखें।



हथेलियों को आपको खुला और ऊपर की ओर रखना है।

अब धीरे-धीरे शरीर के हर हिस्से पर ध्यान केंद्रित करें।

आपको सांसों को धीमा रखना है।

आप धीरे-धीरे सांसों की गति को तेज कर सकती हैं।

याद रखें आपको बाँड़ी को रिलैक्स रखना है लेकिन सोना नहीं है।

इस समय फोन से दूर रहें और दिमाग में किसी भी नेगेटिव विचार को न आने दें।

10-15 मिनट ऐसा करें और इसके बाद धीरे-धीरे सुखासन में आ जाएं।

Dainik Tribune • 03 Jul • Ministry of Ayush

Ayushmann vyey vandana scheme ka labh uthaye bijurag :Kavarpal

3 • PG

166 • Sqcm

94414 • AVE

58.7K • Cir

Bottom Left

Chandigarh

आयुष्मान वय वंदना स्कीम का लाभ उठाये बुजुर्ग : कंवरपाल

जगाधरी, 2 जुलाई (हप्र)

पूर्व मंत्री चौ. कंवरपाल गुर्जर ने कहा कि प्रधानमंत्री नरेंद्र मोदी ने हाल ही में आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना के तहत 70 साल या उससे अधिक आयु के सभी वरिष्ठ नागरिकों के लिए स्वास्थ्य बीमा कवरेज शुरू करने की घोषणा की थी। इस योजना के तहत 70 या उससे अधिक आयु के सभी वरिष्ठ नागरिकों को उनकी वित्तीय स्थिति की परवाह किए बिना 5 लाख तक का हेल्थ कवरेज मिलेगा। उन्होंने बताया कि आयुष्मान वय वंदना स्कीम के तहत 70 वर्ष व उससे अधिक उम्र वाले व्यक्तियों के आयुष्मान कार्ड जिला यमुनानगर के सिविल हॉस्पिटल जगाधरी, सिविल हॉस्पिटल यमुनानगर, सभी सीएचसी के अतिरिक्त पीएचसी खारवन, पीएचसी बुडिया, पीएचसी भंबोल, व पीएचसी कोट में बनाए जा रहे हैं।



जगाधरी में जानकारी देते पूर्व मंत्री चौ. कंवरपाल गुर्जर। -हप्र

कंवरपाल गुर्जर ने बताया कि आयुष्मान वय वंदना स्कीम वरिष्ठ नागरिकों के लिए एक महत्वपूर्ण योजना है, जो उन्हें स्वास्थ्य सेवाओं का लाभ प्रदान करती है। इस स्कीम से वरिष्ठ नागरिक निशुल्क इलाज का लाभ उठा सकते हैं। भाजपा कार्यकर्ता व आमजन उपरोक्त स्वास्थ्य संस्थानों पर 70 वर्ष व अधिक आयु वाले बुजुर्गों के अधिक से अधिक संख्या में आयुष्मान कार्ड बनवाना सुनिश्चित करें। कंवरपाल गुर्जर ने कहा कि मोदी सरकार की हर योजना को मुख्यमंत्री नायब सैनी हरियाणा में कायदे से लागू कर नागरिकों को सुविधाएं प्रदान कर रहे हैं।

Rashtriya Sahara • 03 Jul • Ministry of Ayush Jal Brahmi

12 • PG

254 • Sqcm

368982 • AVE

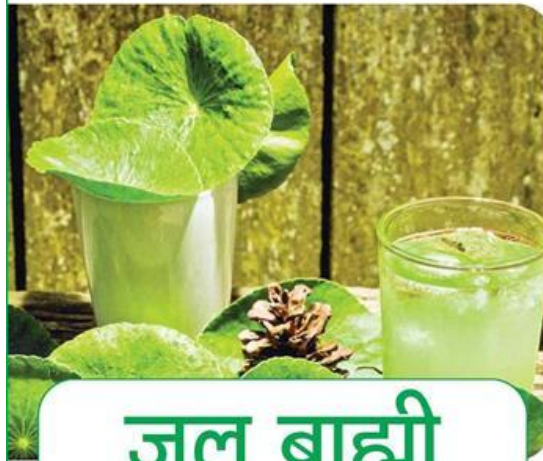
390K • Cir

Middle Right

Delhi

नई दिल्ली (आईएनएस)। आयुर्वेद की दुनिया में जल ब्राह्मी को औषधीय गुणों से भरपूर पौधे के रूप में जाना जाता है। नम स्थानों और पानी के आसपास उगने वाली इस छोटी-सी वृद्धि को निरब्राह्मी या जल नेवरी भी कहते हैं। यह 'आयुर्वेदिक एड्रॉप्टोजेन' न केवल दिमाग को तेज करने वल्कि शरीर के कई अंगों को स्वस्थ रखने में भी मददगार है। यह जड़ी-बूटी आयुर्वेद में सदियों से इस्तेमाल हो रही है और इसके कई स्वास्थ्य लाभ हैं।

भारत सरकार के आयुष मंत्रालय के अनुसार, ब्राह्मी एक एड्रॉप्टोजेन है, जो शरीर और दिमाग को चुनौतीपूर्ण परिस्थितियों से उबरने में मदद कर सकता है। इसके अलावा, यह कई लाभ प्रदान करने के लिए जाना जाता है। आयुर्वेदिक एड्रॉप्टोजेन, मेमोरी खटाने वाले और तनाव दूर करने वाले उत्पादों में शामिल है। एड्रॉप्टोजेन्स ऐसे प्राकृतिक पदार्थ हैं, जो जड़ी-बूटियों या कुछ खास पौधों से मिलते हैं। ये हमारे शरीर और दिमाग को तनावपूर्ण स्थितियों में संतुलित रखने में मदद करते हैं। जब हम तनाव में होते हैं, तो शरीर में थकान होना, चिंता या कमजोरी आना सी बात बन जाती है। एड्रॉप्टोजेन्स इस प्रतिक्रिया को नियंत्रित करते हैं, ताकि तनाव का



जल ब्राह्मी औषधीय गुणों से भरपूर पौधा

असर कम हो और शरीर बिना नुकसान के नई परिस्थितियों में ढल सके। ऐसे में जल ब्राह्मी शरीर और दिमाग को तनावपूर्ण या नई परिस्थितियों में ढलने में मदद करती है। जैसे कि परीक्षा का दबाव, काम का तनाव, या कोई नई चुनौती, ब्राह्मी शांत और संतुलित रखने में सहायक है। जल ब्राह्मी को सबसे ज्यादा दिमागी शक्ति खटाने के लिए जाना जाता है। यह याददाश्त, एकाग्रता और सीखने की क्षमता को बेहतर करता है।



दिमाग से दिल तक को स्वस्थ रखने में कारगर

चाहे आप विद्यार्थी हों, जो पढ़ाई में ध्यान लगाना चाहते हों, या बुजुर्ग जो अल्जाइमर और डिमेंशिया जैसी समस्याओं से बचना चाहते हों, यह वृद्धि आपके लिए वरदान है। इसमें नेचुरल एंटी-डिप्रेसेंट गुण तनाव और चिंता को कम करते हैं, साथ ही बेहतर नींद भी आती है। यह छोटा-सा पौधा दिल की सेहत के लिए लाभकारी हो सकता है। यह ब्लड प्रेशर को संतुलित करता है और हृदय की कार्यक्षमता को बढ़ाता है। इसके अलावा, जल ब्राह्मी में मौजूद एंटी-इंफ्लेमेटरी गुण जोड़ों के दर्द और सूजन को कम करने में कारगर हैं। अगर आप गठिया या मांसपेशियों के दर्द से परेशान हैं, तो इस वृद्धि का इस्तेमाल आपको राहत दे सकता है। जल ब्राह्मी वृद्धि के मानसिक विकास में भी मदद करती है। बोलने में देरी या याददाश्त की कमजोरी जैसे मामलों में इसका उपयोग लाभकारी है। साथ ही, त्वचा की समस्याओं जैसे जलन, फोड़े-फुंसी या रैशेज के लिए इसका पेस्ट बनाकर लगाया जा सकता है।

Sandhya Times • 03 Jul • Ministry of Ayush
Seniors ke liye saugat hai chair yoga

9 • PG

416 • Sqcm

110354 • AVE

106.19K • Cir

Bottom Left

Delhi

बुजुर्गों के लिए सौगात है 'कुर्सी योग'

सान्ध्य टाइम्स डेस्क

बढ़ती उम्र के साथ शारीरिक गतिशीलता और संतुलन में कमी आना स्वाभाविक है, लेकिन इसका मतलब यह नहीं कि योग से दूरी बनानी पड़े। ऐसे में बुजुर्गों के लिए सरल तरीके से किया जाने वाला कुर्सी योग एक सौगात से कम नहीं है। कुर्सी योग बुजुर्गों के लिए वरदान साबित हो रहा है। योग, कुर्सी का सहारा लेकर बढ़ती उम्र की समस्या से परेशान लोगों को स्थिरता देता है, जिससे पारंपरिक योग आसनों को आसान और सुरक्षित तरीके से कर पाते हैं।

यू भी कर सकेंगे

आसन, सांस लेने की तकनीक (प्राणायाम) और ध्यान का अभ्यास कुर्सी पर बैठकर या उसका सहारा लेकर किया जाता है। यह उन लोगों के लिए आदर्श है, जो फर्श पर उठने-बैठने में असमर्थ हैं, संतुलन बनाए रखने में कठिनाई महसूस करते हैं या जो जोड़ों के दर्द और मांसपेशियों की कमजोरी से जूझ रहे हैं। इस योग को घर के साथ ही पार्क या अन्य जगहों पर भी



करने का तरीका

आयुष मंत्रालय के अनुसार, कुर्सी योग की शुरुआत सरल आसनों जैसे कंधे और गर्दन की स्ट्रेचिंग, कुर्सी पर बैठकर पैरों की गति या सहारे के साथ खड़े होकर किए जाने वाले आसनों से की जा सकती है। एक्सपर्ट के अनुसार, प्रशिक्षित योग शिक्षक की देखरेख में इसे शुरू करना बेहतर होता है। विशेषज्ञों का कहना है कि सप्ताह में 2-3 बार 20-30 मिनट का अभ्यास भी पर्याप्त लाभ दे सकता है। बैठकर किए जाने वाला योग न केवल बुजुर्गों, बल्कि उन सभी के लिए एक सुरक्षित विकल्प है जो योग को अपने जीवन का हिस्सा बनाना चाहते हैं। यह स्वास्थ्य और खुशहाली की दिशा में एक सरल, सुलभ और प्रभावी कदम है। कुर्सी योग अभ्यास से पहले कुछ सामान्य बातों पर ध्यान देना बेहद जरूरी है। इसके लिए बिना पहियों वाली मजबूत कुर्सी का चुनाव करें। इसके लिए एक मजबूत सीट वाली कुर्सी चुनें, जो ज्यादा गहवार न हो। कुर्सी की पीठ सीधी हो और ऊंचाई ऐसी जिससे पैर जमीन पर सपाट रहें।

आसानी से किया जा सकता है, जिसके लिए किसी विशेष चीज की आवश्यकता नहीं होती, सिवाय एक स्थिर कुर्सी के।

कई तरह के लाभ

इसके नियमित अभ्यास से शारीरिक और मानसिक स्वास्थ्य में कई लाभ देखे गए हैं। यह

जोड़ों की जकड़न को कम करता है, मांसपेशियों को मजबूत बनाता है और लचीलापन बढ़ाता है। सांस लेने की तकनीकों के जरिए यह तनाव और चिंता कम करने में मदद करता है। हृदय संबंधी समस्याओं को दूर कर उसे स्वस्थ बनाने, ब्लड प्रेशर को नियंत्रित करने और नींद की गुणवत्ता में सुधार के लिए भी कुर्सी योग प्रभावी है।

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	MSN Hindi	"संजीवनी बूटी" जैसा है ये सफेद फूल, ब्लड प्रेशर से लेकर अल्जाइमर तक को करता है...	733.9M
2.	MSN Hindi	UP जनता दरबार: CM योगी आदित्यनाथ ने गोरखपुर में सुनी लोगों की फरियादें, क्या मिल...	733.9M
3.	Hindustan Times	AYUSH wellness centres to come up in every UP district: CM	124.6M
4.	Dainik Bhaskar	योग संगम हरित योग अभियान; शहर के विभिन्न स्थानों पर करा रहे अभ्यास	66.5M
5.	Dainik Bhaskar	राजधानी समेत प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता: MP में BAMS की 3 हजा...	66.5M
6.	The Times of India	100-bed Ayush centres in every dist, colleges in six divisions soon: Yogi	64.4M
7.	अमर उजाला (Amar ujala)	Bhopal: MP के 7 सरकारी 11 निजी आयुर्वेद कॉलेजों को मिली मान्यता, 16 कॉलेजों की म...	63.8M
8.	Ndtv	Health Expert ने बताया 1 महीने तक सुबह कर लें मलासन, फायदे जान आज से ही शुरू कर ...	50.6M
9.	News18	पेट सफा तो हर रोग दफा... कोशिशों के बाद भी ठीक से साफ न हो पेट तो करें यह वॉक, र...	43.6M
10.	Dainik Jagran	"छह मंडल मुख्यालय पर खुलेंगे आयुष कॉलेज, हर जिले में 100 बेड का आयुष वेलनेस सें...	40.5M
11.	The Hindu	Mixing Ayurveda with modern medicine: What matters is scientific proof	35.9M
12.	Dailyhunt	AYUSH wellness centres to come up in every UP district: CM	18.6M
13.	Patrika	राजस्थान में रिटायरमेंट के बाद भी चिकित्सकों को प्रशासनिक पद, विवाद शुरू	14M
14.	Siasat	One nation, many kitchens: A decentralised approach to safe food	11.7M
15.	Times Now Hindi	"संजीवनी बूटी" जैसा है ये सफेद फूल, ब्लड प्रेशर से लेकर अल्जाइमर तक को करता है...	8.6M
16.	Times Now Hindi	पेट हर वक्त रहता है गड़बड़, तो आज से शुरू कर दें मलासन वॉक, हमेशा फिट एंड फाइन र...	8.6M
17.	Asianet News Hindi	UP जनता दरबार: CM योगी आदित्यनाथ ने गोरखपुर में सुनी लोगों की फरियादें, क्या मिल...	8.1M
18.	Latestly	India News UP CM Yogi Adityanath Holds "Janta Darshan", Listens to Public"s...	7.8M
19.	Janta Se Rishta	गड़बड़ रहता है पेट तो करें मलासन वॉक, रहेंगे फिट और फाइन	3.8M
20.	Janta Se Rishta	सीएम योगी आदित्यनाथ ने गोरखनाथ मंदिर में "जनता दर्शन" किया, जनता की शिकायतें स...	3.8M
21.	Janta Se Rishta	जल ब्राह्मी : दिमाग से दिल तक को स्वस्थ रखने में कारगर "एडाप्टोजेन"	3.8M
22.	Janta Se Rishta	CM योगी ने गोरखनाथ मंदिर में जनता दर्शन किया, लोगों की शिकायतें सुनीं	3.8M
23.	Haribhoomi	BAMS Admission: मध्य प्रदेश के 18 आयुर्वेद मेडिकल कॉलेजों को NCISM की मान्यता, न...	1.1M
24.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: जल ब्राह्मी दिमाग से दिल तक को स्वस्थ रखने में कारगर "एडाप्...	926.1K
25.	Royal Bulletin	मुख्यमंत्री योगी बिना थके, बिना रुके कार्य कर रहे हैं, डॉक्टर व नर्स को भी ऐसा ह...	922.5K
26.	The Shillong Times	Recognition, support for state"s traditional healers	720.2K
27.	India Herald	What"s Employment Related Incentive Scheme Find out more:	651.5K

28.	Punjab Kesari	UP: गोरखनाथ मंदिर में लगा Janta Darshan, CM योगी ने सुनीं शिकायतें	592.9K
29.	Khas Khabar	गड़बड़ रहता है पेट तो करें मलासन वॉक, रहेंगे फिट और फाइन	466.4K
30.	Khas Khabar	जल ब्राह्मी : दिमाग से दिल तक को स्वस्थ रखने में कारगर "एडाप्टोजेन"	466.4K
31.	NagalandPost	Who is responsible for controversy of Jay Therapist?	315.4K
32.	Samachar Nama	गड़बड़ रहता है पेट तो करें मलासन वॉक, रहेंगे फिट और फाइन	195.8K
33.	The Navhind Times	International Yoga Day celebrated by YUVA	185.6K
34.	MP Breaking	NCISM ने सत्र 2025-26 के लिए मध्यप्रदेश के 18 आयुर्वेद मेडिकल कॉलेजों को मान्यता...	177.5K
35.	Highland Post	17 traditional healers get Govt recognition	140.6K
36.	Ht Syndication	One nation, many kitchens: A decentralised approach to safe food	119.8K
37.	Ht Syndication	"Ayurveda and Unani, which were lagging, are progressing today": UP CM Yogi A dit...	119.8K
38.	Swadesh News	भोपाल समेत प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, जानें पूरी डिटेल्स	93.2K
39.	The News Mill	UP CM Yogi Adityanath holds 'Janta Darshan', listens to public's grievances at...	85.1K
40.	New Kerala	Yogi Adityanath Holds Janta Darshan at Gorakhnath Temple for Public Grievance s	72K
41.	NewzNew	National Doctor's Day: Haryana CM Nayab Singh Saini felicitates doctors for the..	64.1K
42.	Punjab News Live	JP Nadda hails doctors for unshakable sense of duty, selfless service to humanit..	63.5K
43.	WebIndia123	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	61.9K
44.	Indian Economic Observer	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	16.1K
45.	Deshhit	महायोगी गोरखनाथ विश्वविद्यालय में ऐतिहासिक लोकार्पण !	1.9K
46.	Daily Prabhat	UP CM Yogi Adityanath holds 'Janta Darshan', listens to public's grievances at...	280
47.	Newspoint	Health Tips: If your stomach is not cleaned properly even after trying, then do ...	N/A
48.	NewsCrab	Health Tips: If your stomach is not cleaned properly even after trying, then do ...	N/A
49.	Merouttrakhand	राष्ट्रपति द्रौपदी मुर्मू ने महायोगी गोरखनाथ विश्वविद्यालय, गोरखपुर के नवनिर्मित...	N/A
50.	Meghalaya Daily	First-Ever QCI Certification for Meghalaya's Traditional Healers	N/A
51.	IPO Central	Chemkart IPO Analysis: High-Growth SME Play or Margin Trap! By Rajat Bhati - J ul...	N/A
52.	NDTV Madhya Pradesh Chhattisgarh	गड़बड़ रहता है पेट तो करें मलासन वॉक, करने में बहुत ही आसान; नहीं जानते होंगे इस...	N/A
53.	Rajkaaj News	छत्तीसगढ़ के राज्यपाल रहे एमपी कैडर के 1969 बैच के आईएएस अधिकारी शेखर दत्त का नि...	N/A

54.	Batesi Tv	Honouring Heritage: First-Ever QCI Certification for Meghalaya's Traditional He...	N/A
55.	Uttarakhand kesari	उत्तराखंड आयुर्वेदिक विश्वविद्यालय में BAMS छात्रों का अनिश्चितकालीन धरना प्रारं...	N/A
56.	Npg News	Former Governor Shekhar Dutt: छत्तीसगढ़ के पूर्व राज्यपाल शेखर दत्त का निधन, एम्स...	N/A
57.	खबर जगत	प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, 3 हजार सीटें, 16 आयुर्वेद कॉलेजों ...	N/A
58.	Action India Live	प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, 3 हजार सीटें, 16 आयुर्वेद कॉलेजों ...	N/A
59.	अंजनी खबर (Anjani Khabar)	प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, 3 हजार सीटें, 16 आयुर्वेद कॉलेजों ...	N/A
60.	Shree News	प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, 3 हजार सीटें, 16 आयुर्वेद कॉलेजों ...	N/A
61.	Mp Headline	NCISM ने सत्र 2025-26 के लिए मध्यप्रदेश के 18 आयुर्वेद मेडिकल कॉलेजों को मान्यता...	N/A
62.	Delhi upto Date	प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, 3 हजार सीटें, 16 आयुर्वेद कॉलेजों ...	N/A
63.	Saahas Samachar	प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, 3 हजार सीटें, 16 आयुर्वेद कॉलेजों ...	N/A
64.	Delhi Bulletin	NCISM ने सत्र 2025-26 के लिए मध्यप्रदेश के 18 आयुर्वेद मेडिकल कॉलेजों को मान्यता...	N/A
65.	Kadwaghut	प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, 3 हजार सीटें, 16 आयुर्वेद कॉलेजों ...	N/A
66.	Web Akhbar	प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, 3 हजार सीटें, 16 आयुर्वेद कॉलेजों ...	N/A
67.	Real India News	NCISM ने सत्र 2025-26 के लिए मध्यप्रदेश के 18 आयुर्वेद मेडिकल कॉलेजों को मान्यता...	N/A
68.	Evening Times	प्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, 3 हजार सीटें, 16 आयुर्वेद कॉलेजों ...	N/A
69.	PalPal India	MP: प्रदेश के 18 आयुर्वेद कालेजों को मिली मान्यता, 7 शासकीय, 11 निजी कालेज शामिल...	N/A
70.	AnyTV News	If there is a mess, then Malason walk, will be fit and fine	N/A
71.	OB News	AYUSH wellness centres to come up in every UP district: CM by : 2025-07-02 17:31:4...	N/A
72.	Express Media Service	मप्र के 18 आयुर्वेद कॉलेजों को मिली मान्यता	N/A
73.	Digi Newz India	पेट सफा तो हर रोग दफा... कोशिशों के बाद भी ठीक से साफ न हो पेट तो करें यह वॉक, रात...	N/A
74.	Palgharnews	UP CM Yogi Adityanath holds 'Janta Darshan", listens to public's grievances at...	N/A
75.	Government of Sikkim	Harit Yoga in Pakyong: Embracing Wellness Amidst Nature	N/A
76.	IndiBlogHub	How to Start Your Ayurvedic Manufacturing Unit?	N/A
77.	Mahamedianews	म.प्र. के 18 आयुर्वेद कॉलेजों को मान्यता मिली	N/A
78.	Chandigarh City News	Haryana CM Nayab Singh Saini felicitates doctors for their service to mankind	N/A
79.	Poorvanchalmedia	Malasana: पेट साफ करने के लिए इस पोजीशन में बैठकर डेली करे व्यायाम का अभ्यास	N/A
80.	Dainik Jagran Mpcg	मध्यप्रदेश के 18 आयुर्वेद कॉलेजों को मिली मान्यता, BAMS की 3000 सीटों पर खुलेगा ...	N/A
81.	Vishvatimes	गड़बड़ रहता है पेट तो करें मलासन वॉक, रहेंगे फिट और फाइन	N/A

82.	Vishvatimes	जल ब्राह्मी: दिमाग से दिल तक को स्वस्थ रखने में कारगर "एडाप्टोजेन"	N/A
83.	Khair News	गड़बड़ रहता है पेट तो करें मलासन वॉक, रहेंगे फिट और फाइन	N/A
84.	Calcutta News	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
85.	Biotechnika.org	Research Fellow Job Role at JNU MSc Bioinformatics Graduates Apply	N/A
86.	Poorvanchalmedia	जल ब्राह्मी : शरीर के इन अंगों के लिए प्रकृति के वरदान जैसा है यह उपाय	N/A
87.	Newzfatafat	जल ब्राह्मी: दिमाग और दिल के लिए एक शक्तिशाली औषधि	N/A
88.	Uttam Hindu	जल ब्राह्मी : दिमाग से दिल तक को स्वस्थ रखने में कारगर 'एडाप्टोजेन'	N/A
89.	Rajasthan News(राजस्थान समाचार)	जल ब्राह्मी : दिमाग से दिल तक को स्वस्थ रखने में कारगर "एडाप्टोजेन"	N/A
90.	Indias News	जल ब्राह्मी : दिमाग से दिल तक को स्वस्थ रखने में कारगर 'एडाप्टोजेन'	N/A
91.	Khair News	जल ब्राह्मी : दिमाग से दिल तक को स्वस्थ रखने में कारगर 'एडाप्टोजेन'	N/A
92.	Karnataka Live	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
93.	Himachal Patrika	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
94.	Gujarat Samachar	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
95.	India Gazette	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
96.	Mumbai News	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
97.	Kolkata Sun	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
98.	Kashmir Newslite	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
99.	India's News	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
100.	Vanakkam Tamil Nadu	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
101.	Rajasthan Ki Khabar	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
102.	Maharashtra Samachar	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
103.	Odisha Post	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
104.	Kashmir Breaking News	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
105.	New Delhi News	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
106.	Bihar 24x7	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
107.	Jharkhandtimes	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
108.	Punjab Live	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A
109.	South India News	UP CM Yogi Adityanath holds "Janta Darshan", listens to public's grievances a...	N/A

110.	West Bengal Khabar	UP CM Yogi Adityanath holds "Janta Darshan", listens to public"s grievances a...	N/A
111.	North East Times	UP CM Yogi Adityanath holds "Janta Darshan", listens to public"s grievances a...	N/A
112.	Bihar Times	UP CM Yogi Adityanath holds "Janta Darshan", listens to public"s grievances a...	N/A
113.	Andhra Pradesh Mirror	UP CM Yogi Adityanath holds "Janta Darshan", listens to public"s grievances a...	N/A
114.	Delhi live news	UP CM Yogi Adityanath holds "Janta Darshan", listens to public"s grievances a...	N/A
115.	Chhattisgarh Today	UP CM Yogi Adityanath holds "Janta Darshan", listens to public"s grievances a...	N/A
116.	Haryana Today	UP CM Yogi Adityanath holds "Janta Darshan", listens to public"s grievances a...	N/A
117.	Gujarat Varta	UP CM Yogi Adityanath holds "Janta Darshan", listens to public"s grievances a...	N/A
118.	Indian News Network	UP CM Yogi Adityanath holds "Janta Darshan", listens to public"s grievances a...	N/A
119.	E - PAO	Yoga training programme ends	N/A
120.	UNI	AP: ASR Homoeopathic Medical College celebrates National Doctors" Day	N/A
121.	Daily World	Haryana CM says soon every district in Haryana will have a medical college Reg...	N/A