



**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**03 Mar, 2025 – 04 Mar, 2025**

 **Total Mention 47**

 <b>Print</b>	<b>Financial</b>	<b>Mainline</b>	<b>Regional</b>	<b>Periodical</b>
<b>11</b>	<b>1</b>	<b>6</b>	<b>4</b>	<b>N/A</b>

 <b>Online</b>
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**36**

 Print

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2.	Hindustan Times	Exam stress Let your kids relax with yoga	Mumbai	3
3.	The Statesman	Nadda visits health centres in Najafgarh, Palam	Delhi	3
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5.	The New Indian Express	Health sector likely to get bigger slice of budget pie this year	Bengaluru	2
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Mint • 04 Mar • Ministry of Ayush  
The common sense way to a healthy lifestyle

14 • PG

119 • Sqcm

35691 • AVE

47.5K • Cir

Top Right

Chennai • Bengaluru



## The common sense way to a healthy lifestyle

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

Luke Coutinho  
feedback@livenet.com

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

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

### YOUR BODY'S INTELLIGENCE IS YOUR BEST GUIDE

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

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

... instead of pushing through exhaustion, ask: Am I sleeping enough? Am I overdoing caffeine? Instead of covering up breakouts with skincare, ask: Is my gut health out of balance? Instead of blaming metabolism for weight fluctuations, ask: Am I eating nutrient-dense meals or skipping meals altogether?

### APPLY COMMON SENSE

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

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

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

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

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

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

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

3 • PG

472 • Sqcm

660296 • AVE

1.1M • Cir

Bottom Left

HT City

Mumbai

# Exam stress? Let your kids relax with yoga

Natalia Ningthoujam

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

### YOGA FOR CHILDREN

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

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



confidence, as per research.

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

### MIND-BODY CONNECTION

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

### REGULATES BREATH

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

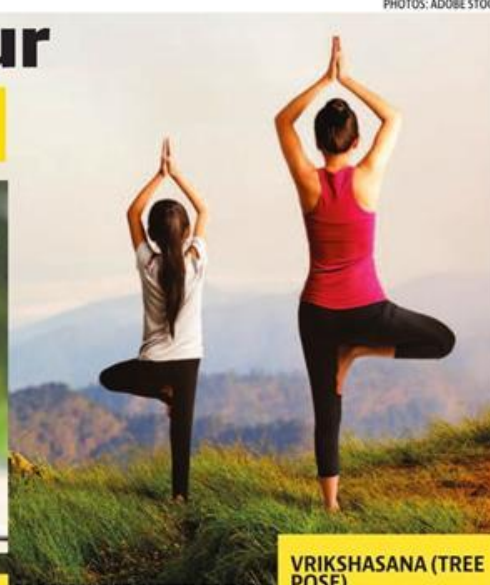
### SUKHASANA (EASY POSE)

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

awareness of mind," he shares.

### REDUCES STRESS

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



### VRIKSHASANA (TREE POSE)

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

### TADASANA (MOUNTAIN POSE)

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

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

For more such stories, visit [healthshots.com](https://healthshots.com).

### BALASANA (CHILD'S POSE)

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

### SHAVASANA (CORPSE POSE)

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



### BHUJANGASANA (COBRA POSE)

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

PHOTOS: ADOBE STOCK



The Statesman • 04 Mar • Ministry of Ayush  
Nadda visits health centres in Najafgarh, Palam

3 • PG

330 • Sqcm

59366 • AVE

225K • Cir

Bottom Left

Delhi

## Nadda visits health centres in Najafgarh, Palam

### STATESMAN NEWS SERVICE

NEW DELHI, 3 MARCH

Union Health Minister JP Nadda visited the Rural Health Training Center (RHTC) in Najafgarh and Ayushman Arogya Mandir in Palam here on Monday and interacted with patients and medical staff in both health centres.

During his visit, he reviewed the progress report of RHTC and approved the retention of Primary Health Centres (PHCs) at Najafgarh, Ujwa, and Palam under the Government of India. He directed National Quality Assurance Standards (NQAS) and Indian Public Health Standards (IPHS) certification within three months and full operationalisation of the RHTC hospital within six months.

Emphasising skill development, the Minister highlighted RHTC's role as a model for integrated primary, sec-



ondary, AYUSH, and training services, and assured the support of the Centre in augmenting the health facilities of the institute.

Nadda also planted a sapling in both the campuses under the 'Ek Ped Maa ke Naam' initiative, in presence of MPs-- Ramvir Singh Bidhuri and Kamaljeet Sehrawat.

Notably, the RHTC in Najafgarh under the Health Ministry has been serving as a key institution for primary and secondary healthcare,

along with skill development in the field of health. Established in 1937 as a health centre and upgraded over the years across three campus (Najafgarh, Palam and Ujwa), the RHTC is now being developed as a model integrated centre for Primary, Secondary, AYUSH, and Skill Development and in future Tertiary care.

To bridge the gap between primary and tertiary healthcare, RHTC has been developed as a 183-bedded general hospital, as per the Health Ministry.

The RHTC is a unique healthcare setting providing primary, secondary care and AYUSH services at present. It is embracing IT-enabled healthcare solutions under the Ayushman Bharat Digital Mission (ABDM) to create a digitally empowered healthcare ecosystem, enhancing efficiency, accessibility, and patient-centric care, it said.

The New Indian Express • 04 Mar • Ministry of Ayush  
**TADASANA UTTHITA HASTA**

2 • PG

111 • Sqcm

146663 • AVE

246.4K • Cir

Top Center

Chennai

**FITBIT**

**TADAGASANA UTTHITA HASTA**  
(CONSTRUCTIVE REST ARMS  
OVERHEAD POSE)

This is a variation of the Savasana (Corpse Pose) and Savasana Variation Bent Legs (Constructive Rest Pose). This supine restorative pose is both a transitional and a relaxing pose after an intense practice. The difference between these poses is the stretching of the arms. It is also known as Savasana Variation Arms Overhead Bent Legs Pose. It is believed that these muscles form part of the core muscles that at times are neglected.

**STEPS**

- Align in Savasana Variation Bent Legs (Constructive Rest Pose). Stay here for 4-5 minutes.
- Inhale, stretch the arms above and place them on the floor behind.
- Extend the arms from the armpits but be conscious of keeping the shoulders stable.
- Avoid lifting the shoulders off the mat and keep it away from the ears.
- Remain here with calm breathing and observe the abdominal and torso stretch. Experience the side and the intercostal muscles open up, expanding the rib cage.
- After staying in the pose as per capacity, bring your arms to the sides of the body and settle back in Savasana Variation Bent Legs. After 4-5 breaths relax and rest in the final pose of Savasana.

**BENEFITS**

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

**LIMITATIONS**

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



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

## The New Indian Express • 04 Mar • Ministry of Ayush Health sector likely to get bigger slice of budget pie this year

2 • PG

563 • Sqcm

478942 • AVE

177.8K • Cir

Top Right

Bengaluru

### Health sector likely to get bigger slice of budget pie this year

RISHITA KHANNA @Bengaluru

HEALTH, a key sector in the state budget, received 4 per cent (Rs 15,145 crore) of the total allocation in both 2023 and 2024. However, this time, the allocation is likely to increase, with expectations of higher funding for healthcare infrastructure, medical services and public health programmes.

This year, the health department began setting up critical care hubs in every district, while also working on upgrading public health infrastructure and strengthening laboratory services. The department largely delivered on its promises.

However, while several initiatives were launched and announced, many remained unaddressed. When TNIE reached out to health department officials for an update on key projects, there was little progress to report. This included the Fire Fighting System in 13 district hospitals, which was allocated Rs 6 crore to enhance fire safety measures, and the procurement of 87 True-Nat machines for tuberculosis screening in Primary Health Centres, as part of the effort to eliminate the disease by 2025. However, officials did not provide any significant updates on their implementation.

Last year, funds were allocated for repairs, renovation and infrastructure development in the health sector. This time, officials said they are expecting a new health scheme and provisions for additional manpower to ensure effective functioning of existing healthcare facilities.

This year, the health department made progress in various areas. One of the key developments was addressing the lack of Blood Storage Units in First Referral Units (FRUs) across many districts in North Karnataka. Previously, these facilities were unavailable, posing a critical challenge to maternal healthcare. However, in February 2025, the department approved a proposal to purchase essential equip-



ment for blood storage units in all taluks of Karnataka, to reduce maternal mortality and improve emergency care for pregnant women.

The state budget had proposed setting up one Ayurveda diabetes unit in each of the four divisions to provide AYUSH treatment for diabetes control. However, so far, only one such centre has come up — a Centre of Excellence (CoE) in Ayurveda for Diabetes and Metabolic Disorders at the Indian Institute of Science (IISc), which was digitally inaugurated by Prime Minister Narendra Modi. The status of the remaining three units remains unclear, with no updates on their progress.

Officials told TNIE that they have requested funds to strengthen ICU and neonatal care facilities and also sought financial support for the Food Safety and Drug Administration (FDA) department. Meanwhile, doctors working in government hospitals are expecting upgrades in medical systems and recruitment for vacant posts, particularly in Primary Health Centres (PHCs) and Community Health Centres (CHCs). Officials also mentioned that they have requested funds for Namma Clinics to improve services.

With progress in some areas and gaps in others, both doctors and officials agree that this year has been a learning curve for the health sector. Incidents of maternal deaths and FSSAI crackdowns, among others, have highlighted critical areas requiring immediate attention. Officials acknowledged these challenges and said they are working to address them, which is why they have requested a higher budget allocation to improve infrastructure, staffing and essential services.



## The New Indian Express • 04 Mar • Ministry of Ayush TADAGASANA UTTHITA HASTA (CONSTRUCTIVE REST ARMS OVERHEAD POSE)

2 • PG

600 • Sqcm

599706 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

### FITBIT

## TADAGASANA UTTHITA HASTA (CONSTRUCTIVE REST ARMS OVERHEAD POSE)

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### STEPS

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- Extend the arms from the armpits but be conscious of keeping the shoulders stable.
- Avoid lifting the shoulders off the mat and keep it away from the ears.
- Remain here with calm breathing and observe the abdominal and torso stretch. Experience the side, and the intercostal muscles open up, expanding the rib cage.
- After staying in the pose as per capacity, bring your arms to the sides of the body and settle back in Savasana Variation Bent Legs. After 4-5 breaths relax and rest in the final pose of Savasana.

### LIMITATIONS

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

### BENEFITS

- Stretches the spine, arms, armpits, shoulders, and upper chest.
- Helps maintaining body's physical, mental, and emotional balance.
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By N Elumalai, PhD Scholar (Yoga Science) at  
Meenakshi Academy of Higher Education & Research, Chennai



## The Morning Standard • 04 Mar • Ministry of Ayush

### Fit Bit

2 • PG

626 • Sqcm

300533 • AVE

300K • Cir

Middle Right

Delhi

#### **FITBIT**

### **TADAGASANA UTTHITA HASTA** (CONSTRUCTIVE REST ARMS OVERHEAD POSE)

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

#### **STEPS**

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

#### **LIMITATIONS**

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

#### **BENEFITS**

- Stretches the spine, arms, armpits, shoulders, and upper chest.
- Helps maintain the body's physical, mental, and emotional balance.
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Meenakshi Academy of Higher Education & Research, Chennai

Veer Arjun • 04 Mar • Ministry of Ayush

## Students ko Ayush sansadhan kendra ki pryogshala dekhne ke liye jaya gaya

8 • PG

292 • Sqcm

21910 • AVE

60K • Cir

Middle Right

Delhi

# छात्रों को आयुष अनुसंधान केंद्रों की प्रयोगशाला देखने के लिए ले जाया गया

नई दिल्ली, (विप्र)। प्रधानमंत्री नरेन्द्र मोदी के आह्वान पर आयुष मंत्रालय के अंतर्गत आने वाले संस्थानों ने छात्रों को पारंपरिक चिकित्सा प्रणालियों में प्रयोगशाला कार्य का अनुभव कराने के लिए कार्यक्रम आयोजित किए।

आयुष मंत्रालय ने रविवार को एक बयान में कहा कि वैज्ञानिक के रूप में एक दिन पहल के तहत छात्रों के लिए दौरे आयोजित किए गए, जिससे उन्हें वैज्ञानिक अनुसंधान का गहन अनुभव मिला। इस दौरान उन्हें प्रयोगशाला के काम, उन्नत उपकरणों एवं आधुनिक वैज्ञानिक प्रगति के साथ पारंपरिक चिकित्सा के मेल का प्रत्यक्ष अनुभव मिला। हाल में अपने मासिक रेडियो कार्यक्रम मन

की बात के माध्यम से राष्ट्र को संबोधित करते हुए प्रधानमंत्री ने छात्रों को अपनी जिज्ञासा को पोषित करने और वैज्ञानिक समझ को बढ़ावा देने के लिए अनुसंधान प्रयोगशालाओं, तारामंडल, अंतरिक्ष केंद्रों एवं विज्ञान संस्थानों का दौरा करने के लिए प्रोत्साहित किया। बयान में कहा गया है, इस दृष्टिकोण से प्रेरित होकर आयुष संस्थानों ने छात्रों का अपने शोध केंद्रों में स्वागत किया, जिससे उन्हें वैज्ञानिकों के साथ बातचीत करने, अत्याधुनिक तकनीक का पता लगाने और मुख्यधारा की स्वास्थ्य सेवा में आयुष प्रणालियों की विशाल क्षमता को समझने का मौका मिला। इस पहल के तहत जयपुर के एमिटी विश्वविद्यालय के छात्रों ने 19

फरवरी, 2025 को राष्ट्रीय आयुर्वेद संस्थान, जयपुर का दौरा किया। छात्रों ने श्वसन प्रणाली पर विशेष रूप से केंद्रित क्रिया शरीर विभाग के उन्नत उपकरणों और मशीनरी का अवलोकन किया। मंत्रालय ने कहा कि उन्हें बॉडी प्लेदिस्मोग्राफ, सीपीईटी और 3डी वीआर लैब जैसे अत्याधुनिक उपकरणों की कार्यप्रणाली देखने का अवसर मिला। डॉ. गुरुराजू राजकीय होम्योपैथी मेडिकल कॉलेज, गुडीवाड़ा के छात्रों ने 28 फरवरी को राष्ट्रीय विज्ञान दिवस के उपलक्ष्य में केंद्रीय होम्योपैथी अनुसंधान परिषद (सीसीआरएच) के तहत क्षेत्रीय अनुसंधान संस्थान (एच), गुडीवाड़ा की अनुसंधान प्रयोगशाला का दौरा किया।

Veer Arjun • 04 Mar • Ministry of Ayush

## Nadda ne Delhi ke najafgarh mein gramin swasthye parshikshan kendra ki pragati ki samiksha ki

4 • PG

254 • Sqcm

19036 • AVE

60K • Cir

Middle Right

Delhi

## नड्डा ने दिल्ली के नजफगढ़ में ग्रामीण स्वास्थ्य प्रशिक्षण केंद्र की प्रगति की समीक्षा की

नई दिल्ली, (वीए)। केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने सोमवार को नजफगढ़ में ग्रामीण स्वास्थ्य प्रशिक्षण केंद्र (आरएचटीसी) को लेकर हुई प्रगति की समीक्षा की और छह महीने के अंदर केंद्र का पूर्ण रूप से परिचालन शुरू करने का आदेश दिया। कौशल विकास पर जोर देते हुए उन्होंने एकीकृत प्राथमिक, माध्यमिक, आयुष और प्रशिक्षण सेवाओं के लिए एक मॉडल के रूप में आरएचटीसी की भूमिका पर प्रकाश डाला और संस्थान की स्वास्थ्य सुविधाओं के विस्तार में केंद्र के समर्थन का आश्वासन दिया। नड्डा ने पालम में आयुष्मान आरोग्य मंदिर का भी दौरा किया और नजफगढ़, उजवा एवं पालम में प्राथमिक स्वास्थ्य केंद्रों को केंद्र सरकार के अधीन बनाए रखने को मंजूरी दी तथा तीन महीने



के भीतर राष्ट्रीय गुणवत्ता आश्वासन मानक (एनक्यूएस) एवं भारतीय सार्वजनिक स्वास्थ्य मानक (आईपीएस) प्रमाणन का निर्देश दिया। स्वास्थ्य मंत्रालय के तहत नजफगढ़ में आरएचटीसी स्वास्थ्य के क्षेत्र में कौशल विकास के साथ-साथ प्राथमिक और माध्यमिक स्वास्थ्य केंद्र के लिए एक प्रमुख संस्थान के रूप में कार्य कर रहा है। स्वास्थ्य मंत्रालय ने एक बयान में कहा कि 1937 में एक स्वास्थ्य केंद्र के रूप में इसकी स्थापना हुई और बीते वर्षों में तीन परिसरों (नजफगढ़, पालम और उजवा) में इसका विस्तार किया गया।



Ajit Samachar • 04 Mar • Ministry of Ayush

Ayushman card se zile ke 7 sarkari v 7 niji hospital mein kiya jata hai free ilaaz

9 • PG

92 • Sqcm

13749 • AVE

177.4K • Cir

Bottom Center

Chandigarh

## आयुष्मान कार्ड से ज़िले के 7 सरकारी व 7 निजी अस्पतालों में किया जाता है मुफ्त इलाज

फतेहगढ़ साहिब, 3 मार्च (मनप्रीत सिंह): सरकार द्वारा आम लोगों को बेहतर स्वास्थ्य सुविधाएं प्रदान करने के उद्देश्य से जहां ज़िले में आम आदमी क्लिनिक चलाए जा रहे हैं, वहीं मुफ्त इलाज के लिए आयुष्मान स्वास्थ्य बीमा कार्ड भी जारी किया गया है, जिससे ज़िले की 7 सरकारी व 7 निजी अस्पतालों में मुफ्त इलाज की सुविधा दी जाती है। यह जानकारी डिप्टी मैडीकल कमिश्नर डा. सरिता ने दी। उन्होंने बताया कि आयुष्मान कार्ड के साथ 1396 ऐसी बीमारियां हैं जिनका मुफ्त इलाज होता है और कार्डधारक किसी भी सरकारी अथवा इम्पैन्लड प्राइवेट अस्पतालों में यह कार्ड दिखाकर 5 लाख रुपए तक का मुफ्त इलाज करवा सकते हैं। उन्होंने बताया कि आयुष्मान कार्ड अब 70 वर्ष से अधिक उम्र के नागरिकों के भी बनाए जा रहे हैं ताकि अधिक से अधिक नागरिक आयुष्मान कार्ड का लाभ ले सकें। उन्होंने बताया कि ज़िले के इम्पैन्लड प्राइवेट अस्पतालों में मंडी गोबिंदगढ़ के गुरु अमरदास सुपर स्पेशलिटी अस्पताल, इंडस अस्पताल फतेहगढ़ साहिब, लाइफ केयर अस्पताल खमानों, महेश अस्पताल, राम अस्पताल खमानों, राणा क्लिनिक व अस्पताल खमानों व रिमट मैडीकल कालेज एवं अस्पताल मंडी गोबिंदगढ़ में भी इलाज करवाया जा सकता है।

Virat Vaibhav • 04 Mar • Ministry of Ayush

## Swasthye Suvidhaon ke vistar mein milega kendra ka pura samarthan: Nadda

3 • PG

267 • Sqcm

320934 • AVE

625K • Cir

Middle Center

Delhi

# स्वास्थ्य सुविधाओं के विस्तार में मिलेगा केंद्र का पूरा समर्थन: नड्डा

➡ स्वास्थ्य मंत्री ने दिल्ली में ग्रामीण स्वास्थ्य प्रशिक्षण केंद्र की प्रगति की समीक्षा की

वेभव न्यूज़ ■ नई दिल्ली

केंद्रीय स्वास्थ्य मंत्री जे पी नड्डा ने सोमवार को दिल्ली में ग्रामीण स्वास्थ्य प्रशिक्षण केंद्र (आरएचटीसी) को लेकर हुई प्रगति की समीक्षा की और छह महीने के अंदर केंद्र का पूर्ण रूप से परिचालन शुरू करने का आदेश दिया। कौशल विकास पर जोर देते हुए उन्होंने एकीकृत प्राथमिक, माध्यमिक, आयुष और प्रशिक्षण सेवाओं के लिए एक मॉडल के रूप में आरएचटीसी की भूमिका पर प्रकाश डाला और संस्थान की स्वास्थ्य सुविधाओं के विस्तार में केंद्र के समर्थन का आश्वासन दिया। नड्डा ने पालम में आयुष्मान आरोग्य मंदिर का भी दौरा किया और नजफगढ़, उजवा एवं पालम में प्राथमिक स्वास्थ्य केंद्रों को केंद्र सरकार के अधीन बनाए रखने को मंजूरी दी साथ ही तीन महीने के भीतर राष्ट्रीय गुणवत्ता आश्वासन मानक (एनक्यूएस) एवं भारतीय सार्वजनिक स्वास्थ्य मानक (आईपीएचएस) प्रमाणन का निर्देश दिया। स्वास्थ्य मंत्रालय के तहत नजफगढ़ में आरएचटीसी स्वास्थ्य के



क्षेत्र में कौशल विकास के साथ-साथ प्राथमिक और माध्यमिक स्वास्थ्य केंद्र के लिए एक प्रमुख संस्थान के रूप में कार्य कर रहा है। स्वास्थ्य मंत्रालय ने एक बयान में कहा कि 1937 में एक स्वास्थ्य केंद्र के रूप में इसकी

स्थापना हुई और बीते वर्षों में तीन परिसरों में इसका विस्तार किया गया। आरएचटीसी को अब प्राथमिक, माध्यमिक, आयुष और कौशल विकास व भविष्य में तृतीयक देखभाल के लिए एक मॉडल एकीकृत

केंद्र के रूप में विकसित किया जा रहा है। नजफगढ़ प्राथमिक सेवाओं के विस्तार के साथ स्वास्थ्य सेवाओं में महत्वपूर्ण परिवर्तन का गवाह बनने के लिए तैयार है और पहले से ही माध्यमिक स्वास्थ्य देखभाल सेवाओं की शुरुआत की गई है। बयान में कहा गया है कि आयुष्मान आरोग्य मंदिर (एएएम) को एनक्यूएस से मान्यता प्राप्त होगी, जो मानकीकृत, उच्च गुणवत्ता वाली स्वास्थ्य सेवाएं घर-घर पहुंचाने की सरकार की प्रतिबद्धता को मजबूत करेगा। प्राथमिक और तृतीयक स्वास्थ्य सेवा के बीच की खाई को पाटने के लिए आरएचटीसी अस्पताल को 183 बेडों वाले सामान्य अस्पताल के रूप में विकसित किया गया है। यह एक अनूठी स्वास्थ्य सेवा व्यवस्था है, जो वर्तमान में एक ही परिसर में प्राथमिक, द्वितीयक देखभाल और आयुष सेवाएं प्रदान करती है।

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Dainik Bhaskar	औषधीय पादप बोर्ड का अभियान: लोगों को स्वस्थ बनाने के लिए दिए जा रहे अश्वगंधा के ...	66.5M
2.	The Times of India	DAVV nears launch of homeopathic research centre with MoU finalization	64.4M
3.	अमर उजाला (Amar ujala)	आयुर्वेदिक केंद्रों में पंचकर्म की सुविधा : डॉ. इंदू	63.8M
4.	अमर उजाला (Amar ujala)	AMU: तिब्बिया कॉलेज में हुआ शोध, चार महीने खिलाया यूनानी चूर्ण, कम हो गया पांच कि...	63.8M
5.	News18	स्त्री-पुरुष दोनों के लिए वरदान हैं ये जड़ें! तन-मन को रखती हैं मजबूत, राजा-महार...	43.6M
6.	The Hindu	Integrated AYUSH hospital building at Pudukottai to be ready by October	35.9M
7.	Jagran Josh	Top 7 Yoga Colleges In India	21.6M
8.	Dailyhunt	Golden Jubilee At Institute of Yoga Sciences: Celebration of 5 Decades of Dedica. ..	18.6M
9.	Medical Dialogues	Kerala Government"s Proposal for Traditional Medicine Commission Draws Contr ove...	16M
10.	ThePrint	Students taken on visit to Ayush research facilities to see its lab work	11.3M
11.	Jansatta	कैंसर से लड़ने के लिए अमृत है बेल, इम्यूनिटी बूस्ट के साथ बॉडी को मिलेंगे ये 3 फ...	9M
12.	IBC24 News	छात्रों को आयुष अनुसंधान केंद्रों की प्रयोगशाला देखने के लिए ले जाया गया	7.3M
13.	Janta Se Rishta	Jaipur के जवाहर कला केन्द्र में हो रहा मेले का आयोजन	3.8M
14.	Organiser	Buddhist Sangam at Maha Kumbh 2025: Unique, still integral	1.2M
15.	ThePrint	छात्रों को आयुष अनुसंधान केंद्रों की प्रयोगशाला देखने के लिए ले जाया गया	483.1K
16.	Live Vns	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक मिलेंगी स...	382.1K
17.	The Morung Express	Nagaland Governor outlines health, education and social sectors	268.3K
18.	Loksaakshya	आयुर्वेद विश्वविद्यालय में आयुर्वेद चिकित्सकों को दिया गया फारमेकोविजिलेंस का प्...	188.4K
19.	Digital Learning	Hello Kids Preschool Celebrates 1,000th Center Milestone in India	39.3K
20.	Mahanagar Times	राज्य स्तरीय आरोग्य मेले "आरोग्यम्-2025" में उमड़ा जनसैलाब	12.8K
21.	Udaipur Kiran	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक मिलेंगी स...	N/A
22.	Newzfatafat	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रातः 8 बजे से रात्रि 8 बजे तक मिलेंगी स...	N/A
23.	Vande Bharat Live Tv News	जयपुर के आरोग्य मेले में उमड़ी भीड़	N/A
24.	Udaipur Kiran	राज्यस्तरीय आरोग्य मेले आरोग्यम्-2025 में उमड़ा जनसैलाब	N/A
25.	Nsc 9 News	राज्य स्तरीय आरोग्य मेला - 2025, जयपुर जिला कलेक्टर ने किया मेले का अवलोकन, मेले...	N/A



26.	Reh News	Weight Loss By Eating Unani Churan – Amar Ujala Hindi News Live	N/A
27.	World News Network	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A
28.	Insights On India	UPSC CURRENT AFFAIRS – 3 March 2025	N/A
29.	Insights On India	One Day as a Scientist Initiative	N/A
30.	International Khabar	Amar Seva Sangam Commends Tamil Nadu Chief Minister for Inclusive Political E mpo...	N/A
31.	Construction World	Ayush Serves 800,000 Devotees at Maha Kumbh	N/A
32.	Daily World Hindi	छात्रों को आयुष अनुसंधान केंद्रों की प्रयोगशाला देखने के लिए ले जाया गया	N/A
33.	उद्योग का अनुमान	छात्रों को आयुष अनुसंधान केंद्रों की प्रयोगशाला देखने के लिए ले जाया गया	N/A
34.	Rk Tv News	राजस्थान:राज्य स्तरीय आरोग्य मेला – 2025, जयपुर जिला कलेक्टर ने किया मेले का अवल...	N/A
35.	Indore Samachar	होम्योपैथी महाकुंभ-2025, इनोवेशन इन होम्योपैथी पर हुई बात	N/A
36.	Cliq India	Joginder Sharma, Ramit Tandon, Anahat Singh spread message to fight obesity d uri...	N/A