



**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**05 Feb, 2025 – 06 Feb, 2025**

 **Total Mention 94**

 Print	Financial	Mainline	Regional	Periodical
38	5	25	8	N/A
 Online				
56				

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Economic Times	Medical Colleges here Still Suffer from a Severe Shortage of Seats	Pune	12
2.	The Economic Times	Medical Students likely to Stay Study Abroad Course	Chandigarh + 2	6
3.	The Economic Times	2.5m Take NEET for 1L Medical Seats; Students Ready Plan B	Chennai	9
4.	Mint	AIIMS to go paperless in prescribing medicines	Hyderabad	2
5.	Bizz Buzz	AB PM-JAY prime move towards handling cancer cases: Experts	Hyderabad	8
6.	The Times of India	Hry to release funds after pvt hospitals say will stop Ayushman Bharat services	Chandigarh	11
7.	The Times of India	50 yoga practitioners do 1,009 Suryanamaskaras	Bengaluru	2
8.	The Times of India	Development under BJP unmatched: CM	Chandigarh	5
9.	Hindustan Times	#thatshot	Mumbai	2
10.	Hindustan Times	OVER 87 LAKH AYUSHMAN CARDS ISSUED IN PUNJAB, NADDA TELLS RS	Chandigarh	2
11.	Hindustan Times	Sheesh Mahal' to Ayushman Bharat, PM takes jibes at AAP	Mumbai	1
12.	The Indian Express	Tripura now 'land-linked', peace restored under BJP rule: Shah	Delhi	12
13.	The Indian Express	Ayushman scheme, awareness, facilities aiding timely cancer care in India: Study	Chandigarh	2
14.	The Indian Express	87.94 lakh Ayushman cards created in Punjab, Govt tells Rajya Sabha	Chandigarh	13
15.	The New Indian Express	ANJANEYASANA VARIATION HANDS TOES (CRESCENT LOW LUNGE POSE VARIATION HANDS TOES)	Bengaluru	2
16.	The New Indian Express	ANJANEYASANA VARIATION HANDS TOES	Chennai	2
17.	The New Indian Express	SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION (SUPINE WINDSHIELD WIPER TWIST POSE)	Bengaluru	2
18.	The New Indian Express	SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION	Chennai	2
19.	The Pioneer	Haryana govt transfers 12 IAS, 67 HCS officers	Chandigarh	2
20.	The Pioneer	Haryana's development takes a big leap under BJP Govt: CM Saini	Chandigarh	3

21.	The Pioneer	A fierce three-way battle for the capital's throne	Hyderabad	7
22.	The Morning Standard	FIT BIT	Delhi	2
23.	The Morning Standard	MISS-FIT	Delhi	2
24.	The Morning Standard	Fit Bit	Delhi	2
25.	Punjab Express	Govt to immediately clear pending claims under Ayushman Bharat Yojana	Chandigarh	8
26.	The Hindu	The financial toxicity of cancer care in India	Hyderabad	7
27.	Yugmarg	Hina Khan opens up on cancer battle; thanks govt for Ayushman Bhara	Chandigarh	12
28.	Deccan Chronicle	Modi slams Rahul, tears into Kejriwal	Hyderabad	1, 10
29.	The Statesman	MAA stands for Multi-Asset Allocation, reflecting need for a well-diversified investment approach	Delhi	11
30.	Telangana Today	Crores saved in welfare schemes: PM	Hyderabad	7
31.	Dainik Bhaskar	Sahara Refund Portal se ab tak 11.61 Lakh niveshako ko 2,025 Crore Rupay baate:Shah	Chandigarh	7
32.	Dainik Bhaskar	Sahara refund portel se ab tak 11.61 lakh niveshako ko 2,025 crore rupay bante ;Shah	Delhi	13
33.	Dainik Bhaskar	Conclusion of 6-day training program 'Charakayatan	Jaipur	7
34.	Amar Ujala	Daily health capsule	Delhi	2
35.	Amar Ujala	Ayushman par ilaaj rahega jaari, IMA ne sarkaar ko diya 31 march tak ka time	Chandigarh	5
36.	Orissa Express	6-day training programme 'Charakayatan' concludes	Bhubaneshwar	7
37.	Andhra Jyothi	Awareness on Yoga	Bengaluru	7
38.	Ee Sanje	Suryanamaskar Yoga Utsav-2025	Bengaluru	7

The Economic Times • 06 Feb • Ministry of Ayush

## Medical Colleges here Still Suffer from a Severe Shortage of Seats

12 • PG

363 • Sqcm

136123 • AVE

102.04K • Cir

Top Left

Pune

# Medical Colleges here Still Suffer from a Severe Shortage of Seats

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

Prachi Verma & Neil Ghal

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

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

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

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

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

### Looking for Alternatives

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

Private education can exceed **₹1 crore** for the entire course

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

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

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



Indian medical students heading overseas is rising every year since seats at medical institutions have not increased in line with increasing NEET registrations.

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

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

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

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

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

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

### FEW OPTIONS

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

overseas every year.

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

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

Experts noted that the number of



The Economic Times • 06 Feb • Ministry of Ayush  
Medical Students likely to Stay Study Abroad Course

6 • PG

328 • Sqcm

113007 • AVE

61.91K • Cir

Top Right

Chandigarh • Delhi • Jaipur

DESPITE DOMESTIC PUSH IN BUDGET

# Medical Students likely to Stay Study Abroad Course

High competition forcing many others to pick alternative courses: Experts

Prachi Verma & Neil Ghai

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

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

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

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

## Looking for Alternatives

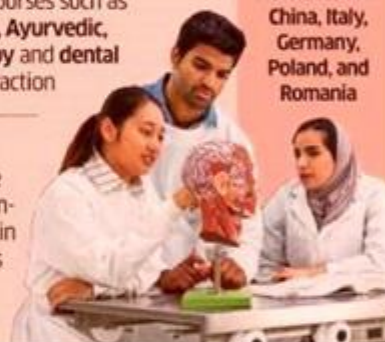
Govt medical colleges charge as low as **₹10,000 annually** – AIIMS is even lower

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



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

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

"Countries like the Philippines, China, and the Caribbean have traditionally been popular among Indian students pursuing medical education abroad," said Anil Nagar, founder & CEO, Ad-da247, a multilingual learning and skilling platform.

Of late, countries such as the US, UK, and Germany are also starting to attract Indian students.

"The primary reason for these choices is affordability," he said.

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

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

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

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



The Economic Times • 06 Feb • Ministry of Ayush  
2.5m Take NEET for 1L Medical Seats; Students Ready Plan B

9 • PG

387 • Sqcm

303733 • AVE

102.42K • Cir

Top Right

Chennai

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

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

Prachi Verma & Neil Ghal

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

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"The number of students opting to study medicine abroad is primarily driven by the limited availability

## APPEALING FACTORS

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

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About 2.5 million students registered for the National Eligibility-cum-Entrance Test for admission to undergraduate medical courses in 2024 (NEET-UG 2024), a figure experts said will in-

crease this year. The National Testing Agency (NTA) is soon going to start the registration process for NEET UG 2025.

## Reading the Medical Pulse

Students who registered for NEET UG 2024:  
**25 lakh**



Targeted seats next fiscal year:  
**1 lakh**

Indian students who join medical colleges overseas every year:  
**30k to 40k**

ANIMISHA & YOGEEESH

## Attractions

**Vietnam, Kazakhstan:**  
Affordable living costs

**Uzbekistan, Georgia:**  
Affordable fees, simple admission processes

**China, Russia:**  
Fees is ₹3-6 lakh per year



Mint • 06 Feb • Ministry of Ayush  
AIIMS to go paperless in prescribing medicines

2 • PG

81 • Sqcm

20370 • AVE

45K • Cir

Top Right

Hyderabad

## AIIMS to go paperless in prescribing medicines

Priyanka Sharma

priyanka.sharma@livemint.com

NEW DELHI

**T**he Centre plans to develop India's premier hospital—All India Institute of Medical Sciences (AIIMS) Delhi—as a model Ayushman Bharat Digital Mission (ABDM) facility where only e-prescriptions will be generated. As part of the plan, the institute's endocrinology and mother & child health unit may soon start with e-prescriptions to do away with manual ones.

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

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

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

*For an extended version of this story, go to [Livemint.com](https://www.livemint.com).*



Bizz Buzz • 05 Feb • Ministry of Ayush

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

8 • PG

228 • Sqcm

22849 • AVE

N/A • Cir

Top Left

Hyderabad

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

### Covering Cancer

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

NEW DELHI

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

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

and circumstances that must be considered.

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

A study published in The Lancet Regional Health - Southeast Asia showed that AB PM-JAY has increased the odds of timely initiation of cancer treatment in India by 36 per cent, highlighting the



positive impact of AB PM-JAY in enabling patients to access and afford cancer treatment.

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

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

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



The Times of India • 05 Feb • Ministry of Ayush

## Hry to release funds after pvt hospitals say will stop Ayushman Bharat services

11 • PG

164 • Sqcm

79405 • AVE

46.88K • Cir

Middle Right

Chandigarh

# Hry to release funds after pvt hospitals say will stop Ayushman Bharat services

Ipsita.Pati@timesofindia.com

**Gurgaon:** Haryana govt will clear dues by Feb and allocate Rs 2,500 crore under the Ayushman Bharat scheme for the coming fiscal year, officials said on Tuesday, days after private hospitals said they will stop treating patients if the state did not settle their claims.

The resolution came after chief principal secretary to the CM, Rajesh Khullar, on

Monday held a meeting with representatives of Indian Medical Association's Haryana unit.

TOI had reported on Jan 27 that 600 private hospitals across Haryana would stop treating patients under Ayushman Bharat from Feb 3 as the govt was yet to clear reimbursements amounting to Rs 400 crore for months.

Haryana Ayushman Bharat CEO Sangeeta Tatarwal on Tuesday said: "Rs 195 crore had

been paid for claims submitted since Jan 1, and the remaining pending claims will be cleared in Feb. The treatment under the scheme will continue as before and patients will not face any difficulty."

Tatarwal added that IMA officials were "assured" that an adequate amount of Rs 2,500 crore will be provided for reimbursements under the scheme for the 2025-26 financial year as well.

Ayushman Bharat, intro-

duced by the Narendra Modi-led government in 2018, provides free healthcare up to Rs 5 lakh in a year for families with low annual incomes. Around 1.2 crore people in Haryana are registered under the scheme, which is supported by 1,300 hospitals, including 600 private facilities in the state.

Dr Mahavir Jain, president of IMA (Haryana), had earlier told TOI that reimbursements to private hospitals had been pending for months.

The Times of India • 05 Feb • Ministry of Ayush  
50 yoga practitioners do 1,009 Suryanamaskaras

2 • PG

148 • Sqcm

547166 • AVE

2.27M • Cir

Middle Right

Bengaluru

## 50 yoga practitioners do 1,009 Suryanamaskaras

Muthu P



**HONOURING SUN GOD:** Participants completed the sets in 15 hours

**Hamsaveni.N@timesofindia.com**

**Bengaluru:** Doing 108 Suryanamaskaras a day is quite common for yoga practitioners. But doing it a thousand times requires tremendous practice, grit and determination.

On Tuesday, a group of 50 yoga practitioners performed a whopping 1,009 rounds of Suryanamaskaras, containing 12 postures, at Prasanna Veeranjaneya Temple in Mahalakshmiapuram over 15 hours on the occasion of Rathasaptami — a festival celebrated in the honour of sun god. The marathon Suryanamaskaras, organised by Sri Prasanna Veeranjaneya Yoga Kendra and in the ninth edition, started at 4.30am and culminated at 7.30pm. Yoga practitioners of all ages, 10 to 70 year olds, took part in the event. There were also participants from Tumakuru, Gadag and Shivamogga.

These yoga practitioners trained themselves by performing 108 rounds for around three hours every weekend for two months.

Explaining the motivation behind the event, Suma Nagesh, a member of Yoga Kendra said, "Ratha Saptami is an auspicious day connected to Surya bhagavan. This practice not only strengthens our physical and mental well-being but also serves as a spiritual offering. Initially, we performed 108 Suryanamaskaras, but upon learning that others were attempting higher numbers, our students were inspired to push their limits."

Gayathri, a 37-year-old KR Puram resident, said, "I have been doing Suryanamaskaras for the past six years. My father was doing 1,009 Suryanamaskaras, and I joined him after two years. I pulled in my husband as well. So, three people from my family have been doing it. Every year, doing 1,000 Suryanamaskaras has been a meditative practice for me, fills me with gratitude."



The Times of India • 05 Feb • Ministry of Ayush  
Development under BJP unmatched: CM

5 • PG

118 • Sqcm

57122 • AVE

46.88K • Cir

Top Right

Chandigarh

# Development under BJP unmatched: CM

TIMES NEWS NETWORK

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

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

The CM was addressing the media following a cabinet meeting here on Tuesday. Agriculture and farmers welfare minister Shyam Singh Rana, cooperation minister Dr Arvind Sharma, and director general of information, public

relations and languages department K Makrand Pandurang were also present.

The CM said that the Haryana govt is consistently reimbursing treatment costs for all private hospitals under the Ayushman Bharat scheme. He said that the “double engine” govt led by PM Modi is offering free treatment up to Rs 5 lakh to the poor and needy through this scheme. To date, approximately 20 lakh beneficiaries in Haryana received assistance through the Ayushman scheme, he said.

Saini said that during the Delhi election campaign, people expressed dissatisfaction, stating that they were deprived of the benefits of the Ayushman scheme. They will vent this frustration in the Delhi assembly polls, he said.

Hindustan Times • 06 Feb • Ministry of Ayush  
#thatshot

2 • PG

169 • Sqcm

236162 • AVE

1.1M • Cir

Top Left

HT City

Mumbai

#thatshot

**PLANT-BASED MEAT  
ALTERNATIVES  
IMPROVE  
CHOLESTEROL  
LEVELS: STUDY**

A study published in The American Journal of Clinical Nutrition shows that plant-based meat alternatives can lower bad cholesterol (LDL) by 12% and total cholesterol by 6%. After just 8 weeks, these small dietary changes can improve heart health significantly.



**AYUSHMAN BHARAT  
SPEEDS UP CANCER  
CARE**

A study from Lancet shows that Ayushman Bharat has helped more people start cancer treatment on time. Overall, timely treatment increased by 36%, with a 90% rise in those covered since 2018. This initiative has reduced delays and eased financial strain, making cancer care more accessible.

**GLOW UP  
EFFORTLESSLY**

Brighten up with Dr. Sheth's Ceramide & 10% Vitamin C Ampoule Serum. Packed with 99% pure-grade Vitamin C, it fights pigmentation, evens out skin tone, and boosts hydration. Perfect for beginners and sensitive skin, it leaves your skin soft, smooth and radiant.

**Price:** ₹545

**Available at:** drsheths.com



**TAME THE FRIZZ**

Say goodbye to frizz with BBLunt's Advanced Smoothing Heat Hair Spa Mask. Infused with Keratin to strengthen and Hyaluronic Acid to deeply hydrate, this mask promises sleek, nourished and glossy hair—no salon visit required. Suitable for all hair types.

**Price:** ₹349

**Available at:** bblunt.com



Hindustan Times • 05 Feb • Ministry of Ayush

## OVER 87 LAKH AYUSHMAN CARDS ISSUED IN PUNJAB, NADDA TELLS RS

2 • PG

69 • Sqcm

106950 • AVE

267.13K • Cir

Top Right

Chandigarh

### OVER 87 LAKH AYUSHMAN CARDS ISSUED IN PUNJAB, NADDA TELLS RS

**NEW DELHI :** A total of 87.94 lakh Ayushman cards have been issued in Punjab, including Vay Vandana cards, till January 30 this year, Union health minister JP Nadda told the Rajya Sabha on Tuesday.

Responding to a question, Nadda said ₹57.96 crore have been released to Punjab under the Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) in 2023-24 and the entire amount was utilised.

In 2022-23, ₹111.38 crore was released and the entire amount was utilised, he added.

As of January 29, 2025, 771 hospitals were empanelled under AB-PMJAY, which includes 553 private hospitals in Punjab, the minister said.

The funding of AB-PMJAY is entirely demand-driven. The NHA releases funds for scheme implementation to the states and UTs on the basis of the actual demand received from them. "There are no states and UT-wise allocation of funds. As per the defined process, they are required to furnish a utilisation certificate of previously received funds prior to every new fund release," Nadda said.

The AB-PMJAY is a flagship scheme that provides health cover of ₹5 lakh per family per year for secondary and tertiary care hospitalisation to 55 crore beneficiaries or 12.37 crore families, constituting the economically vulnerable bottom 40% of India's population. It does not cover primary healthcare. **PTI**

Hindustan Times • 05 Feb • Ministry of Ayush  
Sheesh Mahal' to Ayushman Bharat, PM takes jibes at AAP

1 • PG

82 • Sqcm

244659 • AVE

1.1M • Cir

Middle Right

Mumbai

## 'Sheesh Mahal' to Ayushman Bharat, PM takes jibes at AAP

Saubhadra Chatterji  
and Alok KN Mishra

letters@hindustantimes.com

**NEW DELHI:** Less than a day before Delhi was scheduled to go to the polls, Prime Minister Narendra Modi launched a final attack on the Aam Aadmi Party's top leader Arvind Kejriwal on the floor of the Lok Sabha, taking jibes at the "Sheesh Mahal" (Kejriwal's bungalow as CM) and his decision to "deprive" Delhi residents of the benefits of the universal health

care Ayushman Bharat scheme.

In his reply to the motion of thanks to President Droupadi Murmu's address to the joint session of Parliament, Modi also used the term "AAP-da" (disaster), coined by the BJP to hit out at alleged misgovernance in Delhi.

"Earlier, the headlines of the newspapers used to be related to scams and corruption. Ten years have passed and crores of rupees have been saved, which in turn have been used for the common people. We have taken several

steps that resulted in saving a lot of money. While we have used funds to build the country. We didn't use money to create Sheesh Mahal," Modi said on Tuesday.

The AAP hit back at the BJP, accusing it of using Parliament for an "election rally"

"We seek votes based on our work — free 24x7 electricity, quality schools, and Mohalla Clinics. Meanwhile, they do nothing but hurl abuses at a democratically elected government....," said the AAP.



The Indian Express • 06 Feb • Ministry of Ayush  
Tripura now 'land-linked', peace restored under BJP rule: Shah

12 • PG

222 • Sqcm

363656 • AVE

388.5K • Cir

Top Right

Delhi

# Tripura now 'land-linked', peace restored under BJP rule: Shah

DEBRAJ DEB

AGARTALA, FEBRUARY 5

UNION HOME Minister Amit Shah Wednesday said that under the BJP-led government, Tripura has been transformed into a "land-linked state" from a "land-locked" state, significant work was done to end corruption and the Centre signed pacts with outlawed groups to ensure peace.

Shah was virtually addressing from New Delhi an event for distribution of offers of appointment to candidates in different posts of allopathy, homeopathy and ayurvedic pharmacists, laboratory technicians and Multi Tasking Staff (MPW).

He said, "One might wonder how 2,800 youths getting jobs would change an epoch. Let us remember that some time back, when the Communist party ruled here, it was very important to join the Communist cadre force. Only then, one could get a job. On the contrary, Tripura Chief Minister Dr Manik Saha has given 2,806 youths government jobs without any partisan attitude, corruption, recommendation or any bias and has given them the opportunity to join the state's development journey".

"Once upon a time, Tripura was known as a land-locked state. Today, it is known as a land-linked state," he said.

"For overall development, Tripura is now connected



Union Home Minister Amit Shah

through airways, land, rail and waterways. After the BJP came to power in Tripura, the government has worked to end corruption and unrest. PM Narendra Modi's government, Modi himself, the Union and state governments are fully committed towards Tripura's welfare," the Union home minister said.

Terming the appointments a new beginning in the lives of the youths, the minister said, "As soon as they get the offer letters, they are part of Modi's Viksit Tripura, Viksit Bharat", and appreciated the Tripura Public Service Commission, Teachers Recruitment Board, Joint Recruitment Board of Tripura for conducting the recruitment with professionalism and success.

Shah pointed out that in the past 10 years, central ministers have made over 700 visits to the northeastern region.

"Northeast was known for terrorism, infiltration, blockade, drugs, armed trafficking, corruption and national disturbances. Today, it is known for development, connectivity, infrastructure, education, investment and agriculture development," he said.

'Take strong action on terror, infiltration in J&K'

EXPRESS NEWS SERVICE

NEW DELHI, FEBRUARY 5

UNION HOME Minister Amit Shah on Wednesday reviewed the security situation in Jammu and Kashmir again and directed all security agencies "to take more stringent action on infiltration and acts of terror with a ruthless approach", the Ministry of Home Affairs (MHA) said in a statement.

Chairing a high-level review meeting on the security situation in Jammu and Kashmir at his residence, Shah appreciated the efforts of the security agencies in significantly improving all parameters of the security scenario in Jammu and Kashmir.

Shah said the narcotics network is providing support to infiltrators and terrorists. "There is a need to take prompt action against terror funding from the narcotics trade with alacrity and rigour," he said. Shah also asked all the agencies to step up the fight against terrorism by aiming for the 'zero infiltration' goal. "The government under the leadership of Prime Minister Narendra Modi is committed to completely wipe out terrorism from J&K. It should be our goal to uproot the existence of terrorists," he said, adding that the terrorism ecosystem in J&K has significantly weakened.

The Indian Express • 05 Feb • Ministry of Ayush

## Ayushman scheme, awareness, facilities aiding timely cancer care in India: Study

2 • PG

148 • Sqcm

130730 • AVE

175.5K • Cir

Top Left

Chandigarh

# Ayushman scheme, awareness, facilities aiding timely cancer care in India: Study

ANONNA DUTT

NEW DELHI, FEBRUARY 4

BETTER knowledge, and health-care facilities have helped reduce delay in starting cancer treatment in India, and this trend has been observed more among people enrolled under the Centre's flagship Ayushman Bharat programme, according to a recent study published in the *Lancet* journal.

According to the report, timely initiation of cancer treatment increased by 36% across the population, but it increased by a massive 90% among those covered by the insurance scheme after 2018.

The Ayushman Bharat scheme, which provides health cover to the poorest 40% of the population, was rolled out in 2018. "Today is World Cancer Day. Study published by Lancet shows that under AB PM-JAY, timely cancer treatment initiation improved significantly! Patients enrolled saw a 90% rise in access to cancer treatment within 30 days. Delays reduced and financial burden eased — a game-changer for India's healthcare," Union Health Minister JP Nadda posted on X.

While appreciating the government's health safety net, the study, which looked at data of nearly 6,700 cancer patients, made a strong case for a need to

increase cancer care facilities such as radiotherapy machines. The highest delay in treatment initiation was for radiotherapy, followed by chemotherapy and surgery, it said. This "is an important argument for strengthening public healthcare infrastructure for provision of radiotherapy to cancer patients in India as well as inclusion of cost-effective chemotherapeutic agents in" Ayushman Bharat, the study said.

It said there were an estimated 779 radiotherapy machines across the country, which was short of the required numbers. Most high-income countries have 4 machines per 10 lakh population, while WHO recommends at least 1 machine per 10 lakh population. By this standard, India would need between 1,350 and 5,000 radiotherapy machines, the study said.

For the study, the researchers compared people who initiated treatment on time (within 30 days) to those who didn't. They found that timely treatment was started among patients under the age of 30 (77%), those who were more educated (70.2%), and those covered under some scheme (69%). Nearly 40% of the study participants were not covered by any scheme. Those with higher income were also less likely to delay treatment, the study said.



The Indian Express • 05 Feb • Ministry of Ayush

## 87.94 lakh Ayushman cards created in Punjab, Govt tells Rajya Sabha

13 • PG

91 • Sqcm

80832 • AVE

175.5K • Cir

Middle Center

Chandigarh

## 87.94 lakh Ayushman cards created in Punjab, Govt tells Rajya Sabha

**New Delhi:** A total of 87.94 lakh Ayushman cards have been created in Punjab, including Vay Vandana cards, till January 30 this year, Union Health Minister J P Nadda told the Rajya Sabha on Tuesday.

Responding to a question, Nadda said 57.96 crore have been released to Punjab under under Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) in 2023-24 and the entire amount was utilised.

In 2022-23, Rs 111.38 crore was released and the entire amount was utilised, he added.

As of January 29, 2025, 771 hospitals were empanelled under AB-PMJAY, which includes 553 private hospitals in Punjab, the minister said. "The funding of AB-PMJAY is entirely demand-driven. The NHA releases funds for scheme implementation to the states and UTs on the basis of the actual demand received from them.

"There are no states and UT-

wise allocation of funds. As per the defined process, they are required to furnish a utilisation certificate of previously received funds prior to every new fund release," Nadda said. The AB-PMJAY is a flagship scheme that provides health cover of Rs. 5 lakh per family per year for secondary and tertiary care hospitalisation to approximately 55 crore beneficiaries or 12.37 crore families, constituting the economically vulnerable bottom 40 per cent of India's population. **PTI**

# The New Indian Express • 06 Feb • Ministry of Ayush

## ANJANEYASANA VARIATION HANDS TOES (CRESCENT LOW LUNGE POSE VARIATION HANDS TOES)

2 • PG

541 • Sqcm

540547 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

### FITBIT

## ANJANEYASANA VARIATION HANDS TOES (CRESCENT LOW LUNGE POSE VARIATION HANDS TOES)

This pose and Ashwa Sanchalanasana are closely related poses. Both these poses belong to the same family of low lunge poses and are variations of Anjaneyasana. The difference between these two poses is the foot alignment. It is a transit and preparatory pose to other intense asanas. This pose is a part of Ashtanga Yoga and Power Yoga sequences. It can be a part of the cooling down for deep backbends.

### STEPS

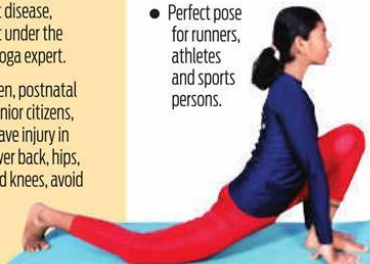
- Start in Uttanasana (Standing Forward Fold Pose) and rest your head on the knees or between the thighs.
- Inhale, take the right foot back, extending the right leg. Exhale, rest the right foot on the floor. Neatly rest the extended leg on the yoga mat.
- Keep your right thigh parallel to the floor and left at 90 degrees.
- Your right knee, right foot and hands to rest on the floor. Chin up, shoulders back, chest out, head back, straight elbows and look at the nose.
- Distribute the weight of the body evenly on both sides of the hips.
- Feel the stretches at the hips, hamstrings, groin, psoas, forward foot, gluteus, lower back, arms, shoulders, chest, elbows, and knees.
- Ensure the spine is straightened.
- Breathe as you hold this posture for about 4-6 breaths or as comfortable.
- Inhale, release, back to Uttanasana and exhale.
- Repeat it on the other side by following the instructions above.
- Release and relax in Balasana (Child Pose).

### BENEFITS

- Stretches the lower abdomen, hips, psoas, groin, pelvis, inner thighs, quadriceps, hamstrings, knee, ankle, and toe muscles.
- Strengthens the lower body and acts as a great support to the upper body.
- Stretches the plantar fascia muscles located in the soles.
- Creates spinal flexibility and calms the nervous system.
- Stabilises the hip joints and sacrum.
- Helps use the diaphragm efficiently.
- Improves lung capacity.
- Keeps the heart active and feeling energised.
- Releases muscular tensions of the upper, mid, and lower back, creating an energy flow.
- Releases pelvic stiffness, reducing stress accumulated in the lower back and hips.
- Stimulates the digestive and reproductive system as well as the Sacral Chakra.
- Treats ailments like constipation, IBS, lack of appetite, and acidity.
- Enhances blood circulation in the groin area and benefits the urogenital system.
- Activates the Root Chakra which balances emotions in a person.
- Perfect pose for runners, athletes and sports persons.

### LIMITATIONS

- Students suffering from BP or any heart disease, must practise it under the guidance of a yoga expert.
- Pregnant women, postnatal women, and senior citizens, or those who have injury in and around lower back, hips, hamstrings, and knees, avoid this pose.



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

## The New Indian Express • 06 Feb • Ministry of Ayush ANJANEYASANA VARIATION HANDS TOES

2 • PG

599 • Sqcm

790137 • AVE

246.4K • Cir

Top Center

Chennai

### FITBIT

## ANJANEYASANA VARIATION HANDS TOES (CRESCENT LOW LUNGE POSE VARIATION HANDS TOES)

This pose and Ashwa Sanchalanasana are closely related poses. Both these poses belong to the same family of low lunge poses and are variations of Anjaneyasana. The difference between these two poses is the foot alignment. It is a transit and preparatory pose to other intense asanas. This pose is a part of Ashtanga Yoga and Power Yoga sequences. It can be a part of the cooling down for deep backbends.

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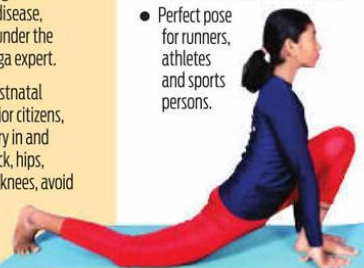
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- Breathe as you hold this posture for about 4-6 breaths or as comfortable.
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### BENEFITS

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



# The New Indian Express • 05 Feb • Ministry of Ayush

## SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION (SUPINE WINDSHIELD WIPER TWIST POSE)

2 • PG

646 • Sqcm

646196 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

### FITBIT

## SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION (SUPINE WINDSHIELD WIPER TWIST POSE)

This is an innovative dynamic lower body movement pose. The pose is a restorative yoga pose. It is an incredible pose to do every day as a morning yoga pose. It can be done at night time before sleep as it calms the nerves and mind. It is considered a warm-up yoga pose to prepare the body for more intense yoga poses.

### STEPS

- Lie on the mat in supine position.
- Fold your knees and keep the feet, mat width apart, and take a couple of breaths.
- Place your hands at shoulder width and fold the elbows. Ensure that your arms are in cactus position.
- Exhale. Drop both your knees to the left. Stay here for a couple of breaths. Inhale and come back to the center.
- Then, exhale and drop both of your knees to the right. Inhale and bring your knees to the center. This movement is compared to a windshield.
- Continue the rhythm, ensuring the movements are dynamic. Practitioners should be aware and conscious of the movement of the legs. There should not be any jerky movements.
- After repeating this for 5-10 rounds, according to your capacity, relax in Savasana.

### BENEFITS

- Stretches the upper muscles of thighs, hips, quadriceps, and abductor muscles.
- Tones the lower back.
- Relaxes tight shoulders and releases stress in the upper back and hips.
- Stretching the hips increases flexibility of the hip muscles.
- Increases pelvic flexibility.
- Rapid dynamic movements swaying from right to left and back create hip flexibility.
- Cactus arms position opens the back of the shoulders.
- Diaphragm and lungs expand.
- A restorative and corporate yoga pose.
- Creates awareness in the body.
- Stimulates the reproductive organs.
- Pelvic stretch benefits the excretory system.
- Increases blood circulation.
- Activates Sacral Chakra, and stimulates the Root Chakra, responsible for stability of body and mind.
- Prostate gland ailments can also be addressed by doing this pose regularly.
- Can treat sleeplessness (insomnia) and address fatigue.
- It may also be a very relaxing pose for postnatal treatment.

### LIMITATIONS

- Students who have injuries in their knees, ankles, surgeries in the knees, spinal or any hip replacement surgeries, with weak knees or herniated disc.
- Seniors and pregnant women in the third trimester should take precautions while doing this, staying on each side for a good 3-4 minutes, avoiding rapid dynamic movements.
- People with lack of body-breath connections should do this pose with awareness.



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

## The New Indian Express • 05 Feb • Ministry of Ayush SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION

2 • PG

688 • Sqcm

908209 • AVE

246.4K • Cir

Top Right

Chennai

### FITBIT

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By N Elumalai, PhD Scholar (Yoga Science) at  
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The Pioneer • 06 Feb • Ministry of Ayush  
Haryana govt transfers 12 IAS, 67 HCS officers

2 • PG

284 • Sqcm

170491 • AVE

268.96K • Cir

Middle Center

Chandigarh

# Haryana govt transfers 12 IAS, 67 HCS officers

**PNS ■ CHANDIGARH**

In a major reshuffle in the Administration, the Haryana Government on Wednesday issued posting and transfer orders of 12 IAS and 67 HCS officers with immediate effect. Additional Chief Secretary of Health and Family Welfare, Medical Education and Research and AYUSH Departments Sudhir Rajpal has been given the charge of Additional Chief Secretary of Women and Child Development Department in addition to his present duties while Commissioner and Secretary of Women and Child Development and Archives Departments Amneet P Kumar has been posted as Commissioner and Secretary of Fisheries and Archives Departments.

Excise and Taxation Commissioner, Secretary of

Excise and Taxation Department and Managing Director of Haryana Vidyut Prasaran Nigam Ltd Ashima Brar has been posted as Commissioner and Secretary of Cooperative Department and Managing Director of Haryana Vidyut Prasaran Nigam Ltd. Commissioner of Ambala Division Phool Chand Meena has been posted as Commissioner of Rohtak Division. Director General and Secretary of Archives Department Shekhar Vidyarthi has been given the additional charge of Director General, Fire Services.

Director General and Secretary of Development and Panchayat Department Dushmantha Kumar Behera has been given additional charge of Transport Commissioner and Secretary of Transport Department. Director General of Swarna Jayanti Haryana institute for Fiscal Management and Commissioner, Rohtak Division Anshaj Singh has been posted as Director General of Swarna Jayanti Haryana institute for Fiscal

Management and Commissioner of Ambala Division.

Director of Human Resources Department and Administrator of Trade Fair Authority Haryana Vinay Pratap Singh has been given additional charge of Excise and Taxation Commissioner, Special Secretary of Excise and Taxation Department.

Director and Special Secretary of Tourism Department Dr. Shaleen has been given additional charge of Managing Director, Haryana State Warehousing Corporation Ltd. Additional Deputy Commissioner-cum-District Citizen Resource Information Officer of Jhajjar, Saloni Sharma, has been posted as Additional Deputy Commissioner-cum-District Citizen Resource Information Officer of Bhiwani and District Municipal Commissioner, Bhiwani.

Harshit Kumar, Additional Deputy Commissioner-cum-District Citizen Resource Information Officer, Bhiwani and District Municipal Commissioner, Bhiwani has been posted as Commissioner,

Municipal Corporation, Sonapat and District Municipal Commissioner, Sonapat.

Rahul Modi, Additional Deputy Commissioner-cum-District Citizen Resource Information Officer, Fatehabad has been posted as District Municipal Commissioner, Rewari. Among HCS officers, Virendra Singh Sehrawat, Special Secretary, Public Works (Buildings & Roads) Department and Chief Executive Officer, Shivalik Development Agency, Ambala has been posted as Additional Labour Commissioner (Administration) and Secretary, Haryana Traders Welfare Board.

Anurag Dhalia, Secretary-cum-Chief Executive Officer, Utkarsh Society has been posted as Additional Deputy Commissioner-cum-District Citizen Resource Information Officer, Fatehabad. Yogesh Kumar Mehta, Secretary, State Election Commission has been posted as Additional Director (Administration) and Special Secretary, Information, Public Relations and Languages Department, the spokesperson added.



The Pioneer • 05 Feb • Ministry of Ayush

## Haryana's development takes a big leap under BJP Govt: CM Saini

3 • PG

351 • Sqcm

210735 • AVE

268.96K • Cir

Bottom Left

Chandigarh

## Haryana's development takes a big leap under BJP Govt: CM Saini

PNS ■ CHANDIGARH

Haryana Chief Minister Nayab Singh Saini on Tuesday said that since the formation of the Bharatiya Janata Party government in Haryana, the state has made significant strides in all-round development. He said that since 2014, there has been a remarkable transformation in every aspect of the state, from infrastructure improvements to welfare initiatives, with the common people experiencing these positive changes firsthand.

Addressing the media persons after the Cabinet meeting, Saini said that the Haryana Government is consistently reimbursing treatment costs for all private hospitals under the Ayushman Bharat Card Scheme. He said that the "double engine" government led by Prime Minister Sh Narendra Modi is offering free treatment up to Rs. 5 lakh to the poor and needy through this scheme. To date, approximately 20 lakh beneficiaries in Haryana have received assistance through the Ayushman scheme.

Responding to a question regarding the upcoming elections for urban local bodies, the Chief Minister said that they are fully prepared for the elections.

In response to a question about the ongoing crackdown on gangsters by the Haryana Police, Saini stated that it is the state government's responsibility to ensure the safety and security of its people. He said that anyone involved in wrongdoing will face consequences, and the police will take strict action against those involved in criminal activities.

When asked about corruption, the Chief Minister asserted that there is no tolerance for corruption in Haryana. He assured that strict action would be taken against anyone found indulging in corrupt practices.

The Chief Minister described the budget for the year 2025-26, presented by the third-term government of the Center, as a strong foundation for a developed India. He stated that this budget reinforces Prime Minister Modi's vision of transforming



India into a developed nation by 2047. He added that no matter how much good work the current government accomplishes, it is the opposition's compulsion to criticize. While the opposition is entitled to its views, it should ensure that such opposition does not harm society.

Saini said that the Union Budget has provided significant relief to farmers, small industries, and the middle class. He said that income up to Rs 12 lakh has been made tax-free, benefiting crores of people. The limit for Kisan Credit Cards for farmers has been increased from Rs 3 lakh to Rs 5 lakh, providing greater financial support. Under the Dhan-Dhanya

Krishi Yojana, special attention will be given to 100 low-productivity districts, which will enhance farmers' income.

Additionally, a five-year mission has been outlined in the budget to boost cotton production, which will strengthen the country's textile industry. Loans up to Rs 5 lakh will be provided to cotton farmers at low interest rates. The Chief Minister said that this budget is a significant step toward improving the standard of living of farmers and strengthening the agriculture sector. As Haryana is an agriculture-dominated state, it stands to benefit greatly from these provisions. To further strengthen the urea supply, a new plant with an annual capacity of 12.7 lakh metric tonnes will be set up in Namrup, Assam.

Expressing his gratitude to Prime Minister Modi and Union Railway Minister Ashwini Vaishnav for allocating Rs 3,416 crore to strengthen Haryana's rail infrastructure in the Railway Budget, Saini said that this amount is 11 times greater than the Rs 315 crore allo-

cated from 2009 to 2014. He further highlighted that since 2014, 823 km of railway track work has been completed in Haryana, and work is currently underway on 14 new projects covering 1,195 km, with a total investment of Rs 15,875 crore.

He mentioned that 34 railway stations in Haryana are being developed as Amrit stations with an allocation of Rs 1,149 crore. Additionally, work is currently underway on 14 new railway tracks in the state, with a total investment of Rs 15,875 crore for laying 1,195 km of new tracks. During this period, the electrification of 121 tracks has been completed, and the construction of 534 railway flyovers and underpasses has also been carried out. He further highlighted that Rs 398 crore has been allocated for the modernization of railways under the Kavach projects. Haryana has also received connectivity for five Vande Bharat Express trains. Currently, Wi-Fi facilities have been provided at 144 railway stations across the state.

The Pioneer • 05 Feb • Ministry of Ayush  
A fierce three-way battle for the capital's throne

7 • PG

852 • Sqcm

289687 • AVE

275K • Cir

Top Center

Hyderabad

# A fierce three-way battle for the capital's throne

With a closely contested fight and shifting voter sentiments, the Delhi election results could send ripples across the national political landscape



RAMAKANT  
CHAUDHARY

**C**hilly Delhi, though, the blitzkrieg of a high-octane election campaign, not bordering on the sort of "AAP-da" while going at hammer and tongs of Tu-Tu-Mai-Mai storm during a prime-time TV news show, for claiming Delhi Ki Kursi, has heated the political cauldron. A strong 1.55 crore voters of Delhi are basking in the sunshine of campaign songs for the Delhi Assembly Elections 2025: "Bahane Nahi Badlav Chahiye..." rendered by BJP against the AAP's Bhojpuri-laced tagline "Babua Phir Se CM Hoyiye..." Delhi Ke Badal Dihe Surat, Suhawan, Khubsurat Ho, A Rajaji..." From all perspectives, who will win the ballot battle?

Will AAP score a hat-trick? Or will the resurgent Bharatiya Janata Party (BJP), relying on Prime Minister Narendra Modi as its face, hit Mauka (anti-incumbency) Pe Chauka? Or will the Grand Old Party deliver the googly of "Har Jarurat Hogi Puri, Dilli Mein Congress Hai Jaruri," an effort to regain its lost electoral ground in the triangular contest? The fate of Delhi will be sealed on February 5 when people exercise their franchise. And the D-day, February 8, when the results will be announced, will blow the conch of the new beginning of the 70-member eighth Vidhan Sabha.

The Phalodi Satta Bazar, which earlier showed AAP crossing the majority mark of 36, has revised its estimates. The Arvind Kejriwal-led AAP—whose mainstay of incorruptibility is being challenged by the Congress and BJP, which have levelled allegations against its top brass leaders—could clock a significantly reduced tally this time around.

According to the latest revised estimates, the BJP—which looks bullish after its recent victories in Maharashtra and Haryana—may bag around 31 seats, a good 5 seats short of the majority mark. A projection of a wafer-thin margin of victory between the AAP-BJP fierce slugfest has made party workers and strategists somersault to pump up their tally amidst the Delhi election campaign hitting its last leg.

To woo voters, manifestos, guarantees, and welfare schemes appear to be tearing apart the atmosphere of the city-state. The Delhi Assembly Elections 2025 appear to be a big freebie face-off. Mahila Samman Yojana, Sanjeevani Yojana, Sankal Patra, Ayushman Bharat Scheme, Yuva Udaan Yojana, Pyari Didi Yojana, et al—innovent voters find themselves in an Alice-in-Wonderland.

## BJP Resurgence

Winning the Delhi assembly poll has become an Achilles' heel for the PM Modi-led BJP while the saffron juggernaut swept Delhi's seven seats in the Lok Sabha Elections in 2014, 2019 and 2024. Having last won the Delhi election in 1993, the BJP wants to turn the tide this time by dismantling the proverbial equation of Modi for PM and Kejriwal for CM. Riding on the cusp of being the only party among the three in 2020 to have recorded an increased vote share, the BJP is leaving no stone unturned to repeat this achievement in 2025 as well. For the BJP, the road to victory runs through North and Northwest Delhi. In the



HAVING LAST  
WON THE DELHI  
ELECTION IN  
1993, THE BJP  
WANTS TO TURN  
THE TIDE THIS  
TIME BY  
DISMANTLING  
THE PROVERBIAL  
EQUATION OF  
MODI FOR PM  
AND KEJRIWAL  
FOR CM

Wazirpur constituency, Prime Minister Narendra Modi handed over keys to more than 1,650 flats to slum residents, creating a significant connection with local voters. Key areas like Chandni Chowk, Northwest Delhi, and Northeast Delhi have become pivotal grounds for the BJP's potential resurgence.

The BJP should prioritize the 38 constituencies where it secured over 40% of the vote share in 2020. Out of these, the party narrowly lost 17 seats to AAP by less than five percentage points but managed to win eight. These represent easier opportunities to gain ground. For the remaining 21 seats, the BJP will aim to capitalize on anti-incumbency sentiments against AAP to sway voters in its favour.

**AAP Strategy**  
AAP of 2025, which might dominate the elections as the C-Voter survey suggests, looks different from its 2020 avatar. The Lok Sabha Elections 2024 speaks volumes that AAP, despite an alliance with Congress, drew nought in all seven parliamentary seats of Delhi. Kejriwal's AAP looks lacking in sympathy as experts opine. Besieged with corruption charges and stern anti-incumbency, AAP has meticulously evolved strategies to launch popular welfare schemes to outweigh the allegations.

The party leaders are burning the midnight oil to retain floating voters who keep changing allegiance during the Lok Sabha polls and assembly elections. Kejriwal's poll manoeuvre is trying hard to win the hearts of Dalit and Muslim voters. AAP has

viscerally attracted voters from the Purvanchal community—a key demographic in Delhi hailing from Uttar Pradesh, Bihar and Jharkhand that account for around 40 per cent of the electorate and holds a significant sway on 27 seats—by connecting the community on the ground level as the party, according to media grapevine, has held around 600 meetings in this context.

## Congress Revival

With nothing to lose, Congress, which went from dominating Delhi's electoral landscape from 1998 to 2013 to not having a single MLA since, has entered the poll fray late yet remains determined to lock horns with AAP and dislodge the Kejriwal-led establishment from power, avenging the campaign that cost the UPA government heavily over a decade ago. The results of the 2022 Delhi Municipal polls, in which Congress won five wards in the Northeast district areas that were hit by the riots, buttress the perception that the minority community is disillusioned with AAP.

This electoral scenario could reinforce the poll fortune of the BJP, especially the vote bank of Muslims—21.6 lakh in the national capital—who have Congress in their heart and AAP in mind.

The Muslim voters could play a key role in six assembly seats: Babarpur (35 per cent), Okhla (43 per cent), Seelampur (50 per cent), Matia Mahal (48 per cent), Mustafabad (36 per cent), and Ballimaran (38 per cent). In that sense, if Muslims—accounting for 12.86 per cent of Delhi's pop-

ulation—are divided between Congress and AAP, BJP will have the upper hand. The Delhi Elections 2025 is deemed the cynosure of all states' eyes.

The domino effect of its results, which will be declared on February 8, could rattle the poll pitch in Bihar, West Bengal, Assam, Tamil Nadu, Puducherry, and Kerala, where assembly polls are slated to take place in 2025-26. If BJP wins, it will boost the image of the National Democratic Alliance, positioning BJP on top to record a hat-trick after winning Maharashtra and Haryana. On the other side, the victory of AAP will zoom out the political credibility of Arvind Kejriwal as a principal challenger to PM Modi. Also, if it loses the poll battle, the ramifications of which will give a jolt to Punjab, where AAP is in power. Trying to make the high-decibel contest triangular, Congress has put a concentrated campaign in the boroughs dominated by Dalits and minorities. If the grand old party succeeds in regaining the space it had in 2013—after being relegated to the third position behind BJP and AAP, bagging only eight seats—Congress will muster the courage to reach the position it held in 2008 when it secured 43 seats with around 40 per cent of the votes. So far in the campaign, there is no Kejriwal wave, nor is BJP having tailwinds. In the BJP vs AAP battle, only February 8 will decide who will get the reins of the Delhi Sultanate.

*(The writer is a senior journalist and currently working with PRP Group as Content Head; views are personal)*



## The Morning Standard • 06 Feb • Ministry of Ayush

### FIT BIT

2 • PG

602 • Sqcm

288800 • AVE

300K • Cir

Middle Right

Delhi

#### FITBIT

### ANJANEYASANA VARIATION HANDS TOES (CRESCENT LOW LUNGE POSE VARIATION HANDS TOES)

This pose and Ashwa Sanchalanasana are closely related poses. Both these poses belong to the same family of low lunge poses and are variations of Anjaneyasana. The difference between these two poses is the foot alignment. It is a transit and preparatory pose to other intense asanas. This pose is a part of Ashtanga Yoga and Power Yoga sequences. It can be a part of the cooling down for deep backbends.

#### STEPS

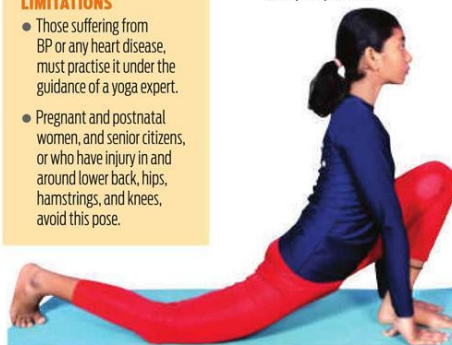
- Start in Uttanasana (Standing Forward Fold Pose) and rest your head on the knees or between the thighs.
- Inhale, take the right foot back, extending the right leg. Exhale, rest the right foot on the floor. Neatly rest the extended leg on the yoga mat.
- Keep your right thigh parallel to the floor and left at 90 degrees.
- Put your right knee, right foot and hands to rest on the floor. Chin up, shoulders back, chest out, head back, straight elbows and look at the nose.
- Distribute the weight of the body evenly on both sides of the hips.
- Feel the stretches at the hips, hamstrings, groin, psoas, forward foot, gluteus, lower back, arms, shoulders, chest, elbows, and knees.
- Ensure the spine is straight.
- Breathe as you hold this posture for about four to six breaths or as comfortable.
- Inhale, and release, back to Uttanasana, and exhale.
- Repeat it on the other side by following the instructions above.
- Release and relax in Balasana (Child Pose).

#### LIMITATIONS

- Those suffering from BP or any heart disease, must practise it under the guidance of a yoga expert.
- Pregnant and postnatal women, and senior citizens, or who have injury in and around lower back, hips, hamstrings, and knees, avoid this pose.

#### BENEFITS

- Stretches the lower abdomen, hips, psoas, groin, pelvis, inner thighs, quadriceps, hamstrings, knee, ankle, and toe muscles.
- Strengthens the lower body and acts as a great support to the upper body.
- Stretches the plantar fascia muscles located in the soles.
- Creates spinal flexibility, and calms the nervous system.
- Stabilises the hip joints and sacrum.
- Helps use the diaphragm efficiently.
- Improves lungs capacity.
- Keeps the heart active and feel energised.
- Releases muscular tensions of the upper, mid, and lower back, creating an energy flow.
- Releases pelvic stiffness, reducing stress accumulated in the lower back and hips.
- Stimulates the digestive and reproductive system and the Sacral Chakra.
- Treats ailments like constipation, IBS, lack of appetite, and acidity.
- Enhances blood circulation in the groin area and benefits the urogenital system.
- Activates the Root Chakra which balances emotions in a person.
- Perfect pose for runners, athletes and sportspersons.



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



The Morning Standard • 06 Feb • Ministry of Ayush

## MISS-FIT

2 • PG

279 • Sqcm

133888 • AVE

300K • Cir

Top Center

Delhi



Wanitha Ashok

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

### How do I change my exercise routine during pregnancy?

Congratulations on your pregnancy! Ensure that a healthy and safe routine for you and your baby is followed. Before starting or modifying your exercise routine, consult your healthcare provider. Here is how you can modify your exercise routine during pregnancy:

- In the first trimester, continue your exercise routine with some adjustments. Avoid high-impact activities, contact sports, and exercises that involve lying flat on your back. Opt for walking,



swimming, cycling, or prenatal

yoga as these promote flexibility, balance, and cardiovascular health. Train with a certified prenatal fitness/yoga trainer.

- On experiencing any discomfort, pain, or bleeding, stop exercising immediately and check with your healthcare provider.

- Incorporate breathing, relaxation exercises, and meditation. Drink plenty of water before, during, and after exercise to stay hydrated.

- Wear comfortable clothing and supportive shoes.



## The Morning Standard • 05 Feb • Ministry of Ayush Fit Bit

2 • PG

597 • Sqcm

286402 • AVE

300K • Cir

Middle Right

Delhi

### FITBIT

## SUPTA PARIVRTTA SUCIRANDHRASANA VARIATION (SUPINE WINDSHIELD WIPER TWIST POSE)

This is an innovative, dynamic, lower-body movement pose that is restorative. It is a good practice to do every day as a morning asana, or can be done at night before sleeping to calm the nerves and mind. It is considered a warm-up yoga practice to prepare the body for more intense yoga asanas.

### STEPS

- Lie on the mat in a supine position.
- Fold your knees, keep the feet and mat width apart, and take a couple of breaths.
- Place your hands at shoulder width and fold the elbows. Ensure that your arms are in a cactus position.
- Exhale. Drop both your knees to the left. Stay here for a couple of breaths. Inhale and come back to the centre.
- Then, exhale and drop your knees to the right. Inhale and bring your knees to the centre. This movement is compared to a windshield.
- Continue the rhythm, ensuring the movements are dynamic. Practitioners should be aware and conscious of the movement of the legs. There should not be any jerky movements.
- After repeating this for five to ten rounds, according to your capacity. Then, relax in Savasana.

### BENEFITS

- Stretches the upper muscles of thighs, hips, quadriceps, and abductor.
- Tones the lower back.
- Relaxes tight shoulders and releases stress in the upper back and hips.
- Stretching the hips increases flexibility of the hip muscles.
- Increases the pelvic flexibility.
- Rapid dynamic movements swaying from right to left and back create hip flexibility.
- Cactus arms position opens the back of the shoulders.
- It expands diaphragm and lungs.
- Creates awareness in the body.
- Stimulates the reproductive organs.
- Pelvic stretch benefits the excretory.
- Increases blood circulation.
- Activates Sacral Chakra, stimulates the Root Chakra, and responsible for the stability of the body and mind.
- Prostate gland ailments can be addressed by doing this pose regularly.
- Can treat sleeplessness (insomnia) and address fatigue.
- It may also be a very relaxing pose for postnatal treatment.

### LIMITATIONS

- People with injuries or surgeries in their knees, ankles, spine, and hips, or suffering from weak knees or herniated discs, should not practise.
- Seniors and pregnant women in the third trimester should take precautions while doing this. Stay on each side for four minutes, avoiding rapid dynamic movements.
- People with a lack of body-breath connections should do this pose with awareness.



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

Punjab Express • 05 Feb • Ministry of Ayush

## Govt to immediately clear pending claims under Ayushman Bharat Yojana

8 • PG

238 • Sqcm

47644 • AVE

348.98K • Cir

Top Right

Chandigarh

## Govt to immediately clear pending claims under Ayushman Bharat Yojana

RAJENDRA KHATRY

PUNJAB EXPRESS BUREAU

Chandigarh, February 4

Chief Principal Secretary to the Haryana Chief Minister, Rajesh Khullar, and representatives of the Indian Medical Association (IMA) held a meeting here on Monday in which an assurance was given that the demands put forth by the IMA will be fulfilled.

Under this, all applications received for claims under the Ayushman Bharat Yojana till March 10 will be paid by March 31, 2025. For this, an adequate amount will be approved for the department in the revised budget. Apart from this, a budget of Rs 2500 crore will be provided for settlement and timely payment of claims under the Ayushman Bharat Yojana for the next year. Representatives of the Haryana unit of IMA expressed their gratitude to Chief Minister Nayab Singh Saini and said the Chief Minister has taken prompt action by sympathetically considering their demands. Treatment under the Ayushman Bharat Yojana will continue as before and patients will not face any kind of difficulty.

Giving detailed information, Sangeeta Tatarwal, Chief Executive Officer of Ayushman Bharat Haryana Health Protection Authority, said Rs 195 crore has been paid for the claim applications received from January 1 till now. The remaining pending claims will be paid in February. Apart from this, the claim applications received till March 10 will be settled by March 31, 2025. She said the process of claim was explained in detail in today's meeting. It was decided in the meeting that the claims related to medicine and pediatrics will be processed by a special team of specialized doctors. Apart from this, information about suspicious cases that come to light through Artificial Intelligence will be shared with hospitals as soon as possible.



The Hindu • 05 Feb • Ministry of Ayush  
The financial toxicity of cancer care in India

7 • PG

484 • Sqcm

527106 • AVE

956.08K • Cir

Top Left

Hyderabad

## The financial toxicity of cancer care in India

“Sir, I don’t have the money for the test,” said Vijay, a low-income lung cancer patient from Hyderabad. His oncologist replied, “Without the money, he has only a few months left.” The test – a 12-gene next-generation DNA sequencing panel – could have guided a life-saving treatment plan.

Genomics-informed precision medicine, or targeted therapy, offers the right treatment to the right patient at the right time, making previously untreatable cancers treatable. Yet, these breakthroughs, along with the latest treatments such as immunotherapy, monoclonal antibodies, and proton therapy, remain out of reach for many people from low and middle-income backgrounds.

Take 70-year-old Aslam, who has oral cancer. Immunotherapy for him would cost nearly ₹10 lakh annually, adding to the ₹25 lakh he has already spent over five years. His son, an IT professional, exhausted insurance, savings, and even sold their ancestral land to continue the treatment.

Financial toxicity is the least assessed and most devastating toxicity of cancer. It impacts not just the person with the disease but also his family and the following generations. From selling assets to skipping meals to afford treatment, the burden often traps thousands of families in a cycle of generational poverty that is economic, social, and nutritional in nature.

### Public and private healthcare

One of the key barriers to equitable cancer care is its cost, which includes both direct medical expenses, such as diagnostics, medicines, and hospitalisation, and non-medical expenses such as travel, lodging, and food. Afireen, a cancer patient, exemplifies this struggle: “I had ₹500. I spent ₹200 on travel and ₹200 on medicines. I have ₹100 left. How will I go home?”

Private and public insurance



**Vid Karmarkar**

Founder of Canseva Foundation



**Parth Sharma**

Community physician, public health researcher and the Founder of Nivarana

Indian philanthropy, CSR initiatives, government funding, and nonprofits hold the power to alleviate the economic burden of cancer care

schemes, such as Ayushman Bharat, pay only for inpatient costs. Outpatient expenses such as diagnostic workups, post-discharge care, and follow-up tests must be paid out-of-pocket (OOP) by patients. Such expenditure constitutes nearly 50% of total healthcare costs.

India’s public health expenditure has always been less than 2% of GDP. Consequently, public hospitals often face shortages of healthcare personnel, diagnostic and treatment facilities, and essential medications. Delays in diagnostic tests and surgeries further strain the system. This burden is compounded by the fact that many cancer cases are diagnosed at advanced stages, leading to higher treatment costs and poorer outcomes.

Given the limited public health facilities, private healthcare is a thriving business. The Indian hospital market is valued at close to ₹8 lakh crore with a CAGR of 8%. Is letting private healthcare thrive going to worsen the financial toxicity of cancer?

### Addressing financial toxicity

In India, public healthcare is a State subject. To finance the direct medical cost of cancer care, some States such as Delhi, Maharashtra, Punjab, and Kerala have implemented several schemes. To support direct non-medical costs the Indian Railways and Air India offer discounted fares, whereas States such as Himachal Pradesh and Haryana provide free bus travel for cancer patients.

Additionally, efforts from NGOs and networks have also helped. For example, the National Cancer Grid has reduced the cost of 40 high-value cancer drugs by 82% through pooled procurement. The Cachar Cancer Hospital and Research Center in Assam has adopted a holistic approach to reduce OOP, along with accommodation, meals, and temporary employment opportunities for caregivers accompanying patients.

Only a strong political will and

strategic investment in the public health system will address the financial toxicity of cancer. However, until government spending on public health improves, nonprofits play a crucial role in reducing this problem. By working at the grassroots level and conducting pilot projects, they can generate evidence that governments can scale up to inform policies.

In India, nearly 3 lakh nonprofits are registered on the Darpan portal managed by NITI Aayog, with over 85,000 focused on health and family welfare. But only a fraction of these specialise in cancer care. Larger nonprofits work across the cancer care continuum, from prevention to treatment. Smaller ones often operate in niche areas, such as by assisting low-income patients with paperwork, securing funding, and arranging essentials.

Individual philanthropy, impact investments, and corporate social responsibility (CSR) funding are central to financing nonprofits. Under India’s CSR Act of 2014, companies meeting certain criteria must allocate funds for social causes. In 2022-23, the healthcare sector received over ₹6,800 crore in CSR funding. However, granular data on specific areas like cancer remains limited.

The Forbes’ 2024 report showed that the combined wealth of India’s 100 richest individuals surged to ₹8.4 lakh crore. A growing segment of the population has surplus wealth that can be donated while they benefit from tax exemptions. Critical catalytic capital would enable younger nonprofits to establish themselves and scale their impact. However, individual philanthropy is lagging far below its potential.

With a rising pollution, rapid urbanisation, and unhealthy lifestyle changes, the health and financial toll of cancer is set to rise significantly. Indian philanthropy, CSR initiatives, government funding, and nonprofits hold the power to alleviate the economic burden of cancer care.



Yugmarg • 05 Feb • Ministry of Ayush

## Hina Khan opens up on cancer battle; thanks govt for Ayushman Bharat

12 • PG

1056 • Sqcm

218654 • AVE

185K • Cir

Top Center

Chandigarh

## Hina Khan opens up on cancer battle; thanks govt for Ayushman Bharat

**A**ctor Hina Khan, who has been sharing her breast cancer journey since her diagnosis, opened up about her battle with stage three cancer on 'World Cancer Day.' While speaking to a news agency, the actress shared how important it is to get early treatment and also thanked the government's health initiatives like "Ayushman Bharat" that help people receive timely care.

Sharing how quickly she began treatment after her diagnosis, Hina said, "When I was diagnosed with cancer, my treatment started within 2-3 days. I know how important it is not to lose time. I want to thank the government's initiatives like Ayushman Bharat. I have seen it in Tata Memorial Hospital and many other hospitals. People now have the chance for timely treatment, which is very important..."



Deccan Chronicle • 05 Feb • Ministry of Ayush  
Modi slams Rahul, tears into Kejriwal

1, 10 • PG

471 • Sqcm

1757954 • AVE

2.55M • Cir

Middle Right, Top Right

Hyderabad

# Modi slams Rahul, tears into Kejriwal

VINEETA PANDEY | DC  
NEW DELHI, FEB. 4

Prime Minister Narendra Modi on Tuesday made a veiled attack on Leader of the Opposition in Lok Sabha Rahul Gandhi and former chief minister of Delhi Arvind Kejriwal while replying to the debate on the Motion of Thanks to the President's address in Lok Sabha. The motion was adopted without any amendments through a voice vote.

The Opposition, however, dubbed the Prime Minister's address a typical election speech made with an eye on the Delhi elections. Modi attacked Kejriwal for not implementing the Central government's health scheme Ayushman Bharat in Delhi and pushing many in the national capital into financial distress.

He also said while his government focused on providing water supply to each household, there were some people who focused on Jacuzzis and stylish showers.

Attacking Rahul over his "boring" comment on the



Prime Minister Narendra Modi replies to the Motion of Thanks to President's address in the Lok Sabha in New Delhi, on Tuesday.

— PTI

President's address, Modi said those who entertain themselves by getting photo sessions done in huts of the poor will find the talk about the poor in the Parliament boring. "We did not give false slogans, but real development to people. The President's address was to infuse confidence among the youth and inspire the new generation of India for Viksit Bharat. Today 25-crore people are out of poverty while for five decades we kept hearing slogans of 'garibi hatao'.

We didn't give false slogans to the poor. We gave them development," said Modi.

In his Lok Sabha speech, he mentioned how, due to corruption, the schemes of the government never reached the poor and marginalised persons earlier and now people's money is with them. "Janata ka paisa, janata ke paas... We removed 10-crore fake beneficiaries from government schemes."

■ Page 9: We removed 10-cr fake beneficiaries : Modi



# We removed 10-cr fake beneficiaries from sops: Modi

FROM PAGE 1

"We removed 10-crore fake beneficiaries from government schemes," he said amid sloganeering from the Opposition, who mentioned Adani and the ₹15 lakh promise made by the BJP in its poll promises in 2014.

Responding to them, Modi said, "When the fever is high, people say anything, but also when people are frustrated and disappointed, they say a lot of things." The Prime Minister further said since 2014, when the BJP-led NDA government came to power at the Centre, poor people have got 4-crore houses. "The one who has lived that kind of life knows what it means to have a house with a proper roof. Pain of the poor and troubles of the common man cannot be understood just like that; it requires passion and some just don't have it," he said in a sarcastic remark aimed at the Opposition leaders.

Taking on Rahul over his comments on India's foreign policy and the Chinese activity along the LAC, Modi, without naming him, said those really interested in foreign policy must read JFK's Forgotten Crisis. "This book was written by a foreign policy scholar. In it there is a mention of India's first prime minister (Jawaharlal Nehru), who also held the foreign affairs portfolio. It had his conversation with John F. Kennedy (JFK) when the country was dealing with a crisis situation... The book details what games were played in the name of foreign policy."

On Rahul's "bandage for bullet wound" comments on the Union Budget, Modi said before 2014 such bombs were hurled at people and bullets were fired that affected the lives of people. "But we have gradually healed those wounds and moved forward," he said while talking about the income-tax exemption limit increase.

Reacting to the Modi's address in Lok Sabha, Congress MP Shashi Tharoor said, "...You (the PM) have already spoken repeatedly on dynasty politics, now you should be speaking regarding the President's speech, and he should speak on the criticism made by the Opposition regarding it...he did not answer anything. It was an election speech...he spoke keeping in mind the Delhi elections."

"I think he (the PM) is cut off from people and their needs. This is what was felt from his speech," said Congress MP Priyanka Gandhi Vadra.

Samajwadi Party chief Akhilesh Yadav said the Prime Minister should have talked about the Maha Kumbh tragedy. Opposition leaders on



Narendra Modi

**Plain speak**

**I THINK** he has lost his connect with people and their needs. This is what it seemed from his speech.

**PRIYANKA GANDHI**  
— Congress MP Vadra



**IT WAS** a typical election speech with the Delhi elections tomorrow. Just a long laundry list of things the government has done. What is surprising is that, the opposition had raised very specific criticisms of the President's address and those criticisms were not answered by the Prime Minister.

**SHASHI THAROOR**  
Congress MP



**IT IS** very sad-denying that when such a big incident has happened in Kumbh...It is not about the opposition, the whole country saw the incident that had happened in Kumbh. The government was earlier hiding figures of injured and those who have been deceased and now no homage was paid today, I had requested for two-minute silence."

**AKHILESH YADAV**  
Samajwadi Party chief



He (Modi) made a repetition of what the President had said in her speech. He did not answer a single question raised by the opposition. For instance, about the number of deaths in the Kumbh, about our technological deficit vis-a-vis China, the situation in Bangladesh where Bengali Hindus are in a problem."

**SAUGATA ROY**  
TMC MP

Tuesday slammed Prime Minister Narendra Modi's address in the Lok Sabha.

In a post on X, Congress general secretary K C Venugopal said much like the lack of fresh ideas in the President's address, PM Modi's speech was also the "same tape recorder we have heard for the last decade".

The Statesman • 05 Feb • Ministry of Ayush

## MAA stands for Multi-Asset Allocation, reflecting need for a well-diversified investment approach

11 • PG

370 • Sqcm

66602 • AVE

225K • Cir

Bottom Left

Delhi

# 'MAA stands for Multi-Asset Allocation, reflecting need for a well-diversified investment approach'

RITWIK MUKHERJEE  
KOLKATA, 04 FEBRUARY

In fitness or physical wellness parlance, the 30-30 challenge is a fitness or wellness programme that involves completing a task or activity for 30 minutes a day for 30 days. There are multiple versions of the 30-30 challenge, including a diet, a nature challenge, and a Bible study. In financial investment, it suggests investing 30 per cent of savings into stocks, 30 per cent in bonds, 30 per cent towards real estate, and the remaining 10 per cent in cash and cash equivalents. This gives birth to a balanced financial portfolio. Similarly, in case of one's financial health, one would admit that we all want to enjoy our retirement in peace in our dream house with loved ones. But, the firing question is, do we plan for the same? When we start talking about retirement plans, then comes the 30-30 challenge of retirement. And if you are unaware of the 30-30 challenge of retirement planning, then it is high time to know more about it and start your retirement planning for a happy retirement. We all earn for almost 30 years of life, from 25 to 55 years. At this stage, we can earn, save, spend and invest in creating the retirement corpus so that it can be used at the time of retirement, which will be almost 30 years of our lives, assuming the life expectancy



of 85 years when we usually depend upon our savings.

Speaking to The Statesman, Jayanta Chowdhury, a Certified Financial Planner, explains the concept of the "30-30 Challenge" at length.

### Excerpts:

**Q: The "30-30 challenge" is a much-talked-about topic in the parlance of "financial health" or financial well-being. How do you propose to explain that? How important is 'Asset Allocation' in the concept of financial well-being?**

**A:** "The 30-30 Challenge" is a strategic approach to Asset Allocation. Mind you that financial stability is not a matter of chance but of careful planning. One of the most effective ways to ensure

long-term financial well-being is through Asset Allocation, a strategy that helps individuals balance risk and reward across different investment avenues. This principle is particularly significant when viewed through the 30-30 Challenge, a financial roadmap that divides an individual's economic journey into two crucial phases—accumulation and distribution.

**Q: How does an individual differentiate between the first 30 years of one's life and the next 30 years, in terms of asset allocation?**

**A:** The first 30 years of a person's financial journey constitute the accumulation phase. During this period, individuals are actively earn-

ing, allowing them to take calculated risks in pursuit of higher returns. With a steady income, they can afford to invest aggressively in growth-oriented assets such as equities, mutual funds, and alternative investments, thereby capitalizing on market fluctuations to build wealth. Time is their greatest ally, as it allows them to recover from downturns and benefit from the power of compounding.

However, as individuals transition into the next 30 years, the distribution phase begins. This is when active income ceases, and financial security depends on how well assets were allocated during the accumulation years. At this stage, the focus shifts towards capital preservation, stable returns, and minimizing risks. A diversified portfolio with a mix of fixed income, real estate, annuities, and other low-volatility assets becomes essential to ensure a steady income stream.

**Q: Could you please explain this further for a layman?**

**A:** This idea can be beautifully encapsulated in a famous Bollywood scene where Amitabh Bachchan lists his wealth—"Bungalow (apartment), Gaadi (car), Cash, Bank Balance"—but remains uncertain about his true financial strength. In contrast, Shashi Kapoor, with unwavering confidence, states, "Mere paas Maa hai."

If we reframe this dialogue in the context of financial planning, M.A.A. stands for Multi-Asset Allocation, highlighting the need for a well-diversified investment approach.

**Q: Can you please explain the concepts of financial independence and stability in the long run?**

**A:** Having a balanced portfolio across asset classes—equities, debt, gold, real estate, and international investments—ensures not just wealth accumulation but also financial independence and stability in the long run.

A well-planned asset allocation strategy safeguards individuals from market volatility, inflation, and unforeseen financial shocks. By aligning investments with life goals, risk appetite, and financial responsibilities, individuals can enjoy a worry-free retirement while securing their family's future. The 30-30 Challenge serves as a reminder that early and strategic financial planning is the key to true wealth—not just in numbers but in peace of mind and freedom.

Let me sound a word of caution at this point. For expert guidance on crafting a robust financial plan, one must reach out to a certified financial planner, who can help tailor an asset allocation strategy suited to your goals and lifestyle.



Telangana Today • 05 Feb • Ministry of Ayush  
Crores saved in welfare schemes: PM

7 • PG

322 • Sqcm

418161 • AVE

440K • Cir

Top Left

Hyderabad

# Crores saved in welfare schemes: PM

**Lists out accomplishments in the past 10 years with determined governance**

IANIS  
NEW DELHI

Prime Minister Narendra Modi on Tuesday listed out achievements and accomplishments in the past 10 years and boasted about bringing about 25 crore people out of poverty, with a determined and focused governance.

Replying to the Motion of Thanks on President's address in Lok Sabha, PM Modi shed light on crores of pucca houses and toilets built for the common man, thereby ending years of pain for them. "Four crore people have got the pucca houses. Over 12 crore toilets have been built so that poor women can face no difficulties. Even after 75 years of Independence, about 70-75 per cent (16 crores) of the country had no water tap connection. Our govt in five years has given water connection to 12 crore families," he said. PM Modi further stated that the JAM Trinity brought benefits to the people and through Direct Benefit Transfer (DBT), Rs 40 lakh crore have been transferred in accounts of the poor people in NDA tenure. "We also removed names of 10 crore bogus people who were not even born but taking benefits of the govt schemes and provided benefit to the deserving people. By doing so, we saved up to Rs 3 lakh crore."

"By using the Jam portal, Rs 1.15 lakh was saved. Under the Swachhta Abhiyan, Rs 2,300 crore was



Prime Minister Narendra Modi replies to the Motion of Thanks to President's address in the Lok Sabha, in New Delhi. — Photo: PTI

collected via sale of waste. Through Ethanol blending, the fuel prices were reduced and Rs 1 lakh crore was saved which we used for the Janata Janardan and development of the country," Modi stated.

Further sharing an insight into the Budget, he said that before 2014, the infra budget

stood at Rs 1 lakh 80k crore, which has now been increased to Rs 11 lakh crore. "Because of the Ayushman Bharat Yojana, poor people in the country are saving up to Rs 1.3 lakh crore yearly. With Jan Aushdhi Kendra, people have saved up to Rs 30000 crore on medical expenses," he said.



Dainik Bhaskar • 05 Feb • Ministry of Ayush

Sahara Refund Portal se ab tak 11.61 Lakh niveshako ko 2,025 Crore Rupay  
baate:Shah

7 • PG

348 • Sqcm

432724 • AVE

446.92K • Cir

Middle Right

Chandigarh

# संसद सवाल-जवाब • 8.46 लाख परिवारों को रूफटॉप सोलर का लाभ सहारा रिफंड पोर्टल से अब तक 11.61 लाख निवेशकों को 2,025 करोड़ रुपए बांटे: शाह

भास्कर न्यूज | नई दिल्ली

सहकारिता मंत्रालय द्वारा संचालित सीआरसीएस-सहारा रिफंड पोर्टल के जरिए अब तक सहारा के 11,61,077 निवेशकों को 2,025.75 करोड़ रुपए की राशि वितरित की जा चुकी है। यह जानकारी लोकसभा में केंद्रीय गृह और सहकारिता मंत्री अमित शाह ने दी। फिलहाल प्रत्येक पात्र निवेशक को अधिकतम 50 हजार रुपए उनके आधार लिंक बैंक खाते में भेजे जा रहे हैं। कोर्ट के 29 मार्च 2023 के आदेश के तहत यह भुगतान किया

जा रहा है। सुप्रीम कोर्ट ने सहारा-सेबी रिफंड अकाउंट में जमा 25 हजार करोड़ में से 5 हजार करोड़ सीआरसीएस को आवंटित किए थे।  
■ आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (पीएमजय) के तहत 1 जनवरी 2025 तक 8.59 करोड़ लोगों का अस्पताल में प्रवेश मिला। इसमें कुल 1.19 लाख करोड़ रुपए खर्च हुए हैं।  
■ पीएम सूर्य घर मुफ्त बिजली योजना के तहत अब तक 8.46 लाख घरों को रूफटॉप सोलर पैनल लगाने का फायदा मिला है। वहीं,

इसी योजना के तहत जनवरी तक 5.54 लाख लोगों को 4,308 करोड़ की वित्तीय सहायता दी जा चुकी है।  
■ सभी टोल प्लाजा के पास पुरुष व महिलाओं के लिए अलग-अलग शौचालय बन रहे। सरकार का लक्ष्य राष्ट्रीय राजमार्गों पर हर 40-60 किमी पर ऐसी सुविधाएं बनाना है।  
■ अंतरराष्ट्रीय अपराधों में भारतपोल पोर्टल का तेजी से उपयोग हो रहा है। गृह राज्य मंत्री नित्यानंद राय ने लोकसभा में बताया कि इस पोर्टल पर एक माह में 16 इंटरपोल नोटिस जारी करने को अनुरोध आया है।

Dainik Bhaskar • 05 Feb • Ministry of Ayush

Sahara refund portel se ab tak 11.61 lakh niveshako ko 2,025 crore rupay bante ;Shah

13 • PG

619 • Sqcm

278348 • AVE

92.28K • Cir

Middle Right

Delhi

# संसद सवाल-जवाब • 8.46 लाख परिवारों को रूफटॉप सोलर का लाभ सहारा रिफंड पोर्टल से अब तक 11.61 लाख निवेशकों को 2,025 करोड़ रुपए बांटे: शाह

भास्कर न्यूज | नई दिल्ली

सहकारिता मंत्रालय द्वारा संचालित सीआरसीएस-सहारा रिफंड पोर्टल के जरिए अब तक सहारा के 11,61,077 निवेशकों को 2,025.75 करोड़ रुपए की राशि वितरित की जा चुकी है। यह जानकारी लोकसभा में केंद्रीय गृह और सहकारिता मंत्री अमित शाह ने दी। फिलहाल प्रत्येक पात्र निवेशक को अधिकतम 50 हजार रुपए उनके आधार लिंक बैंक खाते में भेजे जा रहे हैं। कोर्ट के 29 मार्च 2023 के

आदेश के तहत यह भुगतान किया जा रहा है। सुप्रीम कोर्ट ने सहारा-सेबी रिफंड अकाउंट में जमा 25 हजार करोड़ में से 5 हजार करोड़ सीआरसीएस को आवंटित किए थे।  
■ आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (पीएमजय) के तहत 1 जनवरी 2025 तक 8.59 करोड़ लोगों का अस्पताल में प्रवेश मिला। इसमें कुल 1.19 लाख करोड़ रुपए खर्च हुए हैं।  
■ पीएम सूर्य घर मुफ्त बिजली योजना के तहत अब तक 8.46 लाख घरों को रूफटॉप सोलर पैनल लगाने का फायदा मिला है।

वहीं, इसी योजना के तहत जनवरी तक 5.54 लाख लोगों को 4,308 करोड़ की वित्तीय सहायता दी जा चुकी है। सभी टोल प्लाजा के पास पुरुष व महिलाओं के लिए अलग-अलग शौचालय बन रहे। सरकार का लक्ष्य राष्ट्रीय राजमार्गों पर हर 40-60 किमी पर ऐसी सुविधाएं बनाना है।  
■ अंतरराष्ट्रीय अपराधों में भारतपोल पोर्टल का तेजी से उपयोग हो रहा है। गृह राज्य मंत्री नित्यानंद राय ने लोकसभा में बताया कि इस पोर्टल पर एक माह में 16 इंटरपोल नोटिस जारी करने को अनुरोध आया है।

Dainik Bhaskar • 05 Feb • Ministry of Ayush  
Conclusion of 6-day training program 'Charakayatan

7 • PG

65 • Sqcm

371316 • AVE

2.34M • Cir

Middle Center

Jaipur

### 6 दिवसीय प्रशिक्षण कार्यक्रम 'चरकायतन' का समापन

जयपुर। आयुष मंत्रालय के अन्तर्गत स्वायत्त संगठन राष्ट्रीय आयुर्वेद विद्यापीठ की ओर से आयुर्वेद शिक्षकों तथा आयुर्वेद के स्नातकोत्तर व स्नातक विद्वानों के लिए 6 दिवसीय आवासीय प्रशिक्षण कार्यक्रम 'चरकायतन' का आयोजन पतंजलि आयुर्वेद कॉलेज के तत्वावधान में किया गया। कार्यक्रम के समापन पर मुख्य अतिथि के रूप में पतंजलि विश्वविद्यालय के कुलपति आचार्य बालकृष्ण ने कहा कि 'चरकायतन'

का मुख्य उद्देश्य विद्यार्थियों में चरक संहिता का प्रामाणिक नैदानिक ज्ञान तथा अभ्यास की प्रासंगिकता प्रदान करना व चरक संहिता को सीखने व पढ़ाने का कौशल विकसित करना है। उन्होंने विद्यार्थियों को संबोधित करते हुए कहा कि हमारा सौभाग्य है कि हमें आयुर्वेद से जुड़ने का अवसर मिला। आयुर्वेद केवल आजीविका या जीवन निर्वहन का साधन नहीं है अपितु ऋषि ऋषण से उद्भूत होने का उपाय है।



Amar Ujala • 05 Feb • Ministry of Ayush  
Daily health capsule

2 • PG

253 • Sqcm

535787 • AVE

564.4K • Cir

Bottom Right

Delhi

डेली हेल्थ  
कैप्सूल

दाद, खाज और  
खुजली के लिए  
सत्यानाशी

सत्यानाशी में मौजूद  
एटीमाइक्रोवियल गुण दाद,  
खाज, खुजली जैसी समस्याओं  
में लाभ पहुंचाते हैं।

आयुर्वेद में सर्दियों से संक्रमण  
को ठीक करने के लिए  
सत्यानाशी को इस्तेमाल किया  
जाता रहा है। इस पौधे में  
एटीमाइक्रोवियल, एटीऑक्सिडेंट  
और एटीइंफ्लेमेटरी गुण पाए  
जाते हैं, जो बैक्टीरिया, वायरस  
और फंगस को खत्म करने में  
मदद करते हैं। सत्यानाशी  
संक्रमण के साथ घाव, फोड़े-  
फुंसियों को भी ठीक कर सकता



है। सत्यानाशी की पत्तियों को  
पीसकर बनाया गया लेप  
संक्रमित स्थान पर लगाया जाता  
है, जिससे सूजन को कम किया  
जा सकता है। इसकी पत्तियों को  
उबालकर काढ़ा बनाकर  
संक्रमित स्थान पर लगाने से  
फंगल इन्फेक्शन से लड़ने में  
मदद मिलती है। आप संक्रमण  
वाले स्थान पर इसके तेल को  
भी लगा सकते हैं। इसके अलावा  
सत्यानाशी के बीज या पत्तियों  
का इस्तेमाल कब्ज, पाचन,  
एसिडिटी, और अपच जैसी  
समस्याओं में किया जाता है।  
यह लिवर को डिटॉक्सिफाई  
करने में मदद करता है और  
इसके कार्य को बेहतर बनाता  
है। सत्यानाशी के पौधे में  
एटीइंफ्लेमेटरी गुण होते हैं, जो  
सूजन और दर्द को कम करने  
में मदद करते हैं। इसकी पत्तियों  
के अर्क का इस्तेमाल अस्थि,  
ग्रोकाइटिस और खांसी के इलाज  
में भी किया जा सकता है।

क्या कहते हैं विशेषज्ञ



सत्यानाशी के  
इस्तेमाल में कुछ  
सावधानी जरूर  
बरतनी चाहिए, क्योंकि  
यह जहरीला भी हो सकता है।  
इसलिए इसका इस्तेमाल करने  
से पहले आयुर्वेद चिकित्सक से  
सलाह जरूर लेनी चाहिए।

-डॉ. आर.पी. पाराशर  
वरिष्ठ आयुर्वेद चिकित्सक

Amar Ujala • 05 Feb • Ministry of Ayush

Ayushman par ilaaj rahega jaari, IMA ne sarkaar ko diya 31 march tak ka time

5 • PG

651 • Sqcm

480093 • AVE

368.8K • Cir

Top Left

Chandigarh

# आयुष्मान पर इलाज रहेगा जारी, आईएमए ने सरकार को दिया 31 मार्च तक का समय

आईएमए हरियाणा के अध्यक्ष बोले- सरकार ने जो आश्वासन दिए उन पर अमल होने का रहेगा इंतजार  
अमर उजाला ब्यूरो

चंडीगढ़। इंडियन मेडिकल एसोसिएशन की हरियाणा शाखा ने आयुष्मान योजना के तहत फिलहाल इलाज जारी रखने का निर्णय लिया है। निजी अस्पतालों में आयुष्मान योजना के तहत इलाज बंद नहीं होगा। इंडियन मेडिकल एसोसिएशन (आईएमए) के पदाधिकारियों ने बुधवार को अपनी बैठक में सरकार के वादे के मुताबिक 31 मार्च तक का समय देने का फैसला लिया है।

आईएमए के हरियाणा के अध्यक्ष डॉ. महावीर जैन ने बताया कि बैठक में यह तय किया गया है कि 28 फरवरी तक वेट एंड वॉच की नीति अपनाई जाएगी। आयुष्मान कार्ड से इलाज को नहीं रोका जाएगा। सरकार ने जो आश्वासन दिए हैं, उस पर अमल होने का इंतजार रहेगा। 28 फरवरी को इस विचार विमर्श के बाद कोई निर्णय लिया जाएगा। गौरतलब हो कि हरियाणा सरकार में योजना के



**195** करोड़ का अब तक हो चुका भुगतान, बाकी का 31 मार्च तक होगा

तहत बकाया राशि को लेकर बीते मंगलवार को सहमति बन गई थी। देर रात आईएमए पदाधिकारियों के बैठक में बुधवार से इलाज बंद करने का एलान कर दिया था।

अब दोबारा से उसी सहमति पर बात बन गई है। सरकार ने जनवरी से लेकर अब तक 195 करोड़ का भुगतान कर दिया है। तमाम लंबित बिलों (10 मार्च तक के) का भुगतान भी सरकार 31 मार्च तक कर देगी। साथ ही अगले साल के लिए 2500 करोड़ रुपये का बजट में अलग से प्रावधान करेगी। सरकार ने आईएमए को यह भी आश्वासन दिया है कि

**अस्पतालों के भुगतान में नहीं होनी चाहिए देरी : हुड्डा**

पूर्व मुख्यमंत्री भूपेंद्र हुड्डा ने कहा कि सरकार को तुरंत अस्पतालों के बकाए का भुगतान करना चाहिए। अगर उसने कोई योजना बनाई है तो उसके भुगतान में भी कोई देरी नहीं होनी चाहिए। अस्पतालों के 450 करोड़ रुपये बकाया होने के चलते गरीब लोगों को इलाज मिलना मुश्किल हो गया है। लेकिन सरकार सिर्फ तमाशा देख रही है। पटवारियों पर सरकार द्वारा लगाए गए आरोपों के बारे में बोलते हुए हुड्डा ने कहा कि बीजेपी सरकार में हर कार्य और हर विभाग में घोटाले हो रहे हैं। यह वो सरकार है जिसने गुरुग्राम और फरीदाबाद के सफाई ठेकों तक में घोटाले किए हैं।

**आठ जिलों के 284 से ज्यादा निजी अस्पतालों में नहीं मिला उपचार**

फतेहाबाद में 20 में से पांच, हिसार में 87 निजी अस्पतालों में से 20, चरखी दादरी में 23 में से 15, भिवानी में 41 और सिरसा में सभी 80 निजी अस्पतालों में योजना के तहत मरीजों को उपचार नहीं मिला। इसके अलावा यमुनानगर, पानीपत 54, अंबाला 44 व कुरुक्षेत्र के 25 निजी अस्पतालों में नए मरीजों को इलाज के लिए भर्ती नहीं किया। जबकि कैथल व करनाल में इस हड़ताल का कोई असर नजर नहीं आया। पूर्व में भर्ती मरीजों का इलाज जारी है।



बुधवार को दोबारा से आईएमए

पदाधिकारियों की बैठक में सरकार के वादे के तहत 31 मार्च तक समय दे दिया गया है। तब तक के लिए पहले की तरह सेवाएं जारी रखने का फैसला लिया गया है। 31 मार्च तक वादा नहीं पूरा करने पर नए सिरे से फैसला लिया जाएगा। -डॉ. अजय महाजन, निवर्तमान प्रधान, आईएमए हरियाणा

अब तक के जितने भी क्लेम के तहत अतिरिक्त डॉक्टर लगाकर आवेदन लंबित हैं, उनका 28 फरवरी निपटारा कर दिया जाएगा।

Orissa Express • 05 Feb • Ministry of Ayush  
6-day training programme 'Charakayatan' concludes

7 • PG

107 • Sqcm

39642 • AVE

97.72K • Cir

Middle Left

Bhubaneshwar

## ଛଅ ଦିବସୀୟ ପ୍ରଶିକ୍ଷଣ କାର୍ଯ୍ୟକ୍ରମ 'ଚରକାୟତନ' ଉଦ୍‌ଯାପିତ



### ହରିଦ୍ୱାର: ଏକପ୍ରେସ୍ ନ୍ୟୁଜ୍

ଆୟୁଷ ମନ୍ତ୍ରାଳୟର ଅନ୍ତର୍ଗତ ସ୍ୱାସ୍ଥ୍ୟ ସଂଗଠନ ରାଷ୍ଟ୍ରୀୟ ଆୟୁର୍ବେଦ ବିଦ୍ୟାପୀଠ ଦ୍ୱାରା ଆୟୁର୍ବେଦ ଶିକ୍ଷକ ତଥା ଆୟୁର୍ବେଦର ସ୍ୱାଚ୍ଛୋଦନ ଓ ସ୍ୱାଚ୍ଛୋଦନ ବିଦାନ ହେତୁ ଛଅ ଦିବସୀୟ ଆବାସୀୟ ପ୍ରଶିକ୍ଷଣ କାର୍ଯ୍ୟକ୍ରମ ଚରକାୟତନର ଆୟୋଜନ ପଡ଼ିଥିଲା ଆୟୁର୍ବେଦ କଲେଜରେ ଚକ୍ରାଧ୍ୟାୟରେ କରାଗଲା । କାର୍ଯ୍ୟକ୍ରମ ସମାପନ ଅବସରରେ ମୁଖ୍ୟ ଅତିଥି ରୂପରେ ପଡ଼ିଥିବା ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ଆଚାର୍ଯ୍ୟ ବାଳକୃଷ୍ଣ ଜି କହିଲେ କି ଚରକାୟତନର ମୁଖ୍ୟ ଉଦ୍ଦେଶ୍ୟ ହେଉଛି ବିଦ୍ୟାର୍ଥୀମାନେ ଚରକ ସଂହିତାର ପ୍ରାମାଣିକ ଚିକିତ୍ସା ସମ୍ବନ୍ଧୀୟ ଜ୍ଞାନ ତଥା ଅଭ୍ୟାସର ପ୍ରାସଙ୍ଗିକତା ପ୍ରଦାନ କରିବା ଓ ଚରକ ସଂହିତାକୁ ଶିଖିବା, ପଢ଼ିବାର କୌଶଳ ବିକଶିତ କରିବା । କାର୍ଯ୍ୟକ୍ରମର ସଫଳ ଆୟୋଜନରେ ପଡ଼ିଥିବା ବିଶ୍ୱବିଦ୍ୟାଳୟର ଭାଇସ୍ ଚାନ୍ସେଲର୍ ଡ଼ ସତେନ୍ଦ୍ର ମିଶ୍ର, ପଡ଼ିଥିବା ଆୟୁର୍ବେଦ କଲେଜର ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର ଅନିଲ କୁମାର, ଉପାଧ୍ୟକ୍ଷ ପ୍ରଫେସର ଗିରିଶ କେ.ଜେ., ପ୍ରଫେସର ସୁରେଶ ଚନ୍ଦ୍ର ଯୋଶୀ, ବିଭୁ ଓ ଦୀପାଙ୍କ ବିଶେଷ ଯୋଗଦାନ ରହିଥିଲା ।



Andhra Jyothi • 05 Feb • Ministry of Ayush  
Awareness on Yoga

7 • PG

94 • Sqcm

26169 • AVE

22.84K • Cir

Middle Center

Bengaluru

**యోగాపై అవగాహన**

సహజయోగా దోహద పడుతుండన్నారు. దైవత్వం గురించి స్వయం సాక్షాత్కారం సాధ్యమన్నారు. శారీరక, మానసిక బావన లకు మించి దైవజ్ఞానంపై అవగాహన కలుగు తుండన్నారు. 180కుపైగా దేశాలలో సహజ యోగాను పాటిస్తున్నారన్నారు. సమర్థనం బ్రస్తు సేవలను ప్రస్తావించారు. కార్యక్రమంలో ఎన్ఐఎ ఎఫ్ఐబీ డైరెక్టర్ డాక్టర్ యశీంద్ర రంఘట్, ఇండి యన్ క్రికెట్ అసోసియేషన్ ఫర్ బైండ్ అడ్వ క్షుడు, వరల్డ్ బైండ్ క్రికెట్ లిమిటెడ్ రిటైర్డ్ అడ్వక్సుడు డాక్టర్ మహంతేక్, రిటైర్డ్ ఐఎఫ్ఎస్ ఆదికారి దిలీప్కుమార్దాస్ తదితరులు పాల్గొ

నారు. ప్రసిద్ధ గాయకుడు కుమారన్ ఆయ్యర్, టీమ్ సునదా, నృత్య శ్రీదాకారుడు ప్రీతి సందూర్, మనోరంజన్ కార్యక్రమాలు అలరించాయి.

**అత్యానుభూతి కార్యక్రమంలో డాక్టర్ మనోజ్కుమార్, మహంతేక్ తదితరులు**

Ee Sanje • 05 Feb • Ministry of Ayush  
Suryanamaskar Yoga Utsav-2025

7 • PG

182 • Sqcm

6927 • AVE

225K • Cir

Top Right

Bengaluru

# ಸೂರ್ಯ ನಮಸ್ಕಾರ ಯೋಗ ಉತ್ಸವ- 2025

ಬೆಂಗಳೂರು, ಫೆ.4- ಕರ್ನಾಟಕ ಸರ್ಕಾರದ  
ಆಯುಷ್ ಇಲಾಖೆಯು ರಥಸಪ್ತಮಿ ಪ್ರಯುಕ್ತ  
ಫೆ. 9 ರಂದು ಬೆಳಿಗ್ಗೆ 6ಗಂಟೆಯಿಂದ 8.30  
ರವರೆಗೆ ನಗರದ ವಿಧಾನಸೌಧದ ಮುಂಭಾಗದಲ್ಲಿ  
ಸೂರ್ಯನಮಸ್ಕಾರ ಯೋಗ ಉತ್ಸವ-2025ಅನ್ನು  
ಹಮ್ಮಿಕೊಂಡಿದೆ. ಅಂದು 108 ಸೂರ್ಯ ನಮ  
ಸ್ಕಾರ, ಯೋಗ ಪ್ರದರ್ಶನ ಮತ್ತು ಸಮಾಜದ  
ಶಾಂತಿಗಾಗಿ ಧ್ಯಾನ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು  
ಆಯೋಜಿಸಲಾಗಿದೆ. ಉಪಾಹಾರ ವ್ಯವಸ್ಥೆ  
ಇರುತ್ತದೆ. ನೋಂದಣಿ ಮಾಡಿಸಿದವರಿಗೆ ಮಾತ್ರ  
ಪ್ರವೇಶಾವಕಾಶ ಇರುತ್ತದೆ. ಭಾಗವಹಿಸಲು  
ನೋಂದಾಯಿಸಿದವರು ತಮ್ಮ ಯೋಗಮ್ಯಾಟ್  
ತರಬೇಕು ಎಂದು ಪ್ರಕಟಣೆ ತಿಳಿಸಿದೆ. ಮಾಹಿತಿಗಾಗಿ  
ಯೋಗಗಂಗೋತ್ರಿ, [www.yogagangotri.com](http://www.yogagangotri.com)  
ಗೆ ಭೇಟಿ ನೀಡಲು ಅಥವಾ ಮೊಬೈಲ್  
ಸಂಖ್ಯೆ 9686989408 ಅಥವಾ 9019194324 ಗೆ  
ಸಂಪರ್ಕಿಸಲು ತಿಳಿಸಲಾಗಿದೆ.

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Msn India	59 cases of HMPV, 2 deaths due to co-morbidities reported from January 6-29: Gov...	733.9M
2.	Hindustan Times	10 yoga exercises that could help fight depression in working women	124.6M
3.	Dainik Bhaskar	मुड़िया में पांच दिवसीय योग शिविर में 674 लोगों ने लिया प्रशिक्षण	66.5M
4.	Dainik Bhaskar	6 दिवसीय प्रशिक्षण कार्यक्रम 'चरकायतन' का समापन	66.5M
5.	हिन्दुस्तान(Live Hindustan)	आयुष अस्पताल के लिए जमीन करें चिह्नित: डीएम	64.8M
6.	हिन्दुस्तान(Live Hindustan)	यूनानी दिवस पर प्रतिभागियों ने दिखाई प्रतिभा	64.8M
7.	The Times of India	Woman dies while undergoing MRI scan in Eluru	64.4M
8.	अमर उजाला (Amar ujala)	Sirmour News: आयुष विभाग ने 1,359 मरीजों को जांच के लिए टीबी केंद्र भेजा	63.8M
9.	The Hindu	Government keen to accelerate growth of India's nutraceuticals sector	35.9M
10.	Dailyhunt	Number of suspected cases of GBS rises to 170 with 132 confirmed cases: Maharashtra...	18.6M
11.	Medical Dialogues	Misues of AB-PMJAY Scheme: Rs 122 Crore Penalties Imposed on Over 1,504 Hospitals...	16M
12.	ThePrint	59 cases of HMPV, 2 deaths due to co-morbidities reported from January 6-29: Gov...	11.3M
13.	ThePrint	Estimated number of cervical-cancer deaths in India in 2023 was 35,691: Govt	11.3M
14.	Latestly	India News   Number of Suspected Cases of GBS Rises to 170 with 132 Confirmed Cases...	7.8M
15.	The Tribune India	Awareness camp on child rights held in Lahaul and Spiti	7M
16.	New Indian Express	Woman dies during MRI scan in Eluru; family alleges negligence	6.7M
17.	Janta Se Rishta	Ajmer : आरोग्य मेले के सम्बन्ध में बैठक गुरुवार को	3.8M
18.	Janta Se Rishta	Himachal: लाहौल-स्पीति में बाल अधिकारों पर जागरूकता शिविर आयोजित	3.8M
19.	Ani News	Number of suspected cases of GBS rises to 170 with 132 confirmed cases: Maharashtra...	1.9M
20.	The Hans India	Six day training program 'Charakayatan' concludes	1.7M
21.	MBM News Network	PM सूर्य घर मुफ्त बिजली योजना : हिमाचल से 949 उपभोक्ताओं ने कराया पंजीकरण	575.7K
22.	Divya Himachal	मंत्री गोमा के बर्थ डे पर सजी प्रदर्शनियां, फ्री हुआ इलाज	553.6K
23.	Live Vns	हिमाचल में पीएम सूर्य घर मुफ्त बिजली योजना में 949 उपभोक्ताओं ने कराया पंजीकरण	382.1K
24.	NagalandPost	59 cases of HMPV, 2 deaths due to co-morbidities reported from Jan 6-29: Govt	315.4K



25.	UNI	Anatomy magazine, Anatomy board inaugurated	219.9K
26.	The Navhind Times	'Ayurveda way to repay debt of sages'	185.6K
27.	Kashmir Observer	J&K Reports 645 Mumps Cases In 2 Years	89.3K
28.	The News Mill	Number of suspected cases of GBS rises to 170 with 132 confirmed cases: Mahar ash...	85.1K
29.	Media nama	Ayushman Bharat Fraud: Rs 122 Cr in Fines, 1,114 Hospitals Out. But Is Aadhaar A...	79.3K
30.	Global Prime News	Vitafoods India 2025 Ignites Powerful Knowledge Exchange, Elevating the Future O...	72.6K
31.	New Kerala	Guillain-Barre Syndrome: Maharashtra Reports 166 Suspected Cases	72K
32.	WebIndia123	Number of suspected cases of GBS rises to 170 with 132 confirmed cases: Mahar ash...	61.9K
33.	Etemaad English	Govt Introduces Ayush Visa for Foreigners with Up to 5-Year Extension	57.4K
34.	Pharmabiz.com	New norms for nasal spray of ASU drugs to bring in uniformity in composition & a m...	N/A
35.	Newst24	Government keen to accelerate growth of India's nutraceuticals sector	N/A
36.	People Bugs	Government keen to accelerate growth of India's nutraceuticals sector	N/A
37.	OB News	Number of suspected cases of GBS rises to 170 with 132 confirmed cases: Mahar ash...	N/A
38.	The Mobi World	Number of suspected cases of GBS rises to 170 with 132 confirmed cases: Mahar ash...	N/A
39.	Newspoint	Number of suspected cases of GBS rises to 170 with 132 confirmed cases: Mahar ash...	N/A
40.	Candid Technology	Indian Gov uses AI to tackle the Ayushman Bharat Fraud	N/A
41.	Prime24	निशुल्क आयुष स्वास्थ्य शिविर आयोजित	N/A
42.	Udaipur Kiran	सिरमौर के दिव्यांग धावक वीरेंद्र सिंह ने शारजाह में जीते तीन पदक	N/A
43.	Newzfatafat	सिरमौर के दिव्यांग धावक वीरेंद्र सिंह ने शारजाह में जीते तीन पदक	N/A
44.	Creative Bharat	10 yoga exercises that could help fight depression in working women   Health	N/A
45.	Newzfatafat	हिमाचल में पीएम सूर्य घर मुफ्त बिजली योजना में 949 उपभोक्ताओं ने कराया पंजीकरण	N/A
46.	Udaipur Kiran	हिमाचल में पीएम सूर्य घर मुफ्त बिजली योजना में 949 उपभोक्ताओं ने कराया पंजीकरण	N/A
47.	Ingredientssouthasia	Budget allocation to Ministry of Ayush to go up 7.6% in FY26	N/A
48.	Health Econoictimes	Estimated number of cervical-cancer deaths in India in 2023 was 35,691: Govt	N/A
49.	The Hans India	Six day training program 'Charakayatan" concludes	N/A

50.	Drishyamindia	सिंहस्थ मेले की डीपीआर 15 अप्रैल तक होगी तैयार: जून से शुरू होंगे मेला क्षेत्र मे...	N/A
51.	Pharmabiz.com	Budget allocation to Ministry of Ayush to go up 7.6% in FY26	N/A
52.	Today News 24	Suspected Guillain-Barre Syndrome cases rise to 163 in Maharashtra	N/A
53.	Industries News	Number of suspected cases of GBS rises to 166 with 130 confirmed cases: Maharashtra...	N/A
54.	OB News	e-Sanjeevani platform conducts over 31 cr teleconsultations: Union Minister	N/A
55.	The Mobi World	e-Sanjeevani platform conducts over 31 cr teleconsultations: Union Minister	N/A
56.	Industries News	Number of suspected cases of GBS rises to 166 with 130 confirmed cases: Maharashtra...	N/A