



**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**06 Feb, 2025 – 07 Feb, 2025**

 **Total Mention 128**

 <b>Print</b>	<b>Financial</b>	<b>Mainline</b>	<b>Regional</b>	<b>Periodical</b>
<b>22</b>	<b>5</b>	<b>11</b>	<b>6</b>	<b>N/A</b>

 <b>Online</b>
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**106**

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Economic Times	2.5m Take NEET for 1L Medical Seats; Students Ready Plan B	Chennai	9
2.	The Economic Times	Medical Students likely to Stay Study Abroad Course	Delhi + 2	6
3.	The Economic Times	Medical Colleges here Still Suffer from a Severe Shortage of Seats	Pune	12
4.	Mint	Govt hitches health mission funding to quality care centres	Hyderabad	2
5.	Mint	AIIMS to go paperless in prescribing medicines	Hyderabad	2
6.	Hindustan Times	#thatshot	Mumbai	2
7.	The Indian Express	Tripura now 'land-linked', peace restored under BJP rule: Shah	Delhi	12
8.	The Morning Standard	Fit Bit	Delhi	2
9.	The Morning Standard	MISS-FIT	Delhi	2
10.	The Morning Standard	FIT BIT	Delhi	2
11.	The Hindu	Reliving memories	Delhi	7
12.	Deccan Chronicle	The First 3 Weeks Fitness Ifs & Buts	Chennai	19
13.	The Asian Age	The First 3-Weeks Fitness Ifs & Buts	Delhi	12
14.	The Pioneer	Haryana govt transfers 12 IAS, 67 HCS officers	Chandigarh	2
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.	Dainik Bhaskar	Gig workers ko bhi nyuntam vetan ka kanooni hak mile	Chandigarh	4
18.	Ee Sanje	108 Surya Namaskara from Sri Patanjali Yoga Education committee	Bengaluru	6
19.	Nav Rashtra	A network of affordable AYUSH medicine centers will be established	Pune	4
20.	Amar Ujala	Daily health capsule	Delhi	12
21.	Divya Bhaskar	Advise indicates water and mineral deficiency in the body	Mumbai	4
22.	Sakal	Promise to start AYUSH centers in five villages in Ambegaon	Pune	2

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.

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

## APPEALING FACTORS

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

lity of government seats in India," said Parijat Mishra, head of career counselling, medical division at Allen, a test prep company. Affordable medical education in certain international destinations also attracts many Indian students.

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

"Countries like the Philippines, China, and the Caribbean have traditionally been popular among Indian students pursuing medical education abroad," said Anil Na-

gar, founder & CEO, Adda247, a multilingual learning and skilling platform.

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

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

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



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

6 • PG

328 • Sqcm

853287 • AVE

420.14K • Cir

Top Right

Delhi • Jaipur • Chandigarh

DESPITE DOMESTIC PUSH IN BUDGET

# Medical Students likely to Stay Study Abroad Course

High competition forcing many others to pick alternative courses: Experts

Prachi Verma & Neil Ghai

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

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

## Looking for Alternatives

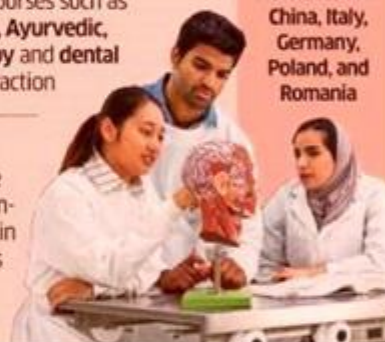
Govt medical colleges charge as low as **₹10,000 annually** – AIIMS is even lower

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

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

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

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



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

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

"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.

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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, 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

## 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

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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

Mint • 07 Feb • Ministry of Ayush  
Govt hitches health mission funding to quality care centres

2 • PG

175 • Sqcm

43791 • AVE

45K • Cir

Top Right

Hyderabad

# Govt hitches health mission funding to quality care centres

Priyanka Sharma

priyanka.sharma@livemint.com

NEW DELHI

**T**he Centre has made the National Health Mission's (NHM's) ₹37,226.92-crore funding for states and Union territories conditional on their government facilities getting the necessary quality certification.

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

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

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

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

To ensure quality healthcare



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

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

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

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

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



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

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

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

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

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

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

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

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



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 Morning Standard • 07 Feb • Ministry of Ayush

### Fit Bit

2 • PG

605 • Sqcm

290554 • AVE

300K • Cir

Middle Right

Delhi

#### **FITBIT**

### SEATED PLANTAR FASCIA STRETCH CHAIR

Though this pose is practised as part of yoga therapy to heal the symptoms related to plantar fasciitis, the same can be done as part of the foot stretching warm-up routine to help open the hamstrings and the lower body, in general. As the foot bears most of the body weight, it suffers from pain, heaviness, tiredness, fallen arches, plantar fasciitis, cramps, or Achilles tendons. Hence, to keep the foot strong and healthy, practice of this pose is essential. It aids in relieving the pain in the bottom of the heel caused by plantar fasciitis, one of the most common orthopedic problems.

#### STEPS

- First, keep a chair ready. The height should be such that people can sit with their feet grounded. A thin cushion or towel can be placed on the seat for pregnant women and seniors.
- Sit on the front of the chair, slightly towards the right side, keeping the spine erect and placing the feet on the ground, taking a couple of breaths, and relaxing. Keep the left foot firmly grounded and legs in a 90-degree bent position.
- Then, take the right foot behind a little further back. Now gently lift the heel from the ground, giving a stretch to the calf muscles. The toes should be curled and the ball of the foot should touch the ground.
- Slowly place the heel back on the ground. Keep repeating this up and down movement, slowly and cautiously. Breathe gently and feel the stretch at the plantar fascia. Do this movement for 10 times at a slow pace.
- Now, bring the right foot parallel to the left foot and place the right leg in a 90-degree position with the right foot kept on the ground. Slowly sit towards the left of the chair.
- Take the left foot further back and repeat the same action you did with the right foot. After 10 times of easy movements, come back to the relaxed

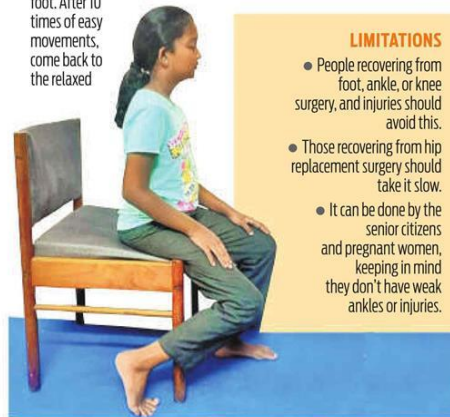
seated position with both feet firmly on the ground in Chair Tadasana (Chair Mountain Pose).

#### BENEFITS

- Stretches the soles, calves, hamstrings, and ankles.
- Improves the flexibility of the leg muscles, making the foot strong.
- Also improves the range of motion of the ankles and soles.
- Works on the deeper ligaments and tendons in the soles and ankles, dealing with the pain.
- Helps in improving the blood supply to the tips of the toes and back to the rest of the foot.
- It also helps with Achilles tendonitis.
- Helps slowly build flexibility and strength in the foot and ankles during the recovery stage.
- It is a good practice to help senior citizens to build strength and stability with this stretch.
- Confidence of seniors will improve with enhanced balance. Also, it is a good option to be part of the sequence for seniors.
- Stretching the soles of the feet and arches can help the healing process of piriformis syndrome.
- Improving leg muscles keeps the lower body active with fresh supply of blood.
- Helps in removing the stiffness in the concerned muscles by relieving tension.

#### LIMITATIONS

- People recovering from foot, ankle, or knee surgery, and injuries should avoid this.
- Those recovering from hip replacement surgery should take it slow.
- It can be done by the senior citizens and pregnant women, keeping in mind they don't have weak ankles or injuries.



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



The Morning Standard • 06 Feb • Ministry of Ayush  
**MISS-FIT**

2 • PG

279 • Sqcm

133888 • AVE

300K • Cir

Top Center

Delhi



*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,

**ASK AN EXPERT** 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 • 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

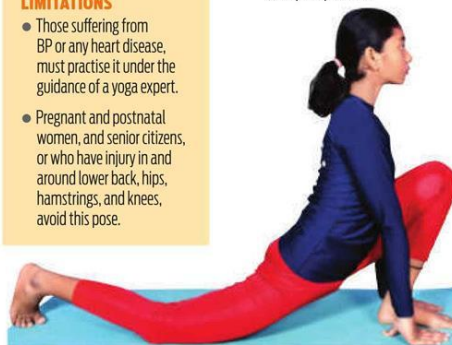
- Start in Uttanasana (Standing Forward Fold Pose) and rest your head on the knees or between the thighs.
- Inhale, take the right foot back, extending the right leg. Exhale, rest the right foot on the floor. Neatly rest the extended leg on the yoga mat.
- Keep your right thigh parallel to the floor 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 Hindu • 07 Feb • Ministry of Ayush  
Reliving memories

7 • PG

337 • Sqcm

67383 • AVE

682.81K • Cir

Bottom Right

Metro Plus

Delhi

# Reliving memories

At the ongoing show 'Khula Aasman', artist Seema Kohli reveals the ephemerality of all belonging through multimedia exhibits

S Ravi

Nostalgia need not be sorrowful or painful, Russian novelist Vladimir Nabokov (1899-1977) said "One is always at home in one's past..." This sums up Seema Kohli's ongoing multimedia solo exhibition Khula Aasman in the city.

The varied works connect Kohli with her past, forefathers and ancestral home in Pind Dadan Khan (now in Pakistan's Jhelum district). "I am articulating a tenuous link to a home that my father never returned to. This project is deeply personal, nonetheless, it reveals the ephemerality of all belonging," she says.

This bridging of the past and present is exhibited in the silver gelatin prints. Using the images clicked by her father, KD Kohli, the artist has added colours, ink and pen drawings, some pictures from her archives and recent ones of Pind Dadan Khan by Maria Waseem, providing a fresh perspective. Urdu poetry and heart motifs on these prints make them engaging. Many of the original pictures are of Seema's mother Uma who was her father's muse.

The works portraying the journey of Kohli's family from Pakistan to India are also fascinating. One shows a train which was a vital means of transport for refugees during the Partition along with the image of Seema's studio when it was being constructed, thereby connecting the past with the present. Equally riveting is the work juxtaposing Seema's ancestral house with her New Rajinder Nagar residence wall with images of her grandfather and his friends between the two structures, signifying the passage of time.

Works highlighting Kohli's family occupation of hikmat or practice of Unani and Ayurveda medicine are also exhibited. While all are absorbing, one stands out. It lists the eight generations of doctors in the family, ending with her grandfather, Hakim Chunni Lal Kohli. Seema's eyes on the top, looking at the names of her illustrious forefathers,



**Nostalgia** Untitled artwork at Khula Aasman exhibition; artist Seema Kohli.  
SPECIAL ARRANGEMENT

reflect admiration and awe!

A charpoy covered with a bedsheet showing belladonna herbs and a pill-making machine provide the ambience of a *dawakhana*. The 12 works outlining the herbs used for preparing medicines, their scientific names, and properties along with glass jars containing *murabbas* and *gulkand*, and anatomical drawings of body organs take one to an era when this indigenous medical system thrived.

The show's essence comes alive in Seema's Gulab Ki Khet (acrylic colours and ink on canvas with 24-carat gold and silver leaf). She has painted the blooming rose fields of Choa Saidan Shah, a town in the Punjab province of Pakistan, showing camels used by the pilgrims to visit shrines at Katas Raj, at the back. Beyond these stand the mighty Hindu Kush mountain range and birds soaring in the sky pointing to the futility of man-made borders.

The artist says Khula Aasman is a "project of memory of memories". She adds, "The book *Mitr Pyare Nu* (KD Kohli's autobiography) was cathartic for my father and Khula Aasman, based on my father's autobiography relives my father's memories."

At Seema Kohli Studio, B85, Pocket X, Okhla Phase II; Till February 18; 11am to 6pm





Deccan Chronicle • 07 Feb • Ministry of Ayush

## The First 3 Weeks Fitness Ifs & Buts

19 • PG

1707 • Sqcm

3004217 • AVE

1.15M • Cir

Bottom Center

Chennai

# The First 3-Weeks Fitness Ifs & Buts

Understanding the science behind the first 21 days of a fitness journey can help trick your mind into getting fit and falling in love with exercise

ANUSHREE CHAURASIA

**Working out is important for both – the body and brain! Starting a fitness journey is both an exciting and daunting experience. The first three weeks are often considered the most critical phase – not just for building physical strength but for forging the mental and emotional resilience needed to turn exercise into a sustainable habit. This early period sets the tone for long-term success or failure. To truly understand the significance of these foundational weeks, we must explore the physiological and psychological shifts that occur, why so many quit by week two, and how persistence during week three can transform exercise from a chore into a lifestyle.**

## Week 1:

NEW BODY MOVEMENTS

For most people, the first week of a fitness journey is marked by a mix of enthusiasm and uncertainty. During this time, the body begins adapting to new movements, stressors, and energy demands. Fitness trainer **Ananta Desai** describes this phase as “a wake-up call for the body,” noting that even light exercise can feel taxing for beginners due to muscle stiffness, soreness, and increased oxygen demand.

### TAKEAWAYS

- The key during week one is to focus on consistency over intensity.
- Simple goals like completing three 20-minute workouts or walking daily can build confidence without overwhelming the mind or body.



Physiologically, this period activates muscle fibres and boosts circulation, often resulting in a phenomenon known as “DOMS” (Delayed Onset Muscle Soreness). While the soreness can be uncomfortable, it’s a sign that the body is repairing and rebuilding itself stronger. Psychologically, week one is about creating momentum. Desai explains, “The novelty of starting something new often drives motivation during this phase. People feel good simply for showing up and engaging in healthy behaviour.”



## Week 2:

THE MAKE-OR-BREAK CHALLENGE

As the novelty wears off and workouts intensify, the second week is often the most challenging. This is when the initial excitement fades, leaving many to grapple with fatigue, muscle soreness, and the mental toll of staying consistent. Desai explains, “Week two is where the real mental work begins. It’s no longer just about showing up – it’s about pushing through discomfort and self-doubt.”

Physiologically, this week demands more from the body as it begins to adapt to increased activity. The energy systems shift to accommodate higher workloads, which can leave people feeling physically drained. Mentally, this can lead to burnout or frustration, especially

if results like weight loss or muscle definition aren’t immediately visible.

“Unfortunately, many people quit during this phase. People often misinterpret discomfort as failure. They think it is too hard or not meant for me,” says Roshan Patil, a sports psychologist from Body Language Fitness, Mumbai. But in reality, this is the body’s natural response to being pushed out of its comfort zone.

### TAKEAWAYS

- The key to surviving Week 2 is managing expectations and leaning on support systems.
- Having a workout buddy, joining a fitness class, or celebrating small victories—like completing a tough session or resisting the urge to skip—can make all the difference.

## The 3-Weeks Mantra

**Set Realistic Goals:** Focus on consistency over perfection. Even short, low-intensity workouts count.

**Lean on Support Systems:** Workout buddies, trainers, or online communities help to keep you encouraged.

**Celebrate Small Wins:** Progress is progress, no matter how small.

**Rest and Recover:** Allow your body to adapt with adequate sleep, stretching, and rest days.

**Stay Positive:** Focus on how you feel rather than immediate physical changes.



## Week 3:

TURNING THE CORNER

If week two is the storm, week three is the calm after it. This is the turning point where persistence begins to pay off, both physically and mentally. By this stage, the body starts adjusting to the new routine. Hormonal changes, such as increased endorphins and serotonin, contribute to improved mood and reduced stress levels, creating what many refer to as a “workout high.” Desai notes, “By week three, people often feel stronger and more capable. Movements that felt awkward or exhausting in Week-1, start to feel more natural. The body begins to crave activity, and the mind follows suit.”

Psychologically, week three marks the shift from external motivation (like wanting to lose weight) to intrinsic motivation, where exercise becomes something people enjoy and look forward to. Desai explains, “Once a habit begins to form, the brain reinforces it through positive feedback loops. Skipping a workout then feels wrong – like forgetting to brush your teeth.”

### TAKEAWAYS

- Success during Week 3 also depends on celebrating progress, no matter how small.
- Whether it’s lifting heavier weights, running farther, or simply sticking to the plan, acknowledging achievements boosts confidence and reinforces the habit.

## 3-WEEKS SIGNIFICANCE

The first three weeks of a fitness journey are about more than just physical change – they’re about rewiring the brain. According to neuroscience, it takes an average of 21 days to form a habit. During this time, the brain’s neural pathways are strengthened through repetition, making behaviours like exercising more automatic.

For those who make it through this phase, the benefits extend far beyond physical fitness. Many report feeling more balanced, energized, and focused. Fitness enthusiast Steven Cavan who successfully navigated his three-week hurdle, says, “At first, I had to drag myself to the gym. By the third week, I felt off-balance if I missed a session. It’s like my body and mind started working together to make exercise a priority.” The first three weeks of a fitness journey are transformative, not just for the body but for the mind. The key is to focus on progress, not perfection, and to remember that persistence always pays off. Once exercise becomes part of your routine, it shifts from being a task to a source of balance, energy, and joy.



The Asian Age • 07 Feb • Ministry of Ayush

The First 3-Weeks Fitness Ifs & Buts

12 • PG

1791 • Sqcm

760993 • AVE

389.96K • Cir

Top Left

Delhi Age

Delhi

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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 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

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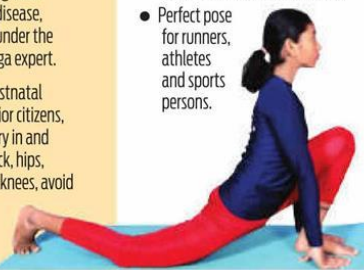
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By N Elumalai, PhD Scholar (Yoga Science) at  
Meenakshi Academy of Higher Education & Research, Chennai



Dainik Bhaskar • 07 Feb • Ministry of Ayush  
Gig workers ko bhi nyuntam vetan ka kanooni hak mile

4 • PG

964 • Sqcm

1197316 • AVE

446.92K • Cir

Top Right

Chandigarh

## विश्लेषण • देश में 1 करोड़ से ज्यादा गिग वर्कर्स हैं 'गिग वर्कर्स' को भी न्यूनतम वेतन का कानूनी हक मिले



**वर्कफोर्स**

विराग गुप्ता  
सुप्रीम कोर्ट के वकील  
viraggupta@hotmail.com

ओला, उबर, जोमेटो, अमेजन, स्विगी, बिग बॉस्केट जैसी एग्रीगेटर कम्पनियों से जुड़े ड्राइवर्स, डिलीवरी बॉय और अस्थायी कामगारों को गिग वर्कर कहा जाता है। इस साल के बजट में गिग वर्कर्स के लिए ई-श्रम पोर्टल में रजिस्ट्रेशन, आईडी कार्ड और आयुष्मान भारत के तहत स्वास्थ्य बीमा का प्रावधान किया गया है। उसके बाद दिल्ली चुनाव प्रचार के दौरान मोदी की गारंटी में यह भी कहा गया कि ऑटो, टैक्सी, ई-रिक्शा ड्राइवर और गिग वर्कर्स को 10 लाख रुपए का जीवन बीमा और 5 लाख रुपए का दुर्घटना बीमा देने के लिए कल्याण बोर्ड बनाया जाएगा। इससे जुड़े 5 कानूनी पहलुओं को समझना जरूरी है।

1. ई-श्रम पोर्टल : चार साल पहले शुरू हुए ई-श्रम पोर्टल में यूएन नम्बर को आधार से जोड़ने की योजना है। पिछले साल बजट भाषण में वित्त मंत्री ने कहा था कि ई-श्रम पोर्टल को मनरेगा, नेशनल कैरियर सर्विस, रिकल इंडिया, प्रधानमंत्री आवास योजना, श्रमयोगी मानधन जैसे दूसरे पोर्टल्स से जोड़कर वन स्टॉप सेंटर बनाया जाएगा। इससे गिग वर्कर्स को सभी राज्यों में सभी योजनाओं का लाभ मिल सकता है। ई-श्रम पोर्टल में 30.48 करोड़ कामगारों का रजिस्ट्रेशन है, जिनमें लगभग 53% कृषि क्षेत्र में हैं। देश के लगभग 1 करोड़ से ज्यादा गिग वर्कर्स के रजिस्ट्रेशन के लिए श्रम मंत्रालय ने टेक कम्पनियों को पिछले साल तीन महीने का समय दिया था। इसलिए बजट के वायदे नई बोटल में पुरानी शराब की तरह हैं।

2. शोषण : डिजिटल टूल्स और नैविगेशन टेक्नोलॉजी के इस्तेमाल से लगातार मॉनिटरिंग के कारण गिग वर्कर्स का शोषण भी बढ़ा है। कुछ महीने पहले अमेजन के वेयरहाउस कामगारों ने ब्लैक फ्रायडे हड़ताल करके 'मेक अमेजन पे' के बैनर तले सही भुगतान और काम के अच्छे वातावरण की मांग की थी। एनएचआरसी सर्वे के अनुसार शोषण और अनियमित काम के चलते असंगठित क्षेत्र के दो-तिहाई कामगार बीमारी और अपमान झेलने को मजबूर हैं। काम के अनियमित घंटों और शोषण की वजह से गिग वर्कर्स में महिलाओं की भागीदारी बहुत कम है। ड्राइवर और डिलीवरी बॉय का जबरन शोषण करने के बावजूद कम्पनियां उन्हें न्यूनतम वेतन भी नहीं देना चाहती हैं।

3. श्रम कानून : केंद्र सरकार ने 2019-20 में 44 श्रम कानूनों को मिलाकर सामाजिक सुरक्षा कोड के चार खंड जारी किए थे। प्रधानमंत्री ने अगस्त 2022 में श्रम

मंत्रियों के सम्मेलन में गिग वर्कर्स को भी सामाजिक सुरक्षा के दायरे में लाने की बात कही थी। लेकिन गत 5 सालों से श्रम कानूनों को लागू नहीं किया जा रहा। गिग वर्कर्स की सुरक्षा के लिए सुप्रीम कोर्ट में 2020 में दायर याचिका पर 4 साल तक जवाब नहीं मिलने पर जजों ने केंद्र सरकार को फटकार लगाई थी। जजों के अनुसार भारत अंतर्राष्ट्रीय श्रम संगठन का संस्थापक देश है। इसलिए गिग वर्कर्स को एग्रीगेटर कम्पनी से न्यूनतम वेतन, दुर्घटना बीमा, ईएसआई, स्वास्थ्य और पीएफ जैसी कानूनी सुरक्षा मिलनी चाहिए।

4. दुनिया से सीखें : इंग्लैंड के रोजगार ट्रिब्यूनल ने 2016 में उबर के ड्राइवर्स को पूर्णकालिक कामगार का दर्जा दिया था। यूरोपियन यूनियन की कोर्ट ऑफ जस्टिस ने 2017 में कहा था कि उबर को एग्रीगेटर के बजाय ट्रांसपोर्ट सेवा के तौर पर कानून का पालन करना चाहिए। सिंगापुर में गिग वर्कर्स को रिटायरमेंट बेंनेफिट और इंडोनेशिया में दुर्घटना, स्वास्थ्य और जीवन बीमा की सुविधा मिलती है। जी-20 के भारत मंडपम में आयोजित सम्मेलन में गिग वर्कर्स की सुरक्षा के लिए

**आठवें वेतन आयोग के गठन के बाद सरकारी कर्मचारियों के वेतन-भत्तों में बढ़ा इजाफा होगा। लेकिन शोषण का शिकार हो रहे डिलीवरी बॉय और अस्थायी कामगारों को भी न्यूनतम वेतन का कानूनी हक मिलना चाहिए।**

बयान जारी हुआ था। उत्तराखंड के यूसीसी कानून में लिव-इन के रजिस्ट्रेशन का प्रावधान है तो फिर टेक कम्पनियों को गिग वर्कर के साथ अनुबंध का ब्योरा सार्वजनिक क्यों नहीं करना चाहिए?

5. राज्यों के कानून : राजस्थान में 1 से 2 फीसदी के सेस की वसूली से कल्याण फंड बनाने और नियम का पालन नहीं करने पर कम्पनियों पर भारी जुर्माने का कानून बना है। कर्नाटक के प्रस्तावित कानून में न्यूनतम वेतन, 12 घंटे की शिफ्ट और छंटनी के लिए 14 दिन का नोटिस जरूरी है। तेलंगाना में भी ऐसी पहल हो रही है। लेकिन इंटरमीडियरी के कानूनी लोच और कमजोर माली हालात के चलते राज्यों में गिग वर्कर्स को ठोस राहत नहीं मिल पा रही। राज्यों के नए कानूनों को आईएमएआई और नेस्काम जैसे संगठन 'इज ऑफ डुइंग बिजनेस' के खिलाफ बता रहे हैं। एग्रीगेटर कंपनियां पूरे देश में निर्बाध व्यापार कर रही हैं। गिग वर्कर्स की सुरक्षा सुनिश्चित करने के लिए अखिल भारतीय स्तर पर श्रम कानूनों को सख्ती से लागू करने की जरूरत है।

(ये लेखक के अपने विचार हैं)

Ee Sanje • 06 Feb • Ministry of Ayush

108 Surya Namaskara from Sri Patanjali Yoga Education committee

6 • PG

489 • Sqcm

18567 • AVE

225K • Cir

Top Right

Bengaluru

# ಶ್ರೀ ಪತಂಜಲಿ ಯೋಗ ಶಿಕ್ಷಣ ಸಮಿತಿಯಿಂದ 108 ಸೂರ್ಯ ನಮಸ್ಕಾರ



ಕೋಲಾರ, ಫೆ. 5- ಶ್ರೀ ಪತಂಜಲಿ ಯೋಗ ಶಿಕ್ಷಣ ಸಮಿತಿ ವತಿಯಿಂದ ನಗರದ ಶ್ರೀ ಸೋಮೇಶ್ವರಸ್ವಾಮಿ ದೇವಾಲಯದ ಆವರಣದಲ್ಲಿ ಬೆಳಿಗ್ಗೆ 5 ಗಂಟೆಗೆ ರಥಸಪ್ತಮಿ ಪ್ರಯುಕ್ತ ಸಮೂಹಿಕ 108 ಸೂರ್ಯ ನಮಸ್ಕಾರಗಳನ್ನು ಮಾಡಲಾಯಿತು.

ಶ್ರೀ ಪತಂಜಲಿ ಯೋಗ ಶಿಕ್ಷಣ ಸಮಿತಿಯ ಎಲ್ಲಾ ಶಾಖೆಗಳಿಂದ 500ಕ್ಕೂ ಹೆಚ್ಚು ಯೋಗಬಂಧುಗಳು ಸೂರ್ಯ ಭಗವಂತನಿಗೆ 108 ಸೂರ್ಯ ನಮಸ್ಕಾರಗಳನ್ನು ಅರ್ಪಿಸಿದರು. ಅನಂತರ ಯೋಗದ ಬಗ್ಗೆ ಸಾರ್ವಜನಿಕರಿಗೆ ಅರಿವು ಮೂಡಿಸಲು ಯೋಗ ನಡಿಗೆ ಮುಖಾಂತರ ಶ್ರೀ ಪತಂಜಲಿ ಯೋಗಮಂದಿರವನ್ನು ತಲುಪಿ ಅಲ್ಲಿ ಸೂರ್ಯ ಹೋಮ ಹವನಗಳಲ್ಲಿ ಪಾಲ್ಗೊಂಡರು.

ಶ್ರೀ ಪತಂಜಲಿ ಯೋಗ ಶಿಕ್ಷಣ ಸಮಿತಿ ಸೌಪರ್ಣಿಕ ವಲಯ ಸಂಚಾಲಕರು ಹಾಗೂ ಯೋಗ ಶಿಕ್ಷಕರಾದ ಮಾರ್ಕೋಂಡಣ್ಣ ರಥಸಪ್ತಮಿ ಮಹತ್ವ ತಿಳಿಸಿದರು. ಕಾರ್ಯಕ್ರಮವನ್ನು ಸಮಿತಿ ಉಪಾಧ್ಯಕ್ಷ ಡಾ.ಜನಾರ್ದನ ನಿರೂಪಿಸಿ, ಚಂದ್ರಣ್ಣ ಸ್ವಾಗತಿಸಿ, ಕಾರ್ಯದರ್ಶಿ ವೇಣುಗೋಪಾಲ್ ಎಸ್.ಎ ವಂದಿಸಿದರು.

ಸಮಿತಿ ಅಧ್ಯಕ್ಷ ಬಿಸಪ್ಪಗೌಡ, ಗೋವಿಂದರಾಜು, ಯೋಗ ಶಿಕ್ಷಕರಾದ ರವಿಕುಮಾರ್, ಶ್ರೀನಿವಾಸ್, ರಮೇಶ್, ಮಂಜುಳ, ಪತ್ರಕರ್ತ ಚಂದ್ರು, ಡಾ.ಆಶಾ, ನೂರಾರು ಶಾಲಾ ಮಕ್ಕಳು ಸೇರಿದಂತೆ ಯೋಗಬಂಧುಗಳು ಸೂರ್ಯ ನಮಸ್ಕಾರದಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದರು.



Nav Rashtra • 06 Feb • Ministry of Ayush

A network of affordable AYUSH medicine centers will be established

4 • PG

219 • Sqcm

210256 • AVE

860K • Cir

Bottom Center

Pune

**उद्घाटन • केंद्रीय आयुष मंत्री प्रतापराव जाधव; डॉ. डी. वाय. पाटील विद्यापीठात आंतरराष्ट्रीय आयुर्वेद संमेलन**

# स्वस्तातील आयुष औषधी केंद्राचे जाळे उभारणार

पिंपरी/पुणे, (वा.) आयुर्वेद सर्व प्रकारच्या व्याधीवर परिणामकारक उपचारपद्धती आहे. आयुर्वेदाला जगभर सर्वमान्यता मिळू लागली आहे. प्रभावी आयुर्वेदासाठी संशोधनाची व्याप्ती वाढवण्यासह इन्ोवेशन व स्टार्टअप सुरु करण्यासाठी आयुष मंत्रालयामार्फत चालना देणार आहे, असे प्रतिपादन केंद्रीय आयुष राज्यमंत्री प्रतापराव जाधव यांनी केले. सर्वगुणकारी आयुष औषधी सहज उपलब्ध होण्यासाठी देशभरात आयुष औषधी केंद्रांचे जाळे उभारण्यात येणार असल्याचेही प्रतापराव जाधव यांनी नमूद केले. पिंपरी येथील डॉ. डी. वाय. पाटील (अभिमत) विद्यापीठ संचालित डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटर पुणे, यांच्या पुढाकाराने नवी दिल्ली येथील ऑल इंडिया आयुर्वेद कॉंग्रेस, नेदरलँड येथील इंटरनॅशनल महर्षी आयुर्वेद फाउंडेशन व इंटरनॅशनल अर्कॅडमी ऑफ आयुर्वेद यांच्या सहकार्याने आयोजित आठव्या

इंटरनॅशनल आयुर्वेद कॉंग्रेसचे (आंतरराष्ट्रीय आयुर्वेद संमेलन) उद्घाटन प्रतापराव जाधव यांच्या हस्ते झाले. पिंपरी येथील विद्यापीठाच्या सभागृहात आयोजित कार्यक्रमात विद्यापीठाचे कुलपती डॉ. पी. डी. पाटील, कुलगुरू डॉ. एन. जे. पवार, प्र-कुलगुरू व डॉ. डी. वाय. पाटील विद्यापीठ सोसायटीच्या सचिव डॉ. स्मिता जाधव, खासदार श्रीरंग बारणे, अमेरिकास्थित शास्त्रज्ञ डॉ. टोनी नाडर, आयुष मंत्रालयाचे सल्लागार सचिव वैद्य मनोज नैसरी, नॅशनल कमिशन फॉर इंडियन सिस्टीम ऑफ मेडिसिनचे चेअरमन वैद्य जयंत देवपुजारी, 'आयुष'चे नॅशनल रिसर्च प्रोफेसर डॉ. भूषण पटवर्धन, ऑल इंडिया आयुर्वेद कॉंग्रेसचे चेअरमन देवेंद्र त्रिगुणा, इंटरनॅशनल महर्षी आयुर्वेद फाउंडेशनचे डॉ. गिरीश मोमया, इंटरनॅशनल अर्कॅडमी ऑफ आयुर्वेदचे प्रा. डॉ. सुभाष रानडे, डॉ. डी. वाय. पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटरचे प्राचार्य डॉ. गुणवंत येवला उपस्थित होते.



भारतातील पहिले आंतरराष्ट्रीय आयुर्वेद संमेलन पुण्यात आणि तेथी आमच्या संस्थेत होतंय, याचा आनंद आहे. जगभरातील आयुर्वेदतज्ज्ञ, विद्यार्थी इथे आल्याने विद्यारावे आदानप्रदान होत आहे. सार्वजनिक आरोग्य सेवेमध्ये आयुर्वेदाचा समावेश ही चांगली बाब आहे. वैदिक संस्कृती, आयुर्वेदाला प्रोत्साहन देण्याचे पंतप्रधान नरेंद्र मोदी यांचे पाऊल स्वागतार्ह आहे. आधुनिक शास्त्र आणि आयुर्वेद याची सांगड घालून संशोधनाधारित उपचारांची उपलब्धता समाजासाठी उपयुक्त ठरेल. आयुर्वेदाला प्रभावी, रास्त आणि सहज उपलब्ध करण्यासाठी आणखी पुढाकार घेतला पाहिजे. - डॉ. पी. डी. पाटील,

संमेलनाच्या माध्यमातून आयुर्वेदातील संशोधन, नविनयुग्म संशोधन, भविष्यकाकडत आयुर्वेदाची व्याप्ती, गरजा, उपाय योजना आणि अनेक विकार आणि विकिरसा या विषयावर विचारमंथन झाले. आंतरराष्ट्रीय स्तरावर आयुर्वेद, संशोधन आणि नविनयुग्म प्रयोग याविषयी जाणून घेण्याची संधी विद्यार्थ्यांना मिळाली. अशा संमेलनामुळे विद्यार्थ्यांमध्ये संशोधन वृत्ति वाढून इन्ोवेशन, स्टार्टअप संस्कृतीला चालना मिळते. - डॉ. स्मिता जाधव

**दहा देशातील शंभर तज्ज्ञ**

संमेलनामध्ये जागतिक स्तरावर आयुर्वेद प्रसारासाठी डॉ. गुणवंत येवला आणि डॉ. वॉल्टर मोईल्क यांना 'आयुर्वेद धनवंतरी पुरस्कार' प्रदान करण्यात आला. आयुर्वेदातील उल्लेखनीय योगदानाबद्दल डॉ. संजीव गोयल, डॉ. अखिलेश वर्मा, डॉ. एस. एन. पांडे, डॉ. रामदास आखाड यांना सन्मानित करण्यात आले. आयुष मंत्रालय, भारत सरकार आणि नॅशनल कमिशन फॉर इंडियन सिस्टीम ऑफ मेडिसिनच्या मान्यतेने झालेल्या या दोन दिवसीय संमेलनाच्या यशस्वीतेसाठी महाराष्ट्रालयातील संशोधन संचालक प्रा. डॉ. अरिस्मिता वेले, कायाचिकित्सा विभागप्रमुख प्रा. डॉ. डी. जी. दीपांकर, रचना विभागाचे प्रमुख प्रा. डॉ. योगेश कुटे यांनी परिश्रम घेतले. दहा देशातील १०० पेक्षा अधिक आंतरराष्ट्रीय तज्ज्ञ आणि १२०० हून अधिक राष्ट्रीय स्तरावरील संशोधक, वैद्य, प्राध्यापक आणि विद्यार्थी सहभागी झाले होते. ५०० हून श्रेयनिबंध सादर झाले.

Amar Ujala • 06 Feb • Ministry of Ayush  
Daily health capsule

12 • PG

263 • Sqcm

557383 • AVE

564.4K • Cir

Bottom Right

Delhi

डेली हेल्थ  
कैप्सूल

दिल की सेहत  
के लिए चीकू  
का सेवन

चीकू में पोटेशियम और मैग्नीशियम की भरपूर मात्रा होती है, जो रक्तचाप को नियंत्रित करती है।

आलू की तरह दिखने वाला चीकू बहुत ही फायदेमंद फल है। इसके सेवन से कई जरूरी पोषक तत्व मिलते हैं, जो हड्डियों, दिल, फेफड़ों, पाचन और त्वचा के लिए काफी फायदेमंद होते हैं। इस फल में विटामिन बी, सी, ई, कैल्शियम, पोटेशियम, फाइबर, मैग्नीशियम, मैंगनीज और एंटीऑक्सिडेंट होते हैं। चीकू में डाइटरी फाइबर की



भरपूर मात्रा होती है, जो कब्ज की समस्या में आराम पहुंचाती है। इसमें फ्लेवोनोइड्स भी होते हैं, जो आंती कार्यप्रणाली में सुधार करते हैं। चीकू में आयरन, कैल्शियम और फॉस्फोरस होता है, जो हड्डियों को मजबूती देने का काम करते हैं। इसमें विटामिन सी और कॉपर भी पाया जाता है, जो रोग प्रतिरोधक क्षमता को मजबूत बनाकर संक्रमण से बचाने में मदद करते हैं। चीकू में मौजूद विटामिन सी, एस्कॉर्बिक एसिड, फ्लेवोनोइड्स और पॉलीफेनॉल्स जैसे एंटीऑक्सिडेंट पाए जाते हैं, जो कोलेजन के उत्पादन में मदद करते हैं। ये झुर्रियों को जल्दी आने से रोक सकते हैं। चीकू में पोटेशियम और मैग्नीशियम होता है, जो रक्तचाप को नियंत्रित करने में मदद करता है। चीकू के सेवन से दिल और कोलेस्ट्रॉल की दिक्कतों को कम किया जा सकता है।

क्या कहते हैं विशेषज्ञ



फाइबर से भरपूर चीकू पेट और पाचन के लिए बेहतरीन फल है, लेकिन अत्यधिक सेवन करने से यह सेहत के लिए हानिकारक भी हो सकता है। इसलिए इसका सेवन सीमित मात्रा में ही करें।

-डॉ. नवीन चंद्र जोशी  
वरिष्ठ आयुर्वेद चिकित्सक



Divya Bhaskar • 06 Feb • Ministry of Ayush  
Advise indicates water and mineral deficiency in the body

4 • PG

87 • Sqcm

13061 • AVE

316.29K • Cir

Bottom Right

Mumbai

**હેલ્થ ગેજેટ : નિક્સ હાઇડ્રેશન બાયોસેન્સર**  
**આ ડિવાઇઝ શરીરમાં પાણી અને**  
**મિનરલની ઉણપને દર્શાવે છે**

શું છે : આ ડિવાઇઝ વર્ક આઉટ દરમિયાન સર્જાતી પાણી અને મિનરલ્સની ઉણપને ધ્યાનમાં રાખીને બનાવાઈ છે. અમેરિકન કંપની નિક્સે તેને બનાવી છે. ડિવાઇઝ વર્કઆઉટ દરમિયાન થતા પરસેવાનું વિશ્લેષણ કરીને બતાવે છે કે શરીરને ક્યારે, કયા અને કેટલા પ્રવાહી પદાર્થની જરૂર છે. તેને એપના માધ્યમથી સરળતાથી મોબાઇલની સાથે કનેક્ટ કરી શકાય છે.

કઈ રીતે કામ કરે છે: તેને સ્વેટ પેચની સાથે હાથ પર લગાવાય છે. જેમો પરસેવો અહીંથી પસાર થાય છે. આ ડિવાઇઝ તેનું વિશ્લેષણ કરવા લાગે છે, જેનો ડેટા મોબાઇલ એપ પર આવે છે.



ક્યાં મળે છે : ગેજેટને કંપનીની વેબસાઇટથી ઓનલાઇન મંગાવી શકાય છે. તેની કિંમત અંદાજે રૂ.10,000 છે.

Sakal • 06 Feb • Ministry of Ayush

## Promise to start AYUSH centers in five villages in Ambegaon

2 • PG

77 • Sqcm

275845 • AVE

2.89M • Cir

Middle Center

Pune

### आंबेगावात पाच गावांमध्ये आयुष केंद्र सुरू करण्याची ग्वाही

मंचर, ता. ५ : "आंबेगाव तालुक्यात पेठ, डिंभे, पिंपळगावतर्फे महाळुंगे, अवसरी बुद्रुक, महाळुंगी पडवळ या पाच गावांमध्ये आयुष हेल्थ वेलनेस सेंटर सुरू करण्याबाबत केंद्र सरकार सकारात्मक भूमिका घेईल," असे आश्वासन केंद्रीय आयुषमंत्री प्रतापराव जाधव यांनी दिले.

चाकण (ता. खेड) येथे राज्य युवासेना कार्यकारिणी सदस्य सचिन बांगर, शिवसेना जिल्हाप्रमुख भगवान पोखरकर यांच्या नेतृत्वाखाली शिवसेना उपजिल्हाप्रमुख अजित चव्हाण, युवासेना जिल्हाप्रमुख धनंजय पठारे,

शिवसेना जिल्हा संघटक नीलेश पवार, शिवसेना आळंदी शहरप्रमुख राहुल चव्हाण यांच्या शिष्टमंडळाने जाधव यांची भेट घेऊन आंबेगाव तालुक्यात आयुष हेल्थ वेलनेस सेंटर सुरू करण्याची मागणी केली. आयुष हेल्थ वेलनेस सेंटरमुळे ग्रामीण व आदिवासी भागातील नागरिकांना आयुर्वेद, योग, निस्सर्गोपचार व होमिओपॅथी उपचारांची सुविधा उपलब्ध होईल. यासाठी आवश्यक वैद्यकीय अधिकारी, फार्मासिस्ट, योग प्रशिक्षक आणि पंचकर्म तज्ज्ञ पदे मंजूर करण्याचीही मागणी शिष्टमंडळाने केली. त्यावर जाधव यांनी आश्वासन दिले.



## Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Dainik Bhaskar	शर्मा, मंसूरी और कछवाय का सम्मान किया	66.5M
2.	हिन्दुस्तान(Live Hindustan)	सरकारी आयुर्वेदिक अस्पताल को आयुष मंत्री ने विधायक को भेजा पत्र	64.8M
3.	हिन्दुस्तान(Live Hindustan)	आयुष अस्पताल के लिए जमीन करें चिह्नित: डीएम	64.8M
4.	अमर उजाला (Amar ujala)	किसानों के लिए नए अवसर की खोज के लिए विभाग करें सहयोग : डार	63.8M
5.	अमर उजाला (Amar ujala)	Rampur Bushahar News: अर्चना ने उत्तीर्ण की आयुर्वेदिक मेडिकल ऑफिसर की परीक्षा	63.8M
6.	Ndtv	HPPSC APO एडमिट कार्ड 2024 जारी, डॉक्यूमेंट्स वेरिफिकेशन राउंड 18-19 फरवरी को	50.6M
7.	Lokmat	केसगळती प्रकरणातील शोधाने रुग्णांचा जीव भांड्यात, डॉ. बावस्कर यांचे संशोधन, 'लोक...	42.3M
8.	Dailyhunt	Ayush Ministry's "Shatavari - For Better Health" campaign launched	18.6M
9.	Dailyhunt	GBS Outbreak in Maharashtra: 170 Cases of Guillain-Barre Syndrome, 5 Deaths Repo...	18.6M
10.	Medical Dialogues	Incentives, Honorariums given to doctors for Rural Practice under NHM	16M
11.	Latestly	India News   Shatavari Will Play Key Role in Achieving "Panch Pran Goal" of De...	7.8M
12.	PIB	"Shatavari – For Better Health" a nationwide Species-Specific Campaign launched ...	5.4M
13.	Scroll.in	HPSC AMO final result released at hpssc.gov.in; here's direct link to check	4.5M
14.	The Statesman	Ayush Ministry's 'Shatavari – For Better Health' campaign launched	1.7M
15.	Devdiscourse	Advancing Women's Health Through Shatavari: A Bold Campaign for a Developed Indi...	1.2M
16.	Devdiscourse	Prataprao Jadhav Launches "Shatavari – For Better Health" Campaign to Promote Me...	1.2M
17.	Down to Earth	As told to Parliament (February 4, 2025): Two people have died due to HMPV in I n...	818.6K
18.	Newstrack	Lucknow News: प्राथमिक विद्यालय अलीनगर खुर्द में एनीमिया, सर्वाइकल कैंसर से बचाव...	809.7K
19.	Live Vns	आयुष मंत्रालय का "शतावरी- बेहतर स्वास्थ्य के लिए" विशेष अभियान शुरू	382.1K
20.	Live Vns	पैरा धावक वीरेंदर सिंह का नाहन पहुंचने पर जोरदार स्वागत	382.1K
21.	Press Trust of India	Shatavari will play key role in achieving 'Panch Pran Goal' of developed India: ...	200.1K
22.	The Navhind Times	'Ayurveda way to repay debt of sages'	185.6K
23.	Hindusthan Samachar	आयुष मंत्रालय का "शतावरी- बेहतर स्वास्थ्य के लिए" विशेष अभियान शुरू	161.2K
24.	News Drum	Shatavari will play key role in achieving "Panch Pran Goal" of developed India...	158.4K

25.	Dainik Tribune	स्वर्ण पदक विजेता वीरेंद्र सिंह सम्मानित	110.2K
26.	Dainik Tribune	'तनाव से मुक्ति का सूत्र सूर्य नमस्कार'	110.2K
27.	Orissa Diary	"Shatavari – For Better Health" a nationwide Species-Specific Campaign launched ...	100.9K
28.	Lokmattimes.com	GBS Outbreak in Maharashtra: 170 Cases of Guillain-Barre Syndrome, 5 Deaths Repo...	94.3K
29.	New Kerala	Maharashtra GBS Outbreak: 170 Suspected Cases Confirmed	72K
30.	India Med Today	Ministry of Ayush launches Shatavari – For Better Health	N/A
31.	drugscontrol.org	Panel recommends Centre to strengthen regulatory framework for ADR on Ayush medi...	N/A
32.	Pharmabiz.com	Panel recommends Centre to strengthen regulatory framework for ADR on Ayush medi...	N/A
33.	Tripurastar News	"Shatavari – For Better Health" A Nationwide Species-Specific Campaign Launched.	N/A
34.	News on Track	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
35.	Sameera	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
36.	Cm live	आयुष मंत्री परमार की अध्यक्षता में हुई पुरस्कार चयन समिति की बैठक	N/A
37.	Voice Of Rights Hindi News Portal	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
38.	Moomal Art News	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
39.	True Hunt	Shatavari-For Better Health,Nationwide Species-Specific Campaign	N/A
40.	Khabaraajtak24x7	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
41.	Samachar Pradesh Hindi News Portal	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
42.	Khulasa	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
43.	Ayush India News	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
44.	Dangaltoday	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
45.	Satyaexpress	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
46.	Rajdhanihulchal	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
47.	Sattasudhar	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
48.	Statebreaking	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
49.	India Habitat Centre	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A



50.	Samay Jagat	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
51.	Redalertnews.in	आयुष मंत्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
52.	Next Khabar	next khabar	N/A
53.	Maverick News3	"Shatavari – For Better Health" a nationwide Species-Specific Campaign launched ...	N/A
54.	Bharatiya Digital News	"Shatavari – For Better Health" a nationwide Species-Specific Campaign launched ...	N/A
55.	Realtimes.in	आयुष मंत्रालय का 'शतावरी- बेहतर स्वास्थ्य के लिए' विशेष अभियान शुरू, जानें क्या...	N/A
56.	Mp Headline	आयुष मंत्री परमार की अध्यक्षता में हुई पुरस्कार चयन समिति की बैठक	N/A
57.	Real India News	आयुष मंत्री परमार की अध्यक्षता में हुई पुरस्कार चयन समिति की बैठक	N/A
58.	Newzfatafat	आयुष मंत्रालय का "शतावरी- बेहतर स्वास्थ्य के लिए" विशेष अभियान शुरू	N/A
59.	Rk Tv News	एक राष्ट्रव्यापी प्रजाति-केंद्रित अभियान "शतावरी – बेहतर स्वास्थ्य के लिए" की आज...	N/A
60.	Shabd Sangram	आयुष मंत्री इन्दर सिंह परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
61.	Yugwarta	आयुष मंत्रालय का "शतावरी- बेहतर स्वास्थ्य के लिए" विशेष अभियान शुरू	N/A
62.	Udaipur Kiran	आयुष मंत्रालय का 'शतावरी- बेहतर स्वास्थ्य के लिए' विशेष अभियान शुरू	N/A
63.	Newzfatafat	आयुष मंत्री परमार की अध्यक्षता में हुई पुरस्कार चयन समिति की बैठक	N/A
64.	News Arena India	Ministry of Ayush launches nationwide "Shatavari" health campaign	N/A
65.	Manastoday	आयुष मंत्री श्री परमार की अध्यक्षता में हुई "पुरस्कार चयन समिति" की बैठक	N/A
66.	Nuffoods Spectrum	Vitafoods India 2025 ignites powerful knowledge exchange, elevating future of nu. ...	N/A
67.	Drug Today Medical Times	Govt Enhances Hospital Empanelment and Grievance Redressal Under AB-PMJAY	N/A
68.	Upayuktha	ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ಹಾಗೂ ಯೋಗ ವಿಜ್ಞಾನಕ್ಕೆ ಪ್ರೋತ್ಸಾಹ: ಎಸ್.ಡಿ.ಎಂ ಪ್ರತಿಪಾದನೆಗೆ ರಾಷ್ಟ್ರಮಟ್ಟ...	N/A
69.	Vishwavani News	ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ಹಾಗೂ ಯೋಗ ವಿಜ್ಞಾನಕ್ಕೆ ಪ್ರೋತ್ಸಾಹ: ಎಸ್.ಡಿ.ಎಂ ಪ್ರತಿಪಾದನೆಗೆ ರಾಷ್ಟ್ರಮಟ್ಟ...	N/A
70.	Himachal Now News	नाहन / अंतरराष्ट्रीय पैरा एथलीट वीरेंद्र सिंह ने स्वर्ण पदक जीतकर बढ़ाया देश का ...	N/A
71.	White Paper	ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ಹಾಗೂ ಯೋಗ ವಿಜ್ಞಾನಕ್ಕೆ ಪ್ರೋತ್ಸಾಹ : ಎಸ್.ಡಿ.ಎಂ ಪ್ರತಿಪಾದನೆಗೆ ರಾಷ್ಟ್ರಮಟ್ಟ...	N/A
72.	Food Tech Biz	Vitafoods India 2025 ignites powerful knowledge exchange, elevating the future o. ...	N/A
73.	Smestreet	Vitafoods India 2025 Highlights Growth in Nutraceutical Industry	N/A
74.	Newzfatafat	पैरा धावक वीरेंद्र सिंह का नाहन पट्टुचने पर जोरदार स्वागत	N/A
75.	Projects Today	Nutraceutical sector set for major growth with govt. support	N/A

76.	Next Gen Consultancy	Next Gen Consultancy	N/A
77.	Marketing News Online	Vitafoods India 2025 Ignites Powerful Knowledge Exchange, Elevating the Future O...	N/A
78.	Knowledge and News Network	India's Nutraceuticals Sector Poised for Growth with Government Support	N/A
79.	Local Business News	Vitafoods India 2025 Drives Insightful Discussions to Elevate Nutraceuticals Ind...	N/A
80.	Right Column Media	Vitafoods India 2025 Fosters Powerful Knowledge Exchange for Nutraceuticals In no...	N/A
81.	Times Global News	Vitafoods India 2025 Ignites Powerful Knowledge Exchange, Elevating the Future O...	N/A
82.	IT News Online	Reliq Health Technologies and Hucu.ai Announce an Agreement to Enhance Com munica...	N/A
83.	BizWire Express	Reliq Health Technologies and Hucu.ai Announce an Agreement to Enhance Com munica...	N/A
84.	Consumer Infoline	Reliq Health Technologies and Hucu.ai Announce an Agreement to Enhance Com munica...	N/A
85.	Navodaya Times	Delhi Assembly Election: मुस्लिम बोटर्स आप, कांग्रेस व AIMIM में बंटे नजर आए	N/A
86.	Daily aawaz	उज्जैन सिंहस्थ मेला क्षेत्र के विकास के लिए 15 अप्रैल तक डीपीआर तैयार कर ली जाएग...	N/A
87.	WhatPackaging?	Third edition of Vitafoods opens, India's ayurveda and nutraceutical sector aim...	N/A
88.	Navodaya Times	Delhi Assembly Election: AAP, कांग्रेस और IMIM में बंटे नजर आए मुस्लिम मतदाता	N/A
89.	Health Econoictimes	Number of suspected cases of GBS rises to 170 with 132 confirmed cases: Mahar ash...	N/A
90.	APN News	Vitafoods India 2025 Ignites Powerful Knowledge Exchange, Elevating the Future O...	N/A
91.	Evening Times	15 अप्रैल तक तैयार होगी सिंहस्थ 2028 मेले की डीपीआर, मेला प्रांगण में अस्पताल, प...	N/A
92.	Guidely	Daily Current Affairs Feb 06th 2025   Latest News   Download Free PDF	N/A
93.	Kadwaghut	15 अप्रैल तक तैयार होगी सिंहस्थ 2028 मेले की डीपीआर, मेला प्रांगण में अस्पताल, प...	N/A
94.	Vande Matram	15 अप्रैल तक तैयार होगी सिंहस्थ 2028 मेले की डीपीआर, मेला प्रांगण में अस्पताल, प...	N/A
95.	Khas Khabar	उज्जैन सिंहस्थ मेला क्षेत्र के विकास के लिए 15 अप्रैल तक डीपीआर तैयार कर ली जाएग...	N/A
96.	Real India News	उज्जैन सिंहस्थ मेला क्षेत्र के विकास के लिए 15 अप्रैल तक डीपीआर तैयार कर ली जाएग...	N/A
97.	Saahas Samachar	उज्जैन सिंहस्थ मेला क्षेत्र के विकास के लिए 15 अप्रैल तक डीपीआर तैयार कर ली जाएग...	N/A
98.	Vishleshan	15 अप्रैल तक तैयार होगी सिंहस्थ 2028 मेले की डीपीआर, मेला प्रांगण में अस्पताल, प...	N/A
99.	खबर जगत	15 अप्रैल तक तैयार होगी सिंहस्थ 2028 मेले की डीपीआर, मेला प्रांगण में अस्पताल, प...	N/A



100.	अंजनी खबर (Anjani Khabar)	15 अप्रैल तक तैयार होगी सिंहस्थ 2028 मेले की डीपीआर, मेला प्रांगण में अस्पताल, प...	N/A
101.	Mp Headline	उज्जैन सिंहस्थ मेला क्षेत्र के विकास के लिए 15 अप्रैल तक डीपीआर तैयार कर ली जाएग...	N/A
102.	Shree News	15 अप्रैल तक तैयार होगी सिंहस्थ 2028 मेले की डीपीआर, मेला प्रांगण में अस्पताल, प...	N/A
103.	Delhi Bulletin	उज्जैन सिंहस्थ मेला क्षेत्र के विकास के लिए 15 अप्रैल तक डीपीआर तैयार कर ली जाएग...	N/A
104.	Pharmabiz.com	New norms for nasal spray of ASU drugs to bring in uniformity in composition & a m...	N/A
105.	Newst24	Government keen to accelerate growth of India's nutraceuticals sector	N/A
106.	People Bugs	Government keen to accelerate growth of India's nutraceuticals sector	N/A