



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

 **Total Mention 213**

 <b>Print</b>	<b>Financial</b>	<b>Mainline</b>	<b>Regional</b>	<b>Periodical</b>
<b>14</b>	<b>1</b>	<b>11</b>	<b>2</b>	<b>N/A</b>

 <b>Online</b>
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**199**

 Print

No	Newspaper	Headline	Edition	Pg
1.	Mint	For a balanced life, take the heroine's journey	Chennai + 1	14
2.	The Times of India	Nadi Tarangani to bring credibility to ayurveda: JB Joshi	Pune	4
3.	The Times of India	Health min issues advisory, to hold meeting today	Pune	2
4.	The Tribune	Ayurvedic doctors cry foul in HPSC hiring, seek probe	Delhi	2
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12.	The Daily Guardian	Boost Your Eye Health With Nutraceuticals: Preventing Cataracts And Diabetic Complications	Delhi	14
13.	Veer Arjun	Canadian Company will open Ayurvedic clinic	Delhi	4
14.	Loksatta	14 independent AYUSH district hospitals in the state	Mumbai	5

Mint • 07 Jan • Ministry of Ayush  
For a balanced life, take the heroine's journey

14 • PG

927 • Sqcm

278002 • AVE

47.5K • Cir

Top Left

Chennai • Bengaluru

# For a balanced life, take the heroine's journey

Tired of the busy life, people today are embracing workshops that explore an alternate idea of living anchored in feminine wisdom

Hariprasad Varma  
loungel@livermint.com

**M**odern workplaces and social systems we have in place today reflect a deep-rooted misalignment with natural feminine cycles and energies. Perhaps, the most significant indicator of this is the global shift in the way time is perceived. Indigenous cultures around the world followed the lunar calendar which honored natural rhythms. Lunar time is cyclical in nature and emphasizes the patterns of death and rebirth captured metaphorically in the phenomena of the waxing and waning moon.

Modern-day Gregorian calendar, first introduced by Pope Gregory XIII in October 1582, is a solar calendar. Solar calendar emphasizes linear time over cyclical patterns and standardizes months into artificial lengths that do not correspond to natural cycles. The design and intent behind this view of time was primarily to cater to the industrial and commercial needs of the time rather than serve one's biological rhythms.

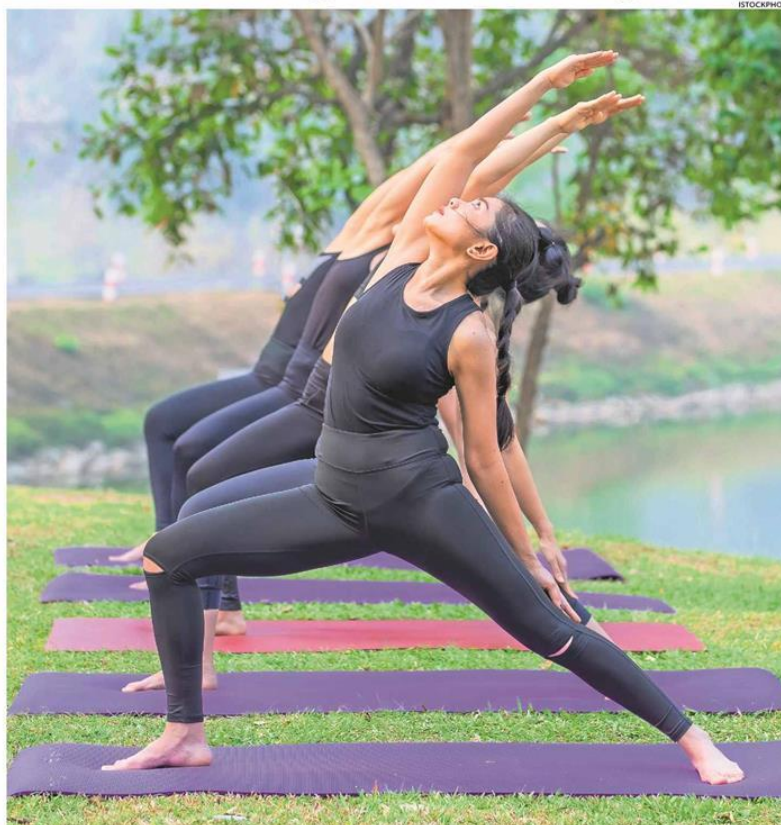
This fundamental shift has led to a loss of connection of daily routine with the rhythms of nature. Companies and governments follow systems of artificial division of time into business quarters and fiscal years rather than natural seasons. What has got lost in this reasoning is the knowledge that our bodies respond differently to each season. Our energy levels and sleep and dietary requirements among others tend to vary with the seasons. This suppression of natural cycles has a grave impact on mental health. Stress induced from the efforts to fit into artificial rhythms, for instance, affects digestive and reproductive health.

## GETTING INTO A RHYTHM

The impact of misaligned structures on health is felt more acutely by women. Often, their peak career-building years coincide with peak fertility years, and the biological rhythm of motherhood is seen as a "career setback". Even the natural need for rest during menstruation is considered a weakness, and career women are expected to maintain high energy and engagement regardless of their physical and emotional state in corporate and social spaces. The recent debate and controversy in India around the necessity for a menstrual day leave in organizations bear testimony to this reality.

"The menstrual woman lives in a male-oriented society which influences her perception of the world and herself. In the industrialized western culture, which likes to think of itself as 'enlightened', the menstrual cycle is still rarely talked about except in medical terms. Menstruation is still viewed today as a biological disadvantage to women, making them emotional, unreasoning, and unreliable workers," Miranda Gray, author and mentor of a women's cycle-based life-coaching course, wrote in her 1994 book *Red Moon*.

While it may seem interminable, there's a quiet yet profound shift unfolding that questions the current paradigms. Globally, there is a growing interest about the ancient wisdom of



the divine feminine and its contemporary applications in daily life for healthy living. An extremely current illustration of this interest is the trend of cycle syncing that got popular last year among millennials and Gen Z. The practice encourages women to align their diet and lifestyle with the menstrual cycle. The menstrual phase, for instance, is a time to do low-impact exercises like yoga or walking while the follicular phase when estrogen levels are rising is a time to go for high intensity exercises. In *Red Moon*, Gray treats the whole of the cycle as the menstrual experience rather than the time of bleeding alone. And she sounds prescient when she says, "If women become aware that they are cyclic beings during their menstrual lives, then they begin to recognize that they are part of the greater rhythms of the universe and come closer to accepting their true nature and finding harmony in their lives."

In addition to trends fuelled by social media

apps, there are women facilitators today who are extending these conversations offline by designing workshops that seek to explore an alternate idea of power and way of living anchored in common feminine archetypes such as the Maiden, the Mother and the Crone.

"Working with archetypes is universal and women can easily connect to them," says Kolkata-based Sukhvinder Sircar. A senior facilitator with Indian Society for Applied Behavioural Sciences (ISABS), Sircar hosts the Joyous Women community, which offers programmes that teach men and women to get in touch with their feminine energies for a balanced life. "Working with feminine archetypes and the menstrual mandala (a visual period tracker) have brought me in tune with my body's natural rhythm and cycles, creating much ease in my being," says Akanksha Thakore, a well-being facilitator based in Mumbai and a member of the Joyous Women community.

## A FRAMEWORK FOR HEALING

Sylvia Savita, a practitioner of Sensual Somatic Healing in Bali, organises workshops based on the Heroine's Journey. Designed by Maureen Murdock, a family therapist and writer based in California, the Heroine's Journey framework draws inspiration from Joseph Campbell's model of the heroic quest. Here, the heroine's journey begins with "separation from the feminine" and ends with "integration of masculine and feminine". This framework, overall, offers a map of the feminine healing process. "Reconnecting, reclaiming, and rewriting your sexual narrative is a big part of the Heroine's Journey," explains Savita. As for why such communal retreats are beneficial, she says, "When you sit in a women's circle and engage fully, you will find stories that resonate with you. Also, sharing an experience together instills a sense of belonging in each person in the circle."

Hariprasad Varma is an executive coach & yoga therapist based out of Hyderabad.

For more stories on health and wellness, visit [livermint.com/mint-lounge](https://livermint.com/mint-lounge).

The Times of India • 07 Jan • Ministry of Ayush  
Nadi Tarangani to bring credibility to ayurveda: JB Joshi

4 • PG

135 • Sqcm

327365 • AVE

1.05M • Cir

Middle Center

Pune

## Nadi Tarangani to bring credibility to ayurveda: JB Joshi

Ardhra.Nair  
@timesofindia.com

**Pune:** Nadi Tarangani, the country's first ayurvedic diagnostic tool to receive approval from Central Drugs Standard Control Organization (CDSCO), is expected to redefine healthcare, fusing ancient wisdom and modern technology.

The brainchild of renowned chemical-nuclear scientist J B Joshi and his computer scientist son Aniruddha Joshi, the device uses sensors and artificial intelligence to detect, analyse, and predict imbalances in vata, pitta, and kapha — the trinity of Ayurvedic diagnosis.

J B Joshi, chancellor of Institute of Chemical Technology, came up with the idea 20 years ago when he underwent Ayurvedic treatment. Struck by the importance of pulse diagnosis and variability among practitioners, Joshi envisioned a scientific device to bring consistency and credibility to Ayurveda.

Aniruddha Joshi, then pursuing his PhD at IIT Bombay, took on the challenge. Experimenting with several sensors, he devel-

oped piezoelectric sensors that mimic the tactile sensitivity of a human finger to capture pulse waves. Coupled with an AI-driven analysis system, the device generates a 10-page report in 10 Indian languages, detailing 22 Ayurvedic parameters, including stress levels, digestive health, and overall well-being.

Supported by funding from CSIR and encouraged by Persistent Systems' Anand Deshpande to commercialise his research, Aniruddha founded Atreya Innovations in Pune. The resulting device, Nadi Tarangani, has patents in India, the US, Europe, and Indonesia. It is currently used in 1,250 Ayurvedic clinics and has tested over five lakh patients.

During CDSCO certification, data from 25,000 patients validated its 85% accuracy. "This marks the beginning of standardising Ayurvedic practices using technology, making it globally relevant," said Joshi.

Costing Rs 55,000, the device is available only to BAMS doctors or practitioners with a relevant degree and was lauded by PM Narendra Modi in his Mann Ki Baat programme.



The Times of India • 07 Jan • Ministry of Ayush  
Health min issues advisory, to hold meeting today

2 • PG

95 • Sqcm

230443 • AVE

1.05M • Cir

Middle Center

Pune

## Health min issues advisory, to hold meeting today

TIMES NEWS NETWORK

**Kolhapur:** State health and family welfare minister Prakash Abitkar said he has called a meeting of senior health department officials on Tuesday to discuss measures to be taken in the wake of detection of human metapneumovirus (HMPV) cases in the country.

He urged citizens not to panic after reading messages on social media about the spread of virus. "We are going to issue an advisory on the dos and don'ts af-

ter a thorough discussion with officials and experts on Tuesday. The health departments at the Centre and the state are efficient in tackling any such diseases, which they have proven time and again. People should not fear as things will be clearer in a day or two," said Abitkar in Kolhapur.

The preparedness of hospitals in terms of medicines, beds etc and also other measures that may be necessary, if HMPV cases rise in Maharashtra, will be discussed at the meeting.

Speaking in Kolhapur, CM Devendra Fadnavis stated that the initial information about the virus indicates it is not new; it has been detected in the past and is now slowly re-emerging. "All measures will be adopted to tackle the spread of virus. We are going to set up a mechanism to provide authentic information about the spread of virus," said Fadnavis. Congress MLC Satej Patil said that the health secretaries of Maharashtra and Karnataka should be in touch with each other to share details of the cases.

The Tribune • 07 Jan • Ministry of Ayush  
Ayurvedic doctors cry foul in HPSC hiring, seek probe

2 • PG

161 • Sqcm

486696 • AVE

92.25K • Cir

Middle Right

Delhi

## Ayurvedic doctors cry foul in HPSC hiring, seek probe

TRIBUNE NEWS SERVICE

CHANDIGARH, JANUARY 6

Ayurvedic doctors who appeared for the Ayurvedic Medical Officers (AMO) recruitment exam have demanded access to their answersheets after several top-performing candidates, including gold medallists, were declared not qualified.

At a press conference held with Congress leader Shweta Dhull, the doctors alleged discrepancies in the results of the Haryana Public Service Commission (HPSC). Dr Ankit Phogat revealed that the HPSC advertised 805 AMO posts after a 12-year gap and approximately 18,000 candidates appeared for Paper 1 on October 9, 2024. This objective-type paper required 25% marks to qualify.

The second stage, the Subject Knowledge Test (SKT), was held on November 17, 2024, where candidates needed 35% to pass. However, many top candidates, including university gold medallists and a PhD scholar from IIT Delhi, failed despite their exceptional academic records.

"Many of us scored over 70% in Paper 1. How can we fail the second paper? Are our degrees fake?" asked one of the candidates.

The affected candidates have demanded a judicial inquiry under a sitting judge and the suspension of interviews, scheduled to start on January 20, 2025, until the matter is investigated.

Dhull alleged that the HPSC has a history of corruption, citing past bribery scandals involving senior officials. "No reasonable person can believe that candidates who consistently scored 65-75% in BAMS and other exams failed to achieve even 35% in such an easy paper," she said.

Dhull also accused the Commission of misleading candidates by denying access to answersheets, citing the Supreme Court judgment in Angesh Kumar vs UPSC. "This case involved optional papers in UPSC with raw and normalised scores, which is irrelevant here. In this recruitment, all candidates had the same paper. As per the Vikas Sharma vs. Govt of Haryana judgment, candidates have the right to know their marks," she explained.

The candidates further alleged that the reservation policy was not followed in this recruitment, as the same qualifying criteria (25% for Paper 1 and 35% for Paper 2) were applied to all categories.

Doctors have filed a petition in the high court seeking justice.

The Pioneer • 07 Jan • Ministry of Ayush  
THE TRANSFORMATIVE POWER OF YOGA

7 • PG

463 • Sqcm

278036 • AVE

268.96K • Cir

Top Left

Chandigarh

**FIRST COLUMN**  
**THE TRANSFORMATIVE  
POWER OF YOGA**

Hatha Yoga emphasises holistic well-being,  
nurturing the body, mind and spirit in harmony



RAVI VALLURI

**H**atha Yoga lays emphasis on the overall well-being of the body while nurturing the mind and spirit of the seeker. The bedrock of this yogic technique is strongly based on the traditional eight limbs of yoga as expounded by Patanjali in his Yoga Sutras. These are 10 quotes on yoga by Gurudev Sri Sri Ravi Shankar which help one to appreciate the depth of yoga.

1. "Like a flower bud, human life has the potential to blossom fully. Blossoming of human potential to fullness is yoga." Yoga is a discipline that is both gentle and powerful for uniting body, breath and mind in awareness. It integrates elements from all the different paths of yoga where you get a glimpse of Raj Yoga, Ashtanga or Hatha Yoga, Karma Yoga, Bhakti Yoga as well Gnana Yoga making the yogic experience wholesome.
2. "Yoga brings knowledge, passion and action together." Yoga is not just doing some body-twisting postures – it is experiencing the union of the body, mind and breath.
3. "Yoga is a study of life, study of your body, breath, mind, intellect, memory and ego; study of your inner faculties." The practice of yoga has been known for centuries to produce benefits in the areas of health, mental clarity and spiritual connection.
4. "Withdraw your senses from the object to its source, then the union happens, then the yoga happens." One must learn the correct way of doing asanas and pranayama.
5. "Peace is our very nature, and yoga leads you to inner peace." Yoga teaches one how to pay attention to what one experiences inside and what is the state of mind. Declutter the mental chatter.



6. "The purpose of yoga is to stop suffering even before it arises." Yoga is a holistic way of energising and integrating mind, body and spirit.
7. "Yoga is not just weight-loss programme; it is a science to make one feel lighter. It helps to lose the mental stuff of anger, jealousy, hatred, greed, etc." During the Sri Sri Yoga basic programme that is taught in 10 to 12 hours at the Art of Living Retreat, certified teachers help to experience the real depth of yoga that brings benefits not just at the physical level but at the mental, emotional and spiritual level too.
8. "One of the rules of yoga is to cultivate the practice of being happy." Everybody ultimately wants to be happy. But what is real happiness? The wise say that shifting gears from the pursuit of happiness to being happy makes happiness a journey rather than the destination, which is the key.
9. "The wisdom of yoga transforms one from arrogance to self-confidence, meekness to humility; from dependence to a realisation of interdependence." One may wonder if yoga is a self-help programme. Taught at various levels, yoga programmes connect one with ancient wisdom and nourish one's inner beauty as a human being.
10. "The wisdom of yoga transforms one from craving freedom to recognition of the 'unboundedness', from limited ownership to oneness with the whole." Does it seem incredulous? But yes, this is indeed the real potential of yoga. Simple yogic postures, rejuvenating breathing techniques, and blissful meditations integrated with the invaluable ancient wisdom of yoga put one on the path of genuine life transformation. As a yoga explorer with over a decade and a half of experience, I can state that all fellow explorers can dive deeper and experience what it takes to be a real yogi (or yogini).

*(The writer is the CEO of Chhattisgarh East Railway Ltd. and Chhattisgarh East West Railway Ltd. He is a faculty of the Art of Living)*

## The New Indian Express • 07 Jan • Ministry of Ayush TRIKONASANA CHAIR (TRIANGLE POSE CHAIR)

2 • PG

604 • Sqcm

603532 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

### FITBIT

## TRIKONASANA CHAIR (TRIANGLE POSE CHAIR)

This beginner level variation helps students understand the body alignment that supports the deeper stretch. The placing of the feet, shoulders, and hips plays an important role in achieving the best from this variation, while the prop gives the right support. Using a chair helps avoid the possibility of bending forward instead of stretching laterally and keeping the hips square.

### STEPS

- While slowly releasing from Utkatasana, stand with the feet apart, using the support of the chair placed by your side.
- Keeping the chair towards the left side at arm's distance from you, focus on placing the left hand on the resting side of the chair.
- Inhale and stretch the arm while making sure the left foot is placed at 90 degrees and the right foot is placed inwards at 45 degrees.
- Practice Triangle Pose with the chair, making sure the stretch is felt deep at the lower side of the hips towards the right side.
- Stay here for 8 breaths, release and practise on the other side.
- Stretching of the side abdominal muscles while the feet are apart emphasises more on using the pelvic floor muscles to remain in balance, gazing at the sky. If you are confident, practising this pose without support is more beneficial.

### LIMITATIONS

- Students with injuries in the hamstrings, hips, legs, lower back, spine, ribs, neck, arms, and shoulders, undergone any recent hip, shoulder, or abdominal surgeries, avoid this pose.
- Students with weak bone structure or musculature or weak joints, any pain in the tailbone, lower back, hips, or shoulders, chronic hip or knee issues should take it slow and be mindful.
- Students experiencing dizziness, vertigo, nausea, or balancing issues can do with the additional support of the wall.
- Chair support can be helpful, but super senior citizens and pregnant women in their later trimester should avoid this.

### BENEFITS

- Beginners in the practice of Triangle Pose tend to perform this pose by bending forward to touch their toes.
- Builds a foundation of the alignment required for Trikonasana.
- Allows intermediate-level students to go deeper into the lateral extension.
- Those with limited flexibility in the hamstrings or hips can strengthen the spinal and core muscles.
- Helps access the psoas muscles and other muscles in the pelvic floor.
- Provides the support required to roll the outer thigh open, in order to stretch from the hips.
- Stretching and opening the psoas muscles comes with a couple of benefits – gain better flexibility of the hips and torso, and helps release accumulated tensions in these muscles, releasing stiffness and stress.
- Helps build proper posture with focused breathing and alignment.
- Can be taught to teens, seniors or other adults who might need help to correct postural defects.
- Deep core muscles, and hip flexors are strengthened.
- Helps open the chest, which will help teenagers or people who have developed a hunchback due to long hours of working on computers.
- Students suffering from scoliosis of the spine may not be able to perform Trikonasana in a way that would benefit them.
- Helps in lengthening the spine when done on the compressed side of the spine.



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



The New Indian Express • 07 Jan • Ministry of Ayush

## TRIKONASANA CHAIR

2 • PG

634 • Sqcm

836538 • AVE

246.4K • Cir

Top Right

Chennai

**FITBIT**

### TRIKONASANA CHAIR (TRIANGLE POSE CHAIR)

This beginner level variation helps students understand the body alignment that supports the deeper stretch. The placing of the feet, shoulders, and hips plays an important role in achieving the best from this variation, and the prop gives the right support. Using a chair helps avoid the possibility of bending forward instead of stretching laterally and keeping the hips square.

#### STEPS

- While slowly releasing from Utkatasana, stand with the feet apart, using the support of the chair placed by your side.
- Keeping the chair towards the left side at arm's distance from you, focus on placing the left hand on the resting side of the chair.
- Inhale and stretch the arm while making sure the left foot is placed at 90 degrees and the right foot is placed inwards at 45 degrees.
- Practice Triangle Pose with the chair, making sure the stretch is felt deep at the lower side of the hips towards the right side.
- Stay here for 8 breaths, release and practise on the other side.
- Stretching of the side abdominal muscles while the feet are apart emphasises more on using the pelvic floor muscles to remain in balance, gazing at the sky. If you are confident, practising this pose without support is more beneficial.

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- Helps in lengthening the spine when done on the compressed side of the spine.



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

The Hindu • 07 Jan • Ministry of Ayush  
Highest hospital registrations under Ayushman in U.P.

4 • PG

84 • Sqcm

38426 • AVE

245K • Cir

Top Left

Mumbai



### 'Highest hospital registrations under Ayushman in U.P.'

Uttar Pradesh has achieved the highest number of hospital registrations in the country under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana, both at government and private hospitals, Deputy Chief Minister Brajesh Pathak said on Monday. The beneficiaries of the health insurance scheme are receiving free treatment up to ₹5 lakh, Mr. Pathak said, as he directed authorities to ensure maximum coverage for the eligible patients. The State boasts a total of 5,834 hospitals operating under Ayushman Bharat scheme, of which 2,949 are govt.-run and 2,885 are private facilities, the highest in India, Mr. Pathak said. PTI

## The Morning Standard • 07 Jan • Ministry of Ayush Fit Bit

2 • PG

627 • Sqcm

300881 • AVE

300K • Cir

Middle Right

Delhi

### FITBIT

## TRIKONASANA CHAIR (TRIANGLE POSE CHAIR)

This beginner level variation helps people understand the body alignment that supports the deeper stretch. The placing of the feet, shoulders, and hips plays an important role in achieving the best from this variation, and the prop gives the right support. Using a chair helps avoid bending forward instead of stretching laterally and keeping the hips square.

#### STEPS

- Start by standing with your feet apart, using the support of the chair placed by your side, while slowly releasing from Utkatasana.
- Keeping the chair towards the left side at an arm's distance from you, focus on placing the left hand on the resting side of the chair.
- Inhale and stretch the arm while making sure the left foot is placed at 90 degrees and the right foot is placed inwards at 45 degrees.
- Practise Triangle Pose with the chair, ensuring the stretch is felt deep at the lower side of the hips towards the right side.
- Stay here for eight breaths, release, and practise on the other side.
- Stretching of the side abdominal muscles, while the feet are apart, emphasises more on using the pelvic floor muscles to remain in balance, gazing at the sky. If you are confident, practising this pose without support is more beneficial.

#### LIMITATIONS

- People with injuries hamstrings, hips, legs, lower back, spine, ribs, neck, arms, and shoulders injuries, have undergone any recent hip, shoulder, or abdominal surgeries, avoid this pose.
- Those with weak bone structure or musculature or weak joints, any pain in the tailbone, lower back, hips, or shoulders, and chronic hip or knee issues should take it slow and be mindful.
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- Can be taught to teens, seniors, or other adults needing help to correct postural defects.
- Deep core muscles and hip flexors are strengthened.
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- People suffering from spine scoliosis may not be able to perform Trikonasana in a way that would benefit them.
- Helps in lengthening the spine when done on the compressed side.



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



The Morning Standard • 07 Jan • Ministry of Ayush  
What When Why Where

2 • PG

509 • Sqcm

244308 • AVE

300K • Cir

Middle Center

Delhi

## WHATWHENWHYWHERE

### Laugh Your Head Off

Comedian Kunal Kamra, famed for shows like 'Uncle Logic' and 'Premises & Punchlines', is all set to present his latest comedy set, 'Kunal Kamra Live.'

**WHEN:** January 11, 5 pm

**WHERE:** Imperfecto Patio, Gurugram



### Sufi Beats

Enjoy a night of blissful Sufi music as Drink and Dine By The Terrace hosts 'Sufi Night', featuring a live performance of the Aakaar Band.

**WHEN:** January 11, 8 pm

**WHERE:** Drink and Dine By The Terrace, Noida



### Sharing Words

Nojot Creator Hub presents 'Mix Mic,' a live-mic event where authors and storytellers can share their works.

**WHEN:** January 11, 12 pm

**WHERE:** Nojoto Creator Hub, Saiyad-Ul-Ajaib, Saket

**TICKETS:** bookmyshow.com

### Dive Into The Universe

Science enthusiasts can visit Nehru Planetarium to enjoy *Biography of the Universe*, a 2D show depicting interesting facts about the universe.

**WHEN:** Today, 11 am onwards

**WHERE:** Nehru Planetarium, Teen Murti Marg

### Calm Your Mind

Dive deep into the world of yoga as Soulebration is all set to host Hatha Vinyasa Yoga sessions, offering a blend of relaxation and mindfulness in a serene setting.

**WHEN:** Today, 7 am onwards

**WHERE:** Near CDR Chowk, Chhatarpur



### Kabir's Critique

Enjoy *Kabira Khada Bazaar Me*, a play directed by Shilpi Marwaha, portraying Kabir as a fearless critic of religious orthodoxy, challenging rigid dogmas.

**WHEN:** January 12, 7 pm

**WHERE:** Shri Ram Centre, Mandi House

### Mouthwatering Kebabs

Dive deep into mouthwatering kebabs as Punjab Grill is all set to host 'Kebab Di Kahaniya', a food festival bringing delicacies from across the region.

**WHEN:** Today, 11 am onwards

**WHERE:** Punjab Grill, Connaught Place



Deccan Chronicle • 07 Jan • Ministry of Ayush  
HC suspends sentence on SI

5 • PG

293 • Sqcm

1091510 • AVE

2.55M • Cir

Bottom Left

Hyderabad

# HC suspends sentence on SI

**L. RAVICHANDER**  
HYDERABAD, JAN. 6

A two-judge panel of the Telangana High Court suspended a sentence imposed against a police sub-inspector of Tharigoppula police station in Warangal on charges of contempt of court. The panel of Chief Justice Alok Aradhe and Justice J. Sreenivas Rao were hearing a contempt appeal filed by Naresh Yadav.

The appellant was directed to undergo one week of imprisonment and pay a fine of ₹2,000. The appellant was also required to pay compensation of ₹50,000 to the alleged victim.

Earlier, a single judge found the police sub-inspector guilty of violating an order made on August 11, 2023.

The backdrop to the contempt appeal is allegations made by one Golusu Narsaiah who was charged for cheating and criminal breach of trust.

At his request the court had directed the police to charge him only under Section 420 and accordingly follow the procedure of issuing a notice instead of causing an arrest.

Though the said order was made on August 11, 2023, the sub-inspector's defense was that he had no knowledge of the said order when the accused was arrested on November 15.

The panel accordingly admitted the statutory contempt appeal, and subject to the fine of Rs 2,000 he paid, suspended the order of the single judge.

## HC ADMITS HMWS&SB WRIT ON 2015 GO

Justice K. Lakshman of Telangana High Court allowed a writ plea directing the Hyderabad Metropolitan Water Supply and Sewerage Board (HMWS&SB) to adhere to a GO dated April 20, 2015, which enhanced monetary limits and relaxed qualification criteria for civil works. The decision came in response to a writ plea filed by Khaja Inam ul Haq, a registered civil contractor, challenging a tender notification issued on November 23, 2024, for works related to replacing filter media at Mir-Alam Filter Beds. The petitioner argued that the tender conditions wrongly insisted on past experience requirements from another GO, ignoring the updated provisions of GO dated April 20, 2015, which had relaxed these criteria to provide fair opportunities to contractors. Despite submitting a competitive bid in line with the earlier GO, the petitioner's application was deemed non-responsive. The respondents argued that the tender required contractors with specific past experience due to the technical complexity of the project, which involved potable water filtration. They claimed that the petitioner's bid did not meet these criteria and that their approach was justified to ensure the quality of work. The judge ruled that the respondents had failed to adhere to the binding directives of GO



dated April 20, 2015, which enhanced monetary limits and relaxed qualification criteria for civil works. The judge cited Board's internal proceedings from February 8, 2016, where it had committed to implementing the 2015 GO, in its tender processes. The judge also referenced SC ruling in Tata Motors Limited vs The Brihan Mumbai Electric Supply & Transport stating that limit judicial review in tender matters to cases involving arbitrariness or malafides, noting that the rejection of the petitioner's bid was both arbitrary and irrational. The judge directed the Board to process the petitioner's bid as per the provisions of GO dated April 20, 2015, and to award the contract if petitioner was found a successful bidder.

## AYUSH HEAD TO ADMIT ACUPUNCTURE HEALERS

Justice Nagesh Bheemappa of Telangana High Court passed an interim order directing the Commissioner of Ayush, Ayurveda, to consider the applications filed by two acupuncture healers for practising in Telangana. The judge was dealing with a writ petition filed by Md Nisaar and Kha-

jashaken, challenging the non-recognition of acupuncture therapy in Telangana. The petitioners argued that the failure to recognise acupuncture as a valid therapy was illegal, arbitrary, and unconstitutional. They sought a directive to allow practitioners to legally practice acupuncture in the state. The judge directed the state to file their response.

## HC TO ASSESS ADMISSIBILITY OF PLEA

Justice B. Vijaysen Reddy of the Telangana HC will assess the maintainability of a writ petition filed by an 84-year-old retired government servant, Gulam Afzal, on behalf of his daughter, who resides abroad. The petition seeks a directive to register a case against the daughter's husband for alleged harassment overseas. The petitioner claimed that his daughter faces constant threats to her life from her husband, whom he alleges entered into a sham marriage with her. Despite filing multiple complaints abroad, no action has been taken. The petitioner said that he tried to lodge a complaint with the local police in India due to the inaction of authorities overseas. After hearing the petitioner's counsel, Justice Reddy raised concerns about the maintainability of the writ plea and the feasibility of Indian police investigating matters occurring abroad. The judge has scheduled the case for further hearing to decide on the maintainability of the plea.

# The Daily Guardian • 07 Jan • Ministry of Ayush

## Boost Your Eye Health With Nutraceuticals: Preventing Cataracts And Diabetic Complications

14 • PG

438 • Sqcm

43833 • AVE

N/A • Cir

Top Center

Delhi

### BOOST YOUR EYE HEALTH WITH NUTRACEUTICALS: PREVENTING CATARACTS AND DIABETIC COMPLICATIONS



**FOOD IS MEDICINE**  
DR ANISH DESAI

Diet plays a crucial role in protecting against ocular diseases, drawing increasing focus from researchers and healthcare professionals. Nutraceuticals, which are bioactive compounds sourced from food, provide a natural and affordable means of preventing and managing eye conditions such as cataracts and diabetic retinopathy. These disorders, often worsened by oxidative stress and metabolic imbalances, can be effectively addressed through carefully designed dietary strategies.

Cataracts, characterized by the clouding of the eye's lens, are a leading cause of blindness worldwide. Oxidative stress, fueled by reactive oxygen species (ROS), plays a central role in cataract formation by damaging lens proteins. Nutraceuticals with antioxidant properties are vital in counteracting this process.

**Lutein and Zeaxanthin:** Found in spinach, kale, and egg yolks, these carotenoids protect the lens from oxidative damage by filtering harmful blue light and stabilizing cellular membranes.

**Vitamin C:** Abundant in citrus fruits and amla, vitamin C acts as a potent antioxidant, neutralizing ROS and preventing protein aggregation in the lens.

**Vitamin E:** Present in nuts and seeds, vitamin E protects cellular membranes from lipid peroxidation, reducing cataract risk.

**Flavonoids:** These compounds, present in apples, berries, and green tea, scavenge free radicals, reducing oxidative stress in the lens.

Diabetes exacerbates the risk of cataracts and diabetic retinopathy due to high blood glucose levels, which



*Aldose Reductase Inhibitors: These compounds, found in turmeric (curcumin), green tea, and bitter melon, prevent sorbitol accumulation, mitigating osmotic stress.*

trigger advanced glycation end products (AGEs) and oxidative stress. The polyol pathway, wherein glucose is converted to sorbitol, further contributes to osmotic stress in lens cells, leading to damage.

lial cells by reducing ROS production and enhancing cellular resilience. A diet rich in colorful fruits and vegetables, whole grains, and functional foods can significantly lower the risk of cataracts and diabetic eye



**Aldose Reductase Inhibitors:** These compounds, found in turmeric (curcumin), green tea, and bitter melon, prevent sorbitol accumulation, mitigating osmotic stress.

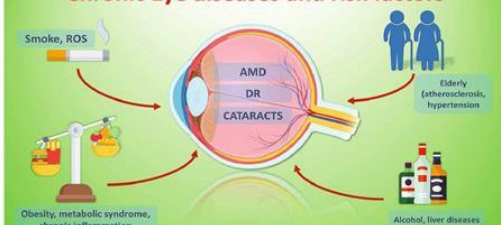
**Polyphenols:** Found in tea, coffee, and grapes, polyphenols inhibit AGE formation, reducing oxidative damage and preserving lens transparency.

**Resveratrol:** Derived from grapes and berries, resveratrol protects lens epithe-

complications.

Nutraceuticals and functional foods represent a powerful, natural approach to eye health, particularly in preventing cataracts and diabetic complications. By adopting a nutrient-rich diet, you can not only enhance your vision but also take a proactive step toward overall well-being. Regular eye check-ups, combined with these dietary strategies, ensure a comprehensive approach to preserving vision.

### Chronic Eye diseases and risk factors





Veer Arjun • 07 Jan • Ministry of Ayush  
Canadian Company will open Ayurvedic clinic

4 • PG

232 • Sqcm

17419 • AVE

60K • Cir

Middle Center

Delhi

## कनाडा की कम्पनी खोलेगी आयुर्वेदिक गैस्ट्रोएंट्रोलोजी के क्लीनिक

नई दिल्ली, (वीअ)। भारतीय मूल के कॅनेडियन आयुर्वेदिक डाक्टर व आयुर्वेदाचार्य डॉ हरीश वर्मा 12 जनवरी को श्रीरामपुर जेला अहिल्यानगर महाराष्ट्र में होने वाले कार्यक्रम -आर्युकोन 2025 - में भाग लेंगे तथा इस कार्यक्रम में अपने 30 मिनट के भाषण में कैसे भारतीय आयुर्वेदिक चिकित्सक विदेशों में जाकर आयुर्वेदिक प्रैक्टिस कर सकते हैं इस विषय की विस्तार से जानकारी देंगे। डॉ वर्मा ने बताया कि इसके लिये देश व्यापी जागरूकता अभियान की जरूरत है ताकि आयुर्वेद के चिकित्सकों को विदेशों में अवसर मिल सके तथा आयुर्वेदिक चिकित्सक विश्व स्तर पर ट्रेडिशनल चाईनीज मेडिसिन के प्रैक्टिसनर्स का मुकाबला कर सकें।

डॉ वर्मा ने बताया कि अमेरिका, कनाडा, लंदन, यूरोप तथा एशिया के देशों में रहने वाले

आयुर्वेदिक ग्रैजुएट तथा नैचुरोपैथ्स के लिए पारुल यूनिवर्सिटी तथा कॅनेडियन कॉलेज ऑफ आयुर्वेदा एंड योगा ने मिलकर आयुर्वेदिक गैस्ट्रोएंट्रोलोजी का सर्टिफिकेट कोर्स तैयार किया है। इस कोर्स में पेट की जटिल बिमारियां जैसे अल्सररेटिव कोलाइटिस, गैस्ट्राइटिस, पेट्टिक अल्सर आदि रोगों की पूरी जानकारी व आयुर्वेदिक इलाज की ट्रेनिंग दी जायेगी। डॉ वर्मा ने बताया कि कनाडा की कम्पनी वैस्ट आयुर्वेदा लिमिटेड पूरे भारत में आयुर्वेदिक गैस्ट्रोइंटेस्टिनल क्लीनिक की फ्रैंचाईज खोलने जा रही है जिससे भारत में भी आयुर्वेद के चिकित्सकों को रोजगार के नए अवसर मिलेंगे। यह जानकारी एक संवाददाता सम्मेलन में कॅनेडियन कॉलेज ऑफ आयुर्वेद एवं योगा के अध्यक्ष डॉ हरीश वर्मा ने दी।

Loksatta • 07 Jan • Ministry of Ayush

14 independent AYUSH district hospitals in the state

5 • PG

571 • Sqcm

2239783 • AVE

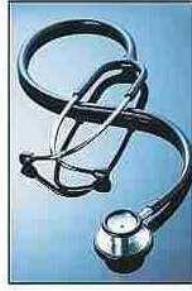
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Middle Left

Mumbai

# राज्यात स्वतंत्र १४ आयुष जिल्हा रुग्णालये

संदीप आचार्य, लोकसत्ता



**मुंबई :** राष्ट्रीय आयुष अभियानांतर्गत देशभरात आयुष जिल्हा रुग्णालये उभारून

त्याअंतर्गत राज्यात १४ स्वतंत्र आयुष जिल्हा रुग्णालये सुरू करण्यास मान्यता देण्यात आली आहे. यापैकी अहमदनगर, पुणे व नंदूरबार येथे ३० खाटांच्या जिल्हा रुग्णालयांचे बांधकाम पूर्ण होऊन रुग्णालयांचे काम सुरू झाले आहे. या रुग्णालयांच्या माध्यमातून आयुर्वेद, युनानी, होमिओपॅथी, तसेच योग, निर्सर्गोपचार आणि वृद्धापकाळातील उपचार दिले जाणार आहेत. महाराष्ट्रात दोन ते पाच लाख लोकसंख्येसाठी ३० व ५० खाटांची १४ रुग्णालये सुरू करण्यास मान्यता देण्यात आली असून यासाठी बांधकामाचा खर्च १० ते १५ कोटी रुपये येणार असल्याचे आरोग्य विभागाच्या

सूत्रांनी सांगितले. या रुग्णालयांमध्ये बाह्यरुग्णसेवा, तसेच रुग्णांना दाखल करून उपचार देण्यात येणार आहेत. साधारणपणे प्रत्येक रुग्णालयात ६० ते ७० पदे असतील, तसेच विशेषज्ञांची सात पदे असणार आहेत. आयुर्वेदिक उपचार घेण्याकडे कल वाढतो आहे. पंचकर्म करणाऱ्यांची संख्या वाढत असून होमिओपॅथी उपचार घेणाऱ्यांची संख्याही मोठी आहे.

## ठाण्यातील रुग्णालयासाठी १५ कोटी मंजूर

राष्ट्रीय आयुष अभियानांतर्गत ठाणे जिल्हा आयुष रुग्णालयाचे काम येत्या काही दिवसांतच सुरू होणार असल्याची माहिती जिल्हा शल्यचिकित्सक डॉ. कैलास पवार यांनी दिली. आयुष रुग्णालय बांधण्यासाठी १५ कोटी मंजूर झाले आहेत. वृद्धापकाळीन रुग्णोपचाराचे महत्त्वही मोठे आहे. वृद्धापकाळात पर्यायी उपचार घेण्याकडे कल वाढत असून, जेरिक्ट्रिक रुग्णांना या रुग्णालयांमध्ये फायदा होईल, असा विश्वास आरोग्य विभागाच्या सूत्रांनी व्यक्त केला.



Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	ABP Live	शिमला से धर्मशाला में शिफ्ट हो सकता है HPTDC ऑफिस, सीएम सुखविंदर सिंह सुक्खू ने ...	85.9M
2.	ABP Live	Delhi Assembly Election 2025: दिल्लीवालों के फायदे की बात! चुनाव से पहले 185 करो...	85.9M
3.	हिन्दुस्तान(Live Hindustan)	Mahakumbh 2025: Blast की धमकी देने वाला Ayush Jaiswal Arrest, Nasir Pathan के ना ...	64.8M
4.	हिन्दुस्तान(Live Hindustan)	ऑटोइम्यून बीमारियों का होम्योपैथ में सटीक इलाज : डॉ. निशांत	64.8M
5.	The Times of India	Allowing plea, HC stays NEET PG 2nd round seat allotment	64.4M
6.	अमर उजाला (Amar ujala)	Bhiwani News: अलखपुरा क्लब ने सिक्किम क्लब को 2-0 से हराया	63.8M
7.	अमर उजाला (Amar ujala)	Fatehabad News: नागरिक अस्पताल में सुधरेगा अब पार्किंग सिस्टम, अधिकारी व कर्मचार...	63.8M
8.	अमर उजाला (Amar ujala)	Lakhimpur Kheri News: ठंड ने बढ़ाए बुखार, नजला और खांसी के मरीज, हर पांचवां ब्यक...	63.8M
9.	अमर उजाला (Amar ujala)	HPTDC: मुख्यमंत्री सुखविंदर सिंह सुक्खू बोले- एचपीटीडीसी कार्यालय को शिमला से ध...	63.8M
10.	News18 Hindi	माचिस की तीली से न साफ करें कान, जानें बेहद आसान उपाय, मिनटों में पूरी गंदगी आ ज...	43.6M
11.	Lokmat	१७ वर्षीय मुंबईकराचा धमाक्यावर धमाका! मयांकच्या भात्यातून सॅच्युरीची हॅटट्रिक	42.3M
12.	The Hindu	Karnataka tames formidable Punjab in National basketball The Hindu	35.9M
13.	The Hindu	2,500 kg of banned plastic products confiscated from Valiyangadi	35.9M
14.	Zee News Hindi	आयुष जायसवाल ने दोस्त नासर पठान नाम से बनाई फेक ID, कुंभ मेले में बम विस्फोट की ...	31.9M
15.	The Economic Times	Upgrad's Mayank Kumar and Oyo's Ayush Mathur launch BorderPlus	28.7M
16.	The Economic Times	From Rolls-Royce to Silver Chariots: Sadhus arrive in style at Maha Kumbh Mela	28.7M
17.	Dailyhunt	Beauty and Superstore lead Nykaa's growth; Shaping the future of logistics	18.6M
18.	Dailyhunt	upGrad Cofounder Mayank Kumar Launches Talent Mobility Startup "BorderPlus"	18.6M
19.	Dailyhunt	Startup and news updates: Daily roundup (January 6, 2025)	18.6M
20.	Dailyhunt	Narendra Modi Launches ₹ Cr Infrastructure Projects in Delhi	18.6M
21.	Dailyhunt	From medicines to quick commerce, how TSAW Drones is shaping the future of lo gis...	18.6M
22.	Dailyhunt	upGrad's Mayank Kumar, OYO's Ayush Mathur launch talent mobility platform Bo rd...	18.6M
23.	Dailyhunt	Poll bonanza: PM Modi launches Delhi-Meerut Namo Bharat train	18.6M
24.	Dailyhunt	PM lays stone for new building of Central Ayurveda Research Institute at Rohini	18.6M
25.	Dailyhunt	PM Modi launches development projects in Delhi worth over Rs 12,200 cr	18.6M

26.	Dailyhunt	DME Assam 2025 Grade 3 admit card for technical posts released; check downlo ad l...	18.6M
27.	Medical Dialogues	AYUSH Evolving by Integrating Traditional Medicine with Modern Science: Health M...	16M
28.	Medical Dialogues	PM Modi lays foundation stone for Rs 185 crore Central Ayurveda Research Instit u...	16M
29.	Siasat	Bihar youth arrested for bomb threat at Kumbh Mela using fake online identity	11.7M
30.	ThePrint	PM Modi lays foundation for ayurveda institute in Delhi, says world will soon ad...	11.3M
31.	Business Standard	upGrad's Mayank Kumar, Oyo's Ayush Mathur unveil new venture BorderPlus	8.1M
32.	Latestly	East Bengal FC vs Mumbai City FC, ISL 2024-25 Live Streaming Online on JioCin ema...	7.8M
33.	Mid-Day	Mumbai secure consolation win	7.5M
34.	Republic World	Human Metapneumovirus In India: Why Is Winter Season A Hotbed For HMPV C ases?	7.1M
35.	Republic World	January 2020 And January 2025: Eerie Similarities Between Covid19 And HMPV	7.1M
36.	The Tribune India	MC Poll: 12 of 22 wards reserved for SCs, BCs, women in Y"nagar, Jagadhri	7M
37.	The Tribune India	Poll bonanza: PM Modi launches Delhi-Meerut Namo Bharat train	7M
38.	New Indian Express	Lower courts in Odisha post 91.41 per cent CCR, pendency goes up to 19.20 lakh	6.7M
39.	Free Press Journal	Madhya Pradesh High Court Stay On NEET PG Phase-II Seat Allotment, Orders Regist...	6.4M
40.	PIB	Union Minister of Health & Family Welfare, Shri JP Nadda chairs Joint Strate...	5.4M
41.	Punekar News	Nadi Tarangini, the first diagnostic device for Ayurveda gets CDSCO nod	4.9M
42.	Scroll.in	HPSC AMO interview schedule out; check details here	4.5M
43.	Kerala Kaumudi Online	തൊഴി സംരക്ഷിക്കണം	4.4M
44.	Insidesport	East Bengal vs Mumbai City: Where to watch Live Streaming of ISL 2024-25 for fr e...	3.8M
45.	Janta Se Rishta	राज्य में 4 लाख 45 हजार 897 नागरिकों का ऑनलाईन प्रकृति परीक्षण किया गया	3.8M
46.	Ap7am	Rs 185 crore Central Ayurveda Research Institute in Delhi to promote 'heal in In...	3.2M
47.	Your Story	Startup and news updates: Daily roundup (January 6, 2025)	2.9M
48.	Your Story	From medicines to quick commerce, how TSAW Drones is shaping the future of lo gis...	2.9M
49.	Your Story	upGrad"s Mayank Kumar, OYO"s Ayush Mathur launch talent mobility platform Bo rd...	2.9M

50.	Crictracker	'Everything seems to have fallen apart' - Harbhajan Singh questions Gautam Gambhir...	2.8M
51.	Devdiscourse	India Accelerates Towards TB Elimination: J P Nadda Launches 100-Day Intensified...	1.2M
52.	Sentinel Assam	Rs 185 crore Central Ayurveda Research Institute in Delhi to promote 'heal in In...	1.2M
53.	Deccan Herald	1.48 lakh new TB cases identified in first 30 days of 100-day intensified campai...	1.14M
54.	Krishi Jagran	"Central Ayurveda Research Institute" Foundation Stone Laid to Advance Healthca...	1.1M
55.	Sudarshn News	टीवी मुक्त भारत अभियान को लेकर केंद्रीय स्वास्थ्य मंत्री जे पी नड्डा ने की 21 मं...	723.4K
56.	Daily Excelsior	PM Modi lays foundation for ayurveda institute in Delhi, says world will soon ad...	717.7K
57.	Daily Excelsior	J&K shines at 20th National ITF Taekwondo C"ship	717.7K
58.	Bw Businessworld	India's Coffee Exports Surpass \$1 Bn Milestone Amid Growing Global Demand	666.7K
59.	MBM News Network	HPTDC कार्यालय को धर्मशाला स्थानांतरित करने पर विचार कर रही सरकार	575.7K
60.	Divya Himachal	HP News: मुख्यमंत्री ठाकुर सुखविंदर सिंह सुक्खू का ऐलान, धर्मशाला शिफ्ट होगा एचप...	553.6K
61.	Punjabkesari	Shimla: एचपीटीडीसी का कार्यालय धर्मशाला शिफ्ट करने की तैयारी	530.7K
62.	Nagpur Today	Shyam Karate Academy Shines at the 9th NSKAI National Karate Championships 2024	482.8K
63.	Khas Khabar	दिल्ली में 185 करोड़ रुपये की लागत से बनेगा केंद्रीय आयुर्वेद अनुसंधान संस्थान -...	466.4K
64.	Desh Gujarat	Surat Police nab two for selling Chinese Tukkal ahead of Uttarayan	452.1K
65.	Techno Sports	ISL 2024/25: East Bengal vs Mumbai City FC – Match Preview, Prediction and Ho...	426.6K
66.	Live Vns	प्रधानमंत्री के दृष्टिकोण और स्वास्थ्य विभागों के प्रयासों ने भारत को टीवी उन्मु...	382.1K
67.	En Trackr	Udaan's Amod Malviya and Rishi Kedia launch new startup Pre6	370.2K
68.	En Trackr	upGrad's Mayank Kumar and OYO's Ayush Mathur launch BorderPlus	370.2K
69.	News on AIR	PM Modi lays foundation stone for ₹ 185 crore Central Ayurveda Research Institute in...	314.3K
70.	HindusthanPost	TB Free India: केंद्रीय मंत्री नड्डा ने टीवी मुक्त भारत पर दिया जोर, लक्ष्य को प...	310.6K
71.	Edexlive.com	All about BorderPlus, the new blue-collar job search platform by upGrad's Mayan...	300.1K
72.	India Business Blog	PM Modi Launches India's 1st Namo Bharat Train Between Delhi & Meerut With ...	224.4K
73.	Samachar Nama	Patna शेखपुरा में औषधीय पौधों की खेती को मिलेगा बढ़ावा	195.8K
74.	Samachar Nama	दिल्ली में 185 करोड़ रुपये की लागत से बनेगा केंद्रीय आयुर्वेद अनुसंधान संस्थान :...	195.8K

75.	News Drum	1.48 lakh new TB cases identified in first 30 days of 100-day intensified campai...	158.4K
76.	Hitavada News	PM Modi inaugurates Delhi's 1st Namo Bharat corridor	129.5K
77.	BizzBuzz	In-Flight Wi-Fi: Convenience or Distraction at 30,000 Feet?	125.6K
78.	India Retailer.com	Retail India News: Ayurveda Launches New Range of Ayurvedic Wellness Juices	124.1K
79.	5 Dariya News	Narendra Modi Launches ₹            Cr Infrastructure Projects in Delhi	120.5K
80.	Orissa Diary	JP Nadda Heads Joint Meeting with Ministries to Strengthen TB Eradication Effort. ..	100.9K
81.	Campaign India	DPDP's parental consent chaos: The latest hurdle for marketers	76.2K
82.	EdTechReview	upGrad Co-Founder and Former OYO Leader Team Up to Launch Global Job Pla tform	68.3K
83.	Etemaad English	Bomb threat at Kumbh Mela, Bihar youngster held over fake online identity	57.4K
84.	Etemaad English	India has immense potential to become world's health & wellness capital: PM ...	57.4K
85.	Outlook Business	OYO, upGrad Executives Launch BorderPlus: What It Means for India's Blue- Collar...	53.4K
86.	Bwhindi	PM मोदी के प्रगतिशील भारत का दृष्टिकोण: विकसित भारत की ओर एक यात्रा	25.9K
87.	GLIBS	राज्य में 4 लाख 45 हजार 897 नागरिकों का ऑनलाईन प्रकृति परीक्षण किया गया	12.4K
88.	Divya Bharat	A young man living among eunuchs was murdered in Jaunpur. Murder of a young man ...	8.9K
89.	Divya Bharat	A high tension wire fell on 3 children warming themselves by the bonfire. High t...	8.9K
90.	Contentmediasolution.com	upGrad's Mayank Kumar & Oyo's Ayush Mathur Introduce BorderPlus to Transfo. ..	6.8K
91.	ET Auto News	From Rolls-Royce to Audi Q7: The swanky side of salvation at Maha Kumbh	5K
92.	ET Government	PM Modi breaks ground for ₹            cr Central Ayurveda Research Institute in Delhi t ...	5K
93.	Mediabulletins.com	upGrad's Mayank Kumar and Oyo's Ayush Mathur Launch BorderPlus	4.7K
94.	The Sports Rush	"I'm Not a Conspiracy Theorist": Chad Johnson Claims Mike Vrabel Knew Jerod May...	N/A
95.	Soochna Network	माचिस की तीली से न साफ करें कान, जानें आसान उपाय, मिनटों में गंदगी होगी बाहर!	N/A
96.	Today News 24	Madhya Pradesh High Court Stay On NEET PG Phase-II Seat Allotment, Orders Regist...	N/A
97.	TaxIndiaOnline	PM lays bricks for new building for Central Ayurveda Research Institute	N/A
98.	Manufacturing Bharat	Budget 2024: Not much to cheer for health sector	N/A
99.	People Bugs	Karnataka tames formidable Punjab in National basketball	N/A





100.	Zordo News	Upgrad"s Mayank Kumar and Oyo"s Ayush Mathur launch BorderPlus	N/A
101.	Counter Currents	Farm Laws Reborn: Toxic Platter for India's Farmers and Consumers	N/A
102.	Techiexpert	Amod Malviya and Rishi Kedia Step Into New Territory with Pre6	N/A
103.	Reh News	Cm Sukhvinder Singh Sukhu Said Considering Shifting Hptdc Office From Shimla To ...	N/A
104.	StartupNews	upGrad Cofounder Mayank Kumar Launches 'BorderPlus"	N/A
105.	Newspoint	upGrad Cofounder Mayank Kumar Launches Talent Mobility Startup "BorderPlus"	N/A
106.	Vande Bharat Live Tv News	आयुष विभाग द्वारा कार्यशाला आयोजित की गई	N/A
107.	Times Of Taj	Delhi Pradesh Youth Congress today protested outside the residence of BJP lead er...	N/A
108.	Dailyhunt	upGrad Cofounder Mayank Kumar Launches Talent Mobility Startup "BorderPlus"	N/A
109.	Odisha News Times	ADANI DAV Public School Observes Annual Sports Meet	N/A
110.	The Sports Rush	"I Want My \$4,000": Shannon Sharpe Demands Chad Johnson Pay in Buffalo Nic kels A...	N/A
111.	Times Of Taj	दिल्ली प्रदेश युवा कांग्रेस ने आज भाजपा नेता रमेश बिधूड़ी के आवास के बाहर विरोध ...	N/A
112.	हिमाचल प्रदेश (न्यूज़) समाचार	Shimla: एचपीटीडीसी का कार्यालय धर्मशाला शिफ्ट करने की तैयारी	N/A
113.	Swap Update	East Bengal vs Mumbai City FC, ISL 2024-25: Match Preview, Live Streaming, Pr edi...	N/A
114.	OB News	"Everything seems to have fallen apart" - Harbhajan Singh questions Gautam Ga m...	N/A
115.	OB News	Bihar youth arrested for bomb threat at Kumbh Mela using fake online identity	N/A
116.	Sarasjanvaad	प्रधानमंत्री के दृष्टिकोण और स्वास्थ्य विभागों के प्रयासों ने भारत को टीबी उन्मू...	N/A
117.	Kamal Sandesh	Union Health Minister chairs Joint Strategy Meeting for TB MukT Bharat Abhiyan » ...	N/A
118.	New Delhi Times	PM Modi inaugurates lays foundation stone of multiple development projects in De ...	N/A
119.	Udaipur Kiran	एचपीटीडीसी कार्यालय को धर्मशाला स्थानांतरित करने पर विचार कर रही सरकार: मुख्यमंत...	N/A
120.	Dainik News Live	East Bengal vs Mumbai City FC, ISL 2024-25: Match Preview, Live Streaming, Pr edi...	N/A
121.	Startup Story	upGrad"s Mayank Kumar and Oyo"s Ayush Mathur Launch BorderPlus to Revoluti oniz...	N/A
122.	Tar Tv	2,500 kg of banned plastic products confiscated from Valiyangadi	N/A



123.	Babushahi Hindi	<a href="#">Himachal News: HPTDC कार्यालय को धर्मशाला स्थानांतरित करने पर विचार कर रही सरकार..</a>	N/A
124.	Newzfatafat	<a href="#">प्रधानमंत्री के दृष्टिकोण और स्वास्थ्य विभागों के प्रयासों ने भारत को टीबी उन्मु...</a>	N/A
125.	Udaipur Kiran	<a href="#">प्रधानमंत्री के दृष्टिकोण और स्वास्थ्य विभागों के प्रयासों ने भारत को टीबी उन्मु...</a>	N/A
126.	Prudent Media	<a href="#">Goa 360 with Suyash Gaunekar   Editor   Ground Zero   060125</a>	N/A
127.	Tender Detail	<a href="#">Tender For Civil And Electrical Works For Proposed Ayush Centre At T.T.S Ntpc Ka...</a>	N/A
128.	City Hot News	<a href="#">रायपुर : राज्य में 4 लाख 45 हजार 897 नागरिकों का ऑनलाईन प्रकृति परीक्षण किया गया</a>	N/A
129.	Himachalpr	<a href="#">Shimla शिमला No. 28/2025-PUB 6th January 2025 Govt. considering shifting of HP TD...</a>	N/A
130.	medial.app	<a href="#">Upgrad"s Mayank Kumar and Oyo"s Ayush Mathur launch BorderPlus</a>	N/A
131.	Affairrs Cloud	<a href="#">PM Narendra Modi Inaugurates and Lays Foundation Stone for Rs 12,200 Crore I nfra...</a>	N/A
132.	New Age Islam	<a href="#">Bihar Man Ayush Jaiswal Arrested For Bomb Threat To Kumbh Mela Using Fake I denti...</a>	N/A
133.	OB News	<a href="#">HPSC AMO interview schedule out; check details here</a>	N/A
134.	The Mobi World	<a href="#">HPSC AMO interview schedule out; check details here</a>	N/A
135.	Shiksha	<a href="#">When Will NTA Announce NEET 2025 Exam Date and Application Process</a>	N/A
136.	SportsKeeda	<a href="#">Vijay Hazare Trophy 2024-25 top run-getters and wicket-takers after Day 7 (Updat ...</a>	N/A
137.	Domain b	<a href="#">Govt to invest Rs187 cr in new Central Ayurveda Research Institute</a>	N/A
138.	Newzfatafat	<a href="#">देश का प्रकृति परीक्षण अभियान के तहत प्रदेश में चार लाख पैंतालीस से अधिक नागरिको...</a>	N/A
139.	Journalist	<a href="#">राज्य में 4 लाख 45 हजार 897 नागरिकों का ऑनलाईन प्रकृति परीक्षण किया गया:</a>	N/A
140.	SportsKeeda	<a href="#">Vijay Hazare Trophy 2024-25 Points Table: Updated standings after Round 7</a>	N/A
141.	News Wala	<a href="#">Patna शेखपुरा में औषधीय पौधों की खेती को मिलेगा बढ़ावा</a>	N/A
142.	The Prevalent India	<a href="#">दिल्ली में 185 करोड़ की लागत से बनेगा आयुर्वेद अनुसंधान संस्थान, प्रधानमंत्री मो...</a>	N/A
143.	Bureaucracy News	<a href="#">India has immense potential to become the World"s health and wellness capital: ..</a>	N/A
144.	Statesman India	<a href="#">Bomb Threat at Kumbh Mela: Bihar Man Arrested Over Fake Online Identity</a>	N/A
145.	BW Wellbeingworld	<a href="#">Ayuvya Launches Ayurvedic Juices For Heart Health, Diabetes Management</a>	N/A
146.	ITDC India	<a href="#">"MP Pride-2025 Concludes Successfully at RGPV"</a>	N/A
147.	Janpatra News	<a href="#">राज्य में 4 लाख 45 हजार 897 नागरिकों का ऑनलाईन प्रकृति परीक्षण किया गया</a>	N/A

148.	The Mobi World	Bihar youth arrested for bomb threat at Kumbh Mela using fake online identity	N/A
149.	Indian Startup Times	BorderPlus: A New Platform Connecting Indian Blue-Collar Workers to Global Car ee...	N/A
150.	Imnb	राज्य में 4 लाख 45 हजार 897 नागरिकों का ऑनलाईन प्रकृति परीक्षण किया गया	N/A
151.	Shreekanchanpath	राज्य में 4 लाख से ज्यादा लोगों का हुआ ऑनलाईन प्रकृति परीक्षण, अन्य राज्यों से ब...	N/A
152.	Madhyamam Online	Threatens to blast Kumbh Mela: Class 11 student held in Bihar	N/A
153.	Social Media Dissect	upGrad's Mayank Kumar and Oyo's Ayush Mathur Launches BorderPlus	N/A
154.	Smart Business News	BorderPlus Launched by Mayank Kumar and Ayush Mathur, Pioneering a New Er a in Tr...	N/A
155.	Biz News Desk	Mayank Kumar and Ayush Mathur Unveil BorderPlus, Revolutionizing Travel Solut ion...	N/A
156.	Onlinemediacafe.com	upGrad and Oyo Leaders Join Forces to Launch BorderPlus	N/A
157.	Right Column Media	upGrad's Mayank Kumar and Oyo's Ayush Mathur Launches BorderPlus	N/A
158.	Business News This Week	upGrad's Mayank Kumar and Oyo's Ayush Mathur Launches BorderPlus	N/A
159.	Local Business News	upGrad's Mayank Kumar and Oyo's Ayush Mathur Launches BorderPlus	N/A
160.	Times Of Ahmedabad	Delhi CM House; Arvind Kejriwal Sheesh Mahal Controversy Explained   BJP AAP Tod...	N/A
161.	Bw Health Care World	PM Modi Lays Foundation Stone for Central Ayurveda Research Institute in Rohin i	N/A
162.	APN News	upGrad's Mayank Kumar and Oyo's Ayush Mathur Launches BorderPlus	N/A
163.	Medical Buyer	CAG flags glaring gaps in MP healthcare system	N/A
164.	medial.app	upGrad's Mayank Kumar and OYO's Ayush Mathur launch BorderPlus	N/A
165.	Indian Pharma Post	PM Modi lays foundation stone for new building for Central Ayurveda Research In s...	N/A
166.	Singrauli Mirror	PM Modi lays foundation for Central Ayurveda Research Institute in Delhi	N/A
167.	Atom News	BorderPlus: Bridging Workforce Gaps with Global Talent Mobility	N/A
168.	Vishvatimes	central-ayurveda-research-institute-will-be-built-in-delhi-at-a-cost-of-rs-185-c...	N/A
169.	Internet Do	Udaipur's Lakshya Bags Title in State and Inter-District Tennis	N/A
170.	Newyork Indian	Ayush Ministry's Prakriti campaign to drive better health outcomes: Prataprao Ja...	N/A
171.	The Sports Rush	"That Goes for Patrick Mahomes": Cam Newton Urges NFL Teams to Think Beyo nd Fran...	N/A
172.	Daily aawaz	प्रधानमंत्री ने कहा – भारत में दुनिया का स्वास्थ्य और आरोग्य केन्द्र बनने की अ...	N/A

173.	Ddindia	PM Modi lays foundation for Central Ayurveda Research Institute in Delhi	N/A
174.	Latest Laws in India	Court awards Life Imprisonment to Woman, her Lover for Murdering 8-yr-old Daughter...	N/A
175.	India Med Today	PM Modi lays foundation stone of new building of Central Ayurveda Research Institute...	N/A
176.	The Sports Rush	"It's Hard to Look the Guys in Their Faces": Nick Bosa is "Embarrassed" After 4...	N/A
177.	Vishva Times	Rs 185 crore Central Ayurveda Research Institute in Delhi to promote 'heal in In...	N/A
178.	Pharmabiz.com	Union health minister, J P Nadda inaugurates the new campus of the School of A...	N/A
179.	Mpe News	मोदी ने रोहिणी में केंद्रीय आयुर्वेद अनुसंधान संस्थान के भवन की आधारशिला रखी	N/A
180.	AK4Tsay1 Cricalytics	IPL 2025: Ranking and Rating the Indian Players of All 10 Teams	N/A
181.	IPO Central	SatKartar Shopping IPO GMP, Review, Price, Allotment By Team IPOCentral - Ja...	N/A
182.	Tri Cities	Mumbai secure consolation win	N/A
183.	Exim Online	Review of Ministry of Ports, Shipping and Waterways for 2024	N/A
184.	Medical Buyer	PM Modi lays foundation for Rs 185 crore CARI building in Delhi	N/A
185.	The Sports Rush	"I'm Pretty Sure Cooper Rush is Gone": Skip Bayless Expects Trey Lance to Back U...	N/A
186.	Nyayadheesh	मरीज की शारीरिक स्थिति को देखते हुए करें इलाज: डॉ एके द्विवेदी	N/A
187.	Health Economicstimes	PM Modi lays foundation for ayurveda institute in Delhi, says world will soon ad...	N/A
188.	Koshur Samachar	PM Modi lays foundation for ayurveda institute in Delhi, says world will soon ad...	N/A
189.	OB News	Mumbai team has not been able to win the Vijay Hazare Trophy without Shreyas I...	N/A
190.	The Mobi World	Mumbai team has not been able to win the Vijay Hazare Trophy without Shreyas I...	N/A
191.	The Mobi World	Rs 185 crore Central Ayurveda Research Institute in Delhi to promote "heal in I...	N/A
192.	Observer Voice	Advancing Ayurveda: New Research Institute Launched	N/A
193.	247news	Premier League: Diallo late equaliser secures late 2-2 draw vs Liverpool, Jimene...	N/A
194.	247news	Saurabh Chaudhary navigates career slump, enkindles comeback hopes with best -eve...	N/A
195.	News Wala	दिल्ली में 185 करोड़ रुपये की लागत से बनेगा केंद्रीय आयुर्वेद अनुसंधान संस्थान :...	N/A
196.	Awaaz Hindi	दिल्ली में 185 करोड़ रुपये की लागत से केंद्रीय आयुर्वेद अनुसंधान संस्थान बनेगा, ...	N/A



197.	SportSermon	<a href="#">Mayank slams another ton as Karnataka seal QF spot</a>	N/A
198.	Journey Line	<a href="#">India has immense potential to become the World"s health and wellness capital: ..</a>	N/A
199.	Indias News	<a href="#">दिल्ली में 185 करोड़ रुपये की लागत से बनेगा केंद्रीय आयुर्वेद अनुसंधान संस्थान :...</a>	N/A