





Government of India
Ministry of Ayush

सत्यमेव जयते

MINISTRY OF AYUSH COMPILED MEDIA REPORT 07 Jan, 2025 – 08 Jan, 2025

 **Total Mention 180**

|  Print | Financial | Mainline | Regional | Periodical |
|--|------------------|-----------------|-----------------|-------------------|
| 14 | 1 | 11 | N/A | 2 |

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|  Online |
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166

 Print

| No | Newspaper | Headline | Edition | Pg |
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The Economic Times • 08 Jan • Ministry of Ayush
5 fitness resolutions to try out this year

15 • PG

391 • Sqcm

273688 • AVE

1.1M • Cir

Top Left

ET Panache

Mumbai

5 fitness resolutions to try out this year

Instead of setting unrealistic targets in 2025, make learning a skill or building healthy habits your goal

The new year resolution can be an excellent opportunity to hit reset and detox, but many of these — such as sculpting a six-pack or losing a lot of weight — can be unsustainable. When taken to extremes, they can end up hurting your body image, mental health and metabolism.

Why not consider a resolution that has nothing to do with the way you look? Instead pursue something that is more inherently satisfying. Here are five ideas to get you started:

Work toward a pull-up

Pull-ups help improve upper body and grip strength, as well as core stability. It's a difficult exercise and requires mobility through multiple joints, but that's why it's effective.

To get started, try exercises to strengthen your biceps, triceps, lats, shoulders, hands and core, said Maillard Howell, a personal trainer in New York, US. "There's a whole cast of supporting characters — bicep curls, lat pull-downs, dead hangs from a bar — that has to sync for you to do a pull-up," he explained.

To then make things harder, move from a pull-up with a very thick band to one with a thinner band.

Start running

If setting a specific running goal — running a 5K or a half-marathon — feels motivating and achievable, go for it. But simply exploring running, at any speed, for any length or interval, is a worthy goal in itself, said Marci Braithwaite, a running coach in Washington, US.

Running can improve your endurance and cardiovascular health, even if they're shorter runs, you move slowly or intersperse running with walking. "I want people to do something that feels good," Braithwaite said, "because they're more likely to continue doing it."

Stand without using your hands

Thanks to a now-famous study, many people are familiar with this test: How



easily can you stand up from a seated position on the floor without using your hands for support?

The sitting-rising test is a good goal that requires muscle strength, joint mobility, coordination and balance — and experts say this combination of skills could help reduce your risk of falling. If you find it too hard, try the sit-to-stand motion using a chair until you're comfortable enough.

Howell also suggested noticing the path your body takes while standing up. If you're putting more weight on your right hand to pull yourself up, try starting with your left hand instead. And

if you crash one knee into the floor while sitting, work on lunges until you're able to move more smoothly.

Tackle your pains

Injuries and pain can create an unhelpful cycle: You're afraid of making the pain worse, so you avoid activity. But in reality, exercise can be one of the best ways to reduce pain.

Pain can also have many factors beyond tissue damage itself, said Ann Nwabuebo, a Washington-based physical therapist. Stress, posture, inflammation and other factors can all play a role, while exercise and lifestyle changes can help.

Julia Rosenthal, a physical therapist in New York, said your pain shouldn't become a self-fulfilling prophecy. "If you hold yourself back from doing something, you'll never be able to do that thing. The list of things you're allowed to do gets shorter and shorter," she said.

Take one month at a time

All goals feel overwhelming initially, but breaking these down into monthly targets can help.

Missing a few days is inevitable over the course of a year, so setting a monthly frequency goal can better set you up for success.

Once you've picked a goal — and made a realistic plan to achieve it — consider the obstacles that might crop up and how you'll respond to them. Think about what your mental objections to exercise are likely to be, and prepare a 'thought rebuttal' to draw upon when needed.

— The New York Times



PICS: NYT, GETTY IMAGES

The Times of India • 08 Jan • Ministry of Ayush
Medicinal plant growers' meet

8 • PG

31 • Sqcm

14806 • AVE

46.88K • Cir

Middle Left

Chandigarh

Medicinal plant growers' meet

Chandigarh: To strengthen medicinal plant growers, the Haryana State Medicinal Plants Board under Ayush department convened a joint meeting of farmers and ayurvedic medicine manufacturers on Tuesday in Panchkula. This gathering aimed to tackle challenges faced by Haryana's 4,000 medicinal plant cultivators, who often struggle to secure fair prices due to lack of marketing and selling avenues.

Hindustan Times • 08 Jan • Ministry of Ayush
PM lays foundation stone for an Ayurveda Research Institute

18 • PG

59 • Sqcm

351449 • AVE

3.43M • Cir

Middle Center

Delhi

PM lays foundation stone for an Ayurveda Research Institute

In a momentous step towards advancing healthcare and promoting traditional medicine PM Narendra Modi laid the foundation stone (virtually) of Central Ayurveda Research Institute in Rohini, and termed it as the "Ayurveda's - next big leap". The ceremony was attended by Prataprao Jadhav, Union Minister of State (Independent charge), Ministry of Ayush and other dignitaries.

Emphasising the Government's focus on making healthcare accessible to the poorest of the poor, the Prime Minister re-

marked that the Government is also promoting traditional Indian medicine systems like AYUSH and Ayurveda. He added that over the past decade, the AYUSH system has expanded to more than 100 countries. Modi highlighted that the first WHO institution related to traditional medicine is being established in India. He added that a few weeks ago, he inaugurated the second phase of the All India Institute of Ayurveda. He also extended his special congratulations to the people of Delhi for this achievement.

Hindustan Times • 08 Jan • Ministry of Ayush

AYUSH dept mulls ways to ensure remunerative prices to herbal growers

5 • PG

24 • Sqcm

37238 • AVE

267.13K • Cir

Middle Left

Chandigarh

AYUSH dept mulls ways to ensure remunerative prices to herbal growers

CHANDIGARH: Haryana AYUSH department on Tuesday brought together farmers cultivating medicinal plants and manufacturers of ayurvedic medicines to explore the possibilities of providing remunerative prices to farmers. Ayush director general Sanjeev Verma said due to the non-availability of any market and poor selling options, the farmers did not get fair prices. **HTC**

Mid Day • 08 Jan • Ministry of Ayush
Know yourself

18 • PG

23 • Sqcm

52920 • AVE

1.5M • Cir

Top Right

Mumbai

KNOW
YOURSELF

Eating smart is all about being aware of your body.
So when you are trying to lose weight, spend more
time wearing less — Marisa Miller, actor

Mid Day • 08 Jan • Ministry of Ayush
The cheats

18 • PG

122 • Sqcm

278857 • AVE

1.5M • Cir

Middle Right

Mumbai

THE CHEATS
Amyra Dastur



What's your cheat meal:
Chilli cheese naan and dal makhani.

Cheat meal Vs cheat day:
More often than not, it is once in a week, and usually on Sundays.

Cheat meal Vs cheat day:
It is a single portion. I would feel too guilty to [indulge] all day.

Do you compensate for it:
I usually do not train on the day I have a cheat meal. I will only do 15 minutes of cardiovascular work before the meal. The next day, I will train a bit harder.

Mid Day • 08 Jan • Ministry of Ayush
On Mouni Roy's gym playlist

18 • PG

39 • Sqcm

89069 • AVE

1.5M • Cir

Middle Right

Mumbai



Mid Day • 08 Jan • Ministry of Ayush
Fitness tip that works for

18 • PG

65 • Sqcm

149007 • AVE

1.5M • Cir

Bottom Right

Mumbai



Mid Day • 08 Jan • Ministry of Ayush
The 22-hour day

18 • PG

919 • Sqcm

2093627 • AVE

1.5M • Cir

Top Left

Mumbai

The 22-hour day

Promising to present an action spectacle in his directorial debut *Fateh*, Sonu Sood says devoting two non-negotiable hours in his day to fitness enables him to pull off high-octane films at 51

SONIA LULLA
sonia.lulla@mid-day.com

FOR as long as he can remember, Sonu Sood has curtailed the hours in his day to 22. The remaining two, he says, have always been devoted to fitness—no negotiation. This implies that whether a shooting stint commences early in the morning, or runs past midnight, or his film commitments have him travel across the world, Sood's day doesn't conclude unless he has hit the gym. It isn't an ordeal that he puts himself through, but rather a part of his day that he looks forward to. "People like to party, or try a new restaurant. I like to exercise. When I'm away on a vacation, if the hotel gym opens late, I get restless and wonder how I will pass my time. I'm usually alone at the gym, and that's good, because it helps me focus on my routine," he says, matter-of-factly.

While filming the upcoming Friday release *Fateh*, which had him take on duties as actor, director, and producer, he recalls waking up at 3.30 am to hit the gym for about two hours before

shooting commenced at 5.30. Often, he'd conduct meetings with the team while running on the treadmill, because "taking on so many duties for this film left me with limited time". *Fateh*, easily among Sood's most ambitious projects, will be "one of the most special action films" India has seen, he promises. It's easy to see that the actor is putting his might behind his directorial debut that plays to his strengths. If he has roped in music mavericks like Hans Zimmer and Loire Cotler for the soundtrack, his action team isn't behind, with Lee Whittaker, the man behind films like *Fast and Furious*, and *Jurassic Park 3*, taking charge of the action sequences in this offering.

"I've been doing action for the past 20 years and have worked with all the action directors of the country. Yet, my friends and family would ask me why our action [choreography] doesn't

match that of Hollywood films. So, I wanted to make something that could set a bar. Lee is one of the world's best action directors. I spoke to him about something I had in mind, which is a single-shot action scene, without any cuts. It would involve 70 fighters. He told me he found it ambitious because India lacked the kind of fighters who could pull it off. So, I said we could get people from Mexico and South Africa for it." The scene in discussion was filmed following a two-month prep, given that if "the 69th person made a mistake, we'd have to shoot the whole sequence again". "It's one of the best action sequences I've

ever shot in my life."

Having adhered to a structured regimen throughout his life, Sood's fitness journal may look fairly typical. Yet, while prepping for an action film, he says he could take the liberty to limit the cardiovascular component in his regimen. "When you're doing a lot of action, a lot of cardio is involved anyway. Filming action for eight hours a day is fairly tiring because [you're using] guns and running around. There's hand-to-hand combat involved, so it was physically draining. It is owing

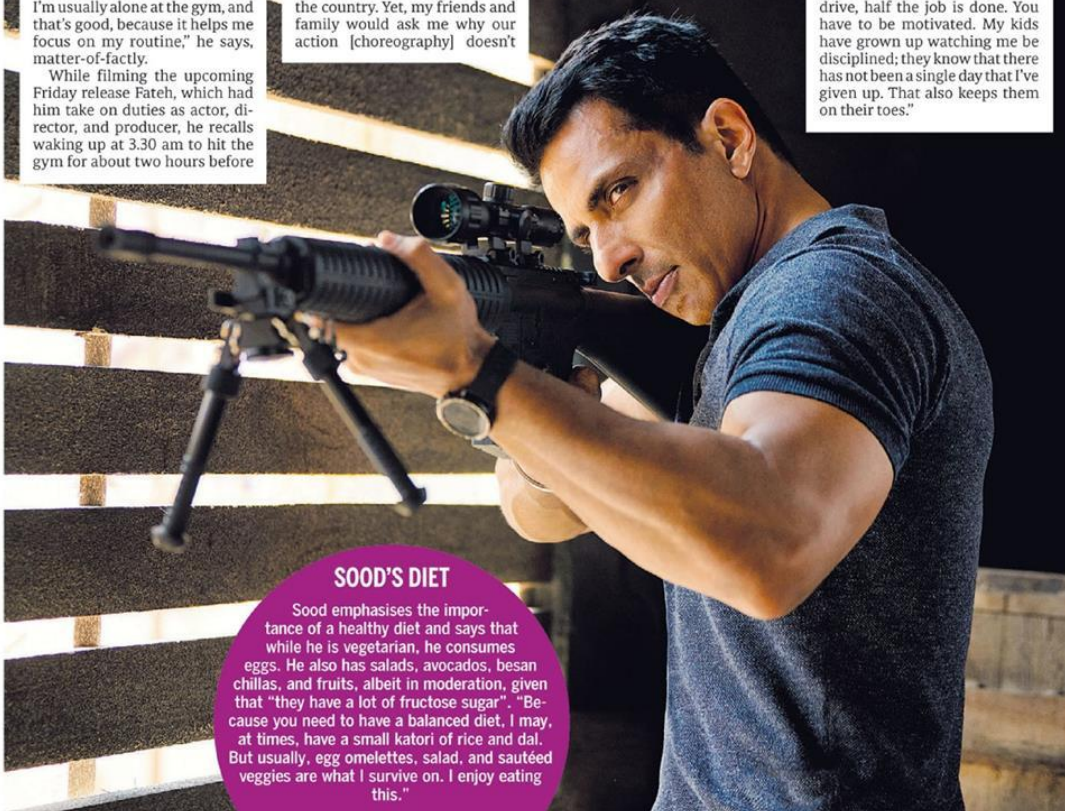
to the routine that I have been following all these years that I had the stamina to survive this," says Sood, 51, asserting that age has dampened neither his physical prowess nor his mental ability to stay fighting fit. Ask him if there's a fitness format he adheres to, and pat comes his reply. "Callisthenics, which involves using body weight, has helped me do what I do. Everyone should try it." His sons do too, he shares, adding that the duo enjoys exercising. "If you need to be pushed to head to the gym, that's [a problem]. But if you have that drive, half the job is done. You have to be motivated. My kids have grown up watching me be disciplined; they know that there has not been a single day that I've given up. That also keeps them on their toes."

70

Number of fighters involved in the single-shot action scene

SOOD'S DIET

Sood emphasises the importance of a healthy diet and says that while he is vegetarian, he consumes eggs. He also has salads, avocados, besan chillas, and fruits, albeit in moderation, given that "they have a lot of fructose sugar". "Because you need to have a balanced diet, I may, at times, have a small katori of rice and dal. But usually, egg omelettes, salad, and sautéed veggies are what I survive on. I enjoy eating this."



The New Indian Express • 08 Jan • Ministry of Ayush
ASHTA CHANDRASANA ARMS EXTENDED BACKWARDS (HIGH LUNGE ARMS
EXTENDED BACKWARDS)

2 • PG

574 • Sqcm

573712 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru • Chennai

FITBIT

ASHTA CHANDRASANA ARMS EXTENDED BACKWARDS (HIGH LUNGE ARMS EXTENDED BACKWARDS)

This is a variation of the foundational pose, Ashta Chandrasana (High Lunge Pose). This pose is good for strengthening and balancing the whole body. This pose helps to tone and strengthen the muscles of the neck and shoulders including the trapezius, deltoids, and rhomboids. The forward bend intensifies the stretch in the hip flexors of the back leg.

STEPS

- Move the body upward from Adho Mukha Svanasana by bringing the right foot close to your palms and looking up. Inhale and raise the arms above your shoulders and head, bringing them parallel to each other while bending the right knee. Look up and exhale.
- Ensure the left foot behind is turned completely in line with the right foot at a 90-degree angle. Raise the left foot and balance on the toes.
- Keep the upper body straight with arms up. Stay here for a few breaths. Take a deep breath in. Exhale, lowering your arms by your side. Inhale, stretch the arms behind you, and rotate the shoulders.
- Stretch the arms behind. Inhale and stretch the spine upward. Exhale, hinge forward from the hips to form a 60-degree angle. Allow the chest to move toward your right thigh while keeping the back flat. Align the chin to the chest.
- Engage your core and press through your front big toe to maintain steadiness in the pose.
- Stay here for about six breaths or as per your body's capacity, gazing downward. Keep the chest open and avoid leaning forward or backward.
- To release, exhale and lower your hands to the floor on either side of the front foot (right). Inhale and step the right leg back to align it with the left foot, raising the hips to align in Adho Mukha Svanasana. Relax here for a while.
- Repeat the stretch on the left side, following the same instructions. Finally, slide down into Balasana (Child's Pose) and relax.

BENEFITS

- Activates the organs related to the respiratory system.
- Keeps the nasal passage clear.
- Boosts metabolism through an active circulatory system.
- Helps maintain toned muscles.
- Strengthens the knees, ankles, hips, shoulders, elbows, spine, and neck.
- Enhances stability, stamina, and self-confidence.
- Prepares practitioners for advanced poses.
- Provides therapeutic relief for asthma, sciatica, and insomnia.
- Improves digestion and reproductive health.
- Reduces stiffness in the shoulders and neck.
- Promotes mindfulness, stress reduction, and overall well-being by integrating breath awareness with movement.
- Helps women manage menstrual symptoms, PCOD/PCOS, and hormonal imbalances.

LIMITATIONS

- Avoid the practice if you have injuries in the knees or hips, or if you suffer from low or high blood pressure.
- Students with blood pressure issues should avoid breath retention or seek guidance from a yoga teacher.



• Balance is key in this pose, which may present a challenge for some practitioners.

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

The Morning Standard • 08 Jan • Ministry of Ayush

Fit Bit

2 • PG

595 • Sqcm

285532 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

ASHTA CHANDRASANA ARMS EXTENDED BACKWARDS (HIGH LUNGE ARMS EXTENDED BACKWARDS)

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Meenakshi Academy of Higher Education & Research, Chennai

Punjab Express • 08 Jan • Ministry of Ayush

Pune-based startup develops AI-based pulse diagnostic tool for Ayurveda practitioners

11 • PG

255 • Sqcm

51030 • AVE

348.98K • Cir

Middle Center

Chandigarh

Pune-based startup develops AI-based pulse diagnostic tool for Ayurveda practitioners

PUNE, JANUARY 7

Pune-based startup Atreya Innovations said it has developed an AI-based pulse diagnostic tool for Ayurveda practitioners that can monitor patients' health on 22 parameters and generate report in 10 Indian languages.

The 'Nadi Tarangini' device has been developed by Aniruddha Joshi as part of his research project at IIT Bombay.

A research grant was also received from the Council of Scientific and Industrial Research (CSIR) for this project, said Joshi who founded Atreya Innovations with the support of entrepreneur Anand Deshpande.

Joshi said Nadi Tarangini



is an advanced AI-powered device designed to speed up traditional Ayurvedic practices.

"It combines ultra-sensitive sensors with cutting-edge algorithms. It delivers precise pulse readings to provide detailed health insights. This patented device helps practitioners analyse 22 Ayurvedic parameters, including Tri-dosha balance (Vata, Pitta, Kapha), stress levels, digestive health, and overall well-being of a person," he said. This de-

vice can generate reports in 10 Indian languages, Joshi said, adding that Nadi Tarangini boasts an accuracy rate of about 85 per cent.

According to Joshi, Nadi Tarangini has become India's first Ayurvedic medical device to have received approval from the Central Drugs Standard Control Organisation (CDSCO), the regulator for the cosmetics, pharmaceuticals, and medical devices.

"It will not only give a new direction to Ayurvedic treatment, but will also mark the beginning of the standardisation process of Ayurvedic practices with the use of technology so that it can be taken across the globe for the benefit of people," Joshi told PTI.

PTI

Biospectrum • 08 Jan • Ministry of Ayush
RSSDI study lays focus on Yoga and Diabetes Prevention

46 • PG

112 • Sqcm

34299 • AVE

399.99K • Cir

Inside Page (Magazine only)

National

RSSDI study lays focus on Yoga and Diabetes Prevention

Dr Jitendra Singh, Union Minister of State (Independent Charge) for Science and Technology, recently released the landmark study by Research Society for Study of Diabetes in India (RSSDI) on 'Yoga and Diabetes Prevention'. The study was conducted by a group of eminent RSSDI members including Prof.



S.V. Madhu, Head of Centre for Diabetes, Endocrinology and Metabolism, University College of Medical Sciences, New Delhi; Prof. H.B. Chandalia, Former Head at Grant Medical College, Mumbai and presently Head Diabetes Endocrine Nutrition Management and Research Centre, Mumbai; Dr Arvind Gupta, Manilek Research Centre, Jaipur

and others. Conducted over three years across five centres in India and involving nearly 1,000 prediabetic individuals, the study highlights that a 40-minute daily Yoga routine, incorporating select asanas and pranayama, along with standard lifestyle interventions, can reduce the risk of developing diabetes by approximately 40 per cent. These results surpass the outcomes of existing diabetes prevention strategies in the country.

Outlook • 08 Jan • Ministry of Ayush
Inspiring future medical luminaries

134, 135, 136, 137 • PG

1040 • Sqcm

1166028 • AVE

1.75M • Cir

Inside Page (Magazine only)

National



An astonishing view of AIIMS Jammu as seen from National Highway 44.

Inspiring Future Medical Luminaries

AIIMS Jammu committed to shaping future healthcare leaders through a robust learning environment, extensive outreach programs, and a vision for academic and clinical excellence

All India Institute of Medical Sciences (AIIMS) Vijaypur, Jammu, makes an undebatable mark as the 'First AIIMS facility' in the Union Territory of Jammu and Kashmir, Ladakh, and neighbouring states, revolutionising medical education, fostering innovation, and transforming healthcare for the region.

Aligning with the vision of Honourable Prime Minister Narendra Modi, AIIMS Jammu aims to bridge regional disparities, promote research, and elevate medical education standards—all within the framework of Pradhan Mantri Swasthya Suraksha Yojna (PMSSY).

Trinity of Mission

At the core of the institution lies

its philosophy, guided by three important factors: medical education, research, and patient care, based on a 'patient-centric and evidence-based' healthcare model.

Envisioned as a beacon of global camaraderie, AIIMS Jammu has been meticulously crafted to embrace the spirit of a 'Global Village,' where the aspirations of students, researchers, and patients, particularly those on the fringes of society, find solace and empowerment under the leadership of President, Prof Dr YK Gupta, and Founder ED & CEO, Prof Dr Shakti Kumar Gupta.

Advanced Learning Environment

AIIMS Jammu is committed to delivering an unparalleled learning

Academic Distinction

With a vision is to establish a 'center of excellence' in medical education, training, health care and research imbued with scientific culture, the following programs are offered by AIIMS Jammu:

UNDERGRADUATE PROGRAMS

MBBS Program: AIIMS Jammu, in its mission to create dedicated and efficient medical professionals, is currently nurturing its fifth batch of 100 students with 36% female enrolment.

B.Sc. Nursing Program: Launched in August 2024, with a sanctioned intake of 60 students.

POSTGRADUATE PROGRAMS

MD/MS/MDS Program: A total of 150 seats have been sanctioned, and PG courses have started in all broad specialities.

UPCOMING PROGRAMS

- o **M.Sc. Nursing:** Will be commenced in the upcoming year.
- o **Super-speciality courses:** Both DM and MCh are in the pipeline. MCh (6 yrs) in a few specialities has started.
- o **PhD Program:** The institute aims to launch PhD courses in multiple disciplines.
- o **Diploma and Skill Development Courses:** Short-term courses for training support staff and diploma holders in specialised areas will be commenced in the near future to prepare more skilled manpower.

COLLABORATIVE PROGRAMS

- o AIIMS Jammu offers special courses in collaboration with IITs and IIMs, focusing on hospital administration, with an annual intake of 100 students.

experience through state-of-the-art infrastructure, robust faculty support, and extensive collaborations.

Cutting-Edge Infrastructure

Ultra-Modern Lecture Theatres (LT) equipped with advanced audio-visual tools and smart boards for interactive and engaging learning in both Medical and Nursing Colleges. There are 10 such LTs that are functional.

State-of-the-art laboratories in all preclinical and paraclinical disciplines for both medical and nursing offer hands-on training and foster innovation with the latest equipment and technologies.

Comprehensive Clinical Training incorporates exposure to advanced hospital settings and community outreach services.

The Unique Digital Library, operating from 8 AM to 8 PM with only 06 holidays annually, will be functional 24x7 in the near future. The library features extensive e-resources, including journals, databases, and study materials, alongside a rich collection of hard copies.

The institute is authorised with 750 beds, including 193 ICU beds. It will have 50 departments with 18 super-specialties. For patients, it stands as a stronghold of unparalleled healthcare provision, embellished with the finest facilities and enhanced with state-of-the-art infrastructure, where cutting-edge technology works in synergy with a devoted healthcare cadre, all poised to usher in a new era of healing and well-being.

Faculty Excellence

A highly experienced team is committed to providing world-class education and training, including 85 members of regular faculty, 21 members of contractual faculty, and 22 new appointees for medical college. The nursing



The state-of-the-art digital library serves as a vital resource for students, faculty, and staff



"WITH ITS UNIQUE INFRASTRUCTURE, EXCEPTIONAL TALENT, AND FORWARD-THINKING APPROACH, AIIMS JAMMU STRIDES TOWARDS A HEALTHIER AND VIBRANT FUTURE, WHERE QUALITY HEALTHCARE IS NOT JUST A PRIVILEGE BUT A RIGHT FOR ALL. LET US JOIN TOGETHER TO MAKE AIIMS JAMMU A MOST MODERN AND STATE OF THE ART INSTITUTE WITH FOCUS ON QUALITY PATIENT CARE"

Prof Dr Shakti Kumar Gupta
Founder ED & CEO,
AIIMS Jammu

faculty comprises 15 faculty members at various levels. Over 183 positions spanning 30 broad specialties and 20 super-specialties have been sanctioned.

Institutional Collaborations

The integration of modern and traditional medicine in collaboration with reputed institutes helps in gaining industry perspective, bringing in the specialisation and success stories through partnerships like AIIMS Delhi, IIT Jammu, IIM Jammu, and other regional and national institutions.

- o **The Mentor-Mentee Program** provides personalised academic and professional guidance to nurture student growth in areas other than academics and beyond official timings.
- o **Guest lectures and educational engagements** are regularly organised, inviting guest lecturers and eminent professionals to share their knowledge and inspire students. These lectures are aimed at broadening students' perspectives and enriching their academic journey.

Outreach Initiatives

Beyond the institution's boundaries, through outreach activities, telemedicine, and technological innovations, AIIMS Jammu extends its reach even for those who find themselves at the farthest reaches of society's embrace. The use of social media tools like YouTube talks, write-ups, and interactive sessions with dignitaries helps in creating awareness. AIIMS Jammu's digital presence has been impactful, with over 210 awareness videos on its official YouTube channel and more than 200 articles and press releases highlighting its initiatives and achievements.

AIIMS Jammu has actively engaged with over 20 schools through educational visits designed to inspire and guide young minds toward a career in healthcare.

Educational lectures by faculty members deliver informative sessions introducing students to

medical education, innovations in healthcare, and the role of AIIMS in advancing public health. Campus tours help students explore the institute's state-of-the-art infrastructure, gaining insights into its cutting-edge facilities and learning environment. Motivational leadership interactions with visionary and motivational leaders like Prof Dr Shakti Kumar Gupta, whose guidance sessions have left a lasting impact on aspiring students.

Advancing Learning

Through research, innovation, and collaboration, AIIMS Jammu is dedicated to building an exceptional medical campus that would command excellence in all areas of learning and manifestation in the latest treatment and care forms.

Research and Development Initiatives

For researchers, it extends an olive

branch of collaboration, bridging disparate disciplines within the realm of medicine and fostering alliances with traditional healing modalities, such as AYUSH, a platform for academia to converge with technology, management, and industry, creating a crucible of innovations, where ideas are crafted, concepts are shaped, and dreams elevate. International partnerships further enrich this tapestry of exploration, weaving together threads of knowledge from across the globe.

Some notable achievements in R&D are:

- o **Research Proposals:** A significant milestone with 95 research proposals submitted, including 43 aimed at extramural funding.
- o **Extramural Projects:** Five ongoing projects supported by extramural funding, demonstrating the institute's capacity for impactful research.



The entrance of AIIMS Jammu, welcoming visitors to a world-class Healthcare facility.



Residential area for faculty, staff, nursing officers, and students

Scholarship Programs:

AURAS (AIIMS Undergraduate Research Award Scheme):

Encourages MBBS students to engage in academic exploration and innovation.

ANORA (AIIMS Nursing Officers Research Award):

Provides nursing officers with opportunities to advance their research skills.

- o **Faculty Development:** A Research Methodology Workshop, organised in collaboration with ICMR, has enhanced research capacity among faculty members.

Innovation and Collaboration

Collaborative MoUs initiated with partnerships with IIT Jammu, IIM Jammu, and other leading institutions foster interdisciplinary research and innovation. The institute has released two notable documents: the 'Handbook of Research Policies' to guide research activities and the 'Faculty Directory of Research Interests' to facilitate academic networking and collaboration.

Future-Focused Initiatives

AIIMS Jammu is building pathways for patents, incubation centres, and innovative healthcare solutions through support for translational research that bridges

the gap between laboratory findings and clinical applications.

The development of incubation platforms will nurture and encourage healthcare start-ups and entrepreneurial ventures.

AIIMS Jammu plans for fostering innovation through hackathons, ideation workshops, and interdisciplinary challenges. AIIMS Jammu endeavours to achieve a 'complete healthcare digitalisation' within a year, progressing through significant milestones.

One Campus Green Campus

AIIMS Jammu demonstrates its commitment by providing a 'green and eco-friendly' comprehensive township with diverse amenities and services, fostering staff satisfaction and productivity.

The institution underscores 'women empowerment' through strategies including equal opportunities, supportive work environments, gender-sensitive policies, and specialised leadership programs.

In its noble mission, AIIMS Jammu, an institution of national importance, extends an integrated 'One Campus' solution to the world with a compelling message of unwavering hope, profound trust, and relentless progress to every student, researcher, and patient within its embrace.

Feats of Achievements

AIIMS Jammu takes immense pride in the accomplishments of its medical and nursing students and faculty, who have earned numerous accolades across diverse platforms, showcasing excellence in academics, research, and extracurricular activities.

PLACEMENT

AIIMS Jammu boasts of 100% placement. All students from the first batch of the MBA program—a collaborative effort between IIT, IIM, and AIIMS—have been successfully placed, with some students receiving stipends of up to 1 lakh per month.

ACADEMIC DISTINCTIONS

Students and faculty have won prestigious prizes and medals for their outstanding contributions to poster presentations, paper publications, quizzes, and symposiums at national and international levels. Beyond academics, success extends to sports and cultural events, highlighting the institute's emphasis on holistic development.

ORGANISATIONAL INITIATIVES

AIIMS Jammu has taken proactive steps to foster professional growth and academic networking by organising conferences, workshops, and symposiums across multiple specialties. These events provide a platform for knowledge exchange, skill enhancement, and collaborative learning, further solidifying the institute's reputation as a 'Centre of Excellence'.



Aerial view of the Hospital building, seen from the residential area in the South Campus.

Online Coverage

| No | Portal Name | Headline (Incorporated with URL) | Reach |
|-----|---------------------------------|---|--------|
| 1. | Msn India | HMPV Scare: Two Kids Test Positive In Nagpur, Total Cases In India Increase To 7 | 733.9M |
| 2. | Hindustan Times | Haryana: AYUSH dept mulls ways to ensure remunerative prices to herbal growers | 124.6M |
| 3. | Dainik Bhaskar | शिविरों में गर्भवती महिलाओं की 15 प्रकार की जांच: मुख्यमंत्री आयुष्मान आरोग्य शि... | 66.5M |
| 4. | हिन्दुस्तान(Live Hindustan) | Mahakumbh 2025: Blast की धमकी देने वाला Ayush Jaiswal Arrest, Nasir Pathan के ना... | 64.8M |
| 5. | The Times of India | Medicinal plant growers, ayurveda manufacturers exchange ideas | 64.4M |
| 6. | The Times of India | Allowing plea, HC stays NEET PG 2nd round seat allotment | 64.4M |
| 7. | अमर उजाला (Amar ujala) | Bhiwani News: अलखपुरा क्लब ने सिक्किम क्लब को 2-0 से हराया | 63.8M |
| 8. | Navbharat Times - NBT Education | राजस्थान की भजनलाल सरकार में कितने मंत्री? 41 जिलों में कौन कहां का जिला प्रभारी... | 57.6M |
| 9. | Navbharat Times - NBT Education | देखते ही देखते कमर से लगेगा पेट, Weight Loss करता है बथुआ, दिन-रात में खाने का त... | 57.6M |
| 10. | News18 Hindi | माचिस की तीली से न साफ करें कान, जानें बेहद आसान उपाय, मिनटों में पूरी गंदगी आ ज... | 43.6M |
| 11. | The Hindu | Karnataka tames formidable Punjab in National basketball The Hindu | 35.9M |
| 12. | Times Now News | HMPV Scare: Two Kids Test Positive In Nagpur, Total Cases In India Increase To 7 | 35.4M |
| 13. | The Economic Times | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister o... | 28.7M |
| 14. | Dailyhunt | Two children detected with HMPV in Nagpur, total cases in India increase to 7 | 18.6M |
| 15. | Dailyhunt | Maha govt sets up Task Force after two HMPV cases in Nagpur | 18.6M |
| 16. | Dailyhunt | HMPV Scare: Two Kids Test Positive In Nagpur, Total Cases In India Increase To 7 | 18.6M |
| 17. | Dailyhunt | HMPV Cases In India Rise To 7 As 2 Children Test Positive In Maharashtra | 18.6M |
| 18. | Dailyhunt | Beauty and Superstore lead Nykaa's growth; Shaping the future of logistics | 18.6M |
| 19. | Prokerala.com | Maha govt sets up Task Force after two HMPV cases in Nagpur | 13M |
| 20. | Indiatvnews | HMPV cases: "Children, elderly people need to stay alert", says Maharashtra Me.. | 9.7M |
| 21. | Latestly | India News Our Hospitals, Beds, and Emergency Equipment Are Ready: Punjab Heal... | 7.8M |

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| 22. | Latestly | HMPV Virus in India: Maharashtra Government Sets Up Task Force After 2 Human Met... | 7.8M |
| 23. | The Tribune India | Farmers, ayurvedic manufacturers join hands to eliminate middlemen | 7M |
| 24. | New Indian Express | Lower courts in Odisha post 91.41 per cent CCR, pendency goes up to 19.20 lakh | 6.7M |
| 25. | Firstpost | HMPV tracker: Are infections surging in India, China and the UK? | 6.6M |
| 26. | Free Press Journal | Maharashtra Govt Sets Up Task Force After 2 HMPV Cases In Nagpur | 6.4M |
| 27. | Free Press Journal | Madhya Pradesh High Court Stay On NEET PG Phase-II Seat Allotment, Orders Regist... | 6.4M |
| 28. | PIB | Year End Review 2024: Ministry of Tribal Affairs | 5.4M |
| 29. | Kerala Kaumudi Online | തൊഴി സംരക്ഷിക്കണം. | 4.4M |
| 30. | Janta Se Rishta | हमारे अस्पताल, बिस्तर और आपातकालीन उपकरण तैयार: HMPV वायरस पर पंजाब के स्वास्थ्य... | 3.8M |
| 31. | Janta Se Rishta | "बच्चों और बुजुर्गों को सतर्क रहने की जरूरत है": HMPV मामलों पर महाराष्ट्र के चि... | 3.8M |
| 32. | Janta Se Rishta | HP News: मुख्यमंत्री ठाकुर सुखविंदर सिंह सुक्खू का ऐलान | 3.8M |
| 33. | Janta Se Rishta | Bareilly: उपायुक्त गंगा नगर कुलदीप सिंह गुनावत ने निर्माणाधीन थाने का किया निरीक... | 3.8M |
| 34. | Udayavani | 1.48 lakh new TB cases identified in first 30 days of 100-day intensified campai... | 3.6M |
| 35. | Daijiworld | Maha govt sets up Task Force after two HMPV cases in Nagpur | 3M |
| 36. | Ani News | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister o... | 1.9M |
| 37. | Ani News | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | 1.9M |
| 38. | Kalinga TV | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | 1.4M |
| 39. | Devdiscourse | Officials Stress Calm Amid HMPV Concerns with Vigilance for Vulnerable Groups | 1.2M |
| 40. | Deccan Herald | 1.48 lakh new TB cases identified in first 30 days of 100-day intensified campai... | 1.14M |
| 41. | Bw Businessworld | India's Coffee Exports Surpass \$1 Bn Milestone Amid Growing Global Demand | 666.7K |
| 42. | Divya Himachal | HP News: मुख्यमंत्री ठाकुर सुखविंदर सिंह सुक्खू का ऐलान, धर्मशाला शिफ्ट होगा एचप... | 553.6K |
| 43. | Social News XYZ | Maha govt sets up Task Force after two HMPV cases in Nagpur | 415.2K |
| 44. | UNI | Citizens should not panic about HMPV virus: Mushriff | 219.9K |
| 45. | Samachar Nama | Bareilly निर्माणाधीन थाने का किया निरीक्षण | 195.8K |
| 46. | Sakshipost EN | Maha govt sets up Task Force after two HMPV cases in Nagpur | 160.8K |
| 47. | HT Syndication | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | 119.8K |

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| 48. | First India | Children, elderly people need to stay alert": Maharashtra Medical Education Mini... | 118.3K |
| 49. | Dainik Tribune | मनाली में बनेगा फ्लाईंग डाइनिंग और ग्लास रेस्तरां | 110.2K |
| 50. | Lokmatimes.com | Maha govt sets up Task Force after two HMPV cases in Nagpur | 94.3K |
| 51. | The News Mill | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | 85.1K |
| 52. | The News Mill | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | 85.1K |
| 53. | WebIndia123 | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | 61.9K |
| 54. | WebIndia123 | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | 61.9K |
| 55. | Bhaskar Live | Maha govt sets up Task Force after two HMPV cases in Nagpur | 46.5K |
| 56. | Indian Economic Observer | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | 16.1K |
| 57. | Indian Economic Observer | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | 16.1K |
| 58. | Business News Week | AYUVYA Introduces Ayurvedic Juices for Heart Health, Diabetes, and Vitality | 10.3K |
| 59. | Hari Nayak | आशा राम बापू | 3.3K |
| 60. | Hi INDiA | Maha govt sets up Task Force after two HMPV cases in Nagpur | 2.4K |
| 61. | Telangana Tribune | CPM Urges Quick Start of 300-Bed Hospital in Gadwal 1 January 7, 2025 | 1.4K |
| 62. | TopologyPro One | हिमाचल प्रदेश के टूरिज्म सेक्टर पर 2415 करोड़ खर्च करेगी सुक्खू सरकार | 1.1K |
| 63. | Daily Prabhat | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | 280 |
| 64. | Daily Prabhat | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | 280 |
| 65. | Health Econoictimes | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 66. | Pharmacognosy Research | Macro-Microscopic and HPTLC Atlas of Argyreia sericea Dalzell | N/A |
| 67. | World News Network | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 68. | Maharashtra Samachar | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 69. | Tripurastar News | Year End Review 2024: Ministry Of Tribal Affairs. | N/A |
| 70. | Palgharnews | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |

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| 71. | West Bengal Khabar | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 72. | Kashmir Newslane | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 73. | Jharkhandtimes | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 74. | Delhi live news | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 75. | Vanakkam Tamil Nadu | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 76. | Kashmir Breaking News | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 77. | Bihar 24x7 | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 78. | Gujarat Varta | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 79. | Rajasthan Ki Khabar | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 80. | Andhra Pradesh Mirror | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 81. | Chhattisgarh Today | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 82. | Telangana Journal | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 83. | Karnataka Live | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 84. | Haryana Today | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 85. | Bihar Times | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 86. | Himachal Patrika | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 87. | Punjab Live | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 88. | South India News | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 89. | Gujarat Samachar | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |

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| 90. | North East Times | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 91. | Indian News Network | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 92. | Mantras | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 93. | The Mobi World | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 94. | OB News | Our hospitals, beds, and emergency equipment are ready: Punjab Health Minister O... | N/A |
| 95. | Gujarat Samachar | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 96. | Bhaskar Newslane | Shimla: एचपीटीडीसी का कार्यालय धर्मशाला शिफ्ट करने की तैयारी | N/A |
| 97. | World News Network | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 98. | Palgharnews | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 99. | Mumbai Press News | Maha Cabinet makes toll payment through FASTag mandatory from April 1 ²⁰²⁵ | N/A |
| 100. | Mumbai Press News | Kids, elderly with cold & cough must stay at home to prevent HMPV spread: Dr... | N/A |
| 101. | Punjab Live | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 102. | West Bengal Khabar | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 103. | EHealth Magazine | Available Tags | N/A |
| 104. | Delhi live news | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 105. | Vanakkam Tamil Nadu | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 106. | Mantras | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 107. | Kashmir Newslane | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 108. | Bihar 24x7 | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |
| 109. | The Mobi World | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. | N/A |

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| 110. | Gujarat Varta | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 111. | OB News | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 112. | Jharkhandtimes | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 113. | Rajasthan Ki Khabar | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 114. | Odisha Post | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 115. | South India News | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 116. | Chhattisgarh Today | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 117. | Andhra Pradesh Mirror | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 118. | Karnataka Live | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 119. | Telangana Journal | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 120. | The Hawk | HMPV Virus in Maharashtra: Minister Urges Vigilance for Children, Elderly Amid S ... | N/A |
| 121. | Kashmir Breaking News | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 122. | Bihar Times | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 123. | Himachal Patrika | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 124. | Haryana Today | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 125. | Jagvani | जग वाणी | N/A |
| 126. | North East Times | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 127. | Indian News Network | "Children, elderly people need to stay alert": Maharashtra Medical Education Min.. . | N/A |
| 128. | Pioneer Newz | How many cases are detected in India, China, Malaysia and the UK? – Firstpost | N/A |
| 129. | शिवालिक पत्रिका | एचपीटीडीसी कार्यालय को धर्मशाला स्थानांतरित करने पर विचार कर रही सरकार: मुख्यमंत... | N/A |

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| 130. | Indian Pharma Post | 1.48 lakh new TB cases identified in the first 30 days of TB Mukh Bharat -100 Da.. | N/A |
| 131. | Mediafire | Maha govt sets up Task Force after two HMPV cases in Nagpur | N/A |
| 132. | Mumbai Press News | Mumbai's Torres Jewellers Accused Of ₹ Crore Fraud; Company Alleges Th eft ... | N/A |
| 133. | Next Gen Consultancy | Next Gen Consultancy | N/A |
| 134. | Right Column Media | AYUVYA Launches Ayurvedic Juices for Health | N/A |
| 135. | Local Business News | AYUVYA Launches Ayurvedic Juices for Health | N/A |
| 136. | Tycoon World | AYUVYA Introduces Ayurvedic Juices for Heart Health, Diabetes, and Vitality | N/A |
| 137. | Medical Buyer | India set to emerge as global health and wellness hub | N/A |
| 138. | Vishva Times | Maha government sets up Task Force after two HMPV cases in Nagpur | N/A |
| 139. | The Mobi World | Pendency in Odisha"s lower courts reaches 19.20 lakh after 91.41 percent CCR | N/A |
| 140. | OB News | Pendency in Odisha"s lower courts reaches 19.20 lakh after 91.41 percent CCR | N/A |
| 141. | Ddindia | Maha govt sets up Task Force after two HMPV cases in Nagpur | N/A |
| 142. | Suryaa | Maharashtra Government sets up Task Force after two HMPV cases in Nagpur H ealth ... | N/A |
| 143. | The Munsif Daily | Maharashtra Government Forms Task Force Following Detection of HMPV Cases in Nag... | N/A |
| 144. | Nation Press | Maharashtra Government Establishes Task Force Following Two Cases of HMPV in Nag... | N/A |
| 145. | Pune News | Maha govt sets up Task Force after two HMPV cases in Nagpur | N/A |
| 146. | India Online Mart | Maha govt sets up Task Force after two HMPV cases in Nagpur | N/A |
| 147. | Thefreedompress | Maha govt sets up Task Force after two HMPV cases in Nagpur | N/A |
| 148. | Sakshi Post | Maha govt sets up Task Force after two HMPV cases in Nagpur | N/A |
| 149. | Quick Biz News | AYUVYA Introduces Ayurvedic Juices for Heart Health, Diabetes, and Vitality | N/A |
| 150. | Businessmicro | AYUVYA Introduces Ayurvedic Juices for Heart Health, Diabetes, and Vitality | N/A |
| 151. | Bizrapidx | AYUVYA Introduces Ayurvedic Juices for Heart Health, Diabetes, and Vitality | N/A |
| 152. | Business News This Week | AYUVYA Introduces Ayurvedic Juices for Heart Health, Diabetes, and Vitality | N/A |
| 153. | Onlinenews9 | AYUVYA Introduces Ayurvedic Juices for Heart Health, Diabetes, and Vitality | N/A |
| 154. | Jaanojunction | Two children detected with HMPV in Nagpur, total cases in India increase to 7 | N/A |
| 155. | Dy 365 | HMPV Cases Surge in India: Two Children Test Positive in Nagpur, Total Reache s S... | N/A |

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| 156. | Express Healthcare | Union Health Minister chairs Joint Strategy Meeting on 100-Day TB Mukta Bharat c a... | N/A |
| 157. | News Wala | Bareilly निर्माणाधीन थाने का किया निरीक्षण | N/A |
| 158. | The Sports Rush | "I'm Not a Conspiracy Theorist": Chad Johnson Claims Mike Vrabel Knew Jerod May... | N/A |
| 159. | Soochna Network | माचिस की तीली से न साफ करें कान, जानें आसान उपाय, मिनटों में गंदगी होगी बाहर! | N/A |
| 160. | Today News 24 | Madhya Pradesh High Court Stay On NEET PG Phase-II Seat Allotment, Orders Regist... | N/A |
| 161. | TaxIndiaOnline | PM lays bricks for new building for Central Ayurveda Research Institute | N/A |
| 162. | Manufacturing Bharat | Budget 2024: Not much to cheer for health sector | N/A |
| 163. | People Bugs | Karnataka tames formidable Punjab in National basketball | N/A |
| 164. | Zordo News | Upgrad"s Mayank Kumar and Oyo"s Ayush Mathur launch BorderPlus | N/A |
| 165. | Counter Currents | Farm Laws Reborn: Toxic Platter for India's Farmers and Consumers | N/A |
| 166. | Techiexpert | Amod Malviya and Rishi Kedia Step Into New Territory with Pre6 | N/A |