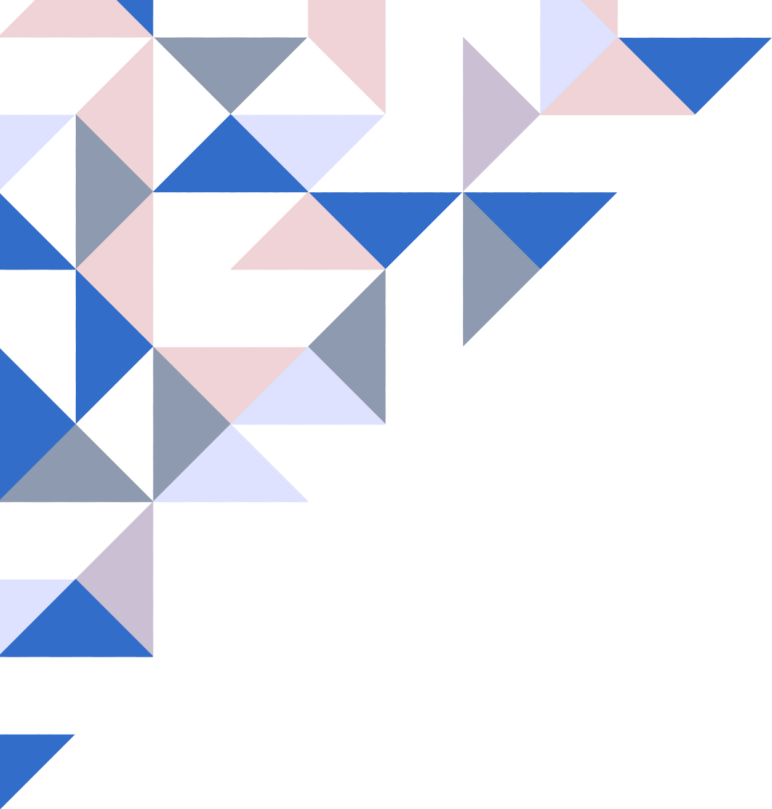


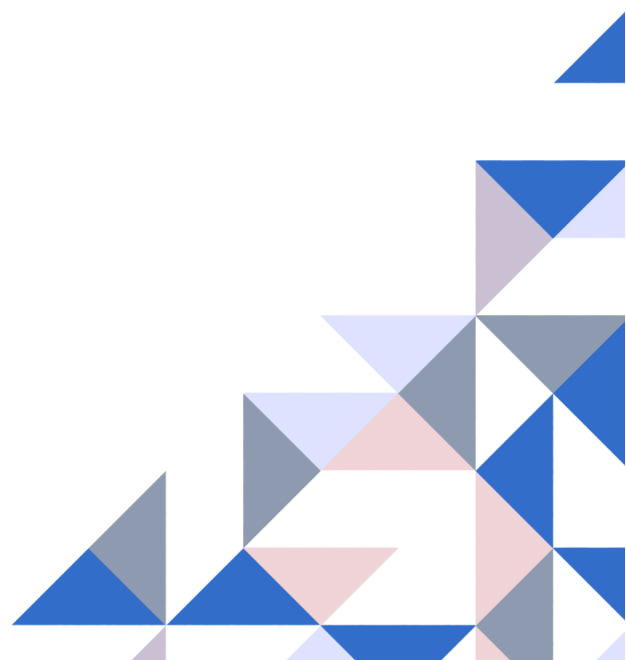
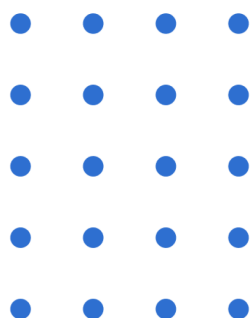
Ministry of Ayush

Brand

Prataprao Jadhav

46 Mentions

 Date Range : 07 Jul, 2025 – 07 Jul, 2025



Overview



Total Mention



Print Article

34



Online Mention

12



Total Reach



Print Reach

28.62M



Online Mention

179.3M



S.No	News_Paper	Date	Keyword	Title	Medium	Reach
1	Deshbandhu	Jul 07, 2025	Ministry of Ayush	Kakasana' strengthens the stomach and arms	PRINT	325.52K
2	The Times of India	Jul 07, 2025	Ministry of Ayush	Homeopaths with pharmacology cert can now practice allopathy	PRINT	2.74M
3	The Tribune	Jul 07, 2025	Ministry of Ayush	REGIONAL JOURNAL	PRINT	893.04K
4	The Hindu	Jul 07, 2025	Ministry of Ayush	NEWS IN NUMBERS	PRINT	956.08K
5	Telegraph	Jul 07, 2025	Ministry of Ayush	Ayurveda-MBBS joint course plan opposed	PRINT	2.33M
6	The Pioneer	Jul 07, 2025	Ministry of Ayush	FIT FACT	PRINT	634.42K
7	The Times of India	Jul 07, 2025	Ministry of Ayush	Homeopaths with pharmacology cert can now practice allopathy in Maha	PRINT	1.78M
8	The Pioneer	Jul 07, 2025	Ministry of Ayush	India-Ghana: Growing Together as Equals	PRINT	275K
9	The New Indian Express	Jul 07, 2025	Ministry of Ayush	ARDHA HANUMANASANA PREP (HALF SPLITS POSE PREP)	PRINT	177.8K
10	The Tribune	Jul 07, 2025	Ministry of Ayush	PGI all set for 62nd foundation day celebrations today	PRINT	893.04K
11	The Daily Guardian	Jul 07, 2025	Ministry of Ayush	30th 'Fit India Sundays on Cycle' held with RWA support	PRINT	N/A
12	The Daily Guardian	Jul 07, 2025	Ministry of Ayush	MLA SHAKTI RANI SHARMA LEADS WEEKLY HEALTH CAMPS, LISTENS TO PUBLIC GRIEVANCES	PRINT	N/A
13	The Pioneer	Jul 07, 2025	Ministry of Ayush	Govt appoints 1,300 nursing officers, launches Ayushman vans	PRINT	634.42K
14	Navbharat Times	Jul 07, 2025	Ministry of Ayush	Delhi mein jalad shuru hogi Mansik swasth sewa	PRINT	2.68M
15	The New Indian Express	Jul 07, 2025	Ministry of Ayush	State level Yogasana competition held	PRINT	246.4K
16	Telangana Today	Jul 07, 2025	Ministry of Ayush	Go for Green Healing	PRINT	440K
17	The Daily Guardian	Jul 07, 2025	Ministry of Ayush	Commendable step by state government; major healthcare boost	PRINT	N/A
18	Rashtriya Sahara	Jul 07, 2025	Ministry of Ayush	3 Days International Helath & Welness Expo 11 se	PRINT	390K
19	The Tribune	Jul 07, 2025	Ministry of Ayush	Regional Journal	PRINT	92.25K
20	Amar Ujala	Jul 07, 2025	Ministry of Ayush	Pradesh main 187 aur Ayushmann aarogye Mandir kholne ki teyaari	PRINT	368.8K
21	The Morning Standard	Jul 07, 2025	Ministry of Ayush	Fit Bit	PRINT	300K
22	The New Indian Express	Jul 07, 2025	Ministry of Ayush	ARDHA HANUMANASANA PREP	PRINT	246.4K
23	Punjab Express	Jul 07, 2025	Ministry of Ayush	Centre aims to establish 1,100 Ayushman Arogya Mandirs in Delhi by March 31, 2026	PRINT	348.98K
24	Hindustan Times	Jul 07, 2025	Ministry of Ayush	Govt appoints 1.4K health care workers, targets 1.1K facilities	PRINT	3.43M
25	The Times of India	Jul 07, 2025	Ministry of Ayush	Boy's testimony jails elderly siddha doctor for 20 years in Pocso case	PRINT	1.21M
26	Navbharat Times	Jul 07, 2025	Ministry of Ayush	International Champion mein jayegi 7 saal ki Vanya	PRINT	2.68M
27	The Times of India	Jul 07, 2025	Ministry of Ayush	Mafia lets homeopaths prescribe allopathic drugs, but with a rider	PRINT	2.78M
28	Bizz Buzz	Jul 07, 2025	Ministry of Ayush	1,300 nurses appointed in Delhi govt hospitals; Ayushman vans flagged off	PRINT	N/A
29	The Pioneer	Jul 07, 2025	Ministry of Ayush	India-Ghana: Growing Together as Equals	PRINT	268.96K

30	The Indian Express	Jul 07, 2025	Ministry of Ayush	The Nal Se Jal Scheme is to provide water, not for some contractor to make money	PRINT	175.5K
31	The Statesman	Jul 07, 2025	Ministry of Ayush	Delhi to get 1,100 Ayushman Arogya Mandirs by March 126	PRINT	225K
32	The Navhind Times	Jul 07, 2025	Ministry of Ayush	Patanjali launches Orthogrit for arthritis relief	PRINT	280K
33	The Goan	Jul 07, 2025	Ministry of Ayush	These cancer-fighting foods support your body's natural defenses	PRINT	200K
34	The Pioneer	Jul 07, 2025	Ministry of Ayush	India-Ghana: Growing Together as Equals	PRINT	634.42K

Deshbandhu • Delhi • 07 Jul, 2025

Kakasana' strengthens the stomach and arms

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
10	Hindi	526	N/A	Middle Left	441545	325.52K

पेट व बाजुओं को मजबूत करता है 'काकासन'

शरीर के ऊपरी हिस्से की ताकत, एकाग्रता और लचीलापन बढ़ाने में मदद

नई दिल्ली, 6 जुलाई (एजेंसियां)। आज के समय में स्वस्थ रहने का बेहतरीन तरीका दवाई नहीं, बल्कि योगासन और प्राणायाम हैं। योग के कई आसनों में 'काकासन' काफी महत्वपूर्ण है, जिसे 'क्रो पोज' या 'बकासन' भी कहा जाता है। यह पेट और बाजुओं को मजबूती के साथ संतुलन बढ़ाने वाला आसन है। काकासन, विशेष तौर पर शरीर के ऊपरी हिस्से की ताकत, एकाग्रता और लचीलापन बढ़ाने में मदद करता है। काकासन का नाम संस्कृत शब्द 'कक' से आया है, जिसका अर्थ है कौआ, क्योंकि इस आसन में शरीर की स्थिति कौए की तरह संतुलित दिखती है। यह आसन शुरुआती और अनुभवी योगियों दोनों के लिए लाभकारी है, बशर्ते इसे सही तकनीक से किया जाए।

भारत सरकार के आयुष मंत्रालय के अनुसार, बकासन, जिसे क्रो पोज या कौआ आसन भी कहा जाता है, एक योगासन है जो संतुलन और ताकत बढ़ाने में मदद करता है। यह आसन हाथों, कंधों और कोर मसल्स को मजबूत करता है, साथ ही एकाग्रता और मानसिक स्थिरता में भी सुधार करता है। योग एक्सपर्ट ककासन करने की सही विधि भी बताते हैं। ककासन करने के लिए सबसे पहले योगा मैट पर उकडू मुद्रा में बैठना चाहिए। दोनों हथेलियों



10-20 सेकंड तक ही रुकना और गहरी सांस लेते रहना चाहिए

को कंधों की सीध में जमीन पर रखें, उंगलियां फैली हुई हों। घुटनों को कोहनियों के पास लाएं और पैरों की उंगलियों पर संतुलन बनाएं। अब धीरे-धीरे शरीर का वजन हथेलियों पर डालते हुए पैरों को जमीन से ऊपर उठाना चाहिए। घुटनों को कोहनियों या ऊपरी बांहों पर टिकाना चाहिए। इस दौरान नजर सामने की ओर रखें ताकि संतुलन बना रहे।

इस स्थिति में 10-20 सेकंड तक ही रुकना और

गहरी सांस लेते रहना चाहिए। एक्सपर्ट के अनुसार, शुरुआत में संतुलन बिगड़ने या गिरने का डर हो सकता है, इसलिए नीचे तकिया या गद्दा जैसी मुलायम चीजें सहारा के लिए रखें। धीरे-धीरे अभ्यास बढ़ाएं और सामान्य स्थिति में लौटें। इसे खाली पेट सुबह करना सबसे अच्छा है।

ककासन के नियमित अभ्यास से कई शारीरिक और मानसिक लाभ मिलते हैं। यह बांहों, कंधों और कोर मांसपेशियों को मजबूत करता है। पेट के अंगों पर दबाव पड़ने से पाचन तंत्र बेहतर होता है। यह आसन एकाग्रता और मानसिक स्थिरता भी बढ़ाने में सहायक है, क्योंकि इसे करने के लिए ध्यान की जरूरत होती है। ककासन रीढ़ को लचीला बनाता है और शरीर का संतुलन सुधारता है। यह तनाव के साथ ही चिंता को कम करने में भी मदद करता है। नियमित अभ्यास से आत्मविश्वास बढ़ता है और शरीर में ऊर्जा का संचार होता है। ककासन न केवल शारीरिक बल्कि मानसिक स्वास्थ्य के लिए भी एक उत्तम आसन है, जो नियमित अभ्यास से जीवन में सकारात्मक बदलाव लाता है। हालांकि, ककासन करने से पहले शरीर को वार्मअप करना जरूरी होता है। गर्भवती महिलाओं और कलाई या कंधे में चोट वाले लोगों को इसे न करने की सलाह दी जाती है।

The Times of India • Mumbai • 07 Jul, 2025

Homeopaths with pharmacology cert can now practice allopathy

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
3	English	171	N/A	Top Right	962211	2.74M

Homeopaths with pharmacology cert can now practice allopathy

Eshan.Kalyanikar
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Mumbai: In a move that could prove detrimental to public health, homeopaths will soon be able to prescribe modern medicines in Maharashtra after completing a six-month course in pharmacology. The scope of what kinds of medicines and diseases this may include is still undecided.

A notification to this effect was recently issued by the Maharashtra Medical Council (MMC), allowing homeopathic practitioners who completed the Certificate Course in Modern Pharmacology (CCMP) to register with the council. The MMC has been operating without an elected body of doctors since 2022.

"We received directions from the govt and a clearance from the law and judiciary department regarding the case pending before the court. We will begin registering them starting July 15. Till then, we will be studying what kinds of medicines they will be allowed to prescribe," said MMC administrator Dr Vinky Rughwani. The controversial decision had its seed sown in 2014, when the state govt amended the Maharashtra Homoeopathic Practitioners Act and the Maharashtra Medical Council Act of 1965, allowing homeopaths to prescribe modern medicines under certain conditions.

The Indian Medical Association (IMA) challenged the amendments, and the Bombay High Court issued a stay. Since late last year, there were efforts to bypass this stay.

In Dec 2024, the Food and Drug Administration (FDA) directed chemists and wholesalers to "sell allopathic medicines to homeopathic registered doctors who completed the CCMP course".

Dr Santosh Kadam, president, IMA Maharashtra, said, "FDA is a drug regulator but it does not have the authority to recognise who can practice medicine." That authority lies only with the MMC. The MMC's circular, Kadam said, gives legal weight to what was until now a toothless directive. In Feb, there was a meeting between medical education minister Hasan Mushrif, BJP MLA Randhir Sawarkar, and representatives from the MMC and homeopathic associations. It was here that MMC was directed to implement the 2014 amendment.

"Both FDA and MMC were pressured to pass such order. Many homeopathic colleges are either owned by or indirectly affiliated with politicians in the state," said Dr Kadam.

REGN TO BEGIN JULY 15

- > In 2014, state govt allowed homeopaths to do a 6-month pharma course and start prescribing certain meds
- > These include sedatives, antibiotics, antimalarials, among others
- > Doctors spend years training to safely diagnose and prescribe medicines as overdose or even insufficient dose can be dangerous
- > IMA challenged decision the in court. Matter still pending before HC



The Tribune • Chandigarh • 07 Jul, 2025

REGIONAL JOURNAL

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
12	English	404	N/A	Top Right	1220906	893.04K



REGIONAL JOURNAL

UNTOLD STORIES FROM THE STATES

Wildlife institute head punished

The Centre has repatriated Virendra Tiwari, director, Wildlife Institute of India, Dehradun, to his original Maharashtra cadre following a controversy. An official WII email had threatened to withhold the salary for poor attendance on International Yoga Day. Though the notice was withdrawn, the damage was done. Now, Tiwari, who was the first IFS officer from the Maharashtra cadre to head WII in 2022, has been repatriated.

25 global honours for PM

PM Narendra Modi this week received his 25th international honour — The Order of the Republic of Trinidad and Tobago. Modi has been conferred with several notable awards, including the Order of St Andrews the Apostle by Russia, the Legion of Merit by the US, from the UAE, Saudi Arabia & many more. Late PMs Jawaharlal Nehru, Indira Gandhi and Manmohan Singh had together received six international honours over decades in power.

Staff shortage hits border schools

Punjab's Education Department is facing a teachers' shortage in border schools. The reason is that the teachers, recruited under the Border Area cadre, are transferred to their home stations after three years. This leaves border schools understaffed again. The department is now contemplating incentives to retain teachers in these areas.

Watching for 'unlucky' CM invitee

Ahead of the Punjab Cabinet reshuffle, all eyes were on CM Bhagwant Mann as well as his house. Since it was clear that one minister from the 16-member Cabinet would be dropped, everyone was keenly observing ministers being called to the CM's residence. This is because everyone believed that the one to be called would be the one to step down. The speculation proved right as Kuldeep Singh Dhaliwal, who was asked to resign, was among the three ministers who visited.

DISHA losing direction

District-level DISHA meetings, which are held to monitor central funds, have lost their sheen due to politics. Chaired by local MPs, these meetings often see boycotts from MLAs of opposing parties. If DISHA goes, corruption may creep in and districts may remain starved of central funds. And if it stays, it will continue to be boycotted by opposition legislators. As an officer said, "DISHA is without a proper disha (direction)".

Kangana at it again

Known for her outspoken nature, MP Kangana Ranaut continues to stir controversy. Facing flak on social media for her absence from the disaster-hit Mandi, she put the blame on former CM Jai Ram Thakur, claiming he advised her to wait till connectivity was restored. When BJP president JP Nadra was asked whether this was due to lack of communication, he just said, "Communication with her is very good, she's on her way."

Can HP deflect blame?

Following the collapse of a building in Shimla, the NHAI and road construction firms are drawing flak for their "reckless approach". Though locals had flagged risks earlier, neither the state government nor the companies did anything. Now, ministers are blaming the companies. But the question is, why did not the state agencies intervene earlier? A debate goes on as locals grapple with ground realities.

Contributed by Akshay Thakur, Aditi Tandon, Rajmeet Singh, Ruchika M Khanna, Ravi Dhaliwal, Pratibha Chauhan and Subhash Rajta

The Hindu • Hyderabad • 07 Jul, 2025

NEWS IN NUMBERS

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
3	English	184	N/A	Top Left	201048	956.08K

NEWS IN NUMBERS

Decrease in beneficiaries of Laadli Yojana in 15 years

58 In per cent. The number of people who took benefits under the Laadli Yojana in Delhi has decreased in the last 15 years, information shared by the government under the Right to Information Act revealed. Laadli Yojana was started in the national capital on January 1, 2008. PTI

Number of Ukrainian drones downed by Russia overnight

120 Russia's anti-aircraft systems downed 120 Ukrainian drones overnight, mostly in regions bordering Ukraine, the Russian Defence Ministry said. More than three years into the war, Ukraine has increasingly been using drones to attack targets deep inside Russia. AFP

New nursing officers appointed in Delhi govt. hospitals

1,300 The Delhi government appointed over 1,300 new nursing officers and launched Ayushman Bharat registration vans to strengthen the healthcare system in the national capital. The event was attended by BJP president J. P. Nadda. PTI

Palestinians killed by Israeli airstrikes on Sunday

38 Israeli airstrikes killed at least 38 Palestinians in Gaza, hospital officials said on Sunday, as Israel's military said it has struck over 100 targets in the enclave. The strikes came as Israeli Prime Minister Benjamin Netanyahu was preparing to fly to the U.S. for talks at the White House. AP

The death toll from the Pakistan building collapse

27 The death toll from the collapsed multi-storey residential building in Karachi has risen to 27, with several people still missing under the rubble, officials said. The five-storey building in the Baghdadi area of Lyari collapsed on Friday. PTI

COMPILED BY THE HINDU DATA TEAM

Telegraph • Kolkata • 07 Jul, 2025

Ayurveda-MBBS joint course plan opposed

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
1,4	English	301	N/A	Bottom Center,Bottom Left	783024	2.33M

Ayurveda-MBBS joint course plan opposed

G.S. MUDUR

New Delhi: Some ayurveda scholars have questioned the Centre's plan to introduce an integrated MBBS-BAMS undergraduate programme, saying it ignores an urgent need to overhaul the way this traditional system of medicine is taught and practised.

They have argued that despite ayurveda's potential to address many primary care disorders, the discipline has remained intellectually stagnant because of a continued reliance on outdated texts and traditional beliefs.

"Ayurveda texts have not undergone timely revisions.... What is currently taught in ayurvedic colleges is an incongruous mix of truths and untruths," said G.L. Krishna, a research scholar at the National Centre for Biological Sciences, Bangalore.

"Unless ayurveda renews itself by jettisoning its obsolete portions, it will remain dissonant with evidence-based approaches," Krishna wrote in a commentary this week in the *BMJ Global Health Blog*.

Another scholar too has flagged how uncritical dependence on traditional texts continues to undermine ayurveda's scientific credentials.

"An undue reliance on traditional texts and beliefs has

contributed to perceptions of ayurveda as being pseudoscientific," Kishor Patwardhan, ayurveda professor at the Institute of Medical Sciences, Banaras Hindu University, told **The Telegraph**.

Patwardhan said he favoured integrated education but "only after making ayurveda philosophically coherent so that the integration does not become incompatible".

The Centre's planned MBBS-BAMS programme has drawn criticism from some practitioners of modern medicine too.

The Union minister of state for ayush (ayurveda, yoga, unani, siddha and homoeopathy), Prataprao Jadhav, was quoted in the media last month as saying that the Jawaharlal Institute of Postgraduate Medical Education and Research, Puducherry, would introduce India's first integrated MBBS-BAMS course.

The BAMS (Bachelor of Ayurvedic Medicine and Surgery) course is currently taught only at the country's 70-odd government and 400-plus private ayurveda colleges.

"The most serious problem facing ayurveda is the sheer lack of a vibrant intellectual resource that can question and correct the (field's) deep-seated philosophical misconceptions," Krishna wrote.

CONTINUED ON PAGE 4 ►

Ayurveda-MBBS joint course plan opposed

► FROM PAGE 1

Krishna added: "Instead of focusing its energies on ventures like the MBBS-BAMS program(me), the government must devise ways to equip Ayurveda with good intellectual resource(s)."

He added: "Ayurvedic scholar-physicians, biologists, allopathic doctors, and even humanities experts who have a genuine interest in traditional knowledge systems must be pooled together to work on

the grand project of renewing Ayurveda along evidence-informed lines. Integration will come thereafter."

Patwardhan underlined what he views as a contradiction between the ayush ministry's official stance that the "principles and methods of ayurveda are fundamentally incompatible with modern medicine" and its proposal for an integrated MBBS-BAMS programme.

"That stance should, by its own logic, discourage any

integration effort," Patwardhan said. "That integration is nevertheless being pursued reflects conceptual confusion at the policy level."

Patwardhan said ayurveda views health disorders through the lens of traditional concepts such as dosha, agni and ama that are foundational to the discipline but remain only weakly evidence-informed.

"This has introduced a knowledge and methodology division between ayurveda and

science," Patwardhan said.

"But if we rigorously refine such traditional concepts in terms of observable, measurable and testable entities, it could blur the division between ayurveda and modern approaches to medicine."

Ayurveda physicians calling for curriculum reform have cited obsolete ideas in traditional texts — such as semen originating in bone marrow, urine flowing from the intestine, a baby's gender being determined by fluids, and child-

hood seizures being caused by demonic possession.

Despite such concerns, a nationwide government survey in 2022-23 found that 40 per cent of the rural people sampled, and 45 per cent of urban respondents, used ayush medicines.

The Indian Medical Association, the country's largest body of modern doctors, issued a statement last month saying an integrated MBBS-BAMS course would produce "hybrid doctors who will be qualified quacks".

The Pioneer • Delhi • 07 Jul, 2025

FIT FACT

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
11	English	169	N/A	Top Right	480668	634.42K

FIT FACT



Though we breathe every moment, we often forget to breathe mindfully, especially during times of stress or irritation. Chronic stress can hinder weight loss and overall health, making it vital to find ways to stay calm. Try diaphragmatic breathing — deep, slow breaths into your belly — to instantly ease your mind and reduce tension.

TRIVIA



Did you know you don't just rely on water to stay hydrated? Around 20% of your daily hydration actually comes from the foods you eat. Fruits and vegetables like cucumbers, watermelon, oranges, and even lettuce have high water content. Soups, stews, and broths are also excellent sources. Including these in your meals not only boost your hydration but also adds essential nutrients. So next time you're feeling thirsty, think beyond your glass — your plate plays a part too!

The Times of India • Bengaluru • 07 Jul, 2025

Homeopaths with pharmacology cert can now practice allopathy in Maha

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
7	English	174	N/A	Bottom Left	643587	1.78M

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Eshan.Kalyanikar
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IMA former secretary general Dr Lele said this will create half-baked medicine prescribers, which will be dangerous to patient health

without an elected body of doctors since 2022.

"We received directions from govt and a clearance from law and judiciary department regarding the case pending before the court. We will begin registering them starting July 15. Till then, we will be studying what kinds of medicines they will be allowed to prescribe," said MMC administrator Dr Vinay Rughwani. The controversial decision had its seed sown in 2014, when state govt amended Maharashtra Homeopathic Practitioners Act

and Maharashtra Medical Council Act of 1965, allowing homeopaths to prescribe modern medicines under certain conditions.

Indian Medical Association (IMA) challenged the amendments, and Bombay high court issued a stay. Since late last year, there were efforts to bypass this stay. In Dec 2024, and Drug Administration (FDA) directed chemists and wholesalers to "sell allopathic medicines to homeopathic registered doctors who completed CCMP course".

Dr Santosh Kadam, president, IMA Maharashtra, said, "FDA is a drug regulator but it does not have the authority to recognise who can practice medicine." That authority lies only with the MMC. MMC's circular, Kadam said, gives legal weight to what was until now a toothless directive.

Dr Jayesh Lele, former Secretary General of IMA, said, "Mixing two different fields of study will only create half-baked medicine prescribers, which will be dangerous to patient health. It will disempower people from choosing what treatment they want by creating a lot of confusion."

The Pioneer • Hyderabad • 07 Jul, 2025
India-Ghana: Growing Together as Equals

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
7	English	303	N/A	Middle Right	102973	275K

India-Ghana: Growing Together as Equals

Kwame Nkrumah, Ghana's founding Prime Minister and one of Africa's most iconic leaders, was widely hailed as the Osagyefo, meaning "redeemer". Rightly so, as Ghana became the first sub-Saharan African country to gain independence from colonial rule in 1957, under his leadership.

From Nkrumah's dream of African liberation and anti-imperialism to Modi's vision of a cohesive Global South, India-Ghana ties continue to strengthen this age-old spirit of sovereignty, self-reliance and mutual respect. In a powerful affirmation of this deep-rooted solidarity, Prime Minister Narendra Modi stepped onto Ghanaian soil on July 2, 2025, marking the first official visit by an Indian head of government to the West African nation in over three decades.

On his arrival at Accra's Kotoka International Airport, the Prime Minister was received by Ghanaian President John Dramani Mahama and greeted with cultural fanfare and a wave of warmth from Ghana's Indian diaspora. However, the grandeur of the visit was not just symbolic. The sojourn, as part of PM's five-nation tour, gave the much-needed clarity and push for a more stable and structured relationship with Ghana, significantly strengthening India's strategic commitments towards the prosperity and development of Africa.

For long, there has been a critical view of India's development partnership with Africa, particularly by Western policy analysts, who looked at India's investment as predatory and not making structural economic changes in Africa to make them self-reliant. Silencing the critics, the Prime Minister made the overarching goal of India's Africa policy amply clear. "Our development partnership with Africa is demand-driven.

It is focussed on building local capacities and creating local opportunities. Our objective is not just to invest, but to empower. To help develop self-sustaining ecosystems," PM said emphatically, in his historic address in the Parliament of Ghana. Ghana's multi-layered diplomatic engagement with India, characterised by widening interest in agriculture, infrastructure, technology, pharma, defence and culture, has now been taken to the level of a 'comprehensive partnership'.

The newly signed bilateral agreements, particularly on health, digital infrastructure and cultural exchange, will result in providing significant tangible outcomes from the high-level visit shortly. Sustained focus on health services and digital payment networks, as outlined during the visit, could be a significant growth amplifier in the region. Due to deficient capacity for pharmaceutical research and development (R&D), Africa manufactures less than 2 per cent of the medicines it consumes, making it heavily dependent on imports. With the plan to establish a vaccine manufacturing hub in Ghana, India is giving a major push towards Ghana's health sov-

ereignty and West Africa's rapid industrial growth. A stable domestic pharmaceutical manufacturing industry will not only better guarantee future supplies but also create high-paying manufacturing jobs and increase the overall economic productivity in the region.

India's traditional medicine systems (AYUSH) are also likely to get a major boost in Ghana. Being the second most populous country in West Africa, these bilateral initiatives will have significant outcomes and a multiplier impact on the entire region. Trade has always been a key priority between India and Ghana, with bilateral commerce touching \$3 billion. India's nearly \$2 billion investment in diverse sectors like infrastructure, energy, pharmaceuticals, and IT makes Ghana an important destination for private players. Ghana's abundant gold, oil, and newly discovered critical minerals (for EVs and the electronics industry) will further boost the bilateral trade, aiming towards doubling it in the next five years.

This likely upward trend in the bilateral trade, together with a more robust and reliable digital payment system in Ghana, by integrating India's Unified Payments Interface (UPI) with Ghana Interbank Payment and Settlement Systems (GHIPSS), is poised to create West Africa's first cross-border real-time growth corridor.

Ghana plays a crucial role in ensuring regional stability in West Africa, being a key partner in transatlantic strategic engagement on governance, trade and security. As terrorism and transnational threats rise in the region, this partnership adds strategic depth to India's Africa outreach. PM's mantra of "security through stability" synergises with India's commitment to extend maritime security, defence supplies and cyber security to Ghana.

Post Operation Sindoor and amidst continuous realignment of the global world order, the visit can be seen as a significant diplomatic move that goes beyond the ceremonial gestures, and could result in developing an ambitious yet pragmatic blueprint for future collaborations, not just with Ghana, but also about India's deepening engagement in Africa beyond trade and economy to contemporary global issues. Elevating the diplomatic relations to the level of 'comprehensive partnership' will bring in more depth, momentum, as well as accountability in the bilateral relations between India and Ghana. After the inclusion of the African Union (AU) in the G20 as its 21st permanent member in 2023, the recent visit by the Prime Minister to Ghana has further reaffirmed India's positioning as a leader of the Global South, advocating for equity, reform in global institutions, and pro-Africa development models.

(The writer is Director, African centre of India, a New Delhi based think-tank. Views are personal)



RAO
NARENDER
YADAV

The New Indian Express • Bengaluru • 07 Jul, 2025

ARDHA HANUMANASANA PREP (HALF SPLITS POSE PREP)

Page no 2	Language English	Article Dimension 645	Supplement City Express	Position Top Right	AVE 645209	Circulation 177.8K
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FITBIT

ARDHA HANUMANASANA PREP (HALF SPLITS POSE PREP)

This is a kneeling-balance pose that can be challenging at first. This beginner-level practice can be introduced first to find a better balance with flexibility. This is not just a step towards a Hanumanasana (Splits Pose), it is a journey of self-discovery and personal growth. The preparatory aspect of the pose teaches us the value of patience and incremental progress. Through consistent practice, along with lower body strength the hips and hamstrings flexibility can be increased. It is included in warm-up yoga for sportspeople. This practice demands focus and awareness to find balance and stability.

STEPS

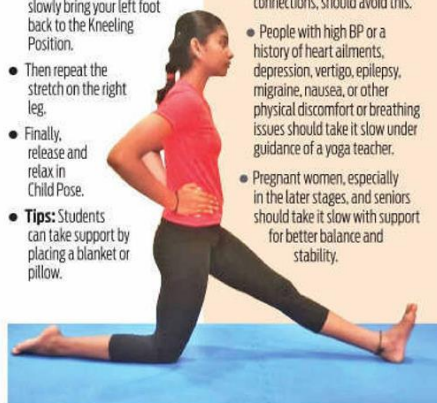
- Start in Kneeling Pose with the hands on the waist. Stand on your knees with shins resting on the floor and legs together, feet flat toes pointing back. Look in the front.
- Inhale, step your left foot forward, aligning it directly under your left knee. The left leg is forming a 90-degree angle. Exhale completely.
- Inhale, lift your chest, and elongate your spine, drawing your shoulders back and down.
- Exhale, gently straighten your front leg by walking your toes in front and extending as much as you can. Slowly lift the left toe off the ground and push the heel further in front, straightening the knee to its maximum. Keep your left foot flexed.
- Stand tall in the pose for about six breaths or as per the body's capacity. Continue to breathe deeply and relax into the stretch.
- To release, inhale, gently bend your left knee, and slowly bring your left foot back to the Kneeling Position.
- Then repeat the stretch on the right leg.
- Finally, release and relax in Child Pose.
- **Tips:** Students can take support by placing a blanket or pillow.

BENEFITS

- Strengthens the core, quadriceps, knee, and hip joints.
- Stretches the hamstrings and opens up the hip flexors, improving hip mobility and reducing hip discomfort.
- Stabilises the posture and brings mental peace and calm.
- Props like a blanket, chair or wall for support, balance and stability.
- Mind is controlled, and the flow of energy (prana) increases.
- Included in yoga for teens to promote mindfulness.
- Calms the mind while energising the body.
- Releases emotional tension and stagnant energy stores in the hips.
- Core finds a stable sense of balance and stability deep through the knees and legs.
- Impacts the reproductive system, particularly beneficial for women with infertility or PCOD.
- Blood circulation towards the hips, knees, feet, and ankles is improved.

LIMITATIONS

- Students with any injury or recent surgery, weak musculature or joints, general body weakness, arthritis, brittle bones, or lack body-breath connections, should avoid this.
- People with high BP or a history of heart ailments, depression, vertigo, epilepsy, migraine, nausea, or other physical discomfort or breathing issues should take it slow under guidance of a yoga teacher.
- Pregnant women, especially in the later stages, and seniors should take it slow with support for better balance and stability.



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

The Tribune • Chandigarh • 07 Jul, 2025

PGI all set for 62nd foundation day celebrations today

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
3	English	227	N/A	Middle Left	684146	893.04K

PGI all set for 62nd foundation day celebrations today

TRIBUNE NEWS SERVICE

CHANDIGARH, JULY 6

The Post Graduate Institute of Medical Education and Research (PGIMER) will celebrate its 62nd foundation day on Monday, marking over six decades of service in medical education, research and patient care.

"Patient care remains the institute's top priority, guided by the motto 'service with sacrifice'. Our commitment to accessible healthcare is reflected in its extensive outreach through government schemes such as Ayushman Bharat, benefiting over 1.55 lakh beneficiaries, including 147 renal

transplants till date under the scheme," the PGIMER Director Dr Vivek Lal said.

Dr Rajiv Bahl, Secretary to Government of India, Department of Health Research and Director General of the Indian Council of Medical Research (), will be the chief guest and will deliver a keynote address themed, "Creating more physicians, scientists and innovators in leading medical institutes".

A physician-scientist specialising in paediatrics and public health, Bahl has been a leading figure in maternal and child health research for over 30 years. His career spans leadership roles at the

SIX-DECADE LEGACY

Founded in 1961 with the concurrence of the Planning Commission, PGIMER commenced operations in 1962 and was formally inaugurated on July 7, 1963, by the then Prime Minister Jawaharlal Nehru. Recognised as an

"Institute of National Importance" in 1967, PGIMER has been at the forefront of medical innovation and patient care, contributing significantly to national health initiatives under the aegis of the Union Ministry of Health and Family Welfare.

World Health Organization in Geneva, where he served as Head of Research on maternal, new-born, child, and adolescent health from 2013 to 2022. He has been recognised with an honorary doctorate from the University of Bergen, Norway.

Joining him as guest of honour will be Dr D Behera, Professor Emeri-

tus at PGIMER and President of the National Academy of Medical Sciences, New Delhi. With over 40 years of experience, Behera is a respiratory specialist, former Dean at PGIMER, and leader in lung cancer research.

Spanning an expansive area of 277 acres, PGIMER is a hub of medical excellence with a dedicated

workforce of 11,847 employees, including 728 esteemed faculty members and around 1,300 academic resident doctors, including sponsored and foreign national categories across 47 specialized departments and 10 centres of excellence.

The institute has a capacity of 2,233 beds, including 207 ICU beds and 73 operation theatres, facilitating comprehensive healthcare services.

Annually, PGIMER caters to approximately 10,000 outpatient visits daily, totalling around 3 million visits, with 200,000 admissions for both long-term and day-care treatments, alongside 80,000 surgeries

encompassing major and minor procedures. The institute offers services across 160 specialties and super-specialties.

In addition to clinical services, PGIMER is a leader in medical research and education. It offers 20 MD/ MS courses, 47 DM/ MCh courses, 35 Fellowships, 350 seats in PhD courses, 21 M.Sc, 12 Paramedical courses and three nursing courses, across various disciplines.

"The 62nd foundation day promises to be a celebration of past achievements and a reaffirmation of the institute's unwavering dedication to improving health outcomes for all," Dr Lal added.

The Daily Guardian • Delhi • 07 Jul, 2025

30th 'Fit India Sundays on Cycle' held with RWA support

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
5	English	176	N/A	Bottom Left	17556	N/A

30th 'Fit India Sundays on Cycle' held with RWA support

TDG NETWORK
NEW DELHI

The main event of the 30th edition of 'Fit India Sundays on Cycle' took place in Delhi on Sunday. Cyclists began from Major Dhyan Chand National Stadium, rode around the India Gate C Hexagon, continued to Vijay Chowk along Kartavya Path, and returned to the stadium.

Visuals from the event showed cyclists riding along Kartavya Path with India Gate in the back-



ground.

"Fit India Sundays" was organised at 6,000 locations across India on July 6 in partnership with Resident Welfare Associations (RWAs). The Delhi event

was flagged off at 7 AM from Major Dhyan Chand National Stadium.

"Fit India Sundays on Cycle has gradually become a mass movement. This week, we will be

organising the event in partnership with RWAs. I urge all citizens and communities to become part of this initiative and indulge in fitness-related activities like cycling and yoga to avoid lifestyle diseases and reduce pollution levels in their area," Minister of Youth Affairs and Sports Mansukh Mandaviya said as quoted by the SAI Media press release on Friday. The objective of organising the event with RWAs is to promote sustainability and connect with local com-

munities across India. As per official estimates, there are 5-6 lakh RWAs in India whose role is to increase awareness about adopting a healthy and active lifestyle. The RWAs are encouraging residents in their areas to participate in cycling, yoga and fitness activities daily.

Sharing an X post on Friday, the Union Sports Minister wrote, "Sunday will become Fitness Day! This Sunday, the #SundaysOnCycle event will be organized at over 6,000 locations across the country.

The Daily Guardian • Chandigarh • 07 Jul, 2025

MLA SHAKTI RANI SHARMA LEADS WEEKLY HEALTH CAMPS, LISTENS TO PUBLIC GRIEVANCES

Page no 13	Language English	Article Dimension 327	Supplement N/A	Position Top Left	AVE 32734	Circulation N/A
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MLA SHAKTI RANI SHARMA LEADS WEEKLY HEALTH CAMPS, LISTENS TO PUBLIC GRIEVANCES

A weekly free medical camp, part of MLA Shakti Rani Sharma's health initiative, was held at Kalka's Govt Senior Secondary School, benefiting over 316 residents.

TDG NETWORK
KALKA

Continuing the weekly initiative, a free medical camp was organized this Sunday by the Pandit Kedarnath Sharma Hospital and Charitable Trust in the Kalka Assembly constituency. This time, the camp was held at the Government Senior Secondary School, Main Bazaar, Kalka.

Doctors from various hospitals participated in the camp, including Dr. Ajaaz Ahmed, Dr. Robin, and Senior Manager Mr. Vinod Kumar from Paras Hospital; Dr. Saumya Sharma from Himachal Eye Hospital, Kalka; and Dr. Avneet from Clove Dental, along with their respective teams. A large number of residents availed the free medical services offered at the camp, with over 316 patients at-

C GUPTA PUSHES CRIME, DRUG CRACKDOWN



Shakti Rani Sharma interacting with a Kalka girl during a Medical Camp

- Weekly free Medical Camp benefits hundreds
- Free medical camp held at Kalka Govt School, benefiting 316 people.
- Part of MLA Shakti Rani Sharma's weekly health initiative.
- Doctors from leading hospitals provided various checkups.
- Free medicines and blood tests offered.
- Assistance given for health and ID cards.

tending. The breakdown of patients included 110 for general ailments, 62 for orthopedic issues, 66 for eye-related problems, 56 for blood tests, and 22 for dental check-ups. Along with free blood tests, medicines were also distributed to patients. Assistance was provided for issues related to Happy Cards, Ayushman Cards, and Family IDs, and new Happy Cards were also issued on-site. Free medical camps like this are organized every Sunday in various parts of the Kalka Assembly constituency under the initiative of MLA Shakti Rani Sharma. The MLA personally attends each camp, interacting with residents and checking on their well-being. People also use the opportunity to share their concerns, and efforts are made on the spot to resolve them.

The Pioneer • Delhi • 07 Jul, 2025

Govt appoints 1,300 nursing officers, launches Ayushman vans

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
3	English	431	N/A	Top Left	1229774	634.42K

Govt appoints 1,300 nursing officers, launches Ayushman vans

PIONEER NEWS SERVICE
■ New Delhi

The Delhi Government on Sunday appointed over 1,300 new nursing officers and launched Ayushman Bharat registration vans to strengthen the healthcare system in the national Capital. The event was attended by BJP president JP Nadda, Delhi Chief Minister Rekha Gupta, Health Minister Pankaj Singh, and other senior ministers.

Addressing the gathering, Chief Minister Rekha Gupta sharply criticised the previous Government, alleging that it had allowed the Capital's health infrastructure to deteriorate significantly.

"In the past, Delhi's healthcare was in such a poor state that there were only 0.42 hospital beds available per 1,000 people," she said.

"In 38 hospitals, there were only six MRI machines and 12 CT scan machines. Patients were frequently turned away due to a shortage of medicines," she added.

The chief minister further alleged widespread corruption under the Mohalla Clinics initiative.

"There was corruption in medi-

cine procurement and hospital construction — 22 hospitals were announced but never completed," she claimed.

Speaking on the status of Arogya Mandirs, she stated that over ₹1,700 crore was provided by the central Government to the previous administration over a five-year period for their construction, but the funds remained unutilised.

"Now, it is my responsibility to ensure that all 1,150 Arogya Mandirs are completed in the remaining months," the chief minister said. She added that 34 Arogya Mandirs have already been inaugurated, with several more to follow this month. "We plan to add 100 Arogya Mandirs every month and aim to complete all 1,150 by March next year," she said.

Delhi Health Minister Pankaj Singh, addressing the newly appointed staff, said their contribution would be crucial in strengthening the city's healthcare system. "These nurses and health workers will become the backbone of a new, robust healthcare structure in the Capital," he said.

Singh also noted that nearly 4 lakh people have been registered



Union Minister and BJP National President JP Nadda with Delhi Chief Minister Rekha Gupta and Delhi Health Minister Pankaj Kumar Singh others during the flagging off of the 'Ayushman Registration Vans' in New Delhi on Sunday

under Ayushman Bharat in Delhi, including more than two lakh senior citizens above the age of 70. As many as 2,258 patients have already availed treatment under the scheme, he said.

BJP president JP Nadda congratulated the new appointees and termed the occasion a historic moment. "After 15 years, these nursing officers have finally received job security. This was not the result of a mere Government order — it is the outcome of the people of Delhi choosing the BJP," he said.

He criticised the previous Government for its alleged inaction across departments, especially in the health sector. Nadda pointed out that ₹1,700 crore allocated in 2021 for improving Delhi's health infrastructure remained unused by the former administration.

"Now, under Chief Minister Rekha Gupta's leadership, it is our responsibility to ensure this amount is fully utilised in the next eight months to complete the Ayushman Mandirs," he said. Nadda also highlighted that since September 2017, the Modi Government has approved free treatment of up to ₹5 lakh for nearly 40 lakh residents of Delhi,

particularly those living in slums and underprivileged areas. "But the previous Government blocked its implementation. Now, we are making it a reality," he added.

As of July 3, 2025, 557 Nursing Officers and 20 Paramedical Officials have successfully completed document verification. This significant recruitment drive is expected to address the acute shortage of nursing and paramedical staff in Delhi's hospitals to a great extent. In parallel, continuous efforts are being made to fill all existing and anticipated vacancies of doctors, nursing, and paramedical staff arising due to retirements, promotions, and the creation of new posts.

These actions are being undertaken proactively and simultaneously. These vans will cover all 70 Assembly Constituencies of Delhi, facilitating registration for eligible low-income families and senior citizens.

This initiative is expected to significantly expedite the generation of Ayushman Cards within the shortest possible timeframe. Each constituency has been allocated one dedicated IEC van for a duration of 30 days.

Navbharat Times • Delhi • 07 Jul, 2025

Delhi mein jalad shuru hogi Mansik swasth sewa

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
6	Hindi	148	N/A	Middle Center	288328	2.68M

दिल्ली में जल्द शुरू होगी 'मानसिक स्वास्थ्य सेवा'

■ NBT रिपोर्ट, नई दिल्ली

अगर आप या आपके घर में कोई बच्चा, बुजुर्ग या कामकाजी सदस्य तनाव, चिंता या अकेलेपन से जूझ रहा है, तो उसके लिए दिल्ली सरकार जल्द ही एक नई मानसिक स्वास्थ्य योजना शुरू करने जा रही है, जिसमें टेलीफोन पर बात करने से लेकर अस्पताल में इलाज तक की सुविधा मिलेगी।

बच्चों से लेकर
बुजुर्गों तक
को मिलेगा
मानसिक तनाव
से छुटकारा

जानकारी के मुताबिक,
कार्यक्रम आयुष
(AYUSH) के तहत शुरू
किया जाएगा और इसका
उद्देश्य हर आयु वर्ग में
बढ़ते तनाव और चिंता जैसे

मानसिक स्वास्थ्य समस्याओं से निपटना है। दावा है कि यह पहल विशेष रूप से बच्चों, कामकाजी लोगों और बुजुर्गों पर केंद्रित होगी, ताकि समाज के इन संवेदनशील वर्गों को समय रहते मानसिक सहयोग और देखभाल मिल सके। इसमें विशेष रूप से टेलीफोनिक कंसल्टेशन की सुविधा होगी, जिसमें लोग एक विशेष हेल्पलाइन पर कॉल कर काउंसलर से बात करने के लिए समय बुक कर सकेंगे। इसके अलावा मानसिक स्वास्थ्य काउंसलिंग होगी। उसमें अगर ज़रूरत महसूस हो तो लोगों को व्यक्तिगत काउंसलिंग के लिए बुलाया जाएगा। ओपीडी सेवाएं भी होंगी। जिसमें मरीज को दिल्ली के आयुष अस्पतालों की ओपीडी में भेजा जाएगा।

The New Indian Express • Chennai • 07 Jul, 2025

State level Yogasana competition held

Page no
3

Language
English

Article Dimension
223

Supplement
N/A

Position
Bottom Right

AVE
294305

Circulation
246.4K



State level Yogasana competition held

Faculty of Yoga Science and Therapy of Meenakshi Academy of Higher Education and Research, FYST, celebrated the 11th International Day of Yoga –2025, under the theme 'Yoga for One Earth, One Health' as declared by the Ministry of AYUSH. A series of yoga awareness programmes, workshops, and community outreach events held throughout the month came to an end by celebrating 2nd State Level Yogasana Competition–2025 held at MAHER premises. V Subhulakshmi, principal, FYST, extended her appreciation to the founder chancellor AN Radhakrishnan, MAHER, organising team, alumni, and staff.

Telangana Today • Hyderabad • 07 Jul, 2025

Go for Green Healing

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
6	English	671	N/A	Top Center	872015	440K

Go for Green Healing

With rising pollution and policy failures, cancer in India demands more than treatment — it requires urgent environmental and healthcare reform



BARUN KUMAR THAKUR
AKANSHA JAIN
ABHIMANYU CHAUDHARY

The union Budget was splashed across headlines with its innumerable numbers and policies, but lurking behind the balance sheets is a threat it has not accounted for yet—the silent, merciless clutches of cancer. The World Health Organisation (WHO) states that it remains one of humanity's most deadly enemies, responsible for one in every six fatalities.

For years, cancer has been blamed on genetics and lifestyle, but a far greater threat lurks in our environment — polluted air, contaminated water, and toxic soil fueling a surge in lung, skin, and gastrointestinal cancers. Each breath and sip taken brings millions closer to the disease.

As the government shapes its fiscal path, the key question remains — will it prioritise treatment alone or tackle the root cause through stronger environmental policies? The choice made today will determine whether India secures a healthier future or allows cancer's relentless rise to continue.

Government Initiative

The union Budget 2025-26 has provided Rs 99,858.56 crore (1.94 per cent of the total budget) to healthcare. The allocations include Rs 37,226.92 crore for NHM, Rs 9,406 crore for Ayushman Bharat (AB PM-JAY), Rs 4,200 crore for PMABHIM, and Rs 2,445 crore for the Pharmaceutical PLI plan. Also, 200 cancer centres will be set up in district hospitals with the aim of reducing the cost of treatment. For this, the government has provided full exemptions from basic customs duty on 36 life-saving drugs.

India's reaction must go beyond traditional healthcare spending since pol-

lution is becoming a major carcinogen. The rising cancer burden, which accounts for 9 per cent of all deaths in India, highlights the need for specialised, climate-resilient cancer treatment facilities. These facilities must contain pollution protection measures, ecologically appropriate medical waste disposal, and long-term healthcare infrastructure.

Without addressing the environmental causes of cancer, India faces a growing healthcare crisis in which treatment efforts are reactionary rather than preventative, and the long-term viability of healthcare is dubious.

Costs & Challenges

The average cost of cancer treatment in India is Rs 5,03,118, whereas the minimum and maximum costs vary between Rs 90,000 and Rs 28,00,000, depending on various factors, including the type and stage of the cancer. Different targeted therapies such as chemotherapy, hormone therapy, immunotherapy, and radiation cost anywhere from Rs 100,000 to Rs 50,00,000.

Uttar Pradesh, Bihar, West Bengal, Maharashtra, and Tamil Nadu have reported a sharp rise in cancer cases from 2021 to 2024, with Uttar Pradesh

Advancing policies to reduce emissions, switch to clean energy and adopt enhanced agricultural practices could play a role in reducing cancer incidence

paying the maximum price owing to heavy air and water pollution as well as inadequate healthcare access. While Tamil Nadu contends with industrial and agricultural pollution, Maharashtra grapples with urban and industrial contamination.

In West Bengal, arsenic-tainted water is a serious health hazard; in Bihar, pesticide-contaminated farmland compounds the problem. Inadequate healthcare infrastructure adds to the woes. With rising pollution and patterns of failed policy, cancer in India is no longer a matter of medicine — it is a need for rapid systemic reform of the environment and health care.

States with the lowest cancer incidence — Sikkim, Arunachal Pradesh, Goa, Nagaland, and Mizoram — have characteristic protective factors in common. Little industrialisation keeps their air cleaner and exposure to harmful pollutants lower; their rural and mountainous landscapes help maximise the avoidance of known carcinogens.

Traditional ways of life, including a diet heavy in fresh, organic food and lower use of tobacco and alcohol, also play a role in lower cancer rates. Moreover, extensive public health awareness and early diagnosis interventions, especially in Goa and Mizoram, keep communities healthier. However, despite offering Rs 5 lakh per household coverage for hospitalisation under Ayushman Bharat, this amount is often inadequate for complete cancer treatment. Increased access to preventive measures, locally manufactured cancer drugs, environmentally sustainable hospital infrastructure and better early detection will produce significant long-term cost savings.

Pollution-related illnesses, especially lung cancer and cardiovascular diseases, now account for 1.4 per cent of India's GDP, demonstrating the huge health and economic burden of air pollution. The link between air pollution and chronic disease is some blunt numbers we cannot ignore. By adopting an integrated strategy that leverages healthcare investments while also proactively reforming environmental policies, we can lower costs, improve treatment outcomes, and build a more sustainable healthcare ecosystem.

The Crushing Cost

The socioeconomic impact of cancer on individuals, families, and healthcare systems has devastating implications for almost every country in the world, particularly in low- and middle-income nations. Excessive treatment costs, productivity loss, and healthcare access barriers leave patients and families in financial and psychological ruin, and no treatment expenditure can reverse this process. Environmental factors — including industrial pollution, hazardous chemicals, and UV exposure — increase rising rates and impose more economic burdens. Advancing policies to reduce emissions, switch to clean energy and adopt enhanced agricultural practices could play a role in reducing cancer incidence and easing burdens on health systems.

India's Challenge

Millions of people fight cancer daily in hospitals, but these same institutions pollute and drain budgets and resources from the environment. Hospitals designed for energy efficiency are a game-changer. Solar panels, smart architectural design, and sustainable garbage use are not just environmentally friendly options, but also smart economic investments. While there are intimidating upfront costs, long-term savings from the latter can allow greater access to healthcare in underserved communities.

The shift toward climate-smart cancer centres represents the next big step forward. Research has shown that hospitals that build with natural light, clean air and green spaces not only mitigate environmental damage but also help patients heal faster. The Economic Survey 2024-25 promotes this perspective and establishes that sustainability and advanced treatment are not mutually exclusive.

But time is running out. As cancer cases driven by pollution soar, India is confronted with a growing crisis. Clean air and eco-conscious healthcare aren't luxuries; they're necessities. The choice is a grim one — heal the patients or allow the system to become the disease itself. What path will India take?

(Dr Barun Kumar Thakur teaches Economics while Akansha Jain and Abhimanyu Chaudhary are students, FLAME University, Pune. Views are personal)

The Daily Guardian • Chandigarh • 07 Jul, 2025

Commendable step by state government; major healthcare boost

Page no 8	Language English	Article Dimension 244	Supplement N/A	Position Bottom Center	AVE 24393	Circulation N/A
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Commendable step by state government; major healthcare boost

TDG NETWORK
BATHINDA

In a major move to strengthen the healthcare infrastructure of the district, the health department has taken a significant step under which 8 new Ayushman Arogya Centres will be established at a cost of Rs 6.08 crore through Corporate Social Responsibility (CSR) funds. Additionally, 5 new Aam Aadmi Clinics will also be set up to ensure healthcare services are available closer to people's homes.

This project has been jointly approved by the district administration and the municipal corporation. The decision was made in meetings chaired by Deputy Commissioner Shaikat Ahmad Pare, and the proposals were passed during the General House meeting of the Municipal Corporation held on June 9.

These centres will include boundary walls and be developed as Health & Wellness Centres providing OPD services, lab tests, medicines, and general medical facilities. The health department's goal is to ensure access to primary healthcare within a kilometer of people's homes.

The new centres have been strategically located at least 3 kilometers away from existing government hospitals

In centres with a high OPD load, new nearby centres may be established to reduce crowding and ease pressure. This initiative will not only expand access to healthcare services but also reduce the burden on government hospitals.

THE AYUSHMAN AROGYA CENTRES WILL BE BUILT IN

Mirziana village (Rs 73.83 lakh),
Nathana (Rs 74.97 lakh),
Bhodhipura (Rs 49.51 lakh),
Chak Fateh Singh Wala (Rs 80 lakh),
Jhundu (Rs 76.70 lakh),
Jeevan Singh Wala (Rs 78.88 lakh),
Mehta village (Rs 83.06 lakh), and
Raike Kalan (Rs 91.81 lakh).

and clinics to maximize outreach.

The final decision regarding deployment of doctors and other staff will be taken by the health department. As the department is already facing a shortage of staff, it will soon decide whether to recruit new personnel or assign additional responsibilities to existing staff.

Currently, the district has 46 operational Aam Aadmi

Clinics, out of which 11 have been re-designated as Ayushman Arogya Centres. Additionally, 126 Health and Wellness Centres and 17 Primary Health Centres have also been renamed as Ayushman Arogya Centres. These centres offer patients 80 types of free medicines, treatment of common diseases, Dental and skin care and free lab test facilities.

In centres with a high OPD load, new nearby centres may be established to reduce crowding and ease pressure. This initiative will not only expand access to healthcare services but also reduce the burden on government hospitals. It is expected to significantly benefit the rural and urban poor, ensuring timely treatment and helping prevent serious illnesses.

This joint initiative by the district administration, municipal corporation, and the health department has the potential to establish Bathinda as a model district in terms of healthcare delivery.

Rashtriya Sahara • Delhi • 07 Jul, 2025

3 Days International Helath & Welness Expo 11 se

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
2	Hindi	34	N/A	Top Left	49560	390K

तीन दिवसीय इंटरनेशनल हेल्थ
एंड वेलनेस एक्सपो 11 से
नई दिल्ली। 8वां इंटरनेशनल हेल्थ
एंड वेलनेस एक्सपो नमो गंगे ट्रस्ट की
ओर से 11 से 13 जुलाई 2025 तक
प्रगति मैदान के हॉल नंबर 12 में
आयोजित किया जाएगा। केंद्रीय आयुष
मंत्री प्रतापराव जाधव इसका उद्घाटन
करेंगे। ट्रस्ट के संस्थापक चेयरमैन
विजय शर्मा ने कहा कि दिल्ली की
मुख्यमंत्री रेखा गुप्ता, केंद्रीय राज्य मंत्री
एसपी सिंह वघेल सहित कई गण्यमान्य
शिरकत करेंगे। तीन दिवसीय इस
आयोजन में कई कार्यक्रम होंगे, जिनमें
मुफ्त स्वास्थ्य शिविर, सेमिनार एवं
कार्यशालाएं हैं जिनका संचालन आयुष
विद्वान करेंगे।

The Tribune • Delhi • 07 Jul, 2025

Regional Journal

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
12	English	404	N/A	Top Right	1220906	92.25K



REGIONAL JOURNAL

UNTOLD STORIES FROM THE STATES

Wildlife institute head punished

The Centre has repatriated Virendra Tiwari, director, Wildlife Institute of India, Dehradun, to his original Maharashtra cadre following a controversy. An official WII email had threatened to withhold the salary for poor attendance on International Yoga Day. Though the notice was withdrawn, the damage was done. Now, Tiwari, who was the first IFS officer from the Maharashtra cadre to head WII in 2022, has been repatriated.

25 global honours for PM

PM Narendra Modi this week received his 25th international honour — The Order of the Republic of Trinidad and Tobago. Modi has been conferred with several notable awards, including the Order of St Andrews the Apostle by Russia, the Legion of Merit by the US, from the UAE, Saudi Arabia & many more. Late PMs Jawaharlal Nehru, Indira Gandhi and Manmohan Singh had together received six international honours over decades in power.

Staff shortage hits border schools

Punjab's Education Department is facing a teachers' shortage in border schools. The reason is that the teachers, recruited under the Border Area cadre, are transferred to their home stations after three years. This leaves border schools understaffed again. The department is now contemplating incentives to retain teachers in these areas.

Watching for 'unlucky' CM invitee

Ahead of the Punjab Cabinet reshuffle, all eyes were on CM Bhagwant Mann as well as his house. Since it was clear that one minister from the 16-member Cabinet would be dropped, everyone was keenly observing ministers being called to the CM's residence. This is because everyone believed that the one to be called would be the one to step down. The speculation proved right as Kuldeep Singh Dhaliwal, who was asked to resign, was among the three ministers who visited.

DISHA losing direction

District-level DISHA meetings, which are held to monitor central funds, have lost their sheen due to politics. Chaired by local MPs, these meetings often see boycotts from MLAs of opposing parties. If DISHA goes, corruption may creep in and districts may remain starved of central funds. And if it stays, it will continue to be boycotted by opposition legislators. As an officer said, "DISHA is without a proper disha (direction)".

Kangana at it again

Known for her outspoken nature, MP Kangana Ranaut continues to stir controversy. Facing flak on social media for her absence from the disaster-hit Mandi, she put the blame on former CM Jai Ram Thakur, claiming he advised her to wait till connectivity was restored. When BJP president JP Nadra was asked whether this was due to lack of communication, he just said, "Communication with her is very good, she's on her way."

Can HP deflect blame?

Following the collapse of a building in Shimla, the NHAI and road construction firms are drawing flak for their "reckless approach". Though locals had flagged risks earlier, neither the state government nor the companies did anything. Now, ministers are blaming the companies. But the question is, why did not the state agencies intervene earlier? A debate goes on as locals grapple with ground realities.

Contributed by Akshay Thakur, Aditi Tandon, Rajmeet Singh, Ruchika M Khanna, Ravi Dhaliwal, Pratibha Chauhan and Subhash Rajta

Amar Ujala • Chandigarh • 07 Jul, 2025

Pradesh main 187 aur Ayushmann aarogye Mandir kholne ki teyaari

Page no 3	Language Hindi	Article Dimension 161	Supplement N/A	Position Middle Left	AVE 118702	Circulation 368.8K
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प्रदेश में 187 और आयुष्मान आरोग्य मंदिर खोलने की तैयारी

चंडीगढ़। प्रदेश की 187 और आयुष डिस्पेंसरी और उपस्वास्थ्य केंद्रों को आयुष्मान आरोग्य मंदिर में बदलने का काम शुरू हो गया है। इसके लिए राज्य सरकार की ओर से 25 लाख रुपये का बजट भी स्वीकृत किया जा चुका है। इन आरोग्य मंदिरों में सामान्य दवाओं के साथ आयुर्वेदिक जड़ी-बूटियों से भी उपचार होगा। यदि मरीज योग करना चाहता है तो उसे योग की भी सेवाएं दी जाएंगी। इसके साथ ही डायबिटीज व हाइपरटेंशन मरीजों का रिकॉर्ड भी रखा जाएगा। प्रदेश सरकार ने 538 आयुष डिस्पेंसरी व उप स्वास्थ्य केंद्रों को आयुष्मान आरोग्य मंदिर में अपग्रेड करने का लक्ष्य रखा था। इनमें से 351 आरोग्य मंदिर खोले जा चुके हैं। बाकी बचे 187 आयुष्मान आरोग्य मंदिर अगले एक से डेढ़ महीने में खोलने का लक्ष्य है। आरोग्य मंदिर मरीजों का इलाज करने के साथ आयुर्वेद के मूलभूत सिद्धांतों की जानकारी देने में अहम साबित हो रहे हैं। इनमें मरीजों को घरेलू उपचार व औषधियों के बारे में भी जानकारी दी जाती है। व्यूरो

The Morning Standard • Delhi • 07 Jul, 2025

Fit Bit

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
2	English	604	N/A	Middle Right	289717	300K

FITBIT

ARDHA HANUMANASANA PREP (HALF SPLITS POSE PREP)

This is a kneeling-balance pose that can be challenging at first. This beginner-level practice can be introduced first to find a better balance with flexibility. This is not just a step towards a Hanumanasana (Splits Pose); it is a journey of self-discovery and personal growth. The preparatory aspect of the pose teaches us the value of patience and incremental progress. Practising this consistently will help you increase your lower body strength and the flexibility of your hips and hamstrings. It is included in warm-up yoga for sportspeople. This practice demands focus and awareness to find balance and stability.

STEPS

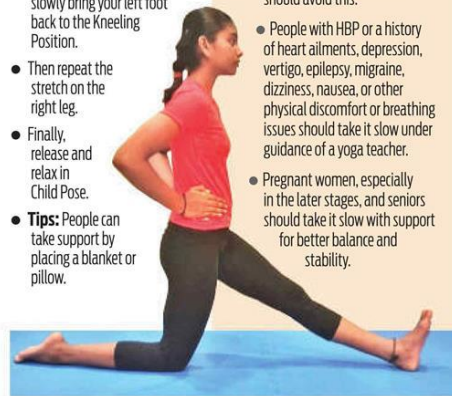
- Start in Kneeling Pose with the hands on the waist. Stand on your knees with shins resting on the floor and legs together, feet flat, and toes pointing back. Look front.
- Inhale, step your left foot forward, aligning it directly under your left knee. The left leg is forming a 90-degree angle. Exhale completely.
- Inhale, lift your chest, and elongate your spine, drawing your shoulders back and down.
- Exhale, gently straighten your front leg by walking your toes in front and extending as much as you can. Slowly lift the left toe off the ground and push the heel further in front, straightening the knee to its maximum. Keep your left foot flexed.
- Stand tall in the pose for about six breaths or as per the body's capacity. Continue to breathe deeply and relax into the stretch.
- To release, inhale, gently bend your left knee, and slowly bring your left foot back to the Kneeling Position.
- Then repeat the stretch on the right leg.
- Finally, release and relax in Child Pose.
- **Tips:** People can take support by placing a blanket or pillow.

BENEFITS

- Strengthens the core, quadriceps, knee, and hip joints.
- Stretches the hamstrings and opens up the hip flexors, improving hip mobility and reducing hip discomfort.
- Stabilises the posture and brings mental peace and calm.
- Props like a blanket, chair, or wall for support, balance and stability.
- Mind is controlled, and the flow of energy (prana) increases.
- Included in yoga for teens to promote mindfulness.
- Calms the mind while energising the body.
- Releases emotional tension and stagnant energy stores in the hips.
- Core finds a stable sense of balance and stability deep through the knees and legs.
- Impacts the reproductive system, particularly beneficial for women with infertility or PCOD.
- Blood circulation towards the hips, knees, feet, and ankles is improved.

LIMITATIONS

- People with any injury or recent surgery, weak musculature or joints, general body weakness, arthritis, brittle bones, or lack of body-breath connections, should avoid this.
- People with HBP or a history of heart ailments, depression, vertigo, epilepsy, migraine, dizziness, nausea, or other physical discomfort or breathing issues should take it slow under guidance of a yoga teacher.
- Pregnant women, especially in the later stages, and seniors should take it slow with support for better balance and stability.



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

The New Indian Express • Chennai • 07 Jul, 2025

ARDHA HANUMANASANA PREP

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
2	English	686	N/A	Top Right	905433	246.4K

FITBIT

ARDHA HANUMANASANA PREP (HALF SPLITS POSE PREP)

This is a kneeling-balance pose that can be challenging at first. This beginner-level practice can be introduced first to find a better balance with flexibility. This is not just a step towards a Hanumanasana (Splits Pose), it is a journey of self-discovery and personal growth. The preparatory aspect of the pose teaches us the value of patience and incremental progress. Through consistent practice, along with lower body strength the hips and hamstrings flexibility can be increased. It is included in warm-up yoga for sportspeople. This practice demands focus and awareness to find balance and stability

STEPS

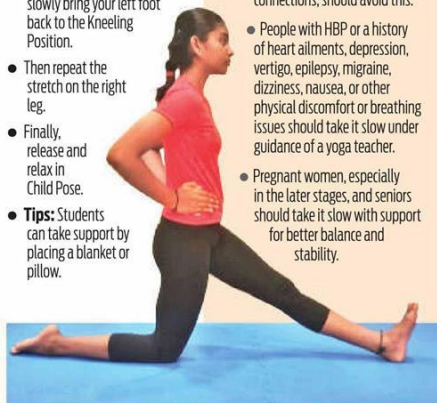
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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

Punjab Express • Chandigarh • 07 Jul, 2025

Centre aims to establish 1,100 Ayushman Arogya Mandirs in Delhi by March 31, 2026

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
6	English	517	N/A	Top Center	103352	348.98K

Centre aims to establish 1,100 Ayushman Arogya Mandirs in Delhi by March 31, 2026

“This is a momentous occasion as today, after 15 years, our nursing officers and paramedical staff are receiving appointment letters. With this, the Delhi government is working towards strengthening the healthcare system by recruiting a specialised workforce,” Nadda said.

Health Minister JP Nadda on Sunday urged all stakeholders to work dedicatedly towards implementing PM-ABHIM (Ayushman Bharat Health Infrastructure Mission) in Delhi, and fulfil the target of opening 1,100 Ayushman Arogya mandirs by March 31, 2026, with an outlay of Rs 1,700 crore.

The minister distributed appointment letters to Delhi nursing officers and paramedical staff and flagged off Ayushman Bharat Registration Vans, in the presence of Chief Minister Rekha Gupta at Vigyan Bhawan here.

“This is a momentous occasion as today, after 15 years, our nursing officers and paramedical staff are receiving appointment letters. With this, the Delhi government is working towards strengthening the healthcare system by recruiting a specialised workforce,” Nadda said.

He underlined that Delhi observes the highest healthcare load as people across the country come to Delhi for treatment, and earlier, the healthcare system faced negligence.

The Minister commended the efforts of the current Delhi government for strengthening the healthcare infrastructure and implementing Ayushman Bharat-Pradhan Mantri Jan Aarogya Yojana (AB-PMJAY) and PM-ABHIM.

“Under the leadership of Prime Minister Narendra Modi, Ayushman Vay Vandana was introduced to ensure healthcare for the senior citizens above the age of 70. The Delhi government is working in this direction of ensuring the right to be healthy throughout life with dignity under Vay Vandana,” the Health Minister noted.

Till date, 4 lakh Ayushman Cards have been issued in Delhi, with 2 lakh cards issued under Vay Vandana.

He urged all stakeholders to work dedicatedly towards implementing PM-ABHIM in Delhi and fulfil the target of opening 1,100 Ayushman Arogya mandirs till March



31, 2026.

“In 1997, the Health Policy focused primarily on curative care, while under the visionary leadership of PM, the New Health Policy 2017 was introduced with a philosophy of comprehensive care—preventive, promotive, curative, rehabilitative, and palliative - with a special focus on geriatric care,” said the minister.

He highlighted that “special emphasis is being given to preventive healthcare, under which initiatives for early diagnosis for different diseases have been undertaken. We are focusing on screenings of individuals over the age of 30 and working towards stalling the spread of diseases through early diagnosis”.

“Till now, 18 crore screenings for hypertension, 17 crore screenings for diabetes, 15 crore screenings for oral cancer, 7.5 crore screenings for breast cancer and 4.5 crore screenings for cervical cancer have been conducted,” said Nadda.

Maternal Mortality Ratio (MMR) has declined from 130 to 88 per lakh live births, while Infant Mortality Rate (IMR) dropped from 39 to 26. Under-Five Mortality Rate (U5MR) has declined at a rate of 42 per cent, while the global decline is 14 per cent. The neonatal mortality rate has declined by 40 per cent rate while the global average

decline was 11 per cent.

Nadda also added that “TB incidence has reduced by 17.7 per cent, which is more than double the global decline rate of 8.3 per cent, which is confirmed by the WHO Global TB Report 2024”.

India only had 7 All India Institute of Medical Sciences (AIIMS) till 2014, but today, 20 AIIMS are operational.

“The number of medical colleges has increased from 387 in 2014 to 780; the number of medical seats has increased from 51,000 to 1,18,000, aiming for a total increase of 75,000 seats over the next five years,” the Health Minister said.

On the occasion, CM Gupta stated: “Till now, 4 lakh Ayushman cards have been distributed under the Ayushman Arogya Yojana, which includes 2 lakh Vay Vandana Cards issued to the senior citizens of Delhi. A total of 2,258 individuals have already received medical treatment. 108 hospitals of Delhi have been empanelled under the scheme.”

She also underlined that “every hospital of Delhi has a Jan Aushadhi Kendra now that ensures access to medicines to all”. She also highlighted the efforts of the Delhi government to ensure transparency in the healthcare system while keeping corruption at bay.

IANs

Hindustan Times • Delhi • 07 Jul, 2025

Govt appoints 1.4K health care workers, targets 1.1K facilities

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
3	English	107	N/A	Top Center	635435	3.43M

Govt appoints 1.4K health care workers, targets 1.1K facilities

Paras Singh

letters@hindustantimes.com

NEW DELHI: Chief minister Rekha Gupta and Union health minister JP Nadda on Sunday handed out recruitment letters to over 1,400 health personnel, set a target to operationalise 1,100 Ayushman Arogya Mandirs by next March, and flagged off health scheme registration vans, in a push to the government's ongoing efforts to bolster the Capital's health care infrastructure.

At an event held at the Vigyan Bhavan, the leaders gave appointment letters to 1,388

nursing officers and 41 allied staff, a move Nadda said would fill the "15-year-long void in Delhi's public health recruitment system".

They also flagged off Ayushman Bharat registration vans, for enrolment under the Pradhan Mantri Jan Arogya Yojana and Vaya Vandana Yojana.

Further, the government will open over 100 AAMs every month till March 2026, the CM said. So far, 34 AAMs have been opened since the implementation of the Centre's flagship health care scheme, the Ayushman Bharat Yojana, in April this year. Since then, around 400,000

people have also been registered under it, the CM said. She also slammed the previous AAP government for pushing the "health care system into shambles."

"Now with a proactive government in place, we are hopeful that this amount (₹1,700 crore for Delhi for Ayushman Bharat Health Infrastructure Mission) will be fully utilised for the benefit of people," Nadda said.

Nadda on Sunday also inaugurated three BJP district offices set to come up in Mehrauli, outer Delhi, and west Delhi.

Additionally, the BJP's Delhi office is nearing completion and will be ready soon, he said.

The Times of India • Chennai • 07 Jul, 2025

Boy's testimony jails elderly siddha doctor for 20 years in Pocso case

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
3	English	180	N/A	Bottom Center	357225	1.21M

Boy's testimony jails elderly siddha doctor for 20 years in Pocso case

Ram Sundaram
@timesofindia.com

Chennai: The case was cracked not with forensics or CCTV footage, but with the testimony of a boy who refused to forget something he saw when he was just seven years old.

Every morning, the boy and his eight-year-old friend, who lived above a Siddha clinic on a quiet Chennai street, would help the elderly doctor open up his clinic. For their efforts, he would hand them a rupee or two, maybe a chocolate. It was a routine they came to enjoy — until one day in May 2022, it turned into something else.

The boy walked in on the doctor assaulting a girl. He



Every morning, the boy and his friend, would help the doc open up his clinic. For the efforts, he would give them a rupee. It was a routine they came to enjoy — until one day in May 2022. The boy walked in on the doctor assaulting a girl

ran home and told his mother.

Word reached the girl's family quickly. But what followed was anything but straightforward. Instead of taking the child to the police, the doctor's own daughter — also a Siddha practitioner — secretly took the girl to a hospital to assess her. Doctors there confirmed injuries. When the families came to

know, it exploded into a heated confrontation between the women. Eventually, the girl's family lodged a police complaint. He was booked under the Prevention of Children from Sexual Offences (Pocso) Act.

Still, the trial at the city's Pocso court rested on a fragile thread. The only eyewitness was the boy. His family, fea-

ring backlash and court visits, left the neighbourhood overnight. For a while, it seemed the case might collapse.

S Anitha, special public prosecutor, said, "But police tracked the parents through their mobile number and convinced them to bring the boy back. In court, the child stood firm. His testimony sealed the fate of the now 63-year-old doctor."

The court on July 4, sentenced the man to 20 years in prison — based on the words of a boy who saw and spoke the truth. Judge S Padma, who penalised the siddha practitioner ₹10,000, ordered the Tamil Nadu govt to pay ₹2,00,000 as compensation to the survivor child.

Navbharat Times • Delhi • 07 Jul, 2025

International Champion mein jayegi 7 saal ki Vanya

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
6	Hindi	96	N/A	Middle Right	186812	2.68M

इंटरनैशनल चैपियनशिप में जाएंगी 7 साल की वान्या



■ **NBT रिपोर्ट, नई दिल्ली :**
दिल्ली की 7 वर्षीय योग साधिका वान्या शर्मा तीसरे एशिया पैसिफिक योगासन स्पोर्ट्स चैपियनशिप 2025 में भारत का प्रतिनिधित्व करेंगी। भारत की सबसे कम उम्र की योग प्रतिनिधि वान्या 3 सितंबर को मलेशिया में होने वाली इस चैपियनशिप में हिस्सा लेंगी। वान्या के नाम 14 विश्व रिकॉर्ड हैं, जिनमें 3 साल की उम्र में कठिनतम 14 योगासनों का प्रदर्शन (इंडिया बुक ऑफ रिकॉर्ड्स), ग्लोबल योगा आइकॉन की उपाधि (यूनिवर्सल बुक ऑफ वर्ल्ड रिकॉर्ड्स) शामिल हैं।

The Times of India • Delhi • 07 Jul, 2025

Mafia lets homeopaths prescribe allopathic drugs, but with a rider

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
10	English	194	N/A	Middle Right	797610	2.78M

Maha lets homeopaths prescribe allopathic drugs, but with a rider

Eshan.Kalyanikar
@timesofindia.com

Mumbai: In a move that could prove detrimental to public health, homeopaths will soon be able to prescribe modern medicines in Maharashtra after completing a six-month course in pharmacology. The scope of what kinds of medicines and diseases this may include is still undecided.

A notification to this effect was recently issued by Maharashtra Medical Council (MMC), allowing homeopathic practitioners who completed Certificate Course in Modern Pharmacology (CCMP) to register with the council. MMC has been operating without an elected body of doctors since 2022.

"We received directions from govt and a clearance from law and judiciary department regarding the case pending before the court. We will begin registering them starting July 15. Till then, we will be studying what kinds of medicines they will be allowed to prescribe in accordance with CCMP course and current regulations," said MMC administrator Dr Vinay Rughwani.

REGN TO BEGIN JULY 15

- In 2014, state govt allowed homeopaths to do a 6-month pharma course and start prescribing certain meds
- These include sedatives, antibiotics, antimalarials, among others
- Doctors spend years training to safely diagnose and prescribe medicines as overdose or even insufficient dose can be dangerous
- IMA challenged decision in court on the grounds of public safety and a stay was granted

The controversial decision had its seed sown in 2014, when state govt amended Maharashtra Homeopathic Practitioners Act and Maharashtra Medical Council Act of 1965, allowing homeopaths to prescribe modern medicines under certain conditions.

Indian Medical Association (IMA) challenged the amendments, and Bombay HC issued a stay. Since late last year, there were efforts to bypass this stay.

In Dec 2024, Food and Drug Administration (FDA) directed chemists and wholesalers to "sell allopathic medicines to homeopathic registered doctors who completed the CCMP course".

Dr Santosh Kadam, president, IMA Maharashtra, said, "FDA is a drug regulator but it does not have the authority to recognise who can practice medicine." That authority lies only with MMC. MMC's circular, Kadam said, gives legal weight to what was until now a toothless directive.

In Feb this year, there was a meeting between medical education minister Hasan Mushrif, BJP MLA Randhir Sawarkar, and representatives from MMC and homeopathic associations. It was here that MMC was directed to implement the 2014 amendment.

"Both FDA and MMC were pressured to pass such order. Many of the homeopathic colleges are either owned by or indirectly affiliated with politicians in the state," said Dr Kadam.

IMA went to the court soon after this meeting, but they were referred to the vacation bench. By the time their case was listed there, they were asked to approach the regular bench. The hearing was scheduled for the end of this month.

"This notification has changed the situation. We'll have to approach HC much earlier," Kadam said.

Bizz Buzz • Hyderabad • 07 Jul, 2025

1,300 nurses appointed in Delhi govt hospitals; Ayushman vans flagged off

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
8	English	114	N/A	Middle Center	11392	N/A

1,300 nurses appointed in Delhi govt hospitals; Ayushman vans flagged off

**These nurses and health workers will become
the backbone of a new, robust healthcare
structure in the capital**

NEW DELHI

THE Delhi government on Sunday appointed over 1,300 new nursing officers and launched Ayushman Bharat registration vans to strengthen the healthcare system in the national capital.

The event was attended by BJP president J P Nadda, Delhi Chief Minister Rekha Gupta, Health Minister Pankaj Singh, and other senior ministers. Addressing the gathering, Chief Minister Gupta sharply criticised the previous government, alleging that it had allowed the capital's health infrastructure to deteriorate significantly.

"In the past, Delhi's healthcare was in such a poor state that there were only 0.42 hospital beds available per 1,000 people," she said.

"In 38 hospitals, there

were only six MRI machines and 12 CT scan machines. Patients were frequently turned away due to a shortage of medicines," she added.

Gupta further alleged widespread corruption under the Mohalla Clinics initiative. "There was corruption in medicine procurement and hospital construction — 22 hospitals were announced but never completed," she claimed.

Speaking on the status of Arogya Mandirs, she stated that over Rs 1,700 crore was provided by the central government to the previous administration over a five-year period for their construction, but the funds remained unutilised. "Now, it is my responsibility to ensure that all 1,150 Arogya Mandirs are completed in the remaining months," Gupta said.

The Pioneer • Chandigarh • 07 Jul, 2025

India-Ghana: Growing Together as Equals

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
7	English	436	N/A	Bottom Right	261519	268.96K

India-Ghana: Growing Together as Equals

Kwame Nkrumah, Ghana's founding Prime Minister and one of Africa's most iconic leaders, was widely hailed as the Osagyefo, meaning "redeemer". Rightly so, as Ghana became the first sub-Saharan African country to gain independence from colonial rule in 1957, under his leadership.

From Nkrumah's dream of African liberation and anti-imperialism to Modi's vision of a cohesive Global South, India-Ghana ties continue to strengthen this age-old spirit of sovereignty, self-reliance and mutual respect. In a powerful affirmation of this deep-rooted solidarity, Prime Minister Narendra Modi stepped onto Ghanaian soil on July 2, 2025, marking the first official visit by an Indian head of government to the West African nation in over three decades.

On his arrival at Accra's Kotoka International Airport, the Prime Minister was received by Ghanaian President John Dramani Mahama and greeted with cultural fanfare and a wave of warmth from Ghana's Indian diaspora. However, the grandeur of the visit was not just symbolic. The sojourn, as part of PM's five-nation tour, gave the much-needed clarity and push for a more stable and structured relationship with Ghana, significantly strengthening India's strategic commitments towards the prosperity and development of Africa.

For long, there has been a critical view of India's development partnership with Africa, particularly by Western policy analysts, who looked at India's investment as predatory and not making structural economic changes in Africa to make them self-reliant. Silencing the critics, the Prime Minister made the overarching goal of India's Africa policy amply clear. "Our development partnership with Africa is demand-driven.

It is focussed on building local capacities and creating local opportunities. Our objective is not just to invest, but to empower. To help develop self-sustaining ecosystems," PM said emphatically, in his historic address in the Parliament of Ghana. Ghana's multi-layered diplomatic engagement with India, characterised by widening interest in agriculture, infrastructure, technology, pharma, defence and culture, has now been taken to the level of a 'comprehensive partnership'.

The newly signed bilateral agreements, particularly on health, digital infrastructure and cultural exchange, will result in providing significant tangible outcomes from the high-level visit shortly. Sustained focus on health services and digital payment networks, as outlined during the visit, could be a significant growth amplifier in the region. Due to deficient capacity for pharmaceutical research and development (R&D), Africa manufactures less than 2 per cent of the medicines it consumes, making it heavily dependent on imports. With the plan to establish a vaccine manufacturing hub in Ghana, India is giving a major push towards Ghana's health sov-

ereignty and West Africa's rapid industrial growth. A stable domestic pharmaceutical manufacturing industry will not only better guarantee future supplies but also create high-paying manufacturing jobs and increase the overall economic productivity in the region.

India's traditional medicine systems (AYUSH) are also likely to get a major boost in Ghana. Being the second most populous country in West Africa, these bilateral initiatives will have significant outcomes and a multiplier impact on the entire region. Trade has always been a key priority between India and Ghana, with bilateral commerce touching \$3 billion. India's nearly \$2 billion investment in diverse sectors like infrastructure, energy, pharmaceuticals, and IT makes Ghana an important destination for private players. Ghana's abundant gold, oil, and newly discovered critical minerals (for EVs and the electronics industry) will further boost the bilateral trade, aiming towards doubling it in the next five years.

This likely upward trend in the bilateral trade, together with a more robust and reliable digital payment system in Ghana, by integrating India's Unified Payments Interface (UPI) with Ghana Interbank Payment and Settlement Systems (GHIPSS), is poised to create West Africa's first cross-border real-time growth corridor.

Ghana plays a crucial role in ensuring regional stability in West Africa, being a key partner in transatlantic strategic engagement on governance, trade and security. As terrorism and transnational threats rise in the region, this partnership adds strategic depth to India's Africa outreach. PM's mantra of "security through stability" synergises with India's commitment to extend maritime security, defence supplies and cyber security to Ghana.

Post Operation Sindoor and amidst continuous realignment of the global world order, the visit can be seen as a significant diplomatic move that goes beyond the ceremonial gestures, and could result in developing an ambitious yet pragmatic blueprint for future collaborations, not just with Ghana, but also about India's deepening engagement in Africa beyond trade and economy to contemporary global issues. Elevating the diplomatic relations to the level of 'comprehensive partnership' will bring in more depth, momentum, as well as accountability in the bilateral relations between India and Ghana. After the inclusion of the African Union (AU) in the G20 as its 21st permanent member in 2023, the recent visit by the Prime Minister to Ghana has further reaffirmed India's positioning as a leader of the Global South, advocating for equity, reform in global institutions, and pro-Africa development models.

(The writer is Director, African centre of India, a New Delhi based think-tank. Views are personal)



The Indian Express • Chandigarh • 07 Jul, 2025

The Nal Se Jal Scheme is to provide water, not for some contractor to make money

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
1,12	English	1659	N/A	Middle Left,Top Left,Top Right	1468617	175.5K



“The Nal Se Jal scheme is to provide water, not for some contractor to make money’

**CHANDRAKANT
RAGHUNATH PATIL**
UNION MINISTER OF JAL SHAKTI

PAGE 12

ON FUNDING FOR JJM

In this budget, we have been allotted Rs 67,000 crore. In her budget speech, the Finance Minister stated that by 2028 this scheme will be completed. If it has to be completed, then it has to be funded

Harikishan Sharma: How would you assess the country's progress under the NDA government over the last 11 years?

Narendra Modi is the first Prime Minister who formed the government on the basis of development. Earlier, elections used to be held on the lines of caste and region. As the chief minister of Gujarat, his Gujarat Model had impressed many and people wanted the same kind of development in their states. The government policies have been directed towards giving benefits to people from those sectors that were previously overlooked. For instance, women should be ensured safety and provided financial benefits. Over 11 crore toilets have been made keeping in mind women's safety and hygiene. Earlier, people had to wait for years for a gas connection but now every household has gas. A scheme (Pradhan Mantri Kisan Samman Nidhi) was made for farmers to give them Rs 2,000 twice a year. Under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana, PM Modi is providing a health coverage of Rs 5 lakh, which becomes Rs 10 lakh in places where the state government is also offering Rs 5 lakh.

Harikishan Sharma: Several flagship programmes of the government come under your ministry, including Swachh Bharat and Jal Jeevan Mission (JJM). Could you discuss your work on JJM?

According to a World Health Organization Report (WHO), earlier when children defecated in the open, almost 60,000 of them died every year due to diarrhoea. The Swachh Bharat scheme began in 2014 and when the WHO came out with a report in 2019, it noted that because of the programme, in five years we prevented deaths of three lakh children. It has also helped prevent diseases in women. When the Nal Se Jal scheme was launched, only three crore households had tap water connections. Today, about 15.65 crore houses are getting tap water. Over nine crore women, who had to earlier go out to get water, no longer have to do that. Moreover, the quality of the water they got also wasn't good and caused several diseases. Nal Se Jal has, therefore, also saved medical costs that would have been incurred due to poor qual-

WHY CR PATIL



As Union Minister of Jal Shakti, CR Patil is leading several flagship programmes of the government, including the Jal Jeevan Mission and the Swachh Bharat Mission. Among the few ministers in the Modi Cabinet who also hold key organisational roles within the BJP, he has been the Gujarat BJP president

since 2020 and is currently working to solidify the party's base ahead of the 2027 Assembly elections in the state. A four-time MP, he has been part of several Standing Committees, including the Standing Committee on Defence and Standing Committee on Health and Family Welfare



ON CONTESTING ELECTIONS WITHOUT RALLIES AND POSTERS

I fight elections based on data. I have the entire data for my region... I answer the phone myself... Nearly 35 ministers and MPs have come to my office to check the system

'The Nal Se Jal scheme is to provide water, not for some contractor to make money'

Chandrakant Raghunath Patil, Union Minister of Jal Shakti, on the Namami Gange project, mishandling of funds in the Jal Jeevan Mission and AAP as a political opponent in Gujarat. This session was moderated by Harikishan Sharma, Senior Assistant Editor, *The Indian Express*



Union Minister of Jal Shakti CR Patil (right) in conversation with Harikishan Sharma, Senior Assistant Editor, *The Indian Express* Praveen Khanna

would have been incurred due to poor quality water. Approximately 25 lakh women, five in each village, have also been trained and given a kit to identify the quality of water that comes to their village.

Harikishan Sharma: There have been allegations of corruption related to JIM in some states. You recently stated that no one will be spared. What action is your ministry taking?

The job of providing water is that of the states but because that wasn't happening, the PM made this scheme. The implementation authority is the state, which makes the DPR (Detailed Project Report) and does the tenders. We have paid attention to the complaints that have come. We constituted 119 teams and conducted checks at various places. Around 92 per cent teams have submitted their report. We've already started looking into the faults based on the reports and have begun sharing them with the states to take corrective measures.

The scheme is to provide water, not for some contractor to make money through pipes. If there is a complaint under Nal Se Jal, the state government has to fix it with its own money. The payment will be cleared only after Nal Se Jal is implemented. Action has been taken against nearly 300 officers. Some are in jail, others have been suspended. People have also been served notices and there is an inquiry against them. Several contractors have been blacklisted and we have asked the state government to begin proceedings against them, start recovery and get the job done. We'll look into every complaint and no one will be spared. We have reached 15 crore houses and want to reach the remaining four crore by 2028.

Liz Mathew: Home Minister Amit Shah has stated that following the suspension of the Indus Waters Treaty, water will be brought to Sri Ganganagar (Rajasthan) through a 350 km-long canal network. Can you tell us how long will this take?

We are working on the directions given to us. He has told me that several states, including Punjab, Haryana, Rajasthan and Delhi will definitely get water but Kutch may also receive water. Work is underway and we want to complete it soon.

Liz Mathew: What is causing the delay in appointing a new BJP state chief in Gujarat?

Four states are yet to get new chiefs. This includes Gujarat, Uttar Pradesh, Odisha and Karnataka. Things are happening step by step.

Agam Wallia: The Jal Shakti ministry has

asked the National Hydroelectric Power Corporation to make a DPR and PFR (Pre-Feasibility Report) for the Upper Siang Project in Arunachal Pradesh, but there is a lot of delay. Meanwhile, China's project at a slightly higher altitude is moving ahead. What is your view on this?

China can do whatever it wants, we are fully prepared. PM Modi is quite serious about it. Work will start.

Nikhil Ghanekar: On the Namami Gange project under your ministry, there have been differences between you and the Cabinet Secretary over the number of dams that should be constructed. During the Maha Kumbh a significant volume of water had to be released because there wasn't sufficient flow. There are also environmental concerns. Should we be constructing these dams?

Without the permission of the concerned environmental authority, no dam can be constructed. If a dam is built, it will only happen after getting permission. On Kumbh, never before in history have so many people converged along the banks of a single river. Yet, there were adequate provisions and purity of water was also maintained. The Central Pollution Control Board has noted that people can bathe in Ganga water. Nearly 211 STPs (Sewage Treatment Plants) have been built on the Ganga. Now we are working towards making the Ganga water drinkable. We had a meeting in this regard last week.

Vandita Mishra: You never put up posters or hold rallies while contesting elections. You have built a parallel system which you have started with a telephone directory. Could you tell us about that?

I fight elections based on data. I have the entire data for my region, whether it is doctors, chartered accountants, *madaris*, coolies, magicians or the number of girls under the age of 10 to understand if they have bank accounts in their names. I have proved that you can win elections without posters, rallies or meetings, if you work for five years and maintain relations with people and they are satisfied with the environment. I answer the phone myself, even after becoming a minister. Everyone in my region knows that if I do not take a call, I will call back. Nearly 35 ministers and MPs have come to my office to check the system. I won the Gujarat elections giving technology.

Modiji gives an example that I'd like to

share. He says, if you have to fill air in the tube of a bicycle, you won't keep it open during a cyclone. You'll need a small pump. Likewise, if Modi's popularity has to be converted into votes, party workers need to be connected to the people, they should believe that they will be taken care of. So we workers have functioned like pumps, filling Modi's popularity into the ballot box.

Harikishan Sharma: The Congress has questioned the Election Commission's objectivity. The EC has given clarity but not everyone is convinced.

If anyone has any evidence, then the EC has asked them to debate with them. If they want to seek justice from the judicial system, they can approach the Supreme Court. These political talks are meant to spread confusion. They should go to the EC, Supreme Court but they should not say anything for the sake of opposing.

Jatin Anand: How do you see AAP as an electoral competitor in Gujarat?

During the entire election campaign, I never mentioned Kejriwal. I never felt the need. Look at the election result — they lost their deposits in 126 seats. The five people who won, they won on their own accord, not because of AAP.

During Gandhinagar's Municipal Corporation election, we won 41 seats. During the 2021 state elections I had said that we would win 182 seats out of 182, but we won 156. We lost 20 seats within a margin of 5,000 votes and in hindsight I think if we'd worked a little harder we could have easily won 176 seats.

Harikishan Sharma: Project Namami



Gange is only till March next year. Are you planning to extend the scheme?
From the ministry's side, we are going to put forth a demand for this scheme to be continued. The Government and the PM will take the decision.

Amitabh Sinha: Like project Namami Gange, can we have cleaning missions for other rivers in India? Secondly, how is the face of the Yamuna going to be in the next two-four years?

Any river connected to Ganga is pious and must be cleaned. But the flow of Ganga, its length and the populated areas around it also lead to pollution, and it is a special situation because of which it needs special attention, which is why the work on Namami Gange started quickly.

With regard to Yamuna, there are three types of plans — we were looking at what can be done immediately, what can be done in a few days, and what can be done in the long term. In 45 days we covered 48 km, making arrangements to remove hyacinths from the water. In the beginning it was all green but now you see water there. Secondly, from our Ministry's side a DPR has been made in which planning has been done on what the Delhi government will do, what we will do, everything has been divided, and everyone has started working towards fulfilling their responsibilities. We want people to be able to take a bath in the Yamuna in one and a half years, and in another one and a half years the water should become drinkable.

Harikishan Sharma: The government had changed its guidelines in the Nal Se Jal scheme. Earlier, tender premiums were not allowed but that

ON TENDER PREMIUM IN THE NAL SE JAL SCHEME

We have stopped the payment of tender premium. What was there, what has gone, is a different matter... In the new guidelines, there will be no tender premium

was removed. Through tenders, states started allowing payments above the estimated cost. Guidelines will now be made for the second phase, which will be till 2028. Will you bring back the guideline on tender premiums?

We have stopped the payment of tender premium. What was there, what has gone, is a different matter, but what is new has been completely stopped. After the process of tenders are complete, there should be no facility such as tender premium. Money is simply wasted in the process. In the new guidelines, there will be no tender premium.

P Vaidyanathan Iyer: The Ministry of Finance recently stated that it won't provide more funds for the Jal Jeevan Mission but for it to reach the entire country, more funds from the ministry will be required. Do you think the ministry will allocate more funds?

The Ministry of Finance had given us Rs 70,000 crore last year and then stayed it because work did not happen. In this budget, we have been allotted Rs 67,000 crore. In her budget speech, the Finance Minister stated that by 2028 this scheme will be completed. If it has to be completed, then it has to be funded. A news report was published (in *The Indian Express* on April 21) on the Expenditure Finance Committee (EFC), according to which the Finance Ministry has sanctioned only Rs 1.51 lakh crore to us (about 46 per cent lower than what was sought). We have written a letter to the FM regarding this. We've been told to spend this much amount for now, but we've said that the total money will anyway be spent over a span of three years, as we'll go scheme wise. We also want to sign MOUs with states. For this, the amount we've asked for should be sanctioned. We're trying to convince them and are hopeful we'll succeed.

Shyamal Yadav: A lot of questions were raised by the EFC on reaching Rs 9.10 lakh crore. Did you question the Finance Ministry on the EFC?

This (cost of schemes approved under JIM) is prior to 2024 and we have not sanctioned anything new. According to DPR, if we sanction the tender, if they have given approvals, we have to give them the payment. At some places, if more than Rs 47,000 (average cost of a tap water connection) has been given, how will that be recovered? If we have to give money to everyone, which the EFC wants, then this scheme will need to be completed. We have written a letter to the FM and also had

a meeting at the Cabinet Secretariat.

P Vaidyanathan Iyer: Inspection reports indicate there has been mishandling of funds at the state level, which is the implementing agency. In the last four-five years, hasn't there been proper scrutiny of the programme from the Jal Shakti Ministry?

When we introduce a new project, we first try to implement it. The primary focus is on that. If the connection has gone to 15.65 crore houses and we get complaints from five lakh houses, then that's less compared to the number of people who have benefited, but we don't even want that, which is why we are putting in so much effort.

Harikishan Sharma: You stated that action has been taken against many officers. Will there also be accountability at the political level?

The states will look after their own issues. If something comes to our attention, we will alert them and ask them to check.

Monojit Majumdar: India is among the largest groundwater extractors in the world. Given that groundwater ownership depends on land rights, large landowners and industries often have unequal access. Is the ministry planning any legal framework to address this?

We extract more than double the water extracted by both China and the US. We don't understand the importance of groundwater. The PM had given a direction that we worked on — Jal Sanchay Jan Bhagidari. We invited the Rajasthan Chief Minister, Bihar Deputy Chief Minister, Madhya Pradesh Chief Minister and Gujarat Chief Minister. We also asked migrants from different states to make contributions to their states. From Surat, merchants took responsibility to construct 1.60 lakh borewells in Rajasthan, 35,000 borewells in Madhya Pradesh and in Bihar four borewells in ten villages per district. More than 2.5 lakh structures have been built in Rajasthan. Madhya Pradesh is somewhere on the top. There are more than 11 designs and in eight months 32 lakh structures have been built. Nothing has been spent by our ministry. The initiative has been taken with the cooperation of the people. Out of 700 districts in the country, around 150 are in the 'dark zone', where there is no water... We are trying to get everyone out of the 'dark zone'.

The Statesman • Delhi • 07 Jul, 2025

Delhi to get 1,100 Ayushman Arogya Mandirs by March 126

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
2	English	897	N/A	Top Left	161527	225K

Delhi to get 1,100 Ayushman Arogya Mandirs by March '26

The 20 flagged-off vans will collect and generate data to issue Ayushman Cards and register beneficiaries at their doorsteps—an initiative to cover all eligible beneficiaries of the PM Jan Arogya Scheme in Delhi

STATESMAN NEWS SERVICE
NEW DELHI, 6 JULY

Union Health Minister Jagat Prakash Nadda on Sunday announced that Delhi will get 1,100 Ayushman Arogya Mandirs by March 31, 2026. He made the announcement while distributing appointment letters to newly recruited nursing officers and paramedical staff, alongside Chief Minister Rekha Gupta, and flagging off Ayushman Bharat Registration Vans at an event in the capital.

Nadda said that under the leadership of Prime Minister Narendra Modi, the Ayushman Vay Vandana scheme was introduced to provide healthcare to senior citizens above the age of 70. "The Delhi government is working to ensure the right to health with dignity throughout life under this initiative," he added. So far, four lakh Ayushman cards have been issued in Delhi, including two lakh under Vay Vandana.

Chief Minister Gupta reaffirmed the Union Health Ministry's support to the Delhi government in establishing 1,100 Ayushman Arogya



PHOTO BY - SUBRATA DUTTA

Mandirs (AAMs) in the capital, backed by a budget outlay of 1,700 crore under the PM-Ayushman Bharat Health Infrastructure Mission (PM-ABHIM). She informed the gathering that 100 AAMs are ready, of which 34 have already been inaugurated, and the remaining will be made operational within this month.

"The Delhi government is working with the goal of inaugurating 100 AAMs every month—15 in each Assembly constituency and 150 in each

parliamentary constituency," she said. Speaking on the occasion, Nadda also highlighted that the National Health Policy 2017, with a special focus on elderly care, is grounded in a comprehensive approach that includes preventive, promotive, curative, rehabilitative, and palliative services.

Flagging off 20 of the 70 specially designed vans, Nadda praised their role in reaching all assembly constituencies across Delhi. The vans will collect and generate data to

issue Ayushman cards and register beneficiaries at their doorsteps—a huge initiative to cover all eligible beneficiaries of the PM Jan Arogya Scheme. He also urged the newly appointed officers to remain dedicated to their roles to ensure the effective implementation of healthcare schemes.

Expanding on the recruitment drives at Delhi hospitals, CM Gupta said that following sustained efforts by all stakeholders, the Department of

Health and Family Welfare, Government of NCT of Delhi, has issued appointment letters to 1,388 nursing officers and 41 paramedical staff selected through the Delhi Subordinate Services Selection Board (DSSSB). So far, 1,270 candidates have accepted the offers, and their document verification is currently in progress. As of July 3, 2025, 557 Nursing Officers and 20 Paramedical Officials have completed document verification, she added.

Gupta also informed the gathering that similar efforts are underway to fill existing and anticipated vacancies for doctors, nurses, and paramedical staff arising from retirements, promotions, and newly created posts.

To boost outreach and accelerate the registration process for Ayushman cards, 70 IEC (Information, Education & Communication) vans equipped with on-the-spot registration facilities and awareness materials will be deployed across all 70 Assembly constituencies. Each constituency will have one dedicated van for 30 days, targeting eligible low-income families and senior citizens.

The Navhind Times • Goa • 07 Jul, 2025

Patanjali launches Orthogrit for arthritis relief

Page no 8	Language English	Article Dimension 68	Supplement N/A	Position Bottom Center	AVE 12161	Circulation 280K
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Patanjali launches Orthogrit for arthritis relief

B&C| NT

Scientists at Patanjali, said they made significant advancements in the treatment of osteoarthritis or arthritis, a condition characterised by joint pain. They said the, company's Ayurvedic medicine, Orthogrit, effectively reduces inflammation caused by arthritis, prevents cartilage deterioration, and helps maintain joint functionality. Orthogrit is made from natural herbs which have been recognised for their benefits in reducing joint pain and swelling since ancient times in Sanatan dharma. "Arthritis is a chronic disease affecting millions of people worldwide. Orthogrit protects human cartilage cells from the harmful effects of inflammation. It reduces the levels of Reactive Oxygen Species (ROS) and decreases inflammatory markers such as IL-6, PGE-2, and IL-1 β . Additionally, it regulates the expression of JAK2, COX-2, MMP-1, MMP-3, and ADAMTS-4 genes," said Patanjali, senior scientist Dr Anurag Varshney.

The Goan • Goa • 07 Jul, 2025

These cancer-fighting foods support your body's natural defenses

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
9	English	1052	N/A	Bottom Left	157815	200K

Deepannita Das

Maintaining a healthy and well-balanced diet is crucial for overall well-being, and it can play a significant role in supporting the body's natural defenses against diseases, including cancer. While no single food can guarantee cancer prevention, a combination of nutrient-dense and antioxidant-rich foods can contribute to overall well-being and reduce the risk. Here are ten cancer-fighting foods that you should consider including in your daily meals.

■ Berries

Berries, including blueberries, strawberries, raspberries, and blackberries, are packed with antioxidants, such as anthocyanins and ellagic acid. These antioxidants help neutralize free radicals in the body, reducing oxidative stress and inflammation. Regular consumption of berries has been linked to a lower risk of various cancers, making them a delicious and healthful addition to your diet.

■ Cruciferous Vegetables

Cruciferous vegetables, such as broccoli, cauliflower, Brussels sprouts, kale, and cabbage, are rich in compounds known as glucosinolates. These compounds have been associated with anti-cancer properties, particularly in preventing the development of certain types of cancers, including breast, prostate, and colorectal cancer. Incorporating cruciferous vegetables into your meals provides a potent source of vitamins, minerals, and fiber.



■ Leafy Greens

Dark, leafy greens like spinach, kale, Swiss chard, and arugula are nutritional powerhouses. They are rich in vitamins, minerals, and phytochemicals that have been associated with cancer prevention. The high fiber content in leafy greens also supports digestive health and helps maintain a healthy weight, which is crucial for cancer prevention.

■ Garlic

Garlic has long been recognized for its potential health benefits, including its anti-cancer properties. Compounds like allicin, found in garlic, have been studied for their ability to inhibit the growth of cancer cells and reduce the risk of certain cancers, particularly in the digestive system. Including fresh garlic in your cooking or opting for garlic supplements can be a flavorful and health-conscious choice.

These cancer-fighting foods support your body's natural defenses



■ Fatty Fish

Fatty fish, such as salmon, mackerel, and sardines, are rich sources of omega-3 fatty acids. Omega-3s have been associated with various health benefits, including reducing inflammation and supporting heart health. Some studies suggest that the anti-inflammatory effects of omega-3s may contribute to a lower risk of certain cancers, making fatty fish a valuable addition to a cancer-fighting diet.

■ Tomatoes

Tomatoes are rich in lycopene, a powerful antioxidant that gives them their vibrant red color. Lycopene has been linked to a reduced risk of prostate cancer, and its anti-inflammatory properties may offer protection against other types of cancer. Cooking tomatoes enhances the bioavailability of lycopene, so incorporating tomato-based sauces and cooked tomatoes into your diet can be especially beneficial.

■ Turmeric

Turmeric, a spice commonly used in curry dishes, contains a powerful compound called curcumin. Curcumin has demonstrated anti-inflammatory and antioxidant properties and has been studied for its potential role in preventing and treating cancer. Adding turmeric to your meals or enjoying turmeric-infused beverages can be a tasty way to harness its health benefits.

■ Nuts and Seeds

Nuts and seeds, such as almonds, walnuts, chia seeds, and flaxseeds, provide a nutrient-dense source of healthy fats, fiber, and essential vitamins and minerals. The antioxidants and anti-inflammatory properties found in nuts and seeds contribute to their cancer-fighting potential. Enjoy them as snacks, sprinkle them on salads, or incorporate them into your meals for added nutritional value.

■ Green Tea

Green tea is renowned for its high concentration of polyphenols, particularly catechins, which have demonstrated anti-cancer properties. Regular consumption of green tea has been associated with a reduced risk of certain cancers, including breast, prostate, and colorectal cancer. Incorporate green tea into your daily routine for a refreshing and health-promoting beverage.

■ Citrus Fruits



Citrus fruits, such as oranges, grapefruits, lemons, and limes, are excellent sources of vitamin C and other antioxidants. Vitamin C plays a crucial role in supporting the immune system and may contribute to cancer prevention. The combination of antioxidants in citrus fruits helps combat oxidative stress and inflammation. While incorporating cancer-fighting foods into your diet is a positive step toward promoting overall health, it's essential to maintain a well-rounded and diverse approach to nutrition. Adopting a balanced lifestyle that includes regular physical activity, adequate hydration, and a variety of nutrient-rich foods can contribute to a holistic approach to cancer prevention. Additionally, consulting with a healthcare professional or a registered dietitian can provide personalized guidance based on individual health needs and considerations.

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The Pioneer • Delhi • 07 Jul, 2025

India-Ghana: Growing Together as Equals

Page no	Language	Article Dimension	Supplement	Position	AVE	Circulation
7	English	436	N/A	Bottom Right	1242216	634.42K

India-Ghana: Growing Together as Equals

Kwame Nkrumah, Ghana's founding Prime Minister and one of Africa's most iconic leaders, was widely hailed as the Osagyefo, meaning "redeemer". Rightly so, as Ghana became the first sub-Saharan African country to gain independence from colonial rule in 1957, under his leadership.

From Nkrumah's dream of African liberation and anti-imperialism to Modi's vision of a cohesive Global South, India-Ghana ties continue to strengthen this age-old spirit of sovereignty, self-reliance and mutual respect. In a powerful affirmation of this deep-rooted solidarity, Prime Minister Narendra Modi stepped onto Ghanaian soil on July 2, 2025, marking the first official visit by an Indian head of government to the West African nation in over three decades.

On his arrival at Accra's Kotoka International Airport, the Prime Minister was received by Ghanaian President John Dramani Mahama and greeted with cultural fanfare and a wave of warmth from Ghana's Indian diaspora. However, the grandeur of the visit was not just symbolic. The sojourn, as part of PM's five-nation tour, gave the much-needed clarity and push for a more stable and structured relationship with Ghana, significantly strengthening India's strategic commitments towards the prosperity and development of Africa.

For long, there has been a critical view of India's development partnership with Africa, particularly by Western policy analysts, who looked at India's investment as predatory and not making structural economic changes in Africa to make them self-reliant. Silencing the critics, the Prime Minister made the overarching goal of India's Africa policy amply clear. "Our development partnership with Africa is demand-driven.

It is focussed on building local capacities and creating local opportunities. Our objective is not just to invest, but to empower. To help develop self-sustaining ecosystems," PM said emphatically, in his historic address in the Parliament of Ghana. Ghana's multi-layered diplomatic engagement with India, characterised by widening interest in agriculture, infrastructure, technology, pharma, defence and culture, has now been taken to the level of a 'comprehensive partnership'.

The newly signed bilateral agreements, particularly on health, digital infrastructure and cultural exchange, will result in providing significant tangible outcomes from the high-level visit shortly. Sustained focus on health services and digital payment networks, as outlined during the visit, could be a significant growth amplifier in the region. Due to deficient capacity for pharmaceutical research and development (R&D), Africa manufactures less than 2 per cent of the medicines it consumes, making it heavily dependent on imports. With the plan to establish a vaccine manufacturing hub in Ghana, India is giving a major push towards Ghana's health sov-

ereignty and West Africa's rapid industrial growth. A stable domestic pharmaceutical manufacturing industry will not only better guarantee future supplies but also create high-paying manufacturing jobs and increase the overall economic productivity in the region.

India's traditional medicine systems (AYUSH) are also likely to get a major boost in Ghana. Being the second most populous country in West Africa, these bilateral initiatives will have significant outcomes and a multiplier impact on the entire region. Trade has always been a key priority between India and Ghana, with bilateral commerce touching \$3 billion. India's nearly \$2 billion investment in diverse sectors like infrastructure, energy, pharmaceuticals, and IT makes Ghana an important destination for private players. Ghana's abundant gold, oil, and newly discovered critical minerals (for EVs and the electronics industry) will further boost the bilateral trade, aiming towards doubling it in the next five years.

This likely upward trend in the bilateral trade, together with a more robust and reliable digital payment system in Ghana, by integrating India's Unified Payments Interface (UPI) with Ghana Interbank Payment and Settlement Systems (GHIPSS), is poised to create West Africa's first cross-border real-time growth corridor.

Ghana plays a crucial role in ensuring regional stability in West Africa, being a key partner in transatlantic strategic engagement on governance, trade and security. As terrorism and transnational threats rise in the region, this partnership adds strategic depth to India's Africa outreach. PM's mantra of "security through stability" synergises with India's commitment to extend maritime security, defence supplies and cyber security to Ghana.

Post Operation Sindoor and amidst continuous realignment of the global world order, the visit can be seen as a significant diplomatic move that goes beyond the ceremonial gestures, and could result in developing an ambitious yet pragmatic blueprint for future collaborations, not just with Ghana, but also about India's deepening engagement in Africa beyond trade and economy to contemporary global issues. Elevating the diplomatic relations to the level of 'comprehensive partnership' will bring in more depth, momentum, as well as accountability in the bilateral relations between India and Ghana. After the inclusion of the African Union (AU) in the G20 as its 21st permanent member in 2023, the recent visit by the Prime Minister to Ghana has further reaffirmed India's positioning as a leader of the Global South, advocating for equity, reform in global institutions, and pro-Africa development models.

(The writer is Director, African centre of India, a New Delhi based think-tank. Views are personal)





S.No	Portal_Name	Date	Keyword	Title	Medium	Reach
1	Naidunia	Jul 07, 2025	Ministry of Ayush	MP में 9 आईएस के ट्रांसफर, राजेश राजौरा की जगह नीरज मंडलोई होंगे मुख्यमंत्री के...	ONLINE	5.5M
2	Jmmsy	Jul 07, 2025	Ministry of Ayush	Himachal Pradesh Home Guard Salary 2025 Per Month Check	ONLINE	N/A
3	ThePrint	Jul 07, 2025	Ministry of Ayush	Are Homeopaths, Ayurvedic practitioners doctors? Grandmaster's s pat with 'Liver ...	ONLINE	11.3M
4	Storyboard 18	Jul 07, 2025	Ministry of Ayush	Tackling misleading medical ads amid digital boom	ONLINE	N/A
5	सकाळ(eSakal)	Jul 07, 2025	Ministry of Ayush	मोठी बातमी! रायगडमध्ये समुद्रात संशयास्पद बोट आडळली, पाकिस्तानची बोट असण्याची शक...	ONLINE	N/A
6	The Telegraph India	Jul 07, 2025	Ministry of Ayush	Ayurveda scholars, modern doctors oppose Centre's integrated MB BS-BAMS undergrad...	ONLINE	6.6M
7	Dainik Bhaskar	Jul 07, 2025	Ministry of Ayush	उत्कृष्ट पंचकर्म केंद्र से बना मेडिको टूरिज्म का हब, गांधीग्राम में 50 बेड का अस...	ONLINE	66.5M
8	Dailyhunt	Jul 07, 2025	Ministry of Ayush	Workshop on health benefits, cultivation of ashwagandha	ONLINE	18.6M
9	Indore Mirror	Jul 07, 2025	Ministry of Ayush	होम्योपैथी चिकित्सा की आई टी पी बीमारी पर जीत	ONLINE	N/A
10	The Tribune India	Jul 07, 2025	Ministry of Ayush	Workshop on health benefits, cultivation of ashwagandha	ONLINE	7M
11	अमर उजाला (Amar ujala)	Jul 07, 2025	Ministry of Ayush	Jammu News: चीची माता मंदिर में अमरनाथ यात्रियों के लिए स्वास्थ्य केंद्र स्थापित	ONLINE	63.8M
12	Kolkata 24x7	Jul 07, 2025	Ministry of Ayush	অশ্বগন্ধা চাষ গাইড! ভারতে লাভ, ফলন এবং করেতা খোঁজার উপায় জানুন	ONLINE	N/A

brand-logo [MP में 9 आईएस के ट्रांसफर, राजेश राजौरा की जगह नीरज मंडलोई होंगे मुख्यमंत्री के...](#)

Naidunia • Ministry of Ayush • 08:53 AM 07 Jul, 2025 • 5.5M Reach • 80K Ad Value

राज्य ब्यूरो, नईदुनिया, भोपाल। मध्य प्रदेश सरकार ने मुख्यमंत्री सचिवालय से लेकर मंत्रालय के महत्वपूर्ण विभागों की कमान संभाल रहे अधिकारियों की पदस्था
...



[Himachal Pradesh Home Guard Salary 2025 Per Month Check](#)

Jmmsy • Ministry of Ayush • 08:52 AM 07 Jul, 2025 • N/A Reach • 10K Ad Value

MHSRB Telangana Recruitment 2025 Post 607 Assistant... DFCCIL Various Post Exam Admit Card 2025... DSSSB Jail Warder And PGT Recruitment 2025 Post 2119... ..



[Are Homeopaths, Ayurvedic practitioners doctors? Grandmaster's spat with 'Liver ...](#)

ThePrint • Ministry of Ayush • 08:05 AM 07 Jul, 2025 • 11.3M Reach • 80K Ad Value

spiraled into a fierce online debate, after well-known hepatologist Dr Abby Philips, popularly known as ' The Liver Doc ', reacted to the post with a...



[Tackling misleading medical ads amid digital boom](#)

Storyboard 18 • Ministry of Ayush • 07:31 AM 07 Jul, 2025 • N/A Reach • 10K Ad Value

In a move to crack down on misleading medical advertisements, the Supreme Court in March 2025 ordered all states and union territories to establish a...



[मोठी बातमी! रायगडमध्ये समुद्रात संशयास्पद बोट आढळली, पाकिस्तानची बोट असण्याची शक...](#)

सकाळ(eSakal) • Ministry of Ayush • 07:08 AM 07 Jul, 2025 • N/A Reach • 10K Ad Value

Published On सचिन कदम, रायगड प्रतिनिधी suspicious Pakistani boat spotted off Raigad coast : रायगडच्या मुरुड तालुक्यातील कोरलई इथं खोल समुद्रात एक संश...

brand-logo [Ayurveda scholars, modern doctors oppose Centre's integrated MBBS-BAMS undergrad...](#)

The Telegraph India • Ministry of Ayush • 06:18 AM 07 Jul, 2025 • 6.6M Reach • 80K Ad Value

Some ayurveda scholars have questioned the Centre's plan to introduce an integrated MBBS-BAMS undergraduate programme, saying it ignores an urgent ne...

brand-logo [उत्कृष्ट पंचकर्म केंद्र से बना मेडिको टूरिज्म का हब, गांधीग्राम में 50 बेड का अस...](#)

Dainik Bhaskar • Ministry of Ayush • 04:40 AM 07 Jul, 2025 • 66.5M Reach • 80K Ad Value

छोटीकाशी में केरल की तर्ज पर आयुष मेडिको टूरिज्म का विजन धरातल पर साकार हो रहा है। यहां आयुर्वेद पंचकर्म विशिष्टता केंद्र में 26 देशों के 327 रोगियों...

brand-logo [Workshop on health benefits, cultivation of ashwagandha](#)

Dailyhunt • Ministry of Ayush • 04:34 AM 07 Jul, 2025 • 18.6M Reach • 80K Ad Value

Campaign of the National Medicinal Plants Board (NMPB), Ministry of AYUSH, Government of India. The workshop brought together teachers deputed by the...



[होम्योपैथी चिकित्सा की आई टी पी बीमारी पर जीत](#)

Indore Mirror • Ministry of Ayush • 02:46 AM 07 Jul, 2025 • N/A Reach • 10K Ad Value

इंदौर, 6 जुलाई 2025: स्वास्थ्य सेवाओं के क्षेत्र में एक नई आशा की किरण उस समय दिखाई दी जब उत्तर प्रदेश के आजमगढ़ निवासी 7 वर्षीय आयुष्मान सिंह ने IT...

brand-logo [Workshop on health benefits, cultivation of ashwagandha](#)

The Tribune India • Ministry of Ayush • 02:32 AM 07 Jul, 2025 • 7M Reach • 80K Ad Value

Campaign of the National Medicinal Plants Board (NMPB), Ministry of AYUSH, Government of India. The workshop brought together teachers deputed by the...

brand-logo [Jammu News: चीची माता मंदिर में अमरनाथ यात्रियों के लिए स्वास्थ्य केंद्र स्थापित](#)

अमर उजाला (Amar ujala) • Ministry of Ayush • 02:12 AM 07 Jul, 2025 • 63.8M Reach • 80K Ad Value

सांबा। जिला प्रशासन, सरकारी विभाग और सामाजिक संगठन दिन-रात अमरनाथ यात्रियों की सेवा में जुटे हैं। चीची माता मंदिर में यात्रियों के ठहरने व लंगर की व्...



[अश्वगन्धा चाय गাইड! ভারতে লাভ, ফলন এবং ক্রেতা খোঁজার উপায় জানুন](#)

Kolkata 24x7 • Ministry of Ayush • 02:05 AM 07 Jul, 2025 • N/A Reach • 10K Ad Value

অশ্বগন্ধা, যা 'ভারতীয় জিনসেং' বা 'আয়ুর্বেদের রাজা' নামেও পরিচিত, একটি প্রাচীন ঔষধি উদ্ভিদ যা আয়ুর্বেদ এবং ইউনানি চিকিৎসা পদ্ধতিতে ব্যাপকভাবে ব্যবহৃত...