



**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**07 Jul, 2025 – 08 Jul, 2025**

 **Total Mention 160**

 <b>Print</b>	<b>Financial</b>	<b>Mainline</b>	<b>Regional</b>	<b>Periodical</b>
<b>30</b>	<b>4</b>	<b>18</b>	<b>6</b>	<b>2</b>

 <b>Online</b>
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**130**

 Print

No	Newspaper	Headline	Edition	Pg
1.	Mint	Rukam Capital backs on yoga and wellness brand WiseLife	Hyderabad + 3	5
2.	Mint	When mental health advice is just a Reel away	Hyderabad	16
3.	Business Standard (Hindi)	Vajan ghatane wali dawa par samiti jald	Chandigarh	1,2
4.	Bizz Buzz	Wellness workshop held for mediapersons	Hyderabad	3
5.	The Times of India	Does This Public-Private Partnership Benefit The Public	Kolkata	13
6.	The Times of India	Disabilities court fines 96 bodies Rs 50,000 each for non-compliance	Delhi	17
7.	The Times of India	CORPORATE BUZZ	Delhi	13
8.	The Indian Express	BANK OF BARODA COMMEMORATES INTERNATIONAL DAY OF YOGA 2025	Ahmedabad	12
9.	Yugmarg	Ghanshyam Das Arora hands over 'Ayushman Cards' to senior citizens above 70 years	Chandigarh	9
10.	The New Indian Express	TADASANA BLOCK BETWEEN PADA	Chennai	2
11.	The New Indian Express	TADASANA BLOCK BETWEEN PADA (MOUNTAIN POSE BLOCK BETWEEN FEET)	Bengaluru	2
12.	The Hindu	Document verification for NRI ward quota candidates	Bengaluru	4
13.	Deccan Chronicle	Officials inspect 11 wellness centres	Hyderabad	2
14.	Deccan Chronicle	Climate justice is moral duty: Modi	Hyderabad	1,9
15.	The Morning Standard	Fir Bit	Delhi	2
16.	The Morning Standard	Yoga Nidra, Ice Baths & Fitness	Delhi	12
17.	The Daily Guardian	Healing the body after addiction: Nutrition & sleep restoration guide	Chandigarh	16
18.	The Daily Guardian	EAT RIGHT, SEE BRIGHT: NUTRACEUTICALS FOR EYE HEALTH IN THE AGE OF SCREENS	Delhi	14
19.	The Goan	Hypotension : Effective home remedies for low blood pressure	Goa	11
20.	The Pioneer	How an ancient Indian path became a global movement	Chandigarh + 2	7
21.	The Hans India	Arogyasri CEO conducts surprise inspections at Wellness Centres	Hyderabad	2

22.	The Tribune	DICIPLINE Is Everything	Chandigarh	4
23.	India Today	THROUGH TIME TASTE AND TRANQUILITY	National	58,59,60,61,62,63
24.	The Week	EASING SPINAL TIGHTNESS	National	42
25.	Hari Bhoomi	Patanjali inaugurates Dant Kanti Gandush Oil Pulling	Delhi	10
26.	Jag Bani	Homeopathic vibhag ne free medical camp lagaya	Chandigarh	4
27.	Goan Varta	Patanjali launches 'Dant Kanti Gandush Tel Pulinga	Goa	6
28.	Ajit Samachar	Chemical nahi jadi butiyo par bharosa !92 % logo ki pehli pasand ayurvedic dawayia :Dr Rakesh sharma...	Chandigarh	5
29.	Bhaanga Bhuin	Patanjali launches 'Dant Kanti Gandush Tel Pulinga	Goa	2
30.	Deshbandhu	Setu Bandha Sarvangasana' is helpful in curing many problems including back pain and thyroid	Delhi	10

Mint • 08 Jul • Ministry of Ayush  
Rukam Capital backs on yoga and wellness brand WiseLife

5 • PG

31 • Sqcm

7698 • AVE

45K • Cir

Top Left

Hyderabad • Chandigarh • Delhi • Ahmedabad

## Rukam Capital backs on yoga and wellness brand WiseLife

**Bengaluru:** WiseLife has raised ₹8 crore in a Pre-Series A round of funding from Rukam Capital to scale its manufacturing capabilities for yoga mats and other wellness products. The startup provides a one-stop-solution for all yoga and home fitness essentials. It offers a curated range of biodegradable yoga mats, fitness gear, and lifestyle accessories.

**ROSHAN ABRAHAM**

Mint • 08 Jul • Ministry of Ayush  
When mental health advice is just a Reel away

16 • PG

875 • Sqcm

218659 • AVE

45K • Cir

Top Left

Hyderabad

# When mental health advice is just a Reel away



"I started adjusting my work routines, bought supplements, and told people about it. Months later, I finally saw a therapist and found out I didn't have ADHD. I was exhausted, not neurodivergent."

Singhal sees this often. "People come in feeling sure they're narcissists, or they have anxious attachment, or ADHD because it showed up on their feed. Sometimes, they're right. But more often, they're just labelling pain. That label becomes their identity." The impulse isn't malicious, she says. It's human. "When you're suffering, and a stranger online describes your feelings perfectly, it's validating. But that's not the same as a diagnosis." And without professional context, these self-diagnoses can be limiting, even harmful. "People start viewing every emotion through that lens. It can turn distress into a fixed identity."

## CONTENT DOESN'T EQUAL THERAPY

Even licensed professionals walk a tightrope online. "It's tempting to simplify," says Singhal, who creates content on both Instagram and LinkedIn. "Even I've seen my more nuanced, thoughtful posts flop while dramatic, clickbait content explodes. But responsible visibility matters more than reach."

She's clear about the rules: no diagnosis in DMs, no sharing client stories, no pretending content equals therapy. "If you're treating trauma, you must show cultural sensitivity. Avoid fear-mongering. Don't flatten people's experiences for likes," Srivastava echoes this. "What works in therapy doesn't always translate well online. Boundaries matter. If you're a professional, be transparent about your qualifications." Bhasin puts it simply: "Mental health isn't about aesthetics. It's not about making pretty Reels. If you're using therapy to brand yourself, you're doing harm."

Just to be sure, there are credible voices online. Srivastava cites creators like @therapistmommy (Dr Meghna Singhal, @gynae.guru (Dr Tanushree Pandey Padgaonkar), and @Dr. Cuterus (Dr Tanaya Narendra) as examples of accurate, compassionate content. But she warns that many others simply imitate the language of care, without the training to back it up.

"We need more discernment and less virality," she says. And more cultural context. "When someone says 'cut off toxic people' they're ignoring how relationships function in India," says Singhal. "You can't just cut off your parents. Healing has to acknowledge those realities." What gets lost in social media therapy is this complexity. As Singhal explains, "Mental health is not black and white. Two things can be true. But online, nuance is the first casualty."

So what can users do? The therapists all agree: "Social media can be a powerful entry point. But not the destination." Check credentials, Bhasin urges. "A therapist should have at least a Master's degree in Psychology. Don't follow someone just because they sound relatable." Srivastava adds, "Stay curious. Ask who's posting. Are they citing sources? Are they offering reflection or just giving you a label to hold on to?" Singhal advises users to slow down. "If a post makes you feel labelled or broken, pause. Real mental health work is quiet, layered, and deeply personal." The best content, she says, will never speak in absolutes. "A trained professional will say things like 'It depends' or 'This might not apply to everyone.' If you don't hear that, scroll away."

For Ananya and Aditya, real healing began when they stepped offline. "I still follow some creators," Ananya says. "But now I know the difference. Content isn't care. It's just the start." For more stories on health and wellness, visit [livenint.com/mint-lounge](https://livenint.com/mint-lounge).

Therapist-adjacent influencers are serving unqualified advice as relatable content on social media. Don't treat it as therapy, say experts

Divya Nair  
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**I**t started with a breakup and a Reel. Two weeks after her long-term relationship ended, 24-year-old Ananya, a Mumbai-based social media marketer, stumbled across an Instagram video titled "If they left, it was a trauma bond." The creator, a charismatic "healing coach" with no clinical qualifications, explained how emotionally unavailable partners get us "addicted" to their inconsistency. It resonated deeply. Ananya watched the Reel five times, shared it with friends, and signed up for a journaling course linked in the bio. In a matter of weeks, she had mapped her childhood wounds, diagnosed her attachment style, and labeled her ex as a narcissist. All of this without ever speaking to a licensed therapist.

"It made sense in a way nothing else had," Ananya says. "I felt seen. I finally had the language for what I'd gone through." In a different time, she might have spoken to a professional. But in 2025, when mental health content floods Instagram, LinkedIn, and YouTube, Ananya had already found her answers. Or so she thought.

## THE RISE OF THE THERAPIST-ADJACENT INFLUENCER

Mental health has moved out of the clinic and into our feeds. Hashtags like #healing, #traumabond, and #attachmentstyle rack up millions of views. Influencers, some trained, may use therapy language to package wisdom into visually soothing, easily digestible content. But this visibility comes with a cost.

"Post-covid, conversations around mental health exploded," says Divya Bhasin, New Delhi-based founder of The Friendly Couch, an organisation that provides therapy. "That showed creators there was a demand to fill. But unfortunately, many professionals hesitated to step into the content space, so unqualified influencers filled the void."

According to Bhasin, the accessibility of therapy-speak makes it attractive to those with no background in psychology. "Everyone has mental health issues, so everyone feels entitled to give an opinion. But they oversimplify it. They'll say things like 'exercise cures depression' which is not only untrue, it makes people feel worse when those tips don't work."

Dr Meghna Singhal, a clinical psychologist with a PhD from NIMHANS, points to an emotional hunger that drives this consumption. We're finally giving people an emotional vocabulary after decades of silence, she says. "But because it feels empowering, people confuse insight with intervention. Just because you relate to a Reel doesn't mean you've had therapy." Divya Srivastava, a counselor and founder of Silver Lining Wellness in Mumbai, isn't surprised by the boom. "Therapy can still feel inaccessible or taboo, especially in India. So people turn to content as a substitute. It feels safe with an illusion of understanding without the vulnerability that healing demands." But this illusion is becoming its own hazard. Srivastava notes that therapy-speak is now weaponized in daily language. "You'll hear people say 'You need therapy' as an insult. That's the paradox—it's more visible, but also more distorted."

One of the biggest issues is the algorithm itself. "Platforms reward what goes viral, not what's clinically accurate," says Singhal. "If you post a Reel saying 'If they trigger your anxiety, it's a trauma bond,' it's going to perform better than a nuanced explanation of attachment theory. But it's deeply misleading." And it's not just a social issue but an ethical one. Bhasin recalls clients who were harmed by so-called coaches. "I've seen people traumatized by fake therapy sessions. These creators offer 'healing' without training, and the fallout can be severe."

Srivastava agrees. "When someone promises to heal trauma in three sessions or throws clinical terms around to sell unproven techniques, that's a massive red flag. Healing isn't aesthetic. It's complex."

**THE SELF-DIAGNOSIS SPIRAL**  
28-year-old Aditya was burnt out, unfocused, and doomscrolling when he saw a post: "If emails overwhelm you and you procrastinate on texts, it might be ADHD." He clicked like. Then he fell down the rabbit hole. "Within days, I was convinced I had ADHD," he says.

While consuming mental health content on social media, avoid self-diagnosis and identifying with generalized labels

Business Standard (Hindi) • 08 Jul • Ministry of Ayush  
Vajan ghatane wali dawa par samiti jald

1,2 • PG

485 • Sqcm

50874 • AVE

15.51K • Cir

Bottom Right,Middle Left

Chandigarh

## वजन घटाने वाली दवा पर समिति जल्द

केंद्रीय औषधि मानक नियंत्रण संगठन बिना नियमन के वजन घटाने वाली दवाओं के इस्तेमाल का अध्ययन करने के लिए जल्द ही समिति बना सकता है। समिति बनाने का निर्देश अदालत ने दिया है। सूत्रों के अनुसार जुलाई के मध्य तक विशेषज्ञ समिति के गठन पर काम शुरू हो सकता है। अधिकारियों ने बिजनेस स्टैंडर्ड को बताया कि समिति भारत के औषधि महानियंत्रक की अध्यक्षता में बनाई जा सकती है। इसमें स्वास्थ्य सेवा महानिदेशक और औषधि विभाग के अधिकारियों को बतौर सदस्य शामिल किया जा सकता है।

पृष्ठ 2



# वजन घटाने वाली दवा पर समिति जल्द

संकेत कौल

नई दिल्ली, 7 जुलाई

केंद्रीय औषधि मानक नियंत्रण संगठन (सीडीएससीओ) बिना नियमन के वजन घटाने वाली दवाओं के इस्तेमाल का अध्ययन करने के लिए जल्द ही समिति बना सकता है। समिति बनाने का निर्देश अदालत ने दिया है। सूत्रों के अनुसार जुलाई के मध्य तक विशेषज्ञ समिति के गठन पर काम शुरू हो सकता है।

इस घटनाक्रम के जानकार अधिकारियों ने बिजनेस स्टैंडर्ड को बताया कि समिति भारत के औषधि महानियंत्रक (डीसीजीआई) की अध्यक्षता में बनाई जा सकती है। इसमें स्वास्थ्य सेवा महानिदेशक (डीजीएचएस) और औषधि विभाग के अधिकारियों को बतौर सदस्य शामिल किया जा सकता है।

मामले के जानकार एक अधिकारी ने कहा, 'इस बात पर चर्चा जारी है कि दवा संगठनों को इसमें शामिल होने और उद्योग का नजरिया रखने को कहा जाए।' सीडीएससीओ ने बिजनेस स्टैंडर्ड



के ईमेल सवालों का जवाब नहीं दिया है।

दिल्ली उच्च न्यायालय ने पिछले सप्ताह डीसीजीआई से तीन महीने के भीतर इस मामले पर विशेषज्ञों और संबंधित हितधारकों से परामर्श करने के लिए कहा था। उम्मीद है कि पैनल याचिकाकर्ता को जवाब देने के लिए अदालत द्वारा दी गई तीन महीने की समय सीमा के भीतर वजन घटाने के लिए इस्तेमाल की जाने वाली मधुमेह निरोधक दवाओं के संभावित अनियमित उपयोग की भी जांच करेगा। यह निर्देश फिटनेस उद्यमी जितेंद्र चौकसी की एक जनहित याचिका (पीआईएल) के जवाब में दिए गए थे। याचिका

में सीमित सुरक्षा डेटा और भारत-केंद्रित नैदानिक परीक्षणों की कमी के बावजूद वजन प्रबंधन में उपयोग के लिए सेमाग्लूटाइड, टिरजेपेटाइड और लिराग्लूटाइड जैसी दवाओं की मार्केटिंग को मंजूरी दिए जाने पर चिंता जताई गई थी।

यह निर्देश भारत में बहुराष्ट्रीय फार्मा कंपनियों द्वारा वजन घटाने वाली कई दवाओं की पेशकश के ठीक बाद आया है। अमेरिका की एलाई लिली ने इस साल मार्च में मौंजारो (टिरजेपेटाइड) उतारी, वहीं डेनमार्क की दवा निर्माता नोवो वीगोवी ने पिछले महीने वीगोवी (सेमाग्लूटाइड) की पेशकश की थी। ओबेसिटी मैनेजमेंट मेडिकेशंस (ओएमएम) के मानक दिशा निर्देशों के अनुसार वजन घटाने वाली दवाएं 27 से अधिक के बॉडी मास इंडेक्स (बीएमआई) वाले मरीजों के लिए स्वीकृत की जाती हैं जो मोटापे से संबंधित कम से कम एक बीमारी जैसे कि टाइप-2 मधुमेह, उच्च रक्तचाप, या उच्च कोलेस्ट्रॉल से जुड़े हों। लेकिन डॉक्टर इन चिकित्सकीय समस्याओं से नहीं जूझने वाले लोगों से भी ऐसी दवाओं के लिए पूछताछ में वृद्धि देख रहे हैं।

Bizz Buzz • 08 Jul • Ministry of Ayush  
Wellness workshop held for mediapersons

3 • PG

34 • Sqcm

3430 • AVE

N/A • Cir

Bottom Right

Hyderabad

### Wellness workshop held for mediapersons

HYDERABAD: In a first-of-its-kind initiative, a workshop on Running, Wellness & Active Lifestyle—specially curated for members of the media—was held on Sunday at the Press Club, Somajiguda. Jointly organised by Hyderabad Runners Society and Press Club, Hyderabad, the interactive session aimed to promote fitness, heart health, and active living among the media fraternity—professionals known for high-stress, deadline-driven lives. Over 75 media professionals participated in the three-and-a-half-hour workshop.



The Times of India • 08 Jul • Ministry of Ayush  
Does This Public-Private Partnership Benefit The Public

13 • PG

860 • Sqcm

1577253 • AVE

812.98K • Cir

Top Left

Kolkata

# Does This Public-Private Partnership Benefit The Public?

Rema.Nagarajan@timesofindia.com

A pathbreaking reform or a short-cut that may result in poor Indians getting short shrift? The jury is still out. The verdict will likely decide the quality of a large swathe of India's public healthcare.

## Story Of The Reform

As shoddy as some public hospitals are, they still represent lakhs of crores of taxpayers' money. The land value alone comes to mini fortunes. Across India, several govt healthcare setups are being handed over to private entities. The idea, or the 'reform', is that private enterprise will do a better job of providing healthcare services — by upgrading these hospitals and building medical colleges that'll produce thousands more doctors.

Also, since many states have to struggle to fill vacancies of doctors, especially specialists, for public hospitals, the bet was that PPP — it stands for public-private partnership and involves collaboration between govt and private players — hospitals would be better at attracting talent.

This had been tried out earlier in a few states. But the real impetus came in 2017. GOI and Niti Aayog, in consultation with World Bank, backed the idea that govt hospitals with 300 or fewer beds can be handed over to private operators, who will be required to build medical colleges alongside the hospital.

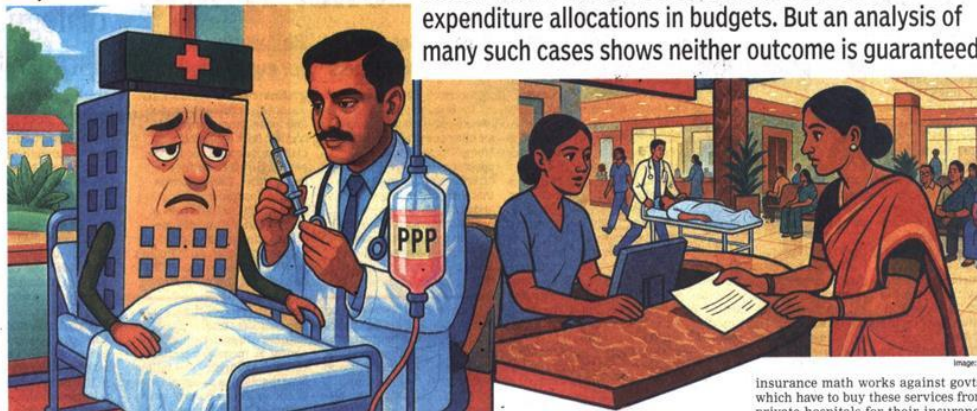
In 2020, GOI said it'll account for 30-40% of the capital expenditure for setting up these colleges and states would provide another 30-40%. It also recommended that Centre and state would bear 50% — 25% each — of the operating and maintenance costs of these colleges for the first five years. In some public-private partnerships, govt hands over the land to a private entity and bears a major part of the cost of setting up a hospital.

Not all states have come on board. Notable exceptions are Tamil Nadu, Telangana, Kerala and Himachal Pradesh. Some states like Goa backed off after considering the idea. All told, 15 states haven't embraced the new model as yet.

But this PPP model of public healthcare is preponderant enough to ask the question: will it benefit low-income Indians for whom medical expenses can be a terrifying life-altering event?

## Healthcare PPPs' Dark Past

These new PPP models mandate that a



proportion of beds in former public hospitals run by private companies be reserved for free treatment. But in older experiments along similar lines, govt across India have almost always failed to make private companies comply with such public welfare mandates.

Some earlier PPP ventures had produced spectacular failures. Chhattisgarh had established a tertiary cardiac care centre in partnership with Escorts Heart Institute and Research Centre in 2002. But the state had to take back control in 2017. Back in 1953, Kasturba Medical College (KMC), Mangalore, was at the centre of a successful PPP experiment, a success that has endured. But Karnataka's experience with PPPs since then has been bitter. Most failed. Govt had to terminate many MoUs.

Take the example of Rajiv Gandhi Super Specialty Hospital in Raichur, handed over to a large private healthcare group at the turn of the century. In 2012, govt took it back after discovering that, aside from financial irregularities, just over 40% of beds were functional, bed occupancy had dropped, and only a small proportion of beds (11%) was allotted to poor patients.

## New Ventures, Old Questions

Strangely perhaps, even given this expe-

rience, Karnataka is ready for another healthcare PPP experiment. It's ready to start nine new medical colleges in PPP mode. That means over 2,000 beds in nine district hospitals, worth more than Rs 1,000 crore of public money in building infrastructure, and a larger amount in land value, will be handed over to private players.

UP and AP have announced 16 PPPs each, MP, 12. But as happens in India, the same policy produces different stories in different states.

Three PPP medical colleges in UP are operational. But the mandates given to private entities are not publicly available. In cases where govt has given land free to build medical colleges, all beds in the erstwhile public hospital and 20% of beds added by the private party are meant to be free. What happens if private partners don't stick to these mandates? The answer to that question will determine whether UP's reform succeeded.

MP has had to dilute its reform. District hospitals could not be handed over to private entities because of public protests. The state then decided to 'attach' these hospitals for 'teaching purposes'. But will that attract private parties? Another catch — the state decided treatment in PPP hospitals will be as per Ayushman rates in 75% of beds. That's not the same as free treatment for all patients.

There are public protests in Gujarat as well. The 300-bed Vyara district hos-

Many states, following a GOI initiative, have handed over govt hospitals to private companies, expecting better healthcare for low-income patients and lower expenditure allocations in budgets. But an analysis of many such cases shows neither outcome is guaranteed

pital, which was to be handed over to the Torrent Group, is still in govt hands because locals don't want the change.

These public apprehensions bring up another key worry point of this reform.

## Free Treatment Vs Insurance

In most states, free outpatient consultation and diagnostics ends with PPP. And the small number of free beds require patients to furnish proof that they are in BPL category. Most states claim hospital charges will be heavily subsidised for most patients. In some cases, rates are regulated even for paying patients. But the big question is this — when govt say treatment will be under Ayushman or state-specific insurance, they are finessing facts. Insurance covers only in-patient treatment, usually for only a specific set of procedures, and has a ceiling of Rs 5 lakh.

A good example of this comes from Bengal. Four PPP hospitals-cum-medical colleges are functioning. But there's no free treatment. There's a state insurance scheme that covers secondary and tertiary treatment, with a per family, annual ceiling of Rs 5 lakh. But, as public health experts point out, if free treatment is available in govt hospitals, no one will go to these PPP institutions.

One key problem, per official data, is that medical treatment is six times costlier in the private sector compared to that in govt hospitals. This means the

insurance math works against govt, which have to buy these services from private hospitals for their insurance schemes. That's why many govt default on insurance payouts to private hospitals and many private hospitals are leaving govt insurance schemes.

And aside from all this, what about procedures not covered by insurance and out-patient treatment? Data shows why this question is vital.

## Numbers Tell The Story

NSSO's report on health expenditure — figures are for 2017-18

— shows that average medical expenditure per hospitalisation case (excluding childbirth) in rural areas was Rs 4,290 in govt hospitals and Rs 27,347 (six times higher) in private hospitals. In urban areas, the respective figures were Rs 4,837 and Rs 38,822 (eight times higher). NFHS (2019-21) data shows the average cost of delivery was almost eight times as high in private health facilities (Rs 24,663) compared to public ones (Rs 3,245).

India's medical care inflation rate is estimated at 12-14%, the highest in Asia. Little wonder that public health activists are warning that PPP public healthcare will end up increasing costs for those with lowest payment capacity.

## Costlier Medical Education

Medical colleges in PPP mode might increase the number of MBBS seats, but it will be unaffordable for many aspirants. Annual fees in UP govt medical colleges are Rs 40,000. In private colleges, the average is Rs 12 lakh. In Bengal, pure private colleges and PPP colleges keep the same proportion — a third — of seats for the state. Shouldn't PPP colleges, which received substantial govt help, have kept a high proportion of seats for students who can't pay higher fees? And even state quota seats cost a lot more than govt college seats. In one PPP college, MBBS course fees in 2023 for 50 state-quota seats was Rs 26.5 lakh. Average tuition fee for MBBS courses in govt colleges was about Rs 40,000.

A private group, which runs a PPP college in Howrah, a town near Kolkata, collects around least Rs 26 crore as tuition fee per year from one batch of students. It pays the state around Rs 9 cr per year for the use of hospital beds. The profit margin is high, to say the least.

Similarly, in Gujarat, where four district hospitals (over 1,150 beds) have been handed over to private entities, for a token of Rs 1 for 33 years, and govt spent roughly Rs 290 crore to help build medical colleges, tuition fees are big earners.

Three of these colleges collected approximately Rs 6.5 crore each from tuition fees in the first year of operation and roughly Rs 16 crore as tuition fee from the second year. The Gujarat Adani Institute of Medical Science charges Rs 10 lakh per year for govt quota seats. Fees in govt medical colleges in Baroda and Bhavnagar are roughly Rs 1.1 lakh for the entire MBBS course.

## PPP = PPT

PPT — people pay twice. That's one of the problems of the current PPP model. People paid once when govt used taxpayers' money to build public hospitals. When these hospitals are handed over to private entities, but universal free treatment is stopped, people pay again for medical care, because even when insurance is available, it doesn't cover everything.

States that have gone the PPP route see this as an answer to big spends on healthcare. But if the goal is to provide cheap healthcare, it isn't clear that the current PPP model is the best answer. And govt end up spending more when a PPP fails and they have to take back the hospital and run it.

It's early days for this reform, but there are more questions than free beds. Questions that GOI and states should pay serious attention to.

Inputs from Ashok Pradhan, Shailvee Sharda, Sumati Yengkhom, Prabin Kalita, Kangan Kalita, Kritika Tiwari, ASRP Mukesh, Neha Madan, Sheezan Nazami, Eshan Kanyanikar, Steffy Thevar, Bharat Yagnik, Parth Shastri, Mini Thomas, Shivan Azad, Amarjeet Singh, Atul Mathur

The Times of India • 08 Jul • Ministry of Ayush

## Disabilities court fines 96 bodies Rs 50,000 each for non-compliance

17 • PG

114 • Sqcm

469629 • AVE

2.78M • Cir

Bottom Center

Delhi

### Disabilities court fines 96 bodies ₹50,000 each for non-compliance

Ambika.Pandit  
@timesofindia.com

**New Delhi:** The Court of the Chief Commissioner of Persons with Disabilities (CCPD) imposed a penalty of Rs 50,000 each on 96 establishments, including Standardisation Testing and Quality Certification (STQC) Directorate of the ministry of electronics & information technology, for failing, as of mid-June, to comply with accessibility standards for websites, mobile applications and other digital platforms.

The list includes central ministries, their departments and several private establishments that are among 155 establishments which were slapped with a fine of Rs 10,000 in Feb, with a warning of higher penalty in case of non-compliance.

The court highlighted 95 establishments (minus STQC) that now face higher penalties neither submitted an audit report nor appointed an Integrated Audit & Assurance Professional (IAAP)-certified auditor, and did not even report initiating the process of appointment of auditors as of June 17.

The ministries include cooperation, civil aviation, corporate affairs, drinking water and sanitation, earth sciences, food processing, labour and employment, ports, shipping and waterways, railways, road, transport and highways, skill development and entrepreneurship, statistics and programme implementation, steel, panchayati raj, information and broadcasting and Ayush.

In its June 20 order, the CCPD gave the establishments seven days to deposit the penalty in the National Fund for Persons with Disabilities.



Maratha warrior Raghuji Bhosale's sword will return to Maharashtra before I-Day. Formalities have been done for retrieval of the relic bought at Sotheby's



The Times of India • 08 Jul • Ministry of Ayush  
CORPORATE BUZZ

13 • PG

395 • Sqcm

1629048 • AVE

2.78M • Cir

Bottom Left

Delhi

CORPORATE BUZZ

www.toi.in/psu

**NBCC & NFDC ink pact to revamp Siri Fort Auditorium**

In a landmark collaboration set to redefine the artistic heartbeat of the national capital, NBCC (India) Limited and the National Film Development Corporation (NFDC) have inked an agreement to transform the iconic Siri Fort Auditorium Complex, New Delhi, into a next-generation cultural and cinematic powerhouse. This makeover will fuse India's rich creative heritage with world-class infrastructure. In its



grand new avatar, the complex is envisioned as a vibrant cultural district, seamlessly integrating multiple creative domains. The Performance and Theatre District will serve as the venue's cultural heartbeat, capable of hosting large-scale productions, concerts and festivals. The Indian Film & Media Hub will celebrate cinema through screenings,

exhibitions and archival storytelling. A Convention and Dialogue Forum will also be built. NBCC will helm the project as the project management consultant (PMC), overseeing all phases from master planning and architectural design to statutory approvals, engineering, construction, and commissioning.

**ITDC unites 25 PSUs to celebrate IDY 2025**

In a pioneering initiative, India Tourism Development Corporation (ITDC) marked the International Day of Yoga 2025 by organising a rejuvenating yoga session in collaboration with Standing Conference of Public Enterprises (SCOPE) at The Ashok, New Delhi. Led by expert instructors from the Morarji



Desai National Institute of Yoga (MDNIY), the grand event witnessed enthusiastic participation from the Department of Public Enterprises, Ministry of Finance, 25 PSUs, and over 100 attendees. Following the global theme 'Yoga for One Earth, One Health', the event stood out as a powerful reminder that wellness transcends organisational boundaries. Chairpersons, MDs, and senior officials from central PSUs, including BPCL, CCIL, ECIL, NDFC, NHPC, NBCC, ITI and NSDFC, amongst others, graced the event with their presence. Addressing the gathering, Mugdha Sinha, IAS, Managing Director, ITDC, said, "Yoga is not merely a physical discipline; it is a quiet revolution rooted in self-awareness, balance, and collective well-being."

**NIFTEM-K signs MoU with scientific solutions leader**

NIFTEM-K has signed a memorandum of understanding (MoU) with Thermo Fisher Scientific, a global leader in scientific solutions. This landmark partnership, formalised by Dr. Harinder Singh Oberoi, Director, NIFTEM-K, and Abhishek Gupta, Director - CMD, Thermo Fisher Scientific, begins with Advanced Gas Chromatograph system provided by Thermo Fisher Scientific to NIFTEM-K free of cost for research,



demonstration, and training. The key highlights include joint development of analytical science ecosystem, collaboration in establishment of a dedicated Centre of Excellence for Food Safety and Authenticity Collaborative R&D, including rapid testing kit development internships, and placements for NIFTEM-K students. This collaboration is set to drive innovation and capacity-building in India's food safety landscape.

**HURL expands regional footprint in east India**

In a significant stride towards expanding its regional footprint and deepening stakeholder engagement, Hindustan Urvarak & Rasayan

Limited (HURL) inaugurated its West Bengal & Assam state office at Kolkata. The occasion was graced by the presence of Dr. S.P. Mohanty, Managing Director, HURL, and the state head of West Bengal & Assam, along with distinguished market leaders and dealers from across the region. The new office represents HURL's continued commitment to empowering agricultural ecosystems through



proximity, responsiveness, and strategic growth in eastern India. To complement the inauguration, HURL also hosted a Dealer Conference in Kolkata, bringing together a wide network of dealers from West Bengal and Assam, alongside the dynamic marketing teams of both states. Speaking on the occasion, Dr. S.P. Mohanty emphasised the critical role of robust dealer relationships in enabling last-mile impact, especially in an agrarian economy like India's.

The Indian Express • 08 Jul • Ministry of Ayush

## BANK OF BARODA COMMEMORATES INTERNATIONAL DAY OF YOGA 2025

12 • PG

149 • Sqcm

72162 • AVE

249.64K • Cir

Middle Left

Ahmedabad

### BANK OF BARODA COMMEMORATES INTERNATIONAL DAY OF YOGA 2025



Bank of Baroda, one of India's leading public sector banks, celebrated the International Day of Yoga 2025 across all its offices as part of its comprehensive BOB Employee Health and Wellness Framework. Demonstrating its long-term commitment to employee well-being, on International Day of Yoga, the Bank organised in-person Yoga sessions for employees across locations, led virtually by a certified Yoga instructor. In the run-up to the Bank's 118th Foundation Day on July 20, Bank of Baroda also announced the launch of the 'Rise with Yoga' campaign. Speaking on the occasion, Lal Singh, Executive Director, Bank of Baroda said, "At Bank of Baroda, the health and welfare of our employees is our top priority. Yoga offers numerous benefits – it improves fitness, reduces stress and promotes overall well-being – that contribute meaningfully to both personal fulfillment and professional excellence. Our focus on our employees' health and wellness represents our commitment to creating an environment where every employee can thrive physically, mentally, and emotionally."

Yugmarg • 08 Jul • Ministry of Ayush

## Ghanshyam Das Arora hands over 'Ayushman Cards' to senior citizens above 70 years

9 • PG

227 • Sqcm

46898 • AVE

185K • Cir

Middle Center

Chandigarh

## Ghanshyam Das Arora hands over 'Ayushman Cards' to senior citizens above 70 years



### RAHUL KOHLI

**YAMUNANAGAR:** A special program was organized at local office in Model Town on Monday to mark completion of 11 years of service, good governance and poor welfare of Bharatiya Janata Party. Ayushman cards were distributed to senior citizens above 70 years of age under Ayushman Bharat scheme under 'Ayushman Vandan Yojana'. Chief guest of the program was Yamunanagar MLA Shri Ghanshyam Das Arora. He handed over cards to elderly citizens with his own hands and while honoring them, said that central and state governments are working with dedication for public welfare. He said that under leadership of Prime Minister Narendra Modi, historic decisions have been taken in interest of poor, farmers, laborers and the elderly in the last 11 years. MLA Arora said that under 'Ayushman Vandan Yojana', elderly citizens are getting benefit of health services and Ayushman Bharat Yojana is proving to be a boon for them. This gives them financial assistance in treatment of serious diseases. He also informed that under this scheme, free treatment up to Rs 5 lakh per annum is being provided to eligible persons. Senior BJP leaders, Mandal President, councilors and local residents were present in large numbers.



## The New Indian Express • 08 Jul • Ministry of Ayush TADASANA BLOCK BETWEEN PADA

2 • PG

671 • Sqcm

885071 • AVE

246.4K • Cir

Top Right

Chennai

### FITBIT

## TADASANA BLOCK BETWEEN PADA (MOUNTAIN POSE BLOCK BETWEEN FEET)

It is the mother of all asanas since many poses emerge from this. It is a stepping stone to deeper consciousness and meditative practices and awakens the breath-body awareness. In a deeper practice, it helps in observing the body in stillness and still having awareness of the body alignment. The seven chakras are balanced, with the help of prana flow, which also energises and keeps the body-mind calm. When done with intention, it helps you find the strength and stability of a mountain inside yourself.

### STEPS

- Keep ready a yoga block near you. Stand erect, feet hip width apart, heels and toes resting on the floor. Take a couple of breaths here. Then, place the block in between your feet.
- Tighten the knees and pull the kneecaps up, contracting the hips and pulling up the muscles at the back of the thighs.
- Feel that you are keeping the stomach tucked in, chest forward, spine stretched up and the neck straight.
- Distribute the body weight evenly, and keep tightening the feet with the block.
- Make sure the chin is not raised up and is close to the collar bone. Keep a smile on your face. Bring arms close to your body, placing them by the side of your thighs.
- Keep your eyes closed and learn to balance the body with focus on the breath and the steadiness of the body.
- Stay in Tadasana Block Between Pada for 30-60 seconds or as long as it is comfortable.
- The stability of the body improves along with straightening of the spine with proper breathing.
- Finally, release the pose slowly and then relax in Balasana (Child Pose) for a while with normal breathing.

### BENEFITS

- This pose is core strengthening.
- Helps benefit the feet, toes, shoulders, and chest.
- A neutral, transitional pose between two standing poses.
- Strengthens the legs and feet, and tones the hips, glutes, and abdomen.
- Helps align the body and improve balance.
- Senior citizens, pregnant and postnatal women, athletes, kids, and teens can benefit from this regular practice.
- It is considered a warm-up yoga pose to prepare the body for more intense yoga poses/yoga flows.
- The entire body is stretched and the muscles too are stretched giving room for expansion of the muscles.
- The legs become strong at the ankles and the knees.
- Hips are raised, which brings a good support to the entire back ensuring the spine is expanded giving room for proper flow of prana to the entire body.

### LIMITATIONS

- Students who have stress-related headaches, migraine or dizziness, eye strain, low blood pressure, osteoarthritis of the knees, bulimia, diarrhoea, insomnia or leukorrhea, should avoid this practice.



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

## The New Indian Express • 08 Jul • Ministry of Ayush TADASANA BLOCK BETWEEN PADA (MOUNTAIN POSE BLOCK BETWEEN FEET)

2 • PG

599 • Sqcm

598847 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

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### STEPS

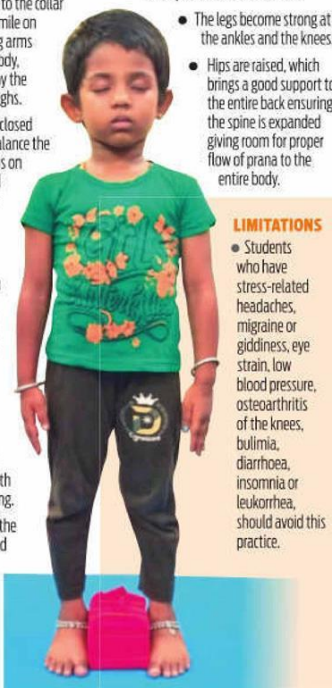
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By N Elumalai, PhD Scholar (Yoga Science) at  
Meenakshi Academy of Higher Education & Research, Chennai

The Hindu • 08 Jul • Ministry of Ayush  
Document verification for NRI ward quota candidates

4 • PG

67 • Sqcm

89619 • AVE

1.4M • Cir

Top Left

Bengaluru

## Document verification for NRI ward quota candidates

**The Hindu Bureau**  
BENGALURU

The document verification process for candidates seeking admission to Medical, Dental, and AYUSH courses under the NRI ward claim will be conducted from July 8 to July 10 by the Karnataka Examinations Authority.

The candidates can visit the KEA office in Malleswaram for in-person verification.

"Candidates are required to appear based on their NEET rank as follows: On July 8 candidates with ranks up to 4,00,000, July 9 ranks up to 8,00,000 and on July 10 ranks up to 12,00,000," said H. Prasanna, executive director, KEA on Monday.

The candidates must carry the necessary documents.

Deccan Chronicle • 08 Jul • Ministry of Ayush  
Officials inspect 11 wellness centres

2 • PG

34 • Sqcm

125197 • AVE

2.55M • Cir

Bottom Center

Hyderabad

## Officials inspect 11 wellness centres

**Hyderabad, July 7:** After health minister Damodar Rajanarsimha pointed to the lack of efficiency at wellness centres, officials inspected 11 of them. The inspections were led by AarogyaSri CEO Uday Kumar. The team reviewed the availability of medicines and attendance of doctors and other staff. Inspections were conducted at the Wellness centres at Vanasthalipuram, Khairatabad, Kukatpally, Sangareddy, Siddipet, Mahbubnagar, Nalgonda, Khammam, Warangal, Karimnagar and Adilabad.

Deccan Chronicle • 08 Jul • Ministry of Ayush

## Climate justice is moral duty: Modi

1,9 • PG

377 • Sqcm

1407956 • AVE

2.55M • Cir

Bottom Center,Top Right

Hyderabad

# Climate justice is moral duty: Modi

## Says India focus is on net-zero emissions

**DC CORRESPONDENT**  
**With agency inputs**  
NEW DELHI, RIO DE  
JANEIRO, JULY 7

Prime Minister Narendra Modi on Monday stated that despite being the world's fastest-growing major economy, India was the first country to achieve its Paris Agreement commitments ahead of schedule while addressing the session on 'Environment, COP30, and Global Health' at the BRICS Summit in Rio de Janeiro. He added that India is steadily progressing toward its goal of achieving net-zero emissions by 2070 and emphasised that for India, 'Climate Justice' is not an option but a moral duty.

The Prime Minister stressed that without technology transfer and affordable financing for countries in need, climate action will remain limited to discussions.

He pointed out that it is the responsibility of developed nations to bridge the gap between climate ambition and financing and to support countries struggling with crises related to food, fuel, fertiliser, and finance.

Modi highlighted that environmental protection and climate consciousness have always been central to Indian culture. He said climate change is not merely an energy issue, but a matter of preserving the delicate balance between life and nature.

■ Page 9: PM thanks Brazil, stresses health-planet link



# Modi thanks Brazil, stresses health-planet link

## FROM PAGE 1

Modi underscored India's commitment to the principles of People, Planet, and Progress, noting several key initiatives such as Mission LiFE (Lifestyle for Environment), Ek Ped Maa Ke Naam (A Tree for Mother), International Solar Alliance, Coalition for Disaster Resilient Infrastructure, Green

Hydrogen Mission, Global Biofuels Alliance, and the International Big Cats Alliance.

He further informed the gathering that India's solar energy capacity has increased by 400 per cent in the past decade and said these efforts are laying a strong foundation for a sustainable green future. Modi



expressed gratitude to Brazil for initiating the discussion on these critical topics, saying that the health of people and the planet are interconnected. Recalling the lessons of the Covid-19 pandemic, he remarked that "viruses do not arrive with visas, nor are solutions chosen based on

passports," stressing the need for united global efforts to create a healthier planet. Modi also elaborated on India's efforts in healthcare, mentioning the launch of Ayushman Bharat, the largest health coverage scheme of its kind, and the use of technology to strengthen healthcare systems. He added that India's traditional systems of medi-

cine continue to play an important role in promoting wellness and holistic health.

Earlier, while addressing a session on multilateralism, financial matters, and artificial intelligence on Sunday, Modi said the BRICS nations must collaborate to build secure and reliable supply chains for critical minerals and technologies.

## The Morning Standard • 08 Jul • Ministry of Ayush

### Fir Bit

2 • PG

614 • Sqcm

294497 • AVE

300K • Cir

Middle Right

Delhi

#### FITBIT

### TADASANA BLOCK BETWEEN PADA (MOUNTAIN POSE BLOCK BETWEEN FEET)

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#### STEPS

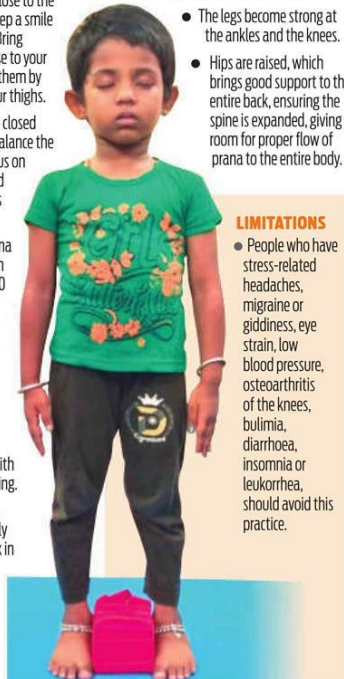
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—By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 08 Jul • Ministry of Ayush  
Yoga Nidra, Ice Baths & Fitness

12 • PG

915 • Sqcm

439130 • AVE

300K • Cir

Bottom Center

Delhi

DARSHITA JAIN

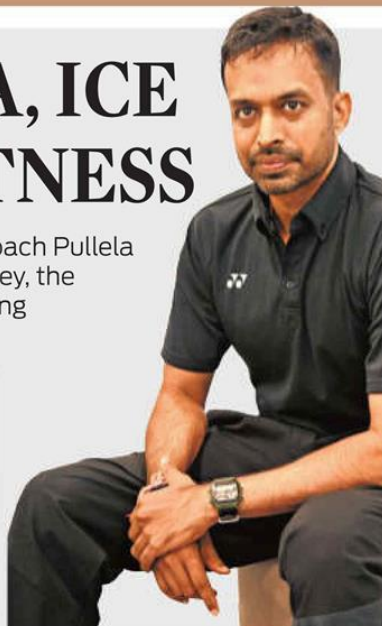
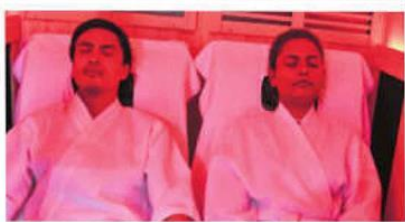
**A**MID the excitement at the launch of The Wellness Co at the Gopichand Academy in Hyderabad, TMS sat down with Pullela Gopichand, Chief National Coach of the Indian badminton team. He opened up about the collaboration, the cutting-edge therapies that stood out to him, and how this initiative is poised to transform recovery and performance for athletes. He also reflected on his own journey, milestones, wellness habits, and the evolution of Indian sport. In partnership with Rishabh Jain, founder of The Wellness Co, this isn't just another clinic, it offers advanced therapies like Whole Body Cryotherapy, HBOT, PEMF and more under one roof. This collaboration brings world-class, science-backed wellness to a space long celebrated for athletic excellence.

**Excerpts from the conversation:**

**How do you feel about this new wellness clinic opening at your academy?**  
I'm very excited. It's a beautiful space. In today's world, whether for athletes or anyone, health, longevity, and well-being have become priorities. What we've built here with The Wellness Co really stands out. From oxygen chambers to cryotherapy, hot-

## YOGA NIDRA, ICE BATHS & FITNESS

India's Chief National Badminton Coach Pullela Gopichand reflects on his own journey, the evolution of Indian sports, the growing importance of recovery and more



cold therapies, and advanced training modalities, there's a lot to offer, not just for athletes, but for anyone looking to enhance their well-being.

**What inspired your partnership with The Wellness Co?**

As sportspersons, we've always needed these kinds of therapies. But finding them under one roof was almost impossible. We had to travel long distances for a hypoxic chamber, cryotherapy, or an infrared sauna. The Wellness

Co offers all of this together, with expert guidance, the best technology, and a calming environment. That's what made this collaboration feel right.

**Therapies like cryotherapy, oxygen therapy, and red light therapy, do you think they impacts recovery & performance?**

Ice and cold therapy have always been part of an athlete's recovery, whether it's ice baths or cold packs. But cryo, both full-body and localised, takes it to another

level. Adding oxygen therapy improves oxygenation, which hugely benefits recovery. When you combine this with infrared therapy and hot-cold contrast treatments, it creates a powerful toolkit, not just for faster recovery but also for enhancing performance.

**How has the conversation around fitness and recovery shifted over the last decade in India?**

It's evolved tremendously. A decade ago, recovery was

barely talked about. Today, it's a key pillar of high performance. Government initiatives and greater awareness have pushed athletes and even non-athletes to focus on sleep, nutrition, oxygenation, and mental well-being. CEOs, entrepreneurs, and homemakers are now embracing wellness practices that were once reserved for elite athletes.

**You've mentored champions. Your proudest moment as a coach?**

Every milestone has felt special — from winning a district or state title to coaching athletes who brought home Olympic and World Championship medals. Each time we break new ground — whether it's the Thomas Cup, Badminton Asia Championships — it feels deeply rewarding.

**As a player, what were your biggest challenges; physically or emotionally?**

There were many. I underwent four knee surgeries. Thirty years ago, an ACL tear was almost a career-ending injury, but I was lucky to have great doctors. Cartilage and meniscus issues followed. Physically, it was painful; emotionally, it was exhausting. But overcoming those hurdles made the journey worthwhile. Watching today's players succeed makes it all the more meaningful.



The Daily Guardian • 08 Jul • Ministry of Ayush

## Healing the body after addiction: Nutrition & sleep restoration guide

16 • PG

246 • Sqcm

24624 • AVE

N/A • Cir

Bottom Left

Chandigarh

## Healing the body after addiction: Nutrition & sleep restoration guide



AMAN PURI

Addiction of any kind — whether to alcohol, smoking, or drugs— takes a serious toll on the body. Recovery is a challenging journey that begins with the resolve to end substance use and requires immense effort and commitment. While therapy is central to the healing and recovery process, proper nutrition and sleep also play crucial roles in supporting the body's

detoxification and recovery. Drug addiction leads to nutrient deficiencies by destroying nutrients, impairing their absorption and utilisation, or depleting their levels in the body. Severe drug addiction may even affect metabolism and organ health.

Nutrition plays a vital role in the recovery process by helping restore the body's nutritional balance and

supporting detoxification, especially of the liver and kidneys, which are often affected by substance abuse. A balanced diet comprising essential nutrients can help restore the body's nutritional balance and promote healing. Complex carbohydrates stabilise sugar and energy levels, while protein-rich foods like dairy products, lean meat, and eggs may support tissue re-

pair and healing. Proteins are rich in amino acids, which play an important role in the production of neurotransmitters — brain chemicals that reduce depression and anxiety and improve cognition. Including omega-3 fatty acids and B complex vitamins further supports brain function and reduces inflammation. Vitamins and antioxidant-rich fruits and vegetables

help protect the cells from further damage by reducing oxidative stress.

Additionally, electrolytes, such as sodium and potassium regulate hydration while zinc boosts immunity, enabling the body to heal. Magnesium reduces symptoms like nerve damage, muscle soreness, anxiety, and promotes relaxation and better sleep.

Sleep plays a key role

in the body's recovery by improving cognitive function, including attention, concentration, and problem-solving abilities. Disturbed sleep and poor cognition can impact decision-making, increase the risk of relapse, and lead to unhealthy dietary habits. Creating a relaxing environment, meditating and eating mindfully before bedtime can improve sleep

patterns and sleep quality. This can calm the brain, reduce stress and anxiety levels, and heal the body naturally. Hence, eating nutritious meals and giving the body adequate rest may help accelerate the recovery process.

*The author is Founder, Steadfast Nutrition, a leading sports & wellness nutrition brand*

The Daily Guardian • 08 Jul • Ministry of Ayush

## EAT RIGHT, SEE BRIGHT: NUTRACEUTICALS FOR EYE HEALTH IN THE AGE OF SCREENS

14 • PG

271 • Sqcm

27066 • AVE

N/A • Cir

Middle Left

Delhi

## EAT RIGHT, SEE BRIGHT: NUTRACEUTICALS FOR EYE HEALTH IN THE AGE OF SCREENS



FOOD IS MEDICINE

DR ANISH DESAI

In today's screen-dominated lifestyle, digital eye strain (DES) also known as computer vision syndrome has emerged as a modern-day epidemic. Prolonged exposure to digital screens can lead to symptoms like dry eyes, fatigue, blurred vision, and headaches. While ergonomic practices such as the "20-20-20" rule (taking a 20-second break every 20 minutes to look at something 20 feet away) provide some relief, growing evidence supports the role of nutraceuticals, bio-active compounds derived from food in protecting and restoring eye health.

### NUTRACEUTICALS THAT NOURISH YOUR EYES

#### 1. Omega-3 Fatty Acids

Omega-3 polyunsaturated fatty acids, especially EPA and DHA, are renowned for their anti-inflammatory and tear film-stabilizing effects. They enhance tear production and reduce ocular surface inflammation. For individuals experiencing screen-induced dry eye, regular intake of omega-3s from sources like fatty fish, chia seeds, flaxseeds, and walnuts, or supplements

can significantly relieve symptoms.

#### 2. Anthocyanins



Anthocyanins are antioxidant-rich flavonoids found in berries, especially bilberries, blackcurrants, and blueberries. These compounds improve microcirculation in ocular tissues and aid in the regeneration of rhodopsin, a pigment vital for vision in low light. Clinical studies have shown that anthocyanin supplementation enhances visual function and reduces symptoms such as tired eyes and blurred vision, especially after prolonged screen exposure.

#### 3. Carotenoids

Lutein, zeaxanthin, and meso-zeaxanthin are xanthophyll carotenoids that accumulate in the macula of the eye. They act as natural blue light filters, shielding the retina from phototoxic damage caused by digital devices.

Rich sources include leafy greens like kale, spinach, collard greens, as well as corn, egg yolks, and orange bell peppers. Supplementation improves macular pigment optical density (MPOD), contrast sensitivity, and glare recovery. Additionally, these carotenoids may reduce screen-induced stress and improve sleep quality.

While nutraceuticals help nourish the eyes from within, simple eye exercises like blinking regularly, eye rolling, and focusing near and far can relieve muscle fatigue and enhance ocular flexibility, especially when done throughout the day.

As screen time becomes inevitable in modern life, addressing eye health from a nutritional and functional perspective is critical. Nutraceuticals offer a safe, evidence-based approach to mitigate the discomfort of digital fatigue. By integrating omega-3-rich foods, deep-colored berries, leafy greens, and regular eye exercises, we can protect our vision and embrace food not just as nourishment but as preventive medicine for our eyes.



The Goan • 08 Jul • Ministry of Ayush

## Hypotension : Effective home remedies for low blood pressure

11 • PG

992 • Sqcm

148850 • AVE

200K • Cir

Bottom Left

Goa

## Hypotension : Effective home remedies for low blood pressure

Amritha K

**B**lood pressure is nothing but the pressure of the blood against the walls of the arteries. The normal blood pressure range is 120/80 mm Hg (or less than 140/90), which is essential for proper blood circulation. When your blood pressure is marked below 100/60 mm Hg systolic or 60 mm Hg diastolic (less than 100/60 mm Hg), it is considered as low blood pressure or that you have hypotension. It means that the pressure of blood against the walls is low to supply oxygen to the body tissues. This condition is known as hypotension in medical terms. Hypotension or low blood pressure can cause dizziness,

vomiting sensation and fainting. In severe cases, low blood pressure is life-threatening. In the event of hypotension, your brain fails to get an adequate supply of blood and cause fainting. The condition is caused by various reasons, such as heart problems, dehydration, and lack of nutrients in diet, medications, blood loss or pregnancy. Did you know that there are certain foods and drinks which help increase our blood pressure instantly? The best part is, you need not search for it, they are readily available in your own kitchen. Check out these foods and drinks that provide an instant cure for low blood pressure.

### Herbal and kitchen remedies for low blood pressure



Have a look at the following natural remedies to deal with hypotension and its symptoms.

■ **Black coffee**  
If you feel that your blood pressure is low and you feel kind of dizzy, drink about half a cup of strong coffee. The caffeine present in dark coffee helps to increase blood pressure instantly.

■ **Water**  
The first remedy for low blood pressure is drinking water. Sometimes, low blood pressure could be due to dehydration. If your body has lost fluids either through heat, vomiting or urination then drink water immediately. You can also consume fruits that contain water such as watermelon, orange etc.

■ **Pomegranate**  
One of the most used natural remedies for hypotension, these ruby reds can help improve your blood pressure levels. You can consume it in different ways to maintain blood pressure. Eat it as a fruit or you can have it in the juice form as well.

■ **Basil leaves**  
This herbal remedy is very effective in curing low blood pressure. Basil has various medicinal properties. Crush 10-15 leaves of holy basil. Strain the juice of the leaves and mix this juice with one teaspoon of honey. Have it on an empty stomach in the morning.



■ **Beetroot juice**  
The raw juice of beetroot is extremely helpful in increasing blood pressure. Take a cup of raw beetroot juice twice a day. Continue the remedy for at least one week to get the benefit. This is one of the best home remedies for low blood pressure or hypotension.

■ **Salt**  
This is one of the rapid home remedies for low blood pressure or hypotension. Include more salt or salty foods in your diet, as it helps

to increase the blood pressure. Take a glass of water and add a ½ teaspoon of salt into it. Drink this twice a day, if you are constantly having low blood pressure.



■ **Raisin**  
Rich in potassium, these are one of the best solutions for low blood pressure. Soak about 10-20 raisins in water overnight. Eat the raisins in the morning as well as drink the water in which it was soaked. Continue for about a week.

oil can help stimulate the nervous system, thereby aiding in raising blood pressure. Add a few drops of rosemary oil to a diffuser or inhale directly from the bottle for quick relief from low blood pressure symptoms.

■ **Honey**  
It is one of the best natural remedies for low blood pressure or hypotension. If you are feeling dizzy due to low blood pressure, take honey to get an instant effect. Mix two tablespoons of honey in a glass of water. Add a pinch of salt into it and drink this mix.

■ **Rosemary oil:**  
Inhaling the aroma of rosemary

■ **Almond milk**  
Consuming almond milk can help increase your low blood pressure levels. The presence of essential fats such as Omega-3 fatty acids aids your body to regain blood sugar balance.

■ **Licorice**  
Used in traditional medicine to raise blood pressure in people with hypotension, licorice root is beneficial for managing hypotension. It has adaptogenic and anti-inflammatory properties.

■ **Dark chocolate:**  
Dark chocolate contains flavonoids which can help dilate blood vessels and improve blood flow, thereby increasing blood pressure. Consuming a small piece of dark chocolate can provide a quick boost in low blood pressure situations.

Disclaimer: The Free Press Journal bears no responsibility for the content that appears on this page.

The Pioneer • 08 Jul • Ministry of Ayush  
How an ancient Indian path became a global movement

7 • PG

423 • Sqcm

253539 • AVE

268.96K • Cir

Bottom Right

Chandigarh • Delhi • Bhubaneshwar

# How an ancient Indian path became a global movement

Yoga, an ancient practice rooted in the spiritual and philosophical traditions of India, has long transcended its geographical and cultural origins. Though born in the Indian subcontinent thousands of years ago, yoga today is a global phenomenon — practiced from the skyscrapers of New York to the deserts of Dubai, from Berlin's wellness studios to Japanese Zen gardens. This global embrace reflects more than just a fad; it signifies a deeper, growing understanding of yoga's essence as a holistic path to self-awareness, health, and spiritual balance. Yoga traces its origins to northern India more than 5,000 years ago. The earliest mention of the word "yoga" appears in the Rig Veda. But yoga was never meant to be confined to a region. The West encountered yoga during the late 19th and early 20th centuries, initially as an esoteric philosophy rather than a physical practice. Swami Vivekananda's speech at the Parliament of World Religions in Chicago in 1893 was among the earliest sparks that ignited Western curiosity. But it was only in the mid-20th century that yoga truly began to spread in the West, thanks to several pivotal Indian yogis.

One of the most influential figures was Swami Vishnudevananda, a direct disciple of Swami Sivananda, the founder of Sivananda Yoga. Born in Kerala, Swami Vishnudevananda was tasked by his guru to bring the knowledge of yoga to the West. In 1957, he travelled to North America and founded the International Sivananda Yoga Vedanta Centres.

Swami Vishnudevananda's approach was holistic. He emphasised the "Five Points of Yoga": proper exercise, proper breathing, proper relaxation, proper diet, and positive thinking with meditation. These principles formed the bedrock of the Sivananda tradition. He didn't merely transplant yoga as a fitness regime but presented it as a complete lifestyle. He also became known as a peace ambassador, famously flying over war zones in a small plane painted with the word "OM," dropping leaflets promoting peace. His mission embodied the core spirit of yoga, unity, peace, and spiritual awakening. While Swami Vishnudevananda spread classical yoga, Maharishi Mahesh Yogi introduced Transcendental Meditation (TM) in the 1960s, bringing a simplified and accessible form of yogic meditation to the West. TM attracted global attention when The Beatles and other celebrities became his followers.

This initiated a trend where yoga and meditation were not only health tools but also became fashionable symbols of spiritual exploration. In the 1970s, Bikram Choudhury introduced Bikram Yoga, a heated, high-intensity series of 26 postures. His brand of yoga gained rapid popularity, especially in the United States. It reflected the West's initial fascination with yoga's physical benefits, flexibility, strength, and detoxification, often sidelining its deeper spiritual com-

ponents. Initially, yoga in the West was heavily skewed toward physical postures (asanas), often practiced in gyms and health clubs. However, with increasing exposure and maturity, many practitioners began exploring its subtler dimensions: breath control (pranayama), meditation (dhyana), ethical living (yamas and niyamas), and self-inquiry.

Mindfulness, now a buzzword in wellness circles, is deeply rooted in yogic and meditative practices. Concepts like ahimsa (non-violence) and santosha (contentment) began finding resonance in the personal growth movements. Yoga gradually reclaimed its identity as not just a tool for physical fitness, but as a transformative path toward mental clarity and spiritual alignment.

A turning point in yoga's global journey came in 2014, when Prime Minister Narendra Modi proposed the idea of an International Day of Yoga at the United Nations General Assembly. In his speech, Modi described yoga as "India's invaluable gift to the world," emphasising its role in fostering unity between mind and body, man and nature. The proposal received overwhelming support from 177 countries, the highest number of co-sponsors ever for a UN resolution. Thus, June 21, the summer solstice and the longest day of the year in the Northern Hemisphere, was declared International Yoga Day. Since 2015, millions across continents have participated in mass yoga sessions every year, a global testament to its universal appeal. Surprisingly to some, yoga is now making steady inroads into regions traditionally seen as culturally distant from its roots. In the Middle East and the Arab world, yoga is increasingly practiced not only in private studios but also publicly and even officially endorsed in some countries. Governments in the UAE and



SHARMILA  
DAS

Saudi Arabia have supported yoga for its health benefits. In 2021, Saudi Arabia officially recognised yoga as a sports activity, and it is now part of wellness programs in schools and workplaces.

Women in these regions are also taking to yoga in large numbers, seeing it as both empowering and spiritually enriching. The West is also actively experimenting with yoga, often blending it with other practices. From yoga with weights to aerial yoga, from goat yoga to VR-assisted meditation, the creativity seems boundless. While some purists criticise this as dilution, others argue it's part of yoga's organic evolution, much like how Indian martial art niyudh (barehanded combat) evolved into kung fu in China and karate in Japan. Just as India's ancient martial systems found expression in new forms across Asia, yoga too is likely to evolve further in the West, spawning new schools, philosophies and applications, perhaps some yet unimaginable today.

(The writer is certified Sivananda Yoga teacher with over 30 years of practice. Views are personal)



The Hans India • 08 Jul • Ministry of Ayush  
Arogyasri CEO conducts surprise inspections at Wellness Centres

2 • PG

150 • Sqcm

44883 • AVE

390.49K • Cir

Top Right

Hyderabad

## Arogyasri CEO conducts surprise inspections at Wellness Centres

HANS NEWS SERVICE  
HYDERABAD

UDAY Kumar, the Chief Executive Officer of Arogyasri, along with other senior officials from the Health Department, conducted surprise inspections at several Wellness Centres across Telangana. This action follows Health Minister Damodar Raja Narsimha's serious concerns over reports regarding the functioning

of these centres and his subsequent instruction to ascertain the actual situation at ground level.

In line with Minister Raja Narsimha's directives, for the past two days, the Arogyasri CEO and senior officers have been carrying out inspections to closely review the availability of medicines, attendance of doctors and staff, and other operational aspects. The surprise checks were conducted at

Wellness Centres in locations such as Vanasthalipuram, Khairathabad, Kukatpally, Sangareddy, Siddipet, Mahabubnagar, Nalgonda, Khammam, Warangal, Karimnagar, and Adilabad. The Minister affirmed that the Health Department is committed to ensuring transparency, accountability, and improved service delivery at all Wellness Centres for the benefit of the public.



The Tribune • 08 Jul • Ministry of Ayush  
DISCIPLINE Is Everything

4 • PG

318 • Sqcm

109624 • AVE

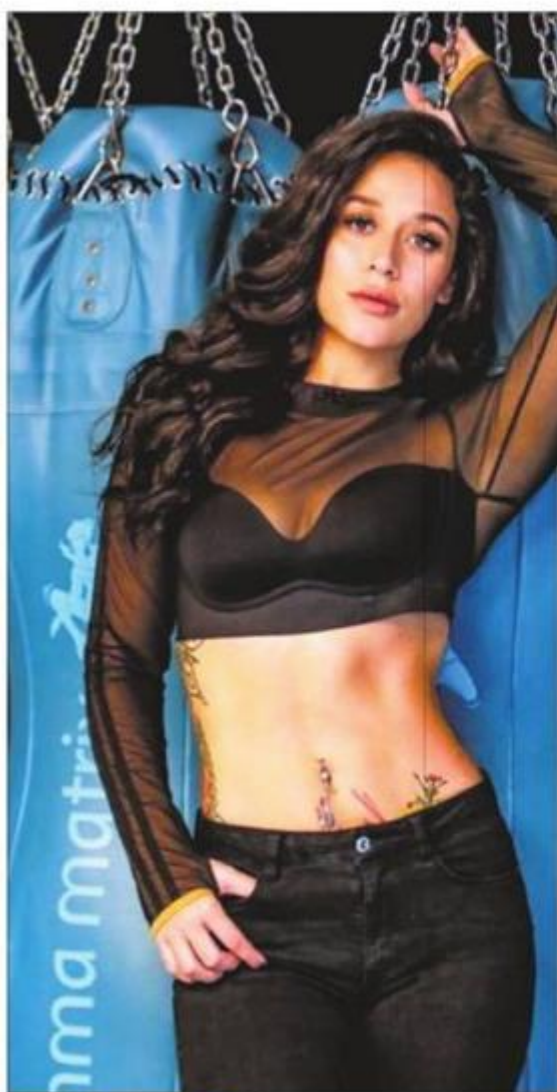
893.04K • Cir

Bottom Left

Lifestyle

Chandigarh

A fit body is the ultimate symbol of self-respect, says Krishna Shroff



## DISCIPLINE is everything

Krishna Shroff, the dynamic founder of MMA Matrix Gyms and Matrix Fight Night (MFN), has established herself as a trailblazer in India's fitness and combat sports industry. With a visionary approach, Krishna has spearheaded the expansion of MMA Matrix Gyms, having signed 20+ franchises pan-India since 2022, making fitness accessible to countless individuals. She gets candid with us and shares about her fitness routine and more.....

**What's your daily fitness routine like?**  
I like to start my days with weight training, as it sets a super positive tone to my day and makes me feel more productive. Depending on the day, and if time permits, I like to do some cardio in the evening and that's usually either the treadmill, spinning, or a boxing session—this is less for my physicality, but I do it more as

something that gives me peace and helps with my overthinking mind.

**Do you follow a specific nutrition plan?**

The one thing I aim to do is prioritize protein during every meal (and snack)! Also, am not much of a sweet tooth, but if I do crave something sweet, fruit usually takes care of that for me. I generally eat whole, nutritious, clean foods without it seeming like a chore.

**How do you maintain your energy levels while working long hours?**

Hydration is key! When you're tired, drink some

“Art is not just about making faces or drawing this or that. It's the churning of the spirit inside, says legendary artist, who turns 100



water — it works wonders! Other than that, I make sure I always have some healthy snacks in my bag which is either a fruit, a protein bar, or some nuts.

**Any advice for someone looking to start their fitness journey?**

Don't compare yourself or your journey to anyone else's. As long as you're doing something every day to be better than you were yesterday, you are good.





India Today • 08 Jul • Ministry of Ayush  
THROUGH TIME TASTE AND TRANQUILITY

58,59,60,61,62,63 • PG

3151 • Sqcm

2778748 • AVE

2.75M • Cir

Inside Page (Magazine only)

National





COVER STORY

# THROUGH TIME, TASTE AND TRANQUILITY

From spice-scented markets and sea-facing sanctuaries to misty hill trails and ancient rituals, North Kerala reveals a soulful, lesser-known side of God's Own Country

By Ishani Nandi

**I**t all begins, as it often does in Kerala, with people around a table, conversation and food. At Hotel Jinceesh, a small, bare-bones eatery in Chaliyam, my order arrives on a steel plate filled to the brim and placed on a rough-hewn, wooden table. Three men, already seated, see mid-chat that there's no room elsewhere, and wave us over to settle next to them. I slide my plastic stool forward to this Malabar classic: *kallumakkaya*—freshly harvested mussels simmering in a light gravy mix of its own juices, coconut slivers and fragrant spices—and a thick slice of pathri, a golden-fried, rice-flour roundel. I dig in as a fresh batch of batter-fried bananas are carried out by a sari-clad woman, whose face brightens into a smile as hungry locals trickle in, eager to start the day right.

If Kerala's south were a monsoon downpour, the north would be its petrichor. Unlike its well-publicised southern sibling, North Kerala remains largely untouched by the stampede of mass tourism, inviting you in with the promise of raw landscapes, languid rhythms and a storied history.



### THE INFORMATION



#### KOZHIKODE

**Getting there:** Calicut International Airport (CCJ) is around 25km (30min) from the main Kozhikode town, while Kannur Airport is 1hr40min away. Kozhikode railway station is connected to all major cities via express trains

**Stay:** The Raviz, Kadavu, next to the Chaliyar river. From ₹9,000 + taxes; [www.theraviz.com](http://www.theraviz.com)

**Dining:** All-day multi-cuisine restaurant, grilled-food speciality restaurant, bar

**Activities:** Yoga, river cruise, Ayurveda spa



#### WAYANAD

**Getting there:** By air to Calicut International Airport, then 3hr by road

**Stay:** Pepper Trail Heritage Plantation Retreat. From ₹12,000+ taxes; [peppertail.in](http://peppertail.in)

**Dining:** Inhouse restaurant. No set menu, all meals pre-ordered

**Activities:** Guided plantation drive and birdwatching, evening tea tasting



#### NILESHWAR

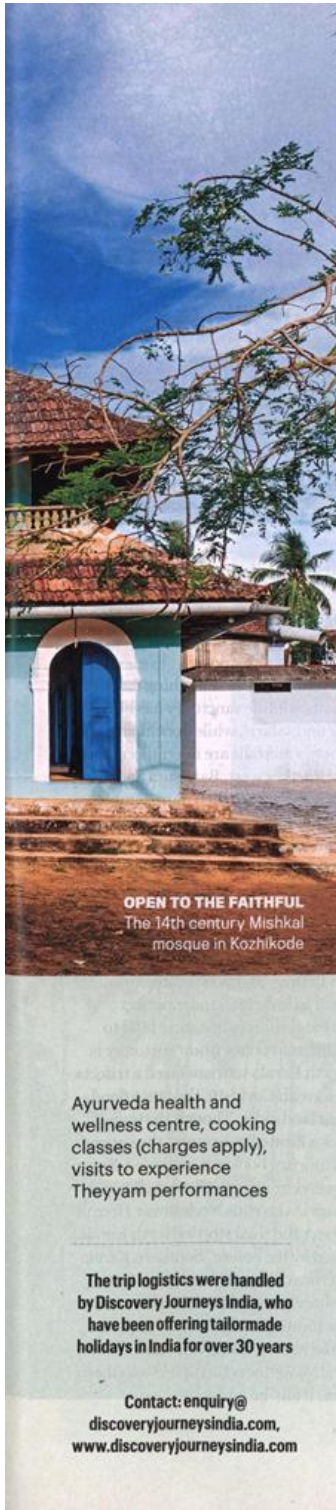
**Getting there:** Nearest airports in Kannur (2hr) and Mangaluru (2hr15min).

**Stay:** Neeleshwar Hermitage. From Rs 11,900 + taxes. Lotus Houseboat: starting from ₹24,600 for one-night stay, ₹44,095 for two nights. Two-night journeys span a distance of 25km one way

**Dining:** Indian cuisine restaurant, speciality seafood restaurant

**Activities:** Guided village walk, seaside yoga sessions,





**OPEN TO THE FAITHFUL**  
The 14th century Mishkal mosque in Kozhikode

Ayurveda health and wellness centre, cooking classes (charges apply), visits to experience Theyyam performances

The trip logistics were handled by Discovery Journeys India, who have been offering tailor-made holidays in India for over 30 years

Contact: enquiry@discoveryjourneysindia.com, www.discoveryjourneysindia.com

**TravelPlus**  
QUARTERLY

**COVER STORY**

## THE LAND OF LEGENDS

It's a warm, sticky June morning, and I am on the hunt for some of those stories with Rajeesh Raghavan, a travel professional and local-history expert, who is guiding me through Kozhikode. Within minutes into our half-hour drive to the city, he recounts tales from Kozhikode's long and complex past. Along the way, he points to landmarks that reflect its continued presence—a century-old British-built iron bridge still in daily use; the Commonwealth Tile Factory in Feroke, built in 1864, and still operating; the Wadiaji Parsi Anjuman Baug, an 18th-century fire temple, managed and maintained by the Marshalls, a four-member family that is all that remains of Kozhikode's once significant Parsi community.

Two centuries before their arrival, Vasco da Gama reached India by sea in 1498 and opened up trade with Europe, bypassing overland Arab routes. His landing point on Kappad beach, 30 minutes away, is a popular tourist spot. The Portuguese explorer was warmly welcomed by the Zamorins, the erstwhile rulers of Kozhikode, whose keen nose for business turned the city into a major spice and silk emporium.

The Zamorin of Calicut once ruled these streets. Today, their palace is a hospital and the throne room a maternity ward, but their impact is still felt, not least in the city's modern marketplaces. Valiyangadi Market, once the bustling heart of the city's spice and grain trade, remains active today with wholesale dealers in rice, areca nut, and coconut oil. Silk Street, and SM Street (Sweet Meat Street), one of the city's oldest commercial roads, are busy retail hubs

where traditional halwa stalls sit comfortably beside mobile stores and branded outlets.

I sample a variety of the famous "sweet meat" that gives the street its name at the 92-year-old Shankaran Bakery. "Our halwa is originally an Arabian delicacy," Rajeesh says, as I am handed a slice from the jewel-like, soft, candied bricks made of refined flour, sugar, and oil or ghee. My visit coincides with Eid al-Adha, so the shopping hub is deserted: today is all about prayer, family and feasts. In Kozhikode, faith doesn't stand apart—it leans in, like neighbours over a shared wall. The 600-year-old Thali Temple, the 700-year-old Mishkal Mosque, once charred by the Portuguese in 1510, and then rebuilt, ("with wood from the Zamorin's own fort," Rajeesh notes), and the Mother of God cathedral, built on land gifted by the same Hindu ruler, are all a stone's throw away from each other.

As we head to Paragon, the city's iconic restaurant, known for their impeccable food, Sunday lunch crowds and must-have tender-coconut custard, Rajeesh advises caution: "Famous personalities are snuck in through the back," he says with a smile. "We'll have to wait." Indeed, the place is packed, despite it being a holiday, so we grab our custards and savour spicy prawn fry, Malabar biryani, and a raw mango-and-mint mocktail at Adaminte Chayakada (Adam's Tea Shop). Between bites, Rajeesh tells me about a vegetarian crocodile named

Babiya in Kasaragod who, until his recent demise, lived in a temple pond and ate prasadam. You just can't make this up. But in "city of truth" Kozhikode, you don't have to.



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## ON TO THE HIGHLANDS

### ARBOREAL LUXURY

Top, the Woodpecker Tree House in the Pepper Trail estate; below, the bedroom in the tree house



My ride to Wayanad curves north-eastward into forested hills, where hairpin bends and misty slopes make for a scenic drive. The sun hangs low as our wheels roll into the lush haven that is Pepper Trail estate. Set deep within a former colonial plantation, Pepper Trail feels less like a resort and more like a secret camp.

Over breakfast in the main pavilion, I meet owner Anand Jayan, whose grandfather P. Balram Kurup bought the 200-acre coffee, spice and tea estate in 1932 from a Scotsman. Anand's is the hand behind the retreat's thoughtful, sustainable and immersive soul. Perfectly balancing the wilderness experience with elevated comfort, the 150-year-old two-suite colonial bungalow with its back-to-roots aesthetic delivers on its promise of nostalgia. Two treehouses, built 40 feet high on sturdy jackfruit trees, feel like something out of a fantasy fiction film, and the rooms themselves, while arboreal,

make no compromises on either space or the high-end feel. For the more down-to-earth, the villas boast grande-sized quarters, a front garden, and a forest-facing private infinity pool.

At Wayanad, there's something for everyone: its wildlife sanctuary has bird-watching and safaris, while Soochipara and Meenmutty waterfalls are magnificent after the rains. Further west, Banasura Sagar Dam, Asia's largest earthen dam, tempts with boat rides and viewpoints. Thrill-seekers can hike to Chembra Peak, climb up to the Edakkal Caves where stone-age petroglyphs line the walls, or go zip-lining. History buffs will find the Wayanad Heritage Museum an unassuming gem while retail-hounds can peruse the local markets at Sultan Bathery just 20 minutes away.

It's hard to imagine a more perfect getaway, but the forces of nature tend to follow a different policy from "customer is king". North Kerala tourism faced a trifecta of setbacks with Covid-19, the 2024 floods and recent landslides. Though the tragedy struck a limited geography, the entire district's tourism bookings collapsed. Since then, however, recovery efforts spell hope. Altaf Chapri, who runs Neeleshwar Hermitage, my next and final stop in North Kerala, is enthused by the boom: "Southern Kerala has overgrown. Concrete, crowds... but here, the beaches still breathe. Between on-season swimming, dolphins and migratory birds in the winter, backwaters and treks, or restorative wellness therapies—northern Kerala has it all," he adds.



## COVER STORY

### DOWN BY THE SEA

From the highlands to the Arabian Sea, I roll into Neeleshwar Hermitage where I am welcomed into 12 acres of a dream-like sprawl on which 18 standalone cottages wait invitingly for weary heads. I walk into my sea-facing room, built in the traditional style but with plush comforts, a plunge pool and porch sit-outs. Though fresh off a five-hour drive, I find it hard to stop myself from leaving my bags and trotting across the measly 200 metres of pathways that cut through grass, on to the unspoiled Ozhinhalappu beach, and right into the sea.

Healing and rejuvenation form the pillars of the Hermitage's credo: the Priya Spa offers holistic treatments based on consultations with the inhouse Ayurveda practitioner, while the dawn echoes with expert-led pranayam and asanas at the seaside yoga centre. Meals are served in open restaurants flooded with ocean breeze. Sustainability flows through every detail—from composting to no-plastic policies and thoughtfully sourced cuisine.

The highlight, however, is a sojourn aboard The Lotus—the retreat's 100-foot houseboat—for one- to two-night journeys through rabble-free backwaters. And then there is the transformative experience of witnessing Theyyam—a ritual dance form native to North Kerala. Rooted in the worship of ancestral and local deities, Theyyam is both an act of devotion and resistance. For centuries, it has been performed by members of lower castes who, during these rituals, embody the spirit of divine figures. I find the paradox striking: a Brahmin priest bowing before a Dalit man possessed by the spirit of the divine Muthappan. In that fire-lit moment, caste, class and creed collapse into shared awe.

North Kerala rewards the slow traveller—with stories that unfold gently, landscapes that linger, and moments that stay long after you've left. ■



#### LIVE LIKE A ZAMORIN

Top, A bountiful thali at the restaurant of Neeleshwar Hermitage; right, the houseboat Lotus on a cruise; below, an infinity pool at the resort overlooking the beach





The Week • 08 Jul • Ministry of Ayush

## EASING SPINAL TIGHTNESS

42 • PG

432 • Sqcm

201562 • AVE

1.03M • Cir

Inside Page (Magazine only)

National



By Dr S.N. Omkar  
yogaomkar@yahoo.com



### EASING SPINAL TIGHTNESS

In today's sedentary lifestyle, stiffness often builds up in the thoracolumbar region (lower and upper back), while the cervical spine (neck) tends to lose its natural alignment.

This yoga wheel practice—performed in *virasana* (hero pose) with a forward bend and the chin gently resting on the wheel—offers a unique blend of spinal bending and neck extension. As the trunk drapes over the curved support, the key back muscles are gradually stretched.

At the same time, the gentle support under the chin encourages cervical extension, helping to counteract the habitual forward-head posture. Beyond enhancing spinal mobility, this posture promotes a calming effect on the nervous system by supporting 'diaphragmatic breathing' in a seated position.

#### METHOD

- Place a yoga wheel (approximately 40cm in diameter and 15cm wide) on your yoga mat.
- Sit upright in *virasana* (hero pose), with your legs folded, beside the thighs, and with the spine erect.
- Position the yoga wheel directly in front of your body, aligned with your trunk.
- Gently widen your knees to create space for forward movement.
- Bend forward, bringing your forearms to rest on the mat, keeping the arms relaxed.
- Stretch the trunk and place your chin and throat gently on the rim of the wheel.
- Hold the sides of the wheel with both hands for stability.
- As you exhale, press the chin softly into the wheel and roll it forward—encouraging an elongation of the spine and a gentle extension in the neck.
- Stay in this position for around two minutes, maintaining deep and steady breaths, allowing the upper and lower back to release and lengthen.
- To come out of the pose, bring your arms down. Press the palms onto the floor, and slowly lift the torso back to an upright seated position.
- You may repeat the posture once more, and conclude by sitting quietly for a while, observing the breath and the sensations in the spine.



MODEL: GOWRI S.

Hari Bhoomi • 08 Jul • Ministry of Ayush  
Patanjali inaugurates Dant Kanti Gandush Oil Pulling

10 • PG

288 • Sqcm

173045 • AVE

345.96K • Cir

Top Right

Delhi

# पतंजलि ने इंडियन डेंटल एसोसिएशन की उपस्थिति में लॉन्च किया दन्त कांति गंडूष ऑयल पुलिंग

हरिद्वार। पतंजलि ने आज एक महत्वपूर्ण उपलब्धि प्राप्त करते हुए दन्त कांति गंडूष ऑयल पुलिंग नामक उत्पाद लांच किया। यह उत्पाद आयुर्वेद ग्रंथों में उल्लेखित गंडूष विधि पर आधारित है। आयुर्वेद में इसे 'दिनचर्या' का अभिन्न हिस्सा माना गया है। दन्त कांति गंडूष ऑयल पुलिंग का भव्य अनावरण परम पूज्य स्वामी रामदेव जी महाराज और परम श्रद्धेय आचार्य बालकृष्ण जी महाराज एवं इंडियन डेंटल एसोसिएशन, उत्तराखंड शाखा के अध्यक्ष डॉ. राजीव बंसल, सचिव डॉ. विश्वजीत वालिया, कोषाध्यक्ष डॉ. वैभव पाहवा के कर कमलों द्वारा किया गया। यह लॉन्च न केवल एक उत्पाद का लोकार्पण, अपितु आयुर्वेद की खोई हुई दैनिक परंपरा को पुनर्स्थापित करने का एक ऐतिहासिक प्रयास था। इस अवसर पर योगगुरु स्वामी रामदेव जी ने कहा पतंजलि का यह प्रयास योग और आयुर्वेद के क्षेत्र में एक नया कीर्तिमान है। पतंजलि केवल उपचार नहीं, अपितु संस्कृति, परंपरा और विज्ञान का सामंजस्य विश्व के सामने प्रस्तुत कर रहा है। उन्होंने कहा कि आजकल लोग यह भूल गए हैं कि अपने शरीर को संचालित कैसे करना है और उसके साथ सहयोग कैसे करना है। पतंजलि योग और आयुर्वेद के माध्यम से इसको जनमानस को सिखाने का कार्य कर रहा है। यह दन्त उत्पाद पुष्टि करता है कि भारत का प्राचीन सनातन ज्ञान आज भी उतना ही प्रासंगिक है।





Jag Bani • 08 Jul • Ministry of Ayush  
Homeopathic vibhag ne free medical camp lagaya

4 • PG

88 • Sqcm

35074 • AVE

124.76K • Cir

Bottom Center

Chandigarh

## ਹੋਮਿਓਪੈਥਿਕ ਵਿਭਾਗ ਨੇ ਮੁਫਤ ਮੈਡੀਕਲ ਕੈਂਪ ਲਾਇਆ

ਕੁਰਾਲੀ, 7 ਜੁਲਾਈ (ਬਠਲਾ) : ਪਿੰਡ ਚਨਾਲੋ ਦੇ ਸ਼ਿਵ ਮੰਦਰ ਵਿਖੇ ਸਰਕਾਰੀ ਹੋਮਿਓਪੈਥਿਕ ਡਿਸਪੈਂਸਰੀ ਵੱਲੋਂ ਪੁਰਾਣੀਆਂ ਬਿਮਾਰੀਆਂ ਦੇ ਮੁਫਤ ਇਲਾਜ ਲਈ ਮੈਡੀਕਲ ਕੈਂਪ ਲਾਇਆ ਗਿਆ। ਇਸ ਕੈਂਪ 'ਚ 100 ਦੇ ਕਰੀਬ ਮਰੀਜ਼ਾਂ ਨੇ ਭਾਗ ਲਿਆ। ਪਿੰਡ ਚਨਾਲੋ ਦੇ ਸਾਬਕਾ ਕੌਂਸਲਰ ਪ੍ਰਦੀਪ ਕੁਮਾਰ ਰੂੜਾ ਦੀ ਦੇਖ-ਰੇਖ ਹੇਠ ਲਗਾਏ ਗਏ। ਇਸ ਕੈਂਪ 'ਚ ਵਾਰਡ-10 ਦੇ ਕੌਂਸਲਰ ਬਹਾਦਰ ਸਿੰਘ ਓ.ਕੇ. ਨੇ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਇਸ ਮੌਕੇ ਡਾ. ਮਨਜੀਤ ਕੌਰ ਨੇ ਦੱਸਿਆ ਕਿ ਕੈਂਪ ਦੌਰਾਨ ਪਿੰਡ



ਹੋਮਿਓਪੈਥੀ ਕੈਂਪ ਸਬੰਧੀ ਕੌਂਸਲਰ ਬਹਾਦਰ ਸਿੰਘ ਓ.ਕੇ. ਡਾਕਟਰਾਂ ਨਾਲ ਗੱਲਬਾਤ ਕਰਦੇ ਹੋਏ।

ਦੇ ਕਰੀਬ 100 ਮਰੀਜ਼ਾਂ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਬਿਮਾਰੀਆਂ ਦੀ ਜਾਂਚ ਕੀਤੀ ਗਈ। ਇਸ ਮੌਕੇ ਚਮੜੀ ਦੇ ਵੱਖ-ਵੱਖ ਰੋਗਾਂ, ਇਸਤਰੀ ਰੋਗਾਂ, ਸ਼ੂਗਰ, ਬੀ.ਪੀ., ਜੋੜਾਂ

ਦੇ ਦਰਦ, ਮੋਟਾਪਾ, ਬਾਇਰਡ, ਮਾਨਸਿਕ ਰੋਗ ਆਦਿ ਦੀ ਜਾਂਚ ਕੀਤੀ ਗਈ। ਮਰੀਜ਼ਾਂ ਨੂੰ ਪੰਜਾਬ ਸਰਕਾਰ ਹੋਮਿਓਪੈਥਿਕ ਵਿਭਾਗ ਵੱਲੋਂ ਮੁਫਤ ਦਵਾਈਆਂ ਮੁਹੱਈਆ ਕਰਵਾਈਆਂ ਗਈਆਂ ਹਨ। ਇਸ ਮੌਕੇ ਖੁਸ਼ਵੰਤ ਕੌਰ, ਚਾਂਦ ਰਾਣਾ, ਸਾਬਕਾ ਕੌਂਸਲਰ ਮੁਕੇਸ਼ ਰਾਣਾ, ਇੰਦਰਜੀਤ ਸਿੰਘ, ਸੁਮੇਲ ਸਿੰਘ, ਪ੍ਰੀਤਮ ਸਿੰਘ, ਇੰਦਰਜੀਤ ਸਿੰਘ, ਹਰਜਿੰਦਰ ਸਿੰਘ, ਮਨਜੀਤ ਕੌਰ, ਮਨਪ੍ਰੀਤ ਕੌਰ, ਬਲਵਿੰਦਰ ਸਿੰਘ, ਲਖਵਿੰਦਰ ਸਿੰਘ, ਮਹਿੰਦਰ ਸਿੰਘ, ਕਮਲਜੀਤ ਸਿੰਘ ਆਦਿ ਹਾਜ਼ਰ ਸਨ।



Goan Varta • 08 Jul • Ministry of Ayush  
Patanjali launches 'Dant Kanti Gandush Tel Pulinga'

6 • PG

406 • Sqcm

30448 • AVE

225K • Cir

Middle Center

Goa

# पतंजलीकडून 'दन्त कांति गंडूष ऑईल पुलिंग' लाँच

न्यूज डेस्क । गोवन वार्ता

हरिद्वार : पतंजली आयुर्वेदने एक नवा मैलाचा दगड पार करत 'दंत कांती गंडूष ऑईल पुलिंग' हे नवे आयुर्वेदीय उत्पादन बाजारात सादर केले आहे. हे उत्पादन प्राचीन आयुर्वेद ग्रंथांमध्ये वर्णन केलेल्या गंडूष विधीवर आधारित असून, आयुर्वेदानुसार ही विधी 'दिनचर्या'चा महत्त्वाचा भाग मानली जाते.

या नव्या उत्पादनाचे उद्घाटन स्वामी रामदेव आणि आचार्य बाळकृष्ण यांच्या हस्ते करण्यात आले. या वेळी इंडियन डेंटल असोसिएशन, उत्तराखंड शाखेचे अध्यक्ष डॉ. राजीव बंसल, सचिव डॉ. विश्वजीत वालिया आणि कोषाध्यक्ष डॉ. वैभव पाहवा उपस्थित होते.

स्वामी रामदेव यांनी सांगितले की, पतंजलीचा हा उपक्रम योग आणि आयुर्वेद क्षेत्रात एक नवीन शिखर गाठणारा आहे. पतंजली केवळ उपचार देत नाही, तर आपली संस्कृती, परंपरा आणि विज्ञान यांचा सुंदर संगम संपूर्ण जगासमोर मांडत आहे, असे ते



'दन्त कांति गंडूष ऑईल पुलिंग'च्या लाँचिंगप्रसंगी स्वामी रामदेव, आचार्य बाळकृष्ण व इतर मान्यवर.

## खास वनौषधांचा समावेश

या उत्पादनामध्ये तुंबरू तेल: दात व हिरड्या बळकट करते, लवंग तेल : दातदुखीपासून आराम देते, पुदिना तेल : दुर्गंधी दूर करते, नीलगिरी तेल : अँटी-बॅक्टेरियल गुणधर्माने बॅक्टेरिया वाढ रोखते. तुळस तेल : दातांचे किडणे व संसर्गापासून रक्षा करते

म्हणाले. त्यांनी पुढे सांगितले, आजचा माणूस स्वतःच्या शरीराकडे लक्ष देत

नाही. पतंजली योग व आयुर्वेदाच्या माध्यमातून लोकांना हे शिकवत आहे. 'दंत कांती गंडूष ऑईल पुलिंग' हे उत्पादन सिद्ध करते की भारताचे प्राचीन सनातन ज्ञान आजही तितकेच प्रभावी आणि उपयुक्त आहे.

आचार्य बाळकृष्ण यांनी सांगितले की, हे उत्पादन पतंजली संशोधन संस्थेच्या वैज्ञानिकांनी तीन वर्षांच्या अथक मेहनतीने तयार केले आहे. हे केवळ दैनंदिन क्रियाच नाही, तर एक चिकित्सकीय विज्ञान आहे, जे आजच्या युगात अत्यंत आवश्यक ठरत आहे.

Ajit Samachar • 08 Jul • Ministry of Ayush

Chemical nahi jadi butiyo par bharosa !92 % logo ki pehli pasand ayurvedic dawayia :Dr Rakesh sharma...

5 • PG

256 • Sqcm

38431 • AVE

177.4K • Cir

Middle Left

Chandigarh

## केमिकल नहीं, जड़ी-बूटियों पर भरोसा! 92 प्रतिशत लोगों की पहली पसंद आयुर्वेदिक दवाइयां : डॉ. राकेश शर्मा/डॉ. संजीव गोयल

चंडीगढ़, 7 जुलाई (विशेष संवाददाता): 'आयुर्वेद : अतीत की धरोहर, वर्तमान की शक्ति और भविष्य की उम्मीद' - इसी विचार के साथ रविवार को नीमा चंडीगढ़ व वैद्य सभा चंडीगढ़ द्वारा आयोजित आयुर्वेदिक सीएमई कार्यक्रम का भव्य आयोजन रत्न प्रोफेशनल कॉलेज में संपन्न हुआ। उत्तर भारत के विभिन्न राज्यों से आए 500 से अधिक आयुर्वेद चिकित्सकों ने इस ज्ञानवर्धक मंच में भाग लिया, जहां एनसीआईएसएम द्वारा अनुमोदित 10 क्रेडिट पॉइंट्स भी प्रदान किए गए। मुख्य अतिथि प्रो. (वैद्य) राकेश शर्मा और विशेष अतिथि डॉ. संजीव गोयल की गरिमामयी उपस्थिति में कार्यक्रम की शुरुआत हुई। संगोष्ठी में पंचकर्म, सोरायसिस, वात रोग और ग्रीणी रोग जैसे गंभीर विषयों पर डॉ. संजीव सूद, डॉ. इश, वैद्य प्रगति कटारिया व डॉ. सुहास साखरे ने सारगर्भित व्याख्यान दिए। नीमा चंडीगढ़ की अध्यक्ष डॉ.

### 500 से अधिक वैद्य जुटे आयुर्वेदिक चिकित्सा सम्मेलन में



नीमा चंडीगढ़ व वैद्य सभा चंडीगढ़ द्वारा आयोजित आयुर्वेदिक सीएमई कार्यक्रम में मुख्य अतिथि का सम्मान करते अध्यक्ष डॉ. मीनू गांधी व अन्य।

मीनू गांधी ने बताया कि कार्यक्रम का उद्देश्य आयुर्वेद को नए शोध व वैज्ञानिक दृष्टिकोण से जोड़ना है। आयोजन टीम में डॉ. विवेक आहूजा, डॉ. दीपम बत्ता, और प्रेस सैक्रेटरी डॉ.

शैलेन्द्र भारद्वाज ने इसे सफल बनाने में अहम भूमिका निभाई। प्रतिभागियों ने इस आयोजन को आयुर्वेदिक चिकित्सकों के लिए एक प्रेरणास्रोत और ज्ञानवर्धक अनुभव बताया।



Bhaanga Bhuin • 08 Jul • Ministry of Ayush  
Patanjali launches 'Dant Kanti Gandush Tel Pulinga

2 • PG

389 • Sqcm

0 • AVE

N/A • Cir

Middle Center

Goa

# पतंजलीन 'दंत कांती गंडूश तेल पुलिंगा'चो केलो शुभारंभ

## ■ भांगरभूंय । खबरां मेज

**पणजी:** पतंजलीन दंत कांती गंडूश तेल पुलिंग नांवाच्या उत्पादनाचो शुभारंभ केलो. हें उत्पादन आयुर्वेदीक ग्रंथांत नमूद केल्ल्या गंडूश पद्धतीचेर आदारीत आसा. आयुर्वेदांत तें दीसपट्ट्या दिनचर्येचो अविभाज्य भाग मानतात.

दंत कांती गंडूश तेल पुलिंगाचो शुभारंभ बाबा स्वामी रामदेव आनी आचार्य बाळकृष्ण हांचे हस्तुकीं जालो. ह्या वेळार इंडियन डेंटल असोसिएशन, उत्तराखंड फांट्याचे अध्यक्ष डॉ. राजीव बंसल, सचीव विश्वजीत वालिया, भांडारी डॉ. वैभव पाहवा हाजीर आशिल्ले. हो



गंडूश तेलाचो शुभारंभ करतना बाबा रामदेव, कुशीक आचार्य बाळकृष्ण आनी हेर.

शुभारंभा फक्त एकादत्पादनाचें न्हय जाल्यार आयुर्वेदाच्या शेणिल्ल्या दीसपट्टे परंपरेक पुनर्संचयीत करपाचो इतिहासीक यत्न आशिल्लो.

ह्या वेळार बाबा रामदेव हांणी म्हणलें, पतंजलीचो हो प्रयोग योग

आनी आयुर्वेदाच्या मळार एक नवो वाटचिरो आसा. पतंजली फक्त उपचारूच न्हय जाल्यार संस्कृती, परंपरा आनी विज्ञानाचो सुसंवाद संवसारा मुखार सादर करता. आयज काल लोक आपले कुडीक

असो तंदुरुस्त दवरप ताचे कडेन कशें सहकार्य करप हे विसरल्यात. पतंजली योग आनी आयुर्वेदा वरवीं लोकांक हें शिकोवपाचें काम करीत आसा. हें दंत उत्पादन पुश्टी करता की भारतांतल्या प्राचीन सनातन ज्ञान आयजूय हजारांनी वर्सां पयलीं जितलें प्रासंगीक आशिल्लें तितलेंच प्रसंगीक आसा.

आचार्य बाळकृष्ण हांणी म्हणलें, हें उत्पादन आमच्या पतंजली संशोधन संस्थेच्या शास्त्रज्ञांच्या तीन वर्सांच्या खर यत्नांचें आनी समर्पणाचे परिणाम आसात. दंत कांती गंडूश तेल काडप ही फक्त दीसपट्टी क्रिया न्हय, जाल्यार तें एक वैजकी शास्त्र आसा, जी काळाची गरज आसा.

Deshbandhu • 08 Jul • Ministry of Ayush

Setu Bandha Sarvangasana' is helpful in curing many problems including back pain and thyroid

10 • PG

486 • Sqcm

408551 • AVE

325.52K • Cir

Middle Center

Delhi

# कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार 'सेतु बंध सर्वांगासन'

मुंबई, 7 जुलाई (एजेंसियां)। प्राचीन भारतीय पद्धति योग के पास हर एक शारीरिक और मानसिक समस्या का समाधान है, जो स्वास्थ्य को बेहतर बनाने में भी मददगार है। इनमें सेतु बंध सर्वांगासन, जिसे 'ब्रिज पोज' भी कहा जाता है, एक ऐसा योगासन है जो कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में कारगर है।

यह आसन रीढ़, हैमस्ट्रिंग, ग्लूट्स और कंधों को मजबूत करता है, साथ ही छाती और फेफड़ों को खोलकर सांस लेने की क्षमता को भी बेहतर बनाता है।

भारत सरकार का आयुष मंत्रालय 'सेतु बंध सर्वांगासन' के अभ्यास से होने वाले लाभ को गिनाता है। इससे कमर दर्द और पीठ के निचले हिस्से की जकड़न को कम करने में मदद मिलती है। यह थायरॉइड ग्रंथि को उत्तेजित करता है, जिससे हार्मोनल संतुलन में सुधार होता है। यह आसन तनाव, चिंता और अवसाद को कम करने में भी सहायक है। इसके अलावा, यह पाचन तंत्र को बेहतर बनाता है और रक्त संचार को बढ़ाता है। महिलाओं में पीरियड्स से जुड़ी समस्याओं को कम करने में भी प्रभावी है।

एक्सपर्ट बताते हैं कि इस आसन को

■ पीठ के निचले हिस्से की जकड़न को कम करने में मदद

■ गर्भवती महिलाओं को भी यह आसन करने से बचना चाहिए

करने की सही विधि क्या है। इसके लिए सबसे पहले पीठ के बल जमीन पर लेट जाएं। अपने हाथों को शरीर के दोनों तरफ रखें, हथेलियां नीचे की ओर हों। अब दोनों पैरों को घुटनों से मोड़ें और पैरों को कूल्हों के पास लाएं, ताकि पैर जमीन पर सपाट रहें। धीरे-धीरे सांस लेते हुए कूल्हों को ऊपर की ओर उठाएं, जिससे शरीर का पोस्चर एक पुल जैसा आकार ले ले। इस दौरान कंधा और सिर जमीन पर ही रहना चाहिए। अभ्यास के दौरान इस

स्थिति में 10-15 सेकंड तक रुकना चाहिए और सामान्य तरीके से सांस लेते रहना चाहिए। फिर धीरे-धीरे सांस छोड़ते हुए कूल्हों को वापस जमीन पर लाएं। इस प्रक्रिया को 3 से 5 बार दोहराना चाहिए।

नियमित अभ्यास से सेतु बंध सर्वांगासन शारीरिक और मानसिक स्वास्थ्य को बेहतर बना सकता है। हालांकि एक्सपर्ट इस आसन के अभ्यास के दौरान कुछ सावधानियां बरतने की भी सलाह देते हैं। यदि गर्दन, पीठ या कंधों में चोट है, तो इसे नहीं करना चाहिए।





Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Msn India	Are Homeopaths, Ayurvedic practitioners doctors? Grandmasters spat with Liver Do...	733.9M
2.	Dainik Bhaskar	उत्कृष्ट पंचकर्म केंद्र से बना मेडिको टूरिज्म का हब, गांधीग्राम में 50 बेड का अस...	66.5M
3.	अमर उजाला (Amar ujala)	मंडी जोन में पंचकर्म, क्षारसूत्र को दी जाएगी नई दिशा : राजन	63.8M
4.	अमर उजाला (Amar ujala)	Jammu News: चीची माता मंदिर में अमरनाथ यात्रियों के लिए स्वास्थ्य केंद्र स्थापित	63.8M
5.	Ndtv	कमर दर्द, थायरॉइड समेत इन बड़ी समस्याओं को दूर करने में मददगार है 'सेतु बंध सर्...	50.6M
6.	News18	कमर दर्द हो या फिर थायरॉइड... राहत पाने के लिए रोज करें ये योगासन, दवाओं की नहीं...	43.6M
7.	Dailyhunt	Workshop on health benefits, cultivation of ashwagandha	18.6M
8.	ThePrint	Are Homeopaths, Ayurvedic practitioners doctors? Grandmaster"s spat with 'Liver. ..	11.3M
9.	The Tribune India	Workshop on health benefits, cultivation of ashwagandha	7M
10.	The Telegraph India	Ayurveda scholars, modern doctors oppose Centre"s integrated MBBS-BAMS und erga...	6.6M
11.	Naidunia	MP में 9 आईएएस के ट्रांसफर, राजेश राजौरा की जगह नीरज मंडलोई होंगे मुख्यमंत्री के...	5.5M
12.	Janta Se Rishta	कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार "सेतु बंध सर्वांगासन"...	3.8M
13.	The Statesman	UP govt promotes cow urine-based remedies for 19 diseases, including diabetes an...	1.7M
14.	Amrit Vihar	UP News: आयुष विभाग में चिकित्सकों की भर्ती प्रक्रिया अटकी, जानिए कहां फंसा पेंच	1.4M
15.	Devdiscourse	Boosting Ayurveda: UP's Panchgavya Initiative	1.2M
16.	Punjabkesari	शुगर और हार्ट के पेशेंट के लिए Good News, अब गोमूत्र से होगा एक नहीं 19 बीमारियों...	941.2K
17.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार "...	926.1K
18.	Royal Bulletin	कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार 'सेतु बंध सर्वांगासन',...	922.5K
19.	Newstrack	UP News: गोमूत्र से होगा डायबिटीज-हार्ट समेत 19 बीमारियों का इलाज ! पंचगव्य से ब...	809.7K
20.	Indian Masterminds	9 IAS Officers Transferred in Madhya Pradesh, Dr Rajesh Rajoda Posted as ACS, Na...	738.1K
21.	Divya Himachal	गोमूत्र से बनेंगी आयूर्वेदिक दवाएं, डायबिटीज-हार्ट समेत 19 बीमारियों का होगा इला...	553.6K
22.	Khas Khabar	कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार "सेतु बंध सर्वांगासन"...	466.4K
23.	Live Vns	डा. राजन सिंह ने संभाला मंडी जोन के आयुष उपनिदेशक का कार्यभार	382.1K
24.	UNI	UP govt promotes cow urine-based remedies for 19 diseases, including diabetes &a...	219.9K



25.	Samachar Nama	कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार "सेतु बंध सर्वांगसन"...	195.8K
26.	Contentmediasolution.com	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	6.8K
27.	Mediabulletins	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	4.7K
28.	Rrb Apply	CCRAS Recruitment 2025: Notification Out, Check Eligibility Criteria, Age Limit ...	N/A
29.	Udaipur Kiran	डा. राजन सिंह ने संभाला मंडी जोन के आयुष उपनिदेशक का कार्यभार	N/A
30.	BharatKi Baat	UP government introduces 'panchgavya" initiative to boost traditional medicine ...	N/A
31.	Kisantak	विकास और इलाज का "पंचगव्य मॉडल ", डायबिटीज से लेकर दिल की बीमारियों दिखेगा असर	N/A
32.	Bharat Samachar News Channel	अब गोमूत्र से बनेंगी आयुर्वेदिक दवाएं! 19 बीमारियों का होगा इलाज, जानें योगी सरकार...	N/A
33.	Bw Health Care World	Traditional Medicine Vital For Universal Health Coverage, Say Experts At ASSOC HA...	N/A
34.	Udaipur Kiran	योगी सरकार की नई पहल : गोमूत्र से होगा डायबिटीज-हार्ट समेत 19 बीमारियों का इलाज	N/A
35.	Jagran English	How Yoga And Meditation Aid In Managing Non-Communicable Diseases Of Brain, Hear...	N/A
36.	India Buzz Feed News	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
37.	Newzfatafat	उत्तर प्रदेश में गोमूत्र आधारित आयुर्वेदिक उत्पादों की नई पहल	N/A
38.	Uttam Hindu	अब गोमूत्र से बनेंगी आयुर्वेदिक दवाएं, 19 बीमारियों का होगा इलाज, जानें सरकार की...	N/A
39.	Gujarat Watch	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
40.	India News Archives	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
41.	Sandwich	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
42.	State News Today	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
43.	Topics To Know	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
44.	The Daily Discover	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
45.	The Readers Digest	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
46.	Scroll India News	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A

47.	Patrolling Wire News	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
48.	Standard News Wire	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
49.	The Report Net	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
50.	Standard Today News	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
51.	The Quick Update	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
52.	Chronicle Today News	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
53.	Now Report	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
54.	Stroy India	Stroy India	N/A
55.	News Mirror Net	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
56.	Post Time News	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
57.	Digi Newz India	कमर दर्द हो या फिर थायरॉइड... राहत पाने के लिए रोज करें ये योगासन, दवाओं की नहीं प...	N/A
58.	Newswire	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
59.	The News Net	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
60.	Express Times News	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
61.	Gossip Today	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
62.	Jharkhand News Hub	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
63.	Indian World News	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
64.	News India Web	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
65.	Una Villa	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A
66.	Chhattisgarh News Line	8th International Health and Wellness Expo will be organized by Namogangetrust...	N/A



67.	Report News	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
68.	News India Live	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
69.	Brief Buzz	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
70.	News Today 99	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
71.	India World News	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
72.	Rapid Report	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
73.	Say Goodbye To Expensive Cloud Storage	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
74.	Rajasthan News Time	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
75.	Newz Today 24	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
76.	Nagpur Project News	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
77.	News Indias	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
78.	Quick News Now	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
79.	The Report World	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
80.	Rabale	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
81.	The Daily Glimpse	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
82.	India Globe Today	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
83.	India Global News	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
84.	Report India	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
85.	Insight Ful News	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A

86.	State Newz	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
87.	India Career Week	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
88.	Jharkhand India Newsagency	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
89.	Travller News India	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
90.	India latest News Update	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
91.	News India Headline	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
92.	Insider India Times	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
93.	Indian Express Daily	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
94.	News Indian Bulletin	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
95.	Delhi News Daily	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
96.	voiceofcapital.page	गोमूत्र से होगा डायबिटीज, हार्ट समेत 19 बीमारियों का इलाज	N/A
97.	AnyTV News	'Setu Bandha Sarvangasana" helpful in removing many problems including back p ai...	N/A
98.	OB News	New way to earn from Ayurvedic business! Uprex Organics is giving great chance b...	N/A
99.	The Mobi World	New way to earn from Ayurvedic business! Uprex Organics is giving great chance	N/A
100.	India News Calling	डा. राजन सिंह ने संभाला मंडी जोन के आयुष उपनिदेशक का कार्यभार	N/A
101.	Jmmsy	Airport Ground Handling Jobs 2025 Post 140 Apply Online	N/A
102.	Tezzbuzz	New way to earn from Ayurvedic business! Uprex Organics is giving great chance	N/A
103.	Jmmsy	Goa Shipyard Vacancy 2025 Post 102 Technical Assistant, Welder	N/A
104.	Vishva Times	कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार 'सेतु बंध सर्वांगसन'...	N/A
105.	Eflip	Are Homeopaths, Ayurvedic practitioners doctors? Grandmaster"s spat with 'Liver. ..	N/A
106.	Poorvanchalmedia	शीशम के पत्तों के जाने जबरदस्त फायदे	N/A
107.	Poorvanchalmedia	यह योगसन कमर दर्द, थायरॉइड समेत कई समस्याओं को करेगा दूर	N/A

108.	The Daily Guardian	Free Eye Camp by Healing Touch Eye Care Raises Awareness on Digital Strain A mong...	N/A
109.	IndiBlogHub	Dietary Supplements Market Growth Forecast and Regional Outlook 2032	N/A
110.	Placement Store	CCRAS Group A, B, C Posts Recruitment 2025 » Apply Online MTS, Driver, Clerk , UD...	N/A
111.	The Printlines	कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार 'सेतु बंध सर्वांगसन'...	N/A
112.	Poorvanchalmedia	शरीर से जुड़ी इन जटिल बीमारियों को मात दे सकता है 'सेतु बंध सर्वांगसन', जानें स...	N/A
113.	Busineshour9	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
114.	Egov Eletsonline	Madhya Pradesh Transfers Senior IAS Officers with Neeraj Mandloi Leading the L is...	N/A
115.	Hindustan Bytes	NATIONAL AYURVEDA FESTIVAL - AYUR MAHOTSAVA 2025 GEARS UP FOR CHANDIGARH IN NOVE...	N/A
116.	Newzfatafat	सेतु बंध सर्वांगसन: कमर दर्द और थायरॉइड के लिए प्रभावी योगसन	N/A
117.	Indias News	कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार 'सेतु बंध सर्वांगसन'...	N/A
118.	Khair News	कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार 'सेतु बंध सर्वांगसन'...	N/A
119.	Uttam Hindu	कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार 'सेतु बंध सर्वांगसन'...	N/A
120.	Jmmsy	UGC NET Cut Off Marks 2025 Expected Cut Off Check	N/A
121.	IANs Live	कमर दर्द, थायरॉइड समेत कई समस्याओं को दूर करने में मददगार 'सेतु बंध सर्वांगसन'...	N/A
122.	Jmmsy	Jharkhand Police Constable Salary 2025 झारखंड पुलिस कांस्टेबल सैलरी	N/A
123.	Business News for Profit	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
124.	Biz News Desk	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
125.	SportsZ News	8th International Health and Wellness Expo will be organized by Namo Gange Tru st...	N/A
126.	Jmmsy	Himachal Pradesh Home Guard Salary 2025 Per Month Check	N/A
127.	Storyboard 18	Tackling misleading medical ads amid digital boom	N/A
128.	सकाळ(eSakal)	मोठी बातमी! रायगडमध्ये समुद्रात संशयास्पद बोट आढळली, पाकिस्तानची बोट असण्याची शक...	N/A
129.	Indore Mirror	होम्योपैथी चिकित्सा की आई टी पी बीमारी पर जीत	N/A
130.	Kolkata 24x7	अश्वगन्धा चाय गाईड! ভারতে লাভ, ফলন এবং ক্রোতা খোঁজার উপায় জানুন	N/A