

### MINISTRY OF AYUSH COMPILED MEDIA REPORT 08 Feb, 2025

### Total Mention 112

<b>⊞</b> Print	Financial	Mainline	Regional	Periodical
23	4	13	6	N/A
	4	) Online		

89





### 🖺 Print

No	Newspaper	Headline	Edition	Pg
1.	Business Standard	India is both a developed and developing nation	Jaipur + 2	16
2.	Business Standard (Hindi)	Videshi Jailo mein band hai 10,152 Indians	Delhi	14
3.	Business Standard (Hindi)	Videshi jalo mein band hai 10,152 bharatiye	Chandigarh	14
4.	Bizz Buzz	73.90 cr citizens availed Ayushman IDs in India	Hyderabad	8
5.	The Times of India	Skill India with Rs8,800cr outlay, new rly zone get Cabinet nod	Chandigarh	8
6.	The Indian Express	Rs500-cr dues of private hospitals not cleared, AAP misusing Ayushman funds	Chandigarh	13
7.	The Daily Guardian	OVER 73.90 CRORE AYUSHMAN BHARAT HEALTH ACCOUNTS IDS CREATED	Chandigarh	2
8.	Millenniumpost	NEET-UG 2025 ON MAY 4	Delhi	1, 4
9.	The Morning Standard	Fit Bit	Delhi	2
10.	The Pioneer	8.59 Crore hospital admissions worth Rs 1.19 Lakh Crore authorised under Ayushman Bharat scheme	Delhi	4
11.	The New Indian Express	UTKATASANA NAMASTE HANDS ON TIPTOES	Chennai	2
12.	The New Indian Express	Yoga National Conclave held	Chennai	3
13.	The New Indian Express	UTKATASANA NAMASTE HANDS ON TIPTOES (CHAIR POSE PRAYER HANDS ON TIPTOES)	Bengaluru	2
14.	The New Indian Express	HEALTH INFRA DEVPT, CANCER CARE GET A BOSTER DOSE	Kochi	4
15.	Punjab Express	Tele-MANAS mental health helpline handles over 18.1 lakh calls: Centre	Chandigarh	6
16.	The Tribune	Less than 50% villagers used AYUSH system: Minister in LS	Chandigarh	2
17.	The Tribune	AAP govt misused Ayushman Bharat funds, alleges Bajwa	Chandigarh	2
18.	Navbharat	Increasing demand for Ayurveda nutraceuticals	Mumbai	3
19.	Prameya	Training programme 'Charakayatan' concludes	Bhubaneshwar	11
20.	Rashtriya Sahara	Now the Ministry of AYUSH has launched a campaign for the asparagus plant	Jaipur	14
21.	Rashtriya Sahara	Shatavri paudhe ke liye ab ayush mantralay ne chalaya abhiyan	Delhi	14



22.	Dainik Bhaskar	NIA's foundation day; micro city machine and other facilities inaugurated today	Jaipur	4	
23.	Dina Saithi	Yoga is the reason for Rajini's enthusiasm	Chennai	8	





### Business Standard • 08 Feb • Ministry of Ayush India is both a developed and developing nation

16 • PG 363 • Sqcm 117394 • AVE 89.49K • Cir Top Left

Jaipur • Delhi • Chandigarh

### 'India is both a developed and developing nation'

Should Learn From India, drawing from his diplomatic experience and deep engagement with the country. In an interview with Veenu Sandhu in New Delhi, he delves into India's unique strengths and challenges, and why he thinks the country stands out as an example of sophisticated diplomacy. Edited excerpts:

In your view, what are the top things the West should learn from India?

Let's start with IT and digitalisation. In India, digital transactions are everywhere. Whether it's in a Starbucks or buying cucumbers in the countryside, people use QR codes and transfer money without cash. A super industrialised country like Germany, and many other European countries, are far behind in this European countries, are far behind in this

European countries, are far behind in this. This level of digital integration is something the West, especially Germany, can learn from. Next is the spirit of entrepreneurship. In India, there's a drive to succeed, to be the best. It starts from kindergarten and goes all the way to high school and beyond. This competitive spirit to get out of the mediocracy pushes people to walk the extra mile. That's why you see many Indians becoming CEOs in the high-tech industry globally. Silicon Valley wouldn't be the same without Indian talent. In Europe, we've become complexent—we haven't forgotten it, become complacent – we haven't forgotten it, but we would have to reactivate this spirit.

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Another key lesson is the globalised spirit.
Indians are everywhere—almost in every
country around the world. Their remittances
and experiences create a global network. In
contrast, Germans tend to be very Europecentric, thinking Europe is the centre of the
world. That global outlook is something we
could leare.

Then there's the importance of spirituality. In India, spirituality is intertwined with daily life. Business meetings can easily turn into philosophical discussions about the meaning

philosophical discussions about the offile. This holistic approach — combining heart and soul — is often missing in the West, where we focus on techniques and business talk without deeper reflection. Finally, the diversity in India is unparalleled. You have different

unparameter. You nave timerer until time cultures, religions, and languages coexisting. Indians grow up exposed to this diversity, which fosters a broader worldview. In Europe, we are more concentrated on our own cultures and neighbouring countries, but we don't expose the contraction of dispersity on the expose seed. Former German ambassador experience diversity on the same scale.

#### How do you view Indian democracy

compared to western democracles?
There is no perfect democracy, And no democracy is the same; every country has different histories, neighbours, and education current nistories, neignoours, and education systems. But the core principles are universal. India's democracy functions remarkably well given list size. — I a billion people, 10 major religions, 28 federative states, and over 300 languages. It's a unique challenge. In Germany, with just 80 million people, overangore is cimpler governance is simpler.

India doesn't need lessons on democracy India doesn't need lessons on democracy from anyone. Of course, there are shortcomings, as in every democracy, but these are internal matters. As friends, we can discuss these behind closed doors, but as India might point out issues in Germany, like, with the contraction of the say, right-wing movements, equals, not with a bullhorn. ents. But this is done as

### With India's growing influence on the global stage, how do you see Indo-German relations evolving? India's global role has expanded tremendously

india's global role in as expanded treffendously over the past 20 years. It didn't start with Prime Minister Modi, but his government has certainly accelerated it. Economic dynamics, foreign investments, and India's strategic balancing act in global politics



have all contributed.

India masterfully balances relationships india masterfully balances relationships with Russia, Europe, the US, and China without aligning with any specific military bloc. This sophisticated diplomacy harks back to (Jawaharial) Nehru's non-alignment policy. India is part of BRICS, is a member of G20, is

frequently invited to G7, and involved in various international groupings like the Quad. It's the only country that manages to maintain such a balanced position globally.

#### India aims to become a developed nation by 2047. Do you think that's achievable?

it is a chievable?

It's hard to categorise India as either developing or developed. Cities like Bengaluru, Pune, and Hyderabad feel developed, while rural areas might seem centuries behind. This duality — modern tech hubs alongside traditional rural life — is what makes India complex and fascinating.

International classifications often don't fit anymore. Who decides what 'developed' means? Many of these definitions come from western institutions. India is both developed and developing in different aspects. Its IT

and developing in different aspects, Its IT and developing indirecting aspects is in a sector is more advanced than many western countries, but challenges like poverty remain. This dual reality doesn't fit neatly into outdated categories.

### How significant is India's soft power in

How significant is India's soft power in shaping its global image?
India's soft power has always been its strength. Ayurveda, yoga, music, and cuisine, of course, shape how people around the world perceive India. But soft power also extends to politics — India doesn't define itself through military alliances or aggression. It's about balancing interests and maintaining a unique, non-aligned stance. This tradition, rooted in leaders like Nehru and Gandhi, continues today.

I first came to India 45 years ago as a backpacker, and I've always felt a connection

backpacker, and I've always felt a connection to the country. Even now, I feel I haven't fully grasped what India is — it will take five lifetimes for that.





### Business Standard (Hindi) • 08 Feb • Ministry of Ayush Videshi Jailo mein band hai 10,152 Indians

14 • PG 487 • Sqcm 109516 • AVE 26.42K • Cir Top Right

Delhi

### विदेशी जेलों में बंद हैं 10,152 भारतीय



सरकार ने शुक्रवार को लोक सभा को बताया कि वर्तमान में विदेशी जेलों में बंद भारतीय कैदियों की संख्या 10,152 है। विदेश राज्य मंत्री कीर्तिवर्धन सिंह ने लोक सभा में एक प्रश्न के लिखित उत्तर में इस संबंध में देश-वार डेटा साझा किया। उनके द्वारा साझा किए गए आंकड़ों में सऊदी अरब, कुवैत, संयुक्त अरब अमीरात, कतर, नेपाल, पाकिस्तान, अमेरिका, श्रीलंका, स्पेन, रूस, इजरायल, चीन, बांग्लादेश और अर्जेंटीना सहित 86 देशों में जेलों में बंद भारतीय कैदियों के आंकड़े शामिल हैं। मंत्री ने बताया कि 2,633 भारतीय कैदी सऊदी अरब की जेलों में बंद हैं और 2,518 ऐसे कैदी संयुक्त अरब अमीरात की जेलों में हैं। इन आंकड़ों के मुताबिक, नेपाल की जेलों में 1,317 भारतीय कैदी हैं, जबिक पाकिस्तान और श्रीलंका में यह संख्या क्रमशः 266 और 98 है। सिंह ने कहा, 'मंत्रालय के पास उपलब्ध जानकारी के अनुसार, वर्तमान में विदेशी जेलों में विचाराधीन कैदियों सहित भारतीय कैदियों की संख्या 10,152 है।'

#### आयुष्मान भारतः 1.19 लाख करोड़ रुपये को मंजूरी

कंद्रीय स्वास्थ्य मंत्री जे पी नड्डा ने शुक्रवार को कहा कि बीते एक जनवरी तक आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (एबी-पीएमजेएवाई) के तहत अस्पतालों में भर्ती के 8.9 करोड़ मामलों में कुल 1.9 लाख करोड़ रुपये को मंजूरी याई। उन्होंने लोक सभा में एक प्रश्न के लिखित उत्तर में यह जानकारी दी।नड्डा ने कहा कि इस योजना के कार्यान्वयन में विभिन्न प्रकार की धोखाधड़ी की रोकथाम

और पता लगाने के लिए कदम उठाए गए हैं। उनके अनुसार, धोखाधड़ी करने वाली संस्थाओं के खिलाफ उपयुक्त कार्रवाई की गई है, जिसमें 1,114 अस्पतालों को पैनल से हटाना, 1,504 दोषी अस्पतालों पर 122 करोड़ रुपये का जुर्माना लगाना और 549 अस्पतालों को निलंबित करना शामिल है। नड्डा ने यह भी कहा कि राष्ट्रीय स्वास्थ्य प्राधिकरण में राष्ट्रीय धोखाधड़ी रोधी इकाई (एनएएफयू) की स्थापना की गई है और यह धोखाधड़ी और दुरुपयोग से संबंधित मद्दों की जांच करने तथा संयुक्त कार्रवाई करने के लिए राज्य धोखाधड़ी रोधी इकाइयों (एसएएफयू) के साथ निकट समन्वय में काम करती है।

#### सार्वजनिक टीकाकरण में सर्वाइकल कैंसर!

केंद्रीय स्वास्थ्य राज्य मंत्री अनुप्रिया पटेल ने शुक्रवार को कहाँ कि सरकार सर्वाइकल कैंसर की रोकथाम वाले एचपीवी (ह्युनम पोपिलोमा वायरस) टीके को सार्वजनिक टीकाकरण कार्यक्रम में शामिल करने को लेकर मंथन कर रही है। लोक सभा में प्रश्नकाल में लोक जनशक्ति पार्टी (रामविलास) की शांभवी चौधरी के पूरक प्रश्न का उत्तर देते हुए अनुप्रिया पटेल ने यह जानकारी दी। उन्होंने कहा कि देश में 30 वर्ष से अधिक उम्र की महिलाओं सर्वाइकल(गर्भाशय) कैंसर की स्क्रीनिंग की जा रही है। उन्होंने कहा, 'सरकार एचपीवी टीके को सार्वजनिक टीकाकरण कार्यक्रम में शामिल करने को लेकर चिंतन-मंथन कर रही है। यह अभी प्रक्रिया में है। जैसे ही कुछ तय होगा, हम सदन को सूचित करेंगे।'





### Business Standard (Hindi) • 08 Feb • Ministry of Ayush Videshi jalo mein band hai 10,152 bharatiye

14 • PG 487 • Sqcm 51108 • AVE 15.51K • Cir Top Right

Chandigarh

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### Bizz Buzz • 08 Feb • Ministry of Ayush 73.90 cr citizens availed Ayushman IDs in India

8 • PG 194 • Sqcm 19351 • AVE N/A • Cir Middle Center

Hyderabad

### 73.90 cr citizens availed Ayushman IDs in India

NEW DELHI

MORE than 73.90 crore health accounts with unique IDs have been created under the Ayushman Bharat Digital Mission (ABDM), said the Ministry of Health and Family Welfare on Friday. Launched in 2021, ABDM aims to create a national digital health ecosystem. To ensure participation of citizens Ayushman Bharat Health Accounts (ABHAs) number -- a 14-digit Unique Health Identifier (erstwhile known as Health IDs) are created.

As of February 3, "73,90,93,095 number of ABHA IDs have been created", said Union Minister of State (MoS) for Health and Family Welfare Prataprao Jadhav, in a written reply in the Lok Sabha today.

The ABHA number facilitates seamless access to health records across various healthcare providers, ensuring continuity of care and enhancing the efficiency of healthcare services.

Further, it serves as a digital health account accessible to people nationwide. The ABHA Card allows for on-



ABDM aims to create a national digital health ecosystem: HealthMin

line access to all medical requirements and treatments when needed.

Jadhav informed that the Health Ministry has also undertaken various steps to raise awareness about the scheme among eligible beneficiaries across the country. This includes "media and outreach strategy; IEC (Information, Education, and communication) activities to disseminate information," Jadhav stated.

Meanwhile, he also in-

formed the extension of several National Health Mission programmes as announced by the Union Cabinet for the period of FY 2021-26. The programmes include reducing the maternal mortality ratio (MMR) to 87 per 1 lakh; and infant mortality rate (IMR) to 22 per thousand; sustaining the total fertility rate (TFR) to 2.0 at the national level; achieving the operationalisation of 1.5 lakh Ayushman Arogya Mandirs; achieve and sustain more than 90 per cent full immunisation coverage of all children by one year of age.

Further, health programmes have also been extended for diseases like malaria; dengue; lymphatic filariasis, and Kala Azar.



### The Times of India • 08 Feb • Ministry of Ayush Skill India with Rs8,800cr outlay, new rly zone get Cabinet nod

8 • PG 354 • Sqcm 171906 • AVE 46.88K • Cir Middle Center

Chandigarh

# Skill India with ₹8,800cr outlay, new rly zone get Cabinet nod

### Nat'l Panel For Safai Karamcharis Gets Extension For Three Years

TIMES NEWS NETWORK

New Delhi: Cabineton Friday approved the Rs 8,800 crore Skill India Programme till 2025-26 with focus on industry-aligned training of manpower across the country. It also gave ex-post facto approval for creation of South Coast Railway zone, fulfilling Centre's assurance as per Andhra Reorganisation Act.

Briefing mediapersons about the Cabinet decisions, minister Ashwini Vaishnsaw said the revamped skill programme will now include three components - Rs 6,000 crore PM Kaushal Vikas Yojana 4.0 (PMKVY 4.0), Rs 1,942 crore PM National Apprenticeship Promotion Scheme (PM-NAPS), and Rs 858 crore Jan Shikshan Sansthan (JSS) scheme.

An official release said that the approval underscores govt's commitment to building a skilled, future-ready workforce by integrating de-



PM Modi with NDA MPs from Bihar on Friday. The MPs thanked the PM for a host of Budget's provisions aimed at the development of the state

mand-driven, technology-enabled, and industry-aligned training across the country. "These initiatives aim to provide structured skill development, on-the-job training, and community-based learning, ensuring that both urban and rural populations, including marginalised communities, have access to high-quality vocational education," it said.

Vaishnaw said PM-NAPS will cover the service sector in addition to manufacturing. Govt said the scheme encourages apprenticeship opportunities in prevailing manufacturing including emerging fields such as AI, robotics, blockchain, green energy, and Industry 4.0 technologies.

"This aligns skilling ini-

tiatives with futuristic job markets and industry trends," govt said. The scheme will incentivise establishments to engage apprentices by providing financial incentives in the age group of 14-35 years, aiming at ensuring school to work transition through hands-on experience. Govt said there are around 2.3 crore beneficiaries till date under the three flagships schemes of skill development and entrepreneurship ministry. With regard to the two other decisions, Vaishnaw, who is also railway minister, said that a new Rayagada Railway division under the East Coast Railway Zone will be established and the existing Waltair division will be renamed

### Govt delists 1,114 hosps over fraud in AB-PMJAY scheme

Govt has de-empanelled 1,114 hospitals in the country over fraud in the implementation of Ayushman Bharat – PM Jan Arogya Yojana (AB-PMJAY) scheme since its inception, Union health minister J P Nadda told Lok Sabha on Friday. In a written response to a Parliament question, Nadda added that penalties worth Rs 122 crore have also been imposed on 1,504 errant hospitals over fraudulent practices. TNN

as the Visakhapatnam Railway Division, ending another colonial legacy.

The minister said the Cabinet also gave the go ahead for extension of National Commission for Safai Karamcharis for three years beyond March 31, 2025 and approved approximately Rs 51 crore. "It would help in facilitating socio-economic upliftment of sanitation workers, improving the working conditions in the sanitation sector and aiming to achieve zero fatalities while performing hazardous cleaning," govt said.



### The Indian Express • 08 Feb • Ministry of Ayush

### Rs500-cr dues of private hospitals not cleared, AAP misusing Ayushman funds

13 • PG 124 • Sqcm 109308 • AVE 175.5K • Cir Middle Center

Chandigarh

## '₹500-cr dues of private hospitals not cleared, AAP misusing Ayushman funds'

#### EXPRESS NEWS SERVICE

CHANDIGARH, FEBRUARY 7

THE LEADER of Opposition (LoP) in the Punjab Assembly, Partap Singh Bajwa, Thursday accused the AAP-led Punjab government of misusing the funds under the Ayushman Bharat scheme.

It has been more than four months since the Punjab and Haryana High Court had asked the AAP government to furnish details of the expenses incurred on advertising and purchase of new vehicles. However, the government has failed to comply with the directions of the HC. The HC was hearing a petition about the non-release of funds under the Ayushman Bharat scheme.

"There are fair chances that the AAP government misused the funds. Instead of clearing the dues of over Rs 500 crore of the private hospitals registered under the Ayushman Bharat Scheme, the government misused the funds perhaps on other things, including advertisements, purchasing new vehicles and renovation of the houses of ministers and MLAs," Bajwa said.

The LoP said that private hospitals in the state have suspended treatment to patients under the Ayushman Bharat scheme. "The private hospitals had claimed that their dues were not cleared by the state government," he said. "The government even failed to comply with the HC directions."

Under this scheme, cashless and paperless treatment is available at government and some private hospitals. Initially, it was the Union Government's programme in which 16.65 lakh families were covered. But in 2022, the then Congress government decided to extend the scheme to families of farmers and those who are not covered under any health scheme, thereby adding 22.12 lakh more beneficiary families.

"By not clearing the dues of the hospitals, the AAP government's anti-poor face has been exposed. Meanwhile, the government is reluctant to provide the details about where the funds were spent. The government seems to have a lot to hide,"





### The Daily Guardian • 08 Feb • Ministry of Ayush OVER 73.90 CRORE AYUSHMAN BHARAT HEALTH ACCOUNTS IDS CREATED

2 • PG 43 • Sqcm 4321 • AVE N/A • Cir Middle Left

Chandigarh

## OVER 73.90 CRORE AYUSHMAN BHARAT HEALTH ACCOUNTS IDS CREATED

NEW DELHI: The Government has launched Ayushman Bharat Digital Mission (ABDM) with a vision to create national digital health ecosystem, wherein to ensure participation of citizen, Ayushman Bharat Health Accounts (ABHAs) numbers that is a 14-digit Unique Health Identifier (erstwhile known as Health IDs) are created, Ministry of Health and Family Welfare said in a press release. As on February 3, 2025, the number of ABHA IDs created are 73,90,93,095.





### Millenniumpost • 08 Feb • Ministry of Ayush NEET-UG 2025 ON MAY 4

1, 4 • PG 65 • Sqcm 116710 • AVE 750K • Cir Bottom Left, Middle Right

Delhi

#### NEET-UG 2025 ON MAY 4

NEW DELHI: The National Testing Agency (NTA) announced on Friday that the National Eligibility-cum-Entrance Test (NEET)-UG 2025 will be conducted on May 4. The application process has begun and will conclude on March 7.

As India's largest entrance exam, NEET-UG determines admissions to medical courses, including MBBS, Dentistry, Ayurveda, Unani, and Siddha. In 2024, over 24 lakh candidates appeared for the test, competing for approximately 1,08,000 MBBS seats—56,000 in government colleges and 52,000 in private institutions.

Despite discussions on shifting to an online format, the NTA has decided to continue the exam in pen-and-paper mode. Continued on P4





### NEET-UG 2025

This comes amid scrutiny over alleged irregularities in NEET and other exams. A high-level panel led by ex-ISRO Chief R Radhakrishnan has suggested multi-stage testing as a future alternative.

The CBI is currently investigating last year's paper leak allegations, while the government works to ensure a transparent examination process. MPOST





### The Morning Standard • 08 Feb • Ministry of Ayush Fit Bit

2 • PG 610 • Sqcm 292944 • AVE 300K • Cir Middle Right

Delhi

#### **FITBIT**

### UTKATASANA NAMASTE HANDS ON TIPTOES (CHAIR POSE PRAYER HANDS ON TIPTOES)

It is a beginner-level yoga pose and a variation of Utkatasana (Chair Pose). During the pose, as you raise your arms, stretching the rib muscles helps in improved breathing. In this pose the body gains power and becomes flexible with regular practice. It also acts as a preparatory or warm-up practice. It can be practised daily after waking up in the mornings or as a warm-up before Sun Salutation (Surya Namaskar). It can be included in sports yoga.

#### 21Eb2

- Start in Tadasana (Mountain Pose). Bring the big toes and knees close to each other. Keep the upper body stretched.
- Bring a slight gap at your heels while your arm rests to your sides.
- Exhale, lower your hips, bend your knees, and lean forward. Place your feet hip-width apart and toes facing forward.
- Balance the weight equally between your feet. Inhale.
- Exhale, bend your knees, shift your weight backward, and pose as if you are about to sit on a chair.
- Inhale. Bring your hands to the Namaste position, focussing the energy on the sacral chakra region.
- Knees should not extend beyond your toes.
   Shoulders, knees, back and heels should be in one straight line.
- Take a deep breath. Look in front, and lift your heels. Balance in this pose for five big breaths.
- Inhale, loosen the body without changing the posture.
- Ensure the body's weight is evenly distributed at the hips, thighs, knees, toes, and core.
- To release, straighten the knees, breathe, come to Tadasana, and rest your arms at your sides. Relax.
- Do as many rounds as per your capacity.

#### BENEFITS

- Develops endurance and strength.
- Opens the shoulder joints and elongates the sides of the body
- Develops awareness and builds the power of concentration.
- Improves the blood flow in the muscles vital for healthy posture.
- Balances the overall body weight and corrects the posture.
- Increases your lung capacity and energises your entire body.
- Strengthens the torso, heels, thigh muscles, and lower back.
- Tones and stabilises your knee and ankle joints.
- Stretches the hips, spine, heels, and chest muscles.
  - Since it is creative, kids and teens can be introduced to it
  - Strengthens your immune system and relieves joint pains and back pains.
    - Improves digestion and increases metabolism.

#### LIMITATIONS

- People with knees, shoulders, neck, hips, spine, or ankle injuries can practise under the guidance of a yoga expert.
- Those with chronic knee pain, knee-ankle-hip injury, severe back pain, or BP, senior citizens, who are not able to stand, and pregnant women with balancing problems, avoid this pose.

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



#### The Pioneer • 08 Feb • Ministry of Ayush

### 8.59 Crore hospital admissions worth Rs 1.19 Lakh Crore authorised under Ayushman Bharat scheme

4 • PG 223 • Sqcm 634816 • AVE 634.42K • Cir Middle Center

Delhi

## 8.59 Crore hospital admissions worth ₹1.19 Lakh Crore authorised under Ayushman Bharat scheme

PIONEER NEWS SERVICE 
NEW DELHI

Union Health Minister J P Nadda on Friday informed the Lok Sabha that a total of 8.59 crore hospital admissions worth ₹1.19 Lakh Crore have been authorised under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) as on January 1, Union Health Minister J P Nadda said on Friday.

He also said 5.63 Crore vulnerable individuals have been screened and 1.59 Lakh new tuberculosis patients notified since the launch of the 100-day intensified TB elimination campaign in 348 districts in December last year.

Underlining that steps are taken for prevention and detection of different kinds of fraud in the implementation of the Ayushman Bharat scheme, he said suitable actions, including de-empanelment of 1,114 hospitals, levying penalty worth ₹122 Crore on 1,504 errant hospitals and suspension of 549 hospitals have been taken against fraudulent entities.

In a written response to a question in Lok Sabha, he said the National Anti-Fraud Unit (NAFU) has been established at National Health Authority and works in close coordination with State Anti-Fraud Units (SAFU) to investigate and take joint action against issues related to fraud and abuse.

Further, any claims by empanelled hospitals found to be suspicious by NAFU are withheld until proper scrutiny by SAFU teams, including field verification where necessary.

As on February 4, nine doctors and 71 hospitals have been suspended under the scheme in Gujarat. Additionally, two hospitals have been de-empanelled and one hospital has been blacklisted.

A total recovery of ₹15.08 Crore has been made, while penalties amounting to ₹19.90 Crore have been imposed, Nadda stated.

The AB-PMJAY is a flagship scheme of the government which provides health cover of Rupees five Lakh per family per year for secondary and tertiary care hospitalisation to approximately 55 Crore beneficiaries corresponding to 12.37 Crore families constituting economically vulnerable bottom 40 per cent of India's population.

Recently, the scheme has been expanded to cover 6 crore senior citizens of age 70 years and above belonging to 4.5 Crore families irrespective of their socio-economic status under AB-PMJAY.

As regards fight against TB, the minister said in a written response to a question, 4.94 lakh Ni-kshay shivirs have been held while 86,748 new Ni-kshay Mitras have been registered and 1.12 Lakh food baskets disbursed to TB patients and their family members.

The government had on December 7 last year launched the intensified TB Mukt Bharat Abhiyan in identified 347 priority districts across 33 states and UTs, including eight districts of Himachal Pradesh, to accelerate the endeavour to achieve Sustainable Development Goals related to TB. Out of the total campaign districts, 38 are tribal, 27 are mining and 46 are aspirational districts.

The campaign follows a renewed approach to find missing TB

cases, reduce TB deaths and prevent new cases, Nadda said.

To ensure equitable access, special outreach camps have been organised to screen vulnerable population, offer X-ray and Nucleic Acid Amplification Test (NAAT) tests, either through mobile medical vans or by mobilizing them to the nearest health facility equipped with X-ray. All services related to TB have been decentralised to the level of Ayushman Arogya Mandir, Nadda said.

Campaign specific information, education and communication materials have been developed and disseminated to educate the public and raise awareness about symptoms, prevention and the importance of timely treatment for TB in the campaign states and UTs, including Himachal Pradesh, Chhattisgarh and Madhya Pradesh.



### The New Indian Express • 08 Feb • Ministry of Ayush UTKATASANA NAMASTE HANDS ON TIPTOES

2 • PG 723 • Sqcm 953998 • AVE 246.4K • Cir Top Center

Chennai

#### **FITBIT**

### UTKATASANA NAMASTE HANDS ON TIPTOES (CHAIR POSE PRAYER HANDS ON TIPTOES)

It is a beginner level yoga pose which is a variation of Utkatasana (Chair Pose). During the pose, as you raise your arms up, stretching the rib muscles helps in improved breathing. In this pose the body gains power and becomes flexible with regular practice, it acts as a preparatory or warm up practice. It can be practiced dialy right after waking up in the mornings, or as a warm-up before Sun Salutation (Surya Namaskar). It can be included in sports yoga.

#### STEPS

- Start in Tadasana (Mountain Pose). Bring the big toes and knees close to each other. Keep the upper body stretched.
- Bring a slight gap at your heels while your arm rest to your sides.
- Exhale, lower your hips, bend your knees, and lean forward. Place your feet hip-width apart and toes facing forward.
- Balance the weight equally between your feet. Inhale.
- Exhale, bend your knees, shift your weight backward, pose as if you are about to sit on a chair.
- Inhale. Bring your hands to Namaste position, focussing the energy to the sacral chakra region.
   Knees should not extend beyond
- your toes. Shoulders, knees, back and heels should be in one straight line.

   Take a deep breath.
- Take a deep breath. Look in front, lift your heels up. Balance in this pose for 3-5 big breaths.
- Inhale, loosen the body without changing the posture.
- Ensure the body's weight is evenly distributed at the hips, thighs, knees, toes, and core.
- To release, straighten the knees, breath, come to Tadasana and rest your arms at your sides. Relax.
- Do as many rounds as per your capacity.

#### BENEFITS

- Develops endurance and strength.
- Opens the shoulder joints and elongate the sides of the body.
- Develops awareness and builds the power of concentration.
- Improves the blood flow in the muscles vital for healthy posture.
- Balances the overall body weight and corrects the posture.
- Increases your lung capacity and energises your entire body.
- Strengthens the torso, heels, thigh muscles and lower back.
- Tones and stabilises your knee and ankle joints.
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#### LIMITATIONS

- Students with knees, shoulders, neck, hips, spine, or ankle injury can practise under the guidance of a yoga expert.
- Those who have a chronic knee pain, knee-ankle-hip injury, severe back pain, or BP, or senior citizens not able to stand, pregnant women not comfortable to balance, avoid this pose.

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





### The New Indian Express • 08 Feb • Ministry of Ayush Yoga National Conclave held

3 • PG 169 • Sqcm 223548 • AVE 246.4K • Cir Bottom Center

Chennai



### Yoga National Conclave held

Indian Yoga Association - Tamilnadu State Chapter Committee organised a two-day Yoga National Conclave supported by CCRYN, Ministry of AYUSH, New Delhi, on 'Modern Trends in Yoga and Integrated Medicine Systems' at Vethathiri Maharishi College of Yoga, SKM Maeilanadhan, chairman, IYA-TNSCC and president of the WCSC, delivered presidential address. Ma Subramanian. Minister for Health and Family Welfare, delivered the inaugural address. M Raghavendra Rao, director, CCRYN, AYUSH Ministry, Kambhampati Subrahmanyam, chancellor, S-VYASA Bengaluru, Ananda Balayogi Bhavanani, joint secretary, IYA, Pudhucherry, CN Maheswaran, MD, TNSCL, Chennai, and AM Moorthy, IYA-TNSCC advisor were felicitated.



## The New Indian Express • 08 Feb • Ministry of Ayush UTKATASANA NAMASTE HANDS ON TIPTOES (CHAIR POSE PRAYER HANDS ON TIPTOES)

2 • PG 709 • Sqcm 709326 • AVE 177.8K • Cir Top Right City Express

Bengaluru

#### **FITBIT**

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- Exhale, lower your hips, bend your knees, and lean forward. Place your feet hip-width apart and toes facing forward.
- Balance the weight equally between your feet. Inhale.
- Exhale, bend your knees, shift your weight backward, pose as if you are about to sit on a chair.
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- Those who have a chronic knee pain, knee-ankle-hip injury, severe back pain, BP, senior citizens not able to stand, and pregnant women not comfortable to balance, avoid this nose

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





### The New Indian Express • 08 Feb • Ministry of Ayush HEALTH INFRA DEVPT, CANCER CARE GET A BOSTER DOSE

4 • PG 362 • Sqcm 114032 • AVE 134.51K • Cir Bottom Left

Kochi

### HEALTH INFRA DEVPT, CANCER CARE GET A BOOSTER DOSE

WELLBEING

ANNA JOSE @Kochi

The state budget for 2025-26 has proposed allocations for the development of health infrastructure, with cancer care getting priority. A total amount of ₹2,915.49 crore has been set aside for the healthcare sector this time, with allocations for medical education, Karunya Arogya Suraksha Padhathi (KASP) and the AYUSH Mission.

According to experts, the move to improve health infrastructure and provide additional allocation for KASP is welcome. "It is good that the state government has set aside funds for the development of dialysis units, stroke units and palliative care grids at certain government hospitals. That can benefit the common people as they can seek treatment at these hospitals at a lower cost.

tion and treatment of cancer is appreciable and a need of the hour,"
said Dr Sunil P K, president of the
Kerala Govern ment

Also, the priority given for early detec-

ers' Association.
Dr Rajeev Jayadevan,
an Indian Medical Association representative, welcomed the
emphasis on stroke units and
cath labs. "The focus of this

budget is commendable. Prioritising stroke units and cath labs is a valuable initiative that can save lives through early intervention. Allocating funds for ambulance operations will facilitate quicker and safer patient transfers," he said.

However, according to Dr Sunil, along with infrastructure development, post-creation too should have been given more priority. "The budget doesn't mention post-creation in the healthcare sector. We are facing a shortage of skilled professionals. The human resource shortage can affect the quality of treatment. Also, development of emergency and trauma care is missed in the budget," he said, adding that the implementation of security systems at healthcare institutions should also be given more attention.





### Punjab Express • 08 Feb • Ministry of Ayush Tele-MANAS mental health helpline handles over 18.1 lakh calls: Centre

6 • PG 539 • Sqcm 107878 • AVE 348.98K • Cir Bottom Center

Chandigarh

## Tele-MANAS mental health helpline handles over 18.1 lakh calls: Centre

he Tele MANAS toll-free number, launched as part of the national telemental health programme in India, has received more than 18,13,000 lakh calls till February 2025, Minister of State for Health and Family Welfare Prataprao Jadhav, said on Friday.

The toll-free number (14416) was launched in 2022 to counter the rising mental health issues in the country.

In a written reply in the Lok Sabha today, Jadhav stated that 53 Tele MANAS cells have been set up in 36 states. It provides 24x7 mental health services in up to 20 languages.

As of February 3, "36 States/ UTs have set up 53



Tele MANAS Cells. Tele-MANAS services are available in 20 languages based on language opted by States. More than 18,13,000 calls have been handled on the helpline number," Jadhav

Tele MANAS cells were launched under the National Tele Mental Health Programme (NTMHP) -- functioning as the digital arm of the District Mental Health Programme.

The government has been

allocating "Rs. 120.98 crore, Rs. 133.73 crore and Rs. 90.00 crore for NTMHP for the year 2022-23, 2023-24 and 2024-25 respectively," the MoS said.

Tele-MANAS Mobile Application is a comprehensive mobile platform that has been developed to provide support for mental health issues ranging from wellbeing to mental disorders.

A dedicated Tele-MANAS Cell has also been established at the Armed Forces Medical College (AFMC), Pune to extend tele-mental health assistance and support to all Armed Forces service personnel and their dependents.

To address mental health problems right from the grassroots level, the government has added mental health services to the package of services under Comprehensive Primary Health Care provided at Ayushman Arogya Mandirs.

It has "upgraded more than 1.73 lakh Sub Health Centres (SHCs) and Primary Health Centres (PHCs) to Ayushman Arogya Mandirs," Jadhav said.

Meanwhile, the government on Friday also informed of 8.59 crore hospital admissions worth Rs 1.19 lakh crore authorised under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) till January.

DISCLAIMER: The opinions expressed in the articles published in these columns are the personal opinions of the authors. The facts and opinions appearing in the articles do not reflect the views of Bright Punjab Express and Bright Punjab Express does not assume any responsibility or liability for the same.





### The Tribune • 08 Feb • Ministry of Ayush Less than 50% villagers used AYUSH system: Minister in LS

2 • PG 108 • Sqcm 324696 • AVE 893.04K • Cir Middle Left

Chandigarh

### Less than 50% villagers used AYUSH system: Minister in LS

SANJEEV SINGH BARIANA

CHANDIGARH/NEW DELHI, FEB 7
Not even half of the rural population in the country is availing of the benefits under the ambitious AYUSH system of healthcare, involving ayurveda, yoga, naturopathy, Unani, Siddha and homoeopathy.

This was stated by Minister of State for AYUSH Prataprao Jadhav in reply to a question by Congress MP Charanjit Singh Channiduring the Question Hour in the Lok Sabha today.

Launched in November



2014, the number of actual beneficiaries under the system was only 46% in rural and 53% in urban areas, according to the national survey on AYUSH conducted by the Ministry of Statistics and Programme Implementation (MoSPI) from July 2022 till June 2023, the minister stated.

It was stated that "presently, there is no plan to conduct research or surveys to understand the reasons behind the low utilisation of AYUSH".

#### State textile exports rise

The state has witnessed a 3% growth in export of textiles said the Minister of State for Textiles, Pabitra Margherita, in reply to a question by MP Raghav Chadha in the Rajya Sabha.

The exports grew from Rs 12,043.2 crore in 2022-2023 to Rs 12,421.3 crore in the next financial year.





### The Tribune • 08 Feb • Ministry of Ayush AAP govt misused Ayushman Bharat funds, alleges Bajwa

2 • PG Middle Center 87 • Sqcm 263786 • AVE 893.04K • Cir

Chandigarh

### AAP govt misused Ayushman Bharat funds, alleges Bajwa

#### CHANDIGARH, FEBRUARY 7

The Leader of the Opposition in the Punjab Assembly - Partap Singh Bajwa - on Friday accused the state government of "misusing" that the AAP government over Rs 500 crore meant for misused the funds. Instead the Centre's flagship health of clearing dues of over Rs insurance scheme Ayush-Mantri Jan Arogya Yojana.

The senior Congress the leader alleged that it had utilised the funds, perhaps resulted in non-payment of dues to private hospitals for chasing new vehicles and treating beneficiaries under renovation of houses of the central programme.

In a statement, Bajwa said Bajwa alleged. the state's Aam Aadmi Party (AAP) government had also failed to comply with the directions of the Punjab

which had sought details of the expenses incurred on advertising and purchase of new vehicles.

"There are fair chances 500 crore to private hospi-Bharat Pradhan tals registered under the Ayushman Bharat Scheme, government on advertisements, purministers and MLAs,"

He claimed that due to the non-release of funds, private hospitals too had suspended treatment of patients covand Haryana High Court, ered under the plan. - TNS





### Navbharat • 08 Feb • Ministry of Ayush Increasing demand for Ayurveda nutraceuticals

3 • PG 151 • Sqcm 199561 • AVE 675K • Cir Middle Left

Mumbai

### आयुर्वेद न्यूट्रास्युटिकल्स की बढ़ रही मांग

8 बिलियन डॉलर का है भारत में न्यूट्रिशनल सप्लीमेंट मार्केटः डॉ. गुप्ता

■ मुंबई, नवभारत न्यूज नेटवर्क. भारत सरकार के खाद्य प्रसंस्करण उद्योग मंत्रालय के सचिव डॉ. सुब्रत गुप्ता ने कहा है कि 520 विलियन डॉलर मूल्य के वैश्विक पोषण बाजार यानी न्यूट्रिशनल सप्लीमेंट मार्केट में, पारंपरिक और निवारक स्वास्थ्य सेवा की मांग बढ़ रही है. भारत का हिस्सा, जो लगभग 8 बिलियन डॉलर अनुमानित है, विशेष रूप से आयुर्वेद-आधारित न्यूट्रास्युटिकल्स में इस क्षेत्र की विशाल क्षमता को उजागर करता है. यह बात केंद्रीय सचिव ने यहां न्यूट्रिशनल सप्लीमेंट सेक्टर के 3 दिवसीय व्यापार मेले वीटाफूडस

इंडिया का शुभारंभ करते हुए कही. वीटाफडस इंडिया

बीकेसी स्थित जियो वर्ल्ड कन्वेंशन सेंटर में 5 से 7 फरवरी तक इन्फोर्मा मार्केट्स द्वारा आयोजित किया गया है. यह मेला भारत के तेजी से विकसित होते न्युटास्युटिकल



मार्केट के लिए महत्वपूर्ण मंच की भूमिका निभाएगी. भारत सरकार के आयुष मंत्रालय में आयुर्वेद के सलाहकार डॉ. मनोज नेसरी

> ने कहा कि आयुर्वेद और न्यूट्रास्युटिकल क्षेत्र में अभृतपूर्व वृद्धि

हो रही है, जिसका बाजार 2014 में 3 बिलियन डॉलर से बढ़कर 2020 तक 18.2 बिलियन डॉलर हो गया है और वर्तमान में इसका मूल्य लगभग 24 बिलियन डॉलर है. अगले दशक में 200 बिलियन डॉलर के अनुमानित लक्ष्य के साथ, यह वृद्धि वैश्विक स्वीकृति, अनुसंधान प्रगति और नीति समर्थन में वृद्धि से प्रेरित है. उद्योग पारंपिरक सप्लीमेंट्स से आगे बढ़कर आयुर्वेदिक आहार को अपना रहा है. भारत का न्यूट्रिशनल सप्लीमेंट मार्केट 2030 तक 8 फीसदी की दर से बढ़कर 68 बिलियन डॉलर पर पहुंच जाने की उम्मीद है.





### Prameya • 08 Feb • Ministry of Ayush Training programme 'Charakayatan' concludes

11 • PG 946.94K • Cir 127 • Sqcm 68807 • AVE Top Right

Bhubaneshwar

### ଆର୍ଏଭି ପକ୍ଷରୁ ଚରକାୟନ ଉଦ୍ଯାପିତ



ଭୁବନେଶ୍ୱର,୭ା୨(ବ୍ୟୁରୋ): ହରିହାର ସ୍ଥିତ ପତଞ୍ଜଳି ଯେଗପୀଠର ରାଷ୍ଟ୍ରୀୟ ଆୟୁର୍ବେଦିକ ଏହା ଉପରେ ଉର୍ଷା କରିବାକୁ ହେଛ ବୋଲି ବିଦ୍ୟାପୀଠ (ଆର୍ଏଭି)ର ୬ ଦିନିଆ ଚାଲିମ । ଉଲ୍ଲେଖ କରିଛନ୍ତି ଆଚାର୍ଯ୍ୟ ବାଳକୃଷ । ପ୍ରତିଷ୍ଠିତ କାର୍ଯ୍ୟକ୍ରମ ଉଦ୍ପାପିତ ହୋଇଯାଇଛି । ଆୟଷ ଆୟବୈଦିକ ଡାକ୍ତର ପ୍ରଯେଏର ଏସ୍କକେ ମବଶାଳୟ ଅଧିନ ନ୍ୟାଶନାଲ ଇନଷିତ୍ୟୁଟ୍ ଅଫ୍ ଖାଷେଲ କହିଛଡ଼ି, ଆସ୍ପର୍ବଦକ୍ ବିଶ୍ୱ ଷରକୁ ଅୟର୍ବେଦ ଳୟପୁରର ଆୟର୍ଜେବ ଶିକ୍ଷକଙ୍କ ଲାଗି ନେବା ଦିଗରେ ପତଞ୍ଜଳି ନିରତ୍ତର ଉଦ୍ୟମ ଜାରି ଏଭଳି ଏକ କାର୍ଯ୍ୟକ୍ରମ ଗ୍ରହଣ କରାଯାଇଥିଲା । ରଖିଛି । ଦୈନଦିନ ଜୀବନ ସହ ଆୟୁବୈଦ ଏହି ଅବସରରେ ପଡଞ୍ଜଳି ଯୋଗପୀଠର କିଉଳି ଯୋଡି ହୋଇଛି ତାହା ପଡଞ୍ଜଳି ପ୍ରତିଷ୍ଠତା ସମ୍ପାଦକ ତଥା ଆୟବେଦ କ୍ଷେତ୍ରର ପ୍ରମାଣ କରିଛି । ଆୟବେଦର ବିଶ୍ୱସନୀୟତା ୁପ୍ରତିଷ୍ଠିତ ବ୍ୟକ୍ତିତ୍ ଆଚାର୍ଯ୍ୟ ବାଳକୃଷ କହିଛଥି, ବଢ଼ାଇବା ଦିଗରେ ଏହାର କାର୍ଯ୍ୟ ଉଲ୍ଲେଖନୀୟ । ଆୟିବେଦର ବୈଜ୍ଞାନିକ ମହତ ସହ ଅଧିକ କାର୍ଯ୍ୟକ୍ରମରେ ପଦର୍ଷଣ ବୈଦ୍ୟ ଦେବିଦର ପ୍ରାକ୍ତିଳାଲ ଚାଲିମ ମାଧ୍ୟମରେ ଏହାକୁ ଅଧିକ ତିଗୁଣା, ଆର୍ଏଭି ଗଇର୍ଷିଂ ବଡି ସଭାପତି ଲୋକାଦ୍ତ କରିବା ଏଭଲି କାର୍ଯ୍ୟକ୍ରମ ଲକ୍ଷ୍ୟ । ଓ.ଚାଜେଶ ଶ୍ରମୀ, ଡ.ମୋହନ ଲାଲ୍ ଜୟାଲ,

ଆୟର୍ବେଦକ ଲୋକାଦ୍ର କରିବାକ୍ ହେଲେ ଆୟୁର୍ବେଦ କେବଳ ଏକ ବୃରି ନୁହେଁ ସଖେଷ ଭାତେତ, ତି. ଚହନା ସିରୋହ୍ୟା, ଡି. ଏହା ଆତ୍ରନିର୍ଭର କରିବାରେ ସହାୟକ ହେବ । ହିତେଶ ତ୍ୟାସ ପୁମୁଖ ଉପସ୍ଥିତ ଥିଲେ ।



## Rashtriya Sahara • 08 Feb • Ministry of Ayush Now the Ministry of AYUSH has launched a campaign for the asparagus plant

14 • PG 353 • Sqcm 77751 • AVE 562.46K • Cir Top Left

Jaipur







### Rashtriya Sahara • 08 Feb • Ministry of Ayush Shatavri paudhe ke liye ab ayush mantralay ne chalaya abhiyan

14 • PG 373 • Sqcm 542246 • AVE 390K • Cir Top Left

Delhi







## Dainik Bhaskar • 08 Feb • Ministry of Ayush NIA's foundation day; micro city machine and other facilities inaugurated today

4 • PG 171 • Sqcm 985765 • AVE 2.34M • Cir Top Center

Jaipur

केन्द्रीय आयुष राज्य मंत्री, आयुष सचिव, सांसद व विधायक भी मौजूद रहेंगे

### एनआईए का स्थापना दिवस; माइक्रो सिटी मशीन व अन्य सुविधाओं का लोकार्पण आज

भारकर न्यूज | जयपुर

राष्ट्रीय आयुर्वेद संस्थान के 50वें स्थापना दिवस पर भगवान धनवंतिर का पूजन कर कार्यक्रम का शुभारंभ किया। इस मौके पर आयुष सचिव भारत सरकार वैद्य राजेश कोटेचा, आयुष मंत्रालय के उप महानिदेशक सत्यजीत पॉल और मानद विवि के कुलपित प्रो. संजीव शर्मा उपस्थित थे। शनिवार को संस्थान के सभागार भवन में मख्य समारोह होगा।

संस्थान के 14 विभागों की ओर से किए जा रहे चिकित्सा एवं शोध कार्यों की प्रदर्शनी भी लगेगी। क्लिनिकल ट्रायल के दौरान चूहा, खरगोश और गिनीपिंग जैसे जानवरों



को दर्द से भरी पीड़ा से मुक्ति दिलवाने के लिए 5.5 करोड़ लागत की माइक्रो सिटी मशीन इंस्टाल की जा चुकी है। शनिवार को कार्यक्रम में केन्द्रीय आयुष राज्य मंत्री (स्वतंत्र प्रभार) प्रताप राव जाधव, जयपुर सांसद मंजू शर्मा, हवामहल विधायक बालमुकुन्दाचार्य, आयुष सचिव भारत सरकार वैद्य राजेश कोटेचा समेत अनेक अधिकारी मौजूद रहेंगे।

### निशुल्क जांच एवं परामर्श शिविर आज

राष्ट्रीय आयुर्वेद संस्थान के अस्पताल परिसर में शनिवार को सुबह 9 से दोपहर 2 बजे तक कैंसर के लिए निशुल्क जांच एवं परामर्श शिविर लगेगा। इसमें भगवान महावीर कैंसर हॉस्पिटल का सहयोग रहेगा।

शिविर में मेमोग्राफी, फेफड़े, पीएसए समेत अनेक जांचें निशुल्क की जाएंगी। विशेषज्ञों की ओर से विभिन्न तरह के कैंसर के बचाव, लक्षण एवं उपायों के बारे में भी जानकारी भी दी जाएगी।



### Dina Saithi • 08 Feb • Ministry of Ayush Yoga is the reason for Rajini's enthusiasm

8 • PG 112 • Sqcm 11239 • AVE N/A • Cir Bottom Center

Chennai

### யோகா தான் உற்சாகத்திற்கு காரணம்: புஜினி

நடிகர் ரஜினிகாந்த் ஆன்மிகத்தில் அதீத ஈடுபாடு கொண்டவர். படப்பிடிப்பு இல்லாத நாட்களில் இமயமலையில் உள்ள ஆசிரமங்களுக்கு சென்று யோகா செய்வார். அந்த பவகையில் சமீபத்தில் ஜார்கண்டில் உள்ள ஒய்.எஸ்.எஸ்.ராஞ்சி ஆசிரமத்துக்கு சென்றார்.



அங்கு ஒரு வாரம் வரை தங்கியிருந்த ரஜினி தனது அனுபவத்தை வீடியோவாக பதிவு செய்துள்ளார். இதனை தற்போது ராஞ்சி ஆசிரமம் வெளியிட்டுள்ளது. அந்த வீடியோவில் ரஜினி பேசி இருப்பதாவது:-

ஒய்.எஸ்.எஸ். ராஞ்சி ஆசிரமத்துக்கு 3 தடவை வந்துள்ளேன். பரமஹம்ச யோகானந்தாஜியின் அறையில் அமர்ந்து யோகா செய்யும் பாக்கியம் கிடைத்தது.

நான் மிகவும் 'வைப்' ஆக இருப்பதாகவும், I என்னை பார்த்தால் ஒரு 'பாசிட்டிவ் வைப்' வருகிறது I

என்கிறார்கள். அதன் ரகசியமே நான் கிரியா போகா பயிற்சி செய்து வருவது தான். 2002ம் ஆண்டு முதல் கிரியா யோகாவில் ஈடுபட்டு வருகிறேன். தொடக்கத்தில் எனக்கு எந்த மாற்றமும் தெரியவில்லை. ஆனாலும் நிறுத்தவில்லை. ஒருகட்டத்தில், அதாவது 12 வருடங்கள் ஆன பிறகுதான் மாற்றத்தை உணரமுடிந்தது. எனக்குள் ஒரு நிம்மதி, அமைதி இருந்தது. கிரியா யோகாவின் சக்தி என்பது, அதை தெரிந்து கொண்டவர்களுக்கு நன்றாகவே தெரியும். இது ஒரு பரம ரகசியம். இது எல்லோருக்குமே பயன்பட வேண்டும். இவ்வாறு அந்த வீடியோவில் ரஜினி பேசியுள்ளார்





### Online Coverage

No	Portal Name Headline (Incorporated with URL)		Reach
1.	Hindustan Times	Maha to accredit private hospitals under Health Tourism Policy	124.6M
2.	Dainik Bhaskar	एनआईए का स्थापना दिवस; माइक्रो सिटी मशीन व अन्य सुविधाओं का लोकार्पण आज	66.5M
3.	हिन्दुस्तान(Live Hindustan)	खेलकूद प्रतियोगिताओं में दिखाई प्रतिभा	64.8M
4.	The Times of India	Ayurveda institute gets more facilities	64.4M
5.	The Times of India	NEET UG 2025: What is Inter-se-merit of candidates for tie-breaking? Check detai	64.4M
6.	अमर उजाला (Amar ujala)	Court News : आंतरिक संस्थागत कोटा खत्म, BHU व आयुष मंत्रालय से इलाहाबाद हाईको	63.8M
7.	Dailyhunt	More than 73.90 crore Ayushman Bharat Health Accounts IDs created: Ministry of H	18.6M
8.	Medical Dialogues	Ministry of AYUSH Launches nationwide Shatavari for Better Health campaign	16M
9.	Medical Dialogues	NEET 2025 registrations begin, exam on May 4- APPLY NOW!	16M
10.	Patrika	3 दिन तक एक ही छत के नीचे मिलेगा चिकित्सा पद्धतियों का लाभ	14M
11.	The Tribune India	Less than 50% rural population used AYUSH system: MoS in LS	7M
12.	The Telegraph India	NEET UG 2025 Registration Begins - Direct Link and Exam Schedule	6.6M
13.	Free Press Journal	NEET UG 2025 Registration Begins At neet.nta.nic.in; Eligibility, Fees, Exam Pat	6.4M
14.	Amrit Vichar	महाकुंभ में विदेशी और भारतीय विशेषज्ञ चिकित्सकों ने 7 लाख से अधिक श्रद्धालुओं का	1.4M
15.	Dainik Bhaskar	महाकुंभ 2025: महाकुंभ में सात लाख श्रद्धालुओं का उपचार, मेले में देशी-विदेशी वि	926.1K
16.	Dainik Bhaskar	Delhi News: महाराष्ट्र में आयुर्वेद शिक्षा को बढ़ावा देने पर दिया जा रहा जोर	926.1K
17.	Dainik Bhaskar	Panna News: आयुष विभाग द्वारा लगाया गया नि:शुल्क स्वास्थ्य शिविर	926.1K
18.	The Live Nagpur	NEET UG 2025: Exam on May 4, Applications Open Till March 7—Key Dates & D eta	580K
19.	ThePrint	महाकुंभ में विदेशी और भारतीय विशेषज्ञ चिकित्सकों ने सात लाख से अधिक श्रद्धालुओं	483.1K
20.	Live Vns	महाकुम्भ में सात लाख श्रद्धालुओं का उपचार, कनाडा, जर्मनी, रूस संग एम्स दिल्ली और	382.1K
21.	Loksaakshya	एम्स ऋषिकेश में योग और प्राकृतिक चिकित्सा: स्वस्थ जीवन की ओर एक कदम	188.4K
22.	BizzBuzz	73.90 Cr Citizens Availed Ayushman IDs In India	125.6K
23.	Dainik Tribune	सूर्य नमस्कार करने से शरीर में होता है ऊर्जा का संचार : युद्धवीर	110.2K
24.	United News Of India	आयुष मंत्रालय योग, प्राकृतिक चिकित्सा, होम्योपैथी को बढ़ावा दे रहा है: जाधव	99K
25.	United News Of India	आयुष मंत्रालय योग, प्राकृतिक चिकित्सा, होम्योपैथी को बढ़ावा दे रहा है: जाधव	99K





26.	New Kerala	India News	72K
27.	New Kerala	73.90 Crore Ayushman Bharat Health Accounts Created Nationwide	72K
28.	Indias News	महाकुंभ में सात लाख श्रद्धालुओं का उपचार, मेले में देशी-विदेशी विशेषज्ञों की तै	N/A
29.	Khair News	महाकुंभ में सात लाख श्रद्धालुओं का उपचार, मेले में देशी-विदेशी विशेषज्ञों की तै	N/A
30.	Jan Jagran Darpan	महाकुंभ में सात लाख श्रद्धालुओं का उपचार, मेले में देशी-विदेशी विशेषज्ञों की तै	N/A
31.	Hind Ekta Times	महाकुंभ में सात लाख श्रद्धालुओं का उपचार, मेले में देशी-विदेशी विशेषज्ञों की तै	N/A
32.	Skgnews	महाकुंभ स्नान के लिए प्रयागराज पहुंचे महाधिवक्ता एसएन बाबुलकर, उत्तराखंड पैवेलिय	N/A
33.	उद्योग का अनुमान	महाकुंभ में विदेशी और भारतीय विशेषज्ञ चिकित्सकों ने सात लाख से अधिक श्रद्धालुओं	N/A
34.	Daily World Hindi	महाकुंभ में विदेशी और भारतीय विशेषज्ञ चिकित्सकों ने सात लाख से अधिक श्रद्धालुओं	N/A
35.	Daily Uttarakhand	महाधिवक्ता एसएन बाबुलकर महाकुंभ स्नान को प्रयागराज पहुंचे, उत्तराखंड पैवेलियन का	N/A
36.	Prahaar	आरोग्यसेवेच्या बळकटीकरणासाठी उपमुख्यमंत्री एकनाथ शिंदे यांच्या हस्ते उद्या ठाणे	N/A
37.	Ananttvlive	हर साल 4000 मेडिसिन प्लांट्स का हो रहा है निर्यात: सरकार	N/A
38.	Jammu Links News	GUMC Ganderbal Students excel in BUMS University Examination Srinagar	N/A
39.	Udaipur Kiran	आधुनिक विज्ञान के मानकों के आधार पर आयुर्वेद के अनुसंधान पर हो रहा काम : आयुष रा	N/A
40.	Newzfatafat	आधुनिक विज्ञान के मानकों के आधार पर आयुर्वेद के अनुसंधान पर हो रहा काम : आयुष रा	N/A
41.	Cm live	हर साल 4000 मेडिसिन प्लांट्स का हो रहा है निर्यात: सरकार	N/A
42.	Brighter Kashmir	GUMC Ganderbal Students excel in BUMS University Examination Srinagar	N/A
43.	Manastoday	हर साल 4000 मेडिसिन प्लांट्स का हो रहा है निर्यात: सरकार	N/A
44.	शिवालिक पत्रिका	एसडीएम ने गांव मोगीनंद के ग्रामीणों की पेयजल की समस्या पर कार्यकारी अभियंता को ज	N/A
45.	New India	जब कर्मचारी एकजुट होगा तभी होगा समस्याओं का निदान: राधा मोहन	N/A
46.	Lifeberrys.com हिंदी	NIA का 50वां स्थापना दिवस, एडवांस फिजियोलॉजी लैब समेत अन्य सुविधाओं का हुआ लोकार	N/A
47.	EHealth Magazine	In Short:	N/A
48.	State News Service	10 से 28 फरवरी तक राष्ट्रीय फाइलेरिया उन्मूलन कार्यक्रम कलेक्टर ने विभिन्न विभाग	N/A
49.	Newzfatafat	राष्ट्रीय आयुर्वेद संस्थान मानद विश्वविद्यालय के स्वर्ण जयंती समारोह	N/A
50.	OB News	NEET UG 2025 Registration Begins At neet.nta.nic.in; Eligibility, Fees, Exam Pat	N/A
51.	The Public Side	राष्ट्रीय आयुर्वेद संस्थान ने अपना 50वां के स्वर्ण जयंती समारोह मनाया	N/A
52.	Drug Today Medical Times	Over 73 Crore Ayushman Bharat Health IDs Created as India Advances Digital H ealt	N/A
53.	Himachal Now News	आयुर्वेदिक चिकित्सालय रोगी कल्याण समिति की वार्षिक बैठक में 32.10 लाख का बजट पार	N/A





54.	Observer Voice	Health Dynamics of India: 2022-23 Overview	N/A
55.	Rclipse	NEET UG 2025: What is Inter-se-merit of candidates for tie-breaking? Check detai	N/A
56.	Gurgaon Mail	उत्तराखंड पवेलियन में अब तक आठ लाख से अधिक श्रद्धालुओं ने किया भ्रमण	N/A
57.	Day night khabar	*महाधिवक्ता एसएन बाबुलकर महाकुंभ स्नान हेतु प्रयागराज पहुंचे,उत्तराखंड पैवेलियन	N/A
58.	चमोली न्यूज़	प्रयागराज महाकुंभ उत्तराखंड पैवेलियन महाधिवक्ता एसएन बाबुलकर महाकुंभ स्नान हेतु	N/A
59.	Medical Dialogues	After Amla and Moringa, Ayush Ministry Promotes Shatavari for Health Benefits	N/A
60.	Delhi Bulletin	सरकार का दूर दराज में बेहतर स्वास्थ्य सुविधा देने पर है विशेष	N/A
61.	Khas Khabar	सरकार का दूर दराज में बेहतर स्वास्थ्य सुविधा देने पर है विशेष	N/A
62.	अंजनी खबर (Anjani Khabar)	हर साल 4000 मेडिसिन प्लांट्स का हो रहा है निर्यात: सरकार	N/A
63.	Shree News	हर साल 4000 मेडिसिन प्लांट्स का हो रहा है निर्यात: सरकार	N/A
64.	Vande Matram	हर साल 4000 मेडिसिन प्लांट्स का हो रहा है निर्यात: सरकार	N/A
65.	Real India News	सरकार का दूर दराज में बेहतर स्वास्थ्य सुविधा देने पर है विशेष	N/A
66.	Saahas Samachar	सरकार का दूर दराज में बेहतर स्वास्थ्य सुविधा देने पर है विशेष	N/A
67.	Evening Times	हर साल 4000 मेडिसिन प्लांट्स का हो रहा है निर्यात: सरकार	N/A
68.	खबर जगत	हर साल 4000 मेडिसिन प्लांट्स का हो रहा है निर्यात: सरकार	N/A
69.	Mp Headline	सरकार का दूर दराज में बेहतर स्वास्थ्य सुविधा देने पर है विशेष	N/A
70.	Vishleshan	हर साल 4000 मेडिसिन प्लांट्स का हो रहा है निर्यात: सरकार	N/A
71.	Web Akhbar	हर साल 4000 मेडिसिन प्लांट्स का हो रहा है निर्यात: सरकार	N/A
72.	Aaj Ki Jandhara	Health News- ये एक पौधा 100 रोगों का है दुश्मन, ताकत के लिए राजा-महाराज भी करते	N/A
73.	OB News	After Amla, Moringa, Ministry of AYUSH campaigned for asparagus plant	N/A
74.	The Mobi World	After Amla, Moringa, Ministry of AYUSH campaigned for asparagus plant	N/A
75.	AnyTV News	59 cases of HMPV were reported from 11 states in January: Prataprao Jadhav	N/A
76.	Pioneer Newz	Ayushman Bharat Digital Mission: Over 73.90 Crore ABHA IDs Created Under AB DM To	N/A
77.	The Mobi World	59 cases of HMPV were reported from 11 states in January: Prataprao Jadhav	N/A
78.	OB News	Over 73.90 Cr ABHA IDs created to boost health: Health Ministry	N/A
79.	The Mobi World	Over 73.90 Cr ABHA IDs created to boost health: Health Ministry	N/A
80.	Today News 24	Aadhaar Authentication Transactions Surge in India: Over 284 Crore Recorded in J	N/A





81.	Drishyamindia	मनमानी पर हाईकोर्ट ने बीएचयू से मांगा जवाब:बीएचयू आयुर्वेद संकाय में पीजी पाठ्यक	N/A
82.	Psucornner	Shatavari – For Better Health" a nationwide Species-Specific Campaign launched t	N/A
83.	Palgharnews	More than 73.90 crore Ayushman Bharat Health Accounts IDs created: Ministry of H	N/A
84.	Calcutta News	Union Health Ministry provides technical, financial support to States/UTs to str	N/A
85.	New Delhi News	Union Health Ministry provides technical, financial support to States/UTs to str	N/A
86.	New Delhi News	More than 73.90 crore Ayushman Bharat Health Accounts IDs created: Ministry of H	N/A
87.	Mumbai News	Union Health Ministry provides technical, financial support to States/UTs to str	N/A
88.	The Asia News	More than 73.90 crore Ayushman Bharat Health Accounts IDs created: Ministry of H	N/A
89.	The Asia News	Union Health Ministry provides technical, financial support to States/UTs to str	N/A