



MINISTRY OF AYUSH COMPILED MEDIA REPORT
08 Mar, 2025

 **Total Mention 85**

 Print	Financial	Mainline	Regional	Periodical
14	2	9	3	N/A

 Online

71

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Financial Express	Patanjali's mega Rs1,500-cr food park to begin business	Hyderabad + 10	4
2.	The Hindu Business Line	Patanjali's mega food park to begin operations	Delhi	9
3.	The Times of India	Plea of woman 'healed of 25 bullet injuries by homeopathy' rejected	Delhi	3
4.	The Times of India	Calisthenics to powerlifting: Women embrace strength, endurance, agility	Bengaluru	6
5.	The Times of India	Shahnaz Husain aims to empower women to gain financial freedom	Delhi	5
6.	Punjab Express	Amit Shah inaugurates Sri Vishweshwara Thirtha Memorial Hospital in Bengaluru	Chandigarh	7
7.	The New Indian Express	ASHWA SANCHALANASANA	Chennai	2
8.	The New Indian Express	ASHWA SANCHALANASANA (THE EQUESTRIAN POSE)	Bengaluru	2
9.	The Morning Standard	FIT BIT	Delhi	2
10.	The Hindu	Boost value addition in spices to achieve \$10-bn export target by 2030: WSO	Bengaluru + 1	17
11.	The Tribune	Yoga effective in easing migraine, finds CIMR	Delhi	2
12.	Dainik Bhaskar	Ayush vibhag mein niyukti ke niyam badle	Delhi	11
13.	Divya Bhaskar	Fit body, less weight; Make these 5 exercises a habit	Mumbai	9
14.	Punjab Kesari	Dil ke marizo ke liye yog hai Ramban, AIIMS mein yog, Ayurved aur Ayush par masammelan	Delhi	8

The Financial Express • 08 Mar • Ministry of Ayush
Patanjali's mega Rs1,500-cr food park to begin business

4 • PG

27 • Sqcm

10166 • AVE

76.62K • Cir

Bottom Left

Hyderabad • Bengaluru • Kolkata • Ahmedabad • Pune • Chandigarh • Kochi • Bhubaneswar • Mumbai • Chennai • Delhi

**Patanjali's mega
₹1,500-cr food park
to begin business**

PATANJALI AYURVED ON Friday said its mega food processing plant, set up with an investment of ₹1,500 crore, in Nagpur will begin operations on Sunday. The Patanjali Mega Food and Herbal Park in Mihaan will be inaugurated on March 9. The park will have fruits and vegetable processing units with a capacity of 800 tonnes per day.

—PTI

The Hindu Business Line • 08 Mar • Ministry of Ayush
Patanjali's mega food park to begin operations

9 • PG

30 • Sqcm

15448 • AVE

195.42K • Cir

Top Left

Delhi

**Patanjali's mega food park
to begin operations**

Nagpur: Patanjali Ayurved said its mega food processing plant, which has been set up with an investment of ₹1,500 crore in Nagpur, will begin operations on Sunday. The Patanjali Mega Food and Herbal Park in Mihan, Nagpur, will be inaugurated on March 9 in the presence of Union minister Nitin Gadkari, Maharashtra Chief Minister Devendra Fadnavis and yoga guru Ramdev, among others, it said. The park will have fruits and vegetable processing units with a capacity of 800 tonnes per day. »n

The Times of India • 08 Mar • Ministry of Ayush

Plea of woman 'healed of 25 bullet injuries by homeopathy' rejected

3 • PG

65 • Sqcm

265846 • AVE

4.69M • Cir

Middle Left

Delhi

Plea of woman 'healed of 25 bullet injuries by homeopathy' rejected

New Delhi: Delhi High Court has dismissed a plea seeking "justice" by a woman who claimed she was healed of her "25 bullet injuries" with the help of homeopathy and sought summons for the accused who "attacked her".

Justice Anup J Bhambhani stated that the orders of the sessions court and the magisterial court, which refused to summon the purported accused persons named in her complaint in 2012, required no interference. He pointed out that the court was "unable to discern any coherence or cogency" in her submissions. The high court further observed that the subordinate courts had dismissed her case and said her submissions, aside from the evidence, were ex facie improbable and unbelievable. The petitioner woman alleged that she was attacked by certain persons who had "fully loaded" revolvers and a machine gun, following which she suffered the bullet injuries. However, she maintained that instead of visiting any hospital, doctor, or surgeon for medical help, she turned to homeopathy.

In her plea, the woman said the "bullets came out" from her head, heart, and hand after she took some homeopathic medicines.

The Times of India • 08 Mar • Ministry of Ayush

Calisthenics to powerlifting: Women embrace strength, endurance, agility

6 • PG

421 • Sqcm

722144 • AVE

2.27M • Cir

Bottom Left

Bangalore Times

Bengaluru

Calisthenics to powerlifting: Women embrace strength, endurance, agility

Aditi Pancholi

For years, the fitness industry marketed workouts to women through the lens of weight loss and aesthetics. But across India, a quiet revolution is underway — one where women are moving beyond traditional gym routines. From functional training and calisthenics to powerlifting, women are reclaiming space in male-dominated fitness arenas, shattering stereotypes, and redefining what it means to be strong.

'STRENGTH TRAINING IS NO LONGER JUST ABOUT AESTHETICS'

Weight rooms and powerlifting sections in gyms were long considered male-only zones. But this perception is rapidly changing. "Earlier, very few women were keen on weight training or strength training, as it was seen as a male-dominated space. Today, more women understand its importance — not just for building muscle but also for bone strengthening and overall health. Strength training is no longer about aesthetics; it's a part of a well-rounded fitness routine for everyone," says Deepa Vaswani, fitness trainer and sports nutritionist.

Women are now understanding the importance of strength training for overall health

'Over 40% increase in women signing up for strength-based workouts'

Gym owners are also witnessing the shift. Sandeep Mehta, who runs a gym, says, "We've seen around 50% increase in women signing up for strength-based workouts in the last two years. The demand for strength training classes has skyrocketed."

Some strength training workouts that women are following

DEADLIFTS: Build full-body strength and improve posture.

SQUATS: Enhance lower body power and core stability.

BENCH PRESS: Strengthen chest, shoulders, and arms.

PULL-UPS: Boost upper body strength and endurance.

KETTLEBELL SWINGS: Improve explosive power and conditioning.

SHOULDER PRESS: Develop strong and toned shoulders.

POWERLIFTING & OLYMPIC LIFTS: Women are increasingly taking up competitive lifting.

The Times of India • 08 Mar • Ministry of Ayush

Shahnaz Husain aims to empower women to gain financial freedom

5 • PG

261 • Sqcm

588765 • AVE

4.69M • Cir

Top Left

Delhi Times

Delhi

Shahnaz Husain aims to empower women to gain financial freedom

On International Women's Day, Shahnaz Husain advocates for financial independence and self-reliance, believing that true empowerment comes from asserting one's independence. Her brand's management team says, "Through her dedication to entrepreneurship, social impact and women's empowerment, Shahnaz Husain continues to inspire millions. She advocates for financial independence as the key to defying inequality. With a focus on #AccelerateAction, she aims to empower women to gain financial freedom and contribute to economic growth, and live the life they deserve and dream of."

Talking about the entrepreneur, the team says, "For having built a global Ayurvedic beauty empire, Shahnaz Husain's business model became a case study at Harvard University on Brand Creation in Emerging Markets. She was also invited to speak at Harvard, MIT, Oxford and Cambridge universities."

The team adds, "Her accolades include the Woman Star Award for Quality Excellence in Paris, International Star Award in the Diamond Category in Geneva, China's Outstanding Women Entrepreneur Award from the



China Chamber of Commerce, Shanghai, and the Outstanding Woman Excellence Award from the House of Lords, British Parliament."

A champion of gender parity, Shahnaz Husain believes change must come from within society, notes the team, adding, "She has encouraged housewives to open salons at home, achieving financial independence through her beauty training programs. She has also launched free beauty training programs for differently-abled individuals. Committed to inclusivity, she introduced the world's first beauty book in Braille."

Shahnaz Husain says, "In life, it is not important what you want – what matters is how badly you want it. You can achieve anything life, if you want it that much. If I am walking and see a wall, I don't turn back. I break the wall and walk through, and let the world fall into place."

According to the team, her involvement in government skill development projects has enabled over 40,000 underprivileged women to receive training in beauty and wellness.

Punjab Express • 08 Mar • Ministry of Ayush

Amit Shah inaugurates Sri Vishwesha Thirtha Memorial Hospital in Bengaluru

7 • PG

284 • Sqcm

56839 • AVE

348.98K • Cir

Middle Center

Chandigarh

Amit Shah inaugurates Sri Vishwesha Thirtha Memorial Hospital in Bengaluru

NEW DELHI, MARCH 7

Union Home Minister Amit Shah inaugurated Sri Vishwesha Thirtha Memorial Hospital, a unit of the Sri Krishna Sevashrama Trust in Marathahalli here on Friday, which has been built on a two-acre land at a cost of Rs 60 crore.

Speaking on the occasion, Shah said the 150-bed multi-speciality hospital will serve as a modern centre for free treatment for the poor and the underprivileged sections of society and will serve people for many years to come. Highlighting various health campaigns undertaken by



the union government, he said they will not succeed unless religious and service-oriented organisations actively promote them.

Shah emphasised how Prime Minister Narendra Modi has focused a great deal

on the health and wellness of the people over the past 10 years and mentioned that initiatives like Swachh Bharat Abhiyan, Fit India Movement, Nutrition Mission, Mission Indradhanush, Ayushman Bharat Yojana,

and Jal Jeevan Mission are different components of the Healthy India campaign. He further said cleanliness can manage health, fitness can make health eternal, and only nutritious and balanced food can keep the human body healthy.

Mission Indradhanush covers all types of vaccinations, the Jal Jeevan Mission has ensured fluoride-free water reaches every home, and under the Ayushman Bharat scheme, PM Modi has provided free treatment up to R 5 lakh for 60 crore people, he said. **PTI**

The New Indian Express • 08 Mar • Ministry of Ayush

ASHWA SANCHALANASANA

2 • PG

680 • Sqcm

898166 • AVE

246.4K • Cir

Top Center

Chennai

FITBIT

ASHWA SANCHALANASANA (THE EQUESTRIAN POSE)

This is a low lunge that falls under balancing postures. This asymmetrical transit pose appears in the 4th and 9th positions of Surya Namaskar (Sun Salutation) and its variations. It stimulates the abdominal organs like the stomach, kidney, and liver. It also effectively stimulates the urogenital system by the hip opening.

STEPS

- Begin in Uttanasana (Standing Forward Fold Pose), bringing the chest inward and resting the head toward the knees or thighs.
- Inhale and extend the right foot back. Exhale and place it behind, resting the right knee and the top of the right foot on the floor.
- The left knee should bend at a 90-degree angle, keeping the thigh parallel to the floor.
- Move the hips and pelvis downward, the right knee and foot rest on the floor, hands on the floor, chin up, shoulders back, chest open, head slightly back, with elbows straight.
- Push the torso forward, then lift the chest into a slight backbend. Distribute weight evenly across both hips.
- Hold this posture for 4-6 breaths, or as long as it is comfortable. With each exhalation, push the hips further down and forward while deepening the backbend. Look forward.
- Inhale and bring the right foot forward to return to Uttanasana. Exhale. Repeat on the other side.
- Conclude by releasing into Balasana (Child's Pose).

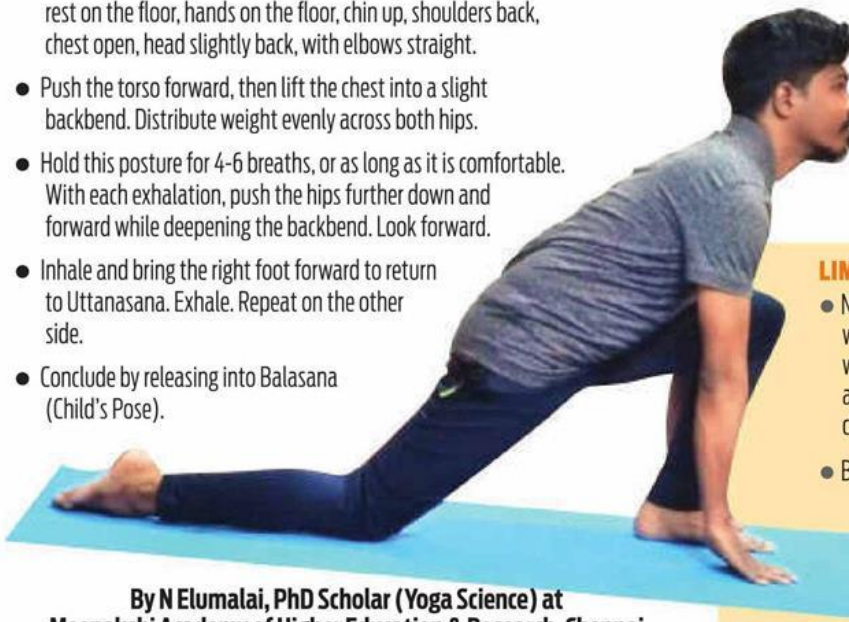
BENEFITS

- Stretches the lower abdomen, hips, psoas, groin, pelvis, quadriceps, hamstrings, knees, ankles, and toes.
- Strengthens the lower body, providing support for the upper body.
- Stretches the spine and improves spinal flexibility, maintaining natural space between vertebrae.
- Enhances hip joint and sacrum stability.
- Opens the shoulders and collarbones, improving lung capacity.
- Supports pelvic joints and groin muscles.
- Stimulates the digestive and reproductive systems, treating issues like constipation, IBS, loss of appetite, and acidity.
- Increases blood circulation in the groin area, benefiting the urogenital system.
- Improves prostate health and may help with erectile dysfunction and infertility.
- Tones the legs, enhancing body confidence.
- Releases tension in the lower back and hips, reducing stress and anxiety.
- Boosts stamina and energy by improving circulation.

- Activates the Sacral Chakra and Manipura Chakra.
- Ideal for runners, athletes, and sports professionals.

LIMITATIONS

- Not suitable for pregnant women, postnatal women who are still regaining pelvic and hip strength, and senior citizens.
- Beginners may use a blanket under the knee to reduce pressure on the knee joint.



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

The New Indian Express • 08 Mar • Ministry of Ayush ASHWA SANCHALANASANA (THE EQUESTRIAN POSE)

2 • PG

597 • Sqcm

596712 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

ASHWA SANCHALANASANA (THE EQUESTRIAN POSE)

This is a low lunge that falls under balancing postures. This asymmetrical transit pose appears in the 4th and 9th positions of Surya Namaskar (Sun Salutation) and its variations. It stimulates the abdominal organs like the stomach, kidney, and liver. It also effectively stimulates the urogenital system by the hip opening.

STEPS

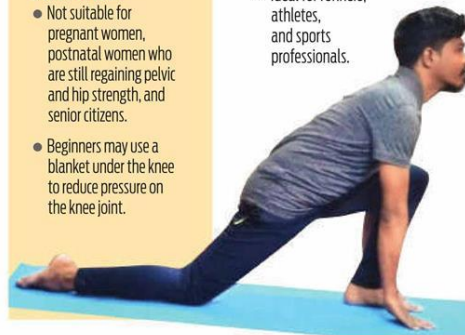
- Begin in Uttanasana (Standing Forward Fold Pose), bringing the chest inward and resting the head toward the knees or thighs.
- Inhale and extend the right foot back. Exhale and place it behind, resting the right knee and the top of the right foot on the floor.
- The left knee should bend at a 90-degree angle, keeping the thigh parallel to the floor.
- Move the hips and pelvis downward, rest the right knee and foot on the floor, hands on the floor, chin up, shoulders back, chest open, head slightly back, with elbows straight.
- Push the torso forward, then lift the chest into a slight backbend. Distribute weight evenly across both hips.
- Hold this posture for 4-6 breaths, or as long as it is comfortable. With each exhalation, push the hips further down and forward while deepening the backbend. Look forward.
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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 08 Mar • Ministry of Ayush

FIT BIT

2 • PG

612 • Sqcm

293953 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

ASHWA SANCHALANASANA (THE EQUESTRIAN POSE)

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

The Hindu • 08 Mar • Ministry of Ayush

Boost value addition in spices to achieve \$10-bn export target by 2030: WSO

17 • PG

144 • Sqcm

191799 • AVE

1.4M • Cir

Bottom Left

Bengaluru • Delhi

Boost value addition in spices to achieve \$10-bn export target by 2030: WSO

Mini Tejaswi
BENGALURU

Regardless of being the largest producer and exporter of diverse varieties of spices in the world, India's share in the global seasoning market, pegged at \$14 billion in 2024, is only a paltry 0.7%, against China's 12% and U.S.'s 11%, said Ramkumar Menon, chairman, The World Spice Organisation (WSO).

India currently exports 1.5 million tonne of spices of all kinds worth \$4.5 billion, commanding a quarter of the global spice market valued at \$20 billion.

Mr. Menon said currently only 48% of India's spice exports were value-added products while the remaining bulk hits the markets as culinary whole spices.

To achieve the Spices Board of India's export target of \$10 billion by 2030, the country's share in value-added spices should rise up to 70%, he opined.

"Seasoning is a huge market. Despite India being the largest producer and exporter of spices, our current share in seasoning is really low, and we have a huge opportunity to grow in this segment," he said.

Mr. Menon further said, it was also critical for the Indian spice sector to explore the nutraceutical and pharmaceutical value of spices in a big way.

'Tap nutraceuticals'

"We should explore the nutraceutical and pharmaceutical scope of our spices in a major way. This is another way of value adding by finding newer ways of useful consumption for our spices. Several spices



Spice it up: Only 48% of spice exports were value-added products while the rest hit the market as culinary whole spices. K. K. MUSTAFAH

are already being used by Ayurveda and other schools of medicine," he pointed out.

Mr. Menon added that some 85% of the spices grown in India are consumed domestically. Although India leads the world in spice production, Vietnam, Indonesia, Brazil and China are also active players in the global spice markets. Africa has also entered spice production in recent years.

Emerging producers

On the importance of increasing spice production within the country, he observed that other than the traditional spice-growing States in the country, the North Eastern region, Odisha and Jharkhand were emerging as sizable producers of various spices.

"India has 15 different agro-climatic zones and this helps us grow a wide variety of spices, almost in all States," he said.

"Export possibilities are huge. To cash in on this, we have to first increase our production. We also have to find ways to bring down cost of production and increase focus on qual-

ity and scale our share in value added spices," he added.

WSO, a platform that unites all stakeholders in the spice industry comprising farmers, processors, academics, and end-users, is working closely with several farmer producer organisations (FPOs) to boost production, exports and value addition. FPOs are sensitised on safety, quality and sustainability in spice cultivation by training farmers on quality control issues and teaching them the importance of growing spices while limiting pesticide use.

Pest management

Spice farmers are also trained in integrated pest management, water management and hygiene practices around handling, processing and packaging.

He also emphasised on the need for developing high-yielding and climate-resistant varieties of spices in the country, adding organisations such as Indian Council of Agricultural Research and National Research Centre on Seed Spices have been already working on these fronts.

The Tribune • 08 Mar • Ministry of Ayush
Yoga effective in easing migraine, finds CIMR

2 • PG

48 • Sqcm

144903 • AVE

92.25K • Cir

Middle Center

Delhi

Yoga effective in easing migraine, finds CIMR

NEW DELHI, MARCH 7

Yoga has been found to be effective in easing migraine, syncope and helps those with heart diseases, the Centre for Integrative Medicine and Research (CIMR) has found.

Founder professor in-charge of CIMR, Dr Gautam Sharma, on Friday said his team was working with 20 departments of AIIMS. He said, "We have come out with wonderful research in the last eight years that were published journals. We found that yoga reduced the severity of migraine in patients and syncope decreased in a group who performed yoga."

"Yoga as add-on therapy in vaso vagal syncope is superior to medical therapy in reducing syncopal and presyncopal events and in improving the quality of life. It may be useful to integrate a cost-effective and safe intervention such as yoga into the management of vaso vagal syncope," a research by the CIMR revealed. — TNS

Dainik Bhaskar • 08 Mar • Ministry of Ayush
Ayush vibhag mein niyukti ke niyam badle

11 • PG

194 • Sqcm

87416 • AVE

92.28K • Cir

Top Center

Delhi

आयुष विभाग में नियुक्ति के नियम बदले, हाई कोर्ट ने कहा- सरकार सही

इंदौर | आयुष विभाग में लेक्चरर नियुक्ति की चयन प्रक्रिया में सरकार ने अंतिम समय में बदलाव किया। पोस्ट ग्रेजुएशन के बजाय ग्रेजुएशन के अंकों के आधार पर चयन किया गया, जिसके खिलाफ डॉ. निरंजन शर्मा ने हाई कोर्ट में याचिका दायर की। उन्होंने तर्क दिया कि उनके 78% अंकों के साथ पीजी करने के बावजूद उन्हें मैरिट में स्थान नहीं मिला। सरकार ने दलील दी कि अन्य राज्यों के अभ्यर्थियों का मूल्यांकन सीजीपीए या अन्य तरीकों से हुआ, जिससे समानता बनाए रखने के लिए बीएएमएस (ग्रेजुएशन) के अंकों को आधार बनाया गया। हाई कोर्ट की खंडपीठ ने सरकार के इस फैसले को सही ठहराया।

Divya Bhaskar • 08 Mar • Ministry of Ayush
Fit body, less weight; Make these 5 exercises a habit

9 • PG

192 • Sqcm

28836 • AVE

316.29K • Cir

Middle Left

Mumbai



ફિટ બોડી, ઓછું વજન; આ 5 એક્સરસાઈઝને આદત બનાવો

healthline

મોંઘી વિશેષ

શારીરિક ગતિવિધિઓ કેલરી બર્ન કરે છે, જેથી વજન ઘટે છે. કોઈ વ્યક્તિનું વજન કેટલું ઘટશે, તે તેની ઉંમર, ડાયટ અને વર્તમાન વજન પર આધાર રાખે છે. એક અંદાજ મુજબ દર વર્ષે આશરે 4.5 કરોડ અમેરિકી લોકો તેમની વેટ લોસ જર્ની શરૂ કરે છે. વજન ઘટાડવાનો અર્થ એ નથી કે લોકોને દિવસે કલાકો સુધી વર્કઆઉટ જ કરવું પડે. પાંચ સામાન્ય એક્સરસાઈઝ કરીને પણ એ શક્ય છે.

1. વોકિંગ | દરરોજ 50થી 70 મિનિટ ચાલવું જોઈએ

વોકિંગ: શરૂઆતમાં લોકો માટે સરળ એક્સરસાઈઝ છે. અઠવાડિયામાં ત્રણવાર 50થી 70 મિનિટ સુધી ચાલવાથી શરીરની ચરબીમાં 1.5% અને કમરનો આકાર 2.8 સેન્ટીમીટર જેટલો ઘટે છે.

5. પિલાટેસ પેટ કમર અને હિપ્સની ચરબી ઘટાડે છે.



પિલાટેસ એક ખાસ પ્રકારની ફિટનેસ એક્સરસાઈઝ છે, જે શરીરના કોર મસલ્સને મજબૂત કરવા પર કેન્દ્રિત હોય છે. અભ્યાસમાં જણાયું કે પિલાટેસ કરવાથી કમર, પેટ અને હિપ્સની ચરબી ઘટે છે.

2. વેટ ટ્રેનિંગ | મેટાબોલિઝમ વધે છે, બર્ન થાય છે કેલરી

અઠવાડિયામાં 3 વખત 11 મિનિટની સ્ટ્રેન્થ ટ્રેનિંગ કરવાથી લોકોનું મેટાબોલિઝમ 7.4% વધે છે, જેથી શરીર વધારાની 125 કેલરી દરરોજ બર્ન કરવા લાગે છે.

3. સ્વિમિંગ | અઠવાડિયામાં 3 દિવસ કરતા, કોલેસ્ટ્રોલ ઘટે છે

અભ્યાસમાં જણાવા મળ્યું કે અઠવાડિયામાં 3 વખત 60 મિનિટ સુધી સ્વિમિંગ કરવાથી ચરબી ઘટી અને કોલેસ્ટ્રોલ અને ટ્રાઇગ્લિસરાઈડ્સના સ્તરમાં પણ ઘટાડો થયો.

4. યોગ | મહિલાઓ માટે લાભદાયી, 90 મિનિટ કરો

યોગથી પણ કેલરી બર્ન થાય છે. એક અભ્યાસમાં જણાયું કે જે મહિલાઓ અઠવાડિયામાં બે વખત 90 મિનિટના યોગ સત્રમાં સામેલ થઈ, તેની કમર સરેરાશ 1.5 ઇંચ ઘટી.

કેટ બર્ન: 65 કિલોનો વ્યક્તિ 30 મિનિટના પિલાટેસ સેશનમાં 108 કેલરી બર્ન કરે છે.

Punjab Kesari • 08 Mar • Ministry of Ayush

Dil ke marizo ke liye yog hai Ramban, AIIMS mein yog, Ayurved aur Ayush par masammelan

8 • PG

236 • Sqcm

255142 • AVE

1.81M • Cir

Bottom Left

Delhi

दिल के मरीजों के लिए योग है रामबाण, एम्स में योग, आयुर्वेद और आयुष पर महासम्मेलन

एकीकृत चिकित्सा एवं अनुसंधान केंद्र द्वारा आयोजित सम्मेलन में दुनिया भर से जुटे 500 विशेषज्ञ...

नई दिल्ली, (पंजाब केसरी) : दिल और न्यूरो के मरीजों के लिए योग एक रामबाण की तरह है। देश के सबसे बड़े अस्पताल एम्स के विशेषज्ञ भी यह मान रहे हैं। इसलिए यहां योग और आयुर्वेद पर शोध के लिए एकीकृत चिकित्सा एवं अनुसंधान केंद्र (सीआईएमआर) की स्थापना की गई है जहां लगातार शोध कार्य हो रहे हैं। शुक्रवार को यहां एकीकृत चिकित्सा एवं अनुसंधान केंद्र द्वारा दो दिवसीय महा सम्मेलन का आयोजन किया गया जिसमें दुनिया भर से 500 विशेषज्ञ जुटे हैं। सीआईएमआर के हेड डॉ. गौतम शर्मा ने बताया कि मॉडर्न लाइफ स्टाइल हमें तनाव और अवसाद देती है जिसके कारण हाइपरटेंशन, साइकेट्रिक समस्या, न्यूरोलॉजिकल समस्या, डायबिटीज और हार्ट से संबंधित बीमारियां बढ़ती हैं। इन बीमारियों के इलाज का इलाज या तो दवाइयों से किया जा सकता है जिनके अपने साइड इफेक्ट्स होते हैं या अपने लाइफ स्टाइल में बदलाव कर योग को अपनाना है। योग एक बहुत



ही साइंटिफिक मेथड है जो लोगों को इस तरह की जीवन शैली बीमारियों से बचा सकता है। उन्होंने बताया कि वह इस पर शोध भी किए हैं। हमने पाया है कि हाइपरटेंशन और हार्ट डिजीज के लिए योग एक रामबाण से कम नहीं है।

डॉ. गौतम ने बताया कि योग पर लेक्चर देने के लिए हमें विदेशों में कई प्रतिष्ठित प्लेटफार्मों पर आमंत्रित भी किया गया है।

यह बहुत ही खुशी की बात है कि योग पर किए गए हमारे शोध को वैज्ञानिकों ने पहचान और मान्यता दी है। योग का विभिन्न बीमारियों के इलाज पर प्रभाव का अध्ययन जारी है जिसके उत्साहजनक परिणाम देखने को मिल रहे हैं। कोई आश्चर्य नहीं होगा आने वाले दिनों में यदि योग को लाइफ स्टाइल बीमारियों के इलाज के लिए मुख्यधार में शामिल कर दिया जाय।

योग व आयुर्वेद पर दिल्ली एम्स में एक बड़ा प्रयोग

डॉ. शर्मा ने बताया कि आयुर्वेद, योग और मॉडर्न मेडिसिन के कॉकटेल से जीवनशैली बीमारियों को दूर भगाने के लिए दिल्ली एम्स में एक बड़ा प्रयोग चल रहा है। सेंटर फॉर इंटीग्रेटेड मेडिसिन एंड रिसर्च (सीआईएमआर) इसको लेकर एक दो दिवसीय अंतरराष्ट्रीय सेमिनार का आयोजन किया है। इसका उद्देश्य योग, आयुर्वेद जैसे भारत के इलाज की पारंपरिक पद्धतियों पर शोध को बढ़ावा देना है। शोध से साक्ष्य एकत्रित किया जाए ताकि लोगों का इस पर भरोसा कायम हो सके और इसे वैज्ञानिक मान्यता भी प्राप्त हो सके। आयुर्वेद, योग और अन्य आयुष को आगे लेकर आना है। हम लोग इस पर पिछले 8 साल से काम कर रहे हैं। फिलहाल हम एम्स के 20 स्पेशलिस्ट विभागों के साथ मिलकर काम कर रहे हैं जिसमें साइकेट्री, कार्डियोलॉजी, न्यूरोलॉजी, मदर एंड चाइल्ड सेंटर, ऑर्थोमोलाजी भी शामिल है।

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Dainik Bhaskar	संभाग स्तरीय आरोग्य मेला आज से, आयुर्वेद, होम्योपैथी का मिलेगा लाभ	66.5M
2.	हिन्दुस्तान(Live Hindustan)	12 वर्ष से नहीं आई दवाएं, जड़ी-बूटी की जगह इंजेक्शन दे रहे आयुर्वेदिक चिकित्सक	64.8M
3.	हिन्दुस्तान(Live Hindustan)	योग व गंगा भारत के सांस्कृतिक व आध्यात्मिक धरोहर का प्रतीक:सतपाल महाराज	64.8M
4.	The Times of India	Yoga and Naturopathy Research Center to come up in Amaravati	64.4M
5.	The Times of India	BHU scientists promote ashwagandha awareness through plant distribution initiati. ..	64.4M
6.	अमर उजाला (Amar ujala)	सांस्कृतिक और आध्यात्मिक धरोहर का प्रतीक है योग और गंगा : सतपाल	63.8M
7.	Dainik Jagran	लोगों को इलाज में अब नहीं होगी दिक्कत, 705 महिला समेत हरियाणा को मिले 1090 डॉक्टर...	40.5M
8.	Dainik Jagran	"बच्चों को मोटापे से बचाना है तो...बेटा क्या खाना है, यह पूछना बंद करें माएं",...	40.5M
9.	Janta Se Rishta	Jaipur: आयोग सदस्य डॉ संगीता आर्य की अध्यक्षता में हुआ विभिन्न विभागों की डीपीसी...	3.8M
10.	The Hans India	Yoga, Naturopathic research centre in Amaravati	1.7M
11.	News on AIR	Haryana CM Distributes Appointment Letters to 1,090 Medical Officers	314.3K
12.	5 Dariya News	Haryana gets 1,090 Medical Officers	120.5K
13.	United News Of India	सैनी ने 1090 चिकित्सा अधिकारियों को सौंपे नियुक्ति पत्र	99K
14.	UP18 news	National Conference On Ashwagandha: A Health Promoter in 2025	35.1K
15.	Ajmernama	आयोग सदस्य डॉ संगीता आर्य की अध्यक्षता में हुआ विभिन्न विभागों की डीपीसी बैठक का...	11.6K
16.	Hari Nayak	राज्यपाल अभिभाषण में यूसीसी समेत 43 विभागीय योजनाओं का उल्लेख,विपक्ष का सत्रावधि...	3.3K
17.	शिवालिक पत्रिका	सैनी ने प्रदेश में नवचयनित 705 महिला चिकित्सा अधिकारियों सहित कुल 1090 चिकित्सा ...	N/A
18.	Citytehelka	हरियाणा में महिलाओं के लिए ब्याज मुक्त ऋण योजना शुरू, डेयरी इकाइयों के लिए मिलेग...	N/A
19.	bharatsarathi.com	हरियाणा को मिले 1090 चिकित्सा अधिकारी, मुख्यमंत्री ने सौंपे नियुक्ति पत्र	N/A
20.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
21.	Punjab Newslie	Haryana gets 1,090 Medical Officers; CM distributes Appointment Letters	N/A
22.	Divyarashtra	जीत यूनिवर्स में ऐक्सेलरेट एक्शन थीम पर मनाया वुमन्स डे	N/A
23.	Formfees	Formfees	N/A
24.	Babushahi Hindi	हरियाणा को मिले 1090 चिकित्सा अधिकारी, मुख्यमंत्री ने सौंपे नियुक्ति पत्र	N/A
25.	Garima Times	हरियाणा को मिले 1090 चिकित्सा अधिकारी, CM सैनी ने सौंपे नियुक्ति पत्र	N/A

26.	Drug Today Medical Times	SETH GOVINDJI RAOJI AYURVED MAHAVIDYALAYA	N/A
27.	Drug Today Medical Times	PNNM AYURVEDA MEDICAL COLLEGE AND HOSPITAL	N/A
28.	Drug Today Medical Times	Government Ayurveda College, Tripunithura	N/A
29.	Drug Today Medical Times	Muniyal Institute of Ayurveda Medical Sciences	N/A
30.	Drug Today Medical Times	Sumatibhai Shah Ayurved Mahavidyalaya	N/A
31.	Your Bangalore	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
32.	Live Jabalpur	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
33.	Madhya Pradesh Mirror	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
34.	Allahabad Post	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
35.	Khamma Ghani Rajasthan	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
36.	Drug Today Medical Times	Hon.Shri. Annasaheb Dange Ayurved Medical College	N/A
37.	Drug Today Medical Times	S.G.V.V. TRUST'S SHREE JAGADGURU GAVISIDDHESHWAR AYURVEDIC MEDICAL COLLEGE &...	N/A
38.	Drug Today Medical Times	Shri Baba Mastnath Ayurvedic College	N/A
39.	News Track Bhopal	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
40.	The Deccan Messenger	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
41.	National Insight	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
42.	The Evening Post	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
43.	Indore Pioneer	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
44.	Central Herald	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
45.	Drug Today Medical Times	JSS Ayurveda Medical College,	N/A
46.	Deccan Express	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
47.	News Daddy	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
48.	Rajasthan Journal	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
49.	MP News Line	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
50.	MP Guardian	National Conference On Ashwagandha: A Health Promoter in 2025	N/A

51.	Rajasthan Mirror	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
52.	Delhi News Now	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
53.	Business Point	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
54.	Drug Today Medical Times	Sri Dharmastala Manjunatheshwara College of Ayurveda and Hospital	N/A
55.	Live Story Time	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
56.	The Capital News	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
57.	Nagpur News Today	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
58.	Khabare Rajasthan	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
59.	Satta Express	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
60.	MintMoney	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
61.	Udaipur Dispatch	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
62.	Bizz Sight	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
63.	Prakhar Jagran	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
64.	Drug Today Medical Times	National Institute Of Ayurveda, Jaipur , Rajasthan	N/A
65.	Up Patrika	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
66.	Formfees	Ministries That Matter: Your Ultimate Guide to NEET-Related Ministries	N/A
67.	Idtv	8 मार्च की महत्वपूर्ण घटनाएँ [Important events of March 8]	N/A
68.	Babushahi Hindi	हरियाणा के मुख्यमंत्री नायब सिंह सैनी आज पंचकुला में विभिन्न कार्यक्रमों में हों...	N/A
69.	Jagat Kranti News	पञ्चांग एवं राशिफल, शनिवार, दिनांक 08 मार्च 2025	N/A
70.	Palgharnews	National Conference On Ashwagandha: A Health Promoter in 2025 – World News Netwo...	N/A
71.	News8 Plus	Rajasthan: Bhajan Lal Sarkar is going to do these posts soon, Deputy Chief Minis. ..	N/A