




Government of India
Ministry of Ayush

सत्यमेव जयते

MINISTRY OF AYUSH COMPILED MEDIA REPORT 09 Jun, 2025

 **Total Mention 56**

 Print	Financial	Mainline	Regional	Periodical
38	3	16	19	N/A

 Online

18

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Economic Times	Wellness Breaks Now a Vital Part of Boardroom Strategy	Pune + 3	4
2.	The Economic Times	NARCL Extends JAL's Bid Timeline	Pune	5
3.	Bizz Buzz	Minister lauds PM Modi for scripting a new chapter	Hyderabad	2
4.	The Times of India	Float, stretch, unwind: Aqua board workouts are making waves	Delhi	3
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6.	The Indian Express	Double Engine Government - Big Events, Big Identity	Pune	5
7.	Yugmarg	Yoga protocol practice program organised at NIILM University Kaithal	Chandigarh	6
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11.	The Daily Guardian	CM Saini to participate in Yoga Day celebrations in Kurukshetra	Chandigarh	4
12.	The Tribune	Cleanliness, yoga to help realise dream of Viksit Bharat, says CM	Chandigarh + 1	3
13.	The Goan	Banana leaves: Medicinal benefits and traditional uses	Goa	9
14.	The Morning Standard	Fit Bit	Delhi	2
15.	The Pioneer	CM Administers 'Yoga Oath' Ahead of Grand International Yoga Day Event in Kurukshetra	Chandigarh	3
16.	The Pioneer	From discipline to display: The silent erosion of traditional Yoga	Delhi + 1	7
17.	Free Press Journal	Premiere of docu on Ayurveda	Mumbai	2
18.	Punjab Express	India scripting new chapter of national renewal in PM Modi's decisive decade: Hardeep Puri	Chandigarh	11
19.	The New Indian Express	ADHO MUKHA VAJRASANA AERIAL	Chennai	2
20.	Ajit Samachar	Pradesh mein vishesh yog pakhwada kariyashala main 1,37,468 logo ne kiya abhiyash	Chandigarh	5
21.	Ajit Samachar	Chandigarh press club mein media karmiyo ke liye lagaya yog shivir	Chandigarh	3

22.	Dainik Jagran	Ayurved mein chhipe pehluon se avgat karayegi documentary	Delhi	8
23.	Dainik Jagran	Bhagdoud bhari zindagi main yog hi sawasth jeevan ki guarantee	Chandigarh	6
24.	Virat Vaibhav	Lakhs of people do Yoga in workshop	Delhi	11
25.	Virat Vaibhav	Atyadhik screen samay ka samadhan	Delhi	2
26.	Virat Vaibhav	Yoga Day competition on 15 June	Delhi	8
27.	Dainik Tribune	Pradesh bhar mein 1.37 lakh logo ne kiya yogaabhiyash	Chandigarh	2
28.	Dainik Tribune	Yug pratiyogita mein chaye cheeka ke sadhak	Chandigarh	4
29.	Dainik Tribune	Vishav ke manchitar par yog bhumi ke roop mein hogi kurukshetra ki pehchan :Naib singh saini	Chandigarh	5
30.	Dainik Jagran (Rashtriya)	Ayurved ke piche pehlu	Delhi	3
31.	Veer Arjun	Swachta aur yog hoga to gati ke sath viksit Bharat ki taraf badhega desh	Delhi	12
32.	Dainik Savera	Vishesh yog pakhwada kariyashala mein 9.50 lakh pratibhaiyo ki bhagidari	Chandigarh	7
33.	Dainik Savera	Press club mein mediakarmiyo ka yog shivir	Chandigarh	3
34.	Dainik Savera	International yog divas ko lekar prajapeeta brahamkumari ke anuyayio ne kiya yogashan avam pranayaam	Chandigarh	7
35.	Punjab Kesari	kurukshetra Main International yog divas karyekram hoga atehasik aur bhabye: Nayab saini	Chandigarh	3
36.	Pioneer Hindi	Ayush department start missed call registration on Yoga Day	Delhi	4
37.	Amar Ujala	Hatash hai congress party kuch bhi bol dete hai unke neta CM	Chandigarh	3
38.	Dainik Bhaskar	Yog divas ke liye 3.63 lakh ne karaya panjikan	Chandigarh	5

The Economic Times • 09 Jun • Ministry of Ayush
Wellness Breaks Now a Vital Part of Boardroom Strategy

4 • PG

276 • Sqcm

103447 • AVE

102.04K • Cir

Middle Right

Pune • Delhi • Jaipur • Chandigarh

Wellness Breaks Now a Vital Part of Boardroom Strategy

High-flying corporate execs turn to Ayurveda and retreats for rest and renewal

Anumeha Chaturvedi

New Delhi: Things started to give away for a 48-year-old senior consultant at a Big Four firm who had been pushing through the grind for years, dealing with chronic back pain, gut trouble, and stubborn weight issues. "Between the constant travel, client pressure, internal fire-fighting, and late nights, I could feel my body wearing out," he said.

"I finally took a step back and spent a week at a wellness retreat in Kerala—no screens, no junk, no noise. Just rest, clean food, and some space to think." What really pushed him to go? "I kept seeing friends—people in high-pressure roles—suddenly facing major health scares. That fear stayed with me. I didn't want to wait till it was too late," he added.

From the global chief technology officer of a retail giant to an aviation CEO, more and more CEOs and CXOs are opting for wellness breaks, vipassana sessions and retreats that lead to improving their mental and physical wellbeing.

Kairali Ayurvedic Group has seen an estimated 25-30% increase in visits from CXOs, business founders, and senior professionals to its wellness village in Kerala over the past 18-24 months, said executive director Abhilash K Ramesh. "Today's high-performing professionals often navigate relentless schedules, chronic stress, and lifestyle-related imbalances. Many are turning to Ayurveda not just for recovery, but to sustain performance, build resilience, and prevent long-term health issues," he added.

Mridula Jose, vice president, for product development and marke-

ting at CGH Earth Wellness, said CEOs and CXOs average 8-9 individuals in a month at each clinic. Medical and wellness programmes offered at CGH Earth Ayurveda start at 14 days with most people on a 21-day programme. At Prakriti Shakti, clinic of Natural Medicine by CGH Earth in Kerala, wellness programmes start at 7 days and medical programmes start at 10 days. Most executives are on a 14-day programme.

Leaders are also turning to Vipassana. Nikhil Sharma, MD and COO of South Asia at Radisson Hotel Group said he began prac-

ticing Vipassana a few years ago for greater clarity and balance. "In an industry like ours where agility and empathy must go hand in hand, Vipassana has reinforced the importance of being fully present, making decisions with calm objectivity, and connecting with people more authentically. It's not about stepping away from the business, but about showing up with heightened awareness," he added.

Ananda in the Himalayas has seen a 'marked increase' in bookings from corporate leaders over the past year, including established and emerging entrepreneurs and professionals from high-intensity sectors like finance, consulting, tech and law, said a spokesperson.

In January, Niraamaya Retreats, Surya Samudra, Kovalam, in Kerala launched a seven nights sleep retreat programme that integrates Ayurvedic therapies, an Ayurvedic diet, yoga, and personalised consultations to improve sleep quality and mental calm, said Unnikrishnan Mohanadas, yoga and wellness guide at the property that has seen a 10-12% uptick in corporate leaders opting for wellness breaks.



The Economic Times • 09 Jun • Ministry of Ayush

NARCL Extends JAL's Bid Timeline

5 • PG

125 • Sqcm

46948 • AVE

102.04K • Cir

Middle Center

Pune

NARCL Extends JAL's Bid Timeline

Joel Rebello

Mumbai: Creditors to Manoj Gaur-promoted Jaiprakash Associates (JAL), led by National Asset Reconstruction Co (NARCL), have decided to extend the timeline for submission of bids by another 15 days from June 9. The decision was taken at the meeting of the committee of creditors (CoC) over the weekend after requests from some bidders for more time to submit their bids.

"Some bidders requested for more time and NARCL, which is the largest creditor, has agreed. This will be conveyed to all stakeholders on Monday," said a person familiar with the process, who did not wish to be identified.

NARCL did not immediately reply to ET's email seeking comments.

The debt-laden holding company of the real estate, cement and engineering, procurement and construction (EPC) group, operating mostly in Delhi-National Capital Region, owes creditors a total of ₹57,185 crore.

Interested bidders have to submit an earnest money deposit and performance security. Lenders have also sought bank guarantees of ₹8.5 lakh against 100% margin (in the form of a

lien marked fixed deposit), to cover for the mining plan for Degarhat Devmaudaldal leased limestone mine of JAL. Media reports said that more than two dozen varied bidders including power and cement companies, alternative asset managers and EPC companies have expressed interest in placing formal bids.

They include large companies such as Adani Enterprises, Dalmia Bharat, Vedanta, Patanjali Ayurveda, Naveen Jindal's Jindal Power, GMR Group, Kotak Alternative Asset Managers, Oberoi Realty and Torrent Power. ET could not immediately ascertain the names of the bidders.

NARCL is the single largest creditor to the company, having taken over 87% of the ₹57,185 crore debt from banks in January Acre ARC, with 4% of the debt, and Axis Bank, with 1.60% of the debt, are the other large creditors.

JAL is among the largest companies undergoing the corporate resolution process under Insolvency and Bankruptcy Code. In terms of debt size, the JAL resolution is only dwarfed by the Rs 65,000 crore owed by Videocon Industries to its creditors.

Bizz Buzz • 09 Jun • Ministry of Ayush
Minister lauds PM Modi for scripting a new chapter

2 • PG

247 • Sqcm

24703 • AVE

N/A • Cir

Top Left

Hyderabad

Minister lauds PM Modi for scripting a new chapter

MARCHING AHEAD

- National renewal in every sphere -- economic, social and strategic
- Real transformation must reach the last person
- Programmes anchored in philosophy of 'Sarvodaya through Antyodaya'
- India's defence manufacturing rapidly modernised

NEW DELHI

INDIA is scripting a new chapter of national renewal in every sphere -- economic, social and strategic -- under Prime Minister Modi's leadership, with the country's decisive decade well underway, Petroleum Minister Hardeep Singh Puri has written in an article.

Democracies are rightly subjected to a higher standard of scrutiny in the delivery of goods and services to the unserved and underserved. In India, that test is exacting. No slogan survives without

Country's decisive decade as progress touches peak



Hardeep Singh Puri

substance, no claim without consequence. Real transformation must reach the last person because in our democracy, Antyodaya casts a vote, the minister has stated.

That is why, one year into Modi 3.0, the resounding mandates in Delhi, Maharashtra and Haryana are not just political milestones -- they are a reaffirmation that in today's India, delivery, not rhetoric, earns trust, he explained.

The minister has highlighted that programmes anchored in the philosophy of 'Sarvodaya through Antyodaya'

ensure that no Indian is left behind. More than 25 crore people have been lifted out of multidimensional poverty. Pradhan Mantri Kisan Samman Nidhi (PM-KISAN) has disbursed over Rs3.68 lakh crore to more than 11 crore farmers. The 'Lakhpati Didi' initiative has empowered over one crore rural women to achieve annual incomes exceeding Rs1 lakh. Nearly three crore houses have been sanctioned under the Pradhan Mantri Awas Yojana.

He further stated that the Jal Jeevan Mission has provided tap water connections to over 15.44 rural households. Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY) has been expanded to offer free health coverage of Rs5 lakh per year for all citizens aged 70 and above, regardless of income. This is expected to benefit approximately six crore senior citizens, providing them with

comprehensive healthcare access and financial protection. Additionally, the scheme has been extended to include frontline community health workers. PM Modi's commitment to a zero-tolerance policy against terrorists was evident in the swift response to the Pahalgam attack, where terrorists had targeted innocent tourists. The nation mourned the loss but stood united, executing Operation Sindoor with precision and dominance, reaffirming its resolve to combat terrorism and protect its citizens. He has also highlighted that the world witnessed Indian defence forces' technological and strategic superiority, backed by the strong and decisive leadership of the Prime Minister during the success of Operation Sindoor.

Puri has underscored that post-2014, India's defence manufacturing has been rapidly modernised, with exports rising substantially.

The Times of India • 09 Jun • Ministry of Ayush
Float, stretch, unwind: Aqua board workouts are making waves

3 • PG

1225 • Sqcm

2768016 • AVE

2.78M • Cir

Top Center

Delhi Times

Delhi

Pics: Ajay Kumar Gautam



WHAT ARE AQUA BOARD WORKOUTS
Aqua board fitness is a dynamic blend of workout, poolside fun, and floating meditation - making it the ultimate summer fitness experience.

Riya Sharma

If you're tired of sweating it out in the gym this summer, how about switching things up with a workout that feels more like a pool party but delivers serious fitness? Aqua board workouts do just that. Ditching the typical poolside or pilates workshop format, pilates expert Kitty Kalra recently brought her friends together for a fun yet challenging session on floating boards. Combining pilates, yoga, and meditation, the workout focused on balance, core strength, and ended with calming breathwork. "We did planks and push-ups on the board. Because the surface is unstable, there's an added element of core engagement and mental focus. That's what makes it tough, but also what makes it fun - and that was the whole point," shares Kalra, adding, "At the end, we just lay down on the board and relaxed with a guided breathwork session. It was peaceful, like floating meditation."

Fitness Fundas

"This workout requires balance, focus, and a strong core. Even some of my friends who've been working out for years found it challenging," shares pilates expert Kitty Kalra.

Why try an aqua board workout

Lifestyle coach Anvita Agarwal explains, "Aqua board workouts have been trending globally for a few years, especially in high-end gyms and boutique studios. In India, these workouts are still relatively new, which makes them an exciting trend for fitness lovers seeking something fresh, challenging, and fun."

She adds, "They're perfect for summer. The water keeps your body temperature in check, so you stay cool even during intense activity. The floating board adds a core challenge even to basic moves. It's a full-body workout that's also easy on the joints, making it ideal for hot, humid months."



"Engage your core the whole time. Even standing still takes effort, so brace like you're sneezing or posing for a photo. Don't rush," says Apoorvi Sethi, a nutritionist & habit coach.

'The workout is challenging yet fun'

Kitty points out that the workout isn't as easy as it looks. "It requires balance, focus, and a strong core. Even some of my friends who've been working out for years found it challenging. We could barely walk after the session! But it was worth it - it's refreshing, fun, and a great

way to stay active during summer," Apoorvi agrees, adding, "You're going to wobble and that's okay. The board moves, you might fall in. Laugh it off, everyone does. Engage your core the whole time. Even standing still takes effort, so brace like you're sneezing or posing for



a photo. Don't rush. It's not about speed, it's about staying balanced. Falling in is part of the experience. No one stays dry, and that's the fun of it. Just climb back up and keep going. Yes, you're in a pool, but you'll still sweat. And always listen to your body, if something feels too hard, take a pause or modify the move."

Tips for trying aqua board workouts

- Start with basic moves until you get the hang of balancing
- Always train with a certified instructor for safety
- Apply waterproof sunscreen and stay hydrated at all times
- Wear fitted, non-slip workout gear or a good swimsuit
- Make sure the pool and the workout setup are safe and clean

- Annu Marbaniang

How aqua board workouts are different from conventional exercise routines

- It's in a pool and on a float:** You're literally working out on a floating board
- Your abs are always on:** Even just standing requires serious core engagement
- Joint-friendly:** Being in water reduces impact - great for those with joint concerns or post-injury recovery
- No overheating:** You're in water, so you stay cooler even through a tough routine
- Full-body activation:** Because you're constantly stabilising, your arms, legs, and core are all working at once
- Better balance and focus:** This isn't autopilot mode - you have to be present or you'll tip
- It's actually fun:** Not a boring treadmill grind. It's playful, challenging, and feels like a workout and a pool party at the same time
- Variety in one session:** A mix of yoga, HIIT, strength, and breathwork in a refreshing new setting

- Apoorvi Sethi, nutritionist and habit coach

It helps you stay cool while burning calories. Plus, it feels more like play than a workout, which makes it perfect for those summer vibes

- Annu Marbaniang, fitness coach and international athlete



"Aqua routines offer a full-body workout that's gentle on the joints - perfect for hot, humid months," says Anvita Agarwal, a lifestyle coach

Hindustan Times • 09 Jun • Ministry of Ayush Is health insurance premium worth it

10 • PG

265 • Sqcm

411007 • AVE

267.13K • Cir

Middle Left

Chandigarh

Is health insurance premium worth it?

Rising premiums are forcing many seniors to reconsider the value of insurance versus building a medical emergency corpus. While dropping the insurance policy to invest the premium equivalent in an investment product seems viable, one should look for other alternatives to keep the policy running without burning a hole in the pocket. Here's some expert advice to navigate these tough decisions.

Compiled by Aprajita Sharma
aprajita.sharma@livemint.com



SARITA AGGARWAL (62)

- Location: Mumbai
- Profession: Former advertising professional
- Premium hike: 100% in 2 years
- Existing premium: ₹52,500
- Coverage: ₹8 lakh

"I'll grumble and crib but eventually renew my policy because there is no choice."

MOHAN GOVINDRAJAN (66)

- Location: Chennai
- Profession: Retired mechanical engineer
- Premium hike: 400% in 9 years
- Premium: ₹54,000; ₹63,233 (family floater top-up)
- Coverage: ₹10 lakh; ₹20 lakh (top-up with ₹10 lakh deductible)



"The hike in the top-up premium has been relatively lesser than that in the base policy."



SAMEER DESHPANDE (58)

- Location: Thane
- Profession: Electrical engineer (retired)
- Premium hike: 94% in a year
- Existing premium: ₹21,000
- Coverage: ₹6 lakh (only wife, son covered)

"I excluded myself from this family floater plan to maintain lower premium and earmarked ₹20-25 lakh for my health emergency."

SRINIVASAN BALAKRISHNAN

(on behalf of 85-year-old father)

- Location: Pune
- Profession: Father retired from a steel manufacturing firm
- Premium hike: 90% in 2 years
- Premium: ₹36,000
- Coverage: ₹5 lakh (group plan)



"The premium remained at ₹7,500 for 10 years before jumping exorbitantly after my father crossed 80."

When to discontinue or rewire your policy

- If annual premium crosses 33% of your sum insured
- If annual premium is more than 20-25% of your annual expenses



How super top-up helps in lowering premium

- Super top-ups are cheaper because they come with a deductible
- Make a combination of a base policy and a super top-up
- Base policy cover should be equal to deductible threshold in super top-up
- Only maintain a super top-up to keep premium even lower
- Have an emergency medical corpus to meet its deductible threshold

Other options

- Pay upfront premium for 2-5 years in one go
- Maintain good health and seek wellness discounts in premium
- Look for group insurance policies - clubs, children's employer insurance, etc.
- Enrol into AB PMJAY if you are over 70 years old*

*Ayushman Bharat Pradhan Mantri Jan Arogya Yojana



GRAPHIC: PARAS JAIN/MINT

The Indian Express • 09 Jun • Ministry of Ayush
Double Engine Government – Big Events, Big Identity

5 • PG

183 • Sqcm

275930 • AVE

89.5K • Cir

Middle Left

Pune

Double Engine Government - Big Events, Big Identity



Investors Summit

Investment with Entrepreneurs: Global Investors Summit, 2023

The state government organized the Uttarakhand Global Investors Summit on December 8 and 9, 2023, where the enthusiasm of entrepreneurs brought forth a shining picture of investment proposals. Uttarakhand received investment proposals worth ₹3.50 lakh crore, exceeding its target. By truly adopting the tagline "Peace to Prosperity," the government succeeded in winning the trust of entrepreneurs. With nearly thirty

investor-friendly new policies, these proposals are taking shape on the ground and contributing to the state's prosperity.

In-depth Deliberation on Burning Issues: G-20 Conference Meetings

The Infrastructure Working Group meetings organized under the G-20 conference were successfully held in Uttarakhand. Important discussions with representatives from India and abroad took place in these meetings held in Narendra Nagar-Rishikesh and Ramnagar. Topics ranging from climate change to infrastructure resilience, rapid urbanization, and inclusion were deliberated, along with exploring the role of technology, infratech, and digitalization.

The Flame of AYUSH: World Ayurveda Congress and International Expo

With the aim of expanding AYUSH activities globally, the tenth edition of the World Ayurveda Congress and International Expo was successfully organized in Uttarakhand. Held in Dehradun from December 12 to 15, 2024, the event saw participation from representatives of over 60 countries who discussed various aspects related to Ayurveda in detail.

New Chapter in Sports in Uttarakhand: 38th National Games

Devbhoomi had the opportunity to host the 38th National Games on the occasion of its Silver Jubilee year. Uttarakhand not only ensured a grand event but also elevated its performance on the sports field to new heights. More than ten thousand athletes showcased their sporting talent amidst excellent infrastructure and high-level

facilities. For the first time, Uttarakhand won a record 103 medals and secured the seventh position in the medal tally. From a sports development perspective, the National Games proved to be a milestone for Uttarakhand.

Connecting with Roots: International Overseas Uttarakhandi Conference

The state government has taken a significant initiative to connect with overseas Uttarakhandis who have made a name for themselves in business and other fields while residing in various countries. In this regard, the International Overseas Conference was organized in Dehradun on January 12, 2025. Participants, in collaboration with the state government, pledged to invest in Uttarakhand and create new employment opportunities.

Yugmarg • 09 Jun • Ministry of Ayush

Yoga protocol practice program organised at NIILM University Kaithal

6 • PG

322 • Sqcm

66743 • AVE

185K • Cir

Middle Center

Chandigarh

Yoga protocol practice program organised at NIILM University Kaithal

**SANJAY SHARMA
KAITHAL, JUNE 8**

A yoga protocol practice program was organized at NIILM University Kaithal on the occasion of the 11th International Yoga Day 2025. As part of the preparations for the successful organization of Yoga Day to be held on June 21, a yoga protocol practice program was organized at NIILM University, Kaithal. It was organized under the joint aegis of the District Administration and AYUSH Department, as per the instructions of Dr. Shakuntala Dahiya, District Ayurvedic Officer, yoga trainers from the AYUSH Department, Mr. Sandeep Tanwar, Mr. Sukhdev Myoli, Mr. Ravi Kumar Kathwad conducted yoga practice at NIILM University Kaithal.



On this occasion, the staff members and students of the university and the head of the Yoga Science Department, Dr. Pavitra Devi also played an active role. During the program, it was told that yoga was very beneficial for our life. It also inspires mental peace, physical balance and spiritual development. The message was also given that yoga was

a powerful medium to improve the quality of our life. In this program, senior officials of the university, Registrar Dr. Rajiv Dahiya, Assistant Registrar Sarabjit Dr. Ekta Chahal, Dr. Rajiv Pal, Dr. Rekha Gupta, University Public Relations Officer Dr. Manoj Kumar, Dr. Anil Kumar Fine Art, Ashok Kumar Hotel Management also actively participated.

Yugmarg • 09 Jun • Ministry of Ayush

International Yoga Day programme in Kurukshetra will be historic: CM

1 • PG

341 • Sqcm

70505 • AVE

185K • Cir

Middle Center

Chandigarh

International Yoga Day programme in Kurukshetra will be historic: CM

BUREAU
CHANDIGARH, JUNE 8

Haryana Chief Minister Sh. Nayab Singh Saini said with swachhata and yoga, the country will move towards realizing the dream of 'Viksit Bharat' at a fast pace. Preparations for International Yoga Day 2025 have begun with the launch of a cleanliness campaign on May 27, and daily yoga classes are underway for the grand event on June 21.

When Prime Minister Sh. Narendra Modi proposed the idea of yoga at the United Nations, 177 countries agreed to it and today, yoga derived from our land has reached every person in the world. The Prime Minister has worked to spread the message of

yoga all over the world.

Sh. Nayab Singh Saini said the programme of International Yoga Day in Kurukshetra will be historic and grand. Our ancient ideology is included in yoga. Rishis have given us yoga and meditation as a gift. By doing yoga, a man remains healthy.

The Chief Minister was addressing a meeting organized with various institutions regarding International Yoga Day in the auditorium of Multi Art Cultural Centre, Kurukshetra today.

The Chief Minister urged the officials of institutions, NGOs, business organizations and other organizations present in the meeting to play their role in making the programme successful. He also asked Patanjali



Yog Peeth to spread the message of yoga in every house of the city.

The Chief Minister said Swami Ramdev has done the work of spreading yoga in the country and the world. The arrival of Baba Ramdev on June 21 in Kurukshetra, the land of Lord

Krishna, is a matter of great pride for the people of Kurukshetra.

He said the theme of International Yoga Day this year is 'One Earth, One Health', while the Haryana Government has also added 'Yoga Yukt, Nasha Mukh' slogan with it.

The Chief Minister said people have started taking medicines to cure minor diseases, whereas those diseases can be easily controlled with yoga. Therefore, we all should adopt yoga. He said if we want to save our youth from addiction, they will have to adopt yoga. The Chief Minister urged the people of Kurukshetra to reach Brahma Sarovar and Mela Ground at 4 am.

Yugmarg • 09 Jun • Ministry of Ayush
Yoga camp organized on International Yoga Protocol

7 • PG

257 • Sqcm

53214 • AVE

185K • Cir

Middle Center

Chandigarh

Yoga camp organized on International Yoga Protocol

MAINPAL KASHYAP

INDRI : An International Yoga Protocol Camp was organized at Haryana Police Commando Force Headquarters, Naval by the team of Ayush Department District Karnal and the team of Art of Living under the leadership of Rajendra Kumar Meena, IPS, Senior Superintendent of Police, Commando, officers, employees of Commando Headquarters Naval and all soldiers undergoing training at Recruitment Training Center Naval and their training staff participated enthusiastically. During this, Ramesh Chandra (DSP Training), Welfare Inspector Ranbir Singh, Inspector Pawan Kumar, Sub Inspector Ganga Ram (Line Manager), Sub Inspector Raghubir Singh (CDI), Lady Sub Inspector Sudesh Kumari (Chief Legal Instructor) along with Commando soldiers, all the training staff members and all the trainees participated in this yoga camp. After welcome of AYUSH team and Art of Living team by senior officials, yoga camp started in which soldiers were given good information about



importance of yoga and pranayama in life by practicing yoga and pranayama. Yoga expert Dr. Amit Punj from AYUSH Department Karnal conducted the practice of international yoga protocol and yoga assistants Kusum Lata and Anurag demonstrated yoga practice. On behalf of Art of Living, Mrs. Suchika Batra, Amandeep Singh, Mukesh Batra and Mrs. Neelam Arora demonstrated yoga practice. After yoga practice, the officers, employees, training staff and trainees of Commando Force along with AYUSH team and Art of Living team took the oath of "Yoga Yukt - Nasha Mukh Haryana".

The Daily Guardian • 09 Jun • Ministry of Ayush
Rajasthan CM meets Baba Ramdev in Jaipur

6 • PG

134 • Sqcm

13448 • AVE

N/A • Cir

Middle Center

Delhi

Rajasthan CM meets Baba Ramdev in Jaipur

TDG NETWORK
JAIPUR

Rajasthan Chief Minister Bhanu Lal Sharma met Yoga Guru Baba Ramdev on Sunday at the Chief Minister's residence in Jaipur. During their meeting, they discussed the promotion of Yoga, Ayurveda, and Naturopathy in Rajasthan.

Sharing details on social media platform X, CM Sharma posted, "Today I met Yoga Guru Swami Ramdev Ji at the Chief Minister's residence and had a meaningful discussion on the promotion of Yoga, Ayurveda and Naturopathy in Rajasthan."

Baba Ramdev, also known as Swami Ramdev, is primar-

ily known for his work in promoting yoga and Ayurveda, as well as his business ventures in the wellness and FMCG sectors. He is a renowned yoga guru who has popularised yoga practices globally.

The meeting comes days after CM Sharma launched the state-wide 'Vande Ganga' water conservation campaign on June 4. Timed to begin on World Environment Day and Ganga Dussehra (June 5), the campaign will continue till June 20, with multiple state departments participating in awareness and conservation initiatives aimed at addressing water scarcity.

On June 5, the first day of the campaign, departments carried out various activities

like special cleanliness drives in nurseries, distribution of Tulsi plants, pledges to reduce plastic use, shramdaan (voluntary labour), cleaning and repairing of water sources, Vande Ganga Kalash Yatra, worship of rivers, dams, lakes, and preparations for tree plantation under Hariyalo Rajasthan. On June 9, the Central Government will complete 11 years under PM Narendra Modi's leadership. The Rajasthan government will inaugurate a new Amrit Sarovar under the Vande Ganga campaign. Other activities include starting new water harvesting and conservation projects, mapping and cleaning village water sources, and cleanliness drives at main roads.

The Daily Guardian • 09 Jun • Ministry of Ayush
CM Saini to participate in Yoga Day celebrations in Kurukshetra

4 • PG

174 • Sqcm

17406 • AVE

N/A • Cir

Middle Left

Chandigarh

CM Saini to participate in Yoga Day celebrations in Kurukshetra

TDG NETWORK
KURUKSHETRA

Haryana Chief Minister Nayab Singh Saini on Sunday said that it was a matter of great pride and fortune for the state to host a yoga event under the guidance of Yoga guru Baba Ramdev.

The CM invited every household in Kurukshetra to actively take part in the programme, which is expected to see participation from lakhs of people.

Speaking to mediapersons about the upcoming event, CM Saini said, "... It is a matter of good fortune for all of us that we will do yoga under the guidance of Yog guru Baba Ramdev in Kurukshetra... Lakhs of people will participate. I request every household in Kurukshetra to participate in this programme..."

Meanwhile, Prime Minister Narendra Modi is



expected to mark celebrations for the International Yoga Day, scheduled to be celebrated on June 21 in Andhra Pradesh.

In a post on X, the Prime Minister expressed happiness at witnessing people's enthusiasm ahead of the Yoga Day celebrations and said that "Yogandhra 2025" was a commendable effort to popularise the ancient practice.

"Gladdening to see enthusiasm building up towards Yoga Day 2025. #Yogandhra2025 is a commendable effort by the people of AP to make Yoga

popular. I look forward to marking Yoga Day in AP on the 21st," PM Modi said.

"I call upon all of you to mark Yoga Day and also make Yoga a regular part of your lives," he added.

The grand event will take place along the 27-kilometre-long coastal road of Visakhapatnam, which will serve as the venue for this massive yoga session.

Andhra Pradesh Chief Minister Chandrababu Naidu is also expected to join PM Modi for the yoga performance.

Reflecting on the journey of International Yoga Day, Prime Minister Modi remarked that the first International Yoga Day was observed on June 21, 2015, and has since evolved into a global celebration of wellness. He described it as India's precious gift to humanity, beneficial for generations to come.

The Tribune • 09 Jun • Ministry of Ayush
Cleanliness, yoga to help realise dream of Viksit Bharat, says CM

3 • PG

297 • Sqcm

897497 • AVE

893.04K • Cir

Middle Center

Chandigarh • Delhi

Cleanliness, yoga to help realise dream of Viksit Bharat, says CM

Reviews preparations for state-level Int'l Yoga Day celebrations

TRIBUNE NEWS SERVICE

KURUKSHETRA, JUNE 8

Haryana Chief Minister Nayab Singh Saini has said that with cleanliness and yoga, the country would move towards realising the dream of 'Viksit Bharat' at a rapid pace.

The Chief Minister, while addressing a review meeting organised with various institutions regarding the state-level International Yoga Day celebrations, said that a grand and historic event would be organised on the occasion of Yoga Day in Kurukshetra.

Preparations began with the launch of a cleanliness campaign on May 27 and daily yoga classes are underway for the grand event on June 21.

"Yoga is not associated with one person or ideology. It is been adopted by people across the world. Yoga is our heritage and it keeps us healthy. But over the years, people have started taking medicines to cure minor diseases when those diseases can be easily controlled with yoga. When Prime Minister Narendra Modi proposed the idea of yoga at the United Nations, 177 countries agreed to it and today, yoga derived from our land, has reached every person in the world," the CM said.

The Chief Minister urged officials of institutions,



Chief Minister Nayab Singh Saini administers oath during a review meeting for preparations of state-level International Yoga Day celebrations in Kurukshetra on Sunday. TRIBUNE PHOTO

NGOs, business organisations and other social and religious organisations present at the meeting to play their role in making the programme successful.

He further said, "A target of over one lakh people performing yoga on June 21 in Kurukshetra has been set and the arrangements are being made accordingly. The Brahma Sarovar and Mela Ground have been divided into 103 sectors. Out of these, 64 sectors have been made at Brahma Sarovar and 37 sectors at the Mela Ground and surrounding areas. Arrangements have been made for 1,000 yoga practitioners to

do yoga in every sector. Nodal officers and volunteers will be deployed in each sector to ensure a smooth event."

He said the theme of International Yoga Day this year is 'One Earth, One Health'. The Haryana Government has added 'Yoga Yukt, Nasha Mukta Haryana' slogan with it. The CM said, "The young generation is the strength and future of this country and if we want to save our youth from drug addiction, we have to connect them with yoga. Drug addiction in youngsters is harmful to society and the progress and development of the country."

The Chief Minister administered oath to the people present at the meeting to adopt yoga in life, to stay away from addiction and to inspire others.

Haryana Yog Aayog Chairman Dr Jaideep Arya said on June 21, about 10 lakh yoga practitioners in the state would sow medicinal plants and more than one lakh people in Kurukshetra will set a world record by doing yoga together.

At the meeting, former state minister Subhash Sudha, Deputy Commissioner Neha Singh, Superintendent of Police Nitish Agarwal and several other officials were present.

The Goan • 09 Jun • Ministry of Ayush
Banana leaves: Medicinal benefits and traditional uses

9 • PG

1112 • Sqcm

166816 • AVE

200K • Cir

Bottom Left

Goa

Banana leaves: Medicinal benefits and traditional uses

Shivangi Karn

Banana leaves are parts of a banana tree and are considered as nutritional and healthy as banana fruits. The leaves of bananas are easily available in various parts of India and are used in multiple ways, from treating certain illnesses to using them in culinary or as cattle feed. In this article, we will discuss some of the amazing medicinal benefits and uses of banana leaves. Take a look.

■ Treat common cold and flu

The common cold and flu are the most occurring illnesses in the world. A study has shown that medicinal herbs, including plantain species, leaves such as banana leaves can be used as herbal medicine against such illnesses. Banana leaves have potent antioxidants which may help treat these minor conditions with the self-treatment method.

■ Reduce fever

A study talks about the beneficial effect of all parts of banana against fever, including its leaves. The

phytochemicals in banana leaves may help prevent or treat conditions like fever due to their antipyretic, antimicrobial and anti-inflammatory effects. Drinking decoction made of banana leaves is considered health-promoting.

■ Alternative for wound dressing

According to a study, banana leaves make for a cheap and efficacious wound dressing in many developing countries due to their excellency, inexpensiveness and easily available properties. The antimicrobial and anti-inflammatory properties of banana leaves are equal to those of petroleum jelly gauze dressing and thus, can help treat or fill the wound in a shorter time.

■ Boost the immune system

Lectin, a type of protein, is abundantly found in banana leaves along with its pulp, says a study. Lectin has strong immunomodulating properties that may help increase the count of T-cells in the body. T-cells are part of immune cells that help detect and mark the pathogens in the body and send signals to B-cells for their destruction.

■ Reduces cellulite

Some anecdotal studies say that banana leaves may help reduce cellulitis in the body. This could be done by mashing the leaves and applying them on the skin where cellulitis are present. The polyphenols in the leaves help lower the cholesterol in the skin cells which are responsible for the development of cellulitis and thus, may help cut them down.

■ Manages diabetes

According to a study, banana leaves are a potential source of rutin, a plant flavonoid that has anti-diabetic, anti-inflammatory and antioxidative effects. This essential flavonoid in banana leaves may benefit diabetics by managing their glucose levels and preventing any risk of related complications. Banana leaves also help break down the maltose, a type of sugar, in the body whose increased amount indicates diabetes.

■ Treats ulcers

Peptic ulcer disease is a condition characterised by painful ulcers in the lining of the stomach due to an imbalance of acid, pepsin and defensive factors like nitric oxide.

A study talks about the anti-ulcer property of banana leaves. It says that the leaves contain flavonoids and many organic and inorganic compounds such as alkaloids, tannins, antioxidants and phenolic acids that may provide protective effects against gastric mucosal injury and treat the condition.

■ Good for hair

Banana leaves act as a great hair ingredient and may help get rid of certain hair problems like dandruff, itchy hair and grey hair. Some personal-based experiences of individuals say that chopping and crushing banana leaves to extract their water and then applying it over the hair, can help make the hair perfectly black, reduce grey hair and also strengthen their follicles.

■ May neutralise venoms

A study talks about the anti-venom activity of banana leaves against the toxicity induced by snake venom. It says that when the extract of banana leaves interacts with the proteins of snake venom, the tannins and polyphenols in the leaves tend to inactivate the toxic proteins and may reduce their effect to some extent. This is the reason why banana leaves paste is applied on snake bites for relief. The study needs more evidence.

■ Make for a hygienic food wrap

Banana leaves are used traditionally due to many hygienic purposes. First of all, foods wrapped in banana leaves tend to stay toxic-free compared to plastic wrap, as no plastic toxins get mixed with the food. Secondly, the antibacterial properties of the leaves prevent the food from getting ruined due to bacteria and germs and keep it safe and fresh for a longer period. Also, eating on banana leaves does not require much cleaning and is eco-friendly.

■ May improve appetite

Many long-term and short-term conditions such as liver disease, fever, kidney problems, food poisoning and hepatitis can reduce the appetite of a person. Such anecdotal studies say the aroma of banana leaves can help induce the appetite when served on a banana-wrapped plate.

■ Add a unique flavour to the food

Banana leaves are widely used in cooking. Foods that are wrapped and cooked (preferable steamed) in banana leaves is known to get vital plant compounds from the leaves like EGCG (Epigallocatechin Gallate), a polyphenol that is known to reduce many inflammatory and chronic diseases like cancer, heart diseases and Alzheimer's. Also, when hot foods are served on banana leaves, the waxy coating over them tends to meltdown and get mixed with food, thus providing a unique and subtle flavour to the food.

Banana leaves have none to minimal side effects and an abundance of medical benefits and traditional uses.

However, only some of those benefits are backed by science while most of the benefits and uses are based on anecdotal studies or personal experiences. As banana leaves are considered herbs, it is always good to consult a medical expert before using them.



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The Morning Standard • 09 Jun • Ministry of Ayush

Fit Bit

2 • PG

620 • Sqcm

297811 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

ADHO MUKHA VAJRASANA AERIAL (DOWNWARD FACING THUNDERBOLT POSE AERIAL)

This beginner-level seated-forward bending yoga pose is a variation of the base pose Vajrasana (Thunderbolt Pose), which involves kneeling and sitting back on the heels with an upright spine and hands resting on the thighs, promoting relaxation and digestion. It provides a deeper stretch to the shoulders, arms, and back, due to the forward bend supported by the hammock, which allows for greater spinal decompression, relieving tension and promoting better spine alignment.

STEPS

- Kneel down in Vajrasana (Thunderbolt Pose), with your hips resting on your heels and knees together.
- You can position the aerial hammock or swing in front of you at a height that allows you to hold it comfortably with extended arms.
- Now reach forward and grasp the hammock with both hands, ensuring a firm grip. Inhale deeply through your nose, filling your lungs and expanding your chest.
- Exhale slowly through your nose, begin to lean forward, allowing your hips to stay over your heels. Extend your arms fully and let the hammock support your weight, creating a gentle stretch through your shoulders and back.
- Continue to inhale deeply and exhale slowly, maintaining a steady and even breath. Then, inhale, and focus on lengthening your spine and engaging your core muscles to support your body.
- Maintain the position for 10 breaths or as per your capacity.
- To release, slowly lift your torso back to an upright position on an inhale, using your core muscles to control the movement. Gradually bring your hands back towards your thighs, maintaining your grip on the hammock for support.
- Once upright, exhale and release the hammock, returning your hands to your thighs. Sit in Vajrasana, breathing deeply and allowing your body to readjust from the stretch. Finally, release Vajrasana and relax in Staff Pose Hands Back for six to eight breaths.

BENEFITS

- Vajrasana helps better blood circulation in the body.
- This is the only yoga pose that can be practised right after lunch or dinner.
- Strengthens pelvic muscles by altering the blood flow in the pelvic region.
- Improves digestion and combats constipation, indigestion, and acidity.
- Stimulates spinal nerves; corrects rounded back and drooping shoulders.
- Regulates the functioning of reproductive organs and the thyroid gland.
- Beneficial for people suffering from sciatica.
- Helpful in curing menstrual disorders.
- Relieves piles and stomach disorders such as peptic ulcer and hyperacidity.
- Slow and rhythmic breathing in this position can induce a meditative state.
- It can alleviate pressure on the knees and ankles, making it accessible to individuals who may find the base pose uncomfortable.
- Adds a stretch to the shoulders, arms, and back, utilising the support of the aerial hammock to deepen the stretch and enhance spinal decompression.

LIMITATIONS

- People suffering from a knee problem or who have undergone knee surgery, are experiencing spinal cord conditions, especially with the lower vertebrae, suffering from intestinal ulcers, a hernia or any other intestinal problems, wrist or neck injuries, balance disorders or vertigo, and pregnant women, must avoid this pose.
- Individuals with high blood pressure or cardiovascular issues need to be careful.
- Beginners should seek guidance from a yoga expert.



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

The Pioneer • 09 Jun • Ministry of Ayush

CM Administers 'Yoga Oath' Ahead of Grand International Yoga Day Event in Kurukshetra

3 • PG

336 • Sqcm

201493 • AVE

268.96K • Cir

Top Right

Chandigarh

CM Administers 'Yoga Oath' Ahead of Grand International Yoga Day Event in Kurukshetra

PNS ■ KURUKSHETRA

Haryana Chief Minister Nayab Singh Saini on Sunday administered an oath to the representatives of institutions, NGOs, and community leaders at the Multi Art Cultural Centre in Kurukshetra, urging them to integrate yoga, pranayama, and meditation into their daily lives. The participants also pledged to stay away from addiction and promote yoga in their families, workplaces, and society. The event marked the beginning of an intensified countdown to a historic and grand celebration of 'International Yoga Day' in Kurukshetra on June 21, 2025.

Holding a preparatory meeting with institutions, business groups, and social organizations, the Chief Minister emphasized that Swachhata (cleanliness) and Yoga are the twin pillars on which the dream of 'Viksit Bharat' (Developed India) can be fast-tracked. "The campaign for International Yoga Day-2025 has already begun with a cleanliness drive launched on May 27, followed by regular yoga sessions across the state," Saini informed.

The Chief Minister described the upcoming state-level programme as "historic and unprecedented", adding that the participation of Baba Ramdev in Kurukshetra — the land of Lord Krishna — would elevate the event's spiritual and cultural significance. "Swami Ramdev has brought yoga to the world stage. His presence on June 21 will be a moment of pride for Kurukshetra," he said.

Referring to yoga as a gift of the rishis,



Saini underscored the health and wellness benefits it brings. "Today, even for minor ailments, people turn to medication. Yoga offers a holistic alternative. If we want to rescue our youth from the clutches of addiction, we must bring yoga into their lives," he asserted.

He called upon the citizens of Kurukshetra to participate en masse in the mega event by gathering at Brahma Sarovar and Mela Ground at 4 am on June 21, terming it a "maha-yagya of wellness". Stressing mass mobilization, he appealed to all stakeholders to fulfill their responsibilities sincerely and treat Yoga Day with the same enthusiasm as major festivals like Diwali and Holi.

This year's International Yoga Day will be celebrated under the global theme of 'One

Earth, One Health', aligning with India's message of wellness and harmony. Haryana has added a regional dimension with the slogan 'Yoga Yukt, Nasha Mukht', underlining its commitment to both physical and societal health.

Former Minister and local leader Subhash Sudha, echoing the CM's sentiments, said that the people of Kurukshetra consider it their "good fortune" to host this global celebration. "This event will be viewed across the world, and I assure that citizens from every household will be part of it," he claimed. He also requested the Chief Minister to establish a meditation center in the city, underlining the need for long-term infrastructure to sustain the wellness movement.

Adding a unique green dimension to this wellness campaign, Haryana Yog Aayog chairman Dr Jaideep Arya announced a statewide medicinal plantation drive. "On June 21, 10 lakh yoga practitioners across the state will sow medicinal plants, combining environmental protection with physical well-being," he said. In Kurukshetra alone, over one lakh participants are expected to set a world record by performing yoga together, further amplifying the global message of harmony and health.

Through coordinated efforts between government departments, NGOs, spiritual organizations like Patanjali Yogpeeth, and the people of Haryana, the 2025 Yoga Day celebrations aim to inspire a cultural shift — from passive health dependence to active wellness and from social apathy to collective responsibility.

The Pioneer • 09 Jun • Ministry of Ayush
From discipline to display: The silent erosion of traditional Yoga

7 • PG

421 • Sqcm

1201091 • AVE

634.42K • Cir

Bottom Right

Delhi • Chandigarh

From discipline to display: The silent erosion of traditional Yoga

Growing up, I always learnt and practised yoga in a quiet, disciplined, and almost sacred way. In India, yoga was never just an exercise; it was a deeply spiritual and scientific system, honed over thousands of years to align the body, mind, and spirit. Whether it was traditional forms like Hatha Yoga and Ashtanga Yoga, or guru-shishya lineages such as Sivananda Yoga, Iyengar Yoga, or Satyananda Yoga, the core practices remained largely consistent, with only minor variations, and were intentionally grounded in both physical discipline and profound philosophical wisdom.

Hatha Yoga, which I practice at Sivananda School of Yoga practice, for instance, is not merely about bending the body into various shapes. It is about balancing the masculine and feminine energies within oneself ('Ha' in 'Hatha' means Sun and 'tha' means Moon). The slow, purposeful asanas are designed to prepare the body for deeper spiritual practices like meditation and so on. Ashtanga Yoga, demands discipline and synchronisation of breath with a progressive series of postures, promoting physical endurance and mental clarity.

Iyengar Yoga, developed by BKS Iyengar, emphasises precision and alignment. Props like belts and blocks are used not as gimmicks but as intelligent aids to help practitioners achieve the correct posture safely. Satyananda Yoga, from the Bihar School of Yoga, also a disciple of Swami Sivananda, offers a holistic system combining asanas, pranayama (breath control), and meditation, deeply grounded in ancient scriptures yet highly accessible to modern practitioners. These traditional forms of yoga were complete systems — designed not just to build strong bodies but to cultivate resilience, compassion, inner peace, and eventually, spiritual awakening. But today, the variations presented, especially to attract younger audiences are at times of concern. In the quest to make yoga more "appealing," a whole new breed of hybrid practices have emerged at times sans focus on posture or mind breath and body coordination.

While innovation can often bring new energy to old traditions, in the case of yoga, I worry that something fundamental is being lost. Power Yoga, for example, was developed to suit the Western craving for calorie — burning workouts. It emphasises speed, strength, and sweat — but often sacrifices breath awareness, alignment, and the contemplative aspects that are central to yoga. Aerial Yoga uses silk hammocks to suspend practitioners per cent in mid-air. While it might look beautiful on social media, it introduces new risks to the musculoskeletal system, especially if taught without a proper understanding of traditional postures and body mechanics. HIIT Yoga and CrossFit Yoga attempt to fuse high-intensity interval training and weightlifting

principles with yogic postures.

The fact is that yoga was never intended to be a high-stress activity on the body. Then there's Paddleboard Yoga and Spin and Yoga, both interesting combinations, but ones that often seem to dilute the inward focus that traditional yoga demands. Balancing on a paddleboard or spinning on a cycle while trying to breathe deeply and remain mindful often becomes more of a challenge to one's physical endurance rather than an invitation to stillness and self-inquiry.

What concerns me is not merely the creation of these hybrids, but the way they are marketed: Yoga is increasingly sold as a product — a lifestyle choice that promises flat abs, glowing skin, and mental sharpness in 30 days or less. The ancient aim of yoga — union with the higher self — is often barely mentioned. The sacredness of the practice, its depth, and its inherent science seem at risk of being trivialised into a trendy hashtag or a flashy gym class. Experimenting with traditional practices without a deep understanding of their purpose and structure can be risky. Traditional yoga evolved slowly, through painstaking observation of the human body and mind. Every asana was designed with attention to anatomical, energetic, and psychological effects.

Disrupting this carefully developed sequence — speeding it up, loading it with weights, suspending it mid-air — can lead to injuries ranging from minor sprains to serious spinal issues. Traditional yoga balances the nervous system, calming the fight-or-flight response and cultivating parasympathetic dominance (rest and digest mode).

High-intensity fusions may instead overstimulate the nervous system, leaving practitioners wired and anxious rather than grounded and serene. Having said that, I believe there is always room for creativity. Yoga should be alive, growing, and meeting the needs of new generations. But this growth must be rooted in respect for the science behind traditional systems. Without that grounding, we risk turning yoga into just another fitness fad — here today, gone tomorrow — when in fact it is one of humanity's most precious treasures for holistic health and self-realisation. As someone who has felt the profound benefits of traditional yoga, I urge others — especially younger audiences drawn to "new-age" yoga, to explore the traditional systems first. Understand the depth before seeking novelty. Build a strong foundation before experimenting. After all, yoga isn't just something we do, it's something we become, and it's a way of life. And that transformation is far too sacred to be rushed, repackaged, or compromised.



SHARMILA
DAS

(The writer is a certified Sivananda Yoga teacher. Views expressed are personal)

Free Press Journal • 09 Jun • Ministry of Ayush
Premiere of docu on Ayurveda

2 • PG

90 • Sqcm

71212 • AVE

251.68K • Cir

Bottom Left

FP School

Mumbai

Premiere of docu on Ayurveda



A documentary delving deep into the traditional Indian system of Ayurveda and showcasing its immense potential and hidden prospects

is all set to premiere in New Delhi on June 11. Titled "Ayurveda - The double helix of life", the 90-minute-long English documentary would be released by Minister of State for Ayush Prataprao Jadhav in New Delhi. The National award-winning filmmaker Vinod Mankara, who helmed the docu-film, said its main objective is to show the rare virtues of Ayurveda.

Punjab Express • 09 Jun • Ministry of Ayush

India scripting new chapter of national renewal in PM Modi's decisive decade: Hardeep Puri

11 • PG

356 • Sqcm

71241 • AVE

348.98K • Cir

Top Right

Chandigarh

India scripting new chapter of national renewal in PM Modi's decisive decade: Hardeep Puri

NEW DELHI, JUNE 8

India is scripting a new chapter of national renewal in every sphere -- economic, social and strategic -- under Prime Minister Modi's leadership, with the country's decisive decade well underway, Petroleum Minister Hardeep Singh Puri has written in an article.

Democracies are rightly subjected to a higher standard of scrutiny in the delivery of goods and services to the unserved and underserved. In India, that test is exacting. No slogan survives without substance, no claim without consequence. Real transformation must reach the last person because in our democracy, Antyodaya casts a vote, the minister has stated.

That is why, one year into Modi 3.0, the resounding mandates in Delhi, Maharashtra and Haryana are not just political milestones -- they are a reaffirmation that in today's India, delivery, not rhetoric, earns trust, he explained.

The minister has high-



lighted that programmes anchored in the philosophy of 'Sarvodaya through Antyodaya' ensure that no Indian is left behind. More than 25 crore people have been lifted out of multidimensional poverty. Pradhan Mantri Kisan Samman Nidhi (PM-KISAN) has disbursed over Rs 3.68 lakh crore to more than 11 crore farmers. The 'Lakhpati Didi' initiative has empowered over one crore rural women to achieve annual incomes exceeding Rs 1 lakh. Nearly three crore houses have been sanctioned under the Pradhan Mantri Awas Yojana.

He further stated that the Jal Jeevan Mission has provided tap water connections to over 15.44 rural households. Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY) has been expanded to offer free health coverage of Rs 5 lakh per year for all citizens aged 70 and above, regardless of income. This is expected to benefit approximately six crore senior citizens, providing them with comprehensive healthcare access and financial protection. Additionally, the scheme has been extended to include frontline community health workers. IANS

The New Indian Express • 09 Jun • Ministry of Ayush ADHO MUKHA VAJRASANA AERIAL

2 • PG

665 • Sqcm

877585 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

ADHO MUKHA VAJRASANA AERIAL (DOWNWARD FACING THUNDERBOLT POSE AERIAL)

This is a beginner-level seated-forward bending yoga pose, that is a variation of the base pose Vajrasana (Thunderbolt Pose), which involves kneeling and sitting back on the heels with an upright spine and hands resting on the thighs, promoting relaxation and digestion. It provides a deeper stretch to the shoulders, arms, and back, due to the forward bend supported by the hammock, which allows for greater spinal decompression, relieving tension and promoting better spine alignment.

STEPS

- Kneel down in Vajrasana (Thunderbolt Pose), with your hips resting on your heels and knees together.
- You can position the aerial hammock or swing in front of you at a height that allows you to hold it comfortably with the extended arms.
- Now reach forward and grasp the hammock with both hands, ensuring a firm grip. Inhale deeply through your nose, filling your lungs and expanding your chest.
- Exhale slowly through your nose, begin to lean forward, allowing your hips to stay over your heels. Extend your arms fully and let the hammock support your weight, creating a gentle stretch through your shoulders and back.
- Continue to inhale deeply and exhale slowly, maintaining a steady and even breath. Then, inhale, and focus on lengthening your spine and engaging your core muscles to support your body.
- Maintain the position for 8-10 breaths or as per your capacity.
- To release, slowly lift your torso back to an upright position on an inhale, using your core muscles to control the movement. Gradually bring your hands back towards your thighs, maintaining your grip on the hammock for support.
- Once upright, exhale and release the hammock, returning your hands to your thighs. Sit in Vajrasana, breathing deeply and allowing your body to readjust from the stretch. Finally, release Vajrasana and relax in Staff Pose Hands Back for six to eight breaths.

BENEFITS

- Vajrasana helps better blood circulation in the body.
- This is the only yoga pose that can be practised right after lunch or dinner.
- Strengthens pelvic muscles by altering the blood flow in pelvic region.
- Improves digestion and combats constipation, indigestion, and acidity.
- Stimulates spinal nerves; corrects rounded back and drooping shoulders.
- Regulates the functioning of reproductive organs and thyroid gland.
- Beneficial for people suffering from sciatica.
- Helpful in curing menstrual disorders.
- Relieves piles and stomach disorders such as peptic ulcer and hyper acidity.
- Slow and rhythmic breathing in this position can induce a meditative state.
- It can alleviate pressure on the knees and ankles, making it accessible to individuals who may find the base pose uncomfortable.
- This variation adds a significant stretch to the shoulders, arms, and back, utilising the support of the aerial hammock to deepen the stretch and enhance spinal decompression.

LIMITATIONS

- If anyone suffers from a knee problem or has recently undergone knee surgery, have spinal cord conditions, especially with the lower vertebrae, suffering from intestinal ulcers, a hernia or any other intestinal problems, wrist or neck injuries, balance disorders or vertigo, and pregnant women, they must avoid this pose.
- Individuals with high blood pressure or cardiovascular issues should be careful in practising it.
- Beginners or those new to aerial yoga should seek guidance from a yoga expert.



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

Ajit Samachar • 09 Jun • Ministry of Ayush

Pradesh mein vishesh yog pakhwada kariyashala main 1,37,468 logo ne kiya abhiyash

5 • PG

94 • Sqcm

14078 • AVE

177.4K • Cir

Middle Right

Chandigarh

प्रदेशभर में विशेष योग पखवाड़ा कार्यशाला में 1,37,468 लोगों ने किया योगाभ्यास

चंडीगढ़, 8 जून (विशेष संवाददाता): हरियाणा सरकार ने प्रदेश को एक स्वस्थ, नशामुक्त और पर्यावरण-संवेदनशील राज्य बनाने की कड़ी में एक महत्वपूर्ण कदम उठाया है। इसी के तहत अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में प्रदेशभर में खेल विभाग, आयुष विभाग, उच्चतर शिक्षा विभाग तथा पतंजलि योगपीठ के संयुक्त तत्वावधान में विशेष योग पखवाड़ा कार्यशाला का आयोजन किया जा रहा है। इस आयोजन में प्रदेश में अब तक लगभग 9.50 लाख प्रतिभागियों ने सक्रिय भागीदारी की जा चुकी है। आज प्रदेशभर में 1,37,468 लोगों ने एक साथ योगाभ्यास किया तथा 2,640 पौधे लगाए गए। अब तक कुल 40,721 पौधे लगाए जा चुके हैं। बता दें कि 21 जून को मनाए जाने वाले अंतरराष्ट्रीय योग दिवस की प्रदेशभर में पूर्व तैयारियां की जा रही हैं। ताकि मुख्यमंत्री नायब सिंह सैनी के 'योगयुक्त-नशामुक्त हरियाणा' के विजन को साकार किया जा सके। हरियाणा खेल एवं आयुष विभाग के महानिदेशक संजीव वर्मा ने इस अवसर पर कहा कि योग केवल शरीर की क्रियाओं तक ही सिमित नहीं है बल्कि यह एक पूर्ण जीवनशैली है, जिसमें आत्म-संयम, संतुलन और स्वास्थ्य समाहित हैं।

Ajit Samachar • 09 Jun • Ministry of Ayush

Chandigarh press club mein media karmiyo ke liye lagaya yog shivir

3 • PG

168 • Sqcm

25202 • AVE

177.4K • Cir

Middle Right

Chandigarh



चंडीगढ़ प्रैस क्लब में मीडियाकर्मियों के लिए लगाए योग शिविर का दृश्य।
(छाया : गुरिंदर सिंह)

चंडीगढ़ प्रैस क्लब में मीडियाकर्मियों के लिए लगाया योग शिविर

चंडीगढ़, 8 जून (विशेष संवाददाता) : ऐसे मौके पर जब कुछ दिन बाद विश्व योग दिवस के लिए पूरी दुनिया योगमय होने वाली है, चंडीगढ़ के मीडिया कर्मी भी प्रैस क्लब प्रांगण में योगमय जीवन का हिस्सा बन रहे हैं। इस दो सप्ताह के शिविर में योग का प्रशिक्षण दे रहे आचार्य बलविंदर ने इस मौके पर कहा आज के आपाधापी के युग में जब हमारी दिनचर्या बदली है, खानपान दूषित है और हवा प्रदूषित है, योगमय जीवन हमारे स्वास्थ्य की गारंटी है। खासकर मीडियाकर्मी जो लगातार तरह-तरह के दबाव व देर रात तक काम करते हैं, उनके लिये योग वरदान है। ढाई दशक से प्रैस क्लब में योग सिखा रहे आचार्य बलविंदर इस मौके पर योगमय जीवन शैली पर बल दिया। सैक्टर 27 स्थित प्रैस क्लब परिसर में आयोजित शिविर में प्रैस क्लब प्रेस प्रेजीडेंट सौरभ दुग्गल ने कहा कि समाचार संकलन व सृजन से जुड़े मीडियाकर्मियों को योग को जीवन का हिस्सा बनाना चाहिए। इससे कई तरह के तनाव व देर रात तक काम करने से उपजे रोगों से बचाव हो सकता है। उन्होंने योग दिवस 21 जून को शिविर समापन पर विशेष आयोजन की बात कही।

Dainik Jagran • 09 Jun • Ministry of Ayush
Ayurved mein chhipe pehluon se avgat karayegi documentry

8 • PG

108 • Sqcm

272506 • AVE

1.14M • Cir

Middle Left

Delhi

आयुर्वेद के छिपे पहलुओं से अवगत कराएगी डॉक्यूमेंट्री

तिरुअनंतपुरम: आयुर्वेद के छिपे पहलुओं को उजागर करने वाली डॉक्यूमेंट्री फिल्म को 11 जून को नई दिल्ली में प्रदर्शित किया जाएगा। डॉक्यूमेंट्री के निर्माताओं ने बताया, फिल्म डिवीजन थिएटर, नई दिल्ली में 90 मिनट की अंग्रेजी डॉक्यूमेंट्री फिल्म – “आयुर्वेद – द डबल हेलिक्स आफ लाइफ” को आयुष और स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री प्रतापराव जाधव रिलीज करेंगे। इस डॉक्यूमेंट्री के निर्देशक राष्ट्रीय पुरस्कार विजेता फिल्म निर्माता विनोद मंकारा ने कहा कि डॉक्यूमेंट्री का मुख्य उद्देश्य यह दिखाना है कि आयुर्वेद की दुर्लभ विशेषताओं का आधुनिक चिकित्सा उपचार में कैसे उपयोग किया जाए। (प्रैट)

Dainik Jagran • 09 Jun • Ministry of Ayush

Bhagdoud bhari zindagi main yog hi sawasth jeevan ki guarantee

6 • PG

594 • Sqcm

940861 • AVE

107.62K • Cir

Middle Right

Chandigarh

करो योग, रहो निरोग : आचार्य बलविंदर ने टी योगक्रिया की जानकारी और उसके लाभ बताए

स्पाइस रिपोर्टर, चंडीगढ़ : करो योग तो रहोगे निरोग, इसी प्रकार का संदेश देते हुए प्रेस क्लब सेक्टर-27 में योग शिविर आयोजित किया गया। अंतरराष्ट्रीय योग दिवस 21 जून के उपलक्ष्य पर प्रेस क्लब सेक्टर-27 में योग शिविर आयोजित किया गया, जिसमें प्रशिक्षक आचार्य बलविंदर ने योग की विभिन्न क्रियाएं और उससे होने वाले लाभ की जानकारी दी। योग शिविर में मीडिया के 100 से ज्यादा लोगों ने परिवार सहित भाग लिया। योग प्रशिक्षक आचार्य बलविंदर, द्वाई दशकों से योग का प्रशिक्षण दे रहे हैं। उन्होंने उद्घाटन सत्र में कहा कि आज की भागदौड़ भरी जिंदगी, बिगड़ी दिनचर्या, दूषित खानपान और प्रदूषित वातावरण में योगमय जीवन शैली ही स्वास्थ्य की गारंटी है। उन्होंने कहा कि मीडियाकर्मियों की कार्यशैली चुनौतियों से भरी हुई है। जिसमें अनियमित समय पर सोना, खानपान, मानसिक दबाव और देर रात तक करना खतरनाक है। इस प्रकार के लाइफस्टाइल से कई प्रकार के रोग इंसान को हो जाते हैं, जिसमें योग बेहद लाभकारी है।

भागदौड़ भरी जिंदगी में योग ही स्वस्थ जीवन की गारंटी



प्रेस क्लब में अंतरराष्ट्रीय योग दिवस के उपलक्ष्य आयोजित शिविर में भाग लेते हुए मीडियाकर्मों और उनके परिवार •आयोजक

प्राणायाम और ध्यान सबसे अहम

योग प्रशिक्षक ने बताया कि कई क्रियाएं हैं जो शारीरिक और मानसिक परेशानियां दूर करने में मदद करती हैं। इन क्रियाओं में प्राणायाम और ध्यान का अभ्यास अहम है। इसके अलावा सुप्त पवनमुक्तासन, भुजंगासन, पश्चिमोत्तानासन, वज्रासन, धनुरासन, मत्स्यासन, पादहस्तासन, सर्वांगासन, शीर्षासन हर इंसान के लिए उपयोगी हैं।

Virat Vaibhav • 09 Jun • Ministry of Ayush
Lakhs of people do Yoga in workshop

11 • PG

75 • Sqcm

89485 • AVE

625K • Cir

Middle Right

Delhi

प्रदेश भर में विशेष योग पखवाड़ा कार्यशाला में 1,37,468 लोगों ने किया योगाभ्यास

वैभव न्यूज ■ चंडीगढ़

हरियाणा सरकार ने प्रदेश को एक स्वस्थ, नशामुक्त और पर्यावरण-संवेदनशील राज्य बनाने की कड़ी में एक महत्वपूर्ण कदम उठाया है। इसी के तहत अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में प्रदेशभर में खेल विभाग, आयुष विभाग, उच्चतर शिक्षा विभाग तथा पतंजलि योगपीठ के संयुक्त तत्वावधान में विशेष योग पखवाड़ा कार्यशाला का आयोजन किया जा रहा है। इस आयोजन में प्रदेश में अब तक लगभग 9.50 लाख प्रतिभागियों ने सक्रिय भागीदारी की जा चुकी है।

आज प्रदेशभर में 1,37,468

लोगों ने एक साथ योगाभ्यास किया तथा 2,640 पौधे लगाए गए। अब तक कुल 40,721 पौधे लगाए जा चुके हैं। बता दें कि 21 जून 2025 को मनाए जाने वाले अंतरराष्ट्रीय योग दिवस की प्रदेशभर में पूर्ण तैयारियां की जा रही हैं। ताकि मुख्यमंत्री श्री नायब सिंह सैनी के योगयुक्त-नशामुक्त हरियाणा के विजन को साकार किया जा सके। हरियाणा खेल एवं आयुष विभाग के महानिदेशक श्री संजीव वर्मा ने इस अवसर पर कहा कि योग केवल शरीर की क्रियाओं तक ही सीमित नहीं है बल्कि यह एक पूर्ण जीवनशैली है।

Virat Vaibhav • 09 Jun • Ministry of Ayush
Atyadhik screen samay ka samadhan

2 • PG

275 • Sqcm

330407 • AVE

625K • Cir

Middle Left

Delhi

योग

अत्यधिक स्क्रीन समय का समाधान : योग के माध्यम से संतुलन की ओर

आज की दुनिया डिजिटल उपकरणों पर अत्यधिक निर्भर हो चुकी है। स्मार्टफोन, लैपटॉप, और टैबलेट अब केवल साधन नहीं बल्कि दिनचर्या का हिस्सा बन गए हैं। विशेषकर किशोरों के बीच स्क्रीन पर बिताया गया समय तेजी से बढ़ रहा है, जिससे उनकी नींद, एकाग्रता, व्यवहार और भावनात्मक संतुलन पर नकारात्मक असर पड़ रहा है।

शोध के आधार पर समाधान की दिशा में कदम मेरे पीएच.डी. शोध के अंतर्गत, मैंने शिक्षकों, अभिभावकों और छात्रों से विस्तृत सर्वेक्षण किया ताकि यह समझा जा सके कि किशोरों में स्क्रीन उपयोग की आदतें कैसी हैं, और उनका मनोवैज्ञानिक तथा शारीरिक स्वास्थ्य पर क्या प्रभाव पड़ता है। इस सर्वेक्षण में 3500 से अधिक प्रतिभागियों की प्रतिक्रियाएं एकत्र की गईं।

इन निष्कर्षों के आधार पर, मैंने एक समर्पित योग मॉड्यूल (इंटीग्रेटेड अप्रोच ऑफ योगा थेरेपी : आईएवायटी) विकसित किया जो विशेष रूप से डिजिटल ओवरयूज से प्रभावित किशोरों के लिए डिजाइन किया गया है। इसके बाद इस मॉड्यूल पर एक शोध भी किया गया, जिसने वैज्ञानिक रूप से यह सिद्ध किया कि योग के नियमित अभ्यास से स्क्रीन से जुड़ी नकारात्मक समस्याओं में स्पष्ट और स्थायी सुधार होता है।

योग से संतुलन की ओर

योगिक क्रियाएं

कपालभाति क्रिया- मानसिक थकान, आलस्य और डिजिटल तनाव को दूर कर ऊर्जा को जागृत करती है।

जनु त्राटक- आंखों की रोशनी सुधारने, तनाव कम करने और एकाग्रता बढ़ाने में अत्यंत उपयोगी।

योग आसन व प्राणायाम

भुजंगासन, त्राटक, अनुलोम-विलोम, धामरी और शवासन जैसे अभ्यास

शरीर को संतुलन में लाते हैं और स्क्रीन से होने वाले तनाव को कम करते हैं।

ध्यान और माइंडफुलनेस

हर दिन कुछ मिनटों का ध्यान किशोरों में आत्म-नियंत्रण, मानसिक शांति और भावनात्मक स्थिरता को बढ़ावा देता है।

योगिक खेल

डिजिटल गेमिंग की लत को सकारात्मक दिशा में मोड़ने हेतु हम योग आधारित शारीरिक और मानसिक खेलों का आयोजन करते हैं जो विद्यार्थियों में सहकारिता, रचनात्मकता और सक्रियता को बढ़ावा देते हैं।

निःशुल्क कार्यशालाएं- स्कूलों और कॉलेजों के लिए पहल

हमारी संस्था द्वारा स्कूलों और कॉलेजों में निःशुल्क डिजिटल डिटॉक्स वर्कशॉप्स आयोजित की जा रही हैं। इन कार्यशालाओं में छात्रों, अभिभावकों और शिक्षकों को स्क्रीन उपयोग संतुलन, डिजिटल हाइजीन, तथा योगिक समाधान सिखाए जाते हैं।

अधिक जानकारी या कार्यशाला के लिए संपर्क करें- www.digitaldeto&clinic.com

निष्कर्ष

तकनीक से दूर भागना संभव नहीं, लेकिन उसका संतुलित उपयोग जरूरी है। योग हमें केवल शरीर की लचीलापन नहीं देता, बल्कि एक डिजिटल युग में भी सजग, संतुलित और स्वस्थ जीवन जीने की राह दिखाता है।

कपालभाति, जनु त्राटक, योगिक खेल, और ध्यान- ये सभी आधुनिक जीवन की चुनौतियों से निपटने के लिए हमारी परंपरागत शक्ति हैं।

आइए, हम सब मिलकर योग के माध्यम से डिजिटल संतुलन की संस्कृति को अपनाएं और नई पीढ़ी को तकनीक के साथ जीवन जीने की कला सिखाएं।

डॉ. मनीषा मोना

(योग विशेषज्ञ एवं शोधकर्ता)



Virat Vaibhav • 09 Jun • Ministry of Ayush
Yoga Day competition on 15 June

8 • PG

80 • Sqcm

95546 • AVE

625K • Cir

Top Left

Delhi

योग दिवस को लेकर 15 जून से होंगी प्रतियोगिताएं



वैभव न्यूज ■ बुलंदशहर

11 वां अंतरराष्ट्रीय योग दिवस 21 जून को मनाया जाएगा। इससे पूर्व अंतरराष्ट्रीय योग दिवस को लेकर शहर में विभिन्न प्रतियोगिताओं का आयोजन किया जायेगा। जिसमें पंजीकरण कराकर शामिल हो सकते हैं। विजेता को पुरस्कार एवं प्रशस्ति पत्र देकर सम्मानित किया जायेगा। क्षेत्रीय आयुर्वेद एवं यूनानी अधिकारी डॉ. बंदना रानी ने बताया कि 21 जून

को 11 वां अंतरराष्ट्रीय योग दिवस है। योग दिवस को लेकर 16 जून से 20 जून तक शहर में रंगोली, स्तंभन, निबंध लेखन, ड्राइंग एवं योगासन प्रदर्शन आदि प्रतियोगिता का आयोजन किया जायेगा। प्रतियोगिता प्रातः 11 से दोपहर एक बजे तक होगी। प्रतियोगिता में शामिल होने के लिए इच्छुक प्रतिभागी अपना पंजीकरण करा लें। प्रतियोगिता के बाद विभिन्न विषयों पर गोष्ठी का भी आयोजन किया जायेगा।

Dainik Tribune • 09 Jun • Ministry of Ayush
Pradesh bhar mein 1.37 lakh logo ne kiya yogaabhiyash

2 • PG

255 • Sqcm

145606 • AVE

58.7K • Cir

Bottom Center

Chandigarh

प्रदेशभर में 1.37 लाख लोगों ने किया योगाभ्यास

चंडीगढ़, 8 जून (ट्रिब्यू)

हरियाणा सरकार ने प्रदेश को एक स्वस्थ, नशामुक्त और पर्यावरण-संवेदनशील राज्य बनाने की कड़ी में महत्वपूर्ण कदम उठाया है। इसी के तहत अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में प्रदेशभर में खेल विभाग, आयुष विभाग, उच्चतर शिक्षा विभाग तथा पतंजलि योगपीठ के संयुक्त तत्वावधान में विशेष योग पखवाड़ा कार्यशाला का आयोजन किया जा रहा है। इस आयोजन में प्रदेश में अब तक लगभग 9.50 लाख प्रतिभागियों ने सक्रिय भागीदारी की जा चुकी है।

रविवार को प्रदेशभर में 1,37,468 लोगों ने एक साथ योगाभ्यास किया तथा 2,640 पौधे लगाए गए। अब तक कुल



कैथल स्थित एनआईआईएलएम यूनिवर्सिटी में योग करते लोग। -हप्र

40,721 पौधे लगाए जा चुके हैं।

बता दें कि 21 जून 2025 को मनाए जाने वाले अंतर्राष्ट्रीय योग दिवस की प्रदेशभर में पूर्व तैयारियां की जा रही हैं। ताकि मुख्यमंत्री नायब सिंह सैनी के योगयुक्त-नशामुक्त हरियाणा के विजन को साकार किया जा सके।

हरियाणा खेल एवं आयुष विभाग के महानिदेशक संजीव वर्मा ने कहा कि योग केवल शरीर की क्रियाओं तक ही सिमित नहीं है, बल्कि यह एक पूर्ण जीवनशैली है, जिसमें आत्म-संयम, संतुलन और स्वास्थ्य समाहित हैं। उन्होंने बताया कि प्रदेश के नागरिक 21

जून 2025 को अंतर्राष्ट्रीय योग दिवस पर भाग लेने के लिए वेबसाइट

www.internationalyogadayhry.in पर रजिस्ट्रेशन करवा सकते हैं व मोबाइल नंबर 9501131800 पर संपर्क कर सकते हैं।

Dainik Tribune • 09 Jun • Ministry of Ayush
Yug pratiyogita mein chaye cheeka ke sadhak

4 • PG

112 • Sqcm

63676 • AVE

58.7K • Cir

Middle Right

Chandigarh

योग प्रतियोगिता में छाए चीका के साधक

गुहला चीका (निस) : आने वाली 21 जून को 11वें अंतर्राष्ट्रीय योग दिवस की तैयारियों को लेकर आज कैथल में जिला प्रशासन व आयुष विभाग द्वारा जिला स्तरीय योग प्रतियोगिता का आयोजन किया गया। राजकीय कन्या वरिष्ठ माध्यमिक विद्यालय जाखौली अड्डा कैथल में करवाई गई इस प्रतियोगिता का शुभारंभ जिला आयुर्वेदिक अधिकारी डॉ. शकुंतला दहिया ने दीप प्रज्ज्वलित कर किया। प्रतियोगिता में भारतीय योग संस्थान चीका के कई साधकों ने भाग लेते हुए अपनी प्रतिभा का शानदार प्रदर्शन किया। भारतीय योग संस्थान के जिला प्रधान डॉ. विनोद गुप्ता ने बताया कि प्रतियोगिता को 6 वर्गों में बांटा गया था। 28 से 40 वर्ष आयु वर्ग में त्रिकोण आसन, गरुडासन, गौमुखासन, भुजंगासन, पश्चिमोत्तासन करवाए गए जिसमें भारतीय योग संस्थान चीका की महिला साधक रेखा गर्ग ने प्रथम स्थान हासिल किया। 40 से 60 वर्ष आयु वर्ग में करवाए गए वृक्षासन, उत्तानपादासन, वकासन, जानुश्रीरषासन, अकरण धनुरासन में भारतीय योग संस्थान चीका के राकेश गर्ग ने प्रथम व मल्लवीर शर्मा तृतीय स्थान पर रहे। 60 वर्ष से अधिक आयु वर्ग में करवाए गए वीरभद्रासन, ताड़ासन, यकासन, भुजंगासन व पवनमुक्तासन में भारतीय योग संस्थान चीका की महिला साधक राज बाला ने प्रथम स्थान प्राप्त किया। विजेता रहे साधकों को 15 जून को होने वाली राज्य स्तरीय योग प्रतियोगिता के लिए चुना गया है। जिला प्रधान डॉ. विनोद गुप्ता ने कहा कि यह साधकों की कड़ी मेहनत व निरंतर अभ्यास का फल है।

Dainik Tribune • 09 Jun • Ministry of Ayush

Vishav ke manchitar par yog bhumi ke roop mein hogi kurukshetra ki
pehchan :Naib singh saini

5 • PG

330 • Sqcm

188020 • AVE

58.7K • Cir

Top Left

Chandigarh

ब्रह्मसरोवर में अंतर्राष्ट्रीय योग दिवस पर जुटेंगे 1 लाख से ज्यादा साधक

विश्व के मानचित्र पर योग भूमि के रूप में होगी कुरुक्षेत्र की पहचान : नायब सिंह सैनी

पिपली (कुरुक्षेत्र), 8 जून (निस)

मुख्यमंत्री नायब सिंह सैनी ने कहा कि धर्मक्षेत्र-कुरुक्षेत्र को विश्व के मानचित्र पर योग भूमि के रूप में भी जानेंगे। इसके लिए प्रदेश सरकार की तरफ से 21 जून को कुरुक्षेत्र ब्रह्मसरोवर क्षेत्र में अंतर्राष्ट्रीय योग दिवस के राज्य स्तरीय कार्यक्रम में एक लाख से ज्यादा योग साधक पहुंचेंगे। इतना ही नहीं 21 जून को योग दिवस पर पूरे प्रदेश में 10 लाख से ज्यादा लोग अंतर्राष्ट्रीय योग दिवस के साथ जुड़ेंगे। इन ऐतिहासिक और यादगार लम्हों को विश्व के कोने-कोने में देखा जा सकेगा।

मुख्यमंत्री नायब सिंह सैनी रविवार को मल्टी आर्ट कल्चर सेंटर के सभागार में जिला प्रशासन की



कुरुक्षेत्र में रविवार को अंतर्राष्ट्रीय योग दिवस को लेकर संस्थाओं के साथ आयोजित समीक्षा बैठक को संबोधित करते मुख्यमंत्री नायब सिंह सैनी। -निस

तरफ से अंतर्राष्ट्रीय योग दिवस को लेकर संस्थाओं के साथ आयोजित समीक्षा बैठक को संबोधित कर रहे थे। इससे पहले मुख्यमंत्री नायब सिंह सैनी ने ब्रह्मसरोवर और मेला क्षेत्र में एक लाख से ज्यादा लोगों के बैठने की व्यवस्था, सुरक्षा व्यवस्था

के साथ सुरक्षा प्रबंधों को लेकर पूर्व राज्यमंत्री सुभाष सुधा, उपायुक्त नेहा सिंह, पुलिस अधीक्षक नीतीश अग्रवाल, हरियाणा योग आयोग के चेयरमैन डा. जयदीप आर्य, पतंजलि योगपीठ के केन्द्रीय प्रभारी राकेश से फीडबैक लेकर चर्चा की

योग और स्वच्छता से ही होगा विकसित भारत

मुख्यमंत्री नायब सिंह सैनी ने कहा कि जब देश में स्वच्छता और योग होगा तो देश गति के साथ विकसित भारत की तरफ बढ़ेगा। इस अंतर्राष्ट्रीय योग दिवस को प्रदेश में 27 मई से स्वच्छता अभियान चलाकर शुरू कर दिया गया है। 21 जून के आयोजन के लिए योग की कक्षाएं शुरू हो गई हैं।

है। इस योग महाकुंभ को लेकर मुख्यमंत्री ने अधिकारियों को कुछ आवश्यक दिशा-निर्देश भी दिए। इसके उपरान्त मुख्यमंत्री नायब सिंह सैनी ने कुरुक्षेत्र के नागरिकों को योग युक्त, नशा मुक्त हरियाणा का संकल्प दिलवाया।

Dainik Jagran (Rashtriya) • 09 Jun • Ministry of Ayush
Ayurved ke piche pehlu

3 • PG

186 • Sqcm

85184 • AVE

1.54M • Cir

Middle Center

Delhi

आयुर्वेद के छिपे पहलुओं से अवगत कराएगी डाक्युमेंट्री फिल्म, 11 जून को रिलीज

तिरुअनंतपुरम, तमिल नाडु : पारंपरिक भारतीय चिकित्सा प्रणाली आयुर्वेद के छिपे पहलुओं को उजागर करने वाली डाक्युमेंट्री फिल्म को 11 जून को नई दिल्ली में प्रदर्शित किया जाएगा।

डाक्युमेंट्री के निर्माताओं ने बताया, फिल्म डिबीजन थिएटर, नई दिल्ली में 90 मिनट की अंग्रेजी डाक्युमेंट्री फिल्म - "आयुर्वेद - द डबल हेलिक्स आफ लाइफ" को आयुष और स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री प्रतापराव जाधव रिलीज करेंगे।

डाक्युमेंट्री के निर्देशक राष्ट्रीय पुरस्कार विजेता फिल्म निर्माता विनोद मंकारा ने कहा कि डाक्युमेंट्री का मुख्य उद्देश्य यह दिखाना है कि आयुर्वेद की दुर्लभ विशेषताओं का आधुनिक चिकित्सा उपचार में कैसे उपयोग किया जाए ताकि प्राचीन उपचार प्रणाली के खिलाफ फैली गलतफहमियों का मुकाबला किया जा सके। यह डाक्युमेंट्री डा. एवी अनूप ने एवीए प्रोडक्शंस के बैनर तले निर्मित की गई है। आयुर्वेदिक मेडिसिन मैनुफैक्चरर्स आर्गनाइजेशन आफ इंडिया भी इसके निर्माण में भागीदार रहा है।

Veer Arjun • 09 Jun • Ministry of Ayush

Swachta aur yog hoga to gati ke sath viksit Bharat ki taraf badhega desh

12 • PG

346 • Sqcm

25977 • AVE

60K • Cir

Middle Right

Delhi

स्वच्छता और योग होगा तो गति के साथ विकसित भारत की तरफ बढ़ेगा देश: सैनी

चंडीगढ़ (पवन आश्री)। हरियाणा के मुख्यमंत्री श्री नायब सिंह सैनी ने कहा कि जब देश में स्वच्छता और योग होगा तो देश गति के साथ विकसित भारत की तरफ बढ़ेगा। अंतरराष्ट्रीय योग दिवस को प्रदेश में 27 मई, 2025 से स्वच्छता अभियान चलाकर शुरू कर दिया गया है। 21 जून के आयोजन के लिए योग की कक्षाएं शुरू हो गई हैं।

प्रधानमंत्री श्री नरेंद्र मोदी ने जब यूएनओ में योग का प्रस्ताव रखा तो 177 देशों ने इस पर अपनी सहमति दी और हमारी धरा से निकाला योग विश्व में हर जन-जन तक पहुंचा है। प्रधानमंत्री ने योग पद्धति को पूरी दुनिया में फैलाने का काम किया है। उन्होंने कहा कि कुरुक्षेत्र में अंतरराष्ट्रीय योग दिवस का



कार्यक्रम ऐतिहासिक और भव्य होगा। योग किसी एक व्यक्ति या एक विचार का कार्यक्रम नहीं है।

योग में हमारी प्राचीन विचारधारा सम्मिलित है। ऋषियों ने हमें उपहार के तौर पर योग और ध्यान दिया है। योग

करने से मनुष्य हृष्ट-पुष्ट रहता है। मुख्यमंत्री श्री नायब सिंह सैनी आज मल्टीआर्ट कल्चर सेंटर कुरुक्षेत्र के सभागार में अंतरराष्ट्रीय योग दिवस को लेकर संस्थाओं के साथ आयोजित बैठक को संबोधित कर रहे थे।

Dainik Savera • 09 Jun • Ministry of Ayush

Vishesh yog pakhwada kariyashala mein 9.50 lakh pratibhaiyo ki bhagidari

7 • PG

209 • Sqcm

50228 • AVE

40.03K • Cir

Middle Right

Chandigarh

विशेष योग पखवाड़ा कार्यशाला में 9.50 लाख प्रतिभागियों की भागीदारी



विशेष योग पखवाड़ा कार्यक्रम में योगाभ्यास करते प्रतिभागी।

आयोजन की विशेषताएं

कार्यक्रम का संचालन संजीव वर्मा आईएस महानिदेशक खेल एवं आयुष विभाग हरियाणा के कुशल मार्गदर्शन में किया गया। उन्होंने कहा कि योग केवल शरीर की क्रियाओं का समुच्चय नहीं बल्कि यह एक पूर्ण जीवनशैली है। जिसमें आत्म-संयम, संतुलन और स्वास्थ्य

समाहित हैं। कार्यक्रम में पर्यावरण संरक्षण को भी विशेष प्राथमिकता दी गई। जिसमें प्रतिभागियों द्वारा पूरे राज्यभर में पौधे लगाए गए। इससे यह संदेश भी गया कि योग केवल आत्मिक शुद्धि का माध्यम नहीं बल्कि प्रकृति से जुड़ाव का भी प्रतीक है।

Dainik Savera • 09 Jun • Ministry of Ayush
Press club mein mediakarmiyo ka yog shivir

3 • PG

280 • Sqcm

67278 • AVE

40.03K • Cir

Bottom Right

Chandigarh

प्रेस क्लब में मीडियाकर्मियों का योग शिविर



योग शिविर में भाग लेते हुए।

सवेरा न्यूज /अमित

चंडीगढ़, 8 जून : ऐसे मौके पर जब कुछ दिन बाद विश्व योग दिवस के लिए पूरी दुनिया योगमय होने वाली है, चंडीगढ़ के मीडिया कर्मों भी प्रेस क्लब प्रांगण में योगमय जीवन का हिस्सा बन रहे हैं। इस दो सप्ताह के शिविर में योग का प्रशिक्षण दे रहे आचार्य बलविंदर ने इस मौके पर कहा आज के आपाधापी के युग में जब हमारी दिनचर्या बदली है, खानपान दूषित है और हवा प्रदूषित है, योगमय जीवन हमारे स्वास्थ्य की गारंटी है। खासकर मीडियाकर्मों जो लगातार तरह-तरह के दबाव व देर रात तक

काम करते हैं, उनके लिये योग वरदान है। ढाई दशक से प्रेस क्लब में योग सिखा रहे आचार्य बलविंदर इस मौके पर योगमय जीवन शैली पर बल दिया।

सैक्टर 27 स्थित प्रेस क्लब परिसर में आयोजित शिविर में प्रेस क्लब प्रेस प्रेजिडेंट सौरभ दुग्गल ने कहा कि समाचार संकलन व सृजन से जुड़े मीडियाकर्मियों को योग को जीवन का हिस्सा बनाना चाहिए। इससे कई तरह के तनाव व देर रात तक काम करने से उपजे रोगों से बचाव हो सकता है। उन्होंने योग दिवस 21 जून को शिविर समापन पर विशेष आयोजन की बात कही।

Dainik Savera • 09 Jun • Ministry of Ayush

International yog divas ko lekar prajapeeta brahamkumari ke anuyayio ne
kiya yogashan avam pranayaam

7 • PG

237 • Sqcm

56831 • AVE

40.03K • Cir

Top Left

Chandigarh

अंतर्राष्ट्रीय योग दिवस को लेकर प्रजापिता ब्रह्मकुमारी के अनुयायियों ने किया योगासन एवं प्राणायाम



अंतर्राष्ट्रीय योग दिवस पर होने वाले 21 जून को योग दिवस कार्यक्रम को लेकर योगाभ्यास करते हुए।

सवेरा ब्यूरो

चंडीगढ़/भिवानी, 8 जून : अंतर्राष्ट्रीय योग दिवस पर होने वाले 21 जून को योग दिवस कार्यक्रम को लेकर धार्मिक एक सामाजिक संस्थाओं ने भी योगाभ्यास शुरू कर दिया है। इसी कड़ी में हुडा पार्क में ब्रह्मकुमारी आश्रम से अनुयायियों ने बीके बहन सुमित्रा के सानिध्य में योगासन एवं प्राणायाम किया। अंतर्राष्ट्रीय योग दिवस पर 21 जून को भीम स्टेडियम में जिला स्तरीय योगासन एवं प्राणायाम कार्यक्रम आयोजित किया जाएगा। इसके

अलावा उपमंडल और खंड स्तर पर भी योग कार्यक्रम आयोजित किए जाएंगे। मुख्यमंत्री नायब सिंह सैनी ने सामाजिक एवं धार्मिक संस्थाओं से भी आहवान किया कि वे अंतर्राष्ट्रीय योग दिवस पर कार्यक्रमों में शामिल हो। इसके चलते डीसी महावीर कौशिक ने भी जिले की सभी सामाजिक एवं धार्मिक संस्थाओं से योग दिवस कार्यक्रम में बढ़-चढ़कर भाग लेने की अपील की है। इसी कड़ी में प्रजापिता ब्रह्मकुमारी आश्रम से बीके बहन सुमित्रा के सानिध्य में योगाभ्यास एवं प्राणायाम किया गया।

Punjab Kesari • 09 Jun • Ministry of Ayush

kurukshetra Main International yog divas karyekram hoga atehasik aur
bhabye: Nayab saini

3 • PG

713 • Sqcm

659064 • AVE

867.98K • Cir

Top Left

Chandigarh

कुरुक्षेत्र में अंतर्राष्ट्रीय योग दिवस कार्यक्रम होगा ऐतिहासिक और भव्य: नायब सैनी

मुख्यमंत्री ने तैयारियों को लेकर संस्थाओं संग की बैठक, कार्यक्रम की सफलता के लिए सक्रिय भूमिका निभाने का आग्रह किया

चंडीगढ़, 8 जून (बंसल): हरियाणा के मुख्यमंत्री नायब सिंह सैनी ने कहा कि जब देश में स्वच्छता और योग होगा तो देश गति के साथ विकसित भारत की तरफ बढ़ेगा। अंतर्राष्ट्रीय योग दिवस को प्रदेश में 27 मई, 2025 से स्वच्छता अभियान चलाकर शुरू कर दिया गया है। 21 जून के आयोजन के लिए योग की कक्षाएं शुरू हो गई हैं। प्रधानमंत्री नरेंद्र मोदी ने जब यू.एन.ओ. में योग का प्रस्ताव रखा तो 177 देशों ने इस पर अपनी सहमति दी और हमारी धरा से निकाला योग विश्व में हर जन-जन तक पहुंचा है। प्रधानमंत्री ने योग पद्धति को पूरी दुनिया में फैलाने का काम किया है।

उन्होंने कहा कि कुरुक्षेत्र में अंतर्राष्ट्रीय योग दिवस का कार्यक्रम ऐतिहासिक और भव्य होगा। योग किसी एक व्यक्ति या एक विचार का कार्यक्रम नहीं है। योग में हमारी प्राचीन विचारधारा सम्मिलित है। ऋषियों ने हमें उपहार के तौर पर योग और ध्यान दिया है। योग करने से मनुष्य हृष्ट-पुष्ट रहता है। मुख्यमंत्री



मंच पर उपस्थित मुख्यमंत्री नायब सैनी, पूर्व मंत्री सुभाष सुधा, जयदीप आर्य, राकेश तथा अन्य।

नायब सैनी आज मल्टी आर्ट कल्चर सेंटर कुरुक्षेत्र के सभागार में अंतर्राष्ट्रीय योग दिवस को लेकर संस्थाओं के साथ आयोजित बैठक को संबोधित कर रहे थे।

मुख्यमंत्री ने संस्थाओं, एन.जी.ओ., व्यापारी संगठन और सभा में मौजूद अन्य संगठनों के पदाधिकारियों से कार्यक्रम को सफल बनाने के लिए अपनी भूमिका निभाने का आग्रह किया। मुख्यमंत्री नायब सैनी ने कहा कि योग को देश-दुनिया में पहुंचाने का काम ऋषि स्वामी रामदेव ने किया है। भगवान श्री कृष्ण जी की धरा धर्मक्षेत्र कुरुक्षेत्र में 21 जून को बाबा रामदेव का आगमन कुरुक्षेत्र वासियों के लिए बड़े गर्व

की बात है। मुख्यमंत्री ने कुरुक्षेत्र वासियों से आग्रह करते हुए कहा कि 21 जून को सभी निद्रा को छोड़कर सुबह 4 बजे ब्रह्मसरोवर व मेला ग्राउंड में पहुंचकर योग के इस महान यज्ञ में अपनी उपस्थिति दर्ज करवाएं।

संस्थाओं, एन.जी.ओ. के पदाधिकारियों को दिलवाई शपथ

मुख्यमंत्री ने सभागार में मौजूद संस्थाओं, एन.जी.ओ. व अन्य लोगों को जीवन में नियमित रूप से योग, प्राणायाम और ध्यान को अपनाने, नशे से दूर रहने और दूसरों को भी इसके लिए प्रेरित करने की शपथ दिलवाई। अपने परिवार, समाज और कार्यस्थल में योग का प्रचार प्रसार करने के लिए प्रेरित भी किया। इस अवसर पर योग

राज्य स्तरीय कार्यक्रम के लिए
103 सैक्टरों में बांटा क्षेत्र

मुख्यमंत्री सैनी ने कहा कि ब्रह्मसरोवर और मेला ग्राउंड को 103 सैक्टरों में बांटा गया है। इनमें से 64 सैक्टर ब्रह्मसरोवर और 37 सैक्टर मेला ग्राउंड व आसपास के क्षेत्र में बनाए गए हैं। हर सैक्टर में एक हजार साधकों के योग करने की व्यवस्था बनाई गई है। प्रत्येक सैक्टर में जिला प्रशासन की तरफ से एक नोडल अधिकारी, पतंजलि योग पीठ और जिलाध्यक्ष भाजपा की तरफ से एक-एक वालंटियर व्यवस्था बनाने के लिए मौजूद रहेगा।

आयोग के अध्यक्ष डा. जयदीप आर्य ने कहा कि 21 जून को कुरुक्षेत्र से योग के साथ पर्यावरण संरक्षण का आगाज हो रहा है। प्रदेश में 10 लाख योग साधक औषधीय गुणवत्ता वाले पौधों को रोपित भी करेंगे और कुरुक्षेत्र में 1 लाख से ज्यादा लोग एक साथ योग करके विश्व का रिकॉर्ड कायम करेंगे।

विशेष योग पखवाड़ा
कार्यशाला में 1,37,468
लोगों ने किया योगाभ्यास

चंडीगढ़, 8 जून (बंसल): हरियाणा सरकार ने प्रदेश को एक स्वस्थ, नशामुक्त और पर्यावरण-संवेदनशील राज्य बनाने की कड़ी में एक महत्वपूर्ण कदम उठाया है। इसी के तहत अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में प्रदेशभर में खेल विभाग, आयुष विभाग, उच्चतर शिक्षा विभाग तथा पतंजलि योगपीठ के संयुक्त तत्वावधान में विशेष योग पखवाड़ा कार्यशाला का आयोजन किया जा रहा है।

इस आयोजन में प्रदेश में अब तक लगभग 9.50 लाख प्रतिभागियों ने सक्रिय भागीदारी की जा चुकी है। आज प्रदेशभर में 1,37,468 लोगों ने एक साथ योगाभ्यास किया तथा 2,640 पौधे लगाए गए। अब तक कुल 40,721 पौधे लगाए जा चुके हैं। बता दें कि 21 जून, 2025 को मनाए जाने वाले अंतर्राष्ट्रीय योग दिवस की प्रदेशभर में पूर्व तैयारियां की जा रही हैं।

Pioneer Hindi • 09 Jun • Ministry of Ayush
Ayush department start missed call registration on Yoga Day

4 • PG

87 • Sqcm

136342 • AVE

375K • Cir

Middle Center

Delhi

योग दिवस पर आयुष विभाग की मिस्ड कॉल पंजीकरण सुविधा शुरू

पायनियर समाचार सेवा। फरीदाबाद

उपायुक्त विक्रम सिंह ने बताया कि 21 जून को मनाए जाने वाले अंतर्राष्ट्रीय योग दिवस 2025 के आयोजन को लेकर आयुष मंत्रालय द्वारा आम नागरिकों की भागीदारी सुनिश्चित करने हेतु मिस्ड कॉल पंजीकरण सुविधा शुरू की गई है। इच्छुक प्रतिभागियों को केवल 9501131800 पर एक मिस्ड कॉल देनी है, जिसके उपरान्त वे स्वचालित रूप से "Individual" श्रेणी में पंजीकृत हो जाएंगे।

डॉसी ने बताया कि मिस्ड कॉल के बाद प्रतिभागियों को www.internationalyoga-dayhry.in पोर्टल पर जाकर अपनी प्रोफाइल पूरी करनी होगी। उन्होंने जिले के सभी नागरिकों से

● **उपायुक्त ने लोगों से योग दिवस में हिस्सा लेने का किया आह्वान**

अपील की कि वे इस प्रक्रिया में सक्रिय भाग लें और समय रहते अपनी जानकारी पोर्टल पर अपडेट करें। उन्होंने जिला प्रशासन के अधिकारियों को निर्देश दिए कि इस जानकारी का ब्लॉक स्तर तक व्यापक प्रचार-प्रसार किया जाए ताकि ग्रामीण एवं शहरी क्षेत्रों के नागरिक बिना किसी तकनीकी जटिलता के पंजीकरण कर सकें। उन्होंने कहा कि योग एक जीवन शैली है और इसके नियमित अभ्यास से व्यक्ति शारीरिक, मानसिक और आध्यात्मिक रूप से सशक्त होता है।

Amar Ujala • 09 Jun • Ministry of Ayush

Hatash hai congress party kuch bhi bol dete hai unke neta CM

3 • PG

344 • Sqcm

253803 • AVE

368.8K • Cir

Bottom Right

Chandigarh

हताश है कांग्रेस पार्टी, कुछ भी बोल देते हैं उनके नेता: सीएम

संवाद न्यूज एजेंसी

कुरुक्षेत्र। मुख्यमंत्री नायब सिंह सैनी ने कहा, कांग्रेस हताश हो चुकी है। इसके नेता कुछ भी बोल देते हैं। खुद राहुल गांधी को भी नहीं पता कि वे क्या बोल रहे हैं। वे कभी हरियाणा आकर कार्यकर्ताओं को तीन प्रकार के घोड़े बताते हैं, तो कभी कहते हैं कि जीएसटी पांडवों के समय से है।

मुख्यमंत्री रविवार को कांग्रेस पार्टी और नेता विपक्ष राहुल गांधी की चुटकी लेते हुए तंज कसा। सीएम 21 जून को आयोजित होने वाले अंतरराष्ट्रीय योग दिवस के राज्यस्तरीय कार्यक्रम की तैयारी की समीक्षा करने यहां पहुंचे थे। समीक्षा बैठक के बाद पत्रकारों से चर्चा में उन्होंने कहा कि कांग्रेस ने अपने शासन काल के दौरान देश के बारे में सोचा तक नहीं। कांग्रेसियों ने गरीब व आम आदमी के लिए कुछ नहीं किया जबकि अपने लिए करते रहे। अपनी ही सुविधाएं बढ़ाते रहे।

प्रधानमंत्री नरेंद्र मोदी गरीब व आम आदमी के बारे में सोचते हैं और वे नॉन स्टॉप इस देश को विकसित राष्ट्र बनाने में लगे हैं।



विभिन्न संस्थाओं के प्रतिनिधियों का अभिवादन करत सीएम। संवाद

मुख्यमंत्री ने इस दौरान कहा कि धर्मनगरी में 21 जून को अंतरराष्ट्रीय योग दिवस पर राज्य स्तरीय कार्यक्रम का आयोजन किया जा रहा है, जिसमें एक

जुड़ेंगे 1 लाख लोग लाख से ज्यादा लोग

शामिल होंगे जबकि प्रदेश के 10 लाख से ज्यादा लोग अपने-अपने क्षेत्रों में विभिन्न माध्यमों से इस आयोजन से जुड़ेंगे और नया रिकार्ड भी कायम करेंगे। आयोजन के लिए सभी तैयारी पूरी की जा रही है। पूरी तरह से व्यवस्थित रूप से यह आयोजन होगा, जिसमें पूरी दुनिया में योग का परचम लहरा चुके योग गुरु स्वामी रामदेव योग क्रियाएं कराएंगे।

Dainik Bhaskar • 09 Jun • Ministry of Ayush
Yog divas ke liye 3.63 lakh ne karaya panjikaran

5 • PG

100 • Sqcm

124429 • AVE

446.92K • Cir

Middle Center

Chandigarh

योग दिवस के लिए 3.63 लाख ने कराया पंजीकरण

चंडीगढ़ | राज्य में 21 जून को योग दिवस को लेकर खेल विभाग ने तैयारी तेज कर दी है। लोगों को योग दिवस पर योग करने लिए फिलहाल विशेष योग पखवाड़ा कार्यशाला का आयोजन किया जा रहा है। जिसमें खेल, आयुष व उच्च शिक्षा विभाग के साथ पतंजलि योग पीठ काम कर रहे हैं। अब तक इस पखवाड़े में 9.50 लाख लोग शामिल हो चुके हैं। रविवार को 1,37,468 लोगों ने प्रदेश भर में अलग-अलग जगह योगाभ्यास किया है। इस पखवाड़े में पौधरोपण भी किया जा रहा है। अब तक 40,721 पौधे लगाए जा चुके हैं। पखवाड़े का मुख्य मकसद लोगों को 21 जून को एक साथ योग कराना है।

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Msn India	1,000 attend inspiring Yoga Sangam held by Janardanswami Yogabhyasi Mandal	733.9M
2.	MSN Hindi	Explainer: मोदी सरकार के 11 सालों में कितना बदला भारत?	733.9M
3.	Dainik Bhaskar	झालरापाटन में अंतर्राष्ट्रीय योग दिवस की तैयारी: योग प्रोटोकॉल का अभ्यास, पृथ्वी...	66.5M
4.	Dainik Bhaskar	किराडू में होगा योगाभ्यास, तैयारी शुरू	66.5M
5.	The Times of India	'Mixopathy" of med systems dangerous: IMA	64.4M
6.	अमर उजाला (Amar ujala)	Anniversary : दिल्ली के सांसदों ने कहा-डबल इंजन की सरकार, बेहतर समन्वय से दिल्ली...	63.8M
7.	अमर उजाला (Amar ujala)	योग को नियमित दिनचर्या में करें शामिल : दहिया	63.8M
8.	अमर उजाला (Amar ujala)	योग प्रतियोगिता : पुरुषों में चक्षित और महिलाओं में यशवी प्रथम	63.8M
9.	Ndtv	Explainer: मोदी सरकार के 11 सालों में कितना बदला भारत?	50.6M
10.	Dainik Jagran	जम्मू-कश्मीर में योग दिवस की धूम, शिविरों में उमड़ेंगे भारी भीड़; जुटेंगे सैकड़ों...	40.5M
11.	Dailyhunt	Sports Dept holds yoga sessions ahead of mega show on June 21	18.6M
12.	The Tribune India	Sports Dept holds yoga sessions ahead of mega show on June 21	7M
13.	Ht Syndication	विश्वविद्यालय और कॉलेजों में आयोजित होगा योग संगम	119.8K
14.	Samachar Footprint	नैनीताल जनपद को मिली 126 करोड़ 69 लाख लागत की योजनाओं की सौगात, 27 विकास योजनाओं...	N/A
15.	Airr News	Setu Bandhasana Benefits: Reduce mental stress and physical fatigue	N/A
16.	Health Economicstimes	"Mixopathy" of medical systems dangerous: IMA	N/A
17.	Affairrs Cloud	Current Affairs 8 & 9 June 2025	N/A
18.	Calcutta News	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A