



MINISTRY OF AYUSH COMPILED MEDIA REPORT
09 Jun, 2025 – 10 Jun, 2025

 **Total Mention 111**

 Print	Financial	Mainline	Regional	Periodical
19	1	11	7	N/A

 Online

92

 Print

No	Newspaper	Headline	Edition	Pg
1.	Bizz Buzz	Ayushman Bharat led to historic growth in health in last 11 yrs	Hyderabad	8
2.	Yugmarg	Yoga Marathon on international Yoga Day will create new record for haryana:Sanjeev Verma	Chandigarh	9
3.	Yugmarg	Yoga protocol training camps organised in Kaithal sectors, Cheeka and Pundri	Chandigarh	7
4.	The New Indian Express	PRASARITA PADA CHATURANGA DANDASANA PUSH UPS WALL (WIDE LEGGED FOUR LIMBED STAFF POSE PUSH UPS WALL)	Bengaluru	2
5.	The New Indian Express	PRASARITA PADA CHATURANGA DANDASANA PUSH UPS WALL	Chennai	2
6.	The Daily Guardian	BALANCING HORMONES NATURALLY: FOODS AND SUPPLEMENTS FOR PCOS RELIEF	Delhi	14
7.	The Daily Guardian	Biohacking your health: How smart nutrition can optimise performance and longevity	Delhi	14
8.	The Daily Guardian	345 participants join Yoga protocol practice session	Chandigarh	14
9.	The Daily Guardian	Deputy commissioner directs for prompt resolution of problems in Samadhan camp	Chandigarh	14
10.	Free Press Journal	Aayush Art posts multifold jump in FY25 revenue, profit	Mumbai	12
11.	The Hindu	The story of how asafoetida came to be successfully cultivated in India	Delhi	18
12.	The Morning Standard	Fit Bit	Delhi	2
13.	Dainik Savera	Ayush art and bullions limited company ka rajsav 10 guna bhada	Chandigarh	7
14.	Dainik Savera	11th International yog divas ke uplaksh main 345 pratibhagiyo ko yog protocol ka karwaya gaya abhyas...	Chandigarh	4
15.	Rashtriya Sahara	Profit to Ayush Art	Delhi	11
16.	Veer Arjun	Yog Shivar and medical camp	Delhi	3
17.	Dainik Tribune	Body hi nahi pure jivan ko swasth banata hai yog :Lathar	Chandigarh	7
18.	Deshbandhu	JIMS Greater Noida started yoga sessions on the occasion of International Yoga Day	Delhi	10
19.	Deshbandhu	Yoga fortnight organized on the occasion of International Yoga Day	Delhi	9

Bizz Buzz • 10 Jun • Ministry of Ayush
Ayushman Bharat led to historic growth in health in last 11 yrs

8 • PG

177 • Sqcm

17723 • AVE

N/A • Cir

Middle Left

Hyderabad

'Ayushman Bharat led to historic growth in health in last 11 yrs'

As of May 30, more than 41.02 crore Ayushman Cards have been created in 33 States and Union Territories

NEW DELHI

THE flagship Ayushman Bharat-Jan Arogya scheme has led to historic development in the health sector in the last 11 years, said Union Health Minister JP Nadda on Monday. Nadda elucidated the progress made by the country in various fields under the Prime Minister Narendra Modi-led government over the last decade.

"In the last 11 years, there has been historic development in all areas including education, health, transport, infrastructure, and defense," Nadda said. The Union Minister noted how every section of the society has been uplifted due to unprecedented initiatives such as the "Ayushman Bharat - Jan Arogya" by the government.

As of May 30, more than 41.02 crore Ayushman Cards have been created in 33 States and Union Territories.

The AB-PMJAY has



emerged as one of the world's largest publicly funded health insurance scheme. It has enabled 8.59 crore hospital admissions worth Rs 1,19,858 crore, ensuring access to secondary and tertiary care without pushing families into debt, according to an official statement by the government.

Further, the number of Jan Aushadhi Kendras rose to 16,469, as of May 30, from just 80 in 2014. It brought

essential medicines within reach of the common citizen.

"Under the leadership of Honorable Prime Minister Narendra Modi ji, India has made remarkable progress in every field in the last 11 years. From becoming the fourth largest economy globally to international diplomacy, unprecedented work has been done on the upliftment of every section including farmers, women, youth, elderly, laborers, businessmen, infrastructure development, and inclusive policies," Nadda said.

Other initiatives that contributed to the growth of the country include Pradhan Mantri Ujjwala Yojana, Pradhan Mantri Awas Yojana, PM Jan Dhan, Mudra Yojana, Drone Didi, self-help groups, and self-employment scheme.

These have uplifted "crores of citizens across the country to come out of the poverty line and live a life of dignity," the Minister said.

Yugmarg • 10 Jun • Ministry of Ayush

Yoga Marathon on international Yoga Day will create new record for haryana:Sanjeev Verma

9 • PG

369 • Sqcm

76284 • AVE

185K • Cir

Top Right

Chandigarh

Yoga Marathon on International Yoga Day will create new record for Haryana: Sanjeev Verma

DALBIR MALIK
KURUKSHETRA, JUNE 9

Haryana Sports Department and Ayush Department Director General Sanjeev Verma said that the yoga marathon to be held on International Yoga Day at Kurukshetra Brahma Sarovar will create a new record for Haryana. The state level event of this yoga marathon is going to be held in Kurukshetra on June 15. More than 25 thousand people will run in this yoga marathon for a yoga-oriented, drug-free Haryana. Different departments have been assigned responsibilities to make this marathon historic and memorable. Ayush Department Director General Sanjeev Verma was addressing a meeting of administrative officers, councillors and college principals in the auditorium of the Mini Secretariat on



Monday. Earlier, Director General Sanjeev Verma shared the discussion with former Minister of State Subhash Sudha, Deputy Commissioner Neha Singh, Superintendent of Police Nitish Agarwal, Patanjali Yogpeeth Haridwar Central Incharge Rakesh to make the yoga marathon historic and memorable.

He said that a Google form is being prepared to participate in the marathon. The youth who will participate in this program will also be issued a certificate. For which they will have to take a selfie and update it. Apart from this, gifts will also be given by

the district administration.

He said that on International Yoga Day, a yoga marathon will be organized in Kurukshetra on June 15. This yoga marathon will break the record of all the marathons held so far and set a new record. About 25 thousand youth from Kurukshetra and surrounding districts will participate in this marathon, these will include players, students, NCC and NSS cadets, youth and people from every section. He said that the yoga marathon will play an important role in making the International Yoga Day program of June 21 a success.

Yugmarg • 10 Jun • Ministry of Ayush

Yoga protocol training camps organised in Kaithal sectors, Cheeka and Pundri

7 • PG

273 • Sqcm

56534 • AVE

185K • Cir

Middle Center

Chandigarh

Yoga protocol training camps organised in Kaithal sectors, Cheeka and Pundri

RANVIR PARASHAR
KAITHAL, JUNE 9

District Ayurvedic Officer Dr. Shakuntala Dahiya said that under the joint aegis of the District Administration and AYUSH Department, yoga protocol training camps were organized on Monday in collaboration with yoga institutions Mahila Patanjali Yoga Samiti and Bharatiya Yoga Sansthan in sectors 18,19,20,21 of HSVP and HSVP R3 in Cheeka and Pundri. She said that with the aim of protecting the health of the citizens of the urban area and to make their body meditative and yoga-oriented in the modern hectic life, yoga protocol training camps were organized in HSVP sectors and yoga camp participants were

invited for the Yoga Day program on June 21, 2025. Yoga Protocol Training Camp was organised by Vinod Mittal from Bharatiya Yoga Sansthan in Sector 20, Rameshwar Dhiman in Sector 21, Sunita and



Kiran Yoga Teacher in Sector 19 with the support of Mahila Patanjali Yoga Samiti, Sudesh Arya in Sector 18. Yoga Protocol Training Camp was organized by Dr. Vinod Gupta,

Head of Bharatiya Yoga Sansthan in Sector R3 Cheeka in Guhla Block. Apart from this, free health checkup camps were organized by AYUSH Department in Hanuman Vatika, Jat College Kaithal, in which health checkup of BP, Sugar etc. was done. The camp was organized with the support of Ayurvedic Medical Officer Dr. Anjali Shyokand, Homeopathic Specialist Dr. Sunil Arora and AYUSH Yoga Assistant Sandeep Tanwar for BP, Sugar, HB etc. of the participants of the free yoga class being run daily by Mahila Patanjali Yoga Samiti Kaithal's District Incharge Shanti Chaudhary in Hanuman Vatika Kaithal and Sube Singh Ravish in Jat College.

The New Indian Express • 10 Jun • Ministry of Ayush
PRASARITA PADA CHATURANGA DANDASANA PUSH UPS WALL (WIDE LEGGED
FOUR LIMBED STAFF POSE PUSH UPS WALL)

2 • PG

629 • Sqcm

628746 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

PRASARITA PADA CHATURANGA DANDASANA PUSH UPS WALL (WIDE LEGGED FOUR LIMBED STAFF POSE PUSH UPS WALL)

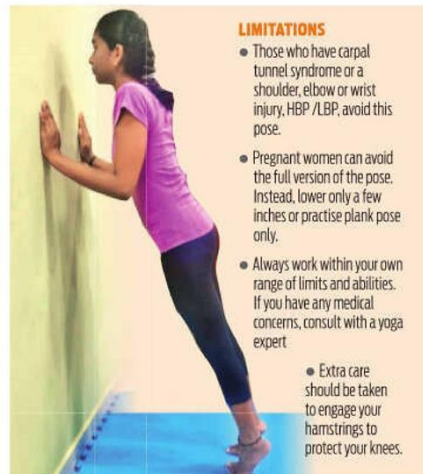
This is a beautiful stretching and strengthening supportive practice, which can be included in almost all yoga sequences. It stretches the back of the legs and soles of the feet, alleviating symptoms related to piriformis syndrome, plantar fasciitis, Achilles tendonitis, or flat feet. It is a great practice for working professionals who spend a lot of time sitting at office desks.

STEPS

- Start in Mountain Pose Variation Feet Hip Wide, facing the wall. Keep a one-arm distance, hands on the sides. Take a few breaths here.
- Inhale, extend your arms in front and place the palms on the wall in line with the shoulders. Rolling your shoulders back and down, open the chest, avoid locking your elbow.
- Lengthen your spine. Maintain a neutral neck position, looking ahead.
- Draw your navel gently towards your spine, engaging your core muscles. Distribute your weight evenly between both feet.
- Take a big breath in and lift your heels. Exhale, bending the arms at the elbows, bring your chest close to the wall. Keep the elbows close to your body. The face and head are not on the wall.
- Stay here for about six breaths or as per the body's capacity. Maintain a steady breath.
- Slowly release the pose and relax in Three Part Breath Mountain Pose.

BENEFITS

- Encourages the muscles around the upper arms to expand and contract with breathing and brings in strength.
- Improves flexibility of the elbows and wrists while strengthening them.
- It fortifies the hips as the student maintains the pose by engaging the hips.
- Regular practice helps with intense arm balancing poses.
- Helps those suffering from back problems.
- Toning of the spine enhances spinal health and body equilibrium.
- Gives the body energy and momentum to transition to deeper vinyasa flows.
- Good practice for marathon runners, athletes, teens, and sportspersons.
- Works from the core, strengthening the abdominal muscles, and organs begin to function effectively.
- Activates the digestive system.
- Boosts confidence, flexibility, balance, and stability.
- Activates Manipura Chakra, balancing the emotional quotient in a person.
- Makes triceps and biceps strong.



LIMITATIONS

- Those who have carpal tunnel syndrome or a shoulder, elbow or wrist injury, HBP /LBP, avoid this pose.
- Pregnant women can avoid the full version of the pose. Instead, lower only a few inches or practise plank pose only.
- Always work within your own range of limits and abilities. If you have any medical concerns, consult with a yoga expert.
- Extra care should be taken to engage your hamstrings to protect your knees.

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

The New Indian Express • 10 Jun • Ministry of Ayush PRASARITA PADA CHATURANGA DANDASANA PUSH UPS WALL

2 • PG

681 • Sqcm

898405 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

PRASARITA PADA CHATURANGA DANDASANA PUSH UPS WALL

(WIDE LEGGED FOUR LIMBED
STAFF POSE PUSH UPS WALL)

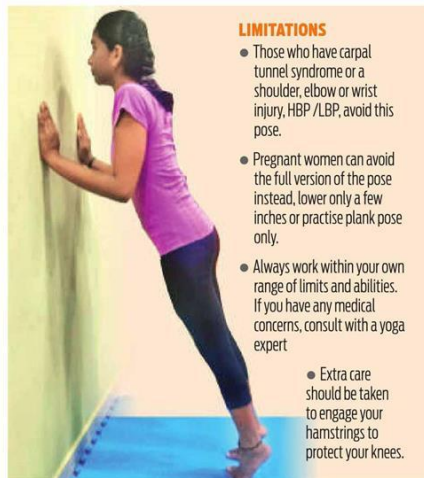
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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The Daily Guardian • 10 Jun • Ministry of Ayush

BALANCING HORMONES NATURALLY: FOODS AND SUPPLEMENTS FOR PCOS RELIEF

14 • PG

410 • Sqcm

40970 • AVE

N/A • Cir

Middle Left

Delhi

BALANCING HORMONES NATURALLY: FOODS AND SUPPLEMENTS FOR PCOS RELIEF



FOOD IS MEDICINE

DR ANISH DESAI

Polycystic Ovary Syndrome (PCOS) is a common endocrine disorder affecting up to 18% of women of reproductive age. Characterized by hormonal imbalances, insulin resistance, and metabolic issues, PCOS can lead to infertility, weight gain, and long-term health complications. While medical treatments like oral contraceptives and ovulation-inducing drugs are standard, many women turn to dietary supplements and whole foods for additional support.

1. Vitamin D

Vitamin D deficiency is prevalent in women with PCOS and is linked to insulin resistance and inflammation. Studies suggest that vitamin D supplementation can improve insulin sensitivity, reduce testosterone levels, and enhance menstrual regularity. Pair vitamin D-rich foods with healthy fats (like olive oil or avocado) to enhance absorption.

Food Sources:

- Egg yolks
- Fortified dairy or plant-based milk

2. Myo-Inositol

Myo-inositol, a natural

compound found in fruits and vegetables, plays a role in insulin signaling and ovarian function. Research shows it can restore ovulation, improve hormonal balance, and enhance fertility outcomes in women undergoing IVF.

Food Sources:

- Citrus fruits (oranges, grapefruits)
- Beans and legumes
- Whole grains (brown rice, oats)
- Nuts (almonds, walnuts)

3. Selenium

This trace mineral has antioxidant properties that may help manage PCOS symptoms. Selenium supplementation has been shown to lower fasting glucose and cholesterol levels. Avoid excessive selenium intake, as it can be toxic. Stick to food sources or consult a doctor before supplementing.

Food Sources:

- Seafood
- Eggs
- Sunflower seeds

4. Probiotics and Synbiotics

Emerging research highlights the gut microbiome's role in PCOS. Probiotics and synbiotics can improve



insulin resistance, reduce inflammation, and balance hormones.

Food Sources:

- Yogurt
- Sauerkraut, kimchi (fermented vegetables)

5. Omega-3 Fatty Acids

Omega-3s, known for their anti-inflammatory effects, can improve lipid profiles and insulin sensitivity in women with PCOS.

Food Sources:

- Fatty fish
- Flaxseeds and chia seeds
- Walnuts

A combination of targeted

supplements and nutrient-dense whole foods can help manage PCOS symptoms, especially when paired with lifestyle changes like a balanced diet and exercise. However, they should complement not replace medical treatments. Always consult a healthcare provider before starting any supplement regimen. For women with PCOS, a holistic approach combining evidence-based supplements, whole foods, and medical care offers the best path to improved health and fertility.



The Daily Guardian • 10 Jun • Ministry of Ayush

Biohacking your health: How smart nutrition can optimise performance and longevity

14 • PG

274 • Sqcm

27437 • AVE

N/A • Cir

Top Center

Delhi

Biohacking your health: How smart nutrition can optimise performance and longevity

BY AMAN PURI

Biohacking, the practice of using science, technology and lifestyle changes to optimise health and longevity, is gaining popularity worldwide. These health hacks are aimed at slowing ageing and enhancing the health-related quality of life. Another goal of biohacking is to boost energy levels and performance. With increasing advancements in health-care technology and digital transformation, various health apps and wearable technologies have made it easy to get deep insights into our daily health data. Smart nutrition is another way of biohacking your health by making selected and informed nutritional choices to improve health, performance, and well-being.

Biohacking with smart nutrition involves using nutritional strategies and diet modifications backed by science. Smart nutrition is about opting for nutrient-dense foods, like fresh fruits and vegetables, whole grains, lean proteins, and healthy fats, and taking adequate portion sizes of these foods to meet calorie requirements in a healthy way. It also calls for good quality foods with minimum preservatives or artificial additives and cutting down on high-sugar, processed and packaged foods. Another aspect of smart nutrition is strategically planning meal timings and the



intake of nutrients to avoid interactions that can impact their absorption and utilisation in the body. Managing a time gap between two anti-nutrients may help improve their bioavailability.

Smart nutrition may also involve changing one's dietary patterns and adopting new ones, such as intermittent fasting and the keto diet to achieve a health or fitness goal. For instance, the keto diet restricts the intake of certain nutrients to support weight loss, while intermittent fasting calls for restricting eating timings and staying in a fasting state for longer, which supports metabolism, promotes cellular repair and supports weight management.

Another aspect of smart nutrition may be the use of nutrigenomics, a science that studies how food and dietary components impact gene expression and how this interaction can benefit health. Incorporating nutrigenomics can revolutionise the way we plan our nutrition, as it enables us to

adopt personalised nutrition strategies to transform our health and increase longevity. Health benefits of nutrigenomics include improvements in metabolic health and energy levels.

Additionally, as a part of smart nutrition, one can take supplements containing herbal extracts, multi-vitamins, and pre- and probiotics to support overall health and nutritional optimisation. Intake of specific nutrients or compounds like polyphenols, omega-3 fatty acids, and vitamins A, C, and D may promote cellular repair, slowing down ageing and reducing the risk of several chronic diseases.

Maintaining a consistent schedule of physical activity, quality sleep and aligning healthy lifestyle habits involving smart nutritional strategies can go a long way in promoting longevity and improving performance.

The author is the Founder of Steadfast Nutrition, a leading sports and wellness nutrition brand.

The Daily Guardian • 10 Jun • Ministry of Ayush
345 participants join Yoga protocol practice session

14 • PG

46 • Sqcm

4641 • AVE

N/A • Cir

Middle Center

Chandigarh

345 participants join Yoga protocol practice session

TGG NETWORK PANCHKULA

On the occasion of International Yoga Day, as per the directions of Director General, AYUSH Department Haryana, Shri Sanjeev Verma, IAS, the District Administration Panchkula and AYUSH Department are celebrating the 11th International Yoga Day on June 21.

On the occasion of 11th International Yoga Day, under the chairmanship of Dr. Dilip Kumar Mishra, District Ayurvedic Officer, Panchkula, 345 participants were made to practice yoga protocol in Huda/RWA Panchkula of the district today.

The Daily Guardian • 10 Jun • Ministry of Ayush
Deputy commissioner directs for prompt resolution of problems in
Samadhan camp

14 • PG

162 • Sqcm

16186 • AVE

N/A • Cir

Middle Left

Chandigarh

Deputy commissioner directs for prompt resolution of problems in Samadhan camp

TDG NETWORK
CHANDIGARH

A Samadhan camp was organized in the auditorium of the Mini Secretariat under the chairmanship of Deputy Commissioner Monika Gupta. In the camp, the Deputy Commissioner heard the problems of the district residents and directed the concerned department to resolve them on priority basis. On Monday, 18 complaints were received in the Samadhan camp, for which the concerned department was directed to resolve them.

In the camp, on the complaint of the villagers of Moginand regarding the tubewell passed in the year 2022 not being installed yet, the Deputy Commissioner directed the XEN, Public Health to investigate the matter within 2 days and submit



a report.

The Deputy Commissioner said that Samadhan camps are being organized at three places in Panchkula district.

The problems of urban people are being heard in the Municipal Corporation's Sector-4 office. At the same time, a Samadhan camp is being organized in the SDM office Kalka for the people of Kalka Assembly. Apart from this, a Samadhan camp is being organized in the auditorium of the Mini Secretariat at the district level.

The Deputy Commissioner said that in these Samadhan camps, complaints related to family identity card, property ID, land registration, getting NDC from the urban body department, approval of map, pension, ration card and public distribution system, crime, electricity-water related etc. are being resolved on the spot.

On this occasion, SDM Chandrakant Kataria, City Magistrate Vishwanath, Haryana Urban Development Authority, District Development and Panchayat Department, AYUSH Department, Zila Parishad, PHED Department, MI KADA Department, Revenue Department, Education Department, Health Department, Child Welfare Department, Women and Child Development Department, Fisheries Departmen.

Free Press Journal • 10 Jun • Ministry of Ayush
Aayush Art posts multifold jump in FY25 revenue, profit

12 • PG

29 • Sqcm

22986 • AVE

251.68K • Cir

Middle Left

Mumbai

**Aayush Art
posts multifold
jump in FY25
revenue, profit**

Bullion trading company Aayush Art and Bullion on Monday said its revenue jumped multifold to Rs 73.77 crore in 2024-25, driven by strong demand in its core segments and strategic business initiatives. The company also announced that promoters have raised their stake in the company to 20.71 per cent from 7.01 per cent as of March 2024.

The Hindu • 10 Jun • Ministry of Ayush

The story of how asafoetida came to be successfully cultivated in India

18 • PG

968 • Sqcm

725882 • AVE

682.81K • Cir

Top Left

Delhi

The story of how asafoetida came to be successfully cultivated in India

The first flowering and seed set of heeng at Palampur was reported on May 28, 2025, by CSIR, showing that heeng can be cultivated in India: this achievement, realised approximately five years after the initial sowing in 2020 in Himachal Pradesh, confirmed the plant's successful acclimatisation

Sanjay Kumar
Shekhar Mande

Heeng or asafoetida (*Ferula assa-foetida*) is an essential ingredient in many Indian cuisines. A pinch of heeng is typically added to hot oil before other constituents when cooking. Despite the great diversity of India's cuisines, most of them have recipes with heeng.

There are mentions of heeng in ancient Indian texts including the Mahabharata and texts of Ayurveda. The latter recommends using heeng to refresh one's senses, including consciousness. The Charaka Samhita Sutrasthana 27/299 says heeng can help relieve abdominal pain, digest undigested food, and enhance taste. The Pippalada Samhita and the works of Panini also include heeng.

Today, heeng plants thrive in cold, arid environments suited to the native regions in Iran, Afghanistan, and Central Asia. The plant prefers sandy, well-drained soil with low moisture, ideally receiving annual rainfall of 200 mm or less, though it can tolerate up to 300 mm in cultivated regions like the Indian Himalayas. It flourishes in temperatures of 10-20° C, tolerates highs of up to 40° C, and withstands winter lows down to -4° C. In extremely dry and cold weather, heeng plants typically become dormant to survive.

These requirements make high-altitude, semi-arid regions like Lahaul-Spiti and Uttarkashi in India suitable for its cultivation. Excessive rainfall or high soil moisture can hinder growth.

The final product obtained from the plant, asafoetida, is derived from an oleo-gum resin extracted from the plant's thick, fleshy taproot and rhizome, which makes up 40-64% of the dried gum. Heeng is a perennial plant that typically takes five years to mature and start flowering. Incisions are then made in the taproot, allowing the milky latex to exude and harden into a gum-like substance. This resin is dried and processed into powder or crystal form for culinary and medicinal use.

Cutting import dependence

Until early last decade, despite being the world's largest consumer of heeng, India depended on imports from Afghanistan, Iran, and Uzbekistan, among others. The government subsequently launched a national effort to promote indigenous cultivation of heeng. This mission was led by the CSIR-Institute of Himalayan Bioresource Technology (IHBT) in Palampur, Himachal Pradesh. Researchers here took up the challenge of introducing heeng to Indian soil for the first time, starting with a rigorous and multi-layered international search from 2018 and 2020 to procure viable seeds of heeng.

As part of this programme, CSIR-IHBT scientists communicated with the relevant agencies in Iran, Afghanistan, Uzbekistan, Tajikistan, and South Africa and contacted more than 20 suppliers. These efforts culminated in the procurement of heeng seeds, initially from Iran, and later from Afghanistan.

To facilitate legal and phytosanitary compliance, the ICAR-National Bureau of Plant Genetic Resources (NBPGR) in New Delhi, the designated nodal agency for



Asafoetida, or heeng, is an important ingredient in Indian recipes. GETTY IMAGES/ISTOCKPHOTO

plant germplasm import and quarantine, issued the necessary import permits and conducted all mandated quarantine inspections. Once the seeds were cleared, they were handed over to IHBT for research and field evaluation.

The first import of six seed accessions from Iran took place in October 2018, and IHBT researchers were faced with the significant biological challenges posed by their dormancy and low germination rate. They worked to develop germination protocols, identify altitude-specific locations suitable for cultivation, and formulate agronomic practices for Indian conditions. Controlled trials were conducted at IHBT Palampur and its Centre for High Altitude Biology in Ribling in Lahaul & Spiti.

Early adopters

The team planted the first heeng seedling in India on October 15, 2020, in a farmer's field at Kwarling village in Lahaul Valley, officially marking the beginning of the country's journey into indigenous heeng cultivation.

One key milestone in expanding heeng cultivation beyond Lahaul was achieved shortly thereafter when the team planted heeng at Janjheli in Mandi district on November 8, 2020.

This was the first extension of heeng cultivation into the mid-hill regions of Himachal Pradesh, exploring the crop's potential beyond the high-altitude cold



CSIR-IHBT scientists with farmers in Kwarling village of Lahaul valley in Himachal Pradesh, October 15, 2020. SPECIAL ARRANGEMENT

The first import of six seed accessions took place in 2018, and researchers developed germination protocols, identified altitude-specific locations suitable for cultivation, and formulated agronomic practices for India

desert zone.

This was soon followed by the establishment of demonstration plots and farmer training programmes across Lahaul & Spiti, Mandi, Kinnaur, Kullu, and Chamba, in collaboration with the State Agriculture Department.

Villages that became early adopters of this initiative were:

- Lahaul & Spiti: Madgran, Salgran, Beeling, Keylong
- Mandi: Janjheli, Majhakhal, Kataru, Ghayan, Karog
- Kinnaur: Kafnoo, Hango, Maling, Reckong Peo, Kalpa, Mooring, Graming, Katgaon
- Kullu: Bagsaid, Dhaugi-Sainj, Kotla-Banjar
- Chamba: Pangti, Deol, Bharmour, Mahala, Tooh

To further institutionalise this progress, the Heeng Germplasm Resource Centre was established at IHBT Palampur and was formally inaugurated on March 5, 2022. It serves as the national hub for conservation, research, training, seed production, and plant propagation vis-à-vis heeng.

May 28 milestone

CSIR-IHBT researchers also developed a dedicated tissue culture unit to facilitate the large-scale propagation of heeng plants. This specialised facility was funded by the Government of Himachal Pradesh, reinforcing the collaborative framework between scientific institutions and the State in advancing the

high-altitude cultivation of this important crop. Researchers used advanced methods such as ecological niche modelling to map favourable cultivation zones using GPS-tagged occurrence data and environmental parameters.

The first flowering and seed set of heeng at Palampur was finally reported on May 28, 2025, by the Council of Scientific and Industrial Research – a significant milestone demonstrating that heeng can indeed be successfully cultivated in India.

This achievement, realised approximately five years after the initial sowing in 2020 in Himachal Pradesh, confirmed the plant's successful acclimatisation.

It also signifies its ability to complete the reproductive cycle, a critical prerequisite for seed production, long-term domestication, and sustainable commercial cultivation.

While the heeng plant thrives in cold deserts, its successful cultivation in Palampur at just 1,300 m (above sea level) is a breakthrough: proving that plant adaptability holds untapped potential and that new agro-ecological frontiers still await discovery.

Ultimately, the milestone paves the way for India to reduce its import dependence, and for farmers to enhance their incomes and build a self-reliant supply chain for this culturally important spice. In all, the success of heeng cultivation in India owes itself to the efforts of CSIR-IHBT, ICAR-NBPGR, the Himachal Pradesh government, the State Agriculture Department, and the region's progressive farmers.

(Sanjay Kumar is former Director, CSIR-IHBT, Palampur. Shekhar C. Mande is Distinguished Professor at the Savitribai Phule Pune University and the former Director General, CSIR. sanjayplp@gmail.com, shekhar.mande@gmail.com)

The Morning Standard • 10 Jun • Ministry of Ayush

Fit Bit

2 • PG

624 • Sqcm

299586 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

PRASARITA PADA CHATURANGA DANDASANA PUSH UPS WALL

(WIDE LEGGED FOUR LIMBED
STAFF POSE PUSH UPS WALL)

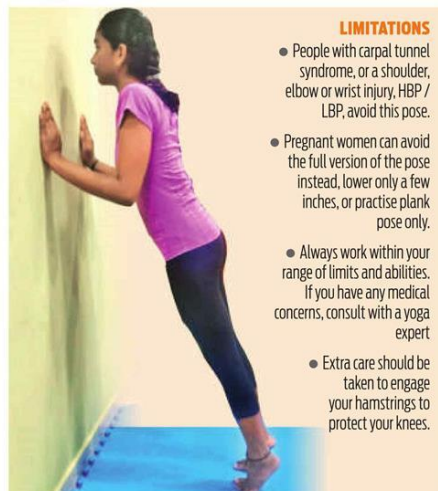
This is a beautiful stretching and strengthening supportive practice, which can be included in almost all yoga sequences. It stretches the back of the legs and soles of the feet, alleviating symptoms related to piriformis syndrome, plantar fasciitis, Achilles tendonitis, or flat feet. It is a great practice for working professionals who spend a lot of time sitting at their office desks.

STEPS

- Start in Mountain Pose Variation Feet Hip Wide, facing the wall. Keep a one-arm distance, hands on the sides. Take a few breaths here.
- Inhale, extend your arms in front, and place the palms on the wall in line with the shoulders. Rolling your shoulders back and down, open the chest, and avoid locking your elbows.
- Lengthen your spine. Maintain a neutral neck position, looking ahead.
- Draw your navel gently towards your spine, engaging your core muscles. Distribute your weight evenly between both feet.
- Take a big breath in and lift your heels. Exhale, bending the arms at the elbows, and bring your chest close to the wall. Keep the elbows close to your body. The face and head are not on the wall.
- Stay here for about six breaths. Maintain a steady breath.
- Slowly release the pose and relax in Three Part Breath Mountain Pose.

BENEFITS

- Encourages the muscles around the upper arms to expand and contract with breathing and bringing in strength.
- Improves flexibility of the elbows and wrists while strengthening them.
- It fortifies the hips as the student maintains the pose by engaging the hips.
- Regular practice helps with intense arm balancing poses.
- Helps those suffering from back problems.
- Toning of the spine enhances spinal health and body equilibrium.
- Gives the body energy and momentum to transition to deeper vinyasa flows.
- Good practice for marathon runners, athletes, teens, and sportspersons.
- Works from the core, strengthening the abdominal muscles and organs.
- Activates the digestive system.
- Boosts confidence, flexibility, balance, and stability.
- Activates Manipura Chakra, balancing the emotional quotient in a person.



LIMITATIONS

- People with carpal tunnel syndrome, or a shoulder, elbow or wrist injury, HBP / LBP, avoid this pose.
- Pregnant women can avoid the full version of the pose instead, lower only a few inches, or practise plank pose only.
- Always work within your range of limits and abilities. If you have any medical concerns, consult with a yoga expert.
- Extra care should be taken to engage your hamstrings to protect your knees.

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

Dainik Savera • 10 Jun • Ministry of Ayush

Ayush art and bullions limited company ka rajsav 10 guna bhada

7 • PG

164 • Sqcm

39407 • AVE

40.03K • Cir

Top Left

Chandigarh

आयुष आर्ट एंड बुलियन लिमिटेड कंपनी का राजस्व 10 गुना बढ़ा

सवेरा न्यूज

मुंबई, 9 जून : आयुष आर्ट एंड बुलियन लिमिटेड जिसे पहले एकेएम क्रिएशंस लिमिटेड के नाम से जाना जाता था, ने 31 मार्च 2025 को समाप्त हुए वित्त वर्ष और दूसरी छमाही के लिए अपने ऑडिट किए समेकित वित्तीय परिणामों की घोषणा की। कंपनी ने अपने मुख्य खंडों और रणनीतिक व्यावसायिक पहलों में मजबूत मांग के कारण राजस्व और लाभप्रदता में उल्लेखनीय वृद्धि दर्ज की। यह कंपनी के अनुशासित वित्तीय प्रबंधन और विकास के प्रति केंद्रित दृष्टिकोण को

दर्शाता है। 31 मार्च 2025 को समाप्त वित्त वर्ष में कंपनी ने परिचालन से 73.77 करोड़ रुपए का राजस्व दर्ज किया, जो वित्त वर्ष 24 में दर्ज 7.33 करोड़ रुपए की तुलना में साल दर साल 10 गुना वृद्धि है। कंपनी ने वित्त वर्ष 25 में 1.81 करोड़ रुपए का शुद्ध लाभ दर्ज किया, जबकि वित्त वर्ष 24 में 26 लाख रुपए का शुद्ध लाभ दर्ज किया गया था, जो साल दर साल लगभग 700% की वृद्धि दर्शाता है। प्रति शेयर आय (ईपीएस) वित्त वर्ष 24 में 0.21 रुपए की तुलना में 1.81 रुपए पर दर्ज की गई।

Dainik Savera • 10 Jun • Ministry of Ayush

11th International yog divas ke uplaksh main 345 pratibhagiyo ko yog protocol ka karwaya gaya abhyas...

4 • PG

190 • Sqcm

45689 • AVE

40.03K • Cir

Middle Left

Chandigarh

11वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में 345 प्रतिभागियों को योग प्रोटोकाल का करवाया गया अभ्यास



कार्यक्रम को लेकर योगाभ्यास करते हुए ।

सवेरा न्यूज/ संतोष पंचकूला : अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में महानिदेशक आयुष विभाग हरियाणा संजीव वर्मा, आईएस के निर्देशानुसार, जिला प्रशासन पंचकूला एवं आयुष विभाग के द्वारा 21 जून को 11 वां अंतर्राष्ट्रीय योग दिवस मनाया जा रहा है। डा. दिलीप कुमार मिश्रा, जिला आयुर्वेदिक अधिकारी, पंचकूला की अध्यक्षता में 11वें अंतर्राष्ट्रीय योग दिवस के अवसर पर आज जिला के हुडडा/आरडब्ल्यूए पंचकूला में 345 प्रतिभागियों को योग प्रोटोकाल का अभ्यास करवाया गया। सभी ने पूर्ण उत्साह से इस योग प्रोटोकाल का अभ्यास किया। इसी कार्यक्रम में आयुष विभाग के चिकित्सकों ने भाग लेते हुए हुडडा/आरडब्ल्यूए पंचकूला को लगभग 50 पौधे भी वितरित किए गए।

Rashtriya Sahara • 10 Jun • Ministry of Ayush
Profit to Ayush Art

11 • PG

37 • Sqcm

53166 • AVE

390K • Cir

Bottom Left

Delhi

आयुष आर्ट को मुनाफा

नई दिल्ली। आयुष आर्ट एंड बुलियन लिमिटेड ने 31 मार्च 2025 को समाप्त वित्तीय वर्ष के लिए 25 की दूसरी छमाही और वित्त वर्ष 25 के लिए अपने समेकित वित्तीय परिणामों की घोषणा की है। 31 मार्च, 2025 को समाप्त वित्तीय वर्ष के लिए, कंपनी ने आपरेशन्स से 73.77 करोड़ रुपये के राजस्व की सूचना दी, जो वित्त वर्ष 24 में दर्ज 7.33 करोड़ रुपये की तुलना में सालाना आधार पर 10 गुना वृद्धि को दर्शाता है। कंपनी ने वित्त वर्ष 25 में 1.81 करोड़ रुपये का शुद्ध लाभ दर्ज किया, जबकि वित्त वर्ष 24 में 26 लाख रुपये का शुद्ध लाभ हुआ था। यह सालाना आधार पर लगभग 700% की वृद्धि दर्शाता है। (एजेंसियां)

Veer Arjun • 10 Jun • Ministry of Ayush
Yog Shivr and medical camp

3 • PG

174 • Sqcm

13047 • AVE

60K • Cir

Middle Right

Delhi

योग शिविर तथा मेडिकल कैंप का आयोजन

नई दिल्ली, (वीअ)।

शाहदरा, सुबह सवेरे पार्क की सैर और स्वस्थ रहने के लिए योग बहुत जरूरी है इसी संदर्भ में सेवा कामना वेलफेयर एंड एजुकेशनल ट्रस्ट के द्वारा



वेस्ट गोरख पार्क के कश्यप पार्क में सुबह 6 बजे योग शिविर का आयोजन किया गया। इसमें नेचुरलपैथी की डॉ प्रियंका नैन, डॉ रुचि शर्मा, डॉ सारिका शर्मा, डॉ अलका शर्मा ने अपने साथियों के साथ कार्यक्रम को सफल बनाया। बिना दवाइयां के किस प्रकार हम अपनी बीमारी का उपचार कर सकते हैं इसके ऊपर विशेष चर्चा डॉ संजय के द्वारा की गई। पतंजलि योग शिक्षिका वर्षा शर्मा जी ने इस कैंप के आयोजन में मुख्य भूमिका निभाई। सुंदर नाश्ते की व्यवस्था पार्क में सभी योग शिविर में उपस्थित लोगों के लिए रही। सेवा कामना ट्रस्ट के द्वारा फ्री कोलेस्ट्रॉल टेस्टिंग मेडिकल कैंप मैक्स हॉस्पिटल पटपड़गंज के सौजन्य से लगाया गया। बहुत अधिक मात्रा में लोगों ने बढ़ चढ़कर इस कैंप में हिस्सा लिया। सभी के मिले-जुले उत्साहित प्रयासों से योगेश्वर को सफल बनाने के लिए सेवा कामना ट्रस्ट की अध्यक्ष श्रीमती अनु भाटिया जी ने सभी का दिल से धन्यवाद किया।

Dainik Tribune • 10 Jun • Ministry of Ayush

Body hi nahi pure jivan ko swasth banata hai yog :Lathar

7 • PG

273 • Sqcm

155639 • AVE

58.7K • Cir

Top Center

Chandigarh

शरीर ही नहीं, पूरे जीवन को स्वस्थ बनाता है योग : लाठर

घरौंडा में ब्लॉक स्तरीय योग प्रतियोगिता आयोजित

घरौंडा, 9 जून (निस)

अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में अनाज मंडी कम्युनिटी हाल में आयुष विभाग और पतंजलि योग समिति की ओर से ब्लॉक स्तरीय योग प्रतियोगिता का आयोजन किया गया। इसमें 10 से 60 वर्ष आयु तक के प्रतिभागियों ने योग क्रियाओं का बेहतरीन प्रदर्शन किया। कार्यक्रम का उद्देश्य लोगों को योग के प्रति जागरूक करना और इसे जीवनशैली का हिस्सा बनाना रहा।

इस कार्यक्रम में बतौर मुख्यातिथि नगरपालिका चेयरमैन हैप्पी लक गुप्ता पहुंचे। उन्होंने योग को दिनचर्या का हिस्सा बनाने का आह्वान करते हुए कहा कि योग शरीर, मन और आत्मा को संतुलित करता है। जिला आयुष विभाग के इंचार्ज डॉ. धर्मबीर सिंह ने बताया कि ब्लॉक स्तरीय प्रतियोगिता के प्रथम व द्वितीय स्थान प्राप्त करने वाले प्रतिभागी जिला स्तरीय योग स्पर्धा में भाग लेंगे। पतंजलि योग समिति के पदाधिकारी आर्य दिलबाग लाठर ने कहा कि योग सिर्फ शरीर को ही नहीं, पूरे जीवन को स्वस्थ बनाता है। इस प्रतियोगिता में जीतने वालों को पुरस्कार के रूप में पौधा दिया गया है, ताकि वे उसे अपने घरों में लगाकर पर्यावरण को भी संरक्षित कर सकें। कार्यक्रम में डॉ. विनोद गुप्ता ने भी अपने विचार व्यक्त किए। 10-14 आयुवर्ग में त्रिमन सिंह ने पहला, विश्व ने दूसरा और चिराग ने तीसरा

18 से 60 आयुवर्ग में विजेता

18-28 आयुवर्ग में घरौंडा के अभिषेक बंसल ने प्रथम स्थान पाया। महिला वर्ग में घरौंडा की ललिता प्रथम और डिंगर माजरा की स्वाति द्वितीय स्थान पर रही। 28-48 आयुवर्ग में घरौंडा के विजय कुमार प्रथम और फुरलक के सुरेश कुमार दूसरे स्थान पर रहे। महिला वर्ग में उपली की अनुराधा ने पहला स्थान प्राप्त किया। 40-60 आयुवर्ग में डिंगर माजरा के दर्शन कौशिक प्रथम और तेजेंद्र मान द्वितीय स्थान पर रहे। महिला वर्ग में घरौंडा की हरमीत प्रथम और



घरौंडा में प्रतियोगिता में हिस्सा लेते प्रतिभागी

शेखपुरा की सुमन दूसरे स्थान पर रहीं।

स्थान पाया। महिला वर्ग में डिंगर माजरा की तनिशा प्रथम, मीत द्वितीय और उपली की अवनी तृतीय रही। 14-18 आयुवर्ग में कैमला के पारस पहले, सोनू दूसरे और कालरम के अभिषेक तीसरे स्थान पर रहे। इसी वर्ग की महिला प्रतिभागियों में फुरलक की तनिशा प्रथम, घरौंडा की कविता द्वितीय और डोली तृतीय स्थान पर रही।

Deshbandhu • 10 Jun • Ministry of Ayush

JIMS Greater Noida started yoga sessions on the occasion of International Yoga Day

10 • PG

212 • Sqcm

177766 • AVE

325.52K • Cir

Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस को लेकर जिम्स ग्रेटर नोएडा ने शुरू किए योग सत्र

ग्रेटर नोएडा, 9 जून (देशबन्धु)। अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में, राजकीय आयुर्विज्ञान संस्थान, ग्रेटर नोएडा ने अपने छात्रों और शिक्षकों के लिए योग सत्रों की एक विशेष श्रृंखला शुरू की है। सत्र आधिकारिक तौर पर सोमवार को शुरू हुए और संस्थान के शैक्षणिक ब्लॉक में प्रतिदिन आयोजित किए जा रहे हैं। योग के राष्ट्रीय उत्सव के साथ-साथ आयोजित इस पहल का उद्देश्य मेडिकल छात्रों और स्वास्थ्य सेवा पेशेवरों के बीच शारीरिक और मानसिक स्वास्थ्य को बढ़ावा देना है।



सत्रों में एमबीबीएस, स्नातकोत्तर डिप्लोमेट ऑफ नेशनल बोर्ड, नर्सिंग और पैरामेडिकल छात्रों की उत्साही भागीदारी देखी गई। जिम्स के निदेशक डॉ. (ब्रिगेडियर) राकेश कुमार गुप्ता ने चिकित्सा पेशेवरों की व्यस्त दिनचर्या में योग को शामिल करने के महत्व पर जोर दिया। उन्होंने कहा कि योग न केवल शारीरिक स्वास्थ्य को बढ़ाता है बल्कि तनाव को प्रबंधित करने में भी मदद करता है, जो चिकित्सा क्षेत्र में महत्वपूर्ण है। योग सत्र 21 जून तक जारी रहेंगे, जिसका समापन अंतरराष्ट्रीय योग दिवस पर एक विशेष समारोह में होगा, जिसमें पूरे परिसर में प्रदर्शन और समूह भागीदारी होगी। संस्थान जिम्स समुदाय के सभी सदस्यों को सक्रिय रूप से भाग लेने और समग्र कल्याण की भावना को अपनाने के लिए प्रोत्साहित करता है।

Deshbandhu • 10 Jun • Ministry of Ayush

Yoga fortnight organized on the occasion of International Yoga Day

9 • PG

550 • Sqcm

461924 • AVE

325.52K • Cir

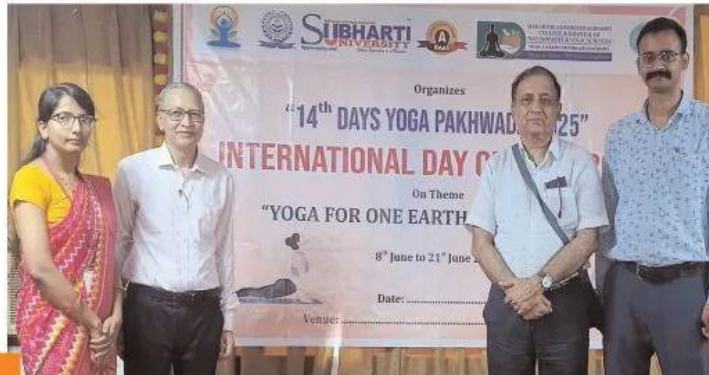
Middle Right

Delhi

अंतरराष्ट्रीय योग दिवस के उपलक्ष में योग पखवाड़े का आयोजन

मेरठ, 9 जून (देशबन्धु)। स्वामी विवेकानंद सुभारती विश्वविद्यालय के मेडिकल कॉलेज के काउंसिल हॉल में दिनांक 9 जून को सुबह 9 से 11 बजे तक सेमिनार का आयोजन किया गया। इस अवसर पर सुभारती विश्वविद्यालय में योग पखवाड़ा का शुभारंभ किया गया।

डॉक्टर राहुल बंसल प्रोफेसर एवं एडवाइजर कम्युनिटी मेडिसिन ने योग और मेडिसिन के ऊपर विस्तृत व्याख्यान दिया। उन्होंने बताया कि देश की शीर्ष संस्थानों में और विदेश के मेडिकल इंस्टीट्यूट्स में योग को मॉडर्न मेडिसिन के साथ मिलकर लेकर चल रहे हैं। उन्होंने यह भी बताया की मॉडर्न मेडिसिन के रिसर्च से लगभग 25 प्रमुख बीमारियों में योग का निश्चित प्रभाव देखा गया है। जिनमें से हार्ट अटैक, ब्लड प्रेशर, डायबिटीज, मोटापा, डिप्रेशन और कैंसर आदि प्रमुख है। एआईआईएमएस दिल्ली में 25 साल से इंटीग्रेटेड मेडिसिन का विभाग चल रहा है जहां मॉडर्न मेडिसिन के साथ योग चल रहा है, बाकी एम्स में भी पूरे भारतवर्ष में इंटीग्रेटेड मेडिसिन के



विश्वसनीय और लाभकारी है योग एवं प्राकृतिक चिकित्सा: डॉ राहुल बंसल

विभाग खोलने जा रहे हैं जहां मॉडर्न मेडिसिन के साथ योग एवं आयुर्वेद का समन्वय किया जा रहा है। उन्होंने कहा कि रिसर्च की कमी नहीं है, बस योग को अपनाना चाहिए और मेडिकल प्रैक्टिस में लाना चाहिए। उन्होंने विशेष तौर पर बताया कि योग एवं प्राकृतिक चिकित्सा स्वास्थ्य रक्षा हेतु सबसे ज्यादा विश्वसनीय एवं लाभकारी है। योग एवं प्राकृतिक चिकित्सा के क्षेत्र में छात्रों के लिए

रोजगार की अपार संभावनाएं भी हैं। उन्होंने कहा कि हमारे देश के ऋषि मुनि द्वारा किये गये हजारों वर्ष के परिश्रम को भारत सरकार के माननीय प्रधानमंत्री नरेन्द्र मोदी जी ने मानव कल्याण की दिशा में योग को वैश्विक स्तर पर मान्यता दिलाई है। उन्होंने छात्र छात्राओं और विश्वविद्यालय के शिक्षकगणों को नियमित योग करने का संकल्प दिलाते हुए योग को अपनी दिनचर्या में शामिल करने की अपील की। डॉक्टर किशोर सिंह रेडियोथैरेपी एक्सपर्ट, पूर्व डीन मौलाना आजाद मेडिकल कॉलेज और पूर्व मेडिकल डायरेक्टर लोकनायक अस्पताल

दिल्ली ने योग का कैंसर पेशेंट्स में क्या उपयोगिता है, इस विषय पर विस्तृत व्याख्यान दिया। उन्होंने साइंटिफिक प्रेजेंटेशन से सिद्ध किया कि कैंसर के पेशेंट में शुरू से आखिर तक योग की बहुत उपयोगिता है। उन्होंने यह भी कहा की सुभारती अस्पताल में कैंसर पेशेंट को योग एक्सपर्ट्स उपलब्धता अच्छी है मगर अधिकतर संस्थानों में ऐसा संभव नहीं हो पा रहा है।

इस कार्यक्रम में लगभग 120 नेचरोपैथी योगा के फर्स्ट ईयर के स्टूडेंट व लगभग 100 एमबीबीएस 2022 के छात्र छात्राएं उपस्थित रहे। इस कार्यक्रम में डॉक्टर सुरभि गुप्ता एचओडी फार्मोकॉलॉजी, डॉक्टर रानी बंसल सीनियर प्रोफेसर पैथोलॉजी, डॉक्टर पवन पराशर एचओडी कम्युनिटी मेडिसिन, कार्यक्रम संयोजक डॉक्टर नीरज व डॉक्टर स्नेहा असिस्टेंट प्रोफेसर नेचरोपैथी कॉलेज सुभारती, डॉक्टर कविता असिस्टेंट प्रोफेसर पैथोलॉजी भी उपस्थित रहे। इस कार्यक्रम को सफल बनाने में डॉक्टर गोपी रमन व डॉक्टर शालू शर्मा का भी योगदान रहा।

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	हरियाणा CM की योग साधना का VIDEO: मंत्री-डिप्टी स्पीकर ने भी साथ में आसन किए; सै...	66.5M
4.	Dainik Bhaskar	झालरापाटन में अंतर्राष्ट्रीय योग दिवस की तैयारी: योग प्रोटोकॉल का अभ्यास, पृथ्वी...	66.5M
5.	Dainik Bhaskar	किराडू में होगा योगाभ्यास, तैयारी शुरू	66.5M
6.	हिन्दुस्तान(Live Hindustan)	चिकित्सक एवं कर्मचारियों ने किया योगाभ्यास	64.8M
7.	हिन्दुस्तान(Live Hindustan)	12 दिवसीय योग शिविर में मधुमेह और उच्च रक्तचाप का इलाज	64.8M
8.	हिन्दुस्तान(Live Hindustan)	योग कर जीवन भर निरोगी बनें जवान और कर्मचारी	64.8M
9.	हिन्दुस्तान(Live Hindustan)	एसएसबी में सात दिनी योग शिविर संपन्न	64.8M
10.	The Times of India	Delhi HC Declares Appointment of Nagpur's Dr Jayant Deopujari as NCISM Chair per...	64.4M
11.	The Times of India	Make mercury available for ayurvedic meds, prof urges PM	64.4M
12.	The Times of India	5 yoga asanas for a healthy heart	64.4M
13.	The Times of India	'Mixopathy" of med systems dangerous: IMA	64.4M
14.	अमर उजाला (Amar ujala)	Kurukshetra News: धर्मनगरी में 15 को दौड़ेंगे 25 हजार लोग	63.8M
15.	अमर उजाला (Amar ujala)	Ambala News: योग में मन्नत, पिकी, श्लोक और कुबेर प्रथम	63.8M
16.	अमर उजाला (Amar ujala)	Jhajjar-Bahadurgarh News: राजकीय औद्योगिक प्रशिक्षण संस्थान में आयोजित हुआ योग श...	63.8M
17.	अमर उजाला (Amar ujala)	Jhajjar-Bahadurgarh News: जिले में गूंजा रहा योग का उद्घोष, अंतरराष्ट्रीय योग दि...	63.8M
18.	अमर उजाला (Amar ujala)	Chandigarh-Haryana News: हरियाणा विधानसभा में विधायक करेंगे योग अभ्यास	63.8M
19.	अमर उजाला (Amar ujala)	आत्मविश्वास को भी बढ़ाता है : जितेंद्र हुड्डा	63.8M
20.	अमर उजाला (Amar ujala)	Sirsa News: जिलास्तरीय योग प्रतियोगिता में 115 योग साधकों ने दिखाया अपना कौशल	63.8M
21.	अमर उजाला (Amar ujala)	Palwal News: खुशहाल रहने के लिए योग जरूरी	63.8M
22.	अमर उजाला (Amar ujala)	Anniversary : दिल्ली के सांसदों ने कहा-डबल इंजन की सरकार, बेहतर समन्वय से दिल्ली...	63.8M
23.	अमर उजाला (Amar ujala)	योग को नियमित दिनचर्या में करें शामिल : दहिया	63.8M
24.	अमर उजाला (Amar ujala)	योग प्रतियोगिता : पुरुषों में चक्षित और महिलाओं में यशवी प्रथम	63.8M
25.	Ndtv	गर्मियों में ठंडक और शांति देगा शीतली प्राणायाम, कब्ज, एसिडिटी से दिलाएगा राहत, ...	50.6M
26.	Ndtv	Explainer: मोदी सरकार के 11 सालों में कितना बदला भारत?	50.6M

27.	Dainik Jagran	जम्मू-कश्मीर में योग दिवस की धूम, शिविरों में उमड़ेंगे भारी भीड़; जुटेंगे सैकड़ों...	40.5M
28.	The Hindu	Ahead of Yoga Day, Ayurveda College will organise various activities to promote . ..	35.9M
29.	Dailyhunt	Modi Now Third Time PM, First Time Under Constraint of Coalition	18.6M
30.	Dailyhunt	Sports Dept holds yoga sessions ahead of mega show on June 21	18.6M
31.	Medical Dialogues	Yoga for One Earth, One Health: NMC issues notice for medical colleges for Inter. ..	16M
32.	Times Now Hindi	Sitali Pranayam: गर्मियों में बेहद असरदार शीतली प्राणायाम, रखता है तन-मन दोनों क...	8.6M
33.	The Tribune India	Director-General of AYUSH reviews preparations for Yoga Day celebrations	7M
34.	The Tribune India	Sports Dept holds yoga sessions ahead of mega show on June 21	7M
35.	Janta Se Rishta	Haryana : खेल विभाग ने 21 जून के मेगा शो से पहले योग सत्र आयोजित किया	3.8M
36.	Janta Se Rishta	Tamil Nadu: पेड़ों के गिरने की बढ़ती घटनाओं के लिए शाकनाशियों के अत्यधिक उपयोग क...	3.8M
37.	Janta Se Rishta	गर्मियों में बेहद असरदार "शीतली प्राणायाम", रखता है तन-मन दोनों को शीतल	3.8M
38.	Daijiworld	Udupi: Muniyal Institute to hold free seminar & workshop on Jun 15	3M
39.	Live Law Hindi	राजस्थान हाइकोर्ट ने उस यूनानी मेडिकल स्टूडेंट को राहत दी, जिसका एडमिशन ओपन स्कू...	2M
40.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: गर्मियों में बेहद असरदार "शीतली प्राणायाम", रखता है तन-मन ...	926.1K
41.	Newstrack	Gorakhpur News: स्वास्थ्य विभाग ने आयुष विभाग से सीखा योग का मंत्र, जन जन तक पहु...	809.7K
42.	Indian Masterminds	Uttarakhand: CM Dharam Inaugurates & Lays Foundation for ₹ Crore Devt P ...	738.1K
43.	Daily Excelsior	MWA organizes 'Tree Talk' to save trees	717.7K
44.	Khas Khabar	हरियाणा विधानसभा में योग करेंगे विधायक और कर्मचारी	466.4K
45.	The Morung Express	Can Yoga be Christianized?	268.3K
46.	Samachar Nama	गर्मियों में बेहद असरदार "शीतली प्राणायाम", रखता है तन-मन दोनों को शीतल	195.8K
47.	Ht Syndication	विश्वविद्यालय और कॉलेजों में आयोजित होगा योग संगम	119.8K
48.	Dainik Tribune	शरीर ही नहीं, पूरे जीवन को स्वस्थ बनाता है योग : लाठर	110.2K
49.	Pharmabiz.com	Ayurveda expert at BHU seeks PM's intervention to permit use of mercury in ayur v...	N/A
50.	Newzfatafat	हरियाणा के सीएम नायब सैनी ने अंतरराष्ट्रीय योग दिवस का किया शुभारंभ	N/A
51.	Haryana Archives Hindi Samachar	Haryana News: हरियाणा के सीएम नायब सैनी ने किया योगाभ्यास	N/A
52.	Newzfatafat	राज्य स्तरीय योगासन प्रतियोगिता में झोझू कलां के 8 खिलाड़ियों का चयन	N/A

53.	Haryana Archives Hindi Samachar	Charkhi Dadri News : राज्य स्तरीय योगासन प्रतियोगिता के लिए खंड झोझू कलां के 8 ख...	N/A
54.	Newzfatafat	पंचकूला में 11वें अंतर्राष्ट्रीय योग दिवस पर 345 प्रतिभागियों ने किया योग प्रोटो...	N/A
55.	Haryana Archives Hindi Samachar	Panchkula News : 11वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में 345 प्रतिभागियों ...	N/A
56.	Skgnnews	संकल्प से सिद्धि : मोदी युग ने गढ़ी नए भारत की सशक्त, सुरक्षित और विकसित तस्वीर	N/A
57.	Khabar Drishtikon	मोदी-योगी सरकार की जीरो टॉलरेंस पॉलिसी को चुनौती, यूनानी निदेशालय पर भ्रष्टाचार ...	N/A
58.	Skills Wale	10वी पास हेतु Yoga Instructor Recruitment 2025: ऑनलाइन यहाँ से भरे फार्म, Direct...	N/A
59.	Akhandrashtra	योग को जन जन तक पहुंचने का संकल्प Jun 9, 2025	N/A
60.	C Bharat	Jaunpur news घर घर पहुंचाये ध्यान और प्राणायाम – अचल हरीमूर्ति	N/A
61.	Anytime News	मोदी योगी सरकार की जीरो टोलरेंस पॉलिसी को मुंह चिढ़ा रहे हैं यूनानी पद्धति के का...	N/A
62.	Garhwal Post	Yoga—Most Precious Gift of Indian Heritage	N/A
63.	Hindustan Global Times	उधमसिंह नगर की विकास गाथा: योजना, समर्पण और सजगता का संगम"09 जून 2025 उधमसिंह . ..	N/A
64.	Tender Detail	Tender For Providing Of Tentage On The Occasion On State Level International Y og...	N/A
65.	Garhwal Post	Dhami launches 27 development projects in Nainital district	N/A
66.	Gujju Reporter	ઉધના ખાતે યોગ પ્રોટોકોલ તાલીમ અને મેદસ્વિતામુક્ત ગુજરાત અંતર્ગત યોગશિબિર યોજાઈ	N/A
67.	Kalikumaun khabar	रिपोर्ट:लक्ष्मण बिष्ट : चम्पावत में पंचम वाहिनी एसएसबी के सहयोग से "हरित योग"...	N/A
68.	Ebnw Story	IIT Mandi Signs MoU with Art of Living Foundation to Advance Research in Consc io...	N/A
69.	AnyTV News	Very effective 'Sheetali Pranayama" in summer, keeps both body and mind cool	N/A
70.	Tarunmitra	चंपावत में हरित योग के साथ 11वें अंतरराष्ट्रीय योग दिवस की तैयारियां जोरों पर	N/A
71.	रुबरू न्यूज़	योग दिवस 21 को, अभ्यास जारी	N/A
72.	Udaipur Kiran	चंपावत में हरित योग के साथ 11वें अंतरराष्ट्रीय योग दिवस की तैयारियां जोरों पर	N/A
73.	Rashtriya Sagar	प्रधानमंत्री मोदी के सेवा, सुशासन और समर्पण के ग्यारह वर्ष	N/A
74.	Abhitak News	11वें अंतर्राष्ट्रीय योग दिवस-2025 के उपलक्ष्य में 109 प्रतिभांिगियों को करवाया ग...	N/A
75.	Chhattisgarh Vishesh	संकल्प से सिद्धि : मोदी युग ने गढ़ी नए भारत की सशक्त, सुरक्षित और विकसित तस्वीर	N/A
76.	Dainik Vishwa Pariwar	संकल्प से सिद्धि: मोदी युग ने गढ़ी नए भारत की सशक्त, सुरक्षित और विकसित तस्वीर:प...	N/A
77.	Bastar Live	गर्मियों में राहत का उपाय शीतली प्राणायाम से पाएं ठंडक, नींद और पाचन में सुधार	N/A
78.	The Lucknow Tribune	CM Yogi Adityanath Inspects Mahayogi Guru Gorakhnath AYUSH University in G orakhp...	N/A

79.	Corporate Post News	आईआईटी मंडी और आर्ट ऑफ लिविंग फाउंडेशन के बीच MoU पर हस्ताक्षर: चेतना और मानसिक ...	N/A
80.	Guidely	Daily Current Affairs 08th June 2025 Latest News Download Free PDF	N/A
81.	Doonited India	नैनीताल में 27 विकास परियोजनाओं का मुख्यमंत्री ने किया लोकार्पण एवं शिलान्यास	N/A
82.	Street news	Workshop Organized to Prepare Officials for Rising Demand of Updates on Intern at...	N/A
83.	Newzfatafat	गर्मियों में शीतली प्राणायाम: तन और मन को ठंडा रखने का सरल उपाय	N/A
84.	Uttam Hindu	Health Tips: गर्मियों में बेहद असरदार 'शीतली प्राणायाम', रखता है तन-मन दोनों को...	N/A
85.	Rajasthan News(राजस्थान समाचार)	गर्मियों में बेहद असरदार "शीतली प्राणायाम", रखता है तन-मन दोनों को शीतल	N/A
86.	Khair News	गर्मियों में बेहद असरदार 'शीतली प्राणायाम', रखता है तन-मन दोनों को शीतल	N/A
87.	Deshbandhu	गर्मियों में बेहद असरदार 'शीतली प्राणायाम', रखता है तन-मन दोनों को शीतल	N/A
88.	Samachar Footprint	नैनीताल जनपद को मिली 126 करोड़ 69 लाख लागत की योजनाओं की सौगात, 27 विकास योजनाओं...	N/A
89.	Airr News	Setu Bandhasana Benefits: Reduce mental stress and physical fatigue	N/A
90.	Health Economictimes	"Mixopathy" of medical systems dangerous: IMA	N/A
91.	Affairrs Cloud	Current Affairs 8 & 9 June 2025	N/A
92.	Calcutta News	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A