

MINISTRY OF AYUSH COMPILED MEDIA REPORT 10 Feb, 2025

Total Mention 17

⊞ Print	Financial	Mainline	Regional	Periodical
13	1	9	3	N/A
	•) Online		

4



Print

No	Newspaper	Headline	Edition	Pg
1.	The Hindu Business Line	My Five	Bengaluru + 7	9
2.	The Times of India	Awareness about Ayush medicines high in Pb: Centre	Chandigarh	3
3.	Hindustan Times	Ayushman scheme will be 1st order of business	Delhi	4
4.	The New Indian Express	UTTANA PADASANA KNEES BENT	Chennai	2
5.	The New Indian Express	UTTANA PADASANA KNEES BENT (RAISED LEGS POSE KNEES BENT)	Bengaluru	2
6.	The Statesman	Parampara seems well set to turn Purulia village into a model ayurvedic village	Delhi	10
7.	The Morning Standard	Fit Bit	Delhi	2
8.	The Pioneer	Must -Do Yogasanas	Chandigarh	11
9.	The Pioneer	Must-Do Yogasanas	Delhi	11
10.	Punjab Express	People endorsed PM Modi's guarantees	Chandigarh	8
11.	Prahar	Patanjali Yoga-Ayurveda Global Reputation	Mumbai	3
12.	Punyanagari	Ayurveda does not compete with anyone!	Mumbai	10
13.	Nav Rashtra	14 thousand people ran with Soman	Mumbai	12





The Hindu Business Line • 10 Feb • Ministry of Ayush My Five

9 • PG 115 • Sqcm 21199 • AVE 53.22K • Cir Top Left

Bengaluru • Kolkata • Hyderabad • Pune • Mumbai • Delhi • Chennai • Kochi



Gym twice a day, golf, and bedtime stories

- 1 Golf: It's my escape, where I find balance between focus and relaxation. It's not just the game, but also the quiet moments and conversations between shots. I try to get in at least one round a week, usually early morning, when the course is calm and the day is just beginning.
- 2 Diet: I believe in eating clean, but not at the cost of enjoyment. Mostly home-cooked simple, nutritious meals. My morning starts with a wholesome breakfast, usually eggs and fruit; my meals are light yet fulfilling.
- 3 Gym: Hitting the gym twice a day may sound excessive, but it's non-negotiable for me. It helps reset — in the morning, it sets the tone for the day; and in the evening, to shake off stress. I mix strength training, cardio, and functional workouts.
- 4 Family time: Evenings are for family, no matter what. My day ends with a light meal at home. And if I'm not reading or catching up on music, I get some rest, early.
- 5 Unwind: One of the best parts of my day is reading to Kabir, my two-year-old son, before bedtime. It's this little pocket of time where everything else fades away — it's just us, lost in stories. It's funny how a children's book can put life into perspective reminding me to slow down, be present, and appreciate simple joys.





The Times of India • 10 Feb • Ministry of Ayush Awareness about Ayush medicines high in Pb: Centre

3 • PG 225 • Sqcm 109166 • AVE 46.88K • Cir Bottom Left

Chandigarh

Awareness about Ayush medicines high in Pb: Centre

Vinod.Kumar3 @timesofindia.com

Chandigarh: Punjab is witnessing a growing awareness and trust in the Ayush system of medicine, which includes ayurveda, yoga, unani, siddha, sowa rigpa, and homeopathy. This rising awareness reflects a gradual increase in confidence in traditional healthcare systems across the state.

In response to a question by Punjab Congress MP Charanjit Singh Channi, the ministry of Ayush shared data from an all-India survey on Ayush in the Lok Sabha. The survey, conducted by the ministry of statistics and proimplementation gramme (MoSPI) as part of the National Sample Survey 79th Round, highlighted significant public engagement with Ayush practices in both urban and rural areas.

According to the survey, 94.8% of individuals in rural areas of Punjab are aware of Ayush, with 46.3% using Ayush practices in the past year. In urban areas, awareness is even higher at 96%, with 52.9% of individuals utilising Ayush treatments within the last 365 days.

To further integrate Ayush with conventional medical facilities, the ministry of Ayush informed the House about its plans to implement the centrally sponsored scheme, the National Ayush Mission (NAM), through state and union territory govts.

A major initiative under this mission is the co-location of Ayush facilities at primary According to a survey, 94.8% of individuals in rural areas of Punjab are aware of Ayush, with 46.3% using Ayush practices in the past year

health centres (PHCs), community health centres (CHCs), and district hospitals (DHs), ensuring patients have access to multiple medical systems under one roof.

Additionally, the govt has facilitated the engagement and training of Ayush doctors and paramedics through the ministry of health and family welfare under the National Health Mission (NHM). Infrastructure, equipment, and medicines are also being supported through NAM to enhance the accessibility and efficiency of Ayush services.

When asked about future research or surveys to understand the reasons behind the lower utilisation of Ayush services in certain areas of Punjab, the ministry stated that no such studies are currently planned.

Punjab's Ayush healthcare system is well-established, with 506 ayurvedic dispensaries, 17 swasth kendras, and five Ayush hospitals operating across the state.

Besides that, Ayush services are also co-located in public health facilities, including PHCs, CHCs, and DHs, thus enabling the choice for patients for different systems of medicines under a single window.





Hindustan Times • 10 Feb • Ministry of Ayush Ayushman scheme will be 1st order of business

4 • PG 334 • Sqcm

1978068 • AVE

3.43M • Cir

Bottom Center

Delhi

{ RAMVIR SINGH BIDHURI } BJP LOK SABHA MP

'Ayushman scheme will be 1st order of business'

Alok KN Mishra

letters@hindustantimes.com

Bharatiya Janata Party Lok Sabha MP Ramvir Singh Bidhuri, who played a major role in the party's thumping win in the Delhi Assembly elections as he headed the party's manifesto committee, speaks to HT about the government's priorities and how it will fulfill its promises. Edited exceptive.

promises. Edited excerpts: The BJP's manifesto made several guarantees. How and when the government will fulfill them?

The government in its first cabinet meeting will consider and approve the implementation of the Ayushman Bharat Yojana which was not implemented by the Arvind Kejriwal government due to his cheap politics that had deprived people of the benefits of the highly successful scheme of the central government. Those above 70 years of age in Delhi will get free treatment up to ₹10 lakh.

of which ₹5 lakh will be contributed by the Delhi government and ₹5 lakh by the Centre.

What about the ₹2,500 monthly allowance promised for women?

Disbursement of ₹2,500 monthly allowance to poor women will start before March 8, which is International Women's Day. PM Narendra Modi had announced this during his last election rally in RK Puram.

AAP leaders claimed during election rallies that BJP will discontinue their free schemes.

The BJP government will continue to provide 200 units free electricity. It will also provide 20,000 litres of free water every month to all residents, and free bus rides for women. The government will make necessary financial provisions in the next budget as well to continue all these schemes. PM



Narendra Modi, home minister Amit Shah, and BJP president JP Nadda have clarified that all the welfare schemes running in Delhi will be continued by the new government. They have said the government will weed out corruption and make the welfare schemes even better.

The AAP also claimed that the BJP will demolish slums when it comes to power.

PM Modi has clarified that not a single jhuggi will be demolished. The BJP government will provide pucca houses to slum dwellers under in-situ development programme (Jahan Jhuggi, Wahan Makan). Delhi already has over 50,000 flats which will be renovated and will be given to the eligible slum dwellers.

Pollution in Yamuna became a big issue in the last leg of the election campaign. How will the BJP fulfill its promises of cleaning the river and making Delhi a clean city? Home minister Amit Shah

Home minister Amit Shah said while launching the manifesto that the Delhi government will get 13,000 e-buses. It will reduce vehicular pollution. The government will start working on this as soon as it takes charge. The government will also pave 500 kilometres of roads and undertake road repairs on a war-footing to check dust pollution. In the first cabinet, a proposal will be

put up to clean the Yamuna. The government will set up a Yamuna Kosh to revitalise the river, which has been neglected by AAP government for the past 10 years. The government will also

The government will also launch the Delhi Clean Air Mission to halve the average AQI by 2030 and reduce the number of days with poor air quality by deploying road-sweeping machines in every assembly constituency and water-sprinkling machines in every municipal ward, among other measures.

The non-tabling of 14 CAG reports created a row before elections. What will the BJP government do about it?

As part of the BJP's motto of zero tolerance against corruption, the government will table all CAG reports in the first session of the assembly. Action will be taken against those responsible for irregularities.





The New Indian Express • 10 Feb • Ministry of Ayush UTTANA PADASANA KNEES BENT

2 • PG 679 • Sqcm 895999 • AVE 246.4K • Cir Top Center

Chennai

FITBIT

UTTANA PADASANA KNEES

BENT(RAISEDLEGSPOSEKNEESBENT)

This is a beginner-level pose done in supine position. It helps build strength at the knees, and is included in core yoga sequences. This pose is beneficial for the lower back, thigh, hamstrings, and pelvic by raising the legs bent at the knees. It helps stimulate the Manipura (Solar Plexus) Chakra.

STEPS

- Start in Supta Tadasana. Then bend the knees while bringing your feet close towards the body.
- Notice a reverse 'L' created by the knees. This position is Savasana Variation Bent Legs (Constructive Rest Pose).
- From there, raise both the legs bent at the knees, as shown in the image, while breathing out. Note that the knees are parallel to the floor.
- Now, bring your awareness to the breathing as you hold the pose. Feel the calm, slow, and deep breathing. Feel the pressure falling on the core at the time.
- Try not to move your legs and stay focused on the pose. Hold the pose for at least 8-10 breaths.
- To release the pose completely, bring the legs to the ground and relax in Savasana (Corpse Pose) for some time.

LIMITATIONS

- Students with any injury or have recently undergone surgery in the knees, legs or feet, have high pressure at the core, pregnant women, senior citizens with chronic rheumatoid arthritis, and neuromuscular issues, should avoid this.
- Students with weak knees or osteoarthritis (acute) may do with the help of a yoga block between the knees.
- Those with a weak lower back or waist, may use a folded blanket beneath the waist.

BENEFITS

- Stretches and strengthens the legs, the muscles of the hips, thighs, calves, hamstrings, and pelvic floor.
- Contracts the lower abdomen and helps tone the area.
- Students can build flexibility of the leg muscles.
- Increases flexibility, preparing the body for challenging poses.
- Contraction can be felt at the belly while holding this pose.
- Inhalation becomes shorter, and the exhalation becomes deeper.
- Helps eliminate the unwanted gasses and slows down the heart rate with calm breathing.
- Students do abdominal breathing in this pose autonomously.
- Deeper breathing allows the lungs to intake more oxygen for optimal functioning of the respiratory system.
- Involves calm breathing that helps to soothe the brain.
- Sufficient oxygen intake during the practice helps cool down the brain.
- Can help you feel relaxed and combat fatigue after a tiresome day.
- Soothes the abdominal organs, stimulating the Manipura Chakra responsible for regulating the fire element and helps digestion.
- Therapy for the students who have back pain due to long hours of sitting.
- Good for the postnatal women after four weeks of healing. Strengthens their core and pelvic region.
- It can easily be practised on the bed after one wakes up in the morning.
- Good for the teens as it helps the brain to calm and the mind to be focused.



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



The New Indian Express • 10 Feb • Ministry of Ayush UTTANA PADASANA KNEES BENT (RAISED LEGS POSE KNEES BENT)

2 • PG 655 • Sqcm 654955 • AVE 177.8K • Cir Top Right City Express

Bengaluru

FITBIT

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The Statesman • 10 Feb • Ministry of Ayush

Parampara seems well set to turn Purulia village into a model ayurvedic village

10 • PG 250 • Sqcm 44946 • AVE 225K • Cir Middle Left

Delhi

Parampara seems well set to turn Purulia village into a model ayurvedic village

RITWIK MUKHERJEE KOLKATA, 9 FEBRUARY

The Ayurvedic products market in India, which was valued at Rs 748.5 billion in 2023, is growing fast, driven by increasing health consciousness and demand for natural remedies. The market is expected to reach \$16.27 billion by 2028. By 2032, the market is projected to reach Rs 3,207.6 billion, exhibiting a growth rate (CAGR) of 17.55 per cent during 2023-2032. However, these figures are not something that is driving Kolkata's home-grown ayurvedic brand, and more importantly, the only traditional ayurvedic family in eastern India. Parampara may be one of the strongest ayurvedic brands, but the founder is driven more by the urge and challenge to take Ayurveda, the oldest medical science derived from

the Veda (more particularly Atharva Veda), out of the hands of some uneducated, fake practitioners and self-styled beauticians. His mission is to uphold the rich legacy of his forefathers while embracing the advancements of modern medicine and establishing Ayurveda as an authentic branch of medical science with a holistic, curative method of treatment.

Dr Debabrata Sen, the current generation scion of one of the oldest surviving traditional Ayurveda families, whose legacy spans over five centuries, rooted in a roval lineage of Ayurvedic practitioners dedicated to the art of natural healing, minces no words in saying, "We are not bothered so much about the market size, the brand positioning, or for that matter, the bottom line. We are striving relentlessly to establish Ayurveda as an authentic



Swadeshi treatment method too, where any disease can be cured except where emergency surgical or intravenous interventions are required." Parampara Ayurved, therefore, Dr Sen claims, is where tradition meets modernity in a harmonious blend of timeless wisdom and contemporary practices. Sen's ancestors treated the likes of the Tagore family, the family of Acharya Prafulla

Chandra Roy, and many other famous families of Bengal over the years.

Dr Sen, who has been felicitated by several national and international organisations including Jadavpur University (for his work on "Ayurvedic Drug Development Research"), by Rajib Gandhi Memorial Ayurvedic Medical College & Hospital ("APARAJITO DEBABRATA"), by Ayurvedic Doctors Forum. W.B. ("DHANWANTARI AWARD"), and by Professor P.K. Prajapati, Vice-Chancellor, Dr Sarvapalli Radhakrishnan AyurCHARAKA SAMMANA AWARD"), is now burning the midnight oil to turn and upgrade a far-flung village near Maan Bazar in Purulia into a model ayurvedic village. Purulia is a natural habitat of flora and fauna with wild genes. "I am also conducting various training programmes across the length and breadth of the state. There is a huge lack of awareness. Even today, very few would know that ayurvedic treatments cover eight branches/disciplines and it offers eight types of treatments (Astango). One cannot just source some plants and make ayurvedic products or medicines. The plant will have to have wild genes, or one needs to do genetic engineering for the highest level of efficacy. We currently have over 200 products, which are sold through 12 company-owned outlets and ecommerce platforms, and all have such wild genes or are genetically engineered. We also have a state-of-theart laboratory," said Dr Sen.

Interestingly, some of the top herbal products exported from India include: Ashwagandha, Turmeric, Ginger, Neem, Triphala, Tulsi (Holy Basil), Brahmi, and Shatavari.





The Morning Standard • 10 Feb • Ministry of Ayush Fit Bit

2 • PG 612 • Sqcm 293792 • AVE 300K • Cir Middle Right

Delhi

FITBIT

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(RAISED LEGS POSE KNEES BENT)

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The Pioneer • 10 Feb • Ministry of Ayush Must -Do Yogasanas

11 • PG 1088 • Sqcm 653027 • AVE 268.96K • Cir Top Left

Chandigarh





The Pioneer • 10 Feb • Ministry of Ayush Must-Do Yogasanas

11 • PG 1088 • Sqcm 3101879 • AVE 634.42K • Cir Top Left

Delhi







Punjab Express • 10 Feb • Ministry of Ayush People endorsed PM Modi's guarantees

8 • PG 151 • Sqcm 30181 • AVE 348.98K • Cir Top Center

Chandigarh

'People endorsed PM Modi's guarantees'

NEW DELHI, FEBRUARY 9

Haryana Chief Minister Nayab Singh Saini on Sunday said the people of Delhi endorsed Prime Minister Narendra Modi's guarantees, and asserted that the national capital would now stride firmly towards a "Viksit Bharat". Modi's policies will now be implemented in Delhi, ensuring that the people benefit from welfare schemes such as Ayushman Bharat and access to clean drinking water, he added. Addressing a press conference at Haryana Bhawan, the BJP leader said the people of Delhi responded to AAP supremo Arvind Kejriwal's "deceitful promises" by voting him out of power.

The BJP swept to power in Delhi after more than 26 years, winning 48 of the 70 assembly seats. AAP won 22 seats while the Congress drew a blank in the polls held on February 5. The people will also oust the "AAP-da (disaster)" from power in Punjab, like they did in Delhi, Saini claimed. With this historic win, Delhi will now stride forward firmly towards a "Viksit Bharat", he added.





Prahar • 10 Feb • Ministry of Ayush Patanjali Yoga-Ayurveda Global Reputation

3 • PG 21218 • AVE 76 • Sqcm 215K • Cir Middle Right

Mumbai

पतंजली योग-आयुर्वेदाला जागतिक स्तरावर प्रतिष्टा

नवी दिल्ली(वृत्तसंस्था) :

बात मंडपम, प्रगते मैदान, नवी दिल्ली येथे नॅशनल बुक्र ट्रस्ट, भारत आयोजित जागतिक पुस्तक मेळाव्यात पतंत्रती योगसेठाचे सर्विरणीस आचार्य बाळकृष्ण प्रमुख वक्ते म्हणून म्हणाले की, 'जागतिक पुस्तक मेळावा' सारध्या घटना यार्वजनिक महित्यत उपलब्ध होत आहेत. ते म्हणाले की, पतंत्रलीने योग-आयुर्वेदाला जागतिक स्तरावर प्रतिष्टा मिळवन दिली आहे. योगाबदल आचार्यजी म्हणाले की, आज जगभगत योगाचा स्वीकार झाला आहे ही अभिमानाची गोष्ट आहे. जनभर वेनवेगळ्या भाषा बेलगाऱ्य लोकांना एखादा शब्दाचा अर्थ सारखाच मार्रात असेल तर तो योग आहे. जरी एखाद्याला योगाया व्यापक आणि खोल अर्थ माहित नारना तरी हे कारी श्वामी कावामाचे व्यायाम, शारीरिक व्यायाम, काही आसने आणि प्राणायाम बदल आहे हे महित आहे.

आयुर्वेदाच्या संदर्भत ते माणाले की, आयुर्वेदाला आयुर्वेद म्हणून प्रस्थापित करण्यासाठी जागतिक स्तरावर जे काम व्हाचला हवे होते, ते प्रत्यक्षात झाले नाती, ते म्हणाले की, आयुर्वेद हे एक पूर्व शास्त्र आहे. आयुर्वेद स्वतंत्र असून त्याची कोणाशीही स्पर्ध नाहि हो स्वणाले को, अलोपेंबी दैनीदन जीवनात कृतिम औषधाच्या रूपात आहे. आयुर्वेद आयल्या जीवनात रूजलेला आहे तर अंलोपेथी ही सबती आहे. आयुर्वेदाकडे वैद्यकशास्त्र किया वनीपधीचे शास्त्र म्हणून व्यापक दृष्टीकोनातून पाहिल्यास त्यासाठी अधिक कामची गरन आहे. ते म्हणले की, निसर्गाती सुसंगत पदार्थाचा वापर करून निसर्पाती सुसंगत जीवन जगण्याचा प्रयत्न कला पारिजे, असे आयुर्वेद शिकवती.

एनात्वक्रमेचेहियाच्य एक महान पुस्तक प्रकाशित केले आहे. ज्यामध्ये ३२ हजार औषधी वनस्पतीचे सचित्र वर्णन आहे. पापूर्वी केवळ १२ हजार औषधी वनस्पतीची महिती उपलब्ध होती. यशिवाय सीमित्रयनिदानम् हा आयुर्वेदावर आधारित ग्रंथ आन्दी प्रकाशित केला, त्याद्वारे नवशुगाचाराच्या अनुषंगाने जगात उद्दभवणारे नवीन रोग, नवीन व्याची आणि नवीन रोगांचे स्वरूप, सक्षणे आणि निदान सादर करून एक आव्हानात्मक कार्य केले आहे. यामध्ये शरीराच्या रचनेच्या आधारे १४ विभागांमध्ये ६८२१ श्लोकांमध्ये ४०१ मुख्य रोगांसह सुमारे ५०० रोगांचे सचित्र पर्णन आहे. तसेच, आयुर्वेदाच्या परंपरेत प्रथमच २५०० हुन अधिक क्लिनिकल परिन्थितीचे वर्णन पुस्तकाच्या माध्यमानून करण्यत आले आहे.

कवता. आमाला माहित आहे की, आयापीनी सांगितले की, आमचे कुटुब त्यांचे सेवन करत जलीने जातीक प्रांत पतंत्रलीने जागतिक हर्वल आहे. म्हणूनच आमधी उत्पादने

सर्व मानकांवर खरी राहतात. आपल्यासाठी देश हा व्यवसाय नमून फुटुंब आहे. त्यांनी सर्ग उत्पदक कंपन्यांना आवाहन केले को ते ने काही उत्पादने बनवतात ते त्यांच्या कुटुंबाला डोळ्यसम्बेर टेवून बनवायेत. तरुणांना संबोधित करताना आयार्थजी माणाले की, जे काही काम तुम्ही स्वतःसाठी किया देशासाठी करत आहात, ते फक्त आजसाठीच नाही तर पविण्यत त्यांना त्या कामाचा करत परपदा होईल याचा विचार करून करा. आचार्य जी म्हणाले की, पतंजलीच्या माध्यमातून आम्ही योग, आयुर्वेद, शिक्षण, येदक, संशोधन, प्राचीन हस्ततिखित पुस्तके आणि प्रेरणादाची आध्यात्मक पुरतके प्रकाशत केली आहेत. यशिवाप, भारतीय शिक्षण मंडळाअंतर्गत इयला १ ते इयला १० वी पर्यतचा अध्यासक्रम देखील देशी शिक्षण पद्धतीचा पाया पालत प्रकाशित केला जात आहे.





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आयुर्वेद कोणाशीही स्पर्धा करत नाही!

आचार्य बाळकृष्ण यांचे प्रतिपादन

। नवी दिल्ली: आयुर्वेदाला स्थापित करण्यासाठी जागतिक स्तरावर जे काम व्हायला हवे होते, ते प्रत्यक्षात झाले नाही. आयुर्वेद एक पूर्ण विज्ञान आहे. आयुर्वेद स्वतंत्र आहे आणि ते कोणाशीही स्पर्धा करत नाही, असे प्रतिपादन पतंजली योगपीठाचे सरचिटणीस आचार्य बाळकृष्ण यांनी केले. नॅशनल बुक ट्रस्टच्या संयुक्त विद्यमाने नवी दिल्लीतील प्रगती मैदानातील भारत मंडपम येथे आयोजित जागतिक पुस्तक मेळमध्ये प्रमुख वक्ते म्हणून आचार्य बाळकृष्ण बोलत होते.

पतंजलीने योग-आयुर्वेदाला जागतिक प्रतिष्ठा दिली आहे. जगभरात आज योग स्वीकारला गेला असून ही अभिमानाची गोष्ट आहे. जर जगभरातील वेगवेगळ्या भाषा बोलणाऱ्या लोकांना एखाद्या शब्दाचा अर्थ समान रीतीने माहीत असेल तर तो योग आहे. योगाचा सखोल अर्थ जरी कोणाला माहीत नसला तरी, किमान हे तरी माहीत असते की ते श्वासोच्छ्वासाचे व्यायाम, शारीरिक व्यायाम, काही आसने आणि प्राणायाम याबहल



आहे, असे बाळकृष्ण म्हणाले. आयुर्वेदाच्या संदर्भात ते पुढे म्हणाले, दैनंदिन जीवनात ॲलोपॅथी ही कृत्रिम औषधाच्या स्वरूपात असते. आयुर्वेद हा आपल्या जीवनाचा एक भाग आहे, तर ॲलोपॅथी ही एक सक्ती आहे. जर आपण आयुर्वेदाकडे औषध किंवा वनौषधी म्हणून व्यापक दृष्टिकोनातून पाहिले तर त्यासाठी अधिक काम करण्याची आवश्यकता आहे. आयुर्वेद आपल्याला शिकवतो की आपण निसर्गांच्या अनुषंगाने पदार्थांचा वापर करून निसर्गांशी एकरूप राहण्याचा प्रयत्न केला पाहिजे.

पतंजलीने वर्ल्ड हर्बल एनसायक्लोपीडियाच्या स्वरूपात एक उत्तम पुस्तक प्रकाशित केले

आहे. यामध्ये ३२ हजार औषधी वनस्पतींचे वर्णन आहे. यापूर्वी फक्त १२ हजार औषधी वनस्पतीची माहिती उपलब्ध होती. याशिवाय, पंतजलीच्या वतीने आयुर्वेद आधारित 'सौमित्रेयनीदानम' हे पुस्तक प्रकाशित केले आहे. यामध्ये आधुनिक युगाच्या अनुषंगाने जगात उदयास येत असलेले नवीन रोग, विकार आणि आजारांचे स्वरूप, लक्षणे आणि निदान चित्रमय पद्धतीने सादर करण्यात आल्या आहे. यामध्ये, ४७१ मुख्य आजारांसह सुमारे ५०० आजारांचे वर्णन ६८२१ श्लोकांमध्ये चित्रांसह केले आहे. आयुर्वेदाच्या परंपरेत प्रथमच. २५०० हुन अधिक वैद्यकीय स्थितीचे वर्णन केले आहे.



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सोमण यांच्यासोबत १४ हजार लोक धावले



****ठाणे, (वा.) हाऊस ऑफ हिरानंदानीतर्फे रविवारी हिरानंदानी ठाणे हाफ मॅरधॉनचे आयोजन करण्यात आले होते. ज्यामध्ये फिटनेस आयकॉन आणि ब्रँड ॲम्बेसेडर मिलिंद सोमण यांच्यासह ठाणे शहर आणि जवळपासच्या शहरांमध्ये राहणारे १४ हजारांह्न अधिक स्पर्धक धावले. फिटनेस आणि कॉम्बॅट स्पोर्ट्स इंडस्ट्रीशी संबंधित कृष्णा श्रॉफ यांनी हिरानंदानी इस्टेट येथे झेंडा दाखवृन मॅरिथॉनला सुरुवात केली. महिला गटात प्रीती चौधरी हिने प्रथम तर पुरुष गटात बबल् चव्हाण याला प्रथम क्रमांक मिळाला.हिरानंदानी ठाणे हाफ मॅरेथॉनची तीन प्रकारात विभागणी करण्यात आली

होती. हाफ मॅरेथॉन (२१.१ किमी), उत्साहवर्धक ग्रीन रन (१० किमी), आणि फॅमिली रन (४ किमी). यापैकी प्रत्येकी महिला गटात प्रीती चौधरीने १ तास २६ मिनिटे ५२ सेकंदात मॅरेथॉन पूर्ण करून प्रथम क्रमांक पटकावला, तर पुरुष गटात बबलू चव्हाणने १ तास ११ मिनिटे ३ सेकंदात मॅरेथॉन पूर्ण केली.हाऊस ऑफ हिरानंदानीचे मुख्य विपणन अधिकारी प्रशीन झोबालिया म्हणाले की, १४ हजारांहून अधिक लोकंचा उल्लेखनीय सहभाग आपल्या समुदायाचा फिटनेस आणि पर्यावरण विषयक जागरूकता वाढवणारा उत्साह दर्शवतो.



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