

# MINISTRY OF AYUSH COMPILED MEDIA REPORT 10 Mar, 2025

# Total Mention 18

<b>⊞</b> Print	Financial	Mainline	Regional	Periodical
14	N/A	12	2	N/A
	•	) Online		

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# 🖺 Print

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# The Times of India • 10 Mar • Ministry of Ayush Another suspect arrested from UP

1 • PG 148 • Sqcm 71541 • AVE 46.88K • Cir Top Center

Chandigarh

# Another suspect arrested from UP

Chandigarh: The crime branch of UT police arrested one person from Saharanpur, Uttar Pradesh, in connection with the Ayushman Bharat scheme scam in the PGI. Earlier, the police arrested a man from PGI for allegedly misusing doctors' stamps to generate fake medical bills and procure medicines under the Ayushman scheme. Shockingly, the doctors had no knowledge that their stamps were being used for issuing prescriptions and treatment approvals.

Police said the accused is identified as Balram, a resident of Saharanpur. Police produced the accused before the local court and obtained his three-day police remand for further interrogation. Further investigation is underway to identify other PGI staff involved in this scam.

On Feb 18, the accused Raman Kumar, who was working in the AMRIT pharmacy, was arrested by Sector 11 police. Raman was brought into the security control room on suspicion as he was found using the 'Ayushman Bharat Indent Book' of the urology ward of PGI at the pharmacy. Upon frisking, an 'Ayushman Bharat Indent Book' of the urology ward of PGI and eight stamps of nursing officer, senior resident department of internal medicines, Ayushman Bharat Himcare pharmacy, and other departments of PGI were found in his possession.

Later, the security officer informed Sector 11 police about the incident, and cops from Sector 11 police station reached the PGI. The PGI security handed the accused over to police along with recovered stamps and an indent book. Sector 11 police recorded the statement of B S Rawat, assistant security officer, PGI, and registered a case against Raman Kumar under the relevant sections of BNS.

Later, the case was handed over to the crime branch of Chandigarh police for further investigation. Now, police have obtained further police remand of accused Balram and are interrogating him to know about the involvement of other persons in the scam. TNN



# The Times of India • 10 Mar • Ministry of Ayush Ayushman medicine scam unearthed at PGI

1 • PG 139 • Sqcm 67610 • AVE 46.88K • Cir Bottom Left

Chandigarh

# Ayushman medicine scam unearthed at PGI

Perpetrators of multi-crore racket had access to patient data of various departments

TRIBUNE NEWS SERVICE

### CHANDIGARH, MARCH 9

A racket involving misappropriation of medicines meant for patients under the Ayushman Bharat cashless scheme has been unearthed at the Postgraduate Institute of Medical Education and Research (PGIMER). The scam, allegedly spanning multiple states, is under investigation.

On February 18, the PGIMER security staff caught a youth attempting to claim Rs 60,000 worth of medicines from AMRIT Pharmacy using a fake stamp. After the interrogation of the accused, officials recovered an indent book from the Department of Urology and eight counterfeit stamps belonging to various departments of the PGIMER. The police found that the accused was getting instructions from a handler in Saharanpur, Uttar Pradesh, who had been

using forged documents to fraudulently obtain medicines worth crores under the Ayushman Bharat Yojana. These medicines were then allegedly sold to private medical stores.

The perpetrators also had access to patient data of the PGIMER, raising concerns about data security and misuse.

The PGIMER and the AMRIT Pharmacy lodged a complaint with the police. They also formed an internal committee to investigate the scam and recommend preventive measures.

To safeguard the integrity of its healthcare services, the institute has made several reforms. The PGIMER is now transitioning to a 'secure online indenting system', replacing the manual process to prevent further misuse of medicines under the scheme. The computer section, in collaboration with the internal committee, has developed an

online solution that will be integrated with the existing Hospital Information System (HIS 1) within a week.

A dedicated service area outside the Emergency has been allocated for the AMRIT Pharmacy exclusively for the cashless scheme beneficiaries. To further enhance services, the authorities are working to increase staffing to ensure timely delivery of medications and implants directly to patients at their bedside.





# The Times of India • 10 Mar • Ministry of Ayush Multi-crore Ayushman scam: PGI, pharmacy launch probe

1 • PG 494 • Sqcm 239682 • AVE 46.88K • Cir Top Left

Chandigarh

# Multi-crore Ayushman scam: PGI, pharmacy launch probe

# Committee To Recommend Preventive Steps

Shimona.Kanwar @timesofindia.com

Chandigarh: A few weeks after TOI reported a multi-crore fraud at the PGI involving fake Ayushman Bharat cards and alleged misappropriation of funds intended for underprivileged patients, the PGI and AMRIT Pharmacy jointly filed a formal complaint with law enforcement agencies and constituted an internal committee to investigate the matter and provide recommendations to prevent future occurrences.

Investigations by the PGI and the local police revealed that forged doctor stamps created fraudulent Ayushman cards, enabling ineligible individuals to access free medical treatment. Sources said the scam, estimated to be worth over Rs 5 crore, was operating since 2021. Further allegations suggested that the names of patients, who were "lost to follow-up", were used to fraudulently release funds.

It was found that the incident involved the misuse of a stolen indent book and counterfeit stamps to divert medications intended for patients enrolled in the Ayushman

# REVELATIONS SO FAR

➤ Investigations by the PGI and local police revealed that forged doctor stamps created fraudulent Ayushman cards, enabling ineligible individuals to access free medical treatment

> It was found that the scam, estimated to be worth over Rs 5 crore, involved the misuse of a stolen indent book and counterfeit stamps to divert medications intended



for patients enrolled in the Ayushman Bharat cashless schemes

➤ The scamsters had been operating the racket since 2021

# YOU READ IT HERE FIRST

Multi-crore fake Ayushman card scam busted at PGI



Feb 22, 2025

Bharat cashless schemes. An unauthorized individual was apprehended on Feb 18 by the PGI and subsequently handed over to local police authorities for further investigation.

As a result of the incident, PGI has now started implementing a transition to an online indenting system, replacing the existing manual system for patients under cashless schemes with a secure online process within one week, utilizing a solution developed by PGI computer section and integrated into the Hospital Information System 1.

Additionally, a dedicated service area outside the Emergency department has been identified for AMRIT to exclusively serve beneficiaries of cashless schemes, including Ayushman Bharat. PGI will also work with AMRIT to increase staffing levels to ensure that medications and implants processed through the new online system are delivered directly to patients at their bedside.

A day after the TOI reported the scam, the PGI administration issued a notice to form a dedicated central cell to verify all bills submitted by AMRIT Pharmacy.



# Hindustan Times • 10 Mar • Ministry of Ayush Ayushman fraud: PGI turns to online system

2 • PG 123 • Sqcm 190113 • AVE 267.13K • Cir Middle Left

Chandigarh

# Ayushman fraud: PGI turns to online system

**HT Correspondent** 

chandigarh@hindustantimes.com

CHANDIGARH: In light of an Ayushman Bharat scheme fraud coming to fore in February, PGIMER has decided to switch to an online indenting system.

The Ayushman Bharat scheme provides free treatment and medicines up to ₹5 lakh per year for eligible families. For medicines costing above ₹2,000, patients need the doctor's prescription in the indent book with stamps from the doctor, nursing officer, Ayushman counter and dispensary. These are then provided for free at PGIMER's Amrit Pharmacy.

But on February 18, a 25-yearold youth was caught fraudulently securing expensive medicines for free under the scheme from the pharmacy using stamps and indent books of hosONLINE SYSTEM AIMED AT CURBING FRAUDULENT ACCESS TO FREE MEDICINES UNDER AYUSHMAN BHARAT SCHEME

pital's urology department.

In response to this, PGIMER and AMRIT pharmacy had jointly filed a formal complaint with the relevant law enforcement agencies, and established an internal committee to investigate the matter and provide recommendations to prevent future occurrences. Now, following the committee's recommendations, the existing manual indenting system for patients under cashless schemes will be replaced with a secure online indenting

process. PGIMER will work with AMRIT pharmacy to increase staffing levels to ensure that medications and implants processed through the new online system are delivered directly to patients at their bedside.

The hospital's computer section, in collaboration with the internal committee, has already developed a solution to be integrated into the existing Hospital Information System (HIS-1). "We anticipate this transition will be completed within one week, said official spokesperson of PGIMER. The other immediate measures to be implemented include a dedicated service area for cashless beneficiaries. A designated area outside the emergency department has been identified for AMRIT pharmacy to exclusively serve beneficiaries of cashless schemes, including Ayushman Bharat.





# The Indian Express • 10 Mar • Ministry of Ayush Youth uses 'fake stamp to claim Rs60 for medicines under Ayushman Bharat', police investigation on

3 • PG 283 • Sqcm 250647 • AVE 175.5K • Cir Top Left

Chandigarh

### **PGIMER**

# Youth uses 'fake stamp to claim ₹60K for medicines under Ayushman Bharat', police investigation on

He was working for someone who was using indent book & fake stamp of PGI to get medicines worth crores: Police

## EXPRESS NEWS SERVICE

CHANDIGARH, MARCH 9

The Postgraduate Institute of Medical Education and Research (PGIMER) and AMRIT Pharmacy have jointly reported a serious incident involving the misuse of a stolen indent book and counterfeit stamps to divert medications intended for patients enrolled in the Ayushman Bharat cashless scheme.

The unauthorised individual was apprehended on February 18, 2025, and subsequently handed over to local police authorities for further investigation, According to sources, in February a young man was caught by the PGIMER security personnel using a fake stamp and claiming Rs 60,000 for medicines under the Ayushman Bharat scheme from the AMRIT Pharmacy. An indent book of the Department of Urology, along with eight counterfeit stamps of various departments of PGIMER, was recovered from him. He told the police that he was working for someone in Saharanpur, who was using the indent book and fake stamp of PGIMER to get medicines worth crores under the Ayushmaan Bharat Yojna and sell it to medical stores and had access to patient data of the institute. The case is now with the Crime Branch and investigation is on to probe the nexus and the extent of this fraud.

In response to this fraudulent activity, the PGIMER and AMRIT have jointly filed a formal complaint with the relevant law enforcement agencies and have established an internal committee tasked with investigating the matter and providing recommendations to prevent future occurrences.

To safeguard the integrity of the healthcare services, the institute is implementing various measures

Transition to online indenting system: The existing manual indenting system for patients under cashless schemes will be discontinued and replaced with a secure online indenting process. The computer section of the PGIMER, in collaboration with the internal committee, has developed a solution to be integrated into the existing Hospital Information System (HIS 1) and the transition is expected to be completed within one week.

Dedicated service area for cashless beneficiaries: A designated area outside the Emergency department has been identified for AMRIT to exclusively serve beneficiaries of cashless schemes, including Ayushman Bharat.

Enhanced manpower for improved service: The PGIMER will work with AMRIT to increase staffing levels to ensure that medications and implants processed through the new online system are delivered directly to patients at their bedside.

According to the official spokesperson of PGIMER, the institute is committed to providing quality medical care and is assisting the police authorities in every way in their efforts to find the culprits trying to exploit the institute and tamish its image.

In 2023-24, the PGIMER provided treatment to the 32,000 Ayushman Bharat beneficiaries with a package amount of over Rs 130 crore, ensuring that the most patients in Union Territories received essential medical treatments.

In 2004, as many as 5,000 kidney transplants were done, with 100 under the Ayushmaan Bharat scheme, providing huge relief to patients. In 2023-2024, Rs 21.2 crore was provided to needy patients through government schemes and social initiatives, and its Poor Patient Welfare Fund Rs 3.24 crore was disbursed to support poor patients. The institute operates seven Amrit Pharmacy centres, the highest in any publicsector hospital in India.

Ayushman Bharat PM-JAY is a health assurance scheme that aims to provide a health cover of Rs 5 lakhs per family per year for secondary and tertiary care hospitalisation. The scheme covers up to 3 days of pre-hospitalisation and 15 days of post-hospitalisation expenses.





# The Morning Standard • 10 Mar • Ministry of Ayush Fit Bit

2 • PG 617 • Sqcm 296015 • AVE 300K • Cir Middle Right

Delhi



# TADASANA PASCHIMA BADDHANGULIYASANA

# (SHOULDER STRETCH HANDS BEHIND BACK INTERLOCKED)

This is a standing shoulder-stretch pose. It is included in beginner-level yoga sequences, as it is safe and accessible for individuals of all fitness levels and ages. The interlaced fingers strengthen the arms, shoulders, upper back, and neck muscles. It can be included in restorative or therapeutic yoga sequences. It is a quick-fix movement to relieve stiffness and tension from the back, arms, neck, and shoulders, or cervical pain and symptoms. One can add a block or other similar prop between the palms to make it a fun-stretching practice.

- Release the arms from the Palm Tree Pose Side Bend, and relax in Tadasana (Mountain Pose). After that, make yourself comfortable in the centre of the mat and close your eyes, relaxing your breath.
- Now, inhale and take the arms behind you, and interlock the fingers, duly stretching the shoulders and elbows.
- Inhale again and take the interlocked fingers upwards, moving the shoulder blades carefully while slowly throwing the chest outwards in the Shoulder Stretch Hands **Behind Pose**
- This pose will reduce the stress around the neck and the shoulders and help open the chest and the diaphragm to bring in more oxygen.
- Bringing in more oxygen is essential here to help gain better breathing skills for further challenges on the physical front.
- · Hold this stretch for four to five breaths and ensure it is done carefully without causing excess stretch to the lower
- Finally, release the pose and relax in Three Part Breath

# Mountain Pose.

### LIMITATIONS People with shoulder and

ankle injuries, have undergone a hip replacement, knee. and spinal surgery lack of body breath connection, or weak shoulders and arm strength, should avoid this practice.

- Stretches shoulders, tones glutes, and stimulates digestive organs.
- · Since legs are softly engaged, it gently stretches the pelvis.
- Anterior chest opens, the torso expands, and the diaphragm moves in its elasticity with a deep breath in the enhanced thoracic space.
- · The hip opens with the abdominal twist and engages muscles connected to the cervical spine
- · Helps strengthen the lower back and the neck and enhances the body posture.
- Releases and clears the blocked channels, especially at the base of the spine, pelvis, hips, and
- Enhances blood circulation to the sacral parts of the body, benefiting the endocrine system
- Helps asthma patients to improve their breathing capacity and benefits senior citizens.
- · Postnatal and pregnant women, senior citizens, teens, and kids can practise this restorative pose.
  - Helps enhance muscle readiness and performance for the routine ahead.
  - Improves shoulder flexibility and mobility, which can be beneficial for daily activities and sports.
  - Stretches the pectoral muscles, correcting rounded shoulders and sunken chests.
  - Relieves tension in the upper body commonly associated with prolonged sitting or poor posture.
  - Improves circulation to the chest and shoulder. promoting overall cardiovascular health and reducing muscle stiffness.

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





# The New Indian Express • 10 Mar • Ministry of Ayush TADASANA PASCHIMA BADDHANGULIYASANA

2 • PG 684 • Sqcm 902429 • AVE 246.4K • Cir Top Right

Chennai



# TADASANA PASCHIMA BADDHANGULIYASANA

### (SHOULDER STRETCH HANDS BEHIND BACK INTERLOCKED)

This is a standing shoulder-stretch pose. It is included in beginners level yoga sequences, as it is safe and accessible for individuals at all fitness levels and ages. The interlaced fingers strengthen the arms, shoulders, upper back and neck muscles. It can be included in restorative or therapeutic yoga sequences It is a quick-fix movement to relieve stiffness and tension from the back, arms, and neck and shoulders, or cervical pain and symptoms. One can add a block or other similar prop between the palms to make it a fun-stretching practice.

### STEPS

- Release the arms from Palm Tree Pose Side Bend, and relax in Tadasana (Mountain Pose).
- After that, make yourself comfortable on the centre of the mat and close your eyes, relaxing your breath.
- Now, inhale and take the arms behind you, and interlock the fingers duly stretching the shoulders and elbows.
- Inhale again and take the interlocked fingers upwards, moving the shoulder blades carefully while slowly throwing the chest outwards in Shoulder Stretch Hands Behind Pose.
- This pose will reduce the stress around the neck and the shoulders and help open the chest and the diaphragm to bring in more oxygen.
- Bringing in more oxygen is essential here to help gain better breathing skills for further challenges on the physical front.
- You can remain in this stretch for about four to five breaths or more and make sure the stretch is done carefully without causing excess stretch to the lower abdomen.
- Finally, release the pose and then relax in Three Part Breath Mountain Pose.

• Students with shoulder

and ankle injuries, have

breath connection, or weak shoulders and arm strength,

should avoid this

practice.

recently undergone a hip

replacement, knee and spinal surgery, lack of body

### DENECITO

- Stretches shoulders, tones glutes, stimulates digestive organs.
- Since legs are softly engaged, it gently stretches the pelvis.
- Anterior chest opens, the torso expands and the diaphragm moves in its elasticity with a deep breath in the enhanced thoracic space.
- The hip opens with the abdominal twist. Engages muscles connected to the cervical spine.
- Helps strengthen the lower back and the neck and enhances the body posture.
- Releases and clears the blocked channels, especially at the base of the spine, pelvis, hips, and shoulders.
- Enhances blood circulation to the sacral parts of the body benefiting the endocrine system.
- Helps asthma patients to improve their breathing capacity and benefits senior citizens.
- Postnatal and pregnant women, senior citizens, teens, kids can practice this restorative pose.
- Helps enhance muscle readiness and performance for the routine ahead.
  - A warm-up yoga pose to prepare the body for more intense yoga poses/yoga flows
  - Improves shoulder flexibility and mobility, which can be beneficial for daily activities and sports.
- Stretches the pectoral muscles, correcting rounded shoulders and sunken chest.
- Relieves tension in the upper body commonly associated with prolonged sitting or poor posture.
  - Improves circulation to the chest and shoulder, promoting overall cardiovascular health and reducing muscle stiffness.

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





# The New Indian Express • 10 Mar • Ministry of Ayush MULTI-PRONGED APPROACH NEEDED TO MANAGE MAN-ANIMAL CONFLICT

4 • PG 1959 • Sqcm 1664867 • AVE 177.8K • Cir **Top Center** 

Bengaluru

# **'MULTI-PRONGED APPROACH NEEDED TO MANAGE MAN-ANIMAL CONFLIC**

elephant conflict are many, including the presence of weeds presence of weeds and shrinking forest boundaries. The list could include highly palatable food crops grown on forest fringes, which are like rasagul-las for elements, while the fod-

fringes, which are like rasagul-las for elephants, while the fod-der inside is like ragi mudde, said Principal Chief Conserva-tor of Forests, Head of Forest Force (HOFF), Meenakshi Negi. In an interaction with The New Indian Express, she spoke about her journey and challenges ahead as the head of the state forest force.

# Tell us about your journey. You are the second woman in India to be the HOFF, after Maharashtra, and the first ever in Karnataka.

I am from Mussoorie, Uttarakhand. After getting selected to knand. After getting selected to the Karnataka cadre, I joined the state in December 1992. I worked in Karnataka till Au-gust 2007. Till 2015, I was posted to the Ministry of Ayush with the Government of India. From 2015, 23 Luca posted in various 2015-23. I was posted in various departments in the Karnataka forest department, and from 2023 till recently I was posted in Delhi before I came back, when I was selected as HOFF in Karnataka.

# Was gender a concern when you joined the forest service?

Entry of women into the Indian Forest Service started in 1980s. I am from the 1989 batch. Prior to me were two women of-ficers. I was the third or fourth woman officer to join the state. Sometimes situations were Sometimes situations were comical back then. We joined as young girls and the established forest bureaucracy did not know how to treat us, or where to post us. Whether we will be what for on pight here aligned. able to go on night patrol, climb mountains, go into forests and face wildlife. There was a lot of hesitation and uncertainty among them. Slowly people ac-cepted us and we made a place

that when women get into a job they bring their own, yet different, perspective. Today we are getting more women in the force.

Forest department? I had studied Zoology. My ma-I had studied Zoology, My maternal grandfather was in the Forest department in the administration section. He pushed me into it. I was qualified for forest and other civil services, and I chose forest.

How many hectares of forest land are vulnerable to fire? land are vulnerable to life; Determining the exact number of hectares of fire-prone land is difficult, but drier regions and transition belts are particular-ly vulnerable. While fire is a natural process that helps stronger vegetation thrive, increasing human pressure creasing numan pressure due to development, population growth and forest fragmentation—has made fires more frequent and destructive. Most fires are human-induced, either accidentally or deliberately.

# How can exploitation of me

How can exploitation of medicinal plants and minor for-est produce be controlled? Medicinal plant conservation is a complex issue involving both scientific and social aspects. Ayurveda and traditional systems rely on classical for-mulations where only designatmulations where only designated plant parts are used. Currently, over 80% of medicinal plants are sourced from forests. Despite the government's efforts to promote cultivation, large-scale extraction continues. Biodiversity Management ues. Biodiversity Management Committees (BMCs) are re Committees (BMCs) are responsible for oversight but lack capacity. With hundreds of species being exploited, strengthening BMCs and training local authorities is crucial for sustainable, howevering and tainable harvesting and conservation.

What is the success rate of afforestation programme? Studies show it is around 72%.



# Dialogues

We are doing away with exotic species like eucalyptus and aca-cia and replacing them with indigenous species. This is also one of the ways to keep eleone of the ways to keep ele-phants within forests. The na-ture of forests cannot be changed by growing sugarcane or banana inside. We go for spe-cies that always existed in for-ests like bamboo, kada mavu (forest mano), isc/fujit etc. (forest mango), jackfruit etc.

### Do weeds pose problems to forests?

forests?
They do. They are widely seen in Bandipur and Nagarahole and other forest patches. Uprooting lantana is a big problem as once we uproot, it grows back. It has to be continuously uprooted for four or five years uprooted for four or five years to get completely rid of it. We cannot leave forest land empty as the soil gets washed away. We have to plant some type of grasses. With the limited resources we have, we are doing our best to keep weeds away.

### What about involving the local communities? We are roping in local commu-

nities to make products out of weeds, and give them liveli-hood. This kind of model is sustainable and drives the econo tamable and drives the economy. We need trained labour and a market but at the same time the products have to be of good quality. They have to get an assured market, like for instance, discretized the same time to be supported by the same time the products have to be of good quality. They have to get an assured market, like for instance, discretized the same time to be supported by the same time to be supported by the same time time to be supported by the same time the products have to be of good quality. They have to get an assured market, like for instance, and the same time the products have to be of good quality. directing all government offic es to get dustbins made out of

How is ISRO's technology helping forest department? It helps us in a big way. With the help of satellite images, we can pinpoint trees and even know pinpoint trees and even know if a tree is missing. We have satellite images from 1990s. We can look at how forest land is changing, year on year, or even on monthly basis. This helps in guarding forest boundaries. Going forward as technology. Going forward as technology improves, we will have specieswise information. We need to improve in tracking medical herbs, as they are endangered.

### Should Karnataka's sandal-

wood tree be geo-tagged ? Karnataka is a blessed land where sandalwood trees grow like weeds. We need not geo-tag all sandalwood trees in Karna-taka, as the state government deregulated sandalwood trees, relaxing felling permission.

### Cases of man-elephant con-flict is rising. What are the reasons and what is being done to control it?

done to control it?
Elephant population is increasing. With over 6,500 elephants, Karnataka is leading in elephant numbers. Some reports suggest that elephants are venticated in the control of control due to a control of contr turing out of forests due to a lack of food and water, but lack of food and water, but there are many other factors. For example, for elephants, fod-der in forests is like ragi mudde (finger millet balls). Outside they find highly palatable crops like sugarcane, paddy and maize — which are like ras-agulla for them. Naturally, they prefer these. Thus, a multi-proped strategy is necessary prefer these. Thus, a multi-pronged strategy is necessary to manage things. Simply re-stricting their movement is not enough. Karnataka is pioneer-ing in elephant conservation by installing rail barricades.

### What about farmers grow-

What about farmers grow-ing alternative crops? They need to be encouraged to grow alternative crops. In some areas on the boundaries of Bandipur Tiger Reserve, farm-ers have started cultivating chia seeds. Elephants do not cmia seeus. Elepiants do noi like these crops and tend to avoid them. Chia seeds require less water and are economical-ly beneficial for farmers. Re-cently, the forest minister and department officials visited Hassan to meet families affect-obly alorement attacks. Mony ed by elephant attacks, Many solutions were discussed in an eas like Belur and Sakleshpur including selling land to the government to create wildlife corridors that connect fragmented forest areas.

### What is the status of poaching in Karnataka?

ing in Karnataka?
Poaching incidents have significantly declined in Karnataka.
While poaching of large animals has decreased, illegal hunting for bushmeat remains a concern. Continuous monitoring and ground layed en toring and ground-level enforcement are necessary to tackle this issue. The depart ment is using drone surveil-lance and satellite imagery.

# What is the extent of encroachment of forest land in Karnataka?

It is difficult to say how much land is encroached. Some of the land was granted to people. There is also out and out encroachment, like if a grant is two acres, people take five acres. As per the Supreme Court, encroachment prior to 1978 must be identified. Encroachment should be cleared and we are looking into all these issues.

# How is the forest department getting tech upgraded?

The department has collaborated with the Karnataka State rated with the Karnataka State Remote Sensing Agency. The department has its own ICT lab at Aranya Bhavan to monitor satellite images, including GIS-based tracking of forest land and wildlife movement. There is also an alert system for farm. is also an alert system for farmers and those in coffee estates. where alerts on elephant move ment are sent through text

# What was your role as you were in the National Commission for Women?

I was member secretary of the National Commission For National Commission For Women for two years. We did several things, we basically looked at women's grievances. We did seminars and rehab work. Since I am a forester, when I was in Maharashtra during an interestical women. during an interaction, a woman from an NGO in Maharashtra, from an NGO in Manarasntra, who was working on water hya-cinth, said she suffered labour shortage. We said we would help and involved women pris-oners. We started similar programmes in Bhopal and Nagpur prisons. The prisoners were trained and business was successful. Here she got productive disciplined labour. Women prisoners were happy doing worthwhile work and getting money for it in their bank accounts.

Will you involve prisoners in deweeding lantana? I have visited prisons in many states from NCW, including Bengaluru Central Prison. Now I will talk to the Prisons department and rope in Soliga communities working in BRT Tiger Reserve.

# Tribal relocation is a major concern. How is the department looking at it? There are two or three things. One is people voluntarily coming at the state of the st

ing out like what is happening in Kali Tiger Reserve, There are areas where people are not willing to go out but pro-grammes can be intensified with better package options. The third is the moment the government buys land, prices rise and people don't sell. People can't be forced to come out. Voluntary relocation in Karnataka has been a case study by the complete of the propersy to the complete of the propersy to the complete of the complete itself and I am going to publish a paper on it.

### about coffee plantations? In coffee plantations, they don't

want to move out as it is a liveli want to move out as it is a liveli-hood for them. But for an ele-phant, it is a forest. Historically, forests were given to people for growing coffee. Over a period of time, there is a bit of blur-ring of boundaries. ring of boundaries.

# What is the forest depart-

What is the forest department doing to inspire young minds in forest conservation?

There is a programme for children called Chinnara Vana Darshana. We take them on forest wins and tall them should est trips and tell them about forest activities. There is a forest activities. There is a YouTube programme called Hasiru Honnu. As children already have enough to study, rather than putting it into a curriculum, it has to be an activity. We should be doing things which children can see. Every family has a car and that they are exposed to consumer-ism and if we expect them to become environmentalists by reading books, it is not going to

# You worked with Ayush in You worked with Ayush in Karnataka during the pandemic and have expertise in medicinal plants. How did this knowledge contribute to Covid-19 management?

Covid-19 management?
During my deputation in the
Ministry of Health, I handled
Ayush education, drug regulation, and awareness. Upon returning to Karnataka, I was appointed Commissioner, Ayush,
serving for nearly three years,
including during the pandemic.
With a shortage of medical re-With a shortage of medical re With a shortage of medical resources, we converted Ayurvedic hospitals into Covid care centres for mild cases. To manage rising numbers, we launched the Aapta Mitra helpline, a PPP model where companies provided call centres and free food. Ayurveda and Homeopathy students manned the helpline triaging cases and the helpline, triaging cases and directing care. We also distrib-uted immunity boosters through Ayush hospitals.



# The New Indian Express • 10 Mar • Ministry of Ayush TADASANA PASCHIMA BADDHANGULIYASANA (SHOULDER STRETCH HANDS BEHIND BACK INTERLOCKED)

2 • PG 658 • Sqcm 658043 • AVE 177.8K • Cir Top Right City Express

Bengaluru



# TADASANA PASCHIMA BADDHANGULIYASANA

### (SHOULDER STRETCH HANDS BEHIND BACK INTERLOCKED)

This is a standing shoulder-stretch pose. It is included in beginners level yoga sequences, as it is safe and accessible for individuals at all fitness levels and ages. The interlaced fingers strengthen the arms, shoulders, upper back and neck muscles. It can be included in restorative or therapeutic yoga sequences. It is a quick-fix movement to relieve stiffness and tension from the back, arms, neck and shoulders, or cervical pain and symptoms. One can add a block or other similar prop between the palms to make it a fun stretching practice.

### STEPS

- Release the arms from Palm Tree Pose Side Bend, and relax in Tadasana (Mountain Pose).
- After that, make yourself comfortable at the centre of the mat and close your eyes, relaxing your breath
- Now, inhale and take the arms behind you, and interlock the fingers duly stretching the shoulders and elbows.
- Inhale again and take the interlocked fingers upwards, moving the shoulder blades carefully while slowly throwing the chest outwards in Shoulder Stretch Hands Behind Pose.
- This pose will reduce the stress around the neck and the shoulders and help open the chest and the diaphragm to bring in more oxygen.
- Bringing in more oxygen is essential here to help gain better breathing skills for further challenges on the physical front.
- You can remain in this stretch for about four to five breaths or more and make sure the stretch is done carefully without causing excess stretch to the lower abdomen.
- Finally, release the pose and then relax in Three Part Breath Mountain

### BENEFITS

- Stretches shoulders, tones glutes and stimulates digestive organs.
- Since legs are softly engaged, it gently stretches the pelvis.
- Anterior chest opens, the torso expands and the diaphragm moves in its elasticity with a deep breath in the enhanced thoracic space.
- The hip opens with the abdominal twist. Engages muscles connected to the cervical spine.
- Helps strengthen the lower back and the neck and enhances the body posture.
- Releases and clears the blocked channels, especially at the base of the spine, pelvis, hips, and shoulders.
- Enhances blood circulation to the sacral parts of the body benefiting the endocrine system.
- Helps asthma patients to improve their breathing capacity and benefits senior citizens.
- Postnatal and pregnant women, senior citizens, teens, and kids can practice this restorative pose.
- Helps enhance muscle readiness and performance for the routine ahead.
  - A warm-up yoga pose to prepare the body for more intense yoga poses/yoga
  - Improves shoulder flexibility and mobility, which can be beneficial for daily activities and
- Stretches the pectoral muscles, correcting rounded shoulders and sunken chest.
- Relieves tension in the upper body commonly associated with prolonged sitting or poor posture.
  - Improves circulation to the chest and shoulder, promoting overall cardiovascular health and reducing muscle stiffness

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



Students with shoulder and ankle injuries, have recently undergone a hip replacement, knee and spinal surgery, lack of body breath connection, or weak shoulders and arm strength, should avoid this





Punjab Express • 10 Mar • Ministry of Ayush

Free treatment under Ayushman Bharat Scheme for individuals aged 70 and above: Ludhiana Civil Surgeo...

5 • PG 226 • Sqcm 45184 • AVE 348.98K • Cir Middle Center

Chandigarh

# Free treatment under Ayushman Bharat Scheme for individuals aged 70 and above: Ludhiana Civil Surgeon

**PUNJAB EXPRESS BUREAU** Ludhiana, March 9

Punjab government has decided to further enhance healthcare services by providing free treatment under the Ayushman Bharat - Mukh Mantri Sehat Bima Yojana to all individuals aged 70 years and above.

Civil Surgeon Ludhiana Dr Pradeep Kumar Mahindra stated that in addition



to government hospitals, treatment will also be available at empanelled private hospitals. Individuals aged

70 and above can obtain Yojana, each beneficiary is their e-card and avail treatment at any hospital registered under the Avushman Bharat Scheme. Currently, in Ludhiana district, 18 government and 75 private hospitals are recognized under this scheme.

Deputy Medical Commissioner and Nodal Officer Dr Reema Gogia further elaborated that under the Mukh Mantri Sehat Bima

entitled to free treatment up to Rs 5 lakh per year. This initiative will be a significant relief for the elderly and those in need.

To ensure maximum awareness and participation, people are being encouraged to obtain their e-cards at the earliest so that no eligible individual is left out from availing the benefits of this scheme.



## Punjab Express • 10 Mar • Ministry of Ayush

# PGIMER and AMRIT Pharmacy initiative steps to check fraudulent activity

4 • PG 257 • Sqcm 51304 • AVE 348.98K • Cir Bottom Right

Chandigarh

# PGIMER and AMRIT Pharmacy initiative steps to check fraudulent activity

PUNJAB EXPRESS BUREAU Chandigarh, March 9

The Postgraduate Institute of Medical Education and Research (PGIMER) in collaboration with AMRIT Pharmacy has reported a serious incident involving the misuse of a stolen indent book and counterfeit stamps to divert medications intended for patients enrolled in the Ayushman Bharat cashless schemes.

The unauthorized individual was apprehended on February 18, 2025, and subsequently handed over to local police authorities for further investigation.

In response to this fraudulent activity, PGIMER and AMRIT have jointly filed a formal complaint with the relevant law enforcement agencies and have established an internal committee tasked with investigating the matter and providing recommendations to prevent future occurrences.

As part of our commitment to safeguarding the integrity of our healthcare services, PGIMER is implementing implants processed through the new online system delivered directly to tients at their bedside.

the following immediate measures:

Transition to Online Indenting System: The existing manual indenting system for patients under cashless schemes will be discontinued and replaced with a secure online indenting process.

The Computer Section of PGIMER, in collaboration with the internal committee, has developed a solution to be integrated into the existing Hospital Information System (HIS 1). We anticipate this transition will be completed within one week.

Dedicated Service Area for Cashless Beneficiaries: A designated area outside the Emergency department has been identified for AMRIT to exclusively serve beneficiaries of cashless schemes, including Ayushman Bhara

Enhanced Manpower for improved service: PGIMER will work with AMRIT to increase staffing levels to ensure that medications and implants processed through the new online system are delivered directly to patients at their bedside.



# The Pioneer • 10 Mar • Ministry of Ayush J and K achieves single digit neonatal mortality rate

4 • PG 268.96K • Cir 220 • Sqcm 131997 • AVE Middle Right

Chandigarh • Delhi

# J and K achieves single digit neonatal mortality rate

PRESS TRUST OF INDIA . Jammu

the neonatal mortality rate (NMR) has reached single digit at 9.8 per 1,000 live births in Jammu and Kashmir, recording a 13.3-point decrease, while the sex ratio at birth has recorded significant improvement from 923 to 976, official data showed.

The infant mortality rate (IMR) also dipped to 16.3, marking a drop of 16.1 points, according to the Economic Survey Report for 2024-25 tabled by the Jammu and Kashmir government in the Assembly on March 6 on March 6.

The report said the government is continuing its efforts to enhance basic health infrastructure at all levels, including technical manpower and medical equipment to provide improved healthcare delivery with special focus on maternal and child health, communicable and non-communicable diseases, and to face the upcoming challenging ailments.

Jammu and Kashmir has moved forward

from the category of 'performers' to 'front-runners', as per the SDG India Index 2023-24 released by the NITI Aayog, with the score of the health sector increasing from

70 to 78.

"The NMR has reached a single digit of 9.8 per 1,000 live births, a 13.3-point decrease, while the IMR has dipped to 16.3 with a decrease of 16.1 points. Sex ratio birth also recorded a significant improvement, from 923 to 976," the report said. The percentage of fully-immunised children against preventable diseases has increased to 96.5 per cent, it said.

Institutional births have increased from 85.6 per cent to 92.40 per cent, while life

85.6 per cent to 92.40 per cent, while life expectancy at birth in J-K has reached 74.3 years — the highest in the country after Kerala and Delhi — against a national average of 70 years, the report said.

Since its inception, 100 per cent families have registered and 86.12 Lakh Ayushman Golden cards have been issued under the AB-PMJAY — SEHAT scheme, it said, adding that this initiative has facilitated treatments worth ₹2,800 Crore, benefiting 15 Lakh individuals.

As many as 489 ambulances have been geo-tagged and integrated with online 108 or 102 ambulatory services. These efforts have enabled quick

response times (average response time less than half-an-hour) and served more than 4.50 lakh beneficiaries since August 2020. Over the past four years, J and K has sig-

nificantly expanded its healthcare work-force, including hiring of 10,919 doctors and paramedical staff under the National Health Mission (NHM), alongside filling up of 36,274 regular positions in health and medical education, besides supporting 13,965 ASHA workers, the report said. Infrastructural upgradation and consol-

idation of health institutions include two AIIMS, two state cancer institutes and two bone and joint hospitals, the report said.





# Dainik Bhaskar • 10 Mar • Ministry of Ayush Ayushman bharat yojana ke labharthiyo ke liye lagu hoga online intent system

4 • PG 191 • Sqcm 236626 • AVE 446.92K • Cir Top Center

Chandigarh

# आयुष्मानभारत योजना के लाभार्थियों के लिए लागू होगा ऑनलाइन इंडेंट सिस्टम

चंडीगढ़। पीजीआई ने अमृत फार्मेसी के सहयोग से आयुष्मान भारत केशलैस योजनाओं में नामांकित मरीजों के लिए दवाओं को हटाने के लिए चोरी की गई इंडेंट बुक और जाली स्टेंप के दुरुपयोग करने के मामले में जांच एजेंसियों के साथ इस तरह की घटनाओं को रोकने के लिए इंटरनल कमेटी का गठन किया है। पीजीआई की ओर से जारी बलेटिन में रविवार को इसकी जानकारी दी गई है। 18 फरवरी को पीजीआई के सिक्योरिटी विंग ने युरोलॉजी डिपार्टमेंट की इंडेंट बुक पर न्यूरोलॉजी की स्टैंप लगा फर्जी तरीके से दवाएं लेने आए एक युक्क को पकड़कर पुलिस को सौंपा था। पुलिस ने मामले में एफआईआर भी दर्ज कर ली है। फर्जीवाड़े को रोकने के लिए पीजीआई ने यह कदम उठाए हैं। ऑनलाइन इंडेंटिंग सिस्टम में परिवर्तनः कैशलेस योजनाओं के तहत मरीजों के लिए मौजदा मैनुअल इंडेंटिंग सिस्टम को बंद कर किया जाएगा और इसकी जगह एक सुरक्षित ऑनलाइन शरू होगा। इंडेंटिंग सिस्टम पीजीआई के कंप्यूटर डिपार्टमेंट ने इंटरनल कमेटी के सहयोग से मौजूदा हॅस्पिटल सिस्टम-1 में इंटीग्रेटेड किया जाएगा। यह सिस्टम एक हफ्ते में शुरू हो जाएगा।



# Prahar • 10 Mar • Ministry of Ayush Spontaneous response to Ayurvedic camp

6 • PG 19 • Sqcm 5284 • AVE 215K • Cir Bottom Center

Mumbai

# आयुर्वेदिक शिबिरास उत्स्फूर्त प्रतिसाद

कर्जतः क्षेत्रका ज्ञानगेट कार्यमी महाविध्यालय आयेतित मात्री आमदार तुकाराम मूर्वे प्रतिकार, दाहर - मूर्व्यतेल ज्योतम अपूर्वेद हिस्म्यल, नारी समाविक संस्था जंग्या सहकार्याचे दिखानी येखेल और विदुत्त देखकार्यम समाविक संस्था जंग्या सहकार्याचे दिखानी येखेल और विदुत्त देखकार्यम समाविक प्रतिकार आयुर्वेद विद्यति तिकार विद्याचे आयोजन केते होते. या विदित्तता शिकारता कार्यस्था कर्मान क्रांति या विद्याचा प्रतिकार विद्याचा विद्याचा कर्मान क्रांति या विद्याचा विद्याच विद्याचा विद्याच विद





# Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Dainik Bhaskar	आयुर्वेद कॉलेज में स्वर्णप्राशन किट व बाल रक्षा किट का वितरण करेंगे	66.5M
2.	Patrika	पुष्य नक्षत्र पर स्वर्ण प्राशन किट व बाल रक्षा किट का वितरण 10 मार्च को	14M
3.	New Indian Express	INTERVIEW  Multi-pronged approach needed to manage man-animal conflict, say s Mee	6.7M
4.	Dainik Tribune	औषधीय उत्पादों का मांग के अनुरूप उत्पादन नहीं : प्रो. सुरेश मल्होत्रा	110.2K

