



**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**10 Mar, 2025 – 11 Mar, 2025**

 **Total Mention 211**

 <b>Print</b>	<b>Financial</b>	<b>Mainline</b>	<b>Regional</b>	<b>Periodical</b>
<b>7</b>	<b>1</b>	<b>5</b>	<b>1</b>	<b>N/A</b>

 <b>Online</b>
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**204**


 Print

No	Newspaper	Headline	Edition	Pg
1.	Mint	For smooth menopause, regular exercise is key	Bengaluru + 1	14
2.	Hindustan Times	CM SAINI: 68K CASES OF CRIME AGAINST WOMEN IN FIVE YEARS	Chandigarh	4
3.	The New Indian Express	UPAVISTHA ARDHA UTTANASANA CHAIR	Chennai	2
4.	The New Indian Express	UPAVISTHA ARDHA UTTANASANA CHAIR (SEATED HALF FORWARD FOLD POSE CHAIR)	Bengaluru	2
5.	The Morning Standard	Fit Bit	Delhi	2
6.	The Daily Guardian	Rs 2,054.61 crore released for healthcare under Ayushman Bharat, Chirayu Yojanas	Chandigarh	4
7.	Amar Ujala	46 lakh beneficiaries of Ayushman and Chirayu Yojana	Chandigarh	5

Mint • 11 Mar • Ministry of Ayush  
For smooth menopause, regular exercise is key

14 • PG

383 • Sqcm

134024 • AVE

125K • Cir

Bottom Left

Bengaluru • Chennai

# For smooth menopause, regular exercise is key

From improving bone density to regulating oestrogen levels, being physically active is good for menopausal women

Shrenik Avlani  
feedback@livemint.com

**M**enopause is a period of transition for all women, but it is an unfortunate reality of modern life that there aren't many frank discussions or enough research about it to this day. As a result, many women are caught unaware and unprepared for the big changes that are about to hit them.

Menopause, which usually occurs between 45-55 years of age, marks the end of menstruation and is a period of significant hormonal shifts in a woman's life, says Dr. Garima Sawhney, senior gynaecologist and co-founder of Pristyn Care. "It's a tough, confusing, often depressing and confidence deflating period in the lives of many women. The irony is you know what's happening and why... but still don't understand it as it happens," says Kavitha Reddy, a 50-year-old homemaker and amateur marathoner from Pune.

Menopause signifies a natural decline in ovarian function which can cause various symptoms like hot flashes, night sweats, mood swings, vaginal dryness, reduced libido and irregular periods.

"These symptoms can significantly impact a woman's quality of life, sleep and overall wellbeing. The period leading up to menopause, known as perimenopause, is also part of this important transition phase and can last for 2 to 5 years," explains Sawhney, adding, "Menopause is accompanied by a drop in oestrogen levels, which also increases the risk of osteoporosis, heart disease and metabolic disorders." Many women also gain weight and experience a drop in bone density. Some women may experience vertigo, dizziness, or balance issues due to hormonal effects on the nervous system and inner ear.

Delhi-based designer Namrata Joshipura, 54, knows all too well about the immense impact that menopause can have. An extremely active woman who runs marathons, hits the gym for strength



ISTOCKPHOTO

training, and pays attention to her diet besides running her fashion business. Joshipura was preparing for her sixth Abbott World Marathon Majors race in Tokyo about a year-and-a-half ago. "It was around this time that menopause triggered vertigo for me. It has also impacted my ability to run long distances so I haven't run a full or half marathon since finishing the Tokyo Marathon last year," she recalls.

## PREPARE EARLY

A holistic approach with a focus on exercise and adequate sleep is the best way to tackle menopause-related changes and symptoms. According to Dr. Neha Abhijit Pawar, consultant for gynaecology at Kokilaben Dhirubhai Ambani Hospital, Mumbai, the five pillars for managing menopause are diet, exercise, sleep hygiene, stress management, and hormonal therapy. "Early preparation is the key. It's important to stay informed and seek support from family, friends or a therapist," she adds.

Exercise and training helped both Reddy and Joshipura navigate menopause. Joshipura, who celebrated her 50th birthday with a 50km run, cannot run those distances these days, but she continues to train, workout and eat healthy. Her consistency has paid off. Not only has she been able to deal efficiently with menopause-related upheavals, she

has also improved her endurance and is now able to run about 15km. "Time spent at the gym means I have also managed to ward off osteoporosis, which is one of the most common menopause-related conditions," says Joshipura. For Reddy, running and tough training schedules helped her "big time" in coping up with mood swings and hormonal imbalances.

Exercise helps regulate oestrogen levels, which can alleviate common menopausal symptoms like hot flashes and mood fluctuations, says Indira Chavva, a fitness expert at Cult Fit. Listing out the other benefits, Chavva says, "Strength training and weight-bearing exercises, in particular, help preserve muscle mass and maintain bone density, reducing the risk of osteoporosis and fractures. Exercise also supports better sleep quality by regulating the body's circadian rhythm and decreasing anxiety, both of which are often disrupted during menopause." Regular workouts also boost endorphins, regulate cholesterol and blood sugar levels and reduce sleep disturbances.

Sawhney additionally advises women to be smart and pay attention to how their bodies react to the load they subject themselves to. "Women engaging in high-intensity workouts or endurance sports should listen to their bodies and avoid overtraining. Hydration, adequate nutrition and sufficient rest are equally crucial to prevent fatigue and injuries."

Hindustan Times • 11 Mar • Ministry of Ayush  
CM SAINI: 68K CASES OF CRIME AGAINST WOMEN IN FIVE YEARS

4 • PG

65 • Sqcm

100142 • AVE

267.13K • Cir

Middle Center

Chandigarh

## CM SAINI: 68K CASES OF CRIME AGAINST WOMEN IN FIVE YEARS

HT Correspondent

letterschd@hindustantimes.com

**CHANDIGARH:** A total of 10,262 cases of rape and 6,338 of murder were registered by the Haryana Police from 2019 to 2024. Of these, 9,894 rape cases and 6,036 murder cases were worked out during investigations. This was stated by chief minister Nayab Saini in a written reply to a question asked by INLD MLA Aditya Devi Lal during the question hour on Monday. The reply mentioned that 4,035 cases of murder and 5,304 cases of rape were put to courts.

The chief minister informed the House that 68,030 cases of crime against women were registered by the police from 2019 to 2024 and 66,806 were worked out during investigations. A total of 38,485 cases were put to courts.

Health minister Arti Singh Rao, while responding to a question by BJP MLA Ram Kumar Kashyap, told the House said that a sum of about ₹2,054 crore has been released for providing free indoor healthcare to beneficiaries of the Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana and Chirayu Yojana in the past three years.

The minister said that about 12.12 lakh families were registered under the Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana and about 28.08 lakh families were registered under the Chirayu Yojana.

## The New Indian Express • 11 Mar • Ministry of Ayush UPAVISTHA ARDHA UTTANASANA CHAIR

2 • PG

765 • Sqcm

1009969 • AVE

246.4K • Cir

Top Right

Chennai

### FITBIT

## UPAVISTHA ARDHA UTTANASANA CHAIR (SEATED HALF FORWARD FOLD POSE CHAIR)

This variation supported by a chair, promotes spinal elongation, relieves tension in the lower back, and gently stretches the hamstrings and hips. It helps enhance pelvic stability, improves posture, and reduces strain on the knees and legs, making it ideal for individuals with limited flexibility or mobility. It is often incorporated into sequences focused on gentle stretching, spinal health, and therapeutic practices for seniors or those recovering from injuries.

### STEPS

- On a sturdy chair, sit upright with your feet hip-width apart, grounding your feet firmly into the floor, aligning your knees at a 90-degree angle, lengthening the spine and relaxing your shoulders in Chair Mountain Pose.
- Rest your hands gently on the thighs and take a few deep breaths, inhaling through the nose and exhaling completely.
- Inhale, lengthen through the crown of your head, keeping your spine tall and neutral.
- Exhale, hinge forward from your hips, bringing the torso towards your thighs while maintaining a long spine. Rest your hands lightly on the thighs for support.
- Continue deep breathing, inhale, maintain length in your spine and exhaling fold slightly deeper, avoiding rounding in the back.
- Keep your head in line with the spine, looking downward or slightly forward, holding the pose for several breaths, allowing your body to relax into the stretch. Hold for 8-10 breaths.
- To release, inhale and slowly lift your torso back to the seated Chair Mountain Pose.
- Take a few deep breaths in Three Part Breath Chair before transitioning to your next pose.
- Students may place a blanket or block under their feet for extra support.

### BENEFITS

- Strengthens the hip flexors, front thighs, knees, abdominal muscles.
- Helps relieve tight hamstrings.
- Stretches the back of the hips, hamstrings, and calves.
- Lengthens the spinal nerves and relieves spinal and hip tightness.
- Strengthens the back of knees.
- Main focus on the midsection stimulates kidneys, liver and spleen. Helps draw in your belly.
- Reduces stress, anxiety, depression, and fatigue. Improves digestion.
- Eases symptoms of menopause, asthma, headaches, and insomnia.
- Therapeutic for infertility, osteoporosis, and sinusitis.
- Stretches the upper body muscles, nerves, and joints; the unwanted accumulated stress and tension get released.
- Encourages a calm state of mind, thereby inducing better sleep.
- Opens the upper body joints, nerves, and muscles to release stiffness.
- Releases heaviness at the neck and shoulders thereby helping those who travel for long.
- Seniors or those having arthritis or/and osteoporosis can do this alternative method.
- Helps release any aches and pains in the hips, shoulders, neck, or arms.

### LIMITATIONS

- Students who have been taking medicines for BP (high or low), pregnant women, those with glaucoma, osteoporosis or scoliosis, lower back injuries or neck injuries, including disc herniation and degenerative spinal pathologies, hyper flexibility or had recent surgeries, should avoid this.
- Generally, it is good for IBS, yet precaution should be taken while practising this.
- Placing a cushion for abdomen support is an excellent alternative.



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



# The New Indian Express • 11 Mar • Ministry of Ayush

## UPAVISTHA ARDHA UTTANASANA CHAIR (SEATED HALF FORWARD FOLD POSE CHAIR)

2 • PG

674 • Sqcm

673564 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

**RUPA**

### UPAVISTHA ARDHA UTTANASANA CHAIR (SEATED HALF FORWARD FOLD POSE CHAIR)

This variation supported by a chair, promotes spinal elongation, relieves tension in the lower back, and gently stretches the hamstrings and hips. It helps enhance pelvic stability, improves posture, and reduces strain on the knees and legs, making it ideal for individuals with limited flexibility or mobility. It is often incorporated into sequences focused on gentle stretching, spinal health, and therapeutic practices for seniors or those recovering from injuries.

#### STEPS

- On a sturdy chair, sit upright with your feet hip-width apart, grounding your feet firmly into the floor, aligning your knees at a 90-degree angle, lengthening the spine and relaxing your shoulders in Chair Mountain Pose.
- Rest your hands gently on the thighs and take a few deep breaths, inhaling through the nose and exhaling completely.
- Inhale, lengthen your body, keeping your spine tall and neutral.
- Exhale, hinge forward from your hips, bringing the torso towards your thighs while maintaining a long spine. Rest your hands lightly on the thighs for support.
- Continue deep breathing, inhale, maintain length in your spine while exhaling fold slightly deeper, avoiding rounding in the back.
- Keep your head in line with the spine, looking downward or slightly forward, holding the pose for several breaths, allowing your body to relax into the stretch. Hold for 8-10 breaths.
- To release, inhale and slowly lift your torso back to the seated Chair Mountain Pose.
- Take a few deep breaths in Three Part Breath Chair before transitioning to your next pose.
- Students may place a blanket or block under their feet for extra support.

#### BENEFITS

- Strengthens the hip flexors, front thighs, knees, abdominal muscles.
- Helps relieve tight hamstrings.
- Stretches the back of the hips, hamstrings, and calves.
- Lengthens the spinal nerves and relieves spinal and hip tightness.
- Strengthens the back of knees.
- Main focus on the midsection stimulates kidneys, liver, and spleen. Helps draw in your belly.
- Reduces stress, anxiety, depression, and fatigue. Improves digestion.
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- Stretches the upper body muscles, nerves, and joints; the unwanted accumulated stress and tension get released.
- Encourages a calm state of mind, thereby inducing better sleep.
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- Seniors or those having arthritis and/or osteoporosis can do this alternative method.
- Helps release any aches and pains in the hips, shoulders, neck, or arms.

#### LIMITATIONS

- Students who have been taking medicines for BP (high or low), pregnant women, those with glaucoma, osteoporosis or scoliosis, lower back injuries or neck injuries, including disc herniation and degenerative spinal pathologies, hyper flexibility or recent surgeries, should avoid this.
- Generally, it is good for IBS, yet precaution should be taken while practising this.
- Placing a cushion for abdomen support is an excellent alternative.



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

## The Morning Standard • 11 Mar • Ministry of Ayush

### Fit Bit

2 • PG

601 • Sqcm

288568 • AVE

300K • Cir

Middle Right

Delhi

#### **FITBIT**

### UPAVISTHA ARDHA UTTANASANA CHAIR (SEATED HALF FORWARD FOLD POSE CHAIR)

This variation, supported by a chair, promotes spinal elongation, relieves tension in the lower back, and gently stretches the hamstrings and hips. It helps enhance pelvic stability, improves posture, and reduces strain on the knees and legs, making it ideal for individuals with limited flexibility or mobility. It is often incorporated into sequences focused on gentle stretching, spinal health, and therapeutic practices for seniors or those recovering from injuries.

#### STEPS

- On a sturdy chair, sit upright with your feet hip-width apart, grounding your feet firmly into the floor, aligning your knees at a 90-degree angle, lengthening the spine, and relaxing your shoulders in Chair Mountain Pose.
- Rest your hands on the thighs and take a few breaths, inhaling and exhaling through the nose.
- Inhale and lengthen your neck, keeping your spine tall and neutral.
- Exhale, hinge forward from your hips, bringing the torso towards your thighs while maintaining a long spine. Rest your hands lightly on the thighs for support.
- Continue deep breathing, inhale, maintain length in your spine and exhale, folding slightly deeper, avoiding rounding in the back.
- Keep your head in line with the spine, looking downward or slightly forward, holding the pose for several breaths, allowing your body to relax into the stretch.
- To release, inhale and slowly lift your torso back to the seated Chair Mountain Pose.
  - Take a few breaths in the Three Part Breath Chair

before transitioning to your next pose.

- People may place a blanket or block under their feet for extra support.

#### BENEFITS

- Strengthens the hip flexors, front thighs, knees, and abdominal muscles.
- Helps relieve tight hamstrings.
- Stretches the back of the hips, hamstrings, and calves.
- Lengthens the spinal nerves and relieves spinal and hip tightness.
- Strengthens the back of knees.
- Main focus on the midsection stimulates the kidneys, liver, and spleen. Helps draw in your belly.
- Reduces stress, anxiety, depression, and fatigue. Improves digestion.
- Eases symptoms of menopause, asthma, headaches, and insomnia.
- Therapeutic for infertility, osteoporosis, and sinusitis.
- Stretches the upper body muscles, nerves, and joints; the unwanted accumulated stress and tension get released.
- Encourages a calm state of mind, thereby inducing better sleep.
- Opens the upper body joints, nerves, and muscles to release stiffness.

#### LIMITATIONS

- People with BP (high or low), glaucoma, osteoporosis or scoliosis, lower back injuries or neck injuries, including disc herniation and degenerative spinal pathologies, hyperflexibility or had recent surgeries, and pregnant women should avoid practising this asana.
- Generally, it is good for IBS, yet precaution should be taken while practising this.



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

The Daily Guardian • 11 Mar • Ministry of Ayush

## Rs 2,054.61 crore released for healthcare under Ayushman Bharat, Chirayu Yojanas

4 • PG

109 • Sqcm

10870 • AVE

N/A • Cir

Bottom Center

Chandigarh

## Rs 2,054.61 crore released for healthcare under Ayushman Bharat, Chirayu Yojanas

TDG NETWORK  
CHANDIGARH

Haryana Health Minister Kumari Arti Singh Rao said that a total of Rs 2,054.61 crores has been released over the past three years for the provision of free indoor healthcare to beneficiaries of the "Ayushman Bharat - Pradhan Mantri Jan Arogya

Yojana" and Chirayu Yojana in the state. The Health Minister was responding to a question asked by a member of the House during the Question Hour in the ongoing Budget Session of Haryana Vidhan Sabha on Monday. Kumari Arti Singh Rao informed that, at present, 12,12,922 families are

registered under the "Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana," while 28,08,763 families are registered under the Chirayu Yojana.

She further shared that the number of families registered under the "Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana"

and Chirayu Yojana was 26,76,153 in the financial year 2022-23, 35,88,495 in 2023-24, and 40,21,685 in 2024-25.

The amounts released to the beneficiaries during these three years were Rs 278.34 crore, Rs 699.43 crore, and Rs 1,076.82 crore, respectively.



Amar Ujala • 11 Mar • Ministry of Ayush

## 46 lakh beneficiaries of Ayushman and Chirayu Yojana

5 • PG

76 • Sqcm

55774 • AVE

368.8K • Cir

Middle Center

Chandigarh

## आयुष्मान व चिरायु योजना के 46 लाख लाभार्थी बढ़े

चंडीगढ़। प्रदेश में आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना और चिरायु योजना के तहत तीन साल में 46,01,489 लाख लाभार्थी बढ़े हैं। आयुष्मान में 4,81,985 और चिरायु योजना में 41,19,513 लाभार्थी बढ़े हैं। वर्तमान में 12,12,922 परिवार के 38,26,433 सदस्य आयुष्मान और 28,08,763 परिवारों के 89,83,043 लाभार्थी चिरायु योजना में पंजीकृत हैं। तीन साल में दोनों योजनाओं के तहत 15,00,658 लाभार्थियों के क्लेम पर सरकार ने 20,54,60,69,139 रुपये जारी किए हैं। यह जानकारी सरकार की ओर से इंद्रा से विधायक रामकुमार कश्यप के सवाल पर दी गई है। ब्यूरो

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Dainik Bhaskar	800 बच्चों को स्वर्णप्राशन किट और 350 को बाल रक्षा किट दिए	66.5M
2.	Dainik Bhaskar	आयुर्वेद कॉलेज में स्वर्णप्राशन किट व बाल रक्षा किट का वितरण करेंगे	66.5M
3.	हिन्दुस्तान(Live Hindustan)	पूरे शाह कामगार यूनानी अस्पताल को मिलेगा अपना भवन	64.8M
4.	अमर उजाला (Amar ujala)	Rewari News: टीबी के लक्षण, बचाव और उपचार के बारे में बताया	63.8M
5.	News18	दूध पीने के बाद ये दो चीजें भूलकर भी न खाएं, इंफेक्शन से शरीर में निकल आएंगे दान...	43.6M
6.	News18	पेट साफ नहीं हो रहा? कब्ज ने कर रखा परेशान, दवाई या सिरप नहीं अपनाएं यह आसान तरी...	43.6M
7.	Patrika	Madhya Pradesh Budget: पिछली घोषणाएं अधूरी, अब नए बजट पर लगी सभी की टकटकी	14M
8.	Patrika	पुण्य नक्षत्र पर स्वर्ण प्राशन किट व बाल रक्षा किट का वितरण 10 मार्च को	14M
9.	ThePrint	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	11.3M
10.	Latestly	India News   CARI Kolkata, SNPS Jadavpur University Sign MoU to Evaluate Potential...	7.8M
11.	Latestly	Business News   Longevity India Conference 2025 Concludes Day 1 with Unique Insights...	7.8M
12.	The Tribune India	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	7M
13.	New Indian Express	INTERVIEW  Multi-pronged approach needed to manage man-animal conflict, says Mee...	6.7M
14.	PIB	Central Ayurveda Research Institute, Kolkata and School of Natural Product Studies ...	5.4M
15.	Janta Se Rishta	आयुष विभाग ने जिला कार्यालय परिसर में लगाया निःशुल्क स्वास्थ्य शिविर	3.8M
16.	Janta Se Rishta	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	3.8M
17.	Ani News	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurvedic...	1.9M
18.	Ani News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	1.9M
19.	The Statesman	MoU signed to evaluate Ayurvedic formulation's potential to treat diabetes	1.7M
20.	Analytics India Magazine	How Longevity India is Riding the AI Health Revolution	1.6M
21.	Devdiscourse	Collaborative Ayurveda Research Initiative Launched for Diabetes Management	1.2M
22.	Devdiscourse	Ayurvedic Advancements: New Research on Diabetes Management	1.2M
23.	Dainik Bhaskar	Nagpur news: हेल्थ हब नागपुर में सुविधाओं को तरसते सरकारी अस्पताल, कब होगा उद्घा...	926.1K

24.	The Shillong Times	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	720.2K
25.	Social News XYZ	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	415.2K
26.	The Morung Express	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	268.3K
27.	Sakshipost EN	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	160.8K
28.	First India	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	118.3K
29.	Ians	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	116.7K
30.	Dainik Tribune	औषधीय उत्पादों का मांग के अनुरूप उत्पादन नहीं : प्रो. सुरेश मल्होत्रा	110.2K
31.	Bio Spectrum	Longevity India Conference 2025 opens with unique insights into ageing science	108.7K
32.	Bio Spectrum	Longevity India Conference 2025 opens with unique insights into ageing science	108.7K
33.	Lokmattimes.com	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	94.3K
34.	Lokmattimes.com	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	94.3K
35.	The News Mill	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	85.1K
36.	New Kerala	Ayush Ministry Explores Ayurveda Cure for Diabetes Treatment	72K
37.	New Kerala	CARI Kolkata SNPS Ayurveda Diabetes Research Breakthrough	72K
38.	WebIndia123	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	61.9K
39.	WebIndia123	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	61.9K
40.	Bhaskar Live	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	46.5K
41.	Weekly Voice	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	43.8K
42.	Visionnewsservice	आयुष विभाग ने जिला कार्यालय परिसर में लगाया निःशुल्क स्वास्थ्य शिविर कलेक्टर अबन...	36.8K
43.	Indian Economic Observer	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	16.1K
44.	Indian Economic Observer	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	16.1K
45.	Tennews.in	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	9.1K
46.	Hi INDiA	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	2.4K
47.	Daily Prabhat	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	280

48.	Daily Prabhat	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	280
49.	The Report Net	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
50.	Gujarat Watch	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
51.	Post Time News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
52.	The Daily Discover	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
53.	Rabale	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
54.	Standard Today News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
55.	Nagpur Project News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
56.	Indian World News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
57.	Scroll India News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
58.	Gossip Today	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
59.	Newz Today 24	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
60.	News Mirror Net	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
61.	India Career Week	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
62.	Standard News Wire	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
63.	Quick News Now	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
64.	Travller News India	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
65.	India World News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
66.	Know Thats All	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A

67.	News India Live	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
68.	India Global News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
69.	Delhi News Daily	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
70.	Sandwich	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
71.	Topics To Know	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
72.	Rapid Report	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
73.	Brief Buzz	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
74.	Indian Express Daily	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
75.	News Today 99	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
76.	The Daily Glimpse	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
77.	Report News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
78.	Say Goodbye To Expensive Cloud Storage	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
79.	Stroy India	Stroy India	N/A
80.	India News Archives	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
81.	Insider India Times	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
82.	Jharkhand India Newsagency	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
83.	State News Today	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
84.	The Readers Digest	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
85.	The Report World	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
86.	Ne India Broadcast	Central Council for Research in Ayurvedic Sciences signed a Memorandum of Understanding...	N/A



87.	Airr News	दूध पीने के बाद ये दो चीजें भूलकर भी न खाएं, इंफेक्शन से शरीर में निकल आएंगे दान...	N/A
88.	Sonebhadra Live	दूध पीने के बाद ये दो चीजें भूलकर भी न खाएं, इंफेक्शन से शरीर में निकल आएंगे दान...	N/A
89.	India Med Today	CARI, Kolkata and SNPS, Jadavpur University in MoU on ayurvedic formulation fo r ...	N/A
90.	The Mobi World	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
91.	World News Network	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
92.	Awaaz Hindi	आयुष मंत्रालय मधुमेह के लिए आयुर्वेद फॉर्मूलेशन की क्षमता का मूल्यांकन करेगा	N/A
93.	Bw Health Care World	Longevity India 2025 Kicks Off With Breakthrough Insights Into Aging	N/A
94.	Calcutta News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	N/A
95.	Odisha Post	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
96.	शिवालिक पत्रिका	उपायुक्त ने मैडी मेले में व्यवस्थाओं का लिया जायजा	N/A
97.	Telangana Journal	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
98.	Sakshi Post	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
99.	India Gazette	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	N/A
100.	Newspoint	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
101.	Jharkhandtimes	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
102.	North East Times	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
103.	Andhra Pradesh Mirror	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
104.	Gujarat Varta	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
105.	The Mobi World	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
106.	Maharashtra Samachar	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
107.	OB News	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
108.	Delhi live news	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A

109.	World News Network	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
110.	Palgharnews	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
111.	Kashmir Newslite	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
112.	Vanakkam Tamil Nadu	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
113.	Karnataka Live	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
114.	Thip Media	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
115.	Kashmir Breaking News	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
116.	Haryana Today	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
117.	Rajasthan Ki Khabar	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
118.	Hamar Dhamtari	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
119.	South India News	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
120.	Chhattisgarh Today	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
121.	Himachal Patrika	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
122.	The Bharat Now	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
123.	Thefreedompress	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
124.	Punjab Live	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
125.	Nation Press	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
126.	India Online Mart	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
127.	West Bengal Khabar	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
128.	Bihar Times	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A
129.	Gujarat Samachar	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurveda...	N/A

130.	Breaking News Express	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन*	N/A
131.	Bihar 24x7	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
132.	The Hans India	Ayush Ministry to evaluate potential of Ayurveda formulation for diabetes	N/A
133.	Indian News Network	CARI Kolkata, SNPS Jadavpur University sign MoU to evaluate potential of ayurv ed...	N/A
134.	Khabaraajtak24x7	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
135.	Voice Of Rights Hindi News Portal	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
136.	Khulasa	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
137.	India's News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	N/A
138.	Satyaexpress	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
139.	Indian Public mail	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
140.	Moomal Art News	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
141.	Rajdhanihulchal	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
142.	Samay Jagat	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
143.	Statebreaking	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
144.	Mplive24	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
145.	Media Passion	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
146.	Odisha Post	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	N/A
147.	Imnb	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
148.	Tender Detail	Main Work Establishment Of 50 Bedded Integrated Ayush Hospital At Vims Premi ses,...	N/A
149.	Gujarat Samachar	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	N/A
150.	Janpatra News	आयुर्वेद महाविद्यालय चिकित्सालय में 3934 बच्चों का स्वर्णप्राशन	N/A
151.	Bihar 24x7	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	N/A
152.	South India News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Agin g ...	N/A
153.	Udaipur Kiran	मधुमेह प्रबंधन में आयुर्वेद अनुसंधान को बढ़ावा देने के लिए सीएआरआई और एसएनपीएस क...	N/A

154.	North East Times	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
155.	drugscontrol.org	CCRAS signed MoU with SNPS Jadavpur for advancing Ayurveda research in diabetes ...	N/A
156.	Telangana Journal	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
157.	Kashmir Newsline	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
158.	West Bengal Khabar	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
159.	Andhra Pradesh Mirror	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
160.	Mumbai News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
161.	Haryana Today	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
162.	Gujarat Varta	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
163.	Delhi live news	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
164.	Tripurastar News	Central Ayurveda Research Institute, Kolkata And School Of Natural Product Studies ...	N/A
165.	Vanakkam Tamil Nadu	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
166.	Bihar Times	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
167.	Jharkhandtimes	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
168.	Karnataka Live	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
169.	Himachal Patrika	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
170.	Punjab Live	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
171.	Srilanka Island News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A
172.	Kashmir Breaking News	Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...	N/A

173.	Rajasthan Ki Khabar	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
174.	New Delhi News	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
175.	France Network Times	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
176.	San Francisco Star	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
177.	East Asiaall News Portal	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
178.	Chhattisgarh Today	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
179.	Buffalo Despatch	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
180.	Middle East Times	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
181.	US World Today	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
182.	England News Portal	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
183.	Indian News Network	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
184.	शिवालिक पत्रिका	<a href="#">Copy link</a>	N/A
185.	Maldives Star Plus	<a href="#">Longevity India Conference 2025 Concludes Day 1 with Unique Insights into Aging ...</a>	N/A
186.	Guidely	<a href="#">Daily Current Affairs Quiz - 08th March 2025</a>	N/A
187.	Shekhawati Samachar	<a href="#">National Conference On Ashwagandha: A Health Promoter in 2025</a>	N/A
188.	The Financial World	<a href="#">Haryana CM Nayab Saini made big announcements on International Women's Day</a>	N/A
189.	लीजेंड न्यूज़	<a href="#">राष्ट्रीय विज्ञान दिवस समारोह 2025 में संस्कृति विश्वविद्यालय सम्मानित</a>	N/A
190.	Delhi News Watch	<a href="#">National Conference On Ashwagandha: A Health Promoter in 2025</a>	N/A
191.	Poorvanchalmedia	<a href="#">राष्ट्रीय कार्यशाला के अंतिम दिन एमएचयू के कुलपति प्रो. सुरेश मल्होत्रा ने विशेष...</a>	N/A
192.	The Indian Practitioner	<a href="#">ICMR Releases Addendum to Ethical Guidelines for Integrative Medicine Research</a>	N/A
193.	Ranchi Express	<a href="#">आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण</a>	N/A
194.	Drug Today Medical Times	<a href="#">College Of Ayurveda &amp; Research Center</a>	N/A



195.	Journalist	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण :	N/A
196.	Poorvanchalmedia	पेट साफ करने के लिए बेहद असरदार है ये टिप्स	N/A
197.	Realtimes.in	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण	N/A
198.	Drug Today Medical Times	Sri Kalabyraveswara Swamy Ayurvedic Medical College	N/A
199.	Itdc News	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण	N/A
200.	Gurgaon Mail	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण	N/A
201.	Dehatpost	CG Morning News: विधानसभा बजट सत्र का 10वां दिन आज, कई अहम मुद्दों पर होगी चर्चा...	N/A
202.	Udaipur Kiran	आयुर्वेदिक कॉलेज में आज स्वर्णप्राशन और बाल रक्षा किट का वितरण	N/A
203.	Nashik 24	National Conference On Ashwagandha: A Health Promoter in 2025	N/A
204.	Live Mumbai	National Conference On Ashwagandha: A Health Promoter in 2025	N/A