




Government of India  
Ministry of Ayush

सत्यमेव जयते

## MINISTRY OF AYUSH COMPILED MEDIA REPORT 11 Feb, 2025 – 12 Feb, 2025

 **Total Mention 232**

 <b>Print</b>	<b>Financial</b>	<b>Mainline</b>	<b>Regional</b>	<b>Periodical</b>
<b>11</b>	<b>N/A</b>	<b>9</b>	<b>2</b>	<b>N/A</b>
 <b>Online</b>				

**221**

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Hindu	ENTERPRISE CONNECT	Delhi	13
2.	The Morning Standard	Fit Bit	Delhi	2
3.	The New Indian Express	GATYATMAK MERU VAKRASANA (DYNAMIC SPINAL TWIST POSE)	Bengaluru	2
4.	The New Indian Express	FIT BIT	Chennai	2
5.	Mid Day	You can't get slim on knowledge	Mumbai	18
6.	Mid Day	A bit of everything	Mumbai	18
7.	The Hans India	Maha Kumbh: Over 45 cr took dip in Sangam so far	Hyderabad	5
8.	The Pioneer	BJP withdraw PIL over Ayushman Bharat in Delhi	Delhi	2
9.	The Statesman	India leading the world in healthcare & production of medicines in Unani system, says President Murm...	Delhi	2
10.	Dainik Jagran	Dinchariya mein ho samajasaye	Chandigarh	5
11.	Dainik Jagran	Sitharaman ka vipaksh ko jawab kaha budget mein pakshpaat nahi	Chandigarh	9

## The Hindu • 12 Feb • Ministry of Ayush ENTERPRISE CONNECT

13 • PG

411 • Sqcm

308059 • AVE

682.81K • Cir

Bottom Right

Delhi

### ENTERPRISE CONNECT

#### A Business Initiative

#### HUDCO Signs MoU with ALIMCO to Support Divyangjan & Senior Citizens



HUDCO, a Navratna CPSE signed a Memorandum of Understanding (MoU) with the ALIMCO to extend support for distribution of aids and assistive devices to Persons with Disabilities (Divyangjan) and Senior citizens all over the country. The MoU signing ceremony was held in the presence of Shri Sanjay Kulshrestha, CMD, HUDCO, and Shri Praveen Kumar, CMD, ALIMCO, Shri M Nagaraj, Director (Corporate Planning), HUDCO and Shri Daljeet Singh, Director (Finance), HUDCO. This is to highlight the shared commitment of both the organizations to social welfare and inclusivity. As part of the ongoing partnership with ALIMCO, more than 5000 PwDs and Senior citizens has been provided assistive devices under HUDCO's CSR initiatives all over the country. This is an initiative for upliftment of marginalized and vulnerable sections of the society as part of its commitment towards social welfare.

#### Rotary Club and Amrita Hospital Unite to Drive Organ & Body Donation Awareness in Faridabad



Faridabad, February 10, 2025 - In a collaborative effort to promote the noble cause of organ and body donation, Amrita Hospital, in association with the Rotary Club District 3011, focusing an Organ & Body Donation Awareness Event at Amrita Hospital, Faridabad. The event, themed 'Celebrating the Gift of Life,' aims to educate and inspire individuals to pledge their organs, reinforcing the power of saving lives even beyond one's lifetime. Speaking on the significance of this initiative, Dr. Mahesh P. Trikha, District Governor, Rotary Club, said, "Organ donation is the ultimate act of selflessness, providing a second chance at life to those in dire need. Every donor can potentially save multiple lives, making it one of the most impactful decisions an individual can make. Highlighting the hospital's commitment to advancing healthcare, Dr Sanjeev Singh, Media Director from Amrita Hospital, Faridabad said, "At Amrita Hospital, we are committed to delivering not just world-class medical care but also fostering a culture

of awareness and social responsibility. Organ donation is a crucial healthcare challenge, and we believe it is our duty to advocate for and facilitate life-saving contributions.

#### Acharya Balkrishna said "World Book fair" events are effective for public

Acharya Balkrishna, speaking at the World Book Fair in Delhi, said, "Patanjali has brought Yoga and Ayurveda to a scientific level." Addressing the audience at Pragati Maidan, he emphasized that such fairs serve as a prominent platform for the exchange of knowledge. Acharya ji said that ayurveda is not just a traditional system but a scientifically proven medical practice but as



per misinformation, it has been associated with superstitions. The aim of scientific Ayurveda is to offer effective treatment based on facts and research. Patanjali has published World Herbal Encyclopaedia with pictures of 32 thousand herbal plants. He said that the goal of Patanjali is not just business but to serve people with authentic and beneficial products. Acharya Balkrishna further stated that Patanjali is promoting Yoga, Ayurveda, education, medical research and ancient knowledge through its publication.

#### J&K Bank opens New Branch at Gomti Nagar, Lucknow

Srinagar, Feb 07: Strengthening its footprint further in rest of the country, J&K Bank today commissioned a new branch at Gomti Nagar, Lucknow. MD & CEO Amitava Chatterjee formally inaugurated the branch in presence of the Bank's Divisional Head (Rest of India) Rajesh Gupta, Zonal Head (Delhi) Suresh Choudhary and Cluster Head (Lucknow) Rajesh Sharma. Speaking on the occasion, MD & CEO Amitava Chatterjee said, "With the launch of our Gomti Nagar branch, we reaffirm our commitment to serving the people



of Uttar Pradesh with best-in-class banking services. GM & Divisional Head (ROI) Rajesh Gupta said, "Our expansion in Lucknow is part of the Bank's focus on the growing business and commercial hubs in India. Notably, the new Gomti Nagar branch will provide a comprehensive suite of banking and financial

#### services, including digital banking solutions, retail and corporate banking products, ensuring convenience and accessibility for customers in the area.

#### KIET Organized DRDO-Sponsored Workshop on "Innovations & Applications in Engineering Materials"



Department of Mechanical Engineering, KIET Group of Institutions, successfully organized the inaugural ceremony of the DRDO-Sponsored Workshop on "Innovations & Applications in Engineering Materials" which will be held from Feb 3 to Feb 7, 2025. The workshop will be held in the hybrid mode. More than 250 participants have registered in offline and online modes from almost every corner of the country including Tamil Nadu, Maharashtra, Karnataka, Himachal Pradesh, Haryana, Bihar and Odisha. The inaugural ceremony of the workshop began with the welcome of the Chief Guests, Prof. (Dr.) Pulak Mohan Pandey, Prof. HAG, IIT Delhi and Guest of Honour, Dr. Praveen Kumar B (Scientist F, Group Head, ARDE-DRDO Pune) and Dr. S.K. Pandey (Secretary, AR&DB-DRDO, Delhi). Dr. Preeti Bajaj, Director General-KIET, Dr. Manoj Goel, Joint Director-KIET and Dr. Ashish Karmwal, Dean-ME graced the occasion with their benign presence.

#### SBI New Delhi Circle launches Innovative Cyber Security Awareness Initiative:



New Delhi Circle of State Bank of India, launched Cyber Security awareness initiative, featuring Nukkad Nataks (Street Plays) and Puppet shows. The initiative aims to educate the public at large about the importance of cyber security and best practices to prevent cyber threats. The initiative was kick started in the presence of Chief General Manager, New Delhi Circle, with a puppet show. As part of this initiative, a total of 300 Nukkad Nataks and Puppet shows will be conducted at different locations across New Delhi Circle of SBI till 31st March 2025. SBI's cyber security awareness initiative is part of its ongoing efforts to promote digital literacy and safe banking practices among its customers and the general public.

## The Morning Standard • 12 Feb • Ministry of Ayush

### Fit Bit

2 • PG

614 • Sqcm

294881 • AVE

300K • Cir

Middle Right

Delhi

#### **FITBIT**

### **GATYATMAK MERU VAKRASANA** (DYNAMIC SPINAL TWIST POSE)

This asana belongs to the Shakti Bandh group, which focusses on enhancing energy flow and breaking neuromuscular knots. It is beneficial for individuals with reduced vitality or a stiff back. This pose provides a torsional stretch to the spine, helping to relieve back pain. It is especially useful for menstrual issues, as it tones the pelvic organs and muscles.

#### **STEPS**

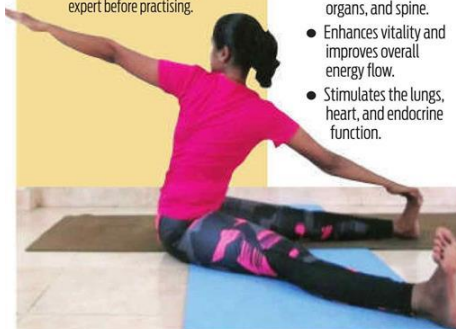
- Begin in Dandasana (Staff Pose) with both legs extended in front. Roll your shoulders back and place your palms on the floor beside your hips. Take a few deep breaths.
- Separate your legs as far apart as comfortable without straining. Stretch your arms sideways at shoulder level. This is the starting position. Keep your knees straight.
- Exhale and twist to the left, bringing your right hand toward your left big toe. Keep both arms straight. Stretch your left arm behind your back, maintaining the twist. Keep both arms aligned.
- Turn your head to the left and fix your gaze on the middle finger of your left hand. Inhale and return to the starting position.
- This completes one round. Practise 10 rounds, gradually increasing speed.
- Maintain awareness of the spinal twist and breath throughout. A slight forward bend helps reach the ankles.
- Finally, release and relax in Dandasana with hands back and knees bent.

#### **BENEFITS**

- Helps relieve stress and tightness from the neck, shoulders, back, and hips.
- Encourages deep breathing by keeping the chest open and shoulders relaxed.
- Improves spinal flexibility and counters the effects of poor posture.
- Suitable for power yoga, hot yoga, and flow yoga sequences.
- Helps reduce side belly fat and tones the thighs.
- Clears energy blockages, promoting smooth prana (energy) flow and activating the Root and Sacral Chakras.
- Included in therapeutic yoga for specific conditions like endometriosis when practiced slowly with breath awareness.
- Relieves back stiffness and enhances spinal flexibility.
- Massages internal organs, aids digestion, and alleviates constipation.
- Boosts blood circulation in the abdominal area.
- Strengthens the hips, lower back, pelvic organs, and spine.
- Enhances vitality and improves overall energy flow.
- Stimulates the lungs, heart, and endocrine function.

#### **LIMITATIONS**

- Avoid this asana if you have injuries or have undergone surgery in the back, knees, spine, or hips.
- Not recommended for those with hiatal hernia, weak sacroiliac joints, or GERD.
- If you have any medical conditions, consult a yoga expert before practising.



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



## The New Indian Express • 12 Feb • Ministry of Ayush GATYATMAK MERU VAKRASANA (DYNAMIC SPINAL TWIST POSE)

2 • PG

582 • Sqcm

582458 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

### FITBIT

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### STEPS

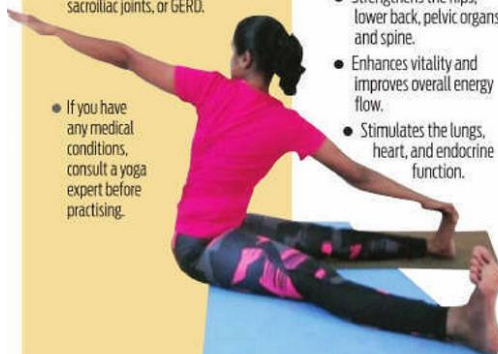
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The New Indian Express • 12 Feb • Ministry of Ayush

## FIT BIT

2 • PG

616 • Sqcm

812954 • AVE

246.4K • Cir

Top Center

Chennai

### FITBIT

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



Mid Day • 12 Feb • Ministry of Ayush  
You can't get slim on knowledge

18 • PG

1509 • Sqcm

3436697 • AVE

1.5M • Cir

Top Left

Mumbai

# 'You can't get slim on knowledge'

A year shy of turning 80, veteran actor Kabir Bedi gives us an in-depth account of the habits he adheres to to stay in shipshape

SONIA LULLA  
sonia.lulla@mid-day.com

WITH the lack of sufficient critical voices weighing in on the subject of health and wellness online, several social media users prefer to take the content they receive with a pinch of salt. For Kabir Bedi, however, the web world has opened the doors to the opportunity to learn a great deal about matters relating to fitness. "Back in the day, we didn't have social media, email, or instant phone calls. It was a hassle to communicate with anybody. So, things have changed dramatically in the last 30 years. With social media, you have people spelling out health tips, and I've learnt a lot from it. I've imbibed some of the things I've been told because the information is useful. Earlier, people would only focus on doing regular exercises. Today, exercises are more specific," says Bedi, quick to add that while individuals love to consume content relating to fitness, they must remember that "you can't get slim on knowledge." "Acquire all the knowledge that you can, but, at the end of the day, you have to get up and exercise. A lot of people think that by knowing a lot about fitness, they'll get fit. They won't."

A year shy of turning 80, Bedi still appears to be in shipshape, and seemingly acquires knowledge from new sources while continuing to adhere to old norms that have kept him in good stead. He promotes the use of "gharelu nuskas", a term that finds a special space on his Instagram page. "I believe in the curative powers of haldi. Get the best form of haldi that you can, preferably organic, and add black pepper to it, along with



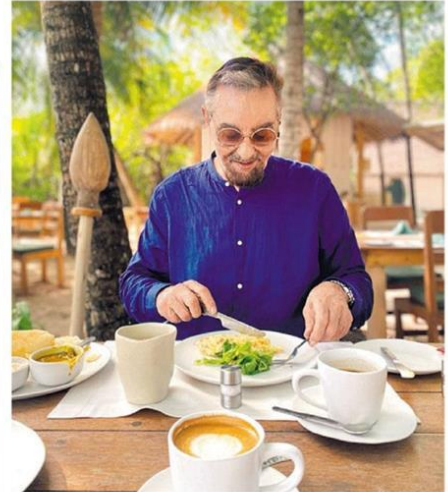
Actor Kabir Bedi celebrated his 79th birthday last month. PICS/INSTAGRAM

honey or agave as sweeteners. Create a paste using olive or coconut oil, and then add cinnamon, garlic, and ginger. I've been having [this] for the last 10 to 12 years, and I feel great. I have researched what is good for me and what I must do to fend off the effects of ageing, like the habit of smoking that I [once] had. I found curcumin to be the best antidote to most things. Age takes a toll, and you have to find ways to compensate for the depletion [in the body's health]. So, I have vitamins, as well as magnesium.

I can't take my health and my state of well-being for granted today as I could when I was a young man."

For the most part of the month, Bedi believes in adhering to a disciplined diet. "I emphasise that what you eat every day determines your nutrition, fitness, and health. Of course, you can binge once in a while, but it is what you eat on a regular basis—your breakfast, lunch, and dinner—how often you eat, and how much you eat, that defines you. If you create a system, it be-

comes easy to stick to your diet because you will not need to wait till the last minute to decide what to eat. If you wait until the last minute, the mind will think of the easiest option. I have a system. I have my breakfast late, and have a light tea along with some healthy snacks. I also have my dinner early, several hours before I sleep. That is good practice. Having a late breakfast is also good because it delays the intake of food after sleep. So, it becomes a form of intermittent fasting." As passionate as his advocacy for healthy fats is, Bedi's condemnation of the use of sugar is equally critical. "It is the villain," he says, adding, "If you can minimise it, you will do yourself a huge favour. It's impossible to avoid it because it's all around you. But some wonderful substitutes



The actor lays emphasis on adhering to a healthy diet. He consumes a late breakfast, and an early dinner—a pattern that has helped him practice what he describes as "a form of intermittent fasting". He is also critical of the consumption of fruit juices.



Kabir Bedi advocates for the use of turmeric. He combines it with pepper and honey or agave, olive oil, garlic, and ginger. He has been consuming it for 12 years.

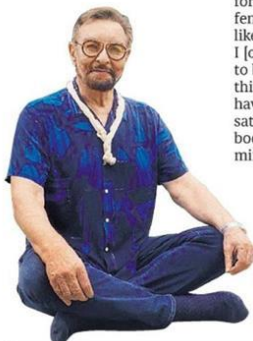
are also there. The processed food industry is responsible for a lot of diseases."

While Bedi heartily indulges in conversations around healthy eating habits, he only infrequently discusses his fitness routine. Expressing gratitude for his favourable genetic makeup, he says his athletic childhood contributed to his love for wellness. "I was an athlete during my years in school. I participated in

long-distance races, and I was naturally pretty fit. I've never been a major workout buff, but, in college, I'd do some weight training and stamina-building [exercises]. But, honestly, I'd say I am a lazy fitness freak. I do the routines when I feel the need to do them.

These days, I train once or twice a week. With age, you have to take care of your body even more and maintain agility, flexibility, and fitness. But, over the years, I've just done the bare minimum to keep myself looking good. I've been blessed." However, he is quick to add that he doesn't advocate for the lifestyle he could afford. "People should be in the habit of making time to do things to improve their health and keep their body toned."

Ask him if conversations around fitness often find a place in his interactions with his granddaughter Alaya F, and he says, "The only thing I tell her is to stop having fruit juices in the morning. That creates fatty liver. You can eat fruits, but the minute you have them as juices, you are putting something into your body that spikes your insulin levels. So, you're undoing the effort you put into improving your health."



**'The processed food industry is responsible for a lot of diseases. If you can minimise the use of sugar, you will do yourself a huge favour. There are wonderful substitutes available'**

Mid Day • 12 Feb • Ministry of Ayush  
A bit of everything

18 • PG

35 • Sqcm

80454 • AVE

1.5M • Cir

Top Right

Mumbai

A BIT OF  
EVERYTHING

Robert Downey Jr reportedly practices yoga to improve his flexibility. He gives credit for his sobriety to a combination of martial arts, yoga, meditation and therapy.



The Hans India • 12 Feb • Ministry of Ayush  
Maha Kumbh: Over 45 cr took dip in Sangam so far

5 • PG

476 • Sqcm

142937 • AVE

390.49K • Cir

Top Left

Hyderabad

# Maha Kumbh: Over 45 cr took dip in Sangam so far

Officials say the Maha Kumbh Mela is not just a religious gathering but a monumental example of meticulous planning, cultural preservation and technological innovation

HANS NEWS SERVICE  
PRAYAGRAJ

THE Maha Kumbh Mela 2025 has become one of the largest religious gatherings in history, with over 450 million (45 crore) devotees participating in the bathing rituals as on Tuesday.

The Uttar Pradesh government was expecting the number of devotees to reach 45 crore in 45 days but this number has already been achieved within 30 days and still there are 15 more days remaining for the Maha Kumbh to conclude. With its blend of spiritual significance, grand rituals, and cutting-edge technological interventions, this Kumbh Mela has set new benchmarks in crowd management, sanitation, and digital facilitation.

With the number of visitors surpassing 45 crore, crowd management has been a major focus. The next Amrit Snan is on February 12 on the occasion of Magh Purnima, which is renowned for its connection with the veneration of Guru Brahaspati and the belief that the Hindu deity Gandharva descends from the heavens to the sacred Sangam. To ensure smooth crowd management during the Magh Purnima Snan, the state government has designated the mela area as a 'no vehicle zone' from the morning of February 11, allowing only essential and emergency services.

Indian Railways is also operating at full capacity to manage the Maha Kumbh 2025 crowd. On February



9, around 330 trains transported 12.5 lakh pilgrims, with 130 more departing by 3 pm on February 10. Preparations for the upcoming Amrit Snan on February 12 were reviewed by the officials. All eight stations, including Prayagraj Junction, were fully operational, while Prayagraj Sangam station was temporarily closed around major bathing dates for crowd management.

The state government, in collaboration with various agencies, implemented a multi-tier security and monitoring system. A network of AI-powered CCTV cameras, drone surveillance, and real-time analytics ensured the safe movement of pilgrims across designated sectors. The administration also introduced a digital token system to streamline access to bathing ghats, reducing overcrowding. Special provisions were made for senior citizens and differently-abled devotees, ensuring that the Kumbh remained an inclusive spiritual experience.

This year, over 10 lakh devotees observed Kalpavas at the Triveni Sangam, concluding on Magh Purnima, with a final holy dip, puja, and daan. As per tradition, Kalpavis will perform Satyanarayan Katha, Havan

Puja, and offer donations to their Tirthpurohita. The barley sown at the start of Kalpavas is immersed in the Ganga, and the Tulsi plant is taken home as a divine blessing. The twelve-year Kalpavas cycle culminates in Maha

Kumbh, followed by a community feast in their villages.

According to the officials, over seven lakh pilgrims received medical care through extensive healthcare services. This includes treatment of more than 4.5 lakh individuals at 23 allopathic hospitals, with over 3.71 lakh undergoing pathology tests, and the successful completion of 3,800 minor and 12 major surgeries. Additionally, 20 AYUSH hospitals have provided Ayurveda, Homeopathy, and Naturopathy treatments to over 2.18 lakh pilgrims. The integration of specialists from AIIMS Delhi, IMS BHU, and international experts from Canada, Germany, and Russia has ensured world-class healthcare.

The Pioneer • 12 Feb • Ministry of Ayush  
BJP withdraw PIL over Ayushman Bharat in Delhi

2 • PG

124 • Sqcm

354659 • AVE

634.42K • Cir

Middle Center

Delhi

## BJP withdraw PIL over Ayushman Bharat in Delhi

PIONEER NEWS SERVICE ■  
NEW DELHI

Day after winning in Delhi Assembly, Seven BJP MPs on Tuesday withdrew from the Delhi High Court their plea for the implementation of the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY). The counsel appearing for the MPs said BJP won the Delhi assembly elections and the ruling government promised to implement the scheme in its first cabinet meeting.

"I am withdrawing the petition as the new dispensation in Delhi has promised to implement the Ayushman Bharat scheme in the first cabinet meeting," said the counsel before the Bench of Justices Prathiba M Singh and Manmeet Pritam Singh Arora.

The petitioners -- Harsh Malhotra, Ramvir Singh Bidhuri, Praveen Khandelwal, Yogendra Chandolia, Manoj Tiwari, Kamaljeet Sehrawat and Bansuri Swaraj-- argued Delhi citizens were facing a serious issue of high out-of-pocket health and medical expenses and even resorted to borrowing or selling assets

during a medical emergency. The petitioners said Delhi was the only union territory where the healthcare scheme for the underprivileged was yet to be implemented which deprived them of an essential health coverage of Rs 5 lakh. Earlier, the High Court expressed shock over the Delhi government reportedly not accepting the financial aid through the Centre-funded health scheme when there was "no money" with it for its healthcare system. It had said the central scheme was just an aid being given to a particular segment of citizens and steps must be taken to iron out the differences within the Delhi administration.

The petitioners argued the "clash of political ideologies must take a back seat" in the interest of welfare of the residents of Delhi and sought a direction to the Delhi government and its health department to implement the scheme. "Of 36 states/UTs, 33 have implemented the scheme and at present the Government of Odisha is actively considering the implementation of the scheme. However, the scheme has not been implemented in NCT of Delhi," they claimed.



The Statesman • 12 Feb • Ministry of Ayush

## India leading the world in healthcare & production of medicines in Unani system, says President Murmu...

2 • PG

605 • Sqcm

108843 • AVE

225K • Cir

Bottom Right

Delhi

# India leading the world in healthcare & production of medicines in Unani system, says President Murmu

**STATESMAN NEWS SERVICE**  
NEW DELHI, 11 FEBRUARY

President Droupadi Murmu on Tuesday said that India is leading the world in terms of education, research, healthcare, and the production of medicines in the Unani system.

Murmu, who inaugurated the two-day International conference on 'Innovation in Unani Medicine for Integrative Health Solutions – A Way Forward' at Vigyan Bhawan here on Unani Day, said, "Our country has adopted a holistic approach towards health."

The President said it is an occasion to remember Hakim Ajmal Khan, in whose honour, this day has been celebrated as Unani Day since 2016.

She said Hakim Ajmal Khanspread the Unani system of medicine in India. Murmu presented many examples of innovation.

Due to his efforts, the Unani system of medicine was widely adopted in India.

The President was happy to note that researchers and



practitioners associated with the Unani system are adopting useful aspects of modern methods and technology.

She expressed confidence that this conference will discuss contemporary topics like Evidence-based Recent Research Trends in Unani Medicine and Harnessing Artificial Intelligence and

Machine learning for Ayush/Traditional Medicine: Prospects and Challenges.

The President said efforts are being made to empower various medical systems by giving them due respect. According to the National Health Policy 2017, special emphasis is being laid on bringing AYUSH medical sys-

tems, including Unani, into the mainstream.

She noted that under the guidance of the National Commission for Indian System of Medicine, studies and research are going on in many Unani medical educational institutions. MD and PhD programmes have also been started in Unani Medical Colleges.

The President expressed confidence that the new generations in Unani medical science will strengthen the ancient heritage of knowledge and experience.

Every year the 11th of February marks Unani Day, celebrating the birth anniversary of eminent Unani physician, educator, and freedom fighter Hakim Ajmal Khan.

The Central Council for Research in Unani Medicine (CCRUM), a premier research council under the Ministry of Ayush, Government of India, is hosting the two-day distinguished International Conference on "Innovations in Unani Medicine for Integrative Health Solutions – A Way Forward".



Dainik Jagran • 12 Feb • Ministry of Ayush  
Dinchariya mein ho samajasaye

5 • PG

295 • Sqcm

467854 • AVE

107.62K • Cir

Top Center

Chandigarh

## दिनचर्या में हो सामंजस्य



### वैद्य देवेंद्र त्रिगुणा

अध्यक्ष, राष्ट्रीय आयुर्वेद  
अकादमी, आयुष  
मंत्रालय, नई दिल्ली

लगातार तनाव, निष्क्रियता भरी दिनचर्या, संसाधित और बाहर के भोजन करने की आदत आधुनिक जीवनशैली की पहचान बन गई है। स्वाभाविक तौर पर यह शरीर की क्षमता पर बहुततरफा प्रहार है। स्वास्थ्य का अर्थ है विभिन्न दोषों – वात, पित्त, कफ का संतुलन यानी शरीर के भीतर जैवीय ऊर्जा, अग्नि या पाचन शक्ति, धातु यानी हमारे उतकों के बीच सामंजस्य स्थापित करना। जब भी यह सामंजस्य बिगड़ता है तो शरीर पर इसका दुष्प्रभाव पड़ता है, नींद

अपर्याप्त हो जाती है और जीवन में तनाव की पैट बढने लगती है। उपाय के तौर हमें आयुर्वेद के कुछ नियमों का पालन करना होगा –

- प्रकृति के साथ शरीर की लय बनाए रखने के लिए सोने और जागने का समय निर्धारित करना होगा। इस लय के बिगड़ने से अनेक बीमारियों का जोखिम बढ़ता है।
- मौसम के अनुकूल दिनचर्या में बदलाव करते हुए स्वयं को ढालना होगा। इसे ही ऋतुचर्या कहा जाता है। बिगड़ती सेहत को दोबारा पटरी पर लाने के लिए यह सबसे कारगर उपाय है।
- अच्छी सेहत के लिए कुछ जड़ी-बूटियों का प्रयोग श्रेयस्कर माना जाता है। विशेषज्ञ के परामर्श पर आप बेहतर प्रतिरोधक क्षमता हेतु गिलोय, प्रतिरक्षा और स्वस्थ त्वचा के लिए आंवला और बेहतर मेटाबोलिज्म के लिए मेथी का प्रयोग कर सकते हैं।
- प्रतिरोधक क्षमता बढ़ाने के लिए आहार में नीम, हल्दी और त्रिफला का आदि सेवन किया जा सकता है।
- अच्छी सेहत के लिए शरीर से विषाक्त तत्वों का बाहर निकलना भी आवश्यक है। इसके लिए पंचकर्म विधि अपनाई जा सकती है, लेकिन इसे विशेषज्ञ की सलाह पर ही करना चाहिए।
- ध्यान और प्राणायाम जैसी विधियां तनाव प्रबंधन में सहायक हैं। लगातार तनाव बने रहने से आंतों की कार्यप्रणाली बाधित होती है, जिससे पाचन संबंधी परेशानियां बढ़ सकती हैं।
- निष्क्रियता भरी दिनचर्या को छोड़ना, नियमित कसरत और प्राणायाम करने की आदत बेहतर स्वास्थ्य का आधार तैयार करती है।

Dainik Jagran • 12 Feb • Ministry of Ayush

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# सीतारमण का विपक्ष को जवाब, कहा-बजट में पक्षपात नहीं

कहा- बंगाल विरोधी बजट नहीं; पंजाब, केरल, तेलंगाना, कर्नाटक जैसे राज्यों को भी केंद्रीय मदद का हवाला दिया

**जागरण ब्यूरो, नई दिल्ली :** बजट पर लोकसभा में अपने जवाब के दौरान वित्त मंत्री निर्मला सीतारमण ने विपक्ष शासित राज्यों को उनके आरोपों का करारा जवाब दिया है। इन राज्यों के सांसदों ने बजट में पक्षपात करने का आरोप लगाया था। बंगाल की तरफ से वित्तीय मदद रोकने के आरोपों के जवाब में वित्त मंत्री ने कहा कि यह बंगाल विरोधी बजट नहीं है बल्कि टीएमसी तृणमूल विरोधी हो गई है। उन्होंने सदन में बताया कि तृणमूल का मतलब जमीनी



निर्मला सीतारमण का फाइल फोटो

(ग्रासरूट) होता है और टीएमसी पीएम आवास योजना, मनरेगा, मिड-डे मील, आयुष्मान भारत जैसी योजनाओं में लूट-खसोट कर रही है। बंगाल मैन्यूफैक्चरिंग में लगातार पिछड़ता जा रहा है। वर्ष 1947 में बंगाल की हिस्सेदारी मैन्यूफैक्चरिंग में 24 प्रतिशत थी, जो गिरकर 3.5 प्रतिशत रह गई है। इस राज्य में प्रति व्यक्ति आय प्रति व्यक्ति राष्ट्रीय आय से कम हो गई है। उन्होंने कहा कि मनरेगा में 25 लाख फर्जी नौकरी कार्ड बनाकर टीएमसी के कैंडिडेट ने लूट-खसोट किया। टीएमसी की सरकार ने राज्य में आयुष्मान भारत योजना को लागू नहीं होने दिया।

विपक्षी दलों द्वारा शासित राज्यों

के सांसदों की तरफ से बजट में पक्षपात के आरोपों को आड़े हाथों लेते हुए वित्त मंत्री ने कहा कि पंजाब को सड़क की तीन परियोजनाओं के लिए 20,000 करोड़ से अधिक दिए गए। उन्होंने केरल, कर्नाटक, झारखंड व हिमाचल प्रदेश जैसे राज्यों को भी केंद्रीय आवंटन का हवाला दिया। हिमाचल को बाढ़ के दौरान गत जुलाई के बजट में मदद की घोषणा की गई। सीतारमण ने कहा कि विपक्षी पार्टियों ने विभिन्न सामाजिक विकास के मदों में कम आवंटन की बात कही है जो सही नहीं है। उल्टा समग्र शिक्षा, मिड-डे मील, स्वच्छ भारत अभियान, जल-जीवन मिशन जैसी स्कीम के तहत राज्यों को जो आवंटन दिए

गए, उसे वे खर्च नहीं किए। राष्ट्रीय स्वास्थ्य मिशन के तहत 2900 करोड़, स्वच्छ भारत मिशन के तहत 12,300 करोड़, समग्र शिक्षा के तहत 11,000 करोड़ आवंटित हुए राज्यों ने खर्च नहीं किए।

रुपए में हो रही गिरावट को लेकर उठाए गए सवाल के जवाब में सीतारमण ने कहा कि विदेशी मुद्रा की एक्सचेंज दर के वास्तविक असर को देखने से पता चलता है कि रुपए में खास गिरावट नहीं हुई है। दक्षिण कोरिया, मलेशिया, इंडोनेशिया, जापान, यूरोप की करेंसी में डालर के मुकाबले गत अक्टूबर से जनवरी के बीच 5-8 प्रतिशत की गिरावट हुई है। उन्होंने हाल ही में पूर्व आरबीआई गवर्नर

रघुराम राजन के बयान का हवाला देते हुए कहा कि रुपया नहीं गिर रहा है, डालर मजबूत हो रहा है। डालर की मजबूती के लिए डालर इंडेक्स, कच्चे तेल की कीमत जैसे कई कारक जिम्मेदार होते हैं। उन्होंने कहा कि भारत सबसे तेजी से बढ़ती अर्थव्यवस्था वाला देश बना रहेगा। महंगाई में बढ़ोतरी पर सीतारमण ने कहा कि बजट में उत्पादकता बढ़ाने और सप्लाई चेन को मजबूत करने के उपाय किए गए हैं। दाल, सब्जी-फल के उत्पादन को बढ़ाने के लिए घोषणाएं की गई हैं। सरकार पहले ही महंगाई कम करने के लिए चावल, दाल, प्याज, आटा जैसे खाद्य आइटम को सस्ते दाम पर बेच रही है।

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Msn India	2.7 lakh private hospital Ayushman claims "bogus"	733.9M
2.	Msn India	India leading the world in healthcare, production of medicines in Unani system: ...	733.9M
3.	Msn India	Centre approved 1.10 lakh hospital admissions worth over Rs 200 cr crore for sen ...	733.9M
4.	Msn India	Working actively to lower tobacco use among youth:Health Ministry	733.9M
5.	Aaj Tak News	महाकुंभ में माघ पूर्णिमा स्नान कल... प्रयागराज बना नो-व्हीकल जोन, श्रद्धालुओं की...	571.7M
6.	Aaj Tak News	जल-थल-नभ में 133 एंबुलेंस, माइनर ऑपरेशन से मेजर सर्जरी तक के इंतजाम... महाकुंभ म...	571.7M
7.	News18	World Unani Day 2025: Who Is The Father Of Unani Medicine? Theme, History, S igni...	152.8M
8.	Ndtv	How Cops Are Ensuring Security, Smooth Traffic Flow Ahead Of Big Day At Kum bh	111.1M
9.	Latest India News	छोटी सी पिप्पली में गुण बड़े-बड़े, पेट से लेकर सांस तक की बीमारियों का टल जाएगा ...	110M
10.	Indian Express	Big Snan today, entire Mela area out of bounds for vehicles	90.9M
11.	ABP Live	Maha Kumbh 2025: माघ पूर्णिमा के स्नान से पहले अस्पताल अलर्ट पर, रिवर एंबुलेंस क...	85.9M
12.	Dainik Bhaskar	एन्टीस्कूड टेस्ट पास शिक्षक ही करेंगे आयुर्वेद मेडिकल कॉलेजों का निरीक्षण	66.5M
13.	Dainik Bhaskar	आयुष अस्पताल के लिए 45 लाख मंजूर, दो साल बाद काम शुरू, 6 माह में बन कर तैयार होग...	66.5M
14.	Dainik Bhaskar	यूनानी चिकित्सा शिविर में 556 मरीजों का इलाज	66.5M
15.	Dainik Bhaskar	योग निरोग रहने की प्राचीन चिकित्सा प्रणाली: हवा सिंह	66.5M
16.	Dainik Bhaskar	आर्य कॉलेज में हुआ सूर्य नमस्कार अभ्यास	66.5M
17.	Dainik Bhaskar	आरोग्य मेला का समापन 15 हजार रोगी लाभांविता	66.5M
18.	Dainik Bhaskar	अस्पताल, रैन बसेरा और छात्रावास बनाने टेंडर किए, जमीन न मिलने से अटके करोड़ों के...	66.5M
19.	Dainik Bhaskar	स्वास्थ्य परीक्षण कर बताए योग से निरोग रहने के तरीके	66.5M
20.	Dainik Bhaskar	लिम्फेटिक फाइलेरियासिस रोकथाम के लिए एमडीए अभियान हुआ शुरू	66.5M
21.	हिन्दुस्तान(Live Hindustan)	Seminar on Integral Humanism and Developed India-2047 at Kashi Vidyapeeth	64.8M
22.	हिन्दुस्तान(Live Hindustan)	उदघाटन के पांच माह बाद आज से शुरू हो जाएगा पंचकर्म केंद्र	64.8M
23.	हिन्दुस्तान(Live Hindustan)	मेला क्षेत्र में दो हजार स्वास्थ्यकर्मी, 133 एंबुलेंस की तैनाती	64.8M
24.	हिन्दुस्तान(Live Hindustan)	1600 बच्चों को दी गई स्वर्ण प्राशन की दवाएं	64.8M
25.	हिन्दुस्तान(Live Hindustan)	महाकुम्भ नगरी में 160 एनसीसी कैडेट्स की हुई जांच	64.8M



26.	हिन्दुस्तान(Live Hindustan)	लिम्फेटिक फाइलेरियासिस रोकथाम को एमडीए अभियान शुरू	64.8M
27.	हिन्दुस्तान(Live Hindustan)	उदघाटन के पांच माह बाद भी पंचकर्म केंद्र में नहीं शुरू हुआ उपचार	64.8M
28.	The Times of India	2.7 lakh private hospital Ayushman claims "bogus"	64.4M
29.	The Times of India	No Ayush certificate? No GST relief on herbal smoke sticks	64.4M
30.	The Times of India	No Ayush certificate? No GST relief for herbal smoke sticks	64.4M
31.	The Times of India	Centre approved 1.10 lakh hospital admissions worth over Rs 200 cr crore for sen ...	64.4M
32.	अमर उजाला (Amar ujala)	Jammu News: डिजिटल तकनीक से यूनानी चिकित्सा को सुलभ बनाने पर जोर	63.8M
33.	अमर उजाला (Amar ujala)	Kathua News: बदलते मौसम में सर्दी-जुकाम और बुखार से बचाव के लिए बरतें सावधानी	63.8M
34.	अमर उजाला (Amar ujala)	Rajasthan: दुर्लभ आयुर्वेद पांडुलिपियों के संरक्षण में जुटा यह संस्थान, हजारों स...	63.8M
35.	News18	आयुर्वेद का खजाना है ये काली लकड़ी, कूट-कूट कर भरे हैं इसमें औषधीय गुण, किडनी रख...	43.6M
36.	News18	NEET UG 2025 : क्या नीट यूजी फॉर्म भरने के बाद मिलेगा करेक्शन का मौका? जान लें ब...	43.6M
37.	The Hindu	Bharathiar University Herbal Garden: a little over ₹ lakh remains unspent out ...	35.9M
38.	The Economic Times	Nearly 74 cr Ayushman Bharat health records created: Govt tells Rajya Sabha	28.7M
39.	Dailyhunt	India leading the world in healthcare, production of medicines in Unani system: ...	18.6M
40.	Dailyhunt	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	18.6M
41.	Dailyhunt	Maha Kumbh 2025: 133 Ambulances Deployed, 43 Hospitals Put on High Alert in Pray...	18.6M
42.	Dailyhunt	India leading world in terms of education, healthcare, production of medicines i...	18.6M
43.	Dailyhunt	Kumbh Mela Readies for Massive Turnout: Authorities Ensure Smooth Flow	18.6M
44.	Dailyhunt	Government Tells Rajya Sabha Nearly 74 Crore Ayushman Bharat Health Record s Crea...	18.6M
45.	Dailyhunt	Nearly 74 cr Ayushman Bharat health records created: Govt tells RS	18.6M
46.	Dailyhunt	Hospital admissions worth over Rs 200 crore authorised for senior citizens till ...	18.6M
47.	Dailyhunt	Misleading ads: SC summons Delhi, Andhra Pradesh, J&K chief secretaries	18.6M
48.	Dailyhunt	World Unani Day 2025: Who Is The Father Of Unani Medicine? Theme, History, S igni...	18.6M
49.	Medical Dialogues	Aspiring to be a doctor, dentist or AYUSH practitioner? Check out NEET 2025 elig ...	16M
50.	Medical Dialogues	Inaction against Misleading medical Ads! Supreme Court Summons Chief Secreta ries	16M
51.	Prokerala.com	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	13M

52.	ThePrint	Nearly 74 cr Ayushman Bharat health records created: Govt tells RS	11.3M
53.	ThePrint	India leading world in terms of education, healthcare, production of medicines i...	11.3M
54.	TV9	गाजर का नहीं इस चीज का बना ये लाल हलवा स्वाद के साथ फायदे भी देगा	11.3M
55.	ThePrint	President Murmu to inaugurate two-day international conference on Unani on Tue sd...	11.3M
56.	Etvbharat	World Unani Day 2025: Importance In Modern Era	11.2M
57.	Investing India	Mahakumbh 2025: Over 7 Lakh pilgrims provided with Ayush, allopathic medicine s	10.6M
58.	Telugu.news18.com	Pippali Benefits: పక్షిరాజులు తీసుకోవడానికి అనుకూలంగా ఉన్నందున పర్యావరణంలో అత్యంత ప్రాధాన్యత ఉన్నది.. ఆ వృక్ష...	9.7M
59.	Business Standard	Nearly 740 mn Ayushman Bharat health records created: Govt tells RS	8.1M
60.	Latestly	Maha Kumbh 2025: 133 Ambulances Deployed, 43 Hospitals Put on High Alert in Pray...	7.8M
61.	Latestly	India News   Nearly 74 Cr Ayushman Bharat Health Records Created: Govt Tells RS	7.8M
62.	Latestly	India News   Hospital Admissions Worth over Rs 200 Crore Authorised for Senior C...	7.8M
63.	Mid-Day	Maha Mumbai Metro surpasses 150 million riders, marking a major milestone	7.5M
64.	The Tribune India	Mental illness cases high in metro cities: Minister in Parl	7M
65.	PIB	133 Ambulances, including 7 River and 1 Air Ambulance, deployed for Pilgrims on ...	5.4M
66.	PIB	President of India Inaugurates the International Conference organised by Central..	5.4M
67.	PIB	PRESIDENT OF INDIA INAUGURATES INTERNATIONAL CONFERENCE ON INNOVATION IN UNANI M...	5.4M
68.	PIB	Steps taken by the Government to restrict marketing and sale of alcohol and toba...	5.4M
69.	PIB	Measures taken by the government to stop food adulteration	5.4M
70.	PIB	Update on the implementation of Ayushman Bharat Digital Mission (ABDM)	5.4M
71.	Janta Se Rishta	Prayagraj: 16 वर्ष तक के 1600 बच्चों को इम्युनिटी वर्धक स्वर्णप्राशन दवा निःशुल्क...	3.8M
72.	English.mathrubhumi.com	Medical entrance exam NEET-UG to be conducted on May 4	3.2M
73.	Daijiworld	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	3M
74.	Oneindia Hindi	महाकुंभ माघ पूर्णिमा स्नान की तैयारी पूरी, कैसे हैं सुरक्षा और स्वास्थ्य सेवाओं ...	2.9M
75.	Oneindia Hindi	MP: आंगनवाड़ी में बच्चों के बीच मंत्री और कलेक्टर, कौन है मोटी आई, जिनसे किया सं...	2.9M

76.	The Statesman	India leading the world in healthcare, production of medicines in Unani system: ...	1.7M
77.	The Statesman	Working actively to lower tobacco use among youth:Health Ministry	1.7M
78.	Devdiscourse	Ayushman Bharat: Digital Health Revolution Transforming India	1.2M
79.	Devdiscourse	President Inaugurates International Conference on Innovation in Unani Medicine	1.2M
80.	Devdiscourse	Ayushman Bharat's New Health Benefits Empower 6 Crore Senior Citizens	1.2M
81.	Dainik Bhaskar	महाकुंभ 2025: माघ पूर्णिमा में श्रद्धालुओं की हिफाजत के लिए जल-थल-नभ में 133 एंब...	926.1K
82.	Dainik Bhaskar	Govt. of Rajasthan: हेल्थ रिएक्टिव के ऐतिहासिक आयुर्वेदिक क्लिनिकल ट्रायल की रिप...	926.1K
83.	Eastcoastdaily	ലോക യൂനാനി ദിനത്തിൽ ശരദയാകുന്നതിന് കശ്മീരിലെ അപൂർവ്വ വെയിനം ഒരു ഷഡ സന്യയങ്ങൾ : താഴ്വരയി...	900.4K
84.	Daily Excelsior	India leading world in terms of education, healthcare, production of medicines i...	717.7K
85.	Daily Excelsior	SC summons J&K, Delhi, Andhra officials on misleading ads	717.7K
86.	Inext Live	जल, थल और नभ में एंबुलेंस तैनात	641.5K
87.	Indian Bureaucracy	Sudhir Rajpal IAS appointed Additional Chief Secretary, Women & Child Develo...	460.8K
88.	Social News XYZ	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	415.2K
89.	Live Vns	भारत शिक्षा, शोध, स्वास्थ्य सेवा और यूनानी पद्धति में औषधियों के निर्माण में दुन...	382.1K
90.	Live Vns	एकीकृत स्वास्थ्य और यूनानी चिकित्सा पर आज से अंतरराष्ट्रीय सम्मेलन विज्ञान भवन म...	382.1K
91.	Pragativadi	President Murmu Opens Conference on Unani Medicine Innovation for Enhanced Healt...	339.1K
92.	Kashmir Life	SC Seeks Compliance Reports from States on Medical Ad Regulations	338.1K
93.	NagalandPost	India leading world in terms of education, healthcare: Prez	315.4K
94.	News on AIR	National Health Policy 2017 Emphasizes Mainstreaming AYUSH, Including Unani: Pre...	314.3K
95.	News on AIR	President Droupadi Murmu to inaugurate 2-day International Conference on Unani D...	314.3K
96.	Best Media Info	SC summons chief secretaries of Delhi, Andhra Pradesh, and J&K over misleadi...	217.1K
97.	Press Trust of India	Nearly 74 cr Ayushman Bharat health records created: Govt tells RS	200.1K
98.	Press Trust of India	Hospital admissions worth over Rs 200 crore authorised for senior citizens till ...	200.1K
99.	Sakshipost EN	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	160.8K
100.	News Drum	Nearly 74 cr Ayushman Bharat health records created: Govt tells RS	158.4K
101.	News Drum	India leading world in terms of education, healthcare, production of medicines i...	158.4K
102.	News Drum	Hospital admissions worth over Rs 200 crore authorised for senior citizens till ...	158.4K





103.	Ommcom News	Magh Purnima: 133 Ambulances Deployed, 43 Hospitals Put On High Alert	133.2K
104.	Lokmattimes.com	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	94.3K
105.	Swadesh News	महाकुंभ 2025: माघ पूर्णिमा में श्रद्धालुओं की हिफाजत के लिए जल-थल-नभ में 133 एंब...	93.2K
106.	New Kerala	Yogi's 133 Ambulances Ready for Magh Purnima Devotees	72K
107.	New Kerala	Mahakumbh 2025 Healthcare Miracle with Ayush Global Medical Support	72K
108.	Bhaskar Live	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	46.5K
109.	The Indian Awaaz	Innovations in Unani Medicine will play vital role in its acceptability across g...	25.2K
110.	Pehal News	Authorities Focus on Security and Traffic Management Ahead of Kumbh Mela	3.1K
111.	E - PAO	One-day Naturopathy-Yoga Camp conducted	N/A
112.	Affairrs Cloud	Current Affairs 12 February 2025	N/A
113.	Indian Conventions	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
114.	News	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
115.	Drishyamindia	लखनऊ में अमाइक्स एकेडमी का वार्षिक उत्सव मनाया:सर्वधर्म प्रार्थना से कार्यक्रम शु...	N/A
116.	Maverick News3	133 ambulances deployed on land, water and air for Magh Purnima devotees	N/A
117.	Business Youth Times	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
118.	Today News 24	Maha Kumbh 2025: 133 Ambulances Deployed, 43 Hospitals Put on High Alert in Pray...	N/A
119.	Mochansamachaar	माघ पूर्णिमा में श्रद्धालुओं के लिए 133 एंबुलेंस तैनात, प्रशासन के निर्देश पर मह...	N/A
120.	Ndtv Profit	Government Tells Rajya Sabha Nearly 74 Crore Ayushman Bharat Health Record s Crea...	N/A
121.	Sarasjanvaad	भारत शिक्षा, शोध, स्वास्थ्य सेवा और यूनानी पद्धति में औषधियों के निर्माण में दुन...	N/A
122.	Daily aawaz	India leading world in education, research, health care & manufacturing of m...	N/A
123.	Sakshi Post	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	N/A
124.	Hamara Mahanagar	Benefits of Pippali : यह एक बहुमुखी औषधीय पौधा है, रोग प्रतिरोधक क्षमता बढ़ाता ह...	N/A
125.	Pune News	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	N/A
126.	Today India News	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	N/A
127.	Thefreedompress	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	N/A
128.	India Online Mart	Magh Purnima: 133 ambulances deployed, 43 hospitals put on high alert	N/A

129.	Newzfatafat	राज्यसभा सांसद राठौड़ ने आयुष मंत्री जाधव से इस बजट को फिर से जारी करने की मांग ...	N/A
130.	Odisha News Times	PRESIDENT OF INDIA INAUGURATES INTERNATIONAL CONFERENCE ON INNOVATION IN UNANI M...	N/A
131.	Shree1 News	PRESIDENT OF INDIA INAUGURATES INTERNATIONAL CONFERENCE ON INNOVATION IN UNANI M...	N/A
132.	Udaipur Kiran	राज्यसभा सांसद राठौड़ ने आयुष मंत्री जाधव से इस बजट को फिर से जारी करने की मांग ...	N/A
133.	The Open View	President of India Inaugurates the International Conference in Unani Medicine	N/A
134.	न्यूज़ जन मंथन	How Cops Are Ensuring Security, Smooth Traffic Flow Ahead Of Big Day At Kum bh	N/A
135.	BizWire Express	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
136.	BharatKi Baat	Govt informs RS that nearly 74 crore Ayushman Bharat health records have been cr...	N/A
137.	Deshbandhu	माघ पूर्णिमा में श्रद्धालुओं की हिफाजत के लिए जल-थल-नभ में 133 एंबुलेंस तैनात	N/A
138.	Hind Ekta Times	माघ पूर्णिमा में श्रद्धालुओं की हिफाजत के लिए जल-थल-नभ में 133 एंबुलेंस तैनात	N/A
139.	Khair News	माघ पूर्णिमा में श्रद्धालुओं की हिफाजत के लिए जल-थल-नभ में 133 एंबुलेंस तैनात	N/A
140.	Jan Jagran Darpan	माघ पूर्णिमा में श्रद्धालुओं की हिफाजत के लिए जल-थल-नभ में 133 एंबुलेंस तैनात	N/A
141.	Sejal News Network	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
142.	The Raisina Hills	Mahakumbh: River & Air Ambulances on Alert for Magh Purnima	N/A
143.	BharatKi Baat	India excels globally in education, healthcare, and Unani medicine production, s...	N/A
144.	Koshur Samachar	India leading world in terms of education, healthcare, production of medicines i...	N/A
145.	The Bengal	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
146.	Jaipur Vocals	आयुष मंत्रालय ने राजस्थान के लिए जारी किया था 111.84 करोड़ का बजट, पूर्ववर्ती गह...	N/A
147.	Bharat Samachar News Channel	मुख्यमंत्री योगी आदित्यनाथ के निर्देश,महाकुम्भनगर के साथ शहर व मंडल के सभी डॉक्ट...	N/A
148.	Fashion Value Chain	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
149.	Kbd News	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
150.	CMG Times	महाकुम्भनगर में 2000 और एसआरएन में 700 मेडिकल फोर्स हाई अलर्ट मोड में	N/A
151.	My Daiz	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A



152.	Newzfatafat	भारत शिक्षा, शोध, स्वास्थ्य सेवा और यूनानी पद्धति में औषधियों के निर्माण में दुन...	N/A
153.	News DNN TV	भारत शिक्षा, शोध, स्वास्थ्य सेवा और यूनानी पद्धति में औषधियों के निर्माण में दुन...	N/A
154.	Odisha Today	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
155.	Udaipur Kiran	भारत शिक्षा, शोध, स्वास्थ्य सेवा और यूनानी पद्धति में औषधियों के निर्माण में दुन...	N/A
156.	Hitsnewstoday	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
157.	The Unplanned	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
158.	Creative Bharat	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern me...	N/A
159.	Times Bite	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
160.	Lok Today News	आयुष मंत्रालय ने राजस्थान के लिए जारी किया था 111.84 करोड़ का बजट, पूर्ववर्ती गह...	N/A
161.	Top World News Daily	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A
162.	Construction Xperts	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
163.	India Today Post	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
164.	Upworld Analytics	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A
165.	The 24 News	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
166.	Drug Today Medical Times	Ayushman Bharat Digital Mission Expands Digital Health Ecosystem Across India	N/A
167.	Drug Today Medical Times	India Strengthens Tobacco Control Measures to Protect Youth	N/A
168.	Reh News	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A
169.	Business Panorama	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
170.	International Khabar	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
171.	Newsherbs	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A
172.	Local News11	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A



173.	The Info Edge	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
174.	India Online News	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
175.	The Global Growth Forum	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A
176.	Upskill Products	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
177.	Gazet International	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A
178.	Pune Prime	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
179.	Utkal Samachar	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A
180.	Affairrs Cloud	World Unani Day 2025- February 11	N/A
181.	Edukida	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
182.	News Online	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
183.	ViewsWall	Thiru. MA. Subramanian, Hon"ble Minister for Health and Family Welfare, Govern m...	N/A
184.	Global Triumph	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A
185.	Falkanmedia	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A
186.	NewsVoir	Thiru. MA. Subramanian, Hon'ble Minister for Health and Family Welfare, Govern me...	N/A
187.	News	Mahakumbh 2025: Over 7 Lakh Pilgrims Receive Medical Care in Prayagraj	N/A
188.	Ingredientssouthasia	Ministry of Ayush to amend First Schedule to add more books on Ayush drugs	N/A
189.	Ingredientssouthasia	Ministry of Ayush revises list of poisonous substances under Drugs Rules, 1945	N/A
190.	Medibulletin	Claims worth Rs. 562.4 crore made under PMJAY by private hospitals rejected, g ov...	N/A
191.	Healthcare Radius	Mahakumbh 2025: AIIMS and BHU experts lead a massive healthcare mission for pilg...	N/A
192.	The Mobi World	NEET UG 2025: Will there be a chance for correction after filling the NEET UG fo. ..	N/A



193.	OB News	NEET UG 2025: Will there be a chance for correction after filling the NEET UG fo... ..	N/A
194.	Hindustan Global Times	जसपुर, 15 मार्च,2024- मा0 मुख्यमंत्री पुष्कर सिंह धामी ने आज जनपद के अपने एक दिव...	N/A
195.	ITDC India	Radharaman"s Review Achieves National Success at SPARK 2024	N/A
196.	origin.mid-day.com	Maha Mumbai Metro surpasses 150 million riders, marking a major milestone	N/A
197.	AZAD सिपाही	एकीकृत स्वास्थ्य और यूनानी चिकित्सा पर आज से अंतरराष्ट्रीय सम्मेलन विज्ञान भवन म...	N/A
198.	Utkarsh Classes	President Murmu inaugurates an International Conference on Unani Day	N/A
199.	Healthcare Radius	President Droupadi Murmu to inaugurate transformative global conference on inte g...	N/A
200.	Vishva Times	Mahakumbh 2025: Over 7 Lakh pilgrims provided with Ayush, allopathic medicine s	N/A
201.	Vom News	90% Medicinal Plants in jk at Risk, AYUSH Sets Up 500-Kanal Nursery	N/A
202.	IndiBlogHub	Ayurvedic Third Party Manufacturing in India: A Growing Industry	N/A
203.	News Point	Over 7 lakh devotees receive medical care from international and Indian speciali...	N/A
204.	Poorvanchalmedia	स्वास्थ्य को बड़े लाभ प्रदान करती है यह काली लकड़ी, पेशाब की समस्या को भी करती है...	N/A
205.	Arpa Samachar	एकीकृत स्वास्थ्य और यूनानी चिकित्सा पर आज से अंतरराष्ट्रीय सम्मेलन विज्ञान भवन म...	N/A
206.	Satya live	राष्ट्रपति द्रौपदी मुर्मू करेंगी यूनानी दिवस सम्मेलन का उद्घाटन	N/A
207.	Prakhar Samachar	सुप्रीम कोर्ट ने कई राज्यों के मुख्य सचिवों को किया तलब, गुमराह करने वाले विज्ञा...	N/A
208.	Udaipur Kiran	एकीकृत स्वास्थ्य और यूनानी चिकित्सा पर आज से अंतरराष्ट्रीय सम्मेलन विज्ञान भवन म...	N/A
209.	Newzfatafat	एकीकृत स्वास्थ्य और यूनानी चिकित्सा पर आज से अंतरराष्ट्रीय सम्मेलन विज्ञान भवन म...	N/A
210.	Sarasjanvaad	एकीकृत स्वास्थ्य और यूनानी चिकित्सा पर आज से अंतरराष्ट्रीय सम्मेलन विज्ञान भवन म...	N/A
211.	Pharmabiz.com	Ministry of Ayush to amend First Schedule to add more books on Ayush drugs	N/A
212.	Pharmabiz.com	Ministry of Ayush revises list of poisonous substances under Drugs Rules, 1945	N/A
213.	Hind Ekta Times	स्टेट यूनानी मेडिकल कॉलेज, प्रयागराज द्वारा यूनानी डे के अवसर पर किया गया फ्री म...	N/A
214.	Kashmir Convener	Misleading Medical Advertisements : SC takes strong note of non-compliance	N/A
215.	Koshur Samachar	SC summons J&K, Delhi, Andhra officials on misleading ads	N/A
216.	Daily Jammu Jottings	Misleading Medical Advertisements: SC takes strong note of non-compliance	N/A
217.	Kashmir images	SC summons J&K chief secretary among others in misleading ads case	N/A
218.	India 360 Report	'रुपये 70 करोड़ नेचुरोपैथी सेंटर को डिप्टी सीएम एकनाथ शिंदे के गृहनगर में स्थापि...	N/A
219.	Kashmir Vision	Misleading ads: SC summons Delhi, Andhra Pradesh and J&K chief secretaries	N/A

220.	Kashmir Vision	Awareness prog on World Unani Day 2025 held at Anantnag	N/A
221.	Punjabkesari	राष्ट्रपति द्रौपदी मुर्मू आज करेंगी यूनानी अंतरराष्ट्रीय सम्मेलन का उद्घाटन	N/A