

**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**13 Jan, 2025 – 14 Jan, 2025**

 **Total Mention 19**

 <b>Print</b>	<b>Financial</b>	<b>Mainline</b>	<b>Regional</b>	<b>Periodical</b>
<b>19</b>	<b>4</b>	<b>13</b>	<b>2</b>	<b>N/A</b>

 Print

No	Newspaper	Headline	Edition	Pg
1.	Business Standard	Krav Maga Packs A Punch For Self-Defence In India	Delhi + 2	1, 12
2.	Business Standard	Hail the freelance economy!	Jaipur + 2	9
3.	Mint	The lessons in long walks and reading	Chennai + 6	14
4.	The Hindu Business Line	My five	Kolkata + 7	9
5.	The Times of India	NMC plans to reduce workload of resident doctors by lowering NEET PG cut-off	Delhi	15
6.	Hindustan Times	Under BJP govt, Odisha joins Ayushman Bharat	Delhi + 1	8
7.	Hindustan Times	Pending payments from Hry, UT set to add to patients pain at GMCH-32	Chandigarh	1
8.	The Indian Express	Adopt villages to help solve issue of migration, Dharmi tells diaspora	Chandigarh + 1	13
9.	The Morning Standard	Fit Bit	Delhi	2
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11.	The Morning Standard	Insider Track	Delhi	7
12.	Yugmarg	Beneficiaries getting free treatment facility under Ayushman, Chirayu Yojana: Uttam Singh	Chandigarh	6
13.	The Pioneer	MANAGE PAIN WITH YOGA	Chandigarh + 1	11
14.	The New Indian Express	SIMHASANA HANDS UNDER LEGS	Chennai	2
15.	The New Indian Express	Diplomatic benefits of Yoga	Chennai + 1	9
16.	The New Indian Express	SIMHASANA HANDS UNDER LEGS (LION POSE HANDS UNDER LEGS)	Bengaluru	2
17.	The Hans India	WHAT HMPV INCIDENCE TELLS US	Hyderabad	6
18.	Amar Ujala	Bjp ke satta main aate hi Odisha ne apnaya Ayushman, ab Delhi Bangal bache	Chandigarh	10
19.	Mumbai Tarun Bharat	Electro committed to homeopathy	Mumbai	2

Business Standard • 14 Jan • Ministry of Ayush  
Krav Maga Packs A Punch For Self-Defence In India

1, 12 • PG

422 • Sqcm

208796 • AVE

89.49K • Cir

Top Left,Top Right

Delhi • Jaipur • Chandigarh



# Krav Maga packs a punch for self-defence in India

Israeli fighting method has been gaining traction in the country over past few years

AJINKYA KAWALE  
Mumbai, 13 January

Sixty-five-year-old Eyal Yanilov has been drawn to the ghats at Banaras every year for the past two decades. The Israeli sexagenarian is back in the temple town this year to command his control over breath and mental discipline through yoga.

Days later, at the Kanara Catholic Association in Bandra, Yanilov is powering punches and kicks alongside 42 others who have come here to master close combat manoeuvres and self-defence techniques.

At present, Yanilov serves as the president and chief instructor of Krav Maga Global, where he trains students in the Israeli martial art that shares its name.

Krav Maga, which loosely translates to 'contact combat', is an integrated system rooted in combat and fighting techniques along with self-defence.

Harmless yoga finds itself in the combat equation to chisel mental models of martial arts based on two major virtues: focus and posture, he explains over breakfast, which is low on dairy and meat.

"I have avoided meat and dairy for the longest period due to moral challenges. Focus and concentration are required for Krav Maga's combat mindset, which we can achieve through yoga and breathing exercises," he added.

The Israeli practice has been gaining traction in the country over the past few years, expanding to places such as Mumbai, Goa, Pune, Bengaluru, Mangaluru, and Chennai, among others. In India, 13 instructors are entrusted

with training across categories such as women's self-defence, civilian training, and corporate segments.

Globally, the martial art form has expanded to over 60 countries since the early 1980s, when Yanilov was a young trainee learning the craft under the supervision of Hungarian-born Israeli martial artist Imrich 'Imi' Lichtenfeld.

Yanilov went on to develop the curriculum for the combat technique in his mid-twenties, dividing the progress of candidates into different levels, simplifying manoeuvres, and absorbing fighting techniques and third-party protection systems in the backdrop of a sustained conflict back home.

Growing up in a city 30 kilometres north of Tel Aviv, a coastal city on the brink of the Mediterranean, he recalls how the life of an ordinary civilian was rooted in clashes. This was a time when the country was confronted with the 1967 Arab-Israeli war.

"Israel back then was definitely under threat of survival.

Life was about life and death, and I saw it as an eight-year-old kid," he recalls.

Later, he went on to serve in the Israel Defense Forces in Tel Aviv in the communication and training department, which gave him a ringside view of how conflicts are tackled, de-escalated, and eventually contained.

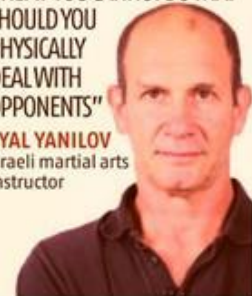
Despite rigorous training in defence and offence, including punches, kicks, grabs, chokes, headlocks, and weapon handling, he believes the de-escalation of violent conflicts should always begin verbally.

"We are teaching physically, technically, tactically, and mentally how to deal with violent confrontation. But first of all, it is important to prevent violent confrontations. Only if you cannot do that should you physically deal with opponents," he explains.

However,

**"WE ARE TEACHING HOW TO DEAL WITH VIOLENT CONFRONTATION. BUT FIRST, IT IS IMPORTANT TO PREVENT VIOLENT CONFRONTATIONS. ONLY IF YOU CANNOT DO THAT SHOULD YOU PHYSICALLY DEAL WITH OPPONENTS"**

**EYAL YANILOV**  
Israeli martial arts instructor



one question remains.

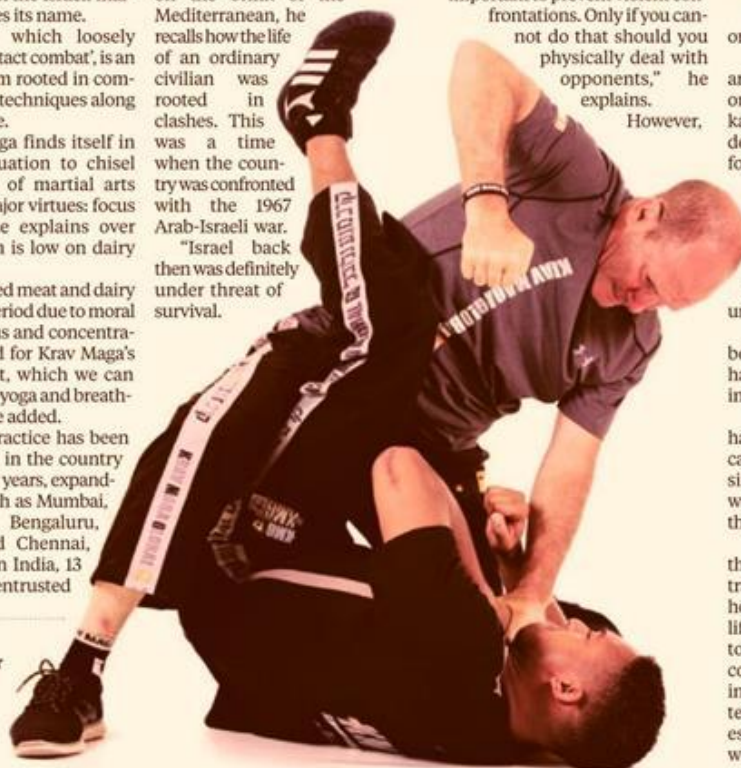
Despite the presence of martial arts training in India that focuses on Japanese techniques such as karate, ju-jitsu, and sumo, self-defence has still been a challenge for many.

"Most of these martial arts may not be suitable for self-defence since today the training is geared towards sports. They are not simulated in an environment that triggers a natural response to a crisis," he said.

As he explains this, Yanilov begins to rush back to the hall accommodating 42 students in Bandra.

On the first floor of the hall, he has simulated conditions to replicate a stage for a bar fight. Red cups simulating whisky glasses and water bottles are present on more than 10 tables. The room is packed.

"The simulation is to ensure there is also enough on-field distraction for everybody, similar to how a fight may break out in real life. In such situations, the ability to focus is low. You need to get comfortable with your surroundings and arm yourself with whatever is close to you if anything escalates," he tells his students who are getting ready for a drill.



**Krav Maga has expanded to over 60 countries since early '80s**

PHOTOS: KRAV MAGA GLOBAL



Business Standard • 13 Jan • Ministry of Ayush  
Hail the freelance economy!

9 • PG

401 • Sqcm

129639 • AVE

89.49K • Cir

Top Center

Jaipur • Delhi • Chandigarh

# Hail the freelance economy!

More professions are going freelance

ILLUSTRATION: AJAYA MOHANTY



When I joined my first job in Bombay in 1971 after graduating from IIM Calcutta, I was bewildered: The office that lay in front of me had about 50 per cent of its space filled with young men and women sitting in front of typewriters hammering away at their keyboards. The office that I was at was supposed to be that of India's hottest creative ad agency of the time. My 21-year-old mind started wondering: Is this how this company created all those wonderful ads in dailies? Was using a mechanical typewriter was the key to being creative?

I get a similar feeling of bewilderment today when I see/hear of companies, be they in finance, software development, or any other field, that have thousands of employees in their "office" pounding away at their personal computers. And I have started wondering whether, with the advent of artificial intelligence, what I saw in a few years of these pools of typists disappear from offices completely with the advent of the personal computer, will very soon start happening to this super-large pool of young men and women currently hammering away at their PCs.

Some early clues about what changes could happen are available from current news reports. Take this one, for example: "As of 2024, approximately 38 per cent of the US workforce, equating to over 64 million individuals, are engaged in freelance work ... [and that] projections suggest that freelancers could comprise 50 per cent of the U.S. workforce by 2027" (US Bureau of Labor Statistics).

Digging deeper, this trend is not because employers are downsizing their full-time-at-office employees but

appears to be something employees themselves are pushing to do. Wasn't it an article of faith for all of us in the middle class that staying in a job in an office as part of the permanent staff was the surest step towards a happy life?

Further digging reveals that "(approximately) 52 per cent of Gen Z workers and 44 per cent of millennials are engaged in freelancing". So, it is the younger lot who are taking to the "freelance" (upwork.com). And I thought, it must be the ones with low-quality education — people who have jumped around from one low-paid

job to another — that must be making up the bulk of these "freelancers". But then again, reports say that "(over) half of freelancers possess a postgraduate degree, indicating a trend towards higher educational attainment among independent workers". Or could it be that young women are choosing to freelance rather than spend hours every day in office because it gives them more time to spend on caring for their young children, but that too doesn't provide an answer: "The freelance workforce is

nearly evenly split, with women comprising 52.3 per cent and men 47.7 per cent", so clearly there is a bigger force at work driving freelancing.

Further research reveals that this new generation values the ability to set their own schedules, choose projects that interest them, and balance work with personal life. Freelancing provides them the option to choose a location, prioritise autonomy, meaningful work, and non-traditional career paths. Further, freelancers can work for clients across borders, providing opportunities for higher earnings and diversified clien-

tele. Global platforms enable skilled workers to tap into demand in high-paying markets.

Freelancers in the United States contribute significantly to the country's economy, with earnings totalling approximately \$1.27 trillion in 2023 (Forbes), so maybe it is time policymakers viewed "freelancers" as a key segment of the economy and enable legislation to reflect that.

And if you think all this is just in the United States and does not affect India, here are some statistics from the National Institution for Transforming India (NITI Aayog): The country's gig (another word for freelance) workforce will grow to 23.5 million by 2029-30, up from 7.7 million in 2020-21.

While a substantial portion of Indian freelancers work in IT-related fields, offering services such as web development, app development, software engineering, and cybersecurity, freelancers also dominate content writing, copywriting, search-engine optimisation, social-media management, and digital-marketing roles. Online tutoring, curriculum development, and content creation for educational platforms are growing freelance sectors. In health care, freelance opportunities include yoga instructors, fitness trainers, dieticians, and mental-health counsellors who provide virtual and in-person services. And, of course, freelance journalists, bloggers, and editors contribute to media organisations and independent platforms, allowing them the flexibility to cover a wide range of topics, from local issues to international affairs.

On further reflection it occurred to me that even in India, some professions have for a long time had a place for "freelancers" except that the term used so far has been "private practitioners". For instance, for decades, a sizeable proportion of medical doctors, lawyers, and chartered accountants have been in private practice and that was seen to be a perfectly respectable choice to make for middle-class people (my father and maternal grandfather were doctors in private practice). It is understood that today, in India, 80 per cent of qualified doctors are in private practice and so are large proportions of India's 1.3 million registered lawyers and 40 per cent of the 400,000 chartered accountants.

But what is different now is the role digital tech is playing to support the freelance economy. For example, real-time interaction via emails, chat apps, and video-conferencing tools makes it easier to provide service, and a wide reach through digital marketing strategies and online freelance platforms, and does not keep a freelance profession restricted to one town or geographic location but allows them to more lucrative markets.

So, let's hail the freelance economy as it extends across the world's professions!

The author (ajitb@rediffmail.com) is devoted to unravelling the connections between society and technology



AJIT BALAKRISHNAN

Mint • 13 Jan • Ministry of Ayush  
The lessons in long walks and reading

14 • PG

119 • Sqcm

35653 • AVE

47.5K • Cir

Top Right

Chennai • Bengaluru • Mumbai • Hyderabad • Delhi • Chandigarh • Ahmedabad



MONDAY MOTIVATION

## The lessons in long walks and reading

AVP's head on mentorship and taking Ayurveda to a wider audience

Shail Desai

Devdas Varier began his journey with Arya Vaidya Pharmacy (AVP) in 1993, a family-run Ayurveda enterprise founded by his grandfather in the 1940s. He started by overseeing the hospital in Coimbatore, before his uncle, P.R. Krishna Kumar, encouraged him to take on more responsibilities, leading him to visit manufacturing plants, reformulate traditional products, and engage with marketing and sales.

Over the years, Devdas Varier, 53, has seen a shift in attitude towards Ayurveda, especially among youngsters, prompting AVP to expand from product manufacturing to comprehensive treatment and clinical services.

In an interview with *Lounge*, Devdas Varier, the managing director of AVP, talks about mentorship and bringing Ayurveda to a broader audience. Edited excerpts:

**Who do you consider your mentor?**

P.R. Krishna Kumar. He was not only my uncle but also my guru and a philosophical friend. He inspired me deeply to pursue the path of Ayurveda, shaping my understanding and commitment to this ancient system of medicine.

**A major insight you worked on with his guidance?**

My uncle advised me to consider the importance of management ethics, values and initiatives necessary for bringing Ayurveda to a broader audience.

**What does being a mentor mean to you?**

I believe mentorship is about sharing knowledge, experiences and insights, while fostering an environment where individuals feel encouraged to explore their potential. I make it a priority to be accessible, encouraging open communication and discussions.

**What's your morning schedule like?**

I start my day by preparing *Kashgum*, a prescribed drink that aids digestion and overall well-being. After reading newspapers, I begin receiving calls from various units, including manufacturing and R&D. I engage in discussions with department heads, focusing on current projects and developments in the field.

**Any book or podcast you would recommend about mentorship and growth?**

The *Bhagavad Gita*, particularly the conversation between Lord Krishna and Arjuna, is my greatest inspiration. Swami Chinmayananda's practical interpretations have significantly influenced me, providing valuable insights on applying the Gita's teachings to management, relationships and life's complexities.

**How do you unwind?**

I have a passion for reading and taking long walks. Meeting new people and immersing myself in different cultures is a fantastic way to unwind and learn.

Monday Motivation is a series in which business leaders discuss their mentors and their work ethics.

Write to us at [lounge@livemint.com](mailto:lounge@livemint.com)



The Hindu Business Line • 13 Jan • Ministry of Ayush  
My five

9 • PG

108 • Sqcm

23230 • AVE

40.13K • Cir

Top Left

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

MY FIVE.

**RICHA SINGH**

Founder and Chief Executive,  
YourDOST



Mindful walks with kid and Penny,  
yoga, and table tennis

- 1** Intent: I wake up at 4.30-5 am, giving myself time to set the tone for the day. Before the rush sets in, I practise mindful walking with my son Rudra and our dog Penny. This simple ritual helps me stay centred, and just 10 minutes of meditation improves focus and clarity.
- 2** Yoga: It's more than just exercise — it helps build flexibility, inner strength and resilience. Stretching, breath-work or mindful movement — it keeps body and mind in harmony.
- 3** Traditional diet: I prefer homely food, as breakfast is heavy, followed by light lunch. Dinner is early and light.
- 4** Unwinding: Fitness isn't just about workouts but having fun too. Playing table tennis, solving sudoku puzzles and listening to music helps unwind, keeping my mind sharp. I also love getting lost in a good book.
- 5** Wellness: Positivity is a muscle we must exercise daily. Whether through gratitude or mindful moments — I stay connected, grounded and joyful. Wellness is also about emotional well-being. Reading the Gita and attending classes provide me with clarity, grounding and perspective, helping me approach life's challenges with calm and wisdom.

The Times of India • 13 Jan • Ministry of Ayush

## NMC plans to reduce workload of resident doctors by lowering NEET PG cut-off

15 • PG

258 • Sqcm

313630 • AVE

4.69M • Cir

Top Left

Education Times

Delhi

### NMC plans to reduce workload of resident doctors by lowering NEET PG cut-off

Ayushi.Gupta1  
@timesofindia.com

**T**he medical fraternity is divided over the Union Health Ministry and the NMC's recent decision to lower the admission cut-off for NEET-PG 2024 exam. Professionals argue that lowering the cut-off will compromise the quality of medical professionals and will benefit private institutions by allowing them to fill their seats and earn profits by admitting underqualified aspirants. Refuting these claims, the NMC states that the move aims to increase the number of practicing resident doctors and reduce stress caused by excessive workloads. Additionally, it seeks to address the issue of seat wastage in non-clinical medical specialisations such as Pharmacology, Anatomy, Physiology, Biochemistry, and Microbiology.

The cut-off for PG medical aspirants has been reduced to the 15 percentile for General and EWS candidates and 10 percentile for SC, ST, OBC, and PwD candidates.

Dr B Srinivas, secretary, NMC, says, "Lowering the percentile will not impact the quality of medical professionals, as all candidates are already qualified MBBS doctors with first-hand experience in treating patients. After enrolling in PG courses, these doctors will undergo further training needed in the course. Moreover, every PG student must clear their final exams to earn their degree. Those who fail can only continue as MBBS doctors."

#### Addressing stress

By lowering the cut-off, the NMC aims to address the issues of burnout in doctors and overworked resident doctors. According to a survey conducted by the NMC's Mental Health Task Force in 2024, prolonged hospital duties have been a significant risk factor for mental health issues. Dr Srinivas says, "This step is both patient and resident-doctor-friendly, as it will increase the number of resident doctors in all hospital OPDs, where staff shortages often overburden the existing



**Cut-off has been reduced to 15 percentile for General and EWS candidates, and 10 percentile for SC, ST, OBC and PwD candidates**

workforce." Meanwhile, clinical specialisations remain the most preferred choice for NEET-PG aspirants, leaving pre-clinical and para-clinical specialisations with vacant seats. Both government and private colleges face significant resource loss due to seat vacancies. "The government incurs a setup cost of Rs 1 to Rs 1.5 crore per seat. When these seats remain vacant for all three years, the resources are wasted, benefiting no one. Allowing students with lower scores to fill these seats will reduce wastage and help colleges operate efficiently," adds Dr Srinivas. Many private colleges reduce fees for non-clinical branches after the first two rounds of MCC counselling, making these courses more affordable.



#### Creating more jobs

A prominent reason for student disinterest following low enrolment in non-clinical PG courses is the lack of job prospects and financial stability, which has resulted in vacant seats. "We are working to involve pre-clinical and para-clinical residents in OPD duties and use their skills in nursing homes and hospitals. This is a more effective use of manpower compared to many AYUSH doctors working in such roles in allopathic hospitals," says Dr Srinivas.



Hindustan Times • 14 Jan • Ministry of Ayush  
Under BJP govt, Odisha joins Ayushman Bharat

8 • PG

151 • Sqcm

891092 • AVE

3.43M • Cir

Bottom Center

Delhi • Chandigarh

{ 34TH STATE SO FAR }

## Under BJP govt, Odisha joins Ayushman Bharat

HT Correspondent

letters@hindustantimes.com

**NEW DELHI:** Odisha on Monday joined the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY) scheme, becoming the 34th state or Union territory to implement the Centre's flagship health coverage scheme, with Union health minister JP Nadda describing it as a "historic moment".

The BJP-led Odisha government's health and family welfare department signed a memorandum of understanding with the National Health Authority (NHA) — the implementing agency of the scheme — of the Union health ministry in New Delhi to implement the health assurance scheme. Nadda, Odisha chief minister Mohan Charan Majhi and several other dignitaries were present during the signing of pact.

"The AB PM-JAY will be implemented in convergence with the existing Gopabandhu Jan Arogya Yojana in Odisha. It will provide a cover of ₹5 lakh per family per annum with additional ₹5 lakh for women members. A total of 1.03 crore (10.3 million) families will come under the scheme with 67.8 lakh (6.78 million) families supported by the Union government," the state government said.

"Today is a historic day for



CM Mohan Majhi

Odisha. AB PM-JAY is not only the world's largest health coverage scheme but also the fastest to be implemented since conception," Nadda said. "The scheme is fully digitised and covers approximately 45% of India's population. The Prime Minister (Narendra Modi) launched the Ayushman Vay Vandana Card in October 2024 which will benefit approximately 6 crore (60 million) people aged 70 years and above."

Speaking on the occasion, Majhi said people from Odisha will now have access to cashless treatment in over 29,000 government and private empanelled hospitals, up from who around 900 empanelled hospitals.

"The converged schemes will benefit 4.5 crore (45) people of Odisha with the help of a single card... The significance of this occasion is immense, as it will transform the health status of 86% of Odisha's population," the CM added.

Hindustan Times • 13 Jan • Ministry of Ayush

## Pending payments from Hry, UT set to add to patients' pain at GMCH-32

1 • PG

223 • Sqcm

345400 • AVE

267.13K • Cir

Bottom Center

Chandigarh

{ AYUSHMAN BHARAT PRADHAN MANTRI JAN AROGYA YOJANA }

# Pending payments from Hry, UT set to add to patients' pain at GMCH-32

Priyanka Thakur

priyanka.thakur@hindustantimes.com

**CHANDIGARH :** Due to pending payments from Haryana and Chandigarh, patients from these states may soon lose access to treatment under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) at Government Medical College and Hospital (GMCH), Sector 32.

The hospital has outstanding dues of over ₹7.5 crore from these states for the last four months, with Haryana owing ₹5.24 crore, highest among 10 defaulting states, and Chandigarh ₹2.21 crore for treatment of over 2,400 patients in all.

Due to Punjab's dues piling to ₹5.11 crore, treatment of patients from the state under the scheme already came to a grinding halt in October 2024, leaving thousands of needy patients in the lurch, and similar action may follow for Haryana and Chandigarh if payments aren't made.

Currently, about 400-450 patients benefit monthly from the scheme, ranging from minor treatments to critical care. If the outstanding dues aren't cleared, the number of affected patients is expected to rise, leaving many

### Know the scheme

- The Ayushman Bharat PM-JAY Mukh Mantri Sehat Bima Yojana provides health insurance cover of ₹5 lakh per family per year to almost 65% population in Punjab. Under this scheme, cashless and paperless treatment is available at government and empanelled private hospitals.

- As it was the flagship programme of the central government, some portion of the scheme is paid by Centre and rest by Punjab. The scheme also extends to PGIMER and GMCH-32 in Chandigarh. But while the state is clearing the dues for PGIMER, it hasn't paid GMCH-32 since August.

without crucial financial support for their medical care.

Overall, the hospital offers treatment under the scheme to patients from 10 states, including Punjab, Haryana, Chandigarh, Himachal Pradesh, Bihar, Uttar Pradesh, Jammu & Kashmir, Uttarakhand, Madhya Pradesh and Maharashtra, apart from the Central Armed Police Forces.



### How does it work

- After a patient's eligibility is confirmed under the scheme, a file is created with details of proposed treatment plan and estimated cost

- The approval takes a few hours and once the budget is passed, the patient can get cashless treatment

At GMCH-32, approximately 400-450 patients benefit from this process each month, availing treatments ranging from minor procedures to critical care services.

### Patients left in lurch

- With the scheme for Punjab patients already suspended due to pending payments, patients who rely on it have been left scrambling for alternatives. Many have been forced to delay treatment, waiting for the scheme to resume. Others are left with two difficult choices: paying out-of-pocket, often an unmanageable expense for those from low-income backgrounds, or seeking treatment at an already overburdened PGIMER, leading to significant delays.

- The situation has also created a ripple effect, burdening other healthcare facilities in the region.

With all of these states defaulting in payments for treatment of 4,238 patients, the total dues have mounted to ₹14.18 crore, confirmed Ajay Chagti, health secretary, Chandigarh.

GMCH principal-director Dr AK Atri said Punjab had not cleared the dues for a long time and that's why treatment for their patients was stopped. "The

Punjab government reimbursed around ₹1 crore in November 2024, but over ₹4 crore still remain pending," he added.

"A meeting was conducted recently regarding the non-payment of Ayushman scheme dues by states. We will send minutes of the meeting to the UT administration on Monday for further review and decision," said Dr Atri.

The Indian Express • 13 Jan • Ministry of Ayush

## Adopt villages to help solve issue of migration, Dhami tells diaspora

13 • PG

57 • Sqcm

50798 • AVE

175.5K • Cir

Middle Left

Chandigarh • Delhi

### Adopt villages to help solve issue of migration, Dhami tells diaspora

*Dehradun:* Uttarakhand CM Pushkar Singh Dhami Sunday urged expatriates hailing from the state to adopt villages to help address the long-running migration crisis.

Inaugurating the International Uttarakhandi Diaspora Conference, the CM said there is immense potential for investment in Uttarakhand.

"Sectors such as adventure tourism, power generation, aromatic products, manufacturing, agriculture, horticulture, herbal products, AYUSH and wellness are key areas for investment. Significant policy and structural reforms have been undertaken to establish Uttarakhand as a prime investment destination," he said.

He urged the diaspora to contribute to solving the critical issue of migration by adopting and developing villages and towns in the state. He laid stress on the importance of their skills, experience and technical expertise in realising the state's aspirations.

He announced the formation of a diaspora cell for better coordination and support for expatriates.

ENS



## The Morning Standard • 14 Jan • Ministry of Ayush

### Fit Bit

2 • PG

601 • Sqcm

288628 • AVE

300K • Cir

Middle Right

Delhi

#### FITBIT

### GUPTA PADMASANA (HIDDEN LOTUS POSE)

This is a combination of Padmasana (Lotus Pose) and Advasana (Reverse Corpse Pose). This variation needs the strength of the hips, knees, and ankles to support the upper body while in a forward bend. While squeezing the knees and ankles with stable hips, the body moves in prone – lying flat on the floor, and finally moving into a lock with the hands behind in Anjali Mudra (Namaskar Mudra). This has a calming effect on the nervous system, bringing the focus towards breath awareness and thought processes, hence, people can be encouraged to practise this mindful breath-body connection.

#### STEPS

- Sit in Padmasana (Lotus Pose) and fold any leg in which you feel comfortable. With your folded legs and knees touch the floor, ensure the heels are close to the pubic bone.
- Stay here for three breaths and come to Table Top Position on all fours, knees grounded with the legs in Padmasana.
- Exhale and lower your elbows in line with the shoulders. Stay here for a while.
- Take a deep breath. Go down further, allowing your hips, navel, and chest to drop completely onto the mat.
- Inhaling, place the chin on the mat and make a conscious effort to bring the pelvic bone down to the mat.
- Release your hands and join them behind the back in Reverse Prayer Hands with the fingers pointing towards the head.
- Here in Gupta Padmasana, lie flat on the mat for six breaths.
- Release the hands and place them on the side of the chest.
- Inhale, push your body back to the Bharmanasana, and finally come back to Padmasana.
- Gently release the legs and relax, shaking your legs in Dandasana Hands Back.

#### BENEFITS

- Activates the spine, abdomen, bladder, and pelvis.
- Brings blood pressure under control.
- Relaxes the mind and improves digestion.
- Stretches knees and ankles.
- Adds flexibility to hips.
- Helps pregnant women during childbirth and reduces menstrual discomfort.
- Stabilises the body and cures Vata dosha.
- Opens the Ajna (third eye) Chakra, associated with imagination, clairvoyance, and inner knowledge.
- Stimulates the Manipura (solar plexus) chakra which is associated with confidence, vitality, self-esteem and the power of transformation.
- Increases concentration and improves memory.
- It relieves stress.
- Enhances blood circulation and nourishes the muscles, fibers, and tendons.
- Helps in the proper flow of prana (energy), keeping the body energised and active.
- Sense of calmness in the spine, hips, and pelvis.
- Prepares for a deeper meditation (longer duration in the pose).
- Stimulates the reproductive, and abdominal organs, and the heart.
- Keeps all the Chakras in balance too, especially the Vishuddha Chakra.

#### LIMITATIONS

- People suffering from injury at the ankles, knees, hips, shoulders, neck lower back, spine, or rib cage, or to any ligament, or have undergone any recent abdominal surgery, weak musculature, or physical condition that may impact breathing, or general health, cervical spine problems, sciatica, arthritis, weak back, herniated disc, avoid this. Pregnant and menstruating women also do not perform.
- Senior citizens should do this asana slowly.



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

## The Morning Standard • 13 Jan • Ministry of Ayush

### Fit Bit

2 • PG

601 • Sqcm

288633 • AVE

300K • Cir

Middle Right

Delhi

#### **FITBIT**

### **SIMHASANA HANDS UNDER LEGS** (LION POSE HANDS UNDER LEGS)

This variation of the foundational Hatha Yoga pose, Simhasana (Lion Pose), is a powerful and energising practice that combines breathwork with specific facial movements. Playful and fun in nature, it can be a creative addition to yoga for kids and teens. It allows release of stress, tension, and frustration by exhaling forcefully and making either a 'roaring' or 'ha' sound. It also helps awaken and invigorate the body, increasing oxygenated blood circulation, and activating the parasympathetic nervous system. This Ashtanga Yoga practice can be included for people dealing with stress or depression.

#### **STEPS**

- Sit in Vajrasana (Thunderbolt Pose), taking a few breaths here. Stretch the spine. Inhale and widen your knees apart, pointing them to the respective sides. Exhale, rotate your wrists, turn the fingertips inward towards the body, and place the palms under the thighs.
- Point your fingers backward. Press the knuckles firmly. Keep the palms grounded, chest open, elbows facing forward, and arms straight.
- Keep your back straight. Sit back on your heels, resting your buttocks. Relax your shoulders and gently drop them away from your ears.
- Begin the lion's breath practice. Take a deep breath through your nose while keeping your eyes closed. Exhale with a loud roaring sound while sticking your tongue out and down, and gaze upward. Stretch your facial muscles like a lion.
- After one breath cycle, close your eyes and mouth, inhale through your nose, and exhale with a roaring sound, using the back of your throat. Keep your tongue out and down, with your gaze up.
- Keep your palms wide and pressed throughout the practice. Draw your shoulders away from the ears, broadening through the upper back and chest. With each exhale, stick your tongue down, gaze upward, and roar. Repeat for five rounds.
- To release, inhale and remove your palms from under your legs, placing them on your thighs. Exhale and bring the knees together. Relax in a Child Pose variation.

#### **BENEFITS**

- Helps strengthen the wrists, shoulders, and arms.
- Assists with carpal tunnel syndrome.
- Relieves stress, tightness, and tension in the palms, wrists, and fingers.
- Can be included in restorative yoga sequences.
- Promotes better posture and opens the chest.
- Facilitates smooth and even breathing in pranayama practice.
- Adds a joyful element to daily exercise, promoting calmness.
- Releases pent-up emotions, frustration, and stress while strengthening muscles and joints.
- Encourages letting go of negative emotions and boosts vitality and confidence.
- Improves blood flow to the hands, warming muscles and ligaments, and increasing wrist joint mobility.
- Activates and stretches facial muscles, including the jaw, throat, and tongue.
- Stimulates the Throat Chakra, enhancing communication and emotional expression.
- Ideal for public speakers, teachers, actors, artistes, comedians, singers, or anyone whose lifestyle involves significant communication.
- Boosts self-confidence.

#### **LIMITATIONS**

- People with weak wrists should practise in Vajrasana without placing their hands on the floor.
- If you are suffering from any kind of injury, sit on a chair or practise in other seated poses like Padmasana.
- Avoid practising this asana if you suffer from any chronic illnesses or physical problems.



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

## The Morning Standard • 13 Jan • Ministry of Ayush Insider Track

7 • PG

691 • Sqcm

331541 • AVE

300K • Cir

Top Right

Delhi

### INSIDER TRACK



#### Moving houses: 'To embrace new'

24, Akbar Road has witnessed much, right from the 1978 turmoil when Indira Gandhi was defeated, the Congress split, and the party organization found itself without an office. The address served its purpose as Congress is moving into its new headquarters, Indira Bhawan, at 9A, Kotla Road. It is the work of Hafeez Contractor, the architecture typically marked by its verticality—he is responsible for some of the tallest buildings in the country. But it took a long time coming. The word was out 15 years ago that Contractor was designing a new office for the Congress on Kotla Road (Rouse Avenue). The deadline for completion was 2018, but it faced extensions due to a lack of funds. The Congress says the exodus from Akbar Road is "designed to meet the evolving needs of the party and its leaders". Now, all it needs is a perfect date for the shifting. The Grand Old Party's foundation day would have been ideal if not for the passing of the man who had laid the foundation stone of the five-storey building—Dr Manmohan Singh. Having mourned his death, the Congress is ready to move into its new headquarters on January 15, the day of Makar Sankranti. Secular or not, we love our "auspicious occasions".

#### Indian origin? Indian pride

One thing they will never run out of is Indian-ness. And with the world brimming with successful Indian-origin people and leaders of all kinds, the media and the public keep the pride factory churning. From outgoing US Vice-President Kamala Harris to Kash Patel, Sriram Krishnan or Vivek Ramaswamy, who have come to occupy top echelons of the Trump administration, from former UK Prime Minister Rishi Sunak to Anita Anand, a potential replacement for Canadian PM Justin Trudeau, we simply can't get enough. So when we discovered that Singapore President Tharman Shanmugaratnam has a distinctly Tamil-sounding name, we quickly felt proud. His presidency is relatively new, but Shanmugaratnam has frequently visited India in various capacities. That only strengthened perceptions of his Indian origin. It must have ruffled a few feathers at the Sri Lankan embassy in the national capital because they hastily pointed out: "Shanmugaratnam is not an Indian Tamil. He is Sri Lankan Tamil." Well, you know how things are with South Asian identities! Never easy.



#### Diplomatic benefits of Yoga

For centuries, Yoga has nourished Indian health and ethos. How does it matter if India has a very high number of diabetes cases in the world? We still have Yoga. The ordinary citizen, too, is aware of its benefits. Plus, there's International Yoga Day. After encouraging every Indian to practice Yoga, the Ministry of External Affairs has taken it upon itself to share its benefits with foreign diplomats residing in New Delhi. As part of a pilot, Yoga instructors arrived at diplomatic residences in Dwarka and offices at Jawaharlal Nehru Bhavan. And guess what? It was a huge hit! Many diplomats reported feeling physically 'rejuvenated'. Others talked about 'miracle cures' for old ailments such as knee and back aches. 'Ancient wisdom,' we cheered. Some diplomats were so impressed that they requested their instructors for online sessions. 'Overwhelmed' by the feedback, the ministry is now looking to expand this wellness initiative, hiring three more yoga instructors to keep diplomats fit and sharp. Ideal candidates for the job? Preferably bilingual, aged 25-45, and ready to channel India's soft power for diplomatic benefits. Namaste for that!



Yugmarg • 14 Jan • Ministry of Ayush

## Beneficiaries getting free treatment facility under Ayushman, Chirayu Yojana: Uttam Singh

6 • PG

154 • Sqcm

31915 • AVE

185K • Cir

Middle Left

Chandigarh

## Beneficiaries getting free treatment facility under Ayushman, Chirayu Yojana: Uttam Singh

JAGBIR UPLANA

**KARNAL:** Deputy Commissioner Uttam Singh said that Ayushman Bharat and Chirayu Ayushman Haryana Yojana are proving to be helpful in providing free treatment to eligible families. Ayushman Bharat Pradhan Mantri Jan Arogya Yojana was launched by Prime Minister Narendra Modi in view of the health needs of the countrymen. Under the Ayushman Bharat scheme, an annual benefit of up to five lakhs is given to the beneficiary family. This medical benefit is absolutely cashless and paperless, in which the beneficiary can get his treatment done in the panel hospital by showing his Ayushman card. Second and third class medical facilities have been included in this scheme. The DC said that in



this episode, the Chirayu Ayushman Haryana Scheme was launched by the Haryana Government in November 2022. Under this scheme, families with verified income below one lakh 80 thousand annual income have been made the beneficiaries of this ambitious scheme. At the same time, families with annual income of one lakh 80 thousand to three lakh rupees can avail the benefits of the scheme by paying a premium of only fifteen hundred rupees.

The Pioneer • 13 Jan • Ministry of Ayush

## MANAGE PAIN WITH YOGA

11 • PG

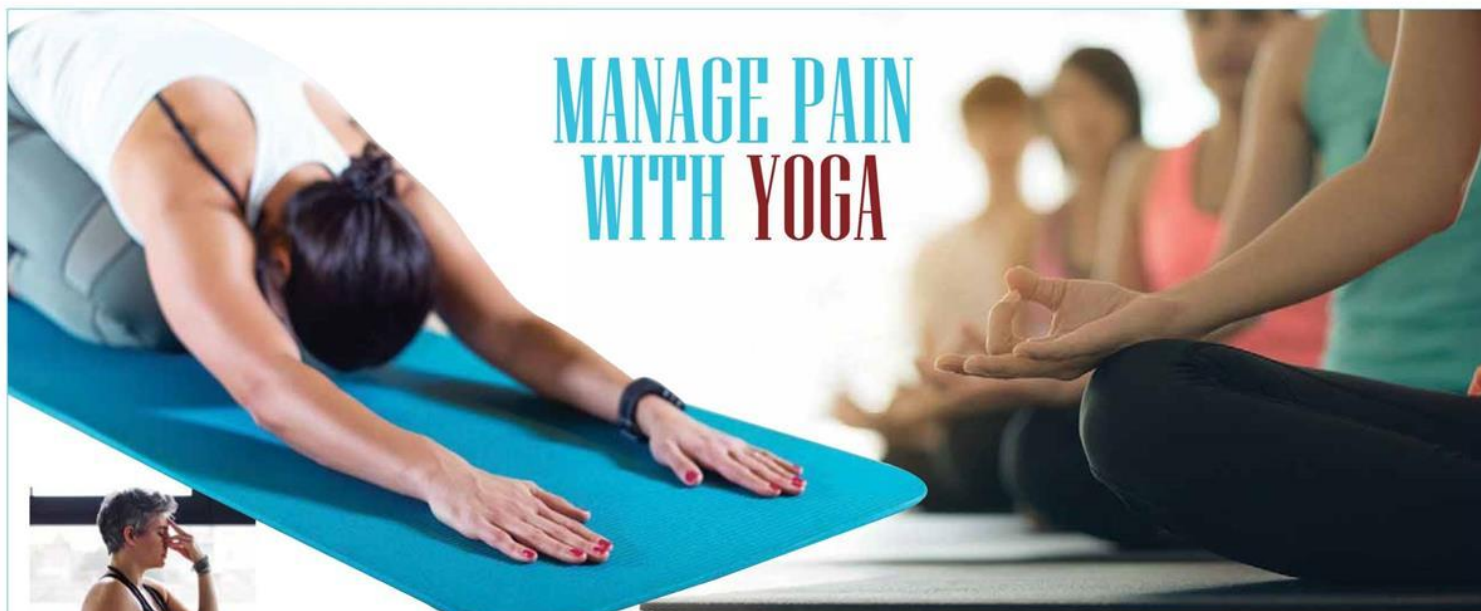
902 • Sqcm

541209 • AVE

268.96K • Cir

Top Left

Chandigarh • Delhi



YOGA TRANSCENDS PHYSICAL POSTURES TO HEAL THE MIND, REJUVENATE THE BODY, AND CREATE INNER BALANCE, EMPOWERING YOU TO LEAD A STRESS-FREE AND FULFILLING LIFE, WRITES **YASH GUPTA**



**L**et us understand the word yoga and what it means. It means the union of the self. So as per the yoga, many pains are not just in the body but in the mind and the memory as well. Have you ever wondered why you feel so lethargic even after you've not done anything in a day because your mind is tired? There is an old saying that says a weak mind cannot carry a strong body but a strong mind can have a weak body.

Yoga also includes some parts of astrology so at some point like at the full moon or maybe on the new moon day you might feel different from the rest of the days but practising yoga means simply surpassing everything because the self is beyond everything and with the natural healing process, there are some techniques that help you to become a younger version or maybe a better version of yourself.

Yoga acts like the white blood cells in the body as soon as the pain arrives, it eliminates or with some breathing techniques and pranayam and some techniques it helps you relieve all the stress. Like if you go to a physiotherapist and you have a lower back issue or like a back issue the most common answer for



them will be the cobra pose the moment you start doing the cobra pose it helps you have the posture and once you have a good posture it also helps you have a better confidence while travelling while walking even while sitting. So it focuses not just on the aspect of the physical body but on the mental level as well yoga helps you relieve every sort of stress.

Also, the major cause once the digestion is improved while doing the surrender Namaskar it helps you relieve



all the problems related to your stomach and you move naturally becoming fresh & light. It is also said by Maharishi Patanjali that yoga not only removes the stress and pain but also blocks the pain and the stress coming towards you.

There are yoga postures that people do and names like Ashtanga Yoga, Hatha Yoga and what not but the major concern is that you listen to your body and you start responding the same way also once you start responding the same way you start Healing as well as your body will start

listening to you which will produce harmony in your life and will help you grow in your career for sure.

People often say that they don't have the time to meditate or do yoga but remember it is always to have the pain of discipline rather than having the pain of regret so you're not late anymore you can start now you can join yoga schools, online classes for better postures and training.

— The author is an Art of Living faculty, meditation and mind coach and professional yoga trainer

The New Indian Express • 13 Jan • Ministry of Ayush

# SIMHASANA HANDS UNDER LEGS

2 • PG

733 • Sqcm

967475 • AVE

246.4K • Cir

Top Right

Chennai

## FITBIT

### SIMHASANA HANDS UNDER LEGS (LION POSE HANDS UNDER LEGS)

This is a variation of the foundational Hatha Yoga pose, Simhasana (Lion Pose). It is a powerful and energising practice that combines breathwork with specific facial movements. Playful and fun in nature, it can be a creative addition to yoga for kids and teens. It allows you to release stress, tension, and frustration by exhaling forcefully and making either a 'roaring' or 'ha' sound. It also helps awaken and invigorate the body, increasing oxygenated blood circulation and activating the parasympathetic nervous system. This Ashtanga Yoga practice can be included for students dealing with stress or depression.

#### STEPS

- Sit in Vajrasana (Thunderbolt Pose), taking a few breaths here. Stretch the spine. Inhale, widen your knees apart, pointing them to the respective sides. Exhale, rotate your wrists, turn the fingertips inward toward the body, and place the palms under the thighs.
- Point your fingers backward. Press the knuckles firmly. Keep the palms grounded, chest open, elbows facing forward, and arms straight.
- Keep your back straight. Sit back on your heels, resting your buttocks on your heels. Relax your shoulders and gently drop them away from your ears.
- Begin the lion's breath practice. Take a deep breath through your nose while keeping your eyes closed. Exhale through your mouth with a loud roaring sound while sticking your tongue out and down, and gaze upward. Stretch your facial muscles as if making a terrifying lion's expression.
- After one breath cycle, close your eyes and mouth, inhale through your nose, and exhale with a smooth yet loud roaring sound. Keep your tongue out and down, with your gaze up. Produce the roar at the back of the throat and continue as long as it feels comfortable.
- Keep your palms wide and pressed throughout the practice. Draw your shoulders away from the ears, broadening through the upper back and chest. With each exhale, stick your tongue down, gaze upward, and roar long and loud like a lion.
- Repeat for at least five rounds or as per your capacity. To release, inhale and remove your palms from under your legs, placing them on your thighs. Exhale and bring the knees together.
- Finally, relax in a Child Pose variation to counterstretch the feet.

#### BENEFITS

- Helps strengthen the wrists, shoulders, and arms.
- Assists with carpal tunnel syndrome.
- Relieves stress, tightness, and tension in the palms, wrists, and fingers.
- Can be included in restorative yoga sequences.
- Promotes better posture and opens the chest.
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- Ideal for public speakers, teachers, actors, artists, comedians, singers, or anyone whose lifestyle involves significant speaking or communication.

#### LIMITATIONS

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



The New Indian Express • 13 Jan • Ministry of Ayush  
Diplomatic benefits of Yoga

9 • PG

245 • Sqcm

323135 • AVE

246.4K • Cir

Top Right

Chennai • Bengaluru



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## The New Indian Express • 13 Jan • Ministry of Ayush SIMHASANA HANDS UNDER LEGS (LION POSE HANDS UNDER LEGS)

2 • PG

675 • Sqcm

675247 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

### FITBIT

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The Hans India • 13 Jan • Ministry of Ayush

## WHAT HMPV INCIDENCE TELLS US

6 • PG

548 • Sqcm

164512 • AVE

390.49K • Cir

Middle Left

Hyderabad

# WHAT HMPV INCIDENCE TELLS US

## UNRAVELING THE ENIGMA OF A MUCH MISUNDERSTOOD AFFLICTION

DR R NEERAJA

As the world grapples with the latest viral sensation, Human Metapneumovirus (HMPV), a sense of familiarity pervades the atmosphere. The COVID-19 pandemic may have receded into the annals of history, but its profound impact on our collective psyche endures. We are predisposed to respond to any perceived threat with a mix of apprehension and unease, our emotional sensitivities heightened by every whispered rumor and speculative report.

And yet, as we delve deeper into the mysteries of HMPV, a more sophisticated narrative begins to unfold. This enigmatic virus, first identified in 2001, has been quietly infecting individuals and causing mild to moderate respiratory symptoms, its presence a mere murmur in the winds of time. It is not a highly contagious or lethal virus, its transmission rate relatively subdued, its impact on public health negligible.

So why, then, the fervent speculation and alarmist headlines? The answer lies in our collective psyche, still raw and tender from the trauma of the COVID-19 pandemic. Our emotional landscape is scarred by the memories of fear and uncertainty, and HMPV has become the latest focal point for our anxieties. But as we navigate this complex emotional terrain, it is essential to distinguish between fact and fiction, to separate the signal from the noise. HMPV is not a significant threat to public health, and its impact can be easily mitigated with basic health measures. It is a relatively mild virus, already pre-

sent in the community, and the current "outbreak" is simply a case of increased awareness and reporting.

As we move forward, it is crucial that we approach the HMPV threat with a clear and discerning mind, untainted by the distortions of fear and speculation. We must focus on the real health challenges that face our nation, and work towards creating a more resilient and equitable healthcare system. The HMPV conundrum serves as a poignant reminder of the importance of nuance and complexity in our public discourse. We must transcend simplistic narratives and binary oppositions, and instead strive for a more informed and empathetic understanding of the intricate issues that shape our world.

Ultimately, the HMPV happening offers a valuable lesson for our collective future. It reminds us of the importance of staying informed, being vigilant, and working together to address health challenges. By embracing these values, we can create a brighter, healthier, and more sustainable future for ourselves and for generations to come. As we navigate the complexities of the HMPV outbreak, it is essential to recognize the critical role that healthcare infrastructure plays in mitigating the impact of infectious diseases.

A robust and well-funded healthcare system is the backbone of any effective response to emerging health threats. In this regard, the HMPV outbreak serves as a stark reminder of the need for sustained investment in healthcare infrastructure. We must prioritize the development of robust surveillance systems, enhance



our diagnostic capabilities, and strengthen our contact tracing mechanisms. Furthermore, we must recognise the importance of community engagement and participation in health initiatives. By fostering a culture of wellness and empowering individuals to take ownership of their health, we can create a more resilient and responsive healthcare system. The HMPV outbreak also highlights the need for greater international cooperation and collaboration in the face of emerging health threats. In an increasingly interconnected world, infectious diseases know no borders, and it is essential that we work together to share knowledge, coordinate responses, and develop effective countermeasures. As we move forward, it is crucial that we adopt a holistic and multifaceted approach to addressing the HMPV outbreak. We must integrate our response efforts across multiple sectors, including healthcare, education, and community development. By adopting such a comprehensive approach, we

can ensure that our response to the HMPV outbreak is not only effective but also sustainable and equitable. We can create a future where infectious diseases are no longer a threat to public health, and where every individual has access to quality healthcare and opportunities for wellness.

The HMPV conundrum serves as a powerful reminder of the importance of nuance, complexity, and empathy in our public discourse. It highlights the need for sustained investment in healthcare infrastructure, community engagement, and international cooperation. As we navigate the complexities of the HMPV outbreak, let us remain guided by the principles of evidence-based decision-making, compassion, and solidarity. By working together and embracing these values, we can create a brighter, healthier, and more sustainable future for ourselves and for generations to come. The HMPV enigma also underscores the importance of fostering a culture of wellness

**It is a relatively mild virus, already present in the community, and the current "outbreak" is simply a case of increased awareness and reporting. As we move forward, it is crucial that we approach the HMPV threat with a clear and discerning mind, untainted by the distortions of fear and speculation. We must focus on the real health challenges that face our nation, and work towards creating a more resilient and equitable healthcare system. The HMPV conundrum serves as a poignant reminder of the importance of nuance and complexity in our public discourse**

in our communities.

By promoting healthy behaviors, providing access to quality healthcare, and supporting community-based initiatives, we can create a more resilient and responsive healthcare system. Furthermore, the HMPV outbreak highlights the need for greater transparency and accountability in our healthcare systems. We must prioritize open communication, data-driven decision-making, and robust oversight mechanisms to ensure that our responses to emerging health threats are effective, efficient, and equitable. In addition, the HMPV outbreak underscores the importance of addressing the social determinants of health. We must recognize that health outcomes are influenced by a complex array of factors, including socioeconomic status, education, housing, and environmental conditions.

By addressing these underlying factors, we can create a more equitable and just healthcare system that promotes health and wellness for all. As we move forward, it is essential that we adopt a proactive and preventive approach to addressing emerging health threats. We must prior-

itize investment in healthcare infrastructure, research and development, and community-based initiatives that promote health and wellness. By working together and embracing a comprehensive and multifaceted approach, we can create a brighter, healthier, and more sustainable future for ourselves and for generations to come. The HMPV outbreak serves as a powerful reminder of the importance of global solidarity, cooperation, and collective action in the face of emerging health threats.

In conclusion, the HMPV happening is a complex and multifaceted issue that requires a comprehensive and nuanced approach. By prioritising transparency, accountability, and equity, and by addressing the social determinants of health, we can create a more resilient and responsive healthcare system that promotes health and wellness for all. Ultimately, our collective response to the HMPV outbreak will serve as a testament to our ability to work together in the face of adversity and to create a brighter, healthier future for all.

*(Writer is Medical officer,  
Department of Ayush,  
Karimnagar)*



Amar Ujala • 13 Jan • Ministry of Ayush

## Bjp ke satta main aate hi Odisha ne apnaya Ayushman, ab Delhi Bangal bache

10 • PG

476 • Sqcm

350692 • AVE

368.8K • Cir

Bottom Left

Chandigarh

बदलाव

योजना के नाम परिवर्तन पर केंद्र की मुहर, आज होंगे समझौता ज्ञापन पर हस्ताक्षर

## भाजपा के सत्ता में आते ही ओडिशा ने अपनाया आयुष्मान, अब दिल्ली-बंगाल बचे

परीक्षित निर्भय

नई दिल्ली। देश में आयुष्मान भारत योजना के लागू होने के करीब छह साल बाद तक ओडिशा, दिल्ली और पश्चिम बंगाल में इसे लेकर विरोध रहा, लेकिन ओडिशा में भाजपा की सरकार आते ही राज्य ने इसे हरी झंडी दे दी है।

सोमवार को नई दिल्ली के विज्ञान भवन में केंद्र और ओडिशा सरकार के बीच प्रधानमंत्री जन आरोग्य योजना (आयुष्मान भारत) को लेकर समझौता ज्ञापन पर हस्ताक्षर होंगे। केंद्र सरकार की ओर से राष्ट्रीय स्वास्थ्य प्राधिकरण (एनएचए) इस योजना के लिए राज्य सरकार के साथ एमओयू साइन करेगा।



■ नाम परिवर्तन को तैयार केंद्र

एनएचए के एक शीर्ष अधिकारी ने कहा कि एक लंबी कसरत के बाद आखिरकार आयुष्मान भारत को नया राज्य मिलने वाला है। इसके लिए राज्य में आयुष्मान भारत योजना के नाम परिवर्तन पर भी केंद्र और ओडिशा के बीच सहमति बनी है। ओडिशा में यह योजना गोपबन्धु जन आरोग्य योजना के नाम से प्रचलित होगी।

दरअसल, फरवरी 2018 में केंद्र सरकार ने आम बजट में देश के 50 करोड़ से ज्यादा लोगों को पांच लाख रुपये तक का सालाना स्वास्थ्य बीमा देने की घोषणा की, जिसके बाद सितंबर 2018 में आयुष्मान भारत योजना को लॉन्च किया गया। कुछ ही महीनों में इसको 33 राज्यों तक पहुंचने में केंद्र कामयाब रहा, लेकिन

इसे पूरी तरह से राष्ट्रीय पहचान दिलाने में सफल नहीं हो पाया, क्योंकि दिल्ली, पश्चिम बंगाल और ओडिशा ने इसे ठुकरा दिया। तब से लेकर अब तक कई प्रयासों और बैठकों का सिलसिला होने के बाद भी लाभार्थी राज्य की सूची में नया नाम नहीं जुड़ पाया। अब 34वां राज्य इसमें शामिल होने जा रहा है।

पांच हजार करोड़ खर्च करेगा ओडिशा

एनएचए से मिली जानकारी के मुताबिक, लोगों को आयुष्मान भारत योजना का लाभ दिलाने के लिए हाल ही में ओडिशा सरकार ने अपने बजट में इसे शामिल करते हुए कुल 5,450 करोड़ रुपये खर्च करने की घोषणा की। राज्य में एक करोड़ परिवारों के 3.5 करोड़ सदस्यों को इस योजना का लाभ मिलेगा। इसका दूसरा मतलब यह भी है कि अब ओडिशा के लोग इस योजना के जरिये देश के किसी भी हिस्से में रहकर पंजीकृत अस्पताल में इलाज ले सकेंगे, क्योंकि इस योजना के तहत पंजीकृत अस्पतालों की संख्या 30 हजार है। इतना ही नहीं, ओडिशा में आयुष्मान भारत डिजिटल मिशन भी लागू हो जाएगा, जिसके तहत राज्य के लोगों को भारत डिजिटल स्वास्थ्य खाता (आभा) आईडी मिलेगी। इसका इस्तेमाल देश में कहीं भी अपने मेडिकल रिकॉर्ड की जानकारी प्राप्त करने में कर सकेंगे।

हर बार नई शर्त, तर्क भी सियासी जैसे

केंद्र के एक शीर्ष अधिकारी ने बताया कि जून 2018 में योजना को लेकर राज्यों के साथ जानकारी साझा करना शुरू हुआ। सितंबर 2018 में योजना को लॉन्च करने के बाद जनवरी 2019 से बैठकें भी शुरू हुईं। लगभग सभी राज्यों को मनाने में कामयाब रहे, जिनमें से कई शर्तों को भी पूरा किया गया, जबकि कुछ जगह अहम बदलाव भी करने पड़े, लेकिन जब भी दिल्ली, पश्चिम बंगाल या ओडिशा के साथ बातचीत होती तो यहां के अधिकारियों की हर बार एक नई शर्त सामने आती थी। कई बार ऐसा भी हुआ कि उनके तर्क साफ तौर पर सियासी समझे जा सकते थे, जिन्हें लेकर उन्हें बार-बार समझाया भी गया, लेकिन इसमें सफलता नहीं मिली।

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# इलेक्ट्रो होमिओपॅथीसाठी कटिबद्ध

कल्याणमध्ये राज्यस्तरीय चर्चासत्रात नरेंद्र पवार यांचे आश्वासन

कल्याण, दि. १२ : प्रतिनिधी  
समाजामध्ये हळूहळू लोकप्रिय होऊ लागलेल्या आणि वैद्यक क्षेत्रामध्ये महत्वाची भूमिका बजावणाऱ्या इलेक्ट्रो होमिओपॅथी क्षेत्राच्या समस्या सोडविण्यासाठी आपण सर्वतोपरी कटिबद्ध असल्याचे आश्वासन माजी आ. नरेंद्र पवार यांनी दिले.

इलेक्ट्रो होमिओपॅथीचे जनक डॉ. काकंट सिद्धर मॅटी यांच्या २१ व्या जन्मदिवसानिमित्त 'इलेक्ट्रो होमिओपॅथी फाउंडेशन' महाराष्ट्राच्या माध्यमातून कल्याणमध्ये राज्यस्तरीय चर्चासत्र संपन्न झाले. यावेळी पवार बोलत होते.

इलेक्ट्रो होमिओपॅथीला भारतात पूर्वाभिका जास्त संरक्षण आणि महत्त्व दिले जात आहे. या उपचार पद्धतीची लोकप्रियता



अडचणी सोडविण्यासाठी सर्वतोपरी प्रयत्न

इलेक्ट्रो होमिओपॅथी क्षेत्रासमोर राहणाऱ्या कठिण तांत्रिक, तर काही तात्काळ स्तरावरील अडथळी आणि समस्या आहेत. परंतु, महाराष्ट्र राज्य असो की, केंद्र सरकार, या दोन्ही ठिकाणी यत्नमान आणि कुठिरील असे भाजप सरकार कर्परात आहे. त्यामुळे इलेक्ट्रो होमिओपॅथी क्षेत्रासमोरील या अडचणी सोडविण्यासाठी आपण सर्वतोपरी प्रयत्न करू, असे आश्वासन पवार यांनी उपस्थित डॉक्टरांना दिले.

दिवसेंदिवस वाढत चालली होमिओपॅथीकडे वळू लागल्याचे असून, इतर उपचार पद्धतीवर गौरवोद्गार माजी आ. पवार विश्वास ठेवतारेही आता इलेक्ट्रो होमिओपॅथीकडे वळू लागल्याचे

इलेक्ट्रो होमिओपॅथी संघटनेचे राज्य सचिव डॉ. महेंद्र पवार यांनी नरेंद्र पवार यांचे पुष्पसुच्छ आणि सन्मानचिन्ह देऊन स्वागत केले. भाजप कल्याण जिल्हा अध्यक्ष नरेंद्र सुरवंशी, इलेक्ट्रो होमिओपॅथीचे राष्ट्रीय अध्यक्ष डॉ. पी. एस. पांडे, राष्ट्रीय सचिव डॉ. सुरेंद्र पांडे, महाराष्ट्र राज्य अध्यक्ष डॉ. प्रदीप तिवारी, सचिव डॉ. महेंद्र पवार, राष्ट्रीय खजिनदार डॉ. बापू पाटील यांच्यासह महाराष्ट्र उपराज्य डॉ. स्नेहा यादव, मुंबई अध्यक्ष डॉ. राकेश तिवारी, महाराष्ट्र खजिनदार डॉ. प्रभाकर विठ्ठल, पाल्हाड अध्यक्ष डॉ. यु. बी. सरोज, ठाणे शहर अध्यक्ष डॉ. त्रिलोकनाथ गुप्त, ठाणे ग्रामीण अध्यक्ष डॉ. देवराज पाल, ठाणे ग्रामीण उपराज्य डॉ. मनोज बाघ, ठाणे ग्रामीण सचिव डॉ. सुनिल पाटील असे ३०० सदस्य यावेळी उपस्थित होते.