

MINISTRY OF AYUSH COMPILED MEDIA REPORT 14 Jul, 2025

Total Mention 44

⊞ Print	Financial	Mainline	Regional	Periodical
34	5	19	10	N/A
	•) Online		

10



🖺 Print

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The Economic Times • 14 Jul • Ministry of Ayush Does breathing actually matter for your workout

13 • PG 1030 • Sqcm

458338 • AVE

420.14K • Cir

Top Left

ET Panache

Delhi • Chandigarh • Jaipur

Does breathing actually matter for your workout?

Different breathing techniques can boost performance. But the key, experts say, is to simplify the process

f all the things to worry about while working out — what exercise to do, how fast to go, how much to lift — breathing seems as if it should come near the bottom of the list. You do it automatically, so why complicate things?

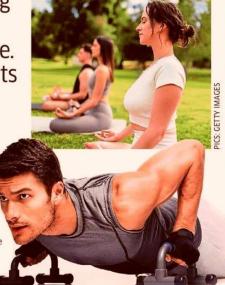
To a certain extent, experts say, that approach is correct. As your exercise gets harder, your body naturally produces more carbon dioxide and you breathe faster to expel it and bring in as much oxygen as you need.

However, research also suggests that some breathing techniques, including diaphragmatic breathing, can help with performance during aerobic or high-intensity activities and encourage recovery. The most important thing, experts said, is to avoid short, shallow breaths while exercising. Beyond those, here are a few tips to help you and your workouts.

Belly breathing can help

To breathe more effectively and improve exercise performance, try diaphragmatic or belly breathing, said Judd van Sickle, director of the sports performance and wellness programme at UC Davis Health in California, US.

The diaphragm is a muscle at the base of your lungs, and learning to take deep breaths from your belly, not just the chest, helps to deliver more oxygen to your body.



Research shows belly breathing can result in a three to five per cent improvement in exercise performance. It also brings about other positive health benefits such as reducing blood pressure

If you aren't sure how to do this correctly, he suggested "crocodile breathing". Lie face down on the floor with your hands under your forehead. As you breathe with your abdomen pressed into the floor, expand your lower back and ribs to the side to get a full breath in. This is what belly breathing feels like. Now, try doing this with each breath as you exercise.

Research shows this can result in a three to five per cent improvement in exercise performance, while it can also bring about other positive health benefits — including reducing blood pressure and lowering resting heartrate.

Change the rhythm

Once your workout is done, what's the best way to breathe to bounce back quickly? The key to recovering faster is to slow down your breathing. One way to do this post-workout is with box breathing: Inhale for four seconds, hold your breath for four seconds, exhale for four seconds and then hold your breath for another four seconds.

Another technique is to make your exhale longer than your inhale, said Anatolia Vick-Kregel, senior assistant director of health and well-being at Rice University, US. "When you inhale, your heart rate speeds up; when you exhale, it slows down," she said.

Don't overcomplicate

Some believe that nasal breathing can help. Breathing through your nose can have some benefits, especially for people with asthma, but

generally, more research is needed to show how it impacts exercise performance.

Also, the harder you exercise, the more difficult it is to breathe through your nose. If you try to breathe through your nose during a high-intensity workout, for instance, you'll experience what's called 'air hunger', where your chest gets tight and you gasp for air.

Some coaches also recommend specific breathing cadences while running, like inhaling for three steps and exhaling for two. However, the best breathing rhythm for running is probably just breathing naturally. Your body often synchronises breathing with movement — inhaling when one foot hits the ground and exhaling with the other, which can help reduce muscle fatigue, especially during high intensity or long workouts.

The bottom line, especially if you're new to exercising, is to just breathe normally.

- The New York Times



Mint • 14 Jul • Ministry of Ayush New quarantine centres planned at int'l entry points

9 • PG 297 • Sqcm 74223 • AVE 45K • Cir Top Center

Hyderabad



New quarantine centres planned at int'l entry points

These centres aim to prevent the cross-border transmission of infectious diseases

Priyanka Sharma

priyanka.sharma@livemint.com NEW DELHI

he government plans to set up quarantine centres at three border points—Amritsar, Guwahati and Petrapole—alongside Bhubaneswar in order to check the cross-border movement of potential carriers of infectious diseases.

These designated centres are supported by the government's Pradhan Mantri Ayushman Bharat Health Infrastructure Mission (PM-ABHIM).

PM-ABHIM is considered the largest pan-India scheme for strengthening the healthcare infrastructure with an outlay of 364,ISO crore. One of the key components of PM-ABHIM is to operationalize new public health units and strengthen existing ones at points of entry like airports, seaports and land crossings.

The quarantine centres are designed to separate and restrict the movement of individuals who have been exposed to an infectious disease, like Covid-19, but are not yet showing symptoms. These centres aim to prevent the transmission of diseases to others in the country.

Previously, these centres were earmarked for Kannur (Kerala), Bhogapuram (Andhra Pradesh), Chennai (Tamil Nadu) and Kolkata (West Bengal). According to documents reviewed by *Mint*, this plan comes as the Ministry of Civil Aviation will now build quarantine centres from its budget at Kannur and Bhogapuram air-

The centres at Chennai and Kolkata airports will be built by the Airport Authority of India (AAI) as part of its airport expansion plans. This means the money previously planned for these four locations won't be needed, freeing up those funds.

"The new locations are important points of entry and connectivity: Amritsar serves as a major land route to Pakistan and a cultural hub; Guwahati is the gateway to the Northeast with extensive regional connections; Bhubaneshwar is a significant air entry point in eastern India; and Petrapole is India's largest land port facilitating substantial cross-border movement with Bangladesh," an official familiar with the matter said.

This strategic decision was discussed and ratified in the Mission Steering Group meeting of the National Health Mission held recently.



The Hindu Business Line • 14 Jul • Ministry of Ayush Kerala schools show their Zumba moves to fight drug abuse

9 • PG 297 • Sqcm 126189 • AVE 63.5K • Cir Bottom Left

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

Kerala schools show their Zumba moves to fight drug abuse

Devoting school time for physical exercises, teachers nudge students towards a high of the healthy kind

V Sajeev Kumar

tudents across Kerala are dancing in step with the infectious rhythms and peppy beats of Zumba, as part of the State's bold new strategy to steer youth away from drugs.

The 'Padanamanu Lahari'

(education is the real addiction) initiative from the Kerala General Education Department uses Zumba and other physical activities as powerful tools to fight substance abuse. Parents are worried over the proliferation of synthetic drugs like MDMA, seized almost daily across Kerala, with the quantity increasing manifold, especially after the pandemic. The recent bust of a dark web-based drug cartel, including two arrests from Ernakulam, points to drug peddling turning hitech with payments including hard-to-trace crypto currency.

State authorities have stepped in to attempt a course



FUN LESSON. Kerala education minister V Sivankutty greets schoolchildren at a mega Zumba event in Thiruvananthapuram

correction, and their new initiative involves schools devoting time for physical activities. The student response has been encouraging. "Over 15,000 schools have joined the movement. Not just Zumba, the schools are free to include other forms of physical activities such as yoga, aerobics," says V Sivankutty, General Education Minister.

Launched through a mega Zumba event in Thiruvananthapuram on April 30, the programme is set to be implemented in phases across schools. The campaign kicked off on June 2, as schools reopened after vacation.

IN-SCHOOL FUN

Rajeev Jayadevan, member of Kerala State Indian Medical Association, said that physical exercises are necessary as part of a daily routine in an increasingly sedentary world, amid rising lifestyle diseases. "Zumba has energy and fun, doesn't require prior dance experience, and can be done at school and home," he said.

An "exercise in disguise", Zumba is not competitive like athletics and everyone participates equally. There is an added value in making it part of a regular school day for girls, as they often have fewer opportunities to play outside or access open spaces after school hours, compared with boys, he said. "Zumba improves mood, reduces stress, creates a sense of belonging, and helps combat the very boredom and isolation that often drive teens towards substance abuse."

Annimma VO, headmistress of a government girls' high school in Ernakulam, said, "We have conducted the first session on June 2." Rains are playing spoilsport now, but the institution is looking to resume this outdoor activity, adds Shibu P Chacko, PTA vice pres-

ident of the school.

Some Muslim organisations are opposing the initiative, saying Zumba-like fitness programmes are incompatible with their religious beliefs. But the government is unwavering. Sivankutty calls it a needless controversy over "an innocu-ous high-energy fitness programme". "Curriculum reforms are attuned to the changing needs of the world, and sports helps in developing the mental and physical faculties of children and promotes their health, positive thinking, academic performance and personal growth," he said.

In fact, Amia Sumi Saji, a Std VI student at a government school in Ernakulam, is thrilled to participate in the Zumba sessions, which she finds energising. "The school has arranged a professional trainer for us," she says, excited to join in with friends. Currently a weekly activity, she hopes the sessions will be increased soon.



The Hindu Business Line • 14 Jul • Ministry of Ayush MY FIVE.

9 • PG 101 • Sqcm 20211 • AVE 57.88K • Cir Top Left

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



Singing to unwind, and a run for clarity and energy

- 1 Singing: Music has been a part of my life I come from a family with a strong musical background. I was trained in Carnatic music from a young age. Even today, singing is my go-to way to unwind. It brings a sense of calm and joy. It's not just about performing, but also connecting with a deeper you.
- 2 Running: Gives me headspace where I find clarity and energy. I've often found myself working through complex decisions during a run! There's something powerful about the rhythm, the quiet, and the feeling of moving forward — both physically and mentally.
- 3 Yoga and meditation: Even a few minutes of yoga or mindful breathing helps start the day with focus. Keeps me centred — it's become a way of life.
- 4 Reading: Always been a reader books have shaped how I lead and live. They spark curiosity, help stay open to perspectives.
- 5 Travelling: A big influence growing up we moved often — it gave me early exposure to different cultures. I travel to recharge every place leaves me with an insight, a story or a moment of reflection.



Bizz Buzz • 14 Jul • Ministry of Ayush

WHO reckons efforts in integrating AI in traditional medicine, Ayush

8 • PG 181 • Sqcm 18071 • AVE N/A • Cir Middle Right

Hyderabad

WHO reckons efforts in integrating Al in traditional medicine, Ayush

The initiatives, include a range of Al-driven applications in Ayurveda, Siddha, Unani, Sowa Rigpa, Homoeopathy

New Delhi

THE World Health Organization (WHO) has acknowledged India's pioneering efforts in integrating Artificial Intelligence (AI) with traditional medicine systems, particularly Ayush systems, said the Ministry of Ayush on Saturday.

In a significant milestone for India's ancient healthcare systems, the WHO featured the country and its efforts to incorporate digital technologies into traditional medicine systems in its landmark technical brief titled "AI in Traditional Medicine".

The recognition comes after India's proposal on the subject, leading to the development of WHO's first-ever roadmap for applying AI in traditional medicine, the Ministry said.

Welcoming the recognition, the Ministry called it "a testament to India's leadership in creating a robust scientific ecosystem for traditional medicine".



The India AI-led initiatives, mentioned in WHO's technical brief, reflect the deep commitment of Indian scientists to advancing traditional medicine through cutting-edge technology, added Prataprao Jadhav, Union Minister of State (Independent Charge) for Ayush.

The initiatives mentioned include a range of AI-driven applications in Ayurveda, Siddha, Unani, Sowa Rigpa, and Homoeopathy, including diagnosis support systems that integrate traditional methods like pulse reading,

tongue examination, and Prakriti assessment with machine learning algorithms and deep neural networks.

"By integrating AI with Ayush systems -- and through pioneering digital platforms such as the SAHI portal, NAMASTE portal, and the Ayush Research Portal -- India is not only safeguarding its centuries-old medical wisdom but also leading the way in shaping a future of personalised, evidence-based, and globally accessible healthcare," said Jadhav.



The Indian Express • 14 Jul • Ministry of Ayush

Seven brands behind 1 in 7 US FDA denials of Indian food, drug, cosmetic shipments

13 • PG 593535 • AVE 89.5K • Cir 393 • Sqcm Top Left

Pune

HALDIRAM, SUN PHARMA, NESTLÉ SHIPMENTS TOP US ENTRY REFUSALS SINCE 2020 Seven brands behind 1 in 7 US FDA denials of Indian food, drug, cosmetic shipments

AGGAM WALIA

NEW DELHI, JULY 13

SEVEN DOMESTIC manufacturers - Haldiram, Sun Pharma, Nestlé, Cipla, Patanjali, Hindustan Unilever, and Himalaya Wellness -account for one in seven (14 per cent) of all India-origin shipments refused entry into the United States by the US Food and Drug Administration (FDA) since October 2020.

As of early July, the USFDA has refused 4,089 India-origin shipments in the ongoing US fiscal year 2025 (October 2024 to September 2025) - already exceeding the 3,648 refusals recorded in all of FY24, according to data from the top public health regulator, Haldiram Snacks Food in which Singapore's Temasek acquired a 10 per cent stake earlier this year at a \$10 billion valuation - recorded the highest number of US FDA refusals, with 731 shipments containing Haldiram-manufactured products denied entry since October 2020. Notably, 94 per cent of these rejections occurred in FY24 and the ongoing FY25, the data shows.

Haldiram's refusal rate - the share of shipments denied over total shipments sent - rose to 1.7 per cent in FY24 and FY25 (till July), a sharp jump from below 0.1 per cent in FY22 and FY23 combined. The rejected consignments primarily consisted of snack foods, including fried items, flagged for alleged insanitary manufacturing conditions and the presence of



salmonella, a disease-causing

Haldiram and Temasek did not respond to requests for comment.

Nestlé noodles flagged

In the food products category, which accounts for 55 per cent of all US FDA refusals since October 2020, Haldiram was followed by Nestlé India, with 300 shipments rejected. Most of the consignments contained Nestlé-manufactured noodles, and were refused entry for misbranding, mislabelling or containing unsafe additives or filth.

Nearly two-thirds of these rejections occurred in FY24 and the ongoing FY25, with Nestlé recording a refusal rate of 25 per cent more than five times the 4 per cent in FY22 and FY23. While the US FDA data lists Nestlé India as the firm behind these consign-

India accounts for 17% of all FDA refusals in this US fiscal

IN THE ongoing US fiscal. India accounts for 17% of all FDA refusals - second only to Sweden at 18%. Swedish shipments, largely consisting of tobacco products, had a high refusal rate of 1.7%. China has a 12% share of total rejections, but its overall refusal rate was just 0.01%.

ments, a company spokesperson told The Indian Express that these exports were not made by Nestlé India and that no refusals have been recorded in the recent past.

The refusal rate of all food consignments from India stands at 0.32 per cent in FY25, up from 0.15 per cent in FY22.

Sun Pharma, Cipla face FDA heat

In the drugs and biologics category, Sun Pharma led with 335 shipment rejections since October 2020 - mostly for exporting unapproved drugs or failing to meet good manufacturing standards. Its refusal rate between FY22 and the ongoing FY25 stands at 1.8 per cent.

In June 2025, the US FDA issued a warning letter to Sun Pharmaceutical Industries Ltd. over "significant violations" of Current Good Manufacturing Practice (CGMP) regulations for finished drugs. The letter followed a December 2023 inspection of the company's Dadra facility, which found that some exported products were adulterated due to non-compliance with CGMP norms. Sun Pharma is followed by Cipla, which has recorded 244 rejections since October 2020, primarily for exporting unapproved drugs. Cipla's refusal rate between FY22 and the ongoing FY25 stands at 1.5 percent. In November 2023, the US FDA had issued a warning letter to Cipla Ltd, too, for noncompliance with CGMP norms.

The refusal rate of all drugs and biologics shipments from India has risen in recent years, from 0.7 per cent in FY22 to 1.06 per cent so far in FY25. These consignments account for 39 per cent of all refusals since October 2020, the second-largest category after food products.

Sun Pharma and Cipla did not respond to requests for comment.

Patanjali tops cosmetic refusals

While cosmetic shipment rejections by the US FDA make up a small share -- just 3 per cent, with 136 refusals so far in FY25, trailing 156 in FY24 - Patanjali Ayurved has recorded a high refusal rate of 11 per cent since FY22, data shows.

Of the 548 India-origin cosmetic shipments refused since October 2020, nearly 20 per cent contained Patanjali-manufactured products - mostly shampoos, toothpastes and powders, and hair tonics. The most common reasons for rejection include the use of unsafe colour additives, unapproved ingredients, and labelling violations. In addition to cosmetics, Patanjali shipments have also faced rejections in the drugs (44) and food (35) categories.

Hindustan Unilever and Himalaya Wellness have faced 51 and 54 shipment rejections, respectively, since October 2020, with refusal rates of 2.1 per cent and 1.2 per cent since FY22. Most of their consignments were flagged for containing unsafe colour additives or unapproved drugs. Hindustan Unilever also recorded 23 refusals in the food category and 8 in drugs.

Patanjali, Hindustan Unilever, and Himalaya did not respond to requests for comment.

The overall refusal rate for Indian cosmetic shipments rose from 0.16 per cent in FY22 to 0.48 per cent in FY24, before easing to 0.2 per cent so far in FY25. The refusal rate for India-origin shipments across all categories has climbed in recent years - from 0.21 per cent in FY22 to 0.41 per cent in FY24, before easing slightly to 0.36 per cent so far in FY25.

In the ongoing US fiscal, India accounts for 17 per cent of all FDA refusals - second only to Sweden at 18 per cent. Swedish shipments, largely consisting of tobacco products, had a notably high refusal rate of 1.7 per cent. China followed with a 12 per cent share of total rejections, but its overall refusal rate was just 0.01 per cent.



The Pioneer • 14 Jul • Ministry of Ayush

Governor Honours City's Brightest at Entrepreneur and Achiever Awards-2025

3 • PG 314 • Sqcm 188339 • AVE 268.96K • Cir Bottom Left

Chandigarh

Governor Honours City's Brightest at Entrepreneur and Achiever Awards-2025

PNS CHANDIGARH

rom seasoned bureaucrats and defence veterans to student toppers and journalists, the city on Sunday came together to celebrate excellence across age groups and professions at the '6th Entrepreneur and Achiever Awards-2025', hosted jointly by the Media Federation of India (MFI) and the Public Relations Council of India (PRCI), Chandigarh Chapter. Held at PHD House, Sector 31, the event honoured 31 distinguished individuals who have left a mark in fields ranging from civil services and healthcare to journalism, education, and sports.

Presiding over the ceremony as chief guest, Punjab Governor and UT Administrator Gulab Chand Kataria applauded the awardees and commended the organizers for recognizing unsung heroes shaping society. "Such acknowledgments inspire others to strive for greater good," he remarked.

Rajya Sabha Member Satnam Singh Sandhu, the Guest of Honour, underlined the need for



Punjab Governor and Administrator to UT Chandigarh Gulab Chand Kataria giving the 'Certificate of Excellence' in the 6th Entrepreneur and Achiever Awards-2025 to Amitabh Shukla, Senior Resident Editor, The Pioneer, Chandigarh, for 'Excellence in English Journalism'. Rajya Sabha MP Satnam Singh Sandhu, Public Relations Council of India, Chandigarh Chapter, chairman Rupesh Singh, and MFI national president Arun Sharma were also present.

integrity and ethical leadership in public life. He spoke on the ever increasing number of startups in India, how it was shaping the global position of the country and how a transformation was taking place in various fields.

PRCI Chandigarh chairman Dr Rupesh Singh emphasized the Awards' focus on real-life impact makers. MFI national president Arun Sharma congratulated the achievers for "leading by example in their respective domains".

The evening witnessed an inspiring array of honourees. In public service, VK Singh, a senior IAS was recognized for 'Excellence in Civil Services'; while Lt Gen RS Sujlana, PVSM, AVSM, VSM was felicitated for his contributions to Defence Services. In the legal domain, Sanjay Kumar Sachdeva was

awarded for 'Excellence in Judicial Services'; and Himmat Singh for streamlining recruitment governance.

Healthcare saw honours go to Dr (Prof) Ashish Gulia (Surgical Oncology), Dr Sandeep Patel (Orthopaedics), and Acharya Manish, whose facility was named Best Ayurvedic Hospital of the Region.

Education and youth achievement also took centre stage with Dr Anirudh Gupta winning for Edupreneurship and Srishti Sharma for her academic excellence in CBSE Class X. Priya was awarded for her gold medal win at the Special Olympic Bharat National Badminton Championship 2025.

The 'Excellence in Journalism' awards went to Amitabh Shukla (English), Aashish Tiwari (Hindi), and Navdeep Singh Gill for his sharp precision in writing. Dr Vineet Punia was recognized for Excellence in Public Relations.

The event was a glowing tribute to dedication, talent, and the spirit of service — a celebration not just of achievement, but of inspiration.



The Pioneer • 14 Jul • Ministry of Ayush The Yogic Science of Synchronisation

11 • PG 608 • Sqcm 1733847 • AVE 634.42K • Cir Bottom Right

Delhi • Chandigarh

The Yogic Science of Synchronisation

13.64 lakh locations, 2.5 lakh schools, 1.35 lakh Ayush Health & Wellness Centres, 35,000 colleges, 35,000 post offices, and many more performed yoga in sync on International Day of Yoga 2025

TEAM VIVA

s the morning sun rose over the Indian subcon-Ltinent on June 21, 2025, a quiet transformation swept the nation. Streets, schoolyards, riverbanks, post offices, hospitals, and university grounds turned into open-air yoga studios. From Rajasthan's deserts to Andhra's coasts, from Himalayan towns to southern villages, over 13.64 lakh sites came alive in perfect unison. The clock struck 6:30 AM, and the country bent, stretched, and breathed together. This wasn't just a yoga session; this was Yoga Sangam - the Ministry of Ayush's flagship event for the 11th International Day of Yoga (IDY). Never before had India attempted a nationwide movement of this scale, and never before had the response been this overwhelming.

Symphony of Wellness

Planned as a "synchronised national wellness movement," Yoga Sangam was more than a mass demonstration of the Common Yoga Protocol (CYP). It was an exercise in



national coordination and collective consciousness. With pre-registrations topping 13.64 lakh, the initiative stitched together a diverse social fabric, bringing together:

- bringing together:
 2.5 lakh schools, igniting a culture of mindfulness early in life
- early in life

 1.35 lakh Ayush Health & Wellness Centres, turning yoga into preventive healthcare
- 35,000 colleges and universities, empowering youth through inner balance

 35,000 post offices, reimagining public spaces as hubs of community wellness

The event was led nationally by the Prime Minister Visakhapatnam, Andhra Pradesh, setting the tone for a historic morning. States like Rajasthan (2.3 lakh registrations), Uttar (1.55 lakh), Pradesh Andhra Pradesh (1.35 lakh), and Madhya Pradesh (1.25 lakh) led the charge - proving that the message of transcends political, regional, and cultural boundaries.

Beyond the Mat

Experts have long advocated

the group practice of yoga as a catalyst for emotional resilience and mental clarity. But Yoga Sangam went one step further — it demonstrated how wellness could be decentralised, democratised, and delivered simultaneously to millions.

In an era where attention is fractured and communities often feel disconnected, the simultaneous yoga demonstrations served as a reset button. The synchronisation—down to the minute — was a metaphor for India's growing commitment to unity through well-being.

Prataprao Jadhav, Union Minister of State (Independent Charge) for Ayush and Minister of State for Health & Family Welfare, praised the initiative, emphasising the remarkable success of the the initiative and remarked, "Yoga Sangam was not just a demonstration of yoga - it was a demonstration of India's unity, spirit, and shared commitment to well-being. The scale of IDY 2025, with over 13 lakh locations coming together in perfect syn-

chrony, reflects

the dedication of thousands of officials and volunteers. Through this, India sent a powerful message to the world — that wellness is our shared responsibility and yoga is our gift to global health."

gift to global health." Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, highlighted the significance of the success of the initiative and said,"IDY 2025 marks a historic milestone in our journey to make wellness a mass movement. Bringing together over 13 lakh institutions and communities across India and participation from countries around the world-reflects the growing global resonance of yoga. It is a proud moment for the Ministry, and a testament to what collective vision, coordination, and purpose can achieve."

Cultural Turning Point

Yoga Sangam wasn't merely about numbers — it was about narrative. It reminded India and the world that yoga is a shared national ethos. It can thrive in schools, hospitals, community centres, and even in your neighbourhood post office.





Deccan Chronicle • 14 Jul • Ministry of Ayush **AV NICE DAY!**

4 • PG 5312 • Sqcm 12217212 • AVE 2.55M • Cir Top Left Hyderabad Chronicle

Hyderabad

BINDU GOPAL RAO

Avocados are more than just a trendy toast topper; they are a nutritional powerhouse.

Regular consumption of

tional powerhouse.

Regular consumption of avocados helps regulate good cholesterol; avocados are a source of vitamins C. E. K. and B6, as well as riboflavin, niacin, folate, and pantothenic acid. It has benefits for healthier skin and hair too.

Dr. Manoj Kutteri, Medical Director & CEO, Atmantan Wellness Centre, avers, "Avocados have a lot of fibre, which helps with digestion and stabilises blood sugar. It offers vital nutrients for hormone-related and autoimmune diseases, including Vitamin E (am antioxidant supporting immune health), folate (important for ell repair and hormone haltenes fluid and blood pressure). Unlike many high-fat gods, avocado provides anti-inflammation), and potassium belances fluid and blood pressure). Unlike many high-fat gods, avocado provides anti-inflammatory benefits, supporting gut lining health and encouraging balanced hormone levels."

Avocados are truly a powerhouse of nutrition, offering a
wide range of health benefits
packed into one creamy, versatile fruit. "Rich in monounsaturated and polyunsaturated fats,
avocados help lower LDL (bad
cholesterol), reducing the
risk of cardiovascular diseases.
They are a great source of vitarisk of cardiovascular diseases.
They are a great source of vitadis like potassium, magnesium,
folate, and calcium. They are
high in fibre, supporting digestion, reducing blood sugar
spikes, and keeping you fuller
longer. They are anti-inflammatory and contain omega-3s and
plant sterols that may reduce
he risk of chronic conditions
like heart disease and arthritis.
The fibre and healthy fats
help with satiety, making it easier to control portion sizes
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Many people worry about the calories in avocados, but the calorie count isn't the only factor that determines how healthy a food is.

SUGAR." - Dr. MANOJ KUTTERI, Medical Director & CEO, Atmantan Wellness Centre

AVOCADOS
HAVE A LOT OF
FIBRE, WHICH HELPS
WITH DIGESTION AND
STABILISES BLOOD

CALORIE COUNT



AVOCADO SMOOTHIE WITH NUTS AND COCONUT MILK

(Courtesy: Dr. Manoj Kutteri, Medical Director & CEO, Atmantan Wellness Centre)

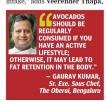
Guac & Roll

- Ingredients
- Avocado ½
 Fresh coconut milk 50 ml
- Soaked walnuts: 3 nos
- Almonds 3 nos
 Dates 10 gm
- Method
- In a blender, combine avocado, coconut milk, soaked wal-nuts, almonds, and dates.
 Blend until smooth and creamy.
- 3. Pour the smoothie into a juice glass



A storehouse of wellness, avocados are one of nature's most adaptable superfoods, rich in monounsaturated fats that are good for the heart and brain





— Dr. GREESHMA MR, Expert. Niraamaya Life



Senior Sous Chef, Radisson Blu Plaza Hyderabad.

GOOD FATS

Rahul Kamra, India's leading leto coach and founder of Ketorets, often recommends aword as a key fat source in his personalised meal plans. "It's not just about macros—it's about mood, metabolism, and micronutrients. Awocado hits all three. While awocados are calorie-dense, their unique combination of fibre and fats ensures better appetite regulation. When paired with a low-carb diet, their calories contribute to metabolic stability, not weight gain. So no. calories from avocado should not be feared but appreciated if they are balanced within the bigger plan. Some easy ways to include awocado in your diet are eating it sliced on grainfree crackers, blended into smoothies for a creamy texture, mashed as a dip with herbs, pureed into salad dressings, mixed into grain-free wraps or

eart and brain

lettuce boats, and added to soups for creaminess.

Dr. Ridhima Khamsera, Clinical Dietitian, adds, "The down and the control of Nutrition reported by the control of Nutrition of Nutrition reported by the control of Nutrition of Nutritio

TRUFFLE EDAMAME

(Courtesy **Veerender Thapa,** Sr. Sous Chef, Radisson Blu Plaza Hyderabad)

A visually stunning and gourmet-level appetiser, this dish offers a protein-rich, high-fibre filling served in a natural avocado 'bowl'. This dish is vegan, gluten-free, and indulgent without being heavy, perfect for clean eaters who love flavour.

Ingredients

- 1 medium avocado (150 g)
- ½ cup edamame (shelled, 80 g) 1 tbsp truffle oil
- 1 tsp lemon juice
 Salt and pepper to taste
- · Microgreens for garnish

- Neurot

 1. Lightly mash the edamame with truffle oil, lemon juice, salt, and pepper.

 2. Halve the avocado, remove the pit, and stuff each half with the mixture.
- Garnish with sesame seeds microgreens, or a drizzle of truffle oil.
- 4. Serve immediately



(Courtesy: Gaurav Kumar, Senior Executive Sous Chef, The Oberoi, Bengaluru)

The Avocado-Tortilla Sheet flatbread offers a ine Avocado-Fortilia sheet natured offers a creamy, vibrant base topped with fresh avocado slices, herbs, and a touch of sea satt-perfect for a wholesome snack or light meal. Meanwhile, the Rocket Flatbread boasts a crisp, airy crust adorned with peppery rocket leaves, drizzled with olive oil, and sprinkled with flaky sea salt, embodying the elegance of understated flavours.

Ingredients

- Yuzu koshu (yuzu juice, yuzu peel, truffle oil) 5 ml · apanese Mayo 8 grams
- Rocket leaves 30 grams Chilli threads 1 gram

· Maldon salt to taste

Take a tortilla sheet and grill it till crispy.

- Spread yuzu-kosho-truffle sauce on a tortilla sheet.
- 3. Slice avocado and spread all over tortilla
- Toss rocket leaves with salt, pepper, lemon juice, olive oil, and a little honey.
- Place marinated rocket salad on top of avocado.
- 6. Garnish with chilli thread and Japanese







The Tribune • 14 Jul • Ministry of Ayush Coming up, 50-bed critical care centre in Manimajra

1,2 • PG 368 • Sqcm

1109859 • AVE

893.04K • Cir

Bottom Center, Top Center

Chandigarh

Coming up, 50-bed critical care centre in Manimajra

Centre sanctions ₹24 cr, UT earmarks 2 acres for the facility

NITIN JAIN

CHANDIGARH, JULY 13

Decks have been cleared for the setting up of the muchawaited 50-bed critical care hospital at Manimajra here.

While the Union Government has sanctioned Rs 24 crore, the UT Administration has allotted 2-acre land for the new health facility.

In a significant step towards strengthening health infrastructure in Chandigarh, the Union Ministry of Health and Family Welfare had approved the 50-bed critical care hospital under the Pradhan Mantri Ayushman Bharat Health Infrastructure Mission (PM-ABHIM) in January 2022.

"This initiative is part of the Government of India's ambitious vision to build resilient health systems and strengthencritical care services across the country," a senior official told The Tribune.

Punjab Governor and Chandigarh Administrator Gulab Chand Kataria has approved the allotment of 2acre land in Pocket 14 of Manimajra for the project.

Following Kataria's nod,



COLLABORATIVE EFFORTS: KATARIA

"The project is a testament to the collaborative efforts between the Centre and the UT Administration in enhancing public health services, especially in the wake of lessons learnt during the Covid-19 pandemic. It underscores the government's commitment to ensuring accessible and quality critical care services at the local level, "said Gulab Chand Kataria, Punjab Governor-cum-UT Administrator.

the UT Estate Department has earmarked the site along the 200-foot-wide road leading to the IT Park free of cost and has placed it at the disposal of the Health Department. The land has been allocated under the provisions of Clause 5 of allotment of land to various bodies on a leasehold basis in Chandigarh Scheme 2005.

"The site has been ear-

marked for the setting up of a critical care block (50-bedded under PM-ABHIM) as proposed and recommended by the Chief Architect, Department of Urban Planning, Chandigarh Administration," the Joint Secretary Estates wrote to the Estate Officer, while noting that the ownership of the site shall remain with the Chandigarh Administration and the Health

COMPREHENSIVE FACILITIES

- The upcoming critical care hospital will be a comprehensive facility equipped with emergency and intensive care units (iCUs), isolation wards, operation theatres (OTs), labour-deliveryrecovery rooms (LDRs) with newborncare corners, imaging facilities, dietary services, and the Central Sterile Services Department (CSSD) with a mechanised laundry.
- The infrastructure will also include essential systems such as the medical gas pipeline system, oxygen generation/supply units, air handling units (AHUs), and robust infection prevention and control mechanisms.

Department will utilise the site for the construction of the critical care block only.

The Manimajia region, which includes population residing in areas like Mauli Jagran, rehabilitation colonies and the IT Park, lacks adequate secondary and tertiary-level health facilities except a 100-bed sub-district hospital.

The official disclosed that CONTINUED ON PAGE 2



Coming up, 50-bed critical care centre...

Rs 23.75 crore had been sanctioned for this project and the work on the new facility would begin shortly.

CENTRAL PROJECT

To strengthen the public health infrastructure so that it could effectively manage and respond to any future pandemics and outbreaks, Prime Minister-Ayushman Bharat Health Infrastructure Mission (PM-ABHIM) was announced in Budget 2021-22 on February 1, 2021. It is a Centrallysponsored scheme with some Central sector components, for the implementation of the Atma Nirbhar Bharat Package for the health sector as announced by the Finance Minister in May 2020.

The objective of the scheme is to fill critical gaps in health infrastructure, surveillance and health research—spanning both the urban and rural areas—so that the communities are Atma Nirbhar in managing such pandemic/health crises. It is the largest Pan-India scheme for public health infrastructure since 2005.

RS 64,180-CR OUTLAY:

Under the scheme, the total financial outlay for the scheme period (2021-22 to 2025-26) is Rs 64,180 crore including ME and PMU cost out of which Rs 54,204.78 crore is for implementation of Centrally-sponsored scheme components and Rs 9,339.78 crore for the implementation of Central sector components.



The Daily Guardian • 14 Jul • Ministry of Ayush National Institute of Ayurveda to holdfree health camp on Sushruta Jayanti

14 • PG 164 • Sqcm 16350 • AVE N/A • Cir Top Right

Chandigarh

National Institute of Ayurveda to hold free health camp on Sushruta Jayanti

TDG NETWORK

PANCHKULA

National Institute of Avurveda, Panchkula (Ministry of Ayush, Government of India) is organizing a one-day free health camp on the occasion of Sushruta Jayanti on 15th July 2025. The camp is being conducted by the Department of Shalya Tantra and will take place from 10:00 AM to 2:00 PM at OPD No. 104, Mata Mansa Devi Shrine Board Complex, Sector 5-D, Panchkula, Haryana, under the esteemed guidance of Hon'ble Vice Chancellor Prof. Sanjeev Sharma.

This special health camp will offer free diagnostic services, including a Bone Mineral Density (BMD) Test and a Neuropathy Test using Biothesiometry. The BMD Test is an essential tool for assessing bone strength and density, helping in the



diagnosis of conditions such as osteoporosis, evaluating fracture risk, and monitoring the effectiveness of treatments. The Neuropathy Test is a non-invasive diagnostic procedure used to detect peripheral neuropathy, especially in patients with conditions like diabetic neuropathy. Early detection through this test can lead to better management and prevention

of complications.

This initiative reflects the commitment of the National Institute of Ayurveda to promote preventive healthcare and early diagnosis, in line with the holistic principles of Ayurveda. All citizens, especially senior citizens and diabetic patients, are encouraged to attend and benefit from these free health services.



The Daily Guardian • 14 Jul • Ministry of Ayush 234 PEOPLE GET HEALTH CHECK-UP AT FREE MEDICAL CAMP AT MORNI

13 • PG 321 • Sqcm 32061 • AVE N/A • Cir Top Left

Chandigarh

234 PEOPLE GET HEALTH CHECK-UP AT FREE MEDICAL CAMP AT MORNI

TDG NETWORK MORNI

A free medical camp was organized in Kalka by the Pandit Kedarnath Sharma Hospital and Charitable Trust. The camp was held at Government Senior Secondary School, Tikkar Hills, Morni.

Doctors and medical staff from Paras Hospital participated in the camp, including Dr. Robin Barwal (Orthopedics), Dr. Naresh Sharma (Medicine), nurses Mrs. Sonia and Mrs. Riya, and Vinod Kumar (Manager, Paras Hospital). Also present were Dr. Yoginder Kumar from Civil Hospital, Sector-6, Panchkula; Mr. Jeet Singh from CHC Raipur Rani; and other team members, who conducted health check-ups for the attendees.

A total of over 234 patients availed the free medical

FREE MEDICAL CAMP BENEFITS 234 IN MORNI



Shakti Rani Sharma interacting with a Kalka resident during the camp in Morni on Sunday

- Free medical camp held at Tikkar Hills, Morni.
- Over 234 patients received check-ups and medicines.
- Paras and Civil Hospital doctors participated.
- Orthopedic, eye, and blood tests conducted.
- MLA Shakti Rani Sharma addressed public concerns.

services. These included 86 cases related to general ailments, 49 related to orthopedic issues, 66 eye patients, and 33 individuals who underwent blood tests. Alongside the tests, free medicines were also provided to the patients.

Such free medical camps are regularly organized in different parts of the Kalka constituency by MLA Shakti Rani Sharma. The MLA personally attends each camp, interacts with the people, and inquiries about their health, and listens to their concerns.

Immediate efforts are often made to resolve issues raised by the public during these camps.

Issues related to Happy Cards, Ayushman Cards, and Family IDs were also addressed during the camp, and new Happy Cards were issued on-site.



The Daily Guardian • 14 Jul • Ministry of Ayush IMA Doctors Day: Jitendra Singh remembers Dr BC Roy's legacy

6 • PG 248 • Sqcm 24759 • AVE N/A • Cir Middle Left

Chandigarh

IMA Doctors Day: Jitendra Singh remembers Dr BC Roy's legacy

AJAY JANDYAL

NEW DELHI/JAMMU

Paying rich tribute to legendary physician and former West Bengal Chief Minister Dr Bidhan Chandra Roy, Union Minister Dr Jitendra Singh on Sunday urged the medical fraternity to reclaim the trust and integrity that once defined the doctor-patient relationship.

Dr Singh, himself a noted Professor of Medicine and Diabetologist, was speaking as the chief guest at the Doctors Day celebration organised by the Indian Medical Association (IMA) in the capital. The event was attended by IMA National President Dr Dilip Bhanushali, President (Elect) Dr Anilkumar Navak, Former President Dr R.V. Asokan, and several senior leaders of the medical community from across the country.

Reflecting on Dr B.C. Roy's immense contribution to medicine and public life, Dr Singh said, "One of the greatest traits of Dr Roy was the unwavering trust he and his contemporaries commanded in society, without compromising on ethics. Dr Roy charged a consultation fee of over Rs 66 in the 1940s and nobody questioned it. Today, we must ask our-



selves — why has that trust eroded?"

Calling for deep introspection, he urged doctors to restore public faith and dignity in the profession, stressing that the changing perception stems not only from individual lapses but broader shifts in societal values.

Dr Singh described the IMA, founded in 1928, as a "pillar of Indian healthcare" representing over 3.3 lakh doctors across 1.750+ branches nationwide. He praised its founding visionaries, including Dr B.C. Rov. Dr M.A. Ansari, Sir Nil Ratan Sircar and Col. Bhola Nath, who were also active in India's freedom movement. Highlighting India's evolving healthcare challenges, Dr Singh noted the shift from infectious diseases to a dual burden of communicable and noncommunicable diseases. "We are a young country

with over 70% of the population under 42, yet ageing rapidly. Life expectancy has increased from around 50 years in the 1950s to over 70 years today," he said, calling for updated curricula and innovative models of medical practice. Dr Singh also advocated for a holistic healthcare approach, blending modern medicine with AYUSH systems, and highlighted voga's potential in managing chronic illnesses. "The time for doubt is over. The world is moving toward integrative medicine, not out of sentiment, but out of necessity," he said.

Citing recent scientific milestones — from gene therapy trials and indigenous antibiotics to India's growing biobanks — he said, "We are not catching up anymore; we are setting the pace," urging young doctors to embrace this momentum.



Free Press Journal • 14 Jul • Ministry of Ayush Yoga for straight backbone

26 • PG 364 • Sqcm 289371 • AVE 251.68K • Cir **Bottom Left**

Mumbai

Smita Das

ave you ever considered the benefits of a straight spine? A curved back is not only detrimental for spine? A curved back is not only detrimental for one's personality but it can also cause innumerable health issues. Especially in a fast moving life, a curved back or spine issues are commonly faced nuisances among people. A curved spine is often the result of wrong sitting postures or slouching. Spine health being one of the major health concerns since the past few decades, it is correctly said that the key to a healthy body lies in the health of your spine. So, is there a remedy for the people who are facing issues with their spine? Yes! Yoga comes to rescue for people with spine issues and it not only gives remedial measures but also helps one to discover a straight backbone. While a spinal issue can complicate one's life, some simple Yoga postures can be a natural treatment to a normal spine. Here are some yoga postures for a straight backbone -

Yoga for straight backbone

Balasana:
Balasana or the
Child's Pose is a resting
pose, like a curl up
which a child does. It
relaxes the spine and
stretches the lower
back. This pose can
be done before or
after any other Yoga
pose. It allows the
body to release tension
and can be very soothing.

and can be very soothing.

Tiryak
bhujangasana:
Tiryak Bhujangasana
or the Swaying Cobra Pose
also stretches the spine and
is done for strengthening
the spine. This resembles
the twisted form of Serpent
pose. It is also beneficial
in all other spine-related
problems and vertebral
columns. It strengthens columns. It strengthens and aids in the flexibility of the muscles of the upper

Bhujangasana: Bhujangasana also known as the Cobra Posture known as the Cobra Posture stretches the spine and is very effective for a healthy spine. This backbend pose resembles the posture of a cobra with its hood raised, when the upper trunk of the body is raised during the pose. The Cobra Pose is a powerful yora asana and powerful yoga asana and also strengthens the back.

Salabhasana:
Salabhasana or the Locust Pose is a simple backbend asana and is the most commonly recommended Yoga postures for beginners. It is a very effective pose to relieve tension in the spine. This Yoga asana also improves the overall body posture. Salabhasana is one of the best and most popular back strengthening yoga asanas.

Makarasana:

Makarasana or the Crocodile Posture is beneficial in all spine-related problems. This pose resembles a Crocodile resting in the water, keeping its neck and face above the water. This is a relaxing yoga asana which is perfect for back and shoulder problems. It reduces stress and back pain.

Cat-Cow Pose):
Marjariasana, commonly known as the Cat-Cow Pose, is a gentle flow between two poses that warms up the spine, increases its flow to consider the spine, including the spine, neck, and back muscles, while also relieving stress and tension in the body. Practicing this regularly helps in correcting spinal misalignments and improves overall spinal health. An ana Virasana:

Virasana iso

Divirasana also

Reclining Hero Pose is a basic restorative Yoga pose ensuring the back is absolutely straight. It provides relaxation and is done to correct the posture. The Reclining Hero pose also helps restore balance and equilibrium to the back and improves the lexibility of the and spine. Virasana:

Tadasana:

Tadasana or the Mountain Pose is a basic standing pose or rather the foundation pose for other yoga poses. This particular pose lengthens the spine. This simple pose helps to stand in the correct way and also corrects one's posture. Tadasana is said to be one of the best Yoga poses as it is simple yet effective. It also improves balance and boosts energy levels.

Uttanasana: Uttanasana also known as Standing Forward Bend pose is for keeping the spine strong and flexible. It is a yoga posture which involves intense stretching of the body muscles. This is one of the best asanas for strengthening the spine. Uttanasana also relieves tension in the spine, shoulder, neck and back. It helps calm the mind and reduce stress.



The Morning Standard • 14 Jul • Ministry of Ayush Fit Bit

2 • PG 610 • Sqcm 292905 • AVE 300K • Cir Middle Right

Delhi



UDARA SHAKTI VIKASAKA VII

(UPWARD FORWARD FOLD HANDS HIPS BELLOWS BREATH)

This is a breathing practice designed to strengthen the core and improve the functioning of abdominal organs. It activates the prana (life force), awakening the dormant energy and clearing blocked energy channels. It helps balance energy levels, bringing a sense of renewed vitality and clarity. It is a preparatory practice for advanced pranayama and meditation techniques.

STEPS

- Align in Ardha Uttanasana Hands On Back (Half Forward Fold Hands On Back). The upper body is in a halfway forward fold from the hips, with a flat back. The chin is away from the chest, hands are on the lower back, fingers pointing behind and thumbs in front, elbows pointing up, feet together. Stay here for a few breaths, preparing your mind for a breathing practice.
- Inhale deeply through your nose while keeping your eyes closed, if comfortable.
 Allow your belly to expand fully, filling it with air. Visualise the breath reaching down to the lower abdomen.
- Exhale fully through the nose, engaging the abdominal muscles. Draw the belly inwards toward the spine. Focus on actively contracting the belly during the exhale to empty the lungs.
- This is one round of Udara Shakti Vikasaka VII. Continue the practice, aiming for five to eight cycles. Ensure your breathing is smooth and controlled.
- Keep your shoulders relaxed and your spine long and neutral.
- To end the practice, inhale slowly and rise in Tadasana, relaxing your breath and body.
- Finally, release and relax in Tadasana Palms Facing Forward.

BENEFITS

- Improves digestive health and aims to maintain a healthy gut.
- Included in therapeutic yoga sequences.
- Alleviates issues like bloating, constipation, and sluggish metabolism
- Activates the abdominal cavity, aiding in removing toxins from the digestive tract.
- Alleviates pressure on the lower back, making it helpful for those with mild back discomfort.
- Focus on rhythmic breathing encourages mindfulness.
- Stimulates the Manipura Chakra, associated with personal power, vitality, and confidence.
- It can be included in yoga sequences for seniors, kids, teens, and sportspeople.
- Activates the parasympathetic nervous system.
- Helps awaken the Third Eye Chakra, promoting intuition and inner wisdom.
- Impacts both the hips and the psoas muscles, encouraging the release of tensions and stress.



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



The Asian Age • 14 Jul • Ministry of Ayush Arogya Mandirs upgraded, but challenges remain

2 • PG 141 • Sqcm 98478 • AVE 389.96K • Cir Bottom Center

Delhi

Arogya Mandirs upgraded, but challenges remain

MUSKAN SINGH and UTKARSHA NEW DELHI, JULY 13

Aimed at strengthening the primary healthcare infrastructure in the national capital, the Ayushman Arogya Mandirs, which was one of the poll promises of the BJP during the 2025 Delhi polls, are providing a broad range of services, including preventive, promotive, curative, rehabilitative, and palliative care.

One such centre on Babar Road in the heart of Delhi has recently undergone a facelift. Once a modest primary health centre, it now stands as a model Ayushman Arogya Mandir — cleaner, greener, and



A view of Ayushman Arogya Mandir located on Babar Road in New Delhi.

technologically upgraded to meet the growing healthcare demands of the community.

It provides free essential medicines and diagnostics and is equipped with departments catering to ayurveda, allopathy, and homeopathy, as well as a well-equipped maternity ward.

A family planning information centre has also been set up within the facility to counsel newly married couples, promoting informed reproductive health choices. Reflecting on the centre's impact, Dr R.N. Sharma, a senior ayurveda practitioner, emphasised,
"Ayurveda promotes wellbeing by addressing the root cause of diseases, not
just the symptoms."

But, despite these advancements, challenges remain. Basic infrastructure, such as examination tables is still missing, while congested cabins and poorly maintained washrooms for the specially-abled hamper service delivery. The physiotherapy lab also requires further enhancement to meet patient needs effectively.



The New Indian Express • 14 Jul • Ministry of Ayush UDARA SHAKTI VIKASAKA VII (UPWARD FORWARD FOLD HANDS HIPS BELLOWS BREATH)

2 • PG 621 • Sqcm 621130 • AVE 177.8K • Cir Top Right City Express

Bengaluru

FITBIT

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



The New Indian Express • 14 Jul • Ministry of Ayush UDARA SHAKTI VIKASAKA VII

2 • PG 661 • Sqcm 872220 • AVE 246.4K • Cir Top Right

Chennai

FITBIT

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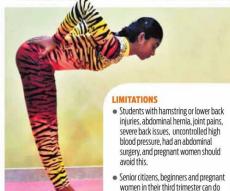
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it with a little space between their feet.



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



Punjab Express • 14 Jul • Ministry of Ayush

India, WHO forge global alliance for traditional medicine through Jamnagar initiative

6 • PG 805 • Sqcm 160922 • AVE 348.98K • Cir Top Center

Chandigarh

India, WHO forge global alliance for traditional medicine through Jamnagar initiative

The summit will be attended by global leaders, including Prime Minister Narendra Modi, and will showcase India's progress in the field. **Union Minister of** Ayurveda Pratap Rao Jadhav, who chaired the governing body meeting ahead of the institute's convocation ceremony, praised Jamnagar's enduring reputation in Ayurveda.

ndia and the World Health Organization (WHO) are working in unison in the field of traditional medicine, with the Institute of Teaching and Research in Ayurveda (ITRA) in Jamnagar, Gujarat, emerging as a key player in this global initiative.

The partnership, born out of a strategic discussion between Prime Minister Narendra Modi and WHO Director-General Dr. Tedros Adhanom Ghebreyesus, aims to promote evidence-based research, standardisation, and accessibility of traditional healing systems worldwide.

The Institute of Teaching and Research in Ayurveda (ITRA) is undergoing a dynamic revival as it reclaims its legacy as a global leader in traditional medicine.

The institute, which functions under the Ministry of Ayush, is now spearheading international efforts to promote evidence-based research and global collaboration in Ayurveda and other traditional healing systems.

Dr Geeta Krishna Gopalkrishna Pillai, Head of the Traditional Medicine Research and Evidence Unit of the ITRA, emphasised the significance of India's role in shaping the future of traditional medicine.

Speaking to IANS, she said that the institute was established following a pivotal discussion between Prime Minister Narendra Modi and the Director-General of the World Health Organisation. The goal was to create a global repository of research, progress,



and usage of traditional medicines, which, despite widespread use, often lack proper recognition and validation.

Dr Pillai noted that the sector had been neglected in the past, but the current momentum, driven by both the Indian government and WHO, is rapidly changing that.

Research on various traditional drugs is yielding promising results, and a comprehensive library is being developed to house global data on traditional medicine, making it accessible to researchers and practitioners worldwide.

Currently staffed by a small team of eight to nine researchers, the institute plans to expand to 24 members within six months. The Government of India is also supporting the construction of a new centre to accommodate this growth. A major milestone will be the second Global Summit on Traditional Medicine.

scheduled for September 2025 in Delhi.

The summit will be attended by global leaders, including Prime Minister Narendra Modi, and will showcase India's progress in the field. Union Minister of Ayurveda Pratap Rao Jadhav, who chaired the governing body meeting ahead of the institute's convocation ceremony, praised Jamnagar's enduring reputation in Ayurveda.

He affirmed that the city continues to lead the world in Ayurvedic research and education, and that the upcoming summit will further cement India's position as a global hub for traditional medicine.

With renewed international collaboration and institutional support, ITRA is poised to drive a decade of transformative growth in traditional medicine, blending ancient wisdom with modern scientific rigour.



Yugmarg • 14 Jul • Ministry of Ayush

India's Ayush innovations featured in WHO brief on Ai Traditional Medicine

8 • PG 1030 • Sqcm 213296 • AVE 185K • Cir Top Center

Chandigarh

India's Ayush innovations featured in WHO' brief on AI in traditional medicine

n a significant milestone for global healthcare innovation, the World Health Organization (WHO) has released a technical brief titled "Mapping the Application of Artificial Intelligence in Traditional Medicine", acknowledging India's pioneering efforts in AI with traditional medicine systems, particularly Ayush systems. The release follows India's proposal on the subject, leading to the development of WHO's first-ever roadmap for applying AI in traditional medicine, the AYUSH Ministry said in a release on Saturday. The WHO publication not only validates India's growing influence in the global traditional medicine landscape but also acknowledges several key Indian innovations in the AI and Ayush space.

The document showcases a range of AI-driven applications in Ayurveda, Siddha, Unani, Sowa Rigpa, and Homoeopathy, including diagnosis support systems that integrate traditional methods, such as pulse reading, tongue examination, and Prakriti assessment, with machine learning algorithms and deep neural networks. These efforts are enhancing diagnostic accuracy and enabling personalised preventive care. One of the standout features in the WHO brief is the mention of Ayurgenomics, a scientific breakthrough that combines genomics with Ayurvedic



principles. This initiative aims to identify predictive disease markers and personalise health recommendations using AI-based analysis of Ayurvedic constitution types. The document also highlights efforts to decode the genomic and molecular basis of herbal formulations for repurposing in modern disease conditions—a major leap in integrating traditional wisdom with contemporary science.

India's initiatives to digitise traditional knowledge, such as the Traditional Knowledge Digital Library (TKDL), are praised as global models for the preservation and responsible use of indigenous medical heritage. Furthermore, AI-powered tools are being used for cataloguing and semantic analysis of ancient texts, enabling easier access to time-tested therapeutic knowledge.

Another critical aspect recognised by the WHO is the use of AI for drug action pathway identification, comparative studies across systems like Ayurveda, TCM, and Unani, and the development of artificial chemical sensors to assess traditional parameters such as Rasa, Guna, and Virya. These technological interventions are helping validate and modernise traditional formulations. The document also applauds India's broader efforts in incorporating digital platforms for online consultations, promoting digital literacy among Ayush practitioners, and building interoperable systems to integrate traditional medicine with mainstream healthcare.

The Ministry of Ayush welcomes this recognition as a testament to India's leadership in creating a robust scientific ecosystem for traditional medicine. It also reaffirms the country's commitment to fostering global collaboration and responsible innovation, as envisioned under WHO's broader framework for AI and traditional medicine. Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, said, "The WHO document highlights several pioneering AI-driven innovations led by India, ranging from predictive diagnostics using Prakriti-based machine learning models to the groundbreaking Ayurgenomics project that brings together Ayurveda knowledge and modern genomics."

"At the core of this digital transformation is the Ayush Grid-a comprehensive digital health platform launched in 2018, which serves as the foundation for several citizen-centric initiatives such as the SAHI portal, NAMASTE portal, and the Ayush Research Portal. Together, these AI-enabled platforms are not only preserving and validating India's traditional knowledge systems of medicine but are also advancing their global integration within evidence-based, digital healthcare frameworks," Kotecha added.



Yugmarg • 14 Jul • Ministry of Ayush

Ayurvedic juice langar organised by devotees of Gurudwara Singh Sabha

9 • PG 395 • Sqcm 81867 • AVE 185K • Cir Bottom Right

Chandigarh

Ayurvedic juice langar organised by devotees of Gurudwara Singh Sabha

YAGYADUTT SHASTRI PEHOWA, JULY 13

On behalf of the devotees of Gurudwara Singh Sabha, an Ayurvedic juice langar was organized outside Baba Makhan Shah Gurudwara on Guhla Road on Sunday. This was served to passersby between 7 am and 8 am in the morning. Giving information about this, Jasbir Singh Jassi, the leading sevadar of Gurudwara Makhan Shah Gurudwara, said that this Ayurvedic juice langar was started on June 24 by the team of all the sevadars including Gurudwara Singh Sabha's sevadar S. Joginder Singh Bedi, which was going on continuously till date. Last Sunday, this juice langar was organized outside the Saraswati temple. Joginder Bedi said that this juice langar was organized daily by Gurudwara Singh Sabha on Kurukshetra Road between 7 am and 8 am in the morning, which will continue for the next two months. He told that various types of vegetables and leaves have been used in this



Ayurvedic juice langar which included bitter gourd, bottle gourd, tomato, cucumber, spinach, raw turmeric, mint, green coriander, lemon, aloe vera, beetroot, amla, ash gourd, ginger, neem leaves, curry leaves, sugar leaves, giloy, guava and jamun leaves.

Sevadar Joginder Bedi said that Ayurvedic juices were proving beneficial for people's health in many ways. With their help, immunity was strengthened and digestion also improved. Along with liver function, skin also remained healthy. Along with this, if there was any stomach related problem including gas, indigestion, constipation, pimples, then they must included this Ayurvedic juice in their diet. On this occasion, many sevadars including Baba Varyam Singh, Avtar Singh, Raghuveer Singh, Lakhwinder Singh, Chatar Singh, Khajan Singh, Niranjan Singh, Jasbir Jassi, Trilok Singh, Advocate Veerbhan Bakhli were present.



The Statesman • 14 Jul • Ministry of Ayush Yoga helps manage chronic diseases, says Union Minister

3 • PG 597 • Sqcm 107382 • AVE 225K • Cir Top Left

Delhi

Yoga helps manage chronic diseases, says Union Minister

Jitendra Singh stresses urgent need for holistic and integrated approach to healthcare

STATESMAN NEWS SERVICE

NEW DELHI, 13 JULY

nion Minister for Science and Technology, citing the example of yoga as an effective tool in managing chronic diseases, called for integration of medical system.

Speaking at the Doctors' Day celebration organised by the national body of the Indian Medical Association at its headquarters in Delhi on Sunday, Singh called for dissolving silos between different systems of medicine, encouraging openness to integration rather than skepticism. The Minister empha-



sized the urgent need for a holistic and integrated approach to healthcare, blending modern allopathic medicine with AYUSH systems and cutting-edge technological advancements.

"The time for doubt is

over. The world is moving toward integrative medicine — not out of sentiment, but out of necessity," he added.

Singh also called upon doctors to introspect and adapt in current times, which is defined by rapid technological changes. He emphasised the importance of "unlearning and relearning" in an era defined by rapid technological change, including AI-assisted surgery, robotic diagnostics, and telemedicine.

Paying rich tributes to Dr Bidhan Chandra Roy, the world-renowned physician and doyen of medical academics, Union Minister Jitendra Singh invoked Dr B C Roy's legacy to emphasise the importance of restoring doctor-patient trust which was the hallmark of Dr Roy's era in the first half of the 20th century.

Addressing the audience of medical professionals,

Singh said, "One of the greatest traits of Dr. Roy was the unwavering trust he and his contemporaries commanded in society, without compromising his consultation fee or ethics." Calling doctor-patient trust epitome of medical practice during Dr Roy's time, he recalled how no one questioned a consultation fee of over 66 in the 1940s.

Singh urged the medical fraternity to reclaim the dignity, integrity, and social faith that once defined the noble profession, while emphasizing that the changing perception of doctors stems not from individual failings alone but from larger shifts in societal values.



Deccan Herald • 14 Jul • Ministry of Ayush Apollo AyurVAID to expand pan-India in FY26

10 • PG 256 • Sqcm 307274 • AVE 1.4M • Cir Middle Right

Bengaluru





The Goan • 14 Jul • Ministry of Ayush Yoga for straight backbone

9 • PG 907 • Sqcm 135989 • AVE 200K • Cir **Bottom Left**

Goa

Smita Das

ave you ever considered the benefits of a straight spine? A curved back is not only detrimental for one's personality but it issues. Especially in a fast moving life, a curved back or spine issues are commonly faced nuisances among people. A curved back or spine issues are commonly faced nuisances among people. A curved spine is often the result of wrong sitting postures or slouching. Spine health being one of the major health concerns since the past few decades, it is correctly said that the keep to a healthy body lies in the health of your spine. So, is there a remedy for the people who are facing issues with their spine? Yes! Yoga comes to rescue for people with spine issues and it not only gives remedial measures but also helps one to discover a straight backbone. While a spinal issue can complicate one's life, some simple Yoga postures can be a natural treatment to a normal spine. Here are some yoga postures for a straight backbone normal spine. Here are some yoga postures for a straight backbone -

Yoga for straight backbone

Balasana: Balasana or the Child's Pose is a resting pose, like a curl up which a child does. It which a child does. It relaxes the spine and stretches the lower back. This pose can be done before or after any other Yoga pose. It allows the body to release tension and can be very soothing.

bhujangasana:
Tiryak Bhujangasana
or the Swaying Cobra Pose
also stretches the spine and
is done for strengthening
the spine. This resembles
the twisted form of Serpent
pose. It is also beneficial
in all other spine-related
problems and vertebral
columns. It strengthens
and aids in the flexibility of
the muscles of the upper
back.



■ Salabhas

Salabhasana:
Salabhasana or the Locust Pose is
a simple backbend asana and is the
most commonly recommended Yoga
postures for beginners. It is a very
effective pose to relieve tension in the
spine. This Yoga asana also improves
the overall body posture. Salabhasana
is one of the best and most popular
back strengthening yoga asanas.

Makarasana:

Makarasana:
Makarasana or the Crocodile Posture
is beneficial in all spine-related problems.
This pose resembles a Crocodile resting in
the water, keeping its neck and face above
the water. This is a relaxing yoga asana
which is perfect for back and shoulder
problems. It reduces stress and back pain.

Virasana:
Virasana also
Dipularly known as the
Reclining Hero Pose is
a basic restorative Yoga
pose ensuring the back
is absolutely straight. It
provides relaxation and
is done to correct the
posture. The Reclining
Hero pose also helps
restore balance and
equilibrium to the back **Marjariasana** (Cat-Cow Pose): Marjariasana, commonly known as the Cat-Cow Pose, is a gentle flow between that warms up the spine, increases its flexibility, and promotes better posture. The arbonate and involves arching and rounding the back movement stretches and strengthens the spine, neck, and back muscles, while also relieving stress and tension in the body. Practicing this equilibrium to the back and improves the flexibility of the tension in the bod Practicing this regularly helps in correcting spinal misalignments and improves overall spinal health.

Tadasana:
Tadasana or the Mountain
Pose is a basic standing pose
or rather the foundation
pose for other yoga poses.
This particular pose lengthens the spine. This simple pose helps to stand in the corrects way and also corrects one's posture. Tadasana is said to be one of the best Yoga poses as it is simple yet effective. It also improves balance and boosts energy levels.

Uttanasana:

Uttanasana:
Uttanasana also known
as Standing Forward Bend
pose is for keeping the
spine strong and flexible.
It is a yoga posture which
involves intense stretching
of the body muscles. This is
one of the best asanas for
strengthening the spine. strengthening the spine. Uttanasana also relieves tension in the spine, shoulder, neck and back. It helps calm the mind and reduce stress.

health.



Deshbandhu • 14 Jul • Ministry of Ayush Training given with guest lecture in NCC training camp

10 • PG 174 • Sqcm 146468 • AVE 325.52K • Cir Middle Center

Delhi

एनसीसी प्रशिक्षण शिविर में अतिथि व्याख्यान के साथ दिया गया प्रशिक्षण

ग्रेटर नोएडा,13 जुलाई (देशबन्धु)। 31वीं उ.प्र. कन्या वाहिनी एनसीसी का दस दिवसीय संयुक्त वार्षिक प्रशिक्षण शिविर गौतम बुद्व विश्वविद्यायल

में चल रहा है। रविवार को सुबह योगा एवं व्यायाम के साथ प्रारम्भ हुआ उसके बाद हथियार की जानकारी, ड्रिल, मेप रीडिंग, फील्ड क्राफ्ट, सिमुलेटर फायरिंग का प्रशिक्षण दिया गया एवं प्रतियोगी भावनाओं को विकसित करने के लिये बास्केटबाल एवं वॉलीबाल प्रतियोगिताओं को भी कराया



गया। शिविर का सप्तम दिवस हर्षोल्लास के साथ सम्पन्न हुआ। इस दौरान एनसीसी कैडिटस के लिए अतिथि व्याख्यान का आयोजन किया गया, जिसमे पी एण्ड जी की अंजली द्वारा स्वच्छता उत्पादों के बारे में एनसीसी कैडेटों को विस्तृत जानकारी देते हुए उनके लाभों एवं स्वास्थ्य हितों के बारे जागरूक किया एवं उत्पादों का वितरण किया गया।



Rashtriya Sahara • 14 Jul • Ministry of Ayush Asia pacific yogasan sports championship ke liye chuni gayi Vanya

2 • PG 167 • Sqcm 242964 • AVE 390K • Cir Middle Right

Delhi

एशिया पेसिफिक योगासन स्पोर्ट्स चैम्पियनशिप के लिए चुनी गई वान्या

नई दिल्ली (एसएनबी)। जब संकल्प अडिंग हो और साधना निष्कलंक, तो उम्र वाधा नहीं वनती। यही प्रमाण है दिल्ली की सात वर्षीय योग साधिका वान्या शर्मा का, जो आज भारत की सबसे कम उम्र की योग प्रतिनिधि वनकर तीसरी एशिया पेसिफिक योगासन स्पोर्ट्स चैम्पियनशिप 2025 में भारत का प्रतिनिधित्व करने के लिए पूरी तरह तैयार है। यह प्रतिष्ठित अंतरराष्ट्रीय प्रतियोगिता आगामी तीन सितम्बर को मलेशिया में होगी।

वान्या अब तक 14 विश्व रिकॉर्ड बना चुकी है, जिनमें शामिल है- दो वर्ष की उम्र में कठिनतम 14 योगासनों का प्रदर्शन (इंडिया वुक ऑफ रिकॉइसी), विशेष बच्चों को योग सिखाने वाली सबसे कम उम्र की बालिका (इंडिया वुक ऑफ रिकॉर्ड्स) ग्लोबल योगा आइकॉन की उपाधि (यूनिवर्सल बुक ऑफ वल्ह्स रिकॉइ्स) शामिल हैं। इन उपलिब्यों के साथ-साथ वान्या को अब तक 100 से अधिक राष्ट्रीय और अंतरराष्ट्रीय पुरस्कारों से नवाजा जा चुका है। वान्या को डॉ. एपीजे अब्दुल कलाम अवार्ड, रतन टाटा मेमोरियल अवार्ड, योग वीर सम्मान, अटल गौरव सम्मान, राष्ट्रीय रत्न सम्मान, ग्लोबल फेम अवार्ड और श्रहीद भगत सिंह नोवल अवार्ड से भी नवाजा जा चुका है।

वान्या को यह अद्भुत मार्गदर्शन मिला है उनके माता-पिता से योगाचार्य हेमंत शर्मा और हिमानी शर्मा से, जिनकी साधना, संस्कार और प्रेरणा ने वान्या की प्रतिभा को एक ऊंचाई दी। आज वान्या न सिर्फ एक योग साधिका है, विल्क किल्क फाउंडेशन और योगासन स्पोर्ट्स फेडरेशन की ब्रांड एम्बेसेडर भी है जो यह सिद्ध करता है कि वह केवल योग सीखने वाली नहीं, विल्क योग को विश्व भर में फैलाने की दिशा में अग्रणी भूमिका निभा रही है। भारत की यह नन्ही योगा



क्वीन अब विश्व मंच पर तिरंगा लहराने के लिए संकल्पबद्ध है। पूरे देश की दुआएं और गर्व भरी निगाहें वान्या पर टिकी है।



Rashtriya Sahara • 14 Jul • Ministry of Ayush Maspeshiyo ke liye vardaan Natrajasan

12 • PG 283 • Sqcm 411579 • AVE 390K • Cir Top Center

Delhi





Rashtriya Sahara • 14 Jul • Ministry of Ayush Arogya expo va 15vi arogya sangoshti sampann

3 • PG 35 • Sqcm 51188 • AVE 390K • Cir Middle Left

Delhi

आरोग्य एक्सपो व 15वीं आरोग्य संगोष्ठी संपन्न

नई दिल्ली। नमो गंगे ट्रस्ट की ओर से प्रगति मैदान में आयोजित तीन दिवसीय आठवें अंतरराष्ट्रीय स्वास्थ्य एवं आरोग्य एक्सपो 2025 एवं 15वीं आरोग्य संगोप्ठी का समापन भव्य समारोह के साथ हुआ। केंद्रीय आयुप मंत्रालय के संयुक्त सचिव एवं आयर्वेद के सलाहकार डा. मनोज नेसारी, राष्ट्र मंदिर के अजय भाई, मिस मणिपुर सारंगथेम निरुपमा, नमो गंगे ट्रस्ट के संस्थापक विजय शर्मा, राष्ट्रीय संयोजक अजय वर्मा सहित अन्य वक्ताओं ने अपने विचार रखे। इसमें स्वास्थ्य, आयुर्वेद और प्राकृतिक चिकित्सा से जुड़े विभिन्न क्षेत्रों को एक मंच पर अपने अनुभवों को साझा किया।



Amar Ujala • 14 Jul • Ministry of Ayush International swasthya avam arogya expo sampann

2 • PG 48 • Sqcm 100914 • AVE 564.4K • Cir Middle Left

Delhi

अंतरराष्ट्रीय स्वास्थ्य एवं आरोग्य एक्सपो संपन्न

नई दिल्ली। आयुर्वेद, योग सहित अन्य विषयों पर चर्चा के लिए आयोजित तीन दिवसीय 8वां अंतरराष्ट्रीय स्वास्थ्य एवं आरोग्य एक्सपो रविवार को संपन्न हो गया। भारत मंडपन में आयोजित कार्यक्रम के अंतिम दिन रविवार को आयुष मंत्रालय के सलाहकार (आयुर्वेद) डॉ. मनोज नेसारी, दिल्ली के विधायक रविंदर सिंह नेगी, राष्ट्र मंदिर से अजय भाई, मिस मणिप्र सारंगथेम निरुपमा सहित अन्य उपस्थित रहे। नमो गंगे ट्रस्ट के संस्थापक चेयरमैन विजय शर्मा ने कहा, अगला संस्करण भी भारत मंडपम में आयोजित होगा। व्यूरो



Dainik Bhaskar • 14 Jul • Ministry of Ayush Shopal main maidoor fawade se cement rait ki tareh mila

Bhopal main majdoor fawade se cement rait ki tareh mila rahe hai Sitopaladi jaisi ayurvedic dawaye

10 • PG

387 • Sqcm

480455 • AVE

446.92K • Cir

Middle Left

Chandigarh

धोखा • मप्र की 40% सरकारी आयुर्वेदिक डिस्पेंसरियों में यहीं से सप्लाई

भोपाल में मजदूर फावड़े से सीमेंट-रेत की तरह मिला रहे हैं सितोपलादि जैसी आयुर्वेदिक दवाएं

विकास लिल्हारे | भोपाल

भोपाल के बरखेड़ा पठानी स्थित लघु वनोपज प्रसंस्करण एवं अनुसंधान केंद्र में बनाई जा रही आयुर्वेदिक दवाएं सवालों के घेरे में हैं। यहां प्रदेश की 40% सरकारी आयुर्वेदिक डिस्पेंसिरयों में सप्लाई के लिए दवाएं तैयार होती हैं, लेकिन बनाने का तरीका न गुणवत्ता मानकों पर खरा उतरता है, न चिकित्सा की गरिमा पर। चूर्ण बनाने के लिए रखी गईं 25 लाख की दो मशीनें महीनों से ताले में बंद हैं। नतीजा- मजदूर फावड़े से सीमेंट-रेत की तरह चूर्ण मिला रहे हैं। सितोपलादि, त्रिफला समेत खांसी, पेट दर्द, कब्ज, अपच जैसी बीमारियों की दवाएं इसी तरह बनाई जा रही हैं।





एक्सपर्ट बोले- ऐसे बने चूर्ण से तो बीमारी हो सकती है

आयुर्वेदिक कॉलेज में भैषज्य कल्पना पं. खुशीलाल शर्मा और रसशास्त्र विभाग के एचओडी डॉ. राजिकशोर पित ने इसे खतरनाक बताया। उनका कहना है, 'दवा बनाने में एक-एक माप और मिश्रण सटीक होना जरूरी है। मजदूरों का काम सिर्फ सीमित मात्रा में कच्चा माल पीसना है, न कि फावड़े से चूर्ण मिलाना। अगर इसमें धूल, मिट्टी, पसीना या गंदगी मिली तो यही बीमारी का कारण बन सकती है।



Aaj Samaj • 14 Jul • Ministry of Ayush Monsoon mein ayurved diet apnaye: Dr Madhumita Krishnan

11 • PG 160 • Sqcm 24043 • AVE 898.28K • Cir Middle Left

Delhi

मानसून में आयुर्वेद डाइट अपनायें : डॉ मधुमिता कृष्णन

नई दिल्ली। मानसून में त्वचा बेजान हो जाती है और इसमें कोई ग्लो नहीं दिखता। लोग अक्सर बाहरी उपाय अपनाते हैं, जो थोड़ी देर राहत देते हैं, लेकिन बार-बार इस्तेमाल से दाने, काले धब्बे या खुजली हो सकती है। आयुर्वेद विशेषज्ञ डॉ. मधुमिता कृष्णन सलाह देती हैं कि त्वचा और पूरे शरीर के स्वास्थ्य के लिए प्राकृतिक तरीके अपनाएं। वे कहती हैं कि स्वस्थ खाना खाएं और बादाम, हर्बल चाय और हल्दी जैसे प्राकृतिक चीजों को अपनी डाइट में शामिल करें। आयुर्वेद के मुताबिक, सही खानपान शरीर के तीन दोषों-वात, पित्त और कफ-को संतुलित करता है, जिससे त्वचा स्वस्थ और चमकदार बनती है, क्योंकि अच्छी त्वचा के लिए अच्छा पाचन जरूरी है।बादाम वात दोष को संतुलित करने की क्षमता रखते हैं। यह मौसम के असंतुलन को ठीक करते हैं और शरीर को मजबूती प्रदान करते हैं, जिससे सभी ऊतकों को ऊर्जा और ताजगी मिलती है। आयुर्वेद की पारंपरिक तैयारियों में बादाम का महत्वपूर्ण स्थान है, जो पूरे भारत में लोग अपनाते हैं।



Aaj Samaj • 14 Jul • Ministry of Ayush

Yuva hai desh ka bhavishya, Yuva swasthya hoga toh samaj, Pradesh aur desh karega tarakki: CM Saini

4 • PG 663 • Sqcm 99474 • AVE 898.28K • Cir Top Left

Delhi

युवा हैं देश का भविष्य, युवा स्वस्थ होगा तो समाज, प्रदेश और देश करेगा तरक्कीः सीएम सैनी

चंडीगढ़। हरियाणा के मुख्यमंत्री नायब सिंह सैनी ने कहा कि करीव साढ़े 10 वर्षों से नशे की समस्या के खिलाफ कमारे वुवा पूर्ट हरियाणा प्रदेश में एक चूट होकर कार्य कर रहे हैं। पिछले दिनों पूरे हरियाणा में नशे के खिलाफ साइक्तोंबॉन वाजा निकाली हह, जिसमें करीव साढ़े 7 लाख से ज्यादा युवाओं ने भाग लिया। साथ ही प्रदेश के विभिन्न जिलों में मैराधन का आयोजन किया जा हा है।

मुख्यमंत्री नावब सिंह सेनी र्यंबवार सुबह केवल में अंबाला रोड पर आवोजित हाम स्थापन को हो हो अवोजित हाम स्थापन को हो ही दिखाने से पूर्व हजारों की संख्या में इस आयोजन में भग ले रहे अतिभागियों को संबोधित कर रहे थे। हॉफ मेंपायों को संबोधित कर रहे थे। हॉफ मेंपायों की कांड एंबेसडर पैरालंपिक पटक विजेता हर्याबंदर सिंह व पर्वतारोंकों रोना भड़ी ने भी हाफ मेंपायन में भाग लिखा।



मुख्यमंत्री ने स्वयं भी दौड़ लगाकर युवाओं को स्वस्थ रहने व नशे के खिलाफ एकजुट होने के लिए प्रेरित किया, ताकि प्रदेश को पूरी तरह से नशा मक्त किया जा सके। उन्होंने कहा कि नशा एक ऐसी बुग्रई है, जो व्यक्ति को ही नहीं, पूरे परिवार और समाज को खोखला कर देती है। यह न केवल शागिरिक और मानसिक स्वास्थ्य को प्रभावित करता है, बल्कि सामाजिक

ताने-बाने को भी कमजोर करता है।
मुख्यमंत्री नायब सिंह सैनी ने कहा कि
हमारे युवा देश का भविष्य हैं। उन्होंने
युवाओं से आह्वान किया कि आज वे
संकल्प लें कि वे न तो स्वयं नशा

करेंगे और दूसरों को भी नशा न करने के लिए जागरूक करेंगे।

उन्होंने कहा कि नशा समाप्त होगा तो हमारा युवा स्वस्थ होगा और समाज, प्रदेश और देश प्रगति के पथ पर आगे बढ़ेगा। प्रधानमंत्री नरेंद्र मोदी का वर्ष 2047 तक विकसित भारत बनाने का विजन है, जिसे पूरा करने में युवाओं का अहम योगदान रहेगा।

उन्होंने कहा कि नशा मुक्त हरियाणा सिर्फ एक नारा नहीं है, बल्कि यह हम सबका संकल्प है। इसको पूरा करने के लिए सभी को मिलकर प्रयास करना होगा।

उन्होंने कहा कि आज के कार्यक्रम में भाग ले रहे हजारों की संस्था में स्कूल-कॉलेज के विद्यार्थी, खिलाड़ी, पुलिस के जवान, स्वयंसेवकों को देखकर उन्हें विश्वास है कि हिरियाणा को नशा मुक करने का हमारा सप्ता अवश्य सकार होगा। मुख्यमंत्री नायब सिंह सैनी ने कहा कि खुवाओं को स्वस्थ रखने व उन्हें नशे को लत से दूर रखने के लिए प्रदेश में खेल सुविशाओं का विस्तार किया है। इसके साथ-साथ हरियाणा उदय कार्यक्रम के तहत पैराधन जैसे जायोजन करके दुवाओं को नशे से दूर रहने के लिए प्रेरित किया जा रहा है। इसके अलावा कल्वों और युवाओं को नशे करो के लिए एक कर्मक्रम धाकड़ स्कूल, कॉलेज, प्रीविश्वधालय और अन्य शैधणिक संस्थानों के स्तर पर राह्न किया गया है। उन्होंने कहा कि मुख्यमंत्री आउटविच कार्यक्रम के तहत पुलिस व जनता के बीच सहयोग व सामंजस्य प्रेर स्थापित करने के लिए ऐसे और भी इर

स्थापा करने के एहिए से जार ने कार्यक्रम आयोजित किए जाएँगे। उन्होंने कहा कि प्रदेश सरकार द्वारा लोगों को नशें के खिलाफ जागरूक करने के साथ-साथ नशें के कारोबार में सॅलिम लोगों के खिलाफ सज्ज कार्रवाई भी की जा रही है। उन्होंने अभिभावकों से आह्वान किया कि वे अपने बच्चों को समय दें। अगर कोई युवा गलत संगत में पड़ जाए तो उसे उस गर्त से निकालने का प्रयास करें। युवाओं संग दौड़े मुख्यमंत्री

मुख्यमंत्री नायन सिंह सेनी ने भी युवाओं के साथ दौड़ लगाई और प्रतिभागियों का हौसला बढ़ाया। इसके उपरांत मुख्यमंत्री ने रात्में में लगाए गए स्टालों का अब्दलेकन किया। उन्होंने आयोजन स्थल पर पहुंच कर विजेता प्रतिभागियों को पुरस्कृत किया।

ये रहे मौजूद इस अक्सर पर विश्वायक स्तपाल जाम्बा, पूर्व राज्यमंत्री कमलेश ढांडा, पूर्व विश्वायक लीला राम, कुलबर्ग बाजीगर, मुख्यमंत्री के विशेष कार्यकारी अधिकारी (कम्यूनिटी, पुलिसिंग एवं आउटरीच) पंकज नैन, जिला प्रशासन से डींग्सी प्रास्त्री अस्था मोदी मौजुद रहें।



Virat Vaibhav • 14 Jul • Ministry of Ayush Swasthya arogya expo ka samapan

3 • PG 80 • Sqcm 95784 • AVE 625K • Cir Middle Right

Delhi

स्वास्थ्य-आरोग्य एक्सपो का समापन



वैभव न्यूज 🖿 नई दिल्ली

प्रगति मैदान नई दिल्ली में आयोजित 8वें अंतरराष्ट्रीय स्वास्थ्य एवं आरोग्य एक्सपो 2025 तथा 15वीं आरोग्य संगोष्ठी का समापन शनिवार को हुआ। नमो गंगे ट्रस्ट द्वारा आयोजित इस आयोजन ने स्वास्थ्य,आयुर्वेद और प्राकृतिक चिकित्सा से जुड़े विभिन्न क्षेत्रों को एक मंच पर लाकर शानदार सफलता प्राप्त की। समापन दिवस पर कई प्रतिष्ठित अतिथियों ने अपनी उपस्थिति से समारोह की शोभा बढ़ाई जिनमें प्रमुख रूप से सलाहकार आयुर्वेद सांयुक्त सचिव भारत सरकार के समकक्ष आयुष मंत्रालय,

विधायक रविंदर सिंह नेगी, राष्ट्र मंदिर के संयोजक अजय भाई, मिस मणिपुर सारंगथेम निरुपमा शामिल रहे। यह एक्सपो पारंपरिक चिकित्सा, योग, आयुर्वेदिक उत्पादों, और वैश्विक स्वास्थ्य समाधानों का संगम रहा, जिससे जनमानस को लाभ पहुंचा। समापन के अवसर पर आयोजक एवं नमो गंगे टस्ट के संस्थापक चेयरमैन विजय शर्मा एवं राष्ट्रीय संयोजक अजय वर्मा ने घोषणा किया की अगला संस्करण भी 2026 में प्रगति मैदान में आयोजित किया जाएगा जो पहले से भी अधिक व्यापक और वैश्विक स्वरूप में प्रस्तुत होगा।



Dina Karan • 14 Jul • Ministry of Ayush

Arignar Anna Government Siddha Hospital treats 2000 cancer patients annually, Siddha doctor informs

14 • PG

502 • Sqcm

639416 • AVE

1.45M • Cir

Bottom Center

Chennai

அறிஞர் அண்ணா அரசு சித்த மருத்துவமனையில்

டுதோறும் 2000 புற்றுநோயாளிகள் பயன்

சென்னை, ஜூலை 14: அரும் பாக்கம் அறிஞர் அண்ணா அரசு சித்த மருத்துவமனை யில் மாதம்தோறும் 200 முதல் 250 புற்றுநோயாளி களுக்கு சிகிச்சை அளிக்கப் படுவதாகவும், ஆண்டுக்கு 2000 பேர் சிகிச்சை பெற்று பயனடைகின்றனர் என் றும் சித்த மருத்துவர் வெண் தாமரை செல்வி கூறினார்.

அரும் பாக்கத் தில் உள்ள அறிஞர் அண்ணா அரசு சித்த மருத்துவமனை வளாகத்தில் அமைந்துள்ள இந்திய மருத்துவம் மற் றும் ஒமியோபதி துறை அணையரகத்தில் நூற்றுக் கணக்கான அரிய சித்த மருத்துவ ஒலைச்சவடிகள் பாதுகாக்கப்பட்டு வரு இறது. சித்தர் அகத்தியர், புலிப்பாணி, தேரையர் திரு மூலர், போகர் முதலிய 18 சித்தர்களால் எழுதப்பட்டு படி எடுக்கப்பட்ட ஓலைச் சுவடிகள் இங்கு உள்ளது.

இந்த ஆயிரக்கணக்கான லைச்சுவடிகள் அனைத் துமே தமிழ் மொழியில் உள் ளது. இந்த ஓலைச்சுவடி. மற் றும் தமிழகத்தில் பல்வேறு ஓலைச்சுவடிகளிலிருந்து படியெடுக்கப்பட்ட பல சித்த மருத்துவ நூல்களில் புற்றுநோய் பற்றிய குறிப் புகளும் அதற்கான சித்த மருத்துவ முறைகளும் கூறப் பட்டுள்ளது.

அகத்தியர் வைத்திய வல்லாதி 600, அகத்தியர் வைத்திய காவியம் 1500, புவிப்பாணி 500, போகர் கன்ம காண்டம், யூகிவைத் திய சிந்தாமணி முதலியவை அவற்றுள் மிகவும் குறிப்பி

சித்த மருத்துவர் தகவல்



டத்தக்கவைகளாகும். இந்த நூல்களில் மார்பக புற்று நோய், யோனி புற்று நோய், கன்னப்புற்று நோய், வாயப் புற்று நோய், ஆசனப்புற்று நோய் என்று நூற்றுக்கும் மேற்பட்ட புற்று நோய் களுக்கான சித்த மருந்துகள் குறித்து கூறப்பட்டுள்ளது.

மேலும் சித்த மருத்து வத்தில் புற்று நோய்களுக்கு கூறப்பட்டி ருக்கும் அரிய வகையான விலை யுர்ந்த மருந்துகளான பூரண சந்திரோதயம், ஷயகுலாந் தக செந்தூரம், இரசகெந்தி மெழுகு, இடிவல்லாதி, நந் தமெழுகு, வெள்ளி பற்பம், கரிசாலை கற்பம், வெள்ளை எண்ணெய் போன்ற மருந் துகள் அரும்பாக்கம், அரசு சித்த மருத்துவமனையில் புற்று நோய்க்கான சித்த மருத்துவ பிரிவில் இலவச மாக வழங்கப்படுகிறது.

மேற்கூறிய புற்று நோய்க் கான சித்த மருந்துகள் தமிழ கத்தில் பல நூற்றாண்டுக னாக வழக்கில் உள்ளவை.

இவை அனைத்தும் சித்தர் கள் கூறியபடி இயற்கை யில் இருந்து பெறப்பட்ட மூலப்பொருட்களின் மூலம் தரமாக தயாரிக்கப்படுகி றது. இந்த சித்த மருந்துகள் அனைத்தும் மருந்து மற் றும் அழகு சாதன சட்டம் 1940ன்படி உரிமம் பெற்று தரச்சான் நிதழ் பெற்று தோயாளிக்கு வழங்கப்ப டுகிறது. புற்று தோய்க்கு சித்தர்கள் கூறிய மருந்துகள் அனைத்துமே நோய் எதிர்ப் பாற்றலை ஊக்குவிக்கும் காயகல்ப மருந்துகளாக செயல்படுகின்றது.

இது குறித்து அறிஞர் அண்ணா மருத்துவம னையின் சித்த மருத்துவர் வெண் தாமரை செல்வி கூறியதாவது:

இந்த மருத்துவமனை யில் உள்ள புற்று நோய்க் கான சித்த மருத்துவ பிரி வில் மாதம்தோறும் 200 முதல் 250 நோயாளிகள் பயன்பெறுகின்றனர். இங்கு ஒவ்வொரு வாரமும் புதன்

விலை உயர்ந்த மருந்துகள்

அண்ணா அரசு மருத்துவமனை யில் 35 ஆண்டுகளுக்கு முன்பு பூரண சந்திரோதயம் போன்ற விலை உயர்ந்த மருந்துகள் வழங்கப்பட்டது. தற்போது சித்த மருத்துவம் உட்கொள்ளும் புற்று நோயாளிகள் பயனடைய வேண்டும் என்ற ஒரே நோக்கத்துடன் பூரணசந்திரோதயம், வைகுலாந்தக செந்தூரம் போன்ற தங்கம் சேர்ந்த விலையுர்ந்த மருந்துகளை சித்த மருத்துவதுறைக்கு இந்திய மருத்துவம் மற்றும் ஒமியோபதித் துறை ஆணையர் மு.வீஜயலட்சுமி மற்றும் தமிழ்நாடு அரசு மருத்துவமனை சார்பில் பெற்று தரப்பட்

கிழமை மற்றும் வெள்ளிக் இழமைகளில் காலை 7.30 மணி முதல் 12 மணி வரை புற்று நோயாளிகளுக்கான சித்த மருத்துவ சிகிச்சை பிரிவு இயங்கி வருகிறது.

மருந்து களை தொடர்ந்து உட்கொள்வ தன் மூலம் வலி குறைக் கப்படு கிறது. நோயின் வீரியத்தை கட்டுப்படுத்து கிறது. அதுமட்டுமல்லால் பசி, தூக்கமின்மை, எடை குறைவு, வாழ்நாள் நீட் டிப்பு போன்றவை சீராக இருக்க உதவுகிறது. மேலும் சிகிச்சை மேற்கொள்ளும் நோயாளிகளிடம் சிறந்த முன்னேற்றம் காணப்படு கின்றது.

வயுதின் காரணமாக புற்று நோயில் அறுவை சிகிச்சை மேற்கொள்ள முடியா தவர்கள், ஃமோ தெரபியை தாக்குப் பிடிக்க முடியாதவர்கள், ஃமோ தெரபியைமேற்கொள்ளும்

தரமான சிகிச்சை

கடந்த 2019ம் ஆண்டு 514, 2020ம் ஆண்டு 389, 2021ம் ஆண்டு 567, 2022ம் ஆண்டு 555, 2023ம் ஆண்டு 921, 2024ம் ஆண்டு 2,262 பேர் என கடந்த 6 ஆண்டுகளில் புற்றுநோயி னால் பாதிக்கப்பட்ட 5,208 பேர் இங்கு சிகிச்சை பெற்றுள்ளனர். ஆரம்பத்தில் சென்னை, செங்கல்பட்டு, காஞ்சி புரம், திருவள்ளூர் மாவட்டங்களில் இருந்து மட்டுமே சிகிச்சை பெற்ற நிலையில் தற்போது தரமான சிகிச்எ காரணமாக பல்வேறு மாவட்டங்களில் இருந்து நோயாளிகள் வருகின்றனர் என்பது குறிப்பிடத்தக்கது.

புற்று நோயாளிகள் தன் தோய் எதிர்பாற்றலை நன்கு பாதுகாக்க விரும்புபவர் களுக்கும் இங்கு சிகிச்சை மேற்கொள்கின்றனர்.

குடும்பத்தினர் யாரே னும் ஒருவர் புற்று நோ யால் பாதிக்கப்பட்டு இருந்தால் மற்ற உறப்பி னர்களுக்கு புற்றுநோய் வராமல் பாதுகாக்கும் பொருட்டு அவர்களுக்கும் மருந்துகள் வழங்கப்படு இந்து. மேலும் அவர்கள் மனதளவில் பாதிப்பு ஏற்ப டாத வகையில் மனதை ஒருநிலைப்படுத்த சித்தர் யோகப்பயிற்சியும், மருத் துவ ஆலோசனையும் வழங் கப்படுகிறது.

சித்த மருத்துவ அடிப் படை விதிப்படி நாடி பார்த்து தேகத்தின் அடிப்ப டையிலும் நோயின் தன் மைக் கேற்ப அவர்களுக்கு சித்தர் உணவு முறை பரிந்து ரைக்கப்படுகின்றது. நோய்

எதிர்ப்பாற்றலை அதிகரிக்க சித்தர்கள் கூறிய பஞ்ச முட்டி கஞ்சி வழங்கப்படு கின்றது.

புற்று நோயாளிகள் அதி கரித்துக் கொண்டிருக்கும் இந்த காலகட்டத்தில் தமிழ ரின் மருத்துவமாகிய சித்த மருத்துவம் ஒரு சிறந்த தீர் வாக அமையும் என்பதை அறிவியல் பூர்வமாக உல கிற்கு எடுத்துரைக்க வேண் டிய கடமை சித்த மருத்துவ துறைக்கு உள்ளது. இதனை முன்னெடுத்து செல்ல சித்த மருத்துவ துறையில் ஓலைச் சுவடி மூலம் புற்றநோய்க்கு சித்தர்களால் கூறப்பட்ட மருந்துகளை அறிவியல் ஆய்வுக்கு உட்படுத்த தமிழ் நாடு அரசு சார்பில் உலகத் தரம் வாய்ந்த ஆய்வுக்கூடம் அமைத்து தமிழ் மருத்துவ புற்றுநோய் ஆராய்ச்சிக்கு உதவிட வேண்டும்.

இவ்வாறு அவர் கூறி



Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Dainik Bhaskar	आंवले की खेती का प्रशिक्षण दिया	66.5M
2.	Dainik Bhaskar	आयुष शिविर में 337 लोगों का निशुल्क इलाज किया	66.5M
3.	Divyabhaskar	ફરિયાદોના ઢગલાં થયા: નવસારી મનપાને સરેરાશ રોજની મળતી 80 ફરિયાદ	10M
4.	Organiser	Ayurveda Meets Artificial Intelligence: India leads the world, says WHO	1.2M
5.	The Pioneer	The Yogic Science of Synchronisation	776.4K
6.	The Mobi World	MBCC 2025: Art of Living and IIT mandi jointly boost consciousness research and	N/A
7.	Tezzbuzz	MBCC 2025: Art of Living and IIT mandi jointly boost consciousness research and	N/A
8.	Medindia	Al Meets Ancient Wisdom: WHO Lauds India"s Ayush-Tech Revolution	N/A
9.	The Mobi World	Sugar reached 500 crosses also disappears! This green leaf is not a miracle, 50	N/A
10.	Tezzbuzz	Sugar reached 500 crosses also disappears! This green leaf is not a miracle, 50	N/A