Government of India
Ministry of Ayush
सत्यमेव जयते

MINISTRY OF AYUSH COMPILED MEDIA REPORT
15 Apr, 2025 - 26 May, 2025

Ayush Showcases India's Holistic Health Power at Osaka Expo

Total Mention 4237

Print	Financial	Mainline	Regional	Periodical
247	22	163	56	6

Online
3990

Print

No	Newspaper	Headline	Edition	Pg
1.	The Economic Times	Pills Peromotions and a Dose of Doubt	Chandigarh	1,10
2.	The Economic Times	India Partners WHO to Set Global Norms For Traditional Drugs	Jaipur + 2	4
3.	The Economic Times	Pills Promotions and a Dose of Doubt	Delhi	1,10
4.	The Economic Times	Unhealthy Demand for Supplements Despite Concerns	Jaipur	1,10
5.	The Economic Times	Yogic Physiology	Delhi + 2	6
6.	The Economic Times	INFRA, ACCESSIBILITY & HEALTH SERVICES BOOST TOURISM DEVELOPMENT	Jaipur + 1	7
7.	The Economic Times	Destination Uttarakhand	Delhi	7
8.	The Economic Times	So Long, Vacation! Time for Summer of Staycations	Chennai	1, 7
9.	The Economic Times	Exporting Indian Botany Worldwide	Jaipur + 2	5
10.	The Economic Times	Pay Later IBC Deals may Come Back to Future	Pune + 1	1, 9
11.	Business Standard	The scientific route to building credibility	Mumbai + 2	3
12.	Business Standard	THE SCIENTIFIC ROUTE TO BUILDING CREDIBILITY	Ahmedabad	3
13.	Business Standard	THE SCIENTIFIC ROUTE TO BULDING CREDIBILITY	Chandigarh	3
14.	Business Standard	Dabur to discontinue items to drive growth	Mumbai	3
15.	Mint	Ayush showcases India's holistic health power at Osaka Expo in Japan	Mumbai + 3	7
16.	Mint	CORPORATE BUZZ	Hyderabad + 1	7
17.	Mint	Counting calories You may want to watch the clock too	Mumbai	16
18.	The Financial Express	India partners with WHO to mainstream Ayush globally	Kolkata + 10	2
19.	The Business Guardian	Northeast Investors Summit 2025 draws Rs 4.3 lakh crore in investment pledges	Delhi	1
20.	The Business Guardian	GreenOpia Moringa Powder: Ayurvedic daily boost	Delhi	3
21.	Bizz Buzz	Weekly yoga podcast launched to promote holistic wellness	Hyderabad	8
22.	Bizz Buzz	CCRAS brings back two rare Ayurvedic manuscripts	Hyderabad	5

23.	The Times of India	KJ Somaiya Institute of Dharma Studies to host yoga event	Mumbai	13
24.	The Times of India	Study reveals economic toll of NCDs on Pb households	Chandigarh	5
25.	The Times of India	HOT WEATHER, COOL WORKOUTS	Delhi	4
26.	The Times of India	100 days in office: Delhi Govt to present report card	Chandigarh	18
27.	The Times of India	The rise of Walking yoga	Delhi	8
28.	The Times of India	Destination Uttarakhand	Delhi	4
29.	The Times of India	AYUSH POLICY 2023: Holistic healing, sustainable tourism	Chandigarh + 2	4
30.	The Times of India	How Well Are You Aging These Two Simple Tests Will Tell You	Delhi	18
31.	The Times of India	Homoeopathy colleges get one-year relaxation from NCH for faculty hiring	Pune	3
32.	The Times of India	Ayurveda-allopathy combo treatment: NIA Pkl to prescribe to new approach	Chandigarh	1
33.	The Times of India	Too busy to get fit Time to get creative	Delhi	2
34.	The Times of India	Punjab to set up 208 more Ayushman Arogya Kendras	Chandigarh	5
35.	The Times of India	NCTE introduces new ITEP courses in Yoga, Performing Arts, Sanskrit, PE	Delhi	2
36.	The Times of India	At my core, I am creative, and passion makes everything possible^	Chennai	2
37.	The Times of India	30 minutes of weight training can boost muscle growth	Delhi	4
38.	The Times of India	India to benefit from easier UK visa rules	Mumbai	19
39.	The Times of India	Simple moves for staying nimble in just 20 minutes	Delhi	5
40.	Hindustan Times	Ayush shows India's holistic health power at Osaka Exp	Delhi	20
41.	Hindustan Times	Over 1,000 entities register on Yoga Sangam	Delhi	20
42.	Hindustan Times	Integrated vision needed for healthy world: Modi	Chandigarh	8
43.	Hindustan Times	Ayurveda Day to be celebrated on September 23 every year	Noida + 2	21
44.	Hindustan Times	CM promises jobs for Mohalla Clinic staff in Arogya Mandirs	Delhi	6

45.	Hindustan Times	Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry...	Delhi	23
46.	Hindustan Times	Yoga asanas to calm your mind	Bengaluru	4
47.	Hindustan Times	Mock drills, air raid sirens, blackouts: Tricity tests its emergency readiness	Chandigarh	1
48.	Hindustan Times	Getting War Anxiety Here's What To Do	Noida + 2	2
49.	The Indian Express	CORPORATE BRIEFS	Delhi	18
50.	The New Indian Express	FITBIT	Chennai	2
51.	The New Indian Express	Free yoga class	Chennai	2
52.	The New Indian Express	UTKATASANA ARMS OUTSTRETCHED (CHAIR POSE ARMS UTSTRECHED)	Bengaluru	2
53.	The New Indian Express	GENIE SIT POSE	Chennai + 1	2
54.	The New Indian Express	Wellness centre inaugurated on college campus	Bengaluru	1
55.	The New Indian Express	JIVABALASANA	Bengaluru + 1	2
56.	The New Indian Express	BHUJANGASANA ARMS SPREAD VARIATION	Chennai	2
57.	The New Indian Express	BHUJANGASANA ARMS SPREAD VARIATION (SEAL POSE)	Bengaluru	2
58.	The New Indian Express	PARSVA TADASANA LEGS CROSSED	Chennai	2
59.	The New Indian Express	SAVASANA KNEES BENT HANDS IN ANJALI MUDRA	Chennai	2
60.	The New Indian Express	Event promotes wellness & sustainability with yoga	Bengaluru	1
61.	The New Indian Express	Five years on, proposal to amend act on misleading ads still on hold: RTI	Bengaluru	9
62.	The New Indian Express	SAVASANA KNEES BENT HANDS IN ANJALI MUDRA (CONSTRUCTIVE REST POSE HANDS IN ANJALI MUDRA)	Bengaluru	2
63.	The New Indian Express	Five years on, proposal to amend acton misleading ads still on hold: RTI	Bhubaneshwar	7
64.	The New Indian Express	HANUMANASANA FORWARD BEND (MONKEY POSE FORWARD BEND)	Bengaluru	2
65.	The New Indian Express	PARIVRTTA SUKHASANA VARIATION HASTA	Chennai	2
66.	The New Indian Express	PARIVRTTA SUKHASANA VARIATION HASTA (REVOLVED EASY POSE VARIATION)	Bengaluru	2
67.	The New Indian Express	PURVOTTANASANA SHOULDERS AERIAL (UPWARD PLANK POSE SHOULDERS AERIAL)	Bengaluru	2

68.	The New Indian Express	SETUBANDHA SARVANGASANA SACRUM BLOCK	Chennai	2
69.	The New Indian Express	SETUBANDHA SARVANGASANA SACRUM BLOCK (BRIDGE POSE SACRUM BLOCK)	Bengaluru	2
70.	The New Indian Express	VIRABHADRASANA III NAMASKAR MUDRA	Bengaluru + 1	2
71.	The New Indian Express	FIT BIT	Chennai	3
72.	The New Indian Express	TADASANA SIDE BEND STRAP POSE	Bengaluru	2
73.	The New Indian Express	VIPARITA KARNI BLOCK	Chennai	2
74.	The New Indian Express	CLEAR MISCONCEPTIONS, BREATHE FREE	Bengaluru	3
75.	The New Indian Express	VIPARITA KARANI BLOCK	Bengaluru	2
76.	The New Indian Express	MOMMY-SCAPES	Chennai	14
77.	Deccan Chronicle	Pact with WHO to help Ayush systems get global access	Chennai	1,5
78.	Deccan Chronicle	Human capital India's real arsenal as tensions simmer	Hyderabad	8
79.	Deccan Chronicle	PM lauds cancer awareness drive	Hyderabad	8
80.	The Asian Age	India partners with WHO to give Ayush a global recognition	Delhi	2
81.	The Asian Age	Modi chairs key meet of NDA states, pushes for 'sushasan	Delhi	1,4
82.	The Asian Age	City govt schools to teach digital detox & ancient wisdom	Delhi	2
83.	The Asian Age	Man Enough To Meditate	Delhi	10
84.	The Asian Age	PM chairs meet to give tourism push after Pahalgam hit	Delhi	1, 4
85.	The Pioneer	Caste census will pave way to provide rights and opportunities to most deprived sections of society:...	Chandigarh	3
86.	The Pioneer	India, WHO to mainstream Ayush globally, boosting traditional medicines	Chandigarh + 1	1
87.	The Pioneer	Cooperative insurance: Inclusion and Service	Delhi + 2	7
88.	The Pioneer	SWASTH GOA, SAMPOORNASEVA': REVOLUTIONISING HEALTHCARE DELIVERY AT CITIZENS' DOORSTEPS	Delhi + 1	10
89.	The Pioneer	Swasth Goa, Sampoornaseva': Revolutonising healthcare delivery at Citizens' doorsteps	Bhubaneshwar	10
90.	The Pioneer	Yoga is a way to unite body, mind and soul	Delhi	5

91.	The Pioneer	India reaffirms commitment to global health at WHA	Hyderabad	5
92.	The Pioneer	All stretched along the northern borders	Chandigarh	1
93.	The Pioneer	Global South impacted by health challenges: Modi	Hyderabad	5
94.	The Pioneer	AIIMS finds Pranayama reduces heart rate, stress	Delhi	5
95.	The Pioneer	How Vivekananda ignited a lifelong yoga journey	Delhi	5
96.	The Pioneer	Health authority skips ayurveda in Ayushman Bharat	Chandigarh + 1	1
97.	The Pioneer	A SOULFUL ESCAPADE	Delhi	3
98.	The Pioneer	MP integrates Yoga into tourism drive	Delhi	5
99.	The Pioneer	AYUSH Deptt in Haryana gears up for preparations of Intl Day of Yoga	Chandigarh	3
100.	The Pioneer	AAP slams BJP alleging dismissal of staffers in Mohalla clinics	Hyderabad	5
101.	The Pioneer	Haryana gears up for Yoga Day 2025 in Kurukshetra	Delhi	5
102.	The Pioneer	Centre declares Sep 23 as Ayurveda Day	Hyderabad	1
103.	The Pioneer	Centre declares September 23 as Ayurveda Day	Delhi	2
104.	The Pioneer	IDY 2025 to be globally inspiring: Ayush Minister	Delhi	4
105.	The Pioneer	CM inaugurates healthcare initiatives	Bhubaneshwar	2
106.	The Statesman	PM urges global participation in Yoga Day	Delhi	3
107.	The Statesman	Minister Ashish Sood distributes Ayushman cards in Janakpuri	Delhi	2
108.	The Statesman	Yogi calls for setting up of AYUSH colleges in every division of UP	Bhubaneshwar + 1	3
109.	The Statesman	India's pioneering yoga institute backs 'Yoga unplugged': Ayush ministry	Kolkata	9
110.	The Statesman	Ayurveda Day to be celebrated on 23 September every year	Delhi	3
111.	The Statesman	Ayush Ministry launches weekly yoga podcast	Delhi + 1	7
112.	The Statesman	Traditional medicine key to achieve universal health coverage: Ayush Ministry	Kolkata + 2	8
113.	The Statesman	Three new Ayush Hospitals to be set up in state : CM	Bhubaneshwar	3
114.	The Morning Standard	Fit Bit	Delhi	2
115.	The Morning Standard	Fit Bit	Delhi	2

116.	The Morning Standard	Fit Bit	Delhi	2
117.	The Morning Standard	Fit Bit	Delhi	2
118.	The Morning Standard	Fit Bit	Delhi	2
119.	The Morning Standard	Fit Bit	Delhi	2
120.	The Morning Standard	Five years on, proposal to amend act on misleading ads still on hold: RTI	Delhi	7
121.	The Morning Standard	Fit Bit	Delhi	2
122.	The Morning Standard	FIT BIT	Delhi	2
123.	The Morning Standard	What are the risks and benefits of intermittent fasting Is it equivalent to skipping breakfast?	Delhi	2
124.	The Morning Standard	Fit Bit	Delhi	2
125.	The Morning Standard	Fit Bit	Delhi	2
126.	The Morning Standard	FIT BIT	Delhi	2
127.	The Morning Standard	VIRABHADRASANA III NAMASKAR MUDRA	Delhi	2
128.	The Morning Standard	Fit Bit	Delhi	2
129.	The Morning Standard	Fit Bit	Delhi	2
130.	The Morning Standard	What do you have to say to youngsters who may get influenced to use steroids	Delhi	2
131.	Deccan Herald	Mental Health: What all your insurance covers	Bengaluru	11
132.	Deccan Herald	India and its expanding medical tourism	Bengaluru	2
133.	The Goan	Health benefits: Aloe vera	Goa	9
134.	The Goan	How to cultivate spiritual wellness in children	Goa	11
135.	The Goan	Amla for Skin: The secret to clear glow	Goa	11
136.	The Goan	Tips to quickly reduce inflammation in the body	Goa	11
137.	The Goan	How to stop your mind from wandering while you meditate	Goa	9
138.	Daily Thanthi Next	India partners with WHO to mainstream Ayush globally	Chennai	6
139.	The Daily Guardian	PM MODI HAS SHOWN VISIONARY LEADERSHIP BY TAKING DECISION OF CASTE CENSUS: SAINI	Chandigarh	4
140.	The Daily Guardian	CHHATTISGARH'S BASTAR MODEL PRAISED AT NDA CMS' MEET	Chandigarh	5

141.	The Daily Guardian	Sakeena Itoo assures major healthcare, education upgrades	Chandigarh	6
142.	The Daily Guardian	How to keep the heart full	Delhi	15
143.	The Daily Guardian	Tailored skincare with Ayurveda: A guide to different skin types	Delhi	14
144.	The Daily Guardian	Tailored skincare with Ayurveda:A guide to different skin types	Chandigarh	16
145.	The Daily Guardian	INCLUSION, COLLABORATION KEY TO HEALTHY WORLD	Chandigarh	1, 5
146.	The Daily Guardian	FOOD AND NUTRACEUTICALS FOR A HEALTHY PREGNANCY: BUILDING BLOCKS FOR MOM AND BABY	Delhi	14
147.	The Daily Guardian	WARNING SIGNS IGNORED: HOW DIET IS DRIVING ABDOMINAL CANCERS	Delhi	10
148.	The Daily Guardian	Boost your immunity: Essential steps for better health	Delhi	10
149.	The Daily Guardian	The health of medicine	Delhi	14
150.	The Daily Guardian	Blending science and tradition: Precision oncology meets Ayurveda in cancer care	Delhi	6
151.	The Daily Guardian	Pollution-Proof Your Hair: Benefits of Henna Cream in Urban Environments	Delhi	14
152.	Punjab Express	Scientific validation of traditional medicine crucial: Ayush Secretary	Chandigarh	6
153.	Punjab Express	Anganwadi workers & helpers entitled to free treatment up to Rs 5 lakh annually under Ayushman Bhara...	Chandigarh	3
154.	Punjab Express	Global South impacted by health challenges, India's approach offers Sustainable models: PM Modi	Chandigarh	1
155.	Punjab Express	India's orthopaedic, cardiac implant industry to reach $5 billion by FY 28	Chandigarh	6
156.	Punjab Express	Delhi Minister Sood distributes Ayushman cards to Janakpuri senior citizens	Chandigarh	7
157.	Punjab Express	Integrated AYUSH colleges to be set up in every division of UP: Adityanath	Chandigarh	7
158.	Punjab Express	Centre designates September 23 as new National Ayurveda Day	Chandigarh	6
159.	Punjab Express	Traditional medicine key to achieve universal health coverage: Ayush Ministry	Chandigarh	6
160.	Punjab Express	Spread message of holistic well-being through yoga worldwide: Ayush Minister	Chandigarh	6

161.	Punjab Express	CCRAS revives rare ayurvedic manuscripts to boost India's literary heritage	Chandigarh	6
162.	The Sunday Standard	Fit Bit	Delhi	2
163.	The Sunday Standard	Fit Bit	Delhi	2
164.	The Sunday Standard	Fit Bit	Delhi	2
165.	Trinity Mirror	SRMIST and CCRH sign MoU for drug standardisation	Chennai	8
166.	The Hindu	New drugs arrive on the block, but AMR threats continue	Delhi	22
167.	The Hindu	Karnataka CM flags 'decline' in Central funds for schemes	Hyderabad	5
168.	The Hindu	ENTERPRISE CONNECT	Delhi	15
169.	The Hindu	Yoga conclave in Delhi	Delhi	2
170.	The Hindu	Hey pal , you gut this	Chennai	4
171.	The Hans India	Lax implementation of Central schemes in TG: Ex-MLA to FM	Hyderabad	5
172.	The Hans India	India's radiology sector booms with AI and remote monitoring advancements	Hyderabad	13
173.	The Hans India	Society needs to unite to eradicate Thalassemia: Kishan Reddy	Hyderabad	5
174.	Yugmarg	Future Generali Launches Health Unlimited a health Insurance that offers unlimited benefits	Chandigarh	10
175.	Eastern Chronicle	RGU successfully hosts YOGOTSAV-2025 countdown programme with enthusiastic participation	Kolkata	2
176.	Free Press Journal	Sep 23 to be National Ayurveda Day	Mumbai	2
177.	Free Press Journal	2 ancient ayurveda texts revived	Mumbai	1
178.	Free Press Journal	Surat to host night cyclothon for healthy, obesity-free state	Mumbai	19
179.	Pune Mirror	New initiative unveiled	Pune	9
180.	Political & Business Daily	Traditional medicine key to achieve universal health coverage: Ayush Ministry	Bhubaneshwar	2
181.	Political & Business Daily	Delhi govt plans to sponsor Ayurveda start-ups, host global summit: Rekha	Bhubaneshwar	10
182.	Political & Business Daily	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	4

183.	The Tribune	Ayush ministry launches weekly podcast on yoga	Chandigarh + 1	12
184.	The Tribune	Doctor shortage ails healthcare in Muktsar	Chandigarh	2
185.	Millenniumpost	Delhi govt plans to sponsor Ayurveda start-ups, says CM	Delhi	3
186.	Silicon India	THE HEALTHCARE REVOLUTION: WHAT 2025 MEANS FOR PATIENTS & PROVIDERS	National	16,17,18
187.	Travel + Leisure	Local Flavours, Global Stays	National	16, 17, 18, 19
188.	GQ India	Summer Reboot	National	33, 34, 35, 36
189.	Business Today	THE NEW ERA OF INSURANCE	National	1, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53
190.	Outlook Business	We are enabling both [public and private] sectors to flourish	National	120, 121
191.	Fortune India	A Deep Curiosity And Great Courage To Explore New Horizons	National	1, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27
192.	Samachar Jagat	India signs historic agreement with WHO on traditional medicine interventions	Jaipur	4
193.	Pioneer Hindi	Partnership with WHO to take AYUSH to the global stage	Delhi	1
194.	Pioneer Hindi	CDO ki uastithi mein ayush samiti ki hui baithak	Delhi	8
195.	Amar Ujala	Scholarship alert	Delhi	17
196.	Amar Ujala	2.49 lakh people get Ayushman Card	Delhi	4
197.	Hindustan	Ayushman card ke liye aaj shivir lagega	Delhi	2
198.	Hindustan	Ayushman card ke liye aaj camp lagega	Chandigarh	2
199.	Hindustan	Arogya Mandir ke liye sthan chaynit	Delhi	3
200.	Hindustan	Arogye Mandir ke liye sathaan chaynit	Chandigarh	3

201.	Hindustan	Swasth sector main Indian modal anukarniye: Modi	Chandigarh	8
202.	Hindustan	Dhai lakh logo ko mila ayushman card :Pankaj	Chandigarh	8
203.	Hindustan	2.5 lakh people get Aysuhman card	Delhi	8
204.	Aaj Samaj	International Yoga Day	Delhi	8
205.	Aaj Samaj	International Yoga day	Delhi	9
206.	Aaj Samaj	Yo, ayurved v natural treatment ko apnaye nagrik	Delhi	4
207.	Virat Vaibhav	Purane dard ke liye Aushdhiye bhanga ka istemaal karne valo ki sanhiya badi	Delhi	2
208.	Virat Vaibhav	Yog, Ayurved ve prakartik chikitsa ko apnaye nagrik	Delhi	11
209.	Virat Vaibhav	Ayurved se jude startup ko prayojit karne ki yojna bana rahi delhi sarkar: Rekha Gupta	Delhi	3
210.	Dina Malar	Mumbai people are interested in yoga on a moving train	Chennai	4
211.	Dina Malar	Dina Malar Nalam	Chennai	3
212.	Dina Malar	Dina Malar Nalam	Chennai	4
213.	Dina Mani	Siddha book tips !	Chennai	11
214.	Dainik Bhaskar	Request sent for recruitment of 1535 Ayush doctors	Jaipur	1
215.	Dainik Bhaskar	Ayush mantraley ne saptahik yog podcast launch kiya	Chandigarh	3
216.	Punjab Kesari	1,535 posts will be recruited on contract basis in Ayush department	Jaipur	3
217.	Punjab Kesari	PM Modi ke netritva mein vishva patal ko alokit kar raha ayurved: Rekha Gupta	Delhi	5
218.	Rashtriya Sahara	Ayush Mahavidhyalye in UP arear	Delhi	7
219.	Rashtriya Sahara	Abb Ayurced Diwas har saal manega 23, dep ko	Delhi	7
220.	Rashtriya Sahara	Now Ayurveda Day will be celebrated every year on 23rd September	Jaipur	7
221.	Rashtriya Sahara	Duniya mein ayurved purn vaibhav ke saath alokit: Rekha Gupta	Delhi	3
222.	Dainik Jagran	Jila Ayush Society ka registration jalad ho	Delhi	3
223.	Dainik Jagran	Kitna Gunkari Bel ka sewan	Chandigarh	5
224.	Nav Rashtra	Centre declares September 23 as 'Ayurveda Day	Mumbai	10
225.	Nav Rashtra	Centre declares September 23 as 'Ayurvedic Day	Pune	10

226.	Nav Rashtra	Appeal to farmers cultivating medicinal plants	Mumbai	12
227.	Nav Rashtra	Lose weight with Ayurveda	Mumbai	4
228.	Ei Samay	Ayurveda Day to be celebrated on September 23 every year	Kolkata	5
229.	Mid Day (Gujarati)	Has urine, once considered an elixir, now become dangerous	Mumbai	18, 19
230.	Jansatta	Central Governemnt annoinced 23 Sep as Ayurved Day	Delhi	19
231.	Dainik Savera	Punjab ke Odhogig ilako mein khulenge 8 Ayushman Arogye Kendra	Chandigarh	8
232.	Dainik Savera	Seharo mein khulenge 200 naye ayushman aarogye kendar	Chandigarh	3
233.	Navodaya Times	Ayush Ministry ne yog par shuru kiya saptahik Podcast	Delhi	9
234.	Saamana	Health Ministry employees also at work	Pune	6
235.	Veer Arjun	Ayurved se jude startup ko prayojit karne ki yojna bana rahi delhi sarkar: Rekha Gupta	Delhi	4
236.	Samaj	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	7
237.	Nitidin	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	1, 5
238.	Swadhikar	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	8
239.	Odisha Bhaskar	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	5
240.	Dharitri	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	5
241.	Pratidin	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	1
242.	Samaya	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	4
243.	Sandhyanand	Ayurvedic company's research boosts health	Pune	1
244.	Pragativadi	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	9
245.	Prameya	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	7
246.	Sambad	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	7

247.	Suryaprabha	CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare	Bhubaneshwar	3

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Pills Peromotions and a Dose of Doubt

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Chandigarh



Pills, Promotions and a Dose of Doubt

VC funding, influencers power India's supplements craze amid lingering safety concerns

Disha Acharya & Ajay Rag

Bengaluru | Mumbai: A decade ago, India's health supplements mostly meant vitamin C, iron and B12 tablets purchased at pharmacies after consulting a doctor.

Fast forward to 2025, and a whole new market has emerged — gummies to enhance your hair health, powders to boost collagen, liquid for gut, pills for women's perimenopause hormonal imbalance, magnesium tablets for better sleep, testosterone boosters, capsules with calming properties and vegan versions of all these.

The supplements wave in the country was sparked by increased health awareness after Covid-19 pandemic and powered by social media influencer marketing and a rush of venture capital (VC), according to industry executives and experts.

These products are being sold directly to consumers on ecommerce websites as well as quick-commerce apps, spawning a fast-growing segment within the health sector. But as gummies and pills become lifestyle staples, the line between wellness and pseudoscience is blurring. Most items are sold over the counter—with no prescription, no pharmacist and often no clarity on whether they actually work.

The result? A shelf full of products that look similar, promise big results and raise a critical question — how much of it is science, and how much social media hype?



Marketability over Efficacy? ▸▸ 10

Marketability over Efficacy?

▸▸ From Page 1

Here is a closer look at the key issues.

FUNDING BOOM

India's nutritional supplement industry, pegged at $47.92 billion in 2024, is projected to expand to $68.43 billion by 2030, at a compound annual growth rate of 8.1%, according to market research firm Research and Markets. The growth story has attracted both founders and venture capitalists. "Just after the Covid-19 pandemic, the evolution of these nutra products happened with immunity-building items. After seeing good acceptance from the audience and more usage of digital platforms (ecommerce and quick-commerce) to buy such products, brands started experimenting with their offerings," said Renu Bisht, founder of Commercify360, a Gurgaon-based brand consulting firm.

The funding numbers back this up. According to data firm Venture Intelligence, the sector raised more than $500 million between 2020 and May 2025. The latest in the line is Mumbai-based The Good Bug, a gut health startup that raised about $12 million in a round led by Susquehanna Asia Venture Capital, with Fireside Ventures participating.

Ankur Khaitan, principal at Fireside Ventures, emphasised the sharpening focus on science and research, along with innovation, in delivery formats. "As themes like women's health, longevity and bone health evolve, we are looking to double down on startups operating at the intersection of unmet consumer needs and science-led innovation," he said.

MARKETING MUSCLE OUTWEIGHING MEDICINAL VALUE?

Some health professionals are beginning to worry that the focus is shifting from effectiveness to aesthetics. "The wellness sector is booming in India, which is why a lot of companies are getting a lot of VC funding early on. They use a lot of that funding to basically not work so much on the formulation but more on the marketability of a product," said Poorvi Bhat Khandige, a Bengaluru-based naturopathic physician and nutritionist.

"Health supplement brands are heavily reaching out to influencers because the concept is fairly new in India," said Commercify 360's Bisht. "Brands are partnering with health influencers, doctors and fitness trainers for marketing in order to build the audience's trust. Some brands are spending 15-30% of their budget on influencer marketing."

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GROWING CONCERN

However, the marketing-first approach leads to many consumers buying the products without understanding them, and sometimes overusing them, leaving experts and nutritionists worried. "We've seen almost 200% growth month-on-month where protein is concerned, which is good and bad," said Avnish Chhabria, founder of Wellbeing Nutrition. "It's good, because everyone's gotten the sense and understanding of what they need to take. It's bad, because even people who are eating enough protein in a day are now overconsuming it, which could eventually lead to kidney problems." The lack of guidance regarding the usage of such products poses a real risk. In some cases, certain ingredients require specific lifestyle choices to be safe.

For instance, a Jaipur-based consumer used a popular nutrition brand's metabolically lean powder for more than a year before eventually stopping, after realising that some ingredients in the product required lifestyle adjustments. "The product has EGCG and ALA (epigallocatechin gallate and alpha-lipoic acid are ingredients typically used in weight loss products), both of which can cause issues if you're not active," the person said on condition of anonymity.

Additionally, some products may fall short of their promises. Hair gummies, for example, are marketed with the promise of improving hair health and making it stronger and shinier. However, according to Khandige, a nutritionist, many of these products don't contain a sufficient therapeutic dose to be truly effective.

REGULATION STILL A WORK-IN-PROGRESS

Even as the market expands, several leading brands are grappling with challenges tied to regulatory scrutiny, supply chain issues and shifting consumer expectations.

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Health experts have long called for stringent oversight. Recently, an inter-ministerial committee headed by former health secretary Apurva Chandra recommended that any supplement claiming to treat or mitigate a disease should be classified as a drug. That would bring such products under the Central Drugs Standard Control Organisation and subject them to stricter regulation.

The Economic Times • 26 May • Ministry of Ayush

India Partners WHO to Set Global Norms For Traditional Drugs

4 • PG | 160 • Sqcm | 24793 • AVE | 33.32K • Cir | Middle Center

Jaipur • Delhi • Chandigarh

India Partners WHO to Set Global Norms For Traditional Drugs

New Delhi: In a landmark development poised to transform the global standing of traditional medicine systems, an agreement has been signed between the Ministry of Ayush and the World Health Organization (WHO).

The agreement inked on Saturday marks the beginning of work on a dedicated Traditional Medicine module under the International Classification of Health Interventions (ICHI), the Ayush Ministry said in a statement. Highlighting the significance of this achievement during the 122nd episode of Mann Ki Baat on Sunday, PM Narendra Modi said, "Friends, something has happened in the field of Ayurveda... Just yesterday, i.e. on 24th May, an MoU was signed in the presence of WHO Director General and my friend Tulsi Bhai." "Along with this agreement, work has started on a dedicated traditional medicine module under the International Classification of Health Interventions. This initiative will help in making Ayush reach maximum number of people across the world in a scientific manner," he added. The ICHI, complementing the WHO's International Classification of Diseases (ICD-11), documents what treatments and health interventions are administered. —**PTI**

The Economic Times • 26 May • Ministry of Ayush

Pills Promotions and a Dose of Doubt

1,10 • PG | 1087 • Sqcm | 2831023 • AVE | 420.14K • Cir | Bottom Left,Top Center,Top Right

Delhi



Pills, Promotions and a Dose of Doubt

VC funding, influencers power India's supplements craze amid lingering safety concerns

Disha Acharya & Ajay Rag

Bengaluru | Mumbai: A decade ago, India's health supplements mostly meant vitamin C, iron and B12 tablets purchased at pharmacies after consulting a doctor.

Fast forward to 2025, and a whole new market has emerged — gummies to enhance your hair health, powders to boost collagen, liquid for gut, pills for women's perimenopause hormonal imbalance, magnesium tablets for better sleep, testosterone boosters, capsules with calming properties and vegan versions of all these.

The supplements wave in the country was sparked by increased health awareness after Covid-19 pandemic and powered by social media influencer marketing and a rush of venture capital (VC), according to industry executives and experts.

These products are being sold directly to consumers on ecommerce websites as well as quick-commerce apps, spawning a fast-growing segment within the health sector. But as gummies and pills become lifestyle staples, the line between wellness and pseudoscience is blurring. Most items are sold over the counter—with no prescription, no pharmacist and often no clarity on whether they actually work.

The result? A shelf full of products that look similar, promise big results and raise a critical question — how much of it is science, and how much social media hype?



Marketability over Efficacy? ▸▸ 10

Marketability over Efficacy?

▸▸ From Page 1

Here is a closer look at the key issues.

FUNDING BOOM

India's nutritional supplement industry, pegged at $47.92 billion in 2024, is projected to expand to $68.43 billion by 2030, at a compound annual growth rate of 8.1%, according to market research firm Research and Markets. The growth story has attracted both founders and venture capitalists. "Just after the Covid-19 pandemic, the evolution of these nutra products happened with immunity-building items. After seeing good acceptance from the audience and more usage of digital platforms (ecommerce and quick-commerce) to buy such products, brands started experimenting with their offerings," said Renu Bisht, founder of Commercify360, a Gurgaon-based brand consulting firm.

The funding numbers back this up. According to data firm Venture Intelligence, the sector raised more than $500 million between 2020 and May 2025. The latest in the line is Mumbai-based The Good Bug, a gut health startup that raised about $12 million in a round led by Susquehanna Asia Venture Capital, with Fireside Ventures participating.

Ankur Khaitan, principal at Fireside Ventures, emphasised the sharpening focus on science and research, along with innovation, in delivery formats. "As themes like women's health, longevity and bone health evolve, we are looking to double down on startups operating at the intersection of unmet consumer needs and science-led innovation," he said.

MARKETING MUSCLE OUTWEIGHING MEDICINAL VALUE?

Some health professionals are beginning to worry that the focus is shifting from effectiveness to aesthetics. "The wellness sector is booming in India, which is why a lot of companies are getting a lot of VC funding early on. They use a lot of that funding to basically not work so much on the formulation but more on the marketability of a product," said Poorvi Bhat Khandige, a Bengaluru-based naturopathic physician and nutritionist.

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The Economic Times • 26 May • Ministry of Ayush

Unhealthy Demand for Supplements Despite Concerns

1,10 • PG | 1087 • Sqcm | 168449 • AVE | 33.32K • Cir | Bottom Left,Top Center,Top Right

Jaipur



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The Economic Times • 23 May • Ministry of Ayush

Yogic Physiology

6 • PG | 224 • Sqcm | 583031 • AVE | 420.14K • Cir | Top Right

Delhi • Jaipur • Chandigarh

THE SPEAKING TREE

Yogic Physiology

NARAYAN SIRDESAI

Kundalini is the divine cosmic energy that is dormant in man. It is a power given to us by nature for our spiritual evolution. It is awakened by self-purification, yog, deep meditation and guru's grace.

Kundalini Tantra says our body has 114 chakras, or energy centres, in the pranamay kosh, energy body, of which, the seven main chakras — muladhar, swadhisthan, manipur, anahat, vishuddhi, ajna (third eye) and sahasrar — are aligned along the cerebrospinal axis. Each major chakra is associated with a nerve plexus and an endocrine gland and helps their functioning.

Emanating from the chakras are nadis, microscopic energy vessels, which carry pran, life force, to various parts of the body. The tantra says that fulfilment of yog lies in awakening the kundalini at muladhar chakra, bottom of the spine, and making it rise to sahasrar, crown of the head, through yog practices.

Kundalini is a transformative and alchemical energy. Scriptures equate kundalini, or 'Devi Shakti' that causes a metamorphosis in an individual, transforming a person with a caterpillar turning into a butterfly.

This transformation of the individual facilitates his spiritual evolution, leading to Self-Realisation. Hath Yog Pradipika says, 'The sleeping Parameshwari (Goddess Kundalini) rests at the kand, base of the spine. The awakening of this shakti is means of liberation to a yogi.'

The Economic Times • 22 May • Ministry of Ayush

INFRA, ACCESSIBILITY & HEALTH SERVICES BOOST TOURISM DEVELOPMENT

7 • PG | 3641 • Sqcm | 564404 • AVE | 33.32K • Cir | Bottom Left,Top Left

Jaipur • Chandigarh

Destination Uttarakhand

EMERGING SPIRITUAL AND WELLNESS CAPITAL OF INDIA



"Under the visionary guidance of PM Narendra Modi, Uttarakhand is evolving as a holistic tourism destination—spiritually uplifting, economically empowering, and globally inspiring. Our AYUSH Policy 2023, enhanced pilgrimage services, and schemes like the Deen Dayal Upadhyaya Homestay Yojana reflect our commitment to inclusive growth, cultural pride, and sustainable development. We welcome the world to experience the healing, heritage, and hospitality of Uttarakhand."

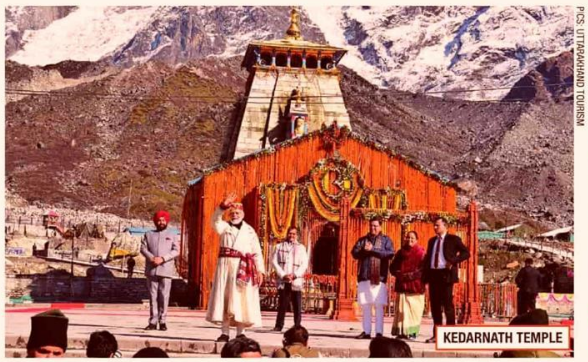
-Pushkar Singh Dhami, Chief Minister

PICS: UTTARAKHAND TOURISM



PROMOTING TOURISM, EMPOWERING RESIDENTS THROUGH HOMESTAYS

The Deen Dayal Upadhyaya Homestay Scheme transforms ordinary homes into tourism assets, thus offering tourists an experience while creating livelihood opportunities for the locals



KEDARNATH TEMPLE

PICS: UTTARAKHAND TOURISM

INFRA, ACCESSIBILITY & HEALTH SERVICES BOOST TOURISM DEVELOPMENT

Under the able leadership of Prime Minister Narendra Modi, Uttarakhand Chief Minister Pushkar Singh Dhami is actively promoting AYUSH Policy 2023, which envisions transforming Uttarakhand into a hub of health and wellness tourism

Often referred to as Devbhoomi or the Land of the Gods, Uttarakhand is home to some of the most revered pilgrimage places in India, notably the Chardham—Kedarnath, Badrinath, Gangotri, and Yamunotri—and Hemkund Sahib. These revered destinations draw lakhs of devotees every year, pursuing spiritual solace amidst the majestic Himalayas.

SPIRITUAL ESSENCE

The Chardham Yatra holds tremendous spiritual significance for Hindus. Kedarnath, devoted to Lord Shiva, and Badrinath, devoted to Lord Vishnu, are among the most holy temples in India. Gangotri and Yamunotri are the origins of the Ganges and Yamuna rivers respectively, and are associated with deity worship. Hemkund Sahib, located at a height of 4,572 metres in Chamoli district, is a revered Sikh pilgrimage site. It is believed that Guru Gobind Singh, the tenth Sikh Guru, meditated at this tranquil area encircled by seven snow-capped peaks and a glacial lake.

HEALTHCARE SUPPORT FOR PILGRIMS

Recognising the challenges posed by high altitudes and rough landscapes, the Uttarakhand government has greatly improved healthcare facilities for pilgrims. For the 2025 Chardham Yatra, new hospitals with 17 and 45 beds have been established in Kedarnath and Badrinath, respectively. Further, 25 specialist doctors are deployed along the yatra route.

To address altitude-related health issues, 20 medical relief posts and 31 health check-up centres have been set up. The state has also increased the number of ambulances to 154, including 17 advanced life-support units. Helicopter ambulances operated by AIIMS Rishikesh and boat ambulances at Tehri Lake are available for emergencies. Technological advancements include the upgraded e-Health Dham portal with a 'Get Help' button for immediate assistance. 'Point of Care Testing Devices' assess 28 critical health parameters on the spot. Compulsory health declarations help determine high-risk pilgrims before the journey.

INFRASTRUCTURE AND HELI SERVICES

To enhance accessibility, the Uttarakhand government has concentrated on improving infrastructure along the pilgrimage routes. Helicopter services have been facilitated, with the government encouraging pilgrims to book tickets only through the official IRCTC website to prevent scams. Besides, parking facilities for 1,495 vehicles have been arranged at 20 locations along the yatra route.

PILGRIMAGE TO HEMKUND SAHIB

The trek to Hemkund Sahib is difficult, involving a vertical 6 km climb from Ghangaria. To aid pilgrims, helicopter services between Govindghat and Ghangaria have been introduced, reducing travel time immensely. Given the high altitude, about one-third of pilgrims experience acute mountain sickness. To control this, augmented awareness drives and medical facilities are being emphasised.





I congratulate the Uttarakhand government on the remarkable progress achieved in the last few years. This has been made possible by sustained policy push and focus on key sectors such as tourism and renewable energy. Alongside, the state has made significant strides in infrastructure development, setting new benchmarks for sustainable growth. Uttarakhand's commitment to harnessing its natural resources and promoting tourism has not only bolstered its economy but also showcased its potential on the global stage. I applaud the state's dedication to inclusive development and look forward to its continued success in the years ahead."

-Narendra Modi, Prime Minister

DHAMI GOVT ENHANCING CONNECTIVITY, BOOSTING ECONOMIC GROWTH

RISHIKESH-KARNAPRAYAG RAIL PROJECT: The 125 km broad-gauge railway line between Rishikesh and Karnaprayag stands as an example in the evolution of the state's transportation infrastructure. Endorsed by the Ministry of Railways in 2010-11, the undertaking strives to enable comfortable entry to pilgrimage sites, link new business centres, and promote the evolution of backward regions. Traversing Dehradun, Tehri Garhwal, Pauri Garhwal, Rudraprayag, and Chamoli, the railway line will connect major towns like Devprayag, Srinagar, Rudraprayag, Gauchar, and Karnaprayag.

DELHI-DEHRADUN EXPRESSWAY: The 210 km expressway will lessen the travel duration between Delhi and Dehradun from the present 5 hours to just 2.5 hours. This six-lane highway, with the possibility for expansion to eight lanes, will not only ease traffic congestion but also promote residential and retail expansion along its course. A remarkable element of the Delhi-Dehradun Expressway is its wildlife corridor, which is a 12 km elevated flyover developed to save the local fauna.

AIR CONNECTIVITY: The Dehradun-Pithoragarh flight service ventured under the UDAN Regional Connectivity Scheme, has significantly cut the travel period between the two cities from 12-15 hours by road to just 60 minutes by air. This service improves connectivity between the Kumaon and Garhwal regions, promoting tourism and financial activities. Further, new flights from Dehradun to Ayodhya, Varanasi, and Amritsar have boosted the state's network.

The Deen Dayal Upadhyaya Homestay Scheme, officially known as the Deen Dayal Upadhyaya Griha Awaas Vikas Yojana, is a flagship endeavour by the government of Uttarakhand aimed at transforming tourism and empowering local residents. The scheme facilitates homestay accommodations across the state, enabling both domestic and global travellers to explore not only famous destinations but also isolated, lesser-known regions of Uttarakhand.

The main purpose of the scheme is to offer tourists hygienic, inexpensive, and culturally immersive accommodation prospects while simultaneously generating livelihood options for local citizens. Homestays allow visitors to experience the authentic culture, customs, and food of Uttarakhand, encouraging significant associations with their hosts and the surrounding communities.

The scheme offers significant monetary aid to homeowners desiring to transform part of their houses into homestays. In hilly areas, the government provides a capital subsidy of 33% of the project cost or up to Rs 10 lakh, whichever is lower. Further, there is a 50% interest subsidy on loans (up to Rs 1.5 lakh per year) for the first five years. In plain areas, the capital subsidy is 25% or Rs 7.5 lakh (whichever is lower), along with an interest subsidy of up to Rs 1 lakh annually for five years.

Apart from monetary support, the scheme highlights capacity building. The government organises training programmes to help homestay owners develop hospitality and management skills, assuring quality service for visitors and sustainable business practices for hosts.

To simplify the procedure and improve visibility, the Uttarakhand Tourism Department has established an online platform that links travellers with registered homestays. This portal furnishes a free listing service for homestay operators and a convenient, trusted booking option for visitors.



CM Pushkar Singh Dhami visiting a homestay

UTTARASTAYS: UTTARAKHAND'S OFFICIAL HOMESTAY BOOKING PORTAL

Uttarastays is a dedicated homestay booking portal established by the Uttarakhand Tourism Development Board to facilitate and promote homestay tourism in the state. As India's first state-sponsored homestay booking platform, Uttarastays strives to provide a user-friendly and transparent experience for both travellers and homestay owners.

The portal lets visitors search and book verified homestays across Uttarakhand with ease, offering thorough information about conveniences, locations, and pricing. It also features user-generated reviews and ratings, allowing guests to make informed choices while giving owners valuable feedback.

Uttarastays charges no listing fees or commissions, making it a cost-effective promotional tool. It assures greater visibility, real-time feedback, and direct bookings—all at no cost.

Uttarastays is a step toward sustainable and inclusive tourism, linking tourists with authentic local experiences and empowering communities across Uttarakhand.

#ExploreUttarakhand

@DIPR_UK

Uncharted territories: Exploring offbeat pilgrimage routes

Uttarakhand, a region steeped in spiritual heritage, is unveiling its lesser-known gems, attracting pilgrims, trekkers, and seekers alike with their natural beauty, cultural richness, and profound significance. Read on...



KARTIK SWAMI TEMPLE

Uttarakhand, famous for its spiritual heritage, is now seeing the rise of several lesser-known yet culturally rich destinations that are attracting pilgrims, trekkers, and spiritual seekers alike. Among them are Kartik Swami Temple, Jagannath Temple (Devprayag), Triyuginarayan Temple, Tungnath, Kashi Vishwanath Temple (Uttarkashi), and Haat Kalika Temple, each delivering a special spiritual and cultural experience.

KARTIK SWAMI TEMPLE: A NORTHERN ABODE OF LORD MURUGAN

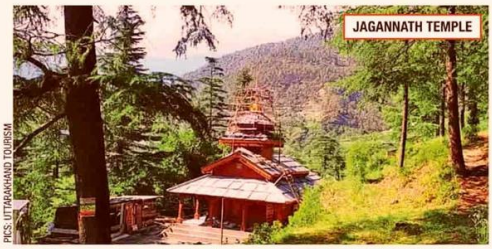
Located in the Rudraprayag district, Kartik Swami Temple is devoted to Lord Kartikeya, also known as Lord Murugan, the son of Lord Shiva and Parvati. While Kartikeya is primarily revered in South India, this hilltop temple is one of the rare shrines in North India where devotees can offer prayers to him. Situated at a height of about 3,000 metres, the temple offers a panoramic view of the snow-capped Himalayas, making it a spiritual haven for nature lovers and trekkers. The legend associated with this temple tells the cosmic contest between Kartikeya and Ganesha, emphasising themes of sacrifice and holiness.

JAGANNATH TEMPLE, UTTARKASHI: A HOLY CONNECT WITH PURI

Located just six km from Uttarkashi, the Jagannath Temple stands in the serene surroundings of Sald village, nestled among dense deodar forests. Though 2,047 km away from the famous Jagannath Temple in Puri (Odisha), this shrine shares a deep spiritual connection. Situated in Uttarakhand's Tehri Garhwal district, near the confluence of the Alaknanda and Bhagirathi rivers in Devprayag, this ancient temple is dedicated to Lord Jagannath, an incarnation of Lord Vishnu. Built in the traditional hill-style architecture of Uttarakhand, the temple offers breathtaking views from its elevated location.



TRIYUGINARAYAN TEMPLE



JAGANNATH TEMPLE

PICS: UTTARAKHAND TOURISM

TRIYUGINARAYAN TEMPLE: A HALLOWED WEDDING DESTINATION

Located near Kedarnath, the Triyuginarayan Temple is considered to be the place where Lord Shiva and Parvati were married, with Lord Vishnu himself acting as the divine witness. The eternal flame burning at the temple is said to have been lit during their divine wedding. In recent years, it has emerged as a sought-after wedding destination for couples desiring spiritual blessings and a striking Himalayan backdrop.

TUNGNATH: THE HIGHEST SHIVA TEMPLE IN THE WORLD

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Aligned with PM Narendra Modi's mission, AYUSH Policy 2023 aims to position Uttarakhand as a centre for holistic wellness

Uttarakhand, with its spiritual importance and immaculate Himalayan terrains, already enjoys international acclaim as a hub for yoga and natural healing. The AYUSH Policy 2023 builds on this heritage, facilitating the state as a holistic wellness destination by fostering the building of AYUSH wellness centres, retreats, and therapy hubs in both rural and urban locations.

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The state government seeks to train local youth as AYUSH therapists, yoga instructors, and wellness guides, creating job prospects while improving the visitor experience. The policy supports research and standardisation in AYUSH practices, striving to build trust in global clientele.

The state intends to encourage AYUSH tourism through strategic marketing campaigns and collaborations with travel agencies, wellness resorts, and international wellness organisations. The inclusion of AYUSH services in health insurance and digital platforms is also proposed to improve accessibility and ease of booking wellness packages. The AYUSH Policy 2023 showcases the notion of transforming Uttarakhand into an epicentre for holistic healing and sustainable tourism. It positions the state not only as a sanctuary for natural wellness but also as a standard for combining conventional learning with contemporary tourism practices, thus promoting financial expansion.



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Text by Taresh Dutta

READER ENGAGEMENT INITIATIVE

The Economic Times • 22 May • Ministry of Ayush
Destination Uttarakhand

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Delhi

Destination Uttarakhand

EMERGING SPIRITUAL AND WELLNESS CAPITAL OF INDIA



"Under the visionary guidance of PM Narendra Modi, Uttarakhand is evolving as a holistic tourism destination—spiritually uplifting, economically empowering, and globally inspiring. Our AYUSH Policy 2023, enhanced pilgrimage services, and schemes like the Deen Dayal Upadhyaya Homestay Yojana reflect our commitment to inclusive growth, cultural pride, and sustainable development. We welcome the world to experience the healing, heritage, and hospitality of Uttarakhand."

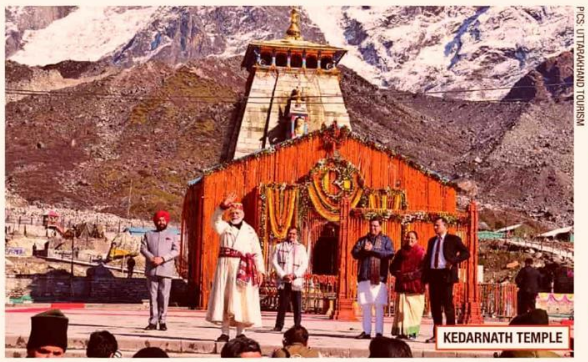
-Pushkar Singh Dhami, Chief Minister

PICS: UTTARAKHAND TOURISM



PROMOTING TOURISM, EMPOWERING RESIDENTS THROUGH HOMESTAYS

The Deen Dayal Upadhyaya Homestay Scheme transforms ordinary homes into tourism assets, thus offering tourists an experience while creating livelihood opportunities for the locals



KEDARNATH TEMPLE

PICS: UTTARAKHAND TOURISM

INFRA, ACCESSIBILITY & HEALTH SERVICES BOOST TOURISM DEVELOPMENT

Under the able leadership of Prime Minister Narendra Modi, Uttarakhand Chief Minister Pushkar Singh Dhami is actively promoting AYUSH Policy 2023, which envisions transforming Uttarakhand into a hub of health and wellness tourism

Often referred to as Devbhoomi or the Land of the Gods, Uttarakhand is home to some of the most revered pilgrimage places in India, notably the Chardham—Kedarnath, Badrinath, Gangotri, and Yamunotri—and Hemkund Sahib. These revered destinations draw lakhs of devotees every year, pursuing spiritual solace amidst the majestic Himalayas.

SPIRITUAL ESSENCE

The Chardham Yatra holds tremendous spiritual significance for Hindus. Kedarnath, devoted to Lord Shiva, and Badrinath, devoted to Lord Vishnu, are among the most holy temples in India. Gangotri and Yamunotri are the origins of the Ganges and Yamuna rivers respectively, and are associated with deity worship. Hemkund Sahib, located at a height of 4,572 metres in Chamoli district, is a revered Sikh pilgrimage site. It is believed that Guru Gobind Singh, the tenth Sikh Guru, meditated at this tranquil area encircled by seven snow-capped peaks and a glacial lake.

HEALTHCARE SUPPORT FOR PILGRIMS

Recognising the challenges posed by high altitudes and rough landscapes, the Uttarakhand government has greatly improved healthcare facilities for pilgrims. For the 2025 Chardham Yatra, new hospitals with 17 and 45 beds have been established in Kedarnath and Badrinath, respectively. Further, 25 specialist doctors are deployed along the yatra route.

To address altitude-related health issues, 20 medical relief posts and 31 health check-up centres have been set up. The state has also increased the number of ambulances to 154, including 17 advanced life-support units. Helicopter ambulances operated by AIIMS Rishikesh and boat ambulances at Tehri Lake are available for emergencies. Technological advancements include the upgraded e-Health Dham portal with a 'Get Help' button for immediate assistance. 'Point of Care Testing Devices' assess 28 critical health parameters on the spot. Compulsory health declarations help determine high-risk pilgrims before the journey.

INFRASTRUCTURE AND HELI SERVICES

To enhance accessibility, the Uttarakhand government has concentrated on improving infrastructure along the pilgrimage routes. Helicopter services have been facilitated, with the government encouraging pilgrims to book tickets only through the official IRCTC website to prevent scams. Besides, parking facilities for 1,495 vehicles have been arranged at 20 locations along the yatra route.

PILGRIMAGE TO HEMKUND SAHIB

The trek to Hemkund Sahib is difficult, involving a vertical 6 km climb from Ghangaria. To aid pilgrims,



helicopter services between Govindghat and Ghangaria have been introduced, reducing travel time immensely. Given the high altitude, about one-third of pilgrims experience acute mountain sickness. To control this, augmented awareness drives and medical facilities are being emphasised.



I congratulate the Uttarakhand government on the remarkable progress achieved in the last few years. This has been made possible by sustained policy push and focus on key sectors such as tourism and renewable energy. Alongside, the state has made significant strides in infrastructure development, setting new benchmarks for sustainable growth. Uttarakhand's commitment to harnessing its natural resources and promoting tourism has not only bolstered its economy but also showcased its potential on the global stage. I applaud the state's dedication to inclusive development and look forward to its continued success in the years ahead."

-Narendra Modi, Prime Minister

DHAMI GOVT ENHANCING CONNECTIVITY, BOOSTING ECONOMIC GROWTH

RISHIKESH-KARNAPRAYAG RAIL PROJECT: The 125 km broad-gauge railway line between Rishikesh and Karnaprayag stands as an example in the evolution of the state's transportation infrastructure. Endorsed by the Ministry of Railways in 2010-11, the undertaking strives to enable comfortable entry to pilgrimage sites, link new business centres, and promote the evolution of backward regions. Traversing Dehradun, Tehri Garhwal, Pauri Garhwal, Rudraprayag, and Chamoli, the railway line will connect major towns like Devprayag, Srinagar, Rudraprayag, Gauchar, and Karnaprayag.

DELHI-DEHRADUN EXPRESSWAY: The 210 km expressway will lessen the travel duration between Delhi and Dehradun from the present 5 hours to just 2.5 hours. This six-lane highway, with the possibility for expansion to eight lanes, will not only ease traffic congestion but also promote residential and retail expansion along its course. A remarkable element of the Delhi-Dehradun Expressway is its wildlife corridor, which is a 12 km elevated flyover developed to save the local fauna.

AIR CONNECTIVITY: The Dehradun-Pithoragarh flight service ventured under the UDAN Regional Connectivity Scheme, has significantly cut the travel period between the two cities from 12-15 hours by road to just 60 minutes by air. This service improves connectivity between the Kumaon and Garhwal regions, promoting tourism and financial activities. Further, new flights from Dehradun to Ayodhya, Varanasi, and Amritsar have boosted the state's network.

The Deen Dayal Upadhyaya Homestay Scheme, officially known as the Deen Dayal Upadhyaya Griha Awaas Vikas Yojana, is a flagship endeavour by the government of Uttarakhand aimed at transforming tourism and empowering local residents. The scheme facilitates homestay accommodations across the state, enabling both domestic and global travellers to explore not only famous destinations but also isolated, lesser-known regions of Uttarakhand.

The main purpose of the scheme is to offer tourists hygienic, inexpensive, and culturally immersive accommodation prospects while simultaneously generating livelihood options for local citizens. Homestays allow visitors to experience the authentic culture, customs, and food of Uttarakhand, encouraging significant associations with their hosts and the surrounding communities.

The scheme offers significant monetary aid to homeowners desiring to transform part of their houses into homestays. In hilly areas, the government provides a capital subsidy of 33% of the project cost or up to Rs 10 lakh, whichever is lower. Further, there is a 50% interest subsidy on loans (up to Rs 1.5 lakh per year) for the first five years. In plain areas, the capital subsidy is 25% or Rs 7.5 lakh (whichever is lower), along with an interest subsidy of up to Rs 1 lakh annually for five years.

Apart from monetary support, the scheme highlights capacity building. The government organises training programmes to help homestay owners develop hospitality and management skills, assuring quality service for visitors and sustainable business practices for hosts.

To simplify the procedure and improve visibility, the Uttarakhand Tourism Department has established an online platform that links travellers with registered homestays. This portal furnishes a free listing service for homestay operators and a convenient, trusted booking option for visitors.



CM Pushkar Singh Dhami visiting a homestay

UTTARASTAYS: UTTARAKHAND'S OFFICIAL HOMESTAY BOOKING PORTAL

Uttarastays is a dedicated homestay booking portal established by the Uttarakhand Tourism Development Board to facilitate and promote homestay tourism in the state. As India's first state-sponsored homestay booking platform, Uttarastays strives to provide a user-friendly and transparent experience for both travellers and homestay owners.

The portal lets visitors search and book verified homestays across Uttarakhand with ease, offering thorough information about conveniences, locations, and pricing. It also features user-generated reviews and ratings, allowing guests to make informed choices while giving owners valuable feedback.

Uttarastays charges no listing fees or commissions, making it a cost-effective promotional tool. It assures greater visibility, real-time feedback, and direct bookings—all at no cost.

Uttarastays is a step toward sustainable and inclusive tourism, linking tourists with authentic local experiences and empowering communities across Uttarakhand.

#ExploreUttarakhand

@DIPR_UK

Uncharted territories: Exploring offbeat pilgrimage routes

Uttarakhand, a region steeped in spiritual heritage, is unveiling its lesser-known gems, attracting pilgrims, trekkers, and seekers alike with their natural beauty, cultural richness, and profound significance. Read on...



Uttarakhand, famous for its spiritual heritage, is now seeing the rise of several lesser-known yet culturally rich destinations that are attracting pilgrims, trekkers, and spiritual seekers alike. Among them are Kartik Swami Temple, Jagannath Temple (Devprayag), Triyuginarayan Temple, Tungnath, Kashi Vishwanath Temple (Uttarkashi), and Haat Kalika Temple, each delivering a special spiritual and cultural experience.

KARTIK SWAMI TEMPLE: A NORTHERN ABODE OF LORD MURUGAN

Located in the Rudraprayag district, Kartik Swami Temple is devoted to Lord Kartikeya, also known as Lord Murugan, the son of Lord Shiva and Parvati. While Kartikeya is primarily revered in South India, this hilltop temple is one of the rare shrines in North India where devotees can offer prayers to him. Situated at a height of about 3,000 metres, the temple offers a panoramic view of the snow-capped Himalayas, making it a spiritual haven for nature lovers and trekkers. The legend associated with this temple tells the cosmic contest between Kartikeya and Ganesha, emphasising themes of sacrifice and holiness.

JAGANNATH TEMPLE, UTTARKASHI: A HOLY CONNECT WITH PURI

Located just six km from Uttarkashi, the Jagannath Temple stands in the serene surroundings of Sald village, nestled among dense deodar forests. Though 2,047 km away from the famous Jagannath Temple in Puri (Odisha), this shrine shares a deep spiritual connection. Situated in Uttarakhand's Tehri Garhwal district, near the confluence of the Alaknanda and Bhagirathi rivers in Devprayag, this ancient temple is dedicated to Lord Jagannath, an incarnation of Lord Vishnu. Built in the traditional hill-style architecture of Uttarakhand, the temple offers breathtaking views from its elevated location.

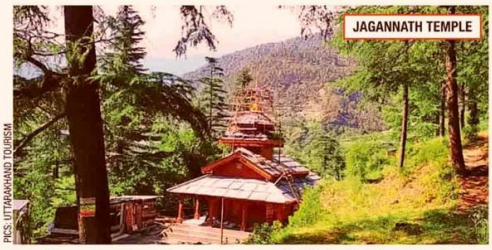


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Text by Taresh Dutta

READER ENGAGEMENT INITIATIVE

The Economic Times • 18 May • Ministry of Ayush

So Long, Vacation! Time for Summer of Staycations

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Chennai



ON A BREAK FROM OLD TRAVEL TRENDS

So Long, Vacation! Time for Summer of Staycations

Driven by caution & convenience, Indians dive into shorter, curated experiences closer to home

Holiday In

Bookings for hyper-local getaways up by **20%** since March, peaking in May-Jun

Alibaug, Coorg, Landour, Mashobra, Karjat, Panchgani, Lonavala, Igatpuri, Kabini, Lansdowne and Manesar

Trends include heritage walks, culinary staycations, spa retreats, work-from-hotel escapes, vineyard brunches, riverside yoga, and wellness therapies

Typical spend per night ranges from **₹6,000** to **₹15,000**, with bundled packages offering **15-20%** savings on stays and food

Neil Ghai & Brinda Sarkar

New Delhi | Bengaluru: On May 13, when an IT professional in Noida learnt that his daughter had scored 96% in her Class 10 board exams, he set about planning a celebratory family getaway. With temperatures rising, a trip to the mountains seemed fitting—until he was reminded of the recent border tensions. Even though the situation was beginning to normalise, the uncertainty made him rethink.

Befitting his daughter's achievement, he zeroed in on Landour in Uttarakhand—often called the tiara of the Queen of Hills—a safe, scenic retreat that allowed the family to escape without venturing too far, lest the situation deteriorate.

This Sunday, they return home after what many are now calling the trend defining summer vacations: a staycation.

And he's not alone.

As summer sets in, a growing number of Indian travellers are opting for short, hyper-local, and experiential getaways.

"The appeal lies in convenience, rising disposable incomes, geopolitical caution, and the desire for instant gratification, with cost savings on flights and logistics making frequent local escapes more achievable," said Rajeev Kale, president, Thomas Cook (India).

According to Kale, "This summer marks a clear evolution in leisure travel—from traditional vacations to deeply experiential staycations. Curated experiences like heritage walks, rooftop glamping, culinary staycations, spa retreats, and work-from-hotel escapes are driving this shift, offering a seamless blend of leisure and productivity."

Micro Destinations ▸▸ 7

Micro-Destinations Major Attractions

▸▸ From Page 1

Micro-destinations such as Alibaug, Coorg, and Mashobra remain top picks for clients of Thomas Cook (India), alongside emerging favourites like Karjat and Panchgani. Staycation bookings surged early in March 2025, typically ranging from ₹6,000-15,000 per night.

At SOTC Travel, the trend is similar. SD Nandakumar, president, SOTC Travel, noted, "This summer, we're seeing Indians prioritise hyper-local experiences that offer rejuvenation and discovery, giving an uptick to the trend of Staycations."

"Our data highlights strong traction across micro-destinations—Lonavala, Igatpuri, Kabini, and Lansdowne—with rising interest in boutique homestays, private villas, and experience-led itineraries like vineyard brunches or riverside yoga," he said. In addition to families, solo travellers and corporate teams are jumping on the bandwagon, said experts.

Rikant Pittie, chief executive of EaseMyTrip, said, "About half of urban holidaymakers are now opting for quick breaks instead of extended vacations."

SLEEP TOURISM

He observed, "Interestingly, 'sleep tourism' is also catching on — nearly one in five travellers now cite rest as their main holiday goal, leading hospitality brands to offer amenities like herbal teas and wellness therapies."

Pittie pointed out that even a resort-heavy location like Manesar near Delhi NCR is drawing interest. "A noticeable uptick of 20% in staycation bookings for summer 2025 began around March 2025, with peak demand expected in May-June."

Travel choices are being shaped more than ever by viral content and social media chatter.

Manjari Singhal, chief growth and business officer, Cleartrip, said, "What's interesting is how much social media and trending content are influencing these choices. They're shaped by what's viral, what's been shared, or what feels culturally relevant. People are actively seeking, sharing them, and turning them into plans."

The Economic Times • 10 May • Ministry of Ayush

Exporting Indian Botany Worldwide

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Jaipur • Chandigarh • Delhi

SPOTLIGHT

Exporting Indian Botany Worldwide

With a 60-year-old rich legacy, the nodal council Shellac and Forest Products Export Promotion Council (SHEFEXIL) in association with *The Economic Times*, and Knowledge Partner YES BANK is gearing up to confer Annual Awards to its members in recognition of export excellence

डॉ. सुब्रत गुप्ता, भा.प्र.से.
Dr. Subrata Gupta, IAS

सचिव
भारत सरकार
खाद्य प्रसंस्करण उद्योग मंत्रालय
Secretary
Government of India
Ministry of Food Processing Industries

Message



SHEFEXIL, which champions the nutraceuticals sector, while working away from the spotlight has built up an impressive export basket of USD 3.5 billion. SHEFEXIL, the export promotion body also representing the non-timber forest produce sector, has assiduously supported the investors and exporters to reach where they are today and thereby supported the socio-economic development of a large body of forest dwellers, tribals, and farmers. Interestingly, this sector in many ways supports farmers in most difficult of terrains, such as semi-arid parts of Gujarat and Rajasthan or forest fringes in Chhattisgarh, Odisha, Madhya Pradesh and West Bengal. The industry has through innovations and enterprise added value to the botanical treasures and every such addition value benefits these marginal societies.

2. I am privileged to be a part of the SHEFEXIL's Award for Export Excellence where the architects of this huge achievement would be recognized and honoured. The tremendous potential exhibited by nutraceuticals, botanical extracts, and guar gum panels must be further amplified and supported through joint industry-government efforts focused on value addition, cutting-edge technology, and the Make in India initiative. The nutraceutical sector-led by botanical supplements-is a star category for India that has the potential to scale greater heights. I congratulate all those who have received awards on the occasion and every member of this community who have strived hard-to-place India among the leading nations in this sector. I look forward to even greater heights in future.

May 7, 2025 (Subrata Gupta)

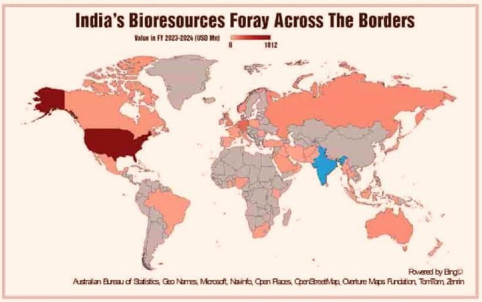
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Office : Room No. 201, Panchsheel Bhawan, August Kranti Marg, New Delhi -110 049,
दूरभाष/Phone : +91-11-26493225, 26492431 मो./Mob.: +91-9903944444
ई-मेल/E-mail : secy.molpi@nic.in



SHEFEXIL (Sponsored by Ministry of Commerce & Industry, Govt. of India)
AWARDS FOR EXPORT EXCELLENCE
In Association With
THE ECONOMIC TIMES | YES BANK Knowledge Partner



India's Bioresources Foray Across The Borders



Shellac and Forest Products Export Promotion Council (SHEFEXIL) is an Export Promotion Council sponsored by the Ministry of Commerce and Industries, Government of India in 1957. SHEFEXIL is the designated nodal agency mandated for export promotion of eight unique product panels:

- Nutraceuticals
- Vegetable Saps & Extracts
- Herbs
- Guar Gum
- Shellac & Lac Based Products
- Other Vegetable Materials
- Fixed Vegetable Oil, Cake & Others
- North East Region

The complexity, vastness and diversity of India's plant-based and non-timber forest products, along with its informal supply chain ecosystem, have kept this multi-billion dollar global trade largely under the radar of investors and policy makers. These SHEFEXIL products, sourced from farms and remote forests across India, have found markets worldwide and are used across a wide range of industries. From a global trade perspective, India has a monopoly in exports of many of these nature-based products. However, the lack of annual formal production data across the globe, and the absence of unique HS codes for trade often limits targeted policy formulation and financial incentives for these products. Yet, Indian exporters annually ship between US$ 3-4 billion of SHEFEXIL products globally, much higher than other food and agri products. Despite its low profile, SHEFEXIL's export basket, in value terms, is at par with the Indian Spice exports basket and exponentially higher than export of Indian Coffee, Tea and many other agri products. Notably, one of its eight flagship panels — guar gum — alone contributes to about US$ 1 billion in exports annually, while the vegetable saps and extracts panel generates almost US$ 1.5 billion.

SHEFEXIL's export promotion efforts require further support by Government of India and state governments across the country in the form of policy enablers, PPP led R&D, fiscal incentives and capital subsidies to build market-driven, resilient global supply chains. Recognizing the immense export potential, significant scope for value-addition and the socio-economic benefits they bring to resource-poor and forest-dependent rural communities, SHEFEXIL and its 1,100 member exporters across the country are fully committed to answering the Hon'ble Prime Minister's clarion call to "Make in India" and to "take local products global".

95% Export Oriented Sector Wherein India Enjoys Global Trade Monopoly

- Since 1957, Nodal EPC for Non-Timber Forest Produce (NTFPs) and their value-added variants
- Other Major Product Groups include Guar Gum, Botanical Extracts and Nutraceuticals
- In FY24, India exported USD 3.5 billion worth of SHEFEXIL's products across these panels
- 860 Individual Products
- Membership base of 1,100 active exporters
- A direct contributor to weaker sections of society - tribal women, marginal cultivators, economically challenged population from the North-East, arid areas, etc
- Recent studies have found there to be between 3.5 and 5.8 billion non-timber forest products (NTFP) users globally
- As per TRIFED, NTFPs support the livelihoods of 275 million people in India, with indigenous people deriving up to 40 per cent of their income from them in 2023

Atmanirbhar Bharat

- **Nutraceuticals:** To manufacture cutting-edge probiotics and vitamins-based formulations in India which are presently made in the USA
- **Vegetable Saps and Extracts:** To manufacture Isolates, fractions, as well as bulk blends / multi-ingredient combinations in capsules which are presently made in the developed world
- **Herbs:** To manufacture isabgol based capsules/ANIs and other end-use formats in India and supply in bulk to American companies
- **Guar Gum:** To manufacture guar-based derivatives for use in oil drilling in the USA and in cosmetics & personal care, which are presently made in Europe
- **Shellac & Lac Based Products:** To manufacture shellac based fruit coatings in India which are presently made in Germany
- **Fixed Vegetable Oil, Cake & Others:** To manufacture sal/mango /kokum CBE based products and neem-based products used in personal care which are presently made in the USA and Europe
- **Other Vegetable Materials:** To manufacture incense sticks and other bamboo based value-added products such as charcoal, laminates, flooring, particle board
- **North East Region:** To manufacture bamboo charcoal based cosmetic and personal care products and extracts based on medicinal plants exclusive to the NE region such as Lakadong turmeric

Eight Unique Products Panel And Their Scope

NUTRACEUTICALS



PRODUCTS : Botanical food supplements, vitamins, minerals, prebiotics, probiotics, food for special medical purposes

EXPORT VISION 2030 : US$ 5 Bn

KEY DESTINATIONS : USA, EU, Canada, Japan and Middle East

SHEFEXIL VISION : India will become the world's top 5 exporters of nutraceuticals and allied products, supplying high quality finished products for health conscious consumers

GUAR GUM



PRODUCTS : Guar gum powder, guar derivatives, guar splits, guar meal

EXPORT VISION 2030 : US$ 3.5 Bn

KEY DESTINATIONS : USA, EU, China

SHEFEXIL VISION : India will retain its position as the world's top exporter of guar products, climbing up the value chain and supplying high value, high quality derivatives

FIXED VEGETABLE OIL, CAKE & OTHERS



PRODUCTS : Mango butter, sal butter, kokum butter, neem oil and neem oilcake

EXPORT VISION 2030 : US$ 500 Mn

KEY DESTINATIONS : US, Italy, Germany, France, Japan, China

SHEFEXIL VISION : To establish India as the leading supplier of high quality value-added sal, mahua, mango products as Cocoa Butter Equivalents for food and cosmetic applications across the globe

VEGETABLE SAPS & EXTRACTS



PRODUCTS : Botanical extracts such as Amla, Bramhi, Boswellia serrata, Paprika, Coleus forskohlii, Tulsi, Marigold, Black pepper, Curcuma longa, Ashwangandha, Ginger, Pomegranate

EXPORT VISION 2030 : US$10 Bn

KEY DESTINATIONS : USA, Italy, Germany, France, Japan, China

SHEFEXIL VISION : India will become the world's largest exporter of botanical extracts, supplying high quality value-added extracts and intermediate products for diversified uses including food supplements, dietary supplements and cosmeceuticals

SHELLAC & LAC BASED PRODUCTS



PRODUCTS : Shellac, Aleuritic acid, Ambrettolide, Lac dye

EXPORT VISION 2030 : US$ 500 Mn

KEY DESTINATIONS : USA, France, Germany, Japan, SE Asia

SHEFEXIL VISION : To establish India as the leading supplier of high-quality shellac and its value-added products for diversified applications across the globe

HERBS



PRODUCTS : Psyllium (Isabgol), Senna, Ashwagandha

EXPORT VISION 2030 : US$ 2 Bn

KEY DESTINATIONS : China, Japan, UAE, Sri Lanka, Bangladesh, Mauritius, UK, USA, Spain, Germany

SHEFEXIL VISION : India will establish itself as the world's leading exporter of herbs, supplying high quality produce in raw and intermediate forms for food and medicinal end use

OTHER VEGETABLE MATERIALS



PRODUCTS : Cotton linter, betel leaves, tendu leaves

EXPORT VISION 2030 : US$ 200 Mn

KEY DESTINATIONS : China, Japan, UAE, Sri Lanka, Bangladesh, Mauritius, UK, US, Spain, Germany

SHEFEXIL VISION : India will continue to be a leading supplier of vegetable materials and climb up the value chain — including for cotton linters, betel, tendu and soapnuts



NORTH EAST REGION

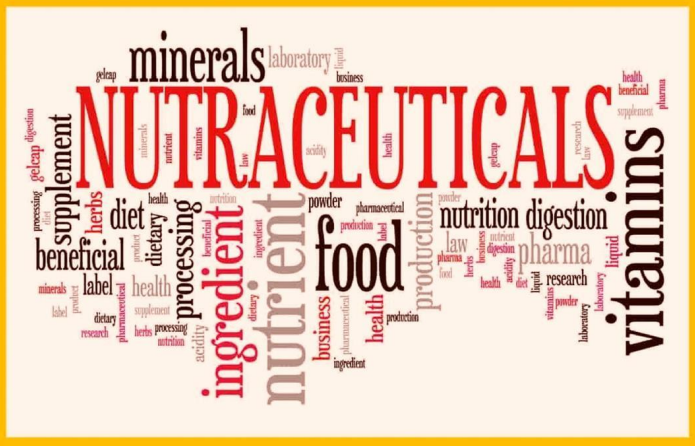
PRODUCTS : Bamboo, medicinal and aromatic plants

EXPORT VISION 2030 : US$ 200 Mn

KEY DESTINATIONS : USA, Germany, France, Japan, China

SHEFEXIL VISION : Create 100 lead exporters in the NE region by 2030 by focused marketing, branding and promotion of bamboo, medicinal plants and plant extracts with botanicals originating in the NE region

Exporting Wellness To Foreign Shores



India, the birthplace of Ayurveda, is a global supplier in the nutraceutical industry, offering a wide range of dietary supplements and health foods that emphasize wellness over illness and preventive over curative care.

Indian products blend ancient wisdom with modern innovation – the best of both worlds.

From potent herbal extracts to innovative dietary supplements, India exports a diverse array of high-quality nutraceuticals, known for their sustainable sourcing, rigorous quality standards, and competitive pricing.

Be a part of India's vibrant nutraceutical sector and unlock new business opportunities – where tradition meets technology, and nature meets science.

Together, let's take natural wellness solutions to every corner of the world.

Designated Export Promotion Council for India's Nutraceuticals

SHEFEXIL Shellac And Forest Products Export Promotion Council

Formerly Shellac Export Promotion Council *(Sponsored by Ministry of Commerce & Industry, Govt. of India)*

1/1 Wood Street, Kolkata 700016 | +91 33 22834417 | shefexil@gmail.com | www.shefexil.org



The Economic Times • 08 May • Ministry of Ayush

Pay Later IBC Deals may Come Back to Future

1, 9 • PG | 340 • Sqcm | 127621 • AVE | 102.04K • Cir | Middle Center,Middle Left

Pune • Chennai

FALLOUT OF SC RULING IN JSW STEEL-BPSL CASE

Pay Later IBC Deals may Come Back to Future

Sniffing Out Delays

WHY PAST IBC CASES COULD BE REOPENED?

Several resolution plans had similar construct to **JSW Steel-BPSL acquisition**

JSW Steel's resolution for BPSL involved complicated mode of payments

Apex court demanded proof from JSW Steel of quasi-equity payments

The payments were to be made partly through quasi-equity instruments

OTHER RESOLUTION PLANS INVOLVING QUASI EQUITY PAYMENTS: Ruchi Soya, Jaypee Infratech, Jhabua Power, Essar Power MP, KSK Mahanadi Power



Many resolutions have similarities with deal struck down by apex court

Mohit Bhalla

New Delhi: Past IBC resolutions of some distressed companies could be questioned in the aftermath of the recent Supreme Court ruling striking down JSW Steel's acquisition of Bhushan Power and Steel (BPSL), showed ET's analysis of more than a dozen insolvency cases having some similarity with the JSW-BPSL deal.

Perusal of the National Company Law Tribunal (NCLT) records revealed similar features in at least five of these cases, wherein payout to lenders by the acquirers were either deferred or made through quasi-equity instruments, and not directly in cash.

While the SC judgement did not explicitly term quasi-equity instruments illegal, it demanded proof from JSW Steel that funds promised through these instruments actually came into BPSL. Of its offer of Rs 19,300 crore, JSW Steel had committed to contribute ₹8,450 crore by subscribing to compulsorily convertible debentures (CCDs) of a special purpose vehicle (SPV) that would later be merged with BPSL. The top court was presented with a board resolution showing allotment of CCDs but it was not impressed by the move.

IBC resolutions of Ruchi Soya, Jaypee Infratech, Jhabua Power, Essar Power MP, and KSK Mahanadi Power had built-in clauses for deferred payments to lenders over the course of the resolution plan or involved quasi-equity instruments, as per resolution plans filed with NCLT. Insolvency experts said they have been flooded with enquiries since the Supreme Court judgement.

Ruchi Soya Industries (RSI) was acquired by Patanjali Ayurved in 2019. Of the total resolution offer of Rs 4,350 crore made by Patanjali Ayurved to Ruchi Soya's creditors, Rs 900 crore was to be paid by subscribing to preference shares and non-convertible debentures (NCDs) of an SPV.

Challenges from Ex-promoters ▸▸ 9

Challenges from Ex-promoters

▸▸ From Page 1

Patanjali Foods claimed the Supreme Court judgement has 'no bearing' on its acquisition of Ruchi Soya. "The underlying issues of fact and law are substantially different in both matters," it said. "The resolution in the case of RSI stands fully implemented nearly six years ago and all payments and obligations under the plan were fulfilled in accordance with the terms approved by NCLT and NCLAT."

"Specifically in the subject matter (BPSL), the effective date stood breached and was never formally extended by the tribunals. This was not the case in the acquisition of RSI," it said in a statement.

The much-publicised Jaypee Infratech insolvency for which Suraksha Realty's ₹20,000-crore resolution offer got approval of creditors and NCLT, involved paying ₹1,280 crore by subscribing to NCDs.

"We are not affected by the Bhushan Power and Steel judgement. All compliances have been done as committed," said Sudhir Valia, the promoter of Suraksha Group. Valia is also a director at Sun Pharma.

Ashish Chhawchharia, partner at Grant Thornton Bharat, however, underscored that in the current scenario, "there is clearly a possibility that aggrieved individuals such as ex-promoters may approach company law tribunals citing the Supreme Court judgement and demand a review of the insolvency resolutions of their companies." BPSL's former promoter Sanjay Singhal was one of the aggrieved parties to approach the apex court seeking cancellation of the JSW Steel-BPSL deal.

NTPC's resolution plan for Jhabua Power involved fund infusion through NCDs. It is not clear if NTPC infused the funds instantly or over a period of time. NTPC did not respond to queries.

Adani Power's 2021 acquisition of Essar Power MP also involved deferred payments to creditors, while JSW Energy's resolution plan for KSK Mahanadi Power proposed part-payment through quasi-equity instruments to creditors.

People aware of the matter said Adani Power completed payments to the financial creditors ahead of the agreed schedule. Adani Power did not comment on the matter. JSW Energy did not respond to requests for comment. "I don't think there is a non-compliance with respect to the mode of payment. Such structures through quasi equity instruments are allowed. They (JSW Steel) made the payments," said Anil Goel, founder, AAA Insolvency. "Only non-compliance as per the Supreme Court was that there was a delay. That is what the apex court wants to set a precedent against. Otherwise, every resolution applicant will use the judicial system to defer payments."

Business Standard • 23 May • Ministry of Ayush

The scientific route to building credibility

3 • PG | 160 • Sqcm | 80085 • AVE | 101.93K • Cir | Middle Left

Mumbai • Delhi • Jaipur

THE SCIENTIFIC ROUTE TO BUILDING CREDIBILITY

> ***Saloni Anand, Co-founder, Traya**, shares the unique combination of Ayurveda, dermatology, and nutrition creates personalized solutions that address the root cause of hair loss and build trust through transparent education*

Traya.

The haircare industry is crowded with misleading claims and generic products. In this environment, trust begins with honesty. We understand that hair loss affects both physical appearance and emotional well-being. That's why we lead with education—using social media to debunk myths, share scientific insights, and guide people toward informed hair health decisions. We collaborate with thought leaders and infotainers, people who bring real knowledge, credibility, and real-life experiences to the conversation. The brand fosters genuine engagement, encouraging individuals to experience the treatments over time before sharing their journeys.

Whether someone is skeptical or already on board, we focus on explaining how hair loss stems from deeper issues like poor gut health, stress, or nutritional deficiencies. Our AI-powered hair test identifies personalised factors like stress or hormonal imbalances, enabling tailored solutions. Backed by a secure CRM and guided by hair coaches, our method ensures trust and consistency.

We've also conducted clinical research to back our claims with real data because in a market full of one-size-fits-all promises, evidence is the most powerful tool for building credibility.



Business Standard • 23 May • Ministry of Ayush

THE SCIENTIFIC ROUTE TO BUILDING CREDIBILITY

3 • PG | 164 • Sqcm | 32023 • AVE | 25.41K • Cir | Middle Left

Ahmedabad

THE SCIENTIFIC ROUTE TO BUILDING CREDIBILITY

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Business Standard • 23 May • Ministry of Ayush

THE SCIENTIFIC ROUTE TO BULDING CREDIBILITY

3 • PG | 164 • Sqcm | 25454 • AVE | 19.8K • Cir | Middle Left

Chandigarh

THE SCIENTIFIC ROUTE TO BUILDING CREDIBILITY

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Business Standard • 08 May • Ministry of Ayush

Dabur to discontinue items to drive growth

3 • PG | 120 • Sqcm | 59850 • AVE | 101.93K • Cir | Top Center

Mumbai

Dabur to discontinue items to drive growth

Firm's net profit fell 8.4% to ₹320 cr in March qtr

AKSHARA SRIVASTAVA
New Delhi, 7 May

Homegrown ayurvedic fast-moving consumer goods (FMCG) company Dabur India has decided to discontinue certain low-performing products as part of its plan to register near-double-digit growth in financial year 2025-26 (FY26).

"Our ambition is to achieve sustainable double-digit compound annual growth rate (CAGR) by FY28 in both top line and bottom lines. This renewed strategy builds on our core strengths while pivoting towards future-ready levers of value creation," Mohit Malhotra, chief executive officer (CEO) at Dabur India, told investors in a post-earnings call on Wednesday.

This strategy of the maker of Hajmola candy and Real fruit juices is anchored on seven pillars, including "rationalisation of underperforming products and SKUs (stock-keeping units)" in order to release capital for bigger bets. "A few examples of these are Vedic Tea, adult and baby diapers, and Dabur Vita (nutritious drink brand)," Malhotra added.

The company will also push the pedal on premiumisation and contemporisation of products across categories. Further, it will be on the lookout for inorganic opportunities, especially in the healthcare wellness space, which can also be extended to foods.

Amid a challenging demand environment marked by high food inflation and surge in cost of living, the company recorded an 8.4 per cent fall in net profit to ₹320 crore in the March quarter. The company had recorded a net profit of ₹349.5 crore in the year-ago period.

HOW THEY STACK UP

Dabur's financials in Q4FY25

	(in ₹cr)	Change in % Q-o-Q	Y-o-Y
Revenues	2,830.14	-15.65	0.55
Other income	141.15	10.25	9.55
Net profit	320.13	-38.72	-8.41

Source: Company; Compiled by: BS Research Bureau

Mint • 22 May • Ministry of Ayush

Ayush showcases India's holistic health power at Osaka Expo in Japan

7 • PG | 52 • Sqcm | 34037 • AVE | 375K • Cir | Middle Left

Mumbai • Delhi • Ahmedabad • Chandigarh

AYUSH SHOWCASES INDIA'S HOLISTIC HEALTH POWER AT OSAKA EXPO IN JAPAN



The Ministry of Ayush's vibrant and impactful participation at the ongoing World Expo 2025 in Osaka, Japan, is receiving widespread appreciation for showcasing India's holistic approach to health and well-being. Yoga has emerged as a major global attraction, drawing participants to daily sessions being held at the iconic India Pavilion, Bharat. Under the aegis of the Ministry of Ayush, in collaboration with the India Trade Promotion Organisation, Embassy of India in Tokyo, Consulate General of India in Osaka-Kobe, and the Heartfulness Institute, daily yoga sessions are being conducted from May 2.

Mint • 22 May • Ministry of Ayush

CORPORATE BUZZ

7 • PG | 412 • Sqcm | 103103 • AVE | 45K • Cir | Middle Left

Hyderabad • Kolkata

CORPORATE **BUZZ** Mint Media Marketing Initiative

AYUSH SHOWCASES INDIA'S HOLISTIC HEALTH POWER AT OSAKA EXPO IN JAPAN



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BIG FM EXPANDS DIGITAL FOOTPRINT WITH THE LAUNCH OF BIG LIVE

With a legacy spanning across two decades, BIG FM has been a pioneer with its impactful voice, inspiring and driving conversations whilst entertaining over 340 million listeners. Extending that legacy to digital, the brand has announced the launch of BIG Live, a one-stop digital platform offering curated, credible, and culturally relevant content.

Positioned as a premium destination for diversified, category-specific content, BIG Live brings together the power of storytelling, intuitive user experience, and targeted advertising, creating a new benchmark for content-led digital platforms in the country. Aligned with the brand's core purpose of Enriching Everyday Life, BIG Live delivers content across a wide range of verticals such as real estate, automobile, health & wellness, entertainment, travel, food, fashion, finance, technology , and jewellery. With its tag line of 'Fuel Your Life', it serves as a catalyst for transformation—empowering users with insightful content that informs, enriches and adds tangible value to their daily lives.

DHAROI ADVENTURE FEST TO BE INAUGURATED BY CM BHUPENDRA PATEL

At the renowned Dharoi Dam located in Satlasana Taluka of Mehsana district, the country's longest and the state's first-ever 'Dharoi Adventure Fest' will be inaugurated by Chief Minister Bhupendra Patel on May 23.

Organised for the first time at Dharoi by the Gujarat Tourism in collaboration with the Adventure Tour Operators Association of India (ATOAI), the fest will feature over 10 thrilling activities across land, water, and air, along with cultural programs and modern accommodation facilities, including AC tents equipped with top-class amenities. While providing details about the 'Dharoi Adventure Fest', Tourism Minister Mulubhai Bera stated that the fest will feature a variety of attractions, including power boating and parasailing in water-based activities. Similarly, in aerial activities, paramotoring will be offered, while land-based adventures will include rock climbing and bouldering, trekking and hiking trails, mountain biking, cycling, and and camping, among others.

ICGVWA TO HOLD ITS 8TH AGM IN NOIDA

The Indian Coast Guard Veterans Welfare Association (ICGVWA), with its registered office in Chennai, is dedicated to the welfare of retired Coast Guard personnel and their families. The association acts as a bridge between veterans and the authorities, offering assistance through mutual contributions. ICGVWA is organising its 8th Annual General Meeting (AGM-25) and Family Get-Together at Nagiri Farm House, Sector-116, NOIDA (UP) on May 24. The event aims to raise awareness about the association and to help veterans unwind from stressful lifestyles.

CANDERE SIGNS SRK AS BRAND AMBASSADOR

Candere, the lifestyle jewellery brand from the House of Kalyan, appointed Shah Rukh Khan as its brand ambassador, marking a pivotal moment in its national expansion strategy. This partnership underscores Candere's commitment to redefining jewellery for a new customer category - celebrating individuality, meaningful gifting, and everyday self-expression.

Known for his deep-rooted connection with Indian audiences across all age groups, Khan will be featured in the brand's multimedia campaigns.



SRM University-AP, Amaravati, invites applications from exceptional athletes and champions for admission under the academic year 2025-26 sports quota. The sports quota trials will begin on campus from May 26 to June 18.



The National Cadet Corps (NCC) mountaineering team comprising both boys and girls safely returned to the Everest Base Camp on May 19 after successfully scaling the world's highest peak, Mount Everest (8,848.86 m).

Mint • 20 May • Ministry of Ayush

Counting calories You may want to watch the clock too

16 • PG | 486 • Sqcm | 315815 • AVE | 375K • Cir | Bottom Left

Mumbai

Counting calories? You may want to watch the clock too

Chrono-nutrition advises aligning meal times with the body's circadian rhythm for better weight management

Tanisha Saxena
feedback@livemint.com

For much of modern history, nutrition science has focused on the what of eating — calories, macronutrients, fiber, fat. In the process, it largely ignored a more fundamental truth: our bodies run on time. Not metaphorically, but biologically. The burgeoning field of 'chrononutrition' is now reframing the conversation by asking a quietly radical question: what if timing is the missing ingredient in how we nourish ourselves?

Emerging research suggests that erratic eating patterns — late-night dinners, skipped breakfasts, grazing throughout the day — can disrupt the body's internal clocks with sweeping effects on blood sugar regulation, hormonal balance, and even immune function. Our organs, it turns out, are creatures of habit. The liver doesn't merely process nutrients; it anticipates them—on schedule. So does the pancreas, the gut, and even fat cells. Eating out of sync with these circadian rhythms can trigger deeply physiological consequences. "Chrononutrition doesn't replace the importance of food quality or quantity — it expands on it," says Poonam Duneja, clinical dietitian at PSRI Hospital in New Delhi. "Our metabolism isn't constant across the day. For instance, insulin sensitivity peaks in the morning and wanes as the day progresses. Eating more calories earlier may improve blood sugar control and lipid profiles."

Virtually every major hormone — insulin, cortisol, leptin, ghrelin, thyroxine, melatonin — dances to the rhythm of the circadian clock. Disrupt that rhythm, and consequences follow. "While traditional dietary advice emphasizes what and how much to eat, we're now seeing the critical importance of when to eat — particularly for metabolic conditions like type 2 diabetes, obesity, and PCOS," says Dr Vaibhav Dukle, consultant endocrinologist at Manipal Hospitals in Goa.

An illuminating 2013 study in the International Journal of Obesity tracked 420 overweight and obese individuals in Spain during a 20-week weight-loss program. Those who ate lunch before 3pm lost significantly more weight than those who lunched later — despite similar caloric intake, dietary composition, energy expenditure, and sleep duration. Late lunchers also tended to skip breakfast and consume fewer calories in the morning. "These findings suggest that the timing of the main meal can influence the success of weight-loss interventions," says Duneja.



ISTOCKPHOTO

Time-restricted eating and intermittent fasting have gained popularity, often under the broader banner of chrononutrition. Yet how do we separate rigorous science from fleeting wellness trends? "It's important to recognize that not all time-restricted eating is rooted in evidence," says Duneja. "Chrononutrition focuses on aligning eating with circadian biology — distinct from more restrictive practices that often lack a scientific foundation."

WHY WOMEN NEED IT MORE

Hormonal fluctuations across life stages — menstruation, pregnancy, menopause — don't just affect a woman's mood or fertility. They influence her circadian rhythms as well. "Hormonal shifts have a profound impact on a woman's internal clock," says Dr Renu Raina Sehgal, chair of obstetrics & gynecology at Artemis Hospitals. Estrogen and progesterone, key hormones of the menstrual cycle, modulate everything from body temperature to cortisol secretion and insulin sensitivity — particularly during the luteal phase, when hunger and glucose tolerance often fluctuate. Pregnancy magnifies these effects.

"Elevated estrogen and progesterone levels slow digestion and disrupt sleep," Sehgal notes. "Eating patterns become crucial for maintaining energy and glucose balance." In menopause, the steep drop in estrogen further destabilizes circadian rhythms, heightening the risk of metabolic disorders.

For women navigating high-pressure careers, the phenomenon of "circadian jet lag" — skipping breakfast, working late, eating irregularly — is especially common. "Such disruptions can alter reproductive hormones like estrogen and luteinizing hormone," Sehgal explains, increasing the incidence of irregular cycles, fertility issues, and conditions like PCOS. The fix, surprisingly, is simple. "Maintaining a consistent daytime eating window can help regulate glucose metabolism and support hormonal health," Sehgal says. A subtle adjustment can have profound effects on ovulation, cycle regularity, and long-term reproductive outcomes.

ANCIENT WISDOM, REVISITED

Long before circadian biology entered the laboratory, Ayurveda emphasized living—and eating—in harmony with nature's cycles. The *Sushruta Samhita*, written around 500 BC, introduces the concept of *kaala* (time) as a fundamental determinant of health and disease. Ayurveda divides the day into three energetic phases: *Kapha* (6–10 am), *Pitta* (10 am–2 pm), and *Vata* (2–6 pm repeating again from 6–10 pm) — each governing distinct bodily functions. These cycles offer practical guidance: eat lightly in the morning, feast heartily at midday when the digestive fire (*agni*) is strongest, and finish with a light dinner before sunset.

Dr R Govindarajan, chief innovation officer at D2C Ayurveda brand Kapiva, points to Ayurvedic sage Charaka, who outlined four key tenets of eating: *Hitashi* (wholesome), *Mitashi* (moderate), *Kalabhoji* (timely), and *Jitendriya* (mindful). "These principles align remarkably with chrononutritional insights emphasizing not just what and how much we eat, but when." French nutritionist Dr Alain Delabos, credited with coining the term "chrononutrition" in 1986, focused on meal timing, frequency, and regularity as well. Both systems evidently advocate a similar philosophy: rather than counting every calorie and carb, let the body — and nature — lead the way.

The Financial Express • 26 May • Ministry of Ayush

India partners with WHO to mainstream Ayush globally

2 • PG | 25 • Sqcm | 8486 • AVE | 50.96K • Cir | Middle Left

Kolkata • Kochi • Bhubaneshwar • Delhi • Hyderabad • Chandigarh • Mumbai • Ahmedabad • Chennai • Bengaluru • Pune

India partners with WHO to mainstream Ayush globally

AN AGREEMENT HAS been signed between the ministry of ayush and WHO on Saturday which marks the beginning of work on a dedicated Traditional Medicine module under the International Classification of Health Interventions, the ayush ministry said.

The Business Guardian • 26 May • Ministry of Ayush

Northeast Investors Summit 2025 draws Rs 4.3 lakh crore in investment pledges

1 • PG | 314 • Sqcm | 31449 • AVE | N/A • Cir | Bottom Left

Delhi

Northeast Investors Summit 2025 draws Rs 4.3 lakh crore in investment pledges

TBG NETWORK
NEW DELHI



The Rising Northeast Investors Summit 2025 concluded with attracting investment commitments of Rs 4.3 lakh crore, according to an official statement. Held under the leadership of Prime Minister Narendra Modi and led by the Ministry of Development of North Eastern Region (MDoNER), the two-day summit brought together investors from across the globe, reaffirming that the Northeast is not just a region but a strategic growth corridor for Viksit Bharat. "Today, that acronym, NER, stands for the New Economic Revolution and New Economic Revival of India," said Union Minister of Development of Northeastern Region Jyotiraditya Scindia during the valedictory session. "Our summit is not a culmination -- it is a beginning. Ye poorna viraam nahi, prastaavna hai," he added. Several landmark MoUs were signed with major national and international investors across key sectors. During the summit, the Sikkim government signed an MoU with SM Hotels and Resorts with an investment intent of Rs 250-300 crore. The Arunachal Pradesh government also signed an MoU of Rs 150 crore with the Farm Native Group. The Meghalaya government signed a Rs 4,000 crore MoU with Agri-Bio Fuels Global Ltd. The Meghalaya government and Inlambi Pvt Ltd signed an MoU for Rs 1,000 crore. The Manipur government also signed a major MoU of Rs 1,000 crore with Inlambi Pvt Ltd. The Tripura government signed a Rs 500 crore MoU with the Sri Sri Ravishankar Vidya Mandir Trust for Sri Sri University and an Ayurveda College and Hospital. Beyond the marquee MoUs, the summit recorded a total of 803 investment intents through roadshows, B2G meetings, and PSU/public-private proposals. Roadshows held across states contributed Rs 99,533 crore in interest; PSUs brought in Rs 1.27 lakh crore; industrial houses pledged Rs 1.58 lakh crore; and B2G meetings during the summit itself resulted in over Rs 18,600 crore worth of commitments, as per the release. "The seed sown by Vajpayee ji has grown into a banyan tree under Prime Minister Modi's leadership. Our Cabinet has visited the Northeast 730 times in 11 years, reflecting the Centre's emotional and strategic commitment," Scindia noted. With delegations from over 80 countries, the summit reinforced the Northeast's role as a global economic bridge to Southeast Asia and beyond.

The Business Guardian • 12 May • Ministry of Ayush

GreenOpia Moringa Powder: Ayurvedic daily boost

3 • PG | 89 • Sqcm | 8947 • AVE | N/A • Cir | Middle Left

Delhi

GreenOpia Moringa Powder: Ayurvedic daily boost

TBG NETWORK
NEW DELHI

In our everyday life, we all look for something easy and natural to keep us strong & Immune. That's where GreenOpia Moringa Powder fits in. This powder offers a simple yet powerful start to better health. It is taken from the leaves of the Moringa tree. This powder is packed with goodness. Just one spoon in warm water or your morning tea can help you feel fresh and full of energy. People say it helps them stay active without any side effects. There is a long history behind the leaf. Long ago, the Moringa tree was used by Indian families to heal small illnesses. Our grandmothers knew its value before it became popular. This "drumstick tree" grew quietly in backyards, but its power was never small. GreenOpia brings this old wisdom to us in a pure and clean form--free from harmful stuff, made with care in India, and ready for modern use. Today's children, office workers, and even old people feel tired without any reason. GreenOpia's Moringa Powder is like a helper



from nature. No added sugar or chemicals, only real nutrients. This gives daily energy without extra sugar. People have shared how it gave them energy, reduced their tiredness, and helped in daily tasks. Reviews from GreenOpia say it all. Using it daily with water or in a smoothie is a small step towards a healthy habit. This powder is not just for immunity or energy. It is good for skin, stomach, and more. Many users say it helped in keeping their skin clean, stomach light, and digestion easy. One girl mixed it in curd, and her skin looked brighter after weeks. One man said his gas problems reduced a lot. These results are slow but sure. It feels like your body is healing from inside. Using GreenOpia Moringa Powder is not too hard. It's simple to use and convenient enough to include anytime in your daily routine. You can add it to your tea, shake, or just water. Some even add it to chapati dough! It has a mildly earthy taste, but it's quite pleasant and easy to consume, it's all natural. With regular use, your body naturally adapts and even starts to enjoy the taste. A customer said he started adding Greenopia Moringa Powder to his morning smoothies and noticed a slight energy boost. He liked the fresh green color, smooth blending, and had no side effects so far. It's like your silent partner in health. In today's world, we all are scared of fake and harmful things. GreenOpia understands that. It is lab tested and clean. Their Moringa Powder is lab-tested, FSSAI-certified, and packed in a GMP-approved facility, ensuring safety and quality you can trust. It's made with care in India. This isn't just a product--it's a promise of purity and wellness. Many reviews show people trust it for their kids too. That shows how much confidence users have in it. GreenOpia is not a foreign brand. It is Indian brand with Indian roots. Proudly Made in India, it harnesses the power of Indian herbs rooted in traditional Indian wisdom. From old Ayurveda books to clean modern packaging, everything shows our desi touch. For people who want to stay connected with their roots and still stay fit, this is the best mix. Moringa Powder blends the wisdom of traditional Ayurveda with modern science, delivering daily health benefits in just one small spoonful.

Bizz Buzz • 13 May • Ministry of Ayush

Weekly yoga podcast launched to promote holistic wellness

8 • PG | 117 • Sqcm | 11651 • AVE | N/A • Cir | Middle Center

Hyderabad

Weekly yoga podcast launched to promote holistic wellness

The launch comes in the wake of Prime Minister Narendra Modi's address during the 120th episode of his Mann Ki Baat

NEW DELHI

THE Ministry of Ayush has announced the launch of its Weekly Yoga Podcast, a new digital initiative produced by the Morarji Desai National Institute of Yoga (MDNIY).

The weekly podcast has been launched by Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush on his social media platforms.

This podcast aims to bring the timeless wisdom of yoga to every household, blending ancient practices with modern lifestyles.

According to the ministry, the inaugural episode of the podcast, sets the tone for a transformative journey into the world of yoga. The podcast series is designed to engage listeners with insightful discussions, guided practices, and expert interviews, making yoga accessible and relatable to people of all ages and backgrounds.

The launch comes in the wake of Prime Minister Narendra Modi's address during the 120th episode of his Mann Ki Baat programme on March 30, 2025, where he emphasised the significance of International Yoga Day and its 2025 theme: "Yoga for One Earth, One Health."

The theme underscores yoga's role in fostering physical, mental, and environmental well-being, resonating with India's global vision of unity and sustainability. In the first episode, listeners are welcomed into a vibrant conversation about the essence of yoga and its global impact. The podcast highlights how yoga, once a sacred Indian tradition, has become a worldwide movement for health and harmony.

Bizz Buzz • 09 May • Ministry of Ayush

CCRAS brings back two rare Ayurvedic manuscripts

5 • PG | 304 • Sqcm | 30395 • AVE | N/A • Cir | Middle Right

Hyderabad

CCRAS brings back two rare Ayurvedic manuscripts

The revival of Dravyaratnākara Nighantu and Dravyanāmākara Nighantu marks a pivotal moment in the preservation and promotion of India's classical medical heritage



By breathing new life into these rare manuscripts, CCRAS not only safeguards traditional knowledge but also catalyses a renewed scholarly engagement with Ayurveda's vast pharmacological legacy

CENTRAL Council for Research in Ayurvedic Sciences revives two rare Ayurvedic manuscripts: Dravyaratnākara Nighantu and Dravyanamākara Nighantu. These manuscripts will inspire scholarly exploration and deeper engagement with India's classical medical literature

In a significant stride toward preserving India's rich legacy in traditional medicine, the Central Council for Research in Ayurvedic Sciences (CCRAS), under the Ministry of Ayush, has revived two rare and significant Ayurvedic manuscripts—Dravyaratnākara Nighantu and Dravyanamākara Nighantu.

The publications are unveiled during an event organised by the RRAP Central Ayurveda Research Institute in Mumbai. The event was graced by Prof Vd Rabinarayan Acharya, Director General, CCRAS, New Delhi, who also delivered the keynote address highlighting the 'Activities of CCRAS, Ministry of Ayush' in research, digitisation, and revival of traditional Ayurvedic literature.

The manuscripts were critically edited and translated by renowned manuscriptologist and veteran Ayurveda expert, Dr Sadanand D Kamat of Mumbai. The release ceremony saw the presence of dignitaries, including Shri Ranjit Puranik, President, Ayurvidya Prasarak Mandal and Managing Director, Shri Dhootapeshwar Limited; Dr Ravi More, Principal, Ayurveda Mahavidyalaya, Sion; Dr Shyam Nabar and Dr Ashanand Sawant from Ayurvidya Prasarak Mandal; and Dr R Govind Reddy, Assistant Director (Ayu), CARI, Mumbai.

Speaking on the occasion, Prof Vd Rabinarayan Acharya emphasised the importance of such revivals in bridging India's ancient wisdom with contemporary research frameworks. He said that "These texts are not just historical artefacts—they are living knowledge systems that can transform contemporary healthcare approaches when studied and applied thoughtfully".

These critical editions are expected to serve as invaluable resources for students, researchers, academicians, and Ayurveda practitioners, further inspiring scholarly exploration and deeper engagement with India's classical medical literature.

Dravyaratnākara Nighantu: Authored by Mudgala Pandita in 1480 AD, this previously unpublished lexicon consists of eighteen chapters offering in-depth knowledge on drug synonyms, therapeutic actions, and medicinal properties. A widely referenced text in Maharashtra until the 19th century, it draws from classical Nighantu us like Dhanvantari and Raja Nighantu while documenting numerous novel medicinal substances from plant, mineral, and animal origins. This critical edition, revived by Dr SD Kamat, is a monumental contribution to Dravyaguna and allied Ayurvedic disciplines.

Dravyanamākara Nighantu: Attributed to Bhisma Vaidya, this unique work serves as a standalone appendix to the Dhanvantari Nighantu, focusing exclusively on homonyms of drug and plant names—a complex area of study vital to Ayurveda. Encompassing 182 verses and two colophon verses, the text has been meticulously edited and commented upon by Dr Kamat, enhancing its utility for scholars of Rasashastra, Bhaishajya Kalpana, and classical Ayurvedic pharmacology.

Dr Kamat, known for his authoritative work on Saraswati Nighantu, Bhāvaprakāsha Nighantu, and Dhanvantari Nighantu, once again brings his deep scholarship and commitment to preserving India's Ayurvedic heritage. Dravyanāmākara Nighantu—an erudite supplement to Dhanvantari Nighantu, exploring Ayurvedic homonyms with precision

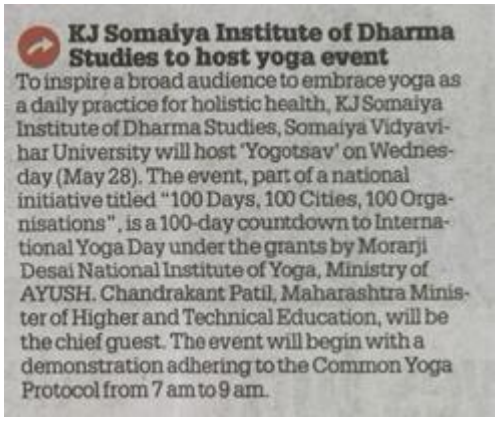
These critical editions are more than scholarly achievements; they are beacons for future Ayurvedic practitioners, researchers, and educators.

The Times of India • 26 May • Ministry of Ayush

KJ Somaiya Institute of Dharma Studies to host yoga event

13 • PG | 35 • Sqcm | 55335 • AVE | 2.74M • Cir | Middle Center | Education Times

Mumbai



KJ Somaiya Institute of Dharma Studies to host yoga event

To inspire a broad audience to embrace yoga as a daily practice for holistic health, KJ Somaiya Institute of Dharma Studies, Somaiya Vidyavihar University will host 'Yogotsav' on Wednesday (May 28). The event, part of a national initiative titled "100 Days, 100 Cities, 100 Organisations", is a 100-day countdown to International Yoga Day under the grants by Morarji Desai National Institute of Yoga, Ministry of AYUSH. Chandrakant Patil, Maharashtra Minister of Higher and Technical Education, will be the chief guest. The event will begin with a demonstration adhering to the Common Yoga Protocol from 7 am to 9 am.

The Times of India • 26 May • Ministry of Ayush

Study reveals economic toll of NCDs on Pb households

5 • PG | 455 • Sqcm | 220642 • AVE | 345.95K • Cir | Bottom Center

Chandigarh

Study reveals economic toll of NCDs on Pb households

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Chandigarh: As the burden of non-communicable diseases (NCDs) continues to rise across Punjab, their economic impact on households is becoming increasingly severe. A recent study found that out-of-pocket healthcare expenses are pushing many families into catastrophic health expenditure (CHE), with the burden falling disproportionately on lower-income groups and those with specific socioeconomic vulnerabilities. Households with larger family sizes and lower levels of education were particularly at risk of financial hardship due to medical costs.

With NCDs recognised as a public health priority due to their significant contribution to disability, illness, and mortality, the study aimed to estimate out-of-pocket expenditures, catastrophic health expenditures (CHE), and income loss among affected households. The data was collected from 576 individuals across various healthcare facilities in Punjab.

The majority of respondents diagnosed with NCDs were male, and most were from urban areas. These diseases were largely classified as lifestyle-related, and a significant proportion of respondents fell within the 41-60 and above 60 age groups. Notably, 54% reported a family history of NCDs. Among the various conditions identified, diabetes was the most prevalent (31%), followed by hypertension (24%), cardiovascular disease (19%), stroke (15%), and chronic obstructive pulmonary disease (11%).

The study also examined healthcare-seeking behaviour and revealed that 76% of respondents relied on allopathic treatment. This was followed by home remedies (18%), ayurveda (5%), and homoeopathy (1%). In terms of healthcare facility usage, 48% accessed private care, 26% relied on public facilities, 19% consulted chemists, and 7% turned to homoeopathy care providers. Regarding insurance coverage, 259 individuals held private insurance, 34% were covered under the govt scheme Ayushman Bharat-Mukh Mantri Sehat Bima Yojana (AB-MMSBY), and 21% were unaware of their insurance status. On average, respondents travelled 5.49 km to access healthcare services.

OUTPATIENT COSTS

- A cost analysis revealed that cardiovascular disease patients incurred the highest mean direct outpatient expenses at ₹48,000 (ranging from ₹3,800 to ₹90,000), along with an average indirect cost of ₹6,000 (₹500-₹7,500)
- Stroke patients followed, with an average direct outpatient cost of ₹40,300 (₹4,000-₹85,000)
- COPD patients incurred the second-highest mean indirect cost at ₹4,909
- Patients with hypertension experienced the lowest direct and indirect outpatient costs

The cost analysis revealed that cardiovascular disease patients incurred the highest mean direct outpatient expenses at Rs 48,000 (ranging from Rs 3,800 to Rs 90,000), along with an average indirect cost of Rs 6,000 (Rs 500-Rs 7,500). Stroke patients followed, with an average direct outpatient cost of Rs 40,300 (Rs 4,000-Rs 85,000). COPD patients incurred the second-highest mean indirect cost at Rs 4,909. In contrast, patients with hypertension experienced the lowest direct and indirect outpatient costs. Medicine costs represented the largest share of expenses across all NCDs, followed by diagnostic tests, consultation fees, and transportation.

Inpatient treatment data showed that only 209 of the 576 respondents utilised such care. Cardiovascular disease again accounted for the highest mean direct inpatient cost at Rs 90,000 (Rs 2,500-Rs 1,50,000), followed by COPD, hypertension, stroke, and diabetes. Under indirect inpatient expenses, COPD patients incurred the highest mean cost at Rs 5,000 (Rs 500-Rs 10,000), followed by cardiovascular disease, diabetes, stroke, and hypertension.

The study also analysed the incidence and intensity of catastrophic healthcare expenditure. Diabetes patients experienced the highest incidence of CHE at all threshold levels, while COPD patients reported the lowest at the 20 and 30% thresholds. The intensity or overshoot of CHE for diabetes and hypertension patients exceeded 8% at the 5% threshold. Stroke patients showed the lowest overshoot across all thresholds. Hypertension patients experienced the second-highest overshoot and the highest average positive overshoot at both 5 and 10% thresholds.

The study, titled 'Out-of-pocket payments and catastrophic healthcare expenditure for non-communicable diseases: Results of a State-wide STEPS survey in north India', was conducted by researchers Pooja Kansra, Sumit Oberoi, and Anurag Garg. The findings have been published in the Indian Journal of Medical Research.

In light of these findings, the researchers recommended that the govt health insurance scheme AB-MMSBY be expanded to cover outpatient as well as pre- and post-diagnostic expenses for patients with cardiovascular disease, COPD, and diabetes. They also highlighted the urgent need to include individuals with type-1 diabetes under existing health insurance benefits.

The Times of India • 25 May • Ministry of Ayush

HOT WEATHER, COOL WORKOUTS

4 • PG | 311 • Sqcm | 702795 • AVE | 2.78M • Cir | Middle Center | Delhi Times

Delhi

HOT WEATHER, COOL WORKOUTS

As outdoor workouts in summer can be draining, these expert tips will help you stay safe, healthy, and fit throughout the season

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There's something undeniably energising about stepping outside for a walk or jog. But when the sun is blazing and temperatures rising, that same invigorating routine can quickly lead to exhaustion.

Summer workouts are a test of endurance, not just physically, but mentally, too. And if you're not careful, they could do more harm than good. "Exercising in summer does come with challenges, but they can be easily managed through some basic practices. Make sure to take the necessary precautions so that your workout is both safe and effective," shares Jashan Vij, a health and fat loss coach. Here's how to make the most of your outdoor workouts without letting the heat wear you down.



PICS: ISTOCK
PHOTOS USED FOR REPRESENTATION PURPOSE ONLY

TIME IT RIGHT

Avoid exercising during intense heat hours, mostly from 10 am to 4 pm. Instead, schedule your jog or walk early in the morning or later in the evening. "The temperatures are slightly cooler, and the sun's rays aren't harmful during these hours," states Vij.

GET YOUR FILL OF HYDRATION

Many people are unaware that excessive sweating leads to significant water loss. It's necessary to drink enough water before, during, and after your workout. Puja Gupta, a sports physiotherapist, advises, "Focus on hydration—not just water, but also electrolytes if you're sweating heavily."



DRESS LIGHT

Your clothing choices in summer matter more than you think. Vij suggests, "Opt for relaxed, loose-fitting clothes that are moisture-absorbing and breathable. Also, light colours reflect sunlight, while darker colours absorb heat." Maitreyi Dandekar, a nutrition coach, adds, "Sweat-wicking clothes and a cap or visor can make a big difference in keeping your body cool."

SAFEGUARD YOUR SKIN AND EYES

Even on cloudy days, UV rays can wreak havoc on your skin. Apply sunscreen with an SPF 40+ and reapply it every two hours, especially if you sweat excessively. Also, don't forget a wide-brimmed hat and sunglasses with UV protection.

LISTEN TO YOUR BODY

Heat can drain your energy quickly. Hence, pay attention to your body and take a break when needed. Gupta warns, "If you feel light-headed, nauseous, or unusually weak, stop immediately and rest in the shade."

Don't let the scorching heat derail your fitness goals. With the right timing, suitable gear, and proper awareness, your outdoor workouts can be refreshing and effective.

The Times of India • 25 May • Ministry of Ayush

100 days in office: Delhi Govt to present report card

18 • PG | 98 • Sqcm | 47378 • AVE | 345.95K • Cir | Top Right

Chandigarh

100 days in office: Delhi Govt to present report card

TIMES NEWS NETWORK

New Delhi: BJP govt will celebrate its 100 days in office by presenting a report card of its works at a special event to be organised in Delhi next week.

Though the exact date, time, and venue for the event are yet to be finalised, sources said the celebrations could be held at Bharat Mandapam.

A senior Delhi govt official said a comprehensive report of the achievements of the newly formed BJP govt in a little over three months of being in office was being compiled after collecting inputs from all ministers in the cabinet.

"This report card on BJP govt's 100 days in office will be presented by chief minister Rekha Gupta at the event, which is likely to be held on May 31," the official said.

Sources said govt might also announce some new initiatives at the event, including the launch of 38 Ayushman Arogya Mandir health clinics, a schaolarship scheme for Dalit students, and a pollution action plan to improve the quality of air and Yamuna water in Delhi.

"We managed to roll out some prominent welfare initiatives, which will be talked about at the event. This includes tabling of the pending CAG reports, implementation of the Ayushman Bharat health insurance scheme, and registration of people aged above 70 years under the 'Vay Vandana'," said a senior BJP functionary.

The Times of India • 24 May • Ministry of Ayush

The rise of Walking yoga

8 • PG | 877 • Sqcm | 1980981 • AVE | 2.78M • Cir | Top Center | Delhi Times

Delhi

How to: Maintain a workout streak



iStock

SET A SPECIFIC, REALISTIC GOAL
Define your "why" - weight loss, strength, stress relief, etc. Set SMART goals, can try 30 mins of movement daily for 21 days.

MAKE IT NON-NEGOTIABLE, BUT FLEXIBLE
Commit to some movement daily, even if it's just a 10-minute stretch.

TRACK YOUR PROGRESS VISUALLY
Use a wall calendar, habit-tracking app, or fitness watch.

BREATHE WALK REPEAT

The rise of walking yoga



Swati Bhargava stretches during her walking yoga session

Anagha Sawant

Are you bored of simply walking, or find it difficult to fit in a full yoga session? You can now combine the two by practising walking yoga instead. Swati Bhargava, a yoga enthusiast inspired by her mum to practise walking yoga, shares, "She would go on her daily walks and combine them with light yoga *asanas* and stretches. I realised that this mix brought double the benefits. Her energy, flexibility, and consistency inspired me to try the same. Now, it's a part of my health routine."

Walking yoga is a gentle form of exercise that combines walking with mindfulness, breathing, and simple yoga movements. According to experts, you don't need to walk briskly or jog – the focus is mainly on your breathing technique.

istock

As a low-impact activity, walking yoga is suitable for all age groups and does not require any prior yoga experience. It supports both physical and mental well-being
– Savita Sawant, a yoga instructor

What is walking yoga

Mumbai-based yoga expert Gargi Parab explains, "Walking yoga is practised while walking slowly. The attention should be on your breath, body posture, and surroundings. You should focus on your breathing as you take each step."

"Unlike traditional yoga (practised on a mat) or regular walking (often done mindlessly), walking yoga blends slow walking with yoga awareness, posture alignment, and conscious breathing," explains Kamya, a yoga expert.

Incorporating walking yoga into your daily routine

- Walking yoga focuses on deep, slow breathing that is synced with your steps
- A common method is to inhale over 3 to 4 steps, and exhale over the next 3 to 4 steps while walking
- Start with a short and manageable distance, then increase gradually
- Include simple movements like forward bends, side bends, and arm stretches
- Stay present by engaging your senses and observing your surroundings
- Incorporate simple *asanas* such as: Tadasana (Mountain Pose), Trikonasana (Triangle Pose), Vrikshasana (Tree Pose), and Virabhadrasana (Warrior Pose)

– Inputs by Savita Sawant, a yoga instructor and Gargi Parab, a yoga expert



Kamya practises the walking yoga pose

BENEFITS
- Improves flexibility and balance
- Boosts circulation and lung capacity
- Reduces stress and anxiety
- Enhances posture and body awareness
- Strengthens muscles

Fitness Fundas

Who should try it

- Walking yoga is suitable for all age groups and can be practised either indoors or outdoors
- People recovering from injury needing low-impact movement
- Older adults or those with limited mobility or joint issues
- Individuals looking to improve flexibility, posture, and breathing
- "Walking yoga involves gentle stretches, making it ideal for individuals who prefer to avoid intense workouts," adds Savita Sawant, a yoga instructor

Technique for beginners

- Start by standing still and taking deep breaths
- Walk slowly, synchronising each step with your breath (inhale on the right foot, exhale on the left)
- Pause to stretch – try a forward fold or a side bend
- Resume walking, adding a simple affirmation such as "I am calm" or "I am strong"
- Finish with Tree Pose and a few deep, calming breaths

– Inputs by Kamya, a yoga expert

The Times of India • 22 May • Ministry of Ayush
Destination Uttarakhand

4 • PG	2465 • Sqcm	10155781 • AVE	4.69M • Cir	Bottom Left,Top Left

Delhi

Destination Uttarakhand

EMERGING SPIRITUAL AND WELLNESS CAPITAL OF INDIA



"Under the visionary guidance of PM Narendra Modi, Uttarakhand is evolving as a holistic tourism destination—spiritually uplifting, economically empowering, and globally inspiring. Our AYUSH Policy 2023, enhanced pilgrimage services, and schemes like the Deen Dayal Upadhyaya Homestay Yojana reflect our commitment to inclusive growth, cultural pride, and sustainable development. We welcome the world to experience the healing, heritage, and hospitality of Uttarakhand."

-Pushkar Singh Dhami, Chief Minister

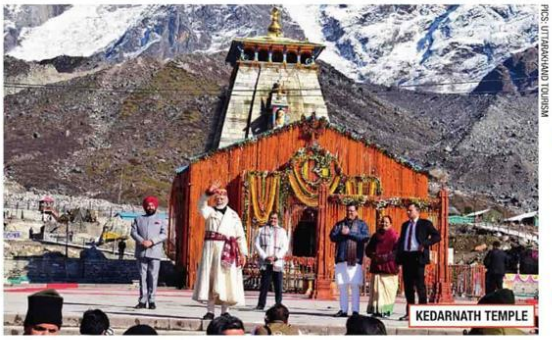
PICS: UTTARAKHAND TOURISM



PROMOTING TOURISM, EMPOWERING RESIDENTS THROUGH HOMESTAYS

The Deen Dayal Upadhyaya Homestay Scheme transforms ordinary homes into tourism assets, thus offering tourists an experience while creating livelihood opportunities for the locals

The Deen Dayal Upadhyaya Homestay Scheme, officially known as the Deen Dayal Upadhyaya Griha Awaas Vikas Yojana, is a flagship endeavour by the government of Uttarakhand aimed at transforming tourism and empowering local residents. The scheme facilitates homestay accommodations across the state, enabling both domestic and global travellers



PICS: UTTARAKHAND TOURISM

KEDARNATH TEMPLE

INFRA, ACCESSIBILITY & HEALTH SERVICES BOOST TOURISM DEVELOPMENT

Under the able leadership of Prime Minister Narendra Modi, Uttarakhand Chief Minister Pushkar Singh Dhami is actively promoting AYUSH Policy 2023, which envisions transforming Uttarakhand into a hub of health and wellness tourism

Often referred to as Devbhoomi or the Land of the Gods, Uttarakhand is home to some of the most revered pilgrimage places in India, notably the Chardham—Kedarnath, Badrinath, Gangotri, and Yamunotri—and Hemkund Sahib. These revered destinations draw lakhs of devotees every year, pursuing spiritual solace amidst the majestic Himalayas.

SPIRITUAL ESSENCE

The Chardham Yatra holds tremendous spiritual significance for Hindus. Kedarnath, devoted to Lord Shiva, and Badrinath, devoted to Lord Vishnu, are among the most holy temples in India. Gangotri and Yamunotri are the origins of the Ganges and Yamuna rivers respectively, and are associated with deity worship. Hemkund Sahib, located at a height of 4,572 metres in Chamoli district, is a revered Sikh pilgrimage site. It is believed that Guru Gobind Singh, the tenth Sikh Guru, meditated at this tranquil area encircled by seven snow-capped peaks and a glacial lake.

HEALTHCARE SUPPORT FOR PILGRIMS

Recognising the challenges posed by high altitudes and rough landscapes, the Uttarakhand government has greatly improved healthcare facilities for pilgrims. For the 2025 Chardham Yatra, new hospitals with 17 and 45 beds have been established in Kedarnath and Badrinath, respectively. Further, 25 specialist doctors are deployed along the yatra route.

To address altitude-related health issues, 20 medical relief posts and 31 health check-up centres have been set up. The state has also increased the number of ambulances to 154, including 17 advanced life-support units. Helicopter ambulances operated by AIIMS Rishikesh and boat ambulances at Tehri Lake are available for emergencies. Technological advancements include the upgraded e-Health Dham portal with a 'Get Help' button for immediate assistance. 'Point of Care Testing Devices' assess 28 critical health parameters on the spot. Compulsory health declarations help determine high-risk pilgrims before the journey.

INFRASTRUCTURE AND HELI SERVICES

To enhance accessibility, the Uttarakhand government has concentrated on improving infrastructure along the pilgrimage routes. Helicopter services have been facilitated, with the government encouraging pilgrims to book tickets only through the official IRCTC website to prevent scams. Besides, parking facilities for 1,495 vehicles have been arranged at 20 locations along the yatra route.

PILGRIMAGE TO HEMKUND SAHIB

The trek to Hemkund Sahib is difficult, involving a vertical 6 km climb from Ghangaria. To aid pilgrims,



helicopter services between Govindghat and Ghangaria have been introduced, reducing travel time immensely. Given the high altitude, about one-third of pilgrims experience acute mountain sickness. To control this, augmented awareness drives and medical facilities are being emphasised.



I congratulate the Uttarakhand government on the remarkable progress achieved in the last few years. This has been made possible by sustained policy push and focus on key sectors such as tourism and renewable energy. Alongside, the state has made significant strides in infrastructure development, setting new benchmarks for sustainable growth. Uttarakhand's commitment to harnessing its natural resources and promoting tourism has not only bolstered its economy but also showcased its potential on the global stage. I applaud the state's dedication to inclusive development and look forward to its continued success in the years ahead."

-Narendra Modi, Prime Minister

DHAMI GOVT ENHANCING CONNECTIVITY, BOOSTING ECONOMIC GROWTH

RISHIKESH-KARNAPRAYAG RAIL PROJECT: The 125 km broad-gauge railway line between Rishikesh and Karnaprayag stands as an example in the evolution of the state's transportation infrastructure. Endorsed by the Ministry of Railways in 2010-11, the undertaking strives to enable comfortable entry to pilgrimage sites, link new business centres, and promote the evolution of backward regions. Traversing Dehradun, Tehri Garhwal, Pauri Garhwal, Rudraprayag, and Chamoli, the railway line will connect major towns like Devprayag, Srinagar, Rudraprayag, Gauchar, and Karnaprayag.

DELHI-DEHRADUN EXPRESSWAY: The 210 km expressway will lessen the travel duration between Delhi and Dehradun from the present 5 hours to just 2.5 hours. This six-lane highway, with the possibility for expansion to eight lanes, will not only ease traffic congestion but also promote residential and retail expansion along its course. A remarkable element of the Delhi-Dehradun Expressway is its wildlife corridor, which is a 12 km elevated flyover developed to save the local fauna.

AIR CONNECTIVITY: The Dehradun-Pithoragarh flight service ventured under the UDAN Regional Connectivity Scheme, has significantly cut the travel period between the two cities from 12-15 hours by road to just 60 minutes by air. This service improves connectivity between the Kumaon and Garhwal regions, promoting tourism and financial activities. Further, new flights from Dehradun to Ayodhya, Varanasi, and Amritsar have boosted the state's network.

Uncharted territories: Exploring offbeat pilgrimage routes

among dense deodar forests. Though 2,047 km away from the famous Jagannath Temple in Puri (Odisha), this shrine shares a deep spiritual connection. Situated in Uttarakhand's Tehri Garhwal district, near the confluence of the Alaknanda and Bhagirathi rivers in Devprayag, this ancient temple is dedicated

destination for couples desiring spiritual blessings and a striking Himalayan backdrop.

TUNGNATH: THE HIGHEST SHIVA TEMPLE IN THE WORLD

Tungnath is part of the Panch Kedar pilgrimage and stands as the highest Shiva

to explore not only famous destinations but also isolated, lesser-known regions of Uttarakhand.

The main purpose of the scheme is to offer tourists hygienic, inexpensive, and culturally immersive accommodation prospects while simultaneously generating livelihood options for local citizens. Homestays allow visitors to experience the authentic culture, customs, and food of Uttarakhand, encouraging significant associations with their hosts and the surrounding communities.

The scheme offers significant monetary aid to homeowners desiring to transform part of their houses into homestays. In hilly areas, the government provides a capital subsidy of 33% of the project cost or up to Rs 10 lakh, whichever is lower. Further, there is a 50% interest subsidy on loans (up to Rs 1.5 lakh per year) for the first five years. In plain areas, the capital subsidy is 25% or Rs 7.5 lakh (whichever is lower), along with an interest subsidy of up to Rs 1 lakh annually for five years.

Apart from monetary support, the scheme highlights capacity building. The government organises training programmes to help homestay owners develop hospitality and management skills, assuring quality service for visitors and sustainable business practices for hosts.

To simplify the procedure and improve visibility, the Uttarakhand Tourism Department has established an online platform that links travellers with registered homestays. This portal furnishes a free listing service for homestay operators and a convenient, trusted booking option for visitors.



CM Pushkar Singh Dhami visiting a homestay

UTTARASTAYS: UTTARAKHAND'S OFFICIAL HOMESTAY BOOKING PORTAL

Uttarastays is a dedicated homestay booking portal established by the Uttarakhand Tourism Development Board to facilitate and promote homestay tourism in the state. As India's first state-sponsored homestay booking platform, Uttarastays strives to provide a user-friendly and transparent experience for both travellers and homestay owners.

The portal lets visitors search and book verified homestays across Uttarakhand with ease, offering thorough information about conveniences, locations, and pricing. It also features user-generated reviews and ratings, allowing guests to make informed choices while giving owners valuable feedback.

Uttarastays charges no listing fees or commissions, making it a cost-effective promotional tool. It assures greater visibility, real-time feedback, and direct bookings—all at no cost.

Uttarastays is a step toward sustainable and inclusive tourism, linking tourists with authentic local experiences and empowering communities across Uttarakhand.

#ExploreUttarakhand

@DIPR_UK

Uttarakhand, a region steeped in spiritual heritage, is unveiling its lesser-known gems, attracting pilgrims, trekkers, and seekers alike with their natural beauty, cultural richness, and profound significance. Read on...



KARTIK SWAMI TEMPLE

Uttarakhand, famous for its spiritual heritage, is now seeing the rise of several lesser-known yet culturally rich destinations that are attracting pilgrims, trekkers, and spiritual seekers alike. Among them are Kartik Swami Temple, Jagannath Temple (Devprayag), Triyuginarayan Temple, Tungnath, Kashi Vishwanath Temple (Uttarkashi), and Haat Kalika Temple, each delivering a special spiritual and cultural experience.

KARTIK SWAMI TEMPLE: A NORTHERN ABODE OF LORD MURUGAN

Located in the Rudraprayag district, Kartik Swami Temple is devoted to Lord Kartikeya, also known as Lord Murugan, the son of Lord Shiva and Parvati. While Kartikeya is primarily revered in South India, this hilltop temple is one of the rare shrines in North India where devotees can offer prayers to him. Situated at a height of about 3,000 metres, the temple offers a panoramic view of the snow-capped Himalayas, making it a spiritual haven for nature lovers and trekkers. The legend associated with this temple tells the cosmic contest between Kartikeya and Ganesha, emphasising themes of sacrifice and holiness.

JAGANNATH TEMPLE, UTTARKASHI: A HOLY CONNECT WITH PURI

Located just six km from Uttarkashi, the Jagannath Temple stands in the serene surroundings of Sald village, nestled



TRIYUGINARAYAN TEMPLE



JAGANNATH TEMPLE

PICS: UTTARAKHAND TOURISM

to Lord Jagannath, an incarnation of Lord Vishnu. Built in the traditional hill-style architecture of Uttarakhand, the temple offers breathtaking views from its elevated location.

TRIYUGINARAYAN TEMPLE: A HALLOWED WEDDING DESTINATION

Located near Kedarnath, the Triyuginarayan Temple is considered to be the place where Lord Shiva and Parvati were married, with Lord Vishnu himself acting as the divine witness. The eternal flame burning at the temple is said to have been lit during their divine wedding. In recent years, it has emerged as a sought-after wedding temple globally, situated at a height of 3,680 meters in the Garhwal Himalayas. Its accessibility and spectacular surroundings make it famous among both pilgrims and trekkers.

KASHI VISHWANATH TEMPLE, UTTARKASHI & HAAT KALIKA TEMPLE, GANGOLIHAT

The Kashi Vishwanath Temple in Uttarkashi mirrors the renowned one in Varanasi and is a venerated site along the route to Gangotri. The Haat Kalika Temple in Gangolihat, holds military and cultural importance and is revered by soldiers and civilians alike.

AYUSH POLICY 2023: Holistic healing, sustainable tourism

Aligned with PM Narendra Modi's mission, AYUSH Policy 2023 aims to position Uttarakhand as a centre for holistic wellness

Uttarakhand, with its spiritual importance and immaculate Himalayan terrains, already enjoys international acclaim as a hub for yoga and natural healing. The AYUSH Policy 2023 builds on this heritage, facilitating the state as a holistic wellness destination by fostering the building of AYUSH wellness centres, retreats, and therapy hubs in both rural and urban locations.

A fundamental objective of the policy is to build a strong infrastructure for AYUSH-based healthcare services aligned with international benchmarks. This includes setting up integrated AYUSH hospitals and specialised Panchakarma centres, particularly in tourism hotspots. Also, the policy facilitates Public-Private Partnerships (PPP) to develop and manage wellness tourism facilities, assuring quality, scalability, and sustainability.

The state government seeks to train local youth as AYUSH therapists, yoga instructors, and wellness guides, creating job prospects while improving the visitor experience. The policy supports research and standardisation in AYUSH practices, striving to build trust in global clientele.

The state intends to encourage AYUSH tourism through strategic marketing campaigns and collaborations with travel agencies, wellness resorts, and international wellness organisations. The inclusion of AYUSH services in health insurance and digital platforms is also proposed to improve accessibility and ease of booking wellness packages. The AYUSH Policy 2023 showcases the notion of transforming Uttarakhand into an epicentre for holistic healing and sustainable tourism. It positions the state not only as a sanctuary for natural wellness but also as a standard for combining conventional learning with contemporary tourism practices, thus promoting financial expansion.



UTTARAKHAND PITCHES SERENE HILLS AS WEDDING DESTINATIONS

With a unique appeal from Prime Minister Narendra Modi under the 'Wed in India' campaign, the spotlight has shifted to Uttarakhand's stunning venues. Read on...

Uttarakhand is fast emerging as one of India's most sought-after wedding destinations. Endowed with tranquil terrains, snow-capped mountains, riverside retreats, and religious temples, the state offers couples an ideal combination of tradition, nature, and tranquillity.

TRIJUGINARAYAN TEMPLE – A hallowed wedding beneath divine blessings: One of the most sacred wedding sites is the Trijuginarayan Temple in the Rudraprayag district. Soaked in mythology, this temple is considered to be the site of Lord Shiva and Goddess Parvati's divine wedding. Couples from across the nation are attracted here to tie the knot in a spiritually substantial and historical background.

TEHRI – A dreamy lakeside affair in the Himalayas: Tehri, overlooking the emerald waters of Tehri Lake, offers a surreal lakeside wedding experience amidst the Garhwal Himalayas.



RISHIKESH – Spiritual serenity meets riverside romance: Rishikesh, the yoga capital of the world, is another favourite. With the Ganges flowing gently and the Himalayas as the backdrop, this town offers spiritual and calm wedding vibes. Luxury resorts, riverbanks, and heritage ghats offer diverse backgrounds for a remarkable wedding.

NAINITAL – A fairytale wedding amidst lakes and hills: In the Kumaon region, Nainital delights couples with its misty hills, colonial architecture, and picturesque lakeside venues. A wedding in this romantic hill town feels like a fairytale come true.

CORBETT – Into the wild with a touch of grace: For wildlife and nature lovers, Jim Corbett National Park presents a special destination wedding experience. Resorts near the forest allow couples to marry in the lap of nature, encircled by dense greenery and the calls of the wild.

MUSSOORIE – Colonial charm for a regal celebration: Mussoorie, the Queen of Hills, is an all-time favourite for its colonial charisma, scenic vistas, and cool weather. From luxury hotels to heritage structures, Mussoorie adds elegance and romance to wedding celebrations.

Text by Taresh Dutta

READER ENGAGEMENT INITIATIVE

The Times of India • 22 May • Ministry of Ayush

AYUSH POLICY 2023: Holistic healing, sustainable tourism

4 • PG | 186 • Sqcm | 90435 • AVE | 46.88K • Cir | Bottom Center
Chandigarh • Chennai • Bhubaneshwar

AYUSH POLICY 2023: Holistic healing, sustainable tourism

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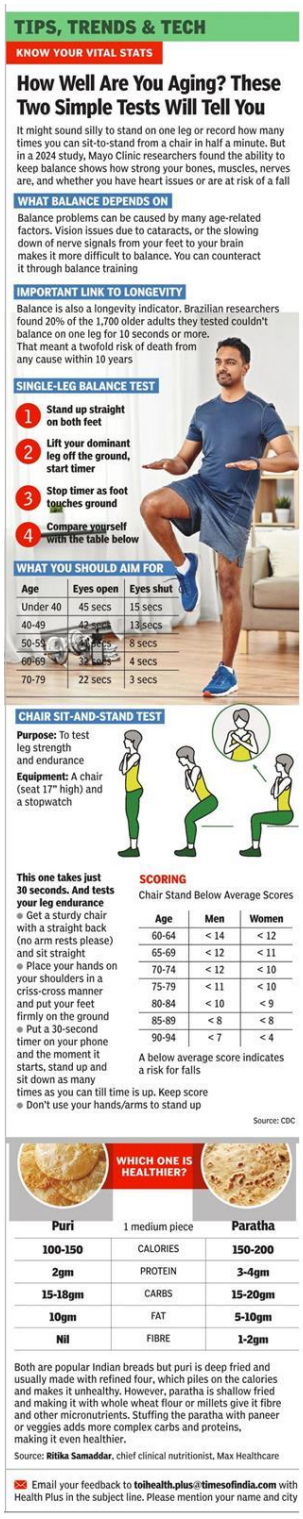


The Times of India • 21 May • Ministry of Ayush

How Well Are You Aging These Two Simple Tests Will Tell You

18 • PG | 370 • Sqcm | 1523019 • AVE | 4.69M • Cir | Top Right

Delhi



TIPS, TRENDS & TECH

KNOW YOUR VITAL STATS

How Well Are You Aging? These Two Simple Tests Will Tell You

It might sound silly to stand on one leg or record how many times you can sit-to-stand from a chair in half a minute. But in a 2024 study, Mayo Clinic researchers found the ability to keep balance shows how strong your bones, muscles, nerves are, and whether you have heart issues or are at risk of a fall

WHAT BALANCE DEPENDS ON

Balance problems can be caused by many age-related factors. Vision issues due to cataracts, or the slowing down of nerve signals from your feet to your brain makes it more difficult to balance. You can counteract it through balance training

IMPORTANT LINK TO LONGEVITY

Balance is also a longevity indicator. Brazilian researchers found 20% of the 1,700 older adults they tested couldn't balance on one leg for 10 seconds or more. That meant a twofold risk of death from any cause within 10 years

SINGLE-LEG BALANCE TEST

1. Stand up straight on both feet
2. Lift your dominant leg off the ground, start timer
3. Stop timer as foot touches ground
4. Compare yourself with the table below

WHAT YOU SHOULD AIM FOR

Age	Eyes open	Eyes shut
Under 40	45 secs	15 secs
40-49	42 secs	13 secs
50-59	40 secs	8 secs
60-69	32 secs	4 secs
70-79	22 secs	3 secs

CHAIR SIT-AND-STAND TEST

Purpose: To test leg strength and endurance

Equipment: A chair (seat 17" high) and a stopwatch

This one takes just 30 seconds. And tests your leg endurance

- Get a sturdy chair with a straight back (no arm rests please) and sit straight
- Place your hands on your shoulders in a criss-cross manner and put your feet firmly on the ground
- Put a 30-second timer on your phone and the moment it starts, stand up and sit down as many times as you can till time is up. Keep score
- Don't use your hands/arms to stand up

SCORING

Chair Stand Below Average Scores

Age	Men	Women
60-64	< 14	< 12
65-69	< 12	< 11
70-74	< 12	< 10
75-79	< 11	< 10
80-84	< 10	< 9
85-89	< 8	< 8
90-94	< 7	< 4

A below average score indicates a risk for falls

Source: CDC

WHICH ONE IS HEALTHIER?

Puri	1 medium piece	Paratha
100-150	CALORIES	150-200
2gm	PROTEIN	3-4gm
15-18gm	CARBS	15-20gm
10gm	FAT	5-10gm
Nil	FIBRE	1-2gm

Both are popular Indian breads but puri is deep fried and usually made with refined four, which piles on the calories and makes it unhealthy. However, paratha is shallow fried and making it with whole wheat flour or millets give it fibre and other micronutrients. Stuffing the paratha with paneer or veggies adds more complex carbs and proteins, making it even healthier.

Source: **Ritika Samaddar**, chief clinical nutritionist, Max Healthcare

Email your feedback to **toihealth.plus@timesofindia.com** with Health Plus in the subject line. Please mention your name and city

The Times of India • 19 May • Ministry of Ayush

Homoeopathy colleges get one-year relaxation from NCH for faculty hiring

3 • PG | 610 • Sqcm | 381376 • AVE | 1.05M • Cir | Top Left | Education Times

Pune

Homoeopathy colleges get one-year relaxation from NCH for faculty hiring

Rules were eased after colleges appealed to Ministry of AYUSH for additional time to appoint NTET-qualified faculty

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The National Commission for Homoeopathy (NCH) recently granted a much-needed breather to the homoeopathy colleges as they transition from Minimum Essential Standards (MES) Regulations 2024 and move to the upgraded norms under MES 2025. More than 200 homoeopathy colleges in India were struggling after the introduction of MES 2025, under which the colleges had to hire more faculty who were NTET qualified. Besides, they also had to meet a few infrastructural requirements. The one-year relaxation offered by the NCH has given colleges some time to speed up the hiring and infrastructure development process. This will also prevent disruptions in teaching and uninterrupted patient care.

The relaxations allow a 10% cut in teaching staff for 100-seat colleges (15% for 60-seat colleges) and a 20% reduction in non-teaching personnel. This is when the NCH allowed 60-seat institutions to have an intake of 100 students. At the same time, colleges must double their hospital bed strength from 25 to 50 over five years and maintain nearly all emergency and skill-lab equipment.

Several homoeopathic colleges raised the issue of delays in faculty appointments during India's shift to mandatory National Teachers' Eligibility Test (NTET) when it was announced by NCH and the AYUSH Ministry. "Although we have conducted the test and have qualified professionals available, institutions requested additional time to complete the hiring process. The new norms will require raising faculty strength from 28 to 41 (including the principal). This raised the fear that several institutions will be non-compliant and will not be allowed to function in 2025," Dr Tarkeshwar Jain, president, Medical Assessment and Rating Board of Homoeopathy (MARBH) tells *Education Times*.

Considering the operational troubles, MARBH granted one-year relaxations, ensuring colleges could align their hiring processes without any academic interruptions. To smoothly enforce MES 2025, the NCH allowed a 10% faculty relaxation for 100-seat colleges and 15% for 60-seat colleges. "These relaxations give a realistic timeline to colleges to build their human resources and infrastructure. Regulations will boost better clinical and research aptitude in students," says Dr Subhash Kaushik, director general, CCRH. College administrators are apprehensive of the teething troubles consisting to inadequate clinical exposure with limited faculty. "The NCH's decision to increase student intake and increase the number of beds necessitates solid management," says Dr CP Sharma, principal, Bakson Homoeopathic Medical College & Hospital, Greater Noida.



Image generated by AI



The Times of India • 17 May • Ministry of Ayush

Ayurveda-allopathy combo treatment: NIA Pkl to prescribe to new approach

1 • PG | 394 • Sqcm | 191286 • AVE | 46.88K • Cir | Bottom Center

Chandigarh

Ayurveda-allopathy combo treatment: NIA Pkl to prescribe to new approach

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Chandigarh: The National Institute of Ayurveda (NIA), Panchkula, is set to become the first govt institute in northern India to fully embrace an integrative medicine approach. Now, patients can consult allopathic doctors and ayurvedic specialists, sitting at one place, who would offer holistic healthcare. NIA Panchkula, an extension centre of the esteemed National Institute of Ayurveda, Jaipur, stands as one of only two such referral institutes under the ministry of AYUSH nationwide.

Dr Gaurav Kumar Garg, deputy medical superintendent of the hospital, said, "Recently, officials from the Command Hospital and Civil Hospital Sector 6 visited our institute, expressing keen interest in our integrative approach." This strategy will ensure collaboration between allopathic and Ayurvedic specialists, ensuring that patients benefit from the combined strengths of both medical systems. He said, "Presently we have a radiologist, pathologist and anaesthetist. We will expand the intake where the allopathic doctors will visit doctors in our OPDs and will work as a team."

The institute is in the advanced stages of procuring X-ray, ultrasound, and CT scan machines, complementing its existing biochemistry laboratory. Beyond conventional treatments, NIA Panchkula also provides free yoga classes, promoting the physical and mental well-being of both patients and the community.

The hospital features five modular OTs for gynaecological and general surgeries, separate male and female wards providing free patient meals, and a soon-to-be-completed two-story building that will house private wards. According to the deputy medical superintendent, the hospital is 80% completed and ready to serve the community.

NIA Panchkula's 100-bedded hospital offers a spectrum of care, encompassing both outpatient (OPD) and inpatient (IPD) services. A dedicated team of expert consultants and specialised healthcare professionals delivers focused care across 14 speciality OPDs, including general medicine, Panchakarma, gynaecology & obstetrics, surgery, paediatrics, ENT & ophthalmology, preventive healthcare and lifestyle management, and toxicology and de-addiction.

The hospital is also equipped with advanced emergency management facilities, providing round-the-clock care for critical conditions. The OPD serves over 350 patients daily, offering expert consultations, free medications, and access to a growing suite of advanced laboratory services.

1ST BAMS BATCH STARTED IN NOV '24

The 21-acre campus boasts state-of-the-art healthcare and academic facilities, designed to address the demand for advanced ayurvedic treatment and education. The institute started its first BAMS batch in November 2024, with an intake of 100 students through the all-India entrance National Eligibility Cum Entrance Test. The institute also has plans to introduce MD/MS courses within the next three years.



GMCH REVISES OPD TIMINGS

Chandigarh: Chandigarh will see a change in operational hours for the outpatient departments (OPDs) and blood collection centres at the Government Medical College & Hospital (GMCH), Sector-32, and its South Campus in Sector-48, effective from May 16 until July 23.

The Times of India • 14 May • Ministry of Ayush

Too busy to get fit Time to get creative

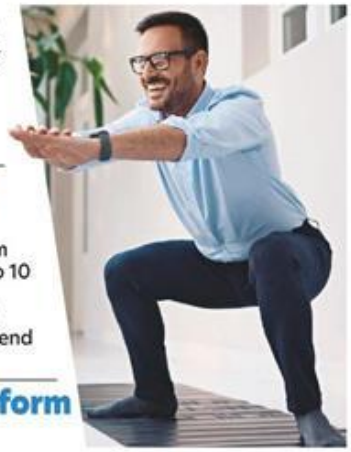
2 • PG | 296 • Sqcm | 668735 • AVE | 4.69M • Cir | Top Right | Delhi Times
Delhi

Pics: iStock

Too busy to get fit? Time to get creative



You're too busy to exercise, right? Your job consumes all your time. You're strapped by professional and family demands. As you get more and more responsibility, your free time shrinks. Well, these blockers don't have to be an excuse. Making time simply calls for creativity and a broader understanding of how to get in daily exercise. AP



Blend exercises into your schedule

- If your flight is delayed, go for a walk around the airport.
- When you wake up, always go for a walk.
- When you get home from work, do a certain number of pushups after you walk through the door.
- Take a quick break from answering emails and do 10 squats or pushups.
- Make workout a social event and do it with a friend or a group.

'Conduct standing meetings or perform isometric exercises in the office'

Charles Scott, an exercise coach has a list of ways to blend movement into your day without needing a gym. He suggests doing one-on-one meetings while you're walking. "If you want a meeting to be short and efficient, choose the standing conference room," he adds. Do isometric exercises during a meeting to tone, for instance, your stomach muscles. "Tighten up your stomach muscles. Hold for 20 seconds and don't hold your breath," he said. "Don't make it obvious. Release. Do it again. You'll be sore tomorrow. It burns calories. It tones muscles. And it takes precisely zero seconds out of your I-am-too-busy-to-exercise day."



The Times of India • 13 May • Ministry of Ayush

Punjab to set up 208 more Ayushman Arogya Kendras

5 • PG | 561 • Sqcm | 271886 • AVE | 46.88K • Cir | Top Right

Chandigarh

Punjab to set up 208 more Ayushman Arogya Kendras

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Chandigarh: After reaching a consensus with the Centre over the rebranding of Aam Aadmi Clinics, the Punjab govt has announced plans to set up 208 additional urban Ayushman Arogya Kendras across the state.

The decision aims to strengthen access to healthcare services, with officials claiming that the 242 existing urban Ayushman Arogya Kendras significantly reduced residents' out-of-pocket healthcare expenditure. These centres provide free treatment, 80 types of free medicines, and 38 types of free diagnostic tests.

The state's health department directed deputy commissioners and civil surgeons to identify suitable buildings in line with prescribed norms for establishing the new centres. Authorities were instructed to ensure a minimum distance of 1 to 3 km between existing health facilities and the new Kendras.

As per officials, of the 208 new health facilities, 42 are to be set up in Ludhiana, 26 in Jalandhar, 23 in Amritsar, 20 in Gurdaspur, 9 in Sangrur, and 8 each in Bathinda, Fazilka, Muktsar, and Pathankot. The identified facility must include a separate room for the doctor, a room for the pharmacist, waiting areas, a reception, and a toilet. Deputy commissioners and civil surgeons were asked to submit their location reports by May 12. The expansion follows a resolution to a long-standing conflict between the Punjab govt and the Union health ministry over the branding of 242 Ayushman Arogya Mandirs—formerly known as Ayushman Bharat Health and Wellness Centres.

Renaming process completed in Jan

In Nov 2024, the two sides reached an agreement to rebrand the clinics as Ayushman Arogya Kendras, aligning with the Centre's guidelines. The renaming process was completed by Jan 2025 and included wall painting, installation of six logos, name boards, and defined border patterns for windows and doors. The dispute led to the suspension of NHM funds amounting to Rs 112 crore for the financial year 2022–23 and Rs 366.41 crore for 2023–24, from a total central allocation of Rs 457.90 crore.

The Times of India • 12 May • Ministry of Ayush

NCTE introduces new ITEP courses in Yoga, Performing Arts, Sanskrit, PE

2 • PG | 866 • Sqcm | 1051678 • AVE | 4.69M • Cir | Top Right | Education Times

Delhi

NCTE introduces new ITEP courses in Yoga, Performing Arts, Sanskrit, PE

While schools have long offered these subjects, no structured teacher-education programmes existed earlier

Divyansh.Kumar
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To address the shortage of specialist teachers in schools, the National Council for Teacher Education (NCTE) recently announced the rolling out of four-year Integrated Teacher Education Programmes (ITEP) in Yoga, Performing and Visual Arts, Sanskrit and Physical Education. Launched under the framework of the National Education Policy (NEP) 2020, these dedicated pathways aim to produce educators equipped not only with applied skills but also with deep theoretical grounding, an essential blend that existing certificate and diploma routes have failed to deliver.

"The decision to introduce exclusive ITEP courses in these disciplines stems from a clear market gap," Prof Pankaj Arora, chairman, NCTE tells *Education Times*. While schools have long offered Yoga and Sanskrit as subjects, no structured teacher-education programmes existed to prepare pedagogies in these fields.

Aspiring Yoga instructors typically rely on certifications or diploma training, which lacks the theoretical frameworks necessary to design age-appropriate curricula or address the full spectrum of mental, physical and spiritual well-being in a school context. Likewise, Sanskrit education has been relegated to a subject taught by generalist BEd graduates rather than dedicated specialists.

"We do not have teachers for these courses although there is a demand in schools for teachers in these specialisations," says Prof Gajanan Londhe, NCTE member and executive director, Samvit Research Foundation, Bengaluru. By extending ITEP to Performing and Visual Arts, the council seeks to integrate arts education throughout the school spectrum, a core tenet of NEP 2020's vision of holistic, human-centered learning. Physical Education, already a BEd specialisation, will now benefit from a more robust, four-year programme that incorporates sports science, biomechanics and sports psychology alongside practice.

Institutional readiness

"We are not expecting a rollout across thousands of institutions immediately," Prof Arora says, adding, "The NCTE has finalised norms and is awaiting final approval before inviting institutions to apply for recognition. Only those colleges with requisite infrastructure–yoga labs, art studios, sports facilities—or a demonstrated track record in these disciplines will be encouraged to pilot the programmes." To ensure a measured start, the council will initially invite applications from 'special institutions' with prior expertise–such as universities already offering advanced Yoga or arts programmes. Lessons from this pilot phase will offer feedback for a broader expansion plan.

Curriculum design

A multi-tiered expert committee is overseeing curriculum development. Each four-year ITEP will allot 40% of credits to theory, including Indian Knowledge Systems (IKS), philosophy, sociology and contemporary fields including AI and digital education, and 60% to practicum, says Prof Sudhakar Venukapalli, member, NCTE and former dean, English and Foreign Languages University (EFLU), Hyderabad. "The aim is to root students in classical disciplines such as Vedic culture, Indian ethos, while equipping them with modern pedagogical tools: blended learning, project-based work and collaborative 'Vaad-Vivaad' dialogue traditions," he says. Stage-specific pedagogy aligns content with the NEP's four school stages (foundational, preparatory, middle and secondary), scaling theoretical depth and reflective practice as learners mature.

Local adaptations

Although the national framework provides a generic curriculum for Performing and Visual Arts, NCTE emphasises flexibility for regional and tribal art forms. "Universities can customise the course to include local contexts," says Prof Londhe. NCTE will support institutions by connecting them with resource experts, but local adaptation remains at the discretion of individual varsities. Inclusion of tribal languages, dance-drama traditions and art forms requires deeper engagement.

The Times of India • 12 May • Ministry of Ayush

At my core, I am creative, and passion makes everything possible^

2 • PG | 375 • Sqcm | 745184 • AVE | 1.27M • Cir | Bottom Center

Chennai

FOOT NOTE

"At my core, I am creative, and passion makes everything possible"

Nandini.Sengupta@timesofindia.com

As chairperson of Rajshree Sugars & Chemicals, an integrated sugar company with interests in sugar, alcohol, fuel ethanol, renewable energy & agri-biotech, Rajshree Pathy is a recognised business face both in Tamil Nadu and nationally. With her varied interests in ayurveda, art, architecture and design, she is among the most multi-faceted CEOs in Tamil Nadu. TOI spoke to her about her interests and what drives her. Excerpts:

You wanted to study architecture, instead studied commerce and finally ended up running a sugar company. Did things pan out the way you thought they would?

The tragedy of my parents' passing in my early 30s shattered all my personal expectations. I had to take over the business and make it a success! At that point, there was no conflict within me. I have no regrets as Rajshree Sugars gave me the opportunity to shine and contribute to the sugar industry on a national level. I always believe in turning adverse situations into positive outcomes.

You've had a really long innings as a woman CEO handling multiple businesses from sugar to high-end toiletries to ayurveda. Looking back, which of these ventures were most exciting for you and why?

At my core, I'm a creative person — I loathe labels and defy definition and believe passion makes anything possible. Whether it's sugar, ayurveda, design or art, it's all part of one seamless journey. Kama Ayurveda began as an idea among four close friends, something we all believed in. We are proud of creating one of India's first luxury wellness brands — now part of a



global company. Recently, I launched Qi Ayurveda, a haircare range that blends authentic ayurvedic wisdom with advanced Swiss botanical actives. For me, it's exciting to watch a thought become reality.

You have a fantastic art collection and are known as a connoisseur of art. How did that passion begin?

I grew up in a culturally rich environment, surrounded by family that appreciated Carnatic music, Western classical traditions, and in homes filled with books on art, museums, and architecture. My mother was a strong influence — she began collecting contemporary art and sculpture in the 1970s during visits to Mumbai and Ahmedabad, cities where modernist ideas thrived and where we had close friends. I naturally gravitated toward contemporary art and began collecting while still in college. But more than the artworks themselves, it's the long-standing relationships with the artists — the shared memories and life experiences — that have been truly meaningful.

TALKING TO TOI

How did the India Design Forum happen? What was the trigger for it and how important is design for you?

I've long felt the need for open, honest dialogue around design thinking and its impact. In 2012, I launched the non-profit India Design Forum (IDF), now India's leading platform for promoting innovative design and raising awareness of its value across industries. IDF collaborates with industry bodies, policymakers, governments, and global organizations through forums, workshops, and exhibitions. In 2016, I curated Chakraview — India's first official entry to the inaugural London Design Biennale, endorsed by the Govt of India.

How did your interest in architecture begin and how connected is it to your interest in design and art?

My childhood home was designed by a Sri Lankan architect inspired by the Bauhaus — starkly different from anything I'd seen growing up. My mother wanted an industrial, minimalist home with no decoration — just clean lines, glass bricks, and white walls. That experience sparked my self-taught journey into architecture and a deep appreciation for spatial simplicity. I've carried that philosophy into my work, including designing the sustainable, minimalist packaging for Qi Ayurveda using pure, eco-friendly material.

After more than four decades in the corner office, what's your leadership mantra?

Stay true to your values. Walk the talk. Build trust. Above all, stay relevant. The world is changing rapidly, and without innovation, you risk becoming obsolete.

How has the world of business changed since you took over the reins of your company?

We are in the age of AI. Anyone with a cellphone can access all information. So one needs to think on one's feet and strategise growth and survival in business. Opportunities in India are endless, nowhere else can you grow at this pace. Go grab the golden goose, before someone else does.

The Times of India • 10 May • Ministry of Ayush

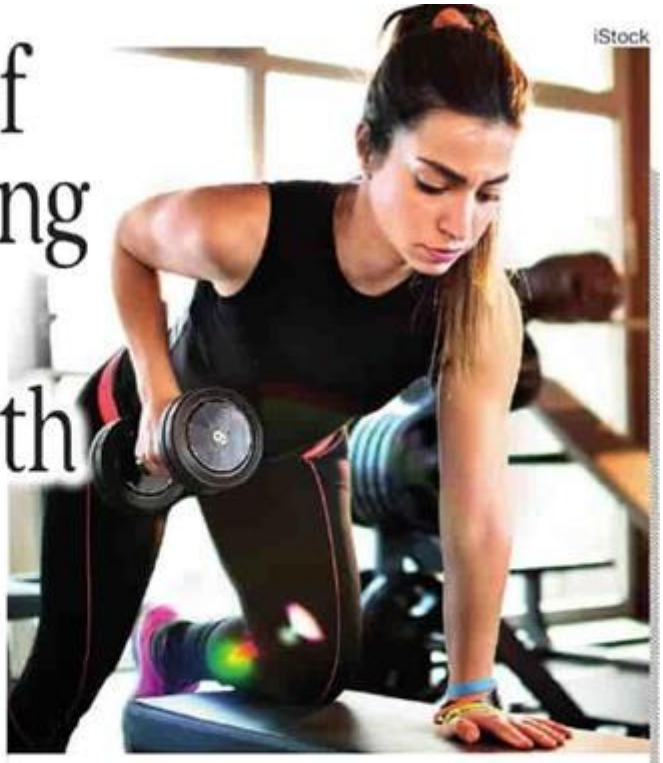
30 minutes of weight training can boost muscle growth

4 • PG | 207 • Sqcm | 466983 • AVE | 4.69M • Cir | Top Left | Delhi Times
Delhi

30 minutes of weight training can boost muscle growth

New research suggests that you don't need hours of daily strength training to build muscle. A study involving 42 participants found that just 30-minute weight training sessions, done twice a week for eight weeks, significantly increased muscle size and strength. "These shorter workouts are effective for beginners and experienced exercisers alike," said Luke Pryor from the University at Buffalo, emphasising their value in maintaining or increasing skeletal muscle.

Agencies



iStock

Muscle growth comes from hormone release, metabolic stress and molecular signaling

- Brad Schoenfeld, co-author of the study

The Times of India • 08 May • Ministry of Ayush

India to benefit from easier UK visa rules

19 • PG | 217 • Sqcm | 1222722 • AVE | 3.52M • Cir | Middle Right

Mumbai



India to benefit from easier UK visa rules

Tech, Mgmt Executives To Gain, Govt Opens Procurement For British Cos With Safeguards

TIMES NEWS NETWORK

New Delhi: Indian tech and management professionals, engineers, and R&D advisors will be among the beneficiaries of an easier visa regime under the trade deal with the UK. This includes 1,800 annual visas for musicians, chefs, and yoga instructors.

Easier mobility rules, along with other service sectors aimed at Indian companies setting up shop in the UK, are a critical element of the trade agreement announced on Tuesday. The UK has also offered significant commitments for digitally delivered services for Indian suppliers, such as architects, engineering, telecom and IT.

Govt officials cited the Double Contributions Convention as a major gain, helping employees on temporary work visas save around Rs 4,000 crore in social security contributions for three years. "It's a comprehensive package with good commitment on investments, mobility (easier visas) and lowering costs, helping companies make more aggressive bids (for contracts)," said an official.

Easier access for Indian business visitors and professionals was a key demand from the Indian side in return for lowering import duties on products of interest to the UK, led by Scotch and automobiles. Besides, govt has agreed to open procurement for British companies, something that it did for the UAE under the trade and economic agreement. Market access for govt procurement will, however, be limited to non-sensitive central level entities, and there is no commitment to allow companies from the UK to participate in state or local bodies' contracts.

While the environment chapter has commitments from India, govt officials said the agreement factors in the different development status of both sides and their national priorities. In the case of labour, however, there is only a provision for cooperation and an institutional mechanism for discussing issues related to skill development, capacity building, and information sharing with carve-outs for state govts and local bodies. "These chapters do not have a dispute settlement mechanism," explained an officer.

The UK has, however, not agreed to offer any concessions under the Carbon Border Adjustment Mechanism, with India having the right to retaliate.

WHICH SECTORS STAND TO GAIN

Tariffs for Indian exporters

Agri & processed foods	Current	Zero Duty Under FTA On:
Animal products	Up to **20%**	**99.3%** Items
Vegetable/Oil products	Up to **20%**	**99.8%** Items
Processed food	Up to **70%**	**99.7%** Items

Industrial goods, which face varying duties, will attract zero tariffs

Minerals | Up to 8%; **Chemicals** | Up to 8%;
Plastic/Rubber | Up to 6%; **Leather/Footwear** | Up to 16%;
Wood/Paper | Up to 10%; **Textile/Clothing** | Up to 12%;
Headgear/Glass/Ceramic | Up to 12%; **Gems & Jewellery** | Up to 4%
Base Metals | Up to 10%; **Mechanical Machinery** | Up to 8%;
Electrical Machinery | Up to 14%; **Transport/Auto** | Up to 18%;
Instruments/Clocks | Up to 6%; **Arms/Ammunition** | Up to 2%;
Furniture/Sports goods | Up to 4%; **Works of art** | 0%

The Times of India • 08 May • Ministry of Ayush

Simple moves for staying nimble in just 20 minutes

5 • PG | 924 • Sqcm | 2088075 • AVE | 4.69M • Cir | Bottom Left | Delhi Times
Delhi

Simple moves for staying nimble in just 20 minutes

Like balance, power and mobility, your agility generally decreases with age unless you train it regularly. The key to a good agility program is exercises that quickly change direction, said Milica McDowell, a physical therapist. Getting into a regular habit of agility training can help you avoid a fall as well as improve your mental acuity.

Practicing a few times a week, you can expect to see improvements within a couple weeks, said Brett Poniros, a strength and conditioning coach in New York and Luks' trainer.

"You'll feel the mental confidence of your training first," Poniros explained, "feeling comfortable moving faster. Then you'll see the physiological change."

The New York Times

Fitness Fundas



AGILITY BALLS: Hold a tennis ball or other small, bouncy ball in front of you near ear level. Drop it and squat down quickly with the goal of catching it in the same hand after it bounces once and starts to come down again. To make this more challenging, toss the ball against a wall and catch it one hand.

>> While agility training, use a flat training shoe or even go barefoot on a cushioned surface, McDowell said. "This is not a time to work out in big, cushy training shoes, because you'll risk an ankle sprain"

Getting started

Time: 20 to 25 minutes
Intensity: Moderate
Rounds: Two to three sets of each exercise

What you'll need

Two small cones. You can also use yoga blocks or dumbbells in their place. A racquetball, tennis ball or other small ball that can bounce. Chalk or tape for the ground to simulate an agility ladder, which you can also use.

Adjust for you

If you are new to agility training, scale the moves to your ability. Where one athlete might shuttle run between cones, an 82-year-old who does little exercise might replace the run with a step toward a cone and then a step back.



<< LADDER DRILLS: Start with a 15-foot chalk line, tape or cord. Quickly step over the line with one foot at a time, bringing both feet to one side before going back across to the other. With each step, move sideways down the line until you reach the end. Turn back to go the opposite way. As you improve, try an agility ladder to do these step-ins/outs while moving forward up and down the ladder

Pics: iStock

>> FIGURE EIGHT DRILL: Set two dumbbells, cones or yoga blocks 10 to 15 feet apart. Picture the top, bottom and middle of a figure eight in your mind. Run the figure eight, aiming to improve your reaction time on turns and curves. Try switching directions with each set



The workout

Sequence: Complete each drill three times before moving to the next. Start with one minute of rest after each drill and work that down to 30 seconds.
For each movement: Do as many repetitions as you can in the time allowed. The goal is to increase your speed.
Carioca drill: 30 seconds in each direction, repeated three times
Ladder drills: 30 seconds, repeated three times
Figure eight drill: 20 seconds, repeated three times
Agility balls: 30 seconds, repeated three times
Skaters: 15 repetitions, repeated three times
Shuttle runs: 30 seconds, repeated three times

Hindustan Times • 23 May • Ministry of Ayush

Ayush shows India's holistic health power at Osaka Exp

20 • PG | 166 • Sqcm | 982438 • AVE | 3.43M • Cir | Top Center

Delhi

Ayush shows India's holistic health power at Osaka Expo



The Ministry of Ayush's participation at the ongoing World Expo 2025 in Osaka, Japan, and received widespread appreciation for showcasing India's holistic approach to health and well-being. Yoga has emerged as a major global attraction, drawing participants to daily sessions being held at the India Pavilion -Bharat.

Hindustan Times • 23 May • Ministry of Ayush

Over 1,000 entities register on Yoga Sangam

20 • PG | 84 • Sqcm | 494576 • AVE | 3.43M • Cir | Middle Center

Delhi

Over 1,000 entities register on Yoga Sangam

The Ministry of Ayush announced that over 1,000 organisations have already registered their proposals under the flagship Yoga Sangam initiative — setting the tone for what is poised to become India's largest-ever wellness celebration on June 21, 2025, International Day of Yoga (IDY). The enthusiastic response comes from a diverse mix of organisations and institutions, including schools, colleges, corporates, NGOs, Resident Welfare Associations, government departments, and grassroots community groups from across the country.

Hindustan Times • 21 May • Ministry of Ayush

Integrated vision needed for healthy world: Modi

8 • PG | 143 • Sqcm | 222191 • AVE | 267.13K • Cir | Middle Left

Chandigarh

Integrated vision needed for healthy world: Modi

Rhythma Kaul
letters@hindustantimes.com

NEW DELHI: Prime Minister Narendra Modi on Tuesday said the future of a healthy world depends on inclusion, integrated vision and collaboration and added that this year's theme of World Health Assembly, "One World For Health", resonates with India's vision for global health.

Addressing the 78th World Health Assembly in Geneva, Switzerland, via videoconferencing on Tuesday, PM Modi said, "When I addressed this gathering in 2023, I had spoken about One Earth, One Health. The future of a healthy world depends on inclusion, integrated vision, and collaboration."



Emphasising that inclusion is at the core of India's health reforms, Modi highlighted the Ayushman Bharat scheme and said, "We run Ayushman Bharat— the world's largest health insurance scheme— that covers 580 million people and provides free treatment. This programme was recently extended to cover all Indians above the age of 70 years. We have a network of thousands of health and wellness centres that screen and detect diseases such as cancer, diabetes, and hypertension," he added.

He highlighted the role of pharmacies selling high-quality generic medicines that bring down the cost of otherwise expensive treatment significantly.

Highlighting the role of technology in improving health outcomes, the PM talked about India's digital initiatives, "We have a digital platform to track vaccination of pregnant women and children. Millions of people have a unique digital health identity. It is helping us integrate benefits, insurance, records and information. With telemedicine, nobody is too far from a doctor. Our free telemedicine service has enabled over 340 million consultations."

Reflecting on the positive impact of India's health initiatives, he noted a significant decline in Out-of-Pocket Expenditure as a percentage of Total Health Expenditure. Simultaneously, he emphasised that Government Health Expenditure has increased considerably.

"The health of the world depends on how well we care for the most vulnerable. The Global South is particularly impacted by health challenges. India's approach offers replicable, scalable and sustainable models. We would be happy to share our learnings and best practices with the world, especially the Global South," he added. Modi also congratulated the World Health Organization on the successful negotiations of (intergovernmental negotiating body) treaty.

Hindustan Times • 17 May • Ministry of Ayush

Ayurveda Day to be celebrated on September 23 every year

21 • PG | 24 • Sqcm | 11553 • AVE | 4.88M • Cir | Middle Left

Noida • Gurugram • Delhi

Ayurveda Day to be celebrated on September 23 every year

The Government of India officially designated Sept 23 as the date for celebrating Ayurveda Day each year. This change, notified through a Gazette Notification dated Mar 23, marks a significant shift from the earlier practice of observing Ayurveda Day on Dhanteras, which follows a variable lunar calendar. Ayurveda Day was commemorated annually to promote Ayurveda as a scientific, evidence-based, and holistic system of medicine that plays a pivotal role in preventive healthcare and wellness.

Hindustan Times • 17 May • Ministry of Ayush

CM promises jobs for Mohalla Clinic staff in Arogya Mandirs

6 • PG | 546 • Sqcm | 3231557 • AVE | 3.43M • Cir | Top Left

Delhi

CM promises jobs for Mohalla Clinic staff in Arogya Mandirs

Ridhima Gupta and Alok Mishra
htreporters@hindustantimes.com

NEW DELHI: Chief minister Rekha Gupta on Friday assured protesting Mohalla Clinic staff that they will be absorbed into the upcoming Ayushman Arogya Mandirs (AAM), even as the government begins phasing out clinics in areas where the new centres are being established. Her assurance came after scores of doctors, paramedics, and other clinic workers gathered outside her office on Friday, demanding clarity on their future and protesting delays in salary disbursal.

The protest, held during the CM's Janata Darbar, was triggered by the government's recent decision to withdraw Mohalla Clinics that overlap with the Ayushman Arogya Mandirs. "We will engage you on a priority basis in the new system that the government is creating," Gupta told the staff, adding that preference will be given to existing personnel once the transition begins.

On May 15, HT reported that the Delhi government intends to wind down existing Mohalla Clinics in areas where Ayushman Arogya Mandirs are coming up, since both facilities provide primary healthcare. According to minutes from a meeting on the operationalisation of Urban Ayushman Arogya Mandirs, Mohalla Clinic doctors and staff may be allowed to continue only for a year—or until new personnel are recruited to run the Arogya Mandirs.

Following this, on Friday, dozens of clinic workers gathered around noon for the CM's Janata Darbar. "We have worked at the Mohalla Clinics for the past six years. Now why are we being asked to leave our jobs? What is our fault?" said one paramedic at the gathering, summing up the anxiety shared by hundreds of frontline workers.

Amid slogans and appeals, CM Gupta addressed the group: "We will engage you on a priority basis in the new system. The government will absorb you in the Arogya Mandirs being set up across Delhi. There is no need to worry." She added that once the delegation submitted the full list of affected staff, they would be prioritised in the government's upcoming recruitment drives.



Delhi chief minister Rekha Gupta with cabinet minister Ashish Sood inspects fire service equipment at Delhi Secretariat in New Delhi on Friday. RAJ K RAJ/HT PHOTO

Staff complain of salary delays

While uncertainty over job security looms, another immediate concern for Mohalla Clinic workers is the non-payment of salaries. Several doctors and support staff told HT that they have not received payments for March and April.

"For two months, we've received nothing. There's been no explanation. Many of us depend entirely on this job—some are taking loans just to manage daily expenses," said a doctor at the protest.

Jitender, president, Mohalla Clinic Staff Union, said, "If we don't get paid by May 20, it'll be two full months without salary."

Despite repeated queries, the Delhi government did not give a reason for the salary delay.

Hindustan Times • 10 May • Ministry of Ayush

Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry...

23 • PG	110 • Sqcm	652347 • AVE	3.43M • Cir	Middle Center

Delhi



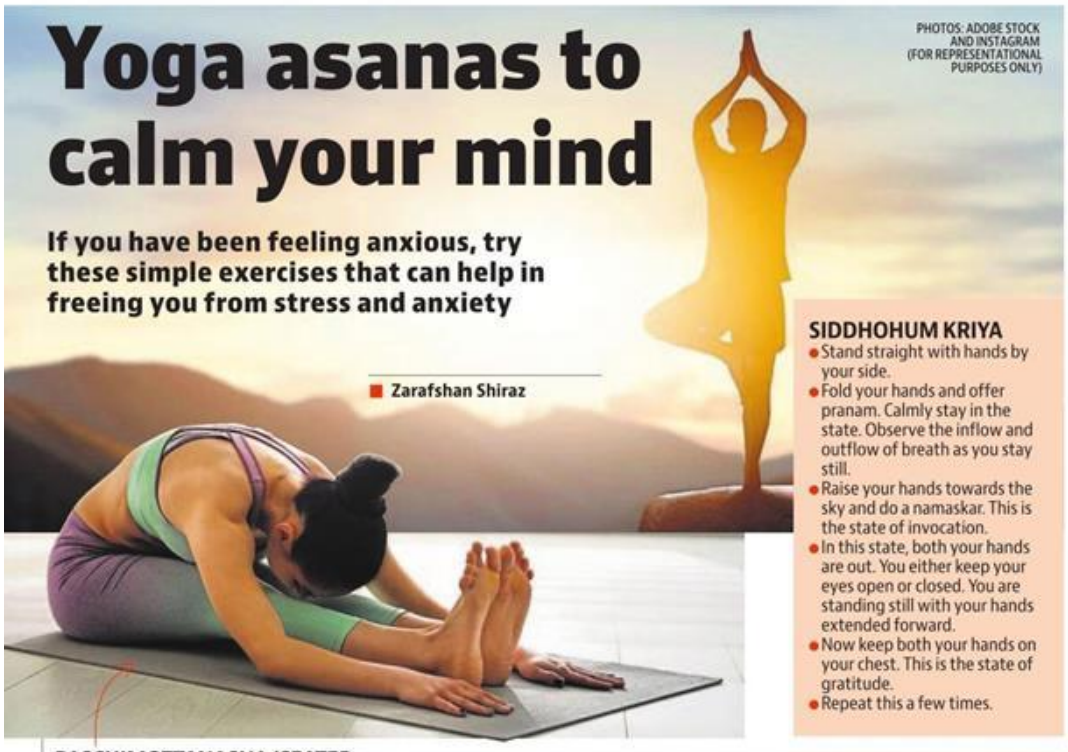
■ Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush and Union Minister of State, Ministry of Health and Family Welfare chaired a review meeting on May 7 in New Delhi to assess the ongoing preparations for the upcoming International Day of Yoga 2025.

Hindustan Times • 09 May • Ministry of Ayush

Yoga asanas to calm your mind

4 • PG | 375 • Sqcm | 26257 • AVE | 60K • Cir | Top Right | HT City

Bengaluru



Yoga asanas to calm your mind

PHOTOS: ADOBE STOCK AND INSTAGRAM (FOR REPRESENTATIONAL PURPOSES ONLY)

If you have been feeling anxious, try these simple exercises that can help in freeing you from stress and anxiety

Zarafshan Shiraz

SIDDHOHUM KRIYA

- Stand straight with hands by your side.
- Fold your hands and offer pranam. Calmly stay in the state. Observe the inflow and outflow of breath as you stay still.
- Raise your hands towards the sky and do a namaskar. This is the state of invocation.
- In this state, both your hands are out. You either keep your eyes open or closed. You are standing still with your hands extended forward.
- Now keep both your hands on your chest. This is the state of gratitude.
- Repeat this a few times.

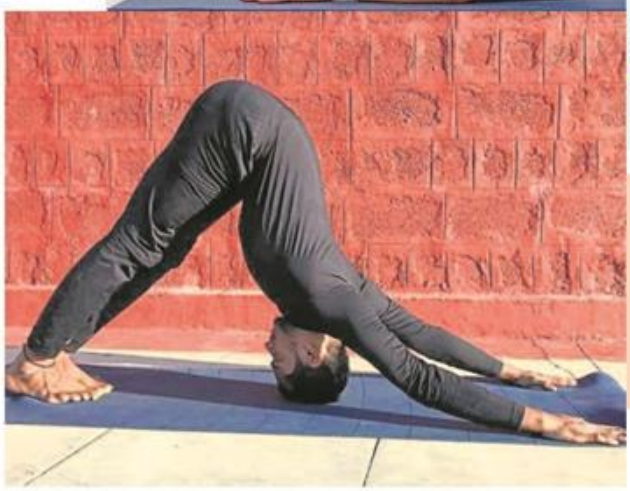
PASCHIMOTTANASNA (SEATED FORWARD BEND)

- Begin with dandasana. Extend your arms upwards and keep your spine erect.
- Exhale and empty your stomach of air, bend forward and bend your upper body on your lower body.
- Try to touch your knees with your nose.
- Hold the asanas for five seconds.



BALASANA (EXTENDED BABY POSE)

- Kneel down on mat and sit on your heels.
- Inhale and raise arms above head.
- Exhale and place your forehead on the floor.
- Pelvis should rest on heels.
- Ensure that your back is not hunched.



ADHOMUKHISVANASANA (DOWNWARD FACING DOG POSE)

- Begin with Padhasthasana. Move feet backwards, lift the hips up, straighten your head and elbows and form an inverted V.
- Try to push your heels to the floor. Hold position for 5 seconds and keep your eyes focused on your toes.
- Exhale as you enter into this posture, inhale as you release from it.

Inputs from Himalayan Siddhaa Akshar, yoga expert

Hindustan Times • 08 May • Ministry of Ayush

Mock drills, air raid sirens, blackouts: Tricity tests its emergency readiness

1 • PG | 321 • Sqcm | 497304 • AVE | 267.13K • Cir | Top Center

Chandigarh

Mock drills, air raid sirens, blackouts: Tricity tests its emergency readiness

HT Correspondents
chandigarh@hindustantimes.com

CHANDIGARH/PANCHKULA/MOHALI: A series of mock drills and blackout rehearsals were carried out across Chandigarh, Mohali and Panchkula on Wednesday as part of a nationwide mega civil defence exercise in wake of escalating tensions with Pakistan.

A near-complete blackout was observed from 7:30 pm to 7:40 pm after the air raid warning sirens went off. Barring a few places, residents and establishments switched off the lights. Motorists, excluding a few, parked their vehicles on roadsides and turned off their headlights. In Sector 61, bordering Mohali, Sector 34, Sector 16, residents said the siren was not loud enough while there were reports that streetlights remained on in Chandigarh Housing Board flats in Sector 51, parts of Ramdarbar and Modern Housing Complex. There were also reports that shops and showrooms in some parts also failed to adhere to the blackout call. In Chandigarh's Sector 40, Ajit Singh, a shopkeeper, said, "As soon as we heard the siren, we turned off the lights."

Earlier in the day, a mock drill supervised by Panchkula MC chief Aparajita in Sector 20 was hampered by the delayed response of local police even though the police station was located nearby. Mock drills were also conducted at Bestech Mall in Mohali, ISBT-17 in Chandigarh, Piccadilly Sector-34, schools and other public places, simulating emergency scenarios such as building collapses, fires, and air strikes.





Mohali (above), as well as Chandigarh and Panchkula, went pitch dark after the air raid sirens were sounded on Wednesday evening; and (right) a mock drill being conducted at ISBT-17, Chandigarh. SANJEEV SHARMA & KESHAV SINGH/HT

Docs' leaves cancelled

Meanwhile, the UT health department has instructed all medical officers and staff to be prepared for emergency duty 24/7. Leaves of medical officers and staff posted at Government Multi Specialty Hospital, Sector-16, Ayushman Arogya Mandir and Urban Arogya Ayushman Mandir, have been cancelled.

Medical officers have been asked to be available on phone and report for duty immediately when called. The directive will remain in effect until further notice.

Hindustan Times • 08 May • Ministry of Ayush

Getting War Anxiety Here's What To Do

2 • PG | 1766 • Sqcm | 3532554 • AVE | 4.88M • Cir | Top Left | HT City

Noida • Mumbai • Delhi



GETTING WAR ANXIETY? HERE'S WHAT TO DO

HT HEALTH on Thursday

Scan here to visit HTHealth

India's Operation Sindoor is being labelled as the beginning of war. Expert share tips to avoid panicking

Ruchika Garg and Akshita Prakash

In the early hours of May 7, India gave a strong retaliation to the Pahalgam terror attack on April 22. Operation Sindoor witnessed the armed forces joining hands to hit terrorist hideouts in Pakistan and Pakistan-occupied Kashmir. Amid the rising geopolitical tensions, there is an invisible crisis brewing — the deep impact of such coverage on the mental health and well-being of civilians.

Across homes, social media feeds and family WhatsApp groups, whispers of a potential war began spiralling into collective panic. Hoarding of essentials, late-night doomscrolling, and compulsive news consumption surged. For many, this wasn't just political tension — it was personal, emotional and physical. The looming fear of escalation gave rise to what mental health experts are calling war anxiety: a psychological state marked by dread, helplessness, and a hyperawareness of threat.

"Panic is obvious. What is important is how to deal with it," says Rupa Chauhal, clinical psychologist and trauma therapist.

A support system

In uncertain times, it becomes even more crucial to have a strong support system in the form of family members, friends, and loved ones. "As a self-measure, it is important to speak to family members or loved ones for comfort," suggests Chauhal. Take out the time to share your daily routine with them; it helps keep one feeling grounded by moving away from the war-like situation. She also suggests avoiding overly discussing the situation with other people and the focus of the conversation should be reassurance that at the end of the day, everyone is there for each other. "If one still feels overwhelmed, seeking professional help is the best way to go," she adds.

Overconsumption of news: What does it do to you?

Though it is important to keep yourself informed through reliable news sources such as government-run agencies and trusted news papers and mediums, overconsumption might just induce more anxiety. This might also prevent individuals from coming out of that anxious state or even reducing it temporarily.

"In a war-like situation, people's realities shift dramatically, and the fear of what is going to happen next intensifies. This fear drives the compulsive urge to constantly seek updates through every available medium," says Chauhal, adding, "However, not all information available to be consumed is accurate or reliable. Misinformation, fragmented updates, or content related to other countries' crises — misinterpreted as relevant to one's own context — can induce more distress. Such unchecked exposure on social media or the internet often keeps people in a prolonged state of hypervarousal, making it difficult to feel safe or calm." In such a situation, a balance must be maintained between being informed and maintaining mental health standards.

CALMING EFFECTS OF EXERCISE

- **4-4-4-4 method**: This simple breathing technique — inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4 — helps reset the nervous system, brought racing thoughts under control. Apps like Calmsquare, Black Lotus or Headspace can help with guided visuals-based meditations
- **Yoga and stretching**: Yoga is incredibly effective in calming both the body and mind. Even 15-20 minutes of basic poses like child's pose, downward dog, or legs up the wall can relieve physical tension and ease mental distress
- **Short, regular walks**: Movement helps metabolise stress hormones. A 10-minute walk, pacing mindfully with awareness of breath and body, can make a difference — even if it is indoors
- **Centring yourself**: These practices don't need to be perfect. What matters is making space to pause, breathe, and feel safe in your own body again.

Inputs by Dr Anil Kumar, Psychiatrist, Paras Health, Gurugram

Revisit your hobbies

Leaning into comforting activities — whether through books, movies, art, or dance — is a healthy coping strategy during uncertain times. "These aren't distractions in a negative sense; they are tools of emotional regulation and hope-building. Watching feel-good content or reading uplifting literature can shift your brain out of a fight-or-flight state and offer much-needed emotional breathing room. They provide reassurance that joy, kindness, and hope still exist, even when the outside world feels chaotic," informs Dr Kumar.

Mindful eating

If is common to notice a disruption in eating habits when one is under tremendous psychological stress. Some people may find themselves reaching for comfort foods frequently, while others may lose appetite altogether — it is a biological response to fear. But with small, consistent steps, we can gently guide ourselves back to balance.

- **Stick to structure:** Try to maintain a basic meal schedule. This helps regulate blood sugar, which is closely tied to mood stability.
- **Plan light, balanced meals ahead:** Keep meals simple and nourishing — soups, fruits, nuts, and grains. Prepping or planning in advance reduces decision fatigue and impulsive eating.
- **Hydration as an anchor:** In some cases, the body confuses thirst with hunger or anxiety. Sipping warm water or herbal tea can calm both the gut and mind.
- **Mindfulness:** Slow down during meals. Pay attention to texture, smell, and taste. This decreases the chance of overeating or completely skipping meals out of distraction or panic.

Inputs from Dr Pavitra Shankar, Associate Consultant, Psychiatry, Aakash Healthcare

PHOTOS: SHUTTERSTOCK AND ADOBE STOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

A handy medicine cabinet

During such tumultuous situations, access to medical services may be limited or delayed. In such a scenario, it is a good idea to keep a basic stock of essential medicines at home. This is especially important if you have elderly family members, children, or anyone with chronic conditions. A stock of one month of regular medications and emergency medications is recommended.

- **Cardiovascular and BP issues:** For patients with heart-related issues or high blood pressure, it is critical to keep a regular supply of prescribed medications such as Amlodipine, Telmisartan, Atenolol, or Losartan. Doses should be taken as directed by your doctor, and must not be skipped during emergencies.
- **Diabetes management:** People with diabetes should stock up on their regular medications like Metformin, Glimepiride, or insulin if required. Glucose tablets or sugar packets should be kept handy to manage sudden drops in blood sugar levels.
- **Joint pain and body aches:** Painkillers like Paracetamol, Ibuprofen, or Diclofenac gel are useful for managing joint pain, arthritis, or muscle aches. These medicines should be used with food and under prescribed dosage limits to avoid side effects.
- **Oral health issues:** For dental pain or gum problems, Clove oil, Paracetamol, or Mouthwash with chlorhexidine can be stocked. A small dental emergency kit with cotton, painkillers, and antiseptic gel is also helpful.
- **Common cold and flu:** Medicines such as Cetirizine or Allegra (for allergies), Paracetamol (for fever), cough syrups, steam inhalers, and saline nasal sprays can help relieve symptoms of cold and flu. Staying hydrated and resting is also crucial.
- **Additional basic medicines to keep:** Antiseptic ointment for cuts and wounds, ORS (Oral Rehydration Salts) for dehydration, antacids like Pantoprazole or Gelusil for acidity, Loperamide for loose motions. Antiseptic liquids like Dettol or Savlon, and thermometer, digital BP machine, and glucometer if needed can be kept in your medical kit.

Inputs from Kulvinder Singh Kochhar, medical superintendent, PSRI Hospital

OVERWHELMED? REACH OUT FOR HELP

National Tele Mental Health Programme of India: 14416, 1800-891-4416
Roshni Helpline: +91 40552020000
Sneha Foundation India: +91 4474-64-0050
Sumaitri Helpline: 011-2338-90991
The Samaritans Mumbai: 8422-9845-26/29/30
Connecting India: +91 9922-00-1122
Cooj: +91 8332-2525-25
Vandrevala Foundation: +91 1860-2662-345, 1800-2333-330
Parivarthan: 080-4553-3323
Saath: 079-2630-5544, 079-2630-0222
iCall: 022-2552-1111
Lifeline Foundation: 033-2463-7401, 033-2463-2432

The Indian Express • 20 May • Ministry of Ayush

CORPORATE BRIEFS

18 • PG | 849 • Sqcm | 1392137 • AVE | 388.5K • Cir | Middle Left

Delhi

CORPORATE BRIEFS

EDUCATION

EVENT— ASIAN BUSINESS SCHOOL



The grand finale of Student of the Year 2025 concluded an exciting three-round competition in Sports, IQ, and Talent Hunt. Shlok Mishra emerged as the winner, earning the prestigious title, a trophy, and a seed fund of Rs. 3 lakhs. He was felicitated by Chief Guest and judge, Ms. Nikita Porwal, Femina Miss India World 2024. The event was graced by our respected Director Sirs — Dr. Lalitya Vir Srivastava, Dr. Saurabh Sharma, and Dr. Gurdeep Singh Raina — along with Deans Prof. Dr. Maroof Ahmad Mir and Prof. Dr. Sona Vikas. It was a true celebration of talent, determination, and excellence.

FELICITATION CEREMONY — JIIT



The Department of Biotechnology and Bioinformatics at Jaypee University of Information Technology (JUIT), Waknaghat, conducted Mock GAT-B tests across 17 government colleges in Himachal Pradesh, Punjab, and Haryana to raise awareness of career opportunities in biotechnology. A felicitation ceremony was held on May 10, 2025, honoring toppers with cash prizes, mementos, and certificates. Vice-Chancellor Prof. Rajendra Kumar Sharma and Prof. Sudhir Kumar motivated students to pursue higher education. Prof. Jata Shankar emphasized the test's role in shaping careers, while Prof. Anil Kant highlighted DBT's GAT-B benefits. Students also toured JUIT's labs, gaining exposure to its advanced facilities and postgraduate programs in biotechnology and microbiology.

EVENT— ASIAN LAW COLLEGE



Asian Law College proudly hosted the grand finale of The Social Change-Maker Champion of the Year 2024–25, celebrating innovation and social impact. We were honored to welcome Padma Shri Dr. Arunachalam Muruganantham — visionary inventor, Founder & CEO of Jayashree Industries, and widely known as "The Real Padman of India." Congratulations to Varisha Rehman, who emerged as the winner, receiving a Rs. 1 Lakh Social Grant and a prestigious trophy for her outstanding contribution to social change. The event stood as a powerful tribute to the spirit of change-makers and their transformative impact on society.

CONVOCATION— KIET



KIET Group of Institutions celebrated its 11th Convocation Ceremony on May 10, 2025, conferring degrees to 1,805 graduates. Prof. J.P. Pandey, Hon'ble Vice Chancellor of AKTU, graced the event as Chief Guest. The ceremony also saw the presence of KIET's Governing Body members. Special honors were awarded to university toppers and medalists, with cash prizes up to Rs. 50,000. Dr. Adesh Pandey highlighted KIET's achievements, including UGC Autonomous status, AICTE Idea Lab, and 697 research publications. Dignitaries encouraged graduates to embrace innovation, gratitude, and societal contribution. The ceremony concluded with a pledge and vote of thanks, marking a proud milestone in KIET's academic journey.

EVENT— SGT UNIVERSITY



It successfully hosted the International Summit on Holistic Innovations for Nations' Empowerment (I-SHINE 2025 – AI), a two-day hybrid conference focused on Artificial Intelligence and its role in nation-building. The summit explored AI's potential for sustainable growth, aligned with India's vision for a Viksit Bharat by 2047. Keynote speakers from global institutions discussed AI's impact on healthcare, sustainability, ethics, and society. Distinguished participants included experts from universities like Harvard Medical School and Kumamoto University. The summit emphasized interdisciplinary collaboration and AI-driven solutions in healthcare, education, and governance. SGT University reaffirmed its commitment to research and innovation, contributing to India's future progress.

KALINGA LITERARY FESTIVAL



The Kalinga Literary Festival (KLF) team met Nepal's Foreign Minister Dr. Arzu Rana Deuba in Kathmandu to discuss the upcoming Kathmandu KLF. The team, including Ashok Kumar Bal, Sudarshan Sahoo, and Rashmi Ranjan Parida, invited Dr. Deuba to be the Chief Guest at the event. The meeting highlighted the importance of literature, culture, and dialogue in strengthening South Asian intellectual collaborations. The team also met various notable figures, including government officials, artists, writers, and academics, to plan the 4th edition of KLF. The festival aims to deepen India-Nepal cultural ties and enhance regional dialogue through literature.

MOU— AMITY UNIVERSITY



It signed an MoU with Ducon Technologies to foster research collaboration & strengthen industry-academia ties in the hydrogen sector. Ducon, focused on sustainability and innovation, works in air pollution control, materials handling, wastewater treatment, hydrogen, and green energy. Aron Govil, Chairman & CEO of Ducon, expressed enthusiasm about the partnership, highlighting the establishment of a joint research lab and involvement of Amity students in research projects. Prof. (Dr.) Balvinder Shukla, Vice Chancellor of Amity University, emphasized the importance of industry-academia collaboration for advancing hydrogen research. The event also featured remarks from key Amity and Ducon leaders and experts.

AI SUMMIT— KIET



The Department of CSE (AI/AI & ML) at KIET Group of Institutions, Delhi-NCR, hosted an AI Summit themed "Where Education Meets Generation AI", aligning with SDGs 4, 8, and 9. Nearly 500 students attended, gaining insights into global AI advancements. The event featured Dr. Nalin Kumar Srivastava (MeitY) as Chief Guest and Dr. D.P. Singh (AWS) as Guest of Honor, along with 15 prominent speakers from industry and academia. Highlights included keynote addresses, panel discussions, and the unveiling of national AI initiatives. Esteemed dignitaries including Sh. Raghav Garg, Dr. Manoj Goel, and Dr. Rekha Kashyap graced the occasion. The summit inspired students to innovate responsibly in AI and reinforced KIET's commitment to excellence in tech education.

WORKSHOP—JAMIA HAMDARD



The Department of Computer Science and Engineering, SEST, Jamia Hamdard, in collaboration with GDG Cloud New Delhi and GDG-Jamia Hamdard, hosted a one-day AI and developer tools workshop on May 10, 2025. With 1,200 registrations and 300 shortlisted participants, the event featured top academicians and industry leaders. Hon'ble Vice Chancellor Prof. (Dr.) M. Afshar Alam delivered the keynote, followed by sessions from experts at Google, Microsoft, Expedia, YouTube Music, and more. Highlights included the 'Chai Pe Charcha' panel and hands-on workshops. The event showcased AI's real-world impact, promoting innovation, collaboration, and lifelong learning among students and developers.

EVENT— SGT UNIVERSITY



The Faculty of Indian Medical System, SGT University, Gurugram, in collaboration with NTEP & AYUSH Department, organized a "Sensitization Program on Awareness of Tuberculosis and HIV" on 16 May 2025. Dr. Alka Singh, Civil Surgeon, graced the event as Chief Guest, joined by Dr. Keshav, District TB Officer, and Dr. Manju Bangar, District Ayurvedic Officer. Eminent speakers emphasized early detection, stigma reduction, and integrated care. Over 80 Ayurvedic Medical Officers, students, and faculty participated. Convened by Prof. Dr. Bharat Vats & Dr. Parveen Yadav, the event reaffirmed SGT University's commitment to public health education and national health missions through sustained awareness and outreach.

EVENT— JAMIA HAMDARD



It successfully hosted the international students' cultural evening, RENDEZVOUS-2025, celebrating global diversity. The event featured enthusiastic participation from students representing multiple countries, with the presence of diplomats & dignitaries from Iran, Iraq, Egypt, Palestine, Sudan, South Sudan, Nepal, & Yemen. The evening included a Quran recitation, a one-minute silence for the Pahalgam attack victims, and performances such as classical Indian music, Nepali dance, Egyptian poetry, Syrian Dabka, & more. A Cultural Walk showcased traditional attire, symbolizing unity. The event was graced by dignitaries like Dr. Devendra Singh Chauhan, IPS, &. Abhay K., IFS, with a vote of thanks by Dr. Javed Ahmed.

EVENT — SHARDA UNIVERSITY



Sharda University, in collaboration with the Kela Devi Shri Chand Charitable Society, honoured UP Board toppers in a ceremony at its Greater Noida campus. Dev from BRSB Inter College, Kaloonda, & Tanvi Nagar from Yash Memorial School, Noida, were awarded for securing first positions in the 12th and 10th grades, respectively. The event, attended by parents, teachers, & dignitaries, began with a ceremonial lamp lighting. Chief Guest ADM Bachchu Singh praised the fair conduct of exams & encouraged students to stay focused. Program coordinator Dr. Ajay Agarwal emphasized continuous learning, character building, & the vital role of parents and teachers.

EVENT—GL BAJAJ



The Abhyudaya Club – CSE AIML Department of GL Bajaj Institute of Technology & Management hosted SuperNova 2025 – Hack the Void, Own the Stars, a 24-hour offline hackathon that drew over 3000+ team registrations from 200+ cities. Held on May 2–3, 75 shortlisted teams coded under the mentorship of faculty and industry experts. Inaugurated by Prof. (Dr.) Preeti Bajaj, the event combined creativity, coding, & collaboration. Top honors went to Team Killnonymous, Team Heureka, and Team Rolling Paper. Guided by a stellar jury including Shailendra Bahadur Singh and Dr. Archana Shiromani, the hackathon celebrated talent, teamwork, and technology, leaving behind a legacy of innovation and inspiration on campus.

EVENT— ASIAN BUSINESS SCHOOL



It proudly hosted YAEY 2025, spotlighting bold ideas & entrepreneurial spirit. Ayuesh Gupta emerged as the winner, securing the title & a Rs. 5 lakh seed fund for his outstanding pitch, exemplifying innovation and ambition. The event was graced by Akash Gupta, Co-Founder & CEO of Zypp Electric, as Chief Guest & Judge. Also present were our esteemed Director Sirs — Dr. Lalitya Vir Srivastava, Dr. Saurabh Sharma, Dr. Gurdeep Singh Raina — along with Dr. Shweta Batra, Dean of ABS, & Ravi Sharma, Dean of CRC. Highlights included the unveiling of the YAEY 2026 poster & trophy, & powerful finalist presentations.

BOOK RELEASE



Debut author Prabhu Ram's The Pure Seed, the first in the Nectar on the Seven Hills trilogy, has become a #1 Amazon India bestseller & entered the Amazon Top 100. A banker-turned-writer, Ram blends Indian & Chinese mythology with a fast-paced fantasy adventure set during the 2020 pandemic. The novel follows three protagonists — avatars of Krishna, Durga, & Shiva — battling evil across timelines. Published by Om Books International & The Book Bakers, it sold out its first print run in 28 days. Hailed as cinematic & profound, The Pure Seed is drawing comparisons to Harry Potter & Avengers, offering a thrilling mix of mythology, mystery, & modern-day heroism.

MOU - GGSIPU



Guru Gobind Singh Indraprastha University (IPU) signed an MoU with the International Vaccine Institute (IVI), South Korea, to collaborate on vaccine research, training, and development. The MoU, signed by IPU's Dr. Kamal Pathak and IVI's Prof. (Dr.) Jerome H. Kim, includes joint scientific reviews, consultancy, training programs, internships, and faculty-student exchanges. Both institutions will co-organize workshops and pursue joint funding opportunities. IPU Vice Chancellor Prof. (Dr.) Mahesh Verma called it a major step in vaccine innovation. The signing ceremony was attended by senior faculty from IPU and IVI representatives, reaffirming their commitment to impactful global health collaboration.

HONORED—VELLORE INSTITUTE OF TECHNOLOGY



The Founder & Chancellor of Vellore Institute of Technology, G. Viswanathan, was conferred with an Honorary Doctorate by Rochester Institute of Technology, New York, USA, recently. Dr. David C. Munson, the President & Dr. Prabu David, the Provost & Senior Vice President for academic affairs at Rochester Institute of Technology honored Viswanathan with the honorary doctorate for his vision & leadership in the expansion of Science, Technology, Engineering & Management education across India & in recognition of his dedication towards supporting the underprivileged.

The New Indian Express • 26 May • Ministry of Ayush

FITBIT

2 • PG | 723 • Sqcm | 954934 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

UTKATASANA ARMS OUTSTRETCHED
(CHAIR POSE ARMS UTSTRECHED)

This unique practice is performed by stretching the arms in a way that brings awareness and focus to the upper body, while building strength in the lower body. This is an alternative for those with shoulder restrictions. It stretches, opens and strengthens the shoulders, chest, upper back, side torso, and arms.

STEPS

- Start in Tadasana (Mountain pose), pressing all four corners of the feet firmly, slightly engaging your core muscles. Roll the shoulders back and down, allowing your chest to open gently.
- Lengthen your spine, arms by your side, palms facing the body. Take a few deep breaths here.
- Take a big breath in. Exhale, lower your hips and bend your knees as if sitting on an imaginary chair.
- Inhale, lift your arms from the sides at the shoulder level. Keep them parallel to the floor with palms facing upward or forward. Keep the elbows soft, avoiding hypertension. Feel a gentle external rotation of the shoulders, if palms are facing upward.
- Keep your shoulders relaxed and allow shoulder blades to slide down the back, creating space between the ears and shoulders.
- Stay here with your knees bent for about six breaths or as per the body's capacity. Breathe deeply and feel the chest open.
- Look forward, find balance and focus. Engage your leg muscles to provide a stable foundation. Ensure your knees stay aligned over the toes without collapsing inward. Keep the breath steady and smooth, creating space and expansion with each inhale and grounding with each exhale.
- Slowly release the pose and return to Tadasana. Observe the effects of the pose on your energy and state of mind.
- Finally, relax in Tadasana Palms Facing Forward while taking slow-soft-smooth deep breaths.
- Tips: If you find it difficult to follow with feet together, you can practice with a hip-width apart.

BENEFITS

- Alleviates any discomfort from the arms, chest, neck, shoulders, and upper back.
- Stretches and lengthens the arms at shoulder level and spine.
- Integrates body awareness and improves your focus when holding the pose for a longer time.
- Helps kids and teens in keeping calm, steady, and more capable of accessing their brain.
- Helps relax the tensed muscles.
- Prepares the upper body, especially for the poses requiring arms strength.
- Improves breathing, impacting stability and balance.
- Stretches the diaphragm, thereby increasing lung capacity.
- Aids in correcting slouched or hunched back, collapsed chest, and rounded shoulders.
- Increases the blood supply at the digestive and reproductive system.
- As the body is sthira (still), the mind becomes calm.
- Included in the yoga sequence for professionals, teens, homemakers, and sportspeople.
- Prepares mind and body for various twisting, forward and backward bending poses.
- Strengthens the torso, thighs and lower back.
- Tones and stabilises the knee and ankle joints.
- Gives a good massage to abdominal organs, stimulating the heart.
- Strengthens immune system and relieves joint and back pains.

LIMITATIONS

- Students with arthritis in the knees, hips, and feet, especially senior citizens, suffering from sciatica, insomnia, headache or sprained ankles, avoid sitting on the floor. Those with a slipped disc, spinal issues, weak digestion, minor backache, or knee pain can take support of a pillow but shouldn't stay in the pose for more than 5 mins.
- People with injuries to knees, hips, lower back, hamstrings, ankle, or who have undergone any abdominal, knees, or hips surgery should take the advice of the yoga experts.
- New to yoga or pregnant women should practice while seated on a folded blanket, block or pillow or wall support.



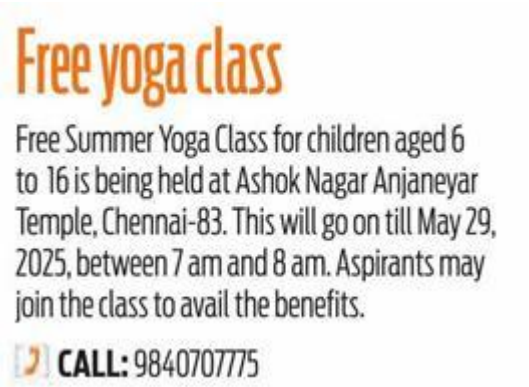
By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 26 May • Ministry of Ayush

Free yoga class

2 • PG | 36 • Sqcm | 47922 • AVE | 246.4K • Cir | Middle Left

Chennai



Free yoga class

Free Summer Yoga Class for children aged 6 to 16 is being held at Ashok Nagar Anjaneyar Temple, Chennai-83. This will go on till May 29, 2025, between 7 am and 8 am. Aspirants may join the class to avail the benefits.

CALL: 9840707775

The New Indian Express • 26 May • Ministry of Ayush

UTKATASANA ARMS OUTSTRETCHED (CHAIR POSE ARMS UTSTRECHED)

2 • PG | 661 • Sqcm | 660696 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

UTKATASANA ARMS OUTSTRETCHED
(CHAIR POSE ARMS UTSTRECHED)

This unique practice is performed by stretching the arms in a way that brings awareness and focus to the upper body, while building strength in the lower body. This is an alternative for those with shoulder restrictions. It stretches, opens and strengthens the shoulders, chest, upper back, side torso, and arms.

STEPS

- Start in Tadasana (Mountain pose), pressing all four corners of the feet firmly, slightly engaging your core muscles. Roll the shoulders back and down, allowing your chest to open gently.
- Lengthen your spine, arms by your side, palms facing the body. Take a few deep breaths here.
- Take a big breath in. Exhale, lower your hips, and bend your knees as if sitting on an imaginary chair.
- Inhale, lift your arms from the sides at the shoulder level. Keep them parallel to the floor with palms facing upward or forward. Keep the elbows soft, avoiding hypertension. Feel a gentle external rotation of the shoulders, if the palms are facing upward.
- Keep your shoulders relaxed and allow shoulder blades to slide down the back, creating space between the ears and shoulders.
- Stay here with your knees bent for about six breaths or as per the body's capacity. Breathe deeply and feel the chest open.
- Look forward, find balance and focus. Engage your leg muscles to provide a stable foundation. Ensure your knees stay aligned over the toes without collapsing inward. Keep the breath steady and smooth, creating space and expansion with each inhale and grounding with each exhale.
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- Tips: If you find it difficult to follow with feet together, you can practice with a hip-width apart.

BENEFITS

- Alleviates any discomfort from the arms, chest, neck, shoulders, and upper back.
- Stretches and lengthens the arms at shoulder level and spine.
- Integrates body awareness and improves your focus when holding the pose for a longer time.
- Helps kids and teens in keeping calm, steady, and more capable of accessing their brains.
- Helps relax the tensed muscles.
- Prepares the upper body, especially for the poses requiring arm strength.
- Improves breathing, impacting stability and balance.
- Stretches the diaphragm, thereby increasing lung capacity.
- Aids in correcting slouched or hunched back, collapsed chest, and rounded shoulders.
- Increases the blood supply at the digestive and reproductive systems.
- As the body is sthira (still), the mind becomes calm.
- Included in the yoga sequence for professionals, teens, homemakers, and sportspeople.
- Prepares mind and body for various twisting, forward and backward bending poses.
- Strengthens the torso, thighs and lower back.
- Tones and stabilises the knee and ankle joints.
- Gives a good massage to abdominal organs, stimulating the heart.
- Strengthens the immune system and relieves joint and back pains.

LIMITATIONS

- Students with arthritis in the knees, hips, and feet, especially senior citizens, suffering from sciatica, insomnia, headache or sprained ankles, avoid sitting on the floor. Those with a slipped disc, spinal issues, weak digestion, minor backache, or knee pain can take the support of a pillow but shouldn't stay in the pose for more than five mins.
- People with injuries to knees, hips, lower back, hamstrings, ankle, or who have undergone any abdominal, knees, or hips surgery should take the advice of the yoga experts.
- New to yoga or pregnant women should practice while seated on a folded blanket, block or pillow or wall support.



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

The New Indian Express • 24 May • Ministry of Ayush

GENIE SIT POSE

2 • PG | 621 • Sqcm | 820003 • AVE | 246.4K • Cir | Top Center

Chennai • Bengaluru

FITBIT

GENIE SIT POSE

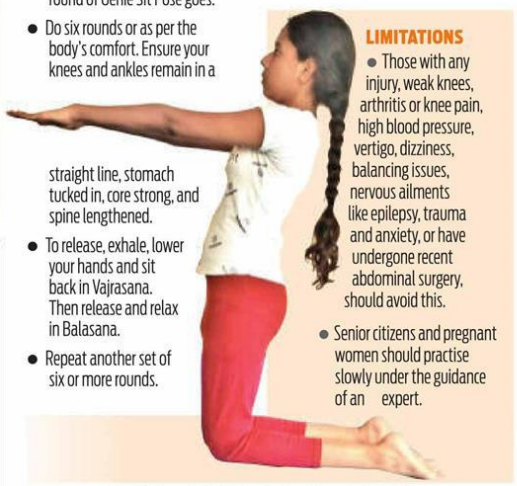
This is a challenging kneeling practice beneficial for conditioning and strengthening the core and abs. It actively engages the hip flexors, knees, quadriceps, back, psoas, pelvic floor, and gluteus, and hence they get toned and strengthened. Since it demands the active engagement of the core, it is recommended only for students with healthy knees. Students can keep a gap between their legs, and also use blanket to soften the pressure on the knees.

STEPS

- Start in Dandasana. Slowly move into Vajrasana, hands on the thighs, take a few breaths. Raise the spine, push your lower back onto the heels.
- Inhale, stand on your knees, with the back straight. Engage your core by pushing your navel to the spine. Roll down your shoulders. Make sure the knees, hips, and shoulders are in one line. The head is over the heart, and the heart is over the pelvis. Stay here for a breath or two.
- Inhale, extend your arms in the front at shoulder level. Keep them shoulder-width apart with palms facing down.
- Take a big breath in, and while engaging the abs lean back as far as comfortable. Lead with the upper back, keeping a straight back. While exhaling, use your quad muscles and engage the core, exhale and pull yourself back up to the Kneeling Pose. This is how a round of Genie Sit Pose goes.
- Do six rounds or as per the body's comfort. Ensure your knees and ankles remain in a straight line, stomach tucked in, core strong, and spine lengthened.
- To release, exhale, lower your hands and sit back in Vajrasana. Then release and relax in Balasana.
- Repeat another set of six or more rounds.

BENEFITS

- Powerful knee-strengthening pose.
- Strengthens lower abdominal and pelvic muscles.
- Brings stability to the upper body and chest to feel breath awareness.
- Brings mental peace and calm.
- Awakens a deeper consciousness.
- Improves focus and concentration.
- Boosts energy levels and helps develop a lean body.
- Stabilises the mind and body.
- Improves brain function, increasing alertness.
- Balances the seven chakras with flow of prana (life force).
- Wonderful addition to yoga for almost all, including kids, teens, athletes, runners, climbers, or students in active sports.
- Helps prevent lower back pain.
- Included in power yoga, vinyasa yoga, or sculpt yoga sequences.
- Helps develop self-confidence and inner awareness.
- Tones the core, pelvic floor, hip flexors, quadriceps, and knees.
- Improves strength and flexibility, burns calories, and tones abs and core.



LIMITATIONS

- Those with any injury, weak knees, arthritis or knee pain, high blood pressure, vertigo, dizziness, balancing issues, nervous ailments like epilepsy, trauma and anxiety, or have undergone recent abdominal surgery, should avoid this.
- Senior citizens and pregnant women should practise slowly under the guidance of an expert.

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

The New Indian Express • 24 May • Ministry of Ayush

Wellness centre inaugurated on college campus

1 • PG | 141 • Sqcm | 140662 • AVE | 177.8K • Cir | Bottom Center | City Express

Bengaluru



Wellness centre inaugurated on college campus

The Sri Paripoorna Sanatana International Wellness Centre was inaugurated on May 11 at Kaivalya Sannidhana, within the campus of Sri Paripoorna Sanatana Ayurveda College and Hospital, Arjunabettahalli, Nelamangala Taluk. The event was attended by prominent personalities, including managing trustee Dr A V Srinivasan, Ivanov Alexey Alexandrovich from Russia and chief guest Thabang Linus, the high commissioner of the Kingdom of Lesoth. The facility aims to integrate ancient systems like ayurveda, yoga, unani, siddha and homeopathy.

The New Indian Express • 22 May • Ministry of Ayush

JIVABALASANA

2 • PG | 628 • Sqcm | 628267 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru • Chennai

FITBIT

JIVABALASANA

This is a beginner-level standing yoga pose that involves balance and stretching. Similar to Utkatasana, it demands active and strong knees, hence strengthening them. It also strengthens the joints of the hands and feet. It cures rheumatism of the joints. It can be added to Therapeutic Yoga sequences. It activates the twelve secondary chakras within the joints of the hands and feet. These chakras are situated at the ankles, knees, thighbones, wrists, elbows, and shoulders and serve as channels for the vital essence of life force.

STEPS

- Stand in Mountain Pose Variation Feet Hip Wide, shoulder-width apart.
- Inhale, lift your arms, and stretch them parallelly in front at shoulder level. The palms are relaxed and facing up, elbows are stretched.
- Exhaling, slightly bend your knees, forming an L-shape. The angle between the thighs and shins is approximately 90 degrees. The back and head are in a straight line.
- Stay here in for about six breaths or as per the body's capacity. Keep your core engaged. Make sure the weight is evenly distributed between the feet. Keep your chest lifted and gaze straight ahead. Maintain steady breaths.
- Yoga teachers can encourage students to cultivate sensitivity and perceive the flow of tellurian energy through the feet that flow upward through the body, nourishing and grounding within.
- To release, straighten your legs as you inhale. Exhale, lower the arms to the sides, and return to Tadasana Variation Feet Hip Wide.
- Finally, relax in Three Part Breath Mountain Pose.
- Tip: Students who find it difficult to balance can follow the same seated on a chair or hovering above a chair.

BENEFITS

- Reduces symptoms related to cold extremities, numbness or tingling and cramping.
- Helps heal wounds, reduces the risk of cardiovascular disease.
- Boosts calorie burn, increases bone density, and improves balance and posture.
- Enhances peripheral circulation and the heart's activity.
- Develops strong hips, knees, and ankles joints.
- Targets quadriceps, hamstrings, and gluteus.
- Enhances athletic performance and functional movements like sitting, standing, walking, climbing stairs, bending, and carrying heavy loads.
- Incorporated into Power Yoga, and Sculpt Yoga, as Jivabalasana targets the leg muscles, contributing to toning and shaping the thighs and glutes.
- Developing core muscle strength increases workout effectiveness and reduces injury risk.
- Increases your lung capacity.
- Strengthens the torso and lower back while stretching the upper back.
- Regular practice will tone and stabilise your knee and ankle joints.
- Gives a good stretch to the hips, spine, and chest muscles.
- Massages the abdominal organs and stimulates the diaphragm and heart.
- Strengthens immune system and helps to relieve joint pains and back pains.



LIMITATIONS

- Students with knee injury or lower back pain, avoid this pose.
- People suffering from arthritis, insomnia, headache or sprained ankles must avoid this.
- Avoid practising this asana during menstruation and while experiencing low blood pressure.

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

The New Indian Express • 21 May • Ministry of Ayush

BHUJANGASANA ARMS SPREAD VARIATION

2 • PG | 675 • Sqcm | 890840 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

BHUJANGASANA ARMS SPREAD VARIATION (SEAL POSE)

This is a variation of Bhujangasana (Cobra Pose) with a difference of arms spread out wide and rested on fingertips. It is a modification of the Sphinx Pose with minimal arm support, making it a challenging practice. The body here resembles the shape of a seal basking in the sunlight, hence this name. Although it is a beginner's level asana, practised in a prone position, it strengthens the upper-middle-lower back, core, and shoulder.

STEPS

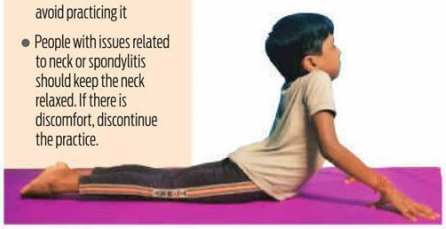
- Start in Advasana (Reverse Corpse Pose) with the legs together and hands extended overhead. Stay here for a breath or two.
- Inhale, straighten your arms, place your palms on the mat. Keep your legs stretched behind, and feet resting on the floor. Roll your shoulders back and down.
- Keep your elbows in line with your shoulders. Remain here for about six breaths or as per the body's capacity, gazing forward or gently tilt your chin upward for a deeper stretch.
- Breathe steadily. Exhale, release the pose and return to Advasana.
- Finally, relax in Makarasana or in Child Pose.
- Repeat the practice as per capacity and gradually increase the back and shoulder strength. Practice by holding the posture for a longer duration.

LIMITATIONS

- Students with carpal tunnel syndrome or any injury to the back, arms, or shoulders, or recent abdominal surgery or pregnancy, can avoid this.
- People with acute and severe respiratory disorders, cold, and cough should not practice it for long durations.
- People with apinal injuries or those with stiff back should take it slow or avoid practicing it
- People with issues related to neck or spondylitis should keep the neck relaxed. If there is discomfort, discontinue the practice.

BENEFITS

- Strengthens the muscles of the arms, chest, and neck.
- Helps people with a sunken chest and hunchback (kyphosis).
- It can be included in yoga for kids, teens, and women.
- Releases tension from back, shoulders, and chest.
- Reduces stress, promoting a sense of calm and mindfulness.
- Can be included in restorative yoga sequences.
- Enhances blood circulation, alleviating fatigue and boosting energy levels.
- Enhances immunity, and improves the sleep cycle.
- Prepares the body for advanced forward and backward bends.
- Makes your body flexible and fills the muscles with great physical strength.
- Helps with respiratory disorders like asthma, allergies, etc.
- Balances the seven chakras of the body.
- Increases spine flexibility and makes the spinal column stronger.
- Stimulates adrenal and thyroid gland.
- Regulates secretion of hormones and maintains the endocrine system.
- Activates Anahata (heart) and Vishuddha (throat) Chakras.
- Enhances blood flow to the cells.
- It stimulates adrenal and thyroid gland.
- Regulates secretion of hormones and maintains the endocrine system.
- Helps stimulate the lungs and increases breathing capacity.



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

The New Indian Express • 21 May • Ministry of Ayush

BHUJANGASANA ARMS SPREAD VARIATION (SEAL POSE)

2 • PG | 619 • Sqcm | 619437 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

BHUJANGASANA ARMS SPREAD VARIATION (SEAL POSE)

This is a variation of Bhujangasana (Cobra Pose) with a difference of arms spread out wide and rested on fingertips. It is a modification of the Sphinx Pose with minimal arm support, making it a challenging practice. The body here resembles the shape of a seal basking in sunlight, hence this name. Although it is at the beginner level, practised in a prone position, it strengthens the upper-middle-lower back, core, and shoulder.

STEPS

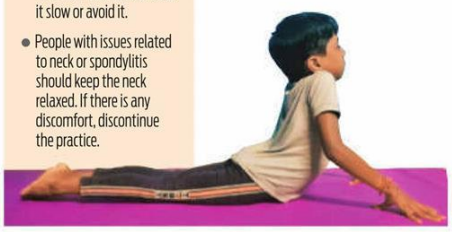
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- Inhale, straighten your arms, place your palms on the mat. Keep your legs stretched behind, and front feet resting on the floor. Roll your shoulders back and down.
- Keep your elbows in line with your shoulders. Remain here for about six breaths or as per the body's capacity, gazing forward or gently tilt your chin upward for a deeper stretch.
- Breathe steadily. Exhale, release the pose and return to Advasana.
- Finally, relax in Makarasana or in Child Pose.
- Repeat the practice as per capacity and gradually increase the back and shoulder strength. Practise by holding the posture for a longer duration.

LIMITATIONS

- Students with carpal tunnel syndrome or any injury to the back, arms, or shoulders, and recent abdominal surgery or pregnancy, should avoid this.
- People with acute and severe respiratory disorders or colds and coughs should not hold it longer.
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BENEFITS

- Strengthens the muscles of the arms, chest, and neck.
- Helps people with a sunken chest and hunchback (kyphosis).
- It can be included in yoga for teens/ kids, and women.
- Releases tension from back, shoulders, and chest.
- Reduces stress, promoting a sense of calm and mindfulness.
- Can be included in restorative yoga sequences.
- Enhances blood circulation, alleviating fatigue and boosting energy levels.
- Enhances immunity, and improves the sleep cycle.
- Prepares the body for advanced forward and backward bends.
- Makes your body flexible and fills the muscles with great physical strength.
- Helps with respiratory disorders like asthma, allergies, etc.
- Helps with waste elimination.
- Keeps the seven chakras of the body balanced.
- Increases spine flexibility and makes the spinal column stronger.
- Stimulates adrenal and thyroid gland.
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- Activates anahata (heart) and vishuddha (throat) chakras.
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- Regulates secretion of hormones and maintains the endocrine system.
- Helps stimulate the lungs and increases breathing capacity.



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

The New Indian Express • 20 May • Ministry of Ayush

PARSVA TADASANA LEGS CROSSED

2 • PG | 692 • Sqcm | 913956 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

PARSVA TADASANA LEGS CROSSED (STANDING SIDE STRETCH POSE LEGS CROSSED)

This is a variation of Tadasana (mountain pose), which is the foundation for most standing poses, with the upper body in a side bend (lateral bend). This asymmetrical pose is also a creative way of lengthening the muscles of the side-back and abdomen, having the lower body engaged with the crossing of the feet.

STEPS

- Start in Tadasana and stay there for a couple of breaths.
- Inhale, align the feet apart in Tadasana Variation.
- After taking a few of breaths, cross the feet at the ankles, left leg over the right leg. Your feet should be firm on the mat.
- Inhale, raise the arms above your head, and bend towards the right side of the body. Hold the left wrist with the right palm and stretch the left arm as far out as you can.
- Keep the legs engaged with the knees pulled up and the core engaged with the tummy slightlu tucked-in. This helps bend without losing balance.
- While inhaling, bend futher towards the side. Keep the head and neck engaged. Stay as long as you can and gradually improve the time as per capacity. Listen to your body.
- Slowly release the pose and return to Tadasana.
- Realign in Tadasana Variation with the feet hip wide and practise it on the other side. Follow the same steps as per the instructions.
- Finally, release and relax in Dirga Pranayama Tadasana.

BENEFITS

- Stretches and tones posterior leg muscles like the plantaris, soleus, and Achilles tendon.
- Engages the muscles surrounding the shin bones, ligaments, and tendons of the anterior leg.
- Stretches the lateral psoas muscles and IT band (iliotibial band).
- Anatomically, the entire body's fascia is connected.
- Reduces the tightness in the hamstrings.
- Builds a better range of motion of the shoulders and hips.
- Opens the intercostal muscles (muscles encasing the ribs).
- Enhances the chest cavity and respiration.
- Increases blood circulation and helps improve cardiac functioning.
- Enhances elasticity of the diaphragm, benefiting the breath.
- Avoids hyperextension and can stretch sustainably.
- Stretches the lateral abdomen muscles.
- Effective for functioning of the kidneys, pancreas, and adrenal glands.
- Enhances physical and mental stability, helping postural correction.
- Corrects spinal disorders of herniated discs, scoliosis, and lordosis.
- Benefits the mild varicose veins ailments.

LIMITATIONS

- Students with injuries in ankles, knees, shoulders, and wrists or have undergone wrist, shoulder, ankle, or knee surgeries should avoid this pose.
- Students who have weaker frames, less physical strength, vertigo and imbalance issues, and severe varicose veins issues, should avoid this pose.
- Practise this pose only after 6-8 weeks post-partum.



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

The New Indian Express • 19 May • Ministry of Ayush

SAVASANA KNEES BENT HANDS IN ANJALI MUDRA

2 • PG | 644 • Sqcm | 849595 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

SAVASANA KNEES BENT HANDS IN ANJALI MUDRA
(CONSTRUCTIVE REST POSE HANDS IN ANJALI MUDRA)

This is one among the many variations of Savasana (Corpse Pose), which is also called as Constructive Rest Pose or CRP. This pose is mainly practised to help students be aware of the body, especially the lower back and lower abdomen, unlike in Savasana where learners tend to drift off as the entire body is supple and stretched out on the ground. This allows practitioners to connect with their bodies softly yet in a deep manner where gravity does the job without the practitioners pushing or forcefully resting on the ground.

STEPS

- First, start by sitting on the floor and extending the legs out in Dandasana (Staff Pose). Take a couple of breaths.
- Slowly turn towards the right side, bend your knees, and lie down on the floor, resting the right side of the body on the floor/mat.
- Exhale and gently roll on your back. Settle your head and bend your knees.
- Now, you can rest your hands on the floor beside you and take a couple of breaths.
- Slowly bring both your hands towards your abdomen and place the palms together on your belly in Anjali Mudra.
- Holding the lower part of your body, move your feet apart, keeping the heels about 12-16 inches away from the pelvis and in line with the sit bones.
- Now, just close your eyes and feel your body settling down completely.
- Doing nothing is a great way to heal the body as tension, embedded in the deeper tissues and muscles, releases.
- You can stay in this position as long as you feel right.
- You can practice this pose initially for 15 minutes and gradually increase it for 30 minutes.
- To release, you can open your eyes and turn to one side. Stay there for a few moments.
- You may then try to sit up and stay for about a minute before getting up.

BENEFITS

- This pose is a great way to recover and acts as an excercise to cool down the body for athletes.
- It does wonders for those who want to relax and release tight muscles.
- It helps in releasing the tension in psoas muscles.
- This pose maintains the physical, mental, and emotional balance in the body.
- Regular practice will help relieve anxiety and depression.
- It can be a part of a therapeutic yoga sequence, that can benefit many students with different kinds of ailments.
- This asana is useful in improving blood circulation in the pelvic area.
- It helps you understand your body better.
- It helps relieve pain, stiffness, and spasm that may occur due to wrong body posture.
- Keep the body relaxed while finding deep connections within the body as per Alexander Technique.

LIMITATIONS

- Students who have back pain, herniated disc, migraine, heart related issues, and senior citizens with breathing difficulties, should consider using either a cushion or a blanket to support the head.
- Pregnant women are adviced to avoid practising this pose as lying flat on their back for extended periods can put pressure on the abdominal organs.



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

The New Indian Express • 19 May • Ministry of Ayush

Event promotes wellness & sustainability with yoga

1 • PG | 209 • Sqcm | 209096 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

Event promotes wellness & sustainability with yoga

The Federation of Hotel & Restaurant Associations of India (FHRAI), in collaboration with Prestige Group and supported by the Ministry of AYUSH, hosted a 'Harit Yoga' event on May 17 at JW Marriott Prestige Golfshire Resort, Devanahalli, integrating environmental sustainability with personal well-being. 'Harit Yoga' is one of the ten signature programmes envisioned by Prime Minister Narendra Modi and launched by the Ministry of AYUSH that serve this cause. The event witnessed participation from over 150 individuals, including 85 students from REVA University, 55 from Lakshmi Group of Institutions, and additional attendees. The yoga session was followed by a plantation drive, during which 250 medicinal plants were planted by dignitaries, participants, and volunteers.



The New Indian Express • 19 May • Ministry of Ayush

Five years on, proposal to amend act on misleading ads still on hold: RTI

9 • PG | 463 • Sqcm | 393832 • AVE | 177.8K • Cir | Bottom Right
Bengaluru

Five years on, proposal to amend act on misleading ads still on hold: RTI

KAVITA BAJELI-DATT @ New Delhi

FIVE years ago, the Union Health Ministry proposed significant changes to amend the Drugs and Magic Remedies (Objectionable Advertisement) Act, 1954, which aimed to take stringent action against misleading advertisements, including those of Ayush medicines.

However, an RTI has revealed that the ministry seems to have kept it in cold storage, as there has been no movement after November 2022.

The amendments to the DMR (Objectionable Advertisement) Act, 1954, proposed widening the scope of the Act by introducing 24 more diseases and disorders, including drugs for treatment for enhancing sexual performance, and fairness of skin. The act applies to all drugs, including Ayurvedic, Siddha, Unani, and Homoeopathy medicines.

Replying to an RTI filed by activist, Dr KV Babu, the Union Health Ministry on May 15 said, "As per available records, no noting has been recorded after 09/11/2022 in File No A.11035/133/2014-DFQC."

The Kerala-based ophthalmologist said, "The draft proposal was put on the public domain in February 2020 following criticism of Parliamentary Standing Committee in 2018. Instead of 54 diseases, the scope was widened to 78 diseases and disorders and the punishment was enhanced to two years and five years, instead of six months and one year."

"The proposed amendment has been under suspended animation for more than five years, and there is no file movement after November 2022," he said.

He added that because of the weak DMR Act enacted in 1954, many pharma companies, both Ayurveda and modern medicines, are advertising commonly used drugs, making tall claims.

In fact, acting on Dr Babu's RTI, the PMO also intervened in December and directed the ministry to take "appropriate action" to amend the draft DMR (Objectionable Advertisement) Act, 1954. However, the ministry is yet to take any action, as revealed by the RTI.

In 2018, the Parliamentary Standing Committee said that they "would like to strongly recommend that a definite timeline within which this new legislation will see the light of the day may be indicated and the Ministry of AYUSH should aggressively pursue the matter with the Ministry of Health and Family Welfare so that relevant provisions are incorporated in the legislation and enacted to prohibit misleading advertisements and strengthen the effective regulation of Ayush drugs."

No file movement

RTI activist Dr KV Babu said that proposed amendment has been under suspended animation for more than five years, and there is no file movement after November 2022. He added that because of the DMR Act enacted in 1954, many pharma companies, both Ayurveda and modern medicines, are advertising commonly used drugs, making tall claims.

The New Indian Express • 19 May • Ministry of Ayush

SAVASANA KNEES BENT HANDS IN ANJALI MUDRA (CONSTRUCTIVE REST POSE HANDS IN ANJALI MUDRA)

2 • PG | 612 • Sqcm | 612090 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

SAVASANA KNEES BENT HANDS IN ANJALI MUDRA
(CONSTRUCTIVE REST POSE HANDS IN ANJALI MUDRA)

This is one among the many variations of Savasana (Corpse Pose), which is also called as Constructive Rest Pose or CRP. This pose is mainly practised to help students be aware of the body, especially the lower back and lower abdomen, unlike in Savasana where learners tend to drift off as the entire body is supple and stretched out on the ground. This allows practitioners to connect with their bodies softly yet in a deep manner where gravity does the job without the practitioners pushing or forcefully resting on the ground.

STEPS

- First, start by sitting on the floor and extending the legs out in Dandasana (Staff Pose). Take a couple of breaths.
- Slowly turn towards the right side, bend your knees, and lie down on the floor, resting the right side of the body on the floor/mat.
- Exhale and gently roll on your back. Settle your head and bend your knees.
- Now, you can rest your hands on the floor beside you and take a couple of breaths.
- Slowly bring both your hands towards your abdomen and place the palms together on your belly in Anjali Mudra.
- Holding the lower part of your body, move your feet apart, keeping the heels about 12-16 inches away from the pelvis and in line with the sit bones.
- Now, just close your eyes and feel your body settling down completely.
- Doing nothing is a great way to heal the body as tension, embedded in the deeper tissues and muscles, releases.
- You can stay in this position as long as you feel right.
- You can practise this pose initially for 15 mins and gradually increase it for 30 mins.
- To release, you can open your eyes and turn to one side. Stay there for a few moments.
- You may then try to sit up and stay for about a minute before getting up.

BENEFITS

- This pose is a great way to recover and acts as an excercise to cool down the body for athletes.
- It does wonders for those who want to relax and release tight muscles.
- It helps in releasing the tension in psoas muscles.
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- Regular practice will help relieve anxiety and depression.
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- Keep the body relaxed while finding deep connections within the body as per the Alexander Technique.

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- Pregnant women are advised to avoid practising this pose as lying flat on their back for extended periods can put pressure on the abdominal organs.



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

The New Indian Express • 19 May • Ministry of Ayush

Five years on, proposal to amend acton misleading ads still on hold: RTI

7 • PG | 182 • Sqcm | 72604 • AVE | 107.9K • Cir | Bottom Right

Bhubaneshwar

Five years on, proposal to amend act on misleading ads still on hold: RTI

KAVITA BAJELI-DATT @ New Delhi

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No file movement

RTI activist Dr KV Babu said that proposed amendment has been under suspended animation for more than five years, and there is no file movement after November 2022. He added that because of the DMR Act enacted in 1954, many pharma companies, both Ayurveda and modern medicines, are advertising commonly used drugs, making tall claims.

The New Indian Express • 17 May • Ministry of Ayush

HANUMANASANA FORWARD BEND (MONKEY POSE FORWARD BEND)

2 • PG | 570 • Sqcm | 570278 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

HANUMANASANA FORWARD BEND (MONKEY POSE FORWARD BEND)

This is a challenging forward bend that demands strength, stability, and flexibility of the core and hips, along with strength of the hip flexors, glutes, and quads. This is a variation of an advanced seated pose – Monkey Pose – where the forehead rests on or beyond the knee of the leg straightened in front, while the other leg extends straight behind.

STEPS

- Start in Ardha Hanumanasana. Take a few deep breaths here. Keep the left leg stretched in the front and the right leg bent behind.
- Inhale, place the hands on either side of your hips. Exhale, stretch your left leg with the toes pointing upwards.
- Slowly slide your right leg behind. Inhale, raise your arms, stretching the upper body in Splits Pose.
- Begin to hinge at your hips and fold your torso over your front leg (left).
- Stretch your spine, grounding the palms on both sides of the left foot. The head comes to rest on the front leg. Stay here for about six breaths or as per your body's capacity.
- Inhale, feel the stretch in your hamstrings and hips. Exhale, gently deepen the forward fold. Inhale, rise into Hanumanasana, bringing your hands back to the floor at the sides. Exhale, bring the left leg behind into Adho Mukha Svanasana. Stay here for a breath or two.
- Repeat the stretch on the other side following the above instructions.
- Release and return to Adho Mukha Svanasana. Finally, relax in Balasana.

BENEFITS

- This deep hip opener stretches the muscles of the hamstrings, thighs, groin, quadriceps, psoas, gluteus, and hip and knee joints.
- Provides a stretch to the spine and back.
- Improves the range of motion in the hip flexors and psoas muscles.
- Helps shift awareness to chest breathing.
- Encourages conscious expansion of the chest, side rib cage, upper back, and abdomen.
- Supports the functioning of the intercostal muscles, aiding the lungs.
- Improves overall balance and alignment while toning the legs.
- Increased blood flow to the head, legs, and hips helps to calm the nervous system.
- Promotes the outward flow of stagnant energy and supplies fresh energy throughout the system.
- Helps release unwanted stress and emotions.
- Stimulates digestive and reproductive organs.
- Is suitable for yoga routines for teenagers or children to foster interest in yoga.
- An excellent pose for runners, athletes, gymnasts, dancers, ice skaters, or climbers to build strength, endurance, flexibility, and agility around the hips and legs.

LIMITATIONS

- Those with recent injuries to the hips, tailbone, pelvis, knees, or ankles, or those with groin or hamstring injuries, chronic conditions, pregnancy, or severe lower back pain, should avoid this pose.
- Keep the body warmed up with multiple rounds of Surya Namaskar or dynamic yoga flows.



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

The New Indian Express • 15 May • Ministry of Ayush

PARIVRTTA SUKHASANA VARIATION HASTA

2 • PG | 650 • Sqcm | 858509 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

PARIVRTTA SUKHASANA VARIATION HASTA (REVOLVED EASY POSE VARIATION)

This is a beginner-level detoxifying, twisting variation of Revolved Easy Pose. It is a creative pose to release spinal stress. It stretches and massages all the muscles and organs of the torso thereby toning the core and improving digestion. Lengthening of the spine, by grounding the sit bones, ensures the energy flow from the base of the spine to the crown, and vice versa.

STEPS

- Sit crossed-legged in Sukhasana, back straight, shoulders back, chest open, palms resting on the knees, and chin slightly in.
- Twist to the right. Place the right palm on your lower back with fingers pointing to the other side and your left palm on the belly.
- Inhale, draw the navel into the spine. Exhale, turn the neck right to look back.
- Stay here in Parivrtta Sukhasana Variation Hasta for 5 breaths. With every exhalation raise the spine and twist as much as possible from the lower spine to feel the 'squeeze and soak' action in your abdomen.
- To release, inhale, turn your head and upper body to the centre. Exhale, bring your hands to the knees.
- Stay here in Sukhasana Variation Arms Knees for an easy breath.
- Counter the twist to the other side (left) and finally relax.
- You can practise the pose seated on a chair or bed.

BENEFITS

- Stretches and strengthens hips, knees, spine, shoulders and chest.
- Strengthens the shoulder blades, side abdominal muscles, and middle and lower back.
- Improves the mobility of the spine, shoulders, and neck by releasing tightness.
- Improves flexibility of the waist and lower body.
- Regular practise helps keep the spinal muscles mobile and strong.
- Brings awareness to the stretching of the chest, rib cage, upper back, and shoulders.
- Reduces stress, tension and anxiety.
- A great pose to get relief from sciatica, backache and fatigue.
- Helps cure symptoms related to asthma or any kind of allergies.
- Helps align the upper body with the lower body.
- Opens the hips and tones the spine, counteracting the effects of a hunched back.
- Releases stored tension in the body, which in turn results in a positive effect on the mind.
- Activates the parasympathetic nervous system.
- Keeps the body fresh and energised, and with time, relaxes the entire bodily systems.
- Spiritually, activates Muladhara (Root) Chakra, ensuring upward and downward flow of energy (prana).
- Helps cleanse the cells of any built-up waste.
- Massages and tones the abdominal organs, including kidney, liver, the digestive organs, etc.
- Impacts the digestive and reproductive organs.
- Pregnant women can benefit from this as it reduces pain or heaviness in the back.
- Included in night yoga, desk yoga, teens yoga, kids yoga or for senior yoga.



LIMITATIONS

- Students with injury in the hips, neck, shoulders, spine, lower back, knees, pelvic floor muscles, or any abdominal injury, severe HBP and digestive problems, spondylitis of the neck, history of heart ailments, or tensions, aches, or pain during the practice, should avoid this.
- People with weak knees or tight hips or general body weakness, especially senior citizens, can follow the twist by sitting on a chair.

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

The New Indian Express • 15 May • Ministry of Ayush

PARIVRTTA SUKHASANA VARIATION HASTA (REVOLVED EASY POSE VARIATION)

2 • PG | 625 • Sqcm | 625129 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

PARIVRTTA SUKHASANA VARIATION HASTA (REVOLVED EASY POSE VARIATION)

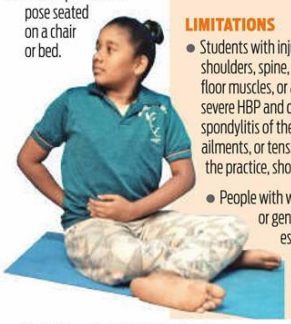
This is a beginner-level detoxifying, twisting variation of Revolved Easy Pose. It is a creative pose to release spinal stress. It stretches and massages all the muscles and organs of the torso thereby toning the core and improving digestion. Lengthening of the spine, by grounding the sit bones, ensures the energy flow from the base of the spine to the crown, and vice versa.

STEPS

- Sit crossed-legged in Sukhasana, back straight, shoulders back, chest open, palms resting on the knees, and chin slightly in.
- Twist to the right. Place the right palm on your lower back with fingers pointing to the other side and your left palm on the belly.
- Inhale, draw the navel into the spine. Exhale, turn the neck right to look back.
- Stay here in Parivrtta Sukhasana Variation Hasta for 5 breaths. With every exhalation raise the spine and twist as much as possible from the lower spine to feel the 'squeeze and soak' action in your abdomen.
- To release, inhale, turn your head and upper body to the centre. Exhale, bring your hands to the knees.
- Stay here in Sukhasana Variation Arms Knees for an easy breath.
- Counter the twist to the other side (left) and finally relax.
- You can practise the pose seated on a chair or bed.

BENEFITS

- Stretches and strengthens hips, knees, spine, shoulders, and chest.
- Strengthens the shoulder blades, side abdominal muscles, and middle and lower back.
- Improves the mobility of the spine, shoulders, and neck by releasing tightness.
- Improves flexibility of the waist and lower body.
- Regular practise helps keep the spinal muscles mobile and strong.
- Brings awareness to the stretching of the chest, rib cage, upper back, and shoulders.
- Reduces stress, tension, and anxiety.
- A great pose to get relief from sciatica, backache, and fatigue.
- Helps cure symptoms related to asthma or any kind of allergies.
- Helps align the upper body with the lower body.
- Opens the hips and tones the spine, counteracting the effects of a hunched back.
- Releases stored tension in the body, which in turn results in a positive effect on the mind.
- Activates the parasympathetic nervous system.
- Keeps the body fresh and energised, and with time, relaxes the entire bodily systems.
- Spiritually, activates Muladhara (Root) Chakra, ensuring upward and downward flow of energy (prana).
- Helps cleanse the cells of any built-up waste.
- Massages and tones the abdominal organs, including kidney, liver, the digestive organs, etc.
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- Pregnant women can benefit from this as it reduces pain or heaviness in the back.
- Included in night yoga, desk yoga, teens yoga, kids yoga, and for senior yoga.



LIMITATIONS

- Students with injury in the hips, neck, shoulders, spine, lower back, knees, pelvic floor muscles, or any abdominal injury, severe HBP and digestive problems, spondylitis of the neck, history of heart ailments, or tensions, aches, or pain during the practice, should avoid this.
- People with weak knees or tight hips or general body weakness, especially senior citizens, can follow the twist by sitting on a chair.

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

The New Indian Express • 14 May • Ministry of Ayush

PURVOTTANASANA SHOULDERS AERIAL (UPWARD PLANK POSE SHOULDERS AERIAL)

2 • PG | 599 • Sqcm | 599265 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

PURVOTTANASANA SHOULDERS AERIAL (UPWARD PLANK POSE SHOULDERS AERIAL)

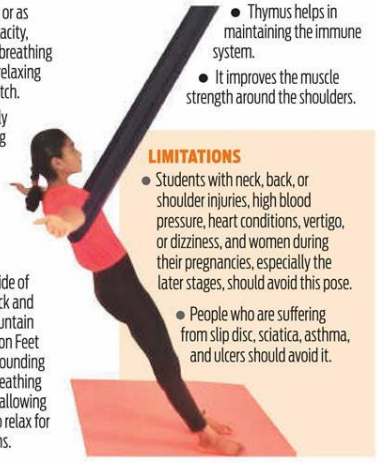
This is a beginner-level standing aerial pose which is a variation of the base pose – Upward Plank Pose. This challenging variation of the pose requires significant strength, balance, and flexibility. The aerial variation supports the body, reduces strain, and makes the pose more beginner-friendly. It provides a gentler entry into the pose, allowing one to focus on correct alignment.

STEPS

- Spread a yoga mat underneath the hammock to provide extra stability.
- Stand in front of the hammock, ensuring that it is facing your back. It should support your shoulders in the pose.
- Slowly lean back, bending at the hips, and thread your arms into the hammock one at a time. Your shoulders should be aligned with the fabric.
- Exhale, gently extend your arms forward and allow your torso to lean back, creating a gentle curve in your back. Keep your knees straight and engaged.
- Inhale deeply, allow your chest to open, maintain a straight line from your head to your feet.
- Hold the pose for 6 to 8 breaths or as per your capacity, focusing on breathing deeply and relaxing into the stretch.
- Exhale, slowly release, bring your torso back to a neutral position, holding the hammock.
- Step to the side of the hammock and stand in Mountain Pose Variation Feet Hip Wide, grounding your feet, breathing deeply, and allowing your body to relax for 3 to 4 breaths.

BENEFITS

- Hammock supports, and reduces the pressure on the arms and wrists.
- Elevates the body slightly, providing stability and allowing for a deeper backbend.
- It can be performed to ease heaviness around the lower abdomen during menstruation.
- Helps in burning fat around the thighs, hips, chest, and abdomen.
- Encourages proper form by lifting the body to make the stretch easier and more controlled.
- Reduces the load on the wrists and shoulders.
- Allows practitioners to explore the stretch more comfortably.
- Hammock makes the backbend feel less intense.
- Enhances posture by promoting spinal alignment and opening the chest.
- Helps alleviate back and shoulder pain.
- Encourages focus and mindfulness, as practitioners must concentrate on their breath and balance.
- Spiritually, opens the Anahata (Heart) Chakra, promoting a sense of openness and receptivity.
- Aids in relaxation, promoting mental clarity and stress relief.
- Helps in the metabolic rate of the body to develop the human body.
- Adrenal gland helps in the supply of blood and secretes several different hormones for a proper balance in the body.
- Thymus helps in maintaining the immune system.
- It improves the muscle strength around the shoulders.



LIMITATIONS

- Students with neck, back, or shoulder injuries, high blood pressure, heart conditions, vertigo, or dizziness, and women during their pregnancies, especially the later stages, should avoid this pose.
- People who are suffering from slip disc, sciatica, asthma, and ulcers should avoid it.

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

The New Indian Express • 13 May • Ministry of Ayush

SETUBANDHA SARVANGASANA SACRUM BLOCK

2 • PG | 710 • Sqcm | 936857 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

SETUBANDHA SARVANGASANA SACRUM BLOCK (BRIDGE POSE SACRUM BLOCK)

This is a variation of the basic yoga pose – Setubandha Sarvangasana (Bridge Pose). This supported pose is easy on the back and shoulders. The support at the sacrum is similar to using a bolster, but the impact on the back and chest is minimal. This is not an inversion pose, but it can be practised by students who have heart-related issues. Seniors can benefit from this.

STEPS

- Start in Constructive Rest Pose, feet a few inches away from each other.
- Now, place the palms facing down with the arms close to your body. Ensure the back and shoulders are grounded, and chin lowered towards the chest.
- Inhale, lift your hips up as you take the support of the hands and feet pushing the floor. Place the block (flat with the longer side facing up) below your buttocks. Half of the block supports the lower back and the other half the upper buttocks.
- Gently lower the hips and place the body on the block. If there is discomfort, adjust the block, placing it exactly under the space between the lower back and buttocks.
- Stay connected to your breath, and relax the shoulders and hips. Surrender into the pose slowly and connect to how the lower back feels, psoas muscles stretch, and chest expands with each inhalation. Keep the chin down, and close your eyes. Stay here for about 6-8 breaths.
- Gradually increase the duration of stay up to 8-12 breaths, or more.
- Slowly, release, remove the block, and bring the hips back to the floor. Stay for a few breaths, relax in Savasana.

LIMITATIONS

- Students with back and spine injuries or surgeries, herniated disc, avoid this pose.
- Pregnant women can do it with precaution under the guidance of a yoga expert.
- Those with severe back pain-related issues, hampering their mobility, practise it on the bed.
- People recovering from a hip replacement surgery can practise it on the bed with precautions. Seniors can use blankets instead of blocks.

BENEFITS

- Stretches and lengthens the abdominal muscles.
- Slowly brings strength and stability in the hips.
- Opens up the chest slightly, creating space for the rib cage.
- Supports the cardiovascular and respiratory system.
- Students with Chronic Obstructive Pulmonary Disease (COPD) benefit with deep breath awareness, providing more oxygen into the bloodstream.
- Gentle hip and heart opener when done with awareness.
- Stimulates the energy flow gently moving upwards from the base of the spine.
- Keeps the spinal nerves active.
- Heals lower back pain, stiffness, or tightness.
- Releases stored emotions with the gentle stretch, relaxing, and energising the body.
- Helps to slowly accelerate the energy flow upwards.
- Makes room for fresh flow of energy (prana), stimulating the Chakras.
- Balancing Chakras controls and brings a stable body and mind.
- Improves blood circulation as the oxygen levels in the blood increases.
- Calms nervous system, stimulating the reproductive system.
- Increases the efficiency of the respiratory system.
- A soothing and relaxing practice that can be included as part of cooling down, at the end of the yoga sequence.
- As a therapy, you can practice to address a few physical conditions like back pain, low immunity.
- It can address symptoms related to leukemia, healing diastasis recti, to balance the Agni, and many more.



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

The New Indian Express • 13 May • Ministry of Ayush

SETUBANDHA SARVANGASANA SACRUM BLOCK (BRIDGE POSE SACRUM BLOCK)

2 • PG | 647 • Sqcm | 646560 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

SETUBANDHA SARVANGASANA SACRUM BLOCK (BRIDGE POSE SACRUM BLOCK)

This is a variation of the basic yoga pose – Setubandha Sarvangasana (Bridge Pose). This supported pose is easy on the back and shoulders. The support at the sacrum is similar to using a bolster, but the impact on the back and chest is minimal. This is not an inversion pose, but it can be practised by students who have heart-related issues. Seniors can benefit from this.

STEPS

- Start in Constructive Rest Pose, feet a few inches away from each other.
- Now, place the palms facing down with the arms close to your body. Ensure the back and shoulders are grounded, and chin lowered towards the chest.
- Inhale, lift your hips up as you take the support of the hands and feet pushing the floor. Place the block (flat with the longer side facing up) below your buttocks. Half of the block supports the lower back and the other half the upper buttocks.
- Gently lower the hips and place the body on the block. If there is discomfort, adjust the block, placing it exactly under the space between the lower back and buttocks.
- Stay connected to your breath, and relax the shoulders and hips. Surrender into the pose slowly and connect to how the lower back feels, psoas muscles stretch, and chest expands with each inhalation. Keep the chin down, and close your eyes. Stay here for about 6-8 breaths.
- Gradually increase the duration of stay up to 8-12 breaths, or more.
- Slowly, release, remove the block, and bring the hips back to the floor. Stay for a few breaths, relax in Savasana.

LIMITATIONS

- Students with back/spine injuries, herniated disc; those recovering from surgeries should avoid this pose.
- Pregnant women can do it with precaution under the guidance of a yoga expert.
- Those with severe back pain-related issues, hampering their mobility should practise it on the bed.
- People recovering from a hip replacement surgery can practise it on the bed with precautions. Seniors can use blankets instead of blocks.

BENEFITS

- Stretches and lengthens the abdominal muscles.
- Slowly brings strength and stability in the hips.
- Opens up the chest slightly, creating space for the rib cage.
- Supports the cardiovascular and respiratory systems.
- Students with Chronic Obstructive Pulmonary Disease (COPD) benefit with deep breath awareness, providing more oxygen into the bloodstream.
- Gentle hip and heart opener when done with awareness.
- Stimulates the energy flow gently moving upwards from the base of the spine.
- Keeps the spinal nerves active.
- Heals lower back pain, stiffness, or tightness.
- Releases stored emotions with the gentle stretch, relaxing, and energising the body.
- Helps to slowly accelerate the energy flow upwards.
- Makes room for fresh flow of energy (prana), stimulating the chakras.
- Balances chakras', controls and brings a stable body and mind.
- Improves blood circulation as the oxygen levels in the blood increases.
- Calms nervous system, stimulating the reproductive system.
- Increases the efficiency of the respiratory system.
- A soothing and relaxing practice that can be included as part of cooling down, at the end of a yoga sequence.
- As a therapy, you can practise to address a few physical conditions like back pain, low immunity.
- It can address symptoms related to leukemia, diastasis recti, and many more.



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

The New Indian Express • 12 May • Ministry of Ayush

VIRABHADRASANA III NAMASKAR MUDRA

2 • PG | 662 • Sqcm | 662051 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru • Chennai

FITBIT

VIRABHADRASANA III NAMASKAR MUDRA (WARRIOR POSE III PRAYER HANDS)

This is an intermediate level standing and balancing pose. It strengthens the grounded leg muscles, including the quadriceps, hamstrings, and glutes, while also improving balance and stability. The prayer hand position reduces the challenge on the shoulders and arms, allowing beginners or those with limited shoulder mobility to practise easily.

STEPS

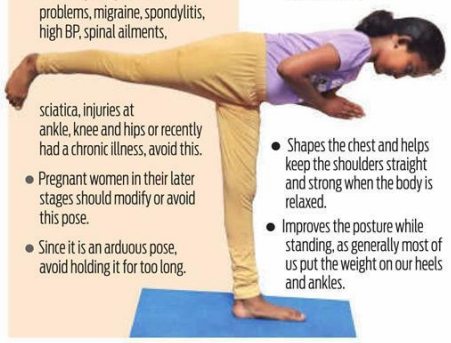
- Start in Tadasana (Mountain Pose), feet together, arms relaxed by your sides, looking forward. Take a deep inhale.
- Shift your weight onto your left foot. Engage your quadriceps and activate the arch of your foot while lifting your toes slightly to ensure balance.
- Exhale, bend your torso forward from the hips as you lift your right leg straight back, in line with your hips.
- Bring your hands in Prayer Position at the center of your chest. Inhale, lengthen your spine from the crown of your head to your lifted heel. Keep your chest broad and your shoulders away from your ears.
- Exhale, square your hips. Flex your left hip and extend your right hip slightly backward to create alignment.
- Keep your standing leg strong to avoid locking the knee. Root down firmly through the grounded left foot, maintaining balance and stability.
- Inhale deeply to elongate your spine further. Exhale softly to hold the pose, engaging your core muscles to support your torso and prevent collapsing into your lower back. Focus on your breath and the connection of your body to the floor.
- Hold for six to eight breaths or as per your capacity.
- Slowly release the pose and return to Tadasana. Repeat on the other side.
- Finally, release and relax in Three Part Mountain Pose for six to eight breaths.

BENEFITS

- Stretches the back leg and activates the hip flexors.
- Promotes flexibility and strength in the lower body.
- Helps cultivate mindfulness and concentration.
- Improves proprioception, which enhances body awareness and spatial orientation.
- Encourages a sense of calm and focus.
- Reduced arm extension makes it accessible for individuals working on their balance or recovering from shoulder injuries.
- Promotes a sense of grounding through the standing leg while fostering lightness and length through the extended spine and back leg.
- Relieves stiffness in the neck, shoulders and back.
- Reduces stubborn fat from hips.
- Useful for people suffering from sciatica.
- Enhances blood circulation.
- Tones and strengthens knees, thighs, and ankles.
- Stimulates abdominal organs and aids digestion.
- Builds stamina; develops a sense of balance and coordination.
- Helps strengthen the leg muscles and add shape.
- Strengthens the arms, hips, and shoulders.
- Shapes the chest and helps keep the shoulders straight and strong when the body is relaxed.
- Improves the posture while standing, as generally most of us put the weight on our heels and ankles.

LIMITATIONS

- If you suffer from heart problems, severe neck, shoulder, knee, or back problems, migraine, spondylitis, high BP, spinal ailments, sciatica, injuries at ankle, knee and hips or recently had a chronic illness, avoid this.
- Pregnant women in their later stages should modify or avoid this pose.
- Since it is an arduous pose, avoid holding it for too long.



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

The New Indian Express • 10 May • Ministry of Ayush

FIT BIT

3 • PG | 702 • Sqcm | 926704 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

TADASANA SIDE BEND STRAP POSE

(STANDING SIDE BEND STRAP POSE)

This is a beginner-level stretch and a modified version of Palm Tree Pose Side Bend, incorporating a yoga strap. It can be added to yoga for students with respiratory disorders. It can be calming, promoting relaxation when practised as a nighttime routine. Excellent pose for keeping the muscles strong, active, and toned after long hours slouched over a workstation.

STEPS

- Start in Tadasana, pressing evenly on all four corners of your feet.
- Ensure your hips are level, facing forward, spine erect, and chin parallel to the floor. Hands on the sides, shoulders rolled back, and facial muscles relaxed.
- Hold a yoga strap or scarf or belt with both hands, ensuring the strap is taut but not too tight. Maintain shoulder distance between the hands. Engage your thighs and lift your kneecaps to activate your quadriceps, drawing your belly in and up, engaging your core muscles to support your spine.
- Inhale deeply, raise your arms overhead, holding the strap. Keep your hands shoulder-width apart or slightly wider. Keep your shoulder relaxed, away from your ears.
- Take a big breath, lengthen your spine, and reach up through your fingertips. Exhale, bend to the right.
- Extend the left side of the torso. Keep your arms straight. Focus on lengthening the side of your body that is stretching. Allow your head to follow the line of your spine, looking forward.
- Stay here for about six breaths. Feel the stretch expand with each breath. Inhale, lengthen your spine, creating more space in your side body. Exhale, deepen the stretch.
- Inhale and return to the centre. Exhale, repeat the stretch on the other side.
- Finally, relax in the Three Part Breath Mountain Pose.



BENEFITS

- Stretches muscles between ribs and hands.
- Strengthens arms and shoulders.
- Lengthens abdominal muscles, hips and thigh.
- Improves spine flexibility and functioning of lungs.
- Allows the collar bones and sternum to be active.
- Ensures knee joints, hips, rib cage, shoulders, elbows and wrists are active.
- Revitalises the body, reducing stress and tiredness.
- Releases unwanted apana vayu, causing an inflow of fresh prana.
- Improves intercostal muscles and spinal musculature.
- Brings balance and stability to the body, improving focus and concentration.
- Releases tension in the back, hips, neck, arms, and shoulders.
- Regulates the secretions of various glands in the body.
- Alleviates digestive ailments, removing sluggishness in the kidney.
- Reduces chances of hernia, improves conditions of blood pressure.
- Keeps better control of diabetes.
- Improves conditions related to abdominal organs.
- Included in yoga for all including senior citizens, prenatal, postnatal, blind or special needs students.
- Stimulates the Anahata and Manipura Chakras.
- Increases the range of motion in the torso and spine.

LIMITATIONS

- Students with injury in the limbs or surgery in any part of the body, especially the shoulders and wrists, should avoid this. You can also opt to sit on a chair. Those experiencing low BP, dizziness, headaches, diarrhoea, or recovering from an ailment should practise without overstretching the torso.

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

The New Indian Express • 10 May • Ministry of Ayush

TADASANA SIDE BEND STRAP POSE

2 • PG | 674 • Sqcm | 674270 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

TADASANA SIDE BEND STRAP POSE
(STANDING SIDE BEND STRAP POSE)

This is a beginner-level stretch and a modified version of Palm Tree Pose Side Bend, incorporating a yoga strap. It can be added to yoga for students with respiratory disorders. It can be calming, promoting relaxation when practised as a nighttime routine. Excellent pose for keeping the muscles strong, active, and toned after long hours slouched over a workstation.

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- Stay here for about six breaths. Feel the stretch expand with each breath. Inhale, lengthen your spine, creating more space in your side body. Exhale, deepen the stretch.
- Inhale and return to the centre. Exhale, repeat the stretch on the other side.
- Finally, relax in the Three Part Breath Mountain Pose.



LIMITATIONS

- Students with injury in the limbs or surgery in any part of the body, especially the shoulders and wrists, should avoid this. You can also opt to sit on a chair. Those experiencing low BP, dizziness, headaches, diarrhoea, or recovering from an ailment should practise without overstretching the torso.

BENEFITS

- Stretches muscles between ribs and hands.
- Strengthens arms and shoulders.
- Lengthens abdominal muscles, hips, and thigh.
- Improves spine flexibility and functioning of lungs.
- Allows the collar bones and sternum to be active.
- Ensures knee joints, hips, rib cage, shoulders, elbows, and wrists are active.
- Revitalises the body, reducing stress and tiredness.
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- Regulates the secretions of various glands in the body.
- Alleviates digestive ailments, removing sluggishness in the kidney.
- Reduces chances of hernia, improves conditions of blood pressure.
- Keeps better control of diabetes.
- Improves conditions related to abdominal organs.
- Included in yoga for all including senior citizens, prenatal, postnatal, blind or special needs students.
- Stimulates the Anahata and Manipura Chakras.
- Increases the range of motion in the torso and spine.

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

The New Indian Express • 08 May • Ministry of Ayush

VIPARITA KARNI BLOCK

2 • PG | 708 • Sqcm | 934902 • AVE | 246.4K • Cir | Top Right

Chennai

FITBIT

VIPARITA KARANI BLOCK

(RECLINED LEGS RAISED POSE BLOCK)

This is a beginner-level supine yoga pose. It promotes relaxation, reduces stress, and improves circulation by reversing blood flow from the lower body. They relieve tension in the lower back, legs, and pelvic muscles, making them therapeutic for individuals with fatigue or mild swelling in the legs. It enhances spinal decompression and engages the core. It supports gentle recovery.

STEPS

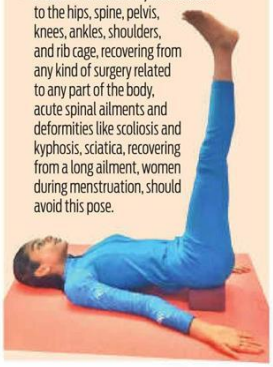
- Start in Constructive Rest Pose, hip-width apart, arms by your sides, and take a few deep breaths.
- Press your feet firmly into the mat, and lift your hips slightly off the floor on an inhale. Slide a yoga block under your sacrum and exhale, gently lower your hips onto the block. Allow your pelvis to settle on the block.
- Inhale, lift your legs straight toward the ceiling, keeping them extended and aligned with your hips. Point your toes or flex your feet and engage your core slightly to maintain stability. Keep your legs straight from the knees.
- Rest your arms alongside your body, palms facing up, or place them on your lower belly to connect with the breath.
- Relax your shoulders and keep your chest open as you breathe slowly and evenly.
- Hold the pose for 8 to 10 breaths or as per your capacity, focusing on steady inhales and exhales. With each exhale, allow your lower back, hips, and pelvic muscles to release tension further.
- Bend your knees and return your feet to the mat. Exhale, lift your hips, remove the block, and gently lower your spine back onto the mat.
- Rest in Constructive Rest Pose for a few breaths before moving into another posture or completing your practice.
- **Note:** If yoga block is not available, you can use a rolled towel or a thick book.

BENEFITS

- Stretches hamstrings, glutes, and pelvis.
- Strengthens the quadriceps and knee joints.
- Brings flexibility in the hips, shoulders, and knees.
- Stretch at the sacral and lower spine opens up any compressions and relaxes the spine.
- Soothes the entire nervous system.
- Focus on breathing deeply, calms the mind.
- Enhances digestion, increasing blood flow to the abdominal organs.
- Helps in the rhythmic functioning of the heart.
- Enhances blood flow from the venous system.
- It addresses kyphosis.
- Reduces hunch back and drooping shoulders.
- Therapeutic to varicose veins.
- Enhances blood supply to the heart from the legs. Reduces the risk of heart disease.
- Tones the uterus and reproductive organs.
- Treats urinary incontinence and pelvic organ prolapse.
- Alleviates lower back pain by strengthening the lumbar and the sacral spine.
- Lower back like lumbar spondylitis or piriformis syndrome can be addressed.
- It is good for teens and kids.
- Strengthens the core and reduces the abdominal fat.
- It strengthens the arteriovenous system.
- Releases fresh blood towards the legs and hips.
- Helps keep the body light and supple.
- Addresses sciatica issues that are not severe.
- Benefits tailbone pain (coccydynia).

LIMITATIONS

- Students who have injuries related to the hips, spine, pelvis, knees, ankles, shoulders, and rib cage, recovering from any kind of surgery related to any part of the body, acute spinal ailments and deformities like scoliosis and kyphosis, sciatica, recovering from a long ailment, women during menstruation, should avoid this pose.



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

The New Indian Express • 08 May • Ministry of Ayush

CLEAR MISCONCEPTIONS, BREATHE FREE

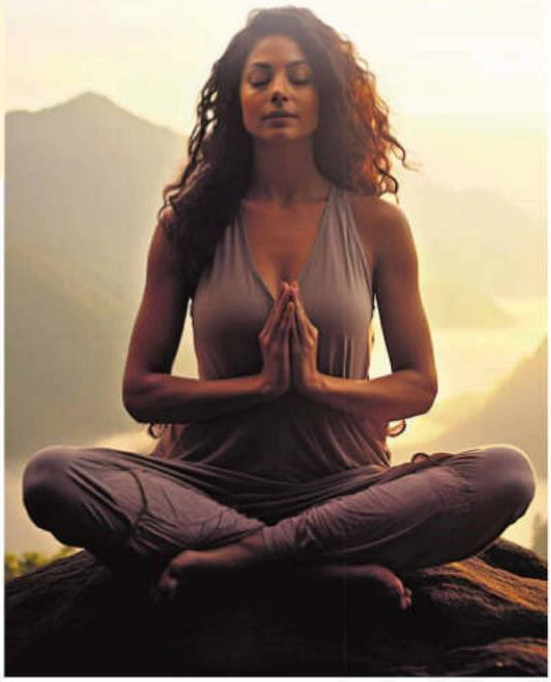
3 • PG | 1112 • Sqcm | 1112054 • AVE | 177.8K • Cir | Top Left | City Express

Bengaluru

CLEAR MISCONCEPTIONS, BREATHE FREE

On Tuesday, we observed World Asthma Day; here are some myths that need to be dispelled about the lung ailment

DR J J MATHEW



WORLD Asthma Day is observed every year in May. Here, we look at some common misconceptions about asthma that need to be dispelled:

'Asthma is a childhood disease, and it doesn't develop when one becomes an adult'

Although asthma usually develops in childhood, a considerable percentage of children 'grow out' of their asthma. However, it can recur once they become adults. The disease can present for the first time in adulthood. In fact, asthma can come on at any age, even after the age of 90.

'I don't get wheezing and, hence, I don't think I have asthma'

Although wheezing is a common symptom of asthma, it may not be experienced by all patients. Sometimes, it is heard only with the aid of a stethoscope. When an asthmatic patient gets a flare up, it is usually manifested by wheezing, but in extreme cases, the patient may have a 'silent chest'. A significant percentage of asthmatics have cough as their predominant symptom; they can be treated in the same manner as other asthmatics.

'I need to avoid a long list of food items if I am diagnosed with asthma'

Only 2-4 per cent of adult asthmatics have their symptoms triggered by food. Hence, it is not a good practice to advise all asthmatics to avoid certain food items as a general rule.

However, in those with food-induced asthma, the more common culprits include dairy products, nuts, eggs, wheat, soya and shellfish. In most circumstances, the patient is likely to identify the trigger, and feel better once the offending food item is avoided.

'Asthmatic patients cannot do any exercises or take part in sporting activities'

The aim of asthma management is to ensure that the patient is able to lead a normal life. Famous sports personalities such as David Beckham and Novak Djokovic, who have asthma, have managed their condition with inhalers, and succeeded in their professional lives.

This is highly inspirational for anyone with the disease who wants to engage in sports or even aim for major achievements.

Doctors usually advise the use of an inhaler half an hour before the sporting activity or the exercise is due to commence, and this helps prevent any flare up of symptoms.

Likewise, one of the asthma medications called montelukast, which helps prevent exercise-induced asthma.

'Inhalers should be avoided. Tablets are better than inhalers'

Modern inhalers for asthma have been developed after decades of research. They address the disease process of asthma by acting directly at the site, i.e. in the lungs, reducing the inflammatory process and dilating the narrowed airways.

Inhalers have been consistently shown to be better than tablets due to their direct action on the lungs and 'bypassing' the intestinal tract, whereas tablets need to be absorbed into the bloodstream for them to travel to the lungs to have their action.

If a patient with a certain degree of severity of asthma needs a long-term inhaler, the medication will keep his asthma under control, but it is in no way addictive. If one decides to discontinue the inhaler, symptoms are likely to reappear.

'Inhalers contain steroids. They cause more harm than good'

Not all inhalers contain steroids. But the current asthma inhalers do contain small quantities of steroids. A tiny fraction of the inhaled medication may make its way into the intestinal tract and get absorbed, but the side effects of the steroid absorbed from the intestinal tract are negligible.

However, the possible side effects are considerably less, and most often insignificant, when compared with oral steroids.

'Nebulisers are better than inhalers'

Inhalers and nebulisers are different devices used for delivering asthma medications to the lungs. Patients in stable conditions with disease and those who are able to use their inhalers without any problems need not resort to using nebulisers. The cost of inhalers is considerably less when compared with nebulised medications. When an asthmatic gets a flare up, it can prove to be difficult to use the inhalers effectively, and this is when nebulisers come into play most often.

Many elderly patients and those with physical problems affecting their hand coordination might find it difficult to use an inhaler, and for such patients, nebuliser would be a better choice. However, using a nebuliser at home, without a clear prescription from an appropriately qualified doctor, can possibly lead to untoward consequences.

(The writer is a senior consultant, department of pulmonology, Apollo Adlux Hospital)

The New Indian Express • 08 May • Ministry of Ayush

VIPARITA KARANI BLOCK

2 • PG | 635 • Sqcm | 634752 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

VIPARITA KARANI BLOCK

(RECLINED LEGS RAISED POSE BLOCK)

This is a beginner-level supine yoga pose. It promotes relaxation, reduces stress, and improves circulation by reversing blood flow from the lower body. They relieve tension in the lower back, legs, and pelvic muscles, making them therapeutic for individuals with fatigue or mild swelling in the legs. It enhances spinal decompression and engages the core. It supports gentle recovery.

STEPS

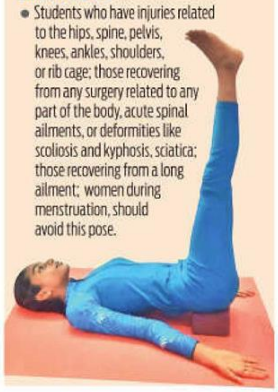
- Start in Constructive Rest Pose, hip-width apart, arms by your sides, and take a few deep breaths.
- Press your feet firmly into the mat, and lift your hips slightly off the floor on an inhale. Slide a yoga block under your sacrum and exhale, gently lower your hips onto the block. Allow your pelvis to settle on the block.
- Inhale, lift your legs straight toward the ceiling, keeping them extended and aligned with your hips. Point your toes or flex your feet and engage your core slightly to maintain stability. Keep your legs straight from the knees.
- Rest your arms alongside your body, palms facing up, or place them on your lower belly to connect with the breath.
- Relax your shoulders and keep your chest open as you breathe slowly and evenly.
- Hold the pose for 8 to 10 breaths or as per your capacity, focusing on steady inhales and exhales. With each exhale, allow your lower back, hips, and pelvic muscles to release tension further.
- Bend your knees and return your feet to the mat. Exhale, lift your hips, remove the block, and gently lower your spine back onto the mat.
- Rest in Constructive Rest Pose for a few breaths before moving into another posture or completing your practice.
- Note: If yoga block is not available, you can use a rolled towel or a thick book.

BENEFITS

- Stretches hamstrings, glutes, and pelvis.
- Strengthens the quadriceps and knee joints.
- Brings flexibility in the hips, shoulders, and knees.
- Stretch at the sacral and lower spine opens up any compressions and relaxes the spine.
- Soothes the entire nervous system.
- Focuses on breathing deeply, calms the mind.
- Enhances digestion, increasing blood flow to the abdominal organs.
- Helps in the rhythmic functioning of the heart.
- Enhances blood flow from the venous system.
- Addresses kyphosis.
- Reduces hunched back and drooping shoulders.
- Is therapeutic to varicose veins.
- Enhances blood supply to the heart from the legs. Reduces the risk of heart disease.
- Tones the uterus and reproductive organs.
- Treats urinary incontinence and pelvic organ prolapse.
- Alleviates lower back pain by strengthening the lumbar and the sacral spine.
- Lower back ailments like lumbar spondylitis or piriformis syndrome can be addressed.
- Is good for teens and kids.
- Strengthens the core and reduces abdominal fat.
- Strengthens the arteriovenous system.
- Releases fresh blood towards the legs and hips.
- Helps keep the body light and supple.
- Addresses sciatica issues that are not severe.
- Benefits tailbone pain (coccydynia).

LIMITATIONS

- Students who have injuries related to the hips, spine, pelvis, knees, ankles, shoulders, or rib cage; those recovering from any surgery related to any part of the body, acute spinal ailments, or deformities like scoliosis and kyphosis, sciatica; those recovering from a long ailment; women during menstruation, should avoid this pose.



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

The New Indian Express • 08 May • Ministry of Ayush

MOMMY-SCAPES

14 • PG | 1731 • Sqcm | 2285254 • AVE | 246.4K • Cir | Top Center

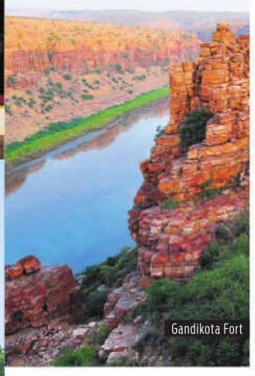
Chennai

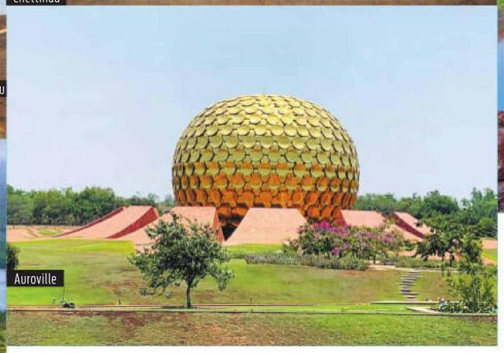
MOMMY-SCAPES

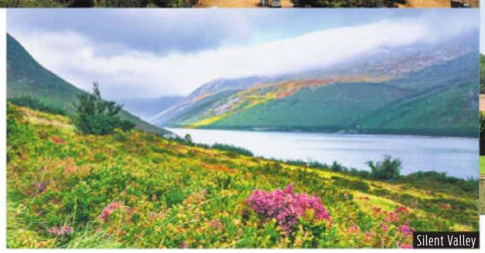
Five quick South Indian offbeat escapes to experience this *Mother's Day*


Chikkamagaluru


Chettinad


Gandikota Fort


Auroville


Silent Valley

EXPRESS NEWS SERVICE

THERE'S a special kind of magic in travelling with your mother — no itinerary too rigid, no experience too grand or too simple. If you're dreaming of a getaway that moves at your mother's pace — soulful, unrushed and rich in culture — South India has a quieter, deeper side waiting to be explored. From ancestral mansions to forest trails and conscious communities, here are five offbeat experiences across Tamil Nadu, Kerala, Andhra Pradesh and Karnataka that make for the perfect slow travel *Mother's Day* itinerary. Can it get better? These are totally summer aligned for you or your family and can make for a culturally rich vacation or quick nature getaway to reconnect, rejuvinate and spend quality time together.A *Mother's Day* vacation is more than just a trip; it's an opportunity to show your love and gratitude in a meaningful way, creating cherished memories that will last a lifetime. So, here are five curated destinations across South-India that are good and absolutely affordable options.

Chettinad, Tamil Nadu

Forget five-star hotels or resorts offering curated experiences — book yourselves into an 18th-century Chettinad mansion adorned with teakwood pillars and *athangudi* tile floors. Chettinad is a cluster of 72 villages in the Sivagangai district of Southern Tamil Nadu, India. The largest amongst these towns are Karaikudi and Kanadukathan, which are dotted with palatial homes turned into heritage stays. A walk through these art deco-meets-dravidian streets, a traditional Chettiar *thali* meal on banana leaves, a visit to the traditional chola style temples and perhaps even a handloom *sari* shopping spree in nearby markets make for an unforgettable immersive vacation. *Stay at Visalam by CGH Earth, AR Street, Kanadukathan.*

Silent Valley, Kerala

For a nature-loving mom, swap the touristy bustle of Munnar or Thekkady for the pristine beauty of Silent Valley National Park in Kerala's Palakkad district. One of India's least disturbed tropical rainforests, this biodiverse wonderland is home to rare lion-tailed macaques, tigers, leopards, elephants, snakes, Malabar giant squirrels and ancient shola trees. A guided trek through the misty trails reveals the flora population of 1000 species of flowering plants, 107 species of orchids, 100 ferns and fern allies, 200 liverworts, 75 lichens and about 200 algae. What makes it even more serene? The Kunthipuzha river flows quaintly through the park. *Stay at: Silent Valley Homestay, Pakula, Attappadi.*

Gandikota Fort, Andhra Pradesh

Located in the Kadapa district of Andhra Pradesh, near the village of Gandikota on the right bank of the Penna River, this fort is a fascinating historical site often referred to as the 'Grand Canyon of India' due to the stunning gorge formed by the river alongside it. The area was first identified in 1123 AD and a sand fort was built by Kaka Raja, a subordinate of the Kalyani Chalukya ruler, Ahavamalla Someswara I. The fort served as a significant centre of power for various dynasties and had Islamic architectural additions during the period of Muslim rule. For a mom who is a history and culture buff, this seems like her kind of holiday! *Stay at: Hotel YLN Grand, Tadipatri.*

Auroville, Pondicherry

If your mother loves pampering herself, then wellness retreats or just a break from consumerist chaos is the way to go! Auroville is more than a destination — it's a way of life. Instead of the more touristy White Town in Pondicherry, head to the green, experimental township nearby. Stay in a sustainable tree house, begin your mornings with yoga under banyan trees, volunteer at an organic farm and explore boutiques selling naturally dyed clothing and handmade pottery. It's the kind of place that doesn't just relax you — it transforms you, gently. *Stay at: The Khaya Nest, Irumbai.*

Chikkamagaluru, Karnataka

While Coorg has long had the spotlight, its quieter cousin Chikkmagaluru offers all the charm with half the crowds. Tucked away in the Western Ghats, this coffee country blends natural beauty with offbeat adventure. Take your mom on a coffee estate walk where she can learn to roast beans, safari through the *Bhadra Wildlife Sanctuary*, explore the hidden Hoysala temples nearby, venture into the rarely visited caves at Hirekolale or hike to Mullayanagiri — the highest peak in Karnataka. *Stay at: Java Rain Resorts, Girija Estates, Chikmagalur.*

Deccan Chronicle • 26 May • Ministry of Ayush

Pact with WHO to help Ayush systems get global access

1,5 • PG | 352 • Sqcm | 619066 • AVE | 1.15M • Cir | Bottom Right,Top Center

Chennai

Pact with WHO to help Ayush systems get global access

DC CORRESPONDENT
NEW DELHI, MAY 25

THERAPIES FROM Ayurveda, Yoga, Siddha and Unani systems such as Panchakarma, yoga therapy, Unani regimens and Siddha procedures will now be recognised in globally standardised terms.

In a major development set to transform the global standing of traditional medicine systems, an agreement has been signed between the ministry of Ayush and the World Health Organisation (WHO).

In a statement, the Ayush ministry said that the agreement signed on Saturday marks the beginning of work on a dedicated traditional medicine module under the International Classification of Health Interventions.

Highlighting the significance of this achievement during the 122nd episode of Mann Ki Baat on Sunday, Prime Minister Narendra Modi said, "Friends, something has happened in the field of Ayurveda... Just yesterday, i.e. on May 24, an MoU was signed in the presence of the WHO director-general and my friend Tulsi Bhai."

"Along with this agreement, work has started on a dedicated traditional medicine module under the International Classification of Health Interventions. This initiative will help in making Ayush reach the maximum number of people across the world in a scientific manner," he added.

The ICHI, complementing the WHO's International Classification of Diseases (ICD-11), documents what treatments and health interventions are administered.

The ministry said that with the inclusion of a traditional medicine module, therapies from Ayurveda, Yoga, Siddha and Unani systems such as Panchakarma. P5

PACT WITH WHO TO HELP AYUSH SYSTEMS GET GLOBAL ACCESS

FROM PG 1

Yoga therapy, Unani regimens and Siddha procedures will now be recognised in globally standardised terms.

This will bring about multiple benefits, such as transparent billing and fair pricing for Ayush services, smoother integration of Ayush treatments in health insurance coverage and enhanced hospital management, clinical documentation and health research. It will also lead to greater global accessibility to Ayush interventions.

The development is in sync with India's vision of bringing its rich heritage of traditional wisdom into the global healthcare mainstream, backed by scientific classification and international standards, the statement said.

In his post on X, WHO Director-General Dr Tedros Adhanom Ghebreyesus said: "Pleased to sign an agreement for a $3 million contribution from #India to @WHO's work on traditional medicine and the Internat ional Classification of Health Interventions.



Students and other visitors during the inauguration of a guided tour of Vidhana Soudha in Bengaluru on Sunday. — PTI

Deccan Chronicle • 15 May • Ministry of Ayush

Human capital India's real arsenal as tensions simmer

8 • PG | 426 • Sqcm | 1589856 • AVE | 2.55M • Cir | Top Center

Hyderabad

Human capital India's real arsenal as tensions simmer



Patralekha Chatterjee

Dev 360

AI will automate many mechanical tasks. What remains will highlight what makes us uniquely human. Perhaps the jobs of the future will focus on skills outside STEM, such as those in the social sciences and humanities.

Amidst the continuing tensions between India and Pakistan, despite the ceasefire agreement which went into effect on Saturday evening, we must face up to a stark reality — in war and in peace, India's real arsenal is its human capital. There is no all-weather friend. There is no permanent external support system. We are surrounded by adversaries, rivals, and shifting global alliances and priorities. There is no option but to be aware, alert and equipped. All this boils down to human capital.

India's strategic discourse is predictably focused on diplomacy, defence modernisation, border security and military preparedness. But amid this justifiable focus on foreign policy and conventional deterrence, a quieter yet critical pillar of national security is being overlooked — human capital development. This must be a top priority once the fog of war lifts.

For a country surrounded by hostile neighbours and looming war clouds in the region, investing in education, healthcare and skills may sound secondary. But this is a grave strategic oversight. In the 21st century, security is as much about capabilities of the mind as it is about firepower on the ground. A heightened focus on human development is not just a domestic necessity but a strategic imperative.

The 2025 UNDP Human Development Report (A Matter of Choice: People and Possibilities in the Age of AI), released earlier this month, underscores India's progress but also flags the unequal nature of progress on many fronts. India climbed three spots on the Human Development Index (HDI), from 133 to 130 on the HDI between 2022 and 2023. But its HDI score was reduced by a staggering 30.7 per cent due to inequality, one of the highest losses in Asia. While some Indians are doing very well, millions are not. Life expectancy is at an all-time high, and multidimensional poverty has plummeted, with 415 million lifted out of deprivation in 15 years, thanks to schemes like Ayushman Bharat and Jal Jeevan Mission. Yet, relatively low spending on health (under three per cent of GDP) and education (below five per cent of GDP) exacerbates disparities, leaving India's youth — 65 per cent of its 1.4 billion people — underprepared for a knowledge-driven world.

India's demographic dividend is a ticking clock. Without urgent investment in quality education, healthcare and skills for every Indian, the country risks squandering this dividend and weakening its strategic edge. India's working-age citizens can potentially propel the nation to global leadership, but millions lack skills necessary for a modern economy. An unskilled, frustrated youth cohort is vulnerable to unrest or external manipulation, especially in a region where disinformation campaigns thrive.

The UNDP report highlights AI's transformative potential, noting that 70 per cent of people in medium-HDI countries like India expect AI to boost productivity in education, health, and work within a year. But access gaps — electricity, Internet and digital literacy — threaten exclusion. India's digital literacy rate — which goes beyond basic usage to include cybersecurity awareness, online etiquette, and skills — stands at around 37 per cent, with a stark urban-rural divide.

"No impactful work in STEM (Science, Technology, Engineering, and Mathematics) can occur without adequate investment in the pure sciences. This investment is essential for training students to be broadly capable and for building expertise that will prove valuable in the long term. China made these investments, which is why it leads the world in both basic sciences and their applications. We must not mistakenly believe we can bypass this step. Nor should we assume that our current leadership in IT and related services grants us a permanent advantage. The future will be dominated by AI, which will automate many mechanical tasks. What remains will highlight what makes us uniquely human. Perhaps the jobs of the future will focus on skills outside STEM, such as those in the social sciences and humanities," says Prof. Gautam Menon, who teaches Physics and Biology at Ashoka University. Critical thinking is just as crucial.

While speaking to reporters at the beginning of the Asian Development Bank's annual board of governors' meeting in Milan recently, ADB president Masato Kanda said something that resonated: "Developing countries like India can close the gap with advanced economies by continuing reforms, boosting domestic demand, enhancing competitiveness, and improving human capital." While private sector growth will add jobs and facilitate innovation, governments must continue reforms and boost domestic demand by reducing income inequality as they open their economies. "Human capital development is very much more important than ever in catching up with the global economy undergoing a technological transformation."

Human capital is the lynchpin of modern warfare and economic resilience. China's edge in AI, cybersecurity, and semiconductors flows from decades of STEM education and R&D, with $723 billion spent in 2023 compared to India's $71 billion. A skilled Indian workforce could bolster "Make in India", reducing reliance on imports in critical sectors like pharmaceuticals or renewable energy. Healthy citizens ensure a robust defence force, while education fosters civic awareness, countering divisive disinformation. Yet, India's primary and secondary education suffers from chronic underfunding, rural-urban digital divides persist, and cultural norms sideline women. While official data shows workforce participation by women has improved, a significant gender gap remains. Compared with just 42 per cent of women, nearly 79 per cent of men contributed to the workforce in 2023-24. In China, the labour force participation rate among females is 59.6 per cent; the corresponding figure for males is 71.1 per cent (2024) according to World Bank.

India's paradox is stark: a surplus of tertiary graduates coexists with persistent illiteracy and low-skill labour in agriculture. While IITs shine, foundational education still falters in many parts of the country, trapping millions in low-productivity work. Inequities along entrenched fault lines further erode cohesion.

India stands at a crossroads. Its people — young, diverse and dynamic — are its greatest asset in a world of rising tensions. But potential alone will not suffice. Without bold reforms, the dividend becomes a deficit, weakening India against assertive adversaries. In a turbulent and uncertain world, India's response must be clear: empower its people to outthink, outbuild, and outlast its rivals.

The time to act is now. India's security, economy, and global stature depend on it. In the age of knowledge warfare, a country's strength lies not just in its soldiers and armaments but also in the capabilities and maturity of its citizens. By investing in human capital, India can transform challenges into triumphs, securing its place as a resilient, innovative global power.

The writer focuses on development issues in India and emerging economies. She can be reached at patralekha.chatterjee@gmail.com.

Deccan Chronicle • 12 May • Ministry of Ayush

PM lauds cancer awareness drive

8 • PG | 191 • Sqcm | 710889 • AVE | 2.55M • Cir | Middle Right

Hyderabad

PM lauds cancer awareness drive

New Delhi, May 11: Prime Minister Narendra Modi recently paid tributes to former Palam 360 Khap chief Chaudhary Ramkaran Solanki on his fourth death anniversary and lauded the "Cancer Free Delhi Rural" campaign that was launched in his memory. The campaign that is being spearheaded by his son and the current head of the khap, Chaudhary Surendra Solanki, in collaboration with the Amerix Cancer Hospital aims to raise cancer awareness and provide free screenings across Delhi's rural regions.

"I pay my tribute to respected Chaudhary Ramkaran Solanki ji on his fourth death anniversary. On this occasion, I was happy to know about the Cancer Free Delhi Rural programme organised by Chaudhary Surendra Solanki ji in his memory in Dwarka, Delhi. The work done by Chaudhary Ramkaran Solanki ji for the society and this effort to carry forward his ideals and values is commendable," a letter written by Modi on May 9 read.

The prime minister acknowledged Solanki's unwavering commitment to the welfare of farmers, labourers and marginalised communities, and highlighted the campaign's alignment with national



Narendra Modi

health initiatives like Ayushman Bharat and Ayushman Arogya Mandirs, emphasising the importance of accessible cancer detection and treatment facilities in rural areas. "His work related to rural issues and social service will always be remembered," Modi's letter read.

The campaign has garnered support from several prominent political figures, including Home Minister Amit Shah, Bharatiya Janata Party president J P Nadda and South Delhi's BJP MP Ramvir Singh Bidhuri.

The formal launch of the "Cancer Free Delhi Rural" campaign took place at the Amerix Cancer Hospital in Dwarka Sector-19 on Saturday. The initiative focuses on free cancer screenings, educational workshops and mobile health camps in the rural areas.

—PTI

The Asian Age • 26 May • Ministry of Ayush

India partners with WHO to give Ayush a global recognition

2 • PG | 163 • Sqcm | 114063 • AVE | 389.96K • Cir | Middle Center

Delhi

India partners with WHO to give Ayush a global recognition

AGE CORRESPONDENT
NEW DELHI, MAY 25

In a major development set to transform the global standing of traditional medicine systems, an agreement has been signed between the ministry of Ayush and the World Health Organisation.

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"Along with this agreement, work has started on a dedicated traditional medicine module under the International Classification of Health Interventions. This initiative will help in making Ayush reach the maximum number of people across the world in a scientific manner," he added.

The ICHI, complementing the WHO's International Classification of Diseases (ICD-11), documents what treatments and health interventions are administered.

The ministry said that with the inclusion of a traditional medicine module, therapies from Ayurveda, Yoga, Siddha and Unani systems such as Panchakarma, yoga therapy, Unani regimens and Siddha procedures will now be recognised in globally standardised terms.

This will bring about multiple benefits, such as transparent billing and fair pricing for Ayush services, smoother integration of Ayush treatments in health insurance coverage and enhanced hospital management, clinical documentation and health research. It will also lead to greater global accessibility to Ayush interventions.

The Asian Age • 26 May • Ministry of Ayush

Modi chairs key meet of NDA states, pushes for 'sushasan

1,4 • PG | 747 • Sqcm | 523116 • AVE | 389.96K • Cir | Bottom Center,Top Center

Delhi

■ NDA meet adopts resolution on Op Sindoor & caste census
■ HM, DefMin, BJP chief, 20 CMs, Dy CMs attend conclave

Modi chairs key meet of NDA states, pushes for 'sushasan'

AGE CORRESPONDENT
NEW DELHI, MAY 25

Prime Minister Narendra Modi on Sunday called on the NDA-ruled states to adopt the best governance practices of each other for "Viksit Bharat". The NDA parties are likely to form a committee to study and integrate these governance practices in states. The ruling alliance will be marking the first anniversary of the Modi-led NDA government's third consecutive term next month.

Addressing the day-long NDA chief ministers and deputy chief ministers conclave, Mr Modi described caste enumeration as a step towards bringing the marginalised into the mainstream and also lauded the success of Operation Sindoor. The NDA meeting unanimously adopted two resolutions — one on Operation Sindoor and another on the caste census.

On Operation Sindoor, the PM said its success was a reaffirmation of India's achievements in its push towards self-reliance, underscoring the accuracy and precision of indigenous defence technology.

Mr Modi, sources said, also told the gathering that caste enumeration is a step towards his government's model to bring the marginalised and those left behind in every field into mainstream development. The NDA leadership also paid tributes to the people killed in the April 22 Pahalgam terror attack.



Prime Minister Narendra Modi with BJP president J.P. Nadda, Bihar chief minister Nitish Kumar and deputy CMs Samrat Choudhary and Vijay Kumar Sinha in New Delhi on Sunday. — PTI

The Prime Minister, it was learnt, also advised the NDA leaders to keep restraints in their speeches and avoid making unnecessary remarks. His remarks came in the wake of controversial utterances by some BJP leaders in the wake of Operation Sindoor.

■ Turn to Page 4

Modi chairs key meet of NDA states

■ Continued from Page 1

During the conclave, the chief ministers of Bihar, Uttar Pradesh, Assam, Uttarakhand and Chhattisgarh gave presentations on best governance practice initiatives in their respective states.

Completion of a decade of International Yoga Day, good governance and the 50th "Loktantra Hatya Diwas" (imposition of Emergency) were also discussed during the meet. The chief ministers and deputy chief ministers of 20 states attended the meet.

Mr Modi will be in Visakhapatnam to participate in International Yoga Day on June 21. Andhra Pradesh chief minister N. Chandrababu Naidu, who could not attend the conclave due to a prior commitment in the state, posted on X about the state's initiative of month-long yoga sessions across the state at 100 tourist destinations, leading up to June 21.

Moved by Rajasthan CM Bhajanlal Sharma and seconded by Maharashtra deputy CM Eknath Shinde, the resolution on Operation Sindoor praised the valour of the armed forces and the brave leadership of Mr Modi.

Praising Mr Modi's leadership, the resolution said he has always supported the armed forces and that Operation Sindoor has given a befitting reply to terrorists and their sponsors.

Another resolution on the caste census, moved by Haryana CM Nayab Singh Saini, was also passed during the day-long conclave, reinforcing the government's assertion of inclusive policymaking.

"Participated in the NDA chief ministers' conclave in Delhi. We had extensive deliberations about various issues. Various states showcased their best practices in diverse areas, including water conservation, grievance redressal, strengthening administrative frameworks, education, women empowerment, sports and more. It was wonderful to hear these experiences. I emphasised the need to add momentum to our development trajectories and ensure the benefits of a double-engine government reach the people in an effective manner. Spoke about building stronger synergies in key areas, be it cleanliness, sanitation, healthcare, youth empowerment, agriculture, technology and more," Mr Modi posted on X after the meeting.

The meeting was also attended by BJP president J.P. Nadda and Union ministers Amit Shah and Rajnath Singh. Mr Shah, sources said, also briefed on the government's ongoing mission against Left-wing extremism.

"Two resolutions were passed... One of the resolutions was on 'Operation Sindoor', and our armed forces were hailed in this resolution. This resolution was passed unanimously. In this resolution, a discussion was also held on how the country is becoming 'atmanirbhar' (self-reliant) and capable under Mr Modi's leadership. We also discussed the precision of the strikes by Indian Armed Forces on Pakistan. During the conclave, a resolution was also passed on the caste census," said Mr Nadda while briefing about the conclave.

The BJP president said the ruling NDA does not believe in caste politics, but caste enumeration will help those left behind in different fields to develop. A census of castes, Mr Nadda said, was always part of the ruling alliance's imagination, noting that the Bihar government headed by JD(U) leader and chief minister Nitish Kumar was the first to do it.

Mr Nadda added that on June 25, the 50th anniversary of the imposition of the Emergency, the NDA will "inform the public about those people who tried to strangle democracy".

A significant part of deliberations at this conclave was devoted to best practices by different NDA state governments. Presentations on the Bastar Olympics in the once citadel of Maoists in Chhattisgarh, a campaign against child marriage in Assam, Bihar's Jal Jeevan Hariyali Abhiyaan, Gujarat's solar electricity drive and Meghalaya's scheme for accountable governance were made by their respective representatives. Uttarakhand CM did a presentation on the Uniform Civil Code.

The Asian Age • 24 May • Ministry of Ayush

City govt schools to teach digital detox & ancient wisdom

2 • PG | 186 • Sqcm | 130456 • AVE | 389.96K • Cir | Middle Center

Delhi

City govt schools to teach digital detox & ancient wisdom

New Delhi, May 23: From Panch Kosha and Panch Tantra to emotional well-being and digital detox, students in Delhi government schools will be given lessons on ancient Indian wisdom under a specially designed programme called 'The Science of Living'. It is a flagship initiative in line with National Education Policy (NEP) 2020 by of the BJP-led Delhi government to help students reconnect with Indian cultural roots while also fostering essential life skills, an official said.

It aims to cultivate self-awareness, emotional resilience, and respect for traditional knowledge, all through engaging and experiential learning activities, she said.

In its first segment, students will delve into the ancient concept of Panch Kosha — the five layers of human existence — through various forms of yoga and meditation. This part of the curriculum is designed to help the students understand their personality at a deeper level and develop mindfulness, she said.

The second module focuses on Panch Tantra, which in Indian philosophy and Ayurveda refers to the five elements — fire, water, air, earth, and space. Students will learn about the role of these elements in sustaining life and the importance of conserving them, the official said.

IT AIMS to cultivate self-awareness, emotional resilience, and respect for traditional knowledge, all through engaging and experiential learning activities

The third part of the programme addresses the need for a digital detox. Here, the students will be guided on how to reduce screen time and become more aware of cyber issues such as copyright violations and online bullying.

In addition to this, the curriculum includes a strong emphasis on social-emotional learning. Inspired by global frameworks from the US and Singapore, this segment introduces students to concepts like self-awareness, emotional regulation, resilience, and coping strategies, she said.

The official said that another important section, called Sensible Citizen, is focused on instilling civic awareness and a sense of national pride. — *PTI*

The Asian Age • 24 May • Ministry of Ayush

Man Enough To Meditate

10 • PG | 2044 • Sqcm | 868501 • AVE | 389.96K • Cir | Top Left | Delhi Age

Delhi



ROCHELLE CRASTO

There is a misconception that self-care and wellness is only for women, not men. However, gone are the days when "man up" was the go-to solution for stress. Today, a growing tribe of men are swapping out stoicism for 'savasana'. Whether it's yoga, therapy, or mindfulness apps, from corporate boardrooms to small-town gyms, celebrities, Indian men are unrolling yoga mats, journaling their thoughts, and—yes—meditating.

Of course, not every man is on this journey yet, but the celebs are setting up a good example. Fit-at-50: **Akshay Kumar** is a prime example of holistic fitness. Beyond his martial arts training and intense gym sessions, Kumar seamlessly incorporates yoga and meditation into his routine. Anupam Kher, known for his powerful performances on-screen, is also a strong advocate for Transcendental Meditation (TM). He shares his insights on social media, inspiring others to explore mindfulness. The trend isn't limited to one generation or geography. From Vir Das, Vidyut Jamwal and Aamir Khan to Robert Downey Jr., Tom Hanks, and even Sting, celebrities across the globe have embraced meditation in its many forms—be it for focus, stress relief, or spiritual clarity.

Ranveer Singh practices "active meditation" and evening silence. Taking time before bed to reflect and declutter his mind. Ranbir Kapoor has publicly spoken about how meditation has helped him deal with ADHD.

BROS BEFORE BURNOUT

It's not just urban guys in Mumbai, Hyderabad, and Bengaluru— Instagram reels show muscle hunks in Delhi sipping ashwagandha tea post-workout or men in Chennai walking labyrinths as part of digital detox challenges. We've long glorified the stoic man—strong, silent, unshakeable. But that image, polished by Bollywood and passed down like heirloom furniture, is cracking. Raghav Sharma, co-founder of a Yoga group, "I was once a work hard, party harder, sleep never," he laughs. "But two panic attacks and a stress ulcer later, I found myself attending a weekend yoga retreat. I thought I'd be bored out of my mind. But I found peace."

There are many factors that contribute to this wellness trend — anxiety, job insecurity, relationships, climate change, and just... life hitting hard. **Dr. Rukmini Iyer**, a psychologist, explains, "For a long time, emotional vulnerability was seen as weakness in Indian men. But in the last few years, we've seen a massive shift. Men are realizing that it's not 'unmanly' to seek peace—it's human."



MACHO TO MINDFUL

In a world where the pressures of fame and fortune often overshadow the pursuit of inner peace, Transcendental Meditation has emerged as a beacon of hope for celebrities seeking solace amidst the chaos. Yoga instructor **Yogi Darshan** says, "Some came for back pain, others because their wives pushed them," he chuckles. "But now, they stay for peace of mind. We start with Asanas, but end up discussing relationships, anxiety, even childhood trauma." Masculinity is evolving from aggressive and aloof to grounded and gentle. And while the "alpha male" narrative still looms large in influencer corners, there's a quieter counter-movement that's gaining real traction. The rise of men's circles, where strangers gather to talk about childhood, stress, and heartbreak— It's a start from fitness influencers who are now journaling next to chest-day routines.

"I WAS ONCE A WORK HARD, PARTY HARDER, SLEEP NEVER. BUT TWO PANIC ATTACKS AND A STRESS ULCER LATER, I FOUND MYSELF ATTENDING A WEEKEND YOGA RETREAT."

— RAGHAV SHARMA, *Co-founder, Yoga group*

HEALTH IN FOCUS

- The Indian yoga and meditation services market is projected to grow from **$81.7 billion in 2025 to $155.2 billion by 2035.**
- **22%** of Indian men practice yoga, the highest male participation rate globally.
- **TeleMANAS helpline in Gujarat received 16,700 calls over two years,** with two-thirds from men aged 18 to 45, indicating a growing willingness to seek mental health support.

BREAKING THE BRO CODE

Many men are told to suppress their emotions from childhood with phrases like "Be strong," "Be a man," "Dont cry like a girl." They are challenging the idea that vulnerability is emasculating. **Manu Singh**, a meditation coach from Delhi, quips, "Earlier, men came in dragging their wives or girlfriends along. Now the women are sending them alone, saying, 'he needs this more than I.''

This shift isn't just personal, it's a social shift that is letting men be themselves, listen more, yell less, and apologize without blaming the woman. They show up in relationships with more empathy. Fathers are parenting differently— Bosses are leading less like drill sergeants and more like humans.

Varun Nair (32) a marketing executive who recently began therapy says, "I realized, real men don't bottle things up until they explode either." Dr. Iyer points out, "Men often delay seeking help until the issue becomes a crisis. What we need is early emotional literacy—teaching boys it's okay to feel." They're breathing, journaling, meditating—and not whispering about it in locker rooms. And that? That's growth.



"FOR A LONG TIME, EMOTIONAL VULNERABILITY WAS SEEN AS WEAKNESS IN INDIAN MEN. BUT IN THE LAST FEW YEARS, WE'VE SEEN A MASSIVE SHIFT."

— Dr. RUKMINI IYER, *Psychologist*



The Asian Age • 21 May • Ministry of Ayush

PM chairs meet to give tourism push after Pahalgam hit

1, 4 • PG | 398 • Sqcm | 278888 • AVE | 389.96K • Cir | Bottom Right,Middle Right

Delhi

PM chairs meet to give tourism push after Pahalgam hit

Lauds India health model at WHO meet

AGE CORRESPONDENT
NEW DELHI, MAY 20

Prime Minister Narendra Modi on Tuesday chaired a meeting in the national capital to review progress in the tourism sector across the country. Later in the day, addressing the 78th Session of the World Health Assembly (WHA) in Geneva via videoconferencing, the Prime Minister said that the future of a healthy world depends on inclusion, integrated vision and collaboration. He said that India's approach provides a sustainable model to meet health challenges of the Global South.

"The Prime Minister chaired a meeting today to review the progress of work in the tourism sector," a senior official said. Union tourism minister Gajendra Singh Shekhawat, his deputy in the tourism ministry Suresh Gopi, Union tourism Secretary V. Vidyavathi and top PMO officials attended the meeting.

The Prime Minister's Office (PMO) also shared a short video on its YouTube page.

"Attended the review meeting chaired by honourable PM Shri @narendramodi to assess the progress in the #Tourism sector. His visionary leadership is the guiding force for all our efforts in making Bharat a top global tourist destination," Mr Shekhawat posted on X.

At the tourism review meeting, besides touching on the broader contours of the sector, two flagship schemes of the tourism ministry — PRASAD (Pilgrimage Rejuvenation

■ Turn to Page 4



Narendra Modi

ADDRESSING THE World Health Assembly in Geneva, the Prime Minister said that India's approach provides replicable, scalable, and sustainable models to meet health challenges of the Global South

PM chairs meet to give tourism push after attack in Pahalgam

■ Continued from Page 1

and Spiritual Augmentation Drive) and Swadesh Darshan — were also discussed.

Addressing the World Health Assembly (WHA) in Geneva, the Prime Minister said that India's approach provides replicable, scalable, and sustainable models to meet health challenges of the Global South.

Referring to this year's WHA theme, "One World for Health", Mr Modi emphasised that it aligns with India's vision for global health. Recalling his 2023 WHA address, where he had spoken about "One Earth, One Health", he said that the future of a healthy world depends on inclusion, an integrated vision and collaboration.

Emphasising that inclusion is at the core of India's health reforms, Mr Modi highlighted Ayushman Bharat, the world's largest health insurance scheme, which covers 580 million people and provides free treatment. The programme was recently expanded to cover all Indians above the age of 70 years.

The Prime Minister noted India's extensive network of thousands of health and wellness centres that facilitate early screening and detection of diseases such as cancer, diabetes and hypertension. He also underlined the role of thousands of public pharmacies that provide high-quality medicines at significantly lower prices.

Highlighting the role of technology in improving health outcomes, Mr Modi underscored India's digital initiatives like the digital platform that tracks the vaccination of pregnant women and children and the unique digital health identity system, which is helping integrate benefits, insurance, records and information.

The Prime Minister remarked that with telemedicine, no one is too far from a doctor and highlighted India's free telemedicine service, which has enabled over 340 million consultations.

Reflecting on the positive impact of India's health initiatives, Mr Modi further noted a significant decline in "out-of-pocket expenditure" as a percentage of "total health expenditure". He also emphasised that government health expenditure has increased considerably.

"The health of the world depends on how well we care for the most vulnerable," said Mr Modi, highlighting that the Global South is particularly impacted by health challenges and stressing that India's approach provides replicable, scalable and sustainable models.

The Prime Minister expressed India's willingness to share its learnings and best practices with the world, especially with the Global South.

Looking ahead to the 11th International Day of Yoga in June, Mr Modi encouraged global participation. Highlighting this year's theme, "Yoga for One Earth, One Health", he extended an invitation to all countries, emphasising India's role as the birthplace of yoga.

The Pioneer • 26 May • Ministry of Ayush

Caste census will pave way to provide rights and opportunities to most deprived sections of society:...

3 • PG | 275 • Sqcm | 164727 • AVE | 268.96K • Cir | Top Right

Chandigarh

Caste census will pave way to provide rights and opportunities to most deprived sections of society: Hry CM

PNS ■ CHANDIGARH

Stating that the Prime Minister Narendra Modi has shown visionary leadership by taking the historic decision of conducting a nationwide caste census, Haryana Chief Minister Nayab Singh Saini on Sunday said that caste census will pave the way to provide rights and opportunities to the most deprived sections of society. This census is an unprecedented step towards social justice, said the Chief Minister during the meeting of Chief Ministers and Deputy Chief Ministers of the National Democratic Alliance (NDA) chaired by Prime Minister Modi in New Delhi.

In the meeting, a resolution was passed praising the valour of the armed forces in Operation Sindoor and the courageous leadership of the Prime Minister. Along with Prime Minister Narendra Modi, Union Home Minister Amit Shah, Defence Minister Rajnath Singh and BJP national president Jagat Prakash Nadda also attended this one-day conference.

The Chief Minister said that the mantra of the government 'Sabka Saath, Sabka Vikas and Sabka Vishwas' has been vividly manifested in this decision. The caste census will help in understanding the socio-economic condition of the deprived communities, which will lead to targeted policies for their education, employment and overall progress. This effort reflects the unwavering commitment to bring the light of development to every corner of society.

Saini further said that the caste census will accurately assess the real condition of various communities, making the schemes more effective. This is part of the vision of the government, which focuses on providing equal opportunity and respect to every Indian. This step of the government will raise the standard of living of the most vulnerable sections of society, which is another example of people-centric governance, he added.



The Chief Minister said that the Prime Minister showed his generosity and foresight by accepting this long-standing demand. This move proved that the government respects the views of all and is capable of taking big decisions in national interest and this leadership will bring more glory to India on the global platform.

Saini said that the Congress only did politics on the issue of caste census for a long time. By repeatedly postponing the issue and using it as a political weapon, the party not only stopped the progress towards social justice but also promoted division in society on caste basis. He said that this hindered the deprived communities from getting their fair share and benefits of government schemes. He said that the government has repeatedly proved its sensitivity towards the poor and deprived with revolutionary schemes like Ujjwala Yojana, Ayushman Bharat, PM Awas Yojana and Jan Dhan Yojana. Now, the decision of the caste census will further strengthen these efforts, so that every section can take advantage of the welfare governance of the government, he added.

The Chief Minister said that the Government's decision for the underprivileged will be written in golden letters in the history of India. This historic decision of the Prime Minister has ushered in a new era of social justice and equality. With this, India is becoming empowered not only economically but also morally and socially, Saini added.

The Pioneer • 26 May • Ministry of Ayush

India, WHO to mainstream Ayush globally, boosting traditional medicines

1 • PG | 360 • Sqcm | 216129 • AVE | 268.96K • Cir | Bottom Center

Chandigarh • Delhi

India, WHO to mainstream Ayush globally, boosting traditional medicines

PIONEER NEWS SERVICE ■ New Delhi

In a landmark development poised to transform the global standing of traditional medicine systems, an agreement has been signed between the Ministry of Ayush and the World Health Organisation (WHO). The agreement inked on Saturday marks the beginning of work on a dedicated Traditional Medicine module under the International Classification of Health Interventions (ICHI), the Ayush Ministry said in a statement.

Highlighting the significance of this achievement during the 122nd episode of Mann Ki Baat on Sunday, Prime Minister Narendra Modi said, "Friends, something has happened in the field of Ayurveda. Just yesterday, that is on May 24, an MoU was signed in the presence of WHO Director General and my friend Tulsi Bhai."

"Along with this agreement, work has started on a dedicated traditional medicine module under the International Classification of Health Interventions (ICHI). This initiative will help in making Ayush reach maximum number of people across the world in a scientific manner," he added. The ICHI, complementing the WHO's International Classification of Diseases (ICD-11), documents what treatments and health interventions are administered. With the inclusion of a traditional medicine module, therapies from Ayurveda, Yoga, Siddha and Unani systems such as Panchakarma, Yoga therapy, Unani regimens and Siddha procedures will now be recognised in globally standardised terms, the ministry statement said.



This will bring about multiple benefits such as transparent billing and fair pricing for Ayush services, smoother integration of Ayush treatments in health insurance coverage and enhanced hospital management, clinical documentation and health research.

Most importantly, it will lead to greater global accessibility to Ayush interventions.

This development aligns with India's vision of bringing its rich heritage of traditional wisdom into the global healthcare mainstream, backed by scientific classification and international standards, the statement said.

Welcoming the agreement, WHO Director-General Dr Tedros Adhanom Ghebreyesus said on X, "Pleased to sign an agreement for a $3 million contribution from #India to @WHO's work on traditional medicine and the International Classification of Health Interventions, with @moAyush Secretary Vaidya Rajesh Kotecha. We welcome India's continued commitment to #HealthForAll."

The combined impact of ICD-11 for diseases and the new ICHI module for interventions will ensure that Ayush becomes an integral, evidence-based, and policy-recognised part of global healthcare systems, the statement said.

The Pioneer • 23 May • Ministry of Ayush
Cooperative insurance: Inclusion and Service

7 • PG | 423 • Sqcm | 1205382 • AVE | 634.42K • Cir | Bottom Right

Delhi • Chandigarh • Hyderabad

Cooperative insurance: Inclusion and Service

During a recent field interaction with Self-Help Group (SHG) women in Rajasthan, several shared their disheartening experiences with insurance companies. Despite understanding the importance of insurance to mitigate risks-whether personal, agricultural, or business-related-many women reported cases of mis-selling, delayed settlements, and partial or denied claims, even in the event of accidental deaths. One woman, unsure whether her premium was even deposited after handing it over to an agent, reflected the trust deficit that exists at the grassroots. A woman serving as an insurance agent under the "Lakhpati Didi" scheme shared her difficulty in convincing rural people to buy insurance, given their prior negative experiences.

In some cases, policies lapsed without refunds, leading to a complete loss of paid premiums. Though insurance is recognised as crucial for risk coverage, a lack of awareness and unsatisfactory service delivery keeps many rural Indians skeptical and excluded from the formal system.

Against this backdrop, the announcement by the Union Home Minister, who also leads the newly formed Ministry of Cooperation (established in 2021), to launch a cooperative-based insurance company has been widely welcomed. Alongside this, a cooperative structure for cab drivers akin to Ola and Uber was also proposed. These initiatives were hailed across party lines as potentially transformative moves, especially in a country where insurance penetration remains far below global benchmarks.



DINESH KUMAR TYAGI

India currently hosts 67 insurance companies regulated by the Insurance Regulatory and Development Authority of India (IRDAI). Despite this large number, insurance penetration stands at just 3.7 per cent of GDP-far below the global average. Life insurance forms the bulk of this at 2.8 per cent. With nearly 70 per cent of India's population residing in rural areas, it is striking that less than 20 per cent have health coverage and less than 10 per cent hold life insurance.

Though several Government-backed schemes-like PM Jeevan Jyoti Bima Yojana, Fasal Bima Yojana, and Ayushman Bharat-attempt to plug this gap, private insurance players largely avoid rural markets, citing higher risks and low profitability. Public sector insurers alone lack the scale and resources to fill the void.

So, why propose a cooperative insurance model? Cooperatives, by their very nature, are owned and managed by their members, operating for collective benefit rather than shareholder profit. This makes them uniquely suited to serve underserved, high-risk segments like farmers, artisans, SHGs, and rural entrepreneurs. Unlike commercial companies that target only low-risk, high-return customers, cooperative insurers can design inclusive products and offer personalised service.

However, under current laws, cooperative societies in India cannot operate as licensed insurers. Section 2C of the Insurance Act, 1938, allows only companies, statutory bodies, or foreign reinsurance branches to conduct insurance business. Cooperatives may act as intermediaries-agents or brokers-but not as insurance providers themselves. While IFFCO-Tokio, a joint venture involving a successful cooperative (IFFCO), is an exception, it does not operate fully on cooperative principles where all policyholders are also members.

This legal bottleneck must be addressed if India is to tap into the potential of cooperative insurance. Amending the IRDAI Act to recognise cooperative insurers under a formal regulatory framework, as practiced in countries like France, Germany, Japan, and Canada, is essential. These nations have strong mutual insurance sectors, which reinvest profits into benefits for members rather than distributing them as dividends.

A cooperative insurance model here should leverage existing cooperative banks and societies as distribution networks. Using mobile technology, Aadhaar-based services, and UPI integration can improve transparency, claim processing, and fraud control. Digital infrastructure is key to scaling such a model.

Nonetheless, challenges remain. Indian cooperatives, especially in banking, have had a mixed track record. Of 1,888 cooperative banks, 430 have failed, marred by mismanagement, scams, and political interference. While Amul, IFFCO, KRIBHCO, and Lijjat Papad have proven cooperative success is possible, success depends heavily on leadership and a strong cooperative culture. This is more prevalent in Gujarat and Maharashtra than in northern states.

Thus, expecting a cooperative insurer to fix all issues in India's insurance sector immediately is unrealistic. But it does hold long-term promise. Success will require a professional, independent governance model-possibly modeled after ONDC-where the Government does not hold equity but provides enabling support. The governing board must consist of passionate leaders with grassroots understanding and integrity. Ultimately, cooperative insurance could significantly enhance inclusion, service quality, and trust in the sector. It can democratise access, offer community-rooted solutions, and address the rural-urban divide in insurance penetration.

With the right regulatory reforms, digital backbone, and visionary leadership, India can build a cooperative insurance ecosystem that not only complements the private sector but also strengthens social protection and community resilience in the decades ahead.

(The writer is a retired IAS officer. Views expressed are personal)

The Pioneer • 23 May • Ministry of Ayush

SWASTH GOA, SAMPOORNASEVA': REVOLUTIONISING HEALTHCARE DELIVERY AT CITIZENS' DOORSTEPS

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Delhi • Chandigarh

'SWASTH GOA, SAMPOORNASEVA': REVOLUTIONISING HEALTHCARE DELIVERY AT CITIZENS' DOORSTEPS



VISHWAJIT RANE



Over the previous three years, Goa's healthcare system has undergone significant upheaval. When the present administration began the process of repairing the state's medical infrastructure, Goa was confronted with a system that needed to be updated to suit the changing requirements of its residents. With its diversified geography of coastal areas and hinterlands, the state requires a healthcare system capable of covering large distances while offering consistent quality treatment to a wide range of populations.

The road to transformation begins with significant changes inside Goa's healthcare services. The Goa Health Department focused modernising the Goa Medical College & Hospital, improving specialised units and adding new diagnostic tools. Concurrently, efforts are being made to strengthen basic health-care facilities, acknowledging their critical role as the first point of contact for the majority of Goans. The state must not just focus on infrastructure, but also actively reach out to populations with limited access. Initiatives over the last three years have highlighted a clear philosophy: healthcare is about more than simply treating illnesses; it is also about promoting wellness and avoiding disease before it occurs.

This strategy nicely complements Prime Minister Narendra Modiji's ambitious "Health for All" aim, which calls for universal healthcare access that leaves no one behind. The Prime Minister's emphasis on early intervention and preventative treatment has influenced Goa's transformation of healthcare facilities throughout the state.

In order to achieve this goal, the Goa Health Department initiated many unique programs. The agency established mobile medical units to assist rural areas, telemedicine facilities to connect remote regions to specialists and targeted health awareness initiatives to address challenges unique to each region. Every effort helps to create a responsive, easily accessible healthcare ecosystem based on public needs. But the most significant invention has been the "Swasth Goa, SampoornaSeva" initiative, which provides full healthcare directly to communities through Mega Medical Camps. The consequences have been nearly revolutionary.

Think about what happened in Navelim only last Sunday: Five lives were on the line when fellow Goans approached the Mega Medical Camp unknowing that they were suffering from myocardial infarctions, which might have been fatal if not treated quickly. Medical personnel discovered their ailments in minutes, administered life-saving thrombolysis, and stabilised patients before transporting them to district hospitals. Three other Margao residents were similarly spared just one day earlier when doctors recognised and treated their heart emergencies. Eight lives saved in just two days-this is not merely a figure, but also the significant human impact of an endeavour to improve Goa's healthcare system.

The Goa Health Department's objective for these Mega Medical Camps is to provide quality healthcare directly to individuals, particularly those who face difficulties to accessing specialised medical services owing to distance, expense, or knowledge. Today, after 16 camps around the state and helping over 13,000 Goans, this ambition is becoming a tremendous reality.

What began with a modest turnout of roughly 300 folks has grown into community health activities that routinely draw over 1,000 people in a single day. The Navelim camp alone fed almost 1,100 inhabitants in only four and a half hours, while an earlier camp in Vasco had a record 1,300 participants. These increasing numbers show not just improved knowledge, but also rising faith in Goa's healthcare delivery approach. The fundamental originality of the Mega Medical Camps is their complete approach. These are not only check-up centres, but fully operational multidisciplinary clinics that appear in neighbourhoods for a day. Citizens may walk in and consult with specialists in General Medicine, Surgery, Paediatrics, Orthopaedics, Ophthalmology, Dermatology, ENT, Dental care and a variety of other departments-services that would normally need many hospital trips over several weeks.

Crucially, the Goa Health Department has combined preventive screening with quick diagnostic capability. Women are screened for breast cancer using the sophisticated iBreast gadget, while cervical cancer is detected through Pap smears. Everyone gets access to on-site blood pressure monitoring, diabetes testing, ECG readings and other essential examinations. This integrated method allows for instant health risk evaluation rather than the conventional fragmented healthcare path.

The Health Department has improved this environment by including AYUSH consultations, giving residents the option of traditional treatment methods alongside contemporary medicine. Diabetes educators give personalised counselling, and wellness classes teach attendees how to live a healthy lifestyle. Even digital healthcare integration is addressed, as volunteers assist residents in generating their PMJAY-ABHA health IDs and connecting them to national health initiatives.While numbers can tell a narrative, the true impact of these camps is reflected in lives impacted. Aside from the eight cardiac crises handled last weekend, medical teams discovered other cases of hypertension, diabetes, TB and even early-stage malignancies that would normally go undiscovered until advanced, less curable stages.

I remember seeing an old woman at the Mormugao camp who had not visited a doctor in over five years, despite recurrent health issues. Within an hour, she had gotten extensive exams from three physicians, undergone basic testing, and departed with suitable medications-all without spending a single cent. "This is like a health festival," she informed me, her eyes beaming with gratitude.Another moving occasion occurred when the Navelim camp received 15 soldiers and their families. These courageous individuals, who are willing to make sacrifices for the nation, received the treatment they deserve, underlining Goa's commitment to servicing all segments of society.

As the Goa Health Department expands this project to cover every constituency in the state, I ask you to join the healthcare revolution. How many of us put off medical check-ups because of time restrictions, distance to experts, or financial concerns? These camps remove all of these obstacles, delivering the greatest healthcare right to you-complete, free and accessible.

I again appeal to the people of Goa have you got a health checkup this year? When the Mega Medical Camp comes to your neighbourhood, make it a family affair. Bring your elderly parents, who may be reluctant to visit hospitals. Encourage your children to learn about preventative care. Let us work together to create a society in which health awareness is as normal as our everyday routines.The success of Goa's Mega Medical Camps exemplifies what is achievable when healthcare systems are redesigned with the citizen at the centre. As we move forward, the state is committed to the guiding philosophy of "Swasth Goa, Sampoorna Seva" — creating a healthy Goa via comprehensive service that reaches every house and touches every life.

When healthcare comes to your door, it does more than only treat diseases; it also helps to develop healthy communities one person at a time. Finally, it is the fundamental measure of a mature society-one in which well-being is a right available to everyone, rather than a privilege for a select few.

(The author is Minister of Health, Government of Goa)

The Pioneer • 23 May • Ministry of Ayush

Swasth Goa, Sampoornaseva': Revolutonising healthcare delivery at Citizens' doorsteps

10 • PG | 839 • Sqcm | 503237 • AVE | 275.94K • Cir | Middle Left

Bhubaneshwar

'SWASTH GOA, SAMPOORNASEVA': REVOLUTIONISING HEALTHCARE DELIVERY AT CITIZENS' DOORSTEPS



VISHWAJIT RANE

Over the previous three years, Goa's healthcare system has undergone significant upheaval. When the present administration began the process of repairing the state's medical infrastructure, Goa was confronted with a system that needed to be updated to suit the changing requirements of its residents. With its diversified geography of coastal areas and hinterlands, the state requires a healthcare system capable of covering large distances while offering consistent quality treatment to a wide range of populations.

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(The author is Minister of Health, Government of Goa)

The Pioneer • 22 May • Ministry of Ayush

Yoga is a way to unite body, mind and soul

5 • PG | 233 • Sqcm | 663556 • AVE | 634.42K • Cir | Top Left

Delhi

'Yoga is a way to unite body, mind and soul'

GIRISH SHARMA ■ Bhopal



Amidst the serene 250-acre green expanse of Swarn Jayanti Park, which boasts a scenic 10-kilometer walking trail, a quiet wellness revolution has been quietly flourishing since October 2010.

Every morning from 6.30 to 8.30 am, yoga guru and naturopathy expert Rajesh Shrivastava leads two free batches of yoga training, drawing hundreds of participants seeking holistic health.

A diploma holder in yoga and naturopathy and post-graduate in yoga and human medical science, Shrivastava has dedicated his life to promoting yoga as a comprehensive path to physical, mental, and spiritual well-being. "Yoga is not merely a practice; it is a way to unite body, mind and soul," he explains.

Under his stewardship, the Yoga Dharam Sadhana Kendra in Swarn Jayanti Park has become a sanctuary for wellness seekers of all ages. "Our sessions have empowered thousands, helping students unlock their potential, cultivate discipline, and enhance both mental and physical health," Shrivastava said.

During the COVID-19 pandemic, when in-person gatherings were restricted, Shrivastava swiftly transitioned to online sessions, ensuring continuity in service and community engagement. His commitment remained steadfast despite the challenges.

Shrivastava is particularly focused on stress management, especially for students facing board and competitive examinations. He conducts special summer sessions annually for the students, with this year's scheduled from June 1 to June 15.

His expertise spans Patanjali's Ashtanga Yoga, Yoga Nidra, Vipassana Dhyana, Pranayama, Kriya Yoga, as well as techniques for weight loss and lifestyle disease management. Many participants have reported significant improvements in conditions such as diabetes, hypertension, thyroid disorders and migraines through yoga and diet alone. "Yoga empowers, nourishes, and heals. My mission is to make this ancient gift accessible to everyone," Shrivastava emphasized. Each morning, approximately 80 participants join each of the two one-hour batches.

Recognising the growing community, the Capital Project Administration (CPA), which developed the park, has constructed a dedicated platform and a protective shed for practitioners.

The Pioneer • 22 May • Ministry of Ayush

India reaffirms commitment to global health at WHA

5 • PG | 126 • Sqcm | 42714 • AVE | 275K • Cir | Top Right

Hyderabad

India reaffirms commitment to global health at WHA

PNS ■ NEW DELHI

India addressed the plenary session of the 78th World Health Assembly on Wednesday, reaffirming its commitment to global health equity under the theme "One World for Health".

Representing the Indian delegation, Union Health Secretary Punya Salila Srivastava congratulated the newly elected committee chairs and welcomed the opportunity for meaningful international dialogue and collaboration.

Speaking on India's commitment to inclusive and universal health, Srivastava underlined the transformative strides made under flagship initiatives like Ayushman Bharat, which has "dramatically expanded" access to comprehensive healthcare.

She said, "The programme has expanded access to comprehensive healthcare, improved infrastructure, provided financial protection for advanced treatments and accelerated digital health adoption -- paving the way toward Universal Health Coverage."

Srivastava highlighted that India's efforts in maternal health, family planning, childhood mortality and still-births' reduction have been acknowledged by global bodies, including the United Nations Population Fund and the UN Inter-Agency Group.

"India was recently certified as Trachoma-Free by WHO, and the nation is committed to eliminating diseases such as TB, Leprosy, Lymphatic Filariasis, Measles, Rubella, and Kala-azar," she said.



"The programme has expanded access to comprehensive healthcare, improved infrastructure, provided financial protection for advanced treatments and accelerated digital health adoption -- paving the way toward Universal Health Coverage."

The Pioneer • 21 May • Ministry of Ayush

All stretched along the northern borders

1 • PG | 281 • Sqcm | 168720 • AVE | 268.96K • Cir | Bottom Left

Chandigarh

All stretched along the northern borders

SURENDRA PAL SINGH ■ Uttarkashi



In the run-up to the International Day of Yoga, Uttarakhand's border district of Uttarkashi is abuzz with Yoga. The children and the aged alike are practicing yoga in the high altitude region, where Gangotri and Yamunotri are situated and which has a border with China. The AYUSH department is holding yoga camps in villages under its 'Har Ghar Yog' campaign in addition to organising yoga, painting and oration competitions in educational institutions.

Uttarkashi is a border district with a history of trade with Tibet and currently shares a border with China. The Central and State Governments are focusing on enhancing livelihood and improving the lives of people in such border districts in the State. The Government ayurvedic clinic at Barsali held yoga camps in Barsali, Nakuri, Pav and Athali which were attended by more than 100 villagers. The locals in these high altitude villages also took a pledge to practice yoga regularly. Women, senior citizens, Gram Pradhans and the youths participated in these camps. Rather than being formal events, these camps turned out to be activities which actually raised public awareness on Yoga. Yoga trainers Nimita Bisht, Devendra Chandra and others guided the villagers in basic yogic postures, exercises and Pranayama. It was pointed out that Yoga is good for both physical and mental health.

Similar activities were also held in educational institutions and other locations under the National AYUSH Mission. It is pertinent to mention here that with the Vibrant Village programme underway focussing on locations like the mountain villages in Uttarakhand, the focus on Yoga has added another angle to both lifestyle and economic aspects. Yoga is also boosting economic activity with many thronging to the mountains to practice it in the clean air and ambiance of the Himalaya. Under Prime Minister Narendra Modi, the Central Government has increased focus on border regions, enabling both infrastructural development and other activities to stall migration from the mountain regions, boost local economy and enhance national security by positioning villagers in these regions as guards of the nation.

The Pioneer • 21 May • Ministry of Ayush

Global South impacted by health challenges: Modi

5 • PG | 268 • Sqcm | 91288 • AVE | 275K • Cir | Top Center

Hyderabad

Global South impacted by health challenges: Modi

SAYS INDIA'S APPROACH OFFERS SUSTAINABLE MODELS

PNS ■ NEW DELHI

Prime Minister Narendra Modi on Tuesday said the future of a healthy world depends on inclusion, integrated vision and collaboration, as he asserted that India's approach offers replicable, scalable and sustainable models to meet health challenges of the Global South.

In his video message during the 78th Session of the World Health Assembly in Geneva, he highlighted this year's theme, 'One World for Health' and emphasized that it aligns with India's vision for global health.

Modi recalled his address at the 2023 World Health Assembly, where he had spoken about 'One Earth, One Health' and pointed out that the future of a healthy world depends on inclusion, an integrated vision, and collaboration. Emphasizing that inclusion is at the core of India's health reforms, he highlighted Ayushman Bharat, the world's largest health insurance scheme, which covers 580 million people and provides free treatment. The programme was recently expanded to cover all Indians above the age of 70 years.

He noted India's extensive network of thousands of health and wellness centres that facilitate early screening and detection of diseases such as cancer, diabetes, and hypertension.

Modi also underlined the role of thousands of public pharmacies that provide high-quality medicines at significantly lower prices.

Highlighting the role of technology in improving health outcomes, Modi underscored India's digital initiatives like the digital platform that tracks the vaccination of pregnant women and children and the unique digital health identity system, which is helping integrate benefits, insurance, records, and information.

He said that with telemedicine, no one is too far from a doctor.

He highlighted India's free telemedicine service, which has enabled over 340 million consultations.

Reflecting on the positive impact of India's health initiatives, he noted a significant decline in out-of-pocket expenditure as a percentage of total health expenditure. Simultaneously, he emphasized that government health expenditure has increased considerably. "The health of the world depends on how well we care for the most vulnerable," the Prime Minister asserted.

Noting that the Global South is particularly impacted by health challenges, Modi stressed that India's approach provides replicable, scalable, and sustainable models.

He expressed India's willingness to share its learnings and best practices with the world, especially with the Global South.



The 78th Session of the World Health Assembly in Geneva, he highlighted this year's theme, 'One World for Health' and emphasized that it aligns with India's vision for global health. Modi recalled his address at the 2023 World Health Assembly, where he had spoken about 'One Earth, One Health' and pointed out that the future of a healthy world depends on inclusion, an integrated vision, and collaboration.

The Pioneer • 20 May • Ministry of Ayush

AIIMS finds Pranayama reduces heart rate, stress

5 • PG | 254 • Sqcm | 722832 • AVE | 634.42K • Cir | Middle Right

Delhi

AIIMS finds Pranayama reduces heart rate, stress

GIRISH SHARMA ■ Bhopal

A study by the Departments of Physiology and AYUSH at AIIMS Bhopal has shed new light on the cardiovascular benefits of pranayama, the ancient yogic practice of controlled breathing. The research, which focused on specific breathing techniques — Right Nostril Breathing (RNB) and Left Nostril Breathing (LNB) — found measurable improvements in heart rate variability (HRV), indicating enhanced autonomic function and stress reduction.

The study, conducted on 20 experienced yoga practitioners, evaluated the immediate effects of RNB and LNB on HRV using sophisticated monitoring tools. After just five minutes of practice, participants demonstrated a significant increase in parasympathetic activity — the branch of the nervous system associated with rest, relaxation, and reduced cardiac stress.

"Pranayama naturally slows down the breathing rate, which in turn calms the heart," explained Dr Varun Malhotra, the lead author of the study and faculty at AIIMS Bhopal. "Our data revealed a consistent reduction in heart rate and a favorable shift in autonomic balance during both RNB and LNB."



PIONEER PHOTO

While both techniques showed beneficial outcomes, the study noted that LNB had a slightly stronger effect on indicators related to relaxation and parasympathetic dominance. This finding aligns with traditional yogic beliefs, where LNB is described as having a cooling and calming influence on the body, while RNB is linked with increased energy and stimulation. The study, published in the Journal of Education and Health Promotion, reinforces the physiological value of pranayama as a non-pharmacological intervention for cardiovascular and stress-related disorders. It also adds to the growing body of scientific evidence validating traditional Indian wellness practices through modern clinical research.

Dr Danish Javed, senior medical officer in the AYUSH Department at AIIMS Bhopal, emphasised the broader impact of yoga, especially during the COVID-19 pandemic. "We introduced online yoga sessions for patients during the peak of the pandemic, and the feedback was very encouraging. Patients reported reduced anxiety and better overall wellbeing," he shared. "At AIIMS Bhopal, we continue to conduct yoga and meditation sessions for patients at regular intervals."

Experts believe these findings can have significant implications for preventive healthcare. Given the rising incidence of lifestyle-related diseases, especially hypertension, anxiety and cardiac ailments, incorporating simple breathing exercises into daily life could offer a low-cost, accessible tool for improving public health.

The Pioneer • 20 May • Ministry of Ayush

How Vivekananda ignited a lifelong yoga journey

5 • PG | 345 • Sqcm | 981894 • AVE | 634.42K • Cir | Bottom Left

Delhi

How Vivekananda ignited a lifelong yoga journey

ANTARA MOHAN ■ Ranchi

Harsha Nagaraj is a Bengaluru-based Yoga teacher. He runs a Yoga studio in Bengaluru. He took time out of his busy schedule to speak to *The Pioneer* about his journey. Edited excerpts follow:

What first led you to yoga? Was there a moment, an experience, or a person that sparked this lifelong journey?

You know, when the fruit is ripe, it is time to pluck it — and most importantly, feed it to someone who will truly appreciate it.

The thirst to be free, to be real, to simply be myself has been strong since childhood. I never really resonated with school, college, or even the people around me. Something always felt missing.

That spark, that calling to find my real family, was intense. Every breath in urban life felt suffocating.

I often felt lost and alone. I cried in the dark and prayed for clarity. And then—like a thunderbolt—came Swami Vivekananda.

Just ten hours of his lectures gave me everything: purpose, clarity, love, reason, passion. It all clicked. I realised I was born to serve, to uplift, to grow on this path of Yoga.

That missing link in my puzzle was spirituality. Since then, there has not been a single day of regret. I work, I teach, I share — and I give back a hundredfold of what I have received. Isn't that divine work? Isn't that why we are born?

What keeps you going, day after day? What is your deepest inspiration — the one thing that lights you up from within?

There's still so much to learn, to experience — and thousands of souls to reach. Every morning, I pause and ask myself: Have I given enough back to Mother Earth? And my inner voice always replies: No, Harsha, you haven't.

That's what keeps me going. I want to leave this life smiling, knowing I've fulfilled my dharma — that I've passed on what I've learned.



PIONEER PHOTO

That maybe, just maybe, one soul of mine has touched hundreds, if not thousands. Why settle for the sky when we're meant to aim for the moon — and soar beyond the stars?

The love of the Holy Mother, the grace of Paramahamsa, and the fire of Vivekananda — that trinity lights me up when my inner flame flickers. It is their blessing that helps me ignite the souls who come seeking light.

Who were your teachers, your guides? And what have been the most meaningful lessons on your path so far?

My greatest teachers have been my pain, my failures, my loneliness, and the deep yearning for my true family. Teaching begins within. I'm blessed to carry that flame — and when it's guided by a true Guru, it transforms you.

I owe everything to the blessings of the Ramakrishna Math and my Paramaguru, Sri Ramachandra Bhat of Veda Vijnana Gurukul, Bengaluru, who initiated me into Vedantic studies. He's the one who lit my inner fire.

To name just one lesson would be hard — Yoga has given me health, mindfulness, clarity, passion, gratitude. But if I had to name the most difficult lesson — it's been confronting Lust. It's the toughest battle I've fought.

But very recently, I've conquered it.

And the pure love and compassion now flowing through me — it's as if I'm flying in the sky. With that hand guiding me, I feel ready to take up divine work with full heart and clarity.

From your own experience, how can yoga help someone not just survive — but truly come alive again?

People are getting sucked into the virtual — into hours of mindless scrolling, chasing trends, and comparing lives. But behind those filters lies toxicity.

It disconnects you from your breath, your body, your emotions — from yourself. Yoga breathes new life into an aspirant's soul.

It teaches you to accept your physical body, embrace your mind, and go beyond momentary pleasures. It shifts your life toward meaning and love. Greed, lust, and comparison begin to fade.

And in their place? A sense of purpose, compassion, and contentment. That's when you stop just existing. That's when you truly feel alive.

The Pioneer • 19 May • Ministry of Ayush

Health authority skips ayurveda in Ayushman Bharat

1 • PG | 227 • Sqcm | 136154 • AVE | 268.96K • Cir | Top Left

Chandigarh • Delhi

Health authority skips ayurveda in Ayushman Bharat

J GOPIKRISHNAN ■ New Delhi

In a classic case of how the system works, ayurveda is yet to be included Modi Government's flagship project Ayushman Bharat Pradhan Mantri Arogya Yojana (AB-PMJAY). Ironically, AB-PMJAY focuses on traditional medicinal practise.

The project, launched in September 2018 by Prime Minister Narendra Modi was meant to give a health insurance cover of ₹5 lakh to individuals below the poverty line. The scheme covers 40 percent of the Indian population. Now everyone above 70 years of age, irrespective of income limits, is also covered under the scheme, making it the world's biggest health insurance scheme.

Sources in the Government said the basic reason for the inordinate delay is formulation and finalisation of health insurance protocols for ayurveda treatment. Almost a year ago, Ayush Ministry submitted a health insurance package protocol in mid 2024 to National Health Authority (NHA), the controlling organisation of AB-PMJAY.

NHA is an expert-cum-bureaucratic body, works under the Union Health Ministry, which finalises the inclusion of health insurance protocols of Ayushman Bharat scheme. According to Ayush Ministry officials and members of Ayurveda Hospitals' Association, till date NHA has not even convened a meeting with the Ministry officials on the submitted health insurance protocols.



Health Ministry and Ayush Ministry officials are tight lipped on the inertia or snail pace of NHA to approve insurance protocols to implement and inclusion ayurveda in Ayushman Bharat scheme.

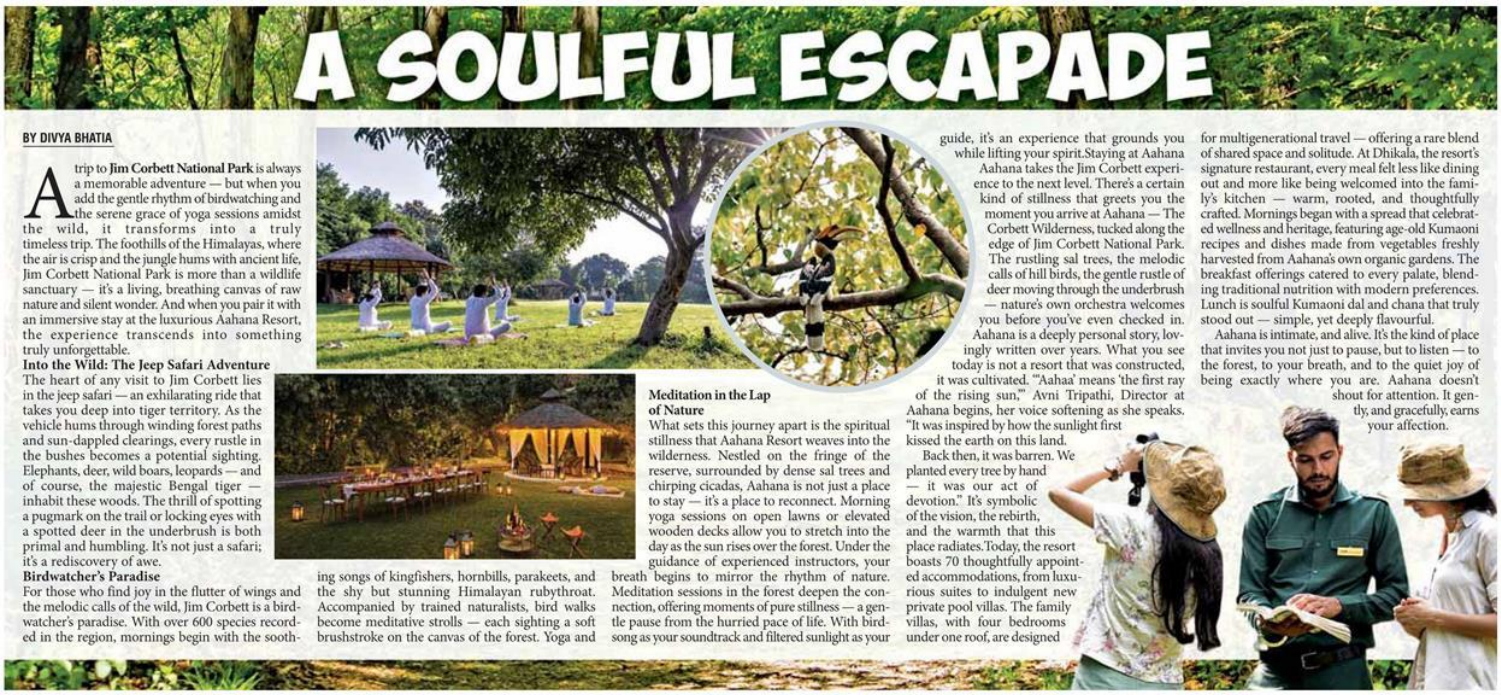
Why has the NHA not yet convened a meeting to discuss and implement the health insurance protocols of ayurveda? "You may simply call allopathy mafia is behind the snail pace of NHA which has not even initiated discussion with Ayush Ministry officials for the past one year. In 2010, 2016, 2020, and now in 2023 — Ayush Department which became a full-fledged Ministry under the Modi-led first regime in 2014 is working on ayurveda Insurance protocols. There are some big players in ayurveda who also want to limit the insurance cover to themselves and not include all ayurveda hospitals," said Members of Ayurveda Hospitals' Association.

The Pioneer • 18 May • Ministry of Ayush

A SOULFUL ESCAPADE

3 • PG | 513 • Sqcm | 1462155 • AVE | 634.42K • Cir | Bottom Left

Delhi



BY DIVYA BHATIA

A trip to **Jim Corbett National Park** is always a memorable adventure — but when you add the gentle rhythm of birdwatching and the serene grace of yoga sessions amidst the wild, it transforms into a truly timeless trip. The foothills of the Himalayas, where the air is crisp and the jungle hums with ancient life, Jim Corbett National Park is more than a wildlife sanctuary — it's a living, breathing canvas of raw nature and silent wonder. And when you pair it with an immersive stay at the luxurious Aahana Resort, the experience transcends into something truly unforgettable.

Into the Wild: The Jeep Safari Adventure

The heart of any visit to Jim Corbett lies in the jeep safari — an exhilarating ride that takes you deep into tiger territory. As the vehicle hums through winding forest paths and sun-dappled clearings, every rustle in the bushes becomes a potential sighting. Elephants, deer, wild boars, leopards — and of course, the majestic Bengal tiger — inhabit these woods. The thrill of spotting a pugmark on the trail or locking eyes with a spotted deer in the underbrush is both primal and humbling. It's not just a safari; it's a rediscovery of awe.

Birdwatcher's Paradise

For those who find joy in the flutter of wings and the melodic calls of the wild, Jim Corbett is a birdwatcher's paradise. With over 600 species recorded in the region, mornings begin with the soothing songs of kingfishers, hornbills, parakeets, and the shy but stunning Himalayan rubythroat. Accompanied by trained naturalists, bird walks become meditative strolls — each sighting a soft brushstroke on the canvas of the forest. Yoga and

Meditation in the Lap of Nature

What sets this journey apart is the spiritual stillness that Aahana Resort weaves into the wilderness. Nestled on the fringe of the reserve, surrounded by dense sal trees and chirping cicadas, Aahana is not just a place to stay — it's a place to reconnect. Morning yoga sessions on open lawns or elevated wooden decks allow you to stretch into the day as the sun rises over the forest. Under the guidance of experienced instructors, your breath begins to mirror the rhythm of nature. Meditation sessions in the forest deepen the connection, offering moments of pure stillness — a gentle pause from the hurried pace of life. With birdsong as your soundtrack and filtered sunlight as your guide, it's an experience that grounds you while lifting your spirit.Staying at Aahana Aahana takes the Jim Corbett experience to the next level. There's a certain kind of stillness that greets you the moment you arrive at Aahana — The Corbett Wilderness, tucked along the edge of Jim Corbett National Park. The rustling sal trees, the melodic calls of hill birds, the gentle rustle of deer moving through the underbrush — nature's own orchestra welcomes you before you've even checked in. Aahana is a deeply personal story, lovingly written over years. What you see today is not a resort that was constructed, it was cultivated. "'Aahaa' means 'the first ray of the rising sun,'" Avni Tripathi, Director at Aahana begins, her voice softening as she speaks. "It was inspired by how the sunlight first kissed the earth on this land.

Back then, it was barren. We planted every tree by hand — it was our act of devotion." It's symbolic of the vision, the rebirth, and the warmth that this place radiates.Today, the resort boasts 70 thoughtfully appointed accommodations, from luxurious suites to indulgent new private pool villas. The family villas, with four bedrooms under one roof, are designed for multigenerational travel — offering a rare blend of shared space and solitude. At Dhikala, the resort's signature restaurant, every meal felt less like dining out and more like being welcomed into the family's kitchen — warm, rooted, and thoughtfully crafted. Mornings began with a spread that celebrated wellness and heritage, featuring age-old Kumaoni recipes and dishes made from vegetables freshly harvested from Aahana's own organic gardens. The breakfast offerings catered to every palate, blending traditional nutrition with modern preferences. Lunch is soulful Kumaoni dal and chana that truly stood out — simple, yet deeply flavourful.

Aahana is intimate, and alive. It's the kind of place that invites you not just to pause, but to listen — to the forest, to your breath, and to the quiet joy of being exactly where you are. Aahana doesn't shout for attention. It gently, and gracefully, earns your affection.

The Pioneer • 18 May • Ministry of Ayush

MP integrates Yoga into tourism drive

5 • PG | 223 • Sqcm | 635869 • AVE | 634.42K • Cir | Bottom Right

Delhi

MP integrates Yoga into tourism drive

GIRISH SHARMA ■ Bhopal



As wellness tourism gains momentum across India, Madhya Pradesh is quietly making its mark by integrating yoga into its travel experiences. With around 65 tourism units across the state — and one in Mumbai — the Madhya Pradesh Tourism Board is weaving yoga into its broader vision of holistic travel.

Currently, yoga classes are operational in nearly 15 of these units, with plans to expand based on demand. Tourism unit managers have been directed to introduce yoga sessions wherever feasible and to hire local yoga experts for the task.

"While promoting Madhya Pradesh Tourism, we also include yoga as a key component," said Principal Secretary of the Tourism Department, Sheo Shekhar Shukla told The Pioneer.

"Yoga reflects our cultural heritage and offers travelers a unique wellness experience," he added.

From the tranquil ghats of Maheshwar to the serene landscapes of Pachmarhi and Amarkantak, the state's tourism offerings are increasingly embracing yoga as more than just a physical exercise — but as a gateway to inner peace and connection with nature.

The initiative aims to tap into the growing demand for mindful travel experiences. Wellness seekers — both domestic and international, are showing greater interest in yoga retreats, meditation camps, and natural healing environments.

Tourism officials believe that by engaging local yoga professionals, the program not only enhances visitor experience but also supports community participation and employment.

"Yoga is becoming a way to experience the essence of Madhya Pradesh — its calm, its spirituality and its ancient wisdom," said one tourism unit manager in Indore.

With its rich cultural backdrop and natural beauty, Madhya Pradesh is positioning itself as a destination that nourishes both the traveler's body and soul. And with yoga taking root across its tourism network, the state is quietly stepping into the spotlight as a wellness destination worth watching.

Notably, over the past decade, the state has seen a surge in yoga centers, government-led initiatives and public interest, particularly following the global recognition of International Yoga Day.

Cities like Bhopal, Indore, and Gwalior now host mass yoga gatherings annually, drawing thousands of participants from diverse age groups.

The Pioneer • 17 May • Ministry of Ayush

AYUSH Deptt in Haryana gears up for preparations of Intl Day of Yoga

3 • PG | 485 • Sqcm | 290755 • AVE | 268.96K • Cir | Middle Center

Chandigarh

AYUSH Deptt in Haryana gears up for preparations of Int'l Day of Yoga

MANOJ KUMAR ■ CHANDIGARH

The Department of AYUSH, Government of Haryana, is all set and geared up for the preparations of the upcoming International Day of Yoga (IDY) to be celebrated on June 21. This will be the 11th edition of IDY, which was first established by the United Nations General Assembly in 2014 and celebrated for the first time on June 21, 2015.

This year, the theme of Yoga Day, 2025, is 'Yoga for One Earth, One Health,' which underscores the importance of integrating yoga into daily life. Haryana Chief Minister Nayab Singh Saini will be the Chief Guest at the state-level function of IDY to be held at Kurukshetra University campus in Kurukshetra, said an official.

The official said that the scale and reach of IDY celebrations have grown significantly in the State since its inception. The Department has aimed to bring yoga to every household in the State to promote health and well-being. Programmes on IDY will be organised in all district blocks of the State with great fervour and grandeur. The AYUSH Department is also planning various programmes to raise awareness about the Common Yoga Protocol (CYP) and the overall benefits of practicing yoga. "To promote yoga and wellness among people and Government employees, yoga sessions, seminars and workshops leading up to International Day of Yoga will be held at various places in the State. He added."

Talking to 'The Pioneer' over the phone, Sanjeev Verma, Director General, AYUSH Department, Haryana, said that preparations for International Day of Yoga, celebrated annually on June 21, are underway. Several programmes will also be organised to raise awareness statewide regarding the benefits of practising yoga and IDY celebrations. Regarding this issue, a high-level meeting involving senior state-level officers will be held within a couple of days. "We are working with utmost sincerity and commitment to ensure that IDY 2025 is a grand success in the State," he added.

Another AYUSH Department official said that the Department is preparing to organise a variety of programmes and activities to create awareness about the Common Yoga Protocol along with awareness about the benefits of practising Yoga to prepare for Yoga Day. The AYUSH Department will impart training to Physical Training Instructors (PTIs) of the Education Department to prepare them for the International Day of Yoga event. Following the training, pilot sessions will be conducted to rehearse the main event and ensure smooth coordination. A yoga marathon is expected to be organised at the district level, involving schools, colleges, universities, and the general public. Yoga programmes are planned to be organised in all districts of Haryana on June 21 from 7 to 8 AM. "The department has appealed to the people of the State to ensure their active participation in the International Day of Yoga celebrations," the officer added.

He further said that every year on June 21, the world unites to celebrate International Yoga Day, a day dedicated to raising awareness about the ancient Indian practice of yoga and its manifold benefits for physical and mental well-being. For the year 2025, it marks the 11th celebration of this global event since its inception in 2015. The day is aimed at raising awareness about the many benefits of practising yoga. Yoga is also known for its holistic approach to health and well-being, integrating physical, mental, and spiritual practices. Benefits include improved flexibility, strength, mental clarity, stress reduction, and overall wellness," the senior officer added.

The AYUSH Department officer further said that now this day has taken the shape of a grand festival of yoga. This is such a priceless gift to humanity, which is going to be very useful for future generations. A large number of youngsters are adopting yoga and Ayurveda as excellent mediums for wellness. The scale and the level of celebration of the IDY have been increasing every year since the recognition of June 21 as the "International Day of Yoga", the officer added.

It should be mentioned here that as a result of Prime Minister Narendra Modi's efforts, a resolution was passed in the United Nations General Assembly in 2014, granting international recognition to yoga. This resolution was supported by 177 countries and now 217 countries worldwide celebrate June 21 as International Yoga Day.

The Pioneer • 17 May • Ministry of Ayush

AAP slams BJP alleging dismissal of staffers in Mohalla clinics

5 • PG | 142 • Sqcm | 48230 • AVE | 275K • Cir | Middle Left

Hyderabad



AAP slams BJP alleging dismissal of staffers in Mohalla clinics

PNS ■ NEW DELHI

The Aam Aadmi Party (AAP) on Friday attacked the Delhi BJP government, alleging the dismissal of thousands of doctors, nurses, pharmacists and multi-tasking workers (MTWs) from the Mohalla clinics.

Responding to the allegations, Delhi Health Minister Pankaj Singh said the government will not do injustice to anyone and everyone eligible will be included.

"There will be a proper process to hire doctors and all eligible candidates can apply. There will be transparency in the selection as we aim to provide the best healthcare to our people.

"All good doctors and healthcare workers will be with us.

Everything will be done systematically," the minister told PTI.

Earlier, addressing a press conference, Delhi AAP chief Saurabh Bharadwaj alleged that the minutes of a meeting issued on May 7 indicated plans to shut down most Mohalla clinics in Delhi. The stated reason, he said, was that Ayushman Aarogya Mandirs would be established in their place and wherever an Aarogya Mandir is built, there would be no need for a nearby Mohalla Clinic.

According to him, the statement read that the clinics would remain operational only until the Aarogya Mandirs are constructed, after which both the clinics and their personnel would be removed.

"They've been trying to get a meeting with the chief minister since then. But when they got no response, they were left with no choice but to come in thousands to the CM's Janta Darbar," he said.

Bharadwaj accused the BJP of going back on its promise.

"Before elections, the Prime Minister (Narendra Modi), (Union Health Minister) J P Nadda and every BJP MP and minister promised that no public welfare scheme run during the AAP government tenure -- be it free electricity, 20,000 litres of water or Mohalla clinics -- would be stopped.

The Pioneer • 17 May • Ministry of Ayush

Haryana gears up for Yoga Day 2025 in Kurukshetra

5 • PG | 185 • Sqcm | 526161 • AVE | 634.42K • Cir | Top Right

Delhi

Haryana gears up for Yoga Day 2025 in Kurukshetra

MANOJ KUMAR ■ Chandigarh

The Department of AYUSH, Government of Haryana, is all set and geared up for the preparations of the upcoming International Day of Yoga (IDY) to be celebrated on June 21. This will be the 11th edition of IDY, which was first established by the United Nations General Assembly in 2014 and celebrated for the first time on June 21, 2015.

This year, the theme of Yoga Day, 2025, is 'Yoga for One Earth, One Health,' which underscores the importance of integrating yoga into daily life. Haryana Chief Minister Nayab Singh Saini will be the chief guest at the state-level function of IDY to be held at Kurukshetra University campus in Kurukshetra, said an official.

The official said that the scale and reach of IDY celebrations have grown significantly in the State since its inception. The Department has aimed to bring yoga to every household in the State to promote health and well-being. Programmes on IDY will be organised in all district blocks of the State with great fervour and grandeur. The AYUSH Department is also planning various programmes to raise awareness about the Common Yoga Protocol (CYP) and the overall benefits of practicing yoga. "To promote yoga and wellness among people and Government employees, yoga sessions, seminars and workshops leading up to International Day of Yoga will be held at various places in the State. He added."

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He further said that every year on June 21, the world unites to celebrate International Yoga Day, a day dedicated to raising awareness about the ancient Indian practice of yoga and its manifold benefits for physical and mental well-being. For the year 2025, it marks the 11th celebration of this global event since its inception in 2015.

The Pioneer • 14 May • Ministry of Ayush

Centre declares Sep 23 as Ayurveda Day

1 • PG | 63 • Sqcm | 21259 • AVE | 275K • Cir | Bottom Left

Hyderabad

Centre declares Sep 23 as Ayurveda Day

PNS ■ NEW DELHI

The Union government has officially designated September 23 as Ayurveda Day.

The change, notified through a Gazette Notification dated March 23, 2025, marks a significant shift from the earlier practice of observing Ayurveda Day on Dhanteras, which follows a variable lunar calendar.

Ayurveda Day has been commemorated annually to promote ayurveda as a "scientific, evidence-based, and holistic system of medicine" that plays a pivotal role in preventive healthcare and wellness, an Ayush ministry statement said.

Until now, Ayurveda Day coincided with Dhanteras, a festival observed in the Hindu month of Kartik (usually October or November), rendering it without a fixed annual date, the statement said. The ministry also noted that in the coming decade, the date of Dhanteras will continue to vary between October 15 and November 12, posing logistical challenges for national and international observance, it said.

The Ministry of Ayush constituted a committee to examine suitable alternatives to address the inconsistency.

The Pioneer • 14 May • Ministry of Ayush

Centre declares September 23 as Ayurveda Day

2 • PG | 90 • Sqcm | 256762 • AVE | 634.42K • Cir | Top Right

Delhi

Centre declares September 23 as Ayurveda Day

PIONEER NEWS SERVICE ■ New Delhi

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The Ministry of Ayush constituted a committee to examine suitable alternatives to address the inconsistency.

The panel proposed four potential dates, with September 23 emerging as the preferred choice, for it coincides with the autumnal equinox, a day when day and night are nearly equal, it said.

The Pioneer • 10 May • Ministry of Ayush

IDY 2025 to be globally inspiring: Ayush Minister

4 • PG | 102 • Sqcm | 291762 • AVE | 634.42K • Cir | Top Right

Delhi

IDY 2025 to be globally inspiring: Ayush Minister

PIONEER NEWS SERVICE ■ New Delhi

The International Day of Yoga (IDY) this year will not just be successful but also inspirational for the entire world, Union Ayush Minister Prataprao Jadhav said.

International Day of Yoga, observed annually on June 21, has grown into a global cultural and wellness movement since its inception by the United Nations in 2015 at the initiative of Prime Minister Narendra Modi.

The minister chaired a review meeting on May 7 here to assess the ongoing preparations for the upcoming IDY which will be celebrated on June 21 across the globe. During the meeting, Jadhav reiterated the government's vision to make this year's celebration of yoga truly extraordinary and globally impactful. While addressing the officials, he stated that "we will work with utmost sincerity and commitment to ensure that International Day of Yoga 2025 is not only a grand success but also serves as a source of inspiration for the entire world". He encouraged all stakeholders to approach the event with renewed energy and unity, stating that the efforts should reflect the spirit of "Yoga for One Earth, One Health". "Let us reach every corner of the country and every part of the globe with the message of holistic well-being through yoga," he added.

The meeting saw participation from senior officials of the Ministry of Ayush.

The review focused on the planning and implementation of major initiatives such as Yoga Sangam, which integrates yoga with institutions like schools, hospitals and corporates and Harit Yoga, which promotes eco-consciousness through yoga-linked plantation drives.

Four accused, identified as Vikash Kumar, Satyam Kumar, Devmani Rai and Ahmad Ansari, were previously charged by the local police under the Arms Act

The other initiatives such as Yoga Connect, which engages global and diaspora communities in yoga celebration and Yoga Bandhan, which fosters social unity and shared wellness through mass participation, were also reviewed.

Jadhav also emphasised the importance of engaging the youth, educational institutions and community leaders to amplify the message and participation in IDY 2025.

The Pioneer • 08 May • Ministry of Ayush

CM inaugurates healthcare initiatives

2 • PG | 219 • Sqcm | 131494 • AVE | 275.94K • Cir | Top Center

Bhubaneshwar

Abhin Chandra Homoeopathic College

CM inaugurates healthcare initiatives

RAJEEV RATHAN ■ Bhubaneswar

Chief Minister Mohan Charan Majhi attended the annual celebration of the Students' Union at Dr Abhin Chandra Homoeopathic Medical College and Hospital as the chief guest on Wednesday. He laid the foundation stone for a new emergency unit and announced the launch of a Homoeopathic Research & Analysis Department.



Majhi praised the college's pivotal role in advancing homoeopathic education and treatment in Odisha. Established over 56 years ago, the college has become one of the State's leading institutions, contributing to the growth of homoeopathic practices across the country. He highlighted the college's unique homoeopathic medicine manufacturing unit, which supplies medications to hospitals, reinforcing its contribution to public health.

Majhi noted that homoeopathic treatment manages approximately 15% of India's AYUSH sector. Odisha is home to four government homoeopathic colleges and hospitals, alongside 562 government homoeopathic dispensaries.

To enhance the State's AYUSH sector, Majhi announced establishment of three new coordinated AYUSH healthcare centres in Dhenkanal, Brahmapur and Baleswar. He also revealed that the State Government has allocated Rs 23,635 crore for the healthcare sector in the current budget. Under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana, over one crore people in Odisha are now benefiting from healthcare services across 29,000 hospitals.

The Statesman • 26 May • Ministry of Ayush

PM urges global participation in Yoga Day

3 • PG | 728 • Sqcm | 131041 • AVE | 225K • Cir | Top Center

Delhi

PM urges global participation in Yoga Day

Modi encourages people to embrace yoga for a vibrant and healthy lifestyle

STATESMAN NEWS SERVICE
NEW DELHI, 25 MAY



Prime Minister Narendra Modi, in the latest episode of Mann Ki Baat on Sunday, urged Indians across the globe to actively participate in the International Day of Yoga (IDY) celebrations and to find creative ways to mark the occasion.

He encouraged people to embrace yoga for a vibrant and healthy lifestyle. From forming yoga chains to practicing at iconic landmarks, citizens are transforming IDY into a dynamic and inclusive movement, the Prime Minister said.

"Yoga will change the way you live your life," Modi asserted, sharing his strong belief in this ancient Indian practice. He acknowledged the growing popularity and enthusiasm for Yoga Day celebrations both in India and around the world.

"Since the inception of 'Yoga Day' on 21 June 2015, the attraction towards it has been continuously rising. This time too, the zeal and enthusiasm among people across the world regarding Yoga Day is clearly visible," he stated.

In his address, the Prime Minister lauded the efforts of Andhra Pradesh, where the *YogAndhra Abhiyan* has been launched to promote a strong yoga culture in the state. The campaign aspires to build a pool of 10 lakh regular yoga practitioners, exemplifying how states can lead the wellness revolution from the front.

He also expressed his excitement about participating in this year's IDY celebrations in Visakhapatnam, emphasizing the importance of yoga in both personal well-being and national development.

The Prime Minister further praised the positive role of corporations in advancing the country's health movement by providing dedicated spaces and designated hours for yoga in workplaces. To commemorate a decade of Yoga Day celebrations, the Ministry of Ayush has curated 10 Signature Events aimed at expanding the reach and relevance of yoga across diverse social and professional settings, according to an official statement.

The Ministry noted that Yoga Sangam, one of the flagship events, has already garnered significant attention, with over 6,000 organizations registered to host activities—making it one of the largest community-driven wellness initiatives in the country's history. Meanwhile, Samyoga—another key initiative for this year—aims to integrate evidence-based yoga practices into mainstream healthcare systems, including Ayurveda, Homeopathy, Unani, Siddha, Naturopathy, and Sowa-Rigpa.

The Statesman • 19 May • Ministry of Ayush

Minister Ashish Sood distributes Ayushman cards in Janakpuri

2 • PG | 502 • Sqcm | 90414 • AVE | 225K • Cir | Middle Center

Delhi

Minister Ashish Sood distributes Ayushman cards in Janakpuri



PHOTO BY~ SUBRATA DUTTA

STATESMAN NEWS SERVICE
NEW DELHI, 18 MAY

Delhi Education Minister Ashish Sood on Sunday distributed Ayushman cards to senior citizens during a felicitation and public welcome ceremony organized by local residents in his Janakpuri constituency.

While addressing the gathering, Sood said under the guidance of Prime Minister Narendra Modi and leadership of Chief Minister Rekha Gupta, the Ayushman Bharat scheme has been implemented in Delhi. In addition to the Rs 5 lakh health coverage provided under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY), the Delhi Government will provide a top-up cover of Rs 5 lakh making it a total of Rs 10 lakh health coverage per beneficiary, he added. The Minister highlighted that illness will no longer be a financial burden as citizens can now access medical care without hesitation or obstacles at empanelled hospitals not just in Delhi but across the country. "It is not just a health protection initiative but also a step towards restoring dignity and confidence in every family. Our commitment is to ensure that no one is denied treatment due to lack of funds. We will make every effort to ensure that all eligible individuals avail the benefits of this scheme. It will serve as a lifeline especially for the poor and the underprivileged," he said. Criticizing the previous government, Sood alleged that the AAP deliberately stalling this public welfare scheme, thereby depriving the residents of quality healthcare services. Stating about the scheme, the Minister highlighted that it will prepare the city's healthcare system for future challenges and will play a pivotal role in making Delhi 'world-class' in the healthcare sector.

The Statesman • 18 May • Ministry of Ayush

Yogi calls for setting up of AYUSH colleges in every division of UP

3 • PG | 167 • Sqcm | 35026 • AVE | 50.5K • Cir | Middle Left

Bhubaneshwar • Delhi

Yogi calls for setting up of AYUSH colleges in every division of UP

STATESMAN NEWS SERVICE
LUCKNOW, 17 MAY



Uttar Pradesh Chief Minister Yogi Adityanath directed that integrated AYUSH colleges be established in every division of the state, with all AYUSH systems - Ayurveda, Unani, and Homeopathy - available in a single campus.

He emphasized that this initiative would not only strengthen the AYUSH medical system but also contribute to the development of the future health-based education system.

In a high-level review meeting of the AYUSH department here on Saturday, while highlighting the government's commitment to expanding access to AYUSH services, the Chief Minister stated that efforts are being carried out in mission mode to bring traditional healthcare systems to the masses.

He instructed that the establishment of Naturopathy and Yoga Centres in all AYUSH institutions be made mandatory, and called for the timely completion of the recruitment process to fill 100% of approved academic and medical posts.

The Chief Minister also said, "Health and Wellness Centres should be established in every district of the state, and may be operated either through government initiatives or in Public-Private Partnership (PPP) mode."

He emphasized that the construction of the AYUSH University must be completed on time without compromising quality, and directed that all ongoing departmental projects across the state be fast-tracked for early completion.

Encouraging private sector participation, the Chief Minister urged investors to explore opportunities in the AYUSH domain. He also directed that AYUSH colleges and hospitals operated by private institutions must meet stringent quality benchmarks in infrastructure, laboratories, libraries, faculty, and staff to ensure high standards of education and healthcare delivery.

The Chief Minister said, "Special methods like Panchkarma in Ayurveda are very effective in the treatment of serious diseases, so these methods should be promoted in all AYUSH institutions of the state. In view of the popularity of AYUSH medicine, this is the time when India's traditional medicine should be presented scientifically and established on the global platform."

The Statesman • 18 May • Ministry of Ayush

India's pioneering yoga institute backs 'Yoga unplugged': Ayush ministry

9 • PG | 93 • Sqcm | 106880 • AVE | 750K • Cir | Middle Center

Kolkata

India's pioneering yoga institute backs 'Yoga Unplugged': AYUSH ministry

STATESMAN NEWS SERVICE
NEW DELHI, 17 MAY

One of India's oldest yoga institutes, Kaivalyadhama, has launched a new campaign to engage young people in mindful yoga.

As the world marks 10 years of International Yoga Day, the institute is backing "Yoga Unplugged" - an event aimed at drawing youth into the practice through modern, relatable formats.

As part of its "Yoga for Young Minds" campaign, the institute is offering free access to yoga routines through digital platforms like Yoginar, which streams guided sessions tailored for youth.

Kaivalyadhama, in collaboration with the Morarji Desai National Institute of Yoga (MDNIY), hosted a Yogotsav Countdown event in Maharashtra on Saturday, part of a series of lead-up activities celebrating 10 years of International Yoga Day.

The organisation aims to make yoga accessible to youth and students across the country, featuring innovative and engaging events, including Yoga Connect, a virtual global format which will host yoga experts from all over the world.

Established by Swami Kuvalayananda in 1924, Kaivalyadhama follows the undiluted principles of yoga, as described in the Yoga Sutras of Maharishi Patanjali. The revered yoga guru founded the institution to merge the tradition of yoga with science, making this ancient knowledge relevant and accessible to the world.

The Statesman • 14 May • Ministry of Ayush

Ayurveda Day to be celebrated on 23 September every year

3 • PG | 314 • Sqcm | 56545 • AVE | 225K • Cir | Middle Right

Delhi

Ayurveda Day to be celebrated on 23 September every year

STATESMAN NEWS SERVICE
NEW DELHI, 13 MAY

In a landmark decision to enhance global visibility and consistency in observance, the Government has officially designated 23 September as the date for celebrating Ayurveda Day each year.

This change, notified through a Gazette Notification dated 23 March 2025, marks a significant shift from the earlier practice of observing Ayurveda Day on Dhanteras, which follows a variable lunar calendar.

Ayurveda Day has been commemorated annually to promote Ayurveda as a scientific, evidence-based, and holistic system of medicine that plays a pivotal role in preventive healthcare and wellness. Until now, Ayurveda Day coincided with Dhanteras, a festival observed in the Hindu month of Kartik (usually October or November). However, as the date of Dhanteras fluctuates each year, the observance of Ayurveda Day lacks a fixed annual date.

The Ayush Ministry also noted that in the coming decade, the date of Dhanteras would continue to vary widely between 15 October and 12 November, posing logistical challenges for organizing national and international observances. To address this inconsistency and establish a stable reference point for national and global celebrations, the Ministry constituted a committee to examine suitable alternatives. The expert panel proposed four potential dates, with 23rd September emerging as the preferred choice. This decision was guided by both practical and symbolic considerations.

The chosen date, 23 September, coincides with the autumnal equinox, a day when day and night are nearly equal. This astronomical event symbolizes balance in nature, perfectly aligning with the Ayurvedic philosophy that emphasises equilibrium between the mind, body, and spirit. The equinox, representing cosmic harmony, underscores the essence of Ayurveda—living in balance with nature.

The Statesman • 13 May • Ministry of Ayush

Ayush Ministry launches weekly yoga podcast

7 • PG | 304 • Sqcm | 54631 • AVE | 225K • Cir | Bottom Left

Delhi • Kolkata

Ayush Ministry launches weekly yoga podcast

STATESMAN NEWS SERVICE
NEW DELHI, 12 MAY



Union Ayush Minister and Minister of State for Health, Prataprao Jadhav, launched the podcasts, which are produced by the Morarji Desai National Institute of Yoga (MDNIY), through its social media platforms.

In a blend of ancient practices with modern lifestyle, a weekly yoga podcast has been launched by the government. The new digital initiative is aimed at bringing the timeless wisdom of yoga to every household.

Union Ayush Minister and Minister of State for Health, Prataprao Jadhav, launched the podcasts, which are produced by the Morarji Desai National Institute of Yoga (MDNIY), through its social media platforms.

The launch on Sunday came in the wake of Prime Minister Narendra Modi's address during this year's 30 March *Mann Ki Baat* programme, where he emphasised the significance of International Yoga Day and its 2025 theme: "Yoga for One Earth, One Health."

"The podcast highlights how yoga, once a sacred Indian tradition, has become a worldwide movement for health and harmony," according to the ministry statement.

The ministry stated that the podcast series is designed to engage listeners with insightful discussions, guided practices, and expert interviews, making yoga accessible and relatable to people of all ages and backgrounds.

The inaugural episode of the podcast sets the tone for a transformative journey into the world of yoga, read the statement. Vibrant conversations about the essence of yoga and its global impact were shared with the listeners in the first episode of the weekly series. It also explores the philosophical roots of this year's theme, and the ethos of "*Vasudhaiva Kutumbakam*" - the world is one family.

The special nature of this year's Yoga Day - which marks the 10th anniversary of International Yoga Day - was mentioned in the pilot episode.

The Ministry has unveiled ten signature events to celebrate a decade of International Yoga Day and expand the reach of this ancient Indian practice. These events include Yoga Sangam, Yoga Bandhan, Yoga Park, Yoga Samavesh, Yoga Prabhav, Yoga Connect, Harit Yoga, Yoga Unplugged, Yoga Mahakumbh, and Samyog.

The ministry aims to create a world record through Yoga Sangams, by organising yoga camps at one lakh locations. Forging global partnerships with ten countries is also a key goal of this year's celebrations, highlighted through the Yoga Bandhan events. Such events have already been initiated in countries including Tokyo, Thailand, and Peru.

Community yoga parks will be developed, along with inclusive programmes for the differently-abled, seniors, and children as part of Yoga Samavesh.

While Yoga Prabhav focuses on studies assessing the decade-long impact of yoga on public health, 'Yoga Connect' aims to foster global interaction between modern health professionals and yoga experts, and with Samyog promoting its integration into the modern healthcare system.

Authorities have also planned initiatives under Harit Yoga to link yoga with sustainable environmental action. Youth-centric festivals like Yoga Unplugged and Yoga Mahakumbh will feature week-long celebrations across ten cities, culminating on 21 June - International Yoga Day.

The Weekly Yoga Podcast will be available on all major streaming platforms of Minister Jadhav, the Ministry of Ayush, and MDNIY. Each episode will offer a unique blend of tradition, science, and storytelling to inspire listeners to embrace yoga as a way of life, the ministry claimed.

The Statesman • 12 May • Ministry of Ayush

Traditional medicine key to achieve universal health coverage: Ayush Ministry

8 • PG | 201 • Sqcm | 231615 • AVE | 750K • Cir | Middle Center

Kolkata • Delhi • Bhubaneshwar

Traditional medicine key to achieve universal health coverage: Ayush Ministry

AGENCIES
NEW DELHI, 11 MAY

The sixth Group of Friends of Traditional Medicine (GFTM) meeting was held at India's Permanent Mission in Geneva, reaffirming global interest in integrating traditional medicine into healthcare systems. Vaidya Rajesh Kotecha emphasized India's leadership in promoting evidence-based traditional medicine through initiatives like the National AYUSH Mission and Ayush Arogya Mandirs.

The government has emphasised the growing relevance of traditional medicine in achieving universal health coverage and advancing the goals of 'One Health and Sustainable Development,' it was announced on Sunday.

The sixth meeting of the Group of Friends of Traditional Medicine (GFTM) was successfully held at the Permanent Mission of India (PMI) in Geneva.

The meeting brought together ambassador's representatives from various countries committed to strengthening the role of traditional medicine in global healthcare systems, according to Ayush Ministry.

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, delivered a keynote address virtually that underscored India's leadership and commitment in promoting evidence-based traditional medicine across the world.

He reaffirmed India's commitment through Ministry of Ayush with initiatives like the National AYUSH Mission, the integrative model of Ayush Arogya Mandirs, insurance coverage for traditional medicine, and collaborative research with premier institutions like DBT, DST, ICMR, and CSIR.

He also highlighted India's focus on emerging domains such as AI, genomics, and bioinformatics in traditional medicine — reflected in the global technical meeting on AI applications in traditional medicine underscoring the country's role in safeguarding traditional knowledge, enhancing capacity, and promoting equitable global health.

"The Group of Friends of Traditional Medicine (GFTM) was created by India in May 2023. This informal platform allows WHO member states to discuss and support the integration of traditional medicine into health systems," he said, calling for greater collaboration, knowledge exchange, and research partnerships.

India's Permanent Mission to the UN in Geneva, which hosted the meeting, reaffirmed its commitment to furthering international cooperation on traditional and integrative healthcare solutions, in alignment with WHO guidelines and national policies.

With platforms like GFTM and the leadership of the Ministry of Ayush, India is not only preserving its traditional wellness heritage but also reshaping the future of global health — one that is inclusive, preventive, and deeply rooted in the wisdom of nature.

The gathering supported key global initiatives — particularly the WHO Traditional Medicine Strategy 2025–2034 and the upcoming Second WHO Global Traditional Medicine Summit, to be held in India from December 2-4, 2025.

The Statesman • 08 May • Ministry of Ayush

Three new Ayush Hospitals to be set up in state : CM

3 • PG | 66 • Sqcm | 13830 • AVE | 50.5K • Cir | Middle Center

Bhubaneshwar



Three new Ayush Hospitals to be set up in state: CM

STATESMAN NEWS SERVICE
BHUBANESWAR, 7 MAY:

Chief Minister Mohan Charan Majhi on Wednesday announced that the government has decided to set up three integrated AYUSH hospitals.

Speaking at the annual function of the Students' Union of Dr Abhin Chandra Homoeopathic Medical College and Hospital in Bhubaneswar, the Chief Minister said the new AYUSH hospitals will be set up in Dhenkanal, Berhampur, and Balasore.

The CM also laid the foundation stone for a new Emergency Unit at the college and declared the establishment of a Homoeopathic Research & Analysis Department to bolster .

"This institution is not only a leader in the state but also a significant contributor to homoeopathic education, research, and training nationwide," he said. There are four government homoeopathic colleges and hospitals in the state and 562 homoeopathic dispensaries. The CM highlighted initiatives of the government in the health care sector including the implementation of Ayushman Yojana.

Health and Family Welfare Minister Mukesh Mahaling emphasised the vital role of homoeopathy in healthcare.

The Morning Standard • 26 May • Ministry of Ayush

Fit Bit

2 • PG | 607 • Sqcm | 291562 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

UTKATASANA ARMS OUTSTRETCHED
(CHAIR POSE ARMS UTSTRECHED)

This unique practice is performed by stretching the arms in a way that brings awareness and focus to the upper body, while building strength in the lower body. This is an alternative for people with shoulder restrictions. It stretches, opens, and strengthens the shoulders, chest, upper back, side torso, and arms.

STEPS

- Start in Tadasana, pressing all four corners of the feet firmly, slightly engaging your core muscles. Roll the shoulders back and down, allowing your chest to open gently.
- Lengthen your spine, arms by your side, palms facing the body. Take a few deep breaths here.
- Take a big breath in. Exhale, lower your hips and bend your knees as if sitting on an imaginary chair.
- Inhale, lift your arms from the sides at the shoulder level. Keep them parallel to the floor with palms facing upward or forward. Keep the elbows soft, avoiding hypertension. Feel a gentle external rotation of the shoulders, if palms are facing upward.
- Keep your shoulders relaxed and allow shoulder blades to slide down the back, creating space between the ears and shoulders.
- Stay here with your knees bent for six breaths. Breathe deeply and feel the chest open.
- Look forward, find balance and focus. Engage your leg muscles to provide a stable foundation. Ensure your knees stay aligned over the toes without collapsing inward. Keep the breath steady and smooth, creating space and expansion with each inhale and grounding with each exhale.
- Slowly release the pose and return to Tadasana. Observe the effects of the pose on your energy and state of mind.
- Finally, relax in Tadasana Palms Facing Forward while taking slow-soft-smooth deep breaths.

BENEFITS

- Alleviates any discomfort from the arms, chest, neck, shoulders, and upper back.
- Stretches and lengthens the arms at shoulder level and spine.
- Integrates body awareness and improves your focus when holding the pose for a longer time.
- Helps kids and teens in keeping calm, steady, and more capable of accessing their brains.
- Helps relax the tensed muscles.
- Prepares the upper body, especially for the poses requiring arm strength.
- Improves breathing, impacting stability and balance.
- Stretches the diaphragm, thereby increasing lung capacity.
- Aids in correcting slouched or hunched back, collapsed chest, and rounded shoulders.
- Increases the blood supply to the digestive and reproductive systems.
- As the body is sthira, the mind becomes calm.
- Included in the yoga sequence for professionals, teens, homemakers, and sportspeople.
- Prepares mind and body for various twisting, forward and backward bending poses.
- Strengthens the torso, thighs and lower back.
- Tones and stabilises the knee and ankle joints.

LIMITATIONS

- People with arthritis in the knees, hips, and feet, especially senior citizens, suffering from sciatica, insomnia, headaches, or sprained ankles, should avoid sitting on the floor. Those with a slipped disc, spinal issues, weak digestion, minor backache, or knee pain can take the support of a pillow but shouldn't stay in the pose for more than five minutes.
- People with injuries to knees, hips, lower back, hamstrings, ankle, or who have undergone any abdominal, knee, or hip surgery should take the advice of the yoga experts.
- New to yoga or pregnant women should practise while seated on a folded blanket, block, pillow, or wall support.



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

The Morning Standard • 24 May • Ministry of Ayush

Fit Bit

2 • PG | 622 • Sqcm | 298620 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

GENIE SIT POSE

This is a challenging kneeling practice beneficial for conditioning and strengthening the core and abs. It actively engages the hip flexors, knees, quadriceps, back, psoas, pelvic floor, and gluteus, and hence, they get toned and strengthened. Since it demands the active engagement of the core, it is recommended only for students with healthy knees. Students can keep a gap between their legs, and also use a blanket to soften the pressure on the knees.

STEPS

- Start in Dandasana. Slowly move into Vajrasana, hands on the thighs, take a few breaths. Raise the spine, push your lower back onto the heels.
- Inhale, stand on your knees, with your back straight. Engage your core by pushing your navel to the spine. Roll down your shoulders. Make sure the knees, hips, and shoulders are in one line. The head is over the heart, and the heart is over the pelvis. Stay here for a breath or two.
- Inhale, extend your arms in front at shoulder level. Keep them shoulder-width apart with palms facing down.
- Take a big breath in, and while engaging the abs, lean back as far as comfortable. Lead with the upper back, keeping a straight back. While exhaling, use your quad muscles and engage the core, exhale, and pull yourself back up to the Kneeling Pose. This is how a round of Genie Sit Pose goes.
- Do six rounds or as per the body's comfort. Ensure your knees and ankles remain in a straight line, stomach tucked in, core strong, and spine lengthened.
- To release, exhale, lower your hands and sit back in Vajrasana. Then release and relax in Balasana.
- Repeat another set of six or more rounds.

BENEFITS

- Powerful knee-strengthening pose.
- Strengthens lower abdominal and pelvic muscles.
- Brings stability to the upper body and chest to feel breath awareness.
- Brings mental peace and calm.
- Awakens a deeper consciousness.
- Improves focus and concentration.
- Boosts energy levels and helps develop a lean body.
- Stabilises the mind and body.
- Improves brain function, increasing alertness.
- Balances the seven chakras with the flow of prana (life force).
- Wonderful addition to yoga for almost all, including kids, teens, athletes, runners, climbers, or students in active sports.
- Helps prevent lower back pain.
- Included in power yoga, vinyasa yoga, or sculpt yoga sequences.
- Helps develop self-confidence and inner awareness.
- Tones the core, pelvic floor, hip flexors, quadriceps, and knees.
- Improves strength and flexibility, burns calories, and tones abs and core.



LIMITATIONS

- Those with any injury, weak knees, arthritis, or knee pain, high blood pressure, vertigo, dizziness, balancing issues, nervous ailments like epilepsy, trauma, and anxiety, or who have undergone recent abdominal surgery, should avoid this.
- Senior citizens and pregnant women should practise slowly under the guidance of an expert.

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

The Morning Standard • 23 May • Ministry of Ayush

Fit Bit

2 • PG | 606 • Sqcm | 290801 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

VAJRASANA BADDHA HASTA

(THUNDERBOLT POSE BOUND HANDS)

This is a beginner-level pose, which is a variation of the meditative base pose, Vajrasana. This variation opens the chest and shoulders, promoting better posture and increasing lung capacity for enhanced breathing. It strengthens the back muscles, which support spinal alignment and help in reducing back pain. It also stretches the thighs, hips, and lower back, improving flexibility in these areas. The bound hands deepen the stretch in the shoulders and arms, enhancing upper body strength and flexibility. This also promotes mindfulness, assisting practitioners to stay present and centered during their practice.

STEPS

- Start in Dandasana (Staff Pose), eyes closed, and take a few deep breaths. Focus on your sit bones and lengthening your spine with each inhale.
- Gently open your eyes. Inhale deeply, bend your right knee, and bring your right foot close to your right buttock.
- Exhale, gently lift your buttocks, place the right foot underneath, and sit down on it, ensuring it's positioned comfortably.
- Inhale again, bend your left knee, placing your left foot beneath your left buttock.
- Ensure the toes of both feet touch, with the heels slightly apart. Exhale completely, settling into Vajrasana, keeping your knees close together, spine straight, and your weight evenly distributed between your sit bones and heels.
- With your spine upright and aligned, inhale deeply, interlace your fingers behind your back, and draw your hands up towards the ceiling while lifting your chest in Bound Hands. Exhale, gently arch your back, allowing your head to tilt slightly, keeping your neck relaxed.
- Hold this position for six to eight breaths, maintaining steady and deep breathing. With each inhalation, lengthen your spine and deepen the backbend slightly; relax into the stretch without forcing it with each exhalation.
- Slowly release the pose, and finally stretch both legs out in front of you, and gently shake or rotate your ankles (Ankle Rotation) to release any tension.
- Relax for six to eight breaths in Dandasana Hands Back before repeating the pose if desired.

BENEFITS

- Offers a powerful combination of stretching, strengthening and lengthening.
- Deeply stretches shoulders, chest, and upper back.
- Strengthens the upper back and shoulders, essential for maintaining good posture.
- Engages the thighs and lower legs, building strength and endurance.
- Promotes a greater flexibility and a sense of expansion in the upper body.
- Relieves tension, reduces stress, and promotes a balanced and aligned physique.
- Encourages opening of the thoracic spine, improving flexibility in the upper back.
- Increases the range of motion in the spine, making it more supple and resilient.
- Enhances overall flexibility, muscular endurance, and postural alignment.
- Helps prevent injuries, reduce stiffness, and enhance the fluidity of movement in daily life.

LIMITATIONS

- People who have a history of injury or recent surgery, particularly in the knees, shoulders, pregnant women with high blood pressure, or anyone with breathing difficulties, should avoid this.
- It requires deep, controlled breathing to support the backbend and chest opening.
- If needed, you can use props like a blanket, bolster, or strap.



— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Morning Standard • 21 May • Ministry of Ayush

Fit Bit

2 • PG | 609 • Sqcm | 292128 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

BHUJANGASANA ARMS SPREAD VARIATION (SEAL POSE)

This is a variation of Bhujangasana (Cobra Pose) with a difference of arms spread out wide and resting on fingertips. It is a modification of the Sphinx Pose with minimal arm support, making it a challenging practice. The body here resembles the shape of a Seal basking in the sunlight, hence this name. Although it is beginner's level, practised in a prone position, it strengthens the upper, middle, lower back, core, and shoulder.

STEPS

- Start in Advasana (Reverse Corpse Pose) with the legs together and hands extended overhead. Stay here for a breath or two.
- Inhale, straighten your arms, and place your palms on the mat. Keep your legs stretched behind, and front feet resting on the floor. Roll your shoulders back and down.
- Keep your elbows in line with your shoulders. Remain here for six breaths or as per the body's capacity, gazing forward or gently tilting your chin upward for a deeper stretch.
- Breathe steadily. Exhale, release the pose, and return to Advasana.
- Finally, relax in Makarasana or Child Pose.
- Repeat the practice as per capacity and gradually increase the back and shoulder strength. Practice by holding the posture for a longer duration.

LIMITATIONS

- People with carpal tunnel syndrome or any injury to the back, arms, or shoulders, and recent abdominal surgery, and pregnant women, should avoid this.
- People with acute and severe respiratory disorders or colds and coughs should not hold it longer.
- People with injury in any part of the spine or those with a stiff back should take it slow or avoid it.
- People with issues related to neck or spondylitis should keep the neck relaxed. If there is any discomfort, discontinue the practice.

BENEFITS

- Strengthens the muscles of the arms, chest, and neck.
- Helps people with a sunken chest and hunchback (kyphosis).
- It can be included in yoga for teens/ kids, and women.
- Releases tension from the back, shoulders, and chest.
- Reduces stress, promoting a sense of calm and mindfulness.
- Can be included in restorative yoga sequences.
- Enhances blood circulation, alleviating fatigue and boosting energy levels.
- Enhances immunity and improves the sleep cycle.
- Prepares the body for advanced and backward bends.
- Makes your body flexible and fills the muscles with great physical strength.
- Helps with respiratory disorders like asthma, allergies, and others.
- Helps with waste elimination.
- Keeps the seven chakras of the body balanced.
- Increases spine flexibility and makes the spinal column stronger.
- Stimulates the adrenal and thyroid gland.
- Regulates secretion of hormones and maintains the endocrine system.
- Activates Anahata (heart) and Vishuddha (throat) Chakras.
- Enhances blood flow to the cells.
- It stimulates the adrenal and thyroid glands.
- Regulates secretion of hormones and maintains the endocrine system.
- Helps stimulate the lungs.



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

The Morning Standard • 20 May • Ministry of Ayush

Fit Bit

2 • PG | 605 • Sqcm | 290372 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

PARSVA TADASANA LEGS CROSSED (STANDING SIDE STRETCH POSE LEGS CROSSED)

This is a variation of Tadasana (mountain pose), which is the foundation for most standing poses, with the upper body in a side bend. This asymmetrical pose is also a creative way of lengthening the muscles of the sideback and abdomen, having the lower body engaged with the crossing of the feet.

STEPS

- Start in Tadasana and stay there for a couple of breaths.
- Inhale, align the feet apart in Tadasana Variation.
- After taking a few breaths, cross the feet at the ankles - left leg over the right leg. Your feet should be firm on the mat.
- Inhale, raise the arms above your head, and bend towards the right side of the body. Hold the left wrist with the right palm and stretch the left arm as far out as you can.
- Keep the legs engaged with the knees pulled up and the core engaged with the tummy slightly tucked in. This helps bend without losing balance.
- While inhaling, bend further towards the side. Keep the head and neck engaged. Stay as long as you can and improve the time as per your capacity.
- Slowly release the pose and return to Tadasana.
- Realign in Tadasana Variation with the feet hip wide and practise it on the other side. Follow the same steps.
- Finally, release and relax in Dirga Pranayama Tadasana.

BENEFITS

- Stretches and tones posterior leg muscles like the plantaris, soleus, and Achilles tendon.
- Engages the muscles surrounding the shin bones, ligaments, and tendons of the anterior leg.
- Stretches the lateral psoas muscles and IT band (iliotibial band).
- Anatomically, the entire body's fascia is connected.
- Reduces the tightness in the hamstrings.
- Builds a better range of motion of the shoulders and hips.
- Opens the intercostal muscles (muscles encasing the ribs).
- Enhances the chest cavity and respiration.
- Increases blood circulation and helps improve cardiac functioning.
- Enhances elasticity of the diaphragm, benefiting the breath.
- Avoids hyperextension and can stretch sustainably.
- Stretches the lateral abdomen muscles.
- Effective for the functioning of the kidneys, pancreas, and adrenal glands.
- Enhances physical and mental stability, helping postural correction.
- Corrects spinal disorders of herniated discs, scoliosis, and lordosis.

LIMITATIONS

- People with injuries in ankles, knees, shoulders, and wrists, or who have undergone wrist, shoulder, ankle, or knee surgeries, should avoid this pose.
- People with weaker frames, less physical strength, vertigo and imbalance issues, and severe varicose veins issues, should avoid this pose.
- Practise this pose only after six to eight weeks post-partum.



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

The Morning Standard • 19 May • Ministry of Ayush

Fit Bit

2 • PG | 615 • Sqcm | 295366 • AVE | 300K • Cir | Middle Right
Delhi

FITBIT

SAVASANA KNEES BENT HANDS IN ANJALI MUDRA
(CONSTRUCTIVE REST POSE HANDS IN ANJALI MUDRA)

This is one of the variations of Savasana (Corpse Pose), which is also called Constructive Rest Pose or CRP. This pose is mainly practised to help people be aware of the body, especially the lower back and lower abdomen, unlike in Savasana, where learners tend to drift off as the entire body is supple and stretched out on the ground. This allows practitioners to connect with their bodies softly yet in a deep manner, where gravity does the job without the practitioners pushing or forcefully resting on the ground.

STEPS

- First, start by sitting on the floor and extending the legs out in Dandasana (Staff Pose). Take a couple of breaths.
- Slowly turn towards the right side, bend your knees, and lie down on the floor, resting the right side of your body on the floor/mat.
- Exhale and gently roll on your back. Settle your head and bend your knees.
- Now, you can rest your hands on the floor beside you and take a couple of breaths.
- Slowly bring both your hands towards your abdomen and place the palms together on your belly in Anjali Mudra.
- Holding the lower part of your body, move your feet apart, keeping the heels about 12-16 inches away from the pelvis and in line with the sit bones.
- Now, close your eyes and feel your body settling down completely.
- Doing nothing is a great way to heal the body as tension, embedded in the deeper tissues and muscles, is released.
- You can stay in this position as long as you feel right.
- You can practise this pose initially for 15 minutes and then increase it for 30 minutes.
- To release, you can open your eyes and turn to one side. Stay there for a few moments.
- You may then try to sit up and stay for about a minute before getting up.

BENEFITS

- This pose is a great way to recover and acts as an exercise to cool down the body for athletes.
- It does wonders for those who want to relax and release tight muscles.
- It helps in releasing the tension in the psoas muscles.
- This pose maintains the physical, mental, and emotional balance in the body.
- Regular practice will help relieve anxiety and depression.
- It can be a part of a therapeutic yoga sequence that can benefit practitioners with different kind of ailments.
- This asana is useful in improving blood circulation in the pelvic area.
- It helps you understand your body better.
- It helps relieve pain, stiffness, and spasm that may occur due to wrong body posture.
- Keep the body relaxed while finding deep connections within the body as per the Alexander Technique.

LIMITATIONS

- People with back pain, herniated discs, migraine, heart-related issues, and senior citizens with breathing difficulties should consider using either a cushion or a blanket to support the head.
- Pregnant women are advised to avoid practising this pose lying flat on their back for extended periods, as it can put pressure on the abdominal organs.



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

The Morning Standard • 19 May • Ministry of Ayush
Five years on, proposal to amend act on misleading ads still on hold: RTI

7 • PG | 447 • Sqcm | 214580 • AVE | 300K • Cir | Bottom Right
Delhi

Five years on, proposal to amend act on misleading ads still on hold: RTI

KAVITA BAJELI-DATT @ New Delhi

FIVE years ago, the Union Health Ministry proposed significant changes to amend the Drugs and Magic Remedies (Objectionable Advertisement) Act, 1954, which aimed to take stringent action against misleading advertisements, including those of Ayush medicines.

However, an RTI has revealed that the ministry seems to have kept it in cold storage, as there has been no movement after November 2022.

The amendments to the DMR (Objectionable Advertisement) Act, 1954, proposed widening the scope of the Act by introducing 24 more diseases and disorders, including drugs for treatment for enhancing sexual performance, and fairness of skin. The act applies to all drugs, including Ayurvedic, Siddha, Unani, and Homoeopathy medicines.

Replying to an RTI filed by activist, Dr KV Babu, the Union Health Ministry on May 15 said, "As per available records, no noting has been recorded after 09/11/2022 in File No A.11035/133/2014-DFQC."

No file movement

RTI activist Dr KV Babu said that proposed amendment has been under suspended animation for more than five years, and there is no file movement after November 2022. He added that because of the DMR Act enacted in 1954, many pharma companies, both Ayurveda and modern medicines, are advertising commonly used drugs, making tall claims.

The Kerala-based ophthalmologist said, "The draft proposal was put on the public domain in February 2020 following criticism of Parliamentary Standing Committee in 2018. Instead of 54 diseases, the scope was widened to 78 diseases and disorders and the punishment was enhanced to two years and five years, instead of six months and one year."

"The proposed amendment has been under suspended animation for more than five years, and there is no file movement after November 2022," he said.

He added that because of the weak DMR Act enacted in 1954, many pharma companies, both Ayurveda and modern medicines, are advertising commonly used drugs, making tall claims.

In fact, acting on Dr Babu's RTI, the PMO also intervened in December and directed the ministry to take "appropriate action" to amend the draft DMR (Objectionable Advertisement) Act, 1954. However, the ministry is yet to take any action, as revealed by the RTI.

In 2018, the Parliamentary Standing Committee said that they "would like to strongly recommend that a definite timeline within which this new legislation will see the light of the day may be indicated and the Ministry of AYUSH should aggressively pursue the matter with the Ministry of Health and Family Welfare so that relevant provisions are incorporated in the legislation and enacted to prohibit misleading advertisements and strengthen the effective regulation of Ayush drugs."

The Morning Standard • 17 May • Ministry of Ayush

Fit Bit

2 • PG | 608 • Sqcm | 292009 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

HANUMANASANA FORWARD BEND (MONKEY POSE FORWARD BEND)

This is a challenging forward bend that demands strength, stability, and flexibility of the core and hips, along with the strength of the hip flexors, glutes, quads. This is a variation of an advanced seated pose, Monkey Pose, where the forehead rests on or beyond the knee of the leg straightened in front, while the other leg extends straight behind.

STEPS

- Start in Ardha Hanumanasana. Take a few deep breaths here. Keep the left leg stretched in the front and the right leg bent behind.
- Inhale, place your hands on either side of your hips. Exhale, stretch your left leg with the toes pointing upwards.
- Slowly slide your right leg behind. Inhale, raise your arms, stretching the upper body in Splits Pose.
- Begin to hinge at your hips and fold your torso over your front leg (left).
- Stretch your spine, grounding the palms on either side of the left foot. The head comes to rest on the front leg. Stay here for about six breaths or as per your body's capacity.
- Inhale, feel the stretch in your hamstrings and hips. Exhale, gently deepen the forward fold. Inhale, rise into Hanumanasana, bringing your hands back to the floor at the sides. Exhale, bring the left leg behind into Adho Mukha Svanasana. Stay here for a breath or two.
- Repeat the stretch on the other side following the above instructions.
- Release and return to Adho Mukha Svanasana. Finally, relax in Balasana.

BENEFITS

- This deep hip opener stretches the muscles of the hamstrings, thighs, groin, quadriceps, psoas, gluteus, and hip and knee joints.
- Provides a stretch to the spine and back.
- Improves the range of motion in the hip flexors and psoas muscles.
- Helps shift awareness to chest breathing.
- Encourages conscious expansion of the chest, side rib cage, upper back, and abdomen.
- Supports the functioning of the intercostal muscles, aiding the lungs.
- Improves overall balance and alignment while toning the legs.
- Increased blood flow to the head, legs, and hips helps to calm the nervous system.
- Promotes the outward flow of stagnant energy and supplies fresh energy throughout the system.
- Helps release unwanted stress and emotions.
- Stimulates digestive and reproductive organs.
- Suitable for yoga routines for teenagers or children to foster interest in yoga.
- A good pose for runners, athletes, gymnasts, dancers, ice skaters, or climbers to build strength, endurance, flexibility, and agility around the hips and legs.

LIMITATIONS

- Those with recent injuries to the hips, tailbone, pelvis, knees, or ankles, or those with groin or hamstring injuries, chronic conditions, pregnancy, or severe lower back pain, should avoid this pose.
- Keep the body warmed up with multiple rounds of Surya Namaskar or dynamic yoga flows.



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

The Morning Standard • 16 May • Ministry of Ayush

FIT BIT

2 • PG | 599 • Sqcm | 287680 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

UTTHITA VAJRASANA

(KNEELING POSE ARMS RAISED)

This is a beginner-level variation of the foundational pose, Kneeling Pose. It is a wonderful practice for working professionals, sportspersons, artists, and kids/teens to increase overall strength and establish mindfulness. It is a safe and gentle practice for senior citizens (provided they have healthy and strong knees), pregnant women, and visually impaired practitioners. For ease of access, it is considered that practitioners can keep a small gap between their legs or use yoga props like a blanket or pillow to soften the pressure at the knees. It gives a vertical stretch to the shoulder blades and fortifies them. At the same time, it acts as a support for the diaphragm and intercostal muscles.

STEPS

- Start in Dandasana, and have a few breaths. Every inhalation raises the body upwards and stretches the spine completely.
- Inhale, bring the right leg bent and the knee, placing the right foot close to the buttocks, and exhale. Again, take a big breath in and raise the buttocks off the floor to place the foot below the right buttock and sit on the right foot, exhaling completely.
- Repeat it with the left leg. Inhale and bring the left foot below the buttocks, with toes touching each other and heels apart. Sitting in Vajrasana with your hands on your thighs, take a few breaths here. Raise your spine and push your lower back onto the heels below you.
- Finally, inhale, come to stand on your knees while raising your body away from the heels and placing your back straight. Engage your core by pushing your navel to the spine. Roll down your shoulders. Don't tilt the pelvis. The knees, hips, and shoulders are in one line. The head is over the heart, and the heart is over the pelvis.
- Stand on your knees, nice and tall in Kneeling Pose for a breath or two.
- Inhale, and raise your arms. Lengthening them from the armpits and sides of your rib cage, taking them above your head. Keep the palms facing each other. Keep the upper arm away from the ears, long, and parallel.
- Stay here for about six soft-smooth-slow deep breaths or as per the body's comfort.
- On breathing, keep the stomach tucked in, core strength, and spine lengthened upwards. The chin is aligned with the chest and a bit tucked in. The fascial muscles are relaxed.
- Exhale, slowly back to Vajrasana and then return to Dandasana.
- Finally, release and relax in Balasana.



BENEFITS

- Stretches the deeper connective tissues of the arms, shoulders, chest, upper spine, and upper abdomen.
- Stimulates the heart and related organs.
- Key element to heart opening, ensuring deeper breathing.
- Beautiful addition to therapeutic sequences for asthma, cold or allergies, or other respiratory disorders.
- Prepares sadhaka for higher yogic practices, like Pranayama and Meditation.
- Boosts prana (energy) flow throughout the body.
- Releases accumulated thoughts and negative emotions from the body.
- Included in the Vinyasa flow.
- Who have tight or tense shoulders can consider the inclusion of shoulder and arm rotation.
- Even a few rounds of Sun Salutation or Cat Cow Pose will work to lubricate the joints.
- Activates the chest cavity and is a quick fix for neck and shoulder tensions.

LIMITATIONS

- People with injury at knees, ankles, lower back, or legs, have undergone any recent abdominal surgery, weak knees or arthritis or knee pain, high blood pressure, vertigo, dizziness, balancing issues, or nervous ailments like epilepsy, trauma and anxiety, should avoid this.
- Seniors and pregnant women should practise slowly under the guidance of a yoga expert.

— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Morning Standard • 15 May • Ministry of Ayush

What are the risks and benefits of intermittent fasting Is it equivalent to skipping breakfast?

2 • PG | 269 • Sqcm | 129048 • AVE | 300K • Cir | Middle Center

Delhi



The expert is a Fit India Movement ambassador and celebrity fitness coach

What are the risks and benefits of intermittent fasting? Is it equivalent to skipping breakfast?

Intermittent fasting is a structured approach to eating that cycles between periods of fasting and eating. So please don't do your own thing by referring to online sites.

Benefits of intermittent fasting include weight loss and fat reduction due to fewer eating hours and better insulin sensitivity. It's known to improve metabolic health, including blood sugar, cholesterol regulation,

ASK AN XPERT

and cellular repair processes like autophagy.

If not done right, a lack of nutrients, elimination of macronutrients, eating in excess during the eating period or under-fueling can lead to irritability, fatigue, low energy, muscle loss, and especially for women, hormonal imbalances if fasting is too prolonged or intense. When done correctly and mindfully, intermittent fasting can be a helpful tool for weight management and metabolic health. Remember that it's not suitable for everyone. It's important to focus on overall lifestyle, not just meal timing. Consult a health professional if you have underlying health concerns.

The Morning Standard • 15 May • Ministry of Ayush

Fit Bit

2 • PG | 605 • Sqcm | 290216 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

PARIVRTTA SUKHASANA VARIATION HASTA (REVOLVED EASY POSE VARIATION)

This is a beginner-level detoxifying, twisting variation of Revolved Easy Pose. It is a creative pose to release spinal stress. It stretches and massages all the muscles and organs of the torso, thereby toning the core and improving digestion. Lengthening of the spine, by grounding the sit bones, ensures the energy flow from the base of the spine to the crown and vice versa.

STEPS

- Sit crossed-legged in Sukhasana, back straight, shoulders back, chest open, palms resting on the knees, and chin slightly in.
- Twist to the right. Place the right palm on your lower back with fingers pointing to the other side and your left palm on the belly.
- Inhale, draw the navel into the spine. Exhale, turn the neck right to look back.
- Stay here in Parivrtta Sukhasana Variation Hasta for five breaths. With every exhalation, raise the spine and twist as much as possible from the lower spine to feel the 'squeeze and soak' action in your abdomen.
- To release, inhale, turn your head and upper body to the centre. Exhale, bring your hands to the knees.
- Stay here in Sukhasana Variation Arms Knees for an easy breath.
- Counter the twist to the other side (left) and finally relax.
- You can practise the pose seated on a chair or bed.

BENEFITS

- Stretches and strengthens hips, knees, spine, shoulders, and chest.
- Strengthens the shoulder blades, side abdominal muscles, and middle and lower back.
- Improves the mobility of the spine, shoulders, and neck by releasing tightness.
- Improves flexibility of the waist and lower body.
- Regular practice helps keep the spinal muscles mobile and strong.
- Brings awareness to the stretching of the chest, rib cage, upper back, and shoulders.
- Reduces stress, tension, and anxiety.
- A great pose to get relief from sciatica, backache, and fatigue.
- Helps cure symptoms related to asthma or any kind of allergies.
- Helps align the upper body with the lower body.
- Opens the hips and tones the spine, counteracting the effects of a hunched back.
- Releases stored tension in the body, which in turn results in a positive effect on the mind.
- Activates the parasympathetic nervous system.
- Keeps the body fresh and energised, and with time, relaxes the entire bodily systems.
- Spiritually, activates Muladhara (root) Chakra, ensuring upward and downward flow of energy (prana).
- Helps cleanse the cells of any built-up waste.
- Massages and tones the abdominal organs, including the kidney, liver, and others.
- Impacts the digestive and reproductive organs.
- Pregnant women can benefit from this as it reduces pain or heaviness in the back.
- Included in night yoga, desk yoga, teens yoga, kids yoga, or senior yoga.



LIMITATIONS

- People with injury in the hips, neck, shoulders, spine, lower back, knees, pelvic floor muscles, or any abdominal injury, severe HBP, and digestive problems, spondylitis of the neck, history of heart ailments, or tensions, aches, or pain during the practice, should avoid this.
- People with weak knees or tight hips or general body weakness, especially senior citizens, can follow the twist by sitting on a chair.

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

The Morning Standard • 14 May • Ministry of Ayush

Fit Bit

2 • PG | 610 • Sqcm | 292794 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

PURVOTTANASANA SHOULDERS AERIAL (UPWARD PLANK POSE SHOULDERS AERIAL)

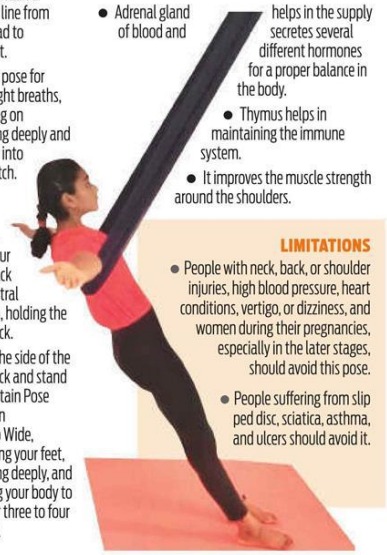
This beginner-level standing aerial pose is a variation of the base – Upward Plank Pose. This challenging variation requires significant strength, balance, and flexibility. The aerial variation supports the body, reduces strain, and makes the pose more beginner-friendly. It provides a gentler entry into the pose, allowing one to focus on correct alignment.

STEPS

- Spread a yoga mat underneath the hammock to provide extra stability.
- Stand in front of the hammock, ensuring that it is facing your back. It should support your shoulders in the pose.
- Slowly lean back, bending at the hips, and thread your arms into the hammock one at a time. Your shoulders should be aligned with the fabric.
- Exhale, gently extend your arms forward, and allow your torso to lean back, creating a gentle curve in your back. Keep your knees straight and engaged.
- Inhale deeply, allow your chest to open, and maintain a straight line from your head to your feet.
- Hold the pose for six to eight breaths, focussing on breathing deeply and relaxing into the stretch.
- Exhale, slowly release, bring your torso back to a neutral position, holding the hammock.
- Step to the side of the hammock and stand in Mountain Pose Variation Feet Hip Wide, grounding your feet, breathing deeply, and allowing your body to relax for three to four breaths.

BENEFITS

- The hammock supports and reduces the pressure on the arms and wrists.
- Elevates the body slightly, providing stability and allowing for a deeper backbend.
- It can be performed to ease heaviness around the lower abdomen during menstruation.
- Helps in burning fat around the thighs, hips, chest, and abdomen.
- Encourages proper form by lifting the body to make the stretch easier and more controlled.
- Reduces the load on the wrists and shoulders.
- Allows practitioners to explore the stretch more comfortably.
- Hammock makes the backbend feel less intense.
- Enhances posture by promoting spinal alignment and opening the chest.
- Helps alleviate back and shoulder pain.
- Encourages focus and mindfulness, as practitioners must concentrate on their breath and balance.
- Spiritually, opens the Anahata (heart) Chakra, promoting a sense of openness and receptivity.
- Aids in relaxation, promoting mental clarity and stress relief.
- Helps in the metabolic rate of the body to develop the human body.
- Adrenal gland helps in the supply of blood and secretes several different hormones for a proper balance in the body.
- Thymus helps in maintaining the immune system.
- It improves the muscle strength around the shoulders.



LIMITATIONS

- People with neck, back, or shoulder injuries, high blood pressure, heart conditions, vertigo, or dizziness, and women during their pregnancies, especially in the later stages, should avoid this pose.
- People suffering from slip ped disc, sciatica, asthma, and ulcers should avoid it.

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

The Morning Standard • 13 May • Ministry of Ayush

FIT BIT

2 • PG | 600 • Sqcm | 288130 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

SETUBANDHA SARVANGASANA SACRUM BLOCK (BRIDGE POSE SACRUM BLOCK)

This is a variation of the basic yoga pose – Setubandha Sarvangasana (Bridge Pose). This supported pose is easy on the back and shoulders. The support at the sacrum is similar to using a bolster, but the impact on the back and chest is minimal. This is not an inversion pose, but it can be practised by students who have heart-related issues. Seniors can benefit from this.

STEPS

- Start in Constructive Rest Pose, feet a few inches away from each other.
- Now, place the palms facing down with the arms close to your body. Ensure the back and shoulders are grounded, and the chin is lowered towards the chest.
- Inhale, lift your hips as you take the support of the hands and feet, pushing the floor. Place the block (flat with the longer side facing up) below your buttocks. Half of the block supports the lower back, and the other half supports the upper buttocks.
- Lower the hips and place the body on the block.
- Stay connected to your breath, and relax the shoulders and hips. Surrender into the pose slowly and connect to how the lower back feels, psoas muscles stretch, and chest expands with each inhalation. Keep the chin down, and close your eyes. Stay here for six breaths.
- Gradually increase the duration of stay up to 12 breaths.
- Slowly, release, remove the block, and bring the hips back to the floor. Stay for a few breaths, relax in Savasana.

LIMITATIONS

- People with back and spine injuries or surgeries, herniated disc, should avoid this pose.
- Pregnant women can do it with precaution under the guidance of a yoga expert.
- Those with severe back pain-related issues, hampering their mobility, practise it on the bed.
- People recovering from a hip replacement surgery can practise it on the bed with precautions. Seniors can use blankets instead of blocks.

BENEFITS

- Stretches and lengthens the abdominal muscles.
- Slowly brings strength and stability to the hips.
- Opens up the chest slightly, creating space for the rib cage.
- Supports the cardiovascular and respiratory system.
- People with Chronic Obstructive Pulmonary Disease (COPD) benefit from deep breathing awareness, providing more oxygen into the bloodstream.
- Gentle hip and heart opener when done with awareness.
- Stimulates the energy flow gently moving upwards from the base of the spine.
- Keeps the spinal nerves active.
- Heals lower back pain, stiffness, or tightness.
- Releases stored emotions with the gentle stretch, relaxing, and energising the body.
- Helps to slowly accelerate the energy flow upwards.
- Makes room for fresh flow of energy, stimulating the Chakras.
- Balancing Chakras controls and brings a stable body and mind.
- Improves blood circulation as the oxygen levels in the blood increase.
- Calms nervous system, stimulating the reproductive system.
- Increases the efficiency of the respiratory system.
- A soothing and relaxing practice that can be included as part of cooling down, at the end of the yoga sequence.
- As a therapy, you can practise to address a few physical conditions like back pain, low immunity.



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

The Morning Standard • 12 May • Ministry of Ayush

VIRABHADRASANA III NAMASKAR MUDRA

2 • PG | 609 • Sqcm | 292133 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

VIRABHADRASANA III NAMASKAR MUDRA (WARRIOR POSE III PRAYER HANDS)

This is an intermediate level standing and balancing pose. It strengthens the grounded leg muscles, including the quadriceps, hamstrings, and glutes, while improving balance and stability. The prayer hand position reduces the challenge on the shoulders and arms, allowing beginners or those with limited shoulder mobility to practise easily.

STEPS

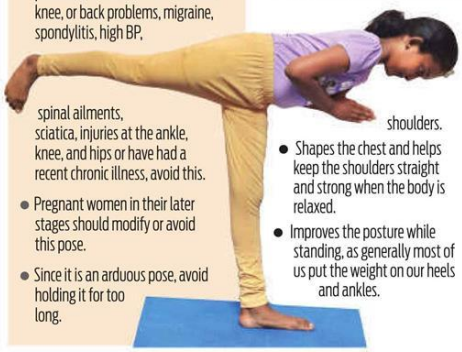
- Start in Tadasana (Mountain Pose), feet together, arms relaxed by your sides, and looking forward. Take a deep inhale.
- Shift your weight onto your left foot. Engage your quadriceps and activate the arch of your foot while lifting your toes slightly to ensure balance.
- Exhale, bend your torso forward from the hips as you lift your right leg straight back, in line with your hips.
- Bring your hands in Prayer Position at the centre of your chest. Inhale, lengthen your spine from the crown of your head to your lifted heel. Keep your chest broad and your shoulders away from your ears.
- Exhale, square your hips. Flex your left hip and extend your right hip slightly backward to create alignment.
- Keep your standing leg strong to avoid locking the knee. Root down firmly through the grounded left foot, maintaining balance and stability.
- Inhale deeply to elongate your spine further. Exhale softly to hold the pose, engaging your core muscles to support your torso and prevent collapsing into your lower back. Focus on your breath and the connection of your body to the floor.
- Hold for six to eight breaths or as per your capacity.
- Slowly release the pose and return to Tadasana. Repeat on the other side.
- Finally, release and relax in Three Part Mountain Pose for six to eight breaths.

BENEFITS

- Stretches the back leg and activates the hip flexors.
- Promotes flexibility and strength in the lower body.
- Helps cultivate mindfulness and concentration.
- Improves proprioception, which enhances body awareness and spatial orientation.
- Encourages a sense of calm and focus.
- Reduced arm extension makes it accessible for individuals working on their balance or recovering from shoulder injuries.
- Promotes a sense of grounding through the standing leg while fostering lightness and length through the extended spine and back leg.
- Relieves stiffness in the neck, shoulders and back.
- Reduces stubborn fat from hips.
- Useful for people suffering from sciatica.
- Enhances blood circulation.
- Tones and strengthens knees, thighs, and ankles.
- Stimulates abdominal organs and aids digestion.
- Builds stamina; develops a sense of balance and coordination.
- Helps strengthen the leg muscles and adds shape.
- Strengthens the arms, hips and shoulders.
- Shapes the chest and helps keep the shoulders straight and strong when the body is relaxed.
- Improves the posture while standing, as generally most of us put the weight on our heels and ankles.

LIMITATIONS

- If you are suffering from heart problems, severe neck or shoulder, knee, or back problems, migraine, spondylitis, high BP, spinal ailments, sciatica, injuries at the ankle, knee, and hips or have had a recent chronic illness, avoid this.
- Pregnant women in their later stages should modify or avoid this pose.
- Since it is an arduous pose, avoid holding it for too long.



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

The Morning Standard • 09 May • Ministry of Ayush

Fit Bit

2 • PG | 610 • Sqcm | 292969 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

SUKHASANA WITH STRAP BEHIND HEAD

(EASY POSE WITH STRAP BEHIND HEAD)

This is a supported variation of the Sukhasana (Easy Pose), which is a traditional meditative pose. This helps align the shoulders correctly while expanding the chest sideways to promote deeper breathing for subsequent poses. The key distinction here is the inclusion of a strap in each hand, which provides stability and ensures that the shoulder cuffs remain properly positioned without compromising the alignment. It enhances the pose's benefits by maintaining optimal form and support. This variation combines Sukhasana with Sukhasana Cactus Arms, providing a stable foundation through proper lower-body alignment.

STEPS

- Sit in Dandasana with legs extended together, palms beside the hips, spine straight, head aligned, gazing forward.
- Inhale, bring your legs into Sukhasana. Roll your shoulders back to open your ribcage. Exhale, release any tension in your neck as you find ease and stability.
- Inhale, hold the strap with both hands, adjusting its length. Lift your elbows out to the sides, bringing them to shoulder height, and grip the strap firmly on either side as you place it behind your head. Both arms should be in an L-shape.
- Inhale, gently pull the strap outward to create a slight tension that will help open the chest, expand the ribcage, and align the shoulders. Focus on stretching your spine upright. Picture the top of your head reaching up while keeping your hips grounded. It helps you sit tall and lengthen your posture.
- Remain here for 10 breaths or as long as you feel comfortable in the final pose. Ensure maintaining rhythmic breath.
- Breathe deeply and mindfully throughout the pose. Inhale, expand your chest, energising your body.
- Exhale slowly as you relax your ribcage and pull the naval into the spine. Cultivate calmness and mindfulness, releasing the toxins with each exhalation. This conscious breathing deepens the stretch and nurtures both the body at the cellular level and the mind at the Prana level.
- Gently, release the strap and lower your arms. Uncross your legs and return to Dandasana. Finally, relax in Dandasana Hands Back Knees Bent.

BENEFITS

- Enhances spinal elongation and promotes a profound chest expansion horizontally.
- Increases utilisation of the upper part of the lungs, inculcating clavicular breathing.
- Suitable for people suffering from wrong breathing patterns and respiratory disorders.
- Maintains a straight spine, a neutral head position, and broad and activated shoulders.
- Encourages the neck to align correctly with the spine.
- Helps advanced poses like the headstand.
- Encourages using the diaphragm, thoracic (rib cage), and clavicular (upper chest) regions, enabling deep and full breaths.
- Beneficial for advanced practices like pranayama (breathing exercises) and meditation.
- Activates the cervical vertebrae in the back of your neck and releases unnecessary strain.
- Creates a delightful stretch across the intercostal muscles, opening up the lungs.



LIMITATIONS

- People with severe arthritis in the hips, or knees, have a shoulder, rib cage, spine, elbows, knee, or any other kind of injury, with a recent surgery in the knees, or recovering from a spine-disc, should avoid this.
- People recovering from a neck, shoulder, heart, or rib cage surgery should practise it with care.

— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Morning Standard • 08 May • Ministry of Ayush

Fit Bit

2 • PG | 621 • Sqcm | 297903 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

VIPARITA KARANI BLOCK

(RECLINED LEGS RAISED POSE BLOCK)

This is a beginner-level supine yoga pose. It promotes relaxation, reduces stress, and improves circulation by reversing blood flow from the lower body. They relieve tension in the lower back, legs, and pelvic muscles, making them therapeutic for those with fatigue or mild swelling in the legs. It enhances spinal decompression and engages the core. It supports gentle recovery.

STEPS

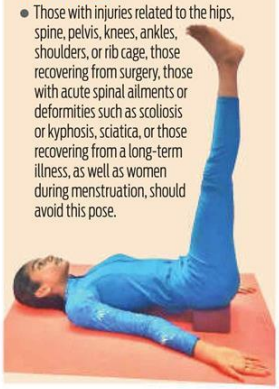
- Start in Constructive Rest Pose, with feet hip-width apart, arms by your sides, and take a few deep breaths.
- Press your feet into the mat, and lift your hips slightly off the floor on an inhale. Slide a yoga block under your sacrum and exhale, gently lower your hips onto the block. Allow your pelvis to settle on the block.
- Inhale, lift your legs straight toward the ceiling, keeping them extended and aligned with your hips. Point your toes or flex your feet and engage your core slightly to maintain stability. Keep your legs straight from the knees.
- Rest your arms alongside your body, palms facing up, or place them on your lower belly to connect with the breath.
- Relax your shoulders and keep your chest open as you breathe slowly and evenly.
- Hold the pose for 8 to 10 breaths or as per your capacity, focusing on steady inhales and exhales. With each exhale, allow your lower back, hips, and pelvic muscles to release tension further.
- Bend your knees and return your feet to the mat. Exhale, lift your hips, remove the block, and gently lower your spine back onto the mat.
- Lie in Constructive Rest Pose for a few breaths before transitioning into another posture or concluding your practice.
- Note: If a yoga block is not available, you can use a rolled towel or a thick book.

BENEFITS

- Stretches the hamstrings, glutes, and pelvis.
- Strengthens the quadriceps and knee joints.
- Increases flexibility in the hips, shoulders, and knees.
- A stretch at the sacral and lower spine opens up any compressions and relaxes the spine.
- Soothes the entire nervous system.
- Focuses on breathing deeply which calms the mind.
- Enhances digestion by increasing blood flow to the abdominal organs.
- Supports in the rhythmic functioning of the heart.
- Improves blood flow from the venous system.
- Helps address kyphosis.
- Reduces hunch back and drooping shoulders.
- Therapeutic for varicose veins.
- Enhances blood supply to the heart from the legs. Reduces the risk of heart disease.
- Treats urinary incontinence and pelvic organ prolapse.
- Alleviates lower back pain by strengthening the lumbar and sacral spine.
- Addresses lower back issues like lumbar spondylitis or piriformis syndrome.
- Beneficial for teens and kids.
- Strengthens the core and reduces the abdominal fat.
- Strengthens the arteriovenous system.
- Releases fresh blood towards the legs and hips.
- Addresses sciatica issues that are not severe.
- Benefits tailbone pain (coccydynia).

LIMITATIONS

- Those with injuries related to the hips, spine, pelvis, knees, ankles, shoulders, or rib cage, those recovering from surgery, those with acute spinal ailments or deformities such as scoliosis or kyphosis, sciatica, or those recovering from a long-term illness, as well as women during menstruation, should avoid this pose.



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

The Morning Standard • 08 May • Ministry of Ayush

What do you have to say to youngsters who may get influenced to use steroids

2 • PG | 268 • Sqcm | 128549 • AVE | 300K • Cir | Middle Center
Delhi



Wanitha Ashok is a Fit India Movement ambassador and celebrity fitness coach

What do you have to say to youngsters who may get influenced to use steroids?

Everything that you see on socials is not valid or vetted. I understand the pressure to look a certain way, especially in a world flooded with perfect bodies on social media, but hold on before you consider using steroids.

They may give fast results, but they come at a heavy price — leading to hormonal imbalance, organ damage, mental health issues, and even stunted growth if you're still young.

Many influencers and celebrities use enhancements like steroids but they rarely talk about the long-term health risks. Real fitness is about strength, discipline, self-respect, and patience.

Build your body naturally, nourish it, and train smart. Do not do anything that your ancestors didn't do. Respect the slow process and stay committed and consistent to your diet and exercise routine. Let your approach be healthy and sustainable. A certified trainer and nutritionist will never promote or encourage shortcuts so make sure to follow the right influencers.

ASK AN XPERT

Coming to celebrities, their body is their bread, butter, and jam. Their busy schedules often make them take the easy route, be wise and don't overlook this fact.

Deccan Herald • 26 May • Ministry of Ayush

Mental Health: What all your insurance covers

11 • PG | 335 • Sqcm | 402203 • AVE | 1.4M • Cir | Bottom Center

Bengaluru

MIND MATTERS

Mental Health: What all your insurance covers?

BHASKAR NERURKAR

Mental well-being is an integral part of overall well-being, and it has often been neglected due to the taboo around the issue. The fast-paced modern lifestyle, coupled with rising stress levels, is significantly contributing to an increase in mental health issues, which are increasingly getting centre stage and are being recognised for their profound impact on individuals, families, and society at large.

The media has played its role in spreading awareness by highlighting some of the celebrities admitting on record about their mental health. There has been a noticeable shift in the perception of mental health in the country, and the stigma attached to these issues is slowly fading away. Today, more and more people are opening up about their mental health issues and are seeking professional help.

The insurance regulator and industry also understand the importance of the mental health of the citizens and have been working actively to make insurance products more inclusive, covering all important aspects of a person's overall well-being. So, let's take a walkthrough of what all your insurance policy covers when it comes to mental health.

Which ailments are covered?

A broad range of ailments like post-traumatic stress disorder (PTSD), depression, anxiety, schizophrenia, alzheimer's, obsessive-compulsive disorder (OCD), and bipolar disorder are covered.

What is covered?

A typical health insurance policy will cover inpatient expenses arising due to mental illness. It includes expenditures like treatment costs, doctor fees, room rent, and ambulance charges, amongst other hospitalisation expenses. Pre and post-hospitalisation medical expenses are also covered.

Some insurers may cover OPD costs like consultation/counselling. OPD riders also cover costs of teleconsultation, emotional well-being, in-clinic consultation, and investigation expenditure, i.e. pathology & radiology expenses, to name a few. Additionally, some insurers offer mental wellness programs to help people manage their mental health better.

Important to keep in mind: One of the most crucial things to remember is that illness or disorder arising out of alcohol or drug abuse is not covered. Most of the insurance policies cover the insured only for costs pertaining to hospitalisation due to mental conditions.



The policies or riders that cover counselling would mostly cover a certain number of sessions per year. The number of sessions covered will be clearly mentioned in the policy term. When filling out the proposal form, it is important to declare the existing health issues that you suffer, including mental health issues.

Though it may seem advantageous to keep certain details under wraps in order to reduce premiums, the potential consequences of non-disclosure can be significant. If the insurance company determines that a claim is arising due to a pre-existing condition that was not disclosed, they are likely to deny the claim. Even if the condition is minor or under control, failing to disclose it can invalidate both the claim and the entire policy.

Specific products: Apart from the coverage in standard health insurance policies, there are specific products that cover ailments like autism spectrum disorder, Parkinson's disease, intellectual disability, etc. Such policies also cover AYUSH treatment, which comprises coverage for ayurveda, yoga and naturopathy, unani, siddha, and homeopathy. Depending on the insurer, a few pre-existing mental illnesses might also be covered.

Good mental health is just as important as good physical health. Even conditions that seem minor can have serious effects. It is essential to take care of your mental health and get professional help if required. Please note, as per the Mental Healthcare Act, 2017 and the latest insurance directives, all health insurance products cover mental illness. However, be sure to read the policy details carefully to understand what is covered. Remember, your insurer is there to support you. Stay healthy and take care of both your mental and physical well-being.

(The author is Head – Health Administration Team, Bajaj Allianz General Insurance)

Deccan Herald • 11 May • Ministry of Ayush

India and its expanding medical tourism

2 • PG | 349 • Sqcm | 418243 • AVE | 1.4M • Cir | Top Center

Bengaluru

India and its expanding medical tourism

The medical tourism sector continues to boom, in light of rising investment in healthcare infrastructure and relative affordability

GYANENDRA KESHRI
NEW DELHI, DH

When India revoked visas of Pakistani nationals in the wake of the barbaric terror attack on tourists at Pahalgam in the Kashmir valley last month, patients from the neighbouring country undergoing treatment in different hospitals in India came into the spotlight. Consequently, the Union government allowed a slight extension of the stay for medical visa holders.

Despite the historically strained relations between the countries, hundreds of Pakistani citizens would visit different cities of India for treatment every year. Over the years, India has emerged as a preferred destination for patients from neighbouring countries, and other parts of the world, including Europe, Latin America, Africa and the Middle East.

"Patients consider India for medical treatment because of its combination of clinical expertise, comprehensive care and affordability," said Dr Upasana Arora, chair, Medical Value Travel Committee, Federation of Indian Chambers of Commerce and Industry (FICCI).

India offers internationally accredited hospitals and skilled English-speaking medical professionals. Treatments are often two to three times cheaper than in many Western countries, says Arora, who is also the managing director of a chain of cancer specialty hospitals.

The number of medical visas issued by India nearly doubled to 5.97 lakh in 2023 from 3.75 lakh in 2019, as per data from the Ministry of External Affairs. Even during the Covid-19 pandemic (2020) India issued 1.52 lakh medical visas. People from Nepal are not included in this count, as they can visit India without a visa.

Bangladesh is one of the top source countries for medical tourists to India. It accounts for more than half of the medical visitors to India. As per Bureau of Immigration data, out of around 6,28,000 medical tourist visitors to India in 2023, around 3,50,000 were from Bangladesh. Strains in relations following political unrest in Bangladesh led to a substantial drop in visas granted by New Delhi to Bangladeshi nationals in 2024. As a result, the overall number of medical visas issued by India declined to 4.64 lakh in 2024, around 22% lower when compared with the previous year.

In the Union Budget 2025-26, Finance Minister Nirmala Sitharaman outlined a number of initiatives to strengthen India's position in medical tourism. "Medical tourism and 'Heal in India' will be promoted in partnership with the private sector, along with capacity-building and easier visa norms," Sitharaman said in her budget speech.

India ranks seventh in the top 20 wellness tourism markets globally. In the Medical Tourism Index 2021-22, India was ranked 10 out of 46 destinations in the world, as per the latest data released by the US-based Medical Tourism Association.

Medical tourism involves a combination of the healthcare and tourism sectors, both among the large job providers and contributors to the national economy. It has now been rechristened as 'medical value travel' (MVT) to capture its wider economic impact.

An estimated 1.4 crore people across the world travel overseas annually for medical reasons. The United States, Germany, China, France, Japan and India are among the leading countries for wellness tourism in terms of the size of the wellness tourism market.

The size of India's medical value travel is projected to reach $13.42 billion by 2026 from around $7.89 billion in 2020, as per the Ministry of Tourism data.

Alternative medicine

The Heal in India initiative seeks to position India as a holistic healthcare destination. Ayurveda has a growing influence on holistic healthcare and wellness tourism, says Dr Mahesh Vyas, Dean and Head of Department, Sambhav Siddhant Department at All India Institute of Ayurveda. "By integrating traditional medicine with modern healthcare, AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homoeopathy) can play an important role in addressing various health challenges worldwide," Vyas says.

Kerala is among the top destinations for traditional wellness systems. "While a normal tourist spends only five to seven days, those coming down for Ayurvedic care spend at least ten days and could extend it to months depending on the treatment requirements," says Sajeev Kurup, president of Kerala Ayurveda Promotion Society.

The central government's decision in 2023 to introduce the AYUSH visa to facilitate foreign nationals seeking these forms of treatment is expected to further boost the sector.

One of the key attractions for foreign patients travelling to India is cost-effectiveness. The cost of medical procedures and treatments in India is substantially lower than not only western countries but also the Asian peers like Thailand, Singapore and Malaysia.

As per a NITI Aayog report, the average cost of a knee replacement procedure for foreign patients in India is around $6,600, which is less than half of the cost in Thailand, $14,000. In Singapore, the cost is even higher at $15,000, while in Malaysia it costs $7,700. A heart bypass procedure costs over $15,000 in Thailand, while in India, the cost is around $7,900.

Hospital operators and other stakeholders argue that cost is just one factor, as the quality of healthcare services in India is also at par with global standards. "India's ascent as a medical destination goes beyond cost; it is anchored in clinical excellence, geopolitical and geographical proximity, and institutional resilience," says Pavan Choudary, chairman, Medical Technology Association of India.

"India offers a compelling blend of internationally accredited healthcare, cost efficiency, and high clinical outcomes," says Anil Vinayak, group chief operating officer at a network of hospitals that caters to nearly 30,000 foreign patients annually.

Regional contributions

Southern and western states have a greater concentration of medical value travel services providers. JCI accreditation, granted by Joint Commission International (JCI), is a global recognition of high quality and safe healthcare practices. As per the 'National Strategy and Roadmap for Medical and Wellness Tourism' released by the Union Ministry of Tourism in 2022, Delhi has the highest number of JCI-accredited hospitals, followed by Mumbai, Bengaluru, Chennai, Hyderabad and Ahmedabad.

The number of JCI-accredited hospitals, as per the tourism ministry report released in 2022, stood at nine in Delhi, six in Mumbai, three in Bengaluru and two in Chennai.

According to an official who did not wish to be named, the Tamil Nadu government plans to set up a dedicated agency for medical tourism to streamline patient facilitation, enhance healthcare accessibility, and integrate traditional wellness therapies like Ayurveda and Siddha.

Chennai is among the favourite destinations for patients from countries including the UAE, Saudi Arabia, Sri Lanka and Bangladesh.

Dr J Amalorpavanathan, former head, Transplant Authority of Tamil Nadu, says the revenues from foreign patients facilitate capital investments by private hospitals. "In recent years, global private equity firms have been investing in Indian healthcare, attracted by high revenues and robust growth. Investments were of the order of $3.5 billion in hospitals and the pharmaceutical sector during 2023, marking a 28% year-on-year growth," Amalorpavanathan wrote in the *Journal of Medical Evidence*.

Hyderabad is preferred among many patients from the US, Nigeria and the UAE due to its advanced infrastructure, says Suman Sayani, a Hyderabad based healthcare consultant.

According to officials, the Telangana government is also strategically leveraging the Miss World 2025 competition, being hosted in Hyderabad from May 10 to 31, to showcase the region as a premier medical tourism destination. The government aims to position Hyderabad as a trusted hub for both modern and traditional medical care.

(With inputs from Arjun Raghunath in Thiruvananthapuram, E T B Singaram in Chennai, Mrityunjay Bose in Mumbai and S N V Sudhir in Hyderabad.)

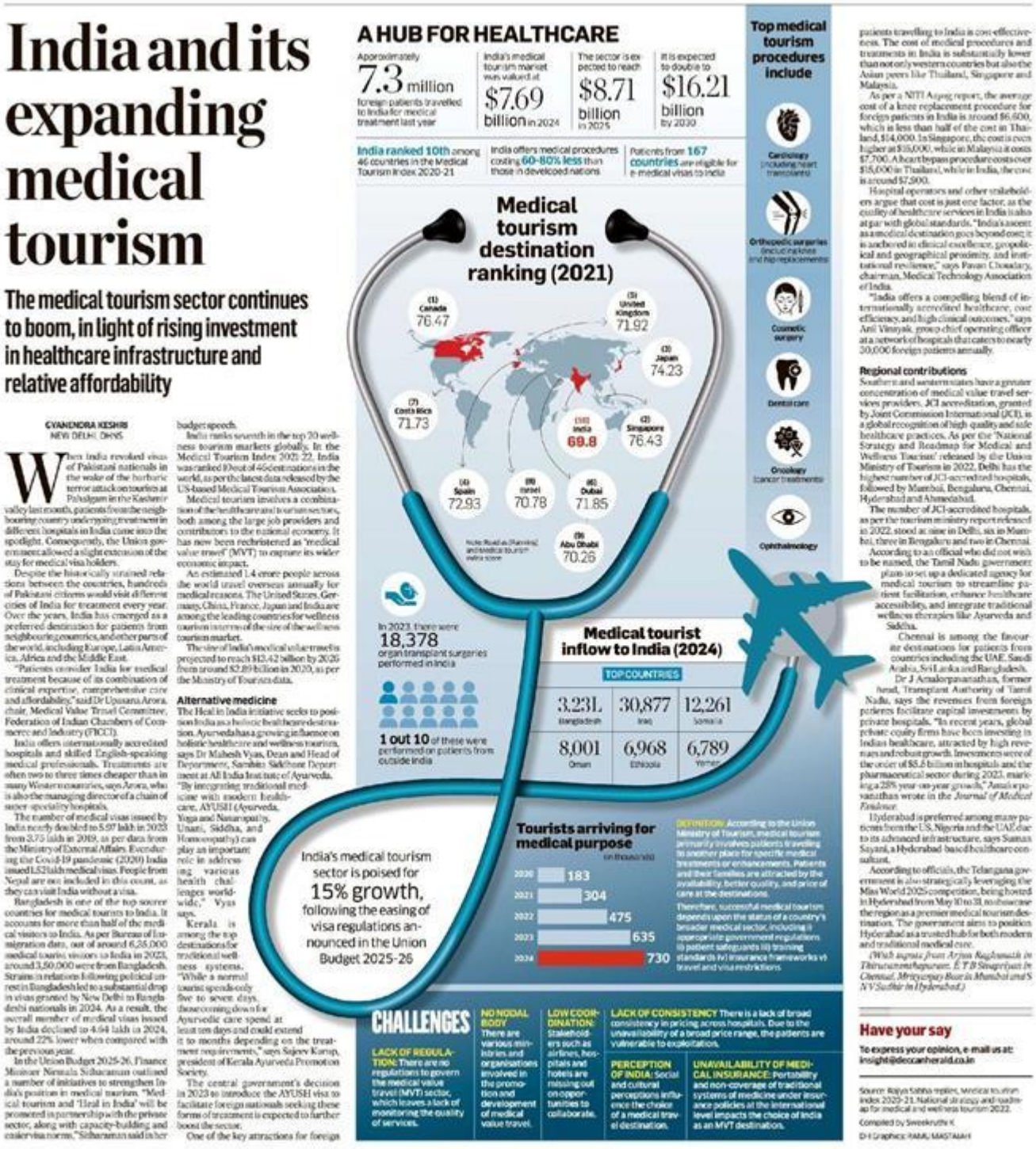
Have your say

To express your opinion, e-mail us at: insight@deccanherald.co.in

Source: Rajya Sabha replies, Medical tourism index 2020-21, National strategy and roadmap for medical and wellness tourism 2022.

Compiled by Sreekruthi K

D H Graphics: RAMA, MASTANAH



The Goan • 26 May • Ministry of Ayush

Health benefits: Aloe vera

9 • PG | 670 • Sqcm | 100438 • AVE | 200K • Cir | Middle Center
Goa

Health Benefits: Aloe vera

Neha Gosh

Aloe vera (Aloe barbadensis) is a popular medicinal plant that belongs to the Asphodelaceae (Liliaceae) family. The aloe vera plant is prized for its antiviral, anti-inflammatory, antibacterial and immunomodulatory properties. Due to its many properties, aloe vera is used in the pharmaceutical, cosmetic and food industries. Aloe vera possesses 75 active compounds which include vitamins, minerals, enzymes, sugars, lignin, saponins, amino acids and salicylic acids which contribute to many of the health benefits aloe vera provides. Aloe vera leaves have a translucent gel that contains 99% of water and packed with vitamins, minerals and amino acids. Aloe vera gel can be applied topically on the skin and can be consumed in the form of juice.



Reduces blood sugar levels

Aloe vera can increase insulin sensitivity and help in improving blood sugar levels. A study showed the antidiabetic activity of aloe vera gel on diabetic patients. During the study, 1 tbsp of aloe vera juice was given to diabetic patients twice a day for two weeks and the results were significant improvement in blood sugar and triglyceride levels.

Promotes oral health

Aloe vera contains anti-inflammatory and antibacterial properties that can help lower the severity of dental problems. A study has shown the effectiveness of aloe vera gel in treating plaque-induced gingivitis and periodontal disease.

Heals wounds

Aloe vera gel has wound healing properties that significantly increase collagen production in the skin. Due to this, the burns and cuts can heal at a faster rate when aloe vera gel is applied topically on the skin. In addition, aloe vera has been shown to accelerate wound healing in periodontal flap surgery.

Relieves heartburn

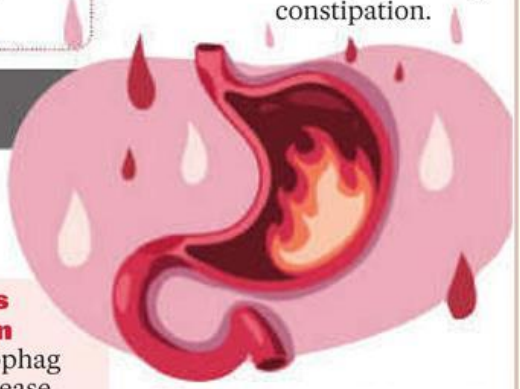
Gastroesophag -eal reflux disease, also known as acid reflux is a condition which occurs when the stomach acid flows back into the oesoph -agus. Aloe vera has been shown to have the ability to lower the symptoms of gastroesophageal reflux disease (GERD) which includes heartburn, vomiting and belching.

Strengthens the immune system

Aloe vera contains antiviral and antibacterial properties that help trigger the immune system to fight against the pathogens and protect you from various diseases.

Treats constipation

In traditional Chinese medicine, aloe vera has been used to treat constipation. It is due to the presence of a certain compound called barbaloin which is known to have laxative effects that can help in treating constipation.



Keeps the skin good

Aloe vera aids in the production of collagen and elastin fibres that make the skin more tight and prevents wrinkles. The amino acids and other nutrients in aloe vera soften hardened skin cells and act as an astringent to tighten skin pores. This improves skin health and decreases the appearance of wrinkles.



Cures sunburn

Another benefit of aloe vera is it can help in curing sunburn. Due to the cooling and antioxidant properties in aloe vera, it is used as a remedy for relieving sunburn. Also, aloe vera gel acts as a shield against radiation damage on the skin.

The Goan • 21 May • Ministry of Ayush

How to cultivate spiritual wellness in children

11 • PG | 696 • Sqcm | 104433 • AVE | 200K • Cir | Middle Left
Goa

How to cultivate spiritual wellness in children

Shimpli Patil
Head Nutritionist & Lifestyle Expert, Luke Coutinho Holistic Healing Systems (LCHHS)

We invest immense effort into nurturing our children's intelligence, creativity, and physical health. But in that pursuit, we often miss something just as vital: their spiritual wellness. We believe that true health is not only physical or emotional — it's deeply rooted in the spirit. Not in a religious sense, but in a child's connection to self, nature, and a higher sense of purpose. "Spirituality is the intelligence of the heart. It helps us align with who we truly are." Cultivating that alignment early in life is a gift that empowers children with resilience, empathy, and inner peace.



Lead by energy, not instruction

Children don't need lectures to grow spiritually. They need to feel our presence. They learn more from our energy than our words. If we want them to develop spiritual awareness, we must embody it ourselves. This doesn't mean preaching or imposing practices. It means creating an environment of stillness, connection, and authenticity.

"Children don't do what we say. They do what they see us doing." If you begin your day with mindful breathwork or gratitude, let your child witness it. Not to imitate, but to absorb the energy behind it.

Invite silence and stillness

In a hyper-stimulated world of screens and schedules, simple silence is a powerful practice. This doesn't have to be structured meditation. It can be as simple as sitting still for one minute, eyes closed, hand on the belly, feeling the breath. "Stillness is medicine. It connects us to what truly matters." This habit, even if brief, nurtures emotional regulation, awareness, and calm.

Ground them in rhythm, not rigid routines

Spirituality thrives in rhythm — the rhythm of light, food, movement, and rest. Children feel safer and more connected when their lives reflect the cycles of nature. Support this by encouraging early morning sun exposure, meals without screens, time in nature, and a consistent sleep schedule. Even small acts like barefoot walks, watering plants, or gazing at the moon help children feel connected to something larger than themselves.

Practice gratitude and service

Spiritual wellness is rooted in gratitude and compassion. Make gratitude a part of your child's daily routine — at bedtime, ask them to share one thing they're thankful for. Create moments of service: helping a neighbor, caring for animals, or cleaning up after themselves. Even small acts can nurture a big heart. Children who experience the joy of giving grow into emotionally grounded, empathetic adults.

Let them ask big questions

Children naturally wonder about life, death, energy, and the unseen. Encourage that curiosity. You don't need to have all the answers. Sometimes, simply saying, "That's a beautiful question. What do you think?" is enough.

Spirituality is not about providing all the answers. It's about staying open to the questions. Nurturing that openness allows spiritual intelligence to blossom.

Raising a spiritually well child isn't about adding more to their to-do list. It's about slowing down, being present, and living with awareness. Spiritual wellness isn't taught through instruction. It's absorbed through presence. In how we breathe, respond, give, and simply be.

The Goan • 20 May • Ministry of Ayush

Amla for Skin: The secret to clear glow

11 • PG | 1136 • Sqcm | 170429 • AVE | 200K • Cir | Top Center
Goa

Amla for skin: The secret to clear glow

Amritha K

Amla, also known as Indian gooseberry, is a superfood that's been popular for ages. Due to an increase in healthy living, Amla has become one of the most consumed Indian berries, but did you know Amla isn't just an immunity booster? This little fruit has so much to offer your body, skin, and hair. There are several health benefits associated with Amla, ranging from being a natural blood purifier to enhancing immunity due to the presence of vitamin C to being a good source of fibre. Moreover, amla is not just a great addition to your hair oil tradition. Due to its antioxidant properties and melanin-inhibiting properties, it can also be used as a skincare remedy, particularly for those with dull skin or acne-prone skin that needs a boost. Furthermore, it increases the elasticity of the skin, thereby reducing the appearance of fine lines. Let's check out five different ways you can use amla in your skincare routine.

Ways to use amla for your skin

1 For acne-prone skin

Ingredients: Amla juice, honey and turmeric.

Directions: Mix amla juice, honey and turmeric together to create a soft paste. Apply to your skin. Let it sit for 15 minutes or until it becomes dry. Wash it off with warm water.

How does this amla face pack benefit acne-prone skin? Amla is rich in Vitamin C, so it lightens dark spots and brightens skin overall. Honey is an antioxidant that reduces inflammation, so it calms redness and irritation from a just-popped zit, and curcumin, the active ingredient in turmeric, fights the tyrosinase enzyme that is responsible for creating dark spots due to hyper-pigmentation.



2 For dull skin

Ingredients: Amla and tomato.

Directions: Add tomato cubes and amla powder to a blender. Blend it into a paste and apply it to your face. Let it sit for 20-25 minutes. Wash it off with cold water.

How does this amla face pack benefit dull skin? As well as shrinking pores, tomato seeds contain lycopene and beta-carotene, which reduce free radicals and boost collagen production. As a result of vitamin C's inhibition of melanin production when excessive, it also accelerates collagen production in addition to inhibiting the production of dark spots.

3 For oily skin

Ingredients: Amla and pose water.

Directions: Combine two portions of amla powder with some rose water. Apply the pack to your face. Leave it on for a few minutes, then wash it off once it dries.

How does this amla face pack benefit oily skin? A combination of the fatty acids present in amla oil treats acne, and nourishes and soothes the skin tissues; adding rose water to it makes it perfect for people with oily skin since it restores the pH balance of your skin and unclogs your pores.



4 For brightening and exfoliation

Ingredients: Amla powder and yogurt.

Directions: Mix Amla powder with yogurt to form a smooth paste. Gently massage the mixture onto damp skin in circular motions. Leave it on for 10-15 minutes, then rinse off with lukewarm water. Pat dry.

How does this Amla exfoliating mask benefit the skin? Amla helps to slough off dead skin cells, promoting a brighter complexion, while the lactic acid in yogurt helps to exfoliate and soften the skin, leaving it smoother and more radiant.

5 For Hydration and Anti-Aging

Ingredients: Amla juice and aloe vera gel.

Directions: Mix Amla juice with aloe vera gel in equal parts. Apply the mixture evenly to your face and neck. Leave it on for 20-30 minutes, then rinse off with cool water.

How does this face mask benefit the skin? Amla is rich in vitamin C, a powerful antioxidant that stimulates collagen production. This helps to improve skin elasticity and firmness while visibly reducing the appearance of fine lines and wrinkles over time. Aloe vera, on the other hand, delivers intense hydration and soothes the skin, making it ideal for dry, irritated, or aging skin. Together, this duo replenishes moisture, enhances skin texture, and leaves your skin looking plump, radiant, and youthful.

The Goan • 20 May • Ministry of Ayush

Tips to quickly reduce inflammation in the body

11 • PG | 683 • Sqcm | 102414 • AVE | 200K • Cir | Middle Left

Goa

Tips to quickly reduce inflammation in the body

Ria Majumdar

When your body comes in contact with a foreign body, allergen, or toxic chemical, it elicits a reaction from the immune system of your body. This reaction is known as inflammation. And while inflammation is good for the body in most cases because it cuts off infection and toxins from entering the body, if it turns chronic, it turns against the body and starts causing damage to the self, which includes causing cancer and autoimmune diseases. So, if you are wondering how to reduce inflammation in the body fast, here are 8 ways that will help you do that.

Add antioxidant-rich foods to your diet

Inflammation produces a lot of free radicals in the body, which are known to induce aging and organ damage. Since antioxidants scavenge and remove these toxins from your body, eating more antioxidant-rich food, like fruits and vegetables, is a great way to reduce inflammation in the body.



Cook your meals with turmeric

If you are an Indian, this point will sound like a no-brainer to you. But if you are not, here are the reasons why adding some turmeric to your food is a good idea:-

- It is a potent antioxidant.
- It has strong antimicrobial properties.
- It can boost your immunity and improve your general health.
- If you are not too fond of eating yellow food and curries, you can reap the benefits of turmeric by drinking a glass of turmeric milk every day before bed.



Count your glasses of wine

Studies have shown that a glass of wine every day has some mild anti-inflammatory effect on the body. But when you drink any more than that, it leads to the opposite. So, mind the number of glasses of wine you drink.

Drink green tea

While green tea won't succeed in solving deep-seated problems, this drink's soothing effect on your mind and body can help you reduce chronic inflammation to some extent.

Have more probiotics

Probiotics are edible food products that contain beneficial bacteria in them, which colonize your gut and prevent growth of pathogenic bacteria. This improves your gut health and reduces inflammation in the body.

Stay away from unhealthy food

Unhealthy foods, like sugary and deep-fried foods, are known to cause chronic inflammation in the body, especially the gut. So, cut them out of your diet if you are suffering from a long, drawn-out spell of inflammation.

Get proper sleep

Your brain needs adequate sleep to function on full steam. So, if you are sleeping too less because of work or are so stressed out that you are unable to sleep, you will soon develop signs of inflammation, especially inflammation in the brain.



Take care of your mental health

Excessive stress and anxiety are known to cause a lot of health problems in the body and induce a mental-health crisis. But did you know that they are also responsible for chronic inflammation? So, if you are unhappy or stressed out, you should seek therapy or start meditating for the peace of your mind.

The Goan • 19 May • Ministry of Ayush

How to stop your mind from wandering while you meditate

9 • PG | 951 • Sqcm | 142582 • AVE | 200K • Cir | Bottom Left

Goa

How to stop your mind from wandering while you meditate

Ria Majumdar

Let's face it: in this fast-paced world, where our minds are stimulated 24/7, the concept of meditation makes most people cringe away as too woo-woo and tough. After all, how do you stop your mind from wandering while you meditate? But what if I told you that, contrary to popular belief, meditation is not about sitting still and making your mind go blank? What if I told you that there are more than 144 techniques of meditation, most of which actually engage your mind actively? If that peaked your curiosity, the following article will change your mind about meditation forever.

The ridiculous expectation of mastering meditation on the first day

You don't walk into a gym for the first time in your life and expect to lift a 120 kg deadweight. Then why expect phenomenal success when you first try meditating? Meditation is not easy. Just like lifting weights is not easy. It takes time, effort, and constant practice to get better at both. So, the next time you meditate,don't expect amazing things to happen. Focus on your breath (like you would focus on the 1 kg dumbbell), stop comparing yourself to people who have been meditating for a while now (like you would not compare yourself to the bodybuilders at your gym), and just work on training your mind to return to your breath every time it wanders off. And do this without judging yourself.

Don't resist, "Be like water"

When Bruce Lee said his famous line "be like water", he was wisely telling people to stop resisting change. You can apply the same to meditation. When you sit down in your favored meditative pose and close your eyes, it will seem like your mind is deliberately trying to sabotage you by throwing a flurry of images and thoughts your way. But that's not the truth. In reality, your mind was busy the entire time. You just weren't quiet enough to witness the cacophony. So, the next time you meditate, don't reprimand yourself when your mind wanders off or keeps chiming about a problem in life. Be like water, stop resisting, and jump from thought to thought, aware that you are intentionally doing it. This is a form of mindful meditation that allows you to introspect your stresses and anxieties.

A stone in the middle of a river

Ever seen a large boulder sitting in the middle of a flowing river with churning, white eddies all around its base? The boulder does not stop the water from flowing. Instead, it sits in peace as the water bounds over and around it, smoothing its rough edges with every flow. Meditating on your breath is similar. So, don't admonish yourself or your thoughts. Allow them to flow over and around you, as you focus on your breath. Just like the rock does not follow the current of the river, don't follow your thoughts when they arise. Just observe them peacefully and maintain your attention on your breath. And if a thought manages to drag your attention away, don't be angry at it. Just let it go once you realize your mind wandered, and return to your breath.

Engage your five senses

This is my favorite method of mindful meditation because it allows your mind to naturally jump from one thing to another. Start by sitting in a comfortable position either on a chair with your feet firmly planted on the ground or cross-legged on the bed or the floor.

Then focus on what you can hear and jump from one sound to the next. Don't analyze what you hear. Just observe the sounds all around you: cars honking on the road, a vegetable vendor crying out the price of his wares, birds chirping, the fan blades whirring in your room. The more you let your mind observe the sounds around you, the sharper your sense of hearing will get.



Then, move onto your sense of smell. Smell the scents in the room with each breath. Sometimes you will smell nothing. But that is okay. Just smell.

Next, move on to the taste in your mouth. The flavor in your mouth will depend on the time of the day you are meditating and what you were doing before that. Don't judge anything or analyze. Just focus on the taste in your mouth. Then, focus on what you can see through your closed eyelids. And finally, focus on your sense of touch.

Feel your hands resting on your lap. The hair on your head moving gently as the wind brushes past them. The hardness or softness of the ground or chair underneath you. Shift your attention from one part of your body to another.

During your next session, you can try engaging all your senses at once. It will be difficult at first, but with practice, you will succeed in doing so.

Stop your mind from wandering

Meditation is about returning to square one: yourself. And so, to summarize:-

- Just like building muscles, you will find meditation difficult at first.
- Do not scold yourself when your mind wanders while you meditate. Instead, be like water, stop resisting your thoughts, and just be aware of them as they come and go.
- When focusing on your breath, allow your thoughts to rush past you. Don't judge them or try to stop them. Be like a peaceful boulder sitting in the middle of a flowing river.
- Focus and engage with each of your senses when you meditate. That will help you stay in the moment.

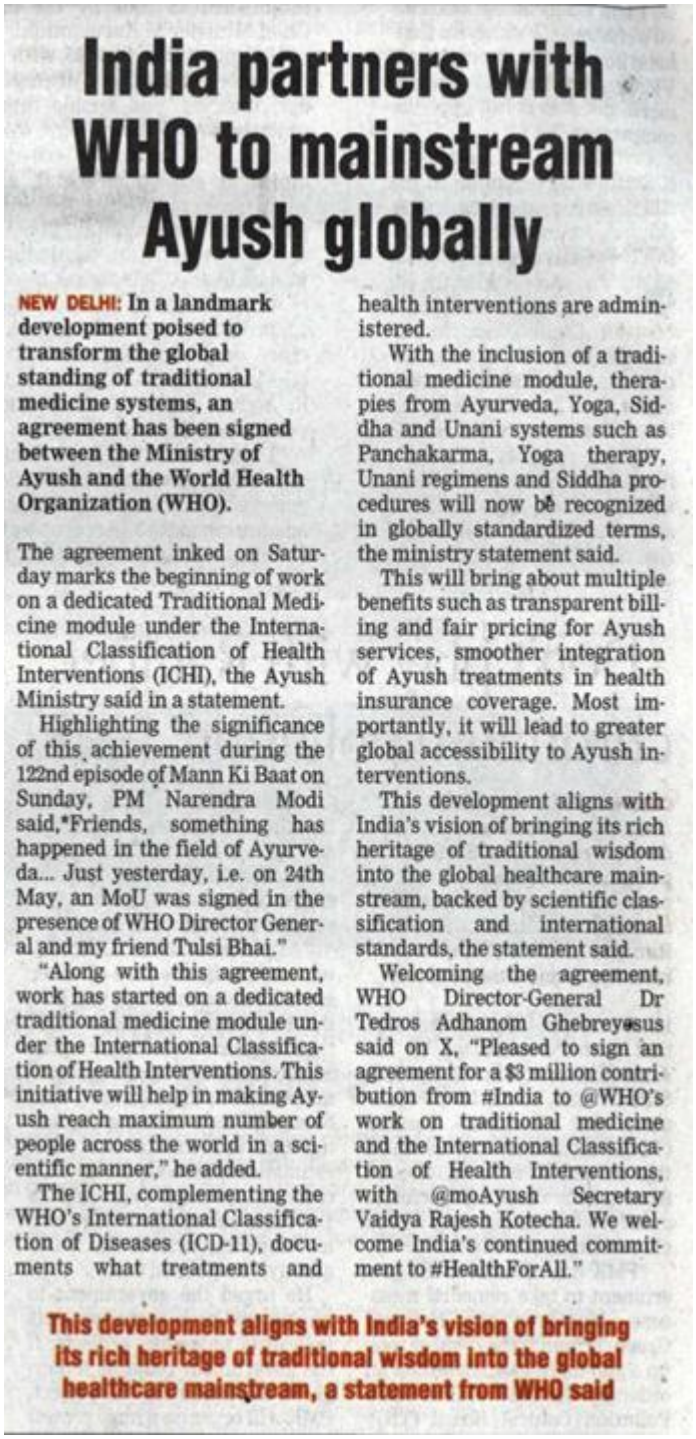
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Daily Thanthi Next • 26 May • Ministry of Ayush

India partners with WHO to mainstream Ayush globally

6 • PG | 172 • Sqcm | 137849 • AVE | 1.65M • Cir | Bottom Right

Chennai



India partners with WHO to mainstream Ayush globally

NEW DELHI: In a landmark development poised to transform the global standing of traditional medicine systems, an agreement has been signed between the Ministry of Ayush and the World Health Organization (WHO).

The agreement inked on Saturday marks the beginning of work on a dedicated Traditional Medicine module under the International Classification of Health Interventions (ICHI), the Ayush Ministry said in a statement.

Highlighting the significance of this achievement during the 122nd episode of Mann Ki Baat on Sunday, PM Narendra Modi said,"Friends, something has happened in the field of Ayurveda... Just yesterday, i.e. on 24th May, an MoU was signed in the presence of WHO Director General and my friend Tulsi Bhai."

"Along with this agreement, work has started on a dedicated traditional medicine module under the International Classification of Health Interventions. This initiative will help in making Ayush reach maximum number of people across the world in a scientific manner," he added.

The ICHI, complementing the WHO's International Classification of Diseases (ICD-11), documents what treatments and health interventions are administered.

With the inclusion of a traditional medicine module, therapies from Ayurveda, Yoga, Siddha and Unani systems such as Panchakarma, Yoga therapy, Unani regimens and Siddha procedures will now be recognized in globally standardized terms, the ministry statement said.

This will bring about multiple benefits such as transparent billing and fair pricing for Ayush services, smoother integration of Ayush treatments in health insurance coverage. Most importantly, it will lead to greater global accessibility to Ayush interventions.

This development aligns with India's vision of bringing its rich heritage of traditional wisdom into the global healthcare mainstream, backed by scientific classification and international standards, the statement said.

Welcoming the agreement, WHO Director-General Dr Tedros Adhanom Ghebreyesus said on X, "Pleased to sign an agreement for a $3 million contribution from #India to @WHO's work on traditional medicine and the International Classification of Health Interventions, with @moAyush Secretary Vaidya Rajesh Kotecha. We welcome India's continued commitment to #HealthForAll."

This development aligns with India's vision of bringing its rich heritage of traditional wisdom into the global healthcare mainstream, a statement from WHO said

The Daily Guardian • 26 May • Ministry of Ayush

PM MODI HAS SHOWN VISIONARY LEADERSHIP BY TAKING DECISION OF CASTE CENSUS: SAINI

4 • PG | 433 • Sqcm | 43301 • AVE | N/A • Cir | Top Left

Chandigarh

PM MODI HAS SHOWN VISIONARY LEADERSHIP BY TAKING DECISION OF CASTE CENSUS: SAINI

TDG NETWORK
CHANDIGARH



INCLUSIVITY

- CM emphasized that the caste census will provide accurate data on socio-economic conditions, enabling more effective policies for education, employment, and upliftment of deprived communities.
- The decision reflects the government's commitment to equality and development for all, aiming to raise living standards and promote inclusive growth across society.
- Saini criticized Congress for delaying the caste census for political gain and highlighted BJP's ongoing support for the poor through welfare schemes like Ujjwala Yojana and Ayushman Bharat.

Haryana Chief Minister Nayab Singh Saini said Prime Minister Narendra Modi has shown visionary leadership by taking the historic decision of conducting a nationwide caste census. This decision is an unprecedented step towards social justice which will pave the way to provide rights and opportunities to the most deprived and neglected sections of society.

The Chief Minister said this in the meeting of Chief Ministers and Deputy Chief Ministers of the National Democratic Alliance (NDA) chaired by Prime Minister Narendra Modi in New Delhi today. In this meeting, a resolution was passed praising the valour of the armed forces in Operation Sindoor and the courageous leadership of the Prime Minister. Along with PM, Union Home Minister Amit Shah, Defence Minister Rajnath Singh and BJP National President Jagat Prakash Nadda also attended this one-day conference. The Chief Minister said the mantra of the government 'Sabka Saath, Sabka Vikas and Sabka Vishwas' has been vividly manifested in this decision.

The caste census will help in understanding the socio-economic condition of the deprived communities, which will lead to targeted policies for their education, employment and overall progress. This effort reflects the unwavering commitment to bring the light of development to every corner of society. He said the caste census will accurately assess the real condition of various communities, making the schemes more effective. This is part of the vision of the government, which focuses on providing equal opportunity and respect to every Indian. This step of the government will raise the standard of living of the most vulnerable sections of society, which is another example of people-centric governance.

The Chief Minister said the Prime Minister showed his generosity and foresight by accepting this long-standing demand. This move proves that the government respects the views of all and is capable of taking big decisions in national interest and this leadership will bring more glory to India on the global platform.

Nayab Singh Saini said the Congress only did politics on the issue of caste census for a long time. By repeatedly postponing the issue and using it as a political weapon, the party not only stopped the progress towards social justice but also promoted division in society on caste basis. He said this hindered the deprived communities from getting their fair share and benefits of government schemes. He said the government has repeatedly proved its sensitivity towards the poor and deprived with revolutionary schemes like Ujjwala Yojana, Ayushman Bharat, PM Awas Yojana and Jan Dhan Yojana. Now, the decision of caste census will further strengthen these efforts, so that every section can take advantage of the welfare governance of the government.

The Chief Minister said this decision of the government for the underprivileged will be written in golden letters in the history of India. This historic decision of the Prime Minister has ushered in a new era of social justice and equality. With this, India is becoming empowered not only economically but also morally and socially.

The Daily Guardian • 26 May • Ministry of Ayush

CHHATTISGARH'S BASTAR MODEL PRAISED AT NDA CMS' MEET

5 • PG | 387 • Sqcm | 38713 • AVE | N/A • Cir | Top Left

Chandigarh

CHHATTISGARH'S BASTAR MODEL PRAISED AT NDA CMS' MEET

AJIT MAINDOLA
NEW DELHI

The Chhattisgarh government has received special appreciation for its development model and innovative initiatives at the Chief minister's conclave chaired by Prime Minister Narendra Modi.

The presentation made by Chief Minister Vishnu Deo Sai on the Bastar Olympics and Bastar Pandum captivated the attention of the Prime Minister and other participating Chief Ministers. Chhattisgarh Deputy Chief Ministers Vijay Sharma and Arun Sao also attended the conclave.

Chhattisgarh Chief Minister Vishnu Deo Sai highlighted the state's efforts toward good governance and informed that Chhattisgarh has institutionalized transparency and efficiency by creating a dedicated Department of Good Governance and Convergence. Schemes in the state are being closely monitored through digital tools like the Atal Monitoring Portal, ensuring timely grievance redressal and real-time performance tracking, he added.

"Our goal is not just to launch schemes but to ensure they are implemented honestly and effectively on the ground," the Chief Minister said while addressing the conclave at the Ashok Hotel in New Delhi.



Odisha Chief Minister Mohan Charan Majhi, Chhattisgarh Chief Minister Vishnu Deo Sai, Madhya Pradesh Chief Minister Mohan Yadav and others during the NDA Chief Ministers and Deputy Chief Ministers meeting, in New Delhi on Sunday. ANI

A key focus of the meeting was the effective implementation of Central government's flagship schemes. CM Sai shared that programme such as the Pradhan Mantri Awas Yojana, Ujjwala Yojana, Ayushman Bharat, and Jal Jeevan Mission have been successfully delivered to the grassroots in Chhattisgarh through Gram Sabhas, public outreach, and technology-led interventions.

The highlight of the session was a special presentation on Bastar Olympics and Bastar Pandum, two major socio-cultural initiatives. Referring to PM Modi's inspiring call of "Khelo ge India, Jeetoge India," the Chief Minister said that Chhattisgarh has turned this vision into a grassroots reality through these two initiatives.

He explained that Bastar Olympics is not merely a sporting event, but a social movement that has replaced guns with javelins, arrows, and balls in the hands of the youth. The event saw participation from 1.65 lakh athletes across 32 development blocks in 7 districts, conducted over 40 days in three levels - block, district, and division.

The competition featured 11 traditional tribal games, including archery, running, kho-kho, kabaddi, and tug-of-war. Participants were divided into four categories - junior, senior, surrendered Naxals, and differently-abled. What stood out was the enthusiastic participation from remote villages, especially by women and people with disabilities.

During his presentation, CM Sai shared the inspiring story of Punem Sanna, a wheelchair athlete from Dornapal - once a region affected by Naxal violence. Today, Sanna is a medalist and a role model for youth across the region. It is noteworthy that PM Modi had earlier appreciated Bastar Olympics during his 'Mann Ki Baat' broadcast, calling it "a celebration of Bastar's soul."

The Daily Guardian • 24 May • Ministry of Ayush

Sakeena Itoo assures major healthcare, education upgrades

6 • PG | 282 • Sqcm | 28192 • AVE | N/A • Cir | Bottom Center

Chandigarh

Sakeena Itoo assures major healthcare, education upgrades

AJAY JANDYAL
ANANTNAG



During the visit, the Minister inspected Sub-District Hospital (SDH) Kokernag, Primary Health Centres (PHCs) at Larnoo, Gadole, and Wandevelgam, as well as Government Degree College (GDC) Larnoo.

Minister for Health and Medical Education, Social Welfare, and Education, Sakeena Itoo today conducted a comprehensive tour of the Kokernag Constituency to review the functioning and infrastructure of healthcare facilities and educational institutions in the region.

She was accompanied by MLA Kokernag Choudhary Zafar Ali Khatana, MLA Zainapora Showkat Hussain Ganie, along with senior officials including the Directors of Social Welfare, School Education, Colleges, Health Services, Family Welfare & Immunization, and AYUSH J&K, as well as ADC Anantnag, SDM Kokernag, and other departmental officers.

During the visit, the Minister inspected Sub-District Hospital (SDH) Kokernag, Primary Health Centres (PHCs) at Larnoo, Gadole, and Wandevelgam, as well as Government Degree College (GDC) Larnoo. She took a firsthand assessment of the services, infrastructure, and staff performance at these institutions.

At SDH Kokernag, Minister Sakeena toured various departments, interacted with healthcare staff and patients, and sought feedback on service delivery. She assured the public that significant upgrades—including the establishment of an oxygen plant, a blood bank, and dialysis facilities—would be undertaken in the coming months to enhance medical services for the local population. During inspections at PHCs in Larnoo, Gadole, and Wandevelgam, she engaged with local healthcare workers and reviewed strategies for improving service quality and accessibility in these remote areas.

At GDC Larnoo, the Minister evaluated the college's infrastructure, faculty strength, and educational facilities. She interacted with both students and faculty members, encouraging feedback on academic standards and campus development.

Throughout the tour, Minister Sakeena Itoo met with public delegations and individuals, listening to their concerns and suggestions. She reiterated the Omar Abdullah-led Government's commitment to strengthening both healthcare and education infrastructure across Jammu and Kashmir.

"Providing accessible and quality healthcare and education to our people remains a top priority," she said, assuring citizens that their concerns would be addressed promptly for the betterment and progress of Kokernag and its surrounding areas.

The Daily Guardian • 24 May • Ministry of Ayush

How to keep the heart full

15 • PG | 486 • Sqcm | 48556 • AVE | N/A • Cir | Bottom Left

Delhi

How to keep the heart full



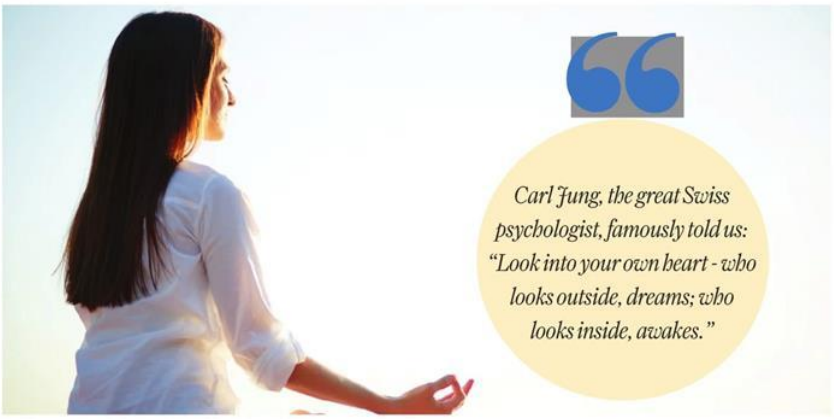
NEVILLE HODGKINSON

Have you noticed that out of the many books, articles and videos offering guidance on how to improve our lives, a large number focus on strengthening self-respect? It is clearly a great need of our times.

Much practical wisdom is shared on topics such as becoming emotionally self-sufficient, setting boundaries, and not looking for approval from others. But how does this advice fit in with centuries-old teachings urging us to care for one another? That to give, is to receive? The answer is that such giving does work, but it must come naturally, from the heart. And for that, we have to know how to keep the heart full.

Lack of self-respect is not the root of our problem. Rather, it is a hollow in our hearts that comes from not knowing our spiritual selves. There is an essence to us that connects us to the flow of life. When we think and act in ways that align with this essence, the sky is the limit as to the happiness and fulfilment we can find in being. This then spills over into our relationships, bringing genuine benefit to those with whom we share our lives, without making them feel they owe us anything.

Our essence has this incredibly constructive, beautiful, creative potential. It is natural, it is truth, and it needs to be re-experienced and regularly savoured in order to charge the battery of our well-being. Choose the company of thoughts, as well as other people, which help it grow. Love yourself! Practise remaining positive in the face of challenges. Accept people and circumstances for who and what they are, but do not remain chained to a life that does not feel you. When you experience that love and appreciation are your true nature, you will be able to stop focusing on people's defects, and see their strengths instead.



Look into your own heart - who looks inside, awakes.

Carl Jung, the great Swiss psychologist, famously told us: "Look into your own heart - who looks outside, dreams; who looks inside, awakes."

Carl Jung, the great Swiss psychologist, famously told us: "Look into your own heart - who looks outside, dreams; who looks inside, awakes." Once we have awoken to the beauty of the inner being, we do not have to fight to maintain our respect, by chasing the approval of others. We will automatically find the clarity and courage to say no to things that do not reflect it.

Meditation is all about looking inside, dropping negative habits of thought and beliefs that hold us back in life, and becoming alert to the inner strength and beauty that are our natural inheritance from the One above.

Neville Hodgkinson is a UK-based author and journalist, and a long-time student of Rajyoga.

A THOUGHT FOR TODAY

Happiness is generative. It is experienced as an abundance of good feelings. To be happy, I must accumulate pure karma. Giving is the karma that increases my happiness. Today let me generate happiness through pure intentions and actions.

The Daily Guardian • 23 May • Ministry of Ayush

Tailored skincare with Ayurveda: A guide to different skin types

14 • PG | 352 • Sqcm | 35223 • AVE | N/A • Cir | Middle Center

Delhi

Tailored skincare with Ayurveda: A guide to different skin types

SHAHNAZ HUSAIN



As a pioneer in herbal beauty care and Ayurveda, I have always believed that true skincare begins with understanding your unique skin type. Each skin type has its own set of needs and challenges, and the key to radiant, healthy skin lies in a customised regimen—rooted in nature and backed by time-tested Ayurvedic wisdom.

Know Your Skin Type Before You Care for It

Nature has gifted us with different skin types, and recognising yours is the first step toward creating a regimen that brings out your natural beauty. Broadly, skin types fall into three categories: dry, oily, and combination.

Dry Skin

Dry skin often feels stretched, looks dull, and may show fine lines prematurely, especially around the eyes and mouth. This skin type is particularly sensitive to weather changes and needs constant hydration.

My Ayurvedic Recommendation:

Choose a gentle, hydrating face wash. Exfoliate once a week with a fine-grain scrub like Shascrub, formulated with herbal extracts that gently buff away dead cells. Use a rich moisturiser and night serum with herbal actives to lock in moisture. Stick to chemical-free formulations, as dry skin reacts adversely to synthetic ingredients.

Oily Skin

Characterised by shine, enlarged pores, and a tendency for breakouts, oily skin attracts grime and pollutants, making it prone to blackheads and acne.

My Ayurvedic Recommendation:

Use oil-free products, particularly Shasilk Plus – Matte Moisturiser, to balance sebum production without clogging pores. Cleanse with a gentle herbal face wash enriched with neem and tulsi, nature's purifiers. Follow with a rose-based toner or face mist to soothe and tighten pores. Consistent cleansing and toning are essential to manage oily skin effectively.

Combination Skin

If your T-zone (forehead, nose, and chin) is oily, but your cheeks are dry or normal, you have combination skin—the most common yet complex type to manage.

My Ayurvedic Recommendation:

Choose a soap-free cleanser that maintains balance. Use a mild exfoliant twice a week and apply Shaglow Premium Moisturiser, which hydrates without making the skin greasy. Toners are essential—especially rose or cucumber-based ones—to refresh and balance your skin.

For Sensitive Skin

I have often seen individuals suffer from redness, irritation, or allergic reactions, which are signs of sensitive skin. These issues may stem from incompatible products, diet, or even weather changes.

My Ayurvedic Recommendation:

Stick to herbal, chemical-free skincare. Avoid harsh scrubs and opt for gentle exfoliation once a week. Use cooling ingredients like aloe vera, cucumber, and mint to calm inflammation. Always patch-test a new product before use.

Universal Tips for Glowing Skin

Regardless of your skin type, there are golden rules you must never ignore:

- Never skip sunscreen. Sun protection is your first defence against ageing and pigmentation.
- Remove all makeup before bed. Your skin needs to breathe and renew at night.
- Use a night serum. It hydrates and revitalises the skin during its repair phase.
- Stay hydrated. Drink plenty of water, especially in hot weather, to maintain skin elasticity and glow.
- Avoid synthetic products. Trust the healing power of herbs and Ayurveda.

For over five decades, I have worked to bring the legacy of Ayurveda to modern beauty, believing that nature has the answer to every skin concern. By aligning your skincare routine with your skin type and using time-tested herbal remedies, you can achieve flawless, glowing skin—the Ayurvedic way.

Shahnaz Husain is a globally renowned pioneer of Ayurveda-based beauty and founder of The Shahnaz Husain Group.

The Daily Guardian • 23 May • Ministry of Ayush

Tailored skincare with Ayurveda:A guide to different skin types

16 • PG | 351 • Sqcm | 35061 • AVE | N/A • Cir | Bottom Right

Chandigarh

Tailored skincare with Ayurveda: A guide to different skin types

SHAHNAZ HUSAIN

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The Daily Guardian • 21 May • Ministry of Ayush

INCLUSION, COLLABORATION KEY TO HEALTHY WORLD

1, 5 • PG | 622 • Sqcm | 62245 • AVE | N/A • Cir | Middle Center,Top Left

Chandigarh

'INCLUSION, COLLABORATION KEY TO HEALTHY WORLD'

Virtually addressing World Health Assembly in Geneva, PM Modi says theme of session 'One World for Health' aligns with India's vision

TDG NETWORK
NEW DELHI

Prime Minister Narendra Modi addressed the 78th Session of the World Health Assembly in Geneva virtually from New Delhi on Tuesday, highlighting India's contributions to global health initiatives under the unifying theme of "One World for Health."

PM Modi mentioned India's Ayushman Bharat scheme, the world's largest health insurance programme, which covers 580 million people and provides free treatment.

He outlined three cores for the future of a healthy world -- inclusion, integrated vision and collaboration.

INDIA OFFERS SUSTAINABLE MODEL: PM

- The future of a healthy world depends on inclusion, integrated vision and collaboration, said the PM
- Emphasizing that inclusion is at the core of India's health reforms, PM Modi highlighted Ayushman Bharat, the world's largest health insurance scheme, which covers 580 million people and provides free treatment.
- This programme was recently extended to cover all Indians above 70 years, said PM Modi.
- Highlighting that the Global South is particularly impacted by health challenges, PM Modi stressed that India's approach provides replicable, scalable, and sustainable models.



PM Narendra Modi addresses the 78th Session of the World Health Assembly in Geneva, Switzerland, on Tuesday. ANI

"The future of a healthy world depends on inclusion, integrated vision and collaboration. Inclusion is at the core of India's health reforms. We run Ayushman Bharat - the world's largest health insurance scheme. It covers 580 million people and provides free treatment. This program was recently extended to cover all Indians above 70 years," said PM Modi.

He emphasised India's network of health and wellness centres, which screen and detect diseases like cancer, diabetes, and hypertension.

"We have a network of thousands of health and wellness centres. They screen and detect diseases

P5

'Inclusion, collaboration key to healthy world'

CONTINUED FROM P1

such as cancer, diabetes and hypertension. Thousands of public pharmacists provide high-quality medicines at far less than the market price," added PM Modi.

Highlighting the role of technology in improving health outcomes, Modi underscored India's digital initiatives like the digital platform that tracks the vaccination of pregnant women and children and the unique digital health identity system, which is helping integrate benefits, insurance, records, and information.

"The health of the world depends on how well we care for the most vulnerable," the Prime Minister asserted.

Noting that the Global South is particularly impacted by health challenges, Modi stressed that India's approach provides replicable, scalable, and sustainable models.

He expressed India's willingness to share its learnings and best practices with the world, especially with the Global South.

PM Modi invited countries to participate in the International Day of Yoga, with the theme "Yoga for One Earth One Health."

"In June, the 11th International Day of Yoga is coming up. This year's theme is 'Yoga for One Earth One Health.' Being from the nation that gave yoga to the world, I invite all countries to participate," said PM Modi.

PM Modi congratulated the WHO and member states on the successful negotiations of the INB Treaty, aimed at fighting future pandemics with greater cooperation.

"I congratulate the WHO and all Member States on the successful negotiations of the INB Treaty. It is a shared commitment to fight future pandemics with greater cooperation while building a healthy planet. Let us ensure that no one is left behind," he said.

The INB was established in December 2021, at a special session of the World Health Assembly, bringing together Member States and relevant stakeholders, including international organizations, private sector, and civil society.

At the World Health Assembly in June 2024, governments made concrete commitments to complete negotiations on a global pandemic agreement within a year. The upcoming Assembly, starting May 19, 2025, will consider the proposal developed by the INB and decide whether to adopt the instrument under Article 19 of the WHO Constitution.

The Daily Guardian • 20 May • Ministry of Ayush

FOOD AND NUTRACEUTICALS FOR A HEALTHY PREGNANCY: BUILDING BLOCKS FOR MOM AND BABY

14 • PG | 398 • Sqcm | 39787 • AVE | N/A • Cir | Middle Left

Delhi

FOOD AND NUTRACEUTICALS FOR A HEALTHY PREGNANCY: BUILDING BLOCKS FOR MOM AND BABY



FOOD IS MEDICINE

DR ANISH DESAI

Pregnancy is one of the most nutritionally demanding phases in a woman's life. A mother's diet not only supports her health but also lays the foundation for her baby's growth, development, and long-term well-being. Alongside a balanced intake of wholesome foods, nutraceuticals bioactive compounds derived from food with potential health benefits play a vital role. Together, they help meet the increased nutritional demands of pregnancy, support placental function, and contribute to healthier outcomes for both mother and child.

The Power of a Balanced Diet

A well-balanced diet rich in whole grains, fruits, vegetables, lean proteins, dairy, and healthy fats provides the essential nutrients needed for pregnancy. These include folate, iron, calcium, omega-3 fatty acids, and fiber vital for fetal development, placental function, and maternal health.

• Leafy greens, lentils, and citrus fruits are excellent sources of folate.

• Dairy products, almonds, and sesame seeds help meet increased calcium needs.

• Fatty fish provides DHA, a type of omega-3 fatty acid essential for brain and vision development.

However, diet alone may not always meet these elevated requirements, especially in cases of nausea, aversions, or dietary restrictions.

As the fetus and placenta rapidly develop, the demand for nutrients increases. The placenta, which regulates nutrient exchange and hormone production, is sensitive to maternal nutrition. Poor placental development can lead to complications such as pre-eclampsia, fetal growth restriction, and preterm birth. Certain nutraceuticals have shown the ability to influence placental health by modulating inflammation, oxidative stress, and even gene expression.

A well-balanced diet rich in whole grains, fruits, vegetables, lean proteins, dairy, and healthy fats provides the essential nutrients needed for pregnancy.

• Folic acid is one of the most established nutraceuticals in pregnancy. It prevents neural tube defects and supports DNA synthesis.

• Omega-3 fatty acids (especially DHA) help reduce inflammation and lower the risk of gestational hypertension and preterm labor.

• Vitamin D supports immune function and vascular health in the placenta.

• Calcium, often combined with vitamin D, supports bone development and helps manage maternal blood pressure.

While nutraceuticals offer benefits, not all are safe or necessary for every pregnant woman. . Some may interfere with medications or hormonal function.Pregnancy nutrition isn't about eating for two it's about eating smart. A diet based on whole foods, combined with medically recommended nutraceuticals, can promote a healthier pregnancy and give your baby the best start in life. Always consult your doctor or dietitian before starting any supplements.



The Daily Guardian • 20 May • Ministry of Ayush

WARNING SIGNS IGNORED: HOW DIET IS DRIVING ABDOMINAL CANCERS

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Delhi

WARNING SIGNS IGNORED: HOW DIET IS DRIVING ABDOMINAL CANCERS

TDG NETWORK
JAIPUR

Dr. Shashikant Saini has observed that in recent years, there has been a noticeable surge in abdominal cancer cases across India, especially in Rajasthan. This alarming trend is largely attributed to modern dietary habits that heavily rely on processed, fried, and overly spiced foods. Urban populations, in particular, have embraced unhealthy eating patterns, contributing significantly to this health crisis.

According to the National Cancer Registry Program (NCRP), India reports over two lakh new cases of abdominal cancer annually. These include cancers of the colon, rectum, stomach (gastric), liver, pancreas, bladder, and kidneys. Among these, colon and gastric cancers are particularly prevalent. Rajasthan is witnessing a sharp increase, with abdominal cancer cases rising by 20-25% each year. This rise is most evident in urban regions, where fast-paced lifestyles, junk food consumption, tobacco use, and chronic stress have become common.

UNDERSTANDING ABDOMINAL CANCER

Abdominal cancer is a term used to describe cancers that develop in the organs located within the abdominal cavity. These include several vital organs, and cancer in any of them can significantly affect overall health. Common types of abdominal cancer include colon cancer (affecting the large intestine), rectal cancer (in the rectum), gastric cancer (in the stomach), liver cancer, pancreatic cancer, bladder cancer, and kidney cancer. Each of these cancers has its own causes, risk factors, and symptoms, but many share a link with lifestyle habits, particularly diet and tobacco use. Early detection and timely treatment are essential to improve outcomes and quality of life for affected individuals.

While each type has its own specific causes and symptoms, the overarching link between them is lifestyle—particularly dietary habits and overall digestive health.

THE DIET-CANCER CONNECTION

Processed and packaged foods, excessive consumption of oil and spices, along with high intake of red meat and low fiber diets, are some of the key dietary contributors to abdominal cancers. These foods lack essential nutrients and are high in carcinogens, which can lead to inflammation, impaired digestion, and cellular mutations in abdominal organs. Moreover, a sedentary lifestyle and tobacco or alcohol use further aggravate the risk.

IMPORTANCE OF EARLY DETECTION

A major challenge in abdominal cancer treatment is delayed diagnosis. Many patients ignore early signs, which can be subtle yet critical. Dr. Shashikant Saini emphasizes the need for public awareness and regular checkups, especially for high-risk individuals. Common symptoms that should not be ignored include:

Persistent abdominal pain or a feeling of heaviness, chronic constipation or diarrhea, blood in the stool, loss of appetite, or sudden and unexplained weight loss can all be early warning signs of abdominal cancer. Other concerning symptoms include swelling or lumps in the abdomen, frequent vomiting or nausea, and changes in urinary habits such as blood in the urine or increased frequency of urination. These symptoms are often overlooked or mistaken for minor digestive issues, but they may indicate serious underlying conditions. Early medical consultation is crucial for timely diagnosis and effective treatment. Recognizing these symptoms early can significantly improve the chances of successful treatment and recovery.







ADVANCEMENTS IN TREATMENT: A MULTI-DISCIPLINARY APPROACH

Thanks to medical advancements, the treatment of abdominal cancer has become more precise and patient-friendly. Dr. Saini notes that treatment strategies now rely on a multidisciplinary approach, involving oncologists, gastroenterologists, radiologists, and surgeons working collaboratively to offer personalized care.

A major challenge in abdominal cancer treatment is delayed diagnosis. Many patients ignore early signs, which can be subtle yet critical.

Minimally invasive techniques such as laparoscopic surgery are becoming standard in many cancer centers. These surgeries require smaller incisions, which lead to quicker recovery, less postoperative pain, and minimal hospital stay. Depending on the cancer type and stage, treatments may include surgery, chemotherapy, radiation therapy, immunotherapy, or targeted therapy.

STOMA CARE: A CRUCIAL SUPPORT SYSTEM

An often-overlooked aspect of abdominal cancer treatment is post-operative care, especially for patients who undergo surgeries requiring a stoma—a surgically created opening for the removal of bodily waste.

BMCHRC (Bhagwan Mahaveer Cancer Hospital and Research Centre) in Rajasthan stands out as the only facility in the state offering a dedicated stoma clinic. This clinic provides not only medical assistance but also emotional and psychological support to stoma patients. The facility offers:

- Training on stoma care: Cleaning, dressing, and bag changing
- Expert counseling: Helping patients adapt to their new lifestyle
- Support groups: Connecting patients with others facing similar challenges
- Such holistic care ensures that patients lead dignified and independent lives after surgery.

The rise in abdominal cancer cases is a wake-up call for both the public and healthcare systems. Prevention is the first line of defense—adopting a balanced diet rich in fiber, fruits, and vegetables, reducing intake of processed foods, staying physically active, and avoiding tobacco and alcohol can dramatically lower cancer risk. Awareness, early detection, and a comprehensive treatment approach are key to combating this disease.

With better medical infrastructure like minimally invasive surgeries and dedicated facilities like the stoma clinic at BMCHRC, patients now have a stronger chance of recovery and a better quality of life post-treatment.

The Daily Guardian • 13 May • Ministry of Ayush

Boost your immunity: Essential steps for better health

10 • PG | 556 • Sqcm | 55583 • AVE | N/A • Cir | Middle Center

Delhi

Boost your immunity: Essential steps for better health

TDG NETWORK
JAIPUR

A strong immune system is essential for protecting the body against infections, illnesses, and diseases. The immune system acts as a defense mechanism, identifying and eliminating harmful pathogens like viruses, bacteria, and toxins that could otherwise cause harm. However, factors such as stress, poor diet, lack of sleep, and sedentary lifestyles can weaken immunity. This makes it crucial to adopt a healthy lifestyle and incorporate habits that enhance immune function. Here's how you can improve your immunity naturally.

1. BALANCED DIET FOR A STRONGER IMMUNE SYSTEM

The food we eat plays a significant role in boosting immunity. A well-balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides essential nutrients that support immune function. Vitamins such as vitamin C, vitamin D, and minerals like zinc are especially important for the immune system.

Vitamin C: Found in citrus fruits, strawberries, bell peppers, and broccoli, vitamin C is known to enhance the production of white blood cells, which fight infections.

Vitamin D: This vitamin helps activate immune cells and is found in fatty fish, fortified dairy, and eggs. Spending time in the sun also helps the body produce vitamin D.

Zinc: This mineral is crucial for maintaining immune cell function and can be found in foods like nuts, seeds, legumes, and lean meats.

2. REGULAR EXERCISE

Exercise is not only good for overall health but also boosts the immune system. Regular physical activity improves blood circulation, allowing immune cells to move more freely throughout the body. It also helps regulate inflammation and promotes a healthy body weight.

Moderate exercise, such as brisk walking, swimming, or cycling, for at least 30 minutes most days of the week, is beneficial. However, excessive exercise without proper rest can actually suppress immune function, so it's essential to maintain a balance.

3. ADEQUATE SLEEP

Sleep is vital for maintaining a healthy immune system. When we sleep, the body undergoes repair and regeneration, and immune function is optimized. Lack of sleep can impair the production of immune cells, making the body more susceptible to infections.

Adults should aim for 7-9 hours of quality sleep each night. To improve sleep quality, establish a regular sleep schedule, create a relaxing bedtime routine, and make the sleep environment conducive to rest, such as by keeping the room cool and dark.

4. MANAGING STRESS

Chronic stress has been shown to suppress the immune system, making the body more vulnerable to illness. When stressed, the body produces cortisol, a hormone that, in excess, can impair immune function. Therefore, managing stress is crucial for improving immunity.

Effective stress-management techniques include deep breathing exercises, meditation, yoga, and mindfulness. Engaging in activities that promote relaxation and joy, such as spending time with loved ones or pursuing hobbies, can help lower stress levels.

5. HYDRATION

Staying hydrated is essential for overall health, including the proper functioning of the immune system. Water helps flush out toxins from the body, supports nutrient absorption, and maintains the health of mucosal membranes, which act as barriers to pathogens.

Aim to drink at least 8 glasses (2 liters) of water a day, but more may be necessary if you are physically active or in hot climates. Herbal teas and water-rich foods like fruits and vegetables can also contribute to hydration.







6. PROBIOTICS FOR GUT HEALTH

The gut plays a major role in immunity, as about 70% of the immune system resides in the gut. A healthy gut is essential for proper immune function, and probiotics—beneficial bacteria found in fermented foods—help maintain a balanced gut microbiome.

Include foods like yogurt, kefir, sauerkraut, kimchi, and kombucha in your diet to boost gut health and, consequently, immune health. If necessary, you can also take probiotic supplements after consulting a healthcare professional.

7. AVOID SMOKING AND EXCESSIVE ALCOHOL

Smoking and excessive alcohol consumption can damage the immune system and make it harder for the body to fight infections. Smoking weakens the respiratory system, while alcohol impairs the production and function of immune cells.

Quitting smoking and limiting alcohol intake can significantly improve immune function and overall health. If you're struggling to quit, seek support from healthcare professionals or support groups.

8. REGULAR HANDWASHING AND HYGIENE PRACTICES

In addition to strengthening the immune system from within, practicing good hygiene is crucial for preventing infections. Regular handwashing with soap and water, especially before eating or after being in public places, can help reduce the risk of infection.

Avoid touching your face, especially the eyes, nose, and mouth, as these are the entry points for viruses and bacteria. Keeping your living environment clean and practicing proper food hygiene are also essential steps in preventing the spread of infections.

Improving immunity requires a holistic approach that includes proper nutrition, regular exercise, adequate sleep, stress management, and good hygiene. By adopting these healthy habits, you can strengthen your immune system, increase your body's resilience to illness, and enjoy better overall health. Remember, a healthy immune system is not only about avoiding sickness but also about ensuring your body can repair and protect itself effectively. With consistent efforts, you can give your immune system the support it needs to keep you healthy and thriving.

The Daily Guardian • 13 May • Ministry of Ayush

The health of medicine

14 • PG | 376 • Sqcm | 37594 • AVE | N/A • Cir | Middle Center

Delhi

The health of medicine

TDG NETWORK

Maharishi Charaka, the ancient Indian physician and scholar who has made significant contributions to the field of Ayurveda, pronounced with clarity the ethics of medical profession. It is famously known as the Charaka Shapath, wherein he puts forth as follows:

As a physician:

- I shall always use my knowledge for the welfare of mankind
- I shall always be ready to serve patients, even if I am extremely busy and tired
- I shall not harm any patient for the sake of monetary or selfish gains
- I shall not entertain a desire for pleasure, greed or wealth
- Immorality shall not emerge even in my thoughts
- I shall not divulge the confidentiality that is required to be kept

His ideology is the ideal of healthcare in ancient India. The key words from the above Shapath could be – 1welfare of all, 2service above self, 3selfishness will not supersede service, 4monetary gains will take a backseat, 5no place for greed and pleasure, and 6immoral thoughts have no space.

In fact, Maharishi Charaka began the Shapath with ethics for medical students, even before he elucidated the ethics for the medical professionals, when he said:

During the period of my study:

- I shall live a disciplined life with my teachers and peers



- My action shall be guarded, service oriented, and free from envy and indiscipline
- I shall be patient, obedient, humble, constantly contemplative and calm
- I shall focus my efforts and abilities towards the desired goal of my profession

This is indeed ideal, for it is so important to focus on the ethics of medical students during their training years itself, so that they come out as capable, virtuous, and committed healthcare professionals.

The Hippocratic Oath which was adopted by the World Medical Association based in Geneva in 1948 states the same ethics and values for physicians:

- I will benefit my patients according to my greatest ability and judgement
- I will do no harm or injustice to my patients
- In purity and according to divine law will I carry out my life and art
- I shall not perform any action of corruption and impropriety
- I shall keep up the confidentiality of my patients

The idea is amply clear, irrespective of who wrote the oath, the circumstances in which it was written, and the culture that inspired the oath.

The word 'medicine' originates from its Latin roots '*medicina*' or '*mederi*', which means 'healing.' Therefore, if we pause to understand medicine in its true sense, it is not just about treating, performing



a procedure, and at times conducting a commercial exercise wherein the canons of care and justice are forgotten.

Medicine is essentially about healing the whole person in body, mind and spirit. While the skills and knowledge of a doctor does the diagnoses and treatment, the heart of a doctor should exude compassion to heal the patient completely from inside out – this is the art of true medicine. Compassion should reign over care, and then everything else about medical ethics would fall in place.

The simple question that every medical professional should ask themselves is 'what would I do if this patient was my own family member and a close associate?' The answer that comes from within, will itself guide a medical professional to do the right thing.

The Indian way is to consider a doctor as God – *vaidyo narayano harih*. The reverse would also hold true which is to treat every patient as God and hence give them the best care, while also striving to erase commerce from care.

May the World Health Day be a reason to restore the ethics of true medicine in the heart and soul of every person who is walking the corridors of medicine in multiple capacities.

The Daily Guardian • 13 May • Ministry of Ayush

Blending science and tradition: Precision oncology meets Ayurveda in cancer care

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Delhi

Blending science and tradition: Precision oncology meets Ayurveda in cancer care

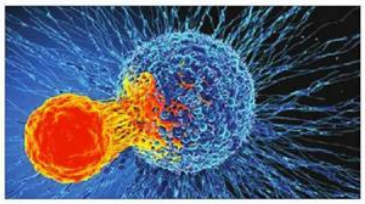
TIKAM SHARMA
NEW DELHI

The Art of Healing Cancer is revolutionizing cancer care by addressing the limitations of conventional treatments through a fusion of DNA-guided therapies and integrative practices such as Ayurveda. These innovative approaches have shown promising outcomes, even among patients diagnosed with stage-four cancer.

Recently, esteemed oncologist and AIIMS alumnus Dr. Mandeep Singh Malhotra led a significant discussion on the future of oncology. Advocating for a holistic and multidisciplinary treatment philosophy, Dr. Malhotra emphasized that blending advanced precision medicine with time-tested traditional therapies can enhance patient outcomes.

In alignment with its mission, Art of Healing Cancer hosted an exclusive Media Meet and Greet to foster conversation around cutting-edge cancer therapies. The event spotlighted emerging strategies that integrate genomic-based treatment plans with Ayurvedic and naturopathic principles—offering renewed hope for patients facing advanced-stage cancers.

"The best way to treat cancer is through deep understanding," noted Dr. Mandeep Singh, Chief Oncologist at Art of Healing Cancer. "By applying precision oncology to uncover the genetic mutations driving the disease, we can tailor therapies—including chemotherapy, immunotherapy, and Ayurvedic interventions—while executing surgery and radiation with exacting precision. Diet and lifestyle adjustments also play a crucial role in reducing treatment-related side effects and preventing recurrence."



DNA-guided cancer therapies, also known as precision or personalized oncology, represent a transformative shift in cancer treatment. These therapies customize interventions based on the unique genetic makeup of both the patient and their tumor, moving away from a one-size-fits-all approach. This targeted method enhances treatment efficacy and reduces adverse effects.

In India, precision oncology is gaining momentum due to advances in genomic technologies, declining sequencing costs, and increased public awareness. However, challenges remain—particularly in rural access, high testing costs, and a shortage of trained experts. Despite these obstacles, ongoing efforts to expand accessibility are positioning DNA-guided therapies as a cornerstone of future cancer care.

India's healthcare system is uniquely suited for an integrative approach that combines precision medicine with traditional practices such as Ayurveda and naturopathy. While modern therapies target specific genetic mutations, traditional methods focus on holistic healing, immunity, and overall wellness. This combined model offers a more personalized, patient-centric approach.

Ayurvedic treatments and naturopathic practices—such as herbal remedies, detox therapies, yoga, and lifestyle changes—can complement conventional treatments and enhance quality of life.

For broader adoption, scientific validation, standardized protocols, and interdisciplinary collaboration are essential. This integration has the potential to redefine cancer care in India and inspire global healthcare models.

Art of Healing Cancer stands as a pioneer in this evolving landscape, being among the first institutions in India focused exclusively on treating advanced cancers through a truly integrative framework. The organization uniquely combines cutting-edge scientific innovation with ancient healing traditions—delivering care that is both deeply personalized and grounded in evidence-based medicine.

The Daily Guardian • 09 May • Ministry of Ayush

Pollution-Proof Your Hair: Benefits of Henna Cream in Urban Environments

14 • PG | 518 • Sqcm | 51792 • AVE | N/A • Cir | Middle Center

Delhi

Pollution-Proof Your Hair: Benefits of Henna Cream in Urban Environments

TDG NETWORK



While many cities across the world have reported alarming levels of pollutants in the air, children, youngsters, elderlies and pregnant women are the worst to be impacted. The major focus has been on the negative impact it has created on the respiratory system, and there are multiple other problems that have risen. While for skin, one can use moisturising and cleansing lotions, and air can be purified with the help of air purifiers, it is the hair that gets least attention since the impact is not immediate. It is only when many people report hair that are brittle, rough and more prone to hairfall, the long term impact of pollution on hair can be seen. Thus, there is a need for a solution that can cure these long-term problems.

The first step one must take in the direction to deal with hair problems is to switch to natural products. Chemical based hair dyes that are a favourite amongst fashionistas and those looking to cover their greys add further to the negative impact of pollution. Henna is a great alternative to these harsh chemical based hair dyes that contain PPD, TEA, hydrogen peroxide, DEA, Ammonia and its derivates like ethanolamine, diethanolamine, triethanolamine. Cutting off such dyes will help cut off these toxins that can cause cancer in long term. They can also cause thyroid or hormonal imbalance due to the presence of phthalates and sulphates. Even when you use henna, make sure it is organic, vegan and natural. Do read the label carefully to ensure that there are no harmful chemicals in the natural product that you are buying.

The first step one must take in the direction to deal with hair problems is to switch to natural products. Chemical based hair dyes that are a favourite amongst fashionistas and those looking to cover their greys add further to the negative impact of pollution.

Many people often find henna application a messy affair. One needs to soak it for hours, then add other herbs that will help the henna to give a better tint. In fact ingredients such as amla, pomegranate peels are added to get a darker shade rather than the orangish tint that henna gives. We now get henna cream in the market that is pre-soaked, pre mixed formulation. It comes with easy to apply applicator that makes self-application of henna cream easier. When combined with Brazilian herbs such as Babacu oil, Jua, Cumaru, Guarana, Copaiba, Jaborandi, and Aca, it gives hair strength and shine, and in various combinations, it produces hair colours such as brown, chocolate, natural black and even red. In order to reverse the damaging effects of pollution, henna cream also treats and conditions the hair.

Henna cream is beneficial for scalp, hair, and roots. It reduces the possibility of contaminants that could irritate and trigger allergies while conditioning and cleaning the space. It gives your hair a shine, making sure that your strands are flowing like the beautiful mane they were before the pollution affected them. The thin layer that is formed after the henna is washed off protects the hair from further damage in the event of prolonged exposure.

To strengthen your immunity and inner power, it's also a good idea to make some dietary adjustments. For example, you should eat enough seasonal fruits and vegetables. Finishing the day with a warm oil massage can also help to lessen the negative effects of pollution on your hair because, in addition to relieving stress, it allows your hair and scalp to absorb all the nutrients from products that contain natural and Ayurvedic ingredients.



By; Clelia Cecilia Angelon, Founder and CEO, Surya Brasil

Punjab Express • 25 May • Ministry of Ayush

Scientific validation of traditional medicine crucial: Ayush Secretary

6 • PG | 1168 • Sqcm | 233562 • AVE | 348.98K • Cir | Top Center

Chandigarh

Scientific validation of traditional medicine crucial: Ayush Secretary

The scientific validation of traditional medicine is crucial for its growth, said Vaidya Rajesh Kotech, Secretary, Ministry of Ayush



The scientific validation of traditional medicine is crucial for its growth, said Vaidya Rajesh Kotech, Secretary, Ministry of Ayush.

Kotech said this while speaking at a side event of the 78th World Health Assembly (WHA) held at the Palais des Nations in Geneva.

Kotech underscored the urgent need for integration between basic sciences, conventional systems of medicine, and traditional systems of medicine.

The event, convened by the Group of Friends of Traditional Medicine in Geneva, under the title "Traditional Medicine: From Traditional Heritage to Frontier Science, for 'Health for All," the event marked a significant milestone: the 50th anniversary of the World Health Organization's (WHO) first Traditional Medicine Programme.

It also heralded the next chapter in integrating Traditional, Complementary, and Integrative Medicine (TCIM) into mainstream health systems.

"Traditional Medicine must work in coherence with biomedicine to meet evolving healthcare needs globally," the Secretary said in his opening address.

"Scientific validation of traditional medicine is poised to preserve and sustain this treasure," he added.

The session spotlighted the draft WHO Traditional Medicine Strategy 2025-2034, which outlines four strategic objectives: establishing the evidence base for TCIM; regulating products and practices; integrating TCIM across health systems; and leveraging its broader developmental value.

These goals are supported by guiding principles rooted in health equity, Indigenous rights, sustainability, and science.

India, as the only country with a dedicated Ministry for Traditional Medicine, has reaffirmed its global leadership and commitment to the WHA.

"India has created a well-regulated ecosystem for Ayurveda and other codified traditional systems -- from pharmacovigilance and public health delivery to global pharmacopoeial standards," Kotech said.

He noted that a new platform -- Ayush Nivesh Sarthi -- will soon support international investment in the Ayush sector.

The WHO also announced the second global traditional medicine Summit, to be hosted in New Delhi in December 2025. It will be held under the theme "Restoring Balance: The Science and Practice of Health and Well-being." IANS

Punjab Express • 24 May • Ministry of Ayush

Anganwadi workers & helpers entitled to free treatment up to Rs 5 lakh annually under Ayushman Bhara...

3 • PG | 280 • Sqcm | 55951 • AVE | 348.98K • Cir | Middle Center

Chandigarh

Anganwadi workers & helpers entitled to free treatment up to ₹5 lakh annually under Ayushman Bharat Scheme: Minister

PUNJAB EXPRESS BUREAU
Chandigarh, April 23

Taking a significant step towards ensuring healthcare facilities for frontline workers, Punjab's Minister for Social Security, Women and Child Development, Dr. Baljit Kaur, today informed that under a special drive launched by the department, 56.26% of Anganwadi Workers and 46.15% of Anganwadi Helpers in the state have been issued Ayushman Health Cards.

Dr Kaur stated that this long-pending



demand has been a priority for the department, and significant progress has been made in this direction. She informed that the eKYC process for 99% of Anganwadi Workers and Helpers has already been completed, and the remaining cards will also be issued soon.

Congratulating the beneficiaries, the Cabinet Minister mentioned that under the Ayushman Bharat Scheme, each card holder will be entitled to free medical treatment up to Rs 5 lakh annually at empanelled hospitals across the country.

Reiterating the commitment of the Punjab Government, led by Chief Minister Bhagwant Singh Mann, towards public welfare, Dr Kaur affirmed that the state government is continuously working towards the well-being of every section of society and striving to build a prosperous and vibrant Punjab.

Punjab Express • 21 May • Ministry of Ayush

Global South impacted by health challenges, India's approach offers Sustainable models: PM Modi

1 • PG | 653 • Sqcm | 130564 • AVE | 348.98K • Cir | Top Left

Chandigarh

Global South impacted by health challenges, India's approach offers sustainable models: PM Modi

NEW DELHI, MAY 20



Prime Minister Narendra Modi on Tuesday said the future of a healthy world depends on inclusion, integrated vision and collaboration, as he asserted that India's approach offers replicable, scalable and sustainable models to meet health challenges of the Global South.

In his video message during the 78th Session of the World Health Assembly in Geneva, he highlighted this year's theme, 'One World for Health' and emphasized that it aligns with India's vision for global health.

Modi recalled his address at the 2023 World Health Assembly, where he had spoken about 'One Earth, One Health' and pointed out that the future of a healthy world depends on inclusion, an integrated vision, and collaboration.

Emphasizing that inclusion is at the core of India's health reforms, he highlighted Ayushman Bharat, the world's largest health insurance scheme, which covers 580 million people and provides free treatment.

The programme was recently expanded to cover all Indians above the age of 70 years.

He noted India's extensive network of thousands of health and wellness centres that facilitate early screening and detection of diseases such as cancer, diabetes, and hypertension.

Modi also underlined the role of thousands of public pharmacies that provide high-quality medicines at significantly lower prices.

Highlighting the role of technology in improving health outcomes, Modi underscored India's digital initiatives like the digital platform that tracks the vaccination of pregnant women and children and the unique digital health identity system, which is helping integrate benefits, insurance, records, and information.

He said that with telemedicine, no one is too far from a doctor.

He highlighted India's free telemedicine service, which has enabled over 340 million consultations.

Reflecting on the positive impact of India's health initiatives, he noted a significant decline in out-of-pocket expenditure as a percentage of total health expenditure. Simultaneously, he emphasized that government health expenditure has increased considerably.

"The health of the world depends on how well we care for the most vulnerable," the Prime Minister asserted.

Noting that the Global South is particularly impacted by health challenges, Modi stressed that India's approach provides replicable, scalable, and sustainable models.

He expressed India's willingness to share its learnings and best practices with the world, especially with the Global South.

Looking ahead to the 11th International Day of Yoga in June, the prime minister encouraged global participation and highlighted this year's theme, 'Yoga for One Earth, One Health'.

He extended an invitation to all countries, emphasizing India's role as the birthplace of Yoga. PTI

Punjab Express • 20 May • Ministry of Ayush

India's orthopaedic, cardiac implant industry to reach $5 billion by FY 28

6 • PG | 757 • Sqcm | 151339 • AVE | 348.98K • Cir | Bottom Center

Chandigarh

India's orthopaedic, cardiac implant industry to reach $5 billion by FY28



India's orthopaedic and cardiac implant sector, including exports, is expected to reach $4.5 to $5 billion by FY28, driven by strong domestic demand and gradually growing export presence, according to a report released on Monday.

The sector (including exports) stood at $2.4 to $2.7 billion in FY24, according to CareEdge Ratings.

The Indian implant manufacturers are making rapid strides in the domestic market and are gradually expanding their presence in the export market.

The report cited that with only 7.5 per cent customs duty on the import of most coronary and orthopaedic implant products, any potential trade deal with the US resulting in tariff reduction is not likely to materially change the market dynamics for domestic manufacturers.

However, material changes in non-tariff barriers, such as the relaxation of price caps, can significantly alter the competitive landscape for domestic manufacturers compared to MNCs, it added.

Sales of homegrown implant manufacturers have grown at a compound annual growth rate (CAGR) of 28 per cent (including a CAGR of 37 per cent for exports) during the four years ended FY24, outpacing the sales CAGR of 12 per cent for foreign multinational corporations (MNCs) during the same period.

The sales volume growth of domestic entities was even higher, driven by their competitive pricing and increased participation in government-sponsored insurance schemes.

"India's medical implant sector is on a robust growth trajectory, driven by strong domestic demand and growing exports," said Krunal Modi, Director at CareEdge Ratings.

India's export growth rate for implants has significantly outpaced the implant imports during the last 5-6 years.

Increasing per capita income and affordability, rising healthcare awareness, an ageing population, expansion in healthcare infrastructure, and increasing insurance penetration are expected to drive the domestic demand for implants in the long term, said the report.

Price caps adversely affected the foreign MNCs' high-margin products, forcing them to discontinue some of their premium products from the Indian market.

However, it significantly improved affordability, especially for implants manufactured by domestic companies, thereby enabling them to expand their market share. Schemes like Ayushman Bharat further improved the affordability and expanded the market, according to the report. IANS

DISCLAIMER: The opinions expressed in the articles published in these columns are the personal opinions of the authors. The facts and opinions appearing in the articles do not reflect the views of Bright Punjab Express and Bright Punjab Express does not assume any responsibility or liability for the same.

Punjab Express • 19 May • Ministry of Ayush

Delhi Minister Sood distributes Ayushman cards to Janakpuri senior citizens

7 • PG | 442 • Sqcm | 88457 • AVE | 348.98K • Cir | Middle Center
Chandigarh

Delhi Minister Sood distributes Ayushman cards to Janakpuri senior citizens

NEW DELHI, MAY 18



Delhi Education Minister Ashish Sood on Sunday distributed Ayushman cards to senior citizens in the Janakpuri area, reiterating the government's commitment to shield them from the burden of costly treatment.

Speaking at the programme, Minister Sood said smart cards, which can be easily carried in pockets, have been distributed to 20-25 people today.

"Special camps are also being organised to distribute these to beneficiaries who can now avail free treatment up to Rs 10 lakh," he said.

"Eligible elderly citizens can also get the card made on the spot at our office to benefit from the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY)," he said. He said Ayushman Yojana has been implemented in Delhi under the guidance of Prime Minister Narendra Modi and the leadership of Chief Minister Rekha Gupta.

In addition to the health security of Rs 5 lakh under this Ayushman scheme, the Delhi government will also provide a top-up cover of Rs 5 lakh, he said.

Minister Sood said each beneficiary will get a total health security of up to Rs 10 lakh, setting an example across the country.

He said that now illness will not be an economic burden, the elderly of Delhi will be able to get themselves treated without hesitation and any hindrance, as this facility will be available in the listed hospitals in Delhi and other states of India, which will ensure both quality and access to treatment.

Minister Sood said this scheme is not only about health security but a step to give respect and confidence to every family.

"It is our resolve that no person should be deprived of treatment due to lack of money. We will ensure that every eligible person gets the benefit of this scheme. This scheme will prove to be a lifesaver, especially for the poor and the needy," he said.

He said the previous AAP government deliberately created hurdles in introducing this public welfare scheme, depriving lakhs of good health facilities.

Minister Sood said this scheme is not just a treatment facility, but a big step towards a strong and self-reliant Delhi.

"This scheme will prepare our health system for future challenges and play a decisive role in making Delhi 'world-class in the field of health'. This will strengthen our Prime Minister's resolve to 'Develop Delhi', provide quality healthcare to citizens and make the capital a leader in the health sector," he said. **IANS**

Punjab Express • 18 May • Ministry of Ayush

Integrated AYUSH colleges to be set up in every division of UP: Adityanath

7 • PG | 236 • Sqcm | 47258 • AVE | 348.98K • Cir | Top Right
Chandigarh

Integrated AYUSH colleges to be set up in every division of UP: Adityanath

LUCKNOW, MAY 17

Uttar Pradesh Chief Minister Yogi Adityanath on Saturday directed officials to establish integrated AYUSH colleges in every division of the state, where all its systems including Ayurveda, Unani, and Homoeopathy are made available on a single campus. Chairing a high-level review meeting, Adityanath said the initiative would strengthen both the AYUSH medical system and the future of health-based education, an official statement said. He said the government is working in mission mode to expand the reach of AYUSH systems and instructed that Naturopathy and Yoga Centres be made mandatory in all its institutions.

He also directed that the process of filling all sanctioned educational and medical posts in these institutions be completed in a time-bound manner. The chief minister said health and wellness centres should be established in every district, which could be operated by the government or under the Public-Private Partnership (PPP) model.

He directed that construction of the AYUSH University be completed with quality and within stipulated timelines, and that all of its ongoing department projects across the state be prioritised. Encouraging private investment in the sector, Adityanath said the infrastructure, laboratories, libraries and faculty and staff of private AYUSH colleges and hospitals should be assessed thoroughly to ensure quality. He also emphasised promoting Panchakarma therapy in Ayurveda, describing it as an effective method for treating serious ailments. **PTI**

Punjab Express • 14 May • Ministry of Ayush

Centre designates September 23 as new National Ayurveda Day

6 • PG | 640 • Sqcm | 127901 • AVE | 348.98K • Cir | Middle Center

Chandigarh

Centre designates September 23 as new National Ayurveda Day



The Union government has designated September 23 as Ayurveda Day, marking a significant shift from the earlier practice of observing Ayurveda Day on Dhanteras.

The change was notified through a Gazette Notification dated March 23, the Ministry of Ayush said.

Calling the decision to change the date as "landmark", the ministry said it will enhance "the global visibility and consistency" of Ayurveda which is India's 5,000-year-old system of healing rooted in ancient wisdom and sustainable living.

Notably, Dhanteras is a festival observed in the Hindu month of Kartik (usually October or November). Its date fluctuates each year, posing logistical challenges for organising national and international observances of Ayurveda day, the Ministry said.

In addition, in the coming decade, the date of Dhanteras would continue to vary widely between October 15 and November 12.

To addrress this, the Ministry constituted an expert panel, which opined to establish a stable reference point for national and global celebrations of Ayurveda. September 23 was among the four potential dates proposed.

"This decision was guided by both practical and symbolic considerations," the Ministry said.

"The chosen date, 23rd September, coincides with the autumnal equinox, a day when day and night are nearly equal. This astronomical event symbolises balance in nature, perfectly aligning with the Ayurvedic philosophy that emphasises equilibrium between the mind, body, and spirit. The equinox, representing cosmic harmony, underscores the essence of Ayurveda -- living in balance with nature," the ministry added.

The Ministry of Ayush initially declared National Ayurveda Day in 2016 on the birth anniversary of Dhanvantari, the Hindu god of Medicine. The first Ayurveda Day was first celebrated on 28 October 2016.

"Ayurveda Day has been commemorated annually to promote Ayurveda as a scientific, evidence-based, and holistic system of medicine that plays a pivotal role in preventive healthcare and wellness," the Ministry said.

The Ministry urged individuals, health professionals, academic bodies, and international partners to embrace the newly designated date and actively participate in Ayurveda Day celebrations. IANS

Punjab Express • 12 May • Ministry of Ayush

Traditional medicine key to achieve universal health coverage: Ayush Ministry

6 • PG | 550 • Sqcm | 110010 • AVE | 348.98K • Cir | Middle Center

Chandigarh

Traditional medicine key to achieve universal health coverage: Ayush Ministry

The government has emphasised the growing relevance of traditional medicine in achieving universal health coverage and advancing the goals of 'One Health and Sustainable Development,' it was announced on Sunday.

The sixth meeting of the Group of Friends of Traditional Medicine (GFTM) was successfully held at the Permanent Mission of India (PMI) in Geneva.

The meeting brought together ambassador's representatives from various countries committed to strengthening the role of traditional medicine in global healthcare systems, according to Ayush Ministry.

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, delivered a keynote address virtually that underscored India's leadership and commitment in promoting evidence-based traditional medicine across the world.



He reaffirmed India's commitment through Ministry of Ayush with initiatives like the National AYUSH Mission, the integrative model of Ayush Arogya Mandirs, insurance coverage for traditional medicine, and collaborative research with premier institutions like DBT, DST, ICMR, and CSIR.

He also highlighted India's focus on emerging domains such as AI, genomics, and bioinformatics in traditional medicine — reflected in the global technical meeting on AI applications in traditional medicine underscoring the country's role in safeguarding traditional knowledge, enhancing capacity, and promoting equitable global health.

"The Group of Friends of Traditional Medicine (GFTM) was created by India in May 2023. This informal platform allows WHO member states to discuss and support the integration of traditional medicine into health systems," he said, calling for greater collaboration, knowledge exchange, and research partnerships.

India's Permanent Mission to the UN in Geneva, which hosted the meeting, reaffirmed its commitment to furthering international cooperation on traditional and integrative healthcare solutions, in alignment with WHO guidelines and national policies.

With platforms like GFTM and the leadership of the Ministry of Ayush, India is not only preserving its traditional wellness heritage but also reshaping the future of global health — one that is inclusive, preventive, and deeply rooted in the wisdom of nature.

The gathering supported key global initiatives — particularly the WHO Traditional Medicine Strategy 2025–2034 and the upcoming Second WHO Global Traditional Medicine Summit, to be held in India from December 2-4, 2025. IANS

Punjab Express • 09 May • Ministry of Ayush

Spread message of holistic well-being through yoga worldwide: Ayush Minister

6 • PG | 695 • Sqcm | 138979 • AVE | 348.98K • Cir | Top Center

Chandigarh

Spread message of holistic well-being through yoga worldwide: Ayush Minister

Spread the message of holistic well-being through yoga worldwide, said Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush

Spread the message of holistic well-being through yoga worldwide, said Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush.

Jadhav said this while chairing a review meeting in New Delhi to assess the ongoing preparations for the upcoming International Day of Yoga (IDY) 2025, which will be celebrated on June 21 across the globe.

During the meeting, the Minister reiterated the Government's vision to make this year's celebration of yoga truly extraordinary and globally impactful.

"We will work with utmost sincerity and commitment to ensure that International Day of Yoga 2025 is not only a grand success but also serves as a source of inspiration for the entire world," Union Minister Ayush said.

He encouraged all stakeholders to approach the event with renewed energy and unity, stating that the efforts should reflect the spirit of 'Yoga for One Earth, One Health' -- the theme this year. The 2025 theme highlights Yoga's role in promoting physical, mental, and environmental well-being, aligning with global calls for sustainability and unity.



"Let us reach every corner of the country and every part of the globe with the message of holistic well-being through yoga," he added.

The review focused on the planning and implementation of major initiatives such as yoga sangam -- the integration of yoga with institutions like schools, hospitals, and corporates; harit yoga -- promoting eco-consciousness through yoga-linked plantation drives; yoga connect -- engaging global and diaspora communities in yoga celebrations; yoga bandhan -- fostering social unity and shared wellness through mass participation.

Jadhav also emphasised the importance of engaging the youth, educational institutions, and community leaders to amplify the message and participation in IDY 2025.

International Day of Yoga, observed annually on June 21st, has grown into a global cultural and wellness movement since its inception by the United Nations in 2015, following India's proposal in 2014. IANS

Punjab Express • 08 May • Ministry of Ayush

CCRAS revives rare ayurvedic manuscripts to boost India's literary heritage

6 • PG | 554 • Sqcm | 110880 • AVE | 348.98K • Cir | Bottom Center
Chandigarh

CCRAS revives rare ayurvedic manuscripts to boost India's literary heritage

The Central Council for Research in Ayurvedic Sciences (CCRAS), under the Ministry of Ayush, on Wednesday announced it has revived two rare and significant Ayurvedic manuscripts strengthening India's literary heritage in traditional medicine.

The manuscripts Dravyaratnakara Nighantu and Dravyanamakara Nighantu were unveiled during an event organised by the RRAP Central Ayurveda Research Institute in Mumbai.

"These texts are not just historical artefacts they are living knowledge systems that can transform contemporary healthcare approaches when studied and applied thoughtfully," said Prof. Vd. Rabinarayan Acharya, Director General, CCRAS, New Delhi.



Acharya emphasised the importance of such revivals in bridging India's ancient wisdom with contemporary research frameworks.

These critical editions are expected to serve as invaluable resources for students, researchers, academicians, and Ayurveda practitioners, further inspiring scholarly exploration and deeper engagement with India's classical medical literature.

Dravyaratnakara Nighantu was authored by Mudgala Pandita in 1480 AD. The previously unpublished lexicon consists of eighteen chapters offering in-depth knowledge of drug synonyms, therapeutic actions, and medicinal properties.

It was a widely referenced text in Maharashtra until the 19th century, and it draws from classical Nighantus like Dhanvantari and Raja Nighantu while documenting numerous novel medicinal substances from plant, mineral, and animal origins.

On the other hand, Dravyanamakara Nighantu, attributed to Bhisma Vaidya, serves as a standalone appendix to the Dhanvantari Nighantu.

The manuscripts focus exclusively on homonyms of drug and plant names -- a complex area of study vital to Ayurveda.

Encompassing 182 verses and two colophon verses, the text has been meticulously edited enhancing its utility for scholars of Rasashastra, Bhaishajya Kalpana, and classical Ayurvedic pharmacology.

The manuscripts were critically edited and translated by renowned manuscriptologist and veteran Ayurveda expert, Dr. Sadanand D. Kamat of Mumbai.

Kamat is also known for his authoritative work on Saraswati Nighantu, Bhavaprakasha Nighantu, and Dhanvantari Nighantu. **IANS**

DISCLAIMER: The opinions expressed in the articles published in these columns are the personal opinions of the authors. The facts and opinions appearing in the articles do not reflect the views of Bright Punjab Express and Bright Punjab Express does not assume any responsibility or liability for the same.

The Sunday Standard • 25 May • Ministry of Ayush

Fit Bit

2 • PG | 253 • Sqcm | 113903 • AVE | 215K • Cir | Middle Center

Delhi

FITBIT

EKA PADA SETUBANDHA SARVANGASANA

(ONE LEGGED BRIDGE POSE)

In Sanskrit, eka means 'one', pada means 'leg', setu means 'bridge', bandha means 'lock', sarva means 'all', anga means 'limbs' and asana means 'pose'. This is a supine, intermediate-level posture that combines elements of both Setu Bandha Sarvangasana and Salamba Sarvangasana. This pose challenges and enhances balance, focus, and concentration, while also building strength in the core muscles. Physically invigorating and mentally centering, the pose stimulates the Ajna (third eye) chakra—the center of perception, intuition, and consciousness.

STEPS

- Start in a supine position. Inhale and come into Setubandhasana (Bridge Pose).
- Then, move into the Bridge Pose Variation with Bound Hands by interlacing your fingers.
- Once comfortable here, inhale and press the right foot firmly into the ground.
- Exhale, engage the core, and lift the left foot off the ground. Transfer your body weight onto the right foot. Extend the left leg and keep it alert. Point the left toes toward the ceiling. Keep your breath steady to maintain balance.
- Now, pull the interlaced hands away from the shoulders to lift the hips further. If you are unable to maintain balance, place a folded blanket under the shoulders for cushioning.
- Exhale, straighten the bent left leg to 90 degrees, pointing it toward the ceiling. Point the toes of the left leg for better alignment. Ensure the shoulders and right foot are firmly on the ground, forming a stable foundation to hold this pose. Distribute the weight on the right foot.
- Lift the pelvis to keep the hips elevated. Slowly bring the chest toward the chin to apply Chin Lock (Jalandhara Bandha). Stay here for four to six breaths or as long as comfortable.
- Exhale, lower the left leg and return to Bridge Pose. Stay here for two to three breaths. Slowly bring the upper, middle, and lower back down in sequence.
- Repeat the pose with the other leg, ensuring both sides get an equal stretch while maintaining alignment. Stay in the pose as long as comfortable.
- Release the pose and relax in Savasana (Corpse Pose).

BENEFITS

- Helps maintain strength in the core, quadriceps, hips, shoulders, and arms.
- Stretches and opens the chest, heart, shoulders, spine, neck, thighs, and hip flexors.
- Builds balance with the focused awareness essential for practising other challenging yoga poses.
- Upper abdominal muscles (closer to the ribs) contract to support the lower back and hips.
- Blood vessels around the throat receive increased stimulation through this practice.
- Revitalises the legs, boosts energy levels, improves digestion and regulates metabolism.

LIMITATIONS

- Those with neck or shoulder injuries or surgeries, hip or back surgery, knee replacement, severe osteoporosis, migraines, high blood pressure, or women who are pregnant or in the first two days of menstruation should avoid this pose.
- Practitioners must maintain proper body-breath coordination while performing this asana.
- If practitioners lack core strength, they can start with Bridge Pose, using blocks under the sacrum for support.
- Though therapeutic for asthma, high blood pressure, and sinusitis, this pose should be done under the guidance of a qualified yoga expert.



— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Sunday Standard • 18 May • Ministry of Ayush

Fit Bit

2 • PG | 256 • Sqcm | 115118 • AVE | 215K • Cir | Middle Right

Delhi

FITBIT

BABY COBRA POSE (ARDHA BHUJANGASANA)

The Baby Cobra pose is a backbend that strengthens the shoulders and chest while energising the entire body. Try to master this pose before attempting the full expression of Cobra Pose (Bhujangasana). This pose helps tone the upper back and strengthens the back and legs so students can enter Cobra Pose without excessive reliance on their arms or lower back. They should go only as far as they feel comfortable. Make sure the lower back is long and the abdominal muscles are engaged. This pose is used in many different yoga classes; hence, it's important to understand the foundations of how to do it. For people with lower back pain, try to stay with Baby Cobra and keep the lift low. If practitioners have wrist pain, they can try bringing their hands further in front of them or drop onto their forearms in Sphinx Pose.

STEPS

- Begin by lying face-down on the mat, with the tops of your feet flat and toes pointing backward. Place your hands under your shoulders, keeping your elbows close to your body.
- Engage your legs and gently draw your belly in and upward.
- Inhale deeply and lift your chest off the floor.
- Roll your shoulder blades down and into your upper back, lifting only as high as you can while maintaining good form.
- Keep your arms bent without placing weight on your hands. The effort should come from your back and legs, not your arms. This bent-arm variation is called Baby Cobra. Hold the pose for 5–10 breaths.
- Exhale and slowly lower your chest and head back to the mat.
- Repeat the pose two more times, holding for 5–10 breaths each round.
- After the final round, exhale and lower your body down.
- Rest on your belly or transition into Child's Pose to relax.

BENEFITS

- This pose helps to improve blood circulation throughout your body.
- It lengthens the spine and strengthens the lower back.
- It helps massage the internal abdominal organs.
- It improves posture and digestion.
- It aids the opening of the chest and shoulders.
- It may help reduce belly fat.
- It increases spinal flexibility.
- It is beneficial for strengthening the shoulders and surrounding muscles.
- It helps with stress management, and improving focus.
- It may be help in reducing mild depression.
- It may help mangaging anxiety.
- Spiritually, this pose activates the Anahata (heart) Chakra, which is associated with love, forgiveness, compassion, and self-acceptance.
- The Anahata Chakra also acts as a bridge between the lower chakras and the three higher spiritual chakras, offering a connection to the higher Self.

LIMITATIONS

- Those suffering from high blood pressure, carpal tunnel syndrome, severe spinal, neck, or back injuries, headaches, and pregnant women should avoid this pose.
- Ensure that while performing this pose, the navel or lower part of the body is not raised too high.
- While practicing the pose, practitioners should focus on evenly distributing their weight between the spine and arms.
- Make sure your thumb can touch the chest near the armpit.



— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Sunday Standard • 11 May • Ministry of Ayush

Fit Bit

2 • PG | 254 • Sqcm | 114301 • AVE | 215K • Cir | Middle Right

Delhi

FITBIT

VAJRASANA SHOULDER STRETCH AERIAL

(THUNDERBOLT POSE SHOULDER STRETCH AERIAL)

This is a beginner-level seated/kneeling aerial pose, a variation of Vajrasana Bound Hands. It stretches the shoulders and chest, improving flexibility and range of motion. The pose allows for gentle spinal decompression, relieving pressure on the vertebrae and promoting better posture. It alleviates tension in the neck and upper back, which can be beneficial for those who spend long hours sitting or working at a desk. The gentle inversion enhances circulation and lymphatic drainage, aiding in detoxification.

STEPS

- Start in Kneeling Pose on the mat with the hammock in front of you. Sit back on your heels, keeping your spine tall and shoulders relaxed.
- Reach forward and grab the hammock fabric with both hands. Ensure it is securely anchored above you, and rests between your wrists and upper arms.
- Lean forward in Downward-Facing Thunderbolt Pose Aerial, allowing the hammock to support your upper body.
- Raise your arms and extend them behind you as far as you can. Return to an upright position while keeping your arms back, inhaling deeply.
- Breathe deeply through your nose, expanding your chest and feeling the stretch across your shoulders and chest.
- Exhale slowly, sinking deeper into the stretch while letting the hammock support you. Maintain a steady breath and relax your shoulders and chest.
- Hold the pose for 6 to 8 breaths or as per your capacity, feeling the gentle traction in your shoulders, chest, and upper back. Continue breathing deeply with a relaxed posture.
- Slowly unwind the hammock from your arms. Exhale and bring your hands forward and release the fabric. Inhale and lift your upper body back to the starting position.
- Practise it 3 or 4 rounds or per your capacity.
- Exhale and sit back on your heels, resting your arms at your sides.
- Relax in Wide Child Pose for few breaths before moving to the next pose.



BENEFITS

- Deeply stretches and strengthens the shoulders, chest and upper back.
- Engages thighs and lower legs, building strength and endurance.
- Promotes greater flexibility and a sense of expansion in the upper body.
- Enhances upper body flexibility and range of motion.
- Opens the thoracic spine, improving upper back mobility.
- Improves flexibility, muscular endurance, and postural alignment.
- Stretches intercostal muscles for greater lung expansion and better breathing efficiency.
- Improves breath control and respiratory capacity, supporting physical and mental well-being.
- Counteracts slouching and poor posture habits and improves spinal health.
- Stimulates internal organs, improves circulation, and improves circulation.
- Helps relieve bloating, gas, and acidity.
- Supports cardiovascular health and heart function.
- Eases lower back pain and menstrual discomfort by improving pelvic circulation.

LIMITATIONS

- Practitioners with a history of injury or recent surgery in the knees, shoulders, wrists, or spine; pregnant women with HBP; and anyone experiencing breathing difficulties, dizziness, vertigo, or neck or spinal issues should avoid this pose.
- If you have tight hips or ankles, or struggle with balance and stability, use props like a blanket, or bolster for support.
- Those with heart conditions or HBP should consult a qualified yoga expert before beginning the practice.

— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

Trinity Mirror • 24 May • Ministry of Ayush

SRMIST and CCRH sign MoU for drug standardisation

8 • PG | 342 • Sqcm | 491834 • AVE | 361.5K • Cir | Top Center
Chennai



SRMIST and CCRH sign MoU for drug standardisation

Chennai, May 23: The Central Council for Research in Homoeopathy (CCRH), an autonomous organization under the Ministry of Ayush, Government of India, has entered into a Memorandum of Understanding (MoU) with the Interdisciplinary Institute of Indian System of Medicine & Homoeopathy (IIISM) under the Directorate of Research, SRM Institute of Science and Technology (SRMIST). The MoU aims to foster collaboration in the field of drug standardization, with a focus on neurodegenerative disorders and diabetic foot ulcer.

CCRH, which is engaged in research, promotion, and propagation of the Homoeopathy System of Medicine (HSM), has a strong foundation in clinical, pharmaceutical, and fundamental research across its network of research institutes and laboratories across the country. The Council's mandate includes clinical research, drug standardization, cultivation and survey of medicinal plants, and outreach activities through health extension services and IEC programs.

With this MoU, CCRH and SRMIST seek to establish a mutually beneficial partnership that will leverage state-of-the-art infrastructure and interdisciplinary expertise. The collaboration aims to establish a mutually beneficial partnership focused on drug standardization projects in critical therapeutic areas, particularly neurodegenerative disorders and diabetic foot ulcer. The initiative reflects CCRH's continued efforts to promote evidence-based research in Homoeopathy through collaboration with state-of-the-art institutions having adequate research infrastructure.

The MoU was signed in the presence of Dr. Subhash Kaushik, Director General, CCRH; Prof. S. Ponnusamy, Registrar, SRMIST; Dr. R.C. Satish Kumar, Coordinator, IIISM; and CCRH officials Dr. Digvijay Verma and Dr. Karthikeyan.

This collaboration marks a significant step towards advancing evidence-based research in Homoeopathy and reinforces the commitment of both institutions to contribute meaningfully to public health through integrative medical research.

The Hindu • 23 May • Ministry of Ayush
New drugs arrive on the block, but AMR threats continue
22 • PG | 1800 • Sqcm | 1350372 • AVE | 682.81K • Cir | Bottom Left,Top Left
Delhi



A leading cause for AMR is the misuse and overuse of antibiotics across various sectors. While only about 30% of all antibiotics are used to treat humans, the majority are used in livestock, agriculture and aquaculture. FILE PHOTO

New drugs arrive on the block, but AMR threats continue

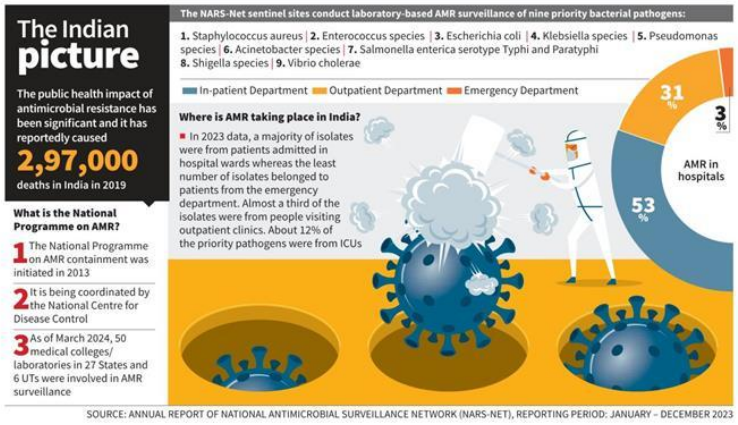
While the launch of Nafithromycin — the first antibiotic to be developed in the past 30 years globally — is a welcome step, experts warn that addressing antimicrobial resistance is no longer optional, and tackling it requires a multifaceted approach with a shared sense of responsibility

Soujanya Padikkal

In 2020, 58-year-old Viswanathan, recovering from a stroke, sought physiotherapy from an Ayurvedic practitioner, hoping to regain mobility. However, this treatment caused wounds on his leg. As a diabetic with an already weakened immune system this marked the beginning of his battle with antimicrobial resistance (AMR).

After a year of battling infections, he was given a last-resort antibiotic that damaged his kidneys. Hospital-acquired infections further complicated his condition, and ultimately, he died in April, 2021.

Antibiotics, known to save millions of lives, are now making headlines for the opposite reason. AMR occurs when microorganisms like bacteria evolve to develop resistance against the very drugs designed to kill them. AMR contributed to 1.27 million deaths globally and in India caused 2,97,000 deaths in 2019 based on a report by the



SOURCE: ANNUAL REPORT OF NATIONAL ANTIMICROBIAL SURVEILLANCE NETWORK (NARS-NET), REPORTING PERIOD: JANUARY – DECEMBER 2023

Centre for Cellular and Molecular Platforms (C-CAMP) and companies like Wockhardt, Orchid Pharma and Bugworks in India are among the few companies that focus on antibiotic development.

Given the low return on investment, it is mostly small pharma companies taking on the challenge of developing new antibiotics during this crisis. And the path is not easy, especially when it comes to clinical trial approval by the Central Drugs Standard Control Organization (CDSCO). "We expect the regulators and the government as a whole to have a much better appreciation of fundamental drug research and make more enabling policies for us," said Dr. Khorakiwala.

Accessibility and affordability are other important factors in the development of new antibiotics. Wockhardt's strategy is to price its drugs based on the purchasing power of different countries. For example, the price of a drug in India could be up to 80% less than the price in the United

globally and in India caused 2,97,000 deaths in 2019 based on a report by the Institute of Health Metrics and Evaluation (IHME), University of Washington. The public health impact of bacterial AMR has been significant. According to a study published in *The Lancet*, 1.91 million people could die directly from AMR and 8.22 million deaths associated with AMR could occur globally in 2050.

A leading cause for AMR is the misuse and overuse of antibiotics across various sectors. While only about 30% of all antibiotics are used to treat humans, the majority are used in livestock, agriculture and aquaculture. In countries like India, selling antibiotics without prescription also contributes on a large scale to resistance. The recent ban on using colistin as a growth promoter in the poultry industry in India has made significant inroads in curbing resistant strains from emerging.

The World Health Organization (WHO) has declared AMR as one of the top 10 global health threats.

A new antibiotic after 30 years

In its effort to tackle AMR, Mumbai-based pharmaceutical company Wockhardt, with support from the Biotechnology Industry Research Assistance Council (BIRAC) has launched Nafithromycin marketed as 'Miqnaf' to treat Community-Acquired Bacterial Pneumonia (CABP). It is a once-a-day, three-day treatment for CABP with a 97% success rate. It is India's first indigenously-developed antibiotic in its class. It was also the first antibiotic to be developed in the last 30 years, globally.

"Nafithromycin is a part of our overall drug discovery programme which we started about 25 years ago," said Habil Khorakiwala, founder-chairman, Wockhardt. "[While] Azithromycin and other drugs were there, there was no new drug coming [up] and resistance was developing on [the other] end,"he added. The drug was developed over a span of 15 years.

SOURCE: ANNUAL REPORT OF NATIONAL ANTIMICROBIAL SURVEILLANCE NETWORK (NARS-NET), REPORTING PERIOD: JANUARY – DECEMBER 2023

With slow progress in research, no new drugs have been developed in the past three decades globally. "After the initial boom and the "golden age" of antibiotics (from 1940 to 1960), the field was marked by a sharp decline in new antibiotic approvals for decades," said Tomislav Mestrovic, affiliate associate professor of Health Metrics Sciences, at IHME, responding to questions via mail.

It is no wonder then that with the development of Nafithromycin, India has reached a milestone given it has the highest burden of bacterial infections.

Gaps in healthcare system

While scientific advancements like Nafithromycin are promising, it is also important for us to recognise the gaps within India's healthcare system that prevent effective treatment against AMR.

Vysakh, Mr. Viswanathan's son, a PhD scholar in Poland, said a communication gap exists between medical professionals and the patient's family members. A lapse he believes the medical community also needs to address is the quality of equipment being used. "Another pitfall that happens is diagnostic issues," he pointed out. "It took at least one week to get a proper antibiogram delivered and to figure out [which] bacteria is causing infection and to [administer] the specific antibiotic. So this was a big problem". He also added that there was an issue of accountability within the system.

Vysakh's family's plight is unfortunately a common scenario across the healthcare system. "Understaffing of healthcare professionals combined with high patient loads makes it difficult to ensure adherence to best stewardship practices," said Dr. Mestrovic, while speaking about the key challenges India faces in implementing effective antimicrobial stewardship across its healthcare network.

Apart from these issues, India also faces the added challenge of self-medication by people, selling of antibiotics without prescriptions and lack of a proper regulatory framework. "[In] a lot of low-to-middle income countries you can go to a pharmacy and they will give you an antibiotic without any prescription," said François Franceschi, head of asset evaluation and development and serious bacterial infections project leader, Global Antibiotic Research & Development Partnership (GARDP), as he recalled his experience at a pharmacy in Mumbai.

Despite antibiotics being prescription drugs in India they are sold over-the-counter, contributing significantly to the resistance problem. "Part of the action plans that [are] trying to be implemented in many countries is [to] stop letting people buy antibiotics without prescription. That's a big step and that should happen because otherwise, you know, you are fighting a battle that you're going to lose,"said Dr. Franceschi.

Government action

The Indian government is working on multiple fronts to combat AMR including establishing AMR surveillance networks, developing a National Action Plan and promoting public awareness. "The implementation of the National Action Plan on AMR in 2017 marked a key milestone in aligning the country's efforts with the global strategy, and this is the right path forward," said Dr. Mestrovic.

Promoting public awareness is a key aspect that needs to be addressed from the very beginning. It is not uncommon to see people take antibiotics for a viral fever which is not only ineffective but adds to resistance. "Public awareness about AMR remains low, leading to patient demand for antibiotics even when not needed which is not characteristic only for India, but much wider," said Dr.

Despite antibiotics being prescription drugs in India they are sold over-the-counter, contributing significantly to the resistance problem

Mestrovic. The pressing need to educate people about the dangers of inappropriately using antibiotics resonates with all the experts in the field.

Resistance is a natural phenomenon in microorganisms. But it happens over time, through genetic changes and adaptations. However, the widespread and excessive use of antibiotics across sectors has accelerated the process. It is quite natural to wonder then what the future of the new antibiotics that are being developed looks like. "Long-term effectiveness of new antibiotics depends not only on scientific advancement, but also on responsible global stewardship from day one," said Dr. Mestrovic. "Patient education and public awareness are indispensable in the fight against AMR, especially when we are talking about the misuse and overuse of antibiotics."

Education, innovation and regulation need to progress parallelly to curb AMR. "I think it's very important that governments recognise that we need to do something now or we are going to be facing a problem that is much bigger in the future," said Dr. Franceschi. "We need to be multiple steps ahead of [pathogens]".

Nafithromycin is a start and will be launched in the market for a month in the coming few months. The development of antibiotics is a long and resource-intensive process. "Many large pharmaceutical companies exited the antibiotic space because the return on investment was too low compared to chronic disease drugs leading to what many called the "antibiotic innovation gap," said Dr. Mestrovic.

Institutions like Bangalore Bioinnovation Centre (BBC) and the price of a drug in India could be up to 80% less than the price in the United States. "Accessibility is as important as finding a new drug", added Dr. Khorakiwala.

For Vysakh, the issue is deeply personal. His story is a reminder of the harsh reality of AMR – a silent threat unnoticed by many. And his experience sheds light on the challenges families face in healthcare facilities in India. "I would really love to see two major changes – diagnostics and proper quality control for the equipment used," he said. He also believes education has to be the first step in this fight against AMR.

Emerging resistance

Infectious diseases experts have also flagged emerging resistance to newer drug formulations too, more recently. Abdul Ghafur, founder, AMR Declaration Trust, in a letter to the Drugs Controller General of India cautioned that misuse of newer molecules is leading to initial signs of resistance as reported by *The Hindu*. Ceftazidime-avibactam – a potent antibiotic, he claimed, is losing efficacy due to extensive, irrational, and uncontrolled use. Experts say that it is more than ever before, important for the government to lead antibiotic stewardship, at this stage, as newer molecules are finally enter the market.

Addressing AMR is no longer optional and tackling it requires a multifaceted approach with a shared sense of responsibility to make a difference. "Combating AMR is not just a scientific or medical challenge, it is a collective responsibility that requires coordinated action across sectors, as well as sustained investment and empowered communities," said Dr. Mestrovic. "We have the right tools, knowledge and innovation to make a difference, but success depends on translating awareness into action at every level – from policymakers and researchers to the medical community and the public."

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The Hindu • 15 May • Ministry of Ayush

Karnataka CM flags 'decline' in Central funds for schemes

5 • PG | 235 • Sqcm | 255995 • AVE | 956.08K • Cir | Top Center

Hyderabad

Karnataka CM flags 'decline' in Central funds for schemes

Union govt.'s funding has declined by 40%-50% for various Centrally sponsored schemes; only 82% of allocated funds were received in 2024-25, says CM Siddaramaiah during review meeting

The Hindu Bureau
BENGALURU

The Congress government led by Chief Minister Siddaramaiah, which will be completing two years in office next week, on Wednesday reviewed the progress of various Centrally sponsored schemes (CSS) and said the Centre's funding to the National Health Mission, Ayushman Bharat, and many other schemes had declined by 40%-50%, from the 100%-90% range to 50%-60%.

Mr. Siddaramaiah chaired the State-level meeting of the District Development Coordination and Monitoring Committee (DISHA) and reviewed the utilisation of funds during 2024-25. The Chief Minister said that as of March 2025, both the Central and State governments had spent ₹46,859 crore on the Centrally sponsored schemes. As against the mandated release of ₹22,758 crore, the Centre released only ₹18,562 crore to the State, which constituted about 82%. The Chief Minister told the MPs from all parties representing the State to pressurise the Union government to release allocated funds. He directed officials to ensure 100% utilisation of funds during the year.


Siddaramaiah

Currently the Centre and the State share the funding of the Centrally sponsored schemes in the ratio of 60:40. However, the State contributed significantly to schemes such as midday meals and this increased the State's share to 70-80%, he said.

Inadequate funding

Under the MGNREGA scheme, the Centre allocated ₹2,200.4 crore during 2024-25, of which the State received only ₹1,933.48 crore. Referring to the shortfall in the Jal Jeevan Mission, the meeting noted that the Centre had not released ₹10,889 crore during the last two years.

Similarly, the Centre had kept pending ₹65.82 crore under the Swachch Bharat Mission. Under the Pradhan Mantri Gram Sadak Yojana too, of the allocated ₹100 crore, only ₹34.21 crore was released. The Centre released only ₹298.73 crore as against the sanctioned ₹398 crore for the National Rural Livelihood Mission. Mr. Siddaramaiah noted that funds were withheld for the Upper Bhadra Project and some social security schemes.

The Hindu • 14 May • Ministry of Ayush
ENTERPRISE CONNECT

15 • PG | 422 • Sqcm | 316209 • AVE | 682.81K • Cir | Bottom Right

Delhi

ENTERPRISE CONNECT

A Business Initiative

Dynabook to Manufacture Laptops in India in Partnership with Syrma SGS Technologies

Dynabook Singapore Pte. Ltd., the subsidiary of a leading commercial PC brand in Japan, is excited to announce its strategic partnership with Syrma SGS Technology, a Chennai-based participant in the Production-Linked Incentive (PLI) 2.0 program of the Government of India. This collaboration aims to bolster the 'Make in India' initiative by fostering local manufacturing of Dynabook laptops. Through this alliance, Dynabook will leverage the benefits of the PLI scheme to streamline the production of its diverse range of laptops in India. Mr. Sridharan, President of Syrma SGS Technology, expressed his enthusiasm about the partnership: "It is a moment of pride for us to associate with Dynabook, a well-known Japanese brand. This alignment will offer more choices to customers in India under the central government's 'Make in India' initiative. Dynabook's expertise in technology and high-class manufacturing will result in the best products for Indian customers and beyond."

Ms. Wong Wai Meng, Managing Director of Dynabook Singapore Pte Ltd, highlighted the significance of this announcement: "Today's announcement marks a significant milestone for Dynabook and reiterates our commitment to the Government of India's 'Make in India' initiative for a self-reliant India. With local manufacturing, Dynabook will be able to better serve the needs of our customers across industries and segments, from startups to SMBs to enterprises to government."

India Habitat Centre Launches "Bharat Bodh Kendra" to Celebrate India's Cultural Legacy.



India Habitat Centre (IHC) inaugurated a new addition to its Habitat Library & Resource Centre on May 10, 2025- the Bharat Bodh Kendra, a dedicated section aimed at fostering awareness and appreciation of India's rich cultural and civilizational heritage.The Bharat Bodh Kendra will house a curated collection of books and resources on Indian art, music, spirituality, history, philosophy, and other related fields. The Kendra was inaugurated by Hon'ble Minister Shri Manohar Lal, Minister of Power and Minister of Housing and Urban Affairs, Government of India, in a ceremony held this evening at IHC. Following the inauguration, Shri Katikithala Srinivas, Secretary, Ministry of Housing and Urban Affairs and President, IHC, and Prof. (Dr.) K. G. Suresh, Director, IHC, gave the Hon'ble Minister a walkthrough of the sprawling 9-acre IHC campus, highlighting its distinctive architectural design, environment-friendly features, and its role as a vibrant hub for cultural and intellectual engagement. Among those present were Shri Sanjay Kulshrestha, CMD - HUDCO, Shri Sanjay Shukla, MD - NHB and other officers of the Ministry and IHC.

Allen NEET repeaters batch from May 14

After the medical entrance exam NEET-2025, Allen Career Institute has announced the dates



of new batches for the preparation of NEET-UG 2026. Scholarships of up to 90 percent in Allen fees will be given on admission in these batches. Allen repeaters leader batches for 12th pass students are going to start from 14 May. After this, batches for repeaters will start every week in the upcoming dates. Along with this, ALLEN Scholarship Admission Test (ASAT) Maha-Avasar is also being organized from 12th to 17th May. Allen Kota President Vinod Kumawat said that Along with this, NEET nurture batches for students going from class 10th to 11th are starting on 15 May and 29 May. At the same time, the batch for the preparation of NEET-2026 for class 12th students is starting from 15 May. For the preparation of JEE-Main Advanced, the Nurture Batch for 11th class students is starting from 21st May, Leader Batch for 12th pass is starting from 25th May and 13th June.

Patanjali donated an automated soil testing machine, 'Doctor Ka Doctor,' to the Central Soil Salinity Research Institute (ICAR)



Acharya Balkrishna, Managing Director of Bharuwa Agri Science, told that the 'Doctor Ka Doctor' machine has received certification from the Indian Council of Agricultural Research (ICAR) at the Central Soil Salinity Research Institute. The machine evaluates 12 critical soil parameters, including primary nutrients like nitrogen, phosphorus, and potassium and secondary nutrients such as boron, iron, zinc, copper, and manganese. Patented by the Government of India, this machine has also obtained a CE certificate. He elaborated that the development of this machine is the result of extensive research conducted by Patanjali's scientists and represents a significant advancement for the agricultural community. Furthermore, he noted that it provides simple methodologies for generating fertilizer recommendations suitable for chemical, organic, or mixed farming approaches based on specific crops. Dr. Rajendra Kumar Yadav, Director of the Central Soil Salinity Research Institute, stated that 'Doctor Ka Doctor' will be an invaluable asset for farmers across the nation and will support the Government of India's soil health initiatives.

UPES Hosts Oxford Professor Miles Hewstone, Organises Dialogue on Liberal Studies and the Future of Social Psychology.

UPES proudly hosted Prof. Miles Hewstone, a luminary in the field of social psychology and Professor Emeritus at the University of Oxford, to discuss 'Liberal Studies: A Degree or a Superpower?', at a powerful and thought-provoking session at the India Habitat Centre in New Delhi on May 5, 2025. Organised by the School of Liberal Studies and Media at UPES, the event explored the evolution of Psychology and its growing relevance in shaping future careers and inclusive societies. Prof. Miles Hewstone, a distinguished Fellow at New College, Oxford, and former Professor of Social Psychology at the University of Oxford, is in India exclusively at the invitation of UPES. Since



last month, he has been conducting a series of transformative lectures and workshops at the university's Dehradun campus. He captivated the Delhi audience with his profound insights into human behaviour, intergroup dynamics, and the psychological forces behind conformity, altruism, and decision-making. Drawing on decades of scholarship across Oxford, Bristol, Mannheim, and Cardiff, Prof. Hewstone powerfully demonstrated why Liberal Studies - especially Psychology, Political Science, History, and Journalism - are not just relevant, but indispensable in today's polarised and digitally driven world.

The Department of Biotechnology and Bioinformatics, JUIT Motivated College Toppers through Mock GAT-B Test

The Department of Biotechnology and Bioinformatics reached out to different Colleges to conduct Mock GAT-B test to create awareness among the students, and other stakeholders, highlighting the career opportunities. This test was conducted in 17 Govt colleges across Himachal Pradesh, Punjab and Haryana. The Department of Biotechnology and Bioinformatics organised a felicitation program for the JUIT mock GAT-B Achievers. A prize distribution for the Toppers of



individual colleges and high score achievers in the Mock GAT-B test was organized on 10 May 2025, at the Jaypee University of Information Technology, Waknaghat. An appreciation Cash prize, Memento and a Certificate were presented to the Toppers of Individual Colleges. Mementos and certificates were also given to the high scorers. Honourable Vice-Chancellor of Jaypee University, Prof Rajendra Kumar Sharma, congratulated prize winners and motivated them to do well in their future careers. Prof Sudhir Kumar, Dean, 'Research and Internationalisation' addressed the students and complemented the achievers about their success and emphasised the importance of further education to excel in their fields and for better job opportunities.

The Hindu • 10 May • Ministry of Ayush

Yoga conclave in Delhi

2 • PG | 47 • Sqcm | 35088 • AVE | 682.81K • Cir | Middle Right

Delhi

Yoga conclave in Delhi

The Hindu Bureau
NEW DELHI

A yoga conclave under the guidance of Swami Niranjanananda Saraswati, the spiritual heir of Bihar School of Yoga, started in the national capital on Friday. He is currently on a country-wide 'Bharat Yoga Yatra' to promote the idea of yoga as a spiritual way of life, beyond the practice of asanas.

On Saturday and Sunday, two-hour sessions of the yoga conclave will be held at Thyagaraj Stadium from 6.30 a.m. to 4 p.m.

The Hindu • 08 May • Ministry of Ayush

Hey pal , you gut this

4 • PG | 480 • Sqcm | 734039 • AVE | 1.99M • Cir | Bottom Center | Metro Plus

Chennai

Priyadarshini Paitandy
priyadarshini.p@thehindu.co.in



Hey pal, you gut this

Meet Dr Pal Manickam, the doctor who can treat your gut and tickle your funny bone, one laugh at a time

Meet the doctor who has a gut feeling about everything. This is a pun that gastroenterologist Dr Pal (Palaniappan) Manickam, is well used to. Interestingly, he is also a standup comedian and perhaps that is why, for him, puns are as important as probiotics.

He likes to call his genre of comedy MedCom (medical comedy) and his repertoire covers everything from fermented foods and diet plans to menopause, bowel health, and fatty liver. Guest speakers like cricketer S Badrinath and renowned doctors also feature in his Reels to discuss current topics.

Originally from Madurai, and now shuttling between Sacramento (California) and Chennai, the doctor consults and also does stand up shows across the US, and Chennai. He did a few shows in Malaysia, and Singapore, with upcoming acts scheduled in Seattle, Minneapolis, and Chicago in May and in Mumbai in July.

"I like being on stage and talking to people," says Dr Pal, during a recent visit to the city. "My wife and sons (aged three and five) moved to India last year because my wife wanted to raise our kids in Chennai; she is from here. And we also wanted them to spend time with their grandparents – that bond is important," he says.

In the next six months, Dr Pal plans to set up a gut health clinic in Chennai. "We practise something called preventive gastroenterology," he says, adding that he focusses on sustainable lifestyle changes.

A believer in intermittent fasting, Dr Pal says this is something he started doing when he had a health scare in 2015.



Gut instinct
Dr Pal Manickam.
SPECIAL ARRANGEMENT

"I was working as a full-time gastroenterologist in 2015 in California. While examining a patient, I started getting palpitations and chest pain. I was sitting on a medical bed thinking what did I do wrong? I was 100 kilos. But when I had moved to the US, I was 60 kilos. So, I started doing everything from paleo and keto diet to yoga and personal training. I realised everything is scattered around and despite being a medical professional, I was not able to follow it. I came across intermittent fasting and realised that it could also reverse fatty liver. I learnt about diet, macros, fibres, proteins. My weight came down to 70 kgs and I continue to be the same weight since 2017. Mindful eating is important," he adds.

Through Medcom, Dr Pal uses his medical knowledge to educate a larger group of people via social media; he has 1.6 million followers on Instagram.

And just like the Marvel Universe, there is a Dr Pal Universe with its set of characters. There is Saravana Kumar, his wife Tirupurasundari, and a patient named Aarogyasamy, the earnest Subramani who listens to everything the doctor says, Kapil Sharma, Marc Anthony, Abhijit Chakraborty... "Then to add masala, I made Aarogyasamy, Tirupurasundari's ex-boyfriend," he laughs.

During the pandemic, his first video about COVID-19 awareness went viral. It received five million views. The next video he uploaded got an embarrassingly low number of views. "So, I thought I was a one-time wonder," he laughs.

Then in January 2021, he uploaded a video about Covid vaccines and that went viral again, after which he also got a call from Bldg 18, a comedy club in San Francisco Bay Area.

"I realised comedy is serious business. So, I did a course at Punch Line Comedy Club in Sacramento, on how to write a set. If I deliver something and people laugh, that gives me a high," he says.

He suggests the 30-3-1 rule to boost gut health. "Thirty grams of protein for breakfast (for example three whole eggs and three egg whites), three fermented dishes in a day (maybe idli in the morning, curd in the afternoon, and dhokla, kanji for dinner) and one hour of physical activity," he says, adding, "Most importantly, people should stop looking for quick fixes. Bad gut health is directly proportional to the amount of abuse that you have put your gut through in the past. For example, if you have abused your gut for 10 years, you cannot expect it to go back to normal in a week. It is a minimum three-month process and requires a lifestyle change."

The Hans India • 21 May • Ministry of Ayush

Lax implementation of Central schemes in TG: Ex-MLA to FM

5 • PG | 233 • Sqcm | 69911 • AVE | 390.49K • Cir | Top Right

Hyderabad

Lax implementation of Central schemes in TG: Ex-MLA to FM



HYDERABAD: FORMER MLA and BJP State Vice-President NVVS Prabhakar criticised State Chief Minister A Revanth Reddy for failing to provide the necessary matching grants for Central government schemes in Telangana.

He stated that despite Reddy's repeated claims about supporting federal principles, the implementation of these schemes has been undermined by changing their names and diluting their effectiveness.

Prabhakar addressed the media in the national capital on Tuesday, accusing the Congress government in Telangana of betraying the people by not effectively implementing Central government initiatives. Earlier, he met with Union Finance Minister Nirmala Sitharaman to discuss several pressing issues, including the status of the Awas Yojana, Fasal Bima Yojana, Ayushman Bharat, PM Kusum Yojana, and funding for local bodies, gram panchayats, and municipalities from the Central Government Finance Commission.

During the meeting, he informed the Finance Minister that the State's financial situation is worsening daily. He pointed out that the State government is unable to raise new debt because it has surpassed the limits set by the Fiscal Responsibility and Budget Management (FRBM) Act.

The Hans India • 11 May • Ministry of Ayush

India's radiology sector booms with AI and remote monitoring advancements

13 • PG | 400 • Sqcm | 119909 • AVE | 390.49K • Cir | Middle Left

Hyderabad

India's radiology sector booms with AI and remote monitoring advancements

AI-powered Remote Patient Monitoring (RPM) tools are now playing a pivotal role in enhancing diagnostic efficiency. These tools enable real-time health tracking and reduce the dependency on in-person visits, improving patient convenience and expanding healthcare reach

India is witnessing a sharp surge in the adoption of diagnostic radiology devices, with cutting-edge technologies like AI and remote monitoring reshaping the landscape of medical imaging, according to a recent report by tech-enabled market intelligence firm 1Lattice.

The report highlights that the country has registered over 1.48 lakh radiology devices, with Maharashtra (20,590), Tamil Nadu (15,267), and Uttar Pradesh (12,236) leading in equipment deployment. This surge reflects India's growing focus on digitisation and modernisation of healthcare services, even extending to semi-urban and rural regions.

"Radiology is evolving from being a hospital-based specialty to a cornerstone of primary and preventive care," said Sanjay Sachdeva, Director of Healthcare and Lifesciences at 1Lattice. "The convergence of AI, portability, and remote monitoring is unlocking access, improving accuracy, and reshaping the delivery of diagnostics across India's healthcare system," he added. AI-powered Remote Patient Monitoring (RPM) tools are now playing a pivotal role in enhancing diagnostic efficiency. These tools enable real-time health tracking and reduce the dependency on in-person visits, improving patient convenience and expanding healthcare reach.

India's radiology equipment market is set to grow robustly, projected to increase from $7.1 billion in FY2025 to $13.5 billion by FY2030 — a compound annual growth rate (CAGR) of 10 per cent. This outpaces the global radiology market, which is expected to grow from $34 billion in 2025 to $43 billion by 2030 at a 5 per cent CAGR.

Key growth drivers include advancements in digital radiography and ultrasound, rising incidences of chronic diseases such as cancer and cardiovascular conditions, and government initiatives like Ayushman Bharat and the National Digital Health Mission (NDHM).

However, challenges remain. High costs of advanced equipment, disparities in access between urban and rural regions, and concerns over radiation exposure continue to pose hurdles. Despite these, radiology is poised to become a cornerstone of India's tech-driven, decentralised healthcare future, delivering timely and accurate diagnoses across the population.



The Hans India • 09 May • Ministry of Ayush

Society needs to unite to eradicate Thalassemia: Kishan Reddy

5 • PG | 288 • Sqcm | 86369 • AVE | 390.49K • Cir | Top Right

Hyderabad



Society needs to unite to eradicate Thalassemia: Kishan Reddy

The Union Minister stresses the importance of working towards a Thalassemia-free India, similar to the TB Mukt Bharat initiative

HANS NEWS SERVICE
HYDERABAD

UNION Minister for Coal and Mines G Kishan Reddy stated that 15 lakh children across the country are suffering from Thalassemia. He emphasised that the entire society must unite to eradicate this disease. Speaking at a meeting in the national capital organised by Coal India on the occasion of International Thalassemia Day, he expressed that children who are unaware of their fate, along with their families, endure significant mental and financial hardships.

He urged everyone to take responsibility for raising awareness about Thalassemia in society. The central government, led by Prime Minister Narendra Modi, has launched the 'Ayushman Bharat' scheme, which provides free medical treatment to millions of poor and middle-class individuals. Previously, those who fell ill often had to liquidate their assets or take loans to pay for treatment. Now, with the implementation of the Ayushman Bharat scheme nationwide, families no longer have to bear the financial burden of hospital expenses.

Kishan Reddy noted that Coal India has consistently played a crucial role in contributing to the country's economic and social development. Over the last ten years, it has invested more than Rs 6,000 crores under its Corporate Social Responsibility (CSR) programs to improve the lives of people in remote areas, particularly where mining operations take place. Coal India also provides treatment for Thalassemia patients through the Thalassemia Bala Seva Yojana.

He highlighted that approximately 15 lakh individuals in the country suffer from Thalassemia, requiring regular blood transfusions. This results in severe mental anguish for their families. Furthermore, medications related to this condition have had to be imported from abroad. In response, Coal India has stepped forward to support children affected by Thalassemia.

Under the auspices of Coal India, financial assistance of Rs 10 lakh each has been provided, and over 700 successful bone marrow transplant operations have been conducted.

Initially launched in four hospitals, these services are now available in 17 hospitals, with plans to include at least one hospital in each state to provide treatment for Thalassemia children in the future. These hospitals offer treatment for both Thalassemia and aplastic anaemia. A dedicated Coal India portal has also been established to disseminate information about the disease in rural areas.

Kishan Reddy mentioned, "We are also providing health services to people living in mining areas through the District Mineral Fund. So far, we have invested Rs 1 lakh crore to develop the necessary infrastructure for rural communities."

Kishan Reddy stressed the importance of working towards a Thalassemia-free India, similar to the TB Mukt Bharat initiative. In addition to providing treatment, it is crucial for authorities to educate the public on preventive measures. He said that with collective effort and commitment, Thalassemia can be eradicated.

Yugmarg • 19 May • Ministry of Ayush

Future Generali Launches Health Unlimited a health Insurance that offers unlimited benefits

10 • PG | 392 • Sqcm | 81156 • AVE | 185K • Cir | Bottom Center

Chandigarh

Future Generali launches 'Health Unlimited', a Health Insurance that offers unlimited benefits

CHANDIGARH: For many of us in urban India, health insurance is the go-to solution when it comes to financial protection, but rising hospitalisation and medical costs raise questions on the adequacy of Health Insurance cover. This growing concern highlights the need for comprehensive healthcare solutions.

More than eight out of every ten insured feel unsure about the efficacy of their health cover amid soaring medical costs, said an exclusive survey by Future Generali India Insurance - #Health Unlimited. This survey, which was recently conducted on 800 insured individuals aged 25+, revealed rising concerns about the adequacy of current health insurance coverage.

India has one of the highest medical inflation rates among other Asian countries in 2021 - approximately 14 per cent - surpassing China (12 per cent), Indonesia (10 per cent), Vietnam (10 per cent) and Philippines (9 per cent).

Commenting on the launch of Health Unlimited, Anup Rau, Managing Director and CEO, Future Generali India Insurance Company Ltd, said, "Rising cost of medical treatment is a cause of concern for a vast majority of people in India, despite having a health cover. As Lifetime Partners to our customers, it is our endeavour to address these challenges by offering tailored solutions and adequately covering the Indian consumer. Our comprehensive health insurance offering, 'Health Unlimited', will ensure that our customers do not run out of cover even during the times of higher bills, irrespective of their sum insured getting exhausted."

The plan revolutionises health insurance by offering Unlimited Restoration of the Sum Insured starting from the second claim, providing complete financial security without the worry of exhausting coverage. In addition to the base coverage, the plan offers protection against rising medical costs and evolving healthcare needs. It covers in-patient hospitalisation, day-care treatments, AYUSH treatments, referring to the coverage for traditional Indian systems of medicine, including Ayurveda, Yoga, Unani, Siddha, and Homeopathy, under health insurance policies, pre- and post-hospitalisation expenses, organ donor costs, and modern treatment methods.

Key Benefits of "Health Unlimited":

Unlimited Coverage: This benefit shall cover the full cost of claim, regardless of sum insured, once in the lifetime of the policy and for any one claim.

Inflation Guard: Annual enhancement of sum insured to safeguard against rising medical expenses

Premium Payback: Discount of renewal premium in the 5th year, equivalent to the 1st year base premium, if there is no claim in the preceding 4 policy years

Unlimited Refills: Base sum insured gets refilled unlimited times, from second claim onwards

In addition to the above, Health Unlimited also comes with benefits like wellness discounts, cumulative bonus for every claim free year, additional sum insured for accidental hospitalization, no sub limits for services like cataract surgery, road ambulance, and LASIK procedure and complementary health check-ups.

Eastern Chronicle • 15 May • Ministry of Ayush

RGU successfully hosts YOGOTSAV-2025 countdown programme with enthusiastic participation

2 • PG | 212 • Sqcm | 531147 • AVE | 182.88K • Cir | Middle Center

Kolkata

RGU successfully hosts YOGOTSAV-2025 countdown programme with enthusiastic participation

CHRONICLE NEWS SERVICE



RONO HILLS : Rajiv Gandhi University (RGU), Arunachal Pradesh, proudly hosted a grand Yoga Protocol Practice Programme on 14th May 2025 as part of YOGOTSAV-2025, a global initiative led by the Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India. As one of the 100 organizations selected worldwide to commemorate 100 Days – 100 Organizations – 100 Locations, RGU took the lead in promoting yoga awareness and holistic well-being through this nationwide countdown celebration.

The day commenced with a Common Yoga Protocol (CYP) demonstration at 7:00 AM at the RGU Student Activity Center, drawing a crowd of more than 600 yoga enthusiasts. Participants included RGU research scholars, students, teaching and non-teaching staff, personnel from the Indo-Tibetan Border Police (ITBP), students from local schools, colleges, yoga centres, and members of the community.

The morning session was live streamed for wider outreach by organizing committee member Dr. Sunil Koijam, Assistant Professor, Department of Mass Communication, through RGU V.SAT and YouTube: https://youtube.com/live/BLLucZc0tdk?feature=share.

The inaugural function was presided over by Prof. S.K. Nayak, Vice-Chancellor, as Chief Guest, with Dr. N.T. Rikam, Registrar, as Guest of Honour, and Prof. Otem Padung, Finance Officer, as Special Guest. Prof. Dr. Sambhu Prasad, Dean, Faculty of Physical Education and Sports Sciences, felicitated the dignitaries and welcomed the gathering. The CYP session was led by Mr. Umesh Mimi, Research Scholar, Department of Physical Education, along with students from the Yoga Diploma Programme. In parallel, RGU also observed the 'अमृत महोत्सव – Nation First' Awareness Programme, introduced by Dr. Ravi Ranjan Kumar, Assistant Professor, Department of Social Work. The Chief Guest and other dignitaries addressed the gathering, underlining the importance of yoga in daily life and emphasizing the value of putting the nation first in every sphere of activity.

The morning session concluded with a vote of thanks delivered by Dr. A. Yuvaraj, Assistant Director of Physical Education and Nodal Officer for the programme.

The celebrations continued in the afternoon with a technical workshop organized at 2:30 PM in the RGU Mini Auditorium, centered on the theme "Yoga for One Health, One Earth." Over 150 participants from various departments actively took part in the session. The workshop began with a welcome address by Dr. Tage Manju, Assistant Professor, Department of Education, and organizing committee member.

The keynote address was delivered by Mr. Ignatius Dsouza from The Art of Living, Arunachal Pradesh, who provided insightful perspectives on how yoga can contribute to personal health, social harmony, and environmental sustainability.

The event concluded with a vote of thanks by Mr. Rikpu Kamcham, Teaching Assistant (Yoga), Department of Physical Education, followed by the National Anthem, marking the successful completion of the YOGOTSAV-2025 Yoga Countdown Programme at RGU. This inspiring event not only celebrated the spirit of yoga but also reinforced RGU's commitment to national and global wellness initiatives.

Free Press Journal • 14 May • Ministry of Ayush

Sep 23 to be National Ayurveda Day

2 • PG | 88 • Sqcm | 69592 • AVE | 251.68K • Cir | Middle Right | FP School

Mumbai

Sep 23 to be National Ayurveda Day

The Union government on Tuesday designated September 23 as Ayurveda Day, marking a significant shift from the earlier practice of observing Ayurveda Day on Dhanteras. The change was notified through a Gazette Notification dated March 23, the Ministry of Ayush said. Calling the decision to change the date as "landmark", the ministry said it will enhance "the global visibility and consistency" of Ayurveda which is India's 5,000-year-old system of healing rooted in ancient wisdom and sustainable living. Notably, Dhanteras is a festival observed in the Hindu month of Kartik (usually October or November). Its date fluctuates each year, posing logistical challenges for organising national and international observances of Ayurveda day, the Ministry said.



Free Press Journal • 08 May • Ministry of Ayush

2 ancient ayurveda texts revived

1 • PG | 186 • Sqcm | 148024 • AVE | 251.68K • Cir | Top Right | FP School

Mumbai



2 ANCIENT AYURVEDA TEXTS REVIVED

The Central Council for Research in Ayurvedic Sciences (CCRAS), under the Ministry of Ayush, on Wednesday announced it has revived two rare and significant Ayurvedic texts. The manuscripts Dravyaratnakara Nighau and Dravyanamakara Nighau were unveiled during an event organised by the RRAP Central Ayurveda Research Institute in Mumbai. "These texts are not just historical artefacts -- they are living knowledge systems that can transform contemporary healthcare approaches when studied and applied thoughtfully," said Prof. Vd. Rabinarayan Acharya, Director General, CCRAS, New Delhi. Acharya emphasised the importance of such revivals in bridging India's ancient wisdom with contemporary research frameworks.

Free Press Journal • 08 May • Ministry of Ayush

Surat to host night cyclothon for healthy, obesity-free state

19 • PG | 100 • Sqcm | 79499 • AVE | 251.68K • Cir | Bottom Right

Mumbai

Surat to host night cyclothon for healthy, obesity-free state

FPJ News Service

SURAT



Gujarat has declared the year 2025 as Urban Development Year, under which a series of city-centric events are being organized across the state. As part of this initiative, a special campaign titled "Healthy Gujarat, Obesity-Free Gujarat" will be held across all 17 municipal corporations and 36 municipalities on Sunday, May 11, 2025.

The Surat Municipal Corporation will organize a 10-kilometre Night Cyclothon-25 on May 11, starting at 6:30 PM from the Police Parade Ground, passing through Rahul Raj Mall, and returning to the starting point. Around 7,000 participants are expected to take part in the event.

Municipal Commissioner Shalini Agarwal chaired meetings with the cycling association, educational and voluntary institutions, sports authority of Gujarat, and the state yoga board to ensure broad community participation.

Pune Mirror • 13 May • Ministry of Ayush

New initiative unveiled

9 • PG | 216 • Sqcm | 186622 • AVE | 340.74K • Cir | Middle Center

Pune

New initiative unveiled

Dr DY Patil Ayurvedic College starts special services



The services were inaugurated by Dr Smita Jadhav, Pro Vice Chancellor of Dr DY Patil Deemed University and MLA Anna Bansode

Pune Mirror Bureau
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@ThePuneMirror

Dr DY Patil Ayurvedic College, Hospital, and Research Centre, Sant Tukaram Nagar, Pimpri, has introduced special healthcare services for women and children to mark Mother's Day (May 11).

The initiative was inaugurated on Sunday by Dr Smita Jadhav, Pro Vice-Chancellor of Dr DY Patil Deemed University, and Maharashtra Legislative Assembly Deputy Speaker and Pimpri MLA, Anna Bansode.

The programme includes two key schemes: Mata-Bal Sanman Yojana and Nest Yojana. Under the Mata-Bal Sanman Yojana, normal and caesarean deliveries will be offered at an affordable rate of ₹5,000 for 24-hour service. Similarly, Nest Yojana will provide the same services for ₹25,000.

A special postnatal care service named Maaher has been introduced, offering traditional Ayurvedic postpartum care for both mother and newborn. This includes massages, herbal fumigation, a balanced diet, and other essential wellness treatments provided by the hospital's Obstetrics and Gynaecology Department.

Recognising the importance of childhood immunisation, the hospital also announced a free vaccination centre at its paediatrics department, where all essential vaccines will be made available free of cost.

At the launch event, MLA Annasaheb Bansode remarked, "This is the first initiative of its kind in India, and I encourage as many women and children as possible to avail these benefits." College principal Dr Prashant Khade, registrar Dilip Mohite, Hospital Director Dr Pranesh Gaikwad, and several department heads, including Dr Yadunath Vaikole, Dr Dushyant Patil, Dr Smrutika Taware (Gynaecology), Dr Sunil Changle (Paediatrics), and Dr Mamta Nakade (Panchakarma), along with faculty members and students were present.

HIGHLIGHTS

- Under Mata-Bal Sanman Yojana, normal and caesarean deliveries will be offered at an affordable rate of ₹5,000 for 24-hour service
- Nest Yojana will provide the same services for ₹25,000
- A special postnatal care service named Maaher has been introduced, offering traditional Ayurvedic postpartum care for both mother and newborn
- The hospital also announced a free vaccination centre at its paediatrics department

Political & Business Daily • 12 May • Ministry of Ayush

Traditional medicine key to achieve universal health coverage: Ayush Ministry

2 • PG | 149 • Sqcm | 37353 • AVE | 125K • Cir | Bottom Right

Bhubaneshwar

Traditional medicine key to achieve universal health coverage: Ayush Ministry

THE government has emphasised the growing relevance of traditional medicine in achieving universal health coverage and advancing the goals of 'One Health and Sustainable Development,' it was announced on Sunday.

The sixth meeting of the Group of Friends of Traditional Medicine (GFTM) was successfully held at the Permanent Mission of India (PMI) in Geneva.

The meeting brought together ambassador's representatives from various countries committed to strengthening the role of traditional medicine in global healthcare systems, according to Ayush Ministry.

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, delivered a keynote address virtually that underscored India's leadership and commitment in promoting evidence-based traditional medicine across the world.

He reaffirmed India's commitment through Ministry of Ayush with initiatives like the National AYUSH Mission, the integrative model of Ayush Arogya Mandirs, insurance coverage for traditional medicine, and collaborative



research with premier institutions like DBT, DST, ICMR, and CSIR.

He also highlighted India's focus on emerging domains such as AI, genomics, and bioinformatics in traditional medicine - reflected in the global technical meeting on AI applications in traditional medicine underscoring the country's role in safeguarding traditional knowledge, enhancing capacity, and promoting equitable global health.

"The Group of Friends of Traditional Medicine (GFTM) was created by India in May 2023. This informal platform allows WHO member states to discuss and support the integration of traditional medicine into health systems," he said, calling for greater collaboration, knowledge exchange, and research partnerships.

Political & Business Daily • 09 May • Ministry of Ayush

Delhi govt plans to sponsor Ayurveda start-ups, host global summit: Rekha

10 • PG | 256 • Sqcm | 64025 • AVE | 125K • Cir | Top Left

Bhubaneshwar

Delhi govt plans to sponsor Ayurveda start-ups, host global summit: Rekha

NEW DELHI, MAY 8



DELHI government is planning to host a global Ayurveda summit and provide support to start-ups focused on the age-old Indian medicinal system, Chief Minister Rekha Gupta said on Thursday.

Addressing the All India Ayurvedic Congress here, Gupta said the way Ayurveda is getting popular at the global level, other countries look up to India for more information and the availability of Ayurvedic medicines.

"I thank Prime Minister Narendra Modi for setting up the Ayush ministry and providing a bigger platform to Ayurveda and other related medicinal systems by formulating policies," she said.

Setting up the All India Institute of Ayurveda in Delhi on the lines of the All India Institute of Medical Sciences is a big milestone, she said.

"We should organise a global Ayurveda summit in Delhi that will be supported by the government. We can present the Ayurvedic system before the people from across the world at the summit," she said in his address to experts in the field of Ayurveda.

She said the summit would provide an opportunity for experts and academicians associated with the Ayurvedic system to discuss new initiatives and innovations in the traditional medicinal system.

She said the Delhi government plans to roll out various initiatives like sponsoring Ayurveda-based start-ups to encourage youngsters to work in this field, while promoting yoga gurus and experts to work on innovations.

She also suggested the digitisation of all Ayurveda texts and knowledge.

Delhi government runs 197 Ayush Centres across the city where Ayurvedic medicines are provided to people. These include 55 Ayurveda, 25 Unani and 117 homoeopathy dispensaries. Besides, there are three medical colleges and four hospitals that follow the Ayurvedic system, Gupta said.

In the budget 2025-26, the Delhi government has allocated Rs 275 crore for developing alternative medicinal systems, including Rs 100 crore for Ayush, she added.

Talking to the reporters on the sidelines of the event, the chief minister said Modi has taken several steps to make Ayurveda available to everyone in the country and to popularise it across the world.

People tired of allopathy are returning to Ayurveda as it provides a holistic cure for diseases. It is the responsibility of the government to make Ayurveda, homoeopathy and other such medicinal systems accessible to people, she added. **–PTI**

Political & Business Daily • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

4 • PG | 281 • Sqcm | 70200 • AVE | 125K • Cir | Top Left

Bhubaneshwar

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

PBD BUREAU

BHUBANESWAR, MAY 7



"THE government of Odisha is committed to strengthening holistic healthcare, and as part of this commitment, we will establish three new integrated AYUSH hospitals in Dhenkanal, Berhampur, and Balasore," Chief Minister Mohan Charan Majhi announced on Wednesday.

Addressing the annual function of the Students' Union at Dr. Abhinna Chandra Homoeopathic Medical College and Hospital in Bhubaneswar as the chief guest, Chief Minister Majhi emphasized the government's focus on expanding traditional and alternative medical infrastructure across the state.

In a move aimed at enhancing medical education and research, the Chief Minister also laid the foundation stone for a new Emergency Unit at the college and announced the creation of a dedicated Homoeopathic Research & Analysis Department. These initiatives are expected to elevate Odisha's standing in the field of AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy) healthcare.

Majhi, while praising the institution's 56-year contribution to the field, said, "This college has been instrumental in shaping the landscape of homoeopathic education and services in Odisha and remains a prominent contributor at the national level." He also commended its in-house homoeopathic medicine manufacturing unit, which supplies medicines to numerous hospitals, calling it a model of self-reliance and service.

Highlighting Odisha's leadership in promoting homoeopathy, the Chief Minister noted that around 15 percent of India's AYUSH economy is supported by homoeopathy. Currently, the state houses four government-run homoeopathic colleges and 562 dispensaries, showcasing its vast network of alternative medicine facilities.

Reaffirming the government's financial commitment to the health sector, Majhi cited the Rs 23,635 crore allocation in the latest state budget — over 8 percent of the total budget — as a significant step toward universal health coverage. He also spotlighted the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana, under which more than one crore residents of Odisha can avail treatment at 29,000 hospitals nationwide.

Health & Family Welfare Minister Mukesh Mahaling, present at the ceremony, lauded the homoeopathy students and professionals for their growing contribution to healthcare delivery. "With active cooperation from both the state and central governments, we are confident of surpassing our healthcare targets," he said.

The event was also attended by Bhubaneswar MLA Babu Singh, Health & Family Welfare Department Secretary Aswathy S, renowned neurosurgeon Dr. Ashok Mahapatra, and homoeopathy expert Dr. LK Nanda.

The Tribune • 12 May • Ministry of Ayush

Ayush ministry launches weekly podcast on yoga

12 • PG | 88 • Sqcm | 267206 • AVE | 893.04K • Cir | Middle Left
Chandigarh • Delhi

Ayush ministry launches weekly podcast on yoga

NEW DELHI, MAY 11

Aimed at taking yoga to every household and blending ancient practices with modern lifestyles, the Ministry of Ayush has launched its weekly yoga podcast, a digital initiative produced by the Morarji Desai National Institute of Yoga.

Union Ayush Minister Prataprao Jadhav launched the podcast on his social media platforms. The podcast is designed to engage listeners with discussions, guided practices and expert interviews. — PTI

The Tribune • 12 May • Ministry of Ayush

Doctor shortage ails healthcare in Muktsar

2 • PG | 198 • Sqcm | 598520 • AVE | 893.04K • Cir | Bottom Center

Chandigarh

Doctor shortage ails healthcare in Muktsar

ARCHIT WATTS
TRIBUNE NEWS SERVICE

MUKTSAR, MAY 11

Muktsar district is functioning barely with a quarter of its sanctioned posts of doctors. Of the 236 doctors meant to serve the district's population of more than 10 lakh, only 69 posts are filled.

The situation is even worse in villages. Here, just 17 doctors serve against 99 sanctioned posts, leaving 82 positions vacant at six community health centres (CHCs) and 20 primary health centres (PHCs). At Alamwala CHC, a senior medical officer and a doctor on deputation offer the services, against the sanctioned strength of seven doctors.

At the Muktsar Civil Hospital, 34 out of 57 sanctioned posts of doctors are lying vacant. Of 40 posts each in Malout and Gidderbaha, 24 and 27 positions are lying vacant.

Even the Aam Aadmi Clinics, recently rechristened as Ayushman Arogya Kendras, have not found takers. Three of these 24 mohalla clinics operate without a single doctor.

Gurjant Singh, 69, a resident of Goneana, said, "A doctor or any other educated professional always chooses a place where facilities are better. Here residents in most parts of the district still don't get potable water supply. The government should think about developing this area. Only then the doctors will be willing to serve in the district."

Notably, the state government tried to bridge the gap earlier this year. In March, 12 MD/MS graduates were posted to Muktsar district – nine to the Civil Hospital in Muktsar and three to Gidderbaha. But only two showed up. The rest stayed away, despite having signed indemnity bonds worth Rs 10 to Rs 15 lakh, committing them to serve in government hospitals for one to two years.

A retired doctor, who spent three decades in the Health Department, said, "Our area is labelled as backward. Low salary, bureaucratic hurdles and constant pressure also contribute to the reluctance. I have heard that some doctors even paid the bond amount just to avoid serving here."

For people like Jagjit Singh, the system's failure is personal. His elderly father had to be rushed to the Government Medical College and Hospital at Faridkot. "There was no specialist for dengue treatment here last year. The hospitals in Muktsar have become referral centres," he said.

In 2016, during the SAD-BJP government, then Health Minister Surjit Kumar Jyani candidly admitted that no government doctor was willing to serve in Muktsar.

Of 236 sanctioned posts in dist, only 69 filled

HOSPITALS TURNED INTO REFERRAL CENTRES

> There was no specialist for dengue treatment here last year. The hospitals in Muktsar have become referral centres. Jagjit Singh, A PATIENT'S RELATIVE

Millenniumpost • 09 May • Ministry of Ayush

Delhi govt plans to sponsor Ayurveda start-ups, says CM

3 • PG | 208 • Sqcm | 374457 • AVE | 750K • Cir | Top Right

Delhi

Delhi govt plans to sponsor Ayurveda start-ups, says CM

OUR CORRESPONDENT

NEW DELHI: Delhi government is planning to host a global Ayurveda summit and provide support to start-ups focused on the age-old Indian medicinal system, Chief Minister Rekha Gupta said on Thursday.

Addressing the All India Ayurvedic Congress here, Gupta said the way Ayurveda is getting popular at the global level, other countries look up to India for more information and the availability of Ayurvedic medicines.

"I thank Prime Minister Narendra Modi for setting up the Ayush ministry and providing a bigger platform to Ayurveda and other related medicinal systems by formulating policies," she said.

Setting up the All India Institute of Ayurveda in Delhi on the lines of the All India Institute of Medical Sciences is a big milestone, she said.

"We should organise a global Ayurveda summit in Delhi that will be supported by the government. We can present the Ayurvedic system before the people from across the world at the summit," she said in his address to experts in the field of Ayurveda.

She said the summit would provide an opportunity for experts and academicians associated with the Ayurvedic system to discuss new initiatives and innovations in the traditional medicinal system.

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"We will plan a global summit on Ayurveda," she said.

People tired of allopathy are returning to Ayurveda as it provides a holistic cure for diseases. It is the responsibility of the government to make Ayurveda, homoeopathy and other such medicinal systems accessible to people, she added.

KEY POINTS

- Addressing the All India Ayurvedic Congress here, Gupta said the way Ayurveda is getting popular at the global level, other countries look up to India for more information and the availability of Ayurvedic medicines
- 'We should organise a global Ayurveda summit in Delhi that will be supported by the government. We can present the Ayurvedic system before the people from across the world at the summit'

Silicon India • 22 May • Ministry of Ayush

THE HEALTHCARE REVOLUTION: WHAT 2025 MEANS FOR PATIENTS & PROVIDERS

16,17,18 • PG | 1786 • Sqcm | 125030 • AVE | 1.35M • Cir | Inside Page (Magazine only)

National

IN MY OPINION

THE HEALTHCARE REVOLUTION: WHAT 2025 MEANS FOR PATIENTS & PROVIDERS

Karan Bhargava, Founder & CEO, Homoeo Amigo

Karan specializes in personalized homeopathy solutions and is passionate about holistic wellness. His expertise spans various sectors like healthcare technology, holistic medicine, digital health solutions, and entrepreneurship to enhance patient outcomes and transform healthcare experiences.



As we approach 2025, the healthcare landscape is undergoing a remarkable transformation, driven by technological advancements that promise to enhance patient care, streamline operations, and make medical services more accessible. Let's delve into these developments and understand their implications for both patients and healthcare providers.

Telemedicine Becomes Mainstream

Telemedicine has been gaining traction over the past few years, and it's expected to become a standard component of healthcare. The convenience of consulting with healthcare professionals from the comfort of one's home has been a game-changer, especially for individuals in remote areas or those with mobility challenges. This shift not only enhances access to care but also reduces the strain on physical healthcare facilities.

Personalized Medicine Takes Center Stage

Advancements in genomics and biotechnology are paving the way for personalized medicine. This approach tailors medical treatment to the individual characteristics of each patient, considering factors like genetics, environment, and lifestyle. In 2025, we can expect more treatments and preventive strategies designed specifically for individual needs, leading to more effective healthcare outcomes.

Artificial Intelligence (AI) Enhances Diagnostics

AI is set to play a pivotal role in healthcare in 2025. From analyzing medical images to predicting patient outcomes, AI algorithms can process vast amounts of data quickly and accurately. This capability assists healthcare providers in making informed decisions, potentially leading to earlier diagnoses and more effective treatments.

Wearable Technology Monitors Health in Real-Time

Wearable devices that monitor health metrics in real time are becoming increasingly sophisticated. These gadgets will provide continuous health monitoring, alerting users and healthcare providers to potential issues before they become serious. This proactive approach to health management empowers individuals to take charge of their well-being and facilitates timely medical interventions.

Integrated Health Records Improve Continuity of Care

The move towards integrated electronic health records (EHRs) is set to streamline the sharing of patient information among healthcare providers. seamless access to comprehensive patient histories will enhance coordination among different healthcare professionals, reducing errors and improving patient outcomes.

Focus on Mental Health & Holistic Well-being

There's a growing recognition of the importance of mental health in overall well-being. In 2025, healthcare systems are expected to adopt a more holistic approach, integrating mental health services with physical health care. This comprehensive perspective ensures that patients receive support for all aspects of their health.

Patient Empowerment & Health Literacy

With the abundance of health information available online, patients are becoming more informed and engaged in their healthcare decisions. This trend towards patient empowerment is expected to continue, with healthcare providers placing greater emphasis on health literacy. Ensuring patients understand their health conditions and treatment options leads to more collaborative and effective care.

Emphasis on Preventive Care

Preventive care is gaining prominence as a strategy to reduce the incidence of chronic diseases and manage healthcare costs. There will be a stronger focus on early detection and lifestyle interventions to prevent health issues before they arise. This shift not only improves individual health outcomes but also alleviates the burden on healthcare systems.

Addressing Language Barriers in Healthcare

Effective communication is crucial in healthcare, yet language barriers can impede patient-provider interactions, leading to misunderstandings and compromised care.

- **Professional Medical Interpreters:** Utilizing qualified interpreters has been shown to improve patient outcomes and satisfaction. These professionals facilitate accurate communication, ensuring that patients with limited proficiency in the primary language receive appropriate care.
- **Translation Technologies:** Advancements in medical translation apps are making it easier for healthcare providers to communicate with patients in different languages. These tools offer real-time translation, aiding in the delivery of timely and accurate care.
- **Cultural Competency Training:** Healthcare providers are increasingly receiving training to understand and respect cultural differences. This education helps in building trust and improving interactions with patients from diverse backgrounds.

> The convenience of consulting with healthcare professionals from the comfort of one's home has been a game-changer, especially for individuals in remote areas or those with mobility challenges





Challenges & Considerations

While these advancements hold great promise, they also present challenges that need to be addressed:

Data Privacy & Security: With increased digitization comes the need to protect patient information from breaches and unauthorized access.

Equitable Access: Ensuring that all individuals, regardless of socioeconomic status, have access to these technological advancements is crucial to prevent widening health disparities.

Training & Adaptation: Healthcare providers will require ongoing training to effectively utilize new technologies and adapt to evolving healthcare delivery models.

The Role of Data Analytics in Healthcare

Data analytics is transforming healthcare by providing insights that drive decision-making and policy formulation. In 2025, the integration of data analytics into healthcare is expected to:

- **Predict Health Trends:** Analyzing health data can help predict outbreaks and identify emerging health trends, enabling proactive measures.
- **Personalize Treatment Plans:** Data-driven insights allow for the customization of treatment plans to suit individual patient needs, enhancing effectiveness.
- **Improve Operational Efficiency:** Healthcare facilities can utilize data analytics to streamline operations, reduce wait times, and enhance patient experiences.



> 2025 is a year of productivity, transforming healthcare with technology and innovation to empower patients, improve care, and help build a healthy future

In a nutshell, the year 2025 is poised to usher in new advancements in healthcare, characterized by technological innovation, personalized care, and enhanced patient engagement. By embracing these changes and addressing the associated challenges, both patients and providers can look forward to a more efficient, effective, and patient-centered healthcare system.

Travel + Leisure • 21 May • Ministry of Ayush

Local Flavours, Global Stays

16, 17, 18, 19 • PG | 2240 • Sqcm | 2000047 • AVE | 740K • Cir | Inside Page (Magazine only)

National

PROMOTION

Local Flavours, Global Stays

Whether for reflection, rejuvenation, business, or celebration—IHG Hotels & Resorts delivers refined stays, every time. By Uttara Gangopadhyay



Six Senses Fort Barwara is a sanctuary of ancient rituals and modern luxury near Ranthambore.

With the dynamic shift in people's perception of travel, gone are the days when travellers were content with grand appearances and lavish services alone. Today, travel is not merely recreational—it is aspirational, even an investment. In response to this evolution, global hospitality brand IHG Hotels & Resorts has curated a diverse portfolio of properties, offering a hotel for every kind of traveller and every occasion.

Across India, IHG has established itself as a one-stop hospitality partner—offering an unmatched range of hotel experiences tailored to individual travel needs, preferences, and aspirations. Whether for leisure, wellness, business, celebration, or pilgrimage, travellers are seeking more than a place to stay—they



Nestled in the Himalayan foothills, Six Senses Vana offers a transformative wellness retreat.


InterContinental Chennai Mahabalipuram Resort offers a luxurious coastal retreat.

expect seamless booking, connectivity, hygiene, safety, and above all, meaningful experiences rooted in local culture and sustainability.

Luxury & Lifestyle

For the traveller seeking one-of-a-kind stays and immersive cultural experiences, IHG's Luxury & Lifestyle collection offers properties that are as unique as the individuals who visit them

Six Senses leads the way with deeply transformative experiences that go beyond traditional hospitality. At **Six Senses Fort Barwara**, guests are transported to a restored 14th-century palace near Ranthambore, where ancient wellness rituals meet modern luxury. Here, guests can experience Ayurveda in its truest form, witness sacred temple ceremonies, savour authentic Rajasthani cuisine, and explore jungle safaris in tiger-rich forests. Every element has been carefully preserved or thoughtfully reimagined to offer a royal palace of wellbeing.

Meanwhile, **Six Senses Vana**, nestled in the Himalayan foothills, offers a bespoke approach to wellness. From Ayurvedic doctors who look beyond the body to Tibetan healing traditions, to yoga masters who guide you back to strength, this contemporary retreat is designed to help travellers reconnect, rebalance, and feel transformed. At both locations, wellness is integrated into every detail—from nourishing cuisine to restorative sleep—ensuring every stay is remembered long after it ends.


InterContinental Mumbai is where timeless design meets the energy of the city.

InterContinental Hotels & Resorts, another highlight of the collection, caters to seasoned travellers who expect refined service, curated experiences, and sophisticated settings. With elegant properties in Mumbai, Jaipur, and Mahabalipuram, **InterContinental** delivers spacious accommodation, gourmet cuisine, and bespoke hospitality in both scenic and urban locations.

PROMOTION



voco Jim Corbett blends local charm with modern comfort—perfect for nature lovers.

Premium

IHG's Premium collection is ideal for the modern traveller seeking a blend of comfort, style, and flexibility—whether for business, leisure, or a bit of both.

voco, now open in India with its first property near Jim Corbett National Park, offers a relaxed yet upscale stay. Overlooking the Kosi River, **voco Jim Corbett** combines local charm with contemporary amenities including all-day dining, a spa, banquet spaces, alfresco lounges, a pool, and a fitness centre. Perfect for a nature escape with refined comfort, voco's personality-driven hospitality sets it apart.

Crowne Plaza goes beyond being just another business hotel. Designed for today's global professionals and blended travellers, it understands that there's beauty in balance. With eight properties across key Indian cities, it is the preferred choice for those who turn work trips into short getaways. Crowne Plaza offers professional amenities alongside restful escapes, meeting the needs of business travellers, digital nomads, and leisure seekers alike.



Crowne Plaza Gurgaon blends contemporary design with thoughtful service for the modern traveller.



Overlooking serene backwaters, Crowne Plaza Kochi offers a tranquil urban escape with a luxurious spa.


Holiday Inn Goa is your laid-back getaway with all the essentials.


Just minutes from the terminals, Holiday Inn Aerocity is your go-to for seamless transit, restful rooms, and 24/7 dining.


Holiday Inn Mayur Vihar is ideal for business and leisure, with smart rooms and metro access.

Essentials

For travellers who prioritise comfort, convenience, and value, IHG's Essentials range delivers consistent quality in key urban and religious destinations.

Holiday Inn and **Holiday Inn Express** serve price-conscious business and leisure guests looking for dependable service and prime locations. Whether it's a quick business stopover or a spiritual journey, these hotels offer comfortable rooms, hearty breakfasts, fitness centres, and easy access to major hubs. With a growing presence in cities like Delhi, Noida, Kolkata, Tirupati, and Katra, the Essentials portfolio caters to a wide spectrum of travel needs without compromising on service or safety.

For more information, visit *ihg.com*

GQ India • 16 May • Ministry of Ayush

Summer Reboot

33, 34, 35, 36 • PG | 3502 • Sqcm | 1667092 • AVE | 150K • Cir | Inside Page (Magazine only)

National





KALARI KOVILAKOM

KERALA, INDIA

→ Kalari Kovilakom is unlike other resorts on this list. It's more of a treatment centre and a hospital than your usual luxury escapade. Housed in a 200-year-old palace, this NABH-accredited sanctuary by CGH Earth follows Ayurveda in its purest form.

WHY VISIT: For the Panchakarma Chikitsa, a no-nonsense 21- to 28-day detox featuring five therapeutic actions—think herbal enemas, nasal therapy and deep cleansing rituals. The retreat follows strict Ayurvedic principles, including eliminating distractions like caffeine, alcohol and digital devices to foster a disciplined and holistic environment.



SIX SENSES VANA

DEHRADUN, INDIA

→ The 5,000-year-old wisdom of Ayurveda is the OG DIY wellness playbook in most Indian households. It predominantly focuses on balancing your vata, pitta and kapha—your body's energy mix. Think herbal remedies, detox rituals, yoga and mindful eating. Six Senses Vana takes the very core of these learnings to nurture and transform your overall well-being.

WHY VISIT: For its most immersive and restorative experience, the Ayurveda Panchakarma—a 21-night commitment designed for those who are truly ready to reset. Expect personalised nutrition, targeted therapies and guided practices to restore dosha balance and heal from within. It's as nurturing as it is intense, crafted for those chasing long-term well-being, not just a quick fix.

KALARI KOVILAKOM: PHOTOGRAPH BY CGH EARTH. REST: COURTESY OF THE BRANDS.

GQ World Wellness

DAIOS COVE

CRETE, GREECE

RECOMMENDS GQ

→ While Crete, Greece's largest island, has some stunning sun-kissed beaches, it is also home to some ancient Minoan ruins, Venetian harbours and a thriving wine scene. Among the many luxe resorts there, Daios Cove offers a full reboot, starting with a Styku Body Scan that maps your body composition before diving into tailored wellness programmes.

WHY VISIT: For vitamin IV infusions to instantly boost energy and immunity, or cryotherapy (with -85°C air) to speed up muscle recovery and rev up metabolism. The insomniacs among us can opt for its expert-led sleep sessions. If radiant skin is the goal, 111SKIN's Advanced Skin Regeneration—with topical cryotherapy and LED therapy—is a must-try.

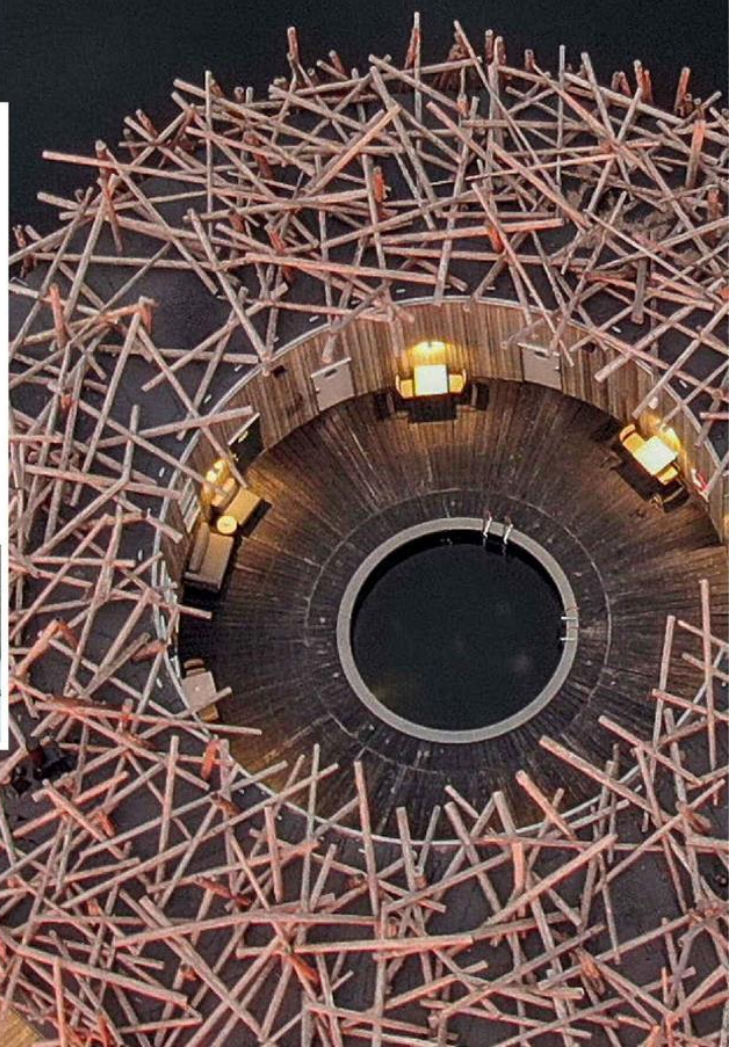
ARCTIC BATH HOTEL

HARADS, SWEDEN

→ Long before ice baths and cold plunges became an internet trend, Arctic Bath Hotel in Swedish Lapland had turned this wellness ritual into an immersive luxury retreat. Cold plunges have proven to help with pain relief by constricting blood vessels and numbing discomfort—Chris Hemsworth explored it in his reality show *Limitless*, while Lewis Hamilton swears by it for recovery after his races.

WHY VISIT: Because dunking yourself into a 3°C Arctic lake is the ultimate wake-up call. Available year-round, the hotel's four-to-seven-day programmes focus on immunity, stress relief and Nordic-inspired therapies, balancing icy plunges with sauna sessions to boost circulation and fight inflammation. Beyond the wellness aspect, you can also indulge in adventures like dog sledging across frozen tundras, snowshoe hikes through pristine trails, and even bear-watching, if you're fearless. Visit between August and March, and you'll have the Northern Lights swirling above, making your wellness escape even more surreal.







COMO SHAMBHALA

UBUD, BALI

→ Rarely will you find a destination that offers a strong cocktail of surf, spirituality and sun-drenched indulgence quite like Bali. Imagine yourself surrounded by greenery, pristine beaches and soul-soothing spiritual energy—it's the ideal place to unplug and recharge. If your wellness routine needs an upgrade, Como Shambhala Estate in Ubud delivers a holistic reset that goes way beyond the spa.

WHY VISIT: Its structured 'Wellness Paths' targets everything from stress relief and detox to peak fitness and emotional well-being. Whether you opt for the 'Detox to Restore' cleanse, 'Nourish to Glow' reset, or 'Fit to Perform' programme, expect a tailored blend of naturopathy, hydrotherapy and next-gen treatments like hyperbaric oxygen therapy combined with sleep-enhancing technology, if putting yourself to sleep feels like a nightly challenge.

COMO SHAMBHALA; PHOTOGRAPH BY COMO SHAMBHALA ESTATE.

ANANDA IN THE HIMALAYAS

UTTARAKHAND, INDIA

→ Over centuries, Uttarakhand, with its divine Himalayan mountains and serene valleys, has offered a sanctuary to the succour seekers. Home to the Char Dham—Badrinath, Kedarnath, Gangotri and Yamunotri—it attracts pilgrims looking for spiritual experiences, while the ancient cities of Rishikesh and Haridwar offer transformative experiences with yoga programmes and Ganga aartis. Ananda, tucked away in the Himalayan foothills, is a retreat that believes in the power of ancient India's holistic principles.

WHY VISIT: To change your relationship with your body. Whether it's chronic pain (like achy joints, spinal woes or osteoarthritis), hormonal imbalances, or even fertility concerns, Ananda's targeted programmes can tackle your issues in a holistic way. For a complete reset, a seven-to-21-day wellness immersion focuses on stress relief, weight loss and deep rejuvenation.

Business Today • 14 May • Ministry of Ayush

THE NEW ERA OF INSURANCE

1, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53 • PG 7796 • Sqcm 3336590 • AVE 975K • Cir Inside Page (Magazine only)

National



Government of India
Ministry of Ayush
सत्यमेव जयते
15 Apr, 2025 - 26 May, 2025



SARBVIR SINGH
JOINT GROUP CEO,
PB FINTECH

"The infusion of international funds will boost competition and drive innovation, resulting in improved consumer offerings across the country"



RUSHABH GANDHI
MD & CEO,
INDIAFIRST LIFE

"There are two main options: build your own distribution network—which takes time and deep pockets—or acquire an existing player with strong distribution in place"

models, vernacular content, and phygital outreach are unlocking new markets. Irdai's progressive stance (like regulatory sandbox initiatives) is also encouraging homegrown brands to innovate for the sector," he adds.

Interestingly, the success of these digital natives could attract global interest. Patni notes that many local players may become acquisition targets. "Multinational companies may prefer to acquire and scale up an already tech-savvy Indian insurer rather than build from scratch," he says. That mirrors a trend seen elsewhere in India's financial ecosystem as well—where deep local knowledge and digital prowess are proving decisive.

Traditional players are also jumping on the tech bandwagon. For example, ICICI Lombard has carved its digital business into a separate unit so that it can compete just like a start-up. But a large part of its business still comes from non-digital channels.

The regulatory landscape can further encourage innovation. Boutique insurance licences for companies focusing on specialised policies like unit-linked or motor insurance can lower capital requirements for focused players and unleash a new wave of digital-first insurers, as per experts.

Ultimately, success in India's insurance market may hinge on solving the twin challenges of affordability and access. "The Indian insurance market is highly price-sensitive, with as many as 45% of respondents in a Policybazaar survey citing affordability as a barrier to insurance purchase," says Singh. He adds that new-age, affordable, and value-added products are the need of the hour.

A

ANOTHER TURNING POINT for India's insurance sector could be a proposed composite licence regime. This framework would allow insurers to operate across multiple segments—life and general insurance—under a single licence, rather than having to set up separate entities for each line of business.

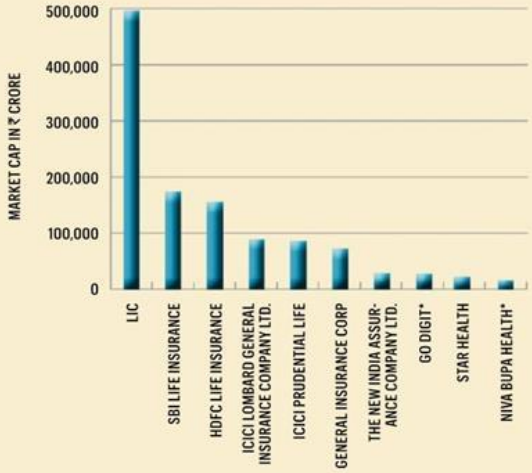
For insurers backed by banks that operate in only one domain, this opens up a significant growth opportunity. This allows them to better leverage their distribution networks and deepen customer relationships across product categories.

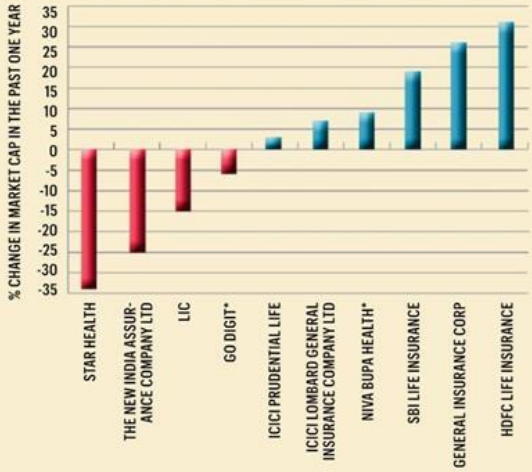
For promoters who already have life and general businesses, the composite licence regime could bring operational efficiencies. Common functions like IT, HR, investments, marketing, and compliance could be shared across life and non-life segments. This kind of back-office integration—while keeping separate CEOs or business heads for life and general arms—could significantly reduce costs and improve profitability. However, these players will also need to evaluate whether to merge their businesses into a single composite entity or continue running them as separate arms with shared infrastructure.

Simpleey.io | Page 228 of 485

STOCK WATCH

- Insurance behemoth LIC has witnessed nearly 15% erosion in its market valuation in the past one year
- HDFC Life Insurance has been the best performing stock in the pack





NOTE *GO DIGIT LISTED ON MAY 23, 2024, AND NIVA BUPA HEALTH INSURANCE ON NOV 14, 2024; DATA TILL MAY 7
SOURCE ACE EQUITY

A

AS NEW PLAYERS enter, they need to focus on innovation to cater to the diverse needs of India's growing population. For instance, as per the McKinsey report cited earlier, with life expectancy rising from 62 years in 2000 to 70.6 years in 2021, customers aged 41 and above will require increasing levels of care. Allowing composite licences and enabling the conversion of life insurance products into long-term care (LTC) products can make healthcare more affordable.

In a customer survey conducted, by McKinsey, 67% of respondents said they would be more likely to purchase insurance if offered a life-health composite product. In Asia, some life insurers already offer premium retirement centres as part of their life insurance coverage. In China, for example, life insurers provide products that allow customers to convert their life insurance into LTC products.

Moreover, the industry has already made strong progress with innovations such as tailored plans for diabetes, heart and cancer patients, ₹1 crore covers, shorter maternity waiting periods, and OPD coverage. Going forward, the focus needs to shift to bridging the protection gap for underserved segments—people with disabilities, mental health conditions, HIV/AIDS, and those seeking AYUSH care—ensuring broader accessibility. AYUSH stands for Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homoeopathy.

"Technology, especially AI and ML, will be key enablers. From hyper-personalised policies to dynamic risk-based pricing, tech will help insurers better understand and serve customers," says Singh of PB Fintech. The goal is not just to sell more, but deliver better—multilingual, human-

Government of India
Ministry of Ayush
सत्यमेव जयते

centric, tech-enabled experiences that match evolving expectations.

India remains an attractive market for health insurers, given the vast uninsured population and the need for innovation.

INDIA'S LIFE INSURANCE INDUSTRY is distribution led with bancassurance and agency emerging as the dominant channels. Unlike in some mature markets, it is difficult and expensive to build digital and or physical distribution channels in India. This creates both opportunities and challenges for new entrants. Rushabh Gandhi, MD & CEO of IndiaFirst Life Insurance, explains, "There are two main options: build your own distribution network—which takes time and deep pockets—or acquire an existing player with strong distribution in place."

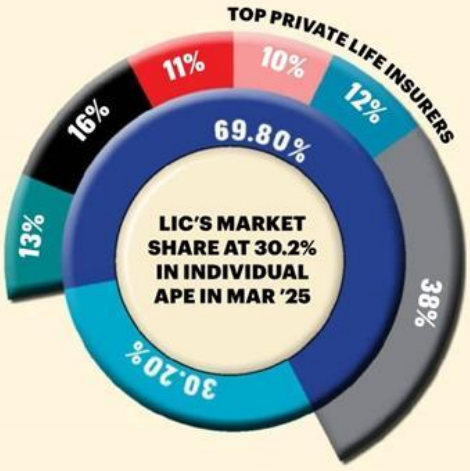
Though this landscape presents significant challenges for foreign players looking to enter India, the former can still help modernise distribution by bringing in digital tools and artificial intelligence (AI)-powered solutions to boost agent productivity. According to McKinsey, despite a threefold rise in active life agents in the past four years, India's annual premium equivalent (APE) per agent is still less than half of what it is in countries such as China and Indonesia.

Shruti Ladwa, Partner and Insurance Leader at EY India, notes, "Most foreign insurers see India as a high-growth market. The focus is now on profitability and operational efficiency. We will see both consolidation and fresh entrants."

But it is not certain that foreign players, despite the 100% FDI now and clear appreciation of the potential, will take the plunge. In fact, after the FDI limit

LIC VS THE REST

• LIC's share in individual annual premium equivalent



NOTE APE, ANNUALISED PREMIUM EQUIVALENT, IS SUM OF THE ANNUALISED FIRST-YEAR PREMIUMS ON REGULAR PREMIUM POLICIES AND 10% OF SINGLE PREMIUMS WRITTEN
SOURCE JM FINANCIAL REPORT

GENERAL LEADERS

• The four PSU general insurers lead in premiums



FIGURES ARE FOR Q4FY25
SOURCE EMKAY REPORTS

was increased to 74% in 2021, there was very limited foreign interest. Only a few players raised stakes, like Italy's Generali that took a 74% stake in its joint venture with the Future Group. Belgium's Ageas raised its stake in its Federal Bank JV to 74%, and British Aviva PLC raised stake in its JV with Dabur India.

"When FDI was increased from 49% to 74%, it led to limited movement. So, it's unclear whether raising it to 100% will bring a big shift. But directionally, it's a positive step—it could encourage those who haven't entered the market yet to start considering it," says Das.

T

THERE ARE MANY challenges that need to be addressed for the sector take off. "Incoming players must be willing to go deep—understand the nuances of the Indian market and execute well. That's not easy," says Das of ACKO.

Moreover, considering insurance is a capital-heavy industry, it is slow to break even, often taking 10-15 years. Hence, insurers who have not broken even and where capital is an issue, can look for buyers. "Many smaller insurers with annual premiums under ₹700 crore are struggling. They're not making money and can't seem to scale up. Consolidation is inevitable—not just due to FDI but because size and scale now matter more than ever," says an industry expert on the condition of anonymity.

Sreenivasan of Bajaj Finserv also believes that industry-wide consolidation is a possibility at this juncture. "At some point, the availability of capital will determine whether the pace of consolidation will increase."

Of course, these factors do not dim the potential the Indian market offers. There is still enough room to build models that are more meaningful and relevant for Indian consumers. "Globally, we've seen successful examples from the US and the UK where insurance players have built innovative and impactful businesses. Some of those ideas can certainly be adapted and implemented here," says Das.

The long-term outlook for the Indian insurance industry remains highly positive. "There is no broad-based exit or cash-out trend. Based on our discussions with international players, we see only optimism given India's demographics, low penetration, and business potential," says Kailash Mittal, Head of Insurance & Actuarial at the professional services major KPMG India.

That fact is also underlined by Allianz, which has indicated that it isn't exiting India entirely.

In a statement, the company emphasised: "Allianz will explore new opportunities that strengthen its market position, not only as an investor but also as an operator." Reports suggest that Jio Financial Services and Allianz are in talks to form an insurance joint venture in India, although no formal comment has been issued.

There is perhaps no better evidence to show that the opportunity is vast. Foreign firms keen to tap into the market will come up against an altogether different ecosystem to the one that prevailed two decades ago. They will have to contend with domestic firms that have matured and start-ups that are constantly on the hunt to disrupt established practices. BT

@teena_kaushal

FUTURE FOCUS



AI INTEGRATION FOR RISK MITIGATION

Insurers are looking to embrace AI and data analytics for better risk assessment, fraud detection, and personalised pricing strategies



INSURTECH DISRUPTION

Insurtech firms may continue to disrupt the market by addressing gaps in health coverage through innovative technology



CUSTOMER-CENTRICITY

Insurers are moving towards customisation, tailoring policies to individual preferences and behaviour



AI-POWERED TOOLS

Chatbots and voice assistants are breaking down barriers to entry, especially for rural populations

COVER STORY

INDIAN INSURANCE SECTOR

THE NEW ERA OF INSURANCE

INDIA'S INSURANCE INDUSTRY, WITH CUMULATIVE PREMIUMS OF $130 BILLION, IS ENTERING A NEW ERA OF GROWTH, MARKED BY BIG M&As, THE EXPECTED ENTRY OF MORE FOREIGN PLAYERS, AND TECH-LED DISRUPTIONS. WHO WILL COME OUT ON TOP?

BY **TEENA JAIN KAUSHAL**

ILLUSTRATION BY **NILANJAN DAS**



A QUARTER CENTURY is a long time for policy. It's no different in the case of the big bang opening up of India's state-controlled insurance industry in 2000. Two deals serve as book-ends for that phase.

Almost 25 years to the day when the Bajaj group, famous for its two-wheelers, formed a joint venture with German insurance giant Allianz, the two companies decided to part ways, in a development that points to a new phase for the sector.

Bajaj Allianz's journey was emblematic of the heady initial years of liberalisation in the space, coming less than a decade after the country opened itself up to foreign investments and decided to loosen the government's grip on various sectors. As an initial move, accepting the recommendations of a commission set up to look into the space, the central government allowed private sector participation and 26% foreign direct investment (FDI) in insurance in 2000. Till then, the landscape was dominated by the Life Insurance Corporation of India on the life insurance side and four public sector insurers on the general insurance side.

Bajaj and Allianz launched not one, but two ventures: Bajaj Allianz Life Insurance and Bajaj Allianz General Insurance. For almost a quarter century, it appeared to be a partnership that had stood the test of time.

But there were rumblings underneath the surface, even though there were no public disagreements. Reports suggested that Allianz made several attempts to increase its stake in the ventures at discounted valuations, which did not materialise.

In March, Allianz decided to exit both ventures, selling its 26% stake back to Bajaj Finserv at a valuation of over ₹24,000 crore, making it the largest deal in the insurance industry.

This is not an isolated case. Over the years, several foreign insurers have exited their Indian JVs. In 2012, New York Life sold its 26% stake in Max New York Life to Japan's Mitsui Sumitomo for ₹2,731 crore. AXA exited both Bharti AXA General and Life Insurance, with the general business merging into ICICI Lombard and Bharti Life Ventures acquiring full ownership of the life arm.

And yet, for every exit, there are more foreign firms waiting to enter the market, lured by the limitless potential of a market of over a billion people where insurance penetration is painfully low.

"There have been many exits in the past, and in each case, the Indian company has thrived and found its own path. The exit per se should not have a material impact, especially as the exiting shareholder has indicated its continued commitment to the Indian market," says S. Sreenivasan, President–Insurance & Special Projects, Bajaj Finserv Ltd.

Indeed, many hope that the Indian government's decision in the Union Budget of 2025-26 to allow 100% FDI in the sector marks the beginning of a new wave of growth. Mergers and acquisitions (M&As) are expected to gain pace in this phase and intensified competition is seen to be the dominant theme.

Even the public sector Life Insurance Corporation



"WHEN FDI WAS INCREASED FROM 49% TO 74%, IT LED TO LIMITED MOVEMENT. SO, IT'S UNCLEAR WHETHER RAISING IT TO 100% WILL BRING A BIG SHIFT. BUT IT'S A POSITIVE STEP DIRECTIONALLY"

ANIMESH DAS CEO, ACKO GENERAL INSURANCE

INSURANCE THROUGH THE YEARS



1818
First life insurance company (Oriental Life Insurance Company) was established in India

1850
First general insurance company (The Triton Insurance Company Ltd) was launched

1956
245 life insurers were nationalised to create the Life Insurance Corporation of India

1972
107 non-life insurers were nationalised to form the General Insurance Corporation of India and its four subsidiaries



1993
The government formed a panel headed by former RBI Governor R. N. Malhotra to look at reforms in the sector

2000
The Insurance Regulatory and Development Authority of India is set up

2000
Private sector allowed in insurance; FDI capped at 26%



2015
FDI limit increased to 49% via the Insurance Laws (Amendment) Act, 2015

2021
FDI limit raised to 74% through amendments to the Insurance Act

2025
Proposal for 100% FDI announced in the Union Budget, though full implementation still awaited

of India (LIC), the biggest in the life insurance space by quite a distance, has decided to buy a stake in a standalone private health insurer as it looks to strengthen its hold. It is in discussion to acquire a 40-49% stake in ManipalCigna Health Insurance.

Besides, the proposed composite licence to allow insurers to offer products across categories could blur the lines between the companies and allow a bigger play for those with ambition and deep pockets. Add to that the continuing digital disruption in the space and the ingredients for a battle royale are in place.

T

THE INDIAN INSURANCE INDUSTRY has come a long way since Independence. The first major policy move in this space was the amalgamation of 241 life insurers, both domestic firms and branches of foreign firms, to create the LIC in 1956.

A decade-and-a-half later, the government trained its sights on the general insurance space. Here, 107 general insurers, including branches of foreign insurers, were amalgamated and grouped into four public sector companies—National Insurance Company, New India Assurance Company, Oriental Insurance Company, and United India Insurance Company. The General Insurance Corporation came a year later, which in turn held share in the four general insurers.

The two decades after that momentous decision were marked by a diversification of business beyond metros, as the public sector monopolies were tasked with increasing insurance penetration.

But by the time the government embarked on a liberalisation drive to loosen its grip on business, there were signs of dissatisfaction among many customers. The Centre set up a commission headed by former Reserve Bank of India Governor R.N. Malhotra to recommend ways of opening up the insurance sector.

A survey it commissioned found that claim settlements took time, and most respondents said they also faced issues in fair settlement of their claims. This included companies as well. Besides, there were complaints about the integrity of surveyors deployed by these insurers.

In 1994, the Malhotra Commission recommended a host of measures such as allowing private sector participation in the sector and 26% foreign direct investment. It also recommended the setting up of a regulatory body for the sector. It took six years for that report to be acted upon, in 2000. The Insurance Regulatory and Development Authority of India (Irdai) was also born then.

From 27 in 2001–02, the number of firms had increased to 48 by 2010, in what is called the second wave of growth in the insurance sector. The number now stands at 73—26 in life, 25 in general, eight in health, and 14 in reinsurance and specialised insurance. Of these, 10 insurers have been listed on the stock exchanges, with a combined market capitalisation of ₹11 lakh crore as of April 9.

Yet, despite this transformation, insurance penetration remains at a modest 3.7% of GDP—2.8% for life and just 1% for general—well below the global average of 7%, indicating ample room for more players. Moreover, despite the regulator's goal of achieving "Insurance for All" by 2047, the industry's penetration rate has actually declined from 4.2% in 2022—highlighting that growth in the sector has not kept pace with the broader economy.

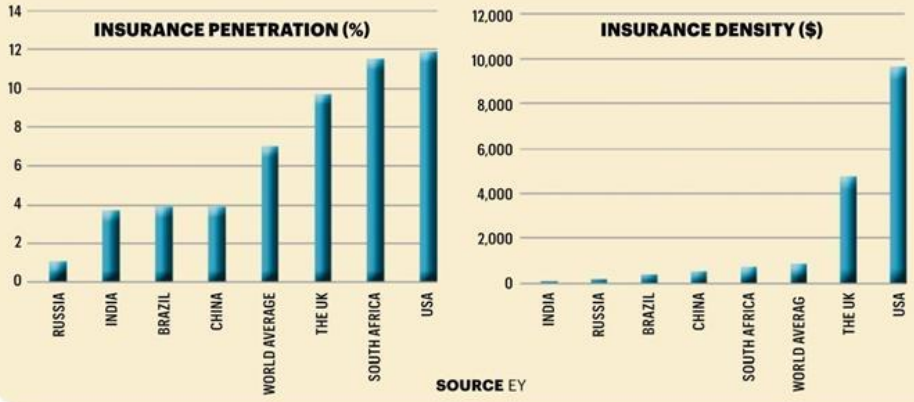
Even in terms of density, or the average amount of premium collected per person, India lags far behind comparable countries. In fact, it was a measly $95, per an EY report, compared to $9,640 in the US, $508 in China, and a global average of $889.

T

"THINK OF THE insurance industry in three phases," says Vineet Patni, Managing Director at advisory firm Wepartner Consult. The first phase of growth—marked by the opening up of the sector in 2000—was highly profitable, with early entrants like Bajaj Allianz, Max

LONG WAY TO GO

- Insurance penetration is still low in India at just 3.7% of GDP, against the global average of around 7%
- At just $95, India lags even in terms of density, or the average premium collected per person



SOURCE EY

Life, ICICI Prudential and HDFC Life benefiting from high commissions and relaxed regulation.

The second phase brought tougher times. After a period of rapid growth between FY07 and FY11, the Indian life insurance industry hit a slowdown over the next three years. This deceleration was driven by a combination of regulatory changes by Irdai—particularly the steep cut in commissions on unit-linked insurance products (ULIPs)—and underperformance in the equity markets. The changes led to an erosion of profit and derailed business plans, though it coincided with an increase in the FDI limit to 49%. "This also created the perception that India wasn't a great insurance destination," says Patni.

Now, in phase three, the mood is shifting, and newer players are entering the scene. Venture capital is flowing in, with funds looking to build and exit. "With 100% FDI now allowed, we can see more players along with ownership shifting toward investment funds," Patni adds.

For years, foreign insurers keen to tap into India's massive market had to hunt for the right local partner and navigate the maze of joint venture regulations. That barrier is finally gone. With full ownership now permitted, global players can set up shop directly, without being tied to domestic partners.

This is expected to deepen competition, push innovation, and expand access to insurance—especially in underserved regions with foreign capital flowing in. From 2000 to September 2024, India's insurance sector attracted ₹82,847 crore FDI.

The decision to increase the FDI limit to 100% will lead to better capital influx and further strengthen the industry, says Sarbvir Singh, Joint Group CEO of financial services aggregator PB Fintech. "The infusion of international funds will boost competition and drive innovation, resulting in improved consumer offerings across the country. This will also enhance service quality and offer consumers greater choice while potentially making insurance more affordable," he adds.

With the doors wide open now, foreign insurers can also choose how they want to enter India—either by starting afresh as fully-owned companies, by increasing their stake in existing JVs, or by buying out small players. Many JVs may now be re-evaluated, or buyouts of Indian partners could happen, especially where global insurers want full control or a greater role in strategic decisions.

Private equity (PE) firms got the regulator's go-ahead in 2017 to invest directly in insurance companies. After that, KKR acquired a 9.9% stake in Shriram General Insurance in 2022. Warburg Pincus and

TOP DEALS



2025

▶ Allianz is exiting both Bajaj Allianz General Insurance and Bajaj Allianz Life Insurance by selling its entire 26% stake in each company in transactions valued at ₹13,780 crore and ₹10,400 crore, respectively



2024

▶ Zurich Insurance acquires a 70% stake in Kotak General Insurance for ₹5,560 crore



2022

▶ Generali increases stake in Future Generali India Insurance to 74% through a deal worth ₹1,253 crore



2022

▶ Ageas Insurance International raises stake in Ageas Federal Life Insurance to 74% by acquiring 25% from IDBI Bank for ₹580 crore



2021

▶ HDFC Life acquires Exide Life Insurance for ₹6,687 crore to strengthen its position in the life insurance segment



2021

▶ Bharti AXA General Insurance was merged with ICICI Lombard

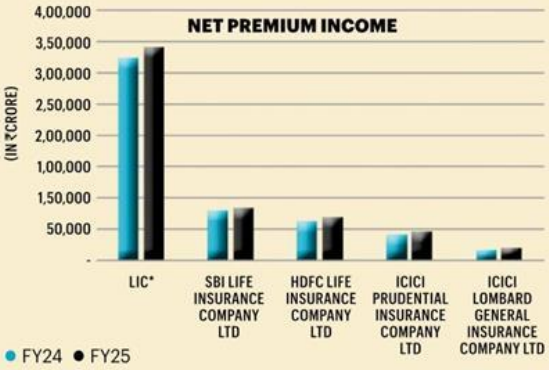


2019

▶ True North acquires 51% stake in Max Bupa Health Insurance for ₹511 crore

PREMIUM GROWTH

• ICICI Lombard net premium jumped 17% in FY25, the highest among the top listed players



*9 MONTHS ENDED DECEMBER 31, 2024
NOTE DATA AS OF APRIL 24, 2025 **SOURCE** ACE EQUITY

PROFITABLE PLAY

• Market leader LIC's profit jumped by 8% during FY25



*9 MONTHS ENDED DECEMBER 2024
NOTE DATA AS OF APRIL 24, 2025; **SOURCE** ACE EQUITY

Premji Invest hold stakes of 10% and 16%, respectively, in SBI General Insurance, and Warburg also owns 26% of IndiaFirst Life. Similarly, ACKO General Insurance is backed by General Atlantic, Multiples Private Equity, Accel, and others.

"We expect to see more activity—whether it's foreign players increasing their stake in existing ventures or launching new ones altogether," says Animesh Das, CEO of ACKO General Insurance.

Reflecting this potential, Prudential Plc, a UK-based FTSE 100 company, recently announced a joint venture with Vama Sundari Investments (Delhi) Private Ltd, a promoter company of the HCL Group, to set up a standalone health insurance business in India.

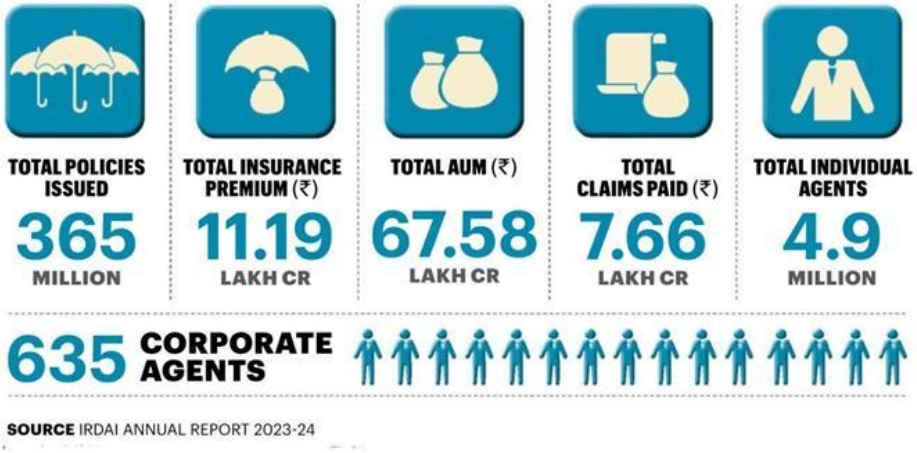
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WHEN INDIA'S INSURANCE industry was opened to private participation, foreign expertise was critical. With only state-owned insurers operating, Indian companies leaned heavily on global partners to learn underwriting, risk management, and claims processing. But that dependence is fading now. The knowledge once imported is today deeply embedded in domestic operations, especially in hubs like Mumbai and Gurugram.

"The big firms that once leaned on their foreign partners for know-how, have grown up. They don't just rival their foreign counterparts in operational excellence—many have often outperformed them," says Patni.

Indeed, the domestic insurance

INDUSTRY SNAPSHOT



SOURCE IRDAI ANNUAL REPORT 2023-24

landscape is marked by diverse models. For instance, in the life insurance space, while LIC concentrates on semi-urban areas, private firms are more metro and urban focussed. In fact, LIC accounts for two-third offices in semi-urban areas and about 25% in metro and urban areas. Similar data was not available for general insurers.

On the business front, private life insurers have collectively trumped LIC in terms of annualised premium equivalent, a measure for new business sales growth. In March 2025, LIC had a 30% share in APE and private players made up for the rest. However, in terms of assets under management (AUM), it is the exact opposite, with LIC accounting for around 70% of AUM as of FY24, the latest year for which industry-wide data is available, per Irdai's annual handbook.

Among general insurers, the four public sector undertakings (PSUs) account for 30% premiums. Here, private insurers have collectively trumped the PSUs even in terms of AUMs in FY24, though the public insurer New India Assurance is the leader among all the firms, followed by ICICI Lombard, per the Irdai handbook.

That diversity has been deepened further in recent years with the rise of digital-first insurers like ACKO, which have challenged legacy models by skipping brick-and-mortar networks altogether. Built from the ground up on technology, these firms offer simplified policies and quicker claims—areas where traditional players often lag.

A report by the consultancy McKinsey says digital disruptors such as Go Digit and ACKO have grown their gross written premium (GWP), or the total amount an insurer collects from customers for policies, at a compound annual growth rate of more than 60% in the past four years, edging past established competitors through technology-driven, customer-centric approaches.

These firms use smartphone-enabled inspections, AI and machine learning-based fraud detection, instant approvals, easy digital claims, and ecosystem partnerships for strengthened service. "Irdai's plan to issue more than 20 new licences could further disrupt the competitive landscape," notes the McKinsey report from November 2024 titled *Steering Indian insurance from growth to value in the upcoming 'techade'*.

Experts agree that homegrown brands enjoy a unique advantage. "Understanding the nuances of Indian customers—their concerns and aspirations—allows these companies to design solutions that truly resonate with them," says Singh of PB Fintech. Rural and semi-urban India represents 60% of India's population but remains highly under-insured. "Mobile-first

Outlook Business • 10 May • Ministry of Ayush

We are enabling both [public and private] sectors to flourish

120, 121 • PG | 890 • Sqcm | 205626 • AVE | 850K • Cir | Inside Page (Magazine only)

National

IN CONVERSATION

We are enabling both [public and private] sectors to flourish



Pinarayi Vijayan, Chief Minister of Kerala, tells **Pushpita Dey** about how a Left government has taken measures to promote industry in the state. Edited excerpts

How do you reconcile socialist principles with capitalist growth strategies?

As far as the LDF [Left Democratic Front] government is concerned, we do not see investments and entrepreneurship as belonging solely to the public or private sector alone. Both are essential to the development of the state. We are not promoting one at the cost of the other.

We have been able to make our PSUs [public sector units] profitable. One of our PSUs, Keltron [Kerala State Electronics Development Corporation]—which is the first electronics-manufacturing company in the country—along with some of the MSMEs registered here has collaborated in the Chandrayan project, a pride of our nation.

Some critics argue that Kerala's economic policies are contradictory—promoting investments while maintaining high wages and union influence.

Kerala is a global spice-processing hub. We account for around 40–50% of global oleoresin production. We have a strong food-processing sector with global brands based out of the state. We have globally leading manufacturers of dentures—DentCare Dental Lab—and blood bags—Terumo Penpol, based in Kerala.

As far as big names go, IBM, Infosys and IBS [Software] have

expanded their presence in Kerala. To name a few newcomers into Kerala, Airbus, Nissan, Taurus [BPO], Tech Mahindra, Tata Elxsi, NOV [an oilfield equipment provider] and others have established themselves here since 2016. If we really weren't industry and investment friendly, or to put it in your words, if wages and unions were an issue, would they have stayed on here?

How are you leveraging Kerala's literacy rate and skilled workforce to attract knowledge-based industries?

Institutions like ASAP, K-DISC, KOSE, and centres of excellence are strengthening the talent pipeline.

We are setting up science parks which will provide space and laboratory facilities for universities, academic institutions and the industry, to come together and engage in R&D.

Are there any plans to introduce policies aimed at MSMEs and start-ups?

We are in the process of launching a revamped start-up and innovation policy, which will focus on regulatory simplification through auto-approvals and single-window systems, fiscal incentives for early-stage and scaling up of start-ups, global integration via facilitation of foreign investments and venture-capital access.

As far as MSMEs go, one of our flagship efforts is the Year of Enterprises campaign, launched in 2023–24. It has had transformative results. In its first year, it led to the creation of 1.39 lakh MSMEs, generating over 3 lakh jobs. An additional 1.94 lakh MSMEs have since been established, adding 4 lakh more jobs.

Complementary schemes include Mission 1000 which aims to scale up select MSMEs so that they can achieve Rs 1,000 crore turnover. MSME Insurance Scheme offers risk coverage to entrepreneurs. The 4% Interest Subvention Scheme eases credit access. Kerala Brand Initiative is promoting visibility and marketability of Kerala-based MSME products.

With the state's high fiscal deficit and significant investments in infrastructure, how do you plan to manage this situation?

Kerala's fiscal deficit is not abnormally high as it is made out by some. It has been within the limits prescribed in the Fiscal Responsibility and Budget Management Act. It is true that during Covid debt-income ratio rose in all countries across the world. In Kerala, too, because of the abnormal situation, our debt GSDP ratio went up to 38%.

Since then, it has been consistently coming down and now it is at 34%. We're rationalising revenue expenditure through targeted subsidies, digital governance and outcome-based budgeting. We've established a Public Investment Board to assess and prioritise high-impact projects. Alternative financing models like PPP and hybrid annuity models are also being expanded to attract private investment and reduce the fiscal burden.

Simultaneously, we're enhancing our own revenue streams through stronger tax administration and digital enforcement—reflected in the consistent improvement in GST collections.

IN ITS [YEAR OF ENTERPRISES CAMPAIGN] FIRST YEAR, IT LED TO THE CREATION OF 1.39 LAKH MSMEs, GENERATING OVER 3 LAKH JOBS

Have you received any feedback from investors regarding the need for regulatory changes to improve the business environment in the state?

Yes. A common theme was the need for faster land allocation, streamlined project approvals and improved infrastructure linkages. In response, we have strengthened the Kerala Single Window Clearance System, which now covers over 100 services across 17 departments. It ensures approvals within 30 days for MSMEs and 45 days for larger investments.

The services sector has been the key driver of the state's economy. What steps are being taken to boost the sector?

Indeed, the services sector accounts for over 63% of Kerala's GSDP, with strong contributions from tourism, IT, education and health care. The Digital University Kerala and the Technocity initiatives are geared towards creating a global hub for digital services and R&D.

We are rolling out simplified licensing frameworks for IT and creative industries, along with incentives for export-oriented service businesses.

The tourism sector, which saw a record 1.88 crore domestic and 3.1 lakh foreign tourists in 2023, is being supported through the Green Tourism Mission, and new classification guidelines to promote wellness, ayurveda and sustainable tourism.

In health-care services, we are expanding into medical tourism as well.

Fortune India • 08 May • Ministry of Ayush

A Deep Curiosity And Great Courage To Explore New Horizons

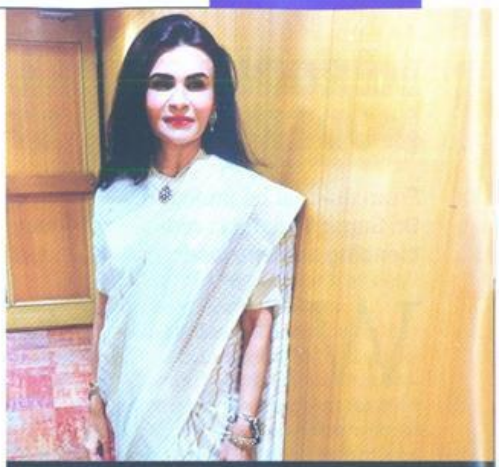
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Cover Story (Magazine only)

National



A TOUR DE FORCE IN MULTI-FACETED LEADERSHIP

From revolutionising luxury retail to transforming higher education, this dynamic leader is redefining success across multiple domains.



CHANDNI KAPADIA, Director, GLS University

Chandni Kapadia has channelled her multidimensional expertise into transforming GLS University into a globally recognised centre for business education

In an era where specialisation is often the norm, Chandni Kapadia stands as a compelling counterexample—a renaissance professional whose extraordinary career traverses the seemingly disparate worlds of fashion, corporate leadership, law, and academic administration. Her journey represents a masterclass in versatile leadership that has left an indelible mark on each sector she touches.

Kapadia's professional journey began at New York's prestigious Fashion Institute of Technology, where she developed a sophisticated understanding of design aesthetics and brand positioning. This creative foundation, later augmented by an MBA from the London School of Economics, created a rare confluence of artistic sensibility and business acumen that would become her signature strength.

"Her ability to see both the creative vision and commercial potential simultaneously is what makes her exceptional," notes a former colleague from her fashion industry days. This distinctive perspective proved invaluable when she spearheaded Starbucks' entry into the Indian market—a strategic move requiring delicate cultural translation of a global brand into a tea-drinking nation's landscape.

As Country Head and later Asia-Pacific leader for international fashion powerhouses including Accessorize and Calvin Klein, Kapadia demonstrated remarkable dexterity in managing cross-cultural teams while driving aggressive market expansion. Her leadership philosophy centres on inclusive excellence: "Working with diverse teams fosters a spirit of innovation that transcends borders," she explains, a principle that has guided her management approach across continents.

Perhaps most remarkably, Kapadia pursued legal education in parallel to her demanding executive roles, ultimately earning eleven gold medals for her academic excellence. This legal expertise has enhanced her capacity to navigate complex regulatory environments and make strategically sound decisions that protect organisational interests while promoting ethical business practices.

For the past decade, Kapadia has channelled her multidimensional expertise into transforming GLS University into a globally recognised centre for business education. Under her stewardship, the institution has established prestigious international collaborations with Harvard and Newcastle University, fundamentally recalibrating the educational experience for students preparing to enter an increasingly complex global marketplace.

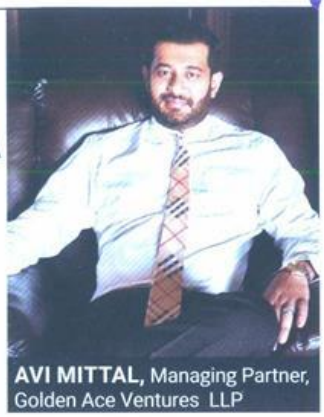
"What distinguishes Chandni's approach to education is her insistence on real-world relevance," explains a faculty member. "She bridges the gap between theoretical knowledge and practical application in ways that genuinely prepare students for leadership roles." Kapadia's contributions have earned her significant recognition, including being honoured as Asia's Most Trusted Leader at London's House of Lords and receiving the Black Swan Award for Women Empowerment. As a TEDx speaker, she shares insights drawn from her multifaceted career, inspiring professionals to embrace bold innovation and calculated risk-taking.

Despite her demanding professional commitments, Kapadia remains dedicated to animal welfare advocacy. "Protecting vulnerable creatures reflects our humanity at its core," she asserts, working actively with organisations promoting ethical animal treatment and environmental sustainability.

Chandni Kapadia's remarkable journey demonstrates that true leadership transcends industry boundaries. By seamlessly integrating creative vision, business strategy, legal expertise, and compassionate advocacy, she continues to set new standards of excellence while inspiring the next generation of global leaders to pursue impact beyond conventional limitations. ■

POWERING A SMARTER, GREENER, & BOLDER INDIA

Entrepreneur. Visionary. Changemaker. The Managing Partner of Golden Ace Ventures LLP, Avi Mittal is redefining the rules of what it means to build for the future — responsibly, innovatively, and at scale.



AVI MITTAL, Managing Partner, Golden Ace Ventures LLP

REDESIGNING THE INDUSTRIAL FUTURE

As the global narrative shifts toward clean, connected, and conscious growth, Avi Mittal stands at the forefront of India's evolution. His work at Golden Ace Ventures LLP is not just about growth — it's about creating future-ready solutions that can serve industries, communities, and the environment in equal measure.

From solar and thermal energy solutions to smart infrastructure and cutting-edge digital integrations, Golden Ace is strategically positioned across verticals that matter — those shaping tomorrow's world today.

BEYOND BUSINESS AS USUAL

What makes Avi's journey remarkable isn't just the sectors he operates in — it's his approach. His ventures are driven by clarity of purpose, a relentless pursuit of efficiency, and an unwavering belief that sustainability should be built into the DNA of every business model.

Golden Ace's expanding portfolio reflects this philosophy: clean energy initiatives, scalable infrastructure development, smart-city integrations, and energy storage systems that anticipate tomorrow's demand — all built with a focus on execution, responsibility, and impact.

BACKING THE BUILDERS OF TOMORROW

Avi's vision extends beyond infrastructure and energy. He is also an active enabler of India's start-up ecosystem, helping unlock new potential by combining global frameworks with local insight. His role in launching high-impact venture platforms is designed to provide founders with the tools, funding, and global access they need to scale their ideas — and do it right.

"India doesn't lack vision," Avi notes. "It needs sharp execution, strategic backing, and a mindset that isn't afraid to play long-term."

EFFICIENT. INNOVATIVE. IMPACT-DRIVEN.

Every step Avi takes is backed by a simple but powerful principle: efficiency + innovation = lasting impact. Whether it's reducing downtime in industrial processes, or incubating ideas that create new business models altogether, his leadership style is grounded in clarity, creativity, and collaboration. Golden Ace Ventures is fast becoming a name that connects the dots between technology, infrastructure, and industry-scale transformation — not through noise, but through quiet, focused, strategic execution.

A VISION THAT MOVES WITH THE TIMES

Avi Mittal's story is one of focus, forward-thinking, and fire. His ability to blend entrepreneurial agility with institutional discipline makes him one of the standout leaders shaping India's next industrial chapter.

And as Golden Ace Ventures continues to evolve into a powerhouse of innovation and energy, one thing is clear — this is just the beginning. ■

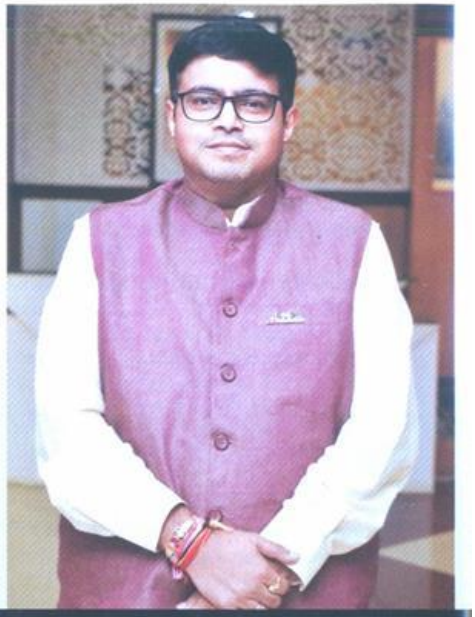
Gener8tor is a global venture capital fund and startup accelerator that has backed 1500+ startups across Healthcare, Renewable Energy, Agriculture, Cybersecurity, AI and more, earning accolades as a Gold-Tier Accelerator, Global VC Firm of the Year, Best Workplace for Innovators to name a few. As a strategic investor in 30+ startups I've always been passionate about supporting entrepreneurs. To have a much greater impact, I partnered with Gener8tor to help more entrepreneurs and Indian startup's go global.

Avi Mittal as Principal advisor and Goldenace ventures partnered with Gener8tor to take Indian startups global.



LNCT'S RISE TO EXCELLENCE: THE VISION AND VIRTUES OF ANUPAM CHOUKSEY

The LNCT Group of Institutions, a pioneer in private education sector in Central India, owes its spectacular growth to the visionary leadership of Dr. Anupam Chouksey. His commitment to excellence and innovation has transformed LNCT into a hub for holistic learning and industry-ready education.



DR ANUPAM CHOUKSEY,
Secretary of LNCT Group of Institutions

The LNCT Group of Educational Institutions stands as a beacon of academic excellence in Madhya Pradesh, a testament to the visionary leadership of Dr. Anupam Chouksey. As the Secretary of LNCT Group, Dr.Anupam has spearheaded its transformation from a modest engineering college to a multi-disciplinary group of institutions renowned for innovation and student-centric education. His ideology is centered on nurturing talents and fostering a culture of continuous learning while inculcating a sense of social responsibility. "Education is the cornerstone of progress," Dr.Anupam often emphasizes. "Our goal is not just to educate but to empower, equipping students with the skills and mindset to lead in a dynamic world," he added. LNCT's varied academic offerings, which include engineering, management, medicine, and applied sciences, together with its robust research initiatives and industry collaborations, amply demonstrate his dedication to holistic growth. Under his stewardship, LNCT has grown exponentially, recognized for its state-of-the-art infrastructure and emphasis on practical learning. He believes that true education extends beyond textbooks. "Innovation and integrity go hand in hand," he asserts. "We encourage our students to question, experiment, and create – because real growth happens at the intersection of curiosity and courage," he added. Today, the Bhopal-based LNCT Group of Institutions comprises over 15 colleges and institutions, covering a range of disciplines, including engineering, management, pharmacy, medical, and dental sciences. Notably, LNCT excels in engineering education, consistently ranking as the top private engineering college in Madhya Pradesh and Central India. The group emphasizes innovation through its robust research culture, with 191+ patents filed and top-tier placement records, attracting over 500 global recruiters. In keeping with its goal of offering comprehensive, high-quality education, its vast network also consists of schools and places a significant focus on professional development. Dr. Anupam's leadership is defined by three core virtues: vision, perseverance, and empathy. His innovative approach guarantees that LNCT stays at the forefront of educational trends, integrating modern pedagogy and technology to augment learning outcomes. His perseverance is evident in the group's continuous expansion, with new campuses and courses addressing emerging fields. Yet, it is his empathy that sets him apart. Dr.Anupam prioritizes student welfare and community engagement, establishing scholarships and outreach programs that bridge educational disparities. Beyond academics, he champions entrepreneurship and innovation. LNCT's incubation centers support start-ups, fostering a spirit of enterprise among students. "Every idea matters," he says. "Our role is to provide a Launchpad for dreams." Reflecting on LNCT's journey, Dr. Anupam remains modest. "Success is a collective endeavor. It's the dedication of our faculty and the ambitions of our students that drive us forward," he concludes. As LNCT continues to shape future leaders, Anupam Chouksey's legacy of excellence and innovation ensures its enduring impact on the Indian education sector. ■

DRIVING THE FUTURE OF TECH WITH INGRAM MICRO XVANTAGE

Revolutionising operations and customer experiences through intelligent innovation

Sanjib Sahoo is on a roll as a proven globally reputed business strategist and digital innovator. As of January 2025, he now serves as the President of Global Platform Group, Ingram Micro Inc. Sahoo is credited with providing the impetus to business-to-business (B2B) platform company Ingram Micro Holding Corporation (NYSE: INGM) to consummate its vision as a leader in the global technology ecosystem. In this elevated role, Sahoo will continue to steer the continued development and deployment of its digital twin, Xvantage™, launched in 2022 under his watch. Xvantage is the axis on which the platform strategy revolves; this patent-pending B2B AI-driven personalised digital experience platform and operating model is designed to make it easier for customers and vendors to work with Ingram Micro and create more value. "I'm honoured to lead our efforts to a people and platform-first model and transform Ingram Micro from distributor to platform ecosystem company," says Sahoo. He shares how Xvantage is helping their customers and vendors to work faster, smarter, and with greater intention. Sahoo is excited to lead his team in ameliorating and expanding Ingram Micro's growing impact on its stakeholders through Xvantage.

The valuable insights and disruptive initiatives Sahoo brings to the table will serve as a major driving force to up the ante for the Group's visionary trajectory. As a thought leader and influencer of high calibre Sahoo has staked his claim on transforming three long-standing, performance-driven industries, including the B2B technology distribution ecosystem. Ingram Micro, which has built upon its decades of experience to become a disruptive leader and digital force in the global technology industry, bears all the hallmarks of Sahoo's transformative approach to digital platform innovation and business growth since he joined the team in 2021 as EVP and CDO.

Ingram Micro, also the brand behind established and emerging technology brands today, reaches nearly 90% of the global population. In 2022, Ingram Micro's digital experience platform, Xvantage, pioneered the transformative journey for the industry-leading technology distributor. Sahoo's experience, allied with this expanded leadership and dedicated team as President, will play a defining role in the challenges and opportunities that come with supporting and escalating the Group's aim to reinvent the B2B experience through Ingram Micro Xvantage. In this endeavour he will have the advantage of drawing upon his vast experience as an agent of disruptive transformation who knows how to leverage AI , innovation and data for the advantage of various stakeholders in its massive ecosystem.

Xvantage is uniquely and purposefully designed to change how the tech industry works. Supported by an award-winning team of top talent, Sahoo embedded the vision and roadmap for the AI-driven business platform for Ingram Micro's team members, customers, and vendor partners that enables real-time interactions, data exchange, insights, and purchasing, significantly reducing the friction from typical B2B transactions.

With a footprint traversing 16 countries today, Xvantage, propelled by over 20 intelligent engines to amplify its platform capabilities, is moving the industry from transactions to more interactions by introducing actionable business intelligence for strategic growth and decision-making.

As President of the Global Platform Group, Sahoo will spearhead operations in key areas including Platform Technology, Platform Business Operations and Growth, Platform Support and Services and Platform Strategy, in collaboration with a cross-functional team, to transform the company's operating metrics and drive more growth through Xvantage. ■



SANJIB SAHOO, President, Global Platform Group, Ingram Micro Inc.

> **"The invaluable insights and disruptive initiatives Sahoo brings to the table will serve as a major driving force to up the ante for the Group's visionary trajectory"**

FIERY EDUCATIONIST AND SOCIAL REFORMER

Driven by a single-minded purpose to create education as an empowering eco-system



> **"An excellent faculty, innovative pedagogical practices and state-of-the-art research facilities have been the pillars of the competitive edge it seeks to provide students"**

DR MARIAZEENA JOHNSON, Chancellor, Sathyabama Institute of Science and Technology

As India's educational ecosystem strives to align with the rapidly evolving landscape of academia in a global context the Sathyabama Institute of Science and Technology (Deemed to be University) steps up its stature as an institute of excellence and world class innovation. Established in 1987 by Founder-Chancellor Dr. Jeppiaar, the Institute has been nurtured with passion and dedication by the visionary leadership of Dr.Mariazeena Johnson, Chancellor. Her endeavours have been ably supported by Dr. Marie Johnson, President, Vice Presidents Mr.Arul Selvan, Mrs.Maria Bernadette Tamilarasi, Ms.Maria Catherine Johnson. An excellent faculty, innovative pedagogical practices and state-of-the-art Research Facilities have been the pillars of the competitive edge it seeks to provide students.

Dr. Mariazeena Johnson's relentless pursuit of human excellence in the field of education has found voice in a number of impactful initiatives.

The Sathyabama Centre for Advanced Studies is a one of its kind in the campus that ensembles the conjunetion of academic and research expertise. An integral part of its operations is its Artificial Intelligence Laboratory with Supercomputing facilities, Makers Space, the Centre of Excellence on Additive Manufacturing in collaboration with Stratasys, a Drone Centre, a Media Centre and Centre for Innovation and Technology Transfer, Start-up Cell and Advanced Characterization facilities.

Placement opportunities have blazed the way for 3300 + offers, 310+ companies visited and over 90% students placed in 2024-25. Sathyabama students are an asset for the corporate world as is evident from their placements across various domains by top notch companies with some of the highest salary packages on offer.

In the NIRF ranking by Ministry of Education, Sathyabama has had a coveted spot amongst the top 100 Universities for the last eight consecutive years. It is accredited with "A++" Grade by National Assessment and Accreditation Council (NAAC) and also provides ABET-accredited programmes.

Apart from her contributions in the academic field Dr. Mariazeena Johnson stature as a social reformer has garnered many plaudits. Her works towards the upliftment of the socially backward, underprivileged and needy people, providing them a better quality of life has been amply expressed by from the very beginning developing Sathyabama Institute of Science and Technology into an Inclusive model of education of accommodating war-widows children, acid victims, prisoners' children and people with different abilities. Her contribution extends beyond boundaries reaching out even to serve the students of a country affected by civil war.

A committed feminist she has worked apace to spread women empowerment and motivate women to achieve greater heights through a variety of women empowerment programs. "ANBU SHE FIRST"- is a unique initiative she launched for women welfare in July 2024. It provides health cards for free check-ups related to the overall health of women. Over 1000 beneficiaries are expected every year under this scheme.

Madugai, her project for higher secondary girl students, provides Health and Hygiene kits in the nearby suburbs of Chennai.

The Sathyabama Agri Innovation Hub, established in collaboration with the Indian government, focuses on empowering tribal women of the Jawadhu Hills by providing training in millet processing, bee keeping and honey processing, and digital marketing, enhancing their livelihoods and opportunities for economic independence.

Dr. Mariazeena Johnson as ECO Warrior vigorously advocates a 'Green India'. She was ranked amongst the Top 12 Women Transforming India by Niti Aayog and UN in India. ■

AN INSPIRATIONAL VISIONARY TRANSFORMING INDIA'S FINANCIAL FUTURE

Empowering Talent, Building Excellence, Shaping Tomorrow



RAHUL BANERJEE,
Managing Director, PGP Academy

Through PGP Academy, Rahul Banerjee continues to define what visionary leadership truly means: Empowering the nation by transforming financial talent into exceptional leaders

As India powers forward on its ambitious journey to become one of the world's top economic superpowers, one visionary has emerged prominently, guiding countless professionals to financial excellence. Rahul Banerjee, Managing Director of PGP Academy, is not only driving transformative change in financial education but also nurturing a generation of informed, skilled, and globally competitive finance professionals. With a rich legacy of innovation, Rahul Banerjee has become synonymous with leadership excellence in India's financial education landscape. At the heart of his vision lies the commitment to equip individuals—ranging from ambitious young graduates to experienced financial professionals—with comprehensive skills and knowledge to master the complexities of the finance world.

GLOBAL RECOGNITION, LOCAL IMPACT

Under Rahul's leadership, PGP Academy has earned widespread acclaim through globally recognized certifications. The flagship Certified International Wealth Manager (CIWM) program, jointly conferred by Moody's Analytics Global Education (Canada) and the Association of International Wealth Management (Switzerland), stands testament to his dedication to quality and global standards. This prestigious credential has profoundly impacted thousands of wealth managers, elevating their capacity to cater to high-net-worth clients worldwide.

A COMPREHENSIVE SPECTRUM OF ADVANCED PROGRAMS

Rahul Banerjee has strategically expanded PGP Academy's educational portfolio with diverse and specialized programs tailored specifically to industry needs:

- **International Banking & Financial Services Industry (IBFSI) Certification Program:** Designed for students, graduates, and career-switchers, this 6-month certification includes global modules like Moody's AIWM and CFA Investment Foundations. It equips learners with vital banking and finance skills, enhancing job-readiness for roles in investment and financial services.
- **Masterclasses for India's Leading Financial Institutions:** Rahul has led dynamic initiatives, such as the Masterclass in Financial Assets and Masterclass in Portfolio Management & Client Advisory conducted for HDFC Asset Management. These programs have successfully engaged over 1,000 employees, significantly enhancing their strategic financial management and advisory capabilities.
- **Certificate in Canadian Financial Services (CCFS):** In partnership with the Canadian Securities Institute (CSI), Banerjee introduced the CCFS, specifically targeting Indian finance professionals aspiring to careers in Canada's financial sector. This unique program equips them with essential insights highly valued by Canadian financial employers, facilitating smoother professional transitions.

STRATEGIC ALLIANCES SHAPING INDIA'S FUTURE WORKFORCE

Understanding that today's graduates are tomorrow's leaders, Rahul Banerjee has forged strategic partnerships with prestigious educational institutions across India. These alliances prepare young graduates by providing relevant industry exposure, essential knowledge, and employable skill sets. Banerjee's initiatives actively contribute to India's vision of developing a skilled workforce capable of driving sustainable growth.

CULTIVATING EXCELLENCE THROUGH TRUSTED COLLABORATIONS

Rahul's leadership is marked by significant collaborations with globally renowned institutions such as Moody's Analytics Global Education Inc. and the CFA Institute for their Investment Foundations Program. These partnerships have created an unparalleled reputation for PGP Academy, attracting talent nationwide and internationally, thus reinforcing its position as a trusted leader in financial education.

A LEADER COMMITTED TO IMPACTFUL CHANGE

Rahul Banerjee's entrepreneurial spirit, combined with his passion for inclusive growth and financial literacy, has driven remarkable transformations. His visionary outlook is clear—equip individuals to make informed decisions, thereby fostering a prosperous and financially secure society.

Rahul Banerjee does more than teach financial literacy; he inspires excellence, nurtures leadership, and shapes the financial future of India. ■



A CALL TO BALANCE TRADITIONAL ACADEMIC VALUES WITH ENTREPRENEURIAL VISION

Transforming a regional institution to a multidisciplinary powerhouse with innovative centres of excellence across disciplines

DR MAHENDRA SHARMA, Group Pro Chancellor, Ganpat University

His over a quarter of a century in the field of India's higher education has placed Dr. Mahendra Sharma Group Pro Chancellor, Ganpat University, Gujarat, in a unique position to show how passion and perseverance can provide the impetus for pioneering change in education to shape the minds of youth.

Dr Sharma's pursuit for personal excellence has added that unique edge which transforms the mundane into a stimulating experience for the youth who have chosen to study at Ganpat University. It is his entrepreneurial vision and transformative outlook which has served to make Ganpat University a force to be reckoned with when it comes to creating a blueprint which marries academic rigour-with industry-relevant practicality. These pioneering efforts have been leveraged to the greatest advantage by both the faculty and the students in an increasingly competitive academic environment.

Dr. Sharma's education model is "the symbiotic emergence of academic excellence and industrial relevance," which has provided the impetus for the university to evolve from a regional institution to a multidisciplinary powerhouse with innovative centres of excellence across disciplines.

Dr Sharma is of the firm opinion that "Education must transcend traditional boundaries to remain relevant in today's rapidly evolving job market." The institute has diligently focused on creating industry-ready professionals through skill-based learning and corporate collaborations. This industry-focused approach has been to the highest advantage for the university as it has attracted partnerships with corporate giants including IBM, SAS, Tata Motors, and TCS, alongside international academic collaborations spanning four continents. These connections are critical for students to embrace a more global perspective while keeping in mind its local relevance.

The distinctive trait that characterises Dr Sharma's leadership qualities is his deep commitment to future-ready education. It has impelled him to set up several specialized national centers focused on emerging technologies and sectors— including the National Centre for Additive Manufacturing, National Centre for Electronics, and centres dedicated to rubber, petrochemicals, sports wellness, and media entertainment.

> "Education must transcend traditional boundaries to remain relevant in today's rapidly evolving job market"

As Dr Sharma sees it: "The future belongs to specialists who can innovate within their domains while understanding interdisciplinary connections." What is driving this vision is not the idea to provide just degree programmes but to set up rock solid building blocks for robust educational ecosystems. This entrepreneurial approach to education catapulted Dr Sharma into a position of high acclaim and the awards for his contributions started rolling in. The Economic Times in 2023-24, named him "Tech Visionary Vice-Chancellor of India"; he was also acknowledged as SEPC's "Edupreneur of the Year", 2024 and was conferred the Dewang Mehta National Education Leadership Award. He also serves as Chair of ASSOCHAM's Education Committee for Gujarat and Goa, Co-Chair of their National Education Council, and Advisor to the National Skill Development Corporation. Furthermore, he has also garnered international recognition through the UAE's GUNI Education Services, as also directorship of several educational foundations.

Ganpat University has witnessed the great advantages of following the student-first approach which focuses on brightening the complete persona of each student through rigorous knowledge transfer and practical training. Dr. Sharma's entrepreneurial charge of Ganpat University's future prospects serves as a great exemplar for other leaders to embrace the opportunities created by India as a global knowledge hub. Educational institutions can be agents of innovation and entrepreneurship, to help students reimagine their future in a fast evolving, highly competitive global marketplace. ■

LEVERAGING HER MANY STRENGTHS TO THEIR FULLEST POTENTIAL

It's time to recognize the broader impact of patents—from job creation and R&D to global collaboration and improved quality of life.



"Securing patents is just one part of the equation; maintaining a competitive advantage often requires going a step further"

PALLAVI KHARKAR
Founder, Consultant and Patent Attorney, IPRAM

Her first exposure to patents came during her Master's programme in 1996-97. It was a time before the widespread use of the internet, and Patent searching was a difficult task. When she entered pharma R&D in 1998, focusing on generic products for regulated markets, navigating patents proved to be a significant challenge. These challenges actually engaged her mind even more deeply than she anticipated. This led her, between 2003 to 2009, to pursue a more structured education in this field of specialization.

"Those years were particularly demanding, as I balanced full-time work and study—often spending 12 to 15 hours a day away from home to remain equally committed to both," she reveals. Yet the hard slog of juggling everything neatly didn't deter her at all. "In early 2005, I was presented with an opportunity to transition from R&D to the field of patents—a move I accepted with some hesitation, uncertain about what the future might hold" she says.

What strengthened her resolve to follow through with her decision was her background in law, coupled with technical expertise, a deep curiosity for exploring ideas across diverse fields, and a strong sense of perseverance, which empowered her to leverage her strengths to their fullest potential.

In 2012, when she founded IPRAM, it was driven by her vision to provide expert intellectual property solutions customized for the evolving needs of innovators and businesses. Offering exclusivity and strategic benefits, patents can also serve as a magnet for funding opportunities to benefit the patent holder. "At IPRAM, we support clients through every stage of obtaining patent protection—both in India and internationally. This includes identifying the right time to file, conducting in-depth patentability searches, formulating strategic filing plans, and drafting detailed specifications and well-defined claims to clearly outline the invention's scope. Successfully navigating the complexities of patent prosecution and defending those claims require specialized expertise—and that's where we come in," shares Ms Kharkar.

While patents can create significant hurdles, they are not always insurmountable for competitors and in many cases, it's possible to steer clear of the protected technology and pursue alternative approaches, she points out. Patent law provides several avenues to challenge a patent's validity— applications may be rejected, and even granted patents can be revoked if successfully contested. This opens the door for competitors to re-enter the market. "At IPRAM, we assist clients in analyzing competitor patents and devising strategies to either design around or challenge them. We believe in both investing in the right resources and applying resourcefulness. By leveraging trusted, high-quality databases, we conduct thorough and reliable searches. Our robust in-house online reminder system ensures that all critical deadlines are meticulously tracked and met."

"Securing patents is just one part of the equation; maintaining a competitive advantage often requires going a step further," she says. IPRAM has provided strategic consultation to clients across the globe and filed hundreds of patent applications in India and internationally. In the past two years alone, her clients have been granted over forty patents. "Patents play a vital role beyond protection — driving job creation, innovation, global collaboration, and economic growth, all contributing to a better quality of life. Guided by our core values — **I**ntegrity, **P**erseverance, **R**eaching out, **A**dding value, and **M**entoring—we are dedicated to delivering diligent and innovative intellectual property solutions," Ms. Kharkar says. ■

EMPOWERING CHANGE THROUGH INSPIRING LEADERSHIP

In an age where leadership is being redefined by courage, conviction, and purpose, Aksha Kamboj, stands tall among India's most inspiring visionary leaders.

As the Executive Chairperson of Aspect Global Ventures, one of India's fastest-growing conglomerates, Aksha embodies a new kind of leadership that is driven not just by business metrics, but by the deeper desire to make a meaningful impact on the world around her.

True visionary leaders are not merely captains of industry, they are catalysts of transformation. They build brick by brick, laying the foundation of a future where their work ripples across sectors, societies, and generations. Aksha Kamboj's journey is a shining example of this ethos. Her dynamic leadership has not only fueled the rise of a powerful enterprise but has also inspired a paradigm shift in how success is defined, especially for women striving to balance ambition with personal commitments.

In a world where women often must rise above bias and societal expectations, Aksha chose not to adapt to the status quo, she rewrote it. With firm determination, she transformed Aspect Global Ventures into a diversified powerhouse, spanning infrastructure, real estate, bullion, hospitality, and sports. Each venture is a reflection of her unflinching commitment to innovation, inclusivity, and forward-thinking.

From inception to execution, Aksha's strategic acumen has been the engine behind the group's rapid ascent. Her ability to anticipate market trends, embrace digital transformation, and act with speed and clarity has placed Aspect at the forefront of modern Indian enterprise.

Aksha's vision for the real estate sector transcends mere architecture and aesthetics; it's about creating spaces that nourish the soul. Under her leadership, Aspect Realty has pioneered sustainable and luxurious developments across Mumbai's prime locales. With a strong focus on eco-friendly design, modern amenities, and timely execution, she is setting new benchmarks and raising expectations across the industry.



AKSHA KAMBOJ,
Executive Chairperson,
Aspect Global Ventures

One of Aksha's most groundbreaking achievements came in the bullion industry. As the first woman Vice President of the India Bullion & Jewellers Association (IBJA), she took on a leadership role in a traditionally male-dominated space. But Aksha's vision extended far beyond titles, she ushered in a tech revolution by launching India's first Gold and Silver Vending Machine through Aspect Bullion. This innovation introduced unprecedented transparency, accessibility, and trust to the world of precious metal investing.

Innovation and elegance converge in Aksha's foray into the hospitality sector. Aspect Hospitality, under her direction, has brought global and homegrown dining experiences to life through standout brands like Brunch & Cake, Opa Kipos, Maison, Nom Nom and Nom Nom Express. These culinary ventures don't just serve food, they create immersive cultural experiences that celebrate taste, style, and service. As she prepares for an ambitious national expansion this year, Aksha is cementing her place as a pioneer of premium dining in India.

Aksha's enterprising vision expands even into the realm of sports. As the co-owner of Tiigers of Kolkata, the winning team of ISPL Season 1, she is changing the narrative around grassroots sports in India. Through Aspect Sports, she is creating talent pathways, empowering local athletes, and spotlighting the untapped potential of India's sporting youth.

Aksha Kamboj exemplifies transformative leadership in today's dynamic business landscape. As the head of the organization, she has been instrumental in driving innovation and promoting inclusivity across various sectors. Her leadership is characterized by a clear vision, a commitment to excellence, and a dedication to empowering others. Aksha continues to inspire aspiring entrepreneurs and professionals, demonstrating that effective leadership is about guiding others toward a shared purpose and creating meaningful impact. ■

A STRONG COMMITMENT TO RAISING THE BENCHMARKS IN PATIENT CARE

Transforming lives and hospital standards with selfless service and an unwavering pursuit of excellence

When CIIGMA Hospital, a multi-specialty medical institution, was founded in 2007 by Dr. Unmesh Vidyadhar Takalkar, it served as a gamechanger for the healthcare landscape of Marathwada. It was the altruistic guiding spirit of the good doctor which paved the way for realising his dream to provide holistic healthcare solutions for the needs of the community he chose to serve with selfless zeal.

This transformative initiative had a humble beginning as a modest 40 bed facility which segued into a sprawling 300 bed hospital, constituting a comprehensive array of medical services. The hope generated by Dr. Takalkar's dedicated outlook of patient care was a pivotal component in the hospital's growing reputation in the region. Added to this was CIIGMA's initiatives as a forefront of healthcare innovation, covering a wide spectrum of disciplines including oncology, heart transplants, neurosurgery and a variety of treatments for infertility. Another pivotal moment on its transformative journey was when in 2022 United CIIGMA Hospital and Care Hospital entered into a crucial collaboration which would accrue huge benefits for patients in the region with ready access to updated facilities, including a new Cancer Hospital, Bone Marrow Transplant, Immunotherapy etc. Dr. Takalkar was the man behind the availability of the first robotic surgery unit in Marathwada, making a huge upgrade in medical advancements in the region. The hospital's growing outreach to every tehsil of Maharashtra underpins his inclusive agenda for quality healthcare for all.

Dr. Takalkar's pursuit of excellence in the medical field began in 1983 from those early stages when driven by his father's surgical legacy he opted to get his MBBS. His ambition for making a mark in the field of surgery fuelled his specialisation in oncology at the prestigious Tata Memorial Hospital in Mumbai. Ditching the blandishments of lucrative opportunities abroad, he returned to his roots in Marathwada, Maharashtra, propelled by his visionary trajectory of providing world-class healthcare to his community.



> The hospital's growing outreach to every tehsil of Maharashtra underpins his inclusive agenda for quality healthcare for all

DR UNMESH VIDYADHAR TAKALKAR, Chief Managing Director, CARE CIIGMA HOSPITAL; Chhatrapati Sambhajinagar (Aurangabad)

To further enhance his skill sets and learning he travelled the world eventually picking up fellowships in pancreatic surgery from Switzerland and on returning to India honing his endoscopy skills while being mentored by Dr. Nageshwar Reddy in Hyderabad. Additionally, he went on to establish himself as a leading expert in gastroenterology, empowered by his training under Dr. Peter Cotton at the University of South Carolina. In over three decades, Dr. Takalkar has showcased his skills in over 100,000 surgeries, ranging from complex oncology cases to intricate gastrointestinal procedures.

Dr. Takalkar's committed approach has played a big role in determining the course of his goal, which is to "set new benchmarks in healthcare, offering multimodal treatments under one roof for patients with complex needs." Accredited by NABH and ISO, CIIGMA complies with the highest quality standards, continually creating fresh benchmarks by also integrating cutting-edge solutions in the quality of patient care. The hospital is reputed too for its propensity for introducing numerous medical firsts in Marathwada, including the first heart transplant and the first robotic surgery, and other advanced technologies, such as the DRAGER medical gas system from Germany and a digital fusion ERCP system.

Dr. Takalkar was never one to take all the credit for this amazing feat of CIIGMA's success. In his view it's a shared success for the entire team of dedicated doctors, nurses and staff who work alongside him with unflagging zeal. "Our greatest strength is our competent staff," he says. ■

COVER STORY

A DEEP CURIOSITY AND GREAT COURAGE TO EXPLORE NEW HORIZONS

It's a dance of dexterity to seamlessly bring all the relevant elements together to create a positive future-ready environment for growth for all



Integrity, dedication, innovation, foresight and nimbleness, these are the constants as the Northern Star in the firmament of leaders whose drive and passion inspire their teams.

It is this zeal to rise above the turbulence of change and decay which drives the transformative journey of an inspirational visionary leader. To inspire one's team to make your vision theirs, marks the beginning of a pact to together propel an organization to greater heights by enhancing its value and impact. In an era defined by fast-moving macroeconomic shifts and rising uncertainty, organizations need leaders who must not only anticipate the future but shape it.

With India gathering momentum to achieve its recognition as a developed nation by 2041, the role of inspiring visionary leaders is imbued with a greater sense of responsibility to lead from the front to participate in this endeavour.

The corporate world, the industrial sector, power and renewable energy, infrastructure development, science and technology, education, medicine, wellness and healthcare— in fact, the entire gamut of disciplines which define the functioning of our everyday world, are being compelled to align with the new age developments to continue to remain relevant. As revealed by a survey released in January 2024 by PwC, 45% of CEOs worldwide expressed concerns that their companies might not survive the next decade without significant reinvention, more so in the face of climate disruption and advancements in AI.

A focus on sustainable outcomes and leveraging cutting-edge technology are also key drivers that sustain and nourish the endeavours led by inspiring visionary leaders

A focus on sustainable outcomes and leveraging cutting-edge technology are also key drivers that sustain and nourish the endeavours led by inspiring visionary leaders. Stewarding a stimulating environment for navigating these challenges for them is a growing imperative for forging a spirit of resilience and

THE BUSINESS OF COMPASSION

HOW DR. ANEEL KASHI MURARKA TRANSFORMS SOCIAL IMPACT INTO SUSTAINABLE SOLUTIONS

Dr. Aneel Kashi Murarka defies conventional business paradigms by demonstrating that profitability and social impact can flourish together. His pioneering approach transforms philanthropic endeavors into sustainable, measurable solutions that create both economic value and meaningful change.

In the competitive landscape of Indian industry, where profit margins often dominate boardroom discussions, Dr. Aneel Kashi Murarka has pioneered a different metric of success. As Managing Director of Mirachem Industriies and founder of social enterprise Ample Missiion, Murarka represents a new breed of business leaders who seamlessly integrate commercial acumen with social responsibility.

"Business success and social impact aren't competing priorities–they're complementary forces," explains Murarka, whose family's four generation legacy of philanthropy has evolved into a structured approach to social entrepreneurship that's yielding measurable results across India.

Murarka's business-minded approach to social challenges is evident in Ample Missiion's portfolio of initiatives. Rather than simply providing charity, the organization creates sustainable ecosystems of support. For instance, their hunger alleviation program doesn't just distribute meals–it establishes micro-entrepreneurship opportunities for housewives who prepare the food, creating income streams while addressing food insecurity.

This operational efficiency extends to Ample Missiion's work with marginalized communities. The organization has developed market linkages for Adivasi artisans practicing traditional Warli art, connecting these craftspeople to urban consumers and global markets. Similarly, their programs for acid attack survivors, people with disabilities, and transgender individuals focus on building employable skills and creating pathways to economic independence.

"We apply business principles to measure social impact," Murarka notes.



Dr ANEEL KASHI MURARKA, Founder, Ample Missiion

> **"We apply business principles to measure social impact," Murarka notes. "Every initiative must demonstrate scalability, sustainability, and tangible outcomes"**

"Every initiative must demonstrate scalability, sustainability, and tangible outcomes."

The results speak for themselves. Murarka's innovative approach caught the attention of Prime Minister Narendra Modi, leading to his appointment as Brand Ambassador for the Swachh Abhiyan Mission by the Ministry of Urban Development. His production of educational short films on public health issues further demonstrates his understanding that awareness campaigns require strategic communication and targeted messaging to drive behavioral change.

The Murarka family, through the Samarpn C.B. Murarka Charitable Trust, has also invested in infrastructure projects that serve as community assets–applying the same due diligence to these investments as they would to business ventures.

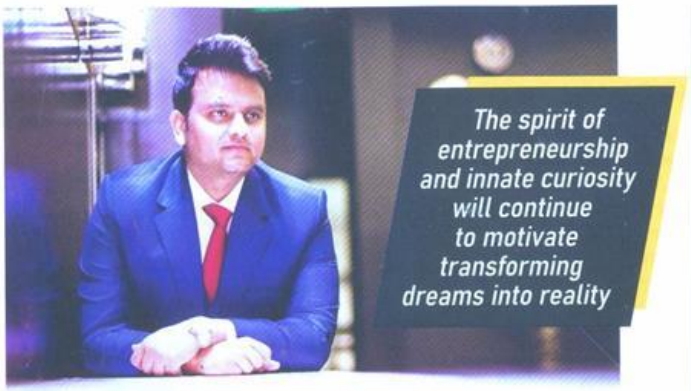
Perhaps most innovative is Ample Missiion's series of recognition programs–the Shoorveer Awards, Bharat Prerna Awards, and Awards Zindagi Ke–which shine a spotlight on unsung heroes and create visibility for social issues that might otherwise remain overlooked.

As Indian businesses increasingly embrace ESG (Environmental, Social, and Governance) frameworks, Murarka's integrated approach offers valuable lessons. "Corporate social responsibility shouldn't be a peripheral activity," he advises. "The most impactful businesses embed social purpose into their operational DNA."

With his son Sidhaant now leading Ample Missiion's youth initiatives, Murarka is building a succession plan that ensures long-term sustainability–applying the same forward-thinking governance principles that successful businesses require.

In bridging the worlds of commerce and compassion, Dr. Aneel Murarka demonstrates that the most sophisticated business strategy may be one that measures return on investment not just in rupees, but in lives transformed. ■

AMAN KEDIA 'KRAFTING' DREAMS OF SUSTAINABLE GROWTH



AMAN KEDIA; Managing Director, Sri M K Paper Mills

Under the visionary leadership of Managing Director Aman Kedia the Nizamabad-based Sri M K Paper Mills has been propelled forward to become one of India's leading eco-friendly kraft paper manufacturers. The company is very much in step with the times with the growing demand for industry to follow more sustainable practices to counter mounting environmental concerns. What has motivated Aman's journey as an entrepreneur was his quickening interest in the family businesses, and his deep-rooted curiosity about technology and the advances it could make in manufacturing. Armed with an engineering degree, he chose to pursue both these interests, by staying back in Nizamabad in Telangana and joining the rice mill run by his uncle Pawanji Kedia, and father Susheel Kedia.

A befitting inspiration for young entrepreneurs Aman, says: "I am passionate about entrepreneurship, social networking, and public speaking, and I constantly seek to learn new skills and explore new opportunities."

Not one to let the grass grow under his feet for too long, he decided to expand his knowledge and feed his curiosity further by getting involved in another arm of their business – the Sri M K Paper Mills. He decided to set up a factory to produce eco-friendly paper which would serve a growing market for sustainable products. What provided the impetus for his enterprising spirit was the knowledge that Nizamabad had an excellent reputation as a business-friendly city that had been hugely supportive to industry. His plan to capitalise on the positive environment of his hometown is what tethered his dreams to Nizamabad– something which would pay rich dividends in his future endeavours.

This hands-on approach is something which continues to drive Aman's growth as an entrepreneur. From the very start of his journey as a manufacturing entrepreneur, Aman has honed his skills by being quick to pick up the nuances that would change the face of industry in India.

The company is firmly committed to environmental sustainability and demonstrates this by using 100% recycled kraft paper in its operations.



Sri M K Paper Mills has been producing high-quality and environmentally-friendly kraft paper products that address the needs of both industry and consumers. Kraft paper, a great sustainable product for the environment, is made from wood pulp, using a chemical process that reduces the lignin content and increases the strength and durability of the paper. Largely used for packaging, wrapping, and printing purposes, it's an excellent eco-friendly choice over plastic and other synthetic materials. What makes kraft paper so attractive is that it's biodegradable, recyclable, and compostable.

The introduction of state-of-the-art technology at Sri M K Paper Mills catapulted its capacity to 50,000 TPA (tonnes per annum). The advanced technology and high-end equipment provided greater impetus to the infusion of consistent quality and performance of its products.

The company is firmly committed to environmental sustainability and demonstrates this by using 100% recycled kraft paper in its operations. At the back-end of the company's operations Aman has set in motion a bunch of sustainable practices such as relying on renewable energy sources; recycling waste paper into raw material; and a considerable reduction in water consumption and emission

Its solid hold in Maharashtra, Madhya Pradesh, Delhi, Telangana and Andhra Pradesh, underscores the reputation it has earned for its customer satisfaction and quality assurance.

Aman has a proven track record of leading and managing teams, projects, and partnerships, as well as developing and implementing innovative solutions and strategies. Amongst his many achievements are expanding the paper mill's capacity from 100 TPD to 200 TPD, securing multiple large contracts with reputed clients, and ranking among the top 10 paper mills for 2022 and 2023. ■

MATCHMAKER MATCHMAKER, MAKE ME A MATCH

The 3-decade legacy of Dr. Priya Shah Matchmaker has ranked her as the World's No. 3 in Matchmaking

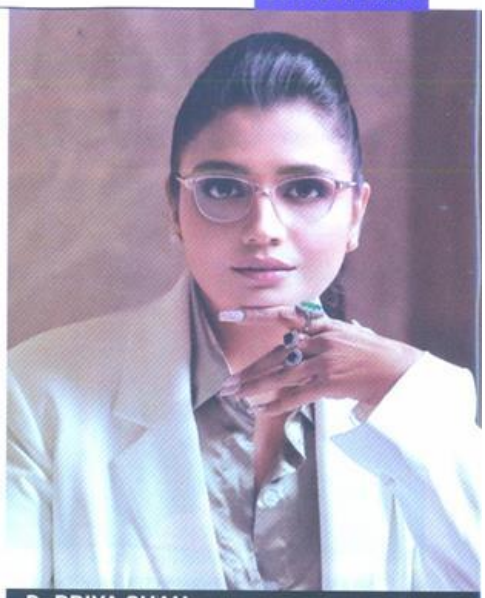
The art of creating matrimonial alliances is a delicate business. It's only someone with years of expertise, empowered by their deep understanding of human nature and how to align the lives of two personalities in holy matrimony, which can bring them the success they hope to achieve.

It's a dance of dexterity to seamlessly bring all the relevant elements together to create a happy union to the satisfaction of both parties involved. Dr Priya Shah, who founded "Priya Shah - The Matchmaker", in 1991, has honed her skills as matrimonial consultant over a span of 33 years. Her vast experience, dedicated endeavour and personalised approach have earned her name as the No.1 Matchmaker of India, endorsed and respected by celebrities, industrialists, royals, and global dignitaries alike.

With 9,000+ successful marriages under her belt, this is no mean achievement given the volatile theatre in which she plays a pivotal role. For Dr Shah these alliances are no commercial transactions which keep the register ringing in her business constantly. Rather, for her each case she takes on requires her personal investment in ensuring that she creates a legacy of bringing back the sanctity, elegance, and soul of matrimonial alliances.

Dr. Shah holds a Ph.D. in Marriage Consultancy from the USA and has become a household name in elite matchmaking across India and abroad. What drives the narrative of the firm is its positioning as a heritage institution for arranged love marriages where compatibility, values, tradition, and class come together to form perfect unions.

What adds heft to her services is that they are personalised, highly confidential, and deeply rooted in the traditions, customs and abiding cultural wisdom of India. These are the building blocks on which her brand of arranged love marriage has made a special niche for itself in this space. Though rooted in traditions these alliances are executed with modern sophistication– with an aim to ensure that each one of them is built on family harmony, shared beliefs, and true emotional connection.



Dr PRIYA SHAH,
Founder, Priya Shah - The Matchmaker

Creating a legacy of bringing back the sanctity, elegance, and soul of matrimonial alliances

- **The Distinctive Personalised Touch–** Every profile is handpicked after a deep understanding of personal preferences, family expectations, lifestyle, and long-term goals. No algorithms–only human intuition, emotional intelligence, and experience!
- **Synchronising Elite & Ultra-HNI Matchmaking–** With packages tailored for HNI and top 1000 Indian families worldwide, Dr Shah's services include discreet matchmaking, confidential meetings, family compatibility checks, and legacy-oriented matchmaking.
- **NRI & Global Services–** Dr Shah's distinctive services have been pivotal in creating a global footprint with clients hailing from the USA, UK, UAE, Australia, Africa, Dubai and Singapore. This outreach ensures her prowess in connecting her elite families with equally distinguished partners across the globe.
- **Marriage Consulting & Family Counselling–** Dr. Shah offers expert counselling to help families make the right decisions, manage expectations, and build the emotional foundation needed for a happy married life for the couple.

Priya Shah is of the strong belief that marriages must never be a compromise–they must be a celebration of mutual understanding, shared values, and long-term compatibility.

For those who have confidently used her services, what stands out is the brand offers a confidential, hand-held, curated matchmaking experience, where every step is navigated by guidelines that work exponentially to the satisfaction of all parties involved.

The quality of Dr. Priya Shah's matchmaking services and her professional integrity are endorsed by thousands of happy couples and families who have trusted her with the most important decision of their lives. ■

www.priyashahthematchmaker.com

A DEEP DIVE INTO HOLISTIC SKINCARE

Her individualistic approach to each patient's particular needs continues to raise the bar when it comes to client satisfaction.



Dr. GEETIKA MITTAL GUPTA
Founder & Medical Director, ISAAC Luxe

> "Dr Geetika's services are driven by a seamless fusion of cutting-edge technology with medical expertise"

Her rapidly expanding A-lister clientele from around the world speaks volumes about award-winning dermatologist Dr. Geetika Mittal Gupta's popularity as an expert in the field of holistic skincare.

As founder and Medical Director of ISAAC Luxe, a contemporary International Skin & Anti-Aging Centre, she abides in her firm belief that 'One Size Does Not Fit all'; this individualistic approach to each patient's particular needs continues to raise the bar when it comes to client satisfaction. DR G has spent over 20 years fine tuning the technique of skin perfection as a lifelong skin devotee. Her credentials in the fields of cosmetology and aesthetics, and longstanding on-ground practical exposure, have laid the foundation for her burgeoning recognition as one of the foremost skincare experts in the world.

ISAAC Luxe provides a wide range of services and products, including but not limited to routine skin and hair exams, beauty and cosmetic procedures and the treatment of skin disorders. The clinic also focuses on skin, laser, anti-aging, and personalized treatments to transform your confidence and well-being.

Dr G's appeal for her varied clients lies in her passionate desire to assist all her clients in achieving the aesthetic objectives they seek; she does this by treating each of them with a deeply personalized approach. Dr. G brings to bear her years of practice to develop customised treatments that have both quick and long-lasting effects. Each procedure she recommends is diligently modelled to address a client's unique requirements; in this endeavour she is also meticulous about choosing the best tools and techniques to achieve the best results.

Her holistic approach to skin care is underpinned by her desire to provide services that promote the health of your skin and do not stress a patient's internal health. Her services are driven by a seamless fusion of cutting-edge technology with medical expertise. Constantly in tune with the current technological advances in her field she aims to provide painless cosmetic procedures that offer effective outcomes. Amongst the latest innovations in medicine and procedures she relies on are the newer ablative and non-ablative laser applications and scar minimization techniques. Dr G is well recognised for her treatments that are uniquely customized according to the condition of the client's skin— in fact, her diligence in this regard is so notable, she even takes into account this factor on the very day the patient arrives for the treatment. She is a firm believer in rebuilding the skin, rather than breaking it down.

Underlining her dedication to her practice is her status as the first doctor in India to have brought various foreign technologies in her field. These are all FDA approved- some of them being Fat Loss Drip procedure, 30 Minute Painless hair removal treatment, Emsculpt Neo, amongst many others. DR G was also the first to introduce the K Beauty GG Glow Facial that has revolutionised the skincare industry in India. ISAAC Luxe has garnered many accolades for these endeavours from technology experts around India.

In her diligence in offering her clients the best results of her expertise DrG has even created her own skincare line called SkinbyDrG, which is readily available on her e-commerce website, www.skinbydrG.com She believes in sharing the secret sauce for the perfect skin and is deeply committed to teaching and guiding each client through the processes of their therapy while sharing helpful advice, suggestions, and essential beauty secrets.

Clients can reach out to tap her expertise in cutting-edge dermatological solutions for all skin concerns at ISAAC Luxe, the flagship clinic in New Delhi-Vasant Vihar; ISAAC Luxe also has centres in Delhi NCR, Mumbai, Hyderabad, Pune and Bangalore. ■

GOING BEYOND JUST STANDARD NUTRITION AND FITNESS PLANS - INTEGRATING MIND & BODY



A seamless integration of science-backed nutrition and personalized wellness strategies

DEEPIKA CHALASANI,
Clinical Nutritionist;
Mind-Body transformation Coach, Co-founder,
Fit4Life India

Transitioning from a HR leader and a behavioural assessment specialist in the corporate world to holistic wellness, Deepika Chalasani has made her name for herself. This journey has been of deep satisfaction for the erstwhile corporate executive who changed her life and those thousands of Indian families across the world with her venture Fit4Life India, which bears the stamp of her adventurous spirit, foresight and adeptness at innovation.

Chalasani's method goes far beyond providing clients with a nutrition plan. The idea behind it all is to educate, empower, and equip them to self-manage their health on a sustainable basis.

For Deepika Chalasani there are no shortcuts to good health. Meticulous planning, deep-rooted research and individualistic solutions have paved the way to pass through life's highway armed with Fit4Life India's sustainable health and wellness solutions.

Her deep scientific research, integrated with gene-based nutrition, personalized lifestyle changes, and mind-body coaching has given her clients long-term results beyond just weight loss. It is this game-defining integration of science-backed nutrition and personalized wellness strategies that go beyond general diet plans which is the bedrock of Fit4Life India. Her firm has helped more than 15,000 families across 25+ countries to transform their lives with sustainable health. Fit4Life India's holistic approach to the health and wellbeing of its clients has made a world of difference in matters of gut health, inflammation, metabolic disorders, and lifestyle-related conditions.

"With a clear vision for the future, Deepika Chalasani is not just transforming individual lives—she is revolutionizing the way wellness is approached, ensuring that sustainable health becomes a reality for all"

Her recognition of the struggles her clients have long had, with unresolved health issues, have been an impetus to create even more fine-tuned sustainable solutions. The trick, she discovered through her research, was to understand the macro nutrient composition that supports the body type, limiting beliefs, food intolerances and lifestyle habits. This approach is opposed to conventional thinking which focuses solely on calories. This forms the core of her commitment to bringing relief to the long standing wellness issues of her clients.

Chalasani's method of fitness and health is powered by a personalised approach to each client's individual needs. This is the root of the countless success stories that have served as milestones on Fit4Life India's journey under her watch. Not only does she provide these individuals a life changing opportunity to achieve their health goals, it also helps them regain their energy, confidence, and take charge of their overall well-being.

Chalasani's farsighted outlook continues to inspire her team—all women. They too have staked their claim in revolutionising the lives of the clients they help navigate various life stages—from childhood to lifestyle ailments such as diabetes, cholesterol, heart health, pregnancy, postpartum recovery, and menopause. Fit4Life India's organic growth since its inception underscores the efficacy of Chalasani's approach to sustainable wellness. Word of mouth has sharpened her credibility and trustworthiness as 95% of her clients come through referrals of happy clients.

To support these endeavours Chalasani will soon be launching an app Triva by Fit Life Fitness that integrates science and technology to simplify health tracking and personalized nutrition. Powered by data-driven insights, Triva will make wellness more readily accessible for all. Further to this Chalasani's SHVASA, is a kitchen which provides nutritious protein dense food products, for a wholesome lifestyle. ■

SHAPING WELL-ROUNDED LEADERS AND INNOVATORS FOR INDIA'S TOMORROWS

Broadening the worldview of students with initiatives which provide both theoretical insights as well as practical experience

In the annals of India's present day education eco-system, a name that is sure to stand out is that of Grace Pinto, Managing Director of Ryan Group of Institutions. True to her name she has graced the field of education with a flair for providing her wards a well-rounded academic upbringing which have served her students well as they stepped into the world to forge a name for themselves in whichever discipline they chose to pursue a career.

Her vast experience in establishing an eco-system involving over 150-plus schools, 18,000 educators, and 200,000-plus students, has been central to the huge contributions she has made in the academic world. What has added more heft to these achievements is that Ms Pinto has led the charge in redefining the contours of the educational field by bringing in her own brand of quality education, skill development, and global exposure in India.

Crucial to providing the impetus for her students to grow and evolve in a rapidly changing world was her ability to be quick to recognise that advances in technology, an innovative bent of mind and global demands will play a pivotal role in shaping the future of education. Her students are trained to become leaders and as she has rightly foreseen by integrating technology, global exchange programs, and real world skills, Ryan Group would be in an excellent position in shaping future leaders and innovators.

In line with this the World Ryan Group has introduced several pioneering initiatives to equip students more comprehensively for 21st century careers. The Ryan Language Hub Program is aimed at enhancing communication skills for a global workforce. The First in Maths Program was launched to help strengthen numerical literacy and problem-solving. The First Principles Course: equips Teaching educators with cutting-edge pedagogical strategies.



GRACE PINTO, Managing Director, Ryan Group of Institutions

> **A broader picture unfolds as we discover Grace Pinto's deep engagement with accessible education, sustainability, and women's empowerment**

Her broad worldview envisages how she can equip India with leaders grounded in a holistic approach to be great performers and achievers in the world of commerce and enterprise, politics or culture. Apart from academics she has placed great significance on the emotional, physical, and social development of her students. Innovative programs such as the International Theatre Festival, Indian Model United Nations, and the World Scholar's Cup, are aimed at providing students global exposure as much as to tap their hidden talents.

Furthermore, a serious attempt has been made to broaden the horizons of the students with initiatives which provide both theoretical insights as well as practical experience. The Ryan TV, an in-house media initiative, offers media studies and filmmaking. Another initiative is getting students to work with local artisans, which creates awareness of India's craft traditions and the importance of preserving these ancestral traditions and skills. Another area of high priority is the area of sports. Social welfare programmes serve to both enrich and spark their altruistic spirit for a deeper understanding of social responsibility.

A broader picture unfolds as we discover Pinto's deep engagement with accessible education, sustainability, and women's empowerment. She has created a workforce of educators, 95% of which comprise women. Her commitment to aligning with the United Nations Sustainable Development Goals (SDGs), is reinforced by her focus on digital inclusion, upskilling teachers, and bridging the education gap for underprivileged students.

Though accolades and awards have come Pinto's way aplenty for her what is crucial is the impact her many initiatives–on her students and the society. ■

progress for one's team as well.

"The ability to embrace change and take advantage of it will determine the winners and losers of the 21st century," according to René Rohrbeck, Professor of Foresight, Innovation and Transformation Chair Director of EDHEC Business School. In 2023, according to his research, Rohrbeck had found that companies with high 'Future FITness' outperform their rivals with +33% in profitability, +200% higher market capitalization growth, and 44% to make it to the group of best outperformers in their industry cluster.

It is with optimism and valuable lessons taken from the past few years in hand, that the Inspiring Visionary leaders now aim to seize the opportunities ahead in 2025 and beyond. Smart thinking about the opportunities presented by new technologies also entails looking at their impact on decision-making and the importance of global partnerships. Sustainability remains a critical driver in today's leadership delivery as a contribution to India's resilient and eco-centric future.

Opportunities abound as much as there are regional and global challenges to joust with. Key opportunities in digital assets, green technologies, and cross-sector collaboration also put the spotlight on the need for resilience against unrelenting geopolitical shocks and economic challenges.

An inspiring leader's personal values, his vision, his drive and unequivocal belief in and commitment to the mission have far reaching consequences when it comes to bonding with one's team. Transformational leadership today requires a deep-rooted connection with all team members and stakeholders to together lead an organization to perform at its optimum best. It's the perfect recipe for a win-win situation for all concerned. Leading by example with this kind of approach, needs to filter down to the lowest hierarchy in the organization, ensuring that the roots of its endeavours are held firm and



EMPOWERING TEAM MEMBERS

These are the building blocks which add heft to creating organizations that are relevant, progressive, and valued for their people-centric approach

nourished with care. It is inspirational leadership such as this which brings out the best in ones' team as they feel valued as partners in the growth of the organization. Inspirational leaders encourage members to question, experiment, and create — because real growth is propelled by the intersection of curiosity and courage.

For a team, to grow and achieve its optimum value in an organization, it is imperative that the quality of leadership it responds to should be people-centric, energizing and future-positive. The charisma of such leadership can be so compelling it becomes a pivot point for motivating each individual in the team to treat the leader's vision as their own.

Empowering team members and equipping them with the skills and mindset of leadership in a dynamic world enhances this engagement for a common goal. It's one of the most inspirational ways for a leader to help team members rise above self-interest and look to the greater good of the entire team and the functioning of the organization as a whole to increase its value. As noted by R. Pillai, C. Schriesheim, and E. Williams, "when followers perceive that they can influence the outcomes of decisions that are important to them and that they are participants in an equitable relationship with their leader, their perceptions of procedural justice [and trust] are likely to be enhanced."

It's a dance of dexterity to seamlessly bring all the relevant elements together to create a positive future-ready environment for growth for all. It can serve as an enduring legacy that changes the fortunes of an organization and all its stakeholders.

Marked by proven track records in excellence and creating new benchmarks for sustainable growth and integration of advances in technology, the stewardship of inspiring visionary leaders leaves its impress on India's future endeavours for growth and value. Propelled by their resolute belief in vision, perseverance, and empathy they drive the future-positive outlook which leads their organization to greater heights. These are the building blocks which add heft to creating organizations that are relevant, progressive, and valued for their people-centric approach.

The message is clear for today's leaders in businesses, and institutions, size not withstanding— to shape the future of their organizations surviving and thriving in the next decade requires a fundamental shift in thought and deed. The need of the hour is proactive leadership that envisions transformation as an ongoing journey, rather than a one-shot project. Adapting to the new challenges, be it economic, geopolitical, technological, climate change and human capital risks, needs agile leadership skills that thrive in complex situations and revel in the pursuit of solution finding. ■

PIONEERS CRACKING A WINDOW FOR PRIVATE FIRMS IN INDIA'S GOVERNMENT-HELD SPACE ECOSYSTEM

India's pioneering space entrepreneur Dr. Subba Rao Pavuluri transforms the nation's aerospace landscape as his company becomes the first private Indian firm authorized to operate a geostationary satellite

In a landmark development for India's commercial space ambitions, Ananth Technologies Limited (ATL) has secured authorization to become the country's first private enterprise to develop and operate a geostationary satellite. This breakthrough repositions India's space ecosystem amid the rapidly evolving global market.

"We're witnessing a fundamental shift in India's space landscape where private players are now taking center stage alongside ISRO," says Dr. Subba Rao Pavuluri, Founder and Chairman of ATL, whose unlikely path from rural Andhra Pradesh to space entrepreneur exemplifies India's technological transformation.

Dr. Pavuluri's remarkable journey from humble beginnings to space industry pioneer stands as a testament to his extraordinary perseverance. Rising from a farming family with limited resources, he overcame significant socio-economic barriers through sheer determination and intellectual prowess. "The path from rural India to space technology isn't a straight line," Pavuluri reflects. "It required unconventional thinking and the courage to challenge established norms, especially when leaving the security of ISRO to venture into uncharted entrepreneurial territory."

The authorization from IN-SPACe (Indian National Space Promotion and Authorization Centre) aligns perfectly with the government's push for "Aatmanirbhar Bharat" in the strategic space sector. ATL's satellite will utilize Ka-band technology to deliver high-speed connectivity to India's digital divide. "This milestone represents the beginning of true commercial space activity in India, positioning private companies as operators rather than just suppliers," explains Dr. Pawan Goenka, Chairman of IN-SPACe.



DR. SUBBA RAO PAVULURI,
Founder and Chairman, ATL

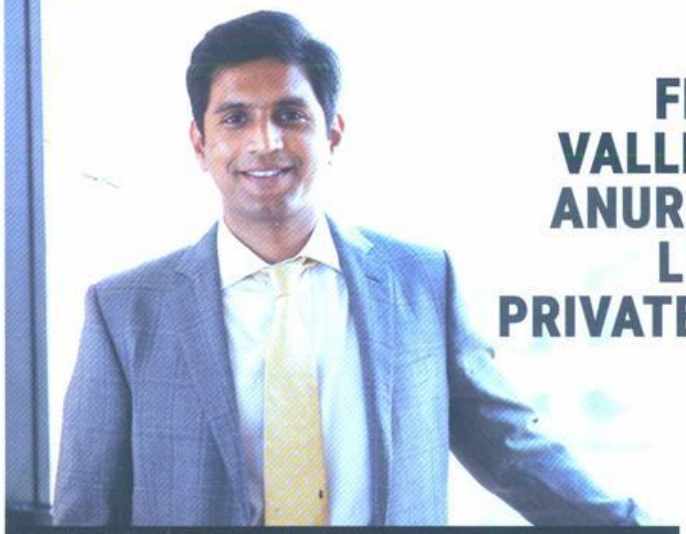
> **"The space sector's liberalization creates a multiplier effect for India's technological capabilities and economic growth. We're not just building hardware; we're creating digital infrastructure with real-world applications"**

Pavuluri's entrepreneurial gamble in 1993, leaving a secure government position at ISRO, appears remarkably prescient three decades later. ATL now operates cutting-edge facilities across multiple cities, having contributed critical components to over 100 satellites and 80 launch vehicles, including India's highest-profile space missions.

"The space sector's liberalization creates a multiplier effect for India's technological capabilities and economic growth," Pavuluri notes. "We're not just building hardware; we're creating digital infrastructure with real-world applications." Inside ATL's facilities, Indian engineering talent produces aerospace systems matching international standards at competitive costs, embodying the country's reputation for frugal innovation excellence.

Beyond manufacturing, ATL has strategically expanded into defense technologies while maintaining its space focus. The company's forthcoming satellite represents its evolution from component manufacturer to end-to-end space service provider, with applications ranging from rural education to telemedicine. This private sector breakthrough comes at a critical juncture for India's space ambitions. With the government targeting a five-fold increase in global market share by 2030, companies like ATL are becoming essential to ISRO's ecosystem rather than competitors.

As Satcom Industry Association president, Pavuluri advocates for balanced policies that encourage private participation while protecting national interests. "The democratization of space technology translates to practical benefits for ordinary citizens," Pavuluri emphasizes. "Success in space will ultimately be measured by how it improves quality of life on the ground." For India's space sector, ATL's milestone represents not just a technical achievement but a model for the innovation economy the country aims to build. ■



FROM SILICON VALLEY TO SPACE: ANURUP PAVULURI LEADS INDIA'S PRIVATE AEROSPACE REVOLUTION

ANURUP PAVULURI, Director, Ananth Technologies Ltd.

Blending Silicon Valley expertise with homegrown innovation, Anurup Pavuluri is transforming India's aerospace landscape through Ananth Technologies' pioneering private spacecraft manufacturing facility.

At the sprawling aerospace park near Bengaluru's Devanahalli, a first-of-its-kind facility stands testament to India's growing ambitions in space technology. This private spacecraft production center, capable of simultaneously manufacturing four satellites weighing 2,000 kg or two 4,000 kg satellites, represents a watershed moment for India's space sector—and at its helm is Anurup Pavuluri, Director at Ananth Technologies Ltd (ATL).

With an impressive Silicon Valley pedigree that includes stints at Google, Pinterest, Amazon, and Microsoft, Pavuluri returned to India in 2013 to join the family business founded by his father, Dr. Pavuluri Subba Rao. Since then, he has been instrumental in transforming ATL from a components manufacturer to a full-fledged spacecraft producer.

"The 'Make in India' initiative is a major industry disruptor and a tremendous opportunity," says Pavuluri. "We've aligned our entire strategy to support and leverage this vision."

This strategy has yielded significant results. The Bengaluru facility, built with an investment of ₹150-200 crore on 3.5 acres, has positioned ATL as a pioneer in private sector satellite manufacturing in India. The company has contributed to approximately 50 launch vehicles and nearly 100 spacecraft since its founding in 1992.

> **"We're not just creating aerospace hardware—we're building India's self-reliance in space technology. Each satellite represents hundreds of jobs and countless opportunities for indigenous innovation"**

In the recent GSLV F14 mission, which successfully placed the INSAT-3DS satellite into orbit, ATL manufactured 55 modules for the launch vehicle, including critical navigation electronics and safety systems. For the satellite itself, ATL supplied the complete power control system and multiple other essential components.

"We're not just creating aerospace hardware—we're building India's self-reliance in space technology," Pavuluri explains. "Each satellite represents hundreds of jobs and countless opportunities for indigenous innovation."

A Computer Science graduate from Purdue University with a Master's from Carnegie Mellon, Pavuluri brings technical depth to his leadership role. During his tenure at Google and Printerest he worked in core technical teams developing Software impacting billions of users and the world.

"The future of space is increasingly private and collaborative," Pavuluri notes. "India has the talent and vision to become a global hub for satellite manufacturing, and we're committed to making that happen." ■

A GLOBAL VOICE FOR ECONOMIC DIPLOMACY AND STRATEGIC TRADE RELATIONS

In a rapidly evolving global economy, where international collaboration and strategic partnerships define success, few figures have emerged as consistently impactful as Dr. Asif Iqbal.

A highly regarded expert in economic diplomacy, Dr. Iqbal is known for his leadership in strengthening India's global trade footprint and creating sustainable frameworks for international cooperation. As the President of the Indian Economic Trade Organization (IETO), he has championed the cause of inclusive growth, global engagement, and cross-border partnerships.

With a career spanning over two decades, Dr. Iqbal has been instrumental in forging strong trade and cultural ties between India and over 70 countries. His work is rooted in a deep understanding of international economic systems, diplomacy, and development. Under his stewardship, IETO has grown into one of India's most active platforms for economic engagement, regularly organizing trade delegations, diplomatic dialogues, investment summits, and business conclaves aimed at fostering mutual growth.

What sets Dr. Iqbal apart is his unique ability to bring together stakeholders from government, industry, academia, and civil society. He has successfully bridged the gap between policy and practice, enabling meaningful collaborations that extend beyond commerce to include education, healthcare, technology, and sustainability. His vision for trade diplomacy is holistic—focused not just on business deals, but on empowering communities, promoting entrepreneurship, and fostering innovation.

A skilled negotiator and communicator, Dr. Iqbal has led several high-level delegations to countries across the Gulf, Africa, Central Asia, and Europe. These missions have often resulted in the signing of bilateral agreements, joint ventures, and investment opportunities that support India's global ambitions. He has also played a key role in connecting Indian MSMEs and startups to international markets, helping them navigate foreign regulatory environments and cultural nuances with confidence.



DR ASIF IQBAL, President, Indian Economic Trade Organization (IETO)

> **"Dr. Iqbal has successfully bridged the gap between policy and practice, enabling meaningful collaborations that extend beyond commerce to include education, healthcare, technology, and sustainability"**

Dr. Iqbal's influence extends to academic and diplomatic circles as well. He is a regular participant at international forums, think tanks, and policy dialogues where he advocates for stronger South-South cooperation, capacity building, and knowledge exchange. He has been honored by multiple governments and organizations for his contributions to diplomacy and economic development, a testament to the respect he commands globally. Among his many strengths are his ability to think strategically, act decisively, and build long-term relationships based on trust and mutual respect. He has a rare talent for identifying synergies between diverse sectors and geographies, and turning these into tangible partnerships. His inclusive approach—often bringing together women leaders, young entrepreneurs, and marginalized voices—reflects his belief that true progress is only possible when growth is broad-based and equitable.

Beyond the boardrooms and summits, Dr. Iqbal remains deeply committed to humanitarian and social causes. He has been involved in several initiatives that promote education, skill development, and women empowerment in underserved regions. His leadership reflects a balance of pragmatism and idealism—a drive to create global impact while remaining rooted in values.

As the world becomes increasingly interconnected, the need for seasoned professionals like Dr. Asif Iqbal—who can navigate complexity with clarity and build bridges between nations—is more critical than ever. His work not only uplifts Indian businesses on the global stage but also redefines how diplomacy and trade can work together to build a more inclusive and prosperous world. ■

MEET THE MAN BUILDING A ₹1,000 CRORE PROFITABLE WEALTH-TECH VENTURE BY REDUCING INDIA'S INVESTMENT LOSSES



RAHUL GHOSE
Founder & CEO, Octanom Tech & Hedged.in

In an industry where investors tend to navigate uncharted waters, Rahul Ghose is not your stereotypical fintech entrepreneur focused on valuation, but a mission-minded entrepreneur who is hell-bent on eradicating one of India's biggest financial scars: unnecessary investment & trading losses.

In Rahul Ghose, India might have found not just a disruptor, but a guardian of retail investor confidence. *One hedge at a time.*

As Founder & CEO, Octanom Tech & Hedged.in, Rahul is leading the firm towards becoming a ₹1,000 crore, profit-oriented wealth-tech giant. His flagship product, Hedged, is India's first hedge-style investment platform—purpose-built to help traders and investors minimize downside risks through intelligent, tech-driven strategies.

With almost two decades of experience in the financial markets, Rahul is a well-established name in options trading and investing space. His working life has been in senior management roles, including Vice President at Sharekhan.com and Country Head of financial education platforms where he witnessed first-hand the emotional losses and capital erosion faced due to volatile markets and economic down cycles.

That exposure lit a fire. "Fear of capital loss is the single biggest deterrent to options or long-term wealth creation using financial markets," he says. "This is the reason why most households still turn to real estate as an investment vehicle even now. We're solving this problem head-on—with technology, education, and strategy!"

Through Hedged and other products along the way, Rahul Ghose is not just building another trading platform. He's building a protective ecosystem for Indian investors—equipping them with institutional-grade hedging tools, intuitive dashboards, and derivative equations that were once the domain of elite rich with large chunks of capital. His long-term vision - To prevent over 100 Billion$ in investment and trading losses over the next 10 years and fundamentally reset how India thinks about risk.

Under his leadership, Octanom Tech is focused on both growth and profitability—eschewing the "burn capital and chase users" model for one grounded in value delivery and financial prudence. It's this approach that could well make Hedged India's next breakout success in the wealth-tech space. ■

PROPELLING PARADIGM SHIFTS IN INDIA'S INFRASTRUCTURE DEVELOPMENT SECTOR

When ethical leadership and decisive action are non-negotiable pillars of success



DR SANJAY AGARWAL,
Founder, SA Associates

As India races ahead to achieve the India 2047 vision for a $ 40 trillion economy, with an aim to be reclassified from a developing economy to a developed, one of the most crucial aspects of this progressive journey is infrastructure development.

India's volatile infrastructural development landscape has been as challenging as it has been rewarding for the main protagonists in this arena. The National Infrastructure Pipeline (NIP), introduced in 2019, emphasizes social and infrastructure projects including energy, roads, railways, and urban development projects worth INR 102 lakh crores. The immense possibilities thrown up by such major projects can be best capitalised on with a highly visionary outlook, significant investments and determination to bring about laudable results.

Standing tall amongst these worthies is the tenacious Dr. Sanjay Agarwal, who hails from Gorakhpur in Uttar Pradesh state. Having founded SA Associates in 2024 Agarwal's 38-year career span reflects a deep investment in engineering excellence and ethical leadership.

For the Manipal Institute of Technology alumnus, who sees Infrastructure as the very backbone of any developing nation, the building blocks of his remarkable career are witness to his commitment to stay true to the course on which he was set from as early as his days as an Assistant Project Manager at IRCON in 1986. Agarwal played a significant role in contributing to the organization's transformative projects including Asia's largest Rail Coach Factory in Kapurthala. The stimuli provided by such far reaching projections provided him the impetus to venture into the international arena.

Ample opportunities provided during his stint with Malaysia's PILECON Geotechnics Bhd opened up fresh opportunities for growth and learning as he witnessed firsthand the outcomes of specialized construction methodologies— amongst such projects was Kuala Lumpur's first high-rise building utilizing top-down construction. Further exposure to international trends in infrastructure development was gained at IJM Corporation which he joined in 1996. The invaluable learnings and experience he garnered here put him in an excellent position to return to India to spearhead IJM India Infrastructure Ltd's ambitious ventures.

The year 2008 was a watershed year in Agarwal's career trajectory as it witnessed the birth of Team Universal Infratech Pvt. Ltd. (TUIPL). A whole new gamut of challenges and possibilities provided fresh stimuli to Agarwal's stewardship of the fledgling firm. TUIPL achieved a remarkable turnover of ₹2,200 crore within 14 years. In 2019 it was acquired by IJM Corporation—it gave Agarwal immense satisfaction to witness the luscious fruits of his labours.

The highway sector in India's infrastructure development space is one area which carries the deep impress of Agarwal's engineering skills and visionary outlook. Since 1999 he has served as caretaker of the development of over 5,000 lane kilometers. Led by Agarwal his team has showcased engineering efficiency at its best with the creation of a world record by laying 25.54 km of road in just 17 hours and 45 minutes for the Solapur-Bijapur project.

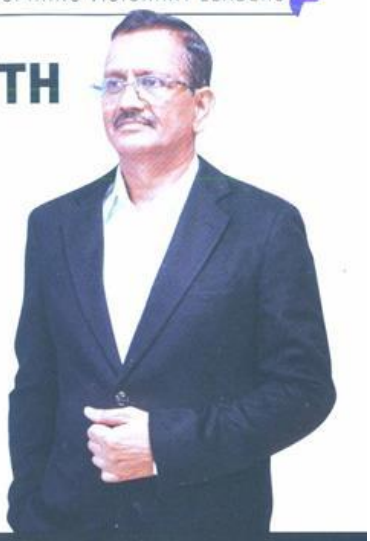
For Agarwal, technical skills and a visionary outlook are critical components for a job well done. But investment in human capital is as crucial to execute projects in any space and time. His experiences during the Covid lockdown, with 2000 workers stranded at project sites, provided a new challenge to his leadership abilities, compelling him to reset his management approach and learn to transcend business metrics to focus on human welfare. Though he has now stepped away from executive responsibilities since April 2024, Agarwal through SA Associates, continues to offer advisory services, mentorship, and strategic networking to infrastructure players. ■

SA ASSOCIATES

"The year 2008 was a watershed year in Agarwal's career trajectory as it witnessed the birth of Team Universal Infratech Pvt. Ltd. (TUIPL)."

MERGING ANCIENT WISDOM WITH MODERN INFRASTRUCTURE

From modest beginnings to 'Person of the Year 2024,' Dr. Samir Tripathi is redefining industry standards by blending ancient wisdom with modern business acumen.



DR SAMIR TRIPATHI,
Chairman cum Managing Director, Medhaj Group

His recognition as 'Person of the Year 2024' has provided fresh fuel to Dr Tripathi's zeal to make that critical difference in infrastructure development.

When Dr. Samir Tripathi founded Medhaj Techno Concept Pvt Ltd in Uttar Pradesh in 2007, few could have predicted that this startup would become one of India's infrastructure consulting powerhouses. Yet Dr. Tripathi's unconventional approach—merging cutting-edge project management with principles of Vedic astrology—has proven remarkably effective.

"Our success comes from understanding both data and cosmic patterns," Dr. Tripathi tells in an exclusive interview. "This dual perspective gives us unique insights into project timing and sustainability that purely technical firms often miss."

This philosophy has propelled Medhaj's expansion into 28 states and union territories, with a portfolio spanning Power, Renewable Energy, Urban Planning, Healthcare, IT, Transportation, and more. The firm's ability to execute complex projects across diverse sectors has attracted partnerships with global financial institutions including the World Bank, Asian Development Bank, UNDP, and JICA.

Medhaj's rise wasn't accidental but methodical. Beginning with energy sector projects, the company systematically developed expertise in adjacent fields: pre-project advisory, design engineering, material management, and impact assessment. This strategic growth positioned Medhaj to compete for—and win—increasingly prestigious contracts.

The coronation of Medhaj's success story came with two landmark appointments: leading the Prime Minister's Ayushman Bharat Health Infrastructure Mission (PM ABHIM)—arguably India's most ambitious healthcare initiative—and providing specialized Project Management Unit services to Jhasuguda's mining sector.

Industry analysts point to Medhaj's distinctive approach as key to its success. While competitors focus exclusively on technical specifications, Dr. Tripathi's team integrates sustainability principles from project conception through delivery. "We're not just building for today," explains Dr. Tripathi. "We're creating infrastructure designed to serve generations."

This long-term vision has transformed how government agencies view infrastructure development. Traditional metrics of cost and completion timelines now share importance with environmental impact and community benefits—a shift Dr. Tripathi has championed throughout his career.

Behind Medhaj's impressive client roster lies a sophisticated operational framework. The firm excels in natural resource management, quality inspection, construction supervision, and bid process management—technical capabilities that complement Dr. Tripathi's philosophical approach.

The 'Person of the Year 2024' recognition comes as Medhaj positions itself to enter the global elite of consulting firms. For Dr. Tripathi, this honor represents validation of his unconventional vision rather than a culmination of efforts.

"India's infrastructure needs require innovative thinking," Dr. Tripathi notes. "By honoring our traditional wisdom while embracing modern techniques, we've created a uniquely Indian solution to development challenges."

As Medhaj continues its upward trajectory, competitors are watching closely. The firm's holistic integration of business innovation, sustainability practices, and ancient wisdom has created a blueprint that's difficult to replicate—and increasingly impossible to ignore.

For Dr. Tripathi, Medhaj's journey has only just begun. With sustainability driving every aspect of the firm's work, his vision extends beyond quarterly results to a transformed infrastructure landscape that will support India's growth for decades to come. ■

Samachar Jagat • 26 May • Ministry of Ayush

India signs historic agreement with WHO on traditional medicine interventions

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Jaipur

भारत ने पारंपरिक चिकित्सा हस्तक्षेप पर डब्ल्यूएचओ के साथ ऐतिहासिक समझौता किया

नई दिल्ली, (भाषा). भारत की पारंपरिक चिकित्सा प्रणालियों को वैश्विक पहचान और समर्थन मिले, इसके लिये आयुष मंत्रालय और विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) के बीच एक समझौते पर हस्ताक्षर किए गए हैं। आयुष मंत्रालय ने एक बयान में यह जानकारी दी। बयान के मुताबिक, इस समझौते पर शनिवार को हस्ताक्षर किए गए। यह समझौता स्वास्थ्य हस्तक्षेपों का अंतरराष्ट्रीय वर्गीकरण (आईसीएचआई) के तहत एक समर्पित पारंपरिक चिकित्सा मॉड्यूल पर काम की शुरुआत का प्रतीक है। मन की बात की 122वीं कड़ी के दौरान इस उपलब्धि के महत्व पर प्रकाश डालते हुए प्रधानमंत्री नरेन्द्र मोदी ने कहा, ''साथियों, आयुर्वेद के क्षेत्र में भी कुछ ऐसा हुआ है, जिसके बारे में जानकर आपको बहुत खुशी होगी। कल ही, यानी 24 मई को, डब्ल्यूएचओ के महानिदेशक और मेरे मित्र तुलसी भाई की उपस्थिति में एक समझौता ज्ञापन पर हस्ताक्षर किए गए। इस समझौते के साथ ही, स्वास्थ्य हस्तक्षेपों का अंतरराष्ट्रीय वर्गीकरण (आईसीएचआई) के तहत एक समर्पित पारंपरिक चिकित्सा मॉड्यूल पर काम शुरू हो गया है। इस पहल से आयुष को वैज्ञानिक तरीके से दुनिया भर में अधिकतम लोगों तक पहुंचाने में मदद मिलेगी।'' आईसीएचआई, डब्ल्यूएचओ के रोगों का अंतरराष्ट्रीय वर्गीकरण (आईसीडी-11) का पूरक है, जो यह बताता है कि कौन से उपचार और स्वास्थ्य हस्तक्षेप किए जाते हैं।

Pioneer Hindi • 26 May • Ministry of Ayush

Partnership with WHO to take AYUSH to the global stage

1 • PG | 312 • Sqcm | 486634 • AVE | 375K • Cir | Bottom Center

Delhi

आयुष को विश्व पटल पर ले जाने के लिए डब्ल्यूएचओ के साथ साझेदारी

पायनियर समाचार सेवा। नई दिल्ली

आयुष को वैश्विक पारंपरिक चिकित्सा प्रणालियों को वैश्विक स्तर पर ले जाने के क्रम में आयुष मंत्रालय ने विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) के बीच एक समझौते पर हस्ताक्षर किया गया है। आयुष मंत्रालय ने एक बयान में कहा कि शनिवार को हस्ताक्षरित यह समझौता अंतरराष्ट्रीय स्वास्थ्य हस्तक्षेप वर्गीकरण (आईसीएचआई) के तहत एक समर्पित पारंपरिक चिकित्सा मॉड्यूल पर काम की शुरुआत का प्रतीक है। रविवार को मन की बात के 122वें एपिसोड के दौरान इस उपलब्धि के महत्व पर प्रकाश डालते हुए, प्रधान मंत्री नरेंद्र मोदी ने कहा, मित्रों, आयुर्वेद के क्षेत्र में कुछ हुआ है... कल ही, यानी 24 मई को, डब्ल्यूएचओ के महानिदेशक और मेरे मित्र तुलसी भाई की उपस्थिति में एक समझौता ज्ञापन पर हस्ताक्षर किया गया।

इस समझौते के साथ, अंतरराष्ट्रीय स्वास्थ्य हस्तक्षेप वर्गीकरण के तहत एक समर्पित पारंपरिक चिकित्सा मॉड्यूल पर काम शुरू हो गया है। उन्होंने कहा, इस पहल से आयुष को वैज्ञानिक तरीके से दुनिया भर में अधिकतम लोगों तक पहुंचाने में मदद मिलेगी। आईसीएचआई, डब्ल्यूएचओ के अंतरराष्ट्रीय रोग वर्गीकरण (आईसीडी -11) का पूरक है, जो



बताता है कि कौन से उपचार और स्वास्थ्य हस्तक्षेप किए जाते हैं। मंत्रालय के बयान में कहा गया, पारंपरिक चिकित्सा मॉड्यूल को शामिल करने से आयुर्वेद, योग, सिद्ध और यूनानी प्रणालियों जैसे पंचकर्म, योग चिकित्सा, यूनानी आहार और सिद्ध प्रक्रियाओं को अब वैश्विक रूप से मानकीकृत शर्तों में मान्यता मिलेगी।

इससे आयुष सेवाओं के लिए पारदर्शी बिलिंग और उचित मूल्य निर्धारण, स्वास्थ्य बीमा कवरेज में आयुष उपचारों का सहज एकीकरण और बेहतर अस्पताल प्रबंधन, नैदानिक दस्तावेजीकरण और स्वास्थ्य अनुसंधान जैसे कई लाभ होंगे। सबसे महत्वपूर्ण बात यह है कि इससे आयुष हस्तक्षेपों की वैश्विक पहुंच बढ़ेगी। बयान में कहा गया है कि यह विकास वैज्ञानिक वर्गीकरण और अंतरराष्ट्रीय मानकों द्वारा समर्थित पारंपरिक ज्ञान की अपनी समृद्ध विरासत को वैश्विक स्वास्थ्य सेवा मुख्यधारा में लाने के भारत के दृष्टिकोण के अनुरूप है।

समझौते का स्वागत करते हुए, विश्व स्वास्थ्य संगठन के महानिदेशक डॉ. टेड्रोस एडनॉम घेब्रेयसस ने एक्स पर कहा, आयुष सचिव वैद्य राजेश कोटेचा के साथ पारंपरिक चिकित्सा और स्वास्थ्य हस्तक्षेपों के अंतरराष्ट्रीय वर्गीकरण पर डब्ल्यूएचओ के काम में भारत से 3 मिलियन के योगदान के लिए एक समझौते पर हस्ताक्षर करके प्रसन्नता हुई। हम सभी के लिए स्वास्थ्य के लिए भारत की निरंतर प्रतिबद्धता का स्वागत करते हैं। बयान में कहा गया है कि बीमारियों के लिए आईसीडी -11 और हस्तक्षेपों के लिए नए आईसीएचआई मॉड्यूल का संयुक्त प्रभाव यह सुनिश्चित करेगा कि आयुष वैश्विक स्वास्थ्य सेवा प्रणालियों का एक अभिन्न, साक्ष्य-आधारित और नीति-मान्यता प्राप्त हिस्सा बन जाए। यह एक कोडिंग अपडेट से कहीं अधिक है, यह भारत की पारंपरिक प्रणालियों के माध्यम से सस्ती, सुलभ और विश्वसनीय स्वास्थ्य सेवा की ओर एक परिवर्तनकारी कदम है।

Pioneer Hindi • 09 May • Ministry of Ayush

CDO ki uastithi mein ayush samiti ki hui baithak

8 • PG | 48 • Sqcm | 74677 • AVE | 375K • Cir | Bottom Center

Delhi

सीडीओ की उपस्थिति में आयुष समिति की हुई बैठक, दिए निर्देश

कानपुर देहात। मुख्य विकास अधिकारी लक्ष्मी एन की अध्यक्षता में जिला आयुष समिति की बैठक विकास भवन कार्यालय में आहूत की गयी, जिसमें क्षेत्रीय आयुर्वेदिक एवं यूनानी अधिकारी, मुख्य कार्यकारणी अधिकारीए जिला होम्योपैथिक चिकित्साधिकारी सहायक मुख्य कार्यकारणी अधिकारी एवं अधिक्षक, जिला चिकित्सालय कानपुर देहात, जिला कार्यक्रम प्रबन्धक कानपुर देहात, जिला औषधि निरिक्षक सदस्य के रूप में उपस्थित रहें। बैठक में उन्होंने कहा कि आयुष्मान आरोग्य मदिरो में हर्बल गार्डन की स्थापना कराई जाए एवं भवन उच्चीकरण एवं ब्राडिंग करने के साथ साथ जनमानस को योग लाभ देने के लिये योग प्रशिक्षक की नियुक्ति की जाए। आयुष चिकित्सालयों में मूलभूत सुविधाओं का विकास कर चिकित्सकों एवं पैरा मेडिकल स्टाफ की उपस्थिति सुनिश्चित करायी जाए तथा सभी चिकित्सालयों में दवाओं की उपलब्धता भी सुनिश्चित की जाए।

Amar Ujala • 25 May • Ministry of Ayush

Scholarship alert

17 • PG | 726 • Sqcm | 1540723 • AVE | 564.4K • Cir | Bottom Center

Delhi

SCHOLARSHIP ALERT

आयुष स्कॉलरशिप स्कीम-2025-26

भारतीय सांस्कृतिक संबंध परिषद के माध्यम से भारत सरकार द्वारा स्नातक, स्नातकोत्तर और पीएचडी छात्रों के लिए 'आयुष स्कॉलरशिप स्कीम-2025-26' की शुरुआत की गई है। आवेदन करने के लिए जरूरी है कि छात्रों ने आयुर्वेदिक चिकित्सा और शल्य चिकित्सा, यूनानी चिकित्सा व शल्य चिकित्सा आदि विषयों में स्नातक करने के लिए कक्षा 12वीं भौतिकी, रसायन विज्ञान और जीव विज्ञान विषयों के साथ उत्तीर्ण किया हो। आयुर्वेद, सिद्ध और यूनानी में स्नातकोत्तर पाठ्यक्रम और आयुर्वेद और यूनानी चिकित्सा में पीएचडी पाठ्यक्रम में शामिल होने के लिए छात्र ने केंद्रीय भारतीय चिकित्सा परिषद द्वारा मान्यता प्राप्त संस्थानों से स्नातक की डिग्री प्राप्त की हो। आवेदकों का चयन योग्यता और पात्रता मानदंड के आधार पर किया जाएगा। चयनित स्नातक छात्र को 18,000 रुपये, प्रथम वर्ष स्नातकोत्तर के छात्र को 35,000 रुपये, दूसरे व तीसरे वर्ष के स्नातकोत्तर के छात्र को 38,000 रुपये और पीएचडी के छात्र को 43,500 रुपये की प्रतिमाह स्टाइपेंड प्रदान की जाएगी।

- **आवेदन की अंतिम तिथि :** 16 जून, 2025
- **आवेदन लिंक :** tinyurl.com/4wnct6rd

सासाकावा-इंडिया लेप्रोसी फाउंडेशन की पहल



सासाकावा-इंडिया लेप्रोसी फाउंडेशन (एस-आईएलएफ) द्वारा सासाकावा इंडिया लेप्रोसी फाउंडेशन नर्सिंग स्कॉलरशिप 2025-26 के लिए कुष्ठ कॉलोनियों में रहने वाले बीएससी नर्सिंग (बेसिक) और जीएनएम प्रोग्राम करने वाले छात्रों से आवेदन आमंत्रित किए जा रहे हैं। चयनित छात्रों को शिक्षा के लिए वित्तीय सहायता मिलेगी। आवेदन की अंतिम तिथि तक न्यूनतम 17 वर्ष की आयु वाले ऐसे छात्र जो स्नातक प्रथम वर्ष में अध्ययनरत हैं, इस स्कॉलरशिप के लिए पात्र हैं। हालांकि यह स्कॉलरशिप केवल उन्हीं छात्रों को दी जाएगी, जो या तो खुद या उनके माता-पिता में से कोई एक लेप्रोसी (कुष्ठ) रोग से पीड़ित हों। योग्य उम्मीदवारों को पिछली बोर्ड परीक्षा में उनके अंकों के आधार पर शॉर्टलिस्ट किया जाएगा। शॉर्टलिस्ट किए गए छात्रों को व्यक्तिगत साक्षात्कार के लिए बुलाया जाएगा। चयन समिति फिर छात्रवृत्ति के लिए शीर्ष उम्मीदवारों का चयन करेगी।

- **आवेदन की अंतिम तिथि :** 30 मई, 2025
- **आवेदन लिंक :** scholarship.silf.in

मेधावी छात्रों के लिए चाणक्य यूनिवर्सिटी की छात्रवृत्ति

चाणक्य यूनिवर्सिटी की ओर से चाणक्य मेरिट कम मीन्स स्कॉलरशिप प्रोग्राम की पेशकश की जा रही है। इसका उद्देश्य समाज के कमजोर वर्ग के मेधावी छात्रों को वित्तीय सहायता मुहैया कराना है। आवेदन के लिए जरूरी है कि आवेदक का शैक्षणिक रिकार्ड अच्छा हो और उन्होंने 10वीं और 12वीं कक्षा में कम से कम 85 फीसदी अंक प्राप्त किए हों। जिन छात्रों की पारिवारिक वार्षिक आय तीन लाख रुपये से कम है, उन्हें 100 प्रतिशत, तीन से छह लाख प्रति वर्ष के बीच की पारिवारिक आय वाले छात्रों 75 प्रतिशत और छह से आठ लाख प्रति वर्ष पारिवारिक आय वाले छात्रों को 50 प्रतिशत तक की स्कॉलरशिप राशि प्रदान की जाएगी। स्कॉलरशिप राशि में ट्यूशन फीस, पुस्तकालय शुल्क, प्रयोगशाला शुल्क और अन्य गैर वापसी योग्य फीस को शामिल किया जाएगा। आवेदन करते समय छात्रों को एक एसओपी लिखकर अपलोड करना होगा, जिसमें उन्हें चाणक्य छात्रवृत्ति के लिए अपनी आकांक्षाओं और आवश्यकताओं को बताना होगा। स्कॉलरशिप प्राप्त करने के लिए आवेदकों को चाणक्य छात्रवृत्ति पात्रता परीक्षा में 50 प्रतिशत या उससे अधिक अंक प्राप्त करना अनिवार्य है।

- **आवेदन की अंतिम तिथि :** 30 जून, 2025
- **आवेदन लिंक :** tinyurl.com/4vwtaf77

Amar Ujala • 10 May • Ministry of Ayush

2.49 lakh people get Ayushman Card

4 • PG | 234 • Sqcm | 495336 • AVE | 564.4K • Cir | Middle Right

Delhi

दिल्ली में आयुष्मान भारत योजना के 2.42 लाख से अधिक कार्ड जारी

अमर उजाला ब्यूरो

योजना के तहत 100 मरीजों को मिल रही इलाज की सुविधा

नई दिल्ली। प्रदेश में आयुष्मान भारत योजना लागू होने के साथ ही मरीजों को इसकी सुविधा भी मिलनी शुरू हो गई है। दिल्ली के स्वास्थ्य मंत्री पंकज सिंह का दावा है कि मौजूदा समय में आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना (एबी-पीएमजेएवाई) के तहत करीब 100 मरीज इलाज करा रहे हैं। योजना शुरू होने के बाद से 2.42 लाख से अधिक कार्ड जारी किए गए हैं।

उन्होंने बताया कि दिल्ली सरकार ने एबी-पीएमजेएवाई को लागू करने के लिए पांच अप्रैल को केंद्र के साथ एक समझौता ज्ञापन (एमओयू) पर हस्ताक्षर किए। इस योजना को अपनाने वाला दिल्ली 35वां राज्य या केंद्र शासित प्रदेश बन गया। पश्चिम बंगाल छोड़कर पूरे देश में यह योजना लागू है। कहा कि लाभार्थियों की संख्या हर दिन बढ़ रही है और कई लोगों ने योजना के तहत लाभ उठाना शुरू कर दिया है। इस योजना के तहत पात्र परिवारों को 10 लाख रुपये तक का वार्षिक स्वास्थ्य बीमा कवरेज मिलता है। वहीं वंदना योजना के तहत 72,167 पंजीकरण हो चुके हैं। इसमें 70 वर्ष और उससे अधिक आयु के नागरिकों को 10 लाख रुपये तक की मेडिकल सुविधा प्रदान की जाती है।

Hindustan • 25 May • Ministry of Ayush

Ayushman card ke liye aaj shivir lagega

2 • PG | 37 • Sqcm | 46262 • AVE | 1.29M • Cir | Middle Right

Delhi

आयुष्मान कार्ड के लिए आज शिविर लगेगा

नई दिल्ली। 70 वर्ष से अधिक आयु के बुजुर्गों के लिए रविवार को एपी ब्लॉक मार्केट पीतमपुरा में शिविर लगेगा। इस शिविर को सुबह 11 बजे से शाम 5 बजे के दौरान लगाया जाएगा। पीतमपुरा वार्ड के निगम पार्षद डॉ अमित नागपाल ने बताया कि आयुष्मान कार्ड बनाने के लिए 70 वर्ष से अधिक बुजुर्ग नागरिकों को आधार कार्ड लेकर आना होगा। इससे जुड़े दस्तावेज भी नागरिक ला सकते हैं। बुजुर्गों के आधार कार्ड मोबाइल नंबर पंजीकृत होने चाहिए।

Hindustan • 25 May • Ministry of Ayush

Ayushman card ke liye aaj camp lagega

2 • PG | 37 • Sqcm | 31458 • AVE | 1.53M • Cir | Middle Right

Chandigarh

आयुष्मान कार्ड के लिए आज शिविर लगेगा

नई दिल्ली। 70 वर्ष से अधिक आयु के बुजुर्गों के लिए रविवार को एपी ब्लॉक मार्केट पीतमपुरा में शिविर लगेगा। इस शिविर को सुबह 11 बजे से शाम 5 बजे के दौरान लगाया जाएगा। पीतमपुरा वार्ड के निगम पार्षद डॉ अमित नागपाल ने बताया कि आयुष्मान कार्ड बनाने के लिए 70 वर्ष से अधिक बुजुर्ग नागरिकों को आधार कार्ड लेकर आना होगा। इससे जुड़े दस्तावेज भी नागरिक ला सकते हैं। बुजुर्गों के आधार कार्ड मोबाइल नंबर पंजीकृत होने चाहिए।

Hindustan • 23 May • Ministry of Ayush

Arogya Mandir ke liye sthan chaynit

3 • PG | 180 • Sqcm | 224867 • AVE | 1.29M • Cir | Middle Center
Delhi

आरोग्य मंदिर के लिए स्थान चयनित

नई दिल्ली, व.सं। राजधानी के लोगों को घर के पास ही इलाज की सुविधा देने के लिए दिल्ली सरकार ने आयुष्मान आरोग्य मंदिर बनाने के लिए 968 स्थानों का चयन किया।

मुख्यमंत्री रेखा गुप्ता ने स्वास्थ्य एवं परिवार कल्याण विभाग और पीडब्ल्यूडी के अधिकारियों के साथ उच्च स्तरीय बैठक में स्वास्थ्य से जुड़ी योजनाओं की समीक्षा की। दिल्ली सचिवालय में मुख्यमंत्री की अध्यक्षता में हुई बैठक के दौरान प्रधानमंत्री जन आरोग्य योजना, वय वंदना स्वास्थ्य योजना, आयुष्मान आरोग्य मंदिर और अस्पताल संरचनात्मक परियोजनाओं की प्रगति की समीक्षा और इन्हें शुरू करने पर मंथन किया गया।

मुख्यमंत्री ने बताया कि दिल्ली सरकार का लक्ष्य है कि राजधानी के प्रत्येक नागरिक को गुणवत्तापूर्ण, किफायती और समयबद्ध स्वास्थ्य सुविधा मिल सके। कोई भी व्यक्ति बेहतर इलाज से वंचित न रहे। इसके लिए सरकार पूरी प्रतिबद्धता के साथ काम कर रही है।

स्वास्थ्य जांच, उपचार और दवाएं मिलेंगी : मुख्यमंत्री रेखा गुप्ता ने बताया कि 'आयुष्मान भारत मिशन' के तहत दिल्ली सरकार 1139 आयुष्मान आरोग्य मंदिर स्थापित कर रही है। प्रत्येक विधानसभा क्षेत्र में लगभग 15 ऐसे केंद्र खोले जाएंगे, जहां नागरिकों को मुफ्त बुनियादी स्वास्थ्य सेवाएं उपलब्ध कराई जाएंगी। इन केंद्रों पर स्वास्थ्य जांच, प्राथमिक उपचार, आवश्यक दवाइयां और स्वास्थ्य जागरूकता कार्यक्रम संचालित किए जाएंगे। मुख्यमंत्री ने दिल्ली की 70 विधानसभा क्षेत्रों में स्थापित किए जा रहे आयुष्मान आरोग्य मंदिरों की प्रगति की विस्तृत समीक्षा की।

पीएम वय वंदना योजना में 1.23 लाख लोग पंजीकृत

मुख्यमंत्री रेखा गुप्ता ने बताया कि प्रधानमंत्री जन आरोग्य योजना के तहत अब तक 2,95,237 लाभार्थियों का पंजीकरण किया जा चुका है। इसमें सभी पात्र लाभार्थियों को ₹10 लाख तक का निशुल्क इलाज उपलब्ध कराया जा रहा है। प्रधानमंत्री वय वंदना योजना के तहत 1,23,242 वरिष्ठ नागरिकों ने पंजीकरण कराया है, बाकी पात्र लाभार्थियों का पंजीकरण कराने के निर्देश दिए गए हैं। उन्होंने कहा कि सरकार इन योजनाओं के दायरे को और व्यापक बनाने के लिए प्रयास कर रही है।

Hindustan • 23 May • Ministry of Ayush

Arogye Mandir ke liye sathaan chaynit

3 • PG | 180 • Sqcm | 152910 • AVE | 1.53M • Cir | Middle Center
Chandigarh

आरोग्य मंदिर के लिए स्थान चयनित

नई दिल्ली, व.सं। राजधानी के लोगों को घर के पास ही इलाज की सुविधा देने के लिए दिल्ली सरकार ने आयुष्मान आरोग्य मंदिर बनाने के लिए 968 स्थानों का चयन किया।

मुख्यमंत्री रेखा गुप्ता ने स्वास्थ्य एवं परिवार कल्याण विभाग और पीडब्ल्यूडी के अधिकारियों के साथ उच्च स्तरीय बैठक में स्वास्थ्य से जुड़ी योजनाओं की समीक्षा की। दिल्ली सचिवालय में मुख्यमंत्री की अध्यक्षता में हुई बैठक के दौरान प्रधानमंत्री जन आरोग्य योजना, वय वंदना स्वास्थ्य योजना, आयुष्मान आरोग्य मंदिर और अस्पताल संरचनात्मक परियोजनाओं की प्रगति की समीक्षा और इन्हें शुरू करने पर मंथन किया गया।

मुख्यमंत्री ने बताया कि दिल्ली सरकार का लक्ष्य है कि राजधानी के प्रत्येक नागरिक को गुणवत्तापूर्ण, किफायती और समयबद्ध स्वास्थ्य सुविधा मिल सके। कोई भी व्यक्ति बेहतर इलाज से वंचित न रहे। इसके लिए सरकार पूरी प्रतिबद्धता के साथ काम कर रही है।

स्वास्थ्य जांच, उपचार और दवाएं मिलेंगी : मुख्यमंत्री रेखा गुप्ता ने बताया कि 'आयुष्मान भारत मिशन' के तहत दिल्ली सरकार 1139 आयुष्मान आरोग्य मंदिर स्थापित कर रही है। प्रत्येक विधानसभा क्षेत्र में लगभग 15 ऐसे केंद्र खोले जाएंगे, जहां नागरिकों को मुफ्त बुनियादी स्वास्थ्य सेवाएं उपलब्ध कराई जाएंगी। इन केंद्रों पर स्वास्थ्य जांच, प्राथमिक उपचार, आवश्यक दवाइयां और स्वास्थ्य जागरूकता कार्यक्रम संचालित किए जाएंगे। मुख्यमंत्री ने दिल्ली की 70 विधानसभा क्षेत्रों में स्थापित किए जा रहे आयुष्मान आरोग्य मंदिरों की प्रगति की विस्तृत समीक्षा की।

पीएम वय वंदना योजना में 1.23 लाख लोग पंजीकृत

मुख्यमंत्री रेखा गुप्ता ने बताया कि प्रधानमंत्री जन आरोग्य योजना के तहत अब तक 2,95,237 लाभार्थियों का पंजीकरण किया जा चुका है। इसमें सभी पात्र लाभार्थियों को ₹10 लाख तक का निशुल्क इलाज उपलब्ध कराया जा रहा है। प्रधानमंत्री वय वंदना योजना के तहत 1,23,242 वरिष्ठ नागरिकों ने पंजीकरण कराया है, बाकी पात्र लाभार्थियों का पंजीकरण कराने के निर्देश दिए गए हैं। उन्होंने कहा कि सरकार इन योजनाओं के दायरे को और व्यापक बनाने के लिए प्रयास कर रही है।

Hindustan • 21 May • Ministry of Ayush

Swasth sector main Indian modal anukarniye: Modi

8 • PG | 500 • Sqcm | 424711 • AVE | 1.53M • Cir | Top Left
Chandigarh

प्रधानमंत्री ने कहा, स्वास्थ्य सेवा में प्रौद्योगिकी की भूमिका अहम

स्वास्थ्य क्षेत्र में भारतीय मॉडल अनुकरणीय:मोदी

नई दिल्ली, एजेंसी। प्रधानमंत्री नरेंद्र मोदी ने मंगलवार को कहा कि दुनिया का स्वास्थ्य इस बात पर निर्भर करता है कि हम सबसे कमजोर लोगों की कितनी अच्छी तरह देखभाल करते हैं। उन्होंने कहा कि स्वास्थ्य क्षेत्र की चुनौतियों से निपटने में भारत का दृष्टिकोण अनुकरणीय, विस्तार योग्य और टिकाऊ मॉडल पेश करता है।

प्रधानमंत्री ने जिनेवा में आयोजित विश्व स्वास्थ्य सभा के 78वें सत्र को दिए वीडियो संदेश में इस वर्ष की थीम 'स्वास्थ्य के लिए एक विश्व' को रेखांकित किया। उन्होंने कहा कि ग्लोबल साउथ विशेष रूप से स्वास्थ्य चुनौतियों का सामना कर रहा है। इससे निपटने में भारत का स्वास्थ्य मॉडल सहायक हो सकता है। उन्होंने कहा बेहतर स्वास्थ्य सेवा में प्रौद्योगिकी की अहम भूमिका है। बता दें, आर्थिक रूप से कम विकसित देशों या विकासशील देशों को संदर्भित करने के लिए ग्लोबल साउथ शब्द का इस्तेमाल किया जाता है।

प्रधानमंत्री ने विश्व स्वास्थ्य सभा-2023 में अपने संबोधन को याद किया, जिसमें उन्होंने 'एक पृथ्वी, एक स्वास्थ्य' की बात की थी और बताया था कि स्वस्थ विश्व का भविष्य समावेशिता, एकीकृत दृष्टिकोण और सहयोग पर निर्भर करता है।

आयुष्मान भारत से 58 करोड़ लोगों का इलाज हुआ : अपने संबोधन में प्रधानमंत्री ने आयुष्मान भारत योजना पर भी प्रकाश डाला, जो दुनिया की सबसे बड़ी स्वास्थ्य बीमा योजना है, जिसके जरिये 58 करोड़ लोगों को मुफ्त उपचार मुहैया कराई जाती है। इस कार्यक्रम का विस्तार कर इसे 70 वर्ष से अधिक आयु के सभी भारतीयों को शामिल किया गया है।

महामारी रोकने के लिए दुनिया के देश साथ आए : वैश्विक महामारी की रोकथाम को विश्व स्वास्थ्य संगठन के सदस्य देशों ने मंगलवार को सर्वसम्मति से दुनिया के पहले महामारी समझौते को स्वीकार कर लिया। मोदी ने डब्ल्यूएचओ और सभी सदस्य देशों को अंतर-सरकारी वार्ता निकाय संधि वार्ता के लिए बधाई दी। उन्होंने कहा कि भविष्य की महामारियों से लड़ने के लिए साझा प्रतिबद्धता जरूरी है।



प्रधानमंत्री नरेंद्र मोदी ने मंगलवार को जिनेवा में आयोजित विश्व स्वास्थ्य सभा के 78वें सत्र को वीडियो संदेश के जरिए संबोधित किया। ● पीटी

Hindustan • 10 May • Ministry of Ayush

Dhai lakh logo ko mila ayushman card :Pankaj

8 • PG | 129 • Sqcm | 109323 • AVE | 1.53M • Cir | Middle Center
Chandigarh

ढाई लाख लोगों को मिला आयुष्मान कार्ड : पंकज

नई दिल्ली, प्र.सं। दिल्ली के स्वास्थ्य मंत्री पंकज सिंह ने शुक्रवार को कहा कि आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना के तहत राजधानी में अब तक 2.42 लाख लोगों को कार्ड जारी किया जा चुका है।

उन्होंने कहा कि वर्तमान में करीब 100 मरीज योजना के तहत इलाज भी करा रहे हैं। सरकार शहर के स्वास्थ्य सेवा ढांचे को मजबूत करने के लिए प्रतिबद्ध है। सरकार हर स्तर पर कोशिश कर रही है कि कोई भी पात्र व्यक्ति योजना से वंचित ना रहे। उन्होंने कहा

स्वास्थ्य मंत्री बोले- 100 मरीज योजना से इलाज भी करा रहे

कि कुल लाभार्थियों में से 97 मरीज वर्तमान में सरकारी और निजी अस्पतालों में भर्ती हैं। वय वंदना योजना के तहत भी बुजुर्गों का भी पंजीकरण शुरू कर दिया गया है। विधानसभा स्तर पर कैंप लगाकर लोगों के कार्ड बनाए जा रहे हैं। योजना के तहत पात्र परिवारों को 10 लाख रुपये तक का वार्षिक स्वास्थ्य बीमा का लाभ मिलता है।

Hindustan • 10 May • Ministry of Ayush

2.5 lakh people get Aysuhman card

8 • PG | 129 • Sqcm | 160768 • AVE | 1.29M • Cir | Middle Center
Delhi

ढाई लाख लोगों को मिला आयुष्मान कार्ड : पंकज

नई दिल्ली, प्र.सं। दिल्ली के स्वास्थ्य मंत्री पंकज सिंह ने शुक्रवार को कहा कि आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना के तहत राजधानी में अब तक 2.42 लाख लोगों को कार्ड जारी किया जा चुका है।

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स्वास्थ्य मंत्री बोले- 100 मरीज योजना से इलाज भी करा रहे

कि कुल लाभार्थियों में से 97 मरीज वर्तमान में सरकारी और निजी अस्पतालों में भर्ती हैं। वय वंदना योजना के तहत भी बुजुर्गों का भी पंजीकरण शुरू कर दिया गया है। विधानसभा स्तर पर कैंप लगाकर लोगों के कार्ड बनाए जा रहे हैं। योजना के तहत पात्र परिवारों को 10 लाख रुपये तक का वार्षिक स्वास्थ्य बीमा का लाभ मिलता है।

Aaj Samaj • 23 May • Ministry of Ayush
International Yoga Day

8 • PG | 265 • Sqcm | 39683 • AVE | 898.28K • Cir | Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस की तैयारी हेतु अभ्यास सत्र का हुआ शुभारंभ

आज समाज नेटवर्क



फरीदाबाद। निर्देशक आयुष हरियाणा एवं उपायुक्त विक्रम सिंह के निर्देशन में आगामी 21 जून को मनाए जाने वाले अंतरराष्ट्रीय योग दिवस की तैयारियों के अंतर्गत सेक्टर-12 स्थित खेल परिसर में विशेष अभ्यास सत्र का शुभारंभ वीरवार को किया गया। यह सत्र 22 मई से 24 मई तक सुबह 6 बजे से 7:30 बजे तक आयोजित किया जा रहा है। इस अभ्यास सत्र में जिला शिक्षा विभाग से जुड़े पीटीआई/डीपीई शिक्षक भाग ले रहे हैं, जिन्हें योग का प्रशिक्षण दिया जा रहा है ताकि वे आगामी योग दिवस कार्यक्रम में अपने स्कूलों में छात्रों को योग प्रशिक्षण दे सकें और समाज में योग के प्रचार-प्रसार में योगदान दे सकें। जिला आयुष अधिकारी डॉ. मोनिषा लांबा ने बताया की इन 3 दिनों में आयुष विभाग के योग विशेषज्ञ विकास यादव द्वारा योग प्रशिक्षण कराया जाएगा। उन्होंने आगामी योग सत्रों में अधिक से अधिक लोगों को शामिल होने के लिए जागरूक भी किया। यह आयोजन योग को जन-जन तक पहुंचाने के उद्देश्य से एक महत्वपूर्ण कदम है और विभिन्न विभागों की सहभागिता को दशार्ता है।

Aaj Samaj • 20 May • Ministry of Ayush
International Yoga day

9 • PG | 378 • Sqcm | 56765 • AVE | 898.28K • Cir | Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस 21 जून को जिले के विभिन्न वर्गों की रहेगी सक्रिय भागीदारी

डॉ संदीप पराशर

फरीदाबाद। आगामी 21 जून को आयोजित होने वाले अंतरराष्ट्रीय योग दिवस को लेकर जिला प्रशासन द्वारा तैयारियां तेज कर दी गई हैं। इसी कड़ी में सोमवार को उपायुक्त विक्रम सिंह की अध्यक्षता में आयोजन से संबंधित अधिकारियों की एक बैठक आयोजित की गई, जिसमें कार्यक्रम के सफल आयोजन को लेकर विस्तृत चर्चा की गई। बैठक से पूर्व प्रदेश स्तरीय दिशा-निदेर्शों के तहत स्वास्थ्य विभाग के अतिरिक्त मुख्य सचिव सुधीर राजपाल ने वीडियो कॉन्फ्रेंसिंग के माध्यम से प्रदेश के सभी डीसी एवं अन्य संबंधित अधिकारियों को आयोजन के सफल क्रियान्वयन हेतु आवश्यक निर्देश दिए। उन्होंने कहा कि आयोजन को एक उत्सव का स्वरूप देकर इसमें सभी वर्गों की भागीदारी सुनिश्चित की जाए।

उपायुक्त विक्रम सिंह ने जिले में योग दिवस की व्यापक तैयारियों की समीक्षा करते हुए संबंधित अधिकारियों को निर्देश दिए कि शैक्षणिक संस्थान, आंगनवाड़ी केंद्र, एनसीसी/एनएसएस इकाइयां, स्वयंसेवी संगठन तथा जनप्रतिनिधियों व जनसामान्य की सक्रिय सहभागिता सुनिश्चित की जाए। उन्होंने बताया कि 21 जून को प्रातः सामूहिक योगाभ्यास कार्यक्रम जिला मुख्यालय समेत सभी उपमंडलों, ब्लॉकों व पंचायत स्तर पर आयोजित किए जाएंगे।

उपायुक्त विक्रम सिंह ने बताया कि निदेशालय आयुष विभाग हरियाणा की ओर से आगामी 21 जून को मनाए जाने वाले 11वें अंतर्राष्ट्रीय योग दिवस के सफल आयोजन के लिए प्रशिक्षण कार्यक्रम जारी किया है। उपायुक्त ने बताया कि 20 जून को प्रात 7 बजे से 8 बजे तक



अंतरराष्ट्रीय योग दिवस के मुख्य कार्यक्रम के लिए पायलट रिहर्सल सहित जिला प्रशासन की ओर से जिला स्तर पर योग मैराथन का आयोजन किया जाएगा जिसमें स्कूल, कॉलेज, गुरुकुल, विश्वविद्यालय, जन साधारण, योग संस्थान, पुलिस पर्सनल, एनसीसी कैडेट, एनएसएस, नेहरू युवा केन्द्र, स्काउट्स और गाइड्स हिस्सा लेंगे। उन्होंने बताया कि 21 जून को प्रात 7 बजे से 8 तक अन्तर्राष्ट्रीय योग दिवस पर जिला स्तरीय व खंड स्तर पर कार्यक्रम का आयोजन किया जाएगा।

बैठक में एसडीएम फरीदाबाद शिखा, सीटीएम अंकित कुमार, सीएमओ जयंत आहूजा, एसीपी राजीव कुमार सहित अन्य अधिकारी उपस्थित रहे।

Aaj Samaj • 20 May • Ministry of Ayush
Yo, ayurved v natural treatment ko apnaye nagrik

4 • PG | 550 • Sqcm | 82478 • AVE | 898.28K • Cir | Top Center

Delhi

मुख्यमंत्री ने समालखा में सेवा साधना एवं ग्राम विकास केन्द्र परिसर में ऋषिकुलम वेलनेस सेंटर का किया उद्घाटन

योग, आयुर्वेद व प्राकृतिक चिकित्सा को अपनाएं नागरिक: नायब सिंह सैनी



चंडीगढ़। हरियाणा के मुख्यमंत्री नायब सिंह सैनी ने सोमवार को पानीपत जिले के समालखा स्थित सेवा साधना एवं ग्राम विकास केन्द्र परिसर में ऋषिकुलम वेलनेस सेंटर का शुभारंभ किया। इस अवसर पर उन्होंने नागरिकों से अपील की कि वे इस केंद्र की सुविधाओं का अधिक से अधिक लाभ उठाएं तथा अपने दैनिक जीवन में योग, आयुर्वेद एवं प्राकृतिक चिकित्सा को अपनाकर एक स्वस्थ जीवन शैली को बढ़ावा दें। मुख्यमंत्री ने कहा कि इस केंद्र की स्थापना जिन उद्देश्यों को लेकर की गई थी, आज वे साकार होते प्रतीत हो रहे हैं। यह केंद्र न केवल ग्राम विकास की दिशा में एक महत्वपूर्ण कदम है, बल्कि हमारी सनातन परंपराओं और संस्कारों को और प्रगाढ़ कर रहा है। उन्होंने इस अवसर पर संस्था को 51 लाख रुपये देने की घोषणा भी की।

नायब सिंह सैनी ने कहा कि आज देश को दो चीजों की आवश्यकता है, पहली हमारी सीमाएं सुरक्षित हों और दूसरा हमारा शरीर स्वस्थ हो और यह केंद्र वेलनेस सेंटर के माध्यम से नागरिकों को स्वास्थ्य के प्रति जागरूक करेगा। उन्होंने कहा कि इस केंद्र में किसानों को प्राकृतिक खेती के प्रति प्रोत्साहित और जागरूक किया जा रहा है। उन्होंने किसानों से अपील की कि वे रासायनिक कीटनाशकों के अत्याधिक उपयोग से बचें और प्राकृतिक खेती की ओर अग्रसर हों।

मुख्यमंत्री ने कहा कि सेवा साधना एवं ग्राम विकास केन्द्र में अत्याधुनिक सुविधाओं से युक्त स्किल सेंटर संचालित किए जा रहे हैं, जहां लगभग 450 युवा प्रशिक्षण प्राप्त कर रहे हैं और उन्हें विभिन्न क्षेत्रों में रोजगार के अवसर भी उपलब्ध कराए जा रहे हैं। उन्होंने कहा कि विकसित भारत के निर्माण में युवाओं की महत्वपूर्ण भूमिका है और यह केंद्र उन्हें उस दिशा में मार्गदर्शन और साधन प्रदान कर रहा है। उन्होंने कहा कि संस्था से जुड़े प्रत्येक व्यक्ति की यह जिम्मेदारी बनती है कि वह संस्था को और अधिक ऊंचाइयों तक ले जाने में अपना सक्रिय योगदान दें।

इस मौके पर माधव जन सेवा न्यास के अध्यक्ष पवन जिंदल ने कहा कि यह वेलनेस सेंटर उन लोगों के लिए नींव का पत्थर होगा जो तनाव मुक्त रहना चाहते हैं। उन्होंने वेलनेस सेंटर का उद्घाटन करने के लिए मुख्यमंत्री नायब सिंह सैनी का आभार व्यक्त किया। उन्होंने कहा कि यह वेलनेस सेंटर सभी आधुनिक सुविधाओं से सुसज्जित होगा।

कार्यक्रम के उपरांत पत्रकारों से बातचीत करते हुए मुख्यमंत्री ने कहा कि पहलगाम में हुए आतंकी हमले के बाद प्रधानमंत्री नरेंद्र मोदी ने कहा था कि आतंकवाद की जमीन को अब मिट्टी में मिलाने का समय आ गया है और हमारे जांबाज सैनिकों ने मात्र 3 घंटों में आतंकवाद की उस जमीन को मिट्टी में मिलाने का काम किया है। राष्ट्रीय सुरक्षा के मद्देनजर जासूसी के आरोप में पकड़े जा रहे लोगों के संबंध में पूछे गए सवाल का जवाब देते हुए मुख्यमंत्री ने कहा कि ऐसे लोगों के खिलाफ पुलिस कार्रवाई कर रही है और आगे भी ऐसे लोगों पर कार्रवाई की जाती रहेगी। इस अवसर पर शिक्षा मंत्री महीपाल ढांडा, विधायक प्रमोद विज, मनमोहन भड़ाना, भारतीय जनता पार्टी के प्रदेशाध्यक्ष मोहन लाल कौशिक, मुख्यमंत्री के ओएसडी वीरेंद्र बड़खालसा और डॉ राज नेहरू, पूर्व विधानसभा अध्यक्ष ज्ञानचंद गुप्ता, पूर्व मंत्री असीम गोयल सहित अन्य गणमान्य उपस्थित रहे।

मुख्यमंत्री नायब सिंह सैनी ने राखीगढ़ी में 20 करोड़ लागत की तीन विकास परियोजनाओं का किया लोकार्पण

चंडीगढ़। हरियाणा के मुख्यमंत्री नायब सिंह सैनी ने सिन्धु घाटी सभ्यता के ऐतिहासिक स्थल राखीगढ़ी में स्थापित संग्रहालय एवं व्याख्यान केंद्र में 20 करोड़ लागत की तीन विकास परियोजनाओं का लोकार्पण किया, जिनमें विश्राममृह, छात्रावास तथा कैफेटेरिया शामिल हैं। इस अवसर पर केंद्रीय संस्कृति एवं पर्यटन मंत्री गजेंद्र सिंह शेखावत, हरियाणा के विरासत एवं पर्यटन मंत्री डॉ. अरविंद शर्मा और लोक निर्माण एवं जन-स्वास्थ्य अभियांत्रिकी मंत्री रणबीर गंगवा सहित अन्य गणमान्य उपस्थित रहे। इसके अलावा, मुख्यमंत्री तथा केंद्रीय मंत्री ने आईकोनिक स्थल राखीगढ़ी पर तैयार की गई पुस्तिका का भी विमोचन किया। इस अवसर पर मुख्यमंत्री ने कहा कि विश्राममृह, कैफेटेरिया तथा हॉस्टल बनने से देश-विदेश से आने वाले पर्यटकों तथा विद्यार्थियों को शानदार सुविधाएं मिलेंगी। 17 कमरों वाला रेस्ट हाउस आधुनिक सुविधाओं से युक्त है। हॉस्टल में विद्यार्थियों के ठहरने के लिए 13 डोरमैट्री बनाई गई हैं। इसके अलावा डाइनिंग हॉल की सुविधा भी रहेगी। इस मौके पर मुख्यमंत्री नायब सिंह सैनी और केंद्रीय संस्कृति एवं पर्यटन मंत्री गजेंद्र सिंह शेखावत ने पुरातत्व एवं संग्रहालय विभाग द्वारा लगाई गई प्रदर्शनी का अवलोकन भी किया। यहां खुदाई के दौरान अब तक प्राप्त हड़प्पा कालीन वस्तुओं को प्रदर्शित किया गया। प्रदर्शनी में हड़प्पा कालीन बच्चों के खिलौने, टैराकोटा छकड़ा गाड़ी का पहिया, दीए, टैरा कोटा मनके, मालाएं इत्यादि वस्तुओं को रखा गया। इसके उपरांत, मुख्यमंत्री तथा केंद्रीय मंत्री ने राखीगढ़ी के विकास को लेकर अधिकारियों के साथ बैठक की और राखीगढ़ी को पर्यटन केंद्र के रूप में विकसित करने के लिए तैयार की जा रही कार्ययोजना की समीक्षा की। उन्होंने संबंधित विभागों के अधिकारियों को निर्देश दिए कि राखीगढ़ी संग्रहालय एवं व्याख्यान केंद्र का निर्माण कार्य तेजी से पूरा किया जाए। पुरातात्विक साइटों पर शेड का निर्माण करवाया जाये ताकि उत्खनन कार्य साल के 12 महीने निरंतर चल सके। उन्होंने कहा कि राखीगढ़ी को पर्यटन केंद्र के रूप में विकसित करने के लिए म्यूजियम को पुरातात्विक साइटों के साथ जोड़ा जाए और लाइटिंग, पार्किंग इत्यादि की व्यवस्था के लिए विस्तृत कार्य योजना तैयार की जाए। बैठक के उपरांत, पत्रकारों से बातचीत करते हुए केंद्रीय मंत्री गजेंद्र सिंह शेखावत ने कहा कि राखीगढ़ी में 1960 के बाद विभिन्न चरणों में हुई खुदाई के दौरान जो अवशेष मिले हैं, उनसे प्रामाणिक रूप से सिद्ध हो जाता है कि लगभग 8000 वर्ष पूर्व यहां मानव सभ्यता विकसित रूप में निवास कर रही थी।

Virat Vaibhav • 20 May • Ministry of Ayush

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दर्द

पुराने दर्द के लिए औषधीय भांग का इस्तेमाल करने वालों की संख्या बढ़ी, लेकिन क्या यह कारगर है?

किसी भी दवा की तरह औषधीय भांग के भी संभावित साइड इफ़ेक्ट या दुष्प्रभाव होते हैं। ये आम तौर पर हल्के से मध्यम होते हैं, जिनमें नींद आना या बेहोशी, चक्कर आना, एकाग्रता में कमी, मुंह सूखना, मतली आदि शामिल हैं। यदि आप औषधीय भांग के इस्तेमाल पर विचार कर रहे हैं तो अपने चिकित्सक से इस पर बात करें खासतौर पर वह जो आपके पूर्ण चिकित्सा इतिहास से परिचित हो, ताकि आपको अपने दर्द कम करने में मदद करने के लिए सर्वोत्तम तरीकों का निर्णय लेने में मदद मिल सके।

ऑस्ट्रेलिया में चिकित्सक लोगों को पहले से कहीं अधिक औषधीय भांग लेने का परामर्श दे रहे हैं। औषधीय भांग का मतलब कानूनी रूप से निर्धारित भांग उत्पादों से है। ए या तो पौधे ही होते हैं, या पौधे से निकाले गए प्राकृतिक तत्व होते हैं। टेट्राहाइड्रोकैनाबिनोल (टीएचसी) और कैनाबिडियोल (सीबीडी) जैसे तत्वों को कैनाबिनोइड्स कहा जाता है। कुछ कैनाबिनोइड्स प्रयोगशालाओं में भी बनाए जाते हैं और ये पौधे में मौजूद तत्वों की तरह काम करते हैं। औषधीय भांग विभिन्न रूपों में आती है, जैसे तेल, कैप्सूल, सूखे फूल (वाष्पीकरण में इस्तेमाल किए जाने वाले), स्प्रे और खाद्य रूप जैसे गमी आदि। वर्ष 2016 में विनियामक परिवर्तनों के बाद से औषधीय भांग को अधिक सुलभ बनाया गया है। ऑस्ट्रेलिया के नियामक ने 7,00,000 से अधिक अनुमोदन जारी किए हैं। इनमें से लगभग आधे अनुमोदन ऐसे पुराने दर्द के लिए हैं जो कैंसर के कारण नहीं है। ऑस्ट्रेलिया में 45 वर्ष या उससे अधिक आयु का पांच में से एक व्यक्ति क्रॉनिक दर्द (पुराने दर्द) से पीड़ित है जिसका लोगों के जीवन पर बहुत बड़ा प्रभाव पड़ता है। तो फिर वर्तमान साक्ष्य हमें पुराने दर्द के लिए औषधीय भांग की प्रभावशीलता के बारे में क्या बताते हैं?

साक्ष्य क्या दर्शाते हैं

32 नियंत्रित परीक्षणों की समीक्षा की गई जिसमें पुराने दर्द से पीड़ित लगभग 5,200 लोग शामिल थे। इसमें औषधीय भांग या कैनाबिनोइड्स के प्रभावों की जांच की गई। अध्ययन में प्लेसबो की तुलना में दर्द और शारीरिक कार्यप्रणाली में थोड़ा सुधार पाया गया। इसका मतलब यह नहीं है कि औषधीय भांग से कोई लाभ नहीं है। हां यह जरूर है कि लाभ कम संख्या में लोगों तक सीमित हैं। दर्द चिकित्सा संकाय, जो विशेषज्ञ दर्द चिकित्सकों के प्रशिक्षण और शिक्षा के लिए समर्पित पेशेवर निकाय है ने सिफारिश की है कि औषधीय भांग को नैदानिक परीक्षणों तक ही सीमित रखा जाना चाहिए।

नियामक क्या कहता है?

ऑस्ट्रेलिया के नियामक थेरेप्यूटिक गुड्स एडमिनिस्ट्रेशन (टीजीए) ने क्रॉनिक नॉन-कैंसर दर्द के लिए औषधीय भांग पर दिए गए मार्गदर्शन में इन अनिश्चितताओं को दर्शाया है। टीजीए का कहना है कि इस बात के सीमित प्रमाण हैं कि औषधीय भांग कई प्रकार के दर्द में कोई खास राहत पहुंचाती है। इसलिए,



संभावित लाभ बनाम नुकसान के संबंध में प्रत्यक रोगी के हिसाब से आकलन किया जाना चाहिए। उन लोगों के बारे में क्या जो कहते हैं कि इससे मदद मिलती है? यह सबूत उन लोगों के अनुभवों से भिन्न लग सकता है जो औषधीय भांग से राहत मिलने की बात कहते हैं। नौदानिक परीक्षण में यह आम है कि लोग भिन्न भिन्न जवाब दें क्योंकि जिस प्रकार से हर व्यक्ति की सेहत अलग होती है उन पर दवा का असर भी अलग होता है।

शोध से हमें यह समझने में मदद मिलती है कि जृयादातर लोगों के लिए क्या नतीजे सामान्य या अपेक्षित हैं, लेकिन इनमें भिन्नता भी है। कुछ लोगों को लग सकता है कि औषधीय भांग उनकी दर्द, नींद या सामान्य स्वास्थ्य में सुधार करता है - खासकर अगर अन्य उपचारों से मदद नहीं मिली हो तो।

इसके साइड इफ़ेक्ट और जोखिम क्या है?

किसी भी दवा की तरह औषधीय भांग के भी संभावित साइड इफ़ेक्ट या दुष्प्रभाव होते है। ए आम तौर पर हल्के से मध्यम होते हैं, जिनमें नींद आना या बेहोशी, चक्कर आना, एकाग्रता में कमी, मुंह सूखना, मतली आदि शामिल हैं। यदि आप औषधीय भांग के इस्तेमाल पर विचार कर रहे हैं तो अपने चिकित्सक से इस पर बात करें खासतौर पर वह जो आपके पूर्ण चिकित्सा इतिहास से परिचित हो, ताकि आपको अपने दर्द कम करने में मदद करने के लिए सर्वोत्तम तरीकों का निर्णय लेने में मदद मिल सके।

(द कन्वरसेशन)

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Yog, Ayurved ve prakartik chikitsa ko apnaye nagrik

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योग, आयुर्वेद व प्राकृतिक चिकित्सा को अपनाएं नागरिक: मुख्यमंत्री सैनी

मुख्यमंत्री ने समालखा में सेवा साधना एवं ग्राम विकास केन्द्र परिसर में ऋषिकुलम् वेलनेस सेंटर का किया उद्घाटन





विकेश शर्मा ■ चंडीगढ़

हरियाणा के मुख्यमंत्री नायब सिंह सैनी ने आज पानीपत जिले के समालखा स्थित सेवा साधना एवं ग्राम विकास केन्द्र परिसर में ऋषिकुलम् वेलनेस सेंटर का शुभारंभ किया। इस अवसर पर उन्होंने नागरिकों से अपील की कि वे इस केंद्र की सुविधाओं का अधिक से अधिक लाभ उठाएं तथा अपने दैनिक जीवन में योग, आयुर्वेद एवं प्राकृतिक चिकित्सा को अपनाकर एक स्वस्थ जीवन शैली को बढ़ावा दें। मुख्यमंत्री ने कहा कि इस केंद्र की स्थापना जिन उद्देश्यों को लेकर की गई थी, आज वे साकार होते प्रतीत हो रहे हैं। यह केंद्र न केवल ग्राम विकास की दिशा में एक महत्वपूर्ण कदम है, बल्कि हमारी सनातन परंपराओं और संस्कारों को और प्रगाढ़ कर रहा है। उन्होंने इस अवसर पर संस्था को 51 लाख रुपये देने की घोषणा भी की। नायब सिंह सैनी ने कहा कि आज देश को दो चीजों की आवश्यकता है, पहली हमारी सीमाएं सुरक्षित हों और दूसरा हमारा शरीर स्वस्थ हो और यह केंद्र वेलनेस सेंटर के माध्यम से नागरिकों को स्वास्थ्य के प्रति जागरूक करेगा। उन्होंने कहा कि इस केंद्र में किसानों को प्राकृतिक खेती के प्रति प्रोत्साहित और जागरूक किया जा रहा है। उन्होंने किसानों से अपील की कि वे रासायनिक कीटनाशकों के अत्याधिक उपयोग से बचें और प्राकृतिक खेती की ओर अग्रसर हों। मुख्यमंत्री ने कहा कि सेवा साधना एवं ग्राम विकास केन्द्र में अत्याधुनिक सुविधाओं से युक्त स्किल सेंटर संचालित किए जा रहे हैं, जहां लगभग 450 युवा प्रशिक्षण प्राप्त कर रहे हैं और उन्हें विभिन्न क्षेत्रों में रोजगार के अवसर भी उपलब्ध कराए जा रहे हैं। उन्होंने कहा कि विकसित भारत के निर्माण में युवाओं की महत्वपूर्ण भूमिका है और यह केंद्र उन्हें उस दिशा में मार्गदर्शन और साधन प्रदान कर रहा है। उन्होंने कहा कि संस्था से जुड़े प्रत्येक व्यक्ति की यह जिम्मेदारी बनती है कि वह संस्था को और अधिक ऊंचाइयों तक ले जाने में अपना सक्रिय योगदान दें। इस मौके पर माधव जन सेवा न्यास के अध्यक्ष पवन जिंदल ने कहा कि यह वेलनेस सेंटर उन लोगों के लिए नींव का पत्थर होगा जो तनाव मुक्त रहना चाहते हैं। उन्होंने वेलनेस सेंटर का उद्घाटन करने के लिए मुख्यमंत्री श्री नायब सिंह सैनी का आभार व्यक्त किया। उन्होंने कहा कि यह वेलनेस सेंटर सभी आधुनिक सुविधाओं से सुसज्जित होगा। कार्यक्रम के उपरांत पत्रकारों से बातचीत करते हुए मुख्यमंत्री ने कहा कि पहलगाम में हुए आतंकी हमले के बाद प्रधानमंत्री श्री नरेंद्र मोदी ने कहा था कि आतंकवाद की जमीन को अब मिट्टी में मिलाने का समय आ गया है और हमारे जांबाज सैनिकों ने मात्र 3 घंटों में आतंकवाद की उस जमीन को मिट्टी में मिलाने का काम किया है। राष्ट्रीय सुरक्षा के मद्देनजर जासूसी के आरोप में पकड़े जा रहे लोगों के संबंध में पूछे गए सवाल का जवाब देते हुए मुख्यमंत्री ने कहा कि ऐसे लोगों के खिलाफ पुलिस कार्रवाई कर रही है और आगे भी ऐसे लोगों पर कार्रवाई की जाती रहेगी।

Virat Vaibhav • 09 May • Ministry of Ayush

Ayurved se jude startup ko prayojit karne ki yojna bana rahi delhi sarkar: Rekha Gupta

3 • PG | 121 • Sqcm | 144864 • AVE | 625K • Cir | Middle Center

Delhi

आयुर्वेद से जुड़े स्टार्टअप को प्रायोजित करने की योजना बना रही सरकार: सीएम



मुख्यमंत्री ने कहा कि दिल्ली में कुल 197 आयुष केंद्र संचालित हैं जहां आयुर्वेदिक दवाएं प्रदान की जाती हैं।

वैभव न्यूज ■ नई दिल्ली

दिल्ली की मुख्यमंत्री रेखा गुप्ता ने गुरुवार को कहा कि दिल्ली सरकार वैश्विक आयुर्वेद शिखर सम्मेलन की मेजबानी करने और सदियों पुरानी भारतीय चिकित्सा प्रणाली पर केंद्रित स्टार्ट-अप को सहायता प्रदान करने की योजना बना रही है। यहां अखिल भारतीय आयुर्वेदिक कांग्रेस को संबोधित करते हुए गुप्ता ने कहा कि जिस तरह से आयुर्वेद वैश्विक स्तर पर लोकप्रिय हो रहा है, अन्य देश अधिक जानकारी और आयुर्वेदिक दवाओं की उपलब्धता के लिए भारत की ओर देख रहे हैं। उन्होंने कहा कि मैं प्रधानमंत्री नरेन्द्र मोदी को आयुष मंत्रालय की स्थापना करने और नीतियां बनाकर आयुर्वेद और अन्य संबंधित औषधीय प्रणालियों को एक बड़ा मंच प्रदान करने के लिए धन्यवाद देती हूं। उन्होंने कहा कि अखिल भारतीय आयुर्विज्ञान संस्थान की तर्ज पर दिल्ली में अखिल भारतीय आयुर्वेद संस्थान की स्थापना एक बड़ी उपलब्धि है। आयुर्वेद क्षेत्र के विशेषज्ञों को संबोधित करते हुए उन्होंने कहा कि हमें दिल्ली में एक वैश्विक आयुर्वेद शिखर सम्मेलन आयोजित करना चाहिए जिसे सरकार का समर्थन मिलेगा। हम शिखर सम्मेलन में दुनिया भर के लोगों के सामने आयुर्वेदिक प्रणाली को पेश कर सकते हैं। उन्होंने कहा कि दिल्ली सरकार युवाओं को इस क्षेत्र में काम करने के वास्ते प्रोत्साहित करने के लिए आयुर्वेद आधारित स्टार्ट-अप को प्रायोजित करने जैसी विभिन्न पहल शुरू करने की योजना बना रही है, जबकि योग गुरुओं और विशेषज्ञों को नवाचार पर काम करने के लिए प्रोत्साहित किया जा रहा है। उन्होंने सभी आयुर्वेद ग्रंथों और ज्ञान को डिजिटल स्वरूप प्रदान करने का भी सुझाव दिया। मुख्यमंत्री ने कहा कि दिल्ली में कुल 197 आयुष केंद्र संचालित हैं जहां आयुर्वेदिक दवाएं प्रदान की जाती हैं।

Dina Malar • 19 May • Ministry of Ayush

Mumbai people are interested in yoga on a moving train

4 • PG | 212 • Sqcm | 182317 • AVE | 882.2K • Cir | Bottom Center
Chennai

ஓடும் ரயிலில் யோகா: மும்பை மக்கள் ஆர்வம்

மும்பை, மே 19-

ஓடும் ரயிலில் உட்கார்ந்திருக்கும் போதும், யோகா செய்யும் பயிற்சியை மும்பையைச் சேர்ந்த ஒரு அமைப்பு அளித்து வருகிறது. இதற்கு மக்களிடையே பெரும் வரவேற்பு கிடைத்துள்ளது.

மஹாராஷ்டிர மாநிலம் மும்பையில் புறநகர் ரயில்கள் மிகவும் பிரபலம். அலுவலக நேரங்களில் கூட்ட நெரிசலால் ரயில்கள் திணறும். தொங்கியபடியே பயணம் செய்வது என்பது அங்கு சர்வ சாதாரணம்.

தன்னார்வ அமைப்பு

வேலைக்கு, படிப்பதற்கு என, சில மணி நேரம் கூட பயணம் செய்ய வேண்டிய நிலை இருக்கும். தற்போது மும்பை புறநகர் ரயில்களில் பயணத்தின்போது உட்கார்ந்த நிலையிலேயே பயணியர் பலரும் யோகா செய்வதை பரவலாக பார்க்க முடிகிறது.



■ 'ஹீல் ஸ்டேஷன்' என்ற தன்னார்வ அமைப்பு சார்பில், புறநகர் ரயிலில் பயணியருக்கு யோகா பயிற்சி வழங்கப்பட்டது. இடம்: மும்பை.

'ஹீல் ஸ்டேஷன்' என்ற தன்னார்வ அமைப்பு இந்த முயற்சியில் ஈடுபட்டுள்ளது. தினமும் ஆயிரத்துக்கும் மேற்பட்டோர், ரயில் பயணத்தின்போது யோகா செய்வதை வழக்கமாக வைத்துள்ளனர். பயிற்சி அளிப்பதற்கு, 100க்கும் மேற்பட்ட தன்னார்வலர்கள் உள்ளனர்.

''யோகா செய்வதற்காக யோகா மேட் தேவையில்லை. தீவிரமான பயிற்சிகளும் தேவை இல்லை. உட்கார்ந்திருக்கும் நேரத்தில் மனதை ஒருமுகப்படுத்துவது, மூச்சு பயற்சி போன்ற சுலபமான யோகா பயிற்சி செய்யலாம்,'' என, ஹீல் ஸ்டேஷன் அமைப்பின் நிறுவனர் ருசிதா ஷா கூறுகிறார்.

பெரும் வரவேற்பு

சர்வதேச யோகா தினம், ஜூன் 21ல் கொண்டாடப்படுகிறது. இதையொட்டி, சிறப்பு 100 நாள் பயண யோகா பயிற்சியை இந்த அமைப்பு, மார்ச் 13ல் துவக்கியது.

இதன்படி, யோகா பயிற்சியாளர்கள் அதிக கூட்டம் இல்லாத நேரங்களில் ரயில்களில் பயணம் செய்து சுலபமான யோகா பயிற்சிகளை அளிக்கின்றனர்.

இது மக்களிடையே பெரும் வரவேற்பை பெற்றுள்ளது. ஆர்வத்துடன் பலரும் இந்த பயிற்சியில் ஈடுபட்டு வருகின்றனர்.

Dina Malar • 18 May • Ministry of Ayush
Dina Malar Nalam

3 • PG | 904 • Sqcm | 777206 • AVE | 882.2K • Cir | Bottom Center

Chennai

தினமலர் நலம்

nalam@dinamalar.in

ரணத்தை போக்கும் ரணகள்ளி!

சிறுநீரக கற்களை இயற்கையாக வெளியேற்றவும், மஞ்சள் காமாலையின் தீவிரத்தை படிப்படியாக குறைக்கவும் பயன்படக்கூடிய முக்கியமான மூலிகை ரணகள்ளி செடி. இந்த செடியின் ஒரு இலையை மட்டும் எடுத்து நன்கு சுத்தம் செய்து, காலை வெறும் வயிற்றில் மென்று விழுங்கி விட வேண்டும். ஒரு நாளைக்கு ஒரு இலை



தான் சாப்பிட வேண்டும். அதன்பின் அரை இளஞ் வெந்நீர் குடிக்க வேண்டும். தொடர்ந்து 10 நாட்க ளுக்கு ஒரு இலை வீதம் சாப்பிட்டு வந்தால், சிறு நீரக கல் இயல்பாக சிறு நீரில் வெளியேறி விடும். இதில் டயுரட்டிக் தன்மை அதிகம் இருப்பதால், சிறு நீரக கற்களால் ஏற் படும் வலியை குறைக்கவும் இது உதவும்.

சிறுநீர் பாதையில் உள்ள தொற் றுகளையும் குணப்படுத் தும். மஞ்சள் காமாலை நோய் இருந்து சிகிச்சை எடுப்பவர்களும் இந்த இலையை 10 நாட்கள் சாப்பிடலாம். நோயின் தீவிரம் குறையும்.

சர்க்கரை கோளாறு இருந்தால், ரத்தத்தில் சர்க்கரையின் அளவை 10 நாட்களும் கட்டுப் பாட்டில் வைக்கும்.

10 நாட்களுக்கு மேல், மருத்துவரின் ஆலோசனை இல்லாமல் சாப்பிட வேண்டாம். மைக்ரேன் உட்பட எந்தவிதமான தலை வலியாக இருந்தாலும், ரணகள்ளி இலைகளை ஒரு கைப்பிடி அளவுக்கு எடுத்து அரைத்து பற்று போடலாம். ஒரு வாரம் இப்படி செய்யும் போது, தலைவலியின் பாதிப்பு படிப்படியாக குறைந்து விடும்.



டாக்டர் ஆர்.மைதிலி,
ஆயுர்வேத மருத்துவர், சென்னை
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சுகமாக இருக்கிறீர்களா?

ஆயுர்வேதம் என்பது உயிர் அறிவியலின் அடிப்படையிலான சிகிச்சை முறை. ஆயுர்வேத மருத்துவம் மிகப் பழமையான மருத்துவ அறிவியல். தற்போது நமக்கு கிடைக்கும் ஆயுர்வேத புத்தகங்களான ஸரக சம்ஹிதா, சுஸ்ருத சம்ஹிதா போன்றவை, 10,000 ஆண்டுகளுக்கு முன் எழுதப்பட்டவை.

இவற்றில், பல்வேறு வகையான அறுவை சிகிச்சை முறைகளும் விரிவாக எழுதப்பட்டுள்ளன. ஆங்கிலேயர்கள் நம் நாட்டிற்கு வந்த பின், நம் கல்வி முறை மாறி விட்டதால், அறுவை சிகிச்சை இல்லாத ஆயுர்வேத சிகிச்சை முறைகள் மட்டும் தொடர்ந்து நடைமுறையில் உள்ளன.

ஆயுர்வேத மருத்துவத்தில் எட்டு பிரிவுகள் இருந்தாலும், முழு உடல் சார்ந்த அணுகுமுறையே பின்பற்றப்படுகிறது. அலோபதி மருத்துவ முறை போல இதயம், நுரையீரல், கல்லீரல், கண் என்று உள்ளுறுப்புகளுக்கு பிரத்யேகமாகவோ, மகப்பேறு, குழந்தைகள் நலம் என்று தனித் தனி பிரிவுகளாக சிகிச்சை இடையாது.

சில உடல் கோளாறுகளை குணப்படுத்த முடியாது என்று நவீன மருத்துவம் சொல்கிறது.

குணப்படுத்தவே முடியாத ஒன்றுக்கு ஏன் ஆயுர்வேதம் உட்பட வேறு சிகிச்சை முறைகளை தேட வேண்டும் என்று கேட்கலாம்.

என் பதில், சிகிச்சை செய்யும் டாக்டரை விடவும் மருத்துவ முறை சிறந்தது. எனவே, முதலில் டாக்டரை மாற்றிப் பார்க்கலாம்.

குறிப்பிட்ட மருத்துவ முறையில் உடல் கோளாறை சரி செய்வதற்கு என்னென்ன சாத்தியக்கூறுகள் உள்ளதோ அவற்றை எல்லாம் முயற்சி செய்யலாம். அதே நேரத்தில், மருத்துவ அறிவியலுக்கும் ஒரு எல்லை உண்டு. இதற்கு மேல் எதுவும் செய்ய முடியாது என்ற நிலை வரலாம்.

ஆனால், தன்னைத் தானே சரி செய்து கொள்வதில் டாக்டர், மருத்துவ அறிவியல் இரண்டைக் காட்டிலும், நம் உடலுக்கு எல்லையில்லாத சக்தி இருக்கிறது. நம் உள்ளுணர்வு நிச்சயமாக இது குணமாகும் என்று நம்பினால், நிச்சயம் குணம் பெற முடியும். இனி எதுவுமே செய்ய முடியாது என்று மருத்துவரும், மருத்துவ முறைகளும் கைவிட்ட பல நோயாளிகள், தங்கள் உள்ளுணர்வை நம்பி குணம் பெற்ற அதிசயங்கள் நிறைய உள்ளன.

நவீன மருத்துவ அறிவியல் போன்று, உடலை வெறும் அமைப்பாக பார்க்காமல், சக்தியுடன் சேர்ந்த அமைப்பாக கருதுகிறது ஆயுர்வேதம்.

அதனால் தான், கொரோனா தொற்று பரவலின் போது, உடனடியாக இந்து காந்தம், நிலவேம்பு கஷாயங்களை பரிந்துரைத்தோம். என்ன வைரஸ் என்றே தெரியாத போது எப்படி மருந்து தர முடியும் என்று அலோபதி டாக்டர்கள் என்னிடம் கேட்டனர்.

இருமியை அழிப்பது நம் நோக்கம் இல்லை. உடலில் நோய் எதிர்ப்பு சக்தியை வலிமைப்படுத்துவது தான் இதற்கு நீர்வாக இருக்கும் என்று சொன்னேன்.

பஞ்ச பூதங்களால் ஆன உடல், ரத்தம், மேதஸ், ரஸம், மாம்சம் உட்பட அழியாத ஏழு தாதுக்களால் ஆனது.

உடல் உருவாகும் போது வாதம், பித்தம், கபம் என்ற மூன்று அடிப்படை தோஷங்கள் இருக்கும்.

பை நிறைய பரிசோதனை ரிப்போர்ட்டுகளுடன் வந்து, எல்லாம் நார்மல் என்று தான் இருக்கிறது டாக்டர்... ஆனால், நான் ஆரோக்கியமாக உணரவில்லை. இந்த டெஸ்ட்டுகளால் ஏன் என் பிரச்னையை கண்டுபிடிக்க முடியவில்லை என்று கேட்பர்.

என் பதில், இவை எல்லாம் நோய் நிர்வாகத்திற்காக மட்டுமே செய்யப்படுபவை; ஆரோக்கியத்தை அளவீடு செய்வதற்கு இல்லை.

நான் சுகமாக இருக்கிறேனா என்ற கேள்வி வரும் சமயங்களில் எல்லாம் டாக்டரிடம் செல்கிறோம். சுகமாக இருக்கிறேனா டாக்டர் என்று கேட்கிறோம். இந்தக் கேள்வியே தவறு.

நான் சுகமாகத் தான் இருக்கிறேன் என்று நம்புவது தான் சுகமாக இருக்க ஒரே வழி.

நம் உடலுக்கு எல்லையில்லாத சக்தி இருக்கிறது. நம் உள்ளுணர்வு நிச்சயமாக இது குணமாகும் என்று நம்பினால், நிச்சயம் குணம் பெற முடியும்





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தொற்றாக வெளிப்படும் மரபணு கோளாறு!

பல குழந்தைகள் அடிக்கடி காய்ச்சல், சளி, தொண்டை வலி போன்ற பிரச்னைகளால் பாதிக்கப்படுவர். பெரும்பாலான சமயங்களில் சாதாரண தொற்று தானே என்று நினைப் போம். ஆனால், இது பல நோய் களில், Primary Immunodeficiency Disorders – PIDs எனப்படும் மரபணு சம்பந்தப்பட்ட நோயாக இருக்கலாம்.

இந்த நோயால் பாதிக்கப் பட்ட குழந்தைகளுக்கு சாதாரண தொற்றும் மருத்துவமனை யில் அனுமதித்து சிகிச்சை தர வேண்டிய அளவிற்கு தீவிர பாதிப்பை ஏற்படுத்தும். இதன் காரணமாக, உடல் நல குறை பாடுகள், வளர்சியில் பாதிப்பு ஏற்படலாம். நம் நாட்டில், உறவினர்களுக்குள் திருமணம் அதிகம் நடப்பதால், இந்த நோய் பரவுவதற்கான வாய்ப்பு அதிகம் உள்ளது.

அத்துடன், 1 வயதிற்குள் மரணிக்கும் குழந்தைகளில், PIDs ஒரு முக்கிய காரணமாக இருக்கலாம். எனவே, மரபணு பரிசோதனை செய்வது மிகவும் அவசியம்.

இது, குழந்தைகளை மட்டு மல்லாது பெரியவர்களையும் பாதிக்கும். பலருக்கு 25 வயதிற்கு மேல் தான் நோய் இருப்பதே தெரிய வரும். நோய் எதிர்ப்பு அணுக்கள் நம் அணுக்களையே அழிக்கும் ஆட்டோ இம்மியூன் கோளாறு, அலர்ஜிகள், நீண்ட கால நோய்கள் என்று தவறாக புரிந்து கொள்வதால், பிரச்னைகளுடனேயே வாழ வேண்டியுள்ளது.

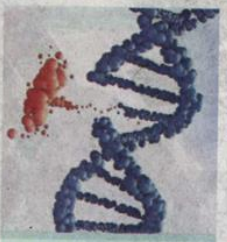
அடிக்கடி சளி, காய்ச்சல், தொண்டை வலி, மூச்சு பிரச்னைகள், தோல் புண்கள், குணமடையாத காயங்கள், நெஞ்சு வலி, நீண்ட கால நுரையீரல் தொற்றுகள், வளர்ச்சி குறைபாடு, உடல் எடை குறைவு உள்ளிட்டவை ஏற்படலாம்.

இந்த அறிகுறிகள் நீண்ட காலமாக இருந்தால், உடனடியாக மருத்துவ ஆலோசனை பெறுவது அவசியம்.

மரபணு பரிசோதனைகள் மற்றும் நோய் எதிர்ப்பு சோதனைகள் மூலம் PIDsகளை முன்கூட்டியே கண்டறியலாம்.

குழந்தைக்கு PIDs உறுதியானால், குழந்தையின் உடன் பிறந்தவர்கள் உட்பட வீட்டில் அனைவரும் பரிசோதனை செய்து கொள்வது அவசியம்.

முறையான மருத்துவ சிகிச்சையால் குழந்தைகள் ஆரோக்கியமாக வாழலாம். மரபணு ஆலோசனை மூலம் PIDs இருப்பதற்கான வாய்ப்பை மதிப்பீடு செய்யலாம். முன்கூட்டியே சிகிச்சை துவங்கினால், குழந்தைகள் இயல்பான வாழ்க்கை நடத்தலாம்.



மரபணு பரிசோதனைகள் மற்றும் நோய் எதிர்ப்பு சோதனைகள் மூலம் PIDsகளை முன்கூட்டியே கண்டறியலாம். குழந்தைக்கு PIDs உறுதியானால், குழந்தையின் உடன் பிறந்தவர்கள் உட்பட வீட்டில் அனைவரும் பரிசோதனை செய்து கொள்வது அவசியம்.



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பேசுவது ஒன்றும் புரியவில்லையே?



எல்லா நேரமும் ஏதோ ஒரு சத்தம் நம் காதில் விழுந்து கொண்டே இருக்கிறது.

இதனை போன்று தொடர்ச்சியாக ஏற்படும் அதிக சத்தத்தின் காரணமாக, நம் உள்காதில் உள்ள மென்மையான உறுப்புகள் சேதமடைந்து, நிரந்தரமாக கேட்கும் திறனை இழக்கச் செய்யலாம். இதன் விளைவாக, இளம் வயதிலேயே 'ஹியரிங் எய்ட்' பயன்படுத்த வேண்டிய கட்டாயம் ஏற்படுகிறது.

மத்திய அரசு சமீபத்தில் வெளியிட்ட அறிவிப்பில், 50 டெசிபல் ஒலிக்கு மேல் கேட்க வேண்டாம் என்று அறிவுறுத்தி உள்ளது.

நம்மை சுற்றி ஏற்படும் சத்தத்தின் அளவை கண்காணிப்பது என்பது நடைமுறை சாத்தியமில்லை. இருப்பினும், நாம் பயன்படுத்தும் மின் சாதனங்களின் ஒலி அளவை 50 – 60 சதவீதம் வரை மட்டுமே வைத்து கேட்பதால், 50 டெசிபல் என்ற அளவை கடைப்பிடிக்க முடியும். சத்த அளவை குறைவாக அளிக்கும் ஹெட்போன்களையும் நாம் பயன்படுத்தலாம். இது, சுற்றுச் சூழலில் ஏற்படும் சத்தங்களை குறைக்க உதவும். குழந்தைகள் பல்வேறு விதமான மின் சாதனங்களுக்கு அடிமையாக உள்ளனர். அவர்கள் பார்க்கும் வீடியோக்களும், விளையாட்டுகளும் அதிக சத்தம் நிறைந்தவையாக உள்ளன. இவை, குழந்தைகளின் காதுகளை வெகுவாக பாதிக்கின்றன. இவற்றை தவிர்க்க, தினமும் இரண்டு மணி நேரம் மட்டுமே மொபைல் போன் பயன்படுத்த அனுமதிக்க வேண்டும்.

பொது நிகழ்ச்சிகள், திருமணம் உள்ளிட்ட குடும்ப நிகழ்ச்சிகள், திருவிழாக்களில் ஒலிபெருக்கி அருகே ஒரு மணி நேரம் அமர்ந்திருப்பது, நிரந்தர காது கேளாமையை ஏற்படுத்தும். செவித்திறன் பாதிப்பை, 'பியூரிடோன் ஆடியோகிராம்' எனப்படும் எளிய பரிசோதனை மூலம் அறிந்து கொள்ளலாம். அதிக ஒலி, செவித்திறனை மட்டும் பாதிக்காது; மற்றவர்கள் பேசும் எந்த விஷயத்தையும் புரிந்து கொள்வதிலும் சிக்கலை ஏற்படுத்தலாம்.



டாக்டர் ஆண்ட்ரு தாமஸ் குரியன், காது, தொண்டை நிபுணர், கிளெனீகல்ஸ் மருத்துவமனை, சென்னை
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கல்லீரலை பாதுகாக்கும் கசப்பு சுவை!

மார்ச் – ஜூன் மாதம் வரை சூரியனில் இருந்து வெளிப்படும் கதிர்கள் அதிக உஷ்ணத்துடன் இருக்கும். இதன் காரணமாக நம் உடலில் கபம் குறைந்து வாயு அதிகமாகிறது. கபம் குறைவதால், உடலில் எண்ணெய் பசை குறைந்து வறட்சியாக காணப்படுகிறது.

அதிக உஷ்ணமான கதிர்களால் உடலில் உள்ள நீர்ச்சத்து குறைந்து, அதிகசக்தியை இழந்து அசதியுடன் காணப்படுகிறோம். கோடைக் காலத்தில் உடலில் பித்தம் அதிகரிப்பதே பெரும்பாலான நோய்களுக்கு, குறிப்பாக சரிமான சக்தி குறைய காரணம்.

தவிர, நீர்ச்சத்து வியர்வையாக வெளியேறுவதால் உடல் சோர்வு, தாகம், நாக்கு வறட்சி, வியர்க்குரு, சிறுநீர் குறைவாக கழிதல், மலச்சிக்கல், மஞ்சள் காமாலை, சிறுநீர் எரிச்சல், ஆனவாய் கடுப்பு, கண் எரிச்சல், தோல் நோய்கள் என பல்வேறு பிரச்னைகளால் எல்லா வயதினரும் பாதிக்கப்படுகின்றனர்.



வாரம் இரு முறை உணவில் கீழாநெல்லி, கரிசலாங்கண்ணி சேர்க்கலாம். பப்பாளி, சப்போட்டா போன்ற கல்லீரலுக்கு குளிர்ச்சி தரும் பழங்களை வேறும் வயிற்றில் சாப்பிடலாம்.

அருகில் அமர்வதால் உடல் உஷ்ணம் குறையும். சந்தனம், கற்றாழை தேய்த்து வெட்டிவேர் கலந்த நீரில் குளிப்பதும் குளிர்ச்சியை தரும். வெளியில் செல்வதற்கு முன், கற்றாழையை உடலில் தேய்ப்பது சூரிய ஒளியில் இருந்து பாதுகாப்பு தரும்.

டீ, காபி குடிப்பதை தவிர்த்து, பித்தத்தை குறைக்கும் விதமாக பாலில் ஏலக்காய், சீரகம், தனியா விதை சேர்த்து கொதிக்க வைத்து பருகலாம். கல்லீரல் சார்ந்த நோய்களில் இருந்து பாதுகாத்துக் கொள்ள, கசப்பு சுவையுள்ள உணவுப் பொருட்களை சேர்த்துக் கொள்ளலாம். வாரம் இரு முறை உணவில் கீழாநெல்லி, கரிசலாங்கண்ணி சேர்க்கலாம். பப்பாளி, சப்போட்டா போன்ற கல்லீரலுக்கு குளிர்ச்சி தரும் பழங்களை வெறும் வயிற்றில் சாப்பிடலாம்.

அடர்த்தியான நிறங்களில் உடை அணிவதை தவிர்த்து, மெல்லிய, வெள்ளை நிற பருத்தி ஆடைகளை அணிவது, வெயிலில் இருந்து உடலை பாதுகாக்கும்.

மதிய நேரத்தில் சிறிதளவு இஞ்சி, மல்லி தழை, உப்பு சேர்த்த நீர் மோர் குடிப்பது, உஷ்ணத்தில் இருந்து பாதுகாப்பு தரும்.

வெட்டிவேர், சீரகம் சேர்த்து கொதிக்க வைத்த நீர் பருகலாம். இதனால், உடல் உள்ளுறுப்புகள் குளிர்ச்சி அடையும். அதிக உடல் சோர்வு உள்ளவர்கள், எலுமிச்சை பழச்சாறுடன் சிறிது உப்பு, சர்க்கரை சேர்த்து பகல் நேரங்களில் பருகலாம். பாட்டிலில் அடைத்து விற்கப்படும் குளிர்பானங்கள், உடலுக்கு உஷ்ணத்தை விளைவிக்கின்றன; அவற்றை தவிர்ப்பது நல்லது.



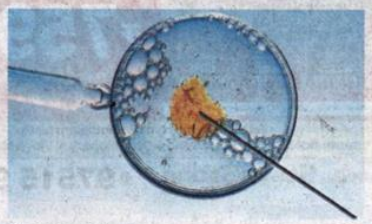
டாக்டர் க.திவ்யஸ்ரீ, தோல் நோய் சிறப்பு மருத்துவர், உதவி பேராசிரியை, ராமா ஆயுர்வேத மருத்துவக் கல்லூரி, கான்பூர், உத்தர பிரதேசம். ✆ 87540 93365 ✉ dhivyasundar98@gmail.com

கருமுட்டையை பாதுகாக்கும் நவீன தொழில்நுட்பம்!

கேன்சர், லூபஸ் உட்பட நம் எதிர்ப்பணுக்களே நம் செல்களை அழிக்கும் 'ஆட்டோ இம்யூன்' கோளாறுகளால் பாதிக்கப்பட்டு, கரு முட்டையை முழுமையாக இழக்கும் அபாயத்தில் உள்ள 35 வயதிற்குட்பட்ட பெண்கள், தங்களின் கரு முட்டை மற்றும் கருக்குழாய் நிகக்களை பாதுகாத்து வைத்து, எதிர்காலத்திற்கு பயன்படுத்துவது தான் தற்போது மகப்பேறு மருத்துவத்தில் ஏற்பட்டுள்ள நவீன தொழில் நுட்பம். இதற்கு, 'பெர் டிலிட்டி பிரிசர்வேஷன்' என்று பெயர்.

இது தவிர, 'எண்டோமெட்ரியோசிஸ், லேக் டோசிமியா' எனப்படும் மரபியல் கோளாறுகள் போன்ற பாதிப்புகளால், கருக்குழாய் அறுவை சிகிச்சை தேவைப்படும் இளம் பெண்களுக்கு, இந்த முறை பாதுகாப்பாக இருக்கும்.

நவீன முறையில் கரு முட்டைகளை கேரித்து, உறைநிலையில் திரவ நைட்ரஜனில் பாதுகாத்து வைக்கப்படும். 'இமோதெரபி, ரேடியோதெரபி' போன்ற கேன்சர் சிகிச்சைக்கு பின், குழந்தை பெறும் வாய்ப்பு 50 சதவீதம் குறைவாக உள்ளவர்கள், சிகிச்சைக்கு பின் ஐந்து ஆண்டுகளுக்கும் மேலாக இயல்பாக வாழ்பவர்கள், இந்த முறையில் கரு முட்டையை பாதுகாத்து வைத்து, எதிர்காலத்தில் குழந்தை பெறலாம்.



கரு முட்டையை எத்தனை ஆண்டுகள் ஆனாலும் பாதுகாக்க முடியும்; இதற்கான செலவு அந்தந்த மையத்திற்கு ஏற்ப வேறுபடும்.

கரு முட்டையை எத்தனை ஆண்டுகள் ஆனாலும் பாதுகாக்க முடியும்; இதற்கான செலவு அந்தந்த மையத்திற்கு ஏற்ப வேறுபடும். சிகிச்சை முடிந்த பின், செயற்கை கருத்தரிப்பு முறையில் குழந்தை பெறலாம்.

எலும்பு மஜ்ஜை அறுவை சிகிச்சை, வயிற்று பகுதியில் கதிரியக்க சிகிச்சை தேவைப்படும் பெண்களுக்கு, இந்த முறையில் கரு முட்டையை பாதுகாத்து வைக்க சிபாரிசு செய்கிறோம்.

திருமணம் ஆகாத நிலையில் பெற்றோரிடமும், திருமணம் ஆன பெண்களுக்கு அவர்களின் வாழ்க்கை துணையுடனும் இது பற்றி ஆலோசனை தருகிறோம்.

உடல் நிலையில் எந்தப் பிரச்னையும் இல்லாத நிலையில், சில பெண்கள் தாமதமாக குழந்தை பெற திட்டமிடலாம்.

சிலருக்கு பொருத்தமான துணை கிடைப்பதில் தாமதமாகலாம்; அவர்களுக்கும் இந்த முறை உதவியாக இருக்கும்.

விரும்பிய நேரத்தில் குழந்தை பெறும் கருத்திரத்தை, நவீன மருத்துவ தொழில்நுட்பம் பெண்களுக்கு தந்தாலும், உரிய வயதில் குழந்தை பெற்றுக் கொள்ள வேண்டும் என்பதே என் அறிவுரை.

காரணம், குறிப்பிட்ட வயதிற்கு மேல் கர்ப்பம் தரிக்கும்போது சர்க்கரை நோய், உயர் ரத்த அழுத்தம் உட்பட பல உடல் பிரச்னைகள் வரும் வாய்ப்பு அதிகம் உள்ளது.



டாக்டர் திருத்திகா, கே.எஸ்., மகப்பேறு மற்றும் இனப்பெருக்கவியல் மருத்துவ ஆலோசகர், அப்பல்லோ மருத்துவமனை, சென்னை
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உடல் நலம் தொடர்பான கேள்விகளையும், சந்தேகங்களையும் வாசகர்கள் எழுதி அனுப்பலாம் | 'நலம்' பகுதி | தினமலர், 39, ஓயிட்ஸ் சாலை, சென்னை - 600 014 | ✆ 044 - 2854 0001-3 ✉ nalam@dinamalar.in

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Siddha book tips !

11 • PG | 807 • Sqcm | 342767 • AVE | 167.26K • Cir | Top Center

Chennai



நூலாகும் சித்த மருத்துவக் குறிப்புகள்!

உலகில் எழுத்துகளில் மனிதர்கள் தகவல் தொடர்பு கொண்ட காலத்தில் அவற்றை பாளை ஓடுகள், பனை ஓலைகளில் எழுதி வைத்த பாரம்பரியத்துக்கு உரியவர்கள் தமிழர்கள். அதனால்தான் சங்கத் தமிழ் இலக்கியங்களை அடையாளப்படுத்த உதவியவை ஓலைச்சுவடிகள். அத்தகைய ஓலைச்சுவடிகளைத் தயாரிக்க உதவிய பனைமரம்தான் தமிழ்நாட்டின் அரச மரமாகவும் அங்கீகரிக்கப்பட்டுள்ளது.

தமிழர்கள் கலை, கலாசார, பண்பாட்டு பெருமைமிக்கவர்களாக, மட்டுமின்றி, உயிர் காக்கும் அரிய மருத்துவ முறைகளை அறிந்தவர்களாக இருப்பதையும் பல ஓலைச்சுவடிகளில் எழுதப்பட்ட குறிப்புகளில் அறிய முடிகிறது. பாரம்பரிய மருத்துவ முறைகளை உள்ளடக்கிய அரிய வகை ஓலைச்சுவடிக் கட்டுகள் புதுச்சேரி கடற்கரை பகுதியில் தலைமைச் செயலகம் அருகே அமைந்துள்ள பிரான்ஸ் நாட்டு இந்தியவியல் கலாசார, பண்பாட்டு ஆய்வு மையத்தில் பத்திரப்படுத்தப்பட்டுள்ளன.

இந்த ஓலைச்சுவடிகளைத் தொகுத்து நூலாக்கும் முயற்சியில் ஈடுபட்டிருப்பது குறித்து' மையத்தின் ஓலைச்சுவடிகள் பிரிவு தலைமை அதிகாரி தேவிபிரஷாத் மிஷேரா, மகேஷா திட்ட இயக்குநர் கேதிருக்குமரன் ஆகியோர் கூறியதாவது:

"இந்தியாவில் புதுச்சேரி உள்ளிட்ட பகுதிகளை தங்கள் ஆளுகைக்கு உட்படுத்திய பிரான்ஸ் நாட்டவர்கள் இந்திய கலாசார, பண்பாட்டை கண்டு வியந்துள்ளனர். அரசியலைத் தாண்டிய அவர்களது கலாசாரப் பார்வையானது 'இந்தியவியல்' எனும் ஆய்வு மையத்தைத் தொடங்கத் தூண்டியது. அதனால் ஜான்பிலியோகெட் என்பவர் தலைமையில் இந்தியவியல் மையம் 1956-இல் தொடங்கப்பட்டு, அப்போதைய பிரதமர் ஜவாஹர்லால் நேருவால் திறந்துவைக்கப்பட்டது.

இந்த மையத்துக்கு ஆண்டுதோறும் பிரான்ஸ் உள்துறை மூலம் நிதி அளிக்கப்படுகிறது. அதன்படி, ஓலைச்சுவடி கண்காட்சிகளும் அவ்வப்போது நடத்தப்படுகின்றன. பிரான்ஸ் நாட்டவர்கள் தென்னிந்திய கோயில்களால் பெரிதும் கவரப்பட்டதால், அவற்றுக்கான தேவைகள், அதை செயல்படுத்திய விதத்தை ஆய்வுக்கு உட்படுத்தினர். அப்போதுதான் சைவ ஆகமங்களில் கோயில்கள் எழுப்பப்பட்டு, அதன்படி, பூஜைகள், திருவிழாக்கள் என பண்பாட்டு நிகழ்வுகளை அறிந்தனர். அத்தகைய சைவ ஆகமங்கள் குறித்து மேலும் மேலும் அறியும் வகையில்தான் ஓலைச்சுவடிகள் தேடப்பட்டு தொகுக்கப்பட்டுள்ளன.

16-ஆம் நூற்றாண்டிலிருந்து எழுதப்பட்டவையாக உள்ள 8,500 ஓலைச்சுவடிகள் மையத்தில் தொகுக்கப்பட்டு, பாதுகாக்கப்பட்டுவருகின்றன. ஓலைச்சுவடிகளில் 80 சதவீதம் சம்ஸ்கிருத மொழியில், கிரந்த எழுத்தில் உள்ளன. அவை அனைத்தும் சைவ ஆகம வாழ்வியல் முறை, கோயில் கட்டுமானம் உள்ளிட்ட செயல்பாடுகள், யோகம் குறித்த செய்திகள், தத்துவம் குறித்த தொகுப்புகள் என சைவம் சம்பந்தப்பட்ட வைகளாகவே உள்ளன. அதில், 'திதம்பர ரகசியம்' என நாம் கூறிவரும் ரகசிய கேள்விக்கான விடையளிக்கும் ஓலைச்சுவடிகளும் தேடி கண்டறியப்பட்டு, பாதுகாக்கப்பட்டுவருகின்றன. அவற்றை எளிமைப்படுத்தி மக்கள் அறியும் வகையில் நூலாக்கும் திட்டம் செயல்படுத்தப்படவுள்ளது.

> சித்த மருத்துவம் படித்தவர்களால் மட்டுமே தற்கால தமிழில் மாற்றி எழுத முடியும் என்பதால், அந்தத் திறன் வாய்ந்தவர்களைத் தேடிவருகிறோம்

ஆய்வு மையத்தில் தென்னிந்திய கோயில்களின் தலபுராண ஓலைச்சுவடிகள் பாதுகாக்கப்படும் நிலையில், அந்த கோயில்களின் 200 ஆண்டுக்கும் முற்பட்ட 1,50 லட்சத்துக்கும் அதிகமான புகைப்படங்களும் பாதுகாக்கப்படுகின்றன. அவை காட்சிப்படுத்தப்பட்டு, பொதுமக்கள் பார்வைக்கும் வைக்கப்பட்டுள்ளன. பழமையான ஓலைச்சுவடிகளில் 20 சதவீதம் தமிழ் சித்த மருத்துவக் குறிப்புகள் அடங்கியவையாக உள்ளன. அவை 15 -ஆம் நூற்றாண்டிலிருந்து எழுதப்பட்டவையாக உள்ளன.

தமிழ் சித்த மருத்துவக் குறிப்புகள் அடங்கிய ஓலைச்சுவடிகள் சம்ஸ்கிருதம் கலந்தும் காணப்படுகின்றன. ஓலைச்சுவடிகளில் காணப்படும் அரியவகை மருத்துவக் குறிப்புகளை நூலாக்கும் பணியைத் தொடங்க முயற்சித்த நிலையில், அவற்றின் எழுத்துகளை வாசித்து தற்காலத்துக்கேற்ற பொருள் கொண்டு தருந்த வார்த்தைகளில் எளிமைப்படுத்துவோர் இல்லாத நிலையுள்ளது. பாம்புக் கடிக்கான சிகிச்சையில் இருந்து, தற்போதைய சர்க்கரை நோய் பாதிப்புக்கான சிகிச்சை வரையில் அனைத்து வகை மருத்துவ ஆலோசனைகளும் அந்த ஓலைச்சுவடிகளில் பொதிந்துள்ளன. ஆனால், போதிய நிதி, சித்த மருத்துவர் உதவி இல்லாத காரணத்தால் சித்த மருத்துவம் சார்ந்த 400 தமிழ் ஓலைச்சுவடிகள் தற்காலத்து இளைஞர்கள் அறியமுடியாத நிலையில் உள்ளன.

அகத்தியர், கும்ப முனிவர், கோரக்க சித்தர், சதரத்ன மணிமாலை உள்ளிட்ட அரியவகை சித்த மருத்துவக் குறிப்புகள் ஓலைச்சுவடிகளாகவே உள்ளன. அவற்றை முறையாக சித்த மருத்துவம் படித்தவர்களால் மட்டுமே தற்கால தமிழில் மாற்றி எழுத முடியும் என்பதால், அந்தத் திறன் வாய்ந்தவர்களைத் தேடிவருகிறோம்.

ஓலைச்சுவடிகளில் பெரும்பாலானவை திருநெல்வேலி மாவட்டத்திலிருந்து பெறப்பட்டவையாக உள்ளன. அவற்றை மஞ்சள், எலுமிச்சை, புல், எண்ணெய் ஆகியவற்றுடன் பாதுகாப்பதுடன், குளிர்சாதன வசதியை ஏற்படுத்தியும் பாதுகாப்பு மேற்கொள்ளப்பட்டுள்ளது. தமிழர்கள் உயிர்காக்க வல்ல சித்த மருத்துவ ரகசிய ஓலைச்சுவடிகளைப் பாதுகாக்கும் நிலையில், அவற்றை தற்கால அய்வுக்கு உட்படுத்தினால், ஆங்கில மருத்துவத்தை மிஞ்சும் வகையில் நமது சித்தப் பாரம்பரிய மருத்துவம் திகழும்.

தற்போது இந்தியவியல் ஆய்வு பிரிவின் பிராமரிப்புக்கான நிதி பிரான்ஸ் நாட்டிலிருந்து மட்டுமே வழங்கப்படுகிறது. இந்தப் பிரிவுக்குபோதிய நிதியை, மத்திய அரசும், புதுவை அரசும் ஒதுக்கவேண்டியது அவசியம். சம்ஸ்கிருத ஓலைச்சுவடிகளும், தமிழ் சித்த மருத்துவ ஓலைச்சுவடிகளும் அதிக அளவில் எளிமைப்படுத்தப்பட்டு, அவை புத்தகங்களாகப் பட்டு, எதிர்காலத்தில் அவை கணினி மயமாக்கப் படலாம்" என்றனர்.

-வ.ஜெயபாண்டி.

படங்கள்- கி.ரமேஷ்.

Dainik Bhaskar • 18 May • Ministry of Ayush

Request sent for recruitment of 1535 Ayush doctors

1 • PG	42 • Sqcm	240651 • AVE	2.34M • Cir	Middle Left

Jaipur

1535 आयुष चिकित्सकों की भर्ती की अभ्यर्थना भेजी

जयपुर | आयुर्वेद, होम्योपैथी और यूनानी डॉक्टरों के लिए खुशखबरी है। एनएचएम ने प्रदेश में संविदा पर 1535 आयुष डॉक्टरों की भर्ती के लिए अभ्यर्थना कर्मचारी चयन बोर्ड को भेजी है। बोर्ड अध्यक्ष आलोक राज का कहना है जल्द भर्ती प्रक्रिया प्रारंभ करेंगे। इधर, राजस्थान होम्योपैथिक चिकित्सा संघर्ष समिति के प्रदेश संयोजक डॉ. राजेश मीणा का कहना है कि रिक्त पदों पर भर्ती होने से पीएचसी, सीएचसी और राष्ट्रीय बाल स्वास्थ्य कार्यक्रम (आरबीएसके) के तहत मरीजों को इलाज मिल सकेगा।

Dainik Bhaskar • 13 May • Ministry of Ayush

Ayush mantraley ne saptahik yog podcast launch kiya

3 • PG | 661 • Sqcm | 821175 • AVE | 446.92K • Cir | Top Left

Chandigarh

डेली करंट अफेयर्स

24 घंटे की सबसे बड़ी बातें

आयुष मंत्रालय ने साप्ताहिक योग पॉडकास्ट लॉन्च किया

पिछले 24 घंटे की सबसे महत्वपूर्ण जानकारियां, जो परीक्षाओं में आपके काम आएंगी। करंट अफेयर्स को मोबाइल पर प्राप्त करने के लिए यह QR स्कैन करें।

01. ब्रह्मोस मिसाइल उत्पादन इकाई शुरू : उत्तरप्रदेश में ब्रह्मोस सुपरसोनिक क्रूज मिसाइल उत्पादन इकाई शुरू हुई। रक्षा मंत्री राजनाथ सिंह ने लखनऊ में इसका वर्चुअल उद्घाटन किया।

06. एसबीआई पर जुर्माना : RBI ने नियमों के उल्लंघन के चलते SBI और जन लघु वित्त बैंक पर जुर्माना लगाया है। SBI पर 1.72 करोड़ रु व वित्त बैंक पर 1 करोड़ रु का जुर्माना लगाया गया है।



02. किसानों के लिए नई पहल : यूपी के सीएम योगी आदित्यनाथ व विश्व बैंक अध्यक्ष अजय बंगा ने कृषि नवाचार से जुड़ी नई पहल 'यूपी एग्रीस' और 'एआई प्रज्ञा' का शुभारंभ किया। इससे राज्य के करीब 10 लाख किसानों को फायदा मिलेगा।

03. सबसे बड़ी विवेकानंद की प्रतिमा : मध्यप्रदेश में देश की सबसे ऊंची स्वामी विवेकानंद की प्रतिमा बनेगी। यह प्रतिमा इंदौर के सिरपुर में बनेगी, जो 39.6 फीट ऊंची और 14 टन वजनी होगी।

07. भारत-न्यूजीलैंड व्यापार समझौता : भारत और न्यूजीलैंड के बीच मुक्त व्यापार समझौते का पहला दौर पूरा हुआ। इसका उद्देश्य द्विपक्षीय व्यापार और निवेश संबंधी भागीदारी को बढ़ाना है।



08. योग पॉडकास्ट की शुरुआत : आयुष मंत्रालय ने साप्ताहिक योग पॉडकास्ट लॉन्च किया। यह पहल मोरारजी देसाई राष्ट्रीय योग संस्थान (MDNIY) के सहयोग से शुरु की गई है।

04. कोहली का टेस्ट से संन्यास : भारतीय क्रिकेट खिलाड़ी विराट कोहली ने टेस्ट से संन्यास लिया। उन्होंने 123 टेस्ट में 9230 रन बनाए हैं। इसमें 30 शतक, 31 अर्धशतक, 7 दोहरे शतक शामिल है।

09. एडीबी गवर्नर बोर्ड की बैठक : एशियाई विकास बैंक के गवर्नर बोर्ड की वार्षिक बैठक इटली में हुई। वित्त मंत्री निर्मला सीतारामन ने चार दिवसीय कार्यक्रम में भारत का प्रतिनिधित्व किया।

05. चावल का पहला पैनजीनोम: वैज्ञानिकों ने एशियाई चावल का 'पैनजीनोम' बनाया। इसे चावल की जंगली व खेती की किस्मों के जीनोम के प्रमुख भागों को एक साथ जोड़ तैयार किया।

10. टेक्स्ट टू स्पीच एआई मॉडल : सर्वम एआई ने बुलबुल वी2 टेक्स्ट-टू-स्पीच एआई मॉडल लॉन्च किया है, जो हिंदी, मराठी, पंजाबी, उड़िया, तमिल, सहित 11 भारतीय भाषाओं में उपलब्ध है।

Punjab Kesari • 18 May • Ministry of Ayush

1,535 posts will be recruited on contract basis in Ayush department

3 • PG	58 • Sqcm	2883 • AVE	370.92K • Cir	Middle Left

Jaipur



आयुष विभाग में संविदा पर 1,535 पदों पर होगी भर्ती

जयपुर, 17 मई (ब्यूरो) : नए जिलों में आयुर्वेद अस्पतालों में स्पेशलिस्ट डाक्टर और सपोर्टिंग स्टाफ की कमी को पूरा करने के लिए स्वास्थ्य विभाग के आयुष मंत्रालय ने आवश्यक कदम उठाए हैं। आरएसएसपी के अध्यक्ष आलोक राज ने बताया कि पुलिस कांस्टेबल की भर्ती को लेकर लंबे समय से तैयारी की जा रही थी। सभी प्रक्रिया पूरी होने के बाद आयुष मंत्रालय ने राज्य में 1,535 पदों पर भर्ती के लिए कर्मचारी चयन बोर्ड को विज्ञापन जारी करने और परीक्षा की तैयारी करने का निर्देश दिया है।

राजस्थान राज्य कर्मचारी चयन बोर्ड को दी स्वीकृति

Punjab Kesari • 09 May • Ministry of Ayush

PM Modi ke netritva mein vishva patal ko alokit kar raha ayurved: Rekha Gupta

5 • PG | 160 • Sqcm | 172968 • AVE | 1.81M • Cir | Middle Left

Delhi

पीएम मोदी के नेतृत्व में विश्व पटल को आलोकित कर रहा आयुर्वेदः रेखा गुप्ता

नई दिल्ली, (पंजाब केसरी): पंजाबी बाग वेस्ट स्थित अखिल भारतीय आयुर्वेद महासम्मेलन की सभागार में मुख्यमंत्री रेखा गुप्ता का सम्मान समारोह आयोजित किया गया। इस दौरान सीएम रेखा गुप्ता ने आयुर्वेद को आगे बढ़ाने में प्रधानमंत्री नरेन्द्र मोदी के कुशल नेतृत्व की सराहना की। उन्होंने कहा कि पीएम मोदी के कुशल नेतृत्व के कारण आयुर्वेद आज विश्व पटल पर पूर्ण वैभव के साथ आलोकित है। आज सारी दुनिया योग और आयुर्वेद को समग्र स्वास्थ्य की दिशा में देख रही है। सीएम ने कहा कि भारत सरकार ने वरिष्ठ नागरिकों के लिए आयुष्मान योजना के साथ आयुर्वेद के अनुसंधान शोध एवं शिक्षा के क्षेत्र में जो कार्य किए गए हैं, वह पिछले 70 वर्षों के लिए सपना था। पीएम मोदी द्वारा अखिल भारतीय आयुर्वेद संस्थान की स्थापना संपूर्ण राष्ट्र के लिए एक वरदान सिद्ध हो रही है। सीएम ने कहा कि दिल्ली सरकार 197 आयुष स्वास्थ्य सेवा केन्द्रों का संचालन कर रही है



जिसमें निशुल्क औषधि के साथ रोग विशेषज्ञ चिकित्सकों की सेवाएं भी प्रदान की जाती हैं।

इस अवसर पर अखिल भारतीय आयुर्वेद महासम्मेलन के अध्यक्ष पद्म विभूषित वैद्य देवेंद्र त्रिगुणा ने कहा कि दिल्ली में स्थापित चौधरी ब्रह्म प्रकाश चरक आयुर्वेद महाविद्यालय पूर्ववर्ती मुख्यमंत्री की देन है। हम उम्मीद करते हैं कि कर्मठ आयुर्वेद के लिए के प्रति समर्पित लोकप्रिय मुख्यमंत्री रेखा गुप्ता आयुर्वेद को उन्नति के शिखर पर पहुंचने में निरंतर कार्य करती रहेंगी। इसमें विशेष अतिथि मादीपुर के विधायक कैलाश गंगवाल, वैद्य जयंत देव पुजारी, वैद्य राकेश शर्मा, वैद्य मनोज नेसरी, प्रदीप मुल्तानी के साथ सुनीता कांगड़ा आदि ने अपने-अपने विचार रखें। समारोह में केंद्रीय आयुर्वेद अनुसंधान संस्थान के निदेशक डॉ भारती एवं राष्ट्रीय आयुर्वेद विद्यापीठ की निदेशक डॉक्टर वंदना शर्मा के साथ वैद्य अच्युत कुमार त्रिपाठी आदि ने भी सीएम को सम्मानित किया।

Rashtriya Sahara • 18 May • Ministry of Ayush

Ayush Mahavidhyalye in UP arear

7 • PG | 223 • Sqcm | 323402 • AVE | 390K • Cir | Middle Center

Delhi

उप्र के सभी मंडलों में स्थापित होंगे आयुष महाविद्यालय : योगी

लखनऊ (भाषा)। मुख्यमंत्री योगी आदित्यनाथ ने शनिवार को अधिकारियो को निर्देशित करते हुए कहा कि प्रदेश के प्रत्येक मंडल में एक एकीकृत आयुष महाविद्यालय की स्थापना सुनिश्चित की जाए, जिसमें आयुर्वेद, यूनानी, होम्योपैथी समेत आयुष की सभी पद्धतियों को एक ही परिसर में उपलब्ध कराया जाए।



■ कहा, यह कदम न केवल आयुष चिकित्सा पद्धति को सुदृढ़ करेगा, बल्कि भविष्य की स्वास्थ्य-आधारित शिक्षा प्रणाली को भी सशक्त बनाएगा

आयुष विभाग की उच्चस्तरीय समीक्षा बैठक की अध्यक्षता करते हुए मुख्यमंत्री ने कहा कि यह कदम न केवल आयुष चिकित्सा पद्धति को सुदृढ़ करेगा, बल्कि भविष्य की स्वास्थ्य-आधारित शिक्षा प्रणाली को भी सशक्त बनाएगा। एक बयान के मुताबिक मुख्यमंत्री ने कहा, "प्रदेश सरकार आयुष चिकित्सा पद्धति को जन-जन तक पहुंचाने के लिए मिशन मोड में कार्य कर रही है।" उन्होंने निर्देश दिया कि सभी आयुष संस्थानों में नेचुरोपैथी और योग सेंटर की स्थापना अनिवार्य रूप से की जाए और सभी स्वीकृत शैक्षणिक व चिकित्सीय पदों को शत-प्रतिशत भरने की कार्रवाई समयबद्ध ढंग से पूरी की जाए।

मुख्यमंत्री ने कहा कि प्रदेश के हर जनपद में स्वास्थ्य एवं आरोग्य सेंटर प्रारंभ किए जाएं, जो सरकारी या पीपीपी (पब्लिक-प्राइवेट पार्टनरशिप) मोड में संचालित हो सकते है। उन्होंने कहा कि आयुष विश्वविद्यालय का निर्माण गुणवत्तापूर्ण एवं समयबद्ध ढंग से हो और प्रदेशभर में आयुष विभाग की निर्माणाधीन परियोजनाओं को भी प्राथमिकता से पूरा किया जाए। मुख्यमंत्री ने निजी क्षेत्र को भी इसके लिए आगे आने के वास्ते प्रेरित करते हुए कहा कि निजी निवेशकों को आयुष सेक्टर में निवेश के खातिर आकर्षित किया जाए। उन्होंने निर्देश दिए कि निजी क्षेत्र में संचालित आयुष महाविद्यालयों एवं चिकित्सालयों के बुनियादी ढांचे, प्रयोगशालाओं, पुस्तकालयों, संकाय सदस्यों एवं कर्मचारी की गुणवत्ता का गहन परीक्षण कराया जाए ताकि कोई कमी न रह जाए। मुख्यमंत्री ने कहा कि आयुर्वेद में पंचकर्म जैसी विशिष्ट पद्धतियां गंभीर बीमारियों के उपचार में अत्यंत प्रभावी है, इसलिए इन पद्धतियों को प्रदेश के सभी आयुष संस्थानों में बढ़ावा दिया जाए।

उन्होंने कहा कि आयुष चिकित्सा की लोकप्रियता को देखते हुए यह समय है जब भारत की परंपरागत चिकित्सा को वैज्ञानिक रूप से प्रस्तुत कर वैश्विक मंच पर स्थापित किया जाए। मुख्यमंत्री ने अंतरराष्ट्रीय योग दिवस के सफल आयोजन के लिए अभी से तैयारियां शुरू करने के निर्देश दिए। उन्होंने कहा कि प्रदेश के सभी मंडलों, जनपदों, नगर निकायों, ग्राम पंचायतों और सरकारी विभागों में योग दिवस के कार्यक्रम आयोजित किए जाएं।

मुख्यमंत्री ने कहा कि डाबर, वैद्यनाथ और पतंजलि जैसी आयुर्वेदिक उत्पादक संस्थाओं के साथ समझौता ज्ञापन पर हस्ताक्षर कर सभी आयुष चिकित्सालयों में आवश्यक दवाओं की नियमित आपूर्ति सुनिश्चित की जाए, ताकि किसी भी मरीज को चिकित्सीय उपचार के लिए दवा की कमी न हो।

बैठक के दौरान आयुष विभाग के अधिकारियों ने मुख्यमंत्री को अवगत कराया गया कि वर्तमान में प्रदेश में 2,127 आयुर्वेदिक, 259 यूनानी और 1,598 होम्योपैथिक चिकित्सा संस्थान संचालित है, जो आयुष सेवाओं को जनसामान्य तक पहुंचाने में महत्वपूर्ण भूमिका निभा रहे है।

Rashtriya Sahara • 14 May • Ministry of Ayush

Abb Ayurced Diwas har saal manega 23, dep ko

7 • PG | 162 • Sqcm | 235121 • AVE | 390K • Cir | Bottom Left

Delhi

अब आयुर्वेद दिवस हर साल मनेगा 23 सितम्बर को

■ ज्ञानप्रकाश

नई दिल्ली। एसएनबी

आयुष मंत्रालय का बड़ा फैसला

भारतीय चिकित्सा पद्धतियों में शुमार आयुर्वेद, यूनानी का अपना महत्व है। इसके तह हर वर्ष दीवाली के पहले धनतेरस को मनाए जाने वाले आयुर्वेद दिवस में परिवर्तन किया है। आयुष मंत्रालय के अनुसार, वैश्विक दृश्यता और पालन में निरंतरता बढ़ाने के उद्देश्य से एक ऐतिहासिक निर्णय आधिकारिक तौर पर 23 सितम्बर को प्रत्येक वर्ष आयुर्वेद दिवस मनाने की तिथि निर्धारित की है। 23 मार्च 2025 की राजपत्र अधिसूचना के माध्यम से अधिसूचित यह परिवर्तन धनतेरस पर आयुर्वेद दिवस मनाने की पिछली प्रथा से एक महत्वपूर्ण बदलाव किया है। जो एक परिवर्तनशील चंद्र कैलेंडर का अनुसरण करता है।

फिक्स डेट इसलिए : आयुर्वेद दिवस को हर साल आयुर्वेद को एक वैज्ञानिक, साक्ष्य-आधारित और समग्र चिकित्सा प्रणाली के रूप में बढ़ावा देने के लिए मनाया जाता है जो निवारक स्वास्थ्य सेवा और कल्याण में महत्वपूर्ण भूमिका निभाता है। अब तक, आयुर्वेद दिवस धनतेरस के साथ मेल खाता था, जो हिंदू महीने कार्तिक (आमतौर पर अक्टूबर या नवंबर) में मनाया जाने वाला एक त्योहार है। हालांकि, चूंकि धनतेरस की तारीख हर साल बदलती रहती है, इसलिए आयुर्वेद दिवस के पालन की कोई निश्चित वार्षिक तिथि नहीं थी।

आयुष विभाग का तर्क : आयुष अधिकारी के अनुसार, आने वाले दशक में धनतेरस की तिथि 15 अक्टूबर से 12 नवम्बर के बीच व्यापक रूप से बदलती रहेगी, जिससे राष्ट्रीय और अंतरराष्ट्रीय उत्सवों के आयोजन के लिए तार्किक चुनौतियां पैदा होंगी। इस असंगति को दूर करने और राष्ट्रीय और वैश्विक उत्सवों के लिए एक स्थिर संदर्भ बिंदु स्थापित करने के लिए आयुष मंत्रालय ने उपयुक्त विकल्पों की जांच करने के लिए एक समिति का गठन किया। विशेषज्ञ पैनल ने चार संभावित तिथियों का प्रस्ताव रखा, जिसमें 23 सितम्बर को पसंदीदा विकल्प के रूप में उभर कर सामने आया। यह निर्णय व्यावहारिक और प्रतीकात्मक दोनों तरह के विचारों से प्रेरित था। चुनी गई तिथि 23 सितम्बर शरद विषुव के साथ मेल खाती है, एक ऐसा दिन जब दिन और रात लगभग बराबर होते है।

अधिकारी की नजर में : आयुष सचिव वैद्य राजेश कोटेचा के अनुसार, यह खगोलीय घटना प्रकृति में संतुलन का प्रतीक है, जो आयुर्वेदिक दर्शन के साथ पूरी तरह से संरेखित है जो मन, शरीर और आत्मा के बीच संतुलन पर जोर देती है। आयुर्वेद का मतलब- प्रकृति के साथ संतुलन में रहना। आयुष मंत्रालय व्यक्तियों, स्वास्थ्य पेशेवरों, शैक्षणिक निकायों और अंतरराष्ट्रीय भागीदारों से आग्रह करता है कि वे नई निर्धारित तिथि को अपनाएं और प्रत्येक वर्ष 23 सितम्बर को आयुर्वेद दिवस समारोह में सक्रिय रूप से भाग लें। इस बदलाव को आयुर्वेद को वैश्विक स्वास्थ्य कथाओं में और अधिक शामिल करने और निवारक और टिकाऊ स्वास्थ्य सेवा प्रणाली के रूप में इसके कालातीत मूल्य को बढ़ावा देने के अवसर के रूप में देखता है।

Rashtriya Sahara • 14 May • Ministry of Ayush

Now Ayurveda Day will be celebrated every year on 23rd September

7 • PG | 156 • Sqcm | 34223 • AVE | 562.46K • Cir | Bottom Left

Jaipur

अब आयुर्वेद दिवस हर साल मनेगा 23 सितम्बर को

■ ज्ञानप्रकाश

नई दिल्ली। एसएनबी

आयुष मंत्रालय का बड़ा फैसला

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अधिकारी की नजर में : आयुष सचिव वैद्य राजेश कोटेचा के अनुसार, यह खगोलीय घटना प्रकृति में संतुलन का प्रतीक है, जो आयुर्वेदिक दर्शन के साथ पूरी तरह से संरेखित है जो मन, शरीर और आत्मा के बीच संतुलन पर जोर देती है। आयुर्वेद का मतलब-प्रकृति के साथ संतुलन में रहना। आयुष मंत्रालय व्यक्तियों, स्वास्थ्य पेशेवरों, शैक्षणिक निकायों और अंतरराष्ट्रीय भागीदारों से आग्रह करता है कि वे नई निर्धारित तिथि को अपनाएं और प्रत्येक वर्ष 23 सितम्बर को आयुर्वेद दिवस समारोह में सक्रिय रूप से भाग लें। इस बदलाव को आयुर्वेद को वैश्विक स्वास्थ्य कथाओं में और अधिक शामिल करने और निवारक और टिकाऊ स्वास्थ्य सेवा प्रणाली के रूप में इसके कालातीत मूल्य को बढ़ावा देने के अवसर के रूप में देखता है।

Rashtriya Sahara • 09 May • Ministry of Ayush

Duniya mein ayurved purn vaibhav ke saath alokit: Rekha Gupta

3 • PG | 175 • Sqcm | 254451 • AVE | 390K • Cir | Bottom Left

Delhi

दुनिया में आयुर्वेद पूर्ण वैभव के साथ आलोकित : रेखा गुप्ता

नई दिल्ली (एसएनबी)। पंजाबी बाग स्थित अखिल भारतीय आयुर्वेद महासम्मेलन के सभागार में बृहस्पतिवार को आयोजित सम्मान समारोह में मुख्य अतिथि के रूप में मुख्यमंत्री रेखा गुप्ता मौजूद रही। उन्होंने कहा कि प्रधानमंत्री मोदी के कुशल नेतृत्व में आयुर्वेद वि पटल पर पूर्ण वैभव के साथ आलोकित है।

उन्होंने कहा सम्पूर्ण विश्व योग और आयुर्वेद को समग्र स्वास्थ्य की दिशा में देख रहा है। केंद्र सरकार के वरिष्ठ नागरिकों के लिए आयुष्मान योजना के साथ आयुर्वेद के अनुसंधान, शोध एवं शिक्षा के क्षेत्र में जो कार्य किए गए हैं, वह विगत 70 वर्षों के लिए सपना था। उन्होंने कहा प्रधानमंत्री नरेंद्र मोदी की दूरदर्शी सोच से अखिल भारतीय आयुर्वेद संस्थान की स्थापना संपूर्ण राष्ट्र के लिए एक वरदान सिद्ध हो रही है। दिल्ली सरकार आयुर्वेद से जुड़े स्टार्ट-अप को हर स्तर वैश्कि मंच तक पहुंचाने के लिए योजना बना रही है।

■ सम्पूर्ण विश्व योग व आयुर्वेद को समग्र स्वास्थ्य की दिशा में देख रहा

मुख्यमंत्री ने कहा दिल्ली सरकार 197 आयुष स्वास्थ्य केंद्रों का संचालन कर रही है, जिसमें निशुल्क औषधि के साथ रोग विशेषज्ञ चिकित्सकों की सेवाएं प्रदान की जाती है। दिल्ली सरकार ने अपने बजट में आयुष के लिए अलग से 10 करोड़ निर्धारित किए हैं। हमारा यह प्रयास है कि आप सभी के सुझाव से हम आयुर्वेद को निरंतर प्रगति के पथ पर अग्रसर करें। कार्यक्रम का प्रारंभ पारद शिवलिंग तथा भगवान धनवंतरि के पूजन एवं वैदिक मंत्रों के साथ दीप प्रज्वलन द्वारा किया गया।



कार्यक्रम के संयोजक वैद्य अनूप जैन के साथ आयुष विभाग के 500 अधिकारियों एवं कर्मचारियों की गरिमामय उपस्थिति उल्लेखनीय रही। इस अवसर पर अखिल भारतीय आयुर्वेद महासम्मेलन के अध्यक्ष पद्मभूषित वैद्य देवेन्द्र त्रिगुणा ने कहा दिल्ली राज्य में स्थापित चौधरी ब्रह्म प्रकाश चरक आयुर्वेद महाविद्यालय एक उत्कृष्ट आयुर्वेद महाविद्यालय पूर्ववर्ती मुख्यमंत्रियों की देन है। हम आशा करते हैं कि कर्मठ एवं आयुर्वेद के प्रति समर्पित लोकप्रिय मुख्यमंत्री आयुर्वेद को उन्नित के शिखर पर पहुंचाने में निरंतर प्रयासशील रहेंगी।

Dainik Jagran • 16 May • Ministry of Ayush

Jila Ayush Society ka registration jalad ho

3 • PG | 340 • Sqcm | 861123 • AVE | 1.14M • Cir | Middle Center
Delhi

जिला आयुष सोसायटी का पंजीकरण शीघ्र हो : उपायुक्त

जागरण संवाददाता, शिमला : जिला आयुष सोसायटी के गठन को लेकर उपायुक्त अनुपम कश्यप की अध्यक्षता में बैठक हुई। उपायुक्त ने सोसायटी का पंजीकरण शीघ्र करने के निर्देश दिए। सोसायटी का कार्यालय जिला आयुष कार्यालय में स्थापित होगा। इस सोसायटी का उद्देश्य राष्ट्रीय आयुष मिशन को प्रभावी तरीके से लागू करना है। जिला आयुष सोसाइटी की ओर से आयुर्वेद विभाग में किए जाने वाले कार्यों भवन निर्माण, दवाइयां खरीदने व अन्य कार्यों की स्वीकृति प्रदान की जाएगी। इसके अलावा केंद्र सरकार से प्रायोजित योजनाओं का क्रियान्वयन करवाना है। इनमें मुख्य तौर पर नियुक्ति करना, केंद्र सरकार के विभिन्न प्रोजेक्टों की निगरानी करना, सोसायटी के बेहतर संचालन के लिए नियम तैयार करना और समय-समय पर उनमें बदलाव करना है।

गवर्निंग बाडी में उपायुक्त को चेयरमैन व अतिरिक्त उपायुक्त को सह चेयरमैन बनाया गया है। इसके अलावा उपनिदेशक आयुष विभाग, उपनिदेशक डीआरडीए, जिला कार्यक्रम अधिकारी महिला एवं बाल विकास, अधीक्षण अभियंता जलशक्ति विभाग, मुख्य चिकित्सा अधिकारी, सहायक नियंत्रक वित्त एवं अकाउंट सर्विस, नोडल अधिकारी राज्य मेडिसिनल प्लांट बोर्ड, जिला कार्यक्रम अधिकारी आयुष को सदस्य के तौर पर नियुक्त किया गया है। जिला आयुर्वेदिक अधिकारी को मुख्य कार्यकारी अधिकारी नियुक्त किया गया है। कार्यकारिणी में जिला आयुष अधिकारी को चेयरपर्सन नियुक्त किया है। सबसे वरिष्ठ सब डिविजनल आयुष मेडिकल आफिसर को सदस्य सचिव नियुक्त किया गया है। प्रतिनिधि मुख्य चिकित्सा अधिकारी कार्यालय, प्रतिनिधि जिला योजना कार्यालय, प्रतिनिधि उप निदेशक बागवानी विभाग, प्रतिनिधि जिला पंचायत कार्यालय, प्रतिनिधि मेडिसिनल प्लांट, प्रतिनिधि डीएफओ कार्यालय, आयुर्वेदिक कालेज प्रधानाचार्य कार्यालय से प्रतिनिधि और वरिष्ठतम होम्योपैथिक मेडिकल आफिसर को सदस्य बनाया गया है।

Dainik Jagran • 14 May • Ministry of Ayush

Kitna Gunkari Bel ka sewan

5 • PG | 341 • Sqcm | 539899 • AVE | 107.62K • Cir | Top Left

Chandigarh

आयुर्वेद

कितना गुणकारी बेल का सेवन

गर्मियों में बेल का शरबत लू, हीट स्ट्रोक, डिहाइड्रेशन आदि में उपयोगी है। जानते हैं वात-पित को शांत करने वाले इस फल के औषधीय गुणों व प्रयोग के बारे में...





डा. आर. वाल्यायन
आयुर्वेदाचार्य, राष्ट्रीय आयुर्वेद विद्यापीठ

बेल का फल पसंद है तो बता दें कि इसकी पत्तियां, जड़ और तने की छाल, सभी गुणकारी हैं। आयुर्वेद में बेल फल को कषाय और कटु रस प्रधान कहा गया है। इसका प्रभाव लघु, शुष्क और ऊष्ण होता है। बेल पूरी तरह पकने तक की विभिन्न अवस्थाओं में अनेक औषधीय गुणों से भरपूर होता है। उदाहरण के लिए, कच्चा और आधा पका बेल फल अतिसार रोधक होता है। इसकी पत्तियां मधुमेह के नियंत्रण में कारगर हैं। इसकी जड़ शरीर में सूजन को दूर करने, नाड़ियों को बल प्रदान करने में उपयोगी हैं। बेल के फल को फंगस व वायरस नाशक, हृदयोत्तेजक यानी हृदय की मांसपेशियों की मजबूती के लिए उपयोगी माना गया है।

प्रधान घटक के रूप में: शास्त्रीय आयुर्वेद में ऐसी अनेक औषधियां हैं, जिनमें बेल का प्रयोग प्रधान घटक के रूप में किया जाता है। इनमें बिल्वादि चूर्ण, गंगाधर चूर्ण एवं बिल्व तैल आदि प्रसिद्ध हैं। दशमूल में बेल की जड़ का प्रयोग होता है। यह स्त्री रोगों के अतिरिक्त अनेकों जीर्ण रोगों में बहुत गुणकारी है।

आंत से जुड़ी समस्याएं: बेल को आंत से जुड़ी परेशानियों जैसे डायरिया, पेचिश के लिए अच्छी औषधि माना जाता है। अंतड़ियों की पुरानी सूजन, बार-बार मल त्याग की प्रवृत्ति, मलाशय से रक्तस्राव होने व अल्सरेटिव कोलाइटिस जैसी स्थितियों में बेल का प्रयोग लाभदायक है।

यह औषधि है विशेष: जिस मौसम में बेल का ताजा फल उपलब्ध हो, उस समय बेल के शर्बत का सेवन करें। अन्य ऋतुओं में बेल के सूखे हुए गूदे से औषधि बनाई जाती है। यह आपको स्थानीय पंसारी की दुकान से आसानी से मिल सकता है। बेल को पीसकर एक से दो ग्राम की मात्रा में प्रतिदिन दो बार लिया जा सकता है। बता दें कि बेल के साथ नागरमोथा, सेंधा नमक, भुना हुआ जीरा और सोंठ को समान भाग में मिलाकर चूर्ण बनाएं। इस चूर्ण को दो ग्राम की मात्रा में छाछ या सामान्य जल के साथ लें तो आंत्रयुक्त अतिसार के साथ संग्रहणी (बाउल सिंड्रोम) में भी लाभदायक हो सकता है। इसका प्रयोग सुबह-शाम दो बार किया जा सकता है।

अति है वर्जित: बेल का अत्यधिक या लगातार प्रयोग नहीं करना चाहिए। इस पर अधिक निर्भरता से अफारा या ब्लोटिंग का खतरा रहता है।

Nav Rashtra • 15 May • Ministry of Ayush

Centre declares September 23 as 'Ayurveda Day

10 • PG | 40 • Sqcm | 66130 • AVE | 500.5K • Cir | Bottom Center

Mumbai

केंद्राकडून २३ सप्टेंबर 'आयुर्वेद दिन' घोषित

दिल्ली, वृत्तसंस्था.केंद्र सरकारने २३ सप्टेंबर हा दिवस अधिकृतरीत्या आयुर्वेद दिन म्हणून घोषित केला आहे. राजपत्रातील अधिसूचनेनुसार धनत्रयोदशीला आयुर्वेद दिन साजरा करण्याच्या पूर्वापार प्रथेत महत्त्वपूर्ण बदल म्हणून याकडे बघितले जात आहे.



कार्तिक महिन्यात म्हणजे साधारण ऑक्टोबर किंवा नोव्हेंबर महिन्यात येणारी धनत्रयोदशी चंद्रगणनेनुसार साजरी केली जाते. आगामी दशकात धनत्रयोदशीची तिथी १५ ऑक्टोबर ते १२ नोव्हेंबर या काळात बदलती राहणार आहे. त्यामुळे राष्ट्रीय-आंतरराष्ट्रीय स्तरावर हा दिवस साजरा करण्यात अडचणी येतील, असे स्पष्ट करत आयुष मंत्रालयाने २३ सप्टेंबर हा दिवस आयुर्वेद दिन म्हणून निश्चित केला.

Nav Rashtra • 15 May • Ministry of Ayush

Centre declares September 23 as 'Ayurvedic Day

10 • PG	52 • Sqcm	50398 • AVE	860K • Cir	Bottom Center

Pune



केंद्राकडून २३ सप्टेंबर 'आयुर्वेद दिन' घोषित

दिल्ली, वृत्तसंस्था.केंद्र सरकारने २३ सप्टेंबर हा दिवस अधिकृतरीत्या आयुर्वेद दिन म्हणून घोषित केला आहे. राजपत्रातील अधिसूचनेनुसार धनत्रयोदशीला आयुर्वेद दिन साजरा करण्याच्या पूर्वापार प्रथेत महत्त्वपूर्ण बदल म्हणून याकडे बघितले जात आहे.

कार्तिक महिन्यात म्हणजे साधारण ऑक्टोबर किंवा नोव्हेंबर महिन्यात येणारी धनत्रयोदशी चंद्रगणनेनुसार साजरी केली जाते. आगामी दशकात धनत्रयोदशीची तिथी १५ ऑक्टोबर ते १२ नोव्हेंबर या काळात बदलती राहणार आहे. त्यामुळे राष्ट्रीय-आंतरराष्ट्रीय स्तरावर हा दिवस साजरा करण्यात अडचणी येतील, असे स्पष्ट करत आयुष मंत्रालयाने २३ सप्टेंबर हा दिवस आयुर्वेद दिन म्हणून निश्चित केला. धनत्रयोदशी आणि इंग्रजी कालगणनेनुसार आयुर्वेद दिन ठरविण्यातील विसंगती दूर करण्यासाठी आणि पर्यायांवर विचार करण्यासाठी मंत्रालयाने एक समिती नेमली होती.

Nav Rashtra • 12 May • Ministry of Ayush

Appeal to farmers cultivating medicinal plants

12 • PG | 70 • Sqcm | 115954 • AVE | 500.5K • Cir | Bottom Right

Mumbai

औषधी वनस्पतींची लागवड करणाऱ्या शेतकऱ्यांना आवाहन

ठाणे, (वा.) केंद्र पुरस्कृत योजना- औषधी वनस्पतींचे संवर्धन, विकास व शाश्वत व्यवस्थापन या योजनेंतर्गत सन २०१५-१६ पासून राष्ट्रीय आयुष अभियान कार्यक्रम महाराष्ट्र राज्य फलोत्पादन आणि औषधी वनस्पती मंडळामार्फत राबविण्यात येत होता. या योजनेअंतर्गत सन २०१५-१६ ते २०१९-२० या कालावधीमध्ये ८१८.२३ हेक्टर क्षेत्रावर औषधी वनस्पतींची लागवड करण्यात आलेली आहे. त्याकरिता रक्कम ४१५.१२ लक्ष एवढे अनुदान अदा करण्यात आलेले आहे.

तथापि सन २०२०-२१ पासून औषधी वनस्पती घटक हा राष्ट्रीय आयुष अभियानाचा घटक नसल्याचे तसेच २०२१-२२ पासून औषधी वनस्पती लागवड योजना बंद करण्यात आले असल्याचे केंद्र शासनाने कळविले आहे. या घटक आयुष मंत्रालयाकडून कृषि मंत्रालयाकडे हस्तांतरीत केला आहे. महात्मा गांधी राष्ट्रीय ग्रामीण रोजगार हमी योजनेंतर्गत वैयक्तिक लाभार्थ्यांच्या सलग शेतावर, शेताच्या बांधावर व पडीक जमिनीवर अमृत महोत्सवी फळझाड/ वृक्ष लागवड व फळपिक लागवड कार्यक्रम अर्जुन, असान, अशोका, बेहडा, हिरडा, बेल, टेटू, डिकेमाली, रक्तचंदन, रिठा, लोधा, आइन, शिवन, गुग्गुळ, बिब्बा व करंज या १६ वृक्ष वर्गीय औषधी वनस्पतींना अनुदान अनुज्ञेय आहे.

Nav Rashtra • 09 May • Ministry of Ayush

Lose weight with Ayurveda

4 • PG | 90 • Sqcm | 148244 • AVE | 500.5K • Cir | Bottom Left

Mumbai

आयुर्वेदाने करा वजन कमी

तंदुरुस्ती आणि दीर्घायुष्य दोन्ही प्रदान करणारे शास्त्र म्हणजे आयुर्वेद. आयुर्वेद निसर्गाच्या जवळ जाण्यास आणि साधे आरोग्यदायी आयुष्य जगण्यासाठी प्रोत्साहन देते. स्थूलपणा किंवा वजन जास्त असणे ही समस्या आयुर्वेदानुसार एक आजारच आहे. आयुर्वेदाच्या मदतीने या आजारावर उपाय करताना ही गोष्ट पक्की ध्यानात ठेवावी लागेल ती म्हणजे आयुर्वेदात कोणतेही शॉर्टकट किंवा चोरटे मार्ग नाहीत. थोडक्यात, आयुर्वेदाच्या मदतीने फक्त वजन कमी होईल असे नाही.

हेल्थ

साधा आहार : आहारातील साधेपणा यामध्ये जगण्यासाठी खाणे यावर भर दिलेला असतो. लोकांनी साधा; पण पौष्टिक आहार घ्यावा, ताजे-कमी तेलातील शिजवलेले अन्न खावे, असा सल्ला दिला जातो. कोणत्याही पथ्याहारात महत्त्वाची गोष्ट असते ती आहाराप्रति दृष्टिकोन बदलणे. तांदळाची भरड, उकडलेल्या भाज्या, भाज्यांचे सूप, तसेच गहूवर्गीय पदार्थ खावे.

न्याहारी : न्याहारीतही विविध पदार्थांचा समावेश करता येऊ शकतो. मात्र, तळलेले, तेलकट-तूपकट पदार्थ वर्ज्य करायला सांगितले जातात. उदा., वाफवलेली इडली किंवा पारंपरिक केरळी वाफवलेली केळी



असे पदार्थ खावेत. पापडही भाजून खावा.

प्रथिनयुक्त पदार्थ : शरीराला प्रथिनांची आवश्यकता असते, त्यासाठी विविध धान्ये ही प्रथिनांचे चांगले स्रोत आहेत. सोयाबीन, विविध डाळी जसे चणाडाळ, हिरव्या मुगाची डाळ, उडीदडाळ खायला हवी. मांसाहार आयुर्वेदात वर्ज्य नाही; पण सध्या कोंबड्यांना किंवा बकऱ्यांना संप्रेरके दिली जातात, तसा मांसाहारही नक्कीच वर्ज्य सांगितला आहे.

Ei Samay • 15 May • Ministry of Ayush

Ayurveda Day to be celebrated on September 23 every year

5 • PG | 227 • Sqcm | 196038 • AVE | 1.3M • Cir | Middle Left
Kolkata

২৩ সেপ্টেম্বর আয়ুর্বেদ দিবস

এই সময়: বরাবর ধনতেরাসের দিনটিকে আয়ুর্বেদ দিবস হিসেবে পালন করা হয় দেশে। কারণ, ওই দিনটিকেই ধন্বন্তরীর জন্মতিথি হিসেবে মানা হয়। কিন্তু এ বার আয়ুর্বেদ দিবসের দিনক্ষণ বদল করল কেন্দ্রীয় সরকার। ঠিক করা হয়েছে, এ বার থেকে প্রতি বছর ২৩ সেপ্টেম্বর আয়ুর্বেদ দিবস উদযাপন করা হবে। আয়ুর্বেদের প্রতি বিশ্বের নজর কাড়তেই ভারতের এই উদ্যোগ। স্বাস্থ্য পরিষেবায় যুগ যুগ ধরে দেশের এই সনাতন ঐতিহ্যশালী চিকিৎসা ব্যবস্থায় মানুষ উপকৃত হয়েছে বলে কেন্দ্রের দাবি।

কেন এমন দিন বদলের সিদ্ধান্ত, তারও ব্যাখ্যা দেওয়া হয়েছে সরকারের তরফে। বলা হয়েছে, ২৩ সেপ্টেম্বর বছরের এমন একটি তারিখ, যে দিনে দিন-রাত্রি প্রায় সমান থাকে। অন্য দিকে, আয়ুর্বেদও শরীর, মন এবং প্রকৃতির মধ্যে ভারসাম্য বজায় রাখে। তাই এই দিনটিকে আয়ুর্বেদ দিবস হিসেবে উদযাপনের সিদ্ধান্ত নিয়েছে কেন্দ্রীয় আয়ুষ মন্ত্রক। সেই সঙ্গে আন্তর্জাতিক স্তরেও আয়ুর্বেদের প্রসারে এই দিবসটি যথাযথ ভাবে পালনের উপরে গুরুত্ব দিয়েছে কেন্দ্রীয় সরকার। দিবস বদলের সিদ্ধান্তকে স্বাগত জানাচ্ছেন আয়ুর্বেদাচার্যরা। প্রবীণ আয়ুর্বেদ বিশেষজ্ঞ প্রদ্যোৎবিকাশ কর মহাপাত্র বলেন, 'আয়ুর্বেদ সাম্যের কথা বলে। ২৩ সেপ্টেম্বর সেই সাম্যেরই প্রতীক।'

Mid Day (Gujarati) • 14 May • Ministry of Ayush

Has urine, once considered an elixir, now become dangerous

18, 19 • PG | 1364 • Sqcm | 1092637 • AVE | 389.96K • Cir | Top Left

Mumbai



એક સમયે અક્સીર કહેવાતું સ્વમૂત્ર હવે જોખમી થઈ ગયું છે?

આજની અનહેલ્ધી લાઇફસ્ટાઇલને જોતાં આયુર્વેદ અને ઍલોપથી સ્વમૂત્ર પીવાની સ્ટ્રિક્ટ્લી ના પાડે છે, પણ નૅચરોપથીનો મત થોડો જુદો છે. એ યુરિન થેરપીમાં માને છે, કારણ કે સવારનું પહેલું સ્વમૂત્ર હેલ્થના ઘણા ફાયદાઓ આપે છે, પણ એ ત્યારે જ આપે છે જ્યારે ડાયટ અને લાઇફસ્ટાઇલ એના નિયમોને આધીન હોય

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હાલમાં જ પીઢ અભિનેતા પરેશ રાવલે એવો ખુલાસો કર્યો હતો કે 'જ્યારે હું રાજકુમાર સંતોષીની ફિલ્મ 'ઘાતક'નું શૂટિંગ કરી રહ્યો હતો એ દરમિયાન મને ચૂંટણમાં ગંભીર ઈજા થઈ હતી. સારવાર દરમિયાન અજય દેવગનના પિતા વીરુ દેવગને મને કહ્યું કે તું સવારનું પહેલું સ્વમૂત્ર પી જોજે, રિકવરી જલદી થશે કારણ કે એ ગુણકારી છે. મને થયું કે યુરિન કઈ રીતે ગુણકારી હોઈ શકે? તેમ છતાં મેં તેમની વાત માની અને ૧૫ દિવસ સુધી મેં મારા યુરિનને બિઅરની જેમ પીધું. તમે માનશો નહીં, અઢી મહિના સુધી હૉસ્પિટલમાં રાખવાના હતા પણ મારા બોન્સની રિકવરી ફાસ્ટ થતાં દોઢ મહિનામાં જ મને ડિસ્ચાર્જ મળી ગયો. મારા માટે આ ચમત્કારિક અનુભવ હતો.'

પરેશ રાવલે યુરિન વિશે કરેલા આ અજીબ દાવા બાદ 'આશિકી' ફિલ્મથી લોકપ્રિય થયેલી અભિનેત્રી અનુ અગરવાલે પણ યુરિન પીવાના ફાયદા જણાવતાં કહ્યું હતું, 'ઘણા લોકોને ખબર નથી પણ યુરિન પીવાથી સ્કિન યંગ રહે છે. એ ઍન્ટિ-એજિંગ પ્રોસેસને ધીમી કરે છે અને કેસ પર કરચલીઓને પણ આવતાં રોકે છે. સ્વમૂત્ર પીવાની આ પ્રક્રિયાને હઠયોગમાં આમરોલી મુદ્રા કહેવાય અને મેં આ ટ્રાય કર્યું છે અને રિઝલ્ટ પણ સારું મળ્યું છે.'



૧૫ દિવસ સુધી મેં મારા યુરિનને બિઅરની જેમ પીધું. તમે માનશો નહીં, અઢી મહિનાને બદલે મારા બોન્સની રિકવરી ફાસ્ટ થતાં દોઢ મહિનામાં જ મને ડિસ્ચાર્જ મળી ગયો - પરેશ રાવલ



ઘણા લોકોને ખબર નથી પણ યુરિન પીવાથી સ્કિન યંગ રહે છે. એ ઍન્ટિ-એજિંગ પ્રોસેસને ધીમી કરે છે અને ફેસ પર કરચલીઓને પણ આવતાં રોકે છે - અનુ અગરવાલ

શિવામ્બુ એટલે કે સ્વમૂત્ર ચિકિત્સાનો કન્સેપ્ટ આમ તો જૂની વાત છે. ભૂતપૂર્વ વડા પ્રધાન મોરારજી દેસાઈ આ ચિકિત્સા-પદ્ધતિના સૌથી જાણીતા પ્રચારક હતા. જોકે પરેશ રાવલનો તાજેતરનો કિસ્સો વાઇરલ થયો એને પગલે કેટલાક ઍલોપથિક ડૉક્ટરોએ આ વૈકલ્પિક ચિકિત્સા-પદ્ધતિને જોખમી ગણાવીને એની સામે લાલ બત્તી ધરી. આવા સંજોગોમાં સ્વમૂત્ર ચિકિત્સાની બહુ આયામી છણાવટ જરૂરી બની જાય છે.

વેસ્ટ પ્રોડક્ટને શરીરમાં પાછી શા માટે નાખવી?

હીરાનંદાની હૉસ્પિટલમાં કાર્યરત અને પચાસથી વધુ કિડની ટ્રાન્સપ્લાન્ટ કરી ચૂકેલાં કિડની સ્પેશ્યલિસ્ટ ડૉ. ઋજુ ગાલા કહે છે, 'સૌથી પહેલી વાત તો એ છે કે પોતાનું યુરિન પીવાથી કરવાથી શરીરને ફાયદાઓ મળે છે એવું મેડિકલી પ્રૂવ થયું નથી અને એના વૈજ્ઞાનિક પુરાવા પણ નથી. યુરિન એટલે શરીરમાંથી નીકળતાં ઝેરી બૅક્ટેરિયા અને હાનિકારક તત્ત્વો. એને શરીરની વેસ્ટ પ્રોડક્ટ પણ કહેવાય. અત્યારે ખાણીપીણી પણ પહેલાં જેવી ખરી રહી નથી. ફૂડ-પ્રોડક્ટ્સની શેલ્ફ-લાઇફ વધારવા માટે કેમિકલ અને પેસ્ટિસાઇડ્સનો ઉપયોગ થતો હોય છે. આ કેમિકલ બૉડીમાં જાય છે અને કિડની એને ફિલ્ટર કરે છે અને યુરિનમાં એ કેમિકલ્સ ટૉક્સિન્સ સાથે નીકળી જાય છે. જો કિડનીના દરદીઓ યુરિન પીએ તો એને ઇન્ફેક્શન તો થાય જ છે અને સાથે કિડની સંબંધિત સમસ્યાઓ વધી જાય છે. યુરિન પીવાથી તૂટેલાં હાડકાં સાજાં થઈ જાય અને ત્વચામાં ગ્લો વધે એવા દાવાઓ એબ્સલ્યુટ્લી પોકળ છે. અત્યારે મેડિકલ ક્ષેત્રે ઘણો વિકાસ થઈ રહ્યો છે. દરેક બીમારી માટે બેસ્ટ ઉપચાર-પદ્ધતિ અને દવાઓ ઉપલબ્ધ છે તો શરીરે કાઢેલો કચરો પાછો શરીરમાં નાખીને એના સરળ ફંક્શનિંગમાં ખલેલ શું કામ પાડવી છે? પહેલાંના જમાનાના લોકોની રહેણીકરણી અને ખાણીપીણી બહુ જ શુદ્ધ હતી ત્યારે દવા તરીકે તેઓ સ્વમૂત્ર પીતા હતા. એ ટેક્નિકને શિવામ્બુ ટેક્નિક કહેવાય છે પણ અત્યારના સમયમાં આવું કરવું એટલે શરીરને નુકસાન પહોંચાડવું ગણાશે.'

યુરિનની ક્વૉલિટી અને એને શા માટે ન પીવું જોઈએ એ વિશે સમજાવતાં ડૉ. ઋજુ કહે છે, 'અત્યારના લોકોનું યુરિન બિલકુલ શુદ્ધ નથી. પ્રદૂષણ, બીમારીઓમાં સાજા થવા માટે લેવાતી દવાઓ, જન્ક ફૂડનું સેવન અને ધૂમ્રપાન-આલ્કોહોલનું વ્યસન જેવાં ઘણાં પરિબળો છે જે તમારા યુરિનને વધુ ટૉક્સિક બનાવે છે. ત્વચા અને શ્વાસથી શરીરમાં જતાં કેમિકલ્સ અને ખોરાક, આ ત્રણ રૂટથી કેમિકલ્સ અને પેસ્ટિસાઇડ્સ શરીરમાં જાય છે અને કિડની અને લિવર એને ફિલ્ટર કરીને યુરિન વાટે બહાર કાઢે છે. ઘણી વાર પથરી હોય અથવા ઇન્ટરનલ ઇન્ફેક્શન કે ઇન્ફ્લમેશન એટલે કે સોજા હોય તો એમાંથી પણ કેમિકલ રિલીઝ થતાં હોય છે. જો પોટેશિયમ કે કૅલ્શિયમ વધી જાય તો કિડની એના પ્રમાણને બૅલેન્સ કરીને યુરિન વાટે એના વધારાના પ્રમાણને બહાર કાઢશે, જેથી તમને પથરી ન થાય.'



યુરિનમાં હોય છે આ હાનિકારક તત્ત્વો

યુરિયા: આ એક નાઇટ્રોજન કમ્પાઉન્ડ છે. એ પ્રમાણ કરતાં વધુ જમા થાય તો શરીર એને પેશાબ વાટે બહાર કાઢે છે.

ક્રીઆટનીન : મસલ્સ અને મેટાબોલિઝમનો જમા થયેલો કચરો એટલે ક્રીઆટનીન. એનું પ્રમાણ વધવાથી કિડનીના કાર્યમાં વિક્ષેપ પડે છે અને એની કાર્યક્ષમતા પ્રભાવિત થાય છે. એ પણ શરીરમાં અતિ થાય તો બૉડી એને ફ્લશ-આઉટ કરે છે.

યુરિક ઍસિડ : યુરિક ઍસિડનું પ્રમાણ વધવાથી શરીરમાં પથરી અને આર્થ્રાઇટિસની સમસ્યા થાય છે. તેથી એનું પ્રમાણ - શરીરમાં ન વધે એ જ સારું.

સોડિયમ: શરીરમાં સોડિયમ એટલે કે મીઠાનું પ્રમાણ વધી જાય તો એ પેશાબ વાટે બહાર નીકળી જાય છે. આ સાથે ઘણા લોકો નાની-મોટી બીમારીઓની દવા લેતા હોય છે. એમાંથી પણ વધારાના કૅલ્શિયમ અને દવામાંથી રિલીઝ થતાં કેમિકલ્સ વધતાં કિડનીની સાથે લિવરનાં ફંક્શન્સ પર પણ લોડ વધી જાય છે.

સાઇડ-ઇફેક્ટ્સ તો છે જ

યુરિન પીવાથી શરીરમાં થતી સાઇડ-ઇફેક્ટ્સ વિશે વાત કરતાં ડૉ. ઋજુ કહે છે, 'શરીર યુરિનને ફ્લશ-આઉટ કરે અને જો તમે એ જ યુરિનને પીઓ એ શરીરની ઇન્ટરનલ સિસ્ટમના સંતુલનને ખોરવવાનું કામ કરશે. કિડનીનું કામ ઍસિડને બૅલેન્સ કરવાનું પણ છે. યુરિનમાં ઍસિડનું પ્રમાણ વધુ હોય છે તેથી એની પ્રકૃતિ ઍસિડિક હોય છે. એને ગ્રહણ કરવાથી આ ઍસિડ કરીથી શરીરમાં ફલવાસે અને કિડનીએ એક વાર કરેલું કામ પહેલાં કરતાં બમણી મહેનત સાથે વધુ કરવું પડશે. યુરિન પીવાના ફાયદાઓ તો ખબર નથી, પણ નુકસાન છે એ ખબર છે. એ પાચન તંત્રને નબળું પાડશે અને રોગપ્રતિકારક શક્તિને પણ ધીરે-ધીરે ઘટાડશે. આ ઉપરાંત યુરિનમાં બૅક્ટેરિયા હોવાથી ઇન્ફેક્શન થવાનું જોખમ પણ વધે જ છે. જે લોકો કહે છે કે યુરિન પીવાથી શરીર ડીટૉક્સ થઈ જાય છે તો આ પણ એક ભ્રમ જ છે. આ પ્રક્રિયા શરીરના નેચરલ ડીટૉક્સિફિકેશન વિરુદ્ધ છે. યુરિન ઝેરી છે એવું તો ન કહી શકાય, કારણ કે અત્યાર સુધી એવા કોઈ કેસ નથી આવ્યા કે યુરિન પીવાથી કોઈનો જીવ જોખમમાં મુકાયો, પણ એ નુકસાનકર્તા છે એ તો ચોક્કસ કહી શકાય.'

શું કહે છે આયુર્વેદ?

આયુર્વેદ ક્ષેત્રે એક દાયકા કરતાં વધુનો અનુભવ ધરાવતાં બોરીવલીનાં ડૉ. હેતા શાહ પોતાનો મત વ્યક્ત કરતાં જણાવે છે, 'સામાન્યપણે આયુર્વેદમાં મૂત્રનું વર્ણન છે એમાં ફક્ત ગાયના મૂત્રને ગુણકારી ગણાવાયું છે અને એમાં પણ અત્યારે ગાય કઈ છે અને કેટલું ખોર ખાય છે એ જાણ્યા બાદ મૂત્રની પ્યૉરિટી ચકાસી શકાય છે. પણ સ્વમૂત્ર પીવાની સલાહ આયુર્વેદ આપતું નથી. પરેશ રાવલે જે દાવો કર્યો છે એમાં તેમના સાજા થવામાં ફક્ત મૂત્રનું જ યોગદાન નહોતું, તેમની દુવાઓ ▸▸ 19

એક સમયે અકસીર કહેવાતું સ્વમૂત્ર હવે જોખમી થઈ ગયું છે?

18 ▸▸ અને એ પ્રમાણેની ડાયટ પણ ચાલતાં હતાં. તેથી ૧૫ દિવસમાં તેમની ઊર્જામાં ફરક આવી ગઈ એવું નથી. પહેલાંના જમાનામાં ખાનપાન, પવિત્રતા અને જીવનશૈલી શુદ્ધ અને સાત્ત્વિક હતાં. તેથી એ સમયે સ્વમૂત્ર દવાની જેમ કામ કરતું હતું, પણ એ સમયની અને અત્યારની જીવનશૈલીમાં આકાશ-પાતાળનો તફાવત છે. અત્યારે અનહેલ્થી લાઇફસ્ટાઇલ અને ડાયટમાં પણ વધારે જન્ક ફૂડ ખવાય છે. એમાંથી કિડની અને લિવર ટૉક્સિન્સ અલગ કરે અને એ ટૉક્સિન્સ યુરિન વાટે નીકળે છે. યુરિનમાંથી એમોનિયમ, નાઇટ્રાઇટ, વધારાનું પોટેશિયમ, કૅલ્શિયમ, યુરિક ઍસિડ અને યુરિયા જેવાં ટૉક્સિન્સ નીકળે છે. આ ટૉક્સિક્સ ઉપયોગી ન થતા હોવાથી બૉડી એને શરીરમાંથી ફ્લશ કરે છે અને એને આપણે પાછાં પીએ તો એનો કોઈ અર્થ જ નથી, ઊલટાનું આપણે કિડનીના કામનો લોડ વધારવાનું કામ કરી રહ્યા છીએ. એ અગ્નિતત્ત્વને ખરાબ કરશે એટલે પાચન સંબંધિત સમસ્યાઓ ઉદ્ભવશે, યુરિન પીવાથી એમાં રહેલા બૅક્ટેરિયા અને બીજાં હાનિકારક તત્ત્વો રક્તધાતુ એટલે કે લોહીને અશુદ્ધ કરશે અને લાંબા ગાળા સુધી યુરિન પીવાથી કિડની ડૅમેજ થવાની પણ શક્યતાઓ રહેલી છે.'

શિવામ્બુ ચિકિત્સામાં માને છે નૅચરોપથી

ઘાટકોપર-ઈસ્ટના પંતનગરમાં છેલ્લાં આઠ વર્ષથી નૅચરોપથી ક્લિનિકનું સંચાલન કરતાં ડૉ. ફાલ્ગુની શાહ યુરિન થેરપીને ફાયદાકારક ગણાવે છે. નૅચરોપથી એટલે કે નિસર્ગોપચાર અનુસાર કેટલાક નિયમોને આધીન ડાયટ અને લાઇફસ્ટાઇલમાં બદલાવ કરવામાં આવે તો સ્વમૂત્ર શરીરને ફાયદાઓ આપે છે એમ જણાવતાં ડૉ. ફાલ્ગુની કહે છે, 'આ યુરિન થેરપીને પહેલાં શિવામ્બુ ચિકિત્સા કહેવાતી. શિવામ્બુ એટલે માનવ શરીરમાંથી નીકળતું શિવ સમાન અમૃત જળ. શિવ એટલે પવિત્ર અને અમ્બુ એટલે જળ. ઋષિમુનિઓ દીર્ઘાયુ પ્રાપ્ત કરતા હતા એમાં શિવામ્બુ ચિકિત્સા પણ સામેલ હતી. તેમણે લખેલા ગ્રંથોમાં આ પ્રકારની ચિકિત્સા પદ્ધતિનો ઉલ્લેખ છે. ડમરુ તંત્ર નામનો ગ્રંથ છે એમાં શિવામ્બુ વિશે વિસ્તારમાં વર્ણન કર્યું છે. પાર્વતી માતાએ શંકર ભગવાનને દીર્ઘાયુ અને સૌંદર્યને જાળવી રાખવા માટે આપણે શું કરવું જોઈએ એવો પ્રશ્ન કર્યો ત્યારે શંકર ભગવાને સ્વમૂત્ર ચિકિત્સા કઈ રીતે કરવી અને એ ચિકિત્સા કરવા પહેલાં શું ખાવું અને કેટલા દિવસ સુધી કરવી એ જણાવ્યું એનું વર્ણન ડમરુ તંત્રમાં થયેલું છે. તેથી લાંબા આયુષ્ય માટે યુરિન થેરપી થતી એટલે કે સ્વમૂત્ર પિવાતું હતું. ભારતના ભૂતપૂર્વ વડા પ્રધાન મોરારજી દેસાઈ પણ શિવામ્બુ ચિકિત્સા કરતા હતા. પરેશ રાવલ અને અનુ અગરવાલ જેવા ઘણા લોકો યુરિન થેરપીમાં માને છે, પણ હવે સમય તદ્દન જુદો છે. અત્યારે કોઈ પણ ડૉક્ટર યુરિન ચિકિત્સા રેકમન્ડ નહીં કરે. ત્વચા સંબંધિત સમસ્યાઓ, કૅન્સર, કિડની અને લિવર સંબંધિત સમસ્યાઓ કે યુરિન સંબંધિત બીમારી કે ઇન્ફેક્શન હોય તો આ ચિકિત્સા ન કરવી જોઈએ. આ કરવા પહેલાં બૉડીને એ પ્રમાણે તૈયાર કરવી પડે છે. એમાં ત્રણ દિવસનું કમ્પ્લીટ ફાસ્ટિંગ એટલે ઠક્ત પાણી પર જ રહેવાનું અને બૉડીના ઇન્ટરનલ ક્લેન્ઝિંગ માટે અમે ડિઝાઇન કરેલો ડાયટ ચાર્ટ આપીએ. ડાયટમાં મોટા ભાગે ગ્રીન વેજિટેબલ જૂસનો સમાવેશ થાય, પણ વ્યક્તિની હેલ્થ-કન્ડિશનને આધારે અમે તેમની ડાયટમાં ફેરફાર કરીએ. તમારું યુરિન ટૉક્સિન-ફ્રી હશે તો એ શરીરને ફાયદાઓ ચોક્કસ આપશે, પણ અત્યારે લાઇફસ્ટાઇલ જ એટલી અનહેલ્થી છે કે યુરિનમાં ટૉક્સિન હોય છે. આપણા વિચારો પણ શરીરમાં ટૉક્સિન્સ પેદા કરે છે અને આ જ કારણ છે કે ડૉક્ટર્સ હવે શિવામ્બુ ચિકિત્સાની સલાહ આપતા નથી. બધા જ લોકો આ થેરપી કરી શકે નહીં અને જેને કરવી હોય તેણે ઓછામાં ઓછો પખવાડિયાનો સમય ફાળવવો પડે.'

યુરિન થેરપીના ફાયદા

યુરિન થેરપીના ફાયદા જણાવતાં ડૉ. ફાલ્ગુની કહે છે, 'ઇન્ટરનલ ક્લેન્ઝિંગ થયા બાદ સવારનું જે પહેલું મૂત્ર આવે એ શિવામ્બુ એટલે કે પવિત્ર હશે. એ આર્થ્રાઇટિસ અને સંધિવાત જેવી હાડકાંને લગતી સમસ્યામાં મદદરૂપ છે. આ ઉપરાંત સોરાયસિસ, ઑલ્ઝાઇમર્સ અને ત્વચા સંબંધિત બધી જ સમસ્યાઓમાં એ કારગર સાબિત થાય છે. ડાયાબેટિક લોકોને પણ આ યુરિન ફાયદો આપે છે કારણ કે એ પૅન્ક્રિયાસ એટલે કે સ્વાદુપિંડના સેલ્સને ઍક્ટિવ કરે છે. ઘણા લોકો યુરિન ફેસ પર પણ અપ્લાય કરતા હોય છે. એ પિમ્પલ્સ, ડ્રાર્ક સ્પૉટ્સ અને પિગમેન્ટેશનને દૂર કરવાનું કામ કરે છે. ઘણા લોકોને ચશ્માં હોય તો આંખોમાં યુરિનનાં ડ્રૉપ્સ નાખવામાં આવે તો ચશ્માંના નંબર ઓછા થાય છે અને આંખો સંબંધિત સમસ્યાને દૂર કરવામાં મદદરૂપ સાબિત થાય છે.'

અમારા માટે ફાયદાકારક રહી છે યુરિન થેરપી



માથામાં યુરિન લગાવવાથી વાળ વાઇટ નથી થયા : હર્ષદ ઝાલા

મીરા રોડમાં રહેતા ૬૦ વર્ષના હર્ષદ ઝાલા રિયલ એસ્ટેટ એજેન્ટ છે. તેઓ છેલ્લાં ૩૫ વર્ષથી યુરિન થેરપીનો પ્રયોગ તેમના રૂટીનમાં કરે છે. આ મામલે વાત કરતાં તેઓ જણાવે છે, 'હું ૧૯૯૦થી યુરિનનો ઉપયોગ મારી સ્કિન અને હેર પર કરું છું. મેં 'માનવ મૂત્ર' નામનું એક પુસ્તક જોયું હતું એમાં સ્વમૂત્રને પીવા અને સ્કિન પર લગાવવાથી થતા ફાયદાઓ અને ઉપયોગની પદ્ધતિઓનું વર્ણન થયેલું હતું. હું એ પુસ્તક વાંચીને પ્રભાવિત થઈ ગયો અને ૧૯૯૦થી મેં સવારનું પહેલું સ્વમૂત્ર પીવાનું શરૂ કર્યું. થોડા સમય સુધી આ પ્રયોગ કર્યો ત્યારે મને ચોડું ફેશ ફીલ થવા લાગ્યું અને તકલીફો ઓછી થવા લાગી હતી. જોકે એની સાથે હું હેરવૉશ પહેલાં માથામાં યુરિન લગાવતો અને આ જ કારણ છે કે ૬૦ વર્ષની ઉંમરે પણ મારા વાળ સફેદ થયા નથી. એને આંખોમાં આંજવાથી મોતિયો પણ આવતો નથી. મને પર્સનલી યુરિન થેરપીના ઘણા ફાયદાઓ મળ્યા છે. લોકો મને મારા કાળા વાળનું સીક્રેટ પૂછે તો હું યુરિન થેરપી જ સજેસ્ટ કરું છું. મારા ઘરમાં હું દરરોજ માથામાં લગાવું અને મારા ઘરના સભ્યો ઑકેઝનલી કરે.'

મારી સ્કિનની સમસ્યા દૂર થઈ ગઈ : હર્ષા ગણાત્રા

ઘાટકોપરમાં રહેતાં ૫૦ વર્ષનાં ગૃહિણી હર્ષા ગણાત્રા પણ યુરિન થેરપીમાં છેલ્લાં પચીસ વર્ષથી માને છે. તેમના અનુભવો શૅર કરતાં જણાવે છે, 'મારી સ્કિન બહુ સૉફ્ટ અને બેદાગ હતી, પણ એક વાર બહુ જ પીડાદાયક પિમ્પલ થયું અને એ જાય જ નહીં. એ પિમ્પલની આસપાસ નાનાં-મોટાં પિમ્પલ્સ થઈ રહ્યાં હતાં અને સ્કિન પર એ સ્પૉટ થઈ રહ્યાં હતાં. મેં ઘણા ડૉક્ટર્સને દેખાડ્યું. તેમની દવાઓ પણ મારી સ્કિન પર અસર કરે નહીં, પણ એક વખત સ્વમૂત્ર પીવાના ફાયદાઓ વિશે છપાયેલા પુસ્તક પર મારી નજર પડી. મેં વાંચ્યું પણ પોતાના પર પ્રયોગ કરવામાં મન માનતું નહોતું. જોકે મારી મમ્મીએ કહ્યું કે એક વાર તું ટ્રાય કરી જો. તો મેં પોતાની જાતને કન્વિન્સ કરીને એ પીવાની હિંમત કરી. પહેલા બે-ત્રણ દિવસ તો થોડું ઑડ લાગ્યું પણ પછી એ રૂટીનનો હિસ્સો બની ગયું. મેં મારી સ્કિનના ઉપચાર માટે ૧૬ દિવસ સુધી યુરિનને ચહેરા પર લગાવ્યું અને મને સારું પરિણામ મળ્યું. એ પિમ્પલ જતું રહ્યું ત્યારથી મેં એને જરૂર પડ્યે ચહેરા પર લગાવવાનું અને પીવાનું ચાલુ રાખ્યું. મારા હસબન્ડ પણ બીમાર પડ્યા હતા ત્યારે યુરિન પીધું હતું. તેમને પણ ફાયદો થયો હતો. હું અને મારાં મમ્મી રેગ્યુલરલી યુરિન થેરપી લઈએ છીએ. બહુ જ ઓછા લોકોને ખબર હશે કે સ્વમૂત્ર પિત્તશામક પણ છે. પિત્ત હોય અને યુરિન પીવામાં આવે તો ઊલટી થઈને બધું જ પિત્ત નીકળી જશે અને પેટમાં શાંતિ થશે. સવારનું પહેલું જ મૂત્ર દવાનું કામ કરે. એને ૧૨ કલાક સુધી સ્ટોર કરી શકાય અને જરૂર પડે ત્યારે હું પણ આ રીતે સ્ટોર કરીને રાખું છું.'





> અત્યારે ખાણીપીણી પહેલાં જેવી પ્યૉર નથી. ફૂડ-પ્રોડક્ટ્સની શેલ્ફ-લાઇફ વધારવા માટે કેમિકલનો ઉપયોગ થાય છે. આ કેમિકલ બૉડી જાય પછી કિડની એને ફિલ્ટર કરે છે અને યુરિન સાથે નીકળી જાય છે. જો કિડનીના દરદીઓ યુરિન પીએ તો એને ઇન્ફેક્શન સાથે કિડની સંબંધિત સમસ્યાઓ વધે છે.
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> - ડૉ. ઋજુ ગાલા, કિડની સ્પેશ્યલિસ્ટ



ડૉ. હેતા શાહ, આયુર્વેદ એક્સપર્ટ



ડૉ. ફાલ્ગુની શાહ, નૅચરોપૅથિક ડૉક્ટર

Jansatta • 14 May • Ministry of Ayush

Central Governemnt annoinced 23 Sep as Ayurved Day

19 • PG | 65 • Sqcm | 43730 • AVE | 223.14K • Cir | Bottom Left

Delhi

केंद्र सरकार ने 23 सितंबर को आयुर्वेद दिवस घोषित किया

नई दिल्ली, 13 मई (भाषा)।

केंद्र सरकार ने 23 सितंबर को आधिकारिक तौर पर आयुर्वेद दिवस घोषित किया है। राजपत्र अधिसूचना के माध्यम से 23 मार्च, 2025 को अधिसूचित यह परिवर्तन धनतेरस पर आयुर्वेद दिवस मनाने की पूर्व प्रथा से एक महत्वपूर्ण बदलाव को दर्शाता है।

धनतेरस चंद्रगणना के आधार पर मनाया जाता है। आयुष मंत्रालय द्वारा जारी एक बयान में कहा गया है कि आयुर्वेद दिवस को प्रतिवर्ष आयुर्वेद को 'वैज्ञानिक, साक्ष्य-आधारित और समग्र चिकित्सा प्रणाली' के रूप में बढ़ावा देने के लिए मनाया जाता है, जो निवारक स्वास्थ्य देखभाल और कल्याण में महत्वपूर्ण भूमिका निभाता है। धनतेरस हिंदू माह कार्तिक में मनाया जाने वाला त्योहार है।

Dainik Savera • 14 May • Ministry of Ayush

Punjab ke Odhogig ilako mein khulenge 8 Ayushman Arogye Kendra

8 • PG | 626 • Sqcm | 150137 • AVE | 40.03K • Cir | Middle Center
Chandigarh

पंजाब के औद्योगिक इलाकों में खुलेंगे 8 आयुष्मान आरोग्य केंद्र

• अमृतसर, बठिंडा, फतेहगढ़ साहिब, गुरदासपुर, जालंधर, लुधियाना, पठानकोट व एसएएस नगर में खुलेंगे नए केंद्र

सवेरा न्यूज/विपन

लुधियाना, 13 मई : हाल ही में पंजाब सरकार ने सूबे के शहरी इलाकों में 200 नए आयुष्मान आरोग्य केंद्र खोलने का फैसला किया है ताकि मरीजों को उनके घरों के और नजदीक इलाज की सुविधा मिल सके। अब सरकार ने पंजाब के औद्योगिक इलाकों में 8 स्पैशल आयुष्मान आरोग्य केंद्र खोलने का भी फैसला ले लिया है। यह केंद्र अमृतसर, बठिंडा, फतेहगढ़ साहिब, गुरदासपुर, जालंधर, लुधियाना, पठानकोट व एसएएस नगर में खोले जाएंगे। बता दें कि पंजाब में 881 आम आदमी क्लिनिक व आयुष्मान आरोग्य केंद्र पहले से ही चल रहे हैं। इन क्लिनिकों में लोगों को मुफ्त इलाज, टैस्टों का दवा की सुविधा दी जाती है।

लेबर व फैक्टरी वर्करों की सुविधा के लिए खोले जा रहे स्पैशल केंद्र

दरअसल औद्योगिक इलाकों में भारी संख्या में मजदूरी पैसा व औद्योगिक वर्कर रहते हैं, जिनके लिए दूर दराज के आयुष्मान आरोग्य केंद्रों में जाना मुमकिन नहीं होता है इसलिए सरकार ने मजदूरों व फैक्टरी वर्करों तक इलाज की आसान पहुंच बनाने के लिए औद्योगिक इलाकों में स्पैशल आयुष्मान आरोग्य केंद्र खोलने का फैसला किया है।

पीएसआईईसी की लोकेशनों में खुलेंगे केंद्र

यह आयुष्मान आरोग्य केंद्र 8 जिलों में बने पंजाब स्माल इंडस्ट्री एंड एक्सपोर्ट कॉरपोरेशन (पीएसआईईसी) लोकेशन पर खोले जाएंगे। इसके लिए डीसी बस सिविल सर्जनों को 8 जिलों में पीएसआईपी परिसरों की लोकेशन की लिस्ट भी भेज दी गई है। इसके तहत अमृतसर में न्यू फोकल प्वाइंट, बठिंडा में डी एडक्शन एंड रिहैबिलिटेशन सैंटर के पास आईजीसी बठिंडा, फतेहगढ़ साहब में वजीराबाद के इंडस्ट्रियल पार्क, गुरदासपुर के बटाला, जालंधर में स्पोर्ट्स गुड्स कंपलेक्स, लुधियाना के खन्ना, पठानकोट के आईजीसी पठानकोट, एसएएस नगर में चनालो में आयुष्मान आरोग्य केंद्र खोलने को कहा गया है।

200 नए केंद्रों के लिए जगह चुनने की कवायद तेज

उधर, पंजाब के शहरी इलाकों में 200 नए आयुष्मान आरोग्य केंद्रों के लिए जगह चुनने की कवायद बड़ी तेजी से की जा रही है। लुधियाना में भी इसके तहत 42 आयुष्मान आरोग्य केंद्र खोले जाने हैं, जिसके लिए कई अधिकारियों ने जगह प्रस्तावित कर सिविल सर्जनों को भेज भी दी है।



डिस्ट्रिक्ट हैल्थ सोसायटियों को सौंपी जिम्मेदारी

इन सभी जिलों के डिप्टी कमिश्नरों व सिविल सर्जनों को इन केंद्रों को खोलने के लिए कवायद शुरू करने के निर्देश जारी कर दिए गए हैं। केंद्रों के लिए बिल्डिंग तय करने व सिविल वर्क, रिपेयर, रेनोवेशन, फर्नीचर के लिए जिम्मेदारी डिप्टी कमिश्नर की अगुवाई वाली डिस्ट्रिक्ट हेल्थ सोसाइटियों को दी गई है।

Dainik Savera • 09 May • Ministry of Ayush

Seharo mein khulenge 200 naye ayushman aarogye kendar

3 • PG | 95 • Sqcm | 22885 • AVE | 40.03K • Cir | Bottom Left

Chandigarh

शहरों में खुलेंगे 200 नए आयुष्मान आरोग्य केंद्र

क्लीनिकों के लिए जगह चुनने की कवायद शुरू

इलाकों में 200 नए आयुष्मान आरोग्य केंद्र खोलने का फैसला किया है। सरकार ने नए क्लीनिकों के लिए 'होमवर्क' भी शुरू कर दिया है। विभाग पता लगा रहा है कि नए केंद्रों

सवेरा न्यूज/विधन

लुधियाना, 8 मई: पंजाब के शहरी इलाकों में 242 आयुष्मान आरोग्य केंद्र खुल चुके हैं, जो मरीजों को इलाज, टैस्टिंग व दवा की सुविधाएं दे रहे हैं लेकिन आने वाले समय में मरीजों को इलाज के लिए बहुत दूर नहीं जाना पड़ेगा क्योंकि उनके घरों के नजदीक ही नए आयुष्मान आरोग्य केंद्र खुलने जा रहे हैं। पंजाब सरकार ने राज्य के शहरी



नए केंद्रों क्लीनिकों का जिला वाइज ब्यौरा

अमृतसर	23	फिरोजपुर	06	मालेरकोटला	05	रोपड़	02
बरनाला	06	गुरदासपुर	20	मानसा	04	एसएएस नगर	05
बठिंडा	08	होशियारपुर	02	मोगा	05	एसबीएस नगर	03
फरीदकोट	06	जालंधर	26	श्री मुक्तसर साहिब	08	संगरूर	09
फतेहगढ़ साहिब	03	कपूरथला	04	पठानकोट	08	तरनतारन	02
फाजिल्का	08	लुधियाना	42	पटियाला	03		

की सबसे ज्यादा जरूरत किन-किन जगहों पर है। प्रिंसिपल सैक्रेटरी हैल्थ ने सभी जिलों के डिप्टी कमिश्नरों व सिविल सर्जनों को 12 मई तक नए केंद्रों के लिए लोकेशन प्रस्तावित करने के निर्देश दे दिए हैं। उन्हें कहा गया है कि लोकेशन प्रस्तावित करते वक्त यह ध्यान रखा जाए कि नए खुलने वाले केंद्रों व पहले से चल रहे सरकारी स्वास्थ्य संस्थानों के बीच 3 से तीन किलोमीटर फासला जरूर हो ताकि ज्यादा से ज्यादा मरीजों को इन केंद्रों का फायदा मिल सके। यह भी बताया जा रहा है कि जिन आयुष्मान आरोग्य केंद्रों में ओपीडी बहुत ज्यादा है, उनमें मरीजों की भीड़ घटाने के लिए आसपास कोई दूसरा केंद्र भी खोला जा सकता है।

Navodaya Times • 12 May • Ministry of Ayush

Ayush Ministry ne yog par shuru kiya saptahik Podcast

9 • PG | 260 • Sqcm | 91052 • AVE | 670.26K • Cir | Middle Left

Delhi

आयुष मंत्रालय ने योग पर शुरू किया साप्ताहिक पॉडकास्ट

नई दिल्ली, 11 मई (एजेंसी): आयुष मंत्रालय ने एक नई डिजिटल पहल के तहत साप्ताहिक योग पॉडकास्ट शुरू किया है, जिसे मोरारजी देसाई राष्ट्रीय योग संस्थान (एमडीएनआईवाई) ने तैयार किया है। केंद्रीय आयुष मंत्री और स्वास्थ्य राज्य मंत्री प्रताप राव जाधव ने अपने सोशल मीडिया मंचों पर साप्ताहिक पॉडकास्ट की शुरुआत की।

मंत्रालय ने एक बयान में कहा कि इस पॉडकास्ट का उद्देश्य प्राचीन प्रथाओं को आधुनिक जीवनशैली के साथ मिलाकर योग के शाश्वत ज्ञान को घर-घर तक पहुंचाना है। इसमें कहा गया कि पॉडकास्ट की पहली कड़ी योग की दुनिया में एक परिवर्तनकारी यात्रा की शुरुआत दर्शाती है। पॉडकास्ट श्रृंखला श्रोताओं को व्यावहारिक चर्चाओं और विशेषज्ञ साक्षात्कारों के साथ जोड़ने के लिए तैयार की गई है, जिससे कि योग सभी उम्र और पृष्ठभूमि के लोगों के लिए सुलभ और प्रासंगिक बन सके। इसकी शुरुआत प्रधानमंत्री नरेन्द्र मोदी द्वारा 30 मार्च, 2025 को अपने 'मन की बात' कार्यक्रम के 120वें एपिसोड के दौरान दिए गए संबोधन के बाद की गई, जिसमें उन्होंने अंतरराष्ट्रीय योग दिवस के महत्व और इसके 2025 की विषय वस्तु 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' पर जोर दिया था।

Saamana • 10 May • Ministry of Ayush

Health Ministry employees also at work

6 • PG | 131 • Sqcm | 28860 • AVE | 225K • Cir | Bottom Center

Pune

आरोग्य मंत्रालय कर्मचारीही कामावर

नवी दिल्ली, दि. ९ (वृत्तसंस्था) –केंद्रीय आरोग्य आणि कुटुंब कल्याण मंत्रालयातील कर्मचारी आणि वैद्यकीय अधिकाऱ्यांच्या सुट्ट्या पुढील आदेश मिळेपर्यंत रद्द करण्यात आल्या आहेत. निर्धारित सुट्ट्याही रद्द करण्यात आल्या आहेत. जे अधिकारी सुट्टीवर आहेत त्यांना तत्काळ ड्युटीवर परतण्याचे निर्देश देण्यात आले आहेत.

गुजरातमध्ये फटाके फोडण्यावर बंदी

गुजरात सरकारने राज्यात फटाके फोडण्यावर बंदी घातली आहे. १५ मेपर्यंत कुठल्याही समारंभात, लग्न सोहळ्यात किंवा कुठल्याही कार्यक्रमात फटाके फोडू नयेत असे निर्देश गुजरातचे गृहमंत्री हर्श संघवी यांनी एक्सद्वारे दिले आहेत. सर्व विभागांतील आणि कार्यालयांतील अधिकारी आणि कर्मचाऱ्यांच्या सुट्ट्या तत्काळ रद्द करण्याचे निर्देश जारी केले आहेत. विभाग प्रमुखांच्या मंजुरीविना सुट्ट्यांवर जाऊ नये असे आदेश देण्यात आले आहेत.

Veer Arjun • 09 May • Ministry of Ayush

Ayurved se jude startup ko prayojit karne ki yojna bana rahi delhi sarkar: Rekha Gupta

4 • PG | 375 • Sqcm | 28094 • AVE | 60K • Cir | Top Right
Delhi

आयुर्वेद से जुड़े स्टार्ट-अप को प्रायोजित करने की योजना बना रही दिल्ली सरकार: मुख्यमंत्री रेखा गुप्ता

वीर अर्जुन संवाददाता

नई दिल्ली। दिल्ली की मुख्यमंत्री रेखा गुप्ता ने बृहस्पतिवार को कहा कि दिल्ली सरकार वैश्विक आयुर्वेद शिखर सम्मेलन की मेजबानी करने और सदियों पुरानी भारतीय चिकित्सा प्रणाली पर केंद्रित स्टार्ट-अप को सहायता प्रदान करने की योजना बना रही है। यहां अखिल भारतीय आयुर्वेदिक कांग्रेस को संबोधित करते हुए गुप्ता ने कहा कि जिस तरह से आयुर्वेद वैश्विक स्तर पर लोकप्रिय हो रहा है, अन्य देश अधिक जानकारी और आयुर्वेदिक दवाओं की उपलब्धता के लिए भारत की ओर देख रहे हैं।

उन्होंने कहा, मैं प्रधानमंत्री नरेन्द्र मोदी को आयुष मंत्रालय की स्थापना करने और नीतियां बनाकर आयुर्वेद और अन्य



संबंधित औषधीय प्रणालियों को एक बड़ा मंच प्रदान करने के लिए धन्यवाद देती हूं। उन्होंने कहा कि अखिल भारतीय आयुर्विज्ञान संस्थान की तर्ज पर दिल्ली में अखिल भारतीय आयुर्वेद संस्थान की स्थापना एक बड़ी उपलब्धि है। क्षेत्र के विशेषज्ञों को संबोधित करते हुए उन्होंने कहा, हमें दिल्ली में एक वैश्विक आयुर्वेद शिखर सम्मेलन आयोजित करना चाहिए जिसे सरकार का समर्थन मिलेगा। हम शिखर सम्मेलन में दुनिया भर के लोगों के सामने आयुर्वेदिक प्रणाली को पेश कर सकते हैं। उन्होंने कहा कि दिल्ली सरकार युवाओं को इस क्षेत्र में काम करने के वास्ते प्रोत्साहित करने के लिए आयुर्वेद आधारित स्टार्ट-अप को प्रायोजित करने जैसी विभिन्न पहल शुरू करने की योजना बना रही है, जबकि योग गुरुओं और विशेषज्ञों को नवाचार पर काम करने के लिए प्रोत्साहित किया जा रहा है।

उन्होंने सभी आयुर्वेद ग्रंथों और ज्ञान को डिजिटल स्वरूप प्रदान करने का भी सुझाव दिया। मुख्यमंत्री ने कहा कि दिल्ली में कुल 197 आयुष केंद्र संचालित है जहां आयुर्वेदिक दवाएं प्रदान की जाती है। उन्होंने कहा कि इन आयुष केंद्रों में 55 आयुर्वेद, 25 यूनानी और 117 होम्योपैथी चिकित्सा से जुड़े केंद्र शामिल है।

Samaj • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

7 • PG	262 • Sqcm	138624 • AVE	1.11M • Cir	Middle Center

Bhubaneshwar

ଅଭିନ୍ନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ ମେଡିକାଲ କଲେଜ ଛାତ୍ର ସଂସଦ ବାର୍ଷିକ ଉତ୍ସବ

ରାଜ୍ୟରେ ୩ ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା ହେବ: ମୁଖ୍ୟମନ୍ତ୍ରୀ



- ନୂତନ ଏମରଜେନ୍ସି ୟୁନିଟ୍‌ର ଶିଳାନ୍ୟାସ
- ନୂଆ 'ହୋମିଓପାଥ୍ ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ' ଖୋଲିବାକୁ ଘୋଷଣା

ଭୁବନେଶ୍ୱର, ୭।୫ (ନି.ପ୍ର): ଓଡ଼ିଶାରେ ହୋମିଓପାଥ୍‌କ୍ ଶିକ୍ଷାର ପ୍ରସାର ଓ ଚିକିତ୍ସାର ଲୋକପ୍ରିୟତା ବୃଦ୍ଧି ଦିଗରେ ଡ. ଅଭିନ୍ନଚନ୍ଦ୍ର ହୋମିଓପାଥ୍‌କ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଅବଦାନ ଅତୁଳନୀୟ। ହୋମିଓପାଥ୍‌କ୍ ଶିକ୍ଷା, ଗବେଷଣା ଓ ପ୍ରଶିକ୍ଷଣ କ୍ଷେତ୍ରରେ ଏହା କେବଳ ରାଜ୍ୟ ନାହିଁକି, ସାରା ଦେଶର ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଅନୁଷ୍ଠାନ। ଦୀର୍ଘ ୫୬ ବର୍ଷ ଧରି ଶିକ୍ଷାର ପ୍ରସାର କରି ଚାଲିଛି ଏବଂ ଅନେକ ସୁନାମଧନ୍ୟ ଡାକ୍ତର ସୃଷ୍ଟି କରିଛି ବୋଲି ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନଚରଣ ମାଝୀ କହିଛନ୍ତି। ବୁଧବାର ଭୁବନେଶ୍ୱରସ୍ଥିତ ଡ. ଅଭିନ୍ନଚନ୍ଦ୍ର ହୋମିଓପାଥ୍‌କ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲ ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦେଇ ସେଠାରେ ଏକ ନୂତନ ଏମରଜେନ୍ସି ୟୁନିଟ୍‌ର ଶିଳାନ୍ୟାସ ସହିତ କଲେଜରେ ହୋମିଓପାଥ୍ ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ ବୋଲି ମୁଖ୍ୟମନ୍ତ୍ରୀ ଶ୍ରୀ ମାଝୀ ଘୋଷଣା କରିଛନ୍ତି। ଏହି ଅବସରରେ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏକ ରକ୍ତଦାନ ଶିବିରର ଉଦ୍‌ଘାଟନ ମଧ୍ୟ କରିଛନ୍ତି। କାର୍ଯ୍ୟକ୍ରମରେ ଅଭିଭାଷଣ ରଖି ମୁଖ୍ୟମନ୍ତ୍ରୀ ଆହୁରି ମଧ୍ୟ କହିଥିଲେ ଯେ, ଏହି ମହାବିଦ୍ୟାଳୟ ଏକ ହୋମିଓପାଥ୍‌କ ଔଷଧ ତିଆରି କାରଖାନା ପରିଚାଳନା କରୁଛି। ଏଥିରୁ ପ୍ରସ୍ତୁତ ଔଷଧ ବିଭିନ୍ନ ହସ୍ପିଟାଲକୁ ଯୋଗାଇ ଦିଆଯାଉଛି, ଏହା ପ୍ରଶଂସାଯୋଗ୍ୟ। ରାଜ୍ୟରେ ସ୍ୱାସ୍ଥ୍ୟସେବାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର କ୍ରମାଗତ ଭାବେ ଉଦ୍ୟମ କରିଚାଲିଛନ୍ତି। ଅନୁସନ୍ଧାନରୁ ଜଣାଯାଇଛି ଯେ, ସାରା ଭାରତର ଆୟୁଷ ଅର୍ଥନୀତିର ପ୍ରାୟ ୧୫ ପ୍ରତିଶତ ହୋମିଓପାଥ୍‌କ୍ ଚିକିତ୍ସା ବ୍ୟବସ୍ଥା ଦ୍ୱାରା ପରିଚାଳିତ। ରାଜ୍ୟରେ ବର୍ତ୍ତମାନ ଏହି ମହାବିଦ୍ୟାଳୟକୁ ମିଶାଇ ୪ଟି ସରକାରୀ ହୋମିଓପାଥ୍‌କ୍ ମହାବିଦ୍ୟାଳୟ ଓ ଚିକିତ୍ସାଳୟ ଅଛି। ଏହାସହିତ ୫୬୨ଟି ସରକାରୀ ହୋମିଓପାଥ୍‌କ୍ ଡାକ୍ତରଖାନା ମଧ୍ୟ ଅଛି। ଆୟୁଷ ଚିକିତ୍ସାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଢେଙ୍କାନାଳ, ବ୍ରହ୍ମପୁର ଓ ବାଲେଶ୍ୱରରେ ତିନୋଟି ସମ୍ବନ୍ଧିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବାକୁ ନିଷ୍ପତ୍ତି ନେଇଛନ୍ତି ବୋଲି ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଥିଲେ। କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦେଇ ସ୍ୱାସ୍ଥ୍ୟ ମନ୍ତ୍ରୀ ଡ. ମୁକେଶ ମହାଲିଙ୍ଗ କହିଥିଲେ ଯେ, ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରରେ ହୋମିଓପାଥ୍‌କ ଚିକିତ୍ସା ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରେ ଏବଂ ଡ. ଅଭିନ୍ନଚନ୍ଦ୍ର ହୋମିଓପାଥ୍‌କ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ରଛାତ୍ରୀ ଏହି ପ୍ରାମାଣିକ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆହୁରି ଜନାଭିମୁଖୀ କରିଛନ୍ତି। ଓଡ଼ିଶାରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମିର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ଡବଲ ଇଞ୍ଜିନ ସରକାର ଜୋରଦାର୍ ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି। ଏ କ୍ଷେତ୍ରରେ ଆମେ ଆମର ଲକ୍ଷ୍ୟଧାର୍ଯ୍ୟକୁ ଅତିକ୍ରମ କରିବୁ ବୋଲି ମୋର ଦୃଢ଼ ବିଶ୍ୱାସ। କାର୍ଯ୍ୟକ୍ରମରେ ଏକାମ୍ର ଭୁବନେଶ୍ୱର ବିଧାୟକ ବାବୁ ସିଂ, ସ୍ୱାସ୍ଥ୍ୟ ବିଭାଗ ସଚିବ ଅଶ୍ୱିନୀ ଏସ୍, ପଦ୍ମଶ୍ରୀ ଡା. ଅଶୋକ ମହାପାତ୍ର, ଡା. ଏଲ୍. କେ. ନନ୍ଦ ମଞ୍ଚାସୀନ ଥିବାବେଳେ ମହାବିଦ୍ୟାଳୟର ଅଧ୍ୟକ୍ଷା ଡ. ପୁଷ୍ପାଞ୍ଜଳି ପାତ୍ର ସ୍ୱାଗତ ଭାଷଣ ଦେଇଥିଲେ। ଛାତ୍ର ସଂସଦର ସଭାପତି ଲିପିକ ମହାପାତ୍ର ବିବରଣୀ ପାଠ କରିଥିଲେ ଏବଂ ଛାତ୍ର ସଂସଦର ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟଦର୍ଶନ ସ୍ୱାଇଁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ।

Nitidin • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

1, 5 • PG	346 • Sqcm	277105 • AVE	505.03K • Cir	Bottom Center,Bottom Left

Bhubaneshwar

ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ୍ କଲେଜ ଓ ହସ୍ପିଟାଲ୍‌ରରେ ଏମର୍‌ଜେନ୍ସି ୟୁନିଟ୍‌ର ଶିଳାନ୍ୟାସ

ଓଡ଼ିଶାରେ ୩ ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ଖୁବ୍‌ଶୀଘ୍ର: ମୁଖ୍ୟମନ୍ତ୍ରୀ

ଭୁବନେଶ୍ୱର,୭।୫/ଏନ୍‌ଏନ୍‌ଏସ୍:

ରାଜ୍ୟରେ ସ୍ୱାସ୍ଥ୍ୟସେବାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର କ୍ରମାଗତ ଭାବେ ଉଦ୍ୟମ କରିଚାଲିଛନ୍ତି। ସାରା ଭାରତର ଆୟୁଷ ଅର୍ଥନୀତିର ପ୍ରାୟ ୧୫% ହୋମିଓପାଥିକ ଚିକିତ୍ସା ବ୍ୟବସ୍ଥା ଦ୍ୱାରା ପରିଚାଳିତ। ରାଜ୍ୟରେ ବର୍ତ୍ତମାନ ଏହି ମହାବିଦ୍ୟାଳୟକୁ ମିଶାଇ ୪ଟି ସରକାରୀ ହୋମିଓପାଥିକ୍ ମହାବିଦ୍ୟାଳୟ ଓ ଚିକିତ୍ସାଳୟ ଅଛି। ଏହା ସହିତ ୫୬୨ସରକାରୀ ହୋମିଓପାଥିକ୍ ଡାକ୍ତରଖାନା ମଧ୍ୟ ଅଛି। ଆୟୁଷ ଚିକିତ୍ସାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଢେଙ୍କାନାଳ, ବ୍ରହ୍ମପୁର ଓ ବାଲେଶ୍ୱର ଠାରେ ତିନୋଟି ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବାକୁ ନିଷ୍ପତ୍ତି ନେଇଛନ୍ତି।



ବୁଧବାର ଭୁବନେଶ୍ୱରସ୍ଥିତ ଡ. ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ୍ କଲେଜ ଓ ହସ୍ପିଟାଲ୍‌ରେ ଏକ ନୂତନ ଏମର୍‌ଜେନ୍ସି ୟୁନିଟ୍‌ର ଶିଳାନ୍ୟାସ କରି ଏହା କହିଛନ୍ତି ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ। କଲେଜ ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦାନ କରି ଶ୍ରୀ ମାଝୀ ଅନୁଷ୍ଠାନର ଏକ ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ ବୋଲି ଘୋଷଣା କରିଛନ୍ତି।

ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତି ଯେ ଓଡ଼ିଶାରେ ହୋମିଓପାଥିକ୍ ଶିକ୍ଷାର ପ୍ରସାର ଓ ହୋମିଓପାଥିକ୍ ଚିକିତ୍ସାର ଲୋକପ୍ରିୟତା ବୃଦ୍ଧି ଦିଗରେ ଡ. ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ୍ କଲେଜ ଓ ହସ୍ପିଟାଲ୍‌ର ଅବଦାନ ଅତୁଳନୀୟ। ଏହି କଲେଜ୍ ରାଜ୍ୟର ଏକ ପ୍ରତିଷ୍ଠିତ କଲେଜ୍। ହୋମିଓପାଥିକ୍ ଶିକ୍ଷା, ଗବେଷଣା ଓ ପ୍ରଶିକ୍ଷଣ କ୍ଷେତ୍ରରେ ଏହା କେବଳ ରାଜ୍ୟ ନାହିଁକି, ସାରା ଦେଶର ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଅନୁଷ୍ଠାନ। ଦୀର୍ଘ ୫୬ ବର୍ଷ ଧରି ଏହା ଅବିରତ ଭାବେ ଶିକ୍ଷାର ପ୍ରସାର କରିଚାଲିଛି ଏବଂ ଅନେକ ସୁନାମଧନ୍ୟ ଡାକ୍ତର ସୃଷ୍ଟି କରିଛି। ଏହି ମହାବିଦ୍ୟାଳୟର ଏକ ବିଶେଷତ୍ୱ ହେଉଛି ଯେ ଏହା ଏକ ହୋମିଓପାଥିକ ଔଷଧ ତିଆରି କାରଖାନା ପରିଚାଳନା କରୁଛି। ଏଥିରୁ ପ୍ରସ୍ତୁତି ଔଷଧ ବିଭିନ୍ନ ହସ୍ପିଟାଲ୍‌କୁ ଯୋଗାଇ ଦିଆଯାଉଛି। ଏହା ନିଶ୍ଚିତ ଭାବେ ଖୁବ୍ ପ୍ରଶଂସାଯୋଗ୍ୟ।

ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତି ଯେ ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରର ବିକାଶ ପାଇଁ ରାଜ୍ୟ ସରକାର ବଜେଟ୍‌ରେ ୨୩ ହଜାର ୬୩୫ କୋଟି ଟଙ୍କାର ବ୍ୟୟବରାଦ କରିଛନ୍ତି। ଏହା ରାଜ୍ୟ ବଜେଟ୍‌ର ୮%ରୁ ଅଧିକ। ଏଥିରୁ ଆପଣମାନେ ଅନୁମାନ କରିପାରୁଥିବେ ଯେ ଆମେ ସ୍ୱାସ୍ଥ୍ୟକ୍ଷେତ୍ରକୁ କେତେ ଗୁରୁତ୍ୱ ଦେଉଛୁ। ଆମ ସରକାର ଆସିବା ପରେ ଏହାକୁ ଓଡ଼ିଶାରେ କାର୍ଯ୍ୟକାରୀ କଲେ। ଆୟୁଷ୍ମାନ ଭାରତ ପ୍ରଧାନମନ୍ତ୍ରୀ ଜନଆରୋଗ୍ୟ ଯୋଜନା ଦ୍ୱାରା ରାଜ୍ୟର ଏକ କୋଟିରୁ ଅଧିକ ଲୋକ ଦେଶର ୨୯ ହଜାର ସରକାରୀ ଓ ବେସରକାରୀ ହସ୍ପିଟାଲ୍‌ରେ ଚିକିତ୍ସା ପାଇପାରୁଛନ୍ତି। କାର୍ଯ୍ୟକ୍ରମରେ ▶▶ ୪

ଓଡ଼ିଶାରେ ୩ ସମନ୍ୱିତ...

ଯୋଗଦେଇ ସ୍ୱାସ୍ଥ୍ୟମନ୍ତ୍ରୀ ଡ. ମୁକେଶ ମହାଲିଙ୍ଗ କହିଥିଲେ ଯେ ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରରେ ହୋମିଓପାଥିକ୍ ଚିକିତ୍ସା ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରେ ଏବଂ ଡ. ଅଜିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ୍ କଲେଜ ଓ ହସ୍ପିଟାଲ୍‌ର ଛାତ୍ରଛାତ୍ରୀମାନେ ଏହି ପ୍ରାମାଣିକ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆହୁରି ଜନାଭିମୁଖୀ କରିଛନ୍ତି। ଓଡ଼ିଶାରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମିର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ଡବଲ୍ ଇଞ୍ଜିନ୍ ସରକାର ଜୋରଦାର୍ ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି। ତେଣୁ, ଏ କ୍ଷେତ୍ରରେ ଆମେ ଆମର ଧାର୍ଯ୍ୟ ଲକ୍ଷ୍ୟକୁ ଅତିକ୍ରମ କରିବୁ ବୋଲି ମୋର ଦୃଢ଼ ବିଶ୍ୱାସ।

ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଏକାମ୍ର ଭୁବନେଶ୍ୱର ବିଧାୟକ ବାବୁ ଙ୍କି, ସ୍ୱାସ୍ଥ୍ୟ ବିଭାଗ ସଚିବ ଅଶ୍ୱଥି ଏସ୍, ପଦ୍ମଶ୍ରୀ ଡ. ଅଶୋକ ମହାପାତ୍ର, ମୁଖ୍ୟବକ୍ତା, ଡ. ଏଲ୍.କେ. ନନ୍ଦ ମାଆସୀନ ଥିଲେ। ମହାବିଦ୍ୟାଳୟର ଅଧକ୍ଷା ଡ. ପୁଷାଞ୍ଜଳି ପାତ୍ର ସ୍ୱାଗତ ଭାଷଣ ଦେଇଥିଲେ। ମହାବିଦ୍ୟାଳୟ ଛାତ୍ର ସଂସଦର ସଭାପତି ଲିପକ ମହାପାତ୍ର ବିବରଣୀ ପାଠ କରିଥିଲେ ଏବଂ ଛାତ୍ର ସଂସଦର ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟ ଦର୍ଶନ ସ୍ୱାଇଁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ।

Swadhikar • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

8 • PG | 332 • Sqcm | 5969 • AVE | 222.75K • Cir | Top Left

Bhubaneshwar

ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବ

ରାଜ୍ୟରେ ପ୍ରତିଷ୍ଠା ହେବ ୩ ଆୟୁଷ ଚିକିତ୍ସାଳୟ : ମୁଖ୍ୟମନ୍ତ୍ରୀ



ଭୁବନେଶ୍ୱର, ୭।୫ (ସ୍ୱାଧିକାର ନ୍ୟୁଜ) : ଆୟୁଷ ଚିକିତ୍ସାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଢେଙ୍କାନାଳ, ବ୍ରହ୍ମପୁର ଓ ବାଲେଶ୍ୱରରେ ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବାକୁ ନିଷ୍ପତ୍ତି ନେଇଛନ୍ତି। ଭୁବନେଶ୍ୱରସ୍ଥିତ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦାନ କରି ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ ଆଜି ଏହା କହିଛନ୍ତି। ଏଥି ସହିତ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲରେ ଏକ ନୂତନ ଏମରଜେନ୍ସି ୟୁନିଟର ଶିଳାନ୍ୟାସ କରିବା ସହିତ କଲେଜରେ ଏକ ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ ବୋଲି ଘୋଷଣା କରିଛନ୍ତି। ଏହି ଅବସରରେ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏକ ରକ୍ତଦାନ ଶିବିରର ଉଦଘାଟନ ମଧ୍ୟ କରିଥିଲେ।

ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତି ଯେ, ଓଡିଶାରେ ହୋମିଓପାଥିକ୍ ଶିକ୍ଷାର ପ୍ରସାର ଓ ହୋମିଓପାଥିକ୍ ଚିକିତ୍ସାର ଲୋକପ୍ରିୟତା ବୃଦ୍ଧି ଦିଗରେ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଅବଦାନ ଅତୁଳନୀୟ। ଏହି କଲେଜ୍ ରାଜ୍ୟର ଏକ ପ୍ରତିଷ୍ଠିତ କଲେଜ୍। ହୋମିଓପାଥିକ୍ ଶିକ୍ଷା, ଗବେଷଣା ଓ ପ୍ରଶିକ୍ଷଣ କ୍ଷେତ୍ରରେ ଏହା କେବଳ ରାଜ୍ୟ ନାହିଁକି, ସାରା ଦେଶର ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଅନୁଷ୍ଠାନ। ଦୀର୍ଘ ୫୬ ବର୍ଷ ଧରି ଏହା ଅବିରତ ଭାବେ ଶିକ୍ଷାର ପ୍ରସାର କରି ଚାଲିଛି ଏବଂ ଅନେକ ସୁନାମଧନ୍ୟ ଡାକ୍ତର ସୃଷ୍ଟି କରିଛି। ମୁଖ୍ୟମନ୍ତ୍ରୀ ଆହୁରି ମଧ୍ୟ କହିଥିଲେ ଯେ, ଏହି ମହାବିଦ୍ୟାଳୟର ଏକ ବିଶେଷତ୍ୱ ହେଉଛି ଯେ, ଏହା ଏକ ହୋମିଓପାଥିକ ଔଷଧ ତିଆରି କାରଖାନା ପରିଚାଳନା କରୁଛି। ଏଥିରୁ ପ୍ରସ୍ତୁତି ଔଷଧ ବିଭିନ୍ନ ହସ୍ପିଟାଲକୁ ଯୋଗାଇ ଦିଆଯାଉଛି। ଏହା ନିଶ୍ଚିତ ଭାବେ ଖୁବ୍ ପ୍ରଶଂସାଯୋଗ୍ୟ।

ରାଜ୍ୟରେ ସ୍ୱାସ୍ଥ୍ୟସେବାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର କ୍ରମାଗତ ଭାବେ ଉଦ୍ୟମ କରିଚାଲିଛନ୍ତି। ଅନୁସନ୍ଧାନରୁ ଜଣାଯାଇଛି ଯେ, ସାରା ଭାରତର ଆୟୁଷ ଅର୍ଥନୀତିର ପ୍ରାୟ ୧୫ ପ୍ରତିଶତ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ବ୍ୟବସ୍ଥା ଦ୍ୱାରା ପରିଚାଳିତ। ରାଜ୍ୟରେ ବର୍ତ୍ତମାନ ଏହି ମହାବିଦ୍ୟାଳୟକୁ ମିଶାଇ ୪ଟି ସରକାରୀ ହୋମିଓପାଥିକ୍ ମହାବିଦ୍ୟାଳୟ ଓ ଚିକିତ୍ସାଳୟ ଅଛି। ଏହା ସହିତ ୫୬୨ଟି ସରକାରୀ ହୋମିଓପାଥିକ୍ ଡାକ୍ତରଖାନା ମଧ୍ୟ ଅଛି।

ମୁଖ୍ୟମନ୍ତ୍ରୀ ପୁଣି କହିଥିଲେ ଯେ, ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରର ବିକାଶ ପାଇଁ ରାଜ୍ୟ ସରକାର ବଜେଟ୍ରେ ୨୩ ହଜାର ୬୩୫ କୋଟି ଟଙ୍କାର ବ୍ୟୟବରାଦ କରିଛନ୍ତି। ଏହା ରାଜ୍ୟ ବଜେଟ୍ର ୮ ପ୍ରତିଶତରୁ ଅଧିକ। ଏଥିରୁ ଆପଣମାନେ ଅନୁମାନ କରିପାରୁଥିବେ ଯେ ଆମେ ସ୍ୱାସ୍ଥ୍ୟକ୍ଷେତ୍ରକୁ କେତେ ଗୁରୁତ୍ୱ ଦେଉଛୁ। ଆମ ସରକାର ଆସିବା ପରେ ଏହାକୁ ଓଡିଶାରେ କାର୍ଯ୍ୟକାରୀ କରେ। ଆୟୁଷ୍ମାନ ଭାରତ ପ୍ରଧାନମନ୍ତ୍ରୀ ଜନଆରୋଗ୍ୟ ଯୋଜନା ଦ୍ୱାରା ରାଜ୍ୟର ଏକ କୋଟିରୁ ଅଧିକ ଲୋକ ଦେଶର ୨୯ ହଜାର ସରକାରୀ ଓ ବେସରକାରୀ ହସ୍ପିଟାଲରେ ଚିକିତ୍ସା ପାଇ ପାରୁଛନ୍ତି।

କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦେଇ ସ୍ୱାସ୍ଥ୍ୟ ମନ୍ତ୍ରୀ ଡଃ ମୁକେଶ ମହାଲିଙ୍ଗ କହିଥିଲେଯେ, ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରରେ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରେ ଏବଂ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ରଛାତ୍ରୀ ମାନେ ଏହି ପ୍ରାମାଣିକ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆହୁରି ଜନାଭିମୁଖୀ କରିଛନ୍ତି। ଓଡିଶାରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମିର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ଡବଲ ଇଞ୍ଜିନ ସରକାର ଜୋରଦାର୍ ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି। ତେଣୁ, ଏ କ୍ଷେତ୍ରରେ ଆମେ ଆମର ଧାର୍ଯ୍ୟ ଲକ୍ଷ୍ୟକୁ ଅତିକ୍ରମ କରିବୁ ବୋଲି ମୋର ଦୃଢ ବିଶ୍ୱାସ।

ଉକ୍ତ କାର୍ଯ୍ୟକ୍ରମରେ ବିଧାୟକ, ଏକାମ୍ର ଭୁବନେଶ୍ୱର ବାବୁ ସିଂ, ସ୍ୱାସ୍ଥ୍ୟ ବିଭାଗ ସଚିବ ଅଶ୍ୱଥି ଏସ, ପଦ୍ମଶ୍ରୀ ଡକ୍ଟର ଅଶୋକ ମହାପାତ୍ର, ମୁଖ୍ୟବକ୍ତା, ଡକ୍ଟର ଏଚ୍. କେ. ନନ୍ଦ ମଂଗଝୀନ ଥିବା ବେଳେ ମହାବିଦ୍ୟାଳୟର ଅଧକ୍ଷା ଡଃ ପୁଷ୍ପାଞ୍ଜଳି ପାତ୍ର ସ୍ୱାଗତ ଭାଷଣ ଦେଇଥିଲେ ମହାବିଦ୍ୟାଳୟ ଛାତ୍ର ସଂସଦର ସଭାପତି ଲିପକ ମହାପାତ୍ର ବିବରଣୀ ପାଠ କରିଥିଲେ ଏବଂ ଛାତ୍ର ସଂସଦର ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟ ଦର୍ଶନ ସ୍ୱାଇଁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ।

Odisha Bhaskar • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

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Bhubaneshwar

ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲ ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବ

ନୂତନ ଏମର୍‌ଜେନ୍ସି ୟୁନିଟର ଶିଳାନ୍ୟାସ କଲେ ମୁଖ୍ୟମନ୍ତ୍ରୀ



ଭୁବନେଶ୍ୱର(ଭାସ୍କର ନ୍ୟୁଜ): ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ ବୁଧବାର ଭୁବନେଶ୍ୱର ସ୍ଥିତ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦାନ କରି ସେଠାରେ ଏକ ନୂତନ ଏମରଜେନ୍ସି ୟୁନିଟର ଶିଳାନ୍ୟାସ କରିବା ସହିତ କଲେଜ୍‌ରେ ଏକ ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ ବୋଲି ଘୋଷଣା କରିଛନ୍ତି । ଏହି ଅବସରରେ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏକ ରକ୍ତଦାନ ଶିବିରର ଉଦ୍‌ଘାଟନ ମଧ୍ୟ କରିଛନ୍ତି। ଏହି ଅବସରରେ ଅଭିଭାଷଣ ରଖି ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତିଯେ, ଓଡିଶାରେ ହୋମିଓପାଥିକ୍ ଶିକ୍ଷାର ପ୍ରସାର ଓ ହୋମିଓପାଥିକ୍ ଚିକିତ୍ସାର ଲୋକପ୍ରିୟତା ବୃଦ୍ଧି ଦିଗରେ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଅବଦାନ ଅତୁଳନୀୟ। ଏହି କଲେଜ୍ ରାଜ୍ୟର ଏକ ପ୍ରତିଷ୍ଠିତ କଲେଜ୍। ହୋମିଓପାଥିକ୍ ଶିକ୍ଷା, ଗବେଷଣା ଓ ପ୍ରଶିକ୍ଷଣ କ୍ଷେତ୍ରରେ ଏହା କେବଳ ରାଜ୍ୟ କାହିଁକି, ସାରା ଦେଶର ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଅନୁଷ୍ଠାନ। ଦୀର୍ଘ ୫୬ ବର୍ଷ ଧରି ଏହା ଅବିରତ ଭାବେ ଶିକ୍ଷାର ପ୍ରସାର କରି ଚାଲିଛି ଏବଂ ଅନେକ ସୁନାମଧନ୍ୟ ଡାକ୍ତର ସୃଷ୍ଟି କରିଛି। କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦେଇ ସ୍ୱାସ୍ଥ୍ୟ ମନ୍ତ୍ରୀ ଡଃ ମୁକେଶ ମହାଲିଙ୍ଗ କହିଥିଲେଯେ, ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରରେ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରେ ଏବଂ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ରଛାତ୍ରୀ ମାନେ ଏହି ପ୍ରାମାଣିକ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆହୁରି ଜନାଭିମୁଖୀ କରିଛନ୍ତି। ଓଡିଶାରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମିର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ଡବଲ ଇଞ୍ଜିନ ସରକାର ଜୋରଦାର୍ ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି। ତେଣୁ, ଏ କ୍ଷେତ୍ରରେ ଆମେ ଆମର ଧାର୍ଯ୍ୟ ଲକ୍ଷ୍ୟକୁ ଅତିକ୍ରମ କରିବୁ ବୋଲି ମୋର ଦୃଢ ବିଶ୍ୱାସ। କାର୍ଯ୍ୟକ୍ରମରେ ବିଧାୟକ, ଏକାମ୍ର ଭୁବନେଶ୍ୱର ବାବୁ ସିଂ, ସ୍ୱାସ୍ଥ୍ୟ ବିଭାଗ ସଚିବ ଅଶ୍ୱଥି ଏସ, ପଦ୍ମଶ୍ରୀ ଡକ୍ଟର ଅଶୋକ ମହାପାତ୍ର, ମୁଖ୍ୟବକ୍ତା, ଡକ୍ଟର ଏଲ୍. କେ. ନନ୍ଦ ମଞ୍ଚାସୀନ ଥିବା ବେଳେ ମହାବିଦ୍ୟାଳୟର ଅଧ୍ୟକ୍ଷା ଡଃ ପୁଷ୍ପାଞ୍ଜଳି ପାତ୍ର ସ୍ୱାଗତ ଭାଷଣ ଦେଇଥିଲେ ମହାବିଦ୍ୟାଳୟ ଛାତ୍ର ସଂସଦର ସଭାପତି ଶ୍ରୀ ଲିପକ ମହାପାତ୍ର ବିବରଣୀ ପାଠ କରିଥିଲେ ଏବଂ ଛାତ୍ର ସଂସଦର ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟ ଦର୍ଶନ ସ୍ୱାଇଁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ।

Dharitri • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

5 • PG	240 • Sqcm	99216 • AVE	1.57M • Cir	Bottom Left

Bhubaneshwar

ନୂଆ 'ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ' ଖୋଲିବ: ମୁଖ୍ୟମନ୍ତ୍ରୀ

ଭୁବନେଶ୍ୱର, ୭।୫(ଅନୁରାଧା ମହାରଣା)

ଡ. ଅଭିନ୍ନ ଚନ୍ଦ୍ର ହୋମିଓପାଥିକ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବ ବୁଧବାର ଅନୁଷ୍ଠିତ ହୋଇଯାଇଛି। ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ ଉତ୍ସବରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦେଇ ଏକ ନୂତନ ଏମରଜେନ୍ସି ୟୁନିଟ୍‌ର ଶିଳାନ୍ୟାସ କରିବା ସହ କଲେଜରେ ଏକ ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ ବୋଲି ଘୋଷଣା କରିଛନ୍ତି। ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏକ ରକ୍ତଦାନ ଶିବିରର ମଧ୍ୟ ଉଦ୍‌ଘାଟନ କରିଛନ୍ତି। ଏହି ଅବସରରେ ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତି, ଓଡ଼ିଶାରେ ହୋମିଓପାଥିକ ଶିକ୍ଷାର ପ୍ରସାର ଓ ହୋମିଓପାଥିକ ଚିକିତ୍ସାର ଲୋକପ୍ରିୟତା ବୃଦ୍ଧି ଦିଗରେ ଡ. ଅଭିନ୍ନ ଚନ୍ଦ୍ର ହୋମିଓପାଥିକ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଅବଦାନ ଅତୁଳନୀୟ। ହୋମିଓପାଥିକ ଶିକ୍ଷା, ଗବେଷଣା ଓ ପ୍ରଶିକ୍ଷଣ କ୍ଷେତ୍ରରେ ଏହା କେବଳ ରାଜ୍ୟ କାହିଁକି, ସାରା ଦେଶର ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଅନୁଷ୍ଠାନ। ଦୀର୍ଘ ୫୬ ବର୍ଷ ଧରି ଏହା ଅବିରତ ଭାବେ ଶିକ୍ଷାର ପ୍ରସାର କରି ଚାଲିଛି ଏବଂ ଅନେକ ସୁନାମଧନ୍ୟ ଡାକ୍ତର ସୃଷ୍ଟି କରିଛି। ସେ କହିଥିଲେ, ସାରା ଭାରତର ଆୟୁଷ ଅର୍ଥନୀତିର ପ୍ରାୟ ୧୫ ପ୍ରତିଶତ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ବ୍ୟବସ୍ଥା ଦ୍ୱାରା ପରିଚାଳିତ। ରାଜ୍ୟରେ ବର୍ତ୍ତମାନ ଏହି ମହାବିଦ୍ୟାଳୟକୁ ମିଶାଇ ୪ଟି ସରକାରୀ ହୋମିଓପାଥିକ ମହାବିଦ୍ୟାଳୟ ଓ ଚିକିତ୍ସାଳୟ ଅଛି। ଏହା ସହ ୫୬୨ଟି ସରକାରୀ ହୋମିଓପାଥିକ୍ ଡାକ୍ତରଖାନା ମଧ୍ୟ ଅଛି। ଆୟୁଷ ଚିକିତ୍ସାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଡେଙ୍କାନାଳ, କୁନ୍ଦୁପୁର ଓ ବାଲେଶ୍ୱରଠାରେ ତିନୋଟି ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବାକୁ ନିଷ୍ପତ୍ତି ନେଇଛନ୍ତି ବୋଲି ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଥିଲେ। ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରର ବିକାଶ ପାଇଁ ରାଜ୍ୟ ସରକାର ବଜେଟରେ ୨୩ ହଜାର ୬୩୫ କୋଟି ଟଙ୍କାର ବ୍ୟୟବରାଦ କରିଛନ୍ତି। ଏହା ରାଜ୍ୟ ବଜେଟର ୮ ପ୍ରତିଶତରୁ ଅଧିକ। ଆୟୁଷ୍ମାନ ଭାରତ ପ୍ରଧାନମନ୍ତ୍ରୀ ଜନ ଆରୋଗ୍ୟ ଯୋଜନା ଦ୍ୱାରା ରାଜ୍ୟର ୧ କୋଟିରୁ ଅଧିକ ଲୋକ ଦେଶର ୨୯ ହଜାର ସରକାରୀ ଓ ବେସରକାରୀ ହସ୍ପିଟାଲରେ ଚିକିତ୍ସା ପାଇ ପାରୁଛନ୍ତି। କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦେଇ ସ୍ୱାସ୍ଥ୍ୟମନ୍ତ୍ରୀ ଡ. ମୁକେଶ ମହାଲିଙ୍ଗ କହିଥିଲେ, ଓଡ଼ିଶାରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମିର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ଡବଲ ଇଞ୍ଜିନ ସରକାର ଜୋରଦାର ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି। ଏ କ୍ଷେତ୍ରରେ ଆମେ ଆମର ଧାର୍ଯ୍ୟ ଲକ୍ଷ୍ୟକୁ ଅତିକ୍ରମ କରିବୁ ବୋଲି ମୋର ଦୃଢ଼ ବିଶ୍ୱାସ ବୋଲି ମହାଲିଙ୍ଗ କହିଛନ୍ତି। କାର୍ଯ୍ୟକ୍ରମରେ ଅନ୍ୟମାନଙ୍କ ମଧ୍ୟରେ ବିଧାୟକ ବାବୁ ସିଂ, ସ୍ୱାସ୍ଥ୍ୟ ବିଭାଗ ସଚିବ ଅଶ୍ୱଥୀ ଏସ୍, ଡା. ଅଶୋକ ମହାପାତ୍ର, ଡା. ଏଲ୍. କେ. ନନ୍ଦ ଅତିଥିଭାବେ ଯୋଗଦେଇଥିଲେ। ମହାବିଦ୍ୟାଳୟ ଅଧ୍ୟକ୍ଷା ଡା. ପୁଷ୍ପାଞ୍ଜଳି ପାତ୍ର ସ୍ୱାଗତ ଭାଷଣ,ଛାତ୍ର ସଂସଦର ସଭାପତି ଏଲ୍ ମହାପାତ୍ର ବିବରଣୀ ପାଠ ଏବଂ ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟ ଦର୍ଶନ ସ୍ୱାଇଁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ।

ଡ. ଅଭିନ୍ନ ଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲ ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବ



ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ ଓ ସ୍ୱାସ୍ଥ୍ୟମନ୍ତ୍ରୀ ମୁକେଶ ମହାଲିଙ୍ଗ ଜଣେ ଛାତ୍ରୀଙ୍କୁ ମାନପତ୍ର ପ୍ରଦାନ କରୁଛନ୍ତି।

Pratidin • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

1 • PG	340 • Sqcm	76580 • AVE	589.13K • Cir	Bottom Center

Bhubaneshwar

ରାଜ୍ୟରେ ହେବ ୩ ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ

ଡ. ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ର ସଂସଦ ଉତ୍ସବରେ ମୁଖ୍ୟମନ୍ତ୍ରୀଙ୍କ ଘୋଷଣା

ଭୁବନେଶ୍ୱର,୦୮ମଇ(ନି.ପ୍ର): ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ ଭୁବନେଶ୍ୱର ସ୍ଥିତ ଡ. ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲ ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦେଇ ସେଠାରେ ଏକ ନୂତନ ଏମରଜେନ୍ସି ୟୁନିଟର ଶିଳାନ୍ୟାସ କରିଛନ୍ତି। କଲେଜରେ ଏକ ହୋମିଓପାଥି ରିସର୍ଚ୍ଚ ଆନାଲିସିସ୍ ଡିପାର୍ଟମେଣ୍ଟ ଖୋଲାଯିବ ବୋଲି ଘୋଷଣା କରିଛନ୍ତି। ଏହି ଅବସରରେ ମୁଖ୍ୟମନ୍ତ୍ରୀ ମଧ୍ୟ ଏକ ରକ୍ତଦାନ ଶିବିରର ଉଦ୍‌ଘାଟନ କରିଛନ୍ତି।

ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତି, ଓଡିଶାରେ ହୋମିଓପାଥିକ ଶିକ୍ଷାର ପ୍ରସାର ଓ ହୋମିଓପାଥିକ ଚିକିତ୍ସାର ଲୋକପ୍ରିୟତା ବୃଦ୍ଧି ଦିଗରେ ଡ. ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଅବଦାନ ଅତୁଳନୀୟ। ଏହି କଲେଜ ରାଜ୍ୟର ଏକ ପ୍ରତିଷ୍ଠିତ କଲେଜ। ହୋମିଓପାଥିକ ଶିକ୍ଷା, ଗବେଷଣା ଓ ପ୍ରଶିକ୍ଷଣ କ୍ଷେତ୍ରରେ ଏହା କେବଳ ରାଜ୍ୟ କାହିଁକି, ସାରା ଦେଶର ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଅନୁଷ୍ଠାନ। ଦୀର୍ଘ ୫୬ ବର୍ଷ ଧରି ଏହା ଅବିରତ ଭାବେ ଶିକ୍ଷାର ପ୍ରସାର କରିଚାଲିଛି। ବହୁ ସୁନାମଧନ୍ୟ ଡାକ୍ତରଙ୍କୁ ମଧ୍ୟ ସୃଷ୍ଟି କରିଛି।

ମହାବିଦ୍ୟାଳୟର ବିଶେଷତ୍ୱ ଉପରେ ଆଲୋକପାତ କରି ମୁଖ୍ୟମନ୍ତ୍ରୀ ମଧ୍ୟ କହିଛନ୍ତି, ଏହି ମହାବିଦ୍ୟାଳୟର ଏକ ବିଶେଷତ୍ୱ ହେଉଛି ଏହା ଏକ ହୋମିଓପାଥିକ ଔଷଧ ତିଆରି କାରଖାନା ପରିଚାଳନା କରୁଛି। ଏଥିରୁ ପ୍ରସ୍ତୁତ ଔଷଧ ବିଭିନ୍ନ ହସ୍ପିଟାଲକୁ ଯୋଗାଇ ଦିଆଯାଉଛି। ଏହା ନିଶ୍ଚିତ ଭାବେ ଖୁବ୍ ପ୍ରଶଂସାଯୋଗ୍ୟ। ରାଜ୍ୟରେ ସ୍ୱାସ୍ଥ୍ୟସେବାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର କ୍ରମାଗତ ଭାବେ ଉଦ୍ୟମ କରିଚାଲିଛନ୍ତି।

ଅନୁସନ୍ଧାନରୁ ଜଣାଯାଇଛି ଯେ, ସାରା ଭାରତର ଆୟୁଷ ଅର୍ଥନୀତିର ପ୍ରାୟ ୧୫ ପ୍ରତିଶତ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ବ୍ୟବସ୍ଥା ଦ୍ୱାରା ପରିଚାଳିତ। ରାଜ୍ୟରେ ବର୍ତ୍ତମାନ ଏହି ମହାବିଦ୍ୟାଳୟରୁ ମିଶାଇ ୪ଟି ସରକାରୀ



ହୋମିଓପାଥିକ ମହାବିଦ୍ୟାଳୟ ଓ ଚିକିତ୍ସାଳୟ ରହିଛି। ଏହାସହିତ ୫୬୨ ଟି ସରକାରୀ ହୋମିଓପାଥିକ ଡାକ୍ତରଖାନା ମଧ୍ୟ ଅଛି। ଆୟୁଷ ଚିକିତ୍ସାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଢେଙ୍କାନାଳ, ବ୍ରହ୍ମପୁର ଓ ବାଲେଶ୍ୱରରେ ତିନିଟି ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବାକୁ ନିଷ୍ପତ୍ତି ନେଇଥିବା ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତି।

ସ୍ୱାସ୍ଥ୍ୟକ୍ଷେତ୍ରକୁ ସରକାର ଗୁରୁତ୍ୱ ଦେଉଥିବା ଉଲ୍ଲେଖ କରି ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତି, ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରର ବିକାଶ ପାଇଁ ରାଜ୍ୟ ସରକାର

କଲେଜରେ ଖୋଲିବ ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ

ବଜେଟ୍‌ରେ ୨୩ ହଜାର ୬୩୫ କୋଟି ଟଙ୍କାର ବ୍ୟୟବରାଦ କରିଛନ୍ତି। ଏହା ରାଜ୍ୟ ବଜେଟ୍‌ର ୮ ପ୍ରତିଶତରୁ ଅଧିକ। ଏଥିରୁ ଆପଣମାନେ ଅନୁମାନ କରିପାରୁଥିବେ ଯେ ଆମେ ସ୍ୱାସ୍ଥ୍ୟକ୍ଷେତ୍ରକୁ କେତେ ଗୁରୁତ୍ୱ ଦେଉଛୁ। ଆମ ସରକାର ଆସିବା ପରେ ଏହାକୁ ଓଡିଶାରେ କାର୍ଯ୍ୟକାରୀ କଲେ। ଆୟୁଷ୍ମାନ ଭାରତ ପ୍ରଧାନମନ୍ତ୍ରୀ ଜନଆରୋଗ୍ୟ ଯୋଜନା ଦ୍ୱାରା ରାଜ୍ୟର ଏକ କୋଟିରୁ ଅଧିକ ଲୋକ ଦେଶର ୨୯ ହଜାର ସରକାରୀ ଓ ବେସରକାରୀ ହସ୍ପିଟାଲରେ ଚିକିତ୍ସା ପାଇପାରୁଛନ୍ତି।

କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦେଇ ସ୍ୱାସ୍ଥ୍ୟମନ୍ତ୍ରୀ ଡ. ମୁକେଶ ମହାଲିଙ୍ଗ କହିଛନ୍ତି, ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରରେ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରେ। ଡ. ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ର ଛାତ୍ରୀ ଏହି ପ୍ରାମାଣିକ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆହୁରି ଜନାଭିମୁଖୀ କରିଛନ୍ତି। ଓଡିଶାରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମିର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ତତ୍ତ୍ୱଲ ଭଣ୍ଡିଜ ସରକାର ଜୋରଦାର ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି। ତେଣୁ ଏ କ୍ଷେତ୍ରରେ ଆମେ ଆମର ଧାର୍ଯ୍ୟ ଲକ୍ଷ୍ୟକୁ ଅତିକ୍ରମ କରିବୁ ବୋଲି ମୋର ଦୃଢ ବିଶ୍ୱାସ।

କାର୍ଯ୍ୟକ୍ରମରେ ମଧ୍ୟ ଏକାଗ୍ର ଭୁବନେଶ୍ୱର ବିଧାୟକ ବାବୁ ସିଂ, ସ୍ୱାସ୍ଥ୍ୟ ବିଭାଗ ସଚିବ ଅଶ୍ୱଥି ଏସ, ପଦ୍ମଶ୍ରୀ ଡକ୍ଟର ଅଶୋକ ମହାପାତ୍ର, ମୁଖ୍ୟବକ୍ତା, ଡକ୍ଟର ଏଲ୍. କେ. ନନ୍ଦ, ମହାବିଦ୍ୟାଳୟର ଅଧକ୍ଷା ଡ. ପୁଷ୍ପାଞ୍ଜଳି ପାତ୍ର, ଛାତ୍ର ସଂସଦର ସଭାପତି ଲିପକ ମହାପାତ୍ର ଓ ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟ ଦର୍ଶନ ସ୍ୱାଇଁ ଉପସ୍ଥିତ ଥିଲେ।

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CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

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Bhubaneshwar

ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲ ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବ

କଲେଜରେ ନୂଆ 'ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ' ଖୋଲିବ: ମୁଖ୍ୟମନ୍ତ୍ରୀ

ଭୁବନେଶ୍ୱର,(ସମ୍ବୁ): ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ ଭୁବନେଶ୍ୱର ସ୍ଥିତ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦାନ କରି ସେଠାରେ ଏକ ନୂତନ ଏମରଜେନ୍ସି ୟୁନିଟର ଶିଳାନ୍ୟାସ କରିବା ସହିତ କଲେଜରେ ଏକ ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ ବୋଲି ଘୋଷଣା କରିଛନ୍ତି । ଏହି ଅବସରରେ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏକ ରକ୍ତଦାନ ଶିବିରର ଉଦ୍‌ଘାଟନ ମଧ୍ୟ କରିଛନ୍ତି ।

ଏହି ଅବସରରେ ଅଭିଭାଷଣ ରଖି ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତି ଯେ, ଓଡିଶାରେ ହୋମିଓପାଥିକ୍ ଶିକ୍ଷାର ପ୍ରସାର ଓ ହୋମିଓପାଥିକ୍ ଚିକିତ୍ସାର ଲୋକପ୍ରିୟତା ବୃଦ୍ଧି ଦିଗରେ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଅବଦାନ ଅନୁଳନୀୟ । ଏହି କଲେଜ୍ ରାଜ୍ୟର ଏକ ପ୍ରତିଷ୍ଠିତ କଲେଜ୍ । ହୋମିଓପାଥିକ୍ ଶିକ୍ଷା, ଗବେଷଣା ଓ ପ୍ରଶିକ୍ଷଣ କ୍ଷେତ୍ରରେ ଏହା କେବଳ ରାଜ୍ୟ ନାହିଁକି, ସାରା ଦେଶର ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଅନୁଷ୍ଠାନ । ଦୀର୍ଘ ୫୬ ବର୍ଷ ଧରି ଏହା ଅବିରତ ଭାବେ ଶିକ୍ଷାର ପ୍ରସାର କରି ଚାଲିଛି ଏବଂ ଅନେକ ସୁନାମଧନ୍ୟ ଡାକ୍ତର ସୃଷ୍ଟି କରିଛି । ରାଜ୍ୟରେ ସ୍ୱାସ୍ଥ୍ୟସେବାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର କ୍ରମାଗତ ଭାବେ ଉଦ୍ୟମ କରିଚାଲିଛନ୍ତି । ଅନୁସନ୍ଧାନରୁ ଜଣାଯାଇଛି ଯେ, ସାରା ଭାରତର ଆୟୁଷ ଅର୍ଥନୀତିର ପ୍ରାୟ ୧୫ ପ୍ରତିଶତ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ବ୍ୟବସ୍ଥା ଦ୍ୱାରା ପରିଚାଳିତ । ରାଜ୍ୟରେ ବର୍ତ୍ତମାନ ଏହି ମହାବିଦ୍ୟାଳୟରୁ ମିଶାଇ ୪ଟି ସରକାରୀ ହୋମିଓପାଥିକ୍ ମହାବିଦ୍ୟାଳୟ ଓ ଚିକିତ୍ସାଳୟ ଅଛି । ଏହା ସହିତ ୫୬୨ ଟି ସରକାରୀ ହୋମିଓପାଥିକ୍ ଡାକ୍ତରଖାନା ମଧ୍ୟ ଅଛି । ଆୟୁଷ ଚିକିତ୍ସାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଢେଙ୍କାନାଳ, ବ୍ରହ୍ମପୁର ଓ ବାଲେଶ୍ୱର ଠାରେ ତିନୋଟି ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବାକୁ ନିଷ୍ପତ୍ତି ନେଇଛନ୍ତି ବୋଲି ସେ କହିଥିଲେ । କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦେଇ ସ୍ୱାସ୍ଥ୍ୟ ମନ୍ତ୍ରୀ ଡଃ ମୁକେଶ ମହାଲିଙ୍ଗ କହିଥିଲେ ଯେ, ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରରେ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରେ ଏବଂ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ରଛାତ୍ରୀ ମାନେ ଏହି ପ୍ରାମାଣିକ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆହୁରି ଜନାଭିମୁଖୀ କରିଛନ୍ତି । ଓଡିଶାରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମିର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ଡବଲ ଇଞ୍ଜିନ ସରକାର ଚୌରଦାର୍ ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି । ତେଣୁ, ଏ କ୍ଷେତ୍ରରେ ଆମେ ଆମର ଧାର୍ଯ୍ୟ ଲକ୍ଷ୍ୟକୁ ଅତିକ୍ରମ କରିବୁ ବୋଲି ମୋର ଦୃଢ ବିଶ୍ୱାସ । ଉକ୍ତ କାର୍ଯ୍ୟକ୍ରମରେ ବିଧାୟକ, ବାବୁ ସିଂ, ସ୍ୱାସ୍ଥ୍ୟ ବିଭାଗ ସଚିବ ଅଶ୍ୱଥି ଏସ, ପଦ୍ମଶ୍ରୀ ଡକ୍ଟର ଅଶୋକ ମହାପାତ୍ର, ମୁଖ୍ୟବକ୍ତା, ଡକ୍ଟର ଏଲ୍. କେ. ନନ୍ଦ ମାଣ୍ଡାସୀନ ଥିବା ବେଳେ ମହାବିଦ୍ୟାଳୟର ଅଧ୍ୟକ୍ଷା ଡଃ ପୁଷ୍ପାଞ୍ଜଳି ପାତ୍ର ସ୍ୱାଗତ ଭାଷଣ ଦେଇଥିଲେ । ମହାବିଦ୍ୟାଳୟ ଛାତ୍ର ସଂସଦର ସଭାପତି ଲିପକ ମହାପାତ୍ର ବିବରଣୀ ପାଠ କରିଥିଲେ ଏବଂ ଛାତ୍ର ସଂସଦର ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟ ଦର୍ଶନ ସ୍ୱାଇଁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ ।

ନୂତନ ଏମରଜେନ୍ସି ୟୁନିଟର ଶିଳାନ୍ୟାସ

୩ ଟି ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବେ: ମୁଖ୍ୟମନ୍ତ୍ରୀ



Sandhyanand • 08 May • Ministry of Ayush

Ayurvedic company's research boosts health

1 • PG | 276 • Sqcm | 138228 • AVE | 828.16K • Cir | Middle Left

Pune

आयुर्वेदिक कंपन्यांच्या संशोधनाने आरोग्याला मिळते चालना

मुंबई, ७ मे (आ.प्र.) :

पतंजली, हिमालय आणि सन हर्बल्स सारख्या भारतातील आघाडीच्या आणि मोठ्या आयुर्वेदिक कंपन्या त्यांच्या संशोधन आणि नवोपक्रमाने देशाच्या आरोग्य क्षेत्रात क्रांती घडवत आहेत.

या कंपन्यांच्या नवोपक्रमांमुळे केवळ एकूण आरोग्याला चालना मिळत नाहीये, तर जागतिक आरोग्यसेवा नकाशावर भारताला अग्रगण्य स्थान मिळण्यासही हातभार लागत आहे. या कंपन्या आयुर्वेदाला पुराव्यावर आधारित औषध म्हणून स्थापित करण्यासाठी सघन संशोधन आणि नवोपक्रमावर लक्ष केंद्रित करत आहेत, मधुमेह, ताणतणाव आणि मूत्रपिंडाच्या आजारांसारख्या जुनाट आजारांवर नैसर्गिक उपचार विकसित करत आहेत.

पतंजलीने त्यांच्या संशोधन संस्थेतील ५०० हून अधिक शास्त्रज्ञांसह आयुर्वेदिक औषधांची प्रभाविता प्रमाणित केली आहे. उदाहरण द्यायचे झाल्यास, पतंजलीचे मूत्रपिंडावरील औषध रेनोग्रिट २०२४ मध्ये सायंटिफिक रिपोर्ट जर्नलमध्ये टॉप १०० संशोधनांमध्ये समाविष्ट करण्यात



आले होते, जे मूत्रपिंडाच्या आरोग्यासाठी नैसर्गिक उपाय प्रदान करते. पतंजलीच्या ४७०० हून अधिक रिटेल आउटलेट्सनी ७० हून अधिक देशांमध्ये आयुर्वेदिक उत्पादने पोहोचवली आहेत. त्याच वेळी, डाबरने २०२० मध्ये जर्नल ऑफ आयुर्वेद अँड इंटिग्रेटिव्ह मेडिसिनमध्ये प्रकाशित झालेल्या क्लिनिकल ट्रायलद्वारे त्यांच्या च्यवनप्राशचे अँटिऑक्सिडंट गुणधर्म सिद्ध केले, जे रोगप्रतिकारक शक्ती वाढवण्यास उपयुक्त आहे. डाबरच्या जागतिक वितरण नेटवर्कद्वारे अनेक देशांमध्ये आयुर्वेदिक उत्पादने स्वीकारली जात आहेत. एवढेच नाही, तर हिमालयाचे लिव्ह.५२, एक यकृत संरक्षक औषध १९५५ पासून जागतिक स्तरावर लोकप्रिय आहे.

Pragativadi • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

9 • PG | 293 • Sqcm | 73224 • AVE | 1.11M • Cir | Top Center
Bhubaneshwar

ଖୁବଶୀଘ୍ର ହୋମିଓପାଥି କଲେଜରେ

ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ



■ ଭୁବନେଶ୍ୱର,୦୮।୫(ପିଏନଏସ): ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ ଭୁବନେଶ୍ୱର ସ୍ଥିତ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବରେ ମୁଖ୍ୟଅତିଥି ଭାବେ ଯୋଗଦାନ କରି ସେଠାରେ ଏକ ନୂତନ ଏମରଜେନ୍ସି ୟୁନିଟର ଶିଳାନ୍ୟାସ କରିବା ସହିତ କଲେଜରେ ଏକ ହୋମିଓପାଥିକ ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ ବୋଲି ଘୋଷଣା କରିଛନ୍ତି।

ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତି ଯେ, ଓଡିଶାରେ ହୋମିଓପାଥିକ ଶିକ୍ଷାର ପ୍ରସାର ଓ ହୋମିଓପାଥିକ ଚିକିତ୍ସାର ଲୋକପ୍ରିୟତା ବୃଦ୍ଧି ଦିଗରେ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଅବଦାନ ଅତୁଳନୀୟ।

ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଥିଲେ ଯେ, ଏହି ମହାବିଦ୍ୟାଳୟର ଏକ ବିଶେଷତ୍ୱ ହେଉଛି ଯେ, ଏହା ଏକ ହୋମିଓପାଥିକ ଔଷଧ ତିଆରି କାରଖାନା ପରିଚାଳନା କରୁଛି। ଏଥିରୁ ପ୍ରସ୍ତୁତି ଔଷଧ ବିଭିନ୍ନ ହସ୍ପିଟାଲକୁ ଯୋଗାଇ ଦିଆଯାଉଛି। ଏହା ନିଶ୍ଚିତ ଭାବେ ଖୁବ୍ ପ୍ରଶଂସାଯୋଗ୍ୟ। ରାଜ୍ୟରେ ସ୍ୱାସ୍ଥ୍ୟସେବାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର କ୍ରମାଗତ ଭାବେ ଉଦ୍ୟମ କରିଚାଲିଛନ୍ତି। ଅନୁସନ୍ଧାନରୁ ଜଣାଯାଇଛି ଯେ, ସାରା ଭାରତର ଆୟୁଷ ଅର୍ଥନୀତିର ପ୍ରାୟ ୧୫ ପ୍ରତିଶତ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ବ୍ୟବସ୍ଥା ଦ୍ୱାରା ପରିଚାଳିତ। ରାଜ୍ୟରେ ବର୍ତ୍ତମାନ ଏହି ମହାବିଦ୍ୟାଳୟକୁ ମିଶାଇ ୪ଟି ସରକାରୀ ହୋମିଓପାଥିକ ମହାବିଦ୍ୟାଳୟ ଓ ଚିକିତ୍ସାଳୟ ଅଛି। ଏହା ସହିତ ୫୬୨ ଟି ସରକାରୀ ହୋମିଓପାଥିକ ଡାକ୍ତରଖାନା ମଧ୍ୟ ଅଛି ବୋଲି କହିଥିଲେ। ସେହିପରି ଆୟୁଷ ଚିକିତ୍ସାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଢେଙ୍କାନାଳ, ବ୍ରହ୍ମପୁର ଓ ବାଲେଶ୍ୱରଠାରେ ତିନୋଟି ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବାକୁ ନିଷ୍ପତ୍ତି ନେଇଛନ୍ତି ବୋଲି ସେ କହିଥିଲେ।

କାର୍ଯ୍ୟକ୍ରମରେ, ଯୋଗଦେଇ ସ୍ୱାସ୍ଥ୍ୟ ମନ୍ତ୍ରୀ ଡଃ ମୁକେଶ ମହାଲିଙ୍ଗ କହିଥିଲେଯେ, ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରରେ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରେ ଏବଂ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ରଛାତ୍ରୀମାନେ ଏହି ପ୍ରାମାଣିକ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆହୁରି ଜନାଭିମୁଖୀ କରିଛନ୍ତି। ଓଡିଶାରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମିର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ଡବଲ ଇଞ୍ଜିନ ସରକାର ଚୌରଦାର ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି। ତେଣୁ ଏ କ୍ଷେତ୍ରରେ ଆମେ ଆମର ଧାର୍ଯ୍ୟ ଲକ୍ଷ୍ୟକୁ ଅତିକ୍ରମ କରିବୁ ବୋଲି ମୋର ଦୃଢ ବିଶ୍ୱାସ। କାର୍ଯ୍ୟକ୍ରମରେ ବିଧାୟକ ଏଭାମ୍ର ଭୁବନେଶ୍ୱର ବାବୁ ସିଂ, ସ୍ୱାସ୍ଥ୍ୟ ବିଭାଗ ସଚିବ ଶ୍ରୀମତୀ ଅଶ୍ୱଥି ଏସ, ପଦ୍ମଶ୍ରୀ ଡକ୍ଟର ଅଶୋକ ମହାପାତ୍ର, ମୁଖ୍ୟବକ୍ତା, ଡକ୍ଟର ଏଲ୍. ଜେ. ନନ୍ଦ ମଞ୍ଚାସୀନ ଥିବା ବେଳେ ମହାବିଦ୍ୟାଳୟର ଅଧ୍ୟକ୍ଷା ଡଃ ପୁଷ୍ପାଞ୍ଜଳି ପାତ୍ର ସ୍ୱାଗତ ଭାଷଣ ଦେଇଥିଲେ ମହାବିଦ୍ୟାଳୟ ଛାତ୍ର ସଂସଦର ସଭାପତି ଲିପିକ ମହାପାତ୍ର ବିବରଣୀ ପାଠ କରିଥିଲେ ଏବଂ ଛାତ୍ର ସଂସଦର ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟ ଦର୍ଶନ ସାହୁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ।

Prameya • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

7 • PG | 352 • Sqcm | 190310 • AVE | 946.94K • Cir | Top Left

Bhubaneshwar

ଅଭିନ୍ନଚନ୍ଦ୍ର ହୋମିଓପାଥି ମେଡିକାଲ କଲେଜ ବାର୍ଷିକ ଉତ୍ସବରେ ମୁଖ୍ୟମନ୍ତ୍ରୀଙ୍କ ଘୋଷଣା

ରାଜ୍ୟରେ ଖୋଲିବ ୩ ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ

▶▶ ଢେଙ୍କାନାଳ, ବ୍ରହ୍ମପୁର ଓ ବାଲେଶ୍ୱରରେ ପ୍ରତିଷ୍ଠା ହେବ
▶▶ ନୂତନ ଏମର୍ଜେନ୍ସି ୟୁନିଟ୍‌ର ଶିଳାନ୍ୟାସ
▶▶ ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲିବ



ଭୁବନେଶ୍ୱର,୭।୫(ବ୍ୟୁରୋ): ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରର ବିକାଶ ପାଇଁ ରାଜ୍ୟ ସରକାର ବଜେଟ୍‌ରେ ୨୩ ହଜାର ୬୩୫ କୋଟି ବ୍ୟୟବରାଦ କରିଛନ୍ତି। ଏହା ରାଜ୍ୟ ବଜେଟ୍‌ର ୮ ପ୍ରତିଶତରୁ ଅଧିକୀ ରାଜ୍ୟ ସରକାର ସ୍ୱାସ୍ଥ୍ୟକ୍ଷେତ୍ରକୁ ଅଧିକ ଗୁରୁତ୍ୱ ଦେଉଛନ୍ତି। ସେଥିପାଇଁ ଓଡ଼ିଶାରେ ଆୟୁଷ୍ମାନ ଯୋଜନା ଲାର୍ଯ୍ୟକାରୀ କରାଯାଇଛି। ଏଥିରେ ରାଜ୍ୟର ଏକ କୋଟିରୁ ଅଧିକ ଲୋକ ଦେଶର ୨୯ ହଜାର ସରକାରୀ ଓ ବେସରକାରୀ ହସ୍ପିଟାଲରେ ଚିକିତ୍ସା ପାଇ ପାରୁଛନ୍ତି। ରାଜ୍ୟରେ ଆୟୁଷ ଚିକିତ୍ସାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଢେଙ୍କାନାଳ, ବ୍ରହ୍ମପୁର ଓ ବାଲେଶ୍ୱରଠାରେ ୩ଟି ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବେ ବୋଲି ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ ସୂଚନା ଦେଇଛନ୍ତି।

ବୁଧବାର ଡା. ଅଭିନ୍ନଚନ୍ଦ୍ର ହୋମିଓପାଥି ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲ ଛାତ୍ର ସଂସଦ ବାର୍ଷିକ ଉତ୍ସବରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଶ୍ରୀ ମାଝୀ ଯୋଗଦେଇ କହିଛନ୍ତି, ଏଠାରେ ଏକ ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ। ଏକ ନୂତନ ଏମର୍ଜେନ୍ସି ୟୁନିଟ୍ ଶିଳାନ୍ୟାସ କରାଯାଇଛି।

ମୁଖ୍ୟମନ୍ତ୍ରୀ ଶ୍ରୀ ମାଝୀ କହିଛନ୍ତି, ଓଡ଼ିଶାରେ ହୋମିଓପାଥି ଶିକ୍ଷାର ପ୍ରସାର ଓ ଲୋକପ୍ରିୟତା ବୃଦ୍ଧି ହୋଇଛି। ଏଥିରେ ଡ. ଅଭିନ୍ନଚନ୍ଦ୍ର ହୋମିଓପାଥି ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲ୍ ଅବଦାନ ଅତୁଳନୀୟ। ଏହି କଲେଜ୍ ହୋମିଓପାଥି ଶିକ୍ଷା, ଗବେଷଣା ଓ ପ୍ରଶିକ୍ଷଣ କ୍ଷେତ୍ରରେ ରାଜ୍ୟ ସମେତ ସାରା ଦେଶରେ ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଅନୁଷ୍ଠାନ ଅର୍ଜନ କରିଛି। ଏହି ମହାବିଦ୍ୟାଳୟର ଏକ ବିଶେଷତ୍ୱ ହେଉଛି ଯେ ଏହା ଏକ ହୋମିଓପାଥି ଔଷଧ ଫାର୍ମାସୀ ପରିଚାଳନା କରୁଛି। ଏଥିରୁ ପ୍ରସ୍ତୁତି ଔଷଧ ବିଭିନ୍ନ ହସ୍ପିଟାଲକୁ ଯୋଗାଇ ଦିଆଯାଉଛି। ଏହା ନିଶ୍ଚିତ ରାଜସ୍ୱ ଖୁବ୍ ପ୍ରଶଂସାଯୋଗ୍ୟ।

ମୁଖ୍ୟମନ୍ତ୍ରୀ ଶ୍ରୀ ମାଝୀ ପୁଣି କହିଛନ୍ତି, ରାଜ୍ୟରେ ସ୍ୱାସ୍ଥ୍ୟସେବାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର କ୍ରମାଗତ ଉଦ୍ୟମ କରିଚାଲିଛନ୍ତି। ଅନୁସନ୍ଧାନରୁ ଜଣାଯାଇଛି ଯେ, ସାରା ଭାରତ ଆୟୁଷ ଅର୍ଥନୀତିର ପ୍ରାୟ ୧୫% ହୋମିଓପାଥିକ ଚିକିତ୍ସା ବ୍ୟବସ୍ଥା ଦ୍ୱାରା ପରିଚାଳିତ। ରାଜ୍ୟରେ ବର୍ତ୍ତମାନ ଏହି ମହାବିଦ୍ୟାଳୟକୁ ମିଶାଇ ୪ଟି ସରକାରୀ ହୋମିଓପାଥି ମହାବିଦ୍ୟାଳୟ ଓ ଚିକିତ୍ସାଳୟ ରହିଛି। ଏହାବ୍ୟତୀତ ୫୬୨ ସରକାରୀ ହୋମିଓପାଥି ଡାକ୍ତରଖାନା ରହିଥିବା ସୂଚନା ଦେଇଛନ୍ତି।

ସ୍ୱାସ୍ଥ୍ୟ ମନ୍ତ୍ରୀ ଡ. ମୁକେଶ ମହାଲିଙ୍ଗ କହିଛନ୍ତି, ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରରେ ହୋମିଓପାଥି ଚିକିତ୍ସା ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରେ। ଡା. ଅଭିନ୍ନଚନ୍ଦ୍ର ହୋମିଓପାଥି ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲ୍ ଛାତ୍ରଛାତ୍ରୀ ଏହି ପ୍ରାମାଣିକ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆହୁରି ଜନାଭିମୁଖୀ କରିଛନ୍ତି। ଓଡ଼ିଶାରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମି ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି। ତେଣୁ ଏ କ୍ଷେତ୍ରରେ ଆମେ ଆମର ଧାର୍ଯ୍ୟ ଲକ୍ଷ୍ୟକୁ ଅତିକ୍ରମ କରିବୁ ବୋଲି ଦୃଢ଼ ବିଶ୍ୱାସ।

ଏଥିରେ ବିଧାୟକ ବାବୁ ସିଂ, ସ୍ୱାସ୍ଥ୍ୟ ବିଭାଗ ସଚିବ ଅଶ୍ୱତୀ ଏସ, ପଦ୍ମଶ୍ରୀ ଡଃ ଅଶୋକ ମହାପାତ୍ର, ମୁଖ୍ୟବକ୍ତା ଡକ୍ଟର ଏଚ୍. କେ ନନ୍ଦ ନିଜ ମତ ରଖିଥିଲେ। ମହାବିଦ୍ୟାଳୟ ଅଧକ୍ଷା ଡା. ସୁଷାନ୍ତଜି ପାତ୍ର, ଛାତ୍ର ସଂସଦ ସଭାପତି ଲିପକ ମହାପାତ୍ର ବିବରଣୀ ପାଠ କରିଥିଲେ। ଛାତ୍ର ସଂସଦର ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟ ବର୍ଦ୍ଧନ ସାହି ଧନ୍ୟବାଦ ଦେଇଥିଲେ।

Sambad • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

7 • PG | 252 • Sqcm | 239823 • AVE | 1.25M • Cir | Middle Center

Bhubaneshwar

ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପ୍ୟାଥିକରେ ଖୋଲିବ ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ



- କଲେଜ ଛାତ୍ର ସଂସଦ ବାର୍ଷିକୋତ୍ସବରେ ମୁଖ୍ୟମନ୍ତ୍ରୀ
- ନୂତନ ଜରୁରିକାଳୀନ ୟୁନିଟ୍‌ର ଶିଳାନ୍ୟାସ
- ପ୍ରତିଷ୍ଠା ହେବ ୩ ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ

ଭୁବନେଶ୍ୱର,୭/୫(ଇମିସ): ରାଜ୍ୟରେ ହୋମିଓପ୍ୟାଥି ଶିକ୍ଷାର ପ୍ରସାର ଓ ଲୋକପ୍ରିୟତା ବୃଦ୍ଧିରେ ଡା. ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ ମେଡିକାଲ, କଲେଜ ଓ ହସ୍ପିଟାଲର ଅବଦାନ ଅତୁଳନୀୟ। ହୋମିଓପ୍ୟାଥିକ ଶିକ୍ଷା, ଗବେଷଣା ଓ ପ୍ରଶିକ୍ଷଣ କ୍ଷେତ୍ରରେ ଏହା କେବଳ ରାଜ୍ୟ ନୁହେଁ, ଦେଶର ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଅନୁଷ୍ଠାନ। ୫୬ ବର୍ଷ ଧରି ଏହା ଅବିରତ ଭାବେ ଶିକ୍ଷାର ପ୍ରସାର ଓ ଅନେକ ସୁଜାମଧନ୍ୟ ଡାକ୍ତର ସୃଷ୍ଟି କରିପାରିଛି ବୋଲି କହିଛନ୍ତି ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ।

ମୁଖ୍ୟମନ୍ତ୍ରୀ ଆଜି ଡା. ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପ୍ୟାଥିକ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲ ଛାତ୍ର ସଂସଦର ବାର୍ଷିକୋତ୍ସବରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦେଇ ଏକ ନୂତନ ଜରୁରିକାଳୀନ ୟୁନିଟ୍‌ର ଶିଳାନ୍ୟାସ କରିଛନ୍ତି। ଏହାସହ କଲେଜରେ ଏକ ହୋମିଓପ୍ୟାଥିକ ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ ବୋଲି ଘୋଷଣା କରିଛନ୍ତି। ଏକ ରକ୍ତଦାନ ଶିବିରକୁ ମଧ୍ୟ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଉଦ୍‌ଘାଟନ କରିଥିଲେ। ଏହି ଅବସରରେ ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଥିଲେ ଯେ ମହାବିଦ୍ୟାଳୟ ଏକ ହୋମିଓପ୍ୟାଥି ଔଷଧ ତିଆରି କାରଖାନା ପରିଚାଳନା କରୁଛି। ଏଥିରୁ ପ୍ରସ୍ତୁତ ଔଷଧ ବିଭିନ୍ନ ହସ୍ପିଟାଲକୁ ଦିଆଯାଉଛି। ରାଜ୍ୟରେ ଆୟୁଷ ଚିକିତ୍ସାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ବେଙ୍ଗାନାଳ, ବ୍ରହ୍ମପୁର ଓ ବାଲେଶ୍ୱରରେ ୩ଟି ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବାକୁ ନିଷ୍ପତ୍ତି ନେଇଥିବା ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଥିଲେ।

ସ୍ୱାସ୍ଥ୍ୟ ମନ୍ତ୍ରୀ ମୁକେଶ ମହାଲିଙ୍ଗ କହିଥିଲେ, ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପ୍ୟାଥିକ ମେଡିକାଲ କଲେଜର ଛାତ୍ରଛାତ୍ରୀମାନେ ଗ୍ରାମାଞ୍ଚଳ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆହୁରି ଜନାଭିମୁଖୀ କରିଛନ୍ତି। ରାଜ୍ୟରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମିର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ତତ୍ତ୍ୱାବଧାନ ସରକାର କୋରଦାର ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି। ଏ କ୍ଷେତ୍ରରେ ଧାର୍ଯ୍ୟ ଲକ୍ଷ୍ୟକୁ ସରକାର ଅତିକ୍ରମ କରିବେ ବୋଲି ସେ କହିଥିଲେ। ଅନ୍ୟମାନଙ୍କ ମଧ୍ୟରେ ବିଧାୟକ ବାବୁ ସିଂହ, ସ୍ୱାସ୍ଥ୍ୟ ସଚିବ ଅଶ୍ୱଥି. ଏସ୍, ପଦ୍ମଶ୍ରୀ ଡା. ଅଶୋକ ମହାପାତ୍ର, ଏଲ୍.କେ. ନନ୍ଦ ଉପସ୍ଥିତ ଥିଲେ। ମହାବିଦ୍ୟାଳୟର ଅଧ୍ୟକ୍ଷା ଡା. ପୁଷ୍ପାଞ୍ଜଳି ପାତ୍ର ସ୍ୱାଗତ ଭାଷଣ ଓ ଛାତ୍ର ସଂସଦର ସଭାପତି ଲିପକ ମହାପାତ୍ର ବିବରଣୀ ପାଠ କରିଥିଲେ। ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟ ଦର୍ଶନ ସ୍ୱାଇଁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ।

Suryaprabha • 08 May • Ministry of Ayush

CM Majhi announces three integrated AYUSH hospitals in Odisha to boost holistic healthcare

3 • PG | 212 • Sqcm | 21161 • AVE | 630.6K • Cir | Top Center

Bhubaneshwar

'ରାଜ୍ୟରେ ହେବ ୩ ଆୟୁଷ ଚିକିତ୍ସାଳୟ'



॥ ପ୍ରଭାନ୍ୟୁଜ ॥ ଭୁବନେଶ୍ୱର, ୭।୫ : ଆୟୁଷ ଚିକିତ୍ସାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଢେଙ୍କାନାଳ, ବ୍ରହ୍ମପୁର ଓ ବାଲେଶ୍ୱର ଠାରେ ତିନୋଟି ସମନ୍ୱିତ ଆୟୁଷ ଚିକିତ୍ସାଳୟ ପ୍ରତିଷ୍ଠା କରିବାକୁ ନିଷ୍ପତ୍ତି ନେଇଛନ୍ତି । ସେହିପରି ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜରେ ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ । ମୁଖ୍ୟମନ୍ତ୍ରୀ ମୋହନ ଚରଣ ମାଝୀ ଏହି ଘୋଷଣା କରିଛନ୍ତି ।

ମୁଖ୍ୟମନ୍ତ୍ରୀ ଆଜି ଭୁବନେଶ୍ୱର ସ୍ଥିତ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ର ସଂସଦର ବାର୍ଷିକ ଉତ୍ସବରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦାନ କରି ସେଠାରେ ଏକ ନୂତନ ଏମରଜେନ୍ସି ୟୁନିଟର ଶିଳାନ୍ୟାସ କରିବା ସହିତ କଲେଜରେ ଏକ ହୋମିଓପାଥି ଗବେଷଣା ଓ ବିଶ୍ଳେଷଣ ବିଭାଗ ଖୋଲାଯିବ ବୋଲି ଘୋଷଣା କରିଛନ୍ତି । ଏହି ଅବସରରେ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏକ ରକ୍ତଦାନ ଶିବିରର ଉଦ୍ଘାଟନ ମଧ୍ୟ କରିଛନ୍ତି । ଏହି ଅବସରରେ ଅଭିଭାଷଣ ରଖି ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତିଯେ, ଓଡିଶାରେ ହୋମିଓପାଥିକ୍ ଶିକ୍ଷାର ପ୍ରସାର ଓ ହୋମିଓପାଥିକ୍ ଚିକିତ୍ସାର ଲୋକପ୍ରିୟତା ବୃଦ୍ଧି ଦିଗରେ ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଅବଦାନ ଅତୁଳନୀୟ । ଦୀର୍ଘ ୫୬ ବର୍ଷ ଧରି ଏହା ଅବିରତ ଭାବେ ଶିକ୍ଷାର ପ୍ରସାର କରି ଚାଲିଛି ଏବଂ ଅନେକ ସୁନାମଧନ୍ୟ ଡାକ୍ତର ସୃଷ୍ଟି କରିଛି । ଏହି ମହାବିଦ୍ୟାଳୟର ଏକ ବିଶେଷତ୍ୱ ହେଉଛିଯେ, ଏହା ହୋମିଓପାଥିକ ଔଷଧ ତିଆରି କାରଖାନା ପରିଚାଳନା କରୁଛି । ଏଠାରୁ ପ୍ରସ୍ତୁତ ଔଷଧ ବିଭିନ୍ନ ହସ୍ପିଟାଲକୁ ଯୋଗାଇ ଦିଆଯାଉଛି । ଏହା ନିଶ୍ଚିତ ଭାବେ ଖୁବ୍ ପ୍ରଶଂସାଯୋଗ୍ୟ ।

ରାଜ୍ୟରେ ସ୍ୱାସ୍ଥ୍ୟସେବାର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର କ୍ରମାଗତ ଭାବେ ଉଦ୍ୟମ କରିଚାଲିଛନ୍ତି । ଅନୁସନ୍ଧାନରୁ ଜଣାଯାଇଛିଯେ, ସାରା ଭାରତର ଆୟୁଷ ଅର୍ଥନୀତିର ପ୍ରାୟ ୧୫% ହୋମିଓପାଥିକ ଚିକିତ୍ସା ବ୍ୟବସ୍ଥା ଦ୍ୱାରା ପରିଚାଳିତ । ରାଜ୍ୟରେ ବର୍ତ୍ତମାନ ଏହି ମହାବିଦ୍ୟାଳୟକୁ ମିଶାଇ ୪ଟି ସରକାରୀ ହୋମିଓପାଥିକ୍ ମହାବିଦ୍ୟାଳୟ ଓ ଚିକିତ୍ସାଳୟ ଅଛି । ଏହାସହିତ ୫୬୨ ଟି ସରକାରୀ ହୋମିଓପାଥିକ୍ ଡାକ୍ତରଖାନା ମଧ୍ୟ ଅଛି ।

କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦେଇ ସ୍ୱାସ୍ଥ୍ୟମନ୍ତ୍ରୀ ଡଃ ମୁକେଶ ମହାଲିଙ୍ଗ କହିଥିଲେଯେ, ସ୍ୱାସ୍ଥ୍ୟ କ୍ଷେତ୍ରରେ ହୋମିଓପାଥିକ ଚିକିତ୍ସା ଏକ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରେ । ଡଃ ଅଭିନଚନ୍ଦ୍ର ହୋମିଓପାଥିକ୍ ମେଡିକାଲ କଲେଜ ଓ ହସ୍ପିଟାଲର ଛାତ୍ରଛାତ୍ରୀମାନେ ଏହି ପ୍ରାଣିକ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆହୁରି ଜନାଭିମୁଖୀ କରିଛନ୍ତି । ଓଡିଶାରେ ସ୍ୱାସ୍ଥ୍ୟ ଭିତ୍ତିଭୂମିର ଉନ୍ନତି ପାଇଁ ରାଜ୍ୟ ସରକାର ଓ କେନ୍ଦ୍ର ସରକାରଙ୍କ ମିଳିତ ଡବଲ ଇଞ୍ଜିନ ସରକାର ଚୌତରଫା ଉଦ୍ୟମ ଆରମ୍ଭ କରିଛନ୍ତି ।

ଉକ୍ତ କାର୍ଯ୍ୟକ୍ରମରେ ବିଧାୟକ ବାବୁ ସିଂ, ସ୍ୱାସ୍ଥ୍ୟ ସଚିବ ଅଶ୍ୱଥି ଏସ, ପଦ୍ମଶ୍ରୀ ଡକ୍ଟର ଅଶୋକ ମହାପାତ୍ର, ମୁଖ୍ୟବକ୍ତା ଡକ୍ଟର ଏଲ୍ କେ ନନ୍ଦ ମାଝୀସାନ ଥିବାବେଳେ ମହାବିଦ୍ୟାଳୟର ଅଧ୍ୟକ୍ଷା ଡଃ ପୁଷ୍ପାଞ୍ଜଳି ପାତ୍ର ସ୍ୱାଗତ ଭାଷଣ ଦେଇଥିଲେ । ମହାବିଦ୍ୟାଳୟ ଛାତ୍ର ସଂସଦର ସଭାପତି ଲିପକ ମହାପାତ୍ର ବିବରଣୀ ପାଠ କରିଥିଲେ ଏବଂ ଛାତ୍ର ସଂସଦର ସାଧାରଣ ସମ୍ପାଦକ ସୌମ୍ୟ ଦର୍ଶନ ସ୍ୱାଇଁ ଧନ୍ୟବାଦ ଦେଇଥିଲେ ।

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Msn India	Maoism, Yoga Day, Operation Sindoor: What PM Modi talked about in Mann Ki Baat	733.9M
2.	MSN Hindi	प्रधानमंत्री मोदी ने लोगों को उत्साहपूर्ण जीवन के लिए योग अपनाने का आह्वान किया	733.9M
3.	Msn India	India partners with WHO to mainstream Ayush globally through agreement on trad it...	733.9M
4.	Msn India	Ahead of International Yoga Day, PM Modi invites people to embrace yoga for vib r...	733.9M
5.	MSN Hindi	Sattu chaas: गर्मियों में रोजाना पिए सत्तू छाछ, मिलते हैं ये सभी फायदे	733.9M
6.	MSN Hindi	हिमाचल कैबिनेट की बैठक में इतने पदों पर भर्ती को सीएम सुक्खू ने दी मंजूरी, मानेद...	733.9M
7.	MSN Hindi	GOVT Employees Retirement Age Hike News: सरकारी कर्मचारियों के रिटायरमेंट की उम्. ..	733.9M
8.	Msn India	Integrated AYUSH colleges to be set up in every division of UP: Adityanath	733.9M
9.	MSN Hindi	Retirement Age Latest News: अब इतने साल तक और नौकरी करेंगे सरकारी कर्मचारी! जल्द...	733.9M
10.	MSN Hindi	कई समस्याओं का समाधान है कपालभाति, मगर जान लें किसे नहीं करना चाहिए	733.9M
11.	Msn India	Ayurveda Day To Be Celebrated On September 23 Every Year: Centre	733.9M
12.	MSN Hindi	India Pakistan Ceasefire: तुर्किये को पाकिस्तान की दोस्ती पड़ रही भारी, पर्यटकों ...	733.9M
13.	Msn India	Ayurveda Day to be celebrated on September 23 every year	733.9M
14.	MSN Hindi	Ayurveda Day: अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	733.9M
15.	Msn India	Ayush Ministry launches weekly yoga podcast	733.9M
16.	Msn India	Harit Yoga among "signature events" to mark tenth anniversary of Yoga Day	733.9M
17.	MSN Hindi	10 वीं 12 वीं के बाद करियर हो जाएगा सेट, जानें इन शॉर्ट टर्म कोर्सों के नाम	733.9M
18.	MSN Hindi	कॉमन योग प्रोटोकॉल : इस तरीके को फॉलो कर शरीर रहेगा चुस्त और तंदुरुस्त, जानें क्...	733.9M
19.	MSN Hindi	खोज रहे हैं बेहतरीन आयुर्वेदिक अस्पताल, श्रीगंगानगर में होता है मुफ्त इलाज	733.9M
20.	MSN Hindi	योगाभ्यास करने वालों को मिलेगा उपहार में पौधा	733.9M
21.	MSN Hindi	ऑक्सीजन पार्क में योग सत्र 8 को	733.9M
22.	MSN Hindi	आयुष्मान आरोग्य मंदिरों से स्वास्थ्य सेवाओं की पहुंच में उल्लेखनीय सुधार: मंत्री	733.9M
23.	MSN Hindi	हुड्डा और वाड्रा को मुश्किलों में डालने वाले IAS अशोक खेमका आज होंगे सेवानिवृत्त...	733.9M
24.	MSN Hindi	बिहार के इन सात जिलों में बनेंगे 50 बेड वाले अस्पताल, 35 हजार पदों पर बहाली को ल...	733.9M
25.	MSN Hindi	शरीर को शीतलता देने वाले योगासन, गर्मियों में राहत	733.9M

26.	MSN Hindi	Today News and LIVE Update 22 April 2025: दो दिवसीय सऊदी अरब दौरे पर पीएम मोदी , ...	733.9M
27.	MSN Hindi	यूनानी डॉक्टर कैसे बनें? जानिए12वीं के बाद क्या करनी होगी पढ़ाई	733.9M
28.	MSN Hindi	शिविर के माध्यम से 127 लोगों की स्वास्थ्य जांच	733.9M
29.	MSN Hindi	Haryana: हरियाणा के सीएम नायब सैनी ने बड़ा कदम, सरकारी स्कूलों में होगी "योग सह...	733.9M
30.	Msn India	PM Modis proposed visit to Saudi Arabia: Elevating partnership to new heights	733.9M
31.	Aaj Tak News	Sattu chaas: गर्मियों में रोजाना पिए सत्तू छाछ, मिलते हैं ये सभी फायदे	571.7M
32.	Hindustan Times	Maoism, Yoga Day, Operation Sindoor: What PM Modi talked about in 'Mann Ki B aat'...	124.6M
33.	Hindustan Times	Establish integrated Ayush colleges in every division: CM	124.6M
34.	Hindustan Times	Delhi to host global Ayurveda summit, support start-ups: CM Rekha Gupta	124.6M
35.	Hindustan Times	Yoga Day now a global movement: U.P. governor Manage your data Confirm our vendo...	124.6M
36.	Hindustan Times	Shinde rebukes party MLA for criticising police	124.6M
37.	Hindustan Times	Ayush varsity is combining traditional medicine, modern science: Governor	124.6M
38.	Indian Express	'Only 4% of city gets 24/7 supply': Report flags massive disparity in Mumbai's w...	90.9M
39.	Indian Express	Himachal Cabinet clears decks for recruitment of 1,000 pashu mitras	90.9M
40.	Indian Express	Rajesh Kotecha, Secretary, Ministry of Ayush: 'India's Ayush sector registers re...	90.9M
41.	ABP Live	हिमाचल पशुपालन विभाग में एक हज़ार पशु मित्र पद भरने को मंजूरी	85.9M
42.	ABP Live	यूपी के प्रत्येक मंडल में स्थापित किए जाएं आयुष महाविद्यालय, CM योगी का अधिकारिय...	85.9M
43.	ABP Live	उत्तराखंड के इन कर्मचारियों की स्थायी नौकरी पर आज फैसला? कैबिनेट बैठक के बाद मिल...	85.9M
44.	ABP Live	आयुर्वेदिक कंपनियों के रिसर्च इनोवेशन से बदल रहा देश, स्वास्थ्य क्षेत्र के भविष्...	85.9M
45.	ABP Live	Haryana: हरियाणा के सीएम नायब सैनी ने बड़ा कदम, सरकारी स्कूलों में होगी "योग सह...	85.9M
46.	India Today	Sri Sri Ravi Shankar on why ayurveda needs modern validation	82.4M
47.	India Today	After sudden baldness, people in this Maharashtra district now seeing nail loss	82.4M
48.	Money Control	AYUSH health insurance: Understand the nitty-gritties before making a claim	74.5M
49.	Dainik Bhaskar	तैयारी : हॉकी मैदान में करवाया योगाभ्यास	66.5M
50.	Dainik Bhaskar	प्रोफेसर के 2197 पदों के लिए एग्जाम जून-जुलाई में: डॉक्टर्स के 718 पदों के लिए प...	66.5M
51.	Dainik Bhaskar	सोनीपत के सिविल हॉस्पिटल में लिफ्ट में फंसे दो मरीज: गर्मी में हालत बिगड़ी; स्टा...	66.5M
52.	Dainik Bhaskar	हर गुरुवार बुजुर्ग देखभाल कार्यक्रम अप्रैल महीने में 8682 की स्क्रीनिंग	66.5M

53.	Dainik Bhaskar	प्रदेश में 18 नए वेलनेस सेंटर बनेंगे आयुर्वेद इलाज की सुविधा मिलेगी	66.5M
54.	Dainik Bhaskar	एम्स भोपाल के अध्ययन में हुआ खुलासा: सांस लेने की एक खास तकनीक के 5 मिनट अभ्यास ...	66.5M
55.	Dainik Bhaskar	योग दिवस : जिले में 30 दिन चलेगा पूर्वाभ्यास, बैठक आज	66.5M
56.	Dainik Bhaskar	सोनीपत में अंतरराष्ट्रीय योग दिवस की तैयारी: 21 जून को जिला स्तर पर होंगे कार्यक...	66.5M
57.	Dainik Bhaskar	अंतर्राष्ट्रीय योग दिवस के लिए तैयारी शुरू: मंदसौर में हॉकी ग्राउंड पर बच्चों-यु...	66.5M
58.	Dainik Bhaskar	समाधान शिविर में आयुर्वेद औषधालय ने किया पौष्टिक जीरा पानक का वितरण	66.5M
59.	Dainik Bhaskar	होम्योपैथी चिकित्सकों को लिखनी पड़ती है आयुर्वेद व यूनानी दवा	66.5M
60.	Dainik Bhaskar	एचसीएल के कॉर्पोरेट ऑफिस में योग दिवस को लेकर तैयारी शुरू	66.5M
61.	Dainik Bhaskar	हर मंडल में बनेंगे इंटीग्रेटेड आयुष महाविद्यालय: सीएम योगी बोले – एक ही परिसर मे...	66.5M
62.	Dainik Bhaskar	पारंपरिक चिकित्सकों को प्रशिक्षण और 4 को प्रमाण पत्र भी दिया गया	66.5M
63.	Dainik Bhaskar	अश्वगंधा की खेती करने का किसानों को मिला प्रशिक्षण	66.5M
64.	Dainik Bhaskar	आयुष मंत्रालय ने साप्ताहिकयोग पॉडकास्ट लॉन्च किया	66.5M
65.	Dainik Bhaskar	मुख्यमंत्री के सुशासन में जिले के सभी गांवों का विकास होगा, राशि की कमी नहीं होग...	66.5M
66.	Dainik Bhaskar	फूंक मारते ही पता चल जाएगा शुगर लेवल: बालाघाट की छात्रा ने बनाई डिवाइस; केमिकल ड...	66.5M
67.	Dainik Bhaskar	RGPV में सृजन 2025 में दिखी इनोवेशन की उड़ान: मंत्री परमार बोले- छात्रों के नवाच...	66.5M
68.	Dainik Bhaskar	राजनांदगांव के 6 वार्डों में समाधान शिविर: राशन कार्ड, श्रमिक कार्ड समेत कई सेवा...	66.5M
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70.	Dainik Bhaskar	RGPV में दो दिन का नवाचार महोत्सव: 'सृजन 2025" में 150 इनोवेशन प्रोजेक्ट्स की प...	66.5M
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79.	Dainik Bhaskar	पदोन्नति पर कोषालय अधिकारी रामजीलाल गोलिया का किया सम्मान	66.5M
80.	Dainik Bhaskar	वयोवृद्ध स्वास्थ्य शिविर कल से 31 मई तक	66.5M

81.	Dainik Bhaskar	शिविर में 150 मरीजों का किया उपचार	66.5M
82.	Dainik Bhaskar	261 बच्चों को कराया स्वर्ण प्राशन	66.5M
83.	Dainik Bhaskar	किसानों को आंवला की खेती के बारे में जागरूक किया	66.5M
84.	Dainik Bhaskar	गर्भवती महिलाओं के लिए लगाया विशेष योग शिविर	66.5M
85.	Dainik Bhaskar	होम्योपैथी वेलनेस सेंटर में महिलाओं को मिलेगा मोटापे से निजात: रोज 12 महिलाओं का...	66.5M
86.	Dainik Bhaskar	रोहतक के मोरखेड़ी गांव में रात्रि ठहराव कार्यक्रम: 3 माह में स्टेडियम, ई-लाइब्रे...	66.5M
87.	Dainik Bhaskar	भोपाल AIIMS की स्टडी यूएस फिजियोलॉजी समिट में प्रेजेंट: पीसीओएस पीड़ित युवतियों प...	66.5M
88.	Dainik Bhaskar	स्वस्थ जीवन शैली व पोषण पर हुई रंगोली स्पर्धा	66.5M
89.	Dainik Bhaskar	तुलसी की खेती से किसानों को मिलेगा सम्मान: औषधीय गुणों के बारे में बताया, महिलाओ...	66.5M
90.	Dainik Bhaskar	प्रमुख सचिव के औचक निरीक्षण में 59 डॉक्टर-स्टॉफ गैरहाजिर मिले: लखनऊ में टुडियागं...	66.5M
91.	Dainik Bhaskar	निशुल्क मधुमेह और मोटापा जांच शिविर आज	66.5M
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93.	Dainik Bhaskar	स्वच्छता, नियमित व्यायाम और संतुलित आहार की दी जानकारी	66.5M
94.	Dainik Bhaskar	अश्वगंधा की खेती से आमदनी बढ़ाने दिया प्रशिक्षण	66.5M
95.	Dainik Bhaskar	झालरापाटन में अंतरराष्ट्रीय योग दिवस की तैयारी: स्कूलों में योग महाकुंभ से लेकर ...	66.5M
96.	Dainik Bhaskar	डोमा में लगा परियोजना स्तरीय पोषण व महिला जागृति शिविर	66.5M
97.	Dainik Bhaskar	आयुष विभाग ने बिल्हरी में लगाया हेल्थ कैंप, 35 मरीजों ने लिया स्वास्थ्य लाभ	66.5M
98.	Dainik Bhaskar	विनोबा वार्ड की आंगनबाड़ी में मनाया पोषण पखवाड़ा	66.5M
99.	Dainik Bhaskar	राजसमंद में सामूहिक योगाभ्यास में नजर आया उत्साह: जागरूकता के लिए नौ चोकी पाल पर...	66.5M
100.	Dainik Bhaskar	51 संस्थानों में लगाए आयुष पोषण शिविर, महिलाओं को दी आयुर्वेद की जानकारी	66.5M
101.	Dainik Bhaskar	दो दिवसीय मास्टर ट्रेनर प्रशिक्षण आयोजित	66.5M
102.	Dainik Bhaskar	आयुष विभाग ने शुरू किया पोषण पखवाड़ा, लगाए शिविर	66.5M
103.	Dainik Bhaskar	इंदौर में 60 बिस्तरों वाला आयुष अस्पताल तैयार: मांगलिया में बने नए भवन का मई में...	66.5M
104.	Dainik Bhaskar	अंकिरा एक ऐसा गांव है, जहां हर घर में मुनगा, मुफ्त में बांट रहे	66.5M
105.	Dainik Bhaskar	अश्वगंधा की खेती के लिए स्वच्छता समूह की महिलाओं को दिया प्रशिक्षण	66.5M
106.	Dainik Bhaskar	महिला किसानों को सहजन खेती का प्रशिक्षण दिया	66.5M
107.	Dainik Bhaskar	देश की पहली आयुष यूनिवर्सिटी का दीक्षांत-समारोह 18 को: 126 स्टूडेंट्स को मिलेंगी...	66.5M
108.	Dainik Bhaskar	शिविर में 345 मरीजों का किया परीक्षण	66.5M
109.	Dainik Bhaskar	समूह की महिलाओं को अश्वगंधा की खेती का प्रशिक्षण दिया	66.5M

110.	Dainik Bhaskar	स्वास्थ्य शिविरों में रोग की पहचान के साथ नियंत्रण के लिए दे रहे इलाज	66.5M
111.	Dainik Bhaskar	छात्रावास में लगाया है शिविर प्रशिक्षक करा रहे योगाभ्यास	66.5M
112.	हिन्दुस्तान(Live Hindustan)	जसपुर में अंतरराष्ट्रीय योग दिवस को लेकर पूर्वाभ्यास कराया	64.8M
113.	हिन्दुस्तान(Live Hindustan)	हर ब्लॉक पर कॉमन योग प्रोटोकॉल का अभ्यास कराया जाएगा	64.8M
114.	हिन्दुस्तान(Live Hindustan)	हंडिया में एक रुपये में हो रहा गठिया का इलाज	64.8M
115.	हिन्दुस्तान(Live Hindustan)	गाड़ी में "एक पृथ्वी एक स्वास्थ्य" विषय पर योग प्रतियोगिता	64.8M
116.	हिन्दुस्तान(Live Hindustan)	मानव जीवन के लिए योग व संयमित दिनचर्या आवश्यक:डा. विद्यार्थी	64.8M
117.	हिन्दुस्तान(Live Hindustan)	28 मई को किलकिलेश्वर में योग दिवस	64.8M
118.	हिन्दुस्तान(Live Hindustan)	योगोत्सव में योगासन व प्राणायाम का कराया गया अभ्यास	64.8M
119.	हिन्दुस्तान(Live Hindustan)	आयुष सचिव वैद्य कोटेचा को चौथा सेवा विस्तार मिला	64.8M
120.	हिन्दुस्तान(Live Hindustan)	प्राथमिक विद्यालय बरगदी कोट में लगा योग शिविर	64.8M
121.	हिन्दुस्तान(Live Hindustan)	1000 पशु मित्रों की भर्ती समेत कई कर्मियों का मानदेय बढ़ा, गौवंश चारे का अनुदान ...	64.8M
122.	हिन्दुस्तान(Live Hindustan)	आयुष टीम ने सेनू गांव में लोगों को किया जागरूक	64.8M
123.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस पर होंगे कार्यक्रम	64.8M
124.	हिन्दुस्तान(Live Hindustan)	प्रदेश के हर मंडल में स्थापित हो आयुष महाविद्यालय: योगी	64.8M
125.	हिन्दुस्तान(Live Hindustan)	एक ही जगह मिलेगी सभी पद्धतियों की दवाएं, हर मंडल में आयुष महाविद्यालय; CM योगी क...	64.8M
126.	हिन्दुस्तान(Live Hindustan)	जिला कारागार में बंदियों ने सीखा आयुष का महत्व	64.8M
127.	हिन्दुस्तान(Live Hindustan)	शिविर में 118 मरीजों का इलाज	64.8M
128.	हिन्दुस्तान(Live Hindustan)	रामगढ़ आयुर्वेदिक चिकित्सालय का अब अपना होगा भवन	64.8M
129.	हिन्दुस्तान(Live Hindustan)	योग को गांव-गांव पहुंचाने का लिया संकल्प	64.8M
130.	हिन्दुस्तान(Live Hindustan)	योग को गांव-गांव पहुंचाने का लिया संकल्प	64.8M
131.	हिन्दुस्तान(Live Hindustan)	इस वर्ष अंतरराष्ट्रीय योग दिवस पूरी दुनिया के लिए प्रेरणादायक होगा : मंत्री	64.8M
132.	हिन्दुस्तान(Live Hindustan)	एक विश्व और एक स्वास्थ्य के लिए योग पर मंथन	64.8M
133.	हिन्दुस्तान(Live Hindustan)	एमजीसीयू में योग पर पोस्टर प्रतियोगिता में छात्रों की रचनात्मकता की झलक	64.8M
134.	हिन्दुस्तान(Live Hindustan)	Ayush Department Organizes Workshop on One Earth One Health at RakuMavi C handaud...	64.8M
135.	हिन्दुस्तान(Live Hindustan)	एम्स ने अस्थमा के प्रति लोगों को जागरूक किया	64.8M
136.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में विद्यालयों में कार्यक्रम शुरू	64.8M
137.	हिन्दुस्तान(Live Hindustan)	चित्रकला में दिव्या गौनिया ने बाजी मारी	64.8M

138.	हिन्दुस्तान(Live Hindustan)	योगाभ्यास करने वालों को मिलेगा उपहार में पौधा	64.8M
139.	हिन्दुस्तान(Live Hindustan)	बालिकाओं के पुनर्वास पर रखें फोकस: अपर्णा यादव	64.8M
140.	हिन्दुस्तान(Live Hindustan)	योग दिवस को लेकर योगाचार्यों का प्रशिक्षण शुरू	64.8M
141.	हिन्दुस्तान(Live Hindustan)	योग शिविर में दिए गए सेहत के टिप्स	64.8M
142.	हिन्दुस्तान(Live Hindustan)	बंजारावाला में 400 लोगों की स्वास्थ्य जांच	64.8M
143.	हिन्दुस्तान(Live Hindustan)	नव निर्मित वन स्टार सेंटर का लोकार्पण आज	64.8M
144.	हिन्दुस्तान(Live Hindustan)	अगले पांच वर्ष में देश की जीडीपी में आयुष का पांच फीसदी योगदान	64.8M
145.	हिन्दुस्तान(Live Hindustan)	यूपी में बुजुर्गों की सेहत का खास ख्याल रखेगी योगी सरकार, 23 एक्सपर्ट्स की बनी...	64.8M
146.	हिन्दुस्तान(Live Hindustan)	ऑक्सीजन पार्क में योग सत्र 8 को	64.8M
147.	हिन्दुस्तान(Live Hindustan)	बोले बुलंदशहर:::: आयुर्वेद में है दम, घोषित किया जाए इसे राष्ट्रीय पद्धति	64.8M
148.	हिन्दुस्तान(Live Hindustan)	नूंह के गांव भाकड़ौजी में लाइब्रेरी खुलेगी : उपायुक्त	64.8M
149.	हिन्दुस्तान(Live Hindustan)	छात्रों और शिक्षकों ने योग किया	64.8M
150.	हिन्दुस्तान(Live Hindustan)	गुड न्यूज! बिहार के इन 7 जिलों में बनेंगे आयुष अस्पताल, दक्षिण बिहार में एक होमि...	64.8M
151.	हिन्दुस्तान(Live Hindustan)	यूपीपीएससी : सीधी भर्ती का कटऑफ जारी	64.8M
152.	हिन्दुस्तान(Live Hindustan)	हिमाचल प्रदेश में कई IAS अधिकारियों के तबादले, प्रियंका वर्मा और किरण भड़ाना पहल...	64.8M
153.	हिन्दुस्तान(Live Hindustan)	योग प्रशिक्षकों को नौ माह से नहीं मिला मानदेय, दो माह के मानदेय में भी कटौती	64.8M
154.	हिन्दुस्तान(Live Hindustan)	फ्री बस सुविधा के लिए स्कूलों से मांगी गई छात्रों की जानकारी	64.8M
155.	हिन्दुस्तान(Live Hindustan)	होम्योपैथिक चिकित्सा अधिकारी के साक्षात्कार मई में	64.8M
156.	हिन्दुस्तान(Live Hindustan)	पानी की एक-एक बूंद को तरसेगा पाकिस्तान: दयाशंकर	64.8M
157.	हिन्दुस्तान(Live Hindustan)	लोगों को स्वस्थ रखने के लिए प्रशिक्षण देगा विभाग	64.8M
158.	हिन्दुस्तान(Live Hindustan)	लापरवाह आशा की जवाबदेही तय करें : डीएम	64.8M
159.	हिन्दुस्तान(Live Hindustan)	आयुर्वेद कॉलेज के 59 डॉक्टर-कर्मचारी गैरहाजिर मिले, नोटिस	64.8M
160.	हिन्दुस्तान(Live Hindustan)	1500 विद्यार्थियों, शिक्षकों और अभिभावकों ने योग कर स्वस्थ रहने का संदेश दिया	64.8M
161.	हिन्दुस्तान(Live Hindustan)	राजकीय स्कूलों में छात्रों को नियमित योग सिखाए जाएंगे	64.8M
162.	हिन्दुस्तान(Live Hindustan)	2800 आयुष चिकित्सकों की शीघ्र बहाली होगी : मंगल पांडेय	64.8M
163.	हिन्दुस्तान(Live Hindustan)	आयुष अस्तपाल अन्यत्र ले जाने का कड़ा विरोध	64.8M
164.	हिन्दुस्तान(Live Hindustan)	शिविर के माध्यम से 127 लोगों की स्वास्थ्य जांच	64.8M
165.	हिन्दुस्तान(Live Hindustan)	आयुष अस्पताल का निर्माण शुरू न होने पर लोग नाराज	64.8M
166.	हिन्दुस्तान(Live Hindustan)	आयुष मंत्रालय के अधिकारियों ने सीखे व्यावसायिक कौशल के गुर	64.8M

167.	हिन्दुस्तान(Live Hindustan)	बोले बेल्हा : रजिस्ट्रेशन के साथ ट्रैक्स में भी मिले राहत, सुविधा, सेवा सुरक्षा ...	64.8M
168.	हिन्दुस्तान(Live Hindustan)	बोले मेरठ : बिना डिग्री वालों पर लगे रोक, प्राचीन पद्धति को मिले सम्मान	64.8M
169.	हिन्दुस्तान(Live Hindustan)	एम्स में शुरू हुई पैक्स स्कैन की सुविधा	64.8M
170.	The Times of India	Governor stresses on genetic counselling, medication to eradicate sickle cell by...	64.4M
171.	The Times of India	NTR collector advocates regular yoga practice for govt employees	64.4M
172.	The Times of India	Ayush ministry signs MoU with WHO to create module for traditional Indian medici ...	64.4M
173.	The Times of India	Himachal Pradesh cabinet nod to recruit 1,000 'pashu mitras"	64.4M
174.	The Times of India	CM for Ayush colleges in all UP divisions	64.4M
175.	The Times of India	NIA Panchkula to offer Ayurveda-allopathy combo treatment	64.4M
176.	The Times of India	Ayush doctors to act against misleading ads	64.4M
177.	The Times of India	Maharashtra needs integrated ministries: Ayush minister Prataprao Jadhav	64.4M
178.	The Times of India	Delhi to become model state for Ayush, says health minister	64.4M
179.	The Times of India	Shinde Orders Pak Nationals to Leave Maharashtra Amid Heightened Security Dri ve	64.4M
180.	The Times of India	Pahalgam terror attack will be avenged, CM Yadav says at Army function	64.4M
181.	The Times of India	Indore to get largest Ayush hospital in division in May	64.4M
182.	The Times of India	Cases pending before Telangana courts come down, even as vacancies go up	64.4M
183.	The Times of India	Desi dengue vax nears completion, likely to hit markets in mid-2026	64.4M
184.	अमर उजाला (Amar ujala)	Una News: ओयल प्राकृतिक चिकित्सा केंद्र में गंभीर बीमारियों का हो रहा निदान	63.8M
185.	अमर उजाला (Amar ujala)	India-WHO MoU: भारत की पारंपरिक चिकित्सा प्रणाली को मिलेगी वैश्विक पहचान, दुनिया...	63.8M
186.	अमर उजाला (Amar ujala)	International Yoga Day: इस बार गैरसैंण में होगा मुख्य कार्यक्रम, 10 देशों के राज...	63.8M
187.	अमर उजाला (Amar ujala)	Fact Check: भारत के आयुर्वेदिक डॉक्टरों को मिली नासा के साथ अंतरिक्ष यात्रा करने...	63.8M
188.	अमर उजाला (Amar ujala)	योग दिवस : अनाजमंडी में होगा जिला स्तरीय कार्यक्रम	63.8M
189.	अमर उजाला (Amar ujala)	Muzaffarnagar: जनकपुरी में अस्पताल चला रही थी दाई, स्वास्थ्य विभाग ने मारा छापा ...	63.8M
190.	अमर उजाला (Amar ujala)	Jalandhar News: भाजपा जिलाध्यक्ष के प्रतिष्ठान पर जीएसटी, स्वास्थ्य व ड्रग विभाग...	63.8M
191.	अमर उजाला (Amar ujala)	Una News: 300 लोगों की मधुमेह और उच्च रक्तचाप की जांच	63.8M
192.	अमर उजाला (Amar ujala)	World Hypertension Day : देश में हर चौथा व्यक्ति उच्च रक्तचाप से परेशान, आधे मरी...	63.8M
193.	अमर उजाला (Amar ujala)	Uttarakhand Cabinet: बैठक आज; उपनल कर्मियों के नियमितीकरण के मसले पर हो सकती है ...	63.8M
194.	अमर उजाला (Amar ujala)	केवल आयुर्वेद ही दे सकता है स्वस्थ जीवन	63.8M

195.	अमर उजाला (Amar ujala)	Honey Trap Alert: सेना में घुसपैठ की कोशिश, आयुष विभाग के कर्मी संवेदनशील जानकार...	63.8M
196.	अमर उजाला (Amar ujala)	Sirmour News: अस्पतालों में खुली रहीं आपातकालीन सेवाएं	63.8M
197.	अमर उजाला (Amar ujala)	Chamoli News: चित्रकला में नैना रहीं अव्वल	63.8M
198.	अमर उजाला (Amar ujala)	Kurukshetra News: एक हजार से अधिक साधकों ने की योग क्रियाएं	63.8M
199.	अमर उजाला (Amar ujala)	UP: संदिग्धों की पड़ताल तेज, कुछ जिलों में पुलिसवालों की छुट्टियां रद्द; नेपाल स...	63.8M
200.	अमर उजाला (Amar ujala)	UP: आयुष चिकित्सकों की छुट्टियां रद्द, भारत-पाकिस्तान युद्ध से जुड़ा है मामला; य...	63.8M
201.	अमर उजाला (Amar ujala)	Sirmour News: मर्म चिकित्सा, रक्ष मोक्षण पद्धतियों से किया उपचार	63.8M
202.	अमर उजाला (Amar ujala)	MP News: सीएम डॉ. यादव बोले- प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्...	63.8M
203.	अमर उजाला (Amar ujala)	Bhiwani News: अब प्रेमनगर की दो एकड़ भूमि पर नौ करोड़ की लागत से बनेगा 25 बेड का...	63.8M
204.	अमर उजाला (Amar ujala)	Uttarkashi News: योग आसन में कन्हैया, निबंध में दुर्गा और भाषण में संजीता प्रथम	63.8M
205.	अमर उजाला (Amar ujala)	Karnal News: कुलदीप सिंह बने आयुष विभाग शाखा के प्रधान	63.8M
206.	अमर उजाला (Amar ujala)	Himachal: ईडब्ल्यूएस के फर्जी प्रमाणपत्र पर ली थी नौकरी, चार आयुर्वेद डॉक्टरों प...	63.8M
207.	अमर उजाला (Amar ujala)	CG: समीक्षा बैठक में सीएम साय बोले- स्वास्थ्य विभाग के खाली पदों पर शीघ्र होगी भ...	63.8M
208.	अमर उजाला (Amar ujala)	Udhampur News: पार्क में लगी योग कक्षा	63.8M
209.	अमर उजाला (Amar ujala)	News: हत्या में शामिल बाल अपचारी को पकड़ा, डेमू ट्रेन से गिरकर यात्री की मौत; पढ...	63.8M
210.	अमर उजाला (Amar ujala)	Una News: अब घर-घर पहुंचेगा योग वेलनेस केंद्र करेंगे सहयोग	63.8M
211.	अमर उजाला (Amar ujala)	Delhi: "एलोपैथी की तरह आयुष की दवाओं के लिए भी खुल सकता है जनऔषधि केंद्र", कें...	63.8M
212.	अमर उजाला (Amar ujala)	Almora News: मानस खंड विज्ञान केंद्र में प्रतिभागियों ने किया योगाभ्यास	63.8M
213.	अमर उजाला (Amar ujala)	Palwal News: रात्रि ठहराव कार्यक्रम में 38 शिकायतों का समाधान	63.8M
214.	अमर उजाला (Amar ujala)	Noida News: इलाज के साथ योग के गुर भी सिखाएगा सफदरजंग अस्पताल	63.8M
215.	अमर उजाला (Amar ujala)	MPPSC: एमपीपीएसी ने खाद्य सुरक्षा अधिकारी भर्ती विज्ञापन को किया रद्द, भर्ती में...	63.8M
216.	अमर उजाला (Amar ujala)	Bihar: सम्राट चौधरी बोले- सुगम यातायात के लिए 10 हजार करोड़ की योजनाओं पर विभाग ...	63.8M
217.	अमर उजाला (Amar ujala)	Bihar News: छात्रा को कुत्तों ने नोच-नोच कर किया जख्मी, इलाज के दौरान तोड़ा दम; ...	63.8M
218.	अमर उजाला (Amar ujala)	Bihar News: मुख्यमंत्री ने पथ निर्माण विभाग की योजनाओं की समीक्षा की, अधिकारियों...	63.8M
219.	अमर उजाला (Amar ujala)	Bihar: विजय सिन्हा बोले- भारतीयता से विरोध करने वालों का खत्म कर दिया जाएगा DNA,...	63.8M
220.	अमर उजाला (Amar ujala)	Bihar News: सात जिलों में बनेंगे 50 बेड वाले आयुष अस्पताल, स्वास्थ्य मंत्री ने क...	63.8M
221.	अमर उजाला (Amar ujala)	खेड़ी जट्ट में लगाया स्वास्थ्य जांच शिविर	63.8M
222.	अमर उजाला (Amar ujala)	Udhampur News: भद्रवाह जेल में लगा शिविर, कैदियों ने किया योग	63.8M
223.	अमर उजाला (Amar ujala)	सामान्य प्रसव के लिए योग मददगार : डॉ. रेनू	63.8M

224.	अमर उजाला (Amar ujala)	पानी की एक-एक बूंद को तरसेगा पाकिस्तान : दयाशंकर मिश्र दयालु	63.8M
225.	अमर उजाला (Amar ujala)	Solan News: पोषण नियम और संतुलित आहार की दी जानकारी	63.8M
226.	अमर उजाला (Amar ujala)	Kullu News: नरैणी में नौनिहालों को सिखाईं योग की क्रियाएं	63.8M
227.	अमर उजाला (Amar ujala)	प्रतिदिन 30 मिनट योग जरूर करें : गजानंद	63.8M
228.	अमर उजाला (Amar ujala)	Una News: तीन आयुर्वेदिक अस्पतालों में शुरू नहीं हो पाई मरीजों को दाखिल करने की ...	63.8M
229.	अमर उजाला (Amar ujala)	Una News: चुरूडू में पंचकर्म के लिए बनेगा विशेष केंद्र, कई गांवों को मिलेगा लाभ	63.8M
230.	अमर उजाला (Amar ujala)	सामान्य प्रसव में मददगार है भद्रासन : दहिया	63.8M
231.	अमर उजाला (Amar ujala)	Kullu News: आयुष अस्पताल में मरीजों की नब्ज टटोलेंगे सीनियर विशेषज्ञ	63.8M
232.	अमर उजाला (Amar ujala)	Muzaffarnagar News: आयुष हॉस्पिटल में चलता मिला ऑपरेशन थियेटर	63.8M
233.	अमर उजाला (Amar ujala)	Solan News: थावी मोहल्ला आंगनबाड़ी केंद्र में मनाया पोषण पखवाड़ा	63.8M
234.	अमर उजाला (Amar ujala)	Chamba News: आयुर्वेदिक डिस्पेंसरी को तीन दशक बाद भी नहीं मिला अपना भवन	63.8M
235.	अमर उजाला (Amar ujala)	Sirmour News: मर्म चिकित्सा, अग्नि कर्म, रक्ष मोक्षण पद्धतियों से होगा उपचार	63.8M
236.	अमर उजाला (Amar ujala)	Rampur News: राजकीय आयुर्वेदिक चिकित्सालय का होगा उच्चीकरण	63.8M
237.	अमर उजाला (Amar ujala)	ILBS: 2014 में 7 एम्स थे, आज 23 हैं, मेडिकल कॉलेज 387 थे, अब 780 हैं, एमबीबीएस क...	63.8M
238.	अमर उजाला (Amar ujala)	Kullu News: जिला आयुष अस्पताल में होम्योपैथी पद्धति से मिलेगा उपचार	63.8M
239.	अमर उजाला (Amar ujala)	Kurukshetra News: श्रीकृष्ण आयुष विवि का प्रथम दीक्षांत समारोह आज	63.8M
240.	अमर उजाला (Amar ujala)	Chandigarh-Haryana News: पीएम श्री व मॉडल संस्कृति में सिखाया जाएगा योग, भर्ती ह...	63.8M
241.	अमर उजाला (Amar ujala)	हरियाणा के स्कूलों में होगा योग: 857 योग सहायकों की नियुक्ति, अंतरराष्ट्रीय ध्या...	63.8M
242.	अमर उजाला (Amar ujala)	Tehri News: आयुष अस्पताल निर्माण बंद होने पर जताया आक्रोश	63.8M
243.	अमर उजाला (Amar ujala)	Pithoragarh News: सीएचसी मुनस्यारी में 19 अप्रैल को दी जाएगी बूस्टर ट्रेनिंग	63.8M
244.	अमर उजाला (Amar ujala)	Rampur News: शहर में संचालित निजी नर्सिंग होम में नवजात की मौत, सील	63.8M
245.	अमर उजाला (Amar ujala)	Kathua News: हाइपर टेंशन, हृदय व जोड़ों के दर्द की समस्याएं ज्यादा	63.8M
246.	अमर उजाला (Amar ujala)	Bhiwani News: गर्मी के कारण विद्यालयों में सुबह 10 बजे के बाद नहीं होगी बाहरी गत...	63.8M
247.	अमर उजाला (Amar ujala)	Rishikesh: अत्याधुनिक सुविधाओं से लैस हुआ एम्स, केंद्रीय मंत्री नड्डा और सीएम धा...	63.8M
248.	अमर उजाला (Amar ujala)	Doctor: यूनानी डॉक्टर बनने का सपना? BUMS कोर्स के बाद बेहतरीन ऑप्शन; जानें एडमिश...	63.8M
249.	अमर उजाला (Amar ujala)	Hamirpur (Himachal) News: आयुष अस्पतालों में मरीजों को अप्रैल के बाद भी मिल सकता...	63.8M
250.	Navbharat Times - NBT Education	दरभंगा एम्स निर्माण से पहले उसके चारों तरफ बनेगा रिंग बांध, बाढ़ से सुरक्षा के ल...	57.6M
251.	Navbharat Times - NBT Education	एमपी में कामकाजी महिलाओं के लिए गुड न्यूज, सीएम ने सभी शहरों में हॉस्टल उपलब्ध क...	57.6M

252.	Navbharat Times - NBT Education	बिहार के 7 जिलों में बनेंगे नए अस्पताल, नीतीश सरकार का प्लान तैयार, क्या आपका जि...	57.6M
253.	Navbharat Times - NBT Education	TOP 7 Sarkari Naukri Last Date: 30 अप्रैल तक खत्म हो जाएगी इन 7 भर्तियों की फॉर्...	57.6M
254.	Ndtv	Ayurveda Day: अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	50.6M
255.	Ndtv	कई समस्याओं का रामबाण उपाय है कपालभाति प्राणायाम, मगर जान लें किन लोगों को नहीं ...	50.6M
256.	Ndtv	योग करने से पहले जान लें क्या है "कॉमन योग प्रोटोकॉल", शरीर को कैसे रखता है चु...	50.6M
257.	Ndtv	अष्टांग योग के हैं अनंत लाभ, अभ्यास से जीवन में आता है सकारात्मक बदलाव-शोध में ह...	50.6M
258.	Ndtv	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	50.6M
259.	Ndtv	बच्चों को रोज इतने मिनट कराएं ये योग आसन, मानसिक और शारीरिक विकास के साथ होने लग...	50.6M
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262.	News18	Kapalbhati Pranayama Benefits: कपालभाति प्राणायाम कई बीमारियों का एक समाधान, लेक...	43.6M
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414.	Prokerala.com	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	13M
415.	Prokerala.com	Centre to unveil digital portal for medical value travel: Minister	13M
416.	Prokerala.com	World Health Summit"s regional meet to shape global agenda: Ayush Minister	13M
417.	Prokerala.com	Mohan Yadav Chairs AYUSH Department Review Meeting	13M
418.	Prokerala.com	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	13M
419.	Prokerala.com	Healthy India key towards realising Viksit Bharat goal: HM Shah	13M
420.	Prokerala.com	Govt focused more on providing preventive healthcare than just curative: JP Nadd...	13M
421.	Dinamalar	சித்த மருத்துவ சிகிச்சை: உலக சுகாதார அமைப்புடன் மத்திய அரசு ஒப்பந்தம்	11.9M
422.	ThePrint	India partners with WHO to mainstream Ayush globally through agreement on trad it...	11.3M
423.	ThePrint	Ahead of International Yoga Day, PM Modi invites people to embrace yoga for vib r...	11.3M
424.	ThePrint	Demonising palm oil won"t improve public health. Better focus on food literacy,...	11.3M
425.	ThePrint	Only 1 of Mumbai"s 24 wards gets round-the-clock water supply—Praja Foundatio n ...	11.3M
426.	ThePrint	Ayush Expo in Osaka getting wide attention: Ministry	11.3M
427.	ThePrint	Over 1,000 organisations registered under Yoga Sangam for June 21 event	11.3M
428.	ThePrint	Yoga Unplugged gets a boost with leading institutions joining initiative	11.3M
429.	ThePrint	Yoga Day 2025: Samyoga, Yoga Unplugged aim to redefine yoga practice	11.3M
430.	MP Breaking News	हर साल 23 सितंबर को मनाया जाएगा राष्ट्रीय आयुर्वेद दिवस, जानिए इस प्राचीन चिकित्...	11.3M
431.	TV9	हर साल 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस, जानें महत्व	11.3M
432.	TV9	अब हर साल 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस, क्यों खास है ये दिन?	11.3M

433.	ThePrint	Centre declares Sep 23 as Ayurveda Day	11.3M
434.	ThePrint	Ayush ministry launches weekly podcast for transformative journey into world of ...	11.3M
435.	ThePrint	Delhi govt plans to sponsor Ayurveda start-ups, host global summit: CM	11.3M
436.	ThePrint	UP Governor holds meeting with pvt universities to plan for International Yoga D...	11.3M
437.	ThePrint	National Ayush Mission delegates immerse in naturopathy at National Institute of.. .	11.3M
438.	ThePrint	Yoga Mahotsav in Nashik marks 50-day countdown to International Yoga Day	11.3M
439.	ThePrint	Marked improvement in accessibility of healthcare services due to Ayushman Aro gy...	11.3M
440.	ThePrint	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	11.3M
441.	ThePrint	Maharashtra"s Lonavala to host second edition of National Ayush Mission Concla v...	11.3M
442.	MP Breaking News	IAS Transfer : ब्यूरोक्रेसी में बड़ा फेरबदल, एक साथ 17 आईएएस अफसरों के तबादले, ज...	11.3M
443.	ThePrint	Railways facilitates journey of stranded tourists amidst rush from Jammu, Katra	11.3M
444.	MP Breaking News	Mohan Cabinet Meeting : मोहन कैबिनेट बैठक आज, कई अहम प्रस्तावों पर लग सकती है मु...	11.3M
445.	ThePrint	FHRAI announces its plans ahead of International Yoga Day	11.3M
446.	ThePrint	Haryana to employ ‘sahayaks" to teach school students yoga	11.3M
447.	ThePrint	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	11.3M
448.	TV9	यूनानी डॉक्टर कैसे बनें? जानिए12वीं के बाद क्या करनी होगी पढ़ाई	11.3M
449.	Etvbharat	Exclusive | Parliamentary Panel Raps Ayush Ministry For Lack Of Emphasis in No rt...	11.2M
450.	Indiatvnews	After sudden baldness, people in Maharashtra"s Buldhana face unexplained nail l. ..	9.7M
451.	Tamil News	வெயில் காலத்தில் முள்ளங்கி, பாகற்காய் சாப்பிட கூடாதாம் - வேற எந்தெந்த காய் சாப்ப...	9M
452.	Cnbc Tv18	Railways facilitates journey of stranded tourists amidst rush from Jammu and Kat.. .	8.8M
453.	Cnbc Tv18	Home India News Pahalgam Terror Attack Live: Pak Dy PM hails attackers as "fre e...	8.8M
454.	Times Now Hindi	UP Ayush Department Recruitment 2025: यूपी आयुष विभाग में 4,350 पदों पर होगी भर्.. .	8.6M
455.	Times Now Hindi	कॉमन योग प्रोटोकॉल : इस तरीके को फॉलो कर शरीर रहेगा चुस्त और तंदुरुस्त, जानें क्...	8.6M

456.	Business Standard	Ahead of International Yoga Day, PM Modi invites people to embrace yoga	8.1M
457.	Business Standard	India partners with WHO to mainstream Ayush globally through an agreement	8.1M
458.	Asianet News Hindi	उत्तराखंड में आयुर्वेद का नया अध्याय, क्या है सरकार की योजना?	8.1M
459.	Business Standard	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	8.1M
460.	Business Standard	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators l...	8.1M
461.	Business Standard	Railways facilitates journey of stranded tourists amidst rush from Jammu	8.1M
462.	Asianet News Hindi	योग और आयुर्वेद से निरोगी बने, उत्तराखंड में अनोखी कार्यशाला	8.1M
463.	Asianet News Hindi	क्या मध्यप्रदेश बनेगा मेडिकल टूरिज्म का नया केंद्र? आयुष विभाग की बड़ी भूमिका	8.1M
464.	Asianet News Hindi	मानवता के उत्थान में चिकित्सकों की अहम भूमिका : केंद्रीय स्वास्थ्य मंत्री श्री ज...	8.1M
465.	Business Standard	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	8.1M
466.	The Hindu	ஆரோக்கியமான கல்லீரல் ஆரோக்கியமான உடலுக்கு அடித்தளம்: கல்லீரல் தின நிகழ்ச்சியில் ...	8M
467.	Latestly	India News | India Partners with WHO to Mainstream Ayush Globally Through Agr eem...	7.8M
468.	Latestly	India News | PM Modi Lauds Andhra"s "YogAndhraAbhiyan", Encourages People to ...	7.8M
469.	Latestly	India News | CCRAS Journals" Editors and Reviewers Conclave 2025 Begins in G uwa...	7.8M
470.	Latestly	India News | Assam: Health Minister Reviews Preparedness for International Day o...	7.8M
471.	Latestly	India News | Ayush Expo in Osaka Getting Wide Attention: Ministry	7.8M
472.	Latestly	India News | Over 1,000 Organisations Registered Under Yoga Sangam for June 21 E...	7.8M
473.	Latestly	India News | Yoga Unplugged Gets a Boost with Leading Institutions Joining Initi...	7.8M
474.	Latestly	India News | Andhra CM Naidu Directs Officials to Organise Record-breaking Yog a ...	7.8M
475.	Latestly	India News | Andhra Govt Making Elaborate Arrangements for PM to Commemora te Yog...	7.8M
476.	Latestly	India News | Ayurveda Day to Be Celebrated on September 23 Every Year	7.8M
477.	Latestly	Ayurveda Day to Be Celebrated on September 23 Every Year, Government Move s Date ...	7.8M

478.	Latestly	India News | Ayush Ministry Launches Weekly Yoga Podcast to Promote Holistic Wel...	7.8M
479.	Latestly	India News | Ayush Ministry Launches Weekly Podcast for Transformative Journey i...	7.8M
480.	Latestly	World News | Sixth Meeting of Group of Friends of Traditional Medicine Held in G...	7.8M
481.	Latestly	India News | Harit Yoga Among "signature Events" to Mark Tenth Anniversary of ...	7.8M
482.	Latestly	India News | Delhi CM Rekha Gupta Hails PM Modi"s Push for Ayurveda, Announces ...	7.8M
483.	Latestly	Latest News | UP Governor Holds Meeting with Pvt Universities to Plan for Intern...	7.8M
484.	Latestly	Latest News | National Ayush Mission Delegates Immerse in Naturopathy at Nationa...	7.8M
485.	Latestly	India News | Yoga Mahotsav in Nashik Marks 50-day Countdown to International Yog...	7.8M
486.	Latestly	India News | Yoga Mahotsav 2025 in Nashik Marks 50-day Countdown to Internationa...	7.8M
487.	Latestly	India News | Marked Improvement in Accessibility of Healthcare Services Due to A...	7.8M
488.	Latestly	India News | Maharashtra"s Lonavala to Host Second Edition of National Ayush Mi...	7.8M
489.	Latestly	Business News | First Neutral Forum for Bridging the Gap Between AYUSH Industry ...	7.8M
490.	Latestly	India News | Railways Facilitates Journey of Stranded Tourists Amidst Rush from ...	7.8M
491.	Latestly	Latest News | FHRAI Announces Its Plans Ahead of International Yoga Day	7.8M
492.	Latestly	Amit Shah Shares His Wellness Routine, Says ‘Healthy India Key Towards Realising...	7.8M
493.	Latestly	Mystery Health Crisis Deepens in Maharashtra"s Buldhana: After Hair Loss, Nail ...	7.8M
494.	Latestly	Latest News | Haryana to Employ "sahayaks" to Teach School Students Yoga	7.8M
495.	Latestly	India News | Ministry of Ayush Organises "Rashtriya Karmayogi Jan Seva" Progra...	7.8M
496.	Latestly	India News | JP Nadda Presides over AIIMS Rishikesh Convocation, Highlights Gain...	7.8M
497.	Latestly	Business News | India and Georgia Unite at Yoga for LiFE Conference to Promote G...	7.8M

498.	Jagran English	Darbhanga Aims: IIT Delhi To Submit DPR Soon, Site To Get Ring Bund For Floo d Pr...	7.7M
499.	Jagran English	NASA Selected Indian Ayurvedic Doctor To Study Herbal Remedies In Space? He re"s...	7.7M
500.	Jagran English	Ayurveda Day To Be Celebrated On September 23 Every Year: Centre	7.7M
501.	ABP Live	Patanjali Ayurveda: গবেষণা ও উদ্ভাবনের মাধ্যমে তৈরি হচ্ছে আয়ুর্বেদিক ওষুধ, ভারত...	7.7M
502.	Jagran English	Bihar Govt To Build 50-Bed AYUSH Hospital In Gopalganj, Plans To Offer Integra te...	7.7M
503.	Mid-Day	Mumbai water quality improves in 2024, but diarrhoea and cholera cases continue ...	7.5M
504.	Mid-Day	Praja Foundation calls for inclusive water access, public toilets and waste refo...	7.5M
505.	Mid-Day	National Dengue Day 2025 | Adopt cleanliness, check mosquito breeding sites to c...	7.5M
506.	Mid-Day	National Ayurveda Day to be observed on September 23 every year; check signifi ca...	7.5M
507.	Mid-Day	This weekly yoga podcast aims to promote holistic wellness	7.5M
508.	Mid-Day	Bringing “Success through Compliance”, the new way to lift AYUSH sector growth	7.5M
509.	IBC24 News	उप्र सरकार ने आयुष विभाग में 4,350 रिक्त पदों को भरने की प्रक्रिया शुरू की	7.3M
510.	IBC24 News	भारत ने पारंपरिक चिकित्सा हस्तक्षेप पर डब्ल्यूएचओ के साथ ऐतिहासिक समझौता किया	7.3M
511.	IBC24 News	प्रधानमंत्री मोदी ने लोगों को उत्साहपूर्ण जीवन के लिए योग अपनाने का आह्वान किया	7.3M
512.	IBC24 News	आयुष सचिव वैद्य राजेश कोटेचा को चौथा सेवा विस्तार मिला	7.3M
513.	IBC24 News	GOVT Employees Retirement Age Hike News: सरकारी कर्मचारियों के रिटायरमेंट की उम्. ..	7.3M
514.	IBC24 News	मुख्यमंत्री का अधिकारियों को निर्देश; प्रदेश के प्रत्येक मंडल में स्थापित किए जा...	7.3M
515.	IBC24 News	मेघवाल ने युवाओं से स्वस्थ भविष्य के लिए प्राकृतिक चिकित्सा, योग अपनाने का आग्रह...	7.3M
516.	IBC24 News	Retirement Age Latest News: अब इतने साल तक और नौकरी करेंगे सरकारी कर्मचारी! जल्द...	7.3M
517.	IBC24 News	Samvida Employee regularization News: संविदा कर्मियों की खुलने वाली है किस्मत!.....	7.3M
518.	IBC24 News	केंद्र ने 23 सितंबर को आयुर्वेद दिवस घोषित किया	7.3M
519.	IBC24 News	आयुष मंत्रालय ने योग पर साप्ताहिक पॉडकास्ट शुरू किया	7.3M
520.	IBC24 News	योग दिवस की दसवीं वर्षगांठ के अवसर पर हरित योग सहित अन्य कार्यक्रम आयोजित होंगे	7.3M
521.	IBC24 News	अंतरराष्ट्रीय योग दिवस-2025 ना केवल सफल रहेगा, बल्कि पूरी दुनिया के लिए प्रेरणा ...	7.3M
522.	IBC24 News	उप्र: राज्यपाल ने योग दिवस के आयोजन को लेकर बैठक की, योग को भारतीय संस्कृति की अ...	7.3M

523.	IBC24 News	पीएससी और व्यापम के जरिए शीघ्र ही भरे जाएंगे स्वास्थ्य विभाग के खाली पद, समीक्षा...	7.3M
524.	IBC24 News	भारत में अपनी जड़ें जमाए योग अब वैश्विक स्तर पर फल-फूल रहा है: केंद्रीय मंत्री ज...	7.3M
525.	IBC24 News	आयुष्मान आरोग्य मंदिरों से स्वास्थ्य सेवाओं की पहुंच में उल्लेखनीय सुधार: मंत्री	7.3M
526.	IBC24 News	Today News and LIVE Update 22 April 2025: सऊदी से PM मोदी ने गृह मंत्री को किया ...	7.3M
527.	IBC24 News	Today News and LIVE Update 22 April 2025: पहलगाम में आतंकी हमला, घुड़सवारी कर र हे...	7.3M
528.	IBC24 News	Today News and LIVE Update 22 April 2025: दो दिवसीय सऊदी अरब दौरे पर पीएम मोदी , ...	7.3M
529.	IBC24 News	CM Mohan Yadav Tour: सीएम डॉ. मोहन यादव आज इन बड़े कार्यक्रमों में होंगे शामिल, ज...	7.3M
530.	Republic World	Government Declares September 23 As "National Ayurveda Day"	7.1M
531.	ABP Live	आयुर्वेदिक कंपन्यांच्या संशोधन अन् नाविन्यपूर्ण उपक्रमांमुळे देशात होतोय कायापाल...	7.1M
532.	The Tribune India	Construction of buildings on valley side in Shimla MC area to be restricted	7M
533.	The Tribune India	Government to recruit 1,000 Pashu Mitras in Animal Husbandry Department	7M
534.	The Tribune India	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	7M
535.	The Tribune India	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	7M
536.	The Tribune India	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators l...	7M
537.	The Tribune India	CTA mourns death of tourists in Pahalgam terrorist attack	7M
538.	The Tribune India	Earth Day celebrated at Guru Nanak Public School, Sector 36-D, Chandigarh	7M
539.	The Tribune India	Governor lays stone for Rs 10-cr super-speciality Ayurveda hospital in Chandigar.. .	7M
540.	The Tribune India	Golden jubilee celebration: Dhanwantri Hospital to offer free rabies vaccine	7M
541.	The Tribune India	Become Ayush brand ambassadors in world: Guv to varsity pass-outs	7M
542.	The Tribune India	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	7M
543.	New Indian Express	NTR Collector highlights role of yoga in stress relief, better decision making	6.7M
544.	New Indian Express	Five years on, proposal to amend act on misleading ads still on hold: RTI	6.7M
545.	New Indian Express	CM Chandrababu Naidu wants International Yoga Day fete to be a record-breaking e...	6.7M
546.	New Indian Express	AP health minister proposes Centre for AYUSH integration with allopathy through ...	6.7M
547.	New Indian Express	Railways facilitates journey of stranded tourists amidst rush from Jammu, Katra	6.7M

548.	The Telegraph India	Ayush therapies to be globally recognised under WHO"s health intervention codes	6.6M
549.	The Telegraph India	Yoga poses, not pills, for cure	6.6M
550.	Firstpost	PM Modi"s proposed visit to Saudi Arabia: Elevating partnership to new heights	6.6M
551.	Free Press Journal	PM Modi Urges Global Participation In Upcoming International Day Of Yoga	6.4M
552.	Free Press Journal	Why Patanjali Dant Kanti Natural Toothpaste Is THE Toothpaste For Your Needs	6.4M
553.	Free Press Journal	"Integrated AYUSH Colleges To Be Set Up In Every Division Of Uttar Pradesh," S ...	6.4M
554.	Free Press Journal	Wellness Centres Should Be Set Up Near Tourist, Religious & Spiritual Destin...	6.4M
555.	PIB	पारंपरिक औषध उपचार पद्धतीवरील एका ऐतिहासिक करारादवारे आयुषला जागतिक स्तरावर मुख...	5.4M
556.	PIB	भारत ने पारंपरिक चिकित्सा हस्तक्षेप पर एक ऐतिहासिक समझौते के माध्यम से आयुष को व...	5.4M
557.	PIB	प्रधानमंत्री श्री नरेन्द्र मोदी ने 2025 के अंतर्राष्ट्रीय योग दिवस में व्यापक भा...	5.4M
558.	PIB	India Partners with WHO to Mainstream Ayush Globally through a Landmark Agreemen...	5.4M
559.	PIB	Prime Minister Shri Narendra Modi Calls for Mass Participation in International ...	5.4M
560.	PIB	Text of the Vice-President"s address at the unveiling of the statues of Sushrut...	5.4M
561.	PIB	एम्स भोपाल के अध्ययन से खुलासा – योगिक श्वसन अभ्यास 'प्राणायाम" हृदय स्वास्थ्य ...	5.4M
562.	PIB	हिमालय से कन्याकुमारी तक: आईडीवाई 2025 पर दुनिया के सबसे बड़े स्वास्थ्य उत्सव के...	5.4M
563.	PIB	சர்வதேச யோகா தினம் 2025 அன்று உலகின் மிகப்பெரிய உடல்நல கொண்டாட்டத்தில் பங்கேற்க ...	5.4M
564.	PIB	From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...	5.4M
565.	PIB	Stretching Across Borders: Ayush Showcases India"s Holistic Health Power at Osa...	5.4M
566.	PIB	'योग अनप्लग्ड" या "आंतरराष्ट्रीय योग दिन" अंतर्गत आयोजित युवक केंद्रित उपक्रमास...	5.4M
567.	PIB	"Yoga Unplugged" the youth-centric initiative for International Day of Yoga (IDY...	5.4M
568.	PIB	ఇక ఏటా సెప్టెంబరు 23న ఆయుర్వేద దినోత్సవం	5.4M
569.	PIB	दर वर्षी 23 सप्टेंबरला साजरा होणार आयुर्वेद दिवस	5.4M
570.	PIB	आयुर्वेद दिवस हर वर्ष 23 सितंबर को मनाया जाएगा	5.4M
571.	PIB	Ayurveda Day to Be Celebrated on 23rd September Every Year	5.4M
572.	PIB	Union Minister of Ayush, Shri Prataprao Jadhav Launches Weekly Yoga Podcast to P...	5.4M

573.	PIB	Sixth Meeting of the Group of Friends of Traditional Medicine (GFTM) held in Gen ...	5.4M
574.	PIB	Union Ayush Minister Shri Prataprao Jadhav Reviews Preparations for Internation a...	5.4M
575.	PIB	Central Council for Research in Ayurvedic Sciences revives two rare Ayurvedic m a...	5.4M
576.	PIB	Stakeholder Consultation in the Medicinal Plant Sector to promote medicinal plan.. .	5.4M
577.	PIB	States and UTs Conclude Day-2 of NAM Conclave with Renewed Push for Public Healt...	5.4M
578.	PIB	Day One of NAM Conclave Witnesses Dynamic Participation from State & UT Ayu s...	5.4M
579.	PIB	Day One of National Ayush Mission Conclave Witnesses Dynamic Participation fr om ...	5.4M
580.	PIB	50 Days to International Day of Yoga 2025: Nashik prepares to celebrate "Yoga M a...	5.4M
581.	PIB	National Ayush Mission Conclave 2025: States and UTs Collaborate to Strengthe n T...	5.4M
582.	PIB	Paving the Way for Integrative Healthcare: Key Meeting Held on Establishing Inte. ..	5.4M
583.	PIB	World Health Summit Regional Meeting 2025 to Spotlight Traditional Medicine as a...	5.4M
584.	PIB	Indian Yoga Association and State Chapters Celebrate World Earth Day with Nati on...	5.4M
585.	PIB	Hotel & Restaurant Federation gears up for country-wide International Day of...	5.4M
586.	PIB	Union Home Minister and Minister of Cooperation Shri Amit Shah attends the prog r...	5.4M
587.	PIB	Union MoS for Health & Family Welfare Shri Prataprao Jadhav inaugurates FSSA. ..	5.4M
588.	PIB	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	5.4M
589.	PIB	Second meeting of the Scientific Steering Committee for the National One Health . ..	5.4M
590.	PIB	Union Health Minister Shri JP Nadda presides over 5th Convocation Ceremony of AI...	5.4M
591.	The Hindu Business Line	India partners with WHO to mainstream Ayush globally through agreement on trad it...	5M
592.	The Hindu Business Line	Ayurveda Day to be celebrated on September 23 every year	5M

593.	Punekar News	Ayurveda Day to Be Celebrated on 23rd September Every Year	4.9M
594.	Janta Se Rishta	"अर्द्धचक्रासन" आसन एक फायदे अनेक , पीठ दर्द से लेकर वजन घटाने तक में कारगर kr...	3.8M
595.	Janta Se Rishta	PM Modi ने आंध्र प्रदेश के "योगआंध्र अभियान" की सराहना की	3.8M
596.	Janta Se Rishta	PM Modi ने आंध्र प्रदेश के "योग आंध्र अभियान" की सराहना की	3.8M
597.	Janta Se Rishta	Andhra: योगांध्र अभियान में जनभागीदारी महत्वपूर्ण	3.8M
598.	Janta Se Rishta	पारंपरिक चिकित्सा का वैज्ञानिक सत्यापन महत्वपूर्ण: आयुष सचिव 17.32	3.8M
599.	Janta Se Rishta	हीट वेव से निपटने को लेकर नालागढ़ प्रशासन सतर्क	3.8M
600.	Janta Se Rishta	Auraiya: अंतरराष्ट्रीय योग दिवस पर हर घर तक पहुंचेंगे प्रशिक्षित योग प्रशिक्षक	3.8M
601.	Janta Se Rishta	CCRAS जर्नल्स संपादकों और समीक्षकों का सम्मेलन 2025 गुवाहाटी में हुआ शुरू	3.8M
602.	Janta Se Rishta	Pratapgarh: कंपनी गार्डेन में 11वें योग दिवस के तहत मास्टर ट्रेनरों द्वारा योग प...	3.8M
603.	Janta Se Rishta	Andhra: योग से मानसिक शांति और संपूर्ण स्वास्थ्य मिलता है: गीतांजलि शर्मा 19.32	3.8M
604.	Janta Se Rishta	Assam: स्वास्थ्य मंत्री ने अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्षा की	3.8M
605.	Janta Se Rishta	Assam अंतर्राष्ट्रीय योग दिवस के लिए तैयार, बड़े पैमाने पर पहुंच और वैश्विक भागी...	3.8M
606.	Janta Se Rishta	योग से मानसिक शांति और संपूर्ण स्वास्थ्य मिलता है: गीतांजलि शर्मा	3.8M
607.	Janta Se Rishta	Assam: स्वास्थ्य मंत्री ने अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्षा की kr...	3.8M
608.	Janta Se Rishta	योग हर किसी के जीवन का हिस्सा बनना चाहिए: कलेक्टर रंजीत बाशा kr 20.84	3.8M
609.	Janta Se Rishta	पहलगाम आतंकी हमले पर इथियोपियाई राजदूत ने कहा, "पाकिस्तानी भारत में समस्या पैदा ...	3.8M
610.	Janta Se Rishta	योग हर किसी के जीवन का हिस्सा बनना चाहिए: कलेक्टर रंजीत बाशा 20.51	3.8M
611.	Janta Se Rishta	Pahalgam attack पर इथियोपियाई राजदूत: "पाकिस्तानी भारत में समस्या फैलाने आए थे"	3.8M
612.	Janta Se Rishta	Shimla MC क्षेत्र में घाटी की ओर भवनों के निर्माण पर प्रतिबंध रहेगा	3.8M
613.	Janta Se Rishta	Lucknow: सभी आयुष संस्थानों की निरंतर करें मॉनिटरिंग: मुख्यमंत्री योगी 15.36	3.8M
614.	Janta Se Rishta	विजाग योग दिवस पर रिकॉर्ड बनाने को तैयार 21.94	3.8M
615.	Janta Se Rishta	CM योगी का ऐलान: उत्तर प्रदेश के हर मण्डल में बनेंगे आयुष महाविद्यालय kr 19.85	3.8M
616.	Janta Se Rishta	Andhra: योग दिवस पर विजाग रिकार्ड बनाने को तैयार 22.02	3.8M
617.	Janta Se Rishta	युवा स्वस्थ भारत के पथप्रदर्शक: Union Minister kr 24.50	3.8M
618.	Janta Se Rishta	CM Naidu चाहते हैं कि अंतर्राष्ट्रीय योग दिवस समारोह रिकॉर्ड तोड़ने वाला आयोजन ब...	3.8M
619.	Janta Se Rishta	डीसी बने चेयरमैन, बेहतर संचालन के बनेंगे नियम	3.8M
620.	Janta Se Rishta	Dehradun: घूसखोरी के आरोपों के बीच धामी क्लीन अप करप्शन ट्रेंड में, पांच गिरफ्ता...	3.8M
621.	Janta Se Rishta	अंतर्राष्ट्रीय योग दिवस 2025 के लिए "Samyag" और "योग अनप्लग्ड" की नई पहल	3.8M

622.	Janta Se Rishta	गोवा में FHRAI के योग महोत्सव में 350 से अधिक लोगों ने भाग लिया kr 21.91	3.8M
623.	Janta Se Rishta	Andhra: मुख्य सचिव ने अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्षा की 20.63	3.8M
624.	Janta Se Rishta	PM Modi 21 जून को विजाग में अंतर्राष्ट्रीय योग दिवस समारोह में भाग लेंगे	3.8M
625.	Janta Se Rishta	Karnataka: प्राकृतिक चिकित्सा में वैश्विक आवाज़ें दक्षिण कन्नड़ में एकत्रित हुईं...	3.8M
626.	Janta Se Rishta	मुख्य सचिव ने अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्षा की	3.8M
627.	Janta Se Rishta	New Delhi: 23 सितंबर को वार्षिक रूप से मनाया जाएगा आयुर्वेद दिवस kr 22.73	3.8M
628.	Janta Se Rishta	Kerala : चलाकुडी आयुष अस्पताल चालू नहीं	3.8M
629.	Janta Se Rishta	Kapalbhati Pranayama Benefits: कई बीमारियों का समाधान है कपालभाति प्राणायाम, लेक...	3.8M
630.	Janta Se Rishta	Ayurveda Day हर साल 23 सितंबर को मनाया जाएगा 17.58	3.8M
631.	Janta Se Rishta	अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस 19.25	3.8M
632.	Janta Se Rishta	Centre ने 23 सितंबर को नया राष्ट्रीय आयुर्वेद दिवस घोषित किया 23.56	3.8M
633.	Janta Se Rishta	सुशासन तिहार अंतर्गत ग्राम कोडार में समाधान शिविर का हुआ आयोजन 1	3.8M
634.	Janta Se Rishta	Apple ने WWDC 2025 से पहले iPadOS 19 के प्रमुख अपडेट जारी किए: Siri, मेनू बार और...	3.8M
635.	Janta Se Rishta	आयुष मंत्रालय ने साप्ताहिक योग पॉडकास्ट लॉन्च किया	3.8M
636.	Janta Se Rishta	पारंपरिक चिकित्सा के मित्रों के समूह की छठी बैठक Geneva में हुई आयोजित	3.8M
637.	Janta Se Rishta	309 मोतियाबिंद मरीजों की हुई पहचान	3.8M
638.	Janta Se Rishta	Basti: योग संगम अभियान के तहत 600 से अधिक बच्चों ने किया योग अभ्यास	3.8M
639.	Janta Se Rishta	दिल्ली की CM रेखा गुप्ता ने की आयुर्वेद को बढ़ावा देने के लिए पीएम मोदी की सराहन...	3.8M
640.	Janta Se Rishta	सुशासन तिहार अंतर्गत ग्राम बेमचा में समाधान शिविर का हुआ आयोजन	3.8M
641.	Janta Se Rishta	क्या है "कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	3.8M
642.	Janta Se Rishta	आयुष विनिर्माण क्षेत्र में पिछले 10 वर्षों में 8 गुना वृद्धि हुई है, अर्थव्यवस्थ...	3.8M
643.	Janta Se Rishta	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन : राज्यपाल आनंदीबेन प...	3.8M
644.	Janta Se Rishta	Mizoram को शीर्ष प्रदर्शनकर्ता के रूप में सराहा गया	3.8M
645.	Janta Se Rishta	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः विष्णुदेव साय	3.8M
646.	Janta Se Rishta	Jaipur: राष्ट्रीय आयुष मिशन के तहत आयुष अवसंरचना और आउटरीच में राजस्थान अग्रणी र...	3.8M
647.	Janta Se Rishta	आपदा प्रबंधन योजनाओं को लागू करना जरूरी 17.2 3	3.8M
648.	Janta Se Rishta	Andhra: आंध्र प्रदेश के स्वास्थ्य मंत्री ने आयुष एकीकरण के लिए केंद्र का प्रस्ता...	3.8M
649.	Janta Se Rishta	Hyderabad: गर्मी से बचने के लिए पारंपरिक तरीकों को अपनाने का समय आ गया 42.5 5	3.8M
650.	Telangana Today	Time to turn to traditional practices to beat the heat wave	3.8M

651.	Janta Se Rishta	JAMMU: जैव विविधता प्रबंधन समितियां इस वर्ष क्रियाशील हो जाएंगी	3.8M
652.	Janta Se Rishta	श्री श्री विश्वविद्यालय ने अंतर्राष्ट्रीय योग दिवस 2025 की उल्टी गिनती के लिए "...	3.8M
653.	Janta Se Rishta	अष्टांग योग के हैं अनंत लाभ, शोध में दावा- अभ्यास से जीवन में आता है सकारात्मक ब...	3.8M
654.	Janta Se Rishta	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	3.8M
655.	Janta Se Rishta	जिले के सभी आंगनबाड़ी केन्द्रों में किया पोषण पखवाड़ा का आयोजन	3.8M
656.	Janta Se Rishta	बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना जरूरी	3.8M
657.	Janta Se Rishta	Chandigarh: 10 करोड़ रुपये की लागत से बनने वाले सुपर-स्पेशियलिटी आयुर्वेद अस्पता...	3.8M
658.	Janta Se Rishta	Jammu: नरसिंह सेवा केंद्र खून ने अपनी दूसरी वर्षगांठ मनाई kr 14.32	3.8M
659.	Janta Se Rishta	Haryana के राज्यपाल ने विश्वविद्यालय से उत्तीर्ण छात्रों से कहा	3.8M
660.	Janta Se Rishta	गर्भवती महिलाओं के लिए विशेष स्वास्थ्य शिविर शुरू 35.3 1	3.8M
661.	Janta Se Rishta	गर्भवती महिलाओं के लिए विशेष स्वास्थ्य शिविर शुरू 36.23	3.8M
662.	Janta Se Rishta	सुनील कुमार दास का प्रमोशन ग़ैर क़ानूनी अवैध kr 28.79	3.8M
663.	Janta Se Rishta	AYUSH मंत्रालय ने राष्ट्रीय कर्मयोगी जन सेवा कार्यक्रम का किया आयोजन 28.2 1	3.8M
664.	Janta Se Rishta	JP Nadda ने एम्स ऋषिकेश के दीक्षांत समारोह की अध्यक्षता की, स्वास्थ्य क्षेत्र मे...	3.8M
665.	The Wire - India	Eroding Scientific Rationality Is Undermining Knowledge Production in India	3.7M
666.	The Wire - India	Union Government"s Agastya Push Leaves Tamil Hearts Unmoved	3.7M
667.	Udayavani	International Day of Yoga 2025 will be successful, inspirational for entire worl...	3.6M
668.	Dinamani	2025 சர்வதேச யோகா நாள்: மக்கள் பெருந்திரளாகப் பங்கேற்க பிரதமர் மோடி அழைப்பு	3.4M
669.	Vijay Karnataka	ಆಯುಷ್ ಇಲಾಖೆ ಪ್ರಾಧ್ಯಾಪಕರು, ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು, ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರ ನೇಮಕ: ಅರ್ಜಿ ಆಹ್ವಾನ	3.4M
670.	The News Minute	Ayushman Bharat"s Broken Promise to India"s Transgender Community	3.3M
671.	Ap7am	Narendra Modi: జూన్ 21న విశాఖకు ప్రధాని మోదీ .. ఎందుకంటే..?	3.2M
672.	Ap7am	PM Modi to attend Yoga Day celebrations in Vizag	3.2M
673.	English.mathrubhumi.com	ITRA Jamnagar invites applications for PhD admissions 2025: Apply now	3.2M
674.	Daijiworld	YOGOTSAV 2025 marks 28th countdown day to IDY at Yenepoya Campus, Deralakatte	3M
675.	Careers360	AIAPGET 2025 exam on July 4; NTA to close registration process for PG AYUSH cour...	3M
676.	Careers360	Integrated AYUSH colleges to be set up in every division of UP: CM Yogi Adityan a...	3M

677.	Careers360	NCH permits 10% faculty relaxation, 20% non-teaching staff relaxation in BHMS co...	3M
678.	24 Online	भारत की पारंपरिक चिकित्सा को वैश्विक स्तर पर लाने की बढ़ी पहल, विश्व स्वास्थ्य स...	2.9M
679.	24 Online	Patanjali News: यूरिक एसिड नहीं बनेगा प्रॉब्लम, दूध के साथ लें पतंजलि की यह दवा	2.9M
680.	Oneindia Hindi	MP News: पाकिस्तान आया घुटनों पर, CM मोहन यादव का बड़ा बयान, 12 मई को तिरंगा यात...	2.9M
681.	24 Online	Patanjali News: कोरोनिल पर उठे थे सवाल, 69% मरीजों को 3 दिन में किया ठीक, आयुष म...	2.9M
682.	24 Online	Patanjali: Baba Ramdev Shares 7 Basic Rules Of Patanjali Wellness Centre To Stay...	2.9M
683.	24 Online	Patanjali"s Coronil Kit: A Blend Of Ayurveda And Science Backed By AYUSH Minist...	2.9M
684.	24 Online	आयुर्वेद और साइंस का मेल पतंजलि की कोरोनिल किट, आयुष मंत्रालय ने भी माना लोहा	2.9M
685.	Oneindia Hindi	नासिक में आध्यात्मिक उत्सव के रूप में योग महोत्सव 2025 का आयोजन किया जाएगा	2.9M
686.	Oneindia Hindi	AIIMS Rishikesh convocation समारोह में पहुंचे जेपी नड्डा, 434 छात्रों को मिली डि...	2.9M
687.	NT News (telugu)	Rare Ayurvedic Manuscripts : అరుదైన ఆయుర్వేద మాన్యుస్క్రిప్ట్‌ల మనరుద్ధరణ	2.7M
688.	Agniban News	MPPSC ने खाद्य सुरक्षा अधिकारी भर्ती विज्ञापन को किया रद्द, भर्ती में आयुष को शा...	2.4M
689.	Deccan Chronicle	Mann ki Baat: PM Modi lauds Andhra"s "YogAndhraAbhiyan"	2M
690.	Deccan Chronicle	PM Modi To Attend International Yoga Day Fest At Vizag On June 21	2M
691.	Deccan Chronicle	Review: Dear Uma	2M
692.	Ani News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	1.9M
693.	Ani News	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	1.9M
694.	Ani News	Assam: Health Minister reviews preparedness for International Day of Yoga	1.9M
695.	Ani News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	1.9M
696.	Ani News	Ayurveda Day to be celebrated on September 23 every year	1.9M
697.	Ani News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	1.9M
698.	Ani News	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	1.9M
699.	Ani News	Delhi CM Rekha Gupta hails PM Modi"s push for Ayurveda, announces global confer...	1.9M
700.	ABP Live News	How Ayurvedic Giants Are Transforming India"s Healthcare Landscape With Researc...	1.9M

701.	Ani News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	1.9M
702.	Ani News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	1.9M
703.	Ani News	First Neutral Forum for Bridging the gap between AYUSH industry and Regulatorsl...	1.9M
704.	Moneycontrol.com Hindi	Diabetes: डायबिटीज और चर्म रोग का कारगर इलाज है पलाश, जानें इसके फायदे	1.9M
705.	Ani News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	1.9M
706.	Ani News	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	1.9M
707.	Ani News	Nadda presides over convocation of AIIMS Rishikesh, says government focused on p...	1.9M
708.	Ani News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	1.9M
709.	The Hans India	Stay stress-free with yoga, Collector tells staff	1.7M
710.	The Statesman	India and WHO collaborate to include traditional medicine in International Class...	1.7M
711.	The Statesman	PM urges global participation in Yoga Day, highlights creative and inclusive cel...	1.7M
712.	The Hans India	New global health agreement to take Ayush to world in scientific way: PM Modi	1.7M
713.	The Hans India	Yoga brings mental peace, complete health: Geetanjali Sharma	1.7M
714.	The Statesman	Ayush ministry showcases India"s wellness traditions at Osaka expo	1.7M
715.	The Statesman	CM Yogi calls for setting up of AYUSH colleges in every division of UP	1.7M
716.	The Statesman	India"s pioneering yoga institute backs ‘Yoga Unplugged": AYUSH Ministry	1.7M
717.	The Hans India	Youth are torchbearers of a healthier India: Union Minister	1.7M
718.	The Hans India	Vizag set to create record on Yoga Day	1.7M
719.	The Hans India	Naturopathy is India"s Gift to the World: Leaders Urge Youth to Embrace Holisti...	1.7M
720.	The Hans India	Global voices in natural healing gather in Dakshina Kannada	1.7M
721.	The Hans India	CS reviews Int"l Yoga Day arrangements	1.7M
722.	The Statesman	Ayurveda Day to be celebrated on Sept 23 every year	1.7M
723.	The Hans India	Global Voices in Natural Healing Gather in Ujire as International Yoga and Natur...	1.7M
724.	The Statesman	Ayush Ministry launches weekly yoga podcast	1.7M
725.	The Hans India	Weekly yoga podcast launched to promote holistic wellness	1.7M
726.	The Hans India	Traditional medicine key to achieve universal health coverage: Ayush Ministry	1.7M

727.	The Hans India	Scientific Study on Mantra and Sonic Therapy Begins at NYRI: Devrishi Named Prin...	1.7M
728.	The Statesman	India"s classical medical literature resurrected at an event in Mumbai	1.7M
729.	The Hans India	CCRAS revives rare ayurvedic manuscripts to boost India"s literary heritage	1.7M
730.	The Hans India	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,...	1.7M
731.	The Statesman	Delhi to become model state for holistic healthcare with National Ayush Mission ...	1.7M
732.	The Statesman	Ayush Ministry to host National Ayush Mission conclave from May 1 in Lonavala	1.7M
733.	The Hans India	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	1.7M
734.	The Hans India	Healthy India key towards realising Viksit Bharat goal: HM Shah	1.7M
735.	The Hans India	Special health camps begin for pregnant women	1.7M
736.	The Hans India	Not all fats are equal; choose the best ones for health	1.7M
737.	The Hans India	Govt focused more on providing preventive healthcare than just curative: JP Nadd...	1.7M
738.	The Statesman	Centre not only providing curative but also preventive healthcare: Nadda	1.7M
739.	Gnttv	Arthritis Treatment: 1 रुपए में गठिया का आयुर्वेदिक उपचार, वाराणसी में आयुष मंत्...	1.5M
740.	Gnttv	एक रुपए में गठिया का इलाज, राजकीय आयुर्वेद अस्पताल में 7 महीनों में लगभग 6 हजार ...	1.5M
741.	Amrit Vichar	UP के प्रत्येक मण्डल में स्थापित होगा इंटीग्रेटेड आयुष महाविद्यालय: CM योगी	1.4M
742.	Current Affairs 2023	Government Fixes 23rd September as Ayurveda Day to Ensure Consistent Global Cele...	1.4M
743.	ABP Live	India Healthcare: ఆరోగ్య సంరక్షణ రంగంలో వ్యవస్థాత్మక మార్పులు - ఆయుర్వేద దిగ్గజ స...	1.4M
744.	Amrit Vichar	बाराबंकी: डीएम के तेवर देख अधिकारियों के छूटे पसीने, जानिए क्यों लेखपालों और राज...	1.4M
745.	Amrit Vichar	International Yoga Day :लविवि में होगा योग उत्सव, 11वें अंतरराष्ट्रीय योग दिवस प...	1.4M
746.	News9 Live	Railways facilitates journey of stranded tourists amidst rush from Jammu, Katra	1.4M
747.	News9 Live	Holistic healthcare for women: Why homeopathy might be the next big thing in wel...	1.4M
748.	Amrit Vichar	Good News: बलरामपुर अस्पताल में पंचकर्म विधा से भी होगा इलाज, आयुष विभाग शुरू कर...	1.4M
749.	Current Affairs 2023	Ministry of Ayush Organized Rashtriya Karmayogi Jan Seva Programme	1.4M
750.	LatestLY हिन्दी	Ayurveda Day: अब हर साल 23 सितंबर को मनाया जाएगा "आयुर्वेद दिवस", सरकार ने महर...	1.3M
751.	LatestLY हिन्दी	आयुर्वेद से जुड़े स्टार्ट-अप को प्रायोजित करने की योजना बना रही दिल्ली सरकार: CM...	1.3M
752.	ABP Live	Patanjali: இந்திய சுகாதாரத்தின் எதிர்காலம்.. புரட்சியை ஏற்ப்படுத்தும் பதஞ்சலி	1.3M

753.	Sentinel Assam	New global health agreement to take Ayush to the world: Government	1.2M
754.	Devdiscourse	Global Recognition for Ayurveda: Ayush Ministry"s Landmark Deal with WHO	1.2M
755.	Devdiscourse	Global Enthusiasm Ignites for International Yoga Day Celebration	1.2M
756.	Sentinel Assam	‘Scientific validation of traditional medicine crucial": Ministry of Ayush	1.2M
757.	Devdiscourse	Revamping Ayurveda: Editorial Conclave Drives New Standards	1.2M
758.	Devdiscourse	Assam Gears Up for International Day of Yoga 2025 with Grand Celebrations	1.2M
759.	Devdiscourse	Rajesh Kotecha's Fourth Tenure Extension as Ayush Secretary	1.2M
760.	Organiser	Ministry of Ayush"s ‘Yoga Unplugged" set to transform International Day of Yog...	1.2M
761.	Devdiscourse	Youth-Driven 'Yoga Unplugged' Ignites Participation Ahead of 10th International ...	1.2M
762.	Devdiscourse	Embracing Wellness: Naturopathy and Yoga's Role in India's Health Future	1.2M
763.	Devdiscourse	Revolutionizing Yoga: A New Era of Mindfulness and Health	1.2M
764.	Devdiscourse	India Embraces Innovative Yoga Initiatives Ahead of 10th International Day of Yo.. .	1.2M
765.	Devdiscourse	Vizag Prepares for Grand Yoga Day Celebration with PM Modi	1.2M
766.	Organiser	Ayurveda Day to be celebrated on September 23 every year	1.2M
767.	Devdiscourse	New Fixed Date for Ayurveda Day: September 23 Announced	1.2M
768.	Devdiscourse	Yoga's Global Impact: A Vision for International Day of Yoga 2025	1.2M
769.	Devdiscourse	Prataprao Jadhav Reviews Grand Plans for International Day of Yoga 2025	1.2M
770.	Devdiscourse	Delhi Plans Global Ayurveda Summit: Reviving Ancient Healing	1.2M
771.	Devdiscourse	Delhi CM Rekha Gupta Applauds Ayurveda's National Revival Amidst PM Modi's Empow...	1.2M
772.	Devdiscourse	Uttar Pradesh Governor Advocates Expanded Yoga Outreach	1.2M
773.	Devdiscourse	CCRAS Revives Dravyaratnākara and Dravyanāmākara Nighaṇṭus in Ayurvedic Initiati...	1.2M
774.	Devdiscourse	Pharma Science™ Revolutionizing Ayurveda with Patented Formulations	1.2M
775.	Devdiscourse	Centre Hosts Stakeholder Meet to Scale Up Medicinal Plant Farming	1.2M
776.	Devdiscourse	National Ayush Mission Conclave: Strengthening Integrative Healthcare at Nisarg ...	1.2M
777.	Devdiscourse	Grand Yoga Mahotsav: Nashik's Countdown to International Yoga Day	1.2M
778.	Devdiscourse	Ayush Sector Gains Momentum at NAM Conclave 2025 in Lonavala	1.2M

779.	Devdiscourse	Over 6000 Gather in Nashik for Yoga Mahotsav as 50-Day Countdown to IDY 2025 Beg...	1.2M
780.	Devdiscourse	Yoga Mahotsav: A Global Movement Towards Holistic Health	1.2M
781.	Devdiscourse	Yoga Mahotsav 2025: A Prelude to Global Peace and Harmony	1.2M
782.	Devdiscourse	Aligarh Unani Medical College: Bridging Ancient Wisdom and Modern Science	1.2M
783.	Devdiscourse	Revitalizing Health: National Ayush Mission Conclave 2025	1.2M
784.	Devdiscourse	Indian Railways Swiftly Responds To Aid Stranded Tourists In Jammu	1.2M
785.	Devdiscourse	India Advances Integrative Medicine with New Department at TATA IISc Medical Sch...	1.2M
786.	Devdiscourse	FHRAI Champions Yoga and Sustainability Ahead of International Yoga Day	1.2M
787.	Devdiscourse	FHRAI Leads the Way in 'Harit Yoga' Movement Ahead of IDY 2025 Celebrations	1.2M
788.	Devdiscourse	Haryana's Yoga Sahayaks Initiative: Integrating Wellness in Education	1.2M
789.	Devdiscourse	Ayush Ministry Boosts Employee Skills with Interactive Rashtriya Karmayogi Progr ...	1.2M
790.	Devdiscourse	Ministry of Ayush Advances Workforce Skills Through Karmayogi Jan Seva Programme	1.2M
791.	Devdiscourse	Empowering Ayush: Enhancing Public Service Through Mission Karmayogi	1.2M
792.	Devdiscourse	AIIMS Rishikesh Holds 5th Convocation Ceremony; JP Nadda Inaugurates New Facilit...	1.2M
793.	Deccan Herald	Centre declares September 23 as Ayurveda Day	1.14M
794.	Deccan Herald	Ayush ministry launches weekly podcast for transformative journey into world of ...	1.14M
795.	Deccan Herald	April heatwave in north India driven by climate change, finds study	1.14M
796.	Dinakaran	சிபிஐ தலைவரை தொடர்ந்து உளவுத்துறை தலைவருக்கு 2வது முறை பதவி நீட்டிப்பு: ஆயுஷ் செ...	1.1M
797.	Krishi Jagran	Government Declares 23rd September as Ayurveda Day	1.1M
798.	Haribhoomi	Bhopal News in Brief, 12 May: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जरूर...	1.1M
799.	Haribhoomi	Bhopal News in Brief, 10 May: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जरूर...	1.1M
800.	Haribhoomi	Bhopal News in Brief, 8 May: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जरूरी...	1.1M
801.	Haribhoomi	Bhopal News in Brief, 7 May: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जरूरी...	1.1M
802.	Krishi Jagran	Devesh Chaturvedi Calls for Mission-Mode Program to Promote Medicinal Plant Cult...	1.1M
803.	Haribhoomi	Bhopal News in Brief, 6 May: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जरूरी...	1.1M

804.	Dinakaran	“அன்னம் தரும் அமுதக்கரங்கள்” 75வது நாளான இன்று கொளத்தூர் பகுதியில் கா லை உணவு வழங...	1.1M
805.	Haribhoomi	Bhopal News in Brief, 5 May: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जरूरी...	1.1M
806.	Haribhoomi	Bhopal News in Brief, 4 May: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जरूरी...	1.1M
807.	Haribhoomi	Bhopal News in Brief, 3 May: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जरूरी...	1.1M
808.	Haribhoomi	Bhopal News in Brief, 2 May: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जरूरी...	1.1M
809.	Haribhoomi	Bhopal News in Brief, 1 May: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जरूरी...	1.1M
810.	Law Trend	आयुष्मान भारत योजना के तहत योग प्रशिक्षकों की नियुक्ति में BNYS डिग्री धारकों को...	1.1M
811.	Law Trend	Madras High Court Upholds State's Preference for BNYS Degree Holders in Ayus hman...	1.1M
812.	Haribhoomi	Bhopal News in Brief, 30 April: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जर...	1.1M
813.	Haribhoomi	Bhopal News in Brief, 29 April: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जर...	1.1M
814.	Haribhoomi	Bhopal News in Brief, 28 April: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जर...	1.1M
815.	Haribhoomi	Bhopal News in Brief, 27 April: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जर...	1.1M
816.	Haribhoomi	Bhopal News in Brief, 25 April: भोपाल में आज कहां क्या हुआ? एक क्लिक में पढ़ें जर...	1.1M
817.	Haribhoomi	सैनी सरकार का बड़ा फैसला: सरकारी स्कूलों में सिखाया जाएगा योगा, 857 योग टीचर्स क...	1.1M
818.	Greater Kashmir	50-bed Ayush Hospital in Kupwara"s Kulangam awaits completion	1M
819.	ABP Live	ભારતમાં આયુર્વેદિક કંપનીઓના રિસર્ચ ઈનોવેશનથી દેશ બદલાઈ રહ્યો છે, ભારત વૈશ્વિક સ્...	1M
820.	Ahmedabad Mirror	Op Sindoor a reflection of changing India: PM Modi	990.1K
821.	Ahmedabad Mirror	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	990.1K
822.	News Nation	World Liver Day: "स्वस्थ लिवर, स्वस्थ जीवन की कुंजी", विश्व यकृत दिवस पर अमित ...	974K
823.	Sanatanprabhat	प्रत्येक रक्तपेढीत मुबलक रक्तसाठा उपलब्ध ठेवा ! – वीरेंद्र सिंह, सचिव, आरोग्य वि...	973.4K
824.	Dainik Bhaskar	राजनीति: उत्तर प्रदेश के प्रत्येक मंडल में स्थापित हों आयुष महाविद्यालय मुख्यमंत...	926.1K
825.	Dainik Bhaskar	राजनीति: पूरी दुनिया ने योग और आयुर्वेद को स्वीकारा मंत्री प्रतापराव जाधव	926.1K
826.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्ति...	926.1K
827.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना ...	926.1K
828.	Royal Bulletin	योगी आदित्यनाथ का बड़ा फैसला: हर मंडल में बनेगा इंटीग्रेटेड आयुष कॉलेज	922.5K
829.	Royal Bulletin	अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	922.5K
830.	Royal Bulletin	दंगा रोकने के लिए रोहतक में पुलिसकर्मियों को कराया विशेष अभ्यास	922.5K

831.	Royal Bulletin	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन -आनंदीबेन पटेल	922.5K
832.	Royal Bulletin	नोएडा के एमिटी विश्वविद्यालय में 'योगोत्सव" समारोह का आयोजन, छात्रों व शिक्षकों...	922.5K
833.	The Week	AYUSH moves into global healthcare mainstream with WHO collaboration; what it me...	888.3K
834.	The Week	India partners with WHO to mainstream Ayush globally through agreement on trad it...	888.3K
835.	The Week	Ahead of International Yoga Day PM Modi invites people to embrace yoga for vibr a...	888.3K
836.	The Week	Ayush Expo in Osaka getting wide attention Ministry	888.3K
837.	The Week	Over 1 000 organisations registered under Yoga Sangam for June 21 event	888.3K
838.	The Week	Ayush Secretary Vaidya Rajesh Kotecha gets fourth extension	888.3K
839.	The Week	Yoga Unplugged gets a boost with leading institutions joining initiative	888.3K
840.	The Week	Integrated AYUSH colleges to be set up in every division of UP Adityanath	888.3K
841.	The Week	Union Minister Meghwal urges youth to embrace naturopathy yoga for healthier fut ...	888.3K
842.	The Week	Yoga Day 2025 Samyoga Yoga Unplugged aim to redefine yoga practice	888.3K
843.	The Week	Centre declares Sep 23 as Ayurveda Day	888.3K
844.	The Week	Ayush ministry launches weekly podcast for transformative journey into world of ...	888.3K
845.	The Week	Ahead of Yoga Day Harit Yoga gains momentum	888.3K
846.	The Week	International Day of Yoga 2025 will be successful inspirational for entire world...	888.3K
847.	The Week	Delhi govt plans to sponsor Ayurveda start-ups host global summit CM	888.3K
848.	The Week	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	888.3K
849.	The Week	National Ayush Mission delegates immerse in naturopathy at National Institute of.. .	888.3K
850.	The Week	Yoga Mahotsav in Nashik marks 50-day countdown to International Yoga Day	888.3K
851.	The Week	With its roots in India yoga now flourishing at global level Union minister Jadh...	888.3K
852.	The Week	Maharashtra's Nashik set to host ' Yoga Mahotsav 2025' on Friday	888.3K
853.	The Week	Marked improvement in accessibility of healthcare services due to Ayushman Aro gy...	888.3K
854.	The Week	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients D r. A....	888.3K
855.	The Week	Haryana to employ "sahayaks" to teach school students yoga	888.3K

856.	Etnownews	Kolkata Metro Orange Line: Train operations to begin soon on THIS stretch - Stat...	865.4K
857.	Boom Fact Check	Viral Claim On NASA Selecting Ayurvedic Doctor For Space Travel Is Fake	848.5K
858.	Newstrack	Kanpur News: नोडल अधिकारी द्वारा ग्राम पंचायत बरार में 243.51 लाख की लागत से निर...	809.7K
859.	Newstrack	Chandauli News: चन्दौली में युवा उद्यमी योजना पर डीएम सख्त, बैंकों को लापरवाही प...	809.7K
860.	The Pioneer	India, WHO to mainstream Ayush globally, boosting traditional medicines	776.4K
861.	The Pioneer	All stretched along the northern borders	776.4K
862.	The Pioneer	AIIMS finds Pranayama reduces heart rate, stress	776.4K
863.	The Pioneer	Health authority skips ayurveda in Ayushman Bharat	776.4K
864.	The Pioneer	AYUSH Deptt in Haryana gears up for preparations of Int"l Day of Yoga	776.4K
865.	The Pioneer	Centre declares September 23 as Ayurveda Day	776.4K
866.	The Pioneer	Food with healing powers	776.4K
867.	The Pioneer	IDY 2025 to be globally inspiring: Ayush Minister	776.4K
868.	The Pioneer	Ayush Ministry to organise National Ayush Mission Conclave on May 1-2	776.4K
869.	The Pioneer	CM reviews AYUSH Deptt progress	776.4K
870.	The Pioneer	“Mann Ki Baat"" Sparked an Ayurvedic revival	776.4K
871.	Indian Masterminds	Ayush Secretary Rajesh Kotecha Gets One-Year Extension Till June 2026; Fourth Ex...	738.1K
872.	Indian Masterminds	Monalisa Dash Assigned Additional Charge of Managing Director at IMPCL, Uttarakh...	738.1K
873.	Observer Research Foundation	Nutrition Misinformation and the Limits of Regulation in India	727.5K
874.	Newslaundry	How Ayushman Bharat fails India’s transgender population	718.5K
875.	Daily Excelsior	Centre Declares Sep 23 As Ayurveda Day	717.7K
876.	Daily Excelsior	Biodiversity Management Committees to be made fully operational: PCCF	717.7K
877.	Daily Excelsior	Railways Facilitates Journey Of Stranded Tourists Amidst Rush From Jammu, Katra	717.7K
878.	Northeast Now	Tripura Jobs : CCRH Agartala Recruitment 2025	709.5K
879.	Inext Live	Varanasi news: बीएचयू में ठंडे बस्ते में गया 250 बेड का आयुर्वेद अस्पताल	641.5K
880.	Inext Live	Varanasi news: एयरपोर्ट पर हाई अलर्ट, हिंडन की डायरेक्ट फ्लाइटों की टेक ऑफ-लैंडि...	641.5K
881.	Inext Live	Meerut News : मसाज सेंटर में सब गोलमाल है	641.5K

882.	અગ્રેસર ઓનલાઈન ગુજરાતી ન્યુઝ પોર્ટલ (Leading Gujarati news portal)	આયુષ સચિવ વૈદ્ય રાજેશ કોટેચાને વધુ એક વર્ષનું એક્સટેન્શન : જૂન 2026 સુધી પદભાર સ...	633.8K
883.	અગ્રેસર ઓનલાઈન ગુજરાતી ન્યુઝ પોર્ટલ (Leading Gujarati news portal)	ડાંગની ઓર્ગેનિક વસ્તુઓનો રાજકોટમાં ખજાનોઃ રાજેષ કારિયા પ્રસ્તુત વેબસાઈટ પર પુષ...	633.8K
884.	અગ્રેસર ઓનલાઈન ગુજરાતી ન્યુઝ પોર્ટલ (Leading Gujarati news portal)	સિનિયર યોગ શિક્ષક શૈલેષજી રાઠોડના સાનિધ્યમાં યોગ મહોત્સવ	633.8K
885.	Punjab Kesari	केंद्र सरकार का फैसला, हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	592.9K
886.	Punjab Kesari	अष्टांग योग से मानसिक स्वास्थ्य में सुधार: अध्ययन	592.9K
887.	MBM News Network	अब हिमाचल में भर्ती होंगे 1000 पशु मित्र, कैबिनेट ने दी JOA के 100 पदों को भरने ...	575.7K
888.	MBM News Network	पीरन पंचायत में विकास कार्यों को गति देने के लिए 16 सदस्यीय समन्वय समिति गठित	575.7K
889.	Divya Himachal	काजा के खिलाड़ियों को मिलेगी नई पहचान	553.6K
890.	Divya Himachal	हीट वेव से निपटने को लेकर नालागढ़ प्रशासन सतर्क	553.6K
891.	Divya Himachal	HP Cabinet: पशु मित्र नीति-2025 को मंजूरी, 1100 से अधिक पदों पर भर्ती, इनका मानद...	553.6K
892.	Divya Himachal	डीसी बने चेयरमैन, बेहतर संचालन के बनेंगे नियम	553.6K
893.	Divya Himachal	पीरन पंचायत में नई जीपीसीसी गठित	553.6K
894.	Divya Himachal	केलांग में पचास यूनिट खून एकत्रित	553.6K
895.	Divya Himachal	आपदा प्रबंधन योजनाओं को लागू करना जरूरी	553.6K
896.	Divya Himachal	हिमाचल में बड़ा प्रशासनिक फेरबदल, पढ़ें देश-विदेश की टॉप न्यूज एक क्लिक पर पाकिस...	553.6K
897.	Divya Himachal	हिमाचल में बड़ा प्रशासनिक फेरबदल, सरकार ने बदले तीन डीसी सहित 14 आईएएस	553.6K
898.	Divya Himachal	हिमाचल में बड़ा प्रशासनिक फेरबदल, सरकार ने 17 IAS और 5 HAS अधिकारियों को बदला	553.6K
899.	Divya Himachal	आयुर्वेदिक चिकित्सा पद्धति मर्म-अग्निकर्म दे रही लाभ	553.6K
900.	Punjabkesari	Himachal: मुख्यमंत्री के दिल्ली दौरे के बाद फिर होगी मंत्रिमंडल बैठक, लिए जाएंगे...	530.7K
901.	Punjabkesari	Himachal : मंत्रिमंडल बैठक में CM सुक्खू ने लिए बड़े फैसले, जानिए किसको मिला ल...	530.7K
902.	Punjabkesari	Shimla: 6 AMO हुए ट्रांसफर, 2 की म्यूचुअल तो 4 को खाली पड़े पदों पर किया तबदील	530.7K
903.	Panchjanya	अब हर साल 23 सितंबर को मनाया जाएगा 'आयुर्वेद दिवस", आयुष मंत्रालय ने जारी की अध...	515.8K
904.	Panchjanya	योगासन का वैश्विक जलवा : दिल्ली में 2nd Asian चैंपियनशिप शुरू, ओलंपिक 2036 में ब...	515.8K
905.	Panchjanya	सीएम धामी के निर्देश: ग्राम स्तर तक योग और भव्य योग दिवस आयोजन	515.8K
906.	ThePrint	भारत ने पारंपरिक चिकित्सा हस्तक्षेप पर डब्ल्यूएचओ के साथ ऐतिहासिक समझौता किया	483.1K
907.	ThePrint	प्रधानमंत्री मोदी ने लोगों को उत्साहपूर्ण जीवन के लिए योग अपनाने का आह्वान किया	483.1K

908.	ThePrint	आयुष सचिव वैद्य राजेश कोटेचा को चौथा सेवा विस्तार मिला	483.1K
909.	ThePrint	मुख्यमंत्री का अधिकारियों को निर्देश; प्रदेश के प्रत्येक मंडल में स्थापित किए जा...	483.1K
910.	ThePrint	मेघवाल ने युवाओं से स्वस्थ भविष्य के लिए प्राकृतिक चिकित्सा, योग अपनाने का आग्रह...	483.1K
911.	ThePrint	केंद्र ने 23 सितंबर को आयुर्वेद दिवस घोषित किया	483.1K
912.	ThePrint	आयुष मंत्रालय ने योग पर साप्ताहिक पॉडकास्ट शुरू किया	483.1K
913.	ThePrint	योग दिवस की दसवीं वर्षगांठ के अवसर पर हरित योग सहित अन्य कार्यक्रम आयोजित होंगे	483.1K
914.	ThePrint	आयुर्वेद से जुड़े स्टार्ट-अप को प्रायोजित करने की योजना बना रही दिल्ली सरकार: मु...	483.1K
915.	ThePrint	उप्र: राज्यपाल ने योग दिवस के आयोजन को लेकर बैठक की, योग को भारतीय संस्कृति की अ...	483.1K
916.	ThePrint	भारतीय परंपरा का अभिन्न अंग रहा योग अब वैश्विक स्तर पर फल-फूल रहा है: केंद्रीय म...	483.1K
917.	ThePrint	आयुष्मान आरोग्य मंदिरों से स्वास्थ्य सेवाओं की पहुंच में उल्लेखनीय सुधार: मंत्री	483.1K
918.	Babushahi	1000 posts of Pashu Mitra will be filled, read more decisions of Himachal Cabine.. .	478.9K
919.	Babushahi	1000 posts of Pashu Mitra will be filled, read more decisions of Himachal Cabine.. .	478.9K
920.	Orissa Post	India partners with WHO to mainstream Ayush globally through agreement on trad it...	474.1K
921.	Punjabkesari	Haryana के सरकारी स्कूलों में सिखाया जाएगा योग, 8 करोड़ रुपये की राशि हुई स्वीकृत	468.7K
922.	Khas Khabar	हिमाचल कैबिनेट की बैठक में बड़े फैसले: रोजगार, मानदेय में बढ़ोतरी और पर्यावरण सं...	466.4K
923.	Khas Khabar	उत्तर प्रदेश के प्रत्येक मंडल में स्थापित हों आयुष महाविद्यालय : CM योगी	466.4K
924.	Khas Khabar	जयपुर में न्यूरोलॉजिकल रोगों पर कार्यशाला आयोजित, 100 से अधिक यूनानी चिकित्सकों ...	466.4K
925.	Khas Khabar	क्या है "कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	466.4K
926.	Khas Khabar	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन : राज्यपाल आनंदीबेन प...	466.4K
927.	Khas Khabar	कुपोषण और एनीमिया के खात्मे के लिए हरियाणा ने किया राज्य टास्क फोर्स का गठन	466.4K
928.	Khas Khabar	अंतराष्ट्रीय योग दिवसः देश के 100 स्थानों पर 100 दिन पहले ही तैयारियां शुरूोन	466.4K
929.	Social News XYZ	New global health agreement to take Ayush to world in scientific way: PM Modi	415.2K
930.	Social News XYZ	Scientific validation of traditional medicine crucial: Ayush Secretary	415.2K
931.	Social News XYZ	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	415.2K
932.	Social News XYZ	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	415.2K
933.	Social News XYZ	Lucknow: CM Yogi Adityanath Reviews AYUSH Department – #Gallery	415.2K
934.	Social News XYZ	With 2.5 lakh participants, Vizag Yoga Day event to create world record	415.2K

935.	Social News XYZ	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	415.2K
936.	Social News XYZ	PM Modi to attend Yoga Day celebrations in Vizag	415.2K
937.	Social News XYZ	Weekly yoga podcast launched to promote holistic wellness	415.2K
938.	Social News XYZ	Traditional medicine key to achieve universal health coverage: Ayush Ministry	415.2K
939.	Social News XYZ	CCRAS revives rare ayurvedic manuscripts to boost India"s literary heritage	415.2K
940.	Social News XYZ	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,..	415.2K
941.	Social News XYZ	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	415.2K
942.	Social News XYZ	Global recognition of Yoga testament to India's rich cultural heritage: Ayush Mi...	415.2K
943.	Social News XYZ	Ayushman Bharat foundation for healthy and fit India: Ministers	415.2K
944.	Social News XYZ	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	415.2K
945.	Social News XYZ	Centre to unveil digital portal for medical value travel: Minister	415.2K
946.	Social News XYZ	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	415.2K
947.	Social News XYZ	Healthy India key towards realising Viksit Bharat goal: HM Shah	415.2K
948.	Social News XYZ	Govt focused more on providing preventive healthcare than just curative: JP Nadd...	415.2K
949.	Editorji	Andhra CM Naidu orders massive Yoga Day on June 21	411.4K
950.	Editorji	Union Health Minister Shri JP Nadda presides over 5th Convocation Ceremony of AI...	411.4K
951.	Sanj Samachar	30 હજાર જેટલા સફળ ઓપરેશન કરવા બદલ પ્રોસ્ટોલોજીસ્ટ ડો. એમ.વી વેકરીયાનું કર્મવીર એ...	401.5K
952.	Live Vns	सोनीपत: खिज्र मकबरे में होगा जिला स्तरीय अंतरराष्ट्रीय योग दिवस	382.1K
953.	Live Vns	गुरुग्राम: अंतरराष्ट्रीय योग दिवस 21 जून को, 20 को होगी रिहर्सल	382.1K
954.	Live Vns	सोनीपत: एक पृथ्वी, एक स्वास्थ्य थीम पर होगा 11वां अंतरराष्ट्रीय योग दिवस: उपायु...	382.1K
955.	Live Vns	हर साल 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस, अधिसूचना जारी	382.1K
956.	Live Vns	दंगा रोकने के लिए रोहतक में पुलिसकर्मियों को कराया विशेष अभ्यास	382.1K
957.	Live Vns	भारत-पाक तनाव के मद्देनजर आयुष विभाग के चिकित्सकों व स्वास्थ्यकर्मियों की छुट्टि...	382.1K
958.	Live Vns	मप्रः आयुष स्वास्थ्य संस्थाओं को आपातकालीन स्थिति के लिए तैयार रहने के निर्देश	382.1K
959.	Live Vns	अंतरराष्ट्रीय योग दिवस पर योग शिविरों में होगी विभिन्न समुदायों की भागीदारी	382.1K
960.	Live Vns	वाराणसी में दैवीय आपदा से निपटने को प्रशासन ने कसी कमर, प्रबंधन जांच समिति की सम...	382.1K
961.	Live Vns	आयुष मंत्रालय सांबा ने लगाया योग शिविर	382.1K

962.	Live Vns	महाराष्ट्र के लोनावाला में आयोजित होगा राष्ट्रीय आयुष मिशन कॉन्क्लेव का दूसरा सं...	382.1K
963.	Live Vns	मप्रः होम्योपैथी स्वास्थ्य कल्याण केंद्र में महिलाओं में मोटापे के विशेष उपचार क...	382.1K
964.	Live Vns	द्वितीय एशियाई योगासन खेल चैम्पियनशिप का भव्य समापन, भारत बना स्वर्ण पदक विजेता	382.1K
965.	Live Vns	हिमाचल प्रदेश में बड़ा प्रशासनिक फेरबदल, तीन जिलों के डीसी समेत कई आईएएस अधिकारि...	382.1K
966.	Live Vns	आयुर्वेदिक चिकित्सा पद्धतियां बनी लोगों की पहली पसंद, जिला आयुष अस्पताल नाहन में...	382.1K
967.	Live Vns	प्रत्येक व्यक्ति को किफायती एवं गुणवत्तापूर्ण स्वास्थ्य सेवा मुहैया कराना केंद्र...	382.1K
968.	Aajkaal Daily	હવે દર વર્ષે 23 સપ્ટેમ્બરે આયુર્વેદ દિવસ ઉજવાશે	376.6K
969.	Guwahati Plus	Ayurveda Day Gets Fixed Date, Will Now Be Marked On September 23	372.4K
970.	Sambad English	Centre declares September 23 as new National Ayurveda Day	354K
971.	Sambad English	Sri Sri University organises "Yogotsav" to mark countdown to International Day...	354K
972.	AV News	आयुष कर्मचारियों को 6 माह से नहीं मिला पेंशन भुगतान	348.7K
973.	Sach Kahoon	हरियाणा सरकार का बड़ा फैसला: पंचायती राज में महिलाओं की भागीदारी से गांवों में ब...	347.8K
974.	Sach Kahoon	भगवान धन्वंतरी आयुर्वेद के जनक | Kurukshetra News	347.8K
975.	Pragativadi	Ayush Goes Global: India"s Traditional Medicine Gets WHO"s Nod	339.1K
976.	Pragativadi	Yoga Unplugged: Inspiring Youth to Embrace Wellness	339.1K
977.	Pragativadi	Ayurveda Day to Be Celebrated on Sept 23 Every Year	339.1K
978.	Yovizag	2.5 lakh participants expected in PM Modi-led Yoga Day celebrations in Vizag	329.1K
979.	Webdunia Telugu news	PM Modi: విశాఖపట్నంలో అంతర్జాతీయ యోగా దినోత్సవ వేడుకలు.. వీరధా ని హాజరు	323.9K
980.	NagalandPost	Centre to unveil digital portal for medical value travel: Minister	315.4K
981.	NagalandPost	7th Poshan Pakwada (8th-22nd April 2025): A brief review	315.4K
982.	NagalandPost	Healthy India key towards realising Viksit Bharat goal: HM Amit Shah	315.4K
983.	News on AIR	Week-long International Yoga and Meditation Festival to start from June 15 in La.. .	314.3K
984.	News on AIR	Govt declares 23rd September as Ayurveda Day	314.3K
985.	News on AIR	Ayush Ministry Launches Weekly Yoga Podcast to Bring Timeless Wisdom to Eve ry Ho...	314.3K
986.	News on AIR	Yoga Mahotsav 2025 held in Nashik to mark 50-day countdown to IDY	314.3K
987.	News on AIR	India emerges as global leader in medical tourism: MoS Ayush	314.3K
988.	Punjabkesari	सीएम योगी बोले- प्रदेश के प्रत्येक मंडल में स्थापित किए जाएं आयुष महाविद्यालय	314.1K

989.	Investment Guru India	Centre to unveil digital portal for medical value travel: Minister	312.6K
990.	HindusthanPost	Transfers: हिमाचल प्रदेश में बड़ा प्रशासनिक फेरबदल, जानें कितने IAS अफसरों का हु...	310.6K
991.	Latestly	Ayurveda Day: আর ধনতেরাসে নয়, এবার থেকে ২৩ সেপ্টেম্বর পালিত হবে আয়ুর্বেদ দিবস	301.7K
992.	The Assam Tribune	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	288.3K
993.	The Assam Tribune	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	288.3K
994.	The Assam Tribune	Centre designates September 23 as new National Ayurveda Day	288.3K
995.	The Assam Tribune	Ayushman Bharat foundation for healthy and fit India: Ministers	288.3K
996.	Kashmir Monitor	MLA reviews key development projects in Khanyar	284.8K
997.	The Morung Express	7th Poshan Pakwada (April 8 to 22, 2025): A Brief Review	268.3K
998.	The Morung Express	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	268.3K
999.	India Education Diary	Prime Minister Narendra Modi Calls for Mass Participation in International Day o...	247.3K
1000.	India Education Diary	From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...	247.3K
1001.	India Education Diary	Stretching Across Borders: Ayush Showcases India''s Holistic Health Power at Osa...	247.3K
1002.	India Education Diary	FHRAI Hosts Harit Yoga at Nandi Hills in Collaboration with Prestige Group to Pr.. .	247.3K
1003.	India Education Diary	Sixth Meeting of the Group of Friends of Traditional Medicine (GFTM) held in Gen ...	247.3K
1004.	India Education Diary	Union Minister of Ayush, Shri Prataprao Jadhav Launches Weekly Yoga Podcast to P...	247.3K
1005.	India Education Diary	Second meeting of the Scientific Steering Committee for the National One Health ...	247.3K
1006.	Dainik Savera	केंद्र सरकार का ने लिया बड़ा फैसला, कहा- अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर...	246.6K
1007.	Newsd	India & WHO Sign Landmark Agreement to Integrate Ayurveda, Siddha, & Una...	237.7K
1008.	Newsd	Ayurveda Day 2025: Centre Fixes New Date on September 23 Every Year	237.7K
1009.	Arunachal24.in	Arunachal: RGU Hosts YOGOTSAV-2025	235.1K
1010.	Press Trust of India	India partners with WHO to mainstream Ayush globally through agreement on tradit...	200.1K
1011.	Press Trust of India	Ayush Expo in Osaka getting wide attention: Ministry	200.1K
1012.	Press Trust of India	Over 1,000 organisations registered under Yoga Sangam for June 21 event	200.1K
1013.	Press Trust of India	Ayush Secretary Vaidya Rajesh Kotecha gets fourth extension	200.1K

1014.	Press Trust of India	Union Minister Meghwal urges youth to embrace naturopathy, yoga for healthier fu ...	200.1K
1015.	Press Trust of India	Yoga Day 2025: Samyoga, Yoga Unplugged aim to redefine yoga practice	200.1K
1016.	Press Trust of India	Centre declares Sep 23 as Ayurveda Day	200.1K
1017.	Press Trust of India	Ayush ministry launches weekly podcast for transformative journey into world of ...	200.1K
1018.	Press Trust of India	Harit Yoga among "signature events" to mark tenth anniversary of Yoga Day	200.1K
1019.	Press Trust of India	International Day of Yoga 2025 will be successful, inspirational for entire worl...	200.1K
1020.	Press Trust of India	Delhi govt plans to sponsor Ayurveda start-ups, host global summit: CM	200.1K
1021.	Press Trust of India	UP Governor holds meeting with pvt universities to plan for International Yoga D...	200.1K
1022.	Press Trust of India	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	200.1K
1023.	Press Trust of India	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	200.1K
1024.	Press Trust of India	National Ayush Mission delegates immerse in naturopathy at National Institute of.. .	200.1K
1025.	Press Trust of India	Yoga Mahotsav in Nashik marks 50-day countdown to International Yoga Day	200.1K
1026.	Press Trust of India	With its roots in India, yoga now flourishing at global level: Union minister Ja...	200.1K
1027.	Press Trust of India	Maharashtra"s Nashik set to host ""Yoga Mahotsav 2025"" on Friday	200.1K
1028.	Press Trust of India	Marked improvement in accessibility of healthcare services due to Ayushman Arogy...	200.1K
1029.	Press Trust of India	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	200.1K
1030.	Press Trust of India	Maharashtra"s Lonavala to host second edition of National Ayush Mission Conclav...	200.1K
1031.	Press Trust of India	Railways facilitates journey of stranded tourists amidst rush from Jammu, Katra	200.1K
1032.	Press Trust of India	FHRAI announces its plans ahead of International Yoga Day	200.1K
1033.	Press Trust of India	Haryana to employ "sahayaks" to teach school students yoga	200.1K
1034.	Press Trust of India	Ministry of Ayush organises "Rashtriya Karmayogi Jan Seva" programme	200.1K
1035.	Samachar Nama	आईआईटी दिल्ली जल्द ही डीपीआर प्रस्तुत करेगा, बाढ़ सुरक्षा के लिए रिंग बंड बनाया ...	195.8K
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1037.	Samachar Nama	संदिग्धों की पड़ताल तेज, कुछ जिलों में पुलिसवालों की छुट्टियां रद्द; नेपाल सीमा ...	195.8K
1038.	Samachar Nama	क्या है "कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	195.8K

1039.	Samachar Nama	बिहार सरकार गोपालगंज में 50 बिस्तरों वाला आयुष अस्पताल बनाएगी, एकीकृत उपचार सुवि...	195.8K
1040.	Samachar Nama	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	195.8K
1041.	Samachar Nama	बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना जरूरी	195.8K
1042.	Mid Day Gujarati	અદ્ભુત છે અશ્વગંધા	195.7K
1043.	Loksaakshya	सीएम धामी का ग्राम स्तर तक योग अभियान चलाने का आह्वान, प्रदेश में खुलेंगे नए फाय...	188.4K
1044.	Loksaakshya	एम्स ऋषिकेश में गोल्ड मेडल से नवाजे गए मेडिकल के 10 छात्र-छात्राएं, 434 विद्यार्...	188.4K
1045.	MP Breaking	राज्यपाल धार ज़िले मे सिकेल सेल जागरूकता कार्यक्रम में हुए शामिल	177.5K
1046.	MP Breaking	मुख्यमंत्री योगी आदित्यनाथ ने आज आयुष विभाग की उच्चस्तरीय समीक्षा बैठक की, हर मं...	177.5K
1047.	MP Breaking	बच्चों के पोषण और सही शारीरिक विकास के लिए महिला एवं बाल विकास, स्वास्थ्य और आयु...	177.5K
1048.	MP Breaking	मुख्यमंत्री साय की अध्यक्षता में स्वास्थ्य विभाग की समीक्षा बैठक सम्पन्न	177.5K
1049.	MP Breaking	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रथम आओ-प्रथम पाओ के आधार पर दिए जा रहे ...	177.5K
1050.	MP Breaking	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	177.5K
1051.	MP Breaking	मुख्यमंत्री कन्या विवाह योजना के तहत 387 कन्याओं का हुआ विवाह	177.5K
1052.	Hindusthan Samachar	आयुष मंत्रालय सांबा ने लगाया योग शिविर	161.2K
1053.	Hindusthan Samachar	स्वास्थ्य मंत्री डॉ. पंकज कुमार सिंह ने आयुष विभाग के कार्यों की समीक्षा बैठक की	161.2K
1054.	Hindusthan Samachar	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	161.2K
1055.	Hindusthan Samachar	आयुर्वेदिक चिकित्सा पद्धतियां बनी लोगों की पहली पसंद, जिला आयुष अस्पताल नाहन में...	161.2K
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1058.	Sakshipost EN	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	160.8K
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1060.	Sakshipost EN	With 2.5 lakh participants, Vizag Yoga Day event to create world record	160.8K
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1062.	Sakshipost EN	PM Modi to attend Yoga Day celebrations in Vizag	160.8K
1063.	Sakshipost EN	Centre designates September 23 as new National Ayurveda Day	160.8K
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1065.	Sakshipost EN	Traditional medicine key to achieve universal health coverage: Ayush Ministry	160.8K
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1067.	Sakshipost EN	CCRAS revives rare ayurvedic manuscripts to boost India"s literary heritage	160.8K

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1104.	News Drum	Ministry of Ayush organises "Rashtriya Karmayogi Jan Seva" programme	158.4K
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1109.	Ujjwalpradesh	MP News: कर्मयोगी हैं प्रदेश के कर्मचारी, उनकी कर्तव्य निष्ठा से ही देश के अग्रण...	139.8K
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1112.	Take One Digital Network	AYUSH Shopian conducts school health check-ups	139.2K
1113.	Take One Digital Network	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y	139.2K
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1135.	BizzBuzz	Ayushman Bharat Foundation For Healthy And Fit India: Ministers	125.6K
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1155.	Ht Syndication	Establish integrated Ayush colleges in every division: CM	119.8K
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1159.	Ht Syndication	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	119.8K
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1175.	First India	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yo ga	118.3K
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1185.	Dainik Tribune	विकट परिस्थिति से निपटने के लिए दी जानकारी, कराया अभ्यास	110.2K
1186.	Dainik Tribune	Haryana News : बच्चों को कुपोषण और एनीमिया से छुटकारा दिलाएगी टॉस्क फोर्स, हर पख...	110.2K
1187.	Dainik Tribune	Haryana News : हरियाणा में इस साल रिटायर होंगे 9 आईएएस अधिकारी	110.2K
1188.	Dainik Tribune	Himachal Transfer : सुक्खू सरकार का बड़ा प्रशासनिक फेरबदल, 17 IAS और 4 एसपीएस अध...	110.2K
1189.	Dainik Tribune	शिविर में 152 लोगों के स्वास्थ्य की जांच, 51 यूनिट रक्त किया एकत्रित	110.2K
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1193.	Dainik Tribune	मोदी सरकार ने पारंपरिक चिकित्सा प्रणाली को किया सुदृढ़ : बंडारु दत्तात्रेय	110.2K
1194.	Dainik Tribune	Health News धनवंतरि अस्पताल में नि:शुल्क रेबीज वैक्सीनेशन की शुरुआत	110.2K
1195.	Dainik Tribune	Yoga Program : हरियाणा सरकार योग को देगी बढ़ावा, सरकारी स्कूलों में आयोग बढ़ाएगा...	110.2K
1196.	Dainik Tribune	गोल्ड मेडल लेने वाले 26 डॉक्टरों में से 23 छात्राएं	110.2K

1197.	The Goan	More than 350 participate in FHRAI's Yoga Mahotsav in Goa	103.1K
1198.	Orissa Diary	India Rises to Fourth Largest Economy in the World, Powered by the Astute Leader...	100.9K
1199.	Orissa Diary	From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...	100.9K
1200.	Odisha Diary	"Samyoga" and "Yoga Unplugged" Signal a Bold New Direction for IDY 2025	100.9K
1201.	Lokmattimes.com	New global health agreement to take Ayush to world in scientific way: PM Modi	94.3K
1202.	Lokmattimes.com	Scientific validation of traditional medicine crucial: Ayush Secretary	94.3K
1203.	Lokmattimes.com	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	94.3K
1204.	Lokmattimes.com	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	94.3K
1205.	Lokmattimes.com	With 2.5 lakh participants, Vizag Yoga Day event to create world record	94.3K
1206.	Lokmattimes.com	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	94.3K
1207.	Lokmattimes.com	PM Modi to attend Yoga Day celebrations in Vizag	94.3K
1208.	Lokmattimes.com	Centre designates September 23 as new National Ayurveda Day	94.3K
1209.	Lokmattimes.com	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	94.3K
1210.	Lokmattimes.com	Weekly yoga podcast launched to promote holistic wellness	94.3K
1211.	Lokmattimes.com	Traditional medicine key to achieve universal health coverage: Ayush Ministry	94.3K
1212.	Lokmattimes.com	Nashik-Delhi gaurav rath yatra to reach city today	94.3K
1213.	Lokmattimes.com	Spread message of holistic well-being through yoga worldwide: Ayush Minister	94.3K
1214.	Lokmattimes.com	CCRAS revives rare ayurvedic manuscripts to boost India"s literary heritage	94.3K
1215.	Lokmattimes.com	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,...	94.3K
1216.	Lokmattimes.com	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	94.3K
1217.	Lokmattimes.com	Global recognition of Yoga testament to India"s rich cultural heritage: Ayush M...	94.3K
1218.	Lokmattimes.com	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine...	94.3K
1219.	Lokmattimes.com	Ayushman Bharat foundation for healthy and fit India: Ministers	94.3K
1220.	Lokmattimes.com	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	94.3K
1221.	Lokmattimes.com	First Neutral Forum for Bridging the gap between AYUSH industry and Regulatorsl...	94.3K
1222.	Lokmattimes.com	Centre to unveil digital portal for medical value travel: Minister	94.3K

1223.	Lokmattimes.com	World Health Summit"s regional meet to shape global agenda: Ayush Minister	94.3K
1224.	Lokmattimes.com	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	94.3K
1225.	Lokmattimes.com	Healthy India key towards realising Viksit Bharat goal: HM Shah	94.3K
1226.	Lokmattimes.com	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	94.3K
1227.	Lokmattimes.com	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	94.3K
1228.	India News	दिल्ली में दूसरी एशियन योगासन चैंपियनशिप का भव्य समापन, भारत ने जीते सबसे ज्यादा...	90.5K
1229.	The News Mill	India partners with WHO to mainstream Ayush globally through agreement on trad it...	85.1K
1230.	The News Mill	“This time too, zeal and enthusiasm among people all over world with regard to Y. ..	85.1K
1231.	The News Mill	PM Modi lauds Andhra"s ‘YogAndhraAbhiyan", encourages people to practice Yo ga	85.1K
1232.	The News Mill	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	85.1K
1233.	The News Mill	Assam: Health Minister reviews preparedness for International Day of Yoga	85.1K
1234.	The News Mill	Ayurveda Day to be celebrated on September 23 every year	85.1K
1235.	The News Mill	Ayush ministry launches weekly yoga podcast to promote holistic wellness	85.1K
1236.	The News Mill	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	85.1K
1237.	The News Mill	Delhi CM Rekha Gupta hails PM Modi"s push for Ayurveda, announces global co nfer...	85.1K
1238.	The News Mill	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	85.1K
1239.	The News Mill	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	85.1K
1240.	Loktej	प्रधानमंत्री मोदी ने लोगों को उत्साहपूर्ण जीवन के लिए योग अपनाने का आह्वान किया	73.2K
1241.	Loktej	राजकोट: जेतपुर में योग शिविर का आयोजन, 150 से अधिक लोगों ने किया योगाभ्यास	73.2K
1242.	Loktej	डॉ. दिव्यांशु पटेल द्वारा हज़ारों गरीबों का निःशुल्क उपचार, समाज सेवा में मिसाल	73.2K
1243.	New Kerala	Modi WHO Pact Elevates Ayurveda to Global Healthcare Stage	72K
1244.	New Kerala	PM Modi Praises YogAndhraAbhiyan Ahead of Yoga Day in Visakhapatnam	72K
1245.	New Kerala	Ayush Secretary Validates Traditional Medicine at WHO Event	72K
1246.	Daily Chhattisgarh	आयुष मंत्रालय केन्द्रीय टीम ने दुर्ग में आयुष विभाग के कार्यक्रमों का किया अवलोक...	72K
1247.	New Kerala	CCRAS Launches Ayurveda Journals Conclave 2025 in Guwahati	72K

1248.	New Kerala	Assam Health Minister Ashok Singhal Reviews Yoga Day 2025 Plans	72K
1249.	New Kerala	Ayush Ministry Launches Yoga Sangam for IDY 2025 Wellness	72K
1250.	New Kerala	Sukhu"s Himachal Cabinet Approves 1,000 Pashu Mitra Posts	72K
1251.	New Kerala	JP Nadda Stresses Cleanliness to Combat India"s Dengue Rise	72K
1252.	Daily Chhattisgarh	नौरंगपुर समाधान शिविर में 212 आवेदनों का निराकरण	72K
1253.	New Kerala	India Launches Samyoga and Yoga Unplugged for IDY 2025	72K
1254.	New Kerala	Modi to Attend Vizag Yoga Day with Two Lakh Participants	72K
1255.	New Kerala	India Sets September 23 as Fixed Ayurveda Day for Global Observance	72K
1256.	New Kerala	India Sets September 23 as Fixed National Ayurveda Day	72K
1257.	Daily Chhattisgarh	सुशासन तिहार, कोडार में आयोजित हुआ समाधान शिविर, विधायक सिन्हा शामिल हुए	72K
1258.	Daily Chhattisgarh	कपालभाति प्राणायाम : कई समस्याओं का एक समाधान, मगर जान लें किसे नहीं करना चाहिए	72K
1259.	New Kerala	Ayush Minister Launches Weekly Yoga Podcast for Global Wellness	72K
1260.	New Kerala	Ayush Ministry Launches Weekly Yoga Podcast for Wellness	72K
1261.	New Kerala	India Hosts Sixth Group of Friends of Traditional Medicine Meeting	72K
1262.	Daily Chhattisgarh	चिखलाकसा में समाधान शिविर, कुल 45 आवेदन प्राप्त हुए, 23 का निराकरण	72K
1263.	New Kerala	Ayush Ministry Leads Global Traditional Medicine Health Strategy	72K
1264.	Daily Chhattisgarh	समाधान शिविर में 1572 आवेदनों का निराकरण	72K
1265.	Daily Chhattisgarh	सुशासन तिहार: बेमचा समाधान शिविर में साढ़े 6 हजार आवेदन मिले, 6371 का निराकरण	72K
1266.	Daily Chhattisgarh	मोंगरागहन में बनेगा पुलिया, जोरातराई, अकलाडोंगरी व कुकरेल क्लस्टर में लगा शिविर	72K
1267.	New Kerala	Ayush Sector 8x Growth Boosts India"s Economic Potential	72K
1268.	New Kerala	Ayush Minister Jadhav Reveals Global Yoga Movement"s Transformative Power	72K
1269.	New Kerala	Modi"s Yoga Legacy Sparks Global Cultural Movement	72K
1270.	New Kerala	Modi"s Ayushman Bharat Revolutionizes India"s Healthcare Access	72K
1271.	New Kerala	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	72K
1272.	New Kerala	Jadhav Unveils Digital Portal to Boost India"s Medical Tourism	72K
1273.	New Kerala	Ayush Minister Spotlights Traditional Medicine at WHO Global Health Meet	72K
1274.	New Kerala	Gulab Kataria Launches Ayurvedic Super Specialty Hospital	72K
1275.	New Kerala	Amit Shah Links Healthy Citizens to Viksit Bharat Vision	72K
1276.	New Kerala	Jadhav Urges Sustainable Packaging for Greener India	72K

1277.	New Kerala	Ayush Ministry Launches Karmayogi Jan Seva Skills Programme	72K
1278.	New Kerala	Nadda Highlights Healthcare Expansion at AIIMS Rishikesh Convocation	72K
1279.	New Kerala	JP Nadda Highlights Govt"s Preventive Healthcare Revolution	72K
1280.	Naya India	समाज पर कितना अत्याचार कम इशारे से ही कुछ कह दीजिए: अखिलेश यादव	68.6K
1281.	Naya India	उत्तर प्रदेश के प्रत्येक मंडल में स्थापित हों आयुष महाविद्यालय: योगी आदित्यनाथ	68.6K
1282.	Naya India	केजरीवाल के खिलाफ सार्वजनिक संपत्ति को नुकसान पहुंचाने के मामले में कोर्ट ने दिल...	68.6K
1283.	Awaz The Voice	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	68.3K
1284.	Awaz The Voice	Railways run extra trains to clear rush after Pahalgam attack exodus	68.3K
1285.	Awaz The Voice	US State Department calls for bringing perpetrators of Pahalgam attack to justic...	68.3K
1286.	News4 Social	RGPV में सृजन 2025 में दिखी इनोवेशन की उड़ान: मंत्री परमार बोले- छात्रों के नवाच...	66.4K
1287.	News4 Social	सीएम बोले- हम पढ़ा क्या रहे हमें ही नहीं मालूम: हमें अपने पूर्वजों वाले अखंड भारत...	66.4K
1288.	Punjab News Live	Spread message of holistic well-being through yoga worldwide: Ayush Minister	63.5K
1289.	Punjab News Live	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	63.5K
1290.	PSU Connect	Centre approves major official appointments and recommendations	62.7K
1291.	WebIndia123	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	61.9K
1292.	WebIndia123	Assam: Health Minister reviews preparedness for International Day of Yoga	61.9K
1293.	WebIndia123	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	61.9K
1294.	WebIndia123	Ayurveda Day to be celebrated on September 23 every year	61.9K
1295.	WebIndia123	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	61.9K
1296.	WebIndia123	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators l...	61.9K
1297.	WebIndia123	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	61.9K
1298.	WebIndia123	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	61.9K
1299.	WebIndia123	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	61.9K
1300.	Technologyforyou.org	India Partners with WHO to Mainstream Ayush Globally through a Landmark Agreemen...	60.2K
1301.	Technologyforyou.org	From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...	60.2K

1302.	Technologyforyou.org	“Yoga Unplugged” the youth-centric initiative for International Day of Yoga (IDY...	60.2K
1303.	Technologyforyou.org	Ayurveda Day to Be Celebrated on 23rd September Every Year	60.2K
1304.	Technologyforyou.org	Sixth Meeting of the Group of Friends of Traditional Medicine (GFTM) held in Gen ...	60.2K
1305.	Technologyforyou.org	Union Minister of Ayush, Shri Prataprao Jadhav Launches Weekly Yoga Podcast t o P...	60.2K
1306.	Technologyforyou.org	Stakeholder Consultation in the Medicinal Plant Sector to promote medicinal plan.. .	60.2K
1307.	Technologyforyou.org	States and UTs Conclude Day-2 of NAM Conclave with Renewed Push for Public Healt...	60.2K
1308.	Technologyforyou.org	Day One of National Ayush Mission Conclave Witnesses Dynamic Participation fr om ...	60.2K
1309.	Technologyforyou.org	National Ayush Mission Conclave 2025: States and UTs Collaborate to Strengthe n T...	60.2K
1310.	Technologyforyou.org	Government to Launch Comprehensive Digital Portal for Medical Value Travel	60.2K
1311.	Technologyforyou.org	Paving the Way for Integrative Healthcare: Key Meeting Held on Establishing Inte. ..	60.2K
1312.	Technologyforyou.org	World Health Summit Regional Meeting 2025 to Spotlight Traditional Medicine as a...	60.2K
1313.	Technologyforyou.org	Indian Yoga Association and State Chapters Celebrate World Earth Day with Nati on...	60.2K
1314.	Technologyforyou.org	Hotel & Restaurant Federation gears up for country-wide International Day of...	60.2K
1315.	Technologyforyou.org	Union Home Minister and Minister of Cooperation Shri Amit Shah attends the prog r...	60.2K
1316.	Technologyforyou.org	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	60.2K
1317.	हिन्दी न्यूज़	वन स्टॉप सेंटर अंडमान और निकोबार द्वीप समूह में संकटग्रस्त महिलाओं की करता है सह...	59.1K
1318.	Sangri Today	"National Ayurveda Day" will be celebrated ev...	58.5K
1319.	Etemaad English	PM Modi To Attend International Yoga Day Fest At Vizag On June 21	57.4K
1320.	Etemaad English	Govt declares 23rd September as Ayurveda Day	57.4K
1321.	Edristi	योग महोत्सव-2025	56.4K
1322.	Edristi	प्रश्न – दूसरी एशियाई योगासन खेल चैंपियनशिप, 2025 के संदर्भ में निम्नलिखित में स...	56.4K
1323.	Edristi	प्रश्न – विश्व होम्योपैथी दिवस कब मनाया जाता है?	56.4K
1324.	T3 Travel Trends Today	FHRAI & Embassy of Ethiopia organises Coffee and Harit Yoga	51.7K
1325.	Pioneer edge	Uttarkashi"s border region abuzz with Yoga ahead of IDY	47.8K

1326.	Pioneer edge	Fund approved for 50-bed AYUSH Hospital in Tehri	47.8K
1327.	Pioneer edge	101 % rise in number of medical colleges in last 10 years in country: Nadda	47.8K
1328.	Bhaskar Live	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	46.5K
1329.	Bhaskar Live	With 2.5 lakh participants, Vizag Yoga Day event to create world record	46.5K
1330.	Bhaskar Live	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	46.5K
1331.	Bhaskar Live	Weekly yoga podcast launched to promote holistic wellness	46.5K
1332.	Bhaskar Live	Spread message of holistic well-being through yoga worldwide: Ayush Minister	46.5K
1333.	Bhaskar Live	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,..	46.5K
1334.	Bhaskar Live	Centre to unveil digital portal for medical value travel: Minister	46.5K
1335.	Bhaskar Live	Healthy India key towards realising Viksit Bharat goal: HM Shah	46.5K
1336.	The Rahnuma Daily	PM Modi to attend Yoga Day celebrations in Vizag	40.1K
1337.	News X	Pahalgam Terror Attack: Ethiopian Ambassador Points Finger at Pakistanis	38.5K
1338.	Visionnewsservice	प्रभारी सचिव हिमशिखर गुप्ता ने पीव्हीटीजी वनधन केन्द्र केशोडार का किया निरीक्षण ...	36.8K
1339.	Visionnewsservice	आयुष मंत्रालय केन्द्रीय टीम ने दुर्ग में आयुष विभाग के कार्यक्रमों का किया अवलोक...	36.8K
1340.	Visionnewsservice	सियान सदन में वृहद स्वास्थ्य शिविर 30 को कलेक्टर अजीत वसंत के मार्गदर्शन में मुख...	36.8K
1341.	Visionnewsservice	ग्राम के अंतिम व्यक्तिों की समस्याओं का समाधान करने शासन-प्रशासन पहुंचा दूरस्थ व...	36.8K
1342.	Visionnewsservice	| समाधान शिविर में प्राप्त 212 आवेदनों का तत्काल हुआ निराकरण	36.8K
1343.	Visionnewsservice	सुशासन तिहार अंतर्गत ग्राम कोडार में समाधान शिविर का हुआ आयोजन सुशासन तिहार अंतर...	36.8K
1344.	Visionnewsservice	समाधान शिविर में हितग्राहियों के समस्याओं का त्वरित निराकरण कर किया गया लाभान्वि...	36.8K
1345.	Visionnewsservice	सुशासन तिहार : बेमचा में समाधान शिविर का हुआ आयोजन	36.8K
1346.	Visionnewsservice	| प्रधानमंत्री और मुख्यमंत्री की दूरदृष्टि के चलते छत्तीसगढ़ निरंतर विकास की ओर ...	36.8K
1347.	Visionnewsservice	सुशासन तिहार के तहत प्राप्त आवेदनों का गुणवत्ता पूर्ण करें निराकरण : कलेक्टर	36.8K
1348.	Visionnewsservice	जिले के सभी आंगनबाड़ी केन्द्रों में किया पोषण पखवाड़ा का आयोजन	36.8K
1349.	Visionnewsservice	आयुष विभाग अंतर्गत दावाआपत्ति आमंत्रित आवेदक/अभ्यर्थी जिला बीजापुर के वेबसाइड ww...	36.8K
1350.	UP18 news	डॉ. दिव्यांशु पटेल द्वारा हज़ारों गरीबों का निःशुल्क उपचार, समाज सेवा में मिसाल	35.1K
1351.	UP18 news	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	35.1K
1352.	UP18 news	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	35.1K

1353.	Mirroruttarakhand	Uttarakhand अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में राज्य में योग मेले, हरित योग ...	34.1K
1354.	Mirroruttarakhand	केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने अखिल भारतीय आयुर्विज्ञान संस्थान (AIIMS)...	34.1K
1355.	Press Note	आए हुए पर्यटकों ने भी लिया योग प्रोटोकॉल पूर्वाभ्यास	33K
1356.	Press Note	अंतर्राष्ट्रीय योग दिवस 2025	33K
1357.	Press Note	योग की जागरूकता के लिए 100 शहरों में उदयपुर भी हुआ शामिल राष्ट्रीय तीर्थ प्रताप ...	33K
1358.	Press Note	अंतराष्ट्रीय योग दिवस 2025 में 52 दिन शेष देश के 100 स्थानों पर 100 दिनों पूर्व ...	33K
1359.	Ians Live	PM Modi to attend Yoga Day celebrations in Vizag	32.1K
1360.	Ians Live	Healthy India key towards realising Viksit Bharat goal: HM Shah	32.1K
1361.	Ians Live	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	32.1K
1362.	Travelmail	Air India to shift Tokyo operations to...	30.8K
1363.	Samay Live	CM योगी का निर्देश- यूपी के हर मंडल में हों आयुष महाविद्यालय, एक ही जगह मिले सभी...	30.8K
1364.	Travelmail	FHRAI Hosts 'Harit Yoga' at FHRAI-IHM to Mark International Day of Yoga	30.8K
1365.	IndianWeb2	Boosting Medicinal Plant Farming: Govt & Industry Join Hands to Help Farmers	30.1K
1366.	Uttarakhand News Network	IDY 2025: Gairsain to Host State-Level Yoga Day Event	29.6K
1367.	Uttarakhand News Network	Ayush Showcases India"s Holistic Health Power at Osaka Expo	29.6K
1368.	Uttarakhand News Network	Ayurveda Day to be celebrated on 23rd September every year	29.6K
1369.	saachibaat.com	Today"s Top News – 13 May 2025	29.4K
1370.	saachibaat.com	Today"s Top News – 12 May 2025	29.4K
1371.	Goemkarponn	Over 350 Participants Attend FHRAI"s Yoga Mahotsav in Goa as Part of the Intern...	29.1K
1372.	The News Strike	India and WHO Sign Landmark Agreement to Globalize Ayush through Traditional Med...	28.3K
1373.	The News Strike	NAM Conclave 2025 Kicks Off in Lonavala, Charts Future Roadmap for Ayush Sector ...	28.3K
1374.	Afternoon News	Yoga Awareness Program at Kongu Naturopathy and Yoga Medical College	26.9K
1375.	The Indian Awaaz	Govt declares 23rd September as Ayurveda Day	25.2K
1376.	NWNews24	मुख्यमंत्री ने की स्वास्थ्य विभाग की समीक्षा, बोले,आमजन के हित में करें स्वास्थ्...	23K
1377.	Tourism Breaking News	FHRAI and HRAWI to conduct yoga programme on May 10 in Goa to promote holistic w...	22.8K

1378.	Tourism Breaking News	FHRAI hosts ‘Harit Yoga’ at FHRAI-IHM to mark International Day of Yoga	22.8K
1379.	Business of Travel Trade	BOTT SHOTS Midday – May 21, 2025	20.1K
1380.	Business of Travel Trade	BOTT SHOTS – May 19, 2025	20.1K
1381.	Business of Travel Trade	BOTT SHOTS Midday – April 30, 2025	20.1K
1382.	उत्तरा न्यूज	उपनल कर्मियों के नियमितीकरण को लेकर आज होगी मंत्रिमंडल की बैठक, रखे जाएंगे यह प्...	17.6K
1383.	उत्तरा न्यूज	अल्मोड़ा::राजकीय जूनियर हाईस्कूल चनोली में आयोजित हुआ योग सत्र	17.6K
1384.	Indian Economic Observer	India partners with WHO to mainstream Ayush globally through agreement on trad it...	16.1K
1385.	Indian Economic Observer	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	16.1K
1386.	Indian Economic Observer	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yo ga	16.1K
1387.	Indian Economic Observer	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	16.1K
1388.	Indian Economic Observer	Assam: Health Minister reviews preparedness for International Day of Yoga	16.1K
1389.	Indian Economic Observer	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	16.1K
1390.	Indian Economic Observer	Ayurveda Day to be celebrated on September 23 every year	16.1K
1391.	Indian Economic Observer	Ayush ministry launches weekly yoga podcast to promote holistic wellness	16.1K
1392.	Indian Economic Observer	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	16.1K
1393.	Indian Economic Observer	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y	16.1K
1394.	Indian Economic Observer	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	16.1K
1395.	Indian Economic Observer	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators l...	16.1K
1396.	Indian Economic Observer	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	16.1K
1397.	Indian Economic Observer	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	16.1K
1398.	Indian Economic Observer	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	16.1K
1399.	Indian Economic Observer	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	16.1K
1400.	India News Stream	New global health agreement to take Ayush to world in scientific way: PM Modi	15.7K
1401.	Greno News	हर मंडल में होगा इंटीग्रेटेड आयुष कॉलेज, योगी सरकार ने आयुष को दी नई उड़ान	14K

1402.	Aap Ki Khabar	नवरत्न फाउंडेशन का 23वाँ वार्षिकोत्सव सामाजिक चेतना की एक जीवंत गाथा बन गया	12.5K
1403.	GLIBS	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	12.4K
1404.	Insamachar	भारत ने पारंपरिक चिकित्सा हस्तक्षेप पर एक ऐतिहासिक समझौते के माध्यम से आयुष को व...	12K
1405.	Insamachar	प्रधानमंत्री मोदी ने 2025 के अंतर्राष्ट्रीय योग दिवस में व्यापक भागीदारी का आह्व...	12K
1406.	Dainikdehat	बिना पंजीकरण संचालित अस्पताल सील, पुलिस ने की कार्रवाई	12K
1407.	Dainikdehat	हिमाचल कैबिनेट: 1100 से अधिक पदों को भरने की मंजूरी, इनका वेतन बढ़ा	12K
1408.	Insamachar	केंद्रीय आयुष मंत्री प्रतापराव जाधव ने अंतर्राष्ट्रीय योग दिवस 2025 की तैयारियों...	12K
1409.	Dainikdehat	बिना पंजीकरण और डॉक्टर के चल रहे 4 अस्पताल व लैब सील	12K
1410.	Insamachar	'वर्ल्ड लिवर डे" के अवसर पर सभी अपने 'लिवर" के प्रति सजग, प्रयत्नशील और पूरी ज...	12K
1411.	Insamachar	केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने एम्स ऋषिकेश के पांच वें दीक्षांत समारोह ...	12K
1412.	Business News Week	FHRAI & Prestige Group Host Harit Yoga at Nandi Hills to Champion Wellness &.. .	10.3K
1413.	Tennews.in	New global health agreement to take Ayush to world in scientific way: PM Modi	9.1K
1414.	Tennews.in	Scientific validation of traditional medicine crucial: Ayush Secretary	9.1K
1415.	Tennews.in	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	9.1K
1416.	Tennews.in	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	9.1K
1417.	Tennews.in	With 2.5 lakh participants, Vizag Yoga Day event to create world record	9.1K
1418.	Tennews.in	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	9.1K
1419.	Tennews.in	PM Modi to attend Yoga Day celebrations in Vizag	9.1K
1420.	Tennews.in	Weekly yoga podcast launched to promote holistic wellness	9.1K
1421.	Tennews.in	Traditional medicine key to achieve universal health coverage: Ayush Ministry	9.1K
1422.	Tennews.in	CCRAS revives rare ayurvedic manuscripts to boost India"s literary heritage	9.1K
1423.	Tennews.in	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,.. ..	9.1K
1424.	Tennews.in	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	9.1K
1425.	Tennews.in	Ayushman Bharat foundation for healthy and fit India: Ministers	9.1K
1426.	Tennews.in	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	9.1K
1427.	Tennews.in	Centre to unveil digital portal for medical value travel: Minister	9.1K
1428.	Tennews.in	World Health Summit"s regional meet to shape global agenda: Ayush Minister	9.1K

1429.	Tennews.in	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	9.1K
1430.	CnewsBharat	समाधान शिविर में हितग्राहियों के समस्याओं का किया गया त्वरित निराकरण	8K
1431.	CnewsBharat	आयुष जांच शिविर में 353 लोगों का स्वास्थ्य जांच किया गया	8K
1432.	CnewsBharat	जिले के विभिन्न प्रखंड में आयोजित आयुष जांच शिविर में 127 लोगों का स्वास्थ्य जां...	8K
1433.	Uttaranchaltoday.com	आयुष मंत्रालय ने शुरू किया साप्ताहिक योग पॉडकास्ट, जीवनशैली में योग को जोड़ेगा	6.2K
1434.	Uttaranchaltoday.com	योग को रोजगार से जोड़ने के सीएम धामी ने दिए निर्देश	6.2K
1435.	ET Government	Over 1000 Entities Register on Yoga Sangam Portal Ahead of IDY 2025: India Gears...	5K
1436.	ET Government	'Yoga Unplugged" Gains Momentum Ahead of International Day of Yoga 2025 as Lead...	5K
1437.	ET Government	Ayurveda Day to be celebrated on 23rd September annually, aligning with autumnal...	5K
1438.	ET Government	India leads global push for traditional medicine integration at sixth GFTM meeti...	5K
1439.	ET Government	Ayush ministry launches weekly yoga podcast to promote holistic wellness	5K
1440.	ET Government	CCRAS revives 2 rare Ayurvedic manuscripts, bridging ancient wisdom with modern ...	5K
1441.	ET Government	Rajasthan leads AYUSH Mission with ₹ crore boost, tops in infrastructure and ...	5K
1442.	ET Government	States and UTs resolve to strengthen Ayush healthcare delivery at NAM Conclave 2...	5K
1443.	ET Government	Centre to launch digital portal for medical value travel: MoS Prataprao Jadhav	5K
1444.	Mediabulletins	Harit Yoga at Nandi Hills: FHRAI and Prestige Group Promote Eco-Wellness	4.7K
1445.	Report Wire	Expand Health Facilities in the Interest of the General Public: Chief Minister S...	3.9K
1446.	Hari Nayak	नड्डा	3.3K
1447.	Hi INDiA	New global health agreement to take Ayush to world in scientific way: PM Modi	2.4K
1448.	Hi INDiA	IDY2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sangam	2.4K
1449.	Hi INDiA	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	2.4K
1450.	Hi INDiA	With 2.5 lakh participants, Vizag Yoga Day event to create world record	2.4K
1451.	Hi INDiA	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	2.4K
1452.	Hi INDiA	PM Modi to attend Yoga Day celebrations in Vizag	2.4K
1453.	Hi INDiA	Centre designates September 23 as new National Ayurveda Day	2.4K

1454.	Hi INDiA	Weekly yoga podcast launched to promote holistic wellness	2.4K
1455.	Hi INDiA	Traditional medicine key to achieve universal health coverage: Ayush Ministry	2.4K
1456.	Hi INDiA	Spread message of holistic well-being through yoga worldwide: Ayush Minister	2.4K
1457.	Hi INDiA	CCRAS revives rare ayurvedic manuscripts to boost India"s literary heritage	2.4K
1458.	Hi INDiA	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,..	2.4K
1459.	Hi INDiA	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	2.4K
1460.	Hi INDiA	Global recognition of Yoga testament to India"s rich cultural heritage: Ayush M...	2.4K
1461.	Hi INDiA	Ayushman Bharat foundation for healthy and fit India: Ministers	2.4K
1462.	Hi INDiA	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	2.4K
1463.	Hi INDiA	Centre to unveil digital portal for medical value travel: Minister	2.4K
1464.	Hi INDiA	World Health Summit"s regional meet to shape global agenda: Ayush Minister	2.4K
1465.	Hi INDiA	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	2.4K
1466.	Hi INDiA	Healthy India key towards realising Viksit Bharat goal: HM Shah	2.4K
1467.	Hi INDiA	Govt focused more on providing preventive healthcare than just curative: JP Nadd...	2.4K
1468.	Anmol News24	Chhattisgarh News :	421
1469.	Daily Prabhat	India partners with WHO to mainstream Ayush globally through agreement on trad it...	280
1470.	Daily Prabhat	“This time too, zeal and enthusiasm among people all over world with regard to Y..	280
1471.	Daily Prabhat	PM Modi lauds Andhra"s ‘YogAndhraAbhiyan", encourages people to practice Yoga	280
1472.	Daily Prabhat	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	280
1473.	Daily Prabhat	Assam: Health Minister reviews preparedness for International Day of Yoga	280
1474.	Daily Prabhat	“Samyoga” and “Yoga Unplugged” signal a bold new direction for International Yog...	280
1475.	Daily Prabhat	Ayurveda Day to be celebrated on September 23 every year	280
1476.	Daily Prabhat	Ayush ministry launches weekly yoga podcast to promote holistic wellness	280
1477.	Daily Prabhat	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	280
1478.	Daily Prabhat	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	280

1479.	Daily Prabhat	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	280
1480.	Daily Prabhat	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	280
1481.	Daily Prabhat	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	280
1482.	Daily Prabhat	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	280
1483.	Daily Prabhat	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	280
1484.	United News Of India	आयुष विभाग में 4350 रिक्त पदों के लिए भर्ती प्रक्रिया शुरु	N/A
1485.	Mokokchung Times	AYUSH and WHO strike deal to globalize traditional medicine — but will it delive...	N/A
1486.	Breaking News Express	LUCKNOW :आयुष विभाग में रिक्त पदों को भरने के लिए योगी सरकार ने कसी कमर*	N/A
1487.	Jharkhand State News	India Partners with WHO to Mainstream Ayush Globally	N/A
1488.	Justdial.com	Ayush ministry and WHO sign to create module for traditional medicine	N/A
1489.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
1490.	Ballia Vocals	भारत की पारंपरिक चिकित्सा को वैश्विक स्तर पर लाने की बढ़ी पहल, विश्व स्वास्थ्य स...	N/A
1491.	Vishva Times	New global health agreement to take Ayush to world in scientific way: PM Narendr ...	N/A
1492.	Gwalior Vocals	भारत की पारंपरिक चिकित्सा को वैश्विक स्तर पर लाने की बढ़ी पहल, विश्व स्वास्थ्य स...	N/A
1493.	DANIK KHABAR	भारत ने समझौते के माध्यम से आयुष को वैश्विक स्तर पर मुख्यधारा में लाने के लिए डब...	N/A
1494.	OB News	Collector advises employees to do yoga to reduce stress	N/A
1495.	The Mobi World	Collector advises employees to do yoga to reduce stress	N/A
1496.	Ilouge Media	Ministry of Ayush, WHO Agreement Paves Way for Global Recognition of Traditio nal...	N/A
1497.	Observer Voice	India Collaborates with WHO to Promote Ayush on a Global Scale	N/A
1498.	The Hans India	Stay stress-free with yoga, Collector tells staff	N/A
1499.	Ujjain Vocals	भारत की पारंपरिक चिकित्सा को वैश्विक स्तर पर लाने की बढ़ी पहल, विश्व स्वास्थ्य स...	N/A
1500.	Nagpur Vocals	भारत की पारंपरिक चिकित्सा को वैश्विक स्तर पर लाने की बढ़ी पहल, विश्व स्वास्थ्य स...	N/A
1501.	Jaipur Vocals	You may also like !	N/A
1502.	Bhopal Vocals	भारत की पारंपरिक चिकित्सा को वैश्विक स्तर पर लाने की बढ़ी पहल, विश्व स्वास्थ्य स...	N/A
1503.	Moradabad Vocals	भारत की पारंपरिक चिकित्सा को वैश्विक स्तर पर लाने की बढ़ी पहल, विश्व स्वास्थ्य स...	N/A
1504.	Prayagraj Vocals	भारत की पारंपरिक चिकित्सा को वैश्विक स्तर पर लाने की बढ़ी पहल, विश्व स्वास्थ्य स...	N/A

1505.	बरैली वोकल्स	भारत की पारंपरिक चिकित्सा को वैश्विक स्तर पर लाने की बड़ी पहल, विश्व स्वास्थ्य स...	N/A
1506.	Sansad Tv	Sansad TV Special: हमारी विरासत, हमारी पहचान। HVPI on Knowledge System of India ...	N/A
1507.	Namma Kudla English	PM Calls for Worldwide Engagement in Yoga Day, Emphasizes Innovative and Inclusi...	N/A
1508.	India Med Today	India and WHO Team Up to Bring Ayush to the World Stage	N/A
1509.	Odisha Sambad	ଭାରତର ପ୍ରାଚୀନ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ବିଶ୍ୱ ସ୍ତରୀୟସ୍ୱୀକୃତି: WHO ସହ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ଏମ୍ପି...	N/A
1510.	Apac News Network	India, WHO begin work on global classification of Ayush treatments under health ...	N/A
1511.	Chhattisgarh Vishesh	स्वस्थ जीवन की ओर एक कदम: दुर्ग में लाइफस्टाइल क्लीनिक रोगों की रोकथाम और समग्र ...	N/A
1512.	Pharmabiz.com	Ayush and herbal products exports grew 5.9 per cent in FY25	N/A
1513.	Health Economictimes	Ahead of International Yoga Day, PM Modi invites people to embrace yoga for vibr...	N/A
1514.	Tezzbuzz	How to increase weight without side effects? Sehat Plus is giving 100% Ayurvedic ...	N/A
1515.	Tripurastar News	Prime Minister Narendra Modi Calls For Mass Participation In International Day O...	N/A
1516.	Tezzbuzz	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
1517.	Forever News	India-WHO Agreement to Expand Global Reach of Ayurveda, Yoga, and Traditional Me...	N/A
1518.	Palgharnews	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
1519.	Rising Kashmir	Yoga Day: Zeal, enthusiasm among people all over world amply visible: PM Modi	N/A
1520.	Calcutta News	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
1521.	World News Network	“This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1522.	Palgharnews	“This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1523.	Hindustan Global Times	मंत्रालय (आयुर्वेद, योग, यूनानी, सिद्ध और होम्योपैथी) और विश्व स्वास्थ्य संगठन (...	N/A
1524.	Keekli	PM Modi Urges Mass Participation in Yoga Day 2025, to Join Celebrations in Visak...	N/A
1525.	Bharat24 News	भारत की पारंपरिक चिकित्सा को मिलेगी अंतरराष्ट्रीय उड़ान, WHO के साथ हुआ ऐतिहासिक...	N/A
1526.	Sambad	ଯୋଗ ଦିବସକୁ ଏକ ଅଭିନବ ଉପାୟରେ ପାଳନ କରିବାକୁ ବିଚାର କରନ୍ତୁ : ପ୍ରଧାନମନ୍ତ୍ରୀ	N/A

1527.	Next Khabar	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1528.	Newzfatafat	भारत की पारंपरिक चिकित्सा को वैश्विक मंच पर लाने की ऐतिहासिक पहल	N/A
1529.	Kolkata Sun	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1530.	Kolkata Sun	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
1531.	OB News	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
1532.	Indianapolis Post	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1533.	The Mobi World	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
1534.	New Delhi News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1535.	India's News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1536.	One Hindi News	MP News: राज्यपाल मंगुभाई पटेल धार ज़िले मे सिकेल सेल जागरूकता कार्यक्रम में हुए ...	N/A
1537.	Mumbai News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1538.	The Asia News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1539.	Andhra Pradesh Mirror	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1540.	Kashmir Breaking News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1541.	West Bengal Khabar	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1542.	Jharkhandtimes	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1543.	Chhattisgarh Today	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1544.	Maharashtra Samachar	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1545.	Telangana Journal	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1546.	Vanakkam Tamil Nadu	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1547.	Sarasjanvaad	धार में सिकल सेल एनीमिया की रोकथाम के लिए हुई ऐड-ऑन थेरेपी की उच्चस्तरीय समीक्षा...	N/A

1548.	Odisha Post	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1549.	Bihar Times	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1550.	South India News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1551.	Rajasthan Ki Khabar	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1552.	Himachal Patrika	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1553.	उद्योग का अनुमान	भारत ने पारंपरिक चिकित्सा हस्तक्षेप पर डब्ल्यूएचओ के साथ ऐतिहासिक समझौता किया	N/A
1554.	Daily World Hindi	भारत ने पारंपरिक चिकित्सा हस्तक्षेप पर डब्ल्यूएचओ के साथ ऐतिहासिक समझौता किया	N/A
1555.	Bihar 24x7	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1556.	Gujarat Varta	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1557.	North East Times	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1558.	Haryana Today	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1559.	Punjab Live	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1560.	Daily World Hindi	दिल्ली में जलभराव के लिए आप ने भाजपा सरकार की आलोचना की ...	N/A
1561.	Karnataka Live	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1562.	IBC World News	India-WHO MoU boosts traditional medicine	N/A
1563.	Khas Khabar	राज्यपाल धार ज़िले मे सिकेल सेल जागरूकता कार्यक्रम में हुए शामिल	N/A
1564.	Kashmir Newsline	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1565.	Action India Live	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1566.	Delhi live news	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1567.	Gujarat Samachar	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1568.	Insightonlinenews	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A

1569.	Indian News Network	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1570.	Maverick News3	Prime Minister Shri Narendra Modi Calls for Mass Participation in International ...	N/A
1571.	खबर जगत	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1572.	अंजनी खबर (Anjani Khabar)	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1573.	Forever News	Modi Urges Mass Participation in International Day of Yoga 2025, Highlights Grow ...	N/A
1574.	Chhattisgarh Today	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
1575.	Mp Headline	राज्यपाल धार ज़िले मे सिकेल सेल जागरूकता कार्यक्रम में हुए शामिल	N/A
1576.	Sattasudhar	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1577.	Shree News	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1578.	FinTechBizNews	India Partners With WHO	N/A
1579.	Delhi Bulletin	राज्यपाल धार ज़िले मे सिकेल सेल जागरूकता कार्यक्रम में हुए शामिल	N/A
1580.	Web Akhbar	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1581.	Evening Times	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1582.	Indianapolis Post	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
1583.	Real India News	राज्यपाल धार ज़िले मे सिकेल सेल जागरूकता कार्यक्रम में हुए शामिल	N/A
1584.	Khabarwani	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1585.	Calcutta News	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
1586.	Vishleshan	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1587.	Indian Public mail	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1588.	Khulasa	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1589.	Khabaraajtak24x7	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1590.	Sameera	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1591.	Public Sentiment(लोकराग)	आयुष मंत्रालय और WHO में हुआ समझौता- भारत की पारंपरिक चिकित्सा को मिलेगी वैश्विक...	N/A
1592.	Statebreaking	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1593.	Janjaagran	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1594.	Mplive24	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A

1595.	Ayush India News	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1596.	The Bharat Now	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1597.	Samay Jagat	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1598.	Moomal Art News	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1599.	Redalertnews.in	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल पटेल	N/A
1600.	India's News	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1601.	New Delhi News	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1602.	Mumbai News	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1603.	The Asia News	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1604.	Koyalanchal News	प्रधानमंत्री श्री नरेन्द्र मोदी जी के “मन की बात” कार्यक्रम का 122 वां एपिसोड का...	N/A
1605.	Asr24news	मरीजों के लिए आशा की किरण बनी लाइफस्टाइल क्लीनिक	N/A
1606.	Local News11	Special attention should be paid to genetic counseling- Governor Shri Patel	N/A
1607.	Kashmir Breaking News	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1608.	Maharashtra Samachar	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1609.	West Bengal Khabar	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1610.	enewstime	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
1611.	Jharkhandtimes	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1612.	Health Economictimes	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1613.	Andhra Pradesh Mirror	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1614.	Newspoint	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
1615.	Health Economictimes	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
1616.	Rk Tv News	मध्यप्रदेश:जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये: राज्यपाल	N/A
1617.	Vanakkam Tamil Nadu	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A

1618.	Telangana Journal	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1619.	Bihar Times	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1620.	Vikral	प्रधानमंत्री मोदी ने 2025 के अंतर्राष्ट्रीय योग दिवस में व्यापक भागीदारी का आह्व...	N/A
1621.	Vikral	भारत ने पारंपरिक चिकित्सा हस्तक्षेप पर एक ऐतिहासिक समझौते के माध्यम से आयुष को व...	N/A
1622.	Odisha Post	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1623.	Daily World Hindi	प्रधानमंत्री मोदी ने लोगों को उत्साहपूर्ण जीवन के लिए योग अपनाने का आह्वान किया	N/A
1624.	उद्योग का अनुमान	प्रधानमंत्री मोदी ने लोगों को उत्साहपूर्ण जीवन के लिए योग अपनाने का आह्वान किया	N/A
1625.	Himachal Patrika	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1626.	South India News	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1627.	Rajasthan Ki Khabar	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1628.	Gujarat Varta	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1629.	Bihar 24x7	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1630.	OB News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1631.	North East Times	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1632.	Haryana Today	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1633.	The Mobi World	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1634.	Karnataka Live	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1635.	Punjab Live	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1636.	Delhi live news	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
1637.	Kashmir Newsline	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A

1638.	Gujarat Samachar	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
1639.	Sakshi Post	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
1640.	Times Report	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
1641.	The Hans India	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
1642.	Indian News Network	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
1643.	Thip Media	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
1644.	Tri Cities	Ayush ministry and WHO sign to create module for traditional medicine	N/A
1645.	Thefreedompress	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
1646.	Nation Press	What Does the New Global Health Agreement Mean for Ayush?	N/A
1647.	Udaipur Kiran	धार में सिकल सेल एनीमिया की रोकथाम के लिए हुई ऐड-ऑन थेरेपी की उच्चस्तरीय समीक्षा...	N/A
1648.	True Hunt	PM Calls For Mass Participation In International Day Of Yoga 2025	N/A
1649.	prativad	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये-राज्यपाल श्री पटेल Related News	N/A
1650.	Udaipur Kiran	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाए: राज्यपाल पटेल	N/A
1651.	Millenium Post	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
1652.	BharatKi Baat	India collaborates with WHO to promote Ayush globally via traditional medicine a.. .	N/A
1653.	AnyTV News	'Ardhachakrasana" asana is one benefit from many, back pain to weight loss	N/A
1654.	Shabd Sangram	जेनेटिक काउंसलिंग पर विशेष ध्यान दिया जाये – राज्यपाल मंगुभाई पटेल	N/A
1655.	BharatKi Baat	PM Modi encourages everyone to adopt yoga for a vibrant lifestyle ahead of Inter.. .	N/A
1656.	Tarunmitra	सावित्री विद्या विहार एवं जीवीएम कान्वेंट में आई वाई ए ने कराया योगाभ्यास	N/A
1657.	Carawan	Prayagraj Conference Calls for Full Surgical Rights for Unani Practitioners	N/A
1658.	Ne India Broadcast	Think of celebrating Yoga Day in some interesting way this time: Prime Minister	N/A
1659.	Calcutta News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yo ga	N/A
1660.	Vishva Times	"अर्द्धचक्रासन" आसन एक फायदे अनेक , पीठ दर्द से लेकर वजन घटाने तक में कारगर	N/A
1661.	Digi Newz India	Ardha chakrasana benefits: हर दिन करें अर्ध चक्रासन, पीठ दर्द करे चुटकी में दूर,...	N/A
1662.	Sonebhadra Live	International yoga day 2025 ardha chakrasana benefits: अर्ध चक्रासन से होते हैं ...	N/A
1663.	Khair News	'अर्द्धचक्रासन" आसन एक फायदे अनेक , पीठ दर्द से लेकर वजन घटाने तक में कारगर	N/A

1664.	World News Network	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga – ...	N/A
1665.	Palgharnews	PM Modi lauds Andhra"s 'YogAndhraAbhiyan", encourages people to practice Yoga ...	N/A
1666.	IANS Live	"अर्द्धचक्रासन" आसन एक फायदे अनेक , पीठ दर्द से लेकर वजन घटाने तक में कारगर	N/A
1667.	Jharkhandtimes	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1668.	Himachal Patrika	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1669.	Regional news resource	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1670.	Ddindia	PM Modi lauds Andhra"s 'YogAndhraAbhiyan", encourages people to practice yoga	N/A
1671.	Indianapolis Post	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1672.	India Gazette	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1673.	Kashmir Newsline	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
1674.	India's News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1675.	New Delhi News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1676.	Mumbai News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1677.	The Asia News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga...	N/A
1678.	Chhattisgarh Today	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1679.	Haryana Today	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1680.	Bihar 24x7	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
1681.	Gujarat Samachar	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1682.	Odisha Post	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1683.	Kashmir Breaking News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A

1684.	Delhi live news	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
1685.	West Bengal Khabar	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1686.	Maharashtra Samachar	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1687.	Bihar Times	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1688.	Vanakkam Tamil Nadu	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
1689.	Telangana Journal	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
1690.	Jammu Links News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1691.	South India News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1692.	Punjab Live	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
1693.	Rajasthan Ki Khabar	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
1694.	Gujarat Varta	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1695.	North East Times	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
1696.	Karnataka Live	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
1697.	Indian News Network	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
1698.	Citinuze Now	इलेक्ट्रोपैथी को राष्ट्रीय मान्यता देने की मांग तेज़- डॉ. जसविंदर सिंह	N/A
1699.	Jammu Links News	One-day seminar on promotion, cultivation & conservation of medicinal plants...	N/A
1700.	सबसे तेज प्रधान टाइम्स	उत्तराखंड को आयुष प्रदेश बनाने की दिशा में निर्णायक पहल	N/A
1701.	The Mobi World	Scientific validation of traditional medicine crucial: Ayush Secretary	N/A
1702.	Dainik Vishwa Pariwar	स्वस्थ जीवन की ओर एक कदम: दुर्ग में लाइफस्टाइल क्लीनिक रोगों की रोकथाम और समग्र ...	N/A
1703.	enewstime	Scientific validation of traditional medicine crucial: Ayush Secretary	N/A
1704.	Dainandini	प्रभारी सचिव हिमशिखर गुप्ता ने पीव्हीटीजी वनधन केन्द्र केशोडार का किया निरीक्षण	N/A
1705.	Newspoint	Scientific validation of traditional medicine crucial: Ayush Secretary	N/A

1706.	Thip Media	Scientific validation of traditional medicine crucial: Ayush Secretary	N/A
1707.	OB News	Drinking water while eating food, nectar or poison? Ayurveda told the shocking t...	N/A
1708.	The Mobi World	Drinking water while eating food, nectar or poison? Ayurveda told the shocking t...	N/A
1709.	Yes Punjab	Scientific validation of traditional medicine crucial: Ayush Secretary	N/A
1710.	Tezzbuzz	Drinking water while eating food, nectar or poison? Ayurveda told the shocking t...	N/A
1711.	PowerNews	प्रभारी सचिव हिमशिखर गुप्ता ने पीव्हीटीजी वनधन केन्द्र केशोडार का किया निरीक्षण	N/A
1712.	The Right News	Week-long International Yoga and Meditation Festival to start from June 15 in La.. .	N/A
1713.	India Online News	Week-long International Yoga and Meditation Festival to start from June 15 in La.. .	N/A
1714.	Udaipur Kiran	अंतरराष्ट्रीय योग दिवस पर हर घर में पहुंचेगा प्रशिक्षित योग ट्रेनर	N/A
1715.	Gurgaon Mail	अंतरराष्ट्रीय योग दिवस पर हर घर में पहुंचेगा प्रशिक्षित योग ट्रेनर	N/A
1716.	Asian News Service	प्रभारी सचिव हिमशिखर गुप्ता ने पीव्हीटीजी वनधन केन्द्र केशोडार का किया निरीक्षण	N/A
1717.	Tarunmitra	हर घर में पहुंचेगा अंतरराष्ट्रीय योग दिवस पर प्रशिक्षित योग ट्रेनर	N/A
1718.	Indian Parspective	प्रभारी सचिव हिमशिखर गुप्ता ने पीव्हीटीजी वनधन केन्द्र केशोडार का किया निरीक्षण	N/A
1719.	Mp Newstimes	प्रभारी सचिव हिमशिखर गुप्ता ने पीव्हीटीजी वनधन केन्द्र केशोडार का किया निरीक्षण	N/A
1720.	OB News	Darbhanga hopes that IIT Delhi will submit its DPR soon and that the site would ...	N/A
1721.	The Mobi World	Darbhanga hopes that IIT Delhi will submit its DPR soon and that the site would ...	N/A
1722.	Ingredientssouthasia	Ministry of Ayush adds nominee from Maharashtra to Advisory Council for ISM	N/A
1723.	World Punjabi Times	ਭਾਰਤ ਦੀ ਪਹਿਲੀ ਗ੍ਰੀਨ ਕੈਂਪਸ ਹੈਲਥ ਯੂਨੀਵਰਸਿਟੀ	N/A
1724.	Khas Khabar	मध्यप्रदेश के सरकारी कॉलेजों में 2197 पदों पर भर्ती जून-जुलाई में, जल्द होगा परी...	N/A
1725.	Evening Times	प्रदेश में उच्च शिक्षा विभाग में प्राध्यापकों के 2197 पदों पर जून और जुलाई माह म...	N/A
1726.	Web Akhbar	प्रदेश में उच्च शिक्षा विभाग में प्राध्यापकों के 2197 पदों पर जून और जुलाई माह म...	N/A
1727.	Pharmabiz.com	Ministry of Ayush adds nominee from Maharashtra to Advisory Council for ISM	N/A
1728.	Airr News	Release pension benefits or face action, pensioners warn HPSEBL management	N/A
1729.	Tripurastar News	CCRAS Journals Editors And Reviewers Conclave 2025 Begins In Guwahati.	N/A
1730.	Calcutta News	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1731.	News Height	Big breaking :-International Yoga Day: इस बार गैरसैंण में होगा मुख्य कार्यक्रम, ...	N/A
1732.	New Delhi News	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A

1733.	The Asia News	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati ANI 23 M...	N/A
1734.	Dainik Jayant	इलेक्ट्रोपैथी को राष्ट्रीय मान्यता देने की मांग तेज़	N/A
1735.	India's News	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1736.	India Gazette	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1737.	Mumbai News	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1738.	India Talks Live	इस बार गैरसैंण में होगा अंतरराष्ट्रीय योग दिवस का मुख्य कार्यक्रम, 10 देशों के र...	N/A
1739.	Kashmir Breaking News	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1740.	Maharashtra Samachar	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1741.	Gujarat Samachar	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1742.	Jharkhandtimes	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1743.	Kashmir Newsline	CCRAS Journals' Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1744.	Gujarat Varta	CCRAS Journals' Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1745.	Punjab Live	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1746.	Haryana Today	CCRAS Journals' Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1747.	North East Times	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1748.	Khabar Bharat 24	इस बार गैरसैंण में होगा मुख्य कार्यक्रम अंतर्राष्ट्रीय योग दिवस, 10 देशों के राज...	N/A
1749.	Chhattisgarh Today	CCRAS Journals' Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1750.	Telangana Journal	CCRAS Journals' Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1751.	South India News	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1752.	Karnataka Live	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1753.	Andhra Pradesh Mirror	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1754.	Rajasthan Ki Khabar	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1755.	Bihar 24x7	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1756.	Bihar Times	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1757.	Himachal Patrika	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1758.	Odisha Post	CCRAS Journals' Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1759.	Delhi live news	CCRAS Journals' Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1760.	Asr24news	छत्तीसगढ़ में आयुर्वेद चिकित्सा को जन-जन तक पहुंचाने की अनोखी पहल कर रहा आयुष विभ...	N/A

1761.	West Bengal Khabar	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1762.	Vanakkam Tamil Nadu	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1763.	Indian News Network	CCRAS Journals" Editors and Reviewers Conclave 2025 begins in Guwahati	N/A
1764.	Reh News	International Yoga Day 2025 This Time State Level Event Will Be Held In Summer C...	N/A
1765.	Tender Detail	Providing And Fixing Aluminium Partition In Different Floors At Ccrs Campus, Tam ...	N/A
1766.	Tender Detail	Supllying Tractor Trolly, Jcb, Chota Hathi, Roller Machinery With Labour Of Ccrs...	N/A
1767.	State News Service	आयुष मंत्रालय केन्द्रीय टीम द्वारा दुर्ग में आयुष विभाग के कार्यक्रमों का अवलोकन	N/A
1768.	Hoteltalk	FHRAI, Ethiopia Embassy hold special Harit Yoga event in Delhi	N/A
1769.	Hindi News Agency	प्रदेश एक्सप्रेस 23-05-25	N/A
1770.	Health Economictimes	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1771.	Krishitak	इस कोस्मेटिक फसल की खेती से कमाइए 2 लाख रूपये प्रति एकड़ सालाना, कम पानी कम लागत ...	N/A
1772.	Khabaraajtak24x7	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1773.	India Habitat Centre	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1774.	Khabarwani	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1775.	The Bharat Now	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1776.	Ayush India News	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1777.	Vishleshan	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1778.	Samachar Pradesh Hindi News Portal	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1779.	Redalertnews.in	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1780.	Satyaexpress	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1781.	Indian Public mail	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1782.	Mplive24	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1783.	Khulasa	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1784.	Moomal Art News	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1785.	Samay Jagat	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1786.	Sameera	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1787.	Statebreaking	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A

1788.	Sattasudhar	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1789.	Imnb	वयोवृद्ध देखभाल कार्यक्रम के अंतर्गत सियान सदन में वृहद स्वास्थ्य शिविर का आयोजन...	N/A
1790.	छत्तीसगढ़ वाच	म लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन र...	N/A
1791.	Unique 24 News	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1792.	India Saga	FHRAI, Ethiopian Embassy Host “Coffee & Harit Yoga” Ahead of IDY 2025	N/A
1793.	Imnb	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्तमाध्यम बन र...	N/A
1794.	City Hot News	रायपुर : आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त म...	N/A
1795.	Daily Hindi Milap	ऑपरेशन सिंदूर के बाद भारत पर साइबर हमलों की बाढ़!	N/A
1796.	Travel World Online	FHRAI Collaborates with Ethiopian Embassy and AYUSH Ministry to Host ‘Coffee and...	N/A
1797.	Journalist	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1798.	Hindustan Abtak	अंतरराष्ट्रीय योग दिवस की तैयारी हेतु अभ्यास सत्र का हुआ शुभारंभ	N/A
1799.	Media Passion	आम लोगों की समस्याओं के निराकरण का सशक्त माध्यम बन रहा है सुशासन तिहार – उद्योग ...	N/A
1800.	Daily24writer	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1801.	The Indian Practitioner	Centre Extends Ayush Secretary Rajesh Kotecha"s Tenure Till June 2026	N/A
1802.	Kalikumaun khabar	रिपोर्ट: लक्ष्मण बिष्ट : चंपावत:पाटी में आयुर्वेदिक एवं यूनानी विभाग ने विशाल...	N/A
1803.	Jhutha Sach	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1804.	Samarth Chhattisgarh	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1805.	Vaartha Bharathi	ದೇರಳಕಟ್ಟೆ: ಮೇ 24ರಂದು ಯೆನಪೊಯ ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ಮತ್ತು ಯೋಗ ವಿಜ್ಞಾನ ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪ...	N/A
1806.	Jagganews	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1807.	Poorab Times	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1808.	छत्तीसगढ़ राज्य	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1809.	Rashtrabodh	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1810.	रीडर फर्स्ट	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1811.	Janpatra News	आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...	N/A
1812.	Kadwaghut	CG : आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्य...	N/A
1813.	Aajkadin News	रायपुर : आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त म...	N/A
1814.	Skgnews	हरिद्वार में योग सत्र की लाइव स्ट्रीमिंग दूसरे दिन भी रही आकर्षण का केंद्र, सैक...	N/A
1815.	मारुति वाणी	आयुष विभाग द्वारा देवरण्य योजना अन्तर्गत अश्वगंधा की खेती का दिया गया प्रशिक्षण	N/A

1816.	The Hans India	Yoga brings mental peace, complete health: Geetanjali Sharma	N/A
1817.	IndiBlogHub	Exploring Emerging Medical Courses in India Beyond MBBS – A Smart Guide for NEET...	N/A
1818.	World News Network	Assam: Health Minister reviews preparedness for International Day of Yoga – Worl...	N/A
1819.	Kashmir Breaking News	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1820.	Palgharnews	Assam: Health Minister reviews preparedness for International Day of Yoga – Worl...	N/A
1821.	Odisha Post	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1822.	India's News	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1823.	Haryana Today	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1824.	Bihar 24x7	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1825.	Gujarat Samachar	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1826.	Kashmir Newsline	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1827.	Andhra Pradesh Mirror	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1828.	Chhattisgarh Today	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1829.	Indianapolis Post	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1830.	Bihar Times	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1831.	Gujarat Varta	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1832.	New Delhi News	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1833.	Punjab Live	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1834.	Telangana Journal	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1835.	The Asia News	Assam: Health Minister reviews preparedness for International Day of Yoga ANI 22...	N/A
1836.	Vanakkam Tamil Nadu	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1837.	Mumbai News	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1838.	Jharkhandtimes	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1839.	Newspoint	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1840.	West Bengal Khabar	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1841.	Delhi live news	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1842.	Karnataka Live	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A

1843.	South India News	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1844.	North East Times	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1845.	Himachal Patrika	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1846.	Indian News Network	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
1847.	First Piper	Officials told to take measures to achieve 15% growth rate in allied agricultura...	N/A
1848.	Dainik Jayant	राजकीय इण्टर कॉलेज बसेड़ी में छात्र छात्राओं व कॉलेज स्टाफ ने किया योग	N/A
1849.	Foodtechnetwork	Freshers, Production Supervisor – Greenspace	N/A
1850.	The Top Ten News	11वें अंतरराष्ट्रीय योग शिविर के अवसर पर आओ हम सब योग करें अभियान का प्रो प्रवीण...	N/A
1851.	Dainik Jayant	ब्लॉक स्तरीय योग दिवस 28 मई को	N/A
1852.	छत्तीसगढ़ वाच	सुशासन तिहार समाधान शिविर" के तहत आज नगर पंचायत पाटन में समाधान शिविर आयोजित की ...	N/A
1853.	Tender Detail	Bids Are Invited For Cell Pack Sysmax Cell Pack 20 Litre , Stromatolyser 500 Ml ..	N/A
1854.	सबसे तेज प्रधान टाइम्स	हरिद्वार में योग सत्र की लाइव स्ट्रीमिंग दूसरे दिन भी रही आकर्षण का केंद्र	N/A
1855.	City Hot News	जनमानस की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन रह...	N/A
1856.	Investment Guru India	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
1857.	Narmadasamay	आयुष विभाग द्वारा देवरण्य योजना अन्तर्गत अश्वगंधा की खेती का प्रशिक्षण दिया गया,...	N/A
1858.	DeshWale	हिमालय से कन्याकुमारी तक गूंजेगा 'योग संगम", 1000+ संस्थाओं ने IDY 2025 के लिए ...	N/A
1859.	Medgate Today Magazine	FHRAI in collaboration with embassy of Ethiopia supported by ministry of ayush a..	N/A
1860.	India Outbound	India and Ethiopia celebrate yoga, coffee and sustainable friendship	N/A
1861.	Travel jingles	Ethiopia Celebrates the Harit Yoga program	N/A
1862.	BW Hotelier	FHRAI and Ethiopian Embassy blend wellness with Harit Yoga event	N/A
1863.	Public Tv	'Pakistanis came to India to create problem": Ethiopian Ambassador on Pahalgam ...	N/A
1864.	Life And More	NOT ALL FATS ARE BAD, CHOSE WISELY	N/A
1865.	Health Economictimes	Ayush Secretary Vaidya Rajesh Kotecha gets fourth extension	N/A
1866.	DANIK KHABAR	योग दिवस पर होने वाला कार्यक्रम भारत का सबसे बड़ा स्वास्थ्य (वेलनेस) समारोह बनने...	N/A
1867.	DANIK KHABAR	आयुष ने ओसाका एक्सपो में भारत की समग्र स्वास्थ्य शक्ति प्रदर्शित की	N/A
1868.	Itdc News	प्राणायाम से हृदय स्वस्थ, तनाव में राहत: एम्स अध्ययन	N/A
1869.	ITDC India	Pranayama Boosts Heart Health, Relieves Stress: AIIMS Study	N/A

1870.	Indian Grapevine	Tenure of Vaidya Rajesh Kotecha as Secretary, AYUSH prolonged	N/A
1871.	Vishva Times	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
1872.	Gurgaon Mail	भोपालः कलेक्टर की अध्यक्षता में जिला स्वास्थ्य समिति की बैठक आज	N/A
1873.	Doonited India	मुख्य सचिव : उत्तराखण्ड आयुर्वेद की दृष्टि से अत्यंत महत्वपूर्ण है	N/A
1874.	Mpe News	ओसाका एक्सपो में भारत की समग्र स्वास्थ्य शक्ति प्रदर्शित	N/A
1875.	Udaipur Kiran	भोपालः कलेक्टर की अध्यक्षता में जिला स्वास्थ्य समिति की बैठक आज	N/A
1876.	origin.mid-day.com	Mumbai water quality improves in 2024, but diarrhoea and cholera cases continue ...	N/A
1877.	Jharkhand State News	From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...	N/A
1878.	Tezzbuzz	Pahalgam Terror Attack: Ethiopian Ambassador Points Finger at Pakistanis	N/A
1879.	Forever News	India Showcases Holistic Health Leadership at Osaka Expo 2025 Through Daily Yoga...	N/A
1880.	Forever News	India Gears Up for Historic Yoga Sangam as Over 1,000 Organizations Register for...	N/A
1881.	Newspoint	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
1882.	Indore Mirror	समय रहते प्रोस्टेट कैंसर को हड्डियों में फैलने से रोका जा सकता है- डॉ द्विवेदी	N/A
1883.	Asian News Service	ग्राम के अंतिम व्यक्तिों की समस्याओं का समाधान करने शासन-प्रशासन पहुंचा दूरस्थ व...	N/A
1884.	Pune Media	Ayush ministry showcases India"s wellness traditions at Osaka expo Pune Media O...	N/A
1885.	Navodaya Times	मोदी सरकार ने आयुष सचिव वैद्य राजेश कोटेचा को चौथा सेवा विस्तार दिया	N/A
1886.	BharatKi Baat	Ayush Expo in Osaka garners significant attention, according to the Ministry"s ...	N/A
1887.	BharatKi Baat	Over 1,000 organizations registered for Yoga Sangam"s June 21 event celebrating...	N/A
1888.	Daily World	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
1889.	enewstime	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
1890.	AAJ KI NEWS	हिमाचल सरकार ने बेरोजगारों के लिए खोला नौकरियों का पिटारा, कई विभागों में भरे जा...	N/A
1891.	Thip Media	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
1892.	Sakshi Post	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
1893.	Haryana Archives Hindi Samachar	Charkhi Dadri News : जनभागीदारी के साथ 21 जून को आयोजित होगा अंतरराष्ट्रीय योग द...	N/A
1894.	United News Of India	ओसाका एक्सपो में भारत की समग्र स्वास्थ्य शक्ति प्रदर्शित	N/A

1895.	United News Of India	ओसाका एक्सपो में भारत की समग्र स्वास्थ्य शक्ति प्रदर्शित	N/A
1896.	Nation Press	Will You Join the Ayush Ministry for Yoga Sangam 2025?	N/A
1897.	Times Report	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
1898.	Thefreedompress	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
1899.	Rk Tv News	ओसाका में आयोजित विश्व एक्सपो 2025 में आयुष मंत्रालय द्वारा आयोजित दैनिक योग सत्...	N/A
1900.	Tender Detail	Providing Of Panchkarma Massager Male And Female, Dungarpur-Rajasthan	N/A
1901.	Maverick News3	Over 1,000 Register on Yoga Sangam for IDY 2025 Mega Celebration	N/A
1902.	Maverick News3	Stretching Across Borders: Ayush Showcases India"s Holistic Health Power at Os a...	N/A
1903.	United News Of India	योग संगम पोर्टल पर 1,000 से अधिक संस्थाओं का पंजीकरण	N/A
1904.	United News Of India	योग संगम पोर्टल पर 1,000 से अधिक संस्थाओं का पंजीकरण	N/A
1905.	Bharat Speaks	India Gears Up for World"s Biggest Yoga Celebration on IDY 2025—Over 1,000 E nti...	N/A
1906.	Ddindia	Yoga Sangam 2025: India gears up for historic wellness celebration	N/A
1907.	Indian Mandarins	Appointments & Recommendations (GoI):- 20.05.2025	N/A
1908.	India web news	कर्मयोगी हैं प्रदेश के कर्मचारी, उनकी कर्तव्य निष्ठा से ही देश के अग्रणी राज्यों...	N/A
1909.	उद्योग का अनुमान	आयुष सचिव वैद्य राजेश कोटेचा को चौथा सेवा विस्तार मिला	N/A
1910.	Daily World Hindi	आयुष सचिव वैद्य राजेश कोटेचा को चौथा सेवा विस्तार मिला	N/A
1911.	Sankhnaad	प्रदेश के 25 आयुष एवं वेलनेस सेंटर को सेंटर ऑफ एक्सीलेंस बनाया जाए: बर्द्धन	N/A
1912.	origin.mid-day.com	Praja Foundation calls for inclusive water access, public toilets and waste refo...	N/A
1913.	State News Service	समाधान शिविर हथनी कला क्लस्टर में 04 हजार से अधिक आवेदन निराकृत	N/A
1914.	drugscontrol.org	Vaidya Rajesh Kotecha gets fourth extension	N/A
1915.	State News Service	ग्राम के अंतिम व्यक्तियों की समस्याओं का समाधान करने शासन-प्रशासन पहुंचा दूरस्थ व...	N/A
1916.	BharatKi Baat	Ayush Secretary Vaidya Rajesh Kotecha receives fourth extension in his tenure.	N/A
1917.	Power Corridors	Centre Declares Sept 23 as National Ayurveda Day!	N/A
1918.	रीडर फर्स्ट	सुशासन तिहार-2025 : आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद...	N/A
1919.	Indian Parspective	ग्राम के अंतिम व्यक्तियों की समस्याओं का समाधान करने शासन-प्रशासन पहुंचा दूरस्थ व...	N/A
1920.	Sansad Tv	Ayushman Bhava: थैलेसीमिया (रक्त विकार) | Thalassemia | 20 May, 2025	N/A
1921.	Daily 24x7 News	Himachal Pradesh Cabinet Decisions	N/A
1922.	Vishva Times	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	N/A

1923.	Realtimes.in	कोरबा में जनसमस्याओं का त्वरित समाधान एवं विकास की नई उड़ान	N/A
1924.	Samarth Chhattisgarh	सुशासन तिहार-2025 : आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद...	N/A
1925.	Newzfatafat	11वां अंतरराष्ट्रीय योग दिवस: एक पृथ्वी, एक स्वास्थ्य के साथ मनाया जाएगा	N/A
1926.	Haryana Archives Hindi Samachar	Rewari News : एक पृथ्वी, एक स्वास्थ्य के लिए योग- थीम के साथ मनेगा 11वां अन्तर्र...	N/A
1927.	Pynr	'YSRCP went on a land grab spree"	N/A
1928.	Millenium Post	Himachal Cabinet clears 'Pashu Mitra" policy, to recruit 1000 multi-task worker...	N/A
1929.	OB News	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	N/A
1930.	The Mobi World	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	N/A
1931.	City Hot News	रायपुर : सुशासन तिहार-2025 : आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण ह...	N/A
1932.	Uttarakhand Times Live	उत्तराखंड की स्वास्थ्य क्रांति: 25 आयुष केन्द्रों को 'सेंटर ऑफ एक्सीलेंस" घोषित...	N/A
1933.	Imnb	ग्राम के अंतिम व्यक्तियों की समस्याओं का समाधान करने शासन-प्रशासन पहुंचा दूरस्थ व...	N/A
1934.	IBC World News	Himachal Cabinet approves 1,000 Animal Husbandry posts	N/A
1935.	शिवालिक पत्रिका	सुक्खू की अध्यक्षता में मंत्रिमंडल की बैठक में पशु मित्र नीति-2025 को मंजूरी	N/A
1936.	Navodaya Times	जन औषधि केंद्र से घर बैठे मंगाएं अपनी दवा, इस नंबर पर कॉल कर उठाएं सुविधा का लाभ	N/A
1937.	Keekli	HP Cabinet Approves Pashu Mitra Policy, Job Posts & Hikes	N/A
1938.	Samachar Pradesh Hindi News Portal	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1939.	Maverick News3	H.P. Cabinet Decisions	N/A
1940.	Rk Tv News	उत्तराखंड:मुख्य सचिव आनन्द बर्द्धन ने की आयुष विभाग की समीक्षा।	N/A
1941.	Vishleshan	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1942.	Khabarwani	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1943.	Uttarakhand Politics	मुख्य सचिव श्री आनन्द बर्द्धन ने सोमवार को सचिवालय में आयुष विभाग की समीक्षा की।	N/A
1944.	Indian Public mail	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1945.	The Bharat Now	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1946.	Prabhat Khabar	सुशासन तिहार-2025: आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्...	N/A
1947.	Khulasa	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1948.	Sameera	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1949.	Dehradun Darpan	मुख्य सचिव आनन्द बर्द्धन ने सोमवार को सचिवालय में आयुष विभाग की समीक्षा की	N/A
1950.	Satyaexpress	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A

1951.	Statebreaking	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1952.	Redalertnews.in	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1953.	Samay Jagat	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1954.	Moomal Art News	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1955.	Sattasudhar	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1956.	Ayush India News	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1957.	Mplive24	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1958.	Newspoint	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	N/A
1959.	Newzfatafat	गुरुग्राम में अंतरराष्ट्रीय योग दिवस की तैयारियाँ तेज़, 20 जून को होगी रिहर्सल	N/A
1960.	Sabkasandesh	GOVT Employees Retirement Age Hike News: सरकारी कर्मचारियों के रिटायरमेंट की उम्. ..	N/A
1961.	Tender Detail	Providing Of Massager., Banswara-Rajasthan	N/A
1962.	Tender Detail	Tender For Providing Of Massager, Churu-Rajasthan	N/A
1963.	Imnb	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
1964.	Pahadi khabarnama	मुख्य सचिव आनन्द बर्द्धन ने सोमवार को सचिवालय में आयुष विभाग की समीक्षा की	N/A
1965.	हिमाचल प्रदेश (न्यूज़) समाचार	Himachal: मुख्यमंत्री के दिल्ली दौरे के बाद फिर होगी मंत्रिमंडल बैठक, लिए जाएंगे...	N/A
1966.	News Height	Big breaking :-मुख्य सचिव आनन्द बर्द्धन ने सोमवार को सचिवालय में आयुष विभाग की स...	N/A
1967.	The Media Setu	उत्तराखंड में आयुष चिकित्सा को लोकप्रिय बनाने पर जोर	N/A
1968.	Thip Media	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	N/A
1969.	enewstime	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	N/A
1970.	Himachal Now News	हिमाचल मंत्रिमंडल ने पशु मित्र नीति-2025 को दी मंजूरी, 1,000 पद होंगे भरे	N/A
1971.	Tufan Mail News	हिमाचल प्रदेश मंत्रिमंडल के निर्णय	N/A
1972.	Pune News	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	N/A
1973.	Sakshi Post	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	N/A
1974.	Thefreedompress	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	N/A
1975.	Times Report	Himachal Cabinet approves 1,000 posts in Animal Husbandry Department	N/A
1976.	Medgate Today Magazine	Not All Fats Are Equal; Choose the Best Ones for Health	N/A
1977.	Haryana Archives Hindi Samachar	Gurugram News : अंतरराष्ट्रीय योग दिवस 21 जून को, 20 को होगी रिहर्सल	N/A
1978.	The Media Setu	आयुष विभाग में 5 आयुर्वेदिक फार्मेसी अधिकारी पदों को मिली स्वीकृति	N/A

1979.	Newzfatafat	अंतरराष्ट्रीय योग दिवस 21 जून को मनाया जाएगा: जींद में तैयारी	N/A
1980.	AAJ KI NEWS	हिमाचल कैबिनेट की बैठक में इतने पदों पर भर्ती को सीएम सुक्खू ने दी मंजूरी, मानेद...	N/A
1981.	Hindustan Abtak	अंतरराष्ट्रीय योग दिवस 21 जून को: जिले के विभिन्न वर्गों की रहेगी सक्रिय भागीदार...	N/A
1982.	Haryana Archives Hindi Samachar	Jind News : आगामी 21 जून को मनाया जाएगा अंतरराष्ट्रीय योग दिवस	N/A
1983.	Himachal Now News	हिमाचल कैबिनेट बैठक / 1100 से अधिक पदों को भरने की मंजूरी, पशु मित्र नीति-2025 क...	N/A
1984.	Himachalpr	Shimla शिमला No.551/2025-PUB 19th May 2025 H.P. Cabinet Decisions	N/A
1985.	Krishak Jagat	आंवला की खेती के संबंध में प्रशिक्षण सम्पन्न	N/A
1986.	Babushahi Hindi	Himachal Cabinet Decisions: हिमाचल में भरे जाएंगे पशु मित्र के 1000 पद, स्कूलों ...	N/A
1987.	Guidely	Daily Current Affairs Quiz - 15th May 2025	N/A
1988.	Taza Khabar	Himachal cabinet meeting : हिमाचल मंत्रिमंडल की बड़ी सौगातें: रोजगार, वेतन वृद्ध...	N/A
1989.	Tarunmitra	चरित्र निर्माण शिविर में बच्चों को कराया आसन प्राणायाम	N/A
1990.	bharatsarathi.com	अंतरराष्ट्रीय योग दिवस 21 जून को: जिले के विभिन्न वर्गों की रहेगी सक्रिय भागीदार...	N/A
1991.	ITDC India	Surprise Inspection of 108 Institutions by the AYUSH Department	N/A
1992.	Navabharat Live	नवभारत विशेष: भारत पर साइबर हमलों की बाढ़...! 1000 से ज्यादा वेबसाइटों पर हमला	N/A
1993.	News Patrolling	Not All Fats Are Equal; Choose the Best Ones for Health	N/A
1994.	Vishleshan	MP : राज्य सेवा के 21 अफसर बनेंगे IAS-IPS, SAS के 48 और SPS के 15 नामों का पैनल ...	N/A
1995.	Itdc News	आयुष विभाग की 108 संस्थाओं का आकस्मिक निरीक्षण	N/A
1996.	Hello Kotpad	FHRAI & Prestige Group Host Harit Yoga at Nandi Hills to Champion Wellness &.. .	N/A
1997.	Biz News Desk	FHRAI and Prestige Group Drive Sustainability with Harit Yoga Session at Nandi H...	N/A
1998.	Smart Business News	Nandi Hills Turns Green with FHRAI"s Harit Yoga in Partnership with Prestige Gr.. .	N/A
1999.	Business News This Week	FHRAI Hosts Harit Yoga at Nandi Hills in Collaboration with Prestige Group to Pr.. .	N/A
2000.	Travel Daily Media	FHRAI Hosts Harit Yoga at Nandi Hills	N/A
2001.	Mruganchal Express	कर्मयोगी हैं प्रदेश के कर्मचारी, उनकी कर्तव्य निष्ठा से ही देश के अग्रणी राज्यों...	N/A
2002.	Affairrs Cloud	Current Affairs 18 & 19 May 2025	N/A
2003.	हिंदी सामना	लोक विमर्श : ऑपरेशन सिंदूर के बाद पाकिस्तान की साइबर साजिश	N/A
2004.	Anshikamedia	DIGITAL NEWS	N/A

2005.	Tarunmitra	शारीरिक , बौद्धिक एवं चरित्र निर्माण शिविर में योग संगम	N/A
2006.	The Mobi World	"Integrated AYUSH Colleges To Be Set Up In Every Division Of Uttar Pradesh," S ...	N/A
2007.	Sambad	ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ-୨୦୨୫ରେ 'ଯୋଗ ଅନ୍‌ପ୍ଲଗଡ" କାର୍ଯ୍ୟକ୍ରମ	N/A
2008.	Janta Ki Jankari News	આંતરરાષ્ટ્રીય યોગ દિવસ (IDY) ૨૦૨૫ માટે યુવા-કેન્દ્રિત પહેલ “યોગ અનપ્લગ્ડ”ને પ્રો...	N/A
2009.	Health Economictimes	Integrated AYUSH colleges to be set up in every division of UP: Adityanath	N/A
2010.	The Kashmir Horizon	AYUSH Shopian conducts school health check-ups, Marks ‘World Hypertension D ay" ...	N/A
2011.	Ebm News	योग के प्रति युवाओं को आकर्षित करने के लिए शुरू होगा ‘योग अनप्लग्ड" कार्यक्रम	N/A
2012.	Travel And Tour	Harit Yoga at JW Marriott Prestige Golfshire Unites Wellness and Sustainability,...	N/A
2013.	Tarunmitra	प्रत्येक मण्डल में हों आयुष महाविद्यालय: योगी	N/A
2014.	Hoteldealers	Harit Yoga at JW Marriott Prestige Golfshire Unites Wellness and Sustainability,...	N/A
2015.	Khas Khabar	मुख्यमंत्री योगी आदित्यनाथ ने आज आयुष विभाग की उच्चस्तरीय समीक्षा बैठक की, हर मं...	N/A
2016.	Action India Live	सीएम योगी ने दिए निर्दे, आज आयुष विभाग की समीक्षा बैठक में कहा- हर मंडल में आयुष...	N/A
2017.	Jammu Links News	AYUSH Shopian conducts school health check-ups	N/A
2018.	BharatKi Baat	Yoga Unplugged initiative gains momentum as prominent institutions join the mov e...	N/A
2019.	Shree News	सीएम योगी ने दिए निर्दे, आज आयुष विभाग की समीक्षा बैठक में कहा- हर मंडल में आयुष...	N/A
2020.	अंजनी खबर (Anjani Khabar)	सीएम योगी ने दिए निर्दे, आज आयुष विभाग की समीक्षा बैठक में कहा- हर मंडल में आयुष...	N/A
2021.	Delhi upto Date	सीएम योगी ने दिए निर्दे, आज आयुष विभाग की समीक्षा बैठक में कहा- हर मंडल में आयुष...	N/A
2022.	Delhi Bulletin	मुख्यमंत्री योगी आदित्यनाथ ने आज आयुष विभाग की उच्चस्तरीय समीक्षा बैठक की, हर मं...	N/A
2023.	Web Akhbar	सीएम योगी ने दिए निर्दे, आज आयुष विभाग की समीक्षा बैठक में कहा- हर मंडल में आयुष...	N/A
2024.	Saahas Samachar	मुख्यमंत्री योगी आदित्यनाथ ने आज आयुष विभाग की उच्चस्तरीय समीक्षा बैठक की, हर मं...	N/A
2025.	Evening Times	सीएम योगी ने दिए निर्दे, आज आयुष विभाग की समीक्षा बैठक में कहा- हर मंडल में आयुष...	N/A
2026.	Maverick News3	“Yoga Unplugged” the youth-centric initiative for International Day of Yoga (IDY...	N/A
2027.	Raksha Rajniti	प्रदेश के प्रत्येक मण्डल में स्थापित हों आयुष महाविद्यालय: मुख्यमंत्री योगी आदित...	N/A
2028.	FinTechBizNews	For Yoga Event In Locality, Register On Portal	N/A
2029.	India News Calling	NEWS RECEIVED FROM DPRO SOLAN,HAMIRPUR, MANDI	N/A
2030.	Punjabkesari	सीएम योगी बोले- प्रदेश के प्रत्येक मंडल में स्थापित किए जाएं आयुष महाविद्यालय	N/A
2031.	BharatKi Baat	UP to establish integrated AYUSH colleges in every division, announces Adityanat ...	N/A

2032.	Pune Media	India"s pioneering yoga institute backs ‘Yoga Unplugged": AYUSH Ministry Pune ...	N/A
2033.	OB News	CM Yogi demands that AYUSH colleges be established in each UP division	N/A
2034.	हिंदी सामना	मोदी के राष्ट्रीय आयुष मिशन की हुई दुर्दशा : ना टेंट, ना कुर्सियां, केवल बैनर लग...	N/A
2035.	The Mobi World	CM Yogi demands that AYUSH colleges be established in each UP division	N/A
2036.	Asia Khabar -एशिया खबर	प्रदेश के प्रत्येक मण्डल में स्थापित हों आयुष महाविद्यालय: योगी	N/A
2037.	India News Calling	NEWS RECEIVED FROM DPRO SOLAN,	N/A
2038.	Dainik Jayant	योग, भाषण एवं निबंध प्रतियोगिता में छात्रों ने दिखाई प्रतिभा	N/A
2039.	Lokwarta	मेघवाल ने युवाओं से स्वस्थ भविष्य के लिए प्राकृतिक चिकित्सा, योग अपनाने का आग्रह...	N/A
2040.	Bharat Express	प्रदेश के प्रत्येक मण्डल में स्थापित होंगे इंटीग्रेटेड आयुष महाविद्यालय: मुख्यमं...	N/A
2041.	Lokwarta	उत्तर प्रदेश के प्रत्येक मंडल में स्थापित हों आयुष महाविद्यालय : CM योगी	N/A
2042.	Tarun Chhattisgarh	समाधान शिविर का आयोजन	N/A
2043.	Hukmnama Samachar	मेघवाल ने युवाओं से स्वस्थ भविष्य के लिए प्राकृतिक चिकित्सा, योग अपनाने का आग्रह...	N/A
2044.	Vishvatimes	उत्तर प्रदेश के प्रत्येक मंडल में स्थापित हों आयुष महाविद्यालय: मुख्यमंत्री योगी...	N/A
2045.	Habib Ki Report	“योग अनप्लग्ड”: अंतर्राष्ट्रीय योग दिवस 2025 में युवाओं को जोड़ने की नई पहल	N/A
2046.	Deshbandhu	उत्तर प्रदेश के प्रत्येक मंडल में स्थापित हों आयुष महाविद्यालय : मुख्यमंत्री योग...	N/A
2047.	Daily World Hindi	मुख्यमंत्री का अधिकारियों को निर्देश; प्रदेश के प्रत्येक मंडल में स्थापित किए जा...	N/A
2048.	उद्योग का अनुमान	मुख्यमंत्री का अधिकारियों को निर्देश; प्रदेश के प्रत्येक मंडल में स्थापित किए जा...	N/A
2049.	Newzfatafat	योगी आदित्यनाथ ने आयुष महाविद्यालयों की स्थापना का दिया निर्देश	N/A
2050.	New India	प्रदेश के प्रत्येक मण्डल में स्थापित हों आयुष महाविद्यालय: योगी	N/A
2051.	Poorvanchalmedia	मुख्यमंत्री योगी आदित्यनाथ ने आयुष महाविद्यालय की आवश्यकता और उद्देश्य पर डाला प...	N/A
2052.	Uttarakhand Today	अंतरराष्ट्रीय योग दिवस की तैयारियों के दृष्टिगत विभिन्न प्रतियोगिताओं का हुआ आयो...	N/A
2053.	Indias News	उत्तर प्रदेश के प्रत्येक मंडल में स्थापित हों आयुष महाविद्यालय : मुख्यमंत्री योग...	N/A
2054.	Khair News	उत्तर प्रदेश के प्रत्येक मंडल में स्थापित हों आयुष महाविद्यालय : मुख्यमंत्री योग...	N/A
2055.	United News Of India	प्रदेश के प्रत्येक मण्डल में स्थापित हों आयुष महाविद्यालय: योगी	N/A
2056.	United News Of India	प्रदेश के प्रत्येक मण्डल में स्थापित हों आयुष महाविद्यालय: योगी	N/A
2057.	Kadwaghut	kadwaghut asks for your consent to use your personal data to:	N/A
2058.	Bharat Samachar News Channel	प्रदेश के प्रत्येक मण्डल में स्थापित हों आयुष महाविद्यालय :सीएम योगी	N/A

2059.	Singrauli Mirror	Youth-centric ‘Yoga Unplugged" gains momentum ahead of International Day of Yog...	N/A
2060.	Uttar Bharat Live	उत्तराखंड जल्द बनेगा टीबी मुक्त राज्यः डॉ0 धन सिंह रावत	N/A
2061.	The Hans India	Youth are torchbearers of a healthier India: Union Minister	N/A
2062.	Ddindia	Youth-centric ‘Yoga Unplugged" gains momentum ahead of International Day of Yog...	N/A
2063.	Pune Plus	A Global Step for a Timeless Science: September 23 is now ‘National Ayurveda Day...	N/A
2064.	The Raisina Hills	Modi Counts Congress" Shashi Tharoor to Blunt Pakistan Narrative	N/A
2065.	Observer Voice	Government Launches “Yoga Unplugged” Initiative for International Day of Yoga	N/A
2066.	Vande Bharat Live Tv News	शनिवार 17 मई25 की प्रमुख खबरें	N/A
2067.	Health Economictimes	Union Minister Meghwal urges youth to embrace naturopathy, yoga for healthier fu...	N/A
2068.	The Hans India	Vizag set to create record on Yoga Day	N/A
2069.	The Better Andhra	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
2070.	Uttarakhand City News	बड़ी खबर(हल्द्वानी) तिरंगा यात्रा शनिवार को रूट रहेगा डाइवर्ट।।	N/A
2071.	उद्योग का अनुमान	मेघवाल ने युवाओं से स्वस्थ भविष्य के लिए प्राकृतिक चिकित्सा, योग अपनाने का आग्रह...	N/A
2072.	Daily World Hindi	मेघवाल ने युवाओं से स्वस्थ भविष्य के लिए प्राकृतिक चिकित्सा, योग अपनाने का आग्रह...	N/A
2073.	Sabkasandesh	Retirement Age Latest News: अब इतने साल तक और नौकरी करेंगे सरकारी कर्मचारी! जल्द...	N/A
2074.	रुबरु न्यूज़	आयुर्वेद पद्धति से 123 रोगियों का उपचार	N/A
2075.	Vaartha	11वें अंतर्राष्ट्रीय योग दिवस में भाग लेंगे प्रधानमंत्री मोदीःचन्द्रबाबू नायुडू	N/A
2076.	Tender Detail	Bids Are Invited For Quotation For Printing Services Index Register Good Quality.. .	N/A
2077.	enewstime	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
2078.	Daily World	With 2.5 lakh participants, Vizag Yoga Day event to create world record - Agencie...	N/A
2079.	Dynamite News	PM to participate in Yoga Day in AP, CM reviews arrangements	N/A
2080.	सबसे तेज प्रधान टाइम्स	माता सुरकंडा मंदिर प्रांगण में हरित योग शिविर आयोजित	N/A
2081.	Sakshi Post	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
2082.	Newspoint	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
2083.	Yes Punjab	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A

2084.	Times Report	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
2085.	Investment Guru India	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	N/A
2086.	Thip Media	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
2087.	Thefreedompress	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
2088.	E Khabar Today	MP News: मध्यप्रदेश में इन सरकारी कर्मचारियों की हो गई मौज, सरकार बढ़ाएगी रिटायर...	N/A
2089.	UNI	PM to participate in Yoga Day in AP, CM reviews arrangements	N/A
2090.	Suryaa	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue Health ...	N/A
2091.	Life And More	'Samyoga" and 'Yoga Unplugged" signal a bold new direction for this Intl Yoga ...	N/A
2092.	Vishva Times	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	N/A
2093.	Bharat Shikhar Times	Successful Blood Donation Drive "Operation Sindoor" Collects 85 Units at VMMC &a...	N/A
2094.	Newspoint	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	N/A
2095.	Tezas Amwad	Uttarakhand Cabinet: बैठक आज; उपनल कर्मियों के नियमितीकरण के मसले पर हो सकती है ...	N/A
2096.	Sabkasandesh	Samvida Employee regularization News: संविदा कर्मियों की खुलने वाली है किस्मत!.....	N/A
2097.	Tosnews	Uttarakhand Cabinet: बैठक आज; उपनल कर्मियों के नियमितीकरण के मसले पर हो सकती है ...	N/A
2098.	UjjawalPrabhat	बैठक आज; उपनल कर्मियों के नियमितीकरण के मसले पर हो सकती है चर्चा, ये प्रस्ताव भी...	N/A
2099.	enewstime	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	N/A
2100.	Rudraksh News	बैठक आज; उपनल कर्मियों के नियमितीकरण के मसले पर हो सकती है चर्चा, ये प्रस्ताव भी...	N/A
2101.	origin.mid-day.com	National Dengue Day 2025 | Adopt cleanliness, check mosquito breeding sites to c...	N/A
2102.	Bharat Express	'Check, Clean, Cover": Health Ministry Stresses Vigilance On National Dengue Da ...	N/A
2103.	Pune News	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	N/A
2104.	Thip Media	Adopt cleanliness, check mosquito breeding sites to curb spread of dengue	N/A
2105.	Hindustan Global Times	उत्तराखंड आयुर्वेद विश्वविद्यालय: छात्रों के भविष्य पर लटकती तलवार या प्रशासनिक ...	N/A
2106.	Times Of Taj	चार शादियों की अनुमति सशर्त: इलाहाबाद हाई कोर्ट की अहम टिप्पणी	N/A
2107.	Manastoday	'सृजन 2025" में एलएनसीटी, भोपाल को हेल्थ एंड लाइफ साइंस कैटेगरी में प्रथम पुरस्...	N/A
2108.	Next Khabar	'सृजन 2025" में एलएनसीटी, भोपाल को हेल्थ एंड लाइफ साइंस कैटेगरी में प्रथम पुरस्...	N/A
2109.	India 360 Report	इस साप्ताहिक योग पॉडकास्ट का उद्देश्य समग्र कल्याण को बढ़ावा देना है	N/A

2110.	Calcutta News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2111.	OB News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2112.	Maharashtra Samachar	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2113.	Kolkata Sun	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2114.	Indianapolis Post	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2115.	Punjab Live	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2116.	India Gazette	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2117.	The Asia News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2118.	New Delhi News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2119.	West Bengal Khabar	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2120.	India's News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2121.	Kashmir Breaking News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2122.	Mumbai News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2123.	Odisha Post	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2124.	South India News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2125.	Gujarat Samachar	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2126.	North East Times	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2127.	Telangana Journal	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2128.	Gujarat Varta	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A

2129.	Karnataka Live	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2130.	Bihar Times	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2131.	Jharkhandtimes	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2132.	Haryana Today	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2133.	Andhra Pradesh Mirror	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2134.	Chhattisgarh Today	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2135.	Vanakkam Tamil Nadu	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2136.	Bihar 24x7	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2137.	Kashmir Newsline	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2138.	Delhi live news	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2139.	Himachal Patrika	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2140.	Indian News Network	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
2141.	BharatKi Baat	Yoga Day 2025: Samyoga and Yoga Unplugged seek to transform yoga practices globa...	N/A
2142.	Hospitality News	Ayushakti welcomes the Indian government"s announcement to declare 23rd Septemb...	N/A
2143.	Tender Detail	Fixing Of New Inter Locking Rubber Molded Paver Block And Reinstatement Of Old P...	N/A
2144.	Tender Detail	Bids Are Invited For Stationery Item Ball Pen , Pilot Pen , Marker Pen , Highlig...	N/A
2145.	Drug Today Medical Times	Operation Sindoor: 85 Units of Hope Collected at Safdarjung Hospital Blood Donat...	N/A
2146.	State News Service	समाधान शिविर में प्राप्त 255 आवेदनों में 212 का तत्काल हुआ निराकरण 43 आवेदनों के...	N/A
2147.	State News Service	सुशासन तिहार अंतर्गत डोंगरगढ़ विकास खंड के ग्राम चारभांठा में समाधान शिविर का हु...	N/A
2148.	सरहद का साक्षी	माता सुरकंडा मंदिर प्रांगण में हरित योग शिविर आयोजित, तीर्थ यात्रियों ने लिया उत...	N/A
2149.	Sanskritiias	23 सितंबर को आयुर्वेद दिवस मनाने की घोषणा	N/A

2150.	Deccan Republic	Latest news	N/A
2151.	The Hans India	Global voices in natural healing gather in Dakshina Kannada	N/A
2152.	Shubhabori	শুভাবরি	N/A
2153.	www.sarkaritel.com	23rd September to be celebrated as Ayurveda Day	N/A
2154.	Asian News Service	समाधान शिविर में प्राप्त 212 आवेदनों का तत्काल हुआ निराकरण	N/A
2155.	Guidely	Daily Current Affairs May 15th 2025 | Latest News | Download Free PDF	N/A
2156.	GK India Today	भूटान ने दुनिया की पहली राष्ट्रीय क्रिप्टोकरेंसी पर्यटन भुगतान प्रणाली शुरू की	N/A
2157.	GK India Today	Bhutan launches world"s first national cryptocurrency tourism payment system	N/A
2158.	The Hans India	CS reviews Int"l Yoga Day arrangements	N/A
2159.	The Better Andhra	PM Modi to attend Yoga Day celebrations in Vizag	N/A
2160.	Bigtv Live	International Yoga Day 2025: PM Modi to Attend Grand Event in Visakhapatnam	N/A
2161.	Echo Of Arunachal	RGU joins 99 others to successfully host 'IDY countdown" celebration	N/A
2162.	India 360 Report	23 सितंबर को राष्ट्रीय आयुर्वेद दिवस मनाया जाना है; तिथि का महत्व	N/A
2163.	UNI	Arunachal: RGU hosts Yogotsav-2025 countdown programme	N/A
2164.	UNI	PM to participate in Intl. Yoga Day programme in Visakhapatnam June 21	N/A
2165.	Andhravilas	PM Modi to Attend International Yoga Day Celebrations in Visakhapatnam	N/A
2166.	Vande Bharat Live Tv News	अब 23 सितंबर को मनाया जाएगा राष्ट्रीय आयुर्वेद दिवस	N/A
2167.	Sakshi Post	PM Modi to attend Yoga Day celebrations in Vizag	N/A
2168.	Times Now News	జూన్ 21న విశాఖకు ప్రధాని నరేంద్రమోడీ...ఎందుకొస్తున్నారంటే!	N/A
2169.	Imnb	सुशासन तिहार अंतर्गत डोंगरगढ़ विकासखंड के ग्राम चारभांठा में समाधान शिविर का हुआ...	N/A
2170.	Thefreedompress	PM Modi to attend Yoga Day celebrations in Vizag	N/A
2171.	Times Report	PM Modi to attend Yoga Day celebrations in Vizag	N/A
2172.	New Delhi Times	Ayurveda Day to Be Celebrated on 23rd September Every Year	N/A
2173.	Ndtv	5 Health Benefits Of Drinking Sattu Chaas Daily	N/A
2174.	Kelopravah	जतन केन्द्र से मिल रहा दिव्यांग बच्चों को नया जीवन, सौम्य एवं आर्यन की लौटी आवाज...	N/A
2175.	City Hot News	सुशासन तिहार-2025: सबका साथ-सबका विकास के मूलमंत्र के साथ जनसमस्याओं के निराकरण ...	N/A
2176.	Hamar Dhamtari	सुशासन तिहार अंतर्गत ग्राम कोडार में समाधान शिविर का आयोजन, विधायक योगेश्वर राजू...	N/A
2177.	Coherent Market Insights	Medicinal Herbs Market Analysis	N/A

2178.	Tarunmitra	आई वाई ए ने श्री कृष्णा पांडे स्कूल में बच्चों को कराया योग संगम	N/A
2179.	Sanskritiias	आयुर्वेद दिवस की नियत तिथि	N/A
2180.	Public Tv	Ayurveda Day to be celebrated on September 23 every year	N/A
2181.	Health Economictimes	Ayurveda Day to be celebrated on September 23 every year	N/A
2182.	Vishvatimes	अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	N/A
2183.	TaxGuru	Veterinary Healthcare Services: A GST Perspective	N/A
2184.	The Right News	Govt declares 23rd September as Ayurveda Day	N/A
2185.	Observer Voice	Ayurveda Day to Be Observed Annually on 23rd September	N/A
2186.	Agro and food processing	Stakeholder Consultation Stresses Mission-Mode Push for Medicinal Plant Sector	N/A
2187.	origin.mid-day.com	National Ayurveda Day to be observed on September 23 every year; check signifi ca...	N/A
2188.	Nishpaksh Pratidin	हर साल 23 सितंबर को होगा आयुर्वेद दिवस का आयोजन, जानिए क्यों चुनी गई ये तारीख	N/A
2189.	Newz IIndia 24	पाकुड़ में आयुष जांच शिविर, 59 लोगों की हुई स्वास्थ्य जांच	N/A
2190.	IBC World News	Dr D Veerendra Heggade on Yoga and Naturopathy	N/A
2191.	The Nfa Post	Ayurveda Day To Be Celebrated On 23rd September Every Year	N/A
2192.	DANIK KHABAR	आयुर्वेद दिवस हर वर्ष 23 सितंबर को मनाया जाएगा	N/A
2193.	Itdc News	आरजीपीवी का द्वादश दीक्षांत समारोह 16 मई को मिंटो हॉल में सम्पन्न होगा	N/A
2194.	Jharkhand State News	Ayurveda Day to Be Celebrated on 23rd September Every Year	N/A
2195.	Daily aawaz	देश में हर साल 23 सितंबर को मनाया जाएगा 'राष्ट्रीय आयुर्वेद दिवस", आयुष मंत्राल...	N/A
2196.	Indian White Paper	Centre designates September 23 as new National Ayurveda Day	N/A
2197.	Bharatiya	अब हर साल 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस : केंद्र	N/A
2198.	Konni Vartha	Central Government Notifications (14/05/2025)	N/A
2199.	Daily Lok Manch	हर साल 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	N/A
2200.	Calcutta News	Ayurveda Day to be celebrated on September 23 every year	N/A
2201.	Vande Bharat Live Tv News	खेलभांठा में किया गया समाधान शिविर..... नगरपालिका सारंगढ़	N/A
2202.	OB News	Ayurveda Day to be celebrated on September 23 every year	N/A
2203.	The Mobi World	Ayurveda Day to be celebrated on September 23 every year	N/A
2204.	World News Network	Ayurveda Day to be celebrated on September 23 every year – World News Netwo rk	N/A

2205.	Palgharnews	Ayurveda Day to be celebrated on September 23 every year – World News Network	N/A
2206.	Kolkata Sun	Ayurveda Day to be celebrated on September 23 every year	N/A
2207.	India Gazette	Ayurveda Day to be celebrated on September 23 every year	N/A
2208.	Indianapolis Post	Ayurveda Day to be celebrated on September 23 every year	N/A
2209.	Mumbai News	Ayurveda Day to be celebrated on September 23 every year	N/A
2210.	Telangana Journal	Ayurveda Day to be celebrated on September 23 every year	N/A
2211.	New Delhi News	Ayurveda Day to be celebrated on September 23 every year	N/A
2212.	Jharkhandtimes	Ayurveda Day to be celebrated on September 23 every year	N/A
2213.	Kashmir Newsline	Ayurveda Day to be celebrated on September 23 every year	N/A
2214.	India's News	Ayurveda Day to be celebrated on September 23 every year	N/A
2215.	Bihar 24x7	Ayurveda Day to be celebrated on September 23 every year	N/A
2216.	Delhi live news	Ayurveda Day to be celebrated on September 23 every year	N/A
2217.	The Asia News	Ayurveda Day to be celebrated on September 23 every year ANI 14 May 2025, 04 :01 ...	N/A
2218.	Rajasthan Ki Khabar	Ayurveda Day to be celebrated on September 23 every year	N/A
2219.	Odisha Post	Ayurveda Day to be celebrated on September 23 every year	N/A
2220.	Haryana Today	Ayurveda Day to be celebrated on September 23 every year	N/A
2221.	Vanakkam Tamil Nadu	Ayurveda Day to be celebrated on September 23 every year	N/A
2222.	Newspoint	Ayurveda Day to be celebrated on September 23 every year	N/A
2223.	West Bengal Khabar	Ayurveda Day to be celebrated on September 23 every year	N/A
2224.	Gujarat Samachar	Ayurveda Day to be celebrated on September 23 every year	N/A
2225.	North East Times	Ayurveda Day to be celebrated on September 23 every year	N/A
2226.	Maharashtra Samachar	Ayurveda Day to be celebrated on September 23 every year	N/A
2227.	Gujarat Varta	Ayurveda Day to be celebrated on September 23 every year	N/A
2228.	Bihar Times	Ayurveda Day to be celebrated on September 23 every year	N/A
2229.	Himachal Patrika	Ayurveda Day to be celebrated on September 23 every year	N/A
2230.	Karnataka Live	Ayurveda Day to be celebrated on September 23 every year	N/A
2231.	Kashmir Breaking News	Ayurveda Day to be celebrated on September 23 every year	N/A
2232.	Andhra Pradesh Mirror	Ayurveda Day to be celebrated on September 23 every year	N/A

2233.	South India News	Ayurveda Day to be celebrated on September 23 every year	N/A
2234.	Indian News Network	Ayurveda Day to be celebrated on September 23 every year	N/A
2235.	Pynr	Centre declares Sep 23 as Ayurveda Day	N/A
2236.	AnyTV News	Now Ayurveda Day will be celebrated every year on 23 September	N/A
2237.	Millenium Post	Centre declares September 23 as Ayurveda Day	N/A
2238.	Early Times	Centre declares Sep 23 as Ayurveda Day	N/A
2239.	Indias News	अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	N/A
2240.	Arthparkash	अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	N/A
2241.	NDTV Madhya Pradesh Chhattisgarh	Ayurveda Day Date: मोदी सरकार ने लिया एक और बड़ा फैसला, अब हर वर्ष 23 सितंबर को ...	N/A
2242.	Deshbandhu	अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	N/A
2243.	उद्योग का अनुमान	केंद्र ने 23 सितंबर को आयुर्वेद दिवस घोषित किया	N/A
2244.	Rajasthan News(राजस्थान समाचार)	अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	N/A
2245.	Daily World Hindi	केंद्र ने 23 सितंबर को आयुर्वेद दिवस घोषित किया	N/A
2246.	Khair News	अब हर वर्ष 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस	N/A
2247.	Maverick News3	Ayurveda Day to Be Celebrated on 23rd September Every Year	N/A
2248.	DD News	अब हर साल 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस : केंद्र	N/A
2249.	Statetimes	Centre declares Sep 23 as Ayurveda Day	N/A
2250.	Sarasjanvaad	हर साल 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस, अधिसूचना जारी	N/A
2251.	Today News 24	Ayurveda Day to Be Celebrated on September 23 Every Year, Government Moves Date ...	N/A
2252.	Airr News	kapalbhati pranayama benefits: कापालभाति प्रानायाम के बाउनेट के रोग है तो गुलाट ...	N/A
2253.	Digi Newz India	Kapalbhati Pranayama Benefits: कपालभाति प्राणायाम कई बीमारियों का एक समाधान, लेक...	N/A
2254.	Aman India	नवरत्न फाउंडेशन्स का 23वाँ वार्षिकोत्सव सामाजिक चेतना की एक जीवंत गाथा बनाया	N/A
2255.	Sonebhadra Live	kapalbhati pranayama benefits: कपालभाति प्राणायाम के फायदे, ये रोग हैं तो गलती स...	N/A
2256.	The Mobi World	Centre designates September 23 as new National Ayurveda Day	N/A
2257.	BharatKi Baat	Centre designates September 23 as Ayurveda Day to promote traditional Indian med...	N/A
2258.	एक सन्देश लाइव रांची	हर साल 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस, अधिसूचना जारी	N/A

2259.	Public Sentiment(लोकराग)	हर साल 23 सितंबर को मनाया जाएगा आयुर्वेद दिवस, अधिसूचना जारी	N/A
2260.	United News Of India	हर वर्ष 23 सितंबर को मनेगा आयुर्वेद दिवस	N/A
2261.	United News Of India	हर वर्ष 23 सितंबर को मनेगा आयुर्वेद दिवस	N/A
2262.	Tender Detail	Hiring Of Jcb And Tractor With 05-Labour In Div.-Iii (Arc) 0802, Udaipur-Rajasth...	N/A
2263.	Change Started	Ayurveda Day to Be Celebrated on 23rd September Every Year	N/A
2264.	Vartahar	पारंपारिक औषधांच्या जागतिक भूमिकेवर जागतिक आरोग्य संघटनेची सभा प्रकाश टाकणार	N/A
2265.	The Hawk	Centre designates September 23 as new National Ayurveda Day	N/A
2266.	Daily World	Centre designates September 23 as new National Ayurveda Day -Agencies | Tech - D...	N/A
2267.	Sanskritiias	Ministry of AYUSH launches weekly podcast	N/A
2268.	enewstime	Centre designates September 23 as new National Ayurveda Day	N/A
2269.	Education Times	CBSE launches 15-day post-result psychosocial counselling for Class X and XII st ...	N/A
2270.	Thip Media	Centre designates September 23 as new National Ayurveda Day	N/A
2271.	Investment Guru India	Centre designates September 23 as new National Ayurveda Day	N/A
2272.	HospiBuz	Over 350 Participants Participate In FHRAI & HRAWI"s Yoga Mahotsav In Goa	N/A
2273.	चमोली न्यूज़	आयुष विभाग का 11 वें अंतरराष्ट्रीय योग दिवस की तैयारियों में जन-जागरूकता अभियान ...	N/A
2274.	Vishva Times	कपालभाति प्राणायाम : कई समस्याओं का एक समाधान, मगर जान लें किसे नहीं करना चाहिए	N/A
2275.	Poorvanchalmedia	एक साथ कई बड़ी बीमारियों को ठेंगा दिखाता है कपालभाति, इन लोगों को बरतनी चाहिए साव...	N/A
2276.	Deshbandhu	कपालभाति प्राणायाम : कई समस्याओं का एक समाधान, मगर जान लें किसे नहीं करना चाहिए	N/A
2277.	Tarun Chhattisgarh	विष्णु के सुशासन में प्रत्येक गांव का होगा विकास:विधायकॉ	N/A
2278.	Indias News	कपालभाति प्राणायाम : कई समस्याओं का एक समाधान, मगर जान लें किसे नहीं करना चाहिए	N/A
2279.	Khair News	कपालभाति प्राणायाम : कई समस्याओं का एक समाधान, मगर जान लें किसे नहीं करना चाहिए	N/A
2280.	IndiBlogHub	What is the Duration and Syllabus of a Government-Recognised Yoga Teacher Traini...	N/A
2281.	Bilkul	Bilkul Online	N/A
2282.	Invest policy	Now Get Health Insurance Cover for Ayurveda, Yoga and Homeopathy	N/A
2283.	Creative News Express	करो योग रहो निरोग : योग जागरुगता कार्यक्रम, रेड क्रॉस स्वयंसेवियों की बढ़चढ़कर भ...	N/A
2284.	हिन्द प्रभात समाचार	नवरत्न फाउंडेशन का 23वाँ वार्षिकोत्सव सामाजिक चेतना की एक जीवंत गाथा	N/A
2285.	Sandhyasamaynews	नवरत्न फाउंडेशन का 23वाँ वार्षिकोत्सव सामाजिक चेतना की एक जीवंत गाथा	N/A

2286.	Pharmabiz.com	Ayurveda fraternity in Kerala up in arms against allopathic practitioners for sp...	N/A
2287.	Asian News Service	विष्णु के सुशासन में प्रत्येक गांव का विकास होगा: विधायक	N/A
2288.	Shubhabori	শুভাবরি	N/A
2289.	The Hans India	Global Voices in Natural Healing Gather in Ujire as International Yoga and Natur...	N/A
2290.	GK India Today	More than 100 terrorists killed in Operation Sindoor, masterminds of IC-814 and ...	N/A
2291.	Tender Detail	Bids Are Invited For Paper-Based Printing Services - Drawings A0/A1; Drawings A 0...	N/A
2292.	Biotecnika.org	JNU Biological Sciences Jobs: Apply For Research Scientist & JRF Roles	N/A
2293.	Onkarbangla	জেনেভা সম্মেলনঃ চিকি সাপরিষেবায় ঘাটতি পূরণে উদ্যোগী পিএমআই	N/A
2294.	Janta Ki Jankari News	જીનીવામાં ટ્રેડિશનલ મેડિસિનના મિત્રોના જૂથ (GFTM)ની છઠ્ઠી બેઠક યોજાઈ	N/A
2295.	BW Hotelier	FHRAI hosts Yoga Mahotsav in Goa ahead of International Yoga Day	N/A
2296.	Times Of Taj	विराट कोहली ने कहा टेस्ट क्रिकेट को अलविदा, रोहित के बाद एक और झटका	N/A
2297.	India Med Today	Sixth meeting of the Group of Friends of Traditional Medicine held in Geneva	N/A
2298.	Tri Cities	This weekly yoga podcast aims to promote holistic wellness	N/A
2299.	origin.mid-day.com	This weekly yoga podcast aims to promote holistic wellness	N/A
2300.	Daily aawaz	आयुष मंत्रालय ने अपना साप्ताहिक योग पॉडकास्ट किया लॉन्च	N/A
2301.	Central Chronicle	Ayush Ministry Launches Weekly Yoga Podcast to Bring Timeless Wisdom to Every Ho...	N/A
2302.	World News Network	Ayush ministry launches weekly yoga podcast to promote holistic wellness – World...	N/A
2303.	Palgharnews	Ayush ministry launches weekly yoga podcast to promote holistic wellness – World...	N/A
2304.	OB News	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2305.	The Mobi World	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2306.	Maharashtra Samachar	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2307.	Kolkata Sun	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2308.	Kolkata Sun	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2309.	Maharashtra Samachar	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2310.	Newspoint	Weekly yoga podcast launched to promote holistic wellness	N/A
2311.	Mumbai News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2312.	Calcutta News	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A

2313.	Industries News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2314.	New Delhi News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2315.	India's News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2316.	Indianapolis Post	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2317.	South India News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2318.	The Asia News	Ayush ministry launches weekly yoga podcast to promote holistic wellness ANI 12 ...	N/A
2319.	Himachal Patrika	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2320.	Gujarat Varta	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2321.	The Mobi World	Weekly yoga podcast launched to promote holistic wellness	N/A
2322.	Odisha Post	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2323.	Delhi live news	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2324.	Gujarat Samachar	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2325.	Medindia	Weekly Yoga Podcast to Elevate Your Mind, Body, and Soul	N/A
2326.	Andhra Pradesh Mirror	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2327.	Indianapolis Post	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2328.	Kashmir Breaking News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2329.	The Asia News	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva ANI 11 ...	N/A
2330.	North East Times	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2331.	Bihar Times	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2332.	Bihar 24x7	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2333.	Kashmir Newsline	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2334.	New Delhi News	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2335.	Rajasthan Ki Khabar	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2336.	India Gazette	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2337.	Jharkhandtimes	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2338.	Mumbai News	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2339.	Chhattisgarh Today	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2340.	India's News	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A

2341.	Telangana Journal	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2342.	Punjab Live	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2343.	Haryana Today	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2344.	West Bengal Khabar	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2345.	Vanakkam Tamil Nadu	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2346.	Karnataka Live	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2347.	Indian News Network	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
2348.	Haryana Today	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2349.	Kashmir Breaking News	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2350.	Rajasthan Ki Khabar	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2351.	Odisha Post	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2352.	उद्योग का अनुमान	आयुष मंत्रालय ने योग पर साप्ताहिक पॉडकास्ट शुरू किया	N/A
2353.	Daily World Hindi	आयुष मंत्रालय ने योग पर साप्ताहिक पॉडकास्ट शुरू किया	N/A
2354.	Bihar 24x7	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2355.	West Bengal Khabar	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2356.	South India News	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2357.	Kashmir Newsline	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2358.	Gujarat Samachar	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2359.	Sakshi Post	Weekly yoga podcast launched to promote holistic wellness	N/A
2360.	Delhi live news	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2361.	enewstime	Weekly yoga podcast launched to promote holistic wellness	N/A
2362.	Keekli	India Hosts 6th GFTM Meet to Advance Global Ayurveda	N/A
2363.	Himachal Patrika	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2364.	Bihar Times	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2365.	Thip Media	Weekly yoga podcast launched to promote holistic wellness	N/A
2366.	North East Times	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2367.	BharatKi Baat	Ayush ministry introduces weekly podcast exploring the transformative benefits o.. .	N/A
2368.	Gujarat Varta	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A

2369.	Maverick News3	Union Minister of Ayush, Shri Prataprao Jadhav Launches Weekly Yoga Podcast t o P...	N/A
2370.	Maverick News3	Sixth Meeting of the Group of Friends of Traditional Medicine (GFTM) held in Gen ...	N/A
2371.	Telangana Journal	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2372.	Andhra Pradesh Mirror	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2373.	Punjab Live	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2374.	Jharkhandtimes	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2375.	Karnataka Live	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2376.	Indian News Network	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2377.	Vanakkam Tamil Nadu	Sixth Meeting of Group of Friends of Traditional Medicine held in Geneva	N/A
2378.	Thefreedompress	Weekly yoga podcast launched to promote holistic wellness	N/A
2379.	The Hans India	Weekly yoga podcast launched to promote holistic wellness	N/A
2380.	Nation Press	What New Initiative Has the Ministry of Ayush Launched?	N/A
2381.	Times Report	Weekly yoga podcast launched to promote holistic wellness	N/A
2382.	enewstime	Traditional medicine key to achieve universal health coverage: Ayush Ministry	N/A
2383.	उद्योग का अनुमान	योग दिवस की दसवीं वर्षगांठ के अवसर पर हरित योग सहित अन्य कार्यक्रम आयोजित होंगे	N/A
2384.	Daily World Hindi	योग दिवस की दसवीं वर्षगांठ के अवसर पर हरित योग सहित अन्य कार्यक्रम आयोजित होंगे	N/A
2385.	DD News	केंद्रीय आयुष मंत्री प्रतापराव जाधव ने लॉन्च किया साप्ताहिक योगा पॉडकास्ट	N/A
2386.	चमोली न्यूज़	अंतरराष्ट्रीय योग दिवस को लेकर सिमली न्याय पंचायत के सिमल्ट ग्राम सभा व सैनू ग्र...	N/A
2387.	OB News	Traditional medicine key to achieve universal health coverage: Ayush Ministry	N/A
2388.	The Mobi World	Traditional medicine key to achieve universal health coverage: Ayush Ministry	N/A
2389.	Benefit News	Traditional Medicine Key to Global Health: Ayush	N/A
2390.	Udaipur Kiran	ड्रग रूल 170 के प्रति जागरुकता के लिए सेमिनार 13 को	N/A
2391.	The Samikhsya	Traditional Medicine Key to Global Health; India Leads Push	N/A
2392.	Thip Media	Traditional medicine key to achieve universal health coverage: Ayush Ministry	N/A
2393.	Tripurastar News	Sixth Meeting Of The Group Of Friends Of Traditional Medicine (GFTM) Held In G en...	N/A
2394.	The Hans India	Traditional medicine key to achieve universal health coverage: Ayush Ministry	N/A
2395.	Tarunmitra	योग,आसन एवं प्राणायाम से जीवन में अनेक रोगों का निवारण - राम मोहन पाल	N/A

2396.	Nyxprep	BPSC 71st Notification 2025 Soon, Selection Process, How to Apply?	N/A
2397.	Jantak	उत्तराखंड में तबादला एक्सप्रेस: 25 IAS और 13 अन्य अफसरों की जिम्मेदारी बदली	N/A
2398.	Jagat Kranti News	पञ्चांग एवं राशिफल, रविवार, दिनांक 11 मई 2025	N/A
2399.	Newzdex	copyright @2023 Newzdex	N/A
2400.	Udaipur Kiran	कायाकल्प योजना : जिला अस्पताल के बाह्य मूल्यांकन के लिए पहुंची राज्यस्तरीय दल	N/A
2401.	Kadwaghut	राजनांदगांव शहर के ठाकुर प्यारेलाल स्कूल मैदान में 6 वार्डों के लिए समाधान शिविर...	N/A
2402.	State News Service	राजनांदगांव शहर के ठाकुर प्यारेलाल स्कूल मैदान में 6 वार्डों के लिए समाधान शिविर...	N/A
2403.	सबसे तेज प्रधान टाइम्स	फर्जीवाड़े के खिलाफ छात्रों का विरोध प्रदर्शन	N/A
2404.	State News Service	समाधान शिविर भालापुर क्लस्टर में 04 हजार 218 आवेदनों का हुआ निराकरण लोगों को विभ...	N/A
2405.	UjjawalPrabhat	यूपी: संदिग्धों की पड़ताल तेज, कुछ जिलों में पुलिसवालों की छुट्टियां रद्द	N/A
2406.	Dainik Jagran Mpcg	MP: इंदौर की महू छावनी में सुरक्षा अलर्ट, ग्वालियर एयरपोर्ट शुरू, भोपाल में "सि...	N/A
2407.	हिमाचल प्रदेश (न्यूज़) समाचार	Shimla: 6 AMO हुए ट्रांसफर, 2 की म्यूचुअल तो 4 को खाली पड़े पदों पर किया तबदील	N/A
2408.	Tender Detail	Bids Are Invited For Hiring Of Consultancy Services - Percentage Based - Consult ...	N/A
2409.	Tender Detail	Bids Are Invited For Hiring Of Consultancy Services - Percentage Based - Consult ...	N/A
2410.	The Asian Talks	Over 350 Participants Attend FHRAI"s Yoga Mahotsav in Goa as Part of the Inter n...	N/A
2411.	India Saga	Over 350 Participants Attend FHRAI"s Yoga Mahotsav in Goa as Part of the Inter n...	N/A
2412.	Tycoon World	Over 350 Participants Attend FHRAI"s Yoga Mahotsav in Goa as Part of the Inter n...	N/A
2413.	ITDC India	AYUSH Institutions Directed to Stay Alert for Emergencies	N/A
2414.	Rudraksh News	यूपी: संदिग्धों की पड़ताल तेज, कुछ जिलों में पुलिसवालों की छुट्टियां रद्द	N/A
2415.	Indian Parspective	सुरक्षा-चिकित्सा और जरूरी सामान की कोई कमी नहीं:एयरपोर्ट पर सुरक्षा दोगुनी, अस्प...	N/A
2416.	Itdc News	आरजीपीवी में इनोवेट एमपी का “सृजन” आयोजन	N/A
2417.	Itdc News	आपातकाल के लिए आयुष संस्थाओं को सतर्क रहने के निर्देश	N/A
2418.	The Hans India	Scientific Study on Mantra and Sonic Therapy Begins at NYRI: Devrishi Named Pr in...	N/A
2419.	Udaipur Kiran	मप्रः आयुष स्वास्थ्य संस्थाओं को आपातकालीन स्थिति के लिए तैयार रहने के निर्देश	N/A
2420.	Haryana Archives Hindi Samachar	Rewari News : राष्ट्रीय पोषण अभियान व बेटी बचाओ-बेटी पढ़ाओ कार्यक्रम के तहत जिला...	N/A

2421.	Kumaun News	देहरादून : कार्यस्थलीय तनाव (Workplace Stress) प्रबंधन और उत्पादकता वृद्धि हेतु ...	N/A
2422.	Tender Detail	Bids Are Invited For Refrigerated Micro - Centrifuge (Q2) Total Quantity : 1, Gw...	N/A
2423.	Tender Detail	Water Line Upgradation Work For Complains Of Water Leakage,Pollution,Pressur e An...	N/A
2424.	Hindi khabar	Madhya Pradesh News :	N/A
2425.	State News Service	वयोवृद्ध स्वास्थ्य शिविर में 8039 बुजुर्ग व्यक्तियों की हुई स्क्रीनिंग किया गया ...	N/A
2426.	उद्योग का अनुमान	अंतरराष्ट्रीय योग दिवस-2025 ना केवल सफल रहेगा, बल्कि पूरी दुनिया के लिए प्रेरणा ...	N/A
2427.	Daily World Hindi	अंतरराष्ट्रीय योग दिवस-2025 ना केवल सफल रहेगा, बल्कि पूरी दुनिया के लिए प्रेरणा ...	N/A
2428.	Ndtv	Here Is Why You Should Add Desi Ghee To Your Diets	N/A
2429.	The Indian Practitioner	CCRAS Revives Rare Ayurvedic Manuscripts to Strengthen Legacy	N/A
2430.	IndiBlogHub	Ayurveda: The Future of Natural Healthcare in 2025 and Beyond	N/A
2431.	Krishak Jagat	कृषक जगत समाचार@ 5.00 PM: कृषकों से संवाद I चीनी उद्योग I बासमती चावल I खरीफ 202...	N/A
2432.	Tarunmitra	इंडियन योग एसोसिएशन ने 600 से अधिक बच्चों को कराया योगाभ्यास	N/A
2433.	Thenewsindia	सुशासन तिहार अंतर्गत ग्राम बेमचा में समाधान शिविर का हुआ आयोजन, विधायक एवं कलेक्...	N/A
2434.	Krishak Jagat	अश्वगंधा का विकासखंड स्तरीय प्रशिक्षण संपन्न	N/A
2435.	Asian News Service	सुशासन तिहार : बेमचा में समाधान शिविर का हुआ आयोजन	N/A
2436.	Uttar Bharat Live	राज्यपाल ने अभिभाषण में धामी सरकार की गिनाई उपलब्धियां, समाज के हर वर्ग को ध्यान...	N/A
2437.	Joharcg	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं	N/A
2438.	Health Economictimes	Delhi govt plans to sponsor Ayurveda start-ups, host global summit: CM	N/A
2439.	Krishak Jagat	अश्वगंधा पर एक दिवसीय कार्यशाला आयोजित	N/A
2440.	Health Economictimes	Ayush doctors to act against misleading ads	N/A
2441.	सकाळ(eSakal)	Margao Medical College: मडगावात लवकरच होणार वैद्यकीय महाविद्यालय, कामगार विमा यो ...	N/A
2442.	Krishak Jagat	अश्वगंधा की खेती पर प्रशिक्षण संपन्न	N/A
2443.	Education Times	Homoeopathy colleges get one-year relaxation from NCH for faculty hiring and sm o...	N/A
2444.	Millenium Post	Delhi govt plans to sponsor Ayurveda start-ups, says CM	N/A
2445.	Tripurastar News	Union Ayush Minister Shri Prataprao Jadhav Reviews Preparations For Internatio na...	N/A
2446.	Maverick News3	Prataprao Jadhav Reviews Preparations for International Day of Yoga 2025	N/A
2447.	Newz 9	Daily quiz on current affairs with answers Hindi 9 May 2025	N/A

2448.	Newz 9	Daily quiz on current affairs with answers English 9 May 2025	N/A
2449.	New Delhi Times	Central Council for Research in Ayurvedic Sciences revives two rare Ayurvedic m a...	N/A
2450.	Bharatiya Digital News	08 May 2025	N/A
2451.	AnyTV News	What is 'Common Yoga Protocol", who keep the body fit and healthy	N/A
2452.	Sarasjanvaad	छात्राओं के लिए स्वास्थ्य एवं योग जागरूकता कार्यक्रम आयोजित	N/A
2453.	enewstime	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
2454.	Keekli	Prataprao Jadhav Reviews Yoga Day 2025 Preparations	N/A
2455.	Newzdex	copyright @2023 Newzdex	N/A
2456.	Digi Newz India	100 साल तक निरोगी रहने के लिए ऐसे करें योग, आसपास भी नहीं भटकेंगी बीमारियां, फिट...	N/A
2457.	Aajkadin News	केल्हारी में समाधान शिविर हुआ सम्पन्न, 1969 आवेदनों में से 1572 आवेदनों का हुआ न...	N/A
2458.	Bilkul	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
2459.	Udaipur Kiran	छात्राओं के लिए स्वास्थ्य एवं योग जागरूकता कार्यक्रम आयोजित	N/A
2460.	Education Post	Dravyaratnākara Nighaṇṭu and Dravyanamākara Nighaṇṭu, have been restored by the ...	N/A
2461.	Vikral	केंद्रीय आयुष मंत्री प्रतापराव जाधव ने अंतर्राष्ट्रीय योग दिवस 2025 की तैयारियों...	N/A
2462.	Udaipur Kiran	एमजीसीयू में योग पर पोस्टर प्रतियोगिता का आयोजन	N/A
2463.	Udaipur Kiran	अंतरराष्ट्रीय योग दिवस 2025 पूरे विश्व के लिए प्रेरणादायी होगा: प्रतापराव जाधव	N/A
2464.	Tampa Bay Indian	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
2465.	Phoenix Indian Community	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
2466.	Newspoint	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
2467.	India Pharma Outlook	Pharma Science Revives Ayurveda with Zero Investment Plan	N/A
2468.	Thip Media	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
2469.	United News Of India	जाधव ने की अंतरराष्ट्रीय योग दिवस 2025 की तैयारियों की समीक्षा	N/A
2470.	Nation Press	How Can We Spread the Message of Holistic Well-Being Through Yoga Worldwid e?	N/A
2471.	Daily World Hindi	आयुर्वेद से जुड़े स्टार्ट-अप को प्रायोजित करने की योजना बना रही दिल्ली सरकार: मु...	N/A
2472.	Sonebhadra Live	Common Yoga Protocol For Maximum Health Benefits : क्या है कॉमन योग प्रोटोकॉल, क ...	N/A
2473.	thepatriot.in	Govt plans to sponsor Ayurveda start-ups, host global summit: Delhi CM	N/A

2474.	BharatKi Baat	Delhi government to support Ayurveda start-ups and organize a global summit, an n...	N/A
2475.	Knownewz	Common Yoga Protocol: कॉमन योग प्रोटोकॉल क्या है? जानें आसान तरीका, फायदे और इसे...	N/A
2476.	Garima Times	मध्यप्रदेश के इन शहरों में कामकाजी महिलाओं के लिए बनेंगे हॉस्टल, सीएम ने दिए निर...	N/A
2477.	News India Live	Common Yoga Protocol: कॉमन योग प्रोटोकॉल क्या है? जानें आसान तरीका, फायदे और इसे...	N/A
2478.	Next Edge	CCRAS Revives Two Rare Ayurvedic Manuscripts to Enrich India's Traditional Medic...	N/A
2479.	Calcutta News	Delhi CM Rekha Gupta hails PM Modi"s push for Ayurveda, announces global confer...	N/A
2480.	Palgharnews	Delhi CM Rekha Gupta hails PM Modi"s push for Ayurveda, announces global confer...	N/A
2481.	World News Network	Delhi CM Rekha Gupta hails PM Modi’s push for Ayurveda, announces global confere...	N/A
2482.	E Khabar Today	Madhya Pradesh बच्चों का पोषण स्तर सुधारने के लिए एमपी सरकार ने आंगनबाड़ियों में...	N/A
2483.	India Gazette	Delhi CM Rekha Gupta hails PM Modi"s push for Ayurveda, announces global confer...	N/A
2484.	India web news	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2485.	NDTV Madhya Pradesh Chhattisgarh	International Day of Yoga 2025: शरीर रहेगा चुस्त-दुरुस्त और तंदुरुस्त! जानिए कॉम...	N/A
2486.	The Asia News	Delhi CM Rekha Gupta hails PM Modi"s push for Ayurveda, announces global confer...	N/A
2487.	India's News	Delhi CM Rekha Gupta hails PM Modi"s push for Ayurveda, announces global confer...	N/A
2488.	Life And More	RARE AYURVEDIC MANUSCRIPTS REVIVED	N/A
2489.	Vishvatimes	क्या है "कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	N/A
2490.	Imnb	सजग रहें, सतर्क रहें, सिविल डिफेंस प्रोटोकॉल्स का करें पालन: मुख्यमंत्री डॉ. मोह...	N/A
2491.	Imnb	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2492.	Imnb	भारत के गौरवशाली अतीत से परिचय व प्रेरणा वर्तमान की अनिवार्य आवश्यकता : मुख्यमंत...	N/A
2493.	Poorvanchalmedia	दिनचर्या में जुड़ते ही आपको बड़े परिणाम देता है ‘कॉमन योग प्रोटोकॉल", जानें कैसे ...	N/A
2494.	OB News	Delhi CM Rekha Gupta hails PM Modi"s push for Ayurveda, announces global confer...	N/A
2495.	The Mobi World	Delhi CM Rekha Gupta hails PM Modi"s push for Ayurveda, announces global confer...	N/A
2496.	Indias News	क्या है ‘कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	N/A

2497.	Newspoint	Delhi CM Rekha Gupta hails PM Modi"s push for Ayurveda, announces global co nfer...	N/A
2498.	Gujarat Samachar	Delhi CM Rekha Gupta hails PM Modi's push for Ayurveda, announces global con fere...	N/A
2499.	Agriculture Times	Stakeholder consultation charts roadmap to boost medicinal plant sector in India	N/A
2500.	Rajasthan News(राजस्थान समाचार)	क्या है "कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	N/A
2501.	Khair News	क्या है 'कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	N/A
2502.	Deshbandhu	क्या है 'कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	N/A
2503.	IANS Live	क्या है "कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	N/A
2504.	Itdc News	शुजालपुर में विकास कार्यों की समीक्षा बैठक में मंत्री परमार के निर्देश	N/A
2505.	Samarth Chhattisgarh	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2506.	Hindi khabar	मुख्यमंत्री ने महिला और बाल विकास विभाग की समीक्षा बैठक की, आंगनवाड़ियों की सुवि...	N/A
2507.	Mpe News	आयुर्वेद की दो प्राचीन पांडुलिपियों का प्रकाशन	N/A
2508.	Tourism Breaking News	FHRAI and HRAWI to conduct yoga programme on May 10 in Goa to promote hol istic w...	N/A
2509.	FnBnews	Stakeholder Consultation in the medicinal plant sector to promote medicinal plan...	N/A
2510.	FnBnews	Stakeholder Consultation in the medicinal plant sector to promote medicinal plan...	N/A
2511.	Tripurastar News	Central Council For Research In Ayurvedic Sciences Revives Two Rare Ayurvedic Ma...	N/A
2512.	HealthTekPak	Visit to National Institute of Naturopathy Pune	N/A
2513.	Pahadi khabarnama	विश्व अस्थमा दिवस के अवसर पर एम्स में जनजागरूकता कार्यक्रम आयोजित	N/A
2514.	Hillvani	विश्व अस्थमा दिवस के अवसर पर एम्स में जनजागरूकता कार्यक्रम आयोजित	N/A
2515.	Voice Of Rights Hindi News Portal	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2516.	Next Khabar	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2517.	Khabaraajtak24x7	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2518.	Khabarwani	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2519.	The Bharat Now	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2520.	Moomal Art News	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2521.	Samachar Pradesh Hindi News Portal	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A

2522.	India Habitat Centre	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2523.	Indian Public mail	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2524.	Ayush India News	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2525.	Mplive24	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2526.	Sameera	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2527.	Samay Jagat	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2528.	Khulasa	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2529.	Statebreaking	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2530.	Redalertnews.in	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2531.	Satyaexpress	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2532.	Deshmanus	ভেষজ উদ্ভিদ চাষের প্রসারের লক্ষ্যে সংশ্লিষ্ট পক্ষগুলির বৈঠক	N/A
2533.	Janmorcha	MP News- प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मु...	N/A
2534.	Prithak Chhattisgarh	MP News- प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मु...	N/A
2535.	Trc News	MP News- प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मु...	N/A
2536.	Sarvam News	MP News- प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मु...	N/A
2537.	Sakshi Khabar	MP News- प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मु...	N/A
2538.	Naya Bharat	MP News- प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मु...	N/A
2539.	The Quick Update	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2540.	Stroy India	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2541.	State News Today	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2542.	Delhi upto Date	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2543.	enewstime	CCRAS revives rare ayurvedic manuscripts to boost India"s literary heritage	N/A
2544.	MANAV JAGAT	योग अच्छी सेहत के साथ देता है भाईचारे का संदेश डॉ. अवनीश उपाध्याय	N/A
2545.	BharatKi Baat	UP Governor meets private universities to strategize for International Yoga Day ...	N/A
2546.	Poorvanchalmedia	मुख्यमंत्री डॉ. यादव महिलाओं व बच्चों के पोषण के लिए एक माह में लेंगे एक्शन प्ला...	N/A
2547.	United News Of India	आयुर्वेद की दो प्राचीन पांडुलिपियों का प्रकाशन	N/A
2548.	United News Of India	आयुर्वेद की दो प्राचीन पांडुलिपियों का प्रकाशन	N/A

2549.	Betul Update	Working Women Hostel MP: कामकाजी महिलाओं को सीएम मोहन यादव की बड़ी सौगात, हर शहर ...	N/A
2550.	India News Archives	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2551.	India Buzz Feed News	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2552.	Quick News Now	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2553.	Shabd Sangram	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2554.	Indian Express Daily	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2555.	Brief Buzz	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2556.	Jharkhand News Hub	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2557.	Gujarat Watch	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2558.	India Globe Today	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2559.	Chhattisgarh News Line	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2560.	Jharkhand India Newsagency	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2561.	News India Live	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2562.	News India Headline	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2563.	Rajasthan News Time	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2564.	Haryana Newsline	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2565.	The Daily Discover	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2566.	The Expert Finds	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2567.	Topics To Know	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2568.	India Reporter Live	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A

2569.	Sandwich	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2570.	Delhi News Daily	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2571.	India latest News Update	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2572.	News Indian Bulletin	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2573.	Nagalandnews24x7	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2574.	Rabale	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2575.	The Readers Digest	Pharma ScienceTM Revolutionizes Ayurveda with Patented Treatments and Zero-Inves...	N/A
2576.	PalPal India	MP: लाड़ली बहना योजना में नए नाम जोड़ने पर चर्चा नहीं, सीएम ने कहा वर्किंग वूमेन ...	N/A
2577.	Swadesh Today	मप्र के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री ड...	N/A
2578.	पर्वतांचल	एम्स: अस्थमा नियंत्रण में पारिवारिक सहभागिता पर जोर, विश्व अस्थमा दिवस पर आयोजित...	N/A
2579.	Action India Live	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2580.	Punjabkesari	MP के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : CM मोहन यादव	N/A
2581.	Saahas Samachar	बच्चों के पोषण और सही शारीरिक विकास के लिए महिला एवं बाल विकास, स्वास्थ्य और आयु...	N/A
2582.	Khas Khabar	बच्चों के पोषण और सही शारीरिक विकास के लिए महिला एवं बाल विकास, स्वास्थ्य और आयु...	N/A
2583.	Biotecnika.org	MSc Biology JRF Positions at IIT Gandhinagar, Apply Now	N/A
2584.	खबर जगत	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2585.	Shree News	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2586.	अंजनी खबर (Anjani Khabar)	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2587.	Mp Headline	बच्चों के पोषण और सही शारीरिक विकास के लिए महिला एवं बाल विकास, स्वास्थ्य और आयु...	N/A
2588.	Udaipur Kiran	मप्र के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री ड...	N/A
2589.	Web Akhbar	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2590.	New India	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं: यादव	N/A
2591.	Delhi Bulletin	बच्चों के पोषण और सही शारीरिक विकास के लिए महिला एवं बाल विकास, स्वास्थ्य और आयु...	N/A
2592.	Evening Times	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A
2593.	Kadwaghut	प्रदेश के सभी शहरों में कामकाजी महिलाओं के लिए हॉस्टल उपलब्ध कराएं : मुख्यमंत्री...	N/A

2594.	Real India News	बच्चों के पोषण और सही शारीरिक विकास के लिए महिला एवं बाल विकास, स्वास्थ्य और आयु...	N/A
2595.	Real India News	कुपोषण मुक्त झाबुआ के लिए चलाए गए मोटी आई नवाचार की हुई सराहना	N/A
2596.	सबसे तेज प्रधान टाइम्स	अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में हरिद्वार में आयोजित योग शिविरों में विभि...	N/A
2597.	United News Of India	आयुर्वेद की दो प्राचीन पांडुलिपियों का प्रकाशन	N/A
2598.	United News Of India	आयुर्वेद की दो प्राचीन पांडुलिपियों का प्रकाशन	N/A
2599.	Udaipur Kiran	योग भारतीय संस्कृति की अमूल्य देन: राज्यपाल	N/A
2600.	Rk Tv News	केंद्रीय आयुर्वेदिक विज्ञान अनुसंधान परिषद ने दो दुर्लभ आयुर्वेदिक पांडुलिपियों ...	N/A
2601.	Daily World Hindi	उप्र: राज्यपाल ने योग दिवस के आयोजन को लेकर बैठक की, योग को भारतीय संस्कृति की अ...	N/A
2602.	उद्योग का अनुमान	उप्र: राज्यपाल ने योग दिवस के आयोजन को लेकर बैठक की, योग को भारतीय संस्कृति की अ...	N/A
2603.	OB News	Rare Ayurveda manuscripts are brought back to life by CCRAS to enhance India"s ...	N/A
2604.	The Mobi World	Rare Ayurveda manuscripts are brought back to life by CCRAS to enhance India"s ...	N/A
2605.	Ndtv	15 Healthy Canned And Packaged Foods You Can Easily Store For Emergencies	N/A
2606.	Skgnews	अंतर्राष्ट्रीय योग दिवस के अवसर पर हरिद्वार में आयोजित योग शिविरों में समाज के स...	N/A
2607.	Ndtv	From Turmeric To Chyawanprash: 10 Natural Foods To Strengthen Your Body"s Defen...	N/A
2608.	Daily World	CCRAS revives rare ayurvedic manuscripts, to boost India"s literary heritage -A...	N/A
2609.	Udaipur Kiran	अंतरराष्ट्रीय योग दिवस पर योग शिविरों में होगी विभिन्न समुदायों की भागीदारी	N/A
2610.	Observer Voice	Central Council for Research in Ayurvedic Sciences Revives Two Rare Ayurvedic Fo...	N/A
2611.	The Hans India	CCRAS revives rare ayurvedic manuscripts to boost India"s literary heritage	N/A
2612.	Reporter Post	CCRAS revives rare ayurvedic manuscripts to boost India"s literary heritage	N/A
2613.	Thip Media	CCRAS revives rare ayurvedic manuscripts to boost India"s literary heritage	N/A
2614.	Krishak Jagat	औषधीय खेती पर प्रशिक्षण कार्यक्रम	N/A
2615.	Newspoint	CCRAS revives rare ayurvedic manuscripts, to boost India"s literary heritage	N/A
2616.	Nation Press	How is CCRAS Reviving Rare Ayurvedic Manuscripts?	N/A
2617.	Day night khabar	अंतर्राष्ट्रीय योग दिवस के अवसर पर हरिद्वार में आयोजित योग शिविरों में विभिन्न स...	N/A
2618.	Change Started	Nature"s Pharmacy – Rise of Medicinal Plants in India	N/A
2619.	Uttarakhand City News	बड़ी खबर (चोरगलियां) यहां एक पृथ्वी एक स्वास्थ्य का लिया गया संकल्प ।।	N/A

2620.	BharatKi Baat	Pharma ScienceTM introduces patented Ayurvedic treatments and a no-investment bu...	N/A
2621.	FnBnews	Successful nutra cos catalysing sectoral growth	N/A
2622.	Forever News	Ancient Wildfires in Godavari Basin Reveal Climate Shifts 250 Million Years Ago	N/A
2623.	FnBnews	AI-driven personalised nutrition gaining traction	N/A
2624.	FnBnews	Tech advancements pave way for personalised nutra	N/A
2625.	Early Times	Mega Yoga and HIV awareness camp promotes holistic health	N/A
2626.	Education Post	The NBA has announced the Biological Diversity (Access to Biological Resources a...	N/A
2627.	Skgnews	हरिद्वार के गांव-गांव में गूंजा योग का मंत्र : जनप्रतिनिधियों और डॉक्टरों की मौज...	N/A
2628.	Tender Detail	Auction For Auctioning Of A Lot Of Condemned, Unserviceable, Beyond Repair, Obso...	N/A
2629.	Tender Detail	Tender For Auctioning Of A Lot Of Condemned, Unserviceable E-Waste., Jhansi-Utta...	N/A
2630.	Hind Ekta Times	आजमगढ़ में दैवीया आपदा से निपटने को प्रशासन ने कसी कमर, सभापति की समीक्षा बैठक मे...	N/A
2631.	Agrospectrum India	Dept of Agriculture and Farmers Welfare conducts stakeholder consultation in med...	N/A
2632.	Tarunmitra	सात थीम पर आधारित होगा योग दिवस कार्यक्रम	N/A
2633.	prativad	“हमें खुद नहीं पता था, हम क्या पढ़ा रहे थे” - CM मोहन यादव का कटाक्ष, डॉ. इंद्रे...	N/A
2634.	MintMoney	Polycystic Ovary Syndrome (PCOS): Understanding the Disorder and Ayurvedic Solut...	N/A
2635.	Shubhabori	শুভাবরি	N/A
2636.	The Mobi World	The Ayush industrial sector has expanded eightfold during the last ten years, wi...	N/A
2637.	OB News	The Ayush industrial sector has expanded eightfold during the last ten years, wi...	N/A
2638.	The Hawk	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,...	N/A
2639.	Observer Voice	Stakeholder Consultation in the Medicinal Plant Sector	N/A
2640.	Navodaya Times	3 साल में 10 करोड़ हुई आयुष का उपयोग करने वालों की संख्या, राजेश कोटेचा कही ये ब...	N/A
2641.	Blitz India Media	Ayush manufacturing sector grew 8 times in last 10 years	N/A
2642.	Today India News	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,...	N/A
2643.	Vishvatimes	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन: राज्यपाल आनंदीबेन पट...	N/A

2644.	enewstime	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,..	N/A
2645.	Thip Media	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,..	N/A
2646.	The Hans India	Ayush manufacturing sector grew 8x in last 10 years, huge potential for economy,..	N/A
2647.	Krishak Jagat	अश्वगंधा का खंड स्तरीय प्रशिक्षण आयोजित	N/A
2648.	The Economic Times	Rajasthan leads AYUSH Mission with ₹ crore boost, tops in infrastructure and ...	N/A
2649.	APN News	FHRAI & HRAWI Collaborate With Mdniy For 100-Day Countdown To Internationa l ...	N/A
2650.	Mytimesnow	How Ayurvedic Giants Are Transforming India"s Healthcare Landscape With Rese arc...	N/A
2651.	Needs Of Public	ನೀಡ್ಸ್ ಆಫ್ ಪಬ್ಲಿಕ್	N/A
2652.	The Samikhsya	Medicinal Plant Cultivation: Centre Plans Dedicated Mandis and Clusters	N/A
2653.	OB News	Is ancient Ayurveda defeating modern science?	N/A
2654.	The Mobi World	Is ancient Ayurveda defeating modern science?	N/A
2655.	Tezzbuzz	Is ancient Ayurveda defeating modern science?	N/A
2656.	Babushahi Hindi	Health News : सुबह उठते ही गुनगुना पानी पीना क्यों है ज़रूरी? जानें इसके 5 चमत्क...	N/A
2657.	Maverick News3	Stakeholder Consultation in the Medicinal Plant Sector to promote medicinal plan.. .	N/A
2658.	Khabar Drishtikon	अपर्णा यादव उपाध्यक्षा ने राज्य महिला आयोग द्वारा बालिका बालगृह का किया औचक निरी...	N/A
2659.	Pradesh Khabar	धमतरी में सुशासन तिहार का आगाज़, अकलाडोंगरी, जोरातराई और कुकरेल में लगे समाधान श...	N/A
2660.	Ndtv	Try These Ayurvedic Foods For A Cooler Summer	N/A
2661.	Deshbandhu	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन : राज्यपाल आनंदीबेन प...	N/A
2662.	Tender Detail	Bids Are Invited For Rotary Microtome (Q3) Total Quantity : 1, Gwalior-Madhya Pr ...	N/A
2663.	Tender Detail	Tender For Work For Disposal Of Complaints Received By Ccrs In Pocket-4 Of E ast ...	N/A
2664.	Tender Detail	Tender For Complaint Of Dirty Water And In Remote Areas And Where There Is A Com...	N/A
2665.	Khair News	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन : राज्यपाल आनंदीबेन प...	N/A
2666.	Jan Jagran Darpan	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन : राज्यपाल आनंदीबेन प...	N/A

2667.	Rajasthan News(राजस्थान समाचार)	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन : राज्यपाल आनंदीबेन प...	N/A
2668.	Udaipur Kiran	विश्वविद्यालय परिसरों में योग के लिए स्थायी स्थल विकसित किए जाएं: राज्यपाल	N/A
2669.	Imnb	सुशासन तिहार : पहले दिन अकलाडांगरी, जोरातराई, कुकरेल, में लगा समाधान शिविर	N/A
2670.	The Lucknow Tribune	UP Governor Chairs High-Level Meeting to Review International Yoga Day 2025	N/A
2671.	Breaking News Express	LUCKNOW :योग और पर्यावरण संरक्षण को एकीकृत करते हुए पौधरोपण, स्वच्छता जैसे कार्य...	N/A
2672.	Sustainability Next	Gut and Soil Microbial SustainAbility Bridges Science and Ancient Indian Wisdom	N/A
2673.	India web news	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2674.	HospiBuz	FHRAI & HRAWI Collaborate With MDNIY for 100-Day Countdown To International ...	N/A
2675.	सबसे तेज प्रधान टाइम्स	हरिद्वार के गांव-गांव में गूंजा योग का मंत्र	N/A
2676.	सबसे तेज प्रधान टाइम्स	योग दिवस की तैयारी के मद्देनजर पीएम श्री राइंका उत्तरकाशी में प्रतियोगिताओं का आ...	N/A
2677.	Udaipur Kiran	1 जून से 29 जून तक हरिद्वार में योग महोत्सव का आयोजन	N/A
2678.	Hospitality Biz India	FHRAI & HRAWI Embraces Yoga for Wellness with “Yogotsav”	N/A
2679.	BW Hotelier	FHRAI & HRAWI announces ‘Yogotsav’ in Goa	N/A
2680.	Rajkaj Express	ऑल्ट्रस हेल्थकेयर ने देहरादून में उन्नत इन-पेशेंट विभाग खोला	N/A
2681.	Health Economictimes	National Ayush Mission delegates immerse in naturopathy at National Institute of...	N/A
2682.	Newston	Duniya360	N/A
2683.	Garima Times	कुपोषण और एनीमिया के खात्मे के लिए हरियाणा ने किया राज्य टास्क फोर्स का गठन	N/A
2684.	Krishitak	कालमेघ की खेती: जिसे लोग घास समझते हैं, वही आज बना रहा है करोड़ों का कारोबार!	N/A
2685.	Affairrs Cloud	Current Affairs 4 & 5 May 2025	N/A
2686.	BharatKi Baat	National Ayush Mission delegates explore naturopathy at Pune"s National Institu...	N/A
2687.	Babushahi Hindi	हरियाणा सरकार ने कुपोषण और एनीमिया के खिलाफ तेज किया अभियान, राज्य टास्क फोर्स क...	N/A
2688.	Lok Shakti	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री श्री विष्णुदेव स...	N/A
2689.	State News Service	राष्ट्रीय बुजुर्ग स्वास्थ्य देखभाल कार्यक्रम के तहत 5 मई से 31 मई तक जिले में वय...	N/A
2690.	Uttar Bharat Live	प्रदेश में हर महीने तीन लाख लोग उठा रहे आयुष सेवा का लाभ	N/A
2691.	Samarth Chhattisgarh	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार : मुख्यमंत्री विष्णुदेव साय	N/A
2692.	Udaipur Kiran	आयुष मंत्रालय सांबा ने लगाया योग शिविर	N/A
2693.	सकाळ(eSakal)	Ayush Hospital: आयुष इस्पितळात रुग्णांची ‘परवड", वाढीव शुल्काने रुग्ण - नातेवाई...	N/A

2694.	Rihand Times	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2695.	Trc News	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय May 4, 2025 ...	N/A
2696.	Sarvam News	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय News Desk On...	N/A
2697.	Khas Khabar	मुख्यमंत्री साय की अध्यक्षता में स्वास्थ्य विभाग की समीक्षा बैठक सम्पन्न	N/A
2698.	Sakshi Khabar	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2699.	Action India Live	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2700.	Business Remedies	Sanchit Sharma"s Ayuthveda Blending Ancient Wisdom With Science May 4, 2025	N/A
2701.	Janmorcha	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2702.	Janmorcha	मुख्यमंत्री साय की अध्यक्षता में स्वास्थ्य विभाग की समीक्षा बैठक सम्पन्न	N/A
2703.	Prithak Chhattisgarh	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2704.	खबर जगत	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2705.	Mp Headline	मुख्यमंत्री साय की अध्यक्षता में स्वास्थ्य विभाग की समीक्षा बैठक सम्पन्न	N/A
2706.	Shree News	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2707.	अंजनी खबर (Anjani Khabar)	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2708.	The Kashmir Horizon	MLA Khanyar A M Sagar chairs meeting with R&B, City roads officials	N/A
2709.	Delhi upto Date	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2710.	Delhi Bulletin	मुख्यमंत्री साय की अध्यक्षता में स्वास्थ्य विभाग की समीक्षा बैठक सम्पन्न	N/A
2711.	Web Akhbar	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2712.	Evening Times	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री साय	N/A
2713.	Evening Times	मुख्यमंत्री साय की अध्यक्षता में स्वास्थ्य विभाग की समीक्षा बैठक सम्पन्न	N/A
2714.	Saahas Samachar	मुख्यमंत्री साय की अध्यक्षता में स्वास्थ्य विभाग की समीक्षा बैठक सम्पन्न	N/A
2715.	Real India News	मुख्यमंत्री साय की अध्यक्षता में स्वास्थ्य विभाग की समीक्षा बैठक सम्पन्न	N/A
2716.	Real India News	मुख्यमंत्री साय बोले – आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार	N/A
2717.	E - PAO	Yoga awareness activities mark IDY	N/A
2718.	E - PAO	CRPF organises Yoga awareness activities	N/A
2719.	Media Passion	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार : मुख्यमंत्री साय	N/A
2720.	Vistaar News	Raipur: CM विष्णुदेव साय ने की स्वास्थ्य विभाग की समीक्षा बैठक, बोले- PSC और व्य...	N/A
2721.	Sabkasandesh	पीएससी और व्यापम के जरिए शीघ्र ही भरे जाएंगे स्वास्थ्य विभाग के खाली पद, समीक्षा...	N/A

2722.	Asalbaat	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री श्री विष्णुदेव स...	N/A
2723.	Samaydarshan	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार : विष्णुदेव साय	N/A
2724.	Aajkadin News	रायपुर : आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार : मुख्यमंत्री विष्णु...	N/A
2725.	Kelopravah	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री विष्णुदेव साय	N/A
2726.	Samvetsrijan	मुख्यमंत्री की अध्यक्षता में स्वास्थ्य विभाग की समीक्षा बैठक, सीएम साय ने कहा -आ...	N/A
2727.	State News Service	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री श्री विष्णुदेव स...	N/A
2728.	छत्तीसगढ़ वाच	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार : मुख्यमंत्री विष्णुदेव साय	N/A
2729.	Chhattisgarh Vishesh	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री श्री विष्णुदेव स...	N/A
2730.	मीडिया जगत	Raipur: आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार- CM विष्णुदेव साय	N/A
2731.	Meru Vani	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार : मुख्यमंत्री श्री विष्णुदेव ...	N/A
2732.	Tarunpath	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार : मुख्यमंत्री श्री विष्णुदेव ...	N/A
2733.	Shree News	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री श्री विष्णुदेव स...	N/A
2734.	Bhaskardoot	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार : मुख्यमंत्री श्री विष्णुदेव ...	N/A
2735.	KNS News	Sagar chairs meeting with R&B, City roads officials	N/A
2736.	Local News11	Expand health facilities in the interest of the general public: Chief Minister V...	N/A
2737.	Sarvam News	CG NEWS: स्वास्थ्य सेवाओं के विस्तार के लिए मुख्यमंत्री साय के निर्देश: आमजन को ...	N/A
2738.	Trc News	CG NEWS: स्वास्थ्य सेवाओं के विस्तार के लिए मुख्यमंत्री साय के निर्देश: आमजन को ...	N/A
2739.	Ntnreport.in	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री विष्णुदेव साय	N/A
2740.	Prithak Chhattisgarh	CG NEWS: स्वास्थ्य सेवाओं के विस्तार के लिए मुख्यमंत्री साय के निर्देश: आमजन को ...	N/A
2741.	Sakshi Khabar	CG NEWS: स्वास्थ्य सेवाओं के विस्तार के लिए मुख्यमंत्री साय के निर्देश: आमजन को ...	N/A
2742.	Jantakiaawaz	CM Vishnu : आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तार, मुख्यमंत्री की अ...	N/A
2743.	Imnb	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री विष्णुदेव साय	N/A
2744.	Pratidin rajdhani	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री विष्णुदेव साय	N/A
2745.	Janmorcha	CG NEWS: स्वास्थ्य सेवाओं के विस्तार के लिए मुख्यमंत्री साय के निर्देश: आमजन को ...	N/A
2746.	दक्षिणापथ	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री विष्णुदेव साय	N/A
2747.	City Hot News	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री श्री विष्णुदेव स...	N/A
2748.	Naya Bharat	CG NEWS: स्वास्थ्य सेवाओं के विस्तार के लिए मुख्यमंत्री साय के निर्देश: आमजन को ...	N/A
2749.	Janpatra News	आमजन के हित में करें स्वास्थ्य सुविधाओं का विस्तारः मुख्यमंत्री विष्णुदेव साय	N/A
2750.	Village Square	Moringa, the green gold	N/A

2751.	Eduvarta	शालेय अभ्यासक्रमात होणार "योगा"चा समावेश; आयुष मंत्र्याची माहिती	N/A
2752.	North East Monitor	Mizoram Health Minister Lalrinpuii Attends National AYUSH Mission Conclave In Pu...	N/A
2753.	Uttar Bharat Live	कांग्रेस ने भाजपा पर आईएमपीसीएल सरकारी संस्थान को बेचने का लगाया आरोप	N/A
2754.	Aavaj	जयपुर: राष्ट्रीय आयुष मिशन के तहत आयुष अवसंरचना और आउटरीच में राजस्थान अग्रणी रा...	N/A
2755.	Live Today	जयपुर: राष्ट्रीय आयुष मिशन के तहत आयुष अवसंरचना और आउटरीच में राजस्थान अग्रणी रा...	N/A
2756.	Asian News Service	5 से वयोवृद्ध स्वास्थ्य शिविर का आयोजन	N/A
2757.	Imnb	राष्ट्रीय बुजुर्ग स्वास्थ्य देखभाल कार्यक्रम के तहत 5 मई से 31 मई तक जिले में वय...	N/A
2758.	DANIK KHABAR	योग संगम स्वास्थ्य के लिए वैश्विक एकजुटता का प्रतीक है - योग और उससे परे मानवता ...	N/A
2759.	One Hindi News	Rajasthan News: राष्ट्रीय आयुष मिशन के तहत आयुष अवसंरचना और आउटरीच में राजस्थान ...	N/A
2760.	Mizoram Chronicle	Health minister pi lalrinpuii"n ni 2 awh “national ayush mission conclave, 2025...	N/A
2761.	Mizoram Observer	Health minister pi lalrinpuii attends the 2-day ‘national ayush mission conclave...	N/A
2762.	Newz IIndia 24	आयुष जांच शिविर में 81 लोगों का हुआ निःशुल्क स्वास्थ्य परीक्षण	N/A
2763.	Jharkhand State News	Yoga Sangam Portal Launched; Nashik celebrates Grand Yoga Mahotsav	N/A
2764.	Hindustan Bytes	Anish Kumar P.K.	N/A
2765.	Government of Sikkim	PRESS RELEASE	N/A
2766.	DANIK KHABAR	राष्ट्रीय आयुष मिशन के तहत आयुष अवसंरचना और आउटरीच में राजस्थान अग्रणी राज्य	N/A
2767.	Health Economictimes	"Ayush beneficiaries up from 1.5cr in 2021 to over 11.5cr now"	N/A
2768.	न्यूज़ पोर्टल	आयुष को बढ़ावा देने के उद्देश्य से एनएएम कॉन्क्लेव का हुआ शुभारंभ	N/A
2769.	Dhriti News	आयुष को बढ़ावा देने के उद्देश्य से एनएएम कॉन्क्लेव का हुआ शुभारंभ	N/A
2770.	Khabray	आयुष को बढ़ावा देने के उद्देश्य से एनएएम कॉन्क्लेव का हुआ शुभारंभ	N/A
2771.	The Uttarakhandtribune	आयुष को बढ़ावा देने के उद्देश्य से एनएएम कॉन्क्लेव का हुआ शुभारंभ	N/A
2772.	Rajkaj Express	आयुष को बढ़ावा देने के उद्देश्य से एनएएम कॉन्क्लेव का हुआ शुभारंभ	N/A
2773.	India Talks Live	आयुष को बढ़ावा देने के उद्देश्य से एनएएम कॉन्क्लेव का हुआ शुभारंभ	N/A
2774.	Dev Bhoomi Jan Samvad	आयुष को बढ़ावा देने के उद्देश्य से एनएएम कॉन्क्लेव का हुआ शुभारंभ	N/A
2775.	Tripurastar News	Yoga Sangam Embodies Global Solidarity For Health — A Powerful Movement Uniting ...	N/A
2776.	BharatKi Baat	Yoga Mahotsav in Nashik begins 50-day countdown to International Yoga Day celebr...	N/A
2777.	UNI	Union Minister Jadhav stresses on effective implementation of NHRM schemes	N/A

2778.	Fusion World	Yoga Sangam embodies global solidarity for health — a powerful movement unitin g ...	N/A
2779.	Daily World Hindi	भारत में अपनी जड़ें जमाए योग अब वैश्विक स्तर पर फल-फूल रहा है: केंद्रीय मंत्री ज...	N/A
2780.	उद्योग का अनुमान	भारत में अपनी जड़ें जमाए योग अब वैश्विक स्तर पर फल-फूल रहा है: केंद्रीय मंत्री ज...	N/A
2781.	Keekli	India"s Yoga Movement Goes Global with Decade-Long Celebration of IDY	N/A
2782.	Shabd Sangram	योग संगम स्वास्थ्य के लिए वैश्विक एकजुटता का प्रतीक है : प्रतापराव जाधव	N/A
2783.	UNI	Yoga has become a valuable gift to the world thanks to efforts of PM Modi: Ayush. ..	N/A
2784.	Tampa Bay Indian	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
2785.	Tampa Bay Indian	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
2786.	Phoenix Indian Community	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
2787.	Ndtv	Health Benefits Of Consuming Raw Tulsi Leaves	N/A
2788.	BharatKi Baat	Union Minister Jadhav highlights yoga"s global growth, emphasizing its Indian o...	N/A
2789.	Investment Guru India	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
2790.	Thip Media	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
2791.	Newspoint	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
2792.	Calcutta News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y	N/A
2793.	enewstime	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
2794.	UniList	National Institute of Ayurveda, Jaipur: BAMS Program, Course Fees, and Career i n...	N/A
2795.	Nation Press	Is the International Day of Yoga a Powerful Global Movement Uniting Humanity?	N/A
2796.	IndiBlogHub	Indian Medicinal Plants: 15 Healing Herbs You Should Know	N/A
2797.	Daily aawaz	अंतर्राष्ट्रीय योग दिवस के लिए 50 दिन का काउनडाउन शुरू, नासिक में आयोजित किया ग...	N/A
2798.	Indianapolis Post	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y	N/A
2799.	EHealth Magazine	With the Indian healthcare ecosystem increasingly embracing integrative and tech ...	N/A
2800.	The Asia News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y AN...	N/A
2801.	Himachal Patrika	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y	N/A

2802.	Gujarat Morning Post	#NAM Conclave 2025	N/A
2803.	India's News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2804.	World News Network	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day – ...	N/A
2805.	Palgharnews	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day – ...	N/A
2806.	Mumbai News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2807.	New Delhi News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2808.	Hot Line Gujarat	#NAM Conclave 2025	N/A
2809.	Virat Gujarat	#NAM સંમેલન 2025	N/A
2810.	Express Gujarat News	#NAM Conclave 2025	N/A
2811.	News Bharat Daily	#NAM Conclave 2025	N/A
2812.	Gujarat Business Watch	#NAM Conclave 2025	N/A
2813.	Ultimate Gujarat	#NAM Conclave 2025	N/A
2814.	Kashmir Newsline	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2815.	North East Times	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2816.	Vanakkam Tamil Nadu	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2817.	Krishak Jagat	बड़वानी में हल्दी की औषधीय खेती पर प्रशिक्षण संपन्न	N/A
2818.	South India News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2819.	Odisha Post	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2820.	Kashmir Breaking News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2821.	Himachal Now News	स्वास्थ्य जांच शिविर / 7 मई को जमटा पंचायत घर में होगा स्वास्थ्य जांच शिविर, आयु...	N/A
2822.	Haryana Today	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2823.	Bihar Times	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A

2824.	Gujarat Samachar	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2825.	Andhra Pradesh Mirror	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2826.	Jharkhandtimes	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2827.	Gujarat Varta	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2828.	Chhattisgarh Today	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2829.	Krishak Jagat	अश्वगंधा हेतु वन समिति सदस्यों का प्रशिक्षण संपन्न	N/A
2830.	Delhi live news	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2831.	OB News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2832.	The Mobi World	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2833.	Rajasthan Ki Khabar	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2834.	Bihar 24x7	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2835.	Telangana Journal	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2836.	West Bengal Khabar	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2837.	Karnataka Live	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2838.	Punjab Live	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2839.	Himachal Now News	अस्पताल सुरक्षा एवं आपदा प्रबंधन पर ऊना में तीन दिवसीय प्रशिक्षण कार्यक्रम शुरू	N/A
2840.	Indian News Network	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
2841.	IndiBlogHub	Top 10 Benefits of Studying BAMS in 2025 – A Rising Career in Ayurveda	N/A
2842.	State News Service	प्रकृति परीक्षण में उत्कृष्ट कार्य करने वाले डॉक्टर्स हुए सम्मानित	N/A
2843.	Health Economictimes	Marked improvement in accessibility of healthcare services due to Ayushman Arogy...	N/A
2844.	Kelopravah	प्रकृति परीक्षण में उत्कृष्ट कार्य करने वाले डॉक्टर्स हुए सम्मानित	N/A

2845.	Hamara Mahanagar	स्वास्थ्य से प्रसन्नता की ओर बढ़ना सरकार का लक्ष्य: जाधव	N/A
2846.	Dogra Herald	Labour Deptt Kathua observes Int'l Labour Day with awareness programme, felicit a...	N/A
2847.	Pynr	AP to tap AYUSH potential, says Satya Kumar	N/A
2848.	The Kashmir Horizon	Labour Deptt Kathua observes Int"l Labour Day with awareness Prog, felicitation...	N/A
2849.	Tripurastar News	Day One Of NAM Conclave Witnesses Dynamic Participation From State & UT Ay us...	N/A
2850.	BharatKi Baat	Nashik, Maharashtra, to host 'Yoga Mahotsav 2025" event this Friday.	N/A
2851.	Daily World Hindi	आयुष्मान आरोग्य मंदिरों से स्वास्थ्य सेवाओं की पहुंच में उल्लेखनीय सुधार: मंत्री	N/A
2852.	उद्योग का अनुमान	आयुष्मान आरोग्य मंदिरों से स्वास्थ्य सेवाओं की पहुंच में उल्लेखनीय सुधार: मंत्री	N/A
2853.	News Page 13	लोनावाला में आयोजित राष्ट्रीय आयुष मिशन सम्मेलन में शामिल हुए स्वास्थ्य मंत्री श...	N/A
2854.	Maverick News3	50 Days to International Day of Yoga 2025: Nashik prepares to celebrate "Yoga M a...	N/A
2855.	BharatKi Baat	Minister reports significant enhancement in healthcare accessibility through Ayu...	N/A
2856.	Deshbandhu	पूरी दुनिया ने योग और आयुर्वेद को स्वीकारा: मंत्री प्रतापराव जाधव	N/A
2857.	Deshbandhu	पूरी दुनिया ने योग और आयुर्वेद को स्वीकारा: मंत्री प्रतापराव जाधव	N/A
2858.	Sakshi Post	Global recognition of Yoga testament to India's rich cultural heritage: Ayush Mi...	N/A
2859.	Today India News	Global recognition of Yoga testament to India's rich cultural heritage: Ayush Mi...	N/A
2860.	Newspoint	Global recognition of Yoga testament to India's rich cultural heritage: Ayush Mi...	N/A
2861.	Thip Media	Global recognition of Yoga testament to India"s rich cultural heritage: Ayush M...	N/A
2862.	enewstime	Global recognition of Yoga testament to India's rich cultural heritage: Ayush Mi...	N/A
2863.	Thefreedompress	Global recognition of Yoga testament to India's rich cultural heritage: Ayush Mi...	N/A
2864.	Nation Press	Is the Global Recognition of Yoga a Testament to India's Cultural Heritage?	N/A
2865.	United News Of India	नासिक में शुक्रवार को होगा " योग महोत्सव "	N/A
2866.	United News Of India	नासिक में शुक्रवार को होगा " योग महोत्सव "	N/A
2867.	Jammu Links News	Labour Department Kathua observes International Labour Day with awareness pr ogra...	N/A
2868.	Tender Detail	Bids Are Invited For Mopper And Accessories Room Freshener 200Gm , Door Ma te Gre...	N/A
2869.	Udaipur Kiran	श्रम विभाग कठुआ ने जागरूकता कार्यक्रम और श्रमिक सम्मान के साथ अंतर्राष्ट्रीय श्र...	N/A
2870.	Indias News	पूरी दुनिया ने योग और आयुर्वेद को स्वीकारा : मंत्री प्रतापराव जाधव	N/A

2871.	Khair News	पूरी दुनिया ने योग और आयुर्वेद को स्वीकारा : मंत्री प्रतापराव जाधव	N/A
2872.	Jan Jagran Darpan	पूरी दुनिया ने योग और आयुर्वेद को स्वीकारा : मंत्री प्रतापराव जाधव	N/A
2873.	Rajasthan News(राजस्थान समाचार)	पूरी दुनिया ने योग और आयुर्वेद को स्वीकारा : मंत्री प्रतापराव जाधव	N/A
2874.	Udaipur Kiran	7 मई को जमटा में स्वास्थ्य जांच शिविर का होगा आयोजन	N/A
2875.	Nagpur News Today	डॉ. दिव्यांशु पटेल द्वारा हज़ारों गरीबों का निःशुल्क उपचार, समाज सेवा में मिसाल	N/A
2876.	Prakhar Jagran	Prakhar Jagran	N/A
2877.	Maharashtra 24x7	डॉ. दिव्यांशु पटेल द्वारा हज़ारों गरीबों का निःशुल्क उपचार, समाज सेवा में मिसाल	N/A
2878.	Indore Pioneer	Indore Pioneer	N/A
2879.	Live Story Time	डॉ. दिव्यांशु पटेल द्वारा हज़ारों गरीबों का निःशुल्क उपचार, समाज सेवा में मिसाल	N/A
2880.	World News Network	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2881.	Palgharnews	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2882.	Kolkata Sun	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2883.	Standard Today News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2884.	Gujarat Watch	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2885.	Jharkhand News Hub	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2886.	Jharkhand India Newsagency	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2887.	Report India	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2888.	News India Headline	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2889.	Scroll India News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2890.	The Report Net	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2891.	Stroy India	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2892.	State Newz	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A

2893.	News India Web	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2894.	News India Live	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2895.	Business Line Print	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2896.	Indian Express Daily	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2897.	Post Time News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2898.	Una Villa	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2899.	India Career Week	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2900.	India News Archives	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2901.	Haryana Newsline	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2902.	News Today Pro	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2903.	News Indias	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2904.	Say Goodbye To Expensive Cloud Storage	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2905.	Rajasthan News Time	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2906.	News Indian Bulletin	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2907.	India Buzz Feed News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2908.	India latest News Update	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2909.	Nagalandnews24x7	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2910.	India Globe Today	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2911.	India Reporter Live	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A

2912.	India World News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2913.	Delhi News Daily	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2914.	The Daily Glimpse	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2915.	Rapid Report	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2916.	Now Report	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2917.	The Report World	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2918.	Travller News India	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2919.	Chronicle Today News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2920.	Gossip Today	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2921.	Nagpur Project News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2922.	Report News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2923.	News Mirror Net	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2924.	Newswire	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2925.	India Global News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2926.	The News Net	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2927.	Insight Ful News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2928.	Standard News Wire	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2929.	Latest News Today	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2930.	Patrolling Wire News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A

2931.	Newz Today 24	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2932.	Indian World News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2933.	Brief Buzz	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2934.	Express Times News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2935.	Insider India Times	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2936.	Quick News Now	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2937.	State News Today	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2938.	Report Today	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2939.	Rabale	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2940.	The Quick Update	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2941.	News Today 99	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2942.	EHealth Magazine	India is on the brink of a transformative leap in the global healthcare economy ...	N/A
2943.	Encounter India	अस्पताल सुरक्षा एवं आपदा प्रबंधन पर तीन दिवसीय प्रशिक्षण कार्यक्रम शुरू	N/A
2944.	India News Calling	अस्पताल सुरक्षा एवं आपदा प्रबंधन पर तीन दिवसीय प्रशिक्षण कार्यक्रम शुरू	N/A
2945.	Netindia123	Aligarh Unani Medical College and ACN Ho...	N/A
2946.	Vanakkam Tamil Nadu	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2947.	Gujarat Samachar	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2948.	West Bengal Khabar	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2949.	Haryana Today	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2950.	Travel Turtle	FHRAI Hosts ‘Harit Yoga' Event	N/A
2951.	Mumbai News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A

2952.	Odisha Post	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2953.	France Network Times	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2954.	San Francisco Star	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2955.	Jharkhandtimes	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2956.	Kashmir Breaking News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2957.	Punjab Live	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2958.	New Delhi News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2959.	England News Portal	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2960.	East Asiaall News Portal	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2961.	Srilanka Island News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2962.	Middle East Times	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2963.	North East Times	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2964.	Maldives Star Plus	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2965.	India's News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2966.	Andhra Pradesh Mirror	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2967.	Bihar 24x7	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2968.	Birminghamall News Network	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2969.	US World Today	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2970.	Buffalo Despatch	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A

2971.	South India News	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2972.	Bihar Times	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2973.	Chhattisgarh Today	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2974.	Rajasthan Ki Khabar	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2975.	Karnataka Live	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2976.	Kashmir Newsline	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2977.	Telangana Journal	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2978.	Himachal Patrika	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2979.	Delhi live news	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2980.	Gujarat Varta	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2981.	Indian News Network	Aligarh Unani Medical College and ACN Hospital: A Pillar of Traditional Medicine.. .	N/A
2982.	Krishak Jagat	अश्वगंधा की खेती किसानों के लिए वरदान साबित होगी	N/A
2983.	The Bharat Insider	Praveen Pathak of Uttar Pradesh won 2nd gold medals in 2nd Asian Yogasana	N/A
2984.	Tourism Breaking News	FHRAI hosts ‘Harit Yoga’ at FHRAI-IHM to mark International Day of Yoga	N/A
2985.	Ezy Travel Hub	FHRAI Hosts ‘Harit Yoga" at FHRAI-IHM to Mark International Day of Yoga	N/A
2986.	Central Herald	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
2987.	Khabarmanthan	फ्रेंडली में डेयरी मार्केट भारत में रूट लेता है	N/A
2988.	Needs Of Public	Job Alert : ಆಯುಷ್ ಇಲಾಖೆಯಲ್ಲಿ ಖಾಲಿ ಹುದ್ದೆಗಳ ನೇಮಕಾತಿ; 45 ಸಾವಿರ ರೂ. ಸಂಬಳ. ಇಲ್ಲಿದೆ ವ...	N/A
2989.	Uttar Bharat Live	प्रकृति परीक्षण अभियान में उत्तराखंड के तेज कदम	N/A
2990.	Uttar Bharat Live	सीएम ने किया “सूर्य नमस्कार देवभूमि परंपरा का अद्भुत उपहार” विषय पर आयोजित वेबिन...	N/A
2991.	Pune Media	Gut-friendly dairy market takes root in India Pune Media On Apr 30, 2025	N/A
2992.	India headline	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A

2993.	India Saga	FHRAI Hosts 'Harit Yoga' at FHRAI-IHM to Mark International Day of Yoga	N/A
2994.	Tycoon World	FHRAI Hosts 'Harit Yoga' at FHRAI-IHM to Mark International Day of Yoga	N/A
2995.	Chicago Indian	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
2996.	Idaho Indian	Ayushman Bharat foundation for healthy and fit India: Ministers	N/A
2997.	Affairrs Cloud	Ayushman Bharat Diwas 2025 – April 30	N/A
2998.	Indore Pioneer	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
2999.	Daily Outluk	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3000.	Hindustan Bytes	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3001.	News Bolt	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3002.	Nation Republiq	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3003.	Shubh 24 News	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3004.	Sp Times	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3005.	Atulya Hindustan	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3006.	Gujarat News Network	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3007.	Daily Hindi Milap	सीसीआरएएस अधिकारियों और कर्मचारियों के लिए प्रशिक्षण कार्यक्रम आरंभ	N/A
3008.	National Insight	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3009.	India Pharma Outlook	Panel Wants Ayush to Promote India as Ayush Medical Tourism Leader	N/A
3010.	Prevalent India	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3011.	The Mobi World	Ayushman Bharat foundation for healthy and fit India: Ministers	N/A
3012.	Primex News Network	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3013.	Venture Company News	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3014.	News Track Bhopal	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A

3015.	Thip Media	Ayushman Bharat foundation for healthy and fit India: Ministers	N/A
3016.	enewstime	Ayushman Bharat foundation for healthy and fit India: Ministers	N/A
3017.	Daily World	Ayushman Bharat foundation for healthy and fit India: Ministers -Agencies | Tech.. .	N/A
3018.	Indian Businessline	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3019.	Newspoint	Ayushman Bharat foundation for healthy and fit India: Ministers	N/A
3020.	Today India News	Ayushman Bharat foundation for healthy and fit India: Ministers	N/A
3021.	The Bharatjournal	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3022.	Shekhawati Samachar	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3023.	Krishak Jagat	अश्वगंधा की खेती को प्रोत्साहित करने हेतु एक दिवसीय प्रशिक्षण संपन्न	N/A
3024.	Nation Press	Ayushman Bharat: Key to Healthy India : Is Ayushman Bharat the Key to a Healthy ...	N/A
3025.	Insightonlinenews	Ayushman Bharat foundation for healthy and fit India: Ministers	N/A
3026.	Privileged News	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3027.	Live Story Time	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3028.	Khabare Rajasthan	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3029.	Navodaya Times	Delhi के हर मोहल्ले में खुलेंगे आयुष वेलनेस सेंटर, बीमारियों की होगी रोकथाम- स्व...	N/A
3030.	Travel And Tour	FHRAI Hosts ‘Harit Yoga" Event in Greater Noida to Celebrate International Day .. .	N/A
3031.	The Daily Metro	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3032.	News Daddy	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3033.	Rajasthan Express	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3034.	Satta Express	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3035.	Jodhpur Reporter	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A

3036.	Nashik 24	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3037.	Delhi News Watch	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3038.	Marudhar Chronicle	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3039.	North West News Times	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3040.	Bizz Sight	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3041.	Udaipur Dispatch	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3042.	Nagpur News Today	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3043.	BW Hotelier	FHRAI celebrates yoga and sustainability with ‘Harit Yoga’ in Greater Noida	N/A
3044.	Rajasthan Journal	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3045.	Deccan Express	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3046.	The Capital News	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3047.	Wow Enterpreneurs	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3048.	Sahitya Hindustan	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3049.	The Evening Post	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3050.	Business Point	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3051.	Your Bangalore	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3052.	Maharashtra 24x7	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3053.	BharatKi Baat	Advanced Homeopathy offers new hope for Aplastic Anemia patients, thanks to Dr. ...	N/A
3054.	Live Jabalpur	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3055.	Khamma Ghani Rajasthan	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A

3056.	Allahabad Post	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3057.	Madhya Pradesh Mirror	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3058.	MP News Line	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3059.	The Asian Talks	FHRAI Hosts ‘Harit Yoga" at FHRAI-IHM to Mark International Day of Yoga	N/A
3060.	MP Guardian	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3061.	Rajasthan Mirror	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3062.	Prakhar Jagran	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3063.	Delhi News Now	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3064.	Up Patrika	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3065.	Financial Post	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3066.	MintMoney	Advanced Homeopathy treatment brings New Hope to Aplastic Anemia Patients: Dr. A...	N/A
3067.	Ingredientssouthasia	Panel asks Ministry to ensure effective implementation of central sector scheme ...	N/A
3068.	Navodaya Times	आयुष चिकित्सा में दिल्ली बनेगा मॉडल स्टेट: स्वास्थ्य मंत्री	N/A
3069.	Jharkhand State News	Lonavala to Host the the National Ayush Mission to Strengthen Traditional Health...	N/A
3070.	Uttarakhand News Hours	Grand Finale of the 2nd Asian Yogasana Sport Championship Held in Delhi.	N/A
3071.	TittlePress	Organ Preservation Noted With Neoadjuvant Dostarlimab in dMMR Tumors	N/A
3072.	Pharmabiz.com	Panel asks Ministry to ensure effective implementation of central sector scheme ...	N/A
3073.	Medical Buyer	India emerges as major MVT destination; eyes double growth	N/A
3074.	Daily aawaz	आयुष मंत्रालय 1 और 2 मई को महाराष्ट्र के लोनावाला में राष्ट्रीय आयुष मिशन सम्मेल...	N/A
3075.	Hind Ekta Times	मुख्यमंत्री योगी आदित्यनाथ ने देवरिया को दी 676 करोड़ रुपये की विकास परियोजनाओं क...	N/A
3076.	Totalkha Bare	दिल्ली सरकार का ऐतिहासिक पहल: आयुष चिकित्सा में दिल्ली बनेगा मॉडल स्टेट, वेलनेस ...	N/A
3077.	Nocage	Insufficient support for deep tech, startups by public-funded R&D: Study	N/A
3078.	The Mobi World	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A

3079.	OB News	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
3080.	Business Point	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3081.	GNS News: Hindi_GNS	आंवला की खेती से संबंधित 2 दिवसीय मास्टर ट्रेनर प्रशिक्षण कार्यक्रम संपन्न	N/A
3082.	Maverick News3	National Ayush Mission Conclave 2025	N/A
3083.	Odisha News Times	National Ayush Mission Conclave 2025: States and UTs Collaborate to Strengthe n T...	N/A
3084.	Daily World	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
3085.	Prime24	अश्वगंधा की खेती के संबंध में प्रशिक्षण आयोजित	N/A
3086.	New India	राष्ट्रीय आयुष मिशन सम्मेलन गुरुवार से लोनावाला में	N/A
3087.	Udaipur Kiran	महाराष्ट्र के लोनावाला में आयोजित होगा राष्ट्रीय आयुष मिशन कॉन्क्लेव का दूसरा सं...	N/A
3088.	Prevalent India	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3089.	Udaipur Kiran	स्वास्थ्य मंत्री डॉ. पंकज कुमार सिंह ने आयुष विभाग के कार्यों की समीक्षा बैठक की	N/A
3090.	The Deccan Messenger	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3091.	Sakshi Post	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
3092.	Samaja Live	ମେ" ୧ ଓ ୨ରେ ଜାତୀୟ ଆୟୁଷ ମିଶନ ସମ୍ମିଳନୀ	N/A
3093.	Shekhawati Samachar	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3094.	Thip Media	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
3095.	Newspoint	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
3096.	North West News Times	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3097.	Indore Pioneer	Indore Pioneer	N/A
3098.	Keekli	Ayush Conclave 2025: Integration of Ayurveda, Yoga & Unani in Focus	N/A
3099.	Nagpur News Today	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3100.	National Insight	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3101.	Thefreedompress	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
3102.	Rajasthan Express	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A

3103.	Jodhpur Reporter	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3104.	Nashik 24	Nashik 24	N/A
3105.	Satta Express	SattaExpress	N/A
3106.	BharatKi Baat	Lonavala, Maharashtra, to host the second National Ayush Mission Conclave soo n.	N/A
3107.	Nation Press	Ayush Conclave 2025: A New Era for Healthcare : Will the Ayush Ministry''s Natio. ..	N/A
3108.	Live Mumbai	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3109.	Delhi News Watch	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3110.	Pune News	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
3111.	News9Network	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3112.	The Daily Metro	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3113.	enewstime	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
3114.	Udaipur Dispatch	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3115.	News Track Bhopal	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3116.	Marudhar Chronicle	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3117.	Khabare Rajasthan	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3118.	Bizz Sight	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3119.	Deccan Express	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3120.	The Capital News	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3121.	The Evening Post	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3122.	Maharashtra 24x7	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A

3123.	Your Bangalore	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3124.	Rajasthan Journal	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3125.	Central Herald	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3126.	Madhya Pradesh Mirror	Madhya Pradesh Mirror	N/A
3127.	Live Jabalpur	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3128.	Allahabad Post	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3129.	Khamma Ghani Rajasthan	Khamma Ghani Rajasthan	N/A
3130.	Rajasthan Mirror	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3131.	MP News Line	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3132.	MP Guardian	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3133.	Prakhar Jagran	Prakhar Jagran	N/A
3134.	Delhi News Now	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3135.	MintMoney	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3136.	Janjaagran	खाद्य सुरक्षा अधिकारी के पदों पर भर्ती पर विज्ञापन रद्द, बदलाव को लेकर एमपीपीएसस...	N/A
3137.	Khabarwani	MPPSC की तरफ से अपडेट: खाद्य सुरक्षा अधिकारी के पदों पर भर्ती के लिए वर्ष 2024 म...	N/A
3138.	The Bharat Now	MPPSC की तरफ से अपडेट: खाद्य सुरक्षा अधिकारी के पदों पर भर्ती के लिए वर्ष 2024 म...	N/A
3139.	Up Patrika	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3140.	News Daddy	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3141.	India Habitat Centre	MPPSC की तरफ से झटकेदार खबर! फूड सेफ्टी आफिसर की पोस्ट हुई रद्द, प्रेस रिलीज़ कर ...	N/A
3142.	Sameera	MPPSC की तरफ से झटकेदार खबर! फूड सेफ्टी आफिसर की पोस्ट हुई रद्द, प्रेस रिलीज़ कर ...	N/A
3143.	Redalertnews.in	खाद्य सुरक्षा अधिकारी के पदों पर भर्ती पर विज्ञापन रद्द, बदलाव को लेकर एमपीपीएसस...	N/A
3144.	Khulasa	MPPSC की तरफ से अपडेट: खाद्य सुरक्षा अधिकारी के पदों पर भर्ती के लिए वर्ष 2024 म...	N/A
3145.	Indian Public mail	MPPSC की तरफ से अपडेट: खाद्य सुरक्षा अधिकारी के पदों पर भर्ती के लिए वर्ष 2024 म...	N/A

3146.	Moomal Art News	खाद्य सुरक्षा अधिकारी के पदों पर भर्ती पर विज्ञापन रद्द, बदलाव को लेकर एमपीपीएसस...	N/A
3147.	Samay Jagat	MPPSC की तरफ से अपडेट: खाद्य सुरक्षा अधिकारी के पदों पर भर्ती के लिए वर्ष 2024 म...	N/A
3148.	Mplive24	MPPSC की तरफ से अपडेट: खाद्य सुरक्षा अधिकारी के पदों पर भर्ती के लिए वर्ष 2024 म...	N/A
3149.	Satyaexpress	MPPSC की तरफ से अपडेट: खाद्य सुरक्षा अधिकारी के पदों पर भर्ती के लिए वर्ष 2024 म...	N/A
3150.	Statebreaking	खाद्य सुरक्षा अधिकारी के पदों पर भर्ती पर विज्ञापन रद्द, बदलाव को लेकर एमपीपीएसस...	N/A
3151.	Sattasudhar	खाद्य सुरक्षा अधिकारी के पदों पर भर्ती पर विज्ञापन रद्द, बदलाव को लेकर एमपीपीएसस...	N/A
3152.	Ayush India News	MPPSC की तरफ से अपडेट: खाद्य सुरक्षा अधिकारी के पदों पर भर्ती के लिए वर्ष 2024 म...	N/A
3153.	Samachar Pradesh Hindi News Portal	खाद्य सुरक्षा अधिकारी के पदों पर भर्ती पर विज्ञापन रद्द, बदलाव को लेकर एमपीपीएसस...	N/A
3154.	IT Press Releases	Locus Technologies Releases the First Fully Integrated Software Suite for Water .. .	N/A
3155.	United News Of India	राष्ट्रीय आयुष मिशन सम्मेलन गुरुवार से लोनावाला में	N/A
3156.	United News Of India	राष्ट्रीय आयुष मिशन सम्मेलन गुरुवार से लोनावाला में	N/A
3157.	BizWire Express	Locus Technologies Releases the First Fully Integrated Software Suite for Water .. .	N/A
3158.	OB News	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators l...	N/A
3159.	Observer Voice	National Ayush Mission Conclave 2025: Collaboration Among States and UTs	N/A
3160.	The Times News	कोरबा : प्रेस क्लब के स्वास्थ्य शिविर को मिली सराहना, 175 का उपचार,निशुल्क दवा व...	N/A
3161.	Bharat Shikhar Times	Successful Completion of Workshop on Health & Wellness through YOGA at VM MC ...	N/A
3162.	Krishak Jagat	मुनगा के उत्पादन विषय पर प्रशिक्षण कार्यक्रम आयोजित	N/A
3163.	Krishak Jagat	आंवला की खेती से संबंधित प्रशिक्षण जारी	N/A
3164.	Punjabkesari	बिहार के 7 जिलों में जल्द बनेंगे 50 बेड वाले आयुष अस्पताल, 834 करोड़ रुपए की राशि...	N/A
3165.	Bihar 24x7	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators l...	N/A
3166.	Krishak Jagat	औषधीय पौधों की खेती तथा विपणन पर प्रशिक्षण आयोजित	N/A
3167.	Krishak Jagat	बड़वानी जिले में हल्दी उत्पाद का दिया प्रशिक्षण	N/A
3168.	World News Network	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators l...	N/A
3169.	Palgharnews	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators l...	N/A

3170.	Vanakkam Tamil Nadu	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3171.	South India News	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3172.	Jharkhandtimes	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3173.	India's News	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3174.	Gujarat Samachar	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3175.	Kolkata Sun	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3176.	Wisconsin journal	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3177.	Telangana Journal	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3178.	Birminghamall News Network	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3179.	Odisha Post	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3180.	Middle East Times	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3181.	Maldives Star Plus	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3182.	Maharashtra Samachar	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3183.	France Network Times	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3184.	Srilanka Island News	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3185.	Mumbai News	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3186.	Chhattisgarh Today	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3187.	Haryana Today	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3188.	East Asiaall News Portal	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A

3189.	Gujarat Varta	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3190.	Karnataka Live	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3191.	US World Today	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3192.	Buffalo Despatch	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3193.	England News Portal	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3194.	San Francisco Star	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3195.	Rajasthan Ki Khabar	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3196.	Andhra Pradesh Mirror	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3197.	Himachal Patrika	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3198.	Delhi live news	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3199.	Netindia123	First Neutral Forum for Bridging the gap...	N/A
3200.	Bihar Times	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3201.	Kashmir Breaking News	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3202.	Kashmir Newsline	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3203.	West Bengal Khabar	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3204.	North East Times	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3205.	Punjab Live	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3206.	Indian News Network	First Neutral Forum for Bridging the gap between AYUSH industry and Regulators I...	N/A
3207.	Indian Parspective	"होम्योपैथी स्वास्थ्य कल्याण केंद्र" में महिलाओं में मोटापे की समस्या के लिए विश...	N/A
3208.	PowerNews	"होम्योपैथी स्वास्थ्य कल्याण केंद्र" में महिलाओं में मोटापे की समस्या के लिए विश...	N/A

3209.	Mp Newstimes	"होम्योपैथी स्वास्थ्य कल्याण केंद्र" में महिलाओं में मोटापे की समस्या के लिए विश...	N/A
3210.	Action India Live	होम्योपैथी स्वास्थ्य कल्याण केंद्र में महिलाओं में मोटापे की समस्या के लिए विशेष...	N/A
3211.	Khas Khabar	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रथम आओ-प्रथम पाओ के आधार पर दिए जा रहे ...	N/A
3212.	Delhi upto Date	होम्योपैथी स्वास्थ्य कल्याण केंद्र में महिलाओं में मोटापे की समस्या के लिए विशेष...	N/A
3213.	अंजनी खबर (Anjani Khabar)	होम्योपैथी स्वास्थ्य कल्याण केंद्र में महिलाओं में मोटापे की समस्या के लिए विशेष...	N/A
3214.	Mp Headline	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रथम आओ-प्रथम पाओ के आधार पर दिए जा रहे ...	N/A
3215.	Shree News	होम्योपैथी स्वास्थ्य कल्याण केंद्र में महिलाओं में मोटापे की समस्या के लिए विशेष...	N/A
3216.	Delhi Bulletin	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रथम आओ-प्रथम पाओ के आधार पर दिए जा रहे ...	N/A
3217.	Web Akhbar	होम्योपैथी स्वास्थ्य कल्याण केंद्र में महिलाओं में मोटापे की समस्या के लिए विशेष...	N/A
3218.	Real India News	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रथम आओ-प्रथम पाओ के आधार पर दिए जा रहे ...	N/A
3219.	Kadwaghut	होम्योपैथी स्वास्थ्य कल्याण केंद्र में महिलाओं में मोटापे की समस्या के लिए विशेष...	N/A
3220.	Krishak Jagat	इंदौर में अश्वगंधा खेती को दिया जाएगा बढ़ावा, प्रशिक्षण कार्यशाला सम्पन्न	N/A
3221.	Saahas Samachar	होम्योपैथी स्वास्थ्य कल्याण केंद्र में प्रथम आओ-प्रथम पाओ के आधार पर दिए जा रहे ...	N/A
3222.	Evening Times	होम्योपैथी स्वास्थ्य कल्याण केंद्र में महिलाओं में मोटापे की समस्या के लिए विशेष...	N/A
3223.	खबर जगत	होम्योपैथी स्वास्थ्य कल्याण केंद्र में महिलाओं में मोटापे की समस्या के लिए विशेष...	N/A
3224.	न्यूज़	विस चुनाव से पहले बिहारवासियों के लिए बड़ी खुशखबरी! सात जिलों में बनेगा नया अस्पत...	N/A
3225.	The Kashmir Horizon	Biodiversity Management Committees to be made fully operational: Suresh Kumar	N/A
3226.	Dogra Herald	Biodiversity Management Committees to be made fully operational: Suresh Kumar	N/A
3227.	Garima Times	बिहारियों के लिए खुशखबरी सात जिलों में बनेगा नया अस्पताल	N/A
3228.	First Bihar	Bihar News: बिहारवासियों के लिए बड़ी खुशखबरी! सात जिलों में बनेगा 50-बेड वाला आयु...	N/A
3229.	News4Nation	Ayush Hospital in Bihar: बिहार के 7 जिलों में बनेंगे 50 बेड वाले आयुष अस्पताल,दक...	N/A
3230.	Patna Press	Bihar to Get Seven New 50-Bed Integrated AYUSH Hospitals by 2025-26: Health Mini...	N/A
3231.	Koshur Samachar	Biodiversity Management Committees to be made fully operational: PCCF	N/A
3232.	Uttar Bharat Live	कानून का भय ही नहीं	N/A
3233.	Uttar Bharat Live	उत्तराखंड लागू करेगा देश की प्रथम योग नीति – मुख्यमंत्री धामी	N/A
3234.	Pharmacognosy Research	An Open-Labelled Randomized Comparative Efficacy Study of Unani Formulations and...	N/A
3235.	Anytime News	स्वास्थ्य के प्रति महिलाओं को जागृत करना कैंप का मूल्य उद्देश्य है- डॉ मनी राम।	N/A
3236.	Statetimes	Biodiversity Management Committees to be made fully operational: Suresh Kumar	N/A

3237.	Scoop News	Biodiversity Management Committees to be made fully operational: Suresh Kumar	N/A
3238.	GNS News: Hindi_GNS	एक जिला एक औषधि उत्पाद अंतर्गत आंवला की खेती से संबंधित प्रशिक्षण प्रारंभ	N/A
3239.	prativad	बिहार के सात जिलों में बनेंगे 50 बेड वाले आयुष अस्पताल, स्वास्थ्य विभाग में 35 ह...	N/A
3240.	Jammu Links News	Biodiversity Management Committees to be made fully operational: Suresh Kumar	N/A
3241.	AnyTV News	International Yoga Day: Preparations start 100 days in advance at 100 places of .. .	N/A
3242.	TRP – The Rural Press	रायपुर संभागायुक्त और अपर आयुक्त के मध्य हुआ कार्य विभाजन…	N/A
3243.	Bharat Prakash News	यूनानी अस्पताल ने लगाया निःशुल्क चिकित्सा शिविर	N/A
3244.	Chennai Prime News	ASCI உடல்நலம் & நிதியியல் சார்ந்த இன்ப்ளுயன்ஸர்களுக்கான புதுப்பிப்பு !	N/A
3245.	News Height	Big breaking :-फिर भिड़े टिहरी विधायक किशोर उपाध्याय और पूर्व विधायक धन सिंह सुनि...	N/A
3246.	Poorvanchalmedia	भीषण गर्मी में शरीर को ठंडक प्रदान करते हैं ये योगासन	N/A
3247.	Habib Ki Report	अंतराष्ट्रीय योग दिवस 2025 में 52 दिन शेष : देश के 100 स्थानों पर 100 दिनों पूर्...	N/A
3248.	United News Of India	बिहार के सात जिलों में जल्द बनेंगे 50 बेड वाले आयुष अस्पताल : मंगल	N/A
3249.	Uk Live Uttrakhand	This site asks for consent to use your data	N/A
3250.	First Bihar	बिहार के स्वास्थ्य मंत्री ने किया ऐलान, राज्य 7 जिलों में जल्द बनेंगे 50 बेड वाल...	N/A
3251.	Express Healthcare	Govt of Delhi aims to improve medical tourism, strategy unveiled at FICCI"s 5th...	N/A
3252.	State News Service	भर्ती प्रक्रिया निर्धारित समय सीमा में करें पूर्ण संस्थागत प्रसव को बढ़ावा देने क...	N/A
3253.	BizWire Express	Senti Bio"s SENTI-202, a First-in-Class Off-the-Shelf Logic Gated Selective CD3...	N/A
3254.	The Indian Practitioner	Delhi Unveils Ambitious Plan to Boost Medical Value Travel	N/A
3255.	Next Edge	India to Launch Unified Medical Value Travel Portal to Boost Global Healthcare L.. .	N/A
3256.	सरहद का साक्षी	भाजपा सरकार में भ्रष्टाचार की भेंट चढ़ा “आयुष अस्पताल जेलम (जाखणीधार)” : कांग्रे...	N/A
3257.	AAJ KI NEWS	हिमाचल में छुट्टी के दिन प्रशासनिक फेरबदल, इन तीन जिलों के डीसी बदले, 17 IAS और ...	N/A
3258.	Justicenews	How Ayushman Bharat fails India"s transgender population	N/A
3259.	Sarkari Information	APPAR ID Kaise Banaye – APPAR ID कैसे बनाएं पूरी प्रक्रिया, पूर्ण विवरण यहां जान...	N/A
3260.	IndiBlogHub	Which Yoga Institute offers the Best Yoga Teacher Training in India?	N/A
3261.	Express Healthcare	Government to launch digital portal for medical value travel	N/A
3262.	Indias News	अष्टांग योग के हैं अनंत लाभ, शोध में दावा- अभ्यास से जीवन में आता है सकारात्मक ब...	N/A
3263.	Vishvatimes	अष्टांग योग के हैं अनंत लाभ, शोध में दावा- अभ्यास से जीवन में आता है सकारात्मक ब...	N/A
3264.	Khair News	अष्टांग योग के हैं अनंत लाभ, शोध में दावा- अभ्यास से जीवन में आता है सकारात्मक ब...	N/A

3265.	Jan Jagran Darpan	अष्टांग योग के हैं अनंत लाभ, शोध में दावा- अभ्यास से जीवन में आता है सकारात्मक ब...	N/A
3266.	DANIK KHABAR	हिमाचल में बड़ा प्रशासनिक फेरबदल, सरकार ने 17 IAS और 5 HAS अधिकारियों को बदला	N/A
3267.	Lokdesh	द्वितीय एशियाई योगासन खेल चैम्पियनशिप का भव्य समापन, भारत बना स्वर्ण पदक विजेता	N/A
3268.	National News Vision	मेजबान भारत ने 83 स्वर्ण के साथ द्वितीय एशियन योगासन स्पोर्ट्स चैंपियनशिप में लह...	N/A
3269.	Udaipur Kiran	हिमाचल प्रदेश में बड़ा प्रशासनिक फेरबदल, तीन जिलों के डीसी समेत कई आईएएस अधिकारि...	N/A
3270.	Udaipur Kiran	द्वितीय एशियाई योगासन खेल चैम्पियनशिप का भव्य समापन, भारत बना स्वर्ण पदक विजेता	N/A
3271.	Poorvanchalmedia	हिमाचल प्रदेश की सरकार ने 17 आईएएस और 4 एसपीएस अधिकारियों के किये फेरबदल	N/A
3272.	Healthandme	Why Is Tulsi Planted Around Ancient Monuments?	N/A
3273.	AnyTV News	Yogasan who will make the feeling of coolness in the heat of the jeth, the mind ...	N/A
3274.	Jk Updates	Jobs in Regional Ayurveda Institute	N/A
3275.	Jk Updates	Jobs in Regional Ayurveda Institute, Jammu	N/A
3276.	Sonebhadra Live	Body Cooling Yoga Poses in Summer: गर्मी में शरीर को ठंडा रखने के लिए करें ये 2 ...	N/A
3277.	Digi Newz India	मई-जून की भीषण गर्मी में ये 2 योगासन शरीर को रखेंगे ठंडा, मन-मस्तिष्क रहेगा शांत...	N/A
3278.	Vishvatimes	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	N/A
3279.	Deshbandhu	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	N/A
3280.	Khair News	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	N/A
3281.	Indias News	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	N/A
3282.	Rajasthan News(राजस्थान समाचार)	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	N/A
3283.	Jan Jagran Darpan	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	N/A
3284.	The Times News	रमेश पासवान और विजय सिंह की स्मृति में ब्लड डोनेशन कैंप और स्वास्थ्य शिविर तिलक ...	N/A
3285.	The Economic Times	Centre to unveil digital portal for medical value travel: Minister	N/A
3286.	Asian News Service	सुशासन तिहार के तहत प्राप्त आवेदनों का गुणवत्ता पूर्ण करें निराकरण : कलेक्टर	N/A
3287.	Uttarakhand News Hours	Yogasana to Be Proposed as a mainstream sport for Olympics 2036: Youth Affair s a...	N/A
3288.	Bw Health Care World	The Future Of AYUSH: Policy Changes Needed To Strengthen The Homeopathy Sector	N/A
3289.	Navodaya Times	योगासन को एक वैश्विक खेल के रूप में मनाने की नई शुरुआत - CM रेखा गुप्ता	N/A
3290.	Bw Health Care World	Delhi Targets Global Medical Tourism Leadership	N/A
3291.	Bw Health Care World	Government Plans Unified Digital Portal To Boost Medical Value Travel	N/A

3292.	Imnb	सुशासन तिहार के तहत प्राप्त आवेदनों का गुणवत्ता पूर्ण करें निराकरणः कलेक्टर अजीत...	N/A
3293.	National News Vision	केंद्रीय युवा कार्य और खेल मंत्री डॉ. मनसुख मांडविया ने द्वितीय एशियन योगासन स्प...	N/A
3294.	Samwadsadhana	स्वर्गीय रमेश पासवान और विजय सिंह की स्मृति में ब्लड डोनेशन और स्वास्थ्य शिविर त...	N/A
3295.	ITDC India	The Significant Contribution of Young Scientists in a Developed India	N/A
3296.	Itdc News	विकसित भारत में युवा वैज्ञानिकों का महत्वपूर्ण योगदान	N/A
3297.	Encounter India	नाबालिग से दुष्कर्म के बाद कत्ल के मामले में कोर्ट ने आरोपी को दी 'डबल फांसी" क...	N/A
3298.	Drug Today Medical Times	Delhi Sets Sights on Becoming Global Medical Value Travel Hub: Minister Ashish S...	N/A
3299.	Encounter India	आयुष विभाग में संयुक्त निदेशक पद पर डॉ राजेश की नियुक्ति ऊना के लिए गर्व का विषय...	N/A
3300.	Encounter India	Punjab News: नगर निगम मेयर ने खड़े वाहनों के खिलाफ लिया एक्शन, देखें वीडियो	N/A
3301.	Tender Detail	Tender For Tender Invited For Supply Of Goodyear Tyres And Tubes As Per Requirem...	N/A
3302.	Krishak Jagat	धार में 'स्टीविया" औषधीय खेती पर प्रशिक्षण संपन्न	N/A
3303.	Internet Do	Railways Adds Special Trains to Cope with J&K Rush	N/A
3304.	The Indian Practitioner	India Launches Digital Push to Boost Medical Value Travel	N/A
3305.	HealthTekPak	World Health Summit Regional Meeting 2025	N/A
3306.	Yes Punjab	Centre to unveil digital portal for medical value travel: Minister	N/A
3307.	Pharmabiz.com	Ayush and herbal products exports report growth of 6% in first 11 months of FY25	N/A
3308.	The Mobi World	Centre to unveil digital portal for medical value travel: Minister	N/A
3309.	BW Wellbeingworld	Naturopathy Expert Urges Lifestyle Overhaul To Combat Non-Communicable Diseases	N/A
3310.	Today India News	Centre to unveil digital portal for medical value travel: Minister	N/A
3311.	Sakshi Post	Centre to unveil digital portal for medical value travel: Minister	N/A
3312.	enewstime	Centre to unveil digital portal for medical value travel: Minister	N/A
3313.	Thip Media	Centre to unveil digital portal for medical value travel: Minister	N/A
3314.	Pune News	Centre to unveil digital portal for medical value travel: Minister	N/A
3315.	Newspoint	Centre to unveil digital portal for medical value travel: Minister	N/A
3316.	Thefreedompress	Centre to unveil digital portal for medical value travel: Minister	N/A
3317.	Times Report	Centre to unveil digital portal for medical value travel: Minister	N/A
3318.	Nation Press	India to Launch Medical Travel Portal : Government Set to Launch Digital Platfor...	N/A

3319.	Ians	Centre to unveil digital portal for medical value travel: Minister	N/A
3320.	Bollywoodcountry	Centre to unveil digital portal for medical value travel: Minister	N/A
3321.	Tender Detail	Tender For Repair And Renovation Work Of Annapurna Rasoi As Per Requirement, ajm...	N/A
3322.	Tender Detail	Tender For Annual Maintenance Contract Of 200 Kva Dg Set Installed At Ayush Hosp...	N/A
3323.	Drug Today Medical Times	India to Launch Digital Medical Tourism Portal, Expand Healthcare Access Beyond ...	N/A
3324.	Edukida	Government to Launch Digital Portal for Medical Value Travel	N/A
3325.	Biotecnika.org	CSIR-CDRI Non-NET Bioinformatics & Life Sciences Project Vacancies – Attend ...	N/A
3326.	OB News	How Patanjali Research Institute is blending ancient Ayurveda with modern scienc ...	N/A
3327.	The Mobi World	How Patanjali Research Institute is blending ancient Ayurveda with modern scienc ...	N/A
3328.	Creative Bharat	Indore to get largest AYUSH hospital in division by May, ET HealthWorld	N/A
3329.	Health Economictimes	Indore to get largest AYUSH hospital in division by May	N/A
3330.	Times Now News	AYUSH Department: ಆಯುಷ್ ಇಲಾಖೆಯಲ್ಲಿ ಈ ಹುದ್ದೆಗಳಿಗೆ ಅರ್ಜಿ ಆಹ್ವಾನ! ಯಾರೆಲ್ಲಾ ಅರ್ಜಿ ಸಲ...	N/A
3331.	Tourism India	Sajeev Kurup Re-elected as President of Kerala Ayurveda Promotion Society	N/A
3332.	Itdc News	आरजीपीवी का 12वां दीक्षांत समारोह 16 मई को आयोजित	N/A
3333.	Maverick News3	Union Minister Prataprao Jadhav Visits Jammu & Kashmir; Interacts with Stran...	N/A
3334.	Ingredientssouthasia	Panel recommends NCH to assess efficacy of Homoeopathy to increase faith among p...	N/A
3335.	Pharmabiz.com	Panel recommends NCH to assess efficacy of Homoeopathy to increase faith among p...	N/A
3336.	Kashmir Vision	Pahalgam attack fallout: Railways facilitates journey of stranded tourists amids...	N/A
3337.	राष्ट्रीय हिंदी मेल	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें स्वास्थ्य आयुष विभाग: डॉ. यादव	N/A
3338.	BharatKi Baat	Railways aids stranded tourists during peak season from Jammu and Katra.	N/A
3339.	Tripurastar News	Paving The Way For Integrative Healthcare: Key Meeting Held On Establishing Inte...	N/A
3340.	Sarasjanvaad	टाटा भारतीय विज्ञान संस्थान में स्थापित होगा एकीकृत चिकित्सा विभाग, जारी होगा श्...	N/A
3341.	New Delhi Times	World Health Summit Regional Meeting scheduled to take place from April 25-27 in...	N/A

3342.	Tarankit	उपमुख्यमंत्री अजित पवार यांच्या हस्ते राज्य कुटुंब कल्याण भवन व प्रशिक्षण केंद्र...	N/A
3343.	Sarasjanvaad	पानी की एक-एक बूंद को तरसेगा पाकिस्तान : दयाशंकर मिश्र दयालु	N/A
3344.	Udaipur Kiran	टाटा भारतीय विज्ञान संस्थान में स्थापित होगा एकीकृत चिकित्सा विभाग, जारी होगा श्...	N/A
3345.	Udaipur Kiran	पानी की एक-एक बूंद को तरसेगा पाकिस्तान : दयाशंकर मिश्र दयालु	N/A
3346.	Udaipur Kiran	इंदौरः मांगलिया के आयुष हॉस्पिटल का मई माह में होगा लोकार्पण	N/A
3347.	Uttar Bharat Live	सीएम धामी ने कहा, कांग्रेस आई तो शुरू होगा भ्रष्टाचार का खेला	N/A
3348.	bharatsarathi.com	विश्व लिवर दिवस पर 'भोजन ही औषधि" थीम पर स्वास्थ्य चर्चा का आयोजन	N/A
3349.	Ingredientssouthasia	Panel asks Ministry to develop one stop portal, tie up with private sector to pr...	N/A
3350.	Vande Bharat Live Tv News	आयुष विभाग द्वारा एक जिला एक औषधि उत्पाद पौधा कार्यक्रम के अंतर्गत प्रशिक्षण संप...	N/A
3351.	State News Service	पोषण पखवाड़ा का आयोजन किया गया	N/A
3352.	Asian News Service	पोषण पखवाड़ा का आयोजन	N/A
3353.	Joharcg	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3354.	Krishak Jagat	अश्वगंधा खेती पर दो दिवसीय कृषि कार्यशाला आयोजित	N/A
3355.	Narmadasamay	राज्य के प्रत्येक जिले में एक ग्राम को आनंद ग्राम बनाने प्रयास जारी	N/A
3356.	Betul Talk	चिचोलाढाना में पोषण अभियान अंतर्गत पोषण पखवाड़ा आयोजित	N/A
3357.	Upkibaat	Lko News: लखनऊ टुडियागंज आयुर्वेद कॉलेज में औचक निरीक्षण, 59 स्टाफ गैरहाजिर, प्र...	N/A
3358.	Pharmabiz.com	Panel asks Ministry to develop one stop portal, tie up with private sector to pr...	N/A
3359.	Urban Acres	Ahmedabad to Launch AI Complaint App	N/A
3360.	Forever News	World Health Summit Regional Meeting to Spotlight Traditional Medicine as a Key ...	N/A
3361.	Rajasthan News(राजस्थान समाचार)	RPSC Recruitment 2025: आरपीएससी निकालेगा हजारों पदों पर भर्तियां, जानिए किस विभा...	N/A
3362.	India Shorts	Complementary and Alternative Medicine Market Size Worth USD 1,282.70 Bn by 2034	N/A
3363.	Digi Newz India	तनाव झेलने के काबिल बनाता है योग! बच्चों से लेकर बुजुर्गों तक के लिए बेहद जरूरी,...	N/A
3364.	OB News	World Health Summit"s regional meet to shape global agenda: Ayush Minister	N/A
3365.	The Mobi World	World Health Summit"s regional meet to shape global agenda: Ayush Minister	N/A
3366.	BizWire Express	Complementary and Alternative Medicine Market Size Worth USD 1,282.70 Bn by 2034	N/A
3367.	Ndtv	Do You Know These Health Benefits Of Bhringraj	N/A

3368.	Kadwaghut	मोहला : पोषण पखवाड़ा का आयोजन किया गया	N/A
3369.	Realtimes.in	'वर्ल्ड लिवर डे" के अवसर पर सभी अपने 'लिवर" को स्वस्थ रखने का संकल्प लें- अमित...	N/A
3370.	Today India News	World Health Summit"s regional meet to shape global agenda: Ayush Minister	N/A
3371.	Guidely	Important Weekly Current Affairs 2025 News - April 15th to 21st	N/A
3372.	Thip Media	World Health Summit"s regional meet to shape global agenda: Ayush Minister	N/A
3373.	enewstime	World Health Summit"s regional meet to shape global agenda: Ayush Minister	N/A
3374.	OB News	Holistic healthcare for women: Why homeopathy might be the next big thing in wel ...	N/A
3375.	Nation Press	WHS Regional Meeting to Shape Health Agenda : Ayush Minister Highlights WHS Regi...	N/A
3376.	The Mobi World	Holistic healthcare for women: Why homeopathy might be the next big thing in wel ...	N/A
3377.	Poorvanchalmedia	प्राणायाम या योगाभ्यास करने से पहले जरुर जान लें ये नियम	N/A
3378.	Tezzbuzz	Holistic healthcare for women: Why homeopathy might be the next big thing in wel ...	N/A
3379.	Krishak Jagat	टीकमगढ़ जिले में एलोवेरा का एक दिवसीय प्रशिक्षण आयोजित	N/A
3380.	Sonebhadra Live	तनाव झेलने के काबिल बनाता है योग! बच्चों से लेकर बुजुर्गों तक के लिए बेहद जरूरी,...	N/A
3381.	Shabd Sangram	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3382.	Krishak Jagat	महिला किसानों को बताया कैसे होती है अश्वगंधा की खेती	N/A
3383.	Third Eye World News	योग दिवस की तैयारी शुरू, उड़ीसा में 6 हजार से ज्यादा लोगों ने योगाभ्यास में लिया...	N/A
3384.	Imnb	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3385.	Newz IIndia 24	लिट्टीपाड़ा, महेशपुर समेत चार प्रखंडों में लगा आयुष स्वास्थ्य शिविर	N/A
3386.	PowerNews	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3387.	Indian Parspective	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3388.	Mp Newstimes	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3389.	AnyTV News	Yoga is for everyone, elderly from child, it is important to know the rules befo...	N/A
3390.	Vishvatimes	बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना जरूरी	N/A
3391.	Khabar India	World Earth Day With Nationwide Tree Plantation Drive Under Harit Yoga Initiativ. ..	N/A
3392.	Hindi khabar	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : सीएम मोहन यादव	N/A
3393.	Observer Voice	Indian Yoga Association and State Chapters Commemorate World Earth Day	N/A

3394.	Skgnews	प्राणिक हीलिंग एवं आयुर्वेदिक चिकित्सा पर दो दिवसीय कार्यशाला का सफल समापन	N/A
3395.	Doonited India	प्राणिक हीलिंग एवं आयुर्वेदिक चिकित्सा पर दो दिवसीय कार्यशाला का सफल समापन	N/A
3396.	Indias News	बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना जरूरी	N/A
3397.	Khair News	बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना जरूरी	N/A
3398.	Jan Jagran Darpan	बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना जरूरी	N/A
3399.	IANS Live	बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना जरूरी	N/A
3400.	Action India Live	मुख्यमंत्री ने आयुष विभाग की समीक्षा में दिये निर्देश- स्वास्थ्य विभाग परस्पर सम...	N/A
3401.	Arihant Samachar	प्राणिक हीलिंग एवं आयुर्वेदिक चिकित्सा पर दो दिवसीय कार्यशाला का सफल समापन	N/A
3402.	Pahadi khabarnama	प्राणिक हीलिंग एवं आयुर्वेदिक चिकित्सा पर दो दिवसीय कार्यशाला का सफल समापन	N/A
3403.	Sameera	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3404.	Sarvam News	MP News- आयुष एवं स्वास्थ्य विभाग परस्पर समन्वय से मरीजों के उपचार में लायें तेज...	N/A
3405.	Trc News	MP News- आयुष एवं स्वास्थ्य विभाग परस्पर समन्वय से मरीजों के उपचार में लायें तेज...	N/A
3406.	Sakshi Khabar	MP News- आयुष एवं स्वास्थ्य विभाग परस्पर समन्वय से मरीजों के उपचार में लायें तेज...	N/A
3407.	Janmorcha	MP News- आयुष एवं स्वास्थ्य विभाग परस्पर समन्वय से मरीजों के उपचार में लायें तेज...	N/A
3408.	Prithak Chhattisgarh	MP News- आयुष एवं स्वास्थ्य विभाग परस्पर समन्वय से मरीजों के उपचार में लायें तेज...	N/A
3409.	Naya Bharat	MP News- आयुष एवं स्वास्थ्य विभाग परस्पर समन्वय से मरीजों के उपचार में लायें तेज...	N/A
3410.	Saahas Samachar	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3411.	Khabarwani	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3412.	Moomal Art News	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3413.	Shree News	मुख्यमंत्री ने आयुष विभाग की समीक्षा में दिये निर्देश- स्वास्थ्य विभाग परस्पर सम...	N/A
3414.	Khas Khabar	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3415.	हिंदी सामना	जनसुनवाई में सोते नजर आए जिला आयुष अधिकारी डॉ दिनेश अहिरवार	N/A
3416.	Sarasjanvaad	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3417.	Indian Public mail	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3418.	Sattasudhar	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3419.	Delhi Bulletin	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3420.	Kadwaghut	मुख्यमंत्री ने आयुष विभाग की समीक्षा में दिये निर्देश- स्वास्थ्य विभाग परस्पर सम...	N/A
3421.	Samay Jagat	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3422.	Real India News	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A

3423.	Khulasa	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3424.	Redalertnews.in	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3425.	अंजनी खबर (Anjani Khabar)	मुख्यमंत्री ने आयुष विभाग की समीक्षा में दिये निर्देश- स्वास्थ्य विभाग परस्पर सम...	N/A
3426.	Ayush India News	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3427.	Satyaexpress	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3428.	Statebreaking	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3429.	खबर जगत	मुख्यमंत्री ने आयुष विभाग की समीक्षा में दिये निर्देश- स्वास्थ्य विभाग परस्पर सम...	N/A
3430.	Evening Times	मुख्यमंत्री ने आयुष विभाग की समीक्षा में दिये निर्देश- स्वास्थ्य विभाग परस्पर सम...	N/A
3431.	Mp Headline	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3432.	Web Akhbar	मुख्यमंत्री ने आयुष विभाग की समीक्षा में दिये निर्देश- स्वास्थ्य विभाग परस्पर सम...	N/A
3433.	Tripurastar News	Indian Yoga Association And State Chapters Celebrate World Earth Day With Nation...	N/A
3434.	Uttarakhand Politics	प्राणिक हीलिंग एवं आयुर्वेदिक चिकित्सा पर दो दिवसीय कार्यशाला का सफल समापन	N/A
3435.	Aryan Age	AYUSH Department Should Contribute to Promoting Medical Tourism : CM Dr. Yadav	N/A
3436.	Udaipur Kiran	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादव	N/A
3437.	दैनिक इंडिया	मानवेन्द्र सिंह महानिदेशक आयुष चिकित्सा ने श्रीराम समग्र स्वास्थ्य प्रबन्धन संस्...	N/A
3438.	Local News11	AYUSH department should participate in increasing medical tourism: Chief Ministe...	N/A
3439.	United News Of India	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग: यादव	N/A
3440.	छत्तीसगढ़ राज्य	मेडिकल टूरिज्म बढ़ाने में भागीदारी करें आयुष विभाग : मुख्यमंत्री डॉ. यादवमेडिकल ...	N/A
3441.	121 News Online	CSIO-CSIR Signs MoU with Dhanwantry College: Three Day Long Samvaya 2025 Conclud...	N/A
3442.	India News Calling	स्वस्थ जीवन जीने के लिए संतुलित और पोषणयुक्त आहार अत्यंत आवश्यक-संजीव गुलेरिया	N/A
3443.	Social News XYZ	Bhopal: Mohan Yadav Chairs AYUSH Department Review Meeting #Gallery	N/A
3444.	New Age Islam	Superstition Among Muslims in Kerala: Fake Certificates, Fake Treatments, And Re...	N/A
3445.	Singrauli Mirror	FHRAI unveils plans for Harit Yoga events ahead of International Day of Yoga 202...	N/A
3446.	Sabkasandesh	CM Mohan Yadav Tour: सीएम डॉ. मोहन यादव आज इन बड़े कार्यक्रमों में होंगे शामिल, ज...	N/A
3447.	DANIK KHABAR	अंतरराष्ट्रीय योग दिवस 2025: 'एक पृथ्वी, एक स्वास्थ्य के लिए योग" थीम के साथ वि...	N/A
3448.	DD News	फेडरेशन ऑफ होटल एंड रेस्तरां एसोसिएशन ऑफ इंडिया 'हरित योग" गतिविधियां करेगा आयो...	N/A

3449.	Indian Cooperative	Wellness Therapy at AIIMS: Sanghani returns rejuvenated	N/A
3450.	Ddindia	FHRAI unveils plans for Harit Yoga events ahead of International Day of Yoga 20 2...	N/A
3451.	Arthparkash	प्राणिक हीलिंग, रोग परीक्षण, पंचकर्म एवं आहार चिकित्सा पर आधारित दो दिवसीय 11वीं...	N/A
3452.	Dainik Jagran Mpcg	आज भोपाल में क्या है खास: सीएम मोहन यादव की कैबिनेट बैठक से लेकर भरतनाट्यम प्रस्...	N/A
3453.	Mero Uttarakhand	पंचकर्म एवं आहार चिकित्सा आदि पर वीर माधो सिंह भंडारी उत्तराखंड तकनीकी विश्वविद्...	N/A
3454.	Skgnews	पंचकर्म एवं आहार चिकित्सा आदि पर वीर माधो सिंह भंडारी उत्तराखंड तकनीकी विश्वविद्...	N/A
3455.	Uttarakhand Talks	30 जून से प्रारंभ होगी कैलाश मानसरोवर यात्रा	N/A
3456.	Forever News	Hotel and Restaurant Federation Gears Up for International Yoga Day 2025 With ' H...	N/A
3457.	BharatKi Baat	FHRAI reveals initiatives in preparation for International Yoga Day celebrations...	N/A
3458.	Shivam Express	प्राणिक हीलिंग,रोग परीक्षण,पंचकर्म एवं आहार चिकित्सा पर आधारित 11वीं कार्यशाला क...	N/A
3459.	DD News	प्रधानमंत्री मोदी का जेद्दा दौरा, भारत-सऊदी संबंधों को मिलेगी नई मजबूती	N/A
3460.	Divya Manhas	"कॉस्मिक हीलिंग और पंचकर्म पर दो दिवसीय कार्यशाला का शुभारंभ, वैकल्पिक चिकित्सा ...	N/A
3461.	Udaipur Kiran	होटल एवं रेस्तरां संघ 'हरित योग" गतिविधियां करेगा आयोजित	N/A
3462.	Tender Detail	Tender For (Ph.No.47093) Eye Shades/ Plastic, Unit: Numbers., hyderabad-Telangan...	N/A
3463.	Ddindia	PM Modi set to visit Jeddah, bolster India-Saudi Arabia ties	N/A
3464.	Chandigarh City News	Experts emphasize on addressing challenges to elevate Ayurveda on the global st a...	N/A
3465.	नेशनल फ्रंटियर	अंतरराष्ट्रीय योग दिवस पर राज्य में होंगे योग मेले, सीएम धामी ने दिए निर्देश	N/A
3466.	Vikral	अंतरराष्ट्रीय योग दिवस 2025: 'एक पृथ्वी, एक स्वास्थ्य के लिए योग" थीम के साथ वि...	N/A
3467.	Ndtv	Can Ayurvedic Treatment Help Cure Psoriasis?	N/A
3468.	121 News Online	Experts Emphasizes on Addressing Challenges to Elevate Ayurveda on the Globa l St...	N/A
3469.	Medical Buyer	Chandigarh Administrator lays foundation for 250-bed Ayurveda hospital	N/A
3470.	Pahal Times	ग्राम स्तर तक चलाया जाए योग अभियान : सीएम धामी	N/A
3471.	Digi Newz India	गर्मी में अमृत है ये फूल, चेहरे, हाथ-पैर पर लगाएं इसका लेप, धूप में दबा रंग खिल ...	N/A
3472.	BW Wellbeingworld	The Growing Popularity Of Wellness Tourism In India	N/A
3473.	Poorvanchalmedia	धूप से मुरझाए हुए चेहरे के रंग को वापस से रंगीन कर देगा यह लाल फूल, एजिंग की स्प...	N/A
3474.	Garima Times	बिहार में बहुत जल्द 2800 आयुष चिकित्सकों की होगी बहाली, स्वास्थ्य मंत्री ने की घ...	N/A

3475.	Abhitak News	स्वर्ण जयंती समारोह के अंतर्गत श्री धनवंतरी आयुर्वेदिक कॉलेज एंड हॉस्पिटल आयोजित...	N/A
3476.	Sonebhadra Live	गर्मी में अमृत है ये फूल, चेहरे, हाथ-पैर पर लगाएं इसका लेप, धूप में दबा रंग खिल ...	N/A
3477.	Punjabkesari	Bihar Jobs: "बिहार में 2800 आयुष चिकित्सकों की जल्द होगी बहाली", मंत्री मंगल पां...	N/A
3478.	Digi Newz India	साल में सिर्फ 4 महीने मिलता है ये देसी जूस! सेहत के लिए नेचुरल एनर्जी का है खजान...	N/A
3479.	Medical Buyer	Centre spent Rs 65000 crore on health infrastructure across India, says minister	N/A
3480.	Mero Uttarakhand	आयुष अस्तपाल अन्यत्र ले जाने का कड़ा विरोध	N/A
3481.	Daily World	Guv Kataria lays stone of ayurvedic super speciality hospital | Regional - Daily...	N/A
3482.	Skgnews	ग्राम स्तर तक चलाया जाए योग अभियान – मुख्यमंत्री पुष्कर सिंह धामी	N/A
3483.	Today News 24	Amit Shah Shares His Wellness Routine, Says 'Healthy India Key Towards Realising...	N/A
3484.	Face2News	GOVERNOR AND ADMINISTRATOR KATARIA LAYS FOUNDATION STONE OF 250-BED SUPER SPECIA...	N/A
3485.	Chandigarh City News	Governor lays foundation stone for Ayurvedic Specialty Hospital	N/A
3486.	Himachal Now News	आयुर्वेदिक पैरासर्जिकल शिविर / 22 अप्रैल को नाहन में निशुल्क आयुर्वेदिक पैरासर्ज...	N/A
3487.	Swadesh Today	राज्य में 2800 आयुष चिकित्सकों की शीघ्र होगी बहाली: मंगल पांडेय	N/A
3488.	enewstime	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	N/A
3489.	Sakshi Post	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	N/A
3490.	First Bihar	बिहार में 2800 आयुष चिकित्सकों की होगी शीघ्र बहाली, स्वास्थ्य मंत्री मंगल पांडेय...	N/A
3491.	Yes Punjab	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	N/A
3492.	Thip Media	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	N/A
3493.	Udaipur Kiran	आयुर्वेदिक चिकित्सा पद्धतियां बनी लोगों की पहली पसंद, जिला आयुष अस्पताल नाहन में...	N/A
3494.	Newspoint	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	N/A
3495.	Thefreedompress	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	N/A
3496.	The Hans India	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	N/A
3497.	Pune News	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	N/A
3498.	Times Report	Punjab Guv lays foundation of ayurvedic specialty hospital in Chandigarh	N/A
3499.	Nation Press	Punjab Guv Launches Ayurvedic Hospital : Punjab Governor Initiates Ayurvedic Spe...	N/A
3500.	121 News Online	Governor Lays Foundation Stone for Ayurvedic Specialty Hospital, MP Rajya Sabha ...	N/A
3501.	Bharat Express	Healthy Liver-Healthy India: वर्ल्ड लिवर डे पर गृह मंत्री अमित शाह ने किया LiHa...	N/A

3502.	Babushahi Hindi	चंडीगढ़ में बनेगा 250 बिस्तरों वाला सुपर स्पेशियलिटी आयुर्वेद अस्पताल, राज्यपाल ...	N/A
3503.	Healthandme	It"s Not Just Alcohol, Ayurveda Says Your Anger Might Be Damaging Your Liver	N/A
3504.	UNI	UP set to emerge as a health tourism hub with growing popularity of Ayurveda	N/A
3505.	The Media Setu	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3506.	Ravivar Delhi	अंतर्राष्ट्रीय योग दिवस की तैयारियों संबंध में सीएम ने बैठक ली	N/A
3507.	Vande Bharat Live Tv News	डायरेक्ट मार्केटिंग सेलिंग कंपनी शहर से लेकर ग्रामीण तक अपना विस्तार कर रही है,,...	N/A
3508.	Pune Media	India"s wellness wave: Rising to global dominance in nutraceuticals Pune Media .. .	N/A
3509.	Chanakya Mantra	योग दिवस की तैयारियां: मुख्यमंत्री ने ग्राम स्तर तक योग अभियान चलाने के दिए निर्...	N/A
3510.	Doonited India	ग्राम स्तर तक योग अभियान चलाया जाए-मुख्यमंत्री	N/A
3511.	Agrowon	Organic Agriculture Market: कौटुंबिक नात्यांभोवती गुंफलेला सेंद्रिय शेतीमाल बाजा...	N/A
3512.	Garhprabhat	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
3513.	Gadwarta	अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में राज्य में योग मेले	N/A
3514.	Raath Samachar	अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में राज्य में योग मेले	N/A
3515.	The Singori Times	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3516.	Chuppi ki Goonj	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3517.	Jan Bhadas	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3518.	Mpe News	mpenews	N/A
3519.	Kashmir News	Teaching Opportunities at RRIUM Srinagar – Interviews on April 28, 2025	N/A
3520.	Uttarakhand Talks	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
3521.	Daily Uttarakhand	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
3522.	Forever News	Union Home Minister Emphasizes Holistic Health During World Liver Day Observance...	N/A
3523.	The Uttarakhandtribune	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
3524.	Dhriti News	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
3525.	चमोली न्यूज़	आगामी 21 जून को आयोजित होने वाले अंतर्राष्ट्रीय योग दिवस की तैयारियों के सम्बंध ...	N/A
3526.	न्यूज़ पोर्टल	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
3527.	Narmadasamay	औषधालय प्रभारी पहुंचे विद्यालय में योग दिवस के बारे में किया जागरूक	N/A
3528.	Narmadasamay	आंगनबाड़ी केंद्र जटऊआ पर हुआ कार्यक्रम बच्चों और महिलाओं को बताया पोषण के बारे म...	N/A

3529.	Bharat Express	Amit Shah Inaugurates LiHab Center; Promotes Liver Health On World Liver Day	N/A
3530.	Keekli	Amit Shah Launches HEALED Scheme on World Liver Day 2025	N/A
3531.	Idaho Indian	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3532.	Tampa Bay Indian	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3533.	Next Khabar	16 संस्कारों में सबसे महत्वपूर्ण है विवाह संस्कार : राज्यपाल	N/A
3534.	Detroit Indian	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3535.	Krishak Jagat	औषधीय पौधों की खेती हेतु प्रशिक्षण आयोजित	N/A
3536.	Maverick News3	Amit Shah attends the program organized by Institute of Liver and Biliary Scienc...	N/A
3537.	Shabd Sangram	हमारे वेदों में दिए गए 'आहार ही औषधि है" के मंत्र को स्वीकार कर आज पूरा विश्व आ...	N/A
3538.	Swabhimani Odia	Amit Shah Emphasizes Liver Health on World Liver Day	N/A
3539.	The Top Ten News	अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में राज्य में योग मेले, हरित योग और योग पर आध...	N/A
3540.	Uttarakhand kesari	*ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री*	N/A
3541.	Khas Khabar	मुख्यमंत्री कन्या विवाह योजना के तहत 387 कन्याओं का हुआ विवाह	N/A
3542.	Shree News	16 संस्कारों में सबसे महत्वपूर्ण है विवाह संस्कार : राज्यपाल	N/A
3543.	New India	रोगग्रस्त होकर नहीं की जा सकती विकसित भारत की संकल्पना : शाह	N/A
3544.	अंजनी खबर (Anjani Khabar)	16 संस्कारों में सबसे महत्वपूर्ण है विवाह संस्कार : राज्यपाल	N/A
3545.	Mp Headline	मुख्यमंत्री कन्या विवाह योजना के तहत 387 कन्याओं का हुआ विवाह	N/A
3546.	Uttarakhand Print Media	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3547.	Real India News	मुख्यमंत्री कन्या विवाह योजना के तहत 387 कन्याओं का हुआ विवाह	N/A
3548.	Delhi Bulletin	मुख्यमंत्री कन्या विवाह योजना के तहत 387 कन्याओं का हुआ विवाह	N/A
3549.	Web Akhbar	16 संस्कारों में सबसे महत्वपूर्ण है विवाह संस्कार : राज्यपाल	N/A
3550.	कमल संदेश	कमल संदेश View All	N/A
3551.	Saahas Samachar	मुख्यमंत्री कन्या विवाह योजना के तहत 387 कन्याओं का हुआ विवाह	N/A
3552.	Kadwaghut	16 संस्कारों में सबसे महत्वपूर्ण है विवाह संस्कार : राज्यपाल	N/A
3553.	Kamal Sandesh	Union Home Minister attends the program organized by ILBS on World Liver Day i n ...	N/A
3554.	Evening Times	16 संस्कारों में सबसे महत्वपूर्ण है विवाह संस्कार : राज्यपाल	N/A
3555.	खबर जगत	16 संस्कारों में सबसे महत्वपूर्ण है विवाह संस्कार : राज्यपाल	N/A
3556.	Uttarakhand Politics	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री पुष्कर सिंह धामी	N/A

3557.	Fusion World	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3558.	Newspoint	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3559.	शिवालिक पत्रिका	जिला कारागार में 25 व 28 अप्रैल को लगेंगे स्वास्थ्य जांच शिविर	N/A
3560.	Daily24writer	रोगग्रस्त होकर नहीं की जा सकती विकसित भारत की संकल्पना : शाह	N/A
3561.	The Hans India	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3562.	Hillvani	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3563.	Uttarakhand Today News	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3564.	Absolute India	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3565.	Times Report	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3566.	Thip Media	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3567.	United News Of India	रोगग्रस्त होकर नहीं की जा सकती विकसित भारत की संकल्पना : शाह	N/A
3568.	Arihant Samachar	ग्राम स्तर तक योग अभियान चलाया जाए: मुख्यमंत्री	N/A
3569.	Bharat Express	3 दिन के दौरे पर सऊदी अरब यात्रा पर जाएंगे PM मोदी: आर्थिक, रणनीतिक और सांस्कृति...	N/A
3570.	News Height	Big breaking :-ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3571.	Andhravilas	Amit Shah Stresses Healthy Lifestyle for Viksit Bharat Goal on World Liver Day	N/A
3572.	Spo India	Strategic Convergence: PM Modi"s Saudi Visit and the Future of Indo-Gulf Diplom ...	N/A
3573.	enewstime	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3574.	Today India News	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3575.	UNI	Shah urges citizens to prioritise health	N/A
3576.	UNI	Shah urges citizens to prioritise health	N/A
3577.	UNI	Shah urges citizens to prioritise health	N/A
3578.	Thefreedompress	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3579.	Ians	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3580.	Nation Press	A Healthy India is Key to Viksit Bharat : A Healthy India is Essential for Achie...	N/A
3581.	Mass Media	ग्राम स्तर तक योग अभियान चलाया जाए: मुख्यमंत्री	N/A
3582.	Pune News	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
3583.	Tender Detail	Tender For Supply Of Stone Slab 08 Feet (As Per Requirement), Nagaur-Rajasthan	N/A
3584.	Tender Detail	Tender For Pressure Vessels, Scrubbers & Separators, Mumbai-Maharashtra	N/A

3585.	Indianelectionsnews	Union Home Minister and Minister of Cooperation Amit Shah attends the program or...	N/A
3586.	Vikral	'वर्ल्ड लिवर डे" के अवसर पर सभी अपने 'लिवर" के प्रति सजग, प्रयत्नशील और पूरी ज...	N/A
3587.	Breaking News Express	dehradun :ग्राम स्तर तक योग अभियान चलाया जाए-मुख्यमंत्री	N/A
3588.	Saksham Uttarakhand	ग्राम स्तर तक योग अभियान चलाया जाए – मुख्यमंत्री	N/A
3589.	Udaipur Kiran	योग दिवस की तैयारियां: मुख्यमंत्री ने ग्राम स्तर तक योग अभियान चलाने के दिए निर्...	N/A
3590.	Uttar Bharat Live	विद्यालयों और महाविद्यालयों में विशेष योग शिविरों का किया जाए आयोजन – मुख्यमंत्र...	N/A
3591.	पर्वतांचल	ग्राम स्तर तक योग अभियान चलाया जाए: मुख्यमंत्री	N/A
3592.	Pahaad News	विद्यालयों और महाविद्यालयों में विशेष योग शिविरों का किया जाए आयोजन – मुख्यमंत्र...	N/A
3593.	The Hillpost	विद्यालयों और महाविद्यालयों में विशेष योग शिविरों का किया जाए आयोजन : मुख्यमंत्र...	N/A
3594.	Aakash Gyan Vatika	विद्यालयों और महाविद्यालयों में विशेष योग शिविरों का किया जाए आयोजन – मुख्यमंत्र...	N/A
3595.	Najariya News	विद्यालयों और महाविद्यालयों में विशेष योग शिविरों का किया जाए आयोजन – मुख्यमंत्र...	N/A
3596.	Rk Tv News	उत्तराखंड: मुख्यमंत्री ने अंतर्राष्ट्रीय योग दिवस की तैयारियों के सम्बंध में बैठ...	N/A
3597.	Jagmarg	ग्राम स्तर तक योग अभियान चलाया जाए: अंतरराष्ट्रीय योग दिवस की तैयारियों की बैठक ...	N/A
3598.	ITDC India	Yoga: Medicine for Every Disease, Identity of Indian Culture	N/A
3599.	Uttarakhand Morning Post	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3600.	Guidely	Daily Current Affairs Quiz - 18th April 2025	N/A
3601.	Dehradun express	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3602.	Day night khabar	ग्राम स्तर तक योग अभियान चलाया जायेगा- मुख्यमंत्री*	N/A
3603.	Sajag India	अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में राज्य में योग मेले, हरित योग और योग पर आ...	N/A
3604.	Kumaun News	देहरादून : ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
3605.	Sonebhadra Live	राजा-रानी थे इस फूल के दीवाने, पानी में डालकर नहाने से रोम-रोम महक उठेगा, सिर्फ ...	N/A
3606.	The Hans India	Special health camps begin for pregnant women	N/A
3607.	Poorvanchalmedia	राजा-रानी को महकाने के काम में आता था यह फूल, सिर्फ सूंघने मात्र से ही कोसों दूर...	N/A
3608.	Digi Newz India	राजा-रानी थे इस फूल के दीवाने, पानी में डालकर नहाने से रोम-रोम महक उठेगा, सिर्फ ...	N/A
3609.	Times Of Taj	दिल्ली के न्यू मुस्तफाबाद में चार मंजिला इमारत ढही, कई लोग मलबे में दबे	N/A
3610.	Indore Mirror	गर्मी के मौसम में रखें स्वास्थ्य का विशेष ख्याल	N/A
3611.	Tender Detail	Tender For Ccrs Complaint, Road Motorization, Wet Milling, Cold Milling, And Var...	N/A

3612.	Tender Detail	Tender For Ccrs Complaint, Patchwork With Road Hot Mix Material And Work Of Cutt...	N/A
3613.	Tender Detail	Tender For Complaints Coming To Ccrs In Different Rural And Urban Areas Of South...	N/A
3614.	मीडिया जगत	Haryana: विपक्षी दल भी चुपके-चुपके घर बैठकर PM मोदी की नीतियों की कर रहे तारीफः ...	N/A
3615.	India News Calling	NEWS RECEIVED FROM PUBLIC RELATIONS RAJ BHAWAN HARYANA CHANDIGARH	N/A
3616.	Drug Today Medical Times	Maria Homoeopathy Medical college & Hospital	N/A
3617.	Healthandme	Ayurvedic Immunity Boosters You Should Add To Your Daily Life, According To Dina...	N/A
3618.	Daily Samvad	Haryana News: स्कूलों में अब सिखाया जाएगा योग, सरकार ने लिया फैसला	N/A
3619.	United Impacts	Union MoS for Health & Family Welfare Shri Prataprao Jadhav inaugurates FSSA...	N/A
3620.	पर्वतांचल	ख़ास ख़बर: "आयुष आरोग्य पथ" में लीजिये मानसिक स्वास्थ्य लाभ, एम्स परिसर में आय...	N/A
3621.	Itdc News	योग: हर रोग की दवा, भारतीय संस्कृति की पहचान	N/A
3622.	मीडिया जगत	Haryana News: हरियाणा के मुख्य सचिव से मिले 13 देशों के 28 प्रतिनिधि	N/A
3623.	Responsibleus	India Has The Potential To Lead The World In Sustainable Packaging: MoS Health P...	N/A
3624.	Garima Times	हरियाणा के सरकारी स्कूलों में योग सिखाया जाएगा, 857 योग सहायकों की नियुक्ति की ज...	N/A
3625.	Newsfeel online newspaper	After sudden baldness, people in Maharashtra's Buldhana face unexplained nail lo...	N/A
3626.	Guidely	Daily Current Affairs April 18th 2025 | Latest News | Download Free PDF	N/A
3627.	Khabarmanthan	La promessa infranta di Ayushman Bharat alla comunità transgender dell"India	N/A
3628.	AAJ KI NEWS	हरियाणा के सीएम नायब सैनी का बड़ा कदम, सरकारी स्कूलों में होगी 'योग सहायकों" की...	N/A
3629.	Haryana Archives Hindi Samachar	Haryana News: हरियाणा के सरकारी स्कूलों में सिखाया जाएगा योग, 857 योग सहायकों की...	N/A
3630.	Mahendra India News	हरियाणा में 857 योग सहायकों की स्कूलों में होगी नियुक्ति, स्वास्थ्य कॉलेज और अंत...	N/A
3631.	Indore Samachar	इन्दौर का सबसे बड़ा शासकीय आयुष (आयुर्वेद) चिकित्सालय मांगलिया में बनकर तैयार –	N/A
3632.	Indiaspend	Ayushman Bharat's Broken Promise to India's Transgender Community	N/A
3633.	The Kashmir Horizon	ADGP Dir F&ES (J&K) inaugurates Free Multi speciality Medical camp at Fi...	N/A
3634.	Daily World	Additional Chief Secretary, AYUSH Department, Haryana Sh | Regional - Dailyworld...	N/A
3635.	Millenium Post	Haryana to employ Yoga Sahayaks in schools to teach yoga to students	N/A

3636.	BharatKi Baat	Haryana introduces ‘sahayaks" to teach yoga to school students across the state.. .	N/A
3637.	मीडिया जगत	Haryana News: आयुष विभाग के मुख्य सचिव सुधीर राजपाल ने राज्य के सरकारी स्कूलों म...	N/A
3638.	Jammu Links News	ADGP Director F&ES (J&K) inaugurates Free Multi speciality Medical camp ...	N/A
3639.	Newsr	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3640.	bharatsarathi.com	हरियाणा सरकार का योग मिशन: स्कूलों में नियुक्त होंगे योग सहायक, बनेगा ध्यान केंद...	N/A
3641.	Chandigarh City News	Haryana to employ Yoga Sahayaks in schools to teach yoga to students	N/A
3642.	सबसे तेज प्रधान टाइम्स	आयुष आरोग्य पथ में लीजिये मानसिक स्वास्थ्य लाभ	N/A
3643.	Drug Today Medical Times	Burdwan Homoeopathic Medical College & Hospital	N/A
3644.	Web Newswire	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3645.	Cpmirror	Union MoS for Health & Family Welfare Shri Prataprao Jadhav inaugurates FSSA. ..	N/A
3646.	Garhwal Post	Ayurveda, Yoga & Naturopathy are invaluable treasures of India: Gov	N/A
3647.	Garhwal Post	“Govt providing not only curative, but also preventive, palliative & rehabil...	N/A
3648.	News Makhani	Union MoS for Health & Family Welfare Shri Prataprao Jadhav inaugurates FSSA. ..	N/A
3649.	Careers360	Applications to Goel Group of Institutions Lucknow Admissions 2025 have started; ...	N/A
3650.	Tripurastar News	Union MoS for Health & Family Welfare Prataprao Jadhav Inaugurates FSSAI"s ...	N/A
3651.	Food Tech Biz	Shri Prataprao Jadhav inaugurates FSSAI"s National Stakeholder Consultation on ...	N/A
3652.	Time Motion	Union MoS for Health & Family Welfare Shri Prataprao Jadhav inaugurates FSSA. ..	N/A
3653.	Odisha News Times	Union MoS for Health & Family Welfare Shri Prataprao Jadhav inaugurates FSSA. ..	N/A
3654.	Construction World	JP Nadda Presides Over AIIMS Rishikesh Convocation Ceremony	N/A
3655.	DD News	राष्ट्रीय कर्मयोगी जन सेवा कार्यक्रम में व्यावहारिक शिक्षा पर फोकस	N/A
3656.	DANIK KHABAR	निर्वाचन आयोग ने पहली बार राजनीतिक दलों की जमीनी स्तर पर भागीदारी को मजबूत करने ...	N/A
3657.	DANIK KHABAR	आयुष मंत्रालय ने राष्ट्रीय कर्मयोगी जन सेवा कार्यक्रम का आयोजन किया	N/A
3658.	Dainandini	आयुष विभाग अंतर्गत दावाआपत्ति आमंत्रित	N/A
3659.	Ddindia	Ministry of Ayush hosts Rashtriya Karmayogi Jan Seva programme to strengthen pub...	N/A

3660.	Ravitiku	Ayurveda vs. Allopathy: Will India Ever Let Its Ancient Wisdom Thrive?	N/A
3661.	Palgharnews	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme – World News ...	N/A
3662.	Kolkata Sun	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3663.	The Asia News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3664.	New Delhi News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3665.	India's News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3666.	Gujarat Samachar	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3667.	Rajasthan Ki Khabar	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3668.	Jharkhandtimes	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3669.	OB News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3670.	The Mobi World	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3671.	Delhi live news	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3672.	Punjab Live	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3673.	South India News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3674.	Kashmir Breaking News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3675.	Karnataka Live	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3676.	Bihar Times	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3677.	Telangana Journal	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3678.	North East Times	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3679.	Maharashtra Samachar	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3680.	Vanakkam Tamil Nadu	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3681.	Haryana Today	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3682.	Odisha Post	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3683.	West Bengal Khabar	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3684.	Bihar 24x7	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3685.	Tripurastar News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme.	N/A
3686.	Gujarat Varta	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3687.	Himachal Patrika	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A

3688.	Andhra Pradesh Mirror	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3689.	Chhattisgarh Today	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3690.	Kashmir Newsline	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3691.	Indian News Network	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3692.	Tripurastar News	Second Meeting Of The Scientific Steering Committee For The National One Heal th ...	N/A
3693.	Odisha News Times	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
3694.	Digi Newz India	10 से 4 बजे के बीच न निकलें बाहर! वरना पहुंच जाएंगे अस्पताल; डॉक्टर से जानें	N/A
3695.	Ma Media24	The convocation of the country"s first Ayush University on 18: 126 students wil...	N/A
3696.	Tender Detail	Tender For Supply Of Different Type Of Plastic Containers At Mims Teaching Hos pi...	N/A
3697.	Bw Health Care World	The Homeopathy Angle Of Trump"s Tariff Decision & What the World Forgot To .. .	N/A
3698.	ITDC India	Yoga Festival at Sant Hirdaram College	N/A
3699.	State News Service	आयुष विभाग अंतर्गत दावाआपत्ति आमंत्रित	N/A
3700.	The Media Setu	मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य मंत्री श्री जे...	N/A
3701.	IndiBlogHub	Which government institutions offer certified yoga teacher training programs in ...	N/A
3702.	Itdc News	संत हिरदाराम कॉलेज में योग महोत्सव	N/A
3703.	Sonebhadra Live	Heat Strokeकोडरमा: हीट स्ट्रोक से बचाव के लिए डॉ. प्रभात कुमार के नुस्खे	N/A
3704.	Ravivar Delhi	दीक्षांत समारोह विद्यार्थियों के जीवन का एक महत्वपूर्ण पड़ाव होता है, जो उनकी उप...	N/A
3705.	Pahad Bulletin	मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः जेपी नड्डा"	N/A
3706.	Drug Today Medical Times	Sai Homoeopathic Medical College & Nityanand Hospital	N/A
3707.	The Hans India	Not all fats are equal; choose the best ones for health	N/A
3708.	World News Network	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3709.	India News Archives	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3710.	India News Archives	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3711.	Nagalandnews24x7	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A

3712.	India Reporter Live	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3713.	Rajasthan News Time	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3714.	Haryana Newsline	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3715.	News India Live	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3716.	Stroy India	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3717.	Jharkhand News Hub	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3718.	State News Today	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3719.	State Newz	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3720.	Newz Today 24	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3721.	Una Villa	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3722.	The Report World	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3723.	India World News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3724.	Insight Ful News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3725.	Next Edge	Union Health Minister Presides Over AIIMS Rishikesh Convocation, Highlights Mil e...	N/A
3726.	News India Headline	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3727.	Latest News Today	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3728.	News Today 99	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3729.	India Global News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3730.	Business Line Print	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A

3731.	Indian World News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3732.	The Readers Digest	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3733.	India Buzz Feed News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3734.	Now Report	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3735.	News India Web	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3736.	Chronicle Today News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3737.	Express Times News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3738.	Topics To Know	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3739.	Report India	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3740.	Patrolling Wire News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3741.	News Mirror Net	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3742.	News Today Pro	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3743.	Newswire	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3744.	Standard Today News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3745.	Rapid Report	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3746.	The Report Net	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3747.	Scroll India News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3748.	Gossip Today	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3749.	Report Today	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A

3750.	Post Time News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3751.	Insider India Times	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3752.	India Career Week	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3753.	Rabale	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3754.	Nagpur Project News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3755.	The Daily Glimpse	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3756.	News Indias	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3757.	Know Thats All	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3758.	Quick News Now	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3759.	Delhi News Daily	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3760.	India latest News Update	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3761.	News Indian Bulletin	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3762.	Indian Express Daily	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3763.	Jharkhand India Newsagency	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3764.	The Daily Discover	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3765.	Gujarat Watch	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3766.	Say Goodbye To Expensive Cloud Storage	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3767.	Travller News India	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3768.	Report News	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A

3769.	The News Net	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3770.	Brief Buzz	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3771.	Standard News Wire	Pharma ScienceTM: Revolutionizing Ayurveda with Patented Treatments & Uniqu e...	N/A
3772.	The Quick Update	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3773.	Drug Today Medical Times	Guru Mishri Homoeopathic Medical College and Hospital	N/A
3774.	Stroy India	Stroy India	N/A
3775.	Drug Today Medical Times	Gulabrao Patil Homoeopathic Medical College	N/A
3776.	State Newz	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3777.	Newz Today 24	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3778.	India World News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3779.	State News Today	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3780.	Indian World News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3781.	India Global News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3782.	News Today 99	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3783.	The News Net	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3784.	Chronicle Today News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3785.	News Mirror Net	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3786.	Post Time News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3787.	Standard Today News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3788.	Rapid Report	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A

3789.	Scroll India News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3790.	The Report Net	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3791.	Say Goodbye To Expensive Cloud Storage	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3792.	The Daily Glimpse	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3793.	Nagpur Project News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3794.	Gossip Today	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3795.	India Career Week	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3796.	Rabale	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3797.	Travller News India	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3798.	Jharkhand India Newsagency	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3799.	Rajasthan News Time	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3800.	Sandwich	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3801.	Indian Express Daily	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3802.	News India Live	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3803.	India latest News Update	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3804.	Delhi News Daily	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3805.	Insider India Times	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3806.	Report News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3807.	Quick News Now	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A

3808.	Jharkhand News Hub	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3809.	Gujarat Watch	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3810.	Standard News Wire	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3811.	Brief Buzz	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3812.	The Report World	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3813.	Doonited India	"मानवता के उत्थान में चिकित्सकों की अहम भूमिका: केंद्रीय स्वास्थ्य मंत्री श्री ...	N/A
3814.	Drug Today Medical Times	Government Homeopathy College, Jalgaon	N/A
3815.	Bio Voice News	JP Nadda presides over 5th convocation ceremony of AIIMS Rishikesh	N/A
3816.	Hindustan Global Times	वैद्य की बेदर्दी: उत्तराखंड में झोलाछाप डॉक्टरों का फैलता जाल और जनता की लुटती ज...	N/A
3817.	Punjabkesari	"मानवता के उत्थान में चिकित्सकों की अहम भूमिका", ऋषिकेश AIIMS के दीक्षांत समारोह...	N/A
3818.	Mero Uttarakhand	'वन यूनिवर्सिटी-वन रिसर्च	N/A
3819.	Calcutta News	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3820.	Palgharnews	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3821.	Palgharnews	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3822.	India Gazette	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3823.	The Asia News	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3824.	Mumbai News	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3825.	New Delhi News	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3826.	India's News	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3827.	OB News	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3828.	The Mobi World	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A

3829.	Tripurastar News	Union Health Minister Shri JP Nadda Presides Over 5th Convocation Ceremony O f AI...	N/A
3830.	Jharkhandtimes	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3831.	Rajasthan Ki Khabar	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3832.	Andhra Pradesh Mirror	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3833.	Bihar Times	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3834.	Odisha Post	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3835.	Vanakkam Tamil Nadu	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3836.	Maharashtra Samachar	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3837.	Delhi live news	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3838.	North East Times	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3839.	Bihar 24x7	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3840.	Kashmir Newsline	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3841.	Kashmir Breaking News	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3842.	Karnataka Live	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3843.	Calcutta News	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3844.	South India News	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3845.	Newspoint	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3846.	Gujarat Varta	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3847.	Haryana Today	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A

3848.	Telangana Journal	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3849.	Punjab Live	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3850.	Chhattisgarh Today	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3851.	Himachal Patrika	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3852.	West Bengal Khabar	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3853.	Indian News Network	JP Nadda presides over AIIMS Rishikesh convocation, highlights gains in health s ...	N/A
3854.	News Height	Big breaking :-अत्याधुनिक सुविधाओं से लैस हुआ एम्स, केंद्रीय मंत्री नड्डा और सीए...	N/A
3855.	India Gazette	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3856.	New Delhi News	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3857.	India's News	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3858.	Mumbai News	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3859.	The Uttarakhandtribune	मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य मंत्री जेपी नड...	N/A
3860.	Dhriti News	मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य मंत्री जेपी नड...	N/A
3861.	Digi Newz India	ये लोग भूलकर भी न खाएं नीम के पत्ते, सेहत को हो सकता है भारी नुकसान; जानें	N/A
3862.	न्यूज़ पोर्टल	मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य मंत्री जेपी नड...	N/A
3863.	Rajkaj Express	मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य मंत्री जेपी नड...	N/A
3864.	Gujarat Samachar	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3865.	Uttarakhand Today	एम्स ऋषिकेश दीक्षांत समारोह में जेपी नड्डा, 434 मेडिकल छात्रों को बांटी उपाधि, क...	N/A
3866.	News Grid	अखिल भारतीय आयुर्विज्ञान संस्थान, ऋषिकेश का 5वां दीक्षांत समारोह सम्पन्न	N/A
3867.	OB News	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3868.	The Mobi World	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3869.	Telangana Journal	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A

3870.	Kashmir Newsline	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3871.	Shabd Sangram	दीक्षांत समारोह एक विशेष अवसर होता है, जो छात्रों द्वारा प्राप्त उपलब्धियों को म...	N/A
3872.	Rajasthan Ki Khabar	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3873.	Odisha Post	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3874.	Jharkhandtimes	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3875.	Bihar Times	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3876.	Andhra Pradesh Mirror	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3877.	Hillvani	अखिल भारतीय आयुर्विज्ञान संस्थान, ऋषिकेश का 5वां दीक्षांत समारोह सम्पन्न	N/A
3878.	Uttarakhand Today News	अखिल भारतीय आयुर्विज्ञान संस्थान, ऋषिकेश का 5वां दीक्षांत समारोह सम्पन्न	N/A
3879.	Maharashtra Samachar	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3880.	Vanakkam Tamil Nadu	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3881.	Delhi live news	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3882.	North East Times	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3883.	Karnataka Live	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3884.	Dainik Jayant	मानवता के उत्थान में चिकित्सकों की अहम भूमिका : जेपी नड्डा	N/A
3885.	Bihar 24x7	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3886.	Kashmir Breaking News	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3887.	West Bengal Khabar	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3888.	Haryana Today	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3889.	South India News	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A

3890.	Gujarat Varta	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3891.	Punjab Live	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3892.	Chhattisgarh Today	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3893.	Uk Tez	केंद्रीय मंत्री जे पी नड्डा ने किया एम्स ऋषिकेश में पैक्स स्कैन सुविधा का शुभारं...	N/A
3894.	Himachal Patrika	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3895.	Indian News Network	Nadda presides over convocation of AIIMS Rishikesh, says government focused o n p...	N/A
3896.	OB News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3897.	The Mobi World	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3898.	नेशनल फ्रंटियर	मानवता के उत्थान में चिकित्सकों की अहम भूमिका : जेपी नड्डा	N/A
3899.	Maverick News3	Union Health Minister Shri JP Nadda presides over 5th Convocation Ceremony of AI...	N/A
3900.	The Hillpost	केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने एम्स ऋषिकेश के पांचवें दीक्षांत समारोह क...	N/A
3901.	The Top Ten News	अखिल भारतीय आयुर्विज्ञान संस्थान एम्स ऋषिकेश का 5वां दीक्षांत समारोह सम्पन्न कें...	N/A
3902.	News Height	Big breaking :-मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य...	N/A
3903.	New India	मानवता के उत्थान में चिकित्सकों की अहम भूमिका : नड्डा	N/A
3904.	Khabar Bharat 24	"केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा और मुख्यमंत्री पुष्कर सिंह धामी ने अखिल भ...	N/A
3905.	Uttarakhand Times Live	ऋषिकेश में जेपी नड्डा का ऐलान: सरकार का फोकस समग्र स्वास्थ्य सेवाओं पर, सिर्फ इल...	N/A
3906.	पर्वतांचल	ख़ास ख़बर: एम्स में शुरू हुई पैक्स स्कैन की सुविधा, केन्द्रीय स्वास्थ्य मंत्री ज...	N/A
3907.	Udaipur Kiran	आयुष आधारित जीवनशैली का एक अंतरराष्ट्रीय केंद्र बनेगा उत्तराखंड: राज्यपाल	N/A
3908.	Mumbai Varta	आयुर्वेद चिकित्सक संघ का 'आयुर्वेद पर्व"आयुष्य मंत्रालय के सहयोग से परिसंवाद।	N/A
3909.	देव भूमि समीक्षा	मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य मंत्री	N/A
3910.	Dev Bhoomi Media	"मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य मंत्री जेपी ...	N/A
3911.	Pahadi khabarnama	एम्स में शुरू हुई पैक्स स्कैन की सुविधा, केन्द्रीय स्वास्थ्य और परिवार कल्याण मं...	N/A
3912.	Drug Today Medical Times	Bengal Homoeopathic Medical College & Hospital	N/A
3913.	Uttarakhand Politics	"मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य मंत्री श्री ...	N/A

3914.	Palgharnews	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3915.	STIC Online	हरियाणा में स्कूलों के लिए जारी हुई एडवाइजरी, बच्चों को गर्मी से बचाने के लिए कर...	N/A
3916.	उत्तराखण्ड न्यूज़ (UttaraKhand News)	ऋषिकेश एम्स के दीक्षांत समारोह में पहुंचे केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा, ...	N/A
3917.	The Mobi World	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	N/A
3918.	Odisha Post	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3919.	Rajasthan Ki Khabar	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3920.	The Hans India	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	N/A
3921.	Gujarat Samachar	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3922.	Kashmir Breaking News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3923.	Andhra Pradesh Mirror	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3924.	Vikral	केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने एम्स ऋषिकेश के पांच वें दीक्षांत समारोह ...	N/A
3925.	Maharashtra Samachar	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3926.	Udaipur Kiran	प्रत्येक व्यक्ति को किफायती एवं गुणवत्तापूर्ण स्वास्थ्य सेवा मुहैया कराना केंद्र...	N/A
3927.	Kashmir Newsline	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3928.	Himachal Patrika	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3929.	Dehradun Darpan	दीक्षांत समारोह एक विशेष अवसर है जो छात्रों की उपलब्धियों को मान्यता देता है: श्...	N/A
3930.	Haryana Today	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3931.	Delhi live news	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3932.	North East Times	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3933.	Vanakkam Tamil Nadu	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3934.	United News Of India	मानवता के उत्थान में चिकित्सकों की अहम भूमिका : नड्डा	N/A

3935.	United News Of India	मानवता के उत्थान में चिकित्सकों की अहम भूमिका : नड्डा	N/A
3936.	Khabar Uttarakhand	एम्स ऋषिकेश दीक्षांत समारोह : 434 छात्रों को दी डिग्री, नड्डा बोले हर डॉक्टर पर ...	N/A
3937.	Bihar 24x7	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3938.	England News Portal	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3939.	San Francisco Star	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3940.	New Delhi News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3941.	East Asiaall News Portal	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3942.	Maldives Star Plus	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3943.	Middle East Times	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3944.	France Network Times	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3945.	West Bengal Khabar	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3946.	Birminghamall News Network	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3947.	US World Today	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3948.	Telangana Journal	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3949.	Srilanka Island News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3950.	Karnataka Live	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3951.	Punjab Live	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3952.	Chhattisgarh Today	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3953.	India's News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3954.	Buffalo Despatch	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A

3955.	Rk Tv News	केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने एम्स ऋषिकेश के पांचवें दीक्षांत समारोह क...	N/A
3956.	South India News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3957.	Mumbai News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3958.	Uttarakhand Print Media	मानवता के उत्थान में चिकित्सकों की अहम भूमिका : केंद्रीय स्वास्थ्य मंत्री जेपी न...	N/A
3959.	Jharkhandtimes	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3960.	Gujarat Varta	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3961.	Bihar Times	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3962.	Indian News Network	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
3963.	Poorvanchalmedia	इन लोगों के लिए जहर के समान हैं नीम के पत्ते, सेहत को कर सकते हैं ध्वस्त	N/A
3964.	Chanakya Mantra	मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य मंत्री जेपी नड...	N/A
3965.	Uttar Bharat Live	केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने एम्स ऋषिकेश के पांचवें दीक्षांत समारोह क...	N/A
3966.	Aakash Gyan Vatika	केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने एम्स ऋषिकेश के पांचवें दीक्षांत समारोह क...	N/A
3967.	Pahaad News	केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने एम्स ऋषिकेश के पांचवें दीक्षांत समारोह क...	N/A
3968.	News Makhani	Union Health Minister Shri JP Nadda presides over 5th Convocation Ceremony of AI...	N/A
3969.	The Bharat Now	दीक्षांत समारोह में 434 छात्रों को डिग्री प्रदान की गई	N/A
3970.	Najariya News	केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने एम्स ऋषिकेश के पांचवें दीक्षांत समारोह क...	N/A
3971.	Vishva Times	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	N/A
3972.	Dehradun express	मानवता के उत्थान में चिकित्सकों की अहम भूमिका : केंद्रीय स्वास्थ्य मंत्री श्री ज...	N/A
3973.	Sonebhadra Live	नीम के पत्ते के फायदे: गर्मियों में सेहत के लिए लाभकारी.	N/A
3974.	Arihant Samachar	arihant samachar	N/A
3975.	enewstime	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	N/A
3976.	Invest policy	Complete Guide: How to Become a Homeopathic Doctor After 12th in India	N/A
3977.	Ians	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	N/A
3978.	Uttarakhand Morning Post	मानवता के उत्थान में चिकित्सकों की अहम भूमिकाः केंद्रीय स्वास्थ्य मंत्री जेपी नड...	N/A

3979.	Sakshi Post	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	N/A
3980.	Time Motion	Union Health Minister Shri JP Nadda presides over 5th Convocation Ceremony of AI...	N/A
3981.	Day night khabar	मानवता के उत्थान में चिकित्सकों की अहम भूमिका : केंद्रीय स्वास्थ्य मंत्री श्री ज...	N/A
3982.	Mero Uttarakhand	मानवता के उत्थान में चिकित्सकों की अहम भूमिका : केंद्रीय स्वास्थ्य मंत्री जेपी न...	N/A
3983.	Newspoint	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	N/A
3984.	Thefreedompress	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	N/A
3985.	India Online Mart	Govt focused more on providing preventive healthcare than just curative: JP Nadd ...	N/A
3986.	Ndtv	Avoid Eating These Vegetables This Summer Season	N/A
3987.	Nation Press	Govt Emphasizes Preventive Healthcare : Government Prioritizes Preventive Heal th...	N/A
3988.	Drug Today Medical Times	Madhav Homoeopathic Medical College and Hospital	N/A
3989.	Drug Today Medical Times	Swasthya Kalyan Homoeopathic Medical College & Research Centre	N/A
3990.	Drug Today Medical Times	Shri Guru Nanak Dev Homoeopathic Medical College & Hospital	N/A