


MINISTRY OF AYUSH COMPILED MEDIA REPORT
16 Jan, 2025 – 17 Jan, 2025

 **Total Mention 29**

 Print	Financial	Mainline	Regional	Periodical
29	5	18	6	N/A

 Print

No	Newspaper	Headline	Edition	Pg
1.	Mint	To commemorate Makar Sankranti MDNIY.....	Delhi	7
2.	Mint	To commemorate Makar Sankranti MDNIY,	Ahmedabad	7
3.	Mint	To commemorate Makar Sankranti...	Chandigarh	7
4.	Mint	CORPORATE BUZZ	Hyderabad	7
5.	The Hindu Business Line	To boost exports to \$1 billion by 2030, Centre launches National Turmeric Board	Kochi + 9	10
6.	The Times of India	How to beget good progeny IIT-B to host event, stirs row	Delhi	11
7.	The Times of India	Rs72 crore cashless treatment provided to over 1L in Mohali	Chandigarh	2
8.	The Times of India	NEET-UG 2025 to continue in pen-paper mode: NTA	Chennai	12
9.	Hindustan Times	SWEAT SMARTER, NOT LONGER: ALL ABOUT MICRO WORKOUTS	Noida + 2	2
10.	Hindustan Times	SWEAT SMARTR NOT LONGER: ALL ABOUT MICRO WORKOUTS	Delhi	2
11.	Hindustan Times	SWEAT SMARTER NOT LONGER: ALL ABOUT MICRO WORKOUTS	Chandigarh	2
12.	The Indian Express	Health department expedites generation of e-cards under health insurance scheme	Chandigarh	3
13.	The Morning Standard	Fit Bit	Delhi	2
14.	The Morning Standard	FIT BIT	Delhi	2
15.	The Morning Standard	Recently, a woman drank too much water and was hospitalised, what is the optimum water intake	Delhi	2
16.	The Pioneer	Centre keeps NEET-UG in pen-paper format	Chandigarh	1
17.	The Pioneer	SC warns states, UTs of contempt proceedings	Hyderabad	5
18.	The Daily Guardian	Winter skincare tips	Delhi	14
19.	Free Press Journal	Swamala now available in 4 variants	Mumbai	12
20.	The New Indian Express	VASISTHASANA (SIDE PLANK POSE)	Chennai + 1	2
21.	Millenniumpost	May initiate contempt action if states, UTs non compliant against misleading ads: SC	Delhi + 1	4
22.	The Hindu	Misleading ads: SC warns States, U.T.s against laxity	Delhi	14

23.	Deccan Chronicle	SUPERFIT WEEKEND WARRIORS	Chennai	13, 14
24.	Punjab Kesari	Zile mein logo ko mila 72,43 crore ke cashless upchar ka labh	Chandigarh	4
25.	Navshakti	Government Homeopathy College to Pimpalgaon Khurd instead of Sangaon	Mumbai	10
26.	Jag Bani	Ayushman bima yojana 1 lakh 15 hazaar loka nu cashless ilaaz da labh	Chandigarh	2
27.	Ajit	Zile ch 1,15,492 loka ne ayushman sehat bima yojana tehat 72.43 crore di cashless ilaaz suvida da li...	Chandigarh	7
28.	Ajit	Camp doran ayushmann te aabha ayushmann card banaye	Chandigarh	7
29.	Amar Ujala	Dawa ne doctor ayush mission mein marijo ko kaise milega ilaaz	Chandigarh	3

Mint • 16 Jan • Ministry of Ayush
To commemorate Makar Sankranti MDNIY.....

7 • PG

19 • Sqcm

15600 • AVE

465K • Cir

Middle Right

Delhi



To commemorate Makar Sankranti MDNIY, Ministry of Ayush organised a mass demonstration of Surya Namaskar on January 14. This event held in MDNIY premises was a vibrant celebration of health and well-being.

Mint • 16 Jan • Ministry of Ayush
To commemorate Makar Sankranti MDNIY,

7 • PG

19 • Sqcm

4387 • AVE

75K • Cir

Middle Right

Ahmedabad



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Mint • 16 Jan • Ministry of Ayush
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7 • PG

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Middle Right

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Mint • 16 Jan • Ministry of Ayush

CORPORATE BUZZ

7 • PG

418 • Sqcm

104610 • AVE

45K • Cir

Middle Right

Hyderabad

CORPORATE BUZZ

Mint Media Marketing Initiative

IEW 2025: A LANDMARK EVENT SET TO REDEFINE GLOBAL ENERGY COLLABORATION



Pankaj Jain, Secretary, Ministry of Petroleum and Natural Gas, addressed the media at the curtain raiser press conference for IEW'25 at the National Media Centre. Attendees included Rajeev Jain, former Director General of PIB and Media Advisor, Esha Srivastava, Joint Secretary, and Gurmeet Singh, Director General FIPI. Building on the success of its previous editions, IEW 2025 is scheduled for Feb 11 to 14, at the Yashobhoomi Convention Centre. Organised by FIPI under the patronage of the Ministry of Petroleum and Natural Gas, the event is to be a landmark gathering for global energy sector.

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CMD, NHPC SHARES VISION FOR 2025

RK Chaudhary, CMD, NHPC, outlined his vision for 2025 during a cultural programme organised at NHPC Corporate Office, Faridabad on Jan 14. RP Goyal, Director (Finance), Uttam Lal, Director (Personnel), SK Singh, Director (Projects) and Santosh Kumar, CVO were present on the occasion along with other senior officers and employees. In his address, Chaudhary emphasised the importance of collective effort, skill development and timely execution of key projects to drive NHPC's growth for the year 2025. He began his address by extending warm wishes for the New Year 2025 and expressing his gratitude to all NHPC employees for their continuous commitment and hard work. He highlighted that the New Year is not only a time to reflect on past achievements but also an opportunity to set fresh goals and take bold steps toward achieving them.

MP SUNIL DATTATREY TATKARE LAUNCHES EDUCATIONAL INFRA INITIATIVES UNDER GAIL'S CSR INITIATIVE

Sunil Dattatreya Tatkar, Member of Parliament (Lok Sabha), Raigad and Chairman, Parliamentary Standing Committee on Petroleum and Natural Gas, launched a series of developmental initiatives aimed at improving the educational infrastructure in Raigad, Maharashtra. These initiatives, part of GAIL (India) Limited's CSR programme, were launched in the presence of Aditi Varda Sunil Tatkar, Minister of Women & Child Development, Govt of Maharashtra, at an event held in Raigad. The initiatives, part



of GAIL's flagship CSR programme 'Project Ujjwal' for underprivileged children, include critical infrastructure and logistical support to various schools in the district.

REC COMMITS RS 8.44 CRORE UNDER CSR TO SUPPORT 1MW SOLAR PHOTOVOLTAIC POWER PLANT

REC Limited, a Maharatna CPSE under the Ministry of Power and a leading NBFC, signed a Memorandum of Agreement (MoA) with the Gandhigram Rural Institute under its Corporate Social Responsibility (CSR) initiative. REC committed financial assistance of Rs 8.44 cr for establishing 1MW multitechnology ground mounted, grid connected solar photovoltaic power plant for the benefit of students, research scholar at the Gandhigram Rural Institute (GRI), Dindigul, Tamil Nadu. The project shall be implemented



by the GRI in technical collaboration with BHEL. The agreement was signed on Jan 9 between Thara Ramesh, CPM REC RO Chennai and Dr L Rathakrishnan, GRI.



Power Grid Corporation of India Limited took a significant step towards collaborative technical research by signing a 'Master Agreement' with independent, non-profit energy research and development organisation EPRI, USA.



To commemorate Makar Sankranti, MDNIY, Ministry of Ayush organised a mass demonstration of Surya Namaskar on January 14. This event held in MDNIY premises was a vibrant celebration of health and well-being.



Tokhan Sahu, Union Minister of State for Housing and Urban Affairs (MoHUA), distributed assistive devices to senior citizens and divyangjan at Tirra, Bilaspur. This initiative was carried out under HUDCO's CSR programme.

The Hindu Business Line • 16 Jan • Ministry of Ayush To boost exports to \$1 billion by 2030, Centre launches National Turmeric Board

10 • PG

226 • Sqcm

36151 • AVE

32.08K • Cir

Middle Right

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

To boost exports to \$1 billion by 2030, Centre launches National Turmeric Board

KV Kurmanath
Hyderabad

With turmeric exports expected to cross the \$1 billion mark by 2030, the Union government has launched the national Turmeric Board to develop and grow turmeric and turmeric products in the country.

Union Minister for Commerce and Industry Piyush Goyal formally inaugurated the Board's office in Nizamabad in northern Telangana, one of the key turmeric hubs in the country.

Set up on the lines of the Tobacco Board, which has been regulating tobacco farming and trade in the country, the Turmeric Board will work with the Spice Board and other government agencies to provide leadership on turmeric-related matters and augment the efforts to develop and grow the sector.

Inaugurating the Board

virtually from New Delhi on Tuesday, Piyush Goyal said it would promote research and development of new products and would look into value-addition of turmeric related products for marketing abroad.

"The Board will also look into creating awareness on the essential and medicinal properties of turmeric, ways to increase its yield and boost logistics and the supply chain to foster trade in newer markets," he said.

India, the world's largest producer, consumer and exporter of turmeric, grows it on 3.05 lakh hectares and produces 10.74 lakh tonnes, accounting for more than three-fourths of the global production.

RIISING EXPORTS

More than 30 varieties of turmeric are grown in the country.

Though it is grown in over 20 States, the key producing hubs are Maharashtra, Tel-



angana, Karnataka and Tamil Nadu.

India exported 1.7 lakh tonnes (lt) of turmeric and turmeric products in 2022-23 against 1.53 lt in the previous year.

This earned forex of \$207.45 million for the country, with key export markets being Bangladesh, the UAE, the US and Malaysia.

The government is planning to breach the \$1 billion mark in exports by 2030.

The Board would focus on building capacities and skill development of turmeric growers to promote value addition so that farmers get additional income.

The notification said the Board would promote quality and food safety standards so that the produce gets a premium in the domestic and international markets.

The government has appointed BJP leader Palle Ganga Reddy as the first Chairman of the Board.

The Board would have members from the Ministry of AYUSH, the Departments of Pharmaceuticals, Agriculture and Farmers' Welfare, Commerce and Industry, senior government representatives from turmeric-growing States, select national/state institutions involved in research, and representatives of turmeric farmers and exporters.

The Board would also have a bureaucrat as Secretary to take care of its functioning.

The Times of India • 17 Jan • Ministry of Ayush
How to beget good progeny IIT-B to host event, stirs row

11 • PG

112 • Sqcm

460083 • AVE

4.69M • Cir

Top Right

Delhi

How to beget good progeny? IIT-B to host event, stirs row

Yogita.Rao@timesofindia.com

Mumbai: An event organised by a collective at IIT-Bombay on 'the science of begetting a good progeny' raised a few eyebrows on the campus. The mail sent to everyone who subscribed to the updates on campus events mentioned that the talk on 'Garbhavigyan' by an Ayurveda expert from Sanskruti Arya Gurukulam would be organised on Jan 18. A section of students claimed the institute recently cancelled an event organised by the gender cell and then replaced it with a different set of speakers but is now allowing events which could allegedly 'promote pseudoscience'.

Some campus residents are disappointed by the organisation of the event in an engineering institute. A science institute holding such event could give it legitimacy, said one student. He pointed out that the institute recently rescheduled a panel discussion by Bhanwari Devi, Kavita Srivatsava, and Vrinda Grover titled: What it takes: re-making the workplace (or how Bhanwari Devi changed our world) and then conducted it on Thursday with a fresh set of speakers.

An institute official said the seminar is organised by the institute's Sanskrit Cell and will be conducted by an expert in Ayurveda and it is not pseudoscience. "It is not a politically sensitive issue and therefore it did not go to the institute's review committee. Indian knowledge and science should be analysed and should remain open for discussion. Garbha Vigyan means 'systematic study of pregnancy' and highlights healthy pregnancy practices from Ayurveda based on experience." He said the gender cell event was not cancelled and conducted on Thursday.

The Times of India • 17 Jan • Ministry of Ayush
Rs72 crore cashless treatment provided to over 1L in Mohali

2 • PG

160 • Sqcm

77521 • AVE

46.88K • Cir

Middle Center

Chandigarh

₹72 crore cashless treatment provided to over 1L in Mohali

TIMES NEWS NETWORK

Mohali: Mohali has so far provided cashless treatment worth Rs 72.43 crore to 1.15 lakh beneficiaries. About 115,492 people in the district benefited from cashless treatment worth Rs 72.43 crore under the Ayushman Bharat Mukh Mantri Sehat Bima Yojana. Mohali also issued e-cards to 99,260 families.

Giving the details, deputy medical commissioner (DMC) Dr Parvinder Pal Kaur, district nodal officer, Ayushman Bharat Mukh Mantri Sehat Bima Yojana, said that cashless treatment worth Rs 21,14,54,800 was au-

E-CARDS ISSUED

- Cashless treatment worth Rs 21 crore was authorised to 23,117 patients in govt hospitals
- Out of this amount, claims of Rs 17,99,91,181 have been settled
- Mohali also issued e-cards to 99,260 families

thorised to 23,117 patients in govt hospitals, out of which claims of Rs 17,99,91,181 were also settled.

Similarly, 92,375 patients were given authorisation for cashless treatment worth Rs

58,54,69,294 from empanelled private hospitals under the scheme, out of which claims of Rs 51,28,87,392 have been settled so far.

She said that as per the directions of deputy commissioner Aashika Jain and under the supervision of civil surgeon Dr Sangeeta Jain, the work of generating e-cards for the beneficiaries enrolled under the scheme is being done continuously in the district. She said under this scheme, e-cards are issued to six types of beneficiary families, covering SECC data, ration card holders, construction workers, small traders, small farmers, and journalists.

The Times of India • 17 Jan • Ministry of Ayush
NEET-UG 2025 to continue in pen-paper mode: NTA

12 • PG

208 • Sqcm

412907 • AVE

1.27M • Cir

Top Right

Chennai

FRIDAY, JANUARY 17, 2025

NEET-UG 2025 to continue in pen-paper mode: NTA

TIMES NEWS NETWORK


New Delhi: Continuing with past practice, National Testing Agency (NTA) on Thursday notified that the medical entrance test will be on pen-paper mode (OMR based) and to be delivered in a single-day-single-shift.

In the public notice, NTA stated, "As decided by the National Medical Commission (NMC), it is informed that the NEET (UG) — 2025 shall be conducted in pen and paper mode (OMR based)..."

On January 2, 2025, the Centre informed Supreme Court that it would implement all corrective measures recommended by a seven-member expert panel on exam reforms, following its review of NTA's conduct of the NEET-UG in 2024.

Earlier, on August 2, 2024, Supreme Court declined to annul the controversial NEET-UG 2024, citing insufficient evidence to suggest systemic leaks or malpractice that could compromise the integrity of the examination.

The Centre had constituted the high-level committee on June 22, 2024, under the chairmanship of former Indian Space Research Organisation chairperson K Radhakrishnan. The committee was tasked with ensuring transparency and evaluating the NTA's operations. Among its recommendations include conducting the exam online or in a hybrid mode where online implementation is not feasible, avoiding private exam centres, transitioning to a two-phase exam pattern, and introducing limits on the number of attempts for NEET-UG.



TO ENSURE TRANSPARENCY: Centre informed Supreme Court that it would implement all corrective measures recommended by a seven-member expert panel on exam reforms

While Thursday's notification didn't detail any changes in the exam, according to a senior official with the ministry of education, "Many of the changes like the online-hybrid mode have to be done in consultation with the health ministry and also need time. Therefore such changes can be done only in phased manner. Regarding the other reforms recommended by the high powered committee, NTA is working on them and whatever changes are rolled out this year will be informed in due time."

In 2024, NTA conducted the NEET-UG for more than 24 lakh candidates across 4,750 centres in 571 cities, including 14 cities outside India. NEET-UG is the common entrance test for admission to undergraduate medical education in all medical institutions, as well as for admission to undergraduate courses in each of the disciplines i.e. Bachelor of Ayurvedic Medicine and Surgery (BAMS), Bachelor of Unani Medicine and Surgery (BUMS), Bachelor of Siddha Medicine and Surgery (BSMS) and Bachelor of Homeopathic Medicine and Surgery (BHMS).

Hindustan Times • 16 Jan • Ministry of Ayush

SWEAT SMARTER, NOT LONGER: ALL ABOUT MICRO WORKOUTS

2 • PG

721 • Sqcm

1442732 • AVE

4.88M • Cir

Top Right

HT City

Noida • Bengaluru • Gurugram

SWEAT SMARTER, NOT LONGER: ALL ABOUT MICRO WORKOUTS

This new fitness trend focuses on compressing your fitness journey into stolen moments within the pressing demands of daily life, without any equipment



HEALTH on Thursday

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PHOTOS: ADOBE STOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

Kriti Shukla

kriti.shukla@hindustantimes.com

Let's be real — starting the year with "I'm gonna work out every day!" energy felt iconic, but just two weeks in, it's giving meh vibes. And hey, you're not alone — *The Lancet Global Health* spilled the tea that almost 50% of adults in India don't get enough physical activity. But what if we told you working out for five minutes could actually do the job?

Sounds sus? Even American media personality and businesswoman Kim K's trainer is a fan! Senada Greca, on Jay Shetty's podcast *On Purpose*, hyped up five-minute workouts, saying, "(They) target some of the biggest

muscles in your body."

Basically, it's a power move. Plus, receipts alert! A study from the *British Journal of Sports Medicine* found that short bursts of intense exercise can seriously cut your risk of heart issues. Enter micro workouts, the glow-up fitness

trend you didn't know you needed.

WHAT IS A MICRO WORKOUT?

"Micro workouts are condensed, high-intensity exercises lasting just two to 10 minutes with short bursts of movement done several times a day, adding up to a longer workout," says fitness expert and author Vesna P Jacob. Fitness expert Pranav Mehra adds, "They're designed to fit seamlessly into your day at home or office, making fitness accessible even for the busiest individuals."

The concept is simple — quality over quantity. These quick sessions focus on movements like

squats, push-ups, or planks, delivering effective results without the need for elaborate gym equipment. Sessions shouldn't exceed 10 minutes to maintain intensity.

WHY MICRO WORKOUTS?

"The biggest advantage of micro-workouts is that they help you fit movement into your day, with just three to seven minutes to spare," says fitness expert Piyush Chauhan, adding, "You can cover the three main fitness areas such as cardio, strength, and flexibility in a short session for a quick and balanced workout."

Micro-workouts are easy to do anywhere since they don't need equipment or much space, and they help you build consistent exercise habits. "Whether it's a five-minute bodyweight circuit during



office break or a brisk walk up a hill, doing it three times a week can the strength and stamina can be up to 20%," explains Jacob.

OUT WITH TRADITIONAL WORKOUTS?

The primary difference between micro workouts and traditional ones is time. While a traditional routine often demands 45 minutes to an hour of structured exercise, micro workouts condense effort into just a few minutes of high-intensity activity. Traditional workouts focus on progressive overload and longer durations for building muscle and endurance, whereas micro workouts are more about convenience and consistency, making them ideal for those who lack the time or motivation for extended gym sessions.

10 MINS TO (MICRO) WORKOUT

Wall push-ups (1 min)
Stand facing a wall, place your hands at shoulder height, and push in and out. Builds arm and chest strength.

Chair squats (1 min)
Sit on a chair and then stand up. Repeat. Engages legs and glutes.

Glute bridges (1 min)
Lie on your back, bend your knees inwards, lift your hips. Strengthens lower back and glutes.

Standing calf raises (1 min)
Stand on your toes, pause, then lower down on your heels slowly. Builds leg strength and improves balance.

Maximise micro workouts

- Turn everyday tasks into mini workouts — take the stairs, do calf raises while brushing your teeth, squat while watching TV.
- Aim to build a routine that works for your schedule. Even five minutes a day adds up over time.
- Use apps or timers that can guide you through short, effective sessions like Tabata or HIIT circuits.
- Combine these short bursts with stretches or yoga to enhance flexibility and reduce stress.

Micro workouts are all about convenience and consistency; ideal for those who lack the time.

VESNA P JACOB, author and fitness expert

Hindustan Times • 16 Jan • Ministry of Ayush

SWEAT SMARTR NOT LONGER: ALL ABOUT MICRO WORKOUTS

2 • PG

721 • Sqcm

1442732 • AVE

3.43M • Cir

Top Right

HT City

Delhi

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Hindustan Times • 16 Jan • Ministry of Ayush

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2 • PG

612 • Sqcm

214067 • AVE

267.13K • Cir

Top Center

HT City

Chandigarh

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ILLUSTRATIONS: ADOBE STOCK

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The Indian Express • 17 Jan • Ministry of Ayush

Health department expedites generation of e-cards under health insurance scheme

3 • PG

131 • Sqcm

115931 • AVE

175.5K • Cir

Top Left

Chandigarh

Health department expedites generation of e-cards under health insurance scheme

EXPRESS NEWS SERVICE
MOHALI, JANUARY 16

THE HEALTH department expedited the process of generating e-cards of enrolled families under Ayushman Bharat PM-JAY Mukh Mantri Sehat Bima Yojana (AB PM-JAY MMSBY) in Mohali district.

Deputy Medical Commissioner Dr Parvinder Pal Kaur, who is also the District Nodal Officer, AB PM-JAY MMSBY, said that cashless treatment worth Rs 21,14,54,800 (Rs 21.14 crore) has been authorised to 23,117 patients in government hospitals, out of which claims of Rs 17,99,91,181 (Rs 17.99 crore) have also been settled under the scheme.

"Similarly, 92,375 patients were given authorisation for

Cashless treatment worth Rs 21.14 crore has been authorised to 23,117 patients in government hospitals, out of which claims of Rs 17.99 crore have also been settled under the scheme

cashless treatment worth Rs 58,54,69,294 (Rs 58.54 crore) from empanelled private hospitals under the scheme, out of which claims of Rs 51,28,87,392 (Rs 51.28 crore) have also been settled, so far," she added.

Kaur further added that according to the directions of Deputy Commissioner Aashika

Jain, the work of generating e-cards of the beneficiaries enrolled under the scheme, is being done continuously in the district. She said that under this scheme, e-cards are issued to 6 types of beneficiary families: covering under SECC data, ration card holders, construction workers, small traders, small farmers, and journalists.

According to Kaur, there are 1,21,286 families found eligible in the district, out of which e-cards had been issued to 99,260 families by registering a total of 2,50,013 members as beneficiaries in the district. Ayushman cards are being made in common service centers at a nominal fee of Rs 30, while e-cards of only patients are made in hospitals, added Kaur. She said that camps are also organised at different places to make these cards.

The Morning Standard • 17 Jan • Ministry of Ayush

Fit Bit

2 • PG

593 • Sqcm

284735 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

VAKRASANA VARIATION

(TWISTED POSE VARIATION)

This is a beginner-level seated spinal twisting pose. In Sanskrit, *vakra* means 'twist', and here, it means a twist of the spine. This practice tones the back muscles and brings stability to the spine. This pose gently opens up the shoulders and straightens the upper back. In addition, it helps get rid of the sagging chest and makes the shoulders look more aligned and stronger. This will also tone the internal organs like the digestive system, intestines, uterus, and kidney. As the body twists, some pressure is felt at the lower part of the abdomen, thus internally working on the organs.

STEPS

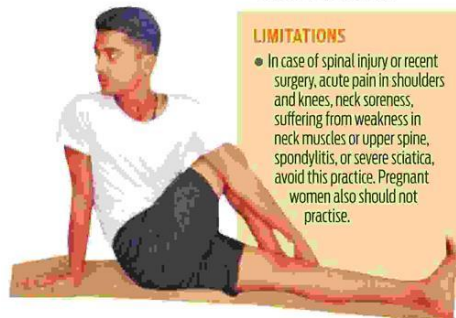
- First, sit in Dandasana (Staff Pose), take a few breaths, and expand the spine upwards, connecting your breath with the movement of the spine and relaxing the entire body.
- Then, bring the left knee close to your chest and take a few breaths. Now, pick up the left foot and place it outside of the right knee.
- Twist your upper body towards the left while placing the right elbow at the outside of the left knee and keep the hand on the floor close to your right knee.
- Ensure the body is twisted to the same side as the knee is bent. Here, the left knee is bent and the body is twisted to the left.
- With the support of the right elbow, take a deep breath, and twist the upper body to the left and face the wall behind you.
- Place the left hand behind you close to your lower back, this will help you raise your spine and balance your body.
- Every exhalation raises the spine and twists as possible, trying to turn your neck and shoulders to bring them parallel to the wall to your left.
- Release the pose, take a few breaths, and relax in Dandasana.
- Continue the stretch with the same position of the left knee, but twist your body now to the right by placing both the palms on the floor on the right close

to your lower back and try to look behind you as much as possible.

- Repeat it on the other side following the above instructions, and then, relax.

BENEFITS

- Ensures the practitioners get the stretch.
- By pushing the hands on the wall and getting a good grip, you can twist with support and enjoy.
- If the hands can't reach the floor, you could place the blocks on the floor and rest the palms on them.
- With your hands, you could hold the shoulders in alignment.
- Releases the tension accumulated in the spine.
- Increases the flexibility of the spine.
- Prepares the practitioner for intermediate and advanced postures.
- Stretches the spine and gently opens the chest muscles.
- Helps practitioners with better breathing and increased lung capacity.
- Breathing awareness will help people get into the posture easily.
- Correct breathing helps with holding the posture for long.
- Considered an energising pose.
- Remove the stiffness and stretch the muscles around the back.
- Tones the internal organs like the digestive system, intestines, uterus and kidney.
- Activates Thyroid glands as neck muscles are put to work.



LIMITATIONS

- In case of spinal injury or recent surgery, acute pain in shoulders and knees, neck soreness, suffering from weakness in neck muscles or upper spine, spondylitis, or severe sciatica, avoid this practice. Pregnant women also should not practise.

— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

The Morning Standard • 16 Jan • Ministry of Ayush

FIT BIT

2 • PG

606 • Sqcm

290662 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

VASISTHASANA (SIDE PLANK POSE)

This pose addresses three main aspects of the body: balance, muscular strength, and stretching. In addition to being a good heart opener, this works well in improving the nervous balance. The main benefits of this side plank pose include strengthening and toning of arms and shoulders, improving core strength, and building balance.

STEPS

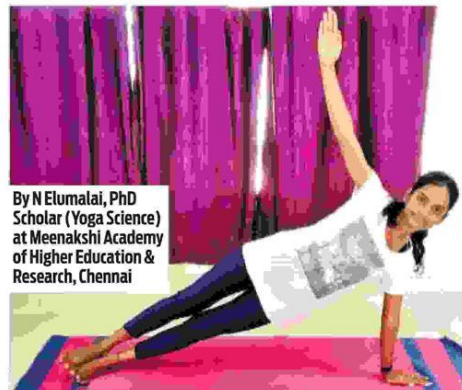
- Start with a Plank Pose and press firmly on the floor with shoulders aligned with wrists.
- Roll both heels to the left so that the outer edge of the foot can be placed on the floor. Keep the core and legs engaged when turning.
- Place the other foot on top of the one lying on the floor. Ensure legs are straightened out.
- Shift the weight of the body on the left arm. Lift the right arm upward and change the torso to face to the side. Maintain the position of the left arm.
- Lift the right hand up straight in line with the left one. Ensure the spine is straight and align the tailbone with the feet to keep the back straight.
- Hold the position for a set time or five breaths and release.
- Practise the pose on the other side following the steps.
- Release the pose slowly and return to the Plank Pose.
- Relax in Savasana (Corpse Pose).

BENEFITS

- Strengthens the arms, wrists, and shoulder muscles.
- Instills a sense of balance within the body.
- Strengthens the core muscles in the abdomen.
- Stretches muscles of the inner thighs, groin, and hamstrings.
- Enhances focus and concentration.
- Provides support for the lower body.
- Primarily included in power vinyasa and sculpt yoga.
- Included in the Ashtanga series and poses.
- Strengthens the musculoskeletal system and activates the Manipura (Solar Plexus) Chakra.
- Aids in digestion.
- Practising this pose regularly helps to strengthen the abdomen.

LIMITATIONS

- Avoid this pose if you are suffering from a serious injury in the arms, legs, neck, shoulders, and back, recovering from a recent surgery in the abdomen, arms, or legs, or any issue in the chest, ribcage, or shoulders, herniated disc, rheumatoid arthritis, or diseases like carpal tunnel syndrome, tendinitis, bursitis, and others.
- Women during pregnancy, need to perform this asana with the help of props and with proper caution.



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

The Morning Standard • 16 Jan • Ministry of Ayush

Recently, a woman drank too much water and was hospitalised, what is the optimum water intake

2 • PG


264 • Sqcm

126599 • AVE

300K • Cir

Middle Center

Delhi



MISS-FIT
Wanitha Ashok
The expert is a Fit India Movement ambassador and celebrity fitness coach

Recently, a woman drank too much water and was hospitalised, what is the optimum water intake?

Drinking too much water can result in hyponatremia, a dangerous drop in blood sodium levels.

- Symptoms include nausea, headache, and unconsciousness due to electrolyte imbalance. Even too much of zero-calorie water is harmful.
- Water has many functions. It regulates body temperature, helps in digestion, transports nutrients, lubricates, and cushions joints. If hydration decreases even by 10%, the body does not function as it should.
- If you are thirsty, it means you are dehydrated. Check your urine colour — if it is light yellow, it indicates good hydration, while dark yellow indicates dehydration.
- Drink fluids throughout the day. People who live in hot and humid environments or high altitudes, those who spend much time in cubicles, and who exercise, need to drink more water. Consume two litres of water per day.
- If you have a medical condition like diabetes, congestive heart failure, or kidney disease, talk to your doctor about your water intake.

The Pioneer • 17 Jan • Ministry of Ayush
Centre keeps NEET-UG in pen-paper format

1 • PG

174 • Sqcm

104274 • AVE

268.96K • Cir

Middle Right

Chandigarh



Centre keeps NEET-UG in pen-paper format

PNS ■ NEW DELHI

The Centre has decided against conducting the medical entrance exam NEET-UG in online mode for now, and announced on Thursday it will continue to be conducted in pen and paper mode.

The decision comes after detailed deliberations between education and health ministries on whether to conduct the NEET-UG in pen and paper mode or online mode.

“As decided by the National Medical Commission(NMC), the NEET-UG shall be conducted in Pen and paper mode (OMR based) in a single day and shift,” a senior National Testing Agency (NTA) official said on

Thursday.

The National Eligibility-cum-Entrance Test (NEET) is the largest entrance exam in the country in terms of number of candidates appearing for the test. In 2024, a record more than 24 lakh candidates took the exam.

The NTA conducts the NEET every year for admission into medical colleges. A total of 1,08,000 seats are available for MBBS course.

Of the seats available for the MBBS course, approximately 56,000 are in government hospitals and about 52,000 in private colleges. Admissions to undergraduate courses in Dentistry, Ayurveda, Unani, and Siddha also utilise the results of the NEET for admission.

The Pioneer • 16 Jan • Ministry of Ayush
SC warns states, UTs of contempt proceedings

5 • PG

198 • Sqcm

67258 • AVE

275K • Cir

Bottom Center

Hyderabad

'INACTION ON MISLEADING ADS'

SC warns states, UTs of contempt proceedings

PNS ■ NEW DELHI

The Supreme Court on Wednesday warned states and union territories of contempt action if they failed to act against misleading advertisements. A bench of Justices Abhay S Oka and Ujjal Bhuyan perused a note submitted by senior advocate Shadan Farasat, who is assisting the apex court as an amicus curiae in the matter, and observed a number of states were non-compliant as indicated in the note.

"We make it clear that if we find non-compliance by any of the states and union territories, we may have to initiate proceedings under the Contempt of Courts Act, 1971, against the states concerned," the bench said.

The issue pertaining to misleading advertisements had cropped up before the top court while hearing a plea filed by the Indian Medical Association in 2022 alleging a

smear campaign by Patanjali Ayurved Ltd against the Covid vaccination drive and modern systems of medicine.

The top court had highlighted the aspect of misleading advertisements being published or displayed in media contrary to the provisions of the Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954 and the rules, the Drugs and Cosmetics Act, 1940, and the Consumer Protection Act, 1986.

During the hearing on Wednesday, the amicus said as per the affidavits filed by the states and union territories so far, virtually no prosecution under the 1954 Act was taking place.

While Section 3 of the Act deals with prohibition of advertisement of certain drugs for treatment of certain diseases and disorders, Section 4 relates to prohibition of misleading advertisements of drugs.

The bench referred to affidavits



filed by some of the states and questioned why they hadn't acted on the basis of complaints received.

Some states, it noted, found it difficult to identify the violators.

"We will take contempt action now," the bench said, "and we will threadbare examine the compliance

made by each states."

The bench said it would consider the compliance made by Andhra Pradesh, Delhi, Goa, Gujarat and Jammu and Kashmir on February 10. And if these states wanted to file further affidavits reporting compliance, they were free to do so by February 3, it added.

The bench said compliance by states including Jharkhand, Karnataka, Kerala, Madhya Pradesh and Punjab would be considered on February 24.

It said compliance regarding other states and union territories would be considered on March 17.

While hearing the matter in July last year, the apex court said the Ministry of Ayush should set up a dashboard to make available to the consumers the details about the complaints filed on misleading advertisements and the progress made on them.

The Daily Guardian • 17 Jan • Ministry of Ayush
Winter skincare tips

14 • PG

465 • Sqcm

46520 • AVE

N/A • Cir

Middle Left

Delhi

Winter skincare tips



SHAHNAZ HUSAIN

Winter brings its own charm, but it can also wreak havoc on your skin. The cold air robs your skin of its natural oils, leading to dryness, flakiness, and discomfort. A well-rounded daytime skincare routine can help combat these issues, ensuring your skin stays healthy, hydrated, and glowing throughout the season.

Step 1: Cleanse

Start your day with a

gentle cleanser that removes impurities without stripping your skin of its natural moisture. A foaming or soap-free cleanser like Shahnaz Husain Shazema Plus - Herbal Cleanser is an excellent choice. It cleanses deeply while maintaining the skin's moisture balance and purifying pores.

Step 2: Tone

Toning is essential during winter to minimize pores and prevent dirt accumulation. Opt for natural toners with plant extracts, such as Gulab Jal (Rose Water). Products like Sharose not only tone but also provide a relaxing, stress-relieving experience.

Step 3: Hydrate

Hydration is the key to combating winter dryness. Incorporate both internal and external hydration into your routine. Consume seasonal citrus fruits like oranges



to boost hydration and maintain gut health. For surface hydration, use an easily absorbed moisturizer. A natural option like Shahnaz Husain Flower Botanicals - White Water Lily-Jasmine Moisturiser works wonders. Alternatively, create a DIY moisturizer by mixing aloe vera gel with almond or coconut oil and a splash of rose water.

Step 4: SPF Protection

Even in winter, UV rays

can harm your skin. Apply a moisturizing SPF to shield your skin from sun damage while keeping it hydrated. Choose a product that suits your skin type and offers broad-spectrum protection.

Step 5: Lip Care

Lips are particularly sensitive to winter weather. Use a moisturizing lip stick or layer a lip balm under matte lip colors to prevent dryness. A hydrating lip balm applied



throughout the day keeps your lips soft and supple.

Step 6: Body Moisturizing

Don't neglect your body's skin. After your bath, apply almond oil or a shea butter-based body moisturizer to lock in hydration. These products nourish the skin,

preventing dryness and itchiness.

BONUS TIPS FOR WINTER SKINCARE SUCCESS

- Avoid hot water, as it strips the skin of natural oils.
- Never skip makeup removal at night.



- Exfoliate gently to prevent flaky skin and clogged pores.
- Steer clear of harsh cleansers and exfoliators that can exacerbate dryness.

By following this thoughtfully designed daytime skincare routine, you can embrace the

winter season with radiant, healthy skin. Stay consistent, and your skin will thank you for it!

This article is authored by SHAHNAZ HUSAIN CMD of The Shahnaz Husain Group and pioneer in Ayurveda.

Free Press Journal • 17 Jan • Ministry of Ayush
Swamala now available in 4 variants

12 • PG

78 • Sqcm

61621 • AVE

251.68K • Cir

Bottom Left

Mumbai

Swamala now available in 4 variants

Swamala, a product of Shree Dhootapapeshwar Limited, is one such robust Chyavanprash which also fulfils all our health related requirements in every season. Shree Dhootapapeshwar Company, with its enormous experience of 150 years in the field of Ayurveda, has brought about total four variants of Swamala, keeping in mind all the principles of Ayurveda. These include Swamala Compound and Swamala Classic, along with Swamala Compound



Sugar free and Swamala Classic Sugar free. No synthetic colors, stabilizers or taste enhancers have been used in the production of

these four products. Swamala Compound and Swamala Classic are the best suited products for people who prefer minimal consumption or completely avoiding sugar, due to various reasons. Swamala is now available in four variants and they are immunity boosters, provide nutrition and good health to the entire family, in all the seasons.

The New Indian Express • 16 Jan • Ministry of Ayush VASISTHASANA (SIDE PLANK POSE)

2 • PG

743 • Sqcm

980287 • AVE

246.4K • Cir

Bottom Center

Chennai • Bengaluru

FITBIT

VASISTHASANA (SIDE PLANK POSE)

This pose addresses three main aspects of the body: balance, muscular strength, and stretching. In addition to being a great heart opener, this pose works wonderfully in improving the nervous balance. The main benefits of the side plank pose include strengthening and toning of arms and shoulders. This practice improves core strength and builds balance.

STEPS

- Start with a Plank Pose and press firmly on the floor with shoulders aligned with wrists.
- Roll both the heels of your feet to the left so that the outer edge of the foot is on the floor. Keep the core and legs engaged when turning.
- Place the other foot on top of the one lying on the floor. Ensure legs are straightened out.
- Shift the weight of body on left arm. Lift the right arm upward and change the torso to face to the side. Maintain the position of the left arm.
- Lift the right hand up straight in line with the left one. Ensure that the spine is straight and align tailbone with feet to keep back straight.
- Hold the position for a set time or 5 breaths and release.
- Practise the pose on the other side following the above steps.
- Release the pose slowly and return to the Plank Pose.
- Relax in Savasana (Corpse Pose).

BENEFITS

- Strengthens the arms, wrists and shoulder muscles.
- Instills a sense of balance within the body.
- Strengthens the core muscles in the abdomen.
- Stretches muscles of the inner thighs, groin and hamstrings.
- Enhances focus and concentration.
- Provides support for the lower body.
- Primarily included in power, vinyasa and sculpt yoga.
- Included in Ashtanga series and poses.
- Strengthens the musculoskeletal system and activates the Manipura (Solar Plexus) Chakra.
- Aids in digestion.
- Regular practise of this pose helps to strengthen the abdomen.

LIMITATIONS

- Students avoid this pose in case of any injury to the arms, legs, neck and back, recovering from a recent surgery, any issue in the chest, ribcage, or shoulders, herniated disc or rheumatoid arthritis, issues like carpal tunnel syndrome, tendinitis, bursitis, etc.
- Women during pregnancy should only perform it with the help of props and with proper caution.
- If you have any serious injury to wrist, elbow, arms or shoulders, any recent surgery of the abdomen, arms or legs, avoid the pose.



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

Millenniumpost • 16 Jan • Ministry of Ayush

May initiate contempt action if states, UTs non compliant against misleading ads: SC

4 • PG

175 • Sqcm

314905 • AVE

750K • Cir

Top Right

Delhi • Kolkata

May initiate contempt action if states, UTs non compliant against misleading ads: SC

NEW DELHI: The Supreme Court on Wednesday warned states and union territories of contempt action if they failed to act against misleading advertisements.

A bench of Justices Abhay S Oka and Ujjal Bhuyan perused a note submitted by senior advocate Shadan Farasat, who is assisting the apex court as an amicus curiae in the matter, and observed a number of states were non-compliant as indicated in the note.

"We make it clear that if we find non-compliance by any of the states and union territories, we may have to initiate proceedings under the Contempt of Courts Act, 1971, against the states concerned," the bench said.

The issue pertaining to misleading advertisements had cropped up before the top court while hearing a plea filed by the Indian Medical Association in 2022 alleging a smear campaign by Patanjali Ayurved Ltd against the Covid vaccination drive and modern systems of medicine.

The top court had highlighted the aspect of misleading advertisements being published



or displayed in media contrary to the provisions of the Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954 and the rules, the Drugs and Cosmetics Act, 1940, and the Consumer Protection Act, 1986.

During the hearing on Wednesday, the amicus said as per the affidavits filed by the states and union territories so far, virtually no prosecution under the 1954 Act was taking place.

While Section 3 of the Act deals with prohibition of advertisement of certain drugs for treatment of certain diseases and disorders, Section 4 relates to prohibition of misleading advertisements of drugs.

The bench referred to affidavits filed by some of the states

and questioned why they hadn't acted on the basis of complaints received.

Some states, it noted, found it difficult to identify the violators.

"We will take contempt action now," the bench said, "and we will threadbare examine the compliance made by each states."

The bench said it would consider the compliance made by Andhra Pradesh, Delhi, Goa, Gujarat and Jammu and Kashmir on February 10.

And if these states wanted to file further affidavits reporting compliance, they were free to do so by February 3, it added.

The bench said compliance by states including Jharkhand, Karnataka, Kerala, Madhya Pradesh and Punjab would be considered on February 24.

It said compliance regarding other states and union territories would be considered on March 17. While hearing the matter in July last year, the apex court said the Ministry of Ayush should set up a dashboard to make available to the consumers the details about the complaints filed on misleading advertisements and the progress made on them.

AGENCIES

The Hindu • 16 Jan • Ministry of Ayush
Misleading ads: SC warns States, U.T.s against laxity

14 • PG

56 • Sqcm

41858 • AVE

682.81K • Cir

Middle Left

Delhi

Misleading ads: SC warns States, U.T.s against laxity

The Supreme Court on Wednesday warned States and Union Territories of contempt action for hesitating to initiate proceedings against offending individuals and companies which give misleading medical advertisements. The court's threat of contempt action came after *amicus curiae*, senior advocate Shadan Farasat, submitted a status report on the implementation of statutes against misleading advertisements, including the Drugs and Magic Remedies (Objectionable Advertisements) Act, Drugs and Cosmetics Act and the Consumer Protection Act. "Contempt action will be initiated against those who have not complied," Justice Oka warned.

Deccan Chronicle • 16 Jan • Ministry of Ayush
SUPERFIT WEEKEND WARRIORS

13, 14 • PG

2614 • Sqcm

2797073 • AVE

1.15M • Cir

Bottom Center, Top Center

Chennai Chronicle

Chennai



SUPERFIT WEEKEND WARRIORS

WORKING OUT ON WEEKENDS IS ENOUGH TO KEEP YOU HEALTHY AND REDUCE THE RISK OF OVER 200 ILLNESSES, CLAIMS NEW STUDY

ROCHELLE CRASTO



When it comes to exercise, we've all heard that consistency is key. But what if your schedule is so packed during the week that fitting in daily workouts feels impossible? Enter the 'Weekend Warrior'— those who dedicate their Saturdays and Sundays to hitting their fitness goals. And guess what? Science is cheering you on. Recent research has shown



that people who squeeze their workouts into the weekend gain nearly the same health benefits as those who exercise daily. The

key is meeting the weekly quota: 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise. Whether it's two intense sweat sessions or a few shorter bursts of activity spread across the weekend, it all adds up. This is fantastic news for busy bees juggling long work hours, family responsibilities, and everything else life throws their way.

TURN TO PAGE 14



“Regular sessions spread throughout the week help control blood pressure, blood sugar, and cholesterol levels, all while boosting immunity and mood.”

— Dr. Imraan Khan,
Consultant Head Physiotherapist
at Wockhardt Hospitals



SUPERFIT WEEKEND WARRIORS

CONTINUED FROM PAGE 13

Dr. Manjusha Agarwal, Senior Consultant Internal Medicine at Gleneagles Hospital, Mumbai says that exercising should be a way of life. "Just like brushing your teeth or eating food, it must become a daily habit." Dr. Imraan Khan, Consultant Head Physiotherapist at Wockhardt Hospitals, agrees, noting that "Weekend warrior workouts may give similar health benefits, but daily exercise reduces stress and improves mood more effectively."

improved cardiovascular health, reduced stress levels, better sleep, and an overall sense of accomplishment. "One has to be consistent daily when it comes to fitness routines. Regular exercise for 45 minutes 6 days per week can help to control blood pressure, blood sugar, and cholesterol levels, a grill that excess fat, ease digestion, boost immunity, and improve mood and mental well-being," states Dr. Khan. Plus, cramming your workouts into two days leaves you free to focus on other priorities during the week.



IF YOU DO ONLY HEAVY WORKOUTS ON WEEKENDS THEN YOU CAN SUFFER FROM INJURIES, BACK PAIN, OR MUSCLE SPASMS."

— Dr. MANJUSHA AGARWAL, Sr Consultant Internal Medicine at Gleneagles Hospital, Mumbai

WEEKEND WORKOUTS

The health benefits of exercise are undeniable. Physical activity reduces the risk of heart disease, improves mental health, strengthens muscles, boosts metabolism, and helps maintain a healthy weight. And the best part? You don't need to spread your workouts across the week to reap these rewards.

"Weekend warriors can try running, jogging, cycling, or gymming. However, get an idea about your fitness levels and seek the opinion of an expert before initiating any exercise routine," says Dr. Agarwal.

Weekend warriors experience

WEEKEND SWEATY SESSIONS

Being a weekend warrior isn't just about showing up — it's about working smart. Incorporate a mix of cardio, strength training, and flexibility exercises. For instance, you could go for a run or bike ride in the morning, follow it up with strength training in the afternoon, and finish with some yoga or stretching in the evening. This approach ensures you're targeting different muscle groups and keeping things interesting. Dr. Agarwal insists that exercise



HEALTH WATCH

54% Indian adults do not meet the minimum physical activity recommendations (India State-Level Disease Burden Initiative, 2019)

Urban Indians are increasingly becoming "weekend warriors," with 20% spike in footfalls at gyms on Fridays and Saturdays.

Zumba, cycling, and yoga have seen a 25% rise in weekend participation among Indian millennials

and Gen-Z (Fitness Plus Survey, 2023)

Weekend warriors are at 30% lower risk of premature death compared to inactive individuals. (JAMA)

Weekend-only exercisers are at a 40% higher risk of musculoskeletal injuries, including strains and sprains, compared to daily exercisers (American Academy of Orthopaedic Surgeons).

overexerting — limit gym sessions to an hour instead of 2-3 hours," explains Dr. Khan.

BREAK FREE FROM EXCUSES

Excuses don't get results. Let's tackle the common ones:

'I don't have time'

You don't need hours. A brisk 30-minute jog or an intense HIIT session can be incredibly effective.

'I'm too tired'

Ironically, exercise boosts energy levels. A quick workout might leave you feeling more refreshed than another cup of coffee.

'It's too hard'

Start at your own pace. A short walk today can turn into a jog next weekend. Progress happens one step at a time. Find a workout you enjoy. Whether it's dancing, cycling, or playing a sport, doing something fun makes it easier to stick with.

START THIS WEEKEND

The beauty of being a weekend warrior is the flexibility it offers. No matter how hectic your weekdays are, you can

carve out time on Saturdays and Sundays to invest in your health. Think of it as your personal reset button — a chance to shake off the stress of the week and start fresh.

should be part of one's daily routine, stating, "Even 15-30 minutes a day can yield significant physical and mental benefits."

Never skip a warm-up, no matter how tight your schedule is. Preparing your body for exercise reduces the risk of injury and enhances performance. Similarly, cooling down with stretches helps prevent soreness and aids recovery. Intense weekend workouts demand proper nutrition and hydration. Start your day with a balanced meal, stay hydrated throughout, and refuel with a combination of protein and carbs post-workout. Similarly, Dr. Khan underscores the importance of daily consistency, saying that regular sessions spread throughout the week help control blood pressure, blood sugar, and cholesterol levels, all while boosting immunity and mood.

If you're new to the weekend warrior lifestyle, don't try to do everything at once. "If you do

only heavy workouts on weekends then you can suffer from injuries, back pain, or muscle spasms," says Dr. Agarwal.

Start with activities you enjoy, gradually increase intensity, and focus on progress rather than perfection. It's tempting to push yourself to the limit, but overexertion can lead to injuries. Pay attention to how your body feels and take breaks when needed. Rest is just as important as the workout itself. "If you're exercising only on weekends, aim for an hour to improve your overall well-being, but it's essential to work under a fitness trainer's guidance, especially if you have health conditions like high blood pressure or a back injury. To avoid injuries, focus on proper form and avoid



Punjab Kesari • 17 Jan • Ministry of Ayush

Zile mein logo ko mila 72,43 crore ke cashless upchar ka labh

4 • PG

212 • Sqcm

196438 • AVE

867.98K • Cir

Middle Right

Chandigarh

जिले में लोगों को मिला 72.43 करोड़ के कैशलैस उपचार का लाभ

मोहाली, 16 जनवरी (नियामियां) : आयुष्मान भारत मुख्यमंत्री सेहत बीमा योजना के तहत जिले में 115492 लोगों को अब तक करीब 72.43 करोड़ के कैशलैस उपचार का लाभ मिला है। आयुष्मान भारत मुख्यमंत्री सेहत बीमा योजना की जिला नोडल अधिकारी व डिप्टी मैडीकल कमिशनर डॉ. परविंदर पाल कौर ने बताया कि सरकारी अस्पतालों में 23117 मरीजों को 21,14,54,800 रुपए का कैशलैस इलाज अधिकृत किया गया है, जिसमें से 17,99,91,181 रुपए के क्लेम का निपटारा भी किया जा चुका है।

इसी तरह, योजना के तहत सूचीबद्ध निजी अस्पतालों से 92375 मरीजों को 58,54,69,294 रुपए के कैशलैस इलाज के लिए अधिकृत किया गया। जिसमें से अब तक 51,28,87,392 रुपए के क्लेम का निपटारा भी किया जा चुका है। डिप्टी कमिशनर आशिका जैन के निर्देशानुसार और सिविल सर्जन डॉ. संगीता जैन की देखरेख में

जिले में आयुष्मान भारत मुख्यमंत्री सेहत बीमा योजना के तहत नामांकित लाभार्थियों के ई-कार्ड बनाने का काम लगातार किया जा रहा है।

योजना के तहत 6 प्रकार के लाभार्थी परिवारों को ई-कार्ड जारी किए जाते हैं, जिसमें एस.ई.सी.सी. डाटा के अंतर्गत आने वाले परिवार, राशन कार्ड धारक, निर्माण श्रमिक, छोटे व्यापारी, छोटे किसान आदि शामिल हैं। वहीं सेहत बीमा योजना के बारे में जानकारी प्राप्त करने के लिए हैल्पलाइन नंबर 104 पर डायल किया जा सकता है। सूचीबद्ध निजी अस्पतालों में आरोग्य मित्र से भी संपर्क किया जा सकता है। लाभार्थियों को अपनी पात्रता के अनुसार आधार कार्ड, राशन कार्ड, पैन कार्ड आदि जैसे आवश्यक दस्तावेज लाने होंगे। वर्तमान में जिले में इस योजना के तहत सात सरकारी और 30 निजी अस्पतालों को सूचीबद्ध किया गया है। जिनकी सूची उक्त वैबसाइट पर उपलब्ध है।

Navshakti • 17 Jan • Ministry of Ayush

Government Homeopathy College to Pimpalgaon Khurd instead of Sangaon

10 • PG

86 • Sqcm

17284 • AVE

419.55K • Cir

Middle Left

Mumbai

शासकीय होमिओपॅथी महाविद्यालय सांगावऐवजी पिंपळगाव खुर्दला

मुंबई : कोल्हापूर जिल्ह्यामधील कागल तालुक्यातील नवीन शासकीय होमिओपॅथी महाविद्यालयास मौजे सांगावऐवजी पिंपळगाव खुर्द येथील जमीन निःशुल्क उपलब्ध करून देण्यास गुरुवारी झालेल्या मंत्री परिषदेच्या बैठकीत मंजुरी देण्यात आली. बैठकीच्या अध्यक्षस्थानी मुख्यमंत्री देवेंद्र फडणवीस होते.

कागल तालुक्यातील मौजे सांगाव येथे १०० विद्यार्थी प्रवेश क्षमतेचे नवीन शासकीय होमिओपॅथी महाविद्यालय व संलग्नित ५० रुग्णखाटांचे रुग्णालय स्थापन करण्यास ४ ऑक्टोबर २०२४ च्या मंत्रिमंडळ बैठकीत मान्यता देण्यात आली होती. तथापि राष्ट्रीय होमिओपॅथी आयोग, नवी दिल्ली यांच्या मानकांनुसार मौजे सांगाव येथे या



होमिओपॅथी महाविद्यालय व संलग्नित रुग्णालयासाठी पुरेशी, सलग व सुयोग्य जागा उपलब्ध नसल्याचे आढळून आले आहे. त्यामुळे आता पिंपळगाव खुर्द (ता. कागल) येथील गट क्र. ४८७ मधील गायरान जमीनीपैकी ५.७५ एकर जमीन उपलब्ध करून देण्यास बैठकीत मंजुरी देण्यात आली. ही जमीन वैद्यकीय शिक्षण व औषधी द्रव्ये विभागास निःशुल्क उपलब्ध करून देण्यात येणार आहे.

Jag Bani • 17 Jan • Ministry of Ayush

Ayushman bima yojana 1 lakh 15 hazaar loka nu cashless ilaaz da labh

2 • PG

128 • Sqcm

51043 • AVE

124.76K • Cir

Middle Center

Chandigarh

ਆਯੁਸ਼ਮਾਨ ਬੀਮਾ ਯੋਜਨਾ : 1 ਲੱਖ 15 ਹਜ਼ਾਰ ਲੋਕਾਂ ਨੂੰ ਕੈਸ਼ਲੈਸ ਇਲਾਜ ਦਾ ਲਾਭ

ਮੋਹਾਲੀ, 16 ਜਨਵਰੀ (ਨਿਆਮੀਆਂ)
: ਜ਼ਿਲ੍ਹੇ 'ਚ ਹੁਣ ਤੱਕ 1 ਲੱਖ 15 ਹਜ਼ਾਰ
492 ਲੋਕਾਂ ਨੇ ਆਯੁਸ਼ਮਾਨ ਭਾਰਤ ਮੁੱਖ
ਮੰਤਰੀ ਸਿਹਤ ਬੀਮਾ ਯੋਜਨਾ ਤਹਿਤ 72
ਕਰੋੜ 43 ਲੱਖ 42 ਹਜ਼ਾਰ 192 ਰੁਪਏ ਦੇ
ਕੈਸ਼ਲੈਸ ਇਲਾਜ ਦਾ ਲਾਭ ਲਿਆ ਹੈ।
ਡਿਪਟੀ ਮੈਡੀਕਲ ਕਮਿਸ਼ਨਰ ਡਾ.
ਪਰਵਿੰਦਰਪਾਲ ਕੌਰ ਨੇ ਦੱਸਿਆ ਕਿ ਸਰਕਾਰੀ
ਹਸਪਤਾਲਾਂ ਤਹਿਤ 23 ਹਜ਼ਾਰ 117 ਮਰੀਜ਼ਾਂ
ਨੂੰ 21 ਕਰੋੜ 14
ਲੱਖ 54 ਹਜ਼ਾਰ
800 ਰੁਪਏ ਦੇ
ਕੈਸ਼ਲੈਸ ਇਲਾਜ
ਦੀ ਮਨਜ਼ੂਰੀ
ਦਿੱਤੀ ਗਈ,
ਜਿਸ 'ਚੋਂ 17
ਕਰੋੜ 99 ਲੱਖ
91 ਹਜ਼ਾਰ 181
ਰੁਪਏ ਦੇ ਕਲੇਮ
ਦੀ ਅਦਾਇਗੀ
ਵੀ ਕੀਤੀ ਜਾ

ਚੁੱਕੀ ਹੈ। ਇਸੇ ਤਰ੍ਹਾਂ ਇਸ ਸਕੀਮ ਤਹਿਤ
ਸੂਚੀਬੱਧ ਨਿੱਜੀ ਹਸਪਤਾਲਾਂ 'ਚੋਂ ਇਲਾਜ
ਕਰਵਾਉਣ ਲਈ 92 ਹਜ਼ਾਰ 375 ਮਰੀਜ਼ਾਂ
ਨੂੰ 58 ਕਰੋੜ 54 ਲੱਖ 69 ਹਜ਼ਾਰ 294
ਰੁਪਏ ਦੇ ਕੈਸ਼ਲੈਸ ਇਲਾਜ ਦੀ ਮਨਜ਼ੂਰੀ
ਦਿੱਤੀ ਗਈ। ਇਸ 'ਚੋਂ 51 ਕਰੋੜ 28 ਲੱਖ
87 ਹਜ਼ਾਰ 392 ਰੁਪਏ ਦੇ ਕਲੇਮ ਦੀ
ਅਦਾਇਗੀ ਵੀ ਕੀਤੀ ਜਾ ਚੁੱਕੀ ਹੈ। ਉਨ੍ਹਾਂ
ਦੱਸਿਆ ਕਿ ਜ਼ਿਲ੍ਹਾ ਸਿਹਤ ਵਿਭਾਗ ਵੱਲੋਂ
ਡੀ.ਸੀ. ਆਸ਼ਿਕਾ ਜੈਨ ਤੇ ਸਿਵਲ ਸਰਜਨ
ਡਾ. ਸੰਗੀਤਾ ਜੈਨ ਦੀ ਦੇਖ-ਰੇਖ ਹੇਠ ਜ਼ਿਲ੍ਹੇ
'ਚ ਯੋਜਨਾ ਤਹਿਤ ਲਾਭਪਾਤਰੀਆਂ ਦੇ ਈ-
ਕਾਰਡ ਬਣਾਉਣ ਦਾ ਕੰਮ ਤੇਜ਼ੀ ਨਾਲ ਕੀਤਾ
ਜਾ ਰਿਹਾ ਹੈ। ਜ਼ਿਲ੍ਹੇ 'ਚ ਵੱਖ-ਵੱਖ ਥਾਈਂ
ਲਾਭਪਾਤਰੀਆਂ ਦੇ ਈ-ਕਾਰਡ ਬਣਾਏ ਜਾ
ਰਹੇ ਹਨ। ਯੋਜਨਾ ਤਹਿਤ 6 ਤਰ੍ਹਾਂ ਦੇ
ਲਾਭਪਾਤਰੀ ਪਰਿਵਾਰਾਂ ਦੇ ਕਾਰਡ ਬਣਾਏ
ਜਾਂਦੇ ਹਨ, ਜਿਨ੍ਹਾਂ 'ਚ ਐੱਸ.ਈ.ਸੀ.ਸੀ. ਡਾਟਾ
ਵਾਲੇ ਗਰੀਬ ਪਰਿਵਾਰ, ਰਾਸ਼ਨ ਕਾਰਡ
ਧਾਰਕ, ਉਸਾਰੀ ਕਾਮੇ, ਛੋਟੇ ਟਰੇਡਰ, ਛੋਟੇ
ਕਿਸਾਨ ਅਤੇ ਪੱਤਰਕਾਰ ਸ਼ਾਮਲ ਹਨ।

Ajit • 17 Jan • Ministry of Ayush

Zile ch 1,15,492 loka ne ayushman sehat bima yojana tehat 72.43 crore di cashless ilaaz suvida da li...

7 • PG

306 • Sqcm

290530 • AVE

1.06M • Cir

Middle Left

Chandigarh

ਜ਼ਿਲ੍ਹੇ 'ਚ 1,15,492 ਲੋਕਾਂ ਨੇ ਆਯੁਸ਼ਮਾਨ ਸਿਹਤ ਬੀਮਾ ਯੋਜਨਾ ਤਹਿਤ 72.43 ਕਰੋੜ ਦੀ ਕੈਸ਼ਲੈੱਸ ਇਲਾਜ ਸੁਵਿਧਾ ਦਾ ਲਿਆ ਲਾਭ

ਐੱਸ. ਏ. ਐੱਸ. ਨਗਰ, 16 ਜਨਵਰੀ (ਤਰਵਿੰਦਰ ਸਿੰਘ ਬੈਨੀਪਾਲ)-ਜ਼ਿਲ੍ਹੇ ਵਿਚ ਹੁਣ ਤੱਕ 1,15,492 ਲੋਕਾਂ ਨੇ ਆਯੁਸ਼ਮਾਨ ਭਾਰਤ ਮੁੱਖ ਮੰਤਰੀ ਸਿਹਤ ਬੀਮਾ ਯੋਜਨਾ ਤਹਿਤ 72,43,42,192 ਰੁਪਏ ਦੀ ਕੈਸ਼ਲੈੱਸ ਇਲਾਜ ਸੁਵਿਧਾ ਦਾ ਲਾਭ ਲਿਆ ਹੈ। ਇਹ ਜਾਣਕਾਰੀ ਦਿੰਦਿਆਂ ਡਿਪਟੀ ਮੈਡੀਕਲ ਕਮਿਸ਼ਨਰ ਡਾ. ਪਰਵਿੰਦਰਪਾਲ ਕੌਰ (ਜ਼ਿਲ੍ਹਾ ਨੋਡਲ ਅਫ਼ਸਰ ਆਯੁਸ਼ਮਾਨ ਭਾਰਤ ਮੁੱਖ ਮੰਤਰੀ ਸਿਹਤ ਬੀਮਾ ਯੋਜਨਾ) ਨੇ ਦੱਸਿਆ ਕਿ ਸਰਕਾਰੀ ਹਸਪਤਾਲਾਂ ਤਹਿਤ 23,117 ਮਰੀਜ਼ਾਂ ਨੂੰ 21,14,54,800 ਰੁਪਏ ਦੇ ਕੈਸ਼ਲੈੱਸ ਇਲਾਜ ਦੀ ਮਨਜ਼ੂਰੀ ਦਿੱਤੀ ਗਈ ਹੈ, ਜਿਸ 'ਚੋਂ 17,99,91,181

ਰੁਪਏ ਦੇ ਕਲੇਮ ਦੀ ਅਦਾਇਗੀ ਵੀ ਕੀਤੀ ਜਾ ਚੁੱਕੀ ਹੈ। ਇਸੇ ਤਰ੍ਹਾਂ ਇਸ ਸਕੀਮ ਤਹਿਤ ਸੂਚੀਬੱਧ ਪ੍ਰਾਈਵੇਟ ਹਸਪਤਾਲਾਂ 'ਚ ਇਲਾਜ ਕਰਵਾਉਣ ਲਈ 92,375 ਮਰੀਜ਼ਾਂ ਨੂੰ 58,54,69,294 ਰੁਪਏ ਦੇ ਕੈਸ਼ਲੈੱਸ ਇਲਾਜ ਦੀ ਮਨਜ਼ੂਰੀ ਦਿੱਤੀ ਗਈ ਹੈ, ਜਿਸ 'ਚ 51,28,87,392 ਰੁਪਏ ਦੇ ਕਲੇਮ ਦੀ ਅਦਾਇਗੀ ਵੀ ਕੀਤੀ ਜਾ ਚੁੱਕੀ।

ਸਿਹਤ ਵਿਭਾਗ ਵਲੋਂ ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਬਣਾਉਣ ਦਾ ਕੰਮ ਤੇਜ਼ੀ ਨਾਲ ਜਾਰੀ- ਡਾ. ਪਰਵਿੰਦਰਪਾਲ ਕੌਰ

ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਜ਼ਿਲ੍ਹਾ ਸਿਹਤ ਵਿਭਾਗ ਵਲੋਂ ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ ਆਸ਼ਿਕਾ ਜੈਨ ਅਤੇ ਸਿਵਲ ਸਰਜਨ ਡਾ. ਸੰਗੀਤਾ ਜੈਨ ਦੀ ਦੇਖ-ਰੇਖ ਹੇਠ ਜ਼ਿਲ੍ਹੇ ਵਿਚ ਆਯੁਸ਼ਮਾਨ ਭਾਰਤ ਮੁੱਖ ਮੰਤਰੀ ਸਿਹਤ ਬੀਮਾ ਯੋਜਨਾ ਤਹਿਤ ਲਾਭਪਾਤਰੀਆਂ ਦੇ ਖਾਤਿਆਂ-ਕਾਰਡ ਬਣਾਉਣ ਦਾ ਕੰਮ ਤੇਜ਼ੀ ਨਾਲ ਕੀਤਾ ਜਾ ਰਿਹਾ ਹੈ। ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਇਸ ਯੋਜਨਾ ਤਹਿਤ 6 ਤਰ੍ਹਾਂ ਦੇ ਲਾਭਪਾਤਰੀ ਪਰਿਵਾਰਾਂ ਦੇ ਕਾਰਡ ਬਣਾਏ ਜਾਂਦੇ ਹਨ, ਜਿਨ੍ਹਾਂ ਵਿਚ ਐੱਸ. ਐੱਸ. ਡਾਟਾ ਵਾਲੇ ਗਰੀਬ ਪਰਿਵਾਰ, ਰਾਸ਼ਨ ਕਾਰਡ ਧਾਰਕ, ਉਸਾਰੀ ਕਾਮੇ, ਛੋਟੇ ਟ੍ਰੇਡਰ, ਛੋਟੇ ਕਿਸਾਨ ਤੇ ਪੱਤਰਕਾਰ ਸ਼ਾਮਲ ਹਨ। ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ

ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਵੱਖ-ਵੱਖ ਥਾਈਂ ਖੁੱਲ੍ਹੇ ਹੋਏ ਕਾਮਨ ਸਰਵਿਸ ਸੈਂਟਰਾਂ ਵਿਚ ਬਣਾਏ ਜਾ ਰਹੇ ਹਨ, ਜਦਕਿ ਹਸਪਤਾਲਾਂ ਵਿਚ ਸਿਰਫ਼ ਮਰੀਜ਼ਾਂ ਦੇ ਕਾਰਡ ਬਣਦੇ ਹਨ। ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਕਾਰਡ ਬਣਾਉਣ ਲਈ ਵੱਖ-ਵੱਖ ਥਾਈਂ ਕੌਂਪ ਵੀ ਲਗਾਏ ਜਾਂਦੇ ਹਨ। ਡਾ. ਪਰਵਿੰਦਰਪਾਲ ਕੌਰ ਨੇ ਲੋਕਾਂ ਨੂੰ ਅਪੀਲ ਕੀਤੀ ਕਿ ਉਹ ਕਾਰਡ ਬਣਵਾਉਣ ਲਈ ਆਪਣੇ ਇਲਾਕੇ ਦੇ ਕੌਂਸਲਰ, ਸਰਪੰਚ ਜਾਂ ਆਸਾ ਵਰਕਰ ਨਾਲ ਤਾਲਮੇਲ ਕਰ ਸਕਦੇ ਹਨ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਲੋਕ ਸਰਕਾਰੀ ਵੈੱਬਸਾਈਟ www.shapunjab.in <<http://www.shapunjab.in>> 'ਤੇ ਆਪਣੀ ਯੋਗਤਾ ਚੈੱਕ ਕਰ ਸਕਦੇ ਹਨ। ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ 104 ਹੈਲਪਲਾਈਨ ਲੋਕਾਂ ਨੂੰ 24 ਘੰਟੇ ਸਰਬੱਤ ਸਿਹਤ ਬੀਮਾ ਯੋਜਨਾ ਬਾਬਤ ਪੂਰੀ ਜਾਣਕਾਰੀ ਪ੍ਰਦਾਨ ਕਰਵਾ ਰਹੀ ਹੈ ਤੇ ਸੂਚੀਬੱਧ ਪ੍ਰਾਈਵੇਟ ਹਸਪਤਾਲਾਂ ਵਿਚ ਅੰਗਰੇਜ਼ੀ ਮਿੱਤਰ ਨਾਲ ਵੀ ਸੰਪਰਕ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।

Ajit • 16 Jan • Ministry of Ayush

Camp doran ayushmann te aabha ayushmann card banaye

7 • PG

89 • Sqcm

84593 • AVE

1.06M • Cir

Bottom Center

Chandigarh

ਕੈਂਪ ਦੌਰਾਨ ਆਯੁਸ਼ਮਾਨ ਤੇ ਆਭਾ ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਬਣਾਏ

ਜ਼ੀਰਕਪੁਰ, 15 ਜਨਵਰੀ (ਮਨਿੰਦਰ ਸਿੰਘ)-ਲੋਕ ਹਿੱਤ ਸੇਵਾ ਸਮਿਤੀ ਵਲੋਂ ਮਕਰ ਸੰਕ੍ਰਾਂਤੀ ਮੌਕੇ ਡੇਰਾਬੱਸੀ ਹਸਪਤਾਲ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਆਯੁਸ਼ਮਾਨ ਅਤੇ ਆਭਾ ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਬਣਾਉਣ ਸੰਬੰਧੀ ਵਿਸ਼ੇਸ਼ ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ। ਇਹ ਕੈਂਪ ਨਿਊ ਜਨਰਸ਼ਨ ਅਪਾਰਟਮੈਂਟ ਸੁਸਾਇਟੀ ਢਕੌਲੀ ਵਿਖੇ ਲਗਾਇਆ ਗਿਆ। ਇਸ ਕੈਂਪ ਵਿਚ 70 ਸਾਲ ਤੋਂ ਵੱਧ ਉਮਰ ਦੀਆਂ ਔਰਤਾਂ ਤੇ ਮਰਦਾਂ ਸਮੇਤ ਨੀਲੇ ਕਾਰਡ ਵਾਲਿਆਂ ਦੇ ਆਯੁਸ਼ਮਾਨ ਤੇ ਆਭਾ ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਬਣਾਏ ਗਏ। ਇਸ ਕੈਂਪ ਦਾ ਉਦਘਾਟਨ ਨਿਊ ਜਨਰਸ਼ਨ ਅਪਾਰਟਮੈਂਟ ਓਨਰ ਐਸੋਸੀਏਸ਼ਨ ਦੇ ਮੀਤ ਪ੍ਰਧਾਨ ਦਮੋਦਰ ਦਾਸ ਜੈਨ ਵਲੋਂ ਕੀਤਾ ਗਿਆ। ਇਸ ਮੌਕੇ ਐਸੋਸੀਏਸ਼ਨ ਦੇ ਜਨਰਲ ਸਕੱਤਰ ਕੇ. ਐੱਸ. ਯਾਦਵ, ਪ੍ਰਧਾਨ ਜਗਦੀਸ਼ ਮਹਿੰਦੀਰਤਾ ਤੇ ਸਮਾਜ ਸੇਵੀ ਰਮੇਸ਼ ਚੰਦਰ ਸ਼ਰਮਾ ਵਿਸ਼ੇਸ਼ ਮਹਿਮਾਨ ਵਜੋਂ ਹਾਜ਼ਰ ਹੋਏ। ਇਸ ਮੌਕੇ ਸਮਿਤੀ ਦੇ ਜਨਰਲ ਸਕੱਤਰ ਬਲਬੀਰ ਰਾਜਪੂਤ ਨੇ ਜਾਣਕਾਰੀ ਦਿੰਦਿਆਂ ਦੱਸਿਆ ਕਿ ਕੈਂਪ ਦੌਰਾਨ 110 ਆਭਾ ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਤੇ 23 ਜਨ ਅਰੋਗਿਆ ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਬਣਾਏ ਗਏ। ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਇਸ ਕੈਂਪ ਨੂੰ ਸਫਲ ਬਣਾਉਣ ਵਿਚ ਸਤੀਸ਼ ਭਾਰਦਵਾਜ, ਕੈਲਾਸ਼ ਮਿੱਤਲ, ਰਮੇਸ਼ ਸ਼ਰਮਾ, ਵਿਮਲ ਗੁਪਤਾ, ਰਾਮ ਸਵਰੂਪ ਬਿਆਲਾ, ਪੂਨਮ ਰਾਣੀ, ਰਣਜੀਤ ਕੌਰ, ਸੁਖਬੀਰ ਸਿੰਘ ਅਤੇ ਹਰਸ਼ ਕੁਮਾਰ ਵਲੋਂ ਸਹਿਯੋਗ ਦਿੱਤਾ ਗਿਆ।

Amar Ujala • 16 Jan • Ministry of Ayush

Dawa ne doctor ayush mission mein marijo ko kaise milega ilaaz

3 • PG

370 • Sqcm

272808 • AVE

368.8K • Cir

Bottom Center

Chandigarh

स्वास्थ्य

आयुर्वेदिक, होम्योपैथी दवाओं की खरीद में सामने आई लापरवाही.... बजट मिलने के बावजूद उसे खर्च किए बिना दिया जा रहा वापस, 46 डॉक्टरों की जगह महज 25 ही तैनात

दवा न डॉक्टर, आयुष मिशन में मरीजों को कैसे मिलेगा इलाज

माई सिटी रिपोर्टर

चंडीगढ़। एक तरफ सरकार आयुष पद्धतियों के प्रति लोगों को जागरूक करने का प्रयास कर रही है। लगातार एक के बाद एक योजनाएं शुरू कर आयुष चिकित्सा पद्धतियों को बढ़ावा देने का प्रयास किया जा रहा है। ऐसे में विभाग की तरफ से की जा रही अनदेखी से मरीज परेशान हैं। स्थिति यह है कि सरकार की तरफ से आयुष पद्धतियों से जुड़ी दवाएं खरीदने के लिए बजट मिलने के बावजूद उसे खर्च किए बिना वापस कर दिया जा रहा है।

इतना ही नहीं, आयुष केंद्रों में डॉक्टर की उपलब्धता भी न के बराबर है। इस कारण एक-एक डॉक्टर तीन-तीन केंद्र संभालने को मजबूर हैं। इससे आयुष



सेक्टर-20 का आयुष केंद्र। अमर उजाला

केंद्रों पर इलाज के लिए आने वाले मरीजों को निराश होकर लौटना पड़ रहा है।

आयुष केंद्र में इन कामियों को लेकर जारी रिपोर्ट से इसकी पुष्टि हो रही है।

आयुर्वेदिक, होम्योपैथिक दवा की नहीं हुई खरीद

सेटल ऑडिट की तरफ से अप्रैल 2019 से मार्च 2024 के बीच निदेशक आयुष कार्यालय के रिकॉर्ड जांच पर यह इलाक़त सामने आई है कि आयुर्वेदिक, होम्योपैथिक और यूनानी दवाओं की खरीद में गंभीर लापरवाही की गई है। रिपोर्ट के अनुसार सभी आयुष केंद्रों के प्रभारी से 2020-21 के दौरान खरीदी जाने वाली दवाओं के लिए डिमांड देने का अनुरोध किया गया। बार-बार अनुरोध के बावजूद केंद्रों से दवाओं की सूची नहीं दी गई। इस कारण फरवरी 2021 में विभाग ने दवा के खरीद का बजट वापस कर दिया। इसके तहत आयुर्वेदिक में 17.59 लाख और होम्योपैथिक दवाओं की खरीद के लिए मिले 15 लाख रुपये वापस किए गए थे। कारण पृष्ठ जाने पर विभाग की तरफ से ऑडिट महानिदेशक को कोई जवाब नहीं दिया गया।

आयुष विभाग का मुख्य उद्देश्य आयुष विभाग का मुख्य उद्देश्य लोगों को आयुष पद्धति के तहत स्वस्थ सेवाएं प्रदान करना है। आयुष पद्धति में आयुर्वेद, योग और प्राकृतिक चिकित्सा, यूनानी, सिद्ध और होम्योपैथी को स्वस्थ देखभाल और उपचार की प्रणालियां शामिल हैं।

“आयुष केंद्रों पर डॉक्टरों की कमी दूर करने के लिए नई नियुक्तियों को प्रक्रिया जारी है। उम्मीद है कि जल्द ही मरीजों को और भी बेहतर सुविधाएं प्राप्त होंगी। - **अखिल कुमार, निदेशक आयुष**

केंद्रों पर डॉक्टरों की कमी

ऑडिट की टीम ने केंद्रों की जांच के दौरान पाया कि वहां स्वीकृत पद के अनुसार कर्मचारियों के तैनाती नहीं की गई है। आयुष विभाग में शुरूआती दौर में 60 पद स्वीकृत थे। जिसमें से 14 पद सरकार के निर्देश पर समाप्त कर दिए गए। इसके अलावा मैजूब समय में आठ पद खाली हैं। इस कारण और मानव संसाधन के बल पर केंद्रों को संचालित करने का प्रयास किया जा रहा है। रिपोर्ट के अनुसार विभाग 21 आयुर्वेदिक, 23 होम्योपैथिक और दो यूनानी चिकित्सा केंद्रों सहित 46 युनिट का संचालन कर रहा है। जिसमें एक पंचकर्म सेंटर भी शामिल है। इन केंद्रों में 46 चिकित्सा अधिकारियों की तैनाती है। जबकि विभाग के पास केवल 25 चिकित्सा अधिकारी ही उपलब्ध हैं, जिसमें पांच नियमित, 10 आउटसोर्स और 10 राष्ट्रीय आयुष मिशन योजना के तहत तैनाती की गई है। ऐसी स्थिति में चिकित्सा अधिकारियों की कमी के कारण सभी आयुष केंद्रों में निर्णित रूप से डॉक्टरों की उपस्थिति सुनिश्चित करना बेहद मुश्किल हो रहा है।