



**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**16 Jul, 2025 – 17 Jul, 2025**

 **Total Mention 199**

 <b>Print</b>	<b>Financial</b>	<b>Mainline</b>	<b>Regional</b>	<b>Periodical</b>
<b>25</b>	<b>2</b>	<b>10</b>	<b>13</b>	<b>N/A</b>

 <b>Online</b>
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**174**

 Print

No	Newspaper	Headline	Edition	Pg
1.	Business Standard	Coping with information overload	Chandigarh + 1	9
2.	Business Standard	Coping with information overeload	Delhi	9
3.	The Times of India	Can't Turn Blind Eye To Diabetic Retinopathy	Chandigarh	12
4.	Hindustan Times	Corporate Buzz	Mumbai	10
5.	Punjab Express	Rakul Preet Singh highlights the role of yoga in her self-love journey	Chandigarh	10
6.	The Morning Standard	Fit Bit	Delhi	2
7.	The Morning Standard	What should I eat before and after a workout	Delhi	2
8.	The New Indian Express	KNEELING WRIST STRETCH POSE VARIATION	Chennai + 2	2
9.	The New Indian Express	Yoga teacher honoured	Chennai	3
10.	The Hans India	Rakul Preet Singh highlights the role of yoga in her sell-love journey	Hyderabad	11
11.	The Statesman	Union minister opens boys' hostel at homeo college	Kolkata	3
12.	Mid Day	Homeopathy vs modern medicine: Over 500 docs join indefinite strike	Mumbai	7
13.	Surya	Ayurvedic food tips for skin during monsoon	Hyderabad	5
14.	Dainik Bhaskar	Healthy rehane ke liye bachho ko yog aur pranayaam shikhaya	Chandigarh	1
15.	Dainik Tribune	Nabard bana gramin vikas aur kisan sashaktikaran ka majboot aadhar :Sharma	Chandigarh	2
16.	Dainik Tribune	Dr jitender gill ne cm ko bhet ki ayurved par likhi do pushtake	Chandigarh	4
17.	Dainik Savera	Haryana krishi navachar fasal vividhikaran aur prasanskaran aadharit kheti main bana agrani state	Chandigarh	5
18.	Dainik Savera	Yog tan aur man ko swasth rakhane main sahayak :SDM divya P	Chandigarh	4
19.	Nav Rashtra	Homeopathic doctors go on strike	Mumbai	4
20.	Deshbandhu	Tanav door karen aur sharir banaye mazboot, janiye purvotasan karna ke asaan tareeka	Delhi	10
21.	Deshbandhu	Selfcare sirf glamour nahi, Ek tarah ka anushasan hai	Delhi	10
22.	Loksatta	Homeopathy doctors' strike called off	Mumbai	3

23.	Hari Bhoomi	Israel mein logo ne manaya international yoga day	Delhi	8
24.	Virat Vaibhav	Yoga Day	Delhi	7
25.	Lokmat	Homeopathic doctors' hunger strike suspended	Mumbai	3

Business Standard • 17 Jul • Ministry of Ayush  
Coping with information overload

9 • PG

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Chandigarh • Jaipur

## Coping with information overload



AJIT BALAKRISHNAN

Information overload is that awful state in which we all find ourselves today, overwhelmed us with the vast amount of information with which we are forced to deal. This sense of helplessness occurs when the volume and speed of incoming data exceed our cognitive processing capacity, leading to stress, reduced productivity and poor decision-making. With the internet, social media, and constant notifications, individuals and organisations face excessive choices and data streams, often struggling to identify what is relevant or true. Information over-

load can dilute focus, hinder learning, and reduce the ability to think deeply, requiring strategies such as filtering, prioritisation, and digital minimalism to manage effectively.

The focus of this book is to provide the reader with what the author considers the most critical skill a person needs to navigate through a career: The skill to generate "insights" from this flood of information. By "insights" he means uncovering hidden patterns in the data that the person has about a problem or challenge and opening up entirely new possibilities based on these findings.

Vivek Banerji provides examples of this from his work experience at several companies, including PepsiCo India, McKinsey & Company in New York and London, and a company he founded called Insight Dojo. He has provided insight to help the UK's National Health Service reduce smoking rates, an Asia-based entrepreneur in launching a line of

innovative climate control devices in the US, and South America's largest beer company in building a stronger brand strategy from its base in Colombia. He has also helped World Health Organization members develop insights on obesity reduction strategies, and contributed to the development and launch of breakthrough oncology treatments in the US and Europe. He says his target audience could be a chief executive officer, a research head in a technology company, a market research manager, or an investment professional. The key qualification is that the person is keen to generate insights that can make a positive difference to their organisations or businesses.

He illustrates the principles he espouses with real-world case studies from the consumer goods, technology, healthcare industries as well as non-profit organisations. He covers both B2C and B2B settings.

He takes the view that today's com-

plex environment makes it practically mandatory for decision-makers to develop insights. He lists some of the complexities confronting us today: Covid-19, the Russia-Ukraine War, a recession, and the emergence of generative artificial intelligence. He points out and lists the modern-day paradoxes where, despite the abundance of information, eliciting truth has become challenging.

He has several suggestions on how to make "truth" more reliable. Here is just one of his several suggestions: "We must actively cultivate a mindset of not knowing. We need to be aware of our biases and overcome them. That's how we create the space for insights to appear," he writes.

He also has many suggestions on how organisations can get greater and more impactful insights that can transform their businesses. An example: "The easiest way to break siloed think-



**Insight Edge: Crafting Breakthroughs in a World of Information Overload**  
by Vivek Banerji  
Published by Hachette  
368 pages ₹799

Insight Quotient."

All in all, in *Insight Edge*, Mr Banerji argues that in today's flood of data, true breakthroughs come not from more information but from cultivating human-centred insight and shows that curiosity, analytical thinking, creativity, and empathy are essential to cutting

ing is to set up a small cross-functional team that works throughout a project.

Thoughts related to strategy, insight, creativity, and execution flow seamlessly, connections are made, and the process moves along nicely. Also, small teams have skin in the game. They own the success of the innovation and commit to making it work. They are not detached observers". The book combines a philosophical perspective with a practical list of steps to follow, concluding with a chapter on "A Checklist for Building Your Aha!

through noise and identifying what truly matters. Mr Banerji blends psychology, cultural analysis and decision sciences, illustrating each framework with clear, real-world examples from corporate and societal challenges. Rather than relying on intuition alone or drowning in data dashboards, he proposes a structured yet human approach to insight generation. *Insight Edge* is a guide for professionals seeking to create breakthroughs in business, policy, or social initiatives, transforming information overload into clarity and action.

What I found inspiring is that in an era where everyone is touting AI and mathematical models to gain insights about complex data, his statement that it's not algorithms and statistical insights that we need to draw on to get great insights. In his case, he says, he gets his breakthrough insights because of his deep involvement with his hobbies — music, karate, yoga, literature and extensive reading related to a variety of subjects.

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Coping with information overload

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Delhi

## Coping with information overload



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Can't Turn Blind Eye To Diabetic Retinopathy

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Chandigarh

# Can't Turn Blind Eye To Diabetic Retinopathy

**SEE THE DANGER:** Vision Loss From Diabetes A National Crisis, Experts Say Retina Screening Must Be A Right, Not A Privilege

Anuja.Jaiswal@timesofindia.com

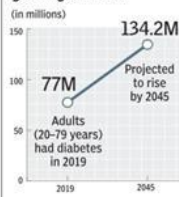
New Delhi: India, often labelled the diabetic capital of the world, faces an alarming crisis with over 77 million people diagnosed with diabetes and 25 million as pre-diabetics. In 2019 alone, India recorded a staggering one million diabetes-related deaths. The most notable complication for diabetics is diabetic retinopathy (DR), an eye condition resulting from damage to retinal blood vessels caused by high blood sugar.

Shockingly, 16.9% of diabetic individuals suffer from DR and 3.6% are at imminent risk of complete vision loss. Leading experts in the field say that without swift, decisive action in screening and treatment, the prevalence of blindness due to DR will escalate. At the round table hosted by The Times of India on Wednesday, experts said that the time to act was now — delays would cost not only money, but sight and lives. The experts called for DR screening to be made a fundamental right for diabetic patients by 2030.

Experts flagged early detection as the most effective way to stop DR-related vision loss. They stressed the urgent need for training frontline health workers and equipping primary care centres with screening tools like fundus cameras. They wanted DR prioritised under the National Non-Communicable Disease Programme to ensure it became a core part of routine diabetic care across all health systems. They were emphatic about DR screening under Ayushman Bharat, currently operational in only 12 states, being rolled out nationwide without delay.

Public awareness was another major gap. "Most di-

## India's diabetes burden is growing and how!



## Majority diagnosed late, after complications appear

43.9 million cases undiagnosed

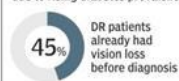
National prevalence at 8.9%

1 million diabetes-related deaths in 2019

## Diabetic Retinopathy (DR) is a growing threat

Caused by damage to retinal blood vessels from high blood sugar

Major public health challenge due to rising diabetes prevalence



betics don't know DR exists until they lose vision," experts said, urging large-scale awareness campaigns to promote regular eye checks. The panel also highlighted the need for accessible and affordable treatment, especially in rural

## UNSEEN. UNDIAGNOSED. UNTREATED



Dr Vishali Gupta, chief of retina and uvea services at Post Graduate Institute (PGI) of Medical Education and Research, Chandigarh; Dr Partha Biswas, president of All India Ophthalmological Society (AIOS) and medical director of Trenchard Eye Centre, Kolkata; Dr Rajni Kant Srivastava, executive director, vitreoretina consultant, Vision Plus Eye Centre, Noida; and Francois du Toit, Roche Pharma area head for CEETRIS (Central Eastern Europe, Turkey, Russia & Indian Subcontinent), at Mission Vision roundtable, a public health initiative organised by The Times of India at India Habitat Centre on Wednesday

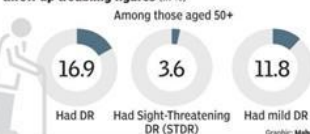
By 2030, every individual with diabetes should have the fundamental right to retinal screening—whether through policy reform, public education, or awareness initiatives. No one should be missed

**Dr Chaitra Jayadev**  
senior consultant, vitreoretina services, Narayana Nethralaya, Bengaluru

Just like Pulse Polio, diabetic retinopathy awareness needs to reach every home. Public figures and mass outreach can turn the tide on preventable blindness

**Dr R Kim**, president, Vitreo Retina Society of India (VRSI), and chief medical officer, Aravind Eye Hospital, Madurai

## National Diabetes & DR Survey (2015-2019) threw up troubling figures (in %)



## This is why screening & early action matter

Without urgent intervention, DR-related blindness will increase. Blindness trends will follow diabetes surge

## Disease progression is silent yet severe

DR progresses slowly and without symptoms. Many remain asymptomatic for 10-15 years. Delayed diagnosis common without routine screening

## What experts say on tackling DR

### Mandatory Screening

Eye screening must be compulsory for all diabetics

### Capacity Building

Train workforce and upgrade screening infrastructure

### NCD Programme Alignment

Make DR a priority within National Programme For Prevention And Control Of Non-Communicable Diseases

### Public Awareness

Drive campaigns on DR risks and early detection

### Accessible Treatment

Affordable care must be widely available

### Public-Private Partnerships

Engage private sector to scale reach

### Ayushman Bharat Rollout

Implement nationwide DR screening. Currently active in only 12 states

screening simply because the doctor didn't advise it, Jayadev pointed out, adding that this gap could only be addressed through govt action.

Taking advantage of the widespread smartphone use, the experts suggested a monthly voice alert reminding diabetics to get their eyes screened. "It's simple, cost-effective and could prevent avoidable blindness," one expert said.

DR remains a neglected health crisis in India, commented Dr Rajni Kant Srivastava, ICMR chair, disease elimination, founder-director, ICMR-Regional Medical Research Centre, Gorakhpur, and visiting professor at SEARCH, Gadchiroli.

"To bring real change, we must present a strong policy document that identifies existing gaps and actionable solutions," he said. He urged for the integration of diabetic eye care into the national programmes, citing Kerala's successful screening model and the potential of telemedicine in remote areas.

"Retina health is closely tied to the twin silent epidemics of diabetes and hypertension in India," noted Dr Indu Bhushan, independent director, Corporate and Non-Profit Boards, ex-CEO, Ayushman Bharat, ex-director-general ADB and former IAS officer, while calling for preventive screening at health and wellness centres, use of AI-enabled tele-ophthalmology, and task-shifting to trained non-doctor staff for first-line checks. He also wanted retinal surgeries included in PM-JAY.

Speaking virtually, Dr K Madan Gopal, advisor on public health administration at NHRSC, a premier think tank of the Union health ministry, said that over 1.7 lakh health and wellness centres were operational for daily consultations. Trained workers conducted initial screenings and connected patients to doctors at district hospitals or medical colleges. "States like Kerala, Andhra Pradesh and Telangana are piloting tele-ophthalmology for diabetic eye care. Urban centres with stronger infrastructure are also testing this," he said. While implementation was currently limited, he added, the model held promise though scaling it nationally would require significant investment.

Rajwinder Mehndwani, MD & CEO, Roche Pharma India, urged health leaders to frame a sharp, actionable policy to bring DR into govt focus.

"We have expertise in public-private partnerships, screening, and treatment access. But for real change, we need a clear narrative that gets govt's attention — like it did with polio or catraact," she said. She emphasised Roche's readiness to support with proven models and called for unified action to move from problem recognition to policy impact.

Other experts who participated in the round table were Dr Bhavna Chawla, professor, retinoblastoma and ocular oncology services, and Dr Vinod Agarwal, professor, vitreo-retina services, AIIMS, Delhi; Dr Muna Bhende, director, vitreo-retinal services, Sankara Nethralaya, Chennai.





## Hindustan Times • 17 Jul • Ministry of Ayush Corporate Buzz

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Mumbai

Corporate Buzz			
<p><b>MRVC Celebrates 26th Foundation Day* -Reaffirms Commitment to Safer, Smarter and Sustainable Suburban Rail Infrastructure*</b></p> <p>Mumbai Railway Vikas Corporation Ltd. (MRVC) Celebrates 26th Foundation Day* - "Reaffirms Commitment to Safer, Smarter and Sustainable Suburban Rail Infrastructure" Mumbai Railway Vikas Corporation Ltd. (MRVC), a joint venture of the Ministry of Railways and the Govt of Maharashtra, "celebrated its 26th Foundation Day" today with great enthusiasm and pride. The event brought together former and present CMDs, MDs, Directors and all officers and staff of MRVC in a spirit of camaraderie and commitment. Delivering the keynote address, "Shri Vilas Sopan Wadekar, CMD," MRVC, reaffirmed the Corporation's unwavering resolve to transform Mumbai's suburban railway system into a world-class, commuter-centric network. "We are not just building tracks—we are building trust, resilience, and a sustainable future for millions of daily commuters," he remarked. He also shared the strategic roadmap of MRVC's ongoing, proposed and under-planning/under- study projects, with an emphasis on capacity enhancement and infrastructure modernisation. Shri Wadekar highlighted MRVC's key focus areas, including Mission Zero Deaths, flood mitigation, CBTC implementation through Kavach 5 and intermodal integration—all aligned with the Hon'ble Prime Minister's vision of Viksit Bharat. Providing a technical perspective, "Shri Rajeev Srivastava, Director (Projects)" shed light on the executional complexities of working within Mumbai's highly constrained urban context. "We work in one of the world's most demanding rail environments. Every milestone achieved is a result of collaborative engineering, smart planning, and round-the-clock dedication," he stated. "Shri B.K. Gangule, CVO," was also graciously present on the dais. The event featured a respectful felicitation of MRVC's former CMDs, MDs, and Directors—"Shri R.S. Varshney, Dr. P.C. Sehgal, Shri Prabhat Sahai, Shri H.B. Singh, Smt. Shobhna Jain, Shri Ravi Agarwal," among others. The presence of "Mrs. Sarala Wadekar" and other esteemed ladies of the MRVC family added grace and warmth to the celebrations.</p> <p><b>From Fragmented to Future-Ready Navayuga Engineering Transforms Infrastructure Execution with Xpedeon ERP</b></p> <p>As India accelerates its ₹111 lakh crore National Infrastructure Pipeline and PM Gati Shakti Master Plan, the need for speed, integration, and executional efficiency in infrastructure delivery has never been greater. Navayuga Engineering Company Ltd (NEC), one of India's leading infrastructure developers, has responded to this challenge by embracing digital transformation through Xpedeon ERP—a purpose-built enterprise platform for the construction sector. Solving the Problem of Fragmentation Prior to this transition, NEC grappled with siloed systems across procurement, finance, inventory, and contracts. This fragmentation led to delayed decisions, inconsistent data, and limited cost visibility—problems that are especially risky in India's tightly regulated and deadline-driven infrastructure environment. One Digital Backbone for Project Success Xpedeon ERP provided NEC with a unified, real-time digital backbone, fully aligned with Indian construction workflows, tax regulations, and compliance</p>	<p><b>Hon'ble Union Minister Shri Sarbananda Sonowal Visits Hindustan Shipyard Limited During Second BIMSTEC Conclave of Ports</b></p> <p>In a significant step toward advancing shipbuilding in India in line with the Hon'ble Prime Minister's Maritime India Vision 2030, Shri Sarbananda Sonowal, Hon'ble Union Minister for Ports, Shipping and Waterways (MoPSW), visited Hindustan Shipyard Limited (HSL) on 15 July 2025 during the Second BIMSTEC Conclave of Ports, hosted in Visakhapatnam on 14–15 July 2025. He was accompanied by Dr. Madhaviya Angamuthu, IAS, Chairman of the Visakhapatnam Port Authority (VPA). During the visit, Cmde Hemant Khatri, CMD of HSL, briefed the Minister on the shipyard's 85-year contribution to supporting India's maritime sector, highlighting HSL's modern capabilities and strategic direction. Key focus areas included the development of green tugs, hydrogen fuel cell-powered vessels, and readiness to build MR vessels and platform supply vessels in response to growing demand. Commending HSL's technological progress and service to the nation, Shri Sonowal stated, "HSL is doing a remarkable job for the nation," lauding its decades-long contribution to maritime growth. He strongly supported the hydrogen tug initiative under the #MakelInIndia campaign, urging the team to set a benchmark through exemplary performance, operational efficiency, and global competitiveness. Calling on HSL to rise to the occasion, he said, "Put your ability, potential, and possibilities into the right perspective so that the nation can grow faster and be counted as a leading shipbuilding nation." This visit reinforced India's maritime leadership goals under BIMSTEC, showcasing HSL as a key player in the Bay of Bengal region. The Union Minister's support highlights the government's proactive role in promoting sustainable marine innovation and expanding India's shipbuilding capabilities.</p> <p><b>Ayurveda: The Most Ancient Science of Traditional Medicine ITRA, Jamnagar – A Sanctum of Holistic Health and Healing</b></p> <p>The Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar – operating under the Ministry of AYUSH, Government of India – stands as the country's first and only institute of national importance in the field of Ayurveda. On this historic day, 12th July, the first convocation ceremony of ITRA was held under the chairmanship of the Union Minister of AYUSH, Shri Prataprao Jadhav. The ceremony was graced by the presence of esteemed dignitaries including Dr. Shekhar Mande, National Vice-President of Vijnan Bharati, along with members of the ITRA Governing Body. Prof. Dr. Tanuja Nesari, Director of ITRA, and her dedicated team successfully organized this historic event. A total of 234 degrees were awarded at the convocation, which included: • 143 MD/MS Ayurveda graduates • 35 M.Pharm (Ayurveda) • 2 MSc (Medicinal Plants) • 33 Diploma in Ayurvedic Pharmacy • 18 Diploma in Naturopathy • 3 PG Diploma in Yoga and Naturopathy (PGDYN) Notably, international students studying Ayurveda at ITRA were also conferred degrees. Awards were presented to the top-performing students across five categories, while special medals were awarded for outstanding research and research publication. ITRA offers a full spectrum of academic programs in Ayurveda, ranging from undergraduate to Ph.D. levels. Courses in Ayurvedic Pharmacy also span from diploma to doctoral studies. Additionally, 18 Yoga and Naturopathy programs are offered, including specialized yoga courses for medical professionals. During the convocation chaired by AYUSH Minister Prataprao Jadhav, two significant MoUs were signed: 1. ITRA and CSIR-NIIST, Thiruvananthapuram – for interdisciplinary research and innovation. 2. ITRA and Pharmacopoeia Commission for Indian Medicine and Homoeopathy (PCIM&amp;H), Ghaziabad – for advancement in pharmaceuticals and public health. The Minister also visited various departments and the hospital facilities at ITRA.</p> <p>requirements. By integrating key functions—including subcontracting, budgeting, inventory, procurement, and financials—the platform has empowered NEC's project teams with live visibility into project progress, cost trends, and vendor performance. Delivering Results That Matter The shift to Xpedeon has delivered measurable impact: • Reduced operational silos and manual workloads • Streamlined collaboration across departments • Enhanced budget accuracy and vendor management • Real-time, reliable financial and execution insights for leadership This transformation mirrors the broader national trend: India's construction ERP market is growing at over 8% CAGR, driven by both public and private sector demand for greater transparency and agility.</p>	<p><b>National Conference of Principal Chief Commercial Managers Held at CSMT Mumbai</b></p> <p>A two-day National Conference of Principal Chief Commercial Managers (PCCMs) of all 17 Zonal Railways was successfully organized at the historic Heritage Building of Chhatrapati Shivaji Maharaj Terminus (CSMT), Mumbai on 7th and 8th July 2025. The conference was graced by the presence of Member (Operations and Business Development), Railway Board, along with Additional Member (Commercial), Additional Member (Tourism and Catering), Executive Directors and senior officials from Railway Board. The Managing Director of CRIS (Centre For Railway Information Systems), senior officials from IRCTC (Indian Railway Catering and Tourism Corporation), Konkan Railway (KRCL), and all Principal Chief Commercial Managers from across Indian Railways participated in the event. The conference served as a vital platform to deliberate on a wide range of commercial and customer-centric topics, including enhancement of passenger and freight services, revenue augmentation strategies, station and terminal management, digital initiatives, and measures to improve overall passenger experience.</p> <p><b>MHADA sets target of Two Lakh Tree Plantations across state under Van Mahotsav Initiative</b></p> <p>Tree plantation begins across divisional boards with focus on environmental conservation and community participation. Mumbai, July 9, 2025: In connection with the observance of Van Mahotsav Week in July, the Maharashtra Housing and Area Development Authority (MHADA) has initiated a state-level tree plantation initiative across all its divisional boards including Mumbai. As an organisation that has undertaken housing development with a commitment to social responsibility, MHADA has also taken on the responsibility of environmental conservation and has set a target of planting two lakh trees. The initiative began on July 1, 2025. In the first phase, approximately 50,000 trees are being planted in the Mumbai Metropolitan Region (MMR). The Mumbai Board is planting 50,000 trees, while the Konkan Board is planting 25,000 trees across MHADA's housing project premises. The Pune, Nashik, Chhatrapati Sambhajnagar, Nagpur, and Amravati boards have each fixed a target of planting 25,000 trees. In Mumbai, the initiative has started at MHADA's housing projects in Kannamwar Nagar (Vikhroli), Malvani (Malad), and Goregaon. The Mumbai Board is also planning mangrove plantation as part of its efforts for coastal environmental conservation. The Nashik Board, in collaboration with Raah Foundation, Mumbai, has planted 15,000 trees at a biodiversity park located in Nimon (Taluka: Chandwad, District: Nashik). Chief Officer Mr. Shivkumar Awalkante and Raah Foundation representative Mrs. Kamat were present on this occasion. Employees from the board participated actively during weekends.</p>	<p><b>APPOINTMENT</b></p> <p>Shri Vivek Kumar Gupta, a senior officer of the 1988 batch of Indian Railway Engineers Service (IRSE), has taken over as the GM of WR on Friday, July 11, 2025. Prior to his appointment as the General Manager of Western Railway, he was working as the Managing Director of National High Speed Rail Corporation Limited (NHSRCL), the institution entrusted with the implementation of India's first bullet train project. Shri Gupta has served as CEO/Gati-Shakti in the Railway Board, Ministry of Railways, where he was responsible for the integrated functioning of seven (07) departments - Civil (Construction, Project Monitoring and Station Development), Electrical (RE), Signal and Telecommunication, Traffic, Finance, Planning and Economic Directorates - functioning as an integrated unit for planning and implementation of all major railway projects including station development under the PM Gati-Shakti initiative. Shri Gupta has served in Western Railway and CR in several prestigious positions like Chief Administrative Officer (Construction), Chief Track Engineer, Chief Bridge Engineer and Divisional Rail Manager. In these positions, he supervised important infrastructure works including new line construction, gauge conversion, doubling and multi-tracking projects, track construction works, traffic facilities and bridge maintenance. While working as Chief Engineer in Mumbai Railway Development Corporation (MRVC), Shri Gupta played a key role in the coordination and implementation of MUDP I, II and III projects with a cumulative project value of about ₹20,000 crore.</p> <p><b>IBS Pune holds its 28th convocation</b></p> <p>The 28th Convocation of ICFAI Business School, Pune, took place recently at Suzlon One Earth Auditorium. PGPM certificates were awarded to 164 graduating students, with 149 parents in attendance. The event was graced by Chief Guest Mr. Nilesh Biniwale, General Manager – India, Pattern Technologies, and Guest of Honour Mr. Raghvendra Kulkarni, Ex-MD and Advisor, Catalyst Trusteeship Ltd. Prof. Jyoti Tilak, Senior Director, welcomed all with reflections on IBS Pune's academic journey. Mr. Kulkarni spoke on the evolution of debenture trusteeship, while Mr. Biniwale inspired students by emphasizing the value of learning from failures. The Yearbook was unveiled, and top institutional awards were presented to Ms. Kulveen Kaur Rajpal (Gold), Ms. Muskan Damwani (Silver), and Ms. Neha Sah. The ceremony concluded with a vote of thanks by Dr. Anupama Tadamarla, Dean and Academic Coordinator. ■Reader Initiative Programme</p>



Punjab Express • 17 Jul • Ministry of Ayush

## Rakul Preet Singh highlights the role of yoga in her self-love journey

10 • PG

419 • Sqcm

83853 • AVE

348.98K • Cir

Middle Left

Chandigarh



### *Rakul Preet Singh highlights the role of yoga in her self-love journey*

**B**ollywood actress Rakul Preet Singh took to social media on Wednesday to highlight the importance of yoga in her self-love journey. In a heartfelt post, she reflected on how yoga helps her stay emotionally, mentally, and physically balanced. She also explained the true meaning of self-care, emphasizing that it isn't always glamorous — it's discipline with a touch of grace. For her, it's about maintaining a balance of emotional, physical, and mental well-being. Taking to Instagram, Rakul Preet Singh shared two images in which she is seen performing a yoga pose with her head touching the ground and legs raised above.

For the caption, the 'Thank God' actress wrote, "We often hear the word self-love /self-care but what does it truly mean? Self-care isn't always glamorous .. it's discipline with a touch of grace .. For me it's a balance of emotional, physical and mental well-being .. it's my sanctuary where the outside noise fades and I look inward."

"It's showing up for yourself on tough days, good and bad days and every day in between with love, presence and strength. @anshukayoga #happyselfcaremonth Share with me Aapka self care ritual kya hai." **IAN S**



## The Morning Standard • 17 Jul • Ministry of Ayush

### Fit Bit

2 • PG

604 • Sqcm

289946 • AVE

300K • Cir

Middle Right

Delhi

#### **FITBIT**

### KNEELING WRIST STRETCH POSE VARIATION

This is a kind of joint-freeing exercise performed in Bharmanasana (Table Top Pose). It promotes functional movement patterns, strengthening the wrists, forearms, biceps and triceps, elbows, and shoulders. This creative, gentle practice increases blood flow in the arm. Included in warm-up yoga sequences, especially before arm-balance yoga sequences. It is also included as therapy yoga or restorative yoga to reduce inflammation or relieve discomfort. It can enhance wrist strength, flexibility, and stability.

#### **STEPS**

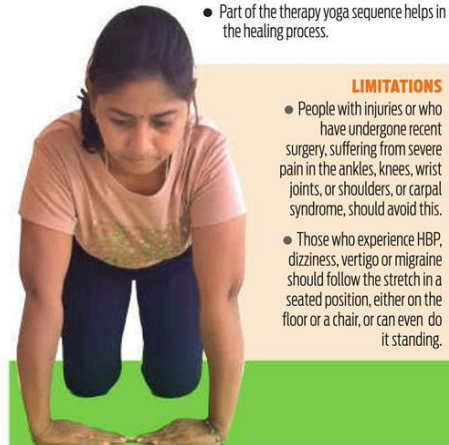
- Start in Bharmanasana, hands under the shoulders, palms shoulder-width apart, with the fingers together and pointing forward.
- Inhale, gently turn your hands so that your fingers point inward toward each other, facing the midline. Spread them wide and actively press into the ground to distribute the weight evenly.
- Let the elbows remain soft and slightly bent. Keep the shoulders relaxed and stay away from the ears. Keep the palms grounded and the inner edge of your hands heavy, preventing localised strain on the carpal bones and tendons on the other side.
- Maintain the wrist stretch and remain in Kneeling Wrist Stretch Pose Variation for about six breaths or as per the body's capacity. Keep your breath deep and steady throughout the practice.

Inhale, feel the breath widen your upper back and ribs. Exhale, let the belly draw in, and the wrists release deeper into the floor.

- Engage your core to support the spine. Maintain even grounding in both palms.
- Slowly release the pose, slide down into Child Pose, and relax.

#### **BENEFITS**

- Included in yoga sequences for all.
- Gentle and safe practice in seniors and prenatal yoga sequences.
- Encourages the healthy gliding of nerves, such as the median and ulnar nerves, through the surrounding fascia.
- Reduces the risk of pain and discomfort, especially for individuals whose jobs and hobbies involve repetitive hand movements.
- Helps loosen the muscles around the neck, arms, and wrists.
- Tissues (fascia) connecting the wrists to the arms get strong.
- Helps maintain strong elbows and shoulders.
- Cures carpal tunnel issues related to the elbows, wrists, and arms.
- Arthritis of the wrists or elbows can benefit from this.
- Helps women during pregnancy and menopause, easing and relaxing the arms and wrists.
- Part of the therapy yoga sequence helps in the healing process.



#### **LIMITATIONS**

- People with injuries or who have undergone recent surgery, suffering from severe pain in the ankles, knees, wrist joints, or shoulders, or carpal syndrome, should avoid this.
- Those who experience HBP, dizziness, vertigo or migraine should follow the stretch in a seated position, either on the floor or a chair, or can even do it standing.

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

The Morning Standard • 17 Jul • Ministry of Ayush  
What should I eat before and after a workout

2 • PG

279 • Sqcm

133873 • AVE

300K • Cir

Middle Center

Delhi



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

### What should I eat before and after a workout?

What you eat around your workout can make a big difference in your energy, performance and recovery.

- **Stay hydrated!** Water before, during, and after your workout is just as important as food.
- **Pre workout snack:** Aim to eat 30 to 90 minutes before your session. Food has to be digested before workout to prevent nausea and heaviness. Focus on easily digestible carbs and protein as carbs give you energy to train well and protein helps reduce muscle breakdown

**ASK AN XPERT**

- Some easy snacks include banana with peanut butter, Greek yoghurt with berries or bananas, a slice of toast with egg or a fruit smoothie with Greek yoghurt and protein powder.
- Post-workout nutrition helps in recovery. Eat within 30-60 minutes — the golden period post-workout to support recovery and muscle repair.
- Try a grilled chicken with rice or roti, a protein shake with fruit, sourdough paner sandwich, eggs with sweet potato or oats.



## The New Indian Express • 17 Jul • Ministry of Ayush KNEELING WRIST STRETCH POSE VARIATION

2 • PG

622 • Sqcm

821558 • AVE

246.4K • Cir

Top Right

Chennai • Bengaluru • Hyderabad

### FITBIT

## KNEELING WRIST STRETCH POSE VARIATION

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



The New Indian Express • 17 Jul • Ministry of Ayush  
Yoga teacher honoured

3 • PG

85 • Sqcm

112815 • AVE

246.4K • Cir

Bottom Center

Chennai



## Yoga teacher honoured

K Gopakumar, director of Sivananda Yoga Vedanta Centre, Kottivakkam, has been awarded the 'Best Yoga Teacher' award by the Tamil Nadu Sports Yogasana Association.

The Hans India • 17 Jul • Ministry of Ayush

## Rakul Preet Singh highlights the role of yoga in her self-love journey

11 • PG

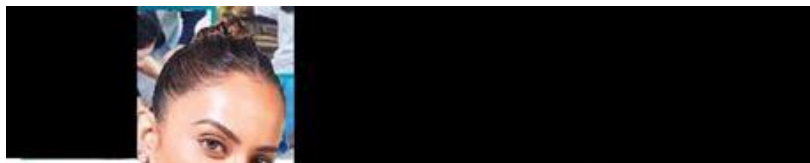
276 • Sqcm

82686 • AVE

390.49K • Cir

Top Left

Hyderabad



**B**ollywood actress Rakul Preet Singh took to social media on Wednesday to highlight the importance of yoga in her self-love journey.

In a heartfelt post, she reflected on how yoga helps her stay emotionally, mentally, and physically balanced. She also explained the true meaning of self-care, emphasizing that it isn't always glamorous — it's discipline with a touch of grace. For her, it's about maintaining a balance of emotional, physical, and mental well-being. Taking to Instagram, Rakul Preet Singh shared two images in which she is seen performing a yoga pose with her head touching the ground and legs raised above.

For the caption, the 'Thank God' actress wrote, "We often hear the word self-love /self-care but what does it truly mean? Self-care isn't always glamorous .. it's discipline with a touch of

grace .. For me it's a balance of emotional, physical and mental well-being .. it's my sanctuary where the outside noise fades and I look inward."

"It's showing up for yourself on tough days, good and bad days and every day in between with love, presence and strength. @anshukayoga #happyselfcaremonth Share with me Aapka self care ritual kya hai."

Known for her love for yoga, Singh often shares photos of herself performing various asanas. Earlier, on the occasion of World Yoga Day, the 'Mere Husband Ki Biwi' actress had posted a couple of her videos and photos performing Yoga alongside her husband Jackky V Bhagnani. Rakul captioned the post, "Celebrated #worldyogaday today with the honourable sports minister of India @mansukhmandviya ji in Delhi amidst 2000 people .. extremely grateful for being



awarded the #Fitindiacouple award by the @ministryofayush @fitindiaoff."

She added, "Fitness for @jackkybhagnani and me is a way of life .. it is what connected the two of us and today getting awarded for the same feels so good. We really hope that all of you take small steps towards a fitter you because the only place you truly live in is your body."

The Statesman • 17 Jul • Ministry of Ayush  
Union minister opens boys' hostel at homeo college

3 • PG

80 • Sqcm

92431 • AVE

750K • Cir

Middle Left

Kolkata

## Union minister opens boys' hostel at homeo college



**STATESMAN NEWS SERVICE**

KOLKATA, 16 JULY

Union minister of state (independent charge), ayush and health and family welfare Prataprao Jadhav today inaugurated the boys' hostel for the undergraduate students at the National Institute of Homeopathy (NIH), Salt Lake.

The central minister of state for education, Dr Sukanta Majumdar was also present at the event.

The MoHFW minister noted that NIH signifies quality education, student training and growth of homeopathy medicinal science. The OPD and IPD (indoor patient department) cater to patients from across the country. More than 3,000 patients visit the campus every day for treatment. He promised on the occasion of its golden jubilee (10 December) this year, a Centre of Excellence status will be conferred after assessment. He stated that the Government is upgrading NIH's infrastructure in a time-bound manner to provide better healthcare facilities to the people. The AYUSH ministry is promising overall development of NIH.



Mid Day • 17 Jul • Ministry of Ayush

## Homeopathy vs modern medicine: Over 500 docs join indefinite strike

7 • PG

129 • Sqcm

294188 • AVE

1.5M • Cir

Middle Center

Mumbai

# Homeopathy vs modern medicine: Over 500 docs join indefinite strike

Protest comes after Maharashtra govt stays homeopathy doctors from practising modern medicine; Indian Medical Association argues they could endanger safety of patients

BITIKA GONDHALEKAR  
bitika.gondhalekar@mid-day.com

HOMEOPATHY doctors across Maharashtra have launched an indefinite hunger strike following the Maharashtra Medical Education Department's recent decision to stay its earlier order that allowed homeopathy practitioners to prescribe and practice modern medicine after completing a one-year certification course.

Over 500 homeopathy practitioners from across the state gathered at Mumbai's Azad Maidan on Wednesday, holding placards and chanting slogans demanding justice and equal rights in medical practice. Many have pledged to continue the protest indefinitely unless the government reconsiders its stance.

Maharashtra Council of Homeopathy (MCH) administrator Dr Bahubali Shah, who is leading the protest, announced that he would be consuming only water until the government reverses the stay order and restores the earlier decision.

"I will not eat until justice is served. We were promised equal rights to serve patients after proper training. This rollback is a betrayal to thousands of homeopathy doctors who have completed or are currently pursuing the certification course," Dr Shah told **mid-day**.

The issue stems from a government resolution (GR) released earlier this year, which permitted registered homeopathy doctors to offer modern medicine treatment after undergoing a one-year bridge course. The move was aimed at addressing the severe shortage of MBBS doctors, especially in rural and underserved areas.

However, the decision received strong opposition from the Indian Medical Association (IMA), which argued that allowing homeopathy to practice modern medicine could endanger the safety of the patients. In response, the Bombay High Court had already imposed a stay on the matter earlier, but

**Homeo vs modern: Govt hits pause**



**mid-day's July 12 report**

the state went ahead and released the GR. Now, after legal and professional pressure, the Directorate of Medical Education & Research has rolled back the order and formed a committee to examine the matter further.

The reversal of the order has angered the homeopathy fraternity, who feel sidelined and unfairly targeted.

"We studied for five and a half years, then did this additional course as required. Still, we are treated as second-class citizens. Are we going to kill anyone just because we do not have an MBBS degree but have the necessary education to treat the patients?" questioned Dr Sushila More, one of the doctors who had come all the way



Homeopathy doctors and resident medical officers protest at Azad Maidan. **PHOTOGRAPH BY ANKUR**

from Nashik to join the protest in Mumbai.

The protest has not yet disrupted outpatient services significantly, but with more homeopathy practitioners expected to join in the coming days, concerns are being raised about its impact, particularly in semi-urban and rural clinics where homeopathy often serve as the primary caregivers.

"We have ensured that none of the hospitals have to be closed or problems are faced just because we are on strike. We know the situation of our public healthcare system, and so homeopathic doctors across the state will be arriving

in batches, ensuring that the patients won't suffer," said Dr Shah.

He further stated that though the police have given permission to protest only till Wednesday evening,

they would continue the protest. "I will continue drinking water even in jail in case they arrest me, but I won't back off till our demands are fulfilled," said Dr Shah.

While the medical education department officials haven't taken any step or decision as of now, Dr Suresh Kadam, president of DMA Maharashtra, said mid-day: "Holding a protest is their right. But what

they are asking for is wrong. There is a reason why every medical stream has a specially designed course and eligibility criteria. For instance, those who wish to pursue MBBS must score more than 50 per cent marks in science, chemistry, and biology in their 12th board exams, and only then are they eligible to write the NEET exams. This 50 per cent marks criterion has been removed for those who wish to become homeopathy doctors. What they are asking for is cross-practice, which is dangerous for any patient. Though they have done the one-year certification course, they are not specialised in modern medicine like MBBS doctors who have studied it for over five years."

**5**  
No. of years to complete MBBS degree

"I will not eat until justice is served. We were promised equal rights to serve patients after proper training. This rollback is a betrayal to thousands of homeopathy doctors" Maharashtra Council of Homeopathy (MCH) administrator Dr Bahubali Shah

Surya • 17 Jul • Ministry of Ayush  
Ayurvedic food tips for skin during monsoon

5 • PG

77 • Sqcm

46280 • AVE

40K • Cir

Bottom Right

Hyderabad

### వర్షాకాలంలో చర్మానికి ఆయుర్వేద ఆహార చిట్కాలు



వర్షాకాలంలో చర్మం మెరుపును కోల్పోయి, జంగా మారే ప్రమాదం ఉంది. ఇది ఆరెర్థిలు, మొటిమలు, నల్ల మచ్చలు వంటి సమస్యలకు దారితీస్తుంది. ఆయుర్వేద నిపుణురాలు డాక్టర్ మధుమిత కృష్ణన్ ప్రకారం, సహజ, పోషకమైన ఆహారాన్ని తీసుకోవడం ద్వారా

లోపల్పించి శరీరాన్ని శుద్ధి చేసి చర్మ ఆరోగ్యాన్ని మెరుగుపర్చుకోవచ్చు. బాదం, హెర్బల్ టీలు, ఆకుకూరలు, పసుపు, నెయ్యి వంటి పదార్థాలు వాత, పిత్త, కఫ దోషాలను సమతుల్యం చేసి శరీరానికి జీవశక్తిని అందిస్తాయి. ముఖ్యంగా నెయ్యి, పసుపు వంటి ఆహార పదార్థాలు అకాల వృద్ధాప్యాన్ని తగ్గించడంలో సహాయపడతాయి. ఆహారంలో కాలానుగుణ వండ్ల, ఆకుకూరలు, హెర్బల్ టీలు చేర్చడం ద్వారా జీర్ణక్రియను మెరుగుపరచి, శరీరాన్ని డిటాక్స్ చేయవచ్చు. దానిమ్మ, బేరి, తులసి, అల్లం వంటి పదార్థాలు చర్మాన్ని లోపల్పించి ఆరోగ్యంగా ఉంచుతాయి. వర్షాకాలంలో ఆయుర్వేద ఆహార నియమాలు పాటించడం ద్వారా సహజంగా మెరిసే చర్మాన్ని పొందవచ్చు. డాక్టర్ మధుమిత సూచించిన ప్రకారం, ఈ పద్ధతులు తక్కువ ఖర్చుతో, తేలికగా అందుబాటులో ఉండే సహజ మార్గాల్లో ఆరోగ్యకరమైన చర్మాన్ని అందించగలవు.



Dainik Bhaskar • 17 Jul • Ministry of Ayush

Healthy rehane ke liye bachho ko yog aur pranayaam shikhaya

1 • PG

598 • Sqcm

743015 • AVE

446.92K • Cir

Middle Center

Chandigarh

# स्वस्थ रहने के लिए बच्चों को योग और प्राणायाम सिखाया



## Workshop

एक्सपर्ट ओमकार चौधरी ने वर्कशॉप के तहत बच्चों को योग के गुरु सिखाए।

सिटी रिपोर्टर | चंडीगढ़

स्वस्थ मन के अलावा स्वस्थ तन भी जरूरी है और दोनों के लिए योग सही माध्यम है। इससे पढ़ाई में ध्यान तो लगेगा ही साथ ही अपनी सेहत का भी ध्यान रखा जा सकेगा। योग से जुड़े ओमकार चौधरी कुछ इन्हीं शब्दों में छोटे बच्चों को योग से जोड़ रहे थे। न्यू चंडीगढ़ में आयोजित स्पेशल कैप

के तहत बच्चों को योग के गुरु सिखाए गए। ओमकार ने बच्चों को ध्यान और प्राणायाम के बारे में बताया। इसके अलावा ध्यान करते हुए प्राण मुद्रा, वायु मुद्रा, सूर्य मुद्रा, पृथ्वी मुद्रा के बारे में जानकारी दी। उन्होंने बताया - योग करने का सबसे उचित समय सुबह का है, स्कूल जाने से पहले यदि कुछ समय ध्यान किया जाए तो दिनभर अपने विचारों और भावनाओं को काबू करने में मदद मिलती है। स्ट्रेचिंग जो शरीर के पोश्चर से लेकर ब्लड सर्कुलेशन को भी बेहतर बनाती है। बच्चों को इससे सही उम्र में जोड़ना उन्हें अच्छे स्वास्थ्य के लिए अग्रसर करता है। बोले - मैं कई वर्षों

से युवाओं को योग से जोड़ रहा हूँ। यहां भी बिना किसी शुल्क के बच्चों को योग सिखा रहा हूँ। मेरा उद्देश्य योग द्वारा लोगों को सही रोगमुक्त जीवन के प्रति प्रेरित करना है। इसके लिए कई कैप भी लगा चुका हूँ। ओमकार ने कहा - योग के साथ अपने आप व्यक्ति खानपान के प्रति भी जागरूक हो जाता है। योग के लिए सही ट्रेनिंग जरूरी है, ऐसे में योग की मुफ्त ट्रेनिंग देने के लिए युवाओं को जागरूक किया है। इंटरनेट के जरिए कुछ वर्कशॉप्स विदेशी स्टूडेंट्स को भी देता हूँ, आने वाले समय में स्कूलों से जुड़कर भी बच्चों को योग से ज्यादा से ज्यादा जोड़ने की दिशा में काम करूँगे।



Dainik Tribune • 17 Jul • Ministry of Ayush

## Nabard bana gramin vikas aur kisan sashaktikaran ka majboot aadhar :Sharma

2 • PG

355 • Sqcm

202448 • AVE

58.7K • Cir

Bottom Center

Chandigarh

स्थापना दिवस पर सहकारिता मंत्री ने किया संबोधित

# नाबार्ड बना ग्रामीण विकास और किसान सशक्तिकरण का मजबूत आधार : शर्मा

चंडीगढ़, 16 जुलाई (ट्रिब्यू)

सहकारिता मंत्री डॉ. अरविंद शर्मा ने कहा कि किसान की समृद्धि के बिना विकसित भारत की कल्पना अधूरी है और इस दिशा में नाबार्ड की भूमिका अत्यंत है। हरियाणा न केवल देश की खाद्य सुरक्षा का आधार है, बल्कि कृषि नवाचार, फसल विविधीकरण और प्रसंस्करण आधारित खेती में भी अग्रणी राज्य बन चुका है। ऐसे में नाबार्ड की उपस्थिति हरियाणा के समग्र ग्रामीण विकास में एक उत्प्रेरक की भूमिका निभा रही है। पैक्स कम्प्यूटरीकरण, केसीसी का डिजिटलीकरण, एफपीओ, जेएलजी व एसएचजी नेटवर्क की मजबूती और सहकारी संस्थाओं को तकनीकी प्रशिक्षण व समर्थन देने जैसे अनेक आयामों में नाबार्ड का योगदान बहुआयामी और दूरगामी रहा है।

सहकारिता मंत्री बुधवार को चंडीगढ़ में नाबार्ड के 44वें स्थापना दिवस पर उपस्थित प्रबुद्धजनों को संबोधित कर रहे थे। उन्होंने कहा



चंडीगढ़ में आयोजित नाबार्ड के स्थापना दिवस पर बेहतर प्रदर्शन करने वाले प्रतिनिधियों को सम्मानित करते सहकारिता मंत्री डॉ. अरविंद शर्मा। ट्रिब्यू कि आज सहकारी संस्थाएं केवल ऋण, खाद व बीज वितरण तक सीमित नहीं रही, बल्कि प्रधानमंत्री नरेंद्र मोदी के मार्गदर्शन और केंद्रीय सहकारिता मंत्री अमित शाह के नेतृत्व में ये

संस्थाएं जन औषधि केंद्र, गैस स्टेशन, सीएससी सेंटर सहित 25 से अधिक सेवाओं का माध्यम बन चुकी हैं। डॉ. शर्मा ने बताया कि मुख्यमंत्री नायब सिंह सैनी के नेतृत्व में राज्य सरकार ने 500 सीएम-पैक्स के गठन का लक्ष्य रखा है, जिनमें से 161 पहले ही गठित की जा चुकी हैं। इन मल्टीपर्सन पैक्स के माध्यम से गांवों में छोटे बेयरहाउस, सार्वजनिक वितरण प्रणाली के तहत खाद्यान्न वितरण और अन्य आवश्यक सेवाएं उपलब्ध करवाई जा रही हैं, जिससे किसानों को लाभ मिलने के साथ-साथ ग्रामीण युवाओं को रोजगार और स्थानीय स्तर पर पारदर्शिता मिल रही है। उन्होंने यह भी कहा कि हरियाणा सरकार आत्मनिर्भर राज्य और कृषि आधारित सशक्त अर्थव्यवस्था के निर्माण की दिशा में ठोस पहल कर रही है। महात्मा गांधी के ग्राम स्वराज के स्वप्न और विकसित भारत की कल्पना को साकार करने में सहकारिता की यह नई गति मील का पथर साबित हो रही है।

नाबार्ड की मुख्य महाप्रबंधक निवेदिता तिवारी

ने बताया कि नाबार्ड ने पिछले चार दशकों में कृषि वित्त, सहकारी संस्थाओं के सशक्तीकरण, ग्रामीण बुनियादी ढांचे के निर्माण, वित्तीय समावेशन, प्राकृतिक संसाधन प्रबंधन और ग्रामीण कौशल एवं उद्यमिता विकास में महत्वपूर्ण भूमिका निभाई है। पिछले 43 वर्षों में अंतिम छोर तक वित्तीय सेवाएं पहुंचाने के लिए नाबार्ड ने सहकारी बैंकों को निरंतर पुनर्वित्त सहायता उपलब्ध करवाई है। बुनियादी ढांचे, सीबीएस और CBS+, पैक्स कम्प्यूटरीकरण और टेक्नोलोजी विकास के जरिए सहकारी संस्थाओं को सशक्त बनाने का निरंतर प्रयास किया है।

इस अवसर पर आरबीआई के क्षेत्रीय निदेशक विवेक श्रीवास्तव, एसएलबीसी हरियाणा के संयोजक ललित तनेजा, नाबार्ड पंजाब के मुख्य महाप्रबंधक वीके आर्या सहित राज्य सरकार एवं बैंकों के वरिष्ठ अधिकारी, एसएलबीसी के समन्वयक, पैक्स, एफपीओ व एनजीओ के प्रतिनिधि, नाबार्ड के अधिकारी एवं कर्मचारी भी बड़ी संख्या में उपस्थित रहे।

Dainik Tribune • 17 Jul • Ministry of Ayush

Dr jitender gill ne cm ko bhet ki ayurved par likhi do pushtake

4 • PG

225 • Sqcm

128207 • AVE

58.7K • Cir

Middle Center

Chandigarh

## डॉ. जितेंद्र गिल ने सीएम को भेंट की आयुर्वेद पर लिखी दो पुस्तकें

कैथल, 16 जुलाई (हप्र)

भारतीय चिकित्सा परिषद के सदस्य डॉक्टर जितेंद्र गिल ने चंडीगढ़ पहुंचकर मुख्यमंत्री आवास पर मुख्यमंत्री नायब सिंह सैनी से भेंटवार्ता की और अपने द्वारा लिखी गई आयुर्वेद की दो पुस्तकों को भेंट किया।

मुख्यमंत्री सैनी से भेंटवार्ता के दौरान डॉ. जितेंद्र गिल के साथ उनकी धर्मपत्नी आयुर्वेदिक चिकित्सा अधिकारी डॉ. प्रवीण गिल भी मौजूद थीं। उन्होंने बताया कि मुख्यमंत्री ने आयुर्वेद पर रचित दोनों पुस्तकों की सराहना की।

इसके बाद आज यहां बातचीत करते हुए डॉ. जितेंद्र गिल ने हरियाणा सरकार द्वारा आयुर्वेद को बढ़ावा देने के लिए मुख्यमंत्री नायब सिंह सैनी आभार प्रकट करते हुए कहा कि जिस प्रकार से पिछले कुछ समय में आयुर्वेद के हजारों



चंडीगढ़ में मुख्यमंत्री नायब सिंह सैनी को आयुर्वेद की पुस्तक भेंट करते डॉ. जितेंद्र गिल, साथ में हैं डॉ. प्रवीण गिल। -हप्र

चिकित्सकों की नियुक्ति करके सरकार सराहनीय कार्य करने के साथ दिखा दिया कि सरकार भारतीय चिकित्सा पद्धति को बढ़ावा देने के लिए कोई कसर बाकी नहीं रखेगी। आयुर्वेद चिकित्सा प्रणाली लोगों के लिए वरदान साबित हो रही है। लोगों को सरकार की आयुर्वेद

नीति का पूरा लाभ उठाने के साथ अपने जीवन में योग को प्रतिदिन अपनाना चाहिए। योग हमारे शरीर को स्वस्थ रखने के साथ विभिन्न प्रकार की बीमारियों से मुक्ति दिलाने में रामबाण है। इस मौके पर आयुर्वेदिक चिकित्सा अधिकारी डॉ. प्रवीण गिल भी मौजूद थे।



Dainik Savera • 17 Jul • Ministry of Ayush

## Haryana krishi navachar fasal vividhikaran aur prasanskaran aadharit kheti main bana agrani state

5 • PG

596 • Sqcm

143096 • AVE

40.03K • Cir

Middle Right

Chandigarh

### चंडीगढ़ में नाबार्ड के 44वें स्थापना दिवस पर सहकारिता मंत्री ने प्रबुद्धजनों को किया संबोधित

## हरियाणा कृषि नवाचार, फसल विविधीकरण और प्रसंस्करण आधारित खेती में बना अग्रणी राज्य

सवेरा ब्यूरो

चंडीगढ़, 16 जुलाई : किसान की समृद्धि के बिना विकसित भारत की कल्पना अधूरी है। इस दिशा में नाबार्ड की भूमिका अत्यंत महत्वपूर्ण रही है। हरियाणा न केवल देश की खाद्य सुरक्षा का आधार है बल्कि कृषि नवाचार, फसल विविधीकरण और प्रसंस्करण आधारित खेती में भी अग्रणी राज्य बन चुका है। ऐसे में नाबार्ड की उपस्थिति हरियाणा के समग्र ग्रामीण विकास में एक उत्प्रेरक की भूमिका निभा रही है। पैक्स कंप्यूटरीकरण, केसीसी का डिजिटलीकरण, एफपीओ, जेएलजी व एसएचजी नेटवर्क की मजबूती और सहकारी संस्थाओं को तकनीकी प्रशिक्षण व समर्थन देने जैसे अनेक आयामों में नाबार्ड का योगदान बहुआयामी और दूरगामी रहा है। हरियाणा के सहकारिता मंत्री डॉ. अरविंद शर्मा चंडीगढ़ में नाबार्ड के 44वें स्थापना दिवस पर उपस्थित प्रबुद्धजनों को संबोधित कर रहे थे। उन्होंने कहा कि सरकार सहकारिता क्षेत्र को डिजिटल, पारदर्शी और जन-केंद्रित बनाने के लिए संकल्पबद्ध है। इस दिशा में नाबार्ड एक प्रेरक शक्ति बनकर कार्य कर रहा है। आज सहकारी संस्थाएं केवल ऋण, खाद व बीज वितरण तक सीमित नहीं रही बल्कि प्रधानमंत्री नरेंद्र मोदी के मार्गदर्शन और केंद्रीय सहकारिता मंत्री अमित शाह के नेतृत्व में ये संस्थाएं जन औषधि केंद्र, गैस स्टेशन, सीएससी सेंटर सहित 25 से अधिक सेवाओं का माध्यम बन चुकी हैं। सरकार सशक्त अर्थव्यवस्था के निर्माण की दिशा में कर रही ठोस

### सरकार ने 500 सीएम पैक्स के गठन का रखा लक्ष्य

डॉ. शर्मा ने बताया कि मुख्यमंत्री नाथ सिंह सैनी के नेतृत्व में सरकार ने 500 सीएम-पैक्स के गठन का लक्ष्य रखा है। जिनमें से 161 पहले ही गठित की जा चुकी हैं। इन मल्टीपर्सन पैक्स के माध्यम से गांवों में छोटे वेयरहाउस, सार्वजनिक वितरण प्रणाली के तहत खाद्यान्न वितरण और अन्य आवश्यक सेवाएं उपलब्ध करवाई जा रही हैं। जिससे किसानों को लाभ मिलने के साथ-साथ ग्रामीण युवाओं को रोजगार और स्थानीय स्तर पर पारदर्शिता मिल रही है। प्रधानमंत्री नरेंद्र मोदी के विकसित भारत 2047 के विजन और केंद्रीय गृह एवं सहकारिता मंत्री अमित शाह के हर गांव में पैक्स के संकल्प को साकार करने की दिशा में सहकारिता आंदोलन एक नए युग में प्रवेश कर चुका है। सहकार से समृद्धि के मंत्र को आधार बनाकर प्राथमिक कृषि साख समितियों को मल्टीपर्सन संस्थाओं में परिवर्तित किया जा रहा है ताकि खाद, बीज, ऋण, भंडारण, विपणन जैसी सभी सुविधाएं किसानों को एक ही स्थान पर मिल सकें।

**पहल :** उन्होंने कहा कि मुख्यमंत्री के नेतृत्व में सरकार नई सहकारिता नीति के माध्यम से आत्मनिर्भर राज्य और कृषि आधारित सशक्त अर्थव्यवस्था के निर्माण की दिशा में ठोस पहल कर रही है। नाबार्ड के सहयोग से छोटे गोदामों की स्थापना, वित्तीय सहायता और तकनीकी नवाचारों को बढ़ावा देकर किसानों को उत्पादन से लेकर विपणन तक की पूरी श्रृंखला में मजबूती दी जा रही है। महात्मा गांधी के ग्राम स्वराज के स्वप्न और विकसित भारत की कल्पना को साकार करने में सहकारिता की यह नई गति मील का पत्थर साबित हो रही है। निवेदिता तिवारी मुख्य महाप्रबंधक नाबार्ड हरियाणा ने बताया कि नाबार्ड ने पिछले चार दशकों में कृषि वित्त, सहकारी संस्थाओं के सशक्तीकरण, ग्रामीण बुनियादी ढांचे के निर्माण, वित्तीय समावेशन, प्राकृतिक संसाधन प्रबंधन और ग्रामीण कौशल एवं उद्यमिता विकास में महत्वपूर्ण भूमिका निभाई है। नाबार्ड ने किसान उत्पादक

संगठनों, स्वयं सहायता समूहों, संयुक्त देयता समूहों, गैर-कृषि उत्पादक संगठनों जैसे ग्रामीण संगठनों का गठन और पोषण किया है। पिछले 43 वर्षों में अंतिम छोर तक वित्तीय सेवाएं पहुंचाने के लिए नाबार्ड ने सहकारी बैंकों को निरंतर पुनर्वित्त सहायता उपलब्ध करवाई है। बुनियादी ढांचे सीबीएस और सीबीएस प्लस, पैक्स कंप्यूटरीकरण और टेक्नोलोजी विकास के जरिए सहकारी संस्थाओं को सशक्त बनाने का निरंतर प्रयास किया है। इस अवसर पर कार्यक्रम में भारतीय रिजर्व बैंक के क्षेत्रीय निदेशक विवेक श्रीवास्तव, एसएलबीसी हरियाणा के संयोजक ललित तनेजा, नाबार्ड पंजाब क्षेत्र के मुख्य महाप्रबंधक वीके आर्या और नाबार्ड हरियाणा क्षेत्र की मुख्य महाप्रबंधक निवेदिता तिवारी सहित सरकार एवं बैंकों के वरिष्ठ अधिकारी, एसएलबीसी के समन्वयक, पैक्स, एफपीओ व एनजीओ के प्रतिनिधि, नाबार्ड के अधिकारी एवं कर्मचारी भी बड़ी संख्या में उपस्थित रहे।



Dainik Savera • 17 Jul • Ministry of Ayush

Yog tan aur man ko swasth rakhane main sahayak :SDM divya P

4 • PG

294 • Sqcm

70602 • AVE

40.03K • Cir

Bottom Left

Chandigarh

## योग तन और मन को स्वस्थ रखने में सहायक : एसडीएम दिव्या पी.



कुराली में मुख्यमंत्री योगशाला में योग करते हुए महिलाएं।

**सवेरा न्यूज/हरि,** कुराली, 16 जुलाई : पंजाब के मुख्यमंत्री भगवंत सिंह मान द्वारा लोगों के स्वास्थ्य को ध्यान में रखते हुए शुरू की गई मुख्यमंत्री योगशाला, निःशुल्क योग कक्षाएं चला रही है। लोग इन योग कक्षाओं का भरपूर लाभ उठा रहे हैं और खुद को बीमारियों और तनाव से मुक्त कर रहे हैं। इन शिविरों में लोगों का उत्साह और संख्या दिन-प्रतिदिन बढ़ता जा रहा है और योगासनों को अपने जीवन का हिस्सा बना लिया है। एसडीएम खरड़ दिव्या पी ने बताया कि कुराली में विभिन्न स्थानों पर मुख्यमंत्री योगशाला कक्षाएं आयोजित की जा रही हैं, जो लोगों के स्वास्थ्य के लिए वरदान साबित हो रही हैं। विशेषज्ञ योग प्रशिक्षकों द्वारा सुबह से शाम तक 6 योग सत्र आयोजित किए जा रहे हैं। योग प्रशिक्षक मनप्रीत कौर ने बताया कि कुराली में प्रतिदिन 6 योग कक्षाएं संचालित की जा रही हैं। जिसमें स्वामीजी पार्क , वार्ड नंबर 6, मॉडल टाउन में सुबह 5:00 बजे से 6:00 बजे तक, राजपूत धर्मशाला, वार्ड नंबर 4, शिव मंदिर के पास, सुबह 6:10 बजे से 7:10 बजे तक, गली नंबर 4, मॉडल टाउन, वार्ड नंबर 6 में सुबह 11:00 बजे से दोपहर 12:00 बजे तक, गुग्गा माड़ी, वार्ड नंबर 5 के पास कमेटी हॉल में 3:45 बजे से शाम 4:45 बजे तक, बड़ा मंदिर, मॉडल टाउन, वार्ड नंबर 6 में शाम 4:55 बजे से शाम 5:55 बजे तक और शाम 6:00 बजे से शाम 7:00 बजे तक आयोजित की जाती हैं।

Nav Rashtra • 17 Jul • Ministry of Ayush  
Homeopathic doctors go on strike

4 • PG

29 • Sqcm

48140 • AVE

500.5K • Cir

Top Left

Mumbai Plus

Mumbai

## होमिओपॅथिक डॉक्टर गेले संपावर

■ मुंबई, (वा.) ठाणे जिल्ह्यातील कसारा येथील मॉडर्न फार्माकोलॉजी (सीसीएमपी) सर्टिफिकेट कोर्स केलेल्या होमिओपॅथिक डॉक्टरांच्या महाराष्ट्र मेडिकल कौन्सिलमधील नोंदणी प्रक्रियेसंदर्भात सरकारने घेतलेल्या निर्णयाच्या निषेधार्थ कसारा गावातील होमिओपॅथिक डॉक्टर १६ ते १८ तारखेपर्यंत संपावर गेले आहेत. मुंबई येथील आझाद मैदान येथे सुरू झालेल्या आंदोलनात राज्यभरातून ३० हजार सहभाग नोंदवला आहे.

Deshbandhu • 17 Jul • Ministry of Ayush

## Tanav door karen aur sharir banaye mazboot, janiye purvotasan karna ke asaan tareeka

10 • PG

573 • Sqcm

481084 • AVE

325.52K • Cir

Bottom Left

Delhi

## तनाव दूर करें और शरीर बनाएं मजबूत, जानिए पूर्वोत्तानासन करने का आसान तरीका

नई दिल्ली, 16 जुलाई (एजेंसियां)। आज की तेज और भागदौड़ भरी जिंदगी में शरीर और मन दोनों को स्वस्थ रखना बहुत जरूरी है। ऐसे में योगासन एक बेहतरीन उपाय हैं जो न सिर्फ हमारे शरीर को मजबूत बनाते हैं, बल्कि मानसिक तनाव को भी कम करते हैं। इन्हीं योगासन में एक है 'पूर्वोत्तानासन', जिसका नियमित अभ्यास शरीर के लचीलेपन को बढ़ाता है, मांसपेशियों को ताकत देता है और हमारे मन को शांति देता है। 'पूर्वोत्तानासन' में 'पूर्व' का अर्थ आगे की ओर और 'उत्तानासन' का अर्थ यानी खिंचाव वाली मुद्रा होता है।

पूर्वोत्तानासन शरीर के कंधे, भुजाएं और पीठ को मजबूत बनाता है। यह आसन श्वसन प्रणाली में सुधार करता है। आसन को करते समय शरीर के ऊपर उठने से फेफड़ों को अच्छी तरह फैलने का मौका

मिलता है। इससे आपके फेफड़े मजबूत होते हैं, और सांस लेने की क्षमता में बढ़ोतरी होती है। यह आसन थायरॉइड ग्रंथि को भी सक्रिय रखता है और हार्मोन संतुलन बनाए रखता है। पूर्वोत्तानासन तनाव और घबराहट को कम करने में मदद करता है। इस आसन के दौरान जब हम गहरी सांस लेते हैं, तो दिमाग शांत होता है। इससे मन हल्का महसूस करता है और तनाव, घबराहट जैसी परेशानियां कम हो जाती हैं।

पूर्वोत्तानासन में पेट पर थोड़ा दबाव पड़ता है जिससे पेट की मांसपेशियां मजबूत होती हैं। यह आपके शरीर की चर्बी को कम करने में भी मदद करता है, खासकर पेट के आसपास। वहीं पीठ दर्द और सिरदर्द में भी आराम दिलाता है। इस आसन से पीठ की मांसपेशियां मजबूत होने के कारण कमर दर्द में राहत मिलती है। साथ ही बेहतर ब्लड सर्कुलेशन की वजह



से सिरदर्द भी कम होता है। इससे अंगों तक ऑक्सीजन और पोषण अच्छे से पहुंचता है और शरीर स्वस्थ रहता है।

पूर्वोत्तानासन शरीर के लचीलेपन को बढ़ाता है। यह आसन आपके शरीर की

मांसपेशियों में स्ट्रेच लाता है जिससे उनमें लचीलापन आता है। पूर्वोत्तानासन से शरीर में ऊर्जा का संचार होता है। आप दिनभर ताजगी महसूस करते हैं और आपका दिमाग भी तेज चलता है।

### अब बात करते हैं, पूर्वोत्तानासन का अभ्यास कैसे करें?

सबसे पहले, सीधे बैठ जाएं, पैर सामने की ओर फैलाएं और कमर को सीधा रखें। यह दंडासन की स्थिति होती है। अब अपने दोनों हाथों को पीछे की तरफ ले जाएं और हथेलियों को जमीन पर टिकाएं। हाथों की उंगलियां पैरों की तरफ होनी चाहिए। अब धीरे-धीरे सांस लें और अपने शरीर को पीछे की ओर झुकाएं। जितना हो सके अपने शरीर को ऊपर उठाएं, लेकिन ध्यान रखें कि आपका शरीर एक सीधी लाइन में रहे। अपने सिर को भी पीछे झुकाएं और तलवों को जमीन पर पूरी तरह से टिकाए रखें। यह स्थिति कुछ सेकंड के लिए बनाए रखें। फिर सांस छोड़ते हुए धीरे-धीरे शरीर को नीचे लाएं और वापस आरामदायक स्थिति में आ जाएं।



Deshbandhu • 17 Jul • Ministry of Ayush  
Selfcare sirf glamour nahi, Ek tarah ka anushasan hai

10 • PG

392 • Sqcm

329056 • AVE

325.52K • Cir

Bottom Right

Delhi

## सेल्फकेयर सिर्फ ग्लैमर नहीं, एक तरह का अनुशासन है : रकुल प्रीत



मुंबई, 16 जुलाई (एजेंसियाँ)। बॉलीवुड अभिनेत्री रकुल प्रीत अपनी फिल्मों और खूबसूरती के लिए जानी जाती हैं। वह पॉजिटिव सोच और हेल्दी लाइफस्टाइल के लिए भी चर्चाओं में बनी रहती हैं। उन्होंने बुधवार को सोशल मीडिया पर एक पोस्ट के जरिए योग के महत्व पर प्रकाश डाला। अभिनेत्री ने इंस्टाग्राम पर पोस्ट करके बताया कि कैसे योग उन्हें भावनात्मक, मानसिक और शारीरिक रूप से संतुलित रखने में मदद करता है। उन्होंने सेल्फकेयर का सही मतलब भी समझाया और इस बात पर जोर दिया कि यह हमेशा ग्लैमरस नहीं होता, यह एक तरह का अनुशासन है, जिसमें थोड़ी सी सहजता भी शामिल है।

रकुल ने इंस्टाग्राम पर दो तस्वीरें साझा कीं, जिनमें वह 'हेड स्टैंड' करती नजर आ रही हैं। उन्होंने कैप्शन में लिखा, 'हम अक्सर सेल्फ-लव और सेल्फ-केयर जैसे शब्द सुनते हैं, लेकिन इनका असली मतलब क्या है? सेल्फ-केयर हमेशा ग्लैमरस नहीं

होता, बल्कि यह एक तरह का अनुशासन है। मेरे लिए, यह भावनात्मक, शारीरिक और मानसिक स्वास्थ्य को संतुलित करने के लिए एकमात्र सहारा है।'

अभिनेत्री अक्सर इंस्टाग्राम पर तस्वीरें साझा करती रहती हैं। इससे पहले उन्होंने विश्व योग दिवस के मौके पर पति जैकी भगनानी के साथ योग करते हुए कुछ वीडियो और तस्वीरें पोस्ट की थीं। वर्क फ्रंट की बात करें तो अभिनेत्री रोमांटिक कॉमेडी 'दे दे प्यार दे- 2' में फिर दिखाई देंगी, जो 2019 की बॉक्स ऑफिस हिट का सीक्वल है।

फिल्म में उनके साथ अजय देवगन भी अपने किरदार आशीष मेहरा को दोहराएंगे। निर्देशक अंशुल शर्मा द्वारा निर्देशित इस सीक्वल में तब्बू, जिमी शेरगिल, आलोक नाथ और इनायत सूद जैसे जाने-पहचाने चेहरे वापस आ रहे हैं। इसके अलावा, तमन्ना भाटिया और प्रकाश राज विशेष कैमियो भूमिकाओं में नजर आएंगे।

Loksatta • 17 Jul • Ministry of Ayush  
Homeopathy doctors' strike called off

3 • PG

289 • Sqcm

1135110 • AVE

784.32K • Cir

Top Center

Mumbai

# होमिओपॅथी डॉक्टरांचा संप मागे

## अभ्यास करून आठ दिवसांत निर्णय; मुख्यमंत्र्यांचे आश्वासन

### लोकसत्ता प्रतिनिधी

**मुंबई :** होमिओपॅथी डॉक्टरांना आधुनिक वैद्यक शास्त्रामध्ये ( ऑलोपॅथी ) व्यवसाय करण्यासाठी परवानगी देण्याबरोबरच त्यांची महाराष्ट्र वैद्यकीय परिषदेतर्गत स्वतंत्र नोंदणी करण्याच्या निर्णयाला इंडियन मेडिकल असोसिएशनने (आयएमए) विरोध केल्यानंतर राज्य सरकारने समिती स्थापन करत निर्णय मागे घेतला. याविरोधात राज्यातील होमिओपॅथी डॉक्टरांनी बुधवारी आझाद मैदानामध्ये जोरदार आंदोलन केले. या वेळी होमिओपॅथीच्या डॉक्टरांच्या शिष्टमंडळाची भेट घेत, मुख्यमंत्री देवेंद्र फडणवीस यांनी सविस्तर अभ्यास करून पुढील आठ दिवसांत निर्णय घेण्यात येईल, असे आश्वासन दिल्यानंतर होमिओपॅथी डॉक्टरांनी रात्री उशिरा संप मागे घेण्यात येत असल्याचे जाहीर केले.

सीएमपी अभ्यासक्रम पूर्ण करणाऱ्या होमिओपॅथी डॉक्टरांना एमएमसीमध्ये नोंदणी करण्याची मुभा देण्यात आली. १ जुलै २०१४ पासून हा कायदा राज्यामध्ये अमलात आणण्यात आला. या संदर्भात आयएमएने न्यायालयात धाव घेतल्याने मागील १०

### १५ हजार डॉक्टरांची उपस्थिती

राज्य सरकारचा हा निर्णय राज्यातील एक लाख होमिओपॅथी डॉक्टरांवर अन्याय करणारा आहे. त्यामुळे एमएमसीमधील सीसीएमपी अभ्यासक्रमाची रद्द करण्यात आलेली नोंदणी प्रक्रिया पुन्हा सुरू करण्यात यावी, अशी मागणी होमिओपॅथी इंटिग्रेटेड मेडिकल प्रॅक्टिशनर असोसिएशनकडून (हिम्पाम) मुख्यमंत्री देवेंद्र फडणवीस यांच्याकडे करण्यात आली. या उपोषणासाठी राज्यातील १५ ते २० हजार डॉक्टर बुधवारी आझाद मैदानावर एकवटले होते.

वर्षापासून होमिओपॅथी डॉक्टरांची कोणतीही नोंदणी करण्यात आली नव्हती, मात्र राज्य सरकारने १५ जुलै २०२५ पासून याची अंमलबजावणी करण्याचा निर्णय घेतला होता. त्याविरोधात आयएमएने जोरदार विरोध केल्याने राज्य सरकारने नोंदणी प्रक्रिया रद्द करण्याचा निर्णय घेतला. त्यामुळे राज्यातील होमिओपॅथी डॉक्टरांनी आक्रमक भूमिका घेत बुधवारी आझाद मैदानात जोरदार आंदोलन केले. या वेळी ज्येष्ठ होमिओपॅथी डॉ. बाहुबली शहा यांनी आझाद मैदानावर आमरण उपोषण पुकारले होते.

### 'सकारात्मक निर्णय न झाल्यास पुन्हा आंदोलन'

होमिओपॅथी इंटिग्रेटेड मेडिकल प्रॅक्टिशनर्स असोसिएशनचे सेक्रेटरी डॉ. सी. व्ही. पाटील यांनी आठ दिवसांमध्ये सकारात्मक निर्णय न झाल्यास पुन्हा आंदोलन करण्यात येईल, असे स्पष्ट केले.

Hari Bhoomi • 17 Jul • Ministry of Ayush  
Israel mein logo ne manaya international yoga day

8 • PG

287 • Sqcm

172072 • AVE

345.96K • Cir

Bottom Center

Delhi

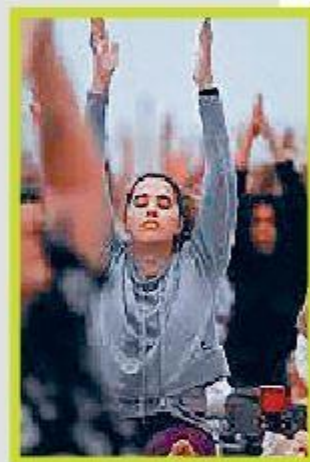
# इजराइल में लोगों ने मनाया अंतरराष्ट्रीय योग दिवस

यरुशलम के ऐतिहासिक जाफा गेट परिसर में 11वां अंतरराष्ट्रीय योग दिवस (आईडीवाई) मनाने के लिए करीब 200 योग प्रेमी मंगलवार शाम पहुंचे।

अंतरराष्ट्रीय योग दिवस हालांकि 21 जून को मनाया जाता है लेकिन इजराइल-ईरान संघर्ष के कारण इसे स्थगित कर दिया गया था। यह योग सत्र यरुशलम नगर पालिका, इजराइल के विदेश मंत्रालय और भारतीय दूतावास ने यरुशलम के बाहरी इलाके में आयोजित किया था।

इजराइल में भारत के राजदूत जे पी सिंह ने कहा, “इस समय इजराइल में योग का आयोजन बहुत ही सामयिक है क्योंकि लोग तनावग्रस्त हैं और चिंता का स्तर बहुत ज्यादा है। योग हमें शारीरिक और मानसिक रूप से स्वस्थ रखता है।

उन्होंने कहा, “हालिया संघर्ष के कारण हम 21 जून को अंतरराष्ट्रीय योग दिवस का आयोजन नहीं कर पाए लेकिन हम इजराइली विदेश मंत्रालय और यरुशलम नगर पालिका के सहयोग से आज ऐतिहासिक शहर यरुशलम में इसका आयोजन कर रहे हैं। उन्होंने कहा, लोगों के कल्याण के लिए हर दिन योग दिवस होना चाहिए। विदेश मंत्रालय में दक्षिण एशिया ब्यूरो प्रमुख राजदूत सागी कर्णी ने उपस्थित लोगों को संबोधित करते हुए कहा, “हम जानते हैं कि अंतरराष्ट्रीय योग दिवस भारत के प्रधानमंत्री नरेन्द्र मोदी के लिए बहुत महत्वपूर्ण है।





Virat Vaibhav • 17 Jul • Ministry of Ayush  
Yoga Day

7 • PG

93 • Sqcm

111114 • AVE

625K • Cir

Middle Center

Delhi

सैकड़ों लोगों ने मनाया  
अंतर्राष्ट्रीय योग दिवस

### एजेंसी ■ यरुशलम

यरुशलम के ऐतिहासिक जाफा गेट परिसर में 11वां अंतरराष्ट्रीय योग दिवस (आईडीवाई) मनाने के लिए करीब 200 योग प्रेमी मंगलवार शाम पहुंचे। अंतरराष्ट्रीय योग दिवस हालांकि 21 जून को मनाया जाता है लेकिन इजराइल-ईरान संघर्ष के कारण इसे स्थगित कर दिया गया था। यह योग सत्र यरुशलम नगर पालिका, इजराइल के विदेश मंत्रालय और भारतीय दूतावास ने यरुशलम के बाहरी इलाके में आयोजित किया था।

इजराइल में भारत के राजदूत जे पी सिंह ने कहा, इस समय इजराइल में योग का आयोजन बहुत ही सामयिक है क्योंकि लोग तनावग्रस्त हैं और चिंता का स्तर बहुत ज्यादा है। योग हमें शारीरिक और मानसिक

रूप से स्वस्थ रखता है। उन्होंने कहा, हालिया संघर्ष के कारण हम 21 जून को अंतरराष्ट्रीय योग दिवस का आयोजन नहीं कर पाए लेकिन हम इजराइली विदेश मंत्रालय और यरुशलम नगर पालिका के सहयोग से आज ऐतिहासिक शहर यरुशलम में इसका आयोजन कर रहे हैं।

उन्होंने कहा, लोगों के कल्याण के लिए हर दिन योग दिवस होना चाहिए।

विदेश मंत्रालय में दक्षिण एशिया ब्यूरो प्रमुख राजदूत सागी कर्णों ने उपस्थित लोगों को संबोधित करते हुए कहा, हम जानते हैं कि अंतरराष्ट्रीय योग दिवस भारत के प्रधानमंत्री नरेन्द्र मोदी के लिए बहुत महत्वपूर्ण है और अगर यह उनके लिए महत्वपूर्ण है तो यह हमारे लिए भी महत्वपूर्ण है। इसलिए हम यहां यरुशलम में योगाभ्यास करके बहुत खुश हैं।

Lokmat • 17 Jul • Ministry of Ayush  
Homeopathic doctors' hunger strike suspended

3 • PG

190 • Sqcm

189785 • AVE

604.7K • Cir

Middle Center

Mumbai

## होमिओपॅथी डॉक्टरांचे उपोषण स्थगित



मुंबई : होमिओपॅथी डॉक्टरांनी विविध मागण्यांसाठी आझाद मैदानात बुधवारी उपोषण सुरू केले होते. त्यानंतर मुख्यमंत्री देवेंद्र फडणवीस यांनी मागणीबाबत दोन्ही बाजू तपासून आठवडाभरात निर्णय घेतला जाईल, असे आश्वासन दिल्यामुळे हे आंदोलन स्थगित करण्यात आले.

छाया : दत्ता खेडेकर



Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	MSN Hindi	BPSC Assistant Professor Vacancy 2025: बिहार में असिस्टेंट प्रोफेसर के रिक्त पदो...	733.9M
2.	News18	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	152.8M
3.	हिन्दुस्तान(Live Hindustan)	Bihar PSC Recruitment 15 Assistant Professors at Government Tibb College Hos pita...	64.8M
4.	अमर उजाला (Amar ujala)	Jammu News: किले में लगाया रक्तदान व स्वास्थ्य शिविर	63.8M
5.	Dainik Jagran	BPSC Assistant Professor Vacancy 2025: बिहार में असिस्टेंट प्रोफेसर के रिक्त पदो...	40.5M
6.	Dainik Jagran	BPSC Assistant Professor Vacancy 2025: बिहार में असिस्टेंट प्रोफेसर के रिक्त पदो...	40.5M
7.	Jansatta	AIIA Shalyacon: आयुर्वेद में भी सर्जरी, भारत की प्राचीन चिकित्सा पद्धति के साथ आ...	9M
8.	Latestly	India News   Ayush Ministry Hosts Session on MSME Opportunities; Union Minist er ...	7.8M
9.	Latestly	India News   MoS for AYUSH Prataprao Jadhav Inaugurates 400-seated UG Boys " Hos...	7.8M
10.	The Tribune India	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	7M
11.	PIB	Shri Prataprao Jadhav, Minister of State (IC), Ministry of Ayush inaugurates '40...	5.4M
12.	PIB	An industry interactive session titled "Fostering Growth: SME Schemes and Oppor t...	5.4M
13.	Janta Se Rishta	आयुष मंत्रालय ने MSME अवसरों पर सत्र आयोजित किया, मंत्री जितेंद्र सिंह ने डॉक्टर...	3.8M
14.	Devdiscourse	Reviving Trust: Empowering the Ayush Sector for Sustainable Growth	1.2M
15.	Devdiscourse	Empowering Ayush: A Collaborative Push for SME Growth	1.2M
16.	Devdiscourse	Golden Jubilee Marks New Dawn: NIH Inaugurates 400-Seat UG Boys' Hostel	1.2M
17.	Ahmedabad Mirror	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	990.1K
18.	Dainik Bhaskar	राष्ट्रीय: "चक्रासन" से "वृक्षासन" तक, बच्चों की लंबाई के लिए 5 योगासन	926.1K
19.	Dainik Bhaskar	जीवन शैली: ऑफिस वालों के लिए वरदान है "सेतुबंधासन", कमर और रीढ़ दर्द से मिलती ...	926.1K
20.	The Week	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	888.3K
21.	Divya Himachal	मत्स्य निदेशालय में करवाया योग	553.6K
22.	Lokmattimes.com	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	343.8K
23.	Press Trust of India	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	200.1K
24.	MP Breaking	गांवों के विकास की रफ्तार तेज होगी! मंत्री पटेल ने विभागीय योजनाओं की समीक्षा की	177.5K
25.	The Hills Times	Union Minister Prataprao Jadhav reviews development progress in Dhubri	154.9K

26.	First India	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	118.3K
27.	The News Mill	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	85.1K
28.	WebIndia123	Ayush Ministry hosts session on MSME opportunities	61.9K
29.	WebIndia123	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	61.9K
30.	Technologyforyou.org	Shri Prataprao Jadhav, Minister of State (IC), Ministry of Ayush inaugurates '40...	60.2K
31.	Technologyforyou.org	An industry interactive session titled "Fostering Growth: SME Schemes and Oppor t...	60.2K
32.	Sangri Today	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	58.5K
33.	UP18 news	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	35.1K
34.	Indian Economic Observer	Ayush Ministry hosts session on MSME opportunities	16.1K
35.	Indian Economic Observer	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	16.1K
36.	The Blunt Times	Homeopathy Brings Renewed Hope to ITP and Blood Disorder Patients Share As k Chat...	4K
37.	Sangri Buzz	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
38.	Calcutta News	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
39.	The Deccan Messenger	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
40.	India headline	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
41.	Channel 6 Network	Union Ayush Minister Shri Prataprao Jadhav Dedicates New Hostel to Students a s N...	N/A
42.	India's News	Ayush Ministry hosts session on MSME opportunities	N/A
43.	India Gazette	Ayush Ministry hosts session on MSME opportunities	N/A
44.	New Delhi News	Ayush Ministry hosts session on MSME opportunities; Union Minister Jitendra Sin g...	N/A
45.	Industries News	Ayush Ministry hosts session on MSME opportunities	N/A
46.	Industries News	Ayush Ministry hosts session on MSME opportunities; Union Minister Jitendra Sin g...	N/A
47.	The Asia News	Ayush Ministry hosts session on MSME opportunities; Union Minister Jitendra Sin g...	N/A
48.	Kolkata Sun	Ayush Ministry hosts session on MSME opportunities	N/A

49.	Mumbai News	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
50.	India's News	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
51.	New Delhi News	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
52.	The Asia News	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
53.	Maverick News3	Prataprao Jadhav, Minister of State (IC), Ministry of Ayush inaugurates '400 sea...	N/A
54.	Industries News	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
55.	South India News	Ayush Ministry hosts session on MSME opportunities	N/A
56.	Chhattisgarh Today	Ayush Ministry hosts session on MSME opportunities	N/A
57.	Kashmir Breaking News	Ayush Ministry hosts session on MSME opportunities	N/A
58.	Maverick News3	Homeopathy"s Triumph in the treatment of Blood Disorders Offers New Hope.	N/A
59.	Gujarat Samachar	Ayush Ministry hosts session on MSME opportunities	N/A
60.	Himachal Patrika	Ayush Ministry hosts session on MSME opportunities	N/A
61.	Mochansamachar	मंत्री प्रतापराव ने कोलकाता के राष्ट्रीय होम्योपैथी संस्थान में स्रातक बालक छात्...	N/A
62.	West Bengal Khabar	Ayush Ministry hosts session on MSME opportunities	N/A
63.	Maharashtra Samachar	Ayush Ministry hosts session on MSME opportunities	N/A
64.	Jharkhandtimes	Ayush Ministry hosts session on MSME opportunities	N/A
65.	Karnataka Live	Ayush Ministry hosts session on MSME opportunities	N/A
66.	Andhra Pradesh Mirror	Ayush Ministry hosts session on MSME opportunities	N/A
67.	Punjab Live	Ayush Ministry hosts session on MSME opportunities	N/A
68.	Bihar Times	Ayush Ministry hosts session on MSME opportunities	N/A
69.	Gujarat Varta	Ayush Ministry hosts session on MSME opportunities	N/A
70.	Vanakkam Tamil Nadu	Ayush Ministry hosts session on MSME opportunities	N/A
71.	Indore Pioneer	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
72.	Bhaskar-Live	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
73.	Telangana Journal	Ayush Ministry hosts session on MSME opportunities	N/A
74.	North East Times	Ayush Ministry hosts session on MSME opportunities	N/A



75.	Haryana Today	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
76.	Haryana Today	Ayush Ministry hosts session on MSME opportunities	N/A
77.	Rajasthan Ki Khabar	Ayush Ministry hosts session on MSME opportunities	N/A
78.	Odisha Post	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
79.	Odisha Post	Ayush Ministry hosts session on MSME opportunities	N/A
80.	Bihar 24x7	Ayush Ministry hosts session on MSME opportunities	N/A
81.	Delhi live news	Ayush Ministry hosts session on MSME opportunities	N/A
82.	South India News	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
83.	Kashmir Newslines	Ayush Ministry hosts session on MSME opportunities; Union Minister Jitendra Sin g...	N/A
84.	Ddindia	Industry session highlights MSME opportunities for Ayush sector growth	N/A
85.	Chhattisgarh Today	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
86.	Kashmir Newslines	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
87.	Gujarat Samachar	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
88.	Bihar 24x7	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
89.	Delhi live news	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
90.	Kashmir Breaking News	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
91.	Himachal Patrika	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
92.	Karnataka Live	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
93.	Maharashtra Samachar	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
94.	Telangana Journal	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
95.	West Bengal Khabar	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A

96.	Andhra Pradesh Mirror	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
97.	Rajasthan Ki Khabar	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
98.	Gujarat Varta	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
99.	Bihar Times	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
100.	North East Times	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
101.	Vanakkam Tamil Nadu	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
102.	Punjab Live	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
103.	Jharkhandtimes	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
104.	Indian News Network	MoS for AYUSH Prataprao Jadhav inaugurates 400-seated UG boys" hostel at Na tion...	N/A
105.	News Daddy	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
106.	Live Today	शक्ति क्लासेस फॉर आयुर्वेद से जुड़कर अब घर बैठे बनाए अपना करियर	N/A
107.	Tender Detail	Bids Are invited for Soyabean Casein Digest Agar - Himedia Mh290 , Sabouraurd De...	N/A
108.	Primex News Network	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
109.	Logicalindia	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
110.	Nevada Tribune	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
111.	World News for All	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
112.	Deccan Express	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
113.	Wow Entrepreneurs	Homeopathy's Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
114.	Financial Post	Homeopathy's Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
115.	Khabare Rajasthan	Homeopathy's Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
116.	Prevalent India	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
117.	Business Point	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
118.	Jodhpur Reporter	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
119.	Live Mumbai	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A

120.	Nashik 24	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
121.	Delhi News Watch	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
122.	Entrepreneur World	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
123.	Satta Express	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
124.	Live Story Time	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
125.	Bizz Sight	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
126.	Central Herald	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
127.	The Capital News	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
128.	The Bizz Stories	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
129.	The prime India	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
130.	The Evening Post	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
131.	Indian Businessline	Laundrywala is Transforming India"s Laundry Industry with Technology and Franc h...	N/A
132.	Indian Businessline	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
133.	Atulya Hindustan	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
134.	Your Bangalore	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
135.	MintMoney	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
136.	Rajasthan Journal	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
137.	Khamma Ghani Rajasthan	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
138.	Mbi 24 News	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
139.	Allahabad Post	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
140.	Live Jabalpur	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
141.	Madhya Pradesh Mirror	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
142.	MP Guardian	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
143.	MP News Line	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
144.	Delhi News Now	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
145.	Rajasthan Mirror	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
146.	Prakhar Jagran	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
147.	Up Patrika	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A



148.	Sakshi	394 Jobs: సీనియర్ డిప్యూటీ అడ్మినిస్ట్రేటర్ A, B, C పోస్ట్ టుల భర్తీ కోసం అవకాశం.. ఎంపీ క పోస్టులం ఇ...	N/A
149.	StartupNews	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
150.	Privileged News	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
151.	Sahitya Hindustan	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders	N/A
152.	Mumbai Times	Homeopathy"s Triumph in ITP Treatment Offers New Hope for Blood Disorders P NN D...	N/A
153.	Udaipur Kiran	आपदा प्रभावितों के लिए 18 जुलाई को थुनाग में लगेगा विशेष स्वास्थ्य शिविर	N/A
154.	The Munsif Daily	Rakul Preet Singh highlights the role of yoga in her self-love journey	N/A
155.	Saahas Samachar	मंत्री पटेल ने की पंचायत एवं ग्रामीण विकास विभाग सहित अन्य विभागों की समीक्षा	N/A
156.	अंजनी खबर (Anjani Khabar)	मंत्री पटेल ने की पंचायत एवं ग्रामीण विकास विभाग सहित अन्य विभागों की समीक्षा	N/A
157.	Shree News	मंत्री पटेल ने की पंचायत एवं ग्रामीण विकास विभाग सहित अन्य विभागों की समीक्षा	N/A
158.	Delhi upto Date	मंत्री पटेल ने की पंचायत एवं ग्रामीण विकास विभाग सहित अन्य विभागों की समीक्षा	N/A
159.	खबर जगत	मंत्री पटेल ने की पंचायत एवं ग्रामीण विकास विभाग सहित अन्य विभागों की समीक्षा	N/A
160.	Khas Khabar	गांवों के विकास की रफ्तार तेज होगी! मंत्री पटेल ने विभागीय योजनाओं की समीक्षा की	N/A
161.	Delhi Bulletin	गांवों के विकास की रफ्तार तेज होगी! मंत्री पटेल ने विभागीय योजनाओं की समीक्षा की	N/A
162.	Kadwaghut	मंत्री पटेल ने की पंचायत एवं ग्रामीण विकास विभाग सहित अन्य विभागों की समीक्षा	N/A
163.	Real India News	गांवों के विकास की रफ्तार तेज होगी! मंत्री पटेल ने विभागीय योजनाओं की समीक्षा की	N/A
164.	Evening Times	मंत्री पटेल ने की पंचायत एवं ग्रामीण विकास विभाग सहित अन्य विभागों की समीक्षा	N/A
165.	Action India Live	मंत्री पटेल ने की पंचायत एवं ग्रामीण विकास विभाग सहित अन्य विभागों की समीक्षा	N/A
166.	Mp Headline	गांवों के विकास की रफ्तार तेज होगी! मंत्री पटेल ने विभागीय योजनाओं की समीक्षा की	N/A
167.	Bihar Breaking News	BPSC Recruitment 2025: Application started for BPSC Assistant Professor Recruitm...	N/A
168.	Web Akhbar	मंत्री पटेल ने की पंचायत एवं ग्रामीण विकास विभाग सहित अन्य विभागों की समीक्षा	N/A
169.	Government of Sikkim	PIB Organises IMPCCC Meeting to Enhance Inter-Departmental Coordination	N/A
170.	Indian Punch	सामाजिक कार्यकर्ताओं ने लगाए आम और पीपल के पौधे	N/A
171.	OB News	Sugar reached 500 crosses also disappears! This green leaf is not a miracle, 50 ..	N/A
172.	The Mobi World	Sugar reached 500 crosses also disappears! This green leaf is not a miracle, 50 ..	N/A
173.	Young Bharat News	ऑफिस वालों के लिए वरदान है "सेतुबंधासन", कमर और रीढ़ दर्द से मिलती है राहत	N/A

174.	Hindustan Global Times	— रु. करोड़ों का वेतन भुगतान, नियमविहीन पदोन्नति, और 10 वर्षों की चुप्पी – यह है...	N/A
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