



**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**18 Mar, 2025 – 31 Mar, 2025**

 **Total Mention 1545**

|  <b>Print</b>  | <b>Financial</b> | <b>Mainline</b> | <b>Regional</b> | <b>Periodical</b> |
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| <b>55</b>   | <b>6</b>         | <b>33</b>       | <b>16</b>       | <b>N/A</b>        |
|  <b>Online</b> |                  |                 |                 |                   |
| <b>1490</b>   |                  |                 |                 |                   |

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The Economic Times • 19 Mar • Ministry of Ayush  
Embattled CrossFit begins search for new owner

19 • PG

535 • Sqcm

238155 • AVE

420.14K • Cir

Top Right

ET Panache

Delhi

# Embattled CrossFit begins search for new owner

CrossFit, the crisis-riddled fitness company, is for sale again.

It comes against the backdrop of several tumultuous years for the fitness brand, a scandal at the CrossFit Games, a significant drop in registrations and deepening financial concerns. The company plans to “review a wide range of buyers”, according to an email.

## Lost appeal

“This moment of transition comes with significant opportunity,” CrossFit CEO Don Faul said. “I’m excited by the potential this holds for the future of our affiliate business and CrossFit overall.”

CrossFit was created in the 1990s by **Greg Glassman** as a training programme focused on high-intensity workouts. The regimen exploded in popularity in the 2000s, growing to include more than 14,000 global affiliates.

In 2020, Glassman stepped down from his role after he was excoriated for his comments about the murder of George Floyd. He also faced accusations of sexual harassment, which he denied. He sold the company to a Boston-based investment firm and Eric Roza, a tech entrepreneur.

The company has undergone a number of leadership changes since Glassman’s departure.



PIC: GETTY IMAGES

## Tragic death

Last year, Lazar Dukic, a 28-year-old Serbian athlete, drowned during the swimming portion of a workout at the CrossFit Games, an international competition that draws some of the world’s fittest competitors. The event resumed the next day.

Many members and affiliates have tried to distance themselves from CrossFit in recent years while still maintaining its popular fitness routines, dropping the company’s name from their businesses.

– The New York Times

Mint • 19 Mar • Ministry of Ayush

## The US must steer clear of deal-breakers in trade talks

12 • PG

440 • Sqcm

110123 • AVE

45K • Cir

Bottom Left

Hyderabad

# The US must steer clear of deal-breakers in trade talks

ABHIJIT DAS



is an expert on international trade issues.

Although these are early days in the negotiations for a multi-sectoral bilateral trade agreement (BTA) between India and the US, the final outcome is already being envisaged as the 'mother of all deals' and a 'grand trade deal.' Both countries are expected to negotiate hard for finalizing an agreement that maximizes benefits for their respective stakeholders. Apart from tariff-related issues, how the US addresses India's concerns on agriculture and affordable access to medicines could ultimately determine the success or failure of these negotiations. What could be the non-tariff related demands of the US in these two areas and what are India's sensitivities?

US commerce secretary Howard Lutnick has articulated America's demand that India must open up its agricultural sector to imports from the US. While this would involve issues related to tariffs and possibly import quotas, the US could also take forward its objective of seeking changes in

India's minimum support price (MSP) scheme, especially for rice.

The 2024 *National Trade Estimate Report on Foreign Trade Barriers* brought out by the United States Trade Representative (USTR) includes the following: "India's excessive subsidization through market-price support has gone far beyond its domestic food security needs and has helped India secure its place as the top global exporter of rice, accounting for more than 40% of global rice exports in recent years." This view has been echoed in a recent submission to the USTR on 11 March 2025 by the USA Rice Federation, an advocacy group for all segments of the US rice industry.

Both the *National Trade Estimate Report* and submission by the USA Rice Federation seek to ultimately dismantle the MSP scheme for rice under implementation by India. Further, the USA Rice Federation views this as an opportunity to increase American rice exports to developing countries by \$54 million each year. This advocacy group has urged the Trump administration to "include the rice industry's priorities in any comprehensive trade arrangements."

If the Trump administration yields to the interest of this lobby group and includes the

issue of MSP in the BTA negotiations with India, it could become a potential deal-breaker. Given the crucial role played by India's MSP scheme in meeting the food security needs of hundreds of millions of citizens who are poor and hungry, New Delhi would find it almost impossible to meet such US demands.

Turning to the issue of access to medicines, the US *National Trade Estimate Report* has highlighted the "restriction on patent-eligible subject matter in Section 3(d) of the Indian Patents Act and its impacts." What is this issue? What are the commercial objectives being pursued by the US? And what could be the implications if India is required to comply with Washington's demands on it in BTA negotiations?

Under the current rules of the Agreement on Trade-Related Aspects of Intellectual Property Rights at the World Trade Organization, generic versions of patented medicines can be introduced in the market only after their 20-year period of patent

protection is over. As most generic medicines cost a fraction of the original patented product, timely availability of the former has become pivotal in making healthcare affordable for the poor and middle class in most countries.

To continue making large profits, manufacturers of patented medicines in the US have prevailed upon their government to negotiate provisions in trade agreements that delay the entry of generics to the market beyond the formulations' 20-year patent period. These stratagems, commonly referred to as 'evergreening of patents,' compel patients to pay exorbitantly high prices for patented drugs even beyond the original

20-year period of patent protection, after which generics ought to reach the market. Section 3(d) of the Indian Patents Act has been effective in slamming the brakes on some of these patent evergreening strategies, thereby facilitating the timely market entry of generics.

In addition to seeking changes in Section 3(d) of the Indian Patents Act, US manufacturers of patented medicines can be expected to make a strong pitch for the BTA to include other provisions that would in effect undermine India's generic drug producers. Overall, a weakening of India's generics industry will enhance the windfall profits of patent monopolies in the US, but also result in a surge in the cost of healthcare and burn a big hole in the pockets of the poor and sick in India. Further, some of the flagship initiatives of the central government, such as Jan Aushadhi Kendra and Ayushman Bharat, could be substantially undermined and rendered ineffective.

In conclusion, if the US gives primacy to patents over patients, it will result in a negotiating deadlock. As will be the case if it seeks to use BTA negotiations to undermine the food security needs of hundreds of millions of Indians just to add a few million dollars to its earnings from rice exports.

One can only hope that the US administration will display the requisite wisdom to desist from pushing these sensitive issues in BTA negotiations with India. If not, the vision of a 'grand trade deal' could quickly turn into a negotiating nightmare.

*These are the author's personal views.*

Mint • 18 Mar • Ministry of Ayush  
Full-body splits: A great way to flex your muscles

14 • PG

266 • Sqcm

92957 • AVE

125K • Cir

Top Right

Bengaluru



## Full-body splits: A great way to flex your muscles

Full-body workouts, thrice a week, may be the formula for stronger muscles

Pulasta Dhar  
feedback@livemint.com

**G**ym splits—the method that helps you train different muscle groups on different days—can be personally tailored, or one can just follow a popular split like the push-pull-legs system. It is not necessary, however, to follow any one split religiously. You could choose a single muscle split once you have mastered enough exercise variations and built strength. You could drop a cardio routine at the start, the end or in between your split, or you could follow something more advanced like the French contrast method, where one explosive exercise is followed by a mirroring hypertrophy version of the same exercise. Among all these options, the one that tends to go under the radar a bit is the full-body split—where you train your full body every day. A video by fitness trainer Jeremy Ethier, in which he speaks of new research on the efficacy of doing a full-body workout every gym day, is quite compelling. In it Ethier ranks all the splits with the help of Eric Trexler, a researcher in human movement science. “Unlike the 3-day push-pull-legs workout split, which hits each muscle just once per week, the full-body split trains every muscle 3 times per week,” Ethier writes in his blog.

A paper titled, *The Resistance Training Dose-Response: Meta-Regressions Exploring The Effects Of Weekly Volume and Frequency On Muscle Hypertrophy And Strength Gain*, published in October 2024, states that resistance training can boost muscle

**A full-body workout is great for beginners as it helps them train every muscle**

strength by an additional 50%. Ethier makes it simpler to understand. “So, if your bench went from 100lb (45kg) to 150lb (68kg) on the push-pull-legs split, switching to full-body could push it to 175lb (79kg) in the same time.”

But there is a caveat. This split does not provide too big a boost when it comes to muscle growth. So, it is ideal for beginners and/or those who are getting back to a fitness routine after a break. Here are a few full-body workout splits that you can try for a few weeks and see the change. It’s always good to keep refreshing your split.

The first one is Ethier’s own three-day full-body split, which starts off with an incline bench press, followed by a barbell back squat, chest-supported dumbbell rows, leg curls, lying incline bicep curls, and then overhead triceps extensions.

Fitness trainer and expert Jeff Nippard, who has more than 6.5 million YouTube followers, has a similar split to Ethier’s but he adds a couple of different muscle groups to his workout. An example of what he does is: weighted pull-ups, humble-row, leg press, standing calf raises, cable upright rows and hammer curls. His other muscle group suggestion for a split is: chest, back, legs, biceps, triceps, delts, and abs.

Trainer Mike Thurston also has a full-body split. His workout also begins with an incline bench press and a chest supported row. It is followed by lateral raises, hitting the deltoid muscles. Next, he next moves on to the quads (his preference is the pendulum squat), then the hamstrings, and glutes with the Bulgarian split squat. This is an extremely well-rounded split. Most of these exercises have a couple of warm-up sets, 12-15 reps in the main sets, with two to three minutes of rest in between.



Mint • 18 Mar • Ministry of Ayush  
Full – body splits: A great way to flex your muscles

14 • PG

266 • Sqcm

79678 • AVE

47.5K • Cir

Top Right

Chennai



## Full-body splits: A great way to flex your muscles

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Bizz Buzz • 20 Mar • Ministry of Ayush

## Rural areas avail over 75 pc cancer treatments under PMJAY: Minister

8 • PG

121 • Sqcm

12096 • AVE

N/A • Cir

Middle Right

Hyderabad

### Rural areas avail over 75 pc cancer treatments under PMJAY: Minister

NEW DELHI

RURAL areas in the country have availed over 75 per cent cancer treatments under the government's Pradhan Mantri Jan Arogya Yojana (PM-JAY), Union Health Minister JP Nadda has informed.

Nadda stated in the Parliament that the Ayushman Bharat health insurance scheme has enabled more than 68 lakh cancer treatments worth over Rs 13,000 crore across the country.

Of these, more than 4.5 lakh treatments worth over Rs 985 crore were undertaken for "targeted therapies" against cancer. About 76.32 per cent of beneficiaries were from rural areas.

The minister also mentioned about the recently rolled out nationwide screening drive for the management and prevention of non-communicable diseases, like diabetes, hypertension and cancers. The nationwide campaign, valid till March 31, aims to achieve 100 per cent screening of people aged 30 years and above. It is being conducted across Ayushman Arogya Mandir facilities and other healthcare institutions



under the NP-NCD framework.

The PMJAY scheme provides treatment for several cancers, including of breast, oral and cervical.

It also provides more than 200 packages with more than 500 procedures of medical oncology, surgical oncology, radiation oncology and palliative medicine.

Of these, 37 packages are related to targeted therapies such as chemotherapy for CA Breast, metastatic melanoma, chronic myeloid leukaemia, Burkitt's Lymphoma, and lung cancer, the minister informed.

Those suffering from cancer and are below the poverty line can also avail of one-time financial assistance of up to Rs 15 lakh, provided under the Health Minister's Cancer Patient Fund (HMC PF).

Bizz Buzz • 18 Mar • Ministry of Ayush

## Digital disease surveillance system a model for other countries: Anupriya Patel

8 • PG

316 • Sqcm

31589 • AVE

N/A • Cir

Top Center

Hyderabad

# Digital disease surveillance system a model for other countries: Anupriya Patel

She highlighted India's commitment to strengthening global pandemic preparedness and response efforts

### Digital Disease Tracking

- Global health emergency frameworks
- Global pandemic preparedness
- Establishment of the pandemic fund
- \$12 mn to support its sustained functioning

NEW DELHI

INDIA's digital disease surveillance system is a model for other countries wanting to boost their health infrastructure, said Union Minister of State for Health and Family Welfare Anupriya Singh Patel on Monday.

She said this while inaugurating the three-day QUAD workshop on pandemic preparedness for the Indo-Pacific Region.

The workshop, jointly organised by the Ministry of Health and Family Welfare and the Ministry of External Affairs, aims to strengthen global health emergency

frameworks, enhance preparedness and resilience to health threats, and ensure co-ordinated responses to evolving pandemics as well as the implementation of the One Health approach. It also addresses human, animal, and environmental health through a multisectoral lens.

"India's digital disease surveillance system offers a valuable model for other countries seeking to strengthen their public health infrastructure," said Patel.

She added that "the rise of emerging and re-emerging health threats in recent times underscores the critical necessity of strengthened preparedness, enhanced surveillance, and well-coordinated international response mechanisms to safeguard global health security."

Patel also highlighted India's commitment to strengthening global pandemic preparedness and response efforts.

"India contributed \$10 million towards the establishment of the pandemic fund which



**“The country has established a comprehensive health emergency coordination framework, strategically focused on preparedness, response, and resilience-building, to create a resilient and pandemic-ready healthcare system**

**– Anupriya Singh Patel, Union Minister of State for Health and Family Welfare**

was specially conceptualised for fighting pandemics,” the MoS said, adding the country

has “further pledged an additional \$12 million to support its sustained functioning”.

Further, the country has established a comprehensive health emergency coordination framework, strategically focused on preparedness, response, and resilience-building, to create a resilient and pandemic-ready healthcare system, Patel said.

For this several key initiatives have been set up such as the Integrated Disease Surveillance Program (IDSP), National One Health Programme for Prevention and Control of Zoonosis, and National Vector Borne Disease Control and Prevention (NVBDCP). Patel also

stated that India has led digital health initiatives, leveraging technology to improve health access, and outcomes, and create sustainable, data-driven systems.

“These efforts are central to building a health system capable of addressing both current as well as future health and climate challenges,” she said.

The Union Minister highlighted that India's harnessing of digital technology in healthcare through initiatives like the Ayushman Bharat Digital Mission (ABDM) and tools like the CoWIN platform, eSanjeevani, National Telemedicine Service, TeleMANAS to manage mental health diseases, and the Ni-Kshay portal for tracking monitoring and management of Tuberculosis patients.

Prof. Ajay Kumar Sood, Principal Scientific Advisor, emphasised the need to strengthen regional health networks and prepare for zoonotic diseases, especially for countries with a significant livestock sector.



The Times of India • 19 Mar • Ministry of Ayush

Govt: 68L cancer cases treated under PMJAY, 76% of them in rural areas

14 • PG

184 • Sqcm

89331 • AVE

46.88K • Cir

Top Left

Chandigarh

# Govt: 68L cancer cases treated under PMJAY, 76% of them in rural areas

TIMES NEWS NETWORK

**New Delhi:** More than 68 lakh cancer treatments worth over Rs 13,000 crore have been performed under the Ayushman Bharat health insurance scheme, with 76% of them undertaken in rural areas, Union health minister **J P Nadda** said on Tuesday.

Of these, more than 4.5 lakh treatments worth over Rs 985 crore were undertaken for “targeted therapies” against cancer, with 76% of their beneficiaries coming

from rural areas, Nadda said responding to a question in Parliament. The benefits, Nadda said, were accorded under the Centre’s Pradhan Mantri Jan Arogya Yojana (PMJAY).

In PMJAY, treatment for several types of cancers, including breast, oral and cervical, is provided under more than 200 packages with more than 500 procedures of medical oncology, surgical oncology, radiation oncology and palliative medicine.

Of these, 37 packages are

related to targeted therapies such as chemotherapy for CA Breast, metastatic melanoma, chronic myeloid leukaemia, Burkitt’s Lymphoma, and CA Lung, the minister informed. Those suffering from cancer and below the poverty line can also avail themselves of one-time financial assistance of up to Rs 15 lakh, provided under the Health Minister’s Cancer Patient Fund (HMCPF).

The minister said that the scheme provides for the

sale of generic medicines at 50-80% price of branded medicines through Jan Aushadhi Stores and the 217 AMRIT Pharmacies. A total of 289 oncology drugs are given at half the market price. Nadda said that the govt had in the budget announced it would set up 200 daycare cancer centres at district hospitals in 2025-26.

In addition, 19 state cancer institutes and 20 tertiary cancer care centres have been set up in different parts of the country to provide advanced cancer care.



The Times of India • 18 Mar • Ministry of Ayush  
PGI healthcare fraud expands to Himcare: Data operator held

2 • PG

120 • Sqcm

58386 • AVE

46.88K • Cir

Middle Left

Chandigarh

## PGI healthcare fraud expands to Himcare: Data operator held

TIMES NEWS NETWORK

**Chandigarh:** The ongoing multi-crore fraud involving the Ayushman Bharat cashless treatment scheme at Chandigarh PGI has now extended to the Himcare scheme, prompting the arrest of Kapil, a data operator working at the Himcare counter in Nehru Hospital. Kapil is the first insider from PGI to be arrested in connection with this growing scam.

The fraud was detected after the arrest of Balram, who was found to be misusing Ayushman Bharat benefits by illegally withdrawing medicines and surgical items. The case was then handed over to the Crime Branch for a more thorough investigation. During interrogation, Balram implicated Kapil in the scam, leading to his arrest.

The police are now delving deeper into the involvement of both Kapil and Balram to determine if their fraudulent activities were limited to the Ayushman Bharat scheme or if they also exploited the Himcare scheme, which provides health benefits to residents of Himachal Pradesh. If fraud within Himcare is confirmed, it could lead to significant policy reforms regarding the scheme's operations in Himachal Pradesh.

The Crime Branch is actively investigating the scale of the fraud, the total amount embezzled, and the role played by Kapil in facilitating the scam with Balram. As the investigation progresses, more arrests are expected as authorities work to uncover the full extent of the healthcare fraud network operating within the PGI system.



Hindustan Times • 20 Mar • Ministry of Ayush  
The Central Council for Research in Ayurvedic Sciences...

20 • PG

51 • Sqcm

303249 • AVE

3.43M • Cir

Bottom Center

Delhi



■ The Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, in collaboration with the National Mission for Manuscripts, Ministry of Culture, is organising a "Transliteration Capacity Building Workshop on Ayurvedic Manuscripts" from March 13 to 24 at CARI, Bhubaneswar. 30 scholars from Odisha will participate under the guidance of over 10 eminent experts.

Hindustan Times • 20 Mar • Ministry of Ayush  
The Central Council for Research in Ayurvedic Sciences.....

20 • PG

51 • Sqcm

24332 • AVE

4.88M • Cir

Bottom Center

Noida



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24332 • AVE

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Bottom Center

Gurugram



■ The Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, in collaboration with the National Mission for Manuscripts, Ministry of Culture, is organising a "Transliteration Capacity Building Workshop on Ayurvedic Manuscripts" from March 13 to 24 at CARI, Bhubaneswar. 30 scholars from Odisha will participate under the guidance of over 10 eminent experts.

Hindustan Times • 19 Mar • Ministry of Ayush

## Ayushmann Khurrana named Fit India Icon by Union Sports Ministry

1 • PG

221 • Sqcm

309898 • AVE

1.1M • Cir

Top Right

HT City

Mumbai

PHOTO: HTCS/AMAN NAGOSHE



Hindustan Times • 18 Mar • Ministry of Ayush  
AYUSHMAN FRAUD: ANOTHER PGIMER STAFFER HELD

2 • PG

70 • Sqcm

108474 • AVE

267.13K • Cir

Middle Center

Chandigarh

## AYUSHMAN FRAUD: ANOTHER PGIMER STAFFER HELD

**CHANDIGARH:** A month after launching an investigation into the Ayushman Bharat scheme fraud at PGIMER, the Chandigarh crime branch has arrested Kapil, a data entry operator at the Himcare counter (for Himachal patients) in Nehru Hospital. Kapil is the first PGIMER insider to be arrested in this case. With this, three persons have been arrested so far.

The fraud surfaced when Balram, another accused, was arrested for fraudulently taking medicines and surgical supplies. During interrogation, he named Kapil, officials said. The police are investigating Kapil's role in manipulating records and facilitating fraudulent withdrawals.

The investigation began after PGIMER security personnel caught 25-year-old Raman from Kangra, HP, on February 18 while he was attempting to fraudulently obtain ₹60,000 worth of medicines from an AMRIT pharmacy (government initiative for subsidised medicines, equipment) using a fake stamp. An indent book from the urology department and eight counterfeit stamps were recovered. According to the police, the fraudulently obtained medicines were sold to private medical stores.

Under the Ayushman Bharat scheme, eligible families receive free treatment and medicines up to ₹5 lakh per year. For medicines costing above ₹2,000, patients require a doctor's prescription in the indent book, verified with stamps from the doctor, nursing officer, Ayushman counter and dispensary—a process the accused had allegedly manipulated to execute the fraud. According to investigating officials, fraud worth ₹5-crore has surfaced in this case so far.

HTC



The Indian Express • 20 Mar • Ministry of Ayush  
PGI switches to online indenting system today for 'transparency'

4 • PG

94 • Sqcm

83177 • AVE

175.5K • Cir

Top Center

Chandigarh

## PGI switches to online indenting system today for 'transparency'

### EXPRESS NEWS SERVICE

CHANDIGARH, MARCH 19

IN LIGHT of an Ayushman Bharat scheme fraud recently coming to the fore, the Post Graduate Institute of Medical Education and Research (PGIMER) in Chandigarh has issued a circular, stating that the existing manual indenting system for material procurement will be switched to online on Thursday, officials said.

The new system will begin at Block C — male medical ward, female medical ward, gynaecology ward, gynaecology triage, renal transplant surgery ICU, CLR, BMT HDU, RICU and LICU, and AKU — of Nehru Hospital from March 20 onwards, they said. SOPs have also been issued to guide health-care staff about the usage of the system smoothly.

The move is part of the institute's digital expansion plan, aimed at improving the operational efficiency, officials added.

Under the existing system, departments manually create and submit requests for goods or services for Ayushman Bharat, HIM-CARE, CGHS beneficiaries — which are reviewed and approved through a manual workflow, often involving paper-based forms and physical signatures. The Ayushman Bharat scheme provides free treatment and medicines up to Rs 5 lakh per year. For medicines above Rs 2,000, patients need a doctor's prescription in the indent book with stamps from the doctor, nursing officer, Ayushman counter, and dispensary. These are then provided for free at Amrit Pharmacy.

The Chandigarh PGIMER, in coordination with AMRIT Pharmacy, had recently reported the misuse of a stolen indent book and counterfeit stamps to divert medication for the Ayushman Bharat beneficiaries.

The Indian Express • 19 Mar • Ministry of Ayush  
MINISTER: OVER 68 LAKH CANCER TREATMENTS DONE UNDER PMJAY

16 • PG

40 • Sqcm

35227 • AVE

175.5K • Cir

Middle Left

Chandigarh

**MINISTER: OVER  
68 LAKH CANCER  
TREATMENTS DONE  
UNDER PMJAY**

*New Delhi:* More than 68 lakh cancer treatments worth over Rs 13,000 crore have been performed under the Ayushman Bharat health insurance scheme, with 75.81 per cent of them undertaken in rural areas, Union Health Minister J P Nadda said in Rajya Sabha on Tuesday. Of these, more than 4.5 lakh treatments worth over Rs 985 crore were undertaken for "targeted therapies" against cancer, with 76.32 per cent of their beneficiaries coming from rural areas, Nadda said responding to a question in Parliament. The benefits, he said, were accorded under the Centre's Pradhan Mantri Jan Arogya Yojana (PMJAY). **PTI**

## The Morning Standard • 20 Mar • Ministry of Ayush

### Fit Bit

2 • PG

617 • Sqcm

296015 • AVE

300K • Cir

Middle Right

Delhi

#### **FITBIT**

### **UPAVISTHA VIRABHADRASANA I WHEEL (SEATED WARRIOR POSE I WHEEL)**

This is a modified, and challenging variation practised with the support of a wheel. This hip opener can be done by beginners as well as intermediate level students. It requires the right method of placing the sit bones on the wheel and then gradually moving into the hip opening that stretches the hamstrings, groins, inner thighs, calves, tissues at the ankle joints and opens the pelvic and hip muscles. Included in core strengthening and sculpting, it may be of interest to young women and teens, especially for those who are dancers or into sports.

#### **STEPS**

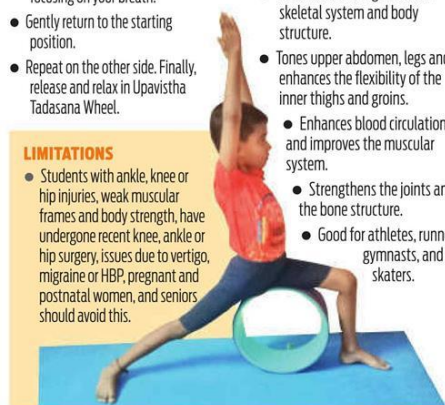
- Sit on the yoga wheel, staying connected to your breath, grounding the feet, extending spine, and placing your hands on the knees for about four to six breaths.
- Exhale, hold the wheel from the sides, just below your hips.
- Ground the front foot (keeping the leg at 90 degrees), the left sit bone on the wheel, the back foot at 45 degrees.
- Activate your core muscles to stabilise your pelvis and prevent your lower back from arching.
- Slowly lean back, keeping your spine straight and your hips square.
- Engage your back muscles to maintain a stable and supported posture.
- Inhale, bring the arms up towards the sky, keeping the palms facing each other.
- Bring your awareness to your breathing. Inhale stretching the arms, exhale, ground the hips downwards. Adjust the back foot to go deeper in the hip opening.
- Now the body may move: bring stability in the upper body to support the lower body, and vice versa. Breathe deep and soft.
- Hold the pose for a comfortable duration, focusing on your breath.
- Gently return to the starting position.
- Repeat on the other side. Finally, release and relax in Upavistha Tadasana Wheel.

#### **LIMITATIONS**

- Students with ankle, knee or hip injuries, weak muscular frames and body strength, have undergone recent knee, ankle or hip surgery, issues due to vertigo, migraine or HBP, pregnant and postnatal women, and seniors should avoid this.

#### **BENEFITS**

- Stretches the hips, hamstrings, pelvic muscles and spine.
- Strengthens the core, back and quadriceps muscles.
- Strengthens and stretches the muscles of the upper back.
- Helps open and strengthen the hips.
- Improves focus and concentration.
- Promotes a stronger connection between the mind and body.
- Improves balance and flexibility in the spine, shoulders, and chest.
- Builds stamina and endurance.
- Helps release stress and tension in the body.
- Warrior poses can boost confidence.
- Strengthens the legs, ankles and knees.
- Helps bring flexibility to the body.
- Pelvic muscles are actively involved, increasing hip flexibility.
- Removes excess fat, tones the legs and sides of the hips.
- Keeps the chest and torso in a stable position.
- Improves the lung capacity, expanding the chest.
- Cultivates a strong muscular-skeletal system and body structure.
- Tones upper abdomen, legs and enhances the flexibility of the inner thighs and groins.
- Enhances blood circulation and improves the muscular system.
- Strengthens the joints and the bone structure.
- Good for athletes, runners, gymnasts, and ice skaters.



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



The Morning Standard • 20 Mar • Ministry of Ayush

## How can I track if I am getting fit without being obsessed with my weight

2 • PG

273 • Sqcm

131035 • AVE

300K • Cir

Middle Center

Delhi



Wanitha Ashok is a Fit India Movement Ambassador and celebrity fitness coach

### How can I track if I am getting fit without being obsessed with my weight?

I'm glad you are aware that being obsessed with weight is not good. It's a disorder that can ruin one's health. Focus on progression, not perfection and don't weigh yourself too frequently. Measure progress in body measurements such as waist circumference, hip-to-waist ratio, and body fat percentage. This helps track changes in the body composition.



- Taking progress photos every four weeks helps to stay motivated and see changes in muscle tone and sculpting.
- Fitness assessment tests such as push-ups, planks, squats, and cardiovascular endurance tests help check improvement in fitness levels.
- Document your workouts — duration, weight lifted and reps. Track changes in your cardiovascular fitness using a heart rate monitor. The aim is to decrease the resting heart rate.
- Pay attention to how you feel — increased energy levels, improved mood, better sleep quality and reduced stress levels are signs of progress.
- Fitness is a lifelong journey and it's essential to focus on the progression and benefits it offers.

## The Morning Standard • 19 Mar • Ministry of Ayush

### Fit Bit

2 • PG

619 • Sqcm

297321 • AVE

300K • Cir

Middle Right

Delhi

#### **FITBIT**

### **ADHO MUKHA SVANASANA VARIATION – FEET IN AIR**

(DOWNWARD-FACING DOG POSE  
VARIATION – FEET IN AIR AERIAL)  
HANDS BEHIND BACK INTERLOCKED)

This is an intermediate-level arm-balancing pose. It is a variation of the base pose, Downward-Facing Dog Pose Aerial. The difference between the base pose and this variation is that in the base pose, the legs are placed on the ground or mat, whereas in this variation, the legs are lifted. Lifting the feet off the ground with arm support and additional hammock support makes it easier for practitioners. Variations of the Hammock Pose require tremendous core and arm strength.

#### **STEPS**

- Start by spreading a yoga mat on the floor for extra support. Stand behind the hammock and adjust it so that it reaches your hip joint.
- Stand in Tadasana with the hammock in front for four breaths. Place the middle part of the hammock on your hip joint. Lift your arms with an inhale and bend forward with an exhale. Make necessary adjustments to get into the Downward-Facing Dog Pose Aerial. Take three deep breaths here.
- Engage your core and press your palms firmly on the mat. Lift your left leg with an inhale, and slowly exhale. Again, inhale and lift your right leg. If confident, lift both legs with an inhale and hold this position for four breaths. To release, take a deep breath and gently bring your legs down with an exhale.

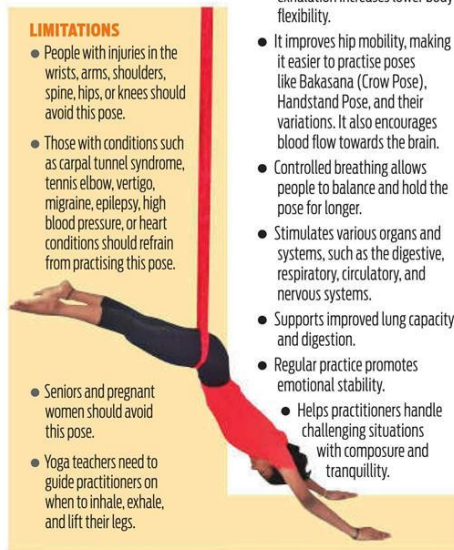
- Once again, inhale and return to Tadasana. Repeat the pose and hold it for a longer duration if possible.
- Relax in Three-Part Breath Mountain Pose for six to eight breaths.

#### **BENEFITS**

- Stretches and strengthens the muscles of the upper body.
- Provides a good stretch for the arms, shoulders, core, and back muscles.
- Stretches the front part of the lower body, including the quadriceps and shin muscles.
- Helps build stamina and strength, preparing practitioners for advanced-level arm balance poses.
- Placing the legs on and off the floor with inhalation and exhalation increases lower body flexibility.
- It improves hip mobility, making it easier to practise poses like Bakasana (Crow Pose), Handstand Pose, and their variations. It also encourages blood flow towards the brain.
- Controlled breathing allows people to balance and hold the pose for longer.
- Stimulates various organs and systems, such as the digestive, respiratory, circulatory, and nervous systems.
- Supports improved lung capacity and digestion.
- Regular practice promotes emotional stability.
- Helps practitioners handle challenging situations with composure and tranquillity.

#### **LIMITATIONS**

- People with injuries in the wrists, arms, shoulders, spine, hips, or knees should avoid this pose.
- Those with conditions such as carpal tunnel syndrome, tennis elbow, vertigo, migraine, epilepsy, high blood pressure, or heart conditions should refrain from practising this pose.
- Seniors and pregnant women should avoid this pose.
- Yoga teachers need to guide practitioners on when to inhale, exhale, and lift their legs.



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

## The Morning Standard • 18 Mar • Ministry of Ayush

### Fit Bit

2 • PG

610 • Sqcm

292695 • AVE

300K • Cir

Middle Right

Delhi

#### **FITBIT**

### **GOMUKHASANA A**

(COW FACE POSE A)

This pose is a Gomukhasana (Cow Face Pose) variation. The Shoelace Pose warms up and prepares for Gomukhasana and is foundational for Gomukhasana Variation Pada. It comes from the traditional Ashtanga Yoga and requires intense hip flexibility same as the Uddiyana Bandha and Jalandhara Bandha (Chin Lock). It can be a good cooling-down pose for advanced hip-opening poses. Importantly, a lot of calves and hamstring stretches are needed to be done before this pose to avoid cramps in the legs. Both knee and ankle rotations are compulsory warm-ups that need to be done to release stiffness and enable ease.

#### **STEPS**

- Start in Dandasana with palms on the floor. Bend your left knee and position your left foot near your right buttock. Breathe.
- Bend your right knee, cross your right thigh over your left, and bring your right foot close to your left buttock. Ensure both knees are stacked one above the other, and balance your body.
- Gently move back, sit on your heels, with an erect spine. Breathe, engage your core, and maintain Uddiyana Bandha. Roll your shoulders back, interlock your fingers, and place your interlocked palms on your right knee. Lean forward slightly, chin down. This is the final pose.
- To release, look up, return your head to a neutral position, and inhale. Release Uddiyana Bandha, unlock your fingers, straighten your legs, and relax in Dandasana (Hands Back, Knees Bent).
- Repeat the same on the other side. Release and relax in Dandasana (Hands Back, Knees Bent).

#### **BENEFITS**

- Tones the IT band, quadriceps, hamstrings, calves, torso, lower body and the inner thighs.
- Strengthens the ankles, spine, and heel joints.
- Stretches the cervical spine and neck muscles.
- Helps with breath control, increasing lung capacity, and improving diaphragm elasticity.
- May support knee injury recovery, excluding ligament tears and early-stage knee arthritis.
- Can support urogenital system health, including infertility, erectile dysfunction, urinary incontinence, polycystic ovaries, and inflamed prostate glands.
- Enhances blood circulation to the digestive system.
- Burns fat in the abdominal area.
- Stimulates the Muladhara, Sacral, and Manipura Chakras
- Balances the Throat Chakra and removes lethargy or negative thinking process.
- Nabi chakra stimulation enhances the prana flow by detoxification.

#### **LIMITATIONS**

- Those who have ankle, knee, and wrist injuries, or have undergone recent knee, hip, and spine surgeries, or those struggling with pelvic stiffness, acute arthritis of knee and ankle joints, athletes with quadriceps and hamstring injuries, and pregnant women after first semester, must avoid this pose.
- Postnatal women can practise this pose after four weeks.



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



## The Morning Standard • 18 Mar • Ministry of Ayush Life, Uninterrupted

12 • PG

1655 • Sqcm

794216 • AVE

300K • Cir

Top Left

Delhi



LifeYoga's facade

**PRACHI SATRAWAL**

**I**N a city like Delhi, where clean air is a luxury and outdoor yoga feels like a dare, the LifeYoga Centre emerges as a sanctuary for the soul. Nestled in the heart of Chanakypuri, the capital's bustling diplomatic enclave, this meditative retreat seamlessly blends ancient wisdom with modern design, offering a refuge from the chaos of urban life. Designed by Studio Lotus, the centre, which opened in 2023, spans three levels, each thoughtfully crafted to guide visitors deeper into mindfulness.

At the helm is Dr Varun Veer. "Yoga has been my family tradition," he says. "My father, an Ayurveda acharya, introduced me to yoga at the age of nine." With a PhD in yoga and decades of global teaching experience, Dr Veer returned to India from Hong Kong with a mission: to create the world's best yoga centre, rooted in wisdom yet tailored to modern lifestyles. In a world filled with uncertainty, yoga offers a structured path—a beginning, a plan, and an end.

### To decompress, discover

The moment you step into LifeYoga, you are greeted by a restrained palette of warm neutrals and earthy tones, a deliberate design choice to evoke a sense of calm. The ground floor houses a reception area that flows into a retail zone and 'Eleved,' a restaurant serving Ayurveda-inspired cuisine. However, the real magic of the centre lies upstairs, where the main yoga studio, conceptualised as a conservatory, is bathed in soft, diffused light from overhead skylights. Hot yoga panels double as lighting reflectors, creating an evenly lit space that feels both expansive and intimate.

Dr Veer explains the philosophy behind the design: "The intent was that whenever a student enters, they should feel two things—peace of mind and joy, which are increasingly scarce in today's world. My brief to the architect was minimalism, or riktā—emptiness. Until your body and heart are empty, shunyata (tranquillity) cannot be achieved. The mind

Dr Varun Veer's LifeYoga Centre at Malcha Marg nurtures an entire ecosystem of mindfulness. It's a Delhi gym whose design is aligned to its programming.

# LIFE, UNINTERRUPTED

remains busy unless it finds that emptiness."

The studios, named Ekam, Dve, Trini, Chatur, and Pancha in Sanskrit, are versatile spaces with collapsible walls, accommodating groups ranging from five to fifty. The basement, with its naturally lower light levels, is dedicated to slower, meditative practices. Here, therapeutic lighting enhances focus and relaxation. Integrated, adjustable lighting systems allow for a well-lit atmosphere or a dim, gentle ambience, depending on the practice. Even the air-conditioning is discreet, with low-velocity ducts ensuring no drafts disrupt your flow. "Yoga, Sanskrit, naturopathy—these belong to everyone, but their roots are in India," says Dr Veer.

For 26-year-old Arushi Arora, who recently returned from her second master's degree in London and is on the cusp of launching her own venture, LifeYoga became a grounding force during a transitional phase. "I was into Pilates, strength training, and gym workouts, but I noticed my cortisol levels rising. I needed something to centre me. I had practised yoga before but wanted to return to it to manage stress," she explains.

In cities that are frequently overwhelmed with noise or leave one feeling disconnected, discovering a quiet space for yoga is priceless. Unfolding a mat in a

peaceful environment yields far greater benefits than attempting it amid the frenzy of daily commotion. "From one of the studios, you can see the sun rising through the trees—a special sight in this city," adds Arora.

The centre's meticulous attention to air quality is another standout feature. Beyond the studios, finer details like camphor lamps, salt crystals, and the restaurant's fresh, organic produce contribute to a holistic experience. Sabeena Awasthi, a regular visitor for the past nine months remarked, "This is an experience, what they have opened here is beautiful." Dr



**Yoga, Sanskrit, naturopathy — these belong to everyone, but their roots are in India**

Dr Varun Veer, LifeYoga Centre



Dr Varun Veer (centre), co-founder of LifeYoga, with his team



Mandana stone flooring with lime and cow dung plastered walls



Sunlight and green shade of the foliage peeping into the studio

Veer recalls one student, a deep-sea diver from Germany, who shared how LifeYoga evoked a sensation akin to the ocean's depths: "Below a certain level, you're completely disconnected from the world due to the atmospheric pressure. Yoga here gives me the same feeling."

### Flexibility for modern lifestyles

LifeYoga's programming is as diverse as its design. With over 20 types of classes offered daily, from Ashtanga and Vinyasa to aerial and wall rope yoga, there's something for everyone. "When you think of yoga, you think of calmness. But here, you get the best of both worlds—power yoga, breathwork, meditation and more. The Yoga Nidra class has been transformative for my sleep issues," adds Arora.

The LifeYoga app facilitates booking classes at convenience. "We start at 6:30 in the morning and go till 9 at night," Dr Veer explains. Class fees start at ₹1,980 for a drop-in session.

For Anubhav Anusha, a 37-year-old biotechnologist who runs a diagnostics company for infectious diseases, this is the first time she is doing yoga. "I joined for a two-week programme, intending to spend three months

in India and three in France. But since I joined, I haven't left the country or travelled anywhere. I spend around three hours here every day," he says.

Do aesthetics play a role in yoga practice? Anusha says, "As one reaches higher levels of awakening, the body becomes more sensitive. Art and decor become important in maintaining that sensitivity and calm. The warmth of the centre facilitates the calming of the mind, heart, and body."

### A growing community

The centre boasts a robust membership base of over 750 individuals. As yoga evolves, shifting between tradition and contemporary adaptation, Dr Veer is clear that "yoga is not necessarily about seeking God. We don't mix yoga and religion. A city yoga centre is different from an ashram, and practices vary accordingly."

It is worth pondering: what if modern yoga is neither entirely spiritual nor purely secular, but something more elusive—a practice whose allure stems from its in-between nature? Oscillating between the tranquillity of a sacred retreat and the utility of a fitness studio, yoga sometimes drapes itself in mystique, other times in pragmatism. Perhaps this fluidity—experienced each time as practitioners unroll their mats—is the essence of yoga itself.

## The New Indian Express • 20 Mar • Ministry of Ayush UPAVISTHA VIRABHADRASANA I WHEEL

2 • PG

694 • Sqcm

915511 • AVE

246.4K • Cir

Bottom Center

Chennai

### FITBIT

## UPAVISTHA VIRABHADRASANA I WHEEL (SEATED WARRIOR POSE I WHEEL)

This is a modified, and challenging variation practised with the support of a wheel. This hip opener can be done by beginners as well as intermediate level students. It requires the right method of placing the sit bones on the wheel and then gradually moving into the hip opening that stretches the hamstrings, groins, inner thighs, calves, tissues at the ankle joints and opens the pelvic and hip muscles. Included in core strengthening and sculpting, it may be of interest to young women and teens, especially for those who are dancers or into sports.

### STEPS

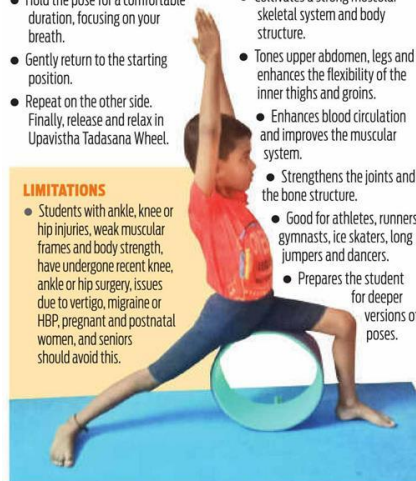
- Sit on the yoga wheel, staying connected to your breath, grounding the feet, extending spine, and placing your hands on the knees for about 4-6 breaths.
- Exhale, hold the wheel from the sides, just below your hips.
- Ground the front foot (keeping the leg at 90 degrees), the left sit bone on the wheel, the back foot at 45 degrees.
- Activate your core muscles to stabilise your pelvis and prevent your lower back from arching.
- Slowly lean back, keeping your spine straight and your hips square.
- Engage your back muscles to maintain a stable and supported posture.
- Inhale, bring the arms up towards the sky, keeping the palms facing each other.
- Bring your awareness to your breathing. Inhale stretching the arms, exhale, ground the hips downwards. Adjust the back foot to go deeper in the hip opening.
- Now the body may move: bring stability in the upper body to support the lower body, and vice versa. Breathe deep and soft.
- Hold the pose for a comfortable duration, focusing on your breath.
- Gently return to the starting position.
- Repeat on the other side. Finally, release and relax in Upavistha Tadasana Wheel.

### BENEFITS

- Stretches the hips, hamstrings, pelvic muscles and spine.
- Strengthens the core, back and quadriceps muscles.
- Strengthens and stretches the muscles of the upper back.
- Helps open and strengthen the hips.
- Improves focus and concentration.
- Promotes a stronger connection between the mind and body.
- Improves balance and flexibility in the spine, shoulders, and chest.
- Builds stamina and endurance.
- Helps release stress and tension in the body.
- Generally, warrior poses can boost confidence.
- Strengthens the legs, ankles and knees.
- Helps bring flexibility to the body.
- Pelvic muscles are actively involved, increasing hip flexibility.
- Removes excess fat, tones the legs and sides of the hips.
- Keeps the chest and torso in a stable position.
- Improves the lung capacity, expanding the chest.
- Cultivates a strong muscular-skeletal system and body structure.
- Tones upper abdomen, legs and enhances the flexibility of the inner thighs and groins.
- Enhances blood circulation and improves the muscular system.

### LIMITATIONS

- Students with ankle, knee or hip injuries, weak muscular frames and body strength, have undergone recent knee, ankle or hip surgery, issues due to vertigo, migraine or HBP, pregnant and postnatal women, and seniors should avoid this.



- Strengthens the joints and the bone structure.
- Good for athletes, runners, gymnasts, ice skaters, long jumpers and dancers.
- Prepares the student for deeper versions of poses.

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



## The New Indian Express • 20 Mar • Ministry of Ayush UPAVISTHA VIRABHADRASANA I WHEEL (SEATED WARRIOR POSE I WHEEL)

2 • PG

715 • Sqcm

715167 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

**FITBIT**

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# The New Indian Express • 19 Mar • Ministry of Ayush TRI PADA ADHO MUKHA SVANASANA PADA AERIAL

2 • PG

686 • Sqcm

905485 • AVE

246.4K • Cir

Bottom Center

Chennai

## FITBIT

### TRI PADA ADHO MUKHA SVANASANA PADA AERIAL

(THREE-LEGGED DOWNWARD-FACING DOG POSE – AERIAL VARIATION)

This is a beginner-level aerial prone pose, a variation of Three-Legged Downward-Facing Dog Pose. Here, the hammock provides additional stability, enhances core engagement for balance, and deepens the stretch by supporting and elevating the extended leg. It offers unique benefits. The element of suspension increases the challenge, requiring greater core engagement and balance. The feeling of being suspended in the air fosters a sense of playfulness and freedom, making it a mentally refreshing practice.

#### STEPS

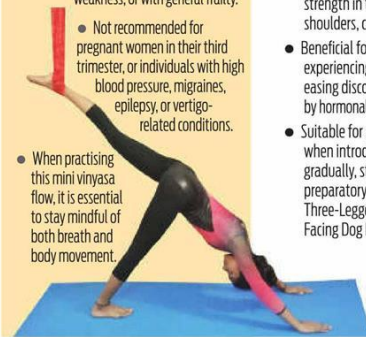
- Place a yoga mat underneath the hammock. Securely set up your aerial yoga hammock.
- Stand facing away from the hammock, with it positioned behind you at hip height. Align yourself in the Three-Legged Downward-Facing Dog Pose. Inhale deeply through your nose, expanding your chest.
- Exhale and bend forward at the hips, allowing your torso to fold forward while keeping your hands on the mat. Step your left foot back, extending it straight behind you and pressing it firmly into the ground.
- Place your right foot into the hammock. Inhale deeply and lift your right leg upward, straight and engaging the muscles.
- Exhale and press your hands firmly into the mat, stretching your spine and reaching your hips towards the ceiling. Maintain a steady breathing rhythm.
- Hold the pose for six to eight breaths or as long as comfortable.
- Gently release the hammock from your foot and return to the starting position.
- Repeat the pose, this time placing your left foot in the hammock.
- Finally, bend your knees into Vajrasana and relax in Prasrita Balasana for six to eight breaths.

#### BENEFITS

- Stretches the leg muscles and activates the joints of the hips, knees, and ankles.
- Stretches the psoas and abdominal muscles.
- Enhances balance and stability, which are key elements of this pose.
- Improves body awareness, helping to prevent injury and prepare for more advanced poses.
- Encourages a strong, aligned spine, hips, and shoulders.
- Promotes blood flow in the opposite direction, calming the nervous system and keeping the brain both relaxed and energised.
- Builds stamina and fosters confidence and trust.
- Regular practise can help with headaches or even migraines.
- Increases blood circulation to the heart.
- Supports the functioning of the soleus muscles.
- Included in yoga for teenagers, helping to develop stability and strength in the hips, shoulders, core, and back.
- Beneficial for women experiencing menopause, easing discomfort caused by hormonal imbalances.
- Suitable for seniors when introduced gradually, starting with a preparatory version of the Three-Legged Downward-Facing Dog Pose.

#### LIMITATIONS

- Should be avoided by individuals with injuries to the knees, hamstrings, ankles, or hips, as well as those recovering from recent surgery, experiencing muscle weakness, or with general frailty.
- Not recommended for pregnant women in their third trimester, or individuals with high blood pressure, migraines, epilepsy, or vertigo-related conditions.
- When practising this mini vinyasa flow, it is essential to stay mindful of both breath and body movement.



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

# The New Indian Express • 19 Mar • Ministry of Ayush

## TRI PADA ADHO MUKHA SVANASANA PADA AERIAL (THREE-LEGGED DOWNWARD-FACING DOG POSE-AERIAL VARIATION)

2 • PG

636 • Sqcm

635873 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

### FITBIT

## TRI PADA ADHO MUKHA SVANASANA PADA AERIAL

### (THREE-LEGGED DOWNWARD-FACING DOG POSE – AERIAL VARIATION)

This is a beginner-level aerial prone pose, a variation of Three-Legged Downward-Facing Dog Pose. Here, the hammock provides additional stability, enhances core engagement for balance, and deepens the stretch by supporting and elevating the extended leg. It offers unique benefits. The element of suspension increases the challenge, requiring greater core engagement and balance. The feeling of being suspended in the air fosters a sense of playfulness and freedom, making it a mentally refreshing practice.

#### STEPS

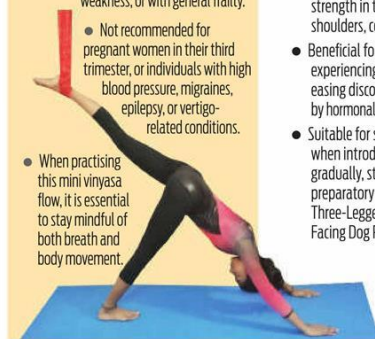
- Place a yoga mat underneath the hammock. Securely set up your aerial yoga hammock.
- Stand facing away from the hammock, with it positioned behind you at hip height. Align yourself in the Three-Legged Downward-Facing Dog Pose. Inhale deeply through your nose, expanding your chest.
- Exhale and bend forward at the hips, allowing your torso to fold forward while keeping your hands on the mat. Step your left foot back, extending it straight behind you and pressing it firmly into the ground.
- Place your right foot into the hammock. Inhale deeply and lift your right leg upward, straight and engaging the muscles.
- Exhale and press your hands firmly into the mat, stretching your spine and reaching your hips towards the ceiling. Maintain a steady breathing rhythm.
- Hold the pose for six to eight breaths or as long as comfortable.
- Gently release the hammock from your foot and return to the starting position.
- Repeat the pose, this time placing your left foot in the hammock.
- Finally, bend your knees into Vajrasana and relax in Prasrita Balasana for six to eight breaths.

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- Not recommended for pregnant women in their third trimester, or individuals with high blood pressure, migraines, epilepsy, or vertigo-related conditions.
- When practising this mini vinyasa flow, it is essential to stay mindful of both breath and body movement.



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



The New Indian Express • 18 Mar • Ministry of Ayush

## GOMUKHASANA A

2 • PG

717 • Sqcm

945920 • AVE

246.4K • Cir

Top Right

Chennai

### FITBIT

## GOMUKHASANA A

(COW FACE POSE A)

This is a variation of Gomukhasana (Cow Face Pose). In fact, the Shoelace Pose is a warm-up, transit and preparation to this pose. This pose is a foundation pose to Gomukhasana Variation Pada. It comes from the traditional Ashtanga Yoga and requires intense hip flexibility same as the Uddiyana Bandha and Jalandhara Bandha (Chin Lock). It can be a good cooling-down pose for advanced hip-opening poses. Importantly, a lot of calves and hamstring stretches are needed to be done before this practice to avoid cramps in the legs. Both knee and ankle rotations are compulsory warm-ups that need to be done to release stiffness and enable ease.

### STEPS

- Sit in Dandasana (Staff Pose).
- Place your palms on the floor, bend the left leg at the knee, and place your left foot near the right buttocks. Breathe.
- Raise the right leg bending at the knee and place the right thigh over the left thigh and bring the right foot close to the left buttocks.
- Make sure both knees are one above the other or and balance the body.
- Going backward, gently sit on the heels, keeping the spine erect.
- Breathe, engage the core and maintain the Uddiyana Bandha pose. Roll the shoulders back, interlock the fingers and place the locked palms on the right knee.
- Slightly bring the body forward in a slanting position and keep the chin down. This is the final pose.
- To release, look up, bring the head to a neutral position, and inhale. Release the Uddiyana Bandha pose, interlocked fingers and legs, and relax in Dandasana Hands Back Knees Bent.
- Realign in Dandasana. Now practise the same on the other side.
- Release and relax in Dandasana Hands Back Knees Bent.

### BENEFITS

- Tones the IT band, quadriceps, hamstrings, calves, torso, lower body and the inner thighs.
- Strengthens the ankle, spine and heel joint.
- Stretches the cervical spine and neck muscles.
- Helps students with the art of holding the breath, increasing lung capacity, and diaphragm's elasticity.
- Heals knee injuries, provided it is not a ligament tear.
- Cures initial stages of arthritis-knees.
- Posture correction is effective.
- Cures ailments related to urogenital system like infertility, erectile dysfunction, urinary-incontinence, polycystic ovaries and inflamed prostate glands.
- Enhances blood circulation to the digestive system.
- Burns fat in the tummy area.
- Stimulates the Muladhara, Sacral and Manipura Chakras.
- Balances the Throat Chakra and removes any lethargy or negative thinking process.
- Nabi chakra stimulation enhances the prana flow by detoxification.

### LIMITATIONS

- Students who have ankle, knee, and wrist injuries, or have undergone recent knee, hip, and spine surgeries, or are struggling with pelvic stiffness, acute arthritis of knee and ankle joints, athletes with quadriceps and hamstring injuries, and pregnant women after first semester, must avoid this.
- Postnatal women can practise this after the initial four weeks.



By N Elumalai, PhD Scholar (Yoga Science) at

## The New Indian Express • 18 Mar • Ministry of Ayush Life, Uninterrupted

3 • PG

1301 • Sqcm

1717217 • AVE

246.4K • Cir

Bottom Center

Chennai

PRACHI SATRAWAL

N a city like Delhi, where clean air is a luxury and outdoor yoga feels like a dare, the LifeYoga Centre emerges as a sanctuary for the soul. Nestled in the heart of Chanakyaपुरी, the capital's bustling diplomatic enclave, this meditative retreat seamlessly blends ancient wisdom with modern design, offering a refuge from the chaos of urban life. Designed by Studio Lotus, the centre, which opened in 2023, spans three levels, each thoughtfully crafted to guide visitors deeper into mindfulness.

At the helm is Dr Varun Veer. "Yoga has been my family tradition," he says. "My father, an Ayurveda acharya, introduced me to yoga at the age of nine." With a PhD in yoga and decades of global teaching experience, Dr Varun returned to India from Hong Kong with a mission: to create the world's best yoga centre, rooted in wisdom yet tailored to modern lifestyles. In a world filled with uncertainty, yoga offers a structured path — a beginning, a plan, and an end.

### To decompress & discover

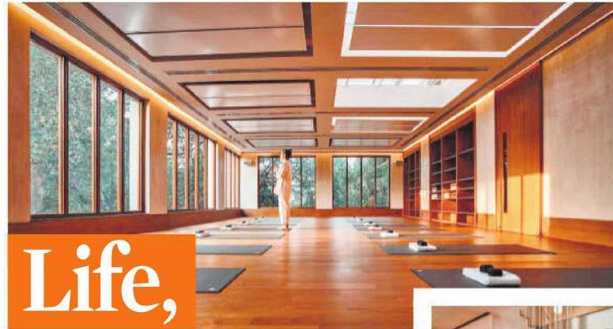
The moment you step into LifeYoga, you are greeted by a restrained palette of warm neutrals and earthy tones, a deliberate design choice to evoke a sense of calm. The ground floor houses a reception area that flows into a retail zone and "Elevated," a restaurant serving Ayurveda-inspired cuisine. However, the real magic of the

Dr Varun Veer's LifeYoga Centre in Delhi nurtures an entire ecosystem of mindfulness

centre lies upstairs, where the main yoga studio, conceptualised as a conservatory, is bathed in soft, diffused light from overhead skylights. Hot yoga panels double as lighting reflectors, creating an evenly-lit space that feels both expansive and intimate.

Dr Varun explains the philosophy behind the design: "The intent was that whenever a student enters, they should feel two things — peace of mind and joy, which are increasingly scarce in today's world. My brief to the architect was minimalism, or *rihita* — emptiness. Until your body and heart are empty, *shunyata* (tranquility) cannot be achieved. The mind remains busy unless it finds that emptiness."

The studios, named Ekam, Dve, Trini, Chatur, and Pancha in Sanskrit, are versatile spaces with collapsible walls, accommodating groups ranging from five to fifty. The basement, with its naturally lower light levels, is dedicated to slower, meditative practices. Here, therapeutic lighting en-



## Life, Uninterrupted



hances focus and relaxation. Integrated, adjustable lighting systems allow for a well-lit atmosphere or a dim, gentle ambience, depending on the practice. Even the air-conditioning is discreet, with low-velocity ducts ensuring no drafts disrupt your flow.

The centre's meticulous attention to air quality is another stand-out feature. Beyond the



studios, finer details like camphor lamps, salt crystals, and the restaurant's fresh, organic produce contribute to a holistic experience. Sabeena Awasthi, a regular visitor for the past nine months remarked, "This is an experience, what they have opened here is beautiful."

Dr Varun recalls



one student, a deep-sea diver from Germany, who shared how LifeYoga evoked a sensation akin to the ocean's depths: "Below a certain level, you're completely disconnected from the world due to the atmospheric pressure. Yoga, here, gives me the same feeling."

LifeYoga's programming is as diverse as its design. Over 20 types of classes are offered daily, from Ashtanga and Vinyasa to aerial and wall rope yoga. Their app facilitates booking classes at convenience. "We start at 6:30 in the morning and go till nine at night," Dr Varun says.

For Anubhav Anusha, a 37-year-old biotechnologist who runs a diagnostics company for

infectious diseases, doing yoga is a first. "I joined for a two-week programme, intending to spend three months in India and three in France. But since I joined, I haven't left the country or travelled anywhere. I spend around three hours here every day," he says.

Do aesthetics play a role in yoga practice? "As one reaches higher levels of awakening, the body becomes more sensitive. Art and decor become important in maintaining that sensitivity and calm. The warmth of the centre facilitates the calming of the mind, heart, and body," he says.

### A growing community

The centre boasts a robust membership base of over 750 individuals. As yoga continues to evolve, shifting between tradition and contemporary adaptation, Dr Varun is clear that "Yoga is not necessarily about seeking God. We don't mix yoga and religion. A city yoga centre is different from an ashram, and practices vary accordingly".

It is worth pondering: what if modern yoga is neither entirely spiritual nor purely secular, but something more elusive — a practice whose allure stems from its in-between nature? Oscillating between the tranquility of a sacred retreat and the utility of a fitness studio, yoga sometimes drapes itself in mystique, other times in pragmatism. Perhaps this fluidity — experienced each time practitioners unroll their mats — is the essence of yoga itself.



Yoga, Sanskrit, naturopathy — these belong to everyone, but their roots are in India

Dr Varun Veer, LifeYoga Centre

## The New Indian Express • 18 Mar • Ministry of Ayush GOMUKHASANA A (COW FACE POSE A)

2 • PG

702 • Sqcm

701707 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

### FITBIT

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(COW FACE POSE A)

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



Millenniumpost • 20 Mar • Ministry of Ayush  
Shashwat Goenka elected chairman of CII ER Council

9 • PG

103 • Sqcm

186033 • AVE

750K • Cir

Bottom Center

Delhi

## Shashwat Goenka elected chairman of CII ER Council

**KOLKATA:** Shashwat Goenka, the Vice Chairman of RP-Sanjiv Goenka Group, has been elected as the Chairman of CII Eastern Region (ER) Council for the year 2025–26 while Mehul Mohanka of Tega Industries has been elected as the Deputy Chairman.

Goenka is also the Chairman of Spencer's Retail and Vice Chairman of CESC, First-source Solutions, Director of PCBL Chemical Limited. From diversifying the energy to chemicals conglomerates portfolio into Consumer, FMCG & IT enabled services, Goenka is now leading the green transition across the group.

Currently he is the Chairman for CII Task Force on AAYUSH, CII National Committee on Retail and CII National Committee on E-Commerce and Co-Chair, CII-Family Business Network.



**New office bearers elected for CII Eastern Regional Council 2025-26**

Mohanka, the Managing Director & Group CEO of Tega Industries, holds an MBA from University of Pittsburgh – Joseph M. Katz Graduate School of Business, USA and earned a certificate in Advanced Management from Harvard Business School.

MPOST

The Statesman • 20 Mar • Ministry of Ayush  
Patanjali scientists' research on Renogrit among top 100 papers of 2024 in Scientific Reports

8 • PG

738 • Sqcm

132922 • AVE

225K • Cir

Middle Left

Delhi

## Patanjali scientists' research on Renogrit among top 100 papers of 2024 in Scientific Reports

STATESMAN NEWS SERVICE  
NEW DELHI, 18 MARCH

Inspired by the vision of Yoga guru Baba Ramdev and driven by evidence-based Ayurvedic research, scientists at Patanjali have achieved a significant milestone as their research paper on the herbal formulation Renogrit has been recognised among the top 100 research papers of 2024 in the prestigious *Scientific Reports* journal, part of the globally renowned Nature Portfolio publication.

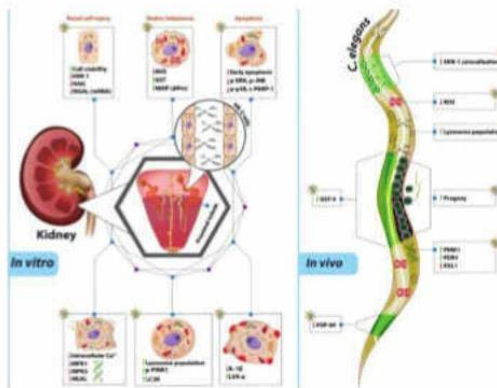
With an Impact Factor of 3.8, *Scientific Reports* ranks as the fifth most-cited journal worldwide. The study on Renogrit has already been downloaded 2,568 times, highlighting the increasing global interest in Ayurvedic medicines as not only effective therapeutic solutions but also as a subject of scientific exploration.

The research underscores how a simple herbal formulation can combat severe diseases without adverse side effects, reinforcing Ayurveda's scientific credibility on an international scale.

Patanjali's Ayurvedic formulation, Renogrit, has demonstrated its potential not only in repairing kidney damage caused by the allopathic anti-cancer drug, cisplatin but also in alleviating oxidative stress on kidney cells.

On this occasion, Acharya Balkrishna, who was also part of the research team, stated that the success of Renogrit is a significant step in establishing the scientific credibility of Ayurveda on a global scale. It demonstrates that when ancient wisdom is tested on modern scientific parameters, it yields groundbreaking results.

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The study revealed that Renogrit not only repairs cisplatin-induced nephrotoxicity but also alleviates oxidative stress on kidney cells. This groundbreaking discovery paves the way for integrating Ayurvedic medicine with modern therapeutic approaches to enhance patient outcomes.

Conducted by a team of scientists including Acharya Balkrishna, Vivek Gohel, Nishit Pathak, Monali Joshi, Rani Singh, Ankita Kumari, Rishabh Dev, and Anurag Varshney, the research focused on the pharmacological effects of Renogrit on cisplatin-induced nephrotoxicity.

The study utilized human renal proximal tubular (HK-2) cells and the *Caenorhabditis elegans* model to examine the protective effects of the herbal formulation.

Renogrit was effective in regulating renal injury markers such as KIM1, NAG levels, and NGAL mRNA expression.

The formulation helped in reducing oxidative stress by controlling reactive oxygen species (ROS) generation and GST levels.

It improved mitochondrial function by stabilizing mitochondrial membrane potential and regulating SKN1 and HSP60 expression.

Renogrit modulated key cell death pathways, including apoptosis, necroptosis, mitophagy, and inflammation.

Importantly, while protecting kidney cells, Renogrit did not interfere with the anti-cancer effects of cisplatin on cancer cells, making it a viable candidate for adjunctive therapy.

Yugmarg • 19 Mar • Ministry of Ayush

## A two-day Regional Buyer-Seller Meet in the Medicinal Plants held in Chandigarh

10 • PG

150 • Sqcm

30984 • AVE

185K • Cir

Middle Center

Chandigarh

### A two-day Regional Buyer-Seller Meet in the Medicinal Plants held in Chandigarh

**C**handigarh( R N Khera): A two-day "Regional Buyer-Seller Meet" commenced on Tuesday at the National Institute of Technical Teachers Training and Research (NITTTR), Sector 26, Chandigarh. The event was organized by RCFC NR-1, NMPB, Ministry of AYUSH, Government of India, focusing on industry insights, market overview, and opportunities in the field of medicinal plants. During the first session, Dr. Arun Chandan (Regional Director, RCFC NR-1) shed light on the major challenges, opportunities, and supply chain dynamics within the medicinal plant industry. Dr. Jitendra Sodhi (CMD, Ayush Herbs) and Dr. JP Singh (Shri Dhanwantri Herbals) also shared their insights. In the next session, Nityanandam Shri discussed marketing strategies and market access within the medicinal industry in detail. Subsequently, Mahesh Kilnot (Trimbakeshwar Braj Kishan Producer Company Limited) shared his experiences in medicinal plant cultivation. Industry representatives also deliberated on sourcing quality medicinal plants and the purchasing process. The organizers stated that this meeting marked a milestone in fostering new business relations and opportunities in the medicinal plant sector. The event provided a common platform for farmers, entrepreneurs, and marketing experts, facilitating concrete steps towards improving medicinal plant trade and quality.



The Hindu • 19 Mar • Ministry of Ayush

## NEWS IN NUMBERS

3 • PG

192 • Sqcm

208831 • AVE

956.08K • Cir

Top Left

Hyderabad

### NEWS IN NUMBERS

#### Number of Rohingya refugees killed in Bangladesh in 2024

**65** Rohingya refugees were killed last year in clashes between rival militant groups competing for influence in Bangladeshi relief camps. Around a million members of the persecuted minority live in Bangladesh, most of whom arrived after fleeing a brutal 2017 military crackdown in Myanmar. AFP

#### Number of people killed due to Israel's airstrikes in Gaza

**413** UN chief Antonio Guterres voiced shock after hundreds were killed in the most intense Israeli airstrikes in Gaza since a fragile ceasefire took effect in January. Israel on Tuesday vowed to continue fighting in the Gaza Strip until the return of all hostages. AFP

#### Cancer treatments performed under Ayushman Bharat

**68** In lakh. Cancer treatments worth over ₹13,000 crore have been performed under the Ayushman Bharat health insurance scheme, with 75% of them undertaken in rural areas, Union Health Minister J.P. Nadda said. The benefits were given under the Pradhan Mantri Jan Arogya Yojana. PTI

#### Drones seized by the Border Security Force in Punjab in 2024

**294** Union Minister of State for Home Nityanand Rai said that multiple steps such as putting up anti-drone systems, sharing information received about drones with the BSF, Indian Air Force and the local police station, had been taken to counter drone-based smuggling. PTI

#### Annual aid received by Colombia from USAID for various programmes

**440** In \$ million, for more than 80 programs, making it the largest recipient of the agency's funds in the western hemisphere. The suspension of USAID is shuttering anti-gang programs in Colombia's impoverished places. REUTERS  
COMPILED BY THE HINDU DATA TEAM

The Hindu • 19 Mar • Ministry of Ayush  
Cancer treatments performed under Ayushman Bharat

8 • PG

35 • Sqcm

16318 • AVE

245K • Cir

Top Center

Mumbai

Cancer treatments  
performed under  
Ayushman Bharat

**68**

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Morning India • 18 Mar • Ministry of Ayush

## Par panel recommends single independent drug controller for AYUSH

6 • PG

276 • Sqcm

165412 • AVE

6K • Cir

Bottom Left

Kolkata

# Par panel recommends single independent drug controller for AYUSH

**New Delhi :** A parliamentary committee has recommended the consolidation of all AYUSH drug-related standard-setting processes under a single independent drug controller in alignment with the Drugs and Cosmetics Act, 1940, and its associated rules.

To achieve this, the ministry should establish a streamlined and inclusive mechanism that actively involves stakeholders in the development of pharmacopoeial standards, ensuring greater efficiency and uniformity, said the Parliamentary Standing Committee on Health and Family Welfare in a report presented in the Rajya Sabha this week.

Additionally, the Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H) and Central Council for Research in Ayurvedic Sciences (CCRAS) may come together to coordinate and collaborate in this initiative, the committee emphasised in its 165th report on "Demands for Grants 2025-26 (Demand No. 4) of Ministry of Ayush".

This will enhance the scientific testing and evaluation of a larger number of ASURH (Ayurveda, Siddha, Unani, and Homoeopathy) drug samples to ensure safety, efficacy, and quality, strengthening the foundation of research and standardisation in the sector.

The committee flagged that the state-wise reach of Arugya Fair/Ayurveda Parv is less compared to the size of India with its 28 states and eight Union Territories.

It recommended that the reach should cover 50 per cent of Indian states in the coming year and eventually all of the country in the near future to propagate the Ayush System for the prevention and treatment of common ailments.

It recommended that the ministry leave no stone unturned in efficiently and effectively implementing the IBC (Information, Education, and Communication) Scheme, thus generating awareness amongst the common masses, especially in rural, urban slum, hilly and tribal areas.

The committee also took note of the financial and physical performance made under the international cooperation scheme with respect to budgetary allocation and set objectives.

It recommended that going forward communication should be made with first-world countries like the UK and the



US for promoting AYUSH among the Indian diaspora as well as their native citizens.

Underlining the potential in promoting AYUSH-related healthcare travel to India, the panel said that the Ministry has to chalk out strategies to vigorously promote the AYUSH system of medicine in international markets, and support invest-

ment and exchange of exports to boost Ayush products in the global market.

"The Ayush Ministry should keep the consideration that Ayush Vision@2047 has a target to enhance the contribution of the Ayush Sector up to 7.7 per cent of GDP," it said.

It suggested that the strategic course of action – viz. road

shows abroad, CMEs for the foreign audience, familiarisation trips, strategic marketing communication through a professional agency, collateral audio-videos content and social media marketing – can further be taken up by the Ministry for the achievement of the Mission Objective of the scheme.

The committee also recommended that the ministry give equitable impetus to all sub-components of the capacity building and continuing medical education (CME) in Ayush under the Ayurgyan Scheme.

Underlining the vital role of research and innovation in Ayush Drugs for prioritised diseases, the committee recommended collecting data on safety, standardisation and quality control for Ayush products and practices in order to develop evidence-based support on the efficacy of Ayush drugs and therapies.

In order to inculcate scientific aptitude and expertise relating to Ayush systems, the ministry should chalk out a strategy for the development of potential human resources and their management in the Ayush system, the report said.

The committee reiterated its recommendation that the outcome of the research scheme should successfully demonstrate the effectiveness of Ayush systems and the novel technology successfully developed out of such research and development must harness the potential of Ayush in the interest of public health delivery.

Further, noting that the scheme is one of the most significant schemes under AYUSH, the panel recommended extending it in financial years beyond 2025-26 with adequate budgetary allocation.

The committee expressed happiness and welcomed the laying of the foundation of a WHO Global Traditional Medicine Centre (GTMC) at Jamnagar, Gujarat and said that increasing collaboration with WHO in the Ayush Sector is significant in the global acceptance of traditional medicine and Ayush healthcare.

Such events will certainly help with the rapid growth of traditional medicine and healthcare.

It recommended that steps be taken on priority to complete the project early and make the GTMC functional.

Orissa Post • 18 Mar • Ministry of Ayush  
2-day farmer training at Patanjali Research

9 • PG

93 • Sqcm

27925 • AVE

171.26K • Cir

Middle Center

Bhubaneshwar

## 2-day farmer training at Patanjali Research

AGENCIES

**Haridwar, March 17:** A two-day event on the topic “Regional Training for Development of Agricultural Entrepreneurship in Cultivation of Medicinal Plants” sponsored by the National Medicinal Plants Board (NMPB) Scheme under the Ministry of AYUSH, Government of India was organized in the auditorium of Patanjali Research Foundation in collaboration with Patanjali Research Foundation



and Patanjali University. In this program, emphasis was laid on conservation of medicinal plants, plantation and conservation of their natural species, as well as promotion of conservation through development of

herbal gardens.

The program started with lighting of lamps. Swami Ramdev Ji and Pujya Bal Krishna Ji welcomed the guests by presenting shawls and garlands. Divided into four sessions, this conference was attended by farmers and agricultural experts of national and regional level, who succeeded in presenting the ancient Sanjeevani of Uttarakhand on the global stage.. The farmers present were guided on agriculture related topics.

The Daily Guardian • 18 Mar • Ministry of Ayush  
PGI data operator arrested in Ayushman Yojana scam

13 • PG

108 • Sqcm

10774 • AVE

N/A • Cir

Middle Center

Chandigarh

## PGI data operator arrested in Ayushman Yojana scam

**RAHUL SAHDEV**  
CHANDIGARH

The investigation into the scam and fraud of crores of rupees in the cashless treatment of Ayushman Yojana at Chandigarh PGI has now reached the Himcare scheme. Chandigarh Crime Branch has arrested Himcare's data operator Kapil in this case.

Earlier, the police had caught an accused named Balram, after whose arrest the case was transferred to the Crime Branch. Initially, a case of taking out medicines and surgical items by committing fraud in the Ayushman scheme had come to light.

Himcare's data operator is also involved in the scam. Balram said that Him-

care's data operator Kapil was also involved in the scam. If the scam is confirmed in the Himcare scheme as well, then the Himachal Pradesh government may have to make changes in the module of this scheme.

For the first time, the role of a PGI employee came to the fore.

Police investigation revealed that Kapil worked as a data operator at the Himcare Yojana counter in Nehru Hospital.

This is the first time that the involvement of an employee working inside PGI has come to light in this scam. The accused Balram who was arrested earlier was not an employee of PGI.



The Daily Guardian • 18 Mar • Ministry of Ayush  
Yogotsav' event held in National Institute of Ayurveda

14 • PG

181 • Sqcm

18064 • AVE

N/A • Cir

Middle Left

Chandigarh

## 'Yogotsav' event held in National Institute of Ayurveda

**TDG NETWORK**  
PANCHKULA

The National Institute of Ayurveda, Panchkula, organized the 'Yogotsav' countdown event for International Day of Yoga (IDY) 2025 on March 17, under the directions of the Ministry of AYUSH, in collaboration with Morarji Desai National Institute of Yoga, New Delhi. This event marked 96 days remaining until IDY 2025 and aimed to promote the importance of yoga in daily life.

The event was conducted under the directives of Vice-Chancellor Prof. Sanjeev Sharma, Dean Prof. Gulab Chand Pamnani, and Dean-in-Charge Prof. Satish Gandharve. The event was graced by Ashwini Sharma, Co-State In-charge & Yoga Instructor, Yuva Bharat Unit, Chandigarh, Patanjali Yogpeeth, Haridwar, and Gaurav Kumar Garg, DMS, as chief guests.

*The event was conducted under the directives of Vice-Chancellor Prof. Sanjeev Sharma, Dean Prof. Gulab Chand Pamnani, and Dean-in-Charge Prof. Satish Gandharve.*

The program commenced with the lighting of the ceremonial lamp, followed by the chanting of Patanjali Vandana by Dr. Shinsha P., Medical Officer. Pooja Hasan, Assistant Professor, Department of Swasthavritta & Yoga, extended a warm welcome to all the dignitaries. Prof. Satish Gandharve provided insights into the background and significance of yoga.

The Common Yoga Proto-

col (CYP) session was led by Shri Ashwini Sharma, accompanied by Ishwar Datt Joshi, Yoga Instructor & Member, Yuva Bharat Unit, Panchkula, and Jitendra, a national-level yoga athlete, who demonstrated various yoga practices. More than 100 participants, including faculty members, staff, students, and health seekers, actively participated in the session. Additionally, Shri Jitendra inspired participants with his demonstration of advanced yoga postures.

At the end of the program, all guests were felicitated. Gaurav Kumar Garg, DMS, delivered the closing remarks, emphasizing the importance of consistent yoga practice. The event concluded with a vote of thanks by Aparna Dilip, Assistant Professor, Department of Kaumarbhritya, followed by the National Anthem, marking the completion of the event.



The Daily Guardian • 18 Mar • Ministry of Ayush

## ENERGIZE YOUR WORKDAY – HARNESSING YOGA AND PRANAYAMA FOR PROFESSIONALS

14 • PG

845 • Sqcm

84470 • AVE

N/A • Cir

Top Left

Delhi

# ENERGIZE YOUR WORKDAY - HARNESSING YOGA AND PRANAYAMA FOR PROFESSIONALS

TGG NETWORK  
NEW DELHI

In today's fast-paced world, work has become an essential part of our daily routine. With most of us spending long hours at desks in front of computers, office life often takes a toll on our physical and mental health. From back pain and eye strain to stress and anxiety, the consequences of a sedentary lifestyle are well documented. However, amidst the demanding schedules and constant pressure to perform, yoga and pranayama have emerged as powerful tools to combat the negative impacts of office life.

Yoga, a physical, mental, and spiritual practice that originated in India thousands of years ago, is now widely recognized as a holistic approach to improving well-being. Pranayama, the practice of controlling breath, is a core aspect of yoga and is especially beneficial in helping manage stress and maintain mental clarity. Together, yoga and pranayama offer an array of health benefits that can improve both physical and mental aspects of office work.

### THE NEED FOR YOGA AND PRANAYAMA IN OFFICE LIFE

Modern office life often leads to an imbalance in our physical and mental health. Prolonged sitting, repetitive tasks, and high-pressure work environments can result in various health issues, including:

Physical Strain: Sitting for

extended periods can lead to poor posture, back pain, neck stiffness, and headaches. The lack of movement can also contribute to weight gain and poor circulation.

Mental Stress: Tight deadlines, constant multitasking, and long working hours can cause high levels of stress and anxiety. The continuous pressure to meet expectations often leads to burnout, affecting both work and personal life.

Decreased Productivity: Stress and physical discomfort can significantly impact focus, concentration, and overall productivity. Employees may struggle to stay motivated or engaged, leading to a decline in performance.

Lack of Relaxation: A lack of mental relaxation and downtime leads to fatigue, which diminishes creativity and problem-solving abilities.

Incorporating yoga and pranayama into office life addresses these issues by promoting relaxation, improving focus, and enhancing physical well-being.

### THE BENEFITS OF YOGA IN THE OFFICE

Improved Posture and Flexibility: Yoga helps in stretching and strengthening muscles that may become stiff from sitting in one position for too long. Regular practice of yoga poses such as the cat-cow stretch, shoulder shrugs, and seated forward bends helps in improving posture, reducing the risk of back pain, and alleviating discomfort caused by sitting.

Incorporating simple yoga stretches throughout the

day, even at your desk, can increase mobility, prevent muscle strain, and reduce stiffness, especially in the neck, shoulders, and lower back areas.

Enhanced Breathing and Reduced Stress: Deep breathing exercises are at the core of yoga. In an office setting, this becomes essential as shallow breathing often accompanies stress and tension. Yoga encourages slow, deep, and mindful breathing, which triggers the body's relaxation response. By practicing yoga poses combined with deep breathing, individuals can activate the parasympathetic nervous system, which reduces stress and promotes mental clarity.

Increased Energy and Focus: One of the most immediate benefits of yoga is its ability to enhance energy levels. A few minutes of yoga poses or breathing exercises can boost circulation and oxygen flow to the brain, which helps improve concentration, alertness, and overall mental clarity. This makes it easier to focus on tasks and improve productivity during the

workday. Mental Clarity and Emotional Balance: Yoga has a profound impact on mental health. It encourages mindfulness, which involves staying present in the moment and focusing on the breath or the movement. By practicing mindfulness, employees can manage distractions more effectively and develop emotional resilience, which helps in dealing with the daily stresses of office life.

Regular yoga practice also helps in cultivating a positive mindset by releasing negative emotions such as anger, frustration, and anxiety. This emotional balance can improve interpersonal relationships in the workplace, leading to better collaboration and communication.

### THE ROLE OF PRANAYAMA IN OFFICE LIFE

Pranayama, often referred to as the "art of controlled breathing," involves various techniques designed to regulate and control the breath. It is one of the most important aspects of yoga and is known for its positive impact on both physical and

mental health. The practice of pranayama can be easily incorporated into office life, offering a quick and effective way to manage stress, improve concentration, and enhance overall well-being.

Stress Reduction: Pranayama helps in activating the body's relaxation response by slowing down the breath and reducing the production of stress hormones. Techniques like Nadi Shodhana (alternate nostril breathing) and Ujjayi (victorious breath) help calm the nervous system, reduce anxiety, and create a sense of inner peace. When practiced during stressful moments, pranayama can bring immediate relief and restore a sense of calm.

Improved Focus and Concentration: Breathing exercises like Kapalabhati (skull shining breath) and Bhastrika (bellows breath) help increase oxygen levels in the body, leading to better brain function. These pranayama techniques stimulate the mind, increase mental clarity, and improve focus. By practicing pranayama in the office, employees can sharpen their concentration

and enhance productivity, especially during tasks that require sustained focus.

Increased Vitality: Pranayama helps to increase the flow of oxygen throughout the body, which enhances energy levels and combats fatigue. By consciously controlling the breath, individuals can improve circulation, increase lung capacity, and boost overall vitality. This results in a reduction in fatigue and an overall sense of rejuvenation, making it easier to maintain energy throughout the workday.

Emotional Stability: Pranayama techniques promote emotional balance by regulating the autonomic nervous system. This helps in reducing mood swings, irritability, and emotional stress. In a work environment, where conflicts and pressures can create emotional upheavals, pranayama can help individuals maintain a calm and composed state of mind.

### INTEGRATING YOGA AND PRANAYAMA INTO OFFICE LIFE

Despite the numerous benefits of yoga and pranayama, it is essential to create an

environment that supports their integration into office life. Here are some practical ways employees and organizations can incorporate yoga and pranayama into daily office routines:

Short Yoga Breaks: Setting aside 5-10 minutes every few hours for a quick yoga session can go a long way in improving physical well-being. Simple stretches like neck rolls, shoulder shrugs, wrist stretches, and seated spinal twists can alleviate stiffness and tension. Employees can also take a break to practice deep breathing exercises to help calm the mind and refocus.

Mindful Breathing Sessions: Organizing short breathing sessions during work breaks can help employees release stress and improve concentration. Practices like Nadi Shodhana (alternate nostril breathing) or Ujjayi (victorious breath) can be done in a quiet space or even at one's desk to restore calm and mental clarity.

Yoga and Pranayama Workshops: Organizations can invite certified yoga instructors to conduct workshops or sessions for employees. These workshops can focus on teaching simple yoga poses, stretches, and pranayama techniques that can be practiced in the office to relieve stress, improve posture, and increase energy levels.

Creating a Wellness Space: If possible, organizations can set up a small wellness area in the office where employees can practice yoga or meditation during their

breaks. This space can include yoga mats, cushions, and a calming atmosphere conducive to relaxation and mindful breathing.

Encouraging a Holistic Approach to Well-being: Employers can promote the importance of work-life balance and holistic well-being by encouraging employees to engage in yoga and pranayama outside of work hours as well. Corporate wellness programs can include yoga classes or mindfulness meditation sessions that employees can attend after work or during lunch breaks.

Incorporating yoga and pranayama into office life offers numerous benefits, from improving physical health to enhancing mental clarity and emotional well-being. By providing employees with the tools to manage stress, improve focus, and stay physically active, organizations can create a healthier and more productive work environment.

Yoga and pranayama are simple, effective, and easily adaptable practices that can be done with minimal space and time commitment. With consistent practice, employees can experience increased energy, reduced stress, and improved overall health, ultimately leading to enhanced productivity and satisfaction in both their personal and professional lives. In the modern workplace, integrating yoga and pranayama is not just a trend—it is a powerful solution for maintaining a balanced, healthy, and thriving work environment.





The Daily Guardian • 18 Mar • Ministry of Ayush

## Delhi High Court permanently restrains infringement of Himalaya's Liv.52' trademark, imposes Rs 30.9...

10 • PG

362 • Sqcm

36197 • AVE

N/A • Cir

Middle Left

Delhi

# Delhi High Court permanently restrains infringement of Himalaya's 'Liv.52' trademark, imposes Rs 30.91 lakh in costs and damages

TDG NETWORK  
NEW DELHI

The Delhi High Court in the case Himalaya Global Holdings Ltd. And Anr vs. Rajasthan Aushdhalaya Private Limited And Anr observed and has issued a permanent injunction which being in favour of the personal care and herbal health company Himalaya Global Holdings Ltd against trademark infringement of its 'Liv.52' products used for liver care by manufacturers and sellers of infringing 'Liv-333' goods.

The bench headed by Justice Mini Pushkarna in the case remarked that as the goods are medicinal products, the risk of deception among consumers, medical practitioners and pharmacists must be examined with greater caution as any confusion could have serious consequences for public health.

The court observed that, 'Considering the goods in question are medicinal products, even a minimal degree of confusion can



*Further, the court noted that LIV is an essential feature of Himalaya's mark and that the impugned mark does not sufficiently distinguish itself from Himalaya's mark.*

have serious consequences for public health, as mistaken identity of the products may lead to adverse medical effects or improper treatment and that the risk of deception must be assessed with greater caution, and the defendants' unauthorised use of the impugned mark cannot be permitted, as it creates a likelihood of confusion among consumers, medical practitioners, and pharmacists.'

In the present matter,

the plaintiff i.e., Himalaya Global Holdings Ltd filed a suit against manufacturer Rajasthan Aushdhalaya Private Limited i.e., the defendant no. 2 and sellers i.e., defendant no. 1 of the capsules and tonic under the Liv-333 mark.

The plaintiff stated that its product under the mark 'Liv.52' is a natural remedy for improving liver function and is sold under the 'HIMALAYA' trademark.

It has been submitted by

Himalaya before the court that it came across several infringing products on various e-commerce websites such as Amazon, Flipkart, JioMart and IndiaMart. It stated that upon conducting online searches, it came across an invoice of the defendants dated 23 April 2015, which showed commercial use of the impugned Liv-333 mark.

On May 24, 2024, the court in the case issued an ex-parte ad-interim injunction, where the defendants were restrained from dealing in goods and packaging bearing the infringing mark.

The court proceeded with a summary judgment under Order 8 Rule 10 of Civil Procedure Code, CPC.

The court also noted that the sales figures furnished by the defendants indicate that they continued to sell products under the impugned Liv-333 mark, despite the a d-interim injunction against them.

The court stated that the defendants have clearly infringed upon the LIV mark

by adding 333 to it.

Further, the court noted that LIV is an essential feature of Himalaya's mark and that the impugned mark does not sufficiently distinguish itself from Himalaya's mark.

The court stated that, 'The use of the term "LIV" as the essential element in both marks creates a high degree of similarity, leading to a likelihood of confusion among consumers. The mere addition of the numeral "333" does not alter the overall impression of the mark, as the primary and most recognizable component remains identical.'

The court in the case observed and has issued a permanent injunction which being in Himalaya, wherein it restrained the defendants from dealing in goods with the infringing mark.

The court observed that the defendants received undue commercial benefit from the unauthorized use of the impugned mark and continued to sell it despite the injunction order.



The Daily Guardian • 18 Mar • Ministry of Ayush

## Backache and exercise: How movement can relieve and prevent pain

14 • PG

778 • Sqcm

77758 • AVE

N/A • Cir

Middle Left

Delhi

## Backache and exercise: How movement can relieve and prevent pain

TGG NETWORK  
NEW DELHI

Back pain is one of the most common health issues worldwide, affecting millions of people each year. It can be acute or chronic, and it can occur at any age, often resulting in decreased quality of life, limited mobility, and discomfort. Whether the pain is caused by poor posture, muscle imbalances, overexertion, or a sedentary lifestyle, back pain can be both physically and mentally exhausting. Thankfully, regular exercise has been shown to be one of the most effective ways to alleviate and prevent back pain. In this article, we will explore the relationship between back pain and exercise, and how incorporating specific exercises into your daily routine can help manage or even eliminate the pain.

**Understanding Back Ache**  
Before diving into the benefits of exercise, it's essential to understand the causes of back pain. The spine is a complex structure made up of vertebrae, muscles, ligaments, tendons, and nerves, all of which work together to allow for movement, stability, and flexibility. When one or more of these structures become damaged, inflamed, or overused, back pain can occur.

### SOME OF THE MOST COMMON CAUSES OF BACK PAIN INCLUDE:

**Poor Posture:** Poor posture, particularly when sitting for prolonged periods (such as sitting at a desk), can lead to strain on the spine. Slouching or hunching can cause tension in the back muscles and lead to

misalignment of the spine, ultimately resulting in pain.

**Muscle Imbalances:** Weak or tight muscles in the back, abdomen, and hips can contribute to back pain. When certain muscles are too weak or too tight, they fail to support the spine properly, leading to discomfort.

**Herniated Discs:** A herniated disc occurs when one of the rubbery cushions between the vertebrae in the spine (known as discs) bulges or ruptures. This can put pressure on nearby nerves and lead to pain, tingling, or numbness.

**Sedentary Lifestyle:** A lack of physical activity can contribute to the weakening of muscles, particularly the muscles that support the spine. This leads to a higher risk of experiencing back pain.

**Overuse or Injury:** Overexertion or injury, such as lifting heavy objects improperly, can strain the muscles and ligaments of the back and cause acute pain.

**Age-Related Changes:** As we age, the spine undergoes natural changes, such as the degeneration of the intervertebral discs and the loss of muscle mass. These changes can increase the likelihood of experiencing back pain.

**How Exercise Helps Relieve and Prevent Back Ache**

Exercise is a proven and highly effective method for relieving and preventing back pain. By strengthening the muscles that support the spine, improving flexibility, and increasing overall mobility, regular exercise helps to reduce the risk of injury and chronic



pain. Let's look at how different forms of exercise can help address back pain:

### 1. STRENGTHENING EXERCISES

One of the most important factors in preventing and alleviating back pain is strengthening the muscles that support the spine. This includes muscles in the lower back, abdomen, hips, and pelvis. When these muscles are strong, they provide better support and stability for the spine, reducing the risk of pain and injury.

### SOME EFFECTIVE STRENGTHENING EXERCISES FOR THE BACK INCLUDE:

**Planks:** Planks are an excellent exercise for engaging the core muscles, including the abdominals, obliques, and lower back muscles. A strong core provides support to the spine and helps reduce strain on the lower back.

**Bridges:** This exercise targets the glutes, lower back, and hamstrings. It helps to strengthen the muscles that support the pelvis and lower spine, which can alleviate lower back pain.

**Bird-Dog:** This exercise involves extending one

arm and the opposite leg while maintaining a neutral spine. It strengthens the lower back and improves stability.

**Superman:** The Superman exercise helps strengthen the muscles in the lower back, glutes, and shoulders, improving posture and supporting the spine.

### 2. STRETCHING AND FLEXIBILITY EXERCISES

Tight muscles, particularly in the back, hamstrings, and hips, are common contributors to back pain. Stretching and flexibility exercises help to lengthen the muscles, relieve tension, and improve range of motion. When muscles are flexible, they are less likely to become strained or injured.

### SOME BENEFICIAL STRETCHING EXERCISES INCLUDE:

**Cat-Cow Stretch:** This dynamic stretch helps to mobilize the spine and stretches the back muscles, promoting flexibility and reducing stiffness.

**Child's Pose:** This yoga pose helps to stretch the lower back, hips, and



thighs, releasing tension in the spine.

**Hamstring Stretch:** Tight hamstrings can contribute to lower back pain, so stretching the hamstrings regularly can help prevent discomfort. This can be done by gently stretching one leg at a time while lying on your back or standing.

**Hip Flexor Stretch:** Tight hip flexors are another common cause of back pain. Stretching the hip flexors can help to alleviate pressure on the lower back and improve posture.

### 3. LOW-IMPACT AEROBIC EXERCISES

Aerobic exercise is essential for overall health, and it can also play a key role in managing back pain. Low-impact activities such as walking, swimming, or cycling help to improve circulation, reduce inflammation, and maintain muscle strength without putting excess strain on the back.

**Walking:** Walking is a simple yet effective way to keep the body moving while promoting good posture. It encourages the natural alignment of the spine and helps to relieve stiffness.

**Swimming:** Swimming is a low-impact activity that can provide an excellent full-body workout. The buoyancy of the water supports the body, reducing the strain on the spine while allowing for effective movement and stretching.

**Cycling:** Stationary cycling or outdoor biking is another low-impact activity that can help build strength in the lower back and core muscles. It's important to ensure proper posture while cycling to prevent further strain on the back.

### 4. POSTURE CORRECTION AND ERGONOMIC EXERCISES

Poor posture is one of the leading causes of back pain. Incorporating posture correction exercises into your routine can help you maintain a neutral spine and prevent discomfort caused by misalignment. These exercises aim to strengthen the muscles that support good posture and teach the body how to move properly.

**Wall Angels:** Wall angels help improve posture by strengthening the muscles in the upper back, shoulders, and neck, which are often affected by slouching

or poor posture.

**Chin Tucks:** This exercise helps to align the neck and spine by strengthening the muscles in the neck and upper back. It is particularly helpful for individuals who spend long hours sitting at a desk.

**Seated Rows:** This exercise strengthens the muscles of the upper back, which can help correct slouching and improve overall posture.

### 5. YOGA AND PILATES

Yoga and Pilates are both excellent forms of exercise for relieving back pain and improving flexibility, strength, and posture. Yoga focuses on breathing, flexibility, and gentle stretching, while Pilates emphasizes core strength and alignment.

**Yoga:** Specific yoga poses, such as Downward Dog, Cobra, and Sphinx, are known to relieve back tension, stretch tight muscles, and improve spinal alignment. Yoga also encourages deep breathing, which can help reduce stress, a known contributor to muscle tension.

**Pilates:** Pilates exercises target the core muscles and focus on controlled movement and alignment. Pilates is particularly effective for strengthening the lower back and abdominal muscles, providing better support for the spine.

### HOW TO START EXERCISING FOR BACK PAIN RELIEF

If you suffer from back pain, it's important to start slowly and gradually increase the intensity of your exercises. Here are some tips to help you get started: Consult a Healthcare Pro-

fessional: Before beginning any exercise program, especially if you have chronic or severe back pain, it's important to consult with a healthcare professional or physical therapist to ensure that the exercises are appropriate for your specific condition.

**Focus on Consistency:** To experience lasting relief, consistency is key. Aim to incorporate back-friendly exercises into your routine 3-5 times per week.

**Warm-Up and Cool Down:** Always start with a gentle warm-up to prepare your muscles for exercise, and finish with a cool-down and stretches to promote flexibility and reduce muscle soreness.

**Listen to Your Body:** Pay attention to how your body responds to each exercise. If you experience sharp or worsening pain, stop immediately and consult a healthcare professional.

Back pain can be debilitating, but with the right approach, it can be managed or even prevented. Regular exercise, including strengthening, stretching, and low-impact aerobic activities, plays a vital role in maintaining a healthy spine and reducing discomfort. Whether you're dealing with acute back pain or simply want to prevent it from occurring, incorporating back-friendly exercises into your daily routine can improve your overall health and well-being. By strengthening the muscles that support the spine, improving flexibility, and adopting better posture, exercise offers a holistic and effective solution to managing back pain.

Amar Ujala • 20 Mar • Ministry of Ayush  
Daily Health Capsul

16 • PG

264 • Sqcm

559340 • AVE

564.4K • Cir

Bottom Right

Delhi

डेली हेल्थ  
कैप्सूल

मोटापा  
घटाने के लिए  
कालमेघ

कालमेघ का पानी पीने से  
मेटाबोलिक रेट में वृद्धि होती है,  
जिससे वजन घटाने में मदद  
मिलती है।

ऐसे कई पेड़-पौधे हैं, जिनमें  
औषधीय गुण होते हैं। ऐसा ही  
एक पौधा है कालमेघ। इसका  
स्वाद कड़वा होता है। इसमें पचने  
जाने वाले तत्व पेट से जुड़ी कई  
बीमारियाँ, सर्दी-जुकाम, बुखार  
और रोग प्रतिरोधक क्षमता को  
बढ़ाने में मदद करते हैं।  
कालमेघ की पत्तियों से बना  
काढ़ा खून में इन्सुलिन की मात्रा  
को बढ़ाकर मधुमेह को नियंत्रित



करने में मदद करता है।  
कालमेघ का पानी पीने से  
मेटाबोलिक रेट में बढ़ोतरी होती  
है। मेटाबोलिज्म बढ़ने से फैट  
बर्न तेजी से होता है, जिससे  
वजन घटाने में मदद मिलती है।  
इसके अलावा कालमेघ का पानी  
पेट से जुड़ी समस्याएँ, जैसे-  
एसिडिटी, अपच और कब्ज को  
भी दूर करता है। इसके अलावा  
यह त्वचा पर होने वाली फुंसियाँ,  
मुँहासे, जलन, रूखेपन और चर्म  
रोग, जैसे- बंद एवं खुजली में  
भी लाभ पहुंचाता है। कालमेघ  
की पत्तियों से बने काढ़े में  
हेपटोप्रोटेक्टिव और  
हेपटोस्टिम्युलेटिव तत्व होते हैं,  
जो आपके लिवर को सुचारु  
रूप से कार्य करने में मदद  
करता है। कालमेघ के पौधे में  
एंटी-ऑक्सीडेंट गुण होते हैं, जो  
कि खून के प्रवाह को सुचारु  
रखने में मदद करते हैं। इससे  
दिल की बीमारियों का जोखिम  
भी कम हो जाता है।

क्या कहते हैं विशेषज्ञ



यदि कालमेघ को  
सही तरीके और  
खुराक में लिया  
जाए तो यह फायदा  
करती है, लेकिन इसका अधिक  
सेवन नुकसान पहुंचा सकता है।  
इसलिए सेवन से पहले आयुर्वेद  
चिकित्सक की सलाह लें।

-डॉ. राजीव पुंडीर  
वरिष्ठ आयुर्वेद चिकित्सक





Amar Ujala • 19 Mar • Ministry of Ayush  
Ayushman yojana mein 68 lakh se adhik cancer marizo ka ilaaz

9 • PG

74 • Sqcm

54612 • AVE

368.8K • Cir

Top Left

Chandigarh

## आयुष्मान योजना में 68 लाख से अधिक कैंसर मरीजों का इलाज

नई दिल्ली। स्वास्थ्य मंत्री जेपी नड्डा ने बताया कि प्रधानमंत्री जन आरोग्य योजना (आयुष्मान भारत) के तहत अब तक 68 लाख से अधिक कैंसर से पीड़ित मरीजों का इलाज हुआ है। इलाज पर केंद्र ने 13,000 करोड़ रुपये खर्च किए हैं। इस स्वास्थ्य योजना के लाभान्वितों 75.81% ग्रामीण हैं। इनमें से 985 करोड़ रुपये से अधिक के 4.5 लाख उपचार कैंसर के लिए किए गए। ब्यूरो



Amar Ujala • 18 Mar • Ministry of Ayush

2k main bikta tha PGI main aaye himcare ke mareej ka data

1 • PG

496 • Sqcm

365884 • AVE

368.8K • Cir

Top Center

Chandigarh

# दो हजार में बिकता था पीजीआई में आए हिमकेयर के मरीज का डेटा

आयुष्मान भारत के नाम पर करोड़ों के घोटाले के बाद एक और खुलासा

मुख्य आरोपी बलराम से पूछताछ के बाद क्राइम ब्रांच ने नेहरू अस्पताल के डेटा ऑपरेटर कपिल को किया गिरफ्तार

संवाद न्यूज एजेंसी

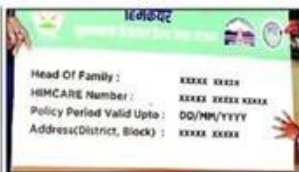
चंडीगढ़। पीजीआई में आयुष्मान भारत के नाम पर करोड़ों रुपये के घोटाले के बाद अब हिमाचल की हिमकेयर योजना में भी फर्जीवाड़े का खुलासा हुआ है। योजना के तहत इलाज कराने आने वालों का डेटा दो हजार रुपये प्रति मरीज के हिसाब से बेचा जाता था।

यह खुलासा क्राइम ब्रांच के सामने पीजीआई के कर्मचारी कपिल ने किया है। वह पीजीआई के नेहरू अस्पताल में डाटा ऑपरेटर है। पीजीआई के डॉक्टरों की मुहरों और आयुष्मान भारत के फर्जी बिल व ईडेंट बिल के साथ पकड़े गए कांगड़ा के रमन से पूछताछ के बाद क्राइम ब्रांच ने पहले बलराम व अब कपिल को गिरफ्तार किया है।

मुहर लगा तैयार कर लेता था फर्जी कॉपी: अमर उजाला ने 9 मार्च को आयुष्मान भारत के नाम पर पीजीआई में करोड़ों का घोटाला, लाखों की दवा बरामद शीर्षक से खबर प्रकाशित की थी। इसमें बताया था कि आरोपी बलराम आयुष्मान के तहत पीजीआई में इलाज करवाने आने वाले मरीजों का डेटा चोरी करता था। आरोपी आयुष्मान विभाग की मुहर लगाकर सेम कॉपी फर्जी तैयार कर लेता था।

## कपिल की पत्नी करती है पीजीआई में काम

क्राइम ब्रांच की प्रारंभिक पूछताछ में सामने आया है कि गिरफ्तार किए गए तीसरे आरोपी कपिल की पत्नी पीजीआई की पूअर पेरेंट सेल में कार्यरत है। पूछताछ के दौरान कुछ ऐसे तथ्य भी सामने आए हैं, जिनसे कपिल की पत्नी की भूमिका भी संदिग्ध मानी जा रही है। ऐसे में अब गहन जांच की जा रही है कि जिन मरीजों का डेटा बेचा गया है, क्या वे पूअर पेरेंट सेल में उपचार कराने तो नहीं आए थे। इस जांच के लिए रिकॉर्ड को कब्जे में लिया गया है।



अब तक इस मामले में हो चुकी हैं तीन गिरफ्तारियां, कपिल से क्राइम ब्रांच कर रही है पूछताछ

ऐसे हुआ था मामले का खुलासा

फरवरी में कांगड़ा निवासी आरोपी रमन अमृत फार्मसी में पीजीआई के नाम पर आयुष्मान भारत के बिल पर दवा का नाम लिखकर फर्जी नर्सिंग मुहर लगाकर 60 हजार रुपये की दवाएं लेने गया। उसे दवा मिल गई, बिल भी पास हो गया, लेकिन बिल पर किसी और डिपार्टमेंट के डॉक्टर की मुहर लगी थी। पीजीआई के सुरक्षाकर्मियों ने उसे पकड़कर पीजीआई चौकी के हवाले कर दिया। उसके कब्जे से आठ मुहरें, आयुष्मान भारत के फर्जी बिल और एक ईडेंट बुक बरामद हुई थी। सेक्टर-11 थाना पुलिस ने आरोपी रमन को गिरफ्तार कर लिया। इसके बाद केस की जांच क्राइम ब्रांच को ट्रांसफर हो गई।



हिमाचल में 23 हजार मरीजों के नाम पर आयुष्मान फर्जीवाड़े की जांच की आंच चंडीगढ़ तक पहुंची

चंडीगढ़ के निजी अस्पतालों में भी कागजों में किया मरीजों का इलाज

हरीश कोचर

चंडीगढ़। हिमाचल प्रदेश में करीब 23 हजार फर्जी आयुष्मान कार्ड के जरिये कागजों में ही मरीजों का इलाज किया गया। इस फर्जीवाड़े में ईडी की जांच जा रही है। इस जांच की आंच चंडीगढ़ के भी कुछ निजी अस्पतालों के अलावा पीजीआई तक पहुंच गई है।

ईडी की जांच टीमों ने फर्जी आयुष्मान के अलावा हिमाचल की हिमकेयर स्वास्थ्य योजना के भी काफी कार्ड बरामद किए हैं। कुछ दिन पहले ईडी की जांच टीमों ने चंडीगढ़ में इस फर्जीवाड़े पर रेड भी की थी। जल्द ही हिमाचल के विभिन्न जिलों सहित चंडीगढ़ के निजी अस्पताल संचालकों की भी मुश्किलें बढ़ने वाली हैं।

ईडी की जांच में सामने आया कि श्री बांके बिहारी अस्पताल, फोर्टिस अस्पताल हिमाचल हेल्थकेयर प्राइवेट लिमिटेड, सिटी सुपर स्पेशियलिटी अस्पताल, श्री बालाजी अस्पताल, श्री हरिहर अस्पताल, सूद नर्सिंग होम, नीलकंठ अस्पताल और उनके प्रमुख प्रबंधन संचालकों में डॉ. विजेंद्र मिन्हास, रघुबीर सिंह बाली, डॉ. प्रदीप मक्कड़, डॉ. राजेश शर्मा, मनीष भाटिया, डॉ. मनोज सूद और डॉ. हेमंत कुमार द्वारा इस फर्जीवाड़े को अंजाम दिया गया। ईडी की टीम की ओर से इन निजी अस्पताल संचालकों के खिलाफ केस दर्ज किया गया। जांच में 373 फर्जी

## हिमाचल सहित चंडीगढ़ में रेड में 88 लाख की नकदी मिली

जांच में सामने आया कि इलाज के नाम पर करीब 25 करोड़ रुपये का लेन-देन हुआ है। वहीं, जब कुछ समय पहले ईडी ने हिमाचल सहित चंडीगढ़ के निजी अस्पताल व दो आवास व कुछ निजी दफ्तरों में रेड की तो 88 लाख रुपये की नकदी, चार बैंक लॉकर और 140 संबंधित बैंक खाते मिले, जिनमें फर्जी बिलों के जरिये पैसे ट्रांसफर हुए। इसके अलावा इन अस्पताल संचालकों की अचल और चल संपत्तियों सहित बैंक पासबुक, मोबाइल फोन/आईपैड, हार्ड डिस्क और पेन ड्राइव सहित 16 डिजिटल डिवाइस भी जब्त किए। इन डिवाइस की जांच में अस्पतालों द्वारा फर्जी बिलों का सारा डाटा सहित करीब 23 हजार मरीजों के लिए 21 करोड़ रुपये के लेन-देन शामिल था।

पीजीआई में फर्जी हिमकेयर कार्ड के जरिये हुआ फर्जीवाड़ा, ईडी जल्द करेगी बड़ा खुलासा

पीजीआई में भी हिमकेयर कार्ड के जरिये हिमाचल के रहने वाले मरीजों का पांच लाख रुपये तक का निशुल्क इलाज किया जा रहा है। यहां फर्जी हिमकेयर कार्ड के जरिये बिल तैयार कर पास करवाने के लिए सरकार के पास भेजे जाते थे और फिर पैसा आने के बाद उन कार्डों को खत्म कर दिया जाता था। इस मामले में ईडी की जांच में जल्द ही बड़े खुलासे होने वाले हैं।

आयुष्मान कार्डों की पहचान की गई है, जिनमें आयुष्मान कार्ड लाभार्थियों को इलाज के नाम पर सरकार से प्रतिपूर्ति के लिए करीब 40.68 लाख रुपये का दावा किया गया था। लेकिन जब ईडी की टीमों ने मरीजों के दिए गए पत्तों पर पहुंचकर जांच की तो उन्होंने आयुष्मान कार्ड के होने या उसकी जानकारी होने से ही मना कर दिया।

Vijayavani • 20 Mar • Ministry of Ayush  
Rhinogrit is a panacea for kidney failure !

7 • PG

761 • Sqcm

620158 • AVE

1.17M • Cir

Middle Right

Bengaluru

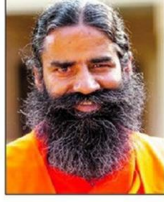
# ಮೂತ್ರಪಿಂಡ ವೈಫಲ್ಯ ಸಮಸ್ಯೆಗೆ ರೆನೋಗ್ರಿಟ್ ರಾಮಬಾಣ!

ಹರಿದ್ವಾರ: ಮೂತ್ರಪಿಂಡ ವೈಫಲ್ಯ ಸಮಸ್ಯೆಯನ್ನು ಪರಿಹರಿಸುವಂಥ ಆಯುರ್ವೇದದ ಔಷಧ ರೆನೋಗ್ರಿಟ್ ಅನ್ನು

■ ಪತಂಜಲಿ ಪತಂಜಲಿ ಸಂಸ್ಥೆ ಸಂಶೋಧಿಸಿದೆ. ಸಂಶೋಧನೆಗೆ ಇದೀಗ ಅದರ ಈ ಸಂಶೋಧನೆಯು ಜಗತ್ತಿನ ಅಗ್ರಮಾನ್ಯ 100 ಜಾಗತಿಕ ಸಂಶೋಧನೆಗಳ ಪೈಕಿ ಸ್ಥಾನ ಮನ್ನಣೆ ಪಡೆದುಕೊಂಡಿದೆ.

ಯೋಗ ಗುರು ಬಾಬಾ ರಾಮದೇವ್ ಅವರ ಪ್ರೇರಣೆಯ

ಮೇರೆಗೆ ಪತಂಜಲಿ ಸಂಸ್ಥೆಯ ವಿಜ್ಞಾನಿಗಳು ಮೂತ್ರಪಿಂಡ ಸಮಸ್ಯೆಗಳ ಚಿಕಿತ್ಸೆಗಾಗಿ 2024ರಲ್ಲಿ ರೆನೋಗ್ರಿಟ್ ಎಂಬ ಆಯುರ್ವೇದ ಔಷಧವನ್ನು ಸಂಶೋಧಿಸಿದ್ದಾರೆ. ಈ ಸಂಶೋಧನೆಯನ್ನು ಜಗತ್ತಿನ ಅಗ್ರಮಾನ್ಯ 100 ಸಂಶೋಧನೆಗಳಲ್ಲಿ ಒಂದೆಂದು ಘೋಷಿಸುವ ಮೂಲಕ ವಿಶ್ವವಿಖ್ಯಾತ ಪ್ರಕಾಶನ ಸಂಸ್ಥೆ ನೇಚರ್



ಪೂರ್ವೋಪಲಯೋಗ ಗುರುತಿಸಿದೆಂದು ಪತಂಜಲಿ ಹೇಳಿದೆ. ರೆನೋಗ್ರಿಟ್ ಔಷಧ ಕುರಿತ ಸಂಶೋಧನಾ ವರದಿ ಯನ್ನು ವಿಶ್ವದಾದ್ಯಂತದ 2,568 ಮಂದಿ ಇದುವರೆಗೂ ಡೌನ್‌ಲೋಡ್ ಮಾಡಿಕೊಂಡಿದ್ದಾರೆ. ಇದನ್ನು ಗಮನಿಸಿದಾಗ, ಆಯುರ್ವೇದದ ಔಷಧಗಳು ಕಾಯಿಲೆಗಳನ್ನು ಅಡ್ಡ ಪರಿಣಾಮಗಳಿಲ್ಲದೆ ಗುಣಪಡಿಸುವ ಗುಣ ಪಡಿಸುವೆಡೆ ಜಾಗತಿಕ ಸಂಶೋಧಕರ ಗಮನ ನೆಳೆಯುವಲ್ಲಿ ಯಶಸ್ವಿಯಾಗಿವೆ ಎಂದು ಸಂಸ್ಥೆ ತಿಳಿಸಿದೆ.



Punjab Kesari • 20 Mar • Ministry of Ayush  
Ayushman ke baad ab himcare aur CHGS bhi online

1 • PG

289 • Sqcm

267175 • AVE

867.98K • Cir

Bottom Left

Chandigarh

पी.जी.आई.

हिमकेयर कर्मचारी की गिरफ्तारी के बाद सी.एच.जी.एस. के कैशलैस इलाज भी किया गया फुलप्रूफ

# आयुष्मान के बाद अब हिमकेयर और सी.एच.जी.एस.भी ऑनलाइन

ऐसे हुआ सारा घपला

चंडीगढ़, 19 मार्च (अधीर रोहाल): हिमाचल सरकार की कैशलैस इलाज की योजना हिमकेयर के कर्मचारी की गिरफ्तारी के बाद अब लाभ लेने का माडल भी ऑनलाइन कर दिया है।

सबसे पहले पी.जी.आई. में आयुष्मान योजना में घोटाला और धोखाधड़ी सामने आने के बाद चंडीगढ़ पुलिस की क्राइम ब्रांच ने बलराम की गिरफ्तारी की थी। इसके बाद 12 मार्च को हिमकेयर कर्मचारी को गिरफ्तार किया गया था। उसकी गिरफ्तारी से पहले पी.जी.आई. प्रशासन ने 9 मार्च को सिर्फ आयुष्मान योजना के तहत मैन्युअल कैशलैस इलाज का माड्यूल बदलने का

फैसला किया था। अब बुधवार को पी.जी.आई. प्रशासन ने हिमाचल की हिमकेअर और केंद्र की सेंट्रल गवर्नमेंट हेल्थ स्क्रीम यानी सी.एच.जी.एस. के माड्यूल को भी मैन्युअल से ऑनलाइन कर दिया है।

पंजाब केसरी ने 17 मार्च को आयुष्मान भारत के घोटाले में हिमकेअर कर्मचारी कपिल की गिरफ्तारी को लेकर खबर प्रकाशित की थी। अब बुधवार को पी.जी.आई. प्रशासन ने तीनों योजनाओं को नए तैयार ऑनलाइन इनडेंटिंग सिस्टम के दायरे में लाने की घोषणा की है। मरीजों के लिए ऑनलाइन मांड्यूल को खोरावार को नेहरू हॉस्पिटल के सी.ब्लॉक से लांच किया जा रहा है।

आयुष्मान भारत योजना के तहत कैशलैस इलाज में घोखाधड़ी और घोटाला पी.जी.आई. के यूरोलॉजी डिपार्टमेंट में भर्ती मरीज के इलाज के नाम पर फर्जीवाड़ा सामने आया। पी.जी.आई. स्टाफ द्वारा पकड़े आरोपी बलराम से डॉक्टरों और नर्सिंग ऑफिसर की नकली मोहरें और इनडेंट बुक मिली थीं। बलराम को पुलिस के हवाले कर दिया गया। जांच सेक्टर-11 थाने से क्राइम ब्रांच को गई तो बलराम से पूछताछ के बाद अब हिमकेयर कर्मचारी कपिल को 12 मार्च को गिरफ्तार किया गया। फिर आयुष्मान के बाद हिमकेअर में भी घपले की आशंका सामने आई तो अब तीनों योजनाओं को मैन्युअली मिलने वाले कैशलैस इलाज को ऑनलाइन कर दिया गया है।



तीनों योजनाओं का कैशलैस इलाज अब ऐसे मिलेगा ऑनलाइन

बुधवार को तीनों योजनाओं के तहत ऑनलाइन कैशलैस इलाज के लिए स्टैंडर्ड ऑप्रेटिंग सिस्टम जारी कर दिया। इस सिस्टम के तहत पहले डॉक्टर या नर्स क्लीनिकल एरिया में दाखिल मरीज के लिए ऑनलाइन इनडेंट तैयार करेंगे।

पहले चरण पर हॉस्पिटल एडमिनिस्ट्रेशन सिस्टम पर जाकर सर्जिकल स्टोर या फार्मसी पर जाएंगे। यहां रिमाक्स सेक्शन में मरीज का नाम, कैशलैस स्कीम, सी.आर. नंबर लिखेंगे। फिर इलाज के लिए लिखे सामान और क्वांटिटी को दर्ज किया जाएगा। इस तरह ऑनलाइन इनडेंट तैयार होने के बाद 24 घंटे ऑपरेट होने वाले काउंटर पर पहुंच जाएंगे। यहां इनडेंट में लिखी दवाव सर्जिकल सामान में उस समय उपलब्ध न होने वाली

और अमृत फार्मसी पर उपलब्ध आइटम के आगे एंट्री की जाएगी। इनडेंट की पी.डी.एफ. फाइल तैयार कर ऑपरेटर डैजिगलैटेड मेल आई.डी. से संबंधित कैशलैस स्कीम के सेल की मेल आई.डी पर भेजेगा। सेल के मेल आई.डी पर बैठा व्यक्ति लाभार्थी की पतात्रता को कनफर्म कर इलाज के लिए मंजूर राशि लिख पुष्टि के साथ मेल वापस भेज देगा।

24 घंटे चलने वाला सेंट्रलाइज्ड सेल मेल को अमृत फार्मसी को भेज देगा। अमृत फार्मसी से व्यक्ति इनडेंट में मंजूर सामान को पैक कर मरीज के बैड तक पहुंचाएगा और रिसीव करने वाले अटेंडेंट का फोन नंबर और मेल आई.डी. लिखेगा। इसके बाद अमृत फार्मसी इन दवाओं का बिल री-इम्बर्समेंट के लिए भेजेगी।

Punjab Kesari • 20 Mar • Ministry of Ayush  
Osdhiye kheti ko lekar jaagruk karen

3 • PG

453 • Sqcm

418741 • AVE

867.98K • Cir

Middle Center

Chandigarh

# ‘औषधीय खेती को लेकर जागरूक करें’

## सैक्टर-26 निटर में आयुष मंत्रालय द्वारा आयोजित रीजनल बायर सेलर मीट सम्पन्न



सैक्टर-26 के निटर में आयोजित कार्यक्रम में मुख्य वक्ता और किसान बातचीत करते हुए। राणा

चंडीगढ़, 19 मार्च (आशीष): सैक्टर-26 के निटर में आर.सी.एफ.सी.एन.आर.-1, आयुष मंत्रालय द्वारा आयोजित रीजनल बायर सेलर मीट सम्पन्न हो गई।

दो दिवसीय मीट में विशेषज्ञों की चर्चा के दौरान निष्कर्ष निकला कि मौजूदा दौर में परम्परागत फसलों से हटकर औषधीय पौधों की खेती लाभकारी विकल्प बनकर उभर रही है। देश और विदेश में औषधीय पौधों की मांग तेजी से बढ़ रही है। ऐसे में किसानों के लिए सुनहरा अवसर है कि बाजार की मांग और वैज्ञानिक तरीकों को ध्यान में रखते हुए औषधीय फसलों की खेती करें। डॉ. अरुण चंदन का कहना है कि औषधीय खेती को

बढ़ावा देने के लिए किसानों को जागरूक किया जाना चाहिए और उन्हें नवीनतम तकनीकों से प्रशिक्षित किया जाना चाहिए। इसके साथ ही, औषधीय पौधों के विपणन और प्रसंस्करण के लिए भी सुविधाएं बढ़ाई जानी चाहिए।

हॉलिस्टिक हिमालय के सी.ई.ओ. मोहम्मद रियाज ने अपने संस्थान के मिशन के बारे में बताया वह चक्र हीलिंग व गट ब्रेन एक्सिस पर विस्तार पूर्वक चर्चा की। शिवकुमार मौर्य ने किसानों की ओर से हर संभव प्रयास करने की बात की इसी बीच हिमालय में पाए जाने वाले बरस के फूलों को किस तरह अच्छे स्तर पर पर्यावरण का हनी किए बिना एकत्र करने की विधि भी बताई।

### कोविड के बाद औषधीय पौधों की मांग में भारी इजाफा

कोविड के पश्चात औषधीय पौधों की मांग में भारी इजाफा हुआ है। सर्पगंधा, तुलसी, गिलोय, शतावरी, ब्राह्मी, कालमेघ, लेमन ग्रास, सहजन, कौंच आदि जैसे औषधीय पौधे न केवल रोग प्रतिरोधक क्षमता बढ़ाने में सहायक हैं, बल्कि इनके औद्योगिक और घरेलू उपयोग भी लगातार बढ़ रहे हैं।



Aaj Ka Anand • 19 Mar • Ministry of Ayush  
Lifetime Achievement Award' given for working in Ayurveda

16 • PG

155 • Sqcm

77384 • AVE

1.21M • Cir

Middle Center

Pune

## आयुर्वेद में काम करने 'जीवनपर्यंत उपलब्धि पुरस्कार' प्रदान महाराष्ट्र के मोहन नारायण तांबे सहित देश के कई गणमान्य सम्मानित

नई दिल्ली, 18 मार्च (वार्ता)

आयुर्वेद के क्षेत्र में अनुकरणीय कार्य करने के लिए राष्ट्रीय आयुर्वेद विद्यापीठ (आरएवी) ने राजस्थान के प्रो. बनवारीलाल गौर, जम्मू-कश्मीर के प्रो. कुलवंत सिंह, महाराष्ट्र के वैद्य मोहन नारायण तांबे और ओडिशा के डॉ. बिधुभूषण नंदा को जीवनपर्यंत उपलब्धि पुरस्कार से सम्मानित किया है।

केंद्रीय आयुष मंत्री गणपतराव प्रतापराव जाधव ने आरएवी के 28 वें दीक्षांत और शिष्योपनयन संस्कार समारोह में यह पुरस्कार अर्पित किये। इसके साथ ही गुणवत्तापूर्ण शिक्षा को बढ़ावा देने और आयुर्वेद को वैश्विक बनाने के लिए विद्यापीठ ने आयुर्वेद शिक्षा और अभ्यास में उच्च मानकों के लिए एक अंतरराष्ट्रीय और 6 राष्ट्रीय संस्थानों को मान्यता भी दी। सोमवार देर शाम आयोजित एक समारोह में देश भर से 100 से अधिक गुरुओं और 120 शिष्यों को भी सम्मानित किया गया। केंद्रीयमंत्री ने आयुर्वेद में उल्लेखनीय योगदान के लिए राजस्थान के जयपुर के प्रो. बनवारीलाल गौर, जम्मू कश्मीर के प्रो. कुलवंत सिंह, महाराष्ट्र के सतारा के वैद्य मोहन नारायण तांबे और ओडिशा में ढेंकनाल के डॉ. बिधुभूषण



नंदा को जीवनपर्यंत उपलब्धि पुरस्कार प्रदान किए।

कार्यक्रम के दौरान हिमाचल प्रदेश के कांगड़ा से सांसद वैद्य राजीव भारद्वाज, राजस्थान के जयपुर से वैद्य मीता कोटेचा और प्रोफेसर संजीव शर्मा, उत्तराखंड से प्रोफेसर अरुण कुमार त्रिपाठी, नई दिल्ली से डॉ. जी प्रभाकर राव, उत्तर प्रदेश के बाराणसी से प्रोफेसर लक्ष्मण सिंह, महाराष्ट्र से वैद्य आशुतोष गुप्ता, वैद्य उर्मिला ए. पिटकर और वैद्य नितिन एम कामत, कर्नाटक से वैद्य शैलजा उप्पिनाकुदुरु, मध्य प्रदेश से वैद्य विनोद कुमार वैरागी, पश्चिम बंगाल से वैद्य तुहिन कांति को पुरस्कार दिया गया।

Hindustan • 19 Mar • Ministry of Ayush  
Ayushman laagu karne ke liye 10 april ko samjhota hoga

5 • PG

221 • Sqcm

187877 • AVE

1.53M • Cir

Middle Center

Chandigarh

# ‘आयुष्मान’ लागू करने के लिए 10 अप्रैल को समझौता होगा

## अच्छी खबर | 2 |

नई दिल्ली, प्र.सं। दिल्ली और केंद्र सरकार के बीच 10 अप्रैल को एक महत्वपूर्ण समझौता ज्ञापन पर हस्ताक्षर किए जाएंगे। इसके तहत राजधानी में आयुष्मान भारत- प्रधानमंत्री जन आरोग्य योजना को लागू किया जाएगा।

दिल्ली के स्वास्थ्य मंत्री पंकज सिंह ने मंगलवार को यह जानकारी दी। उन्होंने कहा कि सरकार का लक्ष्य है कि समझौते के एक महीने के भीतर एक लाख लोगों को इस योजना के

तहत पंजीकृत किया जाए। इसके लिए सरकार एक व्यापक अभियान चलाएगी, ताकि अधिक से अधिक गरीब और जरूरतमंद लोग इसका लाभ उठा सकें।

**160 मोहल्ला क्लीनिक बंद होंगे** : स्वास्थ्य मंत्री ने बताया कि दिल्ली में 160 मोहल्ला क्लीनिक जो किराए के भवनों में चल रहे थे और ठीक से काम नहीं कर रहे थे, उन्हें बंद किया जाएगा। सरकार अब अपनी सरकारी जमीन पर नए स्वास्थ्य केंद्र खोलने की योजना बना रही है, जिससे लोगों को बेहतर चिकित्सा सुविधाएं मिल सकें।



Mumbai Tarun Bharat • 19 Mar • Ministry of Ayush  
Guidelines needed on the topic of 'Agni' in Ayurveda

7 • PG

76 • Sqcm

9515 • AVE

17.73K • Cir

Middle Center

Mumbai

## आयुर्वेदातील 'अग्नि' विषयावर 'हवी मार्गदर्शक तत्वे

राष्ट्रीय परिसंवादात  
मान्यवरांची मागणी

नाशिक, दि. १८ : प्रतिनिधी

“आयुर्वेदाला 'अग्नि' या मूलभूत संकल्पनेवर महत्त्वपूर्ण संदर्भाचा विचार केला जावा. काही मार्गदर्शक तत्वांची आखणी केली जावी.” अशी मागणी 'आयुर्वेद व्यासपीठ नाशिक' आणि 'आयुर्वेद सेवा संघ' आयुर्वेद महाविद्यालय यांच्या संयुक्त विद्यमाने आयुर्वेदातील 'अग्नि अन्वेषण' या विषयावर आयोजित एकदिवसीय राष्ट्रीय परिसंवादात केली गेली. 'देशस्व ऋग्वेदी संस्था' कर्मालयात नुकताच हा परिसंवाद पार पडला. परिषदेत प्रमुख अतिथी म्हणून नाशिकमधील प्रख्यात गॅस्ट्रोएन्टेरोलॉजिस्ट सर्जन डॉ. संदिप सबनीस तसेच 'आयुर्वेद सेवा संघ', आयुर्वेद महाविद्यालयाचे प्राचार्य वैद्य विनय सोनंबेकर आदि उपस्थित होते.

परिसंवादाच्या उद्घाटन सोहळ्यात डॉ. संदिप सबनीस यांनी अग्निचा विचार आधुनिक शास्त्राशी कसा संलग्नित



आहे, मधुमेहासारख्या आजारात पचन संस्थेतील विकृती यांचा संबंध मवीन संशोधनातून कसा पुढे येत आहे, यावर मार्गदर्शन केले. तसेच, वैद्य विनय सोनंबेकर यांनी आयुर्वेद शास्त्रातील 'अग्नि' या विषयावर काही मार्गदर्शक तत्वे या निमित्ताने तयार व्हावीत, असे सर्व वेंदांना आवाहन केले. कार्यक्रमाचे प्रास्ताविक आयुर्वेद व्यासपीठ नाशिक शाखेचे अध्यक्ष वैद्य सौरभ जोशी यांनी केले. या परिसंवादात बरेच म्हणून वैद्य अमर कुलकर्णी यांनी आयुर्वेदातील अग्निचे विविध संदर्भ शास्त्रमुद्र पद्धतीने मांडले. अनिरुद्ध कुलकर्णी यांनी 'पंचभौतिक चिकित्सा आणि अग्नि' विचार या विषयावर संबोधन केले.

पुष्कर वाघ यांनी विशिष्ट व्याधीमध्ये अग्निचा विचार करून औषधी चिकित्सा कशी करावी, याबद्दल मार्गदर्शन केले आणि कीर्ती देव यांनी त्वचा विकृतांमध्ये जठराग्निचे महत्त्व वर्णन केले.

'आयुर्वेद सेवा संघ'चे अध्यक्ष आशुतोष वादी, केंद्रीय आयुर्वेद व्यासपीठाच्या अध्यक्षा रजनी मोखले, पंकज दीक्षित, प्रज्ञा कुलकर्णी, शीतल बह्मण, संतोष पाठक, अनिल नांदोडे, प्रदीप गवळी, असया रानडे, सुमेधा पाठक, घुदना दीक्षित, कमलेश महाजन, प्रीती त्रिवेदी, महेश्वर तालवे, गायत्री ताजने आणि नीलम मोखले यांच्या संयोजन सभितीने या राष्ट्रीय परिषदेच्या यशस्वीतेसाठी परिश्रम घेतले.

Divya Bhaskar • 19 Mar • Ministry of Ayush

68 lakh people received cancer treatment under Ayushman, 75% beneficiaries are from rural areas

13 • PG

80 • Sqcm

11955 • AVE

316.29K • Cir

Middle Left

Mumbai

## કેન્દ્રીય આરોગ્ય મંત્રી નક્કાએ સંસદમાં માહિતી આપી આયુષ્માનથી 68 લાખને કેન્સરની સારવાર મળી, 75% લાભાર્થીઓ ગ્રામીણ વિસ્તારના

ભારત સરકાર | નવી દિલ્હી

કેન્દ્ર સરકારની આયુષ્માન ભારત યોજના હેઠળ અત્યાર સુધીમાં 68 લાખ લોકોની કેન્સરની સારવાર કરવામાં આવી છે. જેમાં 13 હજાર કરોડ રૂપિયાથી વધુનો ખર્ચ થયો છે. કેન્દ્રીય આરોગ્ય મંત્રી જ.પી. નક્કાએ મંગળવારે સંસદમાં આ માહિતી આપી હતી. તેમણે કહ્યું કે આમાંથી 75.81% લાભાર્થીઓ ગ્રામીણ વિસ્તારના છે. દેશભરમાં 22 નવા એઈમ્સમાં કેન્સર સારવાર કેન્દ્રો સ્થાપિત કરવામાં આવ્યાં છે. નક્કાએ સંસદમાં જણાવ્યું હતું કે આ યોજનામાં જન ઔષધિ સ્ટોર અને

217 અમુત ફાર્મસીઓ દ્વારા ગ્રાન્ટેડ દવાઓની કિંમત કરતા 50% થી 80% ઓછા ભાવે જેનેરિક દવાઓ વેચાઈ રહી છે.

{ કેન્દ્રીય ગૃહ-રાજ્યમંત્રી નિત્યાનંદ રાયે લોકસભામાં માહિતી આપી હતી કે બીએસએફએ 2024માં 294 પ્રોન જપ્ત કર્યા છે. { નિત્યાનંદ રાયે કહ્યું કે કેન્દ્ર સરકાર પાસે મહાકુંભ 2025 દરમિયાન થયેલી ભાગદોડ અંગે કોઈ સત્તાવાર ડેટા નથી. { કૃષિ રાજ્યમંત્રી ભગીરથ ચૌધરીએ જણાવ્યું હતું કે કેન્દ્ર સરકાર ખરીફ પાક માટે ખેડૂતોને ટૂંક સમયમાં ઉચ્ચ ગુણવત્તાવાળા બ્રીડર બિયારણ ઉપલબ્ધ કરાવવા માટે પગલાં લઈ રહી છે.

Dainik Bhaskar • 19 Mar • Ministry of Ayush

Ayushman se 68 lakh logo ka cancer ilaaz 75% labharthi gramin ilako ke

9 • PG

270 • Sqcm

334844 • AVE

446.92K • Cir

Middle Center

Chandigarh

# आयुष्मान से 68 लाख लोगों का कैंसर इलाज, 75% लाभार्थी ग्रामीण इलाकों के

भास्कर न्यूज़ | नई दिल्ली

केंद्र सरकार की आयुष्मान भारत योजना के तहत अब तक 68 लाख लोगों के कैंसर का इलाज किया जा चुका है। इसपर 13 हजार करोड़ से ज्यादा खर्च हुए हैं। केंद्रीय स्वास्थ्य मंत्री जेपी नड्डा ने मंगलवार को संसद में यह जानकारी दी। उन्होंने बताया कि इनमें से 75.81% लाभार्थी ग्रामीण इलाकों के हैं। देशभर में 22 नए एम्स में कैंसर के इलाज के लिए सेंटर स्थापित किए गए हैं।

नड्डा ने संसद को बताया कि इस योजना में जन औषधि स्टोर्स और 217 अमृत फार्मेशियों के माध्यम से ब्रांडेड दवाओं की कीमत से 50% से 80% कम कीमत पर जेनेरिक दवाओं की बिक्री हो रही है।

- केंद्रीय गृह राज्य मंत्री नित्यानंद राय ने लोकसभा में जानकारी दी कि बीएसएफ ने 2024 में 294 ड्रोन जब्त किए हैं। उन्होंने बताया कि ड्रोन-आधारित तस्करी को रोकने के लिए एंटी-ड्रोन सिस्टम तैनात किए गए हैं।
- नित्यानंद राय ने कहा, महाकुम्भ 2025 के दौरान हुई भगदड़ को लेकर केंद्र सरकार के पास कोई आधिकारिक आंकड़ा उपलब्ध नहीं।
- कृषि राज्य मंत्री भगीरथ चौधरी ने बताया कि केंद्र सरकार खरीफ के लिए किसानों को उच्च गुणवत्ता वाले ब्रीडर बीज जल्द उपलब्ध कराने के लिए कदम उठा रही है। चौधरी ने कहा, 2014 के बाद से अब तक 11.85 लाख क्विंटल ब्रीडर बीज का उत्पादन किया गया है। वहीं 537 किस्में चरम जलवायु परिस्थितियों के लिए विशेष रूप से विकसित की गई हैं।

Prahar • 19 Mar • Ministry of Ayush  
The value of Ayurveda increased as hard work gained respect

2 • PG

40 • Sqcm

11323 • AVE

215K • Cir

Middle Center

Mumbai

◆ मुंबई (प्रतिनिधी) :

जगदीश्वर प्रकाशक नेहरू फोटोरेप्लिकेटिव्ह सांघटिक रिपोर्टस या संशोधन जर्नलमध्ये २०२४ च्या टॉप १०० शोधनिबंधांमध्ये रिनेडिटर केलेले संशोधन समाविष्ट आहे. रेनेडिटर हे या जर्नलक स्तरावर आयुर्वेदाच्या वैज्ञानिक सत्यतेस मान्यता मिळण्याच्या दिशेने एक महत्वाचे पाऊल आहे असे आयुर्वेद बालकृष्ण म्हणते.

राष्ट्रीय/ हरिद्वार, मंगळवारी पोलीस मुख्यालय देव महाराज यांच्या जेवणे आणि पौष्टिकतेच्या सहजार्थाने पुरस्कार आधारित आयुर्वेदिक औषध संशोधनातून विकसित केलेल्या रेनेडिटर या मूर्धपिडावरील औषधावरील संशोधनास जगदीश्वर

## मेहनतीला मान मिळताच आयुर्वेदाचे मूल्य वाढले

PATANJALI

प्रकाशक नेहरू फोटोरेप्लिकेटिव्ह सांघटिक रिपोर्टस या संशोधन जर्नलमध्ये २०२४ च्या टॉप १०० संशोधनांमध्ये समाविष्ट करण्यात आले आहे. सांघटिक रिपोर्टसचा इम्पॅक्ट फॅक्टर ३.८ आहे आणि तो जगातील पाचव्या क्रमांकाचा सर्वाधिक उल्लेख केलेला जर्नल आहे. रेनेडिटर प्रकाशित झालेला हा शोधनिबंध २,५९८ लोकाने डाउनलोड केला आहे. यावरून हे

सिद्ध होते की, आयुर्वेदिक औषधे केवळ रोग बरे करण्यात पसलवी होत नाहीत तर शास्त्रज्ञांसाठी ही उत्सुकतेचे बाब आहे की औषधे कसल्यापासून बनवलेले औषध कोणत्याही दुष्परिणामाशिवाय सर्वोत्तम मोठ्या आजाराने देखील बरे उपचार करण्यास सक्षम आहे. पौष्टिकतेने बनवलेले आयुर्वेदिक औषध रेनेडिटर, सिस्टमेटिक या अतिवैज्ञानिक कर्करोगाच्या औषधामुळे खराब झालेले मूर्धपिडा बरे करताना, शिवाय मूर्धपिडाव्या पेवीवर होणारा ऑक्सिडेंटिव्ह तणाही थांबवते.



Dharitri • 19 Mar • Ministry of Ayush  
Patanjali farmer training program concluded

13 • PG

169 • Sqcm

69604 • AVE

1.57M • Cir

Middle Center

Bhubaneshwar

# ପତଞ୍ଜଳି କୃଷକ ପ୍ରଶିକ୍ଷଣ ଶିବିର ଉଦ୍‌ଯାପିତ

ଭୁବନେଶ୍ୱର, ୧୮।୩(ଅନୁରାଧା ମହାରଣା)

କେନ୍ଦ୍ର ସରକାରଙ୍କ ଆୟୁଷ ମନ୍ତ୍ରାଳୟ ଏବଂ ରାଷ୍ଟ୍ରୀୟ ଔଷଧୀୟ ପାଦପ ବୋର୍ଡ ପକ୍ଷରୁ ହରିଦ୍ୱାରଘାଟ ପତଞ୍ଜଳି ରିସର୍ଚ୍ଚ ଅନୁସନ୍ଧାନ ପରିସରରେ ଦୁଇଦିନିଆ କୃଷକ ପ୍ରଶିକ୍ଷଣ ଶିବିର ନିକଟରେ ଉଦ୍‌ଯାପିତ ହୋଇଯାଇଛି। ଔଷଧୀୟ ବୃକ୍ଷ ଚାଷରେ ଉଦ୍ୟମିତା ବିକାଶ ପାଇଁ କ୍ଷେତ୍ରୀୟ ପ୍ରଶିକ୍ଷଣ ଶୀର୍ଷକ ଏହି ଶିବିରରେ ଔଷଧୀୟ ବୃକ୍ଷ ଚାଷ ତଥା ପ୍ରାକୃତିକ ଉପାୟରେ ଏହାର ସଂରକ୍ଷଣ ଉପରେ ଗୁରୁତ୍ୱାରୋପ କରାଯାଇଥିଲା। କାର୍ଯ୍ୟକ୍ରମରେ ପୁଖ୍ୟ ଅତିଥି ଭାବେ ଡା. କୁନାଲ ଭଟ୍ଟାଚାର୍ଯ୍ୟ, ବକ୍ତା ଭାବେ ଡା. ଅରୁଣ ଚନ୍ଦନ, ମୀନାକ୍ଷୀ, ଶ୍ୱେତା, ଡା. ଜିତେନ୍ଦ୍ର ସିଂହ ବୁଟୋଲା, ପ୍ରଫେସର ଡା. ପ୍ରଦୀପ କୁମାର, ପବନ କୁମାର, କବିନ୍ଦ୍ର ସିଂହ, ଜ୍ଞାନ ପ୍ରକାଶ, ଅମିତ କାଲେ, ଭାନୁପ୍ରତାପ ସିଂହ, ପ୍ରଫେସର



ବାବା ରାମଦେବ ଖବରଦାତା ସମ୍ମିଳନୀକୁ ସମ୍ବୋଧିତ କରୁଛନ୍ତି। ଏହି ଅବସରରେ ଆଚାର୍ଯ୍ୟ ବାଲକୃଷ୍ଣଙ୍କ ସମେତ ଅନ୍ୟମାନେ ଉପସ୍ଥିତ ଅଛନ୍ତି।

ମୟଙ୍କ କୁମାର ଅଗ୍ରତ୍ୱୀଳ ପ୍ରମୁଖ ବିଭିନ୍ନ ପ୍ରକ୍ରିୟା ସହ ଜଡ଼ିତ। ଯୋଗଦେଇଥିଲେ। କାର୍ଯ୍ୟକ୍ରମରେ କାର୍ଯ୍ୟକ୍ରମରେ ବିଭିନ୍ନ ବିଶ୍ୱବିଦ୍ୟାଳୟରୁ ଯୋଗରୁରୁ ରାମଦେବ ଯୋଗଦେଇ ଯୋଗଦେଇଥିବା ବକ୍ତାମାନେ କହିଥିଲେ, କୃଷି ଉଦ୍ୟମିତା ଚାଷର ସୁଚିତ ମତାମତ ରଖୁଥିଲେ। ଏପରି ଏକ ଦୃଷ୍ଟିକୋଣ ଯାହା ଏଥିରେ ପତଞ୍ଜଳି ପରିବାରର ସମସ୍ତ ସାମାଜିକ, ଆର୍ଥିକ ଏବଂ ପର୍ଯ୍ୟାବରଣର ସଦସ୍ୟ ସାମିଲ ହୋଇଥିଲେ।

Orissa Express • 18 Mar • Ministry of Ayush  
Training programme for farmers organized by Patanjali Research

7 • PG

132 • Sqcm

48658 • AVE

97.72K • Cir

Bottom Right

Bhubaneswar

## ପତଞ୍ଜଳି ରିସର୍ଚ୍ଚ ଦ୍ଵାରା ଆୟୋଜିତ କୃଷକମାନଙ୍କ ପାଇଁ ତାଲିମ କାର୍ଯ୍ୟକ୍ରମ



### ହରିଦ୍ଵାର: ଏକପ୍ରେସ୍ ନ୍ୟୁଜ୍

ଭାରତ ସରକାରଙ୍କ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଅଧୀନସ୍ଥ କାତୀୟ ଔଷଧୀୟ ଉଦ୍ଭିଦ ବୋର୍ଡ (ଏନ୍.ଏମ୍.ପି.ବି) ଯୋଜନା ଦ୍ଵାରା ପ୍ରାୟୋଜିତ ଔଷଧୀୟ ଉଦ୍ଭିଦ ଚାଷରେ କୃଷି-ଉଦ୍ୟୋଗୀତା ବିକାଶ ପାଇଁ ଆଞ୍ଚଳିକ ତାଲିମ ବିଷୟବସ୍ତୁ ଉପରେ ଏକ ଦୃଢ଼ ବିନିଆ କାର୍ଯ୍ୟକ୍ରମ ପତଞ୍ଜଳି ଉଦ୍ଦେଶ୍ୟା ଫାଉଣ୍ଡେସନ ଏବଂ ପତଞ୍ଜଳି ବିଶ୍ଵବିଦ୍ୟାଳୟର ସହଯୋଗରେ ପତଞ୍ଜଳି ଉଦ୍ଦେଶ୍ୟା ଫାଉଣ୍ଡେସନର ପ୍ରେକ୍ଷାକଣ୍ଠରେ ଆୟୋଜିତ ହୋଇଥିଲା । ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଔଷଧୀୟ ଉଦ୍ଭିଦର ସଂରକ୍ଷଣ, ରୋପଣ ଏବଂ ସେମାନଙ୍କର ପ୍ରାକୃତିକ ପ୍ରକାରିଗୁଡ଼ିକର ସୁରକ୍ଷା, ଏବଂ ଔଷଧୀୟ ଉଦ୍ୟାନର ବିକାଶ ମାଧ୍ୟମରେ ସଂରକ୍ଷଣରୁ ପ୍ରୋତ୍ସାହିତ କରିବା ଉପରେ ଗୁରୁତ୍ଵ ଦିଆଯାଇଛି । କାର୍ଯ୍ୟକ୍ରମଟି ଦୀପ ପ୍ରସ୍ତୁତନ ସହିତ

ଆରମ୍ଭ ହୋଇଥିଲା । କାର୍ଯ୍ୟକ୍ରମର ଶେଷରେ, ପତଞ୍ଜଳି ବିଶ୍ଵବିଦ୍ୟାଳୟର ଉପକୁଳପତି ପ୍ରଫେସର । ମନ୍ଦିକ କୁମାର ଅଗ୍ରୱାଲ କାର୍ଯ୍ୟକ୍ରମର ପ୍ରଶଂସା କରିଥିଲେ ଏବଂ ପରିବର୍ତ୍ତନମାନଙ୍କୁ କୃଷକ ତାଲିମ କାର୍ଯ୍ୟକ୍ରମରେ ଅଂଶଗ୍ରହଣ କରି ଏହାକୁ ସଫଳ କରିବାକୁ ଏବଂ ବିଶ୍ଵ ସ୍ତରରେ ଭାରତକୁ 'ବିଶ୍ଵଗୁରୁ' କରିବାକୁ କହିଥିଲେ । ଜାତୀୟ ସ୍ତରରେ ୧୦୦ ରୁ ଅଧିକ ଚାଷୀ ଉନ୍ନତ ଅଭିବୃଦ୍ଧି ଏବଂ ଅମଳ ଏବଂ ନିଦିଷ୍ଠ ପୁଷ୍ଟି ସମ୍ବନ୍ଧୀୟ ସମସ୍ୟାର ସମାଧାନ ପାଇଁ ସବୁଜ ବିପ୍ଳବ, ଅନ୍ନଦାତା ଆପ, ଆର୍ଥିକ ଡକ୍ଟର ପାଇଛନ୍ତି । କାର୍ଯ୍ୟକ୍ରମଟି ଡକ୍ଟର ଦୀପିକା ଶ୍ରୀବାସ୍ତବଙ୍କ ଦ୍ଵାରା ପରିଚାଳନା କରାଯାଇଥିଲା । କୃତଜ୍ଞତା ପ୍ରକାଶ କରି ପ୍ରଫେସର । ମନ୍ଦିକ ଅଗ୍ରୱାଲ କହିଥିଲେ ଯେ ଏପରି କାର୍ଯ୍ୟକ୍ରମ ଜୀବନ ପାଇଁ ଗୁରୁତ୍ଵପୂର୍ଣ୍ଣ । ଏହି ଅବସରରେ ପତଞ୍ଜଳି ପରିବାରର ସମସ୍ତ ସଦସ୍ୟ ଉପସ୍ଥିତ ଥିଲେ ।

Prameya • 18 Mar • Ministry of Ayush  
Two-day farmer training at Patanjali Research

10 • PG

180 • Sqcm

97016 • AVE

946.94K • Cir

Middle Left

Bhubaneshwar

## ପତଞ୍ଜଳି ପକ୍ଷରୁ ୨ ଦିନିଆ କୃଷକ ତାଲିମ କାର୍ଯ୍ୟକ୍ରମ



ଭୁବନେଶ୍ୱର, ୧୭ମାର୍ଚ୍ଚ(ବୁଧବାର): ପତଞ୍ଜଳି ଲିମିଟେଡ୍ ପକ୍ଷରୁ ଓଷଧୀୟ ଗୁରୁ ଚାଷ କ୍ଷେତ୍ରରେ ଔଷଧୀଗିତା ବିକାଶ ସମ୍ପର୍କିତ ୨ ଦିନିଆ ପତଞ୍ଜଳି କୃଷକ ତାଲିମ କାର୍ଯ୍ୟକ୍ରମ ପତଞ୍ଜଳି ବିଶ୍ୱବିଦ୍ୟାଳୟ ପରିସରରେ ଅନୁଷ୍ଠିତ ହୋଇପାରିଛି । ଆୟୁଷ ମନ୍ତ୍ରାଳୟର ନ୍ୟାୟନାଳ ମେଡିକାଲ ପୁଂଫ ବୋର୍ଡ (ଏନ୍ଏମ୍ପିବି) ଝିମ ସହଯୋଗରେ ଏହି କାର୍ଯ୍ୟକ୍ରମକୁ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦେଇ ରାମଦେବ ଏବଂ ଆଚାର୍ଯ୍ୟ ବାଳକୃଷ୍ଣ ଉଦ୍‌ଘାଟନ କରିଥିଲେ । ଏହି ଅବସରରେ ଓଷଧୀୟ ଗୁରୁର ସଂରକ୍ଷଣ, ହରାକ ଗର୍ଭେନ ଉପରେ ଅତିଥି ମାନେ ବିଶେଷ ଚର୍ଚ୍ଚା କରିଥିଲେ ।

କାର୍ଯ୍ୟକ୍ରମରେ କୃଷକ ଏବଂ କୃଷି ବିଶେଷଜ୍ଞ ମାନେ ଯୋଗ ଦେଇ ଓଷଧୀୟ ଗୁରୁ ଚାଷ କ୍ଷେତ୍ରରେ ରହିଥିବା ବ୍ୟବସାୟ ସୁଯୋଗ ଉପରେ ଆବଶ୍ୟକ ହୋଇଥିଲେ । କାର୍ଯ୍ୟକ୍ରମରେ ରାମଦେବ କହିଥିଲେ, ଦେଶ କୃଷି କ୍ଷେତ୍ରରେ ହେଉ ଅଗ୍ରଗତି କରିଛି । ଏବେ କୃଷି ଔଷଧୀଗିତା କ୍ଷେତ୍ରରେ ଓଷଧୀୟ ଗୁରୁ

ବେଶ ଲୋକପ୍ରିୟତା ହାସଲ କରୁଛି । ଏକାକି ସ୍ଥିତିରେ ପତଞ୍ଜଳି ବାୟୁ, ଆଧାର ଏବଂ ପରିବେଶ ସୁରକ୍ଷା ଦିଗରେ ଏକାକି କୃଷିକୁ ଉତ୍ସାହିତ କରୁଛି ।

ପତଞ୍ଜଳି ଲିମିଟେଡ୍ ଇନଷ୍ଟିଚ୍ୟୁଟର ମୁଖ୍ୟ ଡ.ରେଡ଼ଫିୟ ଆର୍ଯ୍ୟ କହିଲେ, ମୁଖିକାର ମାନ ପରୀକ୍ଷଣ ଲାଗି ପତଞ୍ଜଳିର ପରୀକ୍ଷଣ ଯତ୍ନ କୃଷକଙ୍କ ଲାଗି ବେଶ ସହାୟକ ହେବ । ଓଷଧ ବିକାଶ ଚିକିତ୍ସକର ପ୍ରମୁଖ ବୈଜ୍ଞାନିକ ଡ. କୁମାର ଲତାଚାର୍ଯ୍ୟ କହିଲେ, କୃଷି ଔଷଧୀଗିତା ଉଚ୍ଚର ପରିବେଶ ଏବଂ ଅନିଚ୍ଛୁବିତ୍ ଲାଗି ସହାୟକ । ଓଷଧୀୟ ଗୁରୁ ଚାଷର ଉପକାରଣ ସମ୍ପର୍କରେ ନ୍ୟାୟନାଳ ମେଡିକାଲ ପୁଂଫ ବୋର୍ଡର ଆକ୍ଷିକ ନିର୍ଦ୍ଦେଶକ ଡ.ଅରୁଣ ଚନ୍ଦ୍ର ଗୁରୁବାରୋପ କରିଥିଲେ । ଅନ୍ୟମାନଙ୍କ ମଧ୍ୟରେ ପତଞ୍ଜଳି ବିଶ୍ୱବିଦ୍ୟାଳୟର ଉପାଧ୍ୟକ୍ଷପ୍ରଫେସର ପ୍ରଫେସର ମୟଙ୍କ କୁମାର ଅଗ୍ରୱାଲ, ଡ. ଦିପିକା ଶ୍ରୀବାସ୍ତବ, ସେଣ୍ଟ୍ରାଲ ସ୍ପନିଲିଫିଟି ଝିମାଉଳ ପ୍ରଫେସର ପ୍ରଫେସର ପ୍ରଦୀପ କୁମାର ପ୍ରମୁଖ ଉପସ୍ଥିତ ଥିଲେ ।



Online Coverage

| No  | Portal Name     | Headline (Incorporated with URL)  | Reach  |
|-----|-----------------|---|--------|
| 1.  | Msn India       | Not intense studying, 5 tips to boost academic performance and secure good marks      | 733.9M |
| 2.  | Msn India       | In common ailments, U-2s respond better to homeopathy: Study                          | 733.9M |
| 3.  | MSN Hindi       | Meerut News : मसाज सेंटर में सब गोलमाल है   | 733.9M |
| 4.  | MSN Hindi       | जिले में जल्द ही बनेगा 100 बेड का आयुर्वेदिक अस्पताल                                  | 733.9M |
| 5.  | MSN Hindi       | हरियाणा में बेटियों वाली सरपंच बनेंगी ब्रांड अंबेसडर, लिंगानुपात में सुधार लाने ...   | 733.9M |
| 6.  | Hindustan Times | No data on suicide by medical interns maintained by central govt, says MoS Health ... | 124.6M |
| 7.  | Hindustan Times | Yoga session held at Double-Decker Root Bridge in Meghalaya                           | 124.6M |
| 8.  | Hindustan Times | Chandigarh: Govt College of Yoga Education and Health organises Surya Namaskar e...   | 124.6M |
| 9.  | Hindustan Times | Yoga can regulate stress and emotions immediately: Harvard expert                     | 124.6M |
| 10. | Hindustan Times | Haryana sets up 'state task force' to improve sex ratio, announces stringent me...    | 124.6M |
| 11. | ABP Live        | सीएम योगी बोले- "8 सालों में 8.30 लाख युवाओं को सरकारी नौकरियां दी, नहीं होती ...     | 85.9M  |
| 12. | Dainik Bhaskar  | इस पहल की शुरुआत अप्रैल में की जाएगी, जनसहयोग से किया जाएगा कार्य                     | 66.5M  |
| 13. | Dainik Bhaskar  | मुंगेली के जेल में कैदियों के लिए योग शिविर: नियमित अभ्यास से मिल रही मानसिक शां...   | 66.5M  |
| 14. | Dainik Bhaskar  | 3117 पंजीकृत रोगियों को छह महीनों तक दी जाएगी आयुर्वेदिक औषधि                         | 66.5M  |
| 15. | Dainik Bhaskar  | अश्वगंधा के औषधीय गुण और लाभों की जानकारी दी  | 66.5M  |
| 16. | Dainik Bhaskar  | 615 डॉक्टरों का कैंडर स्टैंड तैयार, जबकि नर्सों का हो चुका रिव्यू                     | 66.5M  |
| 17. | Dainik Bhaskar  | आयुष में निशुल्क आयुर्वेद शिविर 24 को   | 66.5M  |
| 18. | Dainik Bhaskar  | अलीगढ़ में मेडिकल छात्रों से प्रोफेसर ने की गंदी बात: विभाग में बुलाकर गलत इरादे स... | 66.5M  |
| 19. | Dainik Bhaskar  | केंद्र व राज्य सरकार की योजनाओं की तीन दिवसीय विशाल प्रदर्शनी आज से                   | 66.5M  |
| 20. | Dainik Bhaskar  | अश्वगंधा के औषधीय गुणों पर हुआ सेमिनार  | 66.5M  |
| 21. | Dainik Bhaskar  | प्रधानमंत्री योग पुरस्कार के लिए नामांकन शुरू, 31 मार्च तक मौका                       | 66.5M  |
| 22. | Dainik Bhaskar  | मनेंद्रगढ़ कलेक्टर ने ली समय-सीमा की बैठक: 6 माह से लंबित कार्य पूरे करने के निर...   | 66.5M  |
| 23. | Dainik Bhaskar  | बनवारी लाल को लाइफ टाइम अचीवमेंट अवॉर्ड   | 66.5M  |
| 24. | Dainik Bhaskar  | 400 साल पुरानी आयुर्वेद पांडुलिपियों का होगा संरक्षण: जयपुर के राष्ट्रीय आयुर्वे...   | 66.5M  |
| 25. | Dainik Bhaskar  | आयुष विभाग ने जिले के आयुष्मान आरोग्य मंदिरों पर लगाए स्वास्थ्य शिविर                 | 66.5M  |

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|-----|-----------------------------|---|-------|
| 26. | Dainik Bhaskar              | आयुष नर्सेज को पदनाम परिवर्तन का इंतजार   | 66.5M |
| 27. | हिन्दुस्तान(Live Hindustan) | डॉ. सुशील सुभाषचंद्र दूबे की प्रोफेसर पद पर नियुक्ति                                | 64.8M |
| 28. | हिन्दुस्तान(Live Hindustan) | सुलतानपुर: डॉ. सुशील सुभाषचंद्र दूबे की प्रोफेसर पद पर नियुक्ति                     | 64.8M |
| 29. | हिन्दुस्तान(Live Hindustan) | यूनानी मेडिकल कॉलेज की प्रदर्शनी का समापन   | 64.8M |
| 30. | हिन्दुस्तान(Live Hindustan) | एनसीडी स्क्रीनिंग व पोर्टल का प्रशिक्षण   | 64.8M |
| 31. | हिन्दुस्तान(Live Hindustan) | उत्कर्ष मेले में 243 युवाओं को मिला रोजगार  | 64.8M |
| 32. | हिन्दुस्तान(Live Hindustan) | यूपी नहीं पूर्ववर्ती सरकारें बीमारू थीं : योगी                                      | 64.8M |
| 33. | हिन्दुस्तान(Live Hindustan) | विकास उत्सव में लोगों ने किया योग और प्राणायाम                                      | 64.8M |
| 34. | हिन्दुस्तान(Live Hindustan) | सीएम योगी ने UPPSC और UPSSSC से चयनित को बांटे नियुक्ति पत्र, कहा- ईमानदारी से क... | 64.8M |
| 35. | हिन्दुस्तान(Live Hindustan) | UP Top News Today: सीएम योगी ने लखनऊ में बांटे नियुक्ति पत्र, वाराणसी में बदले ज... | 64.8M |
| 36. | हिन्दुस्तान(Live Hindustan) | होम्योपैथी विभाग को मिले 15 चिकित्साधिकारी  | 64.8M |
| 37. | हिन्दुस्तान(Live Hindustan) | आयुष मेले में सेहत पर किया गया जागरूक   | 64.8M |
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| 47. | The Times of India          | 20% students anaemic: Nuh rolls out drive to tackle malnutrition                    | 64.4M |
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| 49. | The Times of India          | Govt to open more than 1,500 new hospital buildings in rural areas: Minister        | 64.4M |
| 50. | The Times of India          | 1,500 new hospitals to be established in state: Min                                 | 64.4M |
| 51. | The Times of India          | Kerala regulator warns herbal drug maker for misleading ad                          | 64.4M |
| 52. | The Times of India          | Bengal to rename health & wellness NHM centres                                      | 64.4M |
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| 54. | अमर उजाला (Amar ujala) | Kushinagar News: उद्यमियों की समस्याओं का प्राथमिकता के आधार पर करें निस्तारण        | 63.8M |
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| 59. | अमर उजाला (Amar ujala) | Mahendragarh-Narnaul News: जिले को मिले 28 आयुर्वेदिक चिकित्सा अधिकारी, मिलेगी ब...  | 63.8M |
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| 93.  | The Hindu          | MoU signed for study on reducing alcohol dependency using homeopathic techniq<br>ues    | 35.9M |
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| 99.  | Jagran Josh        | Daily Current Affairs Quiz: देखें आज 21 मार्च 2025 का करेंट अफेयर्स क्विज और उनक...     | 21.6M |
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| 101. | Dailyhunt          | Drinking Health Never Felt This Good - Meet Purrustic                                   | 18.6M |
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| 126. | Medical Dialogues | AYUSH Ministry working to integrate Unani with Modern Medicine                       | 16M   |
| 127. | Medical Dialogues | Centre clarifies No Proposal for AIIMS in Moradabad                                  | 16M   |
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| 129. | Medical Dialogues | Health Bulletin 29/ March/ 2025 - Video  | 16M   |
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| 132. | Medical Dialogues | <a href="#">How many doctors available in India? Health Ministry gives response</a>                  | 16M   |
| 133. | Medical Dialogues | <a href="#">AYUSH Ministry Launches Initiatives to Integrate Ayush Medicine with Allopathic ..</a>   | 16M   |
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| 141. | Prokerala.com     | <a href="#">Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha v</a>    | 13M   |
| 142. | Prokerala.com     | <a href="#">Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister</a>                        | 13M   |
| 143. | Prokerala.com     | <a href="#">Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e...</a> | 13M   |
| 144. | Prokerala.com     | <a href="#">Global research on ashwagandha surges by 111.58 pc between 2019 and 2024: Centre</a>     | 13M   |
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| 148. | Prokerala.com     | <a href="#">Centre approves 165 bio-safety labs, 42 virus research and diagnostic labs</a>           | 13M   |
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| 153. | ThePrint          | <a href="#">Yoga at 11,562 ft: National Institute of Sowa-Rigpa conducts special event in Le...</a>  | 11.3M |
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| 158. | ThePrint           | Yoga session held at Double-Decker Root Bridge in Meghalaya                             | 11.3M |
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| 164. | Etvbharat          | Parliament Live Updates   RS To Resume Discussion On Home Ministry; Key Rep<br>orts ... | 11.2M |
| 165. | Etvbharat          | High Cancer Risk For People Living Near River Drains, Says ICMR Study                   | 11.2M |
| 166. | Divyabhaskar       | भेडक: मोरबी ज़िल्लामां आयुष मिशननी प्रवृत्तिनो व्याप वधारवा कवायत                       | 10M   |
| 167. | Divyabhaskar       | आंतरराष्ट्रीय योग दिवसनी पूर्व तैयारी: अमनगर ITRAमां 750 लोकओ सामूहिक योगाभ्या...       | 10M   |
| 168. | Divyabhaskar       | वटि आयुकोन 2.0मां वैद्य प्रेरक शालनुं सन्मान: आयुर्वेदना विकासमां योगदान भटव "...       | 10M   |
| 169. | Indiatvnews        | Lok Sabha to apply "guillotine" to pass Budget 2025: What does it mean in parl...       | 9.7M  |
| 170. | Zee Business       | AI-based solutions transforming public health system in India: Centre                   | 9.6M  |
| 171. | Cnbc Tv18          | Parliament Budget Session   | 8.8M  |
| 172. | Times Now Hindi    | साढ़े 11 हजार फीट की ऊंचाई पर बर्फ की पहाड़ियों के बीच योग, सोवा-रिग्पा संस्थान ...     | 8.6M  |
| 173. | Times Now Hindi    | Current Affairs Today: वर्ल्ड हैप्पीनेस रिपोर्ट 2025 के अनुसार, दुनिया का सबसे ख...     | 8.6M  |
| 174. | Business Standard  | Drinking Health Never Felt This Good -- Meet Purrustic                                  | 8.1M  |
| 175. | Business Standard  | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...     | 8.1M  |
| 176. | Asianet News Hindi | 283 मेडिकल ऑफीसर्स को योगी ने दिया सर्टिफिकेट, CM ने कहा- याद रखना, जैसा करेंगे ...     | 8.1M  |
| 177. | Asianet News Hindi | 283 मेडिकल ऑफीसर्स को योगी ने दिया सर्टिफिकेट, CM ने कहा- याद रखना, जैसा करेंगे ...     | 8.1M  |
| 178. | Asianet News Hindi | गर्मी के चलते बदली ओडिशा में स्कूलों की टाइमिंग, अब सुबह 6:30 से 10:30 बजे तक खु...     | 8.1M  |
| 179. | Latestly           | India News   Yoga at 11,562 Ft: National Institute of Sowa-Rigpa Conducts Speci<br>a... | 7.8M  |
| 180. | Latestly           | India News   Central Council of Research in Unani Medicine (CCRUM) and Nation<br>al ... | 7.8M  |
| 181. | Latestly           | Latest News   Nation Not Built by Slogans, but Performing Duties: Adityanath            | 7.8M  |

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| 182. | Latestly           | India News   Over 77,000 Hospital Admissions Authorized for Mental Health Pack ag... | 7.8M |
| 183. | Latestly           | India News   Yoga Session Held at Double-Decker Root Bridge in Meghalaya             | 7.8M |
| 184. | Latestly           | India News   Ayush Institutes Organize Free Dental Check-ups and Workshops for O...  | 7.8M |
| 185. | Latestly           | Parliament Budget Session Today: Key Reports To Be Tabled in Lok Sabha, Fina nce ... | 7.8M |
| 186. | Latestly           | Heatwave in Odisha: Government Orders Morning Classes in Schools From Marc h 21      | 7.8M |
| 187. | Latestly           | India News   Ayush Ministry Initiates Sensitisation Drive for Heatwave Preventio...  | 7.8M |
| 188. | Latestly           | India News   Ministry of Ayush Takes Proactive Steps to Safeguard Public Health ...  | 7.8M |
| 189. | Latestly           | India News   Rashtriya Karmayogi Jan Seva Programme Aims to Upskill Individual S,... | 7.8M |
| 190. | Jagran English     | What is Ayushman Arogya Mandir Scheme? How 1,76,573 AAMs Helping People To Stay ...  | 7.7M |
| 191. | Jagran English     | Weather Updates: IMD Warns Heatwave In North India, Delhi Temperatures To S oar, ... | 7.7M |
| 192. | News18             | Heatwave Safeguard: வெப்பம் தொடர்பான உடல்நிலை பாதிப்பை தடுப்பது எப்ப டி...?          | 7.6M |
| 193. | IBC24 News         | आयुर्वेद और प्राकृतिक खेती को लेकर लोगों को जागरूक करने की जरूरत: मुख्यमंत्री यो...  | 7.3M |
| 194. | The Tribune India  | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | 7M   |
| 195. | The Tribune India  | Chaitra Navratra fair begins with fervour at Mata Chintpurni temple                  | 7M   |
| 196. | The Tribune India  | Drinking Health Never Felt This Good -- Meet Purrustic                               | 7M   |
| 197. | The Tribune India  | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | 7M   |
| 198. | The Tribune India  | Chandigarh Admn mulls 'fitness day" on third Saturday of every month                 | 7M   |
| 199. | The Tribune India  | Study links rise in air pollution to increase in heart attack cases                  | 7M   |
| 200. | New Indian Express | Nandigama to get AYUSH research hospital soon  | 6.7M |
| 201. | New Indian Express | NGT imposes curbs on CRIYN project construction in Odisha                            | 6.7M |
| 202. | New Indian Express | The sole govt ayurveda college in Tamil Nadu struggles with faculty deficit, fut...  | 6.7M |
| 203. | New Indian Express | Cancer cases high in UP, Maharashtra, Bihar, West Bengal & TN                        | 6.7M |
| 204. | New Indian Express | 90 cases of HMPV reported in India till February 27: Centre in Lok Sabha             | 6.7M |

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| 205. | New Indian Express | Of the over 23,000 spices samples tested, over 1500 found to be sub-standard: C e... | 6.7M |
| 206. | New Indian Express | No unanimous scientific evidence on adverse health effects of palm oil consumpti. .. | 6.7M |
| 207. | New Indian Express | Pankajakasthuri Herbals gets rap for promoting drug sans nod                         | 6.7M |
| 208. | Live Law           | Consultant (Legal) Vacancy At Central Council For Research In Homoeopathy            | 6.1M |
| 209. | Live Law           | Misleading Medical Ads   Supreme Court Directs States To Appoint Officers To En f... | 6.1M |
| 210. | PIB                | 'Yoga for One Earth, One Health" - Theme for IDY2025: PM in 'Mann Ki Baat"           | 5.4M |
| 211. | PIB                | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...  | 5.4M |
| 212. | PIB                | WHO Global Traditional Medicine Centre (GTMC) in Jamnagar to emerge as a Ce ntre ... | 5.4M |
| 213. | PIB                | Steps taken by the Government to increase surveillance and awareness of Antimi cr... | 5.4M |
| 214. | PIB                | Update on Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY)               | 5.4M |
| 215. | PIB                | Update on National Quality Assurance Standards (NQAS)                                | 5.4M |
| 216. | PIB                | Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in ..   | 5.4M |
| 217. | PIB                | Under the National AYUSH Mission an amount of Rs. 276529.87 Lakhs released as fi...  | 5.4M |
| 218. | PIB                | Ministry of Ayush has taken multiple initiatives towards integration of Ayush sy...  | 5.4M |
| 219. | PIB                | Central Council for Research in Ayurvedic Sciences actively involved in strength...  | 5.4M |
| 220. | PIB                | Update on Ayushman Arogya Mandir   | 5.4M |
| 221. | PIB                | Steps taken on Mental Health   | 5.4M |
| 222. | PIB                | Steps taken to expand healthcare professionals in rural areas                        | 5.4M |
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| 224. | PIB                | Ayush Institutes Organize Free Dental Check-ups & Workshops for Oral Health ...      | 5.4M |
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| 227. | PIB                | Measures taken by the government to use AI in the public health system               | 5.4M |
| 228. | PIB                | Steps taken by the Government to expand healthcare infrastructure                    | 5.4M |



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| 229. | PIB                   | "Ministry of Ayush Takes Proactive Steps to Safeguard Public Health Regarding H e... | 5.4M |
| 230. | PIB                   | Ministry of Ayush inaugurates the first batch of the Rashtriya Karmayogi Jan Sev..   | 5.4M |
| 231. | PIB                   | Update on elimination of Trachoma and Malaria  | 5.4M |
| 232. | Kerala Kaumudi Online | നന്തികര ശരീരമാകൃഷ്ടൻ വിദ്യാനികേത പബ്ലിക് സ്കൂളി യോഗോ ത്സവ്                           | 4.4M |
| 233. | Keralakaumudi.com/en  | Primary responsibility regarding ASHA workers lies with state government; will n...  | 4.4M |
| 234. | Janta Se Rishta       | योग अरविंद को आइकॉन ऑफ रिस्पॉन्सिविलिटी अवार्ड से सम्मानित किया गया                  | 3.8M |
| 235. | Janta Se Rishta       | माता चिंतपूर्णी मंदिर में चैत्र Navratri मेला धूमधाम से शुरू                         | 3.8M |
| 236. | Janta Se Rishta       | Nagaland : औषधीय पौधों पर हितधारकों एवं क्रेता-विक्रेता की बैठक                      | 3.8M |
| 237. | Janta Se Rishta       | शराब पीने से स्वास्थ्य को कभी इतना अच्छा महसूस नहीं हुआ - मिलिए प्यूरस्टिक से        | 3.8M |
| 238. | Janta Se Rishta       | रोगियों को अधिक से अधिक सुविधा और मिले बेहतर इलाज                                    | 3.8M |
| 239. | Janta Se Rishta       | नंदीगामा में AYUSH अनुसंधान अस्पताल शीघ्र  | 3.8M |
| 240. | Janta Se Rishta       | आयुर्वेद से इलाज की ओर लौट रहे लोग   | 3.8M |
| 241. | Janta Se Rishta       | जेल में कैदियों के लिए योग शिविर का आयोजन  | 3.8M |
| 242. | Janta Se Rishta       | जेल में कैदियों के लिए योग शिविर का आयोजन  | 3.8M |
| 243. | Janta Se Rishta       | लखनऊ में आयुष विभाग के 283 चिकित्सा अधिकारियों को नियुक्ति पत्र वितरित करते CM Y...  | 3.8M |
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| 246. | Janta Se Rishta       | Chandigarh प्रशासन हर महीने के तीसरे शनिवार को 'फिटनेस डे' मनाने पर विचार            | 3.8M |
| 247. | Janta Se Rishta       | आयुष मंत्रालय ने हीटवेव के संबंध में जन स्वास्थ्य की सुरक्षा के लिए सक्रिय कदम उ...  | 3.8M |
| 248. | Janta Se Rishta       | राष्ट्रीय कर्मयोगी जन सेवा कार्यक्रम का उद्देश्य व्यक्तियों को कौशल प्रदान करना,...  | 3.8M |
| 249. | Udayavani             | Nation not built by slogans, but performing duties: Yogi Adityanath                  | 3.6M |
| 250. | Daijiworld            | Udupi: Muniyal Institute of Ayurveda Medical Sciences holds 'SAMVEDNA-2"             | 3M   |
| 251. | Oneindia Hindi        | मान्यता विहीन पाठ्यक्रम से छात्रों का भविष्य खतरे में, MP सरकार के शिक्षा संस्था...  | 2.9M |
| 252. | Deccan Chronicle      | Ayush Research Hospital in Nandigama Soon  | 2M   |
| 253. | Ani News              | Drinking Health Never Felt This Good -- Meet Purrustic                               | 1.9M |
| 254. | Ani News              | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...  | 1.9M |

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| 265. | The Statesman  | Centre takes steps to safeguard public health regarding heatwave                     | 1.7M |
| 266. | The Hans India | Ministry of Ayush launches sensitisation drive public health regarding heatwave      | 1.7M |
| 267. | Amrit Vichar   | पराग एलर्जी और बदलते मौसम ने लोगों को किया बीमार                                     | 1.4M |
| 268. | Kalinga TV     | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | 1.4M |
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| 271. | ABP Live       | Top 10 News Headlines: டெல்லி விரையும் எடப்பாடி, சனிப்பெயர்ச்சி இல்லை, ப யங்கர நி... | 1.3M |
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| 282. | Devdiscourse     | Nationwide Push for Oral Health Awareness on World Oral Health Day                  | 1.2M   |
| 283. | Devdiscourse     | India Accelerates Public Health Innovation with AI: MoHFW Drives Nationwide Tra...  | 1.2M   |
| 284. | Devdiscourse     | Ayush Ministry Launches 'Rashtriya Karmayogi Jan Seva Programme' to Reform Publi... | 1.2M   |
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| 287. | Deccan Herald    | Integrated medicine for mental wellness   | 1.14M  |
| 288. | Deccan Herald    | Ayush Ministry initiates sensitisation drive for heatwave prevention                | 1.14M  |
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| 301. | The Week         | Around 1 000 patients with rare diseases registered with Centres of Excellence L... | 888.3K |
| 302. | The Week         | Nation not built by slogans but performing duties Adityanath                        | 888.3K |
| 303. | The Week         | Over 77 000 hospital admissions authorized for mental health packages under Ce...   | 888.3K |

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| 304. | The Week   | Yoga session held at Double-Decker Root Bridge in Meghalaya                          | 888.3K |
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| 313. | Newstrack  | UP News: CM योगी ने 283 चिकित्सा अधिकारियों को वितरित किये नियुक्ति पत्र, बोले- ...  | 809.7K |
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| 315. | Daily Excelsior  | Nation not built by slogans, but performing duties: Yogi Adityanath                  | 717.7K |
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| 317. | Daily Excelsior  | J&K gets Rs 3,481 crore boost for healthcare in last 4 years                         | 717.7K |
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| 482. | Weekly Voice      | Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e... | 43.8K |
| 483. | Weekly Voice      | Global research on ashwagandha surges by 111.58 pc between 2019 and 2024: Centre     | 43.8K |
| 484. | Weekly Voice      | Tele-MANAS mental health helpline handles over 19.6 lakh calls since 2022: Prat a... | 43.8K |
| 485. | Weekly Voice      | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh... | 43.8K |
| 486. | Weekly Voice      | FSSAI deployed 285 Food Safety on Wheels to check adulteration: Minister             | 43.8K |
| 487. | Weekly Voice      | Centre approves 165 bio-safety labs, 42 virus research and diagnostic labs           | 43.8K |
| 488. | Weekly Voice      | AI-based solutions transforming public health system in India: Centre                | 43.8K |
| 489. | Weekly Voice      | Ministry of Ayush launches sensitisation drive public health regarding heatwave      | 43.8K |
| 490. | The Csr Journal   | Air pollution has a deadly impact on cardiac health: Experts at ASSOCHAM"s 'Ill...   | 39.8K |
| 491. | Visionnewsservice | राजनांदगांव छोटे लाल साहू को डॉक्टरेट की उपाधि प्रदान की गई मैट्स विश्वविद्यालय ...  | 36.8K |
| 492. | Visionnewsservice | निःशुल्क आयुर्वेद चिकित्सा एवं जीवन शैली चिकित्सा शिविर का आयोजन                     | 36.8K |
| 493. | Visionnewsservice | देश का प्रकृति परीक्षण अभियान का प्रथम चरण, छत्तीसगढ़ राज्य को पूरे देश में तीसर...  | 36.8K |
| 494. | Visionnewsservice | कलेक्टर ने सभी लंबित कार्यों को पूर्ण करने के लिए निर्देश कलेक्टर डी. राहुल वेंक...  | 36.8K |
| 495. | UP18 news         | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | 35.1K |
| 496. | UP18 news         | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | 35.1K |
| 497. | UP18 news         | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | 35.1K |
| 498. | Yugmarg           | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | 33.4K |
| 499. | Ians Live         | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha v    | 32.1K |

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| 500. | Ians Live                | Tele-MANAS mental health helpline handles over 19.6 lakh calls since 2022: Prat a...  | 32.1K |
| 501. | Ians Live                | AI-based solutions transforming public health system in India: Centre                 | 32.1K |
| 502. | Samay Live               | CM योगी ने 283 चिकित्सा अधिकारियों को सौंपे नियुक्ति पत्र, बोले- देश सेवा सर्वोप...   | 30.8K |
| 503. | Goemkarponn              | Major Sewerage Network Development Initiated by Margao MLA Digambar Kamat             | 29.1K |
| 504. | Goemkarponn              | Zero deaths in Goa from Hepatitis B in last 5 yrs                                     | 29.1K |
| 505. | Indian Economic Observer | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25          | 16.1K |
| 506. | Indian Economic Observer | Drinking Health Never Felt This Good -- Meet Purrustic                                | 16.1K |
| 507. | Indian Economic Observer | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...   | 16.1K |
| 508. | Indian Economic Observer | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...   | 16.1K |
| 509. | Indian Economic Observer | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ...  | 16.1K |
| 510. | Indian Economic Observer | Ayush institutes organize free dental check-ups and workshops for Oral health aw. ... | 16.1K |
| 511. | Indian Economic Observer | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ...  | 16.1K |
| 512. | Indian Economic Observer | Odisha reschedules school timings to beat the heat, classes I to XII will now op...   | 16.1K |
| 513. | Indian Economic Observer | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...   | 16.1K |
| 514. | Greno News               | सीएम योगी ने 283 नवचयनितों को नियुक्ति पत्र सौंपा, युवाओं से किया ईमानदारी से कर...   | 14K   |
| 515. | GLIBS                    | देश का प्रकृति परीक्षण अभियान का प्रथम चरण: छत्तीसगढ़ राज्य को पूरे देश में तीसर...   | 12.4K |
| 516. | Insamachar               | 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' – अंतर्राष्ट्रीय योग दिवस 2025 का थीम: 'मन...    | 12K   |
| 517. | Dainikdehat              | यूपी बनेगा अब स्वास्थ्य पर्यटन का केंद्र, आठ साल में मिली 8.30 लाख युवाओं को नौक...   | 12K   |
| 518. | Dainikdehat              | लखनऊ: सीएम योगी ने 283 चिकित्सा अधिकारियों को सौंपे नियुक्ति पत्र                     | 12K   |
| 519. | Insamachar               | आयुष मंत्रालय ने हीटवेव के संबंध में सार्वजनिक स्वास्थ्य की सुरक्षा के लिए सक्रि...   | 12K   |
| 520. | Democratic Jagat         | Naturopathy Stake Holders across the Country demanded inclusion of Yoga Natur opa...  | 10.9K |
| 521. | Tennews.in               | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                         | 9.1K  |
| 522. | Tennews.in               | Tele-MANAS mental health helpline handles over 19.6 lakh calls since 2022: Prat a...  | 9.1K  |
| 523. | Tennews.in               | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...  | 9.1K  |



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| 524. | Tennews.in           | Centre approves 165 bio-safety labs, 42 virus research and diagnostic labs              | 9.1K |
| 525. | Tennews.in           | FSSAI deployed 285 Food Safety on Wheels to check adulteration: Minister                | 9.1K |
| 526. | Tennews.in           | Ministry of Ayush launches sensitisation drive public health regarding heatwave         | 9.1K |
| 527. | CnewsBharat          | जिले के विभिन्न प्रखंडों में आयोजित आयुष जांच शिविर में 253 लोगों का स्वास्थ्य जा...    | 8K   |
| 528. | Uttaranchaltoday.com | केरल नियामक ने हर्बल दवा निर्माता को भ्रामक विज्ञापन के लिए चेतावनी दी                  | 6.2K |
| 529. | Indigenous Herald    | National Institute of Sowa-Rigpa conducts yoga at Leh height                            | 5.7K |
| 530. | ET Government        | Centre released ₹        crore to states/UTs for promotion of Ayush systems in 5 y e... | 5K   |
| 531. | Hi INDiA             | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha v       | 2.4K |
| 532. | Hi INDiA             | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                           | 2.4K |
| 533. | Hi INDiA             | Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e...    | 2.4K |
| 534. | Hi INDiA             | Global research on ashwagandha surges by 111.58 pc between 2019 and 2024: Centre        | 2.4K |
| 535. | Hi INDiA             | Tele-MANAS mental health helpline handles over 19.6 lakh calls since 2022: Prat a...    | 2.4K |
| 536. | Hi INDiA             | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...    | 2.4K |
| 537. | Hi INDiA             | FSSAI deployed 285 Food Safety on Wheels to check adulteration: Minister                | 2.4K |
| 538. | Hi INDiA             | Centre approves 165 bio-safety labs, 42 virus research and diagnostic labs              | 2.4K |
| 539. | Hi INDiA             | AI-based solutions transforming public health system in India: Centre                   | 2.4K |
| 540. | Hi INDiA             | Ministry of Ayush launches sensitisation drive public health regarding heatwave         | 2.4K |
| 541. | Live Aaryaavart      | सीहोर : अश्वगंधा कैपेन के तहत जागरूकता  | 911  |
| 542. | Daily Prabhat        | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25            | 280  |
| 543. | Daily Prabhat        | Drinking Health Never Felt This Good — Meet Purrustic                                   | 280  |
| 544. | Daily Prabhat        | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...     | 280  |
| 545. | Daily Prabhat        | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...     | 280  |
| 546. | Daily Prabhat        | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ...    | 280  |
| 547. | Daily Prabhat        | Ayush institutes organize free dental check-ups and workshops for Oral health aw. ..    | 280  |

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| 548. | Daily Prabhat        | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | 280 |
| 549. | Daily Prabhat        | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | 280 |
| 550. | Daily Prabhat        | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | 280 |
| 551. | Daily Prabhat        | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | 280 |
| 552. | Central Herald       | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 553. | Sangritimes          | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 554. | The Daily Metro      | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 555. | Venture Company News | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 556. | Bollychakkar         | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 557. | Forever News         | Yoga for One Earth, One Health: India Sets Global Vision for Yoga and Wellness       | N/A |
| 558. | Nispaksh Kashi       | Varanasi : महर्षि आरोग्य केंद्र में निःशुल्क चिकित्सा शिविर का सफल समापन             | N/A |
| 559. | The prime India      | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 560. | UNI                  | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 561. | News9Network         | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 562. | Palgharnews          | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25 – W ... | N/A |
| 563. | TaxGuru              | GST Exemptions on Training Services in Art, Culture, Yoga, and Sports                | N/A |
| 564. | Nevada Tribune       | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 565. | Kashi Ka News        | Kashi ka News. महर्षि आरोग्य केंद्र में तीन दिवसीय निःशुल्क चिकित्सा शिविर का सम...  | N/A |
| 566. | Sahitya Hindustan    | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 567. | Wow Entrepreneurs    | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 568. | The Capital News     | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 569. | Up Patrika           | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 570. | Mid Day Online       | Yog Aravind honoured with Icon of Responsibility Award                               | N/A |
| 571. | Mid Day Online       | Yog Aravind honoured with Icon of Responsibility Award                               | N/A |
| 572. | Business Point       | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 573. | Deccan Express       | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |
| 574. | Atulya Hindustan     | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25         | N/A |

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| 575. | MintMoney                  | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25 | N/A |
| 576. | Financial Post             | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25 | N/A |
| 577. | The Mobi World             | Yoga Arvind was awarded the Icon of Responsibility Award                     | N/A |
| 578. | National Insight           | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25 | N/A |
| 579. | The Evening Post           | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25 | N/A |
| 580. | News Daddy                 | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25 | N/A |
| 581. | South India News           | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 582. | Maharashtra Samachar       | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 583. | Prakhar Jagran             | Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25 | N/A |
| 584. | Tezzbuzz                   | Yoga Arvind was awarded the Icon of Responsibility Award                     | N/A |
| 585. | Mumbai News                | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 586. | Kashmir Newslite           | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 587. | Kolkata Sun                | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 588. | Chhattisgarh Today         | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 589. | Andhra Pradesh Mirror      | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 590. | Delhi live news            | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 591. | Buffalo Despatch           | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 592. | Bihar Times                | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 593. | West Bengal Khabar         | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 594. | Karnataka Live             | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 595. | East Asiaall News Portal   | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 596. | Birminghamall News Network | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 597. | Maldives Star Plus         | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 598. | Vanakkam Tamil Nadu        | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 599. | Middle East Times          | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 600. | New Delhi News             | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 601. | Srilanka Island News       | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |
| 602. | France Network Times       | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25 | N/A |

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| 603. | US World Today        | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 604. | San Francisco Star    | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 605. | Jharkhandtimes        | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 606. | England News Portal   | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 607. | Gujarat Varta         | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 608. | Telangana Journal     | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 609. | Odisha Post           | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 610. | Bihar 24x7            | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 611. | Rajasthan Ki Khabar   | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 612. | Kashmir Breaking News | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 613. | Punjab Live           | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 614. | Haryana Today         | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 615. | Himachal Patrika      | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 616. | North East Times      | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 617. | Indian News Network   | Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25         | N/A |
| 618. | State News Service    | आयुष विभाग द्वारा निःशुल्क आयुर्वेद चिकित्सा एवं जीवन शैली चिकित्सा शिविर का आयो...  | N/A |
| 619. | Uttar Bharat Live     | "You Quote We Pay" मॉडल पर होगी उत्तराखंड में विशेषज्ञ चिकित्सकों की नियुक्ति, ज...  | N/A |
| 620. | Asian News Service    | आयुष विभाग द्वारा निःशुल्क आयुर्वेद चिकित्सा एवं जीवन शैली चिकित्सा शिविर का आयो...  | N/A |
| 621. | Time Motion           | 'Yoga for One Earth, One Health' – Theme for IDY2025: PM in 'Mann Ki Baat'           | N/A |
| 622. | Keekli                | आयुष विभाग द्वारा तारा देवी मंदिर में बहु उद्देशीय चिकित्सा शिविर आयोजित             | N/A |
| 623. | Uttar Bharat Live     | स्वास्थ्य के लिए लाभदायक है काढ़ा, रोजाना करें इसका सेवन                             | N/A |
| 624. | Uttar Bharat Live     | उत्तराखंड के आकर्षण में खिंचे चले आए डेलीगेट्स                                       | N/A |
| 625. | Kadwaghut             | राजनांदगांव : आयुष विभाग द्वारा निःशुल्क आयुर्वेद चिकित्सा एवं जीवन शैली चिकित्स...  | N/A |
| 626. | Indore Mirror         | सिकल सेल की बीमारी के उन्मूलन में मध्य प्रदेश में सराहनीय कार्य – अब जरूरी है कि...  | N/A |
| 627. | Pradesh Khabar        | आयुष विभाग द्वारा निःशुल्क आयुर्वेद चिकित्सा एवं जीवन शैली चिकित्सा शिविर का आयो...  | N/A |
| 628. | Imnb                  | आयुष विभाग द्वारा निःशुल्क आयुर्वेद चिकित्सा एवं जीवन शैली चिकित्सा शिविर का आयो...  | N/A |
| 629. | Asia Insurance Post   | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha<br>v | N/A |
| 630. | Asia Insurance Post   | Around 1 000 patients with rare diseases registered with Centres of Excellence, ...  | N/A |



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|------|------------------------|--|-----|
| 631. | Sarkari Doctor         | Centre clarifies No Proposal for AIIMS in Moradabad                                  | N/A |
| 632. | Jammu Links News       | Yoga at 11,562 ft: National Institute of Sowa-Rigpa conducts special event in Le...  | N/A |
| 633. | Newsr                  | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...  | N/A |
| 634. | AlJazeera              | Yoga at 11,562 ft: National Institute of Sowa-Rigpa conducts special event in Le...  | N/A |
| 635. | The Daily Metro        | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 636. | BharatKi Baat          | Yoga at 11,562 ft: Sowa-Rigpa Institute hosts special event in Leh.                  | N/A |
| 637. | Sarkari Doctor         | Delhi AIIMS faces Shortage of Senior, Junior Residents: MoS Health                   | N/A |
| 638. | Newsr                  | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha v    | N/A |
| 639. | Nation Press           | Integrating Unani with Modern Medicine : Ayush Ministry"s Efforts to Combine Un. ..  | N/A |
| 640. | The Mobi World         | Not intense studying, 5 tips to boost academic performance and secure good mar ks    | N/A |
| 641. | OB News                | Not intense studying, 5 tips to boost academic performance and secure good mar ks    | N/A |
| 642. | Newsband ePaper        | The case of the missing outward register   | N/A |
| 643. | Tender Detail          | Bids Are Invited For Plain Copier Paper (V3) Isi Marked To Is 14490 (Q4) , Filef...  | N/A |
| 644. | Madhya Pradesh Mirror  | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 645. | Your Bangalore         | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 646. | Maharashtra 24x7       | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 647. | Khamma Ghani Rajasthan | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 648. | Allahabad Post         | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 649. | Live Jabalpur          | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 650. | South India News       | Drinking Health Never Felt This Good -- Meet Purrstic                                | N/A |
| 651. | AnyTV News             | Ministry of AYUSH is doing work on integrating Unani medicine with modern medi ci... | N/A |
| 652. | OB News                | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha v    | N/A |

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| 653. | The Mobi World       | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha<br>v    | N/A |
| 654. | Medical Buyer        | WHO GTMC in Jamnagar to emerge as centre of global wellness                             | N/A |
| 655. | Jharkhandtimes       | Drinking Health Never Felt This Good -- Meet Purrustic                                  | N/A |
| 656. | Indias News          | यूनानी चिकित्सा को आधुनिक चिकित्सा के साथ एकीकृत करने पर आयुष मंत्रालय कर रहा का...     | N/A |
| 657. | Rajasthan Journal    | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 658. | MP Guardian          | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 659. | MP News Line         | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 660. | Rajasthan Mirror     | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 661. | Delhi News Now       | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 662. | India News Archives  | Drinking Health Never Felt This Good — Meet Purrustic                                   | N/A |
| 663. | Gujarat Varta        | Drinking Health Never Felt This Good -- Meet Purrustic                                  | N/A |
| 664. | Jan Jagran Darpan    | यूनानी चिकित्सा को आधुनिक चिकित्सा के साथ एकीकृत करने पर आयुष मंत्रालय कर रहा का...     | N/A |
| 665. | Khair News           | यूनानी चिकित्सा को आधुनिक चिकित्सा के साथ एकीकृत करने पर आयुष मंत्रालय कर रहा का...     | N/A |
| 666. | Awaaz Hindi          | आयुष मंत्रालय यूनानी चिकित्सा को आधुनिक चिकित्सा के साथ एकीकृत करने पर काम कर रह...     | N/A |
| 667. | World News for All   | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 668. | India's News         | Drinking Health Never Felt This Good -- Meet Purrustic                                  | N/A |
| 669. | World News Network   | Drinking Health Never Felt This Good — Meet Purrustic – World News Network              | N/A |
| 670. | Mumbai News          | Drinking Health Never Felt This Good -- Meet Purrustic                                  | N/A |
| 671. | Palgharnews          | Drinking Health Never Felt This Good — Meet Purrustic – World News Network              | N/A |
| 672. | Karnataka Live       | Drinking Health Never Felt This Good -- Meet Purrustic                                  | N/A |
| 673. | Odisha Post          | Drinking Health Never Felt This Good -- Meet Purrustic                                  | N/A |
| 674. | Haryana Today        | Drinking Health Never Felt This Good -- Meet Purrustic                                  | N/A |
| 675. | Health Economietimes | Central Council of Research in Unani Medicine (CCRUM) and National Institute<br>of ...  | N/A |
| 676. | Delhi live news      | Drinking Health Never Felt This Good -- Meet Purrustic                                  | N/A |
| 677. | Kolkata Sun          | Drinking Health Never Felt This Good -- Meet Purrustic                                  | N/A |

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| 678. | Bihar Times                | Drinking Health Never Felt This Good -- Meet Purrustic | N/A |
| 679. | Bihar 24x7                 | Drinking Health Never Felt This Good -- Meet Purrustic | N/A |
| 680. | Kashmir Breaking News      | Drinking Health Never Felt This Good -- Meet Purrustic | N/A |
| 681. | New Delhi News             | Drinking Health Never Felt This Good -- Meet Purrustic | N/A |
| 682. | Kashmir Newslane           | Drinking Health Never Felt This Good -- Meet Purrustic | N/A |
| 683. | Standard News Wire         | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 684. | Standard Today News        | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 685. | News India Headline        | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 686. | News Indian Bulletin       | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 687. | Jharkhand News Hub         | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 688. | Indian Express Daily       | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 689. | Gujarat Watch              | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 690. | Jharkhand India Newsagency | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 691. | Telangana Journal          | Drinking Health Never Felt This Good -- Meet Purrustic | N/A |
| 692. | India Buzz Feed News       | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 693. | Rabale                     | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 694. | Topics To Know             | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 695. | Report News                | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 696. | Know Thats All             | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 697. | Business Line Print        | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 698. | News Mirror Net            | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 699. | Newz Today 24              | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 700. | Latest News Today          | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 701. | India Career Week          | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 702. | Delhi News Daily           | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 703. | News India Live            | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 704. | Rajasthan News Time        | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |
| 705. | Sandwich                   | Drinking Health Never Felt This Good — Meet Purrustic  | N/A |

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| 706. | Haryana Newsline                       | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 707. | Nagalandnews24x7                       | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 708. | India latest News Update               | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 709. | The Readers Digest                     | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 710. | Scroll India News                      | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 711. | State Newz                             | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 712. | The Report Net                         | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 713. | The Quick Update                       | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 714. | Quick News Now                         | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 715. | Nagpur Project News                    | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 716. | Indian World News                      | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 717. | Express Times News                     | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 718. | Newswire                               | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 719. | Report India                           | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 720. | Insight Ful News                       | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 721. | Brief Buzz                             | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 722. | India Global News                      | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 723. | News Today Pro                         | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 724. | Patrolling Wire News                   | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 725. | Now Report                             | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 726. | News India Web                         | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 727. | Say Goodbye To Expensive Cloud Storage | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 728. | Post Time News                         | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 729. | Report Today                           | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 730. | Rapid Report                           | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 731. | Chronicle Today News                   | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 732. | Gossip Today                           | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |
| 733. | News Indias                            | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a> | N/A |



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| 734. | State News Today           | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 735. | The Daily Glimpse          | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 736. | Una Villa                  | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 737. | The Report World           | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 738. | India World News           | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 739. | Chhattisgarh News Line     | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 740. | Insider India Times        | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 741. | News Today 99              | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 742. | Stroy India                | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 743. | Travller News India        | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 744. | The Daily Discover         | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 745. | The News Net               | <a href="#">Drinking Health Never Felt This Good — Meet Purrustic</a>                                | N/A |
| 746. | West Bengal Khabar         | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 747. | Newspoint                  | <a href="#">Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadhav</a>     | N/A |
| 748. | Vanakkam Tamil Nadu        | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 749. | Birminghamall News Network | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 750. | East Asiaall News Portal   | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 751. | England News Portal        | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 752. | Srilanka Island News       | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 753. | San Francisco Star         | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 754. | Maldives Star Plus         | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 755. | Buffalo Despatch           | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 756. | Rajasthan Ki Khabar        | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 757. | France Network Times       | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 758. | Himachal Patrika           | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 759. | North East Times           | <a href="#">Drinking Health Never Felt This Good -- Meet Purrustic</a>                               | N/A |
| 760. | The Mobi World             | <a href="#">Prataprao Jadhav of the Ayush Ministry is attempting to combine Unani with conte ...</a> | N/A |

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| 761. | Today India News      | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha V    | N/A |
| 762. | Indian News Network   | Drinking Health Never Felt This Good -- Meet Purrustic                               | N/A |
| 763. | Suryaa                | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha V... | N/A |
| 764. | Daily World           | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha V... | N/A |
| 765. | The Deccan Messenger  | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 766. | Thip Media            | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha V    | N/A |
| 767. | Suryaa                | Ayush Ministry working to integrate Unani with modern medicine: Prataprao Jadha V... | N/A |
| 768. | Uttarakhand kesari    | *जनता से किया सभी वायदे पूरे कर रही है धामी: महाराज*                                 | N/A |
| 769. | Rajasthan Express     | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 770. | khabredinraat         | नेचुरोपैथी हितधारकों ने योग नेचुरोपैथी को राष्ट्रीय भारतीय चिकित्सा पद्धति आयोग ...  | N/A |
| 771. | Mp Headline           | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 772. | Palgharnews           | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...  | N/A |
| 773. | The prime India       | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 774. | Venture Company News  | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 775. | Privileged News       | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 776. | Atulya Hindustan      | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 777. | North West News Times | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 778. | Indian Businessline   | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 779. | OB News               | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...  | N/A |
| 780. | South India News      | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...  | N/A |

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| 781. | The Mobi World        | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 782. | Kashmir Newslne       | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 783. | Punjab Live           | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 784. | Bihar 24x7            | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 785. | Jharkhandtimes        | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 786. | Chhattisgarh Today    | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 787. | Delhi live news       | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 788. | Gujarat Varta         | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 789. | Gujarat Samachar      | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 790. | Haryana Today         | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 791. | West Bengal Khabar    | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 792. | Odisha Post           | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 793. | Karnataka Live        | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 794. | North East Times      | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 795. | Telangana Journal     | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 796. | Himachal Patrika      | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 797. | Newspoint             | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 798. | Vanakkam Tamil Nadu   | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |
| 799. | Kashmir Breaking News | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ... | N/A |

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| 800. | Bihar Times                   | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...  | N/A |
| 801. | Andhra Pradesh Mirror         | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...  | N/A |
| 802. | Indian News Network           | Central Council of Research in Unani Medicine (CCRUM) and National Institute of ...  | N/A |
| 803. | The Mobi World                | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                        | N/A |
| 804. | Punjabkesari                  | विधानसभा अनिश्चितकाल के लिए स्थगित, 73 घंटे तक चली कार्यवाही, एक सप्ताह पूरी तरह...  | N/A |
| 805. | Dainik Jayant                 | जनता से किया सभी वायदे पूरे कर रही है धामी- महाराज                                   | N/A |
| 806. | Daily World                   | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister -Agencies   Nation. .. | N/A |
| 807. | Today India News              | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                        | N/A |
| 808. | हिमाचल प्रदेश (न्यूज़) समाचार | Shimla: 11 एएमओ किए ट्रांसफर, कुछ म्यूचुअल तो कुछ को एक-दूसरे के साथ किया ट्रांस...  | N/A |
| 809. | Times Report                  | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                        | N/A |
| 810. | Urban News Online             | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 811. | Newspoint                     | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                        | N/A |
| 812. | Thefreedompress               | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                        | N/A |
| 813. | Sakshi Post                   | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                        | N/A |
| 814. | UNI                           | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 815. | Airr News                     | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 816. | India Online Mart             | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                        | N/A |
| 817. | Nation Press                  | Rs 919 Lakh for AMR Programs : Government Allocates Rs 919 Lakh for AMR Init iati... | N/A |
| 818. | Pune News                     | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                        | N/A |
| 819. | The Hans India                | Govt allocated Rs 919 lakh in 2023-24 to tackle AMR: Minister                        | N/A |
| 820. | Arihant Samachar              | जनता से किए सभी वायदे पूरे कर रहे हैं धामी : महाराज                                  | N/A |
| 821. | Day night khabar              | जनता से किया सभी वायदे पूरे कर रही है धामी: महाराज                                   | N/A |
| 822. | New India                     | योग – प्राकृतिक चिकित्सा पर बनेगा कानून: जाधव  | N/A |
| 823. | India headline                | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |





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| 824. | Hamara Mahanagar     | Jadhav Yoga Therapy: योग - प्राकृतिक चिकित्सा पर बनेगा कानून: जाधव                   | N/A |
| 825. | Primex News Network  | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 826. | देव भूमि समीक्षा     | जनता से किये सभी वायदे पूरी कर रही है धामी सरकार: महाराज                             | N/A |
| 827. | Shekhawati Samachar  | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 828. | Live Mumbai          | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 829. | Nashik 24            | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 830. | Delhi News Watch     | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 831. | Indore Pioneer       | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 832. | Jodhpur Reporter     | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 833. | Uttar Bharat Live    | जनता से किए सभी वादे पूरे कर रही धामी सरकार- महाराज                                  | N/A |
| 834. | Tender Detail        | Auction For The Disposal Of A Lot Of Condemned, Unserviceable, Beyond Repair , Ob... | N/A |
| 835. | Tender Detail        | Bids Are Invited For Custom Bid For Services - Leased Fiber For Ug Connectivity ...  | N/A |
| 836. | Raksha Rajniti       | देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन : सीएम योगी            | N/A |
| 837. | Wow Entrepreneurs    | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 838. | Khabare Rajasthan    | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 839. | Sahitya Hindustan    | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 840. | Health Economietimes | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 841. | Nagpur News Today    | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 842. | Health Economietimes | Around 1,000 patients with rare diseases registered with Centres of Excellence, ...  | N/A |
| 843. | The Capital News     | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |
| 844. | Financial Post       | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom eopat... | N/A |

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| 845. | Deccan Express          | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 846. | Udaipur Dispatch        | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 847. | Live Story Time         | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 848. | Bizz Sight              | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 849. | The Evening Post        | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 850. | Satta Express           | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 851. | MintMoney               | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 852. | BharatKi Baat           | Advanced Homeopathy Successfully Treats Rare Blood-Sweating Disorder – Dr.<br>AK Dw...  | N/A |
| 853. | Divyarashtra            | देश भर से पहुंचे नेचुरोपैथी हितधारकों ने योग नेचुरोपैथी को राष्ट्रीय भारतीय चिकि...     | N/A |
| 854. | News Daddy              | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 855. | Prakhar Jagran          | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 856. | Up Patrika              | Rare disease Blood-Sweating Disorder Successfully Treated with Advanced Hom<br>eopat... | N/A |
| 857. | Jagat Kranti News       | स्वास्थ्य मंत्री ने सदन में दिया बयान, बोलीं- अस्पतालों में सभी प्रकार की सुविधा...     | N/A |
| 858. | Aakash Gyan Vatika      | जनता से किए सभी वादे पूरे कर रही धामी सरकार- महाराज                                     | N/A |
| 859. | Pahaad News             | जनता से किए सभी वादे पूरे कर रही धामी सरकार- महाराज                                     | N/A |
| 860. | Prabhat Chingari        | जनता से किया सभी वायदे पूरे कर रही है धामी: महाराज                                      | N/A |
| 861. | Mero Uttarakhand        | जनता से किया सभी वायदे पूरे कर रही है धामी: महाराज                                      | N/A |
| 862. | Uttarakhand Print Media | जनता से किया सभी वायदे पूरे कर रही है धामी: महाराज                                      | N/A |
| 863. | BharatKi Baat           | Approximately 1,000 patients with rare diseases registered at Centres of Excelle...     | N/A |
| 864. | Swatantra Prabhat       | सरकार की रीति नीति के प्रचार प्रसार के विकास उत्सव मेले का हुआ समापन                    | N/A |
| 865. | Poorvanchalmedia        | शरीर को ठंडा रखने के लिए तुरंत जानें खलम बनाने की विधि                                  | N/A |
| 866. | Rk Tv News              | उत्तर प्रदेश:मुख्यमंत्री ने नवचयनित कार्मिकों को नियुक्ति पत्र प्रदान किये।             | N/A |
| 867. | Uk Live Uttrakhand      | तहसील भवन बनाम अस्पताल भवन,क्या अस्पताल मे बैठेंगे अब तहसीलदार                          | N/A |

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| 868. | Mero Uttarakhand          | देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन : सीएम योगी            | N/A |
| 869. | Maverick News3            | CM distributes appointment letters to 283 candidates selected in AYUSH and FSL       | N/A |
| 870. | BW Wellbeingworld         | An Initiative By The Ministry Of AYUSH   | N/A |
| 871. | Pharmabiz.com             | Panel asks Ministry of Ayush to seek higher budget allocation for 2025-26            | N/A |
| 872. | India headline            | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 873. | Dainik Jayant             | देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन : सीएम योगी            | N/A |
| 874. | A Bit Far                 | देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन : सीएम योगी            | N/A |
| 875. | Poorvanchalmedia          | प्रतापगढ़ के शहीद उद्यान में त्रिदिवसीय विकास उत्सव हुआ संपन्न                       | N/A |
| 876. | Vande Bharat Live Tv News | आगरा में जीआईसी ग्राउंड में स्थित स्वास्थ्य विभाग ने परिवार कल्याण विभाग द्वारा ...  | N/A |
| 877. | दैनिक इंडिया              | यूपी में 8 वर्षों में 8.5 लाख सरकारी नौकरियां, सीएम योगी ने नियुक्ति पत्र वितरित...  | N/A |
| 878. | Tender Detail             | Tender For Supply For Ncism Skill Lab, bhopal-Madhya Pradesh                         | N/A |
| 879. | Financial Post            | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 880. | Indian Businessline       | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 881. | Calcutta News             | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 882. | Udaipur Kiran             | राष्ट्रीय योग महासंघ ने केंद्रीय आयुष मंत्री को सौंपा ज्ञापन, वेतन सहित अन्य मां...  | N/A |
| 883. | BharatKi Baat             | Adityanath: A nation is built not on slogans, but through dedicated duty perform...  | N/A |
| 884. | Wow Entrepreneurs         | Wow Entrepreneurs  | N/A |
| 885. | Healthcare Radius         | ICMR study reveals shocking cancer risks for people near river drains                | N/A |
| 886. | Medical Buyer             | Centre authorizes 7,634 hospital admissions worth ₹ for MH packages                  | N/A |
| 887. | Jagrut India              | आयुर्वेद और प्राकृतिक खेती को लेकर लोगों को जागरूक करने की जरूरत: मुख्यमंत्री यो...  | N/A |
| 888. | Time Motion               | AYUSH Ministry Approves 145 New Integrated Hospitals in Last Five Years              | N/A |
| 889. | CMG Times                 | सीएम योगी ने आयुष और एफएसएल में चयनित 283 अभ्यर्थियों को वितरित किए नियुक्ति पत्र... | N/A |
| 890. | Palgharnews               | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 891. | World News Network        | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 892. | UNI                       | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |

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| 893. | Hind Ekta Times            | राजकीय यूनानी मेडिकल कॉलेज प्रयागराज द्वारा किया गया प्रदर्शनी का आयोजन              | N/A |
| 894. | Rajpath Mathura            | देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन : योगी                 | N/A |
| 895. | Gujarat News Network       | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 896. | The prime India            | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 897. | Samvaad Live               | मुख्यमंत्री योगी ने आयुष और FSL में चयनित अभ्यर्थियों को नियुक्ति पत्र सौंपे, कह...  | N/A |
| 898. | Venture Company News       | Venture Company News   | N/A |
| 899. | Sahitya Hindustan          | Sahitya Hindustan Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving...  | N/A |
| 900. | Mumbai News                | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 901. | World News for All         | Copyright © 2025 World News for All  | N/A |
| 902. | News9Network               | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 903. | Palgharnews                | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 904. | World News Network         | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 905. | Kolkata Sun                | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 906. | New Delhi News             | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 907. | Karnataka Live             | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 908. | South India News           | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 909. | Jhutha Sach                | "देश का प्रकृति परीक्षण" अभियान का प्रथम चरण : छत्तीसगढ़ राज्य को पूरे देश में...    | N/A |
| 910. | Middle East Times          | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 911. | Birminghamall News Network | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 912. | US World Today             | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 913. | France Network Times       | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |



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| 914. | Srilanka Island News     | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 915. | Telangana Journal        | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 916. | San Francisco Star       | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 917. | Primex News Network      | Primex News Network  | N/A |
| 918. | East Asiaall News Portal | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 919. | Maldives Star Plus       | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 920. | Buffalo Despatch         | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 921. | England News Portal      | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 922. | Urban News Online        | Urban News Online  | N/A |
| 923. | India's News             | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 924. | India's News             | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 925. | Kashmir Breaking News    | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 926. | Punjab Live              | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 927. | Gujarat Samachar         | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 928. | Bihar Times              | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 929. | Chhattisgarh Today       | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 930. | Andhra Pradesh Mirror    | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 931. | Kashmir Newsline         | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 932. | North East Times         | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 933. | Bihar 24x7               | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |

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| 934. | Delhi live news       | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 935. | Himachal Patrika      | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 936. | West Bengal Khabar    | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 937. | Odisha Post           | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 938. | Jharkhandtimes        | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 939. | Gujarat Varta         | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 940. | Bharat Express        | CM योगी 283 चिकित्सा अधिकारियों को सौंपे नियुक्ति पत्र, कहा- देश सेवा सर्वोपरि, ...  | N/A |
| 941. | Haryana Today         | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 942. | Poorvanchalmedia      | आयुष मंत्री दयाशंकर मिश्र दयालु ने मुख्यमंत्री योगी को पुष्पगुच्छ भेंट कर किया उ...  | N/A |
| 943. | खबर मंत्र             | मुख्यमंत्री योगी ने आयुष और गृह विभाग के 283 चयनित अभ्यर्थियों को नियुक्ति पत्र ...  | N/A |
| 944. | Itdc News             | मुख्यमंत्री योगी ने 283 अभ्यर्थियों को नियुक्ति पत्र सौंपे                           | N/A |
| 945. | Indian News Network   | Italian Embassy in Rome Hosts Landmark Ayurveda Summit, Paving the Way for Globa...  | N/A |
| 946. | Dainik Vishwa Pariwar | देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन : सीएम योगी            | N/A |
| 947. | Sanj Samachar         | मेघधारा आयुर्वेद होस्पिटल गुजरातनी श्रेष्ठ आयुर्वेद होस्पिटल तरीके सम्मानित          | N/A |
| 948. | Himachal Patrika      | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 949. | AZAD सिपाही           | मुख्यमंत्री योगी ने आयुष और गृह विभाग के 283 चयनित अभ्यर्थियों को नियुक्ति पत्र ...  | N/A |
| 950. | UNI                   | Serve with integrity and dedication as nation comes first: Yogi                      | N/A |
| 951. | UNI                   | Serve with integrity and dedication as nation comes first: Yogi                      | N/A |
| 952. | The Sikh Times        | Nation not built by slogans, but performing duties: Adityanath                       | N/A |
| 953. | Telangana Journal     | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 954. | South India News      | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 955. | Jharkhandtimes        | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |

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| 956. | Kashmir Newsline                  | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 957. | Haryana Today                     | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 958. | Garima Times                      | CM योगी ने आयुष और एफएसएल में चयनित 283 अभ्यर्थियों को वितरित किए नियुक्ति पत्र      | N/A |
| 959. | The Bharat Now                    | तीन दिवसीय निशुल्क स्वास्थ्य शिविर में पहुंचे मंत्री प्रहलाद सिंह पटेल               | N/A |
| 960. | West Bengal Khabar                | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 961. | Newspoint                         | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 962. | Odisha Post                       | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 963. | Bihar Times                       | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 964. | Sameera                           | तीन दिवसीय निशुल्क स्वास्थ्य शिविर में पहुंचे मंत्री प्रहलाद सिंह पटेल               | N/A |
| 965. | Khabaraajtak24x7                  | तीन दिवसीय निशुल्क स्वास्थ्य शिविर में पहुंचे मंत्री प्रहलाद सिंह पटेल               | N/A |
| 966. | Karnataka Live                    | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 967. | Voice Of Rights Hindi News Portal | तीन दिवसीय निशुल्क स्वास्थ्य शिविर में पहुंचे मंत्री प्रहलाद सिंह पटेल               | N/A |
| 968. | Ayush India News                  | तीन दिवसीय निशुल्क स्वास्थ्य शिविर में पहुंचे मंत्री प्रहलाद सिंह पटेल               | N/A |
| 969. | India Habitat Centre              | तीन दिवसीय निशुल्क स्वास्थ्य शिविर में पहुंचे मंत्री प्रहलाद सिंह पटेल               | N/A |
| 970. | Sattasudhar                       | तीन दिवसीय निशुल्क स्वास्थ्य शिविर में पहुंचे मंत्री प्रहलाद सिंह पटेल               | N/A |
| 971. | Moomal Art News                   | तीन दिवसीय निशुल्क स्वास्थ्य शिविर में पहुंचे मंत्री प्रहलाद सिंह पटेल               | N/A |
| 972. | Samay Jagat                       | तीन दिवसीय निशुल्क स्वास्थ्य शिविर में पहुंचे मंत्री प्रहलाद सिंह पटेल               | N/A |
| 973. | Statebreaking                     | तीन दिवसीय निशुल्क स्वास्थ्य शिविर में पहुंचे मंत्री प्रहलाद सिंह पटेल               | N/A |
| 974. | AnyTV News                        | Country service paramount, honestly discharge your duties: CM Yogi                   | N/A |
| 975. | Punjab Live                       | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 976. | North East Times                  | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 977. | Gujarat Varta                     | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 978. | Chhattisgarh Today                | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |

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| 979.  | Deshbandhu            | देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन : सीएम योगी            | N/A |
| 980.  | Andhra Pradesh Mirror | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 981.  | Vanakkam Tamil Nadu   | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 982.  | Gknewslive            | लखनऊ: CM योगी ने 283 चिकित्सा अधिकारियों को वितरित किए नियुक्ति पत्र                 | N/A |
| 983.  | Khair News            | देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन : सीएम योगी            | N/A |
| 984.  | Kashmir Breaking News | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 985.  | Jan Jagran Darpan     | देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन : सीएम योगी            | N/A |
| 986.  | Bihar 24x7            | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 987.  | Indian News Network   | UP CM Yogi distributes appointment letters to 283 medical officers of AYUSH in L ... | N/A |
| 988.  | IANIS Live            | देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन : सीएम योगी            | N/A |
| 989.  | Breaking News Express | LUCKNOW:देश सेवा सर्वोपरि, ईमानदारी से अपने कर्तव्यों का करें निर्वहन- सीएम योगी     | N/A |
| 990.  | The Printlines        | UP: CM योगी ने 283 चिकित्सा अधिकारियों को सौंपे नियुक्ति पत्र, बोले- शासकीय नौकर...  | N/A |
| 991.  | Observer Voice        | Leh Hosts Special Yoga Event for Countdown to 2025                                   | N/A |
| 992.  | People Bugs           | Nation not built by slogans, but performing duties: Adityanath                       | N/A |
| 993.  | Udaipur Kiran         | मुख्यमंत्री योगी ने आयुष और गृह विभाग के 283 चयनित अभ्यर्थियों को नियुक्ति पत्र ...  | N/A |
| 994.  | Raigarh Live          | मुख्यमंत्री योगी ने आयुष और गृह विभाग के 283 अभ्यर्थियों को नियुक्ति पत्र सौंपे      | N/A |
| 995.  | Bastar Live           | मुख्यमंत्री योगी का बड़ा कदम, 283 अभ्यर्थियों को मिला सरकारी नियुक्ति पत्र           | N/A |
| 996.  | Koshur Samachar       | Nation not built by slogans, but performing duties: Yogi Adityanath                  | N/A |
| 997.  | Live Story Time       | नए उत्तर प्रदेश की नई उड़ान: मुख्यमंत्री योगी आदित्यनाथ ने प्रयोगराज में होम्योप...  | N/A |
| 998.  | Live Story Time       | नए उत्तर प्रदेश की नई उड़ान: मुख्यमंत्री योगी आदित्यनाथ ने प्रयोगराज में होम्योप...  | N/A |
| 999.  | BharatKi Baat         | Adityanath: A nation is built through actions, not just slogans.                     | N/A |
| 1000. | Asalbaat              | Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in ..   | N/A |
| 1001. | News Point            | Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in ..   | N/A |
| 1002. | Maverick News3        | Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in ..   | N/A |



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| 1003. | Sonebhadra Live      | UP Top News Live: जस्टिस यशवंत वर्मा के खिलाफ वकीलों के हड़ताल का आज तीसरा दिन, C..  | N/A |
| 1004. | Echo Of Arunachal    | NEIAFMR holds natl seminar on 'recent advances & developments in local hea...        | N/A |
| 1005. | The Kashmir Horizon  | Distt Annual Action Plan of Ayush approved at Shopian                                | N/A |
| 1006. | OB News              | Most investors of the country are making investment in Uttar Pradesh, increasing..   | N/A |
| 1007. | The Mobi World       | Most investors of the country are making investment in Uttar Pradesh, increasing..   | N/A |
| 1008. | Tezzbuzz             | Most investors of the country are making investment in Uttar Pradesh, increasing..   | N/A |
| 1009. | Sakshi Khabar        | मुख्यमंत्री विष्णुदेव साय और स्वास्थ्य मंत्री श्याम बिहारी जायसवाल ने स्वास्थ्य ...  | N/A |
| 1010. | Janmorcha            | मुख्यमंत्री विष्णुदेव साय और स्वास्थ्य मंत्री श्याम बिहारी जायसवाल ने स्वास्थ्य ...  | N/A |
| 1011. | Prithak Chhattisgarh | मुख्यमंत्री विष्णुदेव साय और स्वास्थ्य मंत्री श्याम बिहारी जायसवाल ने स्वास्थ्य ...  | N/A |
| 1012. | News Grid            | मुख्यमंत्री विष्णुदेव साय और स्वास्थ्य मंत्री श्याम बिहारी जायसवाल ने स्वास्थ्य ...  | N/A |
| 1013. | Trc News             | मुख्यमंत्री विष्णुदेव साय और स्वास्थ्य मंत्री श्याम बिहारी जायसवाल ने स्वास्थ्य ...  | N/A |
| 1014. | Sarvam News          | मुख्यमंत्री विष्णुदेव साय और स्वास्थ्य मंत्री श्याम बिहारी जायसवाल ने स्वास्थ्य ...  | N/A |
| 1015. | Naya Bharat          | मुख्यमंत्री विष्णुदेव साय और स्वास्थ्य मंत्री श्याम बिहारी जायसवाल ने स्वास्थ्य ...  | N/A |
| 1016. | Swabhimani Odia      | Yoga at 11,562 Feet in Leh   | N/A |
| 1017. | Computers Jagat      | Ram Surat Rajbhar:रामसूरत राजभर ने दीप प्रज्वलन कर कृषि गोष्ठी व त्रिदिवसीय मेले...  | N/A |
| 1018. | Shabd Sangram        | मशरूम की तरह उगे दर्जनों अध्ययन केंद्र क्या ठगने के लियेप्रदेश के ही नौजवान मिलत...  | N/A |
| 1019. | Shabd Sangram        | 11,562 फीट की ऊंचाई पर योग: राष्ट्रीय सोवा-रिंग्पा संस्थान का लेह में विशेष कार्य... | N/A |
| 1020. | Rk Tv News           | 11,562 फीट की ऊंचाई पर योग: राष्ट्रीय सोवा-रिंग्पा संस्थान का लेह में विशेष कार्य... | N/A |
| 1021. | Jammu Links News     | District Annual Action Plan of Ayush approved at Shopian                             | N/A |
| 1022. | Kaala Sach News      | देश का प्रकृति परीक्षण अभियान का प्रथम चरण: छत्तीसगढ़ राज्य को पूरे देश में तीसर...  | N/A |
| 1023. | Dcg News             | DCG NEWS   | N/A |
| 1024. | रीडर फर्स्ट          | "देश का प्रकृति परीक्षण" अभियान का प्रथम चरण: छत्तीसगढ़ राज्य को पूरे देश में ती...  | N/A |
| 1025. | Cg Grameen           | CG Grameen   | N/A |
| 1026. | Cbn36                | "देश का प्रकृति परीक्षण" अभियान का प्रथम चरण: छत्तीसगढ़ राज्य को पूरे देश में ती...  | N/A |
| 1027. | Npg News             | "देश का प्रकृति परीक्षण" अभियान का प्रथम चरण, छत्तीसगढ़ राज्य को पूरे देश में ती...  | N/A |
| 1028. | Ramraj               | प्रदेश / छत्तीसगढ़   | N/A |
| 1029. | Shreekanchanpath     | देश का प्रकृति परीक्षण" अभियान का प्रथम चरण, छत्तीसगढ़ राज्य को पूरे देश में तीस...  | N/A |

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| 1030. | Asian Mail               | <a href="#">Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in ..</a>   | N/A |
| 1031. | Janpatra News            | <a href="#">देश का प्रकृति परीक्षण अभियान का प्रथम चरण: छत्तीसगढ़ राज्य को पूरे देश में तीसर...</a>  | N/A |
| 1032. | Dainik Vishwa Pariwar    | <a href="#">"देश का प्रकृति परीक्षण" अभियान का प्रथम चरण: छत्तीसगढ़ राज्य को पूरे देश में ती...</a>  | N/A |
| 1033. | Ekhabri Com              | <a href="#">Ekhabri.com</a>  | N/A |
| 1034. | Imnb                     | <a href="#">"देश का प्रकृति परीक्षण" अभियान का प्रथम चरण: छत्तीसगढ़ राज्य को पूरे देश में ती...</a>  | N/A |
| 1035. | Forever News             | <a href="#">National Institute of Sowa-Rigpa Hosts Landmark Yoga Event at High Altitude in L ...</a> | N/A |
| 1036. | The State Times News     | <a href="#">देश का प्रकृति परीक्षण अभियान का प्रथम चरण, छत्तीसगढ़ राज्य को पूरे देश में तीसर...</a>  | N/A |
| 1037. | छत्तीसगढ़ राज्य          | <a href="#">"देश का प्रकृति परीक्षण" अभियान का प्रथम चरण: छत्तीसगढ़ राज्य को पूरे देश में ती...</a>  | N/A |
| 1038. | दक्षिणापथ                | <a href="#">"देश का प्रकृति परीक्षण" अभियान का प्रथम चरण: छत्तीसगढ़ राज्य को पूरे देश में ती...</a>  | N/A |
| 1039. | Journalist               | <a href="#">Raipur :: "देश का प्रकृति परीक्षण" अभियान का प्रथम चरण: छत्तीसगढ़ राज्य को पूरे ...</a>  | N/A |
| 1040. | Bharat Express           | <a href="#">भ्रामक विज्ञापन के मामले में सुप्रीम कोर्ट ने शिकायत निवारण तंत्र बनाने का दिया ...</a>  | N/A |
| 1041. | Express Media Service    | <a href="#">शिक्षा का बंटोदार करने में लगे सरकार पोषित संस्थान : भूपेन्द्र गुप्ता</a>                | N/A |
| 1042. | New India                | <a href="#">शिक्षा का बंटोदार कर रहे सरकार पोषित संस्थान : गुप्ता</a>                                | N/A |
| 1043. | United News Of India     | <a href="#">शिक्षा का बंटोदार कर रहे सरकार पोषित संस्थान : गुप्ता</a>                                | N/A |
| 1044. | United News Of India     | <a href="#">शिक्षा का बंटोदार कर रहे सरकार पोषित संस्थान : गुप्ता</a>                                | N/A |
| 1045. | Swatantra Prabhat        | <a href="#">देश के सर्वाधिक निवेशक उत्तर प्रदेश में कर रहे निवेश, बढ़ रहे रोजगार के अवसर-प्रभ...</a> | N/A |
| 1046. | Drug Today Medical Times | <a href="#">Over 1.76 Lakh Ayushman Arogya Mandirs Operational Across India, Wellness Ac tivi...</a> | N/A |
| 1047. | The Daily Guardian       | <a href="#">No Central Data on Medical Intern Suicides, Says MoS Health</a>                          | N/A |
| 1048. | Healthcare Radius        | <a href="#">Mental health coverage in India: What new IRDAI rules mean for you?</a>                  | N/A |
| 1049. | Singrauli Mirror         | <a href="#">Ministry Of Ayush : केंद्र सरकार ने पिछले 5 वर्षों के दौरान 145 आयुष अस्पतालों क...</a>  | N/A |
| 1050. | Observer Voice           | <a href="#">Ayush Mission Boosts Traditional Healthcare Across India</a>                             | N/A |
| 1051. | Observer Voice           | <a href="#">CCRAS Advances Ayurvedic Research and Community Health</a>                               | N/A |
| 1052. | Vishva Times             | <a href="#">Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e...</a> | N/A |
| 1053. | DD News                  | <a href="#">केंद्र सरकार ने पिछले 5 वर्षों के दौरान 145 आयुष अस्पतालों की स्थापना को दी संजू...</a>  | N/A |
| 1054. | Health Economietimes     | <a href="#">No data on suicide by medical interns maintained by central govt, says MoS Healt ...</a> | N/A |
| 1055. | Health Economietimes     | <a href="#">Over 77,000 hospital admissions authorized for mental health packages under Ce nt...</a> | N/A |

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| 1056. | मारुति वाणी               | मध्य भारत के सबसे बड़े इनोवेशन कार्निवल 'नवोन्मेष 2025" का शुभारंभ                   | N/A |
| 1057. | The Mobi World            | Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e... | N/A |
| 1058. | OB News                   | Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e... | N/A |
| 1059. | Millenium Post            | 'No data on suicide by medical interns maintained by Central govt"                   | N/A |
| 1060. | Udaipur Kiran             | मध्य प्रदेश को निरोगी एवं स्वस्थ प्रदेश बनाना हमारा लक्ष्य: आयुष मंत्री परमार        | N/A |
| 1061. | Evening Times             | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1062. | Khas Khabar               | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1063. | Today India News          | Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e... | N/A |
| 1064. | Vande Matram              | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1065. | Kadwaghut                 | मध्य भारत के सबसे बड़े इनोवेशन कार्निवल 'नवोन्मेष 2025" का शुभारंभ                   | N/A |
| 1066. | Kadwaghut                 | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1067. | खबर जगत                   | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1068. | अंजनी खबर (Anjani Khabar) | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1069. | Shree News                | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1070. | Web Akhbar                | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1071. | Khas Khabar               | उद्यमिता और प्रौद्योगिकी को बढ़ावा देने की दिशा में एक महत्वपूर्ण कदम                | N/A |
| 1072. | Indian Parspective        | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1073. | Delhi Bulletin            | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1074. | Mp Newstimes              | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1075. | Mp Newstimes              | राज्य सरकार हर कदम-हर समय नागरिकों के साथ खड़ी है : मुख्यमंत्री डॉ. यादव             | N/A |
| 1076. | The Mobi World            | Global research on ashwagandha surges by 111.58 pc between 2019 and 2024: Centre     | N/A |
| 1077. | Saahas Samachar           | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1078. | Real India News           | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1079. | Sakshi Post               | Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e... | N/A |
| 1080. | अंजनी खबर (Anjani Khabar) | मध्य भारत के सबसे बड़े इनोवेशन कार्निवल 'नवोन्मेष 2025" का शुभारंभ                   | N/A |
| 1081. | Pune News                 | Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e... | N/A |

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| 1082. | खबर जगत           | मध्य भारत के सबसे बड़े इनोवेशन कार्निवल 'नवोन्मेष 2025" का शुभारंभ                   | N/A |
| 1083. | Shree News        | मध्य भारत के सबसे बड़े इनोवेशन कार्निवल 'नवोन्मेष 2025" का शुभारंभ                   | N/A |
| 1084. | Times Report      | Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e... | N/A |
| 1085. | Thefreedompress   | Over 77K hospital admissions worth Rs 87 cr authorised for mental health packag e... | N/A |
| 1086. | Nation Press      | 77K Hospital Admissions Approved for Mental Health : Over 77,000 hospital admi ss... | N/A |
| 1087. | Web Akhbar        | मध्य भारत के सबसे बड़े इनोवेशन कार्निवल 'नवोन्मेष 2025" का शुभारंभ                   | N/A |
| 1088. | Saahas Samachar   | उद्यमिता और प्रौद्योगिकी को बढ़ावा देने की दिशा में एक महत्वपूर्ण कदम                | N/A |
| 1089. | Manastoday        | सिकल सेल एनीमिया रोग के उन्मूलन के लिए आयुष विभाग प्रतिबद्धता से कार्यरत : मंत्र...  | N/A |
| 1090. | Computers Jagat   | Opening: प्रभारी मंत्री ने बुद्धा पार्क में आयोजित प्रदर्शनी एवं त्रिदिवसीय मेले...  | N/A |
| 1091. | Tender Detail     | Bids Are Invited For Custom Bid For Services - Dark Fiber Leasing From Bel - Wc l... | N/A |
| 1092. | Vishva Times      | Tele-MANAS mental health helpline handles over 19.6 lakh calls since 2022: Prat a... | N/A |
| 1093. | Vishva Times      | Global research on ashwagandha surges by 111.58 pc between 2019 and 2024: Centre     | N/A |
| 1094. | Thip Media        | Global research on ashwagandha surges by 111.58 pc between 2019 and 2024: Centre     | N/A |
| 1095. | India Online Mart | Global research on ashwagandha surges by 111.58 pc between 2019 and 2024: Centre     | N/A |
| 1096. | हिंदी सामना       | मीरारोड में आयुर्बोध-2025, राष्ट्रीय परिषद संपन्न                                    | N/A |
| 1097. | Today India News  | Global research on ashwagandha surges by 111.58 pc between 2019 and 2024: Centre     | N/A |
| 1098. | Nation Press      | Ashwagandha Research Soars by 111.58% : Global Research on Ashwagandha Rises 111...  | N/A |
| 1099. | Blitz India Media | Tele-MANAS mental health helpline handled over 19.6 lakh calls since 2022: Jadh a... | N/A |
| 1100. | Krishak Jagat     | उमरिया के किसान मेले में लगाई प्रदर्शनी  | N/A |
| 1101. | The Mobi World    | Tele-MANAS mental health helpline handles over 19.6 lakh calls since 2022: Prat a... | N/A |
| 1102. | Ians              | Tele-MANAS mental health helpline handles over 19.6 lakh calls since 2022: Prat a... | N/A |
| 1103. | Tripura Times     | Tele-MANAS mental health helpline handles over 19.6 lakh calls since 2022: Prat a... | N/A |



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| 1104. | Timeline Daily      | 95 Million Women Screened For Cervical Cancer Under National Programme: Ce<br>ntre      | N/A |
| 1105. | Aaj Ki Jandhara     | Sakti: तीन दिवसीय “प्रगतिशील छत्तीसगढ़ 2025” मेगा इवेंट प्रदर्शनी का समापन              | N/A |
| 1106. | Sakshi Post         | Tele-MANAS mental health helpline handles over 19.6 lakh calls since 2022: Prat<br>a... | N/A |
| 1107. | Thip Media          | Tele-MANAS mental health helpline handles over 19.6 lakh calls since 2022: Prat<br>a... | N/A |
| 1108. | Nation Press        | Tele-MANAS Helpline Hits 19.6 Lakh Calls : Tele-MANAS Mental Health Helpline<br>Sur...  | N/A |
| 1109. | Meghalaya Today     | At the Double-Decker Root Bridge in Meghalaya, yoga practitioners gather                | N/A |
| 1110. | दीप साहित्य         | मीरारोड में आयुर्वेद-2025, राष्ट्रीय परिषद संपन्न                                       | N/A |
| 1111. | DD News             | Yoga Meets Nature: NEIAH hosts event at Meghalaya"s living root bridge ahead o<br>f...  | N/A |
| 1112. | Ddindia             | Yoga Meets Nature: NEIAH hosts event at Meghalaya"s living root bridge ahead o<br>f...  | N/A |
| 1113. | Sanj Samachar       | भोरजीमां क्वेक्टरनी अध्यक्षतामां डिस्ट्रीक्ट आयुष सोसायटीनी जवर्निंग बोडीनी बैठक ...    | N/A |
| 1114. | Vishva Times        | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M<br>egh... | N/A |
| 1115. | Andhravilas         | Cyber-security researcher claims 81.5 cr Indians data leak fake                         | N/A |
| 1116. | The Bengaluru Times | AYUSH DEPARTMENT INAUGURATE HIGHTCH PANCHAKARMA   | N/A |
| 1117. | OB News             | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M<br>egh... | N/A |
| 1118. | The Mobi World      | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M<br>egh... | N/A |
| 1119. | Digi Newz India     | अब लाखों का इलाज मिलेगा मुफ्त! हजारीबाग में शुरू हुआ निःशुल्क पंचकर्म केंद्र, मर...     | N/A |
| 1120. | India 360 Report    | मेघालय में डबल-डेकर रूट ब्रिज में आयोजित योग सत्र                                       | N/A |
| 1121. | Pune News           | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M<br>egh... | N/A |
| 1122. | Newspoint           | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M<br>egh... | N/A |
| 1123. | The Hans India      | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M<br>egh... | N/A |
| 1124. | Today India News    | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M<br>egh... | N/A |
| 1125. | Thefreedompress     | North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M<br>egh... | N/A |

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| 1126. | Times Report                  | <a href="#">North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...</a>     | N/A |
| 1127. | BharatKi Baat                 | <a href="#">Join our yoga session at the stunning Double-Decker Root Bridge in Meghalaya.</a>            | N/A |
| 1128. | India Online Mart             | <a href="#">North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...</a>     | N/A |
| 1129. | Nation Press                  | <a href="#">Yoga Event at Living Root Bridge : North Eastern Institute of Ayurveda and Homo e...</a>     | N/A |
| 1130. | Prime24                       | <a href="#">अश्वगंधा कैपेन के तहत जागरूकता</a>   | N/A |
| 1131. | Creative Bharat               | <a href="#">Yoga session held at Double-Decker Root Bridge in Meghalaya   Health</a>                     | N/A |
| 1132. | Udaipur Kiran                 | <a href="#">आगामी योग दिवस को लेकर देशभर में कार्यक्रम शुरू, मेघालय के लिविंग ब्रिज पर किया ...</a>      | N/A |
| 1133. | New India                     | <a href="#">मेघालय में 'डबल डेकर लिविंग रूट ब्रिज' पर योग</a>  | N/A |
| 1134. | Vande Bharat Live Tv News     | <a href="#">होम्योपैथिक मेडिकल कॉलेज के प्रोफेसर पर कार्रवाई , सस्पेंड कर सोनभद्र किया गया स...</a>      | N/A |
| 1135. | Hamara Mahanagar              | <a href="#">Living Root Bridge Yoga: मेघालय में 'डबल डेकर लिविंग रूट ब्रिज' पर योग!</a>                  | N/A |
| 1136. | United News Of India          | <a href="#">मेघालय में 'डबल डेकर लिविंग रूट ब्रिज' पर योग</a>  | N/A |
| 1137. | United News Of India          | <a href="#">मेघालय में 'डबल डेकर लिविंग रूट ब्रिज' पर योग</a>  | N/A |
| 1138. | Sonebhadra Live               | <a href="#">अब लाखों का इलाज मिलेगा मुफ्त! हजारीबाग में शुरू हुआ निःशुल्क पंचकर्म केंद्र, मर...</a>      | N/A |
| 1139. | EHealth Magazine              | <a href="#">Centres of Excellence for AI in Healthcare: Health Ministry Designates AIIMS &amp;am ...</a> | N/A |
| 1140. | Aaj Ki Jandhara               | <a href="#">Sakti: प्रगतिशील छत्तीसगढ़ प्रदर्शनी के दूसरे दिन बड़ी संख्या में स्कूली बच्चे द...</a>      | N/A |
| 1141. | Express Healthcare            | <a href="#">Air pollution identified as a key contributor to heart disease at ASSOCHAM's 'I...</a>       | N/A |
| 1142. | Quick News                    | <a href="#">ASCI Report: Indian Advertising Industry Embraces AI</a>                                     | N/A |
| 1143. | India Brand Equity Foundation | <a href="#">Indian Economy News</a>  | N/A |
| 1144. | Sonebhadra Live               | <a href="#">डॉ. मकरंद कुमार मिश्रा का सुझाव – News18 हिंदी</a>   | N/A |
| 1145. | Medical Dialogues             | <a href="#">Centre Highlights AI-Based Solutions Revolutionizing India's Public Health Syst...</a>       | N/A |
| 1146. | Medical Buyer                 | <a href="#">No AIIMS for North Kashmir; Centre allocates ₹ for health sector</a>                         | N/A |
| 1147. | Pharmabiz.com                 | <a href="#">AIDCOC asks Ayush ministry to reconsider decision to limit qualification to insp...</a>      | N/A |
| 1148. | Pharmabiz.com                 | <a href="#">Ayush and herbal products exports report growth of 10% in first nine months of F..</a>       | N/A |
| 1149. | Jagat Kranti News             | <a href="#">पञ्चांग एवं राशिफल, सोमवार, दिनांक 24 मार्च 2025</a>   | N/A |
| 1150. | Bio Voice News                | <a href="#">Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM's ...</a>       | N/A |

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| 1151. | Koshur Samachar      | DDC Udhampur Chairman inaugurates X-Ray Room, store at Ayush Arogya Mandir          | N/A |
| 1152. | Early Times          | DDC Chairman inaugurates X- Ray Room, Store   | N/A |
| 1153. | Jammu Links News     | DDC Chairman inaugurates X- Ray Room, Store at Ayush Arogya Mandir Hartaryan- Ud... | N/A |
| 1154. | Aaj Ki Jandhara      | Sakti: केन्द्र व राज्य सरकार की योजनाओं एवं कार्यक्रमों की विशाल प्रदर्शनी का नं... | N/A |
| 1155. | Himachal Now News    | पोषण पखवाड़ा / हिमाचल सहित छह राज्यों में 1.10 लाख औषधीय पौधे रोपे गए , पोषण मिश... | N/A |
| 1156. | Purvanchal News      | प्रदर्शनी के तैयारियों का डीएम गाजीपुर ने किया स्थलीय निरीक्षण, 25, 26 व 27 मार्... | N/A |
| 1157. | Medical Dialogues    | FSSAI Deploys 285 Mobile Units to Curb Food Adulteration: Minister                  | N/A |
| 1158. | Cityuday             | राजकीय योग शिक्षा एवं स्वास्थ्य महाविद्यालय, सेक्टर 23 चंडीगढ़ में हरियाणा योग आ... | N/A |
| 1159. | Airr News            | AI-Based Solutions Transforming Public Health System In India: Center   Health N... | N/A |
| 1160. | Citinuze Now         | राजकीय योग शिक्षा एवं स्वास्थ्य महाविद्यालय, सेक्टर 23 चंडीगढ़ में                  | N/A |
| 1161. | Udaipur Kiran        | हर किसान की आय दोगुनी करना हमारी सरकार का संकल्प: सांसद पटेल                        | N/A |
| 1162. | The Pharma Times     | Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM's '    | N/A |
| 1163. | News Update India    | राजकीय योग शिक्षा एवं स्वास्थ्य महाविद्यालय में हरियाणा योग आयोग के सहयोग से सूर... | N/A |
| 1164. | Tender Detail        | Tender Notice For Dp Documentary-Multi State  | N/A |
| 1165. | Jk Updates           | 22nd March 2025 Daily Current Affairs   | N/A |
| 1166. | 121 News Online      | Surya Namaskar Event organized by Government College of Yoga Education and Healt... | N/A |
| 1167. | Abhitak News         | सेक्टर 23 चंडीगढ़ में हरियाणा योग आयोग के सहयोग से सूर्य नमस्कार कार्यक्रम का कि... | N/A |
| 1168. | The Better Kashmir   | J&K gets Rs 3,481 crore boost for healthcare in last 4 years                        | N/A |
| 1169. | PNI                  | Air pollution has a deadly impact on cardiac health, say experts                    | N/A |
| 1170. | Chandigarh City News | Surya Namaskar Event organized by Govt College of Yoga Edu&Health, Sector 23...     | N/A |
| 1171. | Eflip                | AI-Based Solutions Transforming Public Health System In India: Centre               | N/A |
| 1172. | India News Calling   | Surya Namaskar Event organized by Government College of Yoga Education And Healt... | N/A |
| 1173. | Sanj Samachar        | छट्टा भाते आचनीकावे सामूहिक योग शिबिर   | N/A |
| 1174. | Bw Health Care World | Experts Warn: Air Pollution Poses Severe Cardiac Risks At ASSOCHAM Summit           | N/A |
| 1175. | Medical Dialogues    | Experts at ASSOCHAM Summit Highlight Air Pollution"s Impact on Heart Health         | N/A |

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| 1176. | Uttarakhand Times Live   | Uttarakhand Times Live   | N/A |
| 1177. | Himalayan Express        | Rs 3,481.03 Crore Allocated for J&K Healthcare, No AIIMS Proposal for North ...      | N/A |
| 1178. | Indian White Paper       | Cancer cases high in UP, Maharashtra, Bihar, West Bengal & TN                        | N/A |
| 1179. | Responsibless            | Air Pollution Has A Deadly Impact On Cardiac Health: Experts                         | N/A |
| 1180. | Drug Today Medical Times | Health Ministry Harnesses Artificial Intelligence to Revolutionise Public Health...  | N/A |
| 1181. | Drug Today Medical Times | Government Strengthens Healthcare Infrastructure Across India                        | N/A |
| 1182. | Medgate Today Magazine   | Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM's ' ... | N/A |
| 1183. | OB News                  | Speaking at ASSOCHAM's "Illness To Wellness" Summit, specialists claim that ai r...  | N/A |
| 1184. | The Mobi World           | Speaking at ASSOCHAM's "Illness To Wellness" Summit, specialists claim that ai r...  | N/A |
| 1185. | Jharkhand State News     | Behind The News: WHO Global Traditional Medicine Centre comes up in Jamnag ar        | N/A |
| 1186. | Health Economietimes     | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1187. | The Hans India           | Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM's ...   | N/A |
| 1188. | E - PAO                  | Centre clarifies on AIIMS, RIMS projects   | N/A |
| 1189. | Koshur Samachar          | J&K gets Rs 3,481 crore boost for healthcare in last 4 years                         | N/A |
| 1190. | Airr News                | Ayush Ministry initiates sensitization drive for heatwave prevention – ET Health...  | N/A |
| 1191. | Indianapolis Post        | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1192. | The Asia News            | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1193. | Kolkata Sun              | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1194. | Tripurastar News         | Ayush Institutes Organize Free Dental Check-Ups & Workshops For Oral Health ..       | N/A |
| 1195. | Mumbai News              | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1196. | New Delhi News           | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1197. | India Gazette            | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |



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| 1198. | The Csr Universe      | Air Pollution Has Deadly Impact On Cardiac Health, Say Experts At ASSOCHAM" s 'l...  | N/A |
| 1199. | India's News          | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1200. | Calcutta News         | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1201. | Early Times           | No AIIMS for North Kashmir: Gol  | N/A |
| 1202. | Haryana Today         | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1203. | Odisha Post           | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1204. | Chhattisgarh Today    | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1205. | Gujarat Varta         | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1206. | Punjab Live           | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1207. | OB News               | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1208. | Maharashtra Samachar  | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1209. | Jharkhandtimes        | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1210. | The Mobi World        | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1211. | Gujarat Samachar      | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1212. | Kashmir Breaking News | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1213. | Delhi live news       | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1214. | North East Times      | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1215. | South India News      | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1216. | Rajasthan Ki Khabar   | Ayush institutes organize free dental check-ups and workshops for Oral health aw. .. | N/A |
| 1217. | The Mobi World        | FSSAI deployed 285 Food Safety on Wheels to check adulteration: Minister             | N/A |

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| 1218. | Telangana Journal     | Ayush institutes organize free dental check-ups and workshops for Oral health aw.<br>.. | N/A |
| 1219. | Himachal Patrika      | Ayush institutes organize free dental check-ups and workshops for Oral health aw.<br>.. | N/A |
| 1220. | Karnataka Live        | Ayush institutes organize free dental check-ups and workshops for Oral health aw.<br>.. | N/A |
| 1221. | West Bengal Khabar    | Ayush institutes organize free dental check-ups and workshops for Oral health aw.<br>.. | N/A |
| 1222. | Kashmir Newslane      | Ayush institutes organize free dental check-ups and workshops for Oral health aw.<br>.. | N/A |
| 1223. | Andhra Pradesh Mirror | Ayush institutes organize free dental check-ups and workshops for Oral health aw.<br>.. | N/A |
| 1224. | Bihar 24x7            | Ayush institutes organize free dental check-ups and workshops for Oral health aw.<br>.. | N/A |
| 1225. | Vanakkam Tamil Nadu   | Ayush institutes organize free dental check-ups and workshops for Oral health aw.<br>.. | N/A |
| 1226. | Bihar Times           | Ayush institutes organize free dental check-ups and workshops for Oral health aw.<br>.. | N/A |
| 1227. | Indian News Network   | Ayush institutes organize free dental check-ups and workshops for Oral health aw.<br>.. | N/A |
| 1228. | Eastern Mirror        | Nagaland registers 324 snakebite cases in 3 years; no casualties                        | N/A |
| 1229. | Maverick News3        | Ayush Institutes Organize Free Dental Check-ups & Workshops for Oral Health ...         | N/A |
| 1230. | Times Report          | FSSAI deployed 285 Food Safety on Wheels to check adulteration: Minister                | N/A |
| 1231. | Newspoint             | FSSAI deployed 285 Food Safety on Wheels to check adulteration: Minister                | N/A |
| 1232. | Sakshi Post           | FSSAI deployed 285 Food Safety on Wheels to check adulteration: Minister                | N/A |
| 1233. | Thefreedompress       | FSSAI deployed 285 Food Safety on Wheels to check adulteration: Minister                | N/A |
| 1234. | India Online Mart     | FSSAI deployed 285 Food Safety on Wheels to check adulteration: Minister                | N/A |
| 1235. | Investment Guru India | AI-based solutions transforming public health system in India: Centre                   | N/A |
| 1236. | Nation Press          | FSSAI Launches Mobile Food Safety Units : FSSAI Launches 285 Mobile Units fo<br>r Fo... | N/A |
| 1237. | Sakshi Post           | AI-based solutions transforming public health system in India: Centre                   | N/A |
| 1238. | Top Portal News       | Steps taken by the Government to expand healthcare infrastructure                       | N/A |
| 1239. | The Financial World   | Cancerous River Ghaggar: Who will Emancipate it ?                                       | N/A |
| 1240. | Prime24               | अश्वगंधा संबंधी जागरूकता कार्यक्रम आयोजित   | N/A |

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| 1241. | Newspoint              | Centre approves 165 bio-safety labs, 42 virus research and diagnostic labs           | N/A |
| 1242. | Times Report           | Centre approves 165 bio-safety labs, 42 virus research and diagnostic labs           | N/A |
| 1243. | Health Economictimes   | Ayush Ministry initiates sensitisation drive for heatwave prevention                 | N/A |
| 1244. | Daily World            | AI-based solutions transforming public health system in India: Centre -Agencies ...  | N/A |
| 1245. | Thip Media             | Centre approves 165 bio-safety labs, 42 virus research and diagnostic labs           | N/A |
| 1246. | Sakshi Post            | Centre approves 165 bio-safety labs, 42 virus research and diagnostic labs           | N/A |
| 1247. | Thefreedompress        | Centre approves 165 bio-safety labs, 42 virus research and diagnostic labs           | N/A |
| 1248. | Nation Press           | Govt Approves 165 Bio-Safety Labs : Government Greenlights 165 Bio-Safety and 42...  | N/A |
| 1249. | Ians                   | AI-based solutions transforming public health system in India: Centre                | N/A |
| 1250. | India Online Mart      | Centre approves 165 bio-safety labs, 42 virus research and diagnostic labs           | N/A |
| 1251. | Newspoint              | AI-based solutions transforming public health system in India: Centre                | N/A |
| 1252. | Today India News       | AI-based solutions transforming public health system in India: Centre                | N/A |
| 1253. | India Online Mart      | AI-based solutions transforming public health system in India: Centre                | N/A |
| 1254. | Nation Press           | AI Innovations in India"s Health Sector : Transforming India"s Public Health S...    | N/A |
| 1255. | The Hans India         | AI-based solutions transforming public health system in India: Centre                | N/A |
| 1256. | News Patrolling        | Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM's ' ... | N/A |
| 1257. | Construction World     | Ministry of Ayush Launches Nationwide Heatwave Awareness Drive                       | N/A |
| 1258. | Digi Newz India        | यह छोटा सा फल है पोषण का पावरहाउस, कई बीमारियों का रामबाण इलाज                       | N/A |
| 1259. | TaxGuru                | Corporate Social Responsibility (CSR) in India: Key Guidelines                       | N/A |
| 1260. | Calcutta News          | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | N/A |
| 1261. | Sonebhadra Live        | हजारीबाग में गर्मियों में जंगली शहतूत की बहार, जाने इसके फायदे.                      | N/A |
| 1262. | United News Of India   | वर्ष 2014 के बाद बड़ी संख्या में आयुर्वेदिक कालेजों की संख्या में हुई वृद्धि: प्...  | N/A |
| 1263. | United News Of India   | वर्ष 2014 के बाद बड़ी संख्या में आयुर्वेदिक कालेजों की संख्या में हुई वृद्धि: प्...  | N/A |
| 1264. | UjjawalPrabhat         | दिल्ली-यूपी में बढ़ेगी गर्मी, राजस्थान-बिहार में बारिश के आसार; पहाड़ों पर बदल स...  | N/A |
| 1265. | Uttarakhand Times Live | दिल्ली-यूपी में बढ़ेगी गर्मी, राजस्थान-बिहार में बारिश के आसार; पहाड़ों पर बदल स...  | N/A |
| 1266. | The Asia News          | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | N/A |

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| 1267. | India's News          | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1268. | Delhi live news       | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1269. | Himachal Patrika      | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1270. | Bihar 24x7            | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1271. | Kashmir Newsline      | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1272. | Mumbai News           | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1273. | India Gazette         | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1274. | Vanakkam Tamil Nadu   | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1275. | New Delhi News        | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1276. | Karnataka Live        | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1277. | Odisha Post           | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1278. | Gujarat Varta         | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1279. | Haryana Today         | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1280. | Chhattisgarh Today    | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1281. | Andhra Pradesh Mirror | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1282. | Punjab Live           | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1283. | Kashmir Breaking News | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1284. | Maharashtra Samachar  | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |
| 1285. | Bihar Times           | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar<br>... | N/A |



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| 1286. | Telangana Journal   | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | N/A |
| 1287. | The Hawk            | Finance Minister Sitharaman to Address Budget Corrections in Lok Sabha               | N/A |
| 1288. | Jammu Links News    | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Finance Minist ... | N/A |
| 1289. | South India News    | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | N/A |
| 1290. | Jharkhandtimes      | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | N/A |
| 1291. | Gujarat Samachar    | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | N/A |
| 1292. | Rajasthan Ki Khabar | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | N/A |
| 1293. | West Bengal Khabar  | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | N/A |
| 1294. | Indian News Network | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | N/A |
| 1295. | North East Times    | Parliament Budget Session: Key reports to be tabled in Lok Sabha, Nirmala Sithar ... | N/A |
| 1296. | Medical Dialogues   | Ministry of Ayush Initiates Measures to Protect Public Health Amid Heatwave          | N/A |
| 1297. | The Samikhsya       | Heatwave Alert: Ministry of Ayush Takes Steps to Safeguard Public Health             | N/A |
| 1298. | Newsr               | Ministry of Ayush launches sensitisation drive public health regarding heatwave      | N/A |
| 1299. | Himachal Patrika    | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | N/A |
| 1300. | Koshur Samachar     | DC Kulgam reviews functioning of Distt Ayush Society Governing body                  | N/A |
| 1301. | West Bengal Khabar  | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | N/A |
| 1302. | Bihar 24x7          | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | N/A |
| 1303. | Kashmir Newsline    | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | N/A |
| 1304. | India's News        | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | N/A |
| 1305. | OB News             | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | N/A |
| 1306. | The Mobi World      | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | N/A |
| 1307. | Gujarat Varta       | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | N/A |
| 1308. | Karnataka Live      | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | N/A |
| 1309. | Chhattisgarh Today  | Odisha reschedules school timings to beat the heat, classes I to XII will now op...  | N/A |

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| 1310. | India Gazette                 | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1311. | Haryana Today                 | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1312. | Calcutta News                 | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1313. | Punjab Live                   | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1314. | Andhra Pradesh Mirror         | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1315. | New Delhi News                | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1316. | Mumbai News                   | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1317. | Bihar Times                   | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1318. | Maharashtra Samachar          | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1319. | Odisha Post                   | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1320. | Kashmir Breaking News         | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1321. | Telangana Journal             | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1322. | South India News              | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1323. | North East Times              | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1324. | The Kashmir Horizon           | DC Kulgam reviews functioning of Distt Ayush Society Governing body                 | N/A |
| 1325. | Vanakkam Tamil Nadu           | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1326. | Jharkhandtimes                | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1327. | Gujarat Samachar              | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1328. | Indian News Network           | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1329. | Delhi live news               | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1330. | Rajasthan Ki Khabar           | Odisha reschedules school timings to beat the heat, classes I to XII will now op... | N/A |
| 1331. | Pharmacognosy Research        | Microscopical Investigation of Punica Granatum L. Flower: A Traditional Drug wit... | N/A |
| 1332. | DD News                       | हीटवेव और गर्मी से बचने के लिए आयुष मंत्रालय की सलाह, जानें खुद को कैसे रखें स्व... | N/A |
| 1333. | Today News 24                 | Heatwave in Odisha: Government Orders Morning Classes in Schools From Marc<br>h 21  | N/A |
| 1334. | Millenium Post                | Govt launches sensitisation drive for heatwave prevention                           | N/A |
| 1335. | हिमाचल प्रदेश (न्यूज़) समाचार | Shimla: आयुष विभाग में 17 एएमओ का तबादला, जानें किसे कहाँ किया तैनात                | N/A |
| 1336. | The Mobi World                | Ministry of Ayush launches sensitisation drive public health regarding heatwave     | N/A |
| 1337. | Chandigarh City News          | Country & State have progressed rapidly under PM's leadership for the last 1...     | N/A |

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| 1338. | India's News          | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1339. | Jammu Links News      | DC Kulgam reviews functioning of Distt Ayush Society Governing body                  | N/A |
| 1340. | Calcutta News         | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1341. | Tripurastar News      | "Ministry of Ayush Takes Proactive Steps To Safeguard Public Health Regarding He...  | N/A |
| 1342. | Bureaucrats India     | Ministry of Ayush launches the first batch of Rashtriya Karmayogi Jan Seva Progr. .. | N/A |
| 1343. | India Gazette         | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1344. | Industries News       | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1345. | Kolkata Sun           | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1346. | Namma Kudla English   | Guaranteeing Complete Enrollment and Simplified Voting: ECI                          | N/A |
| 1347. | Namma Kudla English   | Government Implements Measures to Protect Public Health During Heatwave              | N/A |
| 1348. | Namma Kudla English   | Elon Musk"s X Accuses Central Government of "Arbitrary Censorship"                   | N/A |
| 1349. | Namma Kudla English   | India Falls Below Pakistan in 2025 World Happiness Report; Finland Tops the List ... | N/A |
| 1350. | Odisha News Times     | "Ministry of Ayush Takes Proactive Steps to Safeguard Public Health Regarding H e... | N/A |
| 1351. | Mumbai News           | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1352. | New Delhi News        | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1353. | Tender Detail         | Tender For Procurement And Supply Of Equipment, And Other Items For Implem enting... | N/A |
| 1354. | Tender Detail         | Main Work Establishment Of 50 Bedded Integrated Ayush Hospital At Vims, Sub Work...  | N/A |
| 1355. | Odisha Post           | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1356. | Gujarat Varta         | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1357. | Telangana Journal     | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1358. | Karnataka Live        | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1359. | West Bengal Khabar    | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1360. | Andhra Pradesh Mirror | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1361. | Kashmir Newslne       | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1362. | Haryana Today         | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |
| 1363. | Chhattisgarh Today    | Ministry of Ayush takes proactive steps to safeguard public health regarding hea...  | N/A |

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| 1364. | Gujarat Samachar      | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1365. | Bihar Times           | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1366. | South India News      | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1367. | Rajasthan Ki Khabar   | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1368. | North East Times      | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1369. | Katcheri              | Katcheri  | N/A |
| 1370. | Himachal Patrika      | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1371. | Delhi live news       | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1372. | Jharkhandtimes        | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1373. | Punjab Live           | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1374. | Bihar 24x7            | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1375. | Vanakkam Tamil Nadu   | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1376. | Kashmir Breaking News | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1377. | Indian News Network   | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1378. | Maharashtra Samachar  | Ministry of Ayush takes proactive steps to safeguard public health regarding hea... | N/A |
| 1379. | United News Of India  | आयुष मंत्रालय ने 'भीषण गर्मी' से बचने के बताये उपाय                                 | N/A |
| 1380. | United News Of India  | आयुष मंत्रालय ने 'भीषण गर्मी' से बचने के बताये उपाय                                 | N/A |
| 1381. | Vishva Times          | Ministry of Ayush launches sensitisation drive public health regarding heatwave     | N/A |
| 1382. | Bilkul                | Bilkul Online   | N/A |
| 1383. | Daily World           | Ministry of Ayush launches sensitisation drive public health regarding heatwave ... | N/A |
| 1384. | The Environment       | Government launches sensitisation drive public health regarding heatwave            | N/A |
| 1385. | The Hans India        | Ministry of Ayush launches sensitisation drive public health regarding heatwave     | N/A |
| 1386. | Affairrs Cloud        | राष्ट्रीय आयुर्वेद विद्यापीठ ने नई दिल्ली में 28वें दीक्षांत समारोह & शिशुप...      | N/A |
| 1387. | Thip Media            | Ministry of Ayush launches sensitisation drive public health regarding heatwave     | N/A |
| 1388. | India Online Mart     | Ministry of Ayush launches sensitisation drive public health regarding heatwave     | N/A |
| 1389. | Newspoint             | Ministry of Ayush launches sensitisation drive public health regarding heatwave     | N/A |
| 1390. | Sakshi Post           | Ministry of Ayush launches sensitisation drive public health regarding heatwave     | N/A |
| 1391. | Times Report          | Ministry of Ayush launches sensitisation drive public health regarding heatwave     | N/A |
| 1392. | Pune News             | Ministry of Ayush launches sensitisation drive public health regarding heatwave     | N/A |



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| 1393. | Nation Press         | Ayush"s Heatwave Awareness Campaign : Ministry of Ayush Launches Nationwid e Cam... | N/A |
| 1394. | Poorvanchalmedia     | चाय पीने के जाने साइड इफेक्ट्स  | N/A |
| 1395. | Current Crime        | गाजियाबाद में 22 मार्च को विधान परिषद संसदीय अध्ययन समिति की अधिकारियों के साथ ब... | N/A |
| 1396. | Current Crime        | ई-पाँस मशीन से लिंक ई-वेडगूडोनेशियन डेलिगेट ने किया उचित दर विक्रेता की दुकान क...  | N/A |
| 1397. | Current Crime        | 22 मार्च को होगी 'उत्तर प्रदेश विधान परिषद की संसदीय अध्ययन समिति" की बैठक          | N/A |
| 1398. | Evening Times        | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1399. | News Grid            | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1400. | Vishleshan           | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1401. | Vande Matram         | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1402. | Trc News             | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1403. | Khas Khabar          | SECL से बकाया कर वसूली करने के लिए नगर निगम चिरमिरी को कलेक्टर ने दिए सख्त निर्द... | N/A |
| 1404. | खबर जगत              | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1405. | Mp Headline          | SECL से बकाया कर वसूली करने के लिए नगर निगम चिरमिरी को कलेक्टर ने दिए सख्त निर्द... | N/A |
| 1406. | Janmorcha            | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1407. | Shree News           | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1408. | Sarvam News          | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1409. | Sakshi Khabar        | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1410. | Prithak Chhattisgarh | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1411. | Delhi Bulletin       | SECL से बकाया कर वसूली करने के लिए नगर निगम चिरमिरी को कलेक्टर ने दिए सख्त निर्द... | N/A |
| 1412. | Web Akhbar           | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न, कलेक्टर ने सभी लंबित कार्यों को पूर्ण कर... | N/A |
| 1413. | Real India News      | SECL से बकाया कर वसूली करने के लिए नगर निगम चिरमिरी को कलेक्टर ने दिए सख्त निर्द... | N/A |
| 1414. | Saahas Samachar      | SECL से बकाया कर वसूली करने के लिए नगर निगम चिरमिरी को कलेक्टर ने दिए सख्त निर्द... | N/A |
| 1415. | DD News              | Ministry of Ayush launches Rashtriya Karmayogi Jan Seva Programme to build a cit... | N/A |
| 1416. | Ddindia              | Ministry of Ayush launches Rashtriya Karmayogi Jan Seva Programme to build a cit... | N/A |
| 1417. | Poorvanchalmedia     | मनेंद्रगढ़ कलेक्टर ने सभी विभागों को 6 महीने से लंबित कार्यों को पूरा करने के दि... | N/A |
| 1418. | The Mobi World       | Telangana govt proposes Rs 1385 crore for new medical, nursing colleges             | N/A |
| 1419. | Airr News            | Kerala regulator warns herbal drug maker for misleading ad   India News             | N/A |

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| 1420. | khabredinraat         | आयुर्वेद पाण्डुलिपि विज्ञान विभाग कार्यशाला के माध्यम से किया जा रहा है 400 वर्ष...  | N/A |
| 1421. | Ur All News           | Kerala regulator warns herbal drug maker for misleading ad   India News              | N/A |
| 1422. | Kadwaghut             | CG : साप्ताहिक समय सीमा की बैठक हुई सम्पन्न  | N/A |
| 1423. | Poorvanchalmedia      | देवधर गांव में इस अंदाज में किया गया मेयर सुमन बहमनी का स्वागत March 20, 2025 1      | N/A |
| 1424. | The Samikhsya         | Rashtriya Karmayogi Jan Seva Programme Inaugurated by Ministry of Ayush              | N/A |
| 1425. | World News Network    | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1426. | Affairrs Cloud        | Current Affairs 20 March 2025  | N/A |
| 1427. | Tripurastar News      | Ministry Of Ayush Inaugurates The First Batch Of The Rashtriya Karmayogi Jan S ev... | N/A |
| 1428. | Andhra Pradesh Mirror | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1429. | OB News               | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1430. | The Mobi World        | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1431. | Karnataka Live        | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1432. | Gujarat Varta         | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1433. | Vanakkam Tamil Nadu   | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1434. | Himachal Patrika      | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1435. | Bihar 24x7            | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1436. | Telangana Journal     | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1437. | Delhi live news       | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1438. | Rajasthan Ki Khabar   | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1439. | Odisha Post           | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |
| 1440. | Chhattisgarh Today    | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe rs... | N/A |

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| 1441. | Kashmir Breaking News | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1442. | Newspoint             | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1443. | North East Times      | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1444. | Maharashtra Samachar  | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1445. | Bihar Times           | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1446. | West Bengal Khabar    | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1447. | Kashmir Newslane      | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1448. | Punjab Live           | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1449. | Gujarat Samachar      | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1450. | South India News      | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1451. | Haryana Today         | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1452. | Indian News Network   | Rashtriya Karmayogi Jan Seva Programme aims to upskill individuals, broaden pe<br>rs... | N/A |
| 1453. | Nirbhay Prahar News   | आयुर्वेद संस्थान में 400 वर्ष पुरानी दुर्लभ पांडुलिपियों का ट्रांसक्रिप्शन जारी         | N/A |
| 1454. | Udaipur Kiran         | नए भारत की परिकल्पना को साकार करने के लिए पीएम मोदी निरंतर कार्यशील : मदन राठौड़        | N/A |
| 1455. | Bharat Prakash News   | आयुर्वेद कॉलेज छात्रों ने राष्ट्रीय स्तर पर दिखाई प्रतिभा                               | N/A |
| 1456. | Affairrs Cloud        | Rashtriya Ayurveda Vidyapeeth Hosts 28th Convocation & Shishyopanayaniya Sa<br>m...     | N/A |
| 1457. | Amanpath              | साप्ताहिक समय सीमा की बैठक हुई सम्पन्न : कलेक्टर ने सभी लंबित कार्यों को पूर्ण क...     | N/A |
| 1458. | Babushahi Hindi       | आरसीएफसी एनआर-1, आयुष मंत्रालय और निटर द्वारा आयोजित रीजनल बायर-सेलर मीट संपन्न         | N/A |
| 1459. | Udaipur Kiran         | आयुर्वेद पाण्डुलिपि विज्ञान विभाग कार्यशाला के माध्यम से किया जा रहा है 400 वर्ष...     | N/A |
| 1460. | Dogra Herald          | Kishtwar Adm, AYUSH Department organize District Level Seminar at Kishtwar              | N/A |
| 1461. | bharatsarathi.com     | बीजेपी महिला सशक्तिकरण की तरफ या परिवारवाद की तरफ ? ..... गुरिंदरजीत सिंह               | N/A |
| 1462. | Ilouge Media          | CCRH and Anna University Sign MoU for Research Collaboration                            | N/A |

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| 1463. | Ingredientssouthasia | Parliamentary Panel calls for setting up of a platform CTMS for Ayush clinical r...  | N/A |
| 1464. | IndiBlogHub          | Ayurvedic Third Party Manufacturing Service in India                                 | N/A |
| 1465. | Pharmabiz.com        | Parliamentary Panel calls for setting up of a platform CTMS for Ayush clinical r...  | N/A |
| 1466. | The Kashmir Horizon  | Seminar on 'Conservation, Cultivation, Processing & Entrepreneurship Dev. in...      | N/A |
| 1467. | Indian Digital Media | Department of AYUSH & District Administration Organize Seminar on Medicinal ...      | N/A |
| 1468. | Travel World Online  | CCRAS Hosts Ayurvedic Manuscripts Workshop to Preserve Heritage & Advance He...      | N/A |
| 1469. | Street Times         | Kishtwar Admin, AYUSH Department organize District Level Seminar                     | N/A |
| 1470. | Jammu Links News     | Kishtwar Administration, AYUSH Department organize District Level Seminar at Ki S... | N/A |
| 1471. | Citinuze Now         | वर्ष 2026 तक औषधीय पौधों का बाज़ार 14 बिलियन रुपये होने की उम्मीद                    | N/A |
| 1472. | bharatsarathi.com    | महानिदेशक स्वास्थ्य सेवाएं सीएचसी अनुसार लिंगानुपात का करेंगे विश्लेषण – एसीएस स...  | N/A |
| 1473. | Jammu Links News     | Seminar on 'Conservation, Cultivation, Processing & Entrepreneurship Dev. in...      | N/A |
| 1474. | Jk Updates           | IUST Interview Notice & Eligibility List for JRF Posts                               | N/A |
| 1475. | Udaipur Kiran        | हिसार : भारतीय मजदूर संघ ने पीएम के नाम जापन सौंपकर रखी मांगे                        | N/A |
| 1476. | Pravaktha            | गिरोहवाजों के चंगुल में स्वास्थ्य व्यवस्था   | N/A |
| 1477. | Etnownews            | International Yoga Day 2025: इस दिन मनाया जाएगा योग दिवस, 100 दिन पहले शुरू हुई ...  | N/A |
| 1478. | Namaste Rajasthan    | आयुर्वेद वि वि के पूर्व कुलपति प्रो. बनवारी लाल गौड़ को मिला लाइफटाइम अचीवमेंट अ...  | N/A |
| 1479. | Nirbhay Prahar News  | प्रो. संजीव शर्मा को राष्ट्रीय आयुर्वेद विद्यापीठ ने किया सम्मानित                   | N/A |
| 1480. | Guidely              | Important Weekly Current Affairs 2025 News - March 08th to 14th                      | N/A |
| 1481. | United News Of India | चंडीगढ़: औषधीय पौधों की 'क्षेत्रीय क्रेता-विक्रेता बैठक' शुरू                        | N/A |
| 1482. | Careers360           | RAV Convocation: राष्ट्रीय आयुर्वेद विद्यापीठ ने दीक्षांत समारोह में CRAV गुरुओं...  | N/A |
| 1483. | Observer Voice       | Ayurveda Education Boosted at RAV"s 28th Convocation                                 | N/A |
| 1484. | Construction World   | DARPG Releases 34th Monthly CPGRAMS Report for Central Ministries                    | N/A |
| 1485. | The Canara Post      | Rashtriya Ayurveda Vidyapeeth Organizes 28th Convocation & Shishyopanayananiy a...   | N/A |
| 1486. | Indore Mirror        | मध्यप्रदेश का यह बजट स्वास्थ्य और आयुष चिकित्सा क्षेत्र को मजबूती देगा               | N/A |
| 1487. | Indore Mirror        | अलौकिक मध्यप्रदेश" पुस्तक का भव्य विमोचन: मुख्यमंत्री ने किया लोकार्पण               | N/A |
| 1488. | Calcutta News        | VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharas htra     | N/A |

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| 1489. | World News Network | VHP, Bajrang Dal intensifies demand to remove Aurangzeb's tomb from Maharashtra ... | N/A |
| 1490. | Palgharnews        | VHP, Bajrang Dal intensifies demand to remove Aurangzeb"s tomb from Maharashtra...  | N/A |