




Government of India
Ministry of Ayush

सत्यमेव जयते

MINISTRY OF AYUSH COMPILED MEDIA REPORT 19 May, 2025 – 20 May, 2025

Ministry of Ayush Media report 20th May, 2025

 **Total Mention 109**

 Print	Financial	Mainline	Regional	Periodical
27	1	23	3	N/A
 Online				
82				

 Print

No	Newspaper	Headline	Edition	Pg
1.	Mint	Counting calories You may want to watch the clock too	Mumbai	16
2.	The Times of India	Homoeopathy colleges get one-year relaxation from NCH for faculty hiring	Pune	3
3.	The Indian Express	CORPORATE BRIEFS	Delhi	18
4.	The Pioneer	AIIMS finds Pranayama reduces heart rate, stress	Delhi	5
5.	The Pioneer	How Vivekananda ignited a lifelong yoga journey	Delhi	5
6.	The Pioneer	Health authority skips ayurveda in Ayushman Bharat	Delhi + 1	1, 2
7.	Punjab Express	India's orthopaedic, cardiac implant industry to reach \$5 billion by FY 28	Chandigarh	6
8.	Punjab Express	Delhi Minister Sood distributes Ayushman cards to Janakpuri senior citizens	Chandigarh	7
9.	The Morning Standard	Fit Bit	Delhi	2
10.	The Morning Standard	Fit Bit	Delhi	2
11.	The Morning Standard	Five years on, proposal to amend act on misleading ads still on hold: RTI	Delhi	7
12.	The New Indian Express	PARSVA TADASANA LEGS CROSSED	Chennai	2
13.	The New Indian Express	SAVASANA KNEES BENT HANDS IN ANJALI MUDRA	Chennai	2
14.	The New Indian Express	Five years on, proposal to amend act on misleading ads still on hold: RTI	Bengaluru	9
15.	The New Indian Express	Event promotes wellness & sustainability with yoga	Bengaluru	1
16.	The New Indian Express	SAVASANA KNEES BENT HANDS IN ANJALI MUDRA (CONSTRUCTIVE REST POSE HANDS IN ANJALI MUDRA)	Bengaluru	2
17.	The New Indian Express	Five years on, proposal to amend act on misleading ads still on hold: RTI	Bhubaneshwar	7
18.	The Statesman	Minister Ashish Sood distributes Ayushman cards in Janakpuri	Delhi	2
19.	The Goan	Amla for Skin: The secret to clear glow	Goa	11
20.	The Goan	How to stop your mind from wandering while you meditate	Goa	9
21.	The Goan	Tips to quickly reduce inflammation in the body	Goa	11

22.	Yugmarg	Future Generali Launches Health Unlimited a health Insurance that offers unlimited benefits	Chandigarh	10
23.	The Daily Guardian	FOOD AND NUTRACEUTICALS FOR A HEALTHY PREGNANCY: BUILDING BLOCKS FOR MOM AND BABY	Delhi	14
24.	The Daily Guardian	WARNING SIGNS IGNORED: HOW DIET IS DRIVING ABDOMINAL CANCERS	Delhi	10
25.	Aaj Samaj	International Yoga day	Delhi	9
26.	Aaj Samaj	Yo, ayurved v natural treatment ko apnaye nagrik	Delhi	4
27.	Dina Malar	Mumbai people are interested in yoga on a moving train	Chennai	4

Mint • 20 May • Ministry of Ayush
Counting calories You may want to watch the clock too

16 • PG

486 • Sqcm

315815 • AVE

375K • Cir

Bottom Left

Mumbai

Counting calories? You may want to watch the clock too

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

Tanisha Saxena
feedback@livemint.com

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

Emerging research suggests that erratic eating patterns — late-night dinners, skipped breakfasts, grazing throughout the day — can disrupt the body's internal clocks with sweeping effects on blood sugar regulation, hormonal balance, and even immune function. Our organs, it turns out, are creatures of habit. The liver doesn't merely process nutrients; it anticipates them—on schedule. So does the pancreas, the gut, and even fat cells. Eat-

ing out of sync with these circadian rhythms can trigger deeply physiological consequences. "Chrononutrition doesn't replace the importance of food quality or quantity—it expands on it," says Poonam Duneja, clinical dietitian at PSRI Hospital in New Delhi. "Our metabolism isn't constant across the day. For instance, insulin sensitivity peaks in the morning and wanes as the day progresses. Eating more calories earlier may improve blood sugar control and lipid profiles."

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

An illuminating 2013 study in the *International Journal of Obesity* tracked 420 overweight and obese individuals in Spain during a 20-week weight-loss program. Those who ate lunch before 3pm lost significantly more weight than those who lunched later — despite similar caloric intake, dietary composition, energy expenditure, and sleep duration. Late lunchers also tended to skip breakfast and



ISTOCKPHOTO

consume fewer calories in the morning. "These findings suggest that the timing of the main meal can influence the success of weight-loss interventions," says Duneja.

Time-restricted eating and intermittent fasting have gained popularity, often under the broader banner of chrononutrition. Yet how do we separate rigorous science from fleeting wellness trends? "It's important to recognize that not all time-restricted eating is rooted in evidence,"

says Duneja. "Chrononutrition focuses on aligning eating with circadian biology — distinct from more restrictive practices that often lack a scientific foundation."

WHY WOMEN NEED IT MORE

Hormonal fluctuations across life stages — menstruation, pregnancy, menopause — don't just affect a woman's mood or fertility. They influence her circadian rhythms as well. "Hormonal shifts have a profound

impact on a woman's internal clock," says Dr Renu Raina Sehgal, chair of obstetrics & gynecology at Artemis Hospitals. Estrogen and progesterone, key hormones of the menstrual cycle, modulate everything from body temperature to cortisol secretion and insulin sensitivity — particularly during the luteal phase, when hunger and glucose tolerance often fluctuate. Pregnancy magnifies these effects.

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

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

ANCIENT WISDOM, REVISITED

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

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

The Times of India • 19 May • Ministry of Ayush

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

3 • PG

610 • Sqcm

381376 • AVE

1.05M • Cir

Top Left

Education Times

Pune

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

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

Divyansh Kumar
@timesofindia.com

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

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

Several homoeopathic colleges raised the issue of delays in faculty appointments during India's shift to mandatory National Teachers' Eligibility Test (NTET) when it was announced by NCH and the AYUSH Ministry. "Although



Image generated by AI

we have conducted the test and have qualified professionals available, institutions requested additional time to complete the hiring process. The new norms will require raising faculty strength from 28 to 41 (including the principal). This raised the fear that several institutions will be non-compliant and will not be allowed to function in 2025," Dr Tarkeshwar Jain, president, Medical Assessment and Rating Board of Homoeopathy (MARBH) tells *Education Times*.

Considering the operational troubles, MARBH granted one-year relaxations, ensuring colleges could align their hiring processes without

any academic interruptions. To smoothly enforce MES 2025, the NCH allowed a 10% faculty relaxation for 100-seat colleges and 15% for 60-seat colleges. "These relaxations give a realistic timeline to colleges to build their human resources and infrastructure. Regulations will boost better clinical and research aptitude in students," says Dr Subhash Kaushik, director general,

CCRH. College administrators are apprehensive of the teething troubles consisting in inadequate clinical exposure with limited faculty. "The NCH's decision to increase stu-

dent intake and increase the number of beds necessitates solid management," says Dr CP Sharma, principal, Bakson Homoeopathic Medical College & Hospital, Greater Noida.



The Indian Express • 20 May • Ministry of Ayush

CORPORATE BRIEFS

18 • PG

849 • Sqcm

1392137 • AVE

388.5K • Cir

Middle Left

Delhi

EVENT—ASIAN BUSINESS SCHOOL

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



FELICITATION CEREMONY—JIIT

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



EVENT—ASIAN LAW COLLEGE

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



CONVOCATION—KIET

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



EVENT—SGT UNIVERSITY

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



KALINGA LITERARY FESTIVAL

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



CORPORATE BRIEFS

EDUCATION

MOU—AMITY UNIVERSITY

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



AI SUMMIT—KIET

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



WORKSHOP—JAMIA HAMDARD

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



EVENT—SGT UNIVERSITY

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



EVENT—JAMIA HAMDARD

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



EVENT—SHARDA UNIVERSITY

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



EVENT—GL BAJAJ

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



EVENT—ASIAN BUSINESS SCHOOL

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



BOOK RELEASE

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



MOU—GGSIPU

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



HONORED—VELLORE INSTITUTE OF TECHNOLOGY

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



The Pioneer • 20 May • Ministry of Ayush
AIIMS finds Pranayama reduces heart rate, stress

5 • PG

254 • Sqcm

722832 • AVE

634.42K • Cir

Middle Right

Delhi

AIIMS finds Pranayama reduces heart rate, stress

GIRISH SHARMA ■ Bhopal

A study by the Departments of Physiology and AYUSH at AIIMS Bhopal has shed new light on the cardiovascular benefits of pranayama, the ancient yogic practice of controlled breathing. The research, which focused on specific breathing techniques — Right Nostril Breathing (RNB) and Left Nostril Breathing (LNB) — found measurable improvements in heart rate variability (HRV), indicating enhanced autonomic function and stress reduction.

The study, conducted on 20 experienced yoga practitioners, evaluated the immediate effects of RNB and LNB on HRV using sophisticated monitoring tools. After just five minutes of practice, participants demonstrated a significant increase in parasympathetic activity — the branch of the nervous system associated with rest, relaxation, and reduced cardiac stress.

"Pranayama naturally slows down the breathing rate, which in turn calms the heart," explained Dr Varun Malhotra, the lead author of the study and faculty at AIIMS Bhopal. "Our data revealed a con-



sistent reduction in heart rate and a favorable shift in autonomic balance during both RNB and LNB."

While both techniques showed beneficial outcomes, the study noted that LNB had a slightly stronger effect on indicators

related to relaxation and parasympathetic dominance. This finding aligns with traditional yogic beliefs, where LNB is described as having a cooling and calming influence on the body, while RNB is linked with increased energy and stimu-

lation. The study, published in the Journal of Education and Health Promotion, reinforces the physiological value of pranayama as a non-pharmacological intervention for cardiovascular and stress-related disorders. It also adds to the growing body of scientific evidence validating traditional Indian wellness practices through modern clinical research.

Dr Danish Javed, senior medical officer in the AYUSH Department at AIIMS Bhopal, emphasised the broader impact of yoga, especially during the COVID-19 pandemic. "We introduced online yoga sessions for patients during the peak of the pandemic, and the feedback was very encouraging. Patients reported reduced anxiety and better overall wellbeing," he shared. "At AIIMS Bhopal, we continue to conduct yoga and meditation sessions for patients at regular intervals."

Experts believe these findings can have significant implications for preventive healthcare. Given the rising incidence of lifestyle-related diseases, especially hypertension, anxiety and cardiac ailments, incorporating simple breathing exercises into daily life could offer a low-cost, accessible tool for improving public health.

The Pioneer • 20 May • Ministry of Ayush
How Vivekananda ignited a lifelong yoga journey

5 • PG

345 • Sqcm

981894 • AVE

634.42K • Cir

Bottom Left

Delhi

How Vivekananda ignited a lifelong yoga journey

ANTARA MOHAN ■ Ranchi

Harsha Nagaraj is a Bengaluru-based Yoga teacher. He runs a Yoga studio in Bengaluru. He took time out of his busy schedule to speak to *The Pioneer* about his journey. Edited excerpts follow:

What first led you to yoga? Was there a moment, an experience, or a person that sparked this lifelong journey?

You know, when the fruit is ripe, it is time to pluck it — and most importantly, feed it to someone who will truly appreciate it.

The thirst to be free, to be real, to simply be myself has been strong since childhood. I never really resonated with school, college, or even the people around me. Something always felt missing.

That spark, that calling to find my real family, was intense. Every breath in urban life felt suffocating.

I often felt lost and alone. I cried in the dark and prayed for clarity. And then—like a thunderbolt—came Swami Vivekananda.

Just ten hours of his lectures gave me everything: purpose, clarity, love, reason, passion. It all clicked. I realised I was born to serve, to uplift, to grow on this path of Yoga.

That missing link in my puzzle was spirituality. Since then, there has not been a single day of regret. I work, I teach, I share — and I give back a hundred-fold of what I have received. Isn't that divine work? Isn't that why we are born?

What keeps you going, day after day? What is your deepest inspiration — the one thing that lights you up from within?

There's still so much to learn, to experience — and thousands of souls to reach. Every morning, I pause and ask myself: Have I given enough back to Mother Earth? And my inner voice always replies: No, Harsha, you haven't.

That's what keeps me going. I want to leave this life smiling, knowing I've fulfilled my dharma — that I've



PIONEER PHOTO

passed on what I've learned.

That maybe, just maybe, one soul of mine has touched hundreds, if not thousands. Why settle for the sky when we're meant to aim for the moon — and soar beyond the stars?

The love of the Holy Mother, the grace of Paramahansa, and the fire of Vivekananda — that trinity lights me up when my inner flame flickers.

It is their blessing that helps me ignite the souls who come seeking light.

Who were your teachers, your guides? And what have been the most meaningful lessons on your path so far?

My greatest teachers have been my pain, my failures, my loneliness, and the deep yearning for my true family. Teaching begins within. I'm blessed to carry that flame — and when it's guided by a true Guru, it transforms you.

I owe everything to the blessings of the Ramakrishna Math and my Paramaguru, Sri Ramachandra Bhat of Veda Vijnana Gurukul, Bengaluru, who initiated me into Vedantic studies. He's the one who lit my inner fire.

To name just one lesson would be hard — Yoga has given me health, mindfulness, clarity, passion, gratitude. But if I had to name the most difficult lesson — it's been confronting Lust. It's the toughest battle I've fought.

But very recently, I've conquered it.

And the pure love and compassion now flowing through me — it's as if I'm flying in the sky. With that hand guiding me, I feel ready to take up divine work with full heart and clarity.

From your own experience, how can yoga help someone not just survive — but truly come alive again?

People are getting sucked into the virtual — into hours of mindless scrolling, chasing trends, and comparing lives. But behind those filters lies toxicity.

It disconnects you from your breath, your body, your emotions — from yourself. Yoga breathes new life into an aspirant's soul.

It teaches you to accept your physical body, embrace your mind, and go beyond momentary pleasures. It shifts your life toward meaning and love. Greed, lust, and comparison begin to fade.

And in their place? A sense of purpose, compassion, and contentment. That's when you stop just existing. That's when you truly feel alive.

The Pioneer • 19 May • Ministry of Ayush
Health authority skips ayurveda in Ayushman Bharat

1, 2 • PG

309 • Sqcm

881983 • AVE

634.42K • Cir

Bottom Right,Top Left

Delhi • Chandigarh

Health authority skips ayurveda in Ayushman Bharat

J GOPIKRISHNAN ■ New Delhi

In a classic case of how the system works, ayurveda is yet to be included in Modi Government's flagship project Ayushman Bharat Pradhan Mantri Arogya Yojana (AB-PMJAY). Ironically, AB-PMJAY focuses on traditional medicinal practise.

The project, launched in September 2018 by Prime Minister Narendra Modi was meant to give a health insurance cover of ₹5 lakh to individuals below the poverty line. The scheme covers 40 percent of the Indian population. Now everyone

above 70 years of age, irrespective of income limits, is also covered under the scheme, making it the world's biggest health insurance scheme.

Sources in the Government said the basic reason for the inordinate delay is formulation and finalisation of health insurance protocols for ayurveda treatment. Almost a year ago, Ayush Ministry submitted a health insurance package protocol in mid 2024 to National Health Authority (NHA), the controlling organisation of AB-PMJAY.

NHA is an expert-cum-bureaucratic body, works under the Union Health



PM Modi announcing the scheme in 2018

FILE PHOTO

Ministry, which finalises the inclusion of health insurance protocols of Ayushman Bharat scheme. According to Ayush Ministry officials and members of Ayurveda Hospitals' Association, till date NHA has not even convened a meeting with the Ministry officials on the submitted health insurance protocols.

Health Ministry and Ayush Ministry officials are tight lipped on the inertia or snail pace of NHA to approve insurance protocols to implement and inclusion ayurveda in Ayushman Bharat scheme.

Why has the NHA not yet convened a meeting to discuss and implement the

health insurance protocols of ayurveda? "You may simply call allopathy mafia is behind the snail pace of NHA which has not even initiated discussion with Ayush Ministry officials for the past one year. In 2010, 2016, 2020, and now in 2023 — Ayush Department which became a full-fledged Ministry under the Modi-led first regime in 2014 is working on ayurveda insurance protocols. There are some big players in ayurveda who also want to limit the insurance cover to themselves and not include all ayurveda hospitals," said Members of Ayurveda Hospitals' Association.

Continued on >> P2

Health authority skips ayurveda in Ayushman Bharat

Continued from >> P1 According to the Association, certain big ayurveda hospitals and big corporate hospitals with ayurveda treatment facilities do not want to extend insurance coverage to all ayurveda hospitals. "If ayurveda is implemented in Ayushman Bharat scheme, all will be included. Political leadership must intervene and order to NHA to consider and implement ayurveda treatment in Ayush Bharat scheme," said a member of

Ayurveda Hospitals Association, urging for inclusion of all ayurvedic hospitals.

With NBA not initiating inclusion of ayurveda in Ayushman Bharat scheme, for the past one year, the Ayush Ministry's answer in Parliament to a series of questions on status of inclusion of Ayurveda, ends in only one line — "The Ayush packages are not included in Ayushman Bharat — Pradhan Mantri Jan Arogya Yojana".

Punjab Express • 20 May • Ministry of Ayush

India's orthopaedic, cardiac implant industry to reach \$5 billion by FY 28

6 • PG

757 • Sqcm

151339 • AVE

348.98K • Cir

Bottom Center

Chandigarh

India's orthopaedic, cardiac implant industry to reach \$5 billion by FY28

India's orthopaedic and cardiac implant sector, including exports, is expected to reach \$4.5 to \$5 billion by FY28, driven by strong domestic demand and gradually growing export presence, according to a report released on Monday.

The sector (including exports) stood at \$2.4 to \$2.7 billion in FY24, according to CareEdge Ratings.

The Indian implant manufacturers are making rapid strides in the domestic market and are gradually expanding their presence in the export market.

The report cited that with only 7.5 per cent customs duty on the import of most coronary and orthopaedic implant products, any potential trade deal with the US resulting in tariff reduction is not likely to materially change the market dynamics for domestic manufacturers.

However, material changes in non-tariff



barriers, such as the relaxation of price caps, can significantly alter the competitive landscape for domestic manufacturers compared to MNCs, it added.

Sales of homegrown implant manufacturers have grown at a compound annual growth rate (CAGR) of 28 per cent (including a CAGR of 37 per cent for exports) during the four years ended FY24,

outpacing the sales CAGR of 12 per cent for foreign multinational corporations (MNCs) during the same period.

The sales volume growth of domestic entities was even higher, driven by their competitive pricing and increased participation in government-sponsored insurance schemes.

"India's medical implant sector is on a robust growth trajectory, driven by strong

domestic demand and growing exports," said Krunal Modi, Director at CareEdge Ratings.

India's export growth rate for implants has significantly outpaced the implant imports during the last 5-6 years.

Increasing per capita income and affordability, rising healthcare awareness, an ageing population, expansion in healthcare infrastructure, and

increasing insurance penetration are expected to drive the domestic demand for implants in the long term, said the report.

Price caps adversely affected the foreign MNCs' high-margin products, forcing them to discontinue some of their premium products from the Indian market.

However, it significantly improved affordability, especially for implants manufactured by domestic companies, thereby enabling them to expand their market share.

Schemes like Ayushman Bharat further improved the affordability and expanded the market, according to the report. **IANIS**

DISCLAIMER: The opinions expressed in the articles published in these columns are the personal opinions of the authors. The facts and opinions appearing in the articles do not reflect the views of Bright Punjab Express and Bright Punjab Express does not assume any responsibility or liability for the same.

Punjab Express • 19 May • Ministry of Ayush

Delhi Minister Sood distributes Ayushman cards to Janakpuri senior citizens

7 • PG

442 • Sqcm

88457 • AVE

348.98K • Cir

Middle Center

Chandigarh

Delhi Minister Sood distributes Ayushman cards to Janakpuri senior citizens

NEW DELHI, MAY 18

Delhi Education Minister Ashish Sood on Sunday distributed Ayushman cards to senior citizens in the Janakpuri area, reiterating the government's commitment to shield them from the burden of costly treatment.

Speaking at the programme, Minister Sood said smart cards, which can be easily carried in pockets, have been distributed to 20-25 people today.

"Special camps are also being organised to distribute these to beneficiaries who can now avail free treatment up to Rs 10 lakh," he said.

"Eligible elderly citizens can also get the card made on the spot at our office to benefit from the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY)," he



said. He said Ayushman Yojana has been implemented in Delhi under the guidance of Prime Minister Narendra Modi and the leadership of Chief Minister Rekha Gupta.

In addition to the health security of Rs 5 lakh under this Ayushman scheme, the Delhi government will also provide a top-up cover of Rs 5 lakh, he said.

Minister Sood said each beneficiary will get a total health security of up to Rs 10 lakh, setting an example across the country.

He said that now illness

will not be an economic burden, the elderly of Delhi will be able to get themselves treated without hesitation and any hindrance, as this facility will be available in the listed hospitals in Delhi and other states of India, which will ensure both quality and access to treatment.

Minister Sood said this scheme is not only about health security but a step to give respect and confidence to every family.

"It is our resolve that no person should be deprived of treatment due to lack of money. We will ensure

that every eligible person gets the benefit of this scheme. This scheme will prove to be a lifesaver, especially for the poor and the needy," he said.

He said the previous AAP government deliberately created hurdles in introducing this public welfare scheme, depriving lakhs of good health facilities.

Minister Sood said this scheme is not just a treatment facility, but a big step towards a strong and self-reliant Delhi.

"This scheme will prepare our health system for future challenges and play a decisive role in making Delhi 'world-class in the field of health'. This will strengthen our Prime Minister's resolve to 'Develop Delhi', provide quality healthcare to citizens and make the capital a leader in the health sector," he said.

IANNS

The Morning Standard • 20 May • Ministry of Ayush

Fit Bit

2 • PG

605 • Sqcm

290372 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

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

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

STEPS

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

LIMITATIONS

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

BENEFITS

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



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

The Morning Standard • 19 May • Ministry of Ayush

Fit Bit

2 • PG

615 • Sqcm

295366 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

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

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

STEPS

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

BENEFITS

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

LIMITATIONS

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



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

The Morning Standard • 19 May • Ministry of Ayush

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

7 • PG

447 • Sqcm

214580 • AVE

300K • Cir

Bottom Right

Delhi

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

KAVITA BAJELI-DATT @ New Delhi

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

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

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

Replying to an RTI filed by activist, Dr KV Babu, the Union Health Ministry on May 15 said, "As per available records, no noting has been recorded after

No file movement

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

09/11/2022 in File No A.11035/133/2014-DFQC."

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

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

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

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

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

The New Indian Express • 20 May • Ministry of Ayush

PARSVA TADASANA LEGS CROSSED

2 • PG

692 • Sqcm

913956 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

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

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

STEPS

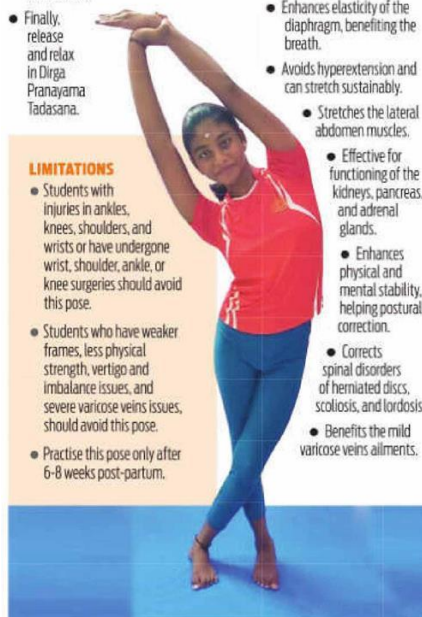
- Start in Tadasana and stay there for a couple of breaths.
- Inhale, align the feet apart in Tadasana Variation.
- After taking a few of breaths, cross the feet at the ankles, left leg over the right leg. Your feet should be firm on the mat.
- Inhale, raise the arms above your head, and bend towards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

LIMITATIONS

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

BENEFITS

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



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

The New Indian Express • 19 May • Ministry of Ayush SAVASANA KNEES BENT HANDS IN ANJALI MUDRA

2 • PG

644 • Sqcm

849595 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

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

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

STEPS

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

BENEFITS

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

LIMITATIONS

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



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

The New Indian Express • 19 May • Ministry of Ayush

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

9 • PG

463 • Sqcm

393832 • AVE

177.8K • Cir

Bottom Right

Bengaluru

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

KAVITA BAJELI-DATT @ New Delhi

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

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

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

Replying to an RTI filed by activist, Dr KV Babu, the Union Health Ministry on May 15 said, "As per available records, no noting has been recorded after

No file movement

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

09/11/2022 in File No A.11035/133/2014-DFQC."

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

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

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

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

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

The New Indian Express • 19 May • Ministry of Ayush
Event promotes wellness & sustainability with yoga

1 • PG

209 • Sqcm

209096 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

Event promotes wellness & sustainability with yoga

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



The New Indian Express • 19 May • Ministry of Ayush

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

2 • PG

612 • Sqcm

612090 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

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

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

STEPS

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

BENEFITS

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

LIMITATIONS

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



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

The New Indian Express • 19 May • Ministry of Ayush

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

7 • PG

182 • Sqcm

72604 • AVE

107.9K • Cir

Bottom Right

Bhubaneshwar

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

KAVITA BAJELI-DATT @ New Delhi

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

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

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

Replying to an RTI filed by activist, Dr KV Babu, the Union Health Ministry on May 15 said, "As per available records, no noting has been recorded after

No file movement

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

09/11/2022 in File No A.11035/133/2014-DFQC."

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

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

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

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

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

The Statesman • 19 May • Ministry of Ayush
Minister Ashish Sood distributes Ayushman cards in Janakpuri

2 • PG

502 • Sqcm

90414 • AVE

225K • Cir

Middle Center

Delhi

Minister Ashish Sood distributes Ayushman cards in Janakpuri



STATESMAN NEWS SERVICE
NEW DELHI, 18 MAY

Delhi Education Minister Ashish Sood on Sunday distributed Ayushman cards to senior citizens during a felicitation and public welcome ceremony organized by local residents in his Janakpuri constituency.

While addressing the gathering, Sood said under the guidance of Prime Minister Narendra Modi and leadership of Chief Minister Rekha Gupta, the Ayushman Bharat scheme has been implemented in Delhi. In addition to the Rs 5 lakh health coverage provided

under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY), the Delhi Government will provide a top-up cover of Rs 5 lakh making it a total of Rs 10 lakh health coverage per beneficiary, he added. The Minister highlighted that illness will no longer be a financial burden as citizens can now access medical care without hesitation or obstacles at empanelled hospitals not just in Delhi but across the country. "It is not just a health protection initiative but also a step towards restoring dignity and confidence in every family. Our commitment is to ensure that no one is denied

treatment due to lack of funds. We will make every effort to ensure that all eligible individuals avail the benefits of this scheme. It will serve as a lifeline especially for the poor and the underprivileged," he said. Criticizing the previous government, Sood alleged that the AAP deliberately stalling this public welfare scheme, thereby depriving the residents of quality healthcare services. Stating about the scheme, the Minister highlighted that it will prepare the city's healthcare system for future challenges and will play a pivotal role in making Delhi 'world-class' in the healthcare sector.

The Goan • 20 May • Ministry of Ayush

Amla for Skin: The secret to clear glow

11 • PG

1136 • Sqcm

170429 • AVE

200K • Cir

Top Center

Goa

Ways to use amla for your skin

1 For acne-prone skin

Ingredients: Amla juice, honey and turmeric.

Directions: Mix amla juice, honey and turmeric together to create a soft paste. Apply to your skin. Let it sit for 15 minutes or until it becomes dry. Wash it off with warm water.

How does this amla face pack benefit acne-prone skin? Amla is rich in Vitamin C, so it lightens dark spots and brightens skin overall. Honey is an antioxidant that reduces inflammation, so it calms redness and irritation from a just-popped zit, and curcumin, the active ingredient in turmeric, fights the tyrosinase enzyme that is responsible for creating dark spots due to hyper-pigmentation.

Amritha K

Amla, also known as Indian gooseberry, is a superfood that's been popular for ages. Due to an increase in healthy living, Amla has become one of the most consumed Indian berries, but did you know Amla isn't just an immunity booster? This little fruit has so much to offer your body, skin, and hair. There are several health benefits associated with Amla, ranging from being a natural blood purifier to enhancing immunity due to the presence of vitamin C to being a good source of fibre. Moreover, amla is not just a great addition to your hair oil tradition. Due to its antioxidant properties and melanin-inhibiting properties, it can also be used as a skincare remedy, particularly for those with dull skin or acne-prone skin that needs a boost. Furthermore, it increases the elasticity of the skin, thereby reducing the appearance of fine lines. Let's check out five different ways you can use amla in your skincare routine.



2 For dull skin

Ingredients: Amla and tomato.

Directions: Add tomato cubes and amla powder to a blender. Blend it into a paste and apply it to your face. Let it sit for 20-25 minutes. Wash it off with cold water.

How does this amla face pack benefit dull skin? As well as shrinking pores, tomato seeds contain lycopene and beta-carotene, which reduce free radicals and boost collagen production. As a result of vitamin C's inhibition of melanin production when excessive, it also accelerates collagen production in addition to inhibiting the production of dark spots.

3 For oily skin

Ingredients: Amla and rose water.

Directions: Combine two portions of amla powder with some rose water. Apply the pack to your face. Leave it on for a few minutes, then wash it off once it dries.

How does this amla face pack benefit oily skin? A combination of the fatty acids present in amla oil treats acne, and nourishes and soothes the skin tissues; adding rose water to it makes it perfect for people with oily skin since it restores the pH balance of your skin and unclogs your pores.

Amla for skin: The secret to clear glow

4 For brightening and exfoliation

Ingredients: Amla powder and yogurt.

Directions: Mix Amla powder with yogurt to form a smooth paste. Gently massage the mixture onto damp skin in circular motions. Leave it on for 10-15 minutes, then rinse off with lukewarm water. Pat dry.

How does this Amla exfoliating mask benefit the skin? Amla helps to slough off dead skin cells, promoting a brighter complexion, while the lactic acid in yogurt helps to exfoliate and soften the skin, leaving it smoother and more radiant.

5 For Hydration and Anti-Aging

Ingredients: Amla juice and aloe vera gel.

Directions: Mix Amla juice with aloe vera gel in equal parts. Apply the mixture evenly to your face and neck. Leave it on for 20-30 minutes, then rinse off with cool water.

How does this face mask benefit the skin? Amla is rich in vitamin C, a powerful antioxidant that stimulates collagen production. This helps to improve skin elasticity and firmness while visibly reducing the appearance of fine lines and wrinkles over time. Aloe vera, on the other hand, delivers intense hydration and soothes the skin, making it ideal for dry, irritated, or aging skin. Together, this duo replenishes moisture, enhances skin texture, and leaves your skin looking plump, radiant, and youthful.



The Goan • 19 May • Ministry of Ayush

How to stop your mind from wandering while you meditate

9 • PG

951 • Sqcm

142582 • AVE

200K • Cir

Bottom Left

Goa

Ria Majumdar

Let's face it: in this fast-paced world, where our minds are stimulated 24/7, the concept of meditation makes most people cringe away as too woo-woo and tough. After all, how do you stop your mind from wandering while you meditate? But what if I told you that, contrary to popular belief, meditation is not about sitting still and making your mind go blank? What if I told you that there are more than 144 techniques of meditation, most of which actually engage your mind actively? If that peaked your curiosity, the following article will change your mind about meditation forever.

The ridiculous expectation of mastering meditation on the first day

You don't walk into a gym for the first time in your life and expect to lift a 120 kg deadweight. Then why expect phenomenal success when you first try meditating? Meditation is not easy. Just like lifting weights is not easy. It takes time, effort, and constant practice to get better at both. So, the next time you meditate, don't expect amazing things to happen. Focus on your breath (like you would focus on the 1 kg dumbbell), stop comparing yourself to people who have been meditating for a while now (like you would not compare yourself to the bodybuilders at your gym), and just work on training your mind to return to your breath every time it wanders off. And do this without judging yourself.

How to stop your mind from wandering while you meditate

Don't resist, "Be like water"

When Bruce Lee said his famous line "be like water", he was wisely telling people to stop resisting change. You can apply the same to meditation. When you sit down in your favored meditative pose and close your eyes, it will seem like your mind is deliberately trying to sabotage you by throwing a flurry of images and thoughts your way. But that's not the truth. In reality, your mind was busy the entire time. You just weren't quiet enough to witness the cacophony. So, the next time you meditate, don't reprimand yourself when your mind wanders off or keeps chiming about a problem in life. Be like water, stop resisting, and jump from thought to thought, aware that you are intentionally doing it. This is a form of mindful meditation that allows you to introspect your stresses and anxieties.

A stone in the middle of a river

Ever seen a large boulder sitting in the middle of a flowing river with churning, white eddies all around its base? The boulder does not stop the water from flowing. Instead, it sits in peace as the water bounds over and around it, smoothing its rough edges with every flow. Meditating on your breath is similar. So, don't admonish yourself or your thoughts. Allow them to flow over and around you, as you focus on your breath. Just like the rock does not follow the current of the river, don't follow your thoughts when they arise. Just observe them peacefully and maintain your attention on your breath. And if a thought manages to drag your attention away, don't be angry at it. Just let it go once you realize your mind wandered, and return to your breath.

Engage your five senses

This is my favorite method of mindful meditation because it allows your mind to naturally jump from one thing to another. Start by sitting in a comfortable position either on a chair with your feet firmly planted on the ground or cross-legged on the bed or the floor. Then focus on what you can hear and jump from one sound to the next. Don't analyze what you hear. Just observe the sounds all around you: cars honking on the road, a vegetable vendor crying out the price of his wares, birds chirping, the fan blades whirring in your room. The more you let your mind observe the sounds around you, the sharper your sense of hearing will get.

Then, move onto your sense of smell. Smell the scents in the room with each breath. Sometimes you will smell nothing. But that is okay. Just smell.

Next, move on to the taste in your mouth. The flavor in your mouth will depend on the time of the day you are meditating and what you were doing before that. Don't judge anything or analyze. Just focus on the taste in your mouth. Then, focus on what you can see through your closed eyelids. And finally, focus on your sense of touch.

Feel your hands resting on your lap. The hair on your head moving gently as the wind brushes past them. The hardness or softness of the ground or chair underneath you. Shift your attention from one part of your body to another.

During your next session, you can try engaging all your senses at once. It will be difficult at first, but with practice, you will succeed in doing so.

Stop your mind from wandering

Meditation is about returning to square one: yourself. And so, to summarize:-

- Just like building muscles, you will find meditation difficult at first.
- Do not scold yourself when your mind wanders while you meditate. Instead, be like water, stop resisting your thoughts, and just be aware of them as they come and go.
- When focusing on your breath, allow your thoughts to rush past you. Don't judge them or try to stop them. Be like a peaceful boulder sitting in the middle of a flowing river.
- Focus and engage with each of your senses when you meditate. That will help you stay in the moment.

Disclaimer: The Free Press Journal bears no responsibility for the content that appears on this page.

The Goan • 20 May • Ministry of Ayush
Tips to quickly reduce inflammation in the body

11 • PG

683 • Sqcm

102414 • AVE

200K • Cir

Middle Left

Goa

Ria Majumdar

When your body comes in contact with a foreign body, allergen, or toxic chemical, it elicits a reaction from the immune system of your body. This reaction is known as inflammation. And while inflammation is good for the body in most cases because it cuts off infection and toxins from entering the body, if it turns chronic, it turns against the body and starts causing damage to the self, which includes causing cancer and autoimmune diseases. So, if you are wondering how to reduce inflammation in the body fast, here are 8 ways that will help you do that.

■ **Add antioxidant-rich foods to your diet**

Inflammation produces a lot of free radicals in the body, which are known to induce aging and organ damage. Since antioxidants scavenge and remove these toxins from your body, eating more antioxidant-rich food, like fruits and vegetables, is a great way to reduce inflammation in the body.



■ **Cook your meals with turmeric**

If you are an Indian, this point will sound like a no-brainer to you. But if you are not, here are the reasons why adding some turmeric to your food is a good idea:-

- It is a potent antioxidant.
- It has strong antimicrobial properties.
- It can boost your immunity and improve your general health.
- If you are not too fond of eating yellow food and curries, you can reap the benefits of turmeric by drinking a glass of turmeric milk every day before bed.



■ **Count your glasses of wine**

Studies have shown that a glass of wine every day has some mild anti-inflammatory effect on the body. But when you drink any more than that, it leads to the opposite. So, mind the number of glasses of wine you drink.

■ **Drink green tea**

While green tea won't succeed in solving deep-seated problems, this drink's soothing effect on your mind and body can help you reduce chronic inflammation to some extent.

■ **Have more probiotics**

Probiotics are edible food products that contain beneficial bacteria in them, which colonize your gut and prevent growth of pathogenic bacteria. This improves your gut health and reduces inflammation in the body.

■ **Stay away from unhealthy food**

Unhealthy foods, like sugary and deep-fried foods, are known to cause chronic inflammation in the body, especially the gut. So, cut them out of your diet if you are suffering from a long, drawn-out spell of inflammation.

■ **Get proper sleep**

Your brain needs adequate sleep to function on full steam. So, if you are sleeping too less because of work or are so stressed out that you are unable to sleep, you will soon develop signs of inflammation, especially inflammation in the brain.



■ **Take care of your mental health**

Excessive stress and anxiety are known to cause a lot of health problems in the body and induce a mental-health crisis. But did you know that they are also responsible for chronic inflammation? So, if you are unhappy or stressed out, you should seek therapy or start meditating for the peace of your mind.

Yugmarg • 19 May • Ministry of Ayush

Future Generali Launches Health Unlimited a health Insurance that offers unlimited benefits

10 • PG

392 • Sqcm

81156 • AVE

185K • Cir

Bottom Center

Chandigarh

Future Generali launches 'Health Unlimited', a Health Insurance that offers unlimited benefits

CHANDIGARH: For many of us in urban India, health insurance is the go-to solution when it comes to financial protection, but rising hospitalisation and medical costs raise questions on the adequacy of Health Insurance cover. This growing concern highlights the need for comprehensive healthcare solutions.

More than eight out of every ten insured feel unsure about the efficacy of their health cover amid soaring medical costs, said an exclusive survey by Future Generali India Insurance - #Health Unlimited. This survey, which was recently conducted on 800 insured individuals aged 25+, revealed rising concerns about the adequacy of current health insurance coverage.

India has one of the highest medical inflation rates among other Asian countries in 2021 - approximately 14 per cent - surpassing China (12 per cent), Indonesia (10 per cent), Vietnam (10 per cent) and Philippines (9 per cent).

Commenting on the launch of Health Unlimited, Anup Rau, Managing Director and CEO, Future Generali India Insurance Company Ltd, said, "Rising cost of

medical treatment is a cause of concern for a vast majority of people in India, despite having a health cover. As Lifetime Partners to our customers, it is our endeavour to address these challenges by offering tailored solutions and adequately covering the Indian consumer. Our comprehensive health insurance offering, 'Health Unlimited', will ensure that our customers do not run out of cover even during the times of higher bills, irrespective of their sum insured getting exhausted."

The plan revolutionises health insurance by offering Unlimited Restoration of the Sum Insured starting from the second claim, providing complete financial security without the worry of exhausting coverage. In addition to the base coverage, the plan offers protection against rising medical costs and evolving healthcare needs. It covers in-patient hospitalisation, day-care treatments, AYUSH treatments, referring to the coverage for traditional Indian systems of medicine, including Ayurveda, Yoga, Unani, Siddha, and Homeopathy, under health insurance

policies, pre- and post-hospitalisation expenses, organ donor costs, and modern treatment methods.

Key Benefits of "Health Unlimited":

Unlimited Coverage: This benefit shall cover the full cost of claim, regardless of sum insured, once in the lifetime of the policy and for any one claim.

Inflation Guard: Annual enhancement of sum insured to safeguard against rising medical expenses

Premium Payback: Discount of renewal premium in the 5th year, equivalent to the 1st year base premium, if there is no claim in the preceding 4 policy years

Unlimited Refills: Base sum insured gets refilled unlimited times, from second claim onwards

In addition to the above, Health Unlimited also comes with benefits like wellness discounts, cumulative bonus for every claim free year, additional sum insured for accidental hospitalization, no sub limits for services like cataract surgery, road ambulance, and LASIK procedure and complementary health check-ups.

The Daily Guardian • 20 May • Ministry of Ayush

FOOD AND NUTRACEUTICALS FOR A HEALTHY PREGNANCY: BUILDING BLOCKS FOR MOM AND BABY

14 • PG

398 • Sqcm

39787 • AVE

N/A • Cir

Middle Left

Delhi

FOOD AND NUTRACEUTICALS FOR A HEALTHY PREGNANCY: BUILDING BLOCKS FOR MOM AND BABY



FOOD IS MEDICINE

DR ANISH DESAI

Pregnancy is one of the most nutritionally demanding phases in a woman's life. A mother's diet not only supports her health but also lays the foundation for her baby's growth, development, and long-term well-being. Alongside a balanced intake of wholesome foods, nutraceuticals bioactive compounds derived from food with potential health benefits play a vital role. Together, they help meet the increased nutritional demands of pregnancy, support placental function, and contribute to healthier outcomes for both mother and child.

The Power of a Balanced Diet

A well-balanced diet rich in whole grains, fruits, vegetables, lean proteins, dairy, and healthy fats provides the essential nutrients needed for pregnancy. These include folate, iron, calcium, omega-3 fatty acids, and fiber vital for fetal development, placental function, and maternal health.

- Leafy greens, lentils, and citrus fruits are excellent sources of folate.

- Dairy products, almonds, and sesame seeds help meet increased cal-

cium needs.

- Fatty fish provides DHA, a type of omega-3 fatty acid essential for brain and vision development.

However, diet alone may not always meet these elevated requirements, especially in cases of nausea, aversions, or dietary restrictions.

As the fetus and placenta rapidly develop, the demand for nutrients increases. The placenta, which regulates nutrient exchange and hormone production, is sensitive to maternal nutrition. Poor placental development can lead to complications such as pre-eclampsia, fetal growth restriction, and preterm birth. Certain nutraceuticals have shown the ability to influence placental health by

modulating inflammation, oxidative stress, and even gene expression.

- Folic acid is one of the most established nutraceuticals in pregnancy. It prevents neural tube defects and supports DNA synthesis.

- Omega-3 fatty acids (especially DHA) help reduce inflammation and lower the risk of gestational hypertension and preterm labor.

- Vitamin D supports immune function and vascular health in the placenta.
- Calcium, often combined with vitamin D, supports bone development and helps manage maternal blood pressure.

While nutraceuticals offer benefits, not all are safe or necessary for every pregnant woman. Some may interfere with medications or hormonal function. Pregnancy nutrition isn't about eating for two it's about eating smart. A diet based on whole foods, combined with medically recommended nutraceuticals, can promote a healthier pregnancy and give your baby the best start in life. Always consult your doctor or dietitian before starting any supplements.

A well-balanced diet rich in whole grains, fruits, vegetables, lean proteins, dairy, and healthy fats provides the essential nutrients needed for pregnancy.



The Daily Guardian • 20 May • Ministry of Ayush

WARNING SIGNS IGNORED: HOW DIET IS DRIVING ABDOMINAL CANCERS

10 • PG

834 • Sqcm

83356 • AVE

N/A • Cir

Top Left

Delhi

WARNING SIGNS IGNORED: HOW DIET IS DRIVING ABDOMINAL CANCERS

TDG NETWORK
JAIPUR

Dr. Shashikant Saini has observed that in recent years, there has been a noticeable surge in abdominal cancer cases across India, especially in Rajasthan. This alarming trend is largely attributed to modern dietary habits that heavily rely on processed, fried, and overly spiced foods. Urban populations, in particular, have embraced unhealthy eating patterns, contributing significantly to this health crisis.

According to the National Cancer Registry Program (NCRP), India reports over two lakh new cases of abdominal cancer annually. These include cancers of the colon, rectum, stomach (gastric), liver, pancreas, bladder, and kidneys. Among these, colon and gastric cancers are particularly prevalent. Rajasthan is witnessing a sharp increase, with abdominal cancer cases rising by 20–25% each year. This rise is most evident in urban regions, where fast-paced lifestyles, junk food consumption, tobacco use, and chronic stress have become common.

UNDERSTANDING ABDOMINAL CANCER

Abdominal cancer is a term used to describe cancers that develop in the organs located within the abdominal cavity. These include several vital organs, and cancer in any of them can significantly affect overall health. Common types of

abdominal cancer include colon cancer (affecting the large intestine), rectal cancer (in the rectum), gastric cancer (in the stomach), liver cancer, pancreatic cancer, bladder cancer, and kidney cancer. Each of these cancers has its own causes, risk factors, and symptoms, but many share a link with lifestyle habits, particularly diet and tobacco use. Early detection and timely treatment are essential to improve outcomes and quality of life for affected individuals.

While each type has its own specific causes and symptoms, the overarching link between them is lifestyle—particularly dietary habits and overall digestive health.

THE DIET-CANCER CONNECTION

Processed and packaged foods, excessive consumption of oil and spices, along with high intake of red meat and low fiber diets, are some of the key dietary contributors to abdominal cancers. These foods lack essential nutrients and are high in carcinogens, which can lead to inflammation, impaired digestion, and cellular mutations in abdominal organs. Moreover, a sedentary lifestyle and tobacco or alcohol use further aggravate the risk.

IMPORTANCE OF EARLY DETECTION

A major challenge in abdominal cancer treatment is delayed diagnosis. Many patients ignore early signs, which can be subtle yet critical. Dr. Shashikant Saini



The Role of Diet in Stomach Cancer Prevention: What You Should Eat and Avoid

emphasizes the need for public awareness and regular checkups, especially for high-risk individuals. Common symptoms that should not be ignored include:

Persistent abdominal pain or a feeling of heaviness, chronic constipation or diarrhea, blood in the stool, loss of appetite, or sudden and unexplained weight loss can all be early warning signs of abdominal cancer. Other concerning symptoms include

swelling or lumps in the abdomen, frequent vomiting or nausea, and changes in urinary habits such as blood in the urine or increased frequency of urination. These symptoms are often overlooked or mistaken for minor digestive issues, but they may indicate serious underlying conditions. Early medical consultation is crucial for timely diagnosis and effective treatment. Recognizing these symptoms early can

significantly improve the chances of successful treatment and recovery.

ADVANCEMENTS IN TREATMENT: A MULTI-DISCIPLINARY APPROACH

Thanks to medical advancements, the treatment of abdominal cancer has become more precise and patient-friendly. Dr. Saini notes that treatment strategies now rely on a multi-disciplinary approach,



A major challenge in abdominal cancer treatment is delayed diagnosis. Many patients ignore early signs, which can be subtle yet critical.

chemotherapy, radiation therapy, immunotherapy, or targeted therapy.

STOMA CARE: A CRUCIAL SUPPORT SYSTEM

An often-overlooked aspect of abdominal cancer treatment is post-operative care, especially for patients who undergo surgeries requiring a stoma—a surgically created opening for the removal of bodily waste.

BMCHRC (Bhagwan Mahaveer Cancer Hospital and Research Centre) in Rajasthan stands out as the only facility in the state offering a dedicated stoma clinic. This clinic provides not only medical assistance but also emotional and psychological support to stoma patients. The facility offers:

- Training on stoma care: Cleaning, dressing, and bag changing
- Expert counseling: Helping patients adapt to their new lifestyle
- Support groups: Connecting

patients with others facing similar challenges. Such holistic care ensures that patients lead dignified and independent lives after surgery.

The rise in abdominal cancer cases is a wake-up call for both the public and healthcare systems. Prevention is the first line of defense—adopting a balanced diet rich in fiber, fruits, and vegetables, reducing intake of processed foods, staying physically active, and avoiding tobacco and alcohol can dramatically lower cancer risk. Awareness, early detection, and a comprehensive treatment approach are key to combating this disease.

With better medical infrastructure like minimally invasive surgeries and dedicated facilities like the stoma clinic at BMCHRC, patients now have a stronger chance of recovery and a better quality of life post-treatment.

Aaj Samaj • 20 May • Ministry of Ayush
International Yoga day

9 • PG

378 • Sqcm

56765 • AVE

898.28K • Cir

Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस 21 जून को जिले के विभिन्न वर्गों की रहेगी सक्रिय भागीदारी

डॉ संदीप पराशर

फरीदाबाद। आगामी 21 जून को आयोजित होने वाले अंतरराष्ट्रीय योग दिवस को लेकर जिला प्रशासन द्वारा तैयारियां तेज कर दी गई हैं। इसी कड़ी में सोमवार को उपायुक्त विक्रम सिंह की अध्यक्षता में आयोजन से संबंधित अधिकारियों की एक बैठक आयोजित की गई, जिसमें कार्यक्रम के सफल आयोजन को लेकर विस्तृत चर्चा की गई। बैठक से पूर्व प्रदेश स्तरीय दिशा-निर्देशों के तहत स्वास्थ्य विभाग के अतिरिक्त मुख्य सचिव सुधीर राजपाल ने वीडियो कॉन्फ्रेंसिंग के माध्यम से प्रदेश के सभी डीसी एवं अन्य संबंधित अधिकारियों को आयोजन के सफल क्रियान्वयन हेतु आवश्यक निर्देश दिए। उन्होंने कहा कि आयोजन को एक उत्सव का स्वरूप देकर इसमें सभी वर्गों की भागीदारी सुनिश्चित की जाए।

उपायुक्त विक्रम सिंह ने जिले में योग दिवस की व्यापक तैयारियों की समीक्षा करते हुए संबंधित अधिकारियों को निर्देश दिए कि शैक्षणिक संस्थान, आंगनवाड़ी केंद्र, एनसीसी/एनएसएस इकाइयां, स्वयंसेवी संगठन तथा जनप्रतिनिधियों व जनसामान्य की सक्रिय सहभागिता सुनिश्चित की जाए। उन्होंने बताया कि 21 जून को प्रातः सामूहिक योगाभ्यास कार्यक्रम जिला मुख्यालय समेत सभी उपमंडलों, ब्लॉकों व पंचायत स्तर पर आयोजित किए जाएंगे।

उपायुक्त विक्रम सिंह ने बताया कि निदेशालय आयुष विभाग हरियाणा की ओर से आगामी 21 जून को मनाए जाने वाले 11वें अंतरराष्ट्रीय योग दिवस के सफल आयोजन के लिए प्रशिक्षण कार्यक्रम जारी किया है। उपायुक्त ने बताया कि 20 जून को प्रातः 7 बजे से 8 बजे तक



अंतरराष्ट्रीय योग दिवस के मुख्य कार्यक्रम के लिए पायलट रिहर्सल सहित जिला प्रशासन की ओर से जिला स्तर पर योग मैराथन का आयोजन किया जाएगा जिसमें स्कूल, कॉलेज, गुरुकुल, विश्वविद्यालय, जन साधारण, योग संस्थान, पुलिस पर्सनल, एनसीसी कैडेट, एनएसएस, नेहरू युवा केन्द्र, स्काउट्स और

गाइड्स हिस्सा लेंगे। उन्होंने बताया कि 21 जून को प्रातः 7 बजे से 8 तक अंतरराष्ट्रीय योग दिवस पर जिला स्तरीय व खंड स्तर पर कार्यक्रम का आयोजन किया जाएगा। बैठक में एसडीएम फरीदाबाद शिखा, सीटीएम अंकित कुमार, सीएमओ जयंत आहूजा, एसपी राजीव कुमार सहित अन्य अधिकारी उपस्थित रहे।

Aaj Samaj • 20 May • Ministry of Ayush
Yo, ayurved v natural treatment ko apnayae nagrik

4 • PG

550 • Sqcm

82478 • AVE

898.28K • Cir

Top Center

Delhi

मुख्यमंत्री ने समालाखा में सेवा साधना एवं ग्राम विकास केन्द्र परिसर में ऋषिकुलम वेलनेस सेंटर का किया उद्घाटन

योग, आयुर्वेद व प्राकृतिक चिकित्सा को अपनाएं नागरिक: नायब सिंह सैनी



चंडीगढ़। हरियाणा के मुख्यमंत्री नायब सिंह सैनी ने सोमवार को पानीपत जिले के समालाखा स्थित सेवा साधना एवं ग्राम विकास केन्द्र परिसर में ऋषिकुलम वेलनेस सेंटर का शुभारंभ किया। इस अवसर पर उन्होंने नागरिकों से अपील की कि वे इस केंद्र की सुविधाओं का अधिक से अधिक लाभ उठाएं तथा अपने दैनिक जीवन में योग, आयुर्वेद एवं प्राकृतिक चिकित्सा को अपनाकर एक स्वस्थ जीवन शैली को बढ़ावा दें। मुख्यमंत्री ने कहा कि इस केंद्र की स्थापना जिन उद्देश्यों को लेकर की गई थी, आज वे साकार होते प्रतीत हो रहे हैं। यह केंद्र न केवल ग्राम विकास की दिशा में एक महत्वपूर्ण कदम है, बल्कि

हमारी सनातन परंपराओं और संस्कारों को और प्रगाढ़ कर रहा है। उन्होंने इस अवसर पर संस्था को 51 लाख रुपये देने की घोषणा भी की। नायब सिंह सैनी ने कहा कि आज देश को दो चीजों की आवश्यकता है, पहली हमारी सीमाएं सुरक्षित हों और दूसरा हमारा शरीर स्वस्थ हो और वह केंद्र वेलनेस सेंटर के माध्यम से नागरिकों को स्वास्थ्य के प्रति जागरूक करेगा। उन्होंने कहा कि इस केंद्र में किसानों को प्राकृतिक खेती के प्रति प्रोत्साहित और जागरूक किया जा रहा है। उन्होंने किसानों से अपील की कि वे रासायनिक कीटनाशकों के अत्यधिक उपयोग से बचें और

प्राकृतिक खेती की ओर अग्रसर हों। मुख्यमंत्री ने कहा कि सेवा साधना एवं ग्राम विकास केन्द्र में अत्याधुनिक सुविधाओं से युक्त स्कूल सेंटर संचालित किए जा रहे हैं, जहां लगभग 450 युवा प्रशिक्षण प्राप्त कर रहे हैं और उन्हें विभिन्न क्षेत्रों में रोजगार के अवसर भी उपलब्ध कराए जा रहे हैं। उन्होंने कहा कि विकसित भारत के निर्माण में युवाओं की महत्वपूर्ण भूमिका है और यह केंद्र उन्हें उस दिशा में मार्गदर्शन और साधन प्रदान कर रहा है। उन्होंने कहा कि संस्था से जुड़े प्रत्येक व्यक्ति को यह जिम्मेदारी बनती है कि वह संस्था को और अधिक ऊँचाइयों तक ले जाने में

मुख्यमंत्री नायब सिंह सैनी ने राखीगढ़ी में 20 करोड़ लागत की तीन विकास परियोजनाओं का किया लोकार्पण

चंडीगढ़। हरियाणा के मुख्यमंत्री नायब सिंह सैनी ने सित्तु घाटी समूह के ऐतिहासिक स्थल राखीगढ़ी में स्थापित संग्रहालय एवं व्याख्यान केंद्र में 20 करोड़ लागत की तीन विकास परियोजनाओं का लोकार्पण किया, जिनमें विश्रामगृह, छात्रावास तथा कैफेटेरिया शामिल हैं। इस अवसर पर केंद्रीय संस्कृति एवं पर्यटन मंत्री गजेंद्र सिंह शेखावत, हरियाणा के विरासत एवं पर्यटन मंत्री डॉ. अरविंद शर्मा और लोक निर्माण एवं जन-स्वास्थ्य अभियानिकी मंत्री रणवीर गंगवा सहित अन्य गणमान्य उपस्थित रहे। इसके अलावा, मुख्यमंत्री तथा केंद्रीय मंत्री ने आधिकारिक स्थल राखीगढ़ी पर तैयार की गई पुस्तिका का भी विमोचन किया। इस अवसर पर मुख्यमंत्री ने कहा कि विश्रामगृह, कैफेटेरिया तथा हॉस्टल बनने से देश-विदेश से आने वाले पर्यटकों तथा विद्यार्थियों को शानदार

सुविधाएं मिलेंगी। 17 कमरों वाला रेस्ट हाउस आधुनिक सुविधाओं से युक्त है। हॉस्टल में विद्यार्थियों के ठहरने के लिए 13 डोरमेट्री बनाई गई हैं। इसके अलावा डाइनिंग हॉल की सुविधा भी रहेगी। इस मौके पर मुख्यमंत्री नायब सिंह सैनी और केंद्रीय संस्कृति एवं पर्यटन मंत्री गजेंद्र सिंह शेखावत ने पुरातत्व एवं संग्रहालय विभाग द्वारा तैयार की गई प्रदर्शनी का अवलोकन भी किया। यहां खुदाई के दौरान अब तक प्राप्त हड़प्पा कालीन वस्तुओं को प्रदर्शित किया गया। प्रदर्शनी में हड़प्पा कालीन बच्चों के खिलौने, टेराकोटा छफड़ा गाड़ी का पहिया, दीप, टैरा कोटा मनके, मालाएं इत्यादि वस्तुओं को रखा गया। इसके उपरांत, मुख्यमंत्री तथा केंद्रीय मंत्री ने राखीगढ़ी के विकास को लेकर अधिकारियों के साथ बैठक की और राखीगढ़ी को पर्यटन केंद्र के रूप में विकसित करने के लिए तैयारी की जा रही

कार्ययोजना की समीक्षा की। उन्होंने संबंधित विभागों के अधिकारियों को निर्देश दिए कि राखीगढ़ी संग्रहालय एवं व्याख्यान केंद्र का निर्माण कार्य तेजी से पूरा किया जाए। पुरातात्विक साइटों पर शोध का निर्माण कराया जाये ताकि उत्खनन कार्य सात के 12 महीने निरंतर चल सके। उन्होंने कहा कि राखीगढ़ी को पर्यटन केंद्र के रूप में विकसित करने के लिए म्युजियम को पुरातात्विक साइटों के साथ जोड़ा जाए और लाइटिंग, पार्किंग इत्यादि की व्यवस्था के लिए विस्तृत कार्य योजना तैयार की जाए। बैठक के उपरांत, पत्रकारों से बातचीत करते हुए केंद्रीय मंत्री गजेंद्र सिंह शेखावत ने कहा कि राखीगढ़ी में 1960 के बाद विभिन्न वर्षों में हुई खुदाई के दौरान जो अवशेष मिले हैं, उनसे प्रामाणिक रूप से सिद्ध हो जाता है कि लगभग 8000 वर्ष पूर्व वहां मानव सभ्यता विकसित रूप में निवास कर रही थी।

अपना सक्रिय योगदान दें।

इस मौके पर माधव जन सेवा न्यास के अध्यक्ष पवन जिंदल ने कहा कि यह वेलनेस सेंटर उन लोगों के लिए नींव का पत्थर होगा जो तनाव मुक्त रहना चाहते हैं। उन्होंने वेलनेस सेंटर का उद्घाटन करने के लिए मुख्यमंत्री नायब सिंह सैनी का आभार व्यक्त किया। उन्होंने कहा कि यह वेलनेस सेंटर सभी आधुनिक सुविधाओं से सुसज्जित होगा। कार्यक्रम के उपरांत पत्रकारों से

बातचीत करते हुए मुख्यमंत्री ने कहा कि पहलगांव में हुए आतंकी हमले के बाद प्रधानमंत्री नरेंद्र मोदी ने कहा था कि आतंकवाद की जमीन को अब मिट्टी में मिलाते का समय आ गया है और हमारे जांबाज सैनिकों ने मात्र 3 घंटों में आतंकवाद की उस जमीन को मिट्टी में मिलाते का काम किया है। राष्ट्रीय सुरक्षा के मद्देनजर जासूसी के आरोप में पकड़े जा रहे लोगों के संबंध में पूछे गए सवाल का जवाब देते हुए मुख्यमंत्री ने कहा कि ऐसे

लोगों के खिलाफ पुलिस कार्रवाई कर रही है और आगे भी ऐसे लोगों पर कार्रवाई की जाती रहेगी। इस अवसर पर शिक्षा मंत्री महीपाल दांडा, विधायक प्रमोद विज, मनमोहन भंडाना, भारतीय जनता पार्टी के प्रदेशाध्यक्ष मोहन लाल कौशिक, मुख्यमंत्री के ओएसडी वीरेंद्र बड़वालसा और डॉ राज नेहरू, पूर्व विधानसभा अध्यक्ष ज्ञानचंद गुप्ता, पूर्व मंत्री असीम गोवाल सहित अन्य गणमान्य उपस्थित रहे।

Dina Malar • 19 May • Ministry of Ayush
Mumbai people are interested in yoga on a moving train

4 • PG

212 • Sqcm

182317 • AVE

882.2K • Cir

Bottom Center

Chennai

ஓடும் ரயிலில் யோகா: மும்பை மக்கள் ஆர்வம்

மும்பை, மே 19-
ஓடும் ரயிலில் உட்கார்ந்திருக்கும் போதும், யோகா செய்யும் பயிற்சியை மும்பையைச் சேர்ந்த ஒரு அமைப்பு அளித்து வருகிறது. இதற்கு மக்களிடையே பெரும் வரவேற்பு கிடைத்துள்ளது.

மஹாராஷ்டிர மாநிலம் மும்பையில் புறநகர் ரயில்கள் மிகவும் பிரபலம். அலுவலக நேரங்களில் கூட்ட நெரிசலால் ரயில்கள் திணறும். தொங்கியபடியே பயணம் செய்வது என்பது அங்கு சர்வ சாதாரணம்.

தன்னார்வ அமைப்பு

வேலைக்கு, படிப்பதற்கு என, சில மணி நேரம் கூட பயணம் செய்ய வேண்டிய நிலை இருக்கும். தற்போது மும்பை புறநகர் ரயில்களில் பயணத்தின்போது உட்கார்ந்த நிலையிலேயே பயணியர் பலரும்



■ 'ஹீல் ஸ்டேஷன்' என்ற தன்னார்வ அமைப்பு சார்பில், புறநகர் ரயிலில் பயணியருக்கு யோகா பயிற்சி வழங்கப்பட்டது. இடம்: மும்பை.

யோகா செய்வதை பரவலாக பார்க்க முடிகிறது.

'ஹீல் ஸ்டேஷன்' என்ற தன்னார்வ அமைப்பு இந்த முயற்சியில் ஈடுபட்டுள்ளது. தினமும் ஆயிரத்துக்கும் மேற்பட்டோர், ரயில் பயணத்தின்போது யோகா செய்வதை வழக்கமாக

வைத்துள்ளனர். பயிற்சி அளிப்பதற்கு, 100க்கும் மேற்பட்ட தன்னார்வலர்கள் உள்ளனர்.

"யோகா செய்வதற்காக யோகா மேட் தேவையில்லை. தீவிரமான பயிற்சிகளும் தேவை இல்லை. உட்கார்ந்திருக்கும் நேரத்தில் மனதை

ஒருமுகப்படுத்துவது, மூச்சு பயிற்சி போன்ற சுலபமான யோகா பயிற்சி செய்யலாம்," என, ஹீல் ஸ்டேஷன் அமைப்பின் நிறுவனர் ருசிதா ஷா கூறுகிறார்.

பெரும் வரவேற்பு

சர்வதேச யோகா தினம், ஜூன் 21ல் கொண்டாடப்படுகிறது. இதையொட்டி, சிறப்பு 100 நாள் பயண யோகா பயிற்சியை இந்த அமைப்பு, மார்ச் 13ல் துவக்கியது.

இதன்படி, யோகா பயிற்சியாளர்கள் அதிக கூட்டம் இல்லாத நேரங்களில் ரயில்களில் பயணம் செய்து சுலபமான யோகா பயிற்சிகளை அளிக்கின்றனர்.

இது மக்களிடையே பெரும் வரவேற்பை பெற்றுள்ளது. ஆர்வத்துடன் பலரும் இந்த பயிற்சியில் ஈடுபட்டு வருகின்றனர்.

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	MSN Hindi	GOVT Employees Retirement Age Hike News: सरकारी कर्मचारियों के रिटायरमेंट की उम्...	733.9M
2.	Dainik Bhaskar	अंतर्राष्ट्रीय योग दिवस के लिए तैयारी शुरू: मंदसौर में हॉकी ग्राउंड पर बच्चों-यु...	66.5M
3.	Dainik Bhaskar	योग दिवस : जिले में 30 दिन चलेगा पूर्वाभ्यास, बैठक आज	66.5M
4.	Dainik Bhaskar	सोनीपत में अंतरराष्ट्रीय योग दिवस की तैयारी: 21 जून को जिला स्तर पर होंगे कार्यक...	66.5M
5.	हिन्दुस्तान(Live Hindustan)	प्राथमिक विद्यालय बरगदी कोट में लगा योग शिविर	64.8M
6.	अमर उजाला (Amar ujala)	योग दिवस : अनाजमंडी में होगा जिला स्तरीय कार्यक्रम	63.8M
7.	अमर उजाला (Amar ujala)	Muzaffarnagar: जनकपुरी में अस्पताल चला रही थी दाई, स्वास्थ्य विभाग ने मारा छापा ...	63.8M
8.	Jagran Josh	Ayurveda Day Gets New Date: No Longer Celebrated on Dhanteras, Centre Anno unces	21.6M
9.	Medical Dialogues	Fact Check: Did NASA Choose an Ayurvedic Doctor from India for Space Medicin e Re...	16M
10.	Jagran English	NASA Selected Indian Ayurvedic Doctor To Study Herbal Remedies In Space? He re"s...	7.7M
11.	IBC24 News	GOVT Employees Retirement Age Hike News: सरकारी कर्मचारियों के रिटायरमेंट की उम्...	7.3M
12.	New Indian Express	Five years on, proposal to amend act on misleading ads still on hold: RTI	6.7M
13.	Boom Fact Check	Viral Claim On NASA Selecting Ayurvedic Doctor For Space Travel Is Fake	848.5K
14.	The Pioneer	Health authority skips ayurveda in Ayushman Bharat	776.4K
15.	The Pioneer	AIIMS finds Pranayama reduces heart rate, stress	776.4K
16.	Live Vns	सोनीपत: एक पृथ्वी, एक स्वास्थ्य थीम पर होगा 11वां अंतरराष्ट्रीय योग दिवस: उपायु...	382.1K
17.	Live Vns	गुरुग्राम: अंतरराष्ट्रीय योग दिवस 21 जून को, 20 को होगी रिहर्सल	382.1K
18.	Naya India	समाज पर कितना अत्याचार कम इशारे से ही कुछ कह दीजिए: अखिलेश यादव	68.6K
19.	Business of Travel Trade	BOTT SHOTS – May 19, 2025	20.1K
20.	Dainikdehat	बिना पंजीकरण संचालित अस्पताल सील, पुलिस ने की कार्रवाई	12K
21.	Business News Week	FHRAI & Prestige Group Host Harit Yoga at Nandi Hills to Champion Wellness &..	10.3K
22.	Mediabulletins	Harit Yoga at Nandi Hills: FHRAI and Prestige Group Promote Eco-Wellness	4.7K
23.	The Media Setu	आयुष विभाग में 5 आयुर्वेदिक फार्मसी अधिकारी पदों को मिली स्वीकृति	N/A

24.	Business News This Week	FHRAI Hosts Harit Yoga at Nandi Hills in Collaboration with Prestige Group to Pr..	N/A
25.	Haryana Archives Hindi Samachar	Gurugram News : अंतरराष्ट्रीय योग दिवस 21 जून को, 20 को होगी रिहर्सल	N/A
26.	Krishak Jagat	आंवला की खेती के संबंध में प्रशिक्षण सम्पन्न	N/A
27.	Hindustan Abtak	अंतरराष्ट्रीय योग दिवस 21 जून को: जिले के विभिन्न वर्गों की रहेगी सक्रिय भागीदार...	N/A
28.	शिवालिक पत्रिका	सुकवू की अध्यक्षता में मंत्रिमंडल की बैठक में पशु मित्र नीति-2025 को मंजूरी	N/A
29.	Imnb	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
30.	News Patrolling	Not All Fats Are Equal; Choose the Best Ones for Health	N/A
31.	Navabharat Live	नवभारत विशेष: भारत पर साइबर हमलों की बाढ़...! 1000 से ज्यादा वेबसाइटों पर हमला	N/A
32.	Smart Business News	Nandi Hills Turns Green with FHRAI's Harit Yoga in Partnership with Prestige Gr..	N/A
33.	Guidely	Daily Current Affairs Quiz - 15th May 2025	N/A
34.	Redalertnews.in	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
35.	City Hot News	रायपुर : सुशासन तिहार-2025 : आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण ह...	N/A
36.	Medgate Today Magazine	Not All Fats Are Equal; Choose the Best Ones for Health	N/A
37.	The Bharat Now	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
38.	Satyaexpress	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
39.	Pahadi khabarnama	मुख्य सचिव आनन्द बर्द्धन ने सोमवार को सचिवालय में आयुष विभाग की समीक्षा की	N/A
40.	Sameera	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
41.	Vishleshan	MP : राज्य सेवा के 21 अफसर बनेंगे IAS-IPS, SAS के 48 और SPS के 15 नामों का पैनल ...	N/A
42.	Newzfatafat	गुरुग्राम में अंतरराष्ट्रीय योग दिवस की तैयारियाँ तेज़, 20 जून को होगी रिहर्सल	N/A
43.	Moomal Art News	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
44.	Ayush India News	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
45.	Prabhat Khabar	सुशासन तिहार-2025: आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्...	N/A
46.	Mplive24	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
47.	bharatsarathi.com	अंतरराष्ट्रीय योग दिवस 21 जून को: जिले के विभिन्न वर्गों की रहेगी सक्रिय भागीदार...	N/A
48.	The Media Setu	उत्तराखंड में आयुष चिकित्सा को लोकप्रिय बनाने पर जोर	N/A
49.	Pynr	'YSRCP went on a land grab spree'	N/A
50.	Mruganchal Express	कर्मयोगी हैं प्रदेश के कर्मचारी, उनकी कर्तव्य निष्ठा से ही देश के अग्रणी राज्यों...	N/A

51.	हिंदी सामना	लोक विमर्श : ऑपरेशन सिंदूर के बाद पाकिस्तान की साइबर साजिश	N/A
52.	Affairrs Cloud	Current Affairs 18 & 19 May 2025	N/A
53.	Tarunmitra	चरित्र निर्माण शिविर में बच्चों को कराया आसन प्राणायाम	N/A
54.	Uttarakhand Politics	मुख्य सचिव श्री आनन्द बर्द्धन ने सोमवार को सचिवालय में आयुष विभाग की समीक्षा की।	N/A
55.	Dehradun Darpan	मुख्य सचिव आनन्द बर्द्धन ने सोमवार को सचिवालय में आयुष विभाग की समीक्षा की	N/A
56.	News Height	Big breaking :-मुख्य सचिव आनन्द बर्द्धन ने सोमवार को सचिवालय में आयुष विभाग की स...	N/A
57.	Haryana Archives Hindi Samachar	Rewari News : एक पृथ्वी, एक स्वास्थ्य के लिए योग- थीम के साथ मनेगा 11वां अन्तर...	N/A
58.	Travel Daily Media	FHRAI Hosts Harit Yoga at Nandi Hills	N/A
59.	Imnb	ग्राम के अंतिम व्यक्तियों की समस्याओं का समाधान करने शासन-प्रशासन पहुंचा दूरस्थ व...	N/A
60.	Sattasudhar	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
61.	Samay Jagat	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
62.	Samarth Chhattisgarh	सुशासन तिहार-2025 : आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद...	N/A
63.	Biz News Desk	FHRAI and Prestige Group Drive Sustainability with Harit Yoga Session at Nandi H...	N/A
64.	Itdc News	आयुष विभाग की 108 संस्थाओं का आकस्मिक निरीक्षण	N/A
65.	Sabkasandesh	GOVT Employees Retirement Age Hike News: सरकारी कर्मचारियों के रिटायरमेंट की उम्र. ..	N/A
66.	Tufan Mail News	हिमाचल प्रदेश मंत्रिमंडल के निर्णय	N/A
67.	Indian Public mail	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
68.	Statebreaking	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
69.	Newzfatafat	अंतरराष्ट्रीय योग दिवस 21 जून को मनाया जाएगा: जींद में तैयारी	N/A
70.	Newzfatafat	11वां अंतरराष्ट्रीय योग दिवस: एक पृथ्वी, एक स्वास्थ्य के साथ मनाया जाएगा	N/A
71.	Uttarakhand Times Live	उत्तराखंड की स्वास्थ्य क्रांति: 25 आयुष केन्द्रों को 'सेंटर ऑफ एक्सीलेंस' घोषित...	N/A
72.	Tender Detail	Providing Of Massager., Banswara-Rajasthan	N/A
73.	Vishleshan	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
74.	Khabarwani	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
75.	Samachar Pradesh Hindi News Portal	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
76.	Tender Detail	Tender For Providing Of Massager, Churu-Rajasthan	N/A
77.	ITDC India	Surprise Inspection of 108 Institutions by the AYUSH Department	N/A

78.	Hello Kotpad	FHRAI & Prestige Group Host Harit Yoga at Nandi Hills to Champion Wellness &..	N/A
79.	Haryana Archives Hindi Samachar	Jind News : आगामी 21 जून को मनाया जाएगा अंतरराष्ट्रीय योग दिवस	N/A
80.	Navodaya Times	जन औषधि केंद्र से घर बैठे मंगाएं अपनी दवा, इस नंबर पर कॉल कर उठाएं सुविधा का लाभ	N/A
81.	Khulasa	आमजन के दुख-दर्द दूर करने व जनसमस्याओं के निराकरण हेतु कटिबद्ध है प्रदेश सरकार -...	N/A
82.	Rk Tv News	उत्तराखंड:मुख्य सचिव आनन्द बर्द्धन ने की आयुष विभाग की समीक्षा।	N/A