



**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**21 May, 2025 – 22 May, 2025**

 **Total Mention 175**

|  <b>Print</b> | <b>Financial</b> | <b>Mainline</b> | <b>Regional</b> | <b>Periodical</b> |
|--|------------------|-----------------|-----------------|-------------------|
| <b>9</b>   | <b>4</b>         | <b>5</b>        | <b>N/A</b>      | <b>N/A</b>        |

|   |
|---|
|  <b>Online</b> |
|---|

**166**

 Print

| No | Newspaper              | Headline   | Edition          | Pg |
|----|------------------------|--|------------------|----|
| 1. | The Economic Times     | INFRA, ACCESSIBILITY & HEALTH SERVICES BOOST TOURISM DEVELOPMENT     | Jaipur + 1       | 7  |
| 2. | The Economic Times     | Destination Uttarakhand  | Delhi            | 7  |
| 3. | Mint                   | Corporate buzz   | Kolkata + 1      | 7  |
| 4. | Mint                   | AYUSH SHOWCASES INDIA'S HOLISTIC HEALTH POWER AT OSAKA EXPO IN JAPAN | Ahmedabad + 3    | 7  |
| 5. | The Times of India     | Destination Uttarakhand  | Delhi            | 4  |
| 6. | The Times of India     | AYUSH POLICY 2023: Holistic healing, sustainable tourism             | Bhubaneshwar + 2 | 2  |
| 7. | The Pioneer            | Yoga is a way to unite body, mind and soul                           | Delhi            | 5  |
| 8. | The Pioneer            | India reaffirms commitment to global health at WHA                   | Hyderabad        | 5  |
| 9. | The New Indian Express | JIVABALASANA   | Chennai + 1      | 2  |

The Economic Times • 22 May • Ministry of Ayush  
INFRA, ACCESSIBILITY & HEALTH SERVICES BOOST TOURISM DEVELOPMENT

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Jaipur • Chandigarh

# Destination Uttarakhand

EMERGING SPIRITUAL AND WELLNESS CAPITAL OF INDIA



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

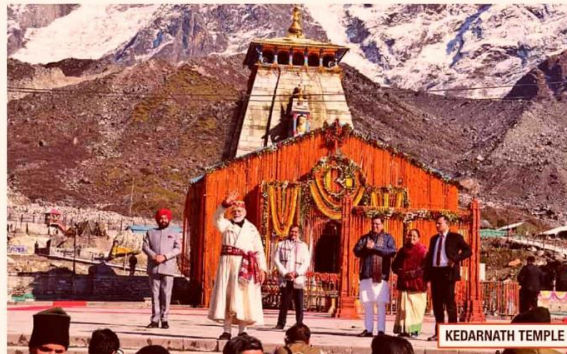
-Pushkar Singh Dhami, Chief Minister

PICS: UTTARAKHAND TOURISM



## PROMOTING TOURISM, EMPOWERING RESIDENTS THROUGH HOMESTAYS

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KEDARNATH TEMPLE

## INFRA, ACCESSIBILITY & HEALTH SERVICES BOOST TOURISM DEVELOPMENT

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

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The Chardham Yatra holds tremendous spiritual significance for Hindus. Kedarnath, devoted to Lord Shiva, and Badrinath, devoted to Lord Vishnu, are among the most holy temples in India. Gangotri and Yamunotri are the origins of the Ganges and Yamuna rivers respectively, and are associated with deity worship. Hemkund Sahib, located at a height of 4,572 metres in Chamoli district, is a revered Sikh pilgrimage

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Alongside, the state has made significant strides in infrastructure development, setting new benchmarks for sustainable growth. Uttarakhand's commitment to harnessing its natural resources and promoting tourism has not only bolstered its economy but also showcased its potential on the global stage. I applaud the state's dedication to inclusive development and look forward to its continued success in the years ahead."

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

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

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

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



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**KARTIK SWAMI TEMPLE: A NORTHERN ABODE OF LORD MURUGAN**

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Located in the Rudrapur district, Kartik Swami Temple is devoted to Lord Kartikeya, also known as Lord Murugan, the son of Lord Shiva and Parvati. While Kartikeya is primarily revered in South India, this hilltop temple is one of the rare shrines in North India where devotees can offer prayers to him. Situated at a height of about 3,000 metres, the temple

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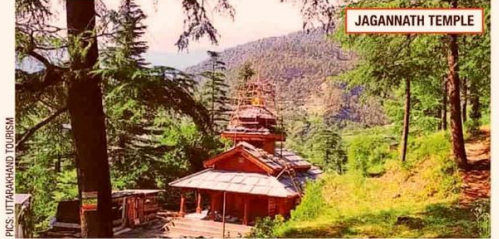


TRIYUGINARAYAN TEMPLE

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

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



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

temple globally, situated at a height of 3,680 meters in the Garhwal Himalayas. Its accessibility and spectacular surroundings make it famous among both pilgrims and trekkers.

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**KASHI VISHWANATH TEMPLE, UTTARKASHI & HAAT KALIKA TEMPLE, GANGOLIHAT**

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

## AYUSH POLICY 2023: Holistic healing, sustainable tourism

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

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

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

The state government seeks to train local youth as AYUSH therapists, yoga instructors, and wellness guides, creating job prospects while improving the visitor experience. The policy supports research

and standardisation in AYUSH practices, striving to build trust in global clientele.

The state intends to encourage AYUSH tourism through strategic marketing campaigns and collaborations with travel agencies, wellness resorts, and interna-



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

## UTTARAKHAND PITCHES SERENE HILLS AS WEDDING DESTINATIONS

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

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

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

**TEHRI - A dreamy lakeside affair in the Himalayas:** Tehri, overlooking the emerald waters of Tehri Lake, offers a surreal lakeside wedding experience



amidst the Garhwal Himalayas.

**RISHIKESH - Spiritual serenity meets riverside romance:** Rishikesh, the yoga capital of the world, is another favourite. With the Ganges flowing gently and the Himalayas

as the backdrop, this town offers spiritual and calm wedding vibes. Luxury resorts, riverbanks, and heritage ghats offer diverse backgrounds for a remarkable wedding. **NAINITAL - A fairytale wedding amidst lakes and hills:** In the Kumaon region, Nainital delights couples with its misty hills, colonial architecture, and picturesque lakeside venues. A wedding in this romantic hill town feels like a fairytale come true.

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

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

Text by Taresh Dutta

READER ENGAGEMENT INITIATIVE



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Delhi

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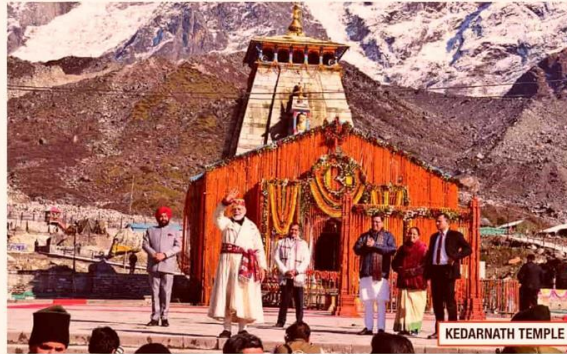
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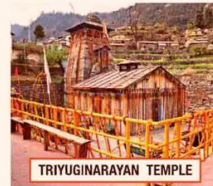
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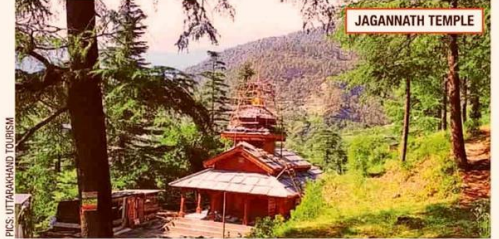
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## UTTARAKHAND PITCHES SERENE HILLS AS WEDDING DESTINATIONS

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

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

### TRIJUGINARAYAN TEMPLE - A hallowed wedding beneath divine blessings:

One of the most sacred wedding sites is the Triyuginarayan Temple in the Rudrapur district. Soaked in mythology, this temple is considered to be the site of Lord Shiva and Goddess Parvati's divine wedding. Couples from across the nation are attracted here to tie the knot in a spiritually substantial and historical background.

**TEHRI - A dreamy lakeside affair in the Himalayas:** Tehri, overlooking the emerald waters of Tehri Lake, offers a surreal lakeside wedding experience



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

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Text by Taresh Dutta

READER ENGAGEMENT INITIATIVE



Mint • 22 May • Ministry of Ayush  
Corporate buzz

7 • PG

198 • Sqcm

59311 • AVE

55K • Cir

Middle Left

Kolkata • Hyderabad

## CORPORATE BUZZ

Mint Media Marketing Initiative

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



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

### ICGVWA TO HOLD ITS 8<sup>TH</sup> AGM IN NOIDA

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

### BIG FM EXPANDS DIGITAL FOOTPRINT WITH THE LAUNCH OF BIG LIVE

With a legacy spanning across two decades, BIG FM has been a pioneer with its impactful voice, inspiring and driving conversations whilst entertaining over 340 million listeners. Extending that legacy to digital, the brand has announced the launch of BIG Live, a one-stop digital platform offering curated, credible, and culturally relevant content. Positioned as a premium destination for diversified, category-specific content, BIG Live brings together the power of storytelling, intuitive user experience, and targeted advertising, creating a new benchmark for content-led digital platforms in the country. Aligned with the brand's core purpose of Enriching Everyday Life, BIG Live delivers content across a wide range of verticals such as real estate, automobile, health & wellness, entertainment, travel, food, fashion, finance, technology, and jewellery. With its tag line of 'Fuel Your Life', it serves as a catalyst for transformation—empowering users with insightful content that informs, enriches and adds tangible value to their daily lives.

### CANDERE SIGNS SRK AS BRAND AMBASSADOR

Candere, the lifestyle jewellery brand from the House of Kalyan, appointed Shah Rukh Khan as its brand ambassador, marking a pivotal moment in its national expansion strategy. This partnership underscores Candere's commitment to redefining jewellery for a new customer category - celebrating individuality, meaningful gifting, and everyday self-expression. Known for his deep-rooted connection with Indian audiences across all age groups, Khan will be featured in the brand's multimedia campaigns.

### DHAROI ADVENTURE FEST TO BE INAUGURATED BY CM BHUPENDRA PATEL

At the renowned Dharoi Dam located in Satlasana Taluka of Mehsana district, the country's longest and the state's first-ever 'Dharoi Adventure Fest' will be inaugurated by Chief Minister Bhupendra Patel on May 23. Organised for the first time at Dharoi by the Gujarat Tourism in collaboration with the Adventure Tour Operators Association of India (ATOAI), the fest will feature over 10 thrilling activities across land, water, and air, along with cultural programs and modern accommodation facilities, including AC tents equipped with top-class amenities. While providing details about the 'Dharoi Adventure Fest', Tourism Minister Mulubhai Bera stated that the fest will feature a variety of attractions, including power boating and parasailing in water-based activities. Similarly, in aerial activities, paramotoring will be offered, while land-based adventures will include rock climbing and bouldering, trekking and hiking trails, mountain biking, cycling, and camping, among others.



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



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

Mint • 22 May • Ministry of Ayush

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

7 • PG

98 • Sqcm

21948 • AVE

75K • Cir

Middle Left

Ahmedabad • Chandigarh • Mumbai • Delhi

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

4 • PG

2465 • Sqcm

10155781 • AVE

4.69M • Cir

Bottom Left, Top Left

Delhi

# Destination Uttarakhand

EMERGING SPIRITUAL AND WELLNESS CAPITAL OF INDIA



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

-Pushkar Singh Dhami, Chief Minister

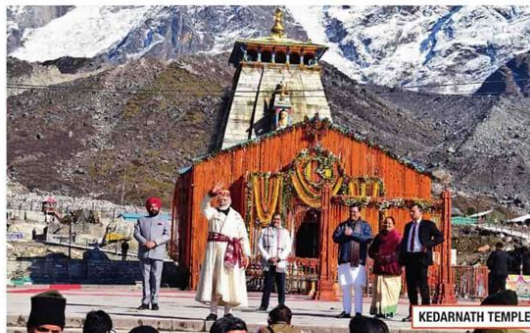
PICS: UTTARAKHAND TOURISM



## PROMOTING TOURISM, EMPOWERING RESIDENTS THROUGH HOMESTAYS

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

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



PICS: UTTARAKHAND TOURISM

Lake are available for emergencies. Technological advancements include the upgraded e-Health Dham portal with a 'Get Help' button for immediate assistance. 'Point of Care Testing Devices' assess 28 critical health parameters on the spot. Compulsory health declarations help determine high-risk pilgrims before the journey.

### INFRASTRUCTURE AND HELI SERVICES

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

### PILGRIMAGE TO HEMKUND SAHIB

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



helicopter services between Govindghat and Gangaria have been introduced, reducing travel time immensely. Given the high altitude, about one-third of



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

-Narendra Modi, Prime Minister

pilgrims experience acute mountain sickness. To control this, augmented awareness drives and medical facilities are being emphasised.

## INFRA, ACCESSIBILITY & HEALTH SERVICES BOOST TOURISM DEVELOPMENT

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

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

### SPIRITUAL ESSENCE

The Chardham Yatra holds tremendous spiritual significance for Hindus. Kedarnath, devoted to Lord Shiva, and Badrinath, devoted to Lord Vishnu, are among the most holy temples in India. Gangotri and Yamunotri are the origins of the Ganges and Yamuna rivers respectively, and are associated with deity worship. Hemkund Sahib, located at a height of 4,572 metres in Chamoli district, is a revered Sikh pilgrimage

site. It is believed that Guru Gobind Singh, the tenth Sikh Guru, meditated at this tranquil area encircled by seven snow-capped peaks and a glacial lake.

### HEALTHCARE SUPPORT FOR PILGRIMS

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

To address altitude-related health issues, 20 medical relief posts and 31 health check-up centres have been set up. The state has also increased the number of ambulances to 154, including 17 advanced life-support units. Helicopter ambulances operated by AIIMS Rishikesh and boat ambulances at Tehri

## Uncharted territories: Exploring offbeat pilgrimage routes

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

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

### TUNGNATH: THE HIGHEST SHIVA TEMPLE IN THE WORLD

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

### DHAMI GOVT ENHANCING CONNECTIVITY, BOOSTING ECONOMIC GROWTH

#### RISHIKESH-KARNAPRAYAG RAIL PROJECT:

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

#### DELHI-DEHRADUN EXPRESSWAY:

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

#### AIR CONNECTIVITY:

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



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

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

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

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

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



CM Pushkar Singh Dhami visiting a homestay

#### UTTARASTAYS: UTTARAKHAND'S OFFICIAL HOMESTAY BOOKING PORTAL

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

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

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

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



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

#### KARTIK SWAMI TEMPLE



#### KARTIK SWAMI TEMPLE: A NORTHERN ABODE OF LORD MURUGAN

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

Located in the Rudraprayag district, Kartik Swami Temple is devoted to Lord Kartikeya, also known as Lord Murugan, the son of Lord Shiva and Parvati. While Kartikeya is primarily revered in South India, this hilltop temple is one of the rare shrines in North India where devotees can offer prayers to him. Situated at a height of about 3,000 metres, the temple

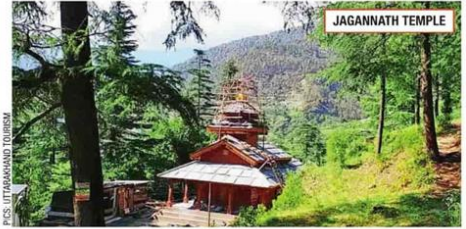
offers a panoramic view of the snow-capped Himalayas, making it a spiritual haven for nature lovers and trekkers. The legend associated with this temple tells the cosmic contest between Kartikeya and Ganesha, emphasising themes of sacrifice and holiness.

#### JAGANNATH TEMPLE, UTTARKASHI: A HOLY CONNECT WITH PURI

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



TRIYUGINARAYAN TEMPLE



JAGANNATH TEMPLE

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

temple globally, situated at a height of 3,680 meters in the Garhwal Himalayas. Its accessibility and spectacular surroundings make it famous among both pilgrims and trekkers.

#### TRIYUGINARAYAN TEMPLE: A HALLOWED WEDDING DESTINATION

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

#### KASHI VISHWANATH TEMPLE, UTTARKASHI & HAAT KALIKA TEMPLE, GANGOLIHAT

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

## AYUSH POLICY 2023: Holistic healing, sustainable tourism

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

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

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Text by Tareesh Dutta

READER ENGAGEMENT INITIATIVE



The Times of India • 22 May • Ministry of Ayush  
AYUSH POLICY 2023: Holistic healing, sustainable tourism

2 • PG

136 • Sqcm

61816 • AVE

248.64K • Cir

Bottom Center

Bhubaneshwar • Chandigarh • Chennai

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The Pioneer • 22 May • Ministry of Ayush  
Yoga is a way to unite body, mind and soul

5 • PG

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634.42K • Cir

Top Left

Delhi

# ‘Yoga is a way to unite body, mind and soul’

GIRISH SHARMA ■ Bhopal

**A**midst the serene 250-acre green expanse of Swarn Jayanti Park, which boasts a scenic 10-kilometer walking trail, a quiet wellness revolution has been quietly flourishing since October 2010.

Every morning from 6.30 to 8.30 am, yoga guru and naturopathy expert Rajesh Shrivastava leads two free batches of yoga training, drawing hundreds of participants seeking holistic health.

A diploma holder in yoga and naturopathy and post-graduate in yoga and human medical science, Shrivastava has dedicated his life to promoting yoga as a comprehensive path to physical, mental, and spiritual well-being. “Yoga is not merely a practice; it is a way to unite body, mind and soul,” he explains.

Under his stewardship, the Yoga Dharam Sadhana Kendra in Swarn Jayanti Park has become a sanctuary for wellness seekers of all ages. “Our sessions have empowered thousands, helping students unlock their potential, cultivate discipline, and enhance both mental and physical health,” Shrivastava said.

During the COVID-19 pandemic, when in-person gatherings were restrict-



ed, Shrivastava swiftly transitioned to online sessions, ensuring continuity in service and community engagement. His commitment remained steadfast despite the challenges.

Shrivastava is particularly focused on stress management, especially for students facing board and competitive examinations. He conducts special summer sessions annually for the students, with this year's scheduled from June 1 to June 15.

His expertise spans Patanjali's Ashtanga Yoga, Yoga Nidra, Vipassana Dhyana, Pranayama, Kriya Yoga, as well as techniques for weight loss and lifestyle disease

management. Many participants have reported significant improvements in conditions such as diabetes, hypertension, thyroid disorders and migraines through yoga and diet alone. “Yoga empowers, nourishes, and heals. My mission is to make this ancient gift accessible to everyone,” Shrivastava emphasized. Each morning, approximately 80 participants join each of the two one-hour batches.

Recognising the growing community, the Capital Project Administration (CPA), which developed the park, has constructed a dedicated platform and a protective shed for practitioners.



The Pioneer • 22 May • Ministry of Ayush  
India reaffirms commitment to global health at WHA

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126 • Sqcm

42714 • AVE

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Top Right

Hyderabad

## India reaffirms commitment to global health at WHA

PNS ■ NEW DELHI

India addressed the plenary session of the 78th World Health Assembly on Wednesday, reaffirming its commitment to global health equity under the theme "One World for Health".

Representing the Indian delegation, Union Health Secretary Punya Salila Srivastava congratulated the newly elected committee chairs and welcomed the opportunity for meaningful international dialogue and collaboration.

Speaking on India's commitment to inclusive and universal health, Srivastava underlined the transformative strides made under flagship initiatives like Ayushman Bharat, which has "dramatically expanded" access to comprehensive healthcare.

She said, "The programme has expanded access to comprehensive healthcare, improved infrastructure, provided financial protection for advanced treatments and accelerated digital health adoption -- paving the way toward Universal Health Coverage."

Srivastava highlighted that India's efforts in maternal health, family planning,



"The programme has expanded access to comprehensive healthcare, improved infrastructure, provided financial protection for advanced treatments and accelerated digital health adoption -- paving the way toward Universal Health Coverage."

childhood mortality and stillbirths' reduction have been acknowledged by global bodies, including the United Nations Population Fund and the UN Inter-Agency Group.

"India was recently certified as Trachoma-Free by WHO, and the nation is committed to eliminating diseases such as TB, Leprosy, Lymphatic Filariasis, Measles, Rubella, and Kala-azar," she said.

## The New Indian Express • 22 May • Ministry of Ayush

# JIVABALASANA

2 • PG

660 • Sqcm

871134 • AVE

246.4K • Cir

Top Right

Chennai • Bengaluru

### FITBIT

## JIVABALASANA

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

### STEPS

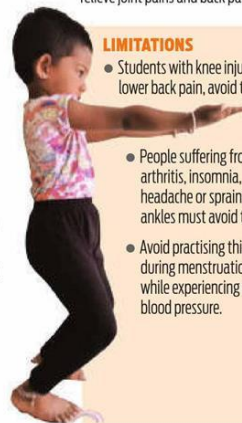
- Stand in Mountain Pose Variation Feet Hip Wide, shoulder-width apart.
- Inhale, lift your arms, and stretch them parallel in front at shoulder level. The palms are relaxed and facing up, elbows are stretched.
- Exhaling, slightly bend your knees, forming an L-shape. The angle between the thighs and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

### BENEFITS

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

### LIMITATIONS

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



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



Online Coverage

| No  | Portal Name                 | Headline (Incorporated with URL)  | Reach  |
|-----|-----------------------------|---|--------|
| 1.  | MSN Hindi                   | Sattu chaas: गर्मियों में रोजाना पिए सत्तू द्वाछ, मिलते हैं ये सभी फायदे                | 733.9M |
| 2.  | Aaj Tak News                | Sattu chaas: गर्मियों में रोजाना पिए सत्तू द्वाछ, मिलते हैं ये सभी फायदे                | 571.7M |
| 3.  | Dainik Bhaskar              | सोनीपत के सिविल हॉस्पिटल में लिफ्ट में फंसे दो मरीज: गर्मी में हालत बिगड़ी; स्टा...     | 66.5M  |
| 4.  | Dainik Bhaskar              | हर गुरुवार बुजुर्ग देखभाल कार्यक्रम अप्रैल महीने में 8682 की स्क्रीनिंग                 | 66.5M  |
| 5.  | Dainik Bhaskar              | प्रदेश में 18 नए वेलनेस सेंटर बनेंगे आयुर्वेद इलाज की सुविधा मिलेगी                     | 66.5M  |
| 6.  | हिन्दुस्तान(Live Hindustan) | हंडिया में एक रुपये में हो रहा गठिया का इलाज  | 64.8M  |
| 7.  | हिन्दुस्तान(Live Hindustan) | गाड़ी में "एक पृथ्वी एक स्वास्थ्य" विषय पर योग प्रतियोगिता                              | 64.8M  |
| 8.  | हिन्दुस्तान(Live Hindustan) | मानव जीवन के लिए योग व संयमित दिनचर्या आवश्यक:डा. विद्यार्थी                            | 64.8M  |
| 9.  | हिन्दुस्तान(Live Hindustan) | 28 मई को किलकिलेश्वर में योग दिवस   | 64.8M  |
| 10. | हिन्दुस्तान(Live Hindustan) | योगोत्सव में योगासन व प्राणायाम का कराया गया अभ्यास                                     | 64.8M  |
| 11. | अमर उजाला (Amar ujala)      | Fact Check: भारत के आयुर्वेदिक डॉक्टरों को मिली नासा के साथ अंतरिक्ष यात्रा करने...     | 63.8M  |
| 12. | News18                      | योग, कॉफी और संस्कृति...इथियोपिया दूतावास में हुआ "हरित योग" का जादू, जानिए क्...       | 43.6M  |
| 13. | The Hindu                   | Officials told to take measures to achieve 15% growth rate in allied agricultura...     | 35.9M  |
| 14. | Dailyhunt                   | Assam: Health Minister reviews preparedness for International Day of Yoga               | 18.6M  |
| 15. | Dailyhunt                   | Ayush Secy gets 4th extension   | 18.6M  |
| 16. | Patrika                     | खुशखबरी...यूपी के हंडिया में एक रुपये में हो रहा है गठिया का इलाज                       | 14M    |
| 17. | Patrika                     | जेल में 500 से ज्यादा बंदी कर रहे योग   | 14M    |
| 18. | ThePrint                    | Demonising palm oil won't improve public health. Better focus on food literacy,...      | 11.3M  |
| 19. | ThePrint                    | Only 1 of Mumbai's 24 wards gets round-the-clock water supply—Prajna Foundatio<br>n ... | 11.3M  |
| 20. | Asianet News Hindi          | उत्तराखंड में आयुर्वेद का नया अध्याय, क्या है सरकार की योजना?                           | 8.1M   |
| 21. | Latestly                    | India News   Assam: Health Minister Reviews Preparedness for International Day<br>o...  | 7.8M   |
| 22. | PIB                         | Text of the Vice-President's address at the unveiling of the statues of Sushrut...      | 5.4M   |
| 23. | PIB                         | एम्स भोपाल के अध्ययन से खुलासा – योगिक श्वसन अभ्यास 'प्राणायाम' हृदय स्वास्थ्य ...      | 5.4M   |
| 24. | Janta Se Rishta             | Andhra: योग से मानसिक शांति और संपूर्ण स्वास्थ्य मिलता है: गीतांजलि शर्मा 19.32         | 3.8M   |
| 25. | Janta Se Rishta             | Assam: स्वास्थ्य मंत्री ने अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्षा की           | 3.8M   |
| 26. | Janta Se Rishta             | Assam अंतर्राष्ट्रीय योग दिवस के लिए तैयार, बड़े पैमाने पर पहुंच और वैश्विक भागी...     | 3.8M   |

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| 27. | Janta Se Rishta  | योग से मानसिक शांति और संपूर्ण स्वास्थ्य मिलता है: गीतांजलि शर्मा                   | 3.8M   |
| 28. | Janta Se Rishta  | Assam: स्वास्थ्य मंत्री ने अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्षा की kr... | 3.8M   |
| 29. | Janta Se Rishta  | योग हर किसी के जीवन का हिस्सा बनना चाहिए: कलेक्टर रंजीत बाशा kr 20.84               | 3.8M   |
| 30. | Janta Se Rishta  | पहलगाम आतंकी हमले पर इथियोपियाई राजदूत ने कहा, "पाकिस्तानी भारत में समस्या पैदा ... | 3.8M   |
| 31. | Janta Se Rishta  | योग हर किसी के जीवन का हिस्सा बनना चाहिए: कलेक्टर रंजीत बाशा 20.51                  | 3.8M   |
| 32. | Janta Se Rishta  | Pahalgam attack पर इथियोपियाई राजदूत: "पाकिस्तानी भारत में समस्या फैलाने आए थे"     | 3.8M   |
| 33. | Careers360   | AIAPGET 2025 exam on July 4; NTA to close registration process for PG AYUSH cour... | 3M     |
| 34. | Ani News   | Assam: Health Minister reviews preparedness for International Day of Yoga           | 1.9M   |
| 35. | The Hans India   | Yoga brings mental peace, complete health: Geetanjali Sharma                        | 1.7M   |
| 36. | Devdiscourse   | Assam Gears Up for International Day of Yoga 2025 with Grand Celebrations           | 1.2M   |
| 37. | Dinakaran  | சிபிஐ தலைவரை தொடர்ந்து உளவுத்துறை தலைவருக்கு 2வது முறை பதவி நீட்டிப்பு: ஆயுஷ் செ... | 1.1M   |
| 38. | The Pioneer  | All stretched along the northern borders  | 776.4K |
| 39. | અગ્રેસર ઓનલાઈન ગુજરાતી ન્યુઝ પોર્ટલ (Leading Gujarati news portal) | આયુષ સચિવ વૈદ્ય રાજેશ કોટેચાને વધુ એક વર્ષનું એક્સટેન્શન : જૂન 2026 સુધી પદભાર સ... | 633.8K |
| 40. | Sanj Samachar  | 30 હજાર જેટલા સફળ ઓપરેશન કરવા બદલ પ્રોસ્ટોલોજીસ્ટ ડો. એમ.વી વેકરીયાનું કર્મવીર એ... | 401.5K |
| 41. | The Assam Tribune  | IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga... | 288.3K |
| 42. | India Education Diary  | From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta... | 247.3K |
| 43. | India Education Diary  | Stretching Across Borders: Ayush Showcases India's Holistic Health Power at Os a... | 247.3K |
| 44. | Ujjwalpradesh  | MP News: नवनियुक्त कर्मचारियों का हुआ सम्मान, मध्यप्रदेश राज्य कर्मचारी संघ की आ... | 139.8K |
| 45. | Ht Syndication   | All stretched along the northern borders  | 119.8K |
| 46. | Dainik Tribune   | विधायक हरदीप सिंह बावा ने किया स्वास्थ्य केंद्र के भवन का उद्घाटन                   | 110.2K |
| 47. | Orissa Diary   | From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta... | 100.9K |
| 48. | The News Mill  | Assam: Health Minister reviews preparedness for International Day of Yoga           | 85.1K  |
| 49. | New Kerala   | Assam Health Minister Ashok Singhal Reviews Yoga Day 2025 Plans                     | 72K    |
| 50. | PSU Connect  | Centre approves major official appointments and recommendations                     | 62.7K  |
| 51. | WebIndia123  | Assam: Health Minister reviews preparedness for International Day of Yoga           | 61.9K  |



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| 52. | Travelmail                            | Air India to shift Tokyo operations to...   | 30.8K |
| 53. | Business of Travel Trade              | BOTT SHOTS Midday – May 21, 2025  | 20.1K |
| 54. | Indian Economic Observer              | Assam: Health Minister reviews preparedness for International Day of Yoga               | 16.1K |
| 55. | GLIBS                                 | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | 12.4K |
| 56. | ET Government                         | Over 1000 Entities Register on Yoga Sangam Portal Ahead of IDY 2025: India Ge<br>ars... | 5K    |
| 57. | Daily Prabhat                         | Assam: Health Minister reviews preparedness for International Day of Yoga               | 280   |
| 58. | Khabarwani                            | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 59. | The Bharat Now                        | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 60. | Ayush India News                      | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 61. | Vishleshan                            | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 62. | Samachar Pradesh Hindi<br>News Portal | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 63. | Redalertnews.in                       | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 64. | Satyaexpress                          | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 65. | Indian Public mail                    | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 66. | Mplive24                              | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 67. | Khulasa                               | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 68. | Moomal Art News                       | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 69. | Samay Jagat                           | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 70. | Sameera                               | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 71. | Statebreaking                         | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 72. | Sattasudhar                           | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 73. | Imnb                                  | वयोवृद्ध देखभाल कार्यक्रम के अंतर्गत सियान सदन में वृहद स्वास्थ्य शिविर का आयोजन...     | N/A   |
| 74. | छत्तीसगढ़ वाच                         | म लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन र...     | N/A   |
| 75. | Unique 24 News                        | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ...     | N/A   |
| 76. | India Saga                            | FHRAI, Ethiopian Embassy Host “Coffee & Harit Yoga” Ahead of IDY 2025                   | N/A   |
| 77. | Imnb                                  | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्तमाध्यम बन र...     | N/A   |
| 78. | City Hot News                         | रायपुर : आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त म...     | N/A   |
| 79. | Daily Hindi Milap                     | ऑपरेशन सिंदूर के बाद भारत पर साइबर हमलों की बाढ़!                                       | N/A   |

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| 80.  | Travel World Online     | FHRAI Collaborates with Ethiopian Embassy and AYUSH Ministry to Host 'Coffee and... | N/A |
| 81.  | Journalist              | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ... | N/A |
| 82.  | Hindustan Abtak         | अंतरराष्ट्रीय योग दिवस की तैयारी हेतु अभ्यास सत्र का हुआ शुभारंभ                    | N/A |
| 83.  | Media Passion           | आम लोगों की समस्याओं के निराकरण का सशक्त माध्यम बन रहा है सुशासन तिहार – उद्योग ... | N/A |
| 84.  | Daily24writer           | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ... | N/A |
| 85.  | The Indian Practitioner | Centre Extends Ayush Secretary Rajesh Kotecha"s Tenure Till June 2026               | N/A |
| 86.  | Kalikumaun khabar       | रिपोर्ट: लक्ष्मण बिष्ट : चंपावत:पाटी में आयुर्वेदिक एवं यूनानी विभाग ने विशाल...    | N/A |
| 87.  | Jhutha Sach             | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ... | N/A |
| 88.  | Samarth Chhattisgarh    | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ... | N/A |
| 89.  | Vaaritha Bharathi       | ದೇಶದಲ್ಲೇ ಮೇ 24ರಂದು ಯುನೆಸ್ಕೋ ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ಮತ್ತು ಯೋಗ ವಿಜ್ಞಾನ ಕಾರ್ಯದ ಮಹತ್ವ ಅರ್ಥ... | N/A |
| 90.  | Jagganews               | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ... | N/A |
| 91.  | Poorab Times            | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ... | N/A |
| 92.  | छत्तीसगढ़ राज्य         | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ... | N/A |
| 93.  | Rashtrabodh             | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ... | N/A |
| 94.  | रीडर फ़र्स्ट            | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ... | N/A |
| 95.  | Janpatra News           | आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन ... | N/A |
| 96.  | Kadwaghut               | CG : आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्य... | N/A |
| 97.  | Aajkadin News           | रायपुर : आम लोगों की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त म... | N/A |
| 98.  | Skgnnews                | हरिद्वार में योग सत्र की लाइव स्ट्रीमिंग दूसरे दिन भी रही आकर्षण का केंद्र, सैक...  | N/A |
| 99.  | मारुति वाणी             | आयुष विभाग द्वारा देवरण्य योजना अन्तर्गत अश्वगंधा की खेती का दिया गया प्रशिक्षण     | N/A |
| 100. | The Hans India          | Yoga brings mental peace, complete health: Geetanjali Sharma                        | N/A |
| 101. | IndiBlogHub             | Exploring Emerging Medical Courses in India Beyond MBBS – A Smart Guide for NEET... | N/A |
| 102. | World News Network      | Assam: Health Minister reviews preparedness for International Day of Yoga – Worl... | N/A |
| 103. | Kashmir Breaking News   | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 104. | Palgharnews             | Assam: Health Minister reviews preparedness for International Day of Yoga – Worl... | N/A |
| 105. | Odisha Post             | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 106. | India's News            | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |



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| 107. | Haryana Today         | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 108. | Bihar 24x7            | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 109. | Gujarat Samachar      | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 110. | Kashmir Newsline      | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 111. | Andhra Pradesh Mirror | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 112. | Chhattisgarh Today    | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 113. | Indianapolis Post     | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 114. | Bihar Times           | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 115. | Gujarat Varta         | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 116. | New Delhi News        | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 117. | Punjab Live           | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 118. | Telangana Journal     | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 119. | The Asia News         | Assam: Health Minister reviews preparedness for International Day of Yoga ANI 2...  | N/A |
| 120. | Vanakkam Tamil Nadu   | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 121. | Mumbai News           | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 122. | Jharkhandtimes        | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 123. | Newspoint             | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 124. | West Bengal Khabar    | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 125. | Delhi live news       | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 126. | Karnataka Live        | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 127. | South India News      | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 128. | North East Times      | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 129. | Himachal Patrika      | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 130. | Indian News Network   | Assam: Health Minister reviews preparedness for International Day of Yoga           | N/A |
| 131. | First Piper           | Officials told to take measures to achieve 15% growth rate in allied agricultura... | N/A |
| 132. | Dainik Jayant         | राजकीय इण्टर कॉलेज बसेडी में छात्र छात्राओं व कॉलेज स्टाफ ने किया योग               | N/A |
| 133. | Foodtechnetwork       | Freshers, Production Supervisor – Greenspace  | N/A |
| 134. | The Top Ten News      | 11वें अंतरराष्ट्रीय योग शिविर के अवसर पर आओ हम सब योग करें अभियान का प्रो प्रवीण... | N/A |

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| 135. | Dainik Jayant          | ब्लॉक स्तरीय योग दिवस 28 मई को   | N/A |
| 136. | छत्तीसगढ़ वाच          | सुशासन तिहार समाधान शिविर” के तहत आज नगर पंचायत पाटन में समाधान शिविर आयोजित की ...  | N/A |
| 137. | Tender Detail          | Bids Are Invited For Cell Pack Sysmax Cell Pack 20 Litre , Stromatolyser 500 MI . .. | N/A |
| 138. | सबसे तेज प्रधान टाइम्स | हरिद्वार में योग सत्र की लाइव स्ट्रीमिंग दूसरे दिन भी रही आकर्षण का केंद्र           | N/A |
| 139. | City Hot News          | जनमानस की समस्याओं के निराकरण एवं उनकी मांगों को पूरा करने का सशक्त माध्यम बन रह...  | N/A |
| 140. | Investment Guru India  | IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...  | N/A |
| 141. | Narmadasamay           | आयुष विभाग द्वारा देवरण्य योजना अन्तर्गत अश्वगंधा की खेती का प्रशिक्षण दिया गया,...  | N/A |
| 142. | DeshWale               | हिमालय से कन्याकुमारी तक गुंजेगा 'योग संगम", 1000+ संस्थाओं ने IDY 2025 के लिए ...   | N/A |
| 143. | Medgate Today Magazine | FHRAI in collaboration with embassy of Ethiopia supported by ministry of ayush a. .. | N/A |
| 144. | India Outbound         | India and Ethiopia celebrate yoga, coffee and sustainable friendship                 | N/A |
| 145. | Travel jingles         | Ethiopia Celebrates the Harit Yoga program   | N/A |
| 146. | BW Hotelier            | FHRAI and Ethiopian Embassy blend wellness with Harit Yoga event                     | N/A |
| 147. | Public Tv              | 'Pakistanis came to India to create problem": Ethiopian Ambassador on Pahalgam ...   | N/A |
| 148. | Life And More          | NOT ALL FATS ARE BAD, CHOSE WISELY   | N/A |
| 149. | Health Economictimes   | Ayush Secretary Vaidya Rajesh Kotecha gets fourth extension                          | N/A |
| 150. | DANIK KHABAR           | आयुष ने ओसाका एक्सपो में भारत की समग्र स्वास्थ्य शक्ति प्रदर्शित की                  | N/A |
| 151. | DANIK KHABAR           | योग दिवस पर होने वाला कार्यक्रम भारत का सबसे बड़ा स्वास्थ्य (वेलनेस) समारोह बनने...  | N/A |
| 152. | Itdc News              | प्राणायाम से हृदय स्वस्थ, तनाव में राहत: एम्स अध्ययन                                 | N/A |
| 153. | ITDC India             | Pranayama Boosts Heart Health, Relieves Stress: AIIMS Study                          | N/A |
| 154. | Indian Grapevine       | Tenure of Vaidya Rajesh Kotecha as Secretary, AYUSH prolonged                        | N/A |
| 155. | Vishva Times           | IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...  | N/A |
| 156. | Gurgaon Mail           | भोपाल: कलेक्टर की अध्यक्षता में जिला स्वास्थ्य समिति की बैठक आज                      | N/A |
| 157. | Doonited India         | मुख्य सचिव : उत्तराखण्ड आयुर्वेद की दृष्टि से अत्यंत महत्वपूर्ण है                   | N/A |
| 158. | Mpe News               | ओसाका एक्सपो में भारत की समग्र स्वास्थ्य शक्ति प्रदर्शित                             | N/A |
| 159. | Udaipur Kiran          | भोपाल: कलेक्टर की अध्यक्षता में जिला स्वास्थ्य समिति की बैठक आज                      | N/A |
| 160. | Jharkhand State News   | From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...  | N/A |



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| 161. | Tezzbuzz           | Pahalgam Terror Attack: Ethiopian Ambassador Points Finger at Pakistanis             | N/A |
| 162. | Forever News       | India Showcases Holistic Health Leadership at Osaka Expo 2025 Through Daily Yoga...  | N/A |
| 163. | Forever News       | India Gears Up for Historic Yoga Sangam as Over 1,000 Organizations Register for...  | N/A |
| 164. | Newspoint          | IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sangam... | N/A |
| 165. | Indore Mirror      | समय रहते प्रोस्टेट कैंसर को हड्डियों में फैलने से रोका जा सकता है- डॉ द्विवेदी       | N/A |
| 166. | Asian News Service | ग्राम के अंतिम व्यक्तियों की समस्याओं का समाधान करने शासन-प्रशासन पहुंचा दूरस्थ व... | N/A |