



MINISTRY OF AYUSH COMPILED MEDIA REPORT
22 Dec, 2024 - 23 Dec, 2024

 **Total Mention 70**

 Print	Financial	Mainline	Regional	Periodical
7	2	5	N/A	N/A

 Online

63

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Economic Times	Factors to consider while taking home loan	Mumbai	12
2.	Business Standard	On offer: Deals for seniors in hotels	Delhi + 1	12
3.	The Times of India	Toothpastes, soaps focus on natural ingredients	Delhi + 1	21
4.	The New Indian Express	PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)	Bengaluru	2
5.	The New Indian Express	PASCHIMA NAMASKARASANA	Chennai	2
6.	The Morning Standard	Fit Bit	Delhi	2
7.	The Asian Age	Modi meets yoga practitioner, other influencers from Kuwait	Delhi	3

The Economic Times • 23 Dec • Ministry of Ayush

Factors to consider while taking home loan

12 • PG

791 • Sqcm

356099 • AVE

1.1M • Cir

Top Left

ET Wealth

Mumbai



Factors to consider while taking home loan

Ashish and Anu Gupta, both working professionals, have been staying on rent for 12 years. Now, they are ready to buy a ₹2 crore house. With ₹80 lakh saved for the down payment, they are exploring loans from banks and housing finance companies. While they aim to choose the lender offering the lowest interest rate, is this the right approach? Should interest rate be the sole deciding factor, especially if multiple lenders offer similar rates?

When lenders offer loans, they take the risk on their books. Therefore, the onus of choosing well is on the lender. The borrowers can base their choice on the product and service features. The core features of a loan are the tenor, fixed and floating components, and administrative and processing costs. Ashish and Anu Gupta must ensure that they review the terms and conditions of different lenders prior to narrowing down on the loan.

The amount of loan or the percentage of cost of the property that the lender may be willing to cover may vary. As borrowers, Guptas may be keen to minimise the monthly EMI, which varies based on the amount of loan, tenor and interest rate. Guptas should see which combination works best for them and find out if

any of these features are likely to vary during the loan period. For example, any modification in the interest rate can change the EMI. The interest rate might be the same across two lenders, but these specific features may be different.

Also, lenders typically use various criteria while ascertaining the loan eligibility. These primarily include the borrower's monthly income and expenses, age, number of dependants, etc. While Guptas may like to maximise the loan amount, they need to be sure that the administrative costs and the EMIs can be borne comfortably. The time period taken for sanctioning the loan, paper-work involved, legal and compliance issues, and time taken for loan disbursement may vary across lenders. Guptas will be better off making their choice after evaluating all these aspects.

Content courtesy Centre for Investment Education and Learning (CIEL).
Contributions by Girija Gadre, Arti Bhargava and Labdhi Mehta.

SMART THINGS TO KNOW

Arbitrage funds

1

Arbitrage funds buy and sell the same asset in different markets, such as the cash market and futures market, to capitalise on the temporary price discrepancies.

2

Since the buying and selling prices are known to the fund manager, these are considered low-risk funds compared to other mutual funds.

3

During periods of market volatility, there are more price discrepancies between different markets, providing more opportunities for arbitrage and a potential higher return.

4

The expense ratio for arbitrage funds typically ranges from 0.5% to 1.5% per annum.

5

The returns from arbitrage funds are taxed as equity funds, making them more tax-efficient compared to other fixed-income products.

PAPER WORK

:: Health insurance for senior citizens under PM-JAY

The Ayushman Bharat Pradhan Mantri Jan Arogya Yojana offers free health insurance of up to ₹5 lakh annually for vulnerable sections of the society and also for senior citizens above 70 years, irrespective of their income limit. Here's how to enrol.

Download application

Senior citizens or their family members can download the Ayushman Bharat app from the Google Play Store or the official website. The user can then select the desired language for proceeding further.

Log in for enrolment

The option for 'Login beneficiary' needs to be clicked by entering the 'captcha' and mobile number. Enter the OTP sent on the mobile number. After logging in, go to the bottom of the home screen for senior citizens' enrolment.

Aadhaar validation

Enter the Aadhaar number and validate the same using the OTP sent on the registered mobile number. Then, enter the state of residence. After entering the 'captcha', a search option is activated which, upon clicking, will check if the senior citizen is already registered with the scheme. If not, the senior citizen needs to apply for fresh enrolment. Another round of OTP verification will be carried out, after which the application will prompt the senior citizen to click their live photo for verification.

Provide details

The senior citizen then needs to input details such as mobile number for OTP verification, city, state, address, ward details, pin code, etc, and submit.

Submit application

Once all the details are entered, the user can submit the application for approval. Once approved, the Ayushman card is issued to the beneficiary who can then avail of the benefits of the scheme.

Business Standard • 23 Dec • Ministry of Ayush
On offer: Deals for seniors in hotels

12 • PG

306 • Sqcm

151318 • AVE

89.49K • Cir

Top Left

Delhi • Jaipur

Tour operators, hospitality industry roll out customised options for a senior population keen to travel for leisure, adventure

On offer: Deals for seniors in hotels



ADVANCED MEASURES

HILTON BANGALORE EMBASSY

GOLFINKS: Rooms with wide doorways, roll-in showers, ramps for wheelchair users

CONRAD PUNE: Accessible rooms with anti-skid mats, unpacking assistance, in-room breakfast option

DOUBLETREE BY HILTON GURGAON:

Customised meals, in-room dining flexibility, special packages for senior travellers, complimentary wellness services, Aayush counter with nutritious food

ITC: Low beds, grab bars in bathrooms, higher toilet seats, emergency call buttons in rooms & bathrooms, soundproof areas for restful sleep, large font size on stationery & menu cards

AKSHARA SRIVASTAVA
New Delhi, 22 December

With more senior citizens venturing out to explore the country, India's travel and hospitality sector is adapting to meet their demands, offering comfort, accessibility, and safety.

From specialised senior-friendly tours to redesigned hotel amenities, the industry is becoming increasingly attuned to the unique requirements of elderly travellers.

At Hilton Bangalore Embassy GolfLinks, for instance, rooms feature wide doorways and roll-in showers, while ramps and ground-floor have been designed to enhance mobility, especially for wheelchair users. The Conrad Pune similarly offers accessible rooms equipped with anti-skid mats, unpacking assistance, and in-room breakfast options.

At DoubleTree by Hilton Gurgaon, care is personalised with customised meals and in-room dining flexibility, even for guests booking buffet services.

"Besides this, we offer special

packages tailored to the needs of senior travellers," said a spokesperson for Hilton. These include reduced pricing, by up to 7 per cent, and benefits such as complimentary wellness services for travellers aged 65 and older, along with their families. With senior travellers in mind, the hotel also has an 'Aayush' counter, which offers nutritious items like millet dosas and amla-infused water.

ITC Hotels, too, has taken steps for the comfort, accessibility, and safety of senior travellers, said H C Vinayaka, its vice president — technical services, sustainability & EHS (acronym for environment, health, and safety).

These measures include low beds, grab bars in bathrooms, higher toilet seats, and emergency call buttons in rooms and bathrooms. ITC has also introduced quiet areas with soundproofing for restful sleep, large font size on stationery and menu cards,

low-impact exercise classes, and yoga or pool aerobics.

The culinary team, too, plays a key role in accommodating the dietary needs of senior travellers. "Today, elderly patrons are very well travelled, and we often work with them to create highly personalised plans using high-quality ingredients," said Manisha Bhasin, corporate chef at ITC Hotels. "Even if the food is lactose-free, gluten-free, or sugar-free, it's still crafted to their liking."

The hospitality giant has a 'Zesty Mornings' programme, where "we create special breakfast dishes using carefully selected ingredients such as heritage grains, superfoods, alternative milks, and locally produced cheeses," Bhasin added.

For a number of senior citizens, travelling has become a way of embracing "positive ageing".

Take the example of Rakesh Mishra, 74, who recently began travelling with his wife, Sheetal, after their daughter moved to the US. As emptynesters, "we suddenly had more time on our hands than ever before," said the former banker.

The Mishras have explored several destinations, including Sri Lanka, Dubai, and the mountains of Uttarakhand as part of various travel groups.

"Travel for senior citizens has changed drastically. Tour operators now understand our specific needs, offering periodic breaks, flexible itineraries, comfortable buses, and accessible hotels," he said.

"These trips are also a great way to meet new people and make friends at this stage in life."

Many tour operators also ensure that older travellers stay engaged, offering activities such as organic gardening, Sudoku puzzles, table tennis, and low-intensity aerobics.

"People often assume older travellers are only interested in spiritual destinations, but that's a sweeping generalisation,"

said a tour operator who did not wish to be named. "Many seniors are adventurous, enjoying activities like hiking and safaris. Our role is to balance their zest for travel with comfort, providing regular breaks and community-building activities that help combat the loneliness that often comes with ageing."



SILVER
LINING
PART 3

The Times of India • 23 Dec • Ministry of Ayush
Toothpastes, soaps focus on natural ingredients

21 • PG

228 • Sqcm

937916 • AVE

4.69M • Cir

Bottom Left

Delhi • Pune

Toothpastes, soaps focus on natural ingredients

Rupali Mukherjee
@timesofindia.com

New Delhi: Toothpastes and toilet soaps, traditionally focused on functionality, are now shifting their emphasis to ingredients, reflecting a broader consumer preference for natural and plant-based ingredients. FMCG players and research agencies point out that the trend is becoming more pronounced, with this spilling over into haircare and other personal care products.

Recent product launches underscore this shift, as consumers increasingly favour scientifically backed and safe ingredients.

Over 70% of the new launches in toothpastes are

SHIFTING STRATEGY

> Over **70%** of new launches in toothpastes are in natural space, **up from 60%** in 2018-19



> Hair wash products have seen largest jump from **10% to 70%**



> Colgate has herbal variants, such as salt, neem and clove, besides Vedshakti range

> HUL has also launched its ayurveda range Ayush

> Ingredient-centric approach connects strongly with **mainly Gen-Z and Gen-Alpha consumers**, who prefer safety, transparency in personal care choices



now in the natural space, up from 60% in 2018-19, while the largest jump has come in hair wash products from 10% to now 70%, recent Kantar data said.

In oral care, the natural or herbal segment is growing at a faster pace, with the trend to-

wards herbal and ayurvedic ingredients in toothpastes gaining significant momentum over the past three-to-four years. The share of herbal/ayurvedic in the overall market is 36% now, up from 32% four years ago, according to Kantar Household Panel.

"Consumers are increasingly seeking toothpastes and even mouthwashes with natural ingredients. This trend is now becoming more pronounced, with other segments, such as gel variants (Dabur Red Bae), mouthwashes, and specialised solutions, for issues like whitening and sensitivity also shifting towards natural formulations," Prashant Agarwal, marketing head-oral care, Dabur India told **TOI**.

Such is the preference of 'natural' that the market leader in toothpastes, Colgate also has herbal variants, such as salt, neem and clove, besides its range of 'Vedshakti'. Earlier, HUL also launched its Ayurveda range, Ayush. While, under its naturals brand,

Indulekha, it has expanded its portfolio into anti-dandruff hair cleansers and oils.

The ingredient-centric approach resonates strongly with consumers, particularly Gen-Z and Gen-Alpha, who prioritise safety and transparency in their personal care choices, experts added.

Says Ragini Hariharan, marketing director — beauty & personal care, Himalaya Wellness: "We've observed a significant shift in consumer preferences towards products that emphasise scientifically-backed, safe, and effective ingredients. This trend is particularly visible within our face washes and broader personal care portfolio, including face creams, scrubs, serums, face packs."

The New Indian Express • 23 Dec • Ministry of Ayush PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)

2 • PG

622 • Sqcm

622194 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)

This asana is a standing chest opener pose, which is the foundation of Tadasana (Mountain Pose). The namaskar with palms joined near the chest is the start of the Namaskarasana in a standing pose. But the same pose when the palms are joined in the backside of the body becomes Paschima Namaskarasana. It is also known as Viparita Namaskarasana. Students can also do this pose in a seated position. This is good for opening up shoulder joints and strengthening the arms. It helps in burning arms fat by toning the muscles. Gomukhasana is a preparatory to this pose. It opens the torso, expands the rib cage, and is very effective for all cardiovascular diseases.

STEPS

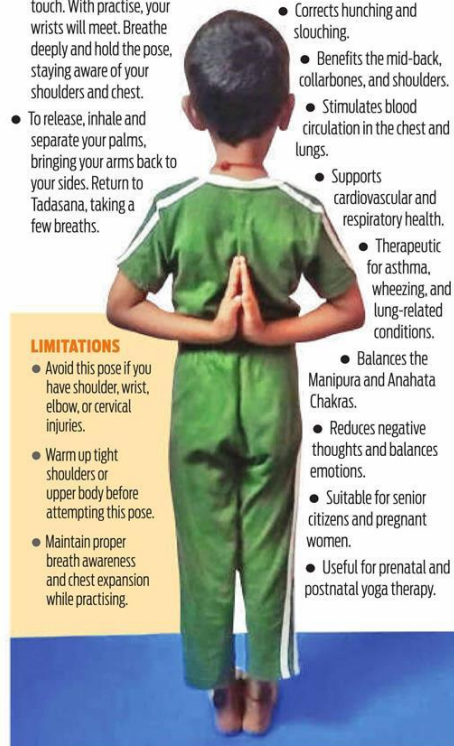
- Start in Tadasana, taking a few breaths and rolling your shoulders back. Stand upright with a straight spine, relaxed shoulders, and chin parallel to the ground.
- Ground your feet firmly, either together or slightly apart for balance. Let your arms rest by your sides and engage your legs while breathing steadily.
- Bring your arms forward, parallel to the ground. Inhale deeply, opening your chest. Exhale and bring your arms behind your back, joining your palms in a reverse prayer position.
- Initially, only your fingertips may touch. With practise, your wrists will meet. Breathe deeply and hold the pose, staying aware of your shoulders and chest.
- To release, inhale and separate your palms, bringing your arms back to your sides. Return to Tadasana, taking a few breaths.

BENEFITS

- Stretches the forearms and wrist muscles.
- Opens the shoulder blades and joints.
- Tones the biceps and strengthens the pectoral muscles.
- Activates bandhas effectively.
- Lengthens the torso, straightens the back, and opens the chest.
- Expands the diaphragm and creates space in the rib cage.
- Enhances lung capacity and pulmonary function.
- Aligns the shoulder blades and improves back flexibility.
- Corrects hunching and slouching.
- Benefits the mid-back, collarbones, and shoulders.
- Stimulates blood circulation in the chest and lungs.
- Supports cardiovascular and respiratory health.
- Therapeutic for asthma, wheezing, and lung-related conditions.
- Balances the Manipura and Anahata Chakras.
- Reduces negative thoughts and balances emotions.
- Suitable for senior citizens and pregnant women.
- Useful for prenatal and postnatal yoga therapy.

LIMITATIONS

- Avoid this pose if you have shoulder, wrist, elbow, or cervical injuries.
- Warm up tight shoulders or upper body before attempting this pose.
- Maintain proper breath awareness and chest expansion while practising.



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

The New Indian Express • 23 Dec • Ministry of Ayush

PASCHIMA NAMASKARASANA

2 • PG

696 • Sqcm

918100 • AVE

246.4K • Cir

Top Center

Chennai

FITBIT

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(STANDING REVERSE PRAYER POSE)

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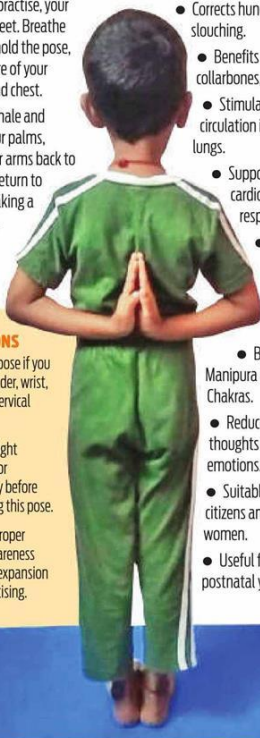
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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 23 Dec • Ministry of Ayush Fit Bit

2 • PG

609 • Sqcm

292476 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

PASCHIMA NAMASKARASANA

(STANDING REVERSE PRAYER POSE)

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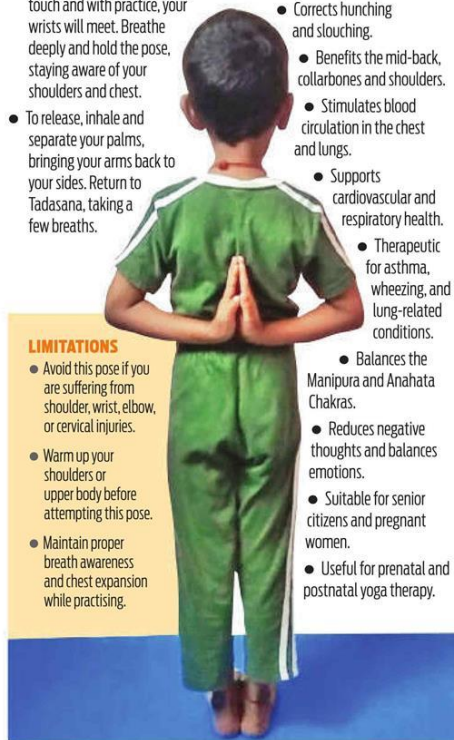
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Meenakshi Academy of Higher Education & Research, Chennai

The Asian Age • 23 Dec • Ministry of Ayush
Modi meets yoga practitioner, other influencers from Kuwait

3 • PG

207 • Sqcm

145245 • AVE

389.96K • Cir

Middle Center

Delhi

Modi meets yoga practitioner, other influencers from Kuwait

Kuwait City, Dec. 22: Prime Minister Narendra Modi on Sunday met Shaikha AJ Al-Sabah, an avid yoga practitioner and founder of the first licenced yoga studio "Daratma" in Kuwait, and other influencers from the Gulf country.

Mr Modi, who arrived here on Saturday on a two-day trip — the first to this Gulf nation by an Indian Prime Minister in 43 years, also met Fahad Ghazi Alabduljaleel, the President of Kuwait Heritage Society, and appreciated his work in preserving the rare manuscripts and artefacts.

"Met HH Shaikha AJ Al-Sabah in Kuwait. She has distinguished herself for her passion towards Yoga and fitness. She has established her own Yoga and wellness studio, which is quite popular in Kuwait. We talked about ways to make Yoga more popular among



Prime Minister Narendra Modi with Shaikha AJ Al-Sabah, an avid yoga practitioner and founder of the first licensed yoga studio 'Daratma' in Kuwait on Sunday. — PTI

the youth," Mr Modi posted on X.

They discussed ways to further popularise yoga, especially among the youth, the Prime Minister's Office said. Ministry of external

affairs spokesperson Randhir Jaiswal said that Shaikha A J Al-Sabah is an avid yoga practitioner and the founder of the first licenced yoga studio 'Daratma' in Kuwait. — PTI

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Dainik Bhaskar	श्रीमाधोपुर में सीवरेज प्रोजेक्ट और ब्लॉक स्तरीय आयुर्वेद भवन का शिलान्यास 25 को	66.5M
2.	Dainik Bhaskar	कैंग रिपोर्ट पार्ट-3: सरकारी फार्मसी से सस्ती दवाओं की जगह लघु वनोपज संघ से महंग...	66.5M
3.	Dainik Bhaskar	देवनानी ने जांच कराकर शरीर की प्रकृति को जाना	66.5M
4.	Dainik Bhaskar	छात्रों व स्टाफ का किया प्रकृति परीक्षण	66.5M
5.	हिन्दुस्तान(Live Hindustan)	शेखपुरा में औषधीय पौधों की खेती को मिलेगा बढ़ावा शेखपुरा में औषधीय पौधों की खेती...	64.8M
6.	हिन्दुस्तान(Live Hindustan)	अनुज बने आयुष विभाग के जिला को-ऑर्डिनेटर	64.8M
7.	The Times of India	Ayurvedic Surgeons Seek Special Courses for Better Opportunities	64.4M
8.	The Times of India	Central India College of Pharmacy, Lonara, distributes 3,000 Ashwagandha saplin g...	64.4M
9.	अमर उजाला (Amar ujala)	Rohtak News: पुरानी पेंशन नीति बहाल हो, पार्ट टाइम और कच्चे कर्मचारियों को नियमि...	63.8M
10.	अमर उजाला (Amar ujala)	Tehri News: आयुष अस्पताल के लिए जमीन की तलाश पूरी नहीं कर पाया विभाग	63.8M
11.	अमर उजाला (Amar ujala)	Chamba News: पांगी में पीडब्ल्यूडी और विद्युत बोर्ड के अफसरों-कर्मचारियों की छुट...	63.8M
12.	अमर उजाला (Amar ujala)	Jhajjar-Bahadurgarh News: ज्योतिष की तरह आयुष विभाग तैयार करेगा जनता की स्वास्थ...	63.8M
13.	News18 Hindi	ठंड में अपनाएं दादी-नानी का ये खास नुस्खा, बस एक चुटकी में सर्दी-जुकाम को दे मात...	43.6M
14.	Dailyhunt	Number of debt workout scheme applicants expected to hit record high in 2024	18.6M
15.	Dailyhunt	Special health campaign by Ayush Dept to target 10,000 people in dist	18.6M
16.	Medical Dialogues	8th National Siddha Day: Contribution of Siddha in National Ayush Mission Comm en...	16M
17.	Prokerala.com	Number of debt workout scheme applicants expected to hit record high in 2024	13M
18.	Investing India	Number of debt workout scheme applicants expected to hit record high in 2024	10.6M
19.	Investing India	Must partner with IITs to launch startup opportunities in Siddha: Ayush Secretar...	10.6M
20.	Divyabhaskar	मार्गदर्शन: अ.क्र.मां 14 वोलेन्टियर द्वारा 800 वोकेनुं प्रकृति परीक्षण	10M
21.	The Tribune India	World Meditation Day observed	7M
22.	Free Press Journal	Madhya Pradesh: 3 More Ayurveda Colleges Get NCISM Recognition; 11 In Pipeli ne	6.4M
23.	Janta Se Rishta	CID और ACB में इन IPS अफसरों की हुई नियुक्ति	3.8M
24.	English.mathrubhumi.com	Worrying spike in number of misleading advertisements of Ayush drugs	3.2M
25.	Dainik Bhaskar	राष्ट्रीय: हरियाणा में प्रशासनिक फेरबदल, आईपीएस सौरभ सिंह बने सीआईडी चीफ	926.1K

26.	Royal Bulletin	हरियाणा में प्रशासनिक फेरबदल, आईपीएस सौरभ सिंह बने सीआईडी चीफ	922.5K
27.	The Pioneer	Surya Tratak and meditation sessions organized	776.4K
28.	Divya Himachal	रोहड़ू उपमंडल में 162 किलोमीटर सड़कों की टारिंग	553.6K
29.	Divya Himachal	बर्फबारी में पानी और दवाइयों का करो खास इंतजाम	553.6K
30.	Punjabkesari	Kangra: पालमपुर में डीएमसी आयुर्वेदिक हॉस्पिटल शुरू, आयुष मंत्री यादविंद्र गोमा ...	530.7K
31.	Social News XYZ	Number of debt workout scheme applicants expected to hit record high in 2024	415.2K
32.	Dainik Savera	हरियाणा में बड़ा प्रशासनिक फेरबदल, IPS सौरभ सिंह बने CID चीफ	246.6K
33.	Sakshipost EN	Number of debt workout scheme applicants expected to hit record high in 2024	160.8K
34.	Ommcom News	Number Of Debt Workout Scheme Applicants Expected To Hit Record High In 2024	133.2K
35.	Hitavada News	Aura Conservation Park story shines at World Ayurved Congress	129.5K
36.	HT Syndication	plea by yoga instructors for bonus marks in recruitment dismissed by hc	119.8K
37.	Lokmatimes.com	Number of debt workout scheme applicants expected to hit record high in 2024	94.3K
38.	Bhaskar Live	Number of debt workout scheme applicants expected to hit record high in 2024	46.5K
39.	Maritimegateway	BCPL signs MoU with Shyama Prasad Mukherjee Port	N/A
40.	Times Of Power And Voice	Students of Army Institutes of Technology Pune Triumph at Smart India Hackathon ...	N/A
41.	Deshbandhu	हरियाणा में प्रशासनिक फेरबदल, आईपीएस सौरभ सिंह बने सीआईडी चीफ	N/A
42.	Finger Print News	JU 2024 National Art Exhibition & Camp kicks off at Jain University	N/A
43.	Indias News	हरियाणा में प्रशासनिक फेरबदल, आईपीएस सौरभ सिंह बने सीआईडी चीफ	N/A
44.	Khair News	हरियाणा में प्रशासनिक फेरबदल, आईपीएस सौरभ सिंह बने सीआईडी चीफ	N/A
45.	OB News	Number of debt workout scheme applicants expected to hit record high in 2024	N/A
46.	The Mobi World	Number of debt workout scheme applicants expected to hit record high in 2024	N/A
47.	Today India News	Number of debt workout scheme applicants expected to hit record high in 2024	N/A
48.	Newspoint	Number of debt workout scheme applicants expected to hit record high in 2024	N/A
49.	India Online Mart	Number of debt workout scheme applicants expected to hit record high in 2024	N/A
50.	Pune News	Number of debt workout scheme applicants expected to hit record high in 2024	N/A
51.	Thefreedompress	Number of debt workout scheme applicants expected to hit record high in 2024	N/A
52.	The Internal News	आभासी सुनवाई और उपभोक्ता न्याय तक डिजिटल पहुंच कार्यक्रम में श्रेयांस बैद लेंगे ...	N/A
53.	Front News Today	सरकार ने भरे 150 आयुर्वेद चिकित्सकों के पद : यादविंद्र गोमा	N/A

54.	Merarastra	क्षेत्रीय आयुर्वेद अनुसंधान संस्थान में आयुर्वेदिक औषधियां विषयक कार्यशाला सम्पन्न...	N/A
55.	Newzfatafat	सरकार ने भरे 150 आयुर्वेद चिकित्सकों के पद : यादविंदर गोमा	N/A
56.	Udaipur Kiran	सरकार ने भरे 150 आयुर्वेद चिकित्सकों के पद : यादविंदर गोमा	N/A
57.	हिंदी सामना	लुटेरे फर्जी वैद्य की जांच में खानापूति...जांच प्रतिवेदन देने में आनाकानी कर रहे...	N/A
58.	Odisha Ray	JU 2024 National Art Exhibition & Camp kicks off at Jain University	N/A
59.	हिमाचल प्रदेश (न्यूज़) समाचार	Kangra: पालमपुर में डीएमसी आयुर्वेदिक हॉस्पिटल शुरू, आयुष मंत्री यादविंदर गोमा ...	N/A
60.	Purvanchal News	शम्भे गौसिया आयुर्वेदिक पोस्ट ग्रेजुएट मेडिकल कालेज में बीएएमएस और पीजी में प्र...	N/A
61.	Sarkari Doctor	8th National Siddha Day: Contribution of Siddha in National Ayush Mission Comm en...	N/A
62.	The Mobi World	Madhya Pradesh: 3 More Ayurveda Colleges Get NCISM Recognition; 11 In Pipeli ne	N/A
63.	News Height	Big breaking :-ग्रामीण पर्यटन पर केंद्र सरकार का जोर, उत्तराखंड ने भी बढ़ाए कदम...	N/A