



**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**23 Jan, 2025 – 24 Jan, 2025**

 **Total Mention 105**

 <b>Print</b>	<b>Financial</b>	<b>Mainline</b>	<b>Regional</b>	<b>Periodical</b>
<b>4</b>	<b>N/A</b>	<b>3</b>	<b>1</b>	<b>N/A</b>

 <b>Online</b>
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**101**

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Morning Standard	Fit Bit	Delhi	2
2.	The Asian Age	Snack Size Health Bites	Delhi	12
3.	The Daily Guardian	Haryana first state to include Yoga in curriculum for classes 1-10: Governor	Chandigarh	13
4.	Ajit Samachar	Ayushman aarogya kender main mamta divas manaya	Chandigarh	9

## The Morning Standard • 24 Jan • Ministry of Ayush

### Fit Bit

2 • PG

601 • Sqcm

288594 • AVE

300K • Cir

Middle Right

Delhi

#### FITBIT

### ASHTA CHANDRASANA CHAIR

(HIGH LUNGE POSE CHAIR)

As the name suggests, this pose is a chair-supported practice of foundational High Lunge Pose. It is a convenient and accessible approach that brings stability and challenge, making it ideal for practitioners of all levels. By using the chair as a prop to support the front leg, this variation reduces strain while allowing for a deeper stretch for the hip flexors, hamstrings, and lower back, strengthening the knee and ankle joints. It is particularly beneficial for individuals who need extra balance or are working on building strength in the legs and core without overloading the joints.

#### STEPS

- First, keep a sturdy chair handy. The seat should ideally be at knee height.
- Stand in Mountain Pose Variation Feet Hip Wide in front of the chair, and arms are relaxed by the sides of the body, lengthening the spine.
- Keep your shoulders relaxed, chin aligned to the chest, and parallel to the floor, taking a few deep breaths.
- Inhale deeply, lift your left leg, placing the sole of your left foot flat on the chair seat in front. Knee should be directly above your ankle, forming a 90-degree angle.
- Exhale, lean forward, and place your hands on the chair to adjust the right leg by stepping or dragging it back, extending the leg behind you comfortably, your right leg is straight at the knee, with the foot grounded flat, toes pointing front, approximately three feet distance behind, more or less depending on your height and flexibility.
- Inhale, lift your chest, and come up to standing, placing your chest on your hips for stability.
- Exhale, gently press your hips forward while lifting the chest, drawing the left thigh and shin closer together.
- Press firmly into both feet, activating the legs, and extend your spine upwards. Lift through the chest and feel a gentle lengthening from the pelvis to the crown of your head.
- Stay here for six breaths or as per the body's capacity. Feel

the strength in your legs as you ease deeper into the lunge without collapsing into the back or overstraining the hips. Breathe soft and smooth, keeping the spine long and the chest open.

- Slowly release, and return to Tadasana Variation Feet Hip Wide. Relax, taking a few breaths.
- Counter the stretch on the other side, following the above instructions.
- Finally, rest and relax in the Three Part Breath Chair (Dirga Pranayama Chair).

#### BENEFITS

- Enhances joint mobility and range of motion.
- Beneficial for athletes.
- Strengthens the knee and ankle joints.
- It is an easy practice for people with a lack of lower body strength.
- Benefits for obese or beginners.
- Chair provides a stable and secure environment.

#### LIMITATIONS

- People should be careful with the selection of the chair.
- People with weak knees/ankles, general body weakness, high/low blood pressure, or new to balancing practices can follow this variation.
- Seniors with vertigo and weakness, who have any injury to the knees or hips must avoid this.
- People recovering from a prolonged illness must take it slow.



— By N. Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai-78

# Snack Size Health Bites

For busy folks, 'Exercise Snacking' seems to be the fitness mantra, so how about a sandwich stretch, crunchy cookie break or 'side curl' for starters, extra toppings come for free

ROSEINA COUTINHO

**✓** Nobody ever thought 'snacking' and 'exercising' would be so much fun. Yes, you heard it right – exercise snacking is the latest go-to fitness mantra for busy bees. Just like your favourite pack of crunchy cookies, (we mean crunches). You just need 2-3 minutes of power-packed simple exercises to snack on and stay fit. This technique proves beneficial for working professionals, homemakers and even youth who love snacking!

24X7 ACTIVE

"Simply put, exercise snacking promotes the idea of staying active throughout the day," says Shivangi Sarda, Strength & Conditioning and Marathon Coach. These exercise bites could be inclusive of anything from five-minute walk breaks to choosing to take the stairs over the escalator or quick 5-10-minute bodyweight exercises. Shivangi particularly highlights that exercise snacking should be a must for professionals who otherwise find no time for fitness. She says, "For many it's more about the shorter time frames that makes it easier to adopt and get at, allowing them to be consistent while fostering some sense of achievement towards their goals."

**EXERCISE SNAKING PROMOTES THE IDEA OF STAYING ACTIVE THROUGHOUT THE DAY.**  
— SHIVANGI SARDA, Strength, Conditioning & Marathon Coach



SCIENCE & PSYCHE

Studies indicate that these power-packed bites of exercise snacks target two important components per se. The first being cardiovascular health along with components of one's metabolic health. Both these areas have direct links with Type-2 diabetes and heart-related conditions. Suggesting that these bits of exercising

should be incorporated by all, especially those who may not have enough time to devote to fitness due to tedious schedules. Forget tedious endless gym workouts, exercise snacking is more about diving into spurts of exercise or exercise packets. Do the math: Three 10-minute packets = 30-minute gym workout! Prableen Kaur, Fitness Creator & Coach from Mumbai says, "It's just about breaking down physical activity into smaller bite-sized chunks that are easier to incorporate into busy and busy lifestyles."

BREAKING MYTHS

There was a time when a gym was considered as a 'sacrosanct' must to meet your fitness goals. However, that certainly has taken a back seat today. Prableen says, "This is certainly not true." She explains, "If you have 2-minutes throughout your work

schedule to go grab a snack from the refrigerator, then you have to invest the same 2-minutes in 'exercise snack'. Perhaps a few squats or push ups or burpees." However, Prableen cautions about implementing the exercise snacking method wisely. "You would have to be consistent with it for the first three to five days until the body adapts to this new form of snacking amidst breaks only then would this fit in well as a permanent addition to one's schedule."

TAKE A BITE

It's important that as one decides to incorporate forms of exercise, each muscle too, gets its due share worked out. Shivangi opines that to yield maximum benefits of such exercise spurts, it's imperative one focuses on different movements of the body parts. Hitting each of that bone, joint and muscle that has been sitting there for long waiting to be hyped up. "Targeting multiple muscles in a limited amount of time is the key," adds Shivangi.

It's as simple as this, take for instance you have an exercise-snack packed for around 15 minutes. You could have it pumped up with compound movements such as squats, push-ups, roll

ups along with shorter durations of planks. These exercises require no additional equipment yet help maximise efficiency by having several muscle groups worked out simultaneously, all in one go! Prableen speaks of possible challenges of exercise snacking. "The very first thought that would pop in anyone's mind is how would just a few minutes of exercising help achieve my fitness goals?" Prableen quips here reiterating the phrase, "Boond boond se sagar banta hai."

EXTRA TOPPINGS

Exercise snacking serves the purpose provided you have a healthy lifestyle. This includes cleaner eating habits to see faster, long-lasting results. "We think home food is healthy. It is certainly a better alternative than street food but here it's all about finding the right balance," adds Prableen. Emphasising that it's those small little choices in terms of food or incorporating bites of exercising that count. So, just hop, skip, jump, push, pull or crawl to grab a bite of your well-earned exercise snack!



**IT'S JUST BREAKING DOWN PHYSICAL ACTIVITY INTO SMALLER BITE-SIZED CHUNKS THAT ARE EASIER TO INCORPORATE INTO BUSY LIFESTYLES.**  
— PRABLEEN KAUR, Fitness Creator & Coach, Mumbai



The Daily Guardian • 24 Jan • Ministry of Ayush

## Haryana first state to include Yoga in curriculum for classes 1-10: Governor

13 • PG

203 • Sqcm

20268 • AVE

N/A • Cir

Top Right

Chandigarh

## Haryana first state to include Yoga in curriculum for classes 1-10: Governor

**YASHIKA SAINI**  
PANCHKULA

'Haryana has become the first state in India to integrate yoga into the school curriculum for students from Classes 1 to 10,' announced Governor Bandaru Dattatreya during the Surya Namaskar Abhiyan 2025 program, on Thursday. The event was held at the ITBP's BTC Training Center in Bhanu to commemorate the birth anniversary of Netaji Subhash Chandra Bose.

The event began with Governor Dattatreya paying tribute to Netaji Subhash Chandra Bose, and describing his patriotism, courage, and leadership as a source of inspiration for the nation. He emphasized that Netaji's sacrifices and contributions were instrumental in India's journey toward independence.

Then, the Governor underlined the significance of Surya Namaskar as a holistic exercise beneficial for all age groups. He explained its role in enhancing physical strength, mental peace, and overall vitality. Citing

*The event also featured speeches by BTC Training DIG Brigadier GS Gill, Chairman of the Haryana Yoga Council Jaideep Arya, and several other dignitaries.*

ancient yogic scriptures, he remarked, "Surya Namaskar is considered the supreme yoga practice. Regular practice enhances one's health, intellect, and energy."

Governor Dattatreya highlighted the critical role of yoga in maintaining physical and mental balance for personnel serving in armed and paramilitary forces under challenging conditions. He described yoga as an invaluable tool to build resilience and ensure well-being in extreme circumstances.

Highlighting Haryana's initiatives, the Governor stated that over 10,000 schools, 300 colleges, and

more than 30 universities in the state have established yoga clubs. Furthermore, the Haryana Yoga Council has trained over 22,000 yoga instructors to promote yoga on a large scale. He praised the Education, AYUSH, and Sports Departments, as well as the Haryana Yoga Council, for their significant contributions to this initiative.

The event also featured speeches by BTC Training DIG Brigadier GS Gill, Chairman of the Haryana Yoga Council Jaideep Arya, and several other dignitaries. During the event, several dignitaries, including Civil Surgeon Dr. Mukta Kumar, Secondary Education Officer Ajay Kumar, Sports Department's Meenakshi Chauhan, CRPF's GD Makkhan Singh Tomar, and representatives from organizations like Vidya Bharati, Energetic Yoga Family, and the Army, were honored for their contributions. Senior officials, including Registrar Roshan Lal, Director Priyanka, and Project Heads, were also in attendance.

Ajit Samachar • 24 Jan • Ministry of Ayush  
Ayushman aarogya kender main mamta divas manaya

9 • PG

168 • Sqcm

25222 • AVE

177.4K • Cir

Middle Center

Chandigarh



आयुष्मान अरोग्या केन्द्र कलवां में ममता दिवस मनाने का दृश्य।

## आयुष्मान अरोग्या केन्द्र में ममता दिवस मनाया

काहनपुर खूही, 23 जनवरी (गुरबीर सिंह वालिया): आयुष्मान अरोग्या केन्द्र कलवा में ममता दिवस मनाया गया। इस दौरान स्वास्थ्य विभाग के अधिकारियों व स्टाफ ने माता व बाल स्वास्थ्य को बेहतर बनाने के लिए महत्वपूर्ण विषयों पर चर्चा की। इस मौके पर जानकारी देते हुए सीनियर मैडीकल अधिकारी डा. नीलू अरोड़ा ने बताया कि इस दौरान गर्भवती महिलाओं व नवजात बच्चों की सेहत संबंधी खास सुविधाएं मुहैया करवाया गया। डाक्टरों ने महिलाओं को जरूरी सलाह देते हुए सेहतमंद जीवन शैली अपनाने व माता-बच्चे की सेहत का ध्यान रखने की ओर ध्यान दिलाया। ममता दिवस पर प्री-नैटल व पोस्ट-नैटल चैकअप किए गए और महिलाओं को पोषण संबंधी जानकारी दी गई स्टाफ द्वारा वैक्सीनशन और सम्पूर्ण फीडिंग संबंधी भी सुचनाएं दी गई। इस मौके पर उपस्थित महिलाओं को सरकार द्वारा चलाए जा रहे योजनाएं जैसे कि आयुष्मान भारत व जननी सुरक्षा योजना के बारे भी जागरूक किया गया। इस समागम में स्वास्थ्य अधिकारी, आशा वर्कर्स व पंचायत सदस्यों सहित कई स्थान लोग भी उपस्थित थे। इस मौके पर डा. मुनीश कुमार बाली, अमरीक सिंह भट्टल, एनएम कमलजीत कौर, जय ज्योति कल्याण, आशा वर्कर विजय कुमारी, निशा रानी व अन्य उपस्थित थे।

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Msn India	Over 1.21 lakh avail free consultation, medicines by Ayush at Mahakumbh	733.9M
2.	Dainik Bhaskar	200 छात्रों, शिक्षकों ने किया सूर्य नमस्कार	66.5M
3.	Dainik Bhaskar	साईखेड़ा में शिविर में 253 मरीजों की जांच की	66.5M
4.	Dainik Bhaskar	पचरुखी में बनेगा सखी वन स्टॉप सेंटर	66.5M
5.	Dainik Bhaskar	बैतूल में अनियमित कर्मचारियों का विरोध प्रदर्शन: स्थायी नियुक्ति और ग्रेच्युटी स...	66.5M
6.	Dainik Bhaskar	रहमानपुरा में निःशुल्क आयुर्वेद चिकित्सा शिविर लगा	66.5M
7.	हिन्दुस्तान(Live Hindustan)	एमआरएमसीएच में ओपीडी शिफ्टिंग का किया निरीक्षण	64.8M
8.	अमर उजाला (Amar ujala)	Hamirpur (Himachal) News: आयुष अस्पताल लंबलू में रात को नहीं मिल पा रही स्वास्थ...	63.8M
9.	अमर उजाला (Amar ujala)	सोशल मीडिया से दूरी बना लक्ष्य हासिल करने के लिए करें संघर्ष : राज कुमारी	63.8M
10.	अमर उजाला (Amar ujala)	Una: अपराजिता कार्यक्रम में विद्यार्थियों को बाल संरक्षण अधिनियम, महिला अधिकारों...	63.8M
11.	अमर उजाला (Amar ujala)	Karnal News: जूते, जींस और कोट पहन कराया सूर्य नमस्कार	63.8M
12.	Zee News Hindi	Budget 2025 Expectations: बजट में होगा सस्ते इलाज का उपाय? पिछले बजट में सस्ती ह...	31.9M
13.	Dailyhunt	Is gomutra good for health? IIT Madras director"s remark sparks big debate	18.6M
14.	Patrika	उज्जैन में बनेंगे आयुर्वेदिक कॉलेज, सीएम का ऐलान 'सरकार देगी जमीन	14M
15.	Prokerala.com	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma...	13M
16.	Jansatta	खलम क्या है? Ministry of Ayush ने बताया इस औषधीय छाछ को बनाने का तरीका	9M
17.	The Tribune India	Campus notes: Cricket tournament at GJUST	7M
18.	Firstpost	Is gomutra good for health? IIT Madras director's remark sparks big debate	6.6M
19.	PIB	Ayush at Maha Kumbh:	5.4M
20.	Daijiworld	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma...	3M
21.	The Statesman	Over 1.21 lakh avail free consultation, medicines by Ayush at Mahakumbh	1.7M
22.	Divya Himachal	तांदी में बेटी बचाओ बेटी पढ़ाओ का संदेश	553.6K
23.	Social News XYZ	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma...	415.2K
24.	Live Vns	महाकुंभ में 1.21 लाख से अधिक श्रद्धालुओं ने आयुष केन्द्रों से लिया निशुल्क परामर...	382.1K
25.	Sakshipost EN	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma...	160.8K

26.	Dainik Tribune	सूर्य नमस्कार स्वास्थ्य का सबसे अच्छा स्रोत	110.2K
27.	Dainik Tribune	पहली से दसवीं तक योग को पाठ्यक्रम में लागू करने वाला हरियाणा पहला प्रदेश : दत्ता...	110.2K
28.	Orissa Diary	Maha Kumbh 2025: Ayush Stalls Attract Over 1.21 Lakh Visitors for Free Healthca r...	100.9K
29.	United News Of India	महाकुंभ में 1.21 लाख से अधिक लोगों ने निशुल्क आयुष परामर्श और दवाइयां दी	99K
30.	United News Of India	महाकुंभ में 1.21 लाख से अधिक लोगों ने निशुल्क आयुष परामर्श और दवाइयां	99K
31.	Lokmattimes.com	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	94.3K
32.	New Kerala	Ayush OPDs Provide Free Healthcare at Mahakumbh Mela	72K
33.	Daily Chhattisgarh	आयुर्वेद महाविद्यालय में वार्षिक उत्सव "उमंग", जल्द शुरू होगा पीएचडी कोर्स	72K
34.	Punjab News Live	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	63.5K
35.	Technologyforyou.org	Ayush at Maha Kumbh:	60.2K
36.	Bhaskar Live	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	46.5K
37.	Visionnewsservice	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन शासकीय आयुर्वेद महाविद्यालय...	36.8K
38.	Ians Live	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	32.1K
39.	Tennews.in	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	9.1K
40.	Free Press Journal	'आयुष महाकुंभ'चे साक्षीदार होऊया!	N/A
41.	The Mobi World	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	N/A
42.	Hamara Mahanagar	Mahakumbh AYUSH: महाकुंभ में 1.21 लाख से अधिक लोगों ने निशुल्क आयुष परामर्श और द...	N/A
43.	The Commune	What Tamil Siddha Texts Say About Gomiyam/Gaumutra/Cow Urine?	N/A
44.	New India	महाकुंभ में 1.21 लाख से अधिक लोगों ने निशुल्क आयुष परामर्श और दवाइयां दी	N/A
45.	Shubhabori	शुभावधि	N/A
46.	Caas India	Health facilities in Mahakumbh 2025 : 1.21 लाख लोगों को लिया निःशुल्क परामर्श और...	N/A
47.	Udaipur Kiran	Jhunjhunu, August 4 (Udaipur Kiran). At Dhankhar Hospital in Jhunjhunu, Dr. Sanj ...	N/A
48.	News DNN TV	महाकुंभ में 1.21 लाख से अधिक श्रद्धालुओं ने आयुष केन्द्रों से लिया निशुल्क परामर...	N/A
49.	Tender Detail	Tender For Construction Of 4 Bedded Ayush Hospital At Ukand Virohiya In Distri c...	N/A



50.	Pioneer Newz	Is it really beneficial? – Firstpost	N/A
51.	Rk Tv News	महाकुंभ में आयुष।	N/A
52.	Awaaz Hindi	आयुष ओपीडी, क्लीनिकों ने महाकुंभ में 1.21 लाख से अधिक लोगों को मुफ्त परामर्श और ...	N/A
53.	Ddindia	Ayush clinics serve over 1.21 lakh at Mahakumbh Mela	N/A
54.	State News Service	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल बच्चों क...	N/A
55.	Ur All News	Is it really helpful? – Firstpost	N/A
56.	Newspoint	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	N/A
57.	Today India News	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	N/A
58.	Sakshi Post	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	N/A
59.	Nation Press	Free Health Services at Mahakumbh : Ayush Clinics Offer Free Healthcare to Ove r ...	N/A
60.	India Online Mart	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	N/A
61.	Thip Media	Ayush OPDs, clinics provide free consultation, medicines to over 1.21 lakh at Ma..	N/A
62.	Udaipur Kiran	यमुनानगर: सूर्य नमस्कार शारीरिक स्वास्थ्य का सबसे अच्छा स्रोत: अरोड़ा	N/A
63.	Newzfatafat	यमुनानगर: सूर्य नमस्कार शारीरिक स्वास्थ्य का सबसे अच्छा स्रोत: अरोड़ा	N/A
64.	Prithak Chhattisgarh	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
65.	Gknewslive	आयुष मंत्री ने महाकुंभ-2025 में आयुष विभाग द्वारा स्थापित शिविरों का किया स्थलीय...	N/A
66.	News Grid	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
67.	UjjawalPrabhat	इस औषधीय छाछ को पीने से दूर होगी सेहत से जुड़ी कई समस्याएं	N/A
68.	Janta Ki Jankari News	अरपोर्ट सिस्ट्रिटी ग्रुप राउंडटे आते 'प्रकृति परीक्षण' अभियान योज्थुं	N/A
69.	Babushahi Hindi	पहली से कक्षा दसवीं तक योग को पाठ्यक्रम में लागू करने वाला हरियाणा पहला प्रदेश -...	N/A
70.	Manastoday	Manas Today	N/A
71.	Arpa Samachar	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन	N/A
72.	BW Education	Amity University Hosts Global Conference On Millets: "Millet Fusion" For Sustain.. .	N/A
73.	Live Jabalpur	Vedanta"s "Swarna Prashan" healthcare initiative reaches 22,000 Odisha school c ...	N/A

74.	Khamma Ghani Rajasthan	Vedanta's "Swarna Prashan" healthcare initiative reaches 22,000 Odisha school c ...	N/A
75.	Daily aawaz	पारम्परिक वैद्यों के परम्परागत ज्ञान को सहेजने की जरूरत : मंत्री परमार	N/A
76.	Evening Times	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
77.	Evening Times	अपनी चिकित्सा पद्धति (पैथी) आयुर्वेद पर विश्वास करने की है आवश्यकता: मंत्री परमा...	N/A
78.	Real India News	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
79.	अंजनी खबर (Anjani Khabar)	अपनी चिकित्सा पद्धति (पैथी) आयुर्वेद पर विश्वास करने की है आवश्यकता: मंत्री परमा...	N/A
80.	Shree News	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
81.	Shree News	अपनी चिकित्सा पद्धति (पैथी) आयुर्वेद पर विश्वास करने की है आवश्यकता: मंत्री परमा...	N/A
82.	छत्तीसगढ़ वाच	ANNUAL FESTIVAL IN AYURVEDA COLLEGE:आयुर्वेद महाविद्यालय में वार्षिक उत्सव उ मंग ...	N/A
83.	Trc News	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
84.	Real India News	पारम्परिक वैद्यों के परम्परागत ज्ञान को सहेजने की जरूरत : मंत्री परमार	N/A
85.	Khas Khabar	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
86.	Khas Khabar	पारम्परिक वैद्यों के परम्परागत ज्ञान को सहेजने की जरूरत : मंत्री परमार	N/A
87.	Sakshi Khabar	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
88.	Sarvam News	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
89.	Delhi Bulletin	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
90.	Delhi Bulletin	पारम्परिक वैद्यों के परम्परागत ज्ञान को सहेजने की जरूरत : मंत्री परमार	N/A
91.	Kadwaghut	अपनी चिकित्सा पद्धति (पैथी) आयुर्वेद पर विश्वास करने की है आवश्यकता: मंत्री परमा...	N/A
92.	Kranti Beej	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
93.	अंजनी खबर (Anjani Khabar)	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
94.	खबर जगत	अपनी चिकित्सा पद्धति (पैथी) आयुर्वेद पर विश्वास करने की है आवश्यकता: मंत्री परमा...	N/A
95.	खबर जगत	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
96.	Mp Headline	पारम्परिक वैद्यों के परम्परागत ज्ञान को सहेजने की जरूरत : मंत्री परमार	N/A
97.	Mp Headline	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
98.	Web Akhbar	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन, कलेक्टर हुए शामिल, बच्चों ...	N/A
99.	Web Akhbar	अपनी चिकित्सा पद्धति (पैथी) आयुर्वेद पर विश्वास करने की है आवश्यकता: मंत्री परमा...	N/A
100.	न्यायधानी	आयुर्वेद महाविद्यालय में वार्षिक उत्सव उमंग का आयोजन	N/A
101.	Cbn36	आयुर्वेद महाविद्यालय के वार्षिक उत्सव उमंग में शामिल हुए कलेक्टर बढ़ाया बच्चों का...	N/A