



MINISTRY OF AYUSH COMPILED MEDIA REPORT
23 Jun, 2025 – 24 Jun, 2025

 **Total Mention 383**

 Print	Financial	Mainline	Regional	Periodical
102	2	54	46	N/A

 Online

281

 Print

No	Newspaper	Headline	Edition	Pg
1.	Mint	Hate the gym Yoga is the workout for you	Chennai + 5	14
2.	Bizz Buzz	Aayush Wellness to foray into tele-consultation	Hyderabad	8
3.	The Times of India	CORPORATE BUZZ	Delhi	10
4.	The Times of India	WII warns of salary cuts for Yoga Day absence, retracts later	Mumbai	10
5.	The Times of India	Yoga Day celebrated with a record-breaking event in Mohali	Chandigarh	3
6.	The Times of India	Yog Is The Union Underlying All Existence	Delhi	16
7.	The Times of India	WII moves to stall pay of those who skipped yoga event, later backs off	Bengaluru + 1	11
8.	Hindustan Times	International Yoga Day celebrated at DSEU Delhi	Delhi + 1	17
9.	Hindustan Times	REC Ltd commemorates International Day of Yoga	Delhi	17
10.	Hindustan Times	BSF celebrates International Day of Yoga 2025 Yoga 2025	Delhi	17
11.	Hindustan Times	HUDCO celebrates International Day of Yoga	Delhi	17
12.	Hindustan Times	BRO celebrates yoga across India's challenging terrains	Delhi	17
13.	Hindustan Times	EdCIL India Limited celebrates Yoga Day	Delhi	17
14.	Hindustan Times	NBCC celebrates Yoga Day 2025 with enthusiasm	Delhi	17
15.	Hindustan Times	BIS holds Yoga Day celebrations	Delhi	17
16.	Hindustan Times	NBCC celebrates Yoga Day 2025 with enthusiasm	Delhi	17
17.	Hindustan Times	International Yoga Day celebrated at DSEU Delhi	Noida	17
18.	Hindustan Times	International yoga day	Noida	17
19.	Hindustan Times	City girls clinch gold at NCERT National Yoga Olympiad	Chandigarh	2
20.	The Indian Express	13 held after tension in Rajasthan town over 'objectionable' Yoga Day post	Jaipur	3
21.	The Indian Express	Tension erupts over Yoga Day post, 13 held	Delhi	9
22.	The Indian Express	India receives Bloomberg Philanthropies Awards for Global Tobacco Control	Chandigarh	13
23.	Virtual Times	Hindustan International School Celebrates Yoga Day with a Salute to Operation Sindoor	Chennai	3

24.	Virtual Times	Medavakkam residents celebrate International Yoga Day at Navin's Starwood Towers	Chennai	3
25.	Virtual Times	Central Council for Research in Siddha [CCRS] conducted Mass Yoga Program Yoga Sangam at Manali	Chennai	3
26.	The New Indian Express	PRASARITA URDHVA HASTOTANASANA	Chennai	2
27.	The New Indian Express	11th International Yoga Day observed at Army Public School	Hyderabad	5
28.	The New Indian Express	Father kills medical aspirant daughter for low marks in NEET practice papers	Bengaluru	10
29.	The New Indian Express	PRASARITA URDHVA HASTOTANASANA (WIDE LEGGED PALM TREE POSE)	Bengaluru	2
30.	Yugmarg	International Yoga Day organised at G. Holy Heart Public School, Mehalkalan	Chandigarh	4
31.	Yugmarg	Yoga Day celebrated at DAV Centenary Public School	Chandigarh	4
32.	Yugmarg	Yoga Day celebrated at Modern Sandeepni School Pathankot	Chandigarh	4
33.	Yugmarg	Yoga not only relieves stress but also increases capacity: Surendra Pal Singh	Chandigarh	9
34.	Yugmarg	Yoga Session Organised for Doctors and Staff at MASSH PROLIFE Ludhiana	Chandigarh	10
35.	Yugmarg	NCC Naval Cadets celebrate International Yoga Day on banks of Ranjit Sagar Dam	Chandigarh	3
36.	The Statesman	Bank of Baroda celebrates International Day of Yoga	Kolkata	3
37.	The Statesman	International Yoga day 2025	Kolkata + 1	12
38.	The Statesman	NFL Celebrates 11 th International Yoga Day	Kolkata + 1	12
39.	The Statesman	SPMP holds yoga sangam	Kolkata	3
40.	The Statesman	Syama Prasad Mookerjee Port, Kolkata, Commemorates International Day of Yoga with Enthusiastic Parti...	Kolkata + 1	12
41.	Free Press Journal	ICAI celebrates 11th International Day of Yoga	Mumbai	16
42.	Free Press Journal	NFR celebrates 11th International Day of Yoga	Mumbai	16
43.	Free Press Journal	HUDCO celebrates 11th International Yoga Day	Mumbai	16
44.	The Pioneer	The real backbone of modelling: A yoga mat	Chandigarh + 1	7
45.	The Pioneer	SBI to deepen employees' financial understanding, to have yoga sessions	Chandigarh + 1	10

46.	Eastern Chronicle	Empowering women, nurturing children: Yoga for One Earth, One Health	Kolkata	4
47.	The Asian Age	20K TAKE PART IN YOGA SESSION OF BRAHMA KUMARIS	Delhi	2
48.	The Hindu	Tension in Pokhran over post on BJP MLA; 13 arrested	Delhi	12
49.	Millenniumpost	MPPSC hits recruitment milestone with over 3,700 appointments in 18 months	Delhi	6
50.	The Daily Guardian	From burnout to balance using Reiki for holistic self-care	Delhi	15
51.	The Daily Guardian	Nourishing the next generation	Delhi	14
52.	The Daily Guardian	REIKI ENERGY HEALING: POWERFUL HANDS-ON HEALING TECHNIQUE	Delhi	15
53.	The Daily Guardian	DIVE INTO WELLNESS: MARINE NUTRACEUTICALS FOR BETTER HEALTH	Chandigarh	16
54.	The Morning Standard	PRASARITA URDHVA HASTOTANASANA	Delhi	2
55.	Bangalore Mirror	B'luru enters World Book of Records for yoga tribute	Bengaluru	2
56.	The Tribune	Now senior citizens can apply fir special Ayushman cards	Chandigarh	2
57.	News Today	Special celebrations	Chennai	2
58.	News Today	Yoga Day fete at EIC-Chennai	Chennai	1
59.	News Today	The International Yoga Day	Chennai	1
60.	Evening Post	PNB celebrates 11th International Yoga Day focusing on global unity and environmental well-being	Jaipur	7
61.	Ee Sanje	Good health from Yoga	Bengaluru	5
62.	Ee Sanje	Yoga not only a exercise	Bengaluru	5
63.	MALAI UGAM	MEDAVAKKAM RESIDENTS CELEBRATE INTERNATIONAL YOGA DAY AT NAVIN'S STARWOOD TOWERS	Chennai	4
64.	MALAI UGAM	Hindustan International School Celebrates Yoga Day with a Salute to Operation Sindoor	Chennai	3
65.	Hello Madras	MEDAVAKKAM RESIDENTS CELEBRATE INTERNATIONAL YOGA DAY AT NAVIN'S STARWOOD TOWERS	Chennai	3
66.	Hello Madras	CENTRAL UNIVERSITY OF TAMIL NADU CELEBRATES 11TH INTERNATIONAL YOGA DAY 2025	Chennai	3

67.	Morning News	International Yoga Day celebrated at Butati Dham Temple	Jaipur	6
68.	Morning News	Yoga session organized by Manipal Hospital	Jaipur	4
69.	Virat Vaibhav	Ayush Wellness Phone par pramarsh naidanik janch kshetra mein utragi	Delhi	15
70.	Virat Vaibhav	International Yoga Day, 2025	Delhi	4
71.	Virat Vaibhav	Central Ayush Ministry ki sthaona Bharat Sarkar ka sarahniye kadam	Delhi	4
72.	Veer Arjun	International Yoga Day, 2025	Delhi	10
73.	Pioneer Hindi	Absent employee ko jari chetawani wapis li	Delhi	4
74.	Pioneer Hindi	International Yoga Day, 2025	Delhi	12
75.	Rashtriya Sahara	Arha Dhyana Yoga became the inspiration for Yoga Sangam	Jaipur	2
76.	Rashtriya Sahara	Arh dhyana yog bana yog sangam ka prerastrot	Delhi	2
77.	Rashtriya Sahara	Rog pratirodhak shamta	Delhi	12
78.	Dainik Bhaskar	Teach yoga tips to women	Jaipur	12
79.	Dainik Bhaskar	Students and teachers gave the message of 'One Earth One Health' through yoga	Jaipur	8
80.	Dainik Bhaskar	Aggarwal Vaishya Samaj Samiti organized a camp	Jaipur	6
81.	Dainik Bhaskar	Mass yoga program held in Mansarovar City Park	Jaipur	7
82.	Dainik Bhaskar	Message of VVD Yoga Mantra- Doing yoga will keep you healthy	Jaipur	6
83.	Dainik Bhaskar	Yoga camp organized at Parshuram Gyanpeeth	Jaipur	6
84.	Dainik Bhaskar	Yoga session at Manipal Hospital, 60 people attended	Jaipur	7
85.	Deshbandhu	Use turmeric to increase immunity	Delhi	10
86.	Punjab Kesari	Yug satar mein 100 logo ne hissa liya	Chandigarh	5
87.	Punjab Kesari	1200 students ne kiya yogabhyash	Chandigarh	4
88.	Punjab Kesari	Man ki shanti aur sampuran health ke labh bataye	Chandigarh	4
89.	Punjab Kesari	Yog bharatiye sanskriti aur darshan ka aadhar tatha adhyatam ka sehyogi hai	Chandigarh	2
90.	Punjab Kesari	Special session of Yoga Sangam at IIHMR	Jaipur	7
91.	Punjab Kesari	Yoga done at JK Lone Hospital	Jaipur	7

92.	Dainik Tribune	70 years se adhik aayu ke logo ke liye ayushmann vay vandana yojana lagu	Chandigarh	4
93.	Ajit	CGC jhanjhedi ne manaya yog week	Chandigarh	6
94.	Jag Bani	CM yogshala ch sarasvati group of collage ghandua de 1200 students ne kita yog	Chandigarh	4
95.	Jag Bani	Yog Divas nu samarpit vishesh session ch shikhaya yog aashana diya barikiya	Chandigarh	4
96.	Dainik Savera	Mahilao ko yog ke prati jagruk karne ke liye shivir ka aayojan	Chandigarh	6
97.	Prahar	Global online Himalayan meditation yoga in full swing	Mumbai	2
98.	Prahar	International Yoga Day 2025 celebrated with enthusiasm by MRVC	Mumbai	3
99.	Prahar	Yoga is the eternal religion and the religion of the age	Mumbai	3
100.	Loksatta	Absenteeism on Yoga Day, decision to withhold salary postponed	Mumbai	8
101.	Nav Rashtra	Yoga asanas useful for knee pain	Mumbai	4
102.	Sakal	Yoga Day celebrated with enthusiasm at SVM School	Mumbai	2

Mint • 24 Jun • Ministry of Ayush
Hate the gym Yoga is the workout for you

14 • PG

791 • Sqcm

237420 • AVE

47.5K • Cir

Top Left

Chennai • Bengaluru • Ahmedabad • Delhi • Mumbai • Chandigarh

Hate the gym? Yoga is the workout for you



BENEFITS OF A STRETCH

► Yoga has become a global phenomenon because of the multiple physical and mental benefits regular practice endows.

► One of the foremost benefits of yoga is flexibility. Practicing the different poses and flows stretches the muscles deeply and reduces any stiffness or tension.

► A yoga practice that includes *asana*, *pranayama*, a moderate diet, restful sleep and mindful meditation promotes overall well-being and can help with weight management.

► Runners and endurance athletes love yoga because it stretches over-used muscles; strength training enthusiasts love it because it improves range of motion; and those who hate gyms love it because it doesn't feel like a workout.

► Regular yoga practice can help enhance cognitive skills such as learning and memory.

leads us to live with intent," she explains.

Kashyap, too, is a proponent of Rolla's "yoga-prescribed lifestyle" but he prefers calling it "Integral yoga". It includes *asana*, *pranayama* and other cleansing techniques. Integral yoga when combined with a moderate diet can aid weight loss, says Kashyap. He agrees with Chella that yoga forms such as Vinyasa yoga, *asana* flows and *suryanamaskaras* (sun salutations) are more efficient for weight loss than static yoga *asanas* alone. But to see best results and significant change on the scales, it is best to combine yoga with other exercises and better eating habits.

A comprehensive approach to weight management requires more than just one form of exercise, insists Rolla. "The pillars of weight management are pretty straight-forward and yoga shows you the way to achieve it with mindful eating; daily exercise and movement, which helps preserve and build muscle; deep and restful sleep; keeping stress levels to a minimum; and ensuring that our hormones and our organs are in peak form," Rolla elaborates.

If you are among those who include yoga in their multi-modal weight loss regimen, you are likely to enjoy the primary benefits of yoga.

On the physical level, yoga builds strength and flexibility in equal parts in our bodies. "Flexibility is, perhaps, the foremost benefits of practicing yoga. A good yoga practice enhances flexibility by allowing your muscles to go deeper into a stretch. And with improved flexibility, you get to lead a pain-free life. Yoga also helps build tremendous strength, stamina and balance," says Rolla.

She also claims that yoga leads to your brain cells developing new connections. "Changes occur in the brain structure as well as function resulting in improved cognitive skills, such as learning and memory. Yoga strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language. Think of it as weightlifting for the brain," she says.

For more stories on health and wellness, visit livemint.com/mint-lounge.

Doing yoga regularly can improve flexibility and stamina, and it is ideal to combine it with a sport and a healthy diet for complete wellness

Shrenik Avanti
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Yoga, owing to its multiple benefits, has become mainstream all over the world: runners and endurance athletes love yoga because it gives their overused muscles a proper deep stretch; strength training enthusiasts love it because yoga can help their load-bearing muscles achieve full range of motion; hybrid athletes love it; and those who hate gyms and exercise turn to yoga because it doesn't feel like a workout and also helps them feel centred.

It has, interestingly, also become the go-to routine for an entire segment of people in their 30s and 40s who have never been enthusiastic about working out but feel pressured to do so, thanks to greater awareness about the benefits of an active life. They believe that yoga will help improve their overall well-being and help them manage stress.

Most yoga instructors and teachers are quick to dismiss the idea that yoga is a route to weight

loss. They, however, agree that it could help with weight management—or helping you stay within your current weight range.

Weight was never a concern in ancient yoga practice, says Dr Karthik Kashyap, a Bengaluru-based yoga instructor who holds a Ph.D. in yoga studies from Mangalore University. "Yoga was primarily focused on maintaining good health of the seven *dhatu*s or the seven fundamental bodily tissues. Yoga may not cause significant weight loss without dietary changes or additional exercise. It could, however, help you maintain your current weight by improving

mindfulness, reducing stress, supporting metabolism and encouraging consistent physical activity," says Kashyap.

Abhishek Sharma, a Mumbai-based celebrity yoga instructor and author of *Fitness on the Go*, is very clear that doing yoga alone does not lead to weight loss. "Yoga needs to be combined with other workouts such as cardio or playing a sport if one's primary goal is weight loss. That one will have to make changes to their diet and eat healthier and cleaner is a given," says Sharma, who admits to getting a lot of requests from people to help them lose weight.

Bengaluru-based yoga teacher Srivalli Chella concurs with Sharma. In an earlier conversation with *Mint*, Chella, founder of Samsara Yoga, had said that while it was "theoretically possible" to lose weight with yoga alone, the process

is guaranteed to be extremely slow. "Also, weight loss can be made possible only with certain forms of yoga that are cardio-intensive such as power yoga, a dynamic practice where you move through postures very quickly, and Vinyasa Yoga, a combination of dynamic and static forms where you hold *asanas* slightly longer before proceeding to the next," says Chella, adding that if weight loss is the primary goal, it is best to add other forms of exercises to your routine as well as focus on eating better.

Concurrently, there are some who believe that yoga can contribute to weight loss. Divya

Rolla, a yoga expert at Cult Fit, is one of them. She says a well-rounded yoga practice can lead to weight loss but there is a caveat. "Leading a yoga-prescribed lifestyle in its entirety is what will help you with sus-

tained weight loss." According to Rolla, a yoga-prescribed lifestyle encompasses physical, mental, and spiritual practices to promote the overall well-being of a person.

Most people view yoga only as the physical *asana* practice, which is just a small part of the complete yoga system, she says.

"Physical practices of a yoga-prescribed lifestyle include doing *asanas* and *pranayama* (breath control) regularly. *Pranayama* regulates breathing and calms the mind. Mental and emotional practices include meditation, mindfulness, self-reflection and introspection. A regular examination of thoughts, emotions, and actions

Yoga is not just a physical practice. It's a holistic lifestyle that combines mental and spiritual practices, too

Bizz Buzz • 24 Jun • Ministry of Ayush
Aayush Wellness to foray into tele-consultation

8 • PG

81 • Sqcm

8104 • AVE

N/A • Cir

Middle Center

Hyderabad

Aayush Wellness to foray into tele-consultation

NEW DELHI

HEALTHCARE company Aayush Wellness Ltd has announced its foray into tele-consultation and diagnostic testing segments to tap the growing demand for door-step healthcare solutions, according to a statement.

These services will be offered through a website and a mobile app specifically designed to make essential health services more accessible and affordable, especially for families and working individuals who want straightforward healthcare from home, Aayush Wellness said in the statement.

The diagnostics market in India is currently valued at

Rs 1.11 lakh crore, growing at a CAGR of 14 per cent, with home sample collection projected to contribute nearly 25-30 per cent of this share in the coming year, the company stated.

"By combining user-friendly digital interfaces with on-ground services, the company aims to capture this high-growth segment," Aayush Wellness Managing Director Naveena Kumar said.

The company will offer a wide range of lab tests, including blood work, health panels, and preventive screenings, under the diagnostic segment with home sample collection and teleconsultation facilities.

The Times of India • 24 Jun • Ministry of Ayush

CORPORATE BUZZ

10 • PG

1096 • Sqcm

4515660 • AVE

2.78M • Cir

Bottom Left

Delhi

CORPORATE BUZZ

www.toi.in/psu

DFCCIL organises Global Heavy Haul Seminar 2025

Dedicated Freight Corridor Corporation of India Limited (DFCCIL) organised Global Heavy Haul Seminar 2025 on June 20-21, 2025, at Bharat Mandapam, New Delhi. Bringing together leading minds and organisations from across the globe, the seminar was themed 'Beyond Construction: Sustaining Heavy Haul Networks with Predictive Maintenance', with a strategic focus on shifting the narrative from building infrastructure to maintaining and



optimising it for long-term performance and sustainability. The seminar was inaugurated by Praveen Kumar, Managing Director, DFCCIL. A technical compendium encapsulating the key themes, technical insights, and international perspectives was unveiled during the inaugural session. The two-day event featured five technical sessions and one panel discussion, with participation from global experts, research institutions, and major technology providers in the heavy haul and railway infrastructure sectors. The event concluded with a delegation visit to the DFCCIL corporate office and the Heavy Haul Institute (HHI), Noida, for a technical seminar on Rail-Wheel Interaction.

REC Limited wins Rajbhasha Deepthi Award

REC Limited has been awarded Rajbhasha Deepthi Shield Award for its work in the field of official language in all the offices and undertakings under the Ministry of Power. The award was given in the meeting of the Hindi Advisory Committee of the Ministry of Power, Government of India, held in New Delhi. This award was received by REC CMD Jitendra



Srivastava, and Executive Director (Official Language) RP Vaishnav from the Minister of Power and Housing and Urban Affairs, Manohar Lal. This award has been given to REC for the excellent implementation of the Official Language Policy of the government in 2023-24. On this occasion, Minister of State for Power, Shripad Yesso Naik; Secretary of the Ministry of Power, Pankaj Agarwal, and heads and

representatives of all offices under the ministry members of the Hindi Advisory Committee of the ministry and other dignitaries were present. The minister also released REC's Hindi magazine Urjaayan.

Family of deceased NR employee gets Rs 1 Cr

Northern Railway under the leadership of General Manager Ashok Kumar Verma, had approved a special salary package scheme in January 2025 to provide special security cover to its railway employees, under which financial assistance can be provided to the family members in case of accidental death of the employee. Under this special salary package, the GM handed over a



cheque of Rs 1 crore to the family of a deceased railway employee, Sushil Lal, a loco pilot working in Moradabad Division of Northern Railway who passed away on March 11, 2025, in an accident. The family was provided a cheque of Rs 1 crore as accident insurance amount in addition to the settlement payment, ex-gratia amount by the personnel department of the Railways. Senior officials of Northern Railway were present on this occasion, who expressed their condolences to the bereaved family.

ET Govt PSU Leadership and Excellence Award 2025

Agriculture Insurance Company of India Ltd. (AIC) has been conferred with the prestigious ET Government PSU Leadership and Excellence Award 2025 under the category of Operational Excellence. The recognition was presented during the 7th PSU Summit & Awards Ceremony held on June 19, 2025, in New Delhi. AIC received this award for its pioneering digital initiative 'SARUS', a transformative mobile application designed to overcome longstanding challenges in insurance enrolment in rural India. Insurance penetration in rural and remote areas has traditionally been hampered by several issues, including manual data entry, duplicate enrolments, inadequate beneficiary and livestock verification mechanisms, and high fraud risk.



To address these challenges, AIC developed SARUS—a centralised, mobile-based digital solution aimed at streamlining the enrolment process for agriculture, livestock, and fisheries insurance. By leveraging cutting-edge technology, SARUS enhances transparency, reduces fraud, and improves access to insurance in underserved regions, thereby contributing to financial inclusion and rural resilience.

International Day of Yoga 2025 celebrated

EdCIL: EdCIL India Limited celebrated 11th International Day of Yoga (IDY) on June 21 in Rishikesh. The event was attended by Govind Jaiswal, IAS, Joint Secretary of MoE, and Chairman & Managing Director, EdCIL, along with board members and senior officials of EdCIL. The event was also organised in KVS Rishikesh along with students from KVS and EdCIL officials. The event aimed to promote



human well-being, aligning with the theme of IDY 2025, 'Yoga for One Earth, One Health', underlining the interdependence between human well-being, vasudeiva kudumbakam and the planet. Following the yoga session, EdCIL organised a plantation drive at Kendriya Vidyalaya, Rishikesh. EdCIL CMD emphasised the significance of yoga and wellness in daily life.

I R E D A : Indian Renewable Energy Development Agency Ltd. (IREDA) actively participated in the celebration of the 11th International Day of Yoga at Sunder Nursery, New Delhi. The event, organised in collaboration with MNRE, Ministry of Consumer Affairs, Food and Public Distribution, and other CPSEs and departments, was observed with this year's global theme 'Yoga for One Earth, One Health'. The event was graced by Santosh Kumar Sarangi, Secretary, Ministry of New & Renewable Energy; Nidhi Khare, Secretary, Department of Consumer Affairs; and Sanjeev Chopra, Secretary, Department of Food and Public Distribution, and other senior officials. A large number of senior officials and employees from participating ministries and CPSEs took part in the yoga session. Pradip Kumar Das, Chairman & Managing Director, IREDA, along with Dr. Bijay Kumar Mohanty, Director (Finance), IREDA, actively participated in the event.



NIOS: The National Institute of Open Schooling (NIOS) hosted a grand celebration for International Yoga Day (IDY) 2025, at its headquarters in Sector 62, Noida. The event aimed to promote physical and mental well-being and reaffirm commitment to a healthy lifestyle. The programme commenced with the lighting of the lamp and Saraswati Poojan, followed by the felicitation of guests and dignitaries. Dr. T.N. Giri, Director (Vocational Education), NIOS, delivered the welcome address and opening remarks. Professor Pankaj Arora, Chairperson, NIOS, also addressed the gathering through a recorded message and shared his thoughts on IDY. A significant highlight of the programme was the release of the English course material for the Diploma in Naturopathy & Yogic Science (DNYS) programme.



Delhi, in association with Bhartiya Yog Sansthan. Senior officials and employees participated enthusiastically, performing various yogasanas and breathing exercises that promote physical and mental well-being. In addition, NBCC organised a Yoga Mahakumbh from June 18 to 21, 2025, at East Kidwai Nagar, reaffirming its commitment to wellness, sustainability and inner harmony. The four-day event focused on holistic well-being and featured enriching yoga sessions, an insightful diet and nutrition session by experts and a free consultation and treatment camp.

DSEU: Delhi Skill and Entrepreneurship University (DSEU), Dwarka, Delhi, celebrated International Yoga Day with enthusiasm. The event was jointly organised by the Directorate of Student Welfare, DSEU, and DSEU Dwarka Campus, in collaboration with Nehru Yuva Kendra, Ministry of Youth Affairs, Govt. of India, and Chetak Foundation. The programme featured Yoga Guru Poonam Yadav and her team, who successfully conducted various yoga asanas for the participants. Dr. Pankaj Lathar,



Controller of Exams, DSEU, and Campus Director, DSEU Dwarka Campus, highlighted the importance of yoga in daily life, emphasizing its benefits for physical and mental well-being. Maj. S.M. Parashar, Director, Students Welfare, DSEU, welcomed the yoga guru with a planter and shawl, while Emeritus Prof. N.L. Singh presented them with DSEU diaries as a token of gratitude.

NHB: National Housing Bank celebrated the 11th International Yoga Day in New Delhi, reflecting its strong commitment to employee wellness and holistic health. The event commenced with a guided yoga and meditation session led by a certified yoga instructor and saw enthusiastic participation from employees across departments. Regional offices of the bank located across the state capitals organised yoga camp. NHB continues to integrate wellness into its culture, recognising that investing in employee health leads to greater engagement, resilience, and overall organisational growth.

HUDCO: Housing and Urban Development Corporation Ltd. (HUDCO) marked International Day of Yoga 2025, reflecting the theme of 'Yoga for One Earth, One Health'. In line with the Government of India's initiative to promote yoga practices, HUDCO organised a yoga session in Delhi wherein the entire HUDCO family came together to embrace this ancient discipline and performed various asanas, pranayama, and meditation practices. They were encouraged to adopt yoga as a daily practice for improved mental and physical health. Moreover, yoga sessions were organised across India at its various regional offices. With its continued commitment to employee wellness and nation-building, HUDCO remains aligned with the need for a fit and healthy India.

NBCC: NBCC (India) Ltd. celebrated the day with great zeal by organising a dedicated yoga session at its corporate office in New

Appointment



SP Mohanty, MD-HURL, elected Co-Chairman of FAI: Dr. Siba Prasad Mohanty, Managing Director, Hindustan Urvarak & Rasayan Limited (HURL), has been elected as Co-Chairman of the Fertiliser

Association of India (FAI). This appointment

reflects Dr. Mohanty's continued leadership in promoting sustainable agriculture and innovation in the fertiliser sector. His election to this key role marks a significant step towards deeper collaboration and strategic growth within the industry. As Co-Chairman, Dr. Mohanty will work alongside FAI member companies to advance the mission of balanced fertiliser use, policy advocacy, and food security for the nation.

The Times of India • 24 Jun • Ministry of Ayush
WII warns of salary cuts for Yoga Day absence, retracts later

10 • PG

85 • Sqcm

481333 • AVE

2.74M • Cir

Middle Right

Mumbai

WII warns of salary cuts for Yoga Day absence, retracts later

Shivani.Azad
@timesofindia.com

Dehradun: Wildlife Institute of India (WII) on Monday issued an internal communication warning staff of possible salary deductions for failing to attend the International Yoga Day event without prior notice—but later retracted the directive.

The notice, citing “poor attendance” despite repeated reminders, said employees and researchers who skipped the event without approved leave would need to submit a written explanation to their reporting managers or risk having their June salaries withheld. However, within hours, the notice was withdrawn.

TOI accessed the email, titled “Explanation for Absence on International Yoga Day Celebrations 2025,” which read: “...all those who were absent on the International Day of Yoga without prior intimation are required to submit a written explanation for their absence...The finance officer is requested to withhold the release of the June 2025 monthly salary until the attendance record, tour details, or valid written explanation is received and verified.”

WII Director Virendra Tiwari told TOI, “No such action is being planned. It appears that some administrative staff, perhaps out of over-enthusiasm, went overboard with the directive.”

The Times of India • 24 Jun • Ministry of Ayush
Yoga Day celebrated with a record-breaking event in Mohali

3 • PG

554 • Sqcm

268495 • AVE

345.95K • Cir

Bottom Left

Chandigarh



Health & Harmony

SPOTLIGHT

Yoga Day celebrated with a record-breaking event in Mohali

In a remarkable feat, 3,003 participants took part in a special yoga day event organised in Mohali by Dr. B.R. Ambedkar State Institute of Medical Sciences, in collaboration with 'CM di Yogshala', Markfed, and The Times of India as media partner



Resp.Chandigarh@timesofindia.com

The 11th International Day of Yoga was celebrated across Punjab on June 21 with great enthusiasm and mass participation. Leading from the front, Mohali played host to a historic yoga day event that not only promoted holistic health but also set a new benchmark in the Asia Book of Records.

In a remarkable feat, Dr. B.R. Ambedkar State Institute of Medical Sciences (AIMS), Mohali, in association with 'CM di Yogshala' (an initiative of the Govt of Punjab), and with support from Markfed, organised the largest yoga session by healthcare professionals. The event was supported by the Punjab Nursing Council and nursing colleges of the Tricity and The Times of India as media partner.

The event, held at Shaheed Major Harminder Pal Singh Government College, Phase 6, Mohali, brought together 3,003 participants, including MBBS and nursing students, doctors, paramedics, and other healthcare workers.

The synchronised one-hour yoga session, conducted from 6 am to 7 am, was part of the national initiative 'Yoga Sangam' led by the Ministry of AYUSH. The record-breaking event was inaugurated by key dignitaries



Mittal, DC, Mohali, congratulated AIMS and all the healthcare professionals for setting the new record of 3003 HCPs practicing yoga simultaneously on IDY 2025. She emphasised that 'CM di Yogshala' is focusing on a better life for each one in their everyday lives.

"In today's fast-paced and stress-ridden world, yoga offers an anchor of balance. It is a time-tested practice that integrates the mind, body, and soul, improving immunity, reducing anxiety, and enhancing overall well-being," said Jasleen Kaur, AMD, Markfed.

The event reflected the powerful role yoga can play in promoting physical, mental, and emotional well-being. Amresh Kumar Jha and Kamlesh Mishra, consultant yoga trainers from CM di Yogshala, added: "Yoga builds resilience and mental clarity—vital attributes for healthcare providers. We are proud to be associated with this event."

The achievement was officially certified by Dr. Sachin Khullar, adjudicator from the Asia Book of Records, who presented the certificate and lauded AIMS Mohali's commitment to wellness. "This record is a shining example of how healthcare institutions can drive a culture of well-being when guided by vision and collaboration," remarked Dr. Sachin Khullar during the felicitation.

This record-breaking event in Mohali not only highlighted the importance of yoga but also inspired countless individuals to begin or deepen their personal practice. "Incorporating yoga into daily life has become more important than ever. For healthcare professionals in particular, it can be a powerful tool to manage stress and enhance focus and stamina," said one of the participants present at the venue.

including Kumar Rahul, principal secretary, Health & Medical Education, Punjab; Komal Mittal, deputy commissioner, Mohali; Dr. Bhavneet Bharti, director principal, AIMS; and Sanjeev Sood, vice chancellor of Guru Ravidas Ayurveda University.

Kumar Rahul, while congratulating AIMS Mohali for this remarkable effort and its success, said, "Yoga is important for maintaining balance and holistic well-being."

As participants performed various yoga asanas and breathing exercises in unison, the atmosphere was one of harmony, discipline, and energy. "This milestone goes beyond setting records—it signifies the dedication to holistic health by integrating wellness practices like yoga into medical education and healthcare delivery. We are grateful for the overwhelming support from 'CM di Yogshala', the Punjab Nursing Council, region's nursing institutions, and our media partner, The Times of India," said Dr. Bhavneet Bhatti.

The event was more than a celebration—it was an awakening, Komal

The Times of India • 24 Jun • Ministry of Ayush
Yog Is The Union Underlying All Existence

16 • PG

282 • Sqcm

1162906 • AVE

2.78M • Cir

Bottom Center

Delhi

Yog Is The Union Underlying All Existence

Anandmurti Gurumaa

For countless ages, rishis have shared their profound experiences of higher planes of existence, elaborating on philosophies of yog for humanity's benefit. Yet, with time, these teachings were buried and forgotten. It is in such times of collective forgetfulness that a revival becomes necessary: Sage Patanjali's compilation of Vedic aphorisms into a structured, succinct text was one such renaissance, crafted for the welfare of spiritual aspirants. His work was not an invention but a reorganisation of scattered wisdom into an accessible form. Expounded by Sage Kapila, Sankhya philosophy originated as a discourse delivered to his mother, Devahuti. This exchange is unique – a son guiding his mother towards liberation.

The origins of yog, however, precede even Sankhya. They are said to lie in

Hiranyagarbha, the golden womb from which the universe itself emerges. Just as a child is conceived in the union of sperm and ovum, creation stems from the alliance of Ishwar and Prakriti. Sankhya philosophy elucidates this process: from Prakriti arise ahankara, maha tattva, the panchtanmatra, and the panchbhuta. Through a divine engineering process, subtle elements multiply, transforming into the tangible world we perceive.

Prakriti, the master designer, orchestrates this flawless process. When anomalies occur, the fault lies not with Prakriti but with external factors like genetic defects or the mother's stress. Similarly, the universe's vastness, teeming with life and matter, arises from prakriti's transformation. From subatomic particles to galaxies, everything originates from this cosmic

interplay. All forms return to their subtle states when destruction occurs, and the cycle begins anew. This creation, dissolution, and recreation are a continuous stream, a beginningless flow.

The lineage of knowledge, too, flows unbroken. Krishn speaks of passing wisdom to Surya, who transmitted it to Manu, ensuring the continuity of yogic knowledge. But who was the original teacher? It was Ishwar, the first expounder of yog, initiating a lineage that has endured through the ages. Sankhya, Vedanta, and Yog are deeply interconnected.

The tangible world comprises the five objects of senses – sound, touch, form, taste, and smell. These derive from the panchtanmatra, the subtle elements. From these emerge the panchbhuta, the five gross elements – earth, water, fire, air, and space. Our

bodies, too, are formed from these elements, housing cognitive and motor senses to interact with the world. Yet the body, though a marvel of prakriti, is inert. The antahkaran – the mind, intellect, chitta, and ego – animates it.

Each unit of the antahkaran plays a role. The mind generates thoughts, intellect decides, chitt stores memories, and ego asserts individuality. However, when the ego dissolves and the sense of 'i' and 'mine' vanishes, true freedom from maya is attained. Prakriti operates through three gunas – sattva, rajas, and tamas. These qualities shape everything, from the body to the mind. This interplay of gunas sustains the cycle of creation and dissolution.

Yog, in essence, is the union underlying all existence. It is the alliance of Prakriti and Ishwar, the synthesis of the tangible and intangible, merging of individual self with the universal consciousness.



THE SPEAKING TREE

The Times of India • 24 Jun • Ministry of Ayush

WII moves to stall pay of those who skipped yoga event, later backs off

11 • PG

130 • Sqcm

480889 • AVE

1.78M • Cir

Middle Right

Bengaluru • Delhi

WII moves to stall pay of those who skipped yoga event, later backs off

Shivani Azad | TNN

Dehradun: The Wildlife Institute of India (WII) Monday issued an internal communication warning staff of possible salary deductions for failing to attend the International Yoga Day event on June 21 without prior notice — but later retracted the directive.

The notice, citing “poor attendance” despite repeated reminders, said employees and researchers who skipped the Yoga Day event without approved leave would need to submit a written explanation to their reporting managers or risk having their June salaries withheld. However, within hours, the notice was withdrawn.

TOI accessed the email, titled “Explanation for Ab-

sence on International Yoga Day Celebrations 2025,” which read: “Please note that while WII ensures the timely disbursement of monthly salaries/emoluments to over 600 employees (including researchers), about 75 individuals participated in this important national event. In view of the above, all those who

DIRECTIVE U-TURN

were absent on the International Day of Yoga without prior intimation are required to submit a written explanation for their absence... The finance officer is requested to withhold the release of the June 2025 salary until the attendance record, tour details, or valid written explanation is received and verified.”

WII Director Virendra Tiwari later told TOI, “No such action is being planned. It appears that some administrative staff, perhaps out of over-enthusiasm, went overboard with the directive.”

According to researchers at the institute, many staff members skipped the event, knowing that International Day of Yoga was not a mandatory observance under the ministry of environment, Forest & Climate Change (MoEF&CC). WII, however, had marked the event — with activities like yoga sessions, plantation drives, cleanliness campaigns, and refreshments — as compulsory.

The Dehradun-based WII, an autonomous body under MoEF&CC, has been organising Yoga Day events annually

Hindustan Times • 24 Jun • Ministry of Ayush
International Yoga Day celebrated at DSEU Delhi

17 • PG

28 • Sqcm

165818 • AVE

3.43M • Cir

Middle Center

Delhi • Gurugram

**International Yoga Day
celebrated at DSEU Delhi**



Delhi Skill and Entrepreneurship University celebrated Yoga Day with large participation. The event was jointly organised by the Directorate of Student Welfare, DSEU, and DSEU Dwarka Campus, in collaboration with Nehru Yuva Kendra, Ministry of Youth Affairs and Chetak Foundation.

Hindustan Times • 24 Jun • Ministry of Ayush
REC Ltd commemorates International Day of Yoga

17 • PG

28 • Sqcm

165001 • AVE

3.43M • Cir

Bottom Center

Delhi

**REC Ltd commemorates
International Day of Yoga**



REC Limited marked the International Day of Yoga 2025 at its Corporate Office in Gurugram and across its Regional Offices. The celebrations commenced with an early morning yoga session at the Corporate Office, led by professionals from the Morarji Desai National Institute of Yoga.

Hindustan Times • 24 Jun • Ministry of Ayush
BSF celebrates International Day of Yoga 2025 Yoga 2025

17 • PG

22 • Sqcm

131584 • AVE

3.43M • Cir

Top Left

Delhi

**BSF celebrates International Day of
Yoga 2025**

On the occasion of 11th International Day of Yoga, BSF organised a mega Yoga Sangam Program as per the Common Yoga Protocol at BSF facility, Nizamuddin. Daljit Singh Chawdhary, DG, BSF attended the event as chief guest and participated in the session along with troops and their families. More than 400 bordermen along with family members, led by DG BSF participated in the morning Yoga Sangam Program, organised in accordance with this year's theme.

Hindustan Times • 24 Jun • Ministry of Ayush
HUDCO celebrates International Day of Yoga

17 • PG

28 • Sqcm

165989 • AVE

3.43M • Cir

Middle Left

Delhi

**HUDCO celebrates
International Day of Yoga**



Housing and Urban Development Corporation Ltd marked the 11th International Day of Yoga 2025 reflecting the theme of “Yoga for One Earth, One Health”. In line with the Government of India’s initiative to promote yoga practices, HUDCO organised a yoga session in Delhi.

Hindustan Times • 24 Jun • Ministry of Ayush
BRO celebrates yoga across India's challenging terrains

17 • PG

55 • Sqcm

327135 • AVE

3.43M • Cir

Top Right

Delhi

BRO celebrates yoga across India's challenging terrains



On the occasion of Yoga Day, BRO personnel, families, and children came together to perform yoga across some of India's most remote and challenging terrains-

from the snow-covered passes and the banks of Pangong Tso to the deserts and plains. These inspiring moments were proudly shared on the #NamasteYoga app.

Hindustan Times • 24 Jun • Ministry of Ayush
EdCIL India Limited celebrates Yoga Day

17 • PG

28 • Sqcm

166293 • AVE

3.43M • Cir

Bottom Right

Delhi

**EdCIL India Limited
celebrates Yoga Day**



EdCIL India Limited celebrated 11th International Day of Yoga in Rishikesh, a city renowned for its spiritual and cultural significance. The event was attended by Govind Jaiswal, IAS, Joint Secretary of MoE and CMD, EdCIL along with Board Members & senior officials of EdCIL.

Hindustan Times • 24 Jun • Ministry of Ayush
NBCC celebrates Yoga Day 2025 with enthusiasm

17 • PG

27 • Sqcm

161434 • AVE

3.43M • Cir

Middle Right

Delhi

**NBCC celebrates Yoga Day
2025 with enthusiasm**

On the occasion of the 11th International Day of Yoga, NBCC (India) Ltd celebrated the day with great zeal by organising a dedicated yoga session at its Corporate Office in New Delhi in association with Bhartiya Yog Sansthan. Senior officials and employees participated enthusiastically, performing various yogasanas and breathing exercises that promote physical and mental well-being. In addition to this, NBCC organised a Yoga Mahakumbh from June 18-21 at East Kidwai Nagar, reaffirming its commitment to wellness.

Hindustan Times • 24 Jun • Ministry of Ayush
BIS holds Yoga Day celebrations

17 • PG

29 • Sqcm

173580 • AVE

3.43M • Cir

Middle Center

Delhi

**BIS holds Yoga Day
celebrations**



The Faridabad Branch Office of the Bureau of Indian Standards organised a special program on the occasion of International Yoga Day. On this occasion, Satpal Yogacharya from Shiv Khand Yog shared insights on the importance and benefits of yoga and conducted a yoga session.

Hindustan Times • 24 Jun • Ministry of Ayush
NBCC celebrates Yoga Day 2025 with enthusiasm

17 • PG

28 • Sqcm

168201 • AVE

3.43M • Cir

Bottom Left

Delhi

**NBCC celebrates Yoga Day
2025 with enthusiasm**

On the occasion of the 11th International Day of Yoga, NBCC (India) Ltd celebrated the day with great zeal by organising a dedicated yoga session at its Corporate Office in New Delhi in association with Bhartiya Yog Sansthan. Senior officials and employees participated enthusiastically, performing various yogasanas and breathing exercises that promote physical and mental well-being. In addition to this, NBCC organised a Yoga Mahakumbh from June 18-21 at East Kidwai Nagar, reaffirming its commitment to wellness.

Hindustan Times • 24 Jun • Ministry of Ayush
International Yoga Day celebrated at DSEU Delhi

17 • PG

28 • Sqcm

13305 • AVE

4.88M • Cir

Middle Center

Noida

**International Yoga Day
celebrated at DSEU Delhi**



Delhi Skill and Entrepreneurship University celebrated Yoga Day with large participation. The event was jointly organised by the Directorate of Student Welfare, DSEU, and DSEU Dwarka Campus, in collaboration with Nehru Yuva Kendra, Ministry of Youth Affairs and Chetak Foundation.

Hindustan Times • 24 Jun • Ministry of Ayush International yoga day

17 • PG

332 • Sqcm

157663 • AVE

4.88M • Cir

Bottom Right

Noida



■ Bharat Petroleum Corporation announced its collaboration with India's first pan-disability cricket team as they prepare to embark on a landmark tour to England. This marks a significant step towards fostering inclusivity and diversity.



■ RailTel observed the International Day of Yoga on June 21. A yoga session was organised at the Corporate Office, with participation from Sanjai Kumar, CMD, along with other officers and staff members.



■ The National Green Tribunal commemorated the International Day of Yoga 2025 with a special yoga session organised at its Principal Bench in New Delhi. The event was led by Justice Prakash Shrivastava, Chairperson, NGT.



■ Agriculture Insurance Company of India Ltd was conferred with the prestigious ET Government PSU Leadership and Excellence Award 2025 under the category of Operational Excellence.



■ IREDA actively participated in the celebration of the 11th International Day of Yoga at Sunder Nursery, New Delhi. The event was graced by Santosh Kumar Sarangi, Secretary, Ministry of New & Renewable Energy.



■ In a resounding display of unity and commitment to wellness, the Indian Coast Guard celebrated International Day of Yoga on June 21, through its flagship event "Yoga Sangam" on the theme "Yoga for One Earth, One Health".



■ Agriculture Insurance Company of India Ltd, the leading implementing agency of Pradhan Mantri Fasal Bima Yojana (PMFBY) recently launched its new product "Aqua-culture Insurance".



■ On June 18, the Delhi Branch Office-II of the Bureau of Indian Standards (BIS) successfully conducted a search and seizure operation at the premises of M/s SR E-Commerce Factory Private Limited in Daryaganj, New Delhi.



■ On the 11th International Yoga Day, all units of SSB organised yoga programmes in their respective areas on the theme "Yoga for One Earth, One Health". Amrit Mohan Prasad, DG, SSB participated in the Yoga Seminar.



■ Engineers India Limited celebrated the International Day of Yoga on June 21 at its various establishments. CMD EIL, Varitika Shukla and functional directors along with officials and employees took part in the Yoga Session.

Hindustan Times • 24 Jun • Ministry of Ayush
City girls clinch gold at NCERT National Yoga Olympiad

2 • PG

26 • Sqcm

40866 • AVE

267.13K • Cir

Middle Right

Chandigarh

**City girls clinch gold
at NCERT National
Yoga Olympiad**

CHANDIGARH: The Council for the Indian School Certificate Examinations' (CISCE) girl team emerged victorious, securing the gold medal in the Secondary Stage Girls' Category (14-17 years) at the NCERT National Yoga Olympiad 2025, held at Vivekananda Kendra, Tamil Nadu. The four-member team comprised two girls from St Stephens School in Sector 45, including Manya Sharma and Namya Sharma. The school congratulated the participants.

The Indian Express • 24 Jun • Ministry of Ayush

13 held after tension in Rajasthan town over 'objectionable' Yoga Day post

3 • PG

286 • Sqcm

105963 • AVE

125K • Cir

Top Center

Jaipur

13 held after tension in Rajasthan town over 'objectionable' Yoga Day post

**EXPRESS NEWS
SERVICE**

JAIPUR, JUNE 23

THE JAISALMER District Police Monday arrested 13 people after tensions erupted over alleged objectionable post on the photos of Pokaran MLA Mahant Pratap Puri during an International Yoga Day event.

The police said they have arrested the main accused, who has been identified as Rafiq Khan from Gomat village in Jaisalmer, for allegedly posting objectionable comments on Facebook that sparked public outrage.

On June 22, Fateh Singh Chowk from MLA Mahant Pratap Puri's office lodged a complaint with the Pokaran police station, alleging that derogatory remarks were posted on Facebook and made in WhatsApp groups regarding the MLA's pictures during the yoga day event, which have "deeply hurt the religious sentiments of followers".

After the arrest of Rafiq Khan on Sunday, tensions escalated late at night when advocate Firoz Khan, who is the husband of the sarpanch of Gomat village, reportedly arrived outside the police station, shared images on a WhatsApp group, and allegedly called on people to surround the police station.

The police said that around 50 to 60 people responded and gathered at the police station's main gate, demanding that

Rafiq be released.

Jaisalmer Superintendent of Police Sudhir Chaudhary said, "Firoz Khan misled people and incited them to gather at the police station."

Despite efforts to reason with the crowd, the police said that the situation took a violent turn when they began pelting stones. The police then took steps to disperse them. Chaudhary later arrived at the scene to assess the situation and directed that appropriate legal measures be taken.

"Firoz Khan has been arrested along with five of his associates for obstructing government work and creating unrest," SP Chaudhary said.

The arrested have been identified as Firoz Khan, Umardin, Salim Khan, Mohammad Khan, Qayamdin and Ilyas Khan, he said. Seven other persons have also been arrested for breach of peace, taking the total number of arrests to 13, he added. "The situation is now completely under control," said Chaudhary.

The other suspects have been identified and teams are conducting searches to arrest them, police said.

The police have emphasized a zero-tolerance policy towards any act, which disturbs communal harmony or public peace. Chaudhary also appealed to the public to refrain from sharing or reacting to objectionable content on social media.

The Indian Express • 24 Jun • Ministry of Ayush
Tension erupts over Yoga Day post, 13 held

9 • PG

41 • Sqcm

68016 • AVE

388.5K • Cir

Middle Left

Delhi

RAJASTHAN

**Tension erupts
over Yoga Day
post, 13 held**

Jaipur: The Jaisalmer police Monday arrested 13 people after tensions erupted over an alleged objectionable post on the photos of Pokaran MLA Mahant Pratap Puri during an International Yoga Day event. The main accused, identified as Rafiq Khan from Gomat village in Jaisalmer, has been arrested for allegedly posting objectionable comments on Facebook. On June 22, Fateh Singh Chowk from MLA Mahant Pratap Puri's office filed a complaint with the Pokaran police station, alleging that derogatory remarks were posted on Facebook and made in WhatsApp groups regarding the MLA's pictures during the yoga day event, which have "deeply hurt the religious sentiments of followers". **ENS**

The Indian Express • 24 Jun • Ministry of Ayush

India receives Bloomberg Philanthropies Awards for Global Tobacco Control

13 • PG

110 • Sqcm

97555 • AVE

175.5K • Cir

Middle Left

Chandigarh

India receives Bloomberg Philanthropies Awards for Global Tobacco Control

**ANURADHA
MASCARENHAS**
DUBLIN, JUNE 23

INDIA IS among the six countries that received 2025 Bloomberg Philanthropies Awards for Global Tobacco Control for prioritizing tobacco cessation approaches to reach a significant number of tobacco users in the country.

The National Tobacco Control Cell of Ministry of Health and Family Welfare, Government of India, was presented with the award at the World Conference on Tobacco Control held in Dublin, Ireland, on Monday.

India was presented the 'O' category award for promoting tobacco cessation. The 'O' is the MPOWER policy package of the WHO that stands for 'Offer help to quit tobacco use'.

Among the other countries that received the award were Mauritius, Mexico, Montenegro, Philippines and Ukraine.

The WHO Global Tobacco

Epidemic 2025 report, developed with support from Bloomberg Philanthropies, was also launched on the occasion.

"India has been making consistent efforts to help people quit tobacco through the National Tobacco Control Programme (NTCP). This includes the establishment of tobacco cessation clinics in various locations (including dental and medical facilities), screening and intervention in primary care at the Ayushman Arogya Mandirs, establishing Cessation and National Tobacco Quitlines, integrating the NTCP with existing health services and national programmes, enacting legislation, providing training and awareness to healthcare providers, as well as public awareness campaigns," Dr Pratima Murthy, Director and senior prof of Psychiatry at NIMHANS, who received the award on behalf of the Health Ministry, told *The Indian Express*.

(The reporter is in Dublin on the invitation of Vital Strategies)

Virtual Times • 24 Jun • Ministry of Ayush

Hindustan International School Celebrates Yoga Day with a Salute to Operation Sindoor

3 • PG

182 • Sqcm

18183 • AVE

375K • Cir

Top Right

Chennai

Hindustan International School Celebrates Yoga Day with a Salute to Operation Sindoor



Chennai, June 23, 2025: Hindustan International School, Padur observed International Yoga Day with a heartfelt homage to the Indian Army under the theme “Operation Sindoor—A Tribute to the Indian Army.” The celebration was held on campus with great enthusiasm, discipline, and emotional resonance, honouring the bravery and sacrifice of India’s armed forces. The highlight of the

event was a large-scale student formation spelling out “Operation Sindoor HISP-25,” symbolising unity, respect, and national pride. Meticulously executed by students from the Physical Education Department, student council members and volunteers, the formation stood as a powerful expression of collective purpose and gratitude towards the Indian Army.

Dr. Anand Jacob Ver-

ghese, Chairman, Hindustan Group of Institutions, stated: “International Yoga Day is a reminder of the balance and discipline we all need in life—qualities that are also at the core of our armed forces. Today, we not only celebrate health and well-being but also honour the bravery of those who serve the nation. This is a day to reflect on the peace we enjoy and the sacrifices that make it possible.”

Virtual Times • 24 Jun • Ministry of Ayush

Medavakkam residents celebrate International Yoga Day at Navin's Starwood Towers

3 • PG

151 • Sqcm

15092 • AVE

375K • Cir

Top Right

Chennai

Medavakkam residents celebrate International Yoga Day at Navin's Starwood Towers

Chennai, June 23rd, 2025: More than 500 people from different housing societies in Medavakkam came together to mark the International Yoga Day. The event which took place at Navin's Starwood Towers, Medavakkam had Yoga and Zumba sessions, along with lot of fun activities. Dr. R. Kumar- Founder, Chairman, Navin's, Mrs. P. Bhavani, Executive Director, Navin's and Ms. Ksheer Vasudha Kumar, Director, Navin's were part of the event.

Reinforcing the importance of physical activity, Dr R Kumar said today's



housing societies give more importance to spaces which promote holistic well-being. He urged the participants to prioritize themselves, set healthy goals and work towards it.

Thiru V. Jayachandran, Panchayat president, social media influencer couple Adhithi Aravind, also participated at the International Yoga Day celebrations conducted by Navin's.

Virtual Times • 24 Jun • Ministry of Ayush

Central Council for Research in Siddha [CCRS] conducted Mass Yoga Program Yoga Sangam at Manali

3 • PG

317 • Sqcm

31716 • AVE

375K • Cir

Top Right

Chennai

Central Council for Research in Siddha [CCRS] conducted Mass Yoga Program – Yoga Sangam at Manali

The Central Council for Research in Siddha (CCRS) celebrated International Yoga Day 2025 in collaboration with Madras Fertilizers Limited (MFL), Manali, Chennai. The event, themed “Yoga for One Earth, One Health,” brought together approximately 310 employees for a guided yoga session, meditation, and a talk on sustainable living.

The mass yoga event also highlighted the interconnectedness of personal well-being and planetary health, emphasizing the importance of yoga in promoting holistic wellness. Prof. Dr. NJ Muthukumar, Director General, CCRS graced the event as Chief guest. Sri. Manoj Kumar Jain, CMD, MFL presided over the event. A special yoga

program was also organized for 45 women employees from both organizations.

The event featured prominent dignitaries, including Smt. Kalpana Jain, Yoga instructor, Sri. Vanniyaperumal, GM-Plant, Sri. Annil Kumar, GM-P&A a/c, Sri. Madhan Mohan, GM-F&Aa/c, Sri. S. Karupaiyah, PRO and Manager Admn & CSR, Sri. Mohamed Eshak, Manager - Welfare and IR, Dr. S. Selvarajan, R.O (Siddha), S-IV and Dr. A. Rajendrakumar, Research Officer (Siddha), S-III and other Officials of CCRS and MFL. Yoga Sangam’ is the support of the IDY-2025 observation and it envisages a synchronized, but distributed, mass yoga demonstration based on the Common Yoga Protocol



(CYP) at 1,00,000 locations across India. Talking to media, Prof. Dr. NJ Muthukumar, DG CCRS highlighted importance of Yoga and

meditation in mental and physical wellbeing and useful in curing various health conditions, hence he recommended doing Yoga at least

10 mins a day. He expressed gratitude to Ministry of Ayush for supporting this event under International Yoga Day.

The New Indian Express • 24 Jun • Ministry of Ayush

PRASARITA URDHVA HASTOTANASANA

2 • PG

683 • Sqcm

902192 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

PRASARITA URDHVA HASTOTANASANA

(WIDE LEGGED PALM TREE POSE)

This is an easy yet powerful pose in the series of Tadasana. Here, the legs are kept wide apart with arms stretched over the head. This practice helps in opening the chest, ribcage, obliques, and armpits, emphasising deep breathing and better awareness. It can help deal with cervical spondylosis for seniors, pregnant women, working professionals, or those with tense shoulders. When done daily, it strengthens the lower body, and improves overall stability. It acts as a mild hip opener. It can also be a warm-up practice.

STEPS

- Start in Tadasana (Mountain Pose).
- Align and settle the body in Standing Wide Legged Pose Hands On Hips.
- Then, raise both hands in front of the chest and interlock the fingers. You can rotate the wrist so that the palms are facing forward.
- Now, inhale, stretch the arms over the head, keep the shoulders relaxed and away from the ears. Keep the neck long and the elbow straight.
- Stay in the final pose for 5-8 deep breaths.
- Eyes should remain steadily fixed at one point in front. If you feel comfortable, close your eyes.
- To come out of the pose, release the interlocked hand, and bring them to the side of the body.
- Finally, release the legs and relax in Mountain Pose Palms Facing Forward.



BENEFITS

- Lengthens back and abdomen, keeping the lower body strong and engaged.
- Builds hip and leg flexibility while strengthening the upper body.
- Popular practice for prenatal women to open the hips and pelvis.
- Helps in the activation of all three lobes of the lungs, promoting deep breathing.
- Builds strength, posture, creating focus, and stability for all ages.
- Stretches the shoulders, neck, chest, core, back, and legs.
- Joints of the pelvis, spine, foot, elbows, gain better strength.
- Improves shoulders, spine musculature and flexibility.
- Promotes an active and upright posture.
- Stimulates the heart chakra and activates the digestive system.
- Helps in recovering from a prolonged illness.
- Connects with your deeper consciousness and expands your mental awareness.

LIMITATIONS

- Students with migraine, vertigo, BP, should be very careful when practicing.
- Those with injuries at the hip joint, ankle, or shoulders, undergone spine, hip, knee or ankle surgery, suffering from severe arthritis of the hip, wrists, knee joints, and knees, ankles, avoid this.
- Seniors and pregnant women, having balancing issues, can do with feet hip-width apart taking wall support.

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

The New Indian Express • 24 Jun • Ministry of Ayush
11th International Yoga Day observed at Army Public School

5 • PG

131 • Sqcm

44559 • AVE

91.08K • Cir

Middle Right

Hyderabad

11th International Yoga Day observed at Army Public School

Hyderabad: The 11th International Yoga Day was observed by the staff and students of Army Public School Bolarum on June 21. A special assembly was held where students shared information on the origin, purpose, and benefits of yoga for both mind and body. The assembly highlighted yoga's role in mental health and a steady lifestyle, aligning with the global theme of promoting health and harmony.



The New Indian Express • 24 Jun • Ministry of Ayush

Father kills medical aspirant daughter for low marks in NEET practice papers

10 • PG

395 • Sqcm

336055 • AVE

177.8K • Cir

Bottom Right

Bengaluru

Father kills medical aspirant daughter for low marks in NEET practice papers

SUDHIR SURYAWANSHI @ Mumbai

A 17-year-old female medical aspirant from Atapadi in Maharashtra's Sangali district lost her life after her father, who is also headmaster of a local school, beat her brutally for scoring poor marks in the National Eligibility Test (NEET) practice paper exams.

Her mother filed a complaint against her husband, Dondiba Bhosale, at Nelkaranji village in Atpadi police station. The police subsequently arrested the 45-year-old accused.

According to the police, the girl was a 12th-standard student who was preparing for NEET. She dreamed of becoming a doctor after scoring 92.6 percent in her 10th-grade board exam. However, the girl performed poorly in the mock tests last Friday. Her father got furious and thrashed her.

Angered, he berated her. The

Girl's insulting remark triggered him

The girl, a medical aspirant, had performed poorly in the mock tests last Friday. This irked her father, who thrashed and berated her. Agitated, the girl responded, saying: "You also used to score low marks. Why are you stuck as headmaster? Why did you not become a collector if you were so smart?" The daughter's reply enraged the father. In a fit of rage, he picked up the wooden handle of a stone grinder used for making flour and attacked her with it.

agitated girl responded, saying: "You also used to score low marks. So, I will improve. Why were you stuck as headmaster only? Why did you not become a collector if you were so clever and smart?"

The daughter's reply enraged the father. In a fit of anger, he picked the wooden pes-

tle (used in a traditional grain grinder) and beat her repeatedly. Her mother tried to intervene in vain. Later that night, he beat her again.

Vinay Bahir, senior police inspector at Atpadi police station, said, "Her father did not admit her to a hospital even though she was in a serious condition and unable to move the following day. He, however, found he time to celebrate the International Yoga Day at his school."

The officer said, "When he returned, he found the daughter lying unconscious at home. Then they rushed to the hospital where she was declared brought dead."

The postmortem revealed the girl's body had multiple signs of physical assault. Based on the report and findings of the preliminary investigation findings, the police arrested the father.

The New Indian Express • 24 Jun • Ministry of Ayush
PRASARITA URDHVA HASTOTANASANA (WIDE LEGGED PALM TREE POSE)

2 • PG

620 • Sqcm

619896 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

**PRASARITA URDHVA
HASTOTANASANA**
(WIDE LEGGED PALM TREE POSE)

This is an easy yet powerful pose in the series of Tadasana. Here, the legs are kept wide apart with arms stretched over the head. This practice helps in opening the chest, ribcage, obliques, and armpits, emphasising deep breathing and better awareness. It can help deal with cervical spondylosis for seniors, pregnant women, working professionals, or those with tense shoulders. When done daily, it strengthens the lower body, and improves overall stability. It acts as a mild hip opener. It can also be a warm-up practice.

STEPS

- Start in Tadasana (Mountain Pose).
- Align and settle the body in Standing Wide Legged Pose Hands On Hips.
- Then, raise both hands in front of the chest and interlock the fingers. You can rotate the wrist so that the palms are facing forward.
- Now, inhale, stretch the arms over the head, keep the shoulders relaxed and away from the ears. Keep the neck long and the elbow straight.
- Stay in the final pose for 5-8 deep breaths.
- Eyes should remain steadily fixed at one point in front. If you feel comfortable, close your eyes.
- To come out of the pose, release the interlocked hand, and bring them to the side of the body.
- Finally, release the legs and relax in Mountain Pose Palms Facing Forward.



BENEFITS

- Lengthens back and abdomen, keeping the lower body strong and engaged.
- Builds hip and leg flexibility while strengthening the upper body.
- Popular practice for prenatal women to open the hips and pelvis.
- Helps in the activation of all three lobes of the lungs, promoting deep breathing.
- Builds strength, posture, creating focus, and stability for all ages.
- Stretches the shoulders, neck, chest, core, back, and legs.
- Joints of the pelvis, spine, foot, elbows, gain better strength.
- Improves shoulders, spine musculature and flexibility.
- Promotes an active and upright posture.
- Stimulates the heart chakra and activates the digestive system.
- Helps in recovering from a prolonged illness.
- Connects with your deeper consciousness and expands your mental awareness.

LIMITATIONS

- Students with migraine, vertigo, BP, should be very careful when practicing.
- Those with injuries at the hip joint, ankle, or shoulders, undergone spine, hip, knee or ankle surgery, suffering from severe arthritis of the hip, wrists, knee joints, and knees, ankles, avoid this.
- Seniors and pregnant women, having balancing issues, can do with feet hip-width apart taking wall support.

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

Yugmarg • 24 Jun • Ministry of Ayush

International Yoga Day organised at G. Holy Heart Public School, Mehalkalan

4 • PG

337 • Sqcm

69806 • AVE

185K • Cir

Middle Center

Chandigarh

International Yoga Day organised at G. Holy Heart Public School, Mehalkalan

BALWINDER AZAD
BARNALA DEHATI, JUNE 23

G. Holy Heart Public School, Mehalkalan, in collaboration with *CM Yogshala, successfully hosted **“Yog Sangam” — a large-scale yoga awareness program dedicated to promoting physical, mental, and spiritual well-being.

The event was held under the visionary guidance of Managing Director Mr. Sushil Goyal ji and Senior Coordinator Ms. Pardeep Kaur Grewal ji*, and whole staff, whose efforts played a pivotal role in organizing this impactful gathering.

The program was open to the general public and witnessed an overwhelming response with a gathering of over 500 participants, including residents from nearby villages and towns. GHHPs honored esteemed dignitaries who added to the glory of the occasion: *MLA Mr. Kulwant Singh Pandori ji, **Tehsildar Mr. Pawan Kumar Sharma ji, **DSP Mr. Jatinderpal Singh



ji, SHO Kiranjeet Kaur ji, Dr. Navneet Bansal ji, Dr. Seema ji, Dr. Shavinderjeet Singh ji, Head Master Mr. Kuldeep Singh ji, and BEE Ms. Shivani Arora ji graced the event and encouraged everyone to embrace yoga as a daily practice. The expert trainers from CM Yogshala conducted the session, leading participants through a series of yoga asanas, breathing techniques, and mindfulness exercises. The massive turnout and ac-

tive participation reflected a growing community interest in wellness and healthy living. G. Holy Heart Public School expresses heartfelt thanks to the CM Yogshala team, all dignitaries, and every individual who contributed to making Yog Sangam a meaningful and memorable experience. The event served as a strong reminder of the transformative power of yoga in uniting body, mind, and soul.

Yugmarg • 24 Jun • Ministry of Ayush
Yoga Day celebrated at DAV Centenary Public School

4 • PG

101 • Sqcm

20857 • AVE

185K • Cir

Middle Left

Chandigarh

Yoga Day celebrated at DAV Centenary Public School



SUKH NAHAR

JAGRAON: Yoga Day was celebrated at D.A.V. Centenary Public School, Jagraon, under the guidance of Principal Mr. Ved Vrat Plaha and D.P. Mr. Hardeep Singh. On this occasion, the present teachers, students, and supporting staff participated in a yoga session. While addressing everyone, Principal Ved Vrat Plaha shared that the main purpose of celebrating Yoga Day in the school today was to spread awareness among the staff about the importance of yoga. He emphasized that yoga strengthens both the body and the mind. A person who practices yoga stays physically and mentally healthy. Yoga enhances one's physical and mental capabilities. In today's fast-paced and hectic life, if a person wants to take care of their body, it is essential to make yoga a part of their lifestyle. So, for a healthy mind and a successful life, making yoga an integral part of one's routine has become a crucial necessity today.

Yugmarg • 24 Jun • Ministry of Ayush
Yoga Day celebrated at Modern Sandeepni School Pathankot

4 • PG

181 • Sqcm

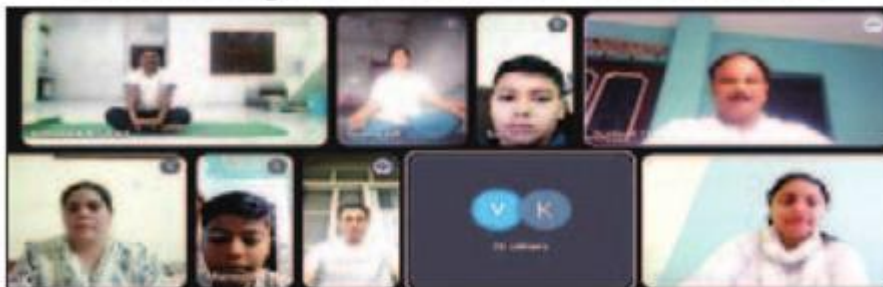
37500 • AVE

185K • Cir

Middle Right

Chandigarh

Yoga Day celebrated at Modern Sandeepni School Pathankot



SHARANJEET
PATHANKOT, JUNE 23

Yoga is a journey of yourself, through yourself, to yourself. Exhaling the past and breathing in the future. Yoga is not about touching your toes, it is about what you learn as you go down. These words were expressed by School Manager Salil Mahajan while celebrating Online Yoga Day at Modern Sandeepni School. All the arrangements for the Yoga Day were made through online classes. All the practices of the Yoga Day were done under the supervi-

sion of meditation experts Kailash Nath and Divya Sharma. This yoga session was attended by the head of Sandeepni Education Society Eng. Pawan Mahajan, school manager Salil Mahajan, Navjot Mahajan, Principal Dr. Neeraj Mohan Puri and more than 200 students, school teachers and parents. Principal Dr. Neeraj Mohan Puri, while shedding light on the importance of Yoga, said that Yoga has great importance in our lives, it is an important practice for physical, mental and emotional health.

Yugmarg • 24 Jun • Ministry of Ayush

Yoga not only relieves stress but also increases capacity: Surendra Pal Singh

9 • PG

260 • Sqcm

53916 • AVE

185K • Cir

Bottom Center

Chandigarh

Yoga not only relieves stress but also increases capacity: Surendra Pal Singh

SHIV KUMAR SHARMA
KARNAL, JUNE 23

Deputy Inspector General of Police Surendra Pal Singh posted at Madhuban Police Academy has said that people get help in staying healthy through yoga. He said that yoga increases our efficiency. He especially said that everyone should play an important role in spreading yoga to the masses in the society. He was speaking in the Chai Pe Charcha program organized in the park located at Karnal Tal. The guests of honour in the program were renowned orthopedic specialist Dr. BS Birk, social worker Pravesh Gaba and Municipal Councilor Amrit



Lal Joshi. On this occasion, the coordinator of the program Rajesh Kaushik welcomed all the guests. He said that he organises Chai Pe Charcha programme through his group. In this program, issues related to people are discussed. Along with this, people's problems are also talked about. On this occasion, yoga teacher and Swasth Bharat Abhiyan's runner Naveen Sanduja made people do yoga in this

programme. On this occasion, Deputy Inspector General of Police Surendra Pal Singh gave information about the police arrangements. He said that the police is for the safety and service of the people. On this occasion, he inaugurated a water cooler. He also planted a sapling here. On this occasion, the program's coordinator Rajesh Kaushik said that his organization is working in the service of the people.

Yugmarg • 24 Jun • Ministry of Ayush

Yoga Session Organised for Doctors and Staff at MASSH PROLIFE Ludhiana

10 • PG

175 • Sqcm

36151 • AVE

185K • Cir

Middle Center

Chandigarh

Yoga Session Organised for Doctors and Staff at MASSH PROLIFE Ludhiana



LUDHIANA: On the occasion of International Yoga Day 2025, a special yoga session was organised at the MASSH PROLIFE Hospital Ludhiana campus for doctors and hospital staff. The session aimed to ensure that healthcare professionals, who often work on tight schedules, take some time for themselves to experience both physical and mental relaxation. During the session, participants were guided through simple yoga exercises, breathing techniques, and seated stretches—practices that can easily be incorporated into their daily work routines. Speaking on the occasion, Dr. Harpreet Singh Jolly, Director of Laparoscopy and Bariatric Surgery at MASSH PROLIFE Hospital, Ludhiana, said, "Those working in the healthcare sector spend their entire day serving others, but their own well-being is equally important. Through practices like yoga, individuals can experience better mental balance, improved focus, and relief from fatigue. At MASSH, we are committed to ensuring the well-being of our team by encouraging them to stay healthy through the power of yoga."

Yugmarg • 24 Jun • Ministry of Ayush

NCC Naval Cadets celebrate International Yoga Day on banks of Ranjit Sagar Dam

3 • PG

210 • Sqcm

43476 • AVE

185K • Cir

Middle Center

Chandigarh

NCC Naval Cadets celebrate International Yoga Day on banks of Ranjit Sagar Dam



SHARANJEET
PATHANKOT, JUNE 23

International Yoga Day was celebrated with great enthusiasm and dedication by NCC Naval Cadets who are currently participating in a 10-day residential camp being conducted at Partap World School, Pathankot.

The morning program was held on the serene banks of the beautiful Theen Lake of Ranjit Sagar Dam in Dharkalan. Amidst the natural beauty and tranquility, the cadets participated in a yoga session under the guidance of trained yoga teachers. They experienced harmony

between body and mind by practicing this ancient Indian tradition. The session began with a group prayer followed by the practice of various yoga asanas, pranayama and meditation. On this occasion, Commandant N. Nishant, Commanding Officer, said that Yoga not only enhances physical fitness but also enhances spiritual awareness. This is in line with the core values of NCC training. Sunny Mahajan, Director, Partap World School and Principal Shubhra Rani said that we are proud to host such meaningful events that reflect our philosophy of holistic education.

The Statesman • 24 Jun • Ministry of Ayush
Bank of Baroda celebrates International Day of Yoga

3 • PG

98 • Sqcm

112848 • AVE

750K • Cir

Bottom Right

Kolkata

Bank of Baroda celebrates International Day of Yoga



STATESMAN NEWS SERVICE
KOLKATA, 23 JUNE

Bank of Baroda celebrated the International Day of Yoga across all its offices as part of its comprehensive BOB employee health and wellness framework. Demonstrating its long-term commitment to employee well-being, Bank of Baroda launched daily live online yoga & meditation sessions in November 2024, to encourage employees and their families to invest 30-minutes every day in their physical and mental health.

On International Day of Yoga, the Bank organised in-person Yoga sessions for employees across locations, led virtually by a certified Yoga instructor. Further, it recognised staff members who have consistently attended the online yoga sessions since Nov 2024. In the run-up to the Bank's 118th Foundation Day on 20 July, Bank of Baroda also announced the launch of the 'Rise with Yoga' campaign, an initiative to motivate employees to experience the many benefits of regularly practicing yoga.

The Statesman • 24 Jun • Ministry of Ayush
International Yoga day 2025

12 • PG

365 • Sqcm

419570 • AVE

750K • Cir

Middle Left

Kolkata • Delhi

International Yoga day 2025

RECLimited Commemorates International Day of Yoga 2025



RECLimited, a Maharatna Central Public Sector Enterprise (CPSE) and a leading Non-Banking Financial Company (NBFC) under the Ministry of Power, Government of India, marked the International Day of Yoga 2025 at its Corporate Office in Gurugram and across its Regional

Offices.

The celebrations commenced with an early morning yoga session at the Corporate Office. Adding to the significance of the occasion, Sunita Godara, international marathon champion and renowned health coach, graced the event as a special guest.

NBCC CELEBRATES INTERNATIONAL DAY OF YOGA 2025



On the occasion of the 11th International Day of Yoga (IDY), NBCC (India) Ltd. celebrated the day with great zeal by organizing a dedicated yoga session at its Corporate Office in New Delhi in association with Bhartiya Yog Sansthan. Senior officials and employees participated enthusiastically, performing

various yogasanas and breathing exercises that promote physical and mental well-being. In addition to this, NBCC organized a Yoga Mahakumbh from 18th to 21st June 2025 at East Kidwai Nagar, reaffirming its commitment to wellness, sustainability and inner harmony..

SOUTHEASTERN RAILWAY OBSERVES 11TH INTERNATIONAL DAY OF YOGA



South Eastern Railway observed the 11th International Day of Yoga-2025 with great enthusiasm on June 21, 2025. The theme of this year's International Day of Yoga is "Yoga for one Earth, One Health". Shri Anil Kumar Mishra, General Manager, South Eastern Railway was the Chief Guest and inaugurated the Yoga Session by

lighting the lamp at the Officers' Club, SER Headquarters, Garden Reach. Shri Soumitra Majumdar, Additional General Manager, PHODs and other Senior Officers were also present. The International Day of Yoga was also observed in all the four divisions of SER viz. Kharagpur, Adra, Chakradharpur and Ranchi.

The Statesman • 24 Jun • Ministry of Ayush
NFL Celebrates 11 th International Yoga Day

12 • PG

68 • Sqcm

78552 • AVE

750K • Cir

Bottom Left

Kolkata • Delhi

NFL Celebrates 11 th International Yoga Day

National Fertilizers Limited joined the Nation and wholeheartedly celebrated the 11 th International Yoga Day on

21 st June, 2025. A Yoga session was organized in the morning at Corporate Office, Noida. Dr. U. Saravanan, C&MD

and Directors along with employees participated in the session. To mark the day, Yoga programs were conducted at

all the Units and offices of the Company. The employees and their family members participated enthusiastically



The Statesman • 24 Jun • Ministry of Ayush
SPMP holds yoga sangam

3 • PG

71 • Sqcm

81889 • AVE

750K • Cir

Middle Right

Kolkata

SPMP holds yoga sangam

STATESMAN NEWS SERVICE
KOLKATA, 23 JUNE

In alignment with directives from the ministry of ports, shipping and waterways and ministry of AYUSH, Syama Prasad Mookerjee Port, Kolkata (SMP Kolkata) successfully hosted a comprehensive 'Yoga Sangam' to observe International Day of Yoga, Kolkata. The event was conducted across both the Kolkata Dock System (KDS) and the Haldia Dock Complex (HDC), underscoring the port's steadfast dedication to embrace "Yoga for One Earth, One Health".

In Kolkata, the programme was led by Rathendra Raman,



chairman, SMP Kolkata. The ceremony saw the presence of Jhakka Prasad Acharya, consul general of Nepal in Kolkata, signifying the global recognition of yoga. In accordance with the ministry of AYUSH's "Harit Yoga" campaign, a tree plantation initiative was also undertaken, integrating environmental stewardship with the ethos of yoga.

The Statesman • 24 Jun • Ministry of Ayush

Syama Prasad Mookerjee Port, Kolkata, Commemorates International Day of Yoga with Enthusiastic Parti...

12 • PG

148 • Sqcm

169634 • AVE

750K • Cir

Bottom Right

Kolkata • Delhi

Syama Prasad Mookerjee Port, Kolkata, Commemorates International Day of Yoga with Enthusiastic Participation



Syama Prasad Mookerjee Port, Kolkata (SMP Kolkata) successfully hosted a comprehensive “Yoga Sangam” to observe International Day of Yoga, on June 21, 2025 at CISF Parade Ground, Kantapukur, Kolkata. In Kolkata, the programme was led by Shri Rathendra Raman, Chairman, SMP Kolkata. The ceremony was distinguished

by the presence of Shri Jhakka Prasad Acharya, Consul General of Nepal in Kolkata, signifying the global recognition of yoga. The event was conducted with significant fervor across both the Kolkata Dock System (KDS) and the Haldia Dock Complex (HDC), underscoring the port’s steadfast dedication to embrace “Yoga for One Earth, One Health”.

Free Press Journal • 24 Jun • Ministry of Ayush ICAI celebrates 11th International Day of Yoga

16 • PG

342 • Sqcm

271723 • AVE

251.68K • Cir

Bottom Left

Mumbai

CORPORATE CORNER

ICAI Celebrates 11th International Day of Yoga

The Institute of Chartered Accountants of India (ICAI) celebrated the 11th International Day of Yoga (IDY) on June 21, 2025, with enthusiasm and wide participation across the country. This year's celebration was held under the inspiring global theme 'Yoga for One Earth, One Health', echoing the vision of Hon'ble Prime Minister Shri Narendra Modi to make the whole world healthy through Yoga. A grand event was held at Bharat Mandapam, New Delhi, which witnessed energetic participation from over 2,000 Members and CA Students. The inaugural ceremony was graced by the presence of Shri Vijender Gupta, Hon'ble Speaker, Delhi Legislative Assembly as the Chief Guest along with Shri Raja Iqbal Singh, Hon'ble Mayor, MCD, Delhi; Shri Sandeep Kapoor, Hon'ble Councillor & Ex-Chairman, Standing Committee and Dr. Sandeep Marwah, Chancellor, AAFU University of Media & Arts in presence of CA, Charanjot Singh Nanda, President, ICAI and CA, Prasanna Kumar D, Vice President, ICAI along with Central and Regional Council Members. The mega celebration was followed by a Health & Wellness Session conducted by yoga science master Shri Acharya Umang Tyagi.

On this occasion, Shri Vijender Gupta, Hon'ble Speaker, Delhi Legislative Assembly said, "Yoga teaches us harmony, focus and strength, qualities that define not just healthy individuals, but also responsible professionals. Chartered Accountants are synonymous with trust and the force behind the country's financial integrity. As India charts its path to becoming a global economic leader, their role in building a transparent, accountable and prosperous nation is truly invaluable."

Shri Raja Iqbal Singh, Hon'ble Mayor, MCD said, "Yoga brings harmony to the body and mind and when we carry that spirit into our daily lives, we can do wonders for our communities. I call upon our Chartered Accountants to not just lead in finance, but also help us build a cleaner and healthier Delhi. Real change begins when professionals become partners in progress."

Shri Sandeep Kapoor, Hon'ble Councillor & Ex-Chairman, Standing Committee said, "Yoga is more than a practice, it's a way to centre ourselves, stay grounded, and lead with clarity. On this special day, I urge every professional to embrace yoga not just for personal well-being, but to bring greater focus and energy to building a better Delhi and a stronger India."

On this occasion, CA, Charanjot Singh Nanda, President, ICAI said "Yoga is not just a one-day event; it is a way of life, it is a discipline, a mindset that promotes clarity, resilience and balance. As Chartered Accountants, when we embody these values, we become not just financial professionals but nation-builders, leading with integrity, composure and purpose in a world that increasingly demands both agility and accountability."

CA, Prasanna Kumar D, Vice President, ICAI said, "Yoga is not just an exercise, it's a way of life that nurtures balance, clarity and inner strength. On this International Yoga Day, it was truly heartening to see such esteemed leaders come together with the ICAI community to celebrate wellness and health. Their presence reaffirmed that in the midst of our demanding lives, taking a moment to connect with ourselves is both powerful and essential."

The event included live Yoga sessions conducted by expert Yog gurus by Bhartiya Yog Sansthan, meditation practices and wellness lecture by CA, Alekhya Shastri. The programme was streamed live across all ICAI Branches and Regional Councils pan India, ensuring widespread involvement of members and students aimed at enhancing the holistic well-being of Chartered Accountants for a healthier nation.

Simultaneously, series of impactful programmes focused on promoting physical, mental and emotional well-being along with Yoga Sessions were organised across all Regional Councils and Branches involving over 14.5 Lakh Members and Students to commemorate 11th International Yoga Day celebrations.

ICAI is committed towards the holistic well-being of Professionals and therefore this year, ICAI established a Committee on Promoting Work-Life Balance to support members, students, and employees in achieving holistic well-being, resulting in enhanced productivity and professional fulfilment. As part of its broader commitment to sustainable living, ICAI has also constituted a Group on Enabling Lifestyle for Environment (LIFE), echoing the national movement towards environmentally responsible habits that align with the spirit of Yoga and well-being.

Through these comprehensive initiatives, ICAI remains committed to nurturing a healthier, more balanced, and environmentally conscious professional community.

Free Press Journal • 24 Jun • Ministry of Ayush
NFR celebrates 11th International Day of Yoga

16 • PG

69 • Sqcm

54841 • AVE

251.68K • Cir

Top Left

Mumbai

NFR Celebrates 11th International Day of Yoga



International Day of Yoga (IDY-2025) was celebrated on 21st June, 2025 throughout N.F. Railway (NFR) as a global celebra-

tion of well-being. Yoga practice sessions were organised at headquarters, all divisions and workshops to spread awareness among the masses about the importance of Yoga and its effects upon human health. The theme for International Yoga Day 2025, "Yoga for One Earth One Health," reflects a unified vision of global well-being through the transformative power of yoga. It highlights yoga's comprehensive benefits not only for physical health and mental peace but also for emotional resilience and environmental care. The theme reinforces the importance of individual and collective harmony, aligning with global efforts toward sustainability, unity and holistic living.

Free Press Journal • 24 Jun • Ministry of Ayush
HUDCO celebrates 11th International Yoga Day

16 • PG

62 • Sqcm

49432 • AVE

251.68K • Cir

Top Left

Mumbai

HUDCO Celebrates 11th International Yoga Day



Housing and Urban Development Corporation Ltd. (HUDCO), a Navratna NBFC-IFC

in the field of infrastructure development, marked the 11th International Day of Yoga 2025 reflecting the theme of "Yoga for One Earth, One Health".

In line with the Government of India's initiative to promote yoga practices, HUDCO organized a yoga session in Delhi where the entire HUDCO family came together to embrace this ancient discipline and performed various asanas, pranayama, and meditation practices. They were encouraged to adopt yoga as a daily practice for improved mental and physical health.

The Pioneer • 24 Jun • Ministry of Ayush
The real backbone of modelling: A yoga mat

7 • PG

430 • Sqcm

258175 • AVE

268.96K • Cir

Bottom Right

Chandigarh • Delhi

The real backbone of modelling: A yoga mat

When people think of modelling, they imagine high heels, bright lights, and glamorous photo shoots.

They rarely picture the gruelling 14-hour days, the emotional toll of constant scrutiny, or the pressure to stay poised when everything inside you feels frayed.

As someone who has walked countless ramps from Delhi to Dubai, posed for luxury campaigns and worked with photographers across time zones, let me tell you a secret: the true backbone of a modelling career isn't found in stilettos. It's found on the yoga mat.

With International Yoga Day just around the corner, I find myself reflecting on how yoga hasn't just helped me survive this industry — it's helped me thrive in it.

The Body as a Tool

As models, our body is our instrument. It needs to be expressive, balanced, and aligned. But constant travel, late-night fittings, uncomfortable shoes, and physically demanding poses can throw the body into chaos. I've seen fellow models develop posture issues, chronic back pain, and repetitive strain injuries from years of ignoring body signals.

Yoga — gentle yet strengthening — has been my antidote. My routine includes daily sun salutations and targeted asanas for hip and shoulder opening. Not only has this improved my flexibility and posture, but it has made a noticeable difference in the way I carry myself — on and off the runway. Photographers often comment on how "grounded" I seem in my frame. That's yoga.

It also helps with recovery. After a long day of back-to-back shoots, a 20-minute restorative session helps my muscles release tension, improves sleep, and gets me ready for the next day — something even the fanciest spas can't always guarantee.

Mental Resilience

Behind every beautiful campaign is a sea of self-doubt, rejection, and insecurity. Models live in a world where "not now" is more common than "yes," and where appearance is constantly under microscopic examination.

Yoga has been my therapist on the mat. Through practices like pranayama (breath control), dhyana (meditation), and simple mindfulness, I've learned to separate my self-worth from the fleeting nature of gigs and likes. I've learned to respond instead of react. That pause between a breath — that space of awareness — is everything when you're in a high-pressure green room or staring down the lens of a judgmental casting director.

Yoga has also helped manage performance anxiety. Before a major show, I do five minutes of deep belly breathing backstage.

It centres me, slows the mind, and replaces fear with focus. In an industry where you're constantly being compared and evaluated, that internal silence is gold.

A Global Career

One of the beautiful things about yoga is its portability. You don't need fancy equipment or a full studio. I've practised in airport lounges, on hotel balconies, and in between wardrobe changes. My yoga mat is the most important thing I pack — more important than makeup or heels.

It offers a sense of continuity in a life full of change. Wherever I go, my practice brings me back to myself. It's a daily ritual that reminds me that while my schedule, location, or agency may change, I remain constant.

Beyond the Self: A Bigger Purpose

This year, the theme for International Yoga Day — "Yoga for Self and Society" — couldn't be more fitting. In modelling, we're often encouraged to focus inward, to compete, to perfect. Yoga teaches the opposite: that true growth happens when you look beyond the mirror.

Over the last year, I've been running small yoga circles for newer models — short 30-minute sessions to help them ease into the chaos of their first fashion weeks. It's my way of giving back. Many of them have told me they sleep better, feel less anxious, and are better able to deal with industry pressures. That, to me, is the real power of yoga — it creates ripples far beyond the mat.

A Message to My Tribe

To every aspiring model reading this: please don't think of yoga as just another "fitness" routine. It's not about flat abs or graceful backbends. It's about reclaiming your mind, protecting your body, and nurturing your soul in an industry that often pulls you in the opposite direction.

And to everyone else — whether you're an accountant, an artist, or a teacher — yoga offers something for you, too. In a world spinning faster by the day, yoga invites you to slow down, breathe, and come home to yourself. This International Yoga Day, don't just celebrate yoga — practice it. You don't have to be perfect. You just have to begin.

(With her career spanning ten years, the writer has solidified her expertise in HR, entrepreneurship, and innovation ecosystem development. Views are personal)



RACHNA
TIWARI

The Pioneer • 24 Jun • Ministry of Ayush

SBI to deepen employees' financial understanding, to have yoga sessions

10 • PG

253 • Sqcm

151646 • AVE

268.96K • Cir

Middle Left

Chandigarh • Delhi

SBI to deepen employees' financial understanding, to have yoga sessions

PRESS TRUST OF INDIA ■
Mumbai

Country's largest lender SBI on Monday announced that it will train all its 2.36 lakh employees to help deepen their financial understandings.

Additionally, as part of the overall wellbeing, the bank will also have virtual yoga sessions twice a week throughout the year, an official statement said.

The State-run bank has tied up with FPSB India to integrate 'Certified Financial Planner'



certification into its employee learning and development framework, according to another statement.

A memorandum of under-

standing has been signed between the two entities, and the initiative aims to "upskill 2.36 lakh employees and deepen quality of financial under-

standing" and also enhance customer support skills while dealing with segments like non-resident Indians, high net-worth and ultra high net-worth individuals, it said.

"This strategic initiative aims to enhance the depth, quality, and consistency of financial planning provided across SBI's extensive branch and digital network," the bank said.

The training will cover investment planning, retirement readiness, insurance advisory and estate planning, it said. This partnership reflects SBI's commitment to elevating

planning excellence by embedding globally recognised standards into its learning ecosystem, its country head for wealth management Sandeep Sharma said, adding the tie-up will help make the workforce future-ready.

FPSB India's chief executive Krishan Mishra called it a landmark moment for India's financial ecosystem.

The yoga initiative is part of the bank's attempts to build a mindful, holistic work environment, the statement said.

As part of the International Yoga Day on Sunday, 400 SBI

employees and senior leadership participated in yoga sessions, it said.

"Today's yoga session was a powerful affirmation of our belief in the transformative potential of yoga for individual health," the bank's chairman C S Setty said.

The virtual yoga sessions for the 2.37 lakh employees should be seen as a testament to the bank's commitment to their holistic health, he said, adding that a thriving workforce is the bedrock of progress and its contribution to a sustainable future.

Eastern Chronicle • 24 Jun • Ministry of Ayush

Empowering women, nurturing children: Yoga for One Earth, One Health

4 • PG

428 • Sqcm

1070795 • AVE

182.88K • Cir

Top Center

Kolkata

Empowering women, nurturing children: Yoga for One Earth, One Health

ANNPURNA DEVI



From boardrooms to battlefields, women with physical and mental toughness can really make a difference; women must work towards unlocking their real strength and Yoga is a key to it.

India, the birthplace of the ancient practice of Yoga, continues to uphold this ancient wisdom, not just as physical exercises but as a holistic philosophy for the nurturing of the human mind, body, and spirit. The Sanskrit phrase “Yogah karmasu kaushalam”, from the Bhagavad Gita (Chapter 2, Verse 50), means “Yoga is skill in action.” This is a powerful teaching by Lord Krishna, which reminds us that true yoga is not limited to physical postures or meditation but is reflected in how skillfully and mindfully we perform our daily duties.

As Union Minister of Women and Child Development, I firmly believe in Yoga’s transformative potential, particularly in empowering women and nurturing children—the very foundations of our society.

Under the visionary leadership of Hon’ble Prime Minister Shri Narendra Modi, Yoga has gained global recognition as a channel for wellness and social transformation. The United Nations’ decision to declare June 21 as International Day of Yoga in 2014 was the world’s recognition of India’s great spiritual and civilizational heritage.

This year, the theme of International Day of Yoga, “Yoga for One Earth, One



Health”, highlights Yoga’s inclusive and universal appeal. Hon’ble Prime Minister also emphasised “Yoga is free from copyright, patent, royalty. It is flexible — you can practice alone, in a group, learn from a teacher, or be self-taught”. As the nation steps towards a Viksit Bharat, it is necessary to integrate Yoga into the lives of women and children across the nation.

Women and children constitute about two-thirds of India’s population, and they are more vulnerable and exposed to health issues. So, looking after their physical and mental health becomes imperative, and Yoga can play a pivotal role in it. Yoga offers numerous physical and mental benefits for women. From improving mental health and hormonal balance to strengthening the muscular and skeletal system, Yoga is uniquely suited to meet the physiological needs of women across age groups.

Adopting yoga before and after preg-

nancy empowers women to effectively manage the health challenges they encounter during this transformative period. Prenatal Yoga, with its targeted postures and meditative techniques, alleviates pregnancy discomforts, supports pain management, and boosts energy. It prepares expectant mothers for childbirth physically and emotionally. Postnatal Yoga helps lactating mothers in their recovery, emotional well-being, enhancing breastfeeding, and strengthening the mother-child bond.

To accentuate the practice of Yoga in women, we have a network of over 25 lakh Anganwadi workers across India who inform, educate, and assist women and children in adopting Yoga as a necessary habit in their daily lives.

Hon’ble Prime Minister Shri Narendra Modi has constantly advocated for women-led development. He actively supports the increased par-

ticipation of women in the workforce, which is instrumental to the growth of any economy. The World Bank also argued that increased female labour force participation can boost the manufacturing output by 9% and help us achieve a high-income developed nation status by 2047. All this can only be achieved when we have a physically and emotionally healthy women workforce.

In today’s rapidly changing world, children too are increasingly impacted by lifestyle disorders, screen dependence, and academic pressures. Yoga offers an evidence-based, timely, and culturally rooted response to these challenges. It enhances concentration, memory, emotional regulation, sleep quality, and stress management — key components of holistic childhood development. Through Mission Saksham Anganwadi and Poshan 2.0, the Ministry is embedding Yoga into early childhood care and development, laying the foundation for lifelong wellness habits.

The Ministry of Women and Child Development under the visionary leadership of the Prime Minister is working towards a multi-pronged strategy to enhance yoga practices into the lives of women and children. The Ministry houses various flagship programmes and schemes for women and children aimed towards their well-being, health, and nutrient intake, and while delivering these benefits, our institutions such as Anganwadi Centres, One Stop Centres, Child Care Institutions etc. educate, influence, and facilitate the beneficiaries to complement their lifestyle with yoga for better health

results. Special yoga modules, designed in convergence with the Ministry of AYUSH, are being introduced through these Centres, focusing on women and children.

In the changing discourse of the global order, women are now taking on new roles and responsibilities. From IT to space and from policymaking to strategic defence, women are the new frontline warriors. We recently witnessed how two brave women officers, Col. Sofiya Qureshi and Wing Commander Vyomika Singh, became the face of Operation Sindoor. This is a great example of the difference women are making in today’s world. Hence, women must keep working towards unlocking their potential with yoga playing a key role.

Our government’s commitment to yoga is about fostering inclusive development. By actively incorporating yoga into our women and child welfare policies, we are asserting our cultural sovereignty while simultaneously enhancing grassroots health and well-being. Yoga must be seen not just as a practice, but as a participatory movement—a Jan Andolan, for health and wellness, and our government is committed to take this movement to every part of the nation.

In our journey towards Viksit Bharat@2047, Yoga offers a vision for a more compassionate, resilient, and empowered society. Let us unite in embracing Yoga as a social and personal commitment to build a healthier India and reach new heights.

(The writer is the Union Minister of Women and Child Development)

The Asian Age • 24 Jun • Ministry of Ayush
20K TAKE PART IN YOGA SESSION OF BRAHMA KUMARIS

2 • PG

109 • Sqcm

76408 • AVE

389.96K • Cir

Bottom Left

Delhi

20K TAKE PART IN YOGA SESSION OF BRAHMA KUMARIS

New Delhi: The 11th International Day of Yoga was celebrated by the Brahma Kumaris in a mega public programme at the Red Fort ground here today. Held under the theme of “One Earth, One Health” and attended by over 20,000 yoga lovers, the event emphasised the importance of global wellness, unity, and harmony. The programme was organised in collaboration with the ministry of Ayush and with the support of the Morarji Desai National Institute of Yoga and the Archaeological Survey of India. The event commenced with a video message by Prime Minister Narendra Modi from Visakhapatnam, emphasising the significance of yoga in promoting peace, health, oneness, physical and mental well-being, and material and moral balance. The event's chief guest and Lok Sabha Speaker Om Birla urged the gathering to adopt yoga as an essential part of daily life, considering its indispensability today. He praised the Brahma Kumaris for their efforts in spreading the ancient practices of Rajyoga worldwide, helping millions to overcome stress, anxiety, and negativity. Mr Birla noted that the Rajyoga practice, with its emphasis on meditation, helps individuals regain inner peace.

The Hindu • 24 Jun • Ministry of Ayush
Tension in Pokhran over post on BJP MLA; 13 arrested

12 • PG

84 • Sqcm

63337 • AVE

682.81K • Cir

Top Left

Delhi



Tension in Pokhran over post on BJP MLA; 13 arrested

Tension gripped Pokhran town in Rajasthan's Jaisalmer district over an allegedly derogatory social media post targeting BJP MLA Mahant Pratap Puri related to International Yoga Day late on Sunday night. The police have arrested 13 persons after a demonstration outside the police station. Rafiq Khan of Gomat village was accused of posting the controversial remarks. Tension escalated after Mr. Rafiq's arrest on Sunday, when Firoz Khan, the Gomat sarpanch's husband, arrived at the police station and allegedly incited people to gather there. The crowd turned violent and started pelting stones.

Millenniumpost • 24 Jun • Ministry of Ayush

MPPSC hits recruitment milestone with over 3,700 appointments in 18 months

6 • PG

245 • Sqcm

440363 • AVE

750K • Cir

Bottom Center

Delhi

MPPSC hits recruitment milestone with over 3,700 appointments in 18 months

During the same span, MPPSC issues 81 fresh recruitment advertisements, facilitating the upcoming filling of 5,562 posts

SATYAPRAKASH SHARMA

BHOPAL: The Madhya Pradesh Public Service Commission (MPPSC) has marked a major achievement in its recruitment drive, recommending 3,756 candidates for government appointments across various departments between December 13, 2023, and June 22, 2025. This period stands out as one of the most active in the Commission's history.

During the same span, MPPSC issued 81 fresh recruitment advertisements, facilitating the upcoming filling of 5,562 posts.

According to sources, at present, 61 selection processes are underway for 5,317 positions, aligned with the Commission's Annual Examination Calendar released in October 2024 to ensure timely and structured recruitment.

In parallel, the Commission successfully completed the recruitment for 4,492 posts



advertised through 75 notifications issued between 2019 and 2022, the sources said.

Some of the most prominent appointments include 72 Deputy Collectors and 51 Deputy Superintendents of Police under the State Service Examinations of 2019, 2021, and 2022. Additionally, 132 Assistant Directors were recommended to the School Education Department and 22 officers to the MP Finance Service. Under the State Forest Service Examination, 19 Assistant Conservators of For-

ests and 181 Forest Rangers and Project Area Officers were also selected.

Key sectors such as education and health saw a considerable boost. MPPSC recommended 727 Assistant Professors across 25 subjects through the 2022 exam cycle, along with 543 Ayurvedic Medical Officers and 71 AYUSH Lecturers in 17 subjects. The Public Health and Medical Education department received seven Radiology Specialists.

The sources also said that result declarations adhered

YEAR-WISE CANDIDATE RECOMMENDATIONS:

- ▶ 2024-25: 1,480
- ▶ 2023-24: 3,114
- ▶ 2022-23: 554
- ▶ 2021-22: 870
- ▶ 2020-21: 1
- ▶ 2019-20: 629

strictly to the directives of the Madhya Pradesh government and the MP High Court, which mandate final results for at least 87% of the total advertised posts.

Recruitment activity has risen sharply in recent years, with advertisements jumping from 17 in 2020-21 to 73 in 2023-24. This acceleration is attributed to a focused employment drive launched by the state government under Chief Minister Mohan Yadav, who assumed office on December 13, 2023.

The Daily Guardian • 24 Jun • Ministry of Ayush
From burnout to balance using Reiki for holistic self-care

15 • PG

440 • Sqcm

43990 • AVE

N/A • Cir

Bottom Left

Delhi

From burnout to balance using Reiki for holistic self-care



IRA KUKRETY

In the rush to keep pace with the fast-changing world, our relationship with nature and others around us is quickly eluding. Today, we often focus all our energy to fulfill what we want without caring to share or consider the impact of our actions on mother earth and those around us.

This separation and increasing demands of modern-day living can create a sense of emotional and physical imbalance, in some

cases leading to a feeling of burnout. The word itself feels like you are reduced to ash.

A great deal of scientific evidence available today validates that we are beings of energy. This energy system is powered by spinning vortices of energy called "Chakras". While there are thousands of chakras throughout the body, there are seven primary ones; Muladhara (Root Chakra), Swadhisthana (Sacral Chakra), Manipura (Solar Plexus Chakra), Anahata (Heart Chakra), Vishuddha (Throat Chakra), Ajna (Third Eye Chakra), Sahasrara (Crown Chakra). Each chakra has a distinct color, element, sound and attribute. As these chakras spin, they draw in cosmic energy revitalizing us.

Reiki is a Japanese word made of two roots, "Rei" and



"Ki". Here "Rei" means "Universal" and "Ki" means "Prana" life energy. Together the word means universal life force energy. The primal energy from which all life emerges. Therefore, it is everywhere and in everything.

Reiki, if practiced correctly can set right any imbalances

in the speed and direction of the chakras allowing for a harmonious flow of the cosmic energy. Balancing our internal energy system for our physical, mental, emotional well-being.

Modern medicine considers disease to be a result of external environment,

chemical imbalance, genetic disposition, diet or lifestyle. While these may certainly influence our current state of being, our health is a manifestation of our internal state too. A harmonious inner state is created by positive thinking, yoga, proper diet, correct breath-

ing, meditation, reiki or energy work. These techniques promote our natural resistance to imbalance and illness.

Reiki is not given but drawn, it is drawn in proportion to someone's conscious and subconscious intention. It respects the receiving person's freedom to believe or disbelieve.

Reiki is pure love energy of the latent oneness that surrounds us. It has its own intelligence. The provider/therapist of reiki energy is a mere channel.

Over time with regular use, Reiki can dissolve energetic blockages caused by suppressed emotions such as anger, grief, and fear. As these blocks clear, we experience a stronger connection to our inner divinity and a greater sense of unity with all life.

Clearing these blockages

opens our energetic channels so that the life force energy can flow freely and abundantly. The lost balance within the body is re-established. Our mind, body and spirit start working in harmony. We begin to stay calm, cheerful, happy, stress free and energetic regardless of what is happening in our external environment.

People who use Reiki regularly tell that negative patterns in their lives have slowly disappeared.

Reiki is too simple to be believed yet brings profound changes.

Reiki's healing effective have been verified on plants and animals too.

Reiki acts and heals at the source of the imbalance causing the problem. It does not heal the body or mind directly but opens up one's healing potential through one's energy body. This is

the reason why reiki works best when accompanied by healing at other levels, exercise, right diet, developing an attitude for gratitude.

No other healing system can match the safety and simplicity of reiki. Which is the reason in the rise of its popularity. A reiki session lasts an hour and a you can even learn it through a simple attunement through a reiki master.

Humans are slow in accepting the truths that are beyond their senses or defy present day logic. But then isn't it the job of science to find the underlying reasons for all our experiences.

Reiki helps us connect to our primal power and awakens alignment to our being, guiding us back to balance and building resistance to burnout.

The author is Spiritual Healer & Energy Channeler

The Daily Guardian • 24 Jun • Ministry of Ayush

Nourishing the next generation

14 • PG

630 • Sqcm

62951 • AVE

N/A • Cir

Middle Center

Delhi

Nourishing the next generation



SHRUTI SHARMA

Adolescence marks a phase of steady physical development and mental shaping. From height gain and muscle growth to emotional fluctuations and academic demands, this period brings wide-ranging biological shifts. Nutrition directly influences these changes. A balanced diet supports energy, clarity, and stable health in a way no external intervention can substitute.

Food habits formed between the ages of 10 and 19 tend to continue into adult life. For this reason alone, what pre-teens and teens consume should be viewed with a long-term focus. The purpose is not strict control, but consistency, adequacy, and access to the right variety of foods.

UNDERSTANDING NUTRITIONAL REQUIREMENTS

Adolescents need more calories, but where those calories come from makes a difference. Carbohydrates are the main energy source and work best when they

come from whole grains, vegetables, fruits, and legumes. These help avoid energy crashes during the school day or after physical activity.

Protein is required for the development of muscle mass and for repair. This comes from pulses, dairy, eggs, fish, or lean meat. Fats, though often misunderstood, remain essential, especially those from nuts, seeds, oils, and fish.

Micronutrients support everything from oxygen supply to concentration. Iron is needed for healthy blood and attention span. Calcium and vitamin D help bones grow and stay strong. Zinc contributes to immunity and wound healing. B-group vitamins influence energy levels and nerve function. These nutrients don't just fill gaps—they support how adolescents' function on a day-to-day basis.

Water is often missed in discussions. Dehydration does not always show up as thirst. It shows up as fatigue, lower attention, and dull skin. For adolescents with packed school schedules or sports training, regular water intake is essential.

SUPPORTING PHYSICAL HEALTH THROUGH FOOD

Nutrition during adolescence must respond to the pace and unpredictability of physical changes. Growth

While food does not replace therapy or social support, it can reduce emotional volatility and help build a more stable mental environment.

does not always follow a fixed pattern, and there are frequent periods of hormonal activity. In this context, stable nutrition brings a sense of balance.

Whole grains and proteins provide slow, lasting energy, allowing children to stay active without fatigue. Calcium-rich foods, when consumed consistently, support peak bone mass. Good dietary fat ensures that hormone functions do not get disrupted.

Processed food, while convenient, tends to offer calories without the nutrients that support growth. Over time, a pattern of high-sugar, low-fibre eating affects both digestion and metabolism. This makes it harder for the body to regulate weight or resist illness.

NUTRITION'S LINK TO MENTAL STABILITY

Food and mental health are connected. The nutrients in daily meals affect brain chemistry. Amino acids help form neurotransmitters that influence mood, focus, and motivation. Iron, vitamin B12, and folate help manage energy and alertness. Omega-3 fatty acids found in walnuts and flax-

seeds have been associated with improved attention and reduced anxiety.

Young people with regular meals tend to show more consistent emotional responses. While food does not replace therapy or social support, it can reduce emotional volatility and help build a more stable mental environment.

Eating patterns also influence sleep, and poor sleep affects learning and mood. Teens who skip meals or rely heavily on fast food often show irregular sleep cycles, which then feed into poor concentration and irritability.

ENCOURAGING BETTER EATING HABITS

Change at the family level is often the most effective. This does not require complicated diets or expensive ingredients.

Include variety, not volume: Meals can be simple and still meet all requirements. A mix of grains, pulses, vegetables, dairy, and fruit is usually enough.

Set routines: Adolescents benefit from regular meal times. Skipping meals leads to overeating or cravings later in the day.

Encourage involvement: When teens participate in cooking or planning meals, they are more likely to care about what they eat. This can improve both awareness and independence.

Re-think snacks: Packaged foods are common, but healthier options, such as fruit, boiled eggs, roasted chana, curd, can be introduced without resistance if they are readily available at home.

Avoid extremes: Creating an atmosphere where all foods are either "good" or "bad" often backfires. A balanced approach that allows for treats while keeping daily meals healthy is more effective.

LONG-TERM IMPACT

Nutrition in adolescence is not about short-term fixes. It is about setting a rhythm that supports consistent physical growth, mental clarity, and emotional balance. Families, schools, and public institutions can all contribute to this outcome by ensuring access to fresh food, time to eat without a rush, and enough variety to make meals enjoyable.

The effort is practical. The impact, though gradual, can shape how an entire generation grows into adulthood, with better health, clearer minds, and stronger daily function.

The author is the Founder of SupaFuel.



The Daily Guardian • 24 Jun • Ministry of Ayush
REIKI ENERGY HEALING: POWERFUL HANDS-ON HEALING TECHNIQUE

15 • PG

798 • Sqcm

79798 • AVE

N/A • Cir

Top Left

Delhi

REIKI ENERGY HEALING: POWERFUL HANDS-ON HEALING TECHNIQUE



JYOTSNA G BANSAL

Do you often feel tired or stressed but don't know how to relax? Have you ever wished for a quick way to feel calm and less stressed? Reiki is a natural way to calm your mind and heal your body. It's easy to learn and anyone can learn Reiki and use it to improve their well-being.

Reiki is an ancient Japanese healing technique which is simple, natural and safe method of spiritual healing, stress reduction and relaxation. It is a hands-on healing technique, which involves channeling energy through the hands.

REIKI : HANDS-ON HEALING TECHNIQUE

The word Reiki is made of two Japanese words - Re which means "Universal" and Ki which is "Life Energy". So, Reiki is actually "Universal Life Energy."

Dr. Mikao Usui (Usui Sensei) is the founder of the Reiki System of Healing, which was further propagated by Dr. Chujiro Hayashi and Mrs. Hawayo Takata.

The following are the 5 Principles (Precepts) of



Reiki:

- 1) Just for today, I will not worry.
- 2) Just for today, I will not be angry.
- 3) Just for today, I will be grateful.
- 4) Just for today, I will do my work honestly.
- 5) Just for today, I will be kind to every living thing.

Reiki is used for physical, emotional and mental healing and it can be practiced by anyone irrespective of age, gender, religion, caste or nationality. Reiki can be practiced in person or at a distance.

To practice Reiki, you need a special initiation called an attunement, which is given by a qualified Reiki Master or Grandmaster.

"ENERGY FLOWS WHERE INTENTION GOES."

Reiki is taught in different levels or stages. At the first



Dr. Mikao Usui
15 Aug 1865 – 9 Mar 1926



Dr. Chujiro Hayashi
15 Sep 1880 – 11 May 1940



Mrs. Hawayo Takata
24 Dec 1900 – 11 Dec 1980

level, you learn how to heal yourself and others through hands-on energy work. There are about 24 simple hand positions that cover your head, chest, stomach and other parts of your body. By placing your hands gently in these positions, you can send healing energy to yourself. This self-healing practice helps reduce stress, ease pain and balance your emotions. It's like giving your body a natural recharge!

The second level introduces special Reiki symbols—these are like secret keys that help focus and send energy over longer distances, even to someone far away. The highest level, called Master or Grandmaster, trains you to teach Reiki and pass on the healing power to others through a process called attunement.

POWERFUL BENEFITS OF REIKI

PROMOTES DEEP RELAXATION
Reiki helps your body and mind relax deeply. This calmness reduces stress and tension that build up during the day.

SUPPORTS PHYSICAL HEALING

By improving the flow of energy, Reiki can help relieve pain, speed up recovery from injuries and support your body's natural healing

process. It supports and enhances your overall healing process naturally and safely.

BALANCES EMOTIONS
Reiki gently clears emotional blockages, helping you feel more peaceful, less anxious and emotionally stable.

ENHANCES MENTAL CLARITY
Many people find Reiki helps clear mental fog and improves focus, creativity and calm thinking.

BOOSTS ENERGY LEVELS
When your energy flows freely, you feel more energized and less fatigued

throughout the day.

IMPROVES SLEEP QUALITY

Reiki promotes relaxation that can help you fall asleep faster and enjoy deeper, more restful sleep.

SAFE FOR EVERYONE
Reiki is gentle and safe for all ages, including children, elderly people and even pets. **CAN BE PRACTICED ANYWHERE**

You can receive Reiki in person or even at a distance. You can also learn self-Reiki and use it anytime for instant relief.

PROMOTES SPIRITUAL GROWTH
Beyond physical and emo-

tional healing, Reiki can help you feel more connected, centered and aware of your inner self.

Disclaimer: Reiki works very well alongside medical treatments but should not be used as a substitute for professional medical care.

Jyotsna G Bansal is a Reiki Grandmaster, practicing Numerologist (with published Numerology Research Papers in International Journals), IKS & Vedic Learner & Seeker, Author, Columnist, Researcher, Counselor and Crystals & Spiritual Guide. She has presented Research papers at various Colleges & Universities including DU, CSU, SLBSNSU

The Daily Guardian • 24 Jun • Ministry of Ayush

DIVE INTO WELLNESS: MARINE NUTRACEUTICALS FOR BETTER HEALTH

16 • PG

343 • Sqcm

34270 • AVE

N/A • Cir

Bottom Left

Chandigarh

DIVE INTO WELLNESS: MARINE NUTRACEUTICALS FOR BETTER HEALTH



FOOD IS MEDICINE

DR ANISH DESAI

The ocean, once valued solely for its food resources, is now recognized as a vast reservoir of bioactive compounds with significant health-promoting properties. Marine nutraceuticals derived from seaweed, algae, fish, crustaceans, and other marine organisms are gaining attention in the fields of functional nutrition and preventive healthcare. These compounds offer diverse benefits, including antioxidant, anti-inflammatory, antimicrobial, and cardioprotective effects, making them valuable components of modern health strategies.

Among the most prominent marine nutraceuticals are seaweeds, especially red, green, and brown macroalgae. These are rich in minerals, polysaccharides, fiber, and antioxidants. Brown seaweed, for instance, contains fucoxanthin, a carotenoid with demonstrated anti-obesity effects by enhancing fat metabolism. Bioactive components like fucoidan, laminarin, and alginate from red and brown algae exhibit anti-inflammatory, anticoagulant, antiviral, and anticancer properties. Additionally, seaweed-

derived fibers function as prebiotics, supporting gut health by nourishing beneficial microbiota and improving digestive function.

Microalgae, such as Spirulina, Chlorella, and Haematococcus pluvialis, are another powerful category of marine nutraceuticals. These unicellular organisms are rich in proteins, vitamins (B12, C, E), essential amino acids, and potent antioxidants like astaxanthin and phycocyanin. Astaxanthin, found in Haematococcus, is known for its exceptional antioxidant activity and benefits in reducing oxidative stress, inflammation, and signs of aging. Spirulina and Chlorella are also celebrated for their immune-boosting, detoxifying, and anti-fatigue effects.

Chitin and chitosan, extracted from the exoskeletons of crustaceans such as shrimp and crabs, offer antioxidant, antimicrobial, anti-diabetic, and anti-obesity properties. Chitosan binds to dietary fats and bile acids, reducing fat absorption and aiding in weight and lipid management. It also exhibits ACE-inhibitory effects, supporting blood pressure regulation.

The most recognized marine nutraceuticals are omega-3 fatty acids, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) abundantly found in fatty fish (like salmon, sardines, and tuna) and algal oils. These essential fatty acids are known to support cardiovascular health, neurodevelopment, cognitive function, and inflammation control. DHA is vital during pregnancy for fetal brain development, while both EPA and DHA contribute to mood regulation and cognitive performance.

In conclusion, marine nutraceuticals from seaweed, algae, crustaceans, and fish represent a sustainable and potent class of bioactive compounds with vast therapeutic potential. Incorporating marine nutraceuticals into your diet through foods or supplements can help you harness their health benefits but always consult a healthcare professional before starting any new supplement regimen. These ocean-derived ingredients are poised to play a vital role in advancing nutrition science, functional foods, and long-term wellness.



The Morning Standard • 24 Jun • Ministry of Ayush PRASARITA URDHVA HASTOTANASANA

2 • PG

246 • Sqcm

117863 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

PRASARITA URDHVA HASTOTANASANA

(WIDE LEGGED PALM TREE POSE)

This is an easy yet powerful pose in the series of Tadasana. Here, the legs are kept wide apart with arms stretched over the head. This practice helps in opening the chest, ribcage, obliques, and armpits, emphasising deep breathing and better awareness. It can help deal with cervical spondylosis for seniors, pregnant women, working professionals, or those with tense shoulders. When done daily, it strengthens the lower body and improves overall stability. It acts as a mild hip opener. It can also be a warm-up practice.

STEPS

- Start in Tadasana. Align and settle the body in Standing Wide Legged Pose Hands On Hips.
- Then, raise both hands in front of the chest and interlock the fingers. You can rotate the wrist so that the palms are facing forward.
- Now, inhale, stretch the arms over the head, keep the shoulders relaxed and away from the ears. Keep the neck long and the elbow straight.
- Stay in the final pose for eight deep breaths.
- Eyes should remain steadily fixed at one point in front. If you feel comfortable, close your eyes.
- To come out of the pose, release the interlocked hand, and bring them to the side of the body.
- Finally, release the legs and relax in Mountain Pose Palms Facing Forward.



BENEFITS

- Lengthens back and abdomen, keeping the lower body strong and engaged.
- Builds hip and leg flexibility while strengthening the upper body.
- Popular practice for prenatal women to open the hips and pelvis.
- Helps in the activation of all three lobes of the lungs, promoting deep breathing.
- Builds strength, posture, creating focus, and stability.
- Stretches the shoulders, neck, chest, core, back, and legs.
- Joints of the pelvis, spine, foot, and elbows gain better strength.
- Improves shoulders, spine musculature and flexibility.
- Promotes an active and upright posture.
- Stimulates the heart chakra and activates the digestive system.
- Helps in recovering from a prolonged illness.
- Connects with your deeper consciousness and expands your mental awareness.

LIMITATIONS

- People with migraine, vertigo, BP, should be very careful when practising.
- Those with injuries at the hip joint, ankle, or shoulders, undergone spine, hip, knee or ankle surgery, suffering from severe arthritis of the hip, wrists, knee joints, and knees, ankles, avoid this.
- Seniors and pregnant women, having balance issues, can do with feet hip-width apart taking wall support.

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

Bangalore Mirror • 24 Jun • Ministry of Ayush
B'luru enters World Book of Records for yoga tribute

2 • PG

355 • Sqcm

250104 • AVE

487.72K • Cir

Bottom Center

Bengaluru

B'luru enters World Book of Records for yoga tribute

A historic milestone was achieved in Bengaluru as the World Book of Records – London awarded a Certificate of Excellence to Sahaja Yoga for organising the world's largest musical and meditation tribute to the Indian Armed Forces. The event brought together over 200 artistes from 20 countries, performing on more than 100 musical instruments, in a rare fusion of yoga, music, and meditation.

Held at Tripuravasini, Palace Grounds, the programme marked both



International Yoga Day and World Music Day. It was hosted by Life Eternal Trust Bengaluru in collaboration with Samarthanam Trust. Prataprao Jadhav, Union Minister for AYUSH, virtu-

ally inaugurated the programme. In his address, he emphasised yoga's contribution to physical and mental discipline, and its role in shaping India's international image.

A segment titled 'Vande Mataram' served as the focal point of the event. The performance, which included music along with Bharatanatyam, was presented as a tribute to the Indian Armed Forces, and is under consideration for official entry into the World Book of Records.

Dr Manoj Kumar, Chairman of Life Eternal Trust, stated that the event aimed to encourage self-realisation through Sahaja Yoga, and to create a space for collective spiritual engagement. **-BMB**

The Tribune • 24 Jun • Ministry of Ayush
Now senior citizens can apply for special Ayushman cards

2 • PG

125 • Sqcm

377104 • AVE

893.04K • Cir

Middle Center

Chandigarh

Now, senior citizens can apply for special Ayushman cards

TRIBUNE NEWS SERVICE

PANCHKULA, JUNE 23

Now, senior citizens aged 70 years and above are eligible to apply for special Ayushman cards, which will entitle them to free medical treatment worth up to Rs 5 lakh. So far, more than 70 senior citizens have been issued the cards.

The endeavour, being overseen by Deputy Com-

missioner (DC) Monika Gupta, is a joint effort between the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) and district administration.

Civil Surgeon Dr Mukta Kumar said all citizens aged 70 and above are eligible to apply for the cards, which are being generated through an Aadhaar-based e-KYC process.

Ayushman Mitras have been appointed at block and

APPLICATION PROCESS

To apply for the cards, eligible individuals can visit their nearest government hospital, Common Services Centres, or special camp with their Aadhaar card and mobile number to get their card made. Assistance is available from Ayushman Mitras at the centres.

district-level government hospitals to assist with the generation of these cards.



With these cards, beneficiaries will be able to access cashless treatment at gov-

ernment as well as empanelled private hospitals.

A statement issued by the District Health Department described this initiative as an important step towards providing senior citizens with quality and accessible healthcare services. The Panchkula district administration reaffirms that it is committed to ensuring that no eligible citizen is deprived of this benefit.

News Today • 24 Jun • Ministry of Ayush
Special celebrations

2 • PG

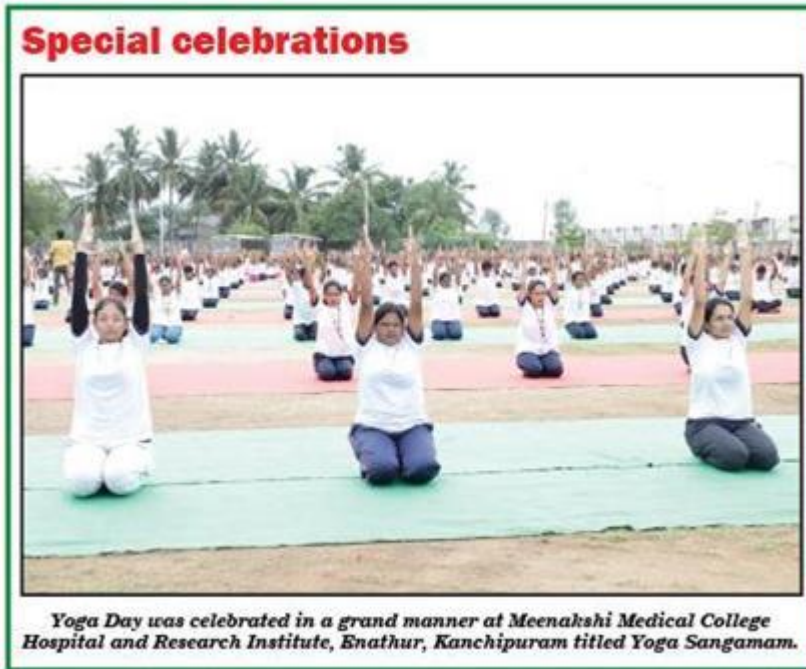
99 • Sqcm

19752 • AVE

112.72K • Cir

Bottom Center

Chennai



News Today • 24 Jun • Ministry of Ayush
Yoga Day fete at EIC-Chennai

1 • PG

108 • Sqcm

21627 • AVE

112.72K • Cir

Top Right

Chennai

Yoga Day fete at EIC-Chennai

Chennai, June 23:

The Export Inspection Agency-Chennai marked the 11th International Day of Yoga with great enthusiasm, aligning with the global theme “Yoga for One Earth, One Health.”

The event was led by Shri Jayapalan G, Deputy Director (In-charge), and saw active participation from employees and distinguished guests, including Shri Vivekananthan, Advocate of the Madras High Court.

A highlight of the celebration was a yoga session conducted by two renowned Yoga masters: Miss H. Deepa, Owner of Deepam Yogalaya and Kids Academy, Chennai, and Shri R. Sundar, a Certified Yoga



Trainer by the Ministry of Skill Development and Best Yoga Trainer Awardee in 2023.

Miss Deepa, an acclaimed International Yoga Trainer and Yoga Rathna awardee, and Shri R. Sundar, with over 40 years of yoga experience, guided the participants through a series of yogic practices.

News Today • 24 Jun • Ministry of Ayush
The International Yoga Day

1 • PG

97 • Sqcm

19331 • AVE

112.72K • Cir

Bottom Center

Chennai



The Indian Youth Association (IYA) marked International Yoga Day with a refreshing approach. More than 50 members assembled early morning at Chennai's famous Marina Beach, near the pigeon feeding point, beginning the day by feeding grains to the pigeons. The highlight of the day was an exclusive Laughter Yoga session conducted by Yoga Guruji mManohar Bokdia

Evening Post • 24 Jun • Ministry of Ayush

PNB celebrates 11th International Yoga Day focusing on global unity and environmental well-being

7 • PG

145 • Sqcm

14480 • AVE

221.25K • Cir

Middle Right

Jaipur

पीएनबी ने मनाया वैश्विक एकता और पर्यावरणीय कल्याण पर केन्द्रित 11वां अंतर्राष्ट्रीय योग दिवस

नई दिल्ली। सार्वजनिक क्षेत्र में देश के अग्रणी बैंकों में से एक पंजाब नेशनल बैंक (पीएनबी) ने - एक पृथ्वी, एक स्वास्थ्य के लिए योग की थीम पर 11वां अंतर्राष्ट्रीय योग दिवस मनाया। विभिन्न अंचलों, मंडलों और प्रधान कार्यालय में पीएनबी परिवार एकजुट हुआ एवं पर्यावरण-अनुकूल वातावरण में आयोजित संवादपरक योग सत्रों में भाग लिया। इन सत्रों में तनाव



प्रबंधन, रिलैक्सेशन तकनीकों, और श्वास अभ्यास पर जोर देते हुए समग्र स्वास्थ्य के लिए बैंक की प्रतिबद्धता को सुदृढ़ किया। योग सत्र में पीएनबी एमडी एवं सीईओ श्री अशोक चंद्र, कार्यपालक निदेशक गण श्री कल्याण कुमार, श्री विभू प्रसाद महापात्र व श्री डी सुरेंद्रन के साथ ही सभी अंचलों के मुख्य महाप्रबंधको, महाप्रबंधको व स्टाफ के अन्य सदस्यों ने भाग लिया।

इसके अतिरिक्त, इस दिन की भावना को बनाए रखते हुए, सभी क्षेत्रीय कार्यालयों और मंडल कार्यालयों ने आयुष मंत्रालय के आधिकारिक पोर्टल के माध्यम से योग संगम 2025 के लिए पंजीकरण कराया। पीएनबी ने इस वर्ष की थीम एक पृथ्वी, एक स्वास्थ्य के लिए योग के अनुरूप व्यक्तिगत कल्याण और पर्यावरण संरक्षण के बीच गहरे संबंध पर जोर दिया।

Ee Sanje • 24 Jun • Ministry of Ayush
Good health from Yoga

5 • PG

315 • Sqcm

11984 • AVE

225K • Cir

Middle Right

Bengaluru

ಯೋಗದಿಂದ ಉತ್ತಮ ಆರೋಗ್ಯ

ತರೀಕೆರೆ,ಜೂ.23- ಒಂದು ಭೂಮಿ, ಒಂದು ಆರೋಗ್ಯ ಎಂಬುದು ನಮ್ಮ ಧ್ಯೇಯ ಆಗಬೇಕು. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಎಲ್ಲರೂ ಯೋಗದ ಮೂಲಕ ಇದನ್ನು ಸಾಧಿಸಬೇಕಿದೆ ಎಂದು ಬ್ರಹ್ಮಕುಮಾರಿ ಈಶ್ವರಿಯ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಮುಖ್ಯಸ್ಥೆ ಬಿ.ಕೆ. ಕಲೈವಾಣಿ ತಿಳಿಸಿದ್ದಾರೆ. ಯೋಗ ದಿನದ ಅಂಗವಾಗಿ ನಡೆದ ಯೋಗ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮಾತನಾಡಿ, ಯೋಗ ಭಾರತದ ಅತ್ಯಂತ ಪ್ರಾಚೀನ ವ್ಯವಸ್ಥೆ. ಯೋಗದಿಂದ ನಿರೋಗಿಯಾಗಿ ಬದುಕಲು ಸಾಧ್ಯ. ಆದರೆ ನಮ್ಮ ವ್ಯವಸ್ಥೆಯನ್ನು ಬಿಟ್ಟು ಕಾರಣ ಸಮಸ್ಯೆ ಎದುರಿಸುವಂತಾಗಿದ್ದು, ಪುನಃ ಇದಕ್ಕೆ ಜನ ಮರುಳುತ್ತಿರುವುದು ಸಂತೋಷದಾಯಕ ಎಂದರು. ಬಾಲ ನ್ಯಾಯ ಮಂಡಳಿ ಮಾಜಿ ಅಧ್ಯಕ್ಷ ಜಿ. ಸುಬ್ರಹ್ಮಣ್ಯ ಮಾತನಾಡಿ, ವಿಶ್ವಕ್ಕೆ ಯೋಗ ಪರಿಚಯ ಮಾಡಿದ್ದು ಭಾರತ. ನಮ್ಮ ಋಷಿ ಮುನಿಗಳ ಕೊಡುಗೆ. ಇದಕ್ಕೆ ಸಾಧನೆ ಅಗತ್ಯ. ಆದರೆ ಅದರ ಮಹತ್ವ ಅರಿಯದೆ ಅದನ್ನು ಸಮರ್ಪಕವಾಗಿ ಬಳಸಿಕೊಳ್ಳಲು ವಿಫಲರಾಗಿದ್ದೇವೆ. ಆದರೆ ವಿದೇಶಿಯರು ಇದರ ಮಹತ್ವ ಅರಿತು ಇದರ ಲಾಭ ಪಡೆಯಲು ಮುಂದಾಗಿದ್ದಾರೆ. ಭಾರತೀಯರಿಗೆ ತಮ್ಮ ಸಾಮರ್ಥ್ಯದ ಅರಿವು ಇಲ್ಲದ ಕಾರಣ ಹಾಗೂ ತಮ್ಮತನ ಮರೆತ ಕಾರಣ ಎಲ್ಲಾ ಕ್ಷೇತ್ರದಲ್ಲೂ ನಾವು ವಿದೇಶಿಯರ ಅನುಕರಣೆ ಮಾಡು ವಂಥ ಮನೋಭಾವನೆ ಬೆಳೆಸಿಕೊಂಡಿದ್ದೇವೆ ಎಂದರು. ಹಾಗಾಗಿ ವಿದೇಶದಿಂದ ಬಂದ ವಿಚಾರಗಳು ಮಾತ್ರ ಸರಿ ಮತ್ತು ಸತ್ಯ ಎಂಬ ನಮ್ಮ ಗುಲಾಮಿ ಮನಸ್ಸಿತಿ ಮನೆ ಮಾಡಿದೆ. ಇದು ಮನಸ್ಸಿ ನಿಂದ ಕಳಚುವ ಕೆಲಸ ಆಗಬೇಕಿದೆ. ಆಗ ಮಾತ್ರ ನಮ್ಮ ಭಾರತೀಯ ಸನಾತನ ಸಂಸ್ಕೃತಿ, ಪರಂಪರೆ, ಉಳಿಯಲು ಸಾಧ್ಯ ಎಂದರು. ಯೋಗ ಶಬರದಲ್ಲಿ ಸಾಧಕರಿಂದ ವಿವಿಧ ಯೋಗಸನ ಭಗಿ ಪ್ರದರ್ಶಿಸಲಾಯಿತು.

Ee Sanje • 24 Jun • Ministry of Ayush
Yoga not only a exercise

5 • PG

444 • Sqcm

16878 • AVE

225K • Cir

Bottom Left

Bengaluru

ಯೋಗ ಕೇವಲ ವ್ಯಾಯಾಮವಲ್ಲ, ಮನಸ್ಸು ದೇಹಕ್ಕೆ ಶಕ್ತಿ

ಮಹದೇವಪುರ, ಜೂ.23- ಯೋಗ ಕೇವಲ ವ್ಯಾಯಾಮವಲ್ಲ, ಅದು ಮನಸ್ಸು, ದೇಹ ಹಾಗೂ ಆತ್ಮದ ಸಮನ್ವಯವಾಗಿರುವ ದಾರಿಯಾಗಿದೆ ಎಂದು ಡಾ. ಕೃಷ್ಣಮೂರ್ತಿ ತಿಳಿಸಿದರು.

ಕ್ಷೇತ್ರದ ಹೂಡಿ ವೈಟ್‌ಫೀಲ್ಡ್ ಮೆಡಿಕಲ್ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನದ ಪ್ರಯುಕ್ತ ಯೋಗದಲ್ಲಿ ಭಾಗಿಯಾಗಿ ಅವರು ಮಾತನಾಡಿದರು.

ಯೋಗದಿಂದ ಸರ್ವ ರೋಗಗಳಿಗೂ ಮುಕ್ತಿ ನೀಡಬಹುದಾಗಿದೆ. ಯೋಗ ಅಭ್ಯಾಸವನ್ನು ಪ್ರತಿಯೊಬ್ಬರೂ ತಮ್ಮ ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳಿ ಎಂದರು.

ಈವೇಳೆ ಯೋಗ ತರಬೇತಿ ನೀಡಿದ ಯೋಗಗುರು ಡಾ. ನಾಗರಾಜ್ ಅವರ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ಇಲ್ಲಿನ ವೈದ್ಯರು, ನರ್ಸ್‌ಗಳು ಮತ್ತು ಸಿಬ್ಬಂದಿ ವರ್ಗದವರು ಸಹ ಯೋಗ ಅಭ್ಯಾಸದಲ್ಲಿ ಭಾಗಿಯಾಗಿದ್ದರು.



MALAI UGAM • 24 Jun • Ministry of Ayush
MEDAVAKKAM RESIDENTS CELEBRATE INTERNATIONAL YOGA DAY AT NAVIN'S
STARWOOD TOWERS

4 • PG

170 • Sqcm

17041 • AVE

N/A • Cir

Bottom Center

Chennai

மேடவாக்கம் குடியிருப்பாளர்கள் நவின்ஸ் ஸ்டார்வுட் டவர்ஸில் சர்வதேச யோகா தினத்தைக் கொண்டாடினர்

சென்னை, ஜூன் 23, 2025: மேடவாக்கத்தில் உள்ள பல்வேறு வீட்டுவசதி சங்கங்களைச் சேர்ந்த 500க்கும் மேற்பட்டோர் சர்வதேச யோகா தினத்தைக் கொண்டாட ஒன்றுகூடினர். மேடவாக்கத்தில் உள்ள நவின்ஸ் ஸ்டார்வுட்டவர்ஸில் நடைபெற்ற இந்த நிகழ்வில் யோகா மற்றும் ஜலிம்பா அமர்வுகள் மற்றும் பல வேடிக்கையான செயல்பாடுகள் நடைபெற்றன. நவின்ஸ் நிறுவனத்தின் நிறுவனர் மற்றும் தலைவர்டாக்டர் ஆர். குமார், நவின்ஸ் நிறுவனத்தின் நிர்வாக இயக்குநர் திருமதி



பி. பவானி மற்றும் நவின்ஸ் நிறுவனத்தின் இயக்குநர் திருமதி கீர் வாசுதா குமார் ஆகியோர் இந்த நிகழ்வில்

கலந்து கொண்டனர். உடல்செயல்பாடுகளின் முக்கியத்துவத்தை வலுப்படுத்தும் வகையில், இன்றைய வீட்டுவசதி

சங்கங்கள் முழுமையான நல்வாழ்வை ஊக்குவிக்கும் இடங்களுக்கு அதிக முக்கியத்துவம் அளிக்கின்றன என்று டாக்டர் ஆர். குமார் கூறினார். பங்கேற்பாளர்கள் தங்களை முன்னுரிமைப்படுத்தவும், ஆரோக்கியமான இலக்குகளை நிர்ணயிக்கவும், அதை நோக்கி பாடுபடவும் அவர் வலியுறுத்தினார்.

சமூக ஊடக செல்வாக்குமிக்க தம்பதியான ஆதிதி அரவிந்தின் பஞ்சாயத்துத் தலைவர் திரு. வி. ஜெயச்சந்திரன், நவின்ஸ் நடத்திய சர்வதேச யோகா தின கொண்டாட்டங்களில் கலந்து கொண்டார்.

MALAI UGAM • 24 Jun • Ministry of Ayush

Hindustan International School Celebrates Yoga Day with a Salute to Operation Sindoor

3 • PG

208 • Sqcm

20812 • AVE

N/A • Cir

Top Right

Chennai

ஆபரேஷன் சிந்தூர் க்கு வீர வணக்கத்துடன் யோகா தினத்தை கொண்டாடிய இந்துஸ்தான் இன்டர்நேஷனல் ஸ்கூல்

சென்னை, ஜூன் 23, 2025: படுரில் அமைந்துள்ள இந்துஸ்தான் இன்டர்நேஷனல் ஸ்கூல், சர்வதேச யோகா தினத்தை தனிச்சிறப்பாக கொண்டாடியிருக்கிறது. "ஆபரேஷன் சிந்தூர் இந்திய இராணுவத்திற்கு புகழ் அஞ்சலி" என்ற கருத்தாக்கத்தின் கீழ் இந்திய இராணுவம் வெற்றிகரமாக மேற்கொண்ட நடவடிக்கைக்காக நெஞ்சார்ந்த நன்றியையும், பாராட்டையும் இந்திகழ்வின் போது இப்பள்ளி சமர்ப்பித்திருக்கிறது. இந்தியாவின் முப்படைகளின் வீரம் மற்றும் தியாகத்தை கௌரவிக்கும் விதத்தில் மாபெரும் உற்சாகத்தோடும், கட்டுப்பாட்டோடும் நன்றி உணர்வை வெளிப்படுத்திய இந்த கொண்டாட்ட நிகழ்வு பள்ளி வளாகத்தில் சிறப்பாக நடைபெற்றது.

"Operation



Sindoor HISP 2.5," என்ற சொற்றொடரின் எழுத்துக்கள் வடிவில் மாணாக்கர்கள் மிகப்பெரிய அளவில் உருவாக்கிய வடிவமைப்பு, இந்த நிகழ்வின் முத்தாய்ப்பு நிகழ்வாக அமைந்தது. ஒற்றுமை, மரியாதை மற்றும் தேசிய பெருமை ஆகிய அம்சங்களின் மூலம் நாட்டுப் பற்றை பிரதிபலிப்பதாக இந்த நிகழ்வு அனைவரின் கவனத்தையும், பாராட்டையும் ஈர்த்தது. உடற்கல்வி துறையின் மாணாக்கர்கள், மாணவர்

கவுன்சில் உறுப்பினர்கள் மற்றும் தன்னார்வலர்கள் ஆகியோர் ஒருங்கிணைந்து மிகத் துல்லியமாக உருவாக்கிய இந்த அணிவகுப்பு, இந்திய இராணுவத்தின் வீரதீர செயல்பாடுகளுக்கும், அர்ப்பணிப்பு உணர்வுக்கும் சக்தி மிக்க நன்றியை வெளிப்படுத்தும் நிகழ்வாக அமைந்தது.

இந்துஸ்தான் கல்வி நிறுவனங்கள் குழுமத்தின் தலைவர் டாக்டர். ஆனந்த் ஜேக்கப் வர்கீஸ்

இந்நிகழ்வில் கூறியதாவது: "சர்வதேச யோகா தினம் என்பது வாழ்க்கையில் நம் அனைவருக்கும் தேவைப்படுகிற சமநிலை மற்றும் ஒழுங்கு கட்டுப்பாட்டை வலுவாக நமக்கு நினைவுூட்டும் ஒரு நிகழ்வாக இருக்கிறது. நமது பெருமதிப்பிற்குரிய நமது இராணுவப்படையினரின் மையப் பண்புகளாகவும் இவைகளே இருக்கின்றன. இன்றைய தினம் உடல் ஆரோக்கியம் மற்றும் நலவாழ்விற்கு உதவும் யோகா பயிற்சிகளை மட்டும் நாம் கொண்டாடவில்லை; தேசத்தை பாதுகாப்பதற்காக பல தியாகங்களைச் செய்து சிரமங்களை பாராமல் பணியாற்றுகிற இராணுவத்தின் வீரத்தையும், தைரியத்தையும் இந்நிகழ்வின் வழியாக நாம் நினைவுகூர்து போற்றுகிறோம்.

Hello Madras • 24 Jun • Ministry of Ayush

MEDAVAKKAM RESIDENTS CELEBRATE INTERNATIONAL YOGA DAY AT NAVIN'S STARWOOD TOWERS

3 • PG

176 • Sqcm

17566 • AVE

N/A • Cir

Top Right

Chennai

MEDAVAKKAM RESIDENTS CELEBRATE INTERNATIONAL YOGA DAY AT NAVIN'S STARWOOD TOWERS

Chennai, 24 June 2025: More than 500 people from different housing societies in Medavakkam came together to mark the International Yoga Day. The event which took place at Navin's Starwood Towers, Medavakkam had Yoga and Zumba sessions, along with lot of fun activities. Dr. R. Kumar- Founder, Chairman, Navin's, Mrs. P. Bhavani,

Executive Director, Navin's and Ms. Ksheer Vasudha Kumar, Director, Navin's were part of the event.

Reinforcing the importance of physical activity, Dr R Kumar said today's housing societies give more importance to spaces which promote holistic well-being.

He urged the participants to



prioritize themselves, couple Adhithi set healthy goals and Aravind, also participated at the International Yoga Day celebrations conducted by Navin's. Thiru V. Jaya chandran, Panchayat president, social media influencer

Hello Madras • 24 Jun • Ministry of Ayush

CENTRAL UNIVERSITY OF TAMIL NADU CELEBRATES 11TH INTERNATIONAL YOGA DAY 2025

3 • PG

353 • Sqcm

35313 • AVE

N/A • Cir

Top Right

Chennai

CENTRAL UNIVERSITY OF TAMIL NADU CELEBRATES 11TH INTERNATIONAL YOGA DAY 2025

Chennai, 24 June 2025: The Central University of Tamil Nadu (CUTN), celebrated the 11th International Day of Yoga 2025 by actively participating in Yoga Sangam, a synchronised mass yoga demonstration held across the country. The event is based on the Common Yoga Protocol (CYP), a standardised yoga practice developed by the Ministry of AYUSH, Government of India, in consultation with leading yoga experts. CUTN saw over 200 enthusiastic participants—including faculty, staff, and students—come together at the university's Multi purpose Auditorium for a large-scale yoga session.

International Yoga Day 2025 was presided over by Prof. M. Krishnan, Vice-Chancellor, in the



presence of Prof. R. Thirumurugan, Registrar, Prof. Sulochana Sekar, Controller of Examinations, and Dr. Parameswaran, Librarian.

Students from CUTN Kendriya Vidyalaya and Oxford School, Thiruvavur, also took part, reflecting the university's effort to promote yoga culture beyond its campus boundaries. The session was guided by faculty members from the Department of Physical Education and Sports, CUTN, who ensured adherence to correct postures and

techniques.

Prof. M. Krishnan expressed heartfelt pride in Master Rakesh, a student from CUTN's Kendriya Vidyalaya, who has been selected to perform at the honourable Prime Minister's Yoga Event in Visakhapatnam. "This recognition of young talent from our campus is an inspiration to all and reinforces the power of yoga in shaping focused, healthy individuals," Prof. Krishnan noted.

He further emphasised the universal appeal of

yoga, stating, "Yoga, an ancient Indian art, has transcended borders. Today, countries around the world observe Yoga Day with immense enthusiasm. This year's theme— 'Yoga for One Earth, One Health'—resonates deeply with the need for sustainable, healthy living practices in a globalised world."

As the world marked the tenth anniversary of International Yoga Day, Prof. Krishnan, Vice Chancellor, announced the launch of a two-year Master of Science (M.Sc.) in Yoga programme at Central University of Tamil Nadu, commencing this academic year. This pioneering course reflects the university's growing focus on integrating traditional Indian knowledge systems with contemporary academic excellence.

Morning News • 24 Jun • Ministry of Ayush
International Yoga Day celebrated at Butati Dham Temple

6 • PG

82 • Sqcm

9798 • AVE

188.32K • Cir

Middle Left

Jaipur

बुटाटी धाम मंदिर में मनाया अंतरराष्ट्रीय योग दिवस

मॉर्निंग न्यूज @ बुटाटी। 21 जून को अंतरराष्ट्रीय योग दिवस के रूप में पूरी दुनिया में मनाया गया। योग दिवस के अवसर पर बुटाटी धाम मंदिर में आयोजित योग शिविर में मंदिर समिति के सदस्य, ग्राम पंचायत बुटाटी के सरपंच प्रहलाद सेवदा, डेगाना तहसीलदार सुनील राव, सांजू उप तहसीलदार एवं बुटाटी गांव के गणमान्य नागरिक, श्रद्धालु,



मंदिर समिति के कर्मचारियों, आमजन व प्रशासनिक कर्मचारियों, अधिकारियों की उपस्थित के साथ सहभागिता सुनिश्चित कर योग किया गया। योग न केवल हमारे शरीर को स्वस्थ रखता है, बल्कि मन को भी शांत और संतुलित करता है। यह भारतीय संस्कृति का अमूल्य उपहार है।

Morning News • 24 Jun • Ministry of Ayush
Yoga session organized by Manipal Hospital

4 • PG

148 • Sqcm

17742 • AVE

188.32K • Cir

Middle Center

Jaipur

मणिपाल हॉस्पिटल की ओर से योग सत्र का आयोजन

मॉर्निंग न्यूज @ जयपुर

अंतरराष्ट्रीय योग दिवस के अवसर पर मणिपाल हॉस्पिटल द्वारा एक विशेष योग सत्र का आयोजन किया गया। इस आयोजन में विभिन्न सामाजिक समुदायों के लोगों ने सक्रिय रूप से भाग लिया और एकजुट होकर स्वास्थ्य के प्रति जागरूकता का संदेश दिया। कार्यक्रम का आयोजन हॉस्पिटल परिसर में किया गया, जिसमें योगाचार्य धर्मेन्द्र के द्वारा योगासन करवाए गए। कार्यक्रम में 60 से अधिक लोगों ने भाग लिया। योग प्रशिक्षक के मार्गदर्शन में उपस्थित सभी प्रतिभागियों ने अनेक योगासन किए और नियमित योग अभ्यास के लाभों को समझा। इस अवसर पर यह संदेश भी दिया गया कि योग



एक ऐसी प्राकृतिक चिकित्सा पद्धति है, जिसके माध्यम से व्यक्ति न केवल शारीरिक रूप से स्वस्थ रह सकता है, बल्कि आने वाले समय में संभावित बीमारियों से भी बचाव किया जा सकता है। इस अवसर पर मणिपाल हॉस्पिटल जयपुर के डायरेक्टर रंजन ठाकुर ने कहा कि हमारा उद्देश्य केवल स्वास्थ्य सेवाएं देना नहीं, बल्कि समाज को एक स्वस्थ वातावरण भी देना है। अपने दैनिक जीवन में योग को अपनाकर हम कई

बीमारियों से बच सकते हैं, इसलिए हमें यह हमेशा याद रखना चाहिए कि योग को केवल एक दिन विशेष तक सीमित न रखें, बल्कि इसे अपने जीवन की दिनचर्या का हिस्सा बना लें और दूसरों को भी इसके लिए प्रेरित करें। मणिपाल हॉस्पिटल का यह प्रयास लोगों को स्वस्थ जीवनशैली अपनाने के लिए प्रेरित करता है और समाज में स्वास्थ्य के प्रति जागरूकता फैलाने की दिशा में एक महत्वपूर्ण कदम है।

Virat Vaibhav • 24 Jun • Ministry of Ayush

Ayush Wellness Phone par pramarsh naidanik janch kshetra mein utragi

15 • PG

90 • Sqcm

108143 • AVE

625K • Cir

Middle Left

Delhi

आयुष वेलनेस फोन पर परामर्श, नैदानिक जांच क्षेत्र में उतरेगी

एजेंसी ■ नई दिल्ली

निवास्व स्वास्थ्य सेवा कंपनी आयुष वेलनेस लिमिटेड ने घर-घर स्वास्थ्य सेवा समाधान की बढ़ती मांग को पूरा करने के लिए ऑनलाइन परामर्श और नैदानिक परीक्षण खंड में उतरने की घोषणा की है। आयुष वेलनेस ने बयान में कहा कि ए सेवाएं वेबसाइट और मोबाइल ऐप के माध्यम से प्रदान की जाएंगी। इसे विशेष रूप से आवश्यक स्वास्थ्य सेवाओं को अधिक सुलभ एवं सस्ता बनाना के लिए तैयार किया गया है, खासकर उन परिवारों तथा कामकाजी लोगों के लिए जो घर से ही सीधी स्वास्थ्य सेवा चाहते हैं। कंपनी ने कहा कि भारत में निदान (डायग्नोस्टिक्स) बाजार का वर्तमान मूल्य 1.11 लाख करोड़ रुपए है, जो 14 प्रतिशत की सालाना दर से बढ़ रहा है। आने वाले वर्ष में घरेलू नमूना संग्रह का योगदान लगभग 25-30 प्रतिशत होने का अनुमान है



आयुष वेलनेस की प्रबंध निदेशक नवीना कुमार ने कहा कि उपयोगकर्ता के अनुकूल डिजिटल इंटरफेस को जमीनी सेवाओं के साथ जोड़कर कंपनी का लक्ष्य इस उच्च वृद्धि वाले खंड पर कब्जा करना है। कंपनी निदान खंड (डायग्नोस्टिक्स सेगमेंट) के तहत रक्त परीक्षण, स्वास्थ्य तथा निवास्व जांच सहित प्रयोगशाला परीक्षणों की एक विस्तृत श्रृंखला पेश करेगी, जिसमें घर पर नमूना संग्रह और फोन पर परामर्श सुविधाएं शामिल होंगी। कंपनी ने प्रारंभिक चरण में स्मार्ट हेल्थ कियोस्क के साथ अपनी निवास्व स्वास्थ्य सेवाओं का विस्तार करने के लिए 25 करोड़ रुपए के निवेश की अप्रैल में घोषणा की थी।

Virat Vaibhav • 24 Jun • Ministry of Ayush
International Yoga Day, 2025

4 • PG

74 • Sqcm

89367 • AVE

625K • Cir

Middle Center

Delhi

हडको ने 11वां अंतरराष्ट्रीय योग दिवस 2025 मनाया

वैभव न्यूज़ ■ नई दिल्ली

हाउसिंग एंड अर्बन डेवलपमेंट कॉर्पोरेशन लिमिटेड (हडको), एक नवतन्त्र एनबीएफसी-आईएफसी ने इन्फ्रास्ट्रक्चर डेवलपमेंट के क्षेत्र में, योगा फॉर वन अर्थ, वन हेल्थ की थीम के साथ 11वें अंतरराष्ट्रीय योग दिवस 2025 का आयोजन किया। भारत सरकार की पहल के अनुरूप योग अभ्यास को बढ़ावा देने के लिए, हडको ने दिल्ली में एक योग सत्र आयोजित किया, जहाँ पूरा हडको परिवार इस चिरकालिक योग को अपनाने के लिए एक साथ एकत्र हुआ तथा विभिन्न आसन, प्राणायाम और ध्यान अभ्यास किए। बेहतर मानसिक और शारीरिक स्वास्थ्य के



लिए योग को दैनिक अभ्यास के रूप में अपनाने के लिए उन्हें प्रोत्साहित किया गया। इसके अतिरिक्त, पूरे भारत में इसके विभिन्न क्षेत्रीय कार्यालयों में योग सत्र आयोजित किए गए। हडको फिट और स्वस्थ भारत की आवश्यकता के अनुरूप कार्मिक कल्याण और राष्ट्र निर्माण के लिए निरंतर प्रतिबद्ध है।

Virat Vaibhav • 24 Jun • Ministry of Ayush

Central Ayush Ministry ki sthaona Bharat Sarkar ka sarahniye kadam

4 • PG

134 • Sqcm

160861 • AVE

625K • Cir

Middle Center

Delhi

केंद्रीय आयुष मंत्रालय की स्थापना भारत सरकार का सराहनीय कदम: अहमद

तैमत् न्यूज ■ नई दिल्ली

ऑल इंडिया यूनानी तिब्बती कांग्रेस की राष्ट्रीय कार्यकारिणी की बैठक दिल्ली के जामिया नगर स्थित तस्मिया ऑडिटोरियम में प्रोफेसर मुश्ताक अहमद की अध्यक्षता में हुई। 25 प्रांतों की प्रांतीय रिपोर्ट में पश्चिम बंगाल में यूनानी चिकित्सा पद्धति की स्थिति बहुत खराब पाई गई। पश्चिम बंगाल सरकार ने 2010 में सरकारी यूनानी मेडिकल कॉलेज की स्थापना की घोषणा की थी लेकिन इसे लागू नहीं किया गया। इसी तरह, 1998 के बाद पश्चिम बंगाल में न तो यूनानी मेडिकल ऑफिसर की नियुक्ति की गई और न ही कोई नई यूनानी डिस्पेंसरी स्थापित की गई। बैठक में कहा गया कि दिल्ली सरकार के लिए यह जरूरी है कि वह केंद्रीय



आयुष मंत्रालय की रैशनी में तिब्बती यूनानी को बढ़ावा देने के लिए योजना बनाए क्योंकि राजधानी दिल्ली भारत के सभी प्रांतों के लिए मिसाली हैसियत रखता है। यहां आयुष विभाग में डिप्टी डायरेक्टर यूनानी की नियुक्ति अभी तक नहीं हो पाई है और न ही दिल्ली आयुष विभाग ने यूनानी चिकित्सा को आगे बढ़ाने के लिए कोई ठोस कदम उठाया है। जबकि आयुर्वेद को बढ़ावा देने लिए कई कार्य किए गए हैं, इस के आलावा उन्नति के कार्य किए जा रहे हैं। अपने अध्यक्षीय भाषण में प्रोफेसर मुश्ताक अहमद ने केंद्रीय आयुष मंत्रालय की स्थापना को भारत सरकार का एक

बड़ा और सराहनीय कदम बताया। उन्होंने सभी प्रांतीय सरकारों से अपील की कि वे आयुर्वेद की तरह यूनानी चिकित्सा पद्धति को विकसित करने के लिए अपने प्रांत में स्थापित आयुष विभाग में डिप्टी डायरेक्टर लेवल के अधिकारी की नियुक्ति सुनिश्चित करें। तिब्बती कांग्रेस के तकनीकी विंग की राष्ट्रीय उपाध्यक्ष डॉ. एसजीवी सत्या ने आयुष के निजी चिकित्सकों की समस्याओं का जिक्र करते हुए कहा कि इनमें से बमुश्किल दो प्रतिशत ही सरकारी सेवा में हैं, शेष 98 प्रतिशत निजी चिकित्सकों की समस्याओं पर विशेष ध्यान देने की सख्त जरूरत है।

Veer Arjun • 24 Jun • Ministry of Ayush
International Yoga Day, 2025

10 • PG

347 • Sqcm

26035 • AVE

60K • Cir

Middle Right

Delhi

दक्षिण अफ्रीका में यूनेस्को स्थलों पर आयोजित किए गए अंतर्राष्ट्रीय योग दिवस कार्यक्रम

जोहानिसबर्ग, (भाषा)। दक्षिण अफ्रीका में एक महीने तक चले योग कार्यक्रमों का समापन रविवार को देश के चार प्रमुख शहरों में यूनेस्को के प्रतिष्ठित स्थलों पर अंतरराष्ट्रीय योग दिवस समारोह के साथ हुआ। भारतीय उच्चायुक्त प्रभात कुमार ने कहा, पिछले महीने देश भर में विभिन्न स्थानों पर और हमारे द्वारा प्रिटोरिया में तथा हमारे वाणिज्य दूतावासों द्वारा जोहानिसबर्ग, डरबन और केपटाउन में आयोजित अंतरराष्ट्रीय योग दिवस कार्यक्रमों

में दक्षिण अफ्रीकी समुदायों से मिला समर्थन बहुत संतोषजनक रहा। वह प्रिटोरिया में दक्षिण अफ्रीकी सरकार के मुख्यालय, यूनियन बिल्डिंग के परिसर में आयोजित अंतरराष्ट्रीय योग दिवस कार्यक्रम के बाद संबोधित कर रहे थे। कुमार ने कहा, सप्ताहांत में यहां चार यूनेस्को स्थलों पर आयोजित कार्यक्रमों के बाद, दक्षिण अफ्रीका अब विश्व के उन अनेक देशों में से एक के रूप में स्थापित हो गया है, जिसने अंतरराष्ट्रीय योग दिवस को



भारतीय उच्चायुक्त प्रभात कुमार

वार्षिक उत्सव के रूप में अपनाया है। विशेष रूप से यहां हजारों उत्साही लोगों के बीच यह समझ

बढ़ी है कि योग व्यायाम और स्वास्थ्य के लिए एक प्राचीन शास्त्र है। शनिवार को केपटाउन में भारतीय महावाणिज्य दूत रूबी जसप्रीत ने टेबल माउंटेन में स्थित मनोहर किर्स्टनबोश नेशनल बोटैनिक गार्डन में अंतरराष्ट्रीय योग दिवस कार्यक्रम का आयोजन किया। टेबल माउंटेन दुनिया के सात नए प्राकृतिक आश्चर्यों में से एक है। यह गार्डन यूनेस्को का धरोहर स्थल भी है।

जोहानिसबर्ग में भारतीय महावाणिज्यदूत महेश कुमार के

साथ गौतेंग प्रांत में एक अन्य यूनेस्को विरासत स्थल क्रैडल ऑफ मैनकाईड में शनिवार को आयोजित कार्यक्रम में बड़ी संख्या में युवा शामिल हुए।

डरबन में कुमार की समकक्ष थेल्मा डेविड ने द्राजुलू-नताल प्रांत के एजेमवेलो वन्यजीव अधिकारियों के साथ मिलकर उखाहलाम्बा डेकेन्सबर्ग पार्क के रॉयल नेशनल पार्क में लगभग 300 प्रतिभागियों की मेजबानी की। उखाहलाम्बा डेकेन्सबर्ग पार्क यूनेस्को की विश्व धरोहर है।

Pioneer Hindi • 24 Jun • Ministry of Ayush
Absent employee ko jari chetawani wapis li

4 • PG

31 • Sqcm

48923 • AVE

375K • Cir

Bottom Left

Delhi

अनुपस्थित कर्मियों को जारी चेतावनी वापस ली

नई दिल्ली। योग दिवस समारोह में बिना पूर्व सूचना के शामिल न हुए कर्मियों को भारतीय वन्यजीव संस्थान ने सोमवार को खेतन रोकने की चेतावनी जारी की। हालांकि कुछ ही घंटे बाद यह आदेश वापस ले लिया गया। डब्ल्यूआईआई के निदेशक वीरेंद्र तिवारी ने बताया कि प्रशासन ने कर्मियों को एक नियमित ई-मेल भेजा था। कहा कि ऐसी कोई कार्रवाई प्रस्तावित नहीं है। देहरादून स्थित संस्थान के प्रशासन ने एक ईमेल में 21 जून के कार्यक्रम में कम उपस्थिति को लेकर चेतावनी जारी कर जवाब मांगते हुए जवाब मांगा था।

Pioneer Hindi • 24 Jun • Ministry of Ayush
International Yoga Day, 2025

12 • PG

60 • Sqcm

93477 • AVE

375K • Cir

Middle Right

Delhi

रजनी केयर ने आयोजित किया योग साधना शिविर

लखनऊ। एक अच्छे जीवन के लिए योग जीवन का आधार है। निरोगी काया के लिए योग का अधिक महत्व है। प्रतिदिन योग करने से न सिर्फ शारीरिक स्वास्थ्य बेहतर रहता है बल्कि मानसिक स्वास्थ्य के लिए भी यह उत्तम ही महत्वपूर्ण है। अन्तर्राष्ट्रीय योग दिवस पर आध्यात्मिक गुरु देवेन्द्र मोहन मैयाजी के इसी संदेश के साथ योग दिवस पर रजनी केयर फाउंडेशन की ओर से आयोजित योग शिविर में लोगों ने योगाभ्यास किया। राजधानी लखनऊ के विक्रम नगर स्थित स्वामी दिव्यानन्द धर्मार्थ चिकित्सालय में आयोजित योग साधना कार्यक्रम में योगाचार्य श्रीमती अनिता मिश्रा और योगाचार्य श्रीमती सरला दुबे ने बड़ी संख्या में आए लोगों को योगाभ्यास कराया। इस मौके पर फिटनेस ट्रेनर गौरव राय ने लोगों को फिटनेस के मंत्र दिए। विशेष रूप से आनखित डॉ. देवेन्द्र सिंह ने लोगों के बीच योग के महत्व को विस्तार से बताया। आज के दौर में रोग और दवाइयों से बचने का सबसे सुलभ रास्ता दैनिक योगाभ्यास है। योग से न सिर्फ शरीर स्वस्थ रहता है बल्कि मानसिक अवसाद भी नहीं पनपता। शुगर, गठिया, ब्लड प्रेशर आदि बीमारियों को नियमित योग से नियंत्रित कर दूर भी किया जा सकता है। योग कार्यक्रम में हिस्सा लेने आए लोगों ने कहा कि ध्यान और योग के जरिए उन्हें मानसिक शांति महसूस से रही है। योग की विभिन्न क्रियाओं से उनके शरीर में ऊर्जा का संचार हुआ है और यह उन्हें काफी कुछ सीखने को मिला है। रजनी केयर फाउंडेशन ब्रह्मलीन स्वामी दिव्यानन्द जी महाराज के आध्यात्मिक उत्तराधिकारी देवेन्द्र मोहन मैया जी के संरक्षण में संचालित है।

Rashtriya Sahara • 24 Jun • Ministry of Ayush
Arha Dhyana Yoga became the inspiration for Yoga Sangam

2 • PG

26 • Sqcm

5805 • AVE

562.46K • Cir

Middle Right

Jaipur

**अर्ह ध्यान योग बना योग
संगम का प्रेरणास्रोत**

नई दिल्ली। वन अर्थ वन हेल्थ के संदेश के साथ अर्ह ध्यान योग की ओर से संपन्न हुआ समारोह योग संगम का प्रतीक बना। सप्ताह भर चले योग महकुंभ के समापन पर यहाँ शिवालिक पार्क में वन हैंड फॉर हैप्पीनेस एनजीओ के बच्चों ने योगमय मंगलाचरण प्रस्तुत किया। कार्यक्रम का आयोजन मोरारजी देसाई राष्ट्रीय योग संस्थान, अर्ह ध्यान योग एवं जैन समाज नोएडा के संयुक्त रूप से किया। कार्यक्रम अर्ह श्रीमणि प्रणम्यसागर महाराज के पावन सान्निध्य में हुआ।

Rashtriya Sahara • 24 Jun • Ministry of Ayush
Arh dhyān yog bana yog sangam ka prerastrot

2 • PG

27 • Sqcm

38820 • AVE

390K • Cir

Middle Right

Delhi

**अर्ह ध्यान योग बना योग
संगम का प्रेरणास्रोत**

नई दिल्ली। वन अर्थ वन हेल्थ के संदेश के साथ अर्ह ध्यान योग की ओर से संपन्न हुआ समारोह योग संगम का प्रतीक बना। सप्ताह भर चले योग महाकुंभ के समापन पर यहाँ शिवालिक पार्क में वन हैंड फॉर हैप्पीनेस एनजीओ के वच्चों ने योगमय मंगलाचरण प्रस्तुत किया। कार्यक्रम का आयोजन मोरारजी देसाई राष्ट्रीय योग संस्थान, अर्ह ध्यान योग एवं जैन समाज नोएडा के संयुक्त रूप से किया। कार्यक्रम अर्ह श्रीमूनि प्रणम्यसागर महाराज के पावन सान्निध्य में हुआ।

Rashtriya Sahara • 24 Jun • Ministry of Ayush Rog pratirodhak shamta

12 • PG

644 • Sqcm

935803 • AVE

390K • Cir

Top Left

Delhi



शरीर के लिए पर्याप्त पानी पीना बहुत जरूरी है। पानी न सिर्फ प्यास बुझाता है, बल्कि शरीर से विषैले तत्व भी बाहर निकालता है। यह पाचन को बेहतर करता है, त्वचा को साफ रखता है और ऊर्जा बनाए रखता है।

रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय

फायदेमंद होता है। ये मसाले न सिर्फ खाने का स्वाद बढ़ाते हैं, बल्कि शरीर की रोगों से लड़ने की ताकत भी बढ़ाते हैं।

हल्दी में एंटीसेप्टिक गुण होते हैं और लहसुन इम्युनिटी मजबूत करने में मदद करता है। आयुर्वेदिक उपायों में दिन में एक-दो बार तुलसी, दालचीनी, काली मिर्च, सूखी अदरक और मूला का हल्का हर्बल कढ़ा बनाएं, और बाहें तो उसमें थोड़ा सा गुड़ या नींबू का रस डालकर स्वाद भी बढ़ा सकते हैं। रात को सोने से पहले हल्दी वाला गर्म दूध पीना सेहत के लिए बहुत फायदेमंद होता है। यह शरीर को आराम देता है, नींद को बेहतर बनाता है और अंदरूनी ताकत बढ़ाता है। कुछ और आसान देसी उपाय भी हैं, जैसे हर सुबह-शाम तिल या नारियल के तेल या घी की कुछ बूंद नाक के दोनों छिद्रों में डालनी चाहिए। इससे नाक की सफाई होती है और सदी-खाली जैसी समस्याओं से बचाव होता है। इसके अलावा, एक चम्मच नारियल या तिल का तेल मुंह में भरकर दो-तीन मिनट घुमाएं और फिर थूक दें और गर्म पानी से कुल्ला करें। इस प्रक्रिया को 'ऑयल पुलिंग' कहते हैं। इससे मुंह साफ रहता है, दांत मजबूत होते हैं और शरीर की रोग प्रतिरोधक क्षमता भी बढ़ती है। इसे रोजाना करना सेहत के लिए बहुत लाभकारी है। गले में खराब हो तो पुदीने या अजवाइन वाला पानी गर्म करके उसकी भाप लें। इन आयुर्वेदिक उपायों को नियमित रूप से अपनाने से शरीर की प्रतिरोधक क्षमता को प्राकृतिक रूप से बढ़ाया जा सकता है।



हर दिन कम से कम 30 मिनट योग, प्राणायाम और ध्यान करना सेहत के लिए बहुत फायदेमंद होता है। इससे शरीर मजबूत बनता है, मन शांत रहता है और तनाव भी कम होता है। योग से लचीलापन बढ़ता है, प्राणायाम से सांसें का नियंत्रण बेहतर होता है और ध्यान से एकाग्रता बढ़ती है।



दिन में एक-दो बार तुलसी, दालचीनी, काली मिर्च, सूखी अदरक और मूला का हल्का कढ़ा बनाएं, और बाहें तो उसमें थोड़ा सा गुड़ या नींबू का रस डालकर स्वाद भी बढ़ा सकते हैं।

Dainik Bhaskar • 24 Jun • Ministry of Ayush
Teach yoga tips to women

12 • PG

108 • Sqcm

622759 • AVE

2.34M • Cir

Middle Left

Jaipur

महिलाओं को योग के टिप्स सिखाए



जयपुर | नारायण विहार स्थित शिव एन्क्लेव कॉलोनी में इंटरनेशनल योग दिवस के मौके पर योगाचार्य मीनाक्षी कुमारी ने महिलाओं को योग का महत्व बताते हुए टिप्स सिखाए। उन्होंने महिलाओं को सूर्य नमस्कार के सभी आसन बताते हुए कहा कि योग केवल व्यायाम नहीं है बल्कि शरीर के समन्वय की विधि भी है। कार्यक्रम में पूजा कच्छवा, गौरी चतुर्वेदी, इशिका, कृतिका, मुक्ता सहित अन्य महिलाओं ने हिस्सा लिया।



जयपुर | योग दिवस के उपलक्ष्य में जवाहर सर्किल पर विनायक अपार्टमेंट स्थित सी दा डिफरेंस योगा सेंटर की ओर से योगा अभ्यास कार्यक्रम आयोजित किया गया। केंद्र की संस्थापिका संतोष चौधरी ने बताया कि फिट रहने के लिए नियमित रूप से योग करना चाहिए।

Dainik Bhaskar • 24 Jun • Ministry of Ayush

Students and teachers gave the message of 'One Earth One Health' through yoga

8 • PG

247 • Sqcm

1421233 • AVE

2.34M • Cir

Bottom Right

Jaipur



स्टूडेंट्स और टीचर ने योग से दिया 'वन अर्थ वन हेल्थ' का संदेश

सिटी रिपोर्टर | स्टूडेंट्स और स्टाफ ने योग और प्राणायाम का अभ्यास किया। मौका था आईआईएचएमआर यूनिवर्सिटी कैम्पस में आयोजित 'योग संगम' कार्यक्रम का। 'वन अर्थ वन हेल्थ' थीम पर हुए इस कार्यक्रम में अभ्यास सत्र रखा गया। इसमें न्यूरोसर्जन और योग गुरु डॉ. काकू मयूर विनयकुमार ने योग और प्राणायाम का अभ्यास करवाया। उन्होंने तनाव कम करने और शक्ति को बढ़ाने के टिप्स दिए। यूनिवर्सिटी के अध्यक्ष डॉ.पी.आर. सोडानी ने बताया कि 'योग संगम' की मेजबानी के लिए आयुष मंत्रालय और स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार की ओर से यूनिवर्सिटी को योग संगम पत्र भी प्रदान किया गया।

Dainik Bhaskar • 24 Jun • Ministry of Ayush
Aggarwal Vaishya Samaj Samiti organized a camp

6 • PG

227 • Sqcm

1304530 • AVE

2.34M • Cir

Top Left

Jaipur

अग्रवाल वैश्य समाज समिति ने लगाया शिविर



जयपुर | श्री अग्रवाल वैश्य समाज समिति गीजगढ़ विहार की ओर से योगा एवं वेलनेस शिविर का आयोजन किया गया। संयोजक विनोद सिंघल ने बताया कि इस दौरान समाज के पूर्व अध्यक्ष घनश्याम अग्रवाल, वरिष्ठ उपाध्यक्ष अरविंद अग्रवाल, उपाध्यक्ष प्रमोद सिंगला, महामंत्री ललित पोद्दार सहित अन्य लोग मौजूद रहे।

Dainik Bhaskar • 24 Jun • Ministry of Ayush
Mass yoga program held in Mansarovar City Park

7 • PG

163 • Sqcm

936572 • AVE

2.34M • Cir

Middle Left

Jaipur

मानसरोवर सिटी पार्क में हुआ सामूहिक योग कार्यक्रम

जयपुर | अंतरराष्ट्रीय योग दिवस पर मानसरोवर स्थित सिटी पार्क में सामूहिक योग कार्यक्रम हुआ। इस बार की थीम रही- एक पृथ्वी, एक स्वास्थ्य। कार्यक्रम में कृष्णा सरोवर वेलफेयर सोसायटी के अध्यक्ष मदन सिंह मांकड़ी, उपाध्यक्ष संदीप

शर्मा, कोषाध्यक्ष प्रशांत कुमार शुक्ला, खेल सचिव डॉ. मुकेश नागा, प्रीति शर्मा, पुष्पा चौधरी, अनुसूया देवी और सुश्री संस्कृति शर्मा सहित कई सदस्य शामिल हुए। मुख्य अतिथि राज्यसभा सांसद घनश्याम तिवाड़ी रहे।

Dainik Bhaskar • 24 Jun • Ministry of Ayush
Message of VVD Yoga Mantra- Doing yoga will keep you healthy

6 • PG

874 • Sqcm

5028627 • AVE

2.34M • Cir

Middle Right

Jaipur

वीवीडी योग मंत्रा का संदेश-योग करेंगे स्वस्थ रहेंगे



जयपुर | विश्व योग दिवस पर वीवीडी योग मंत्रा की ओर से बी-129 मालवीय नगर में योग दिवस मनाया गया। कार्यक्रम की अध्यक्षता हेमंत लश्करी ने की। तरुण वाधवानी ने योग के महत्व को समझाते हुए कहा कि योग से शारीरिक व मानसिक समस्या दूर होती है। मन को संतुलन में रखना योग है, योग विज्ञान है, शरीर मन आत्मा को जोड़ने का विधान है। विज्ञान कहता है योग करने से

याददाश्त बढ़ती है। नियमित योग करने से रोग प्रतिरोधक क्षमता बढ़ती है। गुंजन बुलानी ने बैलून योग और ताली योग करवाया। वैदिक वीरांगना दल की राष्ट्रीय अध्यक्ष डॉ. अनामिका शर्मा ने अष्टांग योग को समझाते हुए बताया कि वीवीडी 10वीं ओपन के फॉर्म भरवा कर फ्री कोचिंग करने जा रहा है, जिसका कार्यभार बृजबाला गुप्ता संभालेगी। इस अवसर पर दुर्गा शर्मा ने सभी का आभार जताया।



जयपुर | विश्व योग दिवस पर प्रज्ञा योग संस्थान की ओर से सेंट्रल पार्क में योग शिविर लगाया गया। इसमें योग गुरु अजय व मधु बटवाड़ा ने साधकों को योग के विभिन्न आसनों का अभ्यास कराया। नियमित योग करने का भी आह्वान किया। साथ ही ताली योग एरोबिक आसन प्राणायाम कराया।



जयपुर | विद्युत नगर-ए स्थित सोमेश्वर पार्क में अंतरराष्ट्रीय योग दिवस पर विशेष योग सत्र का आयोजन किया गया। कार्यक्रम का नेतृत्व महिला पतंजलि योग समिति की महामंत्री ऊषा परिहार ने किया। सूर्य नमस्कार, चालन क्रियाएं, योगासन और प्राणायाम किया गया। 50 सहयोगी शिक्षकों को प्रमाण पत्र देकर सम्मानित किया गया। इस दौरान राजेन्द्र पारीक व सुनील शर्मा सहित अन्य लोग मौजूद रहे।

Dainik Bhaskar • 24 Jun • Ministry of Ayush
Yoga camp organized at Parshuram Gyanpeeth

6 • PG

287 • Sqcm

1654123 • AVE

2.34M • Cir

Bottom Right

Jaipur

परशुराम ज्ञानपीठ में लगाया योग शिविर



जयपुर | योग दिवस के अवसर पर विप्र फाउंडेशन राजस्थान जोन-1 की ओर से परशुराम ज्ञानपीठ शिप्रा पथ मानसरोवर में योग शिविर आयोजित किया गया। शिविर में मुख्य अतिथि विधायक गोपाल शर्मा रहे। विप्र फाउंडेशन जोन-1 के प्रदेशाध्यक्ष राजेश कर्नल ने बताया कि योग गुरु मनीष आचार्य के निर्देशन में योग किया गया। कार्यक्रम संयोजक अजय पारीक ने बताया कि इस अवसर पर विप्र फाउंडेशन के राष्ट्रीय महामंत्री, पवन पारीक, राष्ट्रीय सचिव नरेन्द्र हर्ष, महामंत्री सतीश शर्मा सहित अन्य लोग उपस्थित रहे।

Dainik Bhaskar • 24 Jun • Ministry of Ayush
Yoga session at Manipal Hospital, 60 people attended

7 • PG

200 • Sqcm

1151632 • AVE

2.34M • Cir

Middle Left

Jaipur

मणिपाल हॉस्पिटल में योग सत्र, 60 लोग शामिल हुए

जयपुर | मणिपाल हॉस्पिटल में विशेष योग सत्र हुआ। इसमें अलग-अलग सामाजिक समुदायों के लोगों ने भाग लिया। सभी ने एकजुट होकर स्वास्थ्य के प्रति जागरूकता का संदेश दिया। योगाचार्य धर्मेन्द्र ने प्रतिभागियों को योगासन करवाए। 60 से ज्यादा लोगों ने इसमें हिस्सा लिया। योग सत्र में बताया कि योग

एक प्राकृतिक चिकित्सा पद्धति है। इससे न केवल शरीर स्वस्थ रहता है, बल्कि भविष्य की बीमारियों से भी बचाव होता है। मणिपाल हॉस्पिटल जयपुर के डायरेक्टर रंजन ठाकुर ने कहा कि हमारा उद्देश्य केवल इलाज देना नहीं, बल्कि समाज को स्वस्थ वातावरण देना भी है।

Deshbandhu • 24 Jun • Ministry of Ayush
Use turmeric to increase immunity

10 • PG

443 • Sqcm

372518 • AVE

325.52K • Cir

Middle Left

Delhi

रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं हल्दी

नई दिल्ली, 23 जून (एजेंसियाँ)। आजकल की भाग-दौड़ वाली जिंदगी में सेहत को नजरअंदाज करना बेहद आम बात हो गई है। हमारी रोग प्रतिरोधक क्षमता दिन प्रतिदिन घटती जा रही है, जिससे शरीर बीमारियों का घर बनता जा रहा है। रोगों से लड़ने की ताकत बढ़ाने में आयुर्वेदिक उपाय सक्षम हैं, क्योंकि आयुर्वेद न सिर्फ शरीर को रोगों से बचाता है, बल्कि शारीरिक और मानसिक स्वास्थ्य को भी बेहतर बनाता है। आयुष मंत्रालय ने कुछ सामान्य उपायों के जरिए सेहतमंद रहने का गुर सिखाया है। इसमें बताया है कि पूरे दिन शरीर के लिए पर्याप्त पानी पीना बहुत जरूरी है। पानी न सिर्फ प्यास बुझाता है, बल्कि शरीर से विषैले तत्व भी बाहर निकालता है। यह पाचन को बेहतर करता है, त्वचा को साफ रखता है और ऊर्जा बनाए रखता है। दिनभर थोड़ा-थोड़ा पानी पीते रहें, ताकि शरीर हाइड्रेटेड रहे और आप स्वस्थ महसूस करें। हर दिन कम से कम 30 मिनट योग, प्राणायाम और ध्यान करना सेहत के लिए बहुत फायदेमंद होता है। इससे शरीर मजबूत बनता है, मन शांत रहता है और तनाव भी



कम होता है। योग से लचीलापन बढ़ता है, प्राणायाम से सांसों का नियंत्रण बेहतर होता है और ध्यान से एकाग्रता बढ़ती है। यह सब मिलकर शरीर की रोग प्रतिरोधक क्षमता बढ़ाते हैं। खाने में हल्दी, जीरा, धनिया और लहसुन जैसे मसालों का इस्तेमाल करना सेहत के लिए बहुत फायदेमंद होता है। ये मसाले न सिर्फ खाने का स्वाद

बढ़ाते हैं, बल्कि शरीर की रोगों से लड़ने की ताकत भी बढ़ाते हैं। हल्दी में एंटीसेप्टिक गुण होते हैं और लहसुन इम्युनिटी मजबूत करने में मदद करता है। आयुर्वेदिक उपायों में आयुष मंत्रालय की सलाह है कि हर सुबह एक चम्मच च्यवनप्राश जरूर लें, लेकिन अगर आप डायबिटीज के मरीज हैं तो शुगर-फ्री वाला विकल्प चुनना न भूलें। दिन में एक-दो बार तुलसी, दालचीनी, काली मिर्च, सूखी अदरक और मुनक्का वाला हर्बल काढ़ा बनाएं, और चाहें तो उसमें थोड़ा सा गुड़ या नींबू का रस डालकर स्वाद भी बढ़ा सकते हैं। रात को सोने से पहले हल्दी वाला गर्म दूध पीना सेहत के लिए बहुत फायदेमंद होता है। यह शरीर को आराम देता है, नौद को बेहतर बनाता है और अंदरूनी ताकत बढ़ाता है।

कुछ और आसान देसी उपाय भी हैं, जैसे हर सुबह-शाम तिल या नारियल के तेल या घी की कुछ बूंदें नाक के दोनों छिद्रों में डालनी चाहिए। इससे नाक की सफाई होती है और सर्दी-खांसी जैसी समस्याओं से बचाव होता है।

Punjab Kesari • 24 Jun • Ministry of Ayush
Yug satar mein 100 logo ne hissa liya

5 • PG

116 • Sqcm

106954 • AVE

867.98K • Cir

Middle Right

Chandigarh

योग सत्र में 100 लोगों ने हिस्सा लिया



चंडीगढ़, 23 जून (स.ह.): अंतरराष्ट्रीय योग दिवस के अवसर पर शनिवार को मैक्स अस्पताल में योग के लाभों और स्वस्थ जीवनशैली पर प्रकाश डालने के लिए आयोजित स्वास्थ्य और योग सत्र में वरिष्ठ नागरिकों सहित 100 लोगों ने हिस्सा लिया। स्वास्थ्य और योग सत्र के बाद समग्र स्वास्थ्य को बढ़ावा देने के लिए निःशुल्क चिकित्सा जांच शिविर और न्यूट्रिशन कंसल्टेशन का आयोजन किया गया। मैक्स हॉस्पिटल के

इंटरवेंशनल कार्डियोलॉजिस्ट डॉ. इशित्याक मसूद ने हृदय स्वास्थ्य के महत्व और समग्र हृदय स्वास्थ्य को बनाए रखने में योग की भूमिका पर प्रकाश डाला। उन्होंने कहा, “योग शरीर की जागरूकता और उपस्थिति को विकसित करने के साथ-साथ तनाव को कम करने में मदद करता है। ये हृदय संबंधी स्थितियों का सामना करने वाले व्यक्तियों के लिए महत्वपूर्ण कौशल हैं। योग हृदय संबंधी कंडीशनिंग में सुधार करता है।

Punjab Kesari • 24 Jun • Ministry of Ayush
1200 students ne kiya yogabhyash

4 • PG

125 • Sqcm

115754 • AVE

867.98K • Cir

Middle Right

Chandigarh

1200 विद्यार्थियों ने किया योगाभ्यास

खरड़, 23 जून (गगनदीप): सरस्वती ग्रुप ऑफ कॉलेजिज ने सी.एम. योगशाला के तहत अंतर्राष्ट्रीय योग दिवस मनाया गया। कॉलेज प्रिंसीपल शिवानी शर्मा ने बताया कि सरस्वती ग्रुप ऑफ कॉलेज के विद्यार्थियों ने सिविल अस्पताल मोहाली में सी.एम. योगशाला नामक एक भव्य योग कार्यक्रम में भाग लिया, जिसमें आयुर्वेद, नर्सिंग, फार्मसी, पैरामैडिकल और

फिजियोथैरेपी सहित विभिन्न स्वास्थ्य सेवा पाठ्यक्रमों के 1200 विद्यार्थियों ने भाग लिया। इस सत्र में सलाहकार योग प्रशिक्षक अमरेश कुमार झा और कमलेश मिश्रा के विशेषज्ञ मार्गदर्शन में योग किया गया। 11वें अंतर्राष्ट्रीय योग दिवस के अवसर पर स्वास्थ्य पेशेवरों द्वारा सबसे बड़े योग सत्र के लिए एशिया बुक ऑफ रिकॉर्ड्स का नया खिताब सफलतापूर्वक स्थापित किया।



अंतर्राष्ट्रीय योग दिवस के अवसर पर सरस्वती कॉलेज घडूआं के विद्यार्थी योगाभ्यास करते हुए।

Punjab Kesari • 24 Jun • Ministry of Ayush
Man ki shanti aur sampuran health ke labh bataye

4 • PG

217 • Sqcm

200331 • AVE

867.98K • Cir

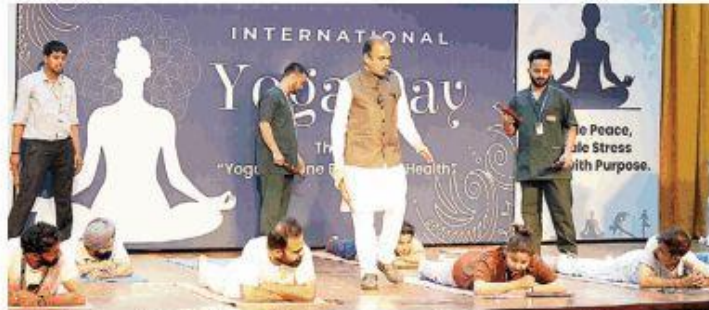
Middle Right

Chandigarh

मन की शांति और संपूर्ण स्वास्थ्य के लाभ बताए

मोहाली, 23 जून (नियामियां): चंडीगढ़ ग्रुप ऑफ कॉलेजिज (सी.जी.सी.) इंजेडी, मोहाली ने उत्साहपूर्वक योग सप्ताह मनाया, जिसका समापन समारोह मन की शांति और संपूर्ण स्वास्थ्य पर केंद्रित रहा। सी.जी.सी. के खेल विभाग द्वारा आयोजित इस सप्ताह भर के उत्सव में छात्रों, शिक्षकों और कर्मचारियों ने पूरे उत्साह के साथ भाग लिया।

पूरे सप्ताह के दौरान, परिसर में योग की समझ और अभ्यास को गहरा करने के लिए विभिन्न आकर्षक गतिविधियां आयोजित की गईं। इनमें प्रमाणित प्रशिक्षकों के नेतृत्व में



सी.जी.सी. इंजेडी, मोहाली में योग सप्ताह के दौरान भाग लेते छात्र और कर्मचारी।

दैनिक योग सत्र, विभिन्न आसनों और प्राणायाम (सांस लेने की तकनीक) पर कार्यशालाएं, तनाव कम करने पर केंद्रित ध्यान सत्र, और

शारीरिक व मानसिक स्वास्थ्य के लिए योग के समग्र लाभों पर जानकारीपूर्ण वार्ताएं शामिल थीं। इस अवसर पर, आचार्य मनीष, जीना

सीखो के प्रबंध निदेशक और एच.आई.आई.एम.एस. ग्रुप ऑफ हॉस्पिटल्स के संस्थापक, ने मुख्य अतिथि के रूप में शोभा बढ़ाई।

आचार्य मनीष ने उपस्थित छात्रों और कर्मचारियों को बहुमूल्य जानकारी प्रदान की, जिसमें योग के लाभ, शारीरिक और मानसिक कल्याण में इसकी भूमिका, बीमारियों की रोकथाम और बेहतरीन स्वास्थ्य देखभाल में योग की महत्ता के बारे में विस्तार से बताया। सी.जी.सी. इंजेडी, मोहाली के प्रबंध निदेशक अर्श धालीवाल ने इस अवसर पर अपने विचार साझा किए।

Punjab Kesari • 24 Jun • Ministry of Ayush

Yog bharatiye sanskriti aur darshan ka aadhar tatha adhyatam ka sehyogi hai

2 • PG

243 • Sqcm

224573 • AVE

867.98K • Cir

Middle Right

Chandigarh

महिलाओं को योग के प्रति जागरूक करने को लगाया योग शिविर 'योग भारतीय संस्कृति और दर्शन का आधार तथा अध्यात्म का सहयोगी है'



दिव्य ज्योति जाग्रति संस्थान ने योग शिविर का आयोजन किया।

चंडीगढ़, 23 जून (स.ह.): दिव्य ज्योति जाग्रति संस्थान द्वारा गांव श्यामटू पंचकूला में महिला सशक्तिकरण के अंतर्गत अंतरराष्ट्रीय योग दिवस को समर्पित एवं महिलाओं को योग के प्रति जागरूक करके के लिए एक योग शिविर का आयोजन किया। कार्यक्रम संतुलन प्रकल्प के अंतर्गत तू है शक्ति के आधीन किया गया। कार्यक्रम में संस्थान के संचालक एवं संस्थापक दिव्य गुरु श्री आशुतोष महाराज जी की शिष्या साध्वी किरण भारती ने अपने उद्बोधन में कहा की योग भारतीय संस्कृति और दर्शन का आधार है तथा अध्यात्म का सहयोगी है। योग का विस्तार यम नियम से ध्यान समाधि तक है।

योग करो निरोग रहो के सूक्ति को चरितार्थ करते हुए प्राणायाम को निरंतर अभ्यास करने से श्वासों का विस्तार होता है, यह सुखी जीवन का आधार है। योग तन मन को ऊर्जावान बनाता है जटिल से जटिल रोगों का निदान होता है बुद्धि को शुद्ध करता है और मन को निरुद्ध करता है आलस को भागता है योग से अवसाद अनिद्रा और तनाव का समाधान होता है। आभामंडल को तेजस्वी करता है, योग ऋषि मुनियों का वरदान है।

योग के सूक्ष्म तत्वों की वैज्ञानिक ढंग से व्याख्या की जा रही

साध्वी ने कहा कि दिव्य ज्योति जाग्रति संस्थान द्वारा दिव्य गुरु आशुतोष महाराज जी की अनुकंपा से विलक्षण योग का कार्यक्रम का प्रकल्प चलाया जा रहा है, जिसमें योग के सूक्ष्म तत्वों का वैज्ञानिक ढंग से व्याख्या किया जाता है तथा संस्थान ने यह संकल्प लिया है कि योग का विस्तार एवं प्रचार प्रसार किया जाए। साध्वी ने उपस्थित महिलाओं को योगाभ्यास करवाते हुए बहुत सरल किन्तु प्रभावशाली योगासन जैसे ताड़ासन, वृक्षासन, वीरभद्रासन, तुलासन, इत्यादि सिखाकर कमर दर्द, डायबिटीज, हार्निया, माइग्रेन, सिर दर्द, सर्वाङ्कल, जैसे रोगों से निजात पाने के टिप्स दिए। उसके उपरांत सभी को प्राणायाम यौगिक विधियों के तहत खण्ड प्राणायाम, सूर्यभेदी व चन्द्रभेदी प्राणायाम, अनुलोम-विलोम और भ्रामरी प्राणायाम भी सिखाया गया।

Punjab Kesari • 24 Jun • Ministry of Ayush
Special session of Yoga Sangam at IIHMR

7 • PG

48 • Sqcm

2413 • AVE

370.92K • Cir

Middle Right

Jaipur

आईआईएचएमआर में योग संगम का विशेष सत्र



जयपुर, 23 जून (व्यूरो): आईआईएचएमआर यूनिवर्सिटी ने 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' विषय पर योग संगम का विशेष सत्र आयोजित किया। अध्यक्ष डॉ. पीआर सोडानी ने बताया कि प्रसिद्ध न्यूरोसर्जन और योग गुरु डॉ. काकू मयूर विनय कुमार ने योग और प्राणायाम की एक श्रृंखला के साथ सत्र का संचालन किया, जो जीवन शक्ति को बढ़ाने, तनाव को कम करने और समग्र स्वास्थ्य को बढ़ावा देने के लिए डिज़ाइन किया गया था। सभी प्रतिभागियों ने तनाव को कम करने और लंबे समय तक फिट रहने के तरीके सीखने के लिए योग और प्राणायाम का अभ्यास किया।

Punjab Kesari • 24 Jun • Ministry of Ayush
Yoga done at JK Lone Hospital

7 • PG

33 • Sqcm

1646 • AVE

370.92K • Cir

Top Right

Jaipur

जेके लोन अस्पताल में किया योग



जयपुर, 23 जून (व्यूरो): जेके लोन अस्पताल के अधीक्षक डॉ. कैलाश मीना, आरएमओ डॉ. उमेश गुर्जर सहित नर्सिंग स्टाफ, सुरक्षाकर्मी एवं मरीजों के परिजनों सहित लगभग 50 लोगों ने योग किया। योग अभ्यास डॉ. धनराज बागड़ी व सीनियर नर्सिंग अधिकारी रामावतार गुर्जर व परुषराम मीना के निर्देशन में करवाया गया।

Dainik Tribune • 24 Jun • Ministry of Ayush

70 years se adhik aayu ke logo ke liye ayushmann vay vandana yojana lagu

4 • PG

209 • Sqcm

119300 • AVE

58.7K • Cir

Top Right

Chandigarh

70 वर्ष से अधिक आयु के लोगों के लिए आयुष्मान वय वंदना योजना लागू

यमुनानगर, 23 जून (हप्र)

स्वास्थ्य विभाग यमुनानगर द्वारा मुकुन्द लाल जिला सिविल अस्पताल में आयुष्मान भारत कैप वय वंदना कार्ड का आयोजन किया गया। इसमें राजेश सपरा जिला भाजपा अध्यक्ष मुख्य अतिथि के रूप में शामिल हुए।

कैप में सिविल सर्जन डॉ. मंजीत सिंह, नोडल अधिकारी आयुष्मान भारत डॉ. वागीश गुटैन, प्रधान चिकित्सा अधिकारी सिविल अस्पताल यमुनानगर डॉ. नवजोत किरण टिवाना, उप चिकित्सा अधीक्षक डॉ. अनुप गोयल, डॉ. निशा गुरावा आरएमओ, हरीश सीटीओ, गौरव टीओ, संदीप जिला सूचना अधिकारी आयुष्मान भारत आदि मौजूद रहे।

कैप में राजेश सपरा द्वारा आयुष्मान भारत के वय वंदना कार्ड वितरित किए गए और लोगों से इस बारे में



यमुनानगर में आयोजित कार्यक्रम में भाजपा जिला अध्यक्ष का स्वागत करते सीएमओ व अन्य। -हप्र

जानकारी भी ली गई। राजेश सपरा ने बताया कि भारत सरकार द्वारा 70 वर्ष से अधिक आयु के सभी लोगों के लिए आयुष्मान वय वंदना योजना लागू की गई है। इसको प्रधानमंत्री नरेन्द्र मोदी जी के द्वारा 29 अक्टूबर, 2024 को लॉन्च किया गया था।

डॉ. वागीश गुटैन नोडल अधिकारी आयुष्मान भारत ने बताया कि यमुनानगर में 9 जून, 2025 तक

8444 वय वंदना कार्ड बनाए जा चुके हैं। यह योजना सिर्फ प्राथमिक चिकित्सा तक सीमित नहीं है, इसमें हृदय संबंधी सर्जरी जैसे बायपास, एंजियोप्लास्टी, डायलिसिस जैसे किडनी रोग, कैंसर के इलाज कीमोथेरेपी, रेडिएशन जैसी लगभग 1600 बीमारियां कवर होती हैं। इलाज की सुविधा निजी और सरकारी दोनों अस्पतालों में उपलब्ध है।

Ajit • 24 Jun • Ministry of Ayush
CGC jhanjhedi ne manaya yog week

6 • PG

246 • Sqcm

233781 • AVE

1.06M • Cir

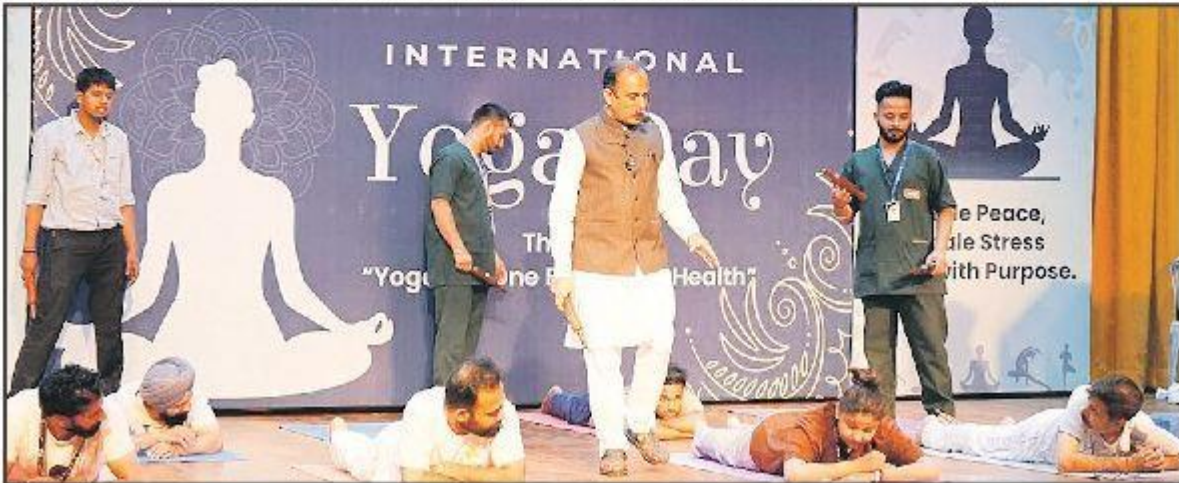
Top Center

Chandigarh

ਸੀ. ਜੀ. ਸੀ. ਝੰਜੇੜੀ ਨੇ ਮਨਾਇਆ ਯੋਗ ਹਫ਼ਤਾ

ਐੱਸ. ਏ. ਐੱਸ. ਨਗਰ, 23 ਜੂਨ (ਪ੍ਰ. ਅਵਤਾਰ ਸਿੰਘ)-ਚੰਡੀਗੜ੍ਹ ਗਰੁੱਪ ਆਫ਼ ਕਾਲਜਿਜ਼ ਝੰਜੇੜੀ ਵਲੋਂ ਯੋਗ ਹਫ਼ਤਾ ਉਤਸ਼ਾਹ ਨਾਲ ਮਨਾਇਆ, ਜਿਸ ਦਾ ਸਮਾਪਤੀ ਸਮਾਰੋਹ ਮਨ ਦੀ ਸ਼ਾਂਤੀ ਤੇ ਸੰਪੂਰਨ ਸਿਹਤ ਨੂੰ ਸਮਰਪਿਤ ਰਿਹਾ ਹੈ। ਸੀ. ਜੀ. ਸੀ. ਦੇ ਸਪੋਰਟਸ ਵਿਭਾਗ ਵਲੋਂ ਕਰਵਾਏ ਹਫ਼ਤਾਵਾਰੀ ਪ੍ਰੋਗਰਾਮ 'ਚ ਵਿਦਿਆਰਥੀਆਂ, ਫੈਕਲਟੀ ਮੈਂਬਰਾਂ ਤੇ ਸਟਾਫ਼ ਵਲੋਂ ਪੂਰੇ ਉਤਸ਼ਾਹ ਨਾਲ ਹਿੱਸਾ ਲਿਆ। ਪੂਰੇ ਹਫ਼ਤੇ ਦੌਰਾਨ ਕੈਂਪਸ ਵਿਚ ਯੋਗ ਦੀ ਸਮਝ ਤੇ ਅਭਿਆਸ ਨੂੰ ਡੂੰਘਾ ਕਰਨ ਲਈ ਕਈ ਰੁਝੇਵੇਂ ਭਰਪੂਰ ਗਤੀਵਿਧੀਆਂ ਦਾ ਪ੍ਰਬੰਧ ਕੀਤਾ ਗਿਆ। ਇਸ ਦੌਰਾਨ ਮਾਹਿਰ ਇਸਟਰੈਕਟਰਾਂ ਦੀ ਅਗਵਾਈ ਹੇਠ ਰੋਜ਼ਾਨਾ ਯੋਗ ਸੈਸ਼ਨ, ਵੱਖ-ਵੱਖ ਆਸਣਾਂ ਅਤੇ ਪ੍ਰਾਣਾਯਾਮ ਬਾਰੇ ਵਰਕਸ਼ਾਪਾਂ, ਤਣਾਅ ਘਟਾਉਣ 'ਤੇ ਕੇਂਦਰਿਤ ਧਿਆਨ ਸੈਸ਼ਨ ਅਤੇ ਸਰੀਰਕ ਤੇ ਮਾਨਸਿਕ ਸਿਹਤ ਲਈ ਯੋਗ ਦੇ ਸੰਪੂਰਨ ਲਾਭਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਭਰਪੂਰ ਭਾਸ਼ਨ ਸ਼ਾਮਲ ਸਨ। ਇਸ ਦੌਰਾਨ 'ਜੀਨਾ ਸੀਖੋ' ਦੇ ਪ੍ਰਬੰਧ ਨਿਰਦੇਸ਼ਕ ਅਤੇ ਹਿਮਸ ਗਰੁੱਪ ਆਫ਼

ਹਸਪਤਾਲਾਂ ਦੇ ਸੰਸਥਾਪਕ ਅਚਾਰੀਆ ਮਨੀਸ਼ ਨੇ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਸ਼ਿਰਕਤ ਕਰਦਿਆਂ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਟਾਫ਼ ਨੂੰ ਕੀਮਤੀ ਜਾਣਕਾਰੀ ਪ੍ਰਦਾਨ ਕਰਦੇ ਹੋਏ ਯੋਗ ਦੇ ਲਾਭਾਂ ਅਤੇ ਸਰੀਰਕ ਤੇ ਮਾਨਸਿਕ ਤੰਦਰੁਸਤੀ 'ਚ ਯੋਗ ਦੀ ਭੂਮਿਕਾ ਬਾਰੇ ਵਿਸਥਾਰਪੂਰਵਕ ਜਾਣਕਾਰੀ ਦਿੱਤੀ। ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਕਿਵੇਂ ਨਿਯਮਿਤ ਯੋਗ ਅਭਿਆਸ ਪ੍ਰਤੀਰੋਧਕ ਸ਼ਕਤੀ ਨੂੰ ਮਹੱਤਵਪੂਰਨ ਤੌਰ 'ਤੇ ਵਧਾ ਸਕਦਾ ਹੈ ਤੇ ਇਹ ਮਾਨਸਿਕ ਸਪੱਸ਼ਟਤਾ ਵਿਚ ਸੁਧਾਰ ਕਰ ਸਕਦਾ ਹੈ। ਇਸੇ ਦੌਰਾਨ ਸੀ. ਜੀ. ਸੀ. ਦੇ ਮੈਨੇਜਿੰਗ ਡਾਇਰੈਕਟਰ ਅਰਸ਼ ਧਾਲੀਵਾਲ ਨੇ ਵਿਚਾਰ ਸਾਂਝੇ ਕਰਦਿਆਂ ਕਿਹਾ ਕਿ ਸੀ. ਜੀ. ਸੀ. ਝੰਜੇੜੀ ਵਿਖੇ ਅਸੀਂ ਨਾ ਸਿਰਫ਼ ਅਕਾਦਮਿਕ ਉੱਤਮਤਾ, ਬਲਕਿ ਸਾਡੇ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਸਟਾਫ਼ ਦੀ ਸੰਪੂਰਨ ਤੰਦਰੁਸਤੀ ਦਾ ਪਾਲਨ ਪੋਸ਼ਣ ਕਰਨ ਵਿਚ ਵੀ ਵਿਸ਼ਵਾਸ ਰੱਖਦੇ ਹਾਂ। ਇਹ ਯੋਗ ਹਫ਼ਤਾ ਬਿਹਤਰੀਨ ਜੀਵਨ ਜਾਂਚ ਜਿਊਣ ਦਾ ਸੁਨੇਹਾ ਦਿੰਦਾ ਹੋਇਆ ਸਮਾਪਤ ਹੋ ਗਿਆ।



ਸੀ. ਜੀ. ਸੀ. ਝੰਜੇੜੀ ਵਿਖੇ ਜਾਰੀ ਯੋਗ ਹਫ਼ਤੇ ਦੌਰਾਨ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਟਾਫ਼ ਨੂੰ ਯੋਗ ਕਰਨ ਦੀ ਸਹੀ ਵਿਧੀ ਦੱਸਦੇ ਹੋਏ ਅਚਾਰੀਆ ਮਨੀਸ਼।

ਤਸਵੀਰ : ਵਰਿੰਦਰਜੀਤ ਸਿੰਘ

Jag Bani • 24 Jun • Ministry of Ayush

CM yogshala ch sarasvati group of collage ghandua de 1200 students ne kita yog

4 • PG

126 • Sqcm

50330 • AVE

124.76K • Cir

Middle Center

Chandigarh

ਸੀ.ਐੱਮ. ਦੀ ਯੋਗਸ਼ਾਲਾ 'ਚ ਸਰਸਵਤੀ ਗਰੁੱਪ ਆਫ ਕਾਲਜ ਘੜੂਆਂ ਦੇ 1200 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਕੀਤਾ ਯੋਗ

ਖਰੜ, 23 ਜੂਨ (ਗਗਨਦੀਪ)
: ਸਰਸਵਤੀ ਗਰੁੱਪ ਆਫ ਕਾਲਜਿਜ਼
ਨੇ ਸੀ.ਐੱਮ. ਦੀ ਯੋਗਸ਼ਾਲਾ ਅਧੀਨ
ਕੌਮਾਂਤਰੀ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆ।
ਇਸ ਸਬੰਧੀ ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲ
ਸ਼ਿਵਾਨੀ ਸ਼ਰਮਾ ਨੇ ਦੱਸਿਆ ਕਿ
ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ
ਸਿਵਲ ਹਸਪਤਾਲ ਮੋਹਾਲੀ ਦੇ ਮੈਦਾਨ
'ਚ ਵਿਸ਼ਾਲ ਯੋਗ ਸਮਾਗਮ 'ਚ
ਸ਼ਿਰਕਤ ਕੀਤੀ। ਇਸ 'ਚ



ਯੋਗ ਕਰਦੇ ਸਰਸਵਤੀ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀ ਤੇ ਸਟਾਫ਼।

ਆਯੁਰਵੇਦ, ਨਰਸਿੰਗ, ਫਾਰਮੇਸੀ, ਪੈਰਾ-ਮੈਡੀਕਲ ਤੇ
ਫਿਜ਼ੀਓਥੈਰੇਪੀ ਸਮੇਤ ਵੱਖ-ਵੱਖ ਸਿਹਤ ਸੰਭਾਲ ਕੌਰਸਾਂ
ਦੇ 1200 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਹਿੱਸਾ ਲਿਆ।

ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਸੈਸ਼ਨ 'ਚ ਅਮਰੇਸ਼ ਕੁਮਾਰ ਝਾਅ
ਤੇ ਕਮਲੇਸ਼ ਮਿਸ਼ਰਾ ਸਲਾਹਕਾਰ ਯੋਗ ਟ੍ਰੇਨਰ ਦੀ ਮਾਹਿਰ
ਅਗਵਾਈ ਹੇਠ ਯੋਗ ਕੀਤਾ ਗਿਆ। ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ
ਇਸ ਸਮਾਗਮ 'ਚ 1200 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਉਤਸ਼ਾਹ
ਨਾਲ ਯੋਗ ਆਸਣ ਤੇ ਪ੍ਰਾਣਾਇਮ ਕੀਤਾ ਤੇ ਹੋਰ
ਭਾਗੀਦਾਰਾਂ ਦੇ ਨਾਲ ਮਿਲ ਕੇ ਯੋਗ ਦਿਵਸ ਮੌਕੇ ਸਿਹਤ
ਸੰਭਾਲ ਪੇਸ਼ਵਰਾਂ ਦੁਆਰਾ ਸਭ ਤੋਂ ਵੱਡੇ ਯੋਗ ਸੈਸ਼ਨ ਲਈ
ਇਕ ਨਵਾਂ ਰਿਕਾਰਡ ਬੁੱਕ ਆਫ ਰਿਕਾਰਡਜ਼ ਦਾ ਪ੍ਰਿਤਾਬ

ਸਥਾਪਤ ਕੀਤਾ, ਜੋ ਕਿ ਕਾਲਜ ਦੁਆਰਾ ਮਜ਼ਬੂਤ
ਸੰਗਠਨਾਤਮਕ ਯਤਨਾਂ ਦਾ ਪ੍ਰਦਰਸ਼ਨ ਕਰਦਾ ਹੈ।

ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਸਰਸਵਤੀ ਕਾਲਜ ਯੋਗ ਅਤੇ
ਤੇਦਰੁਸਤੀ ਨੂੰ ਆਪਣੇ ਅਕਾਦਮਿਕ ਤੇ ਕਲੀਨੀਕਲ
ਇਕੋ ਸਿਸਟਮ 'ਚ ਇਕੀਕਰਨ ਲਈ ਮੋਹਰੀ ਬਣਾਉਣਾ
ਜਾਰੀ ਰੱਖੇਗਾ ਤੇ ਅਜਿਹੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਪ੍ਰੇਰਿਤ
ਕਰੇਗਾ, ਜਿੱਥੇ ਸਿਹਤ ਸੰਭਾਲ ਪੇਸ਼ਵਰ ਨਾ ਸਿਰਫ਼
ਬਿਮਾਰੀ ਦਾ ਇਲਾਜ ਕਰਦੇ ਹਨ ਜਦਕਿ ਇਕ ਧਰਤੀ
ਇਕ ਸਿਹਤ ਦੇ ਵਿਸ਼ਾ ਵਿਆਪੀ ਦ੍ਰਿਸ਼ਟੀਕੋਣ ਨਾਲ ਜੁੜੇ
ਰੋਕਥਾਮ ਤੇ ਪ੍ਰਥਾ ਹਨ, ਸਿਹਤ ਦੇ ਸਿਧਾਂਤਾਂ ਨੂੰ ਵੀ
ਅਪਣਾਉਂਦੇ ਹਨ।

Jag Bani • 24 Jun • Ministry of Ayush

Yog Divas nu samarpit vishesh session ch shikhaya yog aashana diya barikiya

4 • PG

84 • Sqcm

33619 • AVE

124.76K • Cir

Middle Left

Chandigarh

ਯੋਗ ਦਿਵਸ ਨੂੰ ਸਮਰਪਿਤ ਵਿਸ਼ੇਸ਼ ਸੈਸ਼ਨ 'ਚ ਸਿਖਾਈਆਂ ਯੋਗ ਆਸਣਾਂ ਦੀਆਂ ਬਾਰੀਕੀਆਂ

ਚੰਡੀਗੜ੍ਹ, 23 ਜੂਨ (ਸ਼ੀਨਾ) : ਮੋਹਾਲੀ ਸੈਕਟਰ-62 ਵਿਖੇ ਯੋਗ ਟ੍ਰੇਨਰ ਸੁਖਦੀਪ ਦੁਸਾਰ ਵੱਲੋਂ ਯੋਗ ਦਿਵਸ ਨੂੰ ਸਮਰਪਿਤ ਵਿਸ਼ੇਸ਼ ਸੈਸ਼ਨ 'ਚ ਲੋਕਾਂ ਨੂੰ ਯੋਗ ਸਿਖਾਇਆ ਗਿਆ। ਦੁਸਾਰ ਨੇ ਕਿਹਾ ਕਿ ਯੋਗ ਸਾਧਨਾ ਨਾਲ ਤਨ-ਮਨ ਤੇਜ਼ਰੂਪਤ ਰਹਿੰਦਾ ਹੈ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਯੋਗ ਕਰਨ ਨਾਲ ਬਿਮਾਰੀਆਂ ਤੋਂ ਨਿਜਾਤ ਪਾਈ ਜਾ ਸਕਦੀ ਹੈ। ਪਹਿਲਾਂ ਯੋਗ ਸਿਰਫ ਬਜ਼ੁਰਗਾਂ ਤੇ ਕੰਮਕਾਜੀ ਔਰਤਾਂ ਤੱਕ ਹੀ ਸੀਮਤ ਸੀ ਪਰ ਅਜੋਕੇ ਸਮੇਂ 'ਚ ਯੋਗ ਨੇ ਨੌਜਵਾਨਾਂ ਤੇ ਬੱਚਿਆਂ 'ਤੇ ਵੀ ਪ੍ਰਭਾਵ ਪਾਇਆ ਹੈ। ਯੋਗ ਸਾਨੂੰ ਕਿਸੇ ਵੀ ਤਰ੍ਹਾਂ ਦਾ ਸਪਲੀਮੈਂਟ ਖਾਣ ਲਈ ਨਹੀਂ ਕਹਿੰਦਾ, ਇਸ 'ਚ ਅਸੀਂ ਕਿਸੇ ਵੀ ਤਰ੍ਹਾਂ ਦੀ ਕੁਦਰਤੀ ਖੁਰਾਕ ਖਾ ਸਕਦੇ ਹਾਂ।



ਯੋਗ ਟ੍ਰੇਨਰ ਸੁਖਦੀਪ ਨਾਲ ਗਾਇਕ ਗੁਰਕ੍ਰਿਪਾਲ ਸੂਰਾਪੁਰੀ ਤੇ ਸੁਭਾਸ਼ ਗੋਇਲ।

ਇਸ ਮੌਕੇ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਪਹੁੰਚੇ ਸੁਭਾਸ਼ ਗੋਇਲ ਨੇ ਕਿਹਾ ਕਿ ਸੁਖਦੀਪ ਲੋਕਾਂ ਨੂੰ ਜਗਾਉਣ ਦਾ ਕੰਮ ਕਰ ਰਹੇ ਹਨ। ਆਯੁਰਵੇਦ ਤੇ ਯੋਗ ਦਾ ਸੰਗਮ ਹਮੇਸ਼ਾ ਤੋਂ ਹੀ ਰਿਹਾ ਹੈ। ਸਾਨੂੰ ਤੇਜ਼ਰੂਪਤ ਜੀਵਨ ਜਿਉਣ ਲਈ ਯੋਗ ਜ਼ਰੂਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਇਸ ਮੌਕੇ ਪੁੱਜੇ ਪੰਜਾਬੀ ਗਾਇਕ ਗੁਰਕ੍ਰਿਪਾਲ ਸੂਰਾਪੁਰੀ ਨੇ ਕਿਹਾ ਕਿ ਯੋਗ ਨੇ ਸਾਨੂੰ ਆਪਣੇ ਆਪ ਨਾਲ ਜੋੜ ਦਿੱਤਾ ਹੈ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਇਹ ਜਿੰਮ ਤੋਂ ਵੀ ਵਧੀਆ ਕਸਰਤ ਹੈ। ਸਾਨੂੰ ਸਾਰਿਆਂ ਨੂੰ ਯੋਗ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਇਸ ਮੌਕੇ ਸਕੂਲਾਂ ਦੇ ਬੱਚਿਆਂ ਅਤੇ ਹੋਰ ਲੋਕਾਂ ਨੇ ਭਾਗ ਲਿਆ।

Dainik Savera • 24 Jun • Ministry of Ayush
Mahilao ko yog ke prati jagruk karne ke liye shivir ka aayojan

6 • PG

239 • Sqcm

57378 • AVE

40.03K • Cir

Middle Right

Chandigarh

महिलाओं को योग के प्रति जागरूक करने के लिए योग शिविर का आयोजन



शिविर के दौरान योगाभ्यास करती महिलाएं ।

सवेरा न्यूज/ संतोष पंचकूला : दिव्य ज्योति जागृति संस्थान द्वारा गांव श्यामटू, पंचकूला में महिला सशक्तिकरण के अंतर्गत अंतरराष्ट्रीय योग दिवस को समर्पित एवं महिलाओं को योग के प्रति जागरूक करके के लिए एक योग शिविर का आयोजन किया गया। यह कार्यक्रम संतुलन प्रकल्प के अंतर्गत तू है शक्ति के आधीन किया गया। कार्यक्रम में संस्थान के संचालक एवं संस्थापक दिव्य गुरु आशुतोष महाराज जी की शिष्या साध्वी किरण भारती ने अपने उद्बोधन में कहा की योग भारतीय संस्कृति और दर्शन का आधार है तथा अध्यात्म का सहयोगी है। साध्वी जी ने उपस्थित महिलाओं को योगाभ्यास करवाते हुए बहुत सरल किन्तु प्रभावशाली योगासन जैसे ताड़ासन, वृक्षासन, वीरभद्रासन, तुलासन, इत्यादि सिखाकर कमर दर्द, डायबिटीज, हर्निया, माइग्रेन, सिर दर्द, सर्वाइकल, जैसे रोगों से निजात पाने के टिप्स दिए। उसके उपरांत सभी को प्राणायाम यौगिक विधियों के तहत खण्ड प्राणायाम, सूर्यभेदी व चन्द्रभेदी प्राणायाम, अनुलोम-विलोम और भ्रामरी प्राणायाम भी सिखाया गया ।

Prahar • 24 Jun • Ministry of Ayush
Global online Himalayan meditation yoga in full swing

2 • PG

28 • Sqcm

7726 • AVE

215K • Cir

Middle Left

Mumbai

जागतिक ऑनलाईन हिमालयीन ध्यानयोग उत्साहात

मुंबई : २१ व्या अंतरराष्ट्रीय योग दिनांिमित श्री शिवकृपाचंद स्वामी फाउंडेशन आणि मुंबई विद्यापीठाच्या सेंटर फॉर हिस्टन्स अँड ऑनलाइन एज्युकेशन यांच्या संयुक्त विद्यमाने २१ जून रोजी जागतिक ऑनलाइन हिमालयीन ध्यानयोग कार्यक्रम यशस्वीपणे सार पडला. कार्यक्रमाला सुरुवात एमएसएसएफचे संचालक अमरीश मोडक आणि सीडीओईचे संचालक डॉ. निखाजी सर्गार यांच्या प्रेरणादायी उद्घाटनसूर भाषणांनी झाली. ज्यामुळे सहभागीसगळे एक रूपोत्तरकारी अनुभवाचे जागरवकरण निर्माण झाले. या कार्यक्रमाचे मुख्य आकर्षण म्हणजे जगप्रसिद्ध हिमालयीन सेंट श्री शिवकृपाचंद स्वामीजी यांचे मौलिक प्रवचन व ध्यान सत्र. स्वामीजी गेल्या तीन दशके संपूर्ण जगभरात, ७२ देशांमध्ये हिमालयीन समपूर्ण ध्यानयोग स्फुल्ल प्रसारित करत आले. तुकडेच त्यांनी बिग्ल्या येथील संपुक्त राष्ट्र मुख्यालयात केलेले संशोधन आणि अहल लिपेस्टाइन येथे २१ जून २०२५ रोजी होणारे प्रवचन सर्वोच्च जागतिक मिशनचे महत्त्व अधोरोखित करते. या ऑनलाइन ध्यानयोग कार्यक्रमात 'ध्यानयोगाद्वारे जीवन व्यवस्थापन' या नव्या कोर्सव्हेरी प्रेषणा कारण्यात आली. जगभरातील शहज, माहविद्यालये व विद्यापीठांमधून तब्बल १६,००० हून अधिक सहभागींनी सहभाग घेतल्यामुळे हा ध्यानयोग सत्र योग दिनाचेच नव्हे, तर एमएसएसएफ व सीडीओई यांच्यातील समग्र विद्याची कल्पनासगळीच महत्त्वपूर्ण सहकार्यांनी सुरुवात टारली आहे.

Prahar • 24 Jun • Ministry of Ayush
International Yoga Day 2025 celebrated with enthusiasm by MRVC

3 • PG

41 • Sqcm

11361 • AVE

215K • Cir

Middle Center

Mumbai

एमआरव्हीसीद्वारे आंतरराष्ट्रीय योग दिन २०२५ उत्साहात

◆ मुंबई (प्रतिनिधी) :

मुंबई रेल्वे विकास निगम लिमिटेडने २१ जून २०२५ रोजी आंतरराष्ट्रीय योग दिन अत्यंत उत्साहात आणि उर्जेने साजरा केला. यावेळी अध्क्ष व उपव्यवस्थापकीय संचालक श्री.विलास योचन खड्गेकर, संचालक राजीव श्रीवास्तव यांच्यासह एमआरव्हीसी मुख्यालय व विविध प्रकल्प यंत्रणेवर कार्यरत अधिकारी व कर्मचाऱ्यांनी सक्रिय सहभाग घेतला. श्रीमद राजर्षि मिशन धारमपूर चॅण्ड संयुक्त विद्यमाने या कार्यक्रमाचे आयोजन करण्यात आले होते.

चर्चिटे पेव्हील मुख्यालयात



प्रसिद्ध योग प्रशिक्षक रैमा शेठ आणि श्री. पटेल शहा यांनी योग सत्राचे आयोजन केले. स्थानीय उर्जित अफिकारी व कर्मचाऱ्यांना सामान्य योग प्रोटोकॉल, ध्यान आणि प्राणायामाच्या विविध प्रकारांबाबत सधे व प्रभावी मार्गदर्शन केले. मुख्यालयात आयोजित या अधिवेशनात १०० हून अधिक अधिकारी व कर्मचारी सहभागी झाले होते. याशिवाय प्रकल्पस्थळे

व इतर कार्यरतपत्र काम करणाऱ्या कर्मचाऱ्यांनीही आपापल्या ठिकाणी योगाभ्यास करून या उपक्रमात सहभागी होण्याचे खात्री केली. या वर्षाची एक पुढी, एक स्वास्थ्य ही खेन घोम होती.

वैयक्तिक आरोग्य आणि जागतिक समवेत यांचा खोलवार संबंध असल्याचा स्पष्ट संदेश दिला. योगाच्या माध्यमातून केवळ मानसिक आणि शारीरिक आरोग्याचा सुदृढ होत नाही तर कलाचर्या आणि समाजत सुसंवादी प्रस्थापित होते. सर्व सहभागींनी या सजला अतिरिक्त सकारात्मक प्रतिवाद दिला आणि आरोग्यकेंद्रित कार्यक्रमांमधे सहभागी होण्याची उत्तुक्ता व्यक्त केली.

Prahar • 24 Jun • Ministry of Ayush
Yoga is the eternal religion and the religion of the age

3 • PG

28 • Sqcm

7753 • AVE

215K • Cir

Middle Left

Mumbai

'योगधर्म हा सनातनधर्म आणि युगधर्म आहे'

कुरुक्षेत्र : पुण्य स्वामी रामदेव महाराज यांच्या मार्गदर्शनाखाली, पुनर्जन्म योगपीठ आणि हरियाणा योग आयोग, आपुण विभाग, हरियाणा येथे यांचे विद्यमाने कुरुक्षेत्र येथे २१ जून रोजी ११ वा आंतरराष्ट्रीय योग दिन आयोजित करण्यात आला होता. यावेळी स्वामी रामदेव महाराज, आचार्य बालकृष्ण महाराज आणि हरियाणाचे मुख्यमंत्री नाथन सिंह यांनी यांनी कुरुक्षेत्रील ब्रह्मसरोवर या ऐतिहासिक भूमीवर योगाभ्यास करण्यातून योगाभ्यास करायला लावला. यावेळी योग समितीच्या माध्यमातून देशातील सर्व ६५० जिल्ह्यांमध्ये सामान्य योग प्रोटोकॉल अंतर्गत मोठे योग प्रशिक्षण देण्यात आले. कुरुक्षेत्रच्या पवित्र भूमीवर १ लाखहून अधिक योग साधकांनी एकत्रितपणे योगाभ्यास करून एक नवा विक्रम रचला. कार्यक्रमाला पुण्य स्वामी जी महाराजांनी उपस्थित योग साधकांचा योग आणि स्वदेशीची प्रतिज्ञा करायला लावली. याचर्मी आंतरराष्ट्रीय योग दिनाची थीम 'एक पृथ्वी, एक आरोग्य' होती. यावेळी स्वामी रामदेव महाराज म्हणाले की, आज जगातील २०० कोटीहून अधिक लोक योग करत आहेत, योग आज युवाधर्म बनला आहे. ते म्हणाले की, योग हे सनातनचे स्वरू आहे, योग हे एक अमूल्यौप ज्ञान आहे, योग आपल्या संस्कारांमध्ये, संस्कृतीमध्ये आणि निसर्गात आहे. योग आपल्या आत पुढे पुढे घडत आहे. योग हे जीवनचे साथ आहे. योग हा बुद्धी, काम, निसर्ग आणि संस्कृतीचा आधार आहे. योग हा सैन्यवैजिक समृद्धीचा आधार आहे.

Loksatta • 24 Jun • Ministry of Ayush

Absenteeism on Yoga Day, decision to withhold salary postponed

8 • PG

40 • Sqcm

158238 • AVE

784.32K • Cir

Bottom Center

Mumbai

योग दिनाला गैरहजर, वेतन रोखण्याचा निर्णय मागे

नवी दिल्ली : आंतरराष्ट्रीय योग दिनाला कोणतीही पूर्वसूचना न देता गैरहजर राहणाऱ्या कर्मचाऱ्यांचे महिन्याचे वेतन रोखले जाईल, असा इशारा भारतीय वन्यजीव संस्थेने (डब्ल्यूआयआय) सोमवारी घेतला होता; परंतु हा निर्णय अवघ्या काही वेळाने मागे घेण्याची नामुष्की संस्थेवर ओढवली आहे. प्रशासनाने कर्मचाऱ्यांना ई-मेलद्वारे अशी कोणतीही कारवाई केली जाणार नसल्याचा संदेश पाठवला असल्याचे संस्थेचे संचालक विरेंद्र तिवारी यांनी सांगितले. पर्यावरण मंत्रालयाने पत्रव्यवहार केल्यानंतर भारतीय वन्यजीव संस्थेने कर्मचाऱ्यांना योग दिनाच्या कार्यक्रमाला उपस्थित राहण्याच्या सूचना वारंवार केल्या होत्या.

Nav Rashtra • 24 Jun • Ministry of Ayush
Yoga asanas useful for knee pain

4 • PG

56 • Sqcm

92335 • AVE

500.5K • Cir

Bottom Left

Mumbai

गुडघेदुखीवर योगासने उपयुक्त

हल्ली गुडघेदुखीचा त्रास सर्वच वयोगटातील लोकांना असलेला दिसते. तसेच ही एक सामान्य तक्रार आहे. वृद्धत्व बहुतेकदा सर्व प्रकारच्या वेदना आणि समस्यांशी संबंधित असते आणि कमकुवत गुडघे त्यापैकी एक आहे. गुडघेदुखी कमी करण्यासाठी योग हा एक सोपा उपाय आहे आणि काही आसनांमुळे आराम मिळतो.

नौकासन : आपल्या पाठीवर झोपा आणि हाडांवर संतुलन ठेवण्यासाठी आपले वरचे आणि खालचे शरीर उचला. तुमचे गुडघे आणि पाठ सरळ ठेवा आणि हात जमिनीवर सपाट ठेवा. तुमच्या पोटाचे स्नायू घट्ट करा आणि तुमची पाठ सरळ करा. पोझमध्ये येताना श्वास सोडा.
वृक्षासन : सरळ उभे राहून सुरू करा. तुमचा उजवा पाय जमिनीवरून उचला आणि तुमच्या शरीराचे वजन तुमच्या डाव्या पायावर संतुलित करा. आपला उजवा पाय आपल्या डाव्या मांडीवर ठेवा. ते शक्य तितक्या आपल्या पेल्विसच्या जवळ ठेवा. तुम्ही हे नीट करण्यासाठी पायाला तळहाताचा आधार देऊ शकता. नमस्काराच्या मुद्रेत आपले तळवे जोडा. **दंडासन :** तुमच्या सोयीनुसार जमिनीवर किंवा बेडवर बसा. तुमचा पाठीचा कणा सरळ ठेवा आणि तुमचे पाय पुढे पसरवा.

Sakal • 24 Jun • Ministry of Ayush
Yoga Day celebrated with enthusiasm at SVM School

2 • PG

108 • Sqcm

71385 • AVE

352.42K • Cir

Top Left

Mumbai



Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	MSN Hindi	"मत्स्यासन" से घटाएं पेट की चर्बी और तनाव, जानें इसके फायदे	733.9M
2.	Dainik Bhaskar	कॉलेज में 106 एनसीसी कैडेट्स, प्राचार्य, प्रोफेसर ने किया योगा	66.5M
3.	Dainik Bhaskar	योग में 423 स्कूलों से 20192 लोग हुए शामिल	66.5M
4.	Dainik Bhaskar	स्वास्थ्य शिविर में 200 मरीजों को मिला मुफ्त इलाज और दवाएं	66.5M
5.	Dainik Bhaskar	पौधे लगाना ही नहीं, उन्हें सहेजना भी हमारी जिम्मेदारी है: जैन	66.5M
6.	हिन्दुस्तान(Live Hindustan)	ऑनलाइन प्रतियोगिता में चयनित जलेसर के प्रतिभागियों का हुआ सम्मान	64.8M
7.	हिन्दुस्तान(Live Hindustan)	अंतर्राष्ट्रीय योग दिवस की मुख्य खबर	64.8M
8.	The Times of India	Buldhana kids made to clean school on 1st day, ahead of edu minister visit, prob..	64.4M
9.	अमर उजाला (Amar ujala)	Kullu News: आयुर्वेदिक दवाओं की गुणवत्ता परखेगी टीमें	63.8M
10.	अमर उजाला (Amar ujala)	Jhajjar-Bahadurgarh News: एचएल सिटी में दो एकड़ में बनेगा ब्रह्माकुमारी का राजयोग...	63.8M
11.	News18	इम्युनिटी भी बढ़ेगी और नींद भी आएगी, अपनाएं ये देसी आयुर्वेदिक नुस्खे, घर के मसा...	43.6M
12.	Zee News Hindi	कभी तेज धूप, तो कभी हल्की बारिश, बदलते मौसम में इन आयुर्वेदिक उपायों से बढ़ाएं इ...	31.9M
13.	सकाळ(eSakal)	कल्याण अवती-भवती	30.5M
14.	Prabhat Khabar	International Yoga Day: मां की शक्ति, बच्चों का भविष्य, योग से बदलता परिदृश्य	22.9M
15.	Patrika	भोपाल में बन रहा है देश का पहला हार्डटेक यूनानी हम्माम, इन लोगों के लिए बरदान, जान...	14M
16.	Prokerala.com	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	13M
17.	ThePrint	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ...	11.3M
18.	ThePrint	Group 108 Organizes – International Yoga Day Glows at Walkway 108	11.3M
19.	Business Standard	Group 108 Organizes - International Yoga Day Glows at Walkway 108	8.1M
20.	The Tribune India	Bhavan Vidyalaya, Panchkula, celebrates International Day of Yoga	7M
21.	The Tribune India	Ajit Karam Singh International Public School, Sector 41-B, Chandigarh, observes	7M
22.	The Tribune India	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ...	7M
23.	The Tribune India	Group 108 Organizes - International Yoga Day Glows at Walkway 108	7M
24.	Free Press Journal	Central Railway observes the International Day of Yoga- 2025 with the theme-" Yo ...	6.4M

25.	Free Press Journal	PNB celebrates 11th International Yoga Day with Focus on Global Unity and Envir o...	6.4M
26.	PIB	राष्ट्रीय सांख्यिकी कार्यालय, क्षेत्रीय कार्यालय, रायपुर ने 11वां अंतर्राष्ट्रीय...	5.4M
27.	PIB	एसईसीआई ने नई दिल्ली के सुंदर नर्सरी में 11वां अंतरराष्ट्रीय योग दिवस मनाया	5.4M
28.	PIB	The World Celebrates the 11th International Day of Yoga 2025 with Historic Parti.. .	5.4M
29.	PIB	SECI celebrates 11th International Day of Yoga at Sunder Nursery, New Delhi	5.4M
30.	Janta Se Rishta	बीआईटी दुर्ग में 24 जून को ई-ऑफिस प्रशिक्षण, सभी विभागों के अधिकारी-कर्मचारी हों...	3.8M
31.	Janta Se Rishta	Haryana के योग दिवस समारोह में 37 लाख से अधिक लोग शामिल हुए	3.8M
32.	Janta Se Rishta	संयोग, समावेशी एवं हरित 11वा अंतर्राष्ट्रीय योग दिवस 15.11	3.8M
33.	Janta Se Rishta	रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय, अच्छी नींद भी आएगी	3.8M
34.	Janta Se Rishta	आईजीएनसीए ने योग की सांस्कृतिक विरासत पर व्याख्यान आयोजित किया	3.8M
35.	Daijiworld	Mangaluru: Yenepoya hosts "Yoga Sangam" to mark International Day of Yoga 20 25	3M
36.	Careers360	NTET 2025 registration ends today for AYUSH teacher appointment	3M
37.	Mangalam	അന്താരാഷ്ട്ര യോഗ ദിനം; കൂവൈൽത്ത് ഇന്ത്യൻ എംബസി യോഗ സംഘടിപ്പി ച്ചിട്ടുണ്ട്	2.9M
38.	Bangalore Mirror	Bengaluru enters World Book of Records for yoga tribute Updated: Jun 24, 2025, 0...	1.9M
39.	The Statesman	IDY 2025 reaches out to frontlines, oilfields with 'Yoga for All, Yoga Everywher...	1.7M
40.	The Sentinel Assam E Paper	Guwahati: Assam marks Yoga Day with mass participation in 43,000+ schools	1.2M
41.	Devdiscourse	Walkway Wellness: A Celebration of Unity and Yoga in Greater Noida	1.2M
42.	The Sentinel Assam E Paper	Assam: 11th International Day of Yoga Celebrated at POWERGRID Guwahati	1.2M
43.	News Nation	"योग अब युगधर्म बन गया है", स्वामी रामदेव ने 11वें योग दिवस पर दिया संदेश, कुर...	974K
44.	Royal Bulletin	रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय, अच्छी नींद भी आएगी	922.5K
45.	Newstrack	अंतरराष्ट्रीय योग दिवस: मानवता के लिए एक गहन संदेश	809.7K
46.	Social News XYZ	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations in...	415.2K
47.	Live Vns	आईआईएचएमआर यूनिवर्सिटी में हुआ योग	382.1K
48.	Republic Bharat	योग ही सनातन का सार है, योग परम सत्य है, सनातन शाश्वत सत्य योग है, योगधर्म ही सन...	351.3K
49.	Lokmattimes.com	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	343.8K

50.	Lokmattimes.com	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ...	343.8K
51.	Lokmattimes.com	Group 108 Organizes - International Yoga Day Glows at Walkway 108	343.8K
52.	NagalandPost	VWF celebrates Intl Yoga Day in Dimapur	315.4K
53.	Samachar Nama	रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय, अच्छी नींद भी आएगी	195.8K
54.	MP Breaking	मुख्यमंत्री डॉ. यादव ने बताया कि प्रदेश के वन क्षेत्रों में होने वाले अपराधों और...	177.5K
55.	Sakshipost EN	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	160.8K
56.	Ujjwalpradesh	MP News: CM MOHAN YADAV बोले-Forest क्षेत्रों में अपराधों और अवैध कटाई में आई कम..	139.8K
57.	5 Dariya News	International Yoga Day Brings Laurels for Ambedkar Institute of Medical Sciences	120.5K
58.	5 Dariya News	Punjab and Haryana High Court celebrates International Yoga Day 2025 with great ...	120.5K
59.	Ht Syndication	Hundreds of students perform Yoga at Payana Car Museum	119.8K
60.	Dainik Tribune	'योग युक्त, नशा मुक्त हरियाणा' के संदेश को मिला बल : आरती राव	110.2K
61.	passionateinmarketing.com	IIM Mumbai Successfully Observes the 11th International Day of Yoga with the Theme...	99K
62.	passionateinmarketing.com	International Yoga Day Celebrations by The Yoga Institute	99K
63.	Daily Chhattisgarh	एमएमसी जिले में योग दिवस का आयोजन	72K
64.	New Kerala	IDY 2025 Sets Records with 2,000 Global Yoga Events Across 191 Countries	72K
65.	Northlines	Empowering Women, Nurturing Children: Yoga for One Earth, One Health	68.7K
66.	Mediabrief	Nick and Sonic join PM Modi in Vizag for Yoga Day, extend #YogaSeHiHoga to inspire...	65.5K
67.	WebIndia123	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ...	61.9K
68.	Visionnewsservice	भारतीय व राज्य प्रशासनिक सेवा के अधिकारियों के ...	36.8K
69.	Ians Live	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	32.1K
70.	Goemkarponn	AIIA Goa Celebrates 11th International Day of Yoga with Enthusiasm and Unity	29.1K
71.	Indian Economic Observer	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ...	16.1K
72.	Indian Economic Observer	Group 108 Organizes - International Yoga Day Glows at Walkway 108	16.1K
73.	Business News Week	Nick and Sonic Inspire Young India at Mega Yoga Day Event with PM Modi in Vizag	10.3K

74.	Tennews.in	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	9.1K
75.	Contentmediasolution.com	Nick and Sonic Champion Yoga for Kids at Grand Vizag Event with PM Modi	6.8K
76.	Mediabulletins	Youth Icons Nick and Sonic Participate in Landmark Yoga Day Celebration in Viza g	4.7K
77.	Hi INDiA	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	2.4K
78.	Daily Prabhat	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	280
79.	Daily Prabhat	Group 108 Organizes – International Yoga Day Glows at Walkway 108	280
80.	Forever News	World Celebrates 11th International Day of Yoga with Record-Breaking Participati. ..	N/A
81.	Keekli	माँ की शक्ति, बच्चों का भविष्य: योग से बदलता परिदृश्य – अन्नपूर्णा देवी, केंद्री...	N/A
82.	Punarvas Online	मोदी सरकार के 11 साल: पीएम मोदी के नेतृत्व में भारत का हो रहा है कायाकल्प, हर क्...	N/A
83.	Kashmir images	Empowering Women, Nurturing Children: Yoga for One Earth, One Health	N/A
84.	Rising Kashmir	Empowering Women, Nurturing Children: Yoga for One Earth, One Health	N/A
85.	Ezy Travel Hub	ITDC unites 25 PSUs to celebrate the International Day of Yoga, 2025 at The Ash o...	N/A
86.	Rising Kashmir	SKUAST-K celebrates International Yoga Day	N/A
87.	छत्तीसगढ़ राज्य	भारतीय व राज्य प्रशासनिक सेवा के अधिकारियों के मध्य कार्य विभाजन	N/A
88.	Statetimes	Empowering Women, Nurturing Children: Yoga for One Earth, One Health	N/A
89.	Health Econoictimes	Health department will start siddha fertility clinic, says min Ma Su	N/A
90.	Daily Good Morning Kashmir	A Decade of Dharma: Cultural Renaissance in Modi Era	N/A
91.	International Business Times	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	N/A
92.	Ddindia	India and the world celebrate 11th International Day of Yoga 2025 with record-br...	N/A
93.	Hospitality News	Marriott India Celebrates International Yoga Day with 'One Earth, One Health" W.. .	N/A
94.	Indian Conventions	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
95.	Loka Bandhu News	ಯೋಗದಿಂದ ಮಧುಮೇಹ ನಿಯಂತ್ರಣ	N/A
96.	PNI	Smiling Tree Partners with Hindu College to Celebrate International Day of Yoga	N/A
97.	Tripura Times	IDY 2025: 2,000 events in 191 nations, 13 lakh register online	N/A
98.	Coherent Market Insights	Complementary and Alternative Medicine Market Analysis	N/A

99.	The Bharat Now	कुरुक्षेत्र:1 लाख से अधिक लोगों ने एक साथ योग कर बनाया नया विश्व रिकॉर्ड	N/A
100.	The Power Times	SECI celebrates 11th International Day of Yoga at Sunder Nursery, New Delhi	N/A
101.	Daily World	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	N/A
102.	Janjaagran	कुरुक्षेत्र:1 लाख से अधिक लोगों ने एक साथ योग कर बनाया नया विश्व रिकॉर्ड	N/A
103.	Samay Jagat	कुरुक्षेत्र:1 लाख से अधिक लोगों ने एक साथ योग कर बनाया नया विश्व रिकॉर्ड	N/A
104.	Tender Detail	To Make The Road Motorable With Wetmix And Coldmix And Supply Jcb,Tractor Trolle...	N/A
105.	Tender Detail	To Make The Road Motorable With Wetmix And Supply Tractor Trolley, Jcb And Suppl...	N/A
106.	Thip Media	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	N/A
107.	Newspoint	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	N/A
108.	Sakshi Post	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	N/A
109.	Thefreedompress	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	N/A
110.	Times Report	IDY 2025: 2,000 global events across 191 countries, 13 lakh pre-registrations on...	N/A
111.	Itdc News	ग्रुप 108 ने अंतरराष्ट्रीय योग दिवस 2025 मनाया	N/A
112.	Guidely	Important Weekly Current Affairs 2025 News - Jun 15th to 21st	N/A
113.	Latest News	अभिनेत्री रकुलप्रीत सिंह और जैकी भगनानी को फिट इंडिया आइकॉन घोषित किया	N/A
114.	Udaipur Kiran	आईआईएचएमआर यूनिवर्सिटी में हुआ योग	N/A
115.	Covai Mail	Hindusthan College Celebrates International Yoga Day with WCSC	N/A
116.	Affairrs Cloud	अंतर्राष्ट्रीय योग दिवस 2025 – 21 जून	N/A
117.	Krishak Jagat	आज के कृषि समाचार@ 5.00 PM: जीएम और जीनोम । गेहूं की कीमत । नकली खाद । विकसित कृ...	N/A
118.	कुल्लू टुडे	तिंदी ग्राम पंचायत में धरती आभा जनजातीय अभियान के तहत जागरूकता शिविर आयोजित Jun ...	N/A
119.	AnyTV News	Adopt these Ayurvedic remedies to increase immunity, good sleep will also be fou ...	N/A
120.	Dainik Vishwa Pariwar	माँ की शक्ति, बच्चों का भविष्य : योग से बदलता परिदृश्य द्वारा – अन्नपूर्णा देवी	N/A
121.	Krishak Jagat	अंतर्राष्ट्रीय योग दिवस का संदेश	N/A
122.	Kheltoday	इंदिरा गांधी शारीरिक शिक्षा एवं खेल विज्ञान संस्थान में 'अंतर्राष्ट्रीय योग दिवस...	N/A
123.	Travel And Tour	JW Marriott Bengaluru, The Ritz-Carlton Bangalore & Renaissance Race Course . ..	N/A
124.	India Today Post	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A



125.	Maverick News3	Governor General (Dr) Vijay Kumar Singh (Retd) Leads Mizoram in Celebrating In te...	N/A
126.	World News Network	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
127.	Palgharnews	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
128.	Himachal Patrika	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
129.	South India News	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
130.	World News Network	Group 108 Organizes – International Yoga Day Glows at Walkway 108 – World N ews N...	N/A
131.	Jharkhandtimes	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
132.	Palgharnews	Group 108 Organizes – International Yoga Day Glows at Walkway 108 – World N ews N...	N/A
133.	Digi Newz India	इम्युनिटी भी बढ़ेगी और नींद भी आएगी, अपनाएं ये देसी आयुर्वेदिक नुस्खे, घर के मसा...	N/A
134.	Gujarat Samachar	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
135.	Namma Kudla English	Rakul Preet Singh reveals what strengthened her bond with Jackky Bhagnani.	N/A
136.	Namma Kudla English	Miley Cyrus Breaks Her Silence on Age Gap with Boyfriend Maxx Morando	N/A
137.	Chhattisgarh Today	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
138.	Itdc News	सरोजिनी नायडू कन्या महाविद्यालय में योग संगम आयोजित	N/A
139.	Maharashtra Samachar	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
140.	Gujarat Varta	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
141.	Indianapolis Post	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
142.	Bihar Times	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
143.	Birminghamall News Network	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
144.	Maldives Star Plus	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
145.	Srilanka Island News	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A

146.	San Francisco Star	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
147.	Latest News	योग दिवस पर वडनगर ने भुजंगासन में बनाया गिनीज वर्ल्ड रिकॉर्ड	N/A
148.	England News Portal	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
149.	Buffalo Despatch	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
150.	Middle East Times	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
151.	Deshabhimani	ഇന്ത്യ ഏബ്രഹാമിന്റെ നേതൃത്വത്തിൽ മെഗാ യോഗ സെഷൻ ; 1500ലധി കമ്പോള പങ്കെടുത്തു	N/A
152.	Ek Sandesh	Ayurvedic tips to increase immunity: इम्युनिटी बढ़ाएं और बेहतर नींद पाएं, अपनाएं य...	N/A
153.	Kolkata Sun	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
154.	France Network Times	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
155.	East Asiaall News Portal	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
156.	US World Today	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
157.	The Asia News	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
158.	Delhi live news	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
159.	Mumbai News	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
160.	Saahas Samachar	बनों का संरक्षण एवं संवर्धन पहली प्राथमिकता : मुख्यमंत्री डॉ. यादव	N/A
161.	Latest News	अंतरराष्ट्रीय योग दिवस पर विशाखापट्टनम ने रचे दो गिनीज वर्ल्ड रिकॉर्ड	N/A
162.	North East Times	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
163.	Shree News	बनों का संरक्षण एवं संवर्धन पहली प्राथमिकता : मुख्यमंत्री डॉ. यादव	N/A
164.	अंजनी खबर (Anjani Khabar)	बनों का संरक्षण एवं संवर्धन पहली प्राथमिकता : मुख्यमंत्री डॉ. यादव	N/A
165.	Haryana Today	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
166.	Haryana Today	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
167.	Delhi upto Date	बनों का संरक्षण एवं संवर्धन पहली प्राथमिकता : मुख्यमंत्री डॉ. यादव	N/A



168.	Rajasthan Ki Khabar	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
169.	खबर जगत	वनो का संरक्षण एवं संवर्धन पहली प्राथमिकता : मुख्यमंत्री डॉ. यादव	N/A
170.	Odisha Post	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
171.	Punjab Live	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
172.	Telangana Journal	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
173.	India's News	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
174.	Delhi Bulletin	मुख्यमंत्री डॉ. यादव ने बताया कि प्रदेश के वन क्षेत्रों में होने वाले अपराधों और...	N/A
175.	Karnataka Live	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
176.	Khas Khabar	मुख्यमंत्री डॉ. यादव ने बताया कि प्रदेश के वन क्षेत्रों में होने वाले अपराधों और...	N/A
177.	Vanakkam Tamil Nadu	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
178.	New Delhi News	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
179.	Evening Times	वनो का संरक्षण एवं संवर्धन पहली प्राथमिकता : मुख्यमंत्री डॉ. यादव	N/A
180.	Action India Live	वनो का संरक्षण एवं संवर्धन पहली प्राथमिकता : मुख्यमंत्री डॉ. यादव	N/A
181.	Real India News	मुख्यमंत्री डॉ. यादव ने बताया कि प्रदेश के वन क्षेत्रों में होने वाले अपराधों और...	N/A
182.	Kashmir Newslane	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
183.	Andhra Pradesh Mirror	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
184.	Vanakkam Tamil Nadu	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
185.	Newz IIndia 24	सीएसआईआर – सिम्फर में 11वें अंतरराष्ट्रीय योग दिवस का आयोजन	N/A
186.	West Bengal Khabar	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
187.	South India News	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
188.	APN News	IIM Mumbai Successfully Observes the 11th International Day of Yoga with the Th e...	N/A
189.	Bihar 24x7	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A

190.	Mp Headline	मुख्यमंत्री डॉ. यादव ने बताया कि प्रदेश के वन क्षेत्रों में होने वाले अपराधों और...	N/A
191.	Punjab Live	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
192.	Indian News Network	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
193.	Kashmir Breaking News	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
194.	Kashmir Breaking News	Sri Aurobindo Institute of Technology Celebrated International Yoga Day with "Yo. ..	N/A
195.	Business Tweet	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
196.	West Bengal Khabar	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
197.	Gujarat Varta	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
198.	Bihar Times	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
199.	Kashmir Newsline	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
200.	Maharashtra Samachar	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
201.	Odisha Post	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
202.	Infralog	NBCC ORGANISES "Yoga Maha Kumbh" 2025	N/A
203.	Gujarat Samachar	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
204.	Bihar 24x7	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
205.	APN News	Yashoda Medicity Hosts 'Yoga Sangam" to promote preventive healthcare on Inte rn...	N/A
206.	India's News	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
207.	Mumbai News	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
208.	The Printlines	इम्यूनिटी बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय, शारीरिक-मानसिक स्वास्थ्य रहेगा...	N/A
209.	Karnataka Live	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
210.	New Delhi News	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
211.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
212.	Vishvatimes	रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय, अच्छी नींद भी आएगी	N/A
213.	Himachal Patrika	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
214.	US World Today	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
215.	Delhi live news	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
216.	England News Portal	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A

217.	France Network Times	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
218.	Buffalo Despatch	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
219.	Daily 24x7 News	International Yoga Day Brings Laurels for Ambedkar Institute of Medical Sciences	N/A
220.	Netindia123	Group 108 Organizes - International Yoga...	N/A
221.	Navodaya Times	योग के नियमित अभ्यास से रोग प्रतिरोधक क्षमता में होता है इजाफा	N/A
222.	Chhattisgarh Today	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
223.	East Asiaall News Portal	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
224.	Birminghamall News Network	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
225.	APN News	International Yoga Day 2025: Arham Dhyana Yog Unites 10000+ at Yog Sangam	N/A
226.	Srilanka Island News	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
227.	Maldives Star Plus	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
228.	Indian Television	Nick and Sonic join PM Modi in Vizag to promote yoga for children	N/A
229.	Jharkhandtimes	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
230.	Middle East Times	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
231.	North East Times	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
232.	Telangana Journal	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
233.	Andhra Pradesh Mirror	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
234.	Travel Turtle	ITDC unites around 25 PSUs in an event to celebrate International Day Of Yoga	N/A
235.	Rajasthan Ki Khabar	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
236.	Indian News Network	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
237.	APN News	PNB celebrates 11th International Yoga Day with Focus on Global Unity and Envir O...	N/A
238.	Latestly	Business News Group 108 Organizes - International Yoga Day Glows at Walkwa y 10...	N/A
239.	Utkal Samachar	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
240.	Business News for Profit	Nick and Sonic Join PM Modi & AYUSH Ministry at India's Biggest Yoga Day Ev.. .	N/A
241.	Business News This Week	Nick and Sonic lead the way for young India, joining Prime Minister Narendra Mod ...	N/A
242.	Smart Business News	India's Largest Yoga Day Event in Vizag Sees Nick and Sonic Unite with PM Mod i ...	N/A

243.	Biz News Desk	Nick and Sonic Lead Young India in Celebrating Yoga Day with PM Modi in Vizag	N/A
244.	CSR News	Group 108 Organizes – International Yoga Day Glows at Walkway 108 Jun 23, 2025	N/A
245.	ViewsWall	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
246.	Travel Daily Media	ITDC unites 25 PSUs to celebrate the International Day of Yoga, 2025 at The Asho...	N/A
247.	Guidely	Daily Current Affairs 22nd & 23rd June 2025 Latest News Download Free PD...	N/A
248.	Times Bite	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
249.	State News Service	योग को जीवन के दिनचर्या में उतारने का अवसर है – सांसद राधेश्याम राठिया योग दिवस ...	N/A
250.	Deshbandhu	रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय, अच्छी नींद भी आएगी	N/A
251.	Odisha Today	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
252.	Top World News Daily	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
253.	Fashion Value Chain	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
254.	Ndtv	Rajasthan: रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय, अच्छी न...	N/A
255.	Business India Focus	Home	N/A
256.	The 24 News	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
257.	The Bengal	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
258.	Vindhyaajtak	भोपाल में बन रहा है देश का पहला हाईटेक यूनानी हम्माम, इन लोगों के लिए बरदान, जान...	N/A
259.	Upworld Analytics	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
260.	Reh News	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
261.	Newsherbs	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
262.	Bharat Express	Ayurvedic Remedies:	N/A
263.	News Online	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
264.	India Online News	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
265.	Business Panorama	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
266.	Local News11	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
267.	Edukida	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
268.	Smestreet	The Yoga Institute Leads International Yoga Day with 1 Lakh Participants	N/A
269.	Gazet International	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
270.	NewsVair	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A

271.	The Home Fashion	Group 108 Organizes – International Yoga Day Glows at Walkway 108	N/A
272.	Indias News	रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय, अच्छी नींद भी आएगी	N/A
273.	Rajasthan News(राजस्थान समाचार)	रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय, अच्छी नींद भी आएगी	N/A
274.	Khair News	रोग प्रतिरोधक क्षमता बढ़ाने के लिए अपनाएं ये आयुर्वेदिक उपाय, अच्छी नींद भी आएगी	N/A
275.	Bharatiya Digital News	एक पृथ्वी, एक स्वास्थ्य के लिए थीम पर मनाया गया 11वां अंतरराष्ट्रीय योग दिवस	N/A
276.	E - PAO	Health camps conducted in flood-hit areas	N/A
277.	India Shipping News	JNPA hosts grand “Yoga Sangam” celebration for International Day of Yoga 2025	N/A
278.	Vande Bharat Live Tv News	आयुष इंटरनेशनल मेडिकल एसोसिएशन & ए जी एम ए. तर्फे योग रत्न इंजि.संजय श्रावण ...	N/A
279.	E - PAO	Chandel, Kakching observe 11th International Day of Yoga	N/A
280.	Hello Kotpad	Blood Donation Day Successfully Celebrated by Umerkote Blood Bank	N/A
281.	Bharasa Live	PM Modi Leads 11th International Yoga Day Celebrations on RK Beach, Visakhapatna...	N/A