





Government of India  
Ministry of Ayush

सत्यमेव जयते

## MINISTRY OF AYUSH COMPILED MEDIA REPORT 24 Feb, 2025 – 25 Feb, 2025

 **Total Mention 71**

 <b>Print</b>	<b>Financial</b>	<b>Mainline</b>	<b>Regional</b>	<b>Periodical</b>
<b>12</b>	<b>1</b>	<b>10</b>	<b>1</b>	<b>N/A</b>

 <b>Online</b>
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**59**

 Print

No	Newspaper	Headline	Edition	Pg
1.	Mint	A summer body shouldn't be your only fitness goal	Bengaluru + 1	14
2.	The Morning Standard	FIT BIT	Delhi	2
3.	The Morning Standard	Textile, tourism & tech to drive country's development: Modi...	Delhi	8
4.	The New Indian Express	SITTING TWIST POSE ON CHAIR HAND ON FLOOR	Chennai + 1	2
5.	The New Indian Express	Action against 55 Gujarat hosps over violation of Ayushman Bharat norms	Kochi	7
6.	The New Indian Express	Textile, tourism & tech to drive country's development: Modi...	Bengaluru	10
7.	The Daily Guardian	Fueling Recovery: How Nutraceuticals and Functional Foods Enhance Post-Surgical Healing	Delhi	14
8.	Telangana Today	SC talks tough on misleading ads	Hyderabad	7
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10.	The Pioneer	Destination Uttarakhand	Chandigarh	12
11.	Mid Day	Fit for the season	Mumbai	18
12.	Ajit	Ayushman card rahi dawaiya de len den sambandhi kai crore rupay da ghotala hovega ujagar	Chandigarh	5

Mint • 25 Feb • Ministry of Ayush  
A summer body shouldn't be your only fitness goal

14 • PG

117 • Sqcm

40865 • AVE

125K • Cir

Top Right

Bengaluru • Chennai



## A summer body shouldn't be your only fitness goal

Instead of aiming for quick weight loss, commit to a healthy lifestyle

Shreesh Awani  
[lounge@livemint.com](mailto:lounge@livemint.com)

Exam season is around the corner, which means we are not too far away from the summer holiday season. This is also the time most holiday planning is done and one of the things people start focusing on is their vacation look, not just in terms of what to wear but the way they look. Many people turn to personal trainers, buy gym memberships and start going for runs to get in better shape in time for their holiday. The most common demands that coaches and trainers hear from any newcomer to a gym are for losing some flab around the tummy, toning their arms and shedding a few kilos, says Abraar Khan Waryah, co-founder and head coach of Gridiron Fitness Studio in Kolkata. All of us have friends and family who have walked into a gym with exactly these demands.

While this is the reality in the world of instant gratification, the bad news for those looking to get a "summer body" in a hurry is that no good coach or trainer is likely to accept clients with such poor goals for choosing to exercise. Further bad news, in case one tries taking matters into their own hands and starts working out on their own, using free advice and exercise videos on the internet, is that spot reduction of fat with exercise doesn't really happen. Targeted weight loss is simply not possible without surgical intervention.

People think they can undo years of harm they have caused themselves by eating poorly, not exercising and abusing their bodies with just a few weeks of exercise, rues Waryah. "Physical change doesn't work that way. It is a long and slow process. Also, losing a few inches and kilos doesn't mean they would start looking better and younger. Consistency and commitment are key to see any kind of results," he adds.

Exercise should be seen as a way to build a healthier lifestyle and improve longevity rather than just focusing on aesthetic benefits, insists Spoorthi S, a fitness expert at Cult Fit. Any good trainer or coach will try to help clients who come in with these goals see the benefits of making a long-term commitment to fitness. "When people start exercising with strict weight-loss goals, they often resort to crash diets and extreme workouts, which can be harmful in the long run. Instead, adopting sustainable, healthy habits leads to better overall health and quality of life. Educating individuals about the long-term benefits of fitness can help them approach their journey with the right mindset and stay committed," she adds.

While the initial weeks are likely to be challenging, once you are past teething troubles and continue to exercise regularly—thrice a week on average—you will start seeing positive results. "Exercise offers benefits that go far beyond physical appearance. It boosts mental health by reducing stress, anxiety and depression. It improves your daily functionality by increasing energy levels, helping you sleep better, and even supports longevity. Exercise also has an impact on emotional wellbeing as it helps with mood regulation," adds Spoorthi. So, this summer instead of a vacation-ready body, make exercise a part of your daily life.

Regular  
exercise  
improves daily  
functionality  
and regulates  
mood

## The Morning Standard • 25 Feb • Ministry of Ayush

### FIT BIT

2 • PG

604 • Sqcm

289956 • AVE

300K • Cir

Middle Right

Delhi

#### FITBIT

## SITTING TWIST POSE ON CHAIR HAND ON FLOOR

This chair yoga twist offers a balance of accessibility and effectiveness. It is ideal for beginners or individuals with injuries, weakness, or limited mobility. The use of a chair provides stability, allowing people to explore balancing poses with confidence. This pose can be included in yoga sequences for individuals with special needs, trauma-sensitive practitioners, and seniors.

#### STEPS

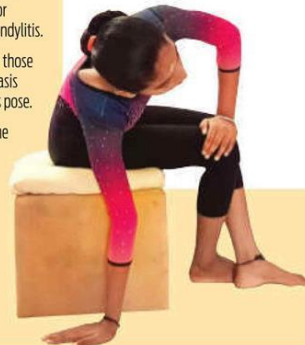
- Release from Cobra Pose on the chair and relax. Align yourself into Chair Mountain Pose.
- Inhale, take the right foot behind the left and bring the right hand down to the floor.
- Exhale, lift your head into the Sitting Twist Pose on the chair with one hand on the floor. Move your neck dynamically – lower as you exhale and stretch upward as you inhale. Repeat for six breaths or as per your capacity while staying on the right side.
- Alternatively, hold the position with the head and neck raised for six breaths. Choose the variation that suits you best, avoiding overstretching or discomfort.
- Release and repeat on the other side, holding or flowing dynamically for six breaths.
- Finally, relax in the Three-Part Breath on the chair.

#### BENEFITS

- Provides a deep stretch to the upper body.
- Improves balance and strengthens the legs, arms, shoulders, core, and lower back.
- Relieves upper body tension, back pain, and stiffness in the neck, shoulders, arms, and upper back.
- Enhances blood circulation to the spine and helps detoxify the body.
- Opens the psoas, reducing lower back strain and improving spinal alignment.
- Can aid in managing back conditions (not acute), including muscle sprains, strains, and sciatica pain.
- Supports respiratory health, benefiting individuals with asthma and bronchitis.
- Offers relief for conditions such as herniated discs, urinary incontinence, fibromyalgia, osteoporosis, and rheumatoid arthritis.
- Enhances endurance in lateral stretches for intermediate students.
- Helps advanced students cultivate steadiness (sthira) and ease (sukha), activating the Sacral Chakra.
- Boosts energy levels in teens and can be incorporated into yoga sequences for children.
- Alleviates menstrual discomfort.
- Aids individuals who spend prolonged hours sitting at desks or working on computers.

#### LIMITATIONS

- Avoid if you have injuries in the arms, neck, shoulders, rib cage, spine, or lower back, or if you have recently undergone abdominal, shoulder, or hip surgery.
- Not recommended for individuals with high/low blood pressure, heart ailments, severe digestive issues (such as IBD), or advanced cervical spondylitis.
- Pregnant women and those recovering from diastasis recti should avoid this pose.
- People with weak bone structure, acute tailbone, lower back, or hip pain should practise cautiously under expert guidance.



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



The Morning Standard • 25 Feb • Ministry of Ayush  
Textile, tourism & tech to drive country's development: Modi...

8 • PG

712 • Sqcm

341584 • AVE

300K • Cir

Top Left

Delhi

■ 'Viksit MP vital in Viksit Bharat journey': Modi says state a top investment hub

# Textile, tourism & tech to drive country's development: Modi...

ANURAAG SINGH @ Bhopal

PRIME Minister Narendra Modi said on Monday that textile, tourism and technology -- three Ts -- will be the key drivers of India's developed future as the sectors will create crores of new jobs.

Inaugurating Madhya Pradesh's Global Investors Summit-2025 (GIS-25) in Bhopal, Modi said India, with rich tradition, skills, and entrepreneurship in textiles, is the second-largest producer of cotton, silk, polyester and viscose.

"MP being the cotton capital of India contributes around 25 per cent of the country's organic cotton supply and is the largest producer of mulberry silk. The state's Chanderi and Maheshwari sarees have received GI tags. Investments in this sector will significantly help MP's textiles make a global impact," he said.

Modi said technical textiles such as agro-textiles, medical textiles, and geotextiles are being promoted, and a national mission has been initiated for this purpose. He said seven

MoUs worth over ₹22.5 L cr signed

New investment proposals and pacts hold out promise to create about 13.43 lakh jobs



Reliance Industries Limited inked a pact for ₹60,000 crore investment to implement Biofuel based projects.

## MoUs on Day One

₹1,20,000 cr

between NTPC NGEL (NTPC's Green Energy Limited) and the Madhya Pradesh Power Generation Company Limited

Significant chunk of investments in renewable energy sector



NTPC SIGNED AN MOU FOR ₹80,000 CRORE INVESTMENT IN TWO GREENFIELD POWER PLANTS



MP headquartered Sagar Group announced ₹2,500 crore investment by 2030

large textile parks were being developed across the country, including one in MP.

The PM said India is enhancing the tourism sector, recalling MP Tourism campaign, 'MP Ajab Hai, Sabse Gajab Hai'. He highlighted the development of tourism infrastructure around the Narmada river and tribal

areas of MP. He also spoke about the immense potential for health and wellness tourism. He said the 'Heal in India' mantra is gaining global popularity, and investment opportunities in the health and wellness sector are increasing. "The government is encouraging public-private partnerships

in this area. India's traditional treatments and AYUSH are being promoted on a large scale, and special AYUSH visas are being issued," he said.

Underlining the importance of GIS-25, the PM said 'Viksit MP' is necessary in the journey towards 'Viksit Bharat'. "MP is the fifth largest state in India by population and one of the top states for agriculture and minerals. It's also blessed with the life-giving Narmada. MP has the potential to become one of the top five states in India in terms of GDP," Modi said.

"Two decades of BJP rule has focused on governance and ushered in sea change. Two decades back, people were hesitant to invest in MP, but now the state has evolved into one the top investment destinations in the country. The state which once struggled with poor roads is now among the leading states in the country's EV revolution. By January 2025, around two lakh electric vehicles were registered, which demonstrates that MP is becoming an excellent destination for new manufacturing sectors," he said.

## The New Indian Express • 25 Feb • Ministry of Ayush SITTING TWIST POSE ON CHAIR HAND ON FLOOR

2 • PG

680 • Sqcm

897708 • AVE

246.4K • Cir

Top Right

Chennai • Bengaluru

### FITBIT

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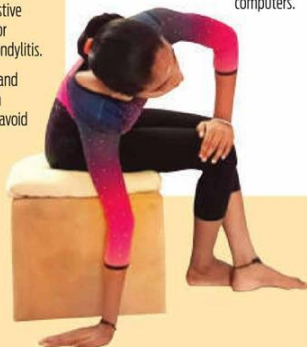
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The New Indian Express • 25 Feb • Ministry of Ayush

## Action against 55 Gujarat hosps over violation of Ayushman Bharat norms

7 • PG

634 • Sqcm

199813 • AVE

134.51K • Cir

Bottom Center

Kochi

# Action against 55 Gujarat hosps over violation of Ayushman Bharat norms

**DILIP SINGH KSHATRIYA**  
@ Ahmedabad

THE Gujarat government admitted in the Assembly on Monday that 55 hospitals were suspended or blacklisted under the PM-JAY Ayushman Bharat scheme for compliance violations, but 19 of them were subsequently allowed to re-open.

Responding to a query by the Leader of Opposition, Amit Chavda, the government said that 55 hospitals faced action as of December 31, 2024 — with 32 shut down in 2023 and 23 in 2024 — over compliance violations.

However, despite the crackdown, the government has cleared 19 hospitals to resume operations. Officials confirmed that these hospitals, previously suspended or blacklisted, have been allowed to re-open.

In 2024, the government shut down Shri Jalaram Children's Hospital in the Aravalli district on December 5, citing violations of fire safety, biomedical waste management, and scheme guidelines. However, just 25 days later, authori-

Action  
against errant  
hospitals

Total  
suspended/  
blacklisted

**55**  
HOSPITALS

2023:  
**32** hospitals

2024:  
**23** hospitals

REASON

Non-compliance  
under PM-JAY  
Ayushman Bharat



Cleared for  
re-opening:  
**19** hospitals

## Blacklisted, suspended



**GOVT CRACKDOWN ON  
UNDER-PERFORMING  
HEALTH OFFICIALS**

Reviewed in 2024:  
**843** officials

Class-1: **82** officers  
Class-2: **657** officers  
Class-3: **104** officers

ties lifted the suspension, stating that compliance had been restored.

Similarly, in 2023, 18 other hospitals received the green light to restart. The government justified their reinstatement by asserting that they had rectified past violations and were now adhering to the regulations.

Significantly, the government admitted in the Assembly—while responding to Congress MLA Shailesh Parmar—that it has been reviewing underperforming Health and Family Welfare Department officials over the past two years. This scrutiny, officials revealed, led to compulsorily Immature retirements.

The New Indian Express • 25 Feb • Ministry of Ayush  
Textile, tourism & tech to drive country's development: Modi...

10 • PG

681 • Sqcm

578466 • AVE

177.8K • Cir

Top Left

Bengaluru

# Textile, tourism & tech to drive country's development: Modi...

ANURAAG SINGH @ Bhopal

PRIME Minister Narendra Modi said on Monday that textile, tourism and technology -- three Ts -- will be the key drivers of India's developed future as the sectors will create crores of new jobs.

Inaugurating Madhya Pradesh's Global Investors Summit-2025 (GIS-25) in Bhopal, Modi said India, with rich tradition, skills, and entrepreneurship in textiles, is the second-largest producer of cotton, silk, polyester and viscose.


"MP being the cotton capital of India contributes around 25 per cent of the country's organic cotton supply and is the largest producer of mulberry silk. The state's Chanderi and Maheshwari sarees have received GI tags. Investments in this sector will significantly help MP's textiles make a global impact," he said.

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MoUs worth over **₹22.5 L cr** signed

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Reliance Industries Limited inked a pact for ₹60,000 crore investment to implement Biofuel based projects.




**MoUs on Day One**

**₹1,20,000 cr** between NTPC NGEL (NTPC's Green Energy Limited) and the Madhya Pradesh Power Generation Company Limited

**NTPC SIGNED AN MOU FOR ₹80,000 CRORE INVESTMENT IN TWO GREENFIELD POWER PLANTS**

MP headquartered Sagar Group announced **₹2,500 crore** investment by 2030

Significant chunk of investments in renewable energy sector



large textile parks were being developed across the country, including one in MP.

The PM said India is enhancing the tourism sector, recalling MP Tourism campaign, 'MP Ajab Hai, Sabse Gajab Hai'. He highlighted the development of tourism infrastructure around the Narmada river and tribal

areas of MP. He also spoke about the immense potential for health and wellness tourism. He said the 'Heal in India' mantra is gaining global popularity, and investment opportunities in the health and wellness sector are increasing. "The government is encouraging public-private partnerships

in this area. India's traditional treatments and AYUSH are being promoted on a large scale, and special AYUSH visas are being issued," he said.

Underlining the importance of GIS-25, the PM said 'Viksit MP' is necessary in the journey towards 'Viksit Bharat'. "MP is the fifth largest state in India by population and one of the top states for agriculture and minerals. It's also blessed with the life-giving Narmada. MP has the potential to become one of the top five states in India in terms of GDP," Modi said.

"Two decades of BJP rule has focused on governance and ushered in sea change. Two decades back, people were hesitant to invest in MP, but now the state has evolved into one of the top investment destinations in the country. The state which once struggled with poor roads is now among the leading states in the country's EV revolution. By January 2025, around two lakh electric vehicles were registered, which demonstrates that MP is becoming an excellent destination for new manufacturing sectors," he said.



The Daily Guardian • 25 Feb • Ministry of Ayush

## Fueling Recovery: How Nutraceuticals and Functional Foods Enhance Post-Surgical Healing

14 • PG

958 • Sqcm

95836 • AVE

N/A • Cir

Middle Left

Delhi

## Fueling Recovery: How Nutraceuticals and Functional Foods Enhance Post-Surgical Healing

TGG NETWORK  
NEW DELHI

Recovery after surgery is a critical phase that requires optimal nutrition to enhance healing, reduce complications, and restore strength. Nutraceuticals and functional foods play a pivotal role in supporting the body's recovery mechanisms by providing essential nutrients that aid in tissue repair, immune function, and metabolic balance.

Surgical procedures induce metabolic stress, leading to increased energy demands, muscle protein breakdown, and heightened inflammatory responses. Ensuring adequate nutrition helps counteract these effects and facilitates recovery. Functional foods and nutraceuticals contribute to this process by enhancing immune function, reducing inflammation, and promoting tissue regeneration.

Proteins are crucial for wound healing, muscle repair, and immune support. Specific amino acids such as arginine support immune function and enhance nitric oxide production, which improves blood flow to healing tissues. Glutamine aids in intestinal health and immune function, crucial for reducing

infection risk post-surgery. Branched-chain amino acids (BCAAs) help maintain muscle mass and reduce muscle wasting during recovery.

Omega-3 fatty acids in fatty fish, flaxseeds, and walnuts possess strong anti-inflammatory properties. They help modulate the immune response, reduce

postoperative inflammation, and promote faster recovery. Supplementing fish oil or plant-based sources like chia and flax seeds can benefit.

Zinc plays a crucial role in cell division, immune function, and collagen synthesis, making it essential for post-surgery healing. Foods rich in zinc include

pumpkin seeds, chickpeas, lean meats, and nuts.

Surgery-induced oxidative stress can delay healing. Antioxidant-rich foods help neutralize free radicals and support immune function. Key antioxidants include Vitamin C (Citrus fruits, bell peppers) for collagen synthesis. Vitamin E (Almonds, sunflower

seeds) for skin and tissue repair. Selenium (Nuts, seafood) for immune enhancement.

A healthy gut microbiome is essential for immune function and reducing post-surgical infections. Probiotics (yoghurt, fermented foods) and prebiotics (garlic, onions, bananas) support digestive health,

improving nutrient absorption and immune resilience.

A well-rounded diet incorporating these functional foods and nutraceuticals can significantly enhance post-surgery recovery. Patients should focus on:

- Hydration: Adequate water intake supports nutrient transport and detoxification.

- Balanced Macronutrients: Ensuring an appropriate mix of proteins, healthy fats, and complex carbohydrates.

- Micronutrient Sufficiency: Supplementing when necessary to address deficiencies.

Nutraceuticals and functional foods serve as powerful tools in post-surgery

recovery, promoting tissue repair, reducing inflammation, and strengthening the immune system. Before starting any supplement, consult your doctor. Incorporating these evidence-based dietary strategies can optimize healing outcomes and improve overall well-being during the critical post-operative phase.



Telangana Today • 25 Feb • Ministry of Ayush  
SC talks tough on misleading ads

7 • PG

119 • Sqcm

155083 • AVE

440K • Cir

Bottom Left

Hyderabad

## SC talks tough on misleading ads

NEW DELHI

The Supreme Court on Monday underscored the importance of creating a mechanism for citizens to file complaints on misleading advertisements.

A Bench of Justices Abhay S Oka and Ujjal Bhuyan said the Drug and Magic Remedies (Objectionable Advertisements) Act, 1954 was of vital importance. "This Act is most vital," the bench observed while saying it was essential to comply with its provisions. It said a machinery had to be set up for the citizens who wanted to file complaints over misleading advertisements.

The Bench said it would consider the aspect on March 7. It also dealt with the issue concerning compliance of Rule 170 of the Drugs and Cosmetics Rules, 1945 by Jharkhand, Karnataka, Kerala, Punjab, Madhya Pradesh and union territory of Puducherry.

The top court on August 27 last year stayed a notification issued by the Min-

istry of Ayush, which omitted Rule 170 of the Drugs and Cosmetics Rules, 1945 that prohibits misleading advertisements of Ayurvedic, Siddha, and Unani drugs.

During the hearing on Monday, the bench was informed that in Karnataka, no prosecution was initiated in 25 cases of alleged misleading advertisements due to lack of material particulars. "According to us, these are only excuses given by the state of Karnataka. They have their own police machinery, cyber cell. It is very easy for them to find out the sources of these advertisements, provided there is a will on the state's part to do so," the bench observed. It asked the Karnataka government to ascertain the wrongdoers and place a compliance report before the court within a month. Senior advocate Shadan Farasat, assisting the court as an amicus curiae, said as far as Kerala was concerned, there was proper implementation of the Rule. PTI



The Pioneer • 25 Feb • Ministry of Ayush  
Legal awareness camp for senior citizens held

4 • PG

146 • Sqcm

49552 • AVE

275K • Cir

Bottom Left

Hyderabad

# Legal awareness camp for senior citizens held

PNS ■ RANGAREDDY

Peddapur village under Sadasivpet mandal hosted a legal awareness camp on the Maintenance and Welfare of Parents and Senior Citizens Act, 2007, on Monday. The event was organised by the Legal Aid Society of ICFAI Law School, IFHE, Hyderabad, in collaboration with the District Legal Services Authority (DLSA), of Sangareddy District.

Several distinguished guests, including senior civil judge and DLSA Sangareddy Secretary B Ramesh, ICFAI Law School Dean Prof Y Pratap Reddy,

Village Secretary Papaiah, representatives of Peddapur Gram Panchayat, and Faculty Coordinator of the Legal Aid Society, Dr S Kannan.

The primary objective of the camp was to raise awareness about legal provisions ensuring the welfare and maintenance of senior citizens, including the toll-free helpline number 14567. ICFAI law students conducted a poster presentation detailing various government schemes benefiting senior citizens, such as Ayushman Bharat, Rashtriya Vayoshri Yojana, and Pradhan Mantri Vaya Vandana Yojana. They also highlighted key Constitutional and legislative pro-

visions, including Article 41 of the Indian Constitution, the Hindu Adoption and Maintenance Act, and the Maintenance and Welfare of Parents and Senior Citizens Act, 2007.

Dr Kesari, a faculty member at ICFAI Law School, spoke about the three stages of life, childhood, youth, and old age, while explaining the distinction between Senior Citizens and Super Senior Citizens. She emphasized the importance of a balanced diet and regular medical check-ups for the elderly.

A mime performance depicted real-life issues faced by senior citizens, illustrating Section 23 of the Parents and

Senior Citizens Regulation Bill.

Judge B Ramesh shared recent legal cases highlighting the hardships faced by elderly parents in society. He said that senior citizens no longer need to approach the courts directly, as DLSA would offer relief without requiring an advocate. He also stressed the importance of registering on the e-portal for quick grievance redressal and engaged with villagers to address their concerns.

The event concluded with a vote of thanks by K Ravi Kumar, a faculty member at ICFAI Law School, who acknowledged the collective efforts that contributed to the camp's success.



## The Pioneer • 25 Feb • Ministry of Ayush Destination Uttarakhand

12 • PG

1567 • Sqcm

939917 • AVE

268.96K • Cir

Top Left

Chandigarh

# Destination Uttarakhand

EMERGING AYUSH & WELLNESS HUB

## Yoga & meditation in U'Khand, a sign of wellness & spiritual revival

The tranquil and spiritual terrain of the Garhwal Himalayas has evolved into a focal point for fitness lovers, thanks to PM Modi's future forward vision



Under the visionary leadership of Prime Minister Narendra Modi, Uttarakhand, known as Devbhoomi, has truly flourished as a global destination for yoga and meditation. His dedication, exemplified by his visits and meditation in Kedarnath and Adi Kailash, has inspired countless people worldwide to visit Rishikesh. Our government is committed to transforming Uttarakhand into a world-renowned hub for AYUSH health services, medicines, and consumer products, furthering his mission of holistic wellness."

**Pushkar Singh Dhami**  
Chief Minister



On June 18, 2019, during the 4th International Yoga Day, Prime Minister Modi guided an estimated 50,000 enthusiasts in performing yoga asanas at the scenic Forest Research Institute, Dehradun. Emphasizing yoga's international resonance, Modi remarked, "From Dehradun to Dublin, from Shanghai to Chicago, from Jakarta to Johannesburg, Yoga is everywhere! His focus on yoga as a unifying and therapeutic approach echoed profoundly, strengthening its position in boosting physical and mental well-being. "In Yoga, we have the perfect solution to

the problems we face, either as individuals or in our society," he said, highlighting the holistic advantages of yoga in promoting a peaceful, innovative, and satisfied life. The Prime Minister's advocacy for yoga expanded beyond the International Yoga Day festivities. In May 2019, his visit to the Kedarnath shrine attracted considerable attention, especially his meditation session in the 'Yogi Gufa' (meditation cave). A picture of Modi covered in a saffron shawl, sitting in meditation inside the cave, went viral on social media, sparking widespread appeal in the cave as a new traveller appeal. This scenic location at 12,500 feet in the Garhwal Himalayas encountered an unexpected surge in popularity, with bookings for the meditation cave soaring. Garhwal Mandal Vikas Nigam Ltd (GMVN) recorded a surge in online bookings for the 'Yogi Gufa', which has been completely booked for months.

**PM Narendra Modi's fondness for yoga and meditation has immensely increased the favour of these age-old traditions, especially in Uttarakhand**

This influx of interest has encouraged local management to plan the building of these more meditation caves in the surroundings, improving the spiritual charm of the location. Modi's many visits to Kedarnath have also contributed to a surprising rise in the temple's footfall. The temple has been witnessing record-breaking footfall since becoming a historic landmark for devotees. Prime Minister Narendra Modi through his enthusiastic participation and promotion of yoga and meditation has boosted the international profile of these practices along with restoring spiritual tourism in Uttarakhand, attracting innumerable followers to the peaceful and hallowed surroundings of the Himalayas.



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

**Narendra Modi**  
Prime Minister

## CM Dhamsi Govt 245 appointed 245 Ayush Doctors in Uttarakhand

245 selected candidates got appointment in AYUSH department, after the approval of CM Dhamsi, the wait of AYUSH doctors waiting for appointment in the state of Uttarakhand for a long time is now over. The government has issued orders for the appointment of a total of 245 candidates including 242 Ayurveda medical officers, one Unani, one Yoga and Naturopathy and one Manager State Pharmacy. Recruitment process was started for 257 medical officer posts. Uttarakhand Medical Selection Board started the recruitment process for 253 medical officer posts of



Ayurveda and Unani Department on 11 March 2022. After completing the interview process, the final selection of 245 candidates was also done. While their appointment letters were being issued, complaints of irregularities in the recruitment process came in. On this, in August, the Chief Minister had ordered a detailed investigation of the matter. All have been placed on probation for two years. On this, the government banned the appointment of selected candidates on the posts of Ayurveda medical officers and handed over the investigation to the Director of Ayurveda. Now after the completion of the investigation, the government has issued orders for his appointment after the approval of Chief Minister Pushkar Singh Dhami.

## 186 villages of the state identified by the name of herbs, Ayurveda department sends report to AYUSH Ministry

The state government has identified 186 villages of the state by the name of different herbs to provide Ayurveda treatment. The Ayurveda department distributed plans of the respective herbs to the people living in these villages. It has sent the report of these villages to the central government.

**Ayurveda programmes will be started in 3900 schools in the state. Ayurveda doctors will visit schools and make the children aware**

and 13 villages in Uttarakhand were identified as Herbal Villages. This initiative of the department will promote environmental protection. Along with this, people will be aware about Ayurveda herbs. He said that from next month, Ayurveda programmes will be started in 3900 schools in the state. Under this, Ayurveda doctors will go to schools and make the children aware. 13 villages in the state will be developed as Herbal Villages. Regular camps of Ayurveda, Yoga, and Homoeopathy will be organized in these villages.

## Adi Kailash turns into a meditation hub

The Chief Minister's visit to Adi Kailash strived to boost the area as a noteworthy pilgrimage and visitor destination

On International Yoga Day, Chief Minister Pushkar Singh Dhami performed yoga at Adi Kailash, a venerated place situated about 15,000 feet above sea level in the sacred land of Lord Shiva. This occasion not only highlighted the importance of yoga in improving physical, mental, and spiritual well-being but also emphasized the cultural and religious legacy of the place. In his address, Chief Minister Dhami highlighted the trans-

formation influence of yoga, defining it as a convergence of body, mind, and soul that brings contentment and calmness to humans. He extended an invitation to Shiva followers and visitors from around the globe to visit Adi Kailash, highlighting

those involved in homestays and local food production, one flourishing. He backed the growth of 100% homestay-based tourism, which not only conserves the local architecture and culture but also provides sustainable job prospects for the locals. In his speech, Chief Minister Dhami also addressed the necessity for enhancing infrastructure and establishments in the region. He called for the standardization of transportation amenities and the simplification of the procedure for allocating inner line permits, assuring that tourists do not encounter any problems. He emphasized the significance of maintaining civility and clarity in these procedures to ensure any terminal in this sensitive border region. Environmental protection was another essential emphasis of the Chief Minister's address. He voiced concern over the pollution of the environment and the drying up of natural water sources. He informed strategies to restore traditional chikmag, springs, and ghats, encouraging everyone to contribute to this cause.

the significance of incorporating yoga into day-to-day routines for physical, mental, and emotional stability. The Chief Minister's visit to Adi Kailash also strived to boost the area as a noteworthy pilgrimage and visitor destination. He stated that the idea of Prime Minister Narendra Modi has been instrumental in bringing transnational acclaim to the location. The Prime Minister's visit to Pithoragarh and

Jyulekong last year has already extended the inflow of travellers and pilgrims, turning Adi Kailash, On Parvat, and Parvat Sarovar into leading locations of spiritual and cultural tourism. The Chief Minister emphasized the financial advantages that improved tourism brings to the local establishment, assuring the availability of high-quality, standardized Ayurvedic formulations, that align with national health policies.

Measures are continuing to improve certification for all pharmacies, including well-known labels acknowledged nationally and globally. The establishment of a State Drug Testing Laboratory in Haridwar highlights Uttarakhand's dedication to promoting research and assuring the effectiveness and safety of Ayurvedic medicines. This establishment fosters strict testing and verification, boosting trust in conventional medicinal practices.

**CM stressed that the idea of Prime Minister Modi has been instrumental in bringing about transnational acclaim to the location**

formative influence of yoga, defining it as a convergence of body, mind, and soul that brings contentment and calmness to humans. He extended an invitation to Shiva followers and visitors from around the globe to visit Adi Kailash, highlighting

colleges, including two government institutions, committed to providing quality teaching in Ayurvedic medicine. Notably, Rishikul Government Ayurvedic College, Haridwar, provides postgraduate education in several specialized topics, representing the collection of qualified Ayurvedic practitioners in the area. The state also underscores training programmes for Ayurvedic nurses and pharmacists, enabling qualified healthcare specialists yearly. Private sector endeavours complement government measures, contributing greatly to the workforce in Ayurvedic medicine and complementary therapies.

Under NRHM, Ayush wings have been established in 206 allopathic hospitals, further incorporating conventional approaches into mainstream healthcare

Hardwar, plays a key part in making Ayurvedic medicines to fulfill health needs. This establishment ensures the availability of high-quality, standardized Ayurvedic formulations, that align with national health policies. Measures are continuing to improve certification for all pharmacies, including well-known labels acknowledged nationally and globally.

## Uttarakhand's AYUSH Policy

Transforming healthcare landscape



Under the leadership of PM Narendra Modi and the guidance of Uttarakhand CM Pushkar Singh Dhami, Uttarakhand's AYUSH Policy outlines innovative strategies to integrate traditional healthcare practices with modern methods, aiming for holistic, wellness and economic growth

Known as the 'Devbhoomi' or 'Land of Gods', Uttarakhand is deemed to have one of the country's highest concentrations of AYUSH healthcare establishments. The policy summarizes strategies to accord all specified government AYUSH healthcare centers under the NABH (National Accreditation Board for Hospitals & Healthcare Providers) within five years. This accreditation will not only improve service quality, but also incorporate AYUSH treatments with allopathic healthcare systems, assuring complete medical care for all citizens. Wellness tourism, already thriving in Uttarakhand due to its natural magnificence and spiritual essence, is set to obtain additional growth. The policy proposes building health centers and resorts across the state, concentrating on places like Kaser Devi and Haridwar known for their natural healing effects. Education and research are essential elements of Uttarakhand's AYUSH concept, with organizations like the Uttarakhand Ayurved University ushering the charge. The policy supports NMC accreditation of all AYUSH academic colleges within five years, promoting educational superiority and assuring graduates are qualified to fulfill international norms. Governance-wise, the department of AYUSH will spearhead policy undertaking, bearing closely with other state divisions and stakeholders. A single-window clearance system will facilitate investment processes, drawing private sector participation and promoting financial expansion across all AYUSH segments.

**AYUSH policy strives to capitalize on this legacy by enabling the cultivation of various rare medicinal plants native to the area**

With a terrain endowed by the Himalayas, Uttarakhand has long been associated with Ayurveda and Yoga. The policy strives to capitalize on this legacy by enabling the cultivation of over 1,000 rare medicinal plants native to the area. Endeavours Programme are set to involve 50,000 farmers in growing these plants, promoting sustainable farming approaches, and augmenting regional revenues. In the domain of AYUSH production, Uttarakhand already has a strong drive, backed by simple raw materials and promising business necessities. The state hosts multiple GMP-certified manufacturing departments making a vast array of AYUSH medicines and consumer items. Under the new policy, more incentives and assistance will be offered to enable more units to attain WHO GMP certification and adhere to global quality norms. This action is anticipated to greatly improve the sector's contribution to the state's GDP, presently evaluated at Rs 4,000-5,000 crore. Healthcare constitutes another

CONSUMER CONNECT INITIATIVE

## Milestones by AYUSH

With a strong infrastructure and strategic endeavours, Uttarakhand has arisen as a leader in reviving age-old medicinal approaches and assuring their accessibility to all

The Department of AYUSH in Uttarakhand has made noteworthy strides in elevating and incorporating conventional Ayurvedic and Unani methods of medicine into the state's healthcare framework.

cal care mainly via conventional techniques. These include 241 Ayurvedic and five Unani hospitals, alongside specialized facilities in establishments like the Government Ayurvedic College in Rishikul and Gurukul Kangri, Haridwar. These organisations not only deliver treatment, but also act as hubs for teaching and research in Ayurvedic medicine. Under the National Rural Health

MISSION (NRHM), Ayush wings have been established in 206 allopathic hospitals, further incorporating conventional approaches into mainstream healthcare

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Under the National Rural Health



Mid Day • 25 Feb • Ministry of Ayush  
Fit for the season

18 • PG

1477 • Sqcm

3364239 • AVE

1.5M • Cir

Top Left

Mumbai

ANINDITA PAUL  
theguide@mid-day.com

IF everyone around you seems to be battling a wayward cough or flu, it could be more than the city's pitiful AQI levels to blame. The transition from winter to summer brings with it a host of implications for your body — from increased susceptibility to respiratory illnesses such as colds and flu, to exacerbating existing conditions such as asthma, to triggering allergies. It can also disrupt your sleep patterns and affect your energy levels. But, if you spend most of your day sitting at a desk, the effects of a sedentary lifestyle including stiff muscles, low energy, and that constant strain on your back and shoulders can feel even more pronounced, warns Shimpi Patil, head nutritionist and lifestyle expert at Luke Coutinho Holistic Healing Systems. She adds that rising temperatures also come bearing new concerns — fatigue, dehydration, sluggishness — all of which can impact focus and productivity.



Eat water-rich foods like melons and cucumbers

#### Eat for change

Patil refers to a condition known as 'sitting disease', a consortium of symptoms that directly result from prolonged hours at the desk. These include poor circulation, weaker muscles, and disrupted digestion. "Poor posture from prolonged sitting also strains the spine, leading to chronic back pain and reduced mobility over time. Rising temperatures further slow metabolism and increase dehydration risk,

# Fit for the season



The transition from cooler temperatures to a blazing summer sun can be ruthless to your 9 to 5 routine, especially if you have a desk-bound job. Here's how to keep your health in top order

leading to fatigue and reduced cognitive function," she notes. However, small and mindful adjustments can counteract these effects.

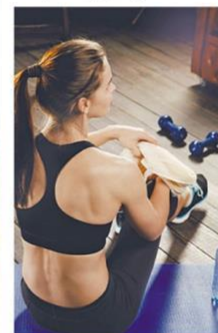
Patil recommends increasing your water intake to at least two or three litres per day. You could also add lemon or mint for extra refreshment.

Sip on cooling herbal infusions such as aam panna, buttermilk, fennel, mint, sabja seeds (basil seeds), or coriander seed tea, which aid in digestion, and naturally lower body heat. Further, swap heavy winter meals for water-rich foods such as cucumbers, melons, citrus fruits and leafy greens

to maintain hydration and electrolyte balance, which can help prevent sluggishness. It is also advisable to reduce your intake of caffeine, carbonated drinks and excessive salt, as these dehydrate the body and further contribute to fatigue.



Incorporate yoga in your routine



Take breaks between exercise routines. REPRESENTATION PICS

stress on joints, and minimise overheating. Strength training is ideal for the summer months. Make sure you are training in a well-ventilated gym or at home with adequate hydration. To minimise strain and overheating, increase the rest between sets to 60 to 90 seconds," he says. Explaining that summer fatigue can increase injury risk, especially for men over 40, he recommends maintaining moderate rep ranges (8-12 reps per set) instead of heavy one to five rep max lifts.

Complement your strength training with low-impact cardio, which produces less heat and better recovery. Walking, cycling at a relaxed pace without high-intensity sprints, or swimming for full-body conditioning are optimal. You could also add yoga and mobility work to your routine for recovery and flexibility," he explains.

**'Make sure you are training in a well-ventilated gym or at home with adequate hydration'** Jeff Bathija

He also cautions against high-intensity, high-heat workouts that can cause dehydration and fatigue. "If HIIT is an irreplaceable part of your fitness routine, limit it to one to two sessions per week, preferably in an air-conditioned space. Reduce your sprint intervals and instead, try moderate steady-state cardio," he advises. Avoid outdoor running from 11 am to 4 pm and prolonged exposure to direct sunlight while exercising.

#### Regulate your environment

In addition to your diet, Patil suggests making small adjustments to your workspace to stay refreshed through the day. "Use a small desk fan or mist spray to cool down without blasting the air conditioning. There's also a scientific connection between body temperature and melatonin production. Cooler body temperatures at night trigger melatonin production, which is why keeping your bedroom cool can enhance sleep quality and hormonal balance," she explains, suggesting a simple but effective bedtime routine to sleep better and wake up more refreshed.

- Take a lukewarm shower before bed to lower your body temperature naturally.
- Keep the curtains drawn during the day to block excess heat and maintain a cooler indoor environment
- Switch to breathable cotton bed linens for better air circulation and comfort

Complement this routine with at-work wellness rituals to lower stress like these:

- Practice deep breathing or short meditation breaks
- Quick stress-relief techniques such as guided breathwork, desk-side visualisation, and acupressure on the hand's pressure points
- Calming instrumental music while working can create a relaxed and productive atmosphere
- Step outside in the morning for natural sunlight exposure to regulate your circadian rhythm and enhance daytime energy levels



Acupressure on the hand's pressure points can offer relief



(From left) Sitting for prolonged periods can have adverse effects; sip on buttermilk to cool your body down



#### Be summer-ready

Yes, we're all working towards our 'hot girl summer' bodies, but the increasing heat can make it difficult to stay committed to our fitness programmes. Instead of giving up altogether, Jeff Bathija, personal coach at Mid-life Lifting Club, suggests making a few mindful swaps. "Opt for low impact and indoor workouts, which keep the heart rate controlled, reduce



Shimpi Patil





Ajit • 25 Feb • Ministry of Ayush

Ayushman card rahi dawaiya de len den sambandhi kai crore rupay da  
ghotala hovega ujagar

5 • PG

147 • Sqcm

139326 • AVE

1.06M • Cir

Middle Center

Chandigarh

## ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਰਾਹੀਂ ਦਵਾਈਆਂ ਦੇ ਲੈਣ-ਦੇਣ ਸੰਬੰਧੀ ਕਈ ਕਰੋੜ ਰੁਪਏ ਦਾ ਘੁਟਾਲਾ ਹੋਵੇਗਾ ਉਜਾਗਰ

ਚੰਡੀਗੜ੍ਹ, 24 ਫ਼ਰਵਰੀ (ਮਾਰਕੇਟ)-ਪੀ. ਜੀ. ਆਈ. ਐੱਮ. ਈ. ਆਰ. ਚੰਡੀਗੜ੍ਹ 'ਚ ਕਈ ਕਰੋੜ ਰੁਪਏ ਤੋਂ ਵੱਧ ਦਾ ਘੁਟਾਲਾ ਸਾਹਮਣੇ ਆਇਆ ਆ ਰਿਹਾ ਹੈ। ਸੂਤਰਾਂ ਨੇ ਦੱਸਿਆ ਕਿ ਇਹ ਧੋਖਾਧੜੀ ਉਸ ਸਮੇਂ ਸਾਹਮਣੇ ਆਈ ਜਦੋਂ ਪੀ. ਜੀ. ਆਈ. ਸੁਰੱਖਿਆ ਕਰਮਚਾਰੀ ਨੇ ਇਕ ਵਿਅਕਤੀ ਨੂੰ ਅਮ੍ਰਿਤ ਫਾਰਮੇਸੀ ਵਿਚੋਂ ਇੰਡੋਟ ਬੁੱਕਾਂ ਤੇ ਜਾਅਲੀ ਡਾਕਟਰਾਂ ਦੀਆਂ ਮੋਹਰਾਂ ਰੱਖਣ ਵਾਲੇ ਵਿਅਕਤੀ ਨੂੰ ਫੜਿਆ। ਇਕ ਸੁਰੱਖਿਆ ਗਾਰਡ ਦੁਆਰਾ ਸ਼ੱਕ ਹੋਣ 'ਤੇ ਵਿਅਕਤੀ ਨੂੰ ਫੜ ਲਿਆ ਗਿਆ ਜੋ ਭੱਜਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰ ਰਿਹਾ ਸੀ। ਉਸਦੀ ਲਈ ਗਈ ਤਲਾਸ਼ੀ ਤੋਂ ਬਾਅਦ ਉਸ ਮਿਲਾਫ਼ ਐੱਫ. ਆਈ. ਆਰ. ਦਰਜ ਕਰਵਾਈ ਗਈ। ਜਾਣਕਾਰ ਸੂਤਰਾਂ ਨੇ ਦੱਸਿਆ ਕਿ ਇਹ ਮਾਮਲਾ ਪੀ.ਜੀ.ਆਈ. ਦੇ ਆਯੁਸ਼ਮਾਨ ਸੈੱਲ ਨਾਲ ਸੰਬੰਧਿਤ ਹੈ। ਇਹ ਧੋਖਾਧੜੀ ਪੀ.ਜੀ.ਆਈ. ਦੇ ਗਰੀਬ ਮਰੀਜ਼ ਭਲਾਈ ਫੰਡ ਦੇ ਪ੍ਰਬੰਧਨ ਵਿਚ ਗੰਭੀਰ ਖਾਮੀਆਂ ਨੂੰ ਵੀ ਉਜਾਗਰ ਕਰਦੀ ਹੈ। ਇਸ ਵਿਚ ਦੱਸਿਆ ਗਿਆ ਹੈ ਕਿ ਕਿਵੇਂ ਇਕ ਦੋਸ਼ੀ ਵਿਅਕਤੀ ਡਾਕਟਰਾਂ ਦੀਆਂ ਮੋਹਰਾਂ ਬਣਾ ਕੇ ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਰਾਹੀਂ ਕਾਊਂਟਰ ਤੋਂ ਕੱਢਵਾਂ ਕੇ ਪ੍ਰਾਈਵੇਟ ਰੂਪ ਵਿਚ ਵੇਚਦਾ ਸੀ, ਜੋ

ਪਿਛਲੇ ਕਈ ਸਾਲਾਂ ਤੋਂ ਚੱਲਿਆ ਆ ਰਿਹਾ ਹੈ। ਆਲੋਚਕਾਂ ਦਾ ਦੋਸ਼ ਹੈ ਕਿ ਸਿਸਟਮ ਨਾਲ ਕਿਵੇਂ ਸਮਝੌਤਾ ਕੀਤਾ ਗਿਆ, ਜਿਸ ਨਾਲ ਸਥਾਨਕ ਸਿਆਸਤਦਾਨਾਂ ਅਤੇ ਡਾਕਟਰਾਂ ਨੂੰ ਮਰੀਜ਼ਾਂ ਦੀ ਆਰਥਿਕ ਸਥਿਤੀ ਦੀ ਸਹੀ ਪੁਸ਼ਟੀ ਕੀਤੇ ਬਿਨਾਂ ਇਲਾਜ ਦੀ ਸਿਫਾਰਸ਼ ਕਰਨ ਦੀ ਇਜਾਜ਼ਤ ਦਿੱਤੀ ਗਈ ਸੀ। ਐੱਫ. ਆਈ. ਆਰ ਤੋਂ ਬਾਅਦ ਪੁਲਿਸ ਦੀ ਜਾਂਚ ਰੇਡੀਓਬੋਰੋਪੀ ਅਤੇ ਨੈਫਰੋਲੋਜੀ ਵਿਭਾਗਾਂ ਤੱਕ ਫੈਲ ਗਈ ਹੈ, ਜਿੱਥੇ ਦੋਸ਼ੀ ਵਿਅਕਤੀ ਤੋਂ ਜ਼ਬਤ ਸਟੈਂਪਸ ਅਤੇ ਇੰਡੋਟ ਬੁੱਕਾਂ ਬਾਰੇ ਪੁੱਛਗਿੱਛ ਕੀਤੀ ਜਾ ਰਹੀ ਹੈ। ਇਨ੍ਹਾਂ ਇੰਡੋਟ ਬੁੱਕਾਂ ਦੇ ਗੁੰਮ ਹੋਏ ਪੰਨਿਆਂ ਬਾਰੇ ਵੀ ਚਿੰਤਾ ਪ੍ਰਗਟਾਈ ਗਈ ਹੈ, ਜੋ ਕਿ ਦਵਾਈਆਂ ਅਤੇ ਖਪਤਕਾਰਾਂ ਦੀ ਵਰਤੋਂ ਨੂੰ ਦਰਜ ਕਰਕੇ ਪਾਰਦਰਸ਼ਤਾ ਦੀ ਘਾਟ ਨੂੰ ਦਰਸਾਉਂਦੇ ਹਨ। ਇੱਥੇ ਇਲਜ਼ਾਮ ਵਿਚ ਦੱਸਿਆ ਗਿਆ ਹੈ ਕਿ ਕਿਵੇਂ ਮਰੀਜ਼ਾਂ ਰਾਹੀਂ ਦੋ ਨੰਬਰ ਵਿਚ ਆਯੁਸ਼ਮਾਨ ਕਾਰਡ ਦੁਆਰਾ ਦਵਾਈਆਂ ਲਈਆਂ ਜਾਂਦੀਆਂ ਸਨ ਕਿ ਕਿਵੇਂ ਮਰੀਜ਼ਾਂ ਨੂੰ ਵੇਚੀਆਂ ਜਾਂਦੀਆਂ ਸਨ। ਸੂਤਰਾਂ ਨੇ ਦੱਸਿਆ ਕਿ ਇਹ ਕਈ ਕਰੋੜਾਂ ਰੁਪਏ ਤੋਂ ਵੱਧ ਦਾ ਘੁਟਾਲਾ ਹੋਵੇਗਾ ਜੋ ਲਗਪਗ 2021 ਤੋਂ ਚੱਲ ਰਿਹਾ ਹੈ।



Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Indian Express	National Science Day: Institutes across India to host Open Day events	90.9M
2.	Dainik Bhaskar	फरवरी तक पूरा होना था थांदला एकलव्य विद्यालय का काम, 60 % हो सका, ठेकेदार को दिय...	66.5M
3.	Dainik Bhaskar	बैतूल का आयुर्वेदिक कॉलेज देश में नंबर-1: 87 हजार लोगों का प्रकृति परीक्षण कर बन...	66.5M
4.	Dainik Bhaskar	उमरिया के आयुष अस्पताल में दवाओं का अभाव: 4 माह से मरीज लौट रहे खाली हाथ, डॉक्टर...	66.5M
5.	Ndtv	फिटनेस जरूरत, स्वस्थ आबादी से ही देश का विकास... जानें मोटापे के खिलाफ मुहिम में...	50.6M
6.	Dailyhunt	Machinery needed to enable citizens to file complaints over misleading ads: SC	18.6M
7.	Dailyhunt	Machinery for citizens to flag misleading ads needed: SC	18.6M
8.	Dailyhunt	Machinery for citizens to flag misleading ads needed: Supreme Court	18.6M
9.	Telugu Samayam	ఒక్కొక్కరికీ రైతు ఖాతాలోకి రూ.2వేలు.. పీఎం కౌన్సన్ సీధులు వీడుదల..స్టేట్ స్ చాక్ చీసుకో...	11.3M
10.	Telugu Samayam	ఆదీలాబాద్: పశ్చిమండలంలో క్రికెట్ లైవ్.. ఇండియా-పాక్ మ్యాచ్ కు ఉండే క్రికెట్ వీర...	11.3M
11.	Etvbharat	SC: A Machinery Is Required For Citizens To Flag Misleading Advertisements	11.2M
12.	Latestly	India News   Machinery for Citizens to Flag Misleading Ads Needed: SC	7.8M
13.	The Telegraph India	Supreme Court calls for grievance redress mechanism for misleading advertisement...	6.6M
14.	Free Press Journal	Bhopal: GMP Norms Relaxed For Registered Vaidyas, Hakims	6.4M
15.	PIB	Ministry of Ayush Felicitates Ayurveda Stalwarts with 'National Dhanwantari Ayur..	5.4M
16.	PIB	Two-Day National Startup Festival organised by CSIR-IIIM concludes	5.4M
17.	News9 Live	Machinery needed to enable citizens to file complaints over misleading ads: SC	1.4M
18.	Devdiscourse	National Dhanwantari Ayurveda Awards 2025: Honoring Visionaries in Traditional I...	1.2M
19.	Deccan Herald	Machinery for citizens to flag misleading ads needed: Supreme Court	1.14M
20.	Law Trend	सुप्रीम कोर्ट ने भ्रामक विज्ञापनों की रिपोर्ट करने के लिए नागरिक तंत्र की आवश्यक...	1.1M
21.	Law Trend	Supreme Court Stresses Need for Citizen Mechanism to Report Misleading Ads	1.1M
22.	Rajya Sameeksha	उत्तराखंड की IFS मीनाक्षी नेगी बनीं कर्नाटक की हेड ऑफ फरिस्ट, केंद्र में भी दे ...	1M
23.	Divya Himachal	अभिलाषी कालेज को मुंबई में मिला सम्मान	553.6K
24.	ThePrint	भ्रामक विज्ञापनों पर शिकायत दर्ज कराने के लिए तंत्र बनाना महत्वपूर्ण: न्यायालय	483.1K

25.	Khas Khabar	राज्य अपराध शाखा में एक माह का योग सफलतापूर्वक संपन्न, 235 पुलिस कर्मचारियों ने ...	466.4K
26.	Sakshipost EN	Ayush ministry"s campaign makes 5 Guinness World Records	160.8K
27.	News Drum	Machinery for citizens to flag misleading ads needed: SC	158.4K
28.	Daily Chhattisgarh	भ्रामक विज्ञापनों पर शिकायत दर्ज कराने के लिए तंत्र बनाना महत्वपूर्ण: न्यायालय	72K
29.	Edristi	आयुष मंत्रालय और सामाजिक न्याय एवं सशक्तिकरण विभाग के मध्य समझौता	56.4K
30.	ET Government	National Startup Festival organised by CSIR-IIIM concludes in Jammu	5K
31.	The Lucknow Tribune	Amity Institute of Pharmacy Organizes Two-Day National Conference on "Recent Bre...	N/A
32.	drugscontrol.org	MoU signed for inter-ministerial cooperation for promotion of "One Herb, One St...	N/A
33.	Affairrs Cloud	Current Affairs 25 February 2025	N/A
34.	Millenium Post	Machinery for citizens to flag misleading advertisements needed: Supreme Court	N/A
35.	Koshur Samachar	Machinery for citizens to flag misleading ads needed: SC	N/A
36.	Statetimes	Machinery for citizens to flag misleading ads needed: SC	N/A
37.	Odisha News Times	Ministry of Ayush Felicitates Ayurveda Stalwarts with 'National Dhanwantari Ayur...	N/A
38.	Tripurastar News	Two-Day National Startup Festival Organised by CSIR-IIIM Concludes.	N/A
39.	उद्योग का अनुमान	भ्रामक विज्ञापनों पर शिकायत दर्ज कराने के लिए तंत्र बनाना महत्वपूर्ण: न्यायालय	N/A
40.	Daily World Hindi	भ्रामक विज्ञापनों पर शिकायत दर्ज कराने के लिए तंत्र बनाना महत्वपूर्ण: न्यायालय	N/A
41.	Devbhoomidarshan17	बधाई: टिहरी गढ़वाल की मीनाक्षी नेगी बनी कर्नाटक वन विभाग की पहली महिला प्रमुख HO...	N/A
42.	Asia Insurance Post	Machinery for citizens to flag misleading ads needed: SC	N/A
43.	Jammu Links News	AYUSH Department imparts training to paramedical staff at Ramban	N/A
44.	BharatKi Baat	SC calls for machinery to enable citizens to report misleading advertisements ef...	N/A
45.	Observer Voice	Celebrating Excellence in Ayurveda: National Dhanwantari Awards 2025	N/A
46.	Maverick News3	Two-Day National Startup Festival organised by CSIR-IIIM concludes	N/A
47.	Tender Detail	Tender Result - Bids Are Invited For Fpo - A2 Ghee (Q2) Total Quantity : 240	N/A
48.	Itdc News	एलएन आयुर्वेद कॉलेज को "देश का प्रकृति परीक्षण" अभियान में द्वितीय स्थान	N/A
49.	Smestreet	CSIR-IIIM Hosts National Startup Festival in Jammu	N/A
50.	Only My Health	Debunking Myths About Homeopathy: What Science and Expert Say	N/A
51.	Garhwal Post	Dr Mayaram Uniyal awarded Dhanwantri Award	N/A
52.	OB News	Bhopal: GMP Norms Relaxed For Registered Vaidyas, Hakims	N/A

53.	The Mobi World	Bhopal: GMP Norms Relaxed For Registered Vaidyas, Hakims	N/A
54.	Reh News	Uttarakhand Herbalist Dr Mayaram Uniyal Received Prestigious Dhanvantari Award –...	N/A
55.	Sakshi Post	Ayush ministry"s campaign makes 5 Guinness World Records	N/A
56.	OB News	Be it hemorrhoid	N/A
57.	The Mobi World	Be it hemorrhoid	N/A
58.	Koshur Samachar	Two-Day National Startup Festival organised by CSIR-IIIM concludes	N/A
59.	Statetimes	Two-Day National Startup Festival organised by CSIR-IIIM concludes	N/A