

MINISTRY OF AYUSH COMPILED MEDIA REPORT
25 Jun, 2025 – 26 Jun, 2025

 **Total Mention 169**

 Print	Financial	Mainline	Regional	Periodical
38	2	20	16	N/A
 Online				
131				

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Financial Express	Corporate briefs	Delhi + 1	30
2.	Bizz Buzz	Tracing Timeless Journey of Yoga	Hyderabad	4
3.	The Times of India	A step towards holistic well-being	Chandigarh	2
4.	The Times of India	CISCE girls' team clinches gold at NCERT Natl Yoga Olympiad	Chandigarh	2
5.	The Times of India	Yoga celebration unites students, staff	Chandigarh	2
6.	The Indian Express	CORPORATE BRIEFS	Delhi	20
7.	The Morning Standard	Fit Bit	Delhi	2
8.	The Morning Standard	Business & Beyond	Delhi	10
9.	The Morning Standard	What can night shift workers do in terms of diet and exercise to keep fit	Delhi	2
10.	The New Indian Express	Chennai Port, KPL pause to pose	Chennai	3
11.	The New Indian Express	International Yoga Day celebrated at Braithwaite & Co Ltd	Chennai + 3	12
12.	The New Indian Express	MARJARYASANA AERIAL	Chennai + 1	2
13.	The New Indian Express	Yoga Day celebrations at Jeeva Park	Chennai	3
14.	The New Indian Express	An homage to Indian Army	Chennai	3
15.	The New Indian Express	Paradip Port Authority celebrates 11th International Yoga Day	Hyderabad + 2	10
16.	The New Indian Express	MARJARYASANA AERIAL (CAT POSE AERIAL)	Bengaluru	2
17.	The New Indian Express	SIMPLE STEPS TO BIOHACKING	Bengaluru	3
18.	Yugmarg	How Yoga changed the lives of these actors!	Chandigarh	12
19.	Orissa Post	Patanjali signs MoU with 3 prestigious Indian universities	Bhubaneshwar	8
20.	The Goan	International Yoga Day at Jnyan Vikas School	Goa	6
21.	The Goan	Yoga Day celebrated at St Xavier's HS, Moira	Goa	6
22.	The Goan	Patanjali signs MoU with 3 universities	Goa	7
23.	Ajit Samachar	Maa ki shakti bachho ka bhishey :Yog se badalta paridarishy	Chandigarh	4
24.	Surya	Everyone should make Yogandhra's success a case study	Hyderabad	5

25.	Rashtriya Sahara	Dhanurasana effective in reducing obesity, removes stress	Jaipur	12
26.	Rashtriya Sahara	Dhanurasan Motapa ghatane mein kargar, tanav karta door	Delhi	12
27.	Veer Arjun	International Yoga Day, 2025	Delhi	4
28.	Sandhya Times	International Yoga Day, 2025	Delhi	9
29.	Sandhya Times	Releaf from Migrain	Delhi	10
30.	Hari Bhoomi	Desh ke pratishtit 3 university se eksath MoU sign kiya	Delhi	10
31.	Andhra Prabha	Yoga is part of Indian culture	Hyderabad	18
32.	Bhaanga Bhuin	Students should be aware of drug addiction and move in the right direction: Sunita Sawant	Goa	5
33.	Bhaanga Bhuin	Yoga Day on behalf of Divchal Bal Bhawan kendra	Goa	5
34.	Bhaanga Bhuin	Yoga Day was celebrated at Parya Sri Bhumika High School	Goa	5
35.	Goan Varta	Yoga by Margao Fire Department	Goa	5
36.	Dainik Herald	Yoga Day celebrated at Mopa Government Upper Primary School	Goa	2
37.	Dainik Herald	Yoga Day celebrated at Shri Bhumika High School	Goa	2
38.	Samachar Jagat	Garudasana keeps you fit and stress free, know its benefits	Jaipur	4

The Financial Express • 26 Jun • Ministry of Ayush

Corporate briefs

30 • PG

863 • Sqcm

595666 • AVE

176.59K • Cir

Top Left

Delhi • Chandigarh

EVENT—REC

REC marked the International Day of Yoga 2025 at its Corporate Office in Gurugram & across its Regional Offices. The celebrations commenced with an early morning yoga session at the Corporate Office, led by professionals from the Morariji Desai National Institute of Yoga. Sunita Godara, an international marathon champion & a renowned health coach, graced the event as a special guest.



INAUGURATION—BSNL

BSNL announced on June 18, 2025, in Hyderabad, the soft launch of BSNL Qantum 5G FWA. This indigenous, SIM-less fixed-wireless-access solution delivers fibre-like speeds over 5G radio. The service was inaugurated at BSNL's Amrpet Exchange by A. Robert J. Ravi CMD, BSNL/MTNL. Quantum 5G FWA demonstrates how Indian engineers can create world-class connectivity.

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The Uttarakhand Cooperative Dairy Federation, under the financial support of the GOI's Department of Animal Husbandry & Dairying through NPDD Component 'A' & the corresponding state share for the FY 2024–25, undertook an initiative aimed at modernizing the infrastructure for milk quality testing across the state, with focus on enhancing the analytical capabilities of the dairy sector, ensuring stringent quality control & effective adulteration detection in milk and milk products.



CORPORATE BRIEFS

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The closing ceremony of the Girl Empowerment Mission 2025 was held in NTPC Dadr. The event was graced by Chief Guest Ravindra Kumar, Director (Operations), NTPC, & Smt. Chandana Kumar, Senior Member, Sanyukta Mahila Samiti. Special Guests N. Srinivasa Rao, RED (Northern Region), & Smt. Vijaya Rao, President, Uttara Mahila Samiti, were also present along with K. Chandramouli, ED & HOP (NTPC Dadr), all GMs, HODs, President of Jagriti Samaj Smt. Durga Kumari, principals and teachers of township & nearby government schools, union representatives, participating girls and their families, gram pradhans, media personnel, Hero Mindmine representatives, and NTPC employees with their families.



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Pradip Kumar Das, IREDA's CMD, was conferred with the 'CMA ICON 2025' award by The Institute of Cost Accountants of India. The award was presented by Sadanand Date, DG, National Investigation Agency, during the 12th National Students' Convocation – 2025 at Vigyan Bhawan, New Delhi. Das, who has been leading IREDA since May 2020, is a Commerce graduate from the University of Calcutta & a management postgraduate from Bhubaneswar's Xavier Institute of Management. With over 38 years of experience in finance, banking, corporate governance, audit, resource mobilization & disinvestment, he has served in leadership roles across several organizations.



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Rajesh Kumar Dwivedi, Director (Finance), BHEL, has been conferred with the CFO Outstanding Performer Award 2024 in the Public-Manufacturing Mega category by the ICAI. He received the award from Bharti Bharti Mahab, MP Lok Sabha, and Chairperson, Standing Committee on Finance at a ceremony held at Vigyan Bhawan, New Delhi. Dwivedi was selected from a pool of top finance professionals for his transformative role in steering cost management at BHEL and his contributions to value creation, which have resulted in operational excellence & enhanced business performance. With over 32 years of diverse experience, Dwivedi has been instrumental in implementing innovative cost optimization strategies and robust risk mitigation frameworks at BHEL.



CEREMONY—NBCC

Marking a significant milestone in the revival of stalled Amrapali projects, NBCC, successfully conducted the flat handover ceremony of Heartbeat City – I & II, Sector 104, Noida recently. The ceremony witnessed the presence of SBG Amrapali I & II, members of the society, senior officials of NBCC & unit owners. During the function a total of 38 possession letters were handed over to the delighted homebuyers during the event. In an overwhelming display of appreciation, the homebuyers expressed heartfelt gratitude to the Learned Court Receiver, Court Receiver Committee, NBCC management & team for their tireless efforts in overcoming challenges and delivering their long-awaited dream homes. NBCC remains committed to completing all ongoing Amrapali projects.



MOU—NBCC

NBCC signed an MoU with the Meerut Development Authority for the "Construction of Stalled / Re-Development Projects in Township of Meerut Development Authority at Meerut". The MoU was signed by Pradeep Sharma, ED, NBCC & Vijay Kumar Singh, Chief Town Planner, MDA in the presence of SK Meena, IAS, VC, MDA. The MoU outlines NBCC's role as the executing and implementing agency for the project.



PNB extended a support of Rs. 17.02 cr. to the families of 26 deceased defence & paramilitary personnel under its flagship Rakshak Plus Scheme, as of 11 June in the first quarter of FY 25-26. Among the 26 recipients were the families of operations like Birla Gali. In recognition of their valor & dedication, PNB officials, in coordination with local administration, handed over the cheques to the bereaved families across 26 locations in various states, extending heartfelt support.

SAIL In an impressive milestone in SAIL's journey to support India's 'Atmanirbhar Bharat' initiative and help the nation lessen its import dependency, SAIL supplied the entire requirement of special steel for India's first indigenously designed and built ASW-SWC, 'INS Arima', which was commissioned into the Indian Navy recently. SAIL has also catered to the entire requirement of special steel for the other seven ASW-SWC corvettes being built by Garden Reach Shipbuilders & Engineers.

UGB In alignment with the national theme "Yoga for One Earth, One Health", Uttarakhand Gramin Bank celebrated the 11th International Day of Yoga across all its 290 branches and regional offices. A special event was also organized in Dehradun's Doon Club, in collaboration with The Times of India, in which the employees from the Dehradun-based Regional Office, city branches, and valued customers took part. Hari Har Patnaik, Uttarakhand Gramin Bank's Chairman, extended his greetings to all staff members and customers on this occasion.

Sir Ganga Ram Hospital, In a significant breakthrough in innovative, advanced endoscopic gastrointestinal care, doctors at Sir Ganga Ram Hospital, New Delhi, have successfully treated a complex bile duct stricture using a novel magnetic compression technique. The minimally invasive procedure, one of the few of its kind performed in India, offers renewed hope to patients suffering from post-surgical biliary complications.

AkzoNobel India AkzoNobel India launched 'Dulux Maestro' — AkzoNobel's first dedicated ecosystem to empower India's architect and designer community as they shape modern living. ED, Akzo Nobel India, said, "With growing demand for hyper-personalized and on-trend living spaces, affluent consumers are increasingly tapping on the expertise of interior designers and architects. Building on AkzoNobel's 70-year legacy of quality and innovation, Dulux Maestro goes beyond just a product offering. It's our commitment to empowering design professionals to reimagine spaces for the rising, design-conscious Naya Bharat, both in and beyond the metros."

Hindustan Urvarak & Rasayan Limited

HURL has announced that Dr. Siba Prasad Mohanty, MD, 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 fertilizer sector. His election to this key role marks a significant step toward 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 fertilizer use, policy advocacy, and food security for the nation.



Bizz Buzz • 26 Jun • Ministry of Ayush
Tracing Timeless Journey of Yoga

4 • PG

388 • Sqcm

38830 • AVE

N/A • Cir

Middle Left

Hyderabad

Tracing Timeless Journey of Yoga

AS India marked the 11th International Day of Yoga on June 21, the 2025 theme "Yoga for One Earth, One Health" conveys a message of unity and well-being. From Ladakh to Kerala, people are coming together in the spirit of Yoga. Today, millions worldwide practise Yoga, thanks to the dedication of eminent Yoga masters who have preserved this tradition through the ages. The practice continues to grow stronger and more vibrant, promoting healthier and more balanced lives.

The history of Yoga is deeply rooted in India's ancient civilisation, evolving over thousands of years as a unique system of physical, mental, and spiritual discipline. Yoga is believed to have started at the very dawn of civilisation. It began as a spiritual practice in the early Indus-Saraswati Valley culture and gradually evolved into a disciplined path towards self-realisation. This journey reflects India's enduring wisdom and its continued contribution to the well-being of humanity.

The word 'Yoga' comes from the Sanskrit root yuj, meaning 'to unite', symbolising the union of body, mind, and soul. It brings inner balance and harmony with the world, calming the mind and freeing it from distractions.

For many years, scholars believed that Yoga originated around 500 BCE during the rise of Buddhism. However, archaeological findings from the Indus-Saraswati Valley Civilisation suggest that Yoga is much older. Several seals from that era depict human figures seated in meditative poses, suggesting early yogic practices. The worship of idols like the Mother Goddess also



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points to spiritual practices that were closely linked to yogic traditions.

Yoga's roots stretch deep into the Vedic period, where it was an integral part of Upasana (spiritual practice) and ritual life. The Sun (Surya) held great spiritual significance, influencing later practices like Surya Namaskara. Pranayama, or breath control. It was already embedded in daily Vedic rituals and offerings. During this period, Yoga was practised under the direct guidance of a Guru, with a strong emphasis on spiritual transformation.

Evidence of Yoga also emerges from the Upanishads, Smritis, Puranas, Buddhist and Jain traditions, Panini's writings, and the epics of Mahabharata and Ramayana. Theistic streams like Shaivism, Vaishnavism, and Tantricism continued to preserve yogic knowledge and mystical experiences, pointing to the existence of a primordial or pure form of Yoga that permeated South Asia's spiritual fabric.

A landmark moment in the evolution of Yoga came with Maharshi Patanjali, who lived around the 2nd century BCE. Though Yoga had already been practised

since the pre-Vedic period, Patanjali's Yoga Sutras systematically codified its diverse practices, meanings, and philosophical foundations. His work marked a significant turning point, formalising Yoga into an eightfold path known as Ashtanga Yoga. After Patanjali, many sages and masters further enriched the discipline through documented literature and refined practices.

The period between 700 and 1900 CE marked the classical and pre-modern eras, where systems like Hatha Yoga emerged, emphasising the body as a vehicle for spiritual growth. Texts like the Hathayogapradipika, Gheranda Samhita, and Goraksha Shatakam outlined yogic techniques in detail. Great spiritual leaders such as Ramana Maharshi, Ramakrishna Paramahansa, Paramahansa Yogananda, and Swami Vivekananda shaped the development and global understanding of Yoga during this period. Swami Vivekananda's efforts to present Yoga and Vedanta on international platforms helped place Indian spiritual traditions on the world stage.

In modern times, Yoga gained further momentum

through the contributions of Swami Sivananda, T. Krishnamacharya, Swami Kuvalayananda, Sri Aurobindo, B.K.S. Iyengar, and Pattabhi Jois, who explored Yoga's healing, psychological, and spiritual dimensions.

On 27th September 2014, a historic address by the Prime Minister of India, Shri Narendra Modi, at the United Nations General Assembly (UNGA) sparked a global shift in the vision of health and well-being. Emphasising the significance of Yoga for the mind, body, and consciousness, his address brought much-needed global attention to this ancient Indian practice. Just a few months later, the United Nations General Assembly, comprising 193 member states, unanimously declared 21st June as the International Day of Yoga.

Since then, 21st June has been celebrated as International Day of Yoga across the world. The date was chosen for both symbolic and spiritual reasons. The date marks the Summer Solstice, the longest day of the year in the northern hemisphere. On this day, the Earth's tilt is at its highest towards the Sun. Spiritually, it is believed that Lord Shiva, the first yogi or Adi Yogi, began teaching Yoga to the seven sages, or Saptarishis, on this day. This marks the beginning of the yogic tradition.

Yoga is more than just a practice, it is a way of life rooted in India's values of harmony, compassion, and respect for all. Its focus on overall well-being, both personal and social, makes it relevant for people across the world. No matter one's religion, race, or nationality, Yoga offers a path to a healthier, more balanced, and meaningful life.

The Times of India • 26 Jun • Ministry of Ayush

A step towards holistic well-being

2 • PG

698 • Sqcm

338498 • AVE

345.95K • Cir

Bottom Center

E Times

Chandigarh

Wellness through YOGA

SPOTLIGHT

Resp.Chandigarh@timesofindia.com

International Yoga Day is celebrated every year on June 21, coinciding with the summer solstice—the longest day of the year in the Northern Hemisphere—symbolising light, energy, and a new beginning. Proposed by India and adopted by the United Nations in 2014, the day highlights the ancient practice of yoga as a powerful tool for physical, mental, and spiritual well-being. It serves as a global reminder of yoga's holistic benefits, including improved flexibility, strength, emotional balance, stress relief, and inner peace. To mark the International Yoga Day, The Times of India, in association with Sant Ram's and Nik Baker's, organised a vibrant and inspiring wellness event titled The Times of Yoga on June 21 at a private hotel in Chandigarh. Supported by Decathlon, the event witnessed enthusiastic participation from city residents, who gathered to celebrate the age-old practice of yoga and take a conscious step toward better health and mindful living. The event, infused with energy and positivity, began early in the morning and brought together yoga enthusiasts of all age groups who actively engaged in a session of asanas under the guidance of an experienced yoga instructor. The atmosphere was filled with a sense of calm, purpose, and unity as participants stretched, breathed, and meditated in harmony. "Practicing yoga regularly brings about a subtle alignment between our thoughts and actions, encouraging mindfulness, compassion, and gratitude," said one participant, clearly moved by the immersive experience. "Events like these promote physical fitness and awaken a sense of inner peace," she added. The event echoed the global theme for International Yoga Day 2025—"Yoga for One Earth, One Health". The theme aims to underline the deep interconnection between individual well-being and the health of the planet, drawing inspiration from the ancient Indian philosophy of Vasudhaiva Kutumbakam—the belief that the whole world is one family. Poonam Dubey, a yoga instructor, remarked, "Yoga is a practice to control the senses and stay focused in life. Even 15 minutes of pranayama daily can be your solution to several health issues. The benefits are endless. It improves concentration, aids recovery from addictions, boosts willpower, and brings emotional tranquility." The event served as a reminder that yoga is more than just a fitness routine—it is a way of life. By combining physical postures (asanas), breathing techniques (pranayama), and meditation, yoga nurtures harmony between the body, mind and spirit.

A step towards holistic well-being

To mark the International Yoga Day and to promote a healthier and more mindful lifestyle for individuals and communities, The Times of India, in association with Sant Ram's and Nik Baker's, organised a special yoga event on June 21 in Chandigarh

reminder that yoga is more than just a fitness routine—it is a way of life. By combining physical postures (asanas), breathing techniques (pranayama), and meditation, yoga nurtures harmony between the body, mind, and spirit. "Yoga helps you heal from within with a positive mindset. It's not only about bending and stretching—it's about being aware, being grateful, and being present. Today's event was a gentle reminder of the power of stillness in a fast-paced world," shared another participant. The Times of Yoga event successfully fostered a sense of community and collective well-being. People not only left with rejuvenated bodies but also uplifted spirits and a deeper understanding of holistic health. "In a world increasingly challenged by stress, lifestyle disorders, and emotional burnout, events like these are a timely reminder of the importance of returning to our roots. Yoga, with its multidimensional benefits, continues to be a beacon of light guiding people toward a healthier, more mindful, and balanced life," said a participant who had come from Panchkula to attend the event. After an engaging yoga session, participants walked away with more than just a good stretch—they carried with them a renewed commitment to their wellness journey and a sense of belonging to a larger, healthier global family.

The Times of India • 26 Jun • Ministry of Ayush
CISCE girls' team clinches gold at NCERT Natl Yoga Olympiad

2 • PG

65 • Sqcm

31383 • AVE

345.95K • Cir

Bottom Center, Bottom Right

Chandigarh

**CISCE girls' team clinches gold at
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The CISCE girls' team emerged victorious, securing the gold medal in the secondary stage girls' category (14-17 years) at the prestigious NCERT National Yoga Olympiad 2025, held at Vivekananda Kendra, Tamil Nadu. This exceptional achievement reflected the dedication, discipline, and grace of the young students who represented the CISCE with distinction. The team comprised Naisha Sarkar – Sacred

Heart Convent School, Jamshedpur; Manya Sharma and Namya Sharma of St Stephen's School, Chandigarh and Anisha Kadam – Wisdom World School, Pune. The school celebrated the outstanding performance of its students, Manya Sharma and Namya Sharma, and for promoting yoga as a path to physical, mental, and spiritual well-being.

The Times of India • 26 Jun • Ministry of Ayush
Yoga celebration unites students, staff

2 • PG

62 • Sqcm

29960 • AVE

345.95K • Cir

Middle Right

Chandigarh

Yoga celebration unites students, staff



KB DAV Senior Secondary Public School, Sector 7, Chandigarh, celebrated International Day of Yoga under the Ministry of Ayush's guidance, aligning with the theme "Yoga for the Earth, One Health." About 70 staff members and NSS volunteers participated in a common yoga protocol, while 900 students, 150 parents, and 50 staff joined a live broadcast of PM Modi's yoga session from Vishakhapatnam. Yoga instructor Sumit led the school's one-hour session, featuring asanas, pranayam, and mantras, promoting relaxation and wellness. Students also engaged in yoga-related competitions, including a quiz by the Ministry of Ayush and MyGov, reinforcing yoga's health benefits.

The Indian Express • 26 Jun • Ministry of Ayush

CORPORATE BRIEFS

20 • PG

840 • Sqcm

1378104 • AVE

388.5K • Cir

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Delhi

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Rajesh Kumar Dwivedi, Director (Finance), BHEL, has been conferred with the CFO Outstanding Performer Award 2024 in the Public-Manufacturing Mega category by the ICMAI. He received the award from Bhartruhari Mahatab, MP Lok Sabha, and Chairperson, Standing Committee on Finance at a ceremony held at Vigyan Bhawan, New Delhi. Dwivedi was selected from a pool of top finance professionals for his transformative role in steering cost management at BHEL and his contributions to value creation, which have resulted in operational excellence & enhanced business performance. With over 32 years of diverse experience, Dwivedi has been instrumental in implementing innovative cost optimization strategies and robust risk mitigation frameworks at BHEL.



CEREMONY—NBCC

Marking a significant milestone in the revival of stalled Amrapali projects, NBCC, successfully conducted the flat handover ceremony of Heartbeat City – I & II, Sector 104, Noida recently. The ceremony witnessed the presence of SBG Amrapali I & II, members of the society, senior officials of NBCC & unit owners. During the function a total of 38 possession letters were handed over to the delighted homebuyers during the event. In an overwhelming display of appreciation, the homebuyers expressed heartfelt gratitude to the Learned Court Receiver, Court Receiver Committee, NBCC management & team for their tireless efforts in overcoming challenges and delivering their long-awaited dream homes. NBCC remains committed to completing all ongoing Amrapali projects.



MOU—NBCC

NBCC signed an MoU with the Meerut Development Authority for the "Construction of Stalled / Re-Development Projects in Township of Meerut Development Authority at Meerut". The MoU was signed by Pradeep Sharma, ED, NBCC & Vijay Kumar Singh, Chief Town Planner, MDA in the presence of SK Meena, IAS, VC, MDA. The MoU outlines NBCC's role as the executing and implementing agency for the project.



PNB extended a support of Rs. 17.02 cr. to the families of 26 deceased defence & paramilitary personnel under its flagship Rakshak Plus Scheme, as of 11 June in the first quarter of FY 25-26. Among the 26 recipients were the families of operations like Biri Gali. In recognition of their valor & dedication, PNB officials, in coordination with local administration, handed over the cheques to the bereaved families across 26 locations in various states, extending heartfelt support.

SAIL In an impressive milestone in SAIL's journey to support India's 'Atmanirbhar Bharat' initiative and help the nation lessen its import dependency, SAIL supplied the entire requirement of special steel for India's first indigenously designed and built ASW-SWC, 'INS Arima', which was commissioned into the Indian Navy recently. SAIL has also catered to the entire requirement of special steel for the other seven ASW-SWC corvettes being built by Garden Reach Shipbuilders & Engineers.

UGB In alignment with the national theme "Yoga for One Earth, One Health", Uttarakhand Gramin Bank celebrated the 11th International Day of Yoga across all its 290 branches and regional offices. A special event was also organized in Dehradun's Doon Club, in collaboration with The Times of India, in which the employees from the Dehradun-based Regional Office, city branches, and valued customers took part. Hari Har Patnaik, Uttarakhand Gramin Bank's Chairman, extended his greetings to all staff members and customers on this occasion.

Sir Ganga Ram Hospital, In a significant breakthrough in innovative, advanced endoscopic gastrointestinal care, doctors at Sir Ganga Ram Hospital, New Delhi, have successfully treated a complex bile duct stricture using a novel magnetic compression technique. The minimally invasive procedure, one of the few of its kind performed in India, offers renewed hope to patients suffering from post-surgical biliary complications.

AkzoNobel India AkzoNobel India launched 'Dulux Maestro' — AkzoNobel's first dedicated ecosystem to empower India's architect and designer community as they shape modern living. ED, Akzo Nobel India, said, "With growing demand for hyper-personalized and on-trend living spaces, affluent consumers are increasingly tapping on the expertise of interior designers and architects. Building on AkzoNobel's 70-year legacy of quality and innovation, Dulux Maestro goes beyond just a product offering. It's our commitment to empowering design professionals to reimagine spaces for the rising, design-conscious Naya Bharat, both in and beyond the metros."

Hindustan Urvarak & Rasayan Limited

HURL has announced that Dr. Siba Prasad Mohanty, MD, 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 fertilizer sector. His election to this key role marks a significant step toward 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 fertilizer use, policy advocacy, and food security for the nation.



The Morning Standard • 26 Jun • Ministry of Ayush

Fit Bit

2 • PG

610 • Sqcm

292837 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

MARJARYASANA AERIAL (CAT POSE AERIAL)

This is a beginner-level variation of the Cat Pose. In the base pose, the hands press into the ground for stability, allowing a controlled spinal flexion with active shoulder engagement. In the aerial version, the forearms rest on the hammock, shifting the weight away from the hands and requiring more core and upper body engagement to maintain balance. It introduces an element of suspension, enhancing traction in the spine and upper body stretch. It helps those with wrist pain, weak wrists, or carpal tunnel syndrome, as it removes pressure from the hands by shifting support to the forearms.

STEPS

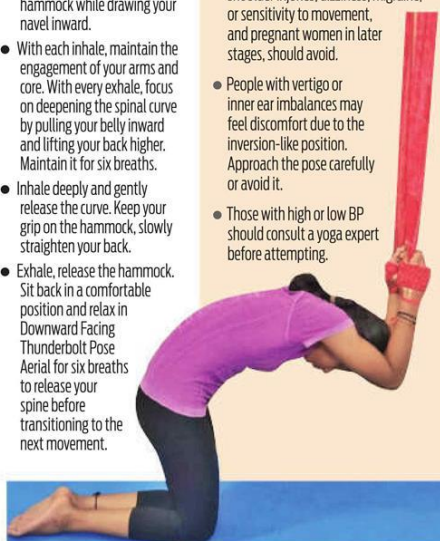
- Ensure the hammock is securely fastened at a comfortable height, allowing you to reach it while in a kneeling position. Place a blanket or towel on the mat to support your knees.
- Kneel down with an inhale and position in Table Top Pose, with your wrists aligned under your shoulders and knees below your hips as you exhale.
- Hold the hammock in front firmly, extending your arms forward, shoulder-width apart, elbows slightly bent to prevent strain.
- Take a deep breath, feeling your spine lengthen. Keep your shoulders relaxed and away from your ears while engaging the core.
- Exhale slowly, rounding your spine upwards, and tucking your chin towards your chest. Press your hands into the hammock while drawing your navel inward.
- With each inhale, maintain the engagement of your arms and core. With every exhale, focus on deepening the spinal curve by pulling your belly inward and lifting your back higher. Maintain it for six breaths.
- Inhale deeply and gently release the curve. Keep your grip on the hammock, slowly straighten your back.
- Exhale, release the hammock. Sit back in a comfortable position and relax in Downward Facing Thunderbolt Pose Aerial for six breaths to release your spine before transitioning to the next movement.

BENEFITS

- Enhances spinal decompression, allowing the back muscles to relax while promoting better posture.
- Beneficial for people with a sedentary lifestyle, long office hours, or excessive sitting.
- Maintains balance, strengthens the abdominal region and improves stability.
- Supports better spinal alignment, making it useful for individuals with mild back stiffness or discomfort.
- Encourages mindful breathing, reduces stress, and promotes relaxation.
- Offers a supported yet active approach to spinal mobility, core activation, and postural correction.
- It is good for those recovering from wrist injuries or experiencing joint discomfort.
- Helps strengthen shoulders and wrists.
- Helps get rid of unwanted fat in the abdomen area and tones it.

LIMITATIONS

- Those with neck, wrist, elbow, or shoulder injuries, dizziness, migraine, or sensitivity to movement, and pregnant women in later stages, should avoid.
- People with vertigo or inner ear imbalances may feel discomfort due to the inversion-like position. Approach the pose carefully or avoid it.
- Those with high or low BP should consult a yoga expert before attempting.



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

The Morning Standard • 26 Jun • Ministry of Ayush
Business & Beyond

10 • PG

490 • Sqcm

234983 • AVE

300K • Cir

Bottom Right

Delhi

International Yoga Day celebrated at Braithwaite & Co Ltd

Braithwaite & Company Limited, a CPSE under the Ministry of Railways, observed International Yoga Day on 21st June 2025 across its Corporate Office and Units with great enthusiasm. At Corporate office, the event began in the morning with a vibrant session of Yoga Asanas and Pranayam, led by Yogacharya Shri Bhupendra Shuklesh from Rishikesh, the renowned Yoga capital of India. Under his expert guidance, employees actively participated in a wide range of yogic practices promoting physical, mental, and emotional well-being.



Business & Beyond



Unveiling of Konkan Railway coffee table book

In a special ceremony the Konkan Railway Coffee Table Book was unveiled by chief guest Sachin Pilgaonkar, renowned actor, director & filmmaker, Santosh Kumar Jha, chairman and MD/ KRCL, Sunil Gupta, director (operations & commercial)/KRCL and Girish R Karandikar, chief public relations officer/KRCL, in presence of officers and staff at corporate office, Belapur. The coffee table book is a visual tribute to iconic Konkan Railway, capturing its engineering marvels, scenic beauty, and transformative impact on the region. Through stunning photographs and engaging narratives, it chronicles evolution of railway from a bold vision to a lifeline of the western coast. It reflects Konkan Railway's positioning as a leading infrastructure entity, showcasing its growing footprint.

Paradip Port Authority celebrates 11th International Yoga Day

Paradip, Odisha: Paradip Port Authority (PPA) observed the 11th International Day of Yoga at Gopabandhu Stadium. The event saw enthusiastic participation from more than 1,000 individuals, PL Haranadh, chairman, HoDs, and senior officers of Paradip Port participated and performed Yoga asanas. The session was conducted by Tapas Ranjan Pati, an experienced faculty member of The Art of Living. Participants included PPA officials, students, CISF personnel, port users and women from the Paradip Sakharata Samiti (PSS). Haranadh inaugurated the event and emphasised the importance of yoga for a healthy and harmonious life. He highlighted how yoga promotes physical and mental well-being. Dignitaries present at the occasion included Shri UR Mohan Raju, secretary; Capt. AC Sahu, Dy conservator; HS Rout, chief engineer; Susil Chandra Nahak, Chief Mechanical Engineer, Shri G.Edition, traffic manager and Dr. BB Dash, chief medical officer.

The Morning Standard • 26 Jun • Ministry of Ayush

What can night shift workers do in terms of diet and exercise to keep fit

2 • PG


267 • Sqcm

128180 • AVE

300K • Cir

Middle Center

Delhi



MISS-FIT

Wanitha Ashok
The expert is a Fit India Movement ambassador and celebrity fitness coach

What can night shift workers do in terms of diet and exercise to keep fit?

Working odd hours can disrupt your body's natural rhythms, but here's how to stay on track. It is possible to stay fit and healthy with a few mindful adjustments.

- Plan your meals as day workers do. Have 'breakfast' before your shift starts, a 'lunch' mid-shift, and a light 'dinner' post-shift, before bed.
- Remember to drink water periodically throughout your shift as AC cubicles can dehydrate you, reduce focus and concentration, lead to giddiness, and leave you feeling hungry.
- Avoid excess caffeine after 2/3 am, as it can disrupt your sleep later.
- Avoid high-sugar and greasy snacks — these may give a quick energy spike but will leave you sluggish. Opt for protein-rich snacks.
- Home-cooked food is the best. Pack healthy meals in advance so you're not relying on vending machines or takeout.
- Short workouts help maintain fitness and weight. Even 20-30 minutes of exercise a few times a week can work wonders. Try to work out after you wake up, not right before bed.
- Remember to move during your shift — take breaks to stretch, take walking breaks, or climb stairs if possible.
- Sleep is non-negotiable. Try to create a dark, cool, and quiet space for sleep during the day.

ASK AN EXPERT

The New Indian Express • 26 Jun • Ministry of Ayush
Chennai Port, KPL pause to pose

3 • PG

142 • Sqcm

187823 • AVE

246.4K • Cir

Bottom Center

Chennai



Chennai Port, KPL pause to pose

Chennai Port Authority and Kamarajar Port Limited commemorated International Yoga Day on through a series of events held at Cruise Terminal (West Quay IV), Sri Ramanujam Training Centre and at Chennai Port & Dock Educational Trust Higher Secondary School. The programme was aimed to promote the practice of yoga among Port employees, students, and the wider community associated with the Chennai Port Authority.

The New Indian Express • 26 Jun • Ministry of Ayush
International Yoga Day celebrated at Braithwaite & Co Ltd

12 • PG

119 • Sqcm

156684 • AVE

246.4K • Cir

Bottom Center

Chennai • Hyderabad • Bengaluru • Bhubaneshwar

International Yoga Day celebrated at Braithwaite & Co Ltd

Braithwaite & Company Limited, a CPSE under the Ministry of Railways, observed International Yoga Day on 21st June 2025 across its Corporate Office and Units with great enthusiasm. At Corporate office, the event began in the morning with a vibrant session of Yoga Asanas and Pranayam, led by Yogacharya Shri Bhupendra Shuklesh from Rishikesh, the renowned Yoga capital of India. Under his expert guidance, employees actively participated in a wide range of yogic practices promoting physical, mental, and emotional well-being.



The New Indian Express • 26 Jun • Ministry of Ayush

MARJARYASANA AERIAL

2 • PG

739 • Sqcm

975435 • AVE

246.4K • Cir

Top Right

Chennai • Hyderabad

FITBIT

MARJARYASANA AERIAL

(CAT POSE AERIAL)

This is a beginner-level variation of the Cat Pose. In the base pose, the hands press into the ground for stability, allowing a controlled spinal flexion with active shoulder engagement. In the aerial version, the forearms rest on the hammock, shifting the weight away from the hands, and requiring more core and upper body engagement to maintain balance. It introduces an element of suspension, enhancing traction in the spine and upper body stretch. It helps those with wrist pain, weak wrists, or carpal tunnel syndrome, as it removes pressure from the hands by shifting support to the forearms.

STEPS

- Ensure the hammock is securely fastened at a comfortable height, allowing you to reach it while in a kneeling position. Place a blanket or towel on the mat to support your knees if required.
- Kneel down with an inhale and position in Table Top Pose, with your wrists aligned under your shoulders and knees below your hips as you exhale.
- Hold the hammock in front firmly, extending your arms forward, shoulder-width apart, elbows slightly bent to prevent strain.
- Take a deep breath, feeling your spine lengthen. Keep your shoulders relaxed and away from your ears while engaging the core.
- Exhale slowly, rounding your spine upwards, tucking your chin towards your chest. Press your hands into the hammock while drawing your navel inward.
- With each inhale, maintain the engagement of your arms and core. With every exhale, focus on deepening the spinal curve by pulling your belly inward and lifting your back higher.
- Maintain this position for six to eight breaths or as per your capacity.
- Inhale deeply and gently release the curve. Keep your grip on the hammock, slowly straighten your back.
- Exhale, release the hammock. Sit back in a comfortable seated position and relax in Downward Facing Thunderbolt Pose Aerial for six to eight breaths to release your spine before transitioning to the next movement.

BENEFITS

- Enhances spinal decompression, allowing the back muscles to relax while promoting better posture.
- Beneficial for people with a sedentary lifestyle, long office hours, or excessive sitting.
- Maintains balance, strengthens the abdominal region and improves stability.
- Supports better spinal alignment, making it useful for individuals with mild back stiffness or discomfort.
- Encourages mindful breathing, reduces stress, and promotes relaxation.
- Offers a supported yet active approach to spinal mobility, core activation, and postural correction.
- An excellent option for those recovering from wrist injuries or experiencing joint discomfort.
- Helps strengthen shoulders and wrists.
- Helps get rid of unwanted fat in the abdomen area and tones it.
- Improves blood circulation.
- Hips and pelvic floor benefit from engagement in this pose.

LIMITATIONS

- Those with neck, wrist, elbow, or shoulder injuries, dizziness, migraine, or sensitivity to movement, and pregnant women in later stages, should avoid.
- People with vertigo or inner ear imbalances may feel discomfort due to the inversion-like position. Approach the pose carefully or avoid it.
- Those with high or low BP should consult a yoga expert before attempting.



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

The New Indian Express • 26 Jun • Ministry of Ayush
Yoga Day celebrations at Jeeva Park

3 • PG

140 • Sqcm

184215 • AVE

246.4K • Cir

Bottom Right

Chennai

Yoga Day celebrations at Jeeva Park

On the 11th International Day of Yoga, under the theme 'One Earth, One Health' a common yoga protocol demonstration was held at Jeeva Park, T Nagar, by Live 'N' Liven – Yoga Sadhana Centre under Bharatiya Yog Sansthan. It was headed by yoga guru MR Chandrasekaran. The chief guest was yoga therapy specialist D Dwarakanath. He spoke about how yoga can help as a therapy. PhD scholar 'Gnanasiriyar' N Elumalai was honoured at the event for his continuous service to society.



The New Indian Express • 26 Jun • Ministry of Ayush
An homage to Indian Army

3 • PG

174 • Sqcm

229763 • AVE

246.4K • Cir

Bottom Center

Chennai



An homage to Indian Army

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 highlight of the event was a large-scale student formation spelling out 'Operation Sindoor HISP-25', symbolising unity, respect, and national pride. It was meticulously executed by students from the Physical Education Department, student council members and volunteers.

The New Indian Express • 26 Jun • Ministry of Ayush
Paradip Port Authority celebrates 11th International Yoga Day

10 • PG

134 • Sqcm

45556 • AVE

91.08K • Cir

Bottom Center

Hyderabad • Chennai • Bengaluru

Paradip Port Authority celebrates 11th International Yoga Day

Paradip, Odisha: Paradip Port Authority (PPA) observed the 11th International Day of Yoga at Gopabandhu Stadium. The event saw enthusiastic participation from more than 1,000 individuals, PL Haranadh, chairman, HoDs, and senior officers of Paradip Port participated and performed Yoga asanas. The session was conducted by Tapas Ranjan Pati, an experienced faculty member of The Art of Living. Participants included PPA officials, students, CISF personnel, port users and women from the Paradip Sakharata Samiti (PSS). Haranadh inaugurated the event and emphasised the importance of yoga for a healthy and harmonious life. He highlighted how yoga promotes physical and mental well-being. Dignitaries present at the occasion included Shri UR Mohan Raju, secretary; Capt. AC Sahu, Dy conservator; HS Rout, chief engineer; Susil Chandra Nahak, Chief Mechanical Engineer, Shri G.Edition, traffic manager and Dr. BB Dash, chief medical officer.

The New Indian Express • 26 Jun • Ministry of Ayush MARJARYASANA AERIAL (CAT POSE AERIAL)

2 • PG

674 • Sqcm

674179 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

MARJARYASANA AERIAL (CAT POSE AERIAL)

This is a beginner-level variation of the Cat Pose. In the base pose, the hands press into the ground for stability, allowing a controlled spinal flexion with active shoulder engagement. In the aerial version, the forearms rest on the hammock, shifting the weight away from the hands, and requiring more core and upper body engagement to maintain balance. It introduces an element of suspension, enhancing traction in the spine and upper body stretch. It helps those with wrist pain, weak wrists, or carpal tunnel syndrome, as it removes pressure from the hands by shifting support to the forearms.

STEPS

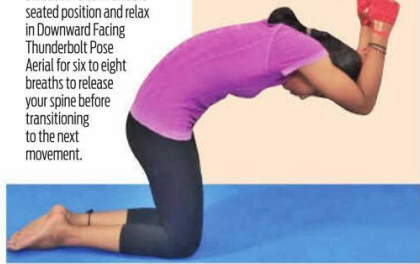
- Ensure the hammock is securely fastened at a comfortable height, allowing you to reach it while in a kneeling position. Place a blanket or towel on the mat to support your knees if required.
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- Hold the hammock in front firmly, extending your arms forward, shoulder-width apart, elbows slightly bent to prevent strain.
- Take a deep breath, feeling your spine lengthen. Keep your shoulders relaxed and away from your ears while engaging the core.
- Exhale slowly, rounding your spine upwards, tucking your chin towards your chest. Press your hands into the hammock while drawing your navel inward.
- With each inhale, maintain the engagement of your arms and core. With every exhale, focus on deepening the spinal curve by pulling your belly inward and lifting your back higher.
- Maintain this position for six to eight breaths or as per your capacity.
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BENEFITS

- Enhances spinal decompression, allowing the back muscles to relax while promoting better posture.
- Beneficial for people with a sedentary lifestyle, long office hours, or excessive sitting.
- Maintains balance, strengthens the abdominal region and improves stability.
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- Helps strengthen shoulders and wrists.
- Helps get rid of unwanted fat in the abdomen area and tones it.
- Improves blood circulation.
- Hips and pelvic floor benefit from engagement in this pose.

LIMITATIONS

- Those with neck, wrist, elbow, or shoulder injuries, dizziness, migraine, or sensitivity to movement, and pregnant women in later stages, should avoid.
- People with vertigo or inner ear imbalances may feel discomfort due to the inversion-like position. Approach the pose carefully or avoid it.
- Those with high or low BP should consult a yoga expert before attempting.



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

The New Indian Express • 26 Jun • Ministry of Ayush

SIMPLE STEPS TO BIOHACKING

3 • PG

650 • Sqcm

649530 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

DARSHITA JAIN

FOR most of us, ‘biohacking’ sounds like something that is out of a sci-fi thriller. But in reality, it’s a lot closer to home. Think turmeric milk, skipping a meal occasionally, or meditating after a long day. As it turns out, you might already be a biohacker. According to Dr Sudeeptha Rao D, consultant physician, biohacking in simple terms is using targeted, often small, lifestyle and environmental changes to improve health, energy, and performance.

She uses principles of functional medicine to guide these interventions. This includes understanding root causes, be it inflammation, hormonal imbalances, or gut dysfunction, and then applying targeted strategies like nutrition, sleep optimisation, or mindfulness. “It’s not a fad; it’s a structured, science-informed way to improve health outcomes. In many ways, biohacking is simply personalised preventive medicine,” Dr Rao notes.

It’s not about chasing six-pack abs or achieving superhuman strength either. “Most people don’t want ‘optimal performance’ – they want to stop feeling tired all the time, sleep through the night, or have better digestion. A functional approach involves fixing nutrient deficiencies, improving sleep-wake cycles, reducing inflammation, or supporting the gut microbiome,” she adds.

Many traditional Indian practices fall into the biohacking bucket. “Making minor, scientifically supported adjustments to nutrition, lifestyle, or body to enhance physical or mental performance is known as ‘biohacking,’” says Dr Rajib Paul, a senior consultant, internal medicine. He adds, “Bio-

hacks that are generally safe include common and low-risk practices like developing better sleeping habits, moderate and short-term intermittent fasting, using of fitness trackers, cold showers, staying hydrated and physical activity.”

Biohacking is different from practices like Ayurveda or yoga, Dr Rao says. “They are ancient systems rooted in understanding the body’s balance. Biohacking, in contrast, is data-driven – it uses wearables, lab markers, and metrics. That said, both systems share common goals: promoting a better quality of life. Functional medicine provides a bridge – we evaluate practices like Ayurvedic herbs or yoga techniques through the lens of modern science,” she says. But biohacking doesn’t look the same for everyone. “It always starts with the individual. We consider their diet, sleep, stress levels, work patterns,

medical history and then layer in labs to fill in the gaps. In India, that might also mean factoring in diets, vitamin B12 levels, pollution exposure, or even stress from caregiving roles. I work with my patients to create habits they can sustain,” she explains.

Modern technology, too, has carved a place in the practice. “Technology helps measure, track, and optimise your body’s performance in real time,” Dr Paul notes.

He adds that while many biohacking methods are safe when done correctly, some do carry risks or side effects, especially if taken too far. “In biohacking, diet and supplements are powerful tools to optimise how your body and brain function. The goal is to fuel your system for better energy, focus, sleep, immunity, and even mood based on personal needs,” Dr Paul stresses.

SIMPLE STEPS TO BIOHACKING

Biohacking is all about making lifestyle and environmental changes to improve health, energy and performance

Yugmarg • 26 Jun • Ministry of Ayush
How Yoga changed the lives of these actors!

12 • PG

429 • Sqcm

88744 • AVE

185K • Cir

Bottom Right

Chandigarh

How Yoga changed the lives of these actors!

CHANDIGARH: Yoga has long been a source of balance and healing for many, offering a path to physical, emotional, and mental well-being. On this International Yoga Day, &TV artists share how this ancient practice has positively impacted their lives, hoping to inspire others to embrace its benefits. These include Geetanjali Mishra (Rajesh from Happu Ki Ultan Paltan) and Aasif Sheikh (Vibhuti Narayan Mishra from Bhabiji Ghar Par Hai). Geetanjali Mishra, who plays Rajesh in Happu Ki Ultan Paltan, shares, "Yoga has been a transformative force in my life, especially during emotionally trying times. I used to battle stress-induced overeating, particularly after demanding shooting schedules. Introducing Paschimottanasana (Seated Forward Bend) into my routine helped soothe my nervous system and curb emotional cravings. Another go-to for me is Nadi Shodhana Pranayama (Alternate Nostril Breathing), which acts like a reset button, instantly calming and grounding. These practices have brought mindfulness into my life, helping me become more attuned to my body and emotions. To me, yoga is more than just physical exercise; it's a powerful form of therapy that nurtures inner well-being." Aasif Sheikh, who portrays Vibhuti Narayan Mishra in Bhabiji Ghar Par Hai, adds, "In our line of work, mental and emotional balance is as important as



physical fitness. Yoga has been my anchor in this fast-paced world. Vrikshasana (Tree Pose) helps me stay grounded amidst the chaos, especially during long shoots. Bhujangasana (Cobra Pose) has strengthened my posture and boosted my energy; it's my daily power-up. I never skip Anulom Vilom, even while travelling; I practice it during my hour-long commute to shoots. It clears my mind and keeps



me stress-free. After meals, I sit in Vajrasana for ten minutes to aid digestion; it's incredibly effective. These simple practices have made me calmer, sharper, and more emotionally resilient. For me, yoga is my silent strength, both on and off the screen."

Orissa Post • 26 Jun • Ministry of Ayush
Patanjali signs MoU with 3 prestigious Indian universities

8 • PG

109 • Sqcm

32810 • AVE

171.26K • Cir

Middle Right

Bhubaneshwar

Patanjali signs MoU with 3 prestigious Indian universities



Patanjali University and the Patanjali Research Institute signed a Memorandum of Understanding (MoU) with three of the country's prestigious universities Wednesday to foster mutual cooperation in the fields of education, medicine, yoga, Ayurveda, skill development, Indian knowledge traditions, and other areas. The event was graced by the presence of Prof Indra Prasad Tripathi, Vice Chancellor, Raja Shankar Shah University, Chhindwara, Madhya Pradesh; Dr. Sanjay Tiwari, Vice Chancellor, HemchandYadav University, Durg, Chhattisgarh; and Prof. Bharat Mishra, Vice Chancellor, Mahatma Gandhi ChitrakootGramodaya University, Chitrakoot, Madhya Pradesh. All the distinguished academicians praised the nation-building efforts being undertaken at Patanjali. On this occasion, Dr.AcharyaBalkrishna, Vice Chancellor of Patanjali University, elaborated on Patanjali's contributions in areas such as historical documentation, botany, diagnostic texts, and the Global Herbal Codex, among other traditional sciences. He stated that the ongoing journeys of the Rishi Revolution, Yoga Revolution, and Education Revolution will continue to benefit millions across the nation, and expressed his firm belief in this vision.

The Goan • 26 Jun • Ministry of Ayush
International Yoga Day at Jnyan Vikas School

6 • PG

225 • Sqcm

33729 • AVE

200K • Cir

Middle Left

Goa



International Yoga Day at Jnyan Vikas School

PANAJI: The International Yoga Day was celebrated with great enthusiasm and reverence at Jnyan Vikas School on June 21. The event aimed to spread awareness about the significance of yoga in daily life and to encourage students and staff to adopt a healthy lifestyle through yogic practices.

The chief guest of the day was Sacchidanand Malik, a government official from the Home Department. He holds a Graduation in Arts, a Diploma in Yog Shastra, and a Diploma in Vastu and Jyotish. Apart from his professional service, he is a passionate reader, singer, boxer, and sports enthusiast. One of his achievements includes winning a silver medal in boxing at the South Zone Championship. His presence added value to the occasion

The Goan • 26 Jun • Ministry of Ayush
Yoga Day celebrated at St Xavier's HS, Moira

6 • PG

288 • Sqcm

43142 • AVE

200K • Cir

Middle Right

Goa

Yoga Day celebrated at St Xavier's HS, Moira

PANAJI: International yoga day was celebrated at St. Xavier's High School, Moira on June 21. A student from Class 7 spoke on importance of the theme of Yoga day celebration and Significance of Yoga in today's world. The session began with gentle warm-up exercises to prepare the body for more intense asanas. The Physical Education Teacher Gerson Gracias led the assembly and performed various yogasanas, including Surya Namaskar and Pranayamas etc. The importance of breathing techniques Pranayama was emphasised and were explained simultaneously. The event saw active participation from headmistress Noreen Dias, 120 trained students across different grade levels, as well as teachers, parents and two Govt. officials namely Sanjiv Volvoikar, Jr. assistant from Goa State Election Commission, Altinho Panaji and Sapna Kottwale Sr. Assistant from Goa State legislative assembly, Porvorim. The various benefits of yoga, such as stress relief, improved flexibility, increased concentration, and overall well-being, were experienced by all participants.



The Goan • 26 Jun • Ministry of Ayush
Patanjali signs MoU with 3 universities

7 • PG

252 • Sqcm

37870 • AVE

200K • Cir

Middle Left

Goa

Patanjali signs MoU with 3 universities



THE GOAN | NETWORK

PANAJI

Patanjali University and Patanjali Research Institute have signed a Memorandum of Understanding (MoU) with three Indian universities to collaborate in areas including education, healthcare, yoga, Ayurveda, skill development, and Indian knowledge systems.

The MoU was signed in the presence of Prof Indra Prasad Tripathi, Vice Chancellor of Raja Shankar Shah University, Chhindwara (Madhya

Pradesh); Dr Sanjay Tiwari, Vice Chancellor of Hemchand Yadav University, Durg (Chhattisgarh); and Prof Bharat Mishra, Vice Chancellor of Mahatma Gandhi Chitrakoot Gramodaya Vishwavidyalaya, Chitrakoot (Madhya Pradesh).

During the event, Acharya Balkrishna, Vice Chancellor of Patanjali University, provided an overview of Patanjali's work in fields such as historical research, botany, diagnostics, and traditional medical texts, including the Global Materia Medica (Vishwa Bheshaj Samhita).

Ajit Samachar • 26 Jun • Ministry of Ayush

Maa ki shakti bachho ka bhabishey :Yog se badalta paridarishey

4 • PG

532 • Sqcm

79751 • AVE

177.4K • Cir

Middle Center

Chandigarh

चा हे वह बोर्डरूम हो या युद्धभूमि – मानसिक और शारीरिक रूप से सशक्त महिलाएं ही बदलाव की वाहक होती हैं। महिलाओं के लिए अपनी वास्तविक शक्ति को पहचान कर उसे विकसित करना अत्यंत आवश्यक है, और योग इसकी कुंजी है। योग की जन्मस्थली भारत में आज भी इस प्राचीन जीवनशैली को केवल शारीरिक व्यायाम नहीं, बल्कि मन, शरीर और आत्मा के पोषण के लिए एक दार्शनिक पद्धति के रूप में स्वीकार किया जाता है। भगवद्गीता (अध्याय 2, श्लोक 50) में कहा गया है- 'योगः कर्मसु कौशलम्', अर्थात् 'योग कर्मों में कौशल है।' भगवान श्री कृष्ण का स्पष्ट संदेश है कि, सच्चा योग शारीरिक आसन या ध्यान तक सीमित नहीं है, बल्कि यह इस बात में परिलक्षित होता है कि हम अपने दैनिक कर्तव्यों को कितनी कुशलता और ध्यानपूर्वक निभाते हैं। प्रधानमंत्री नरेन्द्र मोदी के दूरदर्शी नेतृत्व में योग ने वैश्विक मंच पर एक कल्याणकारी और सामाजिक परिवर्तन के साधन के रूप में पहचान प्राप्त की है। संयुक्त राष्ट्र द्वारा 2014 में 21 जून को अंतर्राष्ट्रीय योग दिवस घोषित किया गया, जो भारत की महान आध्यात्मिक और सांस्कृतिक विरासत को वैश्विक मान्यता सिद्ध करता है। इस वर्ष अंतर्राष्ट्रीय योग दिवस की थीम, 'एक धरती, एक स्वास्थ्य के लिए योग' है।

जोकि योग की सर्व समावेशी और

मां की शक्ति, बच्चों का भविष्य : योग से बदलता परिदृश्य

सार्वभौमिक अपील को रेखांकित करती है। प्रधानमंत्री ने भी इस बात पर जोर दिया है कि 'योग किसी कॉपीराइट, पेटेंट या रॉयल्टी से मुक्त है। यह लचीला है— आप इसे अकेले, समूह में, गुरु से या स्वयं भी सीख सकते हैं।' जैसे-जैसे हमारा राष्ट्र विकसित भारत बनने की दिशा में अग्रसर हो रहा है, यह आवश्यक हो जाता है कि योग को महिलाओं और बच्चों के जीवन का अभिन्न अंग बनाया जाए।

भारत की कुल आबादी में महिलाओं और बच्चों की संख्या लगभग दो-तिहाई है और वे स्वास्थ्य से जुड़ी चुनौतियों के प्रति बेहद संवेदनशील होते हैं। अतः उनके शारीरिक और मानसिक स्वास्थ्य का ध्यान रखना हम सबका कर्तव्य है और योग की इसमें महत्वपूर्ण भूमिका है। योग महिलाओं के लिए मानसिक और शारीरिक दोनों दृष्टि से अनेक लाभ प्रदान करता है। महिलाओं में योग के अभ्यास को बढ़ावा देने के लिए भारत में 25 लाख से अधिक आंगनवाड़ी कार्यकर्ताओं का एक सशक्त नेटवर्क है, जो योग को महिलाओं और बच्चों के दैनिक जीवन में अपनाने के लिए जानकारी,

प्रशिक्षण और सहायता प्रदान कर रहा है। प्रधानमंत्री मोदी ने महिलाओं के नेतृत्व वाले विकास की लगातार कालत की है। वह कार्यबल में महिलाओं की बढ़ती भागीदारी का सक्रिय रूप से समर्थन करते हैं, जो किसी भी अर्थव्यवस्था के विकास के लिए महत्वपूर्ण है। विश्व बैंक का यह अनुमान है कि महिला श्रम बल की



श्रीमती अन्नपूर्णा देवी

भागीदारी में वृद्धि से भारत के औद्योगिक उत्पादन में 9 प्रतिशत तक की वृद्धि हो सकती है और 2047 तक हमें एक उच्च आय वाले विकसित राष्ट्र का दर्जा प्राप्त करने में मदद मिल सकती है। यह सब तभी हासिल किया जा सकता है जब हमारे पास शारीरिक और भावनात्मक रूप से स्वस्थ महिला कार्यबल हो।

आज की तेजी से बदलती दुनिया में बच्चे भी जीवनशैली संबंधी विकारों, स्क्रीन पर

निर्भरता और शैक्षणिक दबावों से तेजी से प्रभावित हो रहे हैं। योग इन चुनौतियों के लिए साक्ष्य-आधारित, समयबद्ध और सांस्कृतिक रूप से निहित प्रतिक्रिया प्रदान करता है। यह एकाग्रता, याददाश्त बढ़ाने, भावनात्मक विनियमन, नींद की गुणवत्ता और तनाव के प्रबंधन को बेहतर करता है – जो समग्र बचपन के विकास के प्रमुख घटक हैं। मिशन सक्षम आंगनवाड़ी और पोषण 2.0 के माध्यम से, हमारा मंत्रालय योग को बच्चों की प्रारंभिक देखभाल और विकास में शामिल कर रहा है, जो आजीवन स्वास्थ्यवर्धक आदतों की नींव रख रहा है।

महिला एवं बाल विकास मंत्रालय प्रधानमंत्री जी के नेतृत्व में एक बहुआयामी रणनीति के अंतर्गत योग को महिलाओं और बच्चों के जीवन के अभिन्न अंग के रूप में अपनाने की दिशा में कार्य कर रहा है। हमारी प्रमुख योजनाएं, जैसे- आंगनवाड़ी केंद्र, वन स्टॉप सेंटर और बाल देखभाल संस्थान आदि न केवल पोषण और कल्याण संबंधी सेवाएं प्रदान करते हैं, बल्कि योग से जुड़ी विशेष गतिविधियों एवं प्रशिक्षण के माध्यम से लाभार्थियों के जीवन को भी प्रभावित करते हैं। इन केंद्रों में आयुष मंत्रालय



के सहयोग से तैयार विशेष योग मॉड्यूलस लागू किए जा रहे हैं, जो विशेष रूप से महिलाओं और बच्चों पर केंद्रित हैं।

वैश्विक व्यवस्था के बदलते विमर्श में, महिलाएं हर मोर्चे पर अग्रणी भूमिका निभा रही हैं। आईटी से लेकर अंतरिक्ष तक और नीति निर्माण से लेकर सामरिक रक्षा तक, महिलाएं नई अग्रिम पंक्ति की योद्धा हैं। हाल ही में ऑपरेशन सिंदूर में कर्नल सोफिया कुरैशी और विंग कमांडर व्योमिका सिंह का नेतृत्व इसका जीवंत उदाहरण है। विकसित भारत/2047 की ओर हमारी यात्रा में, योग एक संवेदनशील, सशक्त और लचीला समाज गढ़ने की दृष्टि प्रदान करता है। आइए, हम सभी मिलकर 'स्वस्थ भारत' की प्रतिबद्धता के लिए व्यक्तिगत स्वास्थ्य और राष्ट्रीय समृद्धि में योग को अपनाने की दिशा में एकजुट हों।

—केंद्रीय महिला एवं बाल विकास मंत्री।

Surya • 26 Jun • Ministry of Ayush
Everyone should make Yogandhra's success a case study

5 • PG

155 • Sqcm

93041 • AVE

40K • Cir

Top Left

Hyderabad



యెగాంధ్ర విజయాన్ని అందరూ కేస్ స్టడీ చేయాలి

ప్రధాని మోదీ

- "11 ఏళ్లుగా అనేక చోట్ల యోగా కార్యక్రమాల్లో పాల్గొన్నా
- ఎక్కడరాని అనుభూతి యోగాదే రోజు విశాఖలో వచ్చింది" అని ప్రధాని మోదీ అన్నారు

దిల్లీ: "11 ఏళ్లుగా అనేక చోట్ల యోగా కార్యక్రమాల్లో పాల్గొన్నా కానీ, ఎక్కడరాని అనుభూతి యోగా దే రోజు విశాఖలో వచ్చింది" అని ప్రధాని మోదీ అన్నారు. కేంద్ర కేబినెట్ ఛీఫ్ అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా ఏపీ ప్రభుత్వం నిర్వహించిన యోగాంధ్రపై మాట్లాడారు. యోగా దినోత్సవాన్ని ఏపీ ప్రభుత్వం అద్భుతంగా నిర్వహించిందన్నారు. కార్యక్రమాన్ని విజయవంతం చేసిన సీఎం చంద్రబాబు, మంత్రి లోకేశ్కు మెచ్చుకున్నారు. యోగాంధ్ర నిర్వహణపై నివేదిక ఇవ్వాలని ఏపీని కోరినట్లు చెప్పారు. నివేదిక వచ్చాక మిగతా రాష్ట్రాలకు పంపించి స్టడీ చేయాలని చెబుతామన్నారు. యోగాంధ్ర విజయాన్ని అందరూ కేస్ స్టడీ చేయాల్సిన అవసరం ఉందన్నారు. ఆగ్రాలో అంతర్జాతీయ పాటాల్ కేంద్రం ఏర్పాటుపై మెట్రో రైలు విస్తరణకు కేంద్ర క్యాబినెట్ ఆమోదం తెలిపింది. రూ.3,626 కోట్ల వ్యయంతో నిర్మాణం చేపట్టేందుకు శ్రీనిగర్లో ఇచ్చింది. అలాగే, రుఝరియా బోగ్స్ గనుల నిర్మాణానికి పునరావాసానికి రూ.5,940 కోట్లు కేటాయించింది. ఆగ్రాలో రూ.111.5 కోట్లతో అంతర్జాతీయ పాటాల్ ప్రాంతీయ కేంద్రం ఏర్పాటుకు ఆమోదం తెలిపింది.

Rashtriya Sahara • 26 Jun • Ministry of Ayush
Dhanurasana effective in reducing obesity, removes stress

12 • PG

175 • Sqcm

38549 • AVE

562.46K • Cir

Bottom Center

Jaipur



धनुरासन

मोटापा घटाने में कारगर, तनाव करता दूर

नई दिल्ली, (आईएनएस)। आजकल की लाइफस्टाइल में मोटापा एक बड़ी समस्या है, जो कई रोगों की वजह भी है। ऐसे में धनुरासन एक ऐसा योगासन है, जिसके नियमित अभ्यास से अतिरिक्त चर्बी कम होती है। शारीरिक स्वास्थ्य को बेहतर बनाने के साथ ही यह आसन मानसिक शांति भी देता है। धनुरासन में शरीर की मुद्रा धनुष के जैसी होती है। भारत सरकार के आयुष मंत्रालय ने बताया कि धनुरासन एक ऐसा योगासन है, जो पेट और पेट के किनारों पर अधिकतम खिंचाव प्रदान करता है। मंत्रालय के अनुसार, नियमित रूप से धनुरासन का अभ्यास करने से शरीर के विभिन्न हिस्सों की अतिरिक्त चर्बी को कम करने और बर्न करने में मदद मिलती है। यह आसन न केवल शारीरिक स्वास्थ्य को बेहतर बनाता है, बल्कि इससे मानसिक शांति और फ्लेक्सिबिलिटी भी बढ़ती है। धनुरासन को 'बो पोज' भी कहा जाता है, यह शरीर को धनुष की आकृति में लाने वाला योगासन है। इस आसन में व्यक्ति पेट के बल लेटकर अपने पैरों को पीछे की ओर खींचता है और हाथों से टखनों को पकड़ता है, जिससे पेट और छाती पर खिंचाव पड़ता है। आयुष मंत्रालय ने बताया कि यह आसन पाचन तंत्र को मजबूत करने, रीढ़ की हड्डी को लचीला बनाने और शरीर की मुद्रा को सुधारने में मदद करता है। धनुरासन के नियमित अभ्यास से रक्त संचार बेहतर होता है, जो शरीर के विभिन्न अंगों तक ऑक्सीजन और पोषक तत्वों की आपूर्ति बढ़ाता है। यह आसन पेट की मांसपेशियों को मजबूत करता है, जिससे पाचन संबंधी समस्याएं जैसे कब्ज और अपच में राहत मिलती है।

Rashtriya Sahara • 26 Jun • Ministry of Ayush
Dhanurasan Motapa ghatane mein kargar, tanav karta door

12 • PG

176 • Sqcm

255095 • AVE

390K • Cir

Bottom Center

Delhi



धनुरासन

मोटापा घटाने में कारगर, तनाव करता दूर

नई दिल्ली, (आईएनएस)। आजकल की लाइफस्टाइल में मोटापा एक बड़ी समस्या है, जो कई रोगों की वजह भी है। ऐसे में धनुरासन एक ऐसा योगासन है, जिसके नियमित अभ्यास से अतिरिक्त चर्बी कम होती है। शारीरिक स्वास्थ्य को बेहतर बनाने के साथ ही यह आसन मानसिक शांति भी देता है। धनुरासन में शरीर की मुद्रा धनुष के जैसी होती है। भारत सरकार के आयुष मंत्रालय ने बताया कि धनुरासन एक ऐसा योगासन है, जो पेट और पेट के किनारों पर अधिकतम खिंचाव प्रदान करता है। मंत्रालय के अनुसार, नियमित रूप से धनुरासन का अभ्यास करने से शरीर के विभिन्न हिस्सों की अतिरिक्त चर्बी को कम करने और बर्न करने में मदद मिलती है। यह आसन न केवल शारीरिक स्वास्थ्य को बेहतर बनाता है, बल्कि इससे मानसिक शांति और फ्लेक्सिबिलिटी भी बढ़ती है। धनुरासन को 'बो पोज' भी कहा जाता है, यह शरीर को धनुष की आकृति में लाने वाला योगासन है। इस आसन में व्यक्ति पेट के बल लेटकर अपने पैरों को पीछे की ओर खींचता है और हथों से टखनों को पकड़ता है, जिससे पेट और छाती पर खिंचाव पड़ता है। आयुष मंत्रालय ने बताया कि यह आसन पाचन तंत्र को मजबूत करने, रीढ़ की हड्डी को लचीला बनाने और शरीर की मुद्रा को सुधारने में मदद करता है। धनुरासन के नियमित अभ्यास से रक्त संचार बेहतर होता है, जो शरीर के विभिन्न अंगों तक ऑक्सीजन और पोषक तत्वों की आपूर्ति बढ़ाता है। यह आसन पेट की मांसपेशियों को मजबूत करता है, जिससे पाचन संबंधी समस्याएं जैसे कब्ज और अपच में राहत मिलती है।

Veer Arjun • 26 Jun • Ministry of Ayush
International Yoga Day, 2025

4 • PG

243 • Sqcm

18196 • AVE

60K • Cir

Middle Center

Delhi

योग कैंप का आयोजन

नई दिल्ली, (वीअ)। अंतर्राष्ट्रीय योग दिवस के अवसर पर सेवा कामना वेलफेयर एंड एजुकेशनल ट्रस्ट के द्वारा एक दिवसीय योग कैंप बहुत ही धूमधाम से लगाया गया। जिसमें 100 से भी अधिक महिला शक्ति ने ने शिरकत की। योग क्यों जरूरी है और इसको करने से क्या-क्या फायदे होते हैं इन सभी के ऊपर विस्तार पूर्वक सभी को बताया गया। आध्यात्मिक और शारीरिक योग के साथ हास्य योग का भी योग कैंप में आने वाले लोगों ने भरपूर आनंद लिया। इस अवसर पर अंतर्राष्ट्रीय नेचुरल पैथी ऑर्गेनाइजेशन (O)के सदस्य भी मौजूद रहे। इसमें नेचुरलथरपिस्ट डॉ प्रियंका नैन जी ने इस आयोजन के संचालन की मुख्य भूमिका निभाई। बेरी ब्लॉसम प्ले स्कूल के बच्चों ने नन्हे प्रयास के साथ योग करके दिखाया। संस्था की अध्यक्ष अनु भाटिया जी के अनुसार योग सिर्फ एक दिन का कार्यक्रम नहीं है और योग दिवस मनाने का उद्देश्य लोगों में योग के प्रति भावना को जागृत करना होता है जिससे वह उसे अपने दैनिक जीवन में अपना सके। और स्वास्थ्य के प्रति अपनी महत्वपूर्ण



जिम्मेवारी को निभा सके क्योंकि स्वस्थ शरीर में ही स्वस्थ मन विराजमान रहता है। आने वाले सभी लोग बहुत प्रफुल्लित हुए। इस अवसर पर 2024 25 में 12वीं कक्षा में अच्छे नंबर से उत्तीर्ण होने वाले बच्चों को भी स्थानीय पार्षद के द्वारा सम्मानित किया गया।

कार्यक्रम के अंत में आने वाले सभी अतिथियों ने नाच गाने के साथ सुंदर जलपान की व्यवस्था का भी आनंद लिया। कार्यक्रम को सफल बनाने के लिए महत्वपूर्ण भूमिका में सेवा कामना ट्रस्ट के सभी सदस्य प्रियंका नैन, कुसुम शर्मा रेणु कोहली साक्षी अग्रवाल, नीलम अरोरा, मोना शर्मा, सुमित सेन, संगम गर्ग, अनिल यादव और इसके साथ सभी आने वाले अतिथियों का अनु भाटिया जी ने दिल से आभार व्यक्त किया।

Sandhya Times • 26 Jun • Ministry of Ayush
International Yoga Day, 2025

9 • PG

892 • Sqcm

236460 • AVE

106.19K • Cir

Bottom Right

Delhi

भांगड़ा पर भी झूमे लोग, सभी प्रतिभागियों को बांटे गए औषधीय पौधे

NBT ने मनाया 'योग का उत्सव', आसन के साथ जागरूकता का भी बना प्लैटफॉर्म

21 जून की सुबह वेगस मॉल का सेंट्रल पियाजा योग, म्यूजिक और पॉजिटिव वाइब्स से भर गया। इंटरनैशनल योग डे पर NBT ने एक वेलनेस मॉर्निंग रखी, जहां 500+ लोगों ने 'योगा फॉर वन अर्थ, वन हेल्थ' के मेसेज के साथ सेहत का उत्सव मनाया

■ NBT और वेगस मॉल, द्वारका सेक्टर 14 ने 21 जून को अंतरराष्ट्रीय योग दिवस 2025 के मौके पर एक वेलनेस मॉर्निंग का आयोजन किया। इस साल की ग्लोबल थीम 'योगा फॉर वन अर्थ, वन हेल्थ' को ध्यान में रखते हुए, इस आयोजन में 500 से ज्यादा योग प्रेमियों ने सूर्योदय के समय मॉल के सेंट्रल पियाजा पर साथ आकर स्वस्थ, संतुलित और होलिस्टिक लिविंग का उत्सव मनाया।

सुबह की शुरुआत मशहूर वेलनेस कोच मीनल पाठक ने एक एनर्जी से भरे योग सेशन से की। इसके बाद भांगड़ा इंडस्ट्रियल एशली कौर ने एक जोशीले भांगड़ा सेगमेंट से कार्यक्रम को आगे बढ़ाया। योग गुरु मनमोहन गुप्ता ने लोगों को ब्रीदिंग तकनीकों और पारंपरिक आसनों के माध्यम से योग के मानसिक और आध्यात्मिक फायदों के बारे में बताया।

कई लोगों ने इस आयोजन को आत्मिक और पर्यावरणीय जुड़ाव का नया अनुभव बताया। इस मौके पर पर्यावरणीय जिम्मेदारी को बढ़ावा देने के उद्देश्य से वेगस मॉल ने सभी प्रतिभागियों को औषधीय पौधे बांटे — जो 'वन अर्थ, वन हेल्थ' मेसेज की दिशा में एक सामूहिक कदम का प्रतीक रहे।

प्रतिभागियों को फ्री टी-शर्ट्स, न्यूट्रिशनल फूड बॉक्स, वेलनेस सर्टिफिकेट्स और कई वेलनेस गिफ्ट्स भी दिए गए, जिससे यह सुबह प्रभावशाली और यादगार बन गई। यह कार्यक्रम भारत सरकार के आयुष मंत्रालय के 'योग संगम 2025' के अंतर्गत मान्यता प्राप्त था और दिल्ली पर्यटन का भी सहयोग मिला। कार्यक्रम की सफलता पर वेगस मॉल के वाइस प्रेसिडेंट रविंदर चौधरी ने कहा, लोगों के उत्साह और भागीदारी से हम बेहद प्रभावित हैं। यह उत्सव केवल योग के लिए नहीं, बल्कि एक बड़े उद्देश्य — खुद की सेहत और पृथ्वी के स्वास्थ्य के लिए साथ आने का प्रतीक था। एनबीटी और वेगस मॉल के साथ-साथ एनीटाइम फिटनेस, हिप्पो स्टोर्स और मॉडर्न बाजार रिटेल स्टोर ने भी इस आयोजन में जरूरी सहयोग दिया।

500 से ज्यादा योग प्रेमियों ने वेगस मॉल आकर स्वस्थ, संतुलित सेहत का उत्सव मनाया



पारंपरिक आसनों और ब्रीदिंग तकनीकों के साथ योग के फायदों को लेकर जागरूक भी किया। भांगड़ा, म्यूजिक का भी यहां लगा तड़का।

Sandhya Times • 26 Jun • Ministry of Ayush
Relief from Migrain

10 • PG

417 • Sqcm

110566 • AVE

106.19K • Cir

Bottom Left

Delhi

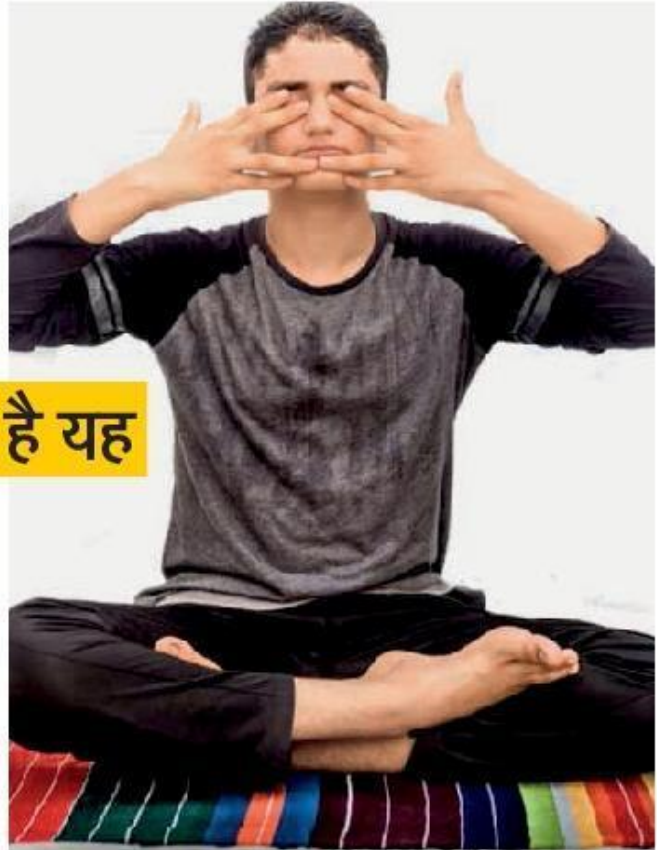
तनाव दूर करने का आसान तरीका भ्रामरी प्राणायाम

माइग्रेन से भी राहत दिलाता है यह

साम्ब्य टाइम्स डेस्क

अगर आप अपने दिमाग और शरीर को एक संतुलन में लाना चाहते हैं, तो प्राणायाम सबसे असरदार तरीका माना जाता है। खासतौर पर भ्रामरी प्राणायाम बहुत फायदेमंद होता है। भ्रामरी प्राणायाम का नाम भ्रामर शब्द से आया है, जिसका मतलब होता है भ्रमर यानि भंवरा। जब हम सांस छोड़ते हैं, तो जो आवाज निकलती है वो भंवरे के भिनभिनाने जैसी लगती है, इसलिए इस प्राणायाम को 'मधुमक्खी श्वास' भी कहा जा सकता है। इस दौरान आपके गले, चेहरे और जबड़ों में एक हल्का कंपन सा महसूस होता है, जो काफी सुकून देने वाला होता है। इसका अभ्यास रोजाना करने से मन शांत रहता है और मानसिक संतुलन बेहतर होता है।

आयुष मंत्रालय के मुताबिक, भ्रामरी प्राणायाम दिमाग शांत करने में मदद करता है। तनाव कम होता है, गुस्सा कंट्रोल में रहता है, और मन की बेचैनी भी धीरे-धीरे दूर होने लगती है। इसके नियमित अभ्यास से दिमाग और नसों को आराम मिलता है, जिससे सोचने-समझने की ताकत भी बढ़ती है। जो लोग हाई ब्लड प्रेशर की समस्या से जूझ रहे हैं, उनके लिए भ्रामरी प्राणायाम काफी फायदेमंद साबित हो सकता है। यह अभ्यास दिमाग को ठंडक पहुंचाता है और नसों के तनाव को कम करता है, जिससे ब्लड प्रेशर धीरे-धीरे संतुलित होने लगता है। जब मन शांत होता है तो शरीर बेहतर काम करने लगता है। अगर आपको माइग्रेन की शिकायत रहती है, तो भ्रामरी प्राणायाम इसमें काफी राहत दे सकता है। यह अभ्यास दिमाग की नसों को शांत करता है और सिर में होने वाले तेज दर्द को कम करने में मदद करता है। जब आप



मधुमक्खी जैसी आवाज के साथ सांस छोड़ते हैं, तो उसका असर सीधा दिमाग पर होता है और माइग्रेन का दर्द धीरे-धीरे कम होने लगता है।

रोजाना कुछ मिनट का अभ्यास आपके सिरदर्द की समस्या को काफी हद तक कंट्रोल में ला सकता है। अगर आपका मन पढ़ाई या किसी काम में जल्दी भटक जाता है, तो प्राणायाम का अभ्यास आपके बहुत काम आ सकता है। इसे करने से ध्यान केंद्रित करने की ताकत बढ़ती है। खासतौर पर बच्चों और छात्रों के लिए यह बहुत फायदेमंद है। इससे याद रखने की शक्ति भी बेहतर होती है। भ्रामरी प्राणायाम करने के लिए सबसे पहले किसी शांति वाली जगह पर आराम से बैठ जाएं। फिर आंखें बंद कर लें और दोनों हाथों की उंगलियों से हल्के से कान और आंखों को ढक लें। अब मुंह बंद रखते हुए नाक से धीरे-धीरे सांस लें और छोड़ें। जब सांस छोड़े तो हल्की मधुमक्खी की तरह एक भनभनाहट की आवाज करें। ऐसा करने से दिमाग में एक हल्का सा कंपन महसूस होता है, जो मानसिक शांति और ध्यान बढ़ाने में मदद करता है।

Hari Bhoomi • 26 Jun • Ministry of Ayush
Desh ke pratishtit 3 university se eksath MoU sign kiya

10 • PG

147 • Sqcm

88243 • AVE

345.96K • Cir

Middle Center

Delhi

देश के प्रतिष्ठित तीन विश्वविद्यालयों से एकसाथ एमओयू हस्ताक्षरित

हरिद्वार। पतंजलि विश्वविद्यालय, पतंजलि अनुसंधान संस्थान एवं देश के तीन प्रतिष्ठित विश्वविद्यालयों के साथ शिक्षा, चिकित्सा, योग, आयुर्वेद, कौशल विकास, भारतीय ज्ञान परम्परा एवं अन्य क्षेत्रों में परस्पर सहयोग हेतु बुधवार को एमओयू साइन किया



गया। इस अवसर पर प्रो. इंद्र प्रसाद त्रिपाठी, कुलगुरु, राजाशंकर शाह विश्वविद्यालय, छिंदवाड़ा, मध्य प्रदेश, डॉ. संजय तिवारी, कुलगुरु, हेमचंद यादव विश्वविद्यालय, दुर्ग, छत्तीसगढ़ एवं प्रो. भरत मिश्रा, कुलगुरु, महात्मा गांधी चित्रकूट ग्रामोदय विश्वविद्यालय, चित्रकूट, मध्य प्रदेश की उपस्थिति रही। सभी विद्वजनों ने पतंजलि में हो रहे राष्ट्र निर्माण के कार्यों की प्रशंसा की। इस अवसर पर पतंजलि विश्वविद्यालय के कुलगुरु डॉ. आचार्य बालकृष्ण ने पतंजलि द्वारा किए जा रहे इतिहास लेखन, वनस्पति शास्त्र लेखन, निदान ग्रन्थ, विश्व भेषज संहिता सहित अन्य शास्त्रों के विषय में विस्तार पूर्वक बताया। उन्होंने कहा कि ऋषि क्रांति, योग क्रांति तथा शिक्षा क्रांति का यह सफ़र देश के लाखों लोगो को इसी प्रकार लाभान्वित करता रहेगा ऐसा हमे पूर्ण विश्वास है।

Andhra Prabha • 26 Jun • Ministry of Ayush
Yoga is part of Indian culture

18 • PG

600 • Sqcm

244815 • AVE

308K • Cir

Middle Left

Hyderabad

భారతీయ సంస్కృతిలో భాగం యోగ

వివేక్ నగర్, జూన్ 25

(ఆంధ్రప్రభ): అంతర్జాతీయ యోగా దినోత్సవాన్ని పురస్కరించుకుని యోగ గురువుల సహకారంతో పలువురు బాలబాలికలు వారి నాన్నమ్మలు, తాతలతో యోగా చేయించారు. తెలంగాణా స్త్రీ సేవా సంస్థ ఆధ్వర్యంలో హెరిటేజ్ ఫౌండేషన్ సహకారంతో సంస్థ ఆవరణలో జరిగిన యోగా కార్యక్రమంలో సంస్థ అధ్యక్షురాలు డాక్టర్ గురజాడ శోభాపేరిందేవి మాట్లాడుతూ... ఆరోగ్యం బాగుండేలా, ఆయుర్దాయం పెరిగేలా చేసే యోగా భారతీయ సంస్కృతి లో భాగమని, ప్రతిరోజూ మూడు తరాల వారూ యోగా చేస్తూ అటు సంస్కృతిని ఇటు ఆరోగ్యాన్ని కాపాడుకోవాలని పిలుపు ఇచ్చిన భారత ప్రధాని మాటలు అనుసరించాలన్నారు. హెరిటేజ్ ఫౌండేషన్ డైరెక్టర్ ప్రభాకర్ రెడ్డి మాట్లాడుతూ... 1994 వ సంవత్సరం నుండి తమ సంస్థ వృద్ధుల ఉన్నతి కోసం విశేషంగా కృషిచేస్తూ, మూడు తరాలని కలిపే విభిన్న, విశేష కార్యక్రమాలు నిర్వహిస్తోందని తాత, నాన్నమ్మ వ్యాయామం చేస్తూ పిల్లలు మనవలతో కూడా చేయించడం అత్యవసరమని ప్రపంచ దేశాల్లో ప్రజలు ఆ దిశగా అనుసరించాలని పిలుపునిచ్చారు. ఈ కార్యక్రమంలో తెలంగాణా స్త్రీ సేవా సంస్థ సభ్యులు అర్చన, విశాలాక్షి మీనాకుమారి పాల్గొన్నారు.



కార్యక్రమంలో పాల్గొన్న అతిథులు, నిర్వాహకులు

Bhaanga Bhui • 26 Jun • Ministry of Ayush

Students should be aware of drug addiction and move in the right direction:
Sunita Sawant

5 • PG

774 • Sqcm

0 • AVE

N/A • Cir

Top Left

Goa

विद्यार्थ्यांनी ड्रग्स वेसनाची जाणविकाय करून योग्य दिशेन वचचें : सुनीता सावंत

■ भांगरभूंय | प्रतिनिधी

पणजी : विद्यार्थ्यांनी ड्रग्स वेसनाची जाणविकाय करून सदांच योग्य दिकेन मार्गदर्शन मेळोवपाक जाय अशें पुलीस अधीक्षक सुनीता सावंत हांणी सांगलें. कॅम्पसांतल्या बेकायदेशीर कार्यावळी कडेन दोळे आनी कान उक्ते दवरून पालकांक वा जबाबदारांक कळोवचें अशें तिणें सांगलें. योग्य दिकेन वचपाक जाणकारांचें मार्गदर्शन घेवपाक जाय, अशें तिणें सांगलें.

भारतीय रेड क्रॉस सोसायटी गोंय हांणी पणजेच्या नगरपालिका इमारतींत आशिल्ल्या तांच्या कार्यालयाच्या आवारांत आंतरराष्ट्रीय ड्रग दुरुपयोग आनी बेकायदेशीर वेव्हारा आड पणजे भितरल्या आनी भोंवतणच्या शाळांच्या ज्युनियर रेड क्रॉस आनी युथ रेड क्रॉसाच्या विद्यार्थ्यांक सांगलें. अधीक्षक सुनीता सावंत हांणी समाजांत ड्रग्सचो वापर आडावपाची

विद्यार्थ्यांक ड्रग्स वेसना विशीं मार्गदर्शन



विद्यार्थ्यांक मार्गदर्शन करतना पुलीस अधीक्षक सुनीता सावंत. कुशीक जॉन आगियार, गौरीश धोंड आनी हेर मानेस्त.

गरज सांगली. आनी घुवळें वखदां प्रकरणांचो कायदेशीर परिणामूय सांगलो. आमच्या समाजांत घुवळें

वखदाचो वापर आडावपा खातीर विद्यार्थ्यांक कार्यावळींनी वांटो घेवपाक तिणें प्रेरित केलें आनी फुडें लोकांक

ड्रग्स टाळपाचें आवाहन केलें.

भारतीय रेड क्रॉस सोसायटीचे अध्यक्ष गौरीश धोंड हांणी भलायकेन

भरिल्ल्या, ड्रग्स मुक्त समाजाचें काम फुडें व्हरप, ड्रग्स दुरुपयोगाचेर उपाय काडप आनी आडावपाची समाजाची सामुहीक जापसालदारकी आसा म्हूण सांगलें. पुलीस खात्यांतल्या बऱ्या वावराक लागून पुलीस अधीक्षक सुनीता सावंत हांच्या वावराची तांणी तोखणाय केली. हाचे आदीं इंडियन रेड क्रॉस सोसायटी गोंयचे सरचिटणीस जॉन आगियार हांणी पुलीस अधीक्षकाची वळख करून दिली आनी ती एक धाडसी अधिकारी अशें सांगलें. घुवळें वखदांचो व्यक्ती आनी समाजाचेर जावपी हानीकारक परिणामांक लागून सगळेकडेन शाप मानतात अशें तांणे सांगलें. ह्या वायट वेसनाच्या स्वरुपाक लागून भलायकेचे त्रास, समाजीक व्यत्यय आनी अर्थीक ताण व्यापक जाता. वेवस्थापकीय समितीचे वांगडी सलीम इसानी हांणी उपकार मानलें.

Bhaanga Bhuin • 26 Jun • Ministry of Ayush
Yoga Day on behalf of Divchal Bal Bhawan kendra

5 • PG

253 • Sqcm

0 • AVE

N/A • Cir

Middle Left

Goa



विषययोग दीस कार्यावळींत बालभवन दिवचल केंद्राचे विद्यार्थी.

दिवचल बाल भवन केंद्रा वतीन योग दीस

■ भांगरभूंय | प्रतिनिधी

दिवचल : बाल भवन केंद्र दिवचलच्या भुरग्यांनी आंतरराष्ट्रीय योग दीस आनी विश्व संगीत दीस 21 जूनाक दिवचले बाल भवन केंद्रांत मनयलो. नृत्य प्रशिक्षक गुरुदास गांवकार हांणी योग शिबिरा खातीर मार्गदर्शन केलें. बाल भवनांत शिकपी वट्ट 35 भुरग्यांक आनी सगल्या शिक्षकांक ह्या शिबिरांत वांटो घेतिल्लो.

तशेंच विश्व संगीत दिसा निमतान

सायली गांवकार, लिशा सावंत, साईशा एकावडे, सई होबळे आनी मिहिका सारंग ह्या भुरग्यांनी नाट्यसंगीत पदां सादर केली. तशेंच सगल्या भुरग्यांनी हार्मोनीयम प्रशिक्षिका रोशन राऊत आनी तबलो प्रशिक्षक अजिंक्य देसाय हांच्या मार्गदर्शना खाला एक बालगीत सादर केलें. कार्यावळचें सुत्रसंचालन ध्वनी परब हांणी केलें. आर्या चणेकार हांणी उपकार मानलें. कार्यावळीचें आयोजन, केंद्र मुखेली शालिनी गोवींद नायक हांणी केलें.

Bhaanga Bhuin • 26 Jun • Ministry of Ayush
Yoga Day was celebrated at Parya Sri Bhumika High School

5 • PG

286 • Sqcm

0 • AVE

N/A • Cir

Middle Left

Goa

पर्या श्री भुमिका हायस्कूलांत योग दीस मनयलो

■ भांगरभूंय | प्रतिनिधी

केरी-सत्तरी : श्री भुमिका शिक्षण संस्था संचालीत श्री भुमिका हायस्कूल पर्ये-सत्तरी हांचे वतीन संवसारीक योग दीस व्हडा उमेदीन मनयलो. दिवली पेटोवन कार्यावळीची सुरवात जाली. शाळेचे वेवस्थापक शंकर च्यारी हांचे समायोजीत उलोवप जालें. तांणी विद्यार्थ्यांच्या जडण घडणींत योग आनी व्यायामाचें म्हत्वाचेर विवेचन केलें. उपरांत योग समितीचे वांगडी अश्विनी मंजू हांणी योग, प्राणायाम आनी आसन हांचेर विद्यार्थ्यांक मार्गदर्शन केलें. प्रात्यक्षिके करून घेतली. ह्या वेळार मुख्याध्यापक दिवाकर पोसनायक



पर्ये भुमिका हायस्कूलांत योग दीस कार्यावळींत योग करतना विद्यार्थी.
(राघोबा पेडणेंकार)

हाजीर आशिल्लें. कार्यावळ येसस्वी करपा खातीर खेळा शिक्षक आनंद गांवकार, उत्तम राणे, देमू गावडे

आनी मनष गांवस हांचे सहकार्य लाबले. देमू गावडे हांणी कार्यावळीचें सुत्रसंचालन केलें.

Goan Varta • 26 Jun • Ministry of Ayush
Yoga by Margao Fire Department

5 • PG

191 • Sqcm

14299 • AVE

225K • Cir

Bottom Center

Goa



मडगाव अग्निशामक दलाकडून योगा



मडगाव येथील अग्निशामक दलाच्या अधिकारी व कर्मचाऱ्यांकडून जागतिक योग दिन साजरा करण्यात आला. यावेळी सुमारे ५० कर्मचाऱ्यांनी पतंजली योगपीठाच्या प्रशिक्षकांच्या मार्गदर्शनाखाली योगासने केली.

Dainik Herald • 26 Jun • Ministry of Ayush
Yoga Day celebrated at Mopa Government Upper Primary School

2 • PG

128 • Sqcm

25941 • AVE

140K • Cir

Middle Right

Goa

मोपा सरकारी उच्च प्राथमिक विद्यालयात योगदिन साजरा



■ टीम दैनिक हेराल्ड

पेडणे, दि. २३: योग म्हणजे आपले तन मन निरोगी ठेवण्याचा सरळ व सोपा मार्ग. यासाठी नियमित योगसाधना आवश्यक आहे असे मत मोपा सरकारी उच्च प्राथमिक शाळेचे मुख्याध्यापक महेश कशालकर यांनी व्यक्त केले.

मोपा सरकारी उच्च प्राथमिक विद्यालयात योगदिन मोठ्या उत्साहात साजरा करण्यात आला. यावेळी व्यासपीठावर प्रमुख पाहुणे शाळेचे मुख्याध्यापक महेश चंद्रकांत कशालकर, शिक्षक संदीप असोलकर, गीता नागवेकर, संजना शेट्टे, सोनल नावेलकर, प्रिया असोलकर, शितल महाले, पुजा नाईक, श्रद्धा ठाकुर, सुश्रिता शेलार आदी मान्यवर उपस्थित होते.

प्रथम उपस्थित मान्यवरांनी सरस्वतीच्या प्रतिमेची पुजा केली.

क्रीडा शिक्षिका श्रद्धा ठाकुर यांनी योगदिनबद्दल माहिती दिली. ओंकार परब्र याने आपले विचार मांडले. दिया परब, पलक सार्वत, अनन्मा नाईक, एकंशा नाईक, पूर्वी राऊळ, आरध्या नाईक या विद्यार्थ्यांनी योग प्रार्थना सादर केली. तसेच क्रीडा शिक्षिका श्रद्धा ठाकुर यांच्या मार्गदर्शनाखाली पूर्वी राऊळ व अनन्मा नाईक यांनी विविध योगासनाची प्रात्यक्षिके करून दाखविली. यात ताडासन, वज्रासन, वृक्षासन, गजाननासन, गोमुखासन भुजंगासन यासारख्या आसनांची योग्य पद्धतीने मांडणी करून प्रात्यक्षिके दाखविण्यात आली. शाळेचे सर्व विद्यार्थी, पालक व शिक्षकांनी मोठ्या उत्साहाने योगासनात सहभाग दर्शविला. कार्यक्रमाचे सूत्रसंचालन शिक्षक संदीप असोलकर व आभार सुश्रिता शेलार यांनी केले.

Dainik Herald • 26 Jun • Ministry of Ayush
Yoga Day celebrated at Shri Bhumika High School

2 • PG

85 • Sqcm

17310 • AVE

140K • Cir

Top Right

Goa

श्री भूमिका हायस्कूल पर्यंत योग दिवस साजरा



टीम दैनिक हेराल्ड

सांखळी, दि. २५ : श्री भूमिका शिक्षण संस्था संचालित श्री भूमिका हायस्कूल पर्यंत-सत्तरी यांच्यातर्फे राष्ट्रीय योग दिवस मोठ्या उत्साहात साजरा करण्यात आला. दीप प्रज्वलनाने कार्यक्रमाची सुरुवात झाली. शाळेचे व्यवस्थापक शंकर च्यारी यांचे समायोजित भाषण झाले. त्यांनी विद्यार्थ्यांच्या जडणघडणीत योग व

व्यायामाचे महत्त्व याच्यावर सुंदर विवेचन केले. त्यानंतर योग समिती यांच्या सदस्य अश्विनी मंजू यांनी योग, प्राणायाम आणि आसन यांच्यावर विद्यार्थ्यांना मार्गदर्शन केले व प्रात्यक्षिके करून घेतली. यावेळी मुख्याध्यापक श्री दिवाकर पोसनईक हेही उपस्थित होते. कार्यक्रम यशस्वी करण्यात क्रीडा शिक्षक आनंद गावकर, उत्तम राणे, देमू गावडे व मनेष गावस यांचे सहकार्य लाभले.

Samachar Jagat • 26 Jun • Ministry of Ayush
Garudasana keeps you fit and stress free, know its benefits

4 • PG

197 • Sqcm

171686 • AVE

1.11M • Cir

Top Right

Jaipur

फिट और तनाव मुक्त रखता है गरुडासन, जानें इसके लाभ

शरीर और मन दोनों को स्वस्थ रखने के लिए योग बहुत ही आसान और लाभकारी तरीका है। शरीर के हर हिस्से के लिए अलग-अलग योगासन होते हैं। रोज थोड़ा समय योग के लिए निकालने से न सिर्फ शरीर मजबूत होता है बल्कि दर्द, थकान, तनाव और बीमारी में भी आराम मिलता है। यह दवाइयों से बचने का एक अच्छा तरीका है। बच्चे, बड़े और बुजुर्ग सभी योग कर सकते हैं। ऐसा ही एक आसन है- गरुडासन। इस आसन का नाम पौराणिक कथाओं में पक्षियों के राजा नाम से विख्यात 'गरुड़' पर रखा गया है, गरुड़ यानी चील। इस आसन को करते समय चील की मुद्रा अपनानी पड़ती है, इसलिए इस आसन को गरुडासन कहते हैं। अंग्रेजी में इसे ईगल पोज कहा जाता है। चलिए आपको योग प्रशिक्षक अंशुका परवानी के मुताबिक, इसे करने का सही तरीका और फायदे से रूबरू कराते हैं। बता दें कि अंशुका परवानी कई बॉलीवुड सितारों को योगा सिखाती हैं। वह करीना कपूर, दीपिका पादुकोण, रकुल प्रीत सिंह, आलिया भट्ट, अनन्या पांडे और कई अन्य सेलेब्स की ट्रेनर हैं। योग प्रशिक्षक अंशुका परवानी के



मुताबिक, गरुडासन को करने के लिए पहले आप ताड़ासन मुद्रा में आराम से खड़े हो जाएं। इस दौरान आप सामान्य रूप से सांस लेते रहें। अब अपने घुटनों को थोड़ा मोड़ें और दोनों हाथों को सामने की ओर लाएं। अब पूरे शरीर का संतुलन दाएं पैर पर ले और बाएं पैर को ऊपर की ओर उठाएं। इसके बाद बाएं पैर को दाईं टांग के आगे से घूमाते हुए पीछे की ओर ले जाएं। इस स्थिति में बाईं जंघा, दाईं जंघा के ऊपर रहेगी। इसके बाद आपको दोनों बाजुओं को कोहनी से मोड़ते हुए क्रॉस करना है। इस दौरान बाईं बाजू को दाईं बाजू के ऊपर रखना है। फिर आपको दोनों हथेलियों को नमस्कार मुद्रा में लाने की कोशिश करनी है। जब तक संभव हो इस मुद्रा में रहें और धीरे-धीरे अपनी प्रारंभिक स्थिति में आ जाएं। इस तरह गरुडासन के तीन से पांच चक्र

किए जा सकते हैं लेकिन यह बात ध्यान रहे कि अगर आप लो ब्लड प्रेशर के मरीज हैं या फिर किसी को घुटनों में चोट है या भयंकर दर्द है, उस स्थिति में इस आसन को न करें।

गरुडासन बाजुओं की मांसपेशियों को मजबूत करता है और लचीलेपन को बढ़ाता है। इसके अभ्यास से शरीर के ऊपरी हिस्से, जैसे गर्दन, कंधों और पीठ के दर्द से राहत मिलती है और तनाव भी दूर होता है। इससे संतुलन और स्थिरता में मदद मिलती है और ध्यान और मानसिक एकाग्रता में सुधार होता है। यही नहीं, इस आसन से शरीर का ब्लड सर्कुलेशन बेहतर होता है। यूरिन संबंधी समस्याओं से निजात दिलाने में यह आसन मददगार है। पुरुषों के लिए यह आसन लाभकारी है, यह प्रजनन अंगों के लिए भी फायदेमंद है।

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	MSN Hindi	डॉ. मोहन यादव के कार्यकाल में MPPSC ने 3,756 पदों पर की भर्ती, 5,317 पदों पर प्र...	733.9M
2.	Dainik Bhaskar	पीएससी आने वाले महीनों में भरेगी 5562 पद: डेढ़ साल में 3756 पदों पर दी नियुक्ति,...	66.5M
3.	Dainik Bhaskar	कैंप: 330 ग्रामीणों का स्वास्थ्य परीक्षण किया	66.5M
4.	हिन्दुस्तान(Live Hindustan)	कार्यशाला में अश्वगंधा की खेती के लिए किया प्रेरित	64.8M
5.	हिन्दुस्तान(Live Hindustan)	आयुध निर्माणी के कर्मियों ने सीखा योग से खुश रहने का तरीका	64.8M
6.	अमर उजाला (Amar ujala)	Sirmour News: तनावमुक्त रहने के लिए अधिकारियों और कर्मचारियों ने किए योगासन	63.8M
7.	Ndtv	मोटापा घटाने से लेकर तनाव कम करने तक में मददगार है ये धनुरासन	50.6M
8.	News18	वजन घटाने के लिए सब कुछ करके थक गए हैं? कुछ दिन धनुरासन कर देखिए, जबरदस्त असर हो...	43.6M
9.	Zee News Hindi	मोटापा से लेकर स्ट्रेस का एक ही इलाज, धनुरासन से छुमंतर हो जाएगी सारी बीमारियां	31.9M
10.	Dailyhunt	7000 Muscovites and tourists took part in International Yoga Day at VDNH 3hr	18.6M
11.	Dailyhunt	RTI query on medicine integration draws blank: Niti Aayog withholds panel report	18.6M
12.	Patrika	एमपीपीएससी का बंपर भर्ती अभियान, 5562 पदों के लिए निकाले विज्ञापन, 72 डिप्टी कले...	14M
13.	ThePrint	7000 Muscovites and tourists took part in International Yoga Day at VDNH	11.3M
14.	MP Breaking News	MPPSC : 2023 से अबतक मप्र लोकसेवा आयोग ने की 3756 पदों पर भर्ती, 5317 पदों के लि...	11.3M
15.	Times Now Hindi	भ्रामरी प्राणायाम से करें दिन की शुरुआत, नींद की समस्या, तनाव से लेकर माइग्रेन त...	8.6M
16.	Latestly	Business News 7000 Muscovites and Tourists Took Part in International Yoga D ay...	7.8M
17.	The Tribune India	7000 Muscovites and tourists took part in International Yoga Day at VDNH	7M
18.	The Tribune India	KBDV Senior Secondary School, Chandigarh, celebrates International Day of Yo ga	7M
19.	The Telegraph India	RTI query on medicine integration draws blank: Niti Aayog withholds panel report	6.6M
20.	ThePrint	डॉ. मोहन यादव के कार्यकाल में MPPSC ने 3,756 पदों पर की भर्ती, 5,317 पदों पर प्र...	483.1K
21.	Khas Khabar	धनुरासन : मोटापा घटाने में कारगर, तनाव भी करता छुमंतर	466.4K
22.	Lokmattimes.com	7000 Muscovites and tourists took part in International Yoga Day at VDNH	343.8K
23.	NagalandPost	H&FW minister announces mega projects for Zunheboto district	315.4K
24.	The Morung Express	Minister Paiwang announces healthcare projects for Zunheboto	268.3K
25.	Samachar Nama	धनुरासन : मोटापा घटाने में कारगर, तनाव भी करता छुमंतर	195.8K
26.	Swadesh News	मप्र लोकसेवा आयोग में 5,317 पदों पर भर्ती प्रक्रिया जारी: आयोग का दावा डेढ़ साल ...	93.2K

27.	WebIndia123	7000 Muscovites and tourists took part in International Yoga Day at VDNH	61.9K
28.	Sangri Today	7000 Muscovites and tourists took part in International Yoga Day at VDNH	58.5K
29.	UP18 news	7000 Muscovites and tourists took part in International Yoga Day at VDNH	35.1K
30.	Indian Economic Observer	7000 Muscovites and tourists took part in International Yoga Day at VDNH	16.1K
31.	Vande Bharat Live Tv News	योग शिक्षक श्री. संजय श्रावण खोंडे, नागपुर को " योग रत्न " सम्मान से नवाजा गया...	N/A
32.	मारुति वाणी	पीएनबी ने मनाया वैश्विक एकता और पर्यावरणीय कल्याण पर केंद्रित 11वां अंतर्राष्ट्र...	N/A
33.	MintMoney	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
34.	News9Network	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
35.	Business Point	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
36.	Nagaland Tribune	Health minister holds review meeting at Hezukhu Memorial District Hospital Zunhe ...	N/A
37.	Eastern Mirror	Paiwang Konyak announces multiple health projects for Zunheboto	N/A
38.	Digi Newz India	वजन घटाने के लिए सब कुछ करके थक गए हैं? कुछ दिन धनुरासन कर देखिए, जबरदस्त असर हो...	N/A
39.	Central Herald	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
40.	Gujarat Samachar	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
41.	Chhattisgarh Today	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
42.	Kolkata Sun	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
43.	South India News	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
44.	Global Maharashtra Breaking News	दीपिका आंबेकर यांना 'योगरत्न' पुरस्कार प्रदान...!	N/A
45.	Rajasthan Ki Khabar	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
46.	Himachal Patrika	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
47.	prativad	मुख्यमंत्री डॉ. यादव के कार्यकाल में मध्यप्रदेश लोकसेवा आयोग ने की 3,756 पदों पर...	N/A
48.	Jharkhandtimes	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
49.	Maldives Star Plus	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
50.	US World Today	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
51.	San Francisco Star	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
52.	Birminghamall News Network	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
53.	Indore Pioneer	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A

54.	Middle East Times	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
55.	East Asiaall News Portal	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
56.	Srilanka Island News	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
57.	France Network Times	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
58.	Wisconsin journal	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
59.	Buffalo Despatch	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
60.	Maverick News3	During CM Dr. Yadav"s Tenure Madhya Pradesh Public Service Commission Recruits ...	N/A
61.	Gujarat Varta	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
62.	The Evening Post	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
63.	Mumbai News	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
64.	AnyTV News	Dhanurasana: Effective in reducing obesity, stress also disappears	N/A
65.	Live Jabalpur	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
66.	Rajasthan Express	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
67.	Madhya Pradesh Mirror	Madhya Pradesh Mirror	N/A
68.	New India	डेढ़ वर्ष के दौरान 3756 पदों पर भर्ती	N/A
69.	Allahabad Post	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
70.	Khamma Ghani Rajasthan	Khamma Ghani Rajasthan	N/A
71.	MP News Line	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
72.	Rajasthan Mirror	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
73.	MP Guardian	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
74.	Kashmir Breaking News	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
75.	Prakhar Jagran	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
76.	Nagpur News Today	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
77.	Karnataka Live	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
78.	Vanakkam Tamil Nadu	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
79.	Delhi News Now	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
80.	Tender Detail	Providing & Supplying Codlmix Bags For Patchwork In Bopal Ghuma Area Swz, A h...	N/A
81.	Andhra Pradesh Mirror	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A

82.	Up Patrika	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
83.	North East Times	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
84.	Live Mumbai	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
85.	Nashik 24	Nashik 24	N/A
86.	Bihar Times	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
87.	Jodhpur Reporter	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
88.	Kashmir Newsline	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
89.	Deccan Express	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
90.	Netindia123	7000 Muscovites and tourists took part i...	N/A
91.	India's News	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
92.	Prevalent India	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
93.	Bizz Sight	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
94.	Satta Express	SattaExpress	N/A
95.	Delhi live news	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
96.	Delhi News Watch	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
97.	The Capital News	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
98.	Bihar 24x7	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
99.	Rajasthan Journal	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
100.	Maharashtra Samachar	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
101.	Punjab Live	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
102.	Maharashtra 24x7	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
103.	Your Bangalore	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
104.	New Delhi News	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
105.	Odisha Post	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
106.	Haryana Today	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
107.	West Bengal Khabar	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
108.	Telangana Journal	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
109.	Indian News Network	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
110.	Punjabkesari	मुख्यमंत्री मोहन यादव के कार्यकाल में मध्यप्रदेश लोकसेवा आयोग ने की 3,756 पदों प...	N/A

111.	State News Service	टिनमिनि में विकास खण्ड स्तरीय आयुष मेला 26 जून को	N/A
112.	Young Bharat News	Yoga Benefits: धनुरासन से मोटापा घटाने में कारगर, तनाव भी करता झूमंतर	N/A
113.	BizWire Express	Group 108 Organizes - International Yoga Day Glows at Walkway 108	N/A
114.	Janpatra News	मुख्यमंत्री डॉ. यादव के कार्यकाल में मध्यप्रदेश लोकसेवा आयोग ने की 3,756 पदों पर...	N/A
115.	Firstpage News	मुख्यमंत्री डॉ. यादव के कार्यकाल में मध्यप्रदेश लोकसेवा आयोग ने की 3,756 पदों पर...	N/A
116.	Udaipur Kiran	मुख्यमंत्री डॉ. यादव के कार्यकाल में मप्र लोकसेवा आयोग ने की 3,756 पदों पर भर्ती	N/A
117.	Prime24	"होम्योपैथी स्वास्थ्य कल्याण केंद्र" में अब भर्ती होने की सुविधा रहेगी जोड़ों मे...	N/A
118.	Vishvatimes	धनुरासन: मोटापा घटाने में कारगर, तनाव भी करता झूमंतर	N/A
119.	Indias News	धनुरासन : मोटापा घटाने में कारगर, तनाव भी करता झूमंतर	N/A
120.	Khair News	धनुरासन : मोटापा घटाने में कारगर, तनाव भी करता झूमंतर	N/A
121.	TnhGlobal	7000 Muscovites and tourists took part in International Yoga Day in Moscow	N/A
122.	Sikkim Express	Empowering Women, Nurturing Children: Yoga for One Earth, One Health	N/A
123.	Chennai Online	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
124.	State News Service	भेलवाटिकरा में आयुष मेला 25 जून को	N/A
125.	Express Media Service	थायरॉयड, हृदय और दिमाग के लिए सर्वांगसन बेहद फायदेमंद	N/A
126.	Pulse Of India	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
127.	Talk 4 City	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
128.	Expressnews Asia	7000 Muscovites and tourists took part in International Yoga Day at VDNH	N/A
129.	Ezy Travel Hub	Over 7,000 Join International Yoga Day Celebrations in Moscow	N/A
130.	Lenden News	योगाचार्य मनीष जैन को अंतरराष्ट्रीय मंच पर मिला 'योग फॉर ऑल' में विशिष्ट सम्मान	N/A
131.	Sangritimes	IIHMR University Promotes "One Earth, One Health" on International Yoga Day 20...	N/A