



MINISTRY OF AYUSH COMPILED MEDIA REPORT
26 Jan, 2025 – 27 Jan, 2025

 **Total Mention 121**

 Print	Financial	Mainline	Regional	Periodical
6	N/A	5	N/A	1

 Online

115

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Pioneer	A UNION WITH THE SELF	Delhi	11
2.	The Pioneer	Spiritual Health and Architecture	Delhi	11
3.	The New Indian Express	TADASANA HINDOLASANA (STANDING CRADLE POSE)	Bengaluru	2
4.	The New Indian Express	TADASANA HINDOLASANA	Chennai	2
5.	The Morning Standard	Fit Bit	Delhi	2
6.	Mayapuri	Know 5 special things about Krishna Shroff on his birthday	National	64

The Pioneer • 27 Jan • Ministry of Ayush
A UNION WITH THE SELF

11 • PG

926 • Sqcm

2638337 • AVE

634.42K • Cir

Top Left

Delhi



A UNION WITH THE SELF



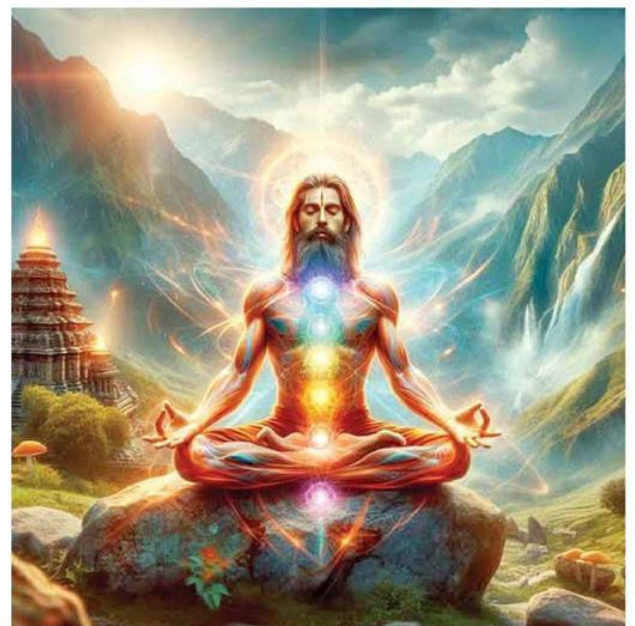
Yoga, as already mentioned before, means the union with the self. What often strikes when someone asks you how to be calm, naturally the answer is yoga, meditation, and sleep. *Shavasana* is also a yogic posture which is the most adorable yogic posture for many people, certainly because it gives you relaxation. When a kid is tired he finds solace and rest in his mother's arms, the same way yoga is connecting to the divine mother or father and taking refuge and rest. There are 5 different *vayus* (air) in the body and with certain yogic practices there is a serene harmony in all these air inside the body which allows all the functioning to the most optimum level. A simple exercise like *Surya Namaskara* helps in relieving physical tension in the muscles and is very effective for sinus allergies. Yoga does not mean only asanas, it includes *yama*, *niyama*, *dharna*, *dhyana*, *Samadhi*, etc. There are 8 limbs of yoga mentioned in the most ancient text referred to as yoga, the *Patanjali yoga sutras*. If there is any myth, definitely no myth can stay or live for ages, it is the truth. Human civilisation is based on yoga and its practices. Whenever there is chaos, the first thing people ask you to do is stay calm which never helps but with regular practice of yoga, it will be a natural habit of staying calm or being Mr cool in the midst of the most heated scenarios. It is said the more you have *pran urja* (vital force) the better quality of life and more stable the mind.

Yoga is a union with the self that promotes calm and harmony, says **YASH GUPTA**



To increase the *pran urja* there is only one and one solution known to mankind from the time it has existed and till eternity and that is yoga, there was and never will ever be a substitute for yoga. Yoga is not an extreme side, but rather it promotes balance in your overall aspects of life. Astrologically as well, the person on the path of yoga has very few effects of planetary positions on him/her. Yoga also means gratification, thankfulness to nature as it is nature that is keeping us alive. Practice gratification, communication (effective) and active listening is also part

of yoga. It is said a great person is not only the one who just listens but who hears and is being heard. Such is the magnanimity of the yoga principles. It starts with listening to the body. Does not matter your age, caste, religion, gender or wealth, the path of yoga is for everyone especially for those who want to stay happy and live longer. *Head stand* (*Shirshasana*) is known to be the queen of all asanas, because all the blood flow goes down but after doing *Shirshasana* for half a minute, the blood goes to brain and there is a significantly better movement of



YOGA MEANS THE UNION WITH THE SELF. WHAT OFTEN STRIKES WHEN SOMEONE ASKS YOU HOW TO BE CALM, NATURALLY THE ANSWER IS YOGA, MEDITATION, AND SLEEP

blood in the entire system (not recommended for those suffering with High blood pressure and women on their monthly cycles). Standing on both the feet and distributing all your body weight equally in both legs is also yoga, try it and your spine will be healthier. Yoga also removes the blockages from the energy centres thus resulting in an upward flow of the spiritual energy. Once you start listening to the body, the body will start radiating and responding to you, helping you achieve the goals and dreams which in turn makes you calm and it will turn into a vicious cycle of growth, happiness, health, prosperity and peace. — The author is an Art of Living faculty, meditation and mind coach and professional yoga trainer

The Pioneer • 27 Jan • Ministry of Ayush
Spiritual Health and Architecture

11 • PG

487 • Sqcm

1388709 • AVE

634.42K • Cir

Bottom Left

Delhi

Spiritual Health and Architecture



By ANURAAG BHARDWAJ

Spiritual health is a vital aspect of our overall well-being, influencing our sense of purpose, values, and connection to something greater than ourselves. Architecture plays a significant role in shaping our spiritual experiences, from the design of sacred spaces to the creation of environments that foster mindfulness and connection to nature.

SACRED SPACES

Sacred spaces, such as churches, mosques, synagogues, and temples, are designed to evoke feelings of awe, reverence, and spiritual connection. These spaces often incorporate elements like:

SYMBOLISM: Architectural features and artwork that convey spiritual themes and symbolism.

LIGHT: Natural and artificial light used to create an atmosphere of reverence and contemplation.

MATERIALS: Traditional materials like stone, wood, and stained glass that add to the spiritual ambiance.

These design elements can profoundly impact our spiritual experiences, creating a sense of connection to the divine, community, and tradition.



MINDFULNESS AND MEDITATION SPACES

Mindfulness and meditation spaces are designed to promote reflection, contemplation, and inner peace. These spaces often feature:

CALMING ENVIRONMENTS: Minimalist designs, soothing colors, and natural materials that promote relaxation.

ACOUSTIC DESIGN: Sound-absorbing materials and clever acoustic design to minimise distractions.

NATURAL LIGHT: Abundant natural light to create a sense of calm and connection to nature.

By incorporating these design elements, mindfulness and meditation spaces can help individuals cultivate a deeper sense of inner peace, clarity, and spiritual connection.



CONNECTION TO NATURE

Architecture can facilitate a deeper connection to the natural world, fostering a sense of spirituality and awe. This can be achieved through:

BIOPHILIC DESIGN: Incorporating natural elements, like plants, water features, and natural materials, into building design.

OUTDOOR SPACES: Creating outdoor spaces that encourage interaction with nature, such as gardens, courtyards, or rooftop green spaces.

SUSTAINABLE DESIGN: Designing buildings that minimise environmental impact, promoting a sense of stewardship and connection to the natural world.

By reconnecting us with nature, architecture can inspire a sense of wonder, gratitude, and spiritual connection to the world around us. Architecture has the power to profoundly impact our spiritual experiences, from the design of sacred spaces to the creation of environments that foster mindfulness, meditation, and connection to nature. By incorporating elements that promote spiritual growth, architects and designers can create spaces that nurture our souls, inspire our spirits, and connect us to something greater than ourselves.

— The author is an architect and is the founder of Anjaney Vastu & AB Architects

The New Indian Express • 27 Jan • Ministry of Ayush TADASANA HINDOLASANA (STANDING CRADLE POSE)

2 • PG

654 • Sqcm

653936 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

TADASANA HINDOLASANA (STANDING CRADLE POSE)

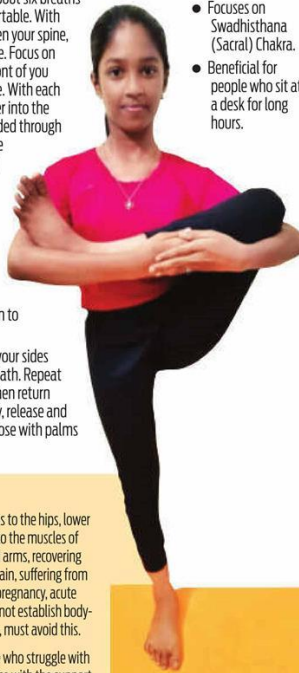
This is a graceful standing-balance variation of the seated-hip-opener, Hindolasana (Cradle Pose). Hence the name Tadasana Hindolasana. While both versions share similarities in their cradling motion, this variation elevates the challenge by incorporating balance and strength.

STEPS

- Begin in Tadasana (Mountain Pose). Stand tall and take a few deep breaths. Inhale, lift your left heel, balance on your toes, and place your hands on your hips. Shift your weight onto your right foot, grounding it firmly. Engage your quadriceps and glutes for stability. Exhale fully.
- Inhale again, bend your left knee, and draw it toward your chest, holding it with your hands. Hold your left ankle or shin with your left hand and gently guide your knee to the side. Cradle your left leg by placing your left foot in the right elbow crease, ensuring the arch rests comfortably. Wrap your right hand around the outer edge of your left leg/foot while supporting your left knee with your left hand. The bent knee should rest in the left elbow crease.
- Wrap your hands around your left shin, drawing the knee closer to the chest, toward the left armpit. Flex your left foot. Hold your palms together to create a secure lock. Maintain balance by pressing down through your right foot and engaging your right knee. Keep your shoulders relaxed and your chest open.
- Stand tall and hold the pose (Tadasana Hindolasana) for about six breaths or as long as comfortable. With each inhale, lengthen your spine, lifting from the base. Focus on a steady point in front of you to maintain balance. With each exhale, settle deeper into the pose, feeling grounded through your right foot while keeping your upper body light.
- Exhale, release your hands and leg, and lower your left foot to the ground, maintaining control as you return to Tadasana.
- Relax your arms by your sides and take a deep breath. Repeat on the other side, then return to Tadasana. Finally, release and relax in Mountain Pose with palms facing forward.

BENEFITS

- Helps tone the legs, focusing on building strength, stamina, and mental focus.
- Included in yoga for kids due to its simplicity yet a challenge, which can instantly engage children.
- Beneficial for individuals with flat feet or fallen arches.
- Stretches pelvic floor muscles, hamstrings, adductors (groin), thighs, calf muscles and gluteus maximus.
- Enhances flexibility of the lower body.
- Focuses on Swadhisthana (Sacral) Chakra.
- Beneficial for people who sit at a desk for long hours.



LIMITATIONS

- People with injuries to the hips, lower back, or knees, or to the muscles of the legs, back, and arms, recovering from abdominal pain, suffering from piles, coccydynia, pregnancy, acute osteoarthritis, cannot establish body-breath connection, must avoid this.
- Beginners or those who struggle with balance can practise with the support of a wall or chair.

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

The New Indian Express • 27 Jan • Ministry of Ayush

TADASANA HINDOLASANA

2 • PG

707 • Sqcm

932971 • AVE

246.4K • Cir

Top Center

Chennai

FITBIT

TADASANA HINDOLASANA

(STANDING CRADLE POSE)

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

The Morning Standard • 27 Jan • Ministry of Ayush

Fit Bit

2 • PG

621 • Sqcm

298196 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

TADASANA HINDOLASANA (STANDING CRADLE POSE)

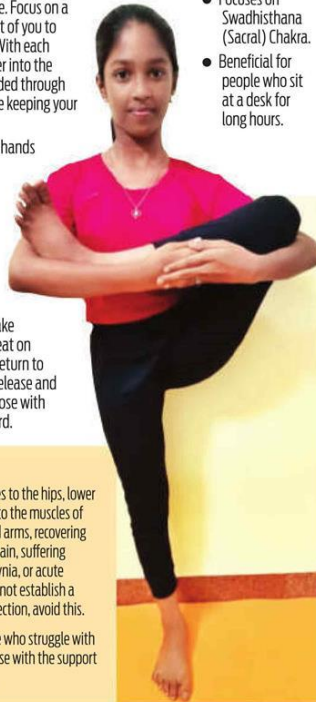
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Mayapuri • 27 Jan • Ministry of Ayush
Know 5 special things about Krishna Shroff on his birthday

64 • PG

527 • Sqcm

49512 • AVE

375K • Cir

Inside Page (Magazine only)

National

मायापुरी



Krishna Shroff के जन्मदिन पर जानें उनके बारे में 5 खास बातें

मायापुरी डेस्क

खतरों के खिलाड़ी का फर्स्ट रनर-अप

कृष्णा श्रॉफ, जो अपनी फिटनेस यात्रा, एंटरप्रेन्योरशिप पहलों और निडर दृष्टिकोण के लिए जानी जाती हैं, भारत और दुनियाभर में लोगों को प्रेरित करती हैं। यहां हैं पांच बातें जो आपको कृष्णा श्रॉफ के बारे में जाननी चाहिए।

एमएमए उद्यमी को बढ़ावा देने वाली एकमात्र महिला
कृष्णा श्रॉफ दुनिया की एकमात्र महिला एंटरप्रेन्योर हैं जो मिश्रित मार्शल आर्ट (एमएमए) को बढ़ावा देने के लिए समर्पित हैं। वह देश और विदेश में इस खेल को बढ़ावा देने के लिए महिलाओं को कॉम्बैट स्पोर्ट्स में बाधाएं तोड़ने के लिए प्रोत्साहित कर रही हैं।

खतरों के खिलाड़ी में उनके अभिनय ने उनके साहसी स्वभाव को साबित कर दिया क्योंकि वह फर्स्ट रनर-अप के रूप में उपविजेता बनीं। कृष्णा ने अपने डर और चुनौतियों का सामना दृढ़ संकल्प के साथ किया, और अपनी बहादुरी के लिए सम्मान अर्जित किया।

बीच बेबी

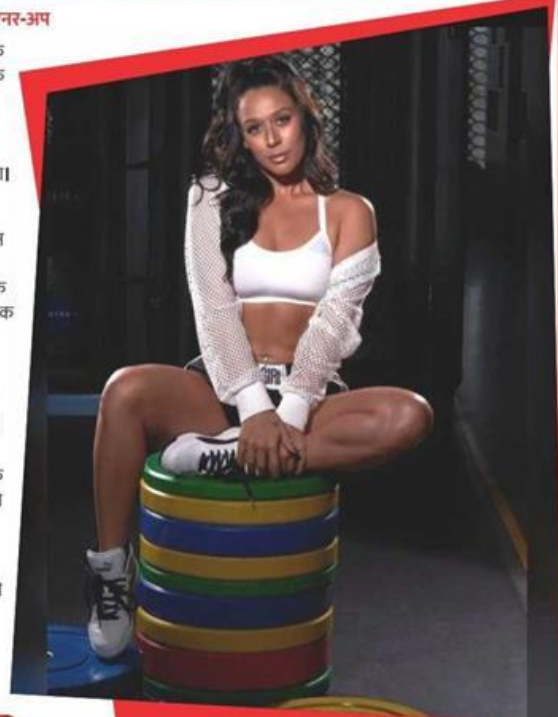
कृष्णा समुद्र किनारे की आरामदायक जीवन शैली को अपनाती हैं। चाहे बीच पर छुट्टियां मनाना हो या धूप में बाहर जाना, समुद्र तट के प्रति उनका प्यार उनके शांत व्यक्तित्व का एक महत्वपूर्ण हिस्सा है।

फिटनेस उत्साही

कृष्णा के लिए फिटनेस एक जुनून से कहीं बढ़कर है; यह एक ऐसी जीवनशैली है जिसे वह दूसरों को बढ़ावा देती हैं। उनके रूटीन और वेलनेस फिलॉसफी लोगों को शारीरिक शक्ति और मानसिक स्वास्थ्य दोनों पर ध्यान केंद्रित करने के लिए प्रेरित करता है।

एंटरप्रेन्योरशिप की भावना

फिटनेस से परे, कृष्णा ने एंटरप्रेन्योरशिप की दुनिया में भी सफलतापूर्वक कदम रखा है, फिटनेस से संबंधित उत्पादों को बढ़ावा दिया है और अपनी खुद की ब्रांड बनाई है।



64

Mayapuri Digital Edition 253

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	MSN Hindi	Retirement Age Hike 2025 Latest News: गणतंत्र दिवस पर आई सरकारी कर्मचारियों के ल...	733.9M
2.	Hindustan Times	76th Republic Day Celebrated with Grandeur in Gurugram	124.6M
3.	Hindustan Times	HC clears way for appointment of 120 staff nurses in Ayurvedic med colleges	124.6M
4.	Dainik Bhaskar	भोपाल में राज्यपाल, इंदौर में CM फहराएंगे तिरंगा: पुलिस बैंड बजाएगा जन गण मन की ...	66.5M
5.	हिन्दुस्तान(Live Hindustan)	मंगल पांडे के स्वास्थ्य विभाग के 18 करोड़ जा रहे, अगले आवंटन पर भी तलवार; क्या ह...	64.8M
6.	अमर उजाला (Amar ujala)	Sonipat News: महाविद्यालय में छात्राओं को कराया गया योगाभ्यास	63.8M
7.	The Hindu	President Subianto highlights Indian influence on Indonesian language, genetics	35.9M
8.	Dailyhunt	President Subianto highlights Indian influence on Indonesian language, genetics	18.6M
9.	Dailyhunt	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	18.6M
10.	Business Standard	India, Indonesia sign MOUs on health, renew one on maritime security	8.1M
11.	Latestly	World News President Subianto Highlights Indian Influence on Indonesian Langua a...	7.8M
12.	Latestly	World News India, Indonesia Sign MOUs for Cooperation in Health, Traditional M ...	7.8M
13.	The Tribune India	President Subianto highlights Indian influence on Indonesian language, genetics	7M
14.	The Tribune India	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	7M
15.	New Indian Express	Ayurvedic Medical Welfare Association of Andhra Pradesh holds meeting, propos es ...	6.7M
16.	Janta Se Rishta	Andhra: आंध्र प्रदेश आयुर्वेदिक चिकित्सा कल्याण संघ की बैठक आयोजित	3.8M
17.	Janta Se Rishta	गणतंत्र दिवस 2025 के अवसर पर 65 अधिकारी और कर्मचारी हुए सम्मानित	3.8M
18.	Ani News	President Subianto highlights Indian influence on Indonesian language, genetics	1.9M
19.	Ani News	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	1.9M
20.	Greater Kashmir	J&K Ayush Deptt's leadership void hits NAM scheme hard	1M
21.	Punjab Kesari	दिल्ली में इंडोनेशिया राष्ट्रपति की यात्रा के दौरान कई समझौतों पर हस्ताक्षर	592.9K
22.	Dainik Tribune	थंबड़ में मेडिकल कैप लगाकर मनाया मुख्यमंत्री का जन्मदिन	110.2K
23.	Lokmatimes.com	President Subianto highlights Indian influence on Indonesian language, genetics	94.3K
24.	Lokmatimes.com	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	94.3K
25.	The News Mill	President Subianto highlights Indian influence on Indonesian language, genetics	85.1K

26.	The News Mill	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	85.1K
27.	New Kerala	President Subianto highlights Indian influence on Indonesian language, genetics	72K
28.	New Kerala	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	72K
29.	WebIndia123	President Subianto highlights Indian influence on Indonesian language, genetics	61.9K
30.	WebIndia123	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	61.9K
31.	Indian Economic Observer	President Subianto highlights Indian influence on Indonesian language, genetics	16.1K
32.	Indian Economic Observer	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	16.1K
33.	Daily Prabhat	President Subianto highlights Indian influence on Indonesian language, genetics	280
34.	Daily Prabhat	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	280
35.	New India	देश को सशक्त और समृद्ध बनाने में नागरिक दें अपना सर्वश्रेष्ठ योगदान : पटेल	N/A
36.	Manufacturing Bharat	Indonesian President Subianto highlights Indian influence on Indonesian language ...	N/A
37.	Jagvani	इंडोनेशियाई राष्ट्रपति सुबियांतो ने इंडोनेशियाई भाषा, अनुवंशिकी पर भारतीय प्रभाव...	N/A
38.	People Bugs	Indonesian President Subianto highlights Indian influence on Indonesian language ...	N/A
39.	Marathi Prasar	कर्मचाऱ्यांचे सेवानिवृत्तीचे वय 65 वर्षे करण्याचा या सरकारचा मोठा निर्णय !	N/A
40.	Calcutta News	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
41.	OB News	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
42.	The Mobi World	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
43.	Palgharnews	President Subianto highlights Indian influence on Indonesian language, genetics ..	N/A
44.	Rajasthan Ki Khabar	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
45.	Haryana Today	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
46.	Kashmir Newslne	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
47.	West Bengal Khabar	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
48.	Maharashtra Samachar	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
49.	Karnataka Live	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
50.	Odisha Post	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
51.	Bihar Times	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
52.	Andhra Pradesh Mirror	President Subianto highlights Indian influence on Indonesian language, genetics	N/A

53.	Vanakkam Tamil Nadu	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
54.	World News Network	President Subianto highlights Indian influence on Indonesian language, genetics ..	N/A
55.	Telangana Journal	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
56.	Kashmir Breaking News	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
57.	Delhi live news	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
58.	Gujarat Varta	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
59.	North East Times	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
60.	Punjab Live	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
61.	Bihar 24x7	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
62.	South India News	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
63.	Chhattisgarh Today	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
64.	Indian News Network	President Subianto highlights Indian influence on Indonesian language, genetics	N/A
65.	Local News11	Citizens should give their best contribution in making the country strong and pr...	N/A
66.	NCR Express News	उत्तर प्रदेश शासन के निर्देश पर डीएम मनीष कुमार वर्मा के नेतृत्व में जनपद में ती...	N/A
67.	prativad	देश को सशक्त और समृद्ध बनाने में नागरिक दें अपना सर्वश्रेष्ठ योगदान : राज्यपाल म...	N/A
68.	Udaipur Kiran	भोपाल के लाल परेड ग्राउंड में हर्षोल्लास से मनाया गया 76वां गणतंत्र दिवस, राज्यप...	N/A
69.	Mid Day Online	65 officers and employees were honored on the occasion of Republic Day 2025	N/A
70.	E Khabar Today	Republic Day : देश को सशक्त और समृद्ध बनाने में नागरिक दें अपना सर्वश्रेष्ठ योगद...	N/A
71.	Babushahi Hindi	भारत विश्व का सबसे बड़ा लोकतंत्र व गणराज्य देश - शक्ति रानी	N/A
72.	चमोली न्यूज़	तिरुपति तिरुमला देवस्थानम बोर्ड अधीक्षक ने प्रयागराज स्थित उत्तराखंड पैवेलियन का...	N/A
73.	चमोली न्यूज़	धर्मशास्त्रों के अनुसार लगभग 144 वर्ष पश्चात त्रिवेणी संगम प्रयागराज में महाकुंभ...	N/A
74.	Chanakya Mantra	तिरुपति तिरुमला देवस्थानम बोर्ड अधीक्षक ने प्रयागराज स्थित उत्तराखंड पैवेलियन का...	N/A
75.	Day night khabar	तिरुपति तिरुमला देवस्थानम बोर्ड अधीक्षक ने प्रयागराज स्थित उत्तराखंड पैवेलियन का...	N/A
76.	Express Media Service	नर्मदापुरम जिले में 76 वां गणतंत्र दिवस समारोह हर्षोल्लास व उमंग के साथ मनाया गय...	N/A
77.	Tax Concept	Navigating the Food Law Landscape in India: January 2025 Update	N/A
78.	Health Econoictimes	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
79.	Skgnnews	प्रयागराज कुंभ स्थित उत्तराखंड पैवेलियन : बीकेटीसी सीईओ विजय प्रसाद थपलियाल ने म...	N/A
80.	Times Of Taj	76 वें गणतंत्र दिवस के अवसर पर जिलाधिकारी अरविंद मल्लप्पा बंगारी द्वारा कलेक्ट्र...	N/A

81.	Arthparkash	बिहार में आयुर्वेदिक अस्पतालों और आयुष आरोग्य मंदिरों में दवाइयों की घोर कमी, के...	N/A
82.	Marathi News	डॉ. डी. वाय पाटील कॉलेज ऑफ आयुर्वेद अँड रिसर्च सेंटरतर्फे पिंपरीत आठवे आंतरराष्ट्र...	N/A
83.	Calcutta News	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
84.	Palgharnews	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
85.	World News Network	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
86.	Industries News	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
87.	Vanakkam Tamil Nadu	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
88.	India Gazette	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
89.	Andhra Pradesh Mirror	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
90.	Gujarat Varta	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
91.	Karnataka Live	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
92.	New Delhi News	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
93.	Maharashtra Samachar	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
94.	Gujarat Samachar	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
95.	Odisha Post	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
96.	Punjab Live	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
97.	South India News	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
98.	India's News	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
99.	The Asia News	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
100.	Himachal Patrika	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
101.	Mumbai News	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
102.	Bihar 24x7	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
103.	Chhattisgarh Today	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
104.	Bihar Times	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
105.	Rajasthan Ki Khabar	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
106.	Jharkhandtimes	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
107.	North East Times	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
108.	Delhi live news	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
109.	Telangana Journal	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A

110.	Kashmir Newslne	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
111.	Kashmir Breaking News	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
112.	Haryana Today	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
113.	West Bengal Khabar	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A
114.	Reveal Inside	Indonesian President Prabowo Subianto Visits India: Strengthening Ties with Prim ...	N/A
115.	Indian News Network	India, Indonesia sign MOUs for cooperation in health, traditional medicine; rene...	N/A