



**MINISTRY OF AYUSH COMPILED MEDIA REPORT**  
**27 Dec, 2024 – 28 Dec, 2024**

 **Total Mention 152**

|  <b>Print</b> | <b>Financial</b> | <b>Mainline</b> | <b>Regional</b> | <b>Periodical</b> |
|--|------------------|-----------------|-----------------|-------------------|
| <b>19</b>  | <b>N/A</b>       | <b>13</b>       | <b>6</b>        | <b>N/A</b>        |

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|---|
|  <b>Online</b> |
|---|

**133**

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| 2.  | The Times of India     | Homeopaths can prescribe allopathic meds, says Maha FDA   | Delhi      | 22    |
| 3.  | The Times of India     | 3 held for fraudulently issuing PM-JAY cards  | Chandigarh | 16    |
| 4.  | Hindustan Times        | THE MONO DIET: THE TREND CELEBS ARE FOLLOWING - BUT SHOULD YOU  | Noida + 1  | 5     |
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The Times of India • 28 Dec • Ministry of Ayush  
Homeopaths can prescribe allopathic meds after course

3 • PG

106 • Sqcm

596001 • AVE

3.52M • Cir

Top Center

Mumbai

# Homeopaths can prescribe allopathic meds after course

TIMES NEWS NETWORK

**Mumbai:** Homeopaths who have completed a certificate course in modern pharmacology can prescribe allopathic medicines, according to a directive issued by the state Food and Drug Administration on Thursday to chemist retailers and wholesalers in the state.

The FDA directive comes almost a decade after the state govt changed definition of registered medical practitioners under the Maharashtra Medical Council Act to include homeopaths. "All retail and who-

lesale drug dealers can sell allopathic medicines to homeopathic registered doctors who completed the course, and retail drug dealers can sell drugs on prescription issued by these doctors," said FDA's order.

Homeopathic doctors, led by Maharashtra Homeopathic Council administrator Dr Bahubali Shah, were happy with the move that effectively allows them to now practise modern medicine. However, the Indian Medical Association (IMA) is upset and plans to take legal recourse against "mixopathies." IMA Maharashtra president Dr Santosh Kadam

told TOI, "We moved the courts when permission was given for them to practise, and the matter is still sub-judice. We will take up the FDA directive in court as well."

On Friday, FDA commissioner Rajesh Narvekar said there was confusion among chemists about allopathic prescriptions written by homeopaths. "Our directive clearly states the govt in 2016 changed definition of registered medical practitioner to include homeopaths who passed a certificate course in modern pharmacology recognised by the state govt," he said.

The Times of India • 28 Dec • Ministry of Ayush  
Homeopaths can prescribe allopathic meds, says Maha FDA

22 • PG

142 • Sqcm

586162 • AVE

4.69M • Cir

Bottom Left

Delhi

## Homeopaths can prescribe allopathic meds, says Maha FDA

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### Indian Medical Association is upset with the move and plans to take legal recourse against mixopathies

Homeopathic doctors, led by Maharashtra Homeopathic Council administrator Dr Bahubali Shah, were happy with the move that effectively allows them to now practise modern medicine. However, Indian Medical Association (IMA) is upset and plans to take legal recourse against "mixopathies." IMA Maharashtra president Dr Santosh Kadam told TOI, "We moved the courts when permission was given for them to practise, and the matter is still sub-judice. We will take up the FDA directive in court as well."

On Friday, FDA commissioner Rajesh Narvekar said there was confusion among chemists about allopathic prescriptions written by homeopaths. "Our directive clearly states govt in 2016 changed definition of registered medical practitioner to include homeopaths who passed a certificate course in modern pharmacology recognised by state govt," he said.

The Times of India • 28 Dec • Ministry of Ayush  
3 held for fraudulently issuing PM-JAY cards

16 • PG

353 • Sqcm

171068 • AVE

46.88K • Cir

Top Right

Chandigarh

# 3 held for fraudulently issuing PM-JAY cards

## Senior Guj Govt Official Part Of The Racket

**Ahmedabad:** A senior government official and two others were arrested in Ahmedabad in Gujarat for alleged involvement in a racket of fraudulently issuing Ayushman Bharat Pradhan Mantri Jan Arogya Yojana cards to ineligible candidates, police said on Friday.

A Crime Branch release identified the arrested persons as former general manager of PM-JAY in Gujarat Shailesh Anand, Gandhinagar PM-JAY contractual employee Milap Patel and Nikhil Parekh, head of Enser Communication, an authorised outsourcing firm tasked with making these cards.

Patel used to work as project officer in the PM-JAY office in Gandhinagar under Anand, who has already been transferred elsewhere from the post of general manager, the release said.

The scam was unearthed by Crime Branch during its probe into the death of two PM-JAY beneficiaries at Ahmedabad-based Khyati Multispeciality Hospital in November following a botched angioplasty procedure, an official said.

"The role of the trio emerged after Crime Branch arrested and interrogated six persons, including Nimesh Dodiya, for their alleged involvement in issuing PM-JAY cards to ineligible beneficiaries by altering the source code of the official portal using login credentials of an authorised out-



The scam was unearthed by Crime Branch during its probe into the death of two PM-JAY beneficiaries in November

sourcing firm," he said.

Dodiya, an ethical hacker, was hired by the management of Khyati hospital to prepare Ayushman Bharat cards of ineligible patients, for which he charged Rs 1500-2000 per card, the release informed.

"Dodiya and other such agents used to run several WhatsApp groups where they used to exchange details of people wanting to get a PM-JAY card by paying money. Anand asked Patel to join one such group and give approvals for cards using his ID.

In return, Anand asked Patel to give him half of the amount he would receive from agents. Patel then contacted Dodiya and agreed to approve cards for Rs 500 each," inspector Mehul Chauhan told reporters.

"For approvals, Dodiya and others had brokered a deal with Parekh, who was the Gujarat head of Enser Communication, an authorised outsourcing firm for making these cards. Parekh provided them a master login ID of his firm to make these cards. Parekh used to charge Rs 8,000-10,000 per month from these persons," Chauhan said.

Chauhan said the probe so

**The scam was unearthed by Crime Branch during its probe into the death of two PM-JAY beneficiaries at Ahmedabad-based Hospital in November following a botched angioplasty procedure, an official said**

far has found that such cards were given to at least 3000 persons, including some meant for patients admitted to Khyati Hospital.

An investigation is underway to find out if any other official was involved and how many cards were issued through such means, the inspector added.

The probe into PM-JAY irregularities began after complaints were received from kin of two persons who died after angioplasty, a procedure that widens blocked or narrowed coronary arteries to improve blood flow to the heart, at Khyati Hospital on November 11.

As per police, the hospital falsely registered patients under "emergency" category to expedite government approval and in return claimed payments under the scheme.

On November 12, three FIRs were registered at Vastrapur police station in connection with the two deaths.

Those named in the FIRs have been charged with culpable homicide not amounting to murder, forgery, and criminal conspiracy to obtain financial benefits under PM-JAY scheme. PTI



Hindustan Times • 28 Dec • Ministry of Ayush

## THE MONO DIET: THE TREND CELEBS ARE FOLLOWING – BUT SHOULD YOU

5 • PG

590 • Sqcm

1180111 • AVE

4.88M • Cir

Bottom Left

HT City

Noida • Delhi

# THE MONO DIET: THE TREND CELEBS ARE FOLLOWING – BUT SHOULD YOU?

With stars like Anushka Sharma and Victoria Beckham endorsing monotrophic diets, we ask experts whether it's worth the hype

Kriti Shukla

kriti.shukla@hindustantimes.com

The monotrophic or mono diet is the latest food trend to cross our feeds — and it's all about consistency.

Recently, fashion designer and former popstar Victoria Beckham revealed that she has eaten the same meal — grilled fish and steamed vegetables — for 25 years. Similarly, actor Anushka Sharma shared last year that she and her husband, cricketer Virat Kohli, often follow a similar eating pattern. But is this celeb-approved diet right for you?

### WHAT IS THE MONOTROPHIC DIET?

"The mono diet is a simple way of eating where you consume just one type of food or a small selection of similar foods for a certain period to lose weight," says Dr Komal Malik, head dietician at Asian

A MONO DIET INVOLVES EATING THE SAME FOOD FOR EXTENDED PERIODS, OFTEN TO AID WEIGHT LOSS OR IDENTIFY FOOD SENSITIVITIES

Hospital. Proponents often choose such a diet because it is both easy to follow and cuts down the effort involved in meal planning.

### THE PERKS

Not only can focussing on a single food group aid weight loss, exclusion can also help you zero in on foods that suit your body best. Malik adds, "A mono diet gives your gut a break by processing fewer types of meals. It can also help identify food sensitivities that might be missed with a varied diet. Eating the same food can also help some figure out what works for their digestion or energy levels."

### THE RISKS

While eating the same thing might help you drop the weight, the results might not be sustainable long-term.

Eating the same food repeatedly can affect digestion and metabolism, warns Dr Debjani Banerjee, Incharge Dietetics at PSRI



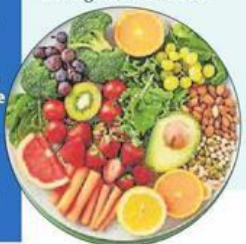
Anushka Sharma (top) and Victoria Beckham

Hospital. "It can make digestion less efficient and even cause food intolerance. Over time, the body may struggle to process that food properly, leading to digestive problems," she shares.

Clinical dietician Garima Goyal further explains, "A varied diet promotes a healthy gut microbiome, while a mono diet reduces the diversity of nutrients needed to support diverse gut bacteria, leading to potential digestive issues and weakened immunity."

## Things to consider

The monotrophic diet may work for some people, especially when guided by a healthcare professional. According to clinical dietician Garima Goyal, "This diet isn't suitable for everyone, particularly those with conditions like diabetes or heart disease. If you want to try a mono diet, choose nutrient-rich foods like vegetables, fruits, or whole grains." She also recommends proper hydration and taking supplements if required.



PHOTOS: ADOBE STOCK (FOR REPRESENTATIONAL PURPOSE ONLY)



Hindustan Times • 28 Dec • Ministry of Ayush  
Homeopaths can now prescribe allopathic meds

1, 4 • PG

119 • Sqcm

357343 • AVE

1.1M • Cir

Bottom Left, Bottom Right

Mumbai

## HOMEOPATHS CAN NOW PRESCRIBE ALLOPATHIC MEDS

**Yogesh Naik**

[Yogesh.naik@htlive.com](mailto:Yogesh.naik@htlive.com)

**MUMBAI:** The state food and drug administration (FDA) has directed chemists and druggists across Maharashtra to honour prescriptions for allopathic medicines by homeopaths who have completed a certificate course in modern pharmacology. In 2014, registered homeopaths were allowed to practice allopathy, said Dr Bahubali Shah, administrator of the Maharashtra Homeopathic Council, but added that chemists would not honour their prescriptions.

→P4

## HOMEOPATHS CAN NOW PRESCRIBE ALLOPATHIC MEDS

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**MUMBAI:** The state food and drug administration (FDA) has directed chemists and druggists across Maharashtra to honour prescriptions for allopathic medicines by homeopaths who have completed a certificate course in modern pharmacology. The decision to this effect was taken two months back while the final order was issued on Thursday.

Dr Bahubali Shah, currently in his second stint as administrator of the Maharashtra Homeopathic Council, said that during his previous stint from 2013 to 2016, registered homeopaths were permitted to practice allopathy once they completed a certificate course in modern pharmacology.

"In 2014, the Homeopathic Practitioners' Act and the Maharashtra Medical Council Act were amended by the legislature to allow registered homeopaths to practice allopathy. But since the Drug and Cosmetic Act did allow them to prescribe allopathic medicines, chemists did not honour their prescriptions," he said.

After being reappointed administrator in September 2024, Shah, who hails from Bar-amati, took up the issue again with the FDA and the previous state government. Prior to the assembly polls, he held meetings with drug controllers and a deputy commissioner in the FDA with help from deputy chief minister Ajit Pawar, deputy speaker Narhari Zirwal and former minister Dharmarao Baba Atram, he said in a press note.

Thursday's order would come to the aid of thousands of homeopaths who had successfully completed certificate courses in pharmacology since 2014, Shah noted. FDA commissioner Rajesh Narvekar said it would ensure that all chemists accepted prescriptions by such doctors.

Santosh Kadam, president of the Indian Medical Association, claimed the order would result in the proliferation of 'half-baked' allopathic doctors.

"The state had earlier issued an order allowing homeopaths to practice allopathy. We challenged this in court and the matter is sub-judice. Now, the government has issued a fresh order regarding prescriptions. We will challenge this too," he said.



Hindustan Times • 28 Dec • Ministry of Ayush

## THE MONO DIET: THE TREND CELEBS ARE FOLLOWING- BUT SHOULD YOU

5 • PG

590 • Sqcm

147514 • AVE

650K • Cir

Bottom Left

HT City

Gurugram

# THE MONO DIET: THE TREND CELEBS ARE FOLLOWING – BUT SHOULD YOU?

With stars like Anushka Sharma and Victoria Beckham endorsing monothropic diets, we ask experts whether it's worth the hype

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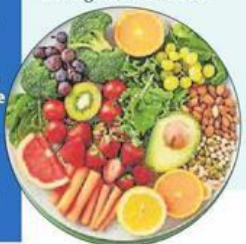
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PHOTOS: ADOBE STOCK (FOR REPRESENTATIONAL PURPOSE ONLY)



Deccan Herald • 28 Dec • Ministry of Ayush

## 13 departmental complaints against Ayush officials over graft, rule violations & misuse of power

5 • PG

126 • Sqcm

150951 • AVE

1.4M • Cir

Middle Center

Bengaluru

### 13 departmental complaints against Ayush officials over graft, rule violations & misuse of power

**BENGALURU, DHNS:** In the past two years, Karnataka's Ayush Department has seen 13 departmental complaints being registered against its officials following allegations of corruption, rule violations, dereliction of duty or misuse of power.

More than half of these allegations were levelled against various officials by citizens or social activists, which resulted in transfers and inquiry ordered against those accused, a written response to an Assembly question has shown.

Some cases were closed with minimal action while others are pending after initial reports were submitted to the government, according to data from the Health

and Family Welfare Department.

In one of the cases, a senior citizen from Koppal district filed a complaint regarding the unapproved appointment of three pharmacists against the sanctioned post of one pharmacist in the district government Ayurveda hospital.

In another case, an RTI activist Revanasiddappa Kambar filed a complaint against the district Ayush officer in Kalaburagi for allegedly violating the model code of conduct during the elections, earlier this year.

A Hassan resident alleged that a senior Ayush department official was involved in a medical college seat allocation

scam, reportedly demanding several lakh rupees from poor students.

According to the department's declaration, detailed reports are being submitted to the government after initial investigations into all these complaints.

At least five complaints were filed by Ayush department officials on other officials within the department for alleged dereliction of duty, and misuse of power. This includes counter-complaints filed by the accused.

Health Minister Dinesh Gundu Rao said that detailed investigations were underway and necessary action would be taken against those found guilty.



The Statesman • 28 Dec • Ministry of Ayush  
111 drug samples identified as not of standard quality

4 • PG

443 • Sqcm

79692 • AVE

225K • Cir

Middle Center

Delhi

# 111 drug samples identified as not of standard quality

**STATESMAN NEWS SERVICE**

NEW DELHI, 27 DECEMBER

The Central Drugs Laboratories identified 41 drug samples to be not of standard quality (NSQ), while State Drugs Testing Laboratories 70 drugs samples during the month of November, said Union Health Ministry on Friday.

As per routine regulatory surveillance activity the list of NSQ and spurious drugs are being displayed on CDSCO portal on a monthly basis.

The Health Ministry said the identification of drug samples as NSQ is done based on failure of the drug sample in one or the other specified quality parameters.

The failure is specific to the drug products of the batch tested by the government laboratory and it does



not warrant any concerns on the other drug products available in the market, it said.

“Two drug samples have been identified as spurious drugs, out of two samples, one drug sample is picked

by Bihar Drugs Control Authority and one sample picked is by CDSCO (North Zone), Ghaziabad. They have been made by unauthorized and unknown manufacturers, using brand names owned by other companies. Investigation

**The Health Ministry said the identification of drug samples as NSQ is done based on failure of the drug sample in one or the other specified quality parameters.**

has been initiated in the matter,” the Health Ministry said.

Increased reporting of NSQs/spurious identifications from states to central database will further help in improving availability of quality medicines in the country and beyond, it said.

The Health Ministry added the action of identifying NSQ and spurious medicines is taken on a regular basis in collaboration with state regulators to ensure that these drugs are identified and removed from the market.

*(Representational image)*

Deccan Chronicle • 28 Dec • Ministry of Ayush  
Menopause care patent granted

8 • PG

264 • Sqcm

982907 • AVE

2.55M • Cir

Bottom Right

Hyderabad

## MEDICAL | INNOVATION Breakthrough with Ayurveda uses grass Menopause care patent granted

DC CORRESPONDENT  
HYDERABAD, DEC. 27

Researchers at the National Institute of Nutrition (NIN) have secured a patent for an innovative menopause care formulation. This breakthrough combines Ayurveda with scientific validation and uses an indigenous grass as its primary ingredient, addressing key concerns surrounding hormonal replacement therapy (HRT).

Developed by Dr Vandana Singh, an Ayurvedic clinician turned researcher, under the mentorship of Dr B. Dinesh Kumar, head of the drug division at NIN, the patented formulation is part of the herbal alternative therapies (HALT) initiative.

Dr Singh's non-hormon-

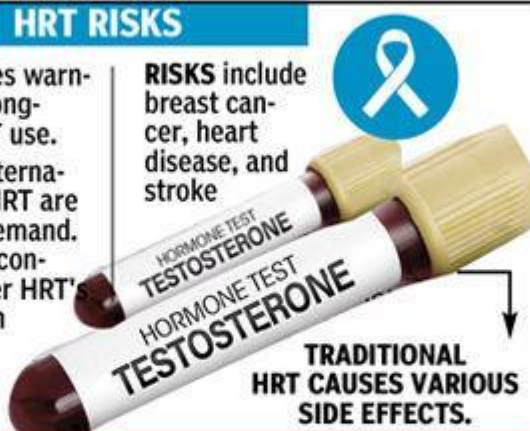
**FDA issues warnings on long-term HRT use.**

**SAFER** alternatives to HRT are in high demand. Growing concerns over HRT's long-term health impacts.

al rherapy (NHT) draws from her clinical experience and ancient Sanskrit texts, offering a safer, more sustainable solution to menopausal syndrome, which is expected to affect over 1.2 billion women worldwide by 2030.

Traditional HRT has long been linked to various side effects, including

**RISKS** include breast cancer, heart disease, and stroke



**TRADITIONAL HRT CAUSES VARIOUS SIDE EFFECTS.**

bleeding, liver problems and an increased risk of breast cancer, heart disease and stroke. The US Food and Drug Administration (FDA) has issued warnings about the prolonged use of HRT, raising the demand for safer alternatives.

Dr Singh's formulation aims to fill this gap.

According to NIN, the research offers benefits such as improved bone health, enhanced liver function and relief from metabolic disorders—all without carcinogenic risks, even with long-term use. Its eco-friendly and cost-effective nature further enhances its appeal.

The research process involved identifying plant species, quality control, prototype development and adherence to regulatory standards. The outcome is a scientifically validated, non-hormonal solution that prioritises safety and efficacy. This work has been internationally recognised, shortlisted for the prestigious Alice and Albert Netter Prize 2023 by the European Society of Gynaecology, and published in peer-reviewed journals, underscoring its global relevance.



The New Indian Express • 28 Dec • Ministry of Ayush  
**ARDHA UTTANASANA (UPWARD FORWARD FOLD)**

2 • PG

686 • Sqcm

685660 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

**FITBIT**

## ARDHA UTTANASANA

(UPWARD FORWARD FOLD)

This is a beginner standing variation of Uttanasana (Standing Forward Fold Pose). While the whole abdomen touches the upper legs in Uttanasana, in Ardha Uttanasana, the back remains in a slanting alert position, allowing students to focus on their hamstrings. This forward bend variation engages the core muscles, keeping the hips, shoulders, knees, and ankle joints active to maintain a well-aligned slant with the back.

### STEPS

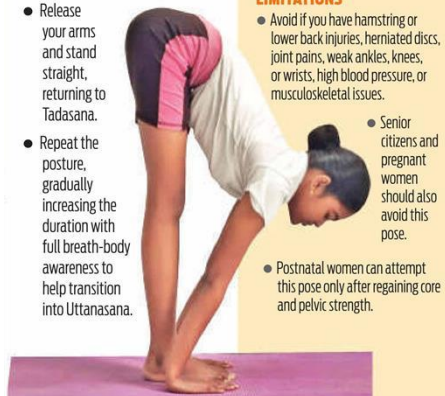
- Start in Tadasana (Mountain Pose), aligning the body with the spine and rolling the shoulders back. Breathe softly.
- Place your hands on your hips. Inhale and bend forward while exhaling. Stretch your arms forward, parallel to the ground, and lengthen the elbows.
- Keep the legs straight and achieve a neat alignment from the ankles to the buttocks, which should point upward.
- Maintain a straight back while breathing, avoiding a hunch, slouch, or curve. Keep the spine alert and look forward as you lower the upper body. Do not hang the head, keep it aligned by looking ahead.
- Place the palms beside the feet. If this is difficult, place your hands on the shins for the Ardha Uttanasana Hands-on-Shins variation. Stay in this position briefly before placing the palms on the floor.
- Ensure straight legs and avoid leaning forward or backward. Breathe deeply, feeling the stretch in the hamstrings, calves, glutes, and hip joints. With every exhale, align the body further. Stay in the pose as per your capacity.
- Release your arms and stand straight, returning to Tadasana.
- Repeat the posture, gradually increasing the duration with full breath-body awareness to help transition into Uttanasana.

### BENEFITS

- Stretches the hamstrings, calves, piriformis, gluteus maximus, wrists, arms, and shoulders.
- Strengthens ankle and knee joints and lengthens spine.
- Enhances body flexibility and relieves stiffness in the back and leg muscles.
- Prepares the spine and hamstrings for Uttanasana.
- Encourages conscious body movement and breathing.
- Improves lung capacity and enhances respiratory functioning.
- Brings focus to body alignment, builds equilibrium, and tones the arms and legs.
- Facilitates spinal extension, improves spinal nerve efficiency, and relieves back pain.
- Reduces anxiety, fatigue, and mental stress by encouraging deep breathing.
- Promotes blood circulation in the legs, pelvis, and heart.
- Stimulates the digestive system and helps with detoxification.
- Beneficial for posture correction, osteoporosis, fertility-related issues, piriformis syndrome, and sciatica.
- Relieves menstrual discomfort and reduces uneasiness.

### LIMITATIONS

- Avoid if you have hamstring or lower back injuries, herniated discs, joint pains, weak ankles, knees, or wrists, high blood pressure, or musculoskeletal issues.
- Senior citizens and pregnant women should also avoid this pose.
- Postnatal women can attempt this pose only after regaining core and pelvic strength.



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

The New Indian Express • 28 Dec • Ministry of Ayush

## ARDHA UTTANASANA

2 • PG

714 • Sqcm

943130 • AVE

246.4K • Cir

Top Right

Chennai

### FITBIT

## ARDHA UTTANASANA

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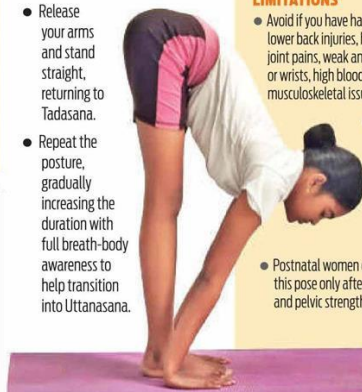
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- Promotes blood circulation in the legs, pelvis, and heart.
- Stimulates the digestive system and helps with detoxification.
- Beneficial for posture correction, osteoporosis, fertility-related issues, piriformis syndrome, and sciatica.
- Relieves menstrual discomfort and reduces uneasiness.

### LIMITATIONS

- Avoid if you have hamstring or lower back injuries, herniated discs, joint pains, weak ankles, knees, or wrists, high blood pressure, or musculoskeletal issues.
- Senior citizens and pregnant women should also avoid this pose.
- Postnatal women can attempt this pose only after regaining core and pelvic strength.



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



The Morning Standard • 28 Dec • Ministry of Ayush  
Shahi jeera: A wonder spice

12 • PG

806 • Sqcm

387023 • AVE

300K • Cir

Bottom Right

Delhi

**D**O you find yourself constantly hungry or struggling to shed those extra kilos despite your best efforts? The answer might lie in a humble ingredient from the Indian kitchen caraway seeds, also known as shahi jeera. This ancient wonder spice not only adds flavour to your meals but also offers a host of health benefits, including weight loss and appetite suppression. Shahi jeera is a medicinal plant known for its aromatic flavour and health-boosting properties. These tiny seeds pack a punch when it comes to nutrients and therapeutic compounds, making them a versatile ingredient in traditional and modern kitchens alike.

Shahi jeera is loaded with essential nutrients that contribute to overall health and well-being, like fibre that helps you feel full for longer, reducing over-eating and aiding digestion. It's a rich source of iron, magnesium, copper, and calcium, which are vital for energy, bone health, and overall body function. Shahi jeera contains limonene and carvone, powerful compounds that fight free radicals. Along with these benefits, let's look at a few other as well:



# Shahi jeera: A wonder spice

Boost digestion, curb hunger, and support weight loss with shahi jeera that is loaded with essential nutrients

## HEALTHY LIVING



DEEPIKA RATHOD

Chief Nutrition Officer, Luke Coutinho Holistic Healing Systems. The writer is a clinical nutritionist with a focus on healthy lifestyle choices.

- One of the most remarkable benefits of shahi jeera is its ability to support weight loss. The fiber in the seeds helps suppress your appetite, keeping hunger pangs at bay. By making you feel full for longer, it reduces the chances of overeating, making it easier to manage your calorie intake.
- Shahi jeera has long been used as a remedy for digestive issues. It helps reduce bloating, indigestion, and even phlegm. The essential oils in the seeds promote healthy gut function and can aid in managing conditions like H. Pylori infections, gut inflammation, ulcers etc.
- The antioxidants in shahi jeera, such as limonene and carvone, fight inflammation

and oxidative stress, which are linked to various chronic diseases. By neutralising harmful free radicals, these compounds help your body stay healthier for longer.

- For those struggling with low iron levels, shahi jeera is a natural source of this essential mineral. Iron is crucial for maintaining energy levels and supporting red blood cell production, making it a great addition to your diet.

- The essential oils in shahi jeera have anti-inflammatory properties that can alleviate discomfort from various conditions, making it a gentle, natural remedy for inflammation-related issues.

- To get the above benefits from this mighty seeds, let's add shahi jeera to your food with rice, curries, or soups. Its aromatic taste enhances dishes while offering health benefits. You can even steep a teaspoon of shahi jeera in hot water for 10 mins for a soothing tea that aids digestion and curbs appetite. If you are looking at weight loss, then lightly roast the seeds and sprinkle them over salads or roasted foxnuts/jowar puffs etc for an extra crunch and flavour.

- Shahi jeera is more than just a spice — it's a natural remedy that can help you manage hunger, lose weight, and improve digestion. Packed with fibre, various essential minerals, and antioxidants, these seeds offer a simple yet powerful way to enhance your health. With a balanced diet, regular exercise, and shahi jeera taken in moderation, your wellness goals are just a step away!



## The Morning Standard • 28 Dec • Ministry of Ayush Fit Bit

2 • PG

617 • Sqcm

295954 • AVE

300K • Cir

Middle Right

Delhi

### FITBIT

## ARDHA UTTANASANA

### (UPWARD FORWARD FOLD)

This is a beginner standing variation of Uttanasana (Standing Forward Fold Pose). While the whole abdomen touches the upper legs in Uttanasana, in Ardha Uttanasana, the back remains in a slanting alert position, allowing students to focus on their hamstrings. This forward bend variation engages the core muscles, keeping the hips, shoulders, knees, and ankle joints active to maintain a well-aligned slant with the back.

#### STEPS

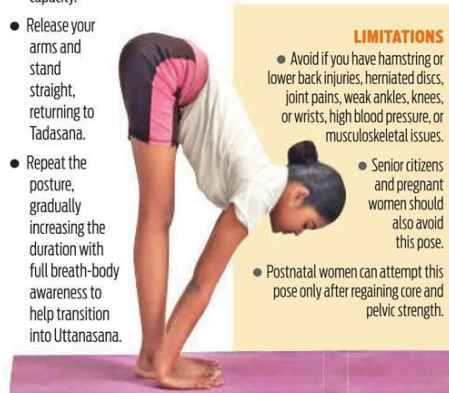
- Start in Tadasana (Mountain Pose), aligning the body with the spine and rolling the shoulders back. Breathe softly.
- Place your hands on your hips. Inhale and bend forward while exhaling. Stretch your arms forward, parallel to the ground, and lengthen the elbows.
- Keep the legs straight and achieve a neat alignment from the ankles to the buttocks, which should point upward.
- Maintain a straight back while breathing, avoiding a hunch, slouch, or curve. Keep the spine alert and look forward as you lower the upper body. Do not hang the head, keep it aligned by looking ahead.
- Place the palms beside the feet. If this is difficult, place your hands on the shins for the Ardha Uttanasana Hands-on-Shins variation. Stay in this position briefly before placing the palms on the floor.
- Ensure straight legs and avoid leaning forward or backward. Breathe deeply, feeling the stretch in the hamstrings, calves, glutes, and hip joints. With every exhale, align the body further. Stay in the pose as per your capacity.
- Release your arms and stand straight, returning to Tadasana.
- Repeat the posture, gradually increasing the duration with full breath-body awareness to help transition into Uttanasana.

#### BENEFITS

- Stretches the hamstrings, calves, piriformis, gluteus maximus, wrists, arms, and shoulders.
- Strengthens ankle and knee joints and lengthens spine.
- Enhances body flexibility and relieves stiffness in the back and leg muscles.
- Prepares the spine and hamstrings for Uttanasana.
- Encourages conscious body movement and breathing.
- Improves lung capacity and enhances respiratory functioning.
- Brings focus to body alignment, builds equilibrium, and tones the arms and legs.
- Facilitates spinal extension, improves spinal nerve efficiency, and relieves back pain.
- Reduces anxiety, fatigue, and mental stress by encouraging deep breathing.
- Promotes blood circulation in the legs, pelvis, and heart.
- Stimulates the digestive system and helps with detoxification.
- Beneficial for posture correction, osteoporosis, fertility-related issues, piriformis syndrome, and sciatica.
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#### LIMITATIONS

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Rashtriya Sahara • 28 Dec • Ministry of Ayush  
Rajdhani mein jald lagu hogi Ayushman bharat yojna: Bidhudi

4 • PG

182 • Sqcm

264654 • AVE

390K • Cir

Bottom Center

Delhi

# राजधानी में भी जल्द लागू होगी आयुष्मान भारत योजना : बिधूड़ी

नई दिल्ली (एसएनबी)। राजधानी में जल्द ही आयुष्मान भारत योजना लागू हो जाएगी। संवाददाता सम्मेलन में दिल्ली उच्च न्यायालय के आदेश का स्वागत करते हुए भाजपा सांसद रामवीर सिंह बिधूड़ी व बांसुरी स्वराज ने कहा है कि आखिर भाजपा की मेहनत रंग लाई है। बिधूड़ी के मुताबिक न्यायालय ने दिल्ली सरकार से कहा है कि वह पांच जनवरी से पहले दिल्ली का स्वास्थ्य विभाग केंद्र सरकार के स्वास्थ्य विभाग के साथ करार पर हस्ताक्षर करे।

उन्होंने दावा किया है कि प्रधानमंत्री आयुष्मान भारत योजना के तहत केंद्र ने दिल्ली के लिए 2406.77 करोड़ रुपये की राशि आवंटित की है। उन्होंने आरोप लगाया है कि दिल्ली सरकार के द्वैपात्मक रवैए के चलते दिल्ली में अभी तक यह योजना लागू नहीं हो पायी। इस मौके पर प्रवक्ता प्रवीण शंकर कपूर भी थे।

भाजपा सांसदों ने दावा किया है कि सरकार बनते ही दिल्ली में आयुष्मान समेत केंद्र की सभी योजनाओं को लागू किया

■ केजरीवाल के द्वैपात्मक रवैए के चलते दिल्ली के लोग योजना से वंचित : बांसुरी स्वराज

■ भाजपा की मेहनत रंग लाई

■ 5 जनवरी तक दिल्ली सरकार को केंद्र के साथ करार पर हस्ताक्षर करने के निर्देश



जाएगा। उन्होंने कहा है कि न्यायालय ने दिल्ली सरकार को करार पर हस्ताक्षर करने की हिदायत दी है। बिधूड़ी ने कहा है कि प्रधानमंत्री आयुष्मान भारत हेल्थ इंफ्रास्ट्रक्चर मिशन (पीएम-अभीम योजना) के तहत दिल्ली में मिलने वाले अस्पतालों, लैव समेत अन्य सुविधाएं मिलने का रास्ता खुल गया है। इसके लिए हम प्रधानमंत्री नरेंद्र मोदी का आभार व्यक्त करते हैं कि उन्होंने दिल्ली के लोगों के लिए हेल्थ इंफ्रास्ट्रक्चर उपलब्ध कराने के लिए

2406.77 करोड़ रुपये का आवंटन किया है। सत्तारूढ़ आम आदमी पार्टी (आप) प्रमुख अरविंद केजरीवाल और उनकी पार्टी की सरकार की ओछी राजनीति के कारण दिल्ली के लोग अभी तक इससे वंचित हैं।

सांसद बांसुरी स्वराज ने कहा है कि आयुष्मान भारत केंद्र सरकार की एक महत्वपूर्ण योजना है। योजना के प्रमुख बिन्दुओं



को रेखांकित करते हुए कहा कि आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना के तहत 5 लाख रुपये के मुफ्त इलाज का प्रावधान है। इससे साथ ही 29 अक्टूबर, 2024 से 70 साल की उम्र से अधिक के हर बुजुर्ग को मुफ्त इलाज की सुविधा मिल रही है। योजना के तहत 1139 अर्बन हेल्थ एंड वेलनेस सेंटर बनने थे। 11 जिलों में इंटीग्रेटेड पब्लिक हेल्थ लैव, 9 क्रिटिकल केयर ब्लॉक्स बनने थे। 950 बेड का क्रिटिकल केयर ब्लॉक्स बनना था।

Rashtriya Sahara • 28 Dec • Ministry of Ayush  
Ayush mantralay juta mansik swasthya mein ekikrit drishtikon ke liye  
kendriyekrat niti aur tayyar ka...

7 • PG

133 • Sqcm

192555 • AVE

390K • Cir

Middle Right

Delhi

## आयुष मंत्रालय जुटा मानसिक स्वास्थ्य में एकीकृत दृष्टिकोण के लिए केंद्रीयकृत नीति तैयार करने में

■ ज्ञानप्रकाश

नई दिल्ली। एसएनबी

प्रधानमंत्री नरेंद्र मोदी की अति महत्वकांक्षी योजनाओं में से एक मानसिक स्वास्थ्य में एकीकृत दृष्टिकोण के लिए केंद्रीयकृत नीति तैयार करना भी है। आयुष मंत्रालय इसी कड़ी में अब मानसिक स्वास्थ्य में एकीकृत दृष्टिकोण के लिए रोडमैप तैयार कर रहा है।

इस कार्य में राष्ट्रीय होम्योपैथी आयोग के अध्यक्ष डा.

अनिल खुराना, सीसीआरएच के महानिदेशक डा. सुभाष कौशिक, केजीएमयू के वाइस चीन डा. शैलेंद्र के सक्सेना, निम्हॉस में इन्सिग्रेटिव मेडिसिन विभाग के चीफ डा. किशोर कुमार, सरकारी तालुक अस्पताल के मनोचिकित्सक डा. आरएस दिनेश शामिल किए गए हैं।

आयुष मंत्रालय के वरिष्ठ अधिकारी का मानना है कि रोडमैप तैयार करने के पूर्व कई चरणों में बैठकों, सम्मेलन व परिचर्चा के माध्यम से वैज्ञानिक के मत लिए गए हैं। इसके उपरान्त अब एसओपी

(एडवाइजरी) तैयार करने पर काम चल रहा है। जिसमें हमारा फोकस है अनुसंधान, शिक्षा और एकीकृत देखभाल में होम्योपैथिक एकीकरण के लिए भविष्य की कार्ययोजना में अंतर्दृष्टि प्रदान कर रहे हैं। एनएचआरआईएमएच की अनुसंधान अधिकारी डा. विनीता ईआर के अनुसार इंटिग्रेटिव मेडिसिन का

■ **मार्डनपैथी के साथ ही स्वदेशी पद्धति में होम्योपैथी का मानसिक स्वास्थ्य पर प्रभाव हो सकता है असरदार**

निम्हॉस मॉडल माईड और होम्योपैथी: एक अटूट बंधन, ऑटिज्म स्पेक्ट्रम डिसऑर्डर में सिंगल मेडिसिन दृष्टिकोण एक साक्ष्य आधारित केस श्रृंखला, जापानी एन्सेफलाइटिस के दौरान

वेलाडोना आधारित संयोजन चिकित्सा की एंटीवायर और एंटी इन्फ्लेमेटरी गतिविधि का आणविक तंत्र: जेईवी-एनएस3प्रोटीन को लक्षित करना और स्लेस्ट प्रतिरक्षा को संशोधित करना, मनोरोग पेशेंट के प्रबंधन में होम्योपैथी में चुनौतियों का अवलोकन, कमजोर आबादी के नैतिक मुद्दे, होम्योपैथी के दायरे को बढ़ाने में होम्योपैथिक मनोचिकित्स की भूमिका, समया और शीतलयम परियोजनाएं अध्ययन जैसे विषयों को एसओपी में शामिल किया गया है।

Rashtriya Sahara • 28 Dec • Ministry of Ayush

AYUSH Ministry is busy in preparing a centralized policy for integrated approach in mental health

7 • PG

125 • Sqcm

27540 • AVE

562.46K • Cir

Middle Right

Jaipur

## आयुष मंत्रालय जुटा मानसिक स्वास्थ्य में एकीकृत दृष्टिकोण के लिए केंद्रीयकृत नीति तैयार करने में

■ ज्ञानप्रकाश

नई दिल्ली। एसएनबी

प्रधानमंत्री नरेंद्र मोदी की अति महत्वकांक्षी योजनाओं में से एक मानसिक स्वास्थ्य में एकीकृत दृष्टिकोण के लिए केंद्रीयकृत नीति तैयार करना भी है। आयुष मंत्रालय इसी कड़ी में अब मानसिक स्वास्थ्य में एकीकृत दृष्टिकोण के लिए रोडमैप तैयार कर रहा है।

इस कार्य में राष्ट्रीय होम्योपैथी आयोग के अध्यक्ष डा. अनिल खुराना, सीसीआरएच के महानिदेशक डा. सुभाष कौशिक, केजीएमयू के वाइस डीन डा. शैलेंद्र के सक्सेना, निम्हांस में इंशेग्रेटिड मेडिसिन विभाग के चीफ डा. किशोर कुमार, सरकारी तालुक अस्पताल के मनोचिकित्सक डा. आरएस दिनेश शामिल किए गए हैं।

आयुष मंत्रालय के वरिष्ठ अधिकारी का मानना है कि रोडमैप तैयार करने के पूर्व कई चरणों में बैठकों, सम्मेलन व परिचर्चा के माध्यम से वैज्ञानिक के मत लिए गए हैं। इसके उपरान्त अब एसओपी

(एडवाइजरी) तैयार करने पर काम चल रहा है। जिसमें हमारा फोकस है अनुसंधान, शिक्षा और एकीकृत देखभाल में होम्योपैथिक एकीकरण के लिए भविष्य की कार्ययोजना में अंतर्दृष्टि प्रदान कर रहे हैं। एनएचआरआईएमएच की अनुसंधान अधिकारी डा. विनीता ईआर के अनुसार इंटीग्रेटिव मेडिसिन का

■ माईनपैथी के साथ ही स्वदेशी पद्धति में होम्योपैथी का मानसिक स्वास्थ्य पर प्रभाव हो सकता है असरदार

निम्हांस मॉडल माईड और होम्योपैथी: एक अटूट बंधन, ऑटिज्म स्पेक्ट्रम डिसऑर्डर में सिंगल मेडिसिन दृष्टिकोण एक साक्ष्य आधारित केस श्रृंखला, जापानी एन्सेफलाइटिस के दौरान

वेलाडोना आधारित संयोजन चिकित्सा की एंटीवायर और एंटी इन्फ्लेमेटरी गतिविधि का आणविक तंत्र: जेईवी-एनएस3प्रोटीन को लक्षित करना और होस्ट प्रतिरक्षा को संशोधित करना, मनोरोग पेशेंट के प्रबंधन में होम्योपैथी में चुनौतियों का अवलोकन, कमजोर आबादी के नैतिक मुद्दे, होम्योपैथी के दायरे को बढ़ाने में होम्योपैथिक मनोचिकित्स की भूमिका, समया और शीतलयम परियोजनाएं अध्ययन जैसे विषयों को एसओपी में शामिल किया गया है।

Mumbai Samachar • 28 Dec • Ministry of Ayush  
Now homeopathic doctors can prescribe allopathic medicine

14, 4 • PG

191 • Sqcm

143581 • AVE

271.15K • Cir

Middle Center,Middle Right

Mumbai

# હવે હોમિયોપથી ડૉક્ટરો એલોપેથીની દવાનું પ્રિસ્ક્રિપ્શન આપી શકશે

(અમારા પ્રતિનિધિ તરફથી)

મુંબઈ: મહારાષ્ટ્ર સરકાર દ્વારા ગુરુવારે બહાર પાડવામાં આવેલા આદેશ અનુસાર રજિસ્ટર્ડ હોમિયોપેથિક મેડિસિન પ્રેક્ટિશનર્સ સર્ટિફિકેટ ઇન મોડર્ન મેડિસિન (સીસીએમપી)નો કોર્સ પૂર્ણ કરે છે, તો તેમને આધુનિક દવા (હિટેરોમેડિસિન) પ્રેક્ટિસ કરવાની મંજૂરી આપવામાં આવશે.

ફૂડ એન્ડ ડ્રગ એડમિનિસ્ટ્રેશન કમિશનર રાજેશ નાર્વેકરે જણાવ્યું હતું કે, સંબંધિત વ્યાવસાયિક મહારાષ્ટ્ર હોમિયોપેથિક મેડિકલ પ્રોફેશન એક્ટ હેઠળ નોંધાયેલો હોવો આવશ્યક છે અને તેણે આધુનિક ફાર્માકોલોજી (સીસીએમપી)માં સરકાર માન્ય પ્રમાણપત્ર અભ્યાસક્રમ પાસ કરેલ હોવો જોઈએ.

છૂટક અને જથ્થાબંધ દવાના ડીલરો હોમિયોપેથિક રજિસ્ટર્ડ ડોક્ટરોને એલોપેથિક દવાઓ વેચી શકે છે જેમણે આધુનિક ફાર્માકોલોજી (સીસીએમપી)માં પ્રમાણપત્ર અભ્યાસક્રમ પૂર્ણ કર્યો

(જુઓ પાનું ૪) ►►



## હવે હોમિયોપથી

છે. ઉપરાંત, ફૂટક દવા ડીલરો ડોક્ટરો દ્વારા આપવામાં આવેલ પ્રિસ્ક્રિપ્શન પર દવાઓ વેચી શકે છે. જોકે, મહારાષ્ટ્ર હોમિયોપેથિક મેડિસિન પ્રેક્ટિશનરના પ્રિસ્ક્રિપ્શન પર દવાઓ વેચતા પહેલાં સુનિશ્ચિત કરવાનું રહેશે કે પ્રિસ્ક્રિપ્શન પર નોંધણી નંબર અને આધુનિક ફાર્માકોલોજી (સીસીએમપી)માં પ્રમાણપત્ર કોર્સ લાયકાત પ્રમાણપત્ર નંબર લખવામાં આવ્યો છે. આ જવાબદારી ફૂટક દવા વેચનારની રહેશે એવી માહિતી કમિશનર ફૂડ એન્ડ ડ્રગ એડમિનિસ્ટ્રેશનના અધિકારીએ આપી હતી. મહારાષ્ટ્ર યુનિવર્સિટી ઓફ હેલ્થ સાયન્સીસ (એમયુએચએસ)માંથી સીસીએમપી કોર્સ કરનારા હોમિયોપેથી ડોક્ટરો એલોપેથિક દવાઓનું પ્રિસ્ક્રિપ્શન આપી શકે છે, પરંતુ તેઓ મહારાષ્ટ્ર મેડિકલ કાઉન્સિલ (એમએમસી)માં રજિસ્ટ્રેશન મેળવી શકશે નહીં. એમએમસી હોમિયોપેથી ડોક્ટરોને નોંધણી નંબર આપવાના નિર્ણયને મોડર્ન મેડિસિન ડોક્ટરો સાથેનો અન્યાય માને છે.

Maharashtra Times • 28 Dec • Ministry of Ayush  
Conditional permission for homeopathic doctors

3 • PG

168 • Sqcm

382817 • AVE

1.3M • Cir

Middle Right

Mumbai

# होमिओपॅथी डॉक्टरांना सशर्त परवानगी

म. टा. विशेष प्रतिनिधी, मुंबई



सर्व किरकोळ व घाऊक औषध विक्रेते हे 'सर्टिफिकेट कोर्स इन मॉडर्न फार्माकोलॉजी' (सीसीएमपी) हा अभ्यासक्रम पूर्ण केलेल्या नोंदणीकृत होमिओपॅथी डॉक्टरांना अॅलोपॅथीच्या औषधांची विक्री करू शकतील, असे महाराष्ट्र अन्न व औषध प्रशासनाने (एफडीए) परिपत्रक जारी करून स्पष्ट केले आहे.

'सर्टिफिकेट कोर्स इन मॉडर्न फार्माकोलॉजी' (सीसीएमपी) हा अभ्यासक्रम केलेले वैद्यक व्यावसायिक हे महाराष्ट्र वैद्यकीय परिषद अधिनियम १९६५ या कायद्यान्वये 'वैद्यक व्यवसायिक' या व्याख्येत समाविष्ट आहेत. त्यानुसार, अशी अर्हता असलेले डॉक्टर हे नोंदणीकृत वैद्यक व्यावसायिक ठरतात. त्याअनुषंगाने अशी अर्हता असलेल्या होमिओपॅथी डॉक्टरांनाही आधुनिक चिकित्सा पद्धतीची (अॅलोपॅथी) औषधे वापरून वैद्यकीय व्यवसाय करण्याची परवानगी देण्यात आली आहे. त्यामुळे अशी अर्हता असलेल्या नोंदणीकृत होमिओपॅथी डॉक्टरांना अॅलोपॅथीच्या औषधांची विक्री

## 'एफडीए'ने परिपत्रकाद्वारे केले स्पष्ट

- 'सर्टिफिकेट कोर्स इन मॉडर्न फार्माकोलॉजी' अभ्यासक्रम बंधनकारक
- असे होमिओपॅथी डॉक्टर ठरतात 'वैद्यकीय व्यावसायिक'
- अॅलोपॅथीची औषधे लिहून देण्यास परवानगी

करण्यास मज्जाव करू नये. त्यांनी दिलेल्या चिठ्ठीवर रुग्णांना अॅलोपॅथीच्या औषधांची विक्री करता येईल. मात्र, अशा डॉक्टरने दिलेल्या चिठ्ठीवर त्याचा नोंदणी क्रमांक व अभ्यासक्रमाच्या प्रमाणपत्राचा क्रमांक यांचा उल्लेख आहे की नाही, याची प्रथम घाऊस व किरकोळ औषध विक्रेत्यांनी खातरजमा करावी, असे एफडीएचे आयुक्त राजेश नावेंकर यांनी परिपत्रकात स्पष्ट केले आहे.

हा विशिष्ट अभ्यासक्रम पूर्ण केलेल्या अर्हताधारक होमिओपॅथी डॉक्टरांना संमत असूनही त्यांच्या चिठ्ठीवर अॅलोपॅथीची औषधे विक्रेत्यांकडून दिली जात नाहीत, असा अनुभव येतो. परिणामी डॉक्टर तशी औषधे चिठ्ठीवर लिहून देत नाहीत, रुग्ण व डॉक्टरांनाही त्रास होतो, असे दिसून आले. या पार्श्वभूमीवर, एफडीएने हे स्पष्टीकरण केले आहे.

Virat Vaibhav • 28 Dec • Ministry of Ayush  
Dabur ne shuru kiya science of ayurved abhiyan

13 • PG

89 • Sqcm

107113 • AVE

625K • Cir

Middle Right

Delhi

## डाबर ने शुरू किया 'साइंस ऑफ आयुर्वेद' अभियान

सर्दियों का मौसम बहुत से लोगों को खूब त्रुभाता है, लेकिन सर्दी आते ही खांसी, गले में खराश और रेस्पिरेटरी इन्फेक्शन जैसे मामले बढ़ने लगते हैं। ऐसे में खांसी और गले की तकलीफ से निपटने के उपाय अपनाना ज़रूरी है। इसी को ध्यान में रखते हुए डाबर इंडिया लिमिटेड की ओर से भारत के नंबर 1 आयुर्वेदिक कफ सिरप ब्राण्ड डाबर हनीटस ने एक जागरूकता अभियान 'साइंस ऑफ आयुर्वेद' का लॉन्च किया है, जो डाबर हनीटस के पीछे के विज्ञान के बारे में लोगों को जागरूक बनाएगा, डाबर हनीटस का यह फॉर्मूला खांसी और गले की तकलीफ से निपटने में बेहद कारगर है।

अपने एंटीमाक्रोबियल और एंटी इन्फ्लेमेटरी गुणों के लिए विख्यात शहद गले को गले की खराश को दूर कर प्राकृतिक तरीके से खांसी का उपचार करती है। मुलेठी को भी एंटी-इन्फ्लेमेटरी गुणों के लिए जाना जाता है, जो गले की खराश कम करने में कारगर है। तुलसी के एंटी-बैक्टीरियल गुण छाती के कंजेशन को दूर करते हैं, बनप्पा भी छाती के ब्लॉकेज को दूर करता है। 'इस आयुर्वेदिक नुस्खे के पीछे के विज्ञान तथा हर्बल इन्ग्रीडिएंट्स जैसे अदरक, शहद, तुलसी, मुलेठी, बनप्पा के फायदों के बारे में जागरूकता बढ़ाने के लिए डाबर हनीटस मेगा हेल्थ अवेयरनेस कैम्पेन 'साइंस ऑफ आयुर्वेद' लेकर आए हैं, जो आम लोगों को डाबर हनीटस के विज्ञान और इसके आयुर्वेदिक अवयवों के बारे में जानकारी देगा। डाबर हनीटस खांसी के इलाज का आयुर्वेदिक नुस्खा है, हर्बल इन्ग्रीडिएंट्स से बना यह फॉर्मूला खांसी और गले की खराश से राहत देता है। अच्छी बात यह है कि खांसी की अन्य दवाओं की तरह इसके सेवन से नींद नहीं आती, ऐसे में यह पूरे परिवार के लिए सुरक्षित और कारगर है।' डाबर इंडिया लिमिटेड में मार्केटिंग के वाईस प्रेज़ीडेंट अजय सिंह परिहार ने कहा।

Online Coverage

| No  | Portal Name                 | Headline (Incorporated with URL)  | Reach  |
|-----|-----------------------------|---|--------|
| 1.  | Dainik Bhaskar              | आयुष शिविर में 72 मरीजों की जांच कर दी औषधियां  | 66.5M  |
| 2.  | Dainik Bhaskar              | नियमित करने और कलेक्टर रेट पर मानदेय देने की मांग: बैतूल में ट्राइबल विभाग के अन...         | 66.5M  |
| 3.  | Dainik Bhaskar              | देश का प्रकृति परीक्षण अभियान का आयोजन हुआ: छात्राओं को प्राकृतिक तरीकों से स्वा...         | 66.5M  |
| 4.  | Dainik Bhaskar              | आयुर्वेद पद्धति लोगों तक पहुंचाने प्रकृति परीक्षण अभियान हुआ शुरू                           | 66.5M  |
| 5.  | हिन्दुस्तान(Live Hindustan) | कार्यशाला में दी गयी औषधीय पौधों के खेती की तकनीकी जानकारी                                  | 64.8M  |
| 6.  | The Times of India          | Cabinet okays rolling out of digital birth, death certificate registration                  | 64.4M  |
| 7.  | The Times of India          | 'Prakriti assessments': NIA tops in country   | 64.4M  |
| 8.  | Patrika                     | 'देश का प्रकृति परीक्षण अभियान' में राष्ट्रीय आयुर्वेद संस्थान जयपुर को देश में...          | 14M    |
| 9.  | Patrika                     | CG News: छत्तीसगढ़ में 4.25 लाख लोगों का प्रकृति परीक्षण, देश में नौवें नंबर पर             | 14M    |
| 10. | ThePrint                    | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T...     | 11.3M  |
| 11. | MP Breaking News            | Mohan Cabinet Decision : यहां विस्तार से पढ़ें मोहन कैबिनेट बैठक के बड़े फैसले, ...         | 11.3M  |
| 12. | Divyabhaskar                | भारत सरकार के निर्देशन: 50 परीक्षार्थी पर छात्राओं की छूट, 500 करोड़ तो परीक्षाधी मुक्ति... | 10M    |
| 13. | Asianet News Hindi          | MP कैबिनेट निर्णय: जन्म-मृत्यु प्रमाण पत्र अब डिजिटल, किसानों को दिन में बिजली              | 8.1M   |
| 14. | Andhrajyothy                | Ayurveda: కర్మత సంవత్సరంలో హౌల్ తోగ్ ఉండాలంటే.. వీటిని పాటించండి..                          | 8.1M   |
| 15. | Andhrajyothy                | Ayush Department : ఆయుష్ లో తవ్వకాద్దో అక్కరమాల   | 8.1M   |
| 16. | Latestly                    | Business News   Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pi<br>one...     | 7.8M   |
| 17. | The Tribune India           | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T...     | 7M     |
| 18. | Onmanorama                  | How to have "little millet" or "chaama" for weight loss?                                    | 5M     |
| 19. | Janta Se Rishta             | DDC अध्यक्ष बीला ने प्रमुख विकास परियोजनाओं की समीक्षा की                                   | 3.8M   |
| 20. | Ani News                    | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T...     | 1.9M   |
| 21. | Kalinga TV                  | "Swarna Prashan" healthcare initiative covers over 17,000 school children in Odi...         | 1.4M   |
| 22. | Devdiscourse                | Nivam Ayurvedic Wellness: Transforming Wellness Tourism in India                            | 1.2M   |
| 23. | The Pioneer                 | AYUSH deptt of AIIMS organises campaign   | 776.4K |
| 24. | Daily Excelsior             | Chairperson DDC B"la takes review of major developmental projects                           | 717.7K |
| 25. | Khas Khabar                 | स्वास्थ्य सेवा के माध्यम से समुदायों को सशक्त बना रहा राष्ट्रीय आयुष मिशन                   | 466.4K |



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| 26. | Samachar Nama            | 'देश का प्रकृति परीक्षण अभियान" में राष्ट्रीय आयुर्वेद संस्थान जयपुर को देश में ...     | 195.8K |
| 27. | First India              | NIA tops Prakriti Parikshan campaign  | 118.3K |
| 28. | Lokmattimes.com          | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | 94.3K  |
| 29. | WebIndia123              | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | 61.9K  |
| 30. | UP18 news                | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | 35.1K  |
| 31. | Indian Economic Observer | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | 16.1K  |
| 32. | Divya Bharat             | 12 day foundation course started. 12-day foundation course launched: Principal S.<br>.. | 8.9K   |
| 33. | Divya Bharat             | Blankets distributed in Nigohan, Lucknow   Blankets distributed in Nigohan of Lu...     | 8.9K   |
| 34. | Daily Prabhat            | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | 280    |
| 35. | Marudhar Chronicle       | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |
| 36. | Satta Express            | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |
| 37. | Your Bangalore           | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |
| 38. | Bizz Sight               | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |
| 39. | Maharashtra 24x7         | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |
| 40. | Madhya Pradesh Mirror    | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |
| 41. | Live Jabalpur            | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |
| 42. | Allahabad Post           | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |
| 43. | National Insight         | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |
| 44. | Khamma Ghani Rajasthan   | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |
| 45. | The Evening Post         | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A    |

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| 46. | Central Herald        | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 47. | Rajasthan Express     | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 48. | Shekhawati Samachar   | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 49. | Medical Dialogues     | National Ayush Mission Enhancing Community Access to Affordable Healthcare              | N/A |
| 50. | News Daddy            | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 51. | North West News Times | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 52. | News Wala             | 'देश का प्रकृति परीक्षण अभियान" में राष्ट्रीय आयुर्वेद संस्थान जयपुर को देश में ...     | N/A |
| 53. | OB News               | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 54. | The Mobi World        | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 55. | Newzfatafat           | धमतरी जिले के 11718 लोगों का हुआ प्रकृति परीक्षण  | N/A |
| 56. | Udaipur Kiran         | धमतरी जिले के 11718 लोगों का हुआ प्रकृति परीक्षण  | N/A |
| 57. | Business Point        | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 58. | Aawazaapki            | मुख्यमंत्री आयुष्मान आरोग्य शिविर का आयोजन  | N/A |
| 59. | Sangritimes           | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 60. | News9Network          | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 61. | Rajasthan Journal     | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 62. | MP News Line          | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 63. | MP Guardian           | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 64. | Rajasthan Mirror      | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 65. | Delhi News Now        | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 66. | The Bizz Stories      | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |

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| 67. | Kanpur Live                   | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 68. | Kolkata Sun                   | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 69. | The Capital News              | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 70. | Deccan Express                | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 71. | Up Patrika                    | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 72. | New Delhi News                | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 73. | MintMoney                     | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 74. | Mumbai News                   | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 75. | Tender Detail                 | Tender Document For Fully Built Basic Life Support 8 Numbers Of Eeco Ambulan<br>ce F... | N/A |
| 76. | Buffalo Despatch              | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 77. | England News Portal           | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 78. | Prakhar Jagran                | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 79. | Birminghamall News<br>Network | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 80. | Srilanka Island News          | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 81. | US World Today                | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 82. | East Asiaall News Portal      | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 83. | Mantras                       | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 84. | France Network Times          | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 85. | Wisconsin journal             | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |



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| 86.  | India's News          | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 87.  | Maldives Star Plus    | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 88.  | Middle East Times     | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 89.  | San Francisco Star    | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 90.  | Palgharnews           | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 91.  | Bihar 24x7            | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 92.  | Himachal Patrika      | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 93.  | South India News      | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 94.  | Gujarat Samachar      | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 95.  | North East Times      | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 96.  | Telangana Journal     | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 97.  | Haryana Today         | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 98.  | West Bengal Khabar    | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 99.  | Bihar Times           | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 100. | Rajasthan Ki Khabar   | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 101. | Andhra Pradesh Mirror | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 102. | Punjab Live           | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 103. | Jharkhandtimes        | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 104. | Kashmir Newslite      | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |





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| 105. | Karnataka Live        | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 106. | Kashmir Breaking News | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 107. | Maharashtra Samachar  | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 108. | Chhattisgarh Today    | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 109. | Gujarat Varta         | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 110. | Odisha Post           | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 111. | Delhi live news       | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 112. | Vanakkam Tamil Nadu   | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 113. | Indian News Network   | Rise Wellness Pvt. Ltd. Launches Nivam Ayurvedic Wellness: Pioneering Wellnes<br>s T... | N/A |
| 114. | Health Economietimes  | Cabinet okays rolling out of digital birth, death certificate registration              | N/A |
| 115. | Shabd Sangram         | मध्यप्रदेश जन्म और मृत्यु रजिस्ट्रीकरण नियम, 2024 लागू किये जाने की स्वीकृति            | N/A |
| 116. | Suryaa                | కాత్మత ఏడొద్దోల్ పూర్వ తీగ్న ఉండాలంటే..   | N/A |
| 117. | Janpatra News         | मध्यप्रदेश जन्म और मृत्यु रजिस्ट्रीकरण नियम, 2024 लागू किये जाने की स्वीकृति            | N/A |
| 118. | Caas India            | Health Sector 2024 : स्वास्थ्य के लिहाज से कैसा रहा साल 2024                            | N/A |
| 119. | khabredinraat         | देश का प्रकृति परीक्षण अभियान में राष्ट्रीय आयुर्वेद संस्थान जयपुर को पूरे देश म...     | N/A |
| 120. | ITDC India            | Nature Test Campaign: Promoting a Healthy Lifestyle and Ayurveda                        | N/A |
| 121. | Stylespeak            | Uttarakhand Government to Be the First to Roll Out Yoga Policy                          | N/A |
| 122. | India web news        | तंबाकू नशा-मुक्ति के लिए वैज्ञानिक दृष्टिकोण अपनाएं : एमडी एनएचएम डॉ. सिडाना            | N/A |
| 123. | The Kashmir Horizon   | Chairperson DDC B"la takes review of major developmental projects, Directs smo<br>o...  | N/A |
| 124. | Npg News              | Mohan Cabinet Meeting Decision: मोहन कैबिनेट का बड़ा फैसला, जन्म और मृत्यु रजिस्...     | N/A |
| 125. | India web news        | मध्यप्रदेश जन्म और मृत्यु रजिस्ट्रीकरण नियम, 2024 लागू किये जाने की स्वीकृति            | N/A |
| 126. | Koshur Samachar       | Chairperson DDC B"la takes review of major developmental projects                       | N/A |
| 127. | News Grid             | मध्यप्रदेश जन्म और मृत्यु रजिस्ट्रीकरण नियम, 2024 लागू किये जाने की स्वीकृति            | N/A |
| 128. | Prithak Chhattisgarh  | मध्यप्रदेश जन्म और मृत्यु रजिस्ट्रीकरण नियम, 2024 लागू किये जाने की स्वीकृति            | N/A |

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| 129. | Rising Kashmir                     | DDC Chairperson Bla reviews dev projects, essential services                 | N/A |
| 130. | Dainik Jalteddeep                  | ईकाईयों द्वारा देश का प्रकृति परीक्षण अभियान का आयोजन किया गया               | N/A |
| 131. | Samachar Pradesh Hindi News Portal | मध्यप्रदेश जन्म और मृत्यु रजिस्ट्रीकरण नियम, 2024 लागू किये जाने की स्वीकृति | N/A |
| 132. | Khabaraajtak24x7                   | मध्यप्रदेश जन्म और मृत्यु रजिस्ट्रीकरण नियम, 2024 लागू किये जाने की स्वीकृति | N/A |
| 133. | Tar Tv                             | BIS holds meeting on standardisation efforts in Ayush sector                 | N/A |