


MINISTRY OF AYUSH COMPILED MEDIA REPORT
27 Jan, 2025 – 28 Jan, 2025

 **Total Mention 18**

 Print	Financial	Mainline	Regional	Periodical
18	N/A	14	3	1

 Print

No	Newspaper	Headline	Edition	Pg
1.	Hindustan Times	Why details of spending on ads, schemes not filed, HC asks Punjab	Chandigarh	4
2.	The Indian Express	Will stop treatment if dues not cleared': 600 private hospitals warn Haryana govt	Chandigarh	10
3.	The New Indian Express	DHANURASANA BOLSTER UNDER HIPS	Chennai	2
4.	The New Indian Express	DHANURASANA BOLSTER UNDER HIPS (BOW POSE BOLSTER UNDER HIPS)	Bengaluru	2
5.	The New Indian Express	TADASANA HINDOLASANA	Chennai	2
6.	The New Indian Express	TADASANA HINDOLASANA (STANDING CRADLE POSE)	Bengaluru	2
7.	The Morning Standard	Fit Bit	Delhi	2
8.	The Morning Standard	Fit Bit	Delhi	2
9.	The Daily Guardian	Ayushman Bharat: 600 Haryana hospitals threaten to stop services	Chandigarh	1, 5
10.	The Hindu	Will the FY26 Budget reverse the decline in social sector spending	Hyderabad	9
11.	The Hindu	Getting drunk, on homoeopathy	Mumbai + 1	6
12.	The Pioneer	A UNION WITH THE SELF	Delhi	11
13.	The Pioneer	Spiritual Health and Architecture	Delhi	11
14.	The Hans India	Backbone of Maoists broken in C'garh	Hyderabad	8
15.	Mayapuri	Know 5 special things about Krishna Shroff on his birthday	National	64
16.	Loksatta	Complaints about misleading claims in advertisements of Ayurvedic medicines	Pune	4
17.	Punjab Kesari	IMT kharkonda ki taraj par pradesh mein banenge 10 ati aadhunik udhyogik sehar :Naib saini	Chandigarh	6
18.	Dainik Jagran	Niji hospitals ko do din mein milegi ayushman yojana ka bakaya rashi	Chandigarh	2

Hindustan Times • 28 Jan • Ministry of Ayush

Why details of spending on ads, schemes not filed, HC asks Punjab

4 • PG

191 • Sqcm

296669 • AVE

267.13K • Cir

Middle Center

Chandigarh

Why details of spending on ads, schemes not filed, HC asks Punjab

Surender Sharma

Surender.sharma@hindustantimes.com

CHANDIGARH: The Punjab and Haryana high court has sought personal affidavit of the principal secretary, finance, Punjab, over failure to submit details of government spending on advertisements and social welfare schemes; and also detail the reasons for the same.

It was on September 23, 2024, that a high court bench had sought details of expenses on advertisements in print and audio-video media, including break-up about the states and languages. Further details of expenditure on social welfare schemes such as free electricity, Atta Dal scheme etc. were also to be supplied. These details were to be supplied for the period between December 2021 and September 2024.

The details were sought during hearing of a petition from the Indian Medical Association (IMA), Punjab, and others, pending from 2022, seeking the



Details were sought during hearing of a petition from IMA, Punjab, over release of outstanding dues under Ayushman Bharat Scheme.

release of the outstanding dues/claims of the hospitals registered under the Ayushman Bharat Scheme for patient care for which 60% of the amount is paid by the Centre and 40% is the state's share. IMA allegations were that ₹500 crore is admitted liability till December 2022, yet to be released by the state, and only ₹26 crore has been released. The allegations were also levelled of misutilisation of funds and the central government counsel told the court that

SEEKS AFFIDAVIT FROM PRINCIPAL SECRETARY, FINANCE, BY JAN 30

its share worth Rs ₹355.48 crore up to 2023-24 has been given by the Centre and but has been "misutilised" by the state.

The details were also sought of expenses incurred on renovation of the houses/offices of Class-I officers as well as ministers/MLAs. It was also directed that details of litigation expenses for pursuing cases in SC and Delhi HC for the state and any other agency/person be submitted. In subsequent hearing in October, Punjab had claimed that only ₹46 crore is pending to be paid to the hospitals. The state had also claimed that it has neither 'misutilised or withheld the funds' of the central government. In fact, Punjab put the blame on the Centre and told the court that the central government is yet to release Rs 250

crore as its share under the scheme. When matter came up for hearing on November 19, both Punjab and the Centre agreed for a meeting on the issue and it was resolved that on December 2, they would hold a meeting to discuss funds disbursement under the Ayushman Bharat scheme.

However, when the matter was taken up on January 23, neither the details of the outcome of the joint meeting were filed before the court nor an affidavit about giving details of spending on advertisements and social welfare schemes etc. were filed.

"This court prima facie is of the opinion that the principal secretary, finance, has already committed contempt of this court by not making compliance of the order. Affidavit be filed on or before the next date of hearing," the bench of justice Kuldeep Tiwari observed seeking affidavit, which discloses the reasons for not making compliance of the court directions, by January 30.

The Indian Express • 28 Jan • Ministry of Ayush
Will stop treatment if dues not cleared': 600 private hospitals warn Haryana govt

10 • PG

233 • Sqcm

205901 • AVE

175.5K • Cir

Middle Center

Chandigarh

AYUSHMAN SCHEME

'Will stop treatment if dues not cleared': 600 private hospitals warn Haryana govt

Govt says ₹150 cr already released; remaining amount within a week

SUKHBIR SIWACH

CHANDIGARH, JANUARY 27

THE INDIAN Medical Association (IMA) representing nearly 600 private hospitals empanelled under the Ayushman scheme (PMJAY) in Haryana has warned to suspend the treatment facilities under the scheme from February 3 if their pending dues of Rs 400 crore were not cleared soon.

On the other hand, the government has hoped that the issue would be resolved soon stating they have already released a payment of Rs 150 crore to the hospitals concerned, adding the remaining payment would also be made within one week.

IMA's Haryana unit president Mahaveer P Jain told The Indian Express that most of the private hospitals have received only negligible payments from the government since August 2024 in lieu of the treatment of the patients under the scheme. Jain said of the total 1,300 hospitals empanelled under the scheme in Haryana, nearly 600 are private.

The state unit of the IMA, in a letter to Ayushman Bharat Haryana CEO Sangeeta Tatarwal on Saturday, said that the suspension of the services will cause unnecessary hassle to the poor people of the state and the "responsibility for the same will fall with the department".

Both Jain and IMA Haryana unit secretary Dr Dhirendar K Soni underscored that the launch of Chirayu cards in November 2022 made payments very erratic due to its sheer volume.

According to the letter, the IMA office bearers met Haryana Chief Minister Nayab Singh Saini on January 8 who "ordered immediate release of pending dues". "It is very unfortunate that even after 15 days having passed, our members have not received any significant amount and even the amounts received have large unwarranted deductions," the letter said. The association has

also demanded an annual allocation of Rs 2,000 crore for the scheme separately.

Ayushman Bharat Haryana CEO Sangeeta Tatarwal told The Indian Express that there were issues of funds with the department which have now been sorted out. "During the past 3-4 days, we released the payments of nearly Rs 150 crore. We will disburse the remaining payments too in the next week," he added.

The chief minister on Monday said that payment of any hospital related to Ayushman Bharat Card will not be stopped. He also said that the remaining payments will also be released soon.

According to officials, every month bills of Rs 80-90 crore from the private hospitals are raised in lieu of the treatment of the patients under the scheme.

To expand the benefits of the Ayushman Bharat scheme, the Haryana BJP government in 2022 had launched the Chirayu scheme. Under 'Chirayu Ayushman Bharat Yojana', the government offers free treatment facilities of up to Rs 5 lakh annually to all citizens with annual family income up to Rs 1.80 lakh. Also, under Chirayu extension scheme, this benefit is being provided to families with annual income above Rs 1.80 lakh up to Rs 3 lakh on annual contribution of Rs 1,500.

Last month, the chief minister had stated that under the Ayushman-Chirayu Yojana, the state has spent Rs 2,139 crore on medical care for 16 lakh families (since 2018). A few months back, Saini had stated that under this scheme, 1.19 crore Ayushman and Chirayu cards have been issued. Sources say the process to issue nearly 30 lakh more cards is underway. In November 2024, Haryana Governor Bandaru Dattatraya announced in the state assembly that the amount for free of cost treatment under Chirayu scheme will be increased to Rs 10 lakh annually. Officials say the limit for the treatment would be increased in the near future.

The New Indian Express • 28 Jan • Ministry of Ayush DHANURASANA BOLSTER UNDER HIPS

2 • PG

737 • Sqcm

972316 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

DHANURASANA BOLSTER UNDER HIPS (BOW POSE BOLSTER UNDER HIPS)

This is a variation of the base pose Dhanurasana (Bow Pose). This comes under the category of prone poses with a backbend. The bolster under the hips supports the body. Students can lift the upper body higher and maintain the pose. The prop allows students to stay in the pose without collapsing, and the benefits of the backbend can be derived. Students hold the pose like a bow in this with the hands holding the ankles, and the shoulders rolled back. Students can use this pose to strengthen the lower back and open the torso for postural benefits.

STEPS

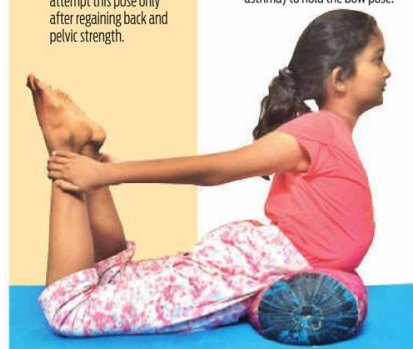
- Keep a bolster handy. Align the body to Bharmasana (Table Top Pose) on the middle of the mat.
- The hands must be shoulder-width apart. The legs must be hip-width apart and perpendicular to the hips.
- Place the bolster horizontally so it touches the forearms. Inhale and bring the upper body ahead, rest the lower abdomen on the bolster.
- The lower abdomen and the upper thighs are rested on the bolster. Breathe and stay here for a few counts. The pose looks like cobra pose with legs apart and bolster under the hips with hands straight.
- Inhale. On the exhale, bend your right knee and take the right arm behind, hold the ankle, then hold the left ankle with the left palm.
- Rolling your shoulders away from the ears, bring the shoulder blades towards each other.
- Stay as per capacity. Release the pose by first releasing the palms from the ankles and resting the legs on the mat.
- Place the bolster vertically on the mat, rest and relax in Balasana Bolster (Child Pose Bolster).

BENEFITS

- Beneficial for the reproductive and urogenital systems.
- This back strengthening pose can address lower back pain.
- Aids in dealing with sciatica, piriformis syndrome and releases pelvic stiffness.
- Aids with infertility, erectile dysfunction, and lack of sexual desire.
- Stimulates the thyroid glands with the neck stretch, balancing the thyroxine hormone in the body responsible for the metabolism and joints in the body.
- Effective to treat osteoporosis, and menopausal symptoms by stretching the psoas and opening the pelvis.
- Alleviates menstrual pain but the practice should be avoided during menstruation.
- Spinal toning due to the backbend calms the nervous system and is beneficial for sleeping disorders.
- Opens the chest and the back without constriction. The bolster supports the lower body and enables an asthmatic person to stay longer in the pose and flex their back with a backbend.
- Boosts energy and is a hormone balancer for teens.
- Benefits sportspersons by enhancing the posture and increasing flexibility.
- Benefits a person who has the back strength but lacks stamina and breath endurance (people with asthma) to hold the bow pose.

LIMITATIONS

- It should be avoided by senior citizens and women during pregnancy and menstruation. Postnatal women must attempt this pose only after regaining back and pelvic strength.



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

The New Indian Express • 28 Jan • Ministry of Ayush DHANURASANA BOLSTER UNDER HIPS (BOW POSE BOLSTER UNDER HIPS)

2 • PG

689 • Sqcm

688599 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

DHANURASANA BOLSTER UNDER HIPS (BOW POSE BOLSTER UNDER HIPS)

This is a variation of the base pose Dhanurasana (Bow Pose). This comes under the category of prone poses with a backbend. The bolster under the hips supports the body. Students can lift the upper body higher and maintain the pose. The prop allows students to stay in the pose without collapsing and the benefits of the backbend can be derived. Students hold the pose like a bow in this with the hands holding the ankles, and the shoulders rolled back. Students can use this pose to strengthen the lower back and open the torso for postural benefits.

STEPS

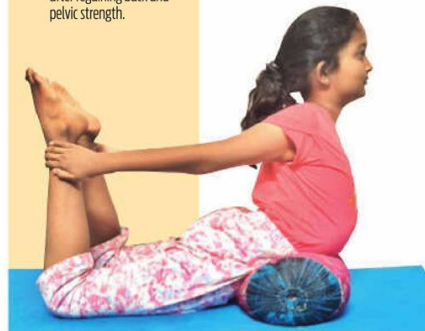
- Keep a bolster handy. Align the body to Bharmanasana (Table Top Pose) on the middle of the mat.
- The hands must be shoulder-width apart. The legs must be hip-width apart and perpendicular to the hips.
- Place the bolster horizontally so it touches the forearms. Inhale and bring the upper body ahead, rest the lower abdomen on the bolster.
- The lower abdomen and the upper thighs are rested on the bolster. Breathe and stay here for a few counts. The pose looks like cobra pose with legs apart and bolster under the hips with hands straight.
- Inhale. On the exhale, bend your right knee and take the right arm behind, hold the ankle, then hold the left ankle with the left palm.
- Rolling your shoulders away from the ears, bring the shoulder blades towards each other.
- Stay as per capacity. Release the pose by first releasing the palms from the ankles and resting the legs on the mat.
- Place the bolster vertically on the mat, rest and relax in Balasana Bolster (Child Pose Bolster).

BENEFITS

- Beneficial for the reproductive and urogenital systems.
- This back strengthening pose can address lower back pain.
- Aids in dealing with sciatica, piriformis syndrome and releases pelvic stiffness.
- Aids with infertility, erectile dysfunction, and lack of sexual desire.
- Stimulates the thyroid glands with the neck stretch, balancing the thyroxine hormone in the body responsible for the metabolism and joints in the body.
- Effective to treat osteoporosis, and menopausal symptoms by stretching the psoas and opening the pelvis.
- Alleviates menstrual pain but the practice should be avoided during menstruation.
- Spinal toning due to the backbend calms the nervous system and is beneficial for sleeping disorders.
- Opens the chest and the back without constriction. The bolster supports the lower body and enables an asthmatic person to stay longer in the pose and flex their back with a backbend.
- Boosts energy and is a hormone balancer for teens.
- Benefits sportspersons by enhancing the posture and increasing flexibility.
- Benefits a person who has the back strength but lacks stamina and breath endurance (people with asthma) to hold the bow pose.

LIMITATIONS

- It should be avoided by senior citizens and women during pregnancy and menstruation. Postnatal women must attempt this pose only after regaining back and pelvic strength.



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)

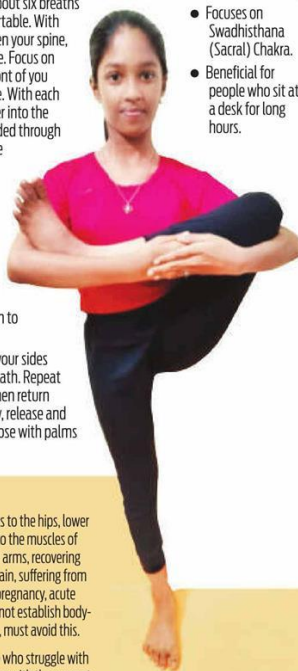
This is a graceful standing-balance variation of the seated-hip-opener, Hindolasana (Cradle Pose). Hence the name Tadasana Hindolasana. While both versions share similarities in their cradling motion, this variation elevates the challenge by incorporating balance and strength.

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 (STANDING CRADLE POSE)

2 • PG

654 • Sqcm

653936 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

TADASANA HINDOLASANA (STANDING CRADLE POSE)

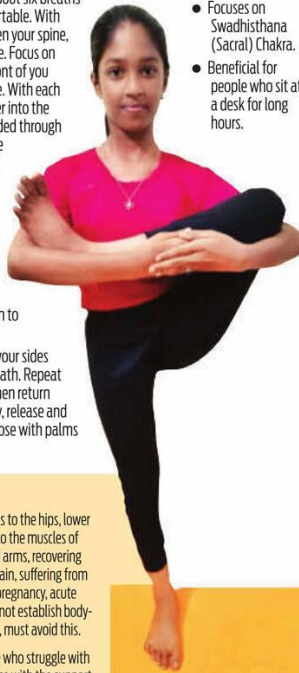
This is a graceful standing-balance variation of the seated-hip-opener, Hindolasana (Cradle Pose). Hence the name Tadasana Hindolasana. While both versions share similarities in their cradling motion, this variation elevates the challenge by incorporating balance and strength.

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 Morning Standard • 28 Jan • Ministry of Ayush

Fit Bit

2 • PG

647 • Sqcm

310639 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

DHANURASANA BOLSTER UNDER HIPS (BOW POSE BOLSTER UNDER HIPS)

This is a variation of the base pose Dhanurasana (Bow Pose). This comes under the category of prone poses with a backbend. The bolster under the hips supports the body. People can lift the upper body higher and maintain the pose. The prop allows them to stay in the pose without collapsing, and the benefits of the backbend can be derived. Practitioners can hold the pose like a bow in this with the hands holding the ankles, and the shoulders rolled back. They can use this pose to strengthen the lower back and open the torso for postural benefits.

STEPS

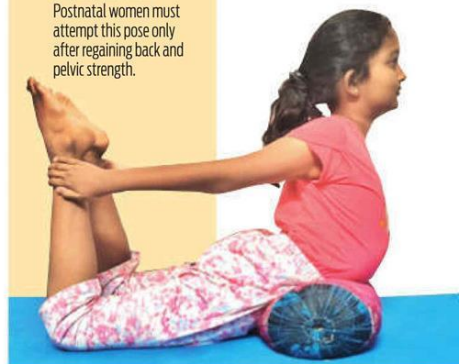
- Keep a bolster handy. Align the body to Bharmanasana (Table Top Pose) on the middle of the mat.
- The hands must be shoulder-width apart. The legs must be hip-width apart and perpendicular to the hips.
- Place the bolster horizontally so it touches the forearms. Inhale and bring the upper body ahead, resting the lower abdomen on the bolster.
- The lower abdomen and the upper thighs should rest on the bolster. Breathe and stay here for a few counts. The pose looks like the cobra pose with legs apart and bolster under the hips with hands straight.
- Inhale. On the exhale, bend your both knees, take your arms behind, and hold the ankles.
- Stay as per capacity. Release the pose by releasing the palms from the ankles first and then resting the legs on the mat.
- Place the bolster vertically on the mat, rest, and relax in the Balasana Bolster (Child Pose Bolster).

BENEFITS

- Beneficial for the reproductive and urogenital systems.
- This back-strengthening pose can address lower back pain.
- Aids in dealing with sciatica and piriformis syndrome. Also releases pelvic stiffness.
- Aids with infertility, erectile dysfunction, and lack of sexual desire.
- Stimulates the thyroid glands with the neck stretch, balancing the thyroxine hormone in the body responsible for the metabolism and joints in the body.
- Effective to treat osteoporosis, and menopausal symptoms by stretching the psoas and opening the pelvis.
- Alleviates menstrual pain but the practice should be avoided during menstruation.
- Spinal toning due to the backbend calms the nervous system and is beneficial for sleeping disorders.
- Opens the chest and the back without constriction. The bolster supports the lower body and enables an asthmatic person to stay longer in the pose and flex their back with a backbend.
- Boosts energy and it is a hormone balancer for teens.

LIMITATIONS

- It should be avoided by senior citizens and women during pregnancy and menstruation. Postnatal women must attempt this pose only after regaining back and pelvic strength.



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)

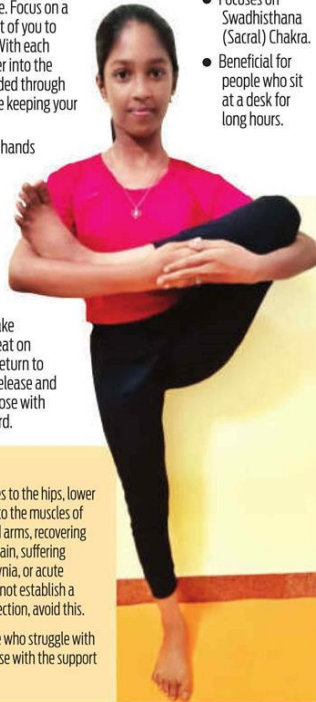
This is a good standing-balance variation of the seated-hip-opener, Hindolasana (Cradle Pose). Hence it is named Tadasana Hindolasana. While both versions share similarities in their cradling motion, this variation elevates the challenge by incorporating balance and strength.

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 towards 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, and rest the arch comfortably. Wrap your right hand around the outer edge of your left leg 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, towards 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 for six breaths. 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 and return to Tadasana. Finally, release and relax in Mountain Pose with palms facing forward.

BENEFITS

- Helps tone the legs, focussing on building strength, stamina, and mental focus.
- Included in yoga for kids due to its simplicity 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, or acute osteoarthritis, cannot establish a body breath connection, 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 Daily Guardian • 28 Jan • Ministry of Ayush

Ayushman Bharat: 600 Haryana hospitals threaten to stop services

1, 5 • PG

173 • Sqcm

17323 • AVE

N/A • Cir

Bottom Center, Middle Right

Chandigarh

Ayushman Bharat: 600 Haryana hospitals threaten to stop services

NEERAJ MOHAN
CHANDIGARH

Concerned over the long pending dues, the Indian Medical Association (IMA) has announced that nearly 600 private hospitals in Haryana will stop providing services under the Ayushman Bharat scheme from February 3.

The decision comes after repeated requests to the Haryana government to clear pending dues amounting to Rs 450 crore. In a letter dated January 25, the IMA Haryana in-

formed the Ayushman Bharat Haryana Health Protection Authority about the issue, stating that hospitals had only received 10-15 per cent of their reimbursement claims.

The scheme, which helps provide free treatment to poor patients, requires hospitals to submit their claims online, which the government is supposed to process and reimburse. However, there were no deadline was fixed by the government to clear the dues. In a statement the IMA Haryana Sec-

■ P5

Ayushman Bharat...

CONTINUED FROM P1

retary Dr. Dhirender K. Soni and other members said that although Haryana Chief Minister Nayab Singh Saini had promised to release the dues during a meeting on January 8, only a small amount has been paid so far, with significant cuts in the reimbursement. This has created financial challenges for the hospitals.

The IMA highlighted that

the delays and irregularities in payments began after the introduction of the Chirayu card in November 2022. The association listed several demands in its letter to the government, including Immediate payment of all pending dues, no deductions after pre-approvals of claims, a separate budget of Rs 2,000 crore per year for the Ayushman Bharat scheme, restoration of the

cash consent form that was recently withdrawn, clearing of pending dues from the older TMS-1 system and payment of interest on delayed reimbursements as per the agreement.

The IMA warned that if these demands are not met soon, the suspension of services under the Ayushman Bharat scheme will cause significant hardship to poor patients across Haryana.

The Hindu • 28 Jan • Ministry of Ayush

Will the FY26 Budget reverse the decline in social sector spending

9 • PG

621 • Sqcm

676703 • AVE

956.08K • Cir

Middle Left

Hyderabad

Will the FY26 Budget reverse the decline in social sector spending?

Over the last few years, there have been steep cuts in MGNREGS, the national social assistance schemes, and PM-Poshan

DATA POINT

Sambavi Parthasarathy,
Samreen Wani
Vignesh Radhakrishnan

The share of the Union Budget allocated for the social sector has declined rapidly in recent years. Data show that the outlays to most schemes under the rural development, education, health, and social welfare heads have either declined or stagnated.

Table 1 shows the allocations for various social sectors as a share of the total Budget. Expenditure on health as a share of the total Budget declined from 2.47%-2.22% in the FY18-22 period to 1.85%-1.75% in the FY23-25 period. The share of the total Budget allocated to the Ministry of Rural Development did not cross the 6%-mark in the last three years, which was the case for many years prior.

Similarly, allocations for higher education as a share of the total Budget declined from the 1.57%-1.37% range in FY17-20 to 1.27%-0.88% in FY21-25. Allocations for school education declined from the 2.18%-1.96% range to 1.61%-1.23% and allocations for social welfare schemes declined from the 1.89%-1.61% range to 1.17%-0.97% in the same period.

The reduced allocations can be better understood at the scheme level. **Table 2** shows the allocations for various social sector schemes as a share of the total Budget. Notably, allocations for schemes such as the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS), introduced under the United Progressive Alliance government, have declined significantly over time. The ₹86,000 crore (Budget Estimates) allocated for MGNREGS for 2024-25 formed only 1.78% of the total Budget, a 10-year low. Latest data show that the Rural Development Ministry was short of ₹4,315 crore, which result-

ed in a delay in the disbursement of wages to MGNREGS workers. Allocation for the national social assistance programme, which includes old age pension, widow pension, and disability pension, has declined as a share of the total Budget from the range of 1.21%-0.36% in the years FY19-21 to about 0.2% in the last four years.

The allocations for the Pradhan Mantri Poshan Shakti Nirman (PM-POSHAN) scheme as a share of the total Budget declined to 0.26% in FY25 (Budget Estimates) – the lowest in the last nine years – except FY24 (Revised Estimates). The primary objective of the scheme is to improve the nutritional status of children studying in Classes 1 to 8 in eligible schools. It was earlier known as the National Programme of Mid-Day Meals in Schools.

There were some exceptions to this trend: allocations under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (PMJAY), the Pradhan Mantri Awas Yojna (PMAY)-Rural, and PM Schools for Rising India (PM SHRI) as a share of the total Budget were on an increasing trend or at least stagnating. Notably, all these schemes were launched post 2014.

With the Budget for the next financial year set to be presented on February 1, it will be crucial to examine how the declining allocations for the social sector are being addressed. The sector has under its umbrella a host of important schemes, as shown in **Table 3**. The table shows major expenditure heads under each social sector. The number in the table corresponds to a scheme/expenditure head's share in each sector's total budget. For instance, about 33% of the health budget for the current year went to a flexible pool to be used by States for their health needs and 20.6% was allocated to autonomous bodies such as AIIMS. Close to half of the rural development budget was given to MGNREGS and over 30% went to PMAY-Rural.

Shrinking social sector pie

The data for the charts were sourced from the Union Budget documents

Table 1: Allocations for social sectors as a share of Budget (in %)

Year	Health	Rural Development	Higher Education	School Education	Social Welfare
FY18	2.47	6.3	1.57	2.18	1.75
FY19	2.35	5.74	1.38	2.09	1.89
FY20	2.36	5.3	1.37	1.96	1.66
FY21	2.28	6.1	0.92	1.48	1.07
FY22	2.22	6.03	0.88	1.23	1.07
FY23	1.75	5.69	0.92	1.4	0.97
FY24	1.76	5.32	1.27	1.61	1.04
FY25	1.85	5.51	0.99	1.51	1.17



Table 2: The table shows the allocations for select social sector schemes as a share of India's total Budget each year

Total	FY19	FY20	FY21	FY22	FY23	FY24(RE)	FY25(BE)
Rural development							
National social assistance programme	0.36	0.32	1.21	0.21	0.23	0.21	0.20
MGNREGS	2.67	2.67	3.17	2.60	2.17	1.92	1.78
Pradhan Mantri Gram Sadak Yojna	0.67	0.52	0.39	0.37	0.45	0.38	0.25
DAY-NRLM	0.25	0.34	0.26	0.25	0.28	0.31	0.31
Pradhan Mantri Awas Yojna (PMAY)-Rural	0.83	0.67	0.55	0.79	1.07	0.71	1.13
Health							
Pradhan Mantri Jan Arogya Yojana (PMJAY)	0.09	0.12	0.08	0.08	0.15	0.15	0.15
School education							
Samagra Shiksha		1.21	0.79	0.66	0.78	0.73	0.77
PM POSHAN	0.41	0.36	0.37	0.27	0.30	0.22	0.26
PM Schools for Rising India (PM SHRI)						0.06	0.13
Higher education							
University Grants Commission	0.20	0.17	0.11	0.12	0.12	0.14	0.05
Grants to Central Universities (CUs)	0.29	0.30	0.24	0.23	0.26	0.28	0.33
IITs	0.24	0.25	0.19	0.21	0.21	0.23	0.21
IIMs	0.015	0.018	0.013	0.017	0.014	0.007	0.004
NITs and IIEST	0.15	0.13	0.09	0.09	0.10	0.11	0.10

Table 3: The table shows major schemes/expenditure heads as a share of each social sector's total allocations in FY25BE (in %)

Health		Rural development		School education		Higher education	
Flexible pool for States	32.8	MGNREGS	48.4	Samagra Shiksha	50.7	Central Univs.	33.4
Autonomous bodies	20.6	PMAY-Rural	30.7	Autonomous bodies	21.4	IITs	21.7
PMJAY	8.3	DAY-NRLM	8.5	PM-POSHAN	17.1	NITs, IIEST	10.6
Infrastructure maintenance	8.0	PMGSY	6.8	PM-SHRI	8.3	UGC	5.2
Medical treatment of pensioners	6.1	Social assistance	5.4			Student aid	4.0

The Hindu • 28 Jan • Ministry of Ayush Getting drunk, on homoeopathy

6 • PG

646 • Sqcm

297050 • AVE

245K • Cir

Top Right

Mumbai • Delhi

Getting drunk, on homoeopathy

A recent judgment of the Supreme Court of India, in *Bhagwati Medical Hall vs Central Drugs Standard Control Organization & Ors.*, has, once again, turned the spotlight on the impossible challenge faced by State governments in regulating a significant public health hazard – that posed by alcoholic tinctures marketed in India as homoeopathic remedies. Feeble attempts by the Union Government to tackle the problem have often been frustrated by ruthless lawfare conducted by the very formidable homoeopathic industry.

The regulatory maze

A good starting point to explain this issue is the exceptionally complicated regulatory architecture under the Constitution for these alcoholic tinctures, which are liquid extracts of herbs dissolved in alcohol. As per Schedule VII of the Constitution, only States can enact legislation in relation to public health and the taxation of alcohol. The exception to this rule of taxation is if the alcohol is meant for medicinal purposes, in which case, Entry 84 of List I allowed the Union to decide the rate of taxation.

In the pre-Goods and Services Tax (GST) era, alcohol for medicinal preparation was taxed at a tiny 4% under the now repealed Medicinal and Toilet Preparations (Excise Duties) Act, 1955. Post the 101st Constitutional amendment which paved the way for the GST, the issue of taxation of alcohol meant for medicinal purposes is not clear since the exception created for alcohol meant for medicinal purposes is no longer mentioned in Entry 84. Nevertheless, the Union has prescribed a 18% tax slab for alcohol meant for medicinal purposes, which is still significantly lower than State taxes on alcoholic beverages.

The third aspect of this regulatory architecture is that drugs are on the Concurrent list, which means that both the Union and States can enact law but since the Drugs and Cosmetics Act, 1940 is the Union law laying down quality standards for homoeopathic products, States need presidential approval for State-specific amendments.

This complex regulatory architecture has meant that manufacturers of these homoeopathic alcoholic tinctures have historically been immune from any form of quality regulation or taxation by States despite having a direct impact on public health which again is the responsibility of States, per List II of Schedule VII. Moreover, due to the difference in taxation rates for alcoholic tinctures sold as homoeopathic remedies and alcoholic beverages, alcoholic tinctures manufactured by the homoeopathic industry are more affordable



Dinesh S. Thakur

is the author of 'The Truth Pill: The Myth of Drug Regulation in India'



Prashant Reddy T.

is the author of 'The Truth Pill: The Myth of Drug Regulation in India'

than alcoholic beverages. For a less discerning consumer of alcohol whose sole aim is to get intoxicated, these alcoholic tinctures are the perfect substitute for alcoholic beverages especially since many of these tinctures contain a very high volume of alcohol. The Drugs and Cosmetics Act permits alcoholic tinctures for homoeopathy to contain 12% alcohol by volume. For comparison, the most popular varieties of "strong beer" sold in India generally contain 7% alcohol.

State governments have viewed the issue primarily through the lens of revenue loss caused by citizens who consume homoeopathic alcoholic tinctures as a substitute for alcoholic beverages taxed at a higher rate. This loss of revenues was one of the reasons for the administrative actions taken by the Government of Uttar Pradesh, under Section 22 of the Drugs and Cosmetics Act, 1940 in the *Bhagwati Medical Hall* case, except, as correctly held by the Supreme Court, only the Union government can regulate the sale of homoeopathic tinctures.

Health concerns, industry lawfare

The taxation story however pales in comparison to the public health nightmare posed by these alcoholic tinctures. Since States have no ability to regulate alcoholic tinctures, they are required to permit the sale of these products even if the State law prohibits the sale of alcoholic beverages, as in Gujarat and Bihar. Both States have reported a string of deaths of those who consumed homoeopathic remedies containing spurious alcohol. In effect, the public health objectives of these State prohibitions on alcohol have been frustrated by a Union law. Technically, they can enact a State-specific amendment to the Drugs and Cosmetics Act, 1940 but that requires presidential assent.

The larger public health hazard of these alcoholic tinctures are unsuspecting citizens who consume these products on the assumption that they are going to be cured of their ailments without being fully aware of the alcoholic content in these products. Except that consuming such products containing high levels of alcohol, on a daily basis, can cause serious illnesses such as alcoholic hepatitis in patients who are otherwise perfectly healthy. Indian doctors have been presenting an increasing amount of anecdotal data of such patients presenting symptoms consistent with those demonstrated by alcoholics.

The Union government has been aware of the public health hazards posed by these alcoholic tinctures and introduced Rule 106B of the Drugs and Cosmetics Rules, 1945 in 1994 after a tragedy

took many lives. This new rule, which appears to lack any scientific basis, allows the homoeopathy industry to sell in the retail market, alcoholic tinctures containing 12% of alcohol in a bottle of maximum 30 ml. Larger bottles of 100 ml can be sold only to hospitals.

As soon as Rule 106B came into force, the homoeopathy industry unleashed a campaign of unmitigated lawfare against this rule because it wanted to sell tinctures with higher alcoholic content. In the first round of litigation, the homoeopathy industry challenged the constitutional validity of the rule on the grounds that it was an unreasonable restriction on its fundamental right to conduct trade and that the government lacked the power to make the rule. The industry lost before five High Courts and eventually the Supreme Court, except it took until 2014 for this litigation to be resolved. The very next year, in 2015, the homoeopathy industry launched a second round of lawfare by filing 13 lawsuits before seven different High Courts, on the grounds that Rule 106B was invalid since it was not placed before Parliament for a period of 30 days, as required by Section 38 of the Drugs and Cosmetics Act. Since a statutory requirement was not met, at least four High Courts temporarily stayed the operation of the rule in 2015, restraining government from enforcing it until the legal challenge was disposed of.

The simplest solution to these lawsuits was for the Union Government to simply lay Rule 106B before Parliament for 30 days thereby knocking out the basis of the legal challenge. Except, India's famed bureaucracy made the malicious decision to pursue the route of more litigation by filing a transfer petition in 2017 requesting for all 13 cases to be transferred to the Supreme Court. The Court agreed to do so and transferred all 13 cases to itself in 2017, where the matter has since languished unheard. Delays of such nature before the Supreme Court, when it comes to regulations meant to protect public health, are nothing unusual and end up costing lives of citizens.

Key question

The more important question is whether the law should permit the use of any alcohol in not just homoeopathic products but also ayurvedic products, especially when other countries are contemplating compulsory cancer warnings on regular alcoholic beverages. It is one thing for these homoeopathic and ayurvedic products to not cure any ailments, as claimed by their manufacturers, but quite another for them to cause further harm to unsuspecting and poorly informed citizens.

Alcoholic tinctures marketed in India as homoeopathic remedies are a significant public health hazard

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



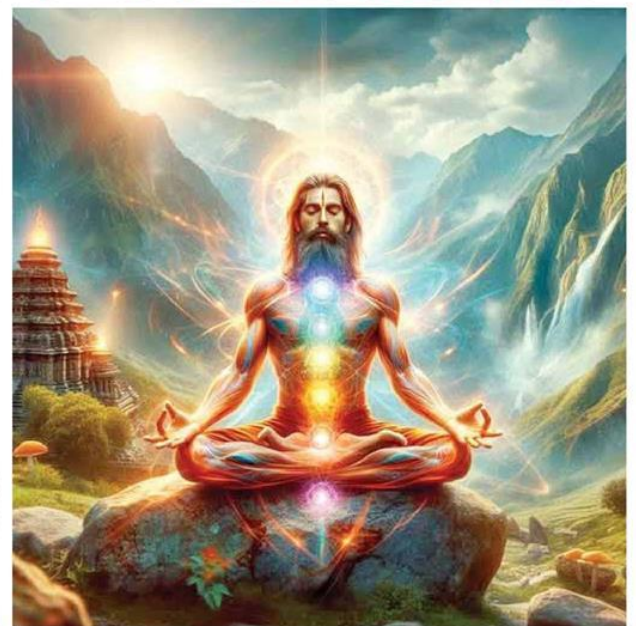
Yoga, as already mentioned before, means the union with the self. What often strikes when someone asks you how to be calm, naturally the answer is yoga, meditation, and sleep. *Shavasana* is also a yogic posture which is the most adorable yogic posture for many people, certainly because it gives you 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 Hans India • 27 Jan • Ministry of Ayush
Backbone of Maoists broken in C'garh

8 • PG

216 • Sqcm

64787 • AVE

390.49K • Cir

Middle Left

Hyderabad

'Backbone of Maoists broken in C'garh'

The biggest threat to our republic is violent ideologies. For the past several years, the state has been struggling with the menace of Maoism: Governor Ramen Deka

RAIPUR

CHHATTISGARH Governor Ramen Deka on Sunday said violent ideologies are the biggest threat to democracy and security forces have "broken the backbone" of Maoists by eliminating them in their safest hideouts of the state in the last one year.

Deka also said his government's focus is on rapid economic growth of Chhattisgarh. There is a possibility of an investment of Rs 2.5 lakh crore in the state in the next five years, which will open employment opportunities for five lakh persons, he said. "The biggest threat to our republic is violent ideologies. For the past several years, the state has been

struggling with the menace of Maoism. My government has worked hard to weaken Maoists by carrying out an intensive (anti-Maoist) campaign within a year," he said.

"Our soldiers, full of enthusiasm and zeal, have broken the backbone of Maoists. They have killed Maoists in their safest hideouts," he added.

In the areas where the light of development could not reach due to Maoist terror, the government has been providing benefits of 53 welfare schemes of 17 departments and 28 community facilities to villagers through the Niyad Nellanar (your good village) scheme, Deka said. For the first time, health camps have been organ-



ised in these villages, Aadhaar and Ayushman (health cover) cards have been made, he said. Mahatma Gandhi's dream of "Suraji" villages has started taking shape there again, the governor added.

Under the Niyad Nellanar initiative, which in Hindi means 'Aapka Achha Gaon', the state government has been under-

taking development works in interior villages, falling within five kilometres of radius of the security camps, through the facilities of security forces, he said. The government organised Bastar Olympics in Bastar wherein 1.65 lakh people participated, the governor noted. This is an indication that the era of peace has returned to Bastar.

Prime Minister Narendra Modi also mentioned about this initiative in his 'Mann Ki Baat' programme and praised it, which is a matter of pride for the entire state, he said.

Chhattisgarh is an ideal state with a very favourable environment for investment. By introducing the new industrial policy, his government has opened the red carpet for entrepreneurs in Chhattisgarh, Deka said. The Single Window System 2.0, Ease of Doing Business and attractive grants for various enterprises have opened a golden opportunity for the industry to invest in Chhattisgarh, he said. The state government has been establishing Nava Raipur Atal Nagar as an IT hub. For this, MoUs have been signed with many companies, the governor noted.

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

Loksatta • 28 Jan • Ministry of Ayush

Complaints about misleading claims in advertisements of Ayurvedic medicines

4 • PG

407 • Sqcm

238162 • AVE

272.51K • Cir

Bottom Center

Pune

आयुर्वेदिक औषधींच्या जाहिरातीत भ्रामक दाव्यांच्या तक्रारी

लोकसत्ता प्रतिनिधी

नागपूर : आयुर्वेद, युनानी आणि तत्सम औषध किंवा इतर उत्पादनाच्या माध्यमातून विविध आजार बरे केले जात असल्याचा दावा करणाऱ्या जाहिराती प्रकाशित केल्या जातात. त्यातून अनेकांची फसवणूक होण्याचे प्रमाण वाढत आहे.

गडचिरोलीचे खासदार डॉ. नामदेव किरसान यांनी संसदेच्या हिवाळी अधिवेशनादरम्यान लेखी

लो

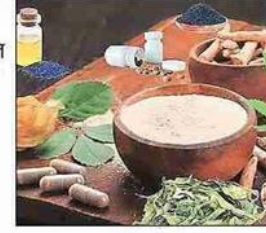
आयुर्वेद, वनौषधीबाबत भ्रामक जाहिराती देऊन ग्राहकांची फसवणूक झाल्याच्या मागील तीन वर्षांत आयुष मंत्रालयाकडे २४ हजारांहून अधिक तक्रारी आल्या आहेत.

प्रश्नाच्या माध्यमातून सरकारचे या मुद्याकडे लक्ष वेधले होते. यासंदर्भात आयुष

मंत्रालयाने दिलेल्या माहितीनुसार, मागील तीन वर्षांत २४ हजार १७४ तक्रारी

प्रभावी उपाययोजनांची गरज

भ्रामक जाहिरातीद्वारे ग्राहकांची दिशाभूल रोखण्यासाठी आयुष मंत्रालयाने अखिल भारतीय आयुर्वेद संस्थेच्या नियंत्रणाखाली देशभरात ९९ पेरिफेरल फार्माकोविहजिलन्स केंद्रे स्थापन केली आहेत. त्याद्वारे दिशाभूल करणाऱ्या जाहिरातीवर लक्ष ठेवून सरकारला कळवले जाते. आतापर्यंत ३७८ प्रकरणात नोटीस बजावण्यात आली आहे, असे आयुष मंत्रालयाकडून स्पष्ट करण्यात आले.



ब

बऱ्याच कंपन्या त्यांचे उत्पादन आयुर्वेदापासून तयार केल्याचा दावा करतात. तशा जाहिरातीही करतात. विशेषतः काही औषधे व सौंदर्यप्रसाधनांचा त्यात समावेश असतो. अनेकदा यातून सर्वसामान्य ग्राहकांची फसवणूक होते. त्यावर प्रतिबंध हवा. - डॉ. नामदेव किरसान, खासदार, गडचिरोली.

(नोव्हेंबरपर्यंत) ९,०३२ तक्रारी प्राप्त झाल्या. या आकडेवारीवर नजर

टाकल्यास दरवर्षी तक्रारींच्या संख्येत वाढ होत असल्याचे दिसून येते.

Punjab Kesari • 28 Jan • Ministry of Ayush

IMT kharkonda ki taraj par pradesh mein banenge 10 ati aadhunik udhyogik
sehar :Naib saini

6 • PG

1126 • Sqcm

1041128 • AVE

867.98K • Cir

Top Left

Chandigarh

नायब सरकार के 100 दिन : संकल्प पत्र के 18 संकल्प पूरे, 6 पर काम जारी आई.एम.टी. खरखौदा की तर्ज पर प्रदेश में बनेंगे 10 अति आधुनिक औद्योगिक शहर : नायब सैनी



मुख्यमंत्री नायब सैनी 100 दिन पूरे होने पर चंडीगढ़ में पत्रकारों को सम्बोधित करते हुए।

(कुल)

चंडीगढ़, 27 जनवरी (बंसल): मुख्यमंत्री नायब सैनी के नेतृत्व में वर्तमान राज्य सरकार ने जन सेवा का दायित्व संभालते ही पहले 100 दिनों में तिगुनी गति से कार्य करते हुए 18 संकल्प पूरे कर लिए हैं और 6 संकल्पों पर कार्य तेजी से जारी है। साथ ही 50 अन्य संकल्पों को पूरा करने की प्रशासनिक व वित्तीय अनुमोदन की प्रक्रियाएं भी जारी हैं।

मुख्यमंत्री ने कहा कि राज्य सरकार द्वारा किए गए ये कार्य प्रधानमंत्री नरेंद्र मोदी द्वारा वर्ष 2047 तक भारत को विकसित राष्ट्र बनाने में हरियाणा के अहम योगदान की सशक्त आधारशिला साबित होंगे। मुख्यमंत्री सोमवार को हरियाणा सरकार के तीसरे कार्यकाल के 100 दिन पूर्ण होने के उपलक्ष्य में आयोजित पत्रकार वार्ता को संबोधित कर रहे थे। मुख्यमंत्री ने आगामी वर्षों में प्रदेश में विकास कार्यों का रोडमैप सांझा करते हुए कहा कि प्रदेश सरकार आई.एम.टी. खरखौदा की तर्ज पर पूरे प्रदेश में 10 अति आधुनिक औद्योगिक शहर बनाएगी।

पानीपत, फरीदाबाद और गुरुग्राम में रासायनिक व औद्योगिक कचरे की समस्या के समाधान के लिए सीवेज ट्रीटमेंट प्लांट का निर्माण किया जाएगा। नारनौल, महेंद्रगढ़ में इंडीग्रेटेड मल्टी मॉडल लॉजिस्टिक्स हब के निर्माण कार्य में तेजी लाई जाएगी। हरियाणा सरकार केंद्र सरकार की पी.एम. मित्र योजना के साथ सहयोग करते हुए हरियाणा के सबसे बड़े टैक्सटाइल केंद्र अंबाला में एकीकृत कपड़ा पार्क स्थापित किया जाएगा।

2014 से पहले हरियाणा परिवारवाद, क्षेत्रवाद और भेदभाव जैसी बीमारियों से था प्रस्त:मुख्यमंत्री ने कहा कि वर्ष 2014 से पहले हरियाणा राजनीतिक रूप से परिवारवाद, क्षेत्रवाद और भेदभाव जैसी बीमारियों से ग्रस्त था। युवाओं में अविश्वास था नौकरियों के लिए नेताओं के चक्कर काटने पड़ते थे। लोगों को सरकारी योजनाओं का लाभ नहीं मिलता था। पिछले 10 वर्षों में हरियाणा सरकार ने क्षेत्रवाद को समाप्त करने का काम किया और सबका साथ-सबका विकास-सबका प्रयास व सबका विश्वास के मूलमंत्र पर चलते हुए प्रदेश का समान रूप से विकास सुनिश्चित किया।

उन्होंने कहा कि 2014 से 2024 तक हरियाणा सरकार ने जनकल्याणकारी नीतियां बनाकर व लोगों के हित में निर्णय लेकर आमजन के जीवन को सुगम बनाने का काम किया। उन्होंने कहा कि सरकार ने पी.एम. सूर्यशर मुफ्त

बिजली योजना में 1 लाख घरों की छतों पर मुफ्त में 2 किलोवाट के सोलर सिस्टम लगाने का लक्ष्य रखा था। यह सोलर सिस्टम 1 लाख 80 हजार रुपए तक वार्षिक आय वाले परिवारों के घरों की छत पर लगाया जा रहा है। 100 दिनों में 12,285 सोलर सिस्टम लगाए जा चुके हैं।

324 क्रेच का किया उद्घाटन

मुख्यमंत्री ने राज्य में महिला और बाल कल्याण की दिशा में बड़ी पहल करते हुए सोमवार को 324 क्रेच केंद्रों का उद्घाटन किया। इन केंद्रों का उद्देश्य कामकाजी महिलाओं को अपने कार्यक्षेत्र में सहायता प्रदान करना और उनके बच्चों के लिए पोषित और सुरक्षित बालवाग्न उपलब्ध कराना है। बेटे बचाओ-बेटे पढ़ाओ अभियान को और तेज गति देने के लिए सभी महिला सरपंचों को उनके गांव का ब्रांड एम्बेसडर बनाने का निर्णय लिया गया है।

सरकार का 1 लाख गरीब परिवारों को प्लॉट देने का संकल्प

मुख्यमंत्री नायब सैनी ने कहा कि प्रदेश के गरीब व व्यति के पास अपना मकान हो, इसी दिशा में कदम बढ़ाते हुए हमारी सरकार ने 1 लाख गरीब परिवारों को प्लॉट देने का संकल्प रखा है। इस संकल्प तहत गांवों में 100-100 गज और महाग्रामों में 50-50 गज के प्लॉट देने शुरू कर दिए हैं। अब तक 61 ग्राम पंचायतों और एक महाग्राम में 4,533 प्लॉट दिए जा चुके हैं। वहीं, वर्तमान सरकार ने अपने पिछले 100 दिनों में प्रधानमंत्री आवास योजना शहरी तथा ग्रामीण के तहत 885 परिवारों को पक्का मकान बनाने के लिए 11.53 करोड़ रुपए वित्तीय सहायता दी है।

उन्होंने कहा कि राज्य सरकार ने गरीब परिवारों के लिए मुख्यमंत्री आवास योजना शुरू की है। इसके तहत 14 शहरों में 15,256 गरीब परिवारों को 30-30 गज के प्लॉट दिए हैं। उन्होंने बताया कि पी.एम. आवास योजना तहत 77 हजार लाभार्थी, जिन्होंने आवेदन किया हुआ था, उनके लिए इसी बजट में लाभार्थियों को मकान बनाने के लिए प्रावधान किया जाएगा ताकि वे अपना मकान बना सकें।

किसानों को बड़ा तोहफा : 368 करोड़ की बोनस राशि जारी

चंडीगढ़, 27 जनवरी (बंसल): मुख्यमंत्री नायब सिंह सैनी ने किसानों के हित में एक क्लिक से किसानों के बैंक खातों में 368 करोड़ रुपए की बोनस राशि जारी की है। मुख्यमंत्री सोमवार को हरियाणा सरकार के तीसरे कार्यकाल के 100 दिन पूर्ण होने पर आयोजित प्रेस वार्ता को संबोधित कर रहे थे। इस अवसर पर कैबिनेट मंत्री अनिल बिज, विपुल गोयल, श्याम सिंह राणा, रणबीर गंगवा, श्रुति चौधरी और विधानसभा उपाध्यक्ष डा. कृष्ण लाल मिश्रा उपस्थित थे। मुख्यमंत्री ने कहा कि राज्य सरकार ने किसानों के हितों को सर्वोपरि रखते हुए खरीफ-2024 के दौरान प्रतिकूल मौसम की स्थिति के कारण राज्य में उत्पादित की जा रही कृषि एवं बागवानी फसलों पर 2000 रुपए प्रति एकड़ बोनस देने का फैसला किया। अब तक कुल 1345 करोड़ रुपये की राशि किसानों को दी जा चुकी है।

हरियाणा मंत्रिमंडल की बैठक 4 फरवरी को हरियाणा के मुख्यमंत्री नायब सिंह सैनी की अध्यक्षता में मंत्रिमंडल की बैठक 4 फरवरी को प्रातः 10 बजे हरियाणा सिविल सचिवालय के चौथी मंजिल स्थित मुख्य सभागार में होगी।

'आप' की आरोप लगाकर भागने की आदत : नायब सैनी

चंडीगढ़ (बंसल): मुख्यमंत्री नायब सैनी ने कहा कि 'आप' की आरोप लगाकर भाग जाने की आदत है। यह उनकी फितरत भी है और उनकी पार्टी की सोच भी है। केजरीवाल अमोनिया की बात करते हैं। केजरीवाल अपने मुख्य सचिव को हरियाणा भेजें और हरियाणा सोनीपत में जहां से दिल्ली को पानी दे रहा वहां जाकर उनके अधिकारी जांच कर लें कि हरियाणा कैसा पानी दे रहा है। हालांकि पानी की कोई कमी नहीं है परंतु दिल्ली सरकार का पानी का वितरण ठीक नहीं है। पिछले 10 सालों में केजरीवाल पानी के वितरण को ठीक नहीं कर पाए जिसकी वजह से दिल्ली के लोग आज भी गंदा पानी पीने को मजबूर हैं। केजरीवाल ने योजनाबद्ध तरीके से 28 नाले यमुना नदी में डाल दिए। अब आम चुनाव में दिल्ली की जनता केजरीवाल को सबक सिखाने का काम करेगी। मुख्यमंत्री आज प्रेस वार्ता के दौरान अखिंद केजरीवाल द्वारा हरियाणा पर यमुना नदी में जहरीला पानी छोड़े जाने के आरोप पर अपनी प्रतिक्रिया दे रहे थे।

महाकुंभ के लिए पहले जल्ये को किया रवाना



हरियाणा के मुख्यमंत्री नायब सिंह सैनी ने प्रयागराज में चल रहे महाकुंभ मेले के दर्शन व पवित्र स्नान में शामिल होने के लिए बरिष्ठ नागरिकों के पहले जल्ये को रवाना किया। उन्होंने रेवाड़ी से श्रद्धालुओं से भरी दो बसों को झंडी दिखाकर प्रयागराज में चल रहे महाकुंभ मेले के लिए रवाना किया। इस दौरान मुख्यमंत्री ने श्रद्धालुओं से बातचीत की और उनकी मंगलमय यात्रा की कामना की।

मुख्यमंत्री ने कहा कि प्रदेश सरकार की ओर से श्रद्धालुओं को मुख्यमंत्री तीर्थ दर्शन योजना के जरिए देश के महत्वपूर्ण तीर्थ स्थलों के दर्शन कराए जाते हैं। प्रयागराज में चल रहे महाकुंभ के दर्शन का लाभ देने के लिए सरकार ने अपनी इस योजना का विस्तार किया है।

सी.ई.टी. परीक्षा जल्द, 2 लाख सरकारी नौकरियों का लक्ष्य करेंगे पूरा: सैनी

मुख्यमंत्री नायब सैनी ने कहा कि हम आने वाले समय में 2 लाख सरकारी नौकरियों युवाओं को मैरिट के आधार पर बिना खर्ची-बिना पर्ची देगे। हरियाणा कर्मचारी चयन आयोग द्वारा सी.ई.टी. परीक्षा आयोजित करने की तैयारी है। अभी छात्रों की परीक्षा चल रही थी, इसके बाद

सी.ई.टी. परीक्षा जल्द करवाई जाएगी। पिछले 10 सालों में प्रदेश सरकार ने 1,75,000 की सरकारी नौकरियां देने के अलावा 1,20,000 युवाओं की नौकरी को सुरक्षित किया है और आने वाले समय में 2 लाख सरकारी नौकरियों के टारगेट को भी पूरा करेंगे।

आयुष्मान भारत कार्ड से संबंधित किसी भी अस्पताल का नहीं रुकेगा भुगतान

मुख्यमंत्री ने कहा कि आयुष्मान भारत कार्ड तहत 26 जनवरी 2025 को लगभग 760 करोड़ रुपए का भुगतान संबंधित अस्पतालों को किया जा चुका है और बचे हुए लगभग 200 करोड़ रुपए का भुगतान भी जल्द कर दिया जाएगा। आयुष्मान भारत कार्ड से सम्बंधित किसी भी अस्पताल का भुगतान नहीं रुकेगा।

समान नागरिक संहिता के मामले पर पूरा देश गंभीर

समान नागरिक संहिता को हरियाणा प्रदेश में लागू करने के संबंध में पूछे गए प्रश्न के उत्तर में मुख्यमंत्री ने बताया कि समान नागरिक संहिता के मामले पर पूरा देश गंभीर है। पूरे देश में इसे लेकर डिबेट चल रही है। समाज के प्रमुख जन भी चाहते हैं कि यह देश में लागू हो। जैसे-जैसे समय आया, हम इस दिशा में आगे बढ़ेंगे।

Dainik Jagran • 28 Jan • Ministry of Ayush

Niji hospitals ko do din mein milegi ayushman yojana ka bakaya rashi

2 • PG

117 • Sqcm

185985 • AVE

107.62K • Cir

Middle Left

Chandigarh

निजी अस्पतालों को दो दिन में मिलेगी आयुष्मान योजना की बकाया राशि

राज्य ब्यूरो, जागरण • चंडीगढ़ : प्रदेश में 'आयुष्मान भारत' योजना के तहत मरीजों का उपचार करने वाले प्राइवेट अस्पताल आंदोलन की राह पर हैं। इंडियन मेडिकल एसोसिएशन (आइएमए) ने तीन फरवरी से निजी अस्पतालों में इस योजना के तहत मरीजों का उपचार नहीं करने की चेतावनी दी है। इसे गंभीरता से लेते हुए मुख्यमंत्री नायब सिंह सैनी ने कहा है कि मरीजों का उपचार रुकने नहीं देंगे, जल्द भुगतान कर दिया जाएगा। मुख्यमंत्री ने सोमवार को मीडिया से बातचीत में कहा कि बजट की कोई कमी नहीं है। अस्पतालों के 768 करोड़ रुपये दिए जा चुके हैं, 200 करोड़ लगभग बकाया हैं, जिसका भुगतान एक-दो दिन में कर दिया जाएगा। आयुष्मान-चिरायु कार्ड योजना के तहत प्रदेश के 550 प्राइवेट अस्पताल सरकार के पैनल पर हैं। आइएमए का आरोप है कि अस्पतालों के 400 करोड़ रुपये सरकार पर बकाया हैं, लेकिन भुगतान नहीं किया जा रहा। इस संबंध में आइएमए हरियाणा का एक प्रतिनिधिमंडल पिछले दिनों मुख्यमंत्री नायब सिंह सैनी से भी मुलाकात कर चुका है।