


MINISTRY OF AYUSH COMPILED MEDIA REPORT
28 Dec, 2024 - 30 Dec, 2024

 **Total Mention 43**

 Print	Financial	Mainline	Regional	Periodical
43	N/A	29	14	N/A

 Print

No	Newspaper	Headline	Edition	Pg
1.	The Times of India	Homeopaths can prescribe allopathic meds after course	Mumbai	3
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	Homeopaths can now prescribe allopathic meds	Mumbai	1, 4
5.	Hindustan Times	The Mono Diet: The Trend Celebs Are Following - But Should You	Delhi + 1	5
6.	Hindustan Times	THE MONO DIET: THE TREND CELEBS ARE FOLLOWING- BUT SHOULD YOU	Gurugram	5
7.	Punjab Express	Ayush Ministry committed to advancing Ayurveda as universal health solution: Minister	Chandigarh	6
8.	Punjab Express	Ayushman Bharat gave me new lease on life: Beneficiary thanks PM Modi	Chandigarh	6
9.	The Statesman	Ayush Ministry committed to advancing Ayurveda as universal health solution: Minister	Delhi + 1	5
10.	The Statesman	111 drug samples identified as not of standard quality	Delhi	4
11.	The Morning Standard	Fit Bit	Delhi	2
12.	The Morning Standard	Constitution Has Stood Every Test Of Time, Says Prime Minister Modi	Delhi	1, 7
13.	The Morning Standard	Shahi jeera: A wonder spice	Delhi	12
14.	The Morning Standard	Fit Bit	Delhi	2
15.	The New Indian Express	PARSVA BHARADVAJASANA II	Chennai	2
16.	The New Indian Express	URGES PEOPLE TO BANISH HATE FROM SOCIETY	Hyderabad	1, 7
17.	The New Indian Express	PARSVA BHARADVAJASANA II (BHARADVAJA TWIST POSE II PREP SIDE BEND VARIATION)	Bengaluru	2
18.	The New Indian Express	MAKING ZENSE OF LIFE	Chennai	1
19.	The New Indian Express	ARDHA UTTANASANA (UPWARD FORWARD FOLD)	Bengaluru	2
20.	The New Indian Express	ARDHA UTTANASANA	Chennai	2
21.	The Hindu	Modi announces a series of events to mark 75 years of Constitution	Hyderabad	11

22.	Political & Business Daily	Govt: Ayush Ministry committed to advancing Ayurveda as universal health solution for all	Bhubaneshwar	7
23.	Free Press Journal	Shape Up With Wall Pilates	Mumbai	31
24.	Free Press Journal	Zydus Wellness gets Rs56.33 cr GST demand	Mumbai	8
25.	Free Press Journal	Trends of the year	Mumbai	22
26.	Free Press Journal	Decoding HYROX	Mumbai	22
27.	Mid Day	This could be you, next year	Mumbai	14, 15, 16, 17, 18
28.	Deccan Chronicle	Menopause care patent granted	Hyderabad	8
29.	Deccan Herald	13 departmental complaints against Ayush officials over graft, rule violations & misuse of power	Bengaluru	5
30.	Jag Bani	Humara saavidhan samay ki Kasautii par khara utra iski vajeh se hi main yaha tak pahucha	Chandigarh	1
31.	Veer Arjun	Pradhanmantri ne man ki baat mai ayurved ki badhti vaishvik lokpriyata ko rekhankit kiya	Delhi	8
32.	Punjab Kesari	Humara saavidhan samay ki Kasautii par khara utra iski vajeh se hi main yaha tak pahucha	Chandigarh	1
33.	Janmabhumi	Homeopathic doctors can also prescribe allopathic medicines	Mumbai	3
34.	Rashtriya Sahara	...opening this year closing next year	Jaipur	7
35.	Rashtriya Sahara	Ayush mantralay juta mansik swasthya mein ekikrit drishtikon ke liye kendriyekrat niti aur tayyar ka...	Delhi	7
36.	Rashtriya Sahara	AYUSH Ministry is busy in preparing a centralized policy for integrated approach in mental health	Jaipur	7
37.	Rashtriya Sahara	Rajdhani mein jald lagu hogi Ayushman bharat yojna: Bidhudi	Delhi	4
38.	Mumbai Samachar	Now homeopathic doctors can prescribe allopathic medicine	Mumbai	14, 4
39.	Maharashtra Times	Paving the way for Unani College	Mumbai	3
40.	Maharashtra Times	Conditional permission for homeopathic doctors	Mumbai	3
41.	Virat Vaibhav	Dabur ne shuru kiya science of ayurved abhiyan	Delhi	13
42.	Aaj Samaj	Homeopathy ke saath paramarsh ke satra dekar mareezo ko ke liye umeed ki kiran bani Dr Vandana	Delhi	9
43.	Mumbai Tarun Bharat	Passed 'CCMP' allowed to practice 'Allopathy	Mumbai	3

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

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

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."

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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

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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
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

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

1180111 • AVE

3.43M • Cir

Bottom Left

HT City

Delhi • Noida

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

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

5 • PG

590 • Sqcm

147514 • AVE

650K • Cir

Bottom Left

HT City

Gurugram

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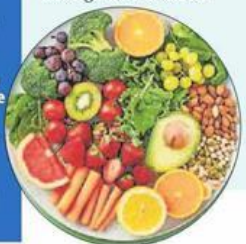
Anushka Sharma (top) and Victoria Beckham

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PHOTOS: ADOBE STOCK (FOR REPRESENTATIONAL PURPOSE ONLY)



Punjab Express • 30 Dec • Ministry of Ayush

Ayush Ministry committed to advancing Ayurveda as universal health solution: Minister

6 • PG

632 • Sqcm

126307 • AVE

348.98K • Cir

Middle Center

Chandigarh

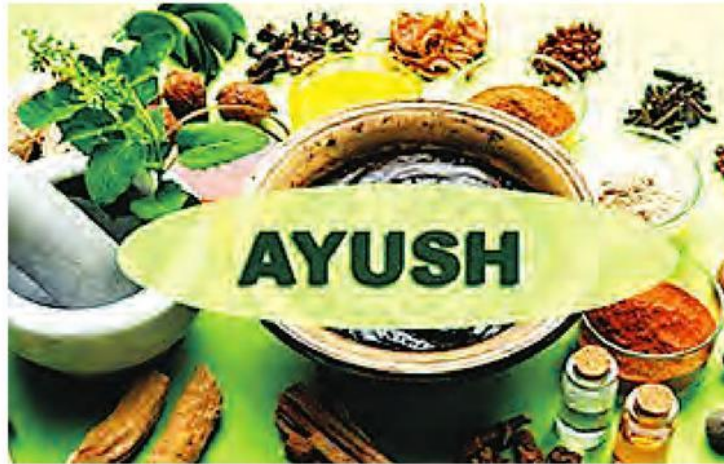
Ayush Ministry committed to advancing Ayurveda as universal health solution: Minister

The Ministry of Ayush remains steadfast in its commitment to advancing Ayurveda as a universal health solution and strengthening its global presence, Minister of State for Ayush and Health and Family Welfare, Prataprao Jadhav, said on Sunday.

Lauding Prime Minister Narendra Modi for highlighting the growing global resonance of Ayurveda in the 117th episode of 'Mann Ki Baat', Jadhav said the ministry has been spearheading initiatives that have significantly expanded Ayurveda's footprint worldwide.

"The Ayush Ministry has signed 24 country-level and 48 institute-level MoUs, fostering collaborative research and education. Additionally, 15 academic chairs have been established globally to promote Ayurveda education and research. Ayush Information Cells operate in 39 locations across 35 countries, serving as knowledge hubs," the minister informed.

Other milestones include the Donor Agreement with WHO, the MoU on Medicinal Plants Cooperation with Vietnam, and the landmark agreement on Ayurveda with Malaysia and



Mauritius. These partnerships advance India's vision of holistic health for all.

"The establishment of the WHO Global Traditional Medicine Centre in Jamnagar and the inclusion of traditional medicine in ICD-11 by WHO this year mark a significant stride in global recognition of Ayurveda," said the minister.

Initiatives like the 'Ayush Visa' are facilitating medical tourism, making India a preferred destination for holistic healing.

The success of the 9th Ayurveda Day, celebrated on October 29 this year, across 150 countries, further demonstrates Ayurveda's growing global acceptance.

Earlier in the day, PM Modi remarked, "There is a country in South America called Paraguay. The number of Indians living there would not be more than one thousand. A wonderful effort is being done in Paraguay. At the Indian Embassy in Paraguay, Erica Huber offers Ayurveda Consultation.

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A large number of local people are reaching out to her to get Ayurveda-based advice."

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, said the vision of PM Modi has been pivotal in building the global acceptance of Ayush.

"The network of international collaborations through Ayush institutions is continuously expanding and highlights India's leadership in traditional medicine and its relevance in global healthcare," he noted. **IANIS**

Punjab Express • 30 Dec • Ministry of Ayush

Ayushman Bharat gave me new lease on life: Beneficiary thanks PM Modi

6 • PG

873 • Sqcm

174648 • AVE

348.98K • Cir

Top Center

Chandigarh

Ayushman Bharat gave me new lease on life: Beneficiary thanks PM Modi

Sharing his story with IANS, Banshilal said, "In November 2020, during the Covid epidemic, I suffered a heart attack. My family rushed me to the nearest hospital, where I was diagnosed with a blockage in one of my heart's veins. The doctors advised immediate surgery, with the cost estimated at Rs 2.5-3 lakhs. It was an amount we could not afford."

During the challenging financial period amid the Covid epidemic, Banshilal Mali, a farmer and flower trader from Nayagaon in Neemuch district, Madhya Pradesh, faced a severe crisis when he suddenly suffered a heart attack.

The incident brought immense distress to his family, already struggling with the economic repercussions of the pandemic.

In such difficult times, the Ayushman Bharat Yojana, launched by Prime Minister Narendra Modi on September 23, 2018, in Ranchi, Jharkhand, proved to be a lifeline.

The scheme aims to provide free treatment to economically weaker families in leading government and private hospitals, ensuring access to quality healthcare for millions of Indians.

Under the scheme, families are entitled to free treatment worth up to Rs 5 lakhs annually in empanelled hospitals. Beneficiaries like Banshilal Mali have experienced the transformative impact of the scheme.

Sharing his story with IANS, Banshilal said, "In November 2020, during the Covid epidemic, I suffered a heart attack. My family rushed me to the nearest hospital, where I was diagnosed with a blockage in one of my heart's veins. The doctors advised immediate surgery, with the cost estimated at Rs 2.5-3 lakhs. It was an amount we could not afford."

Banshilal mentioned that he was admitted to a hospital in Ahmedabad, Gujarat, where he received free treatment using my Ayushman card.

"My seven-day hospital stay, surgery, and medicines were all covered under the scheme. I am deeply grateful to the government and Prime Minister



Narendra Modi for this initiative, which gave me a new lease on life," he added.

His daughter, Payal Mali, recounted the family's relief, saying, "When my father was diagnosed, we were extremely worried as we did not have the money for private hospital treatment. Thanks to the Ayushman Bharat Yojana, he received free and effective treatment. Today, my father is healthy and back to taking care of the family. We are profoundly thankful to the Prime Minister."

Echoing the gratitude, Banshilal's brother, Jagdish Mali, added, "When my brother experienced sudden chest pain, we rushed him to the hospital. The estimated treatment cost was beyond our means. Then, we learned about the Ayushman Bharat Yojana. After making

the Ayushman card, we got him treated in a hospital in Ahmedabad. Today, he is healthy, and it is all thanks to this scheme. We are immensely grateful to PM Modi."

The Ayushman Bharat Yojana has emerged as a beacon of hope for countless families across India, enabling them to access free treatment for serious illnesses in both private and government hospitals.

By reducing the financial burden of healthcare, the scheme ensures that even the poorest citizens can receive life-saving medical care.

With initiatives like these, the government is not only addressing healthcare inequalities but also bringing smiles to millions of families, proving that quality healthcare is a right for all. IANS

The Statesman • 30 Dec • Ministry of Ayush

Ayush Ministry committed to advancing Ayurveda as universal health solution: Minister

5 • PG

236 • Sqcm

42414 • AVE

225K • Cir

Bottom Left

Delhi • Bhubaneshwar

Ayush Ministry committed to advancing Ayurveda as universal health solution: Minister

AGENCIES

NEW DELHI, 29 DECEMBER

The Ministry of Ayush remains steadfast in its commitment to advancing Ayurveda as a universal health solution and strengthening its global presence, Minister of State for Ayush and Health and Family Welfare, Prataprao Jadhav (*photo*), said on Sunday.

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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)

The Morning Standard • 30 Dec • Ministry of Ayush

Fit Bit

2 • PG

613 • Sqcm

294398 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

PARSVA BHARADVAJASANA II (BHARADVAJA TWIST POSE II PREP SIDE BEND VARIATION)

This variation involves a seated lateral movement of the spine, hips, ribs, and shoulders. It can be performed standing, sitting, or supine. However, when practised seated, the range of motion in the chest and back is restricted, requiring additional effort to open and stretch the side of the body. It targets areas rarely used in daily activities, opening the ribs and chest to encourage deep breathing. Unlike shallow breathing, which can cause stiffness in the shoulders and neck and sometimes lead to back pain, this variation promotes relaxation. It is often used as a warm-up pose.

STEPS

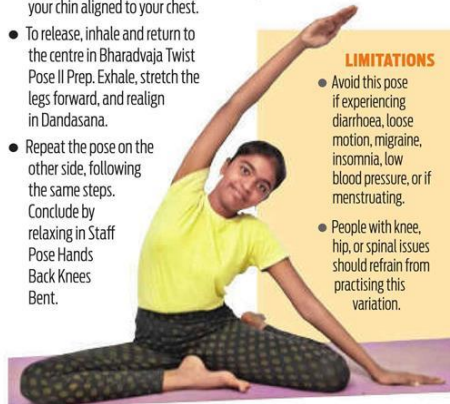
- Start in Dandasana (Staff Pose) with legs stretched out in front, hands by your sides, and spine erect. Stay here for a breath or two.
- Inhale, bend your left knee, and place your foot behind you, aligning it with the left buttock. Let the inner knee rest on the floor.
- Ensure the front foot rests on the mat. Exhale, bend the right knee, and bring the sole against the left thigh. Allow the knee to open outward, with the outer knee resting on the floor and the right heel close to the perineum. Sit in Bharadvaja Twist Pose II Prep.
- To bend sideways, inhale and raise your right arm, placing your left palm on the ground a foot away from your body, fingers pointing outward. Align the left palm with the right foot.
- Exhale and stretch the torso to the left, bending sideways. Lower the head and upper right arm towards the left side.
- Keep the upper right palm facing down with fingers pointing left. Hold for six breaths or as per your capacity, looking forward with your chin aligned to your chest.
- To release, inhale and return to the centre in Bharadvaja Twist Pose II Prep. Exhale, stretch the legs forward, and realign in Dandasana.
- Repeat the pose on the other side, following the same steps. Conclude by relaxing in Staff Pose Hands Back Knees Bent.

BENEFITS

- Stretches the psoas muscles, back muscles, inner thighs, and intercostal (breathing) muscles as well as the side muscles of the back, shoulders, hips, and abdomen.
- Strengthens joints, including shoulders, hips, knees, and pelvis.
- Engages intercostal muscles for active use of the chest and diaphragm and encourages deeper breathing, reducing neck, shoulders, and back stiffness.
- Stretches deeper muscles, tissues, ligaments, and tendons of the upper body.
- Reduces tension and stress, improving overall suppleness and health.
- Suitable for women and prenatal yoga practice and can be performed with a bolster for added support.
- Strengthens pelvic floor muscles.
- Helps alleviate symptoms of menopause and endometriosis.
- Prepares back, shoulder, and hip muscles for deeper backbends.
- Improves lower back stability and strength and addresses chronic back pain.
- Beneficial for seniors managing joint pain due to arthritis.

LIMITATIONS

- Avoid this pose if experiencing diarrhoea, loose motion, migraine, insomnia, low blood pressure, or if menstruating.
- People with knee, hip, or spinal issues should refrain from practising this variation.



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

The Morning Standard • 30 Dec • Ministry of Ayush

Constitution Has Stood Every Test Of Time, Says Prime Minister Modi

1, 7 • PG

884 • Sqcm

424126 • AVE

300K • Cir

Top Left,Top Right

Delhi



80%

**FALL IN NUMBER OF
MALARIA CASES IN
INDIA BETWEEN 2015
AND 2023: MODI**

**URGES PEOPLE TO BANISH
HATE FROM SOCIETY**

He described the upcoming 'Maha Kumbh' as the 'mahakumbh of unity' and asked the people to resolve to banish hate from the society

Modi also spoke about the growing global resonance of Ayurveda. He said in Paraguay, a large number of local people are reaching out to the Indian embassy where Ayurveda consultation is offered



CONSTITUTION HAS STOOD EVERY TEST OF TIME, SAYS PRIME MINISTER MODI

The Constitution has stood every test of time, Prime Minister Narendra Modi said in his monthly radio address Mann ki Baat on Sunday

CALLS THE DOCUMENT 'OUR GUIDING LIGHT'

"It is a matter of immense pride for all of us. The Constitution which its makers gave to us has stood every test of time. It is our guiding light," the prime minister said, adding that he reached "this position in life" because of the document. He asked the people to visit www.constitution75.com and learn about India's constitutional heritage and legacy| **P7**

Constitution stood test of time: PM

During Mann ki Baat, Modi announces launch of special website 'constitution75.com'

RAJESH KUMAR THAKUR @ New Delhi

PRIME Minister Narendra Modi on Sunday hailed the Constitution of India, describing it as a "guiding light" that has "stood the test of time in every sense of the term."

He made these remarks during his monthly radio broadcast programme, "Maan Ki Baat," which focused on the Constitution as the nation prepares to celebrate its 75th year on January 26, recognised as Republic Day.

"On the Janaury 26, 2025, our Constitution is completing 75 years. It is a matter of great honour for all of us. The Constitution, handed over to us by our Constitution-makers, has stood the test of time in every sense of the term," The Prime Minister remarked.

Terming the Constitution the "guiding light" to the country, he said, "The Constitution is our guiding light, our guide. It is on account of the Constitution that I am here today, being able to talk to you".

Modi informed the audience about a special website named 'constitution75.com' created to connect the people with the legacy of Constitution on its 75 years of existence.

He also encouraged the people that the website created on



FILE PHOTO

the Constitution of India will help them to read the Preamble of Constitution in myriad languages.

The Prime Minister also dwelt upon the grandeur of Maha Kumbh, which is getting underway from January 13 for next 45 days in Prayagraj. Urging people to "annihilate the feeling of division and hatred in society", he said, "The specialty of Maha Kumbh is not only in its vastness. It also lies in its diversity. Crores of people congregate for this event".

He said the Maha Kumbh should send out a message that the entire country must be united.

For the first time an AI chat-

bot will assist attendees, providing navigation to ghats, temples, and akharas in 11 Indian languages. He said that the entire areas of Kumbh have been covered with AI-powered cameras. It will help locate their missing kin.

Citing a WHO report, Modi highlighted the 80% reduction in malaria cases and deaths in India from 2015 to 2023. He praised efforts in Assam's Jorhat, where community-driven initiatives have significantly curbed malaria.

Referring to a Lancet study, the PM said the Aayushman Bharat Yojana has enabled 90% of cancer patients to receive timely treatment. "Because of

Maha Kumbh of unity

Reflecting on how the Kumbh reflects unity in diversity, Prime Minister Narendra Modi said there is no place for any form of discrimination during the festival. "No one is big or small. Such a scene of unity in diversity will not be seen anywhere else in the world. Therefore, the Kumbh is also the Mahakumbh of unity," Modi commented. The Prime Minister also dwelt upon the grandeur of the festival, which is getting underway from January 13 for next 45 days at Prayagraj in Uttar Pradesh.

this scheme, poor patients who earlier avoided testing and treatment due to costs are now receiving support", he said.

The PM also highlighted progress of India's creative industries like films and others.

Speaking about WAVES, he said, "India will host the World Audio Visual Entertainment Summit (WAVES), a significant step in making the country a global hub for content creation", he said, adding India's the creator economy is bringing new energy to achieve \$5 trillion economy.

The PM also spoke about the 'Bastar Olympics, held for showcasing India's traditions and culture.

The Morning Standard • 28 Dec • Ministry of Ayush

Shahi jeera: A wonder spice

12 • PG

806 • Sqcm

387023 • AVE

300K • Cir

Bottom Right

Delhi

DO 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

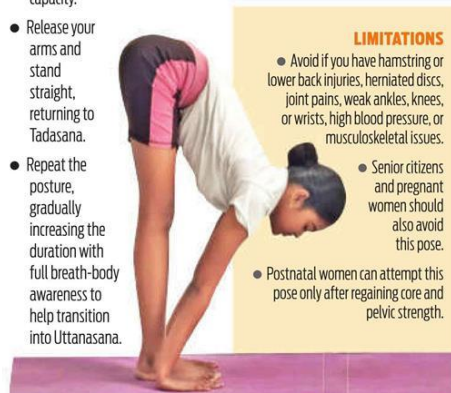
- Start in Tadasana (Mountain Pose), aligning the body with the spine and rolling the shoulders back. Breathe softly.
- Place your hands on your hips. Inhale and bend forward while exhaling. Stretch your arms forward, parallel to the ground, and lengthen the elbows.
- Keep the legs straight and achieve 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.
- 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 • 30 Dec • Ministry of Ayush
PARSVA BHARADVAJASANA II

2 • PG

734 • Sqcm

968368 • AVE

246.4K • Cir

Top Right

Chennai

FITBIT

PARSVA BHARADVAJASANA II
(BHARADVAJA TWIST POSE II PREP
SIDE BEND VARIATION)

This variation involves a seated lateral movement of the spine, hips, ribs, and shoulders. It can be performed standing, sitting, or supine. However, when practised seated, the range of motion in the chest and back is restricted, requiring additional effort to open and stretch the side of the body. It targets areas rarely used in daily activities, opening the ribs and chest to encourage deep breathing. Unlike shallow breathing, which can cause stiffness in the shoulders and neck and sometimes lead to back pain, this variation promotes relaxation. It is often used as a warm-up pose.

STEPS

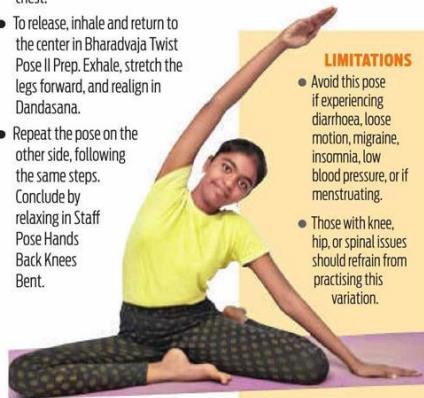
- Start in Dandasana (Staff Pose) with legs stretched out in front, hands by your sides, and spine erect. Stay here for a breath or two.
- Inhale, bend your left knee and place the foot behind you, aligning it with the left buttock. Let the inner knee rest on the floor.
- Ensure the front foot rests on the mat. Exhale, bend the right knee and bring the sole against the left thigh. Allow the knee to open outward, with the outer knee resting on the floor and the right heel close to the perineum. Sit in Bharadvaja Twist Pose II Prep.
- To bend sideways, inhale and raise your right arm, placing your left palm on the ground a foot away from your body, fingers pointing outward. Align the left palm with the right foot.
- Exhale and stretch the torso to the left, bending sideways. Lower the head and upper right arm towards the left side.
- Keep the upper right palm facing down with fingers pointing left. Hold for about six breaths or as per your capacity, looking forward with your chin aligned to your chest.
- To release, inhale and return to the center in Bharadvaja Twist Pose II Prep. Exhale, stretch the legs forward, and realign in Dandasana.
- Repeat the pose on the other side, following the same steps. Conclude by relaxing in Staff Pose Hands Back Knees Bent.

BENEFITS

- Stretches the psoas muscles, back muscles, inner thighs, and intercostal (breathing) muscles; the side muscles of the back, shoulders, hips, and abdomen.
- Strengthens joints, including shoulders, hips, knees, and pelvis.
- Engages intercostal muscles for active use of the chest and diaphragm and encourages deeper breathing, reducing stiffness in the neck, shoulders, and back.
- Stretches deeper muscles, tissues, ligaments, and tendons of the upper body.
- Reduces tension and stress, improving overall suppleness and health.
- Suitable for women and prenatal yoga practice and can be performed with a bolster for added support.
- Strengthens pelvic floor muscles.
- Helps alleviate symptoms of menopause and endometriosis.
- Prepares back, shoulder, and hip muscles for deeper backbends.
- Improves lower back stability and strength and addresses chronic back pain.
- Beneficial for seniors managing joint pain due to arthritis.
- May benefit those with scoliosis. They can perform the asana under the guidance of a yoga expert.

LIMITATIONS

- Avoid this pose if experiencing diarrhoea, loose motion, migraine, insomnia, low blood pressure, or if menstruating.
- Those with knee, hip, or spinal issues should refrain from practising this variation.



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The New Indian Express • 30 Dec • Ministry of Ayush
URGES PEOPLE TO BANISH HATE FROM SOCIETY

1, 7 • PG

877 • Sqcm

298200 • AVE

91.08K • Cir

Top Center,Top Left

Hyderabad



URGES PEOPLE TO BANISH HATE FROM SOCIETY

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Constitution stood test of time: PM

During Mann ki Baat, Modi announces launch of special website 'constitution75.com'

RAJESH KUMAR THAKUR @ New Delhi

PRIME Minister Narendra Modi on Sunday hailed the Constitution of India, describing it as a "guiding light" that has "stood the test of time in every sense of the term."

He made these remarks during his monthly radio broadcast programme, "Maan Ki Baat," which focused on the Constitution as the nation prepares to celebrate its 75th year on January 26, recognised as Republic Day.

"On the Janaury 26, 2025, our Constitution is completing 75 years. It is a matter of great honour for all of us. The Constitution, handed over to us by our Constitution-makers, has stood the test of time in every sense of the term," The Prime Minister remarked.

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Modi informed the audience about a special website named 'constitution75.com' created to connect the people with the legacy of Constitution on its 75 years of existence.

He also encouraged the people that the website created on



FILE PHOTO

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The New Indian Express • 30 Dec • Ministry of Ayush

PARSVA BHARADVAJASANA II (BHARADVAJA TWIST POSE II PREP SIDE BEND VARIATION)

2 • PG

620 • Sqcm

619623 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

PARSVA BHARADVAJASANA II (BHARADVAJA TWIST POSE II PREP SIDE BEND VARIATION)

This variation involves a seated lateral movement of the spine, hips, ribs, and shoulders. It can be performed standing, sitting, or supine. However, when practised seated, the range of motion in the chest and back is restricted, requiring additional effort to open and stretch the side of the body. It targets areas rarely used in daily activities, opening the ribs and chest to encourage deep breathing. Unlike shallow breathing, which can cause stiffness in the shoulders and neck and sometimes lead to back pain, this variation promotes relaxation. It is often used as a warm-up pose.

STEPS

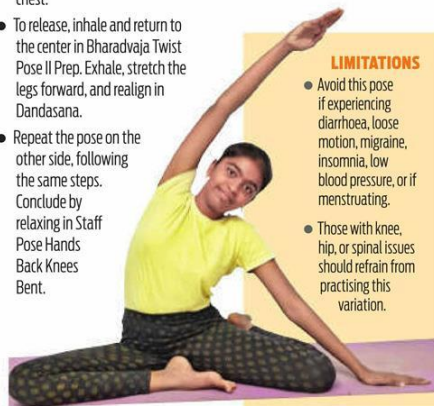
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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 30 Dec • Ministry of Ayush
MAKING ZENSE OF LIFE

1 • PG

1454 • Sqcm

1919827 • AVE

246.4K • Cir

Top Center

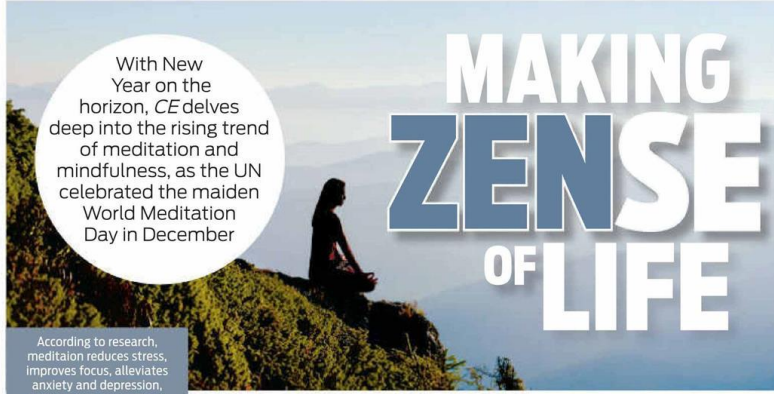
Chennai

APARNA NAIR

FORMER UN Secretary-General Dag Hammarskjöld was working late at night, when he felt something amiss. There was a stillness lurking, yet there was none in him and around him. The thought hit him hard, prompting him to rush to the quiet room in the UN, a space dedicated to solitude and contemplation. Inside the room, Dag felt the space not reflecting the silence that is absent on the streets and thirsting to come out and fill the room. He wanted to create an ambience, a bridge between the vastness of the space above and the limitations of the world below — a reminder of the idea of a supreme power worshipped by many in whatever form and whatever way. That was in 1957.

Now, 67 years later, the UN has gone a step ahead and taken this quietude beyond the spiritual or surreal relevance to one of wellness and wellbeing. Akin to the Yoga Day it instituted on June 21, the UN has now set aside a day for what the quiet room stood for, time within one's own self, which the world calls meditation. World Meditation Day was celebrated on December 21. As we enter a new year, CE aims to motivate its readers to take on this practice, and talks to practitioners who share how meditation has helped them.

Kerala-based yoga trainer Aleena Saju took up meditation, when she was going through a low phase during



her college days in Mangaluru. "I had a friend who had taken up yoga modules which gave importance to meditation. I too took up the same and life has transformed for me," she says. Ashvin K, a Chennai resident says, "I began meditating during my temple visits, spending 20-25 minutes focusing on the area between my eyebrows. It gave me a profound sense of calm. I've continued this practice for two years now, and it has been instrumental in relieving my daily stress."

Meanwhile, Simple Jain, a fashion designer and medita-

tion practitioner, had an almost identical experience to Dag's. She, too, felt a lack in her life and surroundings. And like Ashvin, she too visited temples, offered prayers and silently sat in open spaces to find answers, but in vain. In 2015, one of her clients took her to a meditation retreat — Pyramid Spiritual Societies Movement (PSSM). "I had attended a few meditation and yoga camps earlier, but this one was different. I sat there for 45 minutes and all my suppressed emotions came out. I started crying and my body shivered. That is when I understood the power of meditation," she says.

Dr A Chandan, a dermatolo-

gist from Chennai, says, "I've been meditating for years, but I started practising Sushumna Kriya Yoga for the past month, dedicating 7, 14, 21, or even 49 minutes at a time. This method has been more effective than others I've tried. The process involves closing the eyes, chanting 'Om' 21 times, breathing deeply 14 times, and then focusing on the spot between your eyebrows. It leaves me feeling relaxed and energised in the morning. My concentration has improved, and my brain fog has reduced."

There is a steady increase in those opting for meditation and yoga. While there are offline facilities offering such sessions, meditation has made

a huge mark on social media too, especially after the pandemic period, with apps being launched promising guided meditation classes and prompts for personal meditation schedules. "I had signed up for Headspace, an app for meditation. It offers guided sessions and lectures. I am now looking for such an app in Malayalam for my mother. Instagram and Facebook are also flooded with reels about meditation and its positives. Probably why my mother is interested," says Prakriti C Chandran, a techie.

However, according to Natarajan, a yoga guru, it is not a quick fix for everything. "Meditation is different for different people and is a journey of the

self towards its own self. Hence, it takes time. Many do not spare time to sit in meditation; they want to experience it on a seven-day camp. It doesn't work that way. Nowadays, not many can sit quietly for 10 minutes. So, more people taking it up does not mean they

BENEFITS OF MEDITATION

- Reduces anxiety, stress, body temperature, respiratory rate, lifestyle disorders, improves memory, general intelligence
- Enhances the functioning of the prefrontal cortex
- Reduces jerky reactions and instills calmness
- Improves awareness, reduces impact of past trauma and future concerns

are into meditation," he says.

Many often don't choose meditation, despite interest due to lack of time, says Dr Smitha Pillai of Five Points Yoga Studio in Kochi. Instead, people go for other activities for immediate results due to lack of time, but they do not have long-term benefits, she adds. "We can make them aware how meditation helps with understanding themselves. We encourage those seeking our counsel to start with 10 minutes. Once this progress is settled, they will dive into it more. The idea is to introduce the concept slowly," she explains.

Sharing her experience, Simple says, physically meditation

improves sleep with a better pattern, reduces stress and tension, and enhances concentration boosting performance. Mentally, it gives a sense of inner calm and awareness. Emotionally, it helps us understand the source of our emotions and manage them. Financially, there is clarity in making sound decisions. "After practising meditation every day, I was up and about. I started my small business and made better decisions," she notes.

According to Aleena, mindfulness and meditation are more about an attitude that brings a total transformation. "It may appear tough but once into it, the taste of it will never let us leave it. It happened to me," she says.

Simple believes that the core of meditation is spreading oneness. "Once you get a deeper understanding of self, you want its (meditation) benefits to reach others. That is the reason for the rise in videos and guides on meditation available on the Internet," she says. She urges the younger generation to make this practice a habit. "The new generation is the pillar of the world. If they inculcate this habit early in life, the fruits will be larger, wider and more beneficial. Hence, they should have two-three meditation classes as part of their course/syllabus in their institutions," she concludes.

In 2025, let's take up a new goal to sit still, and tap into our inner self for some peace and quiet.

(Inputs from Aashna Reddy, Sonu M Kothari)

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

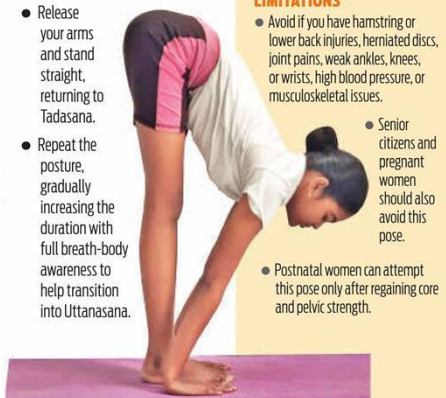
- Start in Tadasana (Mountain Pose), aligning the body with the spine and rolling the shoulders back. Breathe softly.
- Place your hands on your hips. Inhale and bend forward while exhaling. Stretch your arms forward, parallel to the ground, and lengthen the elbows.
- Keep the legs straight and achieve 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

(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

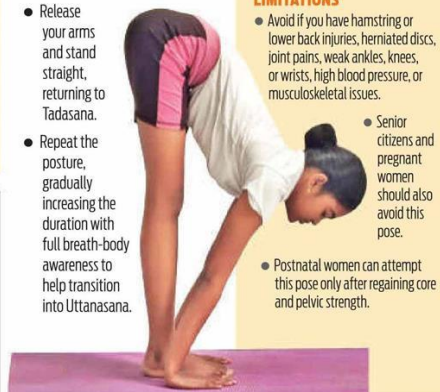
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By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The Hindu • 30 Dec • Ministry of Ayush

Modi announces a series of events to mark 75 years of Constitution

11 • PG

340 • Sqcm

370573 • AVE

956.08K • Cir

Middle Left

Hyderabad

Modi announces a series of events to mark 75 years of Constitution

In his monthly *Mann ki Baat* radio address, PM says the Constitution is 'our guiding light, our guide', asks people to visit a special website named constitution75.com; says there has been an 80% reduction in the number of malaria cases, deaths

The Hindu Bureau
NEW DELHI

Prime Minister Narendra Modi, in his monthly radio address, *Mann Ki Baat*, on Sunday, said his government had commenced year-long activities to celebrate the completion of 75 years of the Constitution. He said it was a matter of great honour for the people of the country.

"The Constitution, handed over to us by our Constitution makers, has stood the test of time in every sense of the term. The Constitution is our guiding light, our guide," he said, adding that it was on account of the Constitution that he was able to talk to the people.

"This year, on Constitution Day, the 26th of November, many activities have commenced that will go on for a year. A special



All ears: BJP supporters listen to Prime Minister Narendra Modi's *Mann Ki Baat* radio address in Varanasi on Sunday. ANI

website named constitution75.com has also been created to connect the citizens of the country with the legacy of the Constitution," Mr. Modi said, asking people to visit the website, read the Preamble of the Constitution, and upload their videos. "You can read the Constitution in myriad languages; you can also ask questions pertaining to the Constitution," he said.

Mr. Modi announced that for the first time, the World Audio Visual Entertainment Summit (WAVES) would be organised in India. "This summit is an important step towards making India a hub of global content creation," he said, adding that young creators were also joining the preparations for the summit.

He appreciated an effort in Paraguay by a citizen,

Erica Huber, to promote Ayurveda. "At the Indian Embassy there, Erica Huber offers Ayurveda consultation. These days, a large number of local people are reaching out to her to get Ayurveda-based advice," Mr. Modi said.

Speaking of the Fiji government's efforts to promote Tamil, he said it's a matter of great pride that Tamil is the oldest language in the world. "The number of people learning it is constantly rising in countries around the world. At the end of last month, a Tamil teaching programme was started in Fiji with the support of the Government of India. This is the first time in the past 80 years that trained Tamil teachers are teaching the language in Fiji," he said.

Citing a report of the World Health Organization, he said there had been an 80% reduction in

the number of malaria cases and deaths in India between 2015 and 2023. "This is no mean achievement. The most heartening thing is that this success has been achieved through everyone's participation," the Prime Minister said.

Talking about an effort in Kalahandi, Odisha, Mr. Modi said a Farmers Producer Organisation (FPO), Kisan Utpad Sangh, started using modern technology in farming, and at present, their business was worth crores, "Today, vegetables from Kalahandi are reaching other States, and the farmers there are now learning new techniques of potato and onion cultivation. Friends, this success of Kalahandi teaches us all that can be done with determination and collective effort," Mr. Modi said, urging people to encourage and strengthen FPOs in their areas.

Political & Business Daily • 30 Dec • Ministry of Ayush

Govt: Ayush Ministry committed to advancing Ayurveda as universal health solution for all

7 • PG

112 • Sqcm

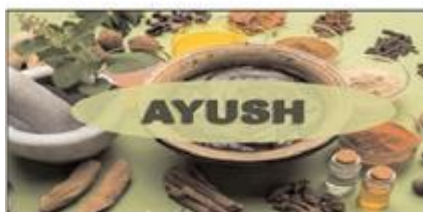
27883 • AVE

125K • Cir

Middle Right

Bhubaneswar

Govt: Ayush Ministry committed to advancing Ayurveda as universal health solution for all



NEW DELHI, DEC 29

THE Ministry of Ayush remains steadfast in its commitment to advancing Ayurveda as a universal health solution and strengthening its global presence, Minister of State for Ayush and Health and Family Welfare, Prataprao Jadhav, said on Sunday.

Lauding Prime Minister Narendra Modi for highlighting the growing global resonance of Ayurveda in the 117th episode of 'Mann Ki Baat', Jadhav said the ministry has been spearheading initiatives that have significantly expanded Ayurveda's footprint worldwide.

"The Ayush Ministry has signed 24 country-level and 48 institute-level MoUs, fostering collaborative research and education. Additionally, 15 academic chairs have been established globally to promote Ayurveda education and research. Ayush Information Cells operate in 39 locations across 35 countries, serving as knowledge hubs," the minister informed.

Other milestones include the Donor Agreement with WHO, the MoU on Medicinal Plants Cooperation with Vietnam, and the landmark agreement on Ayurveda with Malaysia and Mauritius.

These partnerships advance India's vision of holistic health for all.

"The establishment of the WHO Global Traditional Medicine Centre in Jamnagar and the inclusion of traditional medicine in ICD-11 by WHO this year mark a significant stride in global recognition of Ayurveda," said the minister.

Free Press Journal • 29 Dec • Ministry of Ayush Shape Up With Wall Pilates

31 • PG

360 • Sqcm

286536 • AVE

251.68K • Cir

Top Right

Mumbai

Shape Up With Wall Pilates

Fitness expert Nawaz Modi Singhanian shows you some effective exercises to boost your fitness journey

Wall Pilates is similar to Mat Pilates, just more advanced. Though not as advanced as equipment-based Pilates – it falls somewhere in between. As the name suggests, this form of Pilates uses no equipment, just a wall but you'll get a fantastic workout in! The wall acts as resistance, a stabilising factor and an aligning tool. You

can expect to find a completely new, lean, petite, toned, erect body; with years having been taken off your frame in no time! Additionally, the benefits of regular exercise will be seen here as well.

Let's explore a simple routine of just five simple exercises below, which will work the whole body in a few short minutes.



Seated Bridge

While seated on the floor, facing the wall, position your hands behind your hips, fingers, pointing forward, and your feet up on the wall at about knee height. Lift the hips up in this position and hold for 8-10 counts before lowering and sitting on the floor. Make sure your elbows remain slightly bent/soft during the whole exercise.

DO 3-5 REPETITIONS.

Wall Push-Up Plank

No rocket science required here – it is the plank position, done in the push-up position with your feet up against the wall. If the feet are turned outward into a 'V' formation, then more of the lower body muscle is involved, in addition to the upper body and the midsection. It makes for a great comprehensive full-body workout. Hold this position for 8-10 counts while keeping your elbows slightly soft and come out of the position by placing one foot at a time on the floor.

DO 3 REPETITIONS.



Wall Bridge

With your feet positioned up against the wall at knee level, shoulder or hip width apart while lying down on your back, slowly start bridging up from the tailbone to the cervical vertebrae. Hold the position for 6-8 counts, squeezing your butt/ glutes and then slowly lower your back to the floor from the cervical vertebrae, one-by-one, all the way down eventually to the tailbone.

DO 8 REPETITIONS.



Wall Squat

Lean against the wall, with your legs shoulder or hip width apart, feet far away from the wall. While squatting down, extend the arms overhead while keeping the back fully plastered against the wall all through the exercise. Ensure the thighs are parallel to the floor, unless you have a knee problem, in which case stay on the higher end. Your knees should never cross your toes. Hold this position for 6-8 slow counts while keeping the butt muscles squeezed, before sliding back up to standing position and lowering the arms as you do so.

DO 6-8 REPETITIONS.

Things To Remember

- Don't hold your breath during the exercises. Try to exhale during the more difficult part, while inhaling on the easier part.
- If you find the repetitions too many during any exercise, feel free to do fewer. Quality over quantity, any day!
- As you go forward with these exercises, you'll find them getting easier as you get stronger and more adept at performing them. You can then add more reps as per your ability.

Wall Bridge With Leg Up

Assume the Wall Bridge position, then lift one leg up and extend it back towards the body, as far back as you can, while keeping it straight. Hold this position for a few moments. Return the foot back to the wall, change legs and repeat. Then bridge back down.

DO 3-4 REPETITIONS.



Free Press Journal • 29 Dec • Ministry of Ayush
Zydus Wellness gets Rs56.33 cr GST demand

8 • PG

28 • Sqcm

22331 • AVE

251.68K • Cir

Bottom Left

Mumbai

Zydus Wellness gets
₹56.33 cr GST demand

New Delhi: Zydus Wellness Ltd on Saturday said its wholly-owned arm has received a GST demand of Rs 56.33 cr, along with applicable interest and penalty. Zydus Wellness Products Ltd, a wholly-owned subsidiary company, has received an intimation from the DG, GSTI, Surat Zonal Unit, alleging GST demand of Rs 56.33 crore, along with applicable interest and penalty, Zydus Wellness Ltd said in a regulatory filing.

— AGENCIES

Free Press Journal • 29 Dec • Ministry of Ayush Trends of the year

22 • PG

787 • Sqcm

625727 • AVE

251.68K • Cir

Top Right

Mumbai



Mineral of the year: Magnesium

Everyone's talking about magnesium, and that's because it's crucial for brain and body. It helps combat depression, improves sleep, regulates blood sugar and blood pressure, relieves PMS, and may prevent migraine. General practitioner, Dr Hetal Panchal explains that we need to eat more nuts and leafy greens to increase our magnesium intake. Other good sources are avocados, bananas and dark chocolate. 2024 saw magnesium take center stage in many ways than one. Gummies, supplements... it was everywhere. Body lotions with magnesium as key element are a rage. They are supposed to help get rid of insomnia if applied before going to sleep.



Hobby of the year: Reading

People dabble in pastimes like puzzles, trekking, painting and craft, but the end of the year brought reading into the spotlight with a bang, when a "Books Secret Santa" event at Cubbon Park in Bengaluru was stopped by authorities due to lack of permission. Apparently, too many people turned up at the event — which we think is a great thumbs-up for reading! Well, you don't need an okay to dive into a book; and it's a truly portable hobby, specially if you e-read. It takes you on a journey of your choice anywhere, any time. So join a library, browse among the new and second-hand book-stalls in your area, or trawl through the offerings online.

Trends of the year

Chinmay Raval takes a look top lifestyle choices that defined 2024

Diet of the year: Moderation

Yes, you heard right. People are not fretting about what to eat — instead, the principle is that "Moderation Is Key". Remember to have a little of everything, and exercise in moderation, too. Dr Hetal Panchal explains that every part of your meal is important — your brain needs carbs, your muscles need proteins, and vitamins from milk, vegetables and fruits are essential for fighting infection, strengthening bones and regulating hormones. An occasional binge is fine but don't go overboard with anything and avoid fads, which may end up depriving you of essential nutrients and affect your health. So bookmark those reels that showcase the best Thali meals in town — the old-fashioned way of eating is ideal, as it turns out.



Beauty & skincare trend of the year: Korean

2024 saw Korean skincare and beauty products maintaining their dominance in the global beauty industry. From innovative formulations to eco-conscious packaging, K-beauty brands solidified their reputation for setting path-breaking global trends. The year saw the rise of skinimalism — a minimalist approach to skincare that champions fewer yet more effective products. Several Korean brands came up with multi-tasking solutions such as serum-moisturiser hybrids and SPF-infused BB creams, to streamline skincare routines while preserving skin health. K-beauty's 'glass skin look' garnered global attention. "Korean beauty has been globally influential due to its focus on innovation, holistic care, and personalisation. Key factors include unique product formulations, aesthetic packaging, and a comprehensive skincare-first approach," says Rohit Rao, Co-founder & CEO, Purple Pompa.

Drink of the year: Negroni

Surely Negroni! This dark nectar has gained popularity and how. Cocktail is dedicated to Count Camillo Negroni and his family in the Negroni district of Italy. Count Negroni, according to the legend, requested hi bartender to add gin to his then popular Americano, instead of soda because he was in a mood for something strong. Equal parts of Campari, Gin and Sweet Vermouth is the traditional way to make this drink. However, the creative bartenders of Mumbai have come up with varied versions and infusions to make Negroni palatable for more than just connoisseurs. Coffee Negroni and fruit infusions ruled. Negroni bars, exclusive Negroni menus at high-end and local bars clearly indicate that Negroni ruled 2024. Shahrom Oshtori, partner Sixteen33, said, "Negroni is simple, classy and deliciously strong. It has ruled 2024 in India as discerning guests have shifted to more classy and clean drinks. Since Negroni is pure alcohol with no additives of syrups, etc. that makes it a perfect choice."



Exercise of the Year: Chair Yoga & Chair Pilates

Jobs that cause us to sit extensively take a toll on posture and overall health, too. If you can't get up, walk and stretch, the alternative is chair yoga, or chair pilates — whatever suits you. Just 20 minutes a day is enough to help increase blood flow, keep your joints active, strengthen your muscles and boost your mood. Senior citizens in particular can benefit from chair exercises if walking or gymming is not an option. "Chair Yoga is beneficial for upper body activity and for people with less lower body mobility, and those who struggle to sit down on the floor. Chair Yoga is not just for the elderly, it has gained popularity among the young as well. You don't need to buy an expensive chair for it. It's better to take the guidance of a coach. Right coach can modify exercises according to your weaknesses and strengths," says Bipin Salvi, ACSM and Yoga Alliance certified personal and group trainer.



Spiritual mantra of the year: Walk Away

It's an extension of the Letting Go principle: If you find yourself in a clash with someone or in a stressful place, just walk away. It doesn't mean giving up — it means choosing not to let this particular thing take up space in your head without bringing you any benefit. In fact, you will be avoiding negative fallout of the incident or situation if you just turn your back. Weigh the cost of the conflict and the benefit of leaving. Set boundaries, and say no to an emotionally draining situation. Focus on the future, it's more important than the past.



Free Press Journal • 29 Dec • Ministry of Ayush Decoding HYROX

22 • PG

383 • Sqcm

304279 • AVE

251.68K • Cir

Top Left

Mumbai

Decoding HYROX

HYROX has been garnering attention for its effective combination of running and functional endurance training



Bindu Gopal Rao

If you are looking to up the ante as far as your fitness is concerned, check out HYROX, a set of eight workouts that is bound to challenge you in more ways than one. Starting in 2017, HYROX has been expanding rapidly across Europe and the US, gaining popularity very quickly. The events bring the participants together as it celebrates all levels of fitness. The atmosphere is known to be fun and allows competitors to reach their potential while enjoying camaraderie with other athletes. HYROX specific preparation requires mental resilience as training combines both aerobic and strength elements performed in a timed sequence.

Before embarking on a HYROX training regimen, participants should consider a few basic things. It is a good idea to have a complete physical assessment to ensure that your health is good enough for strenuous physically intensive activities. Develop a structured training plan which has a running and strength training phase tailored to the specific demands of the race. Pay attention to mobility and preventive exercises to be able to mitigate the chances of being injured during training and competition. Learn how to pace in any race including the transition from running to workouts.

Workout mix

HYROX is a global fitness race that seamlessly combines running and functional workout stations in a structured format designed for accessibility and inclusivity. "The exercises are deliberately designed to be low skill yet challenging, making HYROX suitable for fitness enthusiasts of all levels. This standardized format ensures consistency and allows participants to test their endurance, strength, and determination in a dynamic and engaging competition," says Drishti Chhabria, Founder and Chief Experience Officer, Orangetheory Fitness India.

The race format includes a one kilometre run followed by a specific workout, repeated eight times, resulting in a total of eight kilometres of running and eight functional workouts. "It aligns itself somewhere between an endurance sport and functional fitness movement that appeals to a broad fan base, starting with novice to elite athletes. In HYROX, distinct sets of workouts are completed which are aimed at improvement of cardiovascular endurance and strength," says Dr. Siddhant Bhargava, Fitness and Nutritional Scientist, Co-

Founder, Food Darzee.

These workouts are designed to be functional and accessible, requiring less technical skill compared to other fitness competitions like Cross Fit. The exercises focus on full-body movements that target different muscle groups, improving cardiovascular fitness, strength, and mobility.

Exercise caution

While HYROX is open to everyone, it is still advisable to seek medical advice before participating in it. "This is true especially, if the individual suffers from heart conditions, musculoskeletal injury, respiratory illness, diabetes, obesity, poor tolerance of heat, or are on medicines which may impact performance. This is important to promote safety and potential risks associated with the intense physical demands of the event," says Bhargava.

The workout is structured to provide a balanced, full-body challenge that tests both aerobic and anaerobic fitness, making it suitable for athletes and fitness enthusiasts of various skill levels. "HYROX is suitable for a wide range of fitness levels, from beginners to experienced athletes, particularly those who enjoy combining cardiovascular exercise with functional strength training. It's ideal for individuals who are generally fit, training for competitions, or aiming to improve endurance and strength. Beginners who are not familiar with regular exercise, pregnant women, or individuals recovering from

injuries should avoid HYROX or consult with a healthcare professional before attempting the workout," adds Chhabria.

Take care

Given the high-intensity nature of the workout, a proper warm-up is crucial to prepare your body and prevent injury. If you have any pre-existing health conditions or injuries, consult a doctor to ensure it's safe for you. "Maintaining proper form during functional exercises like sled pushes, rowing, and burpees is key to minimizing injury risk. Make sure you are well-hydrated and have eaten a balanced meal before the workout and wear comfortable workout clothes and supportive footwear. If you are new to high-intensity training, start with less intense sessions or modify exercises, gradually by increasing intensity as your fitness level improves," says Chhabria. The key as always is to listen to your body and avoid pushing beyond your limits.

In HYROX, distinct sets of workouts are completed which are aimed at improvement of cardiovascular endurance and strength.

—Dr. Siddhant Bhargava, Fitness and Nutritional Scientist, Co-Founder, Food Darzee

Mid Day • 29 Dec • Ministry of Ayush
This could be you, next year

14, 15, 16, 17, 18 • PG

4535 • Sqcm

10325668 • AVE

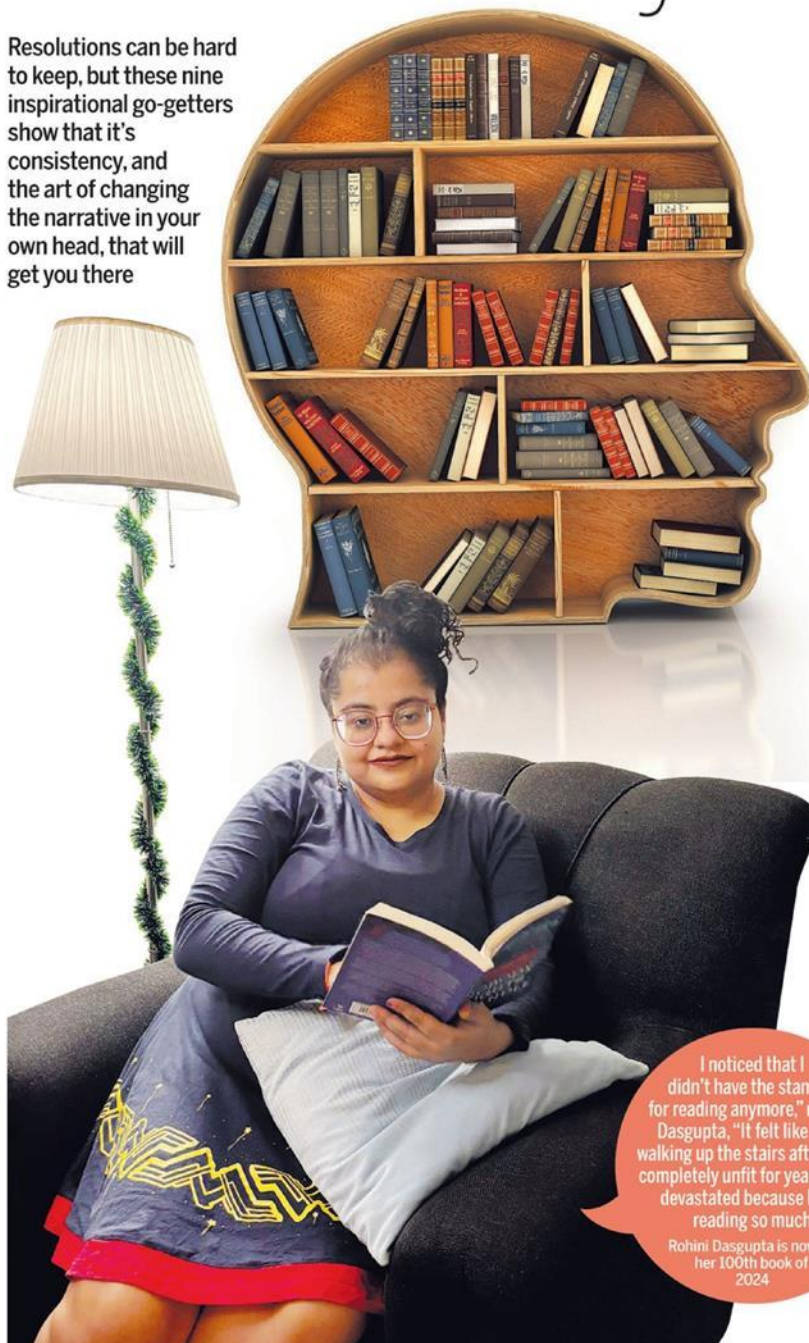
1.5M • Cir

Top Left

Mumbai

This could be you, next year

Resolutions can be hard to keep, but these nine inspirational go-getters show that it's consistency, and the art of changing the narrative in your own head, that will get you there



'I feel the possibilities in life opening up now'

DEBJANI PAUL

ROHINI DASGUPTA

35, Project Manager at TCS

RESOLUTION: To uninstall all social media and OTT apps and read 100 books over the year

At dinner parties, when everyone else talks about what show they are currently bingeing on, Rohini Dasgupta shares what book she's reading at the moment. The usual refrain of "Oh, I wish I'd read more, I just never seem to have the time" passes through the room. It's when Dasgupta reveals that she's on a mission to read 100 books this year that jaws drop across the party.

Is that even possible, you must be wondering. When we speak to Dasgupta a day after Christmas, she's already on her 100th book (We Solve Murders by Richard Osman), and well on her way to meeting her goal this week.

Like every other person who reacts in amazement on hearing about her goal, we too ask: Why 100 books?

"When I was a child, this was the pace at which I read—two books a week, easily," she tells us. "Then I went to college, and the habit fell away because there were so many things going on." As a project manager at TCS with work often running into nine-hour days, it got even harder to get back to reading.

In 2016, she made a conscious decision to try harder. "But I noticed that I didn't have the stamina for reading anymore," recalls Dasgupta, "It felt like I was walking up the stairs after being completely unfit for years. I was devastated because I love reading so much."

There were also the distractions of social media and OTT shows. "I would fall back into the same old pattern of returning home from work and watching a show to unwind. Except it's never one episode; I'll still be watching it at 3 am. I wasn't being intentional with my time," she says.

The key, she says, was to start small. "I wanted to get to the point where reading became my default choice for recreation but I had to slowly increase my capacity to read for longer periods and not get distracted. In 2018, I read seven books. In 2023, I hit 60. I slowly

built up my reading muscle. Then this year, I wanted to see if I could get back to my childhood level," she says.

One of the first things she did was to uninstall all social media and OTT apps to stop the mindless doom-scrolling and binge-watching. The other decision she made was not to have too many rules. She doesn't restrict herself to just one book at a time. "On days I'm tired and can't absorb anything, I turn to lighter reads. I usually have at least two books on at the same time—an audiobook that I listen to during chores and my morning walk, and a paperback or e-book that I read at the end of the day in bed or when I go to parks," she says, adding that audiobooks had been a game-changer for her, helping her make use of short windows of free time.

"I don't push myself to finish a book if I'm not in the mood for it; I put it aside for later. You wouldn't watch a show if you weren't in the mood for it, you'd just switch to something else without judgment, right? Take the judgment out of it. If you've read for 15 minutes today, don't think of it as 'just 15 minutes', think of it like building a streak. Try reading a little longer the next day, and so on," she adds.

Next year, Dasgupta has decided to halve her target to 50 books, but be more mindful about her selection. Ever the project manager, she's even drawn up a spreadsheet of how many books will be fiction vs non-fiction, light vs heavy reads. "The one mistake I made initially was to get too ambitious, picking too many translated works or heavy reads. But I realised I read more when I picked things I liked—thrillers and detective fiction. Next year, I have planned a balance of genres," she says.

Now that she's so close to hitting her goal, it's changed her perspective on life altogether, she says. "I think the biggest thing it's done for me is that I now believe I can do a lot of the things that I didn't think I could before. Do I not have the time, or am I just not using it effectively? I may not ultimately end up doing everything I have wanted to, but I really feel the possibilities in life opening up."

debjani.paul@mid-day.com

I noticed that I didn't have the stamina for reading anymore," recalls Dasgupta, "It felt like I was walking up the stairs after being completely unfit for years. I was devastated because I love reading so much

Rohini Dasgupta is now on her 100th book of 2024

Target for 2025

EASY READS: 10
HARD READS: 5
FICTION: 10
NON-FICTION: 10
NEW DISCOVERIES: 10
REPEAT READS: 5

'The cancer scare was a big jolt for me'

ARPIKA BHOSALE

DHARMISHTHA DAGIA

36, celebrity manager-freelance writer

RESOLUTION: To write for a minimum of 15 minutes every day and work on her book

DHARMISHTHA Dagia keeps her cards close to her chest, and she did just that when she went for surgery back in August 2023. "Only my sister, who lives abroad, knew about it," says Dagia.

The dual purpose surgery was to not just extract a cyst in the arm that was causing Dagia tremendous pain, also to biopsy it to see if she had the dreaded "Big C".

"I didn't want it to be a big fuss and wanted to just see what it was first," she adds. It may sound like Dagia took it all in a stoic manner, but merely facing the prospect of cancer had rid her of any notion she may have had of having the luxury of time. Even when the biopsy results declared that the cyst was benign and that she was cancer-free, the Kandivli resident held on to the clarity that the health scare had given her.

"After that, I was pickier about who I would work with," she says,



"Unless they would pay half the fees [at the start of the project], I wouldn't take them on as clients. I would prefer to read or watch Harry Potter," she quips. Being more selective also led to Dagia getting genuine clients, and led to one of her biggest projects—managing a few clients for Ambani's pre-wedding and wedding celebrations.

It also freed up her mind, as well as her schedule, to finally get to

writing the book that she had put in the cold storage for years—always writing a bit and then shelving it for months at a time.

"Writing has always been something I wanted to do. But you tell yourself that you will do it when the time is right, or that you will do it well when you have time," she says.

Dagia took the pressure off by instead resolving to write at

Dharmishtha Dagia's diary has been her constant companion and she makes sure to write at least a line every day—on good days and bad

You tell yourself that you'll do it when you have time... But even though I have to sometimes rewrite or reframe what I might have quickly scribbled on a day I wasn't in the mood to do much, writing every day has helped keep my end goal on track

Dharmishtha Dagia

September because it's my birth month, or then October, which is when my mom was born, as well as the month I launched my own agency," she says.

Talking about how her close call with cancer shaped her perspective, "It was one of those moments, you know? Things could have gone either way for me. It was a big jolt for me," she says, adding that it pushed her to stop putting things off for later. "Even though I am ambitious and a go-getter, life can slow down the best of us."

Her health scare also pushed her to pursue her other interest—dance. She now dances at least 15 minutes every day, no matter what. "Even though dance is just as much of a creative process as writing, I do make sure that I do 15 minutes of it every day as well," she says. "Dance is about both your mind and body. These two [writing and dancing] have become a part of my everyday life," she adds.

When we ask Dagia what her book is about, the writer in her peeks out. "I can't tell you now. Give me some time," she giggles. We press on. "Soon," she says, now with all-out laughter.

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Walk the walk

MITALI PAREKH

SUDHAKAR VR

53, Team Lead (Analytics), Digital Business, BPCL

RESOLUTION: To train to host two to three heritage walks in 2024; he ended up overshooting his target and did 12

ON his new commute from Chembur to Cuffe Parade, Sudhakar VR would pass Horniman Circle, the RBI building and wanted to know more about them. He moved from Kolkata to Mumbai in 2018 and attended guided walks to learn more about his home city. At the Kala Ghoda Arts Festival, he chanced upon a book about the Fort region and saw that one of the co-authors was Bharat Ghoroskar of the Khaki Foundation. KHAKI is an acronym for Keeping Heritage Alive and Kicking in India.

Ten quick steps, and Sudhakar, who works in the Analytics department of Bharat Petroleum, learned of Khaki's Ambassador of Mumbai programme where you train for six months to host walks yourself for Khaki. "I started with their most popular walk, Castle-2Gateway," says the 53-year-old, "and I thought I could do this a few times a month. The walk lasts two-and-a-half hours, and with my commute, it took up five hours of my weekends till lunchtime."

Simultaneously, he attended other walks and was entranced by each one. "I enjoy researching

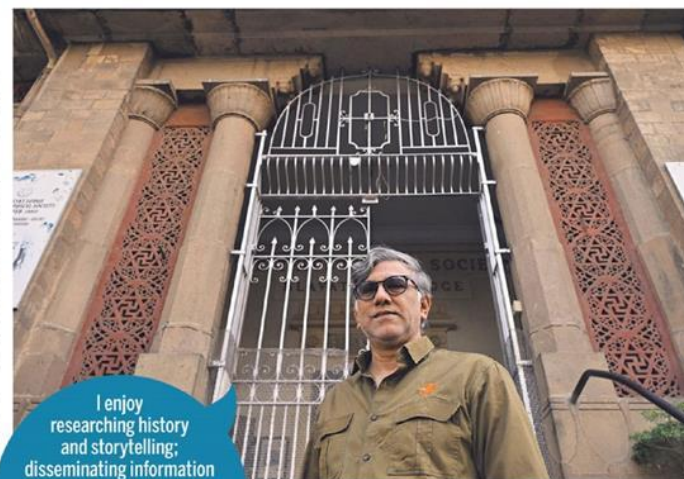
history and storytelling; disseminating information excites me. There is a satisfaction in telling the stories [of little-known heroes], and you can see that people are energised by it."

For 2024, Sudhakar set a target of qualifying to lead two or three walks: the Wonder Women walk, which becomes the Durgas of Mumbai walk during Dussehra; the Girgaon Ganpati Walk; and the Azad Hind walk. The resolution was to do two or three of these a month on weekends. However, by the end of the year, he had qualified for 12 walks, including ones adapted for schoolchildren, such as Freedom4Kids (Azad Hind walk) and Fort4Kids.

Then there are the culture-centric ones he added to his kitty, such as Girgaon Ganesh, which threads through Girgaon, and Mumbai Muharram, which goes through Mohammed Ali Road and Dongri. "The latter is a night walk, and for it, I read a lot of Islamic literature and what happened after the Prophet's death." There's also the 26/11 homage walk, which was prelude by familiarity with the book The Siege: The Attack on the Taj, which detailed the terror attack on the Taj Mahal hotel in 2008.

"I spend most of my evenings reading," he says, "I don't watch TV anymore."

For each route, he underwent training for a month to a month-and-a-half; and finally hosted seven to eight walks a week, some-



I enjoy researching history and storytelling; disseminating information excites me. There is a satisfaction in telling the stories [of little-known heroes], and you can see that people are energised by it
Sudhakar VR

times doing two on the same day. In September, Sudhakar conducted 14 walks.

"There's great satisfaction in conducting the children's variation of the walk; we have to learn a different methodology of instruction

and to manage them," he says.

For Durgas of Mumbai/Wonder Women, he learned about the women who shaped the city such as Helena Blavatsky, founder of the Theosophical society after whom the Charni Road lodge is named; and about the several meetings related to the nationalist movement held there. The walk then introduces patrons to Rukmini Devi Arundale, who brought the classical dance form Bharatanatyam to the fore; Sumati Morarjee, the first woman CEO of an Indian company; and Dr Rukhmabai Raut,

who revolutionised marriage laws that resulted in ending child marriages in India.

"You get to learn about amazing connections," he says, "such as the 12-inch disc on board NASA's Voyager 1, launched into space in 1977, called Sounds of Earth. On it is a piece of Indian music recorded at Blavatsky Lodge." It still floats in space.

In 2025, he wishes to contribute more by designing a new walk around Fort, covering new things.

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Sudhakar VR outside The Blavatsky Lodge of the Theosophical Society on Charni Road, which is part of the Wonder Women walk.
PIC/ATUL KAMBLE

➔
MORE
STORIES
OF PEOPLE
WHO STUCK
TO THEIR
GOALS ON
PAGES 16-18

Not a sweet 2024

SPANDANA BHURA

JAYA BHURA

45, Founder, Chakraview Solutions

RESOLUTION: To cut out all forms of sugar

At the beginning of 2024, Jaya Bhura made a decision that would redefine her approach to health and well-being. "I resolved to quit sugar entirely—this meant avoiding it in all forms, including mithai, chocolates, aerated drinks, and even processed foods," shares Bhura, an entrepreneur and co-founder of Chakraview Solutions. This resolution was not just about cutting calories; it was a statement of intent and a commitment to taking transformative phase of life.

Bhura's professional life is a dynamic one. "Chakraview is a mobile phone application designed to enhance the safety and security of the school bus commute for children," says the 45-year-old. "The app tracks school buses, helps with attendance management, and communication to improve student safety, streamline bus operations, and optimise bus route management with just a few taps." As co-founder, the Bandra-resident oversees customer service, logistics, and operations for the app, which now supports over 100 schools in Mumbai and Pune, and is trusted by more than one lakh parents.

This rapid growth of her start-up, established in 2016, has demanded Bhura's peak performance every day, which emphasised the importance of staying mentally and physically fit. "Like almost every woman, I juggle many roles—I am an entrepreneur, mother of two, nature enthusiast, marathon runner, bibliophile and so much more. As a 45-year-old in perimenopause, I understood the necessity of prioritising my health and taking the utmost care of my



Jaya Bhura has made it a habit to read the ingredients of packaged foods, and avoid completely if they contain even a bit of sugar. PIC/ANURAG AHIRE

body," she reflects.

Perimenopause, the transition to menopause, is marked by irregular periods, heat flashes, sleep disturbances, and other symptoms as the body prepares to cease menstruation. These can significantly affect mental and physical well-being, making self-care and support systems all the more vital.

"It's easy to feel overwhelmed, but I took it as an opportunity to reconnect with myself," she says. "At first, it was primarily about maintaining my weight. Now that I've made the shift, it's about so much more than just numbers on a scale. I feel more energetic, sleep better, and am learning to rely on healthier forms of dopamine," laughs Bhura.

The first five months were a

struggle. For every week she stuck to the resolution, there would be another where she'd falter. "It felt like a constant cycle of two steps forward and one step back," she admits candidly. The breakthrough came in July when she involved her family. "Announcing my resolution was a game-changer," she says. Bhura also made it a habit to carefully read the ingredients on any packaged food, and to avoid it completely if it contains even a trace of sugar.

Her commitment hasn't gone unnoticed. A recent visit to her gynaecologist yielded enthusiastic praise. "She gave me a 10/10 for cutting out sugar and prioritising my health by working out regularly!" Bhura beams. Bhura's journey has been shaped by the weight of opinions. "After my son was born, 15 years ago, I gained a significant amount of weight, and people wouldn't let me forget it," Bhura says with a sigh. And when she managed to lose over 25 kgs within a year with yoga, people asked if she had been ill!

They're [people] are quick to say, 'Arey yaar, ek mithai kha lo, kuch nahi hoga. While it might not make me the most pleasant person in the room, people eventually back off

Jaya Bhura

been ill!

This rollercoaster of unsolicited comments taught her an important lesson: No matter what you do, people will always have something to say, and it's rarely positive. "Even now, they're quick to respond with, 'Arey yaar, ek mithai kha lo, kuch nahi hoga.'"

Festivals, in particular, posed challenges initially. "I was constantly tempted, but I don't even get cravings now. While it might not make me the most pleasant person in the room, people eventually back off."

To her, the bottom line is about reclaiming agency over body and mind. As she puts it, it's about, "Showing up as the best version of myself, for me."

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Hi to Hola

JUNISHA DAMA

SUREKHA RAO

31, Founder of Scene Studio

RESOLUTION: To learn a new language

IN early 2024, Surekha Rao, founder of Scene Studio, received a photo from her friend. The picture showed an image of Spain pinned to a vision board, and her message indicated that she was moving away. Rao asked how the photo was related, and that's when she learnt how to chalk out a vision board.

So, in March 2024, later than many others, Rao sat down to list things for her vision board. One of them was to learn a new language. "I don't shun any opportunity to upgrade myself. So, I thought, why not try out a vision board? At the



very least, I will have a pretty collage even if nothing materialises," says Rao. The process of selecting what to put on her vision board was slow. Rao says that for any vision board, one needs to choose practical and easily achievable goals. "Your mindset should be that you have already achieved

it," she says, adding, "I put down swimming, a few financial goals, and of course, learning a new language." For Rao, picking Spanish to be the language to learn was a no-brainer.

Ever since Rao was in college, Spain and its culture fascinated her. It also helped that certain words were similar to English, and the language was easy to catch. But Rao never formally learnt the language. "I always wanted to be a polyglot. I know it's not a big deal in India as most of us know at least three languages. But I wanted to upgrade myself," she says. At 21, she tried learning German, but the language did not hold her attention. Learning Spanish instead, was on Rao's mind, but

with work and life, she had never got time.

That was until she put it down on her vision board, and began working towards it. Learning Spanish would mean that Rao would be able to interact with Latin culture better, watch Spanish movies without subtitles, and gain personal fulfilment. So, she downloaded the Duolingo app and began practising the language. It went smoothly for some time, until it didn't. After a bit

of start and stop, she gradually became more regular with her learning, spending at least a few minutes with the language every day before bed. "Technology has made things easier, and it's such a beautiful thing. If people want to upskill, technology

makes it easy to be a better version of yourself," she says. Through regular lessons on the Duolingo app, Rao has completed her A Levels in Spanish. She's now looking at continuing her streak to get to the B Levels next year.

Among other things she had put down on her vision board in March, Rao has successfully achieved them all. She now plans to make a personal and a professional vision board for 2025. Speaking on how she managed to stay motivated through the course, she says, "Doing something for 30-45 minutes daily is impractical for me as work keeps me busy. So, studying the language for a few minutes each day helps," and advises, "You have to be pragmatic. Don't set too high a goal and don't look at it. Reach the half-way point first, and then keep at it."

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You have to be pragmatic. Don't set too high a goal and don't look at it. Reach the half-way point first, and then keep at it

Surekha Rao

24 new flavours in '24

JUNISHA DAMA

ADITI PRABHU

36, clinical nutritionist

Resolution: To try 24 new ingredients

FOR the last decade, each year, Aditi Prabhu has set five goals. These cover various aspects of her life, including upskilling, and she also integrates something that will help her with business. In 2024, one of the five goals included trying 24 new ingredients.

As a clinical nutritionist and food enthusiast, Prabhu was excited to see where this would take her. "One thing I've seen in the last 15 years of my practice is that even though there is a lot of globalisation and we have easy access to a lot of ingredients, our plates have become smaller and smaller. The younger generation is less aware of what is local, and what is seasonal," she says, adding, "A lot of them even struggle with global ingredients. Everybody has read about them, but they don't know how to use them. So I chose this goal from a professional and a personal perspective. As it was 2024, I chose 24 ingredients that I wanted to explore."

The idea, at its core, was simple: Try something you have never tried before. Naturally, her nutritionist instincts kicked in, and she decided to steer herself in a healthy direction, with seasonal or local produce. As she was keen on a few global ingredients, those were added to the mix too. But she says she did not set rules for how she would try them out. "Some of them I tried out at restaurants or through colleagues or friends; so it's a mix," she says.

Through the course of the year, Prabhu tried some ingredients through her travels. She ate

Flavours of the year

1. Scampi
2. Lobster
3. White chillies
4. Habanero
5. Black carrots
6. Kavla bhaji
7. White bitter gourd
8. Red potatoes
9. Muskmelon
10. Madhumati
11. Koorka (Chinese potato)
12. Serrano chillies
13. Caperino peppers
14. Shishito peppers
15. Red rice vinegar
16. Greek mustard
17. Gochujang
18. Citron
19. Yak cheese
20. White fungus
21. Indian palm dates
22. Ponnangani keerali
23. Tilapia fish
24. Macademia nuts

Rather than a pre-planned list, Prabhu



explored ingredients as she came across them, using her expertise as a nutritionist to study how best to use them. "Nobody knew about this goal except my siblings. When I look back now, there are ingredients which I came across because I was travelling," she says.

"Some colleagues found out I was travelling and they gave me a list of things I needed to try. I had friends and clients who brought back ingredients from their travels for me to try because they know I enjoy learning about new flavours and writing about it. Besides that, I had Instagram followers who, when they saw a new ingredient at the market, would click a picture and send it across because I write about ingredients," Prabhu adds.

Each time she came across something she had not tried before, she would find out its botanical name, read research papers on the ingredient, and figure out how to incorporate it in a client's diet and in what proportion, quantity, and preparation style.

But how does one even set such a goal and stay the course to achieving it? Prabhu has some advice for the kind of mindset shift one needs to practise. "I don't call them resolutions because somehow when we think about resolutions, we always know they're going to break. I always say set goals," she says.

Prabhu says it helps to look at all domains of life, and to only set three to five things that one wants to work on throughout the year. Next, these goals have to be categorised as short-term, medium-term, and long-term goals. Following this method has helped her stay motivated to check off all that she has set out to do for the last decade.

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Aditi Prabhu focused on local and seasonal ingredients that she explored either by cooking with them, fermenting them, or at local restaurants and during her travels



BEFORE



AFTER

Facing the fat

AASTHA ATRAY BANAN

MASHA ARABI

30, Artist Manager

Resolution: To lose 25 kilos in a year

MY resolution was to reduce my health issues, and that was connected to my weight, so I needed to lose 25 kilos in a year. Basically, I

wanted to go from an XL to a Small size. I just wanted to be healthy—and it was a comfortable target—as it was around two kilograms a month," says artist manager Masha Arabi, who divides her time between Mumbai and Mangaluru.

The moment of reckoning started the year before for Arabi, who

My validation used to be tied to the way I look. Now, I am not as thin as I once was, but I am more comfortable with my body. I like my belly. Also, I have learned consistency, so this is a way of life now
Masha Arabi

moved back to Mangaluru after quitting her job, as her stress levels were skyrocketing, which in turn was leading to weight gain. "I couldn't function mentally, emotionally or physically. I thought it would be better if I shifted, but then my dad passed away in March. I went for a workout the next day after my dad's funeral, as it was an escape, but I was barely surviving at that time." So she was going for a workout, but also binge-eating. "That went on for a year, because I was concentrating on surviving."

In December 2023, Arabi decided that she had made peace with what had happened, and it was time to bring the focus back on her. "I decided I can't keep gaining and losing, as that also affects mental peace. I would keep a comfortable target that I could hit every month. I would keep it at four kgs, and at least lose two kgs. I also stopped feeling guilty if I ate something calorie-rich once in a while. I knew this was a long-term thing, and I couldn't beat myself up, as that wasn't healthy. I made sure that 90 per cent of my meals are healthy," she says.

But the most important factor that Arabi says has helped her is having an accountability partner. "My friend and I would text each other 'Hey, we can get through this,' and it worked. Also, my workout of choice was dancing, so that helped, as it never felt like a workout."

Her trainer Yaaz came up with an interesting idea. He would give her time limits. Initially, she would do 50 burpees in an hour, then she ramped that up to 100 burpees in 50 minutes, and now 100 burpees in 10 minutes. "I still hate burpees, but my stamina and resilience has increased."

Arabi has clear learnings from her year, and self-acceptance has been a big part of that. "My validation used to be tied to the way I look. Now, I am not as thin as I once was, but I am more comfortable with my body. I like my belly. Also, I have learned consistency, so this is a way of life now."

And that's why right now, Arabi is at a good place. "I am happier and more disciplined. Even if I go for a vacation, I can come back and get back on track. My mind has become stronger. For me, the fact that I have managed to make it a long-term habit, is the best takeaway. I am very grateful I got to do this. In fact, this keeps me going even when nothing else is going good."

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'It's all about baby steps'

AASTHA ATRAY BANAN

SNEHA BAID

40, Tech Programme Manager (software)

Resolution: To climb a 6,000-metre mountain peak

FOR Sneha Baid, 2024 was a landmark year. She was turning 40 and wanted to do something "big" to mark it. She had tried climbing mountains in Ladakh in 2023, and had to turn back because of unfavourable weather conditions. This year, she ended up setting a record, and became the first, and fastest, Indian civilian woman to climb KY2 (Kang Yatse I at 6,400 metres and 2 at 6,250 metres) in Ladakh back to back. "I wasn't even aiming for that, it just happened."

Her preparation has been all about living a healthy life every day. Baid has fibroids, and has lived with inflammation all her life. To manage those conditions as well, she works

out regularly—she gets up at 5 am, cycles, runs and hits the gym. She gets back and then it's off to work for the day.

"In 2023, I also did a basic mountaineering course. It gave me a fair idea of what I needed. For the climbing, you need a lot of physical and mental endurance. I found out my shortcomings, and what I needed to work on. I needed to do the peaks to really put my knowledge to test."

Post the feat, Baid has a confidence that's enviable. "There are two things that happen. Firstly, it gives one patience. I turned back last time, as the mountain is a very powerful force. You need to know when to turn back. I wasn't going to be dejected if I had to turn back," she says, adding, "Secondly, the only limit you set for yourself is in your head. Once you break those limits, you find out things about yourself that you never knew. You realise you were boxing yourself in."

For now, she is readying for her

Some days, you can't even get up out of bed. Every day is a fight. It's all about one step at a time. Set achievable goals, and feel good about yourself

Sneha Baid

next climb—one in the winters, and then move on to a 7,000-metre peak.

She has a word of advice for anyone who wants to make a resolution but remains sceptical about sticking to it: "Some days, you can't even get up out of bed. Every day is a fight. It's all about baby steps—one step at a time. Mountains teach you to plan ahead, but focus on the next step only. Set achievable goals, and feel good about yourself. Don't ever beat yourself up. If you keep at it, it will work out."

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Consistent effort ensured Sudha Menon bagged multiple ad shoots, as well as a role in the webseries Poacher. In the coming year, she intends to put writing on hold so she can focus on acting

'Mein actor banna chahti hu'

JUNISHA DAMA

SUDHA MENON

58, Author

RESOLUTION: To focus on her acting and modelling career

AFTER a career in journalism spanning over two decades and authoring six books, Sudha Menon decided to give modelling and acting a try. She first landed a few gigs that she took up along with her writing career. But it wasn't until the end of 2023 that Menon decided that in 2024 she would focus on her acting career more diligently.

That decision resulted in Menon spending 2024 on set after having bagged ads for brands like Malabar Gold, Joyallukkas, Reliance Jewels, ICICI, Mercedes, and a role in the award-winning webseries, Poacher. She has worked with the likes of Anand Mahadevan, Paresh Rawal, Pan-kaj Tripathi, Junior NTR, and Ram Charan. A few days before speaking to Sunday mid-day, Menon had just wrapped a shoot with her all-time favourite hero Amitabh Bachchan. "After having spent 24 years asking people questions [as a journalist] and in the communication business, it was very challenging for me to be on the other side of it where I had to communicate. I can sleepwalk through writing, but communicating on set in front of a 100 people is different. It is hugely challenging to make yourself vulnerable by putting your expressions and your feelings out there in front of so many people," says Menon speaking about her experience so far.

But Menon's mind was made up—she wanted to pursue a career in a competitive industry and

be in front of the camera. "I did most things to make an impact. I signed up for workshops, and I auditioned for whatever came my way. My mother keeps ill, and my sister and I are her caregivers. So, at times, I have to say no to a lot of work. That's why I want to take up every chance I can get," she says. So, at 58, Menon wakes up every morning and prepares for auditions, a lot of which are at home. This means setting up the camera, finding the right frame, taking care of the lighting, wearing the right outfit, and finally, performing her best. "For every 25 auditions, you land maybe two or three. I think of auditions as practice, and learn from each failure as I go," adds Menon.

Fame has never been a driving factor for Menon. After playing the role of a journalist, motivational speaker, and author, she says she has seen that side. And is well aware, that she will never be a heroine. Her on-screen roles include a mother, an aunt, a psychiatrist, judge, a principal, or a corporate diva. "I seem to be getting roles where women make a difference, strong women. And I have always believed in that. Most of my books are about path-breaking women, transiting

women and their journeys. So, I think in my own small way, it is nice to be getting these roles where women are making a difference," says Menon.

In an attempt to further her career, Menon has made a tough decision for 2025, "My writing will pause for the next two-three years. You can't do justice to two things. I started writing when I was 21 and my last book was three years ago. I have two, three books in various stages of completion. But this year, I'm so fascinated by this new space that I'm working in that I find it difficult to focus on something else," she says. But Menon sounds determined, resilient, and willing to do the hard work it takes to explore a new career in her 50s. "I think I do a good job in whatever I'm doing because, after all, it is communication, isn't it?" she says.

But how does she stay motivated on tough days when rejection knocks at her door? Her writer instincts kick in. Menon has had to pitch her writing and ideas numerous times, and enjoys the hustle. She says that just as she would wake up every day and write something daily, she does the same with acting, but adds that it's also important to promote your work. "I tell myself I want to be in this for the long run. And so, I take that time to catch up on reading a good book. I watch good movies from some of the greatest actors out there. And then you are motivated because you know that you would like to some day become like them and be noticed for your work," she says, and adds, "Continuously remind yourself of your worth. Not getting one project does not define who you are."

I think of auditions as practice, and learn from each failure as I go... Continuously remind yourself of your worth. Not getting one project does not define who you are

Sudha Menon

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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-

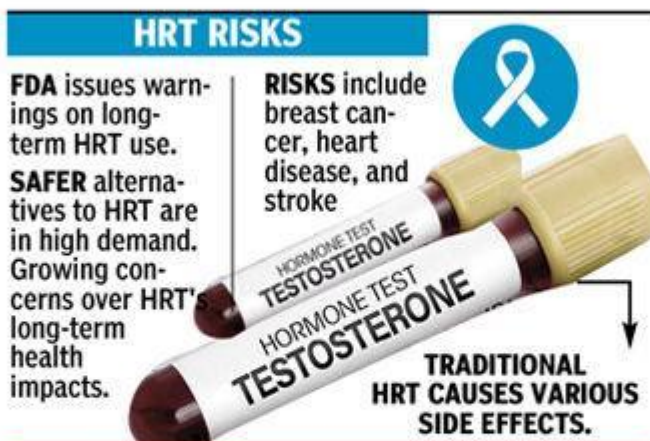
FDA issues warnings on long-term HRT use.

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

al rtherapy (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



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.

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.

Jag Bani • 30 Dec • Ministry of Ayush

Humara savidhan samay ki Kasautii par khara utra iski vajeh se hi main
yaha tak pahucha

1 • PG

437 • Sqcm

174966 • AVE

124.76K • Cir

Top Left

Chandigarh

‘ਮਨ ਕੀ ਬਾਤ’ ’ਚ ਬੋਲੇ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ

‘ਸਾਡਾ ਸੰਵਿਧਾਨ ਸਮੇਂ ਦੀ ਕਸੌਟੀ ’ਤੇ ਖਰਾ ਉਤਰਿਆ, ਇਸ ਕਾਰਨ ਹੀ ਮੈਂ ਇੱਥੋਂ ਤੱਕ ਪਹੁੰਚਿਆ ਹਾਂ’

ਨਵੀਂ ਦਿੱਲੀ, 29 ਦਸੰਬਰ (ਏਜੰਸੀਆਂ)-ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ ਨੇ ਐਤਵਾਰ ਆਪਣੇ ਮਾਸਿਕ ਰੇਡੀਓ ਪ੍ਰੋਗਰਾਮ ‘ਮਨ ਕੀ ਬਾਤ’ ਰਾਹੀਂ ਲੋਕਾਂ ਨੂੰ ਸੰਬੋਧਨ ਕੀਤਾ।

ਉਨ੍ਹਾਂ ਦੇਸ਼ ਵਾਸੀਆਂ ਨੂੰ ਨਵੇਂ ਸਾਲ ਦੀ ਵਧਾਈ ਦਿੱਤੀ। ਨਾਲ ਹੀ ਸੰਵਿਧਾਨ ਬਾਰੇ ਵੀ ਗੱਲਬਾਤ ਕੀਤੀ। ‘ਮਨ ਕੀ ਬਾਤ’ ਦੇ 117ਵੇਂ ਐਪੀਸੋਡ ‘ਚ ਮੋਦੀ ਨੇ ਸੰਵਿਧਾਨ ਹੀ ਹੈ ਜਿਸ ਕਾਰਨ ਮੈਂ ਅੱਜ ਇੱਥੇ ਹਾਂ।



ਕਿਹਾ ਕਿ 26 ਜਨਵਰੀ 2025 ਨੂੰ ਸਾਡੇ ਸੰਵਿਧਾਨ ਨੂੰ ਲਾਗੂ ਹੋਇਆ 75 ਸਾਲ ਹੋ ਜਾਣਗੇ। ਇਹ ਸਾਡੇ ਸਾਰਿਆਂ ਲਈ ਬਹੁਤ ਮਾਣ ਵਾਲੀ ਗੱਲ ਹੈ। ਸਾਡੇ ਸੰਵਿਧਾਨ ਨਿਰਮਾਤਾਵਾਂ ਵੱਲੋਂ ਸਾਨੂੰ ਸੌਂਪਿਆ ਗਿਆ ਸੰਵਿਧਾਨ ਸਮੇਂ ਦੀ ਕਸੌਟੀ ’ਤੇ ਖਰਾ ਉਤਰਿਆ ਹੈ। ਸੰਵਿਧਾਨ ਸਾਡਾ ਮਾਰਗਦਰਸ਼ਕ ਹੈ। ਇਹ ਭਾਰਤ ਦਾ

‘ਬਸਤਰ ਓਲੰਪਿਕ’ ਦੀ ਕੀਤੀ ਸ਼ਲਾਘਾ-ਪੀ. ਐੱਮ. ਨੇ ਕਿਹਾ ਕਿ ਬਸਤਰ ‘ਚ ਅਨੇਕ ਓਲੰਪਿਕ ਦੀ ਸ਼ੁਰੂਆਤ ਹੋਈ ਹੈ। ਇਸ ਕਾਰਨ ਉੱਥੇ ਇਕ ਨਵੀਂ ਭਾਤੀ ਦਾ ਜਨਮ ਹੋ ਰਿਹਾ ਹੈ। ਮੇਰੇ ਲਈ ਇਹ ਬਹੁਤ ਖੁਸ਼ੀ ਵਾਲੀ ਗੱਲ ਹੈ ਕਿ ਬਸਤਰ ਓਲੰਪਿਕ ਦਾ ਸੁਪਨਾ ਸਾਕਾਰ ਹੋਇਆ ਹੈ। ਦੇਸ਼ ਵਾਸੀ ਇਹ ਵੀ ਜਾਣਨਾ ਚਾਹੁਣਗੇ ਕਿ ਅਜਿਹਾ ਉਸ ਇਲਾਕੇ ‘ਚ ਹੋ ਰਿਹਾ ਹੈ ਜੋ ਕਦੇ ਮਾਓਵਾਦੀ ਹਿੰਸਾ ਦਾ ਗਵਾਹ ਰਿਹਾ ਹੈ।

‘ਆਯੁਸ਼ਮਾਨ ਭਾਰਤ ਯੋਜਨਾ’ ਕੌਂਸਰ ਦੇ ਮਰੀਜ਼ਾਂ ਲਈ ਬਣੀ ਵੱਡਾ ਸਹਾਰਾ

ਸਿਹਤ ਦੇ ਮੋਰਚੇ ‘ਤੇ ਇਕ ਹੋਰ ਸਫਲਤਾ ਦਾ ਹਵਾਲਾ ਦਿੰਦੇ ਹੋਏ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨੇ ਮੈਡੀਕਲ ਜਰਨਲ ‘ਲੈਸਟ’ ‘ਚ ਪ੍ਰਕਾਸ਼ਿਤ ਇਕ ਅਧਿਐਨ ਦਾ ਹਵਾਲਾ ਦਿੱਤਾ ਜਿਸ ਵਿੱਚ ਕਿਹਾ ਗਿਆ ਸੀ ਕਿ ਭਾਰਤ ‘ਚ ਕੌਂਸਰ ਦੇ ਇਲਾਜ ਦੀ ਸਮੇਂ ਸਿਰ ਸ਼ੁਰੂਆਤ ਕਰਨ ਦੀ ਸੰਭਾਵਨਾ ਵਧ ਗਈ ਹੈ।

ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਆਯੁਸ਼ਮਾਨ ਭਾਰਤ ਯੋਜਨਾ ਨੇ ਕੌਂਸਰ ਦੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਸਮੇਂ ਸਿਰ ਇਲਾਜ ਮੁਹੱਈਆ ਕਰਵਾਉਣ ‘ਚ ਵੱਡੀ ਭੂਮਿਕਾ ਨਿਭਾਈ ਹੈ। ਇਸ ਕਾਰਨ ਕੌਂਸਰ ਦੇ 90 ਫੀਸਦੀ ਮਰੀਜ਼ ਸਮੇਂ ਸਿਰ ਆਪਣਾ ਇਲਾਜ ਸ਼ੁਰੂ ਕਰ ਸਕੇ ਹਨ। ਮੋਦੀ ਨੇ ਕਿਹਾ ਕਿ ਪਹਿਲਾਂ ਗਰੀਬ ਮਰੀਜ਼ ਪੈਸੇ ਦੀ ਘਾਟ ਕਾਰਨ ਕੌਂਸਰ ਦੀ ਜਾਂਚ ਤੇ ਇਲਾਜ ਤੋਂ ਕੰਨੀਕਤਰਾਉਂਦੇ ਸਨ। ਹੁਣ ਆਯੁਸ਼ਮਾਨ ਭਾਰਤ ਯੋਜਨਾ ਉਨ੍ਹਾਂ ਲਈ ਵੱਡਾ ਸਹਾਰਾ ਬਣ ਗਈ ਹੈ।

ਰਾਜ ਕਪੂਰ, ਮੁਹੰਮਦ ਰਫੀ, ਏ. ਐੱਨ. ਆਰ. ਤੇ ਤਪਨ ਸਿਨ੍ਹਾ ਨੂੰ ਯਾਦ ਕੀਤਾ

ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨੇ ਭਾਰਤੀ ਸਿਨੇਮਾ ਦੇ 4 ਮਹਾਨ ਕਲਾਕਾਰਾਂ ਰਾਜ ਕਪੂਰ, ਮੁਹੰਮਦ ਰਫੀ, ਅਕੀਨੇਨੀ ਨਾਗੇਸ਼ਵਰ ਰਾਓ (ਏ. ਐੱਨ. ਆਰ.) ਤੇ ਤਪਨ ਸਿਨ੍ਹਾ ਨੂੰ ਉਨ੍ਹਾਂ ਦੀਆਂ ਜਨਮ ਸ਼ਤਾਬਦੀਆਂ ‘ਤੇ ਯਾਦ ਕੀਤਾ।

ਮੋਦੀ ਨੇ ਕਿਹਾ ਕਿ 2024 ‘ਚ ਅਸੀਂ ਫਿਲਮ ਇੰਡਸਟਰੀ ਦੀਆਂ ਕਈ ਮਹਾਨ ਹਸਤੀਆਂ ਦਾ 100ਵਾਂ ਜਨਮ ਦਿਨ ਮਨਾਇਆ ਹੈ। ਇਨ੍ਹਾਂ ਸ਼ਖਸੀਅਤਾਂ ਨੇ ਭਾਰਤੀ ਸਿਨੇਮਾ ਨੂੰ ਵਿਸ਼ਵ ਪੱਧਰ ‘ਤੇ ਪਛਾਣ ਦਿਵਾਈ। ਇਨ੍ਹਾਂ ਮਸ਼ਹੂਰ ਹਸਤੀਆਂ ਦਾ ਜੀਵਨ ਸਾਡੀ ਪੂਰੀ ਫਿਲਮ ਇੰਡਸਟਰੀ ਲਈ ਪ੍ਰੇਰਣਾ ਦਾ ਸੋਮਾ ਹੈ। ਰਾਜ ਕਪੂਰ ਜੀ ਨੇ ਫਿਲਮਾਂ ਰਾਹੀਂ ਦੁਨੀਆ ਨੂੰ ਭਾਰਤ ਦੀ ‘ਸਾਫਟ ਪਾਵਰ’ ਤੋਂ ਜਾਣ ਕਰਵਾਇਆ।

ਮਹਾਕੁੰਭ ਦਾ ਸੰਦੇਸ਼ ਏਕਤਾ ਕਾਇਮ ਕਰਨਾ

ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨੇ ਮਹਾਕੁੰਭ ਨੂੰ ‘ਏਕਤਾ ਦਾ ਮਹਾਕੁੰਭ’ ਦੱਸਿਆ ਤੇ ਕਿਹਾ ਕਿ ਮਹਾਕੁੰਭ ਪੂਰੇ ਦੇਸ਼ ਨੂੰ ਏਕਤਾ ਦਾ ਸੰਦੇਸ਼ ਦਿੰਦਾ ਹੈ। ਜੇ ਗੰਗਾ ਦੀ ਨਿਰੰਤਰ ਧਾਰਾ ਨਾ ਹੁੰਦੀ ਤਾਂ ਸਾਡੇ ਸਮਾਜ ਨੇ ਨਹੀਂ ਬਣਨਾ ਸੀ। ਪ੍ਰਯਾਗਰਾਜ ‘ਚ ਚੜ੍ਹਦੇ ਸਾਲ 13 ਜਨਵਰੀ ਤੋਂ ਆਯੋਜਿਤ ਹੋਣ ਵਾਲੇ ਇਸ ਸਮਾਗਮ ‘ਚ ਸ਼ਾਮਲ ਹੋਣ ਵਾਲੇ ਲੋਕਾਂ ਦੀ ਵੰਨ-ਸੁਵੰਨਤਾ ਨੂੰ ਵੇਖਦੇ ਹੋਏ ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਅਨੇਕਤਾ ‘ਚ ਏਕਤਾ ਦੇ ਅਜਿਹੇ ਦ੍ਰਿਸ਼ ਦੀ ਕੋਈ ਹੋਰ ਮਿਸਾਲ ਨਹੀਂ ਮਿਲਦੀ।

ਮੋਦੀ ਨੇ ਕਿਹਾ ਕਿ ਮਹਾਕੁੰਭ ਦੀ ਵਿਸ਼ੇਸ਼ਤਾ ਇਸ ਦੀ ਵਿਸ਼ਾਲਤਾ ‘ਚ ਹੀ ਨਹੀਂ ਸਗੋਂ ਇਸ ਦੀ ਵੰਨ-ਸੁਵੰਨਤਾ ਵਿੱਚ ਵੀ ਹੈ। ਇਸ ਸਮਾਗਮ ‘ਚ ਵੱਡੀ ਗਿਣਤੀ ਵਿੱਚ ਲੋਕ ਇਕੱਠੇ ਹੁੰਦੇ ਹਨ। ਹਜ਼ਾਰਾਂ ਪ੍ਰੰਪਰਾਵਾਂ, ਸੈਂਕੜੇ ਸੰਪਰਦਾਵਾਂ, ਕਈ ਅਖਾੜੇ ਤੇ ਸੰਤ ਇਸ ਦਾ ਹਿੱਸਾ ਬਣਦੇ ਹਨ। ਇਸ ਸਮਾਗਮ ‘ਚ ਕਰੋੜਾਂ ਲੋਕ ਇਕੱਠੇ ਹੁੰਦੇ ਹਨ। ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨੇ ਕਿਹਾ ਕਿ ਇਸ ਸਮਾਗਮ ‘ਚ ਪਹਿਲੀ ਵਾਰ ‘ਏ. ਆਈ. ਚੈਟਬਾਟ’ ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਜਾਵੇਗੀ। ‘ਡਿਜੀਟਲ ਨੇਵੀਗੇਸ਼ਨ’ (ਦਿਸ਼ਾ ਸੂਚਕ ਪ੍ਰਣਾਲੀ) ਦੀ ਸਹੂਲਤ ਲੋਕਾਂ ਨੂੰ ਵੱਖ-ਵੱਖ ਘਾਟਾਂ, ਮੰਦਰਾਂ ਤੇ ਸਾਧੂਆਂ ਦੇ ਅਖਾੜਿਆਂ ਤੱਕ ਪਹੁੰਚਣ ‘ਚ ਮਦਦ ਕਰੇਗੀ।

Veer Arjun • 30 Dec • Ministry of Ayush

Pradhanmantri ne man ki baat mai ayurved ki badhti vaishvik lokpriyata ko
rekhankit kiya

8 • PG

133 • Sqcm

9971 • AVE

60K • Cir

Middle Center

Delhi

प्रधानमंत्री ने मन की बात में आयुर्वेद की बढ़ती वैश्विक लोकप्रियता को रेखांकित किया

नई दिल्ली, (विप्र)। प्रधानमंत्री नरेन्द्र मोदी ने अपने मासिक रेडियो कार्यक्रम 'मन की बात' की 117वीं कड़ी में पैराग्वे में किए जा रहे प्रेरणादायक कार्यों का जिक्र करते हुए आयुर्वेद की बढ़ती वैश्विक लोकप्रियता को रेखांकित किया। प्रधानमंत्री ने कहा, दक्षिण अमेरिका में पैराग्वे नाम का एक देश है। वहां रहने वाले भारतीयों की संख्या 1,000 से अधिक नहीं होगी। पैराग्वे में एक अद्भुत प्रयास किया जा रहा है। पैराग्वे में भारतीय दूतावास में एरिका ह्यूबेर आयुर्वेद संबंधी परामर्श प्रदान करती है। बड़ी संख्या में स्थानीय लोग आयुर्वेद आधारित सलाह लेने के लिए उनके पास आ रहे हैं। यह मान्यता अंतरराष्ट्रीय स्तर पर आयुर्वेद को बढ़ावा देने के लिए आयुष मंत्रालय की अटूट प्रतिबद्धता को रेखांकित करती है। केंद्रीय आयुष राज्य मंत्री स्वतंत्र प्रभारा प्रतापराव जाधव ने कहा, हम आयुर्वेद को वैश्विक स्तर पर बढ़ावा देने में प्रधानमंत्री नरेन्द्र मोदी के दूरदर्शी नेतृत्व के लिए उनके प्रति हार्दिक आभार व्यक्त करते हैं।

Punjab Kesari • 30 Dec • Ministry of Ayush

Humara saavidhan samay ki Kasautii par khara utra iski vajah se hi main
yaha tak pahucha

1 • PG

436 • Sqcm

403671 • AVE

867.98K • Cir

Top Left

Chandigarh

मन की बात में बोले प्रधानमंत्री नरेंद्र मोदी

'हमारा संविधान समय की कसौटी पर खरा उतरा, इसकी वजह से ही मैं यहां तक पहुंचा'

नई दिल्ली, 29 दिसम्बर (एजेंसियां): प्रधानमंत्री नरेंद्र मोदी ने रविवार को अपने रेडियो कार्यक्रम 'मन की बात' के जरिए लोगों को संबोधित किया। इस दौरान उन्होंने लोगों को नए साल की शुभकामनाएं दीं। इसके अलावा पी.एम. मोदी ने संविधान पर भी बात की। 'मन की बात' के 117वें एपिसोड में पी.एम. मोदी ने



कहा कि 2025 में 26 जनवरी को हमारे संविधान को लागू हुए 75 वर्ष होने जा रहे हैं। हम सभी के लिए बहुत गौरव की बात है। हमारे संविधान निर्माताओं ने हमें जो संविधान सौंपा है, वो समय की हर कसौटी पर खरा उतरा है। संविधान हमारे लिए दिशा दिखाने वाली रोशनी है, हमारा मार्गदर्शक है। यह भारत का संविधान ही है जिसकी वजह से मैं आज यहां हूँ।

बस्तर ओलिम्पिक की तारीफ- पी.एम. ने कहा कि बस्तर में एक अनूठा ओलिम्पिक शुरू हुआ है। बस्तर ओलिम्पिक से बस्तर में एक नई क्रांति जन्म ले रही है। प्रधानमंत्री ने कहा कि मेरे लिए यह बहुत ही खुशी की बात है कि बस्तर ओलिम्पिक का सपना साकार हुआ है। आपको भी यह जानकर अच्छा लगेगा कि यह उस क्षेत्र में हो रहा है, जो कभी माओवादी हिंसा का गवाह रहा है।

कैंसर रोगियों के लिए 'आयुष्मान भारत योजना' बड़ा सहारा बनी

स्वास्थ्य के मोर्चे पर एक और सफलता का हवाला देते हुए प्रधानमंत्री ने मैडिकल जर्नल 'लासेट' में छपे एक अध्ययन का हवाला दिया, जिसमें कहा गया था कि भारत में कैंसर का समय पर इलाज शुरू होने की संभावना बढ़ गई है। उन्होंने कहा कि कैंसर रोगियों को समय पर उपचार दिलाने में आयुष्मान भारत योजना ने बड़ी भूमिका निभाई है। उन्होंने कहा, इस योजना की वजह से 90 प्रतिशत कैंसर रोगी समय पर अपना उपचार शुरू कर पाए हैं। पैसे की कमी के कारण पहले गरीब रोगी कैंसर की जांच और उसके उपचार से कतराते थे। अब आयुष्मान भारत योजना उनके लिए बड़ा सहारा बन गई है।

राज कपूर, मोहम्मद रफी, ए.एन.आर., तपन सिन्हा को याद किया

प्रधानमंत्री ने भारतीय सिनेमा के चार दिग्गजों राज कपूर, मोहम्मद रफी, अकिनेनी नागेश्वर राव (ए.एन.आर.) और तपन सिन्हा को उनके जन्म शताब्दी वर्ष पर याद किया। मोदी ने अपने मासिक रेडियो कार्यक्रम में कहा, "वर्ष 2024 में हम फिल्म जगत की कई महान हस्तियों की 100वीं जयंती मना रहे हैं। इन विभूतियों ने भारतीय सिनेमा को विश्व स्तर पर पहचान दिलाई। हमारे पूरे फिल्म जगत के लिए इन हस्तियों का जीवन प्रेरणा जैसा है। राज कपूर जी ने फिल्मों के माध्यम से दुनिया को भारत की 'सॉफ्ट पावर' से परिचित कराया।"

महाकुंभ का संदेश एकता स्थापित करना

प्रधानमंत्री ने महाकुंभ को 'एकता का महाकुंभ' बताया और कहा महाकुंभ पूरे देश को एक होने का संदेश देता है। उन्होंने कहा, 'गंगा की अविरल धारा, न बनते समाज हमारा।' उन्होंने प्रयागराज में अगले साल 13 जनवरी से आयोजित इस समारोह में शामिल होने वाले लोगों की विविधता के मद्देनजर कहा कि विविधता में एकता के ऐसे दूर का कोई दूसरा उदाहरण नहीं है। उन्होंने कहा, 'महाकुंभ की विशेषता न केवल इसकी विशालता बल्कि इसकी विविधता में भी है।' उन्होंने कहा कि इस आयोजन में बड़ी संख्या में लोग जुटते हैं और संत, हजारों परंपराएं, सैकड़ों संप्रदाय और कई अखाड़े इसका हिस्सा बनते हैं। उन्होंने कहा, 'इस आयोजन में करोड़ों लोग एक साथ एकत्रित होते हैं। प्रधानमंत्री ने कहा कि इस आयोजन में पहली बार 'एआई चैट बॉट' का इस्तेमाल किया जाएगा और 'डिजिटल नेविगेशन' (दिशा सूचक प्रणाली) की सुविधा से लोगों को अलग-अलग घाटों, मंदिरों और साधुओं के अखाड़ों तक पहुंचने में मदद मिलेगी।

Janmabhumi • 29 Dec • Ministry of Ayush

Homeopathic doctors can also prescribe allopathic medicines

3 • PG

130 • Sqcm

52124 • AVE

34.89K • Cir

Top Left

Mumbai

હોમિયોપેથી ડૉક્ટરો એલોપેથિક દવાઓ પણ આપી શકશે

મુંબઈ, તા. ૨૮ : મહારાષ્ટ્ર હૂડ એન્ડ ડ્રગ એડમિનિસ્ટ્રેશને ગુરુવારે રાજ્યના છૂટક કેમિસ્ટ અને જથ્થાબંધ વેપારીઓને આપેલા નિર્દેશ અનુસાર આધુનિક ફાર્માકોલોજીમાં પ્રમાણપત્ર અભ્યાસક્રમ પૂર્ણ કરનારા હોમિયોપેથી ડૉક્ટરો તેમના દર્દીઓને એલોપેથિક દવાઓ પ્રિસ્ક્રાઇબ (લખી આપી શકશે) કરી શકશે. રાજ્ય સરકારે હોમિયોપેથ ડૉક્ટરોનો સમાવેશ કરવા માટે મહારાષ્ટ્ર મેડિકલ કાઉન્સિલ એક્ટ હેઠળ રજિસ્ટર્ડ મેડિકલ પ્રેક્ટિશનરોની વ્યાખ્યામાં ફેરફાર કર્યાના લગભગ એક

દાયકા પછી એફડીએને આ નિર્દેશ આપ્યો છે.

તમામ છૂટક અને જથ્થાબંધ દવાના વેપારીઓ આ ડૉક્ટરોના પ્રિસ્ક્રિપ્શન પર દવાઓ વેચી શકશે. મહારાષ્ટ્ર હોમિયોપેથી કાઉન્સિલના વહીવટકર્તા ડૉ. બાહુબલી શાહની આગેવાની હેઠળ હોમિયોપેથિક ડૉક્ટરો આ પગલાંથી ખુશ થયા હતા, જે અસરકારક રીતે તેમને હવે આધુનિક દવાની પ્રેક્ટિસ કરવાની મંજૂરી આપે છે.

જોકે, ઇન્ડિયન મેડિકલ એસોસિયેશન (આઈએમએ) નારાજ છે અને 'મિક્સ પેથીઝ'

સામે કાનૂની ઉપાય કરવાની યોજના ઘરાવે છે.

આઈએમએ મહારાષ્ટ્રના પ્રમુખ ડૉ. સંતોષ કદમે જણાવ્યું હતું કે, જ્યારે તેમને પ્રેક્ટિસ કરવાની મંજૂરી આપવામાં આવી ત્યારે અમે અદાલતમાં ગયા હતા અને આ મામલો હજુ પણ અદાલતમાં છે.

અમે એફડીએના નિર્દેશને કોર્ટમાં પણ લઈ જઈશું. શુક્રવારે એફડીએ કમિશનર રાજેશ નાવેકરે જણાવ્યું હતું કે, હોમિયોપેથીઓ દ્વારા લખાયેલા એલોપેથિક પ્રિસ્ક્રિપ્શનો અંગે કેમિસ્ટો મૂંઝવણમાં છે.

Rashtriya Sahara • 29 Dec • Ministry of Ayush
...opening this year closing next year

7 • PG

69 • Sqcm

15200 • AVE

562.46K • Cir

Bottom Right

Jaipur

...उद्घाटन इस साल समापन अगली साल

आयुष मंत्रालय के आला अधिकारी साल के 365 दिन यानी जाते वर्ष 2024 के दौरान की गई उपलब्धियों का ब्यौरा तैयार करने में जुटे हैं। करीब 100 से अधिक उपलब्धियों में देशभर में आयुष केंद्रों के उद्घाटन, सेवाओं का विस्तार संबंधी प्लान के 80 फीसद मामले पाए गए। वर्ष 2024 का ब्यौरा तैयार कर रहे शीर्षस्थ अधिकारियों से हिम्मत कर कुछ मातहत अधिकारियों ने पूछा कि साहेब इसमें तो उपलब्धियों सिर्फ केंद्रों का शिलान्यास, उद्घाटन का फीसद ज्यादा है तो वह ठोस उठाए गए फैसलों के बारे में क्या बताएं। ये योजनाएं कब तक पूरा होगी इस बारे में भी स्पष्ट नहीं है। इस यक्ष प्रश्न पर आला अधिकारी भी संशय में आ गए और अपनी बात को जारी रखते हुए कहा कि जो तुम्हें काम दिया गया है उसे पूरा करिए इधर उधर का तर्क करना तुम्हारा काम नहीं है। पर दूसरे वरिष्ठ अधिकारी ने एसओपी तैयार कर रहे जूनियर अधिकारियों का मान रखते हुए कहा कि भाई उद्घाटन हुआ तो कार्य का समापन भी होगा। समापन सत्र हम वर्ष 2025 के अंत में तैयार करेंगे। लोगों के चेहरे पर कुटिल मुस्कान सिहर गई और वे समझ गए कि उनका मान भी रखा और अपनी बात भी सहजता से रख दी।

■ नारद जी

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 माईइ 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 महाननिदेशक 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 इंप्लेमेंटरी 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।

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।

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
Paving the way for Unani College

3 • PG

195 • Sqcm

442669 • AVE

1.3M • Cir

Middle Right

Mumbai

युनानी कॉलेजचा मार्ग मोकळा

म. टा. खास प्रतिनिधी, मुंबई

लोकसभा निवडणुकीआधीच राज्य सरकारने निर्णयाद्वारे मान्यता दिलेले रायगड जिल्ह्यातील म्हसळा तालुक्यातील सावर येथील पहिलेवहिले सरकारी युनानी कॉलेज उभारण्याचा मार्ग मोकळा झाला आहे. भारतीय वैद्यकीय परिषदेच्या (एमसीआय) मानकानुसार, नवीन युनानी कॉलेज सुरू करण्यासाठी किमान एक वर्षापासून कार्यरत असलेले रुग्णालय असणे आवश्यक आहे. त्यामुळे आता रायगड जिल्ह्यातील रुग्णालये आवश्यक त्या रुग्णखाटांसह तीन वर्षासाठी तात्पुरत्या स्वरूपात वैद्यकीय शिक्षण विभागाकडे देण्याचा निर्णय राज्य सरकारने घेतला आहे.

राज्यात युनानी पदवी

म्हसळा येथे सुरू
होणार पहिले
सरकारी कॉलेज



अभ्यासक्रमाची (बीयूएमएस) सात कॉलेजे आहेत. त्यापैकी तीन सरकारी अनुदानित असून चार खासगी विनाअनुदानित आहेत. या सात कॉलेजांमध्ये ४२० विद्यार्थीक्षमता आहे. राज्यात १०० विद्यार्थी क्षमतेचे

पहिले सरकारी युनानी कॉलेज आणि त्यालाच संलग्न १०० रुग्णखाटा क्षमतेचे रुग्णालय स्थापन करण्याचा निर्णय यंदा मार्चमध्ये घेण्यात आला होता. हे कॉलेज म्हसळा तालुक्यातील सावर या गावात उभे राहणार आहे.

१४ मार्चच्या शासन निर्णयानुसार महसूल विभागाने सावर गावाजवळील पाच एकर जागा निःशुल्क उपलब्ध करून दिली असून १०० विद्यार्थीक्षमतेचे कॉलेज आणि १०० रुग्णखाटांचे रुग्णालय उभारण्यासाठी ३३८.३५ कोटी रुपयांचा निधीही मंजूर करण्यात आला होता. यापैकी उभारणीसाठी १९७ कोटी आणि पुढील पाच वर्षे देखभाल-दुरुस्ती, वेतन आदींसाठी १४० कोटी राखून ठेवले होते. तसेच पाच वर्षांनंतर दरवर्षी खर्चासाठी ३२.७३ कोटी मान्य करण्यात आले

होते.

रुग्णालय स्थापनेसाठी 'ना हरकत प्रमाणपत्र' देण्याची विनंती वैद्यकीय शिक्षण व आयुष्याच्या आयुक्तांनी केली होती. मात्र एमसीआयच्या नियमानुसार युनानी कॉलेज सुरू करण्यासाठी किमान एक वर्षापासून कार्यरत रुग्णालय असणे आवश्यक आहे.

या अटीची पूर्तता करण्यासाठी आता रायगड जिल्ह्यातील कार्यरत रुग्णालये तात्पुरत्या स्वरूपात किमान तीन वर्षे वैद्यकीय शिक्षण व औषधी द्रव्ये विभागासाठी देण्यास मान्यता देण्यात आली आहे. ही रुग्णालये ताब्यात आल्यानंतर त्याच ठिकाणी कॉलेज आणि संलग्न रुग्णालय स्थापण्याची प्रक्रिया सुलभ होईल, असे वैद्यकीय शिक्षण विभागातील उच्चपदस्थ अधिकाऱ्याने स्पष्ट केले.

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. त्या अनुषंगाने 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 कैंपेन '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।

Aaj Samaj • 28 Dec • Ministry of Ayush

Homeopathy ke saath paramarsh ke satra dekar mareezo ko ke liye umeed ki kiran bani Dr Vandana

9 • PG

521 • Sqcm

78193 • AVE

898.28K • Cir

Bottom Center

Delhi

होम्योपैथी के साथ परामर्श के सत्र देकर मरीजों को के लिए उम्मीद की किरण बनीं डॉ. वंदना

आज समाज नेटवर्क

बल्लभगढ़। यहां की पंजाबी धर्मशाला में सकारात्मक सोच के सस्ती और मजबूत होम्योपैथ चिकित्सा आजकल लोगों का उपचार किया गया है। इतना ही नहीं यहां तैनात महिला डाक्टर एक मामूली चार्ज पर लोगों को निरंतर सेवा में प्रयासरत है। जहां वे दवाईयों के अलावा मरीजों के साथ काउंसलिंग कर बेहतर उपचार दे रही हैं। जिसके चलते वे आज होम्योपैथी के साथ परामर्श के सत्र देकर मरीजों को के लिए एक उम्मीद की किरण हैं। हम यहां जिसकी बात कर रहे हैं वह है डॉ वंदना।

डॉ वंदना लगभग एक दशक से भी अधिक समय से प्रसिद्ध होम्योपैथी विशेषज्ञ, चैरिटेबल क्लिनिक के माध्यम से समुदाय की सेवा कर रही हैं। वे अनुभवी होम्योपैथिक चिकित्सक और परामर्शदाता, महिलाओं, बच्चों और त्वचा संबंधी विकारों के इलाज में विशेष विशेषज्ञता रखती हैं। उन्होंने बीएचएमएस (बैचलर ऑफ होम्योपैथिक मेडिसिन एंड सर्जरी) की डिग्री प्राप्त की है और होम्योपैथी के क्षेत्र में मास्टर का दर्जा हासिल किया है।

डॉ. वंदना, का कहना है कि प्रसिद्ध होम्योपैथी विशेषज्ञ चैरिटेबल क्लिनिक के माध्यम से समुदाय की



सेवा कर रही हैं। यह क्लिनिक किफायती और प्रभावी होम्योपैथिक उपचार प्रदान करता है। सभी के लिए स्वास्थ्य सेवा को सुलभ बनाने के

मिशन के साथ, क्लिनिक नाममात्र कीमतों पर दवाएं उपलब्ध कराता है, जो बिना किसी सहड इफेक्ट के समग्र उपचार पर केन्द्रित है।

इतना ही नहीं डॉ. वंदना ने दावा करती हैं कि होम्योपैथिक मेडिसिन द्वारा करुणामय दृष्टिकोण से मरीजों का विश्वास जीता है। उनका मानना है कि इलाज केवल दवाओं पर निर्भर नहीं करता, बल्कि मरीजों के साथ सकारात्मक संवाद और उनके भावनात्मक स्वास्थ्य को समझने पर भी निर्भर करता है।

सनद रहे कि डॉ वंदना ने कोरोना काल में कई एनजीओ से जुड़कर निशुल्क लोगों को जागरूक करते हुए मरीजों के काउंसलिंग परामर्श के

सत्र दिया। उन्होंने उस दौरान कई मरीजों के काउंसलिंग परामर्श के सत्र व होम्योपैथी के माध्यम से हजारों लोगों का फायदा दे चुकी है। जिससे होम्योपैथी के साथ काउंसलिंग कर मरीजों के चेहरे की खुरशी बनीं। जिसके चलते आज न केवल बल्लभगढ़ बल्कि आसपास के प्रदेशों व जिलों के लोग भी दवा व सलाह लेने के लिए पहुंच रहे हैं। किफायती स्वास्थ्य सेवाएं प्रदान करने के साथ ही, क्लिनिक ने पारदर्शिता बनाए रखने और प्रामाणिकता सुनिश्चित करने के लिए एक फीडबैक प्रणाली शुरू की है। भारी संख्या में सकारात्मक प्रतिक्रियाएं उन लोगों के विश्वास

और संतुष्टि को दर्शाती हैं जो वहां सेवा ले चुके हैं। अपनी पहुंच को और बढ़ाने के लिए, क्लिनिक ने पाथलैक्स और अन्य संगठनों के सहयोग से जागरूकता शिबिर आयोजित करने की योजना बनाई है। इन पहलों का उद्देश्य अधिक से अधिक लोगों को होम्योपैथी के लाभों के बारे में शिक्षित करना है, जिससे इसे सुरक्षित और प्रभावी इलाज के रूप में प्राथमिकता दी जा सके। डॉ. वंदना और उनका क्लिनिक किफायती स्वास्थ्य सेवाओं के लिए आशा की किरण के रूप में खड़ा है। जो शहर और उससे आगे हर घर तक होम्योपैथी के लाभ पहुंचाने के लिए प्रयासरत है।

Mumbai Tarun Bharat • 28 Dec • Ministry of Ayush
Passed 'CCMP' allowed to practice 'Allopathy

3 • PG

74 • Sqcm

9286 • AVE

17.73K • Cir

Top Center

Mumbai

‘सीसीएमपी’ उत्तीर्णास ‘अॅलोपॅथी’ व्यवसाय करण्यास परवानगी

मुंबई, दि. २७ : प्रतिनिधी
नोंदणीकृत होमिओपॅथी
वैद्यक व्यवसायिकांनी ‘आधुनिक
वैद्यकशास्त्र प्रमाणपत्र’ (सीसीएमपी)
अभ्यासक्रम पूर्ण केल्यास, त्यांना
‘आधुनिक वैद्यकशास्त्र वैद्यक’
(विषमधिकारिता) पद्धतीने व्यवसाय
करण्यास परवानगी देण्यात येत
असल्याची माहिती अन्न व औषध
प्रशासनचे आयुक्त राजेश नाईकर
यांनी दिली आहे.

संबंधित व्यावसायिक हे ‘महाराष्ट्र
समधिकारिता वैद्यक व्यवसाय
अधिनियम अन्वये’ नोंदणीकृत
असले व शासनमान्य ‘सर्टिफिकेट
कोर्स इन मॉडर्न फार्माकोलॉजी’
(सीसीएमपी) उत्तीर्ण केले असले
आवश्यक आहे. किरकोळ व घाऊक
औषध विक्रेते हे ‘सर्टिफिकेट



कोर्स इन मॉडर्न फार्माकोलॉजी’
(सीसीएमपी) पूर्ण करणाऱ्या
होमिओपॅथी नोंदणीकृत डॉक्टरांना
अॅलोपॅथी औषधांची विक्री करू
शकतात. तसेच, किरकोळ औषध
विक्रेते हे डॉक्टरांद्वारे देण्यात
आलेले प्रिस्क्रिप्शनवर औषध
विक्री करू शकतात.
तथापि महाराष्ट्र समधिकारिता
वैद्यक व्यवसायिक यांच्या



FOOD AND DRUG
ADMINISTRATION

प्रिस्क्रिप्शनवर औषधांची विक्री
करण्यापूर्वी रेजिस्ट्रेशन क्रमांक
व ‘सर्टिफिकेट कोर्स इन मॉडर्न
फार्माकोलॉजी’ (सीसीएमपी)
ही अर्हता प्राप्त केल्याबाबतचा
सर्टिफिकेट क्रमांक नमूद
असल्याबाबत खात्री करूनच
औषधांची विक्री करावी. ही
जबाबदारी किरकोळ औषध विक्रेते
यांची राहिल, असेही आयुक्त नाईकर
यांनी कळविले आहे.