



Government of India
Ministry of Chemicals & Fertilizers
Department of Pharmaceuticals

Jan Aushadhi VARTA



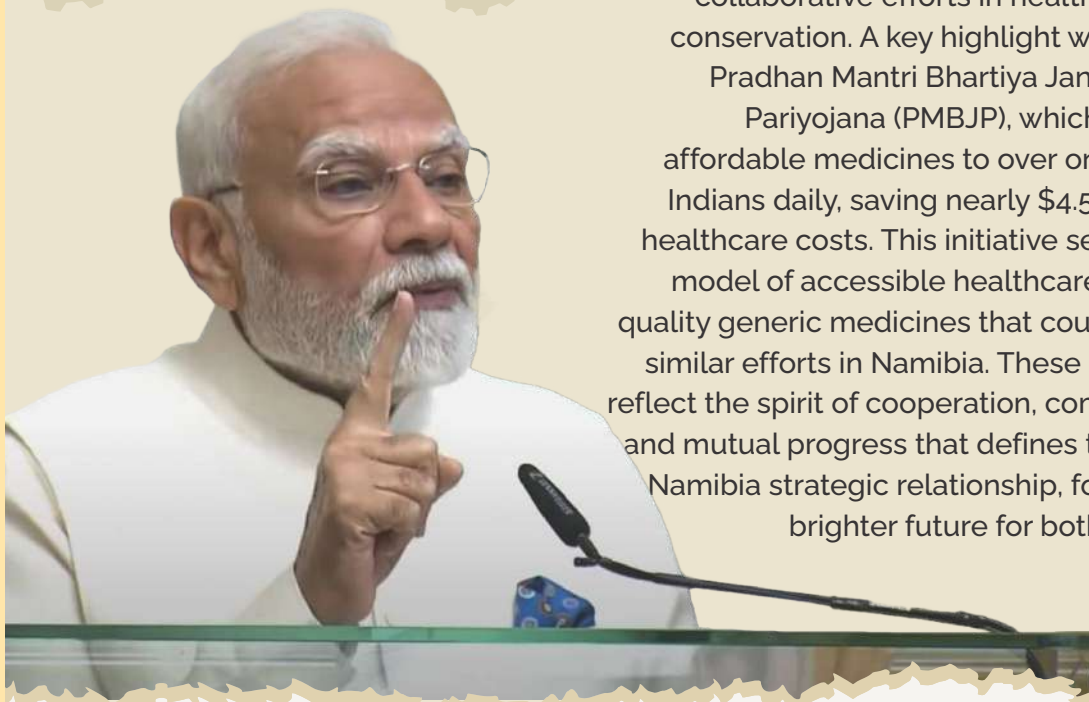
EDITION 37

13th August, 2025

NEWSLETTER



India - Namibia *Strategic Partnership in* **HEALTHCARE INITIATIVES**



During the recent visit of the Honourable Prime Minister of India, Shri Narendra Modi, to the Parliament of Namibia, Windhoek, Namibia, on 9th July, 2025, where he emphasized the deepening ties between India and Namibia, highlighting their collaborative efforts in healthcare and conservation. A key highlight was on the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP), which delivers affordable medicines to over one million Indians daily, saving nearly \$4.5 billion in healthcare costs. This initiative serves as a model of accessible healthcare through quality generic medicines that could inspire similar efforts in Namibia. These initiatives reflect the spirit of cooperation, compassion, and mutual progress that defines the India-Namibia strategic relationship, fostering a brighter future for both nations.



Total No.
of Kendras
16400+



Total Sales crossed
Rs. 657.95 Crore
FY 2025-26
(till 31.07.2025)



Estimated Savings Approx
of **2631.80 Crore** to
Citizens FY 2025-26
(till 31.07.2025)



Sales of
July 2025 is
201.76 Crore



India *promises to extend*

Affordable Healthcare to Ghana

through **PMBJP**



As part of the successful five-nation tour to Ghana, Trinidad & Tobago, Argentina, Brazil, and Namibia, Honourable Prime Minister Shri Narendra Modi's last leg of visit to the Republic of Ghana on 3rd July, 2025, Honourable PM announced India's commitment to enhancing healthcare accessibility in Ghana through the Pradhan Mantri Bhartiya Janaushadhi Pariyojana. He further mentions that India aims to deliver affordable and reliable healthcare solutions to the citizens of Ghana, strengthening bilateral ties and promoting shared well-being.



Empowering Rural Healthcare through PACS and Jan Aushadhi Kendras



As a part of the **International Year of Cooperatives (IYC) 2025** celebrations, the Hon'ble Union Home and Cooperation Minister, **Shri Amit Shah**, engaged in a formal discussion with women cooperative workers from Gujarat, Rajasthan and Madhya Pradesh at **"Sahkar Samvad"** on 9th July 2025 in Ahmedabad, Gujarat.

The transformative role of Primary Agricultural Credit Societies (PACS) in operating Pradhan Mantri Bhartiya Jan Aushadhi Kendras (PMBJK) under the Pradhan Mantri Bhartiya Jan Aushadhi Pariyojana (PMBJP) was also one of the highlighted topic of discussion. This enables PACS to serve as affordable generic medicine centres, particularly in remote areas with limited healthcare access.



Meeting on **Women's Health** and Hygiene at PMBI Head Office



"Health is wealth", keeping in mind the underlying theme, Women's Work Facilities Redressal Committee of PMBI conducted the meeting focusing on Women's Health and Hygiene at the workplace on 28.07.2025 at PMBI Head Office, New Delhi. The meeting discussed various critical aspects related to women's well-being and hygiene practices at the workplace. The meeting was attended by all female staff of PMBI, voicing their concerns and solutions to various hygiene practices. The meeting is conducted to ensure that a clean and healthy hygienic environment is maintained at the organisation.



3rd - 5th July, 2025

Promoting

Affordable Healthcare

at

Exhibitions and Trade Fairs PMBJP Stall at Samridh Gujarat 2025



The Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) is expanding its outreach by participating in prominent trade fairs to promote affordable healthcare solutions across India.

At "**Samridh Gujarat 2025**," held from 3rd – 5th July, 2025, at Sardar Patel Seva Samaj in Navrangpura, Ahmedabad, PMBJP showcased the benefits of the Pariyojana. The event aimed to boost awareness and adoption of Jan Aushadhi medicines among diverse audiences.

HIGHLIGHTS



10th - 12th July, 2025

PMBJP Stall

at

Bharat Sanrachna Jammu & Kashmir 2025 Exhibition



PMBJP also featured prominently at “**Bharat Sanrachna 2025**,” held from July 10–12, 2025, at the Sher-I-Kashmir International Convention Centre (SKICC) in Srinagar, Jammu & Kashmir. The stall highlighted accessible healthcare solutions, re-establishing the Pariyojana's commitment to reaching underserved communities.



PMBJP Stall

at

Empower Women, Empower India

with **Nari Shakti**



With the government's ambitious goal of transforming India into a developed nation by 2047, "Viksit Bharat with Nari Shakti" has been the vision of "women-led development." In this context, on 31st July, 2025, the Dr. Ambedkar International Centre in New Delhi hosted a successful event called "Empower Women, Empower India". The event had the luminous presence of Hon'ble Member of Parliament (Lok Sabha), Shri Lumbaram Choudhary (Jalore-Sirohi, Rajasthan). The event was inaugurated by Hon'ble MPs Smt. Bijuli Kalita Medhi (Guwahati, Assam), Smt. Kamlesh Jangde (Chhattisgarh), and Shri Lumbaram Choudhary. The event concluded with the distinguished presence of Hon'ble Minister of State for Consumer Affairs, Food & Public Distribution, Smt. Nimuben Jayantibhai Bambhaniya. PMBI participated in the event by exhibiting a stall at the Dr. B.R. Ambedkar International Centre, New Delhi, to acknowledge the contributions of women entrepreneurs in the operation of Jan Aushadhi Kendras. This event was a tribute to the influence of women in the healthcare sector and their growing participation in every segment of society.

IN THE NEWS



26 July 2025

Closure of Jan Aushadhi Kendras : Nadda asks CM Siddaramaiah to reconsider decision

In his letter, Nadda highlighted that JAKs provide quality generic medicines at rates typically 50% to 80% cheaper than leading branded medicines in the market, which has resulted in estimated savings of about Rs 5,700 crore to citizens in the state.



Union Minister J P Nadda

The Centre on Friday informed Lok Sabha that it has asked the Karnataka government to reconsider its plan to shut all Jan Aushadhi Kendras (JAKs) on the government hospital premises.

The Statesman

July 24, 2025

Delhi CM dedicates HIMS, 34 Arogya Mandirs, eight Jan Aushadhi Kendras to public



Delhi Chief Minister Rekha Gupta on Thursday dedicated the state-of-the-art Hospital Information Management System (HIMS), along with 34 Ayushman Arogya Mandirs and eight Jan Aushadhi Kendras to the public.

The HIMS will be applicable to all the state government hospitals, the officials said.

The chief minister said her government is working tirelessly with a commitment to equip the national capital with all health facilities with modern medical infrastructure. Taking to social media platform X, she shared that the government is going to open as many as 1,139 Ayushman Arogya Mandirs across the city. So far, it has launched 67 such health facilities, while 33 of them have been opened in June, 34 this month.

The CM stated that the development is a testament to the government's commitment to public health.

She informed that through the HIMS, all facilities from Out Door Patient (OPD) registration to tests, reports, medicines, and ambulance services will be more transparent, swift, and go completely digital.

Gupta claimed that the government is closing all the avenues of corruption in the healthcare system. With the advanced system in place, every process will be tracked and every service will be a citizen's right.

Talking of the Jan Aushadhi Kendras, she informed that last month, 17 such centers were started, and now, eight more centers are being added to the list.

She said by providing permanent jobs to nurses and other healthcare workers, the Delhi government has given them respect, and stability, ultimately consolidating the city's healthcare system.

Gupta thanked Prime Minister Narendra Modi and Union Minister JP Nadda for their guidance and cooperation in the domain of healthcare in the national capital.



Jul 30, 2025

सस्ती दवा बेचकर सरकार ने लोगों के बचाव 38000 करोड़, जन औषधि केंद्र ने ऐसे दिखाया कमाल

अनुप्रिया पटेल ने बताया कि जन औषधि योजना की वजह से पिछले 11 सालों में देश के लोगों को करीब 38,000 करोड़ रुपए की बचत हुई है। ये बचत ब्रांडेड दवाइयों की तुलना में सस्ती जेनेरिक दवाइयां खरीदने से हुई है। जन औषधि केंद्रों पर मिलने वाली दवाइयां आम दवाओं से 50% से 80% तक सस्ती होती हैं। इस योजना से आम आदमी को बहुत राहत मिली है और दवाइयों पर खर्च होने वाले पैसे में बड़ी कटौती हुई है। सरकार की प्रधानमंत्री जन औषधि योजना (PMBJP) की वजह से पिछले 11 साल में देश के लोगों को करीब 38,000 करोड़ रुपए की बचत हुई है। ये जानकारी संसद में (Minister of State for Chemicals and Fertilisers) की राज्य मंत्री अनुप्रिया पटेल ने दी है।



राज्यसभा में लिखित उत्तर देते हुए उन्होंने बताया कि 30 जून 2025 तक देशभर में 16,912 जन औषधि केंद्र खोले जा चुके हैं। इन केंद्रों के माध्यम से सस्ती कीमत पर हाई क्वालिटी वाली जेनेरिक दवाइयां उपलब्ध करवाई जा रही हैं, जो ब्रांडेड दवाओं की तुलना में 50% से 80% तक सस्ती होती हैं।

KASHMIR Life

July 26, 2025

Jammu and Kashmir Opens 335 Jan Aushadhi Kendras as India Pushes Sweeping Pharma Reforms

New Delhi: Jammu and Kashmir now hosts 335 Jan Aushadhi Kendras under the Pradhan Mantri Bhartiya Janaushadhi Pariyojna (PMBJP), part of a wider national network of 16,912 such outlets that have been established across India to improve access to affordable generic medicines. The Ministry of Chemicals and Fertilizers, in a written reply to the Lok Sabha on Friday, said these kendras are visited by 10 to 12 lakh citizens daily, offering essential medicines at prices up to 80% lower than branded equivalents.



The scheme has become a cornerstone of India's pharmaceutical outreach, especially in far-flung and underserved regions like Jammu and Kashmir. With 335 kendras functional in the Union Territory, it has emerged as one of the more active participants in the government's ongoing push to make healthcare affordable and accessible, particularly for chronic conditions such as diabetes, heart disease, cancer, and gastrointestinal disorders.

But the proliferation of Jan Aushadhi Kendras is just one aspect of a broader overhaul in India's pharmaceutical policy architecture. In the same reply, the government detailed a series of ambitious schemes aimed at realising the vision of Atmanirbhar Bharat—a self-reliant India—by building up domestic drug manufacturing capacity, reducing dependence on imports, fostering innovation, and upgrading standards in micro, small and medium enterprises (MSMEs).

At the heart of this transformation is the Promotion of Research and Innovation in Pharma MedTech Sector (PRIP) scheme, launched with a budget of Rs 5,000 crore. Designed to shift India's pharmaceutical economy from cost-based to innovation-driven growth, the scheme supports both academia and industry. Seven Centres of Excellence (CoEs) have been established at key pharmaceutical research institutes under the National Institute of Pharmaceutical Education and Research (NIPER), with a combined outlay of Rs 700 crore.

IN THE NEWS

हि हिन्दुस्तान

Tue, 1 July 2025

नरघोडी में जन औषधि केंद्र व गुडमा में हुआ जनसंवाद

सरायरंजन। सरायरंजन नगर पंचायत के नरघोडी गांव स्थित श्रीराम जानकी ठाकुरबाड़ी मंदिर के निकट केंद्रीय गृह राज्य मंत्री नित्यानंद राय ने जन औषधि केंद्र का शुभारंभ किया गया। उन्होंने कहा कि विरोधी लोग अफवाह फैलाएंगे की इस दुकान में दवा सही नहीं मिलता है। इस सरकारी दुकान से उचित व बहुत ही सस्ता दवा मिलेगा। समाज के लोगों की सुविधा को ध्यान में रखते हुए यहां पर जन औषधि केंद्र खोला गया है। इस दुकान से आप सभी लोग पूरी तरह लाभ उठाएं। इधर सरायरंजन नगर पंचायत के गुमका गांव स्थित सरायरंजन पश्चिमी पैक्स भवन में संवाद कार्यक्रम में केंद्रीय गृह राज्य मंत्री ने लोगों एवं महिलाओं से संवाद किया।

श्री राय ने प्रधानमंत्री नरेंद्र मोदी के द्वारा चलाए जा रहे विभिन्न कल्याणकारी योजनाओं की जानकारी उपस्थित लोगों को दी। पूर्व पैक्स प्रबंधक विपिन कुमार ईश्वर के द्वारा आगत अतिथियों का चादर माला व पाग पहनाकर सम्मानित किया गया। समारोह की अध्यक्षता समस्तीपुर दक्षिणी के जिलाध्यक्ष शशिरंजन झा ने की। समारोह को विधान पार्षद डॉ. तरुण कुमार, जयकृष्ण झा, राम सुमिरन सिंह, मंडल अध्यक्ष बबबन कुमार झा, विमला देवी, ललन कुमार ईश्वर आदि ने संबोधित किया। मौके पर सुनील कुमार ईश्वर, दीपक महाराज, राम यादव साहितेले, अभिनंदन झा, महेश राजक, वायसपति ईश्वर, खोशो झा, वीणा देवी, रंजीव कुमार ठाकुर सहित अन्य कार्यकर्ता मौजूद थे। उधर, गुमका गांव के सरायरंजन पश्चिमी पैक्स भवन के प्रांगण में बने पूर्व विधायक की मूर्ति पर केंद्रीय गृह राज्य मंत्री नित्यानंद राय ने माल्यार्पण किया। इसके बाद श्री राय ने पूर्व विधायक तेज नारायण ईश्वर को श्रद्धांजलि दी।

PHARMABIZ.com

Monday, July 28, 2025

UP leads way ahead in setting up of Jan Aushadhi Kendras

Uttar Pradesh has moved far ahead in terms of establishing government's low cost, quality generic medicines retail stores Jan Aushadhi Kendras (JAKs) in the State, with more than 20 per cent of the total stores in the country being set up in the State.

According to data from the Union ministry of chemicals and fertilisers, out of a total of 16,912 JAKs established cumulatively till June 30, 2025, a total of 3,550 are established in Uttar Pradesh. Of this, almost 2,004 stores have been set up in the last five years.

Kerala, which has the second highest number of JAKs established in the country, has less than half of this at 1,629 pharmacies set up till the end of June. The State established almost 1,096 JAK outlets during the last five years.

Karnataka stood in the third place in terms of number of JAKs, with 1,480 outlets set up during the period. Out of this, 910 JAKs were set up in the last five years.

Tamil Nadu is the fourth and last State in the list, which has set up more than 1,000 JAKs. The state has reported 1,432 JAK outlets opened so far, out of which 934 were set up in the last five years.

Bihar, with a total of 900 JAKs, Gujarat (812), Odisha and West Bengal (753 each), and Maharashtra (723) follows the top list. However, some other States are yet to catch up to the trend in setting up affordable medicine stores.

For instance, the State of Himachal Pradesh has set up just 75 stores cumulatively so far, while Jharkhand has 163 stores. Telangana has so far set up around 203 stores, while Andhra Pradesh has 281 stores, Chhattisgarh has 316. Madhya Pradesh has 592 JAKs, Rajasthan has 545, and Punjab has 520 stores set up till the end of June, 2025.

Delhi leads the Union Territories with a total of 552 JAKs, followed by Jammu and Kashmir with 335 Kendras. Dadra and Nagar Haveli and Daman and Diu has set up 40 stores, and Puducherry has 33, while Andaman Nicobar Islands has nine stores, Ladakh has two, and Lakshadweep has a single JAK established so far.

गोवंत जंक्शन

Mon, 28 Jul 2025

Janaushadhi Yojana: 2027 तक 25 हजार जन औषधि केंद्र खोलने की तैयारी, ग्रामीणों को मिलेगा सबसे ज्यादा फायदा

मंत्रालय के सूत्रों के अनुसार, सरकार ज्यादा से ज्यादा जन औषधि केंद्र ग्रामीण इलाकों में खोलने पर काम कर रही है। ऐसा इसलिए क्योंकि इससे ग्रामीणों तक स्वास्थ्य सुविधाओं और दवाओं की पहुंच आसानी से और सस्ते में हो सके।

केंद्र सरकार ने देशभर में 31 मार्च 2027 तक 25 हजार जन औषधि केंद्र खोलने का प्लान किया है। इसको लेकर तेजी से काम हो रहा है। केंद्रीय मंत्री जेपी नड्डा ने ये जानकारी



लोकसभा में दी। उन्होंने बताया कि प्रधानमंत्री भारतीय जनऔषधि परियोजना योजना के तहत 30 जून 2025 तक देशभर में 16 हजार 912 जन औषधि केंद्र खोले जा चुके हैं। इनमें 3550 सिर्फ उत्तर प्रदेश में हैं। सरकार 2027 तक इसे बढ़ाकर 25000 करने की तैयारी में है। मंत्रालय के सूत्रों के अनुसार, सरकार ज्यादा से ज्यादा जन औषधि केंद्र ग्रामीण इलाकों में खोलने पर काम कर रही है। ऐसा इसलिए क्योंकि इससे ग्रामीणों तक स्वास्थ्य सुविधाओं और दवाओं की पहुंच आसानी से और सस्ते में हो सके।

India education diary

July 25, 2025

The Government launched the Pradhan Mantri Bhartiya Janaushadhi Pariyojana scheme to make quality generic medicines available at affordable prices to all

The Government launched the Pradhan Mantri Bhartiya Janaushadhi Pariyojana scheme to make quality generic medicines available at affordable prices to all. Under the scheme, dedicated outlets known as Jan Aushadhi Kendras are opened across the



PRADHAN MANTRI BHARTIYA JANAUSHADHI PARIYOJANA

country to provide medicines at rates that are about 50% to 80% cheaper than those of branded medicines, resulting in savings of about 38,000 crore to citizens in comparison to the prices of branded medicines. 2,110 medicines and 315 surgicals, medical consumables and devices are available under the scheme product basket, covering all major therapeutic groups, such as cardiovascular, anti-cancers, anti-diabetic, anti-infectives, anti-allergic and gastro-intestinal medicines and nutraceuticals.

Under the scheme, a total of 16,912 Jan Aushadhi Kendras (JAKs) have been opened till 30.6.2025, out of which 1,432 Kendras have been opened in the State of Tamil Nadu. Government has decided to increase the number of JAKs opened to 20,000 by 31.3.2026. There is no State- and Union-territory-wise target for opening of new JAKs.

To spread awareness about the scheme and the benefits of generic medicines, and to address implementation challenges that may arise due to lack of awareness, the Pharmaceuticals and Medical Devices Bureau of India, the scheme implementing agency, regularly undertakes several activities including the following measures:



PMBJK

inauguration **INSIGHTS**



Shri Gajendra Singh Patel
Hon'ble Member of Parliament,
Khargone, Madhya Pradesh, Gol
inaugurated PMBJK

📍 **Gogawan, Khargone
(Madhya Pradesh)**

Captain Brijesh Chowta
Hon'ble Member of Parliament,
Dakshina Kannada, Gol
inaugurated PMBJK

📍 **Vamadapadavu (Karnataka)**



Shri Surya Pratap Shahi
Hon'ble Cabinet Minister for
Agriculture, Agricultural Education
and Agricultural Research, Govt.
of Uttar Pradesh
inaugurated PMBJK

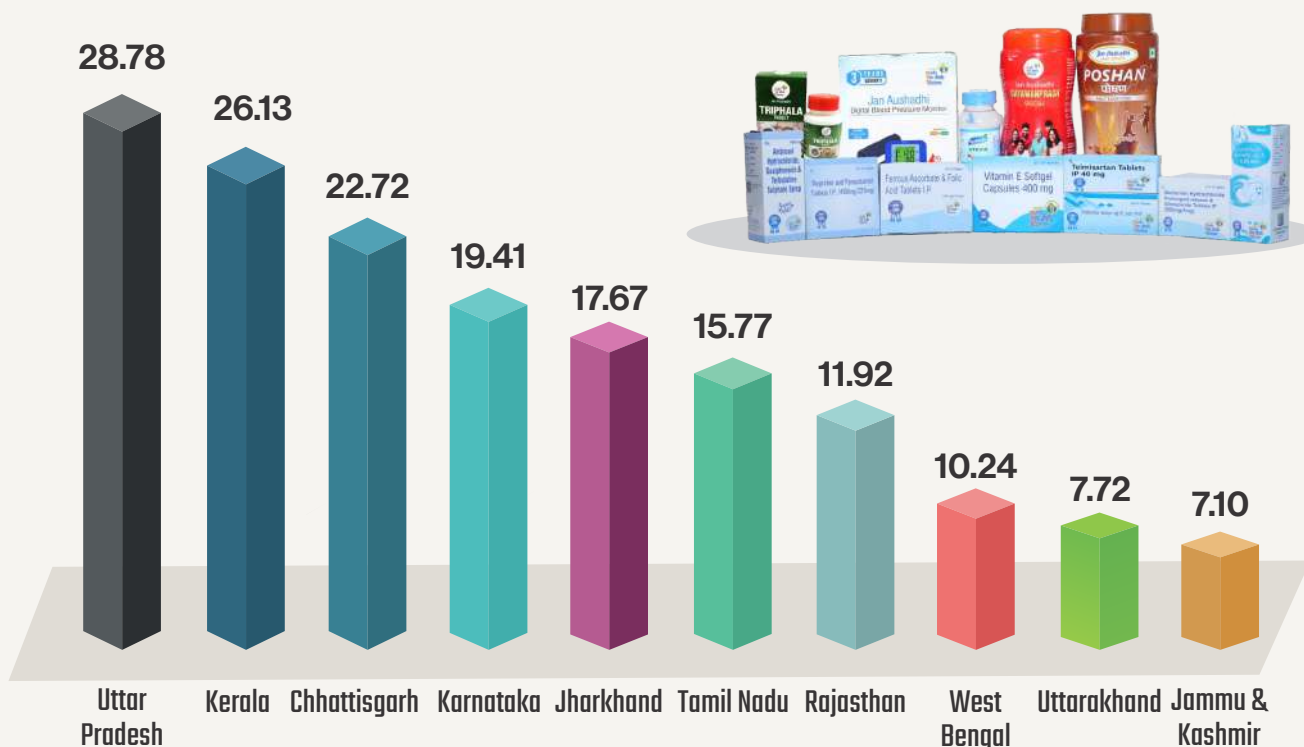
📍 **Tarkulwa, Deoria (Uttar Pradesh)**

Shri Jaswant Singh Saini
Hon'ble Minister of State for
Parliamentary Affairs & Industrial
Development, Govt. of Uttar Pradesh
inaugurated PMBJK

📍 **Community Health Centre, Rampur
Maniharan, Saharanpur (U.P.)**

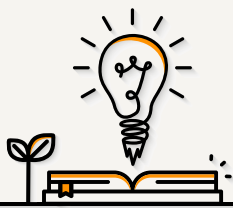


Best Performing States *in terms of* Sales in Rs. Crores **JULY 2025**



Welcoming new Partners who joined PMBI family in the month of **July 2025**

1	PMBJK19338 - N Sandhya - Beside Anna Canteen, District Hospital Premises, Hindupur, Sri Sathya Sai, Andhra Pradesh-515201	11	PMBJK19231 - Sharlimol S R - 13/365, Near Taddy shop, Mambaram, Kannur, Kerala - 670741
2	PMBJK19276 - Abdul Wazid Choudhury - Tulargram PT-I, P/O - Sonaimukh, Cachar, Assam - 788119	12	PMBJK19253 - Abhilasha - Shop No./Plot No.-3, Main Road, Multhan, Khargone (West Nimar), Madhya Pradesh - 451335
3	PMBJK19269 - Ranju Kumari - Dharharwa Bazar, Parihar, Sitamarhi, Bihar - 843324	13	PMBJK19307 - Asha Sanatan Patra - Shop No. 02, Malmatta No. BLO6/186/2, Charbhuj Building, Agashi Road, Palghar, Maharashtra - 401303
4	PMBJK19209 - V.K.Hirondia - Inside Community Health Fingeshwar, Gariyaband, Chhattisgarh - 493992	14	PMBJK19438 - Thounaojam Helendra Singh - Kakching Khunou Bazar Kakching, Manipur - 795103
5	PMBJK19333 - Rahul - Shop No.3, Ground Floor, Property No B-2/724, Kh No. 19/12, Plot No.2, Gali no.27, Harsh Vihar, Goka, Delhi - 110093	15	PMBJK19194 - Pradeep Kumar Sahoo, Plot No.-60/839, Khata No-104/1209, Shop No. -1, MZ/AT-Kathagada, Dhenkanal, Odisha -759001
6	PMBJK19379 - Mahmadahesan Abdulgani Meman - 04, Savgad, G.R. Shah Plaza Complex, Ground Floor, Sabar Kantha, Gujarat - 383220	16	PMBJK19264 - Komal Jain - 14, Shree Parshwanath Complex Bhadsara, Bus Stand, Chittorgarh, Rajasthan - 312024
7	PMBJK19221 - Sunita Devi - Shop no.2, Lahoriya Chowk, Raipur Road, Hisar, Haryana - 125001	17	PMBJK19260 - R Kuppan - Door No.14, Shop No.2, From East, Ground Floor, Anna Nagar, Street No.3 Masapet, Ranipet, Tamil Nadu - 632503
8	PMBJK19226 - Rasham Gupta - 247, Opp Commerce College, Canal Road, Jammu, Jammu & Kashmir - 180001	18	PMBJK19169 - Bharti Sharma - The Campus of Community Health Centre, Masaudha, Post Dabhasemer, Sohawal, Ayodhya, Uttar Pradesh - 224133
9	PMBJK19442 - Rashmi Jha - Shital Malik Road, Bilasi, P.O. & P.S.- Deoghar, Jharkhand - 814112	19	PMBJK19354 - Ritu Goswami - 01, Kunwarpur Chauraha, Goulapar Haldwani, Nainital, Uttarakhand - 263139
10	PMBJK19235 - Lingayati Kalavathi - G.P.No. 47/A, Near Huleshwara Temple, W.No. 1, Gudur SC, Bagalkote, Karnataka - 587202	20	PMBJK19343 - MD. Islamuddin - I-1, Garden Reach Road, Ward No.-135, Ground Floor, Garden Reach, Kolkata, West Bengal - 700024



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Stay Safe During the **MONSOON SEASON**



Introduction

Monsoon brings welcome relief from the summer heat but also poses several health hazards-waterborne diseases, mosquito breeding, and infections due to dampness. With the right precautions, you can enjoy the rains while staying safe and healthy.

Key Monsoon Health Risks

- Waterborne diseases like cholera, typhoid, and hepatitis A spread through contaminated water.
- Mosquito-borne illnesses such as dengue and malaria rise due to stagnant water.
- Respiratory infections thrive in humid, poorly ventilated environments.
- Skin and fungal infections occur due to constant dampness.
- Leptospirosis can spread through contaminated floodwater.



Top 10 Health & Safety Tips

1. Drink Safe Water

- Boil water or use UV/RO filters.
- Avoid street ice and carry purified water.



2. Eat Fresh & Cooked Food

- Skip raw salads and pre-cut fruits.
- Wash vegetables thoroughly and eat freshly cooked meals.
- Avoid seafood during monsoon.



4. Boost Immunity

- Eat Vitamin C-rich fruits, zinc, and probiotics.
- Drink herbal teas (ginger, tulsi, turmeric).
- Sleep well and avoid processed foods.



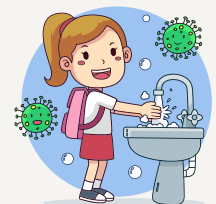
3. Eliminate Stagnant Water

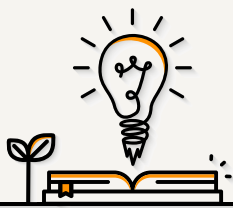
- Weekly checks of plant pots, buckets, and drains.
- Clean gutters to prevent mosquito breeding.



5. Maintain Hygiene & Stay Dry

- Dry skin completely after getting wet.
- Use antifungal powders in sweat-prone areas.
- Change wet clothes immediately and wash hands often.





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6. Prevent Mosquito Bites

- Wear full-sleeved clothes.
- Use repellents (chemical or natural).
- Install window screens and use mosquito nets.



7. Exercise Indoors

- Try yoga, body weight workouts, or dancing at home.
- Regular activity boosts immunity and mood.



8. Control Indoor Humidity

- Use dehumidifiers or silica gel.
- Ensure ventilation and dry clothes properly.



9. Avoid Floodwater

- Wear protective boots if walking through it is unavoidable.
- Disinfect skin afterward and seek help if symptoms arise.

10. Seek Timely Medical Attention

- Watch for signs like persistent fever, rashes, or breathing trouble.
- Keep a basic first-aid kit handy.
- Avoid self-medication; consult a doctor when needed.

Additional Tips

Skincare Routine

- Cleanse daily and exfoliate weekly.
- Use water-based moisturisers.
- Treat fungal infections early with OTC creams.

Mental Health

- Stay engaged with hobbies, meditation, or online interactions.
- Bright lighting indoors helps counter mood dips.
- Nourish yourself with warm, comforting foods.

Conclusion

The monsoon can be rejuvenating—but only with smart, preventive care. Drink clean water, eat fresh food, avoid mosquito bites, and stay dry. Keep indoor spaces well-ventilated and humid-free. By safeguarding your physical and mental well-being, you can embrace the season safely and joyfully.

Source: Source:

<https://www.apollo247.com/health-topics/seasonal-affective-disorder/monsoon-health-tips>



Questions :

1. Fill in the Blanks

Skin infections like _____ and athlete's foot are common during the monsoon.

True or False

Herbal teas like ginger and tulsi can help strengthen immunity.

True ☐ False ☐

Short Answer

Name two mosquito-borne diseases common during monsoon.

1.
2.

Multiple Choice Questions (MCQs)

When clothes get wet during monsoon, you should:

- a) Let them air-dry on your body ☐
- b) Change immediately into dry clothes ☐
- c) Use perfume to hide the smell ☐
- d) Apply moisturizer on wet clothes ☐

Match the Columns

A (Problem)

1. Mosquito bites
2. Floodwater exposure
3. Damp clothes
4. Low immunity
5. Mould in rooms

B (Solution)

- a) Wear rubber boots
- b) Citronella oil
- c) Change immediately
- d) Eat citrus fruits
- e) Use dehumidifier