



Government of India
Ministry of Chemicals & Fertilizers
Department of Pharmaceuticals

Jan Aushadhi VARTA



EDITION 46

08th May 2026

NEWSLETTER



Hon'ble PM Modi Applauds Jan Aushadhi Kendras for Empowering Women

Hon'ble Prime Minister Shri Narendra Modi spoke at the Nari Shakti Vandan programme held at Vigyan Bhawan, New Delhi, on 13 April 2026. During his speech, PM Narendra Modi highlighted how the government is making healthcare highly affordable and better for women across India, specifically through the success of the PMBJP.

He noted that this initiative has primarily benefited our sisters and daughters, reducing the financial burden on families and ensuring better health outcomes. The Prime Minister underscored that such initiative is a big step in the government's mission to empower women, ensuring that no one has to choose between their health and their budget. It is all about making sure every woman has access to affordable care.



Total Number of
Kendras = 19,467
(till 30.04.2026)



Total Sales crossed
Rs. 78.47 Crore in
this Financial Year
2026-27 (till 30.04.2026)



Estimated Savings Approx. of
Rs. 314 Crore to Citizens in this
Financial Year 2026-27
(till 30.04.2026)



Sales of
April 2026
Rs. 78.47 Crore

PMBI Strengthens *Quality Assurance Through* MoU with IPC



In a significant step towards reinforcing the quality assurance framework of Jan Aushadhi medicines, the Pharmaceuticals & Medical Devices Bureau of India (PMBI) has entered into a Memorandum of Understanding (MoU) with the Indian Pharmacopoeia Commission (IPC), an autonomous institution under the Ministry of Health & Family Welfare.

Under this collaboration, PMBI will undertake additional quality testing of randomly selected batches of Jan Aushadhi medicines at IPC, complementing the existing NABL-accredited laboratory testing mechanism. This initiative is aimed at ensuring enhanced compliance with prescribed standards for identity, purity, and strength of medicines, thereby further

strengthening the robustness of PMBJP's quality assurance system.

The MoU also envisages collaboration in promoting rational use of medicines through the National Formulary of India (NFI), strengthening pharmacovigilance activities, and enhancing awareness on adverse drug reaction (ADR) reporting across Jan Aushadhi Kendras nationwide.

This strategic partnership marks another milestone in PMBI's continued commitment to providing high-quality, affordable medicines to the citizens of India while reinforcing transparency, safety, and trust in the Jan Aushadhi ecosystem.

HIGHLIGHTS

Global Recognition: **Ecuador Delegation Visits**

Jan Aushadhi Kendra at AIIMS New Delhi



A high-level delegation from Ecuador comprising H.E. Ms. Gabriela Sommerfeld Rosero, Hon'ble Minister of Foreign Affairs and Human Mobility of Ecuador; H.E. Mr. Alejandro Dávalos, Deputy Minister of Foreign Affairs of Ecuador; and H.E. Mr. Fernando Bucheli, Ambassador of Ecuador to India, visited the Jan Aushadhi Kendra at AIIMS, New Delhi on 30 April, 2026. The delegation was accompanied by Shri Lakshmi Chandra, Under Secretary (Latin America and Caribbean Division), Ministry of External Affairs, Government of India.

The visit aimed to provide insights into the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP), a flagship initiative delivering affordable, quality medicines. Officials from Pharmaceuticals & Medical Devices Bureau of India, under the guidance of CEO Shri Suvasis Das, explained the scheme in detail to them.

The delegation appreciated India's efforts in affordable healthcare and expressed interest in collaboration, including engagement with the Indian Pharmacopoeia Commission. They also recognized the efficiency and transparency ensured by the robust POS system.

HIGHLIGHTS

Nationwide Health Check-up Campaign:

Bringing Wellness to Every Corner

Health Check-up Camps are being organized across India from 27th April to 5th May 2026 by the Pharmaceuticals & Medical Devices Bureau of India (PMBI), aiming to promote preventive healthcare and improve public awareness. This nationwide initiative reflects PMBI's commitment to ensuring accessible and affordable healthcare services for all citizens.

As part of the programme, every Marketing Officer is conducting five Health Check-up Camps in their respective locations, ensuring wide outreach across urban and rural areas. The camps offer basic health screenings, medical consultations and guidance on maintaining a healthy lifestyle. By focusing on early detection and prevention, this initiative helps reduce health risks and encourages timely medical intervention.



PMBJK11883, Jaipur, Rajasthan



PMBJK10367, Jaipur, Rajasthan



PMBJK02186, Jangaon, Telangana



PMBJK15371, Mungeli, Chhattisgarh



PMBJK21609, Bapatla, Andhra Pradesh

IN THE NEWS

Highland Post

Mar 29, 2026

Guv underscores need to expand Jan Aushadhi Kendras to rural area



Shillong, Mar 28: Governor Chandrashekhar H Vijayashankar has underscored the need to expand the Jan Aushadhi Kendras, particularly in rural and remote areas of Meghalaya.

The governor, who visited the government-run outlet at the Ganesh Das hospital today, emphasised the crucial role these kendras play in making healthcare more accessible and affordable for all citizens.

He highlighted how these outlets provide quality generic medicines at significantly lower prices reducing the financial burden on families, ensuring that everyone has the opportunity to receive necessary medical treatment without excessive costs.



Mar 28, 2026

Government expands Jan Aushadhi Kendras to boost generic medicine access



New Delhi: The Government of India continues to expand Jan Aushadhi Kendras to improve access to affordable healthcare. Under the Pradhan Mantri Bhartiya Janaushadhi

Pariyojana, these centres provide quality generic medicines at significantly lower prices.

Currently, over 18,646 Jan Aushadhi Kendras are operational across the country. As a result, patients can access medicines at rates that are 50% to 80% cheaper than branded alternatives.

Affordable medicines reach more people

The Jan Aushadhi Kendras network has grown rapidly in recent years. During the financial year 2024–25 alone, more than 4,100 new centres were opened.

Moreover, total sales reached ₹2,022.47 crore, indicating strong demand for low-cost medicines. This expansion has helped reduce out-of-pocket healthcare expenses for many families.

Wide range of medicines and products

The scheme offers a comprehensive product basket of over 2,100 medicines and 300 medical consumables. These include treatments for cardiovascular diseases, diabetes, infections, and other major health conditions.

In addition, more than 850 medicines for chronic and non-communicable diseases are available. Therefore, the initiative plays a key role in long-term disease management.



जागरण

Apr 09, 2026

आरा जंक्शन पर प्रधानमंत्री जन औषधि केंद्र की शुरुआत, यात्रियों को सस्ती दवाओं से बड़ी राहत



जागरण संवाददाता, आरा। जंक्शन के प्लेटफार्म नंबर एक के सरकुलेटिंग एरिया में प्रधानमंत्री जन औषधि केंद्र के खुलने से यात्रियों को बड़ी सुविधा मिली है। यह दवाखाना वीर कुंवर सिंह की प्रतिमा और एटीएम के पास स्थापित किया गया है, जहां अब यात्रियों को बाजार की तुलना में बेहद सस्ती दरों पर दवाएं उपलब्ध हो रही हैं।

IN THE NEWS

प्रधानमंत्री जन औषधि केंद्र का उद्देश्य आम लोगों को किफायती दरों पर गुणवत्तापूर्ण जेनरिक दवाएं उपलब्ध कराना है। आरा जंक्शन पर खुले इस केंद्र में भी यही सुविधा दी जा रही है। यहां मिलने वाली दवाएं बाजार की तुलना में कई गुना सस्ती हैं।

उदाहरण के तौर पर, गैस की एक सामान्य गोली जो बाजार में 10 रुपये से कम में नहीं मिलती, वही यहां करीब ढाई रुपये में उपलब्ध है। इस तरह की कीमतों से यात्रियों के साथ-साथ स्थानीय लोगों को भी आर्थिक राहत मिल रही है।

हि हिन्दुस्तान

Apr 09, 2026

अररिया: सिरसिया हनुमानगंज के बाद खुटहा बैजनाथपुर में खुलेगा जन औषधि केन्द्र

सिरसिया हनुमानगंज के बाद खुटहा बैजनाथपुर में जल्द जन औषधि केन्द्र खुलेंगे। वहीं जिले के



212 में से 118 पैक्स अब तक कम्प्यूटरीकृत हो चुका है। शेष प्रक्रिया में है। जबकि जिले के भरगामा पैकपार व जोकीहाट प्रसादपुर में गोदाम का निर्माण हो चुका है। शेष प्रोसेस में है। इसका खुलासा कलेक्टर स्थित कार्यालय कक्ष में डीएम विनोद दूहन की अध्यक्षता में जिला सहकारिता विभाग के कार्यों की समीक्षा बैठक में हुई। बैठक में धान अधिप्राप्ति, पैक्सों के कम्प्यूटरीकरण, उर्वरक व्यवसाय, गोदाम निर्माण तथा प्रधानमंत्री जन औषधि केंद्र से संबंधित कार्यों की प्रगति पर विस्तार से चर्चा की गई। बैठक में बताया गया कि जिले के 212 पैक्सों में से अब तक 118 पैक्स कम्प्यूटरीकृत हो चुका है। शेष पैक्सों पर कम्प्यूटरीकरण की प्रक्रिया जारी है। डीएम ने बचे पैक्सों के कम्प्यूटरीकरण कार्य में तेजी लाने और पारदर्शिता सुनिश्चित करने का निर्देश दिया। समीक्षा के क्रम में डीएम ने धान अधिप्राप्ति की जांच कराने के निर्देश दिये। बैठक में पैक्स स्तर पर उर्वरक व्यवसाय की स्थिति की भी समीक्षा की गई तथा किसानों को समय पर उर्वरक उपलब्ध कराने के निर्देश दिए गए। इसके अलावा गोदाम निर्माण की वर्तमान स्थिति की विस्तृत समीक्षा करते हुए कई आवश्यक दिशा निर्देश दिए।

डीसीओ मधुसूदन आनंद ने बताया कि जिले के भरगामा प्रखंड स्थित पैकपार व जोकीहाट प्रखंड के प्रसादपुर में गोदाम बनकर तैयार है शेष में प्रक्रिया जारी है।



Apr 23, 2026

Bihar's Jan Aushadhi Kendras in PACS gain momentum



In a major cooperative-led healthcare push, the Bihar Cooperation Department has rolled out Jan Aushadhi Kendras within PACS (Primary Agricultural Credit Societies) to improve access to affordable medicines in rural areas.

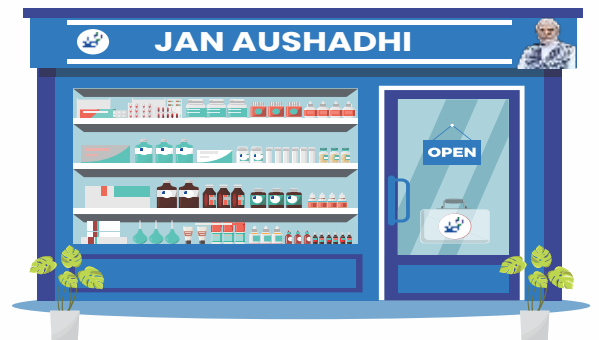
As per a social media post by the department, the initiative, supported by the Ministry of Chemicals and Fertilizers, aims to make low-cost generic medicines widely available across villages. Each centre is expected to offer over 2,100 medicines and more than 300 surgical items.

The initiative is already gaining traction, with 56 PACS applying for the scheme, 30 receiving licenses, and 29 centres currently operational.

हि हिन्दुस्तान

April 20, 2026

सात और जगह खुलेंगी प्रधानमंत्री जन औषधि की दुकानें



कुशीनगर, हिन्दुस्तान टीमा। जिले के बाकी सामुदायिक स्वास्थ्य केंद्रों पर भी मरीजों को सस्ती और जेनरिक दवाइयां उपलब्ध कराने के लिए प्रधानमंत्री जन औषधि

IN THE NEWS

केंद्र खोले जाएंगे। सात सामुदायिक स्वास्थ्य केंद्रों पर भी प्रधानमंत्री जन औषधि केंद्र खोलने की इजाजत दे दी गई है। सीएमओ की तरफ से इनके लिए स्थान भी दे दिया गया है। जल्द ही वहां भी प्रधानमंत्री जन औषधि केंद्र खुल जाएंगे।

PHARMABIZ.com
India's most comprehensive pharma portal

Apr 29, 2026

PMBJP emerges as a vital lifeline for affordable public healthcare access: Study

The Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) has significantly reshaped the healthcare landscape in India by addressing the critical challenge of out-of-pocket expenditure on medicines.



According to a detailed research paper titled 'Generic Drugs - Science, Technology, Regulatory Frameworks and Socio-Economic Aspects', the initiative has successfully bridged the gap between high-cost branded medications and affordable treatment options. The work highlights how the scheme has democratized access to essential drugs for millions of citizens across the country.

The research work, authored by Dr. D. Roy, former Deputy Drugs Controller at the Central Drugs Standard Control Organization (CDSCO), emphasizes that the Jan Aushadhi scheme is not merely a retail project but a strategic public health intervention. Dr. Roy notes that the primary objective of the programme is to provide quality generic medicines at prices that are 50 per cent to 90 per cent less than the prevailing market rates of branded equivalents. This massive price reduction is achieved by eliminating the high marketing and promotional costs associated with branded pharmaceuticals.

While speaking to Pharmabiz from Delhi, the former regulator said the network of Jan Aushadhi Kendras has grown exponentially, covering almost every district in India. This expansion ensures that affordable healthcare is no longer restricted to urban centres but is increasingly accessible in rural and semi-urban areas.

जान कश्चन
JAN AUSHADHI KENDRA

Apr 04, 2026

Jan Aushadhi Kendra: बिजनेस शुरू करने का सपना अब होगा सच, खोले जन औषधि केंद्र, मिलेगी इतनी सब्सिडी



आप भी जन औषधि केंद्र खोलकर अपने खुद के व्यापार की शुरुआत कर सकते हैं। सरकार इस पहल के लिए ₹5 लाख तक का आर्थिक सहायता देती है। इससे आम लोगों को सस्ती और गुणवत्तापूर्ण दवाएं उपलब्ध होंगी। जानिए ये बिजनेस शुरू करने के लिए सरकार कितनी सब्सिडी दे रही है।

कम निवेश में अपना खुद का व्यवसाय शुरू करने का सपना अब आसान हो गया है। प्रधानमंत्री भारतीय जन औषधि परियोजना के तहत सरकार जन औषधि केंद्र खोलने के लिए लोगों को प्रोत्साहित कर रही है। इसका मुख्य उद्देश्य आम जनता को सस्ती और अच्छी दवाएं उपलब्ध कराना है। साथ ही, यह युवाओं और उद्यमियों को स्वरोजगार का मौका भी दे रही है। आज के समय में जब दवाएं महंगी हो रही हैं, जन औषधि केंद्र एक बड़ी राहत हैं। अधिक जानकारी के लिए janasushadhi.gov.in की वेबसाइट पर जाएं।

वित्तीय प्रोत्साहन और सहायता

सरकार इस योजना के तहत जन औषधि केंद्र खोलने के लिए ₹5 लाख तक का वित्तीय प्रोत्साहन देती है। इससे व्यवसाय शुरू करने का शुरुआती खर्च काफी कम हो जाता है। यह मदद खास तौर पर महिलाओं, अनुसूचित जाति/जनजाति और दिव्यांग उद्यमियों के लिए है।

इससे समाज के हर वर्ग को आगे बढ़ने का मौका मिलता है। सरकार दवाओं की सप्लाई, ब्रांडिंग और ट्रेनिंग जैसी सुविधाएं भी देती है। इससे नए उद्यमियों को अपना काम चलाने में आसानी होती है।

सस्ती और गुणवत्तापूर्ण दवाएं

जन औषधि केंद्रों की सबसे बड़ी खासियत यह है कि यहां मिलने वाली जेनेरिक दवाएं ब्रांडेड दवाओं से बहुत सस्ती होती हैं। लेकिन इनकी क्वालिटी और असर बिल्कुल वैसा ही होता है। इससे लोगों के इलाज का खर्च काफी कम हो जाता है।



SOCIAL MEDIA HIGHLIGHTS

(PMBJP Retweeted)

← Post

PMO India @PMOIndia

Translated from Hindi Show original

Along with health infrastructure, people should also get affordable treatment... Our government is committed to this as well.

Earlier, we had provided Ayushman cards to the poor for free treatment. Now this facility is also being extended to all elderly people aged 70 years and above.

At the same time, medicines are also available at very affordable prices at Jan Aushadhi centres: PM @narendramodi

Rate this translation: 1 2

11:06 AM · Apr 28, 2026 · 51.8K Views

114 174 673 18

Relevant View quotes

← Post

Piyush Goyal @PiyushGoyal

Translated from Hindi Show original

Today, I had the opportunity to attend the inauguration of the health camp and free ambulance service organized by BJP North Mumbai in Borivli.

Through schemes like Ayushman Bharat and Jan Aushadhi Kendras, health services are now reaching the person in the last row, and this free ambulance service will further strengthen the emergency medical system.

Rate this translation: 1 2



4:33 PM · Apr 23, 2026 · 6,004 Views

← Post

Sansad TV @sansad_tv

Translated from Hindi Show original

On the occasion of #WorldHealthDay, watch a special conversation with Union Minister of State for Health @AnupriyaSPatel on the comprehensive health perspective of Ayushman Bharat, Jan Aushadhi, TB eradication, lifestyle diseases, and reaching health services to the last person.

#Health #HealthyIndia

@MoHFW_INDIA @AMRITACHAURASIA

Rate this translation: 1 2



9:53 PM · Apr 7, 2026 · 3,671 Views

1 12 37 1

← Post

Directorate General of Resettlement @dgrindia

Translated from Hindi Show original

Empower your future, Ek-Service

Start a new chapter in your second career by opening your own Jan Aushadhi Kendra under the Pradhan Mantri Bharatiya Janaushadhi Pariyojana.

Provide quality medicines to society at affordable prices and receive special incentives up to ₹2 lakh.

@pmtbjpmbi @dgrpi

Rate this translation: 1 2



10:04 PM · Apr 6, 2026 · 574 Views

Shri Shrawan Kumar

Hon'ble Minister of Rural Development and Parliamentary affairs, Govt. of Bihar inaugurated PMBJK

📍 **Jeevika Didi Haat, Telhara, Nalanda (Bihar)**



Dr. Somendra Tomar

Hon'ble Minister of State for Energy and Additional Sources of Energy Minister, Govt. of Uttar Pradesh inaugurated PMBJK

📍 **R. J. Block, Shastri Nagar, Meerut (Uttar Pradesh)**

Shri N. Mohammed Farooq

Hon'ble Minister for Minorities Welfare, Waqf, Urdu Academy, Law & Justice, Govt. of Andhra Pradesh inaugurated PMBJK

📍 **Near Government General Hospital, Nandyal (Andhra Pradesh)**



Shri Mahant Balaknath

Hon'ble Member of Legislative Assembly, Tijara, Govt. of Rajasthan, Gol inaugurated PMBJK

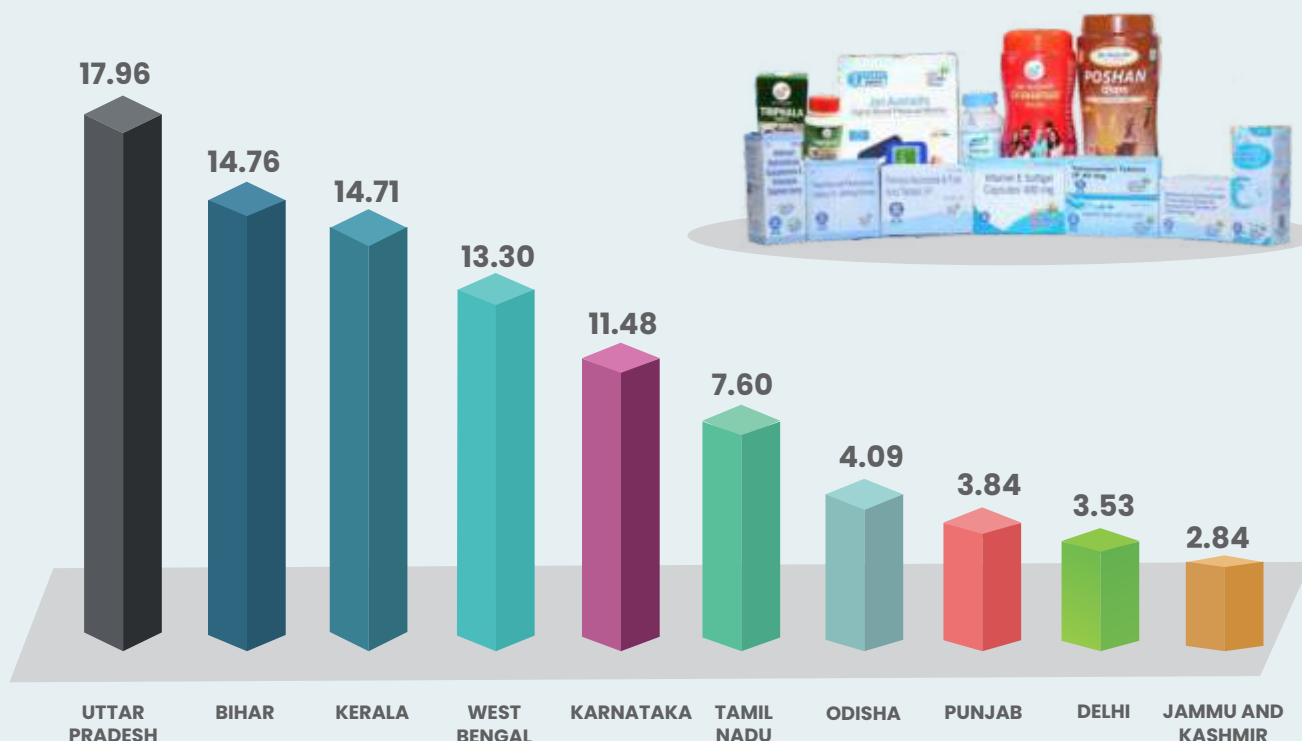
📍 **Bhiwadi, Khairthal-Tijara (Rajasthan)**

Best Performing States

in terms of

Sales in Rs. Crores

APRIL



WELCOMING NEW PARTNERS WHO JOINED JAN AUSHADHI FAMILY IN THE MONTH OF APRIL 2026

PMBJK22380-Soubam Meena Devi, Sawombung Kabui Khunjaio, Sawombung NG, Sawombung CD Block, Imphal East, Manipur-795010

PMBJK22388-Mamta Nagar, Shop No. 2, Near Ankleshriya Family Dental Clinic, Infront of HP Petrol Pump, Station Road, Bhimganj, Kota, Rajasthan-324002

PMBJK22413-Sanjeet Kumar Panday, Shop No 02, Sankat Mochan Market, Chitragupta Nagar, Thana Chitragupta Nagar, Kankarbagh, Patna, Bihar-800020

PMBJK22414-Renjith R (Chief Promoter), Door No.37/390-A2 & 37/390-A3, Krishna Building II, Ponekkara, Road, AIMS (P.O.), Ponekkara, Kochi, Ernakulam, Kerala-682041

PMBJK22418-Geeta Kaher, Shop No/Plot No 08, Shop No 67, Jda 26, Sanjay Nagar Colony, Bhagat Singh Ward Bada Patthar Ranjhi, Jabalpur, Madhya Pradesh-482005

PMBJK22419-CHC Meluri, Community Health Centre (CHC) Meluri, Phek, Nagaland-797114

PMBJK22424-Thakur Laxmi Bais, Door No. 7-1-202, Shop No.1 Single Room With Mezzanine, Ground Floor, Beside Canara Bank, Nizamabad South, Nizamabad, Telangana-503001

PMBJK22441-Ajaharul Islam, Tinsukia Pub Chatian Jukati Bazar, PO- Tinsukia, Tinsukia Pub Chatian, Juria, Nagaon, Assam-782124

PMBJK22444-Bhaliya Pragna Mukeshbhai, GF, Shop No.5, Bhumi Complex, Plot No. C125/126, Opp. Akhlol Jakatnaka, Bhavnagar Rajkot Main Road, Bhavnagar, Gujarat-364004

PMBJK22464-Malathi Vellanki, Door No. 1-16-54, ASMT. No 1187001461, Ground Floor, Opp To American Hospital, Damerla Vari Street, Ibrahimpatnam, Ntr, Andhra Pradesh-521228

PMBJK22468-Likith Kumar M, Shop No. 1, No. 481, 7th Main Road, Krishna temple road, Near BEL North Gate, Doddabommasandra, Bengaluru North, Bengaluru Urban, Karnataka-560097

PMBJK22476-Shabnam Gupta, Shop, Upper Side Near Kekiz, Lane No 06, Ward No 68, Greater Kailash Jammu, Jammu Municipal Corporation, Jammu, Jammu & Kashmir-180011

PMBJK22490-Rahul & Avi, Shop No.1, Khasra No-237/2, Khata, no.67, Kataria Market, Garhi Road, VPO Basai, Gurugram Haryana-122006

PMBJK22508-Komal Chhabra, Shop no.1, GF, Plot no 51-A, Kh. No.16/26, Govind Park, Som Bazar Road, South Anarkali Krishna Nagar, East Delhi Municipal Corporation, East Delhi-110051

PMBJK22531-Bhojram Patel (Director), Ground Floor, Maa Padmavati Hospital, Village Pacheda, Post Chandkhuri, Tehsil Mandir Hasaud, Arang, Raipur, Chhattisgarh-492101

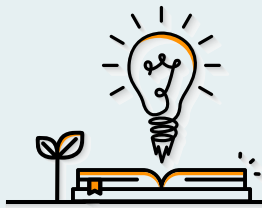
PMBJK22533-Tanushree Bhunia-Dag No.-42/790, Kh No.-960, JL No.-672, Ground Floor, Satbankura, Garhbeta, Mouza & Vill-Dwarigeria, Garbeta-I, Paschim Medinipur, West Bengal-721253

PMBJK22542-Babita Pandey, Shop No.-4, BCCL Market Complex, Sector-5, BCCL Township, Karmatand, Po-Karmatand, PS-Baliyapur, Baliapur, Dhanbad, Jharkhand-828307

PMBJK22593-Savita Urf Jyoti Namdev Puyed, Shop No. 1, Gr Fl., H.No. 580, Sr. No. 18/A, Cts No. 266, Plot No.13, Martala Road, Om Nagar, Nanded, Maharashtra-431603

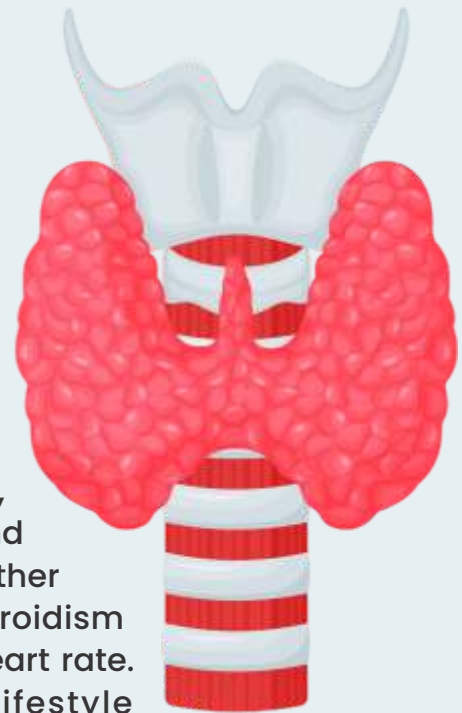
PMBJK22613-Sandhyarani Behera, Plot No 122/332, 194/308, 194/307, Khata No 46/246, Mouza Bishrampur, At/Po Bishrampur, Ps-Gopalpur, Ganjam, Odisha-761002

PMBJK22632-Deepali Gupta, House No-ANS/KN-924A/P-7B Ground Floor ward-Sarojini nagar Second Ali Nagar Sunehra Manas Nagar, Sarojaninagar, Lucknow, Uttar Pradesh-226023



Change your *Lifestyle* to Manage Thyroid Health

The thyroid gland is a small, butterfly-shaped powerhouse located at the base of your neck. While tiny, it regulates your metabolism, body temperature and energy levels. When it functions suboptimally, whether through hypothyroidism (underactive) or hyperthyroidism (overactive), it can impact your weight, mood and heart rate. While medication is often necessary, specific lifestyle adjustments can significantly improve your quality of life and support thyroid function.



Lifestyle Changes to Manage Thyroid Health

Follow a Nutrient-Rich Diet

Include iodine, selenium and zinc-rich foods like dairy, eggs, nuts, seeds, whole grains and leafy greens. These nutrients support proper thyroid hormone production and balance.



Limit Processed and Sugary Foods

Highly processed foods and excess sugar can disrupt metabolism and worsen fatigue. Choose fresh, whole foods whenever possible.

Stay Physically Active

Engage in moderate exercise such as walking, yoga or cycling for at least 30 minutes a day. Regular exercise helps boost metabolism and improve energy levels.





Manage Stress Effectively

Chronic stress negatively impacts hormone balance. Practice relaxation techniques like meditation, deep breathing or mindfulness to keep stress under control.

Prioritize Quality Sleep

Aim for 7–8 hours of restful sleep each night. Maintain a consistent sleep schedule and avoid screen time before bedtime to support hormonal health.



Monitor Caffeine and Alcohol Intake

Excessive caffeine and alcohol can interfere with thyroid function. Consume them in moderation to avoid negative effects.

Avoid Smoking

Smoking can worsen thyroid conditions and disrupt hormone production. Quitting smoking supports overall endocrine health.



Stay Hydrated

Drinking enough water helps maintain metabolism and supports overall bodily functions, including hormone regulation.

Regular Health Check-ups

Keep track of your thyroid levels through routine medical tests. Early detection helps in better management of thyroid issues.



Be Consistent with Lifestyle Changes

Small, consistent habits make a big difference over time. Gradually incorporate these changes into your daily routine for lasting benefits.



FILL IN THE PUZZLE BELOW BASED ON WHAT YOU HAVE READ ABOUT
CHANGE YOUR LIFESTYLE TO MANAGE THYROID HEALTH ON THE PREVIOUS PAGE

01. Multiple Choice Questions

The thyroid gland is located at the base of the _____.

- A) Neck
- B) Stomach
- C) Chest
- D.) Brain

04. Multiple Choice Questions

How long should an individual engage in moderate exercise daily to help boost metabolism according to the text?

- A) 10 minutes
- B) At least 30 minutes
- C) 2 hours
- D) Exactly 60 minutes

05. Fill in the Blanks

Chronic stress negatively impacts _____ balance.

- A) Oxygen
- B) Skeletal
- C) Hormone
- D) Vitamin

2. Which of the following nutrients are specifically mentioned as supporting proper thyroid hormone production?

- A) Vitamin C, Vitamin D, and Calcium
- B) Iron, Potassium, and Magnesium
- C) Protein, Carbohydrates, and Fats
- D) Iodine, Selenium, and Zinc

03. True or False

Hyperthyroidism refers to an underactive thyroid gland.

True ☐ False ☐

