



Government of India
Ministry of Chemicals & Fertilizers
Department of Pharmaceuticals

Jan Aushadhi VARTA



EDITION 49

14th August 2026

NEWSLETTER



Hon'ble Union Minister Shri J.P. Nadda Highlights PMBJP's Role in Advancing India's Pharma Ecosystem

Addressing the Laghu Udyog Bharti (LUB) Pharma Conclave in New Delhi on 25 July 2026, Hon'ble Union Minister of Health & Family Welfare and Minister of Chemicals & Fertilizers, Shri Jagat Prakash Nadda, reaffirmed the transformative role of the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) in advancing affordable healthcare and supporting India's pharmaceutical industry.

Hon'ble Union Minister Shri J.P. Nadda highlighted that the Jan Aushadhi scheme provides a significant market opportunity for pharmaceutical MSMEs, enabling domestic manufacturers to expand their presence while ensuring the availability of quality generic medicines at affordable prices. Emphasizing the importance of quality, he remarked that affordability must always be complemented by robust quality standards and effective traceability systems. Hon'ble Union Minister Shri J.P. Nadda noted that maintaining high-quality benchmarks is essential for enhancing India's global competitiveness and realizing the vision of Viksit Bharat 2047.



Total Number of
Kendras = 20,547
(till 31.07.2026)



Total Sales crossed Rs
713.84 Crore in this
Financial Year 2026-27
(till 31.07.2026)



Estimated Savings Approx. of
Rs 2,855.36 Crore to Citizens
in this Financial Year 2026-27
(till 31.07.2026)



Sales of
July 2026
Rs. 239.44 Crore

HIGHLIGHTS

Hon'ble Union Minister of State

Smt. Anupriya Patel

**Highlights PMBJP's Role in
Advancing Affordable
Healthcare**



Hon'ble Union Minister of
State for Health & Family

Welfare and Chemicals & Fertilizers, Smt. Anupriya Patel,
highlighted the transformative impact of the Pradhan Mantri
Bhartiya Janaushadhi Pariyojana (PMBJP) while addressing
MEDHARMONY 2026 in Pune.

Underscoring PMBJP as one of the Government of India's flagship healthcare initiatives, she emphasized that the scheme is making high-quality medicines affordable and accessible to millions of citizens through the expanding network of Jan Aushadhi Kendras. She also called for stronger collaboration among the Government, healthcare professionals, industry and academia to further strengthen India's healthcare ecosystem. Hon'ble Union Minister of State Smt. Anupriya Patel noted that such collective efforts, coupled with the

continued expansion of PMBJP, will help reduce out-of-pocket healthcare expenditure and support the Government's vision of ensuring affordable, high-quality healthcare for every citizen.



HIGHLIGHTS

Nationwide Health Initiative: **PMBJKs Organise Free Check-up Camps**

In a nationwide health drive, Pradhan Mantri Bhartiya Janaushadhi Kendras (PMBJKs) across India organized free health check-up camps while distributing essential Jan Aushadhi medicines.

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 program, Health Check-up camps were conducted at various locations across the country. 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.

IN THE NEWS

इंडिया

Jun 28, 2026

पीएम मोदी ने किया \$175 मिलियन के पैकेज और जन औषधि केंद्र का बड़ा ऐलान



भारत और सेशेल्स के बीच तकनीकी और आर्थिक मोर्चे पर ऐतिहासिक समझौतों पर मुहर लग गई है। पीएम मोदी ने एलान किया है कि भारत के सफल डिजिटल पब्लिक इंफ्रास्ट्रक्चर (dpi) को साझा करते हुए अब सेशेल्स में भी यूपीआई (upi) सेवा लागू करने के लिए एमओयू (mou) किया गया है। इसके साथ ही, सेशेल्स के लोगों को सस्ती और क्वालिटी दवाएं देने के लिए 'जन औषधि' केंद्र खोलने और \$175 मिलियन डॉलर के स्पेशल इकोनॉमिक पैकेज के तहत सोशल हाउसिंग, एजुकेशन और स्पेस सेक्टर में काम करने की घोषणा की गई है।

दिप्रिंट

Jul 13, 2026

भारतीय स्वास्थ्य प्रणाली पहले के मुकाबले अधिक सुलभ, सस्ती, आधुनिक और जन-केंद्रित होकर उभरी है: राजनाथ

लखनऊ, 13 जुलाई (भाषा) रक्षा मंत्री राजनाथ सिंह ने सोमवार को इस बात पर जोर दिया कि आज भारत की स्वास्थ्य प्रणाली पहले की तुलना में अधिक आत्मनिर्भर, आसानी से सुलभ, सस्ती, आधुनिक और जन-केंद्रित होकर उभरी है।

लखनऊ से सांसद राजनाथ सिंह ने कहा, "आज भारत की स्वास्थ्य प्रणाली पहले की तुलना में अधिक आत्मनिर्भर, सुलभ, सस्ती, आधुनिक और जन-केंद्रित होकर उभरी है। आज, भारत जीन थेरेपी, परमाणु चिकित्सा और अन्य आधुनिक प्रौद्योगिकियों के माध्यम से वैश्विक स्वास्थ्य चुनौतियों के लिए स्वदेशी समाधान विकसित कर रहा है।" सिंह ने लखनऊ स्थित किंग जॉर्ज मेडिकल विश्वविद्यालय (केजीएमयू) के 22वें दीक्षांत समारोह को संबोधित करते

हुए कहा कि आज भारत चिकित्सा अनुसंधान में नए मानक स्थापित कर रहा है।

उन्होंने कहा कि केजीएमयू ने देश को अनेक ऐसे चिकित्सक दिए हैं, जिन्हें पद्म विभूषण, पद्म भूषण, पद्म श्री और डॉ. बी. सी. रॉय पुरस्कार जैसे प्रतिष्ठित सम्मानों से अलंकृत किया गया है। इस संस्थान से जुड़े लोगों ने सेवा, समर्पण और संवेदनशीलता की अद्भुत मिसाल प्रस्तुत की है।

रक्षा मंत्री ने बताया कि आज देश भर में लोगों को 19,000 से अधिक जन औषधि केंद्रों के माध्यम से बहुत सस्ती कीमत पर उच्च गुणवत्ता वाली दवाएं मिल रही हैं।

INDIA
Watch Your Voice To The World

Jul 24, 2026

Over 20,000 Jan Aushadhi Kendras operational across India; govt targets 25,000 by March 2027



A total of 20,149 Pradhan Mantri Bhartiya Janaushadhi Kendras (JAKs) are operational across the country as of June 30, 2026, with the government aiming to expand the network to 25,000 centres by March 2027, Union Minister for Chemicals and Fertilizers J.P. Nadda informed the Lok Sabha on Friday.

In a written reply, Nadda said Tamil Nadu accounts for 1,631 Jan Aushadhi Kendras, including 74 in the Kallakurichi Lok Sabha constituency, comprising 62 in Salem and 12 in Kallakurichi district.

The Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) currently offers a basket of 2,110 medicines and 315 surgical items, medical consumables and devices, covering major

IN THE NEWS

therapeutic categories such as cardiovascular, anti-cancer, anti-diabetic, anti-infective, anti-allergic and gastrointestinal medicines, along with nutraceuticals. The medicines are sold at prices around 50-80 per cent lower than branded alternatives.

The minister said the government has put in place a multi-layered quality assurance system to ensure medicines supplied through Jan Aushadhi Kendras meet prescribed standards. Procurement is restricted to WHO Good Manufacturing Practices (GMP)-certified manufacturers, while every batch undergoes quality testing before dispatch. Samples are tested at NABL-accredited laboratories compliant with Good Laboratory Practices (GLP).



Jul 24, 2026

Jan Aushadhi Kendras deliver Rs. 45,000 crore savings in 12 years



The Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) has helped citizens save an estimated ₹45,000 crore on medicine purchases over the past 12 years by expanding access to affordable quality generic medicines through a rapidly growing network of Jan Aushadhi Kendras (JAKs), the government informed Parliament on Friday.

According to the Ministry of Chemicals and Fertilizers, 20,149 Jan Aushadhi Kendras were operational across the country as of June 30, 2026, with the scheme now covering 776 of the

country's 784 districts. The Ministry said the initiative has significantly reduced out-of-pocket healthcare expenditure while improving access to affordable medicines, particularly in smaller towns and rural areas.

The Pharmaceuticals and Medical Devices Bureau of India (PMBI), the implementing agency for the scheme, regularly evaluates the performance of Jan Aushadhi Kendras based on their sales and overall functioning. The Ministry said these assessments indicate that the scheme has substantially improved the availability of quality generic medicines across the country.



Jul 27, 2026

From 300 to 20,149 Jan Aushadhi Kendras: How PMBJP is transforming affordable healthcare across India



A Journey from a Few Hundred Stores to a Nationwide Network

The idea of dedicated outlets selling unbranded, quality-tested generic medicines at a fraction of market prices was first floated in 2008. For years, the scheme grew haltingly, with barely a few hundred stores functioning by the middle of the following decade. It was only after the initiative was recast as the Pradhan Mantri Bhartiya Janaushadhi Pariyojana and given renewed political will that the network began to expand at a pace few welfare programmes in independent India have matched. By June 2021, the tally stood at 7,836 Kendras. It crossed 14,000 by 2024, when the scheme also achieved the distinction of crossing Rs 1,000 crore in annual medicine sales two months earlier than the previous year. By June 2025, the count had climbed to 16,912, with

IN THE NEWS

cumulative savings estimated at nearly Rs 38,000 crore over eleven years. Less than a year on, the network has added over 3,000 more outlets, pushing the total past 20,000 and savings past the Rs. 45,000 crore mark. Few government schemes anywhere have shown this kind of compounding momentum, and the trajectory suggests the pace is only quickening.

Savings of Rs 45,000 Crore Back in Citizens' Pockets

Behind the headline figure there lies a simple but powerful economic logic. Jan Aushadhi medicines are priced 50 to 80 per cent lower than their branded equivalents and in several categories the difference runs even higher. For a country where out-of-pocket health expenditure has historically pushed families into debt or forced them to defer treatment altogether, this is not an abstract statistic but a lived relief. Every rupee saved on a strip of tablets for hypertension, diabetes or a chronic infection is a rupee that stays with a household for food, education or savings. The scheme's own evaluation shows this relief has been felt most acutely in smaller towns and rural India, precisely the geography where private branded pharmacies are scarce and healthcare spending bites hardest into family budgets. Multiple national news agencies carried the government Parliament statement this week, underlining how the scheme has moved from a niche welfare measure to a mainstream pillar of Indian healthcare architecture.



Jul 30, 2026

प्रोटीन बार से लेकर न्यूट्रिशन ड्रिंक तक, जन औषधि से सस्ते हुए पोषण सप्लीमेंट



केंद्र सरकार ने कहा है कि प्रधानमंत्री भारतीय जन औषधि परियोजना (PMBJP) के तहत उपलब्ध न्यूट्रास्यूटिकल्स (पोषण संबंधी उत्पाद) देशभर के परिवारों के लिए स्वास्थ्य सप्लीमेंट को अधिक सुलभ और किफायती बना रहे हैं।

योजना के तहत प्रोटीन बार, इम्यूनिटी बार, माल्ट आधारित पोषण आहार और विशेष पोषण उत्पाद कम कीमत पर उपलब्ध कराए जा रहे हैं।

सरकार के अनुसार, जन औषधि प्रोटीन बार और जन औषधि इम्यूनिटी बार 35 ग्राम के चॉकलेट पैक में उपलब्ध हैं। वहीं जन औषधि वुमेन प्रोटीन बूस्ट 250 ग्राम के चॉकलेट और वनीला फ्लेवर में 204.66 रुपये की कीमत पर उपलब्ध है। इन उत्पादों को बच्चों, कामकाजी लोगों, महिलाओं और वरिष्ठ नागरिकों की अलग-अलग पोषण आवश्यकताओं को ध्यान में रखकर तैयार किया गया है।

दैनिक पोषण के लिए जन औषधि पोषण (Poshan) रेंज में आवश्यक विटामिन और खनिजों से युक्त माल्ट आधारित पोषण आहार उपलब्ध है। 500 ग्राम का सामान्य पैक 160.17 रुपये और कोको फ्लेवर पैक 164.62 रुपये में उपलब्ध है, जबकि 30 ग्राम का कोको सैशे 8.90 रुपये में मिलता है।

सरकार ने कहा कि अलग-अलग पैक आकार उपभोक्ताओं को अपनी जरूरत और बजट के अनुसार विकल्प चुनने की सुविधा देते हैं। यह उत्पाद आसानी से तैयार किए जा सकते हैं और नियमित उपयोग के लिए उपयुक्त हैं।

सरकार के मुताबिक, जन औषधि प्रोटीन बार और इम्यूनिटी बार बच्चों, कामकाजी पेशेवरों और फिटनेस के प्रति जागरूक लोगों के लिए पोषण का सुविधाजनक स्रोत हैं।

इसके अलावा 100 प्रतिशत व्हे प्रोटीन पाउडर और जन औषधि प्रोटीन पाउडर दैनिक प्रोटीन की जरूरत पूरी करने और मांसपेशियों की रिकवरी में मदद करते हैं। प्रोटीन पाउडर वनीला और केसर पिस्ता फ्लेवर में उपलब्ध है।

महिलाओं की पोषण संबंधी जरूरतों को ध्यान में रखते हुए तैयार जन औषधि वुमेन प्रोटीन बूस्ट दैनिक प्रोटीन, ऊर्जा, हड्डियों और मांसपेशियों के स्वास्थ्य को समर्थन देने के लिए विकसित किया गया है।

KASHMIR NEWS OBSERVER
WE BREAK THE NEWS FIRST

Jul 31, 2026

373 Jan Aushadhi Kendras operational across J&K: Centre I KNO



IN THE NEWS

Srinagar, Jul 31 (KNO): A total of 373 Jan Aushadhi Kendras (JAKs) were operational across 20 districts of Jammu and Kashmir as on June 30, 2026, the Centre informed the Lok Sabha on Friday. The figures, according to the news agency—Kashmir News Observer (KNO) were provided by Union Minister of State for Chemicals and Fertilizers Anupriya Patel in reply to an unstarred question on the number of operational Pradhan Mantri Bhartiya Janaushadhi Kendras across the country, including district-wise details.

According to the district-wise data furnished by the government, Jammu has the highest number of Jan Aushadhi Kendras in J&K at 85, followed by Srinagar with 37 and Anantnag with 34. Budgam and Pulwama have 23 each, while Baramulla has 21 and Samba 20.

The data further shows that Kulgam has 16 JAKs, Kathua and Kupwara 13 each, Poonch and Rajouri 12 each, Udhampur 10, Shopian 9, and Bandipora, Ganderbal, Ramban and Reasi have eight each. Doda has seven JAKs, while Kishtwar has six.

At the national level, the Centre said 20,149 Jan Aushadhi Kendras had been opened under the Pradhan Mantri Bhartiya Janaushadhi Pariyojana till June 30, 2026. During the financial year 2025–26, the scheme recorded sales of Rs 2,252.19 crore, resulting in estimated savings of approximately Rs 9,000 crore for citizens.

The government said district-wise sales data is not maintained by the Pharmaceuticals and Medical Devices Bureau of India (PMBI), the implementing agency of the scheme.

On expansion, the Centre said PMBI has partnered with the cooperative sector to open Jan Aushadhi Kendras through Primary Agriculture Cooperative Credit Societies. As of June 30, 2026, 846 such centres had been opened across the country and more than 4,250 PACS had received initial approval to open JAKs.

To prevent stock-outs, the government said stocking of 200 commonly used medicines has been incentivised since September 2024. It added that an IT-enabled supply chain connects five warehouses and 42 distributors, while 400 fast-moving products are regularly monitored to assess demand and strengthen procurement.

The Centre has set a target of opening 25,000 Jan Aushadhi Kendras by March 2027, with the scheme facilitating establishment of centres at both block and district levels— (KNO)

दैनिक भास्कर

Jul 01, 2026

पैक्सों में अब जनऔषधि, सीएससी और पीडीएस का भी होगा संचालन



पैक्स को सिर्फ धान और गेहूं की अधिप्राप्ति तक सीमित रखने के बजाय बहुउद्देशीय संस्था के रूप में विकसित करने पर जोर दिया गया। इसके लिए जनऔषधि केंद्र, जनवितरण प्रणाली (पीडीएस), कॉमन सर्विस सेंटर (सीएससी) तथा ग्राहक सेवा केंद्र (सीएसपी) जैसे कार्यों से जोड़कर उनकी आय बढ़ाने की योजना पर चर्चा की गई। सहकारिता सप्ताह के तहत मंगलवार को ई-किसान भवन, नावकोठी में पैक्स अध्यक्षों, प्रबंधकों तथा कार्यकारिणी सदस्यों के लिए प्रशिक्षण-सह-जागरूकता शिविर आयोजित किया गया। कार्यक्रम की अध्यक्षता बीसीओ अनिल कुमार चौधरी ने की। बीसीओ ने कहा कि सहकारिता किसानों की आर्थिक मजबूती का प्रभावी माध्यम है। यदि पैक्स अपनी गतिविधियों का दायरा बढ़ाएं तो किसानों को अधिक सुविधाएं मिलेंगी। संस्थाओं की आर्थिक स्थिति भी मजबूत होगी। उन्होंने बताया कि पैक्स के माध्यम से किसानों को रियायती दर पर खाद तथा बीज उपलब्ध कराए जा सकते हैं।

जनऔषधि केंद्र, पीडीएस दुकान, सीएससी तथा सीएसपी का संचालन कर अतिरिक्त आय भी अर्जित की जा सकती है। हरित कृषि संयंत्र योजना में निबंधन कर किसानों तथा पैक्स, दोनों को लाभ पहुंचाने की जानकारी भी दी गई।

सदस्यों को शेयरधारक बनने, लाभांश प्राप्त करने, नियमित बैठक आयोजित करने, बैठक में लिए गए निर्णयों का अनुपालन सुनिश्चित करने तथा संस्थाओं के पारदर्शी संचालन के बारे में जानकारी दी गई। कृषि एवं राजस्व विभाग के साथ बेहतर समन्वय स्थापित कर स्थानीय जरूरतों के अनुरूप लक्ष्य तय करने पर भी बल दिया गया।

कार्यक्रम में सीओ सूरज कुमार, बीएओ रौशन कुमार, पैक्स अध्यक्ष संजीव कुमार, सुनीत कुमार, दिलीप कुमार, देवेन्द्र सिंह, मनोहर कुमार, अशोक कुमार, प्रबंधक अरविंद कुमार, दिलीप पासवान, सत्यनारायण पासवान आदि थे।



SOCIAL MEDIA HIGHLIGHTS

(PMBJP Retweeted)

Post

Om Eklia @omunikota

Translated from Hindi · Show original

The inauguration of Ashoka Health City was held in Nashik, Maharashtra. This healthcare complex is a significant initiative aimed at providing modern, accessible, and high-quality medical services to the citizens of North Maharashtra. In its first phase, a super multispecialty hospital, cancer hospital, and mother and child hospital have been established, along with nursing and paramedical educational institutions.

This public welfare initiative, developed by the Ashoka Institute of Medical Sciences & Research Centre (AIMSAR), serves as an inspiring example of service, compassion, and social responsibility. Such institutions not only provide better treatment but also impart new direction to medical education, research, and innovation.

Under the visionary leadership of the Hon'ble Prime Minister Shri Narendra Modi Ji, initiatives such as Ayushman Bharat, Jan Aushadhi, the Digital Health Mission, and the expansion of health infrastructure are continuously strengthening healthcare services across the country.

I am confident that this institution will infuse new hope into the lives of millions through excellent treatment, medical education, research, and public service, and will play a vital role in building a developed India.

Rate this translation: 5



5:12 PM · Jul 12, 2026 · 1,214 Views

Post

Rajnath Singh @rajnathsingh

Translated from Hindi · Show original

Under the leadership of Prime Minister @narendramodi, India's Health System has emerged as self-reliant and people-centric. From Affordable Healthcare to indigenous Medical Technologies, gene therapy, CAR-T Cell Therapy, and Medical Research, the country is achieving new heights in the health sector.

Rate this translation: 5



3:08 PM · Jul 13, 2026 · 30.5K Views

24 117 818 2

Relevant View quotes

Post

Ministry of Cooperation, Government of India @MinCoCooperatn

Translated from Hindi · Show original

Under the guidance of the Hon'ble Prime Minister Shri @narendramodi and the leadership of the Hon'ble Union Home and Cooperation Minister Shri @AmitShah, the cooperative sector is empowering access to affordable and quality healthcare services in rural India. Across the country, 645 PACS are now functioning as Pradhan Mantri Bharatiya Jan Aushadhi Kendras.

Through these centers, people in rural areas are gaining access to quality generic medicines at affordable rates, making healthcare services more accessible and inclusive.

#SakshatSamridhi #EmpoweringCooperatives #PACSPragati #KnowYourCoop

Rate this translation: 5



8:32 AM · Jul 30, 2026 · 1,443 Views

Post

Ministry of Electronics & IT @Govt_MeITv

Applications for opening a Jan Aushadhi Kendra under the Pradhan Mantri Bharatiya Jan Aushadhi Pariyojana are now available on the UMANG App.

For more information, visit umang.gov.in or download the UMANG App.

#DigitalIndia



11:00 AM · Jul 23, 2026 · 2,860 Views

2 13 48 7

Relevant



PMBJK

Inauguration Insights

Shri Murlidhar Mohol & Shri Gautam Kumar Dak

Hon'ble Union Minister of State for Civil Aviation and Cooperation, GoI & Hon'ble Minister of State of Cooperative and Civil Aviation, Govt. of Rajasthan inaugurated PMBJK

📍 **Charak Bhawan, Sawai Man Singh Hospital (SMS) Hospital campus Jaipur (Rajasthan)**



Shri Yaduveer Wadiyar

Hon'ble Member of Parliament, Mysore-Kodagu, GoI inaugurated PMBJK

📍 **V. V. Nagar, Kallahalli, Mandya (Karnataka)**

Smt. Shobha Chauhan

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

📍 **Community Health Centre, Sojat Road (Rajasthan)**



Shri Kumar Ujjwal Das

Hon'ble Member of Legislative Assembly, Simaria, Govt. of Jharkhand inaugurated PMBJK

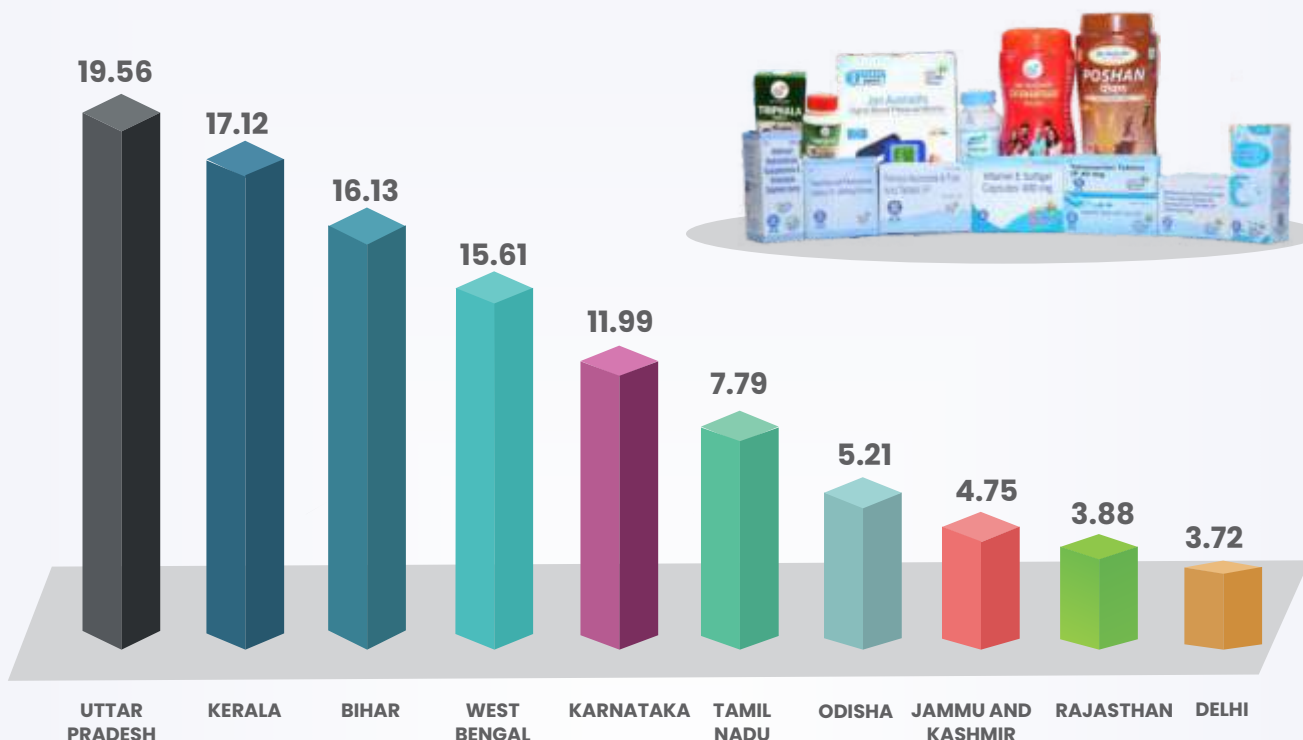
📍 **Mayurhand block, Main Road, Gram Kumharthan, Chatra (Jharkhand)**

Best Performing States

in terms of

Sales in Rs. Crores

JULY



WELCOMING 20 NEW PARTNERS WHO JOINED PMBI IN THE MONTH OF JULY 2026

PMBJK23415-Poolla Lakshmi Udaya Sri, Room No 30 Casualty Entrans Government Area Hospital Premises, Araku Valley, Alluri Sitharama Raju, Andhra Pradesh-531151

PMBJK23330-Md Hafijur Rahman, Land Owner Name-Md Imran Hussain, Bearing Dag .60, Patta.109, Main Road, Mairabari Town, P.O. Mairab, Moirabari, Marigaon, Assam-782126

PMBJK23473-Pushpanjali Kumari, Ward No 5 Pharkirna, Biraul, Darbhanga, Bihar-847203

PMBJK23452-Sudhir Kumar Sahu, Ward No 12 Tilai, Rajnandgaon, Chhattisgarh-491441

PMBJK23606-Poonam, One Shop on GF, Property No 161-B, Kh no 80/4/1, Block-A, Shyam Colony, Budh Vihar, Phase-2, Rithala, North Delhi Municipal Corporation, North West, Delhi-110086

PMBJK23572-Suman, Shora Kothi, Mata Darwaja, Rohtak, Haryana-124001

PMBJK23461-Deep Kumari, VPO Ratti, Tehsil Balh, Mandi, Himachal Pradesh-175008

PMBJK23575-Firdous Ahmad Bhat, Ground Floor Shop No 4 Sheikh Complex, Opposite Govt Higher Secondray School, Nawa, Pulwama, Jammu & Kashmir-192301

PMBJK23381-Sharath Kumar Nayak, PR No 5, 6, 19, 20, 21 and 22, Stall No 2, GF. Industrial Area, Hyderabad Road, Raichur, Karnataka-584101

PMBJK23398-Sreerekha, 39/281-6, Karthika Complex, Ground Floor, Near Perakam PO Chavakkad, Thrissur, Kerala-680506

PMBJK23561-Roshni Nagar, Shop No/Plot No 8 Nutan Nagar, B N P Road Dewas Tehsil, Dewas, Madhya Pradesh-455001

PMBJK23374-Manoj Suresh Pol, Property No. 933, Shop No. 5, Ground Floor AT. /PO. OND, Tal: Karad (Satara), Karad, Satara, Maharashtra-415111

PMBJK23711-Ningombam, Ranjit Singh, 56 Kitna Panung, Okram Chuthek, Kshetrigao CD Block, Imphal East, Manipur-795008

PMBJK23366-Remlalliana (Secretary), Hortoki Vengchhak, Thingdawl, Kolasib, Mizoram-796070

PMBJK23500-Rubina Begum, At/Po Baujanga Ps Balichandrapur Mouza Baujanga Khata No 612/253, Plot No-625/1265, Room No-01, Jajpur, Odisha-754205

PMBJK23402-Chand Mohammed, Opp. Govt. Hospital, Near Saini Mandir, Aathuna Mohalla, Gaushala Road, Ramgarh, Fatehpur, Sikar, Rajasthan-331024

PMBJK23383-Selvakumar P, No.106, Ground Floor, From West Shop No.1, South Facing, Sholinghur Road, Sholinghur, Ranipet, Tamil Nadu-632505

PMBJK23603-Akula Sai Chaithanya Goud, D.No.6-6-4/1/1, Ground Floor, Bukthapur, Adilabad Village, Adilabad (Urban) Mandal, Adilabad Urban, Adilabad, Telangana-504001

PMBJK23596-Dhrutika Arvindbhai Patel, H. No. 265, Devka Beach Road, Marwad, Nani Daman, Daman, The Dadra and Nagar Haveli and Daman and Diu-396210

PMBJK23588-Samir Chandra Rudrapal, Debinagar, Ranirbazar, Agartala, Jirania, West Tripura, Tripura-799035



Embracing the *Monsoon* Season with Wellness



The monsoon brings relief from the summer heat, turning the surroundings greener and the air cooler. But along with the pleasant showers, the season also brings changes in humidity, water quality, food hygiene and exposure to infections. With a few simple precautions, you can enjoy the rains while keeping yourself and your family healthy.



Stay Hydrated and Nutrition

Even when the weather feels cool, staying hydrated remains important. Drink clean, safe water throughout the day and consider Oral Rehydration Salts (ORS) when recommended to help replenish fluids and electrolytes during dehydration. During monsoon, contaminated food and water can increase the risk of stomach infections.

Follow a few simple habits:



Wash fruits and vegetables properly before eating



Drink clean or filtered water



Avoid uncovered food



Eat freshly prepared meals whenever possible



Wash your hands before eating and after using the washroom



Protect Yourself from Seasonal Infections



Increased humidity and stagnant water can create favourable conditions for mosquitoes and other disease-carrying insects. Keep your surroundings clean, avoid water accumulation and use appropriate mosquito protection. Regular handwashing with soap and water is another simple yet effective way to reduce the spread of infections.

Take Care of Your Skin



High humidity, sweat and damp clothing can cause skin irritation and may increase the risk of fungal infections. Keep your skin clean and dry, change out of wet clothes and wear breathable clothes. If you notice persistent itching, redness or other skin concerns, consult your doctor.

Don't Forget Everyday Wellness

The monsoon can be a beautiful and enjoyable season when we take a little extra care of our health.



Stay hydrated



Eat fresh and healthy food



Keep your surroundings clean



protect yourself from mosquitoes



Maintain good personal hygiene

*Small healthy habits **can make a big difference***



FILL IN THE PUZZLE BELOW BASED ON WHAT YOU HAVE READ ABOUT
EMBRACING THE MONSOON SEASON WITH WELLNESS ON THE PREVIOUS PAGE

01. Multiple Choice Questions

Why is staying hydrated important during the monsoon?

- A. To avoid eating food
- B. To maintain fluid balance
- C. To increase humidity
- D. To prevent sweating

4. During dehydration, _____ may help replenish fluids and electrolytes when recommended.

5. High humidity, sweat, and damp clothing can increase the risk of _____ infections.

2. Which of the following helps prevent mosquito breeding?

- A. Allowing water to accumulate
- B. Keeping surroundings clean
- C. Wearing wet clothes
- D. Keeping food uncovered

03. True or False

You should avoid drinking water when the weather feels cool and pleasant during the monsoon.

True ☐ False ☐

