



Govt cancels registration of Pakistani pilgrims for Char Dham and Hemkund Yatra

PIONEER NEWS SERVICE ■ Dehradun

The State government has cancelled the registration of 77 Pakistani pilgrims for Char Dham and Hemkund Yatra following the brutal killing of 26 people in Pahalgam by Pakistan-sponsored terrorists, the Tourism minister Satpal Maharaj said. He condemned the attack, calling it a cowardly act and stated that



tourism and terrorism cannot coexist. The Char Dham Yatra has generated significant enthusiasm, with over 22 lakh devotees already regis-

tering, including more than 25,000 foreign pilgrims from 185 countries. Maharaj said that in response to the attack, the government acted swiftly to revoke the registrations of all Pakistani visitors to ensure the safety of pilgrims. He also informed that to manage traffic on the Yatra routes, the Uttarkashi police will patrol sensitive paths using 10 new motorcycles. The Tourism department has also directed officials to take strict action against the black marketing of helicopter tickets and unauthorised parking fees along the Yatra routes, he said. He informed that this year, the government has made registration easier by offering online, offline and Aadhaar-based registration options for pilgrims. He stated that 75 per cent of pilgrims can now register online as the registration limit has been recently increased by 15 per cent. The offline registration will begin on April 28, at four locations—Haridwar, Rishikesh, Vikasnagar and Herbertpur, he said. Maharaj also added that he has directed all departments concerned to work in coordination to ensure all works are done efficiently without causing any inconvenience to pilgrims.

Unity of Indians biggest strength in decisive war on terror: Dhami

PIONEER NEWS SERVICE ■ Dehradun

The unity of all Indians is the biggest strength of the nation in the decisive war on terror. Chief minister Pushkar Singh Dhami said this after listening to Prime Minister Narendra Modi's Mann Ki Baat here on Sunday. Dhami along with MLA Khajan Das, position holders Anil Dabhu, Puneet

recent terror attack at Pahalgam in Jammu and Kashmir. This attack shows the desperation and cowardice of those who sponsor terrorism. Dhami said that the unity of all the Indians is the nation's biggest strength in the decisive war on terror. Calling the Mann Ki Baat programme very inspirational, he said that by mentioning various positive works in society, the PM encourages those people who are contributing to taking the nation forward. The CM further said that PM Modi provides a platform for the suggestions, opinion and successful efforts of the citizens which inspire lakhs of people. The Mann Ki Baat programme is now emotionally and intellectually linked deeply with the people of India, Dhami added.



Mittal and others listened to the 121st edition of PM Modi's Mann Ki Baat at the CM's camp office.

Dhmi said that the PM had expressed deep empathy and grief at the

Officials and contractors booked for construction work violations in Doon

PIONEER NEWS SERVICE ■ Dehradun

Authorities filed cases against officials and contractors of the Jal Sansthan for negligence and breach of standards during construction on Canal Road. They also booked officials, employees, and contractors of GAIL and UPCL for violations during

struction under strict safety conditions but agencies continued work during the day, violating rules and creating accident-prone zones. Local residents raised concerns over public inconvenience and safety risks. Authorities registered



work on Mata Mandir Road on the Dehradun district magistrate Savin Bansal's order. The administration blacklisted the agencies and contractors for three months, barring them from undertaking new projects during this period. Bansal informed that the administration had allowed con-

struction under strict safety conditions but agencies continued work during the day, violating rules and creating accident-prone zones. Local residents raised concerns over public inconvenience and safety risks. Authorities registered

All works on Char Dham routes expected to be completed by April 29

PIONEER NEWS SERVICE ■ Dehradun

Garhwal commissioner Vinay Shankar Pandey said that all major and minor works on Char Dham routes will be completed in two days, with the final preparations expected by April 29. The departments concerned have also ensured proper arrangements for accommodations, drinking water and toilet facilities along the pilgrimage route. Pandey said that all arrangements for the Char Dham Yatra, set to begin on April 30, are on track. He stated that after the previous Char Dham Yatra season, chief minister Pushkar Singh Dhmi conducted a meeting to address any shortcomings and improve the travel experience for this year's journey. "Our main focus has been on improving road connectivity and basic infrastructure. Authorities have identified locations along the routes to provide food,

shelter and toilet facilities in case of landslides or emergencies. To strengthen security, 10 companies of central paramilitary forces have been deployed too along with the local force," the commissioner said. He also informed that the government has expanded online and offline booking facilities. The number of offline counters in Haridwar and Rishikesh has been increased to ensure a smooth travel experience. New counters will also be established at Gauchar for Badrinath, Bhatwadi and Uttarkashi for Gangotri, Dobata and Damta for Yamunotri and the Garhwal Mandal Vikas Nigam (GMVN) guest house in Guptkashi for Kedarnath. Almost all preparations are done and authorities are working to make the Char Dham Yatra a safe and comfortable experience for all pilgrims, he added.

CM flags off Six Sigma high altitude medical services team

PIONEER NEWS SERVICE ■ Dehradun

Chief minister Pushkar Singh Dhmi flagged off the Six Sigma high altitude medical services' team from his camp office here on Sunday. Also launching the Sanjeevani kit on the occasion, the CM said that the service being provided by Six Sigma will also contribute to the successful conduct of

Dhami Yatra. According to officials, the Six Sigma High Altitude Medical Services will provide medical services through camps to be held during the Yatra to Adi Kailash, Kedarnath, Badrinath, Madhyamaheshwar, Tungnath and Rudranath. The Sanjeevani kit launched by Dhmi on the occasion includes



the Char Dham Yatra.

Wishing the Six Sigma high altitude medical services team, the chief minister also pointed at the importance of this service for the devotees undertaking the Char

oxygen, essential medicines and portable ICU equipment. Rajpur Road MLA Khajan Das, BJP leader Puneet Mittal, Six Sigma CEO Pradeep Bharadwaj and others were also present on the occasion.

Officials review shuttle services in Rudraprayag ahead of Char Dham Yatra

PIONEER NEWS SERVICE ■ Dehradun

In view of the Char Dham Yatra starting on April 30,

tory in Sitapur, Sonprayag and directed the ARTO concerned



senior Transport officials inspected the Sonprayag to Gaurikund shuttle service checkpoint on Sunday. They instructed officials to ensure smooth operation of the shuttle services. The senior officials collected the vehicle numbers of approximately 200 shuttle vehicles and planned their rotation for efficient service, the regional transport officer (Administration) of Dehradun division and nodal officer of Char Dham Yatra, Sandeep Saini said.

He said that respective transport officials were instructed to issue green cards only to those vehicles that meet fitness standards, especially focusing on brakes, hand brakes, tires and wipers. The department has made it clear that any vehicle failing to meet these standards must not receive a green card, he said.

He informed that they also inspected the driver dormi-

to contact the Rudraprayag district magistrate to arrange for electricity and water supply. Saini said that a prayer ceremony also took place at the Triyuginarayan Temple in Ukhimath Tehsil of Rudraprayag which was also joined by deputy transport commissioner Rajeev Mehra, Pauri RTO Dwarika Prasad and other officials among others. He said that all performed prayers for the safe and successful execution of the Char Dham Yatra this year.

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Police impose Rs 16.20 lakh penalty on landlords in Dehradun

PIONEER NEWS SERVICE ■ Dehradun

The police imposed a penalty of Rs 16.20 lakh on 162 individuals for keeping unverified tenants and workers in Dehradun. The Dehradun senior superintendent of police Ajai Singh said that in preparation for the ensuing Char Dham Yatra and the peak tourist season, police launched a large-scale verification campaign across both urban and rural areas of the district on Sunday. The drive was aimed at verifying the details of individuals, tenants and

across Uttarakhand, especially in the border areas and places with floating populations. With a surge in the number of tourists, the police have intensified their efforts to ensure the safety of pilgrims and visitors. The SSP said that property owners and shopkeepers were reminded of their responsibility to verify the identity of tenants and employees to prevent any security threats. He said that 162 building and shop owners who had failed to verify their

workers from outside the State in the area. Over 800 individuals, including outsiders and tenants, were verified during the operation. It should be mentioned here that this move also comes in the wake of heightened security concerns following the recent terror attack in Pahalgam, which has led to increased vigilance

tenants or workers were charged under Section 83 of the Police Act, resulting in fines totaling Rs16.2 lakh on Sunday. Besides this, over 130 suspects were brought in for questioning at local police stations and 44 of these individuals were charged under Section 81 of the Police Act, with Rs 14,000 in fines. Singh said that the police campaign, conducted across various police stations in the city and rural areas, is part of the broader security strategy to ensure the safety of residents and tourists alike. He urged property owners and shopkeepers to comply with verification procedures, contributing to the safety of the region. Similar campaigns will continue to run regularly, especially during the busy tourist season, to ensure public peace and security, the SSP added.

Visitors halt to view a glacier which was cut to clear a stretch of the national highway to Gangotri near Harshil in Uttarkashi district
Mangesh Kumar/Pioneer photo

Regaining Pahalgam's lost paradise

A brutal terrorist attack in Pahalgam's Baisaran Valley has shattered dreams, reignited fear, and exposed the fragile calm, threatening Kashmir's hard-earned progress and hopes for lasting peace

FIRST Column

Holidaying in happiness turned into a nightmare at the idyllic landscape of Pahalgam, often described as a 'heaven on earth,' as a scene of unimaginable horror broke open on April 22, 2025.

A brazen terrorist attack on a group of tourists in the Baisaran Valley — mainly men being killed based on their religious identity — resulted in the tragic and unfortunate loss of at least 28 lives and left over 20 others critically injured.

This barbaric act, claimed by 'The Resistance Front' (TRF), a shadow outfit of the Pakistan-based Lashkar-e-Taiba (LeT), has not only devastated families and shattered dreams but has also ripped apart the fragile veneer of normalcy that authorities had been attempting to bring back in the Kashmir Valley.

The gruesome incident unfolded in the afternoon of 22 April when a group of four to six heavily armed militants, disguised in military — style uniforms, emerged from the dense forests surrounding Baisaran Valley (a meadow accessible only by foot or pony and an open area with no hideouts for safety). According to eyewitness accounts, the assailants systematically targeted non-Muslim tourists after checking their identities and religious affiliations.

This selective targeting underscores the malicious intent to sow communal discord and further destabilise the region. The victims included 24 tourists from various parts of India, two local residents, and two foreign nationals from Nepal and the UAE. The serene meadow erupted into chaos and grief in the attack's immediate wake.

Social media feeds flooded with harrowing videos — terrified cries for help mingled with the grim sight of lifeless bodies scattered across the once-picturesque landscape.

The emotional wounds inflicted on the bereaved families are immeasurable. While the Government's offer of ₹20 lakhs for information on the terrorists' location is one step to involve citizens' participation in nabbing the culprit, it cannot erase the haunting memories of this devastation.

The image of the young woman beside her fallen Navy officer husband, a honeymoon tragically cut short; the local pony owner's family, now without their sole provider after his courageous son tried to shield tourists; the woman forced to witness the brutal murder of her husband and son; the recently married IAF officer from Arunachal Pradesh on vacation — these stories of unimaginable loss and despair paint a stark and enduring picture of terrorism's human cost, shattering the illusion (read deception) of calm in this vulnerable region.

Following the Pahalgam attack, the Cabinet Committee on Security (CCS) recommended a set of five decisive actions against Pakistan — that included holding the 'Indus Waters Treaty of 1960' in abeyance until verifiable cessation of cross-border terrorism; immediate closure of the 'Integrated Check Post Attari' with a grace period until 1 May for those with valid endorsements to return; the cancellation of all 'SAARC Visa Exemption Scheme'



(SVES) visas for Pakistani nationals with a 48-hour deadline for those currently in India to depart; the declaration of Pakistan's Defence/Military, Naval, and Air Advisors in New Delhi as 'Persona Non Grata' with a week to leave (and a reciprocal withdrawal of Indian counterparts from Islamabad along with five support staff from each mission); and a significant reduction in the overall strength of High Commissions from 55 to 30 personnel by May 1, 2025.



RAJDEEP PATHAK

The Pahalgam attack has triggered widespread condemnation across India, with many viewing it as a direct assault on the nation's unity and secular fabric. Many countries, including the United States, Russia, the United Kingdom, and several European

and Middle Eastern nations, especially the UAE, issued strong statements condemning the attack. They emphasised the need for international cooperation to eradicate terrorism and called for the perpetrators to be brought to justice. This incident has added a new dimension to Kashmir's intricate geopolitical scenario.

THIS REVERSES THE REMARKABLE GROWTH FROM 1.62 CRORE TOURISTS IN 2019 TO 2.36 CRORE IN 2024, WHICH HAD SIGNIFICANTLY BOOSTED LOCAL ECONOMIES AND LIVELIHOODS DEPENDENT ON THE HOSPITALITY INDUSTRY, INCLUDING HOTELS, HOUSEBOATS, GUIDES, AND ARTISANS, THEREBY REIGNITING FEAR AND UNCERTAINTY.

For decades, this region has been a fiercely contested territory between India and Pakistan, leading to repeated conflicts and border tensions and solidifying its status as a highly sensitive area. The situation has become even more complex with China's bordering presence. Adding to this volatile mix, Bangladesh has recently emerged as a neighbour in dispute with India, further intensifying regional dynamics.

The timing of this unrest could be a calculated move to draw international attention to the Kashmir issue and undermine India's attempts to showcase normalcy, particularly as it coincided with US Vice President JD Vance's visit and the ongoing WAQF debate. Moreover, striking at the height of the tourist season — a critical period for the local economy —

is a calculated attempt to inflict maximum economic harm and cultivate an atmosphere of fear, thereby disrupting peace and stability. Since the abrogation of Article 370 in August 2019, the Indian Government has been actively pursuing peace-building and confidence — regaining measures in Jammu and Kashmir, while also promoting local entrepreneurship and development, recognising the practicalities of the situation on ground, which had begun to yield positive results, thereby projecting a return to normalcy in the region.

The recent attack has severely impacted its sector, specifically, the recovering tourism sector in Jammu and Kashmir. Travel agencies in Delhi experienced nearly 90 per cent booking cancellations, as per media reports.

This reverses the remarkable growth from 1.62 crore tourists in 2019 to 2.36 crore in 2024, which had significantly boosted local economies and livelihoods dependent on the hospitality industry, including hotels, houseboats, guides, and artisans, thereby reigniting fear and uncertainty.

Amidst the tears of this tragedy, the response of the Kashmiri people showcased a powerful display of humanity. Immediately following the attack, residents rushed to the scene to assist the injured tourists.

They helped with evacuations, offered first aid, and provided emotional support to those traumatised by the event. A day later, on April 23, religious organisations condemned the attack and large numbers of Kashmiri citizens took to the streets in protest of this massacre, holding peaceful demonstrations with the Tricolour, besides candlelight vigils, further underscoring the rejection of violence by the local population and their desire for peace and stability.

It would not be an exaggeration to say that the insidious nature of terrorism often finds fertile ground in the tilled soil of human emotions — fear, anger, and envy — emotions that are tragically amplified by the harsh realities of systemic inequalities and sometimes, forced acts of blind belief.

While the Government is taking strong counter-terrorism measures in light of this barbaric attack, the participation of citizens in rebuilding the shaken confidence is crucial. Despite this barbaric act that threatens to undermine the hard-won progress in the Valley, rebuilding trust is now paramount. The time is now to act — in all directions, for peace is the only way.

(The writer is a programme executive Gandhi Smriti Sansthan. Views are personal)

Congress in crisis: Reform or perish

Despite the energy generated by Rahul Gandhi's Bharat Jodo campaigns, the session offered little more than ritualistic rhetoric, exposing deep structural inertia and a status quo mindset at odds with the urgency of the political moment

Why is the Congress reluctant to change its formation in terms of organisational network, and reform the decades — old processes related to the functioning of its highest bodies — Congress Working Committee, AICC and its customary session?

Are the Congress leaders fearful of the change or intense pressure from some invisible forces that have forced them to play safe and be status quo?

These questions confronting the current Congress dispensation (read Sonia Gandhi-Mallikarjun Kharge-Rahul Gandhi powerful troika) are not new. But a refresh button pressed by the recently held non-happening Ahmedabad AICC session has once again made these questions relevant and begging for answers.

The session left all those participating or not (the party leaders rank and file, and the public) unenthused to the level of the lowest ebb, as it failed to throw an alternative vision to fight the might of Mr Narendra Modi — led well-oiled ruling network — and also to ignite the minds of the Congresspersons to make them ready for future political battles — elections or otherwise.

The abysmal affair that the AICC session turned out to be, with no clear-cut direction emerging out of it as to how the Grand Old Party (GOP) proposes to fight the politico-ideological battle on its way to strengthening its place as the premier opposition party and the unchallenged leader of the fledgling opposition combine — I.N.D.I.A. The session has ended up adding to the confusion and demoralisation rather than emanating any ray of hope.

The Ahmedabad AICC session was not different from the preceding ones held in the last few decades. At a time when the Congress is facing the toughest battle of its survival, with an all-round onslaught launched by the ruling dispensation — both at the political and Government levels — the session was expected to be a path-breaking one, if not revolutionising the party's thinking or strategy. But nothing of the sort happened.

Where does the Congress — particularly Mr Rahul Gandhi, whose remarkable Bharat Jodo Yatra and Bharat Jodo Nyay Yatra had rekindled a fresh hope — go from here?

The Ahmedabad AICC session was a valuable opportunity to unveil the blueprint of what the party intends to do in the coming times. Most of the contentious but significant issues — such as strengthening and overhauling the organisational set-up, changing the style of working, purging the party of non-performers and the deadwood, and those conniving with the arch-political rivals — went missing from the discourse.

Those who had their eyes and ears fixed on the session and waited with bated breath for a new look



ANIL ANAND

agenda to unfold were despaired to be content with passing references (on these issues) made by Mr Kharge and Mr Gandhi in their speeches.

The scores of leaders and the delegates who travelled long distances to be in attendance, left without carrying a message to enthuse the workers back home, as there was none. Under the circumstances, getting back to the grassroots and convincing the people to be back in the Congress — fold remains a tall order.

Although Mr Kharge, as the Congress president, has done commendable work despite age-related and physical constraints and has left no opportunity to go inside and outside the Parliament — without

ACCORDINGLY, THE ENTIRE GAMUT OF ORGANISING AICC SESSIONS MUST ALSO DRASTICALLY CHANGE. IT SHOULD NOT BE MERELY A CUSTOMARY FULFILMENT OF ELECTION COMMISSION REQUIREMENTS BUT AN EXERCISE THAT SHOULD BE DEEPLY INTERACTIVE AND ALL, ENCOMPASSING.

fighting back on crucial issues — the challenge is more daunting for Mr Gandhi.

It remains a fact that Mr Kharge is acting only as a guardian figure, but every policy decision in the party has Mr Gandhi's stamp affixed to it. The party president has no one in doubt about his position and candidly admitted from time to time that Mr Gandhi was the real force. A very tricky situation seems to have arisen in Congress, particularly after the lacklustre AICC session and with the next set of assembly elections approaching fast.

Normally, the onset of any election has been used as a standard excuse by the Congress strategist to ward off or postpone decisions on vital issues — to the great disadvantage of the party — which is there for everyone to see at the AICC and the state/UT levels where confusion prevails supreme. The play would not work anymore.

The clock is ticking fast and the indecisiveness is getting entrenched deeper, a situation that demands

(The writer is a political and national affairs analyst. Views are personal)



Self-Care Now a Lifestyle, Not a Luxury

In an age of overstimulation, walking into a wellness clinic is a kind thing you can do for yourself, says **ABHI SINGHAL**

In a typical working week, how much time do you really take out for yourself, to slow down, to recharge, or to nourish your skin and scalp? For many, the answer still leans towards "too little." But the narrative around self-care is shifting. Wellness is no longer considered a luxury; it has steadily become a lifestyle choice. As individuals strive to balance demanding careers with personal well-being, they're beginning to invest not just in rest, but in routines that nourish both body and mind.

At the heart of this evolution lies a deeper appreciation for skincare and hair care - once seen as cosmetic indulgences, they are now recognised for their therapeutic and preventive benefits.

Facials, in particular, have transformed from occa-

sional treats to essential self-care rituals. More than just a glow-up, they are a reflection of inner health and mindfulness.

Daily skincare routines, while foundational, often fall short when it comes to tackling environmental stressors, premature ageing, and hormonal fluctuations. This is where professional facial treatments come in - offering targeted solutions that cleanse, nourish and repair the skin at a cellular level. Treatments like Hydrafacials, Fire & Ice facials, nano-needling, and chemical peels are now powered by dermatologist-led protocols and medical-grade devices. These don't just make the skin look good, they help it function

SKIN ANALYSIS IS IMPORTANT

Every facial is preceded by an in-depth skin analysis, ensuring that the treatment is suited to your skin and current condition - particularly important in seasons like summer, where a simple de-tan facial without proper diagnosis can do more harm than good.

better.

But the modern wellness journey doesn't stop at skincare. A healthy scalp is just as vital as a glowing face - and this realisation has brought hair care treatments into the wellness spotlight.

Much like skin, the scalp suffers from pollution, stress, and lifestyle choices, and requires targeted care to stay healthy. Advanced therapies such as Scalp Analysis, the K Revive Scalp Spa, and Low-Level Laser Therapy (LLLT) now provide holistic solutions for common issues like hair thinning, dryness, and dandruff, while also encouraging new growth and scalp balance.

APPROACH TO BETTER HAIR

Equally impressive is Merakki Wellness and Co., approach to hair wellness. Recognising that good hair starts with a healthy scalp, the clinic offers FDA-approved treatments like LLLT and the K Revive Scalp Spa, a luxurious therapy that

detoxifies the scalp, boosts circulation, and nourishes hair follicles from the root. With rising cases of stress-related hair fall and scalp sensitivity, such treatments are no longer a niche - they're a necessity.

curate a plan that works best for your individual needs. Choosing the wrong products or treatments without expert advice can lead to allergies, acne breakouts, or further damage.

One wellness centre leading this science-meets-self-care revolution is Merakki Wellness Co., a premium skin, hair, and beauty clinic based in Faridabad.

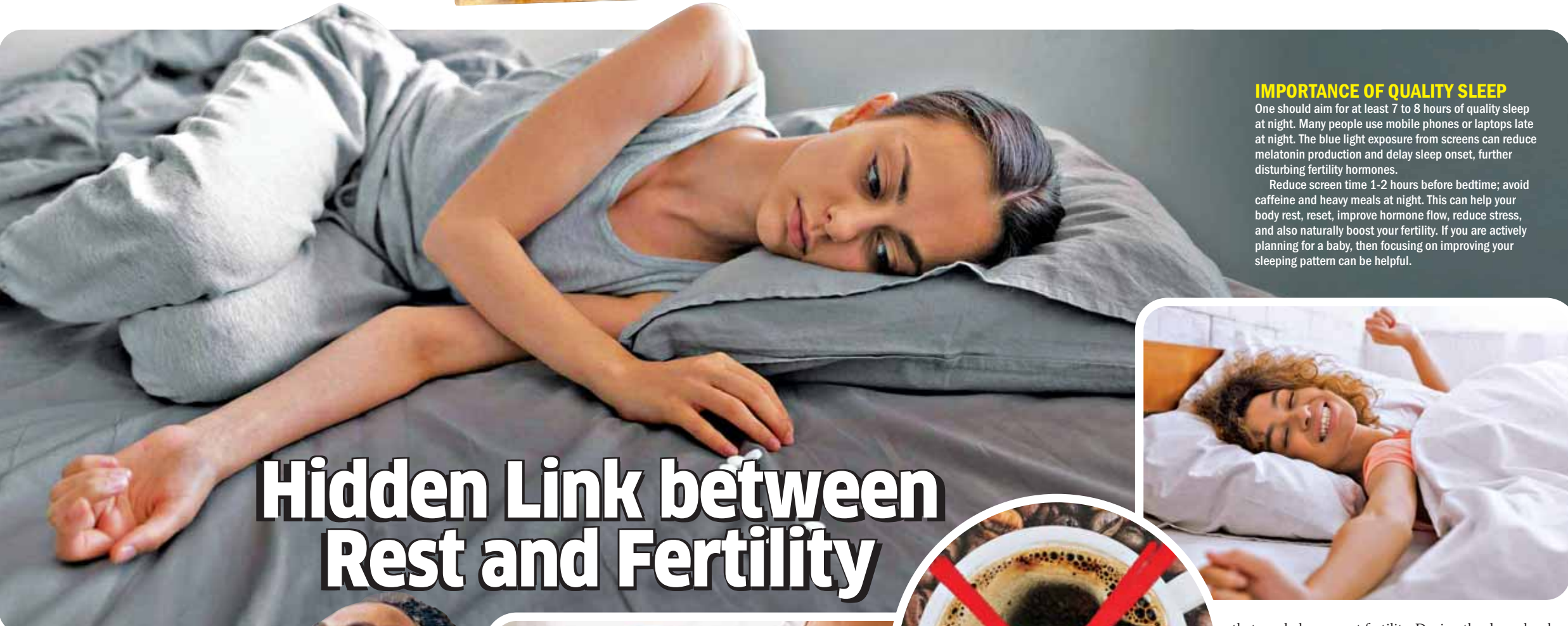
Founded in 2023 by wellness entrepreneur Rima Narula, the centre is redefining what it means to take care of oneself - offering personalised services that blend advanced technology with natural healing principles.

At this wellness centre, the facial menu reads like a tailored skincare blueprint: from the calming Signature Facial to the luxurious Platinum Hydra Facial, each treatment is designed to address specific concerns, whether it's pigmentation, dullness, or fine lines.

The use of LED therapy, oxygen infusion, and deep exfoliation ensures both immediate results and long-term skin health. But what truly sets Merakki apart is its commitment to expert-led care.

Every facial is preceded by an in-depth skin analysis, ensuring that the treatment is suited to your skin type and current condition - particularly important in seasons like summer, where a simple de-tan facial without proper diagnosis can do more harm than good.

What makes centres like Merakki Wellness Co. in Faridabad a growing part of people's routine is not just the range of services, but the shift in how people perceive self-care. Today, facials and scalp therapies are seen much like a balanced meal or a weekly workout - they are maintenance tools, designed to keep your body functioning at its best. It's not about vanity; it's about vitality. Because when you take time for your skin and scalp, you're not just pampering yourself - you're protecting your peace and embracing a lifestyle that puts you first.



Hidden Link between Rest and Fertility

IMPORTANCE OF QUALITY SLEEP

One should aim for at least 7 to 8 hours of quality sleep at night. Many people use mobile phones or laptops late at night. The blue light exposure from screens can reduce melatonin production and delay sleep onset, further disturbing fertility hormones.

Reduce screen time 1-2 hours before bedtime; avoid caffeine and heavy meals at night. This can help your body rest, reset, improve hormone flow, reduce stress, and also naturally boost your fertility. If you are actively planning for a baby, then focusing on improving your sleeping pattern can be helpful.



BY DR JYOTI GUPTA

Trying to balance your hormones or start a family? Your sleep schedule might be more important than you may think. Discover how a good night's sleep can support your hormones and boost your fertility naturally.

Sleep is more than just resting your body. It is also about giving yourself enough time to do crucial internal work, especially when it comes to hormones. In today's busy lifestyle, many people often struggle to get quality sleep for even a few hours. This can lead to sleep deprivation. This can be mainly due to taking too much stress, long and busy working schedules, or excessive screen time. But what one may not realise is how a lack of sleep can silently disrupt your body's natur-



al balance, particularly the hormonal system. Your hormones are responsible for controlling various key functions such as mood, energy levels, metabolism, and most importantly, reproduction. If you are someone who is dealing with problems like irregular periods, low sperm

count, difficulty in conceiving despite continuous efforts, or frequently feeling tired, then your sleeping pattern may be the culprit. Both women as well as men need enough sleep to ensure that their reproductive hormones are working smoothly. One must understand that good quality sleep not only helps boost fertility but also supports your overall health.

The Role of Sleep in Hormonal Balance and Fertility

Your sleep plays a vital role in efficiently balancing the hormones

- The author is the Senior IVF Consultant at Motherhood Hospitals

