

# Press Release

## Distribution Report

A Transformational Roadmap to Inner Truth:  
Amit Katkoria's What's Your Path? Offers a  
Profound Journey into Purpose and Dharma

Total Publishers **286** Potential Reach **4,37,37,651**

14 Jul, 2025

**ANI**  
NEWS INDIA

**मोक्षमार्ग**  
90 English

The  
Print

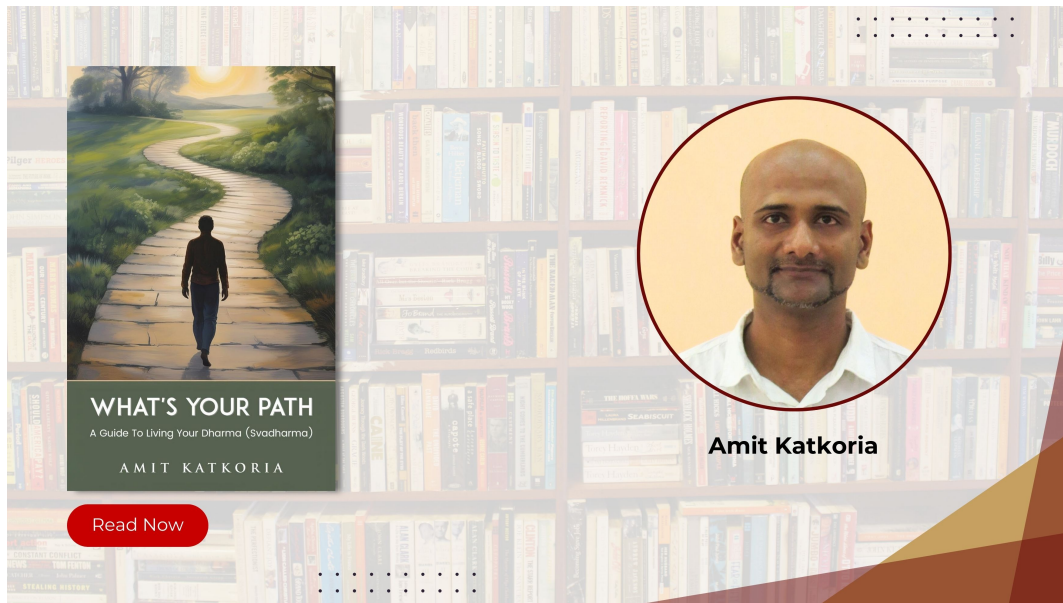
**LATESTLY**

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## Content



### A Transformational Roadmap to Inner Truth: Amit Katkoria's What's Your Path? Offers a Profound Journey into Purpose and Dharma

In today's fast-paced and often disconnected world, many individuals find themselves asking: Who am I, really? What is my true purpose? Am I on the right path? These timeless questions lie at the heart of Amit Vinod Katkoria's powerful new book, *What's Your Path? A Guide to Living Your Dharma (Svadharmas)*—a spiritual and practical guide for those seeking to live a life of authenticity, meaning, and soulful alignment.

Katkoria's work stands at the intersection of ancient Eastern philosophy and contemporary self-development. Drawing deeply from the yogic tradition, particularly the concept of dharma (one's soul path or sacred duty), the author invites readers to explore their true essence and uncover the unique role they are meant to play in the world.

At the core of the book lies the Dharma Types framework—five soul archetypes that serve as guiding templates for self-discovery:

- The Seeker – one who yearns for truth and higher knowledge
- The Creator – the visionary, artist, or innovator driven to build or express
- The Healer – a nurturer who is attuned to the pain and healing of others
- The Teacher – one called to share wisdom, truth, and insight
- The Rebel – the disruptor, change-maker, and non-conformist

Each type is not just explained, but illuminated through storytelling, reflection exercises, and spiritual insights that allow readers to identify with their inner archetype and begin aligning their choices accordingly.

#### More Than a Book—A Sacred Process

What makes *What's Your Path?* stand out is its unique blend of spiritual depth and grounded practicality. Katkoria does not simply explain concepts—he leads the reader through a process of awakening. Each chapter is carefully constructed to peel back layers of resistance, conditioning, and fear that often hold us back from living our svadharma (true calling).

Through meditative reflections, soul-inquiry questions, and integrated practices, the reader is not just learning—they are transforming. The author's calm, compassionate voice invites introspection and deep connection with one's intuitive wisdom.

This book also explores the inner obstacles that prevent us from walking our path—such as the ego, societal expectations, fear of change, and attachment to false identities. With great clarity, Katkoria explains how these inner blocks can be lovingly dismantled, paving the way for a more awakened, empowered life.

### Amit Katkoria: A Modern Mystic with a Mission

Amit Vinod Katkoria brings an impressive background to this work. As a modern-day mystic, yoga teacher, and transformational guide, he is the founder of Yoga Bliss, a Yoga Alliance-registered school where he has mentored seekers, students, and leaders across the world. With over a decade of experience, Amit is a certified E-RYT 500 yoga teacher and a rebalancing bodywork therapist.

What makes his voice unique is the way he merges ancient Indian spiritual traditions—yoga, tantra, chakra wisdom—with contemporary insights from neuroscience, epigenetics, and conscious leadership. This synthesis results in a guide that is not only spiritually nourishing but intellectually stimulating and highly relevant to modern life.

Katkoria's presence in the book is deeply felt—his writing is infused with lived wisdom, gentle authority, and heartfelt encouragement. He does not speak at the reader but walks with them, offering companionship on the journey of self-realization.

### Who Is This Book For?

What's Your Path? is for anyone standing at a life crossroads, searching for meaning beyond material success or external validation. It speaks especially to:

- Yoga and meditation practitioners seeking deeper understanding of dharma
- Coaches, healers, and teachers navigating their own alignment
- Spiritual seekers looking for clarity and inner direction
- Creatives, entrepreneurs, and leaders who want to integrate soul-purpose with their work
- Anyone facing a major life transition—career, relationship, or spiritual awakening

Published by India's leading publishing house, [Astitva Prakashan](#), this book doesn't offer cookie-cutter advice or quick-fix solutions. Instead, it gently nudges readers to slow down, listen within, and reconnect with their sacred essence—the part of them that knows why they are here.

### A Timeless Message for the Modern Soul










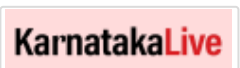







In a time when burnout, disconnection, and spiritual emptiness are becoming the norm, What's Your Path? offers a much-needed invitation to return home—to our truth, to our power, to our soul.







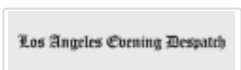








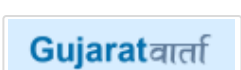

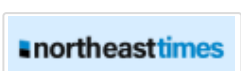

Through his thoughtful and accessible writing, Amit Katkoria reminds us that purpose is not something to be achieved, but something to be remembered. Each of us carries a blueprint within us, and when we align with it, life flows with grace, power, and meaning.








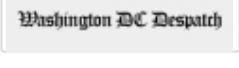

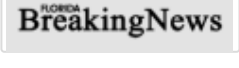








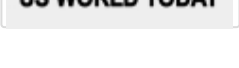
For those ready to stop drifting and start living, this book is the lighthouse guiding the way. What's Your Path? is not just a read—it is an experience of remembering who you truly are.




















Buy Book: <https://www.amazon.in/dp/9370022503>




















## PR Links



















#	Logo	Media	Potential Audience	Action
1.		Tribune	1,35,89,110	<a href="#">View Release</a>
2.		ANI	76,65,066	<a href="#">View Release</a>
3.		The Print	70,78,165	<a href="#">View Release</a>
4.		Lokmat English	18,53,224	<a href="#">View Release</a>
5.		Latestly_	3,37,795	<a href="#">View Release</a>
6.		Punjab Live	1,55,501	<a href="#">View Release</a>
7.		Indian News Network	1,54,190	<a href="#">View Release</a>
8.		South India News	1,53,460	<a href="#">View Release</a>
9.		Gujarat Samachar	1,52,460	<a href="#">View Release</a>
10.		Karnataka Live	1,52,140	<a href="#">View Release</a>
11.		New York Despatch	1,51,692	<a href="#">View Release</a>
12.		Jharkhand Times	1,51,621	<a href="#">View Release</a>
13.		European Sun Times	1,51,480	<a href="#">View Release</a>
14.		Haryana Today	1,51,273	<a href="#">View Release</a>
15.		Himachal Patrika	1,51,260	<a href="#">View Release</a>
16.		British Columbia Times	1,51,250	<a href="#">View Release</a>
17.		Richmond Evening News	1,50,950	<a href="#">View Release</a>




















18.		Maldives Star Plus	1,50,481	<a href="#">View Release</a>
19.		Mountain View Sentinel	1,50,178	<a href="#">View Release</a>
20.		Birmingham All News Network	1,50,000	<a href="#">View Release</a>
21.		World News Network	1,49,999	<a href="#">View Release</a>
22.		Indian Economic Observer	1,49,850	<a href="#">View Release</a>
23.		Bihar 24x7	1,49,850	<a href="#">View Release</a>
24.		Los Angeles Evening Despatch	1,49,843	<a href="#">View Release</a>
25.		Chhattisgarh Today	1,49,813	<a href="#">View Release</a>
26.		England News Portal	1,49,624	<a href="#">View Release</a>
27.		British News Network	1,49,501	<a href="#">View Release</a>
28.		UP Today	1,49,301	<a href="#">View Release</a>
29.		Srilanka Island News	1,49,132	<a href="#">View Release</a>
30.		Dubai City Reporter	1,48,979	<a href="#">View Release</a>
31.		Madhya Pradesh Chronicle	1,48,971	<a href="#">View Release</a>
32.		Capitol Hill Reporter	1,48,952	<a href="#">View Release</a>
33.		Gujarat Varta	1,48,952	<a href="#">View Release</a>
34.		Buffalo Despatch	1,48,920	<a href="#">View Release</a>
35.		North East Times	1,48,920	<a href="#">View Release</a>
36.		Toronto Sun Times	1,48,761	<a href="#">View Release</a>


37.		West Bengal Khabar	1,48,651	<a href="#">View Release</a>
38.		Telangana Journal	1,48,612	<a href="#">View Release</a>
39.		East Coast American News	1,47,989	<a href="#">View Release</a>
40.		France Network Times	1,47,898	<a href="#">View Release</a>
41.		Vanakkam Tamil Nadu	1,47,892	<a href="#">View Release</a>
42.		Vancouver Herald	1,47,892	<a href="#">View Release</a>
43.		Bihar Times	1,47,890	<a href="#">View Release</a>
44.		Washington Dc Despatch	1,47,890	<a href="#">View Release</a>
45.		Rajasthan Ki Khabar	1,47,860	<a href="#">View Release</a>
46.		Florida Breaking News	1,47,845	<a href="#">View Release</a>
47.		Odisha Post	1,47,560	<a href="#">View Release</a>
48.		Middle East Times	1,47,560	<a href="#">View Release</a>
49.		UAE Times	1,46,890	<a href="#">View Release</a>
50.		San Francis Costar	1,46,578	<a href="#">View Release</a>
51.		Kashmir Breaking News	1,45,950	<a href="#">View Release</a>
52.		Kashmir Newslne	1,45,890	<a href="#">View Release</a>
53.		London Channel News	1,45,879	<a href="#">View Release</a>
54.		White House News Time	1,45,793	<a href="#">View Release</a>
55.		Us World Today	1,45,720	<a href="#">View Release</a>
















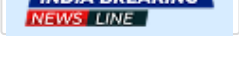
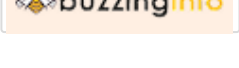


56.		Andhra Pradesh Mirror	1,45,671	<a href="#">View Release</a>
57.		Miami News Herald	1,45,637	<a href="#">View Release</a>
58.		Delhi Live News	1,45,261	<a href="#">View Release</a>
59.		Maharashtra Samachar	1,45,209	<a href="#">View Release</a>
60.		USA Report	1,45,032	<a href="#">View Release</a>
61.		Eastasiall Newsportal	1,44,456	<a href="#">View Release</a>
62.		Wisconsin Journal	1,44,354	<a href="#">View Release</a>
63.		Wall Street Sentinel	1,43,970	<a href="#">View Release</a>
64.		Federald Espatch	1,43,681	<a href="#">View Release</a>
65.		West Minster Times	1,43,259	<a href="#">View Release</a>
66.		The Hindustan Express	1,41,205	<a href="#">View Release</a>
67.		123 men Life	1,05,200	<a href="#">View Release</a>
68.		Daily gossip online	90,856	<a href="#">View Release</a>
69.		Popular Reads	89,691	<a href="#">View Release</a>
70.		News Eagle India	68,979	<a href="#">View Release</a>
71.		Rabale	68,005	<a href="#">View Release</a>
72.		India Times News	67,267	<a href="#">View Release</a>
73.		Punjab News Update	67,010	<a href="#">View Release</a>
74.		India state News	66,397	<a href="#">View Release</a>




















75.		Indian Press Wire	65,857	<a href="#">View Release</a>
76.		Manipur News World	65,144	<a href="#">View Release</a>
77.		Indian Pulse Media	64,857	<a href="#">View Release</a>
78.		News Wave India	64,567	<a href="#">View Release</a>
79.		India Story Line	63,381	<a href="#">View Release</a>
80.		Latest News Karnataka	63,139	<a href="#">View Release</a>
81.		Nagaland News 24x7	62,487	<a href="#">View Release</a>
82.		News Pulse India	61,775	<a href="#">View Release</a>
83.		Mizoram News Buzz	61,307	<a href="#">View Release</a>
84.		Mizoram News Voice	60,823	<a href="#">View Release</a>
85.		Bihar News Watch	60,600	<a href="#">View Release</a>
86.		Rajasthan News Time	58,830	<a href="#">View Release</a>
87.		Rajasthan Headlines	58,301	<a href="#">View Release</a>
88.		Indian press Connect	58,268	<a href="#">View Release</a>
89.		Indian News Views	58,195	<a href="#">View Release</a>
90.		Odisha News Voice	57,854	<a href="#">View Release</a>
91.		Indian Press Coverage	57,511	<a href="#">View Release</a>
92.		Latest News Himachal	56,011	<a href="#">View Release</a>
93.		Jharkhand News Hub	55,956	<a href="#">View Release</a>



















94.		Telangana News Spot	54,841	<a href="#">View Release</a>
95.		Tamilnadu News Update	54,751	<a href="#">View Release</a>
96.		Sikkim News Update	54,058	<a href="#">View Release</a>
97.		Maharashtra Portal	53,082	<a href="#">View Release</a>
98.		Punjab News Network	52,589	<a href="#">View Release</a>
99.		Jammu and Kashmir News Report	51,604	<a href="#">View Release</a>
100.		Meghalaya News Daily	51,411	<a href="#">View Release</a>
101.		Jharkhand India News Agency	50,262	<a href="#">View Release</a>
102.		Karnataka News Network	50,236	<a href="#">View Release</a>
103.		Nagaland News Watch	50,137	<a href="#">View Release</a>
104.		Odisha News Hour	48,976	<a href="#">View Release</a>
105.		Kerala News Journal	47,642	<a href="#">View Release</a>
106.		Karnataka News Room	47,516	<a href="#">View Release</a>
107.		Sandwich	47,439	<a href="#">View Release</a>
108.		Mizoram News Pulse	45,309	<a href="#">View Release</a>
109.		Maharashtra NewsFlash	44,768	<a href="#">View Release</a>
110.		Madhya Pradesh News Tribune	44,331	<a href="#">View Release</a>
111.		New India 24x7	43,298	<a href="#">View Release</a>




















112.		India Press Buzz	14,050	<a href="#">View Release</a>
113.		India press Coverage	10,960	<a href="#">View Release</a>
114.		India Bulletin Live	10,895	<a href="#">View Release</a>
115.		India Today Daily	10,861	<a href="#">View Release</a>
116.		India Buzz News	10,838	<a href="#">View Release</a>
117.		Times Of India Daily	10,818	<a href="#">View Release</a>
118.		The India Watch	10,784	<a href="#">View Release</a>
119.		The News India Now	10,781	<a href="#">View Release</a>
120.		India Times Online	10,733	<a href="#">View Release</a>
121.		News India Live	10,705	<a href="#">View Release</a>
122.		India Wire Channel	10,680	<a href="#">View Release</a>
123.		Himachal Pradesh News Flash	10,663	<a href="#">View Release</a>
124.		India Today Newsflash	10,662	<a href="#">View Release</a>
125.		India Brief Update	10,642	<a href="#">View Release</a>
126.		Go Read It Right	10,614	<a href="#">View Release</a>
127.		India Global Live	10,595	<a href="#">View Release</a>
128.		Indian For Media	10,589	<a href="#">View Release</a>
129.		News Indian Link	10,585	<a href="#">View Release</a>
130.		Topics toknow	10,565	<a href="#">View Release</a>

131.		Buzz Center	10,565	<a href="#">View Release</a>
132.		Indian Daily Press	10,560	<a href="#">View Release</a>
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134.		India Today Times	10,490	<a href="#">View Release</a>
135.		India Watch Live	10,387	<a href="#">View Release</a>
136.		The expertfinds	10,359	<a href="#">View Release</a>
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138.		Indian Former	10,314	<a href="#">View Release</a>
139.		Daily Indiane	10,300	<a href="#">View Release</a>
140.		The India Talks	10,281	<a href="#">View Release</a>
141.		India 24x7 News	10,279	<a href="#">View Release</a>
142.		India News Connect	10,268	<a href="#">View Release</a>
143.		The Daily Discover	10,266	<a href="#">View Release</a>
144.		India Post Daily	10,258	<a href="#">View Release</a>
145.		Haryana News Time	10,249	<a href="#">View Release</a>
146.		Discover Weekly	10,233	<a href="#">View Release</a>
147.		India Live New Update	10,218	<a href="#">View Release</a>
148.		Topics Daily	10,170	<a href="#">View Release</a>
149.		India Vibes Media	10,125	<a href="#">View Release</a>




















150.		India News Wire	10,077	<a href="#">View Release</a>
151.		Indian Headline News	10,014	<a href="#">View Release</a>
152.		India Buzz Feednews	10,012	<a href="#">View Release</a>
153.		District Daily News	9,970	<a href="#">View Release</a>
154.		Indian Headline Buzz	9,890	<a href="#">View Release</a>
155.		The Indian Post	9,856	<a href="#">View Release</a>
156.		Himachal News Report	9,834	<a href="#">View Release</a>
157.		State Newz	9,745	<a href="#">View Release</a>
158.		India Latest News Feed	9,726	<a href="#">View Release</a>
159.		Delhi News Daily	9,670	<a href="#">View Release</a>
160.		Daily India Updates	9,657	<a href="#">View Release</a>
161.		Indian News Channel	9,633	<a href="#">View Release</a>
162.		India Buzz Channel	9,633	<a href="#">View Release</a>
163.		News Indian Bulletin	9,604	<a href="#">View Release</a>
164.		News Indian Update	9,594	<a href="#">View Release</a>
165.		India Breaking News Line	9,528	<a href="#">View Release</a>
166.		Buzzing info	9,510	<a href="#">View Release</a>
167.		Media Minds	9,500	<a href="#">View Release</a>
168.		India News Junction	9,475	<a href="#">View Release</a>













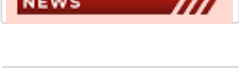
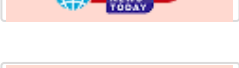
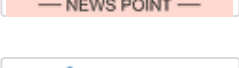




169.		Finance Goa Head	9,454	<a href="#">View Release</a>
170.		News India Connect	9,356	<a href="#">View Release</a>
171.		India latest News Update	9,328	<a href="#">View Release</a>
172.		The readers digest	9,323	<a href="#">View Release</a>
173.		India Viral Newsnow	9,320	<a href="#">View Release</a>
174.		India Mirror News	9,260	<a href="#">View Release</a>
175.		Hoist	9,251	<a href="#">View Release</a>
176.		Indian Express Newsfeed	9,251	<a href="#">View Release</a>
177.		India News Portal	9,200	<a href="#">View Release</a>
178.		Patrolling Wire News	9,170	<a href="#">View Release</a>
179.		The India Brief	9,163	<a href="#">View Release</a>
180.		India Globe Today	9,158	<a href="#">View Release</a>
181.		India Live News Today	9,050	<a href="#">View Release</a>
182.		India Briefings	9,026	<a href="#">View Release</a>
183.		Goa New Time	9,016	<a href="#">View Release</a>
184.		India Pulse Update	9,003	<a href="#">View Release</a>
185.		News India Web	9,000	<a href="#">View Release</a>
186.		News Wires	8,999	<a href="#">View Release</a>
187.		Indian Express Update	8,978	<a href="#">View Release</a>

188.		Standard News Wire	8,953	<a href="#">View Release</a>
189.		My News Today	8,951	<a href="#">View Release</a>
190.		Gossip Today	8,921	<a href="#">View Release</a>
191.		Expert Arenas	8,898	<a href="#">View Release</a>
192.		Indian News Daily Update	8,877	<a href="#">View Release</a>
193.		News India Times	8,842	<a href="#">View Release</a>
194.		India Buzz Times	8,823	<a href="#">View Release</a>
195.		India News Nation	8,819	<a href="#">View Release</a>
196.		News Mirror	8,792	<a href="#">View Release</a>
197.		India Wire News	8,723	<a href="#">View Release</a>
198.		News India Talks	8,719	<a href="#">View Release</a>
199.		Indian Express Daily	8,709	<a href="#">View Release</a>
200.		Goa News Online	8,705	<a href="#">View Release</a>
201.		Indian Express News	8,678	<a href="#">View Release</a>
202.		India Breaking Buzz	8,632	<a href="#">View Release</a>
203.		Chhattisgarh NewsLine	8,599	<a href="#">View Release</a>
204.		News Today99	8,590	<a href="#">View Release</a>
205.		Tech Times News	8,560	<a href="#">View Release</a>
206.		India Bulletin News	8,552	<a href="#">View Release</a>

207.		India Today Live Update	8,549	<a href="#">View Release</a>
208.		India Current Affairs	8,544	<a href="#">View Release</a>
209.		India Flash Bulletin	8,544	<a href="#">View Release</a>
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211.		Indian News Beat	8,527	<a href="#">View Release</a>
212.		News India Point	8,499	<a href="#">View Release</a>
213.		India Today Updates	8,483	<a href="#">View Release</a>
214.		The Indian Post Online	8,456	<a href="#">View Release</a>
215.		India Press Dispatch	8,447	<a href="#">View Release</a>
216.		India Flash News	8,377	<a href="#">View Release</a>
217.		India Today Headline	8,359	<a href="#">View Release</a>
218.		News Indian Pulse	8,351	<a href="#">View Release</a>
219.		Top Icsarena	8,345	<a href="#">View Release</a>
220.		India Global News	8,332	<a href="#">View Release</a>
221.		News India Connectivity	8,294	<a href="#">View Release</a>
222.		The India Times Online	8,292	<a href="#">View Release</a>
223.		India Flashnewsfeed	8,266	<a href="#">View Release</a>
224.		India Watch Daily	8,249	<a href="#">View Release</a>
225.		India News Break	8,240	<a href="#">View Release</a>

226.		Village Voice News	8,223	<a href="#">View Release</a>
227.		India Live News	8,194	<a href="#">View Release</a>
228.		daily Street Journal	8,188	<a href="#">View Release</a>
229.		Gujarat Watch	8,187	<a href="#">View Release</a>
230.		India Tribune Times	8,186	<a href="#">View Release</a>
231.		Daily News India Online	8,161	<a href="#">View Release</a>
232.		India Wire Media	8,150	<a href="#">View Release</a>
233.		India Current Update	8,130	<a href="#">View Release</a>
234.		India Press Journal	8,096	<a href="#">View Release</a>
235.		Indian News Update	8,095	<a href="#">View Release</a>
236.		News India Headline	8,088	<a href="#">View Release</a>
237.		India Live News Feed	8,068	<a href="#">View Release</a>
238.		India Latest News	8,057	<a href="#">View Release</a>
239.		India Reporter Live	8,052	<a href="#">View Release</a>
240.		Haryana News Line	8,043	<a href="#">View Release</a>
241.		Topics Everyday	8,024	<a href="#">View Release</a>
242.		India World News	8,000	<a href="#">View Release</a>
243.		Insider India Times	8,000	<a href="#">View Release</a>
244.		Report Today	8,000	<a href="#">View Release</a>

245.		Report India	7,880	<a href="#">View Release</a>
246.		The Report World	7,659	<a href="#">View Release</a>
247.		Nagpur Project News	7,590	<a href="#">View Release</a>
248.		The Quick Update	7,560	<a href="#">View Release</a>
249.		Weekly News Report	7,554	<a href="#">View Release</a>
250.		Business Line Print	7,500	<a href="#">View Release</a>
251.		Traveller News India	7,500	<a href="#">View Release</a>
252.		Now Report	7,000	<a href="#">View Release</a>
253.		Quick News Now	7,000	<a href="#">View Release</a>
254.		Latest News Today	6,980	<a href="#">View Release</a>
255.		India Globalnews	6,890	<a href="#">View Release</a>
256.		Chronicle Today News	6,870	<a href="#">View Release</a>
257.		News India	6,800	<a href="#">View Release</a>
258.		Report World	6,751	<a href="#">View Release</a>
259.		India Forbes News	6,570	<a href="#">View Release</a>
260.		Brief Buzz	6,548	<a href="#">View Release</a>
261.		The Report Net	6,500	<a href="#">View Release</a>
262.		News Today Pro	6,500	<a href="#">View Release</a>
263.		Report News	6,500	<a href="#">View Release</a>

264.		Andhra News Digest	6,451	<a href="#">View Release</a>
265.		Indian World News	6,000	<a href="#">View Release</a>
266.		The News Net	5,990	<a href="#">View Release</a>
267.		The Daily Glimpse	5,900	<a href="#">View Release</a>
268.		Rapid Report	5,890	<a href="#">View Release</a>
269.		Story India	5,752	<a href="#">View Release</a>
270.		Reach News	5,743	<a href="#">View Release</a>
271.		Newz Today 24	5,648	<a href="#">View Release</a>
272.		Scroll India News	5,550	<a href="#">View Release</a>
273.		Standard Today News	5,267	<a href="#">View Release</a>
274.		Insightful News	5,050	<a href="#">View Release</a>
275.		Top reads	5,000	<a href="#">View Release</a>
276.		Express Times News	5,000	<a href="#">View Release</a>
277.		State News Today	4,950	<a href="#">View Release</a>
278.		Tripura News Point	4,845	<a href="#">View Release</a>
279.		Enrich Daily	4,651	<a href="#">View Release</a>
280.		India Career Week	4,578	<a href="#">View Release</a>
281.		Post Times News	4,560	<a href="#">View Release</a>
282.		Trend tellers	4,523	<a href="#">View Release</a>

283.		News Economic India	4,500	<a href="#">View Release</a>
284.		Tripura News Central	4,151	<a href="#">View Release</a>
285.		ConsumeTrue	2,749	<a href="#">View Release</a>
286.		Uttarakhand News Wire	1,165	<a href="#">View Release</a>



**Thank You**