

# PR ACTIVITY REPORT - JANUARY 2023



## VALUE

**Total Ad. value generated in the month of January 2023 was approximately INR 62 Lakh and above, which translates to approximate PR value of INR 3.10cr.**

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S. No.	Publication	News Link
1	The Times of India	<a href="https://timesofindia.indiatimes.com/life-style/relationships/ask-the-expert/my-husband-fat-shames-me-in-front-of-everyone/articleshow/96679659.cms">https://timesofindia.indiatimes.com/life-style/relationships/ask-the-expert/my-husband-fat-shames-me-in-front-of-everyone/articleshow/96679659.cms</a>
2	Samayam Telugu	<a href="https://telugu.samayam.com/lifestyle/relationships/how-to-deal-with-a-quiet-husband-know-here-relationship-problem-solutions/articleshow/96690383.cms">https://telugu.samayam.com/lifestyle/relationships/how-to-deal-with-a-quiet-husband-know-here-relationship-problem-solutions/articleshow/96690383.cms</a>
3	The Times of India	<a href="https://timesofindia.indiatimes.com/life-style/relationships/love-sex/his-story/her-story-my-husband-is-a-spineless-man-who-cannot-even-take-a-stand-for-himself/articleshow/96675948.cms">https://timesofindia.indiatimes.com/life-style/relationships/love-sex/his-story/her-story-my-husband-is-a-spineless-man-who-cannot-even-take-a-stand-for-himself/articleshow/96675948.cms</a>
4	MSN News	<a href="https://www.msn.com/en-in/lifestyle/lifestylegeneral/relationship-problems-%E0%B0%A8%E0%B0%BE-%E0%B0%85%E0%B0%A4%E0%B1%8D%E0%B0%A4%E0%B0%AE%E0%B0%BE%E0%B0%AE%E0%B0%B2%E0%B1%81-%E0%B0%B8%E0%B0%A1%E0%B1%86%E0%B0%A8%E0%B1%8D%E2%80%8C%E0%B0%97%E0%B0%BE-%E0%B0%B0%E0%B1%82%E0%B0%AE%E0%B1%8D%E2%80%8C%E0%B0%B2%E0%B1%8B%E0%B0%95%E0%B0%BF-%E0%B0%B5%E0%B0%B8%E0%B1%8D%E0%B0%A4%E0%B1%81%E0%B0%A8%E0%B1%8D%E0%B0%A8%E0%B0%BE%E0%B0%B0%E0%B1%81-%E0%B0%8F%E0%B0%82-%E0%B0%9A%E0%B1%87%E0%B0%AF%E0%B0%A8%E0%B1%81/amp/ar-AA15TNx">https://www.msn.com/en-in/lifestyle/lifestylegeneral/relationship-problems-%E0%B0%A8%E0%B0%BE-%E0%B0%85%E0%B0%A4%E0%B1%8D%E0%B0%A4%E0%B0%AE%E0%B0%BE%E0%B0%AE%E0%B0%B2%E0%B1%81-%E0%B0%B8%E0%B0%A1%E0%B1%86%E0%B0%A8%E0%B1%8D%E2%80%8C%E0%B0%97%E0%B0%BE-%E0%B0%B0%E0%B1%82%E0%B0%AE%E0%B1%8D%E2%80%8C%E0%B0%B2%E0%B1%8B%E0%B0%95%E0%B0%BF-%E0%B0%B5%E0%B0%B8%E0%B1%8D%E0%B0%A4%E0%B1%81%E0%B0%A8%E0%B1%8D%E0%B0%A8%E0%B0%BE%E0%B0%B0%E0%B1%81-%E0%B0%8F%E0%B0%82-%E0%B0%9A%E0%B1%87%E0%B0%AF%E0%B0%A8%E0%B1%81/amp/ar-AA15TNx</a>
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7	News-Next	<a href="https://www.news-next.in/my-husband-fat-shames-me-in-front-of-everyone/">https://www.news-next.in/my-husband-fat-shames-me-in-front-of-everyone/</a>
8	Netvartha	<a href="https://netivarthain.com/lifestyle/quiet-husband-relationship-problems-%E0%B0%A8%E0%B0%BE-%E0%B0%85%E0%B0%A4%E0%B1%8D%E0%B0%A4%E0%B0%AE%E0%B0%BE%E0%B0%AE%E0%B0%B2%E0%B1%81-%E0%B0%B8%E0%B0%A1%E0%B1%86%E0%B0%A8%E0%B1%8D/">https://netivarthain.com/lifestyle/quiet-husband-relationship-problems-%E0%B0%A8%E0%B0%BE-%E0%B0%85%E0%B0%A4%E0%B1%8D%E0%B0%A4%E0%B0%AE%E0%B0%BE%E0%B0%AE%E0%B0%B2%E0%B1%81-%E0%B0%B8%E0%B0%A1%E0%B1%86%E0%B0%A8%E0%B1%8D/</a>
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27	Flipboard News	<a href="https://flipboard.com/topic/karma/law-of-attraction-steps-to-manifest-your-desires-of-2023/a-PvYXxRTIRgSLPqPCbyMYfg%3Aa%3A2776098438-332a8d6ef5%2Fhindustantimes.com">https://flipboard.com/topic/karma/law-of-attraction-steps-to-manifest-your-desires-of-2023/a-PvYXxRTIRgSLPqPCbyMYfg%3Aa%3A2776098438-332a8d6ef5%2Fhindustantimes.com</a>

THE TIMES  
OF INDIA

# "My husband fat shames me in front of everyone"

By - TIMESOFINDIA.COM | Created: Jan 2, 2023, 14:45 IST



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**Query:** My husband keeps calling me fat and casually calls me names like pig, elephant. He makes fun of my body even in the presence of our



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# Relationship Problems : నా అత్తమామలు సడెన్గా రూమ్లోకి వస్తున్నారు.. ఏం చేయను..

Produced by [Ravula Amala](#) | Samayam Telugu | Updated: 2 Jan 2023, 10:08 pm



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Relationship Problems : చాలా వరకూ రిలేషన్ షిప్ అన్నాక గొడవలు ఉంటాయి. అవి కొన్ని సార్లు భార్యాభర్తల మధ్య రావొచ్చు. చుట్టూ ఉన్న మనుషుల కారణంగా...



THE TIMES OF INDIA

సమయం

Telugu



# His story/Her story: "My husband is a spineless man who cannot even take a stand for himself"

By - TIMESOFINDIA.COM | Created: Jan 2, 2023, 15:00 IST

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**Her story:** Ever since we got married, we have been living with my husband's parents. We have our rooms and our lives are very different but



His story/Her story:  
"My husband is a



Your daily horoscope:  
Aquarius & Pisces  
may face serious...



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Capricorn & Aquarius  
will benefit financial...



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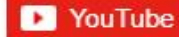


# Relationship Problems : నా అత్తమామలు సడెన్గా రూమ్లోకి వస్తున్నారు.. ఏం చేయను..

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Relationship Problems : చాలా వరకూ రిలేషన్ షిప్ అన్నాక గొడవలు ఉంటాయి. అవి కొన్ని సార్లు భార్యాభర్తల మధ్య రావొచ్చు. చుట్టూ ఉన్న మనుషుల కారణంగా...



World

# “My husband fat shames me in front of everyone” – Times of India

By **Pehal News Team** - January 2, 2023

7 0



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# "My Husband Fat Shames Me In Front Of Everyone"

By  Dennis Chmitz — On Jan 2, 2023



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# "My Husband Fat Shames Me In Front Of Everyone"

By  **Dennis Chmitz** — On **Jan 2, 2023**



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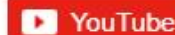


## Relationship Problems : నా అత్తమామలు సడెన్గా రూమ్లోకి వస్తున్నారు.. ఏం చేయను..

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# मेरी कहानी: मेरा पति मुझे खुद से नफरत करने के लिए मजबूर कर रहा है, जिसकी वजह बहुत ही घटिया है

Produced by [Tina](#) | Navbharat Times | Updated: 3 Jan 2023, 10:23 am



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मैं अपने पति से तंग आ गई हूं। ऐसा इसलिए क्योंकि वह मुझे सबके सामने मोटी कहता रहता है। मुझे उसकी ये हरकत बिल्कुल भी अच्छी नहीं लगती है।



**NBT**  
नवभारत टाइम्स



# My Story: My Husband Is Making Me Hate Myself, For The Worst Reason



BY DAMINI SHARMA — JANUARY 3, 2023 — UPDATED: JANUARY 3, 2023    NO COMMENTS    3 MINS READ



*Expert response:*



**AiR Atman in Ravi**

Spiritual leader and Founder of AiR Institute of Realization and  
AiR Center of Enlightenment



## His story/Her story: “My wife uses a lot of foul language at home”

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Updated : Jan 3, 2023, 10:56 IST

All couples have their struggles based on different aspects of life, including jealousy, values, miscommunication, cheating, etc. Here is a couple where the husband feels that his wife...

THE TIMES  
OF INDIA



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*Expert response:*

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Spiritual leader and Founder of AiR Institute of Realization and  
AiR Center of Enlightenment

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HIS AND HER “My wife uses a lot of foul language at home” FINAL

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# 5 Things To Do To Boost Your Wellbeing In Nature This Winter

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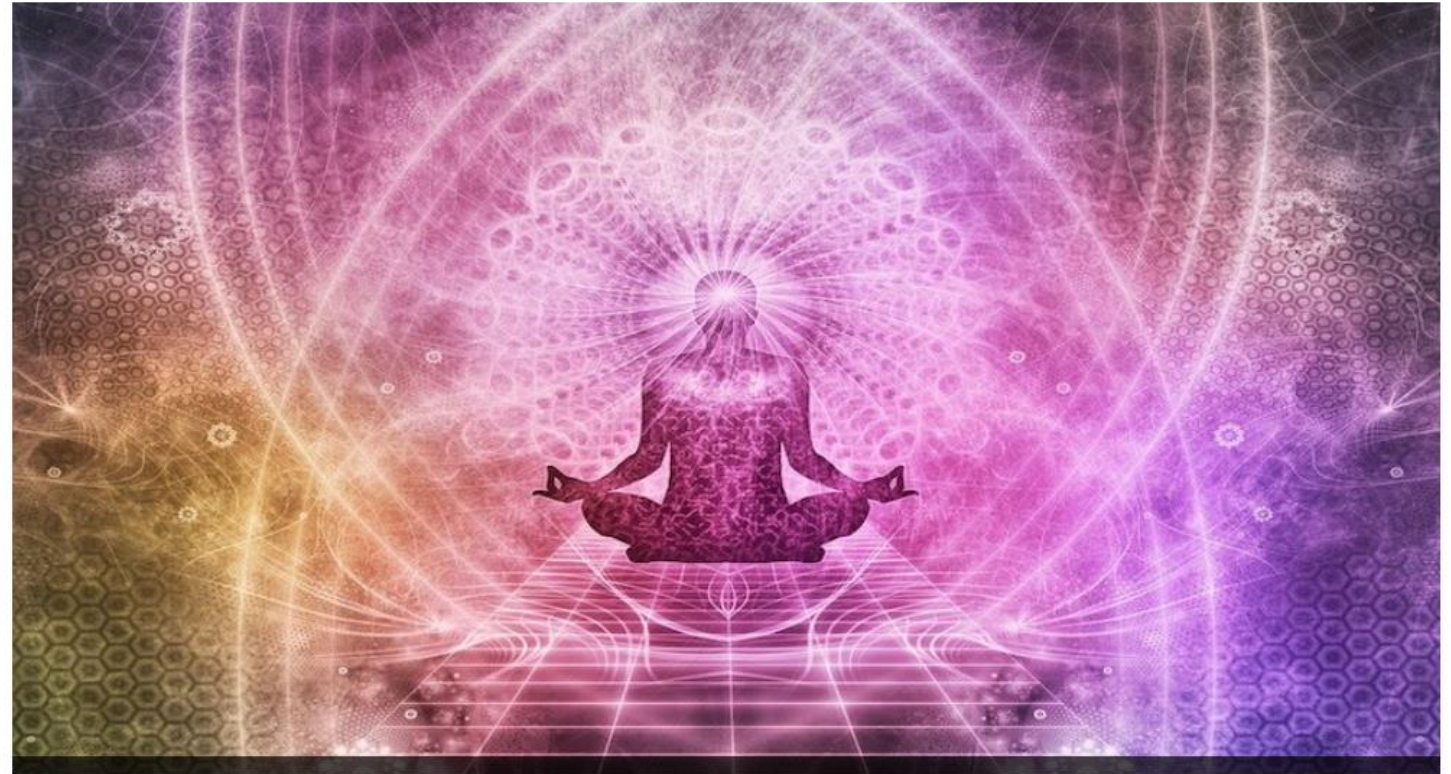
*For true wellbeing, we must go beyond the well-being of the body and the mind, beyond the material world to spirituality*



# 10 Ways To Utilise Your New Year's Resolutions For Spiritual Growth In 2023

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*One way to use a new year resolution to evolve spiritually, is to find a spiritual master, a Guru or a mentor*





# His Story/Her Story: "I can't stand my mother-in-law's evil ways to ruin our marriage"

By - TIMESOFINDIA.COM | Kishori Sud | Created: Jan 9, 2023, 15:00 IST

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**Her story:** My husband's mother keeps creating misunderstandings



His Story/Her Story: "I can't stand my mother-in-law's evil..."



Your daily horoscope: Gemini & Scorpio must keep tabs on...



High Import Tariff Adding Fillip to Illicit Gold Trade



Your daily horoscope: Leo and Aquarius may experience...



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Video title: *Expert response:*

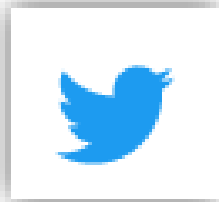
Video content: A man in a white jacket, identified as AiR Atman in Ravi, speaking in a snowy mountain setting.

Video description: **AiR Atman in Ravi**  
Spiritual leader and Founder of AiR Institute of Realization and AiR Center of Enlightenment

Video player controls: Volume icon, Full screen icon.

Caption: His story/ Her story: "My husband's obsession with a spiritual guru is ru..."

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“My mother had been playing Chinese whisper with both of us, creating a rift in our marriage.”  
[#relationship](#)



[timesofindia.indiatimes.com](https://timesofindia.indiatimes.com)  
His Story/Her Story: "I can't stand my mother-in-law's evil ...  
My husband's mother keeps creating misunderstandings between us by saying different things to both of us when ...

5:31 PM · Jan 9, 2023 · **80** Views

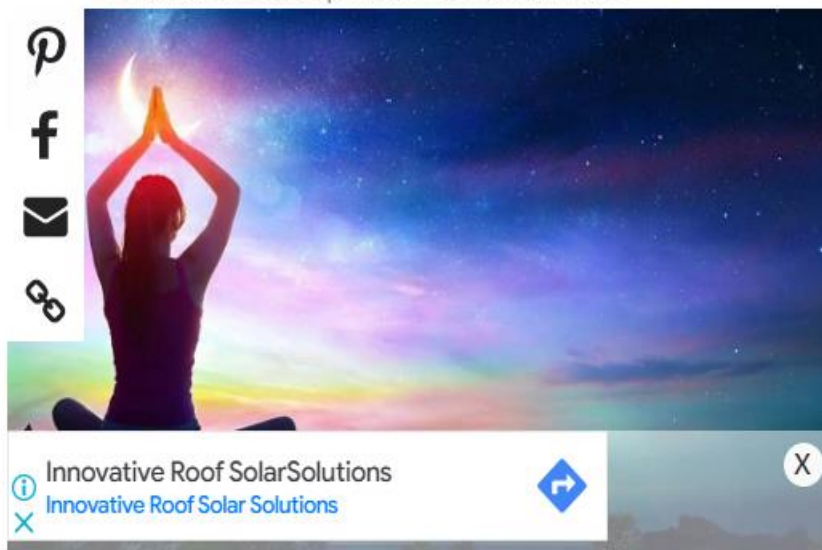
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## Spirituality and air



[AiR Atman in Ravi](#)

Hans News Service | 14 Jan 2023 11:30 PM IST



Innovative Roof Solar Solutions  
[Innovative Roof Solar Solutions](#)




X

### HIGHLIGHTS

Spirituality is the science of the Spirit, the Soul, the Atman, the life energy within us

Spirituality and air







**AiR Atman in Ravi**  
Spiritual leader and Founder of  
AiR Institute of Realization and  
AiR Center of Enlightenment

**Expert response:**


**His Story/Her Story: "I can't stand my mother-in-law's evil ways to ruin our marriage"**

Updated : Jan 13, 2023, 11:04 IST


All couples have their struggles based on different aspects of life, including jealousy, values,


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# THE TIMES OF INDIA


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#relationships #marriage #herstory


His Story/Her Story: "I can't stand my mother-in-law's evil ways to ruin our marriage"




# "My in-laws hid my husband's bipolar personality disorder"

By - TIMESOFINDIA.COM | Created: Jan 16, 2023, 13:18 IST


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**Query:** We got married within 7 months of meeting and it was an




"My in-laws hid my husband's bipolar"



"My wife is too possessive about me"



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"My husband shames me"

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# His story/Her story: “My wife splurges all her salary on shopping and does not contribute to our household”

By - TIMESOFINDIA.COM | Created: Jan 16, 2023, 15:00 IST

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**His story:** “My wife has no interest in saving and she spends all her salary

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His story/Her story:  
“My wife splurges all



Your daily horoscope:  
Scorpio & Sagittarius



High Import Tariff  
Adding Fillip to Illicit



Your daily horoscope:  
Aries & Libra are like

World

# “My in-laws hid my husband’s bipolar personality disorder” – Times of India

By **Pehal News Team** - January 16, 2023

12 0



# “My wife is overly possessive and it scares me”

By - TIMESOFINDIA.COM | Created: Jan 26, 2023, 12:00 IST

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Query: We had a love marriage and we dated for good 4 years before we walked down the aisle. But to my surprise, she changed like night and day



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## Law of Attraction: Steps to manifest your desires of 2023

Relationships

Updated on Jan 30, 2023 06:32 PM IST

Want to master the art of manifestation as you crave love, romance, money, intellect or success? Here's all you need to know about the Law of Attraction and steps to manifest your desires of 2023



Law of Attraction: Steps to manifest your desires of 2023 (Image by Mohamed Hassan from Pixabay )

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Thank You