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PRESS RELEASE DISTRIBUTION REPORT

PR Impact Report

FORMAT
Press release

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17 November 2026

THE RELEASE

How Vidya Raj Sharma Is Busting Social Media Health Myths with Expert Doctors and Fitness Coaches on FitNest Podcast

Full article inside this report

220
LIVE PUBLICATIONS
Verified, live release links

773.6M+
POTENTIAL REACH
Combined outlet audience

95
TOP DOMAIN AUTHORITY
Highest-ranked outlet

FEATURED IN

Google News · yahoo!news · The Eastern Herald · VIESTORIES · Business News This Week · OneArabia

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THE RELEASE

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Full article inside this report

PRESS RELEASE · Content & sentiment · 17 Nov 2026

How Vidya Raj Sharma Is Busting Social Media Health Myths with Expert Doctors and Fitness Coaches on FitNest Podcast



Five episodes into Season 1, the Mumbai-made Hinglish health podcast is building a Myth Library of expert verdicts on the health beliefs Indians share most

Scroll through any social media feed and health advice appears every few seconds: a detox drink that "melts fat", a diet that "cures" a hormonal condition, a forwarded message warning about a common food. Very little of it comes from someone qualified to give it.

FitNest Podcast was created to change that. Hosted by Vidya Raj Sharma and produced by Mumbai-based Vigyapan Waale, the Hinglish health and wellness video podcast brings qualified doctors and certified fitness and wellness experts into the studio. They answer the questions people actually search for and replace guesswork with evidence.

Show details

- **Show:** FitNest Podcast, Season 1
- **Host:** Vidya Raj Sharma
- **Director:** Raj Sharma
- **Produced by:** Vigyapan Waale

The host who asks what India is Googling

At the centre of every episode is Vidya Raj Sharma, founder and producer of Vigyapan Waale, which has made ad films and digital content since 2016. On FitNest, her role is simple but deliberate. She asks the questions viewers hesitate to ask a doctor, in the everyday Hinglish they speak at home, and lets the expert answer with science.

“We kept seeing people make health decisions based on a 30-second reel,” says Vidya Raj Sharma. “FitNest gives that same viewer 30 minutes with someone who has actually trained, practised and treated patients, and lets them hear the reasoning, not just the claim.”

Experts, not influencers

Every FitNest guest is a qualified professional in their field. Each episode follows the same format: one expert, one topic, a myth-or-fact round with a clear verdict, and a rapid-fire round. Season 1 so far has featured:

- **Swapnil Naik**, Founder, Activ8 Pilates & Rehab Studio
- **Divya Kaur Choudhary**, Nutritionist & Pilates Coach
- **Dr. Anurag Bhate**, Gynaecologist & Endoscopic Surgeon
- **Dr. Shraddha Maheshwari**, Neurosurgeon.
- **Ajay D’Almeida**, Trauma-Informed Psychotherapist & Psychologist

Inside the Myth Library

Each episode’s verdicts become part of FitNest’s Myth Library, a growing collection of health beliefs checked by experts. Highlights from Season 1:

- **“Pilates is just stretching.”** Myth. It trains strength, core control and precise movement, and began as rehabilitation.
- **“Eating rice makes you fat.”** Myth. Portion control matters more than cutting out a single food.

- **“Detox teas flush out fat.”** Myth. They do not remove fat from the body.
- **“Period pain is always normal.”** Myth. Pain that needs a painkiller or disrupts daily life should be checked by a gynaecologist.
- **“PCOS means you can’t get pregnant.”** Myth. It affects ovulation but does not rule out pregnancy.
- **“Every brain tumour needs immediate surgery.”** Myth. Size and symptoms decide the approach.
- **“A seizure always means epilepsy.”** Myth. A one-off seizure can have simple causes such as an electrolyte imbalance.
- **“Quiet, obedient children are always emotionally fine.”** Myth. Silence can be a learned way of staying safe.

Every verdict links to the exact moment in the episode, so viewers hear it from the expert directly rather than through a forward.

Science over gimmicks

FitNest follows a few firm rules. Guests must be qualified in their field. Claims must be evidence-based, with no miracle cures or guaranteed results. Every episode carries a medical disclaimer that the content is education, not personal medical advice. Episodes with doctors are produced as health education in line with the National Medical Commission’s October 2026 guidelines on ethical public communication, with no promotion of procedures, no patient testimonials and registration details disclosed.

A platform for experts who want to set the record straight

FitNest is open to doctors of every specialty and to certified fitness and wellness professionals, including physiotherapists, dietitians, Pilates and yoga instructors, and psychologists, who want to correct the myths their patients and clients bring to them. Applicants share their specialty, a topic, and two myths from their field they want to bust on air. Every episode is recorded in person at the FitNest studio in Malad West, Mumbai.

Experts can apply on the official website.

About FitNest Podcast

FitNest Podcast is a health and fitness video and audio podcast produced by Vigyapan Waale in Malad West, Mumbai, and hosted by Vidya Raj Sharma. New episodes release every Saturday at 5 pm IST on YouTube, Spotify, Apple Podcasts and Amazon Music.

Website: https://fitnestpodcast.com

FitNest Podcast is for general education and awareness only and is not a substitute for professional medical advice.

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Top 25 published links by potential audience

All 220 live release links are listed in the full publication directory that follows.

#	LOGO	PUBLICATION	DA	PA	AUDIENCE
1	Google News	Google	95	89	369.5M
2	yahoo!news	Yahoo	93	75	239.8M
3	OneArabia	One Arabia	84	<25	57M
4	Oneindia	One India	83	<25	57M
5	సాక్షి SAKSHI.COM	Sakshi Post	70	<25	16M
6	PUNJAB KESARI ENGLISH	Punjab Kesari	75	<25	9.6M
7	REPUBLIC.	Republic World	77	<25	6.3M
8	भास्कर DIGITAL	Bhaskar Digital	78	<25	4.7M
9	THE DAILY Jagran	Daily Jagran	80	<25	4.5M
10	india shorts	India Shorts	66	48	2M
11	The Eastern Herald	Eastern Herald	62	45	1.5M
12	Business upturn	Business Upturn	70	52	1M
13	NT NEWSTRACK	News Track	38	<25	906.6K
14	H. india herald.	India Herald	50	<25	887.9K
15	NORTHEAST NOW	North East Now	51	<25	340.1K
16	VIESTORIES	Vie Stories	54	48	272.1K
17	NORTHEAST NEWS	North East News	36	<25	235.2K
18	Business News This Week	Business News this week	40	50	51.1K
19	INDIA GLOBAL LIVE	India Global Live	25	27	14.9K
20	INDIAN PRESS WIRE	Indian Press Wire	30	26	14.8K
21	BRIEF BUZZ	Brief Buzz	<25	<25	14.6K
22	INSIGHTFUL NEWS	Insightful News	<25	30	14.6K
23	INDIA TIMES ONLINE	India Times Online	29	28	14.5K
24	THE INDIA WATCH	The India Watch	26	<25	14.4K
25	VVN VILLAGE VOICE NEWS	Village Voice News	29	26	14.4K

DA = Domain Authority · PA = Page Authority (see glossary)

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All live links · outlets 26–74

220 live publications · sorted by audience

#	LOGO	PUBLICATION	DA	REACH
26	Karnataka	Karnataka News Network	28	14.4K
27	DND	Delhi News Daily	29	14.3K
28	24 Gossip Today	Gossip Today	<25	14.3K
29	Standard Today News	Standard Today News	<25	14.3K
30	Traveller News India	Traveller News India	<25	14.2K
31		India Buzz News	25	14.1K
32	Andhra News Digest	Andhra News Digest	30	14.1K
33	Latest News Today	Latest News Today	<25	13.9K
34	India Latest News	India Latest News	27	13.9K
35	L N H	Latest News Himachal	27	13.8K
36	India Live News Feed	India Live News Feed	27	13.8K
37	Indian Press Coverage	Indian Press Coverage	26	13.7K
38	Tribune	India Tribune Times	28	13.7K
39	India Breaking Buzz	India Breaking Buzz	30	13.7K
40	Newz Today 24	Newz Today 24	<25	13.6K
41	News India	News India Connectivity	27	13.5K
42	District Daily News	District Daily News	28	13.3K
43	Medias Minds	Media Minds	29	13.3K
44	Indian Bulletin	News Indian Bulletin	26	13.2K
45	Odisha	Odisha News Hour	30	13.2K
46	Quick News Now	Quick News Now	<25	13.2K
47	India Brief Update	India Brief Update	30	13.1K
48	India Press Dispatch	India Press Dispatch	28	13.1K
49	Uttarakhand News Wire	Uttarakhand News Wire	28	13.1K
50	Sandwich	Sandwich	27	13K

#	LOGO	PUBLICATION	DA	REACH
51	Goa New Time	Goa New Time	26	12.9K
52	India Bulletin News	India Bulletin News	26	12.9K
53	India Today Times	India Today Times	28	12.9K
54	India Wire News	India Wire News	30	12.7K
55	News India	News India	<25	12.6K
56	Indian Pulse Media	Indian Pulse Media	28	12.5K
57	India Mirror News	India Mirror News	30	12.5K
58	India Career Week	India Career Week	<25	12.4K
59	India Bulletin Live	India Bulletin Live	27	12.4K
60	Maharastra Portal	Maharashtra Portal	27	12.4K
61	Reach News	Reach News	<25	12.3K
62	Trends Tellers	Trend stellers	<25	12.3K
63	India Buzz Feednews	India Buzz Feednews	29	12.2K
64	The Daily Glimpse	The Daily Glimpse	<25	12.2K
65	Gujarat Watch	Gujarat Watch	30	12.2K
66	Indian Headline Buzz	Indian Headline Buzz	28	12.1K
67	Jharkhand India News Agency	Jharkhand India News Agency	26	12.1K
68	Rajasthan Headlines	Rajasthan Headlines	27	12.1K
69	India Latest News Feed	India Latest News Feed	27	12.1K
70	India Flash Bulletin	India Flash Bulletin	30	12K
71	Express Times News	Express Times News	<25	12K
72	The Indian Post	The Indian Post	29	12K
73	Indian News Daily Update	Indian News Daily Update	30	11.9K
74	The Quick Update	The Quick Update	<25	11.8K

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All live links · outlets 75–122

220 live publications · sorted by audience

#	LOGO	PUBLICATION	DA	REACH
75		News India Network	25	11.7K
76		Patrolling Wire News	<25	11.7K
77		The Hindustan Express	27	11.6K
78		Chronicle Today News	<25	11.5K
79		India Pulse Update	27	11.5K
80		India press Coverage	25	11.4K
81		Indian Former	26	11.3K
82		News India Web	<25	11.3K
83		News Today99	<25	11.2K
84		Karnataka News Room	27	11.2K
85		Indsider India Times	<25	11.1K
86		India Flash News	26	11K
87		India Briefings	25	11K
88		Top Icsarena	27	10.9K
89		News Wave India	28	10.8K
90		India News Junction	29	10.8K
91		Indian Daily Press	30	10.6K
92		India Current Affairs	25	10.6K
93		The News Net	<25	10.6K
94		Tripura News Central	25	10.5K
95		Report Today	<25	10.4K
96		Story India	<25	10.4K
97		India Today Updates	29	10.4K
98		India News Break	27	10.3K

#	LOGO	PUBLICATION	DA	REACH
99		Indian News Channel	29	10.3K
100		Times Of India Daily	25	10.3K
101		Daily India Updates	27	10.3K
102		India Current Update	25	10.2K
103		Buzzing info	25	10.1K
104		Standard News Wire	25	10K
105		News Economic India	<25	10K
106		India News Connect	26	9.9K
107		Business Line Print	<25	9.9K
108		Scroll India News	<25	9.9K
109		Daily News India Online	<25	9.8K
110		Madhya Pradesh News Tribune	26	9.7K
111		News India Live	28	9.7K
112		India Live News	27	9.6K
113		Odisha News Voice	30	9.6K
114		Report World	<25	9.5K
115		Nagaland News Watch	27	9.4K
116		India News Wire	26	9.3K
117		Report News	<25	9.3K
118		News India Point	30	9.2K
119		Telangana News Spot	28	9.1K
120		India News Nation	28	9.1K
121		The India Talks	26	9.1K
122		India Flashnewsfeed	27	9K

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All live links · outlets 123–170

220 live publications · sorted by audience

#	LOGO	PUBLICATION	DA	REACH
123		Tech Times News	<25	9K
124		India Buzz Times	25	9K
125		India Reporter Live	30	8.9K
126		Punjab News Network	26	8.7K
127		Now Report	<25	8.7K
128		News India Times	30	8.6K
129		India Press Buzz	27	8.6K
130		The Report Net	<25	8.6K
131		India Times News	30	8.6K
132		New India 24×7	26	8.5K
133		Nagaland News 24×7	27	8.4K
134		News Indian Update	29	8.4K
135		Bihar News Watch	28	8.4K
136		Indian World News	<25	8.4K
137		India Wire Channel	27	8.4K
138		Himachal Pradesh News Flash	30	8.4K
139		Tripura News Point	25	8.3K
140		Punjab News Update	28	8.3K
141		India Post Daily	26	8.3K
142		The Report World	<25	8.3K
143		Tamilnadu News Update	28	8.2K
144		Mizoram News Pulse	26	8.2K
145		Maharashtra NewsFlash	27	8.2K
146		India Today Daily	26	8.2K
147		Himachal News Report	28	8K
148		Daily Indiane	29	8K
149		India 24×7 News	27	7.9K
150		Post Times News	<25	7.9K
151		Rabale	28	7.8K
152		Mizoram News Voice	30	7.8K
153		India Globe Today	30	7.8K
154		India News Portal	27	7.7K
155		India Watch Daily	25	7.7K
156		India Today Live Update	26	7.6K
157		News Indian Line	26	7.6K
158		Indian Headline News	28	7.5K
159		Goa News Online	27	7.5K
160		Indian News Views	25	7.4K
161		Indian News Update	30	7.4K
162		News Today Pro	<25	7.4K
163		Latest News Karnataka	29	7.4K
164		Indian For Media	30	7.3K
165		The News India Now	27	7.3K
166		Indian Express Newsfeed	28	7.3K
167		Jammu and Kashmir News Report	27	7.3K
168		Indian News Beat	28	7.2K
169		India Watch Live	30	7.2K
170		News India Headline	27	7.2K

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All live links · outlets 171–218

220 live publications · sorted by audience

#	LOGO	PUBLICATION	DA	REACH
171		Rajasthan News Time	28	7.1K
172		India Live News Today	25	7K
173		Jharkhand News Hub	28	7K
174		Indian press Connect	30	6.9K
175		The India Brief	27	6.8K
176		Indian Express News	30	6.8K
177		India World News	<25	6.6K
178		Chhattisgarh NewsLine	29	6.6K
179		News Indian Link	26	6.6K
180		India Buzz Channel	28	6.6K
181		News Pulse India	27	6.5K
182		News Eagle India	30	6.4K
183		India latest News Update	29	6.4K
184		India Press Journal	27	6.4K
185		Mizoram News Buzz	27	6.4K
186		News India Talks	30	6.4K
187		Weekly News Report	<25	6.3K
188		India Vibes Media	26	6.3K
189		The India Times Online	30	6.3K
190		India Today Headline	27	6.2K
191		Indian Express Daily	27	6.2K
192		India Live New Update	26	6.2K
193		Indian Express Update	25	6.1K
194		India Wire Media	28	6K
195		Haryana News Line	29	6K
196		India Today Newsflash	28	5.9K
197		News Mirror	<25	5.9K
198		India Global News	30	5.8K
199		Manipur News World	30	5.8K
200		News Wires	27	5.8K
201		The Indian Post Online	26	5.8K
202		India Forbes News	<25	5.7K
203		My News Today	28	5.7K
204		State Newz	27	5.7K
205		India state News	25	5.7K
206		Indian Focus News	25	5.6K
207		India Story Line	30	5.5K
208		State News Today	<25	5.5K
209		News Indian Pulse	28	5.5K
210		Sikkim News Update	30	5.4K
211		India Globalnews	<25	5.4K
212		Report India	<25	5.3K
213		Rapid Report	<25	5.3K
214		India Breaking News Line	26	5.3K
215		Meghalaya News Daily	28	5.2K
216		India Viral Newsnow	30	5.1K
217		News India Connect	30	5.1K
218		Nagpur Project News	<25	5.1K

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All live links · outlets 219–220

220 live publications · sorted by audience

#	LOGO	PUBLICATION	DA	REACH
219		Kerala News Journal	27	5.1K
220		Haryana News Time	27	5K

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Visibility score breakdown

SENTIMENT	SEO	DA	PA
10/10	**18**/20	**15**/10	**5**/10
Tone of the coverage towards your brand.	Keyword use, structure and depth of the article.	**Domain Authority:** trust in the publishing sites.	**Page Authority:** ranking power of each article.

TRAFFIC	SOURCE	COVERAGE	PLACEMENT
11/20	**5**/10	**4**/10	**5**/10
Estimated visits the published pages attract.	Credibility and tier of the publishing outlets.	Breadth of pickup across outlets and regions.	Prominence of the article on publisher sites.

SEO STRENGTH · How well the article is optimised for search

SCORE 18/20

TARGET KEYWORD	USAGE
FitNest Podcast	6 Times

Assessment: Keyword usage is strong: the exact phrase "FitNest Podcast" appears in the title, H1, and early in the copy, plus related LSI terms enrich relevance. The article's structure includes clear sub-headings, short paragraphs, and bullet-style lists, giving it a solid readability score. Depth is excellent, covering the podcast's...

DISCLAIMER · UNDERSTANDING YOUR SCORE

Visibility builds over time

A newly published PR article is much like a newborn learning to walk — it cannot run on day one. In the same way, Google needs time to discover, crawl, understand and index each new article. Initial scores may therefore be low and should be read as a starting point, not the final result.

1 Discover — 2 Crawl — 3 Understand — 4 Index

How you can improve PR visibility

01

Social media

Share the articles on LinkedIn and other social media platforms.

02

Website visibility

Add the publication links to an "As Featured In" section on your official website.

03

Owned channels

Promote the articles through your newsletters and email signatures.

Important: Scores may improve over time as visibility and other performance signals develop.

Reading this report

Domain Authority (DA)

A 0–100 score of how much search engines trust a website overall. Higher DA means links from that site carry more weight.

Page Authority (PA)

The same idea for a single page — how likely that specific article page is to rank in search.

Potential audience

The estimated readership of each outlet. It shows how many people could see your story, not confirmed views.

Earned media

Coverage a newsroom writes on its own initiative — a bonus beyond distribution.

Indexation

When search engines add the published pages to their results. This takes days to weeks, which is why SEO impact builds over time.

AI answer engines

Tools like ChatGPT, Perplexity and Google AI that answer questions directly, drawing on trusted published sources.

Thank you.

Your coverage stays live and keeps building visibility. Thank you for choosing us to share your story.