



# Ni-kshay Mitra Jan Bhagidari for TB-free India



# MANN KI BAAT

Prime Minister Narendra Modi's Address to the Nation

# **CONTENTS**

	) ]	Prime Minister's Address	1
0	2	Cover Story	
	2.1	Ni-kshay Mitras : Leading India's Fight Against TB	28
0	3	In Brief	
	3.1	Cyclone Biparjoy: India's Exemplary Disaster Management in Action	16
	3.2	Preserving Our Blue Lifeline : The Path to Water Conservation	24
	3.3	The Miyawaki Method: Expanding India's Green Cover	38
	3.4	Baramulla Witnessing White Revolution 2.0	46
	3.5	From Shadows to Limelight: Indian Sports at Global Stage	48
	3.6	<b>Kutty Kahani</b> : A Unique Storytelling Venture Inspired by 'Mann ki Baat'	58
0	4	Articles and Interviews	
	4.1	From Response to Preparedness: India's Transformative Approach to Disaster Management - Lt Gen Syed Ata Hasnain (Retd.)	20
	4.2	Building Inner Strength and Potential - Raj Kumar	22
	4.3	Jan Bhagidari and Compassion : Ni-kshay Mitra - Deepa Malik	34
	4.4	Miyawaki Forests : Vision for a Sustainable Future - Dipen Jain and RK Nair	42
	4.5	Indian Hockey : A Journey of Resilience, Triumph, and Future Glory  – Dilip Tirkey	52
	4.6	Kutty Kahani: Reviving Indian Folklore for Young Audiences - Ananda Shankar Jayant	60
0	5	In Pictures	
	5.1	Jagannath Puri Rath Yatra	54
	5.2	The Saga of Emergency	56
0	6	Media Scan	62

# Prime Minister's Address



### My dear countrymen, Namaskar

Once again a warm welcome to all of you in 'Mann ki Baat'. Usually 'Mann ki Baat' comes your way on the last Sunday of every month, but this time it is being held a week earlier. All of you know, I'll be in America next week and there the schedule is going to be pretty hectic, and hence I thought I'd talk to you before I go, what could be better than that! The blessings of the Janata-Janardan, the people, your inspiration, will also continue to enhance my energy.

Friends, many people say that as Prime Minister I did a certain good work, or some others great work. Many listeners of 'Mann ki Baat' shower praises in their letters. Some say a particular task was performed; others refer to a job well done; some express that a certain work was much better. But when I see the efforts of the common man of India, the sheer hard work, the will power, I myself am moved. Be it the loftiest goal, be it the toughest challenge, the collective might of the

people of India, the collective power, provides a solution to every challenge. Just two-three days ago, we saw how big a cyclone hit the western part of the country... Strong winds, heavy rain. Cyclone Biparjoy caused a lot of destruction in Kutch. But, the courage and preparedness with which the people of Kutch fought such a dangerous cyclone is equally unprecedented too. Just a couple of days later, the people of Kutch are also going to celebrate their new year, that is, Ashadhi Beej. It is also a coincidence that Ashadhi Beej is considered a symbol of the onset of rains in Kutch. I have been going to Kutch for many years... I have also had the good fortune to serve the people there... and that's how I know very well the zest and fortitude of the people of Kutch. Kutch was once considered as never to be able to recover after the devastating earthquake two decades ago... Today, the same district is one of the fastest growing districts of

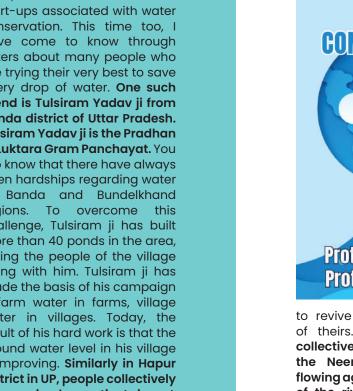




the country. I am sure the people of Kutch will rapidly emerge from the devastation caused by Cyclone Biparjoy.

Friends, no one has any control over natural calamities, but, the strength of disaster management that India has developed over the years, is becoming an example today. There is a significant way to combat natural calamities viz. conservation of nature. These days during monsoon, responsibility in this direction increases manifold. That is why, today the country is making collective efforts through campaigns like 'Catch the Rain'. Last month in 'Mann ki

Baat', we had discussed about start-ups associated with water conservation. This time too, I have come to know through letters about many people who are trying their very best to save every drop of water. One such friend is Tulsiram Yadav ji from Banda district of Uttar Pradesh. Tulsiram Yadav ji is the Pradhan of Luktara Gram Panchayat. You too know that there have always been hardships regarding water in Banda and Bundelkhand regions. To overcome this challenge, Tulsiram ji has built more than 40 ponds in the area, taking the people of the village along with him. Tulsiram ji has made the basis of his campaign - farm water in farms, village water in villages. Today, the result of his hard work is that the ground water level in his village is improving. Similarly in Hapur district in UP, people collectively have revived an extinct river. A long time ago, there used to be a river here named Neem. As time went by, it disappeared, but was always remembered in local memories and folklore. Eventually, people decided





to revive this natural heritage of theirs. On account of the collective efforts of the people, the Neem river has started flowing again. The point of origin of the river, the headwater is also being developed as an **Amrit Sarovar.** 

Friends. these rivers. canals, lakes are not only water sources... life's myriad hues & emotions are also associated with them. A similar scene was observed in Maharashtra just a few days ago. This particular area mostly remains in the grip of drought. After waiting for five decades, the canal work of Nilwande Dam is now being completed here. A few days ago, water was released in the canal during testing. The pictures that came up during this time were really emotional. The people of

#### the village were rejoicing as if it were the Holi-Diwali festival!

Friends, when it comes to management, I will also remember Chhatrapati Shivaji Maharaj today. Along with the bravery of Chhatrapati Shivaji Maharaj, there is a lot to learn from his Governance and management skills. In particular, the work done by Chhatrapati Shivaji Maharaj regarding water management and navy, they raise the glory of Indian history even today. The Sea-forts built by him still stand proudly in the middle of the sea even after so many centuries. The beginning of this month itself marks the completion of 350 years of the coronation of Chhatrapati Shivaji Maharaj. This occasion



350 years of Coronation of CHHATRAPATI MAHARAJ



is being celebrated as a big festival. During this, grand programmes related to it were organized in Raigad Fort in Maharashtra. I remember, many years ago in 2014, I had the good fortune to go to Raigad and pay obeisance to that holy land. It is the duty of all of us to know about the management skills of Chhatrapati Shivaji Maharaj on this occasion and learn from him. This will instill in us a sense of pride in our heritage, and will also inspire us to perform our duties in the future.

My dear countrymen, you must have heard about the tiny squirrel from the Ramayana, who came forward to help build the Ram Setu. What I mean to say is that when the intention is noble, there is honesty in the efforts, no goal remains insurmountable.

Today, India too, with a noble intention, is facing a huge challenge. The challenge is-TB, or tuberculosis. India has resolved to create a TB-free India by 2025. The goal is certainly a lofty one. There was a time when, after coming to know about TB, family members used to turn away, but today TB patients are being helped by making them family members. To eliminate tuberculosis from the root, Nikshay Mitras have taken the lead. A large number of varied organizations social have become Ni-kshay Mitra in the country. Thousands of people in villages & Panchayats have come forward themselves and adopted TB patients. There are many children who have come forward to help TB patients. This public participation is the biggest strength of this



campaign. It is due to this participation, that today, more than 10 lakh TB patients in the country have been adopted... and this is a noble deed on the part of close to 85 thousand Nikshay Mitras. I am happy that many sarpanchs of the country, even the village heads, have taken this initiative that they will spare no effort to uproot TB from their villages.

Shriman Dikar Singh Mewari, a Ni-kshay friend of a village in Nainital, has adopted six TB patients. Similarly, Shriman Gyan Singh, head of a village panchayat of Kinnaur and a Ni-kshay Mitra, also is engaged in providing every necessary help to TB patients in his block. Our children and young friends are also not far behind in the campaign to make India TBfree. Look at the wonder of Nalini Singh, a 7-year-old daughter from Una, Himachal Pradesh. Daughter Nalini, is helping TB patients through her pocket money. You know how much kids love piggy banks, but 13-yearold Meenakshi from Katni district of Madhya Pradesh and 11-year-old Bashwar Mukherjee from Diamond Harbor in West Bengal are both different kids. Both these children have also handed over their piggy bank money to the TB-free-India campaign. All these examples, apart from evoking emotions, are also very inspiring. I heartily appreciate all these children who are thinking big at a tender age.



MIYAWAKI FOREST
An afforestation revolution



My dear countrymen, it is the nature of us Indians to be always ready to welcome new ideas. We love our things and also imbibe new things. An example of this is - Japan's technique Miyawaki; if the soil at some place has not been fertile, then the Miyawaki technique is a very good way to make that area green again. Miyawaki forests spread rapidly and become biodiversity spots in two to three decades. This is now spreading very fast in different parts of India too. Shriman Raafi Ramnath, a teacher from Kerala, changed the scenario of the area with this technique. Actually, Ramnath ji wanted to explain deeply about nature and environment to his students. For this, he went to the extent of creating a herbal garden. His garden has now become a Biodiversity Zone. This success of his inspired him even more. After this, Raafi ji grew a mini forest with

the Miyawaki technique and named it - 'Vidyavanam'. Now only a teacher can come up with such a beautiful name -'Vidyavanam'. In the tiny space in this Vidyavanam of Ramnathji, over 450 trees of 115 varieties were planted. His students also help him in their maintenance. School children from the neighbourhood & common citizens throng in hordes to view this beautiful place. Miyawaki forests can be easily grown anywhere, even in cities. Some time ago, I had inaugurated a Miyawaki forest in Kevadia, Ekta Nagar in Gujarat. In Kutch too, in the memory of the people who died in the 2001 earthquake, a Smriti-Van has been built in the Miyawaki style. Its success in a place like Kutch shows how effective this technology is, even in the toughest of natural environments. Similarly, saplings have been planted in Ambaji and Pavagadh by the

Miyawaki method. I have come to know that a Miyawaki garden is also being created in Aligani, Lucknow. In the last four years, work has been done on more than 60 such forests in Mumbai and its surrounding areas. Now, this technique is being appreciated all over the world. It is being used extensively in many countries like Singapore, Paris, Australia, Malaysia. I would urge the countrymen, especially those living in cities, to make an effort to learn about the Miyawaki method. Through this, you can make invaluable contribution in making our earth and nature green and clean.

My dear countrymen, nowadays there is a lot of discussion about Jammu and Kashmir in our country. Sometimes due to rising tourism, at times due to the spectacular events of G20. Some time ago, I had told you in 'Mann ki Baat' how 'Nadru' of Kashmir

are being relished outside the country as well. Now, the people of Baramulla district of Jammu and Kashmir have done a wonderful job. Farming has been going on in Baramulla for a long time, but here, there was a shortage of milk. The people of Baramulla took this challenge as an opportunity. A large number of people started dairy farming here. The women here came to the forefront of this task, such as a sister – Ishrat Nabi. Ishrat, a graduate, has started Mir Sisters Dairy Farm. About 150 litres of milk is being sold every day from this dairy farm. Similarly, one such friend is from Sopore... Wasim Anayat. Wasim has more than two dozen animals and he sells more than two hundred liters of milk every day. Another youth Abid Hussain is also doing dairy farming. His work is also progressing a lot. Due to the hard work of such people, 5.5 lakh liters of milk is being produced daily in Baramulla.



The entire Baramulla is turning into the symbol of a new 'White Revolution'. During the last 2.5 - 3 years more than 500 dairy units have come up here. The dairy industry of Baramulla is a testimony to the fact that every part of our country is full of possibilities. The collective will of the people of a region can achieve any goal.

My dear countrymen, this month many a great news have come in for India from the sports world. The Indian team has raised the glory of the Tricolor by winning the Women's Junior Asia Cup for the first time. This month itself our Men's Hockey Team has also won the Junior Asia Cup. With that, we have also become the team with the most wins in the history of this tournament. Our junior team also did

wonders in the Junior Shooting World Cup. The Indian team has secured the first position in this tournament. Out of the total gold medals in this tournament, 20% have come in India's account alone. The Asian under Twenty Athletics Championship has also been held this June. In this, India remained in the top three in the medal tally among 45 countries.

earlier there Friends, used to be a time when we used to come to know about international events, but, often there was no mention of India in them. But, today, I am just mentioning the successes of the past few weeks, even then the list becomes so long. This is the real strength of our youth. There are many such sports and competitions, where today, for the first time, India is making her presence felt. For example,

# Sports Culture of India Rising to its Glory





in long jump, Sreeshankar Murali has won a bronze for the country in a prestigious event like the Paris Diamond League. This is India's first medal in this competition. One such similar success has been registered by our Under Seventeen Women Wrestling Team in Kyrgyzstan. I congratulate all these athletes of the country, their parents and coaches for their efforts.

Friends, behind this success of the country in international events, is the hard work of our sportspersons at the national level. Today, sports are organized with a new enthusiasm in different states of the country. They give players a chance to play, win and to learn from defeat. For example, Khelo India University Games were organized in Uttar Pradesh recently. A lot of enthusiasm was observed in the youth. Our youth have broken 11 records in these games... Panjab University, Amritsar's Guru Nanak Dev University and Karnataka's

Jain University have secured the first three places in the medal tally.

Friends, a major aspect of such tournaments is that many inspiring stories of young players come to the fore. In the rowing event at the Khelo India University Games, Assam's Cotton University's Anyatam Rajkumar became the first Divyang athlete to participate in it. Nidhi Pawaiya of Barkatullah University managed to win a Gold Medal in Shot-put despite a serious knee injury. Shubham Bhandare of Savitribai Phule Pune University, who had suffered a disappointment in Bangalore last year due to an ankle injury, has become a Gold Medalist in Steeplechase this time. Similarly, Saraswati Kundu of Burdwan University is the captain of her Kabaddi team. She has crossed many difficulties and reached there. Many of the best performing Athletes are also getting a lot of help from the TOPS Scheme. The more our sportspersons play, the more they'll bloom.

My dear countrymen, 21st June is also round the corner. This time too, people in every nook and corner of the world are eagerly waiting for the International Day of Yoga. This year the theme of Yoga Day is - 'Yoga For Vasudhaiva Kutumbakam' i.e. Yoga for the welfare of all in the form of 'One World-One Family'. It expresses the spirit of Yoga, which unites and takes everyone along. Like every time, this time too programmes related to yoga will be organized in every corner of the country.

Friends, this time I will get the opportunity to participate in the Yoga Day programme to be held at the United Nations Headquarters in New York. I see that even on social media, there is tremendous enthusiasm about Yoga Day.

Friends, I urge all of you to adopt yoga in your life, make it a part of your daily routine. If you are still not connected with yoga, then the 21st of June is a great opportunity for this resolve. There is no need for many frills in yoga anyway. See, when you join yoga, what a big change will come in your life.

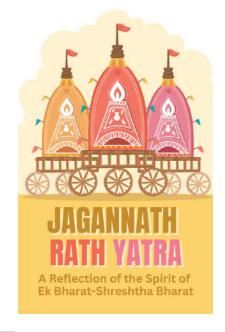
My dear countrymen, the day after tomorrow i.e. the 20th of June is the day of the historical Rath Yatra. Rath Yatra bears a unique identity throughout the world. Lord Jagannath's Rath Yatra is taken out with great fanfare in different states of the country. The Rath Yatra in Puri, Odisha is a wonder in itself. When I was in Gujarat, I used to get the opportunity to attend the great Rath Yatra in Ahmedabad. The way people from all over the country, every society, every class turn up in these Rath Yatras is exemplary in itself. Along with inner faith, it

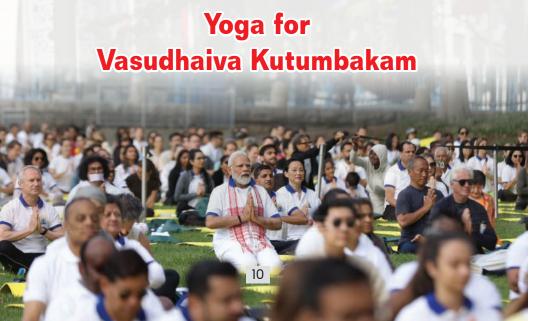


is also a reflection of the spirit of 'Ek Bharat- Shreshtha Bharat'. My best wishes to all of you on this auspicious occasion. I pray that Lord Jagannath blesses all countrymen with good health, happiness and prosperity.

Friends, while discussing the festivals related to Indian tradition and culture, I must also mention the interesting events held in the Raj Bhavans of the country. Now Raj Bhavans in the country are being identified with social and development work. Today, our Raj Bhavans are becoming the flag bearers of the TB-Free India campaign & the campaign related to Organic farming. In the past, be it Gujarat, Goa, Telangana, Maharashtra, Sikkim, enthusiasm with which different Raj Bhavans celebrated their foundation days is an example in itself. This is a wonderful initiative which empowers the spirit of "Ek Bharat- Shreshtha Bharat".

Friends, India is the mother of democracy. We consider our democratic ideals as paramount, we consider our Constitution







as Supreme... therefore, we can never forget June the 25th. This is the very day when Emergency was imposed on our country. It was a dark period in the history of India. Lakhs of people opposed the Emergency with full might. The supporters of democracy were tortured so much during that time, that even today, it makes the mind tremble. Many books have been written on these atrocities; the punishment meted out by the police and administration. I had also got the opportunity to write a book named 'Sangharsh Mein Gujarat' at that time. A few days ago, I came across another book written on the Emergency, - Torture of Political Prisoners in India. This book, published during the Emergency, describes how, at that time, the Government was treating the guardians of democracy most cruelly. There are many case studies in this book, there are many pictures. I wish that, today, when we are

celebrating the Azadi Ka Amrit Mahotsav we must also have a glance at such crimes which endanger the freedom of the country. This will make it easier for today's young generation to understand the meaning and significance of democracy.

dear countrymen, 'Mann ki Baat' is a beautiful garland adorned with colourful pearls... each pearl unique and priceless in itself. Every episode of this programme is full of life. Along with the feeling of collectivity, it fills us with a sense of duty and service towards the society. Here those topics are discussed openly, about which we usually get to read and hear very little. We often see how many countrymen got new inspiration after a certain topic was mentioned in 'Mann ki Baat'. Recently, I received a letter from the country's famous Indian classical dancer Ananda Shankar Jayant. In her letter, she has written about that episode of 'Mann ki Baat', in which we had discussed about story telling. In that programme, we had acknowledged the talent of the people associated with this field. Inspired by that programme of 'Mann ki Baat', Ananda Shankar Jayant has prepared 'Kutty Kahani'. This is a great collection of stories from different languages meant for children. This effort is very good, also since it deepens our children's attachment to their culture. She has also uploaded some interesting videos of these stories on her YouTube channel. I specifically mentioned this effort of Ananda Shankar Jayant because I felt very happy to see how the good deeds of the countrymen are inspiring others too. Learning from this, they also try to do something better for the country and society with their

skills. This is the collective power of the people of India, which is instilling new strength in the progress of the country.

My dear countrymen, that's all this time with me in 'Mann ki Baat'. See you again, next time, with new topics. It is the seasons of rains, hence, take good care of your health. Have a balanced diet and stay healthy. And yes! Certainly do yoga. Now summer vacations are about to end in many schools. I would also tell the children not to keep their homework pending for the last day. Finish your work and be at ease. Thank you very much!

Scan the QR code to listen to 'Mann ki Baat'.





# MANN KI BAAT

Special Mentions by Prime Minister



# Cyclone Biparjoy India's Exemplary Disaster Management in Action



Prime Minister Narendra Modi, in the 102nd episode of 'Mann ki Baat', talked about Cyclone Biparjoy (pronounced as 'Biporjoy') that hit the western part of the country in June. The first cyclonic storm over the Arabian Sea this year, Biparjoy originated over the southeast Arabian Sea on June 6th and had landfall over Saurashtra and Kutch (Gujarat) on June 15th before weakening into a depression on June 18th.

# What was Cyclone 'Biparjoy'?



Categorised as 'very severe cyclonic storm'



Made landfall near Jakhau port in Kutch on June 15



Max wind speed of 115-125 kmph reported at landfall



Longest duration cyclonic storm in the northern Indian Ocean since 1977



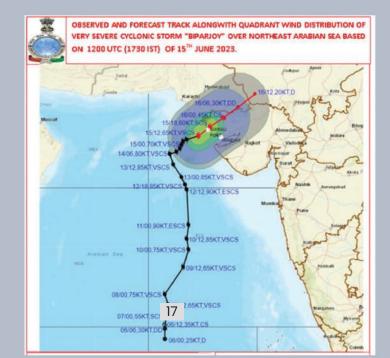
Had a total life of 13 days & 3 hrs (more than double the life of severe cyclonic storms)



Named by Bangladesh, 'Biparjoy' means 'disaster' As mentioned by the Prime Minister, India's robust disaster management serves as an exemplary model in the face of such natural calamities. Cyclone Biparjoy was no exception.

### **Preparedness**

- Several measures are undertaken in advance by Central and State governments in India to better respond and cope with the immediate aftermath of a disaster.
- These include training for search and rescue, establishing early warning systems, developing contingency plans, and stockpiling equipment and supplies.
- India, in the past few years, has invested in understanding risks and building preparedness capacities for pre-emptive and early action.
- In the case of Cyclone Biparjoy, earlier predicted to proceed towards Karachi in Pakistan, the Indian Meteorological Department (IMD) was one of the first few agencies in the world to declare that the cyclone was headed towards the northwestern Gujarat coast.
- With a constantly improving cyclone forecast system and strong observational network in the affected area, the IMD was able to help the administration and disaster management agencies to better prepare for the potential impact.



### **Pre-landfall Response**

**FLOOD** 

The Prime Minister himself led prompt action, chairing high-level meetings with all the stakeholders. With the aim to ensure 'zero casualty' and minimise the possible damage caused by the cyclone, several measures were taken.



 Teams of the Indian Army, Navy, Air Force, Coast Guard, and BSF kept on standby

Preparation of a list of sensitive villages for the purpose of evacuation

 Evacuation of about a lakh people, following IMD warning about cyclone's 'extensive damaging potential'

 Creation of 1,521 shelter homes, in addition to permanent shelters

 Identification of around 450 hospitals in areas likely to be affected by the storm

 Deployment of 597 power supply teams and alternate arrangements for electricity in all hospitals

Multiple advisories given to fishermen through Indian National Center for Ocean Information Services (INCOIS)

 Necessary preparations to deal with floods caused by torrential rains after the landfall

 Emphasis on livestock and wildlife safety, particularly the Asiatic lion

SMSes sent out to the general public using SACHET of National Disaster Management Authority (NDMA)

 A slew of virtual meetings held by the Union Home Minister to assess preparedness and minimise potential damage

## **Post-landfall Response**

- Prompt restoration and maintenance of critical services such as electricity, telecommunications, healthcare (including supply of essential medicines), and drinking water in the affected areas
- Evacuation of people from flood-hit areas
- Repair and restoration of over 200 damaged roads
- Removal of uprooted trees and unblocking of roads
- 24x7 monitoring of the situation by the MHA and State Emergency Operations Centres
- CM Dashboard provided real-time visual insights and updates from all State Government departments on rescue and relief operations
- Union Home Minister held virtual meetings with district collectors of the affected areas to oversee rescue and restoration
- He also did an aerial survey of cyclone-affected Kutch district and visited Mandvi Civil Hospital in Kutch to meet the injured people
- Asiatic lions were tactfully herded to higher grounds for safety in the event of flooding





#### From Response to Preparedness: India's Transformative Approach to **Disaster Management**



Lt Gen Syed Ata Hasnain (Retd) Member, National Disaster **Management Authority** 

The domain of disaster management in India received a fillip with the enactment of the Disaster Management Act of 2005. However, the transformational conversion of India's disaster management efforts from the traditional response-based systems to the more modern preparedness-based one came about after Shri Narendra Modi took charge as the Prime Minister of the country. With his hands-on experience of handling disasters of different kinds, culminating in the 2001 Gujarat earthquake, which was early during his tenure as Chief Minister of the State, he acquired a unique insight into the fuller and comprehensive understanding of disaster management. The recent Cyclone Biparjoy, which ravaged

the coast of Gujarat and moved into Rajasthan after landfall, was handled with great sensitivity and sense of purpose by the Government under the leadership of the Prime Minister.

One of the landmark contributions of the Prime Minister towards disaster management came as early as 2016, just two years into his first term. At the Asian Ministerial Conference, he gave the world 'Ten Point Agenda for Disaster Risk Reduction (DRR)'. While India treats this as a mantra, the world also treats this as the most effective formula for DRR. Many of the agenda points proved useful in handling the crisis situations anticipated by the landfall of Cyclone Biparjoy.

On the development of the cyclone from 6th to 19th June, the Indian Meteorological Department (IMD) issued 16 hourly and 98 three-hourly bulletins to all the stakeholders. The National Disaster Management Authority (NDMA) sounded out all the stakeholders, including the Chief Secretary and the Revenue Commissioner of Gujarat. Updated information was shared through a WhatsApp group with all those involved in response.

On 6th June, the NDMA circulated 'preparedness measures' to be taken in the wake of the impending cyclonic storm to the Principal Secretary and the Relief Commissioners of all the affected States/Union Territories on the west coast. The Ministry of Petroleum & Natural Gas was sounded on 12th June to take all precautionary measures in the wake of by then termed 'extremely severe cyclone' due to many of its facilities being in proximity of the landfall area.

From 6th to 19th June, the National Emergency Response Centre of Disaster Management Division of the Ministry of Home Affairs also issued 99 advisories to all the affected States/UTs. National Disaster Response Force (NDRF), Indian Coast Guard, Chairman Chiefs of Staff Committee HQ (Integrated Defence Staff), Cabinet Secretary, and all the concerned Central Ministries and Departments.

The National Executive (NEC), Committee under the chairmanship of Union Home Secretary, reviewed the preparedness of Central Ministries and agencies, and the Gujarat State Government to meet the cyclone threat. The Prime Minister, on 12th June, personally conducted a high-level meeting to take stock of the preparedness. This was followed by a review meeting by the Union Home Minister, Amit Shah. The National Crisis Management Committee, under the chairmanship of the Cabinet Secretary, also met for review and advisories on the situation. Union Ministers visited the affected areas for multiple-level review of arrangements, leaving no scope for any laxity.

National resources in the form of the Armed Forces, including ships, aircraft and medical resources, NDRF teams, Indian Coast Guard and a large number of State resources, including community volunteers, were proactively deployed. Common Alerting Protocol (CAP) based integrated alert system set up by NDMA, which is currently under implementation and fully functional for dissemination of alerts by SMS, mobile app, browser notification, RSS feed, and NavIC/ GAGAN satellite terminals, was extensively used for dissemination of alerts during Cyclone Biparjoy. In addition to the dissemination media listed above, alerts were disseminated on DTH directly to the TV sets too. A total of 32.67 crore SMSes were sent during the cyclone period. The warnings included alerts for high waves, strong winds, thunderstorms, and extremely heavy rainfall.

It can be seen that a proactive approach in preparedness and employment of developing technologies, along with high level of leadership at different levels led to the successful neutralisation of the threat from Cyclone Biparjoy. India's disaster management community is grateful to the Prime Minister for his guidance, decisions and directions which

ensured this success.





**Raj Kumar** Chief Secretary, Government of Gujarat

### **Building Inner Strength and Potential**

Immediately after receiving the information about Cyclone Biparjoy, both the Central Government under the leadership of Prime Minister Narendra Modi and the State Government of Gujarat swung into action to tackle it effectively. We gearedup to make all necessary arrangements on war-footing level. The Prime Minister himself constantly guided the Ministry of Home Affairs, the Government of Gujarat and all other concerned agencies. He took stock of the situation at regular intervals. When the Cyclone hit the Gujarat coast, everyonethe administration, common man and the media-joined hands together and worked in tandem. Coming out of this calamity with minimal damage is a classic example of teamwork and public participation. With the cooperation of the entire administration, our Chief Minister, all the ministers, and the Zilla Parishad. we successfully handled Biparjoy and ensured everyone's safety.

In the case of natural calamity, it is necessary to get timely information. Besides, making

this information accessible to all through every possible means of mass communication is equally important. Our meteorological officials were meticulous in providing us detailed and thorough updates on the progression of this cyclone its exact location every hour, probable direction and expected speed. We were getting all necessary information from timeto-time on the basis of which we mapped the districts, blocks and villages in our coastal area and shifted the people to safer places. For the first time in the history of Gujarat, more than 1.5 lakh peóple were kept in shelters.

The preparations made beforehand actually proved useful for us. We were able to keep in touch with people even when the cyclone hit our coast and that's why our confidence was intact. To my mind, our collective and scientific preparations scrape us through.

As per the instructions from the Government of India, the Chief Minister himself used to hold meetings with the District Collectors of all the affected areas. I myself used to assess

the preparations every morning and evening. We ensured that necessary arrangements were in place where power transformers were likely to collapse. The Health Department also made arrangements for essential medicines in the hospitals. Wherever there was a likelihood of flash floods, we shifted people living in low lying areas in all those villages and dispatched NDRF and SDRF teams in advance. Moreover, we made all necessary arrangements for water supply in advance so that uninterrupted water supply can continue in the event of power outage. The Road and Housing Departments effectively ensured timely trimming of trees so that the roads were not blocked. The Fisheries Department made arrangements to bring back each and every fisherman and his boat from the sea. In fact, the Science and Technology Department, together with all the mobile operators, decided that they will use the tower of another operator by providing roaming facility in case any mobile tower collapses. Satellité phones were arranged for staying in touch with all departments.

Keeping everything in mind, we identified more than 1,100 pregnant women whose delivery was due during the cyclone. We shifted them to Government hospitals in advance. During this period, more than 700 women gave birth. When the Union Home Minister Amit Shah went to meet these women at Mandvi Government Hospital, a woman told him that she has named her baby girl Khushi. Because of our advance planning, many mothers gave birth to healthy babies in a safe environment. We had also made arrangements to take the livestock along with the people living in the affected area to safer places. We took about 70,000 animals to safer places in advance.

Disaster comes as an opportunity forus. The earthquake, in 2001, wreaked havoc in Kutch causing unprecedented damage. After coming out of that disaster, we started rebuilding our inner strength and potential. The Disaster Management Act was enacted by the Gujarat Legislative Assembly. We also created score of administrative apparatus like Gujarat State Disaster Management Agency, Gujarat Institute of Disaster Management, Indian Institute of Seismological Research, etc. Not only this, we also built more than 70 shelters in the coastal areas. In every district, to tackle the disaster, separate centers were set up so that the entire local machinery could come together to devise an integrated approach and communicate all relevant information to the talukas and villages immediately. This is how the control rooms of all the blocks of the affected districts got connected with each other when the news of impending Cyclone Biparjoy was relayed to them.

When the Prime Minister was the Chief Minister of the State, he made unforgettable contributions for Gujarat to get it out of the horrors of Kutch earthquake. The state-of-theart system that exists here today in the state was created by him only. He was guiding us during this cyclone as well. He even inquired about well-being of wildlife in Gir forest. He gave us quidance towards every person and system. Our crew at sea collectively performed exceedingly well under the leadership of the Prime Minister.

To listen to the Chief Secretary's interview, scan the QR code



# PRESERVING OUR BLUE LIFELINE

The Path to Water Conservation



There is a significant way to combat natural calamities –viz. conservation of nature. These rivers, canals, lakes are not only water sources... life's myriad hues & emotions are also associated with them.

- Prime Minister Narendra Modi (in 102nd 'Mann ki Baat' address)



water scarcity and rising environmental concerns, water conservation has emerged as a pressing priority for sustainable development. Time and again, the Prime Minister has urged the nation to actively participate in conserving this vital resource. He has highlighted various methods to conserve water. starting from individual responsibility to community efforts. He has advocated for the revival of traditional water management systems and natural resources such as stepwells and water bodies. From Amrit Sarovar to India's wetlands, from Namami Gange to Jal Shakti Abhiyan, from Sikkim's Tsomgo Pokhari Sanrakshan Samiti to Indian startups revolutionizing water conservation, each have found its mention in Prime Minister Narendra Modi's 'Mann ki Baat' addresses. His efforts have helped in creating a collective consciousness about the significance of water conservation and in laying the foundation for a more sustainable future for India.

# **REVITALIZING PONDS IN BANDA, UTTAR PRADESH**



"I feel very grateful that Prime Minister
Narendra Modi has mentioned me and the
village and praised our efforts in 'Mann ki Baat'.
I believe that not even a drop of water should
be wasted in the village. We will build more
ponds in the village in future and we aim to
conserve water in each pond. Everyone should
work for water conservation and the
Government also extends help to people who
take up this initiative."

- Tulsiram Yadav, Pradhan, Luktara Gram Panchayat

The 'Catch the Rain initiative mentioned by Prime Minister Narendra Modi in his 'Mann ki Baat' address is a vital campaign promoting water conservation in India. Encouraging individuals and communities to capture rainwater, it aims to replenish groundwater and combat water scarcity. Through innovative techniques and awareness programmes. this initiative strives to ensure a sustainable and water-secure future for all.

Once grappling with severe water problem, Luktra village of Banda district has now transformed with the creation of 40 ponds due to the efforts of village head Tulsiram Yadav and other residents to resolve the water problem in the village. The team of Doordarshan interacted with residents of Luktara village to learn about this initiative.



"I am a Panchayat Mitra of Luktara village. Under the 'khet ka pani khet mein aur gaon ka pani gaon mein' initiative 45 ponds were dug and the ponds were cleaned through MGNREGA and they are doing a lot of development in the villages. The water of the pond helps a lot in irrigation of the fields and the water level also increases. Our villages are getting all the facilities from the pond."

- Sunil Kumar, Panchayat Mitra, Luktara Village



"More than 40 ponds were built in our village by our pradhan Tulsi Ram Yadav. The water is being used in agriculture and the yield of the fields is increasing. With the rejuvenation of these water bodies, the water level in the village has stabilized. Pradhan ji has motivated everyone for water conservation and rigorously worked towards the construction of these ponds."

- Ram Kishore Awasthi, Resident, Luktara Village

# THE MAJESTIC FLOW

# Rediscovering the Beauty of Neem River

In his recent 'Mann ki Baat' address, Prime Minister Narendra Modi mentioned the collective efforts of the residents of Hapur district, Uttar Pradesh to revive the extinct river Neem. The team of Doordarshan talked to Ramakant Tyagi, known as the 'River Son' to know more about the inspiration behind this initiative.

"The encouragement from the Prime Minister, who himself is aware of the rivers, was a big thing for us and it gave us so much encouragement and enthusiasm that added onto the zeal. With the collective efforts of the society and the Government, this project was completed over a period of three years. The people and the administration have immensely contributed to this initiative without which this dream would've never come true. The appreciation received by the Prime Minister has given our community of Hapur pure joy and the affirmation that our efforts were successful.

I have been working towards the conservation of rivers for over 2.5 decades now. We've grown up living at the riverbanks and it is our duty to work for their preservation. We need to move ahead with the thought that there's a need to improve our rivers. The land where the Neem river initially originated from was used for cultivation. Though it was difficult to leave that land all of a sudden, the need to revive the river held precedence. Therefore, once the process was explained to the residents, they gradually understood and joined the initiative.

Two years ago, the Prime Minister had written a letter to the village leaders urging them to make a pond in their respective villages. In one of his 'Mann ki Baat', he talked about Mission Amrit Sarovar whose objective was to develop and rejuvenate 75 water bodies in each district across the country. We've seen some incredible work happening in Uttar Pradesh and the Prime Minister has talked about the Mission and water conservation in his 'Mann ki Baat' addresses. Shakti Pradesh's Jal Minister. Swatantradev Singh had also encouraged this mission which motivated and inspired us to for Amrit Sarovar and Neem River."

#### Scan the QR code to know more about the revived Neem River

# **NILWANDE DAM**

# **Harnessing Nature's Power for Prosperity**

In the recent 'Mann ki Baat' episode, Prime Minister Narendra Modi acknowledged another effort of water conservation in Ahmednagar district, Maharashtra. Nilwande Dam initiative showcases the Government's commitment to address water challenges and promote rural development. The team of Doordarshan interacted with residents of Ahmednagar to know more about this project.

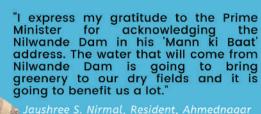


"It is a matter of great pride for us that the Prime Minister mentioned Nilwande Dam in his 'Mann ki Baat'. Earlier, there used to be drought, there was no water to drink, no fodder for the cows and we depended only on the rains. The construction of the Nilwande Dam is hoped to bring an end to our problems. Our people here are very happy with



"I am thankful to the Prime Minister of India, Shri Narendra Modi that he mentioned Nilwande Dam in 'Mann ki Baat'. Prior to the dam's construction, region experienced severe droughts, resulting in significant farming challenges. The construction of the dam will immensely benefit us, aiding both agricultural endeavours and the milk industry."

-Nirmal Shivaji Bhagwat, Resident, Ahmednagar



# **Ni-kshay Mitras**

#### Leading India's Fight Against TB

India has resolved to create a TB-free India by 2025. Today, TB patients are being helped by making them family members. To eliminate tuberculosis from the root, Ni-kshay Mitras have taken the lead. Thousands of people... have come forward themselves and adopted patients. This public participation is the biggest strength of this campaign. It is due to this participation, that today, more than 10 lakh TBpatients in the country have been adopted.

-Prime Minister Narendra Modi (in 'Mann ki Baat' address)

"I appreciate our Prime Minister and the Government that they started the Ni-kshay Mitra scheme. I request the people to listen to the call of the Prime Minister and become a part of this people's movement. Nothing can be better than an act of helping others who need help and care."

-Deepa Malik Paralympian, National Ambassador of TB-Free India Campaign and Ni-kshay Mitra Tuberculosis (TB) has long been a global health crisis, afflicting millions and causing immeasurable suffering. In India, the burden of this disease has been severe. With high population density and various social challenges, the country has faced an uphill battle in containing the spread of TB. The disease has not only taken a toll on the physical health of those affected, but has also ravaged their emotional well-being and financial stability.

The Government, under the leadership of Prime Minister Narendra Modi, has committed itself to tackling the challenge of TB on a mission mode and has set India on the road to ending TB by 2025. Over the last 9 years, a multi-pronged approach has been adopted with focus on utilizing the spirit of Jan Andolan for eliminating TB from India. Ensuring accurate identification of TB patients, timely case reporting, effective medication, and tracking drug-resistant strains have been the critical priorities of the Government. Harnessing the power of technology and state-of-the-art innovation,

Information & Communication Technology systems and Internet-of-Things platforms are being developed for improved programme management, treatment monitoring, and disease surveillance.

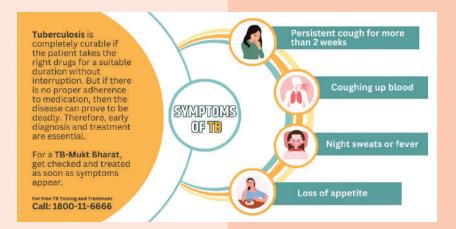
Committed to its motto of 'Sabka Saath Sabka Vikas', the Government also enlisted people's participation through the 'Pradhan Mantri TB Mukt Bharat Abhiyaan' where the community is encouraged to adopt TB patients and support them with nutritional support, nutritional supplements, additional investigations, and vocational support as a Ni-kshay Mitra.

Today, Ni-kshay Mitras are redefining and de-stigmatising TB by waging a collective fight against the disease. Ensuring that the whole-of-society approach supplements the

whole-of-Government efforts, the Ni-kshay Mitra programme serves as a powerful testament to the strength and compassion of the Indian people. It showcases the spirit of unity and community engagement in the fight against TB, transcending barriers and redefining societal norms.

In the recent 'Mann ki Baat', Prime Minister Narendra Modi highlighted that over 10 lakh TBpatients have been adopted by over 85,000 Ni-kshay Mitras, for which even children have come forward. He also applauded the mobilization of resources and the involvement of Sarpanchs with this initiative for uprooting TB from Indian villages where they face a disproportionate burden of tuberculosis. Financial help to the TB patients under the Ni-kshay Mitra campaign has reached up to one thousand crore rupees.





Furthermore, webenabled patient management system for TB control, Ni-kshay, is operated under the National Tuberculosis **Flimination** Programme (NTEP) which is used by health functionaries at various levels across the country as the National TB Surveillance System and also to order various types of tests from labs across the country, record treatment details, monitor treatment adherence and to transfer cases between care providers. The Government also provides free nutritional support every month to all the TB patients registered in Ni-kshay till the completion of treatment under the Ni-kshay Poshan Yojana.

In 2018, the Government introduced a Direct Benefit Transfer scheme for TB-patients, resulting in the direct transfer of around Rs 2,000 crores to their bank accounts, benefiting approximately 75

lakh individuals undergoing TB treatment. During the One World TB Summit in Varanasi, the Prime Minister also launched various initiatives including the TB-Mukt Panchayat, the official pan-India rollout of a shorter TB Preventive Treatment (TPT), and the Family-centric care model for TB.

By adopting TB patients through the Ni-kshay Mitra campaign, India is nurturing a culture of inclusivity and challenging empathy, long-standing discrimination faced by those affected by the disease. Going beyond the binary of public and private cooperation, the Government empowered everyone to partake and contribute to the goal of TB-Mukt Bharat. This heartfelt movement is demonstrating the power of unity and compassion as India strives to achieve the vision of a TB-Mukt Bharat.



Is there any Govt Support for TB Patients?



Each and every TB drug and diagnosis of TB is free of cost in Government hospitals. Patients need not spend anything. Even if the patient gets diagnosed in a private hospital, the treatment and benefits are the same.



Are there any side effects of TB drugs?



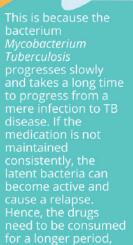
Continue taking the medication until advised by the



Yes, TB is curable with DOTS (Directly Observed Treatment, Short Course). For complete cure, the patient should strictly take TB drugs, based on the type of TB, for a minimum of six months.



Why the Treatment for TB takes so long?





Portnership Services





NI-KSHAY MITRAS: CHAMPIONS OF SOCIAL REVOLUTION

India has resolved to create a TB-free nation by 2025. There was a time when, after coming to know about TB, family members used to turn away, but today TB patients are being helped by making them family members. To eliminate tuberculosis from the root, Ni-Kshay Mitras have taken the lead.

- Prime Minister Narendra Modi

The Government of India launched the Ni-kshay Mitra campaign which calls on citizens to embrace and support TB patients through their TB treatment journey in different ways including nutritional support. The campaign has proven useful in enhancing awareness about TB, addressing stigma, as well as building community ownership and resources. Thousands of people in villages & Panchayats have come forward themselves and adopted TB patients. Not only this, there are many children also who

have come forward to help TB patients. The Prime Minister mentioned some Ni-kshay mitras who have come forward to make India TB-free.

Gyan Singh, head of a village panchayat of Kinnaur and a Ni-kshay Mitra has been engaged in providing every necessary help to TB patients in his block. He is also actively motivating others to adopt TB patients to support their nutritional needs and treatment.



Ni-kshay Mitra, Dikar Singh Mewari of a village in Nainital, has adopted six TB patients. He said:

I thank our respected Prime Minister Modiji for mentioning my name in 'Mann ki Baat'. I came to know about Ni-kshaya Mitra when as per the Prime Minister's mission of making India TB free by 2025, it was instructed to create awareness about Nikshaya Mitra scheme everywhere. Then, I became a Ni-kshay Mitra. I am very happy that I could help those who were in need. I felt good when the patients suffering from TB got cured. I want to give this message to everyone that if more people join this initiative like me, then it will not be long before India becomes TB-free.





#### Special Contribution by Children

Our children and young friends are also not far behind in the campaign to make India TB-free. They are also showing their compassion and generosity in the fight against TB in India. It's heartwarming to hear about children like Nalini Singh, Meenakshi and Bashwar Mukherjee who are extending their support for the TB-free India campaign. Nalini Singh, a 7-yearold girl from Una, Himachal Pradesh, is using her pocket money to help TB patients. Meenakshi, a 13-year-old girl from Katni district of MP, and Bashwar Mukherjee, an 11-year-old boy from Diamond Harbor in West Bengal, have also donated their savings from their piggy banks to the TB-free India campaign. These children are setting an example of how to think big and act kindly at a young age.





Paralympian, National Ambassador of TB-Free India Campaign and
Ni-kshay Mitra

# Jan Bhagidari and Compassion Ni-kshay Mitra

Just at the tender age of five, I was diagnosed with tuberculosis (TB) infection in my spinal cord. I am very thankful to my parents who took care of me. They understood the disease and followed all advices suggested by the doctors. It took me four years to recover and walk again. My legs were affected. Those were days when people were least interested in meeting us. Most of them stayed away. There were occasions when no one was around to provide much needed respite to my mother when she used to get extremely tired of handling both the hospital and domestic affairs. I learnt a valuable lesson that dealing with a prolong illness becomes easier when you have adequate helping hands in spare.

I am very thankful to the

Honourable Prime Minister Narendra Modi whose every initiative evokes public participation. His motive is to make our new India healthy and strong. The way we eradicated polio, we too have to make India TB-free by 2025 in similar fashion. And this will be possible only when there is a widespread awareness and discussion about it; when we wage an allout war against TB and help TB patients by becoming their true

But the major stumbling block in this regard is that people don't have any authentic knowledge or information about this ailment. The information that is available in the market is all negative or misleading – it's contagious or incurable or a curse and so on. Words are yet to be spread to every nook and

corner of this country about the schemes like free treatment, medicines from doctors and Ni-kshay Mitra, prepared by the Central Government, for a TB-free India. The second thing is that this disease requires a very long treatment where a patient has to take medicines and nutritious food continuously for a longer period. This poses a problem for many. Delayed identification of symptoms is another big problem. Even when the symptoms are identified and diagnosis is done, TB patients are more often forced to live in seclusion. This creates many hurdles in providing treatment and care to them. But all these problems and negative approach vanish once Ni-kshay Mitras come and hold their hands.

I feel very proud when people see me as their role model. I consider it my utmost responsibility to meet TB patients and make them aware. I have adopted around 10 TB patients and I personally go to feed them. I feel happy when a part of my income goes in their service. Sometimes when I go abroad, I communicate with them on the telephone or through video call. In a bid to ensure a sense of accountability, I talk to their doctors and inquire about their progress. The treatment of two









patients will be completed next month and the rest are also recovering fast.

The steps, taken by the Government, to eradicate TB have yielded positive impacts. I myself have been associated with this campaign since long. I go to villages. I talk about it in cities. And the best thing that I find is that children are also becoming TB champions. Along with elders, children who successfully battled against TB provide useful inputs in their respective areas. When an initiative is owned by the countrymen a sense of responsibility sinks in and people participate enthusiastically. This fills them with a sense of pride and peace of mind that they are helping people who are genuinely in need. Ni-kshay Mitra is a very useful campaign and 30 per cent patients experience

improvement within a year just because of them.

The biggest idea behind Ni-kshay Mitra was to create a sense of belongingness through community participation. Nikshay Mitra was introduced with an aim to eradicate the contemptuous and negative thinking associated with this disease by lending helping hands and creating friendly atmosphere. This is itself a half the victory as it makes identification of symptoms, diagnosis and treatment a lot easier and keeps a patient's spirit up during the prolonged treatment.

India is a vast country. Around 80 per cent of its people live in villages. Its population is also very large. Keeping its geographical and economic challenges in mind, tracking and lending help to TB patients of

a daunting task. I would like to thank our policy makers who have devised an appropriate strategy taking a patient's approach in view. They have rightly started a campaign to provide free check-up, free treatment and free medicines. I appreciate our Prime Minister and Government that they started the Ni-kshay Mitra scheme. I request the people to listen to the call of the Prime Minister and become a part of this people's movement. Nothing can be better than an act of helping others who need help and care. Being a Divyang woman, if I can take care of the treatment of 10 people and become their friend nothing can prevent others to follow the suit and become a friend of at least one patient. If this happens then surely we will make India TB-free by 2025. I also appeal TB patients not to lose heart and give up. We all are with you, the Prime Minister of our country is with you and many friends and TB champions are with you.

different sections is always

To listen to Deepa Malik's interview, scan the QR code





To provide additional patient support to improve treatment outcomes of TB patients



To increase community involvement in making India TB-free by 2025



To involve elected representatives, corporates, NGOs, and individuals to become donors to help the patients complete their journey towards recovery



#### PROGRESS SO FAR

56%

increase in TB Patient Registrations 85,000+

Ni-kshay Mitras registered to support TB patients

<mark>2,012 Cr+</mark>

rupees disbursed to over 79 lakh patients Drug-resistant TB in India reduced by

20% in 2021

18%

decline in the incidence of TB in India 9.55 lakh

TB patients adopted by Ni-kshay Mitras

# The Miyawaki Method

# **Expanding India's Green Cover**





Through Miyawaki
Forests, we can
contribute towards
making Earth and
nature green and clean.

 Prime Minister Narendra Modi (in 102nd 'Mann ki Baat')

The Miyawaki technique, originating from Japan, is rapidly spreading in India, transforming infertile soil into lush green Miyawaki Forests. Citizens from every corner of the nation are coming forward to create these forests. In his recent 'Mann ki Baat', the Prime Minister highlighted the benefits of the Miyawaki Forests along with mentioning the inspiring stories of creating various Miyawaki Forests in India.

# What is Miyawaki Technique?

Named after the Japanese botanist, Akira Miyawaki, this method involves planting multiple species of native trees within a small area.

This method originated during the 1970s to create forests on a small land area.

The Miyawaki forest is self-sustaining and needs no regular maintenance like watering and manuring.

A dense forest, which grows naturally in 300 years, is created in 30–35 years through this technique.



# **Benefits of Miyawaki Technique**







30 times better at noise and dust reduction



30 times better at carbon dioxide absorption

### **Importance of Miyawaki Forests**

- Provide a great opportunity to India to achieve the target of re-growing forest areas up to 33% of its land area, as targeted under National Forest Policy.
- Can help India achieve its target of creating an additional carbon sink of 2.5 to 3 billion tonnes of carbon dioxide.
- Can make land-scarce Indian cities green again.
- Can help curb various environmental issues like air pollution, soil pollution, and noise pollution in the developing India.
- Contribute to mitigating the heat by providing shade and reducing surface temperatures in the cities.
- Promote conservation of native plant species and create wildlife habitation, thus promoting India's rich biodiversity.



### VIDYAVANAM A MINI-FOREST CREATED USING MIYAWAKI TECHNIQUE

MIYAWAKI FOREST CREATING A GREENER CITY

The Prime Minister, in 'Mann ki Baat', highlighted the efforts put in by **Raafi Ramnath**, a teacher from Kerala, who created a miniforest using Miyawaki technique. Being a teacher, Raafi Ramnath is also educating his students about the importance of nature and environment. His mini-forest, also known as 'Vidyavanam', has now become a Biodiversity Zone.

During my tenure as Planning Board member of Mavelikara Block Panchayat, I planted a Miyawaki forest in the panchayat premises. Seeing this, my school manager asked me to plant such a forest in our school too. Thus, Vidyavanam was born. Today, Vidyavanam has nearly 465 trees belonging to 115 species. The beauty of a Miyawaki Forest is that it increases the water retention capacity and fertility of the soil, helping the plants grow faster than their usual growth rate. The trees planted in Vidyavanam in September 2021 have already attained the growth of six years of age. Today, there are many birds and squirrels in these forests that play an important role in pollination. We can proudly say that Vidyavanam has become a biodiversity heaven for these creatures. Though I have been contributing my effort towards afforestation and nature conservation since 2009, the Miyawaki model showed me how the maximum number of trees can be grown in minimum space in minimum time.

It is wonderful to see the Hon'ble Prime Minister talking about these forests in his popular radio programme. His mention has inspired me to work more towards creating a greener India and educating my students. Miyawaki forests are a solution to harsh climatic drift as we can plant lush green forests even on a small land using the Miyawaki technique. It can be a game changer for Indian cities, where there is immense shortage of land and air pollution is extreme.

- Raafi Ramnath, Teacher, Kerala

While highlighting the various Miyawaki Forests present in India, the Prime Minister especially talked about the such forest located in Aliganj of Lucknow, Uttar Pradesh and in Kevadia, Gujarat.

#### Aliganj, Lucknow

"The inspiration for this Miyawaki forest was the demand by the residents of the region. They urged us to undertake plantations in this area. We then planted 2,400 trees in an area of 700 sq.m. using Miyawaki technique. In the span of two years, we have seen an increase in the population of birds and butterflies. Many other animals have also inhabited this area. We have also witnessed a noticeable difference in temperature in the surrounding area. It is a matter of great pride for everyone involved in the creation of this forest that the Hon'ble Prime Minister himself appreciated our small effort. Ever since, we have been continuously receiving requests from people to visit the forest."

- Ravi Kumar Singh, Divisional Forest Officer, Awadh Range

#### Kevadia, Gujarat

"The recognition in the Prime Minister's 'Mann ki Baat' serves as a great encouragement to those involved in this commendable work. The Miyawaki Forest built in Ekta Nagar, Gujarat with its dense and diverse ecosystem, offers numerous benefits. Its extensive root network aids in soil conservation and rainwater capture. The variety of species planted provides nesting areas for animals, making it an ideal model for urban landscapes. The technique enables rapid development of dense forests, inspiring visitors to replicate them elsewhere. This forest welcomes over 6,000 visitors monthly including students, NGOs, and forestry enthusiasts.

- Agnishwar Vyas, Conservator of Forests, Kevadia

To know more about Raafi Ramnath's efforts, scan the QR code







**Dipen Jain**Founder, Forest Creators



RK Nair Co-Founder, Forest Creators

# Miyawaki Forests : Vision for a Sustainable Future

The Miyawaki technique, named after its inventor, Dr. Akira Miyawaki, is a revolutionary method of ecological engineering. Dr. Miyawaki, a Japanese botanist and expert in plant ecology, dedicated

his expertise in restoring native forests from degraded land using native tree seeds. His method involves densely planting up to four trees per square metre, resulting in the rapid growth of diverse forests even on deforested and nutrientpoor soils.

forests offer Miyawaki numerous benefits and play a vital role in maintaining a healthy ecosystem. These forests act as natural air filters, purifying the air and aiding in carbon sequestration. Additionally, they contribute to reducing the urban heat island effect, which becomes crucial in the face of rapid urbanisation. Miyawaki forests serve as an exemplary model for the preservation of air, water and life.

We were inspired to adopt this concept as we believe that our pursuit of economic growth should not be at the expense of our environment. With this ideology, we started an NGO 'Forest Creators' where we aim to create forests across India using the Miyawaki technique

for the well-being of future generations. We employ the innovative Miyawaki method, a smart, 100% organic, wild, and self-sustaining approach afforestation. At Forest Creators, we firmly believe in the harmonious coexistence of development and natural environment. Our mission is to redefine forests in the context of our rapidly evolving world, where we strive for both progress and the preservation of nature. Through Miyawaki, we not only create forests but also contribute to the restoration of the Earth's delicate ecosystem in a unique way. Since 2014, we have been able to build 109 Miyawaki forests planting over 20 lakh trees across 12 States using Miyawaki technique.

Under PM Modi's leadership, India is rapidly progressing in

Let's educate children with the Miyawaki forest technique and inspire the younger generation to become the champions of change.

-RK Nair

Miyawaki
forests serve as
an exemplary
model for the
preservation of air,
water and life.

-Dipen Jain

development. infrastructure Although there may be minor environmental setbacks, measures can be taken to mitigate the impact. Barren lands like rocky mountains, river banks, chemical and urban dump yards can be identified and utilised for implementing the Miyawaki model. This model creates dense forests that can compensate for environmental damage by absorbing a significant amount of carbon, nearly 100 times more than the affected area.

Developing a Miyawaki forest involves analysing the local environment and selecting suitable plants, including native species. Organic fertilisers are used to enrich the soil, which is prepared using JCB and manure. Plants of different heights are then placed after soaking them in cow urine. The forest is designed with five categories of plants, creating a layered

structure. Within 1-2 years, the forest grows to a height of 12-15 feet. Even if you have limited land available, you can create a Miyawaki forest by planting up to four trees per square metre. This method's efficiency allows individuals with small parcels of land, as little as 50 or 100 square metres, to make a significant impact.

The Prime Minister has consistently recognised the achievements of individuals from small villages, who serve as the symbols of India's development. We were thrilled to hear Modi ji praise the concept of the Miyawaki forest technique during his recent 'Mann ki Baat' address and encourage people to establish such forests anywhere to make a positive environmental impact. During his address, he also mentioned Smritivan in Bhuj. This is also a Miyawaki forest, which was created as a



memorial to the victims of the 2001 Gujarat earthquake. This project displays the resilience of the people of Kutch and serves as a reminder of their ability to rise from the ashes. The project, which was envisioned by Prime Minister as a dreamlike forest created through Miyawaki's method, has now become a reality which attracts visitors from India and abroad. Amid the rocky hills with minimal rainfall, facing water scarcity and extreme temperatures, this forest flourishes with over 4.3 lakh trees planted and can also be referred to as India's Amazon forest. It has withstood even severe storms like Biparjoy, demonstrating its resilience. Kutch, which was once known for the Rann, has now become a memorable destination also for its Smriti Van.

India's emergence as a leader in climate change and the Government's focus on environmental conservation is of utmost importance. Our participation in international collaborations, such as the Paris Agreement, demonstrates our commitment to mitigating climate change and creating a sustainable future. As a fastest-growing economy, we hold immense responsibility, and under Prime Minister Modi's leadership, we have gained global recognition. And we must now walk the talk and take initiatives to address climate change and environmental challenges.

Mission LiFE (Lifestyle for Environment), launched by the Prime Minister, serves as a powerful inspiration for India's youth, showcasing the country's commitment to protecting the environment while achieving development. Mission LiFE is envisioned as an India-led global mass movement to protect and preserve the environment. We urge all the students to adopt Mission LiFE. By adopting this mission, we can collectively work towards creating a better world by valuing all forms of life, personifying 'Vasudhaiva Kutumbakam'.

With our Prime Minister's support and awareness, the Miyawaki technique is gaining authenticity and recognition at the national level. Instead of simply focusing on decorative gardens, let's educate children with the Miyawaki forest technique—a proven method for creating dense, diverse forests in small spaces and encourage them towards the establishment of mini Miyawaki forests near residential areas, schools, and industries, as well as along river banks and pond shores. By imparting this meaningful message, we can inspire the younger generation to become the champions of change and take active steps towards building a sustainable future for all. As individuals and as a nation, we must take responsibility for our environment and work towards a sustainable and greener future.

**Baramulla Witnessing** 

# WHITE REVOLUTION 2.0

India continues to be the largest producer of milk in the world. According to production data of Food and Agriculture Organization Corporate Statistical Database (FAOSTAT), India ranked one in the world. contributing 24% to the global milk production in the year 2021-22. Milk production in India has registered a 51% increase during the last eight years. Government's push for a new White Revolution has a big role in transforming the lives of farmers and Jammu & Kashmir is no exception. As mentioned by the Prime Minister in 'Mann ki Baat'. District Baramulla is turning into the symbol of this new revolution.

For the last few years, the J&K Administration has been taking special measures to make the UT self-sufficient in milk production. Successful implementation of Centrally-sponsored schemes such as Rashtriya Gokul Mission, National Livestock Mission, Integrated Dairy Development Scheme. A-HELP (Accredited Agent for Health and Extension of Livestock Production), and several initiatives under the umbrella of National Dairy **Development Board has** given impetus to the dairy industry in the UT. The trend of dairy farms is increasing, and educated youth are also joining this industry. The Prime Minister mentioned in the radio programme that during the last two-three years, more than 500 dairy units have come up in Baramulla with the district now producing 19.50 crore litres of milk annually. He also spoke about the residents of Baramulla who are involved in dairy farming.

Scan the QR code to know about Aabid Hussain's dairy venture.



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Our other businesses were shut down due to COVID-19. I had land and a couple of pets, so I thought why not convert it into a dairy so that I can safely supply quality milk to people. The Department of Animal Husbandry has helped a lot and whatever problem arises in our farm, it sends its team to solve it. The Department provides a lot of facilities to start dairy farming to such youth who are unemployed. One can learn about the different schemes from the Department and take advantage of them. I was very happy when the Hon'ble Prime Minister took my name and now I want to expand this dairy

— Waseem Anayat Dairy Farmer, Baramulla

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farm further.

I started my dairy farm in 2021. Earlier, I was preparing for UPSC. Looking at the ample land resources of Kashmir, I thought why not start dairy farming. Our Department of Animal Husbandry is helping the common farmer in this. Ever since I started the dairy, people are getting 100% pure and organic milk easily here. We have opened outlets in our villages from where people can easily buy milk. It's a matter of great pleasure for me that my name has been taken by the Prime Minister in his 'Mann ki Baat', which has given me a lot of courage to take my work forward. There can be no greater reward than this for me. My message to the youth is that if they want, they can easily enter the dairy farming sector. The Animal Husbandry department guides the freshers.

When I started this work, I faced many difficulties, but I didn't give up and continued my work, due to which the day has come that the Prime Minister took my name.

— Aabid Hussain Mir Dairy Farm Owner, Baramulla





QR code

# FROM SHADOWS TO LIMELIGHT

India's stellar performance on the global stage in sports



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Earlier, there was no mention of India while we talked about international events. However, today, the list of India's success in various international tournaments is long. This is the real strength of our youth. Today, there are many sports and competitions where, for the first time, India is making her presence felt.

- Prime Minister Narendra Modi (in 102nd episode of 'Mann ki Baat')

In the last nine years, India has witnessed a remarkable surge in its sports performance at the global level. From bringing home 7 medals in Olympics to 19 medals in Paralympics held in Tokyo, India is giving its best-ever performances in various tournaments. This shift towards the glorious sports culture of India has come with a crucial behavioural and mindset change accompanied with various schemes and policies that are allowing innumerable youngsters to fulfil their dream of pursuing sports as a career.

Khelo India: A nationwide initiative promoting sports culture, developing infrastructure, and empowering young athletes to compete at national and international levels. The programme is promoting sports through its Khelo India Youth Games, Khelo India University Games and Khelo India School Games.

TOPS Junior: To groom young athletes for the 2024 and 2028 Olympics.

Target Olympic Podium Scheme (TOPS): To find, develop, and prepare future medal contenders for the Olympics and Paralympics Games through coaching and cutting-edge sports facilities and institutes.

Mission Olympics 2024:
To assist India in
winning 50 medals in
the 2024 Summer
Olympics, a short-term
and medium-term
action plan has
been devised.

# India's Sporting Prowess Illuminates Global Stage with Triumphs Across Various Tournaments

Indian Junior Women's Team won Women's Junior Asia Cup 2023 for the first time ever

61 medals in Commonwealth Games 2022

Indian Junior Men's Team became the Hockey Junior Asia Cup Champions in 2023 Best ever Olympics (7 medals) and Paralympics (19 medals) in Tokyo

First in ISSF Junior World Cup 2023 Men's badminton team won the Thomas Cup title for the first time in 2022

Second in ISSF World Cup 2023

TOPS programme supporting 98 athletes in TOPS Core Group & 165 in TOPS Development Group



National Sports Talent
Search Portal: To identify top
potential among the youth, a
national sports talent search
portal was set up where
young people can upload
their achievements.
Shortlisted people are invited
for trials and after qualifying
these they can participate in
the Sports Authority of India's
program.

Fit India Movement:
A nationwide mass
movement to popularize the
culture of fitness and
encourage indigenous sports.

National Centre of Sports Science and Research: Aims to support high-level research, education, and innovation with respect to high performance of elite athletes.

Centre for Disability Sports is being set up in Gwalior, Madhya Pradesh to provide training facilities and international standards infrastructure for the Divyang sportspersons of India.

# THE RESURGENCE OF INDIAN HOCKEY

The nation's love affair with Indian hockey dates back decades, with the Indian hockey team achieving remarkable success. Known for their artistry, agility, and stick skills, Indian hockey players have mesmerized fans with their exquisite play. In the month of June, when both the Indian men's and the women's hockey teams lifted the Junior Asia Cups beating Pakistan and Korea respectively, Prime Minister Narendra Modi was all praises in his recent 'Mann ki Baat' address for how they have raised the glory of the Tricolour.

Our Doordarshan team talked to the captains of the Indian hockey teams, Preeti and Uttam Singh about their inspiration and wins.



"It feels very good that the Prime Minister of the country is supporting us so much and taking out time to tweet and give good wishes for the future. Government schemes like Khelo India and Target Olympic Podium Scheme have provided good infrastructure and training opportunities in Bhopal, Delhi, and Bengaluru which has supported and inspired us to win gold for the country. The entire team has put in their 100% efforts which is how we have won the Junior Asia Cup 2023. I would advise all young girls aspiring to become a sportsperson that hard work is the key. I believe that if a person does smart hard work, s/he can achieve resounding success."

- Preeti, Captain, Indian Women's Hockey Team





"If the Prime Minister tweets anything, the whole world sees it. It was such a pleasure to hear him mention us in 'Mann ki Baat' and see the news of our victory be known to the entire world. Government schemes like Khelo India have benefitted young athletes by providing infrastructure and scholarships to lakhs of youngsters. When we play on the field, our target is to incorporate all the training done before the match, implement the instructions of our coach, and focus on putting our full effort. That is my message to the young

- Uddham Singh, Captain, Indian Men's Hockey Team





# BREAKING BARRIERS AND UNLEASHING ATHLETIC EXCELLENCE

#### Murali Sreeshankar, Indian Athlete

Murali Sreeshankar has made a significant impact in athletics. Recently, he won bronze in the Men's Long Jump event at the Paris Diamond League with an impressive 8.09 metres attempt. With dedication, athleticism, and passion for his sport, Murali has climbed the ranks in Indian athletics. He has represented India at prestigious competitions like the Asian Games and Commonwealth Games. One of Murali's most notable achievements came in 2018 when he set a national record

of 8.20 metres in the long jump event at the National Inter–State Athletics Championships. Murali's success can be attributed to his exceptional technique, explosive power, and incredible speed. His ultimate goal is to represent India at the Olympics, showcasing his talent and dedication on the world stage.



#### Anyatam Rajkumar, Indian Para-swimmer

Assam's Anyatam Rajkumar is an exceptional and inspirational para-swimmer who has achieved remarkable success despite facing physical challenges. With unwavering determination and dedication, he has become a formidable force in the para-swimming community. Anyatam won the first Paralympic swimming gold medal for India in the World Summer Games (Special Olympics) in Los Angeles, 2015. He serves as a role model and advocate for inclusivity, inspiring other divyangjan. He became the first divyang athlete to participate in Khelo India University Games. He also won three bronze medals in Virtus Oceania Asia Games, Brisbane 2022. Anyatam continues to make waves in the world of para-swimming and sights representing his country on the international stage.



# Indian Hockey: A Journey of Resilience, Triumph, and Future Glory



Dilip Tirkey
President, Indian Hockey
Federation (Hockey India)

Indian hockey, steeped in rich heritage, is a sport that embodies passion, skill, and national pride. With a legacy of success and recent resurgence, Indian hockey continues to capture nation's attention and inspire a new generation of players. In recent years, the sport has experienced remarkable resurgence, well-deserved aarnerina recognition and undergoing transformations. sianificant Notably, the implementation of our junior-level programme has been highly successful, resulting in outstanding performances record-breaking achievements. This year, our women's team claimed the Asia Cup championship for the first time with a captivating 2-1 victory over the Republic of Korea, while the men's team emerged

victorious by defeating Pakistan 2–1 in a thrilling showdown. The women's category has displayed unprecedented excellence, showcasing the effectiveness of our junior and sub-junior level programmes by providing athletes with improved coaching, increased match opportunities, and greater exposure. With such promising talent emerging from our junior ranks, we anticipate a brighter future for the next generation of Indian hockey.

Recognizing the significance of our youth for the nation's future, Hockey India launched a new Grassroots Development Programme this year aimed at revamping the sub-junior and junior levels. This strategic move aims to provide young players appropriate exposure, enhanced competition, and comprehensive trainina. Furthermore, the federation acknowledges the importance of focusing on senior players to enhance their skills and increase the medal count in every game. Emphasising the strengthening grassroots programmes and nurturing the core group, including the under-17, under-19, and under-21 teams, Hockey India is dedicated to preparing them for the Junior World Cup. The consistent improvement in the sport is visible in the performance of the national teams. The Indian men's hockey team scripted memorable comeback, overturning a 1-3 deficit to secure their first Olympic medal in 41 years with a thrilling 5-4 victory over Germany at Tokyo Olympics 2020. The women's hockey team has also witnessed significant improvements in fitness, game strategy, skill, and unity.

Not just in hockey, our female athletes are outshining their male counterparts, as demonstrated in events such as the 2016 Olympics

events such as the 2016 Olympics and Tokyo Olympics 2020, where female athletes had a huge contribution in our success.

The contribution to Indian sports at the level of universities colleges has substantial, but over the time, the landscape has evolved. Though there was a decline in university and college-level tournaments, the Government's commendable efforts to organise competitions like Khelo India have fostered a competitive atmosphere among the youth, encouraging them to actively engage in sports. Given the innate desire for competition among our youth, such initiatives serve as catalysts, inspiring athletes to come forward and actively participate in various athletic endeavours.

When contemplating the future of sports in India, it becomes evident that the Government plays a pivotal role by ensuring accessible sports infrastructure, comprehensive training facilities, and necessary resources for the nation's youth.

This enables athletes to enhance their skills and bring alory to the nation. It is noteworthy that before and after sporting events, our Hon'ble Prime Minister openly praises and supports players, boosting their morale and encouraging them to perform to the best of their abilities at national and international levels. Such initiatives also inspire the younger generation to pursue sports as a career. The Prime Minister's dedication to encouraging and engaging with players has a profound impact on their motivation and determination to succeed.

Today, sports comprehensively understood, with great emphasis placed on coaching and development in various areas. The efforts of state Governments have played a crucial role in reigniting the passion for hockey. Hosting the Hockey World Cup in cities like Rourkéla and Bhubaneswar stands as a monumental achievement, especially considering the establishment of world-class stadiums in smaller cities like Rourkela. The current sports landscape in India showcases tremendous potential, with emerging players making exceptional contributions every day.





A Journey of **Faith** & **Celebration** 

"Lord Jagannath's Rath Yatra in Puri, Odisha, unfolds as a marvel, celebrated with immense grandeur across various States of our nation. People from diverse backgrounds participate in this auspicious festival. This convergence not only exemplifies their unwavering faith but also reflects the spirit of 'Ek Bharat Shreshtha Bharat'."

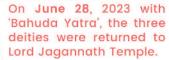








On June 20, 2023, Jagannath Rath Yatra, also known as the Chariot Festival, a sacred Hindu festival started this year in Puri, Odisha. During this festival, Lord Jagannath, an incarnation of Lord Vishnu, embarked on a divine journey to his aunt's house. Gundicha Temple. Beautifully decorated 3 Chariots of Lord Jagannath, Lord Balabhadra, and Devi Subhadra were pulled by thousands of devotees through Puri's streets for about three kilometres for nine days. Lakhs of devotees backgrounds different gathered to witness & actively participate in this grand festival. This sacred pilgrimage is believed to fulfil devotees' wishes and cleanses their sins.





# The Saga of

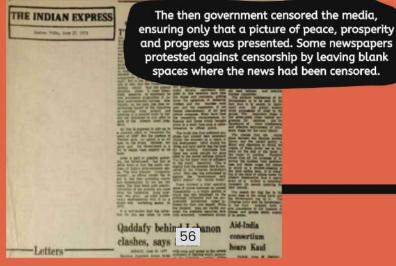
# Propositive contents through the content of the con

On June 25, 1975, the then President of India, Fakhruddin Ali Ahmed, declared a nationwide State of Emergency on the recommendation of the government at the Center at that time.



A cartoon by R.K. Laxman during the Emergency





# **EMERGENCY**

"We consider our democratic ideals as paramount, we consider our Constitution as Supreme... therefore, we can never forget June the 25th. This is the very day when Emergency was imposed on our country. It was a dark period in the history of India. Lakhs of people opposed the emergency with full might."

> Prime Minister Narendra Modi (in 102nd 'Mann ki Baat')

Morarji Desai was sworn in as the Prime Minister of India on March 24, 1977.



The Emergency was officially withdrawn on March 21, 1977. Fresh elections were held and after a resounding pro-democracy verdict of the people, for the first time, a non-Congress government came to power at the Centre.

The Emergency took away the freedom & civil liberties of the citizens. Leaders like George Fernandes organised widespread protests against the government. Many opposition leaders were arrested. Thousands of people were also held for opposing the government.



# Kutty Kahani

# A Unique Storytelling Venture Inspired by 'Mann ki Baat'



Kutty Kahani, a popular storytelling initiative, drew inspiration from Prime Minister Narendra Modi's 'Mann ki Baat'. The programme, known for its positive social enhancement, served as a catalyst for Kutty Kahani's creation. In September 2020, the Prime Minister had said, "The history of stories is as ancient as the human civilization itself. Where there is a soul, there is a story'. Stories express and bring to the fore, the creative and sensitive facets of human beings. In India there has been a rich tradition of storytelling or Qissagoi. We are proud to be denizens of the land that nurtured the tradition of Hitopadesh and Panchtantra in which, through an imaginary world of animals, birds and fairies woven into stories, lessons on prudence and wisdom could be explained easily. We have a tradition of 'katha' here. This is an ancient form of religious storytelling, 'Kathakalakshepam' has been part of it. Myriad folk tales are prevalent here."

This was where Ananda Shankar Jayant, a classical dancer and a Padma Shri awardee conceptualised the idea of Kutty Kahani which is a video embedded eBook that was inspired by 'Mann ki Baat' of September 2020 on the power of stories and the values you can learn from storytelling. Just as the Prime Minister's radio programme connects with millions of people across India, Kutty Kahani aims to engage, educate, and entertain children through stories that carry important messages. The mention of Kutty Kahani by the Prime Minister in his latest episode of 'Mann ki Baat' further boosted the initiative's visibility, has lend it a credibility, and has brought to it the attention of a wider audience. The Prime Minister praised the initiative for promoting Indian culture and heritage.



Recently I received a letter from the country's famous Indian classical dancer Ananda Shankar Jayant. She has written about that episode of 'Mann Ki Baat', in which we had discussed storytelling. In that program, we acknowledged the talent of the people associated with this field. Inspired by that program of 'Mann ki Baat', she has prepared 'Kutty Kahani'. This is a great collection of stories from different languages meant for children. It also deepens our children's attachment to their culture.

- Prime Minister Narendra Modi (in 102nd episode of 'Mann ki Baat')

# How is it inspiring the future?

**Engages young** minds towards the rich cultural heritage of India > and is a great initiation for lifelong learning

**Builds values in** a society through storytelling, communicating India's timeless ancient stories in a relatable and modern manner

**Nurtures** young minds through values and knowledge learnt from India's rich wisdom & is a pioneering concept to take India's eternal stories and knowledge to

children across the

world

Seeds and spreads love for Indian culture and heritage through the charming world of children's imagination

Plugs the gap between children's familiarity with Western stories and Indian stories. by bringing our ancient wisdom to children through children



Kutty Kahani can be accessed as an eBook on Amazon or as a YouTube series on a channel named Natyarambha. The eBook and the YouTube series have 55 illustrated short tales from India, presented by young children, in a multi-lingual, diverse-art, video-embedded format. These are stories from India's enduring wisdom, told through the prism of Indian arts.



Scan the QR code to check out the stories from Kutty Kahani



# Kutty Kahani: Reviving Indian Folklore for Young Audiences



**Ananda Shankar Jayant**Founder, Kutty Kahani

Kutty Kahani is an initiative that is very close to my heart. It all began with the inspiration I received from Prime Minister Narendra Modi's 'Mann ki Baat' programme. When the Prime Minister emphasized the significance of stories and the values they carry in one of his episodes in September 2020, I was deeply moved. I realized that stories have the power to engage, educate, and entertain children, and I wanted to create a platform that would harness that power.

With this vision in mind, I started Kutty Kahani. I reached out to parents and asked them to encourage their children to share stories they knew. We specifically focused on tales

involving our history and past, as children often connect deeply with these characters. The response we received was overwhelming. Children from all corners of India, speaking various languages and skilled in diverse forms such as dance, music, and ayurveda, eagerly contributed their stories.

To make the storytelling experience more engaging, I decided to incorporate digital design and animation into the videos. What started as a small project soon grew into a collection of 55 episodes. These episodes were then broadcasted on DD Bharati during prime time when movement was restricted due to pandemic, reaching a wider audience and capturing their attention.

But I didn't want to stop there. I wanted to ensure that children could access Kutty Kahani in multiple ways. So, I compiled the episodes into an e-book, accompanied by "Did You Know" snippets that provided additional information and encouraged learning. This combination of information, entertainment, visuals, and learning, all within the span of around five minutes per story, made Kutty Kahani accessible and captivating for young viewers.

The real turning point for

Kutty Kahani came when Prime Minister Modi mentioned our initiative in his 'Mann ki Baat' episodes. I was incredibly honoured and humbled by this recognition. It was a validation of our efforts to preserve and share India's rich cultural heritage through the art of storytelling. I firmly believe that stories are a powerful medium to connect with our roots and pass on our heritage to the next generation.

My journey to reach the point of Kutty Kahani hasn't been without challenges. In 2008, I was diagnosed with breast cancer, which initially shook me. But I decided not to let it define me. Instead, I turned to my art, dance, as a source of strength and inspiration. Even during my treatment, I continued to dance and teach. The rhythm and melody of dance helped dissipate the fear and uncertainty that cancer brought into my life.

Additionally, I have embraced technology to promote other art forms. The Bharatanatyam App,

which I developed and launched in 2017, allows students from around the world to practice basic dance routines. It's a beautiful blend of traditional art and modern technology, enabling students to explore and learn at their own pace.

My journey from a career in administration to becoming a renowned classical dancer and advocate for storytelling has taught me the transformative power of art and the resilience of the human spirit. Through initiatives like Kutty Kahani and the Bharatanatyam App, I am committed to promoting Indian culture, heritage, and the importance of storytelling. I believe that by connecting children with their roots and nurturing their talents, we can create a brighter future for our country and its diverse artistic traditions.

Scan the QR code to listen to Ananda Shankar Jayant





# MANN KI BAAT Media Scan





An uplifting 102nd #MannKiBaat today carries many inspiring messages.

-PM @narendramodi.spoke about the courage of people of Kutch, whose preparedness and resolve in face of Cyclone Biparjoy was unprecedented.

#### PMO India @ @PMOIndia - Jun 18

Be it the loftlest goal, be it the toughest challenge, the collective power of the people of India, provides a solution to every challenge, #MannKiBaat



12:24 PM - Jun 18, 2023 - 51.8K Views



बड़े से बड़ा तक्ष्य हो या कठिन से कठिन चुनौती, भारत के तोगों का सामृहिक बत, सामृहिक शक्ति, हर चुनौती का हल निकाल देता है।

#### #MannKiBaat





Be it the loftiest goal, be it the toughest challenge, the collective power of the people of India, provides a solution to every challenge - Hon PM

#### #MannKiBaat



11:30 AM + Jun 18, 2023 + 14,9K Views

#### G Kishan Reddy @

PM Shri @Narendramodi in today's #MannKiBaat, lauded the initiative of renowned classical dancer me ant, r/o Hyderabad, Telangana, who has compiled stories - "Kuttl Kahanl", a great collection of stories from different languages for children, which can deepen the connection of children with our culture.



A Narendra Modi and 2 others





Thankyou Sir Hon PM @narendramodi for mentioning our work and Kahani in todays #Mankiba

You inspire us to do more for our Bharateeya sanskriti . Thankyou Sir for your blessings 🙏

@PMOIndia @kishanreddybip

gnsitharaman

@MinOfCultureGot

Narendra Modi @ @narendramodi - Jun 18 falked about a letter from Ananda Shankar Jayant JL, who decided to work on popularising short stories in addition to her accomplished work in classical



7:02 PM - Jun 18, 2023 - 103.1K Views

Jyotiraditya M. Scindia 🌣

छत्रपति शिवाजी महाराज का सैन्य, विशेषकर नौसेना प्रबंधन अद्वितीय और अनुकरणीय रहा है। आज भी आधुनिक समाज, उनके द्वारा स्थापित मानदण्डों से प्रेरणा प्राप्त कर रहा है।



Dr Mansukh Mandaviya 🥏

टीबी मुक्त भारत अभियान में बच्चों का योगदान भी प्रेरणीय है।

प्रधानमंत्री @NarendraModi जी ने भारत को टीबी रोग से मुक्त करने में बच्चों के इस

#### #MannKiBaat Translate Twee



12:07 PM - Jun 18, 2023 - 13.8K Views



I was genuinely dreading this,

We cannot be causing widespread destruction of pristine hundreds of years old forests, diverting them for non forest purposes and then convert random pieces of land into 'mini forests'.

If you read the linked post from MoEFCC, PLEASE read this article too: https://inkd.in/dtgcEHiq

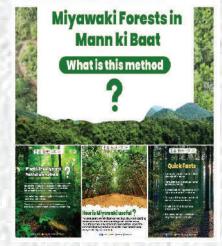
With all due respect to all the leaders and decision makers of the country, maybe this would be a good time to seek ideas and solutions from thematic experts on topics. We can't possibly #MissionLife through the future.



Imo . O

Prime Minister Shri @ Narendra Modi talked about a teacher named Raafi Ramneth from #Kerala who turned a barren land into a mini forest using the #Miyawaki technique during #MannkiBaat program.

Now, let's understand what exactly is the Miyawaki technique.





PM @narendramodi जी ने आज #MannKiBaat में देशवासियों के सामृष्टिक प्रयाओं, अंतर्राष्ट्रीय योग दिवस और पर्यावरण व जल संरक्षण हेत किए जा रहे प्रेरणादायी प्रयासों की

'मन की बात' कार्यक्रम देशहित में अपने कर्तव्यों का निर्वाह करने की प्रेरणा देता है।



PM Modi's Mann Kl Beat with the Nation, June 2023 #MannKiBaat #MKBJune2023 #PMModiMannKiBaat #MKB During Mann Ki Baat, PM Modi praised the resilienc...

2:53 PM - Jun 18, 2023 - 137.4K Views



+ Follow \*\*\*

Heartfelt gratitude to Hon'ble PM Shri Narendra Modi Ji, Congratulations @DrSvedSehrish, team @DCBaramulla, It's a shining example of our commitment to create a peaceful, prosperous, self-reliant, and selfconfident J&K UT.

#### PMO India @ @PMOIndia - Jun 18

Jammu and Kashmir's Baramulia is turning into symbol of a new white revolution.#MannKlBaat



किया है। उनके डेवरी फार्न से हर दिन करीब डेंड्-सी लॉटर दूध की बिकी हो रही है। ऐसे ही ओपोर के एक साथी है - वसीम अनावत





12:32 PM - Jun 18, 2023 - 24.2K Views



प्रधानमंत्री englendramod जी की महाप्रभ जगनाथ पर गहरी आखा है।

गुजरात के मुख्यमंत्री रहते हुए भी मोदी जी ने हर वर्ष रथ यात्रा में बढ़ चढ़ कर सेवा किया है। aat कार्यक्रम में ओड़िया आस्था और अस्थिता के केंद्र महाप्रभु जगन्नाथ की पावन रथ यात्रा का महत्व फिर एक बार देश के समक्ष रखने के लिए प्रधानमंत्री जी का आभार। निक्षित ही रथ यात्रा 'एक भारत श्रेष्ठ भारत' का प्रतिविंब है। भक्ति, श्रद्धा और सीभाग्य के पर्व महाप्रभु जगन्नाथ के रथ यात्रा की सभी को गुभका



2-10 PM - Jun 18, 2023 - 6,369 Visus



Prodeep Treepaths





#### Tweet



Talked about a letter from Ananda Shankar Jayant Ji, who decided to work on popularising short stories in addition to her accomplished work in classical dance. #MannKiBaat





12:10 PM - Jun 18, 2023 - 14.7K Views



📢 Big applause to Mr. Gyan Singh Gram Pradhan from Kinnaur, Himachal recognized and appreciated by our Hon'ble Prime Minister during today's Mann ki Baat episode as a shining example of a Nikshay Mitral \*Your tireless efforts in the fight against TB are remarkable.



▲ Central TB Division | #TBMuktBharat and 9 others

11-51 AM - Jun 18 2023 - 210 Views



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#### **Animal Husbandry Department Kashmir**

Hon'ble Prime Minister of India Shri. Narendra Modi in PMs MANN KI BAAT applauding people of District Baramulla J&K for achieving self sufficiency in milk production. It is indeed a moment of pride as this district, which previously faced a deficit in milk production, has successfully established 500 new Dairy Farms within the span of 2.5 to 3 years, resulting in an impressive daily production of 5.5 lac liters of milk per day. This has been made possible by implementation of beneficiary oriented scheme IDDS (INTEGRATED DAIRY DEVELOPMENT SCHEME) by the Department of Animal Husbandry Kashmir.



# आपातकाल : यातनाओं की याद से सिहर जाता है मन



नई दिल्ली (भाषा)। प्रधानमंत्री नरेंद्र मोदी ने आपातकाल को भारतीय इतिहास का 'काला दौर' कतर देते हुए रविवार को कहा कि

उस दौरान लोकतंत्र के समर्थकों पर जो अत्याचार किए गए और उन्हें जिस प्रकार की यातनाएं दी गई, उसे याद करने भर से आज भी मर सिख्य उठता है।

PM Modi lauds athlete Murali

Sreeshankar in Mann ki Baat

25 जन की तारीख को कभी भूलाया नहीं जा सकता भारत 'लोकतंत्र की में बोले मोदी जननी लोकतांत्रिक आदर्शों को सर्वोपरि मानता है

आक्रमवाणी के मसिक रेडियो कार्यक्रम'मन भुलाया नहीं जा सकता। उत्कालीन प्रधानम्त्री इदिरा की बात' की 102वीं कड़ी में अपने विचार साज़ा करते । गांधी द्वारा भारत में 1975 में आपातकाल लगाया गया हुए मोदी ने कहा कि भारत 'लोकतंत्र की जननी' है, जो था। मोदी ने कहा, यह भरत के इतिहास का काला लोकवांत्रिक आदर्शों और संविधान को सर्वोधिर : दौर था। लाखों लोगों ने आयतकाल का पूरी तकत : अगर अब भी आप वोग से नहीं जुड़े हैं, तो 21 जून मानता है, लिहाजा 25 जून की तारीख को कभी 🛮 से विरोध किया था। लोकतंत्र के समर्थकों पर उस 🛮 इस संकल्प के लिए बहुत बेहतरीन मीका है।

गई कि आज भी मन सिहर उतता है। प्रधानमंत्री ने कहा कि देश जब आबादी के 75 वर्ष से सौवें वर्ष की तरफ वह रहा है, तो आजादी को खतरे में डालने वाले आपतकाल के अपराधों का अवलोकन जरूरी है। उन्होंने कहा कि इससे आज की दवा पीडी को लोकतंत्र के मायने तथा उसकी अर्हामवत समझने में और ज्यादा आसानी होगी।

मोदी ने 21 जून को मनाए जाने वाले अंतरराष्ट्रीय योग दिवस का भी उल्लेख किया और टेजनियों से थेए को अपनी दिस्सर्व का दिस्स बनमें का अनरोध किया। "योग को अपने जीवन में जरूर अपनाएँ, इसे अपनी दिनवर्या का हिस्सा बनाएं।

#### इतिहास का काला दौर प्रधानमंत्री नरेंद्र मोदी ने रविवार को इमरजेंसी को भारतीय इतिहास का काला टीए बताया। उन्होंने कहा

PM ने कहा, इमरजेंसी

कि उस दौरान लोकतंत्र के समर्थको पर जो अत्याचार किए गए, उसे याद करने भर से

आज भी मन सिहर उठता है। 'मन की बात' में मोदी ने लोगों से कहा कि योग को अपने जीवन में जरूर अपनाएं। अगर अब भी योग से नहीं जुड़े हैं तो 21 जुन इस संकल्प के लिए बेहतरीन मौका है। (पीटीआई)

# देश २०२५ पर्यंत क्षयरोगमुक्त करणार

'मन की बात' कार्यक्रमात पंतप्रधान मोदींनी व्यक्त केला निर्धार

that the go with my stem

#### PM: Emergency a dark period in India's

history, democracy supporters tortured

#### അടിയന്തരാവസ്ഥ ഇന്ത്യയുടെ ഇരുണ്ടയുഗമെന്ന് മോദി

ൽഹി• ജനാധിപത്യത്തെ ബന്ധസവർക്കതിനെ

काशुक्र में कुमीमी डारेब्स्ट ३१ मीया। विवासिकाय രണം. കൊണ്ടാർല്ലം പാരിൻ ഡയമണ് ലിംഗ്ൽ ലോജ്ജന്തിൽ മാമ്യത്തിനാല് ആവശേല് വ കെം നേടിയ എം ശ്രീഗകവ് നെയും അദ്ദേഹത്തിന്റെ മാമാ പിരാക്ക്യുടെയും പതിരിക്കറു ഒരും, പരിശ്രത്തേളയും മാമ്

മലയാളിൽ അവൻക്കാന ചെയ്യുന്ന് വേവൻക്കാന മിതിയായ മിയാവാശിയ മുക കിയുടെയ്യുന്ന മെയാളി യായ വാഥി ത-ത്താലിന്ന ഗ്രധാമാളി ഒന് ഒ ബാ ത്രിൽ അതിനേടിച്ചു. മേക ഇതിൽന്നാള്ള താലുടം കവായ വാഥ് തന്നെട്ട് 11 വര്ഷ്ട് ഇത്തലുള്ള വെറു കോം ഇത്തലുള്ള വെറു കോം ഇത്തലുള്ള വെറു

ലെർക ഇത്തുപ്പള്ള പെട്ട ക്കാ. സ്റ്റംഗ്ല്ക്കൻ മിയാനം കി വൈലയാൻ ഉപയോഗ പ്രൊം അടിക്കമാണിട്ടിക്കുന്ന യോഗക്കിടിൽ നേകത്ത് പ്ര യാഗക്കിടിൽ ഇതുക്ക്ക പ്രവേശക്കിൽ ഇതുക്ക്ക്, പ്രവേശക്കിച്ച് സാത്രത്വേൻ ജീ വിക്കുന്നാർക്ക് പ്രവേശപ്പെട്ട സാത്രം

വന്നപ്പെട്ടു പാത്യിക്ക് കാര്യ പായ് പ്രത്യാപ്പിക്ക് പ്രത്യാപ്ര പ്രത്യാപ്പിക്ക് പ്രത്യാപ് പ്ര

ਦੇਸ਼ ਦੇ ਇਤਿਹਾਸ ਦਾ

ਕਾਲਾ ਦੌਰ ਸੀ, ਉਸ ਨੂੰ ਭਲਾਇਆ ਨਹੀਂ ਜਾ

ਦੀ ਲੋੜ ਹੈ। ਇਸ ਨਾਲ ਲੋਕਤੰਤਰ ਦੇ ਐਮਰਜੈਂਸੀ ਦੌਰਾਨ ਲੋਕਤੰਤਰ ਸਮਰਥਕਾਂ ਰਹੇ ਹਨ।

ਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ ਨੇ ਇਕ ਵਾਰ ਮੁੜ 'ਚ ਰਿਆਦਾ ਆਸਾਨੀ ਹੋਵੇਗੀ। ਪੀਐੱਮ ਕਿਤਾਬਾ ਨਿਖੀਆਂ ਗਈਆਂ ਹਨ। ਮੈਨੂੰ ਵੀ ਐਮਰਜੈੱਸੀ ਦਾ ਜ਼ਿਕਰ ਕਰਦਿਆਂ ਬਿਨਾਂ ਨਾਂ ਮੋਦੀ ਸ਼ਨਿਚਰਵਾਰ ਨੂੰ ਆਪਣੇ ਹਰਮਨ 'ਸੰਘਰਸ਼ ਦ ਗੁਜਰਾਤ' ਪੁਸਤਕ ਲਿਖਣ ਲਏ ਕਾਰਕਸ 'ਤੇ ਨਿਸ਼ਾਨਾ ਲਾਇਆ ਤੇ ਪਿਆਰੇ ਪੋਗਰਾਮ ਮਨ ਕੀ ਬਾਤ 'ਚ ਲੋਕਾਂ ਦਾ ਮੌਕਾ ਮਿਲਿਆ ਸੀ। ਇਸ 'ਚ ਅਸੀ ਕਿਹਾ ਕਿ ਐੱਮਰਜੈਸੀ ਨਾਲ ਗੱਲ ਕਰ ਰਹੇ ਸਨ। ਉੱਝ ਤਾਂ ਇਹ ਦੱਸਿਆ ਸੀ ਕਿ ਲੋਕਤੰਤਰ ਦੇ ਰਖਵਾਲਿਆਂ ਪੋਗਰਾਮ ਹਰ ਮਹੀਨੇ ਦੇ ਅਖੀਰਲੇ ਐਤਵਾਰ ਨਾਲ ਉਸ ਵੇਲੇ ਦੀ ਸਰਕਾਰ ਨੇ ਕਿਸ ਤਰਾਂ ਨੂੰ ਹੁੰਦਾ ਹੈ ਪਰ ਇਸ ਵਾਰ ਆਖਰੀ ਐਤਵਾਰ ਦਾ ਮਾੜਾ ਵਿਹਾਰ ਕੀਤਾ ਸੀ। ਮੈਂ ਚਾਹੁੰਦਾ ਹਾਂ ਨੂੰ ਪੀਐੱਮ ਦੇ ਅਮਰੀਕਾ 'ਚ ਹੋਣ ਕਾਰਨ ਕਿ ਦੇਸ਼ ਜਦੋਂ ਅਪਣੀ ਆਜ਼ਾਈ ਦਾ ਅੰਮਿਤ ਇਸ ਨੂੰ ਪਹਿਲਾਂ ਹੀ ਕਰਵਾ ਲਿਆ ਗਿਆ। ਮਹਾਉਤਸਵ ਮਨਾ ਰਿਹਾ ਹੈ ਤਾਂ ਅਜਿਹੇ ਵੇਲੇ ਉਸ ਦੌਰਾਨ ਇਸ ਮੌਕੇ ਪੀਐੱਮ ਨੇ 25 ਜਨ 1975 ਨੂੰ ਲੋਕਦੇਸ਼ ਦੀ ਆਚਾਦੀ ਨੂੰ ਖ਼ਤਰੇ 'ਚ ਪਾਉਣ ਲੋਕਤੰਤਰ ਸਮਰਥਕਾਂ 'ਤੇ ਭਾਰੀ ਯਾਦ ਕੀਤਾ ਤੇ ਕਿਹਾ ਕਿ ਇਸ ਦਨ ਦੇਸ਼ ਵਾਲੇ ਅਜਿਹੇ ਅਪਰਾਧੀਆਂ ਫ਼ੱਲ ਵੀ ਜ਼ਰੂਰ ਅੱਤਿਆਦਾਰ ਕੀਤੇ ਗਏ। ਉਨਾਂ 'ਤੇ ਏਨਾ 'ਤੇ ਐੱਮਰਜੈੱਸੀ ਬੋਪੀ ਗਈ ਸੀ। ਭਾਰਤ ਧਿਆਨ ਦੇਣ। ਪੀਐੱਮ ਨੇ ਕਾਰਗਸ 'ਤੇ ਤਸ਼ੰਦਦ ਕੀਤਾ ਗਿਆ ਕਿ ਅੱਜ ਵੀ ਮਨ ਲੋਕਤੰਤਰ ਦੀ ਮਾਂ ਹੈ। ਅਸੀਂ ਆਪਣੇ ਇਹ ਨਿਸ਼ਾਨਾ ਅਜਿਹੇ ਵੇਲੇ ਲਾਇਆ ਹੈ ਕੰਬ ਉਨਦਾ ਹੈ। ਨੌਜਵਾਨ ਪੀੜੀ ਨੂੰ ਵੀ ਜਮਹਰੀ ਆਦਰਜ਼ਾਂ ਨੂੰ ਸਭ ਤੋਂ ਉਪਰ ਮੰਨਦੇ ਜਦੋਂ ਕਾਂਗਰਸ ਦੇ ਸਾਬਕਾ ਪ੍ਰਧਾਨ ਰਾਹੁਲ ਦੇਸ਼ ਦੀ ਆਜ਼ਾਦੀ ਨੂੰ ਖ਼ਤਰੇ 'ਚ ਪਾਉਣ – ਹਾਂ ਪਰ ਉਸ ਦੌਰ ਨੂੰ ਕਦੇ ਵੀ ਤੁਲਾਇਆ – ਗਾਂਧੀ ਅਮਰੀਕਾ ਦੀ ਯਾਤਰਾ ਦੌਰਾਨ ਦੇਸ਼ ਵਾਇਆਂ ਇਨਾਂ ਅਪਰਾਧੀਆਂ ਬਾਰੇ ਜਾਣਨ ਨਹੀਂ ਜਾ ਸਕਦਾ। ਮੋਦੀ ਨੂੰ ਕਿਹਾ ਕਿ 'ਚ ਲੋਕਤੰਤਰ ਖ਼ਤਰੇ 'ਚ ਹੋਣ ਦੀ ਗੱਲ ਕਰ

ਜਾਗਰਣ ਬਿਊਰੋ, ਨਵੀਂ ਦਿੱਲੀ :ਪ੍ਰਧਾਨ ਅਰਥ ਤੇ ਉਸ ਦੀ ਅਹਿਮੀਅਤ ਸਮਝਣ 'ਤੇ ਹੋਏ ਤਸ਼ੱਦਦ ਬਾਰੇ ਬਹੁਤ ਸਾਰੀਆਂ

#### Milk surplus Baramulla now, becoming face of White Revolution: PM

Praises young entrepreneurs for establishing sustai

MAGES NEWS NETWORK SRINAGAR, JUN 18

#### 'Real strength of our youth': PM lauds India's sports feats

In Mann Ki Baat, Lists Wins In Hockey, Shooting, Athletics



# असीम-अनंत से जुड़ना है योग

भी पर भी प्रधान पर 13 कर में संस्कृत पात का के 17 में में 25 जूर की का मार्गाल के में 17 में में 25 जूर की का मार्गाल के मार्गाल के मार्गाल के 18 मार्गाल के 18 मार्गाल के 18 मार्गाल के 18 मार्गाल को मार्गाल के 18 मार्ग

प्रकार अभिकृत्यकार के विकास कार्य से अनुस् कार की अस्तर कार्य प्रकार के प्रकार के स्व व्यक्ति स्वाप्त कार्य के अस्ति का अस्ति के प्रकार व्यक्ति सामेग्री कार्य की अस्ति का अस्ति के से व्यक्ति कार्य कार्य के अस्ति कार्य कार्य व्यक्ति कार्य कार ment an amount with a rough of an and amount am

त्रांत कर ने प्रोचनक में देशन की अपनी करना प्रकार कर प्रितिकों रे स्वेत का प्रता प्रचान की कर के प्रता के किया के का प्रकार कर की और पूर्वक रंग्य की ते किया करियों के प्रता कर की की पूर्वक रंग्य की सामग्र किया करियों का प्रता के भीत किया करियों के स्वाप की तहे के तो कि किया मा मैं नक्षा करते हैं है, एक्स में बाद करिया किया कर की मा मैं नक्षा करते हैं है, एक्स में बाद कर की कि कि की



'मन की बात' की 102वीं कड़ी में कहा, योग को जीवन का हिस्सा बनाएं

#### UN मुख्यालय में योग प्रोग्राम के लिए दुनिया भर में जोशः मोदी

प्रधानमंत्री नांद्र मंदी ने हेरेकार को संस्तरपदींग चीन दिसस से प्रदर्शे देहरासियों से चीन को अन्ताने और अपनी दिनपार्थ का हिस्स सन्ताने की अपनेत करि। चीरूप ने 'यन करे बता' अपने हिरणां का (श्रित संतर्भ के वा अंतर्भ के विश्व के वा अंतर्भ के अर्थ के वार्षभ के अर्थ के वा अंतर्भ के वा भग होने कर अस्पार पितिया। उन्होंने कहा, 'पीम को अपने पीमन में जार अपनाई, अगर अम्ब पी अस भीग हो मही बुढ़े हैं जो 21 जून इस संकल्प के बुढ़े बढ़े होता है। यो यो तो वैसे भी जावत सामग्रहाम की जारता ही नहीं होने हैं। जन अपने थो में सूक्ति तो आपके जीवन में बद्ध करनाव आएता।

काञ्चात विपरजॉव से गुजरात के पाएस में क्यारी पर फील ने कहा कि मोदी ने कार, 'हम बार मुझे न्यू पार्क रिश्रत संमूकत सन्द्र मुख्यालय में होने जाते जेश दिवस अर्थक्रम में शामिल दश के लोगों ने जिस मतकूरी से जसका मुकाबल किया, वर अभूतपूर्व है। जन्मेंने जन्मीय जलाई कि लोग डोने जा अवसर मिलेगा। मैं देख रहा ह जल्द इस तक्की से उपा जारें। मोदी ने तक कि प्रकृतिक आज्वाजी ਹਿਵ ਸੰਸਥਾਰ ਸੰਗਿਆ ਹਨ ਦੀ ਜੀਜ਼ ਦਿਸਤ में लेकर गवप का उत्सार दिख रहा पर किसी का जोर नहीं होता. लेकिन ां चीरामने कहा कि इस बार विराध विवाले कुछ वर्षों में भारत ने आपत अथपन की जो तकत विश्वसित की है. वह व्यवहरण कन रही है। के कोने-कोने में लंग बॉर दिवस का

'कच्छ के लोग तूफान

की तबाही से उबरेंगे

े खिलाडियों के प्रदर्शन का भी जिक्र किया प्रधानमंत्री ने खेल स्पर्धाओं में हार ही में भारतीय खिलहियें के प्रदर्शन यह भी जिक्क किया एडा कि इसी मधीने भारत की टीम ने फली बार मिला जुनियर एशिया कप हॉकी जीतकर तिरंगे वर्र शान बढाई है। वाली रचनामध्ये वर जिक्र किन्त

> मियावाकी तकनीक अपनाने की अपील

पैरन ने देत में जापन की मियवकी प्रस प्रवृति के जरिए धरती और वाली को दश-भग और स्ताहत कराने नहीं हो, तो विकासकी सकतीक जन्म भोप को फिए से बरा-भग करने क बहुत अवज्ञ तरीका होती है।

# डिटरिक्ट फेलेकर प्रकार है जूरे में 4 फेल्फ लईसर कर स्ट्रिट कर कर पर तहता है बोल्फ लईस के राय संदर्भितान के कर पर तहता है बोल्फ लोट के राय तहता जी इंक प्रकार को उन्हें हैं हिंदारों अधिक दियों में इसेन्सान की अवस्था हो में से पे में पूजा पार्ट है। है अपने सात हो से सर्वाधा होने से में मान तहता है।

భధాని మోదీ వ్యాఖ్య

దేశ చలిత్రలో చీకటికాలం.. ఎమర్జెన్సీ తనాడు. చిల్లీ అత్వయిక ప్రతి సమస్థక్సుకు partly at solder had what he de stage between pers and boy purpose hittigation into printy, somiting 1976 sequel filter could will be a co ಪ್ರಕ್ಷೆ ಆ ಗಟ್ಟಕಾರ್ಟ್ನ ವಿಶ್ವರಕ ಎಕಂಬಿಕೆಎ the destructions and bear brokersk ridgien tot i weet get set bee was age and para coppy been position at under the Obbertated dispose 260 prior wards walk des worse despets espect plater add us to the those softens signer

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#### THIS WORD MEANS -

#### **MIYAWAKI FORESTS**

PM Modi spoke of Miyawaki forests in Sunday's Mann ki Baat. Space-starved Mumbai has many such forests

PRIMER WINSTER Neurona Abuilla in the "Mann to Bane" powder Sunday spoke about the "Mayonaka technique, the pagasasen melhadi creating chemicuran pagasasen melhadi creating chemicuran the extreme abundan the extreme abundan the extreme abundan technique statunifor mahamen handition annivolator at Land Windayasama planning it is carreiteed fromes. In Mannia con the Chammarmhai for the control of the control o

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green cover of the space-stayed figure-cial capital.

#### What is the Milyawaki method?

a givernansa, withich may help in maintain-Named after Japanese bolanist Akim Myawale, this method involver planting twoto loar different types of indigenous agreerance, which road neb amening-ing a clean-part climate-wise. Also, these forests encourage new bloddens by and an ecosystem is developed accuratives, which increases the fartility of the soil and regulates surface temperature," said trees within every square metre of the plot, Recause the plants are so close together, they shoot upquickly competing for sunlight. Thus, they grow to their full Jeeieridia Pardeshi, superintendent of BMC's garden cell, which is implement-ing this project

length within three years. The Mityawaki method uses indigenous plants, so they are mostly self-susthe plants, so they are incompared to the training and don't require regular maintenance like marraing and water reg. The methicology was developed in the 1970s, with the basic objective of densifying green cover on a small partel of land.

How is the Miyawaki method useful? The dense green cover of indigenous trees plays a key rule in absorbing dust-particles. The plants also help in regulat-ing surface temperature. Some of the commonindigenous plants that are used for these forests include Anjan, Amala, Bcl, Arjun and Gunj. At the industrial neighbourhood in

Marci (Andheri Ess), the BMC is creating an urban forest with the Myswelling an urban forest with the Myswelling and urban forest with the Myswelling and urban forest with the Myswelling and the properties of t

# ਅਮਰੀਕਾ ਦੌਰੇ ਤੋਂ ਪਹਿਲਾਂ 'ਮਨ ਕੀ ਬਾਤ'

ਨਵੀਂ ਦਿੱਲੀ : ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ ਕੌਮਾਂਤਰੀ ਯੋਗ ਦਿਹਾੜੇ ਦਾ ਜ਼ਿਕਰ ਕਰਦਿਆਂ ਨੇ ਐਤਵਾਰ ਕਿਹਾ ਕਿ ਐਮਰਜੈਸੀ ਭਾਰਤ ਦੇ ਇਤਿਹਾਸ 'ਦਾ 'ਕਾਲਾ ਦੌਰ' ਸੀ, ਜਦੋਂ ਜਮਹਰੀਅਤ ਦੇ ਹਮਾਇਡੀਆਂ 'ਤੇ ਜ਼ਲਮ ਕੀਤਾ ਗਿਆ ਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਤੁਸੀਰੇ ਦਿੱਤੇ ਗਏ। ਆਪਣੇ ਮਾਸਿਕ ਰੋਡੀਓ ਪ੍ਰਗਰਾਮ 'ਮਨ ਕੀ ਬਾਤ' ਦੀ 102ਵੀਂ ਕੜੀ ਦੌਰਾਨ ਵਿਚਾਰ ਸਾਂਝੇ ਕਰਦਿਆਂ ਮੋਦੀ ਨੇ ਕਿਹਾ ਕਿ ਭਾਰਤ 'ਜਮਹੂਰੀਅਡ ਦੀ ਜਨਨੀ' ਹੈ, ਜੋ ਜਮਹੂਰੀ ਆਦਰਸ਼ਾਂ ਤੇ ਸੈਵਿਧਾਨ ਨੂੰ ਸਭ ਤੋਂ ਉੱਤੇ ਰੱਖਦਾ ਹੈ, ਲਿਹਾਜ਼ਾ 25 ਜੂਨ ਵੀ ਤਰੀਕ ਨੂੰ ਨਹੀਂ ਭਲਾਇਆ ਜਾ ਸਕਦਾ। ਤੱਤਕਾਲੀ ਪਧਾਨ ਮੈਤਰੀ ਇੰਦਰਾ ਗਾਂਧੀ ਨੂੰ 1975 'ਚ ਪੂਰੇ ਦੇਸ਼ 'ਚ ਐਮਰਜੇਂਸੀ ਲਾਗੂ ਕੀਤੀ ਸੀ। ਮੋਦੀ ਨੂੰ 21 ਜੂਨ ਨੂੰ ਮਨਾਏ ਜਾਣ ਵਾਲੇ ਪਹਿਲਾਂ ਪ੍ਰਸਾਰਤ ਕੀਤਾ ਗਿਆ ਹੈ।

ਦੇਸ਼ਵਾਸੀਆਂ ਨੂੰ ਅਪੀਲ ਕੀਤੀ ਕਿ ਉਹ ਯੋਗ ਨੇ ਆਪਣੇ ਨਿੱਤ ਦੀ ਤੁਟੀਨ ਦਾ ਹਿੱਸਾ ਬਣਾਉਣ ਚੱਕਰਵਾਤੀ ਤੁਵਾਨ ਬਿਪਰਜੁਆਏ ਨਾਲ ਗੁਜਰਾਤ ਦੇ ਕੱਛ ਜ਼ਿਲ੍ਹੇ 'ਚ ਤਬਾਹੀ ਦੀ ਗੱਲ ਕਰਦਿਆਂ ਪ੍ਰਧਾਨ ਮੈਤਗੇ ਨੇ ਕਿਹਾ ਕਿ ਉਥੇ ਦੇ ਲੋਕਾਂ ਨੇ ਜਿਸ ਮਜ਼ਬੂਤੀ ਨਾਲ ਇਸ ਦਾ ਮੁਕਾਬਲਾ ਕੀਤਾ: ਉਹ ਸ਼ਾਨਦਾਰ ਹੈ। ਉਨਾ ਆਸ ਜਤਾਈ ਕਿ ਕੱਛ ਦੇ ਲੋਕ ਜਲਦੀ ਹੀ ਇਸ ਤਬਾਹੀ ਤੋਂ ਉੱਭਰ ਜਾਣਗੇ।

ਮੋਦੀ 21 ਤੋਂ 24 ਜੂਨ ਤੱਕ ਅਮਰੀਕਾ ਦੇ ਸਰਕਾਰੀ ਦੌਰ 'ਤੇ ਜਾ ਰਹੇ ਹਨ, ਜਿਸ ਕਰਕੇ ਐਤਕੀ 'ਮਨ ਕੀ ਬਾਤ' ਪੰਗਰਾਮ ਨੂੰ ਇਕ ਹਵਤੋਂ

#### Maan Ki Baat: PM hails people of Kutch region for showing resilience against Cyclone Biparjoy

Which other areas have such foreass? According to the cave hody of sea, 64 Mysacasis forests have here planted in Murtillatis of a. The Wilsachal of the was project on January 2, 2002 and the feat such forest was created in Blanch Faric. Chembra, in the caseen suburits. The Jurgost Mysould finest under this project was created at Chardiach's Notice Martin Shalet Usigan, Mortre over 41,000 trees were planted over 12 acres. Lower Carlindon's State of Acres Carlindon's Acres 12 acres.

A Miuzwald garden in Chandigali.

hadeamarked 1,100 plots for setting up

From: Minister Minister Minister Model, the his minister Minister Model, the his minister Minister Model, the his minister Minist there is Arterica. "So I desigle what could be better than the "Sensings of the people to give the energy," is stated.

stated.

The Prime Minister said to has been visiting March for yours and has had the opportunity (as GarracCM) to serve the people there. He started he knows about the counge of people of Match, their will-power and their frestyle.

People will devenome the

denotation unlessible by the syclone, Modi capressed con foderice as they did after the messive earthquake that struck the place two decades are. North is one of the feature

of an user in Konkis Introque, this returning, a trental pulse, which has now extend greater, and the service and to "dopen and "d MIVAWAGO METERODO fields is fast embracing the Majornals included of molecular formation and the majornal fast and undersooring the country's commitment to susuallable growth. The PM gave the lacest excepted as teacher, Ruff Rammath, white, he stoud, hus changed the critical landscape.

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He date stated that find a high resident study and the study of the study of

# **ऊना की सात साल की** बेटी और किन्नौर के ज्ञान की मोदी ने की तारीफ

शिमला। प्रधानमंत्री नरेंद्र मोदी के मासिफ रेडियो कार्यक्रम मन की बात में टीबी उन्मूलन को दिशा में ऊना की सात वर्षीय बेटी नलिनी व किन्नीर के पंचायत प्रधान जान सिंह के प्रथासों को सरका। पीएम ने इसे हिमाचल के लिए वर्ष का अवसर बताते हए इससे अन्य लोगों को प्रेरणा मिलने की बात कही है। मोदी ने भारत को टीबी मुबत बनाने की बात पर विशेष वल दिया। इस दौरान उन्होंने देशवासियों के साथ टीबी के खिलाफ मुहिम में लगे लोगों की सराहना



मन की बात में टीबी उन्मलन को लेकर पीठ थपथपाई

### बिपरजॉयने उद्धवस्त केले, पण लोकांनी दाखवले अभूतपूर्व धैर्य

'मन की बात मध्ये मोदींनी केले कौतक



नवी दिल्ली : विवार्क प्रकृतिक निर्माण कार्यक स्थाप अर्थ स्थापित प्रकृत स्थाप नवी दिल्ली : विपार्शय चळीच-

वार्यक्रम महिन्याच्या जीवर च्या सीवारी प्रसारित केला जाते, परंतु पंतास्थान मोटी २५ जून ते २५ जून य कालवादीत अमेरिक वीचवर अस स्थितीत प्रवेटी आठवडाच्य आगीच कार्यक्रम प्रगापित होत आहे. गान्टान गोर्ट स्पाति की, पुरावा आठवहबत मी अमेरिकेत आहे आणि तिये कृप प्रकारत होईल आणि मृत्यून माता वाटले, तिथे आण्याच्यीमी तुमस्थाते बोलके. वरें, वैक्कि आस्तीरदे क्षेत्रकोटी - **केली वार्ट,** २२ **घरतीय पाध** आणि

अमेरिका दौऱ्यामुळे अगोदरच कार्यक्रम प्रसारित

प्रकार मेंद्र मेठे मुनाले रिकारी समाजी ११ का प्रकारित प्रमार भारती अपनीता सेन्द्र होता.

### વખાણ કરતા વડા પ્રધાન

આકૃતનો સામનો કરવા કચ્છીઓ દ્વારા દાખવવામાં કી ખાત' દર મહિનાના છેલ્લા રવિવારે રજુ થતો. રવિવારે રજુ થાય છે, પણ આ વખતે એક અઠવાડિયા

<sup>ક્ર્ય્થીઓના ખ<sup>મીરના</sup> દેશને ૨૦૨૫ સુધીમાં ક્ષચમુક્ત કરાશેઃ મોદી</sup> નવી દિલ્હી: વડા પ્રયાન નરેન્દ્ર મોદીએ રવિવારે આવતા ખમીરના વખાણ કર્યા હતા. તેમણે હોય છે, પણ આજે ૧૮મી જૂને તેનું પ્રસારણ પહેલાં જ રજૂ થઈ રહ્યો છે. 'મન કી બાત' કાર્યક્રમમાં દેશને ૨૦૨૫ સુધીમાં દેશવાસીઓ સાથે સંવાદ સાખો હતો. 'મન કી કરવામાં આવ્યું હતું આ એવે વડા પ્રધાને કર્યું હતું ' તમે બધા જાણો છો કે હું આવતા આવાડિય શપમુક્ત કરવાની વાત કરી હતી અને કુદરતી બાત'નો રવિવારે ૧૦૨મો એપ્લિકો હતો. 'મન કે, સામાન્યપણે મન કી બાત' દર મહિનાના ઇલ્લા અમેરિકામાં હોઈકા અને ત્યાંનો કાર્યક્રમ ખૂબ જ

(જઓ પાને ૨) 👀

नदियों और नहरों को

# भारतका आपदा प्रबंधन मिसाल बन रहाः मोदी

नई दिल्ली, एजेंसी। प्रधानमंत्री नरेंद्र मोटी ने कहा कि चक्रवात विधारजॉय से गुजरात के कच्छ समेत कछ अन्य हिस्सों में नुकसान हुआ है, लेकिन सबसे आहम बात यह है कि इससे कोई जनहानि नहीं हुई। यह भारत की आपदा प्रबंधन की मिसाल है. जो पिछले कछ वर्षों में विकसित हुई है। उन्होंने भगवान जगन्नाथ की एथ यात्रा 'एक भारत-बेष्ट भारत' की पहचान बताया। साथ ही मोदी ने कहा. 2025 तक देश टीबी मका हो जाएगा।

प्रधानमंत्री ने रविवार को 'मन की बात' की 102वीं कड़ी में वे विचार साझा किए। उन्होंने कहा कि भारत लोकतंत्र की जनमी' है। जो लोकतांत्रिक आदशों और संविधान को सर्वोपरि मानता है। वर्ष 1975 में



देश पर बोपे गए आपातकाल को कभी भूलाया नहीं ज्य सकता। लाखों लोगों ने आपातकाल का परी ताकत से विरोध किया था। आपातकाल को भारतीय इतिहास का 'काला दौर' करार दिया। उस दौर में संवैधानिक व मानवीय मुल्यों पर जो आधात हुआ.

GG गजरात में बिपारजॉय से प्रभावित तटीय इलाके के लोग जल्द उबर जाएंगे। अहम बात यह है कि चकवात से कोई जानी नकसान नहीं हुआ है। - नरेंद्र मोदी प्रधानमंत्री

व समझने में आसानी होगी।

21 जून को मनाए जाने वाले

पनर्जीवित करना होगा मोदी ने देश के लोगों से नदियों, नहरी और तालावों को पुनर्जीवित करने का आत्यान किया। उन्होंने छत्रपति शिवाजी महाराज का उदाहरण देते हुए कहा कि वीरता के साथ ही उनके शासन और प्रबंध कौशल से भी बहत कुछ सीखने को मिलता है।

उसका अवलोकन जरूनी है। इससे करते हुए कहा कि हुए व्यक्ति को योग आज की युवा पीढ़ी को लोकतंत्र के अपनी दिनचर्वा में शामिल करना मायने और इसकी अहमियत सीखने चाहिए। सेहतमंद रहने के लिए योग अहम है। उन्होंने कहा, इस बार उन्हें न्यगीर्क स्थित संयुक्त राष्ट्र मुख्यालय योग दिनचर्या में हो : प्रधानमंत्री ने में होने वाले योग दिवस कार्यक्रम में अंतरराष्ट्रीय योग दिवस का उल्लेख शामिल होने का अवसर मिलेगा।

टीबी मटीजों की मदद के लिए तोड़ दी थी गड़क

#### 'मन की बात' में प्रधानमंत्री मोदी ने की ऊना की सात वर्षीय नलिनी की तारीफ

स्टाक स्विटेर — जिल्ला

ऊना जिला की मात सर्वाय बच्ची नित्ती ने पुत्रक तोड्कर टीबी मरोजी की सहायशा की बी और उनके इस कार्य से प्रधानसंख्री

अनेन इस कार स प्रधानभन्न भेंद्र मेर्च भी प्रधानित हुए हैं। उन्होंने र्रावार को असने 'सन

की बात' कार्यक्रम में इसका चर्ता, केंद्रीय मुनन प्रसारण एवं जिला की एक ग्राम पंजायत के 

के प्रधानों की की मिसाल किमीर जिला के साम प्रवादत प्रधान जान जिल्ल का भी जिला अवस्था बोले जब लोवों की

# لوگا کوروزمرہ کے معمولات کا حصہ بنا تیں: مردی

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# प्रधानमंत्री ने भारत के प्रदर्शन की सराहना की

### 'मन की बात' में कहा, इस माह खेल जगत से बड़ी खबरें आई

नई दिल्ली, 18 जन (भाषा)।

प्रधानमंत्री नरेंद्र मोदी ने भारतीय खिलादियों की उपलब्धियों को तारीफ करते हुए रचिवार की कहा कि पहले अंतरराष्ट्रीय प्रतियोगिताओं में अक्सर भारत का कोई निक्र नहीं होता था, लेकिन अब चीजें बदल गई हैं और यहां तक कि पिछले कुछ सप्ताह की सफलता की सूची भी काफी लंबी है। अपने मासिक 'मन की बात' रेडियो प्रसारण में मोदी ने कहा कि इस महीने खेल जगत से भारत के लिए कई बड़ी खबरें आई

मोदी ने खेल स्पर्धाओं में हाल ही में भारतीय खिलादियों के प्रदर्शन का भी जिक्र करते हुए कहा कि इसी महीने भारत की टीम ने पहली बार महिला जनियर एशिया कप हाकी जीतकर तिरंगे की शान बढ़ाई है। उन्होंने कहा, 'इसी महीने खेल जगत से भारत के लिए कई बढ़ी खुशखबरी आई रेडियो प्रसारण

नरेंद्र मोदी ने कहा, 'जन में पश्चिम अंडर-२० एयलेटिक्स वैषियनशिप भी हुई। इसमै, भारत पदक तालिका में 45 देशों में शीर्ष तीन में रहा। उन्होंने आगे कहा एक समय होता वा जब हमें अंतरराष्ट्रीय आयोजनी



के बारे में पता तो चलता था. लेकिन उनमें अवसर भारत का कही कोई नाम नहीं होता था। लेकिन, आज मैं केवल पिछले कछ सार्वाह की सफलताओं का जिक्र कर व्हा हूं, तो भी सुबी इतनी लबी हो जाती है। यही हमारे युवाओं की असली लकत है।

हैं। भारत को टीम नं पहली बार महिला जुनियर एशिया कप जीतकर तिरंगे की शान बढ़ाई है। इसी महीने हमारी पुरुष हांकी टीम ने भी जूनियर हांकी एशिया कप जीता है। इसके साथ ही, हम इस ट्नॉमेंट के इतिहास में सबसे अधिक जीत दर्ज करने वाली टीम भी बन गए हैं।"

उन्होंने जुनियर निशानेबाजी विश्व कप में

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भारतीय टीम के शीर्ष स्थान पर रहने की तारीफ करते हुए कहा, 'जुनियर निशानेबाबी विश्व कप में भी हमारे जुनिवर ने भी कमाल कर दिया। भारतीय टीम ने इस टर्नामेंट में पहला स्थान हासिल किया है। इस टर्नामेंट में कुल जितने स्वर्ण पदक थे, उनमें से 20 फीसद अंकेले भारत के स्ताते में आए हैं।"

#### Life's emotions are associated with rivers: PM

Neem springs back to life



a अर्थ र्राट के जान महासंबद्ध के गा कर के रिकेट कर کی افغالدن اعظم (عدمون) نے اوروز کی اندھیج خات الاک میں مدحوں کے موجوں کی موالک میں موالد کا کہا ہے کہ ملاوی میں واقوی اور میں معدد کارکریکی کا ذکر کرتے ہے۔ دوری کی جوانگ میں مرکز علاق

الرق مطالس على المتر كالرامل كا الاست كيا كه باستال كما زيال مرفى في لك الاعم دافن كيا ي Kotuse to be 15 M 3.60 - 18 W. یک کامول عادی 6.61517 12 1 L de 200 -4 31/600 C يل ان المام كلواز عال وال [ Indian كوي: كوان كي كومضالول

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# लोगों के प्रयास से नीम नदी हुई पुनर्जीवित

करना संस्थापन स्मृतः । कार मंत्री पोक्ट पोर्ट में बन की बात करकेल से कार्य प्रीक्षित में एक्ष्म में प्रकृतित सुद्धे किए जो का प्रिक्त का श्रेमों के प्रकृत को प्रतिकार नहीं के बाद को के लोग प्रदार है। सका है जार के लोग प्रदार है। सका है जोग ठीन्न जगान के उपन को सरक को हैं।

उपन को सरक का है। प्रश्नशंत्री ने कहा कि तह के बहुत जिले में कहा प्रमाप कहते केंग जनक नहीं हुआ करती थी। साम के बाथ करी तुमा हो गई, पर स्थानोंक स्मृतिक और जनकाशती में

प्राथम किया और विकास प्रथम किया अर्थनात कर के तम हो किया अर्थनात कर के तम हो किया अर्थनात कर के तम हो किया कर के तम हो कर के तम हो किया कर के तम हो कर के तम हो किया कर के तम हो कर के तम हो किया कर के तम हो कर के तम हो के तम हो कर के तम हो कर के तम हो के तम हो कर के तम हो कर के तम हो के तम हो कर के तम हो कर के तम हो के तम हो कर के तम हो कर के तम हो कर के तम हो के तम है के तम हो कर के तम हो कर के तम है के तम हो कर के तम है के तम है के तम है कर के तम है के तम है के तम है के तम है कर के तम है है के तम है तम है के तम है के तम है तम है के तम है तम है

#### Lives saved, PM hails cyclone rescue effort of democracy and "we consider

HT Correspondent

letters@hindustantimes.com

NEW DELHI: People of Kutch will rapidly emerge from the devastation caused by Cyclone Bipar-Joy, Prime Minister Narendra Modi said on Sunday, as he praised the strength of disaster management that India has

In his 102nd monthly 'Mann Ki Baat' radio broadcast, the prime minister described the Emergency as a "dark period" in India's history and sald the country can never forget June 25, the date on which the Emer-

Modi said India is the mother

our democratic ideals as paramount and our Constitution supreme", "Therefore, we can never forget June 25th. This is the very day when Emergency was imposed on our country. It was a dark period in the history gency was imposed in 1975. of India," he said.

Emergency was imposed in

1975 by the Congress government led by prime minister Indira Gandhi

"Lakhs of people opposed the emergency with full might. The supporters of democracy were tortured so much during that time, that even today thinking about it, makes us shudder, Modi said.

Modi hails disaster management; ships and aircraft deployed to assess damage



વડાપ્રધાને મન કી બાતના ૧૦૨માં એપિસોડને સંબોધિત કર્યું

### મોદીએ બિપોરજોય વાવાઝોડાને લડત આપનાર કચ્છવાસીઓની પ્રસંશા કરી



પ્રધાનમંત્રી મોદીએ કહ્યું કે જ્યારે હું ભારતના સામાન્ય માણસના પ્રયત્નો, પરિશ્રમ અને ઈચ્છાશક્તિ જોઉં છું ત્યારે હું પોતે અભિભૂત થઈ જાઉં છું

#### भारत का आपदा प्रबंधन मिसाल बना : मोदी

नई दिल्ली, (पंजाब केसरी): जबानधंत्री नरेंद्र मोदी ने रविवार को गुजरात के ताटीब इलाकों में आए बजावत विधरतीय का मुकाबस्था करने वाले लोगों और आपदा प्रबंधन कोमेंचों के प्रवस्त्रों की सराहना करते हुए कहा कि भारत का आपदा प्रबंधन उदाहरण बन गया है। उन्होंने अपने साहिक रेडियो उदाहरण बन गया है। उन्होंन अपने साहरक राहेंद्रा इस्तरण भने की बात में कहा, 'जेपपटा प्रकेपन की जो ताकत भारत ने जर्षों में तिकस्थित की हैं, वह भाज मिसाएन बन रही हैं।' प्रभानमंत्री ने कहा, चक्रवात विषयत्रीय

त्रधानाचान न कहा, पक्रकात वाचर काय ते कान्य पे बहुत तकाही पक्षा शैकित कर्मा के शिक्त प्रकार प्रमान और तैमारिकों के साथ प्रकार प्रमान किया। भोदी ने फहा, सबसे बड़ा एवट्य हों, सबसे कठिन चुनीतों हो, धारत के सोगी को समूहित सुनित

पारत के राग्य की सामुहाक शावत, सामृहित हर पुगीती की हरा कराती हैं। उन्होंने यह भी कहा कि लोगों को 25 जुन को नहीं सुलना साहिए, किस दिग 1975 में आगहाकार लगाया गया था। मोदी ने कहा, भारत स्तेततंत्र को जननी हैं : उन्होंने कहा, आज कब हम आजादी का अमृत महोत्सव मनाते हैं, तो हमें ऐसे अपराधों को भी देखना साहिए। यह युवा पीवृी को लोकतंत्र का

मोदी ने उपनी क्लों और प्रकृति को हरा-मरा और स्टास्ट बताने में गावन की मियावकी तकनीक पर अधारित वर्गे हव उद्यानी वर्षे सरहरन करते हुए देशवस्थि का अज अबान किया कि है इस तकरोंक से वर्गक्रम का अवस्थ प्रवास करें। उन्होंने कहा कि भारतकरियों का स्थला। होता & On the solution and Orest its arrange in Our flows

क दर्वभा भा विकास के कारता के किए विकास रहते हैं। हमा आपने चीन से प्रेम करने हैं। और माई वीच को आपनाता भी करते हैं। इसी का एक उदाहरण हैं। अध्यान की नावानीक विचासकी, असर किसी समस्य के विकास आपना की त्यों हो गंकणके जिन्हों उपमान करते होते हैं गंगर की लिट्टी उपमान महिंदी हो, हो मितावादी सक्तीय, उस थेत को, फिट हो लग-भार करने का बहुत अपन तर्जित होती हैं। मितावादी जंगल होती हो

अर्थ और महत्त्व सिखाएगा। अंतर्राष्ट्रीय बेग दिवस के अवसर पर २१ जून को न्यूयॉर्क में संयुक्त राष्ट्र मुख्यत्तव में अपने बोग मत्र का उल्लेख करते हुँग, पीएम मोदी ने सभी से योग को अपने दैनिक जीवन में अपनाने और दसे अपनी दिनसर्या का भारतीय खिलादियों के प्रदर्शन को सराहा :

फैकारी हैं और दो-बीन दरका में मैच विविध्या का केंद्र, बन गते हैं। अब इसका प्रस्तर बहुत होगी से कहत के भी अलग-अलग हिस्सों में हो रहा है। एवानमधी से कुछा कि केरन के एक विकास गारी राजनाथ जी ने इस तक मैं का से एक इससे ाका सम्बद्धक सामान्यातीय जाता है का सिमानायात्री प्राचीती करते हैं है कि एक दी है कि स्वता है। इस सम्बद्धक से उपनिवास के स्वीत है जाता है कि समझ्या है जाता है से समझ्या है कि सम्या है कि समझ्या है कि समझ्या है कि समझ्या है कि सम्या है कि सम्या है कि सम्या है कि सम बन चुका है। उनकी इस कामरावें से उस्तें और में प्रेरण के बद भी वसम्बद में सिवाबकी तक යා දවස සේ භා ගමණක් ම සම්බන්ත වෙන සේ ලක විත්වී සහ, කම්ම ශ්රීඩ මේ සම දුම් මේ ලික 'නියානමාද'! වෙනක් මේ සම දේ 'ව්යානමාද' වෙන සම නත්ත ඒ 113 ගින්නේ මී 450 ජී යනික ඒය පත්ත නවා අත්ව ජීවයක් ඒ අතේ පත්ත කොළො එය

कोई विक नहीं होता था. लेकिन अब चीजें बदल गई हैं और यहां तक कि पितले कुछ सप्ताह की सफलता की सूची भी काफो लंबी है।

సాధారణంగా ఈ ఎపిసోడ్ ప్రత

## ఎమర్జైన్సీ.. ఓ చీకటి అధ్యాయం హీరారణంగా ఈ ఎపిపోడ్ ప్రతి మీర్ ప్రవిశ్వమారం బంటుందు, అంటి ఈ విలర్ ఆమర్

జూన్ 25ను ఎప్పటికీ మర్షిపోలేం 🕶 మన్ కీ బాత్ లో ప్రధాని మోదీ

న్యూరిల్లీ, ఆగన్ 18(బందక్కల్), 'మ్లుస్వా మ్యానికి తెల్లిపలకు బారతదేశంలో ఎమనెస్స్ విధిం ఆ**ాన్** హేను ఎవ్పటికే మర్సిపోలేం" ద్రుకాని మోదీ అన్నారు. ఆదివారం 'మన్ కీ బాత్' 102వ ఎపిసోటీలో ఆయన దేశ స్థకులను దర్శేంచి మాట్లాడారు. ఈ

సందర్భంగా ఎమరైస్స్ నాటి భయానక సరిస్థికులను **చరాని గుర్తు** చేసుకున్నారు. "వేశ చర్మకలో అదో చీకటి అర్వాయం. ఆ నమయంలో ప్రజాస్వామ్మ మద్దతుదారులను ఎంతగా హిందించారో తలుచుదుంటే ఇప్పటికే మనసు వికలపుపోతుంది. అని మోదీ ఆవేదన వ్యక్తం చేశారు.

వెళ్ళన్నందున, ఆంతథముందుగానే స్థవజలతో సంభావించాలని భావించినట్లు చేస్పారు. 2025 నాటికి క్రయ రహీత బారత్ దిశగా జరుగతున్న ప్రదోగలిని మోదీ ఈ నందర ప్రశంసించారు. ప్రకృతి విచత్యలను ఎదుర్కొనే విచయంలో భారత్ హెందాంనించున్న 😘 సామర్వాలు మోదీ కొనువా 🖝 దిస్తోక జాయ్ శుస్తాను **కవేలో** భారీ విద్వంనం సృష్టించిందని, **అయి**తే అక్కడి డైజులు దైర్యసాహారాలతో, ముందస్వ సర్పడ్డతతో డాన్స్ సమర్పంగా ఎదుర్కొన్నారని పేర్కొన్నారు. కాగా, జూన్ కోన నిర్వహించే యోగా దివే శ్వనం కోనం ప్రవంకం వ్యాప్తంగా ప్రజలు ఆసక్తిగా ఎదుకచూస్తున్నార న్నారు. జరాన చైధాన కార్యాలయంలో జరిగే యోగా సినోత్సవంలో పాలినే అవకాళం తనుండి లకుంటుండని చెప్పాడు. యోగాను దివరర్గలో భాగం చేసుకోవాలని ప్రవులను మోదీ కోరారు. ఇదిలాఉందూ, మణిమా ర్లో హింనపై ప్రధాని మౌనం నహించడాన్ని కాంగ్రౌస్ ఆక్టేసించింది.

#### റാഫി രാമനാഥൻ, പരിസ്ഥിതി സംരക്ഷണം ദൗത്യമാക്കിയ അധ്വാപകൻ

прината больный те alternation in the column ninem regaringaments company forces spilled accept and unimated must asset material electrics adjust firem memoused man യും തും തനപ്പി പരന്നു ബോ ർസൂകൻ സ്ഥാപിച്ച് വഴിയോ a contratement sortuling жаторет отоуснова manning justices of the series on personal ground.

வுக்க வசுக்களை வலி пидай тичноподам ти av éçmelurèces moum m skutche manage sig also ninga usungs, and காச் வணிவுக்கும். ஆவ യതാധത്തെയ്യും കേന്ദ്രീകർച്ച് തക്ഷ്യതാനം, രൗക്യത്തോ So, managadad aysant season subraneouses итотниция вод огланити and approximated in the second mentag soonaless eggs adventracement excess movementally avended exalphages securificación animal gayor junideal ad renorms

anacuellane engold Alexander managed முன்னை விலைய்த்தா locanica espalmonu en guitanees need no nation

നാത്ത എന്നും മികച്ച പരി നമിൽ സംരക്കുകനുള്ള സം സ്ഥാന പുറസ്കാരം ഇത്വഹ

2615வய கோணிமை வி-எமின் வுவியவின் ഗ്രീൽപ്രോത്യോക്കോൾ ചെടി ബൽ ആയി ഗ്രദ്ധർത്തിച്ചു Chi massaum impant special galichter from ത്തിക്കുന്നതിനായി തള് 5 ത श्च कारक्षणंकावणं कृता वर्णा स्थानकर्तानां तरिती हा क्षात्रांच mi-more minuspeliment calmng, introopmose my de audair dentemme 1927 words among women allow and approximation on a management of the second



டி எங்கி என்றவன் எடிவும் <del>எழுதிய</del>ை all grown empressed of

# لوك يدلا يغهرول الجحيلول كازنده كرنيع مصروت

ايم بنسي كومان كروجوال ل جمهوريت كالمطلب سجيحاتي لوَّك لوكا وَروزم و كَمْ معمولات كاحصه بنا يَكِي) وزيرا مُقْلَم ود أ

Education this .

26/25/07/23/2016 - 22-14 21/2 Juny 2016 2016

#### મન કી બાતમાં મોદીએ કહ્યું- 21 જૂન યોગ સાથે જોડાવાનો દિવસ

भारहर न्यूअ - नवी हिस्ती

પીએમ મોદીએ રવિવારે રેડિયો કાર્યક્રમ મન કી બાતની 102માં એપિસોડમાં દેશની જનતાને સળાય હતું. તેમણે ધોગ દિવસ ઈમરજન્સી, 2025 રમતગમત, 2025

સુધીમાં ભારતને ટીબી મુક્ત બનાવવાના એભિયાન વિશે વાત કરી. આ વખતે મને ન્યુયોર્કમાં સંયુક્ત રાષ્ટ્રના મુખ્યાલયમાં યોગ દિવસના કાર્યક્રમમાં ભાગ લેવાની તક મળશે. જો તમે હજુ પણ યોગ સાથે જો વ્રયેલા નથી, તો 21 જૂન આ સંકલ્પ માટે ખૂબ જ સારો દિવસ છે.

#### In Mann Ki Baat, PM speaks on Emergency. efforts to eradicate TB

#### Participation of public will free India of TB: Modi

#### PM hails Kutch's 'unprecedented' show of courage to fight cyclone

TIMES NEWS NETWORK

New Delhi: Days after cyclone 'Biparjoy' hit the Gujarat coast, PM Narendra Modi on Sunday snoke about the insprovement in India's preparedness for disaster management over the years and the spirit of resillence among people in facing and handling such a situation. and said he was sure that the people of Kutch would rapidly emerge from the devastation.

"Just two-three days ago, we saw how big a cyclone hit the western part of the country... Cyclone Biparjoy caused a lot of destruction in Kutch. But the courage and preparedness with which the people of Kutch fought such a dangerous cyclone is equally unprecedented too," said Modi while addressing his monthly radio programme 'Mann Ki Baat'.

"Kutch was once termed as never to be able to recover after the devastating earthquake two decades ago... Today, the same district is one of the fastest growing districts of the country... No one has any control overnatural calamitles. But the strength of disaster management that India has developed over the years, is becoming an example today," he added.

The PM emphasised on conservation of nature as a "significant way to combat natural cafamities", and cited examples from Uttar Pradesh and Maharashtra where local people worked to conserve water.

On water management is sues in the historical context, he also referred to the contribution made by Chhatrapati Shivaji. "Along with the bravery of Chhatrapati Shiyaii Maharaj, there is a lot to learn from his governance and management skills. In particular, water management and navy... The Sea-forts built by him still stand proudly in the middle of the sea even after so many centuries. The beginning of this month itself marks the completion of 350 years of the coronation of Chhatrapati Shivaji Maharaj." the Prime Minister said.



المال كال المائع المال ا 🥏 عظمیآبوز سروس يك من كالمان و المان المان المان و المان و والمان و والمان و كالكاليكيكيكيك كالمنافعة المنافعة المن ق و في الروز واللم تريد مودي ك

ك الريادة المساورة على المساورة المساور عين والخيرك إدى والان المصاحب الملاب كي علمت على تبديل الان الون كالكناد الان المان كازيرى كاعراءى القيلية بالم 8 10 NO 10 M ایک نفر وان آسان مه 1-2 1 690 V يراق بول يامت G-20 F ك شاعار والعاب ت نے آپ کورک بات میں ہیں ہے۔ انہوں نے خاص کا کر گڑھ میں تقریب عدایہ آئی کم ہے کر کس فری کلور کے عدد کی احال ہے تی مان کے دوران سے سے ان کا تھا ہیں۔

ک سے ہوگ بد کیا ہا ہا جا ہوں 20 سازالد ای گاڑی اور کا ساز کا کی اور کا اس کا سازالد کی گھر کا اس کا سازالہ کی گارہ ہے کہ ایک تاکی ہوگئی کے بیادہ میں کا کہ ایک کا سازالہ کی سازالہ کی گارہ ہے کہ ایک میں کا کہ ایک کا سازالہ کی سازالہ کی گارہ ہے کہ ایک کا کہ ہے کہ کا کہ ہے کہ کا کہ ہے کہ ہے کہ کا کہ ہے 



આપનાર કરકવાસીઓની પ્રસંશા કરી

પ્લાને તું ભાગતના અભાગતા પ્રથમની, પશ્ચિમ કહતે સ્થાપનિત પોર્ક સું ત્યારે તું પોતે અધિમૃત સર્ચ પર્ધે તું : પીઓ ते, जो का कार्य के पहारोंक चेता को की ते कैंका बंधी करना करायीं को की ते कैंका बंधी कर करायीं कार्य कर को कार्य जीवा करायीं कार्य के कार्य जीवा कार्या कार्य, कर में पहारों दुरुवा अवस्थित कार्य, कर में पहारों कर करायों कार्य, कर में कार्या की recompliant of the grane and an artist of the second of th

# ഇന്ത്യയുടെ ദുരന്ത നിവാരണ സംവിധാനം ലോക്ത്തിന് മാതൃക: പ്രധാനമന്ത്രി

രിവസം വിശ്യയിച്ച ബ്ഫോർതോയ് പുലിക്കാറ്റിനാ വിവായി നേര്ട്ട ക non fernancular galesme usell ന്ന മാൻ അൻസ്ഥിച്ച അതർ കു ഈ പ്രയൻസ്വം കർന്നവാനവും ഇപ്രശേൻയും കോൻ പ്രത്ന സർക്കു നേൻവുകയാണ് ദ वर्ष आर्थकार क्षेत्रों सुकता वर्णके कर्तकार कर्युं कार्यकार ത്തിൽ വളരുന്ന രാജ്യത്തെ ജില്ലകളിലൊന്നാൻ മാറിയെ ന്നും മൻ കി സാത്ര് അഭിയം

ബാധത്തിൽ അദ്ദേഹം പറഞ്ഞു. പ്രകൃതി ദുതത്തെല്ലെ തായാതാവി ബ്ലെയ്ലേം ഇന്ത്യ വികന്നിപ്പ്പെടുത്ത क्षण वीवायमा क्षण्यीकालाह्य स्थान कार्यात्रकार क्षण्यात्रकार क्षण्या कार्यात्रकार कार्यात्रकार कार्या രണ്ടെ പ്രവർത്തനങ്ങൾ എന്നിക്കാ Грициотауті, жикусот-адала വിന്നുള്ള അതിന്റെ ആവശ്യക്ത അതിയുടെ അവസ്യ പ്രചിത്രി melion as set prolem

पीएम ने ओखलकांडा

के डीकर को सराहा

भीमताल। प्रधानमंत्री नरेंद्र मोदी ने छह

टीकी मरीजों को गोद लेने वाले

सिंह काफी उत्साहित हैं।

करवाते हैं।

കശ്മീരിലെ ധവളവിപ്പവം വിവരിച്ച് മോദി

മുന്ന്ഡ് രീകാരംബന്ധാര്ക്ക് പ്രോക് കേർമിരിയ യാഗാമു ലൂലിൽ തിന് മാല്യർപ്പര തിരെ ഡക്കാ വിവർച്ച് പ്രതാര്യൻ യാക്ക് നെ the enterior manual of autonomy muscosay wish galapadallang alexandre and sweet coupling sphase mayou

ത്തിന്റെ അദ്ദേഹത്തിന്റെ ഭരണ വാ മൂക്ഷെട്ടപ്പറ്റി കുടുതൽ പഠിക്കേന്ന തുടെയുട്ടും 2020 ആദ്യന്തരമാണ്ട ടിബി മൂണ ഭരണം ഉണ്ടാക്കേന്നത്വ

का संद्याप्तक क्षेत्रकम् अस्य क्षेत्र जन्मका सम्बद्धकः जनस्यकम् ज्ञेत्र and purposed and property of the

പ്രൂത്ത് അത്തുർദ്ധിക നടന് യുൺട്ടുകളാണ് ബാദ്യുള്ളതിൽ അധികമാതി വന്തത്തും മാത് ன்றக் அறிவி வாகக்குற்று ஒருள் கி. கான்றவைக் எருகியு ஒரி சாக்குற்ற அந்த அறி அவரி ngs more cost, sales of memora to the continuous above threem ന് ഗുത തിയപ്പിട്ടിക്കാർ ആദ്യ മ അത്രയാത്തു തിരുത്താവന

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electrons gut and atá me രിന്താവ ഇത് രത്ത് മിർ സംഗാ തിലാർ ആരർച്ച പാരിൽ പാരിൽ തപ 100 വിറ്റർ പാര്യൻപ്പാൻപ്പി മറ്റ ആ സ്ഥിപ്പാൻ അനാലത് ആരർച്ച പാരിലെ ഉൻപ്പിലെ പാർത്ത 100 പാരിലെ ഉർപ്പോടെ പ്രാർത്ത 100 പ്രത്യ ആരർ പരയോട്ടെ പ്രത്യത പ്രതം മരിക കർക്കുന്നും പ്രധാന മന്ത്രി മൻ മി സാത്തി പര്ചയ

#### आणीबाणी काळा काळ: आठवणीने थरकाप उडतो

लोकामत

ओखलकांडा ब्लॉक के डीकर सिंह शीकमार स्थान मेटकी नहीं दिल्ली : २५ जून विश्वन तकन नहीं, क्या दिल्ली अस्पानन जाती क्या दिल्ली अस्पानन इतिहासकीय 11 काल क्या दिल्ला काली होती. उत्तर जिल्ला काली काली एवं उत्तर दिल्ला काली काली एवं कालीनियों क्या विश्वन विशेष केला, ज्या कालान काला देवन नामीता अस्पानन काला काला मेवाडी के प्रवासों की सराहना की है। रविवार को मन की बात कार्यक्रम के दौरान प्रधानमंत्री ने टीबी मुक्त भारत अभियान पर चर्चा करते हुए डीकर सिंह मेवाड़ी जैसे लोगों को प्रेरणा सार्थकाच्या क्या प्रकारता क्या हरूल हे २६५२तर्ने की आवाही नवाच्या भएतका रहतो, असे पंताध्यम नरेह गोडी यांत्री छात्रपती शिवसायांच्या बताया। पीएम से मिली तारीफ से डीकर

डीकरसिंह मेबाड़ी (31) नैनीताल जिले के सबसे दरस्त ओखलकांडा ब्लॉक के ककोड़ ग्राम सभा के प्रधान हैं। टीबी मुक्त भारत अभियान के तहत उन्होंने अक्तूबर 2022 में अपने ब्लॉक के छह टीबी मरीजों को गोद लिया। इन मरीजों को डीकर अपनी ओर से हर महीने हाई प्रोटीन डायट उपलब्ध

तरुणांना लोकशाही कळायला हवी : मोदी

न्द्रं दिरुली । भाग जपानमंत्री नरेंद्र मोदी विदेशों में जिस तरह भारत को रतम्बन दिला को है, उस पर हम रहयं भारतीय को वर्ष होना बाहिए। राष्ट्रीय जनव्यक्ष एक दिल्ली धालप के प्रभाव कैनवीन जन पांचा ने दिल्ली प्रभावें केनलें तम पाँचा ने किस्ती भागत अरुवाल बीनट संपर्धात के साथ रविवाद की मजदू कर टीला के पास अवविता प्रधानकों मोद पाँचे के मान की बात कार्यकर में प्रशासकान में अने पालामी विद्वार महत्त्वक के रोग्ये और धालाम प्रधानकों के तथा पहले के बात के उस्ता बातें करीं। योचा में पालां में किस्ता बातें करीं। योचा में पालां निवेदन करते हुए कहा कि इमें भारत के लिए मोदी सरकार द्वारा किए नए के लिया मोदी स्टब्ब्ट प्रशा किए गुप्ता के बार्यों को बन-जन तक प्रमुखने की सम्प्रत है और अंदर प्रधानमंत्र मेंद्र पूर्व के स्टब्स्ट एवटने का अनुपार बाग प्रतिश्च तर्कि कब हम 2042 में शास्त्र के साथ किए 2042 में शास्त्र के साथ किए वर्क माने की तक हक हम कुछ किएकित हम्न के स्टब्स में अपनी प्रधानन कम्न की बाह्य एस मान्येक ने माने अनुपार प्रधानमा में अभी परिवाद की उस-स्त्री में भी प्रमानक की विकाद वची से भे मुलकात की जिसके जन्म के बाद उसके परिजनी ने जन्म के बाद उसके परताना ना उसको नगरिकता नगरिया है। में कि फरुपा के वरित नेत्रजो एवं पदाधिकारियों ने उध्यनमधी नरेन्द्र गेरी के मन को बता कार्यक्रम की विभिन्न स्थानी कर स्थानीय कार्यकर्ताओं के साथ सुना।

विदेशों में भारत को मिल

रहे लम्मान पर मारतीयों

को होना चाहिए गर्व : पांडा

#### Hindustan Times

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PM Modi Man ki Baat के जरिए देश से अपने विचार करेंगे साझा, मन की बात का 102वां एपिसोड का प्रसारण

#### WIRE

In PM Modi's Latest 'Mann Ki Baat', Valuable Lessons for Manipur's Residents

#### अमरउजाला

Mann Ki Baat: 'इमरजेंसी, देश के इतिहास का काला दौर', मन की बात कार्यक्रम में पीएम मोदी ने कही बडी बात

### लोकामत

नरेंद्र मोदींनी मन की बातसोबत मणिपूरची देखील बात करा! पुण्यात मणिपुरी नागरिकांचे आंदोलन



Mann ki Baat: 'मन की बात' से PM Modi का कांग्रेस पर निशाना, बोले- इमरजेंसी के काले दौर को कोई नहीं भूल सकता



Mann Ki Baat: PM Modi to address 102nd episode today; check time, where to listen and other details



