



A Print & Digital Media Interface for New India



**BY HON'BLE PRIME MINISTER
SHRI NARENDRA DAMODAR MODI**



**A FIRST OF ITS KIND KNOWLEDGE DOCUMENT FOR
CHILDREN WITH DIGITAL INTERFACE**



By Dr. R. G. Anand

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NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS (NCPCR)

**A compilation of inspirational thoughts, experiences,
anecdotal evidences and guidance for involvement of
children in making New India**

PROFILE OF Dr. R. G. ANAND

Dr. R. G. Anand is currently the Member, Child Psychology and Sociology in National Commission for Protection of Child Rights (NCPCR), Government of India. NCPCR is a statutory body established under Commission's for Protection of Child Rights (CPCR) Act, 2005.



As a Member of NCPCR, Dr. R. G. Anand has conducted more than 250 health camps for orphanage children across Tamil Nadu & Puducherry. He has travelled length & breadth of the country covering 20 states, 160 districts for the welfare of children and strengthening institutions working for the welfare of children. During COVID-19, he interacted with more than 5,000 children encouraging them for safe behavioral practices and building their confidence in the time of Covid – 19 pandemic. He conducted several district level meetings with the district authorities including Child Protection and Child Development officials to ensure proper care and protection of children especially vulnerable and inmates of shelter homes. He launched 'Samvedana', a toll-free tele-counseling to help children relieve stress caused by COVID-19.

He is a dedicated selfless person with humble background serving the society for the past 20 years with an aim to improve the lives of common people especially children. Dr. R.G. Anand has personally supported thousands of people with food, care & support to improve their life & livelihood. His relentless service in the field of Child Psychology and Sociology have made him a well-known figure across the country. He is particularly known for his contribution in improving the lives of children with respect to their mental, emotional and social development.

He has been recognized and awarded by various National and International organizations for his service to the people in the field of HIV/AIDS including PARTON Award, Certificate of Appreciation by LEPRA Society, UNICEF, Indian Association of Preventive & Social Medicine, Rotary International of Chennai and many others.

Dr. Anand is a qualified medical doctor having advance degrees in MD (Preventive & Social Medicine, Community Medicine/Public Health) along with FHM.,MHA., PDCR., BDCP., BSS. He also holds degree of Bachelor of Legislative Laws(LLB).

There is nothing as sacred as knowledge in this world. Those who spread knowledge, who take such noble initiatives, I commend all such great people from the core of my heart.

“Mann Ki Baat”- October, 2020-

Shri.Narendra Damodar Modi

Disclaimer : The document is a compilation of material available at the website <https://www.pmindia.gov.in/en/mann-ki-baat/>. In case there is any doubt on any fact or on any matter may please refer to the source.

MANN KI BAAT

“Mann Ki Baat” is a radio programme hosted by Hon'ble Prime Minister Shri Narendra Modi in which he addresses the people of the nation on All India Radio (AIR), Doordarshan (DD) National and DD News. “Mann Ki Baat” is a phrase which cannot be translated literally, but can be interpreted as “matter of contemplation”, “inner thoughts”, “a dear wish” or “speaking from the heart”.

In this programme, the Hon'ble Prime Minister, apart from covering various subjects important to the nation, speaks to the children on certain issues, highlighting the tradition, culture and heritage of India, so as to inspire them to take part in various initiatives towards building a New India. He mentions guiding principles for nation building and attempts to inspire children to develop original thinking and scientific temperament appropriate to the 21st century. Thus, the dialogues are captivating, refreshing and full of ideas that motivate children towards making a New India so that India can become “Vishwaguru” or global leader in the near future.



MESSAGE

The Hon'ble Prime Minister Shri Narendra Damodar Modi- the Executive Head of the Government of India addressing citizens of the nation through public broadcasting highlighting issues of national importance, drawing pathways for nation building, way to fight calamities, inspiring citizens to innovate and become self reliant, to build our future on the ground of our own culture, tradition and heritage shows his commitment and personal involvement in making New India and Viswaguru to the world.

His interventions and thoughts on several issues important to the nation are guiding lights for framing policies, guidelines, programmes and interventions. Being a Member of the National Commission for Protection of Child Rights (NCPCR)-a statutory body of Government of India to ensure the rights of the children of the country take heart/inspiration from Mann Ki Baat programme to personally reach out to the children in various parts of the country. I have personally covered visiting 160 districts in all parts of the country, discussed and share about various initiatives of the government of India. At the sametime, I thought to compile a document to include all the insights, inspirations, sharing and advise in respect to the children. Therefore, it is a simple and humble endeavour to put the things together for the use of National Commission for Protection of Child Rights and the public so that the knowledge and inspirations shared in Mann Ki Baat for children can be made available for possible interventions.

Therefore, it is my humble submission and offering to the Institutions, Organizations, Agencies, Experts, Social Workers, Spirited citizens and people in general to have a look of the document for the reference purpose to serve the children of the country in a more effective and meaningful way. I thank Shri Priyank Kanoongo, Hon'ble Chairperson, NCPCR for his continuous encouragement and guidance. I would also like to thank my mentors and my team helping preparing this document.

Jay Hind !



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29th November, 2020- MANN KI BAAT



My dear countrymen,

In the past few days I had the opportunity to interact with students of several universities across the country and be a part of important events in their journey of education. Through technology I was able to connect with students of IIT- Guwahati, IIT-Delhi, Deendayal Petroleum University of Gandhinagar, JNU of Delhi, Mysore University and Lucknow University. To be amongst the youth of the country is extremely refreshing and energizing. University campuses in a way are like Mini India. In these campuses on the one hand we see the diversity of India; on the other we also find great passion for changes for a New India. Before Corona when I used to go for a face to face event at any institution, I would urge that poor students from nearby schools to be invited to the function. Those children have been attending the functions as my special guests. When a small child in the grand function watches a young person becoming a Doctor, Engineer, Scientist, sees someone receiving a medal, new dreams awaken in the child- 'I too can do it', this self confidence arises. There is inspiration for resolve.



Friends,

Besides this, I am always interested in knowing who the alumni of the institution are, what the arrangements by the institution for regular engagement with its alumni are, how vibrant their alumni network is.

My young friends, you are a student of an institution only till you study there, but you remain an alumni of that institution lifelong.

After leaving school or college, two things never end – one, the influence of your education, and second, your bonding with your school or college. Whenever alumni interact with each other, in their memories of school or college, greater time is given to reminiscing about time on campus and moments spent with friends than about books and studies, and, from these memories, a feeling is born to do something for the institution.

What can bring greater happiness than to lend a hand in development of the place where your personality was moulded? I have read certain such efforts, where the former students have given back to their old institutions in great measure. Nowadays, alumni are very active in this. IITians have provided their institutions many facilities like Conference Centres, Management Centres & Incubation Centres set up by their efforts. All of these endeavors improve the learning experience of the current students. IIT Delhi has initiated an endowment fund, which is a brilliant idea. There is a culture of such endowments in renowned universities across the world, which helps the students. I think that universities of India are also capable to institutionalize this culture.

When it comes to returning something, nothing can be deemed big or small. Even the smallest help matters. Every effort is important. Often, alumni play a very important role in technology upgradation of their institutions, in construction of buildings, in initiating awards and scholarships and in starting programs for skill development. The old student associations of certain schools have started mentorship programmes. In these programmes, they guide the students of different batches and also discuss educational prospects. Alumni associations are robust in many schools, especially in boarding schools, where they organize activities like sports tournaments and community service.

I would like to urge former students to keep consolidating their bonding with the institution in which they have studied! Whether it is at the level of school, college, or university. I also urge the institutions to work on new and innovative

ways of alumni engagement and develop creative platforms so that alumni can be actively involved. A strong vibrant & active **alumni network is needed not only in big Colleges and Universities but also in schools of our villages.**



The Prime Minister, Shri Narendra Modi addressing the 51st Convocation of IIT Delhi, through video conferencing, in New Delhi on November 07, 2020.

Friends,

Awareness beget spiritedness. Shri Virendra Yadav ji is one such farmer entrepreneur, who has influenced the lives of thousands through his awareness. Sometime ago, Virendra Yadav ji used to live in Australia. Two years ago, he came to India and now lives in Kaithal, Haryana. Just like others, the stubble in the fields was a big concern for him too. Work is being done on a massive scale to find the solution to this issue, however, today in Mann Ki Baat, I am especially mentioning Virendra ji because his efforts are different and show a new way forward. To find a solution to stubble, Virendra ji bought a Straw Baler machine to make bundles of straw. For this, he also received financial assistance from the Agricultural department. With this machine, he began to make bundles of stubble. After having made the bundles, he sold the stubble to agro energy plants and paper mills. You will be amazed to know that in just two years, Virendra ji has traded in stubble in excess of Rupees Two and a Half Crores and has earned a profit of approximately Rupees Fifty Lakhs. The benefit of this also accrues to the farmers of those fields from where Virendra ji sources his stubble. We have often heard of '**waste to wealth**', however, this initiative is a unique example of earning money and righteous goodwill while finding a solution to the problem of stubble. To the youth, especially the lakhs of students who are studying agriculture, it is my request that they visit villages in their vicinity and talk to the farmers and make them aware about innovations in farming and the recent agricultural reforms. This way, you will become stakeholders in major reforms underway in the country.



Source: PM Narendra Modi virtually addressing the graduated during the 51st Annual Convocation Ceremony at Indian Institute of Technology (IIT Delhi), in New Delhi, India, on Saturday, November 7, 2020. (Photo by Raj K Raj/ Hindustan Times)

25TH October, 2020- MANN KI BAAT

Friends,

When we talk about festivals and make preparations for them, the first thought that strikes us is when to go to the market, what all has to be purchased. Children especially are enthusiastic about it, wondering what they would receive this time in the festival season. The fervour of festivals and the glitter and sparkle of the marketplace are interconnected. But this time when you go shopping, do remember our resolve of '**Vocal for Local**'. While purchasing items from the market, we have to accord priority to local products.



Friends,

But you will be happy to know that all over India there are several people who get immense happiness spreading knowledge. These are people who are always eager to get everyone inspired to study. A teacher from Singrauli in Madhya Pradesh, Usha Dubey ji in fact, has turned a scooty into a mobile library. Every day she goes to some village or the other with her mobile library and teaches children there. **Children lovingly call her 'kitabonwaali Didi'**, the elder sister with books. This year in August, at Rayo village in Nirjuli of Arunachal Pradesh, a Self Help Library has been set up. In fact, when Meena Gurung and Dewang Hosayi from this village learnt that there was no library in the area they extended a hand for its funding. You will be surprised to know that there is no membership for this library. Anyone can borrow books for two



weeks. One has to return them after reading. This library is open all seven days, 24 hours. Parents around are quite happy that their children are busy reading books... especially when schools too have started online classes. In Chandigarh, Sandeep Kumar who runs an NGO has set up a mobile **library in a mini van, through which, poor children are given books to read free of cost.**

Along with this I know two organisations in Bhav Nagar, Gujarat which are doing marvellous work. Of these one is Vikas Vartul Trust. This organisation is very helpful to students who are preparing for competitive exams. This trust has been working since 1975 and provides 140 magazines, along with 5000 books. **'PustakParab' is a similar organization.** This is an innovative project which provides literary books along with other books, free of cost. In this library, books related to spirituality, ayurvedic treatment and many other subjects also are included. If you are aware of other such initiatives, I urge you to certainly share that on social media. These examples are not limited just to reading books or opening libraries, but are also symbolic of that spirit of the New India, where in every field, people of every stratum are adopting innovative ways for the development of the society. It has been mentioned in the Geeta-

Na hi gyanensadrishyampavitramihvidyate.

There is nothing as sacred as knowledge in this world. Those who spread knowledge, who take such noble initiatives, I commend all such great people from the core of my heart.



Source: Usha Dubey ji, School Education Department, MP, Twitter.



Source: Sandeep Kumar, The Indian Express

My dear countrymen,

Today, Pulwama in Kashmir is playing an important role in educating the entire country. Today, when children all over the nation do their homework, or prepare notes, somewhere behind this lies the hard work of the people of Pulwama! The **Kashmir Valley meets almost 90% demand for the Pencil Slats**, timber casings of the entire country, and of that, a very large share comes from Pulwama. Once upon a time we used to import wood for pencils from abroad, but, now our Pulwama is making the country self-sufficient in the field of pencil making.

In fact, these Pencil Slats of Pulwama are reducing the gaps between states! Chinar wood of the valley has high moisture content and softness, which makes it most suitable for the manufacture of pencils. In Pulwama, **Oukhoo is known as the Pencil Village**. Here, several manufacturing units of Pencil Slats are located, which provide employment, and, in these units, a large number of women are employed.



Source: Navbharat times

27th September, 2020- MANN KI BAAT

My dear countrymen, Namaskar.

I spent a major part of my life as a Parivrajak, an ascetic. Wayfaring was my life. Every day it used to be a new place and people, new families. But whenever I went to a family, I would make it a point to speak to the children.



At times, I would playfully ask them to tell me a story.....surprisingly, they would reply saying, No Uncle...not a story...We'll tell you a joke! “They would ask me too to tell them a joke; evidently they had no clue of stories. It was jokes that had pervaded their lives, in a major way.

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 Panch Tantra 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. In Tamilnadu and Kerala, there is a very interesting style of storytelling. It is called 'Villupaat'. It comprises a fascinating confluence of story and music. India has had a vibrant tradition of Kathputli, that is puppetry.*

These days, stories and storytelling based on science and science- fiction are gaining popularity. I am noticing people who are taking commendable initiatives in promoting the art form of Qissagoi. I came to know about the website '**Gathastory.in**', run by Amar Vyas, along with other colleagues.

Amar Vyas after completing his MBA from IIM Ahmedabad went abroad and later returned. Presently, he lives in Bengaluru and takes time out to pursue an interesting activity such as this, based on storytelling. There are many endeavours that are popularising stories from rural India. People like Vaishali Vyawahare Deshpande are making this form popular in Marathi.



Source: <https://www.aktcreations.com/villupattu-creative-storytelling>



Srividya Veer Raghavan of Chennai is also engaged in popularizing and disseminating stories related to our culture, while two websites named, Kathalaya and The Indian Story Telling Network, are also doing commendable work in this field. Geeta Ramanujan has focussed on stories at kathalaya.org, whereas a network of story tellers from various cities is being created through the Indian **Storytelling Network**. There is Vikram Sridhar in Bengaluru, who is very enthusiastic about stories related to Bapu. Many more such people must be working in this field. You must share about them on social media.

Today, we are joined by our sister Aparna Athare and other members of the Bengaluru Storytelling Society. Come, let's talk to them and learn about their experience.

Prime Minister: – Lavanya ji many congratulations to you. And as you said, once in Mann Ki Baat I too had asked you all that if you have grandfather-grandmother, maternal grandfather-grandmother in your family, ask them of stories of their childhood and tape them, record them, it will be very useful, I had said. But I felt good that the way all of you introduced yourself.... even in that... your art, your communication skills and in very few words, in a very good way you introduced yourself, for that too I congratulate you.

Lavanya: -Thank you sir! Thank you!

Prime Minister: – Now our audience of Mann Ki Baat... they too must be wanting to hear a story. May I request you to narrate a story or two?

Chorus: – For sure, this is our good fortune.

Aparna Jaishankar: – **“Come, let us hear the story of a king. (STORY)** The name of the king was Krishna Deva Rai and the name of the kingdom was Vijayanagar. This king of ours had many qualities. If at all there was any weakness, it was his excessive fondness for his minister Tenali Rama and secondly for food. Every day the king would sit for lunch with great hope that today something good must have been cooked and everyday his cook would serve the same insipid vegetables-ridge gourd, bottle gourd, pumpkin, apple gourd. One such day, the king while eating, threw away the plate in anger and ordered the cook to make some tasty vegetable the day after or else he would hang him. The poor cook was frightened. Now where would he go for new vegetables? The cook went running directly to Tenali Rama and told him the entire story. On listening, Tenali Rama gave an idea to the cook. Then next day the king came for lunch and called for the cook. Has something tasty has been cooked today or should I prepare the noose? The frightened cook immediately

lay the plate with hot food. There was a new dish in the plate. The king was excited and he tasted a little of the dish. Umm, wow! What a dish! Neither tasteless like ridge gourd nor sweet like pumpkin. The cook too had put the spices after roasting and grinding and all had come off well. Licking his fingers, the king called the cook and asked... "What vegetable is it? What is its name?" The cook replied as he was taught. "Maharaj, this is the crown-crested brinjal. Lord, just like you this too is the king of vegetables and that is why the rest of the vegetables have adorned it with a crown." The king was pleased and declared that from today he would eat only this crown crested brinjal. "And not only myself, in my kingdom too, only brinjal will be cooked and no other vegetable will be cooked." Both, the king and the subjects were pleased. Initially, all were happy as they got a new vegetable, but as days passed by the excitement began going down. Mashed brinjal in one house, then fried brinjal in the other. Sambhar with brinjal at one place and brinjal with rice at the other. How many forms could the poor brinjal alone have? Gradually even the king got fed up. Every day the same brinjal! And then the day came when the king called the cook and scolded him a lot. "Who told you that the brinjal is crown crested. Hereafter, no one will eat brinjal in the kingdom. From tomorrow cook any vegetable but the brinjal." "As you order Maharaja," saying this the cook went straight to Tenali Rama. Falling at feet of Tenali Rama, he said, "thank you minister you saved my life. Because of your suggestion now I can serve any vegetable to the king." Tenali Rama laughingly said, "What good is that minister who cannot keep his king pleased." And like this the stories of King Krishnadeva Rai and minister Tenali Rama kept on evolving and people kept listening. Thanks.

Prime Minister: – You had such exactness in narration, you touched upon so many fine details, I understand that children, adults whoever listens to this will remember many things. You narrated in such a nice way and what a special coincidence that nutrition week is going on in the country and your story is connected to food. And, definitely, I urge storytellers like you and other people to find ways to connect the new generation of our country with lives of great men and women through stories; we should also think of ways to publicise the art of storytelling, popularise it in every home specially with good stories for children.... **Telling good stories to children should be a part of public life. We should work together in that direction, in creating that atmosphere.** But I felt very nice talking to all of you. Best wishes to all of you. Thank you.

Chorus: Thank you sir.

30th August, 2020 MANN KI BAAT

My dear countrymen,

During this time period of Corona, the country is fighting on many fronts simultaneously. But at the same time, the question that frequently comes to mind is, how my young little friends are spending their time while they remain homebound for so long.



And this is why, I, together with the **Children University of Gandhinagar**, a unique experiment in the world, Indian government's Ministry of Women and Child Development, Ministry of Education, Ministry of Micro-Small and Medium Enterprises, pondered and deliberated over, what we can do for our children. It was a very useful and pleasant experience for me, because in a way it became an opportunity for me to know and learn something new.

Friends,

The subject that we contemplated over was – toys and especially Indian toys. We discussed how to make new toys available to the children of India, how India could become a big hub of toy production. By the way, I apologize to the parents, listening to 'Mann Ki Baat', as, after this, they might face an additional task of hearing out new demands for toys. Friends, whereas toys augment activity, they also give flight to our aspirations. Toys, not only entertain, they also build the mind and foster an intent too. ***Gurudev Tagore had said that during his childhood, he used to make his own toys and games with his friends, with materials available at home, using his own imagination.*** But, one day elders interfered with those fun-filled moments of childhood. It so happened that one of his friends brought a big and beautiful foreign toy. Now, all their attention was more on flaunting the toy than the game. That toy became the centre of attraction for everyone, not the game. The child who hitherto used to play and mingle with everyone, and remain immersed in the game; the same child started to act aloof. In a way, the feeling of being distinct from the rest of the children, took over his mind. In that expensive toy, there was nothing to create; nor was there anything to learn. That is, an appealing toy had subdued, veiled and withered a brilliant child. This toy exuded pomposity, it exhibited wealth and a little nobility, but it curtailed the growth and grooming of the child's creative spirit. The toy remained, but the game was over and the blossoming of the child stopped too. Therefore, Gurudev used to

say that, toys should be such that they bring out the childhood of a child and also his or her creativity. **In the National Education Policy, a lot of attention has been given on the impact of toys on different aspects of children's lives. Learning while playing, learning to make toys, visiting toy factories, all these have been made part of the curriculum.** Friends, there has been a rich tradition of local toys in our country. There are many talented and skilled artisans who possess expertise in making good toys. Some parts of India are developing also as Toy clusters, that is, as centres of toys. Like, Channapatna in Ramnagaram in Karnataka, Kondapalli in Krishna in Andhra Pradesh, Thanjavur in Tamilnadu, Dhubari Assam, Varanasi in Uttar Pradesh – there are many such places, we can count many names. You will be surprised to know that the Global Toy Industry is of more than 7 lakh crore rupees. Such a big business of 7 lakh crore rupees but, India's share is very little in this. Now, just spare a thought for a nation which has so much of heritage, tradition, variety, young population, will it feel good to have such little share in the toy market? Not at all, you too won't feel good after hearing this. Friends, the toy Industry is very vast. Be it cottage industries, small industries, MSMEs and along with this big industries and private entrepreneurs too come in the ambit of this. The country will have to persevere together to promote this. Further like, there is Mr. C V Raju in Vishakhapatnam of Andhra Pradesh. Once the Eti- Koppakaa toys of his village were very popular. The speciality of these toys – these were made of wood, and secondly, you would not find any angles or corners in these toys anywhere. These toys were round from all sides hence there was no scope for injury to children. C V Raju has now started a sort of a new movement for eti-koppakaa toys along with the artisans of his village. By making excellent quality eti-koppakaa toys C V Raju has brought back the lost glory of these local toys. We can do two things through toys – bring back the glorious past in our lives and also spruce up our golden future. To my start-up friends, to our new entrepreneurs I say- Team up for toys... let us make toys together. For everybody it is the time to get vocal for local toys. Come, let us make some good quality toys for our youth. Toys should be such that in their presence childhood blooms and smiles. Let us make toys which are favourable to the environment too.



Friends,

Similarly in this era of computers and smartphones, there is a big trend of computer games. These games are played by children and grownups as well. But even in these games, their themes are mostly extraneous. **Our country has so many ideas, so many concepts; our history has been very rich. Can we make games based on that?** I call upon the young talent of the country – make games in India and make games based on India too. It is also said, Let the game begin! So; let us start the game.

Friends,

Be it virtual games, be it the sector of toys in the self-reliant India campaign, all have to play very important role, and therein lies an opportunity too. A hundred years ago when the Non-cooperation movement started, **Gandhi ji had written – “Non-cooperation movement is an effort to make countrymen realise their self-respect and their power”.**

Today, when we are trying to make the country self-reliant, we have to move with full confidence; and make the country self-reliant in every area. **A seed that was sown in the form of the Non-cooperation movement, it is now the responsibility of all of us to transform it into banyan tree of self-reliant India.**

My dear countrymen,

Everyone acknowledges the capability of Indians to offer innovation and solutions, when there is dedication and sensitivity, this power becomes limitless. At the beginning of this month an app innovation challenge was put before the youth of the country. Our youth participated enthusiastically in this AatmaNirbhar Bharat App innovation challenge. Around 7 thousand entries were received; of these too, nearly two thirds have been made by the youth of tier two and tier three cities. This is a very auspicious indication for self-reliant India, for future of the country. You will definitely be impressed on seeing the results of the AatmaNirbhar Bharat App innovation challenge. After a lot of scrutiny, awards have been given to around two dozen Apps in different categories. **Do familiarise yourselves with these Apps** and connect with them. It is possible that you too get inspired to make something like that. Among these there is an App '**Kutuki Kids Learning app**'. This is an interactive app for children in which they can easily learn many aspects of maths and science through songs and stories. In this, there are activities too and games as well. Similarly, there is also an app for micro blogging platform. Its name is

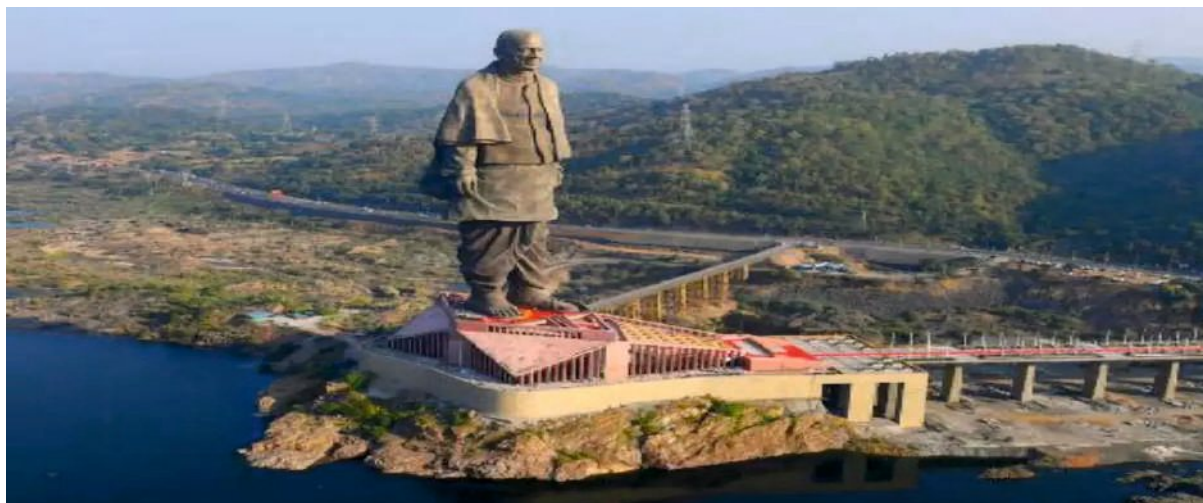
kuKOO..ku. In this we can place our opinion and **interact in our mother tongue through text, video or audio**. Similarly, **Chingari App** too is getting popular among the youth. There is an app **Ask Sarkar**. In this you can interact through chat bot and can get right information about any government scheme – that too through all the three ways- text, audio and video. It can be a great help to you. There is another app called, **Step Set Go**. This is a fitness app and it keeps a track of how much you walked, how many calories you burnt; it keeps track of the data and also motivates you to stay fit. I have mentioned just a few examples. Many more apps have also won this challenge. There are many business apps and also gaming apps such as **Is Equal To, Books & Expense, Zoho Workplace and FTC Talent**. Search about them on the Net and you will find a lot of information about these apps. Step forward – innovate some; implement some. Your efforts as today's small start-ups will transform into big companies tomorrow and become mark of India in the world. And you should not forget that the big companies which exist in the world today, were also, once, start-ups.



Dear countrymen, for our children and our students to display their optimum potential, show their mettle; Nutrition and proper nourishment as well play a very big role. The month of September will be observed as Nutrition Month in the entire nation. Nation and Nutrition are very closely inter-related. We have a maxim – “Yatha Annam Tatha Mannam,” which means our mental and intellectual development is directly related to the quality of our food intake. Experts are of the opinion that the better nutrition a child imbibes in the womb and during childhood, greater is the mental development and he/she remains healthy. It is equally important that for children to be well nourished, the mother also receives proper nourishment. And nutrition merely does not only imply what you eat but also how much you eat and how often you eat. This means whether you are getting essential nutrients. Are you getting Iron, Calcium or not? Sodium or not? Vitamins or not? All these are very important aspects of Nutrition.

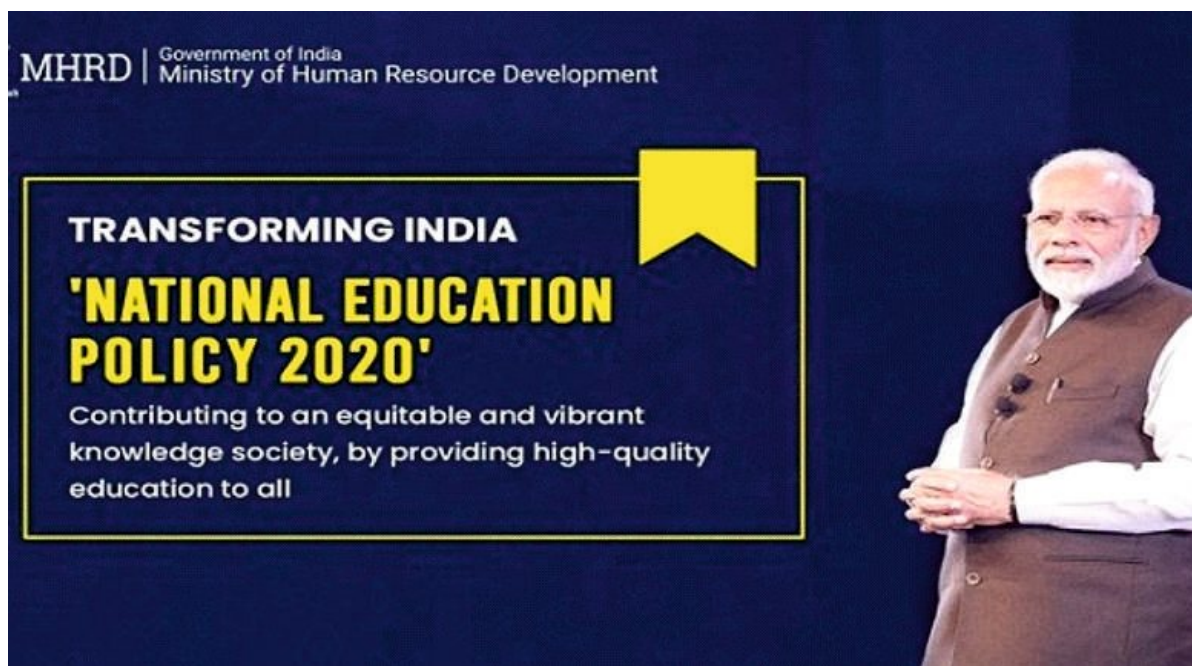


In this movement pertaining to nutrition, people's participation is also very crucial. It is public participation that makes it successful. In our country during the past few years, a lot of effort has been made in this direction. Especially in our villages, it is being converted into a mass movement with public participation. Whether it is the nutrition week or the nutrition month, more and more awareness is being generated through these measures. Schools have been integrated. **Efforts are being made to ensure competitions for children, attempts are being made to increase awareness too.** Just like there is a Class Monitor in the section, there should be a Nutrition Monitor in a similar manner and just like a report card, a Nutrition Card should also be introduced. These are some of the measures that are being initiated. During the course of the Nutrition Month, a food and nutrition quiz will also be organized on the My Gov portal, and there will be a meme competition as well. So do participate and motivate others too. Friends, if you have had the **opportunity to visit the Statue of Unity of Sardar Vallabhbhai Patel in Gujarat, and when it opens after Covid Pandemic ends, you will have the opportunity to visit this spot. A unique kind of nutrition park has been created there. You can witness for yourselves nutrition related education along with fun and frolic.**



My dear countrymen,

In a few days from now on September 5th, we will celebrate Teacher's day. Whenever we think of the successes we have had during the course of our lifetime, we are almost always reminded of one teacher or the other. The fast changing times coupled with the Corona crisis are posing new challenges for our teachers. I am happy that not only have our teachers accepted this challenge but also turned it into an opportunity. **Ways to incorporate more and more technology in studying, ways to imbibe newer tools, ways to help students have been seamlessly embraced by our teachers... they have passed it on to their students as well. Today, throughout the country, innovation is underway in some field or the other. The students and teachers are collaborating to do something new. I am confident that the way National Education Policy is bringing about a tectonic shift in the nation and that our teachers will play a significant role in disseminating its benefits to our students.**



Friends,

Especially my teacher friends, our country will celebrate the festival of the 75th year of independence in the year 2022. Prior to Independence, our country's war of independence has had a long history. During that period, there wasn't any corner of the country where revolutionaries for independence did not lay down their lives or sacrificed their all for the country. **It is imperative that today's generation, our students remain familiar with these heroes of our freedom struggle and feel the quintessence – in their own district & area;**

what transpired during the freedom movement, who laid down their life, who was imprisoned and for how long – When our students are apprised of the history of the freedom struggle viz-a-viz their local surroundings – – only then will we see the reverberations of it on the personality of the student. A lot of work in this direction needs to be done and our teachers shoulder a significant responsibility for it. For example, the district you live in, were there any events during the course of the freedom struggle in the past centuries? This could also become a topic of research for our students. A handwritten log for schools can be prepared... if there is any place in your town associated with the freedom movement, then a visit could also be planned for the students. Students of some schools can also resolve to write 75 poems and theatrical stories on the heroes of our freedom movement to mark the 75th year of our independence. Your efforts will bring to the fore stories of lakhs of unsung heroes – individuals who lived and died for the country but had faded into oblivion. In the 75th year of our independence, it will be a fitting tribute to remember and recognise the efforts of such individuals. With Teachers day to be observed on September 5th, I call upon all our teacher friends to start preparing and join hands to create an environment bringing everyone into its fold.



28th June, 2020 MANN KI BAAT

Friends,

Today every child knows about the game of snakes and ladders. But, do you know that this is also another traditional Indian game, called “Moksha Patam” or “Parampadam”. We also have another traditional game in our country called “Gutta.” This game is popular with elders and the children alike and involves simply getting hold of five small stones of the same size and Behold! – you are ready to play Gutta! You've to throw one stone into the air and while that stone is in the air, you have to grab the remaining stones on the ground. Usually there isn't a need of any major contraptions in the indoor games prevalent in our country. Someone just brings along a chalk or a stone, draws a few lines with it on the ground and a game is ready to be played! In games requiring a dice, improvisation is made with cowrie shells or tamarind seeds.



Friends,

I do know that today while I'm narrating about these games many must have returned to their childhood! Many of you must have got nostalgic about your childhood days. I reiterate – why have you forgotten those days? Why have you forgotten those games? My request to the grandparents and the elders of the house, if you do not handover these games to the new generation, then who shall do it? **Now that it has come to studying online, in order to strike a balance and also to get rid of online gaming we must do so for the sake of our children. Herein also lies a novel and a strong opportunity for our start-ups and even for our younger generation.**

Let us present the traditional Indoor Games of India in a new and attractive avatar. Those mobilizing the resources pertaining to these games, the suppliers and start-ups associated with these traditional indoor games will become very popular, and, we have to remember that, our Indian sports are also local, and we have already pledged to be vocal for local. And, my little friends, to the children of every household, and my young friends, today, I am making a special request. Children, will you accept my request? See, I appeal that you must do one thing that I am saying – whenever you have a little time on your hands, ask your parents to use the mobile and record the interview of your Dada-Dadi, Nana-Nani or whosoever elder in the house! You would have seen journalists conducting interviews on TV, you also do a similar kind of interview and record it on the mobile! And what will be the questions you would be asking them? Let me give you some suggestions.

You must ask them about their lifestyle as children, what sports they played, sometimes if they went to the theatre? Or went to the cinema? Sometimes if they had gone to their maternal uncle's house during holidays? Or visit a field or a barn? How they celebrated the festivals? There are many a topics upon which you can ask questions. They too will like reminiscing about life 40 to 50 years or say 60 years ago and it will give them a lot of joy! And for you too it would be great fun to learn about India 40-50 years ago, how the area was where you presently live? How were the nearby precincts and what the ways and customs of the people then were? You will get to learn and know about these things quite easily. You will find for yourself that it will be fun and it can become a good video album, a very invaluable treasure for the family!



Friends,

It is true that an autobiography or biography is a very useful tool to get closer to the veracity of history. You too while chatting with your elders will be able to understand about their times, their childhood and the facets of their youth. This is an excellent opportunity that the elders will get to narrate about their childhood and about their period to the children of their home.



Friends,

Vadodara in Gujarat is also an inspirational example. Here, the district administration and the local residents together organized an interesting campaign. **Due to this campaign, today rain water harvesting has been initiated in one thousand schools of Vadodara. Consequently, it is estimated that, on an average about 100 million litres of water is being conserved annually.**



School authorities showing a rainwater harvesting structure in Vadodara | Praveen Jain | The Print

31st May, 2020 MANN KI BAAT



Friends,

You will be surprised to know that 80 percent of the one crore beneficiaries hail from the rural areas of the nation. About 50 percent of these beneficiaries are our mothers and sisters and daughters. And most of these beneficiaries were suffering from diseases which could not be treated with standard medicines. Of these, 70 percent people have had surgical intervention. You can guess how these people have got rid of their trouble.



Kelansang, a six-year-old child in Chura-Chandpur, Manipur, has also got a new lease of life from the **Ayushman scheme**. Kelansang suffered from severe brain disease at such a tender age. Kelansang's father, a daily wage laborer, and the mother working as a weaver faced a situation where it was becoming very difficult to seek treatment for their child. But due to the 'Ayushman Bharat' scheme now, their son received free treatment. Amurtha Valli of Puducherry had a similar experience. For her also, 'Ayushman Bharat' scheme appeared as a saviour! Amurtha Valli's husband had tragically died of a heart attack. Her 27-year-old son Jeeva also had heart disease and Doctors

had suggested surgery for Jeeva, but, for Jeeva, a daily wage laborer, it was near impossible to get such a large operation done on his own earnings. However, Amurtha Valli registered her son in the 'Ayushman Bharat' scheme, and nine days later son Jeeva had heart surgery performed on him.



My dear countrymen,

A clean environment is directly an integral part of our lives, and of our children's future too. Therefore, we have to ponder over this issue on individual level as well. I request you to serve nature on this 'Environment Day' by planting some trees and making some resolutions so that we can forge a daily relationship with nature. Yes! Summer is on the rise, so do not forget to facilitate water for the birds.



26th January, 2020 MANN KI BAAT



My dear countrymen, Namaskar.

Somebody has succeeded in doing something – can we too achieve that! Can that particular venture be replicated to bring about a colossal transformation in the entire country? Can we establish that change into permanence, turning it into a simple, natural social habit? In a likewise quest to seek answers, the caravan of Mann Ki Baat progresses with a few appeals, some invocations and a lot of resolves to do something. For the past many years, we would have made varied resolves. Just as, 'No to single use plastic', buying Khadi or 'local', sanitation & cleanliness, respect & honour for the girl child, or emphasizing on the new aspect of 'less cash economy'! Many a resolve such as these came into being on account of our conversations & chats through Mann Ki Baat. And, you have been the ones who strengthened that.

My dear countrymen and especially all my young friends,

today, through the forum of 'Mann Ki Baat', I congratulate the Government and the people of Assam for being the excellent hosts of 'Khelo India'. Friends, on 22nd January, the third 'Khelo India Games' concluded in Guwahati. These games had around 6 thousand players from different states participating. You will be surprised to know that 80 records were broken during this grand sports festival. And I am proud that of these 80 records, 56

23rd February, 2020 MANN KI BAAT

My dear countrymen,

The great Tamil poetess Avvaiyar writes: Kattat Kemaavoon Kalladaru Udgadvu, Kaddat Kamiyan Adva Kalladar Olaaadu. This means, what we know is but just a handful of sand; what we do not know is like a universe in itself. Similar is the case with the biodiversity of this country. The more you know, the more you realize the magnitude of what you do not know. Our biodiversity too is a unique treasure for the entire human kind. We have to preserve it, conserve it & explore further.



My dear young friends, children & the youth in India are increasingly taking a keen interest in Science & Technology. Record satellite launches into space, new records, new missions fills up every Indian heart with a sense of pride. When I was in Bengaluru during Chandrayan-2, I witnessed immense enthusiasm & fervor on the part of the children present there. There was no sign of drowsiness from any angle. In a way, they kept awake throughout the night. One can never forget their inquisitiveness when it came to Science, Technology and Innovation. **To give a fillip to this very enthusiasm in children & young people; to encourage scientific temper in them, another system has been put in place. You can now sit & watch rocket launching at Sriharikota, taking place in front of your own eyes. Recently, the facility has been made open for all.** A visitors' gallery has been erected, large enough to seat 10 thousand people. Online booking is also possible through a link provided on ISRO's website. I am told that many schools are arranging tour for their students to show them rocket launching and motivate them. I urge the Principals & teachers of all schools that they should avail of this benefit in times to come.



The Prime Minister, Shri Narendra Modi witnessing the launch of GSLVMkIII, carrying Chandrayaan2, in New Delhi on July 22, 2019.

were broken by our daughters. These laurels have been recorded in the name of our daughters! I along with all the winners, congratulate all the participants. I also thank all the people, coaches and technical officers associated with 'Khelo India Games' for organising them successfully.



It is very pleasant for all of us to learn that the participation of athletes in 'Khelo India Games' is on the upsurge year after year. And this also tells you about the increasing inclination towards sports in our school children. I wish to tell all of you that in 2018, when 'Khelo India Games' were instituted, thirty-five hundred players took part, but in just three years the number of players has increased to more than 6 thousand, which translates to the fact that it has almost doubled. Not only this, **in just three years, through 'Khelo India Games', thirty-two hundred gifted children have emerged on the sporting horizon! Many of these children grew up amidst dearth and poverty. The stories of the patience and determination of these children who participated in 'Khelo India Games' as well as their parents will inspire every Indian.** Now take the example of Purnima Mandal of Guwahati, a sanitation worker in Guwahati Municipal Corporation! But whereas her daughter Malvika showed her mettle in football, one of her sons Sujit represented Assam in Kho-Kho, while the other son Pradeep did the same in hockey.

Somewhat similar is the story of Yogananthan of Tamil Nadu which fills you with great pride! Yogananthan makes beedis in Tamil Nadu, but his daughter Purnashree won everyone's heart by bagging the Gold Medal in Weight Lifting. If I now take the name of David Beckham, you will think whether I'm referring to the legendary International Footballer. But now we also have a David Beckham amidst us and he has won a gold medal at the Youth Games in

Guwahati. That too in the 200-meter Sprint event in Cycling! And for me this means double joy. You know, some time ago I had visited Andaman-Nicobar Islands! There was David, a denizen of Car-Nicobar who had lost his parents while he was an infant! His uncle wanted him to become a footballer, and hence had named him after the famous footballer. But young David was obsessed with cycling. He was selected under the '**Khelo India**' scheme and today you can witness for yourself that he has created a new record in cycling.

Prashant Singh Kanhaiya of Bhiwani broke his own national record in the Pole vault event. Prashant, 19, hails from an agrarian family. You will be surprised to know that Prashant used to practice Pole vault on clay! After knowing this amazing fact, the Sports Department helped his coach to run the academy at Jawaharlal Nehru Stadium, Delhi and today Prashant is being coached there.




The never say die story of KareenaShankta of Mumbai inspires everyone. Kareena competed in the 100 metre breast-stroke event in swimming, won the gold medal in the Under-17 category and also set a new national record. However there was a time for Kareena, a 10th standard student when she had to forego her training due to a knee injury. But Kareena and her mother did not lose courage and the result of that fortitude is evident in front of all of us today.

I wish all the players a bright future. Along with this, I also, on behalf of all our countrymen, bow in honouring those parents, who did not permit poverty to become a hurdle for the future of their children. We all know that National Games is an arena, where players get a chance to display their passion besides becoming acquainted with the culture of other states. Therefore, we have decided to organize 'Khelo India University Games' every year on the pattern of 'Khelo India Youth Games'.




My dear countrymen,

The exam season has arrived, and obviously all the students will be busy giving final shape to their preparations. After my experience with millions of students of the country through the platform of '**Pariksha Pe Charcha**', I can say with confidence that the youth of the country is brimming with self-confidence and is ready to face every challenge.

 **MHRD** | Government of India
Ministry of Human Resource Development

STUDENTS, GET READY FOR

PARIKSHA PE CHARCHA 2020
DATE: 20TH JANUARY 2020
TIME: 11 AM



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NAMO APP | MYGOV

Friends,

On the one hand, we are facing examinations; on the other, the winter season. Betwixt these two I urge you to try & keep fit. Do some exercises or play a little! Sports & games is the key to keeping fit. By the way, these days, I see that many events pertaining to 'Fit India' are being organised.

On January 18, our young friends organized a Cyclothon throughout the country. Millions of countrymen participating in this Cyclothon spread the message of fitness. Efforts to ensure that our New India remains fit that are evident at every level fills us with fervour & enthusiasm.

The 'Fit India School' campaign, which started in November last year, is also bringing results. I have been told that till date, more than 65,000 schools have obtained the 'Fit India School' certificates through online registration.

I urge the rest of the schools in the country to integrate physical activity and sports with education and ensure that they become a 'fit school'. Also concomitantly, I appeal to all countrymen to promote more physical activity in their daily routine.

Remind yourself every day that if we are fit India is fit!



24th November, 2019 MANN KI BAAT

Akhil: My mother was much happier than me, sir. When We used to get up at 2 in the morning to go and practice on Rajpath, the enthusiasm in us was worth seeing! People from the rest of the contingents also encouraged us quite a lot. It was while marching on Rajpath, we had goosebumps!



Prime Minister: All right I got a chance to have a word with all four of you, and that too on NCC Day. It is matter of joy for me because I also had the good fortune to be an NCC Cadet in my village school as a child, so I know that this discipline, this uniform, enhances the confidence level, all these things I had a chance to experience as an NCC Cadet during childhood.

Vinole: Mr. Prime Minister I too have a question.

Prime Minister: Sure,ask!

Vinole: That you have also been a part of NCC

Prime Minister: Who? Is that Vinalespeaking ?

Vinole: yes sir, yes sir

Prime Minister: Yes, Vinole please tell me.

Vinole: Did you ever get punishment?

Prime Minister: (laughing) That means that you people get punishment?

Vinole: Yes sir.

Prime Minister: No! It never happened because I was in a way quite disciplined! But yes once a misunderstanding crept up. While we were at camp I climbed a tree. At first sight it seemed that I had broken some rule but later everyone came to realize that a bird was stuck in a kite string. So I climbed the tree to save it. So, at first it seemed that there would be some disciplinary action against me, but later I garnered a lot of praise. So I had a different sort of experience in this manner!

Tarannum Khan: Sir, it was great to know that.

Prime Minister: Thank you.

Taranum Khan: This is Taranum speaking.

Prime Minister: Yes Tarannum, tell me...

Tarannum Khan: If you permit sir, I would like to ask you a question?

Prime Minister: Yes, please tell me.

Tarannum Khan: Sir, in your messages you have told us that every Indian citizen should visit to 15 places in 3 years. Would you like to tell us what places we should visit? And what was the one place that made you feel good rather best?

Prime Minister: Well I have always had a certain fondness for the Himalayas.

Tarannum Khan: Yes ...

Prime Minister: But even then I will urge the people of India that if you love nature,

Tarannum Khan: Yes Sir.

Prime Minister: Dense forests, waterfalls, If you want to see a unique type of environment, then I tell everyone to go to the North East.

Tarannum Khan: Yes sir.

Prime Minister: I always tell this fact and because of this I hope Tourism will also increase a lot in the North East; the economy will also benefit a lot and the dream of 'Ek Bharat! Shrestha Bharat!' will also get strengthened there.

Tarannum Khan: Yes sir.

Prime Minister: But there are lot of places everywhere in India which are worth visiting, worth studying, worth imbibing.

Shri Hari G.V. : Prime Minister sir, I am Shri Hari speaking!

Prime Minister: Yes Hari Please tell me.

Shri Hari G.V. : I want to know from you;had you not been a politician, what would you have been?

Prime Minister: Now this is a very difficult question because every child goes through multiple phases in life. Sometimes one wants to become this, sometimes one wants to become that, but **it is true that I never had the desire to go into politics, nor ever thought about it, but now that I have reached here,I keep thinking how I can work for the welfare of the**

country with all my heart, and the mere thought that 'Where would I have been if I hadn't been here' should never enter my thought. Now, wherever I am, I should live life to the fullest and I should wholeheartedly work ceaselessly for my country, not worrying whether it is day, or night. I have now dedicated myself for this purpose only.



Source: The Prime Minister, Shri Narendra Modi interacting with NCC Cadets, NSS Volunteers, Tableaux Artists and tribal guests, at Teen Murti Bhawan, in New Delhi on January 27, 2018.

My dear countrymen,

By now you must be familiar with the Fit India Movement. **CBSE has taken a commendable initiative of introducing the concept of 'Fit India week'. Schools can celebrate 'Fit India week' anytime during the month of December.** There are many types of events to be organized with regards to the aspect of fitness. This includes quiz, essays, articles, paintings, traditional and local sports, yogasana, dance, sports and games competitions. Students as well as their teachers and parents can also participate in the Fit India Week. But don't forget that Fit India doesn't mean just exercising the mind or making fitness plans on paper or merely looking at fitness apps on the laptop or computer or on a mobile phone. Not at all you've to sweat it out. **The food habits have to change. The habit of maximising focus activity should be inculcated.**

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I appeal to the school boards and management of all the states of the country that Fit India Week should be celebrated in every school, in the month of December. This will inculcate the habit of fitness in our daily routine. In the Fit India Movement, schedules have been drawn for ranking schools in accordance with fitness. The schools that achieve this ranking will also be able to use the 'Fit India' logo and flag.

The Schools can declare themselves as Fit by visiting the Fit India portal. Fit India three star and Fit India five star ratings will also be given. I appeal that all schools should enroll in the Fit India ranking system and Fit India should become innate to our temperament. That it become a mass movement and bring awareness is what we must strive for!



27th October, 2019 MANN KI BAAT

My dear countrymen,

The 31st of October, 2018, is the day when the '**Statue of Unity**', in memory of Sardar Saheb was dedicated to the nation and the world. It is the tallest statue in the world. It is double in height compared to the 'Statue of Liberty' located in the US. The distinction of having the world's highest statue fills every Indian with pride; the head of every Indian is held high. You will be happy to note that in a year, more than 26 lakh tourists visited the 'Statue of Unity'. This means that an average of eight and a half thousand people witnessed the grandeur of the 'Statue of Unity' every day. The reverence and devotion for Sardar Vallabhbhai Patel in their hearts was reflected in the form of homage paid to him. Besides, at present, it houses many centres of attraction such as Cactus Garden, Butterfly Garden, Jungle Safari, and Children's Nutrition Park, Ekta Nursery, which are all constantly evolving and providing a fillip to the local economy. Local people are not only getting innovative opportunities of employment but for the convenience of visiting tourists, many villagers are providing facilities like home stays. And these hosts are being professionally trained in the technique of running a home stay. The locals have now started the cultivation of Dragon fruit and I am sure that it will soon become a major source of livelihood for the people there.



The Prime Minister, Shri Narendra Modi dedicates the 'Statue of Unity' to the Nation, on the occasion of the Rashtriya Ekta Diwas, at Kevadiya, in Narmada District of Gujarat on October 31, 2018

29th September 2019 MANN KI BAAT

My dear brothers and sisters,

Laxmi, the goddess of wealth, makes an entry into each and every household in the form of fortune and prosperity. Of course, Laxmi should be welcomed in the traditional way. Can we, this time, introduce a novelty in welcoming her? In our culture, daughters are considered Laxmi, since they are harbinger of fortune and prosperity. Can we, this time around in society, organize programmes to felicitate daughters in villages, towns and cities? It could be in the form of



a public function. There must be numerous daughters amongst us who, through their perseverance, diligence and talent have brought glory to their families, society and the country. **This Diwali, can we arrange programmes to honor the Laxmi of India? If you look around, you'll find many daughters and daughters-in-law who are performing extraordinarily. Some must be engaged in teaching underprivileged children, others could be occupied in spreading awareness in the field of sanitation and health, while many could be doing society a service by working as Doctor and Engineers. Or striving for justice to someone by working as Lawyer!**

Our society must recognize such daughters, honor them and feel proud of them. Programmes to felicitate them should be held throughout the country. We could do something more; we could highlight the achievements of these daughters by sharing their achievements on social media, using the hashtag #BHARAT KI LAXMI. The way we jointly ran a mega campaign "Selfie with daughter", which spread globally. Similarly, this time, let us do a campaign BHARAT KI LAXMI. Encouraging the Laxmi of Bharat amounts to strengthening the paths of prosperity for the country and her citizens.



My dear countrymen and especially my young friends,

What I am going to tell you now is directly for your benefit. Discourses and debates will continue, the support and opposition will continue, but, if some things are checked before they proliferate, then there is a huge benefit. Things that spawn and spread a lot are very difficult to stop at later stages. But, if we become aware at an early stage and put a stop to it, then a lot can be saved. Continuing in the same vein, I feel, today, that I should definitely have a talk with my young friends.

We all know that addiction to tobacco is very harmful for health and it becomes very difficult to quit this addiction. People who consume tobacco are vulnerable to high risk diseases like cancer, diabetes, blood pressure etc. Everyone knows that. Tobacco intoxication occurs due to the nicotine present in it. Brain development is hampered by its consumption during adolescence. But, today, I want to have a discourse with you on a new topic.

You must be knowing that, recently the e-cigarette got banned in India. An e-cigarette is a type of electronic device unlike a typical cigarette. In an e-cigarette, the heating of nicotine-containing fluids creates a type of chemical smoke and this is the pathway through which nicotine is consumed. While we all understand the dangers of common cigarettes, a misconception has been generated about e-cigarettes.

The myth that has been spread is that e-cigarettes pose no danger. Like the conventional cigarette, it does not spread odour as fragrant chemicals are added to it.

We have seen around us, that, even if the father in any house is a chain smoker, still he tries to stop the rest of the household from smoking and wants his children not to fall prey to the habit of cigarettes or bidis. His effort is that no family member should take to smoking.

He knows that smoking or tobacco causes great damage to the body. There is no confusion about the dangers posed by a cigarette. It only causes harm and this even its seller too knows. The smoker also knows this fact and so do people around. But the case of e-cigarettes is quite different.

There is little awareness among people about e-cigarette. They are also completely unaware of its danger and for this reason sometimes e-cigarettes sneak into the house out of sheer curiosity.

And Kids at times pretending to be showing some magical trick, blow smoke in the presence of Peer Company or their parents, without lighting a cigarette or striking a match to light it! And as if a magic show is going on, the family members respond with applause!

There is no awareness! There is no knowledge that once teenagers or our youth get caught in its clutches, then, slowly, they become hooked and fall prey to this noxious addiction.

And our real wealth -the youth become condemned to tread on the path of waste, quite unaware! In fact, many harmful chemicals are added to e-cigarettes, which have a deleterious effect on health. You are aware of the fact that when someone smokes around us, we come to know about it through its odour. Even if there is a packet of cigarettes in someone's pocket, the smell can be detected.

However, this is not the case with an e-cigarette and many teenagers and young people, unknowingly and sometimes proudly displaying an e-cigarette as a fashion statement, keep it in their books, in their offices, in their pockets, sometimes hold it in their hands and thus fall prey to it. The younger generation is the future of our country.

The e-cigarette has been banned so that this new form of intoxication does not destroy our demographically young country. It does not trample the dreams of a family and waste the lives of our children. This scourge and this obnoxious habit should not become rooted in our society.



25th August, 2019 MANN KI BAAT

My dear countrymen,

A few months ago, I was in Dandi. In our Freedom struggle, the salt satyagrah at Dandi was an important turning point. There I'd inaugurated a state of the art museum dedicated to Mahatma Gandhi. I sincerely urge you to visit at least one place associated with Mahatma Gandhi in the days to come. It could be any site... such as Porbandar, Sabarmati Ashram, Champaran, the Ashram at Wardha or spots in Delhi related to Mahatma Gandhi. When you visit them, do share your photographs on social media so that others may be inspired. And do pen a couple of sentences or couplets to express your feelings. Emotions that emanate from the core of your heart will be more compelling than any great literary composition. And it is possible that in present times, from your viewpoint, the pen-picture of Gandhi sketched by you, may perhaps appear more relevant. In the times to come, many programmes, competitions & exhibitions have been planned. In this context I feel like sharing with you something very interesting.



There is a famous art show called the 'Venice Biennale', where people from the world over congregate. This time, in the 'India Pavilion at the Venice Biennale', a very interesting exhibition based on memories of Gandhiji was organized. Of special interest were the Haripura Panels. You may remember that in the Haripura Congress Session in Gujarat, Subhash Chandra Bose being elected as President is recorded in history. These Art Panels have a beautiful past. Before the Haripura Session, in 1937-38, Mahatma Gandhi had invited the then Principal of Shantiniketan Kala Bhavan, Nandlal Bose. It was Gandhiji's wish that the lifestyle of the people of India be depicted through the medium of art and this artwork may be exhibited during the session. This is the same Nandlal Bose whose artwork adorns our Constitution; lends to the Constitution a new, unique identity. The very commitment & reverence of Nandlal Bose have made him, along with the Constitution, immortal. Nandlal Bose toured villages around Haripura, concluding with a few works of art canvas, depicting glimpses of life in rural India. This invaluable artwork was a high point of discourse at Venice. Once again, along with greetings on Gandhiji's 150th birth anniversary, I express my expectations from every Indian, of one resolve or the other. One should do something for the sake of

the country, society or just for someone else. This will be a good, true & genuine Karyanjali to Bapu, a tribute through a good deed.



Source: Gandhi.gov.in/karyanjali

O glorious children of Mother India, you may remember that for the last few years, we have been running a countrywide campaign 'Swachchata Hi Sewa', 'the quest for cleanliness is service', around a couple of weeks before the 2nd of October. This time around it will commence on the 11th of September. **During this period, all of us will move out of home, donating toil & sweat through 'Shramdaan', as a 'Karyanjali' to Mahatma Gandhi. Home or the neighbourhood lane, street circles, crossings, or drains, schools and colleges ... we have to involve ourselves in a Mega campaign of ensuring cleanliness at public places.** This time our emphasis must be on plastic. On 15th August, I had urged you from the Red Fort...the way one

hundred & twenty five crore countrymen ran a campaign for cleanliness with utmost enthusiasm and energy, and toiled tirelessly towards freedom from open defecation; in a similar manner, we have to join hands in curbing 'single use plastic'. This campaign has enthused people from all strata of society. Many of my merchant brothers & sisters have put up a placard at their establishments, boldly mentioning that customers ought to carry shopping bags with them. This will result in monetary savings, as well as one would be able to contribute towards protection of the environment. This year, on the 2nd of October, when we celebrate Babu's 150th birth anniversary, we shall not only dedicate to him an India that is Open Defecation Free, but also shall lay the foundation of a new revolution against plastic, by people themselves, throughout the country. I appeal to all strata of society, residents of every village, town & city, take it as a prayer with folded hands; let us celebrate Gandhi Jayanti this year as a mark of **our plastic free Mother India**. Let us celebrate 2nd October as a special day. Let us celebrate Mahatma Gandhi's birth anniversary as a special 'Shramdaan' Festival, where everyone will donate one's own labour. I urge all municipalities, municipal corporations, District Administration, Gram Panchayats, Government & non Governmental bodies, organizations; in fact each & every citizen to work towards ensuring adequate arrangement for collection & storage of plastic waste. I also appeal to the corporate sector to come out with ways & means proactively for appropriate disposal of all accumulated plastic. It can be recycled; it can be transformed into fuel. This way we can accomplish our task of **ensuring safe disposal of plastic waste** before this Diwali. All that is needed is a resolve. And for inspiration, there's no need to look hither- tither; what can be a greater inspiration than Gandhi?



Source: MyGov Blog

My dear countrymen,

Our Sanskrit Subhashit, epigrammatic verses are, in a way, gems of wisdom. We can derive from them whatever we need in life. These days I'm not in regular touch with the form... earlier it was frequent. Today I want to touch upon a very important point from a Sanskrit Subhashit. These lines were written centuries ago, but even today, carry great relevance. There is an excellent Subhashit that mentions –

“पृथिव्यां त्रीणि रत्नानि जलमन्नं सुभाषितम्।

मूढैः पाषाणखण्डेषु रत्नसंज्ञा प्रदीयते” ।।

That is, water, grain and subhashit are the three gems found on earth. Imprudent people call stones as gems. In our culture much glory has been ascribed to food. We have even converted the knowledge about food into a science. Balanced and nutritious food is essential for all of us, more so for women and the new-born, since these two categories are the foundation of the future of our society. Under the 'Poshan Abhiyaan' campaign, nutrition made available with the help of modern scientific methods is being converted into a mass movement all over the country. People are fighting a battle against malnutrition in innovative and interesting ways.

POSHAN Abhiyaan

PM's Overarching
Scheme for Holistic
Nourishment



सही पोषण - देश रोशन

Once, an interesting fact was brought to my notice. The 'MutthiBharDhaanya' initiative has turned into a big movement in Nashik. In this novel scheme, during the harvest period, Anganwadi workers collect a handful of rice grain from the people. This grain is used to make piping hot food for children and women. In this way, the person contributing the handful of grain transmutes into a conscientious civil social worker. In the process, he gets himself dedicated to this cause and becomes a soldier of that movement. All of us have heard about the 'Ann PraashanSanskar', the first solid morsel ritual for toddlers in families all across India. This ritual is performed when the toddler starts feeding on solid food for the first time; solid and not liquid food!



Source: 'Mutthi Bhar Dhaanya' in Thane district. Poshan Abhiyaan Thane Twitter

In 2010, Gujarat embarked upon planning to provide kids complimentary food on the occasion of 'Ann PraashanSanskar' so that this initiative spreads awareness among the masses. This is a great initiative that can be adopted anywhere. In many states, people run meal campaigns on certain dates. If the family celebrates a birthday, certain auspicious day or observe an in-memoriam day, then the family members with self-prepared nutritious and delicious food, go to the Anganwadis and also to the schools and these family members themselves serve the children and feed them. They not only share their happiness but in the process receive happiness magnified manifold! There is a wonderful confluence of a sense of service and satisfaction.



My dear countrymen,

All of you will remember that the 29th of August is celebrated as '**National Sports Day**'. On this occasion, we are going to launch the '**Fit India Movement**' across the country. We have to keep ourselves fit and the nation has to be made fit. It will be a very interesting campaign for everyone – children, the elderly, the young and women and it will be your own movement. But today I am not going to reveal its specifics; you must wait for 29th August! I will tell you about 'Fit India Movement' in detail on 29th August and I am not going to forget connecting you with the movement because I want to see you fit! I want to make you aware about fitness and for a fit India, we should unite to set some goals for the country.



Source: The Prime Minister, Shri Narendra Modi addressing the gathering at the launch of the 'Fit India Movement', on the occasion of the National Sports Day, at the Indira Gandhi Indoor stadium, in New Delhi on August 29, 2019. pmindia.gov.in



PM Modi, Sports Minister Ravi Shastri pay tribute to Major Dhyani Chand on National Sports Day

28th July, 2019 MANN KI BAAT

Friends,

Certain turns in life make our hearts swell with joy & zest; especially our children's achievements, their feats fill us up with energy. And that is why today, I feel like mentioning about a few children. They are Nidhi Baipotlu, Monish Joshi, Devanshi Rawat, Tanush Jain, Harsh Devdharkar, Anant Tiwari, Preeti Nag, Atharva Deshmukh, Aronyatesh Ganguli & Hrithik Alaamandaa.



What I tell you about them will fill your hearts with pride & verve as well. All of us know that just the word CANCER is more than enough to scare the world. It conjures images of Death waiting at the doorstep. But **each of these Ten children, not only fought against the dreaded disease cancer in their battle of life, but also brought glory & laurels to the country.** In sports and games, we often get to see a player becoming a champion after winning a tournament or bagging a medal; this was a rare occasion when the participants were champions BEFORE they entered the contest... they were champions of LIFE, the battle.

Actually, this month, the World Children's Winners Games were held in Moscow. It is a unique sports tournament meant for young cancer survivors; only they who have emerged fighting cancer, can take part. In this tournament, sports & games such as shooting, chess, swimming, running, football & table-tennis are organized. **All Ten champions of our country won medals in this tournament.** Out of these, some players even won more than one medal.



My dear countrymen,

I firmly believe that you must have felt immensely proud on India's achievement beyond the skies... in outer space... Chandrayaan II.

People from across the country, such as Sanjiv Haripura from Jodhpur, Rajasthan, Mahendra Kumar Daga from Kolkata, P. Arvind Rao from Telangana, and many others have written to me on Narendra Modi App and mygov, urging me to speak on **Chandrayaan II** in Mann Ki Baat.

In fact, in the realms of Space, 2019 has been a very fruitful year for India. Our scientists launched the A-Sat in March. After that, amidst the hectic engagements during Elections, an important development such as the A-Sat could not be a prominent part of the discourse. Whereas the fact is, through the A-Sat, we have acquired the capability of destroying a satellite three hundred Kilometres away in a mere three minutes. India became the fourth country in the world, possessing this capacity. And now, on the 22nd of July, the nation watched with pride Chandrayaan II taking strides into space from Sriharikota. Visuals of Chandrayaan II lifting off filled our countrymen's hearts with glory, zest and joy.

Chandrayaan II is a mission that is special on many counts. It will lead to a better understanding of the Moon on our part. We will be able to gather detailed information & knowledge. But if you ask me what the two greatest lessons I have received from Chandrayaan II, I shall say they are Faith & Fearlessness. We should trust our talents & capacities; we should have faith in them. You will be glad to know that Chandrayaan II is INDIAN to the core. It is thoroughly Indian in heart & spirit. It is completely a swadeshi, home grown mission. This mission has proved beyond doubt, once again, that when it comes to attempting an endeavour in new age, cutting edge areas, with innovative zeal, our scientists are second to none. They are the best... they are world class.

The second important lesson is – never lose hope in the face of stumbling blocks or obstacles. The way our scientists rectified Technical issues in record time, burning the midnight oil, is in itself an exemplary, unparalleled task. The world watched the Tapasya, the awesome perseverance of our scientists. We should also feel proud of the fact that despite hindrances, there is no change in the arrival time... many are amazed at that. We have to face temporary setbacks in life... but always remember- the capacity to overcome them resides within us. I fervently

hope that the Chandrayaan II mission will inspire our youth towards Science & Innovation. After all, Science is the path to progress. We are now expectantly waiting for the month of September, when Lander Vikram & Rover Pragyan will land on Lunar surface.

Through Mann Ki Baat today, I wish to share with students, my young friends, information on a very interesting competition ... I invite young boys & girls to a Quiz Competition. **Your inquisitiveness regarding Space, India's Space Mission, Science and Technology will be the salient features of this Quiz Competition. For example, How is a rocket launched, how is a satellite placed in orbit, what information do we gather from a satellite, what is A-Sat... and many more of these. The details of this competition will be available on the Mygov website.**

I urge my young friends, students to participate in this competition and make it interesting and memorable through their participation. I specially call upon schools, parents, enthusiastic teachers & mentors to strive hard to ensure victory for their respective schools. Encourage all students to join. And the most thrilling part is that students scoring the highest in their respective states will be invited to visit Sriharikota, with expenses borne by the Government. There in September they will get an opportunity to witness the moment when Chandrayaan would be landing on the surface of the Moon. For these winners, it will be a historic event of their life. But for that, you will have to participate in the Quiz competition, score the highest & be a winner.



Source: nytimes

30th June, 2019 MANN KI BAAT

My dear countrymen,

You may often have heard me say **“No bouquet, just a book”! I had urged all to choose books over flowers in welcome or felicitation ceremonies. Since then, people have been offering books at many a place.** Just



recently, someone gave me a book entitled 'Premchand Ki Lokapriya Kahaniyan', popular short stories by Premchand. It was a great feeling. Of course, I couldn't get much time, but during my travelling, I got an opportunity to read some of his short stories once again. Images of the stark social realities that Premchand has portrayed in his stories vividly start forming in one's mind when you read them. Each & every element of his writings comes alive. His stories are expressions of human emotions through simple, lucid language... they have touched my heart. His stories embody the collective psyche', the cumulative being of the country, of the land. While reading one of his stories 'Nashaa', I couldn't help but notice the scourge of economic disparity plaguing society. I was reminded of my younger days... how debates on this subject would carry on through entire nights! The moral of this story featuring the landholder's son Eeshwari and Beer from a poor family is that if you are not careful enough, you will never know when the bane of bad company engulfs you. The other story that touched the core of my heart was 'Eidgah'... the sensitivity of a young lad, his unsullied love for his grandmother, such maturity at that early age! When 4-5 years old Hamid comes back to his grandma with a pair of tongs, indeed, it stirs human emotions to their supreme pinnacle.

The concluding line of this story makes one very emotional since it holds a vital truth about life, “Young Hamid played the role of aged Hamid – aged Ameena had turned into child Ameena”.

Another such poignant story is 'Poos Ki Raat'. In this story, the living depiction of the paradoxes in a poor farmer's life is seen. Halku the farmer is happy even after his crops are destroyed by frost, because now he will not be forced to sleep in his fields in the cold winter. Though these stories were written about a century ago but remain relevant all the same even today. After reading these stories, I felt myself to be empathetic.

Now that we are conversing about reading, then in some extension of media, I had read about the *Akshara* Library in Kerala. You will be surprised to learn that this library lies in a village nestling within the dense forests of Idukki. A Primary school teacher, P.K.Muralidharan and P.V.Chinnathampi who runs a small tea shop, have between them worked tirelessly for this library. There was a time when the books were brought here stuffed in sacks and carried on the back. Today this library is a beacon guiding tribal children on a new path.



Source: Lokmat News



Source: The Hindu

The *Vaanche Gujarat* campaign carried out in Gujarat was a successful experiment. Participants hailing from every age group in lakhs, participated in this campaign to read books. I will still urge you in today's digital world and in the time of Google Guru, to take some time out from your daily routine and devote it to the book. You will really enjoy it a lot and do write about whichever **book you read on the NarendraModi App** so that all the listeners of Mann Ki Baat' also get to know about it.

An advertisement for the Narendra Modi App. On the left, there is a circular portrait of PM Narendra Modi. To the right of the portrait, the text reads: 'Your Ideas & Suggestions could feature in the next Mann Ki Baat.' Below this, a purple banner says 'Share your inputs directly with PM Narendra Modi'. Underneath, it says 'Download the Mobile App & contribute!' and 'Give a missed call on 1800 20 90 920 to download the App.' At the bottom left, there are logos for Google Play, the App Store, and the Windows Store. On the right, a smartphone is shown displaying the app's interface, which includes a profile of PM Narendra Modi and various news items and infographics.

24th February, 2019 MANN KI BAAT

Among the recipients of the Padma award, Shabbir Sayyed of Marathwada is known as the servant of Gau-Mata. The manner he has spent his entire life in the service of Gau-mata, is unique in itself. Madurai Chinna Pillai is the same person who at first tried to empower the downtrodden and the exploited through the Kalanjiyam movement in Tamil Nadu and initiated community based microfinancing. America's Tao Porchon-Lynch will leave you astounded, Lynch has become a living institution of yoga today. Even at the age of 100, she is training yoga to people from all over the world and till now has trained 1500as yoga teachers.



JamunaTudu, famous nicknamed '**Lady Tarzan**' in Jharkhand, most valiantly took on the Timber Mafia and Naxalites, and not only saved the 50 hectares of forest but also inspired ten thousand women to unite and protect the trees and wildlife. It is a tribute to Jamunaji's diligence that today, on the birth of every child, villagers plant 18 trees. Also, 10 trees are planted on the marriage of a girl in the village.



Picture 1-Jamuna Tudu, the “Lady Tarzan” of India. **Taha Ahmad** of the **VII Mentor Program** for *La Croix*. Picture 2- Shabbir Sayyed of Marathwada, [Pudhari](#)

The story of Muktaben Pankaj kumar Dagali of Gujarat will fill you with inspiration despite being a divyang herself, it is difficult to find an example than what Muktaben did for the upliftment of divyang women by establishing the institution named Chakshu Mahila Sevakunj, through the medium of which she has been engaged in a virtuous endeavour to make visually challenged children self-reliant. The story of 'Kisan Chachi', i.e. 'Farmer Aunty'

of Muzaffarpur in Bihar, or Rajkumari Devi is very inspiring. She has established a precedent in the direction of women empowerment and farming. Rajkumari Devi added 300 women of her area to a 'Self Help Group' and motivated the entire lot become financially self-reliant.

She not only trained the women of the village in pursuing other gainful means of employment, but most importantly she integrated technology with agriculture land.



27th January, 2019 MANN KI BAAT

My dear countrymen,

Kiran Sidar has written on MyGov that I should highlight the aspects of India's space program and its future. He also wants me to request the students to take interest in the space programs and to think out of the box and inspire them to go beyond the frontiers of the sky- Kiran ji, I appreciate your thoughts and especially the message being imparted to our children.



A few days ago, I was in Ahmedabad, where I got the privilege of unveiling the statue of Dr. Vikram Sarabhai. Dr. Vikram Sarabhai has had an important role in India's space program. **Our space program has been possible due to innumerable young scientists of the country. We take pride in the fact that the satellites developed by our students and Sounding Rockets have reached space. On 24th January 'KALAM SAT' fashioned by our students had been launched. The Sounding Rockets made by Odisha university students have also created many records.** The number of successful space missions attempted since the country's independence till 2014 have been equal to those successfully completed in the past four years. We have also created a world record for launching 104 satellites simultaneously from the same spacecraft. We will soon register India's presence on the moon through the Chandrayaan-2 campaign.

Our country is also using Space Technology in devices employed in saving assets and life. Whether it is cyclone, or rail and road safety, all of these safety measures are being augmented by Space Technology. Among our fishermen, NAVIC devices are being distributed, which contribute in their economic development as well as ensure their safety. We are using Space Technology to improve delivery and accountability of government services. "Housing for all" or the "House for everyone" scheme involves geo-tagging of about 40 lakh homes spread over 23 states. Along with this scheme, about thirty and a half million properties under MNREGA have also been tagged. Today our satellites are a symbol of the country's growing might. It has contributed a great deal in fostering better relations with many countries of the world. South Asia Satellites has been a unique initiative, which has also gifted hues of development to our neighbouring Allies. Through its highly competitive launch

services, India today not only propels satellites of developing countries but also those of developed nations. The sky and stars have always enthralled children. Our Space Program provides an impetus to the children to think big and reach across those boundaries, which were considered impossible till today. It is a vision to inspire the children to discover new stars, while gazing at them!



My dear countrymen,

I always say, those who play, also bloom and this time, many young players making their debut have bloomed in '**Khelo-India**'. In January about 6,000 players participated in 18 disciplines in the Khelo India Youth Games held in Pune. Only when the local ecosystem of our sports will be strong i.e. only when our base will be strong, then only our youth will be able to perform their best in the country and across the world. When the player performs his best at the local level, only then, he also shines globally. This time in 'Khelo India', participants from every state have performed well at their individual level. The life of many a medal winner is also immensely inspiring.

I was reading that young Akash Gorkha who won a silver medal in boxing had his father, Ramesh Ji working as a watchman in a complex in Pune. They live in a parking shed with their family. The captain of Maharashtra Under-21 Women's Kabaddi team, Sonali Helvi is from Satara. She lost her father at a

very young age, and her brother and mother encouraged the talent and skills of Sonali.



It is often seen that girls are not encouraged much to participate in sports such as Kabaddi. In spite of the hurdles, Sonali not only chose Kabaddi but excelled in this discipline. 10-year-old Abhinav Shaw hailing from Asansol is the youngest gold medallist in the Khelo India Games. A farmer's daughter, Akshaya BasavaniKamat, from Karnataka won a gold medal in weightlifting. She credited her victory to her father, a farmer in Belgaum. ***When we talk about the creation of a New India, then determination exhibited by our youth is the veritable example of what is New India! These inspiring stories from the annals of 'Khelo India,' are ample proof, that the building of New India does not only involve contribution from the denizens of big cities but also from the youth, children, young sports talents, hailing from small cities, towns and villages.***



30th September, 2018 MANN KI BAAT

My dear countrymen,

While remembering revered Bapu today, it is quite natural not to skip talking of cleanliness.

A movement “Swachhta Hi Sewa” was launched on the 15th of September. Crores of people got connected with this movement and luckily I also got a chance to participate in the voluntary cleanliness shramdaan with the children of Delhi's Ambedkar School.



I went to the school, the foundation of which had been laid by none other than respected Baba Saheb himself.

On the 15th of September, people from all sections across the country connected themselves to this voluntary cleaning movement. Institutions also extended their contribution enthusiastically. School children, college students, NCC, NSS, youth organisations, media groups, the corporate world, all of them offered voluntary cleanliness service on a large scale.

I heartily congratulate all these cleanliness-loving countrymen for their efforts. Come on, let us listen to a phone call.



Many many thanks, you've made a significant remark that cleanliness has a specific meaning in every one's life and what could be a matter of immense joy for all of us than the fact that a toilet has been built in your house under the "Swachh Bharat Abhiyan" and that, all of you have the facility now. And possibly those connected with this movement may not be able to guess that you cannot see because of your visual challenge. But one understands the difficulties you were facing when there was no toilet and that the construction of this toilet has really proved to be a big boon for you. If you had not made a call about this aspect, perhaps those connected with this cleanliness movement might have also not thought about such a sensitive issue. I specially thank you for your phone call.



Source: ANI, Twitter.

My dear countrymen,

Swachh Bharat Mission or Clean India Mission has become a success story not only in our country but in the whole world and everyone is talking about this movement. This time India is hosting the biggest Sanitation Convention of the world so far, the Mahatma Gandhi International Sanitation Convention.

Sanitation Ministers from countries across the world and experts on the subject of sanitation will converge and share their experiments and experiences. Mahatma Gandhi International Sanitation Convention will conclude on 2nd October, 2018 with the commencement of Bapu's 150th Birth Anniversary celebrations.



Source: Narendra Modi addressing the Mahatma Gandhi International Sanitation Convention (MGISC), at Rashtrapati Bhavan Cultural Centre, in New Delhi on October 02, 2018, viaIndia Blooms.

27th May, 2018 MANN KI BAAT

My dear countrymen,

Many a time in 'Mann Ki Baat', you must have heard me mention a thing or two about sports & sportspersons. And in the last episode, our heroes of the Commonwealth Games shared with us their 'Mann Ki Baat', matters close to their hearts through this programme.



Chhavi Yadav ji thank you very much for your phone call. **It is true that sports & games that were once a part & parcel of every child's life, in every lane in the neighbourhood, are fading into oblivion. These games used to be a special feature of summer holidays. Sometimes in scorching afternoons; at times after dinner, children used to play with exuberant abandon for hours together, leaving all worries behind.**

Some games saw the participation of the whole family. Aiming the ball at the crooked column of stone slats- Pitthoo, playing marbles, testing one's agility in Kho kho, spinning the top, Lattoo, or applying skills in swiftly flicking the tapered- edged wooden peg and hitting it aloft-Gilli-Danda, innumerable games were an inseparable part of each & every child's life from Kashmir to Kanyakumari, from Kutch to Kamrup. Of course, those games were known by different names, depending on the place.

Pitthoo is one such game. Some called it Lagori, at other places it was Satoriya, SaatPathar, Dikori, Satodiya... one game with many names! Traditional sports and games comprise both varieties... outdoor and indoor as well.

The unity, intrinsic to our country's diversity can be witnessed in these games. A single game is known by distinct names at different places. I am from Gujarat. I know of a game played in Gujarat called Chomallsto. It is played with cowries or tamarind seeds or dice on an eight by eight square board.

It used to be played in almost every state. Known as Chowkabara in Karnataka, Attoo in Madhya Pradesh, Pakidakaali in Kerala, Champal in Maharashtra, Daayaam and Thaayaam in Tamilnadu, Changaa Po in Rajasthan, it had innumerable names. One realizes after playing, despite not knowing the language of a particular state, "Oh! We used to play this game in our state as

well!” Who amongst us would not have enjoyed playing Gilli-Danda in our childhood? This is a game that is played across villages and cities. It is also known by different names. In Andhra Pradesh it is called Gotibilla or Karrabilla. In Odisha it's called Gulibadi and in Maharashtra, Vittidaaloo. Some games are seasonal. There is a season for flying kites. While flying a kite or playing a game, one freely expresses one's inherent unique qualities. You must have seen many a child, shy by nature, leap up with zest, the moment a game begins. Even children with a seemingly serious countenance start expressing themselves; while playing, the innate child within them comes to the fore. Traditional sports and games are structured in such a manner that along with physical ability, they enhance our logical thinking, concentration, alertness and energy levels. Games are not just games; they teach us values in life, such as, setting targets, building up determination, developing team spirit and fostering mutual co-operation.

I recently noticed in a training programme in Business Management, our traditional sports and games being used for improving overall personality development and interpersonal skills. These games are proving to be handy in overall development. And then, there is no prescribed age limit for participating in them. From tiny tots to Grandfather-Grandmother, when we all play these games together then the term 'Generation Gap' disappears on its own. At the same time, we also come to know about our culture and traditions. Many games also make us aware about our society, environment and other spheres.



Source: Traditional Games India

It is a matter of concern, whether these sports & games will fade away to the point of extinction. It will not just be a loss of a game; it will be the loss of the spirit of childhood, something that will exist only in the verses of poetry.

Ye daulatbhi le lo

Ye shohratbhi le lo

Bhalechheen lo mujhsemerijawani

Magar mujhkolauta do bachpan ka sawan

Wo kagazkikashti, wo baarish ka paani

Take away all my riches

Bereave me of all this fame

Snuff out my youth if you so wish

But do return the monsoon that drenched me as a child

The puddles & my paper boats, the magic of my rains.

And we will be forever reduced to listening to this song, hence we must keep our traditional sports alive. It is crucial that today schools, neighbourhoods and youth congregations should come forward and promote these games. Through crowd sourcing we can create a very large archive of our traditional games.

The Videos of these games can be shot, outlining the way to play these games along with the mandatory rules and regulations. Animation films can also be made so that our young generations for whom these games played in our streets are something to marvel about, can see, play for themselves and thus bloom.

My dear countrymen,

But there are some people who go ahead with their work, to bring about a change through their hard work and dedication; they make it a reality. Such is the story of D. Prakash Rao, living in the slums of Cuttack, Orissa, who gave up everything of his in order to adopt and realize the dreams of others! Just yesterday I've had the good fortune of meeting D. Prakash Rao.

Shriman D. Prakash Rao has been a tea vendor in the city of Cuttack for the past five decades. A meagre tea vendor; today you will be surprised to know that the lives of more than 70 children are being illuminated through education due to his efforts.

He has opened a school named 'Asha Ashvaasan', spending 50% of his income for children living in slums and hutments. He ensures education, health and meals for all the children coming to this school. I congratulate D. Prakash Rao for his hard work, his persistence and fo

r providing a new direction to the lives of those poor children attending his school. He has banished the darkness from their lives. Who amongst us does not know the Vedic shloka 'Tamso Ma Jyotirgamaya'!

However, it has been put into practice by D. Prakash Rao. His life is an inspiration to us, our society and the whole country. Your surroundings too must be full of such inspiring happenings. There must be innumerable incidents. Come, let us take positivity forward.



Source: www.orissadiary.com

29th April, 2018 MANN KI BAAT

My dear countrymen, Namaskar.

Just a while ago, from the 4th of April to the 15th of April, the 21st Commonwealth Games were held in Australia. 71 countries, including India, participated therein. With an event of such scale & magnitude, which saw the participation of thousands of sportspersons from myriad corners of the world, can you imagine the mood that must have pervaded the atmosphere there? An air of excitement, zeal, enthusiasm, hope, aspirations, the determination to achieve – who would want to stay away from an atmosphere like that? These were the times when people all over the country pondered eagerly everyday on the line-up of sportspersons, scheduled for their respective performances. How will India's performance be, what will our medal tally look like? These questions were but natural. Our sportspersons too lived up to the countrymen's expectations and displayed stellar performances, winning one medal after another. Shooting or Wrestling, Table Tennis or Badminton, it was a record performance for India. 26 Gold, 20 Silver, 20 Bronze, India bagged a tally of around 66 medals. This success makes every Indian swell with pride. Of course, winning medals is a moment of joy & glory for a sportsperson; it is equally so as a festival of laurels for the country & her countrymen. After the conclusion of a match, representing India, when the athletes draped in the tricolor rise, displaying their medals, the notes of the National Anthem being played evoke a sense of joy and fulfillment, glory and honour. This is very, very special in itself. It is a touching moment that fills one's heart with thrill; it is a moment full of zest & warmth. It is a wave of emotions that engulfs all of us simultaneously. Perhaps, to express those sentiments I'll run short of words. But I want to share with you what I heard from these heroes. I feel immensely proud; you too will feel so.



India's performance in the Commonwealth Games was par excellence. At the same time, it was special. Special in the sense that this time there were many pathbreaking 'firsts'. Are you aware that out of the wrestlers who represented India, each one of them returned with a medal? Manika Batra won a medal in each of the events that she competed in. She is the first Indian woman to win gold in the individual table tennis category too. India clinched the maximum number of medals in shooting. Deepak Lather of Haryana became the

youngest Indian Weight-Lifter to win a medal at Commonwealth games. 15 year old Indian shooter Anish Bhanwala became the youngest sports person to win a gold for India. Sachin Chowdhary is the sole Indian Para Power Lifter to win a medal at the Commonwealth Games.

This edition of the games was special on one more count- a majority of the medalists was women athletes. In squash, boxing, weightlifting and shooting – the performance of women turned out to be par excellence. The final contest in Badminton took place between two Indian Shuttlers, Saina Nehwal and P.V. Sindhu. Everyone was thrilled for the fact that despite there being competition, the ultimate medal winner had to be India. The whole country watched it with abated breath. I too enjoyed watching the match. This year, India fared well in Athletics too. Indian sprinters Mohammad Anas & Hema Das missed a medal narrowly, but their record performance has brought glory to the nation. I congratulate them too... my best wishes to them. Athletes who participated in these games hail from various parts of the country, even from smaller towns. They have reached this pinnacle, crossing a great deal of hurdles and hardships. Today, the positions they have secured for themselves, the targets they have achieved, owes a lot to the efforts & contribution of their parents, guardians, coaches, support staff, schools, teachers, the atmosphere provided by their Schools, during this journey in their lives. Even their friends have contributed by boosting their morale under all circumstances. I also congratulate them along with the sports persons, my good wishes to them. I feel all these athletes have brought laurels to the country with their stellar performances; the fact is, their performances are not mere displays... they are sources of encouragement for upcoming Sports persons and the young generation of the country alike.

Last month during 'Mann Ki Baat', I had urged our countrymen, especially the youth to espouse 'Fit India'. **I had invited everyone to join 'Fit India', lead 'Fit India'**. I was overjoyed to see people getting connected to it with a lot of enthusiasm. Expressing support for this, many people have written to me, sent me letters, shared 'fitness mantra-Fit India' stories on social media.

A gentleman Shriman Shashikant Bhonsale, sharing his photo by the swimming pool, has written, 'My weapon is my body, my element is water, my world is swimming'.

RoomaDevnath writes, “I truly feel happy & healthy through my Morning Walks. She further adds,” For me, fitness comes with a smile and we should smile, when we are happy.

Devnathji, indeed, happiness is fitness, and there's no doubt about it.

Dhawal Prajapati, sharing a photograph of himself trekking, has written; 'For me, travelling & trekking is 'Fit India'.

It was heartening to see many eminent personalities encouraging our youth in interesting ways for Fit India. Cine artiste Akshay Kumar has shared a video on Twitter. Even I have gone through it, you too should view it- it shows him exercising with wooden beads. He has mentioned that this exercise benefits muscles of the back and the stomach, to a great extent. Another video of his has gained popularity; in this he's trying his hand on the volleyball with others. Many other young people have shared their experiences, having joined the 'Fit India' efforts. I feel movements like these are beneficial for all of us, for the entire country. I would additionally like to mention, that **the movement of 'Fit India', without any expense, is called 'YOG'. Yog has a special significance in the 'Fit India' campaign. You too must be busy with preparations... the significance, the merit of 21st June, International Yog Day has been accepted & welcomed globally.** Do begin preparing for the Day rightaway. And not just yourself- your city, village, neighbourhood, school, college, men, women, everyone should make an attempt to connect with yog. Nowadays, the benefits of yog in one's holistic physical & mental development does not need to



be told... neither in India nor elsewhere in the world. You must have viewed an animated video depicting me, that has been widely circulated. I congratulate those from the field of animation for highlighting nuances, just the way a teacher does. You too will benefit from it.

My young friends, you now must be out of the tread mill of exams, exams & more exams; you must be wondering about spending your holidays. You must be contemplating on ways to enjoy your vacations and places to travel to! I would like to talk to you today, to invite you on a new task. I've seen a lot of young people these days, spending time in learning new things.

The significance of Summer Internship is soaring; as it is, an altogether new experience in itself. One gets an opportunity to experience life anew, away from closeted walls, away from paper & pen and computers. Dear young friends, today I urge you to undergo a special internship. Three Ministries of the Government of India; maybe four- Sports, HRD, Department of Drinking water have come together to launch a 'Swachh Bharat Summer Internship 2018'. College students, young people from the NCC and Nehru Yuva Kendra, whoever want to do something substantial & learn something for the sake of society, & the country, those who want to get connected with transforming the country and be a reason for it, those who want to do something or the other for society with a positive energy- for them, there is a great opportunity! Even the cause of the cleanliness campaign will get a boost, and when we celebrate the 150th birth anniversary of Mahatma Gandhi, we'll surely attain a sense of fulfillment.

And let me tell you, the best out of the best interns who have strived in schools & colleges with excellent work will be rewarded with recognition at the national level. Not just that, those interns who accomplish their tasks well, will be awarded two credit points each, by the UGC. Once again, I invite students & young people, boys & girls to avail of the benefits of the internship. You can register yourselves for the 'Swachh Bharat Summer Internship' on Mygov. I hope our youth will lend a hand in taking this movement of cleanliness forward. I too am eager to know more about your efforts. Do send in your learning experience, do post your stories, photos and videos. Come. Let us turn this vacation into a learning opportunity, for a totally new experience.

Swachh Bharat Summer Internship 2018: In his latest Mann Ki Baat radio programme on Sunday, Prime Minister [Narendra Modi talked about Centre's special 'Swachh Bharat Summer Internship 2018' for students.](#)

My dear countrymen! I try to watch “Good News India” programme on Doordarshan whenever I get a chance and **I would appeal to my countrymen that we all should also watch this “Good News India” programme wherein we get to know as to how many people in various parts of our country are doing many good things and that such good things are happening.**

Recently, I saw that they were presenting the story of some youth from Delhi who are selflessly working in a dedicated manner to help in educating the poor children.

This group of youngsters has started a big campaign in Delhi for providing education to the street children and slum dwellers. Initially, shocked to see the condition of children begging around or doing some menial jobs that this group of youngsters got dedicatedly, selflessly involved into this creative mission.

Starting with just 15 children from the slums near Geeta Colony in New Delhi it is now being run at 12 places and two thousand children have been brought under its fold. Young teachers associated with this campaign find out a free time of two hours from their busy schedule and contribute in this stupendous mission of bringing out a social transformation.



25th March, 2018 MANN KI BAAT

My dear countrymen,

just like every time earlier, I have received a rather large number of letters, e mails, phone calls and comments from you. I read a post written on MyGov by Komal Thakkar ji, where she has referred to starting on-line courses for Sanskrit. Alongwith being IT professional, your love for Sanskrit has gladdened me.



I have instructed the concerned department to convey to you efforts being made in this direction. I shall also request listeners of Mann Ki Baat who are engaged in the field of Sanskrit, to ponder over ways & means to take Komalji's suggestion forward.

Shriman Ghanshyam Kumar ji of Village Baraakar, District Nalanda, Bihar – I read your comments written on the Narendra Modi App. The concerns you have raised on the depleting ground water levels is indeed of great importance.

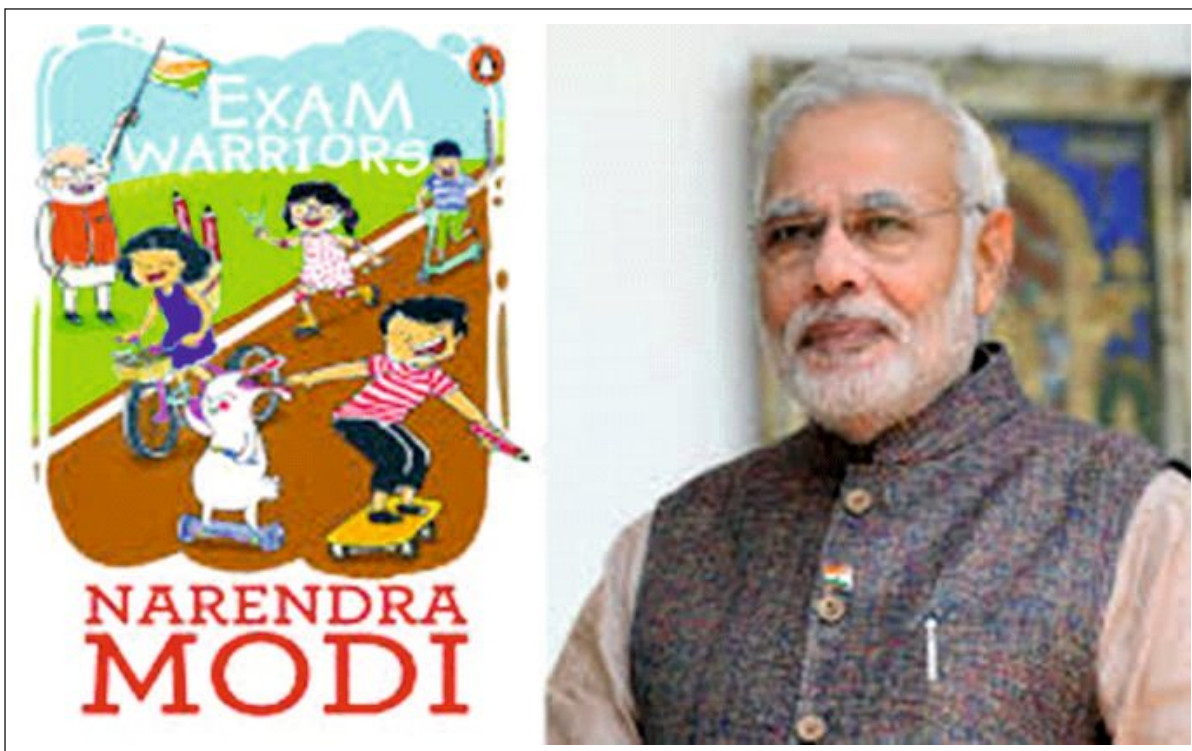
ShrimanSakalShastriji, you mentioned 'Karnataka'... you beautifully maintained a delicate balance between words when you wrote 'Ayushman Bharat'; 'Long live India' will be possible only when we express 'Ayushman Bhoomi'; 'Long live the land'; and that will be conceivable only when we begin feeling concerned about every living being on this land. You have urged one and all to retain and keep aside some water for birds & animals, during summer time. Sakal ji, I have conveyed your sentiments to our listeners.

Shriman Yogesh Bhadresha Ji has asked me to speak to the youth concerning their health. He feels that our youth are physically weak, compared to those of other Asian countries. Yogesh ji, I feel I should speak in detail to all of you on 'Fit India'. In fact, all you young people can come together to launch a movement of Fit India.

Recently, the President of France paid a visit to Kashi, Varanasi based Shriman Prashant Kumar has written that glimpses of that visit were extremely touching, appealing & left a deep impact. And it is his heart felt desire to see all those photos & videos being shared on social media. Prashant ji, the Government of India has already done that on social media and the Narendra Modi App, beginning that very day. You may now like them, re-tweet them, post them to your friends.

Anagha, Jayesh and many other children from Chennai have written & posted to me their heartfelt thoughts on the gratitude cards, the post script to the book 'Exam Warriors'. Let me tell Anagha, Jayesh & other children that these letters enliven me up after a hard day's work. Now, if I start including all those phone calls, comments, whatever I could read or hear, many of which touched my heart; if I exclusively speak about them, perhaps I'll require a few months to respond to them in some way or the other.

This time, maximum number of letters are from children who have written about exams. They have shared their vacation plans. They've expressed their concern on the availability of water for birds & animals. Our farmer brothers & sisters have written on Kisan Melas, Farmer Carnivals and activities revolving around farming, being held across the country. Quite a few active citizens have sent in suggestions on the subject of water conservation. Ever since we have begun conversing with each other in 'Mann Ki Baat' through the medium of radio, I have noticed a pattern that in the sweltering heat of this season, most letters focus around topic pertaining to summer time. Just before examinations, letter pour in, touching on the anxieties of our young student friends who are about to appear. During the festival season, our festivals, our culture, our traditions are focused upon. This means, Mann Ki Batein, matters close to our hearts, alter with the change in season. And it's equally true that our heartfelt thoughts do bring about a change of season in someone's life, figuratively speaking. And why should not things change? In utterances of yours, in your experiences, in the examples that you quote, there exists



immense inspiration, unfathomable energy, unparalleled warmth; a resolve to bring about something new for the country. In a way, this is endowed with the might to transform the entire season-cycle of the country. When I get to read in your letters how a rickshaw puller from Karimgunj in Assam, Ahmed Ali, has built nine schools for underprivileged children, I witness firsthand the indomitable will-power this country possesses. When I heard the story of Kanpur based Dr. Ajit Mohan Choudhary, of how he visits the underprivileged on footpaths and offers free medicines to them, it gives one an opportunity to feel the sense of brotherhood that prevails in the country. Thirteen years ago, on account of a delay in medical treatment, a Cab driver from Kolkata, Saidul Laskar lost his sister. He vowed to construct a hospital in order to ensure that none of the underprivileged face a similar situation due to lack of medical aid. In this mission of his, Saidul sold off family jewellery and raised funds through charity. His cab passengers too contributed large-heartedly. A young engineer girl donated her first salary for this noble cause. This way, after mobilizing funds for twelve long years, Saidul's mammoth efforts paid rich dividends. Today, through sheer hard work and a firm resolve, a thirty bedded hospital has finally come up at Punri Village near Kolkata. This is the power of New India. In Uttar Pradesh, when a woman builds 125 toilets after overcoming steep challenges, inspiring women to exercise their due rights, it gives us a glimpse of 'Matri- Shakti', the power of maternal love & caring. Innumerable shining examples like these are the hallmark of our country. Today the whole world has changed the way it looks at India. The name 'India' now evokes a sense of awe & respect; the reason behind it is the 'Purusharth', the resolute yet selfless inner strength of such illustrious sons & daughters of Mother India. Today, the entire country, the youth, women, the marginalized, the underprivileged, the middle class, in fact every section has awakened to a new confidence ... YES, we can go forward, the country can take great strides. An atmosphere of positivity built on a self confidence filled with hope has pervaded all over. This self confidence, this very positivity will by a catalyst in realising our resolve of New India, of making our dream come true.

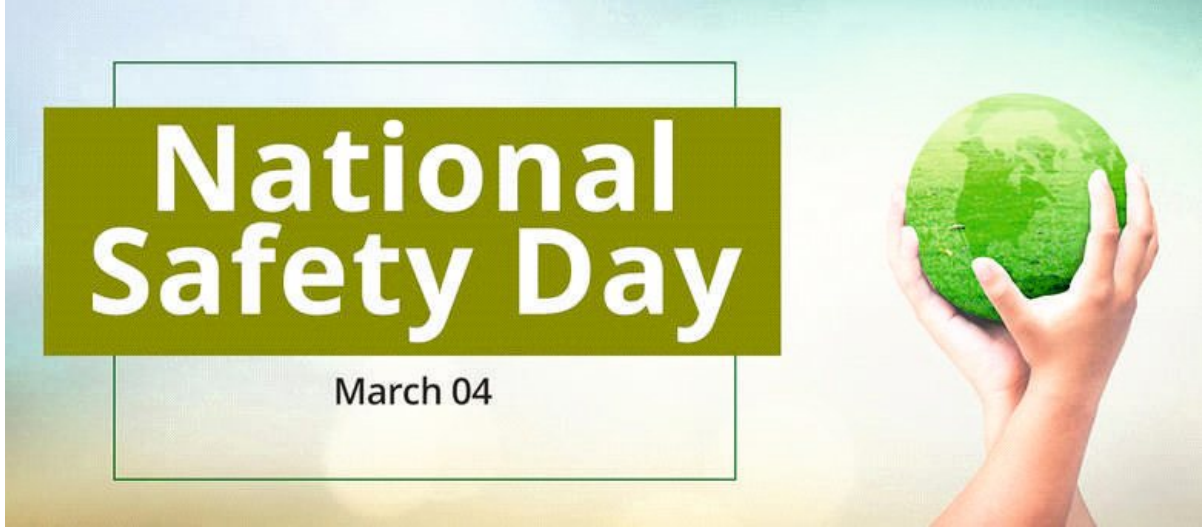


My dear countrymen,

This year Mahatma Gandhi's 150th birth anniversary celebrations will begin. How should the country celebrate it? Swachh Bharat is already our resolve; besides this, how can our 125 crore countrymen pay the best tribute to Gandhiji by working in close harmony? Which newer programmes can be initiated? What new practices or procedures can be adopted? I request you all to share your opinions and suggestions with everyone via MyGov. What should be the logo for 'Gandhi 150'? What should be the slogan, mantra or a catch-phrase? Send your suggestions on all of these. We all have to pay a memorable tribute to Bapu and have to take the country to newer heights by drawing inspiration from Bapu.

Thanks, you have rightly said it and **I believe that Swachh Bharat and Swasth Bharat are supplementary to each other. In the health sector the nation has now moved ahead from the conventional approach. Earlier, every aspect regarding health used to be a responsibility of the Health Ministry alone. But now, all departments and ministries- be it the Sanitation Ministry or Ayush Ministry or Ministry of Chemicals & Fertilizers, Consumer Affairs Ministry or the Women & Child Welfare Ministry or even the State Governments- they are all working together for Swasth Bharat and stress is being laid on affordable health alongside preventive health. Preventive health care is the least costly and the easiest one as well.** And, the more we become aware about preventive health care, the more beneficial will it be for the individuals, the family and the society. The first necessity for a healthy life is cleanliness. All of us took up the responsibility and the result is that in the last four years or so, sanitation coverage has almost doubled and risen to around 80 percent. Also, extensive work is going on to set up Health Wellness Centres across the country. Yoga has attained worldwide recognition as a measure of preventive health care. Yoga is a guarantee of both fitness and wellness. It is the result of our concerted efforts and commitment that Yoga has now become a mass movement and reached every house. Less than a hundred days are now left for the International Yoga Day on 21st June. On the previous three International Yoga Days, people in our country and people all over the world participated with great zeal and enthusiasm. This time too, we need to ensure that we do yoga ourselves and motivate our family, friends and all others from now itself to do yoga. Yoga has to be made popular among the youth, the senior citizens, men and women from all age groups through interesting ways. Usually, the country's Television and electronic media do a variety of programmes on Yoga the whole year. Can we, beginning now, till the Yoga Day, devise a campaign to spread awareness on Yoga?

25th February, 2018 MANN KI BAAT



Friends,

Safety in the times of crises, disasters are topics on which many messages keep coming in- people keep writing to me. In a comment posted on Narendra Modi Mobile App, Shriman Ravindra Singh from Pune has referred to occupational safety. He writes that in our country, safety standards at factories and construction sites are not upto the mark. Since the 4th of March is **National Safety Day**, the Prime Minister should include safety in the Mann Ki Baat programme in order to raise awareness on safety. When we refer to public safety, two aspects are very important- proactiveness and preparedness. Safety is of two kinds – one is safety during disasters and the other is safety in everyday life. If we are not aware of safety in daily life, if we are not able to attain a certain level, it will get extremely difficult during the time of disasters. We often read signboards on streets bearing lines such as – 'सतर्कता हटी – दुर्घटना घटी' – 'Lose alertness – invite mishaps' or 'एक भूल करे नुकसान, छीने खुशियां और मुस्कान' – 'One mistake can cost you dear- rob you of your joy & smile' or 'इतनी जल्दी न दुनिया छोड़ो, सुरक्षा से अब नाता जोड़ो' – 'Don't be in a hurry to leave this world – embrace the culture of safety' or 'सुरक्षा से न करो कोई मस्ती वना जिन्दगी होगी सस्ती' – 'Don't play around with safety, your life will be treated cheap'. Beyond that, these sentences serve no purpose in our lives. Leave aside natural disasters; most of the mishaps are a consequence of some mistake or the other on our part.

If we stay alert, abide by the prescribed rules & regulations, we shall not only be able to save our own lives but we can prevent catastrophes harming society. There are times when we come across many slogans on safety at the work place but none following their letter and spirit. **I urge the fire brigade under**

corporations and municipalities to visit school children once a week or once a month and perform mock drills for them. This will have a dual benefit – the fire brigade will undergo an exercise in readiness and the new generation will get lessons in alertness.

And all this at no added cost. In a way it will be a natural part of the overall learning curve. India is a land of geographic and climatic diversities. As far as disasters are concerned, this country has borne the brunt of many a natural as well as man made disaster, such as chemical & industrial mishaps. Today, the National Disaster Management Authority, NDMA is the vanguard when it comes to dealing with disasters in the country.

During earthquakes, floods, cyclones, landslides, NDMA reaches the area within no time. They have issued guidelines; simultaneously they keep imparting training on a regular basis for capacity building. In Districts prone to floods and cyclones, an initiative named 'Aapada Mitra' has been launched for training Volunteers. Training and awareness have a very important role to play. Two- three years ago, thousands of people would lose their lives every year due to heat-wave.

After that, NDMA organized workshops on heat wave management as part of a campaign to raise awareness in people. Mass participation led to good results.



Source: national fire and evacuation drill day students get first hand training on fire safety at don bosco school pune, Hindustan Times.

My dear countrymen,

Till date, we have been hearing about the myriad types of festivals – be it music festivals, food festivals, film festivals and many other kinds of festivals. **But in a unique endeavor in Raipur, Chhattisgarh, the state's first 'Trash Mahotsav' was organized. The objective behind this festival sponsored by Raipur Municipal Corporation was to generate awareness about cleanliness and the methods using which city's waste can be creatively used and inculcate awareness about various ways to recycle the garbage.** A plethora of activities were organized during this festival, which found full participation of students and adults. Different types of artifacts were made utilizing garbage. Many Workshops were organized to inform people on the entire aspects of waste management. Music performances linked to the theme of hygiene were held and art works were created. Raipur inspired various types of such garbage or trash festivals in other districts too. Many individuals taking initiative on their own behalf shared innovative ideas, held discussions, conducted poetry recitals. A festive atmosphere regarding cleanliness got geared up. The way the school children took part in the entire endeavor was amazing. For the innovative manner in which importance of waste management and cleanliness were displayed in this festival, I congratulate the people of Raipur Municipal Corporation, the entire populace of Chhattisgarh, its government and administration.



Source: Swachh India, NDTV.

28th January, 2018 MANN KI BAAT

My dear countrymen,

Shriman Prakash Tripathi has written a rather long letter on the Narendra Modi App, urging me to touch upon the subjects he has referred to. He writes, "The 1st of February is the death anniversary of astronaut Kalpana Chawla. She left us in the Columbia space shuttle mishap, but not without becoming a source of inspiration for millions of young people the world over". I am thankful to Bhai Prakash ji for beginning his long letter with the sad departure of Kalpana Chawla.



It's a matter of sorrow for all of us that we lost Kalpana Chawla at that early age, but her life, her work is a message to young women across the world, especially to those in India, that there are no upper limits for Nari Shakti the power of women.

If one possesses the will & the determination, a firm resolve to achieve something, nothing is impossible. It's a matter of joy that women in India are taking rapid strides of advancement in all fields, bringing glory to the Nation.

In our country, respect for women, their status in society and their contribution has proved to be awe inspiring to the entire world, since ancient times. There has been a long tradition of Vidushis... women exponents or women champions. Many Vidushis of India have contributed in composing the verses of the Vedas. Lopamudra, Gargi, Maitreyee...it's a long list of names. Today, we talk about 'Beti Bachao, Beti Padhao', 'save the girl child, educate her'. But centuries ago, it has been mentioned in our ancient texts, in the SkandPuran :

दशपुत्र-समाकन्या, दशपुत्रान्प्रवर्धयन्

यतफलम्लभतेमरर्यः, तल्लभ्यम्कन्यकैकया ॥



This means, a daughter is the equivalent of ten sons. The 'Punya' that you earn through ten sons amounts to the same earned through just one daughter. This underscores the importance that has been given to women in our society. And that is why, in our society, women have been accorded the status of 'Shakti'. This woman power binds closely together society as a whole, the family as a whole, on the axis of unity & oneness. Be it the erudition of the Vidushis of the Vedic Period. Lopamudra, Gargi, Maitreyee; be it the learning & devotion of Akka Mahadevi or Meerabai, be it the governance of Ahilyabai Holkar or the valour of Rani Lakshmibai, woman power has always inspired us. They have always brought glory to the Nation.

Shriman Prakash Tripathi has further cited some examples. He writes that the flight of our courageous Defence Minister Nirmala Seetharaman in a Sukhoi 30 fighter plane is inspirational for him. He also refers to INSV Tarini, with an all women crew on board under the command of Vartika Joshi, which is currently circumnavigating the globe. Three braveheart women Bhavna Kanth, Mohana Singh and Avani Chaturvedi have become fighter pilots and are undergoing training on the Sukhoi- 30. An Air India Boeing jet with an all woman crew led by Kshamata Vajpayee flew from Delhi to San Francisco, USA and back. These are all women achievers. You are absolutely right. Today women are not just advancing in myriad fields; they are leaders. Today there are many sectors where our woman power is playing a pioneering role, establishing milestones. A few days ago, Hon'ble President took an initiative. He met a group of extraordinary women who have achieved something



significantly new in their respective fields. Women achievers of our country... the first female Merchant Navy Captain, the first female passenger train driver, the first female fire fighter, the first female Bus Driver, the first woman to set foot on Antarctica, the first woman to reach Mount Everest... 'First Ladies' in every field.

Time and again we keep hearing people utter 'There is something special that we as a people possess... no threat is big enough to annihilate our existence'. What is that 'Special Something'? That 'Something' is flexibility, the ability of transformation. Leaving out things that are beyond the constraints of time and accepting betterment in things wherever necessary. And this is a salient feature of our society... relentless efforts towards self-improvement, self correction. We have inherited this Indian tradition as a cultural legacy. The benchmark of any living society is its self correcting mechanism. In our country, there have been unending endeavours against social ills and evil practices, both individually & collectively. Just a while ago, Bihar launched an interesting initiative. In order to uproot social ills in the state, the world's longest human chain spanning over thirteen thousand kilometers was formed.

This campaign made people aware of social maladies such as child-marriage and the dowry system. The entire state thus resolved to fight against these social evils. Children, the elderly, the youth full of energy and enthusiasm, women, girls turned out to participate in this battle. **The human chain that commenced formation from Gandhi Maidan in Patna gained momentum, touching the state borders. In order to ensure that the fruits of progress rightly reach all sections of society, it is imperative that our society is freed of these ills. Come, let us pledge to come together to wipe out these evil customs from our social fabric... let us build an empowered, capable New India.** I appreciate the people of Bihar, the Chief Minister, the administration, in fact every member of the human chain for this massive, special initiative towards social welfare.



29th October, 2017- MANN KI BAAT

Thank you for your phone call. First of all, many felicitations to all the children on the occasion of Children's Day celebrated on the birthday of our first Prime Minister Jawaharlal Nehru ji. Children are the emerging heroes in the creation of new India. Children are the emerging heroes in the creation of new India. Your concern is correct that the diseases which surfaced in old age, or emerged around the last lap of life – have started to appear in children nowadays. It is indeed surprising today, when we hear that children are suffering from diabetes.



In earlier times, such diseases were known as 'Raj-Rog' which means diseases that used to afflict only the rich or those who lived a life of luxury. Such diseases were very rare in young people. But **our lifestyle has changed. Today these diseases are known as 'lifestyle disorders.'** One of the main reasons for being afflicted with such diseases at a young age is the lack of physical activity in our lifestyle and the changes in our eating habits.

Society and the family need to pay attention towards this crisis. If you'll start paying attention to it, you will see that there is no need to do anything extraordinary. You just need to make small regular changes in order to transform your habits, making them a part of your way of life. I would like the family to consciously try to inculcate in children the habit of playing in open grounds. If possible, we can make the elder family members accompany these children to the playground and play with them.





PM at the 4th International Day of Yoga 2018, in Dehradun (June 21, 2018), pmindia.gov.in

On the occasion of the birth anniversary of Sardar Sahab, Run for Unity will be organized throughout the country, which will see the participation of children, youth, women, in fact people of all age groups.

I urge you to participate in Run for Unity, the festival of mutual harmony.



24th September, 2017- MANN KI BAAT

I noticed something else this time – one is that we clean up a place, and the second is that we become aware and do not spread filth; but if we have to inculcate cleanliness as a habit, we must start an idea- based movement also. This time a number of competitions were organized on the theme “Cleanliness is Service”. More than two and a half crore children took part in an Essay Competition on cleanliness.



Thousands of children made paintings. They drew pictures based on their own imaginations. Many people wrote poems and these days I post drawings made by our young children on social media and praise their efforts.

Whenever there is a reference to cleanliness, I do not forget to express my gratitude to media persons. They have taken this campaign in a religious manner.

They have made a big contribution in creating a positive environment and are leading the Cleanliness Campaign in their own ways.



27th August, 2017- MANN KI BAAT

Young friends, the Sports Ministry is launching a Sports Talent Search Portal to search for sporting talent and to groom them. Any talented child who has an achievement in sports, can upload his biodata or video on this portal. The Ministry of Sports will impart training to selected emerging players. The Ministry is launching the portal tomorrow.



The great scientist Albert Einstein said, “It is the supreme art of the teacher to awaken joy in creative expression and knowledge.” The most important quality of a teacher, is to awaken in his students, a sense of creativity and the joy of learning. As we celebrate Teacher's Day this year can we come together and take a resolve? Can we run a campaign in mission mode? Teach to Transform, Educate to Empower, Learn to Lead. Can we move ahead with this resolve? Get someone committed to a five-year resolve. Show him the path of attainment, which he can achieve in five years – so that he can experience the joy of success in life. Such an atmosphere can be created by our schools, our colleges, our teachers, our educational institutions. When we speak about transformation in our country, we must think of our teachers as we do of our mothers. The teacher plays a vital role in transformation. In the life of every teacher, there are incidents of simple efforts that succeeded in bringing about a transformation in somebody's life. We will play a big role in the transformation of the nation, if we make a collective effort. Come, let's move forward with the mantra, Teach to Transform.



30th July, 2017- MANN KI BAAT

The need for today is not 'Do or Die', instead it is to resolve, to come together, persevere, and work relentlessly with our utmost strength towards the making of a new India. Let us live by and strive for this resolve. Come let's launch a mega campaign Sankalp se Siddhi – Attainment through Resolve, from the 9th of this August. Every Indian, social organisations, Local Self-Government Institutions, schools, colleges, various organizations – all should take one resolve or the other for a New India. A resolve that we will positively fulfil in the next five years. Youth organisations, student organisations, NGOs, etc. can organise group discussions, to bring forth new ideas. Where do we want to reach as a nation? What can be my contribution for this as an individual? Let us come together and make this a Festival of Resolve.



I would particularly like to call upon the online world, since wherever we may be, we are almost always online; so I would like to invite the online community and specially my young friends to come forward and contribute innovatively for building of the New India. They can use technology – videos, posts, blogs, scripts, novel ideas – to put forward all these. Transform this campaign into a peoples' movement. A Quit India Quiz is also being launched for my young friends on NarendraModiApp. This quiz is an attempt to familiarise the youth with India's glorious history and the heroes of the freedom movement. It is my belief that you will surely publicise and spread awareness about this quiz.

An advertisement for the Narendra Modi App. On the left, a smartphone displays the app's interface with a news article titled "Taking cooperation to space!". On the right, a portrait of Prime Minister Narendra Modi is shown. The central text reads "Let's together script the rise of a New India" and "Join Me". Below this, it says "Give a missed call on 1800 20 90 920". At the bottom, there are buttons for "GET IT ON Google Play" and "Download on the App Store".

Source: NarendraModi.in

25th June, 2017- MANN KI BAAT

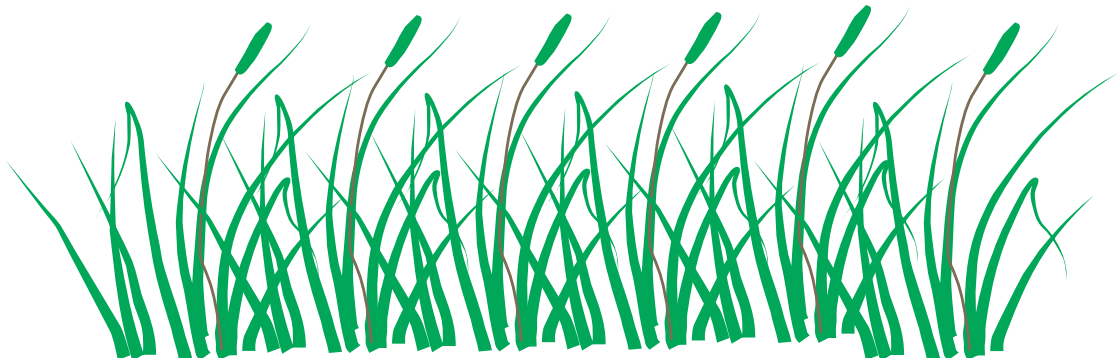
The more we promote sports, the more we see the spirit of sportsmanship. Sports play an important role in personality development also. **There is a great significance of sports in overall personality development. There is no dearth of talent in our country. If the children in our family are interested in sports, they should be given opportunities. They should not be forced off the playing fields to be locked in rooms with books.**



They should study as well, if they can do well in studies, they should certainly do so, but if they have the potential and the inclination to do well in sports, that should be encouraged and supported by the school, college, family and all the people around them. Each one should nurture dreams for the next Olympics.



Source: Althometrix



28th May, 2017- MANN KI BAAT

These days, I keep receiving news from our states. Almost in every state, a big plantation campaign gets underway with the onset of monsoon. Millions of trees are planted. School children, social organizations and NGOs also get connected with the campaign.



Even State Governments take an initiative. Let us also make our contribution in enhancing this campaign.



Source: Newsgram

30th April, 2017- MANN KI BAAT

They've mentioned that water should be kept in trays and utensils on the balcony and on the terrace. I have seen that small children of the family do this very enthusiastically. Once they understand why they should fill the pots with water they would go and inspect 10 times in a day to ensure there is water in the tray. And also watch if the birds came or not. We think as if it is a game going on , but in actuality, this is a



novel way of instilling empathy in the child's mind. You can also experience for yourself that a little attachment to an animal or a bird makes you feel very happy.

Young friends, I want to have a chat with you too. I am sometimes worried that much of our younger generation prefers leading life in their comfort zones. Parents also raise their children in a very protective manner. True there are other extremes also but most are brought up in this comfort zone syndrome. Now the examinations have ended and you must be done with your plans to enjoy the vacation.

Summer vacations feel good inspite of scorching heat. But as a friend, I want to suggest you certain tips about of how to utilize your vacation. I believe some people will put them to use and they will tell me about that too. Would you like to use this time of vacation gainfully, I offer three suggestions, it will be good if you follow all of the three but then try to do atleast one of the three. See that you gain a new experience. Try to take the opportunity of acquiring a new skill. Try to experience something that you have neither heard before, nor seen, nor thought of and yet there is a curiosity in your mind. You must try new places, new experiences and new skills.

There is huge difference between to sometime to see something on television or reading about it in the book or listening about it from acquaintances and to experiencing the same thing yourself. I will urge you to try to experience and satiate your curiosity on any subject during this vacation. Try a new experiment. The experiment must be positive and a little out of your comfort zone. We all belong to the middle class and happy comfortable families. Friends have you ever thought of travelling in a Second Class railway Compartment without a reservation, and going for atleast a 24 hours ride?

26th March, 2017- MANN KI BAAT

This is not something that needs to be taught. As it is, in our families, mothers always tell their children to take only as much food they can eat. There is always some effort made in this direction, but still the apathy on this issue is a crime against society. It is an injustice to the poor. On the other hand, if we are able to avoid wastage, the family too benefits economically. So while it is good to care about society, this is beneficial to the family as well.



I am not urging too much on this issue, but I would like this awareness to spread. I do know some young persons, who are active in such campaigns. They have created Mobile Apps. And when people call them about there being leftover food anywhere, they collect it and put it to good use. They work hard, and these are our own young people. You will find such people somewhere in each and every state of India. The lives of these people can inspire us not to waste food. We should take only as much as we can eat.



Source: bird Feeder hub

26th February, 2017- MANN KI BAAT

The whole world celebrates 8th March as Women's Day. In India also more importance needs to be given to our daughters along with increased awareness and sensitivity towards them. 'Beti Bachao – Beti Padhao' movement is moving forward with rapid strides. This is no longer just a government programme. It has now become a campaign of societal empathy and public education. During the last two years this programme involved the common man; it has forced people from all corners of the country to think and ponder over this burning issue; and brought about a change in people's thinking about our traditional beliefs and customs which have been prevalent for many years. It gives us great joy and happiness when we hear the news of festive celebration on the birth of a daughter. In a way, a positive mind set towards our daughters is leading towards societal acceptance. I have heard that in Cuddalore district of Tamil Nadu, child marriage has been banned under a special campaign. About 175 child marriages have been prevented so far. The district administration has opened bank accounts of over 55-60 thousand daughters under 'SukanyaSamridhiYojana'. In Kathua district in Jammu & Kashmir, all departments have been connected with '**BetiBachao – BetiPadhaoYojana**' **under the Convergence Model and in addition to the convening of Gram-Sabhas, all efforts are being made by the district administrations for adoption of orphan baby girls and to ensure their education.** In Madhya Pradesh, under the “HarGharDastak” programme a campaign is being run to go to every village and every house to encourage



सरत शिला अभियान
सब पढ़ें सब बढ़ें

Child Help Line No. 1098

जिला प्रशासन एवं शिक्षा विभाग द्वारा अभिनव पहल...

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प्रवेशोत्सव-2017-18

*We can dream to fly
in stars, above in Sky...!*

बदलिपु सोच करिए विचार
राजकीय विद्यालय ही डूँडूँ बार...

विभागीय पार्टनर: Piramal Foundation FOR EDUCATION LEADERSHIP

महिला एवं बाल विकास विभाग, झुंझुनूँ | जिला भूचना एवं जन सम्पर्क कार्यालय, झुंझुनूँ

education of daughters. In Rajasthan 'ApnaBachcha, ApnaVidyalaya' campaign is being run to readmit those girls into schools, who had dropped out, in order to encourage and motivate them to start studying again. I mean to say that 'BetiBachao – BetiPadhao' movement has also developed in many shapes and forms. This entire movement has become a people's movement. New imagination and new concepts have been linked and connected with it. This movement has been moulded as per local requirements. This, I believe, is a healthy sign.




विशेष संचारी रोग नियंत्रण पखवाड़ा
दिमागी बुखार पर सरकार का सीधा वार, सुरक्षित लोग हर परिवार

योगी आदित्यनाथ
युक्तमन्त्री, उत्तर प्रदेश



बुखार में देशी पड़ेगी भारी

घर - घर पर दस्तक

दस्तक अभियान दिमागी बुखार से सर्वाधिक प्रभावित 7 जिलों में चलाया जायेगा। आशा कार्यकर्त्री हर एक घर का दौरा कर दिमागी बुखार के प्रति लोगों को जागरूक करेंगी।
जेई टीकाकरण में स्वास्थ्य कार्यकर्ताओं का सहयोग जरूर करें।

दिमागी बुखार की रोकथाम के लिये क्या करें

1 

जेई का पहला टीका 9 माह से 12 माह के बच्चे को और दूसरा टीका 16 माह से 24 माह के बच्चों को नियमित टीकाकरण के अन्तर्गत जरूर लगवाये

2 

घरों के आसपास स्वच्छता का ध्यान रखें। आड़ियों को हटावे रहें। नंगे पांव न चले। भूतों से बचे

3 

मच्छर से बचने के लिये पूरी वीह वाली कमीज और पैट पहनें

4 

स्वच्छ पेयजल ही पीयें

5 

अपने आसपास जल जमाव न होने दें

6 

कुपोषित बच्चों को बचाने के लिये विशेष ध्यान रखें

7 व्यक्तिगत साफ-सफाई का विशेष ध्यान रखें



सुले में शीघ्र न करें, साबुन से हाथ धोने की आदत डालें



रोजाना स्नान करें, साफ कपड़े पहनें, नासुनों को नियमित काटें, सर में जू पढ़ने से रोकें



शिक्षक विद्यार्थियों की व्यक्तिगत साफ-सफाई सुनिश्चित करने हेतु प्रयत्न करें



बुखार होने पर बच्चों को, बिना किसी देरी के, उपचार के लिए सरकारी अस्पताल लायें। कोई भी बुखार दिमागी बुखार हो सकता है।



दिमागी बुखार के बारे में अधिक जानकारी के लिए त्रि:युक्त कॉल करें हेल्पलाइन 1800-180-5145

29th January, 2017- MANN KI BAAT

My young friends, you know very well that I regularly do my 'Mann Ki Baat'. January, February, March, April – all these are for every family, months of most severe test! Normally it is one or two children in a home due to appear at their exams, but the entire family feels the burden of it. This led me to believe that this is the right time for me to talk to my student friends, their guardians and their teachers, because for many years now, wherever I have gone, whomsoever I have met, examination appeared to be a great source of anxiety. Troubled families, harassed students, tense teachers – one sees a very strange psychological atmosphere prevailing in each home! And I have always felt that we should come out of this situation and, therefore, today I want to talk in some detail with my young friends. When I'd declared that I would talk on this topic, many teachers, guardians and students sent me their messages, questions, suggestions and also expressed their anguish and narrated their problems.



Exams in themselves, should be a joyous occasion. After a year of hard work, one has the opportunity to display one's capabilities, so this should



Source: Telegraph India

be a festival of joy and enthusiasm. But there are very few people for whom there is pleasure in the exam; for most people exam means pressure! Now, it is up to you to decide whether you consider the exams pleasure or pressure. Those who will consider it a pleasure, will have achievements, while those who will consider exams a pressure, will have to repent. And therefore my opinion is that exams are like a festival and, hence, must be celebrated. And when there is a festive mood of celebration, the best within us comes out. The true realisation of the strength of a society also takes place during festivals. The best of everything finds a manifestation.

Mothers who are consciously aware of and actively alert to their children's future, play a big role in assuaging the atmosphere at home. I shall urge parents to lay emphasis on just three points – acceptance, mentoring and sharing time. Accept things as they are. Whatever capabilities you possess, use these to mentor your children, and, howsoever occupied you might be, spare time for them, be with them. Once you learn to accept, maximum number of problems will be solved there and then. Every parent must be experiencing this. Expectation on the part of parents and teachers is the root cause of the problem. Acceptance brings about new avenues in finding solutions to problems. Expectations make the path difficult. Accepting a certain state provides us with the opportunity of opening up newer vistas. Just accept things as they are. You will feel much lighter. **We keep deliberating on the heavy weight of our tiny tots' school bags, but there are times when I feel that expectations and aspirations on the part of parents are far too heavier compared to those school bags.**

During exam days, if I talk about sports and games, your teachers, your parents will be angry with me. “What kind of a Prime Minister is this, who is asking children to come out and play during exams,” they might say! People generally nurse the notion that if students indulge in sporting activities, they become careless about their studies. This notion is basically unfounded. It is the root cause of this problem. If one has to achieve holistic development, the fact is that there exists a huge world, a life beyond books; and this precisely is the time to learn living that life also. If someone says, “Let me finish with all exams first, I will play and do other things later”; well, that is impossible. This is THE time for moulding one's life. This is what upbringing is all about. As a matter of fact, in my opinion, three things are crucial – proper rest, the other is the requisite amount of sleep, the third is the body, which is a major component, way beyond mental activity. Other parts of the body too require physical activity. With so much to do, have you ever thought of spending a couple of moments gazing at the sky, looking with wonder at the flora around

you, lightening your spirits a bit! You will notice that you will return to your study room and be amongst your books with a renewed freshness. Whatever you are doing, take a break, have a stroll outside, enter the kitchen, look for something that you relish to eat, munch on your favourite biscuit if possible, tell or listen jokes and laugh for a while. If only for five minutes, give yourself a break. You will feel the onset of a certain ease in your work. I do not know if everyone likes this or not, but I am saying it out of personal experience. Deep breathing during these times is very beneficial. It relaxes you. And for deep breathing you do not need to confine yourself to your room. Just be under the open sky, go to the roof top, do deep breathing for five minutes and return to your studies. You will experience relaxation in your body. A relaxed body equally relaxes your mental organs. Some of you feel like studying more and more, keeping awake for late hours in the night. No. Ensure adequate sleep for the body that is required. It will help you avoid wastage of study time; it will enhance your ability to study well. Your concentration will increase. You will feel a certain freshness. Your overall efficiency will rise by leaps and bounds.



Source: Times of India

30th October, 2016- MANN KI BAAT

On Deepawali people adorn good clothes, enjoy delicious food items and along with these there is also the bursting of fire-crackers in a big way. **The children and the young people very much enjoy this bursting of crackers. But, at times children indulge in reckless bravado and take unnecessary risks. They unwittingly invite a mishap in trying to create a big blast by joining and bursting many crackers together. They are not even mindful of their surroundings, which might have incendiary items leading to fire accidents. News of such mishaps, fire breakouts and even tragic casualties become a cause of big concern on Deepawali.** To add to these woes, there is a situation of even the doctors in big numbers being unavailable as they too are away celebrating Deepawali with their families. I specially urge the parents and guardians to be with their children with a watchful eye when they burst firecrackers, so that there is no carelessness or undue audacity and accidents and mishaps are avoided. The government undertakes massive immunization programs for our children and yet millions of children are still left out from being immunized and fall prey to diseases. 'Mission Indradhanush' is one such operation that involves a vaccination program covering those kids who got left out during previous immunization campaigns and empowers them with immunity against serious diseases. In the twenty-first century, having darkness still prevailing in our villages is something that is not acceptable now. And the rural electrification drive to free the villages of darkness, this major campaign of electrification is proceeding successfully; in fact it is proceeding as per the time-schedule!



Source: Crackers India

In Kabirdham district of Chhattisgarh more than 1.25 lakh students from about 1700 schools collectively wrote letters to their parents. **Some students wrote in English, some wrote in Hindi and some in Chhattisgarhi to their parents telling them that there should be toilets in their houses. They demanded building toilets. Some students even wrote that they would rather go without celebrating birthday but the toilet must be constructed.**

Students of age between seven to seventeen took up this task. And this had such an impact, such an emotional impact that while the students were going to school the next day, their parents handed over reply letters to them addressed to the teacher in which they promised to build toilets by a certain date positively. My compliments to those who visualized this idea, compliments to these students and special compliments to those parents who took their children's letters so seriously and also took a decision to construct a toilet. This is what inspires us.



25th September, 2016- MANN KI BAAT

My dear countrymen, one gets a special pleasure in giving, one may not realize it, but the pleasure of giving is divine. I witnessed it some time back when I asked the countrymen to give up their cooking gas subsidy and they responded whole-heartedly. This in itself was a very inspirational event in India's national life. Now, many youngsters, small groups, people from the corporate world, schools and some NGOs are jointly going to organize '**Joy of Giving Week**' from **2nd October to 8th October**. Under this campaign, food items and clothes will be collected and supplied to the needy persons. When I was in Gujarat, all our workers used to walk the streets seeking donations of old toys from families and then presented these toys to Anganwadis in poor neighbourhoods. These toys provided great pleasure to the poor children, which was a great sight to behold.



I feel that we should encourage and help these young people who are organising 'Joy of Giving Week' in many cities. This is a kind of a 'Donation Festival', a DaanUtsav. I convey my best wishes to all those young persons who are undertaking this mission.



28th August, 2016- MANN KI BAAT

My dear countrymen, certain things touch me very deeply and my heart bows in respect to those who visualize such heartwarming initiatives. In Kabirdham district of Chhatisgarh more than 1.25 lakh students from about 1700 schools collectively wrote letters to their parents. Some students wrote in English, some wrote in Hindi and some in Chhatisgarhi to their parents telling them that there should be toilets in their houses.



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31st July, 2016- MANN KI BAAT

A young man Mr. Ankit has reminded me of the death anniversary of President Abdul Kalamji, which was observed last week. The country, in fact the world paid glowing tributes to him. **The mere mention of Abdul Kalamji's name brings to mind vivid images of science, technology, missiles – in fact the entire spectrum of strengths and capabilities of India in the days to come. And that's why Ankit asks me...**



What is your government doing to ensure that Abdul Kalamji's dreams come true? You are right. The future is going to be technology driven. And technology is extremely dynamic. Day by day, technology keeps updating, changes form, transforms its impact. You cannot shackle technology. If you strive to hold it still, it would move beyond your grasp assuming new looks and forms. If we have to match its strides and move ahead, research and innovation are the keys, these are its lifelines and moving spirit. In the absence of research and innovation, technology will become a burden, just as still water stagnates and even stinks. And if we go on just using old technology without recourse to research and innovation, we will become outdated in this rapidly changing world and age. And that is why the government too has taken steps to attract the new generation toward science and research & innovation in the field of technology. And that is why the government too has taken steps to attract the new generation toward science and research & innovation in the field of technology. And that is why I say 'let us aim to innovate'. And when I say “let us aim to innovate' my AIM stands for **“Atal Innovation**



Wherever such Tinkering Labs are established in schools, those would be given 10 Lakh rupees and further 10 Lakh rupees will be provided for maintenance during the period of five years. Similarly, innovations are directly connected to Incubation Centres. If we have strong and well-equipped Incubation Centres, a system comes into place for innovations, for start-ups, for experimentation and to bring these efforts to a certain level. Creation of new Incubation Centres is essential just as it is necessary to strengthen the older Incubation Centres. And when I talk of Atal Incubation Centres, the government has considered allocating the huge sum of 10 crore rupees for this also. India is grappling with diverse challenges. We see problems in daily life. We shall now have to look for technological solutions for these. Through the 'Atal Grand Challenges' we have exhorted the young generation of the country that if they see problems, they should search for solutions taking the path of technology, doing research, applying innovations and bring those on board. The Government of India wants to specially reward technology developed to find solutions to our problems. And I am happy that people have evinced interest in these things. When we spoke of Tinkering Labs, about 13 thousand schools applied and when we talked of Incubation Centres, over four thousand academic and non-academic institutions came forward. I firmly believe that the real tribute to Abdul Kalamji will consist of harnessing research and innovation for developing technology to find solutions to problems we face in day to day life, and ridding us of the difficulties we face to make things easier for us all. The more the new generation devotes itself to this task, the greater will be their contribution with immense significance for the modern India of the 21st century. That will be the real tribute to Abdul Kalamji.



Source: MyGov.in

22nd May, 2016- MANN KI BAAT

I would like to appeal to parents, friends and neighbours that please don't impose your expectations upon your children.



And friends, does our life come to a standstill if we meet with failure sometimes. Sometimes one is not able to score good marks in exams, but he or she surges ahead in sports, or does well in music, or excels in the fine arts, or forges ahead in business. God has gifted each one of us with a unique talent.

Please recognize your internal strength, build upon it and you will be able to march ahead. And this happens everywhere in life.



24th April, 2016- MANN KI BAAT

Today in every home, the first thing that the parents dream of is to give their children good education.

A house, a car – all that comes later. And for a country like India, this common sentiment of the people is a very big force. To educate their children and educate them well, this concern for the children to get good education should increase further and a greater awareness should come about. I believe that when there is awareness in the family, it impacts the school and has an impact on teachers as well. The child is also aware of the purpose for which he or she goes to school. So I would appeal to all guardians and parents to give not just enough time and attention to their children but also to everything that's happenings in their school. And if something strikes your attention, please go to the school and discuss it with the teachers yourself. Vigilance can be of help to reduce many shortcomings in the education system. People's participation will go a long way in achieving this.



Till now we have heard the echo of the mantra of Enrolment! Enrolment! Enrolment! But now we will have to turn our attention to providing good education, worthy education to children who have made it to schools. You must have seen the Budget of the present government. An effort is being made to provide quality education. But it is true we still have a long way to go. If we, 125 crore Indians, resolve, we can cover that distance. Sharmilaji has rightly said that we do need to bring reforms for quality education



27th March, 2016- MANN KI BAAT

We should create an atmosphere of Football, Football, Football all around for this whole year – in schools, colleges, indeed, all over India. Our youth, the children in our schools, should be drenched in sweat just playing Football. If that happens, we shall have real fun playing the host. So, all of us should make the effort to ensure Football reaches every village, street and alley. Between now and the **FIFA Under-17 World Cup in 2017**, we should infuse a spirit of enthusiasm in the youth.



One advantage of playing the host for this event is that a whole lot of infrastructure will get created with addition of sports facilities. But I personally shall be happy when we are able to link every youth of our country to this game.

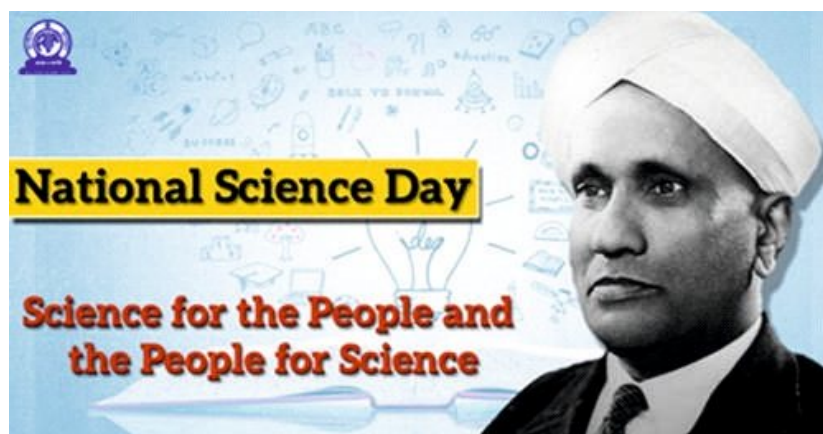


28th February, 2016- MANN KI BAAT

Today, I don't want to say much to the parents. Please don't create any pressure for your children. If they are talking to any friend of theirs, please don't stop them. Build a light-hearted environment for them, a positive environment, and see for yourself, be it your son or daughter, what confidence they are infused with. You will be able to see that confidence in your child yourself.



Friends, one thing is for sure, and I want to say this especially to my young friends, that our life has become very different from what it was for the previous generations. Every moment there is a new innovation, a new technology. We get to see new facets of science all the time. Its impact is overwhelming; we all want to link ourselves to science and technology. We also want to move ahead with the speed of science. I say all this because, friends, today is National Science Day, the festival of science in this country. Every year this day is observed on 28th February. **On 28th February 1928, Sir C.V. Raman had declared his discovery of the “Raman Effect”. This was the discovery for which he received the Nobel Prize. And so the nation celebrates this day as National Science Day.** Curiosity is the mother of science. Each person should have a scientific thinking, should be attracted to science. Each generation should lay stress on innovation. And innovation is not possible without science and technology. Today on National Science Day we should resolve that innovation should gain importance. Science, knowledge, technology... all these things should be a part of our journey to development. This year the theme for National Science Day is 'Make in India Science and Technology-driven Innovations'. I humbly pay my homage to Sir C.V. Raman and I appeal to you all to raise the level of your interest in science.



27th Deceber, 2015- MANN KI BAAT

This year when we are celebrating the 125th birth anniversary of Babasaheb Ambedkar then can we make 26th January a medium to organize debates, poetry, slogan competition regarding duties in our own schools, colleges, villages, cities and various organizations and societies. If 125 crore Indians take dutiful steps one after the other, they can make history. But at least let's start with discussions. I have an idea – Send me an essay or poem before 26th January about duty in Hindi or English or your native language. Can you send me? I want to know your views. Send them on my portal 'My Gov'. I would like to know what my young generation thinks about their duties.



I want to give a small suggestion. **On 26th January we celebrate Republic Day. Can we citizens and school and college students take up the initiative of cleaning the statue of any great men installed in our city, of cleaning the premises, we can do best of cleanliness and best of decoration on the occasion of 26th January.** And I am not saying this on government lines. We become so emotional about getting the statues of great men erected but become equally complacent when it comes to maintaining them. As a society, as a nation can we make it a natural tendency to respect the statues of our great men? On this 26th January let us make an effort that we will respect such great men and keep the premises clean. But this should be done by the citizens willfully.



31st May, 2015- MANN KI BAAT

Today, when I am addressing Mann kiBaat, we are all surrounded by severe hot weather, with all the heat related problems and news from all corners of the country. **I would like to request you all to take care of your health in this hot weather by following simple instructions, such as drinking ample amount of water and covering yourself for protection from the heat.** At the same time, I would also like to request you all to take care of the birds and animals in your neighbourhood and fulfill their requirements too.



We should take this opportunity to give the responsibility to our children to place a bowl of water for the birds in a suitable place where the water does not get heated up. By doing this, I can assure you that your children will imbibe good moral and cultural values. Moreover, in this extreme heat, this act will be a life saver for the birds and animals too.



27th January, 2015- MANN KI BAAT

African countries have lived by the ancient idea of 'Ubuntu', which alludes to the 'oneness in humanity'. They say – **“I am, because we are”**.



Despite the gap in centuries and borders, there is the same spirit of Vasudhaiva Kutumbakam, which speak of in India. This is the great shared heritage of humanity. This unites us.

When we discuss Mahatma Gandhi, we remember Henry Thoreau, from whom Mahatma Gandhi learnt disobedience.

When we talk about Martin Luther King or Obama, we hear from their lips, respect for Mahatma Gandhi. These are the things that unite the world.



14th December, 2014- MANN KI BAAT

While serving as the Chief Minister of Gujarat, my officers with good records would often come to ask for leave. Initially they would hesitate to spell out the reasons, however on insisting they revealed that their child had fallen into the drug trap and they now need to spend time with their kids and rehabilitate them. I could see the bravest of my officers struggling to control their tears. **I met suffering mothers too. In Punjab I had**

the chance to meet some mothers who were very angry and yet concerned about their children who had fallen into the trap of drugs.



We have to work together as a society to tackle this menace. I understand that the youth who fall into this drug trap are often blamed. We blame these youth as being careless and irresponsible. We perceive that the victims are bad but the fact is that the drugs are bad. The youth are not wrong; it is this addiction which is wrong. **Let us not blame and wrong our kids. Let us get rid of this habit of addiction and not victimize our kids. Blaming the kids would push them further into addiction. This is in fact a psycho-socio-medical issue and let us treat it as such a problem. This menace needs to be handled carefully as its solution is not limited to medical intervention only. The individual concerned, his family, friends, the society, the government and the legal system all have to work in tandem to tackle this menace. Each one of us has to contribute to get rid of this menace.**



PM Modi's
addresses the nation on
Drugs Free India

I would like to share some views with the parents too. These days none of us have time. All of us are running against time to earn our livelihood. We are racing against time to improve the quality of our lives. But in this blind race, do we have the time to spare for our kids. Do we ever work for our kid's spiritual progress and discuss it with them, rather we discuss only material progress. How are they doing in their studies, what has been their progress in exam, what to eat and what not to eat, where to go and where not to go – majorly these topics form the core of the entire interactions. Do we share such a relationship that our children can bare their hearts to us? I request all of you to do this. If your children share a frank relationship then you can very well know what is going on in their life. Children do not take to bad habits suddenly. It happens gradually and it also impacts the home. Observe the changes that are happening in your home. If you observe closely then I believe that you may be successful in detecting the problem at the very beginning. Be aware of your child's friend circle and don't keep your conversations focused just about progress. Your concern should extend to their inner depths, their thoughts, their logic, their books, their friends and their mobiles – how and where are they spending their time. These need to be taken care of. I believe that no one else can do what a parent can for their kids. Our ancestors have left us certain pearls of wisdom and that is why they are known as statesmen. A saying goes like this:

Paanch Varsh Laaw Lijiye
Dass Laaw Tadan dei
Paanch Varsh Laaw Lijiye
Dass Laaw Tadan dei
Sut Hi Solah Varsh Mein
Mitra Sarij Gani Dei

This means that till 5 years of age a child should grow in the loving and tender care of his parents, by the time he is 10 the values of discipline should be inculcated in him. Sometimes we see that an intelligent mother gets angry and does not speak with her child throughout the day. This is a big punishment for the child. The mother punishes herself but the child too gets punished in turn. The mother just has to say that I will not talk and the 10 year old will remain worried the whole day long. He changes his habit and by the time he is of 16 years then the relationship should turn like a friend towards him. There should be an open conversation with him. This is a brilliant advice which has been passed on by our ancestors. I would like to see this inculcated in our family life.

Another thing brought to our notice is the role of the pharmacists. Some of the medicines lead to addiction. So such medicines should not be distributed without a doctor's prescription. Sometimes a simple thing like a cough syrup can trigger addiction. It becomes the starting point for addiction. There are quite a few things that I would not like to raise from this platform. But we will have to follow and accept this discipline.

These days many children from villages go to city for higher education and start living in a hostel or a boarding school. I have heard that sometimes these avenues become the entry point of such addiction. For this the education system, the society and the security force will have to act as a vigilante. Each one will have to fulfill their roles and responsibilities. The government will fulfill the responsibilities on its end. We should constantly strive to fulfill our obligations.

I would also like to mention about the letters we have received. Some of them are interesting, some are filled with grief and some are inspiring. I cannot mention all, but I would like to mention one. There was a certain Mr. Dutt. He was deep into addiction. He was also jailed where he had several restrictions. Then later his life changed. He studied in jail and then his life was transformed. His story is very famous. He was in Yerawada Jail. There might be many such inspiring stories. Many people have been victorious in their fight against addiction. We too can come out of such habits and so we should definitely try. We should make efforts for de-addiction and rehabilitation. I would ask celebrities to be a part of this initiative – be it from the field of cinema, sports or someone concerned with public life. Be it the cultural or spiritual world, we should use every possible platform to create awareness. There should be constant messages in public interest. They will certainly have an effect. Those active on the social media, I would request them to create a continuous online movement by joining #DrugsFreeIndia hash-tag. This is more relevant because most of the addicted youth are a part of the social media. **If we take this #DrugsFreeIndia hash-tag movement forward then we will do a great service for public awareness and education.**



I want to take this concern forward. I would request all those who have successfully come out of this addiction to share their stories. I touched this topic because like I said in the beginning grief becomes less on sharing. This is a topic of national concern and I am not here to sermonize. And neither am I entitled to preach. I am just sharing my grief with you. Those families who are suffering from this menace, I want to share their pain as well. I want to create a responsible environment. There can be difference of opinions but let us make a beginning somewhere.

Like I mentioned before, I want to share happiness. Last week I had the opportunity to meet the **Blind Cricket Team. They had won the world cup. What joy and excitement, they were exuding great self confidence. God has given us everything, eyes, hands, legs i.e. we are totally capable yet we lack this kind of determination and passion which I could see in the blind cricketers. What zeal and enthusiasm, really it was contagious. I felt super charged after meeting them. Such incidents bring great pleasure in life.**

In the past few days there was yet another important news. The cricket team from Kashmir defeated Mumbai on their home ground. I do not view it as a matter of someone's victory and other's loss. I view it differently. All the stadiums in Kashmir have been inundated after the floods. Kashmir is passing through a tough phase. The circumstances have been extremely grim with these boys not standing any chance to practice. But the Team Spirit shown by these boys, their conviction and determination is awe inspiring. These boys have shown us that one can overcome the most trying and testing circumstances if one remains focused on our goals.



This news gave me immense pleasure and I take this opportunity to congratulate all these players on their victory.

Two days back, the United Nations has decided to celebrate June 21st as International Yoga Day. It is a matter of great pride and honour for India. Our ancestors developed a beautiful tradition and today the entire world is associated with it.

It does not merely benefit one personally but it has the potential to bring all the people together globally. The entire world came together on the issue of Yoga in the UN and a unanimous resolution was passed just two days back. 177 countries became the co-sponsors. In the past when it was decided to celebrate the birthday Mr. Nelson Mandela, 165 countries became co-sponsors. Before that efforts were on for International Toilet Day and 122 nations became co-sponsors to that initiative too.

For celebrating **Oct 2nd as Non Violence Day 140 Countries became co-sponsors, before that. But 177 countries co- sponsoring Yoga is a world record of sorts.** I am thankful to all the countries that have come out in support and have honored the sentiments of the Indians and decided to observe World Yoga Day. It is now our duty that Yoga reaches out to the masses in its true essence.



03rd October, 2014- MANN KI BAAT

Some of you have suggested simplifying the registration process for Small Scale Industries. I will definitely put this under Government's notice. Some of you have written to me to incorporate skills development courses in the school curriculum from 5th standard. This will help the students to learn various skills and crafts. I loved this effective suggestion given by them. They have also suggested that even the adults should learn skills development courses along with their studies. One of the suggestions given was to keep a dustbin at every 100 meters and a cleaning system should be established.





drrganandoffice



Dr.ANAND.RG



Dr.R.G.Anand



Dr.R.G.Anand, MBBS, MD, F.H.M, MHA, LLB is a spirited public servant currently working as a Member of National Commission for Protection of Child Rights (NCPCR) , Government of India who has already covered 160 Districts across India (even during this Covid pandemic) in meeting children , communities and authorities to ensure the wellbeing of children and creating awareness on schemes and programmes of Government of India.