

Summer of Learning SKILL, SERVE SHINE

MANN KI BAAT

Prime Minister Narendra Modi's Address to the Nation

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Prime Minister's Address



My dear countrymen, Namaskar

Today, on a very auspicious day, I have got the opportunity to talk to you through 'Mann ki Baat'. Today is the *Pratipada Tithi* of the *Shukla Paksha* of the *Chaitra* month. *Chaitra Navratri* is beginning from

today. The Indian New Year is also commencing from this day. This is also the start of *Vikram Samvat* 2082. At the moment, I have many of your letters in front of me. Some are from Bihar, some from Bengal,



















some from Tamil Nadu & some from Gujarat. In these, people have expressed their innermost thoughts in a very interesting way. Many letters also comprise good wishes and congratulatory messages. But today I feel like sharing some messages with you –

Prime Minister (Sarvarigu
Yugadi Habbadaa
Shubhaashegadu) - Happy
Ugadi festival to all

The next message is -

Prime Minister (Andariki
Ugadi Shubhaakaankshalu) –
Happy Ugadi festival to all

Now in another letter it is written –

Prime Minister (Saunsaar Paadvyaachi Parbi) – Greetings on Saunsaar Padwa

Inscribed in the next message is –

Prime Minister
(Gudipaadwya Nimitta Haardik
Shubhechhaa) – Heartiest
greetings on the occasion of
Gudi Padwa

One of our friends has written –

PrimeMinister (Illaavarakkum Vishu Aashamshagal) – Happy Vishu festival to all

Another message is -

Prime Minister (Inniy
Puttaand Nalla Vaazhathukkal)

- Happy New Year to all

Friends, you must have understood that the messages have been sent in different languages. But do you know the reason behind this? This exactly is the special thing that I want to share with you today. New Year is starting today and during the next few days in different states of our country. And all these

messages are of greetings for New Year and various festivals. That is why people have sent me greetings in different languages.

Friends, today the festival of Ugadi is being celebrated with great fervour in Karnataka, Andhra Pradesh, Telangana. Today itself, Gudi Padwa is being celebrated in Maharashtra. In our country full of diversity, during the next few days, in different states, 'Rongali Bihu' will be celebrated in Assam, 'Poila Boishakh' in Bengal, 'Navreh' in Kashmir. Similarly, between 13th and 15th April, there will be joyous celebration of festivals in different parts of the country. There is an atmosphere of

excitement about this too and the festival of Eid is also there. That means this whole month is of festivals; of festivities. I extend my greetings to the people of the country on these festivals. These festivals of ours may be in different regions, but they show how unity is woven into the diversity of India. We have to keep reinforcing this spirit of unity, on our way ahead.

Friends, at the advent of exams, I have a discussion, 'Pariksha Pe Charcha', with young friends. Now the exams are over. In many schools, preparations are on to resume the classes. After this, summer vacations are also round the





corner. Children eagerly await this time of the year. I am reminded of my childhood days when my friends and I used to play one prank or the other all day long. But simultaneously, used to do something constructive and learn too. Summer days are long and children have a lot to do during the time. This is the time to inculcate a new hobby as well as hone your skills. Today, there is no dearth of platforms for children where they can learn a lot.

For example, if an organization is running a technology camp, children can learn about open-source software along with developing apps. Be it environment, be it theatre or be it leadership, courses on various subjects are

being conducted... they can join them as well. There are many schools that teach speech or drama, which are very useful for children. Apart from all this, you also have the opportunity to join volunteer activities and service endeavours going on at many places during these holidays. I specially urge you regarding such programs... If any organisation, school or social institution or science centre is organising such summer activities, do share it with #MyHolidays. This will help children and their parents from across the country to get information about these easily.

My young friends, today I would also like to discuss with you the special calendar of MY-Bharat, which has been prepared for this summer

vacation. At the moment, copy of this calendar is kept in front of me. I want to share some unique efforts through this calendar. For example, in the study tour of MY-Bharat, you can know how our 'Jan Aushadhi Kendras' function. You can undergo a unique experience in the border villages by becoming a part of the vibrant village campaign. Along with this, you can definitely become a part of the cultural and sports activities there. At the same time, by participating in the padyatra on Ambedkar Jayanti, you can also spread awareness about the values of the Constitution.

I specially urge children and their parents as well to share their holiday experiences with #HolidayMemories. I will try to include your experiences in the upcoming 'Mann ki Baat'.

My dear countrymen, as soon as the summer season approaches, preparations for saving water begin in many cities and villages. In many works related states, water harvesting and water conservation have gained new momentum. The Ministry of Jal Shakti and numerous NGOs are working in that direction. Thousands of artificial ponds, check dams, borewell recharge and community soak pits are being constructed in the country. Like every year, this time too, preparations have been made on a war footing for the 'catch the rain' campaign. This campaign too, is not of the government... but of the society, Janata-Janaardan:



the people. Jal Sanchay-Jan Bhagidari Abhiyan is also being run to connect more and more people with water conservation. The endeavour is to safely pass on the natural resources that we have, to the next generation.

Friends, by conserving raindrops, we can save a lot of water from getting wasted. Over the last few years, under this campaign, unprecedented tasks related to water conservation have been undertaken in many parts of the country. I will give you an interesting figure. During the last 7-8 years, over 11 billion cubic metres of water has been conserved through newly built tanks, ponds and other water recharge structures. You must now be wondering how much 11 billion cubic metres of water is?

Friends, you must have seen the pictures of the water that gets accumulated in the Bhakra Nangal dam. This water forms the Govind Sagar lake. The length of this lake is more than 90 kilometres. Even in this lake, not more than 9-10 billion cubic metres of water can be conserved. Only 9-10 billion cubic metres! And the countrymen, through their tiny efforts, have

managed to conserve 11 billion cubic meters of water in different parts of the country - isn't that a great effort!

Friends, in this direction, the people of Gadag district of Karnataka have also set an example. A few years ago, the lakes of two villages dried up completely. There came a time when there was no water left even for the animals to drink. Gradually, the lake got covered with weeds and bushes. But some villagers decided to revive the lake and started working on it. And as they say, 'where there is a will there is a way'. Noticing the efforts of the villagers, the social organizations in the vicinity also joined them. All of them, together cleaned the garbage and mud and after some time the lake area became completely clean. Now people are waiting for the rainy season. Indeed, this is a great example of the 'catch the rain' campaign. Friends, you can also join such efforts at the community level. You must make a plan from now on to take this mass movement forward, and you have to remember one more thing. If possible, keep cold water in an earthen pot in front



THE ONE WHO CONQUERS ADVERSITIES IS A TRUE CHAMPION

of your house during summers. Keep water for birds on the roof of the house or even in the verandah. See how blessed you will feel after doing this punya karma (pious deed).

Friends, in 'Mann ki Baat' we will now talk about adding wings to your zeal... About displaying passion despite challenges. In the Khelo India Para Games that concluded a few days ago, the players surprised everyone with their dedication and talent, once again. This time more players participated in these games than earlier. This shows how popular Para Sports is becoming. I congratulate all the players participating in the Khelo India Para Games for their sterling efforts. My best wishes for the players of Haryana, Tamil Nadu and UP for securing the first, second and third positions, respectively. During these games, our divyang players also set 18 national records. Out of which 12 were in the name of our women players. Arm wrestler Joby Mathew who won a Gold Medal in this year's Khelo India Para Games has written a letter to me. I would like to read out an excerpt of his letter. He has written-

"Winning a medal is very special, but our struggle is not limited to just standing on the podium. We fight a battle every day. Life tests us in many ways... very few people understand our struggle. Despite this, we move forward with courage. We work towards fulfilling our dreams. We believe that we are no less than anyone else."

Great! Joby Mathew, you

have written an amazing, wonderful letter. I thank you for this letter. I want to tell Joby Mathew and all our Divyang friends that your efforts are a great inspiration for us.

Friends, another grand event in Delhi has inspired people a lot; filled them with enthusiasm. Fit India Carnival was organized for the first time as an innovative idea. About 25 thousand people from different fields participated in it. All of them had the same goal - to stay fit and spread awareness about fitness. People involved in this event got information related to their health as well as nutrition. I urge you to organize such carnivals in your area as well. MY-Bharat can be of great help to you in this initiative.

Friends, our indigenous games are now becoming a part of popular culture. You all must be knowing the famous rapper Hanumankind. His new song "Run It Up" is becoming quite famous these days. Our traditional Martial Arts like Kalaripayattu, Gatka and Thang-Ta have been included in it. I congratulate Hanumankind that due to his efforts people of

the world are getting to know about our traditional Martial Arts.

My dear countrymen, every month I get a lot of messages from you on MyGov and NaMo App. Many messages touch my heart, while others fill me with pride. Many a time, these messages provide unique information about our culture and traditions. This time, I want to share with you the message that caught my attention.

Atharva Kapoor from Varanasi, Aaryash Leekha and Atrey Maan from Mumbai have written about their feelings on my recent visit to Mauritius. They have written that they greatly enjoyed the performance of "Geet Gawai" during this visit. I have felt similar sentiments in many letters received from eastern Uttar Pradesh and Bihar. What I felt during the wonderful performance of Geet Gawai in Mauritius was truly amazing.

Friends, when we stay connected to our roots, no matter how big the storm, it cannot uproot us. Just imagine, about 200 years ago, many people from India went to Mauritius as

indentured labourers. Nobody knew what would happen next. But with the passage of time, they settled there. They carved a niche identity for themselves in Mauritius. They preserved their heritage and remained connected to their roots. Mauritius is not the only such example. Last year when I went to Guyana, the Chowtaal performance there impressed me a lot.

Friends, let me now play an audio for you.



You must be wondering that this must be about some part of our country. But you will be surprised to know that it is related to Fiji. This is the very popular 'Phagwa Chowtaal' of Fiji. This song and music fills everyone with fervour. Let me play another audio for you.



This audio is the 'Chowtaal' of Suriname. The countrymen watching this program on TV can see the President of Suriname and my friend Chan Santokhi

Ji enjoying it. This tradition of coming together & singing is also very popular in Trinidad and Tobago. In all these countries, people read Ramayan a lot. Phagwa is very popular here and all Indian festivals are celebrated with full enthusiasm. Many of their songs are in Bhojpuri, Awadhi or mixed language; at times Braj and Maithili are also used. All those who preserve our traditions in these countries deserve appreciation.

Friends, there are many such organizations in the world, which have been working to conserve Indian culture for years. One such organization is – 'Singapore Indian Fine Arts Society'. This organization, engaged in preserving Indian dance, music and culture, has completed its glorious 75 years. In the program related to this occasion, the President of Singapore, Shriman Tharman Shanmugaratnam Ji was the Guest of Honour. He praised the efforts of this organization. I extend my best wishes to this team.

Friends, in 'Mann ki Baat', along with the achievements of the countrymen, we often raise

social issues as well. Many a time, challenges are also discussed. This time in 'Mann ki Baat', I want to talk about a challenge that is directly related to all of us. This challenge is of 'textile waste'. You must be wondering, what is this new problem of textile waste?

Actually, textile waste has become a major cause of worry for the whole world. Nowadays, the trend of getting rid of old clothes as soon as possible and buying new ones is increasing all over the world. Have you ever thought what happens to the old clothes that you stop wearing? This becomes textile waste. A lot of global research is being done on this subject. It has come to light in a research that only less than one percent of textile waste is recycled into new clothes... less than even one percent. India is the third country in the world where the maximum textile waste is generated. This means that we also face a huge challenge. But I am happy that many commendable efforts are being undertaken in our country to deal with this challenge. Many Indian start-ups have started working on textile recovery

facilities.

There are many such teams that are also working for the empowerment of our ragpicker brothers and sisters. Many young friends are involved in the efforts towards sustainable fashion. They recycle old clothes and footwear and distribute them to the needy. Many items like decorative pieces, handbags, stationery and toys are being made from textile waste. Many organizations are engaged in popularizing the 'circular fashion brands' these days. New rental platforms are also coming up, where designer clothes are available on rent. Some organizations collect old clothes, make them reusable and distribute them to the poor.

Friends, some cities are also carving a new identity for themselves in dealing with textile waste. Panipat in Haryana is emerging as a global hub for textile recycling. Bengaluru is also creating a distinct identity for itself with innovative tech solutions. More than half of the textile waste is collected here, which is an example for our other cities as well. Similarly, Tirupur in Tamil Nadu is engaged in

textile waste management through wastewater treatment and renewable energy.

My dear countrymen, today along with fitness, count is also playing a big role. Count of the number of steps taken in a day, count of the number of calories eaten in a day, count of the number of calories burnt... amidst all these counts, another countdown is about to begin. The countdown to the International Yoga Day. Now less than 100 days are left for Yoga Day. If you have not yet included yoga in your life, do it now... it is not too late yet. The first International Yoga Day was celebrated 10 years ago on the 21st of June, 2015. Now this day has taken the shape of a grand festival of yoga. This is such a priceless gift from India to humanity, which is going to be very useful for future generation. The theme of Yoga Day 2025 has been kept as 'Yoga for One Earth, One Health'. That is, we wish to make the whole world healthy through yoga.

Friends, it is a matter of pride for all of us that today the curiosity about our yoga and traditional medicine is rising, all over the world. A large number of youths are adopting yoga and Ayurveda as an excellent medium for wellness.

For example, there is a South American country, Chile. Ayurveda is rapidly becoming popular there. Last year, during my visit to Brazil, I met the President of Chile. We had a lot of discussions about the



popularity of Ayurveda. I have come to know about a team named 'Somos India'. In Spanish, it means - 'We are India'. This team has been promoting yoga and Ayurveda for almost a decade. Their focus is on treatment as well as educational programmes. They are also getting information related to Yoga and Ayurveda translated into the Spanish language. If we talk about last year alone, about 9 thousand people participated in their myriad events and courses. I congratulate all the people associated with this team for their efforts.

My dear countrymen, now there's an interesting yet strange question in 'Mann ki Baat'! Have you ever wondered about the journey of flowers? Some flowers that bloom on trees and plants travel to temples. Some flowers beautify the house, some dissolve in perfume and spread fragrance everywhere. But today I will tell you about another journey of flowers. You certainly must have heard about Mahua flowers. People of our villages and especially the tribal community know very well about its importance. The journey of Mahua flowers in many parts of the country has now embarked upon a new path. Cookies are being made from Mahua flowers in Chhindwara district of Madhya Pradesh. These cookies are becoming very popular due to the efforts of four sisters of Rajakhoh village.

Observing the passion of these women, a big company trained them to work in a factory. Inspired by them, many women of the village have joined them. The demand for Mahua cookies made by them is increasing Adilabad rapidly. In the district of Telangana also, two sisters have carried out a new experiment with Mahua flowers. They make various types of dishes with them, which people like very much. There is also the sweetness of tribal culture in their dishes.

Friends, I want to tell you about another wonderful flower and its name is 'Krishna Kamal'. Have you visited the Statue of Unity in Ekta Nagar, Gujarat? You will see these Krishna Kamal in large numbers around the Statue of Unity. These flowers

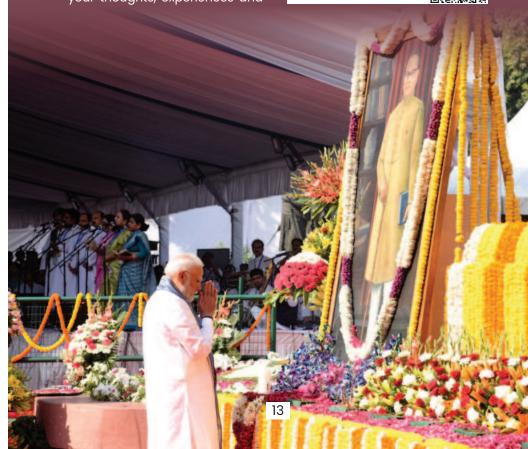
captivate the tourists. These Krishna Kamal have become the centre of attraction in Arogya Van, Ekta Nursery, Vishwa Van and Miyawaki forest of Ekta Nagar. Lakhs of Krishna Kamal plants have been planted here in a planned manner. If you look around you, you will notice interesting journeys of flowers. Do write to me about such unique journeys of flowers in your area.

information with me as always. It is possible that something may be happening around you which may seem normal, but for others that topic might be very interesting and new. We will meet again next month and discuss those things of countrymen which fill us with inspiration. Thank you very much to all of you, Namaskar.

My dear friends, keep sharing your thoughts, experiences and

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







MANN KI BAAT

Special Mentions by Prime Minister

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Summer Vacation Calendar a MY-Bharat

"My young friends, today I would also like to discuss with you the special calendar of MY-Bharat, which has been prepared for this summer vacation. At the moment, copy of this calendar is kept in front of me. I want to share some unique efforts through this calendar."

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

The 'MY-Bharat' Summer Vacation
Calendar was unveiled by the Hon'ble
Prime Minister Narendra Modi in his
120th 'Mann ki Baat' address. Under
the Ministry of Youth Affairs & Sports,
being a visionary initiative, it aims at
transforming the summer break into a
period of meaningful engagement for
students. This calendar offers a diverse
array of activities, from educational
tours to cultural immersions, designed
to cultivate learning, civic responsibility,
and personal growth among children
and adolescents.





Key Highlights of the Calendar

- Viksit Vibrant Village Program: In May, the Viksit Vibrant Village
 Campaign (Central Sector Scheme (100% Centre funding) will
 gather youth from across the country in over 600 mountain
 villages located in border regions. There, they will engage in
 leadership workshops, cultural activities, career counselling
 camps, and a range of other enriching programs.
- Study Tours to Jan Aushadhi Kendras: As a part of experiential learning program, students are encouraged to visit these government-run pharmacies to understand their operations and the role they play in providing affordable medicines to the public.
- Ambedkar Jayanti Padyatra: In April, children were encouraged to participate in foot marches to spread awareness about the Constitution and Dr. B.R. Ambedkar's contributions.



Holidays with a Purpose An Opportunity to Learn, Understand, and Grow



Santanu Mishra
Co-founder & Executive Trustee,
Smile Foundation

Summer vacation is a well-deserved break from the disciplined rigour and structured routine of the regular academic sessions. This break can be well utilised not only to relax, play and bond together with the extended families, but also to develop empathy and mental wellbeing, create memories and simply to enjoy the break.

While building mental and physical wellbeing is important during the summer vacation, students should pay attention to prevent "learning loss". Otherwise, they might find it hard to reconnect with study when the academic session begins.

Some traditional ways of making the most of the summer vacation can include spending memorable time with cousins, close family members, visiting relatives, learning swimming, playing games, singing, learning art and craft, among others. Whenever possible, observing understanding nature, learning about trees and birds, mastering swimming, cycling, doing outdoor activities with friends and cousins can also be both invaluable and memorable. If you enjoy reading books, do not miss it.

In modern times, technology has made it easier to access

information and gain knowledge. During the vacation, children can study more about a hobby or an intriguing subject which could not get attention while the school was open. It can be anything, be it the working of an aeroplane engine, learning more about generative AI, coding or even how the banking system works.

Without doubt, mental wellbeing is as important as physical wellbeing. When a child grows up and looks back to summer vacations, it should look like "lazy and crazy." They should chatter freely and share their imagination passionately with family members, cousins and friends. This can be a great

opportunity to ideate, articulate and present one's ideas, which will prove to be a great soft skills later in life.

Empathy and a sense of purpose play very important roles in building a strong, positive and happy human being. Like many good things, the foundations are laid during childhood days. Whether it is serving the society or the environment without expecting anything in return, we can have a great experience.

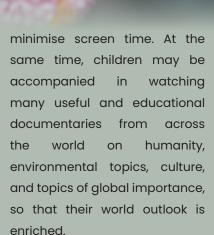
Spending time in a nearby old age home, assisting the elderly, listening to their stories, and helping them learn a few modern skills can be a very fulfilling experience. Whether



in a rural or an urban area, spreading awareness about cleanliness, volunteering for a cleanliness drive, creating awareness about conservation of water and electricity etc. in the neighbourhood can also be considered. Such acts, when done passionately, not only help build a compassionate personality but also create qualities leadership and traits. Nevertheless, we begin contributing towards building a better and kinder society from an early age.

ensuring prevention of learning loss, parents and teachers should allow children to relax, enjoy and rediscover themselves during summer breaks. Experiencing compassion and bonding, having a sense of larger purpose, nurturing positive outlook and optimism are equally important during the growing up years, along with the academics. However, parents and teachers may handhold children to imbibe basic financial literacy, mock exercise on how to start a business etc. during the break.





India's traditional wisdom, its rich culture, health and wellness, and meditation should find a place in their vacation routine. The future of the society and the nation belongs to our children. The efforts towards preparing children to construct their overall outlook and abilities will go a long way in shaping a healthier, prosperous and happier tomorrow.





An Inspiring Example of Water Conservation

Initiatives by the people of Gadag district

With the arrival of summer, preparations for water conservation begin across the country. In many cities and villages, plans to preserve water are progressing rapidly. Prime Minister Shri Narendra Modi, in the 120th episode of 'Mann ki Baat', emphasized the importance of water conservation and mentioned the 'Catch the Rain' campaign. This is not just a government initiative but a campaign that involves the participation of the entire society. In this direction, the people of Gadag district in Karnataka have set an inspiring example.

A few years ago, the lakes in two villages—Hallikeri and Venkatapura—of the Mundargi block in Gadag district had completely dried up. The situation had become so dire that neither humans nor animals had access to drinking water. The lakes had turned into spaces filled with weeds and filth instead of water.

Some villagers took this crisis as a challenge and resolved to revive the lakes. Local social organizations also joined their efforts. Together, they cleaned the lakes and took extensive steps for water conservation. People involved in the campaign have shared their thoughts with us.









"The lakes in this area are nearly 500 years old. Water scarcity is common here, and this lake has always been a major water source. Locals know it as the Basaveshwara Lake. Recent desilting efforts have proven to be very beneficial. It is said that the water of this lake has medicinal properties. Its freshness is comparable to coconut water and it helps relieve body aches."







"Under the 'Village Service Initiative', we have been working on water conservation in Gadag district for the past three years. This work is being carried out in collaboration with the Sankalp Rural Development Society. Local panchayats and villagers

have actively participated in this effort. Saving water is crucial for future generations. So far, 25 lakes have been revived. The success of this campaign was even acknowledged by the Prime Minister in 'Mann ki Baat', which further boosted our team's morale. Now, we are determined to continue and improve this noble work."

-Siddalingesh B, Program Coordinator, Village





Khelo India Para Games 2025 A Celebration of Talent and Grit

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"Friends, in 'Mann ki Baat' we will now talk about adding wings to your zeal... About displaying passion despite challenges. In the Khelo India Para Games that concluded a few days ago, the players surprised everyone with their dedication and talent, once again. This time more players participated in these games than earlier. This shows how popular Para Sports is becoming. I congratulate all the players participating in the Khelo India Para Games for their sterling efforts."

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

The journey of Khelo India Para Games started with a vision to transform the landscape of para-sports in India, and the second edition, held from March 20-27, 2025, in New Delhi, truly set a remarkable benchmark for the future. After its inauguration in December 2023, the Para Games has expanded its wings. Hosting over 1,300 athletes from 36 States and Union Territories across three venues, the competition displayed an inspiring array of talent in disciplines such as Para Archery, Para Powerlifting, Para Shooting, Para Athletics, Para Badminton, and Para Table Tennis.







One of the most remarkable aspects of the Khelo India Para Games 2025 was the role of women athletes. A total of 18 national records were shattered during the Games, and women athletes achieved 12 of these. This extraordinary achievement highlights a powerful shift in women's involvement in para-sports, emphasising both their growing presence and undeniable talent.

The success of the 2025 edition signals a promising path ahead for para-athletes, encouraging them to break barriers and reach new heights. It not only raised the level of competition but also underscored the values of inclusivity, representation, and equal opportunity for specially-abled athletes. These Games have provided para-sports with a strong platform to flourish, becoming an integral part of the national sporting narrative as India continues to strengthen its sports ecosystem and empower athletes across all abilities.

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"I believe that everyone can do sports, whether they are able-bodied or specially-abled does not matter. I have proven this by winning 29 world medals for my country in different sports fields. What truly matters is passion, knowledge of the game, and hard work. With these three things, anything is possible in this world."

-Joby Mathew, Arm Wrestler (Gold Medallist, Khelo India Para Games)



Songs of the Homeland

How Indian Traditions Thrive Abroad

Friends, when we stay connected to our roots, no matter how big the storm, it cannot uproot us. Just imagine, about 200 years ago, many people from India went to Mauritius as indentured labourers...with the passage of time, they settled there. They carved a niche identity for themselves in Mauritius. They preserved their heritage and remained connected to their roots.

-Prime Minister Narendra Modi (in 'Mann ki Baat' address) Indian folk music, deeply rooted in the nation's cultural and social traditions, reflects the rich diversity of its many regions. Passed down orally over centuries, this music embodies the everyday lives, spiritual beliefs, and community histories of India's people.

In recent decades, Indian folk music has expanded its reach beyond the country's borders, gaining international recognition and appreciation for its unique rhythms, storytelling, and emotive power.

As mentioned by Prime Minister Narendra Modi in his 'Mann ki Baat' address, Mauritius, Fiji, Suriname, Trinidad and Tobago, and other countries preserve our traditions and celebrate it in full fervor- and how:

Diaspora and Cultural
Celebrations: One of the key
factors behind the global spread



of Indian folk music is the Indian diaspora. communities As migrated to countries, they carried their cultural traditions with them. As Prime Minister Narendra Modi mentioned in his MkB address, "there are many such organizations in the world, which have been working to conserve Indian culture for years. One such organization is - 'Singapore Indian Fine Arts Society'. This organization, engaged in preserving Indian dance, music and culture, has completed its glorious 75 years..."

The Role of Digital Media: The rise of digital media has been instrumental in amplifying the reach of Indian folk music. Platforms such as YouTube, Spotify, and Instagram have allowed local folk artists to share their music with a global audience. For example, Mame Khan, a renowned Manganiyar singer from Rajasthan, gained widespread recognition after





his performance on Coke Studio India, which garnered millions of views internationally. Similarly, The Kutle Khan Project, known for fusing Rajasthani folk with global beats, has performed at prestigious global venues such as the 'Edinburgh Fringe Festival' and 'Oslo World Music Festival.'

Fusion - Tradition Meets
Modernity: Fusion has emerged
as a powerful tool for global
outreach. Artists have blended
traditional Indian folk with genres
like rock, jazz, and electronic
music to appeal to international
tastes while preserving cultural
roots. The band 'Indian Ocean',
often credited with pioneering

folk-fusion in India, combines folk lyrics and instruments with contemporary music, and has performed internationally at events like the Kennedy Center in Washington D.C. Similarly, Raghu Dixit, known for his Kannada folk-influenced music, has performed on BBC's 'Later... with Jools Holland' and at the 'Glastonbury Festival'.

Academic Interest and
Research: Academia has
also contributed to the global
awareness of Indian folk
music. Institutions such as
SOAS University of London
and University of California,
Berkeley offer courses and

research opportunities in ethnomusicology, often focusing on Indian folk traditions. These programs inspire cross-cultural collaborations and create educational pathways for non-Indian musicians to learn and perform Indian folk styles.

International Festivals and Recognition: Indian folk music regularly features in festivals across the globe. As notably mentioned by Prime Minister Narendra Modi in his 'Mann ki Baat' address, 'Chowtaal' in Suriname, 'Phagwa Chowtaal' in Fiji and 'Geet Gawai' in Mauritius offer live experiences of traditional performances to the

natives. These stages expose the raw and authentic essence of Indian folk music to people from varied backgrounds, sparking interest and admiration.

In conclusion, Indian folk music has resonated with people globally. Through migration, digital media, fusion music, academic initiatives, and international festivals, it continues to enchant audiences worldwide. With its soulful melodies and rich storytelling, Indian folk music stands not only as a cultural treasure of India but also as a cherished part of global heritage.

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Preserving Heritage, Spreading Wellness India's Influence Across Continents

India's cultural heritage, with its profound wisdom in Yoga, Ayurveda, Music, and Dance,

continues to inspire people across the world.

From South America to Southeast Asia, dedicated organisations have taken up the mission of preserving and promoting these age-old traditions. Hon'ble PM has mentioned the efforts of these organisations in his 'Mann ki Baat' address. In Chile, the team at Somos India has been tirelessly working for nearly a decade to spread awareness about Yoga and Ayurveda, making these wellness practices accessible to thousands. In Singapore, the Singapore Indian Fine Arts Society (SIFAS) recently marked a glorious 75 years of fostering Indian classical music, dance, and arts, receiving high praise from Singapore's President, Mr Tharman Shanmugaratnam.







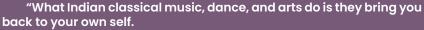
"India changed everything for us. It offered us not only the tools for healing, but a way of living.'Somos India' means 'We are India' in Spanish. We believe that India is not just a place, it's a state of being. A memory within the soul, a sacred rhythm that awakens when we listen deeply."

-Jalile Kareena, Co-founder, Somos India, Chile

"Being mentioned by the Prime Minister of India is something we will carry in our hearts forever. It is

not just an honour, it's a call to keep on working on this path, to keep on giving back, to keep on serving."

-Pablo Solovera, Co-founder, Somos India, Chile



It's a journey of self-discovery. It's a journey that gives you peace, inner harmony, and tranquility, and those who come into this world of pursuing these arts are not going to go back because they start enjoying and living the peaceful benefits of pursuing these art forms."

-K. V. Rao, President, Singapore Indian Fine Arts Society (SIFAS)





Textile Waste : Myths, Realities, and the Opportunity Ahead



Ann Runnel
CEO and Founder, Reverse
Resources

Textile waste is increasingly in the spotlight, and for good reason. The Hon'ble Prime Minister recently emphasized the scale of the challenge in 'Mann ki Baat' — globally, less than 1% of textile waste is recycled into new clothing. But while this figure is alarming, it only tells part of the story. To create real solutions, we must shift the way we frame the issue entirely.

Myth#1: The Problem is That People Throw Away Too Many Clothes

A common narrative blames fast fashion and careless consumers. But in many places,

including India, garments are reused extensively - handed down, repaired, repurposed. India also has a rich culture of tailoring and upcycling, where old saris become quilts or garments are creatively reworked. These practices sustain livelihoods and represent a thriving-yet often invisible-part of the circular economy. India could expand and even export these redesign and reuse services to global markets, especially as countries like those in the EU push for policies around durability and reuse. As William McDonough and Michael Braungart suggest, our desire for abundance is not the problem - it's the systems we've built around it. If we can structure economies to circulate materials with value, abundance can be sustainable.

Myth#2: Textile Recycling is Technologically Difficult

Many believe recycling is too technically complex, particularly with blended or dyed fabrics. But in reality, a wide array of mechanical and chemical recycling solutions already exists. What's missing is a data-driven supply chain that connects the right waste

with the right recycling process. In India, mechanical recycling especially downcycling into lowgrade materials for the local market—is common. But this has largely existed outside the global circular economy, where brands now demand higherquality recycled input. This creates a transitional challenge. As new technologies emerge to handle blended and postconsumer waste, they struggle to find the right feedstock, which is often already absorbed into lower-value uses. Upgrading to high-quality recycling requires traceability, infrastructure, and market alignment-none of which are yet in place at scale. Globally, investment in large-scale textile-to-textile recycling also remains limited. Without reliable waste streams and strong market demand, business cases remain fragile investors' confidence remains low.

Myth #3: Consumers Should Drive the Change

It's often suggested that

citizens should simply shop better. But people can only make choices within the systems available to them. Circularity requires more than awareness

-It requires infrastructure makes reuse recvclina economically and logistically feasible. Every brands, suppliers, recyclers, policymakers, logistics providers- must operate within a system designed for circularity. We don't just need behaviour change. We need systems change.

Extended Producer Responsibility (EPR)

This is where countries like India can step in. By focusing not just on collection but on the recycling and reuse side of the equation, India can position itself as a proactive partner in building global circular supply chains. Because textile waste—and the potential within it— is not a national issue. It's a global opportunity.

The Hidden Treasures of Flowers

Flowers in India are finding new purpose beyond traditional uses. In Chhindwara, Madhya Pradesh, a women's group trained to make cookies from Mahua flowers was recently recognized by Prime Minister Modi in his 'Mann ki Baat' radio program. Their innovative products have now gained nationwide attention. Similarly, the beautiful *Krishna Kamal* flowers around Gujarat's Statue of Unity have become a tourist attraction.



Flavors, Enterprise & Travel Destinations

We were laborers struggling to make ends meet—until we learned to turn Mahua flowers into biscuits, ladoos, and cookies. With training and hard work, our Sahayata Samuh now supplies these unique treats across India. When PM Modi praised us in 'Mann ki Baat,' it changed everything—orders poured in, more women joined, and our village found new pride. Our work gained recognition, and we feel empowered. From selling raw Mahua in markets to shipping baked goods to cities, this is more than income;

it's dignity.

-Mahua Sisters



MANN KI BAAT Media Scan



कुछ ही दिन पहले सम्पन्न हुए Khelo India Para Games में एक बार फिर खिलाड़ियों ने अपनी लगन और प्रतिभा से सबकों हैरान कर दिया।

इस बार पहले से ज्यादा खिलाड़ियों ने इन खेलों में हिस्सा तिया। इससे पता चलता है कि Para Sports कितना Popular हो रहा है।

मैं Khelo India Para Games में हिस्सा लेने वाले सभी खिलाड़ियों को उनके शानदार प्रयासों के लिए बधाई देता हूं।

ont में आदरणीय प्रधानमंत्री श्री goo





माननीय मोदी जी के नेतृत्व में देशभर में जन भागीदारी से हो रहे जल संरक्षण के प्रयास सराहनीय है। जल संरक्षण आज के युग की मांग है। आइए, हम सब इस प्रयासों में पूरी ऊर्जा

Rarendra Modi 🚭 emarendramodi - Mar 30

Highlighted the importance of water conservation during the upcoming summer, #ManrKiBaat



Shandilya Giriraj Singh 🚭

आजकल पुराने कपड़ों को जल्द बदलने का चलन बद रहा है, लेकिन क्या आपने सीचा है कि ये पुराने कपड़े कहाँ जाते हैं? यही Textile Waste बनता है। इस पर वैश्विक स्तर पर

मा. पीएम @narendiamodi जी का आभार, जिन्होंने #MannKiBaat में इस महत्वपूर्ण विषय को उठाया। Toxtile Waste Management अगला जन आंदीलन बनेगा, और हम जागरू-कता बढ़ाने के लिए मज़बूह कदम उठाएंगे।



urendramodi जी के 'मन की बात' कार्यक्रम को कालका uri जी व दिल्ली वासियों के संग सुनने का अवसर मिला। आज माननीय प्रधानमंत्री श्री 🙉 जी में सांसद श्री 😁 यह कार्यक्रम समाज में सकारात्मक परिवर्तन व जनभागीदारी को प्रोत्साहित करने की दिशा



laat episode, Hon'ble PM Shri gmarandramodi ji recalled his childhood memories during summer vacations.

He encouraged the children to take up exciting activities as hobbies during the holiday season. He calls upon schools, colleges, science centres and other social organisations to share their summer activities



Gajendra Singh Shekhawat 🐡

बारिश की बुंदों को संरक्षित करके हम बहुत सारा पानी बर्बाद होने से बचा सकते हैं। पिछले कुछ सालों में इस अभियान के तहत देश के कई हिस्सों में जल संरक्षण के अभूतपूर्व कार्य हुए

में आपको एक दिलचस्प आंकड़ा देता हूं। पिछले 7-8 सात में नए बने tank, pond और अन्य water recharge structure से 11 billion cubic meter उससे भी ज्यादा पानी का

tilium sil armanendramodi

In #Manny@Boot today, PM @non ramodi highlighted how Yoga, Indian traditional medicine and Ayurveda continue to contribute to global

He also spoke about our civilisational connect with Fiji, Mauritius, Guyana, Suriname and Trinidad & Tobago, as well as efforts by Singapore Indian Fine Arts Society to preserve Indian Culture in Singapore.

Marendra Modi (Grisrendramodi - Mar 30

Sharing this month's #MennKiBaat. Do tune inl x.com/l/broadcasts/1.



Ram Feran Pandey 🥏

आज देश के यशस्त्री प्रधानमंत्री आदरणीय श्री spare nodi जी के लोकप्रिय 'मन की आज देवा के योशना प्रधानमञ्ज्ञ आंदरणाय का ginamendamod आ के ताकाराय 'मन का बात' कार्यक्रम के 120वें संस्कृत का की मुक्त आसराता कियात. मोदी भी ने हमारी माराभाकों का संकर्षन: श्रेस प्रतिभाओं, वैद्यानिक नवावारों, पर्यटन आदि को प्रोसातम् प्रदान करने के रिच् बसुस्त रिवार प्रकट किय है। aMannotebant कार्यक्रम जन-जन की एक सुत्र में पिरोक्तर राष्ट्र के उत्कर्ष की दिशा में उन्पुख करने का संशक्त माध्यम बना है।





amodi जी #MannKiBaat में देशवासियों की उपलब्धियों के साथ ही समाज से जुड़ी चुनौतियों पर भी चर्चा करते हैं।

इसी कड़ी में आज उन्होंने पूरी दुनिया के लिए नई चिंता की एक बड़ी वजह बन गए textile waste पर चर्चा की। textile waste के मामले में दुनिया में तीसरे स्थान पर रहने वाले भारत के हरियाणा राज्य का पानीपत textile recycling के global hub के रूप में उभर

बेंगलुरू भी Innovative Tech Solutions से अपनी एक अलग पहचान बना रहा है। Textile waste से सजावट की चीजें, handbag, stationery और खिलीने जैसी कई वस्तुएं बनाई जा रही हैं।

चुनोतियां हैं... तो नए भारत के पास समाधान भी है।।

@PMOIndia @mannkibaat



Himanta Biswa Sarma 📀

O

0 ..

On my way to Nagaon, I joined my fellow karyakartas in Nij Demow Namghar, to listen to Adarniya @narendramodi Ji's @ma

This was a very enlightening episode and I thoroughly enjoyed the bit on Hanumankind - he is top of my playlist these days 😃



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बारिश की बुंदों को संरक्षित करके हम बहुत सारा पानी बर्बाद होने से बचा सकते हैं। पिछते कुछ सातों में इस अभियान के तहत देश के कई हिस्सों में जत संरक्षण के अभूतपूर्व कार्य हुए हैं: माननीय प्रधानमंत्री श्री @narendramodi जी

#MannKiBaat





क्या है MY Bharat का ख़ास केलेंडर? स्वयं प्रधानमंत्री श्री @NarendraModi जी से





समर वेकेशन के लिए तैयार किए गए #MYBharst के कैलेंडर के अनूठे प्रयास...



Rajeev Chandrasekhar 🍱 🐡

ബിജെപി കേരള ഘടകത്തിന്റെ അധുക്ഷനായി ചുമതലയേറ്റതിനെ തുടർന്ന് ഡൽഹിയിലെ മലയാളി സമൂഹം ഒരുക്കിയ അനുമോദന ചടങ്ങിൽ നിന്ന്, അവർക്കൊപ്പം പ്രധാനമന്ത്രി നരേന്ദ്ര മോദി ജിയുടെ മൻ കി ബാത്ത് ശ്രവിച്ചു.

വേനൽക്കാലത്ത് പുതിയ ഹോബികൾ ഏറ്റെടുക്കാൻ പ്രധാനമന്ത്രി കുട്ടികളെ പ്രോതസാഹിപ്പിച്ചു. ടെക്സ്റ്റൈൽ മാലീന്യം കുറായ്ക്കുണ്ടതിന്റെ തുരുവശ്യകതയെക്കുറിച്ച് അദ്ദേഹം സംസാരിച്ചു. ഈ വർഷടത്തെ യാഗ ദിനത്തിന്റെ പ്രമേയം "യോഗ ഫോർ വൺ എർത്ത്, വൺ ഹെൽത്ത്. എന്നായിരിക്കുമെന്ന് പ്രഖ്യാപിച്ചു. വികസിത് വൈല്രന്റ് വിച്ചേജ് പ്രോഗ്രാം; ക്യാച്ച് ദി റെയിൻ; അംബേളർ ജയന്തി പദയാത്ര തുടങ്ങിയവയെക്കുറിച്ചും അദ്ദേഹം സംസാരിക്കുകയുണ്ടായി.

Humbled to receive felicitations from the Malayali community in Delhi upon assuming the presidency of #BJP4Keralam. Also Joined them in listening to PM @narendramodi JPs #MarinKiBaat

PM encouraged children to take up new hobbies during summer discussed the need for reducing textile waste, revealed the Yoga Day 2025 theme as "Yogs for One Earth One Health," and highlighted initiatives such as the Viksit Vibrant Village Programme, "Catch the Rain," and the Ambedkar Jayanti Padystra.



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यह हुनर तराराने का समय...गर्मी की छुट्टियों में कुछ न कुछ नया सीखें मन की बात : टेक्नोलॉजी, आर्ट, थिएटर से लेकर नेतृत्व कौशल तक पीएम ने तमाम उपाय सुझाए

कुठ न कुछ नथा सीधाने की सलाह हो है। उन्होंने कहा, पीर्वां के दिन बड़े डोटे हैं, इसमें बच्चें के पास करने को बहुर कुछ होता है। यह समय कोई नई होंबी अधनाने और अधना हुन्ह तराराने का है। उन्होंने माई भारत क छटिटचें को स्थान में स्थापर ननार गर कलंदर के बारे में भी बताया।

पटती में देश में बेचक बाराओं से प्रदर्श



पोएम ने मर की श्रात की 120वीं वर्षाई के साथ भी। साथ भी कुछ बोशाओं की चिट्ठियों का दिक्क करते. टेक्सराइटर रिसाइक्लिय का हक बन रहा चानीकर हुए सन्तर, ऐतुनु, सीमानी, पराजी, मरावरी प्रापाओं में प्रथमित में, अधानमंत्र ने क्या कि वर्ड क्यार्टक देशकरण केट संसर पहुंचा, पूढ़ी प्राहुचा, चिंगु और तमित्र नकार्य दुर्भाह को में स्कृतन का सामा जब से हैं जुरू तहर थे उसर के उपार्थ भी सरहन भी की। पेएम - मुभकामनर दी उन्होंने कहा कि असर में जिहू, करनोर में नगोह मनामा आएमा और फिर ग्रेंद भी आ रही है। उन्होंने बना कि में लोकार देशवस्थियों को नवर्षात्र सुरू होने की विश्वात है कि श्वात को विविधात में भी कैसे एकता लिए हुई है। भूगे अवसे अवस्थ प्राथम वना सा है।

सीखने के लिए अब बहुत कुछ पीएम ने बाहर, पश्चिमें की कृदिराये ही सी हैं से पूछे अगरने प्रभावन के दिन पहर का वह 1 हम स्वारे देश दिनभा तत्पात मचारे थे, लेकिन पाथ ही कुछ रचनात्वाः संगते ४। आह एसं स्टेटप्रीमं को समी न्हीं नहीं कर्म क्या कुछ चीख सकते हैं। टेमचेलीनी कैंप चलाने नानी संस्थाओं ने एप बनान सीख बचते हैं, ओरन सोमें स्टिस्टीयर के बारे में यह

सकते हैं। द्वामा, विहत्य, नेतृत्व बीशल सीखने या स्वीत्वाक संबा कार्र को गातीशीयों से जुड़ सकते हैं।

प्रश्ननबंधी ने पूर्वाने कपाती की बनात की उत्तनन होने बात कपाते को ऐसा के तिवा एक बारी पुत्रवेती बातवा । क्योरी कात, अपर कोच रहे होते कि पार करा बाता है। जीवन तेनवाहत बेबर पुत्रिका में तब अपूरी हुता कर कर नहीं की उनकी कार उनकार की पूछन के कार के स्वाह कर हुन हुन है। उनकी कार उनके कार के स्वाह कर कार के से हैं अपने कार अपना की पूर्व के से हैं अपने उनकार कोड़ कर नका है। विश्व एक ब्लिस्स से कार के साथ है। विश्व किया की में कार के साथ है। विश्व किया की साथ की स

पार्याच्या मार्गात आई को लोकप्रिय बनाने के तिवर प्रमुखन भारता के स्थान कहा का उपकार करने के उत्तर हुन्यान काइड की शामा , अराजने ने शामी हो जीते को उपकार संस्कृति के साथ औड़ने के लिए स्वाहत हैंगा उन्हान काइन्द्र की सरकार की उनकीने कहा, अप नार्थे जाती ही दिये। अनकार इन कहा राज १४ इट अप कार्य लोकडिंग हो राग है। इससे बनकाराय रातका और बाप-ता नीवी हन्दरी परंपरिक मध्यति आहर्ष की शाहित Rear may he maken some in your it off affect in take much पालकोक् आरोल आरामें के बारे में आर पा को है।

PM flags concern on textile waste, bats for recycling

MUKESH BARRAK II MADAN

he and buying now once is in-recaring all over the world," he said. "Have you ever thought shour what happens to the old



PM Modi highlights India's 'unity in diversity' in month of festivals

NEW DELHI, March 30: Prime Minister Narendra Modi, while addressing the nation during his monthly 'Mam ki Baat' program. extended his greetings as the country starts its vi-brant month of multiple festivals. The Prime Minister highlighted how such festivals underline the country's unity in di-

Extending his greet of the month of Chaitra, ways. I wish to read some ings for the upcoming today marks the begin festivals, the PM added, ning of Chaira Navrari, These festivals happen also beginning Indian at different parts of the New Year, Vikanan Samuat read the multiple letters in

country, but these show is starting. I have many of carious languages ad-how unity is woven in your letters in front of me, dressed to him wishing the diversity of India, we some of which are from him on the occasion of must keep strengthening Bihar, some from Bengal, Ugadi, Sansar Padwa, Tioday is the Padipa de date of Shukla Paksha mann ki baat in various © Continued on page 9

हमारे त्यौहार देश की विविधता में एकता को दर्शाते हैं : मोदी

न्द्रे फिल्मी, ३० घर्च : प्रधानकी आलब-आलव सुर्कों में आपने बाह नींद्र मोरी ने रिक्का को कहा कि आह. दिन में आराम में 'रोगाली सिश्', बंगाल और आरामे दिनों में प्रमान साने माले. में "पोपला मोदारावा" मारामेंस में विभिन्न स्वीहर गास को विविधात में "नवोद्य" का उत्पन्न मनाव जरूक। बता एक्टर की पाना के प्रकार है। इस्तारकों ये बात 'एवी लाग मोदी वे लीतों में इस मध्या को नजपूर 13 से 15 अप्रैत के बोध देत के करने का अक्टान किया। उन्हेंकि "मेर-अलक-अलम हिस्सों में लीहारी की की बात परिवक कार्यक्रम में कहा कि अकारस्य का रिकोगी। हो लेकर भी प्रमा होते हैं।

जल संरक्षण जल संरक्षण कर 'कैच द रेन' अभियान को आगे बढ़ाने पर जोर दिया जोर दिया

रविवार को विभिन्न राज्य अपना जम्मात है और ईर कर प्रकारचे हैं आते के जिस्ति मा पा जैर देते हुए बता कि इस राज के आतो अरह जीवन में जब उस पेप रहे हैं। पारपीयक करना स्था के हैं और जीवार के आही रहा है। यानी दे पूरा परिविधिका अर्थिक करने करने से करने में फिल्में र से कान में 11 भी प्राप्तिन करी करने हैं। सामी दिने में कई अन्य राज थी. जीना लीहारों था है, फी का है। 'महोतीसहेज' हैसरीन का उसने। अरल पन मोरर में अपिक गर्ने कर लीहार अपी रहे मी हुई है। 10 ऑफ हुसरी के असराम भाई संख्या कारण तथा महा मान तथा मान मान मान सहाय मान महायादा हुए हैं के महायादा है कहता है के महायादा है के मह

जरहरूर दिया कि से एक दिन में करने , महत्ता के कारे में अपको तरह जानते क्यमें की रोक्क, एक दिन में खर्ड हैं। देश के कई दिएतों में महाता के र्ज कैलोगें को प्राप्त और जनर्ज में। फर्ज की बाध अब एक का राजे पा केटोरी को संस्था का हिसाब रखते. निकल पत्नी हैं। नध्य प्रदेश के हैं। प्रधानमंत्रे में कहा, "अंतर्राष्ट्रीय किरक्षदा निले वे महुज के पूरत से येग दिवस को उत्तरी निलती हुए हो। कुकीन क्वाए वा रहे हैं। उन्होंने कहा पाँ है। कीन दिन्ह में त्राव 100 दिन कि एक्टवीय नाम भी कर स्वार्ध के में है। कीन दिन्ह में त्राव 100 दिन कि एकटवीय नाम भी कर स्वार्ध के किस दर्शन अधिवार को आने बहुते से की काम मान एक तथा है। आप प्रथम से वे क्वीस सदद स्टब्सिय हो

प्रधानमंत्री नरेंद्र मोदी ने अपने मासिक रेडियो कार्यक्रम में देशवासियों को किया संबोधित

रददी कपड़ों की रिसाइकल के वैश्विक केंद्र के रूप में उभरा पानीपत

कोले के अध्ये प्रविध्य लिएके बार्वब्राव प्रक को बात की 120मीं कड़ी के शंबोधन में र्रापका को बड़ा कि हरियाण का पानेश तो क्यां का रिसाइक्स कर्ना किर सं प्रचीम में ताने त्यावक बताने के मामले में विश्वक केंद्र के कर में बहुको अस्त है। बार कारा भी जानती नहीं पराचार जाता रहे. जानता पराचार बात रहा है। पाई जाने से



बैकार कपड़ों से बनाई जा रहीं सजावट की चीजे

किल मोर्च में कहा कि कई युक-साबी टिकाफ कैंचन के प्रथानों में जुड़े हैं। वे पुराने अवहन संदर्भ करा कि कहें की कार्य मुख्य नामात्र हर कोई करान के उसके से पहुँच हैं की दूरन क्याई और जुले, क्यानी की रीतायावन कर जन राज्य है का बुधानी हैं । बेबार कार्यों में सावादर को फीन, डीकीम, नरेशमरी और विक्रिने जैसी कई बताने कार्य का रही हैं। उन्होंने कहा कि कई संस्थार आजकार सकुंतर कैयान बाह को लोकविय बनाने में जुले as each we so have be seen to force some form something and the है। कुछ संस्था पुराने कपड़े लेकर इसे दोबारा उपकेष करने लाक बनाती हैं और

है कि जो पूर्ण करते जाए पाएम जेंद्र देते हैं, उनका क्या होता है? यही अपनिता करने कर वाल है। उन्होंने कहा कि इस किया में दुनिया धर में बहुत कारे श्रीध हो रहे हैं। एक स्रोध में यह सामने आपा है कि निर्म एक plints it sit was 'arriter and' at me देश है, अर्थ सबसे त्याद असीता करदे मत डी जातता १२०मा सेपिसोड द्वारा वडामधाने खोडो साथै वातचीत डरी

વડાપ્રધાન નરેન્દ્ર મોદીએ ઉનાળાના વેકેશનનો સદુપયોગ અને પાણી બચાવવવા વિશે ખાસ સંદેશ આપ્યો

सात-आठ वर्षों में बचाया 1,100 करोड़ क्यूबिक मीटर जल : मोदी

प्राप्त हुए विकर्ष निर्माण प्राप्त कर किए का मार्च के दे नहें के प्राप्त कर किए का मार्च के दे नहें के प्राप्त कर किए का मार्च के दे नहें के प्राप्त कर किए का मार्च के दे नहें के प्राप्त कर किए का मार्च के दे नहें के प्राप्त कर किए का मार्च के दे नहें के प्राप्त कर किए का मार्च के दे नहें के प्राप्त कर किए का मार्च के दे नहें के प्राप्त कर किए का मार्च के दे नहें के प्राप्त कर किए का मार्च के दे नहें के प्राप्त कर किए का मार्च के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के किए का मार्च के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के दे नहें के प्राप्त के प्राप्त के दे के प्राप्त के प्राप के प्राप्त के प्राप्त के प्राप्त के प्राप्त के प्राप्त के प्राप के प्राप्त के प्राप्त

क्षेत्र के तित् शुभक्रास्तर्। विश्वात क्षित्रकृति ने 18 राट्डिट क्षेत्रिम बनाह क्षित्रम 12 महिल क्षित्रकृति

हनुसारकांत्र है का से जान जात है, वा हरित्य पीट रन इट जम सराहनीय है। वह मारत की सराहित संस्कृति को बढ़ाल देने के बाब ही विकारिये ने अपनी प्रतिन में व्यक्ती हैयर कर दिखा इरियाणा लिम्बान् व उत्तर इरोत के ज़िलाहियों को पहला दूसरा व डीसन स्थान हासिल

हैं। देश में इक्से कृतिन साम्बर, नेकरीन, होरे अगनी पीड़ों पक सही समस्य पहुंच्या समात है।

जल संरक्षण में हो सबकी भागीदारी: मोदी

मांगवन प्रमुक्ति ने हमें दिए हैं उन्हें हम अपने - बीर केन विचार्त, सम्बद्धाविक, सीवनिक, बाद- वार्थ में 11 अरब मन्त्रिक मीटर में पी प्रयाद

कारण पेडी तक पुंचा और पहला नामका निर्माण देशा के पुंचा और पहला नामका निर्माण देशा के प्रिता के प्रिता करनी

कार, गोध-गोड, पानी बचने की रैपरियां भी - बीच्या समान था है, कान-जार्गर का है। - हैं, प्रावर्ध तमनेरें हो आमे जरुर देखी होती क्षर में जाते हैं। अनेब राज्यों में जल संदक्षण - अल सीध्यण में ज्यादा-में-ज्यादा लोगें जो - वे चर्चा मेरित महाद प्रीतः का विमर्तन करता

में पूर्व मार्गर ने नमी तेन्ने प्रमान है। जोड़ने के लिए जार लेका कर समीदार्ग है। इस तीका भी तंत्राई से 20 विकासिक्टर जारवर्तिक स्थापना और जारकर आपना विकास के समान करते हैं। इस तीका में अपना है। इस तीका में भी 4-10 जारक करनेकी सामान इस तिकास ने काम मार्गिक के सामान हमें मिल्ले हैं, जो अनुविक्त सामान हमें मिल्ले हैं, जो अनुविक्त सामान हमें मिल्ले हैं, जो

प्रथममंत्री मोट मोटे में जात संस्थात में

केरे बार बदला में फिर बच्चेड जिला तर्क से

प्रोपराया तस्त्राची और जल केंद्री का संस्थात कर वर्षा के पानी को बेकल होने से

नवारे के लिए सामित्र अभिवार मानारे का

तक्को प्रचार करना परिष्) संदे ने रविवार को आकासकती से

प्रस्तित अपने स्वतिक सार्वप्रता कर की सार

को 1,50वें कही के प्रमारण के दीराजदेश की

जनत से वह अपील बनते हुए सहा कि थी

कता: 'वर्षे का चीमन शरू होते ही शहर-

'मन की बात' कार्यक्रम में बोले प्रधानमंत्री

संसाधन अधनी

कस ली गई

नी यहँ हैं। के अधिकार भी सरकार कर नहीं हैं। भारता नंगल बांध में जो पाने जय ती

Unity is woven into India's diversity, says

PM, cites greetings in different languages

पहुंचाएं

क्रमर

संसाधन अवनी अमानी पीड़ी तना पहंचाएं सहसाएं सहसाएं

केटा सं रेन गारतक के अनुसार्व कर्म पुर अश्वियान के लिए में में जनके एक दिल्ला

by it and brook it we

लंगाय देत है। स्थित उ-8 माल में नद को टैंब, वालाव और अन्य जल भग्ना के के

केरल में काने रेक्ट सूरण पेशकट, किनी पेसेटर कव में

PM hails catch the rain campaign, calls upon people to conserve water

AGENCY NEW DELIIL MAR 30

of 'Mann ki Bast', the minister said, By cos Selecting above the Cincil the Ci



include your experiences in the opportuning Mann Killan's beautiful PM Model also remement the May Blaum's special analously. He was a special analously programmed for surmour vasarion. He highly light anisotic research programmed. ELF at Jan Andriadhi Kendran, and the Ambediata Forgett Parkstone. He was a second of the con-tingual production. The control of the control of the discuss with you the special naisonal of TAV Sitteras, which has womened. You will be womened. You will be surmore. I you to the surmore. I was to share series unique efforts. Through the control of the Sitter of Si

11 billion cubic metres of water saved in eight years, says PM



देश हरिममि ०९

मन की बातः टेक्सटाइल कचरा देश के लिए नई चुनौती, प्रधानमंत्री मोढी ने बताया- कैसे भारत बन सकता है सस्टेनेबल फैशन का हब

राजिक्ष भारत देखी

विकास को उत्पादकों के से हैं है उत्पादकों से अपने की कर के प्राथम के उत्पादकों के स्वाप्त के उत्पादकों के अपने के अपन

प्रथम के की के दिखाना करने के हुए का की जिस की जो बेद कर जा बीत है जो बहु कर वहाँ है। जा को रेड देखान कर के दिखाना कर की जा कर की जा कर की जा कर के दिखाना कर की जा कर की जा जा की जा

चुनौती से निपटने के प्रवास की स्थाहमा की

40

41

'வேற்றுமையில் ஒற்றுமை' உணர்வை தொடர்ந்து வலுப்படுத்துங்கள்

கொள்டாடப்படும் பள்ளதாக கல், வேற்றுமைப்படுத்துகின் தான்று கொண்டாடப்படங் n. enthance Guert Les Degelles geneter Gerreter in Les nehr pen. Gigs neutrines enthance organ interests cooling money. டுப்' என்று பிரதமி நிரந்திர பானவுரன்றிவரிற்கு. போடி என்று நிறிரன்னர், நாட்டின் சென்வேறு பகுதி

துள்ளது காந்தும் கடைய கூற்கிய நாட்டில் வாழ் தெரித்துக்கும்.
இருள்ளது கூற்கும் இருக்கும் துடில் நாட்டில் மற்றுக்கும்.
குறல் வரிவாகத் நேழ்நில வாய் வில் குறிமுமை என்னாறு பியவில் கால நாட்டு மற்றுக்கும். அறுது விலைவதிறிற்கு உள்ளதை இதி மேஷ் உற்றுக்கும். பன்னுக்கும் அருக்கும் முன்று ஆன்படிய 100 ஆனு வணித்து வருக்கும் முன்றுக்கும். உணிகையுள்ளது. குறி தெழிகியுள்ளது கூறிதுக்கும்.
கானிய மற்றுக்கும். அறுக்கும் இதுக்கும்.

(and is 30) ஒம்பரப்பானது. சிரு கண்ட கிடுமுறை ஏற்ப கோல், கிடுமுறை ஏற்ப தர் பு பட்டும் பட்டும் கள் வாய்களில் கொட்டிரும் கள் கொள்ள நிரும் கள்கள் கரிய மற்றியாள்கள் கள்கள் நார்களுக்கு நகு பக்கா கொள்ளிகள்கும். பண்டிகைகள் குஸ்ந்துக்குமை மிருந்த கற்பகத்துடன் கோன் செல்லாடுகளுக்கு ஏற்பாடுகொ

A DR. CROCK SW.

மக்களுக்கு பிரதமர் வலியறுத்தல்

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ணூட் கேகிப்பு போன் என் நேர விழுக்கும். நி. பான்டு போன் நிலந்துக்கான நிலந்த வழுக்கதைத் பூர் ஆட்டிருந்த பூர் ஒரே கிழுத்துக் பெற்றுள்ளன. நன்ற ஆட்டிரியில் நிலந்தின் கால்குக்கும் உடை அனிக் வருவது பெறுவைக்கும். எல் கால்குக்கும் பெறுக்கும் நார்ப்புக்கினோர். weight Ceahing Corne.

தமிழக விளையாட்டு வீரர்களுக்கு வாழ்த்து

இது மக்களின் முறைவிகளுக்கு கிடைத்த மிகப் பெரிய வெற்றிவர orburājas Gestas Biorģijakas (gestas 21) Didegail 100 gistās merkennya unprulyapia Syant Clory, gr. GOmes energy offsystem sportfly meeters, and anud BirkerCs genst Del

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अब एक नए रास्ते पर निकल पड़ी महुआ के फूलों की यात्रा

र्यववार को मन की बात रेडियो कार्यक्रम में प्रदेश के छिदवाडा जिले में महुआ के फूल से कुकीन बनाए जाने का उल्लेख करते हुए कहा, आपने महुआ के फूलों के बारे में

जरूर सुना होगा। हमारे गांवों और पीएम मोदी ने किया खासकर के जनजातीय समदाय के मन की बात कार्यक्रम लोग इसके महत्व से अच्छी तरह **में छिंदवाड़ा जिले में** परिचित हैं। देश के कई हिस्सी में महुआ के फूलों से महुआ के फूलों की यात्रा अब एक कुकीज बनाने का नएँ रास्ते पर निकल पड़ी है। सप्र के छिदवाडा जिले में महआ के फल

से कुकीन बनाए जा रहे हैं। प्रधानमंत्री ने कहा कि राजाखोह गांव की चार बहनों के प्रयास से ये ककीज बहुत लोकप्रिय हो रहाँ है। इन महिलाओं का जज्बा देखकर एक बढ़ी कम्पनी ने इन्हें फैक्टी में काम करने की टेनिंग दी। इससे प्रेरित खेकर गांव की कई महिलाएं इनके साथ जड़ गई हैं। इनके बनाए

प्रधानमंत्री ने प्रदेश की बहनों को किया प्रेरित

मुख्यमंत्री डॉ. मोदन साटत ने पीएम मोदी हारा कार्यक्रम में प्रदेश के छिदवाड़ा जिले

में महुआ के फूल से कुकीज बनाए जाने का उल्लेख करने पर उनका अभिवादन किया है। मख्यमंत्री

ने कहा कि प्रदेश में बहने अपने स्तर पर पहल कर आत्मनिर्भरता की नई मिसालें प्रस्तत कर रही हैं। प्रधानमंत्री मोदी दारा नवरात्रि के शभ अवसर पर नारी शक्ति द्वारा किए जा रहे हैं नवाचारों का उल्लेख करने से उन्हें प्रेरणा मिलेगी और बहने अपने क्षेत्राल और परिवास से नए आवास

खेली इंडिया पैरा गेम्सः खिलाडियों की संख्या में वृद्धि, पीएम मोदी ने की सराहना

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ருக்கு குறைவர்கில் உள்ளன. இதுவரை போசாலை வாழ்வில்

ज्ञानसम्बद्धाः को सहा की उन्होंने का, "यह की बात में उस का दिलतों के जहान मी? पुन्तीतां के साम्राज्य जनका विकास की कुछ ही दिए पहले प्राथमा हुए स्टेशने हिटक किए तेमा में एक बात फिर दिलाईएमें में अपनी तराम और दिलाई से मकार्थ दिला कर दिलाह हुमा बात पाता में were figerficit it as shell it

किया में में मां भी किरावित्ते में अब तेता मां वाद की आप पोरे आ है। तेता प्रणावना विकास के सामाना प्रणाव के तिता मां है कित मां की क्षेत्र में सामाना प्रणाव के तिता मां के मां के सामाना प्रणाव के तिता मां के मां के सामाना प्रणाव के सामाना मां के मां के स्वार्थ के मां के सामाना मां

भारत केंद्रपति है ने इन ग्रेसर में देश के रहिता निकार का मान कर है किया माने तेया है को स्वार को ग्राह ... चार निकार क्रमें स्था, निकार है के स्वार है जो को माने क्रमें क्या से का में का क्षेत्र के माने क्ष्में स्था का माने क्ष्में के मा कता, 'में खेलों हिंदन के लेक में जाकि में स्थाने भीता लेख है, खुन रामन पर - किर सहस और किरोक दिवस लेके बाने करी विकारियों भी ... बार सोग उससे की सांद्र करने ... भी ... संप्र परायक्षण विकास

بین الاقوامی بوگادن ایک بہت بڑا تہوار بن گیاہے آج یوری د نیامیں جارے یوگا اور روایتی او و پات کے بارے میں تجسس بڑھ رہاہے

نوجوانوں کی ایک بزی تعداد بوگااور آبورو پر کوسخت مند بیننے کا بہترین ذریعہ بھے ہوئے اینار دی



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من كى بات يروكرام من وزياعظم في عادل آباد كالذوكا تذكروكيا آ دی وای خواتین کی ستائش ،آ را کوکافی کی بھی تعریف کی

الدرآباد 30 ماري (سياست غدز) وزيراطلم فريدر مودي في السية المن كي بات روگرام می عاول آباد تھال ر محصوالي آوي واي شما تين كي جانب سے تيار كي جائے والي

> ميوا توكيز (وال كالدو) كالمذكر وكرت يوئية ستاكش كي وزيرا عظم في كما كدا وي وای خواتین کی جانب سے تار کی جائے والى مهوا كوكيز كي ما تك شريا شاقه واسيد المنظانة كما ول أباره العالم من 2 أوي واي فواتمن کی جائب سے بیلڈو تیار کے جائے الله كى تارى شما فتف الااء كا

روایتی تیفه یب کو برقرار در کھتے ہوئے میدمنفرد للد دکی تیاری کا کام شروع کیا ہے۔ وزیراً زيدرمودي ئے آيرهرايرويش كة راكوو في كي مشيوركافي كا بحي من كي بات أيروكرام عن الأكرة كيا- فرجد مودى في كهاكدا راكوكي كافي ملك جريش افي شاخت رتحتي بيديد آ عرم إن ويش كالسالون كا محت كالكدافوت عيد لي سيد كوار الما ياد في الله الله ين ق من كى بات يرو أرام كى ما عت كابيتمام كيا قلدا كثور 2014 مت فريدر مودى في ال 1-4-1/36/18/1/2



ستعال ہوتا ہے جس سے دو کافی لذیذ بن جاتا ہے۔ حوام الحص كافى يعتد كرد ب إلى ، وزير اللم في كما كرة وي واي خوا تين في الى



'आज से शुरू हो रहा भारतीय नववर्ष', 'मन की बात' के 120वें एपिसोड में PM मोदी ने देशवासियों को दी बधाई



Mann Ki Baat: मन की बात कार्यक्रम का 120वां एपिसोड प्रसारित, पीएम मोदी ने की जल संरक्षण की अपील



PM Modi's 120th 'Mann Ki Baat': PM extends wishes to the nation on Hindu New Year; says India's unity lies in its diversity



من کی بات: وزیر اعظم مودی نے 'ٹیکسٹائل ویسٹ' کے چیلنجوں کے بارے میں لوگوں کو آگاہ کیا

♦ The Indian **EXPRESS**

120th episode of Mann Ki Baat: Languages, regions differ, but festivals show unity in diversity: PM Modi

नईदुतिया

Mann Ki Baat: पीएम नरेन्द्र मोदी ने कहा- छात्र छुट्टियों को बबदि न करें, कुछ नया सीखें

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पीएम मोदी ने 'मन की बात' में किया 'फगवा चौताल' का जिक्र, गिरमिटिया मजदूरों को बताया 'संरक्षक'



PM Modi pitches for rainwater harvesting, waste recycling

The Statesman

Festivals show how unity is woven into diversity of India, says PM Modi in 'Mann Ki Baat'



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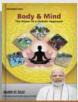
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