

Opposition leaders among 676 arrested  
**Emergency proclaimed**

Bihar bandh  
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JUNE 2025



Vol. XLV No. 195

# JANATA VOTED TO POWER

## Forging ahead in Bihar

# From Darkness to Democracy

# The People's Triumph

# Samvidhan Hatya Diwas

Express Correspondent  
NEW DELHI, June 18.  
Of the ten States which  
went to the polls, the  
Janata Party is certain  
form governments in  
the west and with the  
Assam Dal in Punjab.  
**THE INDIAN EXPRESS**  
Madras: Friday, June 27, 1975

By BALRAJ MEHTA

**T**HE savings of the Congress  
Chief Ministers endorsed by  
the party president, Mr. D. K.  
Bharadwaj, in place loyalty to Mrs.  
Indira Gandhi, adopted a seven-  
point crash radical programme to  
even the political initiative from  
the opposition in the prevailing  
gross environment for the party  
and its leader. The central secretary  
of the Communist Party of  
India has advised Mrs. Gandhi not  
to resign the office of the Prime  
Minister under what it chooses to  
characterise as the "rightist black-  
mail". But it has entered a caveat,  
side by side, that the Congress  
leadership cannot face the present  
situation unless it takes im-  
mediate measures to implement its  
own proclaimed programme of  
radical socio-economic reforms. Mrs.  
Gandhi, on her part, has been re-  
defining herself to the objective  
of removing mass poverty and  
suffering in a socialist order to be-  
lieve her reluctant to quit office in  
favour of the extreme right poli-

other than the Prime Minister her-  
self. The subsequent developments  
in a similar direction in the whole  
range of economic policies and  
management too have stemmed  
from her authority and have been  
pushed with her active support.

The relaxation of licensing re-  
gulations, dismantling of price  
and distribution controls, liber-  
ation on profitability for the pro-  
ducer and attractive return on  
capital, both in industry and agri-  
culture, while plan priorities and  
objectives of restructuring the  
production and consumption pat-  
terns have been strictly observed,  
are not to be taken as mere  
shallowness.

For people's rights, the  
points to be noted are the  
the way the  
down the  
workers  
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reform  
the one  
Ramesh  
about th  
formation  
The fact

and capital formation was blo-  
The result was neither social ju-  
nor development and widespread  
shortages, inflation and growth  
mismanagement.

The Government was forced  
these conditions to least a  
retreat from the populist re-  
form all along the line. Admini-  
strative methods and organs of repre-  
sentation have been increasingly relied  
to deal with the rising mass  
content which was bound to ex-  
plode. Occasionally, when an attempt  
still made to present a popu-  
lar image such as was done at  
Delhi, Calcutta and again  
with the seven-point crash re-  
programme, it is but a pale ver-  
sion of the original promise.

Massive economic needs proper  
special employment schemes, re-  
form land reforms and redi-  
rected income taxation.

The political hegemony of  
Government is to be seen in  
that it is unable to im-  
plement even the greatly wa-  
tered programme of relief to  
people. Two important items  
the seven-point crash radical  
programme for instance, are  
liquidation of rural indebted-  
ness and effective enforcement of a  
minimum wages for the rural labourer.

The classes that are la-  
bouring the Indian econ-  
omy are the landed gentry  
and the bourgeoisie. In which  
are in the latter



2 Pages

# EMERGENCY

# JP, Morarji, Ad

# MANN KI BAAT

Prime Minister Narendra Modi's Address to the Nation

NEW DELHI, June 18. Addressing the Nation, Prime Minister Narendra Modi declared a state of emergency in India. He said that his decision was taken in the light of the emergency threatening the unity and security of India. He said that the security of India was at stake and that the emergency was necessary to maintain the security of the country. He said that the emergency was a necessary step to maintain the security of the country and that it was a temporary measure. He said that the emergency was a necessary step to maintain the security of the country and that it was a temporary measure.

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# Prime Minister's Address



## My dear countrymen, Namaskar

Welcome to 'Mann ki Baat'... Greetings to all of you. **At this moment, you all must be full of the energy of yoga and memories of 'International Yoga Day'.** This time as well, **on the 21<sup>st</sup> of June, crores of people across the country and the world participated in the 'International Yoga Day'.** Do you remember, it began 10 years ago. Now, over these 10 years, this event is turning grand with every passing year. This is also an indication that more and

more people are adopting yoga in their daily lives. **We have seen so many attractive pictures of 'Yoga Day' this time. Three lakh people performed yoga together on the beach of Visakhapatnam.** Another amazing visual emerged from Visakhapatnam itself... more than two thousand *adivasi* students performed 108 Surya Namaskars for 108 minutes. Imagine how much discipline, how much dedication there must have been! **A grand glimpse of yoga was also witnessed on**







our naval ships. In Telangana, three thousand *divyang* friends participated in a yoga camp together.

They showed how yoga is also a medium of empowerment. People of Delhi connected yoga with the resolve of a clean Yamuna and performed yoga on the banks of the Yamuna. In Jammu and Kashmir, people also did yoga on the Chenab Bridge, which is the world's highest railway bridge. The snowy peaks of the Himalayas and ITBP soldiers... yoga was seen there too; courage and *sadhana* were hand in hand. The people of Gujarat also created history anew. In Vadnagar, 2121 (twenty one hundred and twenty one) people did Bhujangasana together and created a new record. Pictures of yoga came in from New York, London, Tokyo, Paris; every big city of the world... and one thing

was special in every picture – peace, stability and balance.

This time the theme was also very special, 'Yoga for One Earth, One Health'. This is not just a slogan; it is a direction which makes us realise the essence of 'Vasudhaiva Kutumbakam'. I am sure, the grandeur of this year's Yoga Day will certainly inspire more and more people to adopt yoga.

My dear countrymen, when someone embarks on a pilgrimage, the first feeling that comes to mind is, 'Chalo Bulawa Aaya Hai...' i.e.. 'let's proceed amid the divine call'... This very feeling is the soul of our religious pilgrimages. These pilgrimages are a means of disciplining the body, purifying the mind; mutual love and brotherhood, and connecting with God. Apart from these, there is another great aspect of these pilgrimages.

These religious pilgrimages are also a great ritual of opportunities for the spirit of service. When any pilgrimage takes place, more people engage in serving the pilgrims than the number of people who undertake the pilgrimage. *Bhandaaras* and *langars* i.e. Free Food Distribution, are set up at various places. People set up drinking water stalls on the roadsides. Medical camps and facilities are arranged with a spirit of service. A lot many people arrange for *dharamshalas* and accommodation for the pilgrims at their own expense.

Friends, after a long time, the Kailash Mansarovar Yatra has had an auspicious re-start.

Kailash Mansarovar, that is the abode of Lord Shiva. Kailash is considered the centre of faith and devotion in every tradition; be it Hindu, Buddhist or Jain.

Friends, the holy Amarnath Yatra is going to commence on the 3<sup>rd</sup> of July, and the holy month of Sawan is also just a few days away. Just a few days ago, we have also witnessed the Rath Yatra of Lord Jagannath ji. Be it Odisha, Gujarat or any other corner of the country, lakhs of devotees participate in this Yatra. From North to South, East to West, these Yatras are a reflection of the spirit of 'Ek Bharat-Shrestha Bharat'. When we conclude our religious journey with devotion, complete







dedication and complete discipline, we also get rewarded with its fruits. I extend my best wishes to all the fortunate devotees going on the Yatras. I also commend those, who are engaged in making these Yatras successful and safe with a spirit of service.

**My dear countrymen, I now want to tell you about two such achievements of the country, which will fill you up with pride. Global institutions are discussing**



**these achievements. WHO i.e. 'World Health Organisation' and ILO i.e. International Labour Organisation have heaped praises on these achievements of the country.** The first achievement is related to our health. Many of you must have heard about an eye disease—Trachoma. This infection spreads through bacteria.

There was a time when this ailment was common in many parts of the country. If not taken care of, this disease gradually used to lead to loss of eyesight. We resolved to eradicate Trachoma from its roots. And I am very happy to share with you that WHO has declared India Trachoma free. India now has become a Trachoma free country. This is the result of the hard work of lakhs of people who fought this disease tirelessly; without a break. This success belongs to our health workers.

Therefore, the 'Swachh Bharat Abhiyan' also helped in eradicating it. The 'Jal Jeevan Mission' also contributed a lot to this success. Today, when clean water is reaching every home through taps, the risk of such ailments has reduced. 'World Health Organisation' WHO has also appreciated the fact that along with tackling the disease, India has also got rid of its root causes.

**Friends, presently, most of the populace in India is taking advantage of one social protection benefit or the other and recently a very important report of the International Labour Organisation (ILO) has come out.**

**It has been mentioned in this report that more than 64% of the population of India is now definitely availing of some social protection benefit or the other. Social Security is**



## International Labour Organization

**one of the biggest coverages in the world. Today, around 95 crore people of the country are getting the benefit of some or the other social security schemes; whereas, till 2015, the government schemes were reaching less than 25 crore people.**





**Friends**, in India, from health to social security, the country is moving ahead with the feeling of saturation in every field. This is also a great picture of social justice. These successes have instilled a belief that the coming times will be even better; India will become even stronger at every step.

**My dear countrymen**, with the power of public participation, big crises can be confronted. I will play an audio for you... **in this audio you will get an idea of the magnitude of that crisis. How grave that crisis was... listen to it first... understand it.**

**Morarji Bhai Desai**



After all, the oppression that happened for two years, the oppression had started 5-7 years ago. But it has reached its peak in the last 2 years, when emergency was imposed on people and people were treated

inhumanly. People's right to freedom was snatched away, newspapers were left without freedom. Courts were made completely powerless. And the way more than one lakh people were put in jail and then arbitrary rule continued, it is difficult to find its traces in the history of the world.

**Friends**, this is the voice of the former Prime Minister of the country, Shriman Morarji Bhai Desai. He spoke about the Emergency in a brief but very clear manner. You can imagine what that period was like! Those who imposed Emergency not only murdered our Constitution but also had the intention to keep the judiciary as their slave. During this period, people were tormented on a large scale. There are many such examples of this, which can never be forgotten. George Fernandez Sahib was tied in chains.

Many people were subjected to severe torture. Under MISA, anyone could be summarily arrested. Students too were harassed. Freedom of expression was also stifled. Thousands of people who were arrested during that period were subjected to such inhumane atrocities. But it is the strength of the people of India... they did



not bow down, did not break down and did not accept any compromise with democracy. Finally, the people at large won – the Emergency was lifted and those who imposed the Emergency were defeated. **Babu Jagjivan Ram ji had put forth his views in a very strong manner in this regard.**

**Babu Jagjivan Ram**



Sisters and brothers, the last election was not an election. It was a great campaign of the people of India... To change the circumstances of that time... to turn the tide of dictatorship and to strengthen the foundation of democracy in India.

**We should also listen to what Atal ji had said in his own distinct style then –**

**Atal Bihari Vajpayee**



Sisters and brothers, whatever happened in the country cannot be called just an election. A peaceful revolution has taken place. The wave of people's power has thrown the killers of democracy into the dustbin of history.

**Friends, just a few days ago, the imposition of Emergency on the country completed its 50 years. We countrymen have observed the 'Samvidhan Hatya Diwas'. We should always remember all those people who fought the Emergency with fortitude. This inspires us to remain constantly vigilant to keep our Constitution strong and enduring.**

**My dear countrymen**, imagine a picture. The morning sun is touching the hills, the light is slowly moving towards the plains, and with that light, a troupe of football lovers is





advancing. The whistle blows and in a few moments, the ground reverberates with applause and slogans. People's enthusiasm is increasing with every pass, every goal. You must be wondering... what a beautiful world is that?

**Friends**, this picture is the reality of Bodoland, a major region of Assam. **Bodoland today stands out in the country with a new face, a new identity.** The energy and confidence that the youth here have, is most visible on the football field. **In the Bodo Territorial Area, the Bodoland CEM Cup is being organised. This is not just a tournament; it has become a celebration of unity and hope. More than three thousand seven hundred teams, about seventy thousand players, and even among them, a large number of our daughter's participation!** These

statistics tell the story of a big change in Bodoland. Bodoland is now increasingly casting its glow on the sports map of the country.

**Friends, there was a time when struggle itself was the identity of this place.** Then the avenues for the youth here were limited. **But today there are new dreams in their eyes and the courage of self-reliance in their hearts. The football players hailing from here are now making their mark at a high level.** Halicharan Narzary, Durga Boro, Apurba Narzary, Manbir Basumatari - these are not just the names of football players- they are the identity of that new generation who catapulted Bodoland from the field to the national stage.

Many of them practiced with limited resources; many forged their way through difficult

circumstances, and today many young children of the country kickstart their dreams, inspired by their names. If we have to expand our capability, first of all we have to focus on our fitness and wellbeing. By the way, friends, do you remember one of my suggestions for fitness, for reducing obesity! Reduce 10% oil in food, reduce obesity. When you'll be fit, you will be more super hit in life.

**My dear countrymen, just as our India is known for its regional, linguistic and cultural diversity; in the same way, the diversity of arts, crafts and skills is also a great quality of our country.** Whichever area you visit, you will get to know about

some local specialities of that place. We often talk about such unique products of the country in 'Mann ki Baat'. **One such product is Eri Silk of Meghalaya. It has received the GI Tag a few days ago. Eri Silk is like a heritage for Meghalaya.** The tribes here, especially the people of the Khasi community, have preserved it for generations and have also enriched it with their skills. This silk has many specialities that make it different from other fabrics. Its most special feature is the way it is made. The silkworms that make this silk are not killed to obtain it, hence it is also called Ahimsa Silk.

Nowadays, the demand for such products is rising rapidly in the world, which do not involve violence and do not have any ill





effect on nature, hence, Eri Silk of Meghalaya is a perfect product for the global market. Another special feature is that, this silk keeps you warm in winters and cool in summers. This quality makes it suitable for most places. The women of Meghalaya are now taking this heritage forward on a larger scale through Self Help Groups. I congratulate the people of Meghalaya on Eri Silk getting the GI - Tag. I would also appeal to all of you to try out clothes made from Eri Silk... and yes, you must always remember Khadi, handloom handicraft, 'Vocal for Local'. If customers buy only products made in India and traders sell only products made in India, the 'Atmanirbhar Bharat Abhiyan' will be infused with new energy.

**My dear countrymen,  
The mantra of 'Women Led**

**Development' is ready to create a new future for India. Our mothers, sisters, daughters are today lending a new direction not only for themselves but for the entire society.** You will also feel good when you come to know about the success of the women of Bhadrachalam in Telangana. These women once used to work as labourers in the fields. They used to work hard all day for their livelihoods.

Today the same women are making biscuits from millets, i.e. Shreeanna. These biscuits, named 'Bhadradi Millet Magic', are reaching right from Hyderabad to London. These women of Bhadrachalam joined a Self Help Group and received training.

**Friends,** these women have done another commendable work. They started making 'Giri Sanitary Pads'. In just three

months, they prepared 40,000 pads and delivered them to schools and nearby offices - that too at a very low price.

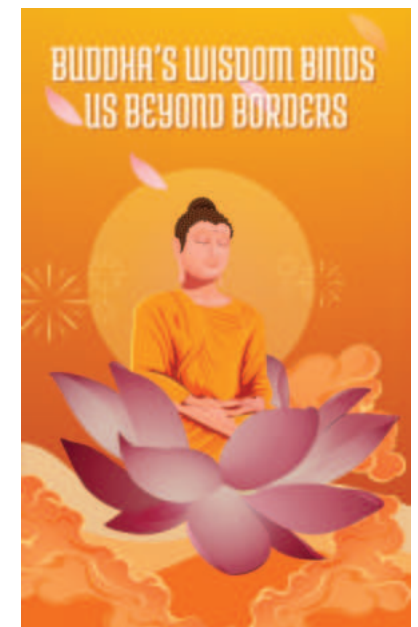
**Friends,** the achievement of the women of Kalaburgi in Karnataka is also excellent. They have made jowar roti a brand. In the cooperative that they have formed, more than three thousand rotis are being made every day. The aroma of these rotis is no longer limited to the village. A special counter has been opened in Bengaluru. Orders are coming over online food platforms. Kalaburgi roti is now reaching the kitchens of big cities. This has had a great impact on these women, their income is increasing.

**Friends,** these stories from different states have different faces. But their glow is the same. This is the glow of self-confidence, of self-reliance. One such face is Suma Uike from Madhya Pradesh. Suma ji's efforts are very commendable. She took training in mushroom farming and animal husbandry by joining the Self Help Group in Katangi block of Balaghat district. Thus, she found her the path to self-reliance. When Suma Uike's income increased, she also expanded her work. This journey that started with a tiny effort has now reached 'Didi

Canteen' and 'Thermal Therapy Centre'. In every corner of the country, countless such women are changing their fate and that of the country.

**My dear countrymen, during the last few days, many people from Vietnam sent me their messages** through various mediums. There was reverence and affability in every line of these messages. Their feelings were heartwarming. **They were expressing their gratitude to India for enabling darshan of the holy relics of Bhagwan Buddha.** The emotions in their words were more than any formal thanks.

**Friends, originally these sacred relics of Bhagwan**







**Buddha were discovered at Nagarjunakonda of Palnadu district in Andhra Pradesh.** This place has a deep connection with Buddhism. It is said that once upon a time, people from far-off places including Sri Lanka and China used to come to this place.

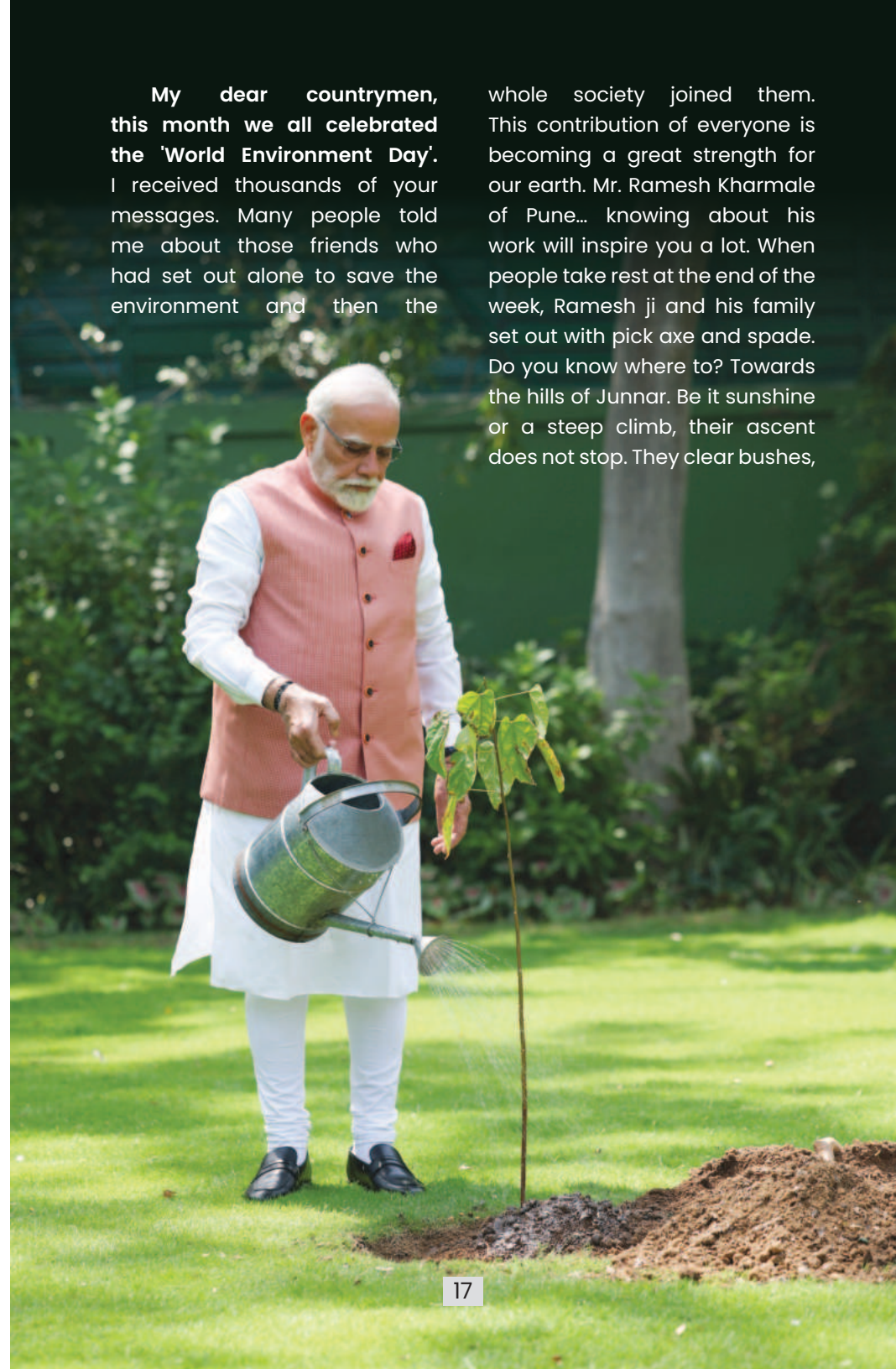
**Friends, last month these holy relics of Bhagwan Buddha were taken from India to Vietnam. They were kept for public darshan at nine different places there.** In a way, this initiative of India became a national festival for Vietnam. You can imagine that in Vietnam, which has a population of about 10 crore people, more than 1.5 crore people had a *darshan* of the holy relics of Bhagwan Buddha. The pictures and videos that I saw on social media made me realise that devotion has no limits. Be it rain or the scorching sun, people

stood in queues for hours. Children, the elderly, differently-abled people, everyone was overwhelmed. The President of Vietnam, Deputy Prime Minister, senior ministers, everyone paid obeisance. The feeling of respect among the people there for this pilgrimage was so deep that the Vietnamese government requested to extend it for another 12 days and India gladly accepted it.

**Friends, the thoughts of Bhagwan Buddha have the power to bind countries, cultures and people together.** Earlier, the holy relics of Bhagwan Buddha were taken to Thailand and Mongolia, and the same feeling of reverence was felt there as well. I urge all of you to definitely visit Buddhist sites in your state. It will be a spiritual experience, as well as a wonderful opportunity to connect with our cultural heritage.

**My dear countrymen, this month we all celebrated the 'World Environment Day'.** I received thousands of your messages. Many people told me about those friends who had set out alone to save the environment and then the

whole society joined them. This contribution of everyone is becoming a great strength for our earth. Mr. Ramesh Kharmale of Pune... knowing about his work will inspire you a lot. When people take rest at the end of the week, Ramesh ji and his family set out with pick axe and spade. Do you know where to? Towards the hills of Junnar. Be it sunshine or a steep climb, their ascent does not stop. They clear bushes,





dig trenches to retain water and sow seeds. They dug 70 trenches in just two months.

Ramesh ji has made many small ponds, planted hundreds of trees. He is also getting an Oxygen Park built. The result is that birds have started returning here, wildlife is getting a new breath.

**Friends,** another beautiful initiative for the environment has been seen in Ahmedabad city of Gujarat. Here the Municipal Corporation has started the 'Mission for Million Trees' campaign. The target is - to plant lakhs of trees. A special aspect about this campaign is 'Sindoor Van'. This forest is dedicated to the bravehearts

of Operation Sindoor. Sindoor saplings are being planted in the memory of those brave people who have sacrificed everything for the country. Here, another campaign is being given a new impetus - 'Ek Ped Maa Ke Naam'. Under this campaign, crores of trees have been planted in the country. You too must take part in such campaigns going on in your village or city. Plant trees, save water, serve the earth, because when we save nature, we actually protect our future generations.

**Friends,** a village in Maharashtra has also set a great example. 'Patoda' is a Gram Panchayat in Chhatrapati Sambhaji Nagar district. This is a Carbon Neutral village Panchayat. In this village, no one throws garbage outside their house. There is a complete system of collecting garbage from every house. Here, dirty water is also treated. No water goes into the river without being cleaned. Here, last rites are performed with cow dung cakes and a tree is planted in the name of the deceased with that ash. The cleanliness in this village is also worth seeing. When small habits become a collective resolve, a big change is certain.

**My dear friends,** at this

moment, everyone's eyes are also on the International Space Centre. India has scripted a new history. Yesterday I've also spoken to Group Captain Shubhanshu Shukla. You must have also heard my conversation with Shubhanshu. Shubhanshu still has to stay at the International Space Centre for a few more days. We will talk more about this Mission, but in the next episode of 'Mann ki Baat'.

It is time now to bid adieu to you in this episode. But friends, before leaving I want to remind you of a special day. **On the 1<sup>st</sup> of July, the day after tomorrow, we honour two very important professions - Doctors and CAs. Both of them are such pillars of society, which make our lives better. Doctors are the protectors of our health and CAs (Chartered Accountants) are the guides of economic life. My best wishes to all the Doctors**

**and Chartered Accountants.**

**Friends,** I always wait for your suggestions. The next episode of 'Mann ki Baat' will be enriched through your suggestions. We will meet again with new thoughts, new inspirations and new achievements of our countrymen. Thank you very much, Namaskar.

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





# MANN KI BAAT

*Special Mentions by Prime Minister*





# Across the Borders

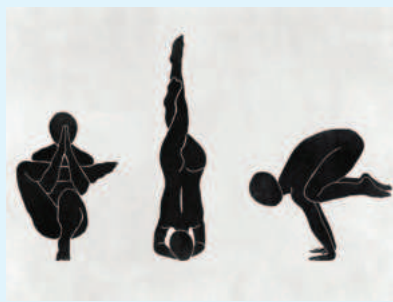
## Yoga for a Healthy and United World

“You all must be full of the energy of yoga and memories of ‘International Yoga Day’. This time as well, on the 21<sup>st</sup> of June, crores of people across the country and the world participated in the ‘International Yoga Day’. Do you remember, it began 10 years ago. Now, over these 10 years, this event is turning grand with every passing year. This is also an indication that more and more people are adopting yoga in their daily lives.”

–Prime Minister Narendra Modi  
(in ‘Mann ki Baat’ address)

On June 21, 2025, when the first rays of the sun fell on the earth, a wonderful wave of Yoga ran across the world. Like every year, this time too International Yoga Day worked to connect people at the level of body, mind and soul. But this time there was something special. This time Yoga crossed borders, not geographical, but ideological and cultural borders. This year's theme was dedicated to this feeling: Yoga for One Earth, One Health.

When people from all corners of the world sat together on Yoga mats, it was not just an exercise but a shared message, a message of peace, health and harmony. On this day, Yoga tried to make the body as well as the thoughts flexible and made people realise that even though we are bound by different languages, colours and borders,



but deep inside we are all the same, in search of a healthy, peaceful and conscious life.

### Historical Record in India

India did not limit this occasion to a symbolic event but turned it into a mass movement. A total of 13.04 lakh Yoga events were organised across the country on June 21, 2025. This is not just a figure but a proof of the fact that Yoga has now become the soul of India.

The Yoga event held in Visakhapatnam was recorded in the pages of history. Here 3.02 lakh people created a Guinness World Record by doing Yoga together at one place. It was a huge scene of spiritual unity.



In the same city, a day before, on June 20, another great achievement was added. When 22,122 tribal students performed Surya Namaskar together, not only a new Guinness World Record was created, but the message was also conveyed that Yoga now beats in every heart from villages, forests and mountains to metros.







## Across Borders, Close to Hearts

The enthusiasm for Yoga was no less outside India. Nearly 2000 Yoga programs were organised in 191 countries, spread across 1300 places. The adoption of any idea or culture on such a wide scale is a cultural miracle in itself.

Whether it was the streets of New York or the gardens of Tokyo, the villages of Kenya or

the beaches of Australia, people everywhere laid down Yoga mats, took deep breaths and tried to connect with their inner selves. It was a global caravan in search of inner peace.

### Yoga: A Common Heritage

Yoga is not the property of any religion, caste or creed, but is the common heritage of the entire humanity. It teaches us how to find peace and balance by looking within ourselves.

In today's world, where mental stress, loneliness and



depression have become a big challenge, Yoga is not just an exercise but has become a way of life. The most beautiful aspect about it is that it does not require any machine or any language. It only requires an open mind.

### A New Beginning

The historic success of International Yoga Day 2025 gives us the confidence that Yoga is not just a 'gift from India' but a need of the world.

Now is the time to incorporate this practice in our everyday lives. This will not only make us stronger as individuals but will also make society and the world more united and healthier.

This time Yoga has truly proved that it is not bound by boundaries. It connects hearts, touches souls and gives the world a feeling of unity. Let us all be a part of this procession.







# International Yoga Day 2025

## Divinity of Yoga on Earth's Geo-Heritage Sites

**Celebrated every year on 21<sup>st</sup> June, International Yoga Day has now become a global cultural celebration. The practice of yoga, which balances body and mind, has grown into a worldwide tradition that transcends boundaries. In 2025, this day was made even more special by the Geological Survey of India (GSI) which planned grand yoga events at nearly a dozen special geographical heritage sites across the country. The purpose of these events was not only to promote yoga, but also to highlight the confluence of our geological heritage and spiritual practice.**



**Ancient Mining City of Zawar, Rajasthan** - Famous for zinc since 800 BCE, this site symbolises India's scientific and technological heritage. The yoga event here was a unique blend of metallic energy from the depths of the earth and spiritual balance



**Raiyoli Dinosaur Fossil Park, Gujarat** - This site, echoing the thunder of the ancient earth and home to fossilised dinosaur eggs and remains, became a symbol of connecting with the deep mysteries of life through yoga.



**Bhimbetka Rock Shelters, Madhya Pradesh** - Yoga was performed amidst the walls painted by ancestors. It was as if there was a dialogue between history and soul, every asana appeared to come alive like a painting.



**Nighoj Natural Potholes, Maharashtra** - Yoga atop these wondrous rocks carved by the Kukadi River became a symbol of the harmony between nature's artistry and human consciousness.



**Dudhinala, Jharkhand** - A site formed by glacial and marine interactions, where yoga evoked the emotional union of nature's constant change with human steadiness.





#### **Gangani River Gorge, West Bengal**

- Known as the 'Grand Canyon of Bengal', yoga here offered an experience of connecting with the earth's energy in the red soil valley.



#### **Siwalik Fossil Park, Himachal Pradesh**

- Adorned with the ancient mammal fossils, this land became a meeting point of Yoga, memories of the past and the practice of the present.



#### **Salkhan Fossils Park, Uttar Pradesh**

- At this site filled with stromatolite fossils, doing yoga felt like paying homage to the ancient existence of life. Every asana felt like touching the millions of years old history of the earth.



#### **Arwah-Lumshynna Cave, Meghalaya -**

Amidst breathtaking caves, practitioners tried to connect with the pulse of the earth through meditation and breath control.



#### **St. Thomas Mount Charnockite, Tamil Nadu-**

At this 2.5-billion-year-old rocky site, Yoga became the inspiration to rise beyond life's rigidity.



#### **Peninsular Gneiss, Lalbagh, Karnataka**

- Seated on 3-billion-year-old gneiss rocks, yogis appeared to have transcended time itself.

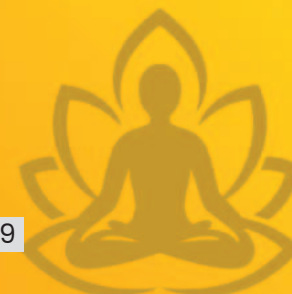


#### **Mangampeta Baryte Deposit, Andhra Pradesh**

- Yoga at world's largest barite mining area was just like an interpretation about balancing internal and external energies.



This special Yoga Day proved that when practice is connected to the heritage of the earth, it transforms from mere exercise into a soulful experience—a spirituality that connects us to our roots, nature, and soul.



# Pilgrimage with a Purpose

## Sacred Steps, Selfless Spirit

“When someone embarks on a pilgrimage, the first feeling that comes to mind is, ‘Chalo Bulawa Aaya Hai...’ i.e. Let’s proceed amid the Divine Call...These pilgrimages are a means of disciplining the body, purifying the mind; mutual love and brotherhood, and connecting with God...When any pilgrimage takes place, more people engage in serving the pilgrims than the number of people who undertake the pilgrimage... Bhandaaras and langars...Medical camps and facilities are arranged with a spirit of service.”

—Prime Minister Narendra Modi  
(in ‘Mann ki Baat’ address)

“India’s pilgrimages are not just sacred walks—they are soul movements. They remind us that though our paths may begin in different corners of the country, our destination is one: a deeper connection with each other and the Divine.”

—Dr Sandhya Purecha  
Chairperson, Sangeet Natak  
Akademi

In India, a land deeply rooted in spiritual consciousness, the concept of Tirth-Yatra or pilgrimage, holds a profound place in the hearts of millions. It’s not just about reaching a sacred destination; it’s about finding inner peace, building stronger bonds with others, and feeling a deeper connection to the Divine. It’s a way to leave behind everyday worries and walk with faith and devotion.

Beyond physical travel, a pilgrimage is a soulful calling that reminds us true reverence lies not only in reaching a holy place but in walking the path with humility and purpose.

### Discipline, Devotion, and Inner Transformation

A pilgrimage is more than a religious obligation. It’s a

journey to strengthen the body, a purifier for the mind, and a connector for the soul. It invites individuals to step away from their daily routines and immerse themselves in an experience of peace and purity. Pilgrimage inspires unity, fosters empathy, and encourages reflection on life’s greater purpose.

In a country where spirituality is part of everyday life, sacred journeys like the Kailash Mansarovar Yatra, the Bhagwan Jagannath Rath Yatra, visits to the Golden Temple, Hemkund

Sahib, Hazrat Nizamuddin Dargah, Ajmer Sharif Dargah, Velankanni Church, Basilica of Bom Jesus, Bodh Gaya and Sarnath are powerful expressions of cultural richness and timeless tradition.

### Service as Worship

Pilgrimage is undertaken with a clear and sacred goal of attaining closeness to God. Yet what makes these journeys truly special is the spirit of service that surrounds them. Thousands of people step forward to help, not for recognition or reward, but out





of pure kindness. They believe that by serving others, they are also serving God.

Volunteers provide free food, clean drinking water, shelter and medical care, not because they have to, but because they genuinely want to. All along the routes, *bhandaras* and *langars* (community kitchens) are set up, often by families or local groups working quietly and selflessly. Roadside *pyaus* (water stalls), free medical camps, shaded rest areas, and

even mobile charging points are set up purely with a concern for care. This beauty of giving turns every pilgrimage into a powerful reminder of both humanity and divinity.

### **Seva: The Highest Form of Devotion**

In India's culture, Seva (service) is considered the highest form of worship, and pilgrimages are a beautiful reflection of this spirit in action. These sacred journeys create countless opportunities for



people to serve with devotion, humility, and compassion.

This collective spirit makes pilgrimages not just a path to Divine, but also a path to mankind. It brings people from all walks of life together, rich or poor, young or old, city dwellers or villagers. Everyone walks the same path, shares meals, and supports each other. In these moments, social boundaries fade away, and the true essence of benevolence shines through.

### **A Journey of Faith and Humanity**

'Pilgrimage with a Purpose'

is more than a beautiful saying. It reflects the country's rich spiritual heritage and the deep-rooted tradition of *kar seva* (selfless service). For many, the journey to a holy place is also a journey to help others to give, to serve, and to uplift those in need.

As we continue to grow and the society modernises, it becomes even more meaningful to hold on to this essence. A true pilgrimage is not only about reaching God, but also about walking with God through acts of generosity and selfless service to others.

# One India, Many Pilgrimages, One Spirit



**Dr Sandhya Purecha**  
Chairperson, Sangeet Natak  
Akademi

‘Chalo Bulawa Aaya Hai’—this phrase resounds not merely as a call to travel, but as a divine summons that stirs the deepest layers of the Indian soul. In the Indian spiritual context, it reflects the unspoken, often sudden, call felt by the devotee to undertake a sacred journey—beyond planning, logic, and reason. This

call is not external, it is internal—a stirring of the spirit in response to grace.

य य स्थितो भक्तः त त उपस्थितम्।  
भावग्राही जनार्दनः सदा दितिष्ठितः॥

Wherever the devotee stands in devotion, there the Divine is present; the Lord, who perceives only the feeling, dwells eternally in the heart. India, a land of staggering diversity, finds profound emotional and spiritual unity in its pilgrimages. From the snow-covered peaks of Amarnath, where pilgrims’ brave harsh terrain to glimpse the naturally forming ice-linga of Lord Shiva, to the rhythmic chimes and joyous chants of the Jagannath Rath Yatra in Puri, each pilgrimage becomes a moving symbol of shared faith and national integration.

The recent resumption of

the Kailash Mansarovar Yatra, as highlighted by the Hon’ble Prime Minister, is not just the revival of a route—it is the revival of a civilisational rhythm. Kailash, revered in Hinduism, Buddhism, and Jainism alike, is not just a geographical destination; it is the cosmic axis, the Meru, around which the Indian spiritual cosmos revolves.

कैलासशिखरं रम्यं  
सर्वतीर्थविशारदम्। य देवाः सहासुर्याः  
नित्यं नृत्यं यान्तिच॥

Kailasa is the most sacred of all pilgrim places, where even the gods, along with sages, dance in eternal celebration. Pilgrimages connect individuals to a higher spiritual goal by removing them from the patterns of daily life and placing them into

an environment of discipline, detachment, and devotion. The physical hardships endured on the yatra are not punishments but purifications.

तपसा विते गतिपसा विते यशः ।  
तपसा प्राते सर्वतपस्तु परमा गतिः॥  
(Mahabharata)

Through penance one attains heaven, fame, and ultimate success; penance is indeed the supreme path. The dust of the path, the chants in the air, the shared food at bhandaras, the shelter in dharamshala — all of these forge a quiet solidarity among strangers. Here, seva becomes spontaneous. Whether it is a doctor offering free care in a camp, or a family serving meals to thousands, acts of service





define the Indian pilgrimage ethos.

सेवा धर्मः परमः प्रोक्तः सेवया  
देवताः तुष्टाः । सेवक कृते सर्वसफलं  
भवति निश्चितम्॥

Service is the highest dharma. Through service, the Gods are pleased, and the actions of the servant become truly fruitful. These yatras also become cultural bridges. A Tamil devotee at Kedarnath, a Bengali pilgrim at Dwarka, or a Maharashtrian at Vaishno Devi—they don't just offer prayers; they engage with regional customs, dialects, and traditions. The songs sung on the way, the stories exchanged around the fire, the folk art, the food,

the rituals—all become a live museum of shared heritage.

अयं निजः परो वेति गणना  
लघुचेतसाम् । उदारचारितानां तु वसुधैव  
कुटुम्बम्॥ (Mahopanishad)

This is mine, that is another's—such thinking is for the narrow-minded; for the broad-minded, the whole world is one family. These pilgrimages are not limited by caste, gender, or economic background. The yatras are egalitarian spaces where a saint, a scholar, a farmer, and a student walk together. There is no hierarchy in the journey—only sincerity of intention. The Prime Minister's heartfelt mention of these yatras in 'Mann ki Baat' reinforces the government's recognition



of India's intangible heritage. As a scholar and practitioner of Indian arts, I see a deep connection between pilgrimage and performance. Just as the devotee undergoes internal transformation through external travel, an artist also undertakes an inward journey through sadhana.

न हि ज्ञानेन सशं पविमिह विते।  
तत्त्वं साक्षात्कृते योगयुक्तात्मा॥  
(Bhagavad Gita 4.38)

There is nothing more purifying than true knowledge; one who is disciplined in yoga realises this truth within.

India's pilgrimages are not just sacred walks—they are soul movements. They remind us that though our paths may begin in different corners of the country, our destination is one: a deeper connection with each other and the Divine.

एकं सत् विप्राः बधा वदन्ति।  
(Rigveda 1.164.46)

Truth is one, the wise express it in many ways. In every chant on the mountain, every drumbeat of the chariot, every meal offered with love—we hear the heartbeat of Bharat: united, compassionate, and eternal.

# India's Social Security Revolution

## A Safety Net for 94 Crore People

“Friends, presently, most of the populace in India is taking advantage of one social protection benefit or the other and recently a very important report of the International Labour Organisation – ILO has come out. It has been mentioned in this report that more than 64% (sixty-four percent) of the population of India is now definitely availing of some social protection benefit or the other. Social Security is one of the biggest coverages in the world. Today, around 95 crore people of the country are getting the benefit of some or the other social security schemes; whereas, till 2015, the government schemes were reaching less than 25 crore people.”

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

India has achieved a remarkable milestone in social security, expanding coverage from just 19% of its population in 2015 to 64.3% in 2025. This means over 94 crore people now benefit from at least one social protection scheme, marking one of the fastest expansions globally. Recognised by the International Labour Organisation (ILO), this progress highlights India's commitment to inclusive growth and dignity for all.

### Understanding Social Security

Social security ensures access to healthcare and income support during challenges like old age, sickness, unemployment, or disability. It is a basic human right, as defined by the ILO. India's system includes insurance, pensions, food security, and housing schemes, delivered through central and state programs.

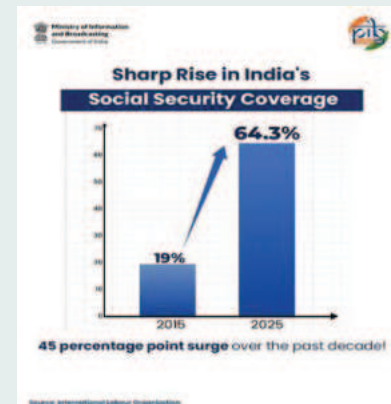
Under the Central Government's pro-poor initiatives, India's social security coverage

has witnessed unprecedented expansion, particularly for the unorganised sector comprising 90% of the nation's 50 crore workers. To streamline protections, 29 complex labor laws were consolidated into four simplified codes:

1. **Wage Code** – Guarantees minimum wages.
2. **Social Security Code, 2020** – Extends insurance, pension, and maternity benefits to all workers, including gig and platform workers.
3. **Occupational Safety Code** – Ensures workplace security.
4. **Industrial Relations Code** – Protects workers and trade unions.

#### Key reforms include:

- Employees' State Insurance Corporation (ESIC) coverage for all sectors, expanded to 740 districts.
- Pension schemes (EPFO) for



organised, unorganised, and self-employed workers.

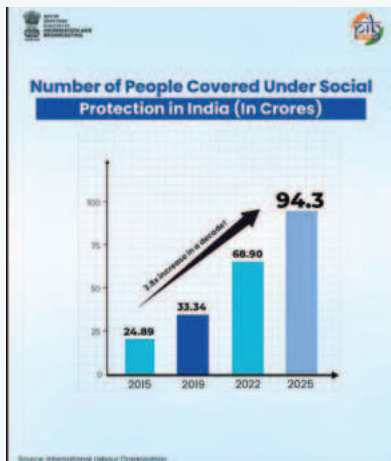
- Social Security Fund and Aadhaar-linked Universal Account Number (UAN) for portability.
- Equal benefits for fixed-term employees and hazardous-work protections.

These measures institutionalise an inclusive, rights-based framework, empowering India's workforce like never before.

### Key Takeaways

- Social protection coverage rose from 19% in 2015 to 64.3% in 2025.
- Over 94 crore people now receive at least one social protection benefit.
- Over 30.91 crore unorganised workers registered under the e-shram portal.
- More than 51.06 crore people enrolled in PM Suraksha Bima Yojna , 23.64 crore people in PM Jeevan Jyoti Bima Yojna.
- Over 51.35 lakh workers in PM Shram Yogi Mandhan Yojna.
- More than 3 crore women to be empowered as Lakhpati Didis.
- Over 4 crore houses allotted under PM Awas Yojna.





### Digital Foundations for Inclusive Growth

India's digital revolution has strengthened its social security framework through key initiatives:

- Aadhaar: As of June, 2025, over 142 crore biometric IDs enable seamless benefit delivery.
- Jan Dhan Yojana: As of June, 2025, 55.64 crore bankaccounts link welfare schemes directly to beneficiaries.
- Direct Benefit Transfer (DBT): Cumulative savings have reached ₹3.48 lakh crore as of March 2023.
- e-Shram Portal: Registered 30.91 crore informal workers (53.77% women) by June, 2025, providing them



Universal Account Numbers for access to benefits.

### Key Schemes Transforming

#### Lives

1. Insurance and Pensions
  - Pradhan Mantri Suraksha Bima Yojana (PMSBY): As of May 2025, 51.06 crore enrolled for accident insurance.
  - Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY): As of May 2025, 23.64 crore covered under life insurance.
  - PM Shram Yogi Maandhan: 51.35 lakh informal workers secured pensions as on May, 2025.
  - EPFO: Added 1.29 crore new subscribers in 2024–25, reflecting formal job growth.
  - PM Vishwakarma Yojana: The scheme offers artisans loans, toolkits and marketing aid, with 23.7 lakh enrolments and 10 lakh+ toolkits distributed as of June 2025.
2. Women and Household Welfare
  - Lakhpati Didi: Empowering 3 crore women in self-help groups to earn ₹1 lakh annually.
  - PM Awas Yojana: Built 4 crore homes; 90 lakh urban houses are owned by women.
  - Ujjwala Yojana: As of 2025,

provided 10.33 crore LPG connections, improving health and reducing indoor pollution.



3. Health and Food Security
  - Ayushman Bharat: As of June, 2025, 41.29 crore health cards issued, offering ₹5 lakh/year hospitalisation cover.
  - PM Garib Kalyan Anna Yojana: As of December 2024, it has reached 80.67 crore people, providing them with free food grains.
4. Marginalised Communities
  - ADIP Scheme: Assisted 31.16 lakh persons with disabilities through aids and camps.
  - SMILE Scheme: Shelter homes ("Garima Greh") and livelihood support for transgender individuals.



### Global Recognition and Future Goals

India's data-driven approach, including Aadhaar-linked welfare tracking, has set a global benchmark. The ILO's ILOSTAT database now features India's 2025 social protection data, a first for any nation. With Phase II of data pooling underway, coverage is expected

to surpass 100 crore soon.

The increase in Social Protection Coverage will strengthen India's global engagements, particularly in finalising Social Security Agreements (SSAs) with developed nations. These agreements will ensure the portability of social protection benefits for Indian professionals working overseas, while offering partner countries the transparency required for mutual recognition frameworks. This will further bolster India's position in trade and labour mobility negotiations by showcasing a credible and robust social protection regime.

### Conclusion

India's journey from 19% to 64.3% coverage in a decade showcases the power of policy, technology, and political will. By prioritising the vulnerable—informal workers, women, and marginalised groups—the nation has built a resilient safety net. As schemes expand further, India moves closer to its vision of 'Sabka Saath, Sabka Vikas' (Together for All, Development for All), ensuring no one is left behind.

# India's Health Triumph: WHO Lauds Trachoma Elimination



**Dr Radhika Tandon**

Professor and Chief,  
Dr R P Centre for Ophthalmic  
Sciences, AIIMS

celebrate the remarkable efforts and achievements of countless individuals and organisations across disciplines and domains to overcome a communicable potentially blinding eye disease. It allows us to acknowledge the invaluable contributions of healthcare workers, medical professionals, volunteers, NGOs, social workers, funding agencies, government officials, civic authorities, researchers, and citizens—all of whom have played a direct or indirect role in confronting a major public health challenge. Their combined efforts have helped the nation progress towards the successful eradication of the disease.

The journey which started in 1950-60s with the initial efforts starting from an ICMR pilot project to determine the magnitude of the problem and identify risk factors for its spread, consequent blinding complications followed by better understanding contributing to development of a strategic action plan under the National Trachoma Control Programme initiated by Ministry of Health leading to its

At the outset, I would like to express my deep appreciation for the visionary concept of 'Mann ki Baat'. This unique initiative extends the personal presence of our Hon'ble Prime Minister across the length and breadth of our nation, transcending geographical, socio-economic, and demographic boundaries.

This edition offers a special opportunity to highlight and

further evolution in 1970s into the National Programme for Control of Blindness and Visual Impairment—under the Ministry of Health and Family Welfare, Government of India— finally culminating in the overcoming of the disease, providing data to confirm its control in 2017 and providing adequate evidence to justify the certification by WHO of its eradication in 2020s is a testament to strategic vision, adaptability, collective responsibility and a strong community-focused approach in health care. This success story reflects the nation's capability to overcome big problems in general and unwavering commitment to improving public health and ensuring equitable access to eye care services for all.



## What is Trachoma?

Trachoma is an infectious disease of the eye caused by a type of bacteria known as the Chlamydia Trachomatis which spreads through direct contact with infective material in the form of discharge from the eye



Ms Punya Salila Srivastava, Secretary, Ministry of Health and Family Welfare, received the Certificate on behalf of the Government of India from Dr Tedros Adhanom Ghebreyesus, Director-General, WHO.



**Table 1 : Progress Indicators and Milestones**

Indicator	1950s–1960s	Current Status (2020s)
Trachoma Prevalence in India	>50% in endemic states (Punjab: 79.1%, Rajasthan: 74.2%)	<5% in most areas; eliminated as a public health problem by 2017
High-endemic States	Punjab, Rajasthan, UP, Gujarat, MP, Bihar, J&K	Residual hotspots only; no longer public health threat
National Programme Start	1963 (under DGHS initially with WHO and UNICEF support). In 1976 India was the first country in the world to launch The National Program for Control of Blindness (NPCB) as a 100% centrally sponsored scheme with RP Centre AIIMS as the Apex Institute which was later integrated under the NHM and further upgraded in 2017 to The National Program for Control of Blindness and Visual Impairment (NPCBVI).	Trachoma component phased out over the years post-elimination declaration, while focus of control of blindness and visual impairment activities extend and expand under NPCBVI.
Initial Treatment Strategy	Blanket topical antibiotic coverage + contact treatment	Targeted case detection and community surveillance
Health Infrastructure	Limited rural coverage; reliant on vertical programmes	Integrated with general health services & PHCs
Antibiotic Availability	Government-distributed tetracycline ointment	Broad access; azithromycin used under SAFE strategy
WHO Status	Endemic country	Trachoma eliminated as public health problem in 2017 and certified in 2024.

carrying the active organisms from person to person or through contaminated hands or fomites (towels/handkerchiefs/ other cloth used to wipe the face or eyes) or flies in places/ situations with poor hygiene/ sanitation. Initially the infection leads to a form of conjunctivitis with redness of the eyes,

sticky discharge, irritation and watering and later on due to repeated infections or recurrent/ chronic disease with resultant complications leads to scarring of the cornea and conjunctival surface of the eye and eyelids with inward turning of the eyelashes and blindness in one or both eyes.

## Key Milestones and Strategies

Whenever a disease affects a large proportion of the population and has consequences that affect the state of health and wellbeing it is considered to be a public health problem. If a disease is regularly present in a particular place or among a particular group of people/population/community, it is considered to be endemic that is constantly present. The number of people affected by the disease at any point in time is called the prevalence. One can understand this better if we look at some statistics (Table 1).

### A Broader Victory for Public Health

The elimination of Trachoma reflects the progress India has made on all fronts. The role of scientific method is highlighted in identifying the disease with its causes and risk factors. The importance of surveys in generating data to help provide accurate information, advocacy to drive policy change, systematic implementation of knowledge to develop disease



control measures, and collective collaboration of all stakeholders is also beautifully illustrated in this success story. It is indeed a testament to the progress we have made as a nation with tremendous economic growth, better living conditions, education/control of illiteracy, better hygiene/sanitation, availability of clean water supply and improvement in health care facilities in terms of both access and delivery including availability of cost effective locally manufactured medical supplies. The achievement is undoubtedly a culmination of decades of hard work and currently epitomises the role of Viksit Bharat, Swachh Bharat, Sabka Saath Sabka Vikaas and Make in India policies to continue to take us forward in all our endeavors to improve health holistically and maintain a focus on health-related quality of life by engaging everyone to contribute in all ways possible.

# SEE THE SIGNS

## TRACKING TRACHOMA

*Trachoma is a bacterial infection that affects your eyes. It is caused by a bacterium, *Chlamydia trachomatis*. It is recognised among the priority neglected tropical diseases (NTDs), disproportionately affecting poor communities and contributing to the vicious cycle of poverty and ill-health among them.*

The primary source of trachoma infection is the eye secretions of infected individuals, it can be transmitted through several routes, including:



Close physical contact, such as playing together or sharing a bed, especially among mothers and affected children.



Sharing towels, handkerchiefs, pillows, and other personal items.



Houseflies, which can carry the infection.



Coughing and sneezing.

**Environmental risk factors that promote the transmission of trachoma include:**

Poor hygiene practices.

Overcrowded living conditions.

Water scarcity.

Inadequate latrines and sanitation facilities.

### India's Trachoma-Free Status (2024)

In a significant public health achievement, India has been officially declared free from trachoma by the World Health Organisation (WHO). This milestone comes after years of dedicated efforts by the government to protect the vision of millions, emphasising the importance of healthy eyesight for every individual. India implemented several key interventions under the National Programme for Control of Blindness and Visual Impairment (NPCBVI). A pivotal moment in this effort was the adoption of the WHO SAFE strategy.

### Key factors in elimination included:

**Surgical Treatment:**

Addressing the blinding stage of the disease, known as trichomatous trichiasis

**Antibiotic Distribution:**

Clearing existing infections

**Facial Cleanliness:**

Promoting hygiene to reduce transmission

**Environmental Improvements:**

Enhancing access to water and sanitation.

### Prevention Measures (Still Relevant for Sustained Elimination)

*Though eliminated, maintaining hygiene is crucial to prevent re-emergence.*

**Face & Hand Hygiene** – Regular washing with soap and clean water.



**Avoid Sharing Personal Items**– Towels, handkerchiefs, or eye makeup.



**Control Flies** – Proper waste disposal and reduced breeding sites.

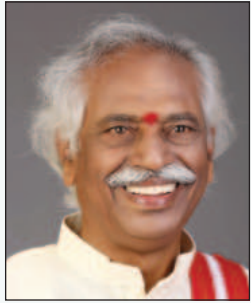


**Community Awareness** – Educate on early symptoms and treatment.





# Emergency - A Blot on the Indian Democracy



**Bandaru Dattatraya**  
Hon'ble Governor, Haryana

In the history of Independent India, June 25, 1975 was the darkest day, which will haunt generations to come. The direct consequence of the Emergency was the suspension of various democratic rights. Many draconian laws were enacted during this time period, posing a serious threat to democratic values. It adversely impacted civil liberties.

All the fundamental rights

listed in Articles 36, 37, 38, 39, 40, and 42 of the Constitution were suspended. Jayaprakash Narayan, who was spearheading the 'Total Revolution' movement against corruption, was arrested on the night of June 25–26, 1975. Morarji Desai, Babu Jagjivan Ram, Atal Bihari Vajpayee, Lal Krishna Advani, Chaudhary Charan Singh, George Fernandes and Chaudhary Devi Lal, all top leaders were arrested under MISA (Maintenance of Internal Security Act).

Our Prime Minister Shri Narendra Modi ji, then a young Rashtriya Swayamsevak Sangh (RSS) Pracharak, went underground to evade arrest and helped organise resistance. Many others, including journalists, academics, and student leaders, were also detained. Over 100,000 people were arrested under preventive detention laws like MISA and DIR (Defence of India Rules) during the Emergency period. The RSS was banned.

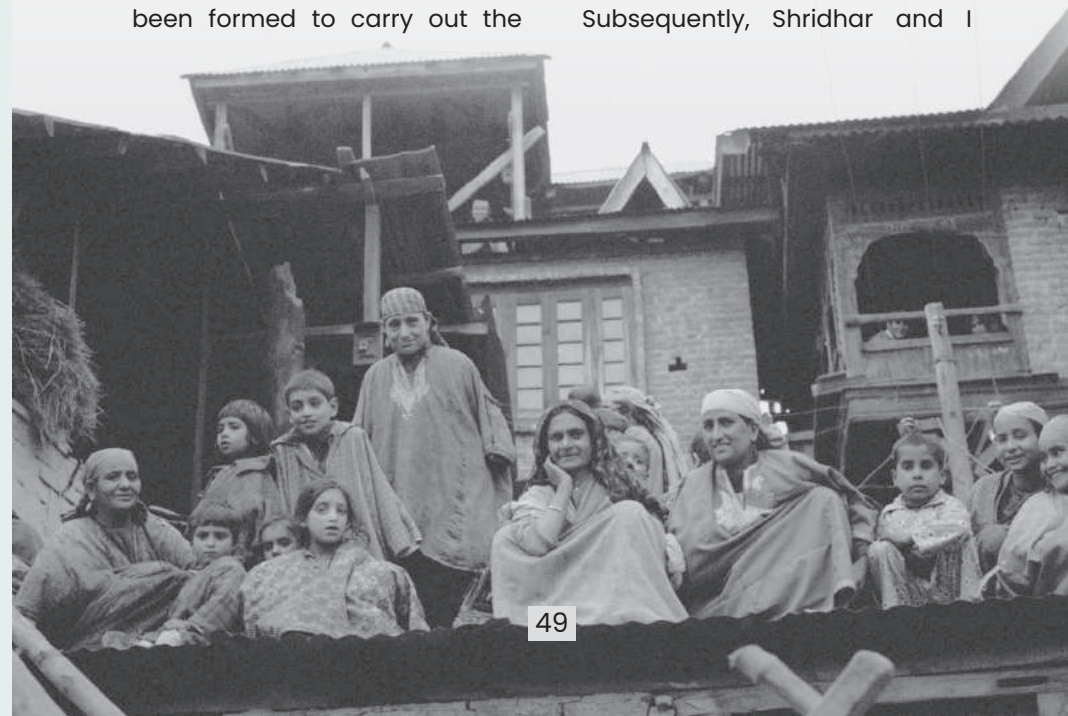
Our Prime Minister Shri

Narendra Modi ji in his June 2025 Edition of 'Mann ki Baat' programme, remembering the horror of Samvidhan Ki Hatya, said: "Those who imposed Emergency not only murdered our Constitution but also had the intention to keep the judiciary as their slave. During this period, people were tormented on a large scale. There are many such examples of this, which can never be forgotten. George Fernandes Sahib was tied in chains. Many people were subjected to severe torture."

At that time, I was working as an RSS Pracharak for Nizamabad and Adilabad zones, belonging to the erstwhile state of Andhra Pradesh, and now in Telangana. The Lok Sangharsh Samiti had been formed to carry out the

agitation against the Emergency across the country. Soon, I too became a part of the Emergency resistance team. Our job was to distribute literature and make Satyagrahis to protest against the Emergency and reach out to the families of the leaders put in jail, for opposing the Emergency, with help. We were doing all this, evading the arrest as the police were on their toes to arrest us.

In order to evade the arrest, I adopted the western dress. I changed my name to Dharmendra and went underground. I along with Warangal Vibhag Pramukh Shridhar Ji was in Bellampally mining area in Adilabad district. We were having a meal at a small hotel. Police took us into custody. Subsequently, Shridhar and I







were detained under the MISA. Shridhar was sent to Warangal Jail. I was put in Chanchalguda Central Jail, Hyderabad.

When I was in jail, every week my mother Late Smt. Eshwaramma ji used to come to meet me with fruits and eatables. Life was indeed tough and traumatic but every moment we sacrificed was for the sake of democracy. I was not sure of my release from jail at all. In between, I developed good rapport with Jailer Rama Rao. I still remember Advocate Raja Bose, one of detainees, staying with us in the barrack. Thanks to

him, 'Savere Wali Gaadi Se Chale Jayenge', iconic song sung by legendary singer Mohammad Rafi, used to reverberate in our minds.

Meanwhile, the Lok Sabha election was announced. The election was held. When the counting day approached, we were keeping our fingers crossed. Jailer Rao had access to All India Radio. He came to our barrack and informed us that Sanjay Gandhi was trailing. At around 2 am, he came to us again and said that Mrs Indira Gandhi was also trailing. Sanjay Gandhi lost the election. Bose was at his best

again with Savere Wali Gaadi Se Chale Jayenge song. To its tune, we all started dancing in jubilation.

Finally, the Janata Party formed the government at the Centre. We were released from jail. However, in 1980, the Janata Party lost the Lok Sabha poll. In democracy, people are the

real strength. They do not allow anyone to indulge in dictatorial acts. I am happy to note that our people, since 1975, have been resolute in protecting democratic values. It is our collective duty and responsibility to keep strengthening all the four pillars of our democracy—legislature, executive, judiciary and media. We must not let our great democracy be compromised under any circumstances.





# Bodoland's CEM Cup

## A New Playing Field on India's Sports Map

“In the Bodo Territorial Area, the Bodoland CEM Cup is being organised. This is not just a tournament; it has become a celebration of unity and hope. More than three thousand seven hundred teams, about seventy thousand players, and even among them, a large number of our daughter's participation! These statistics tell the story of a big change in Bodoland. Bodoland is now increasingly casting its glow on the sports map of the country.”

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

Sports are significant not only for physical and mental fitness, but they also serve to bring in unity, peace, and hope among communities. This has been proved by the organisation of 'The Bodoland Chief Executive Member's (CEM) Cup' Football Tournament in the Bodoland Territorial Region (BTR) of Assam. Having kicked off on 14<sup>th</sup> June, this tournament was a visionary initiative by Bodoland Territorial Council (BTC) with a mission of 'Peace and Unity through Football' and a commitment to nurture football talent in the region.

In his 123<sup>rd</sup> 'Mann ki Baat' address, Hon'ble Prime Minister Narendra Modi acknowledged the significance of the CEM Cup. He described the tournament as a symbol of hope and resilience, praising how the sport is being used as a powerful tool for social transformation in Bodoland. The Prime Minister also lauded footballers from the region -



Halicharan Narzary, Durga Boro, Apurna Narzary, and Manbir Basumatari, whose inspiring journeys continue to spark ambition among young athletes in BTR.

Bodoland's history is not without its share of conflict. For decades, the region was known more for unrest than for sporting excellence. But now, that narrative is changing. "There was a time when struggle itself was the identity of this place," the Prime Minister noted, "But today there are new dreams in

their eyes and the courage of self-reliance in their hearts." The fields that once stood silent now echo with cheers, whistles, and the rhythm of the game.

The structure of the competition was multi-tiered. It was organised at various levels including Village Council Development Committees (VDCs), Bodoland Territorial Council Legislative Assembly (BTCLA) Constituencies, Districts, and Council Level, promoting inclusive participation and accessibility from the







grassroots up to the council level. The tournament witnessed widespread participation, including a significant number of female players, highlighting the growing enthusiasm for football in the region. These developments point to an impactful transformation in India's northeastern region, where football has evolved

beyond a game to become a powerful symbol of self-reliance, unity, and pride.

**The key objectives of the CEM Cup include:**

'Peace Building and Social Cohesion', with Football serving as a unifying force, bringing together diverse communities and fostering a sense of collective identity.

'Youth Engagement and Talent Development' by giving

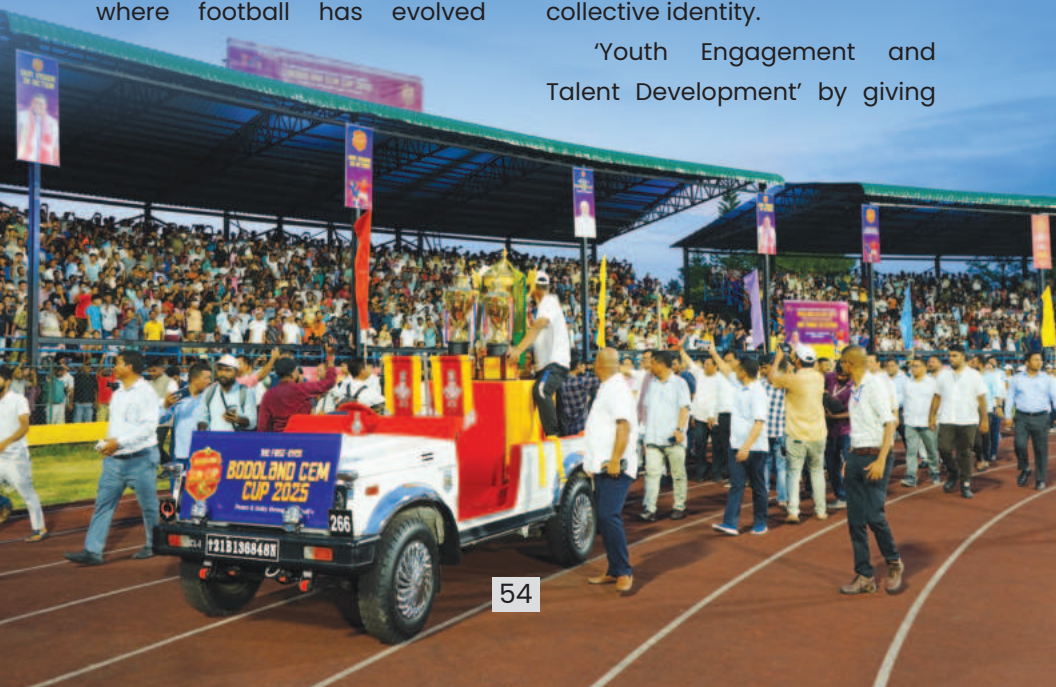
young athletes a platform to showcase their skills, gain competitive experience, and aspire to higher levels of play.

'Community Engagement and Cultural Integration' by involving local communities in the organisation and execution of the tournament and thereby fostering a sense of ownership and pride among residents.

'Promotion of Healthy Lifestyles' by serving as a platform to instill the values of discipline, teamwork, and perseverance, contributing to the holistic development of individuals and communities.

The Bodoland CEM Cup served as a cultural festival, celebrating the region's diversity

and promoting mutual respect among different communities. It brought people together not just as spectators or players, but as stakeholders in a shared vision of harmony and progress. This initiative complements other ongoing efforts such as the establishment of football academies and the active participation of Bodoland Football Club in prestigious national tournaments like the Durand Cup. As Hon'ble Prime Minister Narendra Modi remarked, it is "a celebration of unity and hope," the tournament has thus emerged as a transformative force, one that uplifts communities, inspires youth, and proudly places Bodoland on India's sporting map.





# Kick-off in Bodoland

Once marked by unrest, Bodoland is now gaining national attention for something truly inspiring—Football. The Bodoland CEM Cup has turned into a celebration of talent, unity, and opportunity, drawing thousands of young players to the field. As the Hon'ble Prime Minister Shri Narendra Modi noted, this football wave reflects a powerful shift in the region's identity. In this feature, four famous footballers hailing from BTR—Hali Charan Narzary, Durga Boro, Apurna Narzary, and Manbir Basumatari—share how Bodoland is kicking off a new chapter in India's sporting story.

Tournaments like the CEM Cup are the first spark. They bring out the hidden gems from villages, towns, and schools that otherwise go unnoticed. With good scouting, mentorship, and training support, these players can be guided to district, state, and national camps. It also instills discipline, teamwork, and purpose. I believe if we keep investing in these grassroots efforts with sincerity, we'll soon see many players from Bodoland wearing India's jersey. That day is not far.



**HALI CHARAN  
NARZARY**

I interpret the Hon'ble Prime Minister's words as a proud acknowledgment of Bodoland's growing contribution to Indian sports. Casting its glow on the sports map of the country means that Bodoland is no longer in the background—it is now being recognised nationally for its talent, unity, and potential, especially in football.



**DURGA BORO**

Football in Bodoland is not only a sport; it is a craze. For years, our region has faced many challenges, but through football, we're telling a new story—one of hope, resilience, and talent. When Bodoland is mentioned now, it's not just about politics—it's about goals, cheers, young athletes, and unity. That's the power of sport.



**APURNA  
NARZARY**

If such tournaments are organised every year, more players from BTR and all over Assam will participate and play on much better levels. Football is being given more importance in India now. Players should keep practicing, work hard, and play by heart. They can make a career in it.



**MANBIR  
BASUMATARI**



# Nature's Fabric

## The Sustainable Story of GI Tagged Eri Silk

“Eri Silk is like a heritage for Meghalaya. The tribes here, especially the people of the Khasi community, have preserved it for generations and have also enriched it with their skills. This silk has many specialties that make it different from other fabrics. Its most special feature is the way it is made. The silkworms that make this silk are not killed to obtain it, hence it is also called Ahimsa Silk.”

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

As Prime Minister aptly said in his 123<sup>rd</sup> 'Mann ki Baat' address, “Just as our India is known for its regional, linguistic and cultural diversity; in the same way, the diversity of arts, crafts and skills is also a great quality of our country.” One such textile tradition comes from the serene landscapes of Meghalaya, i.e., Eri Silk. This unique silk, recently granted a Geographical Indication (GI) tag, is celebrated not only for its softness and durability but also for its humane and sustainable production. Known as 'Ahimsa Silk', Eri is harvested only after the silkworm leaves its cocoon, making it a compassionate alternative to conventional silk.

### What Makes Eri Silk Special:

Unlike glossy silks that shimmer under the spotlight, Eri has a more subtle charm. Its texture resembles a cross between cotton and wool — soft, warm, and breathable. One of its

most prized qualities is climate versatility: it provides warmth in winter and remains cool in summer, making it a year-round fabric. Its durability and elegant drape also make it suitable for modern fashion and home décor.

### Craft Rooted in Culture:

Eri Silk is not a product of mass production or machinery. Its journey begins in the homes of Meghalaya's indigenous communities, where the knowledge of rearing silkworms and spinning yarn is passed down through generations. Among the Khasi and other tribal groups, silk weaving is a living tradition, woven into daily life, ceremonies, and identity. For many households, it's both a cultural expression and a source of livelihood. We can say that

sustainability is equal to Eri Silk.

### Nature-loving and Ethical:

Eri Silk production is inherently eco-friendly. The silkworms feed on castor leaves (a hardy, fast-growing plant), requiring minimal environmental intervention. The yarn is spun by hand and dyed using natural pigments derived from plants, bark, and minerals. This low-







impact process consumes very little water and energy and produces almost no waste. In an era of fast fashion and synthetic fibres, Eri offers a slow, conscious, and sustainable alternative.

**The Significance of the GI Tag:** The GI tag granted to Meghalaya's Eri Silk is a milestone. It recognises the product's unique origin, craftsmanship, and heritage value, while also safeguarding the rights of the traditional artisans. The tag helps prevent imitation, protects market identity, and allows local weavers to command fair prices. It's a step toward

global recognition without compromising the authenticity of the craft.

#### **A Future Woven with Values:**

As consumers worldwide become more conscious of the environmental and ethical footprint of their clothing, Eri



Silk is gaining traction as a sustainable luxury. Designers are embracing it, not just for its texture, but for the story it tells — one of harmony between people and planet. And as India moves toward empowering local industries and artisans, Eri Silk stands as a symbol of resilience, tradition, and thoughtful innovation.

Woven from a gentle thread from the hills, Eri Silk is more than just a fabric. It's a quiet revolution spun from compassion and care— a tribute to nature, heritage, and human hands that have kept the art alive for



centuries. In every thread, it whispers a powerful truth that sustainability doesn't have to be loud to be beautiful.





# She Leads, India Rises

In the 123<sup>rd</sup> episode of 'Mann ki Baat' address, Hon'ble Prime Minister Shri Narendra Modi highlighted the vital role of self-reliant women in shaping the growth story of India. He said that the mantra of 'Women-Led Development' is paving the way for a new and empowered future for the nation. Today, our mothers, sisters, and daughters are not just progressing themselves; they are giving a new direction to society as a whole. From the inspiring efforts of women in Bhadrachalam (Telangana) to Kalaburagi (Karnataka) to Suma Uike from Madhya Pradesh, such examples reflect the spirit of transformation taking place in every corner of the country. These women are not merely beneficiaries of progress; they are the drivers of growth, playing a crucial role in realising the vision of Viksit Bharat.

## Stories of Women-Led Development



*"Initially, we started with sanitary napkin production but later chose to make healthy, organic millet biscuits. Our biscuits have been showcased in Delhi and London, and Prime Minister Narendra Modi praised our efforts in his 'Mann ki Baat' address, calling us 'tribal women' who are making a difference. This recognition has boosted our confidence, and with official support, we aim to produce more and reach a wider audience."*



Lalitha, Bhadradi Millet Magic and Giri Sanitary Pads, Telangana

*"Our millet biscuits gained popularity at various exhibitions held across the country and even at the Rashtrapati Bhavan in Delhi, where the Hon'ble President visited our stall and congratulated us. Prime Minister Narendra Modi also praised our millet biscuits in his 'Mann ki Baat' address. This experience has shown that with determination, women can achieve anything."*



Venkata Lakshmi, Bhadradi Millet Magic and Giri Sanitary Pads, Telangana

*"I express my heartfelt gratitude to the Hon'ble Prime Minister for highlighting the importance of women's self-reliance in his 'Mann ki Baat' address. I would like to encourage all my sisters to take a step forward, become self-reliant, and enhance their livelihoods by embracing any productive activity of their choice."*



Suma Uike, Didi Canteen and Thermal Therapy Centre, Madhya Pradesh

*"At present, our goal is to deliver fresh hot jowar rotis directly to people's homes. To achieve this, we plan to expand our reach through a dedicated mobile application. The mention of our Kalaburagi Rotti by Hon'ble Prime Minister Shri Narendra Modi ji in his 'Mann ki Baat' address has greatly boosted our morale and inspired us to make it an international brand."*



Jyoti Hosurkar, Kalaburagi Rotti, Karnataka



# The Sacred Link: Buddhism Connecting India and the World



**Sandeep Arya, IFS**  
Ambassador, Embassy of India,  
Vietnam

India's Buddhist connections represent important historical, spiritual and people- level ties with various countries, which foster India's external relations. Apart from the Four Noble Truths and the Eightfold Path enunciated by Lord Buddha, these Buddhist linkages are part of folklore and legends in these countries, the history

of monasteries and pagodas (temples), their art and culture, associated with exchanges with Indian monks and travellers for more than a millenia or two. India is often viewed by people as the Land of Lord Buddha and the Sacred Relics from India become an embodiment of the connection with Lord Buddha and India for the people across countries.

The exposition of Sacred Buddha Relics from India visited Vietnam from 2<sup>nd</sup> May – 2<sup>nd</sup> June, 2025 on the request of the Vietnam Buddhist Sangha and the Government of Vietnam. These visiting Relics were found by the Archaeological Survey of India in 1929 in a large Stupa at Nagarjunakonda, Guntur District, Andhra Pradesh. In December 1932, these Relics were presented to Maha Bodhi Society of India to be enshrined at Sarnath, which is revered widely as the

site of the first sermon by Lord Budha after his enlightenment. The enormous response of the Government, monks and the people of Vietnam displayed the significance, strength and depth of Buddhist connections between India and Vietnam as well as the world.

The Sacred Relics arrived in Vietnam in a special Government of India aircraft on 2<sup>nd</sup> May, accompanied by the Union Minister of Parliamentary and Minority Affairs, Shri Kiren Rijiju. The Sacred Relics were enshrined in nine different provinces of Vietnam where they were visited by about 15.5 million (1.55 crore) devotees as well as the President of





Vietnam, Deputy Prime Minister, Ministers, Provincial Heads, foreign Ambassadors and senior officials. It was touching to see the large turnout of people, old and young, braving rain and heat, queuing for long hours to visit the Sacred Relics from early morning to late in the night, and public lining the streets during the movement of their procession expressing their deep reverence for the Sacred Relics throughout Vietnam.

In the light of such interest, the Government of Vietnam requested extension for 12 additional days for the exposition to take it to other parts of the

country, which was consented by the Government of India. The fact that the exposition of Sacred Relics from India in Vietnam coincided with the celebration of the United Nations Day of Vesak hosted by Vietnam this year from 6<sup>th</sup>–8<sup>th</sup> May, 2025, enabled their outreach to the international audience present in Vietnam for Vesak Day. Relics of Lord Buddha from India had earlier travelled to Thailand and Mongolia where also they received similar reverence from the local population. The Sacred Relics of Lord Buddha thus become a spiritual and human connection with India for the



people of numerous countries.

These Buddhist connections between India and the world translate into tens of thousands of Buddhist pilgrims from around the world visiting holy Buddhist sites in India every year, thousands of foreign students undertaking Buddhist studies, Pali and related history, philosophy, etc., at educational institutions in India as well as exchanges between Buddhist monks, scholars, academic institutions of India and other countries. Scholars and academicians recognise the enduring imprint

of teachings of Lord Buddha to some of the pressing global challenges today such as war and violence, societal unrest or climate change. Our Buddhist connections strengthen India's friendship and cooperation with these countries and deepen the message of Vasudhaiva Kutumbakam. This strong living Buddhist heritage in India is a treasure of India's rich history that we should all appreciate and experience, together with its significant role in our relations with the world.

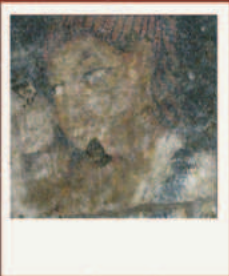


# SPIRITUAL JOURNEYS

## EXPLORING THE BUDDHIST LEGACY

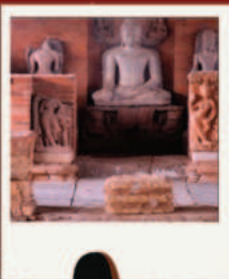


India, the birthplace of Buddhism, is dotted with sacred sites that trace the journey of Lord Buddha. We may know about popular Buddhist places like Bodh Gaya, Nalanda, Rajgir in Bihar, Sarnath, Kushinagar, Sravasti in Uttar Pradesh, etc., Let us also take a look at some more Buddhist spots that continue to echo the Buddha's legacy:



### PITALKHORA, MAHARASHTRA

Located on Chandora Hill, Pitalkhora features 14 rock-cut caves from the 2<sup>nd</sup> century BCE. Though built during the Hinayana era, the caves also display Mahayana-style murals from the 6<sup>th</sup> century CE.



### SIRPUR, CHHATTISGARH

Situated on the banks of the Mahanadi River, Sirpur is home to Hindu, Jain, and Buddhist structures dating from the 5<sup>th</sup> to 12<sup>th</sup> century. The Buddha Viharas in Sirpur are older than Nalanda.

### RATNAGIRI-UDAYAGIRI-LALITGIRI, ODISHA

Odisha's Diamond Triangle, Ratnagiri-Udayagiri-Lalitgiri, includes huge stupas, 'esoteric' Buddha statues, and monasteries (viharas), sculptures. At this location, Tantric Buddhism was practiced.



### VIKRAMASHILA, BIHAR

A contemporary of Nalanda, Vikramashila flourished under the Pala Empire as a leading Buddhist learning centre, housing over a hundred teachers and more than a thousand students.



### VAISHALI, BIHAR

In 383 BCE, Vaishali hosted the Second Buddhist Council under King Kalasoka. It holds significance as the place where Buddha delivered his last sermon before his passing in 483 BCE.



### SANKISA, UTTAR PRADESH

It is thought to be the location where Buddha descended from heaven after giving teachings to his mother. Sankisa is notable for a Bisari Devi shrine and an unearthed Ashoka elephant pillar.



# India's Green Warriors in Action

In the 123<sup>rd</sup> episode of his 'Mann ki Baat' address, Prime Minister Shri Narendra stated, "This month we all celebrated 'World Environment Day'. I received thousands of your messages. Many people told me about those friends who had set out alone to save the environment and then the whole society joined them. This contribution of everyone is becoming a great strength for our earth."

Be it 'Mission for Million Trees' campaign of Ahmedabad's Municipal Corporation, or the work in progress Oxygen Park of Mr. Ramesh Kharmale from Pune, or the Carbon Neutral 'Patoda' Gram Panchayat of Chhatrapati Sambhaji Nagar district, these stories not only bring in a tangible change to conserve the environment, but also inspire other citizens to be the Green Warriors.



**Kapindra Pere Patil,**  
Deputy Sarpanch,  
Adarsh Gav, Patoda  
Gram Panchayat Office



We started our work in 2005. Whatever schemes that the government launches, we take part in that. Last year we built toilets to make this village Open Defecation Free (ODF). We have received 26 awards for the work we have done to save the environment. Earlier we were famous in Maharashtra, but after PM Modi mentioned us in 'Mann ki Baat' episode, the entire nation knows about our village. Now we are also getting visitors who want to see our village.

We have specially selected 37 trees (peepal, neem, vad) which produce more oxygen and have longer life, to be planted in the societies of the city. We plan to plant 40 lakh trees in the coming three months of the monsoon to increase the green cover and balance the increasing temperatures. We are also developing 'Sindoor Van' which is dedicated to the Pahalgam martyrs and brave defence forces of our country. Our MLAs, municipal personnel, youth, and volunteers are all motivated and involved in this Ek Ped Maa Ke Naam initiative to contribute to this cause.



**Devang Dani-Bhargav,**  
Standing Committee  
Chairman, Ahmedabad  
Municipal Corporation (AMC)



**Ramesh  
Ganpat  
Kharmale,**  
Pune



I had not imagined that my ground level work would get noticed by PM Modi ji. This acknowledgement is not only for our effort but also for each and every person who is working towards saving the environment. I am from a defence background and this has given me strength and positivity. This is the land where Chhatrapati Shivaji was born. Sant Tukaram was born in Pune. Both have talked about the importance of tree plantation in their documents. This has inspired me to plant trees and dig trenches.





# Protectors of Health and Prosperity

## Salute to Doctors and CAs

“On the 1<sup>st</sup> of July, the day after tomorrow, we honour two very important professions – Doctors and CAs. Both of them are such pillars of society, which make our lives better. Doctors are the protectors of our health and CAs (Chartered Accountants) are the guides of economic life. My best wishes to all the Doctors and Chartered Accountants.”

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

Although the date 1<sup>st</sup> of July seems to be just a date on a calendar, behind this date is hidden the respect for two such professions, without which the picture of our life is incomplete. Doctors and Chartered Accountants, i.e. CAs, are both silent soldiers of the society in their respective fields, who neither demand any medal nor wait for the echo of applause, but whenever the need arises, they are seen standing at the forefront.

Prime Minister Shri Narendra Modi, while paying respect to both these professions in his recent 'Mann ki Baat', said that doctors are the protectors of our health and CAs are the guides of our financial life. Indeed, if we think carefully, both doctors and CAs are two such pillars of

our life, which strengthen the foundations of our health and prosperity.

### Doctors: Guardians of Lives

Doctors work day and night to keep our body healthy. Whether it is a small dispensary in a village or a multi-specialty hospital in a big city, doctors are present everywhere, all the time.

During a global pandemic like Covid-19, we saw how doctors saved people's lives without caring about their own lives. They kept working for hours wearing PPE kits, did not return home for many days, stayed away from their loved ones, but

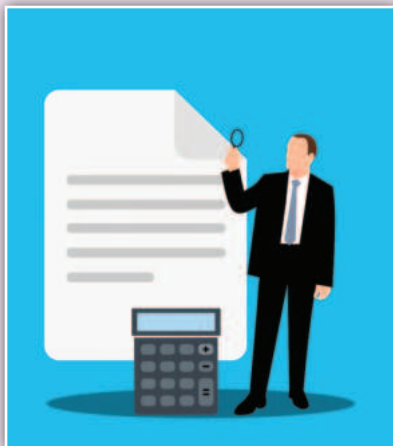
did not step back from their duty. If anyone really earned the title of 'frontline warrior' at that time, it was our doctors.

A doctor's importance isn't limited to times of illness. From the moment of birth to our final breath, they remain by our side. Whether it's vaccinating children or caring for the elderly, doctors stand with us through every stage of life.

### CA: Those Who Show Financial Direction

Now let's look at the other side of the picture. CA means Chartered Accountant. People often think that their job is just





to pay tax and prepare balance sheets. But in reality, they are the doctors of our financial health.

From a common citizen to large companies, it's the Chartered Accountant who teaches the fundamentals of income, expenditure, savings, and investment. Just as doctors protect us from illnesses, CAs safeguard us from financial crises.

The role of CAs is no less in keeping the country's economy on track, running business honestly and implementing government schemes. They are the backbone of the country's tax system.

### Two Pillars of Society

Doctors and Chartered Accountants may seem like completely different professions—one cares for the body, the other for wealth and finances. Yet, if seen closely, their purpose is the same: to make our lives secure, healthy, and better.



These are the people who forget about comfort, festivals, and holidays when duty calls. Whether it is a doctor standing in the operation theatre to save a patient or a CA checking the files of a company all night, the dedication of both is praiseworthy.

People in these professions deserve heartfelt respect. Their hard work and integrity must be valued—not just through words of praise, but by providing them with a healthy work environment,

honouring their time, and standing by them in moments of need. That is true respect.

1<sup>st</sup> of July is not just a date. It is a day to salute the lakhs of doctors and CAs who work hard every day to make our lives better. They are truly the guardians of our health and prosperity. The doctor's stethoscope and the CA's calculator are like the heartbeat of our nation and society.





# MANN KI BAAT

*Media Scan*





**Anand sahu**  
@Anandsahindia

आइए अपनी प्रधानमंत्री श्री नरेंद्र मोदी जी से प्रेमोद्दीकित कर विकसित भारत की आर्थिक महाप्राप्ति बनने की राह में अनन्य प्रयास से निष्पन्न होकर बतला रहे हैं कि भारत का भविष्य उज्जवल है यहाँ मन की बात भारत का भविष्य निश्चित करेगी।

#MaanKiBaat  
#maanikibat2025

The state poet



**Bhajanlal Sharma** @bhajanlaljp  
अजय मुशरफ़ांनी निवास पर देश के परसूरी प्रधानमंत्री श्री @narendramodi जी के लोकप्रिय रडियो कार्यक्रम 'भारत की बात' के 123वें संस्करण को सुना।

इस परंपरासदर कार्यक्रम में जलाना प्रधानमंत्री ने देश पर घोषे गए अपातकाल के काले अदृश्य के दौरान भारता की सत्यता और सामर्थ्य की प्रशंसा की। साथ ही उन्होंने यूपीए, धार्मिक तीर्थ तथा और की जगजाह्न पर तथा के माध्यम से देशभर में गहरी सहानुभूति का सागर लहराते अथवाचार पर प्रकाश डाला। इसके अतिरिक्त, देवनागर में महिलाओं द्वारा सामाजिक द्वेष में निमज्जित हुए लड़की भूमिका तथा पर्यावरण संरक्षण हेतु पर्यावरण प्रेमियों के सरागर्भावी प्रयास की प्रशंसा की।

Office of Kiren Rijju  
@RijjuOffice

श्रीनरेन्द्र मोदी आज अपने एक नए रूप के साथ देश के सामने खड़ा है। यहां के युवाओं में जो ऊर्जा है, जो आत्मविश्वास है, जो फुटबॉल के मैदान में सबसे ज्यादा दिखता है; भारतीय प्रधानमंत्री श्री @narendramodi जो

#MamKiBaat  
Transcribed text

Another knowledge enriching #maankibsaat from Shri @narendramodi throwing light on the football talents from Bodoland, to Erlk from Meghalaya, to "Mission for Million trees" in Ahmedabad being a dedication to the women who lost their Sindoar in the terrorist attack, to Kearing about Badoda, a small gram panchayat which is teaching us sustainable living! An inspiring session with karyakarthis of @BJP4TamilNadu Tiruchendur mandal and public gathering to listen to our PM speaking. @bsanathosh @NainaRaj

**Dr. Mukesh Mahaling**  
@MahalingMukesh

ଦର୍ବିଶ ଦର୍ଶି ଯୋଗଦିବସରେ ଘୋଡ଼ି ଘୋଡ଼ି ଲୋକ ଭାଗ ନେଇଥିଲେ । ୧୦ ଦର୍ଶି ପୂର୍ବରୁ ଏହି ଯୋଗଦିବସର ଆରମ୍ଭ ହୋଇଥିଲା, ଦର୍ବିଶର ଗଣ୍ଡା ଭବ୍ୟ ଆବାସରେ ପାଳନ କରାଯାଇଛି ।

Dr. S. Jaishankar  
@DrSJaisankar

In today's #MannKiBaat, PM @naarendran Modi spoke about the global celebration of International Day of Yoga 2025, and how this day has spread the message of peace, stability and balance across the world, over the last 10 years.

He also highlighted our timeless Buddhist connect with Vietnam and the region, reaffirmed in the millions of devotees paying respects to Buddhist Holy Relics travelling from India to Vietnam.

Do tune in, [here](#)

**Institute of Chartered Accountants of India - ICAI**  
@theicai

ICAI thanks Hon'ble PM Shri [@narendramodi](#) ji for his inspiring words on #CADAy2025 during today's [#MannKilast](#) address. We remain steadfast in our commitment to partner with the Govt, in the journey of nation building guided by our motto of Independence, Integrity & Excellence.



Gajendra Singh Shekhawat  
@gajendrasingh  
लंबे समय के बाद कैलाश मानसरोवर यात्रा का फिर से सुभारंभ हुआ है। हिन्दू, बौद्ध, जैन, हर परंपरा में कैलाश को श्रद्धा और भक्ति का केंद्र माना गया है।  
3 जुलाई से पवित्र जम्बलन्था यात्रा शुरू होने जा रही है और सावन का पवित्र महीना भी कुछ ही दिन दूर है।

अभी कुछ दिन पहले हमने भगवान जगन्नाथ जी की रथयात्रा भी देखी है - पीएम @narendramodi

#MamrKGBaat  
Translate post

मन की बात  
घार्मिक यात्राएं  
'एक भारत'  
श्रेष्ठ भारत का प्रतिबिम्ब



From Virasat to Vikas, from the Ancient to the Future, from the aspirations of the youth, silk which is produced where the silkworms don't die to the horrors of the Emergency, and his interaction with Astronaut Shubhanshu Shukla who's on a historic journey to the ISS, PM [@narendramodiji](#) spoke in detail to the citizens about a wide variety of subjects in the 123rd edition of [@PMaskBaat](#) today.

PM Modi [@narendramodiji](#) paid tribute to leaders and citizens detained under the draconian MISA which was placed under the 9th Schedule of the Constitution during Emergency, even as unforeseen atrocities were perpetrated and civil liberties ceased to exist.

#PMOIndia @themodistory @modiarchive @NamoApp @mannkibaat  
#narendramodi\_in @PIB\_India @sro #ShubhanuShukla  
@Space\_Station @ISSMission @ISS #SamvidhaanHatyaDiwas  
#SamvidhanHatyaDiwas #Emergency1975

**Pushkar Singh Dhami** @pushkardhami

अज्ञ देहदरमं न आदरणीय प्रथममं श्री @narendramodi जी के मासिक रेडियो कार्यक्रम 'मन की बात' का 123वां संस्करण शुभा। कार्यक्रम में आदरणीय प्रथममं जी ने अंतर्राष्ट्रीय योग दिवस की सफलता, देश-विदेश में बने कर्मस्थानों और अपातकाश के दौरान लोकतंत्र की हत्या जैसे काले अध्याय पर अपने विचार साझा किए।

अदरणीय प्रधानमंत्री जी ने यह भी बताया कि विश्व स्वास्थ्य संगठन ने भारत को टोकियो मुक्त देश घोषित किया है और अंतर्राष्ट्रीय श्रम संगठन (ILO) की रिपोर्ट के अनुसार भारत की 64% आबादी को सरकार की सामाजिक सुरक्षा योजनाओं का लाभ मिल रहा है। यह वास्तव में भारत में भौदी सरकार द्वारा सामाजिक न्याय और समावेशी विकास की दिशा में उठाया गया ठोस कदमों की प्रमाण है।

उन्होंने विश्व पर्यावरण दिवस और प्रकृति संरक्षण के महत्व को रेखांकित करते हुए महिला स्वयं सहायता समूहों द्वारा वैचारिक हस्तनिर्मित उत्पादों की संरचना की। यह हमारे लिए गर्व के विषय है कि आदरणीय प्रणामभरी जी द्वारा नीति क्रिया तथा उपरान्त छह के स्तनीय उत्पादों का ब्रांड "हाउस ऑफ हिमालयायज" अब वैश्विक पहचान प्राप्त कर रहा है, जिससे राज्य की मातृवाक्यि को आजीविका के नए अवसर मिल रहे हैं।

#BarrnKISaat  
Toronto post

**Jagat Prakash Nadda** @JPNadda

A proud milestone for India!  
The World Health Organization (WHO) has declared India Trachoma-Free, marking the elimination of a disease that once caused widespread blindness.

This achievement reflects the impact of improved hygiene, sanitation, accessible eye care services, and the tireless efforts of our health workers.

Hon'ble Prime Minister Shri @narendramodi ji also celebrated this milestone in today's #MannKiBaat, highlighting it as a testament to India's public health strength and collective action.

India marches ahead towards a healthier, disease-free future!

#TrachomaFreeIndia #HealthForAll #MannKIBaat

A photograph of the World Health Organization (WHO) logo on a white sign. The logo features a blue globe with a caduceus (a staff with two snakes and wings) in the center, surrounded by a laurel wreath. Below the logo, the text "World Health Organization" is written in blue. In the background, a large, modern, multi-story building with a glass facade is visible under a clear blue sky.

Kunwar Basit Ali

मलखनज के अंश विस्तार प्राप्त करने के लिए पत्र पर आज बड़ी संख्या में उपस्थित उत्तर प्रदेश भाजपा अल्पसंख्यक मोर्चा के वरिष्ठ पदाधिकारियों व कार्यकर्ताओं के साथ देश के प्रमुख प्रधानमंत्री अटल बिहारी वाजपेयी जी के "मम की बात" कार्यक्रम को सुना, प्रधानमंत्री जी की बातों से करदें मम सबों में एक नयी ऊर्जा का संचार होता है और अपने कार्यों को बेहतर ढंग से सकेगी की प्रेरणा मिलती है।

#MaanKiBaat #lucknow #BJP4ViksitBharat

@narendramodi @AmitShah @JPNadda @rajnathsingh  
@myogiadityanath @idharampalsingh @Shupendraupbip @xpmaurya1  
@brajeshpathakup  
Translate 2021

**Bhupendra Patel** 

आदरणीय प्रधानमंत्री श्री @narendramodji जी ने आज #MannKiBaat कार्यक्रम में अहमदाबाद म्युनिसिपल कॉर्पोरेशन के वृक्षारोपण के अभियान की सराहना की, जिससे पर्यावरण संरक्षण के हमारे प्रयासों को अधिक बल और प्रोत्साहन मिला है।

अहमदाबाद में #EkPedMaaKeNaam अभियान अंतर्गत धनिसि पृथ्वारोपण के साथ #OperationSindoor में हमारे जवानों के शौर्य की स्मृति में 'सिंदूर वन' का निर्माण किया जा रहा है। परिवारण की सुरक्षा और देशप्रेम को एक साथ जोड़ने के यह प्रयास के लिए @AmdavadAMC को अभिनंदन।

UNDER THIS CAMPAIGN, MILLIONS OF TREES HAVE BEEN PLANTED ACROSS THE COUNTRY. 04:37 / 4:43



# आपातकाल लगाने वाले न्यायपालिका को भी बनाना चाहते थे गुलाम : मोदी

मन की बात - पीएम ने कहा, अत्याचार जैसे सद्व्यवहार लोकतंत्र में मान्यता बनाने वाली को हमेशा याद रखें

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# मन की बात से जनता में होता है ऊर्जा और जागरूकता का संचार: कृष्णपाल गुर्जर

हरिद्वीप, हरिद्वार, पंजाब

केंद्रीय राज्य मंत्री कृष्णपाल गुर्जर ने कहा कि प्रत्येक देश में मोदी जैसे नेता के बिना ही देश में विकास नहीं हो सकता है। मोदी जी ने देश को वास्तव में बदल दिया है। मोदी जी ने देश को वास्तव में बदल दिया है। मोदी जी ने देश को वास्तव में बदल दिया है।

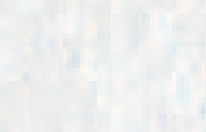
# Those who fought Emergency should always be remembered: PM Modi

Extends best wishes to devotees going on Yatras



Yoga at Chenab Rail Bridge highlighted by PM in Mann Ki Baat

PM Modi spoke about the importance of remembering those who fought the Emergency. He said, "Those who fought the Emergency should always be remembered. They were the backbone of the nation during those difficult times."



Yoga at Chenab Rail Bridge highlighted by PM in Mann Ki Baat

PM Modi spoke about the importance of remembering those who fought the Emergency. He said, "Those who fought the Emergency should always be remembered. They were the backbone of the nation during those difficult times."

# PM Modi hails India's health, social security milestones in 'Mann Ki Baat'

WHO declares India Trachoma-Free, ILO lauds major social protection coverage



Yoga at Chenab Rail Bridge highlighted by PM in Mann Ki Baat

PM Modi spoke about the health and social security milestones achieved by India. He mentioned that India has been declared Trachoma-Free by the WHO and has received praise from the ILO for its social protection coverage.

# 'Emergency imposed to murder Constitution, enslave judiciary'

Ashtadevi



Ashtadevi

Ashtadevi wrote an article titled "Emergency imposed to murder Constitution, enslave judiciary". She discussed the impact of the Emergency on the Indian Constitution and the judiciary.

केंद्रीय राज्य मंत्री कृष्णपाल गुर्जर ने कहा कि प्रत्येक देश में मोदी जैसे नेता के बिना ही देश में विकास नहीं हो सकता है। मोदी जी ने देश को वास्तव में बदल दिया है। मोदी जी ने देश को वास्तव में बदल दिया है। मोदी जी ने देश को वास्तव में बदल दिया है।

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# 95 करोड़ लोगों को सामाजिक सुरक्षा योजनाओं का लाभ: PM

■ NBT सिरोटी, मुंबई दिल्ली

प्रधानमंत्री मोदी ने देशभर में चल रहे सामाजिक सुरक्षा योजनाओं के बारे में बताया। उन्होंने कहा कि इन योजनाओं का लाभ 95 करोड़ लोगों को मिलेगा।

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# आणीबाणी लादना पराभूत

पंतप्रधान मोदी : न्यायपालिकाही गुलाम बनवाये होत

पंतप्रधान मोदी ने कहा कि न्यायपालिका को गुलाम बनाने का प्रयास किया गया है। उन्होंने कहा कि यह प्रयास विफल रहा।

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# 'मन की बात' में पीएम मोदी का आपातकाल पर प्रहार

लोकतंत्र रक्षक वीरों को दी श्रद्धांजलि

पीएम मोदी ने 'मन की बात' में आपातकाल के खिलाफ प्रहार किया। उन्होंने कहा कि लोकतंत्र रक्षकों की श्रद्धांजलि दी जाएगी।

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[illegible][illegible][illegible][illegible]

## BEAKING BARRIERS

Small-business women-led entrepreneurial initiatives in his men's broadcast

**THESE DAYS** when the word "entrepreneur" conjures up images of a man in a suit, a briefcase and a briefcase full of money, it's hard to imagine a woman in a business suit, a briefcase and a briefcase full of money. But that's exactly what's happening in the world of small business. Women are taking over the reins of many of the nation's most successful companies, and they're doing it in a way that's changing the face of entrepreneurship.

Take the case of the "mom and pop" store. For decades, these small businesses have been the backbone of the American economy. But in recent years, they've been taken over by women. In fact, according to a recent study by the U.S. Small Business Administration, women now own more than 30 percent of all small businesses in the United States. And that number is growing.

Why is this happening? There are several reasons. First, women are becoming more educated and more financially independent. Second, they're becoming more confident in their own abilities. And third, they're becoming more willing to take risks. All of these factors are helping to drive the growth of women-owned businesses.

But it's not just the "mom and pop" store that's changing. Women are also taking over the reins of some of the nation's most successful corporations. In fact, according to a recent study by the U.S. Small Business Administration, women now own more than 30 percent of all small businesses in the United States. And that number is growing.

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Why is this happening? There are several reasons. First, women are becoming more educated and more financially independent. Second, they're becoming more confident in their own abilities. And third, they're becoming more willing to take risks. All of these factors are helping to drive the growth of women-owned businesses.

[illegible]

ନୂଆଦିଲ୍ଲୀ, ୧୨.୦୮: ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ ଭବିଷ୍ୟତ ତାଙ୍କ ରେଡିଓ ଭାଷିତ୍ରୀମାନଙ୍କ ନିଜ ବାବୁଙ୍କ ଦେଖିବାପାଇଁ ଭବିଷ୍ୟତରେ ଯେଉଁଠି ପ୍ରଧାନମନ୍ତ୍ରୀ ତାଙ୍କର ଏହି ମନୁ କି ବାବୁଙ୍କ ଦେଖିବା ଚାହିଁ ହୋଇଥିବାର ଜଣାଇବାପାଇଁ ପରିସ୍ଥିତି ଦିଶିବାରେ ଆସିପାରେ ବୋଲିଛନ୍ତି। ୫୦୦୦ଟି ପୃଷ୍ଠା ବିଶିଷ୍ଟ ପରିସ୍ଥିତି ଚାହିଁ ହୋଇଥିବା ଗ୍ରନ୍ଥ ଶାରୀରର ଗୋଟାଣିକି ଗୋଟାଣିକି ଭବିଷ୍ୟତରେ ପଢ଼ିବାକୁ ଦିଆଯିବ। ଯେଉଁଠିକି ଗୋଟାଣି ପରିସ୍ଥିତି ଚାହିଁ ହୋଇଥିବାର ଦେଖିବାକୁ ସମ୍ଭବ ନୁହେଁ। ଗୋଟିଏ ଦିନ ମଧ୍ୟାହ୍ନାସନା ବ୍ୟତୀତ ସମସ୍ତ ସମୟରେ ଗୋଟିଏ ଗୋଟିଏ ପୃଷ୍ଠା ପଢ଼ିବେ। ତେଣୁକି ଗୋଟିଏ ପରିସ୍ଥିତି ଚାହିଁ ହୋଇଥିବା ଦିନ ୧୨୦୨୫ ଟୁନ ୨୫ ଶହ ଶହ ଗୋଟିଏ ମନୁ ଗ୍ରନ୍ଥର ପାଠ୍ୟ ପଢ଼ିବାକୁ ଗୋଟିଏ ଦିନର ବ୍ୟବସ୍ଥା କରାଯିବ। ଯେଉଁଠିକି ଗୋଟିଏ ପରିସ୍ଥିତି ଚାହିଁ ହୋଇଥିବା ଗୋଟିଏ ପୃଷ୍ଠା ଗୋଟିଏ ଦିନର ବ୍ୟବସ୍ଥା କରାଯିବ। ଏହାପାଇଁ ଆମେ ଆମର ସମ୍ପାଦନା

[illegible]

**بھارت میں 95 کروڑ لوگ سماجی تحفظ کی اسکیموں سے مستفید ہو رہے ہیں /مودی**

نئی دہلی (نیوز ڈیسک) وزیر اعظم نریندر مودی نے منی کٹ باٹ کے 123 ویں ایپی سوا میں انگریجیشن لیئر آرگنائزیشن (آئی ایل او) کی رپورٹ کو سراہا کہ ہندوستان کی 64 فیصد آبادی کو سماجی تحفظ فراہم کر رہا ہے۔ تقریباً 94 کروڑ شہری اب کم از کم ایک سماجی تحفظ کے فوائد کے تحت شامل ہیں۔ لیکن انہی مودی نے رچنے والی رپورٹ کو ہندوستان میں 64 فیصد آبادی سماجی تحفظ کی اسکیموں سے مستفید ہو رہی ہے۔ وزیر اعظم نے بتایا کہ 2025 تک یہ

[illegible]





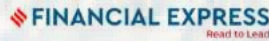
Mann Ki Baat: PM Modi Hails 'Women-Led Development'



India-Vietnam Cultural Ties Strengthen Through Buddha's Sacred Relics



پی ایم مودی نے من کی بات میں کہا کہ یوگا کی شان بڑھ رہی ہے، ایمرجنسی  
MANN KI BAAT - سے لڑنے والوں کو ہمیشہ یاد رکھنا چاہیے



'Darkest chapter in Indian democracy':  
PM Modi recalls Emergency in Mann Ki  
Baat; says citizens' rights were crushed



Mann Ki Baat: 'आपातकाल थोपने वाले हार  
गए...', मन की बात कार्यक्रम में इमरजेन्सी का जिक्र  
कर बोले PM Modi



95 crore Indians now covered under social security:  
PM Modi cites ILO report in Mann Ki Baat



Bhadrachalam women lauded by PM  
Modi in 'Mann ki Baat'



Mann Ki Baat: PM Modi Hails India's  
Trachoma-Free Status, GI Tag For Eri Silk;  
Extends Wishes to Amarnath Yatra Pilgrims



PM Modi Calls Meghalaya's Eri Silk A Symbol Of Sustainable Heritage



'आपातकाल के दौरान भारत में लोकतंत्र की हत्या हुई थी', 'मन की बात' के  
123वें एपिसोड में पीएम मोदी ने इमरजेन्सी 1975 का किया जिक्र



'Mann Ki Baat': WHO declares India free of  
Trachoma, says PM Modi



'Mann ki Baat': Be vigilant to protect Constitution,  
says PM Modi



PM Modi lauds MP woman's success story in  
'Mann Ki Baat' Yadav expresses gratitude



Mann Ki Baat: PM Modi lauds massive global participation in Yoga Day



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