

126th Edition

September 2025

MANIKBAAT

Swadeshi Sankalp

A Celebration of Self Reliance



Prime Minister Narendra Modi's
Address to the Nation



Prime Minister's Address



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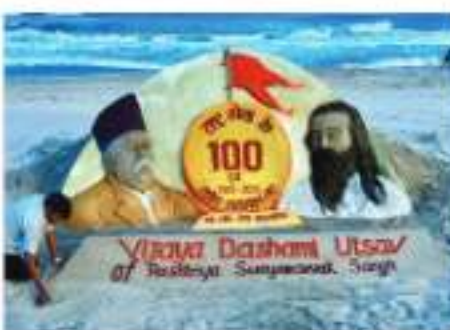
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MEDIA SCAN

My dear Countrymen

Connecting with all of you on 'Mann ki Baat', learning from you, and learning about the achievements of the people of our country, truly is a delightful experience for me. While sharing our thoughts with each other; sharing our 'Mann ki Baat', we didn't even realize that this program has completed 125 episodes. Today it's the 126th episode of this program, and this day holds some special significance. Today is the birth anniversary of two illustrious personalities of India. I am referring to Shaheed Bhagat Singh and Lata Didi.

Friends, The immortal martyr Bhagat Singh is an



inspiration for every Indian, especially the youth of the country. Fearlessness was deeply ingrained in his nature. Before getting hanged for the sake of the country, Bhagat Singh ji had written a letter to the British.

He had said, "I want you to treat me and my comrades as prisoners of war. Therefore, our lives should not be taken away by hanging, but directly with a bullet." This is a testament to his indomitable courage. **Bhagat Singh**





Bhagat Singh

India's Immortal Martyr

- Born on 28 September, 1907 at the village of Banga, Lyallpur district (now in Pakistan).
- Remembered by the endearing title of Shahid-e-Azam, the greatest of martyrs.
- Was 23 years old when he was hanged on 23rd March, 1931.

ji was also very sensitive to the sufferings of the people and was always at the forefront in helping them. I respectfully pay my tribute to Shaheed Bhagat Singh ji.

Friends, today is also the birth anniversary of Lata Mangeshkar. Anyone interested in Indian culture and music cannot help but be moved by her songs. Her songs comprise everything that stirs human emotions. The patriotic songs she sang inspired people greatly. She also had a deep connection with Indian culture. I offer my heartfelt tribute to Lata Didi. Friends, among the great personalities who inspired Lata Didi, one was Veer Savarkar, whom she called Tatyaa. She also lent her voice to many of Veer Savarkar ji's songs.

My bond of affection with Lata Didi has always remained intact. She used to send me a

Rakhi every year without fail. I remember Sudhir Phadke, the legendary figure of Marathi light music, first introducing me to Lata Didi, and I having told her that I loved the song "Jyoti Kalash Chhalke," sung by her and composed by Sudhir Ji.

Friends, do enjoy it with me.



My dear countrymen, During this time of Navratri, we worship Shakti. We celebrate the festival of woman power. From business to sports, from education to science, take any field—the daughters of our country are making a mark everywhere. Today, they are overcoming challenges that are difficult to even imagine. If I were to ask you this question: could you stay at sea for eight months straight? Could you

travel 50,000 kilometers in a boat with a rudder, that is, a boat that moves with the speed of the wind, and that too when the weather at sea can turn foul at any time?

You would think a thousand times before doing that, but **two brave officers of the Indian Navy have accomplished this during the Navika Sagar Parikrama. They have demonstrated what courage and a steely resolve are.** Today, I would like to introduce these two brave heart officers to the listeners of 'Mann ki Baat'. **One is Lieutenant Commander Dilna and the other is Lieutenant Commander Roopa.** Both these officers are connected with us on the phone line.

Prime Minister : Hello.

Lieutenant Commander Dilna : Hello Sir.

Prime Minister : Namaskar Ji.

Lieutenant Commander Dilna : Namaskar Sir.



Prime Minister : So, with me are both Lieutenant Commander Dilna and Lieutenant Commander Roopa. Are both of you there?

Lieutenant Commander Dilna and Roopa : Yes, Sir, both of us.

Prime Minister : Well, Namaskaram and Vanakkam to both of you.

Lieutenant Commander Dilna : Vanakkam Sir.

The Echo of Human Emotions

Lata Mangeshkar

- Popularly known as the Melody Queen.
- Born on September 28, 1929.
- Recorded her first playback song for a Marathi film, 'Kiti Hasaal', at the age of 13.
- Originally named Hema, she was the eldest of five siblings.

Lieutenant Commander Roopa : Namaskaram Sir.

Prime Minister : Well, first of all, the countrymen want to hear about the two of you. Please tell us.

Lieutenant Commander Dilna : Sir, I am Lieutenant Commander Dilna. And I am from the logistics cadre in the Indian Navy. Sir, I was commissioned in the Navy in 2014, Sir, and I am from Kozhikode in Kerala. Sir, my father was in the army and my mother is a housewife. My husband is also an officer in the Indian Navy, Sir, and my sister works in the NCC.

Lieutenant Commander Roopa : Jai Hind Sir, I am Lieutenant Commander Roopa and I joined the Navy in 2017 as

a Naval Armament Inspection cadre. My father is from Tamil Nadu and my mother is from Pondicherry. My father was in the Air Force Sir, actually I got inspiration from him to join the Defence and my mother was a home maker.

Prime Minister : Well Dilna and Rupa I would like to know from you that the country wants to hear about your experience in Sagar Parikrama and I am sure that this is not an easy task... you must have faced many difficulties; you must have had to overcome many problems.

Lieutenant Commander Dilna : Yes Sir. I want to tell you that Sir, once in a life time we get such an opportunity which changes our life Sir and **this**

circumnavigation was such an opportunity for us which was given to us by the Indian Navy and the Indian Government and in this expedition we sailed approximately 47500 (forty seven thousand five hundred) kilometers Sir. We left from Goa on 2nd October 2024 and returned on 29th May 2025 and it took us 238 (two hundred thirty eight) days to complete this expedition Sir and for 238 (two hundred thirty eight) days we were just the two of us on this boat Sir.

Prime Minister : Hmm hmm

Lieutenant Commander Dilna : And Sir, we prepared for the expedition for three years. From navigation to how to operate communication emergency devices, how to do diving, and how to manage any kind of emergency on the boat, such as a medical emergency. The Indian Navy trained us on all of this, Sir. And I want to say the most memorable moment of this trip, Sir, is that we hoisted the Indian flag at Point Nemo, Sir. Point Nemo is the most remote location in the world, Sir. The closest person to it is at the International Space Station. We became the first Indian, the first Asian, and the first person in the world to reach there in a sailboat, Sir, and this is a matter of pride for us, Sir.

Prime Minister : Great, many congratulations to you.

Lieutenant Commander Dilna : Thank you, Sir.

Prime Minister : Does your colleague also want to say something?

Lt. Commander Rupa : Sir, I want to say that the number of people who have circumnavigated the world by sailboat is much less than the number of people who reach Mount Everest. And in fact, the number of people who circumnavigate on a sailboat alone is much less than the number of people who have gone to space.

Prime Minister : Well, such a complex journey requires a lot of teamwork, and there you were the only two officers in the team. How did you manage it?

Lt. Commander Rupa : Yes Sir, for such a journey, both of us had to work hard together, and as Lt. Commander Dilna said, to achieve this, **only the two of us were on the boat, and we were boat repairers, engine mechanics, sail-makers, medical assistants, cooks, cleaners, divers, navigators, and everything had to be done together.** And the Indian Navy made a huge contribution to our achievement. And they gave us all kinds of training. Actually, Sir,





we have been sailing together for four years, so we know each other's strengths and weaknesses very well. That's why we tell everyone that there was one piece of equipment on our boat that never failed, and that was the teamwork of both of us.

Prime Minister : Well, when the weather was bad... since this is a world of oceans where the weather is unpredictable; how did you handle that situation?

Lt. Commander Rupa : Sir, there were many adverse challenges throughout our journey, Sir. We had to face many challenges in this expedition. Especially, Sir, the weather is always bad in the Southern Ocean. We had to face three storms as well, and Sir, our boat is only 17 meters long and its width is only 5 meters. So sometimes there were waves that were higher than a three-

story building, Sir. And we faced both extreme heat and extreme cold during our journey. In Antarctica, Sir, when we were sailing, the temperature was 1 degree Celsius and we had to face winds at 90 km/hr. And to protect ourselves from the cold, we used to wear 6 to 7 layers of clothes at a time and we crossed the entire Southern Ocean wearing such 7 layers of clothing, Sir.

And sometimes we used to warm our hands with a gas stove, Sir, and sometimes there are situations when there is no wind at all and we keep drifting with the sails completely down. And in such situations, actually Sir, our patience is tested.

Prime Minister : People will be amazed to hear that the daughters of our country are displaying such fortitude. **Well, during this circumnavigation,**

you also stopped by in different countries. What was the experience there? When people would see two daughters of India, they must've been inquisitive about so many things!

Lt. Commander Dilna - Yes sir, we had a great experience, sir. We stayed at four places in eight months, Sir; Australia, New Zealand, Port Stanley and South Africa, Sir.

Prime Minister : What was the average stay at each place?

Lt. Commander Dilna : Sir, we stayed for 14 days, sir, at one place.

Prime Minister : 14 days at one place?

Lt. Commander Dilna : Correct, sir. And sir, we saw Indians in every corner of the world, very active and with great confidence, bringing glory to India. And we felt that whatever success we had, Sir, they considered it as their own success as well. We had myriad experiences everywhere, like in Australia, when the Speaker of the Western Australian Parliament invited us, he motivated us a lot, and things like this always happen, Sir, and we were very proud. And when we went to New Zealand, the Maori people welcomed us and showed great respect for

our Indian culture, Sir. And one important thing, Sir, is that Port Stanley is a remote island, Sir. It's near South America. The total population there is only 3,500, Sir, but there we saw a mini India, and there were 45 Indians there. They treated us as their own and made us feel at home, Sir.

Prime Minister : Well, what message would you both like to give to those daughters of the country who, like you, want to do something different?

Lieutenant Commander Rupa : Sir, I am Lieutenant Commander Rupa speaking right now. Through you, I want to tell everyone that if anyone works hard with all of one's heart, nothing is impossible in this world. Where you are from or where you were born doesn't matter at all. Sir, it is our wish that the youth and women of India dream big and that in the future, all girls and women bring glory to the country by joining defense, sports, and adventure.

Prime Minister : Dilna and Rupa, listening to you, I am thrilled to hear about the tremendous courage you have shown. My heartfelt thanks to both of you. Your hard work, your success, and your achievements will undoubtedly inspire the youth and girls of the country.

May you continue to wave the tricolor like this. I wish you all the best for your future endeavors. My best wishes.

Lieutenant Commander Dilna : Thank you Sir.

Prime Minister : Vanakkam. Namaskaram.

Lieutenant Commander Rupa : Namaskar Sir.

Friends, Our festivals and celebrations keep India's culture alive. Chhath Puja is a sacred festival that comes after Diwali. This grand festival dedicated to the Sun God is very special. In this, we offer Arghya to the setting sun also and worship it. Chhath is not only celebrated in different parts of the country, but its splendor is seen all over the world. Now, it is turning into a global festival.

Friends, I am very happy to inform you that the Government of India is also engaged in a major endeavour connected with

Chhath Puja. The Government of India is striving to include the Chhath Mahaparva in UNESCO's Intangible Cultural Heritage List. When Chhath Puja is included in the UNESCO list, people in every corner of the world will be able to experience its grandeur and divinity.

Friends, some time ago, on account of similar efforts by the Government of India, Kolkata's Durga Puja also became a part of this UNESCO list. If we accord our cultural events such global recognition, the world will also know about them, understand them, and come forward to participate in them.

Friends, The 2nd of October is Gandhi Jayanti. Gandhi ji always emphasized on the adoption of Swadeshi, and Khadi was the most prominent among them. Unfortunately, after independence, the



charm of Khadi was fading away, but during the last 11 years, the country's attraction towards Khadi has increased significantly. Khadi sales have seen a surge in recent years. I urge all of you to buy one Khadi product or the other on the 2nd of October. Say it with pride these are Swadeshi. Share it on social media with #VocalforLocal.

Friends, Just like Khadi, our handloom and handicraft sector is also witnessing significant changes. Today,

many examples are emerging in our country that show that when tradition and innovation are fused together, amazing results can be achieved. One example is Yaazh Naturals in Tamil Nadu. There, Ashok Jagdishan ji and Prem Selvaraj ji left their corporate jobs and took up a new initiative. They made yoga mats from grass and banana fiber, dyed clothes with herbal dyes, and provided employment to 200 families by training them.



Tradition meets innovation for a self-reliant India

Ashish Satyavrat Sahu of Jharkhand has brought tribal weaving and garments to the global stage through the Johargram brand. Thanks to his efforts, people in other countries have also become aware of Jharkhand's cultural heritage.



Sweetie Kumari, from Madhubani district in Bihar, has also started Sankalp Creations. She has transformed Mithila painting into a means of livelihood for women. Today, over 500 rural women have joined her and are on the path to self-reliance. All these success stories teach us that our traditions hold



innumerable sources of income. If our resolve is strong, success cannot elude us.

My dear countrymen, In the next few days, we will be celebrating Vijayadashami. This Vijayadashami is special for another reason. This day marks 100 years of the foundation of the Rashtriya Swayamsevak Sangh. This journey of a century is as amazing and unprecedented, as it is inspiring. When the Rashtriya Swayamsevak Sangh was founded 100 years ago, the country had been bound by the chains of slavery for centuries.

This centuries-long slavery had deeply hurt our self-respect and self-confidence. The world's oldest civilization was being made to face an identity crisis. Our countrymen were becoming victims of inferiority complex. Therefore, along with the



country's independence, it was also important that the country be freed from intellectual slavery. In this context, the most revered **Dr. Hedgewar** began to ponder over this issue; and for this herculean task, he **founded the Rashtriya Swayamsevak Sangh on the auspicious occasion of Vijayadashami in 1925.** After Dr. Saheb's passing, Param Poojya Gurujī carried forward this great yagya of service to the nation. Param Poojya Gurujī

used to say, "Rashtraya Swaha, Idam Rashtraya Idam Na Mam," meaning, "This is not mine, this belongs to the nation." It inspires us to rise above self-interest and embrace dedication to the nation. This statement by Gurujī Golwalkar has shown millions of volunteers the path of sacrifice and service. This spirit of sacrifice, service, and the discipline it teaches is the true strength of the Sangh. **Today, the RSS has been relentlessly and tirelessly**



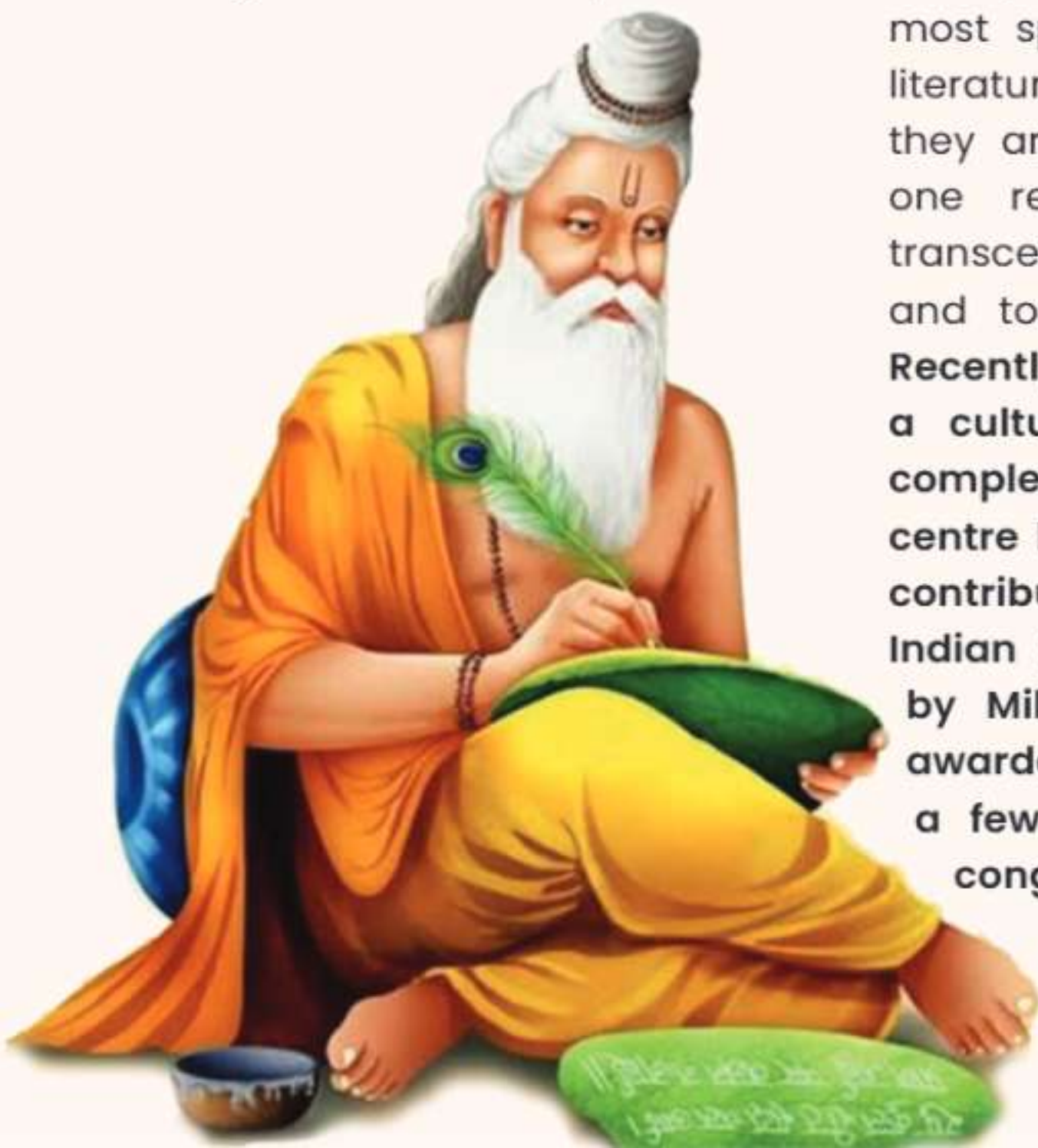
Igniting the spirit of service Dr Keshav Baliram Hedgewar

- **Founder of Rashtriya Swayamsevak Sangh, popularly known as RSS.**
- **Born on Varsha Pratipada, Indian New Year day on April 1, 1889.**
- **Sacrifice was at the core of Hedgewar's philosophy.**
- **Led the organization as its first Sarsanghachalak (Chief) for fifteen years, till he passed away in 1940.**

engaged in national service for over a hundred years.

That is why, we see, whenever a natural disaster strikes anywhere in the country, RSS volunteers are the first to reach there. This spirit of "nation first" always remains paramount in every action and every endeavor of millions of volunteers. I extend my best wishes to every volunteer who is dedicating oneself to this great yagya of service to the nation.

My dear countrymen, Next month, the 7th of October is Maharishi Valmiki Jayanti. We all know how great a foundation Maharishi Valmiki is to Indian culture. It was indeed Maharishi Valmiki who introduced us extensively to Avatar Kathas of Bhagwan Ram. He presented



humanity with the marvellous epic of the Ramayan.

Friends, This influence of the Ramayan is on account of the ideals and values of Bhagwan Ram enshrined in it. Bhagwan Ram embraced everyone with a spirit of service, harmony and compassion. That is why we feel that the Ram of Maharishi Valmiki's Ramayan is complete only with Mata Shabari and Nishadraj.

That is why, friends, when the Ram temple was erected in Ayodhya, a temple dedicated to Nishadraj and Maharishi Valmiki was also built alongside it. When you visit Ayodhya to see Ram Lalla, I urge you to visit the Maharishi Valmiki and Nishadraj temples.

My dear countrymen, the most special thing about art, literature, and culture is that they are not confined to any one realm. Their fragrance transcends all boundaries and touches people's hearts. Recently, "Sauntkh Mandapa," a cultural institute in Paris, completed 50 years. This centre has made a significant contribution in popularizing Indian dance. It was founded by Milena Salvini, who was awarded the Padma Shri a few years ago. I heartily congratulate all those



A voice that united hearts across borders Bhupen Hazarika

- Popularly known as the "Bard of Bramhaputra" and "Sudakantha" (the Nightingale).
- The tune and imagery of his very famous song Bistone Parare is based on Robeson's "Ol' Man River."
- The Dhol-Sadiya Bridge (Assam) is officially called Dr. Bhupen Hazarika Setu in his honour.

associated with "Sauntkh Mandapa" and wish them all the best for their future endeavors.

Friends, I am now playing two short audio clips for you. Do pay attention to them:



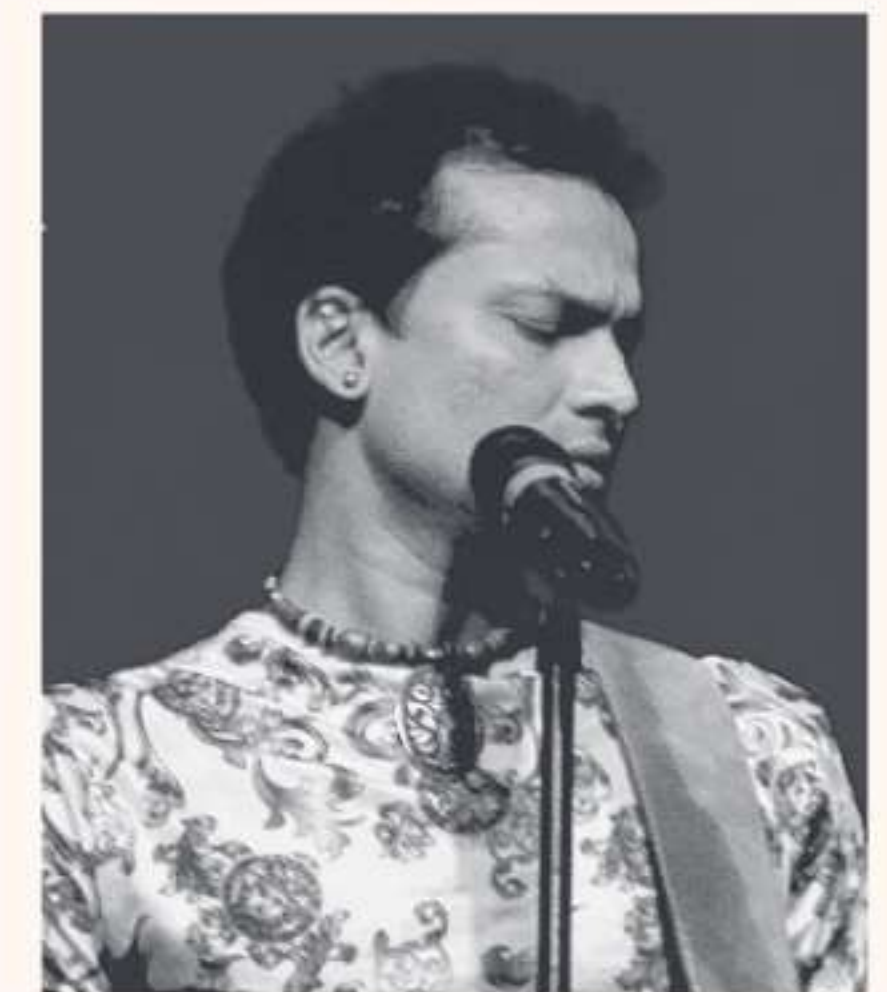
Listen now to the second clip:

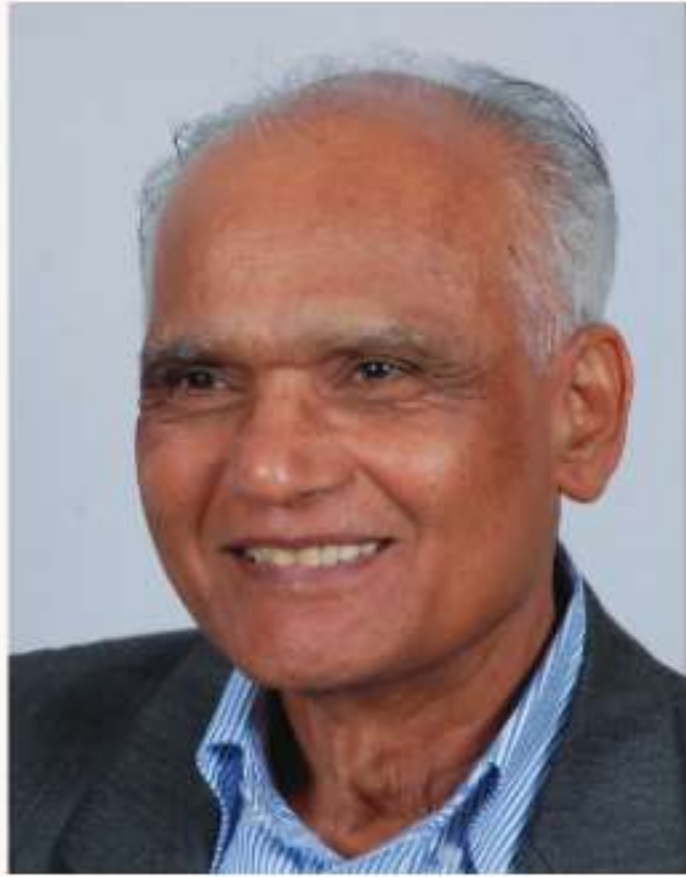


Friends, these sounds bear witness to how Bhupen Hazarika's songs connect different countries around the world. In fact, a very commendable effort has been made in Sri Lanka. In this, Sri Lankan artistes have translated Bhupen Da ji's iconic song "Manuhe-Manuhar Baba" into Sinhala and Tamil. I played

you the audio of these very songs. A few days ago, I had the privilege of participating in his birth centenary celebrations in Assam. It was truly a memorable event.

Friends, amidst Assam celebrating the birth centenary of Bhupen Hazarika, a few days ago, a moment of sadness too descended. People are mourning the untimely demise of Zubeen Garg.





A thinker rooted in India's spirit

Dr. S. L. Bhyrappa

- Wrote over 25 novels, to name some.
–*Vamshavriksha, Daatu, Parva*
- His novels are translated into many Indian and foreign languages.
- He received, the Padma Bhushan, the third-highest civilian award, in 2023.

Zubeen Garg was a renowned singer who made his mark across the country. He had a deep connection with Assamese culture. Zubeen Garg will always remain etched in our memories, and his music will continue to captivate generations to come.

Zubeen Garg, Asil

Ahomor Hamoskritir, Ujjol Ratno...

Janotar Hridayot, Teyo Haday Jiyay, Thakibo.

[Translation: Zubeen was the Kohinoor (the brightest gem) of Assamese culture. Though he is physically gone from our midst, he will remain forever in our hearts]

Friends, A few days ago, our country also lost the great thinker and philosopher, S. L. Bhyrappa. I had personal contact with Bhyrappa, and we had in-depth conversations on various

topics on several occasions. His works will continue to guide the thinking of the younger generation. Translations of many of his Kannada works are also available. He taught us how important it is to be proud of our roots and culture. I pay my heartfelt tribute to S.L. Bhyrappa ji and urge the youth to read his oeuvre.

My dear countrymen, in the coming days, festivals and joys are coming up, one after another. We do a lot of shopping on every occasion. And this time, a 'GST Bachat Utsav' is also going on.

Friends, You can make your festivals even more special by taking a resolve. If we decide to celebrate this festival only with Swadeshi products, you will see the joy of our celebrations rise manifold. Make 'Vocal for Local' your shopping mantra.

Resolve, that for all times, you will buy only what is produced in the country. You will take home only what is made by the people of the country. You will use only those goods which bear the toil of a citizen of the country. When we do that, we don't just buy goods; we bring home hope to a family, honor, the hard work of an artisan, and give wings to the dreams of a young entrepreneur.

Friends, During festivals, we all engage in cleaning our homes. But cleanliness shouldn't be limited to the four walls of our homes. Cleanliness should become our responsibility everywhere – in the streets, neighborhoods, markets, and villages.

Friends, this entire season is a time of festivities in our country, and Diwali becomes a grand festival. I extend you good wishes on the upcoming Diwali, but I also reiterate: we have to become self-reliant, we have to make the country self-reliant; and the path to that lies only through Swadeshi.

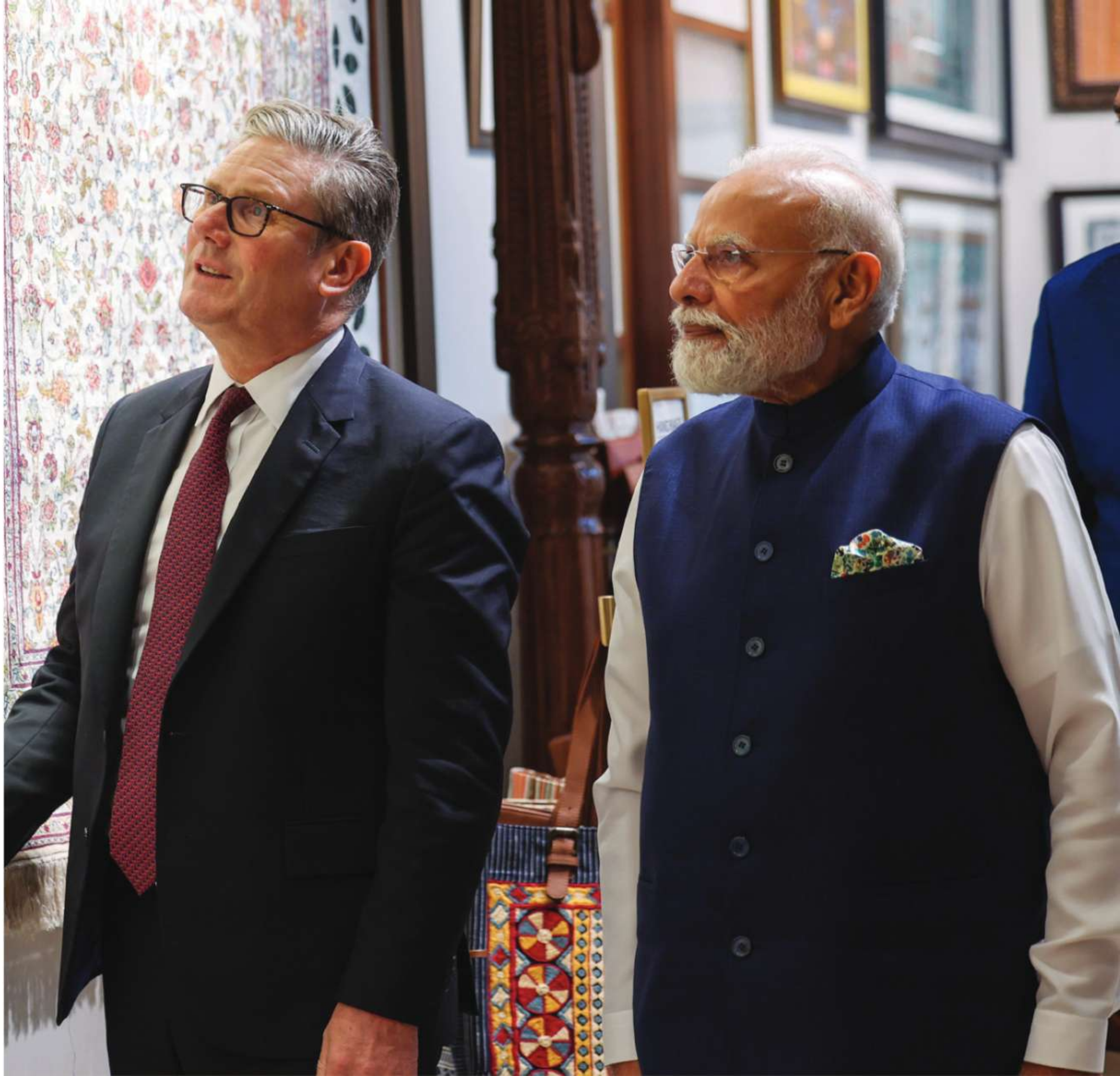
Friends, that's all for this time in 'Mann ki Baat'. I'll meet you again next month with new stories and inspiration. Until then, best wishes to all of you. Thank you very much.

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



MANNNKI BAAT

Special Mentions by Prime Minister



Bhagat Singh

A Youth Icon for All Times

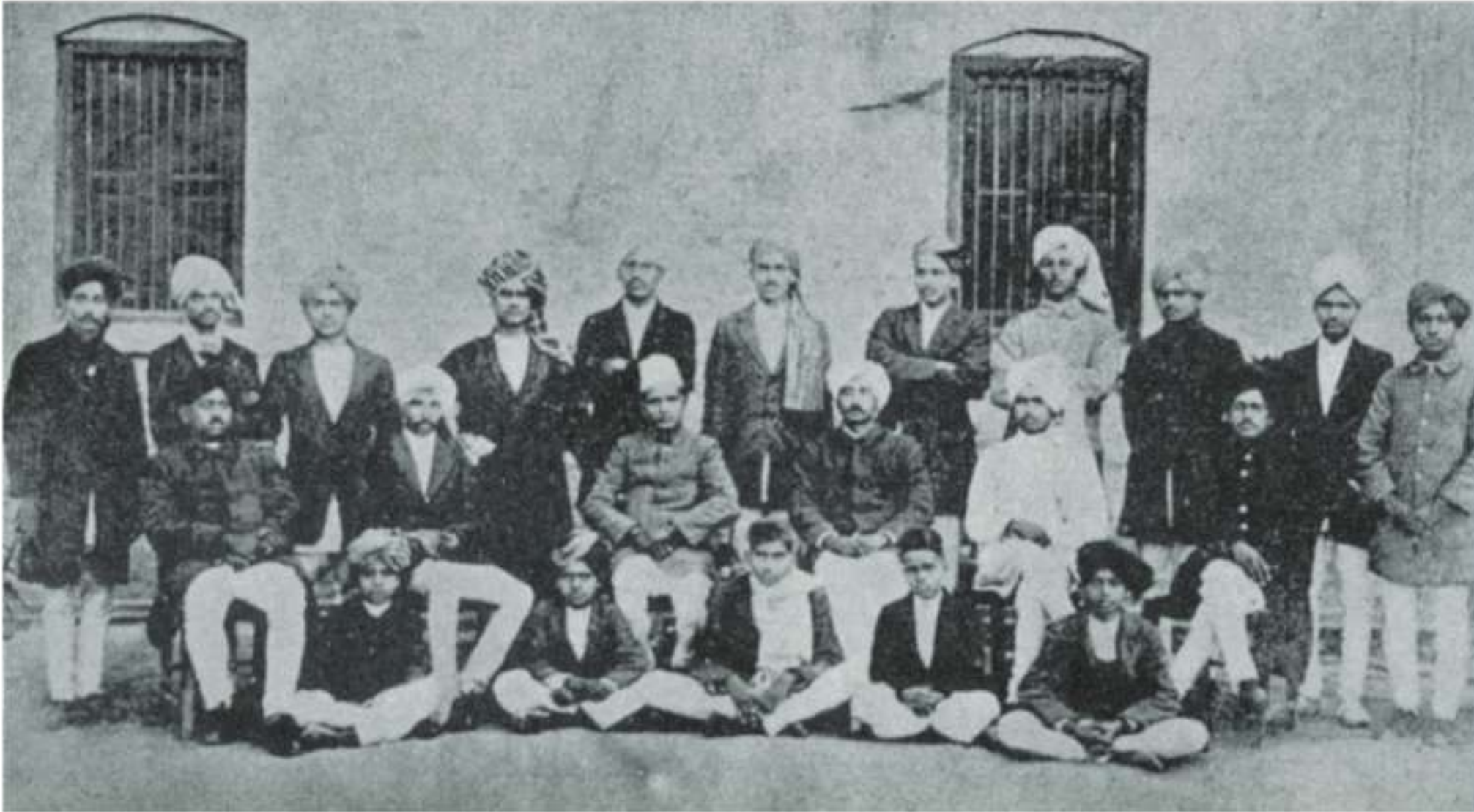


Photo of Bhagat Singh (back row, fourth from right) at Lahore College Drama Club (1924).

"Revolution is an inalienable right of mankind. Freedom is an imperishable birth right of all. Labour is the real sustainer of society."

– Bhagat Singh

Shaheed-e-Azam Bhagat Singh is one of India's most revered revolutionaries. It is not just a name of an 'immortal martyr', it is an idea which ignited the spark of urge among Indian youth to get free from the foreign oppression in the early twentieth century. A revolutionary, a thinker, and an idealist, Bhagat Singh's life was short, but his ideas have outlived generations. His fearless patriotism and burning desire for India's independence transformed him from a young man of barely twenty-three into an immortal symbol of courage and conviction.

Born on September 28, 1907 in a Sikh family of Banga village of Lyallpur district (now in Pakistan), Bhagat Singh was nurtured in an atmosphere charged with patriotism. His father, Kishan Singh Sandhu, and uncles Ajit Singh Sandhu and Swaran Singh Sandhu were active participants in anti-colonial movements and got imprisoned for their activism. Even at the time of his birth, his father was in jail for opposing the 'Canal Colonisation Bill.' The family's deep ties with the 'Ghadar movement' had a lasting impact on young



17 Years old



20 Years old



11 Years old



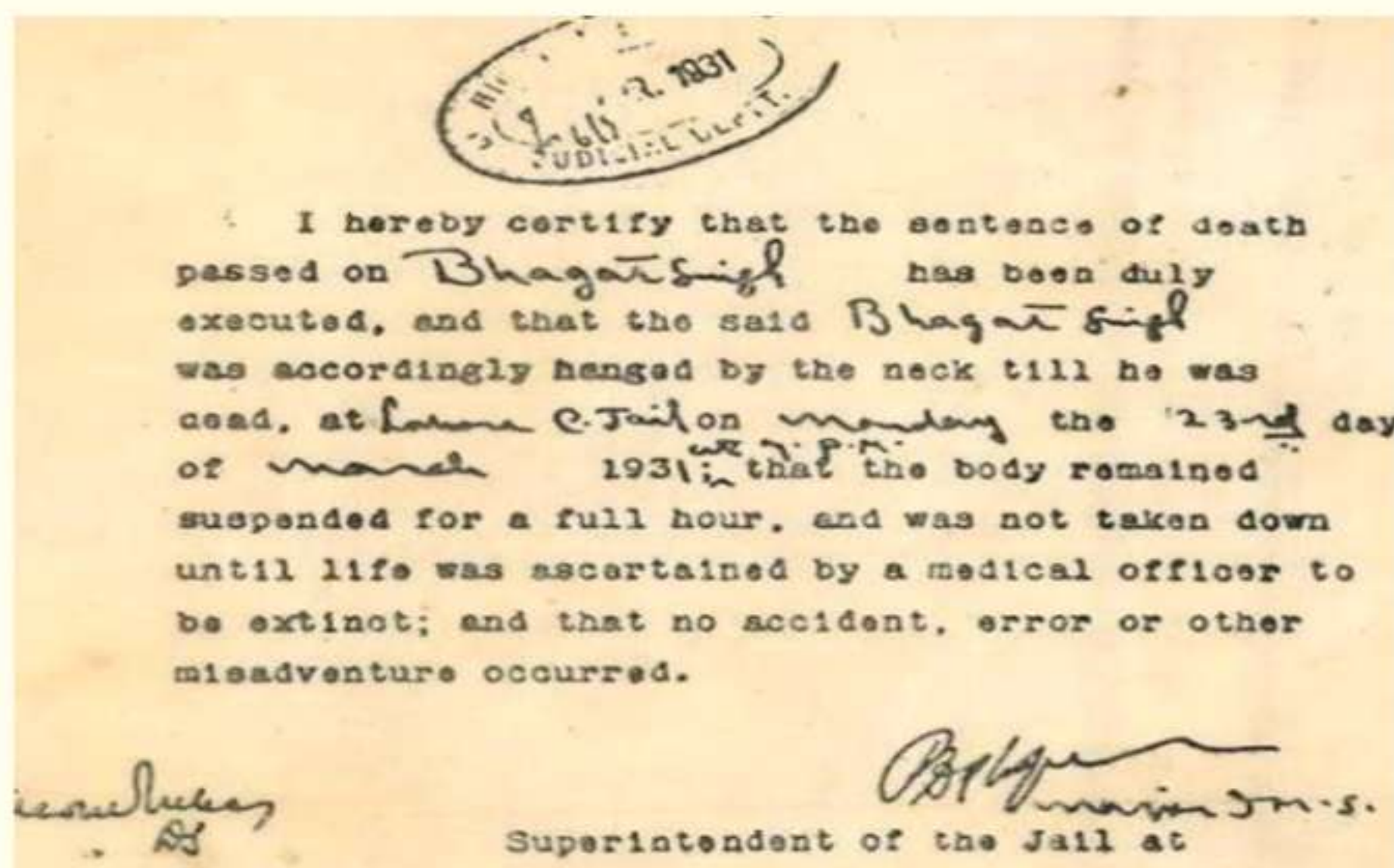
21 Years old

issued an ordinance setting up a special tribunal, which denied the accused the right to appeal.

On March 23, 1931, Bhagat Singh, Rajguru, and Sukhdev embraced death at Lahore Central Jail, shouting 'Inquilab Zindabad! (Live long the revolution!).' For Bhagat Singh, dying for the nation was not a tragedy, but a celebration and an ultimate expression of love for his motherland. The song 'Mera Rang De Basanti Chola,' associated with his march to the gallows and immortalised his spirit.

Bhagat Singh's writings show

that he was an advocate of justice and equality. He extensively wrote while spending the last two years of his life in prison. There, his thoughts took on even greater depth. His 'Jail Notebook' reveals an extraordinary mind, one that grappled with questions of socialism, religion, justice, poverty and revolution. His essay 'Why I Am an Atheist' reflected his intellectual honesty and rejection of blind faith. He wrote persuasively about the dignity of labour, the futility of suicide, and the duty of a revolutionary to live and suffer for his cause. He



Bhagat Singh's letter to his (childhood) friend, Jaidev Gupta written from Central Jail, Lahore.

argued that revolutionary acts must be owned with pride, for denying them would dilute their political meaning. His writings demonstrate that he was not only a man of action but, also a thinker whose ideas transcended his time.

More than a century after his birth, Shaheed Bhagat Singh remains not merely a chapter in history, but a living ideal, a flame that continues to light

the path for India's youth. His face, immortalised in countless portraits, still evokes pride and reverence. His words continue to inspire debates, reflections, and movements for justice and equality. His dream of an equitable and awakened India still guides those who seek to transform society. More than a martyr, Bhagat Singh is a timeless ideal - a youth icon for all times.

Lata Mangeshkar

A Confluence of Music, Culture and Sensibility

Whenever music resonates in the soul of India, Lata Mangeshkar's voice is invariably heard. Lata Mangeshkar is not just the name of a singer, but that of a feeling. Lata Mangeshkar's music transcends the boundaries of time. It will resonate across seasons, generations, and languages.



- Lata Mangeshkar is fondly known worldwide as Lata Didi. Lata Ji was the voice of Indian music that still resonates in every heart. She was born on September 28, 1929 in Indore. Her father, Pandit Deenanath Mangeshkar, was also a renowned classical singer.
- Lata ji began singing at the age of 13, and over the following decades sang thousands of songs in more than 30 languages. The sweetness, delicacy, and truthfulness of her voice are nothing short of magical.
- Lata Mangeshkar's music wasn't just entertainment. It carried a message of patriotism, love, and humanity. Her song 'Ae Mere Watan Ke Logon' still brings tears to our eyes.
- Lata ji's music is deeply rooted in Indian tradition and culture. Whether it is bhajans or ghazals, folk songs or film songs, it feels as if she has put her soul into each form.
- During her long career, Lata ji sang countless memorable songs with singers like Mohammed Rafi, Kishore Kumar, Mukesh, and Manna Dey. Their pairing remains immortal across every era of music.
- Lata Mangeshkar has received numerous national and international awards, including the Bharat Ratna, the Padma Bhushan, the Padma Vibhushan and the Dadasaheb Phalke Award.
- The Lata Mangeshkar Chowk in Ayodhya, built in her honour, is a symbol of her melodious legacy. A statue of the Veena installed there pays tribute to her immortal musical and cultural contributions.
- Lata ji transcended musical boundaries, singing not only in Hindi, but also in Marathi, Bengali, Tamil, Gujarati, Urdu, and many other languages. Her emotional depth and intimacy seem to breathe life into each language.

Sailing with Shakti

The Daughters who Conquered the Oceans



When courage meets the sea, stories of greatness are written on the waves. The return of Lieutenant Commander Dilna K. and Lieutenant Commander Roopa A. to Indian shores after completing the Navika Sagar Parikrama II was one such proud moment for the nation. The Naval duo became the first from India to circumnavigate the globe in double-handed mode, sailing only with the power of wind and sails. Their journey was not just about adventure; it was about courage, determination and the spirit of Nari Shakti.

Navika Sagar Parikrama II: Sailing Beyond Limits

The second edition of Navika Sagar Parikrama saw Lt. Cdr. Dilna K. and Lt. Cdr. Roopa A. travel more than 25,000 nautical miles over a period of eight months (October 2, 2024- May 29, 2025) on the sailing vessel INSV Tarini. They set sail from India and made stops at Fremantle (Australia), Lyttelton (New Zealand), Port Stanley (Falkland Islands) and Cape Town (South Africa) before returning home. In the process, they sailed across three oceans and three Great Capes, facing some of the

toughest weather conditions on Earth.

The journey tested their courage and skills at every step. They faced winds up to 50 knots (93 km/h), freezing temperatures, and stormy seas. The most difficult part of their voyage came during the third leg from Lyttelton to Port Stanley. This stretch took them through the dangerous Drake Passage, where they faced three cyclones and rounded the fearsome Cape Horn, known as one of the most challenging routes for any sailor. Yet, the two officers stood firm, proving their strength, discipline, and belief in themselves.

Their journey was not only about survival at sea. At every port, they became India's goodwill ambassadors. They met parliamentarians, students, naval cadets, Indian diaspora,



and university faculty, sharing their experiences and inspiring others. In a proud moment, they were invited as special guests to the Western Australian Parliament, where their achievement was celebrated as a symbol of women's empowerment and courage. Through rough winds and long nights, they carried India's flag high, showing the world what Indian women are capable of.

Navika Sagar Parikrama I: The Voyage That Started It All

The roots of this achievement go back to 2017, when the first Navika Sagar Parikrama was launched. It was India's first-ever all-woman crew to sail around the world on INSV Tarini. The team was led by Lt. Cdr. Vartika Joshi and included Lt. Cdrs.

Pratibha Jamwal, Swathi P., Lts. Aishwarya Boddapati, S. Vijaya Devi, and Payal Gupta.

Their voyage began on September 10, 2017, and ended on May 21, 2018. Over 254 days, they sailed more than 22,000 nautical miles, stopping at Fremantle, Lyttelton, Port Stanley, Cape

Town, and Port Louis. They crossed the Equator twice, all longitudes, and the three great capes— Leeuwin, Horn, and Good Hope.

Charting New Horizons

Together, Navika Sagar Parikrama I and II have shown the world that India's daughters are ready to conquer any frontier. From the six trailblazers who first circled the globe to the two officers who sailed it in



double-handed mode, these women have proved that the sea belongs to those who dare.

Their courage and endurance have inspired countless others to dream big. They did not just sail across oceans, they broke barriers, and proved that Shakti, the power within, can take you anywhere.

'Sailing with Shakti' is not just their story, but it is India's story of courage, empowerment and pride riding on the waves of uncertainty.



India's Intangible Heritage

Chhath Puja to gain Global Recognition



India is a country where energy of life flows through every festival, every custom and every tradition. These traditions are truly the soul of our culture, connecting us for generations. These living heritage sites are now also making their way onto the global stage. Prime Minister Narendra Modi recently stated in 'Mann ki Baat' that the Indian government is working to have Chhath Puja included in UNESCO's Intangible Cultural Heritage List.

Chhath Puja is not only a festival of Bihar, Jharkhand, and eastern Uttar Pradesh, but is now celebrated throughout India and among Indians worldwide. This festival is dedicated to the Sun God, in which offerings are made to the setting and rising sun. It is a wonderful confluence of nature, faith and human compassion.

India's Heritage that reached the World

Indian culture is known worldwide for its diversity, traditions, and artistic expressions. This is why many of India's Intangible Cultural Heritage sites have gained global recognition by being included in the UNESCO list. These heritage sites are a testament to India's spirituality, collective spirit, and cultural richness. In 2008, Kutiyattam (Sanskrit theatre tradition), the tradition of Vedic chanting, and Ramlila, the traditional staging of the Ramayana, were added to this list. After this, Ramman festival of Garhwal Himalayas in 2009, Chhau dance, Kalbelia folk song and dance of Rajasthan





and Mudi yettu theatre of Kerala received this honour in 2010. In 2012, Buddhist chanting from Ladakh, in 2013 Sankirtan from Manipur and in 2014, the traditional brass and copper utensil making art of the Thathera community of Jandiala Guru in Punjab were included in the list.

India's cultural journey saw the global recognition of Yoga in 2016, the Kumbh Mela in 2017, and Durga Puja in 2021. Garba dance was added to the list in 2023 and Navroz in 2024. The inclusion of these heritage sites on UNESCO's Intangible Cultural Heritage List is a matter of pride for India. It symbolises

that India's traditions transcend borders and languages, and have the ability to spread and connect the entire world.

Significance of inclusion in the UNESCO List

This UNESCO list was created in 2003 to preserve traditions that are part of a 'living culture,' that is the one that lives in the hearts of people across generations. These traditions include festivals, folk dances, traditional music, handicrafts, and social rituals. When a tradition is included on this list, it receives international support and cooperation for its preservation and promotion.

Today, the Government of India, through the Ministry of

Culture and various states, is actively working in this direction. Following Durga Puja, efforts are now underway to elevate Chhath Puja to this level of recognition. It is not only a religious ritual, but also a beautiful symbol of the Indian approach to the environment, family, and society.

A New Era of dialogue with Culture

The songs echoing on the ghats during Chhath Puja, the restraint and devotion of women and the sight of offering 'arghya' to the Sun, now connect people emotionally not only in India, but

also abroad. Inclusion of Chhath Puja in the UNESCO list will be a global recognition of India's living tradition that establishes a sacred relationship between people and nature.

These intangible heritage sites of India remind us that our culture is not just a story of the past. It is the identity of our present and the inspiration for our future. When India's traditions are respected on the global stage, it is not just a matter of pride, but also a sign of the renaissance of the heritage that we have preserved.



From Grass to Glory

Redefining Handloom & Handicrafts



The fabric of India's cultural heritage is woven on the handloom and coloured by the hands of its artisans. For centuries, this sector has been the custodian of a living, breathing legacy, embodying the soul of its diverse communities. Yet, for a period following Independence, this luminous tradition faced the threat of obsolescence, its charm dimmed by the glare of mass-produced goods. Today, however, a profound renaissance is underway, a movement that is deftly redefining this sector by fusing profound tradition with contemporary innovation, thereby guiding it from humble grass to unparalleled glory.

The philosophical cornerstone of this revival is the enduring principle of Swadeshi, so passionately championed by Mahatma Gandhi. For Gandhi ji, Khadi was not merely a cloth; it was a fabric of self-reliance, a symbol of economic emancipation, and the thread that could weave the nation together. After a period of decline, the last decade has witnessed



a remarkable resurgence in Khadi, transforming it from a symbol of a bygone era into a badge of conscious, patriotic consumption. The surge in its sales is a testament to a nation rediscovering pride in its indigenous identity. The call to purchase a Khadi product on Gandhi Jayanti and proclaim it with pride as Swadeshi, amplified by movements like

#VocalForLocal, is not just an economic act, but a powerful reaffirmation of cultural sovereignty.

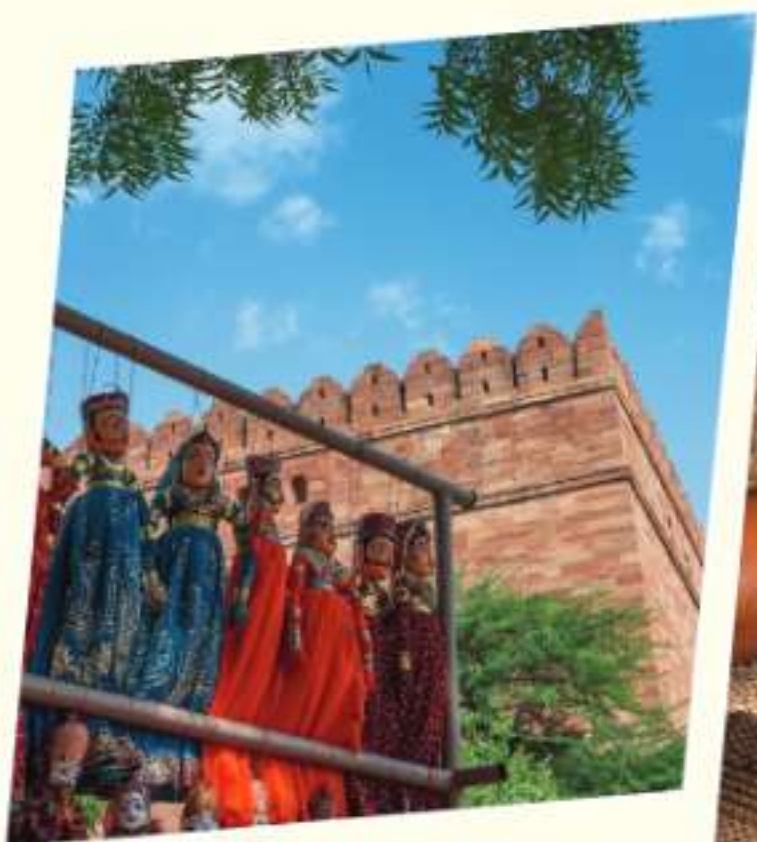
This revival, however, extends far beyond the iconic spin of the charkha. The contemporary narrative of India's handloom and handicraft sector is one of dynamic innovation, where ancient wisdom is being recalibrated for the global

"Having grown up in a hand looms family, we chose natural fibres like banana and Sambu grass to create our eco-friendly yoga mats. We directly empower local handloom weavers by providing them with fair wages and stable employment, now supporting over 200 families. Our mission is to fuse these traditional crafts with modern innovation, ensuring this heritage thrives while meeting today's market demands."



- Prem (Yaazh Naturals, Tamil Nadu)





marketplace. The sector is witnessing a paradigm shift where its intrinsic value is being amplified through strategic design intervention and sustainable practices. Artisans and entrepreneurs are now united as collaborators, a fusion that captures the essential dynamic of our era.

Prime Minister Narendra Modi has been a pivotal force

in revitalising India's native handloom industry, consistently championing the ethos of Vocal for Local and Swadeshi for a self-reliant India. He recently commended the work of individuals like Ashok Jagdishan and Prem Selvaraj of Yaazh Naturals, and Ashish Satyavrat Sahu of Johargram, for their exceptional efforts in blending tradition with innovation and

"Having seen the decline of my ancestral handloom community, I left my corporate job to create sustainable yoga mats from natural grasses. Our vision is to fuse this tradition with innovation, as seen in our new smart yoga mat, and to establish a 5F* handloom village to benefit thousands more artisans."



- Ashok (Yaazh Naturals, Tamil Nadu)



taking India's cultural heritage to the global stage, in 126th address of 'Mann ki Baat'.

The inspiring work of Yaazh Naturals in Tamil Nadu began with visionaries like Ashok Jagdishan and Prem Selvaraj. Leaving their corporate careers, they harnessed the potential of local materials. By crafting yoga mats from grass and banana fibre and employing herbal dyes, they have created products that resonate with a global audience seeking sustainability and wellness. This initiative is not merely about creating eco-friendly goods, it is a model of community-centric enterprise that has provided livelihood and

dignity to hundreds of families, proving that tradition, when innovatively approached, can be a powerful engine for rural empowerment.



"As someone from Jharkhand, I started Johargram to bring our indigenous tribal weaving to the global stage, believing we must be the ones to sustain our heritage. We turned challenges into strengths, like using Sal leaves for eco-friendly packaging and celebrating the unique character of each hand woven piece. The most rewarding part is seeing the artisans' pride as their work gains recognition"



-Ashish (Johargram, Jharkhand)



Simultaneously, the narrative is being elevated to the global stage by pioneers like Ashish Satyavrat Sahu of Jharkhand. Through his brand, Johargram, he has masterfully translated the rich, tribal weaving heritage of his region into garments that command international attention. His work ensures that the intricate motifs and vibrant patterns, once confined to remote villages, are now celebrated in global fashion circuits. This is not mere export, it is a cultural dialogue making the world aware of the profound artistry embedded in India's tribal communities and ensuring that their legacy finds both appreciation and economic viability.

In conclusion, the journey of India's handloom and handicraft

sector is being spectacularly rewritten. It is a movement that honours the spirit of Swadeshi while embracing the imperatives of the modern world. By intertwining the timeless skills of the artisan with the vision of the innovator, the sector is transcending its traditional boundaries. It is no longer just about preserving a museum-



piece heritage, it is about activating a dynamic, living economy that is sustainable, inclusive, and globally relevant. This is the true meaning of moving 'from grass to glory'—a journey where every hand woven textile and every handcrafted artifact becomes a proud declaration of India's enduring creativity and its confident stride into the future.

**(Honourable' PM's 5F vision for the textile industry – from Farm to Fibre, Fibre to Factory, Factory to Fashion and Fashion to Foreign)*



Festivities with a Local Touch

Promoting Swadeshi Products

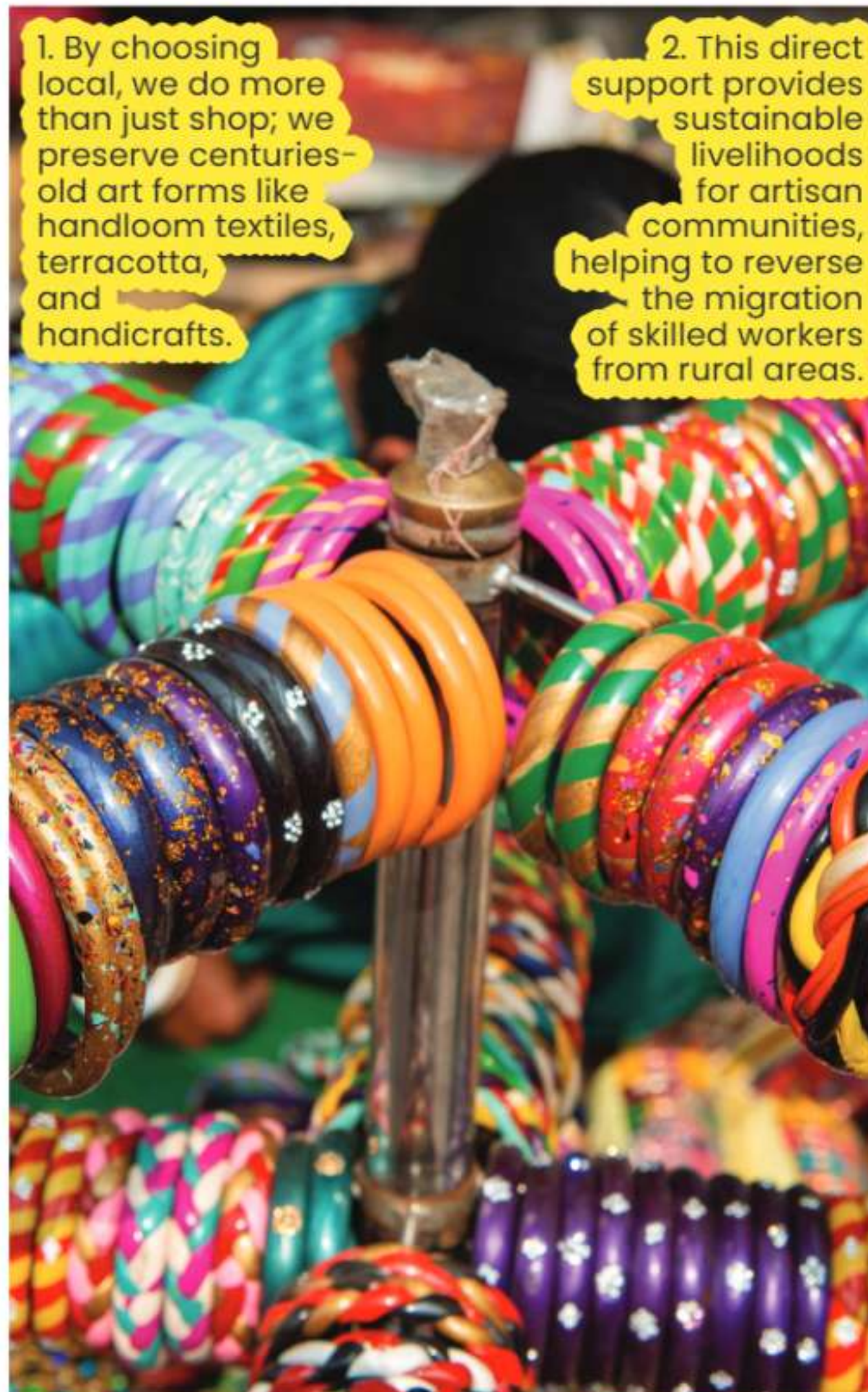
India's festive calendar, from Holi, Durga puja, Dussehra to Diwali & Pongal and Eid, is a vibrant showcase of its cultural heritage, deeply intertwined with local artisans and their crafts.



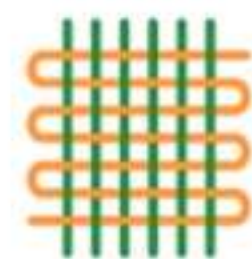
The government's 'Vocal for Local' initiative, encourages citizens to support this indigenous ecosystem.

1. By choosing local, we do more than just shop; we preserve centuries-old art forms like handloom textiles, terracotta, and handicrafts.

2. This direct support provides sustainable livelihoods for artisan communities, helping to reverse the migration of skilled workers from rural areas.



Atmanirbhar Bharat



Swadeshi kapda, Desh ki Shauh,
Yahi hai Bharat ki Pehechan

Inspired by this, the Ministry of Textiles has launched the 'Swadeshi Campaign' this year to boost domestic demand for handloom, handicraft, and textile products.

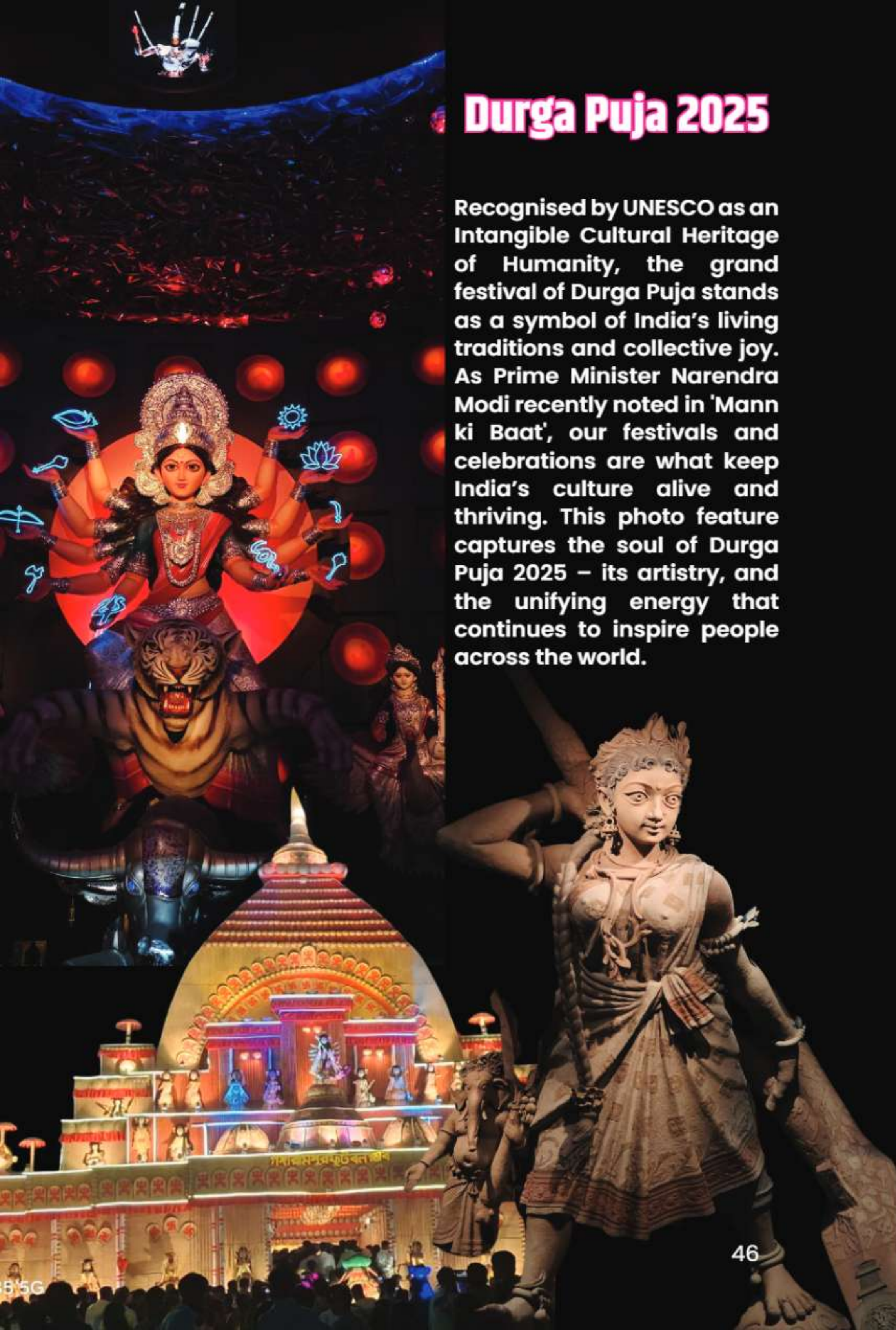


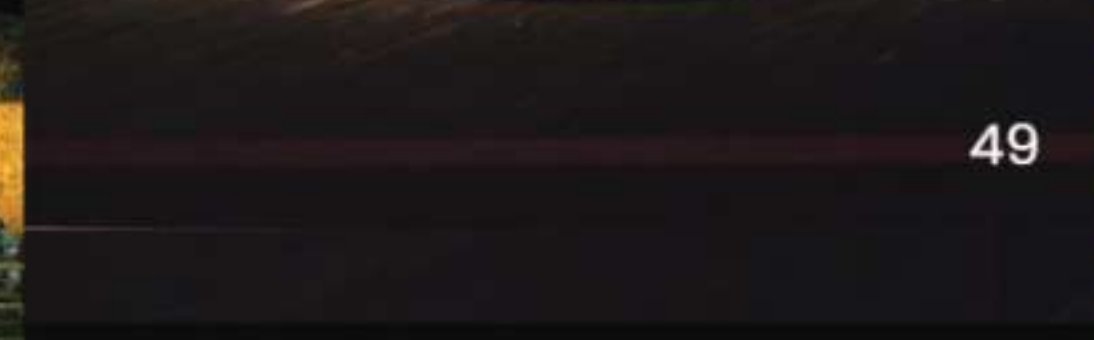
This festive season, let's continue to honour our true 'Swadeshi' spirit. Choosing a locally made diya over a factory-made lamp, or a handloom saree over imported fabric, empowers the creators who are the custodians of India's cultural heritage. By making such conscious purchases, we directly contribute to keeping our cultural legacy alive and empowering the hands that create it.



Durga Puja 2025

Recognised by UNESCO as an Intangible Cultural Heritage of Humanity, the grand festival of Durga Puja stands as a symbol of India's living traditions and collective joy. As Prime Minister Narendra Modi recently noted in 'Mann ki Baat', our festivals and celebrations are what keep India's culture alive and thriving. This photo feature captures the soul of Durga Puja 2025 – its artistry, and the unifying energy that continues to inspire people across the world.





Mahatma Gandhi : An Icon of Swadeshi

Mahatma Gandhi, the heartbeat of Swadeshi spirit, turned a simple thread into the voice of a nation. He made the 'Charkha' a symbol of strength and Khadi, the fabric of Independence. For him, self-reliance was not just an idea, but a way to rebuild India's soul. His life reminds every Indian that true freedom begins with self-belief, faith in one's own strength, and pride in the nation's roots.

During the Champaran Satyagraha (1917), Gandhi ji showed people their own strength through the 'Panchamrit' or the five nectars - truth and courage, unity, cleanliness and education, respect for women, and wearing self-made clothes. Seeing the hardships of women, he encouraged them to spin and weave their own garments. This simple act gave birth to Khadi and became a lasting symbol of Swadeshi and self-reliance.



The Non-Cooperation Movement (1920-22) was a major milestone in India's struggle for Independence. Gandhi ji asked people to reject British rule peacefully by giving up official titles, boycotting foreign goods, withdrawing from British institutions, and embracing Swadeshi. The movement united the country and showed that freedom comes through self-reliance and collective effort.

The Civil Disobedience Movement (1930-34) began with the famous Dandi March, where Gandhi ji broke the salt law to show India's right to make its own essentials. The movement spread across the country, with protests, strikes, and boycotts of British goods. Promoting Khadi and local industries, it became a symbol of economic independence, proving that India's strength lay in unity and reliance on its own resources.

RSS AT 100

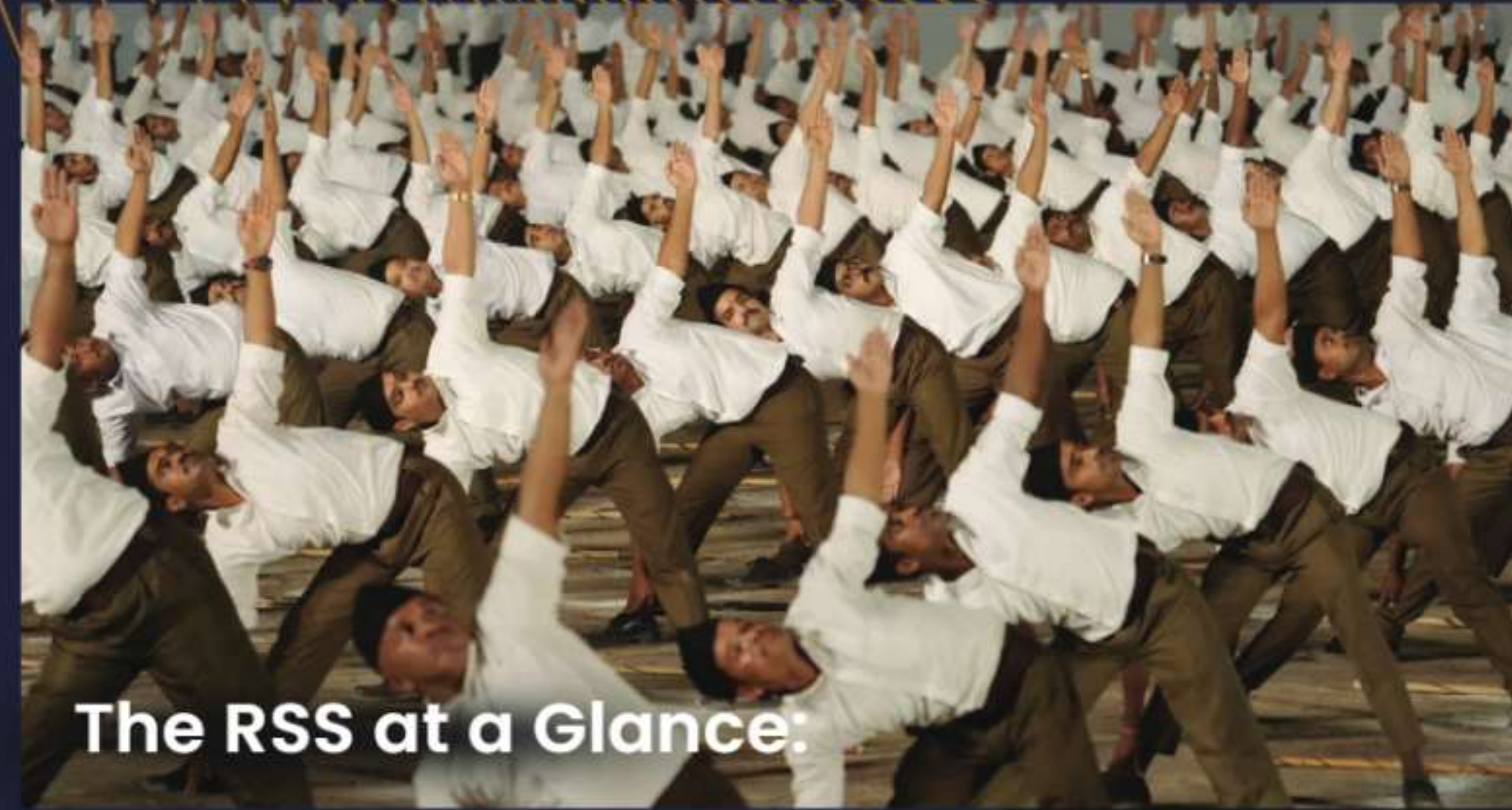
A CENTURY OF SERVICE AND NATION-BUILDING

Founded on Vijaya Dashami in 1925 by Dr. Keshav Baliram Hedgewar, the Rashtriya Swayamsevak Sangh (RSS) marks 100 years of shaping India's national consciousness. From promoting unity and discipline to nurturing community service, the organisation continues to play a pivotal role in India's social and cultural life.

Prime Minister Narendra Modi, in his message on the centenary, called the RSS a movement dedicated to 'serving society and nation building.' He noted that "innumerable Swayamsevaks have devoted their lives towards fulfilling this vision," honouring the century-long journey of the organisation.



As the organisation celebrates its centenary, the following highlights trace its journey, principles, and contributions over the past hundred years.



The RSS at a Glance:

- **Founded** : 1925 in Nagpur by Dr. Keshav Baliram Hedgewar.
- **Occasion** : RSS marks its centenary in 2025, celebrated on Vijaya Dashami.
- **Guiding Principle** : *Seva Parmo Dharmah* - 'Service is the highest duty'.
- **Core Vision** : Building a disciplined, united, and self-reliant nation.
- **Volunteer Network** : Millions of Swayamsevaks across India and abroad.
- **Service Focus** : Relief work during floods, famines, earthquakes, and engage in social welfare programmes.
- **Social Impact** : Promotes values of discipline, responsibility, and selfless service.
- **Legacy** : Continues to inspire generations towards community service and nation-building.





Dr. Himanta Biswa Sarma

Chief Minister, Assam

A LEGEND DEPARTS Assam Bids Farewell to Zubeen Garg

In the September 2025 edition of 'Mann ki Baat,' Hon'ble Prime Minister Shri Narendra Modi spoke about the untimely demise of celebrated artist Zubeen Garg. He remembered the musical genius as a singer deeply connected with Assamese culture. The Prime Minister said that Zubeen Garg would always remain in our memories and his music will continue to inspire generations. His words touched every Assamese heart and conveyed the depth of Zubeen's contribution, not just to Assam, but to the cultural landscape of the entire nation. Through his voice, Assam found a place in the heart of India, reminding us that art knows no boundaries of region or language.

The news of Zubeen Garg's untimely passing brought profound sorrow across Assam. People in India and abroad mourned the passing of a man who was much more than a musician. Zubeen was a singer, actor, composer, director and above all, a cultural icon. His sudden death ended a colourful journey spanning over three decades.

Born on November 18, 1972 in Tura, Meghalaya, Zubeen inherited music from his family and learnt classical music from his mother. Gifted and versatile, he mastered many instruments and absorbed folk traditions. His debut album Anamika, released in 1992, gave Assamese music a new direction by blending folk and modern rhythms that instantly connected with the youth. His voice crossed linguistic boundaries. Over time, he sang more than 38,000 songs in 40 languages including Assamese, Hindi, Bengali, Bodo, Mising, Karbi, Garo, Dimas, Nepali, Tamil, Telugu, Kannada, and Malayalam. In Assam, his repertoire extended from Bihu songs to Tokari geet, from Borgeet to romantic numbers. Every song carried his unique style.

Zubeen Garg was an institution unto himself. He directed films, wrote lyrics, composed music and acted in popular Assamese films such as Dinabandhu, Mon Jai, Mission China, Kanchanjangha and Doctor Bezbaruah 2, etc. His songs in Hindi films like 'Dil Se' and 'Gangster' made him a household name across India, while 'Ya Ali' brought him national fame and awards. He also received the National Award for Best

Music Director in 2007 for 'Echoes of Silence.'

For Assam, Zubeen Garg was the heartbeat of the state. His songs reflected love and longing, the beauty of rural life, the sufferings of people and the hope of a better tomorrow. His romantic numbers gave young people a language to express emotion. His historical ballads celebrated our heroes and strengthened our pride. His personal songs of grief, written after the loss of his mother and sister, touched every soul.

If there is one song that captures the eternal spirit of Assam, it is 'Mayabini ratir bukut' (Meaning – In the bosom of the magical night). For Zubeen, it was about hope, fleeting life, love and separation. For the people of Assam, after his passing, it has become a hymn of remembrance. This transformation of a song into a collective prayer shows that Zubeen was truly the voice of Assam.

For the younger generation, Zubeen's life was a lesson in courage. He showed that one could remain rooted in state identity while achieving national fame. He revived folk traditions, transformed Bihu performances and gave new energy to Assamese cinema with the film 'Mission China', which set new records. He also opened his Mumbai residence to young artistes from Assam, giving them shelter and guidance. For many of today's established musicians, Zubeen Garg was the one who gave them the courage to dream.

Zubeen's legacy also lies in his social commitment. Through the Kalaguru Artist Foundation, he supported struggling artists



and artisans. He promoted sports among the youth through football matches and raised his voice for rhino conservation and environmental causes. He did not just sing for the people, he stood with them in times of need.

The Hon'ble Prime Minister's recognition of Zubeen Garg in 'Mann ki Baat' has deeply moved the hearts of the people of Assam and all who love his music. It is a tribute not only to an individual, but to Assamese identity itself. Zubeen carried Assam's voice into every corner of India. He showed that art can unite, inspire and heal. His death is a colossal loss, but his songs ensure that his spirit will live on.

It is now upon us, especially the youth, to carry forward his legacy, which inspires us to remain creative, to dream boldly, to serve society with compassion and to take pride in our language and traditions. If we can do this, Zubeen's journey will never end. Assam bids farewell to Zubeen Garg, but his music will continue to echo in our hearts, inspire generations and remind us always of the power of art to make us one.

A LEGACY FAIRY TALE BEYOND BOUNDARIES



Isabelle Anna
Director
Centre Mandapa, Paris

Mandapa was founded in 1975 in Paris by my late parents, Milena Salvini (Padma Shri Awardee 2019) and Roger Filipuzzi, as my mother was looking for a studio to give her Indian dance classes. It is from their common love for India, the love of performing arts in general that Mandapa was born, as well as all their projects, within its walls, and beyond.



Mandapa

Upon finding this space, my father, who was an entrepreneur and builder, had already foreseen its potential for promoting the performing arts. He immediately started renovating the place and conceived its architecture. They commonly named it 'Mandapa', and the first programmes took place in the fall of '75. A second birth came along!



Isabelle, at the age of 4, practising Bharatanatyam adavus at the entrance of Mandapa (1980), Paris.

From a very early age, I naturally picked up Indian dance, like a child who naturally mirrors their environment. The traditional principle of transmission in India had already crossed the boundaries of the invisible. My mother had a very fine eye for recognising art in someone and directing artists. With her determined and passionate energy, she encouraged me in my dance with the most honest advice, the same discerning counsel she gave any artist she guided.



Concert by Nabanita Chowdhary, 2025

If its name revealed a strong Indian identity (concerts, dance performances, and its school of Indian dance), this core also embraced the rich traditions that intersect with Indian Heritage. Mandapa thus became a vibrant hub dedicated to cross-

cultural performing arts and global dialogue.



Kathak students' annual function, 2025

For about 35 years, hand in hand, my parents established Mandapa's vibrant rhythm. Their tireless work ethic cemented the Centre's reputation, ensuring a continuous stream of artistic exchange by welcoming an impressive 200 to 250 programmes a year.

Punctually, bigger events were organised off-site, allowing Mandapa to reach broader audiences. The '24 Hours of Raga' concert in 1985 stands out as a prime example, gathering the leading masters of Hindustani music - a veritable golden generation of the genre. This exceptional 24-hour non-stop cycle performance was precisely rhythmised by the appropriate raga for each moment, each raga being performed by the artist who particularly excelled

in that form, making it an unparalleled showcase.

I remember the Kathakali and Kutiyattam nights my parents organised. True to tradition, these marathon performances held the audience captivated by the epics till the morning, allowing the artists the interpretive freedom and deep engagement demanded by the art forms.



'Rama Pattabhishekam', the grand finale of a Kathakali night at the Théâtre Gérard Philippe near Paris, 1978 (photo by Roger Filipuzzi)

Surrounded by multi-cultural creativity, it was only in 1998, a few years after the opening of a Kathak class at Mandapa by the brilliant performer Sharmila Sharma, that my personal journey truly began. My curiosity finally drove me to 'try a class.' The dizzying pirouettes, the percussive footwork, and the rhythmic games—the grace and complexity of Kathak had won me over! In 2001, I joined the prestigious Kathak Kendra

in New Delhi as an ICCR scholar under the kind guidance of Pandit Jaikishan Maharaj. Intended to be a year-long cultural-exchange scholarship, my immersion unexpectedly stretched into nine years. Eager to absorb every explanation from my Guru ji, I completely surrendered myself to the deep and demanding learning required by the Guru-Shishya Parampara framework.



Khajuraho Dance Festival, 2010

Solo recital by Isabelle Anna, with Guru Pt Jaikishan Maharaj. Shortly after graduating in 2006, I became part of the ICCR-empaneled Kathak soloists, an honour that cemented my commitment and legitimised my identity as a multicultural artist. This achievement brought immense pride to my parents. Their unconditional encouragement and constant presence, even from afar, were a profound blessing and gave me the extra strength to pursue my own path.

Back in France in 2010, to help my mother at Mandapa after my father passed away, I embraced the continuation of their life's work. I further developed my focus on performing Kathak authentically, teaching respectfully, and choreographing purposefully, ensuring the rigour and vision of the Centre endured.

Since 2022, after my mother's passing, the legacy now rests with me. I am fully determined to carry forward Mandapa's vocation to promote performing arts and its deeply-rooted, inclusive multicultural values. In its small, 100-seat acoustic, 'baithak-like' auditorium, Mandapa remains unwavering in its founding values regarding the relationship between the audience and the artist. Here, right at the foot of the stage, the 'spectacular' rhymes with emotion and authenticity, transmitted by the artists, whether they are culturally native or 'masters by heart'.



Gandha Bandhan ceremony, Guru Purnima 2025

2025 marks the Mandapa's 50th anniversary. While recent seasons focussed on honouring a single culture each year, this milestone season celebrates 50 cultures that have shaped the Centre's history, presenting a non-exhaustive, yet rich, sample.

This symbolic year also seals my double legacy when I received the Gandha Bandhan from my Guru ji.

As we embark on the next 50 years, Mandapa's mission is all the more essential: to strengthen its role as an unparalleled crossroads for artistic dialogue, to inspire artists and audiences beyond boundaries, to educate future generations to foster the profound brotherhood that performing arts can induce between peoples, and to proudly carry forward the legacy of its founders, Milena and Roger, under their loving blessing.



'Place Milena Salvini', square in front of Mandapa, inaugurated in 2023, after the founder in Paris



Sanjeev Sanyal

Member, Economic
Advisory Council to the
Prime Minister

GST 2.0 **Unlocking** **Efficiency** **Gains** **beyond** **Price** **Effects**

The introduction of GST in July 2017 was aimed at unifying taxes into a single system. It replaced the complex system of multiple central and state taxes, including excise duty, service tax, VAT, additional surcharges, and cess, among others. It aimed to reduce the cascading effect, simplifying compliance and improving transparency. In this article, we will examine how GST 2.0 post September 2025 rationalisation of tax slabs, logical allocation of items to tax slabs and process reforms introduced will unlock permanent efficiency gains beyond the immediate price effects and demand stimulus.

Let us have a look at what GST 2.0 is trying to fix. The first iteration of GST focused on minimising disruptions during the transition to the new indirect taxation regime and maintaining revenue stability through rate settings that matched pre-existing tax levels. The tax rate structure consisted of four main bands (5 per cent, 12 per cent, 18 per cent, 28 per cent) and special rates and exemptions. As the aim was to facilitate an easy transition to a new system at a national level, it didn't follow a first-principles approach, such as achieving allocative and process efficiency. Products were mapped to tax slabs based on their pre-GST effective tax rates rather than their economic characteristics, creating a taxonomy that taxed salted or plain popcorn at 5 per cent, while caramelised or flavoured varieties fell under the 18 per cent slab. While there have been continuous reforms over the past eight years to optimise the system, inconsistent tax rates between similar products have led to classification disputes, resulting in more than 10,000 advance ruling applications per year by 2024.

The September 2025 GST reforms are a restructuring of India's indirect tax architecture, moving from a framework designed to minimise disruptions to one based on

economic first-principles that focusses on efficiency. The transition to this simplified structure was the original plan once the GST system stabilised. The implementation got delayed due to COVID-19 disruption and subsequent economic recovery phase, requiring system stability before transitioning to the new framework initially envisioned. This shift to the new framework has happened in the following ways.

First, the GST slabs have been consolidated from a four-slab structure to a dual-rate system (5 per cent for merit goods and 18 per cent for standard goods), with a 40 per cent rate for a select few sin and luxury goods, minimising complexities that have plagued the system since its inception. The consolidation of 516 items under the 5 per cent merit rate and 640 items under the 18 per cent standard rate significantly simplifies



the system. By having fewer moving parts in the system, the streamlined structure removes confusion and curtails opportunities for rent-seeking.

Second, the reform focusses on logical allocation of goods to appropriate tax slabs based on economic principles and nature of the good, instead of rates perpetuated by legacy. Merit goods that serve essential consumption needs or have



positive externalities are appropriately placed at the lower rate (5 per cent), while standard goods that represent regular consumption bear the intermediate rate (18 per cent). Products like popcorn, previously differentiated by flavour, now unify under the 5 per cent category for namkeens. Most of the products fall under the 5 per cent and 18 per cent tax slabs, while the 40 per cent slab is reserved only for a limited list of luxury and sin goods. This achieves logical consistency in product categorisation, eliminating the confusion and inconsistency that arose from overly granular distinctions addresses, tackling inefficiencies in the tax architecture itself. This will



result in better clarity for both taxpayers and administrators, reducing classification disputes that have historically been a source of litigation and uncertainty.

Third, the reforms have addressed the issue of an inverted duty structure, wherein businesses had to pay a higher tax on inputs than on the final product, tying up the working capital of enterprises and increasing their costs. In textiles, man-made fibres and yarn drop to 5 per cent from 18 per cent and 12 per cent, respectively, aligning input-output rates. Similar fixes in agriculture (e.g., bio-pesticides to 5 per cent) promote domestic value addition, reducing import dependence and improving terms of trade.

Fourth, the creation of a specialised quasi-judicial body, the GST Appellate Tribunal (GSTAT), will reduce the time and cost of settlement of disputes for the taxpayers and reduce the burden on an already overburdened judiciary. GSTAT's structure, comprising judicial and technical members from both central and state administrations, ensures consistent interpretation of tax provisions across jurisdictions. This 'One Nation, One Forum' approach eliminates jurisdictional inconsistencies that generated conflicting rulings on identical issues.

Fifth, the procedural enhancements and process reforms introduced will further amplify efficiency gains. GST registration has been simplified for low-risk applicants, with approval granted in three days (covering 96 per cent of applicants), down from 7-30 days earlier, through Aadhaar-based verification. This has been accompanied by stricter timelines for tax authorities for processing of refunds. This is accompanied by AI-driven audits, which improve input tax credit flows and reduce costs associated with tied-up capital. The integration of technology with simplified processes furthers efficiency gains.

Businesses benefit from reduced compliance costs while tax authorities achieve improved



monitoring capabilities and reduced administrative expenses.

The efficiency gains from GST 2.0 represent a permanent enhancement to India's productive capacity rather than a temporary consumption stimulus. While price reductions provide immediate relief to consumers, the elimination of structural inefficiencies in the tax system creates compounding benefits. The consolidation of slabs, elimination of classification anomalies, and enhancement of dispute resolution mechanisms collectively create a taxation system that supports rather than hinders economic and administrative efficiency.

(Sanjeev Sanyal is Member, Economic Advisory Council to the Prime Minister. The views expressed are personal)

Life and Legacy of S. L. Bhyrappa



In a quiet village in Karnataka's Hassan district, a child named Santeshivara Lingannaiah Bhyrappa was born on 20 August 1931. No one knew then that he would become one of India's most thoughtful and widely read writers. His life was marked by hardship, courage, and an unending search for truth. He wrote stories that explored questions about life, society, and the human spirit. Over time, he became a voice that reflected both the pain and the strength of India's cultural and moral world. Prime Minister Shri Narendra Modi expressed his condolences on his passing, calling him a towering stalwart who stirred the nation's conscience and touched the very soul of India.

Early Life

Bhyrappa's childhood was filled with struggle. He was born into a poor family and lost his mother and brother to plague when he was

very young. His father, unable to cope with the loss, could not take care of the family. The young boy was left to find his own way. He worked small jobs, travelled with wandering monks, and stayed at railway stations to survive. These years of hardship shaped his mind and gave him a deep understanding of life's realities. Many of his later stories drew from these experiences of loss, survival and self-discovery.

Education and Teaching

Despite all the difficulties, Bhyrappa continued his education with determination. He studied philosophy at the



Dr. Santeshivara Lingannaiah Bhyrappa

(Born: 20 August 1931, Hassan, Karnataka
— Died: 24 September 2025, Bengaluru;
aged 94)

University of Mysore, where he earned a gold medal for his Master's degree. He later completed his PhD on the subject of truth and beauty. He began teaching philosophy in various colleges across Karnataka and later worked with the National Council of Educational Research and Training in Delhi. For him, teaching was not only a job, but also a way to continue his exploration of ideas. His students remembered him as a calm and disciplined teacher who encouraged deep thinking.

A Writer of Depth and Honesty

Bhyrappa started writing



fiction that reflected his philosophical mind. He wrote with great care, often spending years researching before completing a book. His novels are known for their clear storytelling and complex ideas. One of his best-known works, *Parva*, reimagined the Mahabharata in a realistic way, showing its characters as ordinary people facing moral choices. His novel *Aavarana* questioned historical beliefs and invited readers to think about culture, faith, and identity. Other famous works like *Mandra*, *Tantu*, and *Saarth*

explored music, society, and spirituality.

He never tried to follow literary trends or join any movement. Instead, he focused on writing honestly about what he believed. His stories often dealt with the inner struggles of individuals and the values that guide them. Readers connected with his books because they spoke about real emotions, questions, and conflicts that people face in everyday life.

Awards and Recognition

Over his long career, Bhyrappa received many honours for his contribution to literature. He was awarded Sahitya Akademi Award, Saraswati Samman in 2010, and later with Padma Shri and Padma Bhushan. His novels were translated into several Indian languages and read by people across the country. Though he mainly wrote in Kannada, his ideas reached readers far beyond his home state.



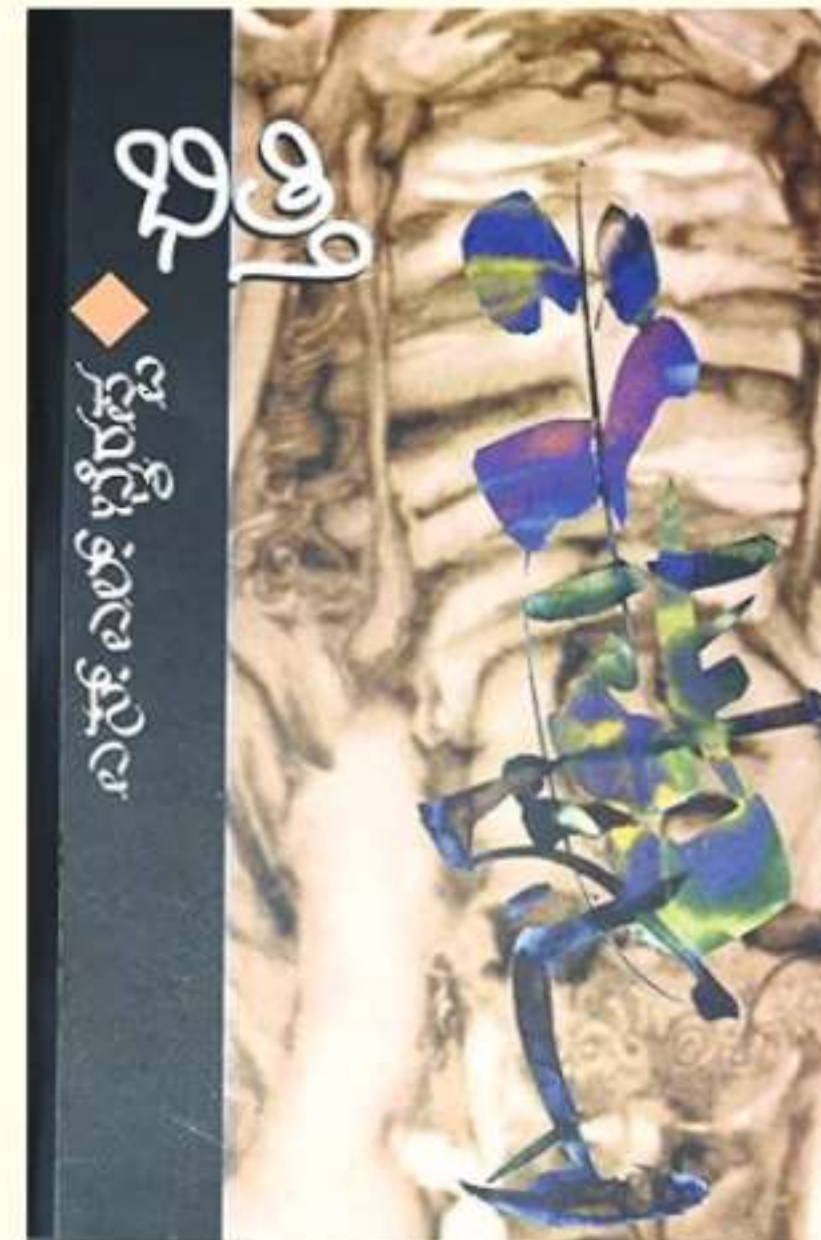
Legacy and Influence

Bhyrappa's life shows how knowledge and reflection can grow even out of pain. His journey teaches that it is possible to live with integrity and purpose, no matter how hard the path. For

many, his novels continue to be both a mirror and a guide. They make readers pause and think about their own values and beliefs.

When he passed away in September 2025, India lost a great thinker and storyteller. Yet, his words continue to live on. His books remain alive in classrooms, libraries, and in the hearts of readers who find comfort and clarity in his writing.

S. L. Bhyrappa's life was an example of how strength, discipline, and thought can turn hardship into wisdom. He showed that literature is not only about entertainment, but also about understanding life and finding truth in it.





Media Scan

MAANN KI BAAAT

CALL FOR ACTION!

126th Edition

I urge all of you to buy one Khadi product or the other on the 2nd of October. Say it with pride, these are Swadeshi. Share it on social media with #VocalforLocal

If we decide to celebrate this festival only with Swadeshi products, you will see the joy of our celebrations rise manifold

When you visit Ayodhya to see Ram Lalla, I urge you to visit the Maharishi Valmiki and Nishadraj temples.

I pay my heartfelt tribute to S.L. Bhyrappa ji and urge the youth to read his oeuvre.

During festivals,... Cleanliness should become our responsibility everywhere – in the streets, neighborhoods, markets, and villages.



Dilip Sakia @DilipSakia48p
Listening to Hon'ble PM Shri @narendramodi ji's 126th Mann Ki Baat from Booth 175, State BJP Office, Rajkhan Mandal, Guwahati.

HPM fondly remembered Assam's pride, Zubeen Garg: "Zubeen was the kohinoor of Assamese culture, gone physically but forever in our hearts."



Dr.L.Murugan @DrL Murugan
In his 126th Mann Ki Baat episode, Hon'ble Prime Minister Shri. @narendramodi ji praised the remarkable achievement of Lieutenant Commander Dilna K (Kerala) and Lieutenant Commander Roopa Alagirisamy (Tamil Nadu), who successfully circumnavigated the globe aboard the Indian Naval sailing vessel Tarini. The duo completed their journey, covering approximately 50,000 kilometers in nearly 250 days, showcasing exceptional determination and sailing skills. Notably, their expedition was part of the Navika Sagar Parikrama II mission, which aims to promote women's empowerment, maritime cooperation, and India's maritime heritage. The Prime Minister highlighted their courage and perseverance in overcoming challenges, drawing parallels with the celebration of Navratri, which honors women as goddesses.



Rushikesh Patel @rushikeshpatel
हमारे पूर्व और ज्योहार भारत की संस्कृति को जीवंत बनाए रखते हैं। छठ पूजा ऐसा ही एक पावन पर्व है, जो दिवाली के बाद आता है। आज यह एक वैश्विक त्योहार बन रहा है।

- आदरणीय पीएम श्री @narendramodi जी।



Gajendra Singh Shekhawat @gajendrashekhawat
"राष्ट्रीय स्वाहा, इंदं राष्ट्रिय इंदं न मम"

एक सताब्दी की @MSSong की पञ्चा अद्भुत, अभूतपूर्व और प्रेरक है जो 100 वर्षों से बिना थके, बिना रुके राष्ट्र सेवा के कार्य में समर्पित रही है।



Hardeep Singh Puri @HardeepSinghPuri
"छटा खचत उत्सव" त्योहारों की रीतक कई गुना बढ़ा रहा है।

असद्वृत्, एक संकल्प लेकर हम अपने ज्योहारों को और खरा बनाए। इस बार ज्योहार सिर्फ स्वदेशी चीजों से ही मनाएंगे।

तान लीजिए, हमें बा के लिए, जो देश में बना और देश के लोगों द्वारा बनाया गया है, वहीं खरीदेंगे। ऐसा कर, आज सिर्फ कोई सामान ही नहीं खरीदते, बल्कि किसी परिवार की उम्मीद भी घर लाते हैं, किसी कारीगर की मेहनत को सम्मान देते हैं, किसी युवा उद्यमी के सपनों को पंख देते हैं।



Shivraj Singh Chouhan @ChouhanShivraj
आज हम ठान लें कि इस बार ज्योहार सिर्फ स्वदेशी चीजों से ही मनाएंगे, तो देखिएना, हमारे उत्सव की रीतक कई गुना बढ़ जाएगी।

आदरणीय प्रधानमंत्री श्री @narendramodi जी



Manjinder Singh Sirsa @mnsirsa
सभी देशवासी इस बार ज्योहारों पर स्वदेशी सामान खरीद कर, देश के कारीगर की मेहनत को सम्मान और युवा उद्यमियों के सपनों को उड़ान दें, आदरणीय प्रधानमंत्री श्री @narendramodi जी



Nayab Saini @NayabSainiBJP
हमें संकल्प लेना होगा कि -
-ज्योहार सिर्फ स्वदेशी चीजों से मनाएंगे
-हमारी खरीददारी का मंत्र @VocalForLocal
-जो देश में तैयार हुआ है, वहीं खरीदेंगे
-जिसमें देश के नागरिकों की मेहनत है उसी सामान का उपयोग करेंगे



Samrat Choudhary @samrat48jp
छठ न सिर्फ देश के अलग-अलग हिस्सों में मनाई जाती है बल्कि दुनिया भर में इसकी छटा देखने को मिलती है। आज यह एक ग्लोबल फेस्टिवल बन रहा है। भारत सरकार छठ महापर्व को UNESCO की सांस्कृतिक धरोहर की सूची में शामिल कराने का प्रयास कर रही है।

-माननीय प्रधानमंत्री श्री @narendramodi जी



Pradeep Bhandari (प्रदीप भंडारी) @pradi163
In the 126th episode of Mann Ki Baat, Prime Minister Narendra Modi Ji (@narendramodi) remembered Lata Mangeshkar on her birth anniversary.

He recalled his personal bond with Lata Didi, mentioning how she tied him a Rakhi every year and how he especially liked her song 'Jyoti Kalash Chhalke' composed by Sudhir 'hadke ji'."



Rahul Shu @rahulshu_bihar
"Friends, among the great personalities who inspired Lata Didi, one was Veer Savarkar, whom she called Taty. She also lent her voice to many of Veer Savarkar ji's songs."

- PM Shri @narendramodi.



Rekha Gupta @rekhagupta
माननीय प्रधानमंत्री श्री @narendramodi जी का 'मन की बात' कार्यक्रम नई प्रेरणा और ऊर्जा का स्रोत है। यह ऊर्जा हमें दिल्ली के हर घर, हर नागरिक और हर क्षेत्र तक विकास, सुविधा और सगुंठि पहुंचाने के लिए और अधिक दृढ़ संकल्पित करती है।



प्रधानमंत्री ने मन की बात कार्यक्रम के दौरान भारतीय नौसेना की दो जहाजों अधिकारियों लैंग्विजेंट कमांडर दिलाने और लैंग्विजेंट कमांडर रूपा के साथ फोन पर बातचीत भी की। पौरुष मेट्री में उनके साहस को सलाम करने हुए कहा, क्या आप समंदर में लगतार 8 महीने रह सकते हैं? क्या आप समंदर में पलकने वाली नाव खनि हवा के बेग से आगे बढ़ने वाली नाव से 50 हजार किलोमीटर की यात्रा कर सकते हैं, जो भी सब हाँ, समंदर में मौसम की भी बिजुल जता है। लैंग्विजेंट भारतीय नौसेना की दो जहाजों अधिकारियों ने जाँबका सागर परिक्रमा के दौरान ऐसा कर दिखाया। प्रधानमंत्री ने फोन लाइन पर दोनों अधिकारियों से उनके अनुभव के बारे में पूछा। इस लैंग्विजेंट कमांडर दिलान ने बताया, हमें एक चार हो ऐसा मिलता है जो हमारी जिंदगी बदल देती है। भारतीय नौसेना और सरकार ने हमें इस अधिकांश के जतिरे ऐसा हो सका दिवस



खाना बनाने से भाव ठीक करने तक हर भूमिका निभाई। लैफ्टनेंट कमांडर रुपा ने बताया कि उन्होंने खाने-पीने बनाने, परफार्म करने जैसे कामों से लेकर नात को रिपेयरिंग, इनत मैकेनिक, डाइवर, हर भूमिका निभाई। इसे दौरान आई एनसीटी के बारे में पूछे जाने पर बताया कि उनकी सिर्फ 17 मीटर लंबी और चौथ मीटर चौड़ी नाव से तीन पीछे नुवतानी का सामना किया। सफर के दौरान उन्होंने तीन मॉर्तलो इमारत जितनी लोटे देखी।

ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਵੱਲੋਂ 'ਮਨ ਕੀ ਬਾਤ' ਦੇ 126ਵੇਂ ਐਪੀਸੋਡ ਨੂੰ ਸੰਬੰਧਨ
ਮੋਦੀ ਵੱਲੋਂ ਦੇਸ਼ ਵਾਸੀਆਂ ਨੂੰ ਸਵਦੇਸ਼ੀ
ਉਤਪਾਦ ਅਪਣਾਉਣ ਦੀ ਅਪੀਲ

ਨਵੀਂ ਦਿੱਲੀ, 28 ਸਤੰਬਰ: ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ ਨੇ ਐਲਾਨ ਨੂੰ ਆਪਣੇ ਰੋਡੀ ਪ੍ਰੋਗਰਾਮ ਮਨ



ਸਕਦਗੇ। ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਮੋਦੀ ਨੇ ਇਹ ਵੀ ਘਾਹ ਭੀੜਾ ਕਿ ਕੌਲਕਾਣਾ ਦੀ ਦੁਕਾਨ ਪੂਰਾ ਖਰੀਦਾ ਜ਼ਰੂਰਤਾਂ ਮੁਕਾਬਿਲੇ ਸਮਰਥਨ ਮਿਲੇ। ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ ਨੇ ਐਲਾਨ ਨੂੰ ਡੀਪ-ਏ-ਆਲਮ ਡਾਕਟਰ ਸਿੰਘ ਨੇ ਉਨ੍ਹਾਂ

ਜਾਣ ਤੋਂ ਪਹਿਲਾਂ, ਭਗਤ ਸਿੰਘ ਨੇ ਅੰਗਰੇਜ਼ਾਂ ਨੂੰ ਇੱਕ ਪੱਤਰ ਲਿਖਿਆ।

मन की बात • सौ साल पूरे होने पर आरएसएस की सेवा और अनुशासन को सराहा पीएम मोदी ने कहा- 2 अक्टूबर को स्वदेशी जरूर खरीदिए, छठ को यूनेस्को सूची में लाने की तैयारी

भास्कर न्यूज | नई दिल्ली



पीएम नरेंद्र मोदी ने रविवार को अपने रेडियो कार्यक्रम 'मन की बात' में कई अहम मुद्दों पर बात की। उन्होंने कहा- 2 अक्टूबर को गांधी जयंती है। गांधी जी ने हमेशा स्वदेशी अपनाने पर जोर दिया। दुर्भाग्य से आजादी के बाद फीकी होती जा रही थी। मगर बीते 11 प्रति लोगों का आकर्षण बढ़ा है। मैं सभी कि 2 अक्टूबर को कोई न कोई खादी जरूर खरीदें। पीएम ने कहा कि सरकार

ज़ुबीन को असमी संस्कृति का कोहिनूर कहा...

1. **जुबीन गग को श्रद्धांजलि:** मोदी ने असम के प्रसिद्ध गायक जुबीन गग की पुण्य स्मृति में उन्हें श्रद्धांजलि दी। उन्होंने उन्हें 'असमी संस्कृति का कोहिनूर' कहा।
2. **लता मंगेशकर पर:** मोदी ने कहा, आज (रविवार) लता दीदी की भी जयंती है। उनके गीतों में वो सबकुछ है, जो मानवीय संवेदनाओं को झकझोरता है। उन्हें श्रद्धांजलि

प्रयास कर रही है कि छठ महापर्व को यूनेस्को की अमूर्त सांस्कृतिक धरोहर की सूची में शामिल किया जाए। राष्ट्रीय स्वयंसेवक संघ के 100 वर्ष पूरे होने पर मोदी ने इसकी सेवा और अनुशासन की प्रशंसा की। - **श्रेष्ठ पेज 10 पर**

சுதேசி மூலமே சுயசார்பை எட்ட முடியும்: பிரதமர் மோடி

[illegible]

PM hails Bihar's culture, and RSS in Mann ki Baat



Modi to release coin, postal stamp to mark the centenary of RSS

[illegible]

पहल 'मन की बात' कार्यक्रम में प्रधानमंत्री नरेंद्र मोदी ने स्वदेशी अपनाने पर दिया जोर

दो अक्तूबर को जरूर खरीदें खादी का सामान



दिव्य हिमाचल व्यूरे— नई दिल्ली

प्रधानमंत्री नरेंद्र मोदी ने रविवार को 'मन को धात' कार्यक्रम को देशवासियों को संबोधित किया। इस दौरान उन्होंने कहा कि नक्सलियों के इस समय में हम शक्ति की वपसना करते हैं। हम नारी-शक्ति का उत्सव मनाते हैं। व्यापार से लेकर खेती तक और शिक्षा से लेकर विज्ञान तक आप किसी भी क्षेत्र को लीजिए देश की बेटीय

हर जगह अपना परचम लहरा रहे हैं। आज वे ऐसी चुनौतियों को भी पार कर रही हैं, जिनको कल्पित तक मुश्किल है। पोपम मोदी ने कहा कि दो अन्तुवर को गांधी जयंती है। गांधी जी ने हमेशा स्वदेशी को अपनाने पर बल दिया और उनमें खादों समेत प्रमुख धातु दुर्भाग्य से अजादी के बाद खादों को रौनक कुछ फोकी पड़ती जा रही थी, लेकिन बीते 11 साल में खादों के प्रति देश के लोगों का आकर्षण बहुत बढ़ा है। मैं आप सभी से आग्रह करता हूँ कि दो अन्तुवर को खादों न कीर खादों सामान जरूर खरीदें और गर्व से कहें वे स्वदेशी हैं। प्रधानमंत्री नरेन्द्र मोदी ने 'मन की बात' के 12वें

एपिसोड में कहा कि भारतीय संस्कृति और त्योहारों को वैश्विक मंच पर पहचान दिलाना जरूरी है। पोपुस मोदी ने उदाहरण देते हुए कहा कि कुछ समय पहले, भारत सरकार के प्रयासों से कोलकाता की दुर्गा पूजा भी यूनेस्को की सूची में शामिल हुई। अगर हम अपनी सांस्कृतिक आयोजनों को ऐसे वैश्विक सम्मान दें, तो दुनिया उन्हें जान पाएगी, समझ पाएगी और इसमें भाग लेने के लिए आएगी। प्रधानमंत्री ने देशवासियों से भारतीय संस्कृति और त्योहारों को बढ़ावा देने का आह्वान भी किया। उन्होंने कहा कि भारत सरकार छठ पर्व को यूनेस्को की अमूर्त सांस्कृतिक धरोहर की सूची

- कहा, भारतीय संस्कृति और त्योहारों की वैश्विक मंच पर पहचान जल्द ही
- छठ पर्व यूनेस्को सूची में शामिल करवाने पर कर रहे काम

में शामिल किये के लिए काम कर रही है। पीएम मोदी ने कहा कि कुछ ही दिनों में हम विजयदशमी मनाने वाले हैं, इस बार विजयदशमी एक और बड़ा से बहुत विशेष है। इसी दिन राष्ट्रीय स्वयंसेवक संघ की स्थापना के 100 वर्ष पूरे हो रहे हैं। एक शताब्दी को यह वाता वातनी अद्भुत है, अभूतपूर्व है, उसी की श्रेष्ठ भी है।

प्रधानमंत्री ने 'मन की बात' में कड़ी नारी शक्ति की प्रशंसा
बिजनेस, स्पोर्ट्स और एजुकेशन से लेकर
साइंस में देश की बेटियां लहरा रही परचम

राष्ट्रीय जनता दल

जय हिन्द, जय भारत, जय किसानों के हितों के लिये।

राष्ट्रीय जनता दल (राजद) के अध्यक्ष श्री कृष्ण चन्द्र प्रसाद ने कहा कि राजद का लक्ष्य है कि देश में किसानों के हितों को ध्यान में रखकर सरकार बनाई जाए। उन्होंने कहा कि राजद का लक्ष्य है कि देश में किसानों के हितों को ध्यान में रखकर सरकार बनाई जाए।

सत्यमेव जयते

महान विजय

राष्ट्रीय जनता दल के अध्यक्ष श्री कृष्ण चन्द्र प्रसाद ने कहा कि राजद का लक्ष्य है कि देश में किसानों के हितों को ध्यान में रखकर सरकार बनाई जाए। उन्होंने कहा कि राजद का लक्ष्य है कि देश में किसानों के हितों को ध्यान में रखकर सरकार बनाई जाए।

राष्ट्रीय जनता दल

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स्वदेशी अपनाने पर दिया जौ, लत को दी ब्रह्मजाल

आज के दिनों में शरीर को स्वस्थ रखने के लिए लोग स्वस्थ खाद्य पदार्थों का सेवन करते हैं। लेकिन इन खाद्य पदार्थों के साथ ही वे अपने शरीर को स्वस्थ रखने के लिए बहुत सारे दवाइयों का सेवन करते हैं। इन दवाइयों के सेवन से शरीर में बहुत सारे नुकसान होते हैं। इन नुकसानों को दूर करने के लिए लोग बहुत सारे घरेलू उपायों का प्रयोग करते हैं। इन उपायों में से एक है 'स्वदेशी'। 'स्वदेशी' एक पौधा है जो भारत में बहुत सारे हिस्सों में पाया जाता है। यह पौधा बहुत सारे रोगों के लिए फायदेमंद है। यह पौधा शरीर को स्वस्थ रखने के लिए बहुत सारे दवाइयों की जगह ले सकता है। यह पौधा शरीर में बहुत सारे नुकसानों को दूर करता है। यह पौधा शरीर को स्वस्थ रखने के लिए बहुत सारे दवाइयों की जगह ले सकता है। यह पौधा शरीर में बहुत सारे नुकसानों को दूर करता है। यह पौधा शरीर को स्वस्थ रखने के लिए बहुत सारे दवाइयों की जगह ले सकता है।

कहा-भारत की संस्कृति को जीवंत रखते हैं त्योहार, दुनिया में महापर्व की भव्यता दिखेगी

छठ को विश्व धरोहर की सूची में शामिल कराएंगे:प्रधानमंत्री



आपको यह सुझावों की आवश्यकता
विशेष रूप से यदि आप एक व्यक्ति
के साथ काम करते हैं। इससे आपको

[illegible][illegible][illegible]

Go 'vocal for local' this festival: PM Modi



Prime Minister Narendra Modi urged the citizens to buy only what is produced in the country.

Prime Minister Narendra Modi on Sunday urged citizens to commit to buying products manufactured in India. While referring to the discounts across sectors owing to the goods and services tax

(GST) rate cuts on the *Mann Ki Baat* broadcast, Modi said: "In the coming days, festivals and joys are coming up, one after another. We do a lot of shopping on every occasion. And this time, a 'GST Bachat Utsav' is also going on. Friends, you can make your festivals even more special by taking a resolve. If we decide to celebrate this festival only with Swadeshi products, you will see the joy of our celebrations rise manifold. Make 'Vocal for Local' your shopping mantra."

Stressing on making the country self-reliant, he said, "Resolve that, you will buy only what is produced in the country. You will take home only what is made by the people of the country. You will use only those goods which bear the toil of a citizen. When we do that, we don't just buy goods; we bring home hope to a family, honour the hard work of an artisan, and give wings to the dreams of a young entrepreneur."

RITURAJ BARUAH



Mann Ki Baat: पीएम मोदी ने RSS की 100 साल की यात्रा को बताया अद्भुत, 'राष्ट्र प्रथम' भावना को भी सराहा



PM Modi pays tribute to Zubeen Garg: وزیراعظم نریندر مودی نے زوبین گرگ کو پیش کیا خراج عقیدت، کہا-وہ ہمیشہ ہماری یادوں میں رہیں گے



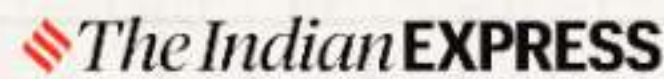
PM pays tribute to Bhupen Hazarika, Zubeen in Mann ki Baat programme



من کی بات میں وزیراعظم مودی نے سودیشی کو فروغ پر دیا زور



'Honoured': Indian Navy officers after PM Modi hails Navika Sagar Parikrama in 'Mann Ki Baat'



On Mann Ki Baat, PM Modi lauds RSS, announces Unesco push for Chhath Puja, reiterates 'swadeshi' call



Mann ki Baat: मन की बात में पीएम मोदी ने की खास विषयों पर चर्चा, लोगों से की खादी खरीदने की अपील



मन की बात में PM मोदी ने परंपरा और इनोवेशन के मेल को सराहा, झारखंड के आशीष और बिहार की स्वीटी के काम की तारीफ



PM Modi Mann ki Baat: پی ایم مودی نے من کی بات کے 126 ویں اپی سوڈ میں لٹا منکیشکر کو ان کی یوم پیدائش پر کیا یاد



Mann Ki Baat: Modi urges youth to read S.L. Bhyrappa's books



PM Modi pays tribute to Bhagat Singh, Lata Mangeshkar in 'Mann Ki Baat' address



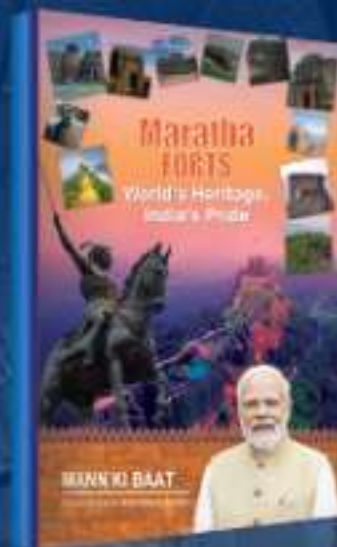
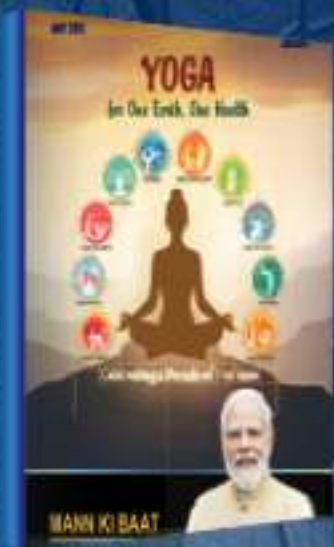
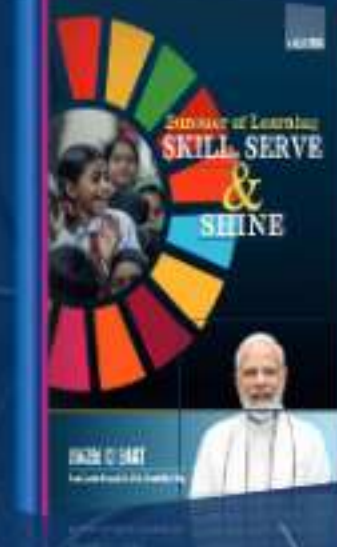
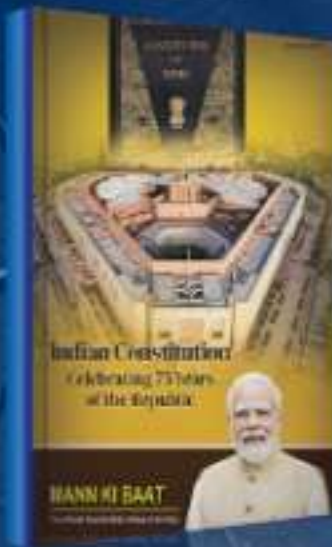
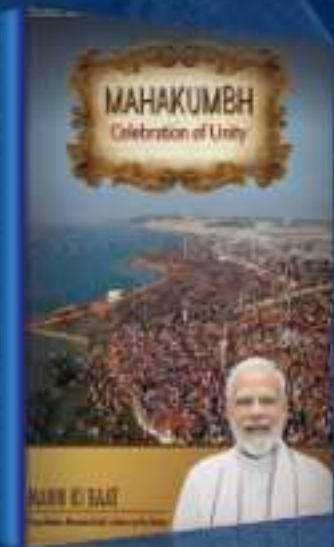
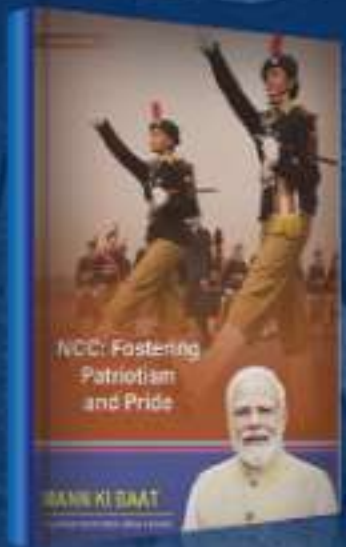
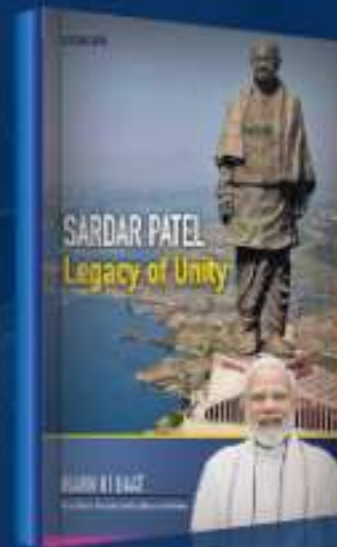
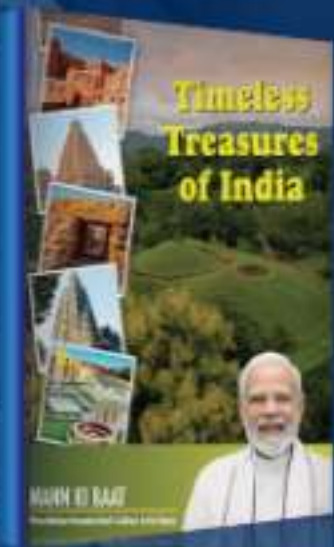
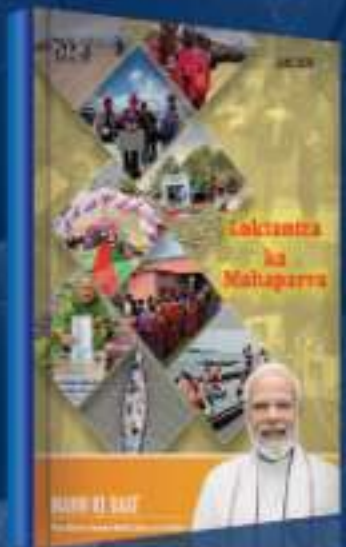
PM Narendra Modi Pays Tribute To Zubeen Garg In Mann Ki Baat, Calls Him 'Kohinoor'



Mann Ki Baat: PM Modi praises RSS; urges Khadi push on Gandhi Jayanti



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Mann ki Baat
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“

Gandhiji always emphasized on the adoption of Swadeshi, and Khadi was the most prominent among them.

Unfortunately, after independence, the charm of Khadi was fading away, but during the last 11 years, the country's attraction towards Khadi has increased significantly.

– Hon'ble Prime Minister Shri Narendra Modi

”



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Ministry of Information and Broadcasting
Government of India