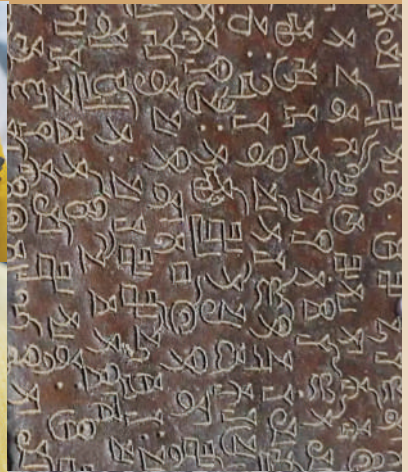


Mann ki Baat



GYAN BHARATAM

Preserving India's Heritage



Prime Minister Narendra Modi's
Address to the Nation



Prime Minister's Address



CONTENTS

FEATURED STORIES



20

New India, New Records
The Athletes Who Are Redefining Possible



28

Cool Drinks from the Kitchen
Beating the Heat : India's Rich Heritage of Traditional Beverages



46

Eyes on the Sky : India's Grassroots Astronomy Movement Reaches Every Classroom



58

Heroes Don't Wait for the Change : They Become One Themselves



62

One Rupee, One Soldier
Teacher's Love for the Nation Became a School Movement

IN BRIEF



24

A Landmark Meet for Indian Athletics



36

Many Faces of Mango
Exploring India's Beloved 'King of Fruits'



42

Written in Copper, Read After Centuries : Malhar's New Archaeological Find



50

ISAAC : Connecting India's Astronomy Clubs

ARTICLES



32

Advancing Global Recognition of Indian Mangoes : From Orchard Excellence to Global Preference - Abhishek Dev



38

Homecoming of History
Copper Plates and their Return from the Netherlands
- Dr. Sushanta Kumar Kar,
- Dr. M. Rajesh



54

India's Dolphin Ambulance
Rescue That Touched the Nation -Rajeev Kumar Mital

67

MEDIA SCAN

My dear Countrymen

Namaskar

I am delighted to connect with you once again on 'Mann ki Baat'. **People from different parts of the country are doing amazing things for the benefit of the nation, the society... and when we hear about them, we find a new inspiration. Today, I will begin the program with one such achievement of the country in athletics.** Just a few days ago, the National Senior Athletics Federation Competition was held in Ranchi, Jharkhand. Nearly 800 athletes participated in it from all over the country. During this, four national records were broken in four different events. Gurindervir Singh, Vishal TK, Tejaswin Shankar, Dev

Meena, and Kuldeep Kumar... These friends set new records in different categories. First of all, I congratulate all of them.

Friends, one event that is being widely discussed across the country is the 100-metre race. Within just two days, the national record in the Men's 100-metre Race was broken three times. The two athletes who achieved this feat are Gurindervir Singh and Animesh Kujur. I thought I'd talk to these two athletes this time on 'Mann ki Baat'.

(PHONE CALL)

Prime Minister: Namaskar Animesh ji. Gurindervir, Namaskar to you too... Satshri Akal.

**WHEN RECORDS FALL
DREAMS RISE**

INDIAN ATHLETICS

29TH NATIONAL SENIOR • RANCHI • DAY 2 • THREE NATIONAL RECORDS

GURINDERVIR SINGH
100m - M
10.09s
New national record

VISHAL TK
100m - M
44.98s
First Indian to hit 45s barrier

TEJASWIN SHANKAR
100m - M
8057 JPS
First Indian to break 8000

**THE NEW
ENERGY IN
INDIAN
ATHLETICS**



5.45 meters

The first Indians to clear 5.45 meters

Animesh, Gurindervir:
Namaskar sir, Namaskar sir.

Prime Minister: Well brother, you have made a big achievement. Your pair has also done something amazing. We have seen jugalbandi in music, but now in challenges, there is jugalbandi where one person throws a challenge and then the other takes it up. Then they do it a third time. Yours has been a very interesting subject. I want that the listeners of 'Mann ki Baat' should know... they should have knowledge about you people. They should know about the feat you have achieved.

Animesh ji : Namaste Sir, my name is Animesh Kujur. I am the National record holder in 200m and 400m and I belong to

Chhattisgarh Sir. And currently I play for Odisha. Last year I won Asian Medal and World University Games Medal and I started Athletics from 2021 when I passed out from school. I am a pass out from Sainik School Ambikapur, and I used to play football earlier, and during the time of COVID, my parents used to give me some freedom to go out and run or play. So, when COVID started to subside, my football friends told me that there is going to be a State meet... go and participate. I participated and I did not know that there was a selection for the National level from there. I got selected in the National from there and today I am representing India Internationally.

Prime Minister: Well what is it Gurindervir ji?

Gurindervir: Namaste Sir, my name is Gurindervir and I am a Petty Officer in the Indian Navy and I am India's fastest sprinter. I have just now made a national record of 10.09 in 100 meters. And I am the first Indian to run below the 10.1 barrier. And I am trying to serve my country on the track and in uniform as well. Both my father and grandfather used to play sports, so it is our Indian culture that whenever there is a festival like Diwali, New Year, we clean our house. So I used to clean my father's trophies and medals... I used to like it a lot... I used to feel very happy. Then when I used to clean any trophy, I used to ask him where he won this trophy, where he won this medal, when was this photo from... then he used to tell me his story, that well... I went to play here, I won this National Medal, I made my team win in that. Then I also used to tell him that well, I also want to do some sport. He used to go for running in the morning, so I started telling him that well take me along with you. So he started taking me along, and whatever he had learnt in game-sports, he started teaching me. So my interest started developing. I saw Usain Bolt's world record being broken. So there is one such funny story. I was watching TV when my mother switched it

off saying, "Son, it's time to study. You should study." I said, "It's okay, you don't let me watch TV. One day, you'll find me on TV and see Gurinder running." I too feel happy when my mother sees me running on TV.

Prime Minister: Wow, Wonderful! That's a great thing about you.

Gurindervir: Yes, Sir. It's a middle-class family. My father also used to play volleyball. Due to family problems, he left his sports. His dream remained unfulfilled. So he saw that dream in me... Well, my son will fulfill that dream. I used to talk to him and then I used to hear about Milkha Singh working so hard. I used to tell him that I will also fulfill your dream one day. Then he used to say that dreams are not fulfilled like this, one has to work very hard for it. One has to persevere. Milkha Singh ji used to vomit blood, used to run in the sun. He used to train the whole day, so those things used to inspire me. My father used to inspire me that if I run, I should bring a medal for my country and win. And also when I chose the event 100 meters, everyone used to tell me that brother, don't do 100, 100 is not an event for Indians. The body of Indians is not at all made for 100 meters. So my father and I always used to say that well Gurinder, we have chosen this, we will not step back

from it. Whosoever tells me to tell us that, we cannot do it, we will show them that we can do it. And you will do it, I have faith in you. So when my father placed that trust in me, I turned that trust into my courage and moved ahead, and today I tell every Indian to do the Sprint.

Prime Minister: Look, both of you have done a great job, and within just two days, you both have broken the National Record three times. Running in the 100 metre race, as Gurindervir said, people say that Indians do not have the body for this task. Despite such difficulties, you worked hard, so I would like to know this from both of you, and the listeners of 'Mann ki Baat' would also like to listen to what was your passion, what was your determination, what were your thoughts, and how you were doing it? How difficult is it?

Gurindervir: Yes Sir, this is Gurinder... when I started, there was a lot of struggle, many times I doubted whether I was doing the right thing, I made the right choice because you don't win every time, sometimes you learn. When I used to lose, when I didn't perform well, or when I got injured, my family would support me, saying, "It's okay. If one day goes bad; one year goes bad, it doesn't ruin your life. Don't stop dreaming." My coach also taught me that if you don't do it, no one

else will. So, when people around us, our community, encourage us, that motivation never breaks.

Prime Minister: Animesh Ji

Animesh: Sir, everyone used to tell me that when I started athletics in 2021, they used to ask me, "Look, this is a new field, will you be able to do it or not?" So, I said, "Now that I've entered this field, I will definitely do it." My father also always used to tell me that if you have entered this field then never look back because everyone thinks that they have to do this, they have to do that but very few show it by doing it. You have just entered this field so stick to it, move ahead in it. You will get all the facilities, we will support you in everything, family support, financial support, we will do everything... just work hard and show India that Indians can also run... because people used to tell me as well that the genes of Indians are not such that they can run in Sub 10 or Sub 10.1 or can someone do that sprint, but now both of us have proved that Indians can also do it. Nothing is so hard for us, we can also do everything. So Sir, all these things motivate me a lot and as we are training, we are breaking our timings and other Indians are also seeing this thing that Indians can also do it... and we will do more Sir, and now both of us have been selected for the Commonwealth Games as well,

so we will perform even better in the upcoming competition there.

Prime Minister: Well, look, I too have a curiosity. And people too might have it. I have heard that both of you are good friends, you both had decided that if you broke my record, I should break yours! Animesh, tell me first.

Animesh: Sir ji, the first record was 10.18, which was mine only, and then Gurindervir Bhaiya broke it in the semi-final by doing 10.17, and I broke it again in the second semi-final by doing 10.15. At that time, when my semi-final happened, we both were happy that yes, it's okay, today, the record was broken, and we both did it, because at that time there is rivalry in the competition, but we both were already determined, before that we had also gone to Saudi Arabia to compete, we both were roommates there too, so we both used to talk there that we have to take Indian sprinting forward and it is in our hands, whatever we do will motivate others.

Prime Minister: Gurindervir, what would you like to say?

Gurindervir: We both had just decided that we will both run well. So whenever Sir, we need each other, we stand with each other, like just now before setting the record, when I set the record and then Animesh did it. So when we were warming up, I was telling Animesh, Animesh, that block is

right, go and sit on it and stride there, we will do the warm-up here, if the warm-up is right here, then we help each other, if we help each other then the other also improves, we also improve. So friendship is also needed, but Sir, when we are outside the ground, outside the competition, so we are friends, when we go on the ground, then we become competitors of each other. So, it's like, I'll run faster than this one, I'll run faster than this one.

Prime Minister: Look, the competition you've participated in is to enhance the nation's prestige, to take the country to this position in the future, and done with a positive spirit. And I believe that this sportsman spirit of yours to play, also to challenge each other, also to strive to get ahead, and to help each other to move ahead - this is a wonderful job you've done. My heartfelt congratulations to you, my best wishes, and you'll bring glory to the country... I'm confident. Do continue to work hard just like this and make great progress. My best wishes to you.

Gurindervir/Animesh: Thank you, sir. Thank you.

Prime Minister : Thank you very much.

My dear countrymen, It is very hot in most parts of the country right now. Strong sun, hot winds, it is very important to take care of yourself in such weather.

Keep drinking water. If at all you have to go out in the sun, do so with caution. Don't forget the guidelines issued by various government departments in this regard.

Friends, In our country, the way to fight the heat is many a time found in the kitchen as well. You must have noticed that as the heat increases, the taste of home cooking changes, the type of cooking changes. **At some places, water from earthen pots is brought forth; in others, curd starts setting, and in others, raw mangoes start boiling – and then starts the time of Indigenous drinks.** You are also familiar with these Desi drinks. If you go to North India, you will find Aam Panna in many places, the taste of raw mango, and relief from the heat. If you go to Punjab or Haryana, you'll find lassi in large glasses. Buttermilk in Rajasthan and Gujarat is like a companion to every meal.

And what's more, Sattu sherbet in Bihar, Jharkhand, and Eastern Uttar Pradesh is simply amazing – it fills the stomach and provides strength. Kokum sherbet and Sol Kadhi in Konkan and Goa. Panakam, Neer Mor, Sambaram in South India, and Bael Pana in Odisha aren't just drinks, they're a part of the traditions of different regions of India. And they also reflect the spirit of "Ek Bharat Shreshtha Bharat." And one thing you must remember: most of these things come from our own kitchens, from our farms and fields. There's no big branding, but they embody the experience of generations. You too enjoy these desi drinks during the summer.

Friends, As soon as summer arrives, another topic of discussion starts in every household: and that is mangoes. Mangoes are a common topic of discussion. There's hardly a home in India where mangoes





Indian Mangoes

A Symbol of Taste, Aroma and Diversity

are not talked about in Summer.

Every region has its own mango, its own flavor, its own aroma. Maharashtra and Konkan's Hapus, Alphonso, Gujarat's Kesar, it's the soul of Aamras, Uttar Pradesh's Dussehri, and my Kashi's Langra. Incidentally, the Langra mango has a special quality: it often remains green even after ripening. Bihar's Zardalu, whose aroma can be recognised from afar. Chausa, Malda - each name has memories associated with it. Go to South India, and there's Banganapalli, Totapuri, Neelam, Malgovala, Bengal's Himsagar, Odisha, and Andhra Pradesh's Suvarnarekha. In other words, as the place changes, the mango's appearance, color, and taste also change.

And friends, this journey of the mango is now reaching the global market from the village. Today, through 'Mann ki Baat', I will praise my farmer

brothers and sisters involved in mango cultivation. You are not just ordinary farmers... you are very special for the agricultural economy of the country. May you keep shining like this. Friends, during these summer days, while schools are usually on vacation, I'll talk about a class you'll want to enroll in. Friends, imagine a school where children, both young and old, attend, where there are no fees, no large buildings, no classrooms, and, most interestingly, classes are held in a river.

Friends, This isn't a story. This is a true effort. In Aluva, Keralam, Saji Valasheril runs one such swimming club. More than 15,000 people have learnt to swim here. Saji ji has also taught swimming to Divyang children. Lying behind this effort, there's a hidden pain too.

A few years ago, several students had died in a boat accident. That incident shook

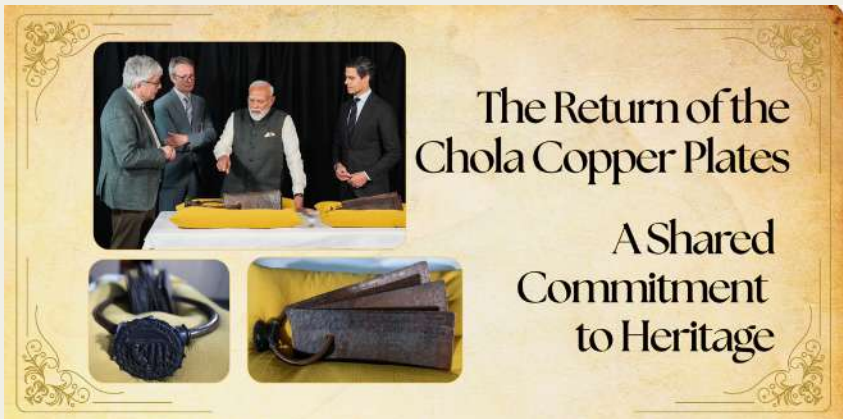
Saji ji deeply. He thought, if the children knew how to swim, perhaps many lives could have been saved—and that's where his campaign began.

Friends, SAJI Valasherilji's life teaches us a great lesson. Service doesn't require vast resources—what's needed is a good intent and consistent effort. On the strength of these alone, the lives of thousands can be transformed.

My dear countrymen, Recently I had the opportunity to visit the Netherlands in Europe. I attended several meetings there. During this time, a moment arrived that filled every Indian with pride. In a special ceremony held in the Netherlands, ancient copper plates from the Chola period were returned to India. The Prime Minister of the Netherlands was also present at the event. I have been receiving continuous messages from India and

abroad regarding these copper plates. People are sharing joy and expressing pride. The Tamil community around the world is also particularly enthusiastic about this.

Friends, There is a lot of curiosity among people about these copper plates. Hence, today I would like to share some information related to them. These include 21 large and 3 small copper plates. They primarily relate to King Rajendra Chola the first, fulfilling a vow made by his father, King Rajaraja Chola. They mention the donation of the village of Anaimangalam to a Buddhist monastery. These copper plates also describe the achievements of the Chola dynasty. They reveal how formidable the Chola Empire's maritime power was. They also provide information about their relations with Southeast Asian countries. All of us are very proud of the Chola Empire's rich history



**The Return of the
Chola Copper Plates**

**A Shared
Commitment
to Heritage**



and culture.

Friends, Our government is continuously making efforts to preserve such priceless heritage sites of India. In this regard, an important discovery has been made in Malhar, Chhattisgarh, under the Gyan Bharatam Abhiyan. Three rare copper plates have been found here. They are believed to be related to the reign of Maharishi Balarjun of the Panduvanshi dynasty. Experts believe that these inscriptions date back to the sixth-seventh centuries, meaning fourteen hundred to fifteen hundred years old. These copper plates are written in ancient Brahmi script and Pali language. They provide important information about the governance, religion, and culture of that time.

Friends, We Indians have always had a special fascination for astronomy. Centuries-old observatories still exist in our country. Amazing mathematical

discoveries have been made here. Be it navigation, the almanac, or our festivals, all of these are related to the sky and the stars.

Astronomy has aroused curiosity in every generation in our country. It has inspired exploration; a lot of enthusiasm is visible in today's youth. You too must have noticed that astronomy clubs are becoming increasingly popular across the country. Their activities are visible from big cities to small towns, from schools to parks. I learnt about the Bangalore Astronomical Society. Observational sessions are held here. This organization has also launched a mission to popularize astronomy in rural areas. A team called 'Khagol Mandal' has started a very innovative 30-hour course.

Friends, Gazing at the stars at night is a entrancing experience in itself. An organization called

Astro Kerala organizes Night Observation Camps and workshops. Here, young people learn to make telescopes and use star maps. The Big Bang Astronomy Club of Rajkot has organised numerous astronomy events... from the Gir forests to the Rann of Kutch. 'Jyotirvidya Parisanstha' is also one of the oldest astronomy institutions. It offers observational facilities, as well as a book library, and a telescope library.

I would also like to mention ISAAC. This is a student-led nationwide network that connects astronomy and astrophysics clubs.

Friends, It is very important to take out time for your hobby and constantly learn something new. I would urge the youth to join an astronomy club and visit a planetarium during these

holidays.

Friends, To those watching 'Mann ki Baat' on TV, I would like to say – You must watch this video. This video has been in the news recently. In this, some people are patiently and carefully trying to save a Gangetic dolphin. You will be surprised to know that this entire effort took about 13 hours, and ultimately the dolphin was saved.

Friends, India's first Ganga dolphin rescue ambulance played a huge role in this. This incident took place in Uttar Pradesh. A Gangetic dolphin was trapped in a canal there. At that time, this ambulance, built under the 'Namami Gange Abhiyan', reached there as a ray of hope. It was then carefully pulled out. It was examined, it was treated and then it was





safely released into the Rapti River. In a way, a life returned home...

Friends, This dolphin rescue ambulance is very special. It has been designed like a mobile hospital. It has arrangements for keeping the dolphin safe. It has oxygen facilities, special stretchers, and rescue equipment. This means that if a dolphin gets injured, gets stuck in a canal, or gets cut off from the river, it can be helped immediately. Friends, when we save the Gangetic dolphin, we don't just save a species; we save the biodiversity of the Ganga. We save the river's entire life system and preserve a priceless natural heritage for our future generations.

My dear countrymen, Many of you must have memories connected with a river, pond, or well water. Some might remember swimming in a pond, some might remember playing

with friends on the pond's banks, some might remember the fragrance of the mud. Such childhood memories linger in the heart for a lifetime.

Friends, An inspiring story of saving such memories has emerged from Basti district of Uttar Pradesh. Akash Gupta of Basti was deeply saddened by the sight of his village's Manorama River. The river he had seen as clean and vibrant in his childhood... Over time, plastic had started accumulating in the river, and the filth was increasing. Shriman Akash decided not to complain, but to make a new beginning. "No complaints, a fresh start" became his mantra. He took his friends along.

All they had was a net, a spade, a basket, and their greatest strength: the determination to make a difference. These young people would wade into the river, remove water hyacinth, and



bring out plastic and garbage. Sometimes, they removed up to 50-60 kilograms of garbage from the river in a single day. Gradually, that section of the Manorama River began to look clean again. The work also drew the attention of the people in the surroundings... awareness about cleanliness increased.

Friends, A similar inspiring story has emerged from Goa. Balkrishna Aiya, is a retired teacher from Goa. But the zeal for social work is as strong, even today. He was deeply perturbed by the water problem in the Maddi-Tolap area. He, too, began working towards a solution. Balkrishna played a key role in laying pipelines. This brought water to many homes. This was a huge relief for families who had to struggle daily for water.

Friends, Last month I had a wonderful experience. It's also

related to 'Mann ki Baat'. That's why I want to discuss it with you today. I met a teacher in Nagercoil, Tamil Nadu. I had met her nearly three decades ago. I'm talking about Girija Amma ji. During this meeting, some young students were also with her.

Friends, Girija Amma ji runs close to 15 schools. Among these, Jaigopal Garodia Hindu Vidyalaya in Chennai is very prominent. Her patriotic spirit inspires every Indian. Inspired by 'Mann ki Baat', she pledged to contribute to many soldiers in the country. To do this, she inspired the students of all her schools. She asked the children to contribute one rupee every day for the brave soldiers. This means that each student collected 365 rupees in a year. Through these small contributions, approximately 40 lakh rupees were collected. Girija Amma handed me a cheque for

this entire amount. During my conversation with her, I felt how deep her dedication to Mother India was.

Just last year, Chennai's first Hindu school completed its 50th anniversary. The role of this school network in advancing the country's education and cultural pride is commendable. I congratulate everyone involved and especially appreciate the students who contributed for our brave soldiers. Friends, in every village and city of India, something or the other is happening that inspires us. Often, these efforts are not widely discussed, but when we become aware of them, our belief grows stronger that the

country is moving forward with the power of its people. I urge you to certainly look around for such efforts. Recognize those people who are doing good work for the society, appreciate them, learn from them, and if possible, become part of some good cause yourself. I'll join you again next month in 'Mann ki Baat' with some more inspiring stories. Thank you very much. Namaskar.

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



MANNIKI BAAT

Special Mentions by Prime Minister





New India, New Records

The Athletes Who Are Redefining Possible



The 29th National Senior Athletics Federation Competition 2026 (organised from 22nd May to 25th May in Ranchi, Jharkhand) marked a watershed moment for Indian athletics. With about 800 athletes participating from across the country, the competition witnessed a series of record-breaking performances that captured national attention. As the Hon'ble Prime Minister noted in 'Mann ki Baat', four national records were broken in four different events, reflecting the remarkable progress being made by Indian athletes.

The Jugalbandi between Gurindervir Singh and Animesh Kujur

Among the standout moments of the competition, the men's 100 metres emerged as one of the most



widely discussed events, where Indian sprinting witnessed an unprecedented sequence of record-breaking performances. The breakthrough began during the semi-final heats on the opening day. Gurindervir Singh shattered the previous national record by clocking 10.17 seconds. Remarkably, his record stood for only a few minutes. In the very next heat, Animesh Kujur responded by lowering the record further to 10.15 seconds.

The climax arrived the following day during the 100m final. Pushed by the fierce competition, Gurindervir Singh gave a historic performance to reclaim the national record, crossing the finish line in 10.09 seconds. In doing so, he became the first Indian sprinter in history to breach the sub-10.10 second barrier. The national record was broken three times within two days.



Healthy Rivalry, Shared Success

The story of Gurindervir Singh and Animesh Kujur was about much more than competition. It was about two athletes pushing each other to achieve what was once considered impossible.

Recalling their journey, Animesh Kujur said, *“We both used to say that we have to take Indian sprinting forward and it is in our hands, whatever we do will motivate others.” Even while competing fiercely on the track, the two athletes continued to support each other.*”

Gurindervir Singh described this unique bond: *“Whenever we need each other, we stand with each other. If we help each other then the other also improves, we also improve. So friendship is also needed, but when we go on the ground, then we become competitors of each other.”*

New Benchmarks Across Disciplines

The competition also witnessed extraordinary performances across other disciplines. Tejaswin Shankar became the first Indian decathlete to cross the 8,000-point mark, scoring an incredible 8,057 points. Vishal TK became the first Indian athlete to run the men’s 400 metres in under 45 seconds on Indian soil, clocking a historic 44.98 seconds. In the pole vault event, training partners Dev Meena and Kuldeep Kumar both cleared 5.45 metres, making a joint national record and raising the benchmark for the event.

Breaking Barriers, Not Just Records

The achievements in Ranchi were significant because they shattered long-held psychological barriers. Tejaswin Shankar reflected on this transformation, saying, *“I think we are in the golden age of Indian Athletics and according to me, this golden age started back in 2021 when Neeraj Chopra bagged a gold in the Olympic Games.”*



For Tejaswin, the 8,000-point mark was a long-cherished goal. *“It was definitely something I had been talking about for many years, especially since 2022 when I started Decathlon. I wanted to get to 8000 points.”*

The Pursuit of Excellence

For Vishal TK, becoming the first Indian athlete to run below 45 seconds on Indian soil was the culmination of years of dedication. *“Setting a national*

record was an unforgettable moment for me. I felt a mix of happiness, pride, and relief because all the hard work, sacrifices, and dedication finally paid off.”



Explaining what made the achievement special, he said, *“This performance was special because I was able to execute my race plan perfectly and perform at my peak when it mattered the most. The first Indian to go sub-45 is me: this makes it feel even more memorable than my previous performances.”*

Raising the Bar Together

One of the most dramatic moments of the competition came in the men’s pole vault. Dev Meena and Kuldeep Kumar, training partners and rivals, both cleared 5.45 metres in an unforgettable contest. Reflecting on the achievement, Dev Meena said, *“It was an exciting and highly competitive contest.*

When both of us cleared 5.45m, it pushed me to stay focused and give my best. Competing against strong athletes helps raise the standard of the event."

Kuldeep Kumar viewed the moment as part of a larger mission: *"It is our dream to take pole vault to a high level in India. Dev and I both have been working in this direction. We felt very happy when both of us created a national record in the same event."*



He also highlighted the mental strength required in the sport: *"Pole vault is a very technical game which requires a positive mindset. We always try to go for each attempt with a positive mindset, imagining in mind that it's our first attempt."*

Sports Powered by Support

Behind these achievements lies a growing ecosystem of support from the Government of India for Indian sports. Athletes have increasingly benefited from better infrastructure, coaching, and scientific training.

Kuldeep Kumar acknowledged this progress, saying, *"The government is also supporting schemes like Khelo India etc. where more and more people are willing to participate. If it goes like this, in the years to come, track and field athletics events in India will go much further."*



The performances in Ranchi were more than a collection of statistics; they were evidence of a new sporting confidence taking root in India. As athletes like Gurindervir Singh, Animesh Kujur, Tejaswin Shankar, Vishal TK, Dev Meena and Kuldeep Kumar continue their journey towards the Asian Games, Commonwealth Games and the Olympics, they carry with them the aspirations of a billion Indians. Their achievements serve as a reminder that when talent is matched by determination, healthy competition and the right support, barriers that once seemed impossible can become stepping stones to even greater success.

A Landmark Meet for Indian Athletics

“Just a few days ago, the National Senior Athletics Federation Competition was held in Ranchi, Jharkhand. Nearly 800 athletes participated in it – from all over the country. During this, four national records were broken in four different events. Gurindervir Singh, Vishal TK, Tejaswin Shankar, Dev Meena, and Kuldeep Kumar... These friends set new records in different categories. First of all, I congratulate all of them. Friends, one event that is being widely discussed across the country is the 100-metre race. Within just two days, the national record in the Men’s 100-metre Race was broken three times. The two athletes who achieved this feat are Gurindervir Singh and Animesh Kujur. ”

- Hon’ble Prime Minister Narendra Modi in ‘Mann ki Baat’



29th National Senior Athletics Federation Competition

*Gurindervir Singh
in men's 100 meters*



Vishal TK in men's 400 meters



Kuldeep Kumar in Pole Vault





Animesh Kujur in men's 100 meters

Tejaswin Shankar in Decathlon

Dev Meena in Pole Vault

Cool Drinks from the Kitchen

Beating the Heat: India's Rich Heritage of Traditional Beverages



The summer season brings with it scorching sun, hot winds, and parched throats! At such times, the body needs cooling and relief more than ever. In his *'Mann ki Baat'* address, Prime Minister Narendra Modi advised citizens to protect themselves from the intense heat and take care of their health. One unique aspect of this season is that as temperatures rise, the look, aroma, and flavours of our kitchens seem to transform on their own. More comforting than chilled water stored in plastic bottles in refrigerators is the cool water from an earthen pot. Yogurt begins to set in households, and raw mangoes start being boiled for refreshing summer preparations.

This is the time when traditional Indian beverages make their way into households across the country. These regional drinks do more than just quench thirst— they reflect centuries-old wisdom about health and well-being, while also showcasing India's living cultural heritage.

From North to West: Exploring Refreshing Flavours and Taste

Every corner of India has its own distinct character and culinary traditions. In North India, summer feels incomplete without *aam panna*. Prepared by boiling or roasting raw mangoes and blending them with roasted cumin seeds, mint, and black salt, this refreshing drink is considered an effective remedy against heat and heatstroke. It instantly hydrates the body. Meanwhile, in the states of Punjab and Haryana, summer is welcomed with a large glass of frothy *lassi*.

Moving further west, in the arid and hot climates of Rajasthan and Gujarat, *chhaachh* becomes an indispensable companion



to every meal. Garnished with roasted cumin seeds and fresh coriander leaves, *chaachh* not only cools the body, but also helps keep the digestive system functioning smoothly, which often becomes sluggish during the summer heat.

The East's Gift of Nourishment: Sattu and Bael

Our journey towards east takes us to Bihar, Jharkhand, and





Coastal and Southern India: Where Spices meet Cooling Traditions

The ways of beating the summer heat in South India and the coastal regions are truly unique. In the coastal belts of Konkan and Goa, *kokum sharbat* and *sol kadhi* reign supreme. With its delightful sweet-and-tangy flavour, kokum offers refreshing relief, while *sol kadhi*—made from kokum and

coconut milk—soothes the body from within and helps balance *pitta dosha*.

Across the states of South India, traditional beverages such as *panakam*—a refreshing drink made with jaggery, dry ginger, lemon, and cardamom—Tamil Nadu's *neer mor* (spiced

eastern Uttar Pradesh, where the most traditional and effective weapon against the summer heat is **sattu sharbat**. Made from roasted gram flour, sattu is not merely a drink—it is a wholesome meal in itself. Mixed with water, lemon, salt, and onions, it is both refreshing and nourishing. It keeps the stomach full, provides instant energy to the body, and offers protection against the harsh effects of heatwaves and scorching summer winds.

Similarly, during the scorching afternoons of Odisha, *bel-pana* is nothing short of an elixir. Prepared from the pulp of the bael fruit, jaggery, and black pepper, this traditional beverage is highly beneficial for digestion and rich in medicinal properties. It helps naturally lower body temperature.





buttermilk), and Kerala's *sambaram* are not only delicious, but also serve as natural reservoirs of electrolytes. They help quickly replenish the essential salts and minerals lost from the body through sweating.

Embodying the Spirit of 'Ek Bharat, Shreshth Bharat'

These traditional beverages are not merely means of quenching thirst. They are symbols of India's diverse yet united cultural heritage. As the Prime Minister emphasised,

these drinks offer a vivid reflection of the spirit of **"Ek Bharat, Shreshth Bharat."**

There is no grand branding or corporate marketing behind these beverages. They come straight from our farms and the kitchens of our grandmothers, carrying within them generations of experience, the wisdom of Ayurveda, and a deep understanding of health and well-being. In an age of rapid modernization— when we often gravitate toward artificial, sugar-laden soft drinks—it is worth rediscovering our roots. This summer, let us wholeheartedly embrace this **"liquid heritage"** born in our kitchens, preserving not only our health, but also the rich cultural traditions that have nourished generations.





Abhishek Dev

Chairman

Agricultural and Processed Food
Products Export Development
Authority (APEDA)

ADVANCING GLOBAL RECOGNITION OF INDIAN MANGOES

**From Orchard
Excellence to Global
Preference**

India is the world's largest producer of mangoes, with an area of approximately 2.45 million hectares and annual production of about 23.62 MMT. With more than 1,200 varieties, India possesses one of the richest mangoes biodiversities globally, ranging from internationally acclaimed varieties such as Alphonso, Kesar, Banganapalli, Dasherri, Langra, Chausa, Himayat and Amrapali to several region-specific and GI-tagged mangoes.

Growing global demand for Indian mangoes

The country's favorable agro-climatic conditions, coupled with scientific cultivation practices and robust post-harvest infrastructure, have positioned Indian mangoes as a premium horticultural product in international markets and significantly increased demand across the globe. Indian mangoes are currently exported to **more than 40 countries**, including major markets such as the United Arab Emirates, the United States, the United Kingdom, Kuwait, Oman, Qatar and Saudi Arabia. During FY 2025-26, India exported nearly **32,000 metric tonnes** of fresh mangoes valued at approximately **USD 54 million**, reaffirming the growing international acceptance of Indian produce.

Australia serves as a notable example of the growing international demand for Indian mangoes. Exports to Australia increased significantly from **51.59 MT (CY 2025) to 104 MT (CY 2026)**, representing **growth of over 100%**. This remarkable rise reflects the increasing acceptance of Indian mangoes in the Australian market and underscores the success of ongoing promotional efforts. (*Source: Facility operators*)

Indian Mangoes Achieve Significant Growth in the U.S. Market

The United States remains one of the most significant premium destinations

for Indian mangoes. During the current season, exports increased from **2,863.63 MT (CY 2025) to 3,023 MT (CY 2026)**, with the export window remaining open for approximately one month of the season, indicating potential for further growth in export volumes. This achievement highlights the effectiveness of APEDA's efforts in strengthening irradiation infrastructure, ensuring traceability through MangoNet, facilitating regulatory compliance, and supporting exporters in accessing one of the world's most valuable fresh fruit markets.

APEDA's Key Initiatives for Promotion of Mango Exports

Established Quality assurance and traceability framework

India's mango exports are supported by an established quality assurance and traceability ecosystem that





ensures compliance with international food safety and phytosanitary requirements, along with treatment facilities such as Hot Water Treatment (HWT), Vapour Heat Treatment (VHT) and Irradiation facilities, to meet the import requirements of major markets such as the United States, Australia, New Zealand and European countries

Infrastructure development for Export facilitation

APEDA has been supporting the establishment and modernization of infrastructure facilities, including Integrated packhouses, Cold chain facilities and Reefer logistics systems which ensure compliance with the phytosanitary requirements of importing countries and minimize post-harvest losses.

Mango Promotion Programme 2026: Expanding the global footprint of Indian mangoes

To further strengthen the global presence of Indian mangoes and create new export opportunities, APEDA is implementing a comprehensive Mango Promotion Programme

2026 across 15+ key international markets, including the UAE, Qatar, Kuwait, Saudi Arabia, Oman, the United Kingdom, Belgium, France, Germany, the United States, Hong Kong, Iceland, Czech Republic, Iraq and Brunei.

Through a combination of Buyer-Seller Meets (BSMs), virtual BSMs, mango festivals, tasting sessions and large-scale in-store promotional campaigns in collaboration with leading international retail chains such as Lulu group and Colruyt group, as well as outreach programmes organised with Indian Missions abroad, APEDA is creating direct linkages between Indian exporters and global importers, retailers and consumers.

Capacity building and Awareness Programmes

APEDA regularly conducts workshops and training programmes on international phytosanitary regulations, Good Agricultural Practices (GAP), Maximum Residue Limits (MRLs), export documentation, and market-specific requirements, equipping farmers and exporters with the scientific knowledge

needed to comply with evolving global standards.

Development of sea shipment protocols

To facilitate cost-effective transportation and enhance export volumes to distant markets, work is in advance stage for the development of sea shipment protocols for various potential fruits including mangoes in collaboration with ICAR institutions. These protocols will enable exporters to access distant markets like Europe and North America through economical maritime transport while maintaining product quality, significantly reducing logistics costs, and improving competitiveness.

Facilitating trial shipments to new markets and promoting regional and GI-tagged varieties

Alongside market access initiatives, focused initiatives are being undertaken for expanding the export basket by promoting region-specific and premium mango varieties. A significant example is the promotion of Amrapali mangoes from Jharkhand in June this year, which



has opened new opportunities for farmers and FPO's from emerging mango-growing regions and demonstrated the export potential of diverse production clusters across the country.

APEDA has been actively promoting cost-effective and sustainable sea-freight solutions for Indian mangoes. In a significant development, a commercial sea shipment of Banganapalli mangoes from Bengaluru to Singapore was facilitated on 11th June, demonstrating the viability of maritime transport for premium Indian mangoes.

The continued expansion of Indian mango exports reflects the strength of India's horticulture export ecosystem and the effectiveness of coordinated efforts undertaken by APEDA, state governments, research institutions and industry stakeholders.

With growing international demand, strong quality assurance systems, expanding infrastructure and targeted market promotion initiatives, Indian mangoes are well-positioned to strengthen their presence in premium global markets. These efforts are not only enhancing export earnings but are also creating sustainable opportunities for farmers, exporters and the broader agricultural sector, further reinforcing India's position as a trusted global supplier of premium mangoes.



Many Faces of MANGO

Exploring India's Beloved 'King of Fruits'

With the arrival of summer, the one fruit that dominates conversations in every household across the country is the 'King of Fruits'- the Mango. It stands as the sweetest symbol of India's agricultural and cultural diversity. Honorable Prime Minister Narendra Modi made a special mention of this in 'Mann ki Baat', highlighting how every region of India has its own signature mango, complete with its own unique color, flavor, and aroma. From Maharashtra's Hapus to Uttar Pradesh's Dussehri and Kashi's Langra, from Bihar's fragrant Zardalu to South India's Totapuri and Bengal's Himsagar, as the landscape changes, so does the form and taste of the mango. These distinct varieties are not just fruits; they are deeply intertwined with the memories and traditions of generations. Today, thanks to the relentless hard work of our farmers, these indigenous Indian mangoes have journeyed from village orchards to spread their sweetness across the global market. Come, let us embark on a beautiful visual journey to explore this rich and sweet heritage of India.



Major Varieties of Indian Mango



Hapus (Maharashtra)



Kesar (Gujarat)



Dussehri
(Uttar Pradesh)



Langra (Uttar Pradesh)



Zardalu (Bihar)



Chausa
(Bihar, Uttar Pradesh)



Malda (West Bengal)



Banglapali
(Andhra Pradesh)



Totapari (Karnataka,
Andhra Pradesh)



Neelam (Andhra
Pradesh, Telangana)



Himsagar (West
Bengal)



Suvarnarekha
(Andhra Pradesh)



Dr. Sushanta Kumar Kar
Superintending Archaeologist
ASI, Chennai Circle



Dr. M. Rajesh
Asst. Superintending Archaeologist
ASI, Chennai Circle

HOMECOMING OF HISTORY

Chola Copper Plates and their Return from the Netherlands

In South India, epigraphical evidence indicates that the tradition of issuing copper-plate charters originated with the early Pallava rulers, who initially issued them in Prakrit and Sanskrit, and subsequently in Tamil. Following this tradition, the early Pandyas of Madurai also issued copper plate charters between the 8th and 9th cent. CE. However, it was during the Chola period that these records grew vastly more complex, highly bureaucratic, and politically charged. As the Cholas transitioned from a regional kingdom into a highly centralised, trans-maritime empire, their copper plates evolved to reflect this imperial scale.

The Udayendiram plates issued by king Parantaka- I in 922 CE is considered as the earliest extant specimen of Cholas. As on date, approximately 20 copper plate charters issued by various Chola monarchs have been brought to light.

The Nature and Crafting of Chola Copper Plate Charters

The journey of a Chola copper plate charter (*ceppedu*) from an oral royal decree to a permanent public record was an intricate administrative, technical, and artistic process. The primary objective of these charters was to solemnize the donation of lands, establish new villages with designated revenues and tax exemptions, or record religious endowments.

The process commenced when a petitioner formally approached the king in court with a request for a grant. Once the king issued an oral decree, royal scribes drafted the order on seasoned palm leaves. This draft was meticulously verified for accuracy by various court officials and the local village assembly. After official approval, the finalised text

was handed over to a royal smith to prepare the metal plates.

Copper sheets of a specific size were beaten thin and punctured with a small hole on the left margin to accommodate a retaining ring to prevent fraudulence. A qualified smith incised the bilingual text using the Grantha script for Sanskrit and Tamil script for the Tamil portions and marked sequential page numbers using Tamil numerals on the margins. The edges of each plate were fashioned with a raised rim to protect the lettering from frictional wear. Finally, the individual plates were strung onto a massive bronze ring and fused together under the heavy stamp of the royal Chola seal. Depending on the nature of the grant, the finished charter was handed over to the village assemblies (*sabha*, *urar*, or *nattar*) or specific recipients, temple authorities, or individual

beneficiaries for safe keeping and record.

Compared to the charters of contemporary dynasties, Chola copper plates place an extraordinary emphasis on their *prasasti* (laudatory eulogy), administrative frameworks, fiscal data, and topographical details. They serve as rich historical narratives detailing chronological successions, global military campaigns, multi-tiered bureaucratic involvements, array of specific taxes, and meticulous land surveys.

Significance of the Leiden Copper Plates

Preserved for centuries at the Leiden University Museum, Holland in the Netherlands, this famous corpus consists of two distinct sets of plates (the Larger and the Smaller) issued by Chola monarchs, containing 21 and 3 plates respectively.





The Larger Leiden Plates

Issued during the reign of Rajendra-I, the Larger plates formalised an oral command delivered by his father, Rajaraja- I, in his 21st regnal year (1005 CE). This decree allocated the revenues of Anaimangalam village to support the *Chudamanivarma Vihara*, a Buddhist monastery at Nagapattinam. The monastery's construction was initiated by King Chudamanivarman of the Sailendra dynasty—the ruler of Srivijaya and Kataha (modern Indonesia and Malaysia) and completed by his son, Sri Mara Vijayottungavarman.

The charter is bilingual:

The Sanskrit Section:

Spanning 111 lines across five plates, the Grantha portion delineates the mythical and historical pedigree of the Chola dynasty. It was composed by Anantanarayana, a resident of Kottaiyur, and neatly incised under the supervision of an official named Tillaiyali of Kanchivayil. A certain Tuvavuran Anukkan was responsible for overseeing the charter's execution, while a group of five artisans from Kanchipuram incised the

prasasti and signed the first section. The accompanying royal bronze seal bears a Sanskrit verse legend: “*iti Rajendra Cholasya Parakesarivarmannah rajarajanya makutasreni ratneshu sasanam*”.

The Tamil Section:

Spanning 332 lines across 16 plates, this section details the royal administrative order addressed to the various assemblies of Pattana kurram (within the territorial division of Kshatriyasikhamani valanadu). It outlines the construction of the Nagapattinam monastery by the ruler of Kedah (*Kidarattaraiyan*) and records the boundary demarcations of Anaimangalam village, which were established by local assemblies walking the perimeter accompanied by a female elephant.

The Smaller Leiden Plates

Kulottunga- I issued the three smaller plates in his 20th regnal year (1090 CE). They record that, at the petition of two foreign envoys named Rajavidyadhara and Abhimanottunga Srisamanta, the Chola monarch exempted the taxes due from the *Rajendrachola perumpalli*





and *Rajaraja perumpalli* shrines. The King of Kadaram at Cholukulavallipattinam had constructed these shrines in the division of Pattana kurrām. However, the brick remains of this ancient Buddhist structure at Nagapattinam were pulled down in the late 19th century.

Historical Uniqueness

The exceptional value of the Leiden plates lies in their role as an epigraphical bridge between medieval India and the maritime trade networks of the globalised world. They seamlessly intersect local agrarian administration with international diplomacy and religious patronage, underscoring the Cholas' status as a cosmopolitan power. Furthermore, they capture a multi-generational administrative arc: conceived as an oral decree under Rajaraja- I, physically engraved under his son Rajendra- I, and supplemented decades later under Kulottunga- I.

Journey to the Netherlands and Repatriation

The plates likely travelled to the Netherlands via the Dutch East India Company

(VOC) in the late 17th century, presumably recovered during some construction works at Nagapattinam. By the 19th century, they entered the formal archives of Leiden University, where they remained until their recent historic repatriation, achieved through the untiring diplomatic efforts of the Government of India and State agencies.

The repatriation of such vital cultural artifacts is essential for restoring national heritage, fostering post-colonial healing, and reclaiming collective memory. It also marks a momentous milestone in our cultural diplomacy. Moving forward, concerted efforts must be made to preserve this invaluable charter. It should be displayed within an oxygen-free, climate-controlled glass showcase (*etalage*) to ensure its longevity. To maximize its educational impact, the charter could be exhibited at a prominent museum in Tamil Nadu or another mutually agreed-upon location, utilizing digital interactives to educate students and visitors on its immense historical worth.

Written in Copper, Read After Centuries

Malhar's New Archaeological Find

Under the Gyan Bharatam Mission, the recent discovery of three copper plates at Malhar, Chhattisgarh, has attracted the attention of historians and archaeologists across the country. The discovery offers several fascinating insights into India's ancient past.



Why are copper plates important?

- Before paper became widely available, royal orders, land grants, and official records were often engraved on copper plates.



- Copper was durable, corrosion-resistant, and difficult to alter, making it a reliable medium for preserving official documents.
- Thousands of copper plate inscriptions discovered across India have helped historians reconstruct political, social, and economic history

What makes the Malhar discovery special?

- The plates are believed to date to the 6th–7th centuries CE.
- They are associated with the Panduvanshi dynasty, which ruled parts of present-day Chhattisgarh and neighbouring regions.
- The inscriptions are written in Brahmi script and the Pali language, both important sources for understanding ancient Indian society.



Why is Malhar significant?



- Malhar is one of Chhattisgarh's oldest continuously inhabited settlements.
- Archaeological excavations in the region have previously revealed temples, sculptures, coins and inscriptions from different historical periods.
- The site provides evidence of cultural continuity spanning more than 2000 years.

What can these plates reveal?

- Administrative systems and governance practices.
- Land ownership and revenue arrangements.
- Religious institutions and patronage.

Eyes on the Sky

India's Grassroots Astronomy Movement Reaches Every Classroom



Across the country, a grassroots astronomy movement is quietly expanding — carried forward by amateur clubs, student volunteers, citizens and scientists operating from big cities to small towns, from school courtyards to national parks. Four organisations, each rooted in its own region and working in its own distinctive way, together capture the depth and ambition of this national phenomenon.

The Bangalore Astronomical Society (BAS) is perhaps the most visible example of astronomy outreach reaching beyond urban boundaries. What began as telescope viewings set up on roadsides and near temples in Bangalore has evolved into a sustained rural engagement programme. *"When we saw the joy in their eyes, that would make us really feel very good,"* says Keerthi Kiran M., volunteer and trustee of BAS, recounting the impulse that drove the organisation beyond city limits. *"Later we started approaching schools in villages through friends and family."*





Today, BAS conducts sessions running from afternoon into the night, using role-playing, 3D anaglyph images, and hands-on model-making to make astrophysics tangible for school children. The results have been measurable: students from rural areas have gone on to pursue physics and astrophysics at universities abroad, and several BAS alumni have joined research institutions such as the Indian Institute of Astrophysics. BAS's Annual Report for 2024–25 records outreach sessions reaching over 350 students at Sri Sri Ravishankar Vidya Mandir, 250 at Deccan School, 200 at Koratagere Chanakya School, and a footfall of over 3,000 individuals through its activities at the Indian Institute of Astrophysics Open Day. A team

called '*Khagol Mandal*' has started a very innovative 30-hour course as part of this broader push to give astronomy outreach a structured pedagogical foundation.

In Kerala, Aastro Kerala has taken a different route into the same destination. The organisation's approach is anchored in the principle that making an instrument is more transformative than merely using one. "*Looking through a telescope is magical, but looking through a telescope which you have made yourself is transformative,*" says V S Shyam, Founder Secretary and Science Supervisor of Aastro Kerala.

By guiding participants through the scientific calculations required to build their own telescopes, and then directing those instruments at the night sky, the organisation cultivates what Shyam describes as a profound sense of ownership over scientific inquiry. Inclusivity is central: the programme draws participants ranging from children aged eight to retired individuals in their eighties, and all instruction is deliberately free of jargon. Kerala's geography — its Western Ghats





offering some of the darkest skies in peninsular India, its long coastline enabling evening sidewalk astronomy sessions — is treated not as a constraint but as a resource.

In Gujarat, the Big Bang Astronomy Club of Rajkot has responded to the practical challenge of urban light pollution by taking participants into some



of the country's most remote and pristine landscapes. "The difference is like up and down," says Neelesh I. Rana, Project Coordinator at Rajkot Community Science Centre and Convener of the club, comparing the skies over the Gir forests and the Rann of Kutch with those of the city. The club has organised over thirty star parties across these locations. More than fifty per cent of attendees return year after year — a figure that speaks to the depth of the experience delivered.

The oldest of these institutions is Jyotirvidya Parisanstha (JVP) of Pune, founded on 22 August 1944, when sixteen eminent scientists gathered specifically to revive scientific astronomical calculation in India after British colonial policy had removed astronomy from school syllabi. Eighty years later, the organisation contributes approximately 75,000 variable star observations to the American Association of Variable Star Observers, operates an AI-enabled remote observatory, and runs a unique telescope library allowing





members to borrow instruments for home use. *"The basic idea of the telescope library is you can get that telescope at your home like our books,"* says Aniruddha Deshpande, Vice-President, JVP.

What unites these four organisations — separated by geography, method, and scale — is a shared conviction that scientific curiosity is not a privilege of the few. Be it a child in a village



school near Bangalore seeing Saturn's rings for the first time, a retired school teacher in Kerala assembling her own telescope, a first-time stargazer in Rajkot standing beneath the Milky Way in the Rann of Kutch, or a student in Pune submitting meteor observations to an international database — the encounter with the night sky ignites an innate curiosity. It plants a question that does not go away. India's grassroots astronomy movement, built entirely on volunteerism and institutional commitment, is ensuring that this question reaches every classroom, every town, and every young mind willing to look up.



ISAAC

CONNECTING INDIA'S ASTRONOMY CLUBS

It all started with a simple WhatsApp group and a modest mailing list of astronomy clubs across India. Students at Singularity, the astronomy club of IISER Kolkata, were trying to invite other clubs to their online events — what they found instead was a country full of clubs working in isolation. ***"ISAAC became an attempt to build that bridge," says the founding team.***

Today, the Indian Synergy of Astronomy and Astrophysics Clubs (ISAAC) connects over 60 student-led clubs across India — not as an umbrella body, but a peer community ***"by the students, for the students and of the students,"*** welcoming students, hobbyists, and researchers alike.



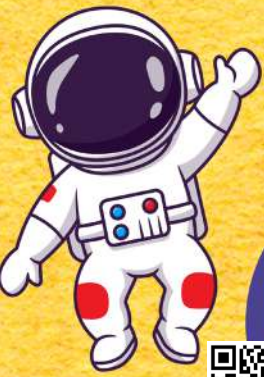


Every member club, large or small, gets an equal voice. ***“When a club joins ISAAC, they are encouraged to introduce themselves to our community and connect with other clubs, irrespective of their size or institute. Our role is not to create a hierarchy, but to create opportunities for collaboration.”***

ISAAC



Monthly meetings with pre-circulated Google Forms ensure open collaboration — a small club can host a national talk just as easily as a well-resourced one. ***“When people are united by curiosity and a common ideology, geography becomes much less important than we often think.”***



MEET THE CO-FOUNDERS!



Pranjal Sengupta



Susnata
Chattopadhyay



Raturaj Kulkarni



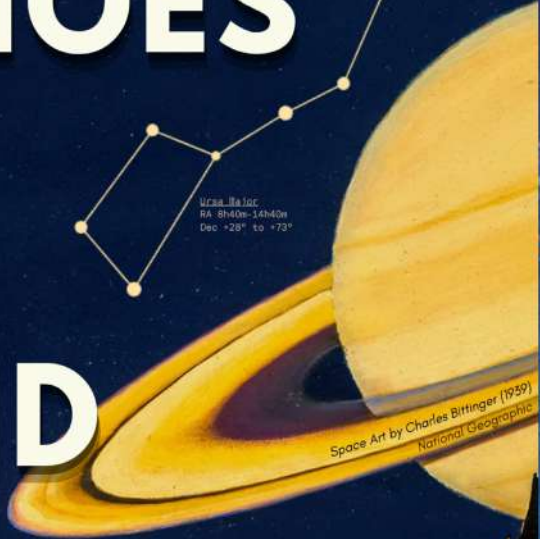
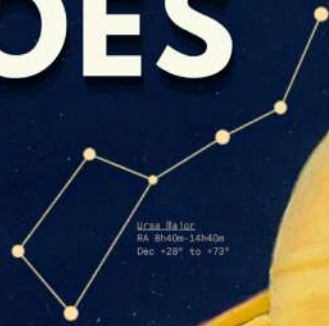
Jameer Manur

Beyond the four co-founders, a dedicated core committee drives the work - notably Sarthak Arora (Astrae, IISc) and Sai Pavani Varanasi (Accretion, Sai University), who lead the newsletter and website teams respectively.

Looking ahead, ISAAC is eyeing serious citizen science - an All India 21cm Horn Antenna Project, Occultation Timing Project, Gigapixel Project and various others and data contributions to larger scientific programmes, alongside a website resource hub containing educational resources related to astronomy, so no student misses an opportunity.



ECHOES IN THE VOID



Space Art by Charles Bittiger (1959)
National Geographic

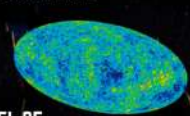
FUNDAMENTAL OPEN PROBLEMS IN CONTEMPORARY HELIOPHYSICS

*A Review of Unresolved Mechanisms
by Siddharth Rathod*



AN INTRODUCTION TO THE SEARCH FOR EXTRATERRESTRIAL LIFE

*Are we alone?
by Roshni Upadhaya*



ISAAC

INDIAN SYNERGY OF
ASTRONOMY & ASTROPHYSICS CLUBS

THE Λ CDM MODEL OF THE UNIVERSE

*An exploration of the early cosmos
by Swarnabha Chanda*



Instagram: @isaac.astro.india

If you want to register your astronomy club (affiliated to any college or an educational institute in India) with ISAAC, kindly use this form <https://forms.gle/h5JnMnXr2EoBXzLU7>

To join the ISAAC mailing list kindly use this form: <https://tally.so/r/RGjYEQ>.





Rajeev Kumar Mital
Director General

National Mission for Clean Ganga

INDIA'S DOLPHIN AMBULANCE

**Rescue That Touched
the Nation**

The River Ganga is not only a symbol of India's civilizational heritage, but also one of the country's most important ecological assets. Stretching across the northern plains, it sustains millions of people and supports a rich diversity of aquatic and terrestrial life that is fundamental to the health and resilience of the river ecosystem. Recognizing the need to conserve this unique natural heritage, the Government of India launched the Namami Gange Programme in 2014 as a flagship initiative for the rejuvenation and sustainable management of the river. While significant efforts have been undertaken to abate pollution and restore river health, the programme also recognizes that a truly rejuvenated Ganga must be rich in biodiversity and capable of sustaining the myriad forms of life that depend upon it. Among these, the Gangetic Dolphin, India's National Aquatic Animal, serves as a flagship and indicator species whose presence reflects the ecological integrity of the river. Alongside freshwater turtles, otters, migratory birds, and numerous fish species, the dolphin represents the remarkable biodiversity of the Ganga basin and underscores the intrinsic link between river conservation and wildlife protection. The conservation of these species is therefore not merely an environmental imperative, but a vital component of ensuring that the Ganga continues to thrive as a living, resilient, and life-sustaining ecosystem for generations to come.

Against this backdrop of river rejuvenation and biodiversity conservation, a remarkable rescue operation was carried out in Uttar Pradesh in May 2026 which demonstrated how scientific intervention, institutional collaboration, and community participation can come together to

protect one of the Ganga's most iconic species.

In the early hours of 3 May 2026, a stranded Gangetic Dolphin (*Platanista gangetica*) was successfully rescued from a rapidly shrinking pool of water in the Saryu Canal near Itai Rampur village in Gonda district, Uttar Pradesh. The operation, which lasted nearly thirteen hours, not only saved the life of an endangered animal, but also showcased India's growing capacity for aquatic wildlife conservation.

The rescue was set in motion on 2 May 2026 when local residents, Mr. Prem Nath and Mr. Raja Babu, alerted the dolphin rescue helpline operated by TSA Foundation India (TSAFI). They reported that a dolphin had become trapped in an isolated pool within a dried stretch of the canal. Their prompt action reflected the increasing awareness among local communities regarding the importance of conserving riverine wildlife.

Upon receiving the information, TSAFI immediately coordinated with Uttar Pradesh Forest and Wildlife Department, Gonda Division. Following a rapid site assessment and necessary approvals, a specialised rescue team equipped with lifesaving and translocation equipment was mobilised. Given the extreme sensitivity of Gangetic Dolphins to handling and transportation, the operation required meticulous planning to minimize stress and avoid injury to both the animal and rescuers.

The rescue team reached the site late at night and undertook preparations under controlled conditions to avoid disturbance to the stranded dolphin. Before dawn, trained rescuers and divers carefully guided the animal into a secured enclosure, after which it was manually restrained using scientifically approved protocols, ensuring that its blowhole remained unobstructed at all times. The dolphin was then gently placed





on a specially designed stretcher and transferred to India's first dedicated Ganga Dolphin Rescue Ambulance.

The rescued animal was identified as an adult male measuring approximately 5.3 feet in length and weighing 26.4 kilograms. Throughout the operation, veterinarians, researchers, and forest officials continuously monitored its health, recording vital parameters and morphometric measurements before transport. The dolphin was subsequently released into the Rapti River, a suitable dolphin habitat along the Indo-Nepal border.

A key factor behind the success of the mission was the deployment of India's first dedicated Ganga Dolphin Rescue Ambulance, developed under the Namami Gange Programme by National Mission for Clean Ganga

(NMCG) in collaboration with TSA Foundation India and the Uttar Pradesh Forest and Wildlife Department. Functioning as a mobile intensive-care and rapid-response unit, the ambulance is equipped with specialised dolphin-safe transport systems, hydration facilities, oxygen support, ultrasonography, vital monitoring equipment, and other veterinary care provisions designed specifically for aquatic mammals. These facilities significantly reduce transportation stress and improve post-release survival prospects.

The operation also highlighted a recurring conservation challenge. Irrigation canals draw water directly from rivers inhabited by dolphins, and during periods of high flow, animals may inadvertently enter these channels. Once canal gates are closed or water levels recede, dolphins can become trapped in isolated pools, facing risks of starvation, injury, and mortality. Timely rescue interventions are therefore essential for their survival.

As India's National Aquatic





Animal and a key indicator of river health, the Gangetic Dolphin serves as a powerful measure of the success of river restoration efforts. Despite recent conservation gains, the species continues to face multiple threats, including habitat fragmentation, altered river flows, pollution, entanglement in fishing gear, sand mining, vessel traffic, and accidental stranding. Its conservation therefore requires not only habitat protection and ecosystem restoration but, also timely rescue and rehabilitation interventions. In this context, the successful rescue of the stranded dolphin assumes added significance. Notably, the operation marked the 42nd successful dolphin rescue undertaken jointly by TSA Foundation India and the Uttar Pradesh Forest Department over the past decade, underscoring the effectiveness of sustained collaboration among government agencies, scientific institutions, conservation

organizations, and local communities in safeguarding this iconic species.

The thirteen-hour journey of this dolphin from a shrinking pool of water back to the freedom of a flowing river is more than just a rescue story—it is a symbol of resilience, hope, and collective responsibility. It demonstrates that every life matters in the larger struggle to conserve endangered species and restore degraded ecosystems. The Gangetic Dolphin has long been regarded as the sentinel of the Ganga; its survival reflects the health of the river itself. By saving a dolphin, we are not merely rescuing an individual animal—we are reaffirming our commitment to protecting the living Ganga and the extraordinary web of life it supports. In many ways, this rescue embodies the true spirit of Namami Gange: a vision of rivers that are not only cleaner, but healthier, richer in biodiversity, and capable of sustaining life in all its forms.

Heroes Don't Wait for the Change

They Become One Themselves



Real change in a society often begins not with grand government schemes or massive resources, but with the determination of an ordinary individual. In *'Mann ki Baat'*, Prime Minister Narendra Modi has highlighted some such extraordinary "heroes" from our community. These are the people who instead of merely complaining about societal problems, made the courageous decision to become part of the solution.

From the raging rivers of Kerala to the polluted waterways of Basti district in Uttar Pradesh and the rocky terrains of Goa, these heroes have proved that serving society requires nothing more than genuine intent and persistent effort. Let us discover the stories of these heroes of India- people who did not wait for change, but became the change themselves.

Saji Valasseril: A Lifesaving Mission Born Out of Personal Tragedy

On the banks of the Periyar River in Aluva, Kerala, there is no grand building, classroom, or expensive swimming pool. Instead, a unique "class" takes place here - one that teaches people how to save lives. For many years, Saji Valasseril has been offering free swimming lessons

to people in the area.

Behind this selfless initiative lies a profound personal sorrow. The tragic boat accidents in Thattekkad in 2006 and Thekkady in 2009, which claimed the lives of several schoolchildren and tourists, deeply shook him. It was then that he resolved to teach swimming so that people could be protected from drowning. Today, more than 15,000 people have learned this lifesaving skill from him.

The most remarkable aspect of Saji's work is that he has also taught children with disabilities how to brave the river's currents. Speaking about this challenge, he says:

"Out of fear, parents often do not allow their children with disabilities to go outdoors. Teaching swimming to persons with disabilities is somewhat challenging, but I am willing to take that risk. Once they become swimmers, they gain



tremendous self-confidence. World Para-Swimming champion Asim Muhammad is my student; he has no arms and one leg is shorter than the other. He trained right here in the Periyar River. In addition, three visually impaired children have also crossed the Periyar River. I want to show the world that anyone can learn to swim and protect themselves from drowning."





Akash Gupta: A Firm Commitment to Action Over Complaint.

The story of Akash Gupta from Basti district in Uttar Pradesh serves as a wake-up call to our forgotten responsibility toward rivers. The Manorama River in his village, once a cherished part of his childhood memories, had over time turned into a dumping ground filled with plastic and waste. Instead of blaming others, Akash and his friends decided to step into the river themselves.

Guided by the motto, “Don’t complain, take the initiative,” they launched a campaign and consistently removed 50–60 kilograms of waste from the river every day.

Recalling the difficult early days of this mission, Akash says:

“In the beginning, we cleaned the river with our bare hands and bare feet. The river was home to poisonous insects and snakes. Many times, we got injured because people had thrown glass liquor bottles into the river, and the broken shards would pierce our feet. Handling decaying water hyacinths often caused rashes and itching, and some people even developed infections. We also found plastic waste from as far back as 2010 and 2015, which had settled at the bottom and turned into sludge. But we never gave up – our effort to clean the river continues every single day.”





**Bal Krishna Ganesh Aiya :
The Man Who Brought Water
Through Solid Rock.**

The Madditolop area of Goa was facing a severe water shortage. Women and elderly residents had to walk miles to fetch water. A retired schoolteacher from the area, Mr. Balakrishna Ayya, took this problem upon himself as a personal responsibility. Using money from his pension, he dug trenches through the region's rocky terrain and hard laterite formations and laid a pipeline that brought water to nearly 25 households. For many years, he personally operated the pump and bore the cost of electricity as well.

Balakrishna Ji has very clear and inspiring views on age and social service. He says:

"I always believed that retirement does not mean withdrawing from society; rather it is an opportunity to serve society in a more meaningful way. Social service depends neither on age, nor on position, nor on wealth. For me, the greatest reward was not recognition or fame, but the sense of relief visible on the faces of ordinary people. When those families no longer had to worry about where their next bucket of water would come from, I felt that all my hard work and struggles had truly been worthwhile."

Heroes like Saji Valasseril, Akash Gupta, and Balakrishna Ayya are the true backbone of our society. Their stories demonstrate that meaningful change becomes possible only when people step into the field of action.

In the words of Prime Minister Narendra Modi:

"One does not need vast resources to serve society. What is truly required is a noble intention and persistent effort. With these alone, it is possible to bring about positive change in the lives of thousands of people."

These heroes have proved that there is no need to wait for someone else to change the world. If our intentions are noble and our resolve is strong, we can become that change ourselves.

One Rupee, One Soldier

Teacher's Love for the Nation Became a School Movement



In a world often captivated by grand gestures, a quiet initiative from Tamil Nadu has shown that nation-building can begin with something as small as a single rupee.

When the Hon'ble Prime Minister spoke about veteran educationist, Dr G. V. Girija Seshadri, affectionately known as Girija Amma during the 'Mann ki Baat' address, he brought national attention to a remarkable story of patriotism, service, and collective action. What started as a simple appeal by a teacher to her students eventually transformed into a movement that mobilised thousands of young minds and raised ₹40 lakh for the welfare of India's soldiers.

A Teacher with a Mission

For nearly five decades, Girija Amma has been dedicatedly shaping young minds through quality education. Her vision is guided by two primary criteria: Nation first (Desh Bhakti) and faith in the almighty (Deiva Bhakti). She





began her journey in 1975 with just seven students. Guided by her mentor, Shri S. Vedantam, she played a pivotal role in establishing the first Hindu Vidyalaya, 'Jaigopal Garodia Hindu Vidyalaya Matriculation Higher Secondary School' in Chennai under Vishva Hindu Vidya Kendra (VHVK) where she serves as the General Secretary.

Today, that modest beginning has blossomed into a network of fifteen schools across Tamil Nadu, educating around 10,000 students and supported by a vibrant

alumni community of over 1 lakh students across the world.

For Girija Amma, education has always meant much more than academic excellence. While discussing the idea of education with her students, she often says, *"Education is how to behave, how to stay free, how to protect your country, how to serve society, and how to understand in your heart that you belong to one of the greatest nations in the world."* This belief continues to guide the philosophy of every VHVK institution.

The One Rupee Campaign

Inspired by the Hon'ble Prime Minister's 'Mann ki Baat' programme, Girija Amma launched a unique campaign in 2024. She encouraged students, teachers, and staff members across all VHVK schools to contribute one rupee a day towards the welfare of India's soldiers.



The idea was intentionally simple and inclusive so that every child, irrespective of background, could participate. While one rupee a day amounted to only ₹365 a year, the collective contribution of thousands created a remarkable impact, and within a year, the campaign raised ₹40 lakh.

When Girija Amma and her students presented the contribution to the Hon'ble Prime Minister, it represented more than a donation. It symbolised gratitude towards the soldiers who safeguard the nation and demonstrated the power of collective action. *“Children must contribute to the nation. Everything should be for the nation,”* she says. *“If they learn this when they are young, they will carry it throughout their lives.”*

A Legacy of Giving

The one-rupee campaign was not an isolated effort. It was built upon a long tradition of service. Whenever any natural calamity or difficult situations occurred, students of VHK went out in public and organise funds. During the Kargil War in 1999, students contributed ₹4.3 lakh to the Prime Minister's Relief Fund. Following the Gujarat earthquake in 2001, they raised another ₹6.25 lakh for relief efforts and personally handed it over to the then Prime Minister, Shri Atal Bihari Vajpayee. Recalling the occasion, Girija Amma fondly shares how the



Prime Minister was curious about the additional ₹25,000 included in the donation. She explained that the amount came from the prize money she had received through the National Best Teacher Award, which she chose to donate entirely to the relief.

Over the years, students have contributed lakhs of rupees towards tsunami relief, assistance for flood-affected communities, support for disaster-hit schools in Leh and Ladakh, and several other humanitarian causes. As part of Swachh Bharat Mission, students have contributed to the constructions of 50 toilets and bathrooms in different villages. For generations of students,



service has become a way of life rather than an occasional activity.

From One Rupee to a Shared Responsibility

The success of the 'One-rupee' campaign was never really about the amount collected. The ₹40 lakh contribution was significant, but the larger achievement lay in the idea it fostered among thousands of young students – that every citizen, regardless of age or means, can contribute to the nation. Expressing gratitude towards the Hon'ble Prime Minister, Girija Amma says, "When I took on the project of collecting 1 rupee everyday for

our soldiers, I never expected that I would get this opportunity to meet the Prime Minister. Our Prime Minister has mentioned my contribution. It's not just me, it's the whole school's students, teaching and non-teaching staff, everyone participated in this campaign. The greatest benefit is that children will be motivated again and again to serve the nation without hesitation."

That spirit of service has been at the heart of Vishva Hindu Vidya Kendra. When thousands of such small efforts come together, they create an impact far greater than their individual value. The one-rupee campaign transformed a simple daily contribution into a shared commitment. A school's initiative became a community effort. And a teacher's love for the nation inspired thousands of young Indians to see themselves as active participants in India's progress.








MAANN KI BAAAT

Media Scan

**CALL
FOR
ACTION!**

134th Edition



Keep drinking water.
If at all you have to
go out in the sun,
do so with caution.
Don't forget the
guidelines issued by
various government
departments in this
regard.

You too enjoy these
desi drinks during the
summer.

I would urge the
youth to join
an astronomy
club and visit a
planetarium during
these holidays.

I urge you to
certainly look
around for such
efforts. Recognize
those people who
are doing good
work for the society,
appreciate them,
learn from them,
and if possible,
become part of
some good cause
yourself.

Arjun Ram Meghwal @arjunrammeghwal
 @ShowReactions
 आज 'मन की बात' में 'माननीय प्रधानमंत्री @narendramodi जी ने छत्तीसगढ़ के 'महलार' में मिले लगभग 1500 साल पुराने तांबे की पत्रों का उल्लेख किया।

इसी प्रकार मोदी जी की पहल पर ही नोदरलैंड्स ने चौता काल की तांबे की पत्रों को भारत को सौंपी है। 'ज्ञान भारतम्' अभियान उनकी ही सोच से संचालित और संचालित है।

आज का भारत अपनी विरासत से जुड़कर उसे सहेजने के विषय में उन्नत है।

#MannKiBaat

@PMOIndia @MinOfCultureGovt @ASISGOV @mygovindia



Devendra Fadnis @Devr_Fadnis
 मा. पंतप्रधान नरेंद्र मोदीजी यांनी आज 'मन की बात' कार्यक्रमत भारताची संपूर्ण परंपरा आणि स्थानिक उत्पादनांचे महत्त्व अधोदृष्टित केले. त्यांनी काडक उन्हाळ्यात ओरोमादाची पेयवे महत्त्व सांगत कोकण आणि गोवाची प्रसिद्ध सोलकढी तसेच कोकम सरबत यांची विशेष दखल घेतली. याच मा. पंतप्रधान मोदीजी यांनी महाराष्ट्र आणि कोकणातील जगप्रसिद्ध हनुमन्त आंध्यावा गावापासून जागतिक बाजारपेठेपर्यंतचा प्रेरणादायी प्रवास अधोदृष्टित केला.

मा. प्रधानमंत्री नरेंद्र मोदी जी इन्होंने आज 'मन की बात' कार्यक्रम में भारत की समृद्ध परंपराओं और स्थानीय उत्पादनों को रेखांकित किया। उन्होंने भीष्म गणों में चरमपंथक पेयों के महत्त्व बढ़ाते हुए कोकण और गोवा की प्रसिद्ध सोलकढ़ी एवं कोकम सरबत की विशेष चर्चा की। साथ ही, मा. प्रधानमंत्री मोदी जी इन्होंने महाराष्ट्र और कोकण के विश्वविख्यात हनुमन्त आंध्यावा गावापासून जागतिक बाजारपेठेपर्यंतचा प्रेरणादायी प्रवास अधोदृष्टित किया।

(मन की बात | 31-5-2026)
 @narendramodi @mannkiibaat
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Vishnu Deo Sai @vishnuosai
 @ShowReactions
 जब 'मन की बात' में गुंज महलार का गौरव, तब गौरवान्वित हुआ पूरा छत्तीसगढ़।

माननीय प्रधानमंत्री श्री नरेंद्र मोदी जी द्वारा महलार से प्राप्त प्राचीन ब्राह्मी लिपि एवं पाती भाग में लिखी दुर्लभ ताम्र पट्टिकाओं का उल्लेख हमारी समृद्ध सांस्कृतिक विरासत और ऐतिहासिक वैभवा का राष्ट्रीय मंच पर नई महत्त्व देने का एक क्षण है।
 ये अमूल्य धरोहर केवल पुरातात्विक महत्त्व ही बरतते नहीं, बल्कि भारत की प्राचीन ज्ञान-संपदा, बौद्धिक विरासत और सांस्कृतिक उत्कर्ष की जीवंत प्रमाणी है।

हमारी सुशासन सरकार इस ऐतिहासिक विरासत के संरक्षण, संवर्धन और भव्य पहिरेणों तक इसके गौरवपूर्ण हस्तारक्षण के लिए निरंतर प्रतिबद्ध है, ताकि अनेक वाली पीढ़ियाँ अपनी जड़ों, इतिहास और सांस्कृतिक अमिता से संसाधन रूप से जुड़ी रहें।

@narendramodi

#MannKiBaat



Dr.L.Murugan @Dr.LMurugan
 In today's Mann Ki Baat, our Hon'ble Prime Minister Shri @narendramodi ji highlighted a remarkable achievement from the recently concluded National Senior Athletics Federation competition in Ranchi, Jharkhand. Athletes set four new national records across four categories. Vishal TK's record stands out as a moment of immense pride for Tamil Nadu & all Team Indians. Heartiest congratulations to every athlete who showcased grit and determination on the national stage.

#MannKiBaat



Kirti Vardhan Singh @KVSinghMPGonda
 @ShowReactions
 यह अमूर्त प्रशंसा का विषय है कि आदरणीय प्रधानमंत्री श्री @narendramodi जी ने आज #MannKiBaat कार्यक्रम में मनोरमा नदी का उल्लेख किया। इस नदी का उद्गम मेरे संसदीय क्षेत्र गोंडा से होता है।

मनोरमा नदी, उत्तर प्रदेश के गोंडा जिले में इरियासोक स्थित ताल से निकलती है और मेरे गृह क्षेत्र मनोरमा में दोनो हुए बहती मिले के उपरान्त के पास कुआनी नदी में समाहित हो जाती है। 15 घण्टाओं की लंबाई की बहात में बहने के युवा अकार्य प्रवाह के प्रयास का विषय है। उत्तर प्रदेश सरकार के सांग्रहण और आकाश के संकल्प में मनोरमा नदी को नया जीवन दिया है।



Smriti Z Irani @smritiirani
 @ShowReactions
 #MannKiBaat #MannKiBaat के 134वें संस्करण में माननीय प्रधानमंत्री श्री @narendramodi जी ने देश के उन प्रेक नागरिकों के प्रयासों को बताया, जो अजने संकल्प, सेवा और जनताप्रीति से सकारात्मक परिवर्तन को नई मिशाल मह रहे हैं।

बहाती में मनोरमा नदी के पुनर्जीवन का प्रयास हो, गिरजा अम्मा जी द्वारा विचारधर्मों में राष्ट्रभक्ति और सेवा के संस्कारों का संचार हो, या मानवजीवन में कमिफित अनभिमत नागरिकों की पहल, ये सभी उदाहरण बताते हैं कि परिवर्तन की शुरुआत बड़े संसाधनों से नहीं, बल्कि एक इच्छा संकल्प और समुदाहिक प्रयास से होती है।

ऐसे प्रेक प्रयास हमें विश्वास दिलाते हैं कि विकसित भारत का निर्माण जनसंक्ति, जनताप्रीति और 'राष्ट्र प्रथम' की भावना से ही संभव है।



Yogi Adityanath @yogiadityanath
 @ShowReactions
 आदरणीय प्रधानमंत्री श्री @narendramodi जी ने आज #mannkiibaat कार्यक्रम में उत्तर प्रदेश में गांधी डॉलिन के संकल्प रेखण की प्रेक कठानी साक्षा की। 13 घंटे के अल्प प्रयासों के बाद इस डॉलिन खोजी जीत को मूर्तिक बसाया गया।

नामगि गंगे अभियान के अंतर्गत असाधुनिक सुविधाओं से लुका भारत की पहली 'Dolphin Rescue Ambulance' की सहायता से डॉलिन का उपचार किया गया और उसे राक्षी नदी में सुरक्षित छोड़कर रोक-विनिता संरक्षण और संवेदनशीलता का प्रेक संकेत दिया गया।

पर्यावरण और जीव संरक्षण के प्रति जन-जागरूकता बढ़ाती इस प्रेक पहल को राष्ट्रीय मंच पर स्थान देने हेतु सादिक आभार प्रधानमंत्री जी।



Stay hydrated, take extra care during scorching heat: PM on 'Mann Ki Baat'

In his monthly radio broadcast Mann Ki Baat, he said people should take extra precautions when stepping out in the sun

NEW DELHI 21 May

Prime Minister Narendra Modi on Sunday urged people to stay hydrated in a wave of soaring temperatures across the country. In his monthly radio broadcast Mann Ki Baat, he said people should take extra precautions when stepping out in the sun. With temperatures soaring across much of the country, it is important to take extra care. Stay hydrated if you need to step out in the sun. Do so consistently and take necessary precautions. Do not step long. Do not drink water. Do not forget the precautions issued by a public health department in this regard. PM said.



Wednesday last also urged citizens to take maximum precautions as the country is witnessing soaring temperatures, and said citizens should take extra care during such harsh weather.

Modi also referred to the king of Swaha saying there is hardly a house where mangoes are not found almost in the country season. He mentioned every region has its own mango and so on over air.

King of mangoes of Maharashtra, State of Gujarat. Some are the likelihood of mangoes. Districts of Uttar Pradesh and Bihar, where mangoes are common. There are mangoes from Bihar, Uttar Pradesh and Gujarat. Chhatis Ghat, a variety of people are said to have mango. The prime minister said mangoes from South India, people will find other varieties like Banganapalli, Totapuri, Noolam, Malgudi, Tandu, Bhamanga in Bengal, Navanagarika of Odisha and Andhra Pradesh.

In other words, the place changes, and so does the mango variety, color, and taste. This journey of the mango is seen reacting from villages to the global market, he said.

Modi spotlights historic copper plate discovery

2,000-year-old inscriptions discovered in Chhatuigarh, Malhar

NEW DELHI 21 May (IANS) Prime Minister Narendra Modi on Sunday highlighted the discovery of a 2,000-year-old copper plate with inscriptions in Chhatuigarh, Malhar, in Madhya Pradesh. He said the discovery is a significant find for the country's history and heritage.



The copper plate with inscriptions discovered in Chhatuigarh, Malhar, in Madhya Pradesh.

Modi said the discovery of the copper plate is a significant find for the country's history and heritage. He said the plate contains inscriptions in Brahmi script, which is one of the earliest forms of the Indian script. The plate is believed to be a record of a land grant or a similar document. Modi said the discovery is a testament to the rich cultural heritage of India and the importance of preserving such artifacts for future generations.

पीएम मोदी ने रिकॉर्ड बनाने वाले धातकों से बातचीत की, 'मन की बात' में केरल की तैराकी पहल का जिक्र

हालिया 5 देशों की यात्रा के दौरान नोदरलद द्वारा लोटाई गई चेल काल की ताम्र पट्टिकाओं का उल्लेख किया

नया दिल्ली, 21 मई (प्रधानमंत्री नरेंद्र मोदी ने सोमवार को उनके मासिक रेडियो कार्यक्रम 'मन की बात' में केरल की तैराकी पहल का जिक्र किया। उन्होंने कहा कि तैराकी पहल के माध्यम से देश के लोगों को स्वास्थ्य और फिटनेस के प्रति जागरूकता बढ़ाने का एक अच्छा तरीका है। उन्होंने कहा कि तैराकी पहल के माध्यम से देश के लोगों को स्वास्थ्य और फिटनेस के प्रति जागरूकता बढ़ाने का एक अच्छा तरीका है। उन्होंने कहा कि तैराकी पहल के माध्यम से देश के लोगों को स्वास्थ्य और फिटनेस के प्रति जागरूकता बढ़ाने का एक अच्छा तरीका है।



PM Modi during his Mann Ki Baat broadcast, highlighting the importance of swimming and fitness.

तम्रों को पर्याप्त मात्रा में पानी पीते रहने की भी अपील की मोदी ने किया। उन्होंने कहा कि तैराकी पहल के माध्यम से देश के लोगों को स्वास्थ्य और फिटनेस के प्रति जागरूकता बढ़ाने का एक अच्छा तरीका है। उन्होंने कहा कि तैराकी पहल के माध्यम से देश के लोगों को स्वास्थ्य और फिटनेस के प्रति जागरूकता बढ़ाने का एक अच्छा तरीका है। उन्होंने कहा कि तैराकी पहल के माध्यम से देश के लोगों को स्वास्थ्य और फिटनेस के प्रति जागरूकता बढ़ाने का एक अच्छा तरीका है।

जग की बात में प्रधानमंत्री ने जात्रा की प्रेरक कहानियां नए भारत को गढ़ रहे हैं प्रेरणादायी प्रयास- मोदी

PM ने कहा कि जात्रा के दौरान नोदरलद द्वारा लोटाई गई चेल काल की ताम्र पट्टिकाओं का उल्लेख किया

नया दिल्ली, 21 मई (प्रधानमंत्री नरेंद्र मोदी ने सोमवार को उनके मासिक रेडियो कार्यक्रम 'मन की बात' में केरल की तैराकी पहल का जिक्र किया। उन्होंने कहा कि तैराकी पहल के माध्यम से देश के लोगों को स्वास्थ्य और फिटनेस के प्रति जागरूकता बढ़ाने का एक अच्छा तरीका है। उन्होंने कहा कि तैराकी पहल के माध्यम से देश के लोगों को स्वास्थ्य और फिटनेस के प्रति जागरूकता बढ़ाने का एक अच्छा तरीका है। उन्होंने कहा कि तैराकी पहल के माध्यम से देश के लोगों को स्वास्थ्य और फिटनेस के प्रति जागरूकता बढ़ाने का एक अच्छा तरीका है।



PM Modi during his Mann Ki Baat broadcast, highlighting the importance of swimming and fitness.

Heatwaves, water conservation and sports glory mark PM's Mann Ki Baat episode 134

HEATWAVES IN INDIA

The Ministry of Health and Family Welfare has issued a warning to the public about the risk of heatstroke during the current heatwaves. It has advised people to stay hydrated, avoid direct sunlight, and seek shade when possible. It has also advised people to avoid strenuous physical activities during the day.

WATER CONSERVATION

The Ministry of Water Resources has issued a warning to the public about the risk of water scarcity during the current heatwaves. It has advised people to conserve water, avoid wastage, and use water sparingly. It has also advised people to avoid using water-intensive appliances during the day.

SPORTS GLORY

The Ministry of Sports has issued a warning to the public about the risk of injury during the current heatwaves. It has advised people to avoid strenuous physical activities during the day, and to take breaks and hydrate frequently. It has also advised people to avoid wearing heavy clothing during the day.

MANN KI BAAT 134

PM Modi highlights swimming, water conservation, and sports glory.

प्रधानमंत्री मोदी की मन की बात ' में गुंजी मल्लार की ऐतिहासिक गाथा

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ఆంధ్రలో జూరత్తు

పాఠశాల, మల్లూరి, నాంధ్రాపూర్ ఉప-విభాగం

వీరేంద్ర చారిత్రాత్మక నాటకం

పాఠశాల, మల్లూరి, నాంధ్రాపూర్ ఉప-విభాగం వారు నిర్వహించిన వీరేంద్ర చారిత్రాత్మక నాటకం సాఫల్యం సాధించింది. ఈ నాటకం ద్వారా పాఠశాల విద్యార్థులు చారిత్రాత్మక నాటకం అభివృద్ధి చేసుకున్నారు. ఈ నాటకం ద్వారా పాఠశాల విద్యార్థులు చారిత్రాత్మక నాటకం అభివృద్ధి చేసుకున్నారు.

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युवा बना रहे रिकॉर्ड, 'मन की बात' में PM मोदी का खास संदेश, एस्ट्रोनॉमी पर भी बोले



"Indians always had special fascination with astronomy": PM Modi highlights rise of youth astronomy clubs



अय्यांनी खडक फोडून आणले पाणी; देशभरात गाजली जिद्दीची कहाणी! 'मन की बात'मध्ये पंतप्रधान मोदी यांच्याकडून कौतुक



PM मोदी की "मन की बात" कार्यक्रम, बोले-देश में एथलीट रिकॉर्ड बना रहे, युवाओं की प्रतिभा अद्भुत



'हीटवेव से रहें सतर्क, अपनाएं आम का पना, छाछ समेत देसी नुस्खे', मन की बात में पीएम मोदी की अपील



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Our government is continuously making efforts to preserve such priceless heritage sites of India. In this regard, an important discovery has been made in Malhar, Chhattisgarh, under the Gyan Bharatam Abhiyan.

-Hon'ble Prime Minister Shri Narendra Modi



Ministry of Information and Broadcasting
Government of India